

# Your Health. Our Help.

We're always looking for more ways to help our Medicare members get and stay healthy. That's why we're excited to be back at our **Health Hub** offering more health and wellness education and activities!

Join us to learn about all the exciting opportunities available to you at our Health Hub, located at 620 Dick Road, Depew, NY 14043. We'll be adding even more programs throughout the year, so be sure to visit us online at [www.IndependentHealth.com/HealthHub](http://www.IndependentHealth.com/HealthHub) for the most updated information. Here's to a healthier you!



## Health and Wellness Education and Activities at Our Health Hub!

### **Join a Health Hub class and become eligible for a \$100 Tops Gift Card!**

Participate in a live, in-person (or virtual) class at our Medicare Health Hub and watch a healthy video on our website (anytime from January 1 – September 30, 2024), and you will automatically receive a free, Independent Health giveaway item as well as an entry into our Health Hub drawing for a \$100 Tops Gift Card.\*



# HEALTH HUB ACTIVITY DESCRIPTIONS

**Adaptive Apparel and Dressing Aids:** Learn how adaptive equipment like button hooks, long-handled shoehorns and sock assist devices can make it easy for you to look your best! Presented by Melanie Merrill, Occupational Therapy, University at Buffalo.

**Chair Yoga:** Experience the benefits of yoga without having to get down on the floor. All fitness levels are welcome! Presented by Jennifer Johnson from New Sky Coaching.

**Communication Issues in Seniors:** As we get older, it is important to address communication issues related to speech, hearing and comprehension. This seminar will teach you helpful tips on how to manage these common problems. Presented by Dr. Salvatore Gruttadauria, Aud, CEO of Diversified Rehabilitation Services.

**Core Strength Workout:** Increase your balance, decrease your risk of falls and relieve low back pain with this standing and seated core strength workout. Presented by Lauren Christman, Independent Health Wellness Specialist.

**Digital Basics:** Learn about Independent Health's online tools and resources and how you can access your wellness benefits through your MyIH account. Bring your phone or use our iPads to get set up. (Email address required.)

**Falls Prevention:** Learn how to register for the Falls Prevention Program and how a personal coach can provide in-home assessments to reduce your risk of injury. Presented by Western New York Integrated Care Collaborative, Inc.

**Please note:** *The May 22nd class will be held at the Clarence Town Park, 5400 Goodrich Rd, Clarence, NY 14031.*

**Forever Fit Workout:** Have fun and move to the music with a combination of low-impact cardio movements and strength-training exercises. Presented by Lauren Christman, Independent Health Wellness Specialist.

**Healthy Brain and Healthy Mind:** Declines in cognitive function are commonly experienced with aging. In this seminar, learn helpful tips on how you can improve brain health. Presented by Dr. Salvatore Gruttadauria, AuD, CEO of Diversified Rehabilitation Services.

**Hospice vs. Palliative Care:** Join us to learn more about the differences between hospice and palliative care. Plus, learn more about what Independent Health's Case Management Team can do for you.

**Identity Theft Prevention:** Learn important tips to protect yourself and your loved ones from identity theft. Presented by Western New York Integrated Care Collaborative, Inc.

**LIBERTY Dental – Teeth and Nutritional Awareness:** An informative seminar on how the foods you eat affect your dental health, including brushing and flossing tips. Presented by Timothy Bowles, Registered Dental Hygienist.

**Meal Planning for One or Two:** Learn strategies for menu planning and grocery shopping that make cooking for one or two people enjoyable and easy! Presented by Jennifer Johnson from New Sky Coaching.

**Memory Loss:** In this seminar, learn different exercises and techniques you can use to combat memory loss as you age. Presented by Dr. Salvatore Gruttadauria, AuD, CEO of Diversified Rehabilitation Services.

**Nutritional Education:** A general nutrition class for maintaining strength, reducing sugar intake and meal planning. Presented by Western New York Integrated Collaborative Care, Inc.

**Preventing Dehydration:** Learn about the importance of hydration, along with tips and tricks you can use to stay healthy. Presented by Jennifer Johnson from New Sky Coaching.

**SilverSneakers® (Balance Builder Seminar/Demo):** Learn about common risk factors and steps you can take to prevent falls, including exercises to strengthen and improve balance. Presented by Jocelyn, Program Champion for SilverSneakers.

**Transitioning to Retirement:** Are you planning for retirement? Join us as we discuss how to properly plan and make the most of your time and money. Presented by Jennifer Johnson from New Sky Coaching.

**Understanding Health Care:** Getting what you need from the health care system. Learn how to make health care simple in this seminar that discusses the ins and outs of receiving proper medical care. Presented by Dr. Michael Merrill.

**Understanding Your Benefits:** Learn how to get the most out of the supplemental benefits that come with your plan, including vision, dental, over-the-counter allowance and more!

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
APRIL	1 SilverSneakers® (Balance Builder Seminar/Demo) 11 a.m. - noon	2	3	4 Digital Basics (Telehealth info included) 10 a.m. - noon	5
	8	9 Understanding Your Benefits 10 a.m. - noon	10	11 Forever Fit Workout 10:30 - 11 a.m. Core Strength Workout 11 - 11:30 a.m.	12
	15	16 LIBERTY Dental - Teeth and Nutritional Awareness 10 - 11 a.m.	17	18 Chair Yoga 10 - 11 a.m.	19
	22	23 Meal Planning for One or Two Noon - 1 p.m.	24	25 Hospice vs. Palliative Care 1 - 2 p.m.	26
	29	30 Healthy Brain and Healthy Mind 2 - 3 p.m.			

For the most up-to-date schedule of classes and class descriptions, visit [IndependentHealth.com/HealthHub](https://IndependentHealth.com/HealthHub)  
 Registration is recommended but not required. Register for Seminars on the Health Hub webpage.



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAY			1	2	3 Digital Basics (Telehealth info included) 10 a.m. – noon
	6 Hospice vs. Palliative Care 1 – 2 p.m.	7	8	9 Forever Fit Workout 10:30 – 11 a.m. Core Strength Workout 11 – 11:30 a.m.	10
	13	14 Understanding Your Benefits 10 a.m. – noon	15	16	17 Chair Yoga 2 – 3 p.m.
	20	21 Transitioning to Retirement 10 – 11 a.m. Communication Issues in Seniors 2 – 3 p.m.	22 Falls Prevention 11:45 a.m. – 12:15 p.m. (Clarence Town Park)	23	24 Understanding Health Care 11 a.m. – noon
	27 <i>Health Hub Closed</i>	28	29 Adaptive Apparel and Dressing Aids 1 – 2 p.m.	30 Falls Prevention 11 a.m. – noon	31

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
JUNE	3 Nutritional Education 1 – 2 p.m.	4	5 Identity Theft Prevention 10 – 11 a.m.	6	7
	10	11 Understanding Your Benefits 10 a.m. – noon	12	13 Hospice vs. Palliative Care 11 a.m. – noon	14
	17 Digital Basics Noon – 2 p.m.	18	19 Preventing Dehydration 2 – 3 p.m.	20	21
	24	25 Chair Yoga 10 – 11 a.m.	26 Memory Loss Noon – 1 p.m.	27	28

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### Questions about the Health Hub?

Email [HealthHub@IndependentHealth.com](mailto:HealthHub@IndependentHealth.com)

or call Member Services: (716) 250-4401 or 1-800-665-1502 (TTY: 711)

Oct. 1 – Mar. 31: Mon. – Sun., 8 a.m. – 8 p.m.; Apr. 1 – Sept. 30: Mon. – Fri., 8 a.m. – 8 p.m.

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*\*No obligation to enroll. Limit one entry per person. See official contest rules for more details at [IndependentHealth.com/HealthHub](https://IndependentHealth.com/HealthHub)*



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