

# 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



**Aging in Place:** In this seminar, we'll discuss how to stay safe, healthy and independent while aging gracefully in your own home. Presented by Brook.

**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.

**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.)

**Eating for Older Adults:** Good nutrition plays a critical role in successful aging. Join us as we discuss the physiological, psychological and social issues that can affect eating habits and nutrition for older adults, along with some tips on cooking and food safety. Presented by New Sky Coaching.

**Family Choice – Living with Heart Failure:** In this presentation, we'll discuss information about heart failure, how it is treated and what to do if your symptoms worsen. Presented by Family Choice.

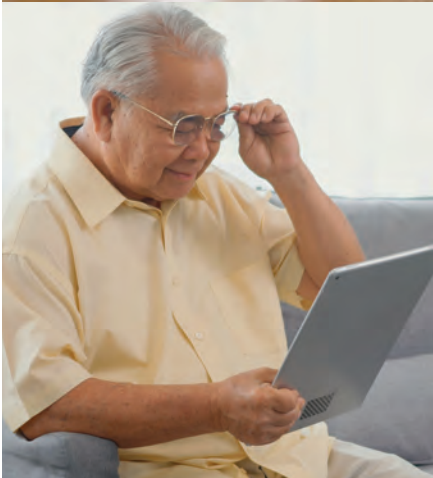
**Please note:** *The July 16th class will be held at the Orchard Park Senior Center, 4520 California Rd, Orchard Park, NY 14127.*

**Healthy Eating on a Budget and on the Go:** Think a healthy diet is too expensive? Think again! In this seminar, we'll discuss ways to make healthy changes to your diet while saving time and money. Presented by New Sky Coaching.

**How To Reduce Your Medications:** Learn how to reduce your medications so you can save money and minimize your risk of potentially harmful side effects. Presented by Brook.

**Please Note:** *The August 8th class will be held at the Orchard Park Senior Center, 4520 California Rd, Orchard Park, NY 14127.*

**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.



**Life Planning and How Independent Health Can Help:** Learn about choosing the care that's right for you and how we can assist you through the process. Includes information about Independent Health's Case Management Team, the Care for You program, Life Enrichment Specialists and our Hospice & Palliative Care teams.

**Probiotics and Prebiotics:** What are probiotics and prebiotics and what effects do they have on our health? In this seminar, we'll learn how bacteria affects our immune system and discuss lifestyle changes that can help. Presented by New Sky Coaching.

**Senior Living Exercises:** As we get older, staying active and physically fit becomes increasingly important for our health and mobility. Join us as we learn different low-impact exercises that are perfect for assisted living residents. Presented by Dr. Salvatore Gruttadauria, AuD, CEO from Diversified Rehabilitation Services.

**SilverSneakers® – Brain Health Seminar:** Learn simple and effective strategies for preserving and strengthening brain function. Presented by Jocelyn, Program Champion for SilverSneakers.

**Start Hearing – Hearing Loss and Hearing Solutions:** This seminar will outline solutions for hearing loss that are available in today's advanced hearing aids. Presented by Dr. Gruttadauria, AuD, CEO from Diversified Hearing & Balance Centers and Greater Buffalo Centers for Dizziness & Balance.

**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
JULY	1	2	3	4 <i>Health Hub Closed</i>	5
	8	9 Understanding Your Benefits 10 a.m. - noon	10	11 Healthy Eating on a Budget and on the Go 1 - 2 p.m.	12
	15	16 Family Choice - Living with Heart Failure 11 a.m. - noon (Orchard Park Senior Center)	17 Life Planning and How Independent Health Can Help 1 - 2 p.m.	18	19
	22	23 Family Choice - Living with Heart Failure 1 - 2 p.m.	24	25	26
	29	30 Digital Basics Noon - 2 p.m.	31 Chair Yoga 2 - 3 p.m.		

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



**AUGUST**

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

			1	2
5	6 Start Hearing - Hearing Loss and Hearing Solutions 2 - 3 p.m.	7 Understanding Your Benefits 1 - 3 p.m.	8 How To Reduce Your Medications 11 a.m. - noon (Orchard Park Senior Center)	9
12	13	14	15 Chair Yoga 10 - 11 a.m.	16
19	20	21 Probiotics and Prebiotics 2 - 3 p.m.	22	23
26	27	28 Life Planning and How Independent Health Can Help 11 a.m. - noon  Digital Basics 1 - 2 p.m.	29	30

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SEPTEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 <i>Health Hub Closed</i>	3	4 Identity Theft Prevention 10 – 11 a.m.	5	6 Digital Basics 10 a.m. – noon
9	10 Understanding Your Benefits 10 a.m. – noon	11	12 Eating for Older Adults 10 – 11 a.m.	13
16 Aging in Place 10 – 11 a.m.	17	18 Senior Living Exercises Noon – 1 p.m.	19	20 Life Planning and How Independent Health Can Help 11 a.m. – noon
23	24	25 SilverSneakers – Brain Health Seminar 10 – 11 a.m.	26	27 Chair Yoga 2 – 3 p.m.
30				

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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://www.independenthealth.com/HealthHub)*



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