

5/1: When Prisoners are Patients: a retired prison physician will discuss his experiences treating convicted murderers, rapists, and drug addicts, and the day-to-day challenges of working in a maximum-security correctional institution. We'll look at the most common medical issues in a prison population including AIDS complications, resistant TB strains, and substance abuse, as well as psychosocial issues. Instructor: Dr. Lito Gutierrez, retired Medical Director, Regional Medical Unit, Wende Correctional Facility, NYS Department of Corrections.

5/8: Physical Therapy 101: Interactive discussion with Excelsior Physical Therapist or Athletic Trainer discussing simple exercises and stretching that can help you to regain strength and mobility. Class will be invited to take part in basic stretching exercises that can be practiced at home to help improve mobility, core strength and fall prevention. Instructor: Bob O'Malley, Coordinator of Sports Medicine Outreach, Excelsior Orthopedics, Athletic Trainer, Williamsville South High School

5/11: Reading the New Food Label: Changes to the existing Nutrition Facts label will begin in 2018. Why are the changes necessary? What information will change? What will the new label look like? How do you read the new label? Instructor: Jennifer Johnson, wellness coordinator, BlueCross BlueShield of Western NY

5/14: End-of-Life Dreams and Visions: End-of-life dreams and visions have been documented through the ages, but there has been little understood about their significance. A recent long-term study led by Dr. Christopher Kerr at Hospice Buffalo found a dramatic increase in frequency of dreams and visions and particularly in seeing the deceased (as death neared). We'll examine content and significance of these events to the dying person, and whether their occurrence can predict nearness to death. We'll also discuss how end of life visions and dreams are different from delirium, and how these can help patients to experience and communicate meaning at end of life. Instructor: Dr. Pei Grant and Kate Levy, Hospice Buffalo/Palliative Care Buffalo Research Team

5/15: Threats to the Great Lakes Today: The Great Lakes contain one-fifth of the world's fresh surface water supply and are one of the most ecologically diverse ecosystems on earth. More than 30 million people depend on the Great Lakes for their drinking water, and millions more benefit from the commerce and business that depends on the waters of the Great Lakes. Although the Lakes are significantly cleaner today than they were during the era of heavy industry, the health of our Lakes is threatened by problems such as climate change, untreated sewage and invasive species. What is the impact of these threats, and how can they be mitigated? Instructor: Dave Rosenthal, Managing Editor, Great Lakes Today, WBFO

5/18: Tax Reform: What are the real costs of tax reform? The conservative claim of cutting corporate taxes is to stimulate the economy through private growth. The question is, at 4.1% unemployment, how much left is there to grow? Goldfarb Financial Team: Jeffrey Goldfarb, Certified financial planner and Chartered Advisor in Philanthropy; Chintan Shukla, Investment Executive, and Adam Goldfarb, Financial Advisor and Philanthropic Consultant

5/21: The Images of Propaganda in Art and Advertising: When did the practice of propaganda begin and what is the impact of advertising art in present times? From Egyptian and Roman accolades to online social media, we will explore with concrete examples what images were created in history and with the expected (or unexpected) results. Campaign posters, of recent interest to many, will be a focus. Instructor: Jean Serusa, Certified NYS Art Educator; Docent at Burchfield Penney Art Center.

5/22: From Germany to France to the US and Back with the US Army: Hear the real-life story of a Holocaust survivor, born of Jewish descent 1925 in Berlin, Germany. From living in an orphanage in a war-torn country and seeking refuge in France, to joining the United States Army and serving in the first division to arrive at Buchenwald concentration camp -- this presentation talks about his experiences and the consequences of hatred. Instructor: Stephan Lewy, Holocaust survivor

5/23: Salvadore Dali: Salvador Dali is among the most versatile, prolific and intriguing artists of the twentieth century and the most famous Surrealist. A true Renaissance man, he also dabbled in many other mediums such as cinema, sculpture, fashion design, and writing. He approached everything he did in life, from art to interviews to facial hair, in an equally individualistic way. His eccentricity earned him a reputation as a genius, a lunatic, and a gimmick, though he didn't seem to really care about what anyone thought of him. Instructor: Jean Serusa, Certified NYS Art Educator; Docent at Burchfield Penney Art Center.

5/29: Scams, Fraud and Identity Theft: The Equifax breach meant that potentially millions of Social Security numbers, driver's license numbers and other information had been stolen, leaving many of us to wonder how vulnerable we might be to identity theft. Seniors are especially at risk for phone scams, according to the FBI, particularly older women living alone. We'll discuss common ways that criminals can take an individual's identity, and tips to prevent identity theft. Instructor: Sally Hardenburg, Senior Medicare Patrol volunteer