

# APRIL

# 2015

## Health Focus ADVANCE CARE PLANNING



**MIND**  
Mental and  
Emotional Health

# ERIE 365

Erie 365 is a community initiative to encourage our neighbors to participate in available health services and programs throughout the year so that they can live their best life possible. Healthy communities do more than just exercise and eat right, they focus on all five areas of health.



**BODY**  
Physical and  
Nutritional Health



**MIND**  
Mental and  
Emotional Health



**SPIRIT**  
Spiritual  
Health



**HOME**  
Environmental  
Health



**MONEY**  
Financial  
Health

## Just Talk About It: The Importance of Advance Care Planning

**Advance care planning is the process of taking the time now to plan for medical care** in case you aren't able to make these decisions yourself. Crisis or illness could happen at any time in your life so it is never too early to start planning. *The process has two parts:*

- ▶ Choosing the person you want to make health care decisions for you if you are not able to make them for yourself.
- ▶ Discuss exactly how you wish to be treated if you get seriously ill.

There are no right and wrong choices; your choices depend on your values and your life experiences.

What matters is that you make the choice that is right for you and you tell others about it.



More than 90% of people think this is an important conversation. Less than 30% of people have actually done it.

It's easy to say, I'll do this later; however the best time to do it is now, when you are relatively healthy. Crisis or illness situations are always difficult, but if your loved ones have a clear understanding of your values and preference, you can help to make these difficult times now a little easier. You can promote peace of mind to your loved ones if they can say "I know we did what he or she would have wanted."

While most adults realize advance care planning is important, most of us have not done it yet.

## Take A Healthy Step: It's easy as 1-2-3.

- 1. Plan ahead!** Make health care decisions ahead of time. This lets you choose the kind of health care you want or don't want. No one has to guess what kind of care you'd prefer at the end of life or after a serious illness or when you are not able to communicate your desires.
- 2. Identify your advocate!** Pick a person to make health care decisions for you when you can't make them yourself. The person you choose needs to be able to make decisions based on your values and wishes about care. The person should be someone who knows you, will likely outlive you and someone you trust. This person only makes decisions for you when you are unable to make them yourself.
- 3. Review and update!** Periodically look over your advance care plan and update it when your situation changes or if you change your mind. You should also check in with your designated advocate periodically to make sure they are still able and willing to carry out your plan.



@HealthyComm365  
Healthy Communities 365  
HealthyComm365

**For more information visit [healthycommunities365.org](http://healthycommunities365.org)  
or call (412) 578-9189.**

**APRIL  
EVENTS:**

**Wednesday, April 1**

**Widget Wednesday**  
11:00 a.m. – 12:00 p.m.



**Widget Kidz Zone, Millcreek Mall, 5800 Peach St, Erie 16565**  
Looking for the perfect event to take the kids to? Bring the kids to the all new Widget Kidz Zone for Free fun activities, storybook readings, music, tasty treats and much more every first Wednesday of the month! What's more, Widget is offering \$10 to open your child's Kidz Club account to stake their claim in Widget Financial membership. It's never too early to start saving, so stop by and visit Widget Financial and friends the first Wednesday of every month at 11am in the Widget Kidz Zone!  
*Visit <https://www.widgetfinancial.com/events>. For more information, please contact Allie Slater at 814-456-6231 Ext 274.*

**Wednesday, April 1**

**Finding Balance**  
5:30 – 7:00 p.m.



**Lincoln Education Center at UPMC Hamot**  
118 East Second St, Erie 16507  
This class will help you recognize negative patterns in your life that leave you feeling exhausted and overwhelmed. We will then review self-care strategies and possible changes to improve life balance. This class is only \$7! *For more information, please contact 814-877-6145 or visit [www.classes.upmc.com](http://www.classes.upmc.com) and search "Finding Balance."*

**Thursday, April 9**

**Millcreek Mall Walker Program**  
7:30 – 9:30 a.m.



**Millcreek Mall Food Court, 5800 Peach St, Erie 16565**  
Did you know going for a walk can help boost your metabolism, improve your cardiovascular health, and increase your energy level as well as your self-esteem? Get daily exercise in a clean, safe, and weatherproof environment by becoming a mall walker! In addition, on the second Thursday of every month receive free health screenings, educational information, and giveaways. Registration is free!  
*Please contact Alexandra Dusckas at 814-877-3466 or [dusckasat@upmc.edu](mailto:dusckasat@upmc.edu) for more information.*

**Saturday, April 11**

**Lights, Sirens, Safety! A Public Safety Expo**  
11:00 a.m.



**Bayfront Convention Center, 1 Sassafras Pier, Erie 16507**  
A day featuring breakout training, educational seminars and children's activities including bike safety, car seat checks and 911 call training, hands on activities and shows, and state vehicle and equipment displays. Smokey the Bear and friends will be making a special appearance. *For more information, please call 814-790-5079 or [tom@eriepromotions.com](mailto:tom@eriepromotions.com)*

**Sunday, April 12**

**Second Sundays**  
1:00 – 5:00 p.m.



**Erie Art Museum, 401 State St, Erie 16501**  
On the Second Sunday of each month, Erie Art Museum has free admission 1:00 - 5:00 p.m. The day is paired with a guided tour and a creative, art-making activity from 2:00 - 4:00 p.m.  
*Visit [www.erieartmuseum.org](http://www.erieartmuseum.org) and click on the Calendar tab. For more information, please contact the Erie Art Museum at 814-459-5477.*

**Saturday, April 18**

**Who Wants To Be A U.S. Citizen?**  
6:00 p.m.



**MCRC's Cultural Enrichment Center, 538 East 10th St, Erie 16503**  
Could you pass the United States Citizenship test? Dust off your Declaration of Independence and reconnect with the Constitution! It is time to play "Who wants to be a U.S. citizen?" trivia challenge, first annual trivia competition. Brought to you by the Multicultural Community Resource Center for \$25 per person or \$180 per team of 8. Visit [www.mcrcerie.org](http://www.mcrcerie.org) for more information or to sign up. *For more information, please contact Gregg Sikora at 814-455-0212 or [gsikora@mcrcerie.org](mailto:gsikora@mcrcerie.org).*

**Wednesday, April 22**

**Centennial Meal Pack-A-Thon**  
1:30 – 4:00 p.m.



**Zem-Zem Shrine Club, 2525 West 38th St, Erie 16507**  
Join us in packaging meals for local families facing hunger in our community. Gather your coworkers and friends! The United Way of Erie County needs YOU to help reach a big goal! Volunteer for just two hours and you can produce nearly 17,000 packages that will yield 100,000 protein-fortified meals. Visit [www.unitedwayerie.org/packathon](http://www.unitedwayerie.org/packathon). *For more information or to register, please call 814-456-2937.*

**Thursday, April 23**

**3rd Annual Speaker Series - Theo Fleury**  
6:30 p.m.



**Bayfront Convention Center, 1 Sassafras Pier, Erie 16507**  
Crime Victim Center of Erie County will host the third annual speaker series featuring former NHL Star Theo Fleury as the keynote speaker. This event will allow Mr. Fleury to share his story of overcoming child abuse to become a hockey superstar and will help us to educate the public on the services we provide to our community. Awareness and prevention education are the focus this year and we hope the public will walk away with a grasp of the impact that prevention can have in our community. *Visit [www.cvccerie.org](http://www.cvccerie.org) to learn more. For more information, please contact the Crime Victim Center of Erie County at 814-455-9414.*

**All month!**

Your local YMCA features numerous classes and events each month to keep you in tip top shape! Classes include cycling, hip hop, Tai Chi, Pilates, swimming lessons, Yoga, tons of activities for older adults, open gyms and open & lap swim sessions!  
*Visit <http://www.ymcaerie.org/events/events-calendar/> or contact your nearest YMCA to sign up for one of these classes today!*



Find ways to get involved and volunteer in Erie, PA!  
Volunteer opportunities are available throughout the year. To learn more, visit [www.getconnectederie.org](http://www.getconnectederie.org) or contact Melissa Fenn at 814-454-8800x2 or [mfenn@thenonprofitpartnership.org](mailto:mfenn@thenonprofitpartnership.org).