

## In This Issue

- 3 Preventive Care Reminder Calls
- 4 Your Health is Our Focus
- 6 New Medicare Cards Coming
- 6 Medicare Diabetes Prevention Program Coming Soon
- 7 Review Your Prescriptions With an MVP Pharmacist
- 8 Reduce Your Risk of Falls
- 9 We're Calling to Say Hello
- 9 Medicare Member Orientation Workshops
- 10 Get Active with SilverSneakers<sup>®</sup>
- 11 **Hudson Valley Living Well Programs**
- 14 **Capital District Living Well Programs**

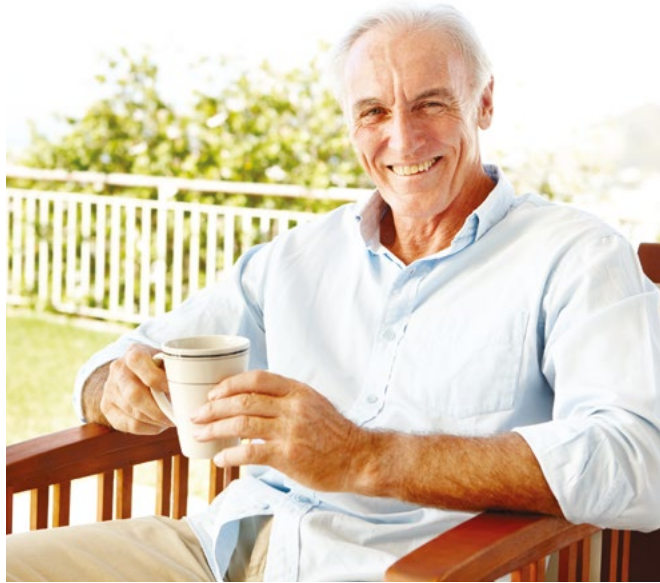


**4.5 Star Rated**

Out of 5 Stars  
Overall by Medicare  
2018

Medicare evaluates plans based on a 5-Star Rating system. Star Ratings are calculated each year and may change from one year to the next.

## Start the Year Well!



MVP is here to help you live healthy and stay well. Your Medicare Advantage plan includes valuable extras to help you make the most of your health care coverage and improve your overall health.

**Wellness Rewards**—Get rewarded for focusing on your health. Schedule an Annual Wellness Visit with your doctor, confirm you're up-to-date with important screenings and preventive services, submit a screening form to MVP, and receive a \$75 gift card! More information and a Wellness Rewards screening form are included in this newsletter.

**TruHearing Hearing Aid Benefit**—Save thousands of dollars on high-quality hearing aids, featuring the latest digital technology—including more natural hearing, reduced background noise, and smartphone controls—available in a variety of styles and colors to fit your needs.

*(Read more on page 3)*



## Contact MVP

Call the MVP Medicare  
Customer Care Center

**1-800-665-7924**

TTY: **1-800-662-1220**

Representatives are available  
Monday–Friday  
8 am–8 pm Eastern Time  
October 1–February 14,  
call seven days a week, 8 am–8 pm  
Web: **mvphealthcare.com**



## We Welcome Your Comments

### Write to us at:

MVP Health Care  
Marketing & Communications  
220 Alexander Street  
Rochester, NY 14607

Email: **MedicareLivingWell@  
mvphealthcare.com**



To receive this newsletter  
and other general  
communications from

MVP by email instead of postal mail,  
*Sign In/Register* for an MVP online  
account at **mvphealthcare.com** and  
select *Communication Preferences*  
to opt in. You can update your  
preferences at any time via your  
online account. MVP will continue to  
send documents about your health  
plan contract and benefits by mail.

We are committed to protecting  
your personal information. Your  
email address will not be shared  
with anyone else.



MVPMCR0042 (01/2018)



**We'll be there,  
when and  
where you  
need us.**

At MVP Health Care®, we strive to  
have a positive impact on the health  
and wellness of our members.

In this issue of *Living Well*, you'll  
find important information about  
ways we support, guide, encourage,  
and empower you to take on life  
and live well.

You'll also find information and tips  
on how to get the most out of your  
Medicare Advantage membership.

We think health care should  
be about you. That's why we  
are always working to simplify  
your access to care, make the  
health care process more human,  
and build and strengthen our  
relationship with you.

Thank you for being part of the  
MVP Health Care family.

Denise V. Gonick  
President & CEO, MVP Health Care

Material presented in this newsletter  
is not intended to replace medical  
advice, which should be obtained  
from a qualified physician. If any  
information in the *Living Well*  
newsletter conflicts with provisions  
of your Evidence of Coverage (your  
contract), the provisions of your  
contract take precedence over  
*Living Well* articles and information.

©2018 MVP Health Care, Inc.

*(Start the Year Well! continued from page 1)*

**SilverSneakers**—Enjoy a free gym membership, all basic fitness center amenities, and fitness classes at thousands of locations across the country. See page 10 for details.

**Prescription Drug Savings**—Preferred Generic Drugs to control blood pressure, high cholesterol, diabetes, and osteoporosis/ bone health are available at low or no cost. You can also use the **CVS Caremark Mail Service Pharmacy** to get a three-month supply of your prescriptions for only two co-pays. Shipping is free!

**\$0 Preventive Services**—Many screening tests to prevent illness or early detection of disease are

covered in full, such as Pap tests, flu shots, and screening mammograms.

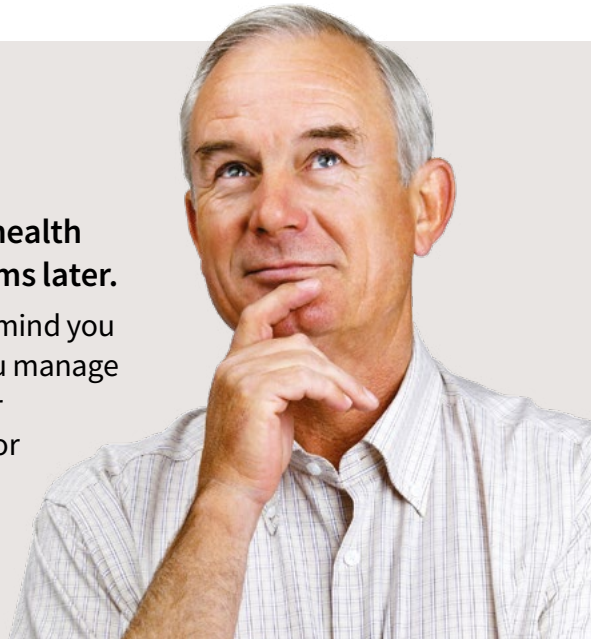
**myVisitNow<sup>SM</sup> 24/7 Online Doctor Visits**—Connect with a doctor 24/7 by video using a computer, tablet, or smartphone for help with an urgent, non-emergency health issue at **myvisitnow.com** or via the **myVisitNow** mobile app. **myVisitNow** from MVP Health Care is powered by American Well. Regulatory restrictions may apply.

For more information about any of these services, refer to your Evidence of Coverage (contract) or call the MVP Medicare Customer Care Center at **1-800-665-7924** (TTY: **1-800-662-1220**).

## Preventive Care Reminder Calls

**Maintaining and improving your health now can help you prevent problems later.**

You may receive a call from MVP to remind you of important tests needed to help you manage an ongoing condition, like diabetes or osteoporosis, or to visit your doctor for a preventive screening. This is part of our commitment and support to help you live well!



MVP Health Care complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-844-946-8010 (TTY: 1-800-662-1220).

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-844-946-8010 (TTY: 1-800-662-1220)。

# Your Health is Our Focus

With MVP, you get the health care you need, plus more!

As a partner on your health care team, MVP is committed to helping you understand, become involved in, and make the most of your health care coverage. We work hard to give you the highest quality, service, and satisfaction in your health plan.

**Our dedication shows through our high quality ratings.**

MVP's HMO-POS and PPO plans have once again received an overall 4.5 Stars rating from Medicare in its yearly measure of health plan quality and service. Our Medicare Advantage plans are also ranked 2018 "Best Medicare Plans" by U.S. News & World Report, based on our consistently high ratings from Medicare.



**We're also personally dedicated to you.** Feedback from our members shows a high satisfaction with the overall experience provided by the MVP Medicare Customer Care Center, noting the representatives' knowledge, courtesy, and professionalism. Any time you have questions, you can speak to a real person dedicated to MVP Medicare members.

## Improving your health and providing piece of mind.

When it comes to your health and well-being, many programs tailored to Medicare member needs are available as part of your health plan coverage.

- **SilverSneakers® fitness program**—get active with a gym membership and fitness classes at a location close to home.
- **Living Well programs**—come to a health education or physical activity class, free or discounted to MVP members.
- **Wellness Rewards**—earn a \$75 gift card when you work with your doctor to take steps toward better health.
- **Medication Therapy Management Program (MTMP)**—talk with an MVP pharmacist over the phone to review your medications for safety and lower-cost alternatives.
- **MVP/Matrix Medical In-Home Health Assessment**—discuss your whole health in the comfort of your own home. The information is then shared with your doctors to help better coordinate your care.
- **Condition Management Programs**—free, confidential programs to help you when you need extra support during a serious or ongoing illness, such as diabetes, heart failure, cancer, kidney disease, or lung disease.



## Working with your doctor to improve your health.

MVP contracts with more than 22,000 doctors, health care professionals, hospitals, and urgent care centers in New York and Vermont to help you find a doctor you like, close to home. If you're having trouble finding a doctor in your area or getting an appointment with a provider, call the MVP Medicare Customer Care Center for help.

It's important to take an active part in your health care. Schedule an **Annual Wellness Visit** to talk with your doctor about your overall health. This visit is the first step to earning your Wellness Rewards!

- Bring a list of questions or health problems to discuss. Be honest about how you feel.
- Learn more about your medications—what they do, how to take them, if there are any possible side effects.
- Ask about preventive screenings to keep you healthy—many tests are covered in full.
- Work with your doctor to develop a plan to maintain or improve your overall health.

The Personal Health Tracker that you received from MVP can be used to prepare for and to keep notes during your doctor visits. If you need a tracker, call the MVP Medicare Customer Care Center at **1-800-665-7924** (TTY: **1-800-662-1220**).

# New Medicare Cards Coming

To help keep your information more secure and protect your identity, the Federal Medicare program is removing Social Security Numbers from the red, white, and blue Medicare cards. The new cards will have a new Medicare Number that's unique to you. Medicare will be mailing the new cards between April 2018 and April 2019.



## Here's what you need to know:

- **Continue to only show your MVP Member ID card when you go to the doctor or fill a prescription.** Keep your new Medicare card in a safe place.
- Make sure your mailing address is up to date with Social Security. To change your address with the Social Security Administration, visit [ssa.gov/myaccount](https://ssa.gov/myaccount) or call 1-800-772-1213 (TTY: 1-800-325-0778).
- Beware of anyone who contacts you about your new Medicare card. Medicare will never ask you for personal or private information about your new Medicare Number and card.
- Mailing everyone with Medicare a new card will take some time. Your card might arrive at a different time than your friend's or neighbor's.

## Medicare Diabetes Prevention Program Scheduled to Begin April 1

Diabetes affects more than 25% of Americans age 65 or older; thousands more people may have prediabetes, but don't know it. Not treating diabetes leads to increased health care costs and additional complications, such as stroke and heart disease.

Fortunately, developing type 2 diabetes often can be delayed or prevented by moderate lifestyle changes. That's why Medicare is expanding the Diabetes Prevention Program (DPP) for adults with prediabetes or at risk for getting diabetes. Program topics include practical information on healthy eating, physical activity, and lifestyle choices in a supportive group setting.

The Medicare Diabetes Prevention Program is based on the results of the Diabetes Prevention Program study funded by the National Institutes of Health (NIH). The study found that lifestyle changes resulting in modest weight loss sharply reduced the development of type 2 diabetes in people at high risk for the disease.

**More details to come in a future issue of *Living Well!***

# Review Your Prescriptions With an MVP Pharmacist



Get peace of mind about your medications with the Medication Therapy Management Program (MTMP). This program is your chance to speak with an experienced MVP pharmacist over the phone and review all the medications you take, including over-the-counter drugs, and herbal and nutritional supplements. It is available at no cost as part of your prescription drug coverage with MVP.

MTMP is especially helpful if you take more than four prescriptions each day, have a chronic medical condition, see more than one doctor, or visit multiple pharmacies.

The medication review only takes 10–15 minutes. You can schedule a phone call when it's convenient for you to talk and have the privacy needed to ask questions.

## The pharmacist can help you:

- Understand the prescriptions you take and the best time of day to take each one
- Check for any harmful interactions between your medications
- Talk about possible lower cost drug options

You will also receive a written summary of your discussion, which may include recommendations for you and your doctor to consider together.

You may receive a phone call and a letter about taking part in MTMP. For more information, visit [mvphealthcare.com](http://mvphealthcare.com) and select *Members*, then *Medicare member?*, then *Drug Coverage (Part D)*, then *Medication Therapy Management Program*.

If you would like to join the program, call **1-866-942-7754** Monday–Friday, 9 am–5 pm Eastern Time, or email [RxAdvisor@mvphealthcare.com](mailto:RxAdvisor@mvphealthcare.com).



# Reduce Your Risk of Falls

Falls are one of the main causes of injury and loss of independence affecting people age 65 and older. There are many reasons older people fall and everyone's risk is different. **But falls are not a normal part of aging and can be prevented.**

Think about your own fall risk using the chart below and talk to your doctor about what you can do to prevent falls in your daily life.

## Fall Risk Factors    What to Do

Fear of falling	Be aware of your environment—always look down, straight ahead, and to either side for unseen surfaces or objects in your way.
Vision or hearing changes	Have your vision and hearing checked each year or anytime you notice a change. If you have trouble seeing and hearing, you might easily lose your balance.
Feeling dizzy or light-headed	Get up slowly out of bed or from a chair. Rest and don't try to walk around. See your doctor if dizziness continues.
Medication side effects	Some medications, including over-the-counter drugs, can affect your balance. Ask your doctor about how the medications you take may interact.
Difficulty walking	Wear low-heeled, well-fitting shoes with non-skid soles both outside and inside the house. Ask your doctor if using a cane or walker would help with your balance.
Clutter	Make your home safer—clear items from stairs and hallways, remove throw rugs, move frequently-used items to eye-level in cabinets and on shelves, turn on lights around the house.
Dehydration	Be sure you are drinking enough each day (six to eight 8-ounce glasses of water or other fluids).
Weak muscles or bones	Do simple strength and balance exercises, either standing or sitting, like marching in place or lifting your toes and heels. Eat a diet rich in calcium and vitamin D, found in dairy products, dark greens, and fatty fish.
Foot problems	Calluses, corns, and loose-fitting shoes can cause you to lose your balance.
Drinking alcohol	Alcoholic beverages can cause drowsiness, dizziness, and may heighten medication side effects.



# New to MVP? We're calling to say

You may receive a call from a Medicare Customer Care Center representative. We'll quickly review your MVP Member ID card, important plan materials, general benefit information, and make sure we have your correct address and best way to reach you on file. The call only takes 10–15 minutes and can help you make your new health plan work for you!

## Learn about your MVP plan at a Medicare Member Orientation Workshop!

Meet with us in-person to ask any questions and find out about all your MVP Medicare Advantage plan has to offer.

Bring your own questions for an interactive Q&A. Reserve a seat today!

Call **1-800-665-7924**, Monday–Friday 8 am–8 pm Eastern Time (TTY: **1-800-662-1220**).

### Hudson Valley

#### **Frank Greco Memorial Senior Center**

207 Market Street, Saugerties  
Thursday, March 22 3:30 pm

#### **Galleria at Crystal Run**

Community Room  
1 Galleria Drive, Middletown  
Wednesday, March 14 3 pm

#### **Holiday Inn Express & Suites**

1835 Ulster Avenue, Lake Katrine  
Monday, March 19 3:30 pm

#### **MVP Health Care**

303 S. Broadway, Tarrytown  
Tuesday, April 10 12 pm

#### **MVP Walk-In Enrollment Center**

Newburgh Mall  
1401 Route 300, Newburgh  
Monday, April 16 2 pm

#### **Poughkeepsie Galleria**

Community Room  
Route 9, Poughkeepsie  
Tuesday, April 10 11 am

### Capital District

#### **Best Western**

617 Plank Road, Clifton Park  
Tuesday, April 10 10 am

#### **John J. Bach Branch Library**

455 New Scotland Avenue, Albany  
Monday, April 2 3 pm

#### **Raindancer Restaurant**

4582 State Highway 30, Amsterdam  
Monday, April 9 2 pm

#### **Rotterdam Public Library**

1100 N. Westcott Road, Schenectady  
Thursday, April 5 10:30 am

#### **Saratoga Springs Public Library**

49 Henry Street, Saratoga Springs  
Wednesday, March 28 2 pm

### Central New York

#### **New Hartford Public Library**

2 Library Lane, New Hartford  
Friday, April 6 1 pm

### Vermont

#### **DoubleTree by Hilton**

870 Williston Road, South Burlington  
Thursday, April 26 9:30 am

## Get Active with SilverSneakers®

You have access to the SilverSneakers fitness program at no extra cost as part of your MVP Medicare Advantage plan. That means you can enjoy all the basic amenities of a gym membership plus signature SilverSneakers exercise classes. Many popular fitness centers participate with SilverSneakers, so you may be able to save money on your gym membership!

### With SilverSneakers, you can:

- Choose from 14,000+ fitness locations nationwide. You can go to more than one location, any time!
- Use exercise equipment, pools, saunas, and other amenities.
- Attend SilverSneakers classes, designed for all levels and abilities.
- Connect online, with educational and well-being resources.

Get started at a participating fitness center by showing your MVP Member ID card or call SilverSneakers at **1-888-423-4632** (TTY: 711) Monday–Friday, 8 am–8 pm Eastern Time to get your SilverSneakers ID number. On-site staff can give you a tour, offer tips on using equipment, and help support your wellness goals!

To find a SilverSneakers fitness location near you, call the MVP Medicare Customer Care Center at **1-800-665-7924** (TTY: **1-800-662-1220**) or visit [silversneakers.com](https://silversneakers.com).



**SilverSneakers®**  
by Tivity Health

## New SilverSneakers Locations

### Binghamton

Binghamton YMCA  
607-772-0560

### Elmira

Jim's Gym  
607-735-9789

### Endicott

Boys & Girls Club  
of Western Broome  
607-754-0225

### Greenwich

Anytime Fitness  
518-531-4325

### Johnson City

West Family YMCA  
607-770-9622

### Pelham Manor

24 Hour Fitness  
914-229-3042

### Scarsdale

24 Hour Fitness  
914-574-4245



### Save the Date—

## Capital District Garden & Flower Show

**March 23–25**

Hudson Valley Community College, 80 Vandenberg Ave. (Route 4), Troy

MVP is proud to once again sponsor Senior Day on Friday, March 23.

Admission is \$10 at the door for seniors age 62 and over.

Stop by to say hello and pick up a free packet of seeds to start your garden!  
For more details, visit [gardenandflowershow.com](https://gardenandflowershow.com).

# Living Well Programs

The MVP Medicare Community Health Promotion team, in collaboration with our community partners, provides innovative health and wellness programs, educational opportunities, and physical activity programs that empower and motivate the individuals we serve to live healthy and vibrant lives.

Our programs incorporate elements of the seven dimensions of wellness—physical, emotional, intellectual, spiritual, occupational, social, and environmental health—for a holistic approach to well-being.

## Hudson Valley

*Living Well Programs* Page 11–13

## Capital District

*Living Well Programs* Pages 14–23



## Hudson Valley Region *Living Well* Programs

### *Living Well* Ongoing Fitness Classes

There are **no fees** for these programs, compliments of MVP! Space is limited and registration is required.



Call MVP Medicare Community Health Promotion at 845-897-6037.

### MVP Striders Walking Club

**Poughkeepsie Galleria Food Court, 2001 South Rd., Poughkeepsie**

**Striders Walking Club Kick-Off**

**Wednesday, February 28 8:30-9:30 am** Program Code: 4909

**Then every Wednesday through May 16, 8:30-9:30 am**



**Make a date with fitness and walk your way to wellness!** As an MVP Strider you will stretch, gain strength with dynaband exercises led by the MVP Medicare Community Health Promotion team, and reap the many benefits of walking, all while connecting with a great group of people. You'll receive an MVP Striders Walking kit to help you on the road to success!

# Hudson Valley Region *Living Well* Programs

## Osteo Moves

Three-part series—plan to attend all three classes

### Fountains at Millbrook, 79 Flint Road, Millbrook

Mondays, March 5, 12, and 19 2:30-3:30 pm Program Code: 4916

A gentle fitness class designed for people with osteoarthritis and/or osteoporosis. You may want to consult with your doctor before attending to discuss any possible limitations. Wear comfortable clothes and sneakers. You will receive fitness equipment and handouts so that you can continue to do the exercises at home.

Instructor: AFAA Certified Fitness Instructor

---

## NEW! MVP Beginner Tai Chi Moves

### Boardman Road Branch Library, 141 Boardman Rd., Poughkeepsie

Tuesday, March 27–May 15 10:15-11:00 am Program Code: 4924

Join us for an introduction to the art of Tai Chi Ch'uan. This class consists of slow, continuous whole-body movements with controlled breathing and mental concentration to create an awareness of how we move and adjust ourselves in the immediate environment. Tai Chi can improve balance, flexibility, muscle strength, and posture. Wear flat-soled shoes and loose, comfortable clothing.

---

## NEW! MVP Chair Moves

### Newburgh JCC, 290 North Street, Newburgh

Thursday, March 29–May 17 11:00-11:45 am Program Code: 4925

Stay as mobile and strong as possible! This chair-based class emphasizes strengthening, limbering, and stretching exercises for upper and lower limbs. Wear flat-soled shoes and loose, comfortable clothing.

---

## Living Well Presentations

### Build Strong Bones

### Mulberry House Senior Center, 62-70 W. Main Street, Middletown

Monday, March 19 11:30 am-12:30 pm Program Code: 4953

No matter your age, developing good health habits can help you slow down bone loss and even help strengthen your bones. Learn how to improve your bone health and how exercise can help you manage your osteoporosis or osteoarthritis.

## Total Recall

**Pine Plains Library, 7775 S. Main Street, Pine Plains**

**Wednesday, March 28 1–2 pm**

**Program Code: 4877**

Explore how memory works and changes we can anticipate as we age. Learn easy techniques to improve your memory, what foods can help, and how to keep your brain sharp.

---

## Sleep from A to Zzz

**Town of Esopus Library, 128 Canal Street, Port Ewen**

**Wednesday, March 28 7–8 pm**

**Program Code: 4976**

**Pawling Library, 11 Broad Street, Pawling**

**Tuesday, April 17 7–8 pm**

**Program Code: 4806**

Understand how good sleep can help you maintain good overall health. Learn strategies to improve your sleep habits, how much sleep is enough, the stages of sleep, and types of sleep difficulties.

---

## Secrets to Successful Aging

**Marlboro Library, 1251 Route 9W, Marlboro**

**Wednesday, April 11 11 am–12 pm**

**Program Code: 4968**

Discover tips for aging with resilience and independence.

---

## Arthritis Overview and Adaptations

**Pawling Library, 11 Broad Street, Pawling**

**Tuesday, May 8 7–8 pm**

**Program Code: 4807**

Discuss the three most common types of arthritis and what to do to cope with arthritis symptoms, like pain. Learn how to reduce your risk for developing arthritis, what to do to feel better if you have arthritis, nutritional information, ways to adapt your environment to stay independent, and exercises to help with symptoms.

# Capital Region *Living Well* Programs

Most programs are free, compliments of MVP Health Care. Programs with fees are discounted for MVP members.

MVP members receive priority registration for all *Living Well* programs; non-members may be placed on a waiting list.

**Space is limited and registration is required.**

To register, call the MVP Medicare Customer Care Center at 1-800-665-7924 (TTY: 1-800-662-1220), or the phone number listed with the class.

## Educational Outdoor Programs and Walks

Dress in layers, wear comfortable, durable shoes, and bring a bottle of water, sunscreen, hat, or insect repellent as needed. No pets are allowed. Programs will take place rain or shine, but will be stopped in the event of thunder and lightning.

### Marvelous Maples

Five Rivers Environmental Education Center  
56 Game Farm Road, Delmar

Thursday, March 29 1:00–2:30 pm No Cost

Program Code: 4947

Learn about all things maple during this interactive afternoon! We'll drill taps into maple trees, taste dripping, raw sap, and head into the Sugar Shack to see the syrup making process and sample completed pure maple syrups.



---

### Tree Identification

Five Rivers Environmental Education Center  
56 Game Farm Road, Delmar

Thursday, May 3 1:00–2:30 pm No Cost

Program Code: 4948

Join us for a leisurely walk in a living museum comprising over 450 acres of fields, forests, and wetlands. Learn about flora, insects, and trees that are indigenous to our region. Bring your binoculars!

Led by Friends of Five Rivers instructors

**Walk distance:** 1–1.5 miles

**Intensity level:** Moderate—you will be walking on a variety of terrain.



## Stockade Walking Tour

**Schenectady County Historical Society**

**32 Washington Avenue, Schenectady**

(Park in rear of building, next door at YMCA, or on-street)

**Thursday, May 10 1:00–2:30 pm**

**Program Code: 4949**



Enjoy a walking tour of America's oldest residential neighborhood. Led by a historical society guide, we will learn the stories behind Schenectady's magnificent period homes.

Tour will take place rain or shine, but will be cancelled and refunded in the event of thunder and lightning.

**Walk distance:** 1–1.5 miles

**Intensity level:** Moderate—you may be walking on uneven sidewalks

**To register,** call Stacie Hebert at **518-388-2596**.

**MVP Member:** No charge; **Non-member:** \$5

Checks are payable to **MVP Health Care** and should be sent at the time of registration to hold your place. No refunds for no-show. Please allow 48 hours for cancellation.

**Mail check/money order to:**

ATTN: STACIE HEBERT

MEDICARE COMMUNITY HEALTH PROMOTION

MVP HEALTH CARE

625 STATE ST.

SCHENECTADY, NY 12305

# Capital Region *Living Well* Programs

## Healthy Cooking Demonstrations

In partnership with Whole Foods Market



### Seasonal Flavors of Spring

Whole Foods Market

Colonie Center Mall, 1425 Central Avenue, Albany

Thursday, April 12 1:30–3:00 pm No Cost

Program Code: 4945

Discover healthy dishes featuring fresh fruits and vegetables available in spring. Learn why eating seasonally is important to your health, the planet, and your wallet. Get tips on how to choose the best produce, as well as how to store and use it properly. Join a store tour after class to find the ingredients used, and recreate the featured recipes at home.

---

## MVP Creative Arts— Hands-On Painting



Reap the benefits of creativity and wellness in a positive, relaxed environment. Explore your creativity and expressive freedom during this hands-on painting class. You will leave the session with an 11" x 14" finished canvas of your creation.

### Tulips

Art in Mind Creative Wellness Studio

272 Saratoga Road, Glenville (Hannaford Plaza behind Midas)

Thursday, March 15 1:00–2:30 pm

Program Code: 4946

**To register**, call Stacie Hebert at 518-388-2596.

**MVP Member:** \$10; **Non-member:** \$20

Checks are payable to **MVP Health Care** and should be sent at the time of registration to hold your place. No refunds for no-show. Please allow 48 hours for cancellation.

**Mail check/money order to:**

ATTN: STACIE HEBERT

MEDICARE COMMUNITY HEALTH PROMOTION

MVP HEALTH CARE

625 STATE ST.

SCHENECTADY, NY 12305



# Free MVP *Living Well* Presentations

To register, call the MVP Medicare Customer Care Center at 1-800-665-7924 (TTY: 1-800-662-1220).

## Total Recall

**Schenectady Senior Center**

**Ancient Order of Hibernians, 1748 State Street, Schenectady**

**Tuesday, March 20 10:45–11:45 am**

Program Code: 4971

**Glens Falls Senior Center, 380 Glen Street, Glens Falls**

**Friday, March 9 1–2 pm**

Program Code: 4983

Explore how memory works and changes we can anticipate as we age. Learn easy techniques to improve your memory, what foods can help, and how keep your brain sharp.

---

## Fall Prevention

**East Greenbush Library, 10 Community Way, East Greenbush**

**Thursday, March 22 1–2 pm**

Program Code: 4984

A simple fall can change your life and even impact your ability to live independently. The good news is that falls are not a normal part of aging and most falls can be prevented. This class discusses fall risk factors and strategies to help you overcome them.

---

## Stress Busters

**William K. Sanford Town Library (Colonie)**

**629 Albany Shaker Road, Loudonville**

**Thursday, April 19 1–2 pm**

Program Code: 4950

We will discuss how stress affects your body, both physically and emotionally, and review stretching and breathing exercises, simple meditation, and other ways to de-stress throughout your day.

---

## Sleep from A to Zzz

**Schenectady Senior Center**

**Ancient Order of Hibernians, 1748 State Street, Schenectady**

**Tuesday, April 24 10:45–11:45 am**

Program Code: 4972

Understand how good sleep can help you maintain good overall health. Learn strategies to improve your sleep habits, how much is enough, the stages of sleep, and types of sleep difficulties.

# Capital Region *Living Well* Programs

## *Living Well* Ongoing Fitness Classes

These programs are free, compliments of MVP Health Care. All are welcome! Join anytime during the session.

Space is limited and registration is required; call the phone numbers listed to register. MVP members receive priority registration for all Living Well programs; non-members may be placed on a waiting list.

### Featured Ongoing Fitness Programs

#### **MVP Tai Chi Moves—Now at two locations!**

**Guilderland Senior Center, 141 Bavarian Way, Altamont**

**Mondays, February 26–May 14      1:15–2:00 pm      Program Code: 4931**

**To register**, call 518-280-7607.

**Glenville Senior Center *New Location!*, 32 Worden Rd., Schenectady**

**Wednesdays, February 28–May 16      1:00–1:45 pm      Program Code: 4978**

**No classes March 21 and April 18**

**To register**, call 1-800-665-7924.

Join us for an introduction to Sun Style Tai Chi. Described as “meditation in motion,” this class consists of slow, continuous whole-body movements with controlled breathing and mental concentration to create an combined mind-body experience. Tai Chi can improve balance, flexibility, muscle strength, and posture. Wear flat-soled shoes and loose, comfortable clothing.

#### **MVP Striders Walking Club—Now at two locations!**

**Registration is requested, but not required.**

Call the MVP Medicare Customer Care Center at 1-800-665-7924.



**Viaport Rotterdam (formerly Rotterdam Mall) *New Location!***

**93 W. Campbell Road, Schenectady**

**Meet in Food Court**

**Mondays, March 12–May 14      8:30–9:30 am      Program Code: 4980**

**Colonie Center Mall**

**131 Colonie Center, Albany**

**Meet in front of Boscov's, lower level**

**Wednesdays, March 14–May 16      9–10 am      Program Code: 4891**

Led by an MVP Community Health Educator, you will move through strength and balance exercises, and walk the mall at your own pace. Receive an MVP Striders walking kit including a T-shirt and pedometer, and connect with a great group of people.

# Living Well Ongoing Fitness Programs



Due to the popularity of these classes, registration is recommended. **MVP members will be given priority registration.** Call the phone numbers listed to register. Type of ongoing fitness class may be subject to change.

## Class Descriptions

### MVP Aqua Moves

**Improve your agility, strength, and core support in the water!** This shallow water class teaches core exercises to improve balance and posture. Water resistance effectively sculpts and tones muscles. A cardio component makes burning calories easy and fun. Water shoes are recommended.

### MVP Bokwa®

**Bokwa is dance, fitness, and fun!** This energizing cardio routine uses the shape of alphabet letters and numbers for dance steps. It is also good for keeping your brain healthy and sharp. Bokwa is an easy fitness program for all ages!

### MVP Chair Moves

**Stay as mobile and strong as possible!** This chair-based class emphasizes strengthening, limbering, and stretching exercises for upper and lower limbs.

### MVP Chair Yoga

**A great way to stay strong, limber, balanced, and healthy!** Classic yoga poses, breathing, and meditation are adapted for the chair. This class is for anyone interested in the benefits of yoga without having to sit on the floor.

### MVP Drums Alive

**Feel the beat of Drums Alive!** This unique fitness class captures the essence of movement and rhythm utilizing drumsticks and large stability balls.

### MVP Gentle Yoga Moves

**Experience the benefits of increased balance, flexibility, and muscle strength.** Gentle Yoga combines simple breathing exercises with stretches and yoga postures (asanas), that can be done seated, standing, or on the floor, with modifications as needed. Class ends with a guided deep relaxation exercise. Please bring your own yoga mat or a towel.

### MVP Latin Moves/Zumba Gold®

**A fun, friendly aerobic workout anyone can do, including beginners!** This class combines fast and slow, low-impact exercise set to Latin rhythms.

# Capital Region *Living Well* Programs

## MVP Striders Walking Club

**Walk your way to wellness!** As an MVP Strider you will stretch, gain strength with dynaband exercises, and reap the many benefits of walking, all while connecting with a great group of people.

## MVP Tai Chi Moves

**Join us for an introduction to Sun Style Tai Chi!** Described as “meditation in motion,” the benefits of Tai Chi can include improved balance, flexibility, and muscle strength. Wear flat-soled shoes and loose comfortable clothing.

## Class Schedule

**Mondays, February 26–May 14 (or as noted)**

Class Name	Time and Location	Call to Register
MVP Striders Walking Club Program Code: 4980	8:30–9:30 am Classes held March 12–May 14 New Location! Viaport Rotterdam Food Court 93 W. Campbell Rd., Schenectady	1-800-665-7924
MVP Zumba Gold® Program Code: 4929	9:30–10:15 am No class March 19 Saratoga Senior Center 5 Williams St., Saratoga Springs	518-584-1621
MVP Chair Moves Program Code: 4889	10:30–11:15 am New Time! Village of Colonie Senior Center 2 Thunder Rd., Albany	518-869-7172
MVP Aqua Moves Program Code: 4930	12:00–12:45 pm Sunnyview Wellness Center Therapeutic Pool 1270 Belmont Ave., Schenectady No walk-ins. Must register for the entire session.	518-386-7936
MVP Tai Chi Moves Program Code: 4931	1:15–2:00 pm Guilderland Senior Center 141 Bavarian Way, Altamont	518-280-7607

## Tuesdays, February 27–May 15 (or as noted)

Class Name	Time and Location	Call to Register
MVP Zumba Gold® Program Code: 4832	11:00–11:45 am Classes held February 27–April 3 National Museum of Dance 99 S. Broadway, Saratoga Springs	1-800-665-7924
MVP Bokwa® Program Code: 4933	11:00–11:45 am Classes held April 10–May 15 National Museum of Dance 99 S. Broadway, Saratoga Springs	1-800-665-7924
MVP Zumba Gold® Program Code: 4935	1:00–1:45 pm Clifton Park Senior Center 6 Clifton Common Blvd., Clifton Park	518-383-1343
MVP Chair Moves Program Code: 4890	1:00–1:45 pm Niskayuna Senior Center 2682 Aqueduct Rd., Schenectady	1-800-665-7924

## Wednesdays, February 28–May 16 (or as noted)

Class Name	Time and Location	Call to Register
MVP Striders Walking Club Program Code: 4891	9–10 am Classes held March 14–May 16 Colonie Center Mall In front of Boscov's, lower level 131 Colonie Center, Albany	1-800-665-7924
MVP Bokwa® Program Code: 4936	11:15 am–12:00 pm Classes held February 28–April 4 Alpin Haus Fitness Center 4852 NY-30, Amsterdam	1-800-665-7924
MVP Drums Alive® Program Code: 4893	11:15 am–12:00 pm Classes held April 11–May 16 Alpin Haus Fitness Center 4852 NY-30, Amsterdam	1-800-665-7924

# Capital Region *Living Well* Programs

## Wednesdays continued:

Class Name	Time and Location	Call to Register
MVP Tai Chi Moves Program Code: 4978	1:00–1:45 pm <b>No classes March 21 and April 18</b> <b>New Location!</b> Glenville Senior Center 32 Worden Rd., Schenectady	1-800-665-7924
MVP Latin Moves Program Code: 4938	1:00–1:45 pm <b>No class March 14</b> Fraternal Eagles Club/Moreau 80 Main St., South Glens Falls	518-792-6007
MVP Drums Alive Program Code: 4939	2:00–2:45 pm JCC of Schenectady Aerobics Studio 2565 Balltown Rd., Niskayuna	1-800-665-7924

## Thursdays, March 1–May 17

Class Name	Time and Location	Call to Register
MVP Chair Moves Program Code: 4892	10:30–11:15 am <b>New Location!</b> Hibernian Hall Banquet Room 1748 State St., Schenectady	1-800-665-7924
MVP Chair Yoga Program Code: 4941	10:30–11:15 am <b>No class March 15</b> Glen Falls Senior Center 380 Glens, St., Glens Falls	518-793-2189

**Fridays, March 2–May 18 (or as noted)**

<b>Class Name</b>	<b>Time and Location</b>	<b>Call to Register</b>
<b>MVP Gentle Yoga Moves</b> Program Code: <b>4942</b>	<b>10:00–10:45 am</b> <b>No class April 20</b> Sunnyview Wellness Center First floor conference room 1270 Belmont Ave., Schenectady	<b>1-800-665-7924</b>
<b>MVP Zumba Gold®</b> Program Code: <b>4943</b>	<b>1:00–1:45 pm</b> <b>Classes held March 2–April 6</b> Belltrone Senior Center 6 Winners Circle, Colonie	<b>1-800-665-7924</b>
<b>MVP Bokwa®</b> Program Code: <b>4944</b>	<b>1:00–1:45 pm</b> <b>Classes held April 13–May 18</b> Belltrone Senior Center 6 Winners Circle, Colonie	<b>1-800-665-7924</b>



Follow MVP Health Care on Facebook to stay up-to-date on our health and wellness programs, community events, and how MVP is working to create the healthiest communities.



220 Alexander Street  
Rochester, NY 14607  
[mvphealthcare.com](http://mvphealthcare.com)

---

PRSR STD  
US Postage  
**PAID**  
MVP Health Care

---



Health and Wellness or Prevention Information