



**St. Francis**

HEALTHCARE SYSTEM OF HAWAII  
A Legacy of Caring for Hawaii's People

Live Every Moment

# Join us! October 2021 Class Calendar

## FREE Virtual Caregiver Education and Wellness Classes



October 4th is the feast day of St. Francis of Assisi, patron saint of animals and nature. As we celebrate, we are reminded to live with simplicity, joy, and charity as peacemakers. With the St. Francis community, learn how to foster a lifestyle of balance and harmony. To register online, scan the QR code. For help with registration or navigating Zoom, contact **Maylynn Wong** at (808) 547-8138 or [mwong@stfrancishawaii.org](mailto:mwong@stfrancishawaii.org).

### Medicare Basics

**Friday, October 1, 2021**  
**11:30 AM to 1 PM**

Lunch and learn about Medicare – what it does and doesn't cover, how to avoid penalties, and how to choose a plan that's right for you or your loved ones.

**Presenter: Mark Faildo**, Premier Benefit Consultants

### Resolving Conflict Without Blame

**Monday, October 4, 2021**  
**5 PM to 6:30 PM**

Learn tips to manage the care of your loved ones without causing conflict or bitterness among family members.

**Instructor: Katie Ranney**, Special Programs Coordinator, Mediation Center of the Pacific

### Trusts, Wills, POA & Medical Decision Making

**Thursday, October 14, 2021**  
**5 PM to 6:30 PM**

Explore important financial and legal subjects that we often put off such as how to avoid probate and addressing financial disputes.

**Instructor: Kristin Bryant**, attorney in private practice, volunteer attorney advisor, mentor at the University of Hawai'i, Elder Law Program



### Understanding Hawai'i's Long Term Care Options

**Saturday, October 16, 2021**  
**9 AM to 11 AM**

Learn about the various long-term care options available for Hawai'i's families and the role of the Long-Term Care Ombudsman program in protecting the health, safety, welfare, and rights of long-term care residents.

**Presenter: John McDermott, LSW, ACSW, M.Div.**, Long Term Care Ombudsman for the State of Hawai'i



### NEW! Lifestyle Choices Are Life Skills in Self-Care

**Wednesday, October 20, 2021**  
**5 PM to 6:30 PM**

Our lifestyle choices – what we eat, how active we are, sleep habits, stress management, and relationships with others – have a profound impact on our health and wellness. Learn skills to manage lifestyle choices that promote optimal well-being. Become empowered and accountable to take responsibility for your self-care.

**Presenter: Paul Smith, MD MPH, DipABLM**, Lifestyle and Occupational Medicine, Brain Health & Wellness Consultant, Hawaii Pacific Neuroscience



### DeClutter & Downsize with Compassion

**Wednesday, October 27, 2021**

**5 PM to 6:30 PM**

Tips and strategies to assist older adults and their loved ones with the emotional and physical aspects of relocation and/or "aging in place" will be presented. This class will also assist caregivers on identifying the emotional aspects of letting go of their "memorable" artifacts.

**Presenter: Cynthia Arnold**, Vice President of Senior Move Managers



**To view the complete list of October classes and to register online, scan the above QR code.**

- **Big Moves! Monday**  
(Mondays, 8 to 9 AM)
- **Body&Brain Tai Chi**  
(Tuesdays and Thursdays, 9 to 10 AM)
- **Boxing Fundamentals**  
(Tuesdays and Fridays, 6 to 6:30 PM)
- **Make It Happen with Myra: Goal Setting & Vision Boards**  
(Mondays, 10/4 and 10/18, 1:30 PM to 3:30 PM)
- **Zumba Gold**  
(Saturdays, 8 to 9 AM)