

FIJAGDH, continued

- I am trained to lead Healthy Living workshops for seniors in Chronic Disease, Diabetes, Healthy Eating, and Chronic Pain. For a while I was a part-time coordinator setting up these workshops, but it started to turn into a real job, so I re-retired and went back to just leading them.

- In the 2000's, I travelled with my father and brother to explore ancestral roots in the hill villages of Slovakia. My father located all 15 of his first cousins, and I am now in contact with some of my second cousins on Facebook.

Diabetes Self-Management

This workshop was developed by researchers at Stanford University Medical Center and is designed for adults who are living with the challenges and complications of Diabetes. Participants will learn several techniques for dealing with issues such as blood sugar level, foot care, fatigue and difficult emotions.

Sessions are held once a week for six weeks and meet for 2.5 hours.



Healthy Eating for Successful Living

This program is for adults who want to learn more about how nutrition and lifestyle changes can promote better health. The USDA's MyPlate is used as a framework and classes provide recommendations for combining physical activity with good nutrition.

Sessions are held once a week for six weeks and meet for 2.5 hours each.



FIJAGDH, continued

- I used to knit a lot, and still do a bit. My favorite items include Icelandic sweaters and colorful socks. The most geekish thing I ever knit was a DNA-patterned cable scarf.
- I have always been a gardener. Although I live in a condo, I have a nearby garden plot where I grow asparagus, sugar snap peas, raspberries, and other veggies.
- My current resident cats are Jasmine (a tortie, very shy) and Pekoe (a tiger, very trusting and friendly). They are about 2 years old, so still very rambunctious.

