The Gift of Music Therapy at Aultman

Music lovers understand the powerful, positive effect music can have on the human condition. While music therapy is beneficial and evidence-based, it is not a required healthcare service, nor is it reimbursed. But, thanks to the generosity of others, music therapy is now a complementary therapy available to Aultman hospice patients and families. It is truly a unique offering.

As soon as the opportunity to help comfort others with music was shared with Faye Heston, she did not hesitate in becoming the first founding member of the program. “Music is therapy to the soul. It is healing, inspirational, comforting and sustaining.” Faye grew up surrounded by music and she recalls how therapeutic it was for her mother during the loss of her father. “That was the only kind of grief counseling in those days.”

Because of music lovers in our community, like Faye, Aultman is blessed to provide this incredible service and support to patients in home hospice and at our Women’s Board of Aultman Hospital Compassionate Care Center. When asked about the difference she is making, Faye humbly shared “music is both powerful and healing and I am so glad it is helping patients and their loved ones in time of need, just as it helped my family.”

A heartfelt thanks to all our Music Therapy Program founding donors for their investment and kind support of our patient and families. We invite you to join these special contributors responsible for impacting the lives of so many with the gift of music. Lisa Zellers, at The Aultman Foundation, welcomes your call at 330-363-4330 to learn more.
When asked why she and Steve give of their time, talent and treasure, she answered, “This is how we were raised.” From the examples provided by the Gregory family, to Lisa’s mom volunteering, to her uncle, Dr. Warburton, who founded North Canton Medical Foundation, Lisa had great examples of gracious giving. She even describes her uncle as a visionary, wanting to improve the health in our community.

Lisa and Steve continue this family legacy by encouraging their children and seven grandchildren to be grateful and to give back. Lisa feels her greatest strengths are her willingness to speak up (which is quite a change from the shy 17-year-old), her work ethic and how she develops relationships.

Lisa is humble and does not like to celebrate herself, so we will take this opportunity to celebrate her! We applaud her passion to make a difference and how she is being a change agent in our community. Our Aultman family is thankful for her support and for the many lives she has positively changed through her leadership.

To learn more and donate to support the Timken Family Cancer Center, please visit www.aultman.org/timkenfamilycancercenter or call 330-363-4056.

Pictured with her husband, Steve Gregory, who is an Aultman Health Foundation Board member and volunteer leader and her grandchildren.
Diabetes Education and Outpatient Dietitian Services

How are you coping with diabetes? Do you feel alone? Are you looking for a place to meet others who want to learn more about this disease? Join us for a community diabetes support group which offers education and support for those living with diabetes. Meetings are held at Aultman Hospital Cardiac Rehab education room (third floor - Bedford building). The meetings are free and meet at noon on the second Tuesday of every month. Feel free to bring a lunch. Family members or support persons are welcome to attend. Aultman’s Diabetes Education and Outpatient Dietitian Services has a new look, new location and a new highly skilled diabetes care team. Our team offers real-life education classes, demonstrations, ongoing support, but most importantly, diabetes care focused on the needs of each individual patient. The outpatient dietitian also sees patients for non-diabetes related nutrition diagnoses such as high blood pressure, inflammatory bowel disease, and high blood cholesterol. For additional details, questions or to register, call 330-363-5235.

Aultman Orrville Announces Healthy Lifestyles Program

Are you ready to make a change for the good? Aultman Orrville’s Healthy Lifestyles Program helps empower you to make that change. This 12-week wellness-based, food-focused program provides nutrition, exercise and behavior change for long-term results. “So many people focus on diet resolutions and fail. Our approach is to support a healthy lifestyle with a program that provides long-term learning for on-going success.” said Dave Speicher, MS, CSCS.

We will:
- Help you learn new behavior tools and set weekly personal goals to promote a healthier lifestyle for a new you.
- Provide weekly one-on-one consultations with allied healthcare professionals.
- Provide education, accountability, goal setting, review, and development of your next steps to keep you progressing.

This program includes:
- Initial Consultation.
- Program manual and weekly education modules.
- Fitness/wellness center orientation and facility usage.
- Group exercise classes.

Upon completion of the program you are eligible for “Healthier You” consultations as you progress towards maintaining your healthy lifestyle. Don Musser, CSCS - Exercise Specialist states, “We have seen greater client success with this program because it’s not a diet, it’s a lifestyle change.” Call 330-684-4732 for more information or to schedule your initial consult.
Generations BOWLING LEAGUE
Organizational meeting: Thursday, Jan. 9
League dates: Every Thursday, Jan. 16 - April 16
Time: 9:30 a.m.
Location: Strike Zone
1222 Whipple Ave. NW, Canton

Looking for a way to pass the dreary winter months? Then the Generations bowling league is right up your alley. This short-season, non-sanctioned league is a place to have fun, meet new friends and stay active. For $9 each week, participants will receive bowling shoes, three games of bowling and a chance to win prizes. A Generations representative will attend weekly and coordinate the details. There is not a moment to spare, reserve your lane today. Try it, you’ll strike it.

Generations PICKLEBALL LEAGUE

Did you miss out on our Pickleball league this fall? Well then, here is your chance to stay active this winter! Pickleball is a great form of exercise and a way to build relationships.

A team consists of two people playing against two people on a court half the size of a tennis court with a highbred wiffleball and a net at the halfway point.

The Aultman Generations Pickleball League will be on Mondays from 1:30-3 p.m. from Jan. 6 – March 30 at the J. Babe Stearn Community Center. The cost of the 13-week league will be $10. The J. Babe Stearn Community Center is located at 2628 13th Street SW in Canton.

Canton Symphony Orchestra - An Evening of Organ & Orchestra
Saturday, Jan. 25 at 7:30 p.m.
Umstattd Performing Arts Hall (Canton, OH)
2323 17th St NW, Canton

Organ and orchestra? Yes, please! Enjoy a new viewpoint of some older works with two pieces on the program reworked by the Maestro himself! Organ soloist Heather Cooper is also a local elementary school music teacher and 2018 Music Teacher of the Year finalist! Concert prelude with Assistant Conductor Matthew Jenkins Jaroszewicz starts at 6:30 p.m.
The cost is $42 per person.

One Vision - The Music of Queen
Saturday, Feb. 1 at 7:30 p.m.
Umstattd Performing Arts Hall (Canton, OH)
2323 17th St NW, Canton

It was the most talked about Canton Symphony show of 2016 … and now it’s back! One Vision: The Music of Queen is returning for one performance only! Hear Toronto-based Jeans ‘N Classics when they join the Symphony to present the songs made famous by Freddie Mercury and the rest of Queen. The set list includes such favorites as: Radio Ga Ga, Under Pressure, We Will Rock You and more! The cost is $28 per person.
Generations Goes Red
Friday, Feb. 21 at 10 a.m.
Aultman Orrville Hospital (Orrville, OH)
Tuesday, Feb. 25 at 1 p.m.
Aultman Alliance Community Hospital
(Alliance, OH)
Wednesday, Feb. 26 at 2 p.m.
AMG North Canton Medical Center (North Canton, OH)

Making small changes every day can add up to big improvements in your overall health. The American Heart Association’s Life’s Simple 7 outlines a few easy steps you can take to live a healthier lifestyle. Join us for this interactive presentation and jump-start your whole health journey. Participants that wear red will be entered in to a special prize drawing. 
This event is free.

Senior Sing
Calling all members who are interested in meeting new friends, laughing a little and singing a lot! The next session of Senior Sing, presented by Aultman Generations and Voices of Canton, Inc. (VOCI), begins in March 2020. Senior Sing is a no-audition, no-experience necessary choir (you don’t need to read music), focusing on the health and wellness benefits of group singing.

Senior Sing is directed by Canton resident John Hayward, a graduate of Westminster Choir College. Hayward was a music specialist in the U.S. Army during the Vietnam conflict, as well as assistant director of the Soldiers’ Chorus in Washington, D.C. Locally, he has directed the Canton Police Boys Club Choir, Canton Civic Opera and the Greater Canton Men’s Chorus.

Spring 2020 Session (12 weeks):
Aultman West
Every Tuesday, at 2 p.m. beginning March 3
—or—
AMG North Canton Medical Center (North Canton, OH)
Every Wednesday at 10 a.m. beginning March 4

Final combined concert on Wednesday, May 27!

Registration opens Jan. 15, 2020 for the spring sessions. For more information go to www.VoicesOfCanton.org or call 330-455-1000.

AARP Driver Safety Course
Check-in: 8:30 a.m., Class: 9 a.m. - 1 p.m.
Monday, March 9
Aultman Orrville Hospital (Orrville, OH)
Bring a snack and packed lunch. Call 330-363-6262 to reserve your seat today!

Wednesday, March 11
Canton Regency (Canton, OH)
Buffet breakfast and lunch provided. Call 330-477-7664 to reserve your seat today!

This four-hour course is the nation’s first and largest classroom driver improvement course. It prepares attendees for age-related physical changes and reviews safe driving skills and habits. Check with your insurance company about available premium discounts. Please bring your driver’s license and AARP membership card (if applicable, but not required). The cost is $20 per person (AARP members receive a $5 discount).
**MARCH 2020**

**Noah’s Ark Encounter**  
Thursday, March 26 - Friday, March 27  
(Williamstown, KY)  
Pickup in Alliance, Canton and Orrville.  
*This tour requires an ample amount of walking.*

Experience Bible history at the Ark Encounter and Creation Museum. The Ark Encounter features a full-size Noah’s Ark, built according to the dimensions given in the Bible. Spanning 510 feet long, 85 feet wide, and 51 feet high, this modern engineering marvel amazes visitors young and old. The Creation Museum explores creation science with stunning exhibits, dinosaur bones, fossils, botanical gardens, a planetarium and more. The ticket price includes transportation, admission to both exhibits, one-night’s stay in hotel and three meals. **The cost is $235 per person based on double occupancy rooms.**

**Canton Senior Expo**  
Wednesday, April 1 from 8 a.m.-1:30 p.m.  
Cultural Center of the Arts (Canton, OH)  
1101 Market Ave. N, Canton

It may be April 1st, but we’re not fooling when we say it’s time to celebrate the Canton Senior Expo’s 30th Anniversary! Admission and parking is FREE. Sponsored by Aultman, come out to celebrate healthy, active living with more than 50 exhibits, prize wheel, free health screenings, photo booth, Bingo, Price is Right Game Show and complimentary refreshments. Lunch is available for only $5. The expo will provide information on healthcare, senior housing, insurance, travel, home improvement, senior organizations and more. Keep up-to-date with all the exciting activities coming at www.Facebook.com/CantonSeniorExpo and SAVE THE DATE! For more information, call 330-556-9974 or visit us online. **This event is free.**

**APRIL 2020**

**Indians Game**  
Thursday, April 9 at 4 p.m.  
Progressive Field (Cleveland, OH)  
*This trip requires a moderate amount of walking.*

Join us for the first game of the season as the Indians take on the Tampa Bay Rays. The ticket price includes club seats, buffet and transportation from St. Michael’s Church. **The cost is $130 per person.**

Reservations due by March 6. Call 330-363-6262.
Canton Symphony Chorus sings Dvořák and Brahms
Saturday, April 25 at 7:30 p.m.
Umstattd Performing Arts Hall
(Canton, OH)
2323 17th St NW, Canton

The Canton Symphony Chorus never fails to deliver a breath of fresh air to the stage. Featuring many of the audiences’ favorite composers (Wagner! Brahms! Verdi!), this performance showcases the Chorus – and the Orchestra – in all its splendor. Concert Prelude with Assistant Conductor Matthew Jenkins Jaroszewicz starts at 6:30 p.m. The cost is $42 per person.

Call Aultman Generations at 330-363-6262 to make a reservation. While we do not anticipate a change in the schedule of these special events, Aultman reserves the right to cancel any activity due to low ticket sales. All reservations are nonrefundable unless your reservation is canceled 35 days prior to the event date.

Fallingwater/ Flight 93
Thursday, April 30 at 7 a.m.
(Pennsylvania)
Pickup in Alliance and Canton.
*This tour requires an ample amount of walking.

The Flight 93 National Memorial, located at the site of the crash of United Airlines Flight 93, which was hijacked in the September 11 attacks, was made in honor of the passengers and crew of Flight 93 who stopped the terrorists from reaching their target by fighting the hijackers.

Fallingwater was voted the best American building of the last 125 years by American Institute of Architects. Cantilevered out over a waterfall in rhododendron woods, it was built as a weekend home for Edgar J. Kaufmann, who made his money through the Kaufmann department stores. Fallingwater dramatically combines Wright’s vision of ‘organic’ architecture with his engineering skills in cantilevering. The ticket price includes transportation, admission to exhibits and lunch at Oakhurst Grille. The cost is $125 per person.

Call Aultman Generations at 330-363-6262 to make a reservation. While we do not anticipate a change in the schedule of these special events, Aultman reserves the right to cancel any activity due to low ticket sales. All reservations are nonrefundable unless your reservation is canceled 35 days prior to the event date.

Join us for our Health Talk series each month that feature topics like Alzheimer’s Disease, weight management, arthritis, stroke, estate planning and more.

All programs are free and open to the public. Seating is limited, and reservations are required. Visit our website at aultman.org or call 330-754-4508 to sign up. Presentations are for educational purposes only and do not in any way constitute professional advice.
Your physical and mental well-being are just as important to us as they are to you. Join us for classes designed to improve strength, flexibility, balance, memory and your ability to cope with stress. All classes are led by passionate, qualified instructors eager to work with you. All fitness levels are welcome; modifications are available to accommodate various levels of physical ability.

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<thead>
<tr>
<th>CLASS</th>
<th>DAY OF THE WEEK</th>
<th>TIME</th>
<th>LOCATION</th>
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<tbody>
<tr>
<td>Chair Yoga</td>
<td>Monday</td>
<td>8:30 a.m.</td>
<td>Aultman West</td>
</tr>
<tr>
<td>Yoga</td>
<td>Monday</td>
<td>4:30 p.m.</td>
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<td>Monday</td>
<td>5:30 p.m.</td>
<td>Aultman Carrollton</td>
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<td>Tuesday</td>
<td>5:30 p.m.</td>
<td>Aultman Hospital (Morrow House Auditorium)</td>
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<td>Yoga</td>
<td>Friday</td>
<td>8:30 a.m.</td>
<td>Aultman West</td>
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<tr>
<td>Yoga</td>
<td>Saturday</td>
<td>9:30 a.m.</td>
<td>AMG North Canton Medical Center (Entrance A)</td>
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<tr>
<td>Chair Yoga</td>
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<td>9:30 a.m.</td>
<td>Aultman Alliance Community Room</td>
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<tr>
<td>Chair Yoga &amp; Strengthening</td>
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<td>Tai Chi</td>
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<td>Tuesday</td>
<td>9 a.m.</td>
<td>Aultman West</td>
</tr>
<tr>
<td>Zumba</td>
<td>Friday</td>
<td>10 a.m.</td>
<td>AMG North Canton Medical Center (Entrance A)</td>
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$25/month per class  •  $55/month for all-access pass To register, visit www.aultmancollege.edu/aultman-wellness-classes
For more information, call the ACCE office at 330-363-6181.