



## Healthy Hearing and Communication

Join Dr. Debra Trees at Glen Eddy for insights from an expert on the importance of healthy communication and hearing as we grow older. Discover new tips and tools for communication and learn why they are essential to maintaining good health. Dr. Trees will also discuss hearing loss and how to remain connected with others, leading to a happier, healthier life.

### Speaker Biography

Dr. Trees is the Audiology Supervisor, St. Peter's Health Partners, and has been with the hospital for 30 years. She provides diagnostics and treatment for all ages. Dr. Trees earned her Doctorate from Central Michigan University/Vanderbilt, her Masters from Syracuse University, Syracuse, NY and her Bachelors from The College of St. Rose, Albany, NY.

Hosted at Glen Eddy • One Glen Eddy Drive, Niskayuna, NY 12309

WEDNESDAY

APRIL

5<sup>TH</sup>

5:00 p.m.

Glen Eddy,  
Niskayuna



## Heart Health

Join Dr. Robert Benton at Beechwood at Eddy Memorial for a critical discussion about heart health. Dr. Benton will review ways to keep your heart healthy as you age and the importance of healthy nutrition and your heart. He will also discuss the latest in cardiology advancements and technologies. Dr. Benton will be on-hand for questions following the presentation.

### Speaker Biography

Since 1997, Dr. Benton has practiced in Troy and Albany. He is the Chief of Cardiology at Samaritan Hospital and serves as the Director of Capital Cardiology Associates, PC, Division of Clinical Research. Dr. Benton is Board Certified in Cardiovascular Disease and is a Fellow of the American College of Cardiology.

Hosted at Beechwood at Eddy Memorial • 2218 Burdett Avenue, Troy, NY 12180

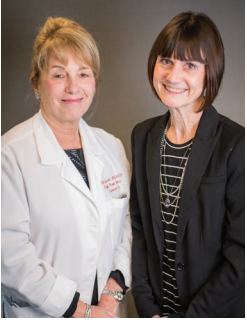
WEDNESDAY

APRIL

12<sup>TH</sup>

5:00 p.m.

Beechwood at  
Eddy Memorial,  
Troy



## Diabetes: Prevention, Treatment, and You!

As we age, our bodies are more susceptible to developing diabetes. Join Endocrinologist Dr. Jill Abelseth and Dietitian Lynn Sutton for information everyone should know about diabetes. They will review the different types of diabetes and discuss diabetes prevention and management. Their discussion will also include developments in pre-diabetes diagnosis, giving you a better chance to avoid the disease, and treatment.

### Speaker Biographies

**Dr. Jill Abelseth** is a board-certified Endocrinologist with a primary interest in diabetes. She worked at The Endocrine Group, Albany, NY, for most of her career in intensive diabetes management. In 2014, Dr. Abelseth joined St. Peter's Medical Associates to establish the Endocrinology and diabetes program.

**Lynn Sutton RD, CDN, CDE**, is a registered Dietitian and certified diabetes educator with more than 16 years' experience providing medical nutrition therapy and diabetes education. Lynn is currently the coordinator of the diabetes education program for St. Peter's Diabetes and Endocrine Care.

Hosted at Beverwyck • 40 Autumn Drive, Slingerlands, NY 12159

THURSDAY

APRIL

20<sup>TH</sup>

5:00 p.m.

Beverwyck,  
Slingerlands



## Orthopedic Health

Whether you have joint pain and are considering a replacement, or want to keep your joints healthy, join Dr. Fletcher at Eddy Hawthorne Ridge to understand the newest information on orthopedic health, approaches, and technology. Dr. Fletcher will discuss new advances in hip and knee health, replacement options, the hospital experience, length of stay, rehabilitative therapy, pre-operative optimization and more.

### Speaker Biography

Dr. Fletcher is one of the Capital District's most prominent hip and knee replacement surgeons who has focused on minimally invasive surgery for many years. Board Certified, he is a member of the American Academy of Orthopedic Surgeons, the Eastern Orthopedic Association and the American Association of Hip and Knee Surgeons. Dr. Fletcher is currently on staff at most of the hospitals in the Albany and Troy area. He also serves as the Medical Director of the Total Joint Replacement Center at St. Peter's Hospital.

Hosted at Eddy Hawthorne Ridge • 30 Community Way, East Greenbush, NY 12061

WEDNESDAY

APRIL

26<sup>TH</sup>

5:00 p.m.

Eddy  
Hawthorne Ridge,  
East Greenbush



## Healthy Hearing Means a Healthier You!

Did you know that your hearing has a direct impact on your overall health and well-being? Join Audiologist Dr. Cara Bedore at The Glen at Hiland Meadows to discuss hearing health and the role that hearing has in preventing other issues that come with growing older. Ask your hearing-related questions after the session.

### Speaker Biography

Dr. Bedore has been a practicing clinical audiologist for over ten years. She has advanced experience in diagnostic evaluations and rehabilitation of hearing loss in patients ranging in age from birth to seniors. Dr. Bedore earned her Doctorate in Audiology from Salus University, Elkins Park PA., is Board Certified, and a NYS licensed and registered hearing aid professional.

The Glen at Hiland Meadows • 39 Longview Drive, Queensbury, NY 12804

WEDNESDAY

MAY

3<sup>RD</sup>

5:00 p.m.

The Glen  
at Hiland Meadows,  
Queensbury/Glens Falls



## Memory Loss, Dementia or Alzheimer's?

If you struggle with memory loss, dementia, or Alzheimer's, or if you have a loved one who does, you do not want to miss this presentation. Geriatric Psychology expert Dr. Guerman Ermolenko will discuss the normal aging process versus aging with dementia, the different types of dementia, the newest treatments, and knowing when it is time to seek help.

### Speaker Biography

Dr. Ermolenko has been serving the Capital Region since 1999. In 2002, he founded Geriatric Psychiatry Consultant, PLLC, with the vision of creating a medical practice that serves his senior patients in residential settings with exceptional care. He brings to his work both the highest professional qualifications and a deep sense of caring and respect for seniors. Dr. Ermolenko is certified by the American Board of Psychiatry and Neurology and holds a subspecialty certification in geriatric psychiatry.

Hosted at Marjorie Doyle Rockwell Center • 421 Columbia Street, Cohoes, NY 12047

THURSDAY

MAY

11<sup>TH</sup>

5:00 p.m.

Marjorie Doyle  
Rockwell Center,  
Cohoes

Please RSVP to any of these complimentary events by calling 518.280.8385



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complimentary events by calling  
518.280.8385*



**Head-to-Toe Health  
For Seniors-2017**



Eddy Senior Living & St Peter's Health Partners Present:



**Head-to-Toe Health for Seniors Series  
At-a-Glance**

<p><b>Healthy Hearing and Communication</b> <i>Dr. Debra Trees</i></p> <p><b>Wednesday April 5, 2017</b> at 5:00 p.m. Glen Eddy, Niskayuna</p>	<p><b>Heart Health</b> <i>Dr. Robert Benton</i></p> <p><b>Wednesday April 12, 2017</b> at 5:00 p.m. Beechwood at Eddy Memorial, Troy</p>	<p><b>Diabetes: Prevention, Treatment and You!</b> <i>Dr. Jill Abelseth &amp; Lynn Sutton RD, CDN, CDE</i></p> <p><b>Thursday April 20, 2017</b> at 5:00 p.m. Beverwyck, Slingerlands</p>	<p><b>Orthopedic Health</b> <i>Dr. Fred Fletcher</i></p> <p><b>Wednesday April 26, 2017</b> at 5:00 p.m. Eddy Hawthorne Ridge, East Greenbush</p>	<p><b>Healthy Hearing a Healthier You!</b> <i>Dr. Cara Bedore</i></p> <p><b>Wednesday May 3, 2017</b> at 5:00 p.m. The Glen at Hiland Meadows, Queensbury</p>	<p><b>Memory Loss, Dementia or Alzheimer's?</b> <i>Dr. Guerman Ermolenko</i></p> <p><b>Thursday May 11, 2017</b> at 5:00 p.m. Marjorie Doyle Rockwell Center, Cohoes</p>
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