

# WINTER PROGRAMS 2018

Borough of Jefferson Hills Library  
925 Old Clairton Road  
Jefferson Hills, PA 15025

All programs will be held in the  
Municipal Center Community Room.

To register or read more about our programs visit:

[www.jeffersonhillslibrary.org](http://www.jeffersonhillslibrary.org)  
412.655.7741



## Bereavement Support During the Holidays

Tuesday, December 12, 2017  
7:00 to 8:30 p.m.

Ruth Zalonis, RN, MSN, OCN, CHPN, GC-C.

Holidays generally represent time spent with family and friends, but these celebrations can be challenging while grieving because they only magnify the loss. The sadness feels more profound and the loneliness goes deeper. It is the time that we miss our loved ones even more than usual. The need for support may be the greatest during the holidays. Come to this support work shop. Learn some coping skills and share with others who may be able to relate to what you are going through. Please call the Library to say you'll attend this program.



## Tender Heart Customs Workshop

Tuesday, January 30  
7:00 to 9:00 p.m.

Kelly Donaldson, owner of Tender Heart Customs, will present a workshop making the customized sweetheart sign shown in this photo, with personalized names and colors. Kelly's classes in the Pittsburgh area fill up quickly, so log on to the link below or see the Tender Heart Customs or Jefferson Hills Library Facebook pages to sign up directly with Kelly.

<http://tenderheartcustoms.simpletix.com/Event/32416/SweetheartSignParty/>

## An Evening with Paula Reed Ward, Author of Death by Cyanide: The Murder of Dr. Autumn Klein

Tuesday, February 20  
7:00 to 8:00 p.m.

Pittsburgh Post-Gazette

reporter Paula Reed Ward, author of "Death by Cyanide: The Murder of Dr. Autumn Klein," covered the April 2013 murder of the 41-year-old Dr. Autumn Klein, UPMC chief of women's neurology, and the subsequent criminal investigation and trial of her 64-year-old husband, Robert Ferrante, a University of Pittsburgh neuroscientist researching ALS (amyotrophic lateral sclerosis) and Huntington's disease. No spoilers here as the book's title makes clear, a murder was committed and cyanide was the weapon. The perpetrator became obvious early on.

## Managing Stress

Wednesday, February 7  
7:00 - 8:15 p.m.

Instructor: Shauna Frantz, LCSW, through Jefferson Hospital

Is there good and bad stress? Can stress change behavior or even the brain? Learn how to identify the negative impact of stress and when to get help. Learn simple mindfulness, breathing and relaxation techniques that can help alleviate stress. (Note: this program has been re-scheduled from October.)

## Developing and Maintaining a Pittsburgh Garden

Tuesday, March 6  
7:00 to 8:15 p.m.

Instructor: Penn State Master Gardener Joan Kugler

As gardeners in the Pittsburgh area, we face many challenges while also enjoying many benefits throughout the growing season. Each year seems to bring a new set of circumstances that keep us on our toes and drive us to find ever-changing best practices to co-exist successfully with nature. "Developing and Maintaining a Pittsburgh Garden" is based upon Penn State Master Gardener Joan Kugler's experience over ten years as a volunteer. What started as a

field of weeds in South Park has evolved into a stunning color display that draws visitors of all ages to enjoy this demonstration garden. This garden has earned certification as a pollinator garden, placing it among the gardens that fulfill a vital role in supporting a healthy environment.

## Managing Challenging Behaviors in Youth

Wednesday, March 14  
7:00 - 8:15 p.m.

Learn about evidenced based techniques that are used widely to decrease disruptive behaviors in the home. When are disruptive behaviors too much? Information will be shared about what can be behind disruptive behaviors and ways adults can react that are proactive. Resources that explore what other adults have found helpful will be available.

## Baby Boomer Retirement

Tuesday, April 3 and 10  
6:00 - 8:30pm,  
Instructor: Roy Laux  
Tuition: \$49

This course is designed as a comprehensive personal finance course for those in the early stages of retirement or those preparing to retire. It addresses pitfalls to avoid, difficult retirement decisions, and other essential information.

This course is sponsored by CCAC and we are happy to partner with the College to bring this program to our community. Register by phone at 412-788-7546 or online at <https://shopcommunityed.ccac.edu/>, Course No. YCH 027 1570

## Adult YOGA - Beginners and Intermediate

Saturday mornings  
9:30 to 10:30 a.m.  
Wednesday evenings  
5:30 to 6:30 p.m.  
Instructor: Linda Frost

Tuition is \$5 per class

We continue to learn the basics and advantages of YOGA exercise. This class is suitable for the beginner or intermediate student.

## Scrabble Club

Meets Tuesdays at Noon in the Municipal Center  
The members are always looking for new players.

## CHILDREN'S PROGRAMMING Winter Story Times for Children

Ages 3 and Up  
Each day features a story, craft and snack  
Thursdays: 10:30 to 11:15 a.m. and 1:30 to 2:15 p.m.

## January 18, 25

January 18 - "STEM TOGETHER" Day - Camouflage and Pop-Up Engineering Science, Technology, Engineering and Math  
January 25 - "Building Extravaganza" We will be building unique structures with our Play K materials and talking about school readiness.

## February 1, 8, 15, 22

February 1 - Animals in Cold Places  
February 8 - "One World Many Places" CHINA we will be celebrating Chinese New Year and the Year of the Dog  
February 15 - "Artful Thursday"  
February 22 - "STEM TOGETHER" Day - Sink or Float Experiment using our new Water & Sand Table Science, Technology, Engineering, and Math

## March 8, 15, 22

March 8 - "Shopping A, B, C's" We will be using our Play K toys to shop together and also practice our school readiness skills  
March 15 - "Taking Care of Our Teeth" Listen to some funny stories and learn how to protect our teeth.  
March 22 - Spring Party