

SENIOR

Spirit!

HEALTH
Wise



*Dr. Henry E. Roberts
President, Foundation Affairs*

Dear Friends of Sacred Heart,

You are invited to participate in expanding and enhancing the healing ministry of Sacred Heart through your gift of support through the Annual Campaign. By your gifts, you will bless the lives of individuals you will probably never know by name, but who will benefit from your gift of support.

To see the miracles that take place in the hospital each day would thrill your soul. The smallest and most vulnerable of children are cared for in the Neonatal Intensive Care Unit, while the oldest among us live in security and peace in the Haven.

Just recently, a child who was born 1 pound 4 ounces this past Christmas has gone home laughing and giggling for the first time to see his brother and sister. A teenager who has been with us for weeks undergoing chemotherapy is going home and back to school with a smile on his face. An elderly adult has moved through surgery and welcomed into the Haven, which is such a pleasant, secure place to live. Each day we welcome hundreds of individuals into our clinics, outpatient surgery areas, emergency rooms and hospital; and each person — without regard to his or her ability to pay — is treated with respect and honor.

I find our ministry of healing is made visible in the caring spirit of all of our workers and the support of those who contribute to the medical care of others through their gifts by way of the Foundation. Thank you for your gift of support, which will make a huge difference in our care of the sick and injured who come through our doors. Alone we are limited, but when we join together, miraculous things happen.

Sincerely yours,

A handwritten signature in black ink that reads "Henry E. Roberts".

Dr. Henry E. Roberts
President, Foundation Affairs

**HERE'S HOW
TO SUPPORT
THE MISSION:**

- **Return your contribution in the envelope enclosed in this newsletter.**
- **Remember a friend or family member with a memorial gift to the Sacred Heart Foundation. You can also honor someone special or mark an important occasion with a gift. Notification of your gift (but not the amount) will be sent to the person you specify.**
- **Contribute stock, IRA or property.**
- **Set up a charitable gift annuity, which means you receive the interest for life and the remaining principal after your death goes to the mission.**
- **Join the Order of Cornette.**

For more information contact the Sacred Heart Foundation at (850) 416-4660.

FINANCIAL MATTERS

PENSACOLA

Sacred Heart Home Care
213 E. Wright Street
9:30 - 11:30 a.m.

Thursday, November 8
“Fraud & Identity Theft”

Thursday, January 17
“Life Insurance: Investment or Protection?”

CHIPLEY

Conference Room
10 - 11:30 a.m.

Tuesday, January 22
“Life Insurance: Investment or Protection?”

The next quarterly Financial Matters seminar will be held on Tuesday, April 22.

DESTIN

Resource Center, Suite 3
10 - 11:30 a.m.

Monday, November 12
“Fraud & Identity Theft”

Monday, January 21
“Life Insurance: Investment or Protection?”

Pre-registration is encouraged. Call (850) 416-1620 or toll-free (877) 416-1620 to reserve your seat. Our thanks to Annalee Leonard, Joan Connell and Frank Sauls of Mainstay Financial Group for presenting quality seminars for you.

Take control of diabetes for life

The statistics are staggering:

- As of 2005, more than 14.5 million Americans were diagnosed with type 2 diabetes — twice as many as in 1990.
- An estimated 6.2 million more Americans have diabetes but do not know it.

Type 2 diabetes is a chronic disease. Unless it is carefully managed, it can cause serious health problems and can even be deadly. It increases your risk for heart disease, stroke, blindness, amputation and kidney disease.

But it can be avoided. Before developing type 2 diabetes, most people have pre-diabetes, when blood sugar is elevated but not enough to count as full-fledged diabetes. To have the best chance at stopping pre-diabetes from becoming diabetes, it's important to become physically active, eat a balanced diet and maintain a healthy weight. Your doctor can tell you if you

have pre-diabetes and what specific steps you can do to control your blood sugar.

If you already have diabetes, you can do a lot to stay healthy:

- **See your doctors.** Schedule checkups with your primary care doctor regularly, your dentist at least twice a year and a podiatrist (foot doctor) once a year.
- **Eat a low-cholesterol diet and lose excess weight.**
- **Get a flu shot every year.**
- **Quit smoking.**
- **Stay on the alert.** Wear a medical alert bracelet or necklace at all times. It will speak for you if you are ill or injured.
- **Take your medicine as prescribed by your doctor.**
- **Track your blood sugar levels.** Keep up with the home self-testing your doctor recommended.
- **Attend “Diabetes Made Simple” classes offered by Sacred Heart.** Led by certified



diabetes educators, this 10-hour course is offered daytime and evenings for people with diabetes and their family and friends. An emphasis is placed on the development of self-management skills. Please call (850) 416-7264 for details.

For more information, please call the Sacred Heart Endocrinology Department at (850) 416-6450.

Pre-Paid Lab-Screening Coupon Book

There are MANY reasons why you will want to purchase a **SENIORSpirit!** Pre-Paid Lab-Screening Coupon Book:

- The price is only \$30;
- No appointment is necessary;
- Coupons are completely transferable; and
- You may purchase a book for a family member, caregiver or uninsured friend.

The \$30 Pre-Paid Coupon Book includes five screenings with one coupon each for:

- **Anemia Screen** (Total Iron and Complete Blood Count)

- **Blood Type** (ABO Blood Group and Rh Factor)
- **Cardiac Risk Screen** (Total Cholesterol, HDL, LDL and Triglycerides)
- **Diabetes Screen** (Glucose)
- **Prostate Cancer Screen** (Prostate-Specific Antigen)

We are pleased to make this easy access pre-paid lab-screening program available to you as part of our ongoing effort to serve as a partner in your continued good health. Please call (850) 416-6547 for more information.



Sacred Heart on the Emerald Coast 5th Annual Health Fair

Saturday, January 26, 2008 • 8 a.m. to noon

Enjoy free health screenings to measure blood pressure, cholesterol and blood sugar as well as health information and door prizes during our 5th Annual Health Fair.

Top 10 tips for preventing holiday weight gain

Hold onto your waistline. The holidays are fast approaching, and that probably means a steady stream of parties, receptions and family feasts. These tips can help you enjoy the blessings of the season without destroying your diet:

1. Start new, active traditions. Plan some family activities that don't involve food. Devote a special evening to decorating your house for the holidays. Take a nighttime stroll around your neighborhood to look at the festive lights.

2. Practice moderation. Of course you're going to eat some of your favorite "taboo" foods during the days ahead. Rather than trying to deny every indulgence, savor a small portion of the most irresistible goodies, and exercise a little more the next day to take off the extra calories.

3. Control your portions. Weight control is about *what* you eat and *how much* you eat. Most restaurants and hostesses serve very large portions. Enjoy reasonable amounts of food, but do not feel obligated to eat every bite on your plate or go back for seconds.

4. Don't "save up room." Starving yourself before a family feast will only cause you to

overeat at mealtime. Eat normally throughout the day and make wise choices when you do sit down at the table.

5. Beware the urge to nibble. At parties and receptions, select a few food items for your plate and then move away from the table. When you stand next to a bowl of nuts or bonbons, you're more likely to scoop up handful after handful.

6. Scope out the buffet. When dining at a buffet, it's easy to bite off more than you can chew — literally. By looking down the table and planning your meal, you can more easily avoid overloading your plate.

7. Watch for hidden trouble. Looks can be deceiving, so beware of hidden calories and fat in foods such as green beans cooked with ham, mashed potatoes dripping with butter or gravy, and broccoli coated in cheese sauce. When making a salad, skip the croutons, bacon sprinkles and creamy dressing.

8. Savor your food. Holiday fare is some of the most delicious and carefully prepared food you will eat all year. So take your time and really enjoy your meal. Setting down your utensils after each bite will slow your pace.



9. Do your neighbors a favor. If you typically give gifts of homemade fudge, cookies or candy, consider healthier alternatives. A box of fresh fruit or a loaf of freshly baked whole-grain bread may be an option.

10. Ward off holiday "spirits." Cocktails, hot toddies and rum-laced eggnog are served at many holiday gatherings. Limit yourself to one or two alcoholic beverages. Assigning a designated driver will also help ensure that your holiday is healthy and safe.

The right fitness equipment helps you stay healthy

Exercise decreases your risk of disease and improves your quality of life as you age. For seniors, fitness experts recommend equipment that reduces back and joint pressure as well as the risk of falls. Here are some types of equipment you may want to try:

■ Recumbent bikes offer aerobic exercise on large comfortable seating that's lower and more reclined. Easy for beginners, these bikes can offer a more difficult workout as fitness improves.

■ Treadmills can be good all-weather alternatives for walkers or joggers.

■ Elliptical machines can provide a low-impact, total body workout for all fitness levels and ages. However, you should be able to walk comfortably while maintaining good balance.

■ Resistance chairs replicate most of the exercises offered by a home gym from a safe, comfortable seated position that reduces the risk of falls. These chairs may help some seniors with limited mobility continue exercising.

At home or the gym, the right equipment makes exercise safer and easier. As always, you should consult your doctor before starting any new exercise program.

With a physician's order, you can now exercise at Sacred Heart Health Performance Center five days a week! Monthly fee is only \$30. For more information or to enroll, call (850) 416-7416.

I had a stroke, and I lived.

Joyce Cooper, 81, felt one side of her body go numb while gardening. Immediately, she pushed the red button on the ResponseLINK pendant she wore on her wrist. Paramedics responded right away and got her the medical attention she needed. In an emergency, every second counts. Protect yourself or a loved one. Call Jenny Whitehouse at (850) 449-3616 or (800) 894-1428.

www.responselink.com

ResponseLINK
Keep on Living.

Join SENIORSpirit! today.
Call (850) 416-1620
or toll-free
(877) 416-1620.
For updates on events,
please visit our
Web site at
www.sacred-heart.org.

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Join us for the 9th Annual SENIORSpirit! Expo

Senior Services is planning to hold its annual Senior Expo on the campus of Sacred Heart Hospital in Pensacola on Saturday, January 12. The event will include free health screenings for our members. Details are being finalized and more information will be published in our next SENIORSpirit! calendar. Information will also be available soon on Sacred Heart's web site: www.sacred-heart.org.



Travel Bug Trips

For more information on the following 2007-2008 trips, please call Sunshine Express Trips at (850) 476-9149. Be sure to identify yourself as a SENIORSpirit! member.



- Dec. 11** Bellingrath Gardens for Christmas Lights
- Dec. 30 – Jan. 4** New Year's Eve Rose Parade
- Jan. 12-17** 2nd Annual Sunshine Express Winter Cruise – Jacksonville, Fla.
- Jan. 19-24** Sunshine Express Winter Cruise – Mobile, Ala.
- Feb. 7-8** "To Kill a Mockingbird" in Columbus, Ga.
- Feb. 24-27** Do Vegas Your Way in Las Vegas, Nevada
- March 6** Festival of Flowers & Tour of Historic Maggie Farm in Mobile, Ala.
- March 9** Great Trains and Grand Canyons
- March 14-15** Swamp Gravy & Grits on the Side in Dothan, Ala.
- March 28-31** Springtime in New York & Macy's Flower Show in New York
- April 7-9** Natchez Spring Pilgrimage
- April 25-26** Spring Mystery Trip
- June 2-14** 13-day Heart of Alaska Tour

Creative Living Series

Join us for these informative programs on issues related to your health. These programs are for SENIORSpirit! members and community friends.

PENSACOLA Greenhut

9:30 - 10:30 a.m.

Monday, November 12

"Advances in the Management of Diabetes"
Ziad Mamish, MD

Wednesday, January 30

"Age-Related Macular Degeneration"
John P. Myers, MD

PACE

Pace Medical Building,
Rehab Center – 2nd Floor

Noon - 1 p.m.

Thursday, November 1

"Irritable Bowel Syndrome"
Fares Hakim, MD

Thursday, January 10

"Seniors and Depression"
Mark Josephson, MD

GULF BREEZE

Sacred Heart Rehab Center
@ the Club

10 - 11 a.m.

Saturday, November 3

"Tennis Injury Prevention"
Kirby Turnage, MD
Tennis Social from 2 – 5 p.m.
Dinner at 5:30 p.m.
Presentation at 6 p.m.

Thursday, January 17

"Hearing Loss"
Carol Whitcomb-Powell, Ph.D., Au.D.

DESTIN

Resource Center, Suite 3

10 - 11 a.m.

Thursday, November 1

(11 a.m. start for
this program only)

"Hearing Loss & Recent
Advancements in Hearing Aids"
Sean McWilliams, MD

Tuesday, November 13

"Hormone Replacement Therapy:
the Whole Picture"
Melinda Graham, MD

Wednesday, November 14

"Alzheimer's Disease"
Jose Jimenez, MD

Wednesday, January 23

"Osteoporosis: Risk Factors,
Prevention & Treatments"
Melinda Graham, MD

CHIPLEY

Hospital Cafeteria
2 - 3 p.m.

Tuesday, November 20

"Medicare Changes and You"
Timothy Jeans, Humana

Tuesday, January 15

"Healthy Cholesterol"
Heather Shelby, RN

Pre-registration is encouraged.

Call (850) 416-1620 or toll-free (877) 416-1620.