



# Fall/Winter 2008 Programs & Events

Programs

**Wednesday, September 17, 11:00 a.m. - 1 p.m. • Brunch and Learn: Medicare 101** • Goetz Conference Center • \$3 • This presentation will cover the history and basics of Medicare, including the four different parts: A, B, C and D. Additionally, learn about the election periods that a person may elect coverage. Come prepared with questions, because this will be the time to get the answers!

**Thursday, October 9, 9 a.m. - 3 p.m. • Senior Living Tour** • Board the bus at the Deaconess Senior Care Resource Center • \$5, includes breakfast and lunch • Tour three of Cincinnati's finest senior living communities for a day of fun! Be sure to sign up early as this trip fills up fast!

**Wednesday, October 15, 11 a.m. - 1 p.m. • Lunch and Learn: Rhapsody in Junk** • \$3 • Goetz Conference Center • Join author Marilyn Jeffers Walton as she discusses the culmination of three years of research in four countries that reconstructed the final mission of her father and his crew of "Rhapsody in Junk." This is sure to be a fascinating story!

**Thursday, October 30, 10 a.m. - 1 p.m. • Halloween Health Fair** • FREE • Clifton Senior Center, 900 Rue De La Paix, 513-861-6934 • Join us for health screenings, demonstrations, chair massages, door prizes and refreshments. Get in the Halloween spirit and wear your favorite costume!

**Wednesday, November 19, 11 a.m. - 1 p.m. • Thanksgiving Celebration** • \$5 • Goetz Conference Center • Share your blessings at our annual Thanksgiving feast with all of the traditional trimmings! Entertainments, prizes and fun for all!

**Friday, December 12, 11 a.m. - 1 p.m. • Holiday Luncheon** • Kingsgate Marriott Conference Hotel, at the University of Cincinnati • \$20 • Celebrate the holidays with your friends at Active Life!! Enjoy the season with all of your friends at this annual event. Festive entertainment featuring a special guest. Please register by December 1 with your meal selection.



**Thursdays, September 4 - October 9, 12 Noon - 1 p.m. • Tai Chi 6-week session** • \$20 for Active Life VIP members for entire 6-week session; \$30 for non-members or regular Active Life members • Wear comfortable clothes. This class will be taught by Ralph Dehner. Any questions, call 513- 59-2340.

## On the Go...

These trips fill up fast, so register early to reserve your space! Complete the reservation form below. Make your individual check(s) payable to Joy Tour and Travel Inc. Please note their mailing address listed at the bottom of the form.

**Tues., September 23, 10-11 a.m. • Travel Club Meeting** • Board Room on M Level, Deaconess Hospital  
Join Myrna from Joy Tour and Travel as she outlines the upcoming travel trips. Continental breakfast provided.

Day Trips

**Tuesday, October 28 • "Let Freedom Swing"** • Cost: \$68 per person • We are taking another trip to our favorite farm, Beaver Creek Farms, in Bryant, Indiana. Upon arrival, enjoy lunch, spend some time shopping and be entertained with songs and dance at the Goodtime Theater. Make sure to register by October 8th.

**Wednesday, November 5, 2008 • "Secondary Cause of Death"** • Cost: \$79 per person • Enjoy "Secondary Cause of Death," a mystery/comedy at the Derby Dinner Playhouse in Clarksville, Indiana. A lunch buffet will be served prior to the show. These trips always sell out, so make your reservation early!

**Wednesday, December 3 • La Comedia** • Cost: \$76 per person • Start off the holidays by taking a trip with us to La Comedia to view their holiday show, "The Miracle on 34th Street." Remember the story about the little girl who knows there isn't a Santa, until her wish really comes true? A buffet lunch will be served, which includes La Comedia's famous sweet potato casserole. Don't miss out on our last trip of 2008! Call by November 1 to make reservations.

Extended Trips

**December 8 - 10, 2008 • Holiday Celebration at the Greenbrier** • Cost: \$699 per person, double occupancy • Come away with us to The Greenbrier Resort in the Allegheny Mountains. Holiday trees will welcome you into a wonderland of sparkling lights and decorations. This trip includes 2-night accommodations, breakfast and dinner, and much more! Got questions? Call Myrna for a brochure.

Exciting trips are being planned for 2009, including 2 cruises. Call Myrna for more details!

## Register Now!

Programs

Check off the events and programs you wish to attend and mail to the Active Life office. Please enclose a check for the total amount of fees due for events you have selected. We'll send you a confirmation of the events for which you have registered.

- Lunch and Learn: *Medicare 101*, Wed., September 17; \$3
- Senior Living Tour, Thurs., Oct. 9; \$5
- Lunch and Learn: *Rhapsody of Junk*, Wed., Oct. 15; \$3
- Halloween Health Fair, Thurs., Oct. 30; FREE
- Thanksgiving Celebration, Wed., Nov. 19; \$5

- Holiday Luncheon, Fri., Dec. 12, \$20
  - \_\_\_\_\_ Herb roasted chicken with five-rice blend
  - \_\_\_\_\_ Smoked pork tenderloin with mashed sweet potatoes
  - \_\_\_\_\_ Sliced sirloin of beef with wild mushroom ragout
  - \_\_\_\_\_ Vegetarian option: Grilled vegetables with couscous
  - All entrees include salad, dinner rolls and dessert*
- Tai Chi 6-week session, Thurs., Sept. 4 - Thurs, Oct. 9, \$20 for Active Life VIP members; \$30 for non-members or regular Active Life members

Total amount enclosed: \$ \_\_\_\_\_ Name \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_

Mail this form and your check (if payment due) to: Deaconess Active Life, 311 Straight Street, Cinti., OH 45219

Travel Club Trips

- Travel Club Meeting: Tues., Sept. 23

**Day Trips:**

- "Let Freedom Swing" Tues., Oct. 28
- "Secondary Cause of Death": Wed., Nov. 5
- La Comedia" Wed., Dec. 3

**Pack Your Bags:**

- "Holiday Celebration at the Greenbrier": Dec. 8-10

Total amount enclosed: \$ \_\_\_\_\_ Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_

For Active Life trips, please make check(s) payable to: Joy Tour & Travel • Mail to: 4193 Intrepid Dr., Cinti., OH 45252 • Phone: 513/777-8221

# Diabetes: Taking Care of Your Feet

If you have diabetes, taking good care of your feet is very important. Diabetes raises your blood sugar levels. Over time, high blood sugar levels can damage the blood vessels and nerves in your body's extremities, causing a gradual burning, pain or numbness to your feet. The American Diabetes Association has estimated that one in five patients with diabetes who seek medical care do so because of foot problems.

Here are some tips you can use to start taking care of your feet today.

## HELPFUL TIPS FOR TAKING CARE OF YOUR FEET

- Wash your feet daily with mild soap and lukewarm water.
- Dry your feet well, especially between your toes. Use soft towel and pat gently.
- After thoroughly washing, use a mild lotion to prevent cracking, but avoid rubbing the lotion between your toes.
- Check your feet for dry or cracked skin.
- Always protect your feet by wearing comfortable shoes that fit. Also be sure to look and feel inside your shoe for any objects inside.
- To keep your blood vessels in your feet flowing try this: While sitting, put up your feet. Wiggle your toes and move your ankles up and down for five minutes, two or three times a day.
- At the first sign of numbness, redness or swelling, contact your doctor immediately.

## Prevent From Falling Tips

Improving your balance is critical in preventing injuries. Just as critical, however, is fall-proofing your home. Here are some safety tips to prevent from falling.

- **Lighting:** Make sure that all rooms, hallways and stairways are well lighted. Use a night light in your bedroom and in your bathroom.
- **De-clutter:** Remove all objects from the stairs and traffic areas. Arrange your furniture so that phone cords and extension cords are out of the way.
- **Stairs:** Make sure to hang onto your handrails on all staircases. If you don't have handrails, place your hands on the walls when moving up and down the stairs.
- **Safety rails and bars:** Install safety rails and bars in your bathroom on the toilet and bathtubs. Instead of standing in the shower, try sitting on the bottom of the tub or install a shower chair.
- **Emergency response system:** Installing a emergency response system in your home can be a life-saver if you fall. Call Deaconess Hospital's Lifeline at 513-559-2395 to set up your installation today!

## Nation Goes Digital



Beginning February 17, 2009, all television broadcasting will switch from analog to digital. If you use rabbit ears or a rooftop antenna with your analog television, your television will not work unless you make a change. You have a couple of options: you can buy a television with a digital tuner, switch your service to cable or satellite or buy a television converter box. The Federal Government is offering a coupon for households who wish to buy a converter box. To apply for this coupon call 888-388-2009 or visit [www.dtv2009.gov/](http://www.dtv2009.gov/) for more information.

### SUPER SAVER SHOPPER, continued from page 1

- Got a computer? Check out [www.thegrocerygame.com](http://www.thegrocerygame.com) for coupons and money-saving tips.
- Look high and low for sale items. Higher priced grocer items are strategically placed where they're easiest to see – at eye level.
- Don't be fooled! Just because the sign says two for \$2, doesn't mean you have to buy two. If the cashier rings it up incorrectly, let them know.
- Eat before you shop! It's natural to buy more food when you are hungry. Shop just after breakfast or dinner, if you can't do your shopping at these times, just eat a snack before you go.

## Easy on the Salt!

If you are eating two teaspoons of salt a day, then you are eating too much! In the age of fast foods and processed foods, reaching the recommended maximum of 2300 milligrams per day maximum is very easy to do. If you have high blood pressure, your salt intake should be no more than 1,500 milligrams per day. Deaconess Hospital Clinical Nutrition Manager, Phoebe Wallace, suggests checking the sodium content and serving size on the nutrition label. What seems to be an individual portion may, in fact, be several servings, or several times the amount of sodium. While these types of foods are convenient, it is recommended to use them in combination with freshly prepared items to meet your sodium goal. Next time you reach for the salt shaker, try using garlic or sage to spice up your meal.

## Cell Phone Tips

Whether we like it or not, cell phones are here to stay. As intimidating as they may seem, cell phones can be very useful, especially in emergencies. If you are considering getting a cell phone, here are some tips to find the right one for you.

- **Get a basic phone** - Skip all those crazy gadgets like cameras and web browsing and opt for a phone that is designed to just make calls.
- **Make it easy** - Pick a cell phone that has large buttons, an easy to read screen and has the option to enlarge the font on the screen.
- **Size is a factor** - Cell phones that are small are difficult to hold and can be dropped easily, while large phones might be too heavy to carry. Instead, choose a phone that is the right size and weight for you.
- **Choose the right provider/plan** - AT&T, Verizon Wireless, Consumer Cellular and Jitterbug all offer low cost plans for people who need a cell phone for emergencies and basic usage.

Not sure where to buy a cell phone? Most cell phone providers have stores in your neighborhood. Ask a staff member in the store to help you select the right phone and plan.

Want to learn more useful tips? Join Active Life Members at the August Lunch and Learn: The Basics of Cell Phones. Chris Schoney with Sprint/Nextel will explain the ins and outs of cell phone usage.



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## VIP Rewards Program

**VIP Members – Remember to get you cards punched at the monthly Lunch and Learns and travel outings! Current rewards for completed cards are:**

- 1 card = Deaconess duffle bag
- 2 cards= \$5 Graeters gift card
- 3 cards= \$10 Kroger gift card
- 4 cards= \$20 Kroger gift card or \$25 off Joy Tour and Travel trip (Just turn your completed cards to Myrna)

**When you've completed a card, just turn it in at the registration desk at the monthly Lunch and Learn programs.**

## Healthy Recorders



Do you remember the last time you had a health screening or a tetanus shot? The easiest way to remember your health history, shots, doctor visits, or surgery dates is to write them down. Keep a written history of your health record and have it ready – you never know when you will need it. This will help you remember vital check ups and health screenings, which, in turn, keeps you healthy and up to date on your wellness. Knowing your medical history, tests you've had, medicines you are taking will save time at doctor visits and help in emergency situations. Next time you go to the doctor or fill a new prescription don't forget to write it down. Do it for your health!

**NEW PROCEDURE, continued from page 1**

requiring no heart or lung machine. Dr. Wolf performs the two surgical procedures at one time to treat atrial fibrillation.

If you would like more information on Dr. Wolf and the Mini-Maze procedure, please visit his website at [www.wolfminimize.com](http://www.wolfminimize.com) or call 513-313-4060.

## Wrinkles and Acne No More

Plagued by adult acne problems? Want to ease those wrinkles that come with age? Here are a few steps to wipe out that acne and smooth those wrinkles.

**Moisturize** – Dry skin actually promotes acne, so be sure to use hydrating cleansers that will not dry out your skin.

**Acne treatment** – Use products that contain salicylic acid or glycolic acid, not benzoyl peroxide, which actually dries out the skin.

**Wrinkle Free** –The two ingredients proven to minimize wrinkles – prescription-strength retinoids and retinol. Products like Neutrogena's Healthy Skin Anti-Wrinkle Cream are over-the-counter medications that contain retinol.

## Tax Rebate Scam

Be aware that Internet thieves are targeting seniors in a scam that uses the stimulus payments as a way to steal their personal information. For example, scammers who claim to be from the IRS are contacting consumers and asking for their financial information, such bank account numbers or credit card numbers, as a way to receive a tax fund. The IRS does not send unsolicited phone calls or e-mails to taxpayers regarding their tax-account information. Report any suspicious e-mails or phone calls to the IRS by e-mailing the IRS at [phishing@irs.gov](mailto:phishing@irs.gov) or visit [www.irs.gov/](http://www.irs.gov/) for more information.