



Spring/Summer 2007

## New Day Program for Older Adult Mental Health

The New Perspectives day program offers group and individual sessions, with an emphasis on developing symptom management skills.



This spring Deaconess Older Adult Mental Health introduced New Perspectives, a day program for those who don't really need an inpatient stay for depression or anxiety but do require more ongoing support than an office appointment. A specialized, mental health multidisciplinary team provides group and individual sessions, with an emphasis on developing symptom management skills. Participants learn coping skills and relapse prevention, and return home in the evenings. The day program

is an excellent step for those experiencing depression, bipolar disorder, schizophrenia or anxiety.

New Perspectives welcomes patients Monday through Friday, 9 a.m. to 2 p.m. The frequency of participation is decided by the admitting doctor. Patients might start with five days a week and then move to two, or vice versa. Transportation is available within a limited service area. New Perspectives is located in the Goetz Building next to Deaconess Hospital. Call (513) 559-2215 for more information.

## Healthy Eating Over Fifty

Is your plate balanced with good food that will keep your body running strong? Maybe you don't like to eat alone, so you don't cook anymore. Another common complaint is that food just doesn't taste like it used to. As you age, those three meals a day you once put on the table like clockwork may become, well, unscheduled for many reasons. The meal may actually turn into a snack, nibbled in front of the TV. If it's a snack, make it a healthy snack.

"Healthy eating for those over 50 means taking a proactive approach to maintaining a healthy weight. You want to choose foods that are 'nutrient dense,' which means you get more nutrients for the mouthful," says Dana Herazo, M.Ed., L.D., C.D.E., registered dietitian at Deaconess. "Empty calories — foods that are high in sugar and fat — may promote unneeded weight gain at a time of life when there is a 10-20 percent reduction in lean body mass."

Studies show that good nutrition has a major impact on your health — everything from your physical strength, which keeps you on your feet, to your memory, which keeps you thinking on your feet. "Your body can draw on stored glucose when it needs it," says Phoebe Wallace, R.D., L.D. "Your brain is somewhat similar. It doesn't store nutrients from the food you eat but it does draw on the fluid surrounding your brain cells, so it makes sense to eat well and make sure that cranial fluid has proper nutrients." She notes that B vitamins, vitamins C and E, as well as iron and zinc help brain function.

Many of you commented on how much you enjoyed Dana Herazo and Phoebe Wallace when they gave their nutrition presentation at the February 21 luncheon. Both are registered dietitians who explained the in's and out's of eating. The bottom line was, eat the good stuff.

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### A Note from Karen...

Spring has sprung, and summer is just around the corner and Active Life has some exciting programs in this calendar for you to enjoy. Variety is the spice of life and I am sure you will agree after reading our list of programs and events.

In May a coffee talk on "Maintaining Independence, Options for Staying in Your Own Home" will held in the Deaconess Resource Center. Our population throughout America is aging. That is no surprise, we have the reports and the statistics. The big question is, how can we afford it? Be informed about decisions you can make and have the proper information to make good decisions.

We are also living longer and caring for children, grandchildren, parents, grandparents, aunts, uncles, neighbors and friends. The Lunch and Learn program in May will tackle the challenges caregivers face and how to deal with them successfully. In June, Active Life will host the senior living communities fair in the Deaconess cafeteria. This is a great opportunity to gather information on the various communities in Cincinnati. The fair is free, and you can gather a lot of good give-a-ways and register for door prizes.

Also in June, come and hear a fantastic lecture on antiques and the history behind Rookwood and Roseville pottery. Frank Farmer Loomis IV, author, radio and TV host and guest columnist, is an expert with an impressive resume. This should be a popular Lunch and Learn, so make sure to get your reservation form in early. Mr. Loomis will also offer his appraisal services on small items in exchange for a small donation to Active Life. Ever wonder if your old blue vase is worth anything? Bring it with you! We do need to have a limit of one item per person and ask you not to bring coins, jewelry or firearms. Look for those old pieces of glassware or pottery that were handed down from generation to generation. You may discover a new hobby in antiquing!

Lost about legal issues? Sometimes we procrastinate about drawing up the legal documents we need or making needed updates. Join us in July for a very informative talk on Estate Planning and long term care issues. I have known Attorney Janet Pecquet for a number of years and her specialty is Estate Planning.

Can you walk a mile in your shoes? In August we finish out the summer with a program on the proper fit of shoes. Diane Roemke, owner of SAS comfort shoes and shoe fitting expert, will discuss "If the shoe fits, wear it" or as she would say, "If the shoe fits, buy it in every color!"

I look forward to seeing you at these programs, and if you have any questions, please call us at 559-2340!

# Spring/Summer 2007 Programs & Events

**Deaconess HomeCare will provide blood pressure checks 30 minutes before each Active Life program.**

**Tuesday, May 1, 2007, 10:00 – 11:00 a.m. • Coffee Talk - Remaining Independent** • Deaconess Resource Center • Free • Is remaining independent in your own home important to you? Join Jim Kummer from A Caring Choice Inc. and Sheri Florio from Deaconess HomeCare as they discuss the various options available for staying safe and healthy in your own home. Free coffee and rolls. Limit: 20.

**Wednesday, May 16, 2007, 11:00 a.m. – 1:00 p.m. • Lunch and Learn: The Caregiver's Challenger: Taking Care When Giving Care** • Goetz Conference Center • \$3 • Join Eugene McClory, MA, from Caregiver Assistance Network of Catholic Social Services of Southwestern Ohio as he discusses the often conflicting emotions of caregivers who may be coping with guilt and stress, as well as the pressures of providing care.

**Thursday, June 7, 2007, 10:00 a.m. – 1:00 p.m. • Seniors Living Communities Long Term Care Exhibits and Fair** • Deaconess Hospital cafeteria • Free • Stop on over for a tour of exhibits from Cincinnati's finest long term care and senior living communities. Door prizes, raffles and give-a-ways at every exhibit will sure add fun to this day! Refreshments provided.

**Wednesday, June 20, 2007, 11:00 a.m. – 1:00 p.m. • Lunch and Learn: Is it Antique Yet?** • Goetz Conference Center • \$3 • Come Find Out! Frank Farmer Loomis IV, author of *Antiquing 101, Is it Antique Yet* and *Keep Antiquing* will lecture on antiques and the history and significance of Rookwood and Roseville to Cincinnati. You can have small items appraised by Frank, for a small donation to Active Life. (Please do not bring firearms, coins or jewelry for appraisal.) Frank's book will also be available for purchase at a discount and Frank will autograph. Don't miss this opportunity to find out if you have valuable treasures sitting in your cabinets!

**Wednesday, July 18, 2007, 11:00 a.m. – 1:00 p.m. • Lunch and Learn: Estate Planning and Long Term Care Issues** • Goetz Conference Center • \$3 • Is having a will good enough for my heirs? Should I invest in having an irrevocable trust drawn up? Have I planned enough for long term care and who will pay for it? If you have questions regarding these issues, come to an informative talk by Janet Pecquet, Attorney at Law with Beckman Weil and Shepardson LLC. Ms. Pecquet has also been an attorney with ProSeniors.

**Wednesday, August 15, 2007, 11 a.m. – 1 p.m. • Lunch and Learn: If the Shoe Fits, Wear It!** • Goetz Conference Center • \$3 • Do you have trouble finding the proper fit in shoes? Do you have foot questions about arthritis, diabetes or orthotics, and no idea of where to get the answers you need? Join SAS Comfort Shoes owner and shoe fitting specialist Diane Roemke for an informative talk on proper shoe fitting tips.

## 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.**

**Tuesday, May 8, 2007, 10-11 a.m. • Travel Club Meeting** • Board room on M level of hospital. Join Myrna for more details on the upcoming Active Life trips with Joy Tour and Travel! Make suggestions for what trips you'd like to see planned in the future. Complimentary coffee and juice.

### Day Trips

**Wednesday, May 23, 2007 • "Planes on the Square"** • Cost: \$69 • Travel to Troy and visit the WACO Aircraft Museum and Learning Center and then have lunch at Taggart's on the Square, a famous opera house built in 1864. The return trip includes a stop at the Brukner Nature Center, a private preserve with an 1804 log house.

**Wednesday, June 27, 2007 • "A Restored Day"** • Cost: \$69 • Refresh your own history of Ohio when you visit the Pioneer House, built in the 1800s and part of the Underground Railroad. Next stop, lunch at Whitmore House, a charming bed and breakfast. Another planned stop is an Amish log house, also used as a bed and breakfast. The fascination might be in the barn out back, which is used for making bridles and harnesses for the Clydesdale Horses for Disney World. Saddle up!

**Wednesday, July 25, 2007 • "Mystery Trip"** • Cost: \$62 • Where will this mystery trip take you: north, south, east or west? The Active Life group has never visited this destination before. Want to take a chance and guess? When you board the bus, hand your driver a written slip of where you think the bus is headed and you just might win the contest! All aboard for a day of surprises.

### Overnight Trips

**July 17-18, 2007 • Put-In-Bay, Ohio** • Cost: \$269 per person, double occupancy • A busy two days are planned for this trip to northern Ohio. Lunch at the Fremont Federation of Women in Fremont, Ohio, followed by a tour of the Hayes Presidential Center and the Hayes Home, a stately 31-room mansion. We're going to the dogs for dinner when we dine with the canines trained for special police work at a police dog training facility. Next day begins with a Jet Express boat tour of South Bass Island, a narrated tram ride, plus a tour of Heinemann's Winery and Crystal Cave. Enjoy lunch at Tippers Restaurant on the island before we head home.

**August 19-26, 2007 • Trains Across Colorado** • Cost: \$1,459, double occupancy, land only • Traverse the beautiful state of Colorado on an exhilarating train ride. A succession of trains will take you through Denver, Colorado Springs, and Pike's Peak. You will also see the Royal Gorge, ride on the Cumbres & Toltece Railroad, the Durango & Silverton Train and the famous Georgetown Look Rail

**December 7-9, 2007 • Gaylord's Opryland "A Country Christmas"** • Cost: \$667, double occupancy • Treat yourself to an early holiday present with a stay in the Atrium section of the beautiful Opryland Hotel. Tour includes tickets to ICE, Radio City Spectacular starring the world-famous Rockettes, Studio B (where Elvis recorded) Country Music Hall of Fame, audience with songwriter Pam Tillis. Christmas Dinner Party and tickets to "Treasures for the Holidays."

## Register Now!

**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.**

### Programs

- Coffee Talk: *Remaining Independent*, Tuesday, May 1, Free  
 Lunch & Learn: *The Caregiver's Challenge*, Wednesday, May 16, \$3  
 Long Term Care Fair: Thursday, June 7, Free (no lunch)

- Lunch & Learn: *Is It Antique Yet?*, Wednesday, June 7, \$3  
 Lunch & Learn: *Estate Planning and Long Term Care Issues*, Wednesday, July 18, \$3  
 Lunch & Learn: *If the Shoe Fits, Wear It!*, Wednesday, August 15, \$3

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

Name \_\_\_\_\_

Address \_\_\_\_\_

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: Tuesday, May 8, 2007

#### Day Trips:

- Planes on the Square: Wednesday, May 23, 2007  
*Meal Choice: \_\_\_ Meat loaf, mashed potatoes and gravy with salad*  
*\_\_\_ Chicken pot pie with salad*  
 A Restored Day: Wednesday, June 27, 2007  
 Mystery Trip: Wednesday, July 25, 2007

#### Overnight Trips:

- Put-in-Bay: July 17-18  
 Trains Across Colorado: August 19-26  
 Gaylord's Opryland "A Country Christmas": December 7-9, 2007

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

Name \_\_\_\_\_

Address \_\_\_\_\_

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

For Active Life trips, please make check(s) payable to: Joy Tour & TravelMail to: 4193 Intrepid Drive Cincinnati, OH 45252 Phone: 513/777-8221

Visit us online: [www.deaconess-healthcare.com](http://www.deaconess-healthcare.com)

## Food as Fuel

Think of “food as fuel.” Would you fill up your tank with water instead of gas? So why would you nibble on chips and candy — or skip a meal entirely? The U.S. Department of Agriculture suggests we eat vegetables, fruits and whole grains. If you like toast, try whole grain bread. If you buy canned vegetables, look for no sodium or low sodium.

Dairy products have calcium and help keep your bones strong, increasingly important. Yogurt, cheese and cottage cheese are all alternative sources of calcium. Cheese now comes in handy sticks, great for nibbling and only one hundred calories. Yogurt also comes in flavored liquid form, like drinking a milkshake, only it has probiotics to benefit your digestive track.

“Foods that are nutrient dense like skim milk, fresh fruit, whole grains, lean meats, help address other age-related chronic conditions such as osteoporosis, constipation, heart disease and hypertension,” says Dana. “As the 2006 Food Pyramid stresses, not only is healthy eating important but moderate exercise plays an key role in prevention.”

Want some quick protein? Scramble an egg or spread peanut butter on a cracker. Meat, poultry, beans and eggs are great sources of protein. When you choose meat, make sure it’s as lean as you can get it. “Protein promotes vital functions such as blood clotting, hormone and enzyme production and cell repair. It also will keep you feeling full longer. Small portions are the key,” says Dana.

## Keeping It Moving

As your activity level drops, so does your digestive process, in many cases. As you age, you may not walk as far or climb as many stairs anymore. One way to keep things moving along in your system (to avoid the much-dreaded constipation or diverticulitis) is to eat the skins on your fruit, when possible. Section the apples and pears to make them easier to eat but leave the skins on. If you feel you do need a digestive aid, many people buy the Metamucil cookies. They’re tasty and full of fiber. Just remember to drink at least one glass of water with the cookie.

## Keep It Flowing

Drinking a lot of fluids is good for your system and, dermatologists say, also good for your skin. Fluids might include fruit juices, water or milk. You’ll want to watch the sugar and the sodium that often come with pop. Some fruit drinks are also loaded with sugar, so check the label to see what’s really in the container. “Made from real fruit” might be true, but have sugar added to it.

## Taste Fest

Some older adults find that food just doesn’t taste the same anymore. Taste buds do change with age. Necessary medications can also alter the way food tastes. You might be tempted to load on the salt to perk things up a bit, but that can just lead to other health problems.

Instead, why not try herbs? Basil, dill and ginger are three staples that add zing to any dish and will keep you from reaching for the salt shaker. Sprinkle some cinnamon into your yogurt and pour it onto a chopped banana or a sliced pear. Voila!

## Food as Fun

To experiment with different foods, it might be fun to try a new store. If you’re concerned about the budget, approach it like a trip to a department store. You’re only going to buy a couple of things. Wild Oats at Rookwood has healthy snacks galore. You buy them by the pound, or less if you like. Did you know that cranberries and pistachios are a great combination? Most of the nuts are not salted, and nuts are a great source of the healthy kind of fat. Fresh Market on Madison Street in Oakley is another fun store to explore. Have you ever seen an actual fig before it’s dried and packaged? (Fresh Market will be opening a store in Kenwood soon, too.) You can also buy a small spiral sliced cooked ham or even lamp chops in their deli, so you can sample old favorites without having to cook an entire meal. Trader Joe’s in Kenwood at the corner of Kenwood and Montgomery also has great fruit and interesting breads made from whole grains. Make it a fun excursion and go with a friend.

Meals are sometimes more enjoyable when they’re shared, so why not ask two or three of your Active Life friends to join you for a healthy meal? Everyone bring something — or pick something up at the store on the way. Grocery shop for good health and fuel up with your friends.

# St. Patrick’s Day Luncheon



Active Life members gathered for a wearing of the green on Wednesday, March 14, when they came to the annual St. Patrick’s Day Luncheon at Deaconess Hospital. In addition to a tasty lunch and friendly conversation, members were treated to some genuine Irish jigs.

## Fall Risk Assessment

Are you steady on your feet? Falls are the leading cause of injuries in adults, including 300,000 hip fractures every year. And almost fifty percent of those who are hospitalized for fall-related injuries are discharged to nursing homes. In a safe, controlled setting, our Physical Therapy Department uses computerized technology to assess balance and determine any training that may be needed. By learning proper body mechanics, you can actually reduce your risk of falls and avoid unnecessary health problems down the road.

For more information, call the Deaconess Physical Therapy Department at (513) 559-2251.

# Specialty Clinics

*Deaconess Hospital is known for specialty services tailored to mature adults. Need a special service? Call a special clinic.*

## Arthritis Center

Did you know that Deaconess has the only dedicated arthritis center in Cincinnati? And it’s staffed by three rheumatologists. Chronic joint pain can limit your activities and age you before your time. Act quickly to stay agile. Call (513) 559-2787.

## Mammogram

Breast cancer can strike any woman, regardless of age or family history. When caught early, patients have more treatment options and a higher recovery rate. And at Deaconess, your films are read right during your appointment. Call (513) 559-2500.

## Center for Breast Care

Our team of specialists help women with problematic breast health issues, all in one day. If you have an ongoing breast concern, the Deaconess Center for Breast Care and its team of specialists can provide support and answers. Call (513) 559-2444.

## Osteoporosis Center

We reach bone peak in our thirties. After that, bone mass is lost faster than it is replaced. But now there are medications that can actually help restore bone mass. First you need to know what shape your bones are in and that means a DEXA scan, which is usually covered by insurance, including Medicare. Call (513) 559-2500.

## Outpatient Mental Health

Sometimes depression or anxiety can leave you feeling helpless. You need the help of an expert and mental health issues are one of the specialties offered by Deaconess Hospital. In addition to an inpatient unit and the new day program, we also have an outpatient office with daytime appointments. Call (513) 559-2180.



# Exercise Your Mind

According to a recent article in *AARP Magazine*, nerve cells learn when they are exercised. You deliberately activate nerve cells when you learn to play a new game or dance a new step. Eventually those learned activities retreat into our subconscious mind to be accessed automatically, without the intensity once given to them during the learning phase.

Ideally, you will learn new skills continually. “Push the envelope,” as they say. By learning something new, you will keep those brain cells energized and active.

# New Mammogram Equipment Improves Imaging & Ergonomics

Women will appreciate the comfortable positioning possible with the new Opdose Mammostat 3000 equipment in the Deaconess Radiology Department. In addition to improved ergonomics, the new technology offers the advantage of auto-selection of best X-ray parameters at the lowest dose.

Our dressing rooms have also been updated, keeping privacy a priority. And at Deaconess the films are read immediately. No anxious waiting for appointments or results. Call (513) 559-2500

## Music for a Better Mood

Music can put us in a better mood. Think of marches on the 4th of July, classical music under the stars, or your favorites sung by Nat King Cole or Rosemary Clooney. You can recapture those experiences just by turning on the music. Have a radio playing or use a CD player to liven up the day.

Visit the music sections of Joseph Beth Booksellers or Barnes and Noble if you want to sample new music. Put on some head phones and choose the CDs you want to sample. By running the CD under the scanner (watch other people or ask the clerk for help) you can listen to music you might like to purchase. Or you can just spend an afternoon, listening to great music free of charge!

## Driving Safely?

Older adults are nine times more likely to be involved in fatal accidents than drivers aged 25-69, according to the U.S. Department of Transportation. Drivers age 75 and older have the second highest accident rate of all drivers in the US, exceeded only by those under the age of 25. Some medical conditions associated with aging can make driving risky for the older adult, such as stroke, hearing loss, arthritis, diabetes, and the many types of visual impairment. Some medications, both prescription and over-the-counter, can also impair driving skills.

Warning signs that should concern older drivers, would be forgetfulness, confusion and poor judgment. Older drivers have to think



not only of themselves but also of the other people on the road who could be hurt during a forgetful, confused moment. April is National Occupational Therapy Month. Senior drivers can take advantage of Deaconess Hospital's Driver's Screening program and have driving skills assessed by a Deaconess occupational therapist. The program assesses the physical, sensory, and cognitive skills needed to drive. Call the Occupational Therapy Department at Deaconess Hospital at (513) 559-2252.

## Strengthen Upper Body with Bands



**Buy some exercise or resistance bands to keep upper body strength. Step on one end and hold it with your foot while you gently pull up on the other end. Feel the resistance. Bands can be a safe way to keep your upper body strength.**



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