

ActiveLife®

Deaconess Membership Program

Winter 2008

Careful Screenings Save Lives

March is Colorectal Cancer Awareness Month. Have you had a colonoscopy lately? Schedule a test today! Early diagnosis can save lives. Screening for colorectal cancer is important for everyone beginning at age 50 — sooner if you have a history of polyps, chronic inflammatory bowel disease or if a parent or sibling has a history of colorectal cancer, or colon polyps.

Symptoms

Check with your doctor if you have any of the following symptoms. Remember, Medicare covers a colonoscopy every two years if you are at risk; every 10 years if you are not.

- Change in bowel habits such as diarrhea, constipation, or narrowing of the stool that lasts for more than a few days
- Feeling you need to have a bowel movement that is not relieved by doing so
- Rectal bleeding or blood in the stool — even though the stool often looks normal
- Cramping or steady abdominal pain
- Weakness and fatigue

The Colonoscopy Exam

A colonoscopy is a screening for colorectal cancer using a long, flexible tube with a lighted camera at one end. Although this life saving test sounds painful, in reality it brings very little or no discomfort. During the procedure, patients are put on medication to relax and sedate them. While complications can arise, they are extremely rare.

Preparing for the test is the biggest nuisance. Most doctors give patients a laxative before the test, which clears the bowels so doctors can get a good look at your colon. You'll be on a diet of clear liquids and told to avoid red foods like fruit juice or cherry Jell-O, which can discolor the colon.

Colonoscopies are an outpatient procedure, so you don't have to stay at the hospital overnight. Someone will need to take you home, though. Aftereffects are mostly minor pain and gas as a result of air, which remains in the colon after the scope is removed.

Continued on page 2



A Note from Karen...

It is hard to believe that we are welcoming in 2008! Where did 2007 go? Time just marches on, I guess. I have also heard people say that the older one got the faster the time went. I don't know whether we are just busier or that time is going faster than we think. For me, it sometimes helps to stop and reflect on the past to help make decisions for the future. I also think that one has to make each day the best day. You may ask, "How can I do that?" Make each day the best day by:

- Calling a friend you haven't heard from in awhile and asking him or her how he is doing. Schedule a time to meet for lunch.
- Looking at the positive side of life, not the negative.
- Forgetting the mistakes of the past and pressing on to greater achievements in the future.
- Being cheerful and enthusiastic no matter what age you are! As a society, we are so bogged down about age. Well, I just heard that 60 is the new 40, and 70 is the new 50. Eighty must be the new 60!
- Getting involved in one new activity. If exercise is not your thing, enjoy a new mind exercise like crossword puzzles, word jumbles, or Sudoku. Perhaps it's time for you to get back into visiting your Active Life friends at our monthly luncheons!

Here at Active Life, we like to think our programs offer new opportunities. If there is a new topic you would like to explore, please call the office and let us know!

Not only do we celebrate Valentine's Day in February, but also heart health! February is National Heart Month, and we will have Phoebe from Deaconess Hospital's Food & Nutrition Department discuss heart healthy meal planning. If you like, bring your favorite recipes and she will re-work them for maximum benefit! March is the annual St. Patty's party. Remember to wear your green! In April, we feature our fun Senior Living Communities tour and also host a Lunch and Learn entirely on osteoporosis. These activities will certainly get you through the winter months and on into spring!

We look forward to seeing you in the New Year! Remember to mark your calendar so you don't miss your Active Life friends at our 2008 programs and events!

Karen

Generic Prescriptions Available for \$4



As we age, it seems we take more and more pills each day. Fortunately for our checkbooks, Wal-Mart, Kroger and Target now provide some commonly used generic prescription drugs for \$4 for a 30-day supply.

Starting October 11, 2007, Kroger Co. joined Wal-Mart and other big retailers offering discounted generic drugs in Greater Cincinnati and Northern Kentucky.

The list of more than 300 medications includes generic alternatives for some of the most commonly prescribed drugs used to treat diabetes, asthma, depression, heart disease, thyroid and other health problems.

Find out if your community pharmacy (and the drugs you need day-to-day) are the list! Call toll-free 1-877-479-5478 or visit www.Cincinnati.com, keyword search Kroger.

Enjoying the New Year All Year 'Round

Looking to start fresh in the new year? Follow these simple guidelines to enjoy a healthier, happier you!

Maintain an ideal body weight. Eat three balanced healthy meals a day with five servings of fruit and vegetables and six cups of fluid. Try to exercise a little each day, too! Walking, Tai Chi, dancing and light resistance training are great places to start. Get regular dental cleanings and eye exams with a glaucoma test.

Be safe in your home. Install shower rails and remove rugs for fall safety. Arrange for an emergency alert system and multiple phone lines.

Stay active and involved. Be physical and social. Keep your mind alert by working crossword puzzles, playing games or learning how to use a computer. Volunteering at a hospital or school is also a great idea. Seek help if you feel sad or blue most of the time.

Communicate with your physician.

Have an annual checkup. Monitor your blood pressure and know what's normal. Get a flu shot. Report changes — do not attribute new symptoms to aging.

Most importantly, celebrate each new day (and year!) as a happier, healthier you with the people you love, the friendships you hold dear, and the activities you enjoy!

Excerpts brought to you from the Academy of Medicine of Cincinnati, a not-for-profit professional association for the physicians of Hamilton County, Ohio.



Winter/Spring 2008 Programs & Events

Wednesday, February 20, 2008, 11 a.m. – 1 p.m. • Lunch and Learn: *Heart Healthy Meal Planning and Recipe Exchange* • Goetz Conference Center • \$3 • Join Deaconess Hospital registered dietitian Phoebe Wallace as she discusses heart healthy meal planning and dissects your favorite recipe! Phoebe will take some samples and evaluate the content to see if they are heart healthy. We will then make up a recipe booklet to mail out to all the participants. Bring in your favorites!

Wednesday, March 12, 2008, 11 a.m. – 1 p.m. • Lunch and Learn: *Happy St. Patrick's Day* • Goetz Conference Center • \$5 • Get ready to get toe-tapping as you and your Active Life friends celebrate at our annual St. Patty's Day party. Just like the céile of old — enjoy traditional Irish fare and music.

Thursday, April 10, 2008, 9 a.m. – 3 p.m. • Senior Living Tour • Limited seating. • \$5 • Tour three of Cincinnati's finest senior living communities. Board the bus at the Deaconess Senior Resource Center. Breakfast and lunch included.

Wednesday, April 16, 2008, 11 a.m. – 1 p.m. • Lunch and Learn: *All About Osteoporosis* • Goetz Conference Center • \$3 • No bones about it, osteoporosis shouldn't be ignored. Join us and learn from Elaine Eldridge, R.N., who will teach us the five most important steps to keeping our bones healthy. It does not matter what gender, race or age you are — taking care of your bones is crucial to your well-being.

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., February 12, 2008, 10-11 a.m. • Travel Club Meeting • Board Room on M Level, Deaconess 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.

Wednesday, February 13, 2008 • "Murder and Mayhem" • Cost: \$75 per person • Get out of the house and travel with your friends to see "Murder at the Howard Johnson's" at the Derby Dinner Playhouse in Clarksville, Ind. Enjoy a buffet luncheon, followed by the funny tale of a love triangle leading to attempted murder!

Wednesday, March 26, 2008 • "Don't Hug Me!" • Cost: \$73 per person • Find love, comedy, chaos and Karaoke at the Derby Dinner Playhouse while you enjoy the play "Don't Hug Me." Lunch buffet as we enjoy the coldest day of the year in a Minnesotan café.

Wednesday, April 23, 2008 • "A Spring Day Down South" • Cost: \$72 per person • Visit Corydon, Indiana, starting with a tour of Zimmerman Art Glass Factory, featuring more than 100 finished pieces. Lunch will be in Leavenworth, overlooking the famous Horseshoe Bend of the Ohio. Then return to the first capitol in Corydon. Tour the historical places, including Butt's Drug Store with a working soda fountain. Shopping and ice cream!

Wednesday, May 14, 2008 • "Mix It Up" • Cost: \$79 per person • Cooking anyone? Travel to Columbus to the Culinary Institute. Cook a tempting meal from start to finish — keep the recipes! Stroll through the organic garden and greenhouse, or sit back and enjoy the rolling hills. Then step down the street to tour the Topiary Gardens.!

March 12-13, 2008 • Ohio's Historic Renaissance Theater • Cost: \$169, double occupancy; \$214 for single • Take in a performance by the Branson-acclaimed Lowe Family at the Historic Renaissance Theater in Mansfield. Upon arrival, enjoy tea tasting at the Twisted Tea Room with buffet and tour. Also, visit the Possum Run Greenhouse, Grandpa's Cheesebarn and Sweeties Jumbo Chocolates. Stroll through "Art on Main." Also Eatmor Bundt CO.

June 18-29, 2008 • Whodunit in Owensboro? • Cost:TBA • Visit the Second Annual International Mystery Writers' Festival. Premiere Agatha Christie's lost work, "Chimneys." Also view the world premiere of a new Sherlock Holmes play "The Final Toast" by Mystery Writers of America Grand Master and Edgar winner Stuart Kaminsky. Enjoy a wonderful trip full of plays, written by famous mystery writers.

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.

- Lunch and Learn: *Heart Healthy Meal Planning and Recipe Exchange*, Wed., Feb. 20, \$3
 Lunch and Learn: *Happy St. Patrick's Day*, Wednesday, March 12, \$5

- Senior Living Tour, Thurs., April 10, \$5
 Lunch and Learn: *All About Osteoporosis*, Wed., April 16, \$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 Meeting: Tues., Feb. 12

Day Trips:

- Murder and Mayhem: Wed., Feb. 13
 Don't Hug Me!: Wed., March 26
 A Spring Day Down South: Wed., April 23
 Mix It Up: Wed., May 14

Pack Your Bags:

- Ohio's Historic Renaissance Theater: March 12-13
 Whodunit in Owensboro?: June 18-29

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 Drive Cincinnati, OH 45252 • Phone: 513/777-8221

CAREFUL SCREENINGS SAVE LIVES, Continued from page 1

Bottom Line

A colonoscopy can detect a malignancy in its earliest stages — at ease. Deaconess Hospital offers all of these tests. Call Central when it is most manageable. Get it done today and put your mind Scheduling at (513) 559-2500.

Excerpts from Humana Guidance, October 2007, e-Plan Professor

Visit us online: www.deaconess-healthcare.com

Simple Back Exercises

Backaches are a frequent complaint of many. Try these exercises to strengthen your back and turn those aches into a memory. Remember, do these twice a day, starting with five reps, and build up to 10. Always stretch before and after any type of exercise!

If you have lower back pain, avoid straight leg sit-ups, leg lifts with both legs lifted at once, and heavy weightlifting above the waist. In addition, if you suffer from acute back pain, sit-ups and curl-ups should be avoided.

- Stand with your feet about shoulder-width apart and hold a ball in front of you. With your abdominal muscles tight, rotate from side to side. This helps strengthen the muscles that go across your ribs and waist. They support the back when standing or sitting up.
- Lie on your back with your knees bent. Extend one leg, but make sure not to arch your back. Return your leg to the original position and then repeat with the other leg.
- Lie flat on your back. Slowly raise one knee up to your chest and hold it with your hands. Stay in this position for a count of three and then release your knee and slowly bring it back to the floor. Be sure to alternate legs.
- Neck presses can strengthen your neck and avoid muscle pain in the area. Place a palm against your forehead and use your neck muscles to press against your hand. Hold this for ten seconds. Repeat for each temple. Then cup both hands behind your head and press against them using the back of your neck.
- Shoulder rolls are especially helpful for frequent computer users. Roll your shoulders forward in small circles, and then backward. Start with small circles and progress to larger ones.

This exercise can relieve a lot of tension if done 10 to 15 seconds, two or three times a day.

Exercises for your back, abdominal muscles, and thighs support your spine and can prevent back pain and injuries. Protect your back through simple exercise and stretching.

Article excerpts from Humana Guidance, e-Plan Professor

Food Prep Fighting Tips: Did you know..



Your choice of condiments could help reduce your risk of cancer? Tomato products like spaghetti sauce and ketchup are concentrated sources of lycopene. This plant chemical has been shown to help prevent prostate, ovarian, and cervical cancer.



Freshly mincing garlic just 10 minutes before cooking will increase its cancer fighting potential? Garlic helps lower the risk of stomach, esophageal, and breast cancer.



Berries are designer nutritional powerhouses? They add a colorful touch to dishes, and the same plant compounds that give them their rich hues also make them jam-packed with nutrients. These chemicals, anthocyanins, help protect against several cancers, including colon and esophageal.

Source: www.cancer.org, www.thedietchannel.org

Teaser Test

Testing our minds keeps us alert! Try your mind at these stumpers.

Sixty-Three in Bills

How can you give someone \$63 using six bills, without using any one dollar bills?

Tomorrow Will Follow Today

Here on earth, it's almost always true, that tomorrow will follow today. Yet there is a place where yesterday always follows today. Where is this place?

Henry's Relative

Henry was out walking one day. He met his father-in-law's only daughter's mother-in-law. What did Henry call her?

George and Harriet

George and Harriet are found on the floor in a bedroom. When they were discovered, there were pieces of glass and some water on the floor. The only furniture in the room is a shelf and a bed. The house in is a remote location,

away from everything except for the nearby railway track. What caused the death of George and Harriet?

Three Lights

In the basement there are 3 light switches in the off position. Each switch controls 1 of 3 light bulbs on the floor above. You may move any of the switches, but you may only go up stairs one time. How can you determine which switch controls each light?

1. 1 - \$50 bill, 1 - \$5 bill, 4 - \$2 bills
2. This place is in a dictionary.
3. His mother.
4. George and Harriet are fish. The rumble of the train knocked the tank off the shelf.
5. Turn any one switch to the "on" position for five minutes, then turn that switch "off." Quickly turn any other switch to the "on" position and run up stairs. Feel the two lights that are "off." One of them will be "hot" because it was "on" for five minutes. Obviously the "hot" bulb is controlled by the first switch you turned "on." The light that is currently "on" is controlled by the switch you last turned "on." The "cold" bulb that is "off" is controlled by the only switch left.

Answers

Source: www.riddles.com

Protect Your Identity (and Your Cash)



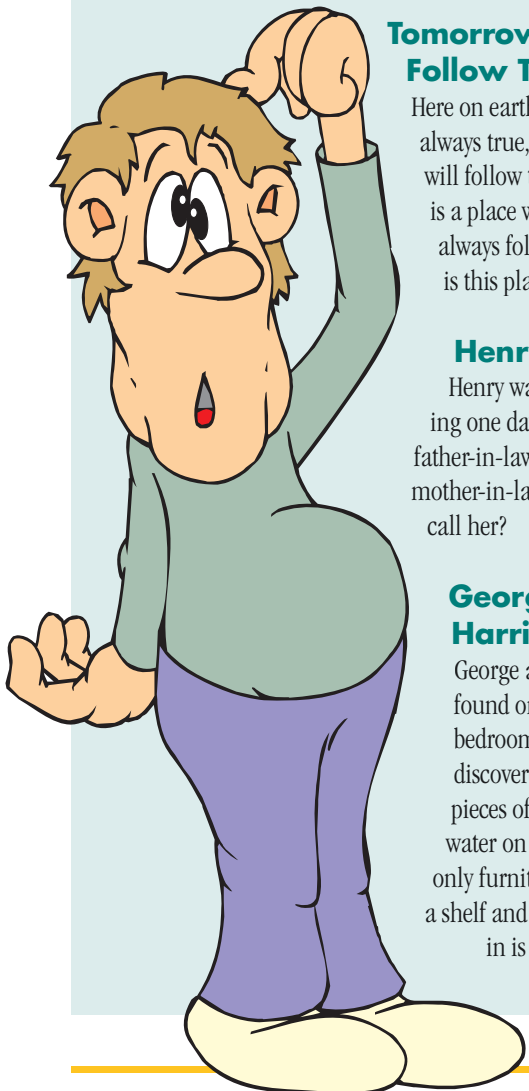
Call your personal bank and ask about setting up direct deposit or call Go Direct at 1-800-333-1795.

Did you know that four in 10 Americans have been victims of identity theft or know someone who has? However, many don't believe using direct deposit will prevent financial crime, according to a poll by the U.S. Department of Treasury Go Direct Campaign.

Go Direct encourages those who receive federal benefits to switch from paper checks to electronic transfer of payments into bank accounts. The Treasury says that more than 57,000 signatures on government checks were forged last year, and their recipients received no payment, a loss of more than \$54 million, when problems with direct deposit payments were negligible.

Unfortunately, more than 40 percent of those surveyed falsely believe that receiving a paper check is more effective at fighting theft than direct deposit.

Protect your identity and your cash today. Call your personal bank and ask about setting up direct deposit or call Go Direct at 1-800-333-1795.





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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 duffel 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.**

**More than
100 Active
Life friends
gathered
together for
lunch and
carol singing
at the annual
Holiday
Luncheon,
held December
11, 2007, at
Vernon Manor
in Corryville.**

Hopping Holiday Luncheon

