



Health in Focus July/Aug/Sept

HHC Lunches

Heartland Regional Medical Center
5325 Faraon St., East Wing
Oak Rooms I and II

Wednesday, July 28, 2010

11:30 a.m. – 1 p.m.

Jessica Hagey, registered dietitian with Heartland's Wellness Connections will discuss Superfoods – what they are and the importance of including them in your diet to help maintain your health and fight disease.

Wednesday, August 25, 2010

11:30 a.m. – 1 p.m.

Dr. Maureen Boyle, with Heartland Women's Health, will discuss urinary incontinence in women – why it happens and what can be done to manage it.

Wednesday, September 22, 2010

11:30 a.m. – 1 p.m.

Linda Hanken, a registered nurse with MoHealth Net, will discuss depression and anxiety in seniors and interventions to manage it.

The cost for the lunch is \$5 for members and \$7 for guests (you are a member if you receive this newsletter!). Call Beth at (816) 271-1033 to make your reservations. Reservations must be made one week in advance. Reservations for all programs may be made at one time.

Arthritis Toolkit

People with arthritis and fibromyalgia can live a healthy life by actively managing the physical and emotional problems that come with their disease. *The Arthritis Toolkit* does

not provide cures or miracles. Most types of arthritis cannot be cured. Living a healthy life with a chronic disease is possible with good self-management!

The toolkit includes the basic building blocks for each individual to use in constructing a personal approach to the management of the disease through exercise, pain management, and relaxation. It encourages goal-setting, action-planning, proactive thinking and acting ahead.

Each toolkit includes the following self-management tools:

- The Arthritis Helpbook
- Information sheets briefly describing common problems and helpful solutions
- Self-test that helps individuals identify the elements and set priorities for a personal self-management plan
- Action Plan description with instruction and examples for developing a unique plan
- Exercise Action Plan with hints and instruction on use of the other exercise and activity materials
- Relaxation and Exercise CDs
- All in one self-contained kit to which the individual can add their own materials

The key to good self-management is learning skills and then practicing them. It will take practice. These are the elements that can help you design an individual program to restore some degree of control over the effects of the disease on the body and activities and live a healthier, happier, more comfortable life!

Toolkits are available to check out for 6 weeks through the Regional Arthritis Center at 802 N. Riverside, Suite 225, St. Joseph, Mo., (816) 271-7057.

Coffee Talk

East Hills Mall
3702 Frederick Ave
Sunshine Porch Café (mall center)

Tuesday, July 13, 2010
9 a.m.

Helen Caton with Heartland's Wellness Connections will speak about and demonstrate chair exercises that can be done while watching your favorite TV program.

Tuesday, August 10, 2010
9 a.m.

Vicki Gentzell, a registered nurse with Heartland Health's Infection Prevention and Control department will discuss the upcoming flu season including information about seasonal flu and H1N1 flu.

Tuesday, September 14

9 a.m.

Tonya Douglas, Marketing Director of Senior Services with InterServ will discuss services that are available that allow seniors to remain independent in their homes.

There is no cost to attend these programs, but participants are asked to make a reservation by signing in at the customer service desk in the mall or by calling (816) 279-5667 prior to the event.

Aging is Booming! Are You Ready?

Brown Bag Luncheon Series

This three part series will explore emerging issues of an aging society and the impact that the population shift, the silver tsunami, will have on every aspect of our lives. We will discuss the impact in our community and in our world, including health care, housing, transportation and mobility. We will review how neighborhoods and social support systems are created and how they will be changing and how individuals and families are impacted. We will explore how care giving and caretaking duties increase as persons live longer with more chronic health conditions, and finally, how the demand for services to seniors will increase.

The opportunity is now for seniors to lead the effort in revitalizing our communities and create more sustainable and responsive places to love and die. Come learn what you need to know from an expert in aging so that you will have a voice in shaping our future life together. John G. Carney, PhD from the Center for Practical Bioethics in Kansas City is the speaker.

The learning series is sponsored by the Heartland Ethics Committee and the Northwest Missouri Area Agency on Aging.

September 9, 2010

Noon – 1 p.m.

“Silver Tsunami: Challenge or Opportunity”

October 14, 2010

Noon – 1 p.m.

“Is Living Longer Always the Best Medicine?”

November 11, 2010

Noon – 1 p.m.

“Our Duty to Care in an Aging Society”

The programs will be held at the St. Joseph Public Library, East Hills location at 502 North Woodbine, St. Joseph, MO. This program is free but registration is required as seating is limited. To register for this program, call (816) 271-1033. You are encouraged to bring your lunch while you enjoy the presentation.

Area Agencies of St. Joseph

The Northwest MO Area Agency on Aging recently opened a satellite office in St. Joseph. Thanks to the generosity of the Heartland Foundation, it is located at “Hope House,” 528 N. 8th Street. The office houses Susan Moore, Aging & Disability Resource Consultant. Her position serves to empower individuals to make informed choices for all of their support needs by providing accurate and unbiased information on topics affecting older adults, people with disabilities and caregivers.

The consultant is available to help interested individuals identify and apply for programs for which they may be eligible. Many individuals are not aware that they qualify for assistance with prescription costs. The LIS/Extra Help Program and Missouri’s state pharmacy assistance program, MoRx, are two programs that the Area Agency on Aging can help people access.

Information on housing for seniors, including those needing assistance to remain at home, or options for those no longer able to remain in their homes is also a priority.

There are no fees attached to services provided by the Area Agency on Aging.

Please Contact:

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Area Agency on Aging

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