

**Planning a day trip?  
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## Flu vaccines save lives

If you think the flu is no big deal, think again. According to the Centers for Disease Control and Prevention, pneumonia and flu together are the 6th leading cause of death in the U.S. Most of these deaths occur in people aged 65 or older. Did you know that the flu vaccine can prevent up to 85 percent of those deaths?

The flu vaccine or “shot” is readily available. You can get the vaccine at your doctor’s office or local clinic. In fact, many workplaces, supermarkets and drugstores also offer the shot. These shots are generally at low or no cost to you—and if you have Medicare coverage, you are eligible to receive a flu shot each year free of charge.

To be protected, you must get the vaccine every year. The strains of flu viruses change from year to

year making it necessary to develop a different vaccine each time.

Keep in mind that your immune system takes time to respond to the flu vaccine. Therefore, you should get vaccinated 6 to 8 weeks before flu season begins—in early October or November. The vaccine itself cannot cause the flu, but you could become exposed to the virus by someone else and get infected soon after you are vaccinated.



Sometimes a new, unpredictable flu may appear after the vaccine has been made and distributed to doctors and clinics.

Because of this, even if you do get the vaccine, you still may get infected. If you do get infected, however, the disease usually is milder because the vaccine still gives you some protection.

**For a free fact sheet on flu shots, including a list of local resources, please call 888/581-WELL.**

## Schedule a mammogram

Observe National Breast Cancer Awareness Month in October by scheduling your mammogram. The following guidelines established by the American Cancer Society will help you determine what’s right for you:

- Yearly mammograms are recommended for women starting at age 40 and should continue for as long as a woman is in good health.
- Clinical breast exams (performed by a health care professional) should be part of a periodic health exam, about every three years for women in their 20s and 30s, and every year for women age 40 and older.
- Women should know how their breasts normally feel and report any changes promptly to their health care provider. Breast self-exams should begin when women are in their 20s.
- Women at increased risk (family history, genetic tendency, past breast cancer) should talk with their doctors about starting mammography screening earlier, having additional tests (breast ultrasound and MRI), or having more frequent exams.

**Schedule a mammogram.  
Call The Breast Care Center  
at Marymount Hospital at  
216/587-0202 or Marymount  
South at 440/717-5842.**

# SeniorCircleplus

NEWS AND HEALTH INFORMATION FOR SENIORS

FALL 2003



Marymount  
Hospital

## Volunteer!

It's good for mind, body, community

Americans are living longer. The key of course is not only to live longer, but to live better. The hallmarks of active and successful aging include engaging in productive, satisfying activities such as volunteer work or community participation, and living a healthy, vigorous lifestyle. Volunteering provides an opportunity to contribute to society and remain socially and intellectually stimulated. Older Americans have a wide variety of experiences, knowledge and expertise—these qualities help to make organizations not only run, but also run better.

“The volunteers at Marymount possess a wealth of experience—we have retired teachers, factory workers, nurses and homemakers,” says Marge Domanick, volunteer services coordinator.

“Each volunteer brings something special to Marymount; without their commitment, we would not



be able to provide the level of service our patients have come to expect.”

In return, volunteers at Marymount learn new skills and get to meet new people. They also receive free meals, training classes and discounts at the pharmacy.

“I get to learn something new each day I volunteer,” says Christine Draganic, a spry 90-year-old who has volunteered for over 25 years. “I enjoy staying active

and mentally sharp—I couldn't imagine not volunteering.”

If you would like more information on volunteering at Marymount Hospital, please contact Marge Domanick at 216/587-8131.



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