

SeniorCircle plus

NEWS AND HEALTH INFORMATION FOR SENIORS

SUMMER 2005

Living Well with Diabetes

What seniors need to know

Diabetes is the fifth deadliest disease in the United States. This year, more than 213,000 people will die from the disease and its related complications. The total economic cost of diabetes in 2002 was estimated to be \$132 billion, or one out of every 10 health care dollars spent in the United States. But diabetes doesn't have to take the shine off your golden years.

Building Your Diabetes Care Team

"In an ideal world, seniors with diabetes would be managing their disease and have access to quality diabetes care, including frequent monitoring by a diabetes health care team, says Laurel Burns, Diabetes Center coordinator at Marymount Hospital. Your team can include a physician, diabetes educator, dietitian, pharmacist and social worker, depending on your specific needs.

"However, regardless of your situation, it is vital that you take a proactive role in your health care," Burns says.

What Makes the Difference

The American Diabetes Association offers these tips for seniors living with diabetes:

- **Access to quality treatment is important.** People with diabetes need affordable health care. Medicare will reimburse all patients with diabetes, regardless of insulin treatment, for the cost of blood glucose monitors and testing strips, as well as nonhospital-based diabetes education by a certified provider.
- **A team approach is vital.** Because people with diabetes have a multi-system chronic disease, they are best monitored and managed by highly trained professionals with the latest information on diabetes.
- **Patient education is critical.** People with diabetes can reduce their risk of complications if they become educated about their disease; learn and practice the skills necessary to better control their blood glucose, blood pressure and cholesterol; and receive regular checkups from their health care team. Smokers should stop



smoking, and those who are overweight should develop a moderate diet and exercise regimen under the guidance of a health care provider to help them achieve a healthy weight.

Do You Have Diabetes?

Marymount Hospital offers comprehensive diabetes services. A registered nurse and registered dietitian offer classes on all phases of diabetes self-management, including insulin instruction, blood glucose monitoring, personal consultation and problem solving. In some cases, one-on-one sessions can be arranged.

For additional information about the comprehensive diabetes self-management program at Marymount Hospital, or for a free brochure and "Carb Choices" magnet, please call 216/587-8093. ●

Cleveland Clinic Health System  Marymount Hospital



Win a \$100 Target gift card! See inside for details.

Bon Voyage!



Planning to travel to an exotic destination this year? Whether you're taking a cruise or long flight, here's how to have a healthy and enjoyable vacation.

- **Pack smart.** Remember to pack all your medications in your carry-on bag, and don't forget over-the-counter antidiarrheal medicine and an antibacterial hand sanitizer. Know what your insurance will cover overseas, too.
- **Get vaccinated.** Find out what vaccinations you might need for your destination by visiting the U.S. Centers for Disease Control

and Prevention's (CDC) Web site, www.cdc.gov, and clicking on "Travelers' Health."

- **Stretch regularly.** Deep-vein thrombosis is a life-threatening condition that can occur when a blood clot forms in the leg or hip, then breaks free and travels to your heart or lungs. If you'll be sitting for extended periods of time, exercise your lower leg muscles and avoid sitting with your legs crossed.
- **Boil it, cook it, peel it or forget it.** The CDC recommends that you only eat thoroughly cooked food or fruits and vegetables you have

Familiarize yourself with travel health warnings before you travel. Visit the U.S. Centers for Disease Control and Prevention online at www.cdc.gov/travel/destinat.htm.

peeled yourself, and only drink water or carbonated drinks in bottles or cans. Avoid ice cubes. ●

Helping Others, Helping Yourself

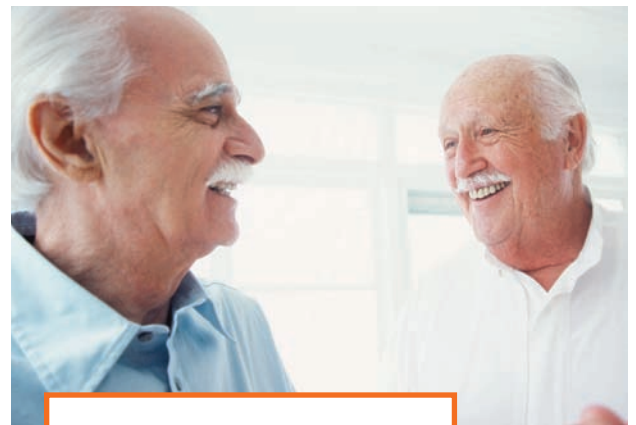
Helping others can be as beneficial for the volunteer as for the recipient. While volunteering boosts feelings of self-worth and accomplishment, studies have shown that it might also increase longevity.

According to the U.S. Administration on Aging, 15 million people—that's about one-third of Americans who volunteer—are older adults. Seniors make ideal volunteers since they have the experience, wisdom and time to help with many activities. So rather than stay home, keep active by helping those in need. Ask

yourself how much time you can realistically donate, which causes are important to you and what skills you can offer.

In addition to hospitals, libraries, museums and local parks, consider the following volunteer opportunities:

- adult homes and nursing facilities
- Big Brothers/Big Sisters



To volunteer at a Cleveland Clinic Health System hospital, call the CCHS hospital near you or log on to www.cchs.net.

- Meals on Wheels
 - neighborhood watch programs
- You can

also check out senior organizations, such as the National Retiree Volunteer Coalition, AARP and Senior Corps, for additional opportunities. ●



Make the Most of These Years

Join your Senior Circle Plus (SCP) friends on day trips and other social events. To learn more about your benefits as an SCP member, call **866/YES-CCHS (937-2247)**, or view individual hospital calendars on the Web at **www.cchs.net/seniorcircle/privileges**.

Me, Myself and I

Rediscover yourself and make these years golden

Adjusting after a spouse has passed away or children have moved is a challenge that many seniors never thought they would face. But living alone doesn't have to mean being lonely. There are many positive steps you can take to live a happy and fulfilling life on your own.

Make friends. Stay in touch with your friends and family, join a religious organization or visit your local senior center regularly. By keeping a busy social calendar, you will always have something to look forward to—and someone else looking out for you.

Keep healthy. Make sure not only to eat balanced meals, but also to make them meaningful. Invite a friend over for dinner, go to your favorite restaurant or take in the sunset while dining on your patio.

Be sure to visit your doctor regularly and exercise daily, too. According to the National Institutes of Health, regular exercise—even something as simple as taking a walk—helps people with osteoarthritis improve their joint health and reduce pain and disability. Exercise will also help reduce your risk for heart disease and other conditions. Talk with your doctor about an exercise routine that's right for you.

Stay safe. Examine the design of your home with injury prevention in mind. Does the bathroom shower have grab bars? Are there electrical cords or clutter in walkways that might cause you to fall? Visit the AARP online at **www.aarp.org/life/homedesign** for home design checklists. And if you're worried

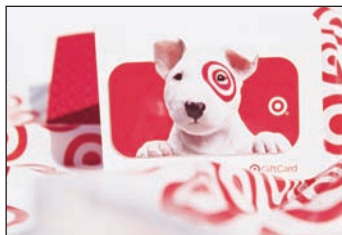
about being injured at home when you're alone, consider installing a personal alarm system in your home that includes a call button you can wear.

Motivate yourself. Rediscover your youthful ambition and go for it. Start painting a masterpiece, write the story of your life to pass down to your children and grandchildren, or become a volunteer or foster grandparent. And keep your mind sharp by continuing to learn new things. Here are some options to consider:

- take an evening class
- learn a new language
- join a book club
- visit local museums
- attend concerts
- travel to new places

You'll find that it is possible to celebrate your senior years and live a fulfilling life. ●

Complete our survey
and enter to win
a **\$100 Target**
gift card!



The More You Know...

For better health and wellness, take advantage of Marymount Hospital's classes and screenings. Call the numbers listed below or **216/587-8138**, or visit our new and improved Web site, **www.marymount.org**, to learn more.

Keeping PACE with the Community

The Marymount Human Motion Center for Orthopedic Care (HMC) is well regarded for its expertise in orthopedics and rehabilitation. But did you know that Marymount now offers many of these services at local community and civic centers?

The PACE program, or People with Arthritis Can Exercise, is taught by a Marymount HMC staff member and is a group recreational activity designed specifically for people with arthritis. It includes games

and exercises that may help participants look and feel better, have more energy and improve their function.

"Because there are many different types of arthritis, we offer two classes: basic and advanced," says Jane Darden-Kral, class instructor.

It's easy to get involved. Adults with arthritis are eligible as long as they have their physicians' consent. Participants must be able to walk independently with assistive devices, if used; or, if in a wheelchair, they must be able to transfer to a straight-backed chair.

Date: Every Wednesday and Friday

Time: 2 to 3 p.m.

Place: Garfield Heights Civic Center

Info: Call **216/587-8998, ext. 2044**, for details or to register.

Promoting Better Health

Marymount's HMC has branched out farther into the Broadview Heights community, says Christine Schulte, administrative director of HMC. "We've recently entered into a contract with the Broadview Heights Recreation Center," she



says. "This partnership makes a great deal of sense, given the presence of our Marymount South facility in Broadview Heights. It's a case of taking vital services into the community."

HMC's facility and services are open to the community. Physical therapy and sports medicine services are available by appointment only, with a physician's order. "In addition, we will be launching many of our specialty services at the site, including our Golf Fit, Sports Fit and Kids Fit programs. And we'll be providing community health screenings and lectures in conjunction with the Rec Center," Schulte adds. ●

To request a free copy of "Exercise as Treatment for Arthritis," or for details about HMC's broad range of services, please call **216/587-8093**.