

SeniorCircle plus

NEWS AND HEALTH INFORMATION FOR SENIORS

WINTER 2005

Finding the Fountain of Youth

Tips for feeling better, living longer

We all know that physical activity is good for us at any age, but did you know it can help you enjoy a longer, healthier, more active life? Low-impact exercise, such as walking, can slow the aging process and help you feel better, longer.

It's Not Too Late

If you haven't been exercising your entire life, that's OK, says Manny Economos, coordinator of the Human Motion Center at Marymount Hospital. "It's never too late to receive the benefits of increasing your physical activity. You always should talk with your physician before starting any new exercise program; however, activities such as walking, lifting light weights or swimming can make a dramatic difference in your quality of life.

"Exercising can keep you healthy, energetic and vibrant well into your golden years. Not only are there physical benefits from exercising, studies have also shown improvement in both cognitive and emotional health through exercise, as well," Economos says.

Count Your Benefits

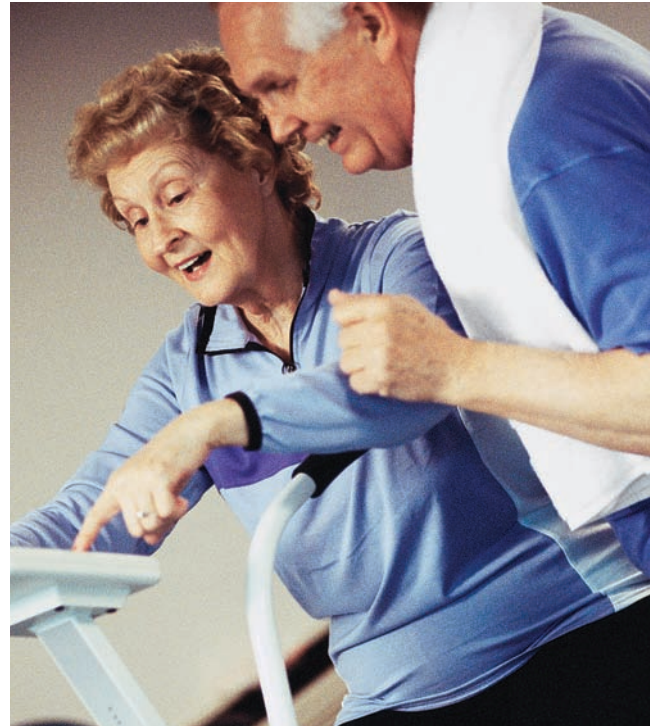
Stronger muscles and bones. As people age, they are more prone to

conditions such as arthritis and osteoporosis. By staying active, you can counteract the weakening of your bones and muscles. This can mean fewer aches and pains and a reduced risk of broken bones from minor accidents.

Healthier heart. Heart muscle weakens over time, as does the rest of the cardiovascular system. Studies show that people who exercise at least 30 minutes a day, three times a week, can slow the progressive decline of their heart's health.

Memory and retention. When you use your body to accomplish any task—physical or cognitive—it helps to keep you alert and boosts your energy. These are both essential to maintaining your memory over time.

Combat depression. Physical activity is a great escape from stress. Exercise will give you a break in negative thought processes, allowing you time to develop a positive outlook.



Maintain a healthy weight. Over time, excess weight places an unnecessary strain on bones and joints, and places you at risk for heart disease, diabetes and certain types of cancer. By adding exercise to your daily routine, you will burn fat and shed excess pounds.

Ready, Set, Get Moving

Get back to enjoying life by including physical activity in your daily routine.

To learn how to maintain healthy joints and bones, contact Marymount Hospital's Human Motion Center at 216/587-8093. ●

To learn about SAVE, Marymount Hospital's Human Motion Center's program for promoting joint health, call 216/587-8093.



Reduce Your Risk for Diabetes

More than 18 percent of people age 60 and older have type 2 diabetes. And while age is a risk factor, it's not the only one. Fortunately, a number of other risk factors are controllable. Here's what you can do to protect yourself from diabetes:

Lose weight. Being overweight is closely associated with diabetes. Just a 5 percent to 10 percent reduction in weight can greatly reduce your risk.

Eat right. Maintain a well-balanced diet rich in fruits, vegetables and whole grains. Don't deprive yourself of your favorite treats; just enjoy them in moderation.

Exercise. Get moving 30 minutes a day, five days a week. Try walking briskly around the block or climbing the stairs several times.

Get screened. It may be seven to 10 years before you notice the symptoms of type 2 diabetes, but that doesn't mean it's not there. Have your blood glucose levels checked regularly, at least every three years, or more often if you're at high risk.

Source: American Diabetes Association ●

Schedule your blood

glucose test with your physician, or visit cchs.net and click on "Health Programs & Screenings" for a list of free diabetes screenings and diabetes education programs offered at your local Cleveland Clinic hospital.

Home Sweet Home

Moving a loved one to a nursing home can be a difficult decision, not to mention stressful when searching for the right facility.

Here are some things to consider when looking for a nursing home:

Medical needs. Ask your loved one's doctor to recommend a facility that would be best suited for his or her needs. Consider what types of services are offered and what the staff-to-patient ratio is.

Location. Choose a facility that is centrally located so that family and friends can make frequent visits.

Atmosphere. Visit the home several times, both planned and unannounced, to get a feel for its culture. Ask yourself: Are the residents treated well? Are appealing activities available? Is the food appetizing?



Cost. Ask what the costs are and get the numbers in writing. Consider how much of the costs, if any, will be paid by Medicare or Medicaid and whether the remaining portion is affordable.

Asking the right questions can help you find the perfect home for your loved one. Visit medicare.gov/nursing/overview.asp for a nursing home checklist to help you compare facilities in your area. ●

Need a Physician?

Use the numbers below to help you find a physician.

The Cleveland Clinic

The Appointment Center:
216/444-2273 or
800/223-2272, ext. 42273

Euclid, Hillcrest, Huron and South Pointe Hospitals

Medline Physician Referral:
440/312-4533 or
800/621-0004

Fairview, Lakewood and Lutheran Hospitals

Medline Physician Referral:
216/363-2300 or toll-free
866/733-6363

Marymount Hospital

MED-MATCH Physician Referral: 216/581-WELL (9355)

For an online listing of Cleveland Clinic Health System physicians, go to cchspo/phys_dir.

Finding Dr. Right

Don't trust your health to just anyone

It's OK to look in the phone book for a restaurant or a mechanic, but when it comes to your health, not just any doctor will do. Since your physician will be entrusted with your health and will listen to your most intimate problems, finding the right one is crucial to your well-being.

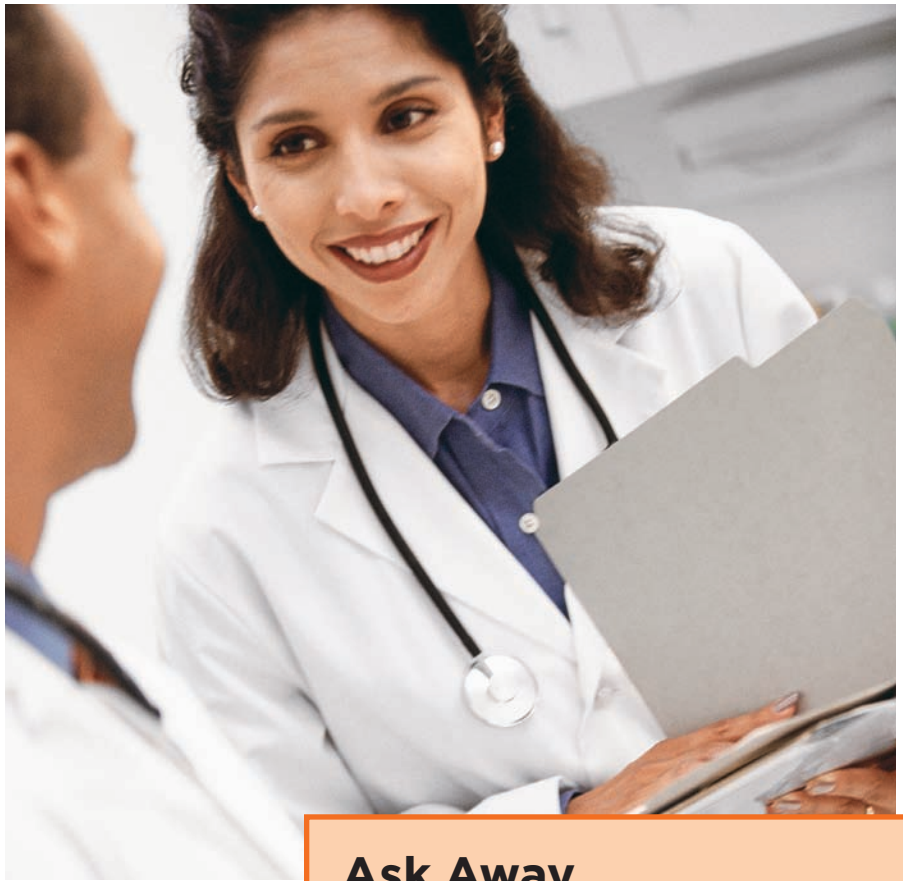
First things first: Start searching for a physician while you're healthy. That way, if you become ill, you won't be pressured to find someone quickly with whom you may not feel comfortable.

To begin your search for Dr. Right, ask family and friends for recommendations. If you're new to the area, ask your previous doctor for a referral or consult your new neighbors. A local pharmacist may be able to help, too—she may be able to offer you good insight into a doctor's bedside manner and care philosophy.

Once you find some doctors you'd like to consider, follow these tips from the AARP for choosing the one that's best for you:

Get approval. There's nothing worse than finding the perfect doctor and then discovering he's not included on your insurance plan's provider list. Eliminate any doctors that don't accept your coverage.

Availability. Find out which doctors are accepting new patients. Ask about their availability. How



far in advance must you schedule an appointment?

Vital statistics.

How convenient is the doctor's office? Consider the location, hours, parking availability and if it accommodates any special needs you may have.

Ask the board.

Contact your state health department or the medical review board to determine if there have been any complaints filed against the doctor. If there have been, you'll want to learn the details of the complaints.

Talk to the doc. Schedule an appointment to interview the physician in person or over the phone. This will allow you to ask specific questions about his practice and techniques,

Ask Away

Even the best doctors can't read minds. That's why it's important for you to ask questions about your health. To get started, try these:

- What is my condition? What's the cause?
- Do I need tests? Why?
- What are the possible treatments? How effective are they?
- Will I need to go on medication? What are the side effects?

If you have difficulty understanding your doctor, take a friend or family member to the appointment with you. For additional tips on communicating with your physician, visit aarp.org and click on "Health and Wellness," then "Checkups and Prevention."

and help you decide whether or not you'd like to become a patient.

While choosing the right doctor is important to your health, don't stress over the decision. If you decide you're not comfortable with your choice, feel free to look for a different physician. Just remember to keep your medical history up to date and have your records transferred with you. ●

Take Back Control

For a free brochure on
controlling diabetes,
call **216/587-8138**.



SCP Day Trips

SATURDAY, FEBRUARY 12 **“42nd Street”**

A Valentine’s Day trip to
Toledo, Ohio.

THURSDAY, MARCH 10 **Hal Roach and his Irish** **Comedy/Music Tour**

A St. Patrick’s Day Trip to
Toledo, Ohio.

LOOKING AHEAD

More information to come on
these 2005 trips and more in future
issues of *Senior Circle Plus*.

APRIL-TBD **Holden Arboretum Spring** **Garden Tour**

Kirtland, Ohio

FRIDAY, AUGUST 5 **Vintage Ohio Winefest**

Kirtland, Ohio

FRIDAY, SEPTEMBER 23 **Geritol Follies**

Toledo, Ohio

OCTOBER-TBD **Polka Festival**

Painesville, Ohio

Join other SCP

members on fun and exciting
day trips. For details on
these trips and more, call
440/942-5350.

Food for Thought

As we age, we are faced with different food- and nutrition-related issues than when we were younger. These issues include less-sensitive taste buds, a decreased appetite, special dietary restrictions, limited mobility, stricter budgets and many more.

That’s why Marymount has developed a special nutrition series for seniors. Classes will be offered on a quarterly basis and will include a cooking demonstration and lecture from a dietitian and free samples. Plus, one lucky senior will leave each session with a \$20 TOPS super-market gift card. Please join us for our first session:



Food First

A free program on planning meals that are packed with nutrition for smaller appetites. Reservations are required.

Date: Tuesday, Feb. 15

Time: 6 p.m.

Place: Marymount Cafeteria

Info: 216/587-8093