

# Senior Connection

Senior Care At Wishard's Healthy Living Program • Issue 34 • Holiday 2007

## Medicare Matters: Medicare Part D open enrollment 2007

Do you have Medicare? Have you already enrolled in Medicare Part D, the part of the plan that helps pay for outpatient prescription coverage? For those who are eligible but have not enrolled or who wish to change their plan, Medicare Part D open enrollment is the time to take action!

This year Medicare Part D open enrollment is from November 15 to December 31. If you want to enroll in Community Care Rx (CCRx), the Medicare Part D plan that is accepted at Wishard, or want to switch to CCRx from another plan, help is available.

The following locations will have enrollment tables from November 15 to December 31:

- Primary Care Center: 10 a.m. – 8 p.m. (Monday – Friday) and 12 – 4 p.m. (Saturday)
- Cottage Corner: 10 a.m. – 4 p.m. (Monday – Friday)
- Westside: 10 a.m. – 4 p.m. (Monday – Friday)
- Midtown 1700 N. Illinois: 8 a.m. – 4 p.m. (Monday – Friday)
- North Arlington: 9 a.m. – 12 p.m. (Monday – Friday)

If you are enrolled in CCRx and do not wish to change, you do not have to participate in Medicare Part D open enrollment. You must have Medicare to be eligible for Part D coverage. Financial counselors will also be available at all clinic locations for questions. It is important to know about Medicare Part D and Community Care Rx if you have Medicare and are on Wishard Advantage. If you need more information, please call 655-CARE (2273).



## The Dr.'s Corner: Is there a cure for Alzheimer's disease?

Dr. Boustani Assistant Professor of Medicine, Department of Medicine, Indiana University School of Medicine, Senior Care at Wishard Health Services.

Dementia is a condition of mental decline that causes memory to worsen over time. It includes problems with learning, decision making, communication, and quality of life. Alzheimer's disease is a brain disorder that gets worse over time and is the most common form of dementia.

There is no cure for Alzheimer's disease and no proven treatment to keep it from getting worse, but there are medicines available that help improve the mental function of people with the disease. If these medications are given early enough, they may help people to live independently at home for a longer period of time. There are also medicines available to help manage some symptoms of the disease like depression, anxiety and aggression.

Medical and social management and planning can help make it easier for both patients and family members. Exercise, good nutrition, mental activities, and being social are important. Living a calm and structured life may help the person with Alzheimer's disease to continue functioning as long as possible. If you have concerns about your memory, ask your doctor about a referral to our new Healthy Aging Brain Center for an evaluation.

# Prevention Pointers: *Heart Disease*

Lauren Nikides, Senior Connection Intern

Heart disease is the leading cause of death among Americans, causing over 500,000 deaths each year. Stay healthy this holiday season by knowing the signs and symptoms, risk factors, and ways to prevent this disease.

## Risk Factors

- ▶ Smoking
- ▶ Being overweight
- ▶ High cholesterol
- ▶ High blood pressure
- ▶ Diabetes

## Signs and Symptoms

- ▶ Pressure or discomfort in the chest
- ▶ Pain in the arms, neck, back, jaw or stomach
- ▶ Shortness of breath
- ▶ Nausea
- ▶ Unexplained fatigue

If any of these symptoms occurs, speak with your doctor; otherwise, it could be fatal. You can lessen your risk for heart disease by exercising every day for 30 minutes and also eating heart-healthy foods. Some of these foods include: nuts, especially almonds, and foods high in soluble fiber like oatmeal, bran, and many fruits and vegetables. Choose unsaturated fats, such as those found in fish, olive oil and avocados. Although you should take this information to heart, remember to also have yearly checkups with your doctor, especially if you are experiencing any of the symptoms listed or you know you are at risk for heart disease.

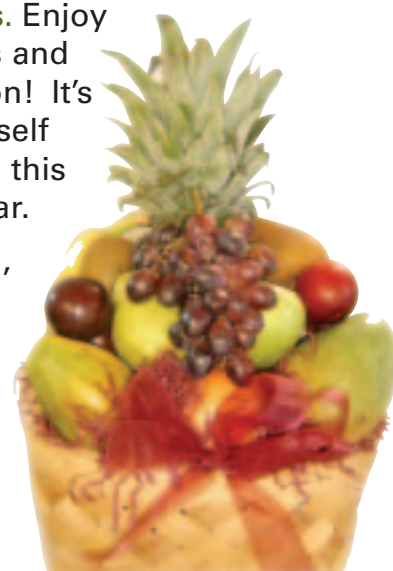
## The Right Diet: *Five Tips for Healthy Holiday Eating*

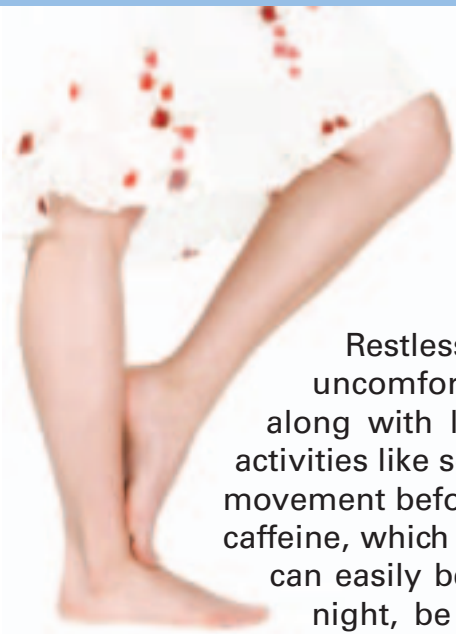
By: Angie Micinski, RD, Wishard Food Service Dietitian

Eating healthy is always difficult during the holidays. Below are five tips to help you stay on the right track.

- 1. Don't Diet.** Don't try to diet over the holidays. Starting a new diet is even more difficult over the holidays because of the large amount of food and treats available. Instead, make a goal to just maintain your present weight.
- 2. Eat a Snack.** Never go to a party or celebration on an empty stomach. Be sure to eat a snack with some protein and drink a glass of water before the event to keep from overeating. For example, four saltine crackers with peanut butter or a piece of fruit with a half cup of cottage cheese are good options.
- 3. Bring a Healthy Dish.** If you are going to a potluck-style holiday party, bring a healthy dish such as vegetables with low-fat dip or a fruit tray. This way you know there will be something good for you at the party, and it will be helpful to the other party-goers as well!
- 4. Eat One Plate of Food.** Limit yourself to one plate of food instead of grazing throughout the event. Fill your plate with mostly healthy selections, then eat slowly and enjoy each bite.
- 5. Enjoy the Holidays.** Enjoy the sights, sounds and tastes of the season! It's okay to treat yourself sometimes during this special time of year.

For more information, please contact Angie Micinski, RD, at 630-7258.





## Pharmacy Facts:

# Restless Leg Syndrome

Jason Pribble, PharmD Candidate, Purdue University and Noll Campbell, PharmD, CGP, FASCP, Clinical Pharmacist, Wishard Health Services

Restless leg syndrome (RLS), a complaint of many older adults, causes an uncomfortable feeling in the legs. The effects are mostly felt at night. Movement, along with light stretches before bed, a hot bath, going for a walk and mental activities like solitaire and word games may help. Avoid activities that involve little leg movement before bedtime along with certain substances such as alcohol, nicotine and caffeine, which can make the symptoms worse. Low iron is another cause of RLS that can easily be avoided. If you feel discomfort in your legs is keeping you awake at night, be sure to talk to your doctor. Requip®, Mirapex® and Sinemet® are all medications that can help RLS.

## Remember to get a **FLU SHOT**

We are in close surroundings with many friends and family members over the holiday season, meaning an even bigger chance of getting the flu. Your best and biggest defense against the flu is to get a yearly flu shot. Make sure to also share this tip with your loved ones so they can avoid the flu too. For locations and questions about flu shots, please call 630-8790.

## Important update on **FREE PARKING**

Members who use the parking benefit of the Senior Connection Card may be asked to show proof of age when leaving the Wishard Parking Garage.

Please note: If you are a Wishard employee, you are not to use your membership card to park in the garage during working hours. If you have any questions, please call 630-8790.

## Smart Food of the Season: *Crazy about your heart? GO NUTS!*

**This holiday season try almonds!** The tasty and versatile almond is available throughout the year and is a great addition to many holiday treats and dishes. Almonds aren't just tasty treats; they also provide great health benefits, especially for your heart. They are high in monounsaturated fats, a healthy fat also found in olive oil. These fats, along with the high amount of vitamin E found in almonds, help to lower LDL-cholesterol and reduce your risk of heart disease. So, this holiday season when you're sitting around an open fire with your family, snack on a handful of almonds or experiment with some of your favorite holiday dishes by adding this healthy nut.



# HEALTHY LIVING FOR THE HOLIDAYS HEALTH FAIR

**Saturday, December 8 • 9 a.m. to 1 p.m.**

**Washington Square Mall - 10202 East Washington Street**

It's the most wonderful time of the year! Start your holiday season right with the Healthy Living for the Holidays Health Fair at Washington Square Mall. This event is co-sponsored by Wishard Health Services and WTHR Channel 13. Come for free health screenings, information and activities!

## Free Health Screenings:

- ❄ Blood pressure
- ❄ Cholesterol
- ❄ Depression
- ❄ Glucose
- ❄ Ear assessment
- ❄ Spinal analysis



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*Note to our readers: This newsletter is not intended to provide medical advice, which should be obtained directly from your physician. If you no longer wish to receive this mailing, please call 317-630-8790.*

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