

Taking an active role in your good health is what Sacred Heart's Senior Spirit! program is all about.

FEBRUARY 2018

ARE THE FOODS YOU'RE EATING CAUSING ANXIETY?

Did you know that what you eat can affect your anxiety levels? Foods play a role in increasing the length, severity and frequency of depression and anxiety, so try reducing or cutting the following foods out of your diet.

Caffeine

Caffeine is a stimulant that can make you feel nervous, lightheaded, jittery and nauseous. It increases your heart rate, body temperature and blood pressure, and can lead to nervousness, sweating and shaking. Plus, it can affect your absorption of vitamins D and B, which are mood-balancing nutrients. Instead of a morning mug of coffee, try a cup of caffeine-free herbal tea like chamomile or a glass of green juice.

Artificial sweeteners and sugars

Have you ever experienced a "sugar crash"? It can cause mood change, fatigue, heart palpitations and difficulty concentrating. Artificial sweeteners like Aspartame can cause problems, too. It blocks the production of serotonin in the brain, which can cause insomnia, headaches, mood swings, anxiety and depression.

Sodium

Too much salt in your diet can lead to high blood pressure, water retention, bloating and weight gain. Studies have also shown that sodium can be detrimental to your neurological system, causing fatigue, depression, panic episodes and immune system damage.

Fried foods

Fried food consumption is linked to heart disease, high blood pressure, anxiety and depression, and these foods are often cooked in hydrogenated oil – which isn't healthy for your heart or your waistline.

Fruit juices

Fruit and fruit juices are not created equally. Unlike whole fruits, fruit juices lack fiber and are often loaded with added fructose. Do yourself a favor and stick to the real thing.

Alcohol

Alcohol can trigger both depression and anxiety. It causes dehydration, spikes and dips in blood sugar, and impairs brain function. All of that can make you feel anxious, so reach for a non-alcoholic drink instead.

Fruit juices lack fiber and are often loaded with added fructose, so choose whole fruits instead.



We're on Facebook!

Facebook.com/SacredHeartSeniorServices



SACRED HEART NEWS & EVENTS

SHHP Plans New Helicopter Landing Zone

Sacred Heart Hospital Pensacola will soon begin construction of a new helicopter landing zone that will allow quicker transport of patients being brought to the Emergency/Trauma Center. The new landing pad will be located closer to the hospital, in an area near the E.D.'s ambulance parking bays. The construction will start in early February and will be completed in early May.

The current landing pad will remain operational during construction and will eventually serve as a secondary landing zone so that two helicopters can land simultaneously, if required.

Gold Plus Recognition

Sacred Heart Hospital Pensacola and Providence Hospital in Mobile have received the 2017 Gold Plus Target Stroke Honor Roll "Get With The Guidelines" Stroke Award for reaching American Heart Association benchmarks in efforts to eliminate delays in treating strokes. One of the benchmarks is starting thrombolytic therapy within 60 minutes.



Sacred Heart Health System

NEW INTEREST-FREE PAYMENT OPTION

Sacred Heart Health System (SHHS) offers our patients an interest-free evolving line of credit through the ClearBalance® program, which gives patients an affordable option to pay their out-of-pocket hospital expenses over an extended period. Introduced in 2013, the program is available at Ascension Gulf Ministry's four hospitals – Sacred Heart Hospital in Pensacola, Miramar Beach and Port St. Joe, as well as Providence Hospital and Providence Medical Group in Mobile – and through Sacred Heart Medical Group's call center. (SHMG patients should call 1-800-566-5050.)

Benefits of the ClearBalance program include:

- Low monthly payments – patients can pay their balance over time
- Patient pays no interest or late fees
- A dedicated call center focused on patient satisfaction

"We know an increasing number of our patients are faced with high deductibles and higher co-pays on their insurance plans, so we were looking for a better way to help patients afford the care they need," said Susan Davis, SHHS President and CEO.

"Our concern for the well-being of our patients does not end at the time of their discharge," she added. "We understand many people are facing financial hardships and that healthcare is expensive. The ClearBalance program helps our patients meet their healthcare needs and deal with unexpected hospital bills, while making it easier for them to manage their out-of-pocket expenses."



For more information about the ClearBalance program, call Michele Nelson at (850) 416-7099 or email mnelson@r1rcm.com.

5TH ANNUAL POWER OF E3 WOMEN'S CONFERENCE

Positive Aging: Living Life to the Fullest

Saturday, April 28

8:30 a.m. - 2:30 p.m.

Sacred Heart Hospital – Pensacola

Please join us for a day of fun, fashion and food while we educate, enlighten and empower you! Get inspired to take charge of your financial well-being, as well as your physical and emotional health. Enjoy an educational, enlightening, empowering day for women 55+ at our fifth annual women's event.

The keynote speaker is Julie Clark Lingen, speaker, author and coach. Program topics will include:

- Living life to the fullest
- Financial stability
- Staying strong & flexible
- Staying organized



EDUCATE . ENLIGHTEN . EMPOWER

Over the last four years, the Power of E3 has raised nearly \$20,000 for the Sacred Heart Hospital Foundation benefitting women in need of healthcare. Purchase tickets online at www.powerofe3.com or call (850) 437-3127.

HEALTHY LIVING SEMINARS

PENSACOLA

Sacred Heart Hospital
Greenhut Auditorium-Pensacola
5151 N. 9th Ave., Pensacola, Fla.
Wednesday, February 21 • 9:30 - 11:00 AM

*How to Stay Healthy in 2018:
Understanding the Changes in
Healthcare*

Ann Payne-Johnson, MD

Family Medicine
Sacred Heart Medical Group

FREE valet parking available at the hospital
front entrance.

MIRAMAR BEACH

Embassy Suites Destin - Miramar Beach
570 Scenic Gulf Drive
Destin, FL 32550

Thursday, February 15 • 6:00 - 7:30 PM

Cardiac Health Seminar

*Q & A Session; Women and Heart Disease;
Non-Surgical Aortic Valve Replacement;
and Atrial Fibrillation (AFib)*

Mark Grise, MD

Charles Mayes, MD

Jason Foreman, DO

Amna Ahmed, MD

Blood Pressure Screenings 30 minutes
before and after seminar.

Call (850) 278-3600 to register.

PORT ST. JOE

Sacred Heart Hospital on the Gulf
Conference Room A/B
3801 E. Hwy. 98, Port St. Joe, Fla.

*Watch your newsletter for
upcoming programs!*

PACE

Pace Medical Park Rehabilitation Center
First Floor

3754 Highway 90, Pace, Fla.

Thursday, February 8 • Noon - 1:00 PM

*Maintaining Mobility: Proper
Posture & Increasing Your Flexibility*

Lauren Shipman, CBOE, ATC/L

Certified Ergonomist
Sacred Heart Rehab

GULF BREEZE

St. Ann Catholic Church
Chapel Conference Room
100 Daniel Dr., Gulf Breeze, Fla.

*Watch your newsletter for
upcoming programs!*

Bodies in Balance Fall Prevention

Friday, February 23 • 11:00 am - noon

Biological Risk Factors
(FREE Balance Assessment)

Somerby of Santa Rosa Beach
Activity Room - 2nd floor

164 Hewett Road, Santa Rosa Beach, FL 32459

Call (850) 278-3600 to register.

Please call (850) 416-1620 or (877) 416-1620 to register for any of these programs,
or register online at www.sacred-heart.org/seniorspirit.
Schedule changes and cancellations can occur without prior notice.

Stroke Support Group

Sacred Heart Hospital Pensacola offers a Stroke Support Group for patients and
their families. The group meets on the second Wednesday of each month from
12:30 to 1:30 p.m. in the Covenant Care Training Room just past Elevator C.

For more information, contact Eliza Opena, social worker, at (850) 416-7621.

FINANCIAL MATTERS Mainstay Financial Group

Planning for Change: Senior Housing Issues & Choices

*Knowledge is everything when making senior housing decisions. Learn how to assess housing needs, examine various
housing choices and determine important personal preferences when choosing the right senior housing options for
yourself or a loved one.*

PENSACOLA

Tuesday, February 20 • 9:30 - 11:00 AM

Temporary Location: Mainstay Financial Group - Education Center

2810 East Cervantes St. • Pensacola, FL 32503

Seating is limited. Call (850) 416-1620 or (877) 416-1620 Monday-Friday, 8:00 AM to 5:00 PM to register.



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Driver Safety Program

AARP's Driver Safety Program will
help you learn current rules of the
road, defensive driving techniques
and how to operate your vehicle
more safely in today's increasingly
challenging driving environment.

You must register in advance. Cost
is \$15 for AARP members and \$20
for non-members.

Pensacola

Wednesday, March 7, 2018

8:30 AM - 3:30 PM

**This is a one-day class. Seating is
limited to 12 and registration is
required.**

Sacred Heart Cancer Center
Third Floor, Conference Room C
1545 Airport Boulevard
To register, call (850) 416-1620,
1-877-416-1620 or (850) 416-6547.

Miramar Beach

Sacred Heart on the Emerald Coast
Resource Center, Suite 3
7800 US Hwy. 98 W.

**Watch your calendar for upcoming
classes!**

Free Education Class in Port St. Joe

Diabetes & You: Managing Your Condition Through Healthy Living

Presented by John Griggs,
MSN, RN-BC, Diabetes Educator
2nd Tuesday of Every Month
10 AM - 2 PM

Sacred Heart Hospital on the Gulf,
3801 E. Highway 98
Conference - Room AB
Light lunch provided
Class size is limited.

Call (850) 229-5620 to register.

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Send address changes to:
Sacred Heart Senior Services
5151 N. Ninth Ave.
Pensacola, FL 32504

Join Senior Spirit! today.
Call (850) 416-1620
or toll free
(877) 416-1620.
For updates on events,
please visit our
website at
www.sacred-heart.org/seniorspirit

Sacred Heart Health System

5151 North Ninth Avenue
Pensacola, FL 32504

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GULF COAST NEWS

SENIOR SPIRIT HEALTH AND WELLNESS DAY IS MAY 5

At the Senior Spirit Health and Wellness Day, adults 55 and over can get enjoy free health screenings, health and wellness information, community senior resources, refreshments, and the chance to win lots of door prizes. **This year's event has been rescheduled for May 5.** Please watch your newsletter for event details.

TUNE IN TO RADIOTHON MARCH 1-2!

Tune in March 1 and March 2 for some heartwarming stories about our community's children who have benefited from the care they received at The Studer Family Children's Hospital at Sacred Heart. It's the 20th Annual Radiothon, which allows listeners to call in pledges in support of the hospital and its young patients.

Radio partners are NASH 102.7 FM, WCOA 1370 AM, JET 100.7, Soft Rock 94.1, and Magic 106.1. The live broadcast of Radiothon will take place at Center Court of Cordova Mall and you can watch local radio personalities in action as they interview children and families as well as doctors, nurses and hospital leaders.

To make a donation during Radiothon, please call 416-KIDS or visit GiveSacredHeart.org. Interested in working as one of our Cox Business Phone Bank volunteers? Call Adrienne Maygarden at (850) 416-4663 or email Adrienne.Maygarden@ascension.org.

20th ANNUAL
radiothon
CARING FOR KIDS ALONG THE GULF COAST



Senior Spirit Benefits

- Present your **Senior Spirit membership card** in the hospital cafeteria to receive a **discount on meals**
- With each hospitalization, patient will receive a **special get well gift bag and 3 guest meal tickets** (per hospital stay)
- **FREE monthly seminars:** Healthy Living Seminars and Financial Matters
- **FREE Prescription Discount Drug Card** (20% - 50% savings)
- Discount on CareLink Emergency Services – Help at the touch of a button. Call **888-996-3343**.

For more information on your Senior Spirit benefits, please call (850) 416-6547.

PURCHASE YOUR PRE-PAID LAB SCREENING COUPON BOOK TODAY!

• \$30 per coupon book
The coupon book includes five screenings with one coupon for each of the following:

- ANEMIA • BLOOD TYPE
- CARDIAC RISK SCREEN
- DIABETES • PROSTATE CANCER

MAIL ORDER ONLY:
Call (850) 416-6547