



Monthly Events

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

MAY 2018

HEARING LOSS AND DEMENTIA...SAY WHAT?

Hear Better. Less Effort. Remember More.

Do you have trouble hearing as well as remembering and problem solving?

Untreated hearing loss results in less stimulation to the auditory brain. It is the reduced stimulation of the brain that is credited with accelerated mental decline and a higher risk of dementia. And the risk of dementia increases in untreated hearing loss as the degree of hearing loss increases.

Are you avoiding social activities because of your hearing loss?

The reluctance of the hearing impaired to socially challenge themselves (attend gatherings, volunteer, work a part time job) may be a contributing factor in the association between hearing loss and earlier cognitive decline. Social activities stimulate your brain, helping decrease the risk of accelerated mental decline.

Did you hear the great news?

A socially active person with hearing loss using hearing aids is more likely to have a similar onset of cognitive decline to that of a person with normal hearing. Treating the hearing loss improves communication skills, which leads to a more socially active lifestyle, and increased stimulation of the brain – helping keep the brain fit. Act now! Wear your hearing aids!

Recent studies show that “following conversation in noisy situations” is the number one challenge for people with hearing loss⁺. New hearing-aid technology solves this problem by working in harmony with your brain to improve your ability to understand speech better and focus on what’s important, even in complex listening environments. Wearers of this new hearing-aid technology notice a decrease in listening effort and an increase in remembering more of what people said⁺⁺. In fact, research supports that with this new hearing aid technology, patients experienced 30% better speech understanding, while listening effort was reduced by 20% and they remembered 20% more of conversations^{**}.

This new hearing-aid technology not only processes sounds

exceptionally fast, it scans the environment 100 times per second to give you access to 360° of sound. It distinguishes between speech and background noise, enables you to identify where different sounds are coming from, and continually adjusts and balances all the sounds around you. This helps your brain make sense of sound and gives you a natural hearing experience.

*P.S. Not Fake News: **Le Goffet al. 2016 OPN Clinical Evidence White Paper, Oticon, Inc.; ++www.Oticon.com/support/downloads.*



May is Better Hearing Month! Join us May 9 in Miramar Beach or May 23 in Pensacola and learn about dementia, hearing loss and treatment.

See program details on page 3.

Senior Spirit Day, originally rescheduled for May 5, has been cancelled. We regret any inconvenience this may cause. This year’s event is unable to be held due to scheduling conflicts beyond our control. Thank you for your understanding.

We’re on Facebook!  Facebook.com/SacredHeartSeniorServices

GUARD AGAINST HYPERTENSION

There's no magic pill for getting healthy. If you are diagnosed with hypertension, try to lose weight, improve your diet and get more exercise.

One high reading doesn't equal a diagnosis. There are many external factors – such as time of day, temperature and climate – that can make blood pressure vary. Hypertension is defined as having elevated blood pressure during three separate readings.

Hypertension can be inherited. You inherit many qualities from your parents, but developing hypertension doesn't have to be one of them. While having a family history for hypertension may put you at greater risk for developing the condition, there are factors in your life you can improve upon.

Know your blood pressure numbers. Until age 40, it's recommended to have at least one blood pressure check every five years. After 40, it should be done yearly.

Beware of blood pressure kiosks. The desk-like kiosk at your local grocery store or pharmacy makes it easy to check your blood pressure, but according to the Food and Drug Administration, most have fixed-cuff sizes that can give inaccurate readings. If you need to monitor your blood pressure, talk to your doctor about the best method for keeping track of it.

THE NUMBERS GAME: NEW GUIDELINES REDEFINE HIGH BLOOD PRESSURE

A recent decision by leading heart-health groups to lower the cutoff for high blood pressure will cause 45 percent of U.S. adults – many under the age of 45 – to be categorized as hypertensive.

“While the guidelines will increase the number of people diagnosed with hypertension, the emphasis for most of these people is awareness and lifestyle measures rather than medication,” said Dr. Paul Tamburro, a cardiologist and medical director of cardiovascular services at Sacred Heart's Regional Heart and Vascular Institute in Pensacola.

The new guidelines established by the American Heart Association (AHA), the American College of Cardiology and nine other groups redefine high blood pressure as a reading of 130 over 80, down from 140 over 90. It also lowers the threshold for what is considered normal blood pressure to less than 120 over 80, and creates new categories to reflect various blood-pressure readings.

High blood pressure is the leading cause of death worldwide and the second-leading cause of preventable death in the United States.

fat and total fat, and rich in fruits vegetables and grains can decrease systolic pressure by 11 units. Both the DASH diet and Mediterranean Diet have been shown to be particularly effective.”

According to the AHA, high blood pressure is the leading cause of death worldwide and the second-leading cause of preventable death in the United States, after cigarette smoking.

“All the tissues and organs in your body need blood to function,” he said. “High blood pressure makes your body work harder and can lead to cardiovascular disease, strokes and severe kidney disease.”

While the new guidelines may cause concern, Dr. Tamburro said there are ways to protect yourself. Please see the adjacent column for tips on how to guard against hypertension.

For more information about Sacred Heart cardiology services, call (850) 416-4970 or visit <https://sacred-heart.org/MainServices/Cardiology/>.



HEALTHY LIVING SEMINARS

PENSACOLA

Sacred Heart Hospital
Greenhut Auditorium-Pensacola
5151 N. 9th Ave., Pensacola, Fla.
Wednesday, May 23 • 9:30 - 11:00 AM

Hearing Loss & Dementia

Carol Whitcomb Powell, PhD

Audiologist with Hearing Life, Pensacola

Valet parking available at the hospital front entrance.

MIRAMAR BEACH

Sacred Heart Hospital on the Emerald Coast
Resource Center, Suite 3 Conference Room
7800 U.S. Hwy. 98 West, Miramar Beach, Fla.
Wednesday, May 9 • 10:00 - 11:30 AM

Hearing Loss & Dementia

Carol Whitcomb Powell, PhD

Audiologist with Hearing Life, Pensacola

PORT ST. JOE

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

Watch for upcoming programs!

PACE

Pace Medical Park Rehabilitation Center
First Floor
3754 Highway 90, Pace, Fla.
Thursday, May 10 • Noon - 1:00 PM

Keep the Bloodsuckers at Bay: Mosquitos & Bed Bug Prevention

Johanna Welch, DPM

Environmental Specialist III
Florida Department of Agriculture
and Consumer Services

GULF BREEZE

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

Watch for upcoming programs!

Bodies in Balance Fall Prevention Miramar Beach

Next Session:
Friday, May 25
Strength and Balance Class

Somerby Senior Living
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. SHHP's monthly Stroke Support Group will be meeting in alternate locations during the upcoming months. From May through September, the location will be the Pediatric Classroom, 3rd floor, Children's Hospital, next to Peds ICU. Please take the elevator in the Children's Hospital lobby. For more information, contact Eliza Opena, social worker, at (850) 416-7621.

FINANCIAL MATTERS Mainstay Financial Group

Medicare, Medicaid or VA?

Update on latest Medicaid laws and VA benefits. What is involved in qualifying for each and who may be eligible.

Presented by Joan Connell, PhD, CSA, CLTA, LTCP, Mainstay Financial Group and Jason Waddell, Attorney, Waddell & Waddell

PENSACOLA

Tuesday, May 15 • 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.



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, July 11, 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

SACRED PAWS PET THERAPY PROGRAM

Sacred Heart Hospital on the Emerald Coast (SHHEC) has started a new "Sacred Paws" Pet Therapy program.

SHHEC currently has two therapy dogs, Annie, a Golden Retriever, and Duffy, a West Highland terrier. A Responsible Adult Handler (RAH) who is a specially trained professional, accompanies the therapy dogs at all times and assumes responsibility for the animal while on the hospital campus.

"The program is for our patients as well as our staff, and the response so far has been amazing," said Sharon Abele, Volunteer Services Manager.

Animal-assisted therapy uses dogs or other animals to help people recover from or better cope with health problems. Therapy animals can provide immense benefits to patients and have been proven to reduce depression, anxiety, pain and fatigue in those with a variety of health conditions.

"The Sacred Paws dogs have brought the staff much needed relief during stressful times," said Melissa Day, Nurse Manager-Medical/Surgical Unit.

For more information about the Sacred Paws Pet Therapy program or to become involved please contact Sharon Abele at (850) 278-3081 or email sabele@ascension.org.



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.

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