



Monthly Events

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

MAY 2017

THIS IS NOT FAKE NEWS!

Hear Better. Less Effort. Remember More.

By Carol Whitcomb Powell, PhD, Audiologist

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 percent better speech understanding, while listening effort was reduced by 20 percent and patients remembered 20 percent 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 et al. 2016 OPN Clinical Evidence White Paper, Oticon, Inc.*

**www.Oticon.com/support/downloads.*



May is Better Hearing Month!

Join us in the Greenhut Auditorium at Sacred Heart Hospital on **May 10** to hear and learn about hearing loss, its physical and psychological effects, prevention, and treatment.

Come hear the news!

We're on Facebook!



Facebook.com/SacredHeartSeniorServices

SACRED HEART SPOTLIGHT



Andrew Henson, DO Family Medicine

Dr. Henson earned his medical degree from Ohio University College of Osteopathic Medicine. He completed residency training in Family Medicine at the Cleveland Clinic Fairview Hospital in Cleveland, Ohio, where he served as chief resident his senior year. Dr. Henson enjoys treating the full spectrum of family medicine from pediatrics to geriatrics. His office is located at Sacred Heart Medical Group at Pace, 3754 Highway 90, Suite 200.



Carol Whitcomb Powell, Ph.D. Audiology

Dr. Powell is a licensed and state-certified audiologist with HearingLife USA in Pensacola. She is committed to helping patients with hearing needs and providing them with the best solutions for hearing issues. Dr. Powell will be leading a seminar on better hearing on May 10 at 9:30 a.m. in the Greenhut Auditorium at Sacred Heart Hospital in Pensacola. See page 3 for complete program details.

PROTECT YOURSELF WITH VACCINATIONS

Vaccinations aren't just for kids; adults also need protection from serious diseases like diphtheria, shingles, flu, pneumococcus and tetanus. Fortunately, all of these diseases are preventable with vaccines.

Diphtheria is a bacterial respiratory disease with symptoms including gradual onset of a sore throat, low-grade fever and eventual airway obstruction. You should be vaccinated if you have not had a booster shot in 10 years or more, or never had the initial three-shot series.

Shingles (herpes zoster) is a painful skin rash caused by the chicken-pox virus. The shingles vaccine is recommended for those age 60 and older and for people who have medical conditions that keep the immune system from working properly. Your primary care physician can help determine the best way for you to get this vaccine, which must be kept cold until it is administered.

The flu is a contagious respiratory illness caused by influenza viruses. An annual vaccine, either by injection or nasal spray, is the best way to avoid getting the flu.

Pneumococcal diseases, such as pneumonia and meningitis, are bacterial infections that could cause severe illness, hospitalization and death. All adults age 65 and older should have the vaccine, which is very good at preventing serious complications, but is not guaranteed to prevent infection and symptoms in all people.

Tetanus is a bacterial disease of the nervous system. If you have not had a booster in 10 years or more, get a tetanus shot. If you never had the initial childhood tetanus vaccines, you should receive a series of three tetanus shots.

Chickenpox (Varicella) is a two-dose vaccine recommended for adults who have never had chickenpox or received only one dose of the vaccine.

If you've ever had an allergic reaction to a shot, inform your doctor who can provide guidance on the risk factors you might need to consider.

**Adults need protection
from serious diseases like diphtheria,
shingles, flu, pneumococcus
and tetanus.**

SACRED HEART CLINICS AT WALGREENS NOW OPEN IN PENSACOLA!

The new Sacred Heart Clinics at Walgreens are now open at two locations in Pensacola: 6314 N. 9th Avenue and 2237 W. Nine Mile Road.

The clinics' board-certified nurse practitioners will provide care to walk-in patients who have common minor illnesses and injuries. The clinics will be open Monday through Friday, from 8:30 a.m. to 7 p.m., Saturday from 8:30 a.m. to 5 p.m., and Sunday from 10 a.m. to 4:30 p.m.

Sacred Heart plans to open two other retail clinics located within Walgreens stores in Navarre and Pace this spring.

 **Sacred Heart Clinic**
at *Walgreens*

HEALTHY LIVING SEMINARS

PENSACOLA

Sacred Heart Hospital
Greenhut Auditorium-Pensacola
5151 N. 9th Ave., Pensacola, Fla.
Wednesday, May 10 • 9:30 - 11:00 AM

Hear Better. Less Effort.

Remember More.

Carol Whitcomb Powell, Ph.D.

Clinical Audiologist

HearingLife

FREE 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 10 • 10:00 - 11:30 AM

Endocrinology

Elizabeth Hingley, ARNP &

Ralph Goodman, MD

Sacred Heart Medical Group -

Endocrinology

PACE

Pace Medical Park Rehabilitation Center
First Floor
3754 Highway 90, Pace, Fla.
Thursday, May 11 • Noon - 1:00 PM

Preventive Care –Adult Guidelines for Screening and Vaccination

Andrew Henson, DO

Family Medicine

Sacred Heart Medical Group

Sacred Heart Rehabilitation Center at Pace

GULF BREEZE

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

Thursday, June 22 • Noon - 1:00 PM

Save the date!



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.

FINANCIAL MATTERS Mainstay Financial Group

Planning for Change:

Senior Housing Issues & Choices

Annalee Leonard,

President Mainstay Financial Group

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 option for yourself or a loved one.

PENSACOLA

Tuesday, May 16

9:30 - 11:00 AM

Sacred Heart Cancer Center • 3rd Floor
Conference Room A
1545 Airport Blvd., Pensacola, FL 32504

Wills and Trusts: When, How & Why

Nicholas R. Medley,

Attorney, Medley Law Firm

Setting up a trust may help you avoid probate and reduce estate taxes. Find out what can trigger Probate, how to avoid "trust mills", and why you should always have an attorney assist you. This informative program will educate you about different types of trusts for you and your heirs.

MIRAMAR BEACH

Tuesday, May 9

10:00 - 11:30 AM

Sacred Heart Hospital on the Emerald Coast Resource Center, Suite 3 Conference Room
7800 U.S. Hwy. 98 West, Miramar Beach, FL 32550

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

Tuesday, June 13

8:30 AM - 3:30 PM

This is a one-day class.

Sacred Heart Cancer Center

3rd floor, 1545 Airport Boulevard

To register, call (850) 416-1620,

1-877-416-1620 or (850) 416-6547.

Miramar Beach

Friday, September 15

8:30 AM - 3:30 PM

This is a one-day class.

Sacred Heart on the Emerald Coast

Resource Center, Suite 3

7800 US Hwy. 98 W.

To register, call 1-877-416-1620 or (850) 416-1620.

Free Education Class in Port St. Joe

Living Well with Diabetes

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

RUN OR WALK FOR THE KIDS ON MAY 13 AND YOU CAN BE AN EVERYDAY HERO!

Northwest Florida's first Everyday Hero 5K Run/Walk and Family Fun Run/Walk will be held Saturday, May 13, beginning at 8 a.m. at the Vince J. Whibbs Sr. Community Maritime Park in downtown Pensacola. The event is designed to raise awareness and funds for The Studer Family Children's Hospital at Sacred Heart, the area's local Children's Miracle Network Hospital.



**Everyday Hero 5K Fun Run/Walk
Saturday, May 13 • 8 a.m.
Vince J. Whibbs Sr. Community
Maritime Park
Downtown Pensacola**

Presented by Wind Creek of Atmore, the Everyday Hero 5K will honor doctors, nurses, parents, caregivers, service members, first responders and young patients who exemplify courage and determination in their own lives and for others.

For more information, please visit www.foundation.sacred-heart.org or call (850) 416-4665.

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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- CARDIAC RISK SCREEN
- DIABETES • PROSTATE CANCER

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