



Monthly

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

Events

JUNE 2018

SACRED HEART NAMED A COMPREHENSIVE STROKE CENTER

The Stroke Center at Sacred Heart Hospital in Pensacola has been designated by the Florida Agency for Health Care Administration as a Comprehensive Stroke Center (CSC).

The designation is reserved for Stroke Centers with the highest level of capabilities and clinical expertise in a number of disciplines. There are 42 Comprehensive Stroke Centers in Florida, with Tallahassee being the closest one to Pensacola. Sacred Heart is the only CSC facility in northwest Florida and southern Alabama to have both a board-certified critical care neurologist and endovascular neurosurgeon on staff.

A stroke occurs when one of the blood vessels that carry oxygen to the brain either becomes clogged or bursts. A Comprehensive Stroke Center must have capabilities that include:

- An acute stroke team available 24 hours per day, seven days per week, including: Emergency Department physicians, nurses, neurologists, and radiologists.
- Neurologists and neurosurgeons must be available 24 hours per day, seven days per week, and in-house within two hours. The attending neurosurgeons should have expertise in cerebrovascular surgery.
- Endovascular specialists trained in interventional procedures to treat strokes caused by narrowed or blocked in arteries in the neck and head, or brain aneurysms, should be on active full-time staff. Sacred Heart provides the area's only endovascular neurosurgeon, Dr. Maria Toledo.
- Physicians with specialized expertise in critical care for patients with severe and/or complex neurological/neurosurgical conditions;
- Emergency Department physicians and nurses trained in the care of stroke patients;
- Nursing staff in intensive care unit (ICU) with specialized training in care of patients with complex or severe neurological conditions.

- A multidisciplinary team of health care professionals with expertise or experience in stroke, representing clinical or neuropsychology, nutrition services, a doctor of pharmacy with stroke expertise, case management and social workers.
- Capabilities for inpatient stroke rehabilitation and continued care following a stroke.

The warning signs of stroke include:

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden, severe headache with no known cause



Take charge of your health! Make plans to attend one of the Senior Spirit Healthy Living Seminars in June.

See program details on page 3.

We're on Facebook!



Facebook.com/SacredHeartSeniorServices

SEVEN WAYS TO FIGHT STRESS

When you perceive a physical or psychological demand, your body releases certain hormones, including adrenaline, into the bloodstream. These hormones help you focus, react and respond.

But even though stress is a natural and even necessary part of life, it can be a problem. Follow these tips to cope with the stress of everyday life:

1. Stay healthy with regular exercise, a balanced diet and plenty of rest so your body is always ready to fight stress.
2. Break down big problems into small steps.
3. Keep events in perspective, especially the ones you can't control.
4. Do not use tobacco, alcohol or drugs in an attempt to relieve stress.
5. Learn to express your feelings without anger or aggressive behavior.
6. Rather than being frustrated by a delay, view it as a chance to spend more time on a project.
7. Make time for yourself. Spending just 15 minutes alone – without distractions – can help you avoid stress.



QUICK RESPONSE MAKES CRITICAL DIFFERENCE FOR STROKE PATIENT

When it comes to minimizing neurological injury from a stroke, the timing of treatment can make all the difference. As the only Comprehensive Stroke Center in the region, the Stroke Center at Sacred Heart Hospital in Pensacola has the critical elements necessary to help patients achieve long-term success in their outcomes.

Mark Bickel, 68, a Florida snowbird from Michigan, is one of the Stroke Center's many success stories. Bickel was in Destin when he started experiencing double vision.

"At first, I thought my double vision was caused by picking up something from the floor too quickly," he said. "But after the symptom didn't go away, I knew I was experiencing a neurological event and called 911."

Bickel was rushed to Sacred Heart Hospital on the Emerald Coast for stroke-like symptoms. When emergency medicine physician Dr. Nancy Churosh concluded that Bickel had suffered a stroke, she immediately administered a tissue plasminogen activator, t-PA, a clot-busting drug that improves blood flow to the part of the brain with the blockage. After consulting with Dr. Terry Neill, the region's only board-certified critical care neurologist, Bickel was transferred to Sacred Heart Hospital in Pensacola where he could receive specialized neurological care.

Dr. Neill and the stroke team provide around-the-clock neurological expertise to numerous hospitals in Mississippi, Alabama, and Florida. Whether by phone consultation or telemedicine services, the Sacred Heart stroke team is available to provide immediate assistance for stroke patients.

The time gap between when a stroke occurs and when treatment begins is critical. "It requires the patient recognizing stroke symptoms, calling 911 immediately, and getting to a hospital that can administer t-PA. If any those steps are delayed, it can greatly compromise outcomes," said Dr. Neill, Medical Director of the Stroke Center.

The Stroke Center at Sacred Heart Hospital was designated by the Florida Agency for Health Care Administration as a Comprehensive Stroke Center in June of 2016, a designation reserved for Stroke Centers with the highest level of capabilities and clinical expertise.

"Our multidisciplinary team of neurosurgeons, physicians, nurses and technologists ensure that patients receive the most advanced stroke and neurological care possible," Dr. Neill said.

Bickel said he and his wife were very grateful for the coordinated care he received at Emerald Coast and Pensacola. Shortly after his stroke, he was back in the swing of things on the golf course.

"I had a 100 percent recovery after my stroke," Bickel said. "The excellent nursing care I received at both hospitals surely aided in my quick recovery. It is reassuring to know that the best care in the world is just down the street from our winter home."



Mark Bickel, 68, a Florida snowbird from Michigan, is one of the Stroke Center's many success stories.

HEALTHY LIVING SEMINARS

PENSACOLA

Sacred Heart Hospital
Greenhut Auditorium-Pensacola
5151 N. 9th Ave., Pensacola, Fla.
Wednesday, June 20 • 9:30 - 11:00 AM

*Importance of Posture and Body
Mechanics Throughout Life*

Stuart Meaux, Physical Therapist, MSHA
Sacred Heart Rehabilitation

*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.

Watch for upcoming programs!

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!

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.

PACE

Pace Medical Park Rehabilitation Center
First Floor
3754 Highway 90, Pace, Fla.

Watch for upcoming programs!

GULF BREEZE

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

Thursday, June 28 • Noon - 1:00 PM

*Investing in a Massage is an
Investment in Your Health*

Laura Beck, Licensed Massage Therapist
Alaura Massage Therapy

Bodies in Balance Miramar Beach

June 22

Bone Health and

Osteoporosis Management

Guest Speaker: Charles Kuebler, PA-C

Somerby Senior Living

Activity Room - 2nd floor

164 Hewett Road,

Santa Rosa Beach, FL 32459

Call (850) 278-3600 to register.

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

Services for Seniors in Our Community

Where to turn for help. Knowing who to call when you need help is the first step to empowerment. Learn about multiple available resources in our area and be prepared when a need arises.

*Presented by Joan Connell, PhD, CSA, CLTA, LTCP, Mainstay Financial Group and
Angela Bernard, MSW, Sacred Heart Medical Group*

PENSACOLA

Tuesday, June 19 • 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

By taking a driver refresher course you'll learn the current rules of the road, defensive driving techniques and how to operate your vehicle more safely in today's increasingly challenging driving environment.

The AARP Smart Driver™ course, offered by AARP Driver Safety, is the nation's first and largest refresher course designed specifically for drivers age 50 and older. For more than 35 years, the course has taught over 16 million drivers proven safety strategies so they can continue driving safely for as long as possible.

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

For more information about upcoming AARP driver safety courses or to register, call Sharon Johnson, AARP District Coordinator, at (850) 293-4902 or visit aarp.org/auto/driver-safety/.

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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PAID
PENSACOLA, FL
PERMIT #58

Senior Spirit! is published by Sacred Heart Health System, 5151 N. Ninth Avenue, Pensacola, FL 32504. Nonprofit postage paid. Issue Date: June 2018. The articles in this publication should not be considered specific medical advice. Please consult your physician for specific medical advice.



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GULF COAST NEWS

NEW CARDIOVASCULAR OUTPATIENT OFFICE OPENS AT 30A

Sacred Heart Medical Group is pleased to announce the opening of a new healthcare office in Inlet Beach. The new practice, located at 12805 US Hwy 98 East, Suite G201, opened May 7 as Ascension Medical Group Sacred Heart at 30A.

Cardiologist Dr. Amna Ahmed has been with the Sacred Heart Medical Group since August of last year. Due to the high request for cardiology services, she will now see patients at the new 30A location.



Dr. Ahmed is a board-certified cardiologist with special medical interests in the cardiovascular health of women, cardiovascular imaging and preventive medicine. She earned her medical degree from Aga Khan University Medical School in Karachi, Pakistan, and completed her residency in internal medicine and fellowship training in cardiovascular medicine at the Medical College of Georgia.

"We are thrilled to expand the reach of our cardiovascular care services," said Roger Hall, President of Sacred Heart Hospital on the Emerald Coast. "The addition of this new office location will increase the availability of excellent cardiovascular care to our neighboring communities to the east."

Dr. Ahmed is accepting new patients and most major insurances. For more information or to schedule an appointment, please call (850) 278-3390.

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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