

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

SEPTEMBER 2017

REDUCE YOUR CHANCES OF FALLING

Falls are one of the leading causes of injury in seniors. In fact, according to the Centers for Disease Control and Prevention, one in every three adults age 65 and older falls. But there are simple steps you can take to reduce your chances of falling.

Exercise

Exercises that improve leg strength, balance and coordination – such as walking, water aerobics or t'ai chi – are extremely helpful in reducing your chances of falling. Be sure to consult your doctor before you begin any new exercise program.

Light the way

Make sure the lighting in your home is sufficient. Install nightlights in bedrooms, bathrooms and hallways, and consider replacing traditional light switches with illuminated ones.

Keep walkways clear

Removing tripping hazards like shoes, clothes, papers and books.

Throw out throw rugs

Throw rugs can be dangerous. Either remove them or use double-sided tape to keep them from slipping.

Don't use a step stool

Avoid using a step stool in the kitchen; rearrange cabinets so items you use often are easily reached.

Update your bathroom

Install grab bars inside and outside the tub or shower and next to the toilet, and consider using a sturdy plastic seat in the tub or shower.



Review medications

Some medicines (or combinations of medicines) can make you feel drowsy or lightheaded. Ask your doctor or pharmacist to review all of the medicines you currently take – both prescription and over-the-counter remedies.

Wear the right shoes

Don't walk around in socks or stockings and avoid wearing slippers and high heels. Instead, wear shoes with non-slip soles.

Pay attention to your eyes and ears

Poor vision and ear disorders can increase your chances of falling, so visit your doctor and have your eyes and ears checked.

As you get older, physical changes and health conditions — and sometimes the medications used to treat those conditions — make falls more likely.

The 7th Annual GCFPC Senior Falls Prevention Day will be held on **Thursday, September 21.**

Event details are on page 3.

ARE YOUR FINANCIAL AFFAIRS IN ORDER?

Have you looked at your will lately? Do you have a trust in place? These documents can ensure that your assets are distributed in the way you intend.

A will is a legal document that allows you to determine how your assets are distributed after your death. But even if you have a will, your estate will have to go through probate. Probate is the legal process an estate passes through to make sure property is distributed in accordance with a will, and it usually takes about a year to complete.

A trust enables you to create a separate legal entity to protect your property and assets from probate, taxes and public scrutiny. There's an important distinction between a will and a trust: Whereas a will goes into effect upon your death, a trust can take effect while you are living.

Sacred Heart Senior Services is hosting a special program in Pensacola that will answer some of the most commonly asked questions regarding wills and trusts – please see event details on page 3.



TAKE STEPS TO PROTECT YOURSELF AGAINST THE FLU

Before you know it, the temperature will drop, windows and doors will stay open and the days will get shorter. Not only do those things mark the beginning of fall, they also mark the beginning of flu season.

The flu virus is spread when infected people cough, sneeze or talk, and it can linger on all kinds of surfaces, including doorknobs and paper money.

Also known as influenza, this highly contagious viral respiratory illness can cause severe problems, especially in older people or those with compromised immune systems. The virus can be spread one day before you even know you're sick – and up to seven days after the symptoms begin.

There are antiviral drugs that can shorten the severity and length of the illness, in addition to helping prevent more serious complications. They're most effective if started within two days of the onset of the flu, so be sure to see your doctor as soon as you notice symptoms.

What to do

- Get your flu vaccination by the end of October. The influenza vaccine can reduce your chances of contracting the flu by 50 percent to 60 percent, and if you do get sick, it can decrease the severity of your symptoms.
- Wash thoroughly – and often – with soap and water; if it's not available, use an alcohol-based hand rub.
- Do not share eating utensils or dishes with people who are sick without washing them in hot water and soap.
- Be sure to disinfect any surfaces that have been touched, like phones, computers, remote controls and even light switches.
- Carry your own pen to avoid one that may have been used communally (like at the bank), and wipe down the handle of the supermarket cart or the surface of the airline food tray before you use it.

The flu virus can be spread one day before you even know you're sick – and up to seven days after symptoms begin.



HEALTHY LIVING SEMINARS

PENSACOLA

Sacred Heart Hospital
Greenhut Auditorium-Pensacola
5151 N. 9th Ave., Pensacola, Fla.
Wednesday, September 20 • 9:30 - 11:00 AM
Trusts and Wills: When, How & Why
Nicholas R. Medley, Elder Law Attorney
Medley Law Firm
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.
Watch your calendar for upcoming programs in the fall!

PORT ST. JOE

Sacred Heart Hospital on the Gulf
Conference Room A/B
3801 E. Hwy. 98, Port St. Joe, Fla.
Watch your calendar for upcoming programs!

PACE

Pace Medical Park Rehabilitation Center
First Floor
3754 Highway 90, Pace, Fla.
Thursday, October 12 • Noon - 1:00 PM
Save the date!

GULF BREEZE

St. Ann Catholic Church
Chapel Conference Room
100 Daniel Dr., Gulf Breeze, Fla.
Watch your calendar for upcoming programs!

SPECIAL EVENTS IN MIRAMAR BEACH

Family Birth Place 10th Anniversary Event
Saturday, Sept. 16 • 11:00 AM - 1:00 PM
Sacred Heart Hospital on the Emerald Coast
Cooking for a Cancer-Free You
Thursday, Oct. 19 • Noon - 1:00 PM
Sacred Heart Hospital on the Emerald Coast
Suite 3 Conference Room
7800 U.S. Hwy. 98 West, Miramar Beach, Fla.
Call (850) 416-1620 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.

C(H)OPE A Chance for Hope and Healing

A new six-week program bridging the gap for adults in the midst of grief.
Starts September 6 • 4-5:30 p.m.

Sacred Heart Cancer Center • Conference Room A (3rd Floor)

This group is offered to the community at no charge; however, donations will be accepted to assist with cost. Pre-registration is required as space is limited.
To register, contact Kerri Riggs, LCSW, at (850) 416-7705.

FINANCIAL MATTERS Mainstay Financial Group

Trusts and Wills: When, How & Why

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 use an attorney to assist you. This informative program will educate you about various types of trusts for you and your heirs.

Presented by Nicholas R. Medley, Elder Law Attorney

PENSACOLA

Wednesday, September 20 • 9:30 - 11:00 AM

Please note: During the month of September only, Financial Matters will be held at Sacred Heart Hospital's Greenhut Auditorium.

Valet parking available at the hospital front entrance.

Sacred Heart Hospital – Greenhut Auditorium
5151 N 9th Avenue, Pensacola, FL 32504

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, October 10
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.

7th Annual GCFPC Senior Falls Prevention Day

Thursday, September 21
9:00 - 11:30 am

Cobb Community Center
601 E. Mallory Street
Pensacola, Florida

Free screenings, door prizes
and refreshments!

For more information, please call
(850) 416-6547.



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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

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Pensacola, FL 32504

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GULF COAST NEWS

FREE EDUCATION CLASS IN PORT ST. JOE – LIVING WELL WITH DIABETES

Presented by John Griggs, MSN, RN-BC, Diabetes Educator

Sacred Heart Hospital on the Gulf
3801 E. Highway 98, Port St. Joe, Fla.
Conference Room A/B
Second Tuesday of Every Month • 10 AM - 2 PM
Light lunch provided.

Though the exact cause of diabetes is unknown, we can help patients better manage their condition through education, proper nutrition, weight management, exercise and stress management. Class size is limited – call (850) 229-5620 to register.

BODIES IN BALANCE – MIRAMAR BEACH

Sacred Heart Hospital on the Emerald Coast
Suite 3 Conference Room
7800 U.S. Hwy. 98 West, Miramar Beach, Fla.
Third Friday of every month • 11 AM - Noon

Bodies in Balance is a free seminar that will help you discover the benefits of Tai Chi, Ai Chi, Otago and Yoga and how these activities relate to reduction of fall risk and improved physical functioning. To register, call (850) 278-3600.



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.

GET 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