

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

JULY 2017

## INCLUDE HEALTHY FATS IN YOUR DIET THIS SUMMER...AND ALL YEAR ROUND!

**F**ats have gotten a bad rap. For years, you've been told to steer clear of them, and you're likely conditioned to choose low-fat foods over high-fat ones.

Lately, you may have been hearing talk of "healthy fats." New research has found that healthy fats are necessary and beneficial for good health. Are you confused yet? Don't be – all you have to do is focus on eating good-for-you fats instead of harmful bad fats.

"Healthy fats" typically refers to monounsaturated and polyunsaturated fats. In addition to providing heart-health benefits, these fats help reduce bad LDL cholesterol levels, which can lower your risk of heart disease and stroke. They also provide nutrients to help develop and maintain your body's cells.

### Avocados

Avocados contain heart-healthy monounsaturated fats. Plus, they're loaded with filling fiber, potassium and vitamin C. They're sodium- and cholesterol-free and a good source of lutein, an antioxidant that may protect your vision. (Check out the recipe on page 2 and see how easy it is to create a satisfying, healthy meal featuring avocados.)

### Fish

Seafood is the best source of omega-3 fatty acids, which promote cardiovascular and all-around health. Eating just two servings of fatty fish a week can reduce your risk of dying from heart disease by 36 percent.

### Olives and olive oil

Both olives and olive oil are rich in monounsaturated fats. No matter what kind of olive you sample, all are loaded with nutrients and deliver plant sterols, compounds that can lower LDL (bad) cholesterol.



New research has found that healthy fats are necessary for good health.

### Walnuts

This nut offers an optimal balance of healthy fats, including omega-3s. They contain antioxidants and phytonutrients that are known to help lower inflammation levels and prevent type 2 diabetes. Plus, walnuts are rich in melatonin, which promotes a healthy sleep cycle. But you only need a handful – it's easy to overdo it because they're so delicious!

### Dark chocolate

One ounce, of dark chocolate gives you a nice dose of healthy fats. Plus, it boasts other nutrients like vitamin A, B and E, calcium, iron, potassium, fiber and magnesium.

### Nut seeds and nuts

For a plant-based dose of monounsaturated and polyunsaturated fats, try almond or cashew butter or sunflower seed butter. Choose all-natural varieties with as few ingredients as possible.

### You're Invited!

Join us in Port St. Joe on Wednesday, **July 19**, to learn about healthy eating habits, exercise and physical activity, and more.

Complete program details are on page 3.

We're on Facebook!



Facebook.com/SacredHeartSeniorServices

## SENIORS AND DEHYDRATION

Dehydration is one of the most common causes of hospitalization among seniors. Because your sense of thirst dulls and the water content of your body decreases as you age, dehydration tends to set in quickly and catch older adults off guard.

Although warning signs may vary, some of the most common symptoms of dehydration may include:

- Confusion
- Difficulty walking
- Dry mouth
- Dizziness
- Headache
- Inability to sweat or produce tears
- Darkening or decrease in urine
- Constipation

The normal level of hydration varies widely from person to person, and your diet can affect hydration levels. Many think hydration is only achieved through drinking water and other liquids when, in fact, people get much of their water from foods. For example, fruits, vegetables and soups contain a good deal of water.

To prevent dehydration, set up a drinking schedule that includes six to eight glasses of water a day and strive to include fluid from a variety of sources, including fruits, vegetables and milk. Avoid alcohol and caffeinated drinks (they increase water loss) and increase fluid on hot days.



## ARE YOU PREPARED FOR HURRICANE SEASON?

**H**urricane season is in full swing, so it's important to make sure you're prepared. Although everyone should have a disaster plan in place, seniors may have different needs than their younger counterparts. Here are a few things you can do to get ready:

### Assemble an emergency supply kit

Stock your home with supplies that may be needed during an emergency. Include enough water and non-perishable food to sustain each person in your household for three days. Make sure you have enough medication to last a week, as well as extra glasses and hearing-aid batteries.

### Become informed

Learn about your community's emergency plans, warning signals and evacuation routes, as well as the locations of emergency shelters.

### Set up electronic payments

Do your Social Security benefits come via mail? You may want to have them deposited directly into your bank account in order to give you easier access to your funds in case of a disaster.

### Gather information

Make hard copies of birth certificates, insurance policies, Medicare cards and financial forms. You should also record contact information, Social Security numbers, medications, health conditions and health insurance information. You can download a family emergency plan form at [www.ready.gov](http://www.ready.gov).

### Learn to text

Learn to use the texting feature on your mobile phone. If land lines are down and cell phone calls aren't possible, text messaging offers another method of communication.

### Create a network

Your support network can include family, friends, neighbors, doctors and clergy. Make sure your network knows about medicines you take and any physical limitations you may have. Be sure to include both local and out-of-area contacts in your network.



## Grilled Chicken and Avocado Quinoa Pilaf

Prep time: 20 min. • Cook time: 25 min. • Servings: 4

### Ingredients:

1 avocado, cut into chunks  
2 tbsp. fresh or bottled lemon juice  
¼ c fresh basil  
¾ tsp. ground black pepper (divided)  
2 small boneless, skinless chicken breasts (about 1 lb.)  
1 tbsp. olive oil (divided)  
¼ tsp. salt  
1 large red bell pepper  
½ medium onion, chopped  
1 clove garlic, minced  
3 c water  
3 tsp. sodium-free chicken bouillon  
1 ½ cups red quinoa (uncooked/dry)

### Directions:

1. Heat grill.
2. Peel and cut avocado into chunks; place in a medium bowl.
3. Mix lemon juice, basil and ½ tsp. black pepper. Drizzle over avocado chunks, toss, and set aside.
4. Cut chicken breasts in half crosswise.
5. Mix ½ tsp. olive oil, salt and remaining black pepper. Brush mixture on chicken and red bell pepper.
6. Grill chicken and pepper until done. Set chicken breasts aside and cut pepper into thin strips.
7. While chicken and peppers are grilling, heat remaining olive oil in a large pan, add onion and garlic and cook until tender, about 5 minutes.
8. Add water, bouillon and quinoa to pan. Bring to a boil, cover, reduce heat and simmer until liquid is absorbed and quinoa is cooked (about 15-20 minutes).
9. Place quinoa pilaf in a large bowl and add chicken, red peppers and avocado. Toss gently.

Recipe courtesy of *What's Cooking USDA Mixing Bowl* and the *Produce for Better Health Foundation*.

# HEALTHY LIVING SEMINARS

## PENSACOLA

Sacred Heart Hospital  
Greenhut Auditorium-Pensacola  
5151 N. 9th Ave., Pensacola, Fla.  
Wednesday, July 19 • 9:30 - 11:00 AM

*Cancer: Common Myths and Misperceptions*

**Alexander Brown, MD**

Sacred Heart Oncology Group  
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.  
Wednesday, July 19 • 10:00 - 11:30 AM

*Hot Tips for a Healthy Summer*

**Shad Smith, Certified Athletic Trainer**

SHHG Director of Sports Medicine & Community Health

All attendees will receive a meal ticket to the cafeteria. To register, call Wes Richardson at (850) 229-5603.

## PACE

Pace Medical Park Rehabilitation Center  
First Floor  
3754 Highway 90, Pace, Fla.  
Thursday, July 13 • Noon - 1:00 PM

*Long-Term Healthcare:*

*Will You Be the Nurse or the Purse?*

**Joan Connell, PhD, CSA, CLTA, LTCP**

Mainstay Financial Group

## GULF BREEZE

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

Thursday, August 24 • 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](http://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 Women's & Children's Classroom C/D.

The next meeting is July 12.

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

## FINANCIAL MATTERS Mainstay Financial Group

### Five Tips for Negotiating and Buying a Car

*Haggling for and buying a car are stressful. Two insiders will share their tips to help you negotiate the best deal.*

Presented by Mainstay Financial Group and Scott Ford, Frontier Motors.

**PENSACOLA**

**Tuesday, July 18**

9:30 - 11:00 AM

Sacred Heart Cancer Center • 3rd Floor Conference Room A  
1545 Airport Blvd., 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, August 8**

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.



## CareLink® Medical Alert Service

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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](http://www.sacred-heart.org/seniorspirit)

# Sacred Heart Health System

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Pensacola, FL 32504

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## GULF COAST NEWS

### LOOK GOOD FEEL BETTER – PENSACOLA

Sacred Heart Cancer Center  
3rd Floor Conference Room A  
1545 Airport Blvd., Pensacola, Fla.  
Monday, July 10 • 2-4 PM

**Look Good Feel Better** is a free program from the American Cancer Society designed for women dealing with hair loss and skin changes from chemotherapy and radiation. You will learn specific techniques to make the most of your appearance while undergoing treatment. Take home a free instruction booklet and personalized cosmetic kit valued at \$200. **Advance registration is required. Please call the American Cancer Society at 1-800-227-2345**

### 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!*  


### 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!

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[www.sacred-heart.org/seniorspirit](http://www.sacred-heart.org/seniorspirit)