June 2018

Freedom 55/65 News, Fall 1997(2)

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Welcome Friendship Village to Freedom 55/65!

Friendship Village, a senior living community located near Brown Deer Road and 76th Street has become an official participant of the Freedom 55/65 program. As a new member of Aurora Health Care, Friendship Village looks forward to offering special programs and events for Freedom 55/65 members beginning this fall. In addition to sponsoring educational seminars, lively special events and cultural enrichment programs, they will be a host site for the SS Alive Mature Driving course.

Friendship Village has a rich history and tradition of providing a complete continuum of quality housing and support services for senior adults. From clusters of independent townhomes located in a gated and private community, to nearby neighborhoods of alcove, one and two bedroom apartments, everything is designed especially for senior adults. All services are created to enhance and support this fulfilling lifestyle.

Friendship Village is a community for active seniors seeking security, fellowship and freedom from home upkeep and the burden of ongoing maintenance. One of very few senior adult communities in Milwaukee to be accredited by the national Continuing Care Commission, Friendship Village offers apartment-style homes with all of the lifestyle and cultural enrichment amenities anticipated.

Each apartment features fully equipped kitchens, spacious closets, individually controlled thermostats and an emergency call system. Supportive services include choice of daily meals, housekeeping and laundry, maintenance, scheduled transportation, wellness programs, exercise classes and health screenings. A creative arts studio, woodwork shop, country store, bank, chapel, private dining room, informal lounge areas, and access to indoor swimming pool, whirlpool and exercise studio are just a few of the many services offered.

Assisted living, skilled nursing care and comprehensive rehabilitation including physical, occupational, speech and respiratory therapies are provided within the Village as part of their health care continuum and LifeCare assurance.

For more information about Friendship Village call (414) 354-3700.

Look for additional information about upcoming classes and seminars at Friendship Village, 7300 West Dean Road in Milwaukee, in this issue of Freedom 55/65 News.

The following are Aurora Health Care hospitals: Hartford Memorial Hospital, Lakeland Medical Center, Milwaukee Psychiatric Hospital, Memorial Hospital of Burlington, St. Luke’s Medical Center (including St. Luke’s South Shore), Sheboygan Memorial Medical Center, Sinai Samaritan Medical Center, Two Rivers Community Hospital, Valley View Medical Center, West Allis Memorial Hospital.
You Can Make a Difference
Alzheimer’s Association Memory Walk

Major sponsor: The Geriatrics Institute,
Sinai Samaritan Medical Center

Alzheimer’s disease attacks the memory and ability to think, reason and judge. People with Alzheimer’s disease gradually forget who they are, where they live and how to function in daily life. Families struggle emotionally, financially and physically, providing 24-hour-a-day care. One in 10 American families has a loved one with Alzheimer’s disease.

Memory Walk, the only national event for Alzheimer’s disease, is a walk-a-thon to raise money for local chapters of the Alzheimer’s Association. They need your support. Come walk to lend your support, or organize your friends and family to form a team. The funds you raise stay in your community to support programs and services for your neighbors – local Alzheimer’s families.

Call (414) 479-8800 for a registration form. • Respite care available, call (414) 464-3888.

5th Annual Bornstein Seminar
Seeking to Understand: Exploring Alzheimer’s Disease from the Patient’s Viewpoint

As caregivers, we see the effects of Alzheimer’s Disease and dementia. But have you ever wondered what Alzheimer’s feels like from the inside? What you would see and experience if affected by Alzheimer’s yourself? “Understanding Alzheimer’s Disease and Dementia from the Patient’s Viewpoint” can help caregivers cope and provide new insights to serve both caregiver and patient.

Speaker Carly Hellen, OTR/L, Director of Alzheimer’s Care at The Wealshire in Lincolnshire, Illinois and former Nursing Home Services Director, Rush Alzheimer’s Disease Center, Chicago is the author of numerous articles on caring for persons with dementia. Ms. Hellen will provide insights on what the person with Alzheimer’s or dementia, particularly in the early and middle stages, is really experiencing and how we, as caregivers, can utilize that understanding to provide the best care possible.

Monday, November 24
6:30 p.m. – Dessert Reception
7-8:30 p.m. – Program
War Memorial/Art Museum
750 Lincoln Memorial Drive,
Third Floor

See more about Alzheimer’s Disease on page 7.

There is no cost for the program but advance registration is needed.
To register please call Sally Kehl at Jewish Family Services at (414) 390-5800.

Jewish Family Services is able to present The Bornstein Seminar free to the public due to a generous gift from the Samuel L. and Sara H. Bornstein Endowment Fund.
Could You Be Depressed?

Symptoms Of Depression Include:

- Feelings of extreme sadness
- Changes in sleep patterns
- Decreased concentration, motivation and energy
- Inability to enjoy usual leisure/social activities
- Thoughts of death or suicide
- Changes in appetite
- Increased isolation
- Increased physical complaints

Depression is a serious disorder that attacks the mind and body of 17 million people per year. Unlike grief, depression often does not respond to circumstances such as good news; nor does it go away with time. If left untreated, depression can last for months or years.

Many people never seek treatment because they are embarrassed or feel they can fight it on their own. Current theories indicate that clinical depression may be associated with a chemical imbalance in the brain. Other factors that contribute to depression include life experiences, medical conditions, heredity and personality traits.

For most people, depression can be treated successfully with medications, psychotherapy or a combination of both.

Free Depression Screenings

Free Depression Screenings are available at multiple locations on Thursday, October 9.

The following programs on depression are hosted by Aurora Behavioral Health Services. Individual, confidential screenings by mental health professionals will follow.

- **Grand Avenue Mall Lower Rotunda**
  275 W. Wisconsin Avenue
  Sponsored by Sinai Samaritan Medical Center Mental Health Services
  1:00 - 3:00 p.m.
  (414) 937-5000

- **St. Luke's South Shore Auditorium**
  5900 S. Lake Drive
  1:30 p.m.
  (414) 769-4000

- **Freedom Village Activities Center**
  8616 N. 72nd Street
  1:30 p.m.
  (414) 357-8086

- **Waukesha Outpatient Center of Milwaukee Psychiatric Hospital**
  Located in the Aurora Health Center
  W231 N1440 State Road 164
  (Hwy. 164 and I-94)
  3:00 p.m.
  (414) 896-6000

- **Kenosha Outpatient Center of Milwaukee Psychiatric Hospital**
  Located in the Aurora Health Center
  10400-75th Street
  (Half mile east of I-94 on Hwy. 50)
  7:00 p.m.
  (414) 697-6770

- **Northshore Outpatient Center of Milwaukee Psychiatric Hospital**
  5900 N. Port Washington Road
  North Offices - Suite 114
  (Bay Shore Shopping Center)
  7:00 p.m.
  (414) 964-2828

- **Franklin Outpatient Center of Milwaukee Psychiatric Hospital**
  Located in St. Luke's Franklin Health Care Center
  9200 W. Loomis Road
  6:00 p.m.
  (414) 425-1250

- **New Berlin Outpatient Clinic of Milwaukee Psychiatric Hospital**
  Located in St. Luke's New Berlin Health Care Center
  14555 W. National Avenue
  7:00 p.m.
  (414) 769-8426

**Depression Screenings at the following locations are hosted by Mental Health Services of Sheboygan County.**

- **Brickhauer Building - Adjacent to Valley View Medical Center**
  210 Selma Street, Plymouth • 9 a.m. - 4 p.m.
  (920) 458-3951

- **The Center - Adjacent to Sheboygan Memorial Medical Center**
  2640 N. 6th Street, Sheboygan • 9 a.m. - 4 p.m.
  (920) 458-3951
Expanded Audiology Services Offered

Extensive audiology services are available throughout Aurora Health Care. Audiologists, who are masters degree prepared and licensed by the state, provide diagnostic and rehabilitative hearing services. These services include hearing evaluations; dispensing and servicing traditional, computerized and digitally programmable hearing aids; and dispensing of assistive listening devices, custom swim plugs and ear plugs for noise attenuation. Advanced diagnostic testing for medical evaluation is also provided. Freedom 55/65 members are reminded that they are eligible for a 5% discount on the purchase of hearing aids. All hearing aids come with a 30-day trial period. If you would like more information on audiology services, or to schedule an appointment, please contact the Audiology Department at one of the following locations:

Audiology Locations

St. Luke’s Medical Center
Main Campus
2900 W. Oklahoma Ave.
Weekdays 8 a.m.-4:30 p.m., & one Saturday a month
Call (414) 649-7772.

St. Luke’s South Shore
5900 W. Lake Drive
Tuesday afternoons
Call (414) 649-5949.

St. Luke’s New Berlin Health Care Center
14555 W. National Avenue
Wednesday mornings
Call (414) 649-5949.

Sinai Samaritan Medical Center
945 North 12th Street
Weekdays, 8 a.m.-4:30 p.m.
Call (414) 219-6247.

Audiology Associates
20 N. Church, Elkhorn
Monday, Wednesday & Friday, 9 a.m.-5 p.m.
Tuesday & Friday 9 a.m.-4 p.m.
Call (414) 723-6811.

The Sheboygan Clinic
2636 Eastern Avenue, Plymouth
Tuesday & Friday afternoons
Call (920) 893-4010.

Aurora Medical Group, Hartford
1004 E. Sumner Street
Wednesday & Thursday mornings,
Friday afternoons
Call (414) 670-7000.

The Sheboygan Clinic
2414 Kohler Memorial Drive
Tuesday & Friday afternoons
Call (920) 457-4461.

Volunteer Opportunities Available

Did you know that recent studies show that people who volunteer actually live longer? Its been proven that volunteering warms your heart, increases your self esteem and contributes to your vitality and zest. West Allis Memorial Hospital has volunteer openings to work in a variety of departments. These fast-paced positions will introduce you to many wonderful people and provide you with healthy mental and physical exercise. Talents necessary are a willingness to provide our patients and customers with extraordinary levels of responsiveness.

Experience the joy of giving. Become a volunteer!

For more information, please contact Angela Kaczecka at (414) 328-7175.
Community Calendar

All sessions are free unless otherwise noted.

Cardiac Services

Angina: A Painful Heart
Speaker: Alfonso Tiu, MD, cardiologist
Thursday, November 20 at 7 p.m.
West Allis Memorial Hospital
8901 W. Lincoln Avenue
Call (414) 328-6800 to register.

Fitness and Nutrition

Eat Right, Be Light Program
Wednesdays, October 15-December 17
at 2 or 6 p.m.
Fee: $69 for individual diet instruction
$100 for 10-week series
St. Luke’s Medical Center
2900 W. Oklahoma Avenue
Call (414) 649-6757 for more information or to register.

Heart Healthy Cooking Class
Thursday, September 11 at 6 p.m.
Fee: $15
St. Luke’s New Berlin Health Care Center
14555 W. National Avenue
Call (414) 649-6757 to register.

Think Light! Weight Management
Wednesdays, September 17-November 19
at 5:30 p.m.
Fee: $160
Aurora Health Center - Waukesha
W231 N1440 State Road 164
Call toll-free, 1-888-928-7672, to register.

General Health

Healthy Feet, Happy Feet
Learn about the management of common foot problems due to diabetes, circulation, arthritis, etc.
Speaker: Patrick Flynn, DPM
Wednesday, September 17 at 2 p.m.
Friendship Village
7300 W. Dean Road
Call (414) 389-2555 to register.

Laugh for Better Health
Laughter can improve your wellness!
Speaker: Will Roy, PhD, Professor of Curriculum and Instruction, School of Education, UWM
Wednesday, November 12 at 2 p.m.
Friendship Village, 7300 W. Dean Road
Call (414) 389-2555 to register.

Let’s Talk About Prescriptions (Brown Bag)
Bring your prescriptions, including over-the-counters, for the pharmacist to review.
Learn about interactions, timing, etc.
Speaker: Kurt Begalke, RPh
Wednesday, October 1 at 2 p.m.
Friendship Village
7300 W. Dean Road
Call (414) 389-2555 to register.

Memory Strategies Part II
Second in a series of classes.
Monday, October 20 at 2:30 p.m.
West Allis Memorial Hospital
8901 W. Lincoln Avenue
Call (414) 328-6800 to register.

Why Can’t I Sleep?
Sleep disorders seminar on insomnia and laser surgery for snoring.
Tuesday, November 11 at 7 p.m.
St. Luke’s Medical Center
2900 W. Oklahoma Avenue
Call (414) 649-5288 to register.

The way I see it,
if you want the rainbow,
you gotta put up with the rain.
— Parton
Community Calendar

Getting Ready to Quit Smoking
Monday, October 6 at 5:30 p.m.
Fee: $8
Aurora Health Center - Waukesha
W231 N1440 State Road 164
Call toll-free, 1-888-928-7672, to register.

Smoking Cessation Series
Tuesdays & Thursdays, October 14-28
at 5:30 p.m.
Fee: $10; reimbursed after series completion
Aurora Health Center - Waukesha
W231 N1440 State Road 164
Call toll-free, 1-888-928-7672.

Screenings

Hearing Screening & Referral Service
Every Monday
Free
West Allis Memorial Hospital
8901 W. Lincoln Avenue
Call (414) 328-7410 to register.

Senior Health

Advance Directives Workshop
Tuesday, September 9 at 10:30 a.m. or
Thursday, September 11 at 1:30 p.m. or
Thursday, September 18 at 1:30 p.m. or
Tuesday, September 30 at 10:30 a.m.
West Allis Memorial Hospital
8901 W. Lincoln Avenue
Call (414) 328-6800 to register.

Medicare/Medical Billing Seminar
Thursday, October 23 at 1 p.m.
St. Luke's Medical Center
2900 W. Oklahoma Avenue
Call (414) 389-2555 to register.

Understanding Your Medicare Benefits Form
Thursday, November 6 at 1:30 p.m. or
Tuesday, November 11 at 9:30 a.m. or
Thursday, November 13 at 1:30 p.m.
West Allis Memorial Hospital
8901 W. Lincoln Avenue
Call (414) 328-6800 to register.

Supporting the Healing Process

Living Through Loss Information Series
Wednesdays, November 5 & 12 at 6:30 p.m.
West Allis Memorial Hospital
8901 W. Lincoln Avenue
Call (414) 328-6800 to register.

Special Events

Preparing to Write or Review Your Will
Speaker: Kelly Sachse, CFP
Certified Instructor of the Resource Institute
for Wills and Bequest Training
Thursday, September 25 at 1 p.m.
St. Luke's Medical Center
2900 W. Oklahoma Avenue

Topics to be discussed:
- Reasons for having a will
- Guidelines for correctly drawing a will
- Legal terms and what they mean
- Use of codicils in your will
- Selecting your personal representative
- Gifts to charity
Call (414) 649-7122
for information or to register.

In spite of the cost of living, it is still popular.
— Norris
Memory Changes

You can’t remember where you placed the car keys. Or you can’t recall someone’s name or the time you agreed to meet your friends for golf.

It’s easy to dismiss events like these as minor annoyances. But you also may be struggling with a lingering doubt: Are these changes in memory a cause for alarm? Dr. Torres addresses questions you may have relating to memory changes.

Q. What changes occur with our memory as we get older?

A. As with most organ systems, our memory slows down as we get older. It takes more trials to remember listed items and more time to recall names or words. In addition, we easily get distracted or have a hard time paying attention. Most of these changes however do not affect daily activities.

On a positive note, general intelligence remains unchanged. General knowledge of the world and language ability often increases as we get older.

Q. What factors affect our memory?

A. Fatigue, stress, depression, illnesses, medications, excessive alcohol intake, visual and hearing problems are some of the few factors that can affect memory.

Q. How can we improve our memory?

A. In non-demented older adults, memory difficulty may be a consequence of poor physical health. Continued intellectual activities such as attending adult education classes or seminars, doing crossword puzzles, reading, etc. may be helpful.

There are also books available in the library that discuss techniques on how to improve your memory. “Improving Your Memory” by Janet Fogler and Lynn Stern is an excellent reading source.

Q. When do we worry about memory difficulties?

A. When memory problems occur dramatically, progressively or impair social and occupational functioning; involves other cognitive facets such as judgment, calculation, reasoning and personality changes, then a comprehensive physical examination and memory evaluation may be needed. These are usually done by a neurologist, psychiatrist or geriatrician.
Yuletide Pops with Mitch Miller (In the newly renovated Uihlein Hall)

Sunday, December 7 at 7:30 p.m.
Uihlein Hall, Marcus Center for the Performing Arts

Remember TVs “Sing Along with Mitch” and the 10 million copies of “Sing Along with Mitch” albums? Mitch Miller and the Milwaukee Symphony Orchestra’s acclaimed Chorus join the orchestra for seasonal favorites, from the Hallelujah Chorus to White Christmas. Perfect for the holidays! Also makes a great gift.

Tickets must be ordered by November 7.
For more information, call Audrey Baird at the Milwaukee Symphony, (414) 291-6010, extension 209.

Make checks payable to:
Milwaukee Symphony Orchestra.
Mail your check, the completed form and a self-addressed, stamped envelope to:
Audrey Baird
Director of Group Sales
330 East Kilbourn Avenue
Suite 900
Milwaukee, WI 53202-6623
Ticket price stated includes a 25% discount and facility fee.

Shoo the Flu & Pneumonia Too!

Influenza season will soon be upon us. The best way to fight the flu is to prevent it – through immunization. Yearly flu shots are recommended for all people 65 and older. Pneumonia immunization is also recommended for all people 65 and older, but usually only needs to be given once.

The Visiting Nurse Association of Wisconsin (VNA) will offer flu and pneumonia clinics starting October 6 through November 15 at neighborhood grocery stores, drug stores and shopping malls. Over 300 Shoo the Flu & Pneumonia Too! clinics are scheduled Monday to Saturday. The cost is $10 for the flu shot and $20 for pneumonia. Medicare Part B is accepted for both.

For a clinic schedule or more information, call the:
VNA Shoo the Flu & Pneumonia Too!
Hotline
at (414) 328-4450
in Milwaukee, or 1-800-548-7580 outside Milwaukee.
The behaviors exhibited by persons with dementia or memory loss can seem unexplainable and frustrating. But as memory and communication skills decrease, behavior is often the easiest outlet for expression. Caregivers can use behavior modification to better connect to and decrease the anxiety exhibited by persons with dementia. Integrating this type of activity-focused care can make everyday living more fulfilling for both caregivers and those with dementia.

All presentations are at the North Shore Library, 6800 N. Port Washington Road at 6:30 p.m. Attend any or all of the programs; the series is free.

Advance registration appreciated, call Sally Kehl at Jewish Family Services, (414) 390-5800.

Monday, December 1
Medications and Behavior: When to Begin, What to Expect
Speakers: Robert Lerner, MD, Director of Geriatric Psychiatry, Aurora Behavioral Health Services and Holly Onsager, RN, MSN, Sinai Samaritan Geriatric Institute

Monday, December 8
Using Religious Rituals & Memories to Promote Positive Interactions
Speakers: Rev. Jan Summers, Cedar Campuses, West Bend; Chaplain Robert Rotgers, Village at Manor Park, Milwaukee and Rabbi Ronald Shapiro, Congregation Shalom, Milwaukee.

Monday, December 15
Using Activities to Modify Behavior
Speakers: Michael Malone, MD, Sinai Samaritan Geriatrics Institute; Louise Malone, RN, CS, MPH, Sinai Samaritan Geriatrics Institute and Sonia Willenson, Caregiver and Volunteer, Seven Oaks Dementia Care Unit.

Third Annual Free Series for Caregivers is sponsored by Sinai Samaritan Geriatrics Institute, Alzheimer's Association of Southeastern Wisconsin, Jewish Family Services and Jewish Community Center.

Mark Your Calendar!
Striders Health & Wellness Events
Striders, mall walkers sponsored by Freedom 55/65 and Southridge and Bay Shore Malls, are once again invited to get in step at the annual Striders Health & Wellness Event.

Join us for a variety of wellness activities, educational opportunities and a mall walk with Gordon Hinkley (presented by Blue Cross & Blue Shield United of Wisconsin - Value Plus).

The Striders Health & Wellness Event is scheduled for October 27 at Bay Shore Mall and October 28 at Southridge Mall. Both events start at 8 a.m. and end promptly at 10 a.m.

For more information call Joc at (414) 219-7253, Karen at (414) 328-7410 or Val at (414) 649-6994.

Rediscover Milwaukee's Art Treasures on the Lakefront
Senior Day at the Milwaukee Art Museum is a day expressly for adults 50 or older. The museum welcomes seniors with free admission from 10 a.m. to 2 p.m., refreshments, guided tours, entertainment, a free bus program and discounts at the MAM Shop and Arts Deli.

Upcoming Senior Days and exhibition tours are as follows:

October 15
Identity Crisis: Self-Portraiture at the End of the Century & Highlights of the Permanent Collection

December 17
Gabriele Münter: The Years of Expressionism, 1903-1920 & Highlights of the Permanent Collection

For more information call Carol at (414) 224-3841.
Research Studies Looking for Qualified Participants
Jean Bochert, RN, CCRC

The Wisconsin Center for Advanced Research is studying investigational medications and treatments for a number of gastrointestinal medical conditions. Qualified volunteers for certain studies receive all study-related care at no charge, including doctor visits, laboratory services and study medication and/or treatments. Financial compensation is provided for selected programs. The center is currently looking for participants to evaluate medications for patients with the following diagnoses:

- Stomach upset caused by nonsteroidal anti-inflammatory medication
- Chronic Hepatitis-C that has failed previous Interferon therapy
- Hepatitis-C that has never been treated
- Irritable Bowel Syndrome with constipation
- Upper abdominal pain or discomfort (dyspepsia) with no history of ulcer
- Diabetics who have difficulty with digestion

If you or someone you know would like more information about a research study, please call (414) 769-5407 or (414) 649-5200 and leave a message for Jean or Sue. Your call will be returned promptly.

Medicare Appeal

Information Available

Have you ever received notice from Medicare that a claim has been rejected because a service was not medically necessary?

If so, you may need to file for a Medicare appeal. Whether you are appealing a charge that Medicare has rejected or the amount that has been approved, the process is the same.

Freedom 55/65 coordinators have developed a handout to help you through the process of requesting a Medicare appeal.

Call (414) 389-2555 for your copy of the Medicare Appeal Process.