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People over 65 are as varied in their interests, activities and needs as any other age group. It's no different when it comes to health. Many older adults feel as healthy and energetic as ever, while others suffer from severe physical or mental impairments that cause family members to assume the role of caregivers.

The professionally trained experts at the Geriatrics Institute of Sinai Samaritan Medical Center understand the needs of people over 65. Nationally recognized as a model for geriatric care, the Institute offers coordinated, comprehensive services designed to meet diverse and changing needs. Every patient who is admitted to the Institute is treated with compassion, understanding and respect.

The Geriatrics Institute is affiliated with the University of Wisconsin School of Medicine's Milwaukee Clinical Campus at Sinai Samaritan Medical Center. Medical care is provided by faculty geriatricians and other medical professionals who specialize in working with older adults. Nurse clinicians and practitioners, case managers, therapists, a social worker and a psychologist make up the team of geriatric professionals. Patients also are encouraged to become active partners in their own health care.

New patients who enter the Geriatrics Institute receive a comprehensive evaluation which provides the basis for future care. A personal physician and nurse provide ongoing primary care and recommend additional services as needed. Patients with multiple health problems may be assigned a nurse/case manager to monitor their health status between appointments. The case manager also maintains close contact with the patient’s physician, and coordinates supportive care services such as social work assistance.

Other specialty services provided
Seniority Has Its Privileges At The Geriatrics Institute

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by the Geriatrics Institute include the following:

• **Continence Clinic**
  For the prevention, evaluation, treatment and management of bladder control problems.

• **Dementia Evaluation Clinic**
  Provides a comprehensive evaluation, including detailed care plan recommendations, for the diagnosis and management of dementia, including Alzheimer’s Disease.

• **Falls Prevention Clinic**
  Provides individual treatment plans for patients with a history of one or more falls.

• **Geriatric Psychiatry Program**
  Provides mental health services to help older adults and families adjust to medical, emotional and social problems.

• **Adult Day Program**
  Offers a safe, stimulating environment for persons with memory loss and confusion.

• **Caregivers Education Services**
  Provides practical information about dementia, behavior management, legal issues and financial concerns related to Alzheimer’s Disease.

Medical services at the Geriatrics Institute generally are covered by Medicare and third-party insurers. For additional information, or to make an appointment, please call 283-7300.

West Allis Senior Program Expanded

Freedom 55/65 warmly welcomes members of the Healthy Connection program at West Allis Memorial Hospital. The recent merger of the two programs offers Healthy Connection members expanded opportunities to participate in a wider variety of screenings, discounts and health education programs. Freedom 55/65 members also benefit from the partnership as they may now access senior programs offered at West Allis Memorial. Healthy Connection members should watch the mail for updated Freedom 55/65 information. For questions or concerns, please call Karen at West Allis Memorial, 328-7410, Val at 649-6994, or Joe at 283-7253.

Want to Get Out of the House?

A variety of part-time positions are available at several Aurora Health Care organizations. We invite you to bring your experience to our team and give yourself an opportunity to:

• Earn a little extra income
• Meet new people
• Provide service to the community

For more information, please call one of our Joblines or stop in at any of the following locations:

- **Sinai Samaritan Medical Center**
  2000 W. Kilbourn Avenue
  Human Resources: 937-5166
  Jobline: 937-5099

- **St. Luke’s South Shore**
  5900 S. Lake Drive
  Human Resources: 769-4024
  Jobline: 769-4144

- **St. Luke’s Medical Center**
  2900 W. Oklahoma Avenue
  Human Resources: 649-7951
  Jobline: 649-6378

- **Aurora HealthCare**

An equal opportunity employer M/F/H/V
We support a safe, healthy and drug-free work environment through pre-employment drug testing.
Most people never experience problems healing a wound. Our bodies naturally use oxygen and a series of complex chemical reactions to stimulate and regulate the normal healing process. Unfortunately, diseases such as diabetes, cancer and arthritis, as well as certain medical therapies like radiation treatment and steroids, can contribute to non-healing wounds. If not treated early, problem wounds can lead to serious complications such as the loss of a limb.

In many cases, the lacking element for healing is oxygen. At St. Luke's Medical Center, two large high-pressure oxygen (hyperbaric) chambers, nicknamed Bonnie and Clyde, can provide patients with very high levels of this essential element to facilitate the healing process.

Bonnie and Clyde are housed in St. Luke's Department of Hyperbaric Medicine and are part of a multifaceted approach to treating patients with healing difficulties. According to the unit's Medical Director, Robert W. Goldmann, MD, the goal of the unit in wound treatment is the restoration of normal function and prevention of additional injury through education and protective devices.

"We try to avoid amputation and minimize tissue loss by careful attention to individual patient factors known to cause healing problems," says Dr. Goldmann.

"Poorly fitted shoes, smoking, vascular disease and inappropriate wound care are a few examples. A strong emphasis on patient education and compliance, with the involvement of additional medical, nursing and dietary staff is essential to our success." Through this comprehensive program, limb loss can be prevented and patients can return to a normal life.

To learn more about risk factors, lifestyle modification and treatment of problem wounds, plan to attend the following free program:

**Hyperbaric Medicine for Problem Wounds**

Speaker: Dr. Robert W. Goldmann
June 19 at 1 p.m.
St. Luke's Medical Center
Stiemke Auditorium

*Free blood pressure screens from 12:30-1 p.m.*

To register, call:
St. Luke's, 649-6994
St. Luke's South Shore, 769-4012
Sinai Samaritan, 283-7253
West Allis Memorial, 328-7410

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**Learn the 10 Secrets of Asset Protection**

Keep more of what you earn! Attend this free program to learn about tax saving methods, how to improve returns on investments, retire with enough income, and reach your financial goals.

To register call Joe, 283-7253.

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Secrets of Asset Protection
Speaker: Dale Froehlich,
Family Financial Counselors, LLC
June 12 at 1 p.m.
Laurel Oaks Retirement Community
1700 W. Bender Road
Florence Kulju, a Freedom 55/65 member, knew something was wrong when she suddenly lost feeling in her left arm and hand. She immediately contacted her primary care physician, who referred her to Arvind Ahuja, MD, a neurosurgeon on staff at St. Luke’s Medical Center. Through a diagnostic procedure called an angiogram, Dr. Ahuja determined that Florence was having a stroke.

A stroke occurs when the normal blood flow to an area of the brain is cut off. Once this happens, brain cells stop working and begin to die because of the lack of oxygen. The results of a stroke depend on several factors including the part of the brain which has been injured. Since the brain controls everything we do, the effects can be devastating.

"Immediate treatment is the key to reducing damage," says Dr. Ahuja, continued on page 5

St. Luke’s Connection Pays Off for Franklin Woman

When Judy Bruno, 55, of Franklin, was planning a visit to her son in Cudahy, she never would have guessed she’d have to take a side trip to St. Luke’s Medical Center to undergo a remarkable new life-saving procedure.

“As I was getting ready to leave my son’s house, I just didn’t feel right and had to sit down,” Judy recalls. “My arm was twisted and stiff, and I wasn’t able to talk or understand what people were saying.” Terrified, her family called 911.

Judy was taken by ambulance to the Emergency Department at St. Luke’s South Shore, where she was immediately diagnosed with a stroke. Fortunately, St. Luke’s South Shore had become part of St. Luke’s Medical Center last October. Since the two hospitals now share a medical staff, Judy was quickly transferred to the Milwaukee facility, where an aggressive new procedure for stroke was available.

“I am very fortunate that the ambulance brought me to St. Luke’s South Shore,” says Judy. “Their connection to St. Luke’s Medical Center meant that I was able to walk out of the hospital on my own, four days later. It was a nightmare with a happy ending.”
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Ahuja. "Anyone who experiences symptoms of a stroke should call their primary care physician or seek attention at an emergency room right away. For treatment of a stroke to be most effective, it should be initiated within six hours."

Within four hours of the appearance of Florence’s symptoms, Dr. Ahuja performed an innovative, new procedure to dissolve the blockage in her brain that was causing the stroke. The procedure involves inserting a tiny catheter into the femoral artery in the leg, and threading it through the body into the intricate blood vessels in the neck and head. This “neuroendovascular” procedure is considerably less invasive than traditional surgery and offers significant benefits including a lower risk of infection and greatly reduced hospital stay.

Once diagnosed, several options are available to treat a stroke. In some cases, such as with Florence, neuroendovascular therapies can be extremely effective. St. Luke’s Medical Center is one of a limited number of hospitals in the country offering these state-of-the-art procedures. Some situations may require traditional surgery. Treatments sometimes are supplemented with blood thinning medications to reduce the risk of future strokes. Rehabilitation also may be prescribed to aid the recovery process.

While a stroke can be a frightening experience, the outlook for many people is very good, especially when they receive prompt treatment. Florence Kulju is one of these fortunate stroke survivors. “I believe I was very lucky my doctors acted immediately and Dr. Ahuja knew exactly what to do,” she says. “I am now going to rehabilitation several times a week and the functioning of my arm and hand is almost back to normal. The best advice I can give to other people is to be aware of the symptoms of stroke and to seek help right away.”

You may want to cut out the warning below and post it in a prominent place in your home.

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**Improve Your Odds**

For many people, the following lifestyle modifications can greatly reduce the risk of having a stroke.

- Lower your cholesterol.
- Stop smoking.
- Avoid stress.
- Control your blood pressure.
- Control your weight.
- Exercise regularly.

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**STROKE WARNING SIGNS**

Call your primary care physician immediately if you have any of these symptoms:

- Numbness, weakness
- Difficulty speaking
- Blurred vision
- Dizziness
- Severe headache

PHYSICIAN PHONE NUMBER: ______________________

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Come Join the Fun!

The following community events are proudly sponsored by Freedom 55/65 and WOKY radio, AM stereo 920:

**Senior Day at the Milwaukee Art Museum**
June 19, 10 a.m.-2 p.m.
Don't miss this opportunity for free admission, guided tours, refreshments and entertainment, plus discounts at the Art Museum Shop & Deli. For more information, call 224-3841.

**City of Festivals**
Irresistible food! Great entertainment! Rich culture! You're invited to celebrate another year of ethnic festivals at the Henry W. Maier Festival Park on Milwaukee's beautiful lakefront. Each of this summer's eight festivals offers a period of free admission for Freedom 55/65 members.

| June 14  | Asian Moon Festival | Aug. 2 | African World Festival |
| June 21  | Polish Fest         | Aug. 16| Irish Fest            |
| July 19  | Festa Italiana      | Aug. 23| Mexican Fiesta       |
| July 26  | German Fest         | Sept. 6| Indian Summer        |

For more information, tune in to WOKY for broadcasts the week prior to each event, or call Joe at 283-7253, Val at 649-6994 or 769-4012, or Karen at 328-7410. Also, be sure to visit the Freedom 55/65 booth at WOKY's "Big Red" mobile studio at each event (except June 14 and August 2).

Matters of the Heart . . . For Women Only

The Karen Yontz Women's Cardiac Awareness Center was established at St. Luke's Medical Center to promote awareness, research, education, risk assessment and assistance in the detection of heart disease in women. Women who have questions or concerns about the health of their heart should call:

*The Karen Yontz Heartline*
649-7900 (in Milwaukee)
1-800-788-8380 (outside Milwaukee)

Branson Bash Set for September 22

Freedom 55/65 members are invited to travel to Branson, Missouri, the "Music Show Capital of America" on a five-day motorcoach tour departing from several Milwaukee locations on Sunday, September 22. This vacation package, coordinated by Omega World Travel, includes six shows, a cruise on the Branson Belle Showboat, a Missouri River Gambling Cruise, tour of Historical St. Charles, seven meals and "Mayflower Money." Tour prices start at $585 per person.

Tour previews are scheduled for Wednesday, June 26, 2 p.m., at Laurel Oaks Retirement Community, 1700 W. Bender Road, and Thursday, June 27, 2 p.m., at St. Luke's Medical Center, 2900 W. Oklahoma Avenue.

For reservations call:
St. Luke's, 649-6994
St. Luke's South Shore, 769-4012
Sinai Samaritan, 283-7253
West Allis Memorial, 328-7410

For more information on the tour, call Julie or Marilyn at Omega World Travel, 325-5020.

Neither Freedom 55/65 nor Aurora Health Care is sponsoring or affiliated with the offering of any tour package by Mayflower or Omega World Travel. Aurora Health Care expressly disclaims any knowledge or responsibility regarding any tour offered by Mayflower or Omega Travel.
Alzheimer's Disease: The Mystery and the Reality

What do we really know about Alzheimer's Disease? What can family and friends do to help? Come learn the latest about Alzheimer's Disease and related dementia at this informative program co-sponsored by Sinai Samaritan Medical Center and the Alzheimer's Association. Bring a brown-bag dinner and we'll provide beverages and dessert!

Speakers include:
- Michael Malone, MD, Assistant Professor, Internal Medicine, Section Head Geriatrics, Sinai Samaritan Medical Center.
- Judy Johnston, MSW, CICSW, Clinical Social Worker, Geriatrics Institute, Sinai Samaritan Medical Center.
- Jon Kaupla, BSW, Education Coordinator, Alzheimer's Association.

The program will be held Tuesday, June 18, 5:30-7:30 p.m. in the Community Education Room on the first floor of The Geriatrics Institute, Sinai Samaritan Medical Center, 945 N. 12th St. Underground parking is available for $1. The parking entrance is located on 12th Street, 1/2 block north of State Street.

Program cost: Donation.

To register, please call the Alzheimer's Association at 479-8800 in Milwaukee; 1-800-922-2413 outside Milwaukee.

Now Hear This ...

Hearing is one of our most precious senses. Join us for a free presentation by St. Luke's audiologists to learn how to enhance your hearing or the hearing of a loved one. The program will include an overview of various amplification devices and the latest technology in hearing aids.

Wednesday, June 26 at 2 p.m.
St. Luke's Stiemke Auditorium
2900 W. Oklahoma Avenue

Space is limited. Call today for a reservation, 649-7772, ext. 33.

St. Luke's audiologists Kathryn Rebse and Debbie Dixon
Discount Notes

Pharmacy Discount. Save 10% on prescriptions, including refills, from Aurora Pharmacies located in Aurora Health Care clinics and Pick n Save pharmacy locations. Free home delivery also is available from Aurora Pharmacies if you reside in Milwaukee, Ozaukee, Waukesha or Kenosha counties, or the city of Burlington. Delivery is available Monday through Friday, 9 a.m.-5 p.m. Some limitations may apply to both program features.*

Home Health Care Equipment Discount. Receive 15% off on cash purchases of health care items not covered by Medicare from Aurora Home Medical Services, 11333 W. National Avenue, 328-4400.*

*To receive the discount, you must show your Freedom 55/65 membership card at the time of purchase.

Join the Branson Bash
See story on page 6.