I'm Thankful for Mom's Recipe but I'm Even More Thankful for Lifeline®!

When her first family Thanksgiving came around, my mother asked her friends for a recipe to stuff the turkey. Mom thought it was kind of boring, so she added a few things - like sausage, grated Parmesan cheese and parsley.

Since my father died, we've had dinner at my place. Now I make the Thanksgiving turkey with Mom's recipe and my daughter has learned to make it too.

Sure, I worry about Mom. Like the time she painted a side table and I asked her where she got the paint. Mom didn't want to admit she went down to the basement!

She's independent and with Lifeline, mom can still live in her own home.

If she does fall, or has some other emergency, she just pushes the Lifeline button. They call back right away. If mom doesn't answer, they call people on a list she gave them, including neighbors, the doctor, the police or ambulance. And they don't quit until they know she's taken care of.

So that's what I'm thankful for on Thanksgiving... Lifeline. And my mother's turkey stuffing.

Freedom 55/65 members receive a waiver for the Lifeline instruction fee.

For more information about the Lifeline service, call St. Luke's Medical Center at 649-7890.

Tour of a Lifetime: America's National Parks

See page 4.
How Do I Use the Freedom 55/65 Membership Card?

The Freedom 55/65 membership card serves two purposes: to show you are entitled to Freedom 55/65 discounts and to provide medical information.

Should I carry my Freedom 55/65 card at all times?
Yes. In the event of an emergency where you might be unable to communicate, the information on your microfilm can easily be accessed by emergency medical personnel. Your microfilm carries all of the vital data which you provided on the enrollment application.

How long does it take to receive a Freedom 55/65 membership card?
It takes approximately 6 - 8 weeks. After processing the information at the medical center, the enrollment application is sent to a company in Ohio to produce the microfilm data chip and membership card. Your card is then mailed directly to your home from Ohio.

What should I do with the decals received with the Freedom 55/65 membership card?
You will receive two decals. The white decal is affixed to the inside of your car windshield and the red decal is attached to your wallet. These decals alert emergency personnel that your microfilm medical history is available.

How do I use my card to take advantage of program features?
If you park in either St. Luke’s or Sinai Samaritan Medical Center’s parking structures, show your card at the time of exit to receive free parking.

To take advantage of program discounts, show your card at the time of purchase. Approximately 140 neighborhood pharmacies in southeast Wisconsin, including Kmart and SuperSaver pharmacies, offer a $1 discount on each prescription including refills.

St. Luke’s and Sinai Samaritan offer 5% savings on hearing aids purchased through their audiology departments. St. Luke’s waives the installation fee for its Lifeline Response System. And, receive a 15% discount on health care items not covered by Medicare at participating medical supply providers from the following list.

Do I need to renew my card?
Your card does not need to be renewed. However, if you have significant changes in medical data or allergies, for example, the card should be updated. Just call your Freedom 55/65 coordinator for a new application form.

Write your file number from the upper right side of your membership card onto the upper right side of your application form. Keep your old card until you receive the new one, in approximately 6 - 8 weeks.

I lost my card. How do I receive another one?
Call your Freedom 55/65 coordinator for a replacement.

If you have additional questions about your Freedom 55/65 membership card call Val at 649-6994 or Joe at 283-7253.

Medical Supply Providers

Abbey Home Health Care
2877 S. James Drive, New Berlin

HME, Inc.
212 S. Curtis Road, Milwaukee

Home Care Medical Supplies
4818 S. 76th Street, Greenfield

Homedco
3315 N. 124th Street, Brookfield

Kneuppel Home Health Care Center
8405 W. Lisbon, Milwaukee

Stein Medical
2130 S. Memorial Drive, #A, Appleton
3724 W. Wisconsin Avenue, Milwaukee

The Drug Store
301 N. Wisconsin Drive, Howards Grove
What is Aurora Health Care?

Aurora Health Care is a group of health care providers serving people in communities throughout eastern Wisconsin by providing high quality health care in the most convenient, personal and affordable settings possible. Aurora is not a hospital system, but an integrated network of providers, such as physicians, clinics, hospitals and visiting nurse associations, offering the whole spectrum of care.

The benefits of such an integrated system extends to "patients, employees and to those who purchase health care in their local marketplaces," according to Ed Howe, president of Aurora Health Care. As an added benefit, grouping health care organizations together in an integrated network lowers the cost for supplies, reduces duplication of services, streamlines operations and reduces the total cost of health care.

For the patients we serve, it means all of their needs—preventive, primary, acute, restorative and long term health care—can be met efficiently by a single provider. According to Howe, "Our goal is to provide convenient access to primary and preventive care within 15 minutes from any patient's home."

Aurora Health Care serves the people of eastern Wisconsin through 11,000 dedicated employees and countless volunteers providing care in more than 75 facilities and hundreds of patient's homes in 15 counties.

Aurora Home Medical Services Celebrates Its Grand Opening

Aurora Home Medical Services celebrated its grand opening on September 21, with Aurora Health Care executives Ed Howe, president and Don Nestor, senior vice president; and David Hass, president of the Board of Directors of the Visiting Nurse Association, cutting the ribbon heralding the official opening of this new division of the VNA.

After an extensive renovation of the VNA offices, Aurora Home Medical Services has added offices, a warehouse and a pharmacy with state-of-the-art compounding room for IV compounds.

With these additional services, the Visiting Nurse Association provides one-stop shopping for home health care, incorporating the quality and caring for which the VNA has been known for the past 87 years.

Aurora Home Medical Services offers both adult and pediatric respiratory therapy, IV infusion therapy, enteral therapy, orthopedic services and durable medical equipment services.

Members of Freedom 55/65 are eligible for a 15% discount on private pay, purchase only, durable medical equipment items from Aurora Home Medical Services. Call 328-4400 for more information.
Pain Treatment Helps People Regain a Positive and Independent Life

At The Pain Institute we are committed to helping you feel better and to helping you regain control of your life. Our combined efforts of physical medicine and rehabilitation, anesthesiology and other specialties provide you with a comprehensive evaluation.

We have a team of expert board certified physicians and professionals who take the time to listen and discuss your health concerns. Together with you, we will design a treatment program that best suits your needs.

At The Pain Institute, we realize that pain affects loved ones, too. That is why we encourage family to participate throughout the program.

Our program can help you live a more positive and independent lifestyle. We may make a difference in your life. For more information or to schedule an appointment, please call the Pain Institute of Sinai Samaritan at 937-5241.

Tour of a Lifetime: America’s National Parks

An 11 day tour of America’s National Parks is being offered in 1995 through the joint efforts of NewDirections/Tours and Travel, Inc. and Omega World Travel. Our National Park System, with its diversity, beauty and abundance of visitor activities, provides the setting for one of the most spectacular tours offered.

From the striking sculpture of Mt. Rushmore, to renowned Yellowstone Park, to the sheer spectacle of the Grand Canyon, our National Parks are unique. They embody the commitment that we have made to preserve the very best of the scenic and historic heritage of our great country.

Tour previews will be presented on Tuesday, February 21 at Newtowne Medical Group, 1575 N. RiverCenter Drive and Tuesday, February 28 at St. Luke’s Medical Center. Both previews will be at 2 p.m. Refreshments will be served. For reservations call Val at 649-6994 or Joe at 283-7253.

For further information on the tour or for a detailed itinerary, please call Julie or Marilyn at Omega World Travel, 423-2412.

Neither Freedom 55/65 nor Aurora Health Care, Inc. is sponsoring or affiliated with the offering of any tour package by New Directions/Tours and Travel, Inc. or Omega World Travel and Aurora Health Care, Inc. expressly disclaims any knowledge or responsibility regarding any tour offered by New Directions or Omega Travel.
New Laser Surgery at St. Luke’s Advances Treatment for Prostate Surgery

The prostate is the gland in men that surrounds part of the urethra, the channel where urine flows from the bladder out through the body. When the prostate enlarges, patients experience a difficult time urinating as the urethra passage shrinks.

Almost all men will experience some type of prostate enlargement during their lifetime. Many will need to seek medical advice and more than one third will undergo prostate surgery by the time they are 80 years of age. In fact, transurethral electroresection of the prostate (TURP) is the most common surgical procedure performed by urologists today.

At St. Luke’s Medical Center, a new laser surgery technique (with Urolase fiber) is being used for prostate removal. This procedure is the first breakthrough for prostate surgery in over 60 years. The new laser treatment can usually be performed with only a small incision, making it a more comfortable procedure resulting in fewer complications.

“The new laser-assisted prostate surgery is a similar operation to the conventional procedure, but patients experience minimal bleeding and no fluid buildup,” said Dr. Stuart Fine, a urologist on staff at St. Luke’s. The patient’s stay in the hospital is overnight, compared to about three days following conventional surgery.

With the laser treatment, the patient must be prepared to wait several weeks for significant results as the prostatic tissue continues to dissolve after the operation. With traditional surgery all tissue is removed. “With proper patient education and expectation, the wait is not a problem,” said Fine. The trade-off for the wait is a safer technique and higher success rate for patients.

Patients are encouraged to discuss treatment options with their family physicians because the laser surgery is not applicable in all cases.

To find out more about the new laser technique for prostate surgery call St. Luke’s Laser Center at 649-6499.

Tree of Light Honors Loved Ones

Remember and honor family and friends during the holiday season with a gift to the Vince Lombardi Cancer Clinic’s “Tree of Light” at St. Luke’s Medical Center. Your gifts benefit the Reading and Resource Room in the Vince Lombardi Cancer Clinic. Through your gifts we can continue to provide educational resources to help patients and families learn more about cancer.

We invite you to attend the tree lighting ceremony at 4:30 p.m. on Sunday, December 11. For more information and gift envelopes, call the Vince Lombardi Cancer Hotline at 649-7200.
Ask the Expert

Dementia

Ellen Danto-Nocton, MD
Geriatrician
Sinai Samaritan Medical Center

As the population has grown older, dementia, and more specifically Alzheimer's disease, has become a problem which many people have heard about and fear.

What is dementia?
Dementia is a decline in a person's intellectual abilities which interferes with that person's daily functioning, both socially and in one's occupation. It involves a loss of memory plus impairment of at least one other area of cognition (thinking), such as judgment, language (ability to express oneself and understand others) or visuospatial abilities (ability to draw diagrams or find oneself in space). It may be associated with behavioral changes and such problems as hallucinations, agitation and wandering.

Is dementia the same as senility?
The term "senile" is one which has fallen out of favor as we learn more about dementia. Senility was used at a time when it was believed that forgetfulness and memory loss were normal parts of aging. We now know that it is not normal to have significant memory loss as one gets older. However, the incidence of dementia does increase with age and one study in East Boston, Massachusetts, found that almost 50% of people over 85 had dementia.

What causes dementia?
There are many different processes which can cause dementia. About 50% of dementia cases are caused by Alzheimer's disease which is a progressive deterioration of the brain characterized by a particular pathologic pattern and a decrease in the concentration of many of the chemicals in the brain by which nerve cells communicate with one another.

Ten to 20% of dementia cases are caused by multiple infarcts (strokes) and are therefore called multi-infarct dementias (MID). Both Alzheimer's disease and MID may coexist in a single person. Other possible causes of dementia include some chronic infections (including AIDS), alcohol abuse, certain vitamin deficiencies, endocrine problems such as thyroid gland dysfunction and depression (sometimes called pseudodementia).

How is the dementia diagnosed?
Dementia can be detected by reviewing a history of the person's functional decline and a complete physical exam, including a mental status test which helps to evaluate memory and a variety of other areas of cognition.

The person with dementia, or more often the person's family members, will usually describe a progressive loss of memory and inability to do tasks that he or she was once able to do. The person becomes more forgetful and may misplace things more often than usual, forget the names of familiar people or get lost in familiar surroundings.

Persons with dementia may also have difficulty controlling their bladder or bowels and may become agitated at times. A physical exam may help to point to a particular cause, or as in Alzheimer's disease, helps by failing to suggest other causes.

An evaluation is completed by checking several blood tests and often a brain imaging test (CT or MRI) to look for structural problems.

Can dementia be treated?
Studies have shown that about 11% of dementia cases are potentially reversible. This is the reason that one of the first steps in evaluating someone with dementia is to look for such problems as Vitamin B12 deficiency, hypothyroidism (underactive thyroid gland), depression and certain chronic infections. If these conditions are treated, it is possible that the dementia will at least improve and possibly resolve.

Currently, a drug called Cognex or Tacrine, has been approved by the FDA for treatment of Alzheimer's disease. There are also numerous studies to investigate other possible treatments. Unfortunately, there is no known cure for Alzheimer's disease or most other forms of dementia.

For more information about dementia, call the Geriatrics Institute of Sinai Samaritan Medical Center, 283-7887.

For physician referral, please call St. Luke's Doctor Referral Service at 649-6565 in Milwaukee or 1-800-782-9797 outside Milwaukee, or Sinai Samaritan's CALL-A-NURSE at 342-7676 in Milwaukee or 1-800-342-7676 outside Milwaukee.
**St. Luke’s Offers Healthy Holiday Recipe Class**

Ummm... pork roast with cherry sauce, banana nutmeg muffins, broccoli rice casserole and fat-free pumpkin raisin cake. Sound like recipes you would enjoy? If so, learn how to have healthy meals this holiday season by attending the Healthy Holiday Recipe Class.

This 2 hour class, led by a registered dietitian, will teach you how to reduce fat and sodium while preparing healthy and delicious foods.

The class includes:
- a discussion of recommended intake for fat, cholesterol and sodium
- a demonstration on how to prepare selected recipes
- sampling of prepared foods
- tips on using low-fat and fat-free products

You will also receive a Healthy Holiday recipe booklet with a variety of reduced fat and sodium recipes including holiday appetizers, entrees and desserts.

- **Thursday December 1 from 6-8 p.m.**
  St. Luke’s -New Berlin Health Care Center
- or
- **Thursday, December 8 from 6:30-8:30 p.m.**
  St. Luke’s Medical Center

Class fee for either session is $15 per person.

For more information or to register call St. Luke’s Nutrition Services at 649-6757.

**Heart Healthy Cooking**

The Milwaukee Heart Institute will present a Heart Healthy Cooking demonstration on Tuesday, February 14, from noon to 1:30 p.m. Give your heart a lift this Valentine’s Day and learn how to lighten your meals.

Registered dietitian Kristin Kwak will teach tips on low-fat meal preparation, label reading, portion sizes and food sampling. The cost is $7 per person.

For more information or to register, call the Milwaukee Heart Institute of Sinai Samaritan Medical Center at 283-7400.

**THINK LIGHT! Classes Offered**

Whether you want to lose excess body fat, lower your blood cholesterol or complement your fitness program with healthy, low-fat eating, the THINK LIGHT! - Lowfat Living Plan™ conveniently makes it all possible.

THINK LIGHT! is a 10 week group weight control program that focuses on overall health and wellness. It is taught by a registered dietitian, an exercise physiologist and a behavioral specialist from the Milwaukee Heart Institute of Sinai Samaritan Medical Center.

Classes begin Wednesday, January 18 and run through Wednesday, March 22, at the Brookfield Sports Medicine Institute, 19601 W. Bluemound Road, Brookfield. Cost for the entire program is $150 per person, $250 per couple.

To get started on your low-fat living plan, contact the Milwaukee Heart Institute of Sinai Samaritan Medical Center, 283-7400.
A Warm Welcome to Freedom 55/65's New Transportation Clerk

Freedom 55/65 is pleased to announce Betty Green as transportation clerk for Sinai Samaritan Medical Center. Betty is responsible for coordinating all aspects of transportation for Freedom 55/65 members coming to Sinai Samaritan for services.

Betty's priority is to provide members with the best service possible. And, with 7 years of experience, she has the expertise to maintain that priority.

Please extend a warm welcome to Betty. For more information or to schedule transportation call 937-5444.

Traveling Overseas?

Comprehensive services for international travelers are available at the newly opened International Traveler's Clinic, located at the Family Care Center of Sinai Samaritan Medical Center, 1834 W. Wisconsin Avenue.

The International Traveler's Clinic provides all immunizations recommended by the U.S. Public Health Service and the World Health Organization. It is also approved by the Wisconsin Division of Health to provide the yellow fever vaccination.

The clinic staff has complete and current information on culture, weather and precautions to enhance the safety and enjoyment of the international traveler.

Clinic hours are Monday through Friday, 8:30 a.m. to 4:30 p.m., Wednesdays until 8 p.m. and every other Saturday from 8 a.m. until noon. For the most efficient service, please schedule your appointment 8 weeks in advance.

Please call The International Traveler's Clinic at 933-3600 for any additional information.