

# REACHING OUT



## WHO WE ARE

The Alexian Brothers Medical Center (ABMC) Senior and Community Resource Center is comprised of resources and programs for older adults, their family members, the community and professionals in Chicago's northwest suburbs.

Our expert staff provides FREE consultation services to assist with problem solving and identifying helpful resources to meet your needs and those of your loved ones.

## MISSION STATEMENT

Our mission is to provide our clients with quality service and to achieve the highest possible standards in all that we do. Whether a caregiver, patient, or community member, supportive services are available to assist each individual in leading the most informed and independent life possible.

### Newsletter Editors:

Nancy Frenk, BA  
 Nancy Freske, RN, BA  
 Sarah Goodworth, MSW  
 Nancy King, RN, BSN, MSN

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**Alexian Brothers  
 Medical Center**

**SENIOR AND COMMUNITY  
 RESOURCE CENTER**

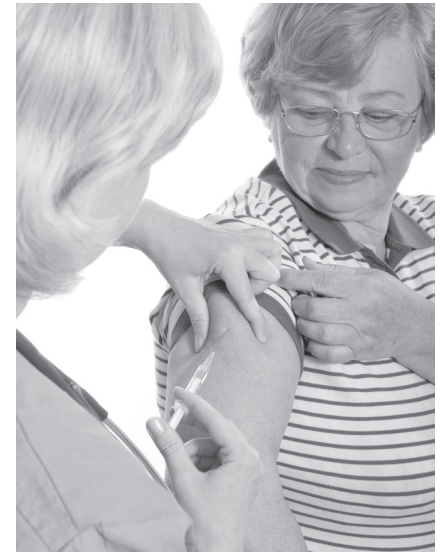
### Infection Control Tips:

## Flu Season Is Here- Vaccinate to Protect You and Your Loved Ones from Flu

*Written by: Kathleen Beaugureau, BSN,  
 Infection Control*

The CDC has reported that every day in America about 10,000 people turn 65. By the year 2030, roughly one out of every five Americans will be aged 65 years and older. Unfortunately, many older adults currently do not receive vaccinations, screenings, and other preventive services that national experts recommend.

These important services help detect many diseases, delay their onset, or identify them early in their most treatable stages to ensure healthier, longer, and more productive lives for older adults.



### THREE WAYS TO STAY HEALTHIER:

1. **Protecting yourself from the flu is a great start.** Everyone 6 months of age and older should get a yearly flu vaccine. It takes about two weeks after vaccination for your body to develop an immune response. Get vaccinated now so that you will be protected all season long! Influenza (flu) is a contagious respiratory disease that can lead to serious complications, hospitalization, or even death. Anyone can get the flu, and getting a flu vaccine is the single best way to protect yourself and your family. Even healthy people can get very sick from the flu and spread it to friends and loved ones.
2. **Stay healthy by practicing these healthy habits:**
  - Avoid people who are sick with the flu
  - Stay home when you are sick
  - Cover your coughs and sneezes
  - Wash your hands often
  - Don't touch your eyes, nose or mouth
  - Get plenty of sleep, stay physically active, manage your stress, drink plenty of fluids, and eat nutritious food
3. **Seek medical advice quickly if you develop flu symptoms.** Flu symptoms include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some people may also have vomiting and diarrhea. People may be infected with the flu and have respiratory symptoms without a fever.

**Stay Healthy and Active, Get Vaccinated!**

# THE FAMILY CAREGIVER CORNER

We are here to support you as you support a loved one!

## Tender Loving Caregivers Family Support Groups Offered

The Senior and Community Resource Center offers two ongoing support groups. These groups are offered free to spouses, adult children, and significant others who are providing care for a loved one. Our support groups provide the opportunity for caregivers to come together and explore healthy ways of reducing stress and discover coping strategies that provide support during the responsibilities of being a caregiver.

*The support groups meet at the following locations:*

**Date:** 2nd Tuesday of each month

**Time:** 7 – 9 PM **Cost:** FREE

**Location:** Alexian Brothers Medical Center (ABMC),  
The Senior and Community Resource Center,  
Roncoli Center, 600 Alexian Way,  
Elk Grove Village

**Register:** by calling 1-847-956-5465

*Also available at...*

**Date:** 1st Thursday of each month

**Time:** 7 – 9 PM **Cost:** FREE

**Location:** St. Alexius Medical Center  
1555 Barrington Road, Hoffman Estates

**Register:** by calling 1-847-839-6481



## Now You're a Caregiver, Now What?

Caregiving is not always an easy task, and often times you may have to become a caregiver overnight. Sarah Goodworth, MSW, from the Senior and Community Resource Center, will help you learn about helpful resources which can support you as a caregiver as well as your family member. Find ways to reduce stress by utilizing services and programs such as Medicare counseling, prescription drug assistance, caregiver support groups, Advanced Directives, lending closets, Adult Day Services and other resources.

**Date:** Thursday, January 26, 2012

**Time:** 2 – 3:30 PM **Cost:** FREE

**Location:** Alexian Brothers Medical Center, Kennedy  
Conference Rooms 1 & 2, 800 Biesterfield Rd,  
Elk Grove Village

**Register:** by calling 1-866-ALEXIAN (1-866-253-9426)

## Join us on Facebook and Twitter



Get updates on Alexian Brothers happenings (health fairs, screenings and foundation events), view physician videos, and join the conversation about our health and wellness posts (including child development, cancer, neurology and more).

Visit

[Facebook.com/AlexianBrothersHealthSystem](https://www.facebook.com/AlexianBrothersHealthSystem)

and

[Twitter.com/AlexianBrothers](https://twitter.com/AlexianBrothers)

Visit our web page at

[http://www.alexianbrothershealth.org/  
services-senior-community-resource/index.aspx](http://www.alexianbrothershealth.org/services-senior-community-resource/index.aspx)

## Support Our Ongoing Fundraiser

Please do not throw out your small electronic devices (cell phones, iPods, game systems, laptop computers, digital cameras, etc). The Senior and Community Resource Center collects these and recycles them. We use the money raised to support our emergency assistance account. Please call 1-847-956-5465 for drop off locations or for further information on how you can help us assist our clients.

THANK YOU!

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## PROGRAM OFFERINGS

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### The Illinois Yellow Dot Program

The Illinois Department of Transportation (IDOT) recently introduced a new medical-alert program as a traffic safety initiative. The voluntary Yellow Dot Program asks drivers to place a special yellow dot-shaped decal on the vehicles' lower left-hand rear window (on the driver's side). Should an accident occur, the Yellow Dot would signify to the first responders (paramedics/fire department) that there is a yellow brochure in the vehicle's glove compartment with the following information: medical information about the driver/passenger(s) current medications, emergency contact information, physician information, medical conditions, recent surgeries, and allergies.

Treatment options can be much different for victims who have diabetes, are on blood thinners, or have certain allergies, than those who are not being treated for those conditions. Having such information allows first responders to make important decisions about emergency treatment at the scene of the accident, and can help staff of the emergency room when the crash victim arrives at the hospital. Based on these facts, the Illinois Yellow Dot Program could be a life-saver.

Distribution of free materials for the program (including the yellow brochures and 3-inch-wide dot for the rear window)

is available at county health departments. For a listing of county health departments, or more information about the program, visit [www.yellowdotillinois.org](http://www.yellowdotillinois.org).

The Senior and Community Resource Center in the Roncoli Center will be also be able to distribute packets in the near future once we receive our supply from IDOT.

### Flowerpetal.com

Our department is committed to supporting our clients. We seek the necessary resources and referrals that provide assistance to those in all types of situations. We continue to think of new ways to help raise awareness and support for issues that surround those that we help. One way we do this is through partnering with community businesses to get the word out. We have reconnected with *flowerpetal.com*, which is a company that we have partnered with in the past. *Flowerpetal.com* is helping the Senior and Community Resource Center to keep our success with clients ongoing. *Flowerpetal.com* will donate 12% of all online sales through the site to our department. *Flowerpetal.com* has over 400 fresh flower arrangements and gift baskets for every occasion. With competitive prices, *flowerpetal.com* guarantees 100% satisfaction on every order. Please go to [Alexianbrothershealth.flowerpetal.com](http://Alexianbrothershealth.flowerpetal.com) to see the information on flowers and gifts. Be sure to spread the word about the site!

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### Hunger Awareness Month Success!



*Pictured from left to right: Krystal McKenzie, Patient Services Manager, Tiara Adams, RD, LDN, Sarah Goodworth, MSW, and Katie Fielmann, Comfort Keepers owner.*

September was Hunger Awareness Month. The goal was to donate 1,000 pounds of food to help stop senior hunger. Thanks to all the donations from employees and community members, the food drive was able to more than double the amount of food from last year, bringing in 1,284 pounds of food. All food donations went to help benefit the growing problem of senior hunger, which can cause malnutrition, health complications, early entry to nursing facilities and longer hospital stays.

The Senior and Community Resource Center, Alexian Brothers Food and Nutrition Services and Sodexo, Inc. partnered with Comfort Keepers to help stop senior hunger and to provide food donations to those seniors in need. Congratulations to all those who helped and thank you for your generous donations!

## Health & Wellness Festival

The Senior and Community Resource Center is proud to announce the success of its *1st Annual Health & Wellness Festival*.

The festival took place on Friday, October 28th, and was located in the Kennedy Conference Rooms at Alexian Brothers Medical Center. Approximately 170 community members visited 21 booths from many of Alexian Brothers departments, who provided educational material as well as links to important resources within the community. Representatives from the Elk Grove Park District Pavilion Fitness Center and Senior Center were present, and provided 10 minute massages to interested clients throughout the Festival. A representative from Schaumburg Township explained the free amplified phone program for the hearing impaired, and a representative from EMB Medical/Diabetic Shoes provided information about Medicare's annual benefit associated with diabetic footwear for diabetic seniors. Representatives from the Chicago Lighthouse were also available to provide explanations and demonstrations of several new visual aid technology instruments.

**The following is the number of community members who took advantage of the complimentary health screenings during the Festival:**

- **Blood Pressure: 53**
- **Hearing Screening: 23**
- **Cholesterol Screening: 43**
- **Osteoporosis Screening: 63**

Round table discussions were also held on Medicare Part D, and five lucky individuals won Jewel gift cards by entering the free raffle.

We would like to thank everyone who participated in the Festival, including all of the hospital volunteers who gave their time to help us.

The *2nd Annual Health & Wellness Festival* is scheduled for Friday, October 26th, 2012. Mark your calendars now. We hope to see you then!



*Bernice Klingberg, MSW, LCSW, Cancer Institute.*



*Pictured from left to right: Cindy Marofske, Clinical Dietitian, Jessica Hicks, Dominican University Intern, and Katie Cosentino, Volunteer.*

## The Vet Center at Alexian Brothers Medical Center Campus

The Vet Center is another valuable resource for many community members and is also located just down the hall from the Senior and Community Resource Center. The Vet Center offers a variety of services including accessing benefit eligibility and counseling. Please call 1-847-593-8350 for an appointment with a counselor.

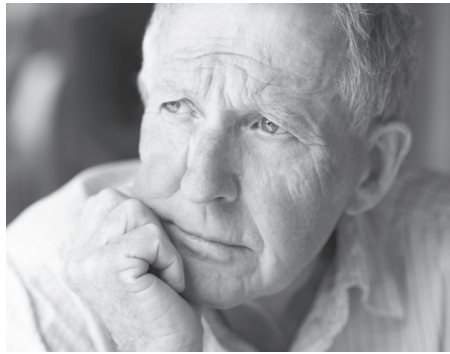
## Senior Health Insurance Program (SHIP)

SHIP is a program sponsored by the Illinois Department of Insurance. As a SHIP site, the Senior and Community Resource Center is dedicated to providing free one-on-one insurance counseling and among other insurance issues, can answer questions about Medicare supplement insurance, Medicare advantage plans, the Illinois Cares Rx prescription drug assistance program, and long-term care insurance.

## Seasonal Affective Disorder

Written by Alexian Brothers Center for Mental Health

Individuals that experience a depressed mood during the cold, dark winter months are experiencing a clinical feature known as Seasonal Affective Disorder (SAD). According to the Mayo Clinic, 6%



of all Americans are affected by SAD annually, accounting for approximately 10 million cases. The symptoms of Seasonal Affective Disorder are consistent with those of other forms of depression including:

- Lack of energy
- Desire to sleep
- Becoming impatient with self or others
- Difficulty concentrating
- Lack of sustainable energy
- An overall feeling of despair

The severity of symptoms can range from the mildly depressed, to individuals that experience more severe symptoms that can effect life on a daily basis. This cause of depression has been linked to a number of factors, most notably the reduction in exposure to sunlight during the winter months.

If you think you are experiencing symptoms of SAD or depression, or have an increase in anxiety or stress, help is available.

Alexian Brothers Center for Mental Health in Arlington Heights is a community-based outpatient treatment center that can help individuals who have mental health needs. They have an array of services including medication evaluation and management, individual therapy, a group therapy program, support groups, vocational, educational and residential services. For more information, visit their website at [www.alexiancenter.org](http://www.alexiancenter.org) or call 1-847-952-7460.

## Winter Advice from Dr. Weise

Written by Roger Weise, MD

Fall is the time of year when we start school, reset our clocks, rake leaves, and winterize our automobiles. Fall is also the time of year when we focus on our health. Chicago winters are tough. We must prepare ourselves to weather the cold, the snow, the ice, and the hours indoors exposed to each other's coughs, sneezes and runny noses.

How can we prepare ourselves for this daunting task? When it comes to Chicago winters, an ounce of prevention is much cheaper and less painful than a pound of cure. To help us all get through this coming (and reportedly, severe) Chicago winter, I offer the following advice:

1. Choose to be healthy this winter. Continue to exercise, eat right, and get plenty of rest. Become creative. Walking at the mall or Walmart or just around the house (30 minutes a day). To reduce 30% of calories, stay off the couch and limit television viewing.
2. Before you do any strenuous work out-of-doors, check with your doctor. If the outside temperature is 20°F or above, and the ground is dry and safe, get outside as much as possible.
3. Get a flu shot. Check with your doctor to see if you need immunizations for pneumonia, shingles or tetanus.
4. Wash your hands often and vigorously if you're around other people. Hand sanitizer is a good 2<sup>nd</sup> choice.
5. If you become ill, get help. Always carry tissue to cover your nose and mouth if you sneeze.
6. If you become ill and decide to take over-the-counter medications, let your doctor know to avoid medication mishaps and side effects.

7. Talk to a friend or loved one every day. Sharing the winter with a friend or loved one is the best way to create warmth and weather the storm. You can't



escape the winter (unless you move away) but you can manage the winter by using your head and paying attention to your heart.

# ADDITIONAL EDUCATION PROGRAMS

## JANUARY PROGRAMS

### Lifestyle Changes + Assistive Devices = Easier Life + Independence

As lifestyles change and technologies advance, independence becomes more manageable for those using assistive devices. An assistive device is a tool that allows people to perform tasks that become difficult for those to manage on their own. Assistive devices allow people to live easier, more independent lives.

The Kenneth Young Center's Caregiver Specialist, Daxa Sanghvi, MSW, will be presenting a unique collection of assistive devices for you to come browse through and learn about. Some of the items include: talking clocks, large button phones, phone amplifiers, gripping aids, dressing aids, grab bars, van modifications, back brushes, timers, bathing aids and many more.

**Date:** Tuesday, January 24, 2012

**Time:** 9 AM – Noon **Cost:** FREE

**Location:** In the Lobby of the Eberle Medical Building  
800 Biesterfield Road, Elk Grove Village

**Registration not required**

### Free Blood Pressure Screenings

Alexian Brothers Senior & Community Resource Center is sponsoring Free Blood Pressure Screenings. Volunteer nurses will take your blood pressure and provide educational material, including a blood pressure recording card to present to your physician during your doctor's visit.

**Date:** Second & Fourth Tuesdays of every month

**Time:** 9 AM – 1 PM **Cost:** FREE

**Location:** In the Lobby of the Eberle Medical Building  
800 Biesterfield Road, Elk Grove Village

**Registration not required**

## FEBRUARY PROGRAMS

### Take Charge of Your Diabetes

Take Charge of Your Diabetes is an evidence-based health workshop for older adults with diabetes and their caregivers. This diabetes self-management program, developed by Stanford University, is a proven series of 2 ½ hour weekly sessions for six weeks. Sessions are highly participative, filled with fun activities, and reviews basic principles necessary to balance and manage diabetes well. Class members also learn about exercise, nutrition, using medications, communicating with family, friends and health professionals, evaluating new treatment options and problem-solving around their ongoing health condition.

Class leaders Kathy Boyk, R.N. Certified Diabetic Educator, and Nancy King, RN, MSN, Senior and Community Resource Center, are both trained to help participants cope with fatigue, frustration, pain, and isolation related to ongoing health conditions. Although they are healthcare providers, they both have personal experience in dealing with loved ones with diabetes.

Participants set their own goals, and report gaining confidence and new ideas from others in the class. They report having more energy, being more confident and in control of their lives, and feeling connected to others with similar issues. This program is made possible through a grant from the U.S. Administration on Aging via the Illinois Department of Public Health, and is being sponsored by AgeOptions.

**Date:** Wednesdays, February 15 – March 21, 2012

**Time:** 9 – 11:30 AM **Cost:** FREE

**Location:** Alexian Brothers Medical Center,  
The Senior and Community Resource Center,  
Roncoli Center, 600 Alexian Way,  
Elk Grove Village

**Register:** by calling 1-866- ALEXIAN (1-866-253-9426)

### Take Charge Of Your Diabetes (TCOYD) Self Management Program a Success

Alexian Brothers Medical Center (ABMC) is pleased to announce that all participants successfully completed their first TCOYD self-management program. Sessions started October 17th and concluded November 21st. Participants learned basic principles related to diabetes management, as well as problem-solving and coping skills related to their health condition. Of particular interest were healthy eating choices, how to prevent high/low blood sugars, stress and relaxation techniques, and how to be more in control of their lives. Class leaders, who have experienced diabetes within their own family, encouraged participants to set their own goals. Due to the success of this program, ABMC looks forward to hosting the next six week workshop series scheduled for mid-February through mid-March, 2012.

**Register by calling 1-866-ALEXIAN (1-866-253-9426) or online at [www.AlexianBrothersHealth.org/ClassesEvents](http://www.AlexianBrothersHealth.org/ClassesEvents)**

## ADDITIONAL EDUCATION PROGRAMS

### What's On Your Plate? Healthy Meal Planning

Planning meals and putting them together does not have to be difficult or too time-consuming. Simple, practical advice provided to empower you to make the most nutrient-dense choices for health. Join Registered Dietitian, Cari Rivas, to explore the MyPlate concept and how this tool can drive you to create a great plate. Using and applying MyPlate along with the MyPyramid food groups and 2010 Dietary Guidelines for Americans can help you reach a healthier you!

**Date:** Tuesday, February 21, 2012

**Time:** 10 – 11:30 AM **Cost:** FREE

**Location:** Arlington Heights Senior Center  
1801 W. Central Road, Arlington Heights

**Register:** by calling 1-847-253-5532

#### MARCH PROGRAMS

### AARP Driver Safety Program

The Senior and Community Resource Center will be offering the AARP Driver Safety Program. The two day, eight hour class will be taught by an AARP- trained volunteer.

**The course is designed to help participants:**

- Understand the effects of aging on driving.
- Learn driving strategies that take into account the effects of aging.
- Identify the most common crash situations faced by older drivers.
- Reduce chances of having a crash.
- Update knowledge of today's roads traffic laws, vehicles, and other road users.
- Consider driving skills and identify when driving may no longer be safe.

Course participants may be eligible to receive an insurance discount. Your insurance agent should be consulted for further details. *A fee of \$12 for AARP members and \$14 for nonmembers is charged. Payment should be made on the first day of class.*

**Dates:** Wednesday, March 7, 2012  
*and also*

Thursday, March 8, 2012

**Time:** 1 – 5 PM each day

**Location:** Alexian Brothers Medical Center,  
The Senior and Community Resource Center,  
Roncoli Center, 600 Alexian Way,  
Elk Grove Village

**Register:** by calling 1-866-ALEXIAN (1-866-253-9426)

### Medicaid News You Can Use

Are you interested in knowing more about public aid benefits? Revita DeChalus, LPC, from Alexian Brothers Center for Mental Health will help you learn about Medical Assistance, Spend Down, Health Benefits for Workers Disabilities, and Food Stamps/Link Card. We will discuss how to apply for medical and food stamp assistance, and the documents needed for applications.

**Date:** Tuesday, March 6, 2012

**Location:** Alexian Brothers Medical Center,  
Kennedy Conference Rooms 1 & 2  
800 Biesterfield Rd, Elk Grove Village

**Time:** 7– 8:30 PM **Cost:** FREE

**Register:** by calling 1-866-ALEXIAN (1-866-253-9426)

### Ask the Pharmacist

Have you ever wondered if the prescriptions you are taking interact with one another? Do you take over the counter medications and prescription drugs? Do you take multiple medications? If you answered yes to any of these questions then you may benefit from a one-on-one meeting with Bob Janik, Pharm D, an Alexian Brothers registered Pharmacist who can help you understand the answers to these questions. Make an appointment to go over your medications and learn how to manage you prescriptions in a safe and healthy manner.

**Date:** Wednesday, March 14, 2012

**Time:** 10 AM– 2 PM **Cost:** FREE

**Location:** Alexian Brothers Medical Center,  
The Senior and Community Resource Center,  
Roncoli Center, 600 Alexian Way,  
Elk Grove Village

**Register:** by calling 1-866-ALEXIAN (1-866-253-9426)

Register by calling **1-866-ALEXIAN (1-866-253-9426)** or online at **[www.AlexianBrothersHealth.org/ClassesEvents](http://www.AlexianBrothersHealth.org/ClassesEvents)**

## ADDITIONAL EDUCATION PROGRAMS

### Memory Screening Day

Come celebrate National Memory Screening Day with the Senior and Community Resource Center. Meet privately with Alexian Brothers Neurosciences Institute's Michelle Sanfilippo, MPAS, PA-C to receive a free memory screening. This safe and simple evaluation will check memory and other thinking skills, as well as indicate the possible need for an additional check-up with your doctor. The memory screening is not used to diagnose any particular illness, but intended to help those concerned about memory loss determine the need for further evaluation. To schedule a confidential appointment, please call the Senior and Community Resource Center at 1-847-956-5465.

**Date:** Thursday, March 15, 2012

**Time:** 9 AM – 1 PM **Cost:** FREE

**Location:** Alexian Brothers Medical Center  
The Senior and Community Resource Center,  
Roncoli Center, 600 Alexian Way,  
Elk Grove Village

**Register:** by calling 1-847-956-5465



### To Drive or Not To Drive

As we age, some aspects of driving become more difficult. What can you, or someone close to you, do to remain a safe driver? Please join Jodie Auliff from the Alexian Rehabilitation Hospital, as we discuss how to continue driving, how to know when to stop, and what options are available to help you make these decisions.

**Date:** Tuesday, March 20, 2012

**Time:** 10 – 11:30 AM **Cost:** FREE

**Location:** Arlington Heights Senior Center  
1801 W. Central Road, Arlington Heights

**Register:** by calling 1-847-253-5532

### IL Cares Rx / Circuit Breaker Day

It's time to file your IL – 1363 Forms again! If you are currently receiving IL Cares Rx and/or Circuit Breaker benefits then you may need to file again for 2012 benefits. As of September 1, 2011 the income guidelines have changed. For those applying for prescription benefits through IL Cares Rx the new income limit is \$21,780 for an individual and \$29,420 for a married couple. If you are filing for the Circuit Breaker grant, License plate discount and the RTA transit card, the income guidelines are \$27,610 for an individual and \$36,635 for a married couple. The Senior and Community Resource Center is dedicating a day to help fill out and submit the IL – 1363 applications. Please schedule a free appointment by calling 1-847-956-5465

**Date:** Friday, March 23, 2012

**Time:** 9 AM – 4 PM **Cost:** FREE

**Location:** Alexian Brothers Medical Center,  
The Senior and Community Resource Center,  
Roncoli Center, 600 Alexian Way,  
Elk Grove Village

**Register:** by calling 1-847-956-5465

### Who Can You Trust?

How do you decide which person to trust? Have you ever trusted the wrong one? Trust is a risky business to begin with, yet as we age, we realize that we may have to trust others more than we had previously. Alexian Brothers Older Adult Healthcare's Roger Weise, MD, will share some principles of "How to Trust" so that you may make the best decisions and experience satisfying outcomes.

**Date:** Wednesday, March 28, 2012

**Time:** 6 – 7:30 PM **Cost:** FREE

**Location:** Alexian Brothers Medical Center,  
Kennedy Conference Rooms 1 & 2  
800 Biesterfield Rd, Elk Grove Village

**Register:** by calling 1-866-ALEXIAN (1-866-253-9426)

Register by calling **1-866-ALEXIAN** (1-866-253-9426) or online at [www.AlexianBrothersHealth.org/ClassesEvents](http://www.AlexianBrothersHealth.org/ClassesEvents)

# ADDITIONAL EDUCATION PROGRAMS

## APRIL PROGRAMS

### National Healthcare Decision's Day

Over twenty years ago Congress passed a law called the Federal Patient Self-Determination Act. The purpose of this act was to encourage all Americans to prepare an advance directive(s). These documents communicate to your loved ones and healthcare providers how you would want to be treated when you are not able to speak for yourself, during a medical emergency or life-limiting illness. Since the passing of this law, many Americans have not taken advantage of this right.

National Healthcare Decision's Day is a collaborative effort of national, state, and community organizations to remind all people of the importance of making their healthcare wishes known to loved ones and their care providers, whomever they might be.

It's important for people to communicate their wishes to their loved ones and healthcare providers before a crisis happens or before they become ill. When this happens, patients may feel rushed to make decisions that they may not otherwise and filling out the forms takes thoughtful consideration.

When patients come to the hospital unable to speak for themselves and without advance directives, it usually becomes their loved one's responsibility to make medical decisions. Oftentimes, this becomes a very painful process for the family and can pit one family member against the other. In addition, doctors are sometimes asked to do aggressive treatments even though they may feel that it's not in the patient's best interest.

If you are interested in getting more information about advance directives, please stop by the National Healthcare Decision's Day table in the Alexian Brother's Eberle Lobby from 9 AM until 1PM on April 10. Blood pressure testing will also be available. You may also stop by or call the Senior and Community Resource Center at 1-847-956-5465.

**Date:** Tuesday, April 10, 2012

**Time:** 9 AM – 1 PM **Cost:** FREE

**Location:** In the Lobby of the Eberle Medical Building  
800 Beisterfield Road, Elk Grove Village

**Registration not required**

### Approaching 65: What You Need to Know About Medicare

The Kenneth Young Center will provide information about signing up for Medicare. Learn about Medicare Parts A and B, supplemental insurance and the Medicare Part D prescription drug program.

**Date:** Wednesday, April 25, 2012

**Time:** 7 – 8:30 PM **Cost:** FREE

**Location:** Alexian Brothers Medical Center,  
Kennedy Conference Rooms 1 & 2  
800 Biesterfield Rd, Elk Grove Village

**Register:** by calling 1-866-ALEXIAN (1-866-253-9426)



### Step into the No Fall Zone

Increasing your enjoyment in life may be a matter of improving your balance. Myra Creath, RN, CPHQ; and Marcia O'Mallie, Therapy Manager, ABMC Home Health will discuss precautions, exercises and behavior changes that will reduce your risk of falling, increase your self-confidence, keep you active and maintain your independence. Don't miss this fun and interactive program that will teach you how small changes can support a healthy lifestyle. A step in fall prevention is better than a mile of recovery. Hope to see you there!

**Date:** Thursday, April 12, 2012

**Time:** 10 – 11:30 AM **Cost:** FREE

**Location:** Arlington Heights Senior Center  
1801 W. Central Road, Arlington Heights

**Register:** by calling 1-847-253-5532

Register by calling **1-866-ALEXIAN** (1-866-253-9426) or online at [www.AlexianBrothersHealth.org/ClassesEvents](http://www.AlexianBrothersHealth.org/ClassesEvents)

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## ADDITIONAL EDUCATION PROGRAMS

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### Lunch & Learn: Understanding Advance Directives and Hospice Care

The Senior and Community Resource Center has partnered with Alexian Brothers Hospice to present a Lunch & Learn. Come learn about Advanced Directives, Hospice Care and Palliative Care. Nancy Freske, RN will talk about how to make the end of life decision-making process easier. Learn what an advance directive, living will and durable power of attorney are, and what to consider when writing an advance directive. Rev. Cindy Wallace, MDiv, and Melanie Amin,

LCSW, CMC will teach you what is covered by hospice and how these services can reduce pain and improve quality of life. Come discuss how hospice care can be physically, emotionally and spiritually beneficial for family members and their loved ones and improve family communication.

**Date:** Thursday, April 19, 2012

**Time:** Noon – 2 PM      **Cost:** FREE

**Location:** Alexian Brothers Medical Center,  
The Senior and Community Resource Center,  
Roncoli Center, 600 Alexian Way,  
Elk Grove Village

**Register:** by calling 1-866-ALEXIAN (1-866-253-9426)

Register by calling **1-866-ALEXIAN (1-866-253-9426)** or online at [www.AlexianBrothersHealth.org/ClassesEvents](http://www.AlexianBrothersHealth.org/ClassesEvents)

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## ST. ALEXIUS EDUCATION PROGRAMS

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St. Alexius Medical Center Senior and Community Resource Center  
1555 Barrington Road, Hoffman Estates, IL 60169

### Tender Loving Caregivers Family Support Group

This ongoing support group is offered to spouses, adult children and significant others who provide care for a loved one. Our support group offers an opportunity for caregivers to come together, discover healthy ways of reducing stress and explore coping strategies. For more information call 1-847-839-6481.

**Date:** 1st Thursday of each month

**Time:** 7 – 9 PM      **Cost:** FREE

**Location:** St. Alexius Medical Center  
1555 Barrington Road, Hoffman Estates

### Is Cancer In Your Genes?

If you have ever wondered about your risk for developing breast or other cancers because of your family history? Then you may want to learn more about high risk genetic risk assessment. This assessment can provide valuable insight into your personal risk factors for developing breast and other related cancers, as well as an individualized plan for follow up and preventative care. Please join Tinamarie Bauman, RN, MSN, APNG, Asst. Director Breast & High Risk Genetics Program, as she explains the connection between our genes and the availability of genetic testing for hereditary cancers.

**Date:** January 18, 2012

**Time:** 7 – 8:30 PM      **Cost:** FREE

**Location:** St. Alexius Medical Center,  
4th floor Conference Room B & C

All programs are held at the St. Alexius Medical Center Campus  
and are FREE unless otherwise noted.

For more information on our programs, resources and services, call St. Alexius Medical Center at 847-839-6481, fax to 847-755-8632, or email [SAMCSeniorandCommunityResourceCenter@alexian.net](mailto:SAMCSeniorandCommunityResourceCenter@alexian.net)

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# ST. ALEXIUS EDUCATION PROGRAMS

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St. Alexius Medical Center Senior and Community Resource Center  
1555 Barrington Road, Hoffman Estates, IL 60169

## Palliative Care 101: What's it All About?

Join Ellen Norton, APN, adult nurse practitioner-BC, CHPN, Coordinator of Palliative Care at St. Alexius Medical Center. Palliative care can be of great benefit for individuals who suffer from chronic health conditions and how to benefit from the proper management of chronic diseases. Join Ellen as she unlocks the myths and mysteries about this little known secret benefit. This session is appropriate for all generations. Bring your questions for a lively presentation

**Date:** February 22, 2012

**Time:** 7 – 8:30 PM

**Location:** St. Alexius Medical Center,  
4th floor Conference Room B & C

## New to Medicare: What Do I Need to Know?

Senior and Community Resource Center staff and a Kenneth Young Center representative present a program that is beneficial to those new to Medicare and for those interested in a review of the current coverage offered through Medicare. There will be an overview of Medicare parts A & B, Supplemental Insurance, Medicare Advantage and the Medicare D prescription drug program. You will learn everything you need to know to make an informed and educated decision about your insurance needs.

**Date:** March 14, 2012

**Time:** 7 – 8:30 PM

**Location:** St. Alexius Medical Center,  
4th floor Conference Room B & C

## Nurturing the Sandwich Generation: Where's the Meat?

Are you caught between raising kids and taking care of aging parents? Do you find you're often last on the list when it comes to care-taking? Let's talk about how to navigate this transitional time with wisdom and grace as two fellow sandwich generation travelers share their knowledge, experience and some practical tips with you!

**Date:** April 18, 2012

**Time:** 7 – 8:30 PM

**Location:** St. Alexius Medical Center,  
4th floor Conference Room B & C

## Making Sense of Memory Loss

Some memory loss is normal as we age, but some older people experience more than occasional forgetfulness. What can family members do to help someone who is beginning to experience memory loss or other difficulties with thinking or has early-stage diagnosis of Alzheimer's or dementia? This program can help. It includes an overview of memory loss and related symptoms, communication strategies plus tips for making decisions, planning for the future and effective ways of coping and caring. Registration required. Seats limited. Call Daxa Sanghvi, MSW, Kenneth Young Center at 1-847-524-8800, ext. 168 to register. The \$15 class fee includes the book Alzheimer's Early Stages and can be paid at the first class.

**Date:** Wednesdays for 5 weeks:

February 22 – March 21, 2012

**Time:** 10 AM – 12:30 PM

**Location:** Cancer Institute Conference Room

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847-839-6481, fax to 847-755-8632, or email [SAMCSeniorandCommunityResourceCenter@alexian.net](mailto:SAMCSeniorandCommunityResourceCenter@alexian.net)

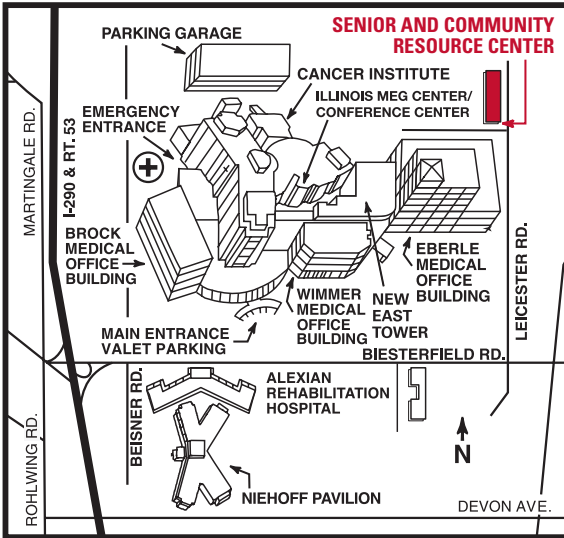


# Alexian Brothers Medical Center

800 Biesterfield Road  
Elk Grove Village, IL 60007

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## Meet Our Staff

- Nancy Frenk, BA
- Nancy Freske, RN, BA
- Nancy King, RN, BSN, MSN
- Sarah Goodworth, MSW

**And we cannot forget our volunteers!** It is with the ongoing assistance of Ilio Andreuccetti, Pat Carter, Myrtle Ciesla, Sandy Daggett, Ceila Danek, Gracie Florio, Geri Hamilton, John Incusci, Harriet Jablonski, John Lobenberg, Millie Murphy, Alice Nilles, Doris Rzepecki, Bertha Trottie, Barb Burke, RN, Pat Desmet, RN, Julia Fernandez, RN, Wayne Kucik, RN, Sally Lettenberger, RN, Pat McHenry, RN, Kathleen Predovich, RN, and Kathy Warren, RN that we are able to serve the community in such a comprehensive manner.

Alexian Brothers  
Medical Center  
**Senior and Community  
Resource Center**

Roncoli Center  
600 Alexian Way  
Elk Grove Village, IL 60007  
Phone: 1-847-956-5465  
Fax: 1-847-228-6372

## Alexian Brothers Medical Center Senior and Community Resource Center

### Do you want to add a friend to our mailing list?

The Alexian Brothers Medical Center (ABMC) Senior and Community Resource Center offers many programs throughout the year for professionals and the community. If you would like to add a friend to our mailing list, please call us at Alexian Brothers Medical Center at **1-847-956-5465**. You can also email us with your request at: [SeniorandCommunityResourceCenter@Alexian.net](mailto:SeniorandCommunityResourceCenter@Alexian.net). If you prefer to receive information electronically, please advise us using the email address listed above.



**ALEXIAN**  
BROTHERS  
HEALTH SYSTEM

**A Healthy Community Begins with Alexian Brothers.**

Visit our webpage at: [www.AlexianBrothersHealth.org](http://www.AlexianBrothersHealth.org)  
Enter keywords: Resource Center