

REACHING OUT



WHO WE ARE

The Alexian Brothers Medical Center 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 Freske, RN, BA
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**Alexian Brothers
 Medical Center**

**SENIOR AND COMMUNITY
 RESOURCE CENTER**

Alexian Brothers Medical Center Celebrates National Healthcare Decision's Day On April 12th

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.

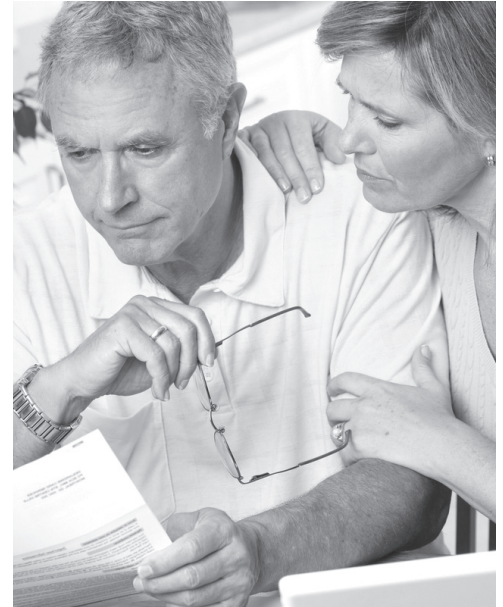
National Healthcare Decision's Day is a collaborative effort of national, state, and community organizations to remind all people of the importance of making their healthcare wishes known to loved ones and their care providers, before a crisis happens or before they become ill. When this happens, patients 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. This becomes a very painful process for the family and may cause family disagreements. Doctors are sometimes asked to conduct 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 Brothers' rotunda from 9 am until Noon on April 12th. Blood pressure screening will also be available. You may also stop by or call the Senior and Community Resource Center at 847-956-5465.

For additional information you may wish to join us at the Elk Grove Public Library on April 8th from 2 to 3:30 pm to hear a presentation on *Understanding Advance Directives* given by Nancy Freske, RN.

Additional information about this program is provided on page 5.



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 offer 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.

In addition to support groups, throughout the year we offer classes and seminars designed to help family members learn how to care for themselves while caring for a loved one. Our professional staff is also available for consultations to help you identify solutions for planning for a loved one's care.

The support groups meet at the following locations:

The Senior and Community Resource Center of Alexian Brothers Medical Center, located in the Roncoli Center, Elk Grove Village

Date: 2nd Tuesday of each month

Time: 7 – 9 PM

The Senior and Community Resource Center, located at St. Alexius Medical Center, Hoffman Estates

Date: 1st Thursday of each month

Time: 7 – 9 PM

There is no charge to attend these programs. Please register by calling **1-847-956-5465** to attend the group at the Roncoli Center or **1-847-839-6481** for the St. Alexius Medical Center location.



Caring For The Caregiver

Daxa Sanghvi, MSW, Caregiver Specialist of the Kenneth Young Center, presents *Red Cross Module: "Caring For The Caregiver"*. This program will prepare individuals who are family caregivers to care for their own health while caring for a loved one. Learn to recognize the signs of caregiver stress, identify ways to make time for yourself and understand how to access help from community organizations such as respite care.

Date: Wednesday, February 9, 2011

Time: 7:30 – 8:30 PM

Location: Elk Grove Public Library

Cost: A suggested donation of \$5 for the booklet

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

Caring for a Loved One with Dementia

Caring for someone with dementia can be truly rewarding because you are providing love and comfort, but sometimes it can be very challenging and overwhelming. Michelle Sanfilippo, Certified Physician Assistant, Cognitive Rehabilitation, Alexian Brothers Neurosciences Institute, will explore not only coping strategies for the caregiver, but also tips on caring for a loved one with dementia.

Date: Tuesday, April 5, 2011

Time: 7 – 8 PM

Location: Alexian Brothers Medical Center
Conference Rooms 1 & 2

Cost: FREE

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

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 us at 847-956-5465 for drop-off locations or for further information on how you can help us to assist our clients. **THANK YOU!**

THE FAMILY CAREGIVER CORNER

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

Powerful Tools For Caregivers

Powerful Tools for Caregivers is an educational program designed to help family caregivers take care of themselves while caring for a loved one. Caring for someone with chronic illness such as dementia, heart disease, Parkinson's disease or stroke is stressful. This six part course will enable you to better balance your own life with the needs of your older relative or friend. You will benefit from this class whether you are assisting with the care of a parent, spouse, or friend who lives at home, in a nursing home, or across the country.

You will learn how to reduce stress, improve self-confidence, better communicate your feelings, balance your life, increase ability to make tough decisions, and learn to locate helpful resources. Interactive lessons and group discussions make this a dynamic and effective self-care program.

Classes consist of six 2 & ½ hour sessions held weekly and are led by Daxa Sanghvi, MSW, Caregiver Specialist of the Kenneth Young Center. The cost for the entire series of classes is nominal and no one is turned away due to inability to pay.

Date: Fridays, from March 18th through April 22nd

Time: 1:30 to 4:00PM

Location: Alexian Brothers Medical Center • The Senior and Community Resource Center
located in the Roncoli Center, 600 Alexian Way, Elk Grove Village

Cost: \$35

Register: Please call **Daxa Sanghvi at 847-524-8800 ext. 168**

Drum Circles Strengthen the Body, Mind & Soul

What is a Drum Circle?

A drum circle is an interactive experience of making music. The drums and percussion instruments provide all participants with a voice. The drumming process allows the individuals to learn the skills necessary to work as a TEAM. The drummers become a community which recognizes each individual's self-expression brought to the circle.

Can I drum?

The exciting thing about drumming is that everyone can do it. No musical background is needed. Everyone can relate to it since rhythm is all around us. Rhythm is in our heartbeat, our breathing, our walking, in the season's changing, and in the sun rising and setting. The first sound we heard in our mother's womb was the rhythm of our mother's heartbeat. Drumming is very contagious and energizing.

What are the benefits?

The benefits of drumming are wonderful. Drumming crosses all boundaries — age, race and religion. It also brings people together in a relaxed environment. Drumming provides people with much needed socialization, increased self-esteem, mental stimulation, and stress reduction in an intergenerational environment. Circulatory and other types of physical stimulation is beneficial for good health, including reducing arthritis. Most importantly, it is just great fun! This unique form of music therapy has been used as a treatment for people recovering from strokes and those with severe neurological disorders such as dementia, Alzheimer's and Parkinson's Disease. A study was completed that proved that group drumming boosts cancer-killing cells. **See below for information about your opportunity to drum in your own community.**

Come join our Community Drum Circle led by our own Nancy Frenk. Enjoy the many benefits of drumming, including stress relief, mental and circulatory stimulation. You can make new friends and it is empowering at any age. No musical background is needed, only the need to have fun. Drums and percussion instruments are provided.

Date: Friday, February 4, 2011

Time: 3 - 4 PM

Location: Alexian Brothers Medical Center • The Senior and Community Resource Center
located in the Roncoli Center, 600 Alexian Way, Elk Grove Village

Cost: FREE

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

PROGRAM OFFERINGS

The Alexian Brothers Neurosciences Institute

Safe and Effective Treatment for Spinal Compression Fractures Due to Osteoporosis Offered at ABMC

Osteoporosis is the most common disease of bone, caused by significant loss of bone density and bone mass. This leads to weakening of the bone and possibly fractures. Osteoporosis is estimated to affect 10 million Americans, including 1 out of every 2 women after the age of 65. Another 34 million are estimated to be at risk. These numbers are expected to increase as the population ages.

Osteoporosis is typically a silent disease. There are no warning signs. Most people don't know they have it until they suffer a fracture. Despite how common osteoporosis is, it frequently goes undiagnosed. About two-thirds of patients with compression fractures in their spine go undiagnosed.

The diagnosis of osteoporosis may be made using a test for bone mineral density called a DEXA scan. When new and unrelenting back pain occurs in someone with osteoporosis, a compression fracture of the spine may be suspected. A set of x-rays, CAT scan, Bone Scan, or MRI study may be necessary to evaluate the pain further. Talk to your doctor about being evaluated.

If a spinal compression fracture has occurred, a minimally-invasive procedure called *vertebroplasty* or *kyphoplasty* may be considered for treatment. With these procedures, bone cement is injected into the fractured bone in the spine to stabilize and strengthen the damaged bone. Within 72 hours following the procedure, up to 90% of patients experience a dramatic reduction or complete relief of pain. Patients typically report an improvement in their mobility and are able to return to previous levels of activity in a short period of time.

Dr. Franklin Marden and Dr. Tim Malisch are interventional neuroradiologists at the Alexian Brothers Neurosciences Institute who specialize in vertebroplasty, kyphoplasty, and other minimally invasive procedures. Procedures are performed in the state-of-the-art biplane suite at Alexian Brothers Medical Center. For more information, please call 847-981-3630. Come learn more about this procedure at a program called *Oh My Aching Back* on Thursday, May 26, from 7 – 8:30pm. **See page 5 for more information.**

Making Wise Healthcare Decisions

Life is, for all practical purposes, one decision after another. Our quality of life is largely determined by the quality of our decisions. Likewise, the quality of our healthcare is determined by the wisdom of our healthcare choices.

Today's healthcare environment is, at best, confusing. What guidelines can we follow in order to make informed choices that will provide us with "good health"?

Choose to make your own healthcare decisions. Choosing not to decide upon actions you need to protect your health will reduce your quality of life.

Choose to obtain healthcare advice from those persons who know your healthcare best — you, your doctor, and your family. Neither your insurance company nor the Congress of the United States know your healthcare needs as well as you do.

Choose to seek "healing" in your healthcare and not just "fixing". Healing emphasizes the whole person and not just the body part. Healing requires faith, hope and trust — not just technology, paperwork and money. In good healthcare, healing can occur even if your illness cannot be fixed.

Nothing in life is free, especially healthcare. Choosing to be a responsible healthcare consumer — by making good lifestyle choices, seeking the truth about your personal health, and demanding healing, not just fixing — is the best strategy to protect and nourish your right to life, liberty, and the pursuit of happiness.

*Courtesy of Roger Weise, MD
Older Adult Healthcare*

ADDITIONAL EDUCATIONAL PROGRAMS

Understanding Advance Directives

Planning your end of life decisions is as important as living life to the fullest. Speaker Nancy Freske, RN, will talk about how to make the decision making process easier. Learn what an advance directive, living will, and durable power of attorney is, and what to consider when writing one.

Date: Friday, April 8, 2011

Time: 2 – 3:30 PM

Location: Elk Grove Village Public Library

Stopping Diabetes Starts Now

Come and hear Kathy Boyk, RN, Certified Diabetes Instructor of Alexian Brothers Medical Center, share information on steps you can take to stop diabetes before it gets the best of us and those we love. She will discuss risk factors associated with being affected by diabetes, as well as steps to take to prevent complications, should you already have diabetes.

Date: Wednesday, March 23, 2011

Time: 2:30 – 4 PM

Location: Alexian Brothers Medical Center
Conference Rooms 2 & 3

Eating for the Health of It: Spring Your Way into Nutrition

This presentation will focus on the latest dietary guidelines on choosing the best foods for your lifestyle. Come learn more from Susan Rizzo, RD, LDN, CDE, of Alexian Brothers Medical Center, OP Nutrition and Diabetes Education, on how to put the science of nutrition to work for you.

Date: Wednesday, April 13, 2011

Time: 2:30 – 4 PM

Location: Alexian Brothers Medical Center
Conference Rooms 2 & 3

Veterans' Benefits and Eligibility Workshop

Come join us for an informative presentation by the Illinois Department of Veterans' Affairs. We will learn about State and Federal benefit programs. You may be entitled to assistance that you are not aware of.

Date: Wednesday, February 23, 2011

Time: 2:30 – 4 PM

Location: Alexian Brothers Medical Center
Conference Rooms 2 & 3

Oh My Aching Back

With more than 800,000 compression fractures reported each year, spinal compression fractures are a serious and growing problem for older adults. Fortunately, treatments have significantly evolved over the last 10 years. Dr. Franklin Marden, interventional neuroradiologist from the Alexian Brothers Neurosciences Institute, will discuss who may be at risk, and new therapies available, including vertebral augmentation.

Date: Thursday, May 26, 2011

Time: 7 – 8:30PM

Location: Alexian Brothers Medical Center
Conference Rooms 1 & 2

Points on Joints

Anything and everything you need to know about arthritis and joint health. Join Dr. Carey Dachman & Dr. Shirag Shah for their informative discussion and an opportunity to have your questions answered.

Date: Wednesday, February 16, 2011

Time: 7 – 8:30PM

Location: Alexian Brothers Medical Center
Conference Rooms 1 & 2

Free Blood Pressure Screenings

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

Dates: Second & Fourth Tuesdays of every month

Time: 9 AM – Noon

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

Registration NOT required

Program Registration

There is no fee to attend these programs unless indicated, however, advanced registration is appreciated!

**Please contact AlexianConnects
at 1-866-ALEXIAN (1-866-253-9426)**

or register online at:

www.AlexianBrothersHealth.org/ClassesEvents

ADDITIONAL EDUCATIONAL PROGRAMS

Older Americans Month Celebration

May is Older Americans Month and it is an opportunity to recognize and thank our older Americans for their contributions to our community and society. Join us for the celebration in the Eberle Lobby for a chance to win a raffle prize, receive a gift of appreciation and learn more about the Senior and Community Resource Center. You can also have your blood pressure checked.

Date: Tuesday, May 24, 2011
Time: 9 AM – Noon
Location: Lobby of the Eberle Medical Building
800 Biesterfield Road, Elk Grove Village
Cost: FREE
Registration: NOT required

Approaching 65: What You Need to Know About Medicare

The Kenneth Young Center will provide individuals approaching 65 with information about signing up for Medicare. Learn about Medicare Parts A & B, supplemental insurance and the Medicare D prescription drug program.

Date: Wednesday, March 23, 2011
Time: 7 – 8:30 PM
Location: Alexian Brothers Medical Center
Conference Rooms 1 & 2
Cost: FREE
Register by calling **1-866-ALEXIAN (1-866-253-9426)**

Transitions and Treatments of Menopause

Menopausal women have varied physical and emotional symptoms, often including abnormal bleeding, decreased libido and weight gain. This presentation will include the body changes and health risks which occur during menopause. Dr. Susan Scanlon, MD, NCMP, of the Comprehensive Women's Center, will discuss the many treatment options that can make the transition through menopause easier, ranging from lifestyle adjustments to hormone therapy, including bioidentical hormones. Information about contraceptive concerns of the menopausal patient will also be provided.

Date: Wednesday, April 6, 2011
Time: 7 – 8:30 PM
Location: Elk Grove Public Library

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: Tuesday, February 1, 2011
and
Wednesday, February 2, 2011
Time: 1 – 5 PM each day
Location: Alexian Brothers Medical Center
The Senior and Community Resource Center
Located in the Roncoli Center,
600 Alexian Way, Elk Grove Village

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

Medication Review

Register for a 15-minute appointment with a registered pharmacist who will review your medications (prescription and over-the counter), possible drug interactions, and answer your medication-related questions. Have your blood pressure taken too!

Date: Tuesday, March 15, 2011
Time: 10 – 2 PM
Location: Elk Grove Hattendorff/Sheila Ray Adult Center
225 E. Elk Grove Blvd., Elk Grove Village

ADDITIONAL EDUCATIONAL PROGRAMS

St. Alexius Medical Center holds educational programs on the first and second Thursday of every month from 7 – 8:30 pm on a variety of wellness related topics that are of interest to people of all ages. These 2011 programs are scheduled for January 6 & 13, February 3 & 10, March 3 & 10, and April 7 & 14. A few upcoming topics will include: “Sneezing, Wheezing and Itching, Oh My”; “Cataracts and Other Eye Diseases”; “Keys to Healthy Aging”; “Legal Issues” and more! Watch for your next issue of The Alexian Brothers *HealthLife* for topic titles and details. The programs are held at St. Alexius Medical Center, 1555 Barrington Road, Hoffman Estates in the 4th Floor Conference Rooms and are free of charge, but registration is requested by calling 1-866-ALEXIAN (1-866-253-9426).

ADDITIONAL PROGRAMS:

The Senior and Community Resource Center of Alexian Brothers Medical Center

FREE consultation services are available to locate resources for the community.

Tender Loving Caregiver Support Program

Provides family caregiver support groups, educational classes, and individual meetings.

Educational Programs

Offers educational programs and presentations on a wide variety of topics.

S.H.I.P. Medicare Counseling

Free assistance regarding questions about Medicare.

Approaching 65: What You Need to Know About Medicare

Provides information about Medicare Parts A&B, supplemental insurance, and the Medicare D prescription drug program.

Program Registration

There is no fee to attend these programs unless indicated, however, advanced registration is appreciated!

**Please contact AlexianConnects
at 1-866-ALEXIAN (1-866-253-9426)**

**or register online at:
www.AlexianBrothersHealth.org/ClassesEvents**

Golden Circle

Golden Circle offers educational programs for adults 50 and older as part of their monthly meeting that is held on the fourth Tuesday of every month beginning at 1:00 pm. Meetings are held at St. Alexius Medical Center at 1555 Barrington Road in Hoffman Estates in the 4th floor Conference Rooms. No registration is required for these programs. For more information on these programs, how to join the club, or to be added to our mailing list, please call (847) 490-2924.

Welcome Myrtle

The Senior and Community Resource Center is pleased to introduce **Myrtle Ciesla**, the newest member of our SHIP (Senior Health Insurance Program) team. Myrtle is a volunteer who completed her 5-day SHIP training with the Illinois Department of Insurance in September and began providing Medicare counseling services in our office in October. Myrtle can provide consultation and assistance regarding matters such as Medicare, Medicare supplement insurance, prescription drug coverage, Medicare advantage plans, medical billing questions and long term health insurance. Myrtle is a former Office Manager for 30 years of a McDonald franchise and a retired City Treasurer. Myrtle has enjoyed living in Wood Dale with her husband since 1955 and also enjoys her two children and four grandchildren. She is also pleased to be able to help people with their SHIP matters. We are grateful for her time and talent. You can schedule a SHIP appointment with Myrtle on Thursday mornings by calling 847-956-5465. *Welcome Myrtle!*

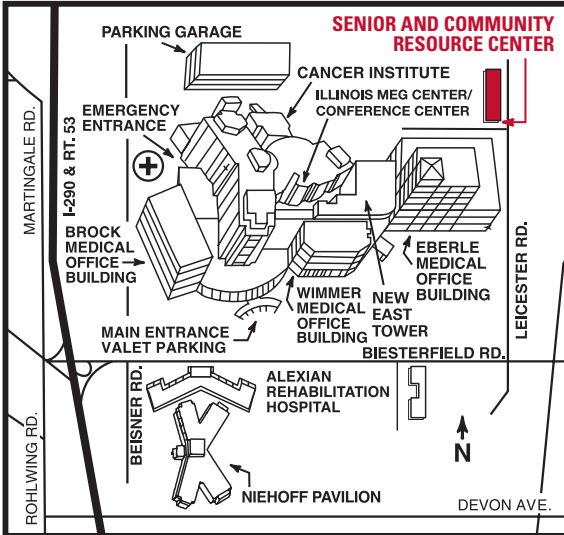


Alexian Brothers Medical Center

800 Biesterfield Road
Elk Grove Village, IL 60007

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Meet Our Staff

- Nancy Frenk, BA
- Nancy King, RN, BSN
- Nancy Freske, RN, BA

And we cannot forget our volunteers. It is with the ongoing assistance of Ceila Danek, Geri Hamilton, John Incusci, Harriet Jablonski, John Lobenberg, Millie Murphy, Sandy Daggett, Alice Nilles, Doris Rzepecki, Pat Carter, Barb Burke, RN, Sally Lettenberger, RN, Julia Fernandez, RN, Pat McHenry, RN, Kathy Warren, RN, Wayne Kucik, RN, Kathleen Predovich, RN and Myrtle Ciesla 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 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. If you prefer to receive information electronically, please advise us using the email address listed above.



ALEXIAN
BROTHERS
HOSPITAL NETWORK

A Healthy Community Begins with Alexian Brothers.

Visit our webpage at: www.AlexianBrothersHealth.org
Enter keywords: Resource Center