

## Annual Health Fair

**When:** Wednesday, June 30th from 9:30AM-12:30PM

**Where:** Bayside Presbyterian Church  
1400 Ewell Road, Virginia Beach, VA 23455

**Who:** Adults 50 years and older

**Why:** Free screenings including:

- skin cancer**
- cholesterol**
- blood pressure**
- bone density**
- hearing**
- foot screenings**
- vision**
- blood sugar**
- facial sun damage**
- balance**

Many other vendors will be present to share their valuable resources to help keep you active and healthy.

Come and enjoy your fellow members, review your medications with a Pharmacist, enjoy refreshments, door prizes, entertainment by the Ragtime Rascals and much more.

\*Bring your old eyeglasses/lenses for the Lions - Brooms will be available for sale.

For our Hampton and Williamsburg members, Fun Tours has been contracted to provide **free** transportation to the first 108 members who register. Complete the form below and return to the address provided. The motor coach will depart from Sentara Williamsburg Regional Medical Center, 100 Sentara Circle, Williamsburg, at 8:00AM and return at 1:45PM. It will depart from Ivy Memorial Baptist Church, 2200 Coliseum Drive, Hampton, at 8:30AM and return at 1:15PM.

**Yes, I want to ride the bus from:** Hampton \_\_\_\_\_ Williamsburg \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

Mail completed form to:  
Community Health & Prevention • Attn: Sentara Living • 4417 Corporation Drive • Virginia Beach, VA 23462

## CATALYST BEST BENEFITS *for SENTARA LIVING MEMBERS*

**Catalyst Best Benefits Dental Wellness Plan** – Discounted dental services through a network of providers

For more information contact 1-888-596-5300 (group #657000) or visit the website below.

**Catalyst Best Benefits Vision Service** – Savings for your entire family for two years

For more information contact 1-888-596-5300 (group #657003) or visit the website below.

**[www.sentara.com/seniors](http://www.sentara.com/seniors)**

then follow the **Sentara Living** link and then click on **Catalyst benefits**

More programs for your health and well being from Catalyst, you can access these programs from the website above.

- **SunRx Prescription Drug Discount Card** – no cost pharmacy discount card for you and your family.
- **Cognifit Brain Fitness Program** – a cognitive workout based on 30 years of neuro-scientific research.
- **ThirdAge Portfolio** – What do you want to do when you grow up? An individualized planning tool.
- **Grand Connection** – Don't know what to get your grandkids? Check out this array of unique gifts for grandkids.
- **StartYourDiet** – An online program for planning and tracking your diet. Track your weight, meals, exercises and more.
- **Hertz** – Special year-round discounts on your daily, weekly, weekend, and monthly rentals for business or travelling.

## NEWSLETTER

You can register to receive future newsletters electronically by visiting: [www.sentara.com/seniors](http://www.sentara.com/seniors) and follow the link to *Sentara Living*, then select “**Register here**” under *Sentara Living Newsletter Online*.

## EXERCISE MATERIALS

Sentara now offers a third FREE Yoga DVD (YOGA: A Journey Toward Health) along with one that you can do in a chair and one that can be done on the floor. Call 1-800-SENTARA (1-800-736-8272) to have your DVD mailed to your home. We also have a community-walking program called WalkAbout with Healthy Edge. Gather a few friends and form a walking group; let us know when and where you are walking, and we'll send a representative to give you pedometers to measure your progress. Contact Peggy Croke at (757) 552-7599 or by email at [mkcroke@sentara.com](mailto:mkcroke@sentara.com)

## HOTLINE

Sentara Living has a new HOTLINE (757-552-6172) you can call with questions, concerns or to update your mailing address. Just call, leave your contact information and someone will get back to you within one to two business days. Our members outside of Hampton Roads can still call 1-800-SENTARA (1-800-736-8272) and your call will be transferred to the hotline.

# Mark Your Calendar

**MEETINGS:** 10am - 12noon  
NO REGISTRATION REQUIRED.

## MAY

### TOPIC - ARTHRITIS

**Monday, May 10, 2010**

Bayside Presbyterian Church  
1400 Ewell Road, Virginia Beach, VA 23455  
Presenter - Andrew Miller, MD

**Thursday, May 13, 2010**

SWRMC - Williamsburg Conference Room  
Presenter - To be determined

**Wednesday, May 19, 2010**

SCH - Conference Rooms B & C  
Presenter - Bonnie Brooks, MD

## JUNE

### TOPIC - SLEEP MEDICINE

**Monday, June 14, 2010**

Bayside Presbyterian Church  
1400 Ewell Road, Virginia Beach, VA 23455  
Presenter - Fernando Maglaya, MD

**Thursday, June 10, 2010**

SWRMC - Williamsburg Conference Room  
Presenter - Vijay Subramaniam, MD

**Wednesday, June 16, 2010**

SCH - Conference Rooms B & C  
Presenter - Martha Boulas, MD

**SEMINARS:** 10am - 11:30am  
PLEASE REGISTER AT 1-800-736-8272.

### TOPIC - HEALTHY BONES: HOW TO KEEP THEM STRONG

Osteoporosis, or porous bone, is a disease characterized by low bone mass and structural deterioration of bone tissue, leading to bone fragility and an increased risk of fractures of the hip, spine, and wrist. Men as well as women are affected by osteoporosis, a disease that can be prevented and treated.

## MAY

**Monday, May 17, 2010**

SBH - Private Dining Room (inside cafeteria)  
Presenter - Sharon Ross, PT

**Thursday, May 20, 2010**

SWRMC - Yorktown Conference Room  
Presenter - Jesse Cornelius, M PT

**Friday, May 28, 2010**

SCH - Conference Room B  
Presenter - Erika M. Gainer, Pt, DPT

## SENTARA LIVING ANNUAL HEALTH FAIR

**WEDNESDAY, JUNE 30, 2010 – 9:30am - 12:30pm**

Bayside Presbyterian Church  
1400 Ewell Road, Virginia Beach, VA 23455

\*\*Transportation provided for Hampton and Williamsburg members. See Page 1 for more details.\*\*

**Sentara Williamsburg Regional Medical Center (SWRMC)**  
100 Sentara Circle, Williamsburg

**Sentara Careplex Hospital (SCH)**  
3000 Coliseum Drive, Hampton

**Sentara Bayside Hospital (SBH)**  
800 Independence Boulevard, Virginia Beach

*Eggleston Document Destruction Services  
will be at the health fair - bring your  
documents for FREE shredding.*

# did you know...

## Arthritis

There are several types of arthritis. The two most common types are osteoarthritis and rheumatoid arthritis.

Osteoarthritis is the most common form of arthritis. This condition usually comes with age and most often affects the fingers, knees, and hips. Sometimes osteoarthritis follows an injury to a joint. Years after the individual's joint has apparently healed, they might get arthritis in their joint.

Rheumatoid arthritis happens when the body's own defense system doesn't work properly. It affects joints and bones (often of the hands and feet), and may also affect internal organs and systems. You may feel sick or tired, and you may have a fever.

Another common type of arthritis, gout, is caused by crystals that build up in the joints. It usually affects the big toe, but many other joints may be affected.

Arthritis is seen with many other conditions. These include:

- Lupus (LOOP-us), in which the body's defense system can harm the joints, the heart, the skin, the kidneys, and other organs
- an infection that gets into the joint and destroys the cushion between the bones

Pain is the way your body tells you that something is wrong. Most types of arthritis cause pain in your joints. You might have trouble moving around. Some kinds of arthritis can affect different parts of your body. So, along with pain in your joints, you may:

- have a fever
- lose weight
- have trouble breathing
- get a rash or itch

### What Can You Do?

- Go see a doctor. You'll need to tell the doctor how you feel and where you hurt. The doctor will examine you and may take x-rays (pictures) of your bones or joints.
- Try to keep your weight down. Too much weight can make your knees and hips hurt.
- Exercise. Moving all of your joints will help you. Going for a walk every day will help, too.
- Take your medicines when and how you are supposed to. They can help reduce pain and stiffness.
- Try taking a warm shower in the morning.
- See your doctor regularly.

## Sleep Apnea

Sleep apnea is a common disorder in which you have one or more pauses in breathing or shallow breaths while you sleep.

Breathing pauses can last from a few seconds to minutes. They often occur 5 to 30 times or more an hour. Typically, normal breathing then starts again, sometimes with a loud snort or choking sound.

Sleep apnea usually is a chronic (ongoing) condition that disrupts your sleep 3 or more nights each week. You often move out of deep sleep and into light sleep when your breathing pauses or becomes shallow.

This results in poor sleep quality that makes you tired during the day. Sleep apnea is one of the leading causes of excessive daytime sleepiness.

Sleep apnea often goes undiagnosed. Doctors usually can't detect the condition during routine office visits. Also, there are no blood tests for the condition.

Most people who have sleep apnea don't know they have it because it only occurs during sleep. A family member and/or bed partner may first notice the signs of sleep apnea.

The most common type of sleep apnea is obstructive sleep apnea. This most often means that the airway has collapsed or is blocked during sleep. The blockage may cause shallow breathing or breathing pauses.

When you try to breathe, any air that squeezes past the blockage can cause loud snoring. Obstructive sleep apnea happens more often in people who are overweight, but it can affect anyone.

Untreated sleep apnea can:

- Increase the risk for high blood pressure, heart attack, stroke, obesity, and diabetes
- Increase the risk for or worsen heart failure
- Make irregular heartbeats more likely
- Increase the chance of having work-related or driving accidents

Lifestyle changes, mouthpieces, surgery, and/or breathing devices can successfully treat sleep apnea in many people.

To learn more about sleep apnea make sure you come to the June *Sentara Living* meetings listed on page 3. No registration required.

# E X C U R S I O N S

Sentara Living offers several travel opportunities for members, friends, and family members. Group Travel is still the preferred choice. Treat yourself, enjoy life, and stay healthy – **you deserve it!** Register today for your trip or trips of choice. Call Betty at Fun Tours (757) 853-2990. Ruth Bailey to escort all trips. Cancellation Insurance highly recommended for all trips.

*Hurry, final opportunity to register*

## Oklahoma and Frederick

Summer Special – Price just right

June 24 - 25, 2010

Depart: 6:45 am Home Depot, Norfolk

7:30 am Sentara Careplex, Hampton

Return: Approximately 9-9:30 pm

Includes: 1 night lodging in Winchester, Va. at the Wingate Inn, with luggage handling, 1 lunch at Cozy Restaurant, 1 dinner at Cracker Barrel, 1 continental breakfast aboard the coach, and 1 hot breakfast. Enjoy the performance of “Oklahoma” at the Shenandoah Summer Music Theatre in Winchester, guided tour of Longbranch (Mansion which is exquisitely furnished in period pieces), a brief stop at the National Shrine Grotto of Lourdes, shopping stop at McCutcheon’s Factory Store, and a stop at the Catoctin Mountain Orchard, with refreshments, games and prizes aboard the coach.

**Price:** \$201.00 per person double occupancy

## Sound of Music

### at Empire Theatre in Richmond

A great day trip – Please note change in date

Wednesday, June 16, 2010

Depart: 9:00 am Home Depot, Norfolk

9:30 am Sentara Careplex, Hampton

10:00 am Williamsburg

Return: Approximately 6-7 pm

Includes: Lunch at Maggiano’s Little Italy with a fantastic family style meal which includes appetizers, salads, pastas, entrees and desserts, enjoy the featured Musical favorite, “SOUND OF MUSIC”, deluxe transportation, refreshments, games and prizes aboard the coach.

**Price:** \$ 117.00 per person

## Ivy Brumley’s Old Time Gospel Sing

### Ocean City, Maryland

Saturday July 31, 2010

Depart: 8:00 am from Sentara Careplex, Hampton

8:30 am from Home Depot, Norfolk

Return: Approximately 8-8:30 pm

Includes continental breakfast aboard coach, lunch at Sunset Grille Restaurant with a selection of Fish & Chips with Cole slaw or Sunset Salad with Grilled chicken plus dessert & beverage. Enjoy Recording Artist Ivy Brumley’s Gaither Style Gathering at the Ocean City Jamboree. This is an old time Gospel Sing and Good Clean fun with a live band and 40 plus singers to laugh, praise & inspire you with all time favorite songs. Deluxe motorcoach transportation, refreshments, games & prizes aboard the coach.

**Price:** \$90.00 per person

## New York at Christmas Time

If you’ve been, go again. If you haven’t been, you will be delighted.

November 30 - December 3, 2010

Includes: continental breakfast on coach, 3 nights lodging with luggage handling at the Edison Hotel, Dinners at Langdon’s and the elegant Penn Club, day and evening tour of New York to include a fantastic view of the city at Top of the Rock, Ground Zero & much more, free time to do as you desire, full American breakfast and fashion review at Macy’s with time to shop, lunch voucher at South Seaport, tour of NBC Studio or Behind the Scenes at Radio City Music Hall, Orchestra seating at a Broadway show and Radio City Music Halls Christmas Spectacular with the Rockettes, deluxe motorcoach transportation, refreshments, games, & prizes aboard the coach.

**Price:** will be available when you receive the Newsletter – call Betty for details.

Reminder: Sentara does not assume any responsibility for your vehicle while it is in the Parking Lot at Sentara Careplex.

# community calendar

## southside

### Alzheimer's Support

Kempsville Library  
1st Thursday, 12:45PM  
757-473-8686

### Bereavement Support

Marian Manor, Virginia Beach  
Tuesdays, 7-8:30PM  
757-549-5652/757-497-8830

### Breast Cancer Support

Sentara Norfolk General Hospital  
Cancer Institute Conference Room  
2nd Tuesday, 7PM  
757-388-4268

Sentara Va. Beach General Hospital  
Health Education Center  
2nd Monday, 6:30-8PM  
757-395-8686

Sentara Leigh Breast Center  
4th Wednesday, 7-9PM  
757-853-2145

### Caregivers' Support Group

Virginia Beach Central Library,  
4100 Virginia Beach Blvd.  
2nd Wednesday, 10AM-12NOON  
Nancy Allan: 757-385-4135

### Depression/Bipolar Support

South Plaza Library  
Virginia Beach  
Monday, 7PM  
757-340-3820

### Diabetes Support

Sentara Bayside Hospital  
Private Dining Room (Cafeteria)  
3rd Wednesday, 7-8PM  
757-363-6834

### Mended Heart Support

Sentara Va. Beach General Hospital  
757-721-7330  
  
Sentara Norfolk General Hospital  
757-560-7753

### Prostate Cancer Support

Sentara Va. Beach General Hospital  
Health Education Center  
3rd Thursday, 6:30PM  
757-395-8686

### Stroke Support

Call 757-312-6162 for details

### Alzheimer's Association Family Caregiver Program - *Challenging Behaviors*

May 12, 2010, 11AM-1PM  
Bayside Library  
Call 757-459-2405

### Farm Fresh Grocery Tours

May 11, 2010  
1400 Kempsville Road, Chesapeake  
  
June 9, 2010  
1615 General Booth Blvd., Virginia Beach  
Contact Delaina: 757-436-0258

## hampton

### Alzheimer's Disease Support

Immaculate Conception Church  
2nd Monday, 1PM  
757-873-0541

### Bereavement Support

Sentara Careplex Hospital, 1st Floor  
2nd and 4th Wednesday, 5-6:30PM  
757-532-0797

### Breast Cancer Support

Sentara Careplex Hospital  
3rd Tuesday, 7-8:30PM  
757-827-2438

### Cancer Support

Sentara Careplex Hospital  
757-827-2438 for information.

### Colorectal Cancer Support Group

Sentara Careplex Hospital  
3rd Wednesday, 1PM  
757-736-1234

### Crohn's and Colitis Support

Sentara Careplex Hospital  
1st Floor Conference Room A  
1st Saturday, 1-2PM  
757-736-1234

### Depression Support

St. Mark's Episcopal Church  
2nd and 4th Wednesday, 10:30AM  
757-247-0871

### Prostate Cancer Support

Sentara Careplex Cancer Institute  
2nd Tuesday, 7-8:30PM  
757-827-2438

## williamsburg

### Alzheimer's Disease Support

213 McLaws Circle, Suite 2-B,  
1st Tuesday, 11AM  
757-897-3075

### Breast Cancer Support

1st Monday, 1:30PM  
757-258-4540 Call for Location

### Diabetes Matters

Educational and interactive support  
group meeting  
757-984-7106

### Parkinson's Support

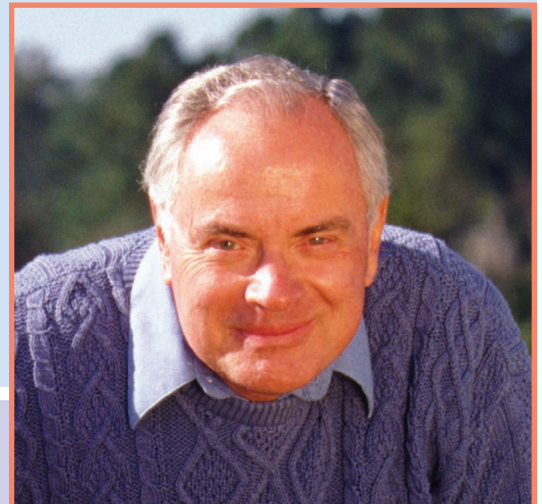
Williamsburg Landing  
2nd Monday, 1:30PM  
757-898-6674 for information.

### Stroke Support

YMCA  
3rd Wednesday, 4PM  
757-984-9900

### Women's Heart Support

Sentara Williamsburg Regional  
Medical Center  
1st Monday, 7PM  
Contact Cindy Steger at  
757-258-9128.



**Please call first to  
verify the meeting has  
not been changed since  
the publication of this  
newsletter.**



## Sentara Life Care Opens Portsmouth Site for PACE Senior Day Program

*Program of All-Inclusive Care for the Elderly provides day, health services*



From left: Colette Ashuira, Jose Rodriguez, Bruce Robertson, Alverta Robinson, Michael Gentry

The PACE site at 5788 Churchland Boulevard is centrally located for families from Portsmouth, Chesapeake and Suffolk. PACE is an acronym for the federally-supported Program of All-Inclusive Care for the Elderly. The Portsmouth site will open to participants in early April.

“PACE is one of the best solutions available for families who want their senior loved ones to live at home with them,” says Bruce Robertson, vice president and administrator of Sentara Life Care. “It provides a safe, supportive social environment during the day when family members have to be at work.”

PACE provides transportation to and from the center each morning and afternoon. Meals and activities are provided. There is a health clinic and a family physician on-site, a rehabilitation room, social workers to assist with financial issues and even a beauty parlor to keep participants looking and feeling their best.

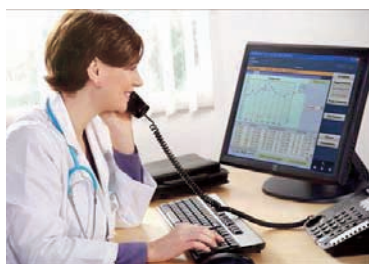
PACE participants would normally qualify for Medicaid support in a nursing home. PACE accepts monthly reimbursement from Medicaid and Medicare as appropriate for each participant and within that budget provides the services mentioned plus hospitalization and short-term nursing home rehabilitation as required.

For more information on PACE, contact Sentara Life Care at 757-892-5400.

## Telehealth Program

### Home Based Monitoring

Combining actual in-home nursing visits and tele-monitoring reviews, Sentara Home Care Services' nurses are able to identify potential problems earlier!



- Decrease hospital admissions
- Decrease ER visits
- Decrease days in the hospital
- Decrease exacerbations of disease processes
- Improve Quality of Life

### Sentara Home Care Services

(757) 553-3000

(888) 461-5649



[www.sentara.com/homecare](http://www.sentara.com/homecare)

Your community, not-for-profit health partner.



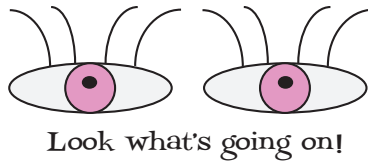
**Free Activation** SPECIAL OFFER

Take Lifeline Home For Sentara Living Members

Please call Sentara Lifeline today at (757) 553-3003 or toll free (866) 209-1615




**Moving? Update your address by calling 1-800-SENTARA (1-800-736-8272) or locally 757-552-6172**



## “Wellness & Prevention Information”

Design: Signature Printing  
Editor: Peggy Croke, RN, CSA  
757-552-7599 • mkcroke@sentara.com



**“It is never too late to be what you might have been.”**  
~~ George Eliot

**I**n looking back over the years, how many life choices would you change? Would you further your education, volunteer more often, take a totally different career path, have more children, etc.? Instead of agonizing over things you cannot change, why not steer your life in the direction you want to go...right now! Life is too short for regrets.

If you always wanted to be something that you are not, head toward your goals with gusto. For example, if you always wanted to be a teacher but do not have your degree or certification, make plans to go back to school. If you wanted a larger family, consider fostering a child who needs a loving home. If you always wanted to change the world, go out and change it.

Stop making the usual excuses...“I’m too old,” “I’m too busy,” “I can’t afford it.” You are never too old, you can find the time, and there are tons of resources available to you. Once you start heading toward these goals, there will be no stopping you!

Remember...it is never too late and you are never too old to accomplish your dreams!