

Horizons

Exercise to Stay Young

There is a fountain of youth, according to the National Institutes of Health. The secret to feeling better and living longer is called ... staying active. And any amount is better than none, exercise experts say.

Finding a program that works for you and sticking with it can pay big dividends. Regular exercise can prevent or delay diabetes and heart trouble. It can also reduce arthritis pain, anxiety and depression. Exercise can help older people stay independent.

If you're already getting regular exercise, keep it up. If you're not, don't get bogged down by blame. Instead, consider these tools for making exercise a regular (and non-negotiable) activity.

Accountability. If you have a tennis date you're likely to keep it, because your partner can't play without you. Similarly, if you have a walking partner, an energetic dog, or an informal 7 a.m. group at the gym, you have accountability. When others expect you, you're more likely to follow through.

Enjoyment.

Maybe it's time to get off the treadmill and introduce yourself to martial arts or canoeing. You're more likely to exercise if you enjoy the activity. Shake it up a little with new forms of activity that you really enjoy.

Horizons promotes a healthy outlook beyond age 55.

www.evergreenhospital.org

Evergreen Horizons is a service of Evergreen Senior Health Services.

Editor: Rosemary Langford

To receive this free, quarterly Horizons publication, leave a message at 425.899.1858 or email us at Horizons@evergreenhealthcare.org.



Rewards. We tend to forget that when we exercise regularly, we feel better. Getting into your "skinny" jeans; receiving compliments about your appearance; reaching the top of the stairs without breathing hard: these good feelings snowball, and encourage you to stay active.

Many exercise programs fizzle with the arrival of bad weather. This fall, consider the range of out-of-the-weather activities that could count toward your exercise goal: yoga, a batting cage, social dancing, shopping (walk the length of the mall!), martial arts, a climbing wall, swimming or water aerobics, the driving range, an indoor ski hill, and climbing stairs.

Classes and Events

October – December 2010

These classes for seniors are made possible through your levy support of Evergreen Hospital Medical Center (King County Public Hospital District No. 2). Classes are free unless a price is listed. Pre-registration is required for all classes.

Ægis Lodge

12629 116th Ave. NE,
Kirkland

Fraud Fighters

Whether through the mailbox, the telephone, or the Internet, criminals are finding creative ways into people's homes. Half of those victims are age 50 and older. Being able to recognize consumer scams can reduce the likelihood of being victimized by over 50 percent. Learn how to protect yourself!

Nov. 18, 2-3 p.m.

Call 425.814.2841 to register

Communicating With the Patient With Parkinson's

This session will address speech, voice, and communication changes that typically occur with Parkinson's disease as well as ways we can improve communication.

Dec. 16, 2-3 p.m.

Call 425.814.2841 to register

Brittany Park

17143 133rd Ave. NE,
Woodinville

Managing High Blood Pressure

Get the low down on high blood pressure, including the risk factors and current treatment options. Learn how you can manage high blood pressure.

Oct. 5, 2-3 p.m.

Call 425.402.7100 to register

Glaucoma: Your Narrowing Sight

Glaucoma is a condition that affects millions of Americans. Unfortunately it is the "silent thief" of vision. Many times it goes unnoticed by patients. We will discuss the condition, what can be observed, and how it can be slowed.

Oct. 19, 2-3 p.m.

Call 425.402.7100 to register

Meditation for Relaxation

Meditation can be a powerful tool for relaxation and reducing stress. Practice basic mindfulness meditation and visualization techniques which can lead to greater self awareness and calmness.

Nov. 2, 2-3 p.m.

Call 425.402.7100 to register

How to Follow a Heart Healthy Diet

Increase your awareness of how excess salt and fat adversely affect heart function and how you can keep your diet well balanced and heart healthy. Low sodium and low fat recipes will be included.

Nov. 16, 2-3 p.m.

Call 425.402.7100 to register



Are You Ready for an Emergency?

Don't be caught unprepared if an emergency happens. Learn what essential items you should have and where they should be stored.

Dec. 7, 2-3 p.m.

Call 425.402.7100 to register

Registration is required or classes may be cancelled.

Emerald Heights

10901 176th Circle NE,
Redmond

Healthy “Alternatives”

Discover the benefits of yoga, T'ai Chi and visualization. Explore various alternative therapies that benefit people of all physical conditions and promote flexibility, balance, and relaxation.

Oct. 14, 1:30-2:30 p.m.

Call 425.556.8138 to register

Aches and Pains of Poor Circulation

Learn how the circulatory system works, some of the most common problems attributed to aging, and the latest in treatment strategies and surgical techniques.

Nov. 4, 1:30-2:30 p.m.

Call 425.556.8138 to register

Arthritis Management

Essential information for arthritis sufferers on exercise, medication and medical treatments to help manage arthritis with less pain and restriction of movement.

Dec. 9, 1:30-2:30 p.m.

Call 425.556.8138 to register

Evergreen Hospital

12040 NE 128th St.,
Kirkland

AARP Driver Safety Program

Interested in improving your driving skills and possibly receiving an insurance discount? This program, designed and conducted by AARP, provides eight hours of classroom instruction, covering the effects of aging and medication on driving, basic driving rules, license renewal and more.

Nov. 6, Dec. 4

9 a.m.-5 p.m.

Fee: \$12 AARP members,

\$14 non-members

Call 425.899.3000 to register

Considering Shoulder Replacement?

The shoulder is one of the most complex joints in the body. Join our orthopedic surgeons for a free seminar to learn about Evergreen's comprehensive joint program and if this surgery is right for you.

Oct. 6, 6:30-8 p.m.

Call 425.899.3000 to register

Deep Breathing for Life!

Relax, cope, energize, meditate, and visualize. Prevent respiratory complications from colds, flu, and pneumonia. You can do all of these by learning this simple deep breathing technique.

Oct. 7, 10-11 a.m.

425.899.3000 to register

Considering Knee or Hip Replacement?

Join our orthopedic surgeons for a free seminar to learn about Evergreen's comprehensive joint program that guides you from pre-op preparation through surgery, recovery and physical therapy.

Oct. 20, 6:30-8:30 p.m.

Call 425.899.3000 to register

What You Can Do to Help a Loved One at Life's End

Learn about the impact of severe and chronic illness on patients and their families. Discussion will include hospice care and other available community resources.

Oct. 21, 12:30-1:30 p.m.

Call 425.899.3000 to register

Considering Spine Surgery?

Join our spine surgeons for a free seminar to learn about Evergreen's comprehensive spine program that guides you from pre-op preparation through surgery, recovery and physical therapy.

Nov. 3, 6:30-8:30 p.m.

Call 425.899.3000 to register

A Cold, the Flu or Pneumonia?

Learn to recognize the symptoms of colds, the flu and pneumonia, including when to treat yourself and when to consult a physician.

Nov. 4, 10-11 a.m.

425.899.3000 to register

Registration is required or classes may be cancelled.

Cholesterol and Diabetes Screening

Screening will include fasting full-panel cholesterol test and glucose. Results will be given before you go home! **Limit 25 participants, must register for time slot. Free.**
Nov. 11, 8:30-10:30 a.m.
Call 425.899.3000 to register

Healthy or Harmful Cholesterol Levels?

Discover which foods contribute to raising healthy cholesterol levels and which foods may help lower unhealthy cholesterol levels.
Dec. 2, 10-11 a.m.
425.899.3000 to register

Fall Prevention and Balance

Avoid pain and injury by learning what steps you can take to improve balance and prevent falls in your home and daily routines.
Dec. 16, 12:30-1:30 p.m.
Call 425.899.3000 to register

Fairwinds Redmond

9988 Avondale Rd. NE,
Redmond

Building a Healthy Body From the Inside Out

Do you struggle with getting the daily requirements into your diet? Learn easy techniques and methods for sneaking in those vital nutrients and appropriate vitamin supplements. Recipes included.
Oct. 8, 1:30-2:30 p.m.
Call 425.558.4700 to register

Good Night, Sleep Tight

Are you one of more than half of adults over 55 who has trouble sleeping? Learn how aging, illness or medication can affect your sleep patterns and get tips that may help you sleep through the night.
Nov. 12, 1:30-2:30 p.m.
Call 425.558.4700 to register

Chinese Medicine

Traditional Chinese medicine is one of many different types of complementary and alternative medicines. It promotes lifestyle changes to empower oneself to live a healthier and happier life. Learn how Chinese medicine can be applied in your life!
Dec. 10, 1:30-2:30 p.m.
Call 425.558.4700 to register

Kenmore Senior Center

6910 NE 170th St.,
Kenmore

Self Defense for Seniors

Give yourself confidence and peace of mind by learning some simple techniques that will help you to protect yourself and ensure your personal safety.
Oct. 18, 11 a.m.-12 p.m.
Call 425.489.0707 to register

Soy: The Whole Story

Diets rich in soy may reduce your risk of heart disease by lowering your total cholesterol. Soy foods, such as tofu, take on the flavor of what you are cooking it with. Learn recipes that use soy, and how it will benefit you.
Nov. 15, 11 a.m.-12 p.m.
Call 425.489.0707 to register

Chinese Medicine

Traditional Chinese medicine is one of many different types of complementary and alternative medicines. It promotes lifestyle changes to empower oneself to live a healthier and happier life. Learn how Chinese medicine can be applied in your life!
Dec. 20, 11 a.m.-12 p.m.
Call 425.489.0707 to register

Horizons senior health classes can also be found online at www.evergreenhospital.org/horizons.

Registration is required or classes may be cancelled.

Madison House

12215 N.E. 128th St.,
Kirkland

What's in Your Medicine Cabinet?

A pharmacist clarifies what your medications do, along with their interactions with other drugs and certain foods. Bring a list of your medications and your questions.

Oct. 21, 2-3 p.m.

Call 425.821.8210 to register

Memory Matters

This presentation will explore the principles of memory and a range of memory problems, including the causes, diagnosis and treatment options. Learn what is normal, what is not and what you can do to improve your memory.

Nov. 11, 2-3 p.m.

Call 425.821.8210 to register

Fraud Fighters

Whether through the mailbox, the telephone, or the Internet, criminals are finding creative ways into people's homes. Half of those victims are age 50 and older. Being able to recognize consumer scams can reduce the likelihood of being victimized by over 50 percent. Learn how to protect yourself!

Dec. 9, 2-3 p.m.

Call 425.821.8210 to register

Merrill Gardens at Kirkland

201 Kirkland Avenue,
Kirkland

Aches and Pains of Poor Circulation

Learn how the circulatory system works, some of the most common problems attributed to aging, and the latest in treatment strategies and surgical techniques.

Oct. 6, 2:30-3:30 p.m.

Call 425.828.2570 to register

Assisted Living: Is It Time?

Even for those who remain active, there may come a time when living at home isn't the best option. Whether making the choice for yourself or a loved one, planning ahead and thorough research can make this a smoother transition.

Oct. 20, 2:30-3:30 p.m.

Call 425.828.2570 to register

Self-Management of Chronic Conditions

Learn useful, practical skills to improve your ability to live successfully with challenges brought on by chronic disease.

Family members welcome.

Nov. 3, 2:30-3:30 p.m.

Call 425.828.2570 to register

Are You Anxious?

Explore the nature of anxiety and learn proven techniques that can provide long-term relief.

Nov. 17, 2:30-3:30 p.m.

Call 425.828.2570 to register

Avoiding Medication Misadventures

Do you know that adults process drugs differently as they age? The same medication at the same dose at age 50 may need adjustment at age 70. Learn how this process can affect medications' safety and effectiveness for older adults.

Dec. 1, 2:30-3:30 p.m.

Call 425.828.2570 to register

Better Bladder Health

Incontinence can happen at any age and have various causes. Learn about the different types of incontinence primarily seen in women and available methods of treatment.

Dec. 15, 2:30-3:30 p.m.

Call 425.828.2570 to register

Weekly e-Newsletters Keep you Current

Evergreen Hospital distributes weekly information via e-mail on a number of topics, including diabetes, issues affecting women, and senior health. To subscribe to one or more of these free newsletters, please visit us at www.evergreenhospital.org/newsletter.

You'll complete a short registration, then choose the topics that interest you. You may manage or change your subscription at any time by returning to the newsletter web page.

Registration is required or classes may be cancelled.

Mill Creek Senior Center

15720 Main Street, Annex
(Huntron) Building next to
Mill Creek City Hall,
Mill Creek

Manage Your Blood Pressure Through Nutrition

Learn why good nutrition can help lower your blood pressure, which foods you should be eating and helpful tips to incorporate those foods into your diet.

Oct. 20, 10-11 a.m.

Call 425.948.7170 to register

Preventative Eye Care

Learn steps to help prevent glaucoma, macular degeneration and other eye diseases.

Nov. 17, 10-11 a.m.

Call 425.948.7170 to register

Chinese Medicine

Traditional Chinese medicine is one of many different types of complementary and alternative medicines. It promotes lifestyle changes to empower oneself to live a healthier and happier life. Learn how Chinese medicine can be applied in your life!

Dec. 15, 10-11 a.m.

Call 425.948.7170 to register

Northshore Senior Center

10201 E Riverside Dr.,
Bothell

Brain Health: Hormones & Aging

Discover the links between aging, mood, memory and mental functions.

Oct. 5, 12:45-2 p.m.

Call 425.487.2441 to register

Self Defense for Seniors

Give yourself confidence and peace of mind by learning some simple techniques that will help you to protect yourself and ensure your personal safety.

Oct. 19, 12:45-2 p.m.

Call 425.487.2441 to register

Cholesterol and Diabetes Screening

Screening will include fasting full-panel cholesterol test and glucose. Results will be given before you go home! **Limit 25 participants, must register for time slot. Free.**

Nov. 9, 8:30-10:30 a.m.

Call 425.487.2441 to register

Healthy or Harmful Cholesterol Levels?

Discover which foods contribute to raising healthy cholesterol levels and which foods may help lower unhealthy cholesterol levels.

Nov. 16, 12:45-2 p.m.

Call 425.487.2441 to register

Acid Reflux/GERD

Do you have frequent uncomfortable feelings of burning, warmth, heat or pain just behind the breastbone? These are the main symptoms of GERD. We'll share treatments that will make your life comfortable.

Dec. 7, 12:45-2 p.m.

Call 425.487.2441 to register

Wellness and Meditation

Meditation has been shown to have many health benefits including: managing stress, regulating emotion, increasing physical resilience and self awareness.

Learn and practice meditation techniques.

Dec. 14, 12:45-2 p.m.

Call 425.487.2441 to register

Another Way to Stay Sharp

Redecorate and redesign your environment. Plant new flowers in front of your house. Redecorate the kitchen. Rearrange your closets and drawers. Replace the candles in your living room with some that have a different scent. Making such changes can alter motor pathways in the brain and encourage new cell growth.

— from *50 Ways to Boost Your Noodle* at
www.aarp.org/health

Registration is required or classes may be cancelled.

Peter Kirk Community Center

352 Kirkland Ave., Kirkland

Keeping Up With Medicare

Stay informed and keep up with the constant changes in Medicare coverage and policy. Receive and review information on the most recent forms.

Oct. 1, 12:45-2 p.m.

Call 425.587.3360 to register

Less Is More

The need to downsize confronts older adults and the adult children that care for them. Respect the dignity of those in your care and together view this lifestyle change as an opportunity to sort and value what you have, store and organize what to keep, and distribute what you no longer need or want.

Oct. 8, 12:45-2 p.m.

Call 425.587.3360 to register

Diabetes and the Eye

This course reviews how diabetes affects the eye, how it is noticed, and why it is important to maintain proper diabetic control.

Oct. 15, 12:45-2 p.m.

Call 425.587.3360 to register

Good Intestines

Digestion is a crucial part of our lives. With proper digestion, we can eat a variety of foods, sleep well and have an uncomplicated elimination process. Without it, there are issues with acid reflux, constipation, and other health challenges. Learn alternative choices for intestinal health.

Oct. 22, 12:45-2 p.m.

Call 425.587.3360 to register

The Telltale Heart

Learn to recognize the warning signals of heart disease and raise your awareness of risk factors.

You will also get the facts on the latest medical research and lifestyle recommendations.

Oct. 29, 12:45-2 p.m.

Call 425.587.3360 to register

Meditation for Holiday Stress

Meditation can be a powerful tool for relaxation and reducing stress. Learn and practice basic meditation, visualization and relaxation techniques to help calm you during the holidays.

Nov. 5, 12:45-2 p.m.

Call 425.587.3360 to register

Cholesterol and Diabetes Screening

Screening will include fasting full-panel cholesterol test and glucose. Results will be given before you go home! **Limit 25 participants, must register for time slot. Free.**

Nov. 12, 8:30-10:30 a.m.

Call 425.587.3360 to register

Holiday Cooking: Quick & Delicious

This class will include recipes and tips to make delicious and nutritious holiday meals. Have fun while learning how the typical diet affects health.

Nov. 19, 12:45-2 p.m.

Call 425.587.3360 to register

Medicare Fraud

Don't fall prey to health care fraud. Learn tips on what to look for and how to protect your health care dollars. The workshop will demonstrate examples of fraud, how to detect health insurance scams, and how to protect yourself from becoming a victim.

Dec. 3, 12:45-2 p.m.

Call 425.587.3360 to register

How Do I Limit the Salt in My Diet?

Learn tips and secrets on how to limit your salt, but still keep the flavor!

Dec. 10, 12:45-2 p.m.

Call 425.587.3360 to register

When to Worry

Memory loss that disrupts everyday life is not part of normal aging. Learn the warning signs that may point to Alzheimer's disease.

Dec. 17, 12:45-2 p.m.

Call 425.587.3360 to register



Registration is required or classes may be cancelled.

Redmond Senior Center

8703 160th Ave. NE,
Redmond

What You Need to Know About Shingles

Shingles is most common in older adults and people who have weak immune systems because of stress, injury, certain medicines, or other reasons. Learn causes, symptoms and various treatments.

Oct. 13, 10-11:15 a.m.

Call 425.556.2314 to register

Senior Strength

Resistance training not only improves your strength but can aid with healthier bones and joints, weight loss and increased energy. Discover strength-training basics you can do at home that are appropriate for all fitness levels.

Oct. 27, 10-11:15 a.m.

Call 425.556.2314 to register

Cholesterol and Diabetes Screening

Screening will include fasting full-panel cholesterol test and glucose. Results will be given before you go home! **Limit 25 participants, must register for time slot. Free.**

Nov. 10, 9-11 a.m.

Call 425.556.2314 to register

Moving Through the Pain

Loosen the grip of arthritis, fibromyalgia and other sources of stiffness in your body. Connect to your inner healer and move through the pain.

Dec. 8, 10-11:15 a.m.

Call 425.556.2314 to register