

Healthy Aging

Notes & News

August 2017



Often the Best Medicine: Home

The comfort and independence of being at home is often the best medicine for people who are sick or injured. When you or your family need health care in your home, **Aspirus At Home** will provide you not only excellent health care, but also a warm smile to assure you, a healing touch to comfort you, a listening heart to console you, and a competent, reliable person.

You will experience peace of mind, knowing Aspirus caregivers are carefully screened, insured, and supervised. Depending on your health condition, **Aspirus At Home** caregivers can provide:

- Experienced registered nurses to monitor medical conditions, intravenous therapy, and more
- Physical, speech and occupational therapists who work closely with you, your family and physician to help increase your mobility, build strength, perform daily tasks, and more
- Home health aides to help with bathing, skin care, and other in-home comforts
- Medical social work to support financial and emotional concerns, counseling and coordination with community resources.

Aspirus At Home offers these services based on your health condition and your doctor's recommendation. Reimbursement for **Aspirus At Home** may come from Medicare, Medicaid, private insurance, or payment plans. Services are available 365 days a year with 24-hour access to health professionals.

Aspirus At Home is a non-profit organization with more than 65 years of experience serving north and central Wisconsin and the U.P. of Michigan. Wisconsin offices are located in Antigo, Medford, Rhinelander, Wausau and Wisconsin Rapids. Michigan offices are in Calumet, Iron River and Ironwood. Call **1.800.600.8296**

IN THIS ISSUE

ADVANCE CARE PLANNING

BREWING THE CONVERSATION

ADAPT

ALZHEIMER'S DISEASE

AGING WISELY

SOCIAL WELLNESS

FALLS EDUCATION

HEALTHY AGING PROGRAMS

Julie Barge, Advance Care Planning Coordinator



My name is Julie Barge and I am the new Advance Care Planning Coordinator with Aspirus. My passion for Advance Care Planning started 20 years ago as a Medical Social Worker. I had the difficult task of telling loved ones that they could not make medical decisions because there was no advance directive.

The family would have to hire an attorney and request guardianship from the court. This added stress and expense to an already very difficult situation. My goal is to help Aspirus reach as many people as possible to help facilitate the conversation around advance care planning and assist them in writing their wishes.

Brewing the Conversation

...about Advance Care Planning



Aspirus is hosting **Brewing the Conversation Events** on **August 28, and November 1, at Aspirus Wausau Hospital from noon to 1:30 p.m. (free but registration required)**. We would like you to join us for great coffee and great conversation around your own experiences, values, and beliefs. Not only will you learn more about Advance Care Planning, you will also learn about how to get free help with the written Advance Directive.

Please contact the Aspirus Customer Contact Center at **715.847.2380** or **800.847.4707** to register!

Helping Older Adults Take Charge of Their Lives and ADAPT

- ✓ **Do you promise yourself that you will start a diet on Monday, but it never happens?**
- ✓ **Do you want to start an exercise program, but can't get off the couch?**
- ✓ **Do you use food to cope with stressful situations?**
- ✓ **Do you have an ongoing struggle with getting those extra pounds off?**

If this describes you, the **Aspirus ADAPT program** may be the way for you to kick start lifestyle changes that can lead to a healthier you! ADAPT is a lifestyle change program that helps individuals make healthy lifestyle choices by setting realistic, practical goals that are attainable. By becoming more active and making healthier food choices you can look forward to a more active and improved quality of life. Making these changes can also decrease your risk for many illnesses.

Making changes can be challenging but with the help of a lifestyle coach and a supportive group you will find that you can adapt. Consider taking charge of your life by signing up for the ADAPT program. Call today to register or to find out more about the program that can improve your quality of life for a lifetime. Call **715.847.2000, extension 52395**.

Alzheimer's Disease



By Evalyn Michira, Aspirus Gerontology Clinical Nurse Specialist

Alzheimer's disease is the most common form of dementia, which leads to changes in memory, thinking and behavior. If you have been diagnosed with Alzheimer's or another dementia, you are not alone. Learning as much as you can is the first step toward taking control of your life. In the early stage of the disease, you can live well by empowering yourself with the right information and resources. We encourage you to take your time and learn at your own pace, as some information may be difficult to deal with.

It's normal to experience a range of emotions after receiving a diagnosis of Alzheimer's disease or another dementia. Understanding your emotions will help you move forward and discover ways to live a positive and fulfilling life. Speak to your health care provider about these feelings as they will offer you resources available at Aspirus to help you cope with the initial diagnosis.

Although it can be difficult, taking care of your emotional needs can help you come to terms with your diagnosis and feelings. Remember, Alzheimer's affects everyone differently. By learning what to expect as the disease progresses, you can reduce the fear of the unknown and develop a strategy to help you manage the challenges you may face.

To learn more about dementia and the Aspirus Memory Clinic, call the Aspirus Customer Contact Center at 715.847.2380 or 800.847.4707.



Would you like to do more to help people with dementia?

Free Dementia-friendly business and organization training is available.

- Choose a 30 or 60 minute training that is customized based on the type of service provided.
- Attain "dementia friendly" status by having at least 50% of "front line" staff or volunteers and 75% of leadership/management staff participate in the training. (Multiple training sessions can be scheduled to accommodate different shifts, if needed.)
- Receive dementia-related information to share with employees in breakrooms or posting areas.



This training is provided by the Central Wisconsin Dementia Network, a group of local aging professionals, business representatives, non-profit agency partners and volunteers.

For more information about this opportunity, or to schedule a training, contact the Aging & Disability Resource Center of Central Wisconsin: 715.261.6070.

Aging Wisely



By Cheryl Steen, Aspirus Lifeline Coordinator

Source: Philips Lifeline

Older adults want to remain in control of their lives. All too often they will accept their need for added support only after a serious fall. Research indicates that many of these 7 chronic conditions have a direct correlation to increased falls risk. Four in five older adults have at least one chronic health problem and one-third have an associated activity limitation.

Top 7 Falls Risk Factors

1. Arthritis
2. Obesity
3. Impaired mobility
4. Multiple medications
5. Fear of falling
6. Hypertension
7. Diabetic

We recommend the Philips Lifeline Auto Alert automatic fall detection button, provided by your local Aspirus Lifeline program, as a means of getting help quickly in the event of a fall, even if you are unable to press your help button. Lifeline provides peace of mind, safety and confidence.

Together with your physician and family, develop a plan that addresses the following two important questions:

1. If you were to fall tonight, would you be able to get up safely?
2. If you were injured and couldn't get up, how would you get help?

Remember! Getting help quickly helps prevent further injury.

Also, talk to your physician about making exercise part of your treatment plan.

Call Today! For the Philips Lifeline service in your area!



Aspirus Wausau Hospital Lifeline: 715.847.2781

Serving Marathon County and the city of Marshfield

Aspirus Langlade Hospital: 715.623.9422

Serving Langlade and Forest County, and limited parts of Shawano, Menominee, Oconto and Marathon Counties.

Aspirus Ironwood Hospital: 906.932.6209

Serving Gogebic and Ontonagon Counties in Michigan, and Iron County in Wisconsin.

Aspirus Riverview Hospital: 715.421.7597

Serving Wisconsin Rapids area

Life Rules - "Young. Old. Just Words."

George Burns

Social Wellness and Aging Adults

Source: www.concordiaseniorliving.com

Did you know that staying socially active can help seniors maintain both physical and emotional health? In fact, being socially active can be just as effective as exercise for improving your mood and overall quality of life. Plus, social connections offer great benefits to your cognitive functioning as well, leading to a sharper mind as you age.

Social wellness refers to the ability you have to interact with people around you. Using good communications skills, building meaningful relationships, and respecting yourself and others helps create a support system comprised of family members and friends.

Along with a lower death rate, seniors who are maintaining social relationships see numerous health benefits. For example, you can potentially lower your risk for Alzheimer's disease, osteoporosis, rheumatoid arthritis, cardiovascular problems, and even some cancers! Socially active seniors can have lower blood pressure and a boosted immune system, not mention better eating habits.



Ongoing Falls Education for Staff



Aspirus Wausau Hospital continues to improve by having less falls with injury through floor mat training.

Upcoming Area Programs Keeping You Connected

Please call for more information on the following Health Aging Programs:

Programs	Dates & Phone Number for more information
<p>Healthy Aging, Today™ Aspirus Wausau Hospital (Featuring a different guest presenter each month along with socializing, Bingo and prizes.)</p>	<p>Aspirus Customer Contact Center at 715.847.2380 or 800.847.4707</p> <ul style="list-style-type: none"> • August 11 – Delirium, Depression & Dementia • September 8 – Living Well with Chronic Conditions • October 13 – Pill Sense for Older Adults • November 10 – Falls Prevention and Lifeline
<p>Stepping On (This is a fall prevention, 7-week program meeting once a week.)</p>	<p>Central WI Aging & Disability Resource Center 1.888.486.9545</p> <ul style="list-style-type: none"> • August 16 to September 27 – Wausau • September 7 to October 19 – Merrill • September 11 to October 23 – Tomahawk • October 3 to November 14 – Antigo • October 3 to November 14 – Wausau • October 3 to November 14 – Wisconsin Rapids • October 4 to November 15 – Weston • October 5 to November 16 – Stevens Point • October 9 to November 20 – Marshfield
<p>Senior Fitness Program (A 6-week program meeting twice a week to help you get stronger and become more active, improving balance and coordination.)</p>	<p>Aspirus Outpatient Therapies 715.847.2827</p> <ul style="list-style-type: none"> • Ongoing openings year-round
<p>Walk with Ease (This program meets twice a week for six weeks and will improve flexibility and strength for arthritis sufferers.)</p>	<p>715.346.1401 or 866.920.2525</p> <ul style="list-style-type: none"> • October 3 to November 10 – Rosholt
<p>Living Well with Chronic Conditions (A six week program offering information and support to people with ongoing health problems.)</p>	<p>Central WI Aging & Disability Resource Center 1.888.486.9545</p> <ul style="list-style-type: none"> • August 17 to September 21 – Wausau • August 22 to September 26 – Tomahawk • September 11 to October 16 – Merrill • October 2 to November 6 – Wausau • October 13 to November 17 – Amherst • October 11 to November 15 – Antigo • November 6 to December 11 – Wisconsin Rapids

Programs	Dates & Phone Number for more information
<p>Arthritis Foundation Exercise Program (Is designed to improve joint flexibility and range of motion to maintain muscle strength and increase stamina.)</p>	<p>715.346.1401 or 866.920.2525</p> <ul style="list-style-type: none"> • Ongoing openings year-round. You can join anytime.
<p>Healthy Living with Diabetes (This 6-week program provides information and support to people with type 2 diabetes, pre-diabetes, and family and friends affected by diabetes.)</p>	<p>Central WI Aging & Disability Resource Center 1.888.486.9545</p> <ul style="list-style-type: none"> • August 16 to September 20 – White Lake • September 12 to October 17 – Wausau • September 18 to October 23 – Wisconsin Rapids • October 25 to November 29 – Marshfield • November 1 to December 13 – Stevens Point
<p>ADAPT (Aspirus Diabetes Assessment, Prevention and Transition) A yearlong program assists participants to adapt a healthier lifestyle.</p>	<p>Aspirus Cardiac & Pulmonary Rehabilitation Department 715.847.2000 extension 52395</p> <ul style="list-style-type: none"> • Ongoing openings year-round. You can join anytime.
<p>Aspirus FIT (Fitness & Intervention Treatment) Program (Supervised exercise and education designed for those diagnosed with certain medical conditions' not eligible for other rehab programs.)</p>	<p>Aspirus Cardiac & Pulmonary Rehabilitation Department 715.847.2830 – Wausau</p> <p>Aspirus Rhinelander Clinic 715.361.5480 extension 23008</p>
<p>Medication Monday (A free, 1:1 appointment with a pharmacy representative to help you better understand and organize your medications.)</p>	<p>Aspirus Customer Contact Center at 715.847.2380 or 800.847.4707</p> <ul style="list-style-type: none"> • 3rd Monday every month – Wausau and Medford
<p>Caregiver Support Group (Memory Clinic support 2nd Tuesday monthly)</p>	<p>Aspirus Memory Clinic, Plaza Drive, Wausau 715.847.2004</p> <ul style="list-style-type: none"> • September 12 • October 10 • November 14 • December 12



ASPIRUS™

Passion for excellence.
Compassion for people.

333 Pine Ridge Boulevard
Wausau, WI 54401