

Horizons

Holiday Survival Guide

Most people love the winter holidays, but the expectations associated with special occasions can dampen the pleasure. Toss in bad weather and the departure from daily habits, and many of us would just as soon fast-forward to January. If you've lost a family member or a friend this year, the holidays may be especially difficult. And if the weather has taken a toll on your health you'll need more self-care than usual.

And so, as the holidays approach, we offer some tools to help manage the season with confidence. We encourage you to attend our classes, where you'll learn to eat well, travel safely and maintain your good humor and happiness. In advance, we wish you happy holidays.

Horizons promotes a healthy outlook beyond age 55

www.evergreenhealthcare.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.

Holiday Travel: Keep Moving

The dangers of long flights are making some think twice about air travel. Simple seated exercises will be discussed and demonstrated, along with other techniques to keep the blood moving and muscles relaxed while en route.

Fairwinds Redmond

9988 Avondale Rd. NE,
Redmond

Oct. 9, 1-2 p.m.

Call 425.558.4700 to register

Peter Kirk Community Center

352 Kirkland Ave., Kirkland

Nov. 13, 12:45-2 p.m.

Call 425.587.3360 to register

Managing Holiday Depression

Discover what is and isn't depression, its causes, self-help techniques and options for maintaining a greater sense of well being.

Fairwinds Redmond

9988 Avondale Rd. NE,
Redmond

Nov. 13, 1-2 p.m.

Call 425.558.4700 to register

Eating Healthy During the Holidays

Learn how to avoid the temptations of overeating at the holiday buffet. Simple changes to certain family recipes can considerably lower the fat and calories in these old favorites.

Peter Kirk Community Center

352 Kirkland Ave., Kirkland

Oct. 23, 12:45-2 p.m.

Call 425.587.3360 to register

Northshore Senior Center

10201 E Riverside Dr., Bothell

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

Call 425.487.2441 to register

Using Humor to Reduce Holiday Stress

Humor can be a powerful tool for relaxing and reducing stress. Learn basic techniques to help calm you during the holidays.

Brittany Park

17143 133rd Ave. NE,
Woodinville

Nov. 3, 2-3 p.m.

Call 425.402.7100 to register

Programs and Classes

Oct. – Dec. 2009

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

Brittany Park

17143 133rd Ave. NE,
Woodinville

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.

Oct. 6, 2-3 p.m.

Call 425.402.7100 to register

Medicare: Are You Covered?

Learn more about supplemental insurance options and the various programs that can help income-eligible persons reduce Medicare related costs. Get the facts about your Medicare choices, so you can save money on health care coverage costs.

Oct. 20, 2-3 p.m.

Call 425.402.7100 to register

Volunteer Training for Hospice and Palliative Care

Evergreen Hospice and Palliative Care serves patients and their families in your neighborhood. Volunteers provide companionship, life review, light household help, respite, and running errands. The next volunteer education series is scheduled for:

Oct. 14, 21, 28 and Nov. 4, 5-9 p.m.

Location: Hospice Center in Kirkland

To register, or for more information, call 425.899.1040

or visit www.evergreenhealthcare.org/services/hospice/hospicevols

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 over two days and covers the effects of aging and medication on driving, basic driving rules, license renewal and more.

Nov. 6

10 a.m.-3 p.m.

Fee: \$12 AARP members,

\$14 non-members

Call 425.899.3000 to register

Also offered as a one-day class:

Oct. 3, Nov. 7, Dec. 5

9 a.m.-5 p.m.

Fee: \$12 AARP members,

\$14 non-members

Call 425.899.3000 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 fifty percent. Learn how to protect yourself!

Sept. 17, 12:30-1:30 p.m.

Call 425.899.3000 to register

Registration is required or classes may be cancelled.

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. Class held in Cardiovascular Health and Wellness Center, DeYoung Pavilion.

Oct. 1, 10-11 a.m.

Call 425.899.3000 to register

Being Heard in the Health Care Hoopla

In the ever-changing world of health care, it is important to be informed and assertive when communicating with your health care providers. Gain a better understanding of how the health care system works and what you should know to get the quality of care that you deserve.

Oct. 15, 12:30-1:30 p.m.

Call 425.899.3000 to register

What You Need to Know About Stroke

Find out about preventable risk factors and steps you can take to prevent strokes. Learn stroke signs and symptoms, along with crucial first responses to these signs. Class held in Cardiovascular Health and Wellness Center, DeYoung Pavilion.

Nov. 5, 10-11 a.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.

Nov. 19, 12:30-1:30 p.m.

Call 425.899.3000 to register

Getting to the Heart of Diabetes

Diabetics are two to four times more likely to have heart disease or suffer from a stroke. We will explain recent innovations surrounding diabetes management, symptom based treatments and heart disease. Class held in Cardiovascular Health and Wellness Center, DeYoung Pavilion.

Dec. 3, 10-11 a.m.

Call 425.899.3000 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.

Dec. 17, 8:30-10:30 a.m.

Call 425.899.3000 to register

Peter Kirk Community Center

352 Kirkland Ave., Kirkland

When to Worry

Memory loss that disrupts everyday life is not part of normal aging. Signs of dementia build over time, and can gradually interfere with daily living. Learn the various warning signs that may point to the most common form of dementia, Alzheimer's disease.

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

Call 425.587.3360 to register

Trouble Choosing Supplements?

There are so many types and brands of supplements on the market today that it is hard to know which are right for you. We will discuss quality, brands and absorbability of supplements. This class should make your next visit to the vitamin shop less challenging.

Oct. 9, 12:45-2 p.m.

Call 425.587.3360 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. 16, 12:45-2 p.m.

Call 425.587.3360 to register

Registration is required or classes may be cancelled.

Body Composition: Your Ratio Rundown

Receive a body composition analysis, including an explanation of body fat percentage, hydration levels, and recommendations.

Participation not recommended for those with pacemakers.

Nov. 5, 6:30-8 p.m.

\$6 resident/\$7 nonresident

Call 425.587.3360 to register

Eliminating Heartburn/ Acid Reflux

Learn about potential causes of heartburn/acid reflux. We will discuss solutions to this problem and teach you how to listen to the messages your body is trying to convey. Long-term, unresolved heartburn can carry consequences. Learn how to resolve this issue before more serious problems arise.

Nov. 6, 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.

Dec. 4, 8:30-10:30 a.m.

Call 425.587.3360 to register

Antibiotics and the Immune System

As the use of antibiotics grows, so do their effects on the resilience of bacteria and your body's natural ability to fight illness. Increase your understanding of how antibiotics work, their benefits, side effects and what you can do to keep your immune system working for you.

Dec. 18, 12:45-2 p.m.

Call 425.587.3360 to register

Northshore Senior Center

*10201 E Riverside Dr.,
Bothell*

Doc Talk

Make sure you are prepared for your next physician's visit by learning important questions to ask, what services you should request and how to ensure that you are informed of all medical options available to you. Take control of your health care by effectively communicating with your provider.

Oct. 6, 12:45-2 p.m.

Call 425.487.2441 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.

Oct. 20, 12:45-2 p.m.

Call 425.487.2441 to register

Common Gastrointestinal Problems

Take a closer look at common digestive problems such as constipation, diverticulosis and hiatus hernia. Find out why they increase with age and how you can calm an upset stomach.

Nov. 3, 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.

Dec. 10, 8:30-10:30 a.m.

Call 425.487.2441 to register

Medicare: Are You Covered?

Learn more about supplemental insurance options and the various programs that can help income-eligible persons reduce Medicare related costs. Get the facts about your Medicare choices, so you can save money on health care coverage costs.

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

Call 425.487.2441 to register

Registration is required or classes may be cancelled.

Kenmore Senior Center

6910 NE 170th St., Kenmore

Kitchen Medicine

Learn how simple herbal remedies can help you and your family through the cold and flu season, and where in the kitchen or garden you can find them!

Oct. 19, 11 a.m.-12 p.m.

Call 425.489.0707 to register

Fraud Fighters

Half of the victims of consumer scams are age 50 and older.

Being able to recognize these scams can reduce the likelihood of being victimized by over fifty percent. Learn how to protect yourself!

Nov. 16, 11 a.m.-12 p.m.

Call 425.489.0707 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. 21, 11 a.m.-12 p.m.

Call 425.489.0707 to register

Mill Creek Senior Center

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

Superfoods

Learn specific nutritional powerhouses that support the body and enhance the immune system to help prevent disease, as well as how to implement them into your diet.

Oct. 21, 10-11 a.m.

Call 425.948.7170 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.

Nov. 18, 10-11 a.m.

Call 425.948.7170 to register

Are Your Affairs In Order?

A realistic look at what legal documents are needed for peace of mind in the event of a serious injury or death. Topics covered will be durable power of attorney, health care surrogate, living wills, disability programs, wills, nomination of guardian and trusts.

Dec. 16, 10-11 a.m.

Call 425.948.7170 to register

Redmond Senior Center

8703 160th Ave. NE, Redmond

Deep Breathing for Life!

Relax, cope, energize, meditate, and visualize. Prevent respiratory complications from colds, flu, and pneumonia with this simple, deep breathing technique.

Oct. 14, 10-11:15 a.m.

Call 425.556.2314 to register

Medicare: Are You Covered?

Learn more about supplemental insurance options and the various programs that can help income-eligible persons reduce Medicare related costs. Get the facts about your Medicare choices, so you can save money on health care coverage costs.

Oct. 28, 10-11:15 a.m.

Call 425.556.2314 to register

Mediterranean Lifestyle

Improve your understanding of how to take care of your health with a healthy lifestyle. A dietitian will give information about how to practically apply the Mediterranean diet principles into your life.

Nov. 24, 10-11:15 a.m.

Call 425.556.2314 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

Dec. 9, 10-11:15 a.m.

Call 425.556.2314 to register

Working on Wellness Class

This two-part class helps patients and/or caregivers define what they need in order to have optimal quality of life while living with a chronic disease. We will work together to set realistic goals, outline steps to achieve goals and arm you with resources to help you meet your goals.

Two consecutive fourth Wednesdays, 11 a.m.-12 p.m.

Call 425.899.3000 to register

Registration is required or classes may be cancelled.



Exceptional people, exceptional care.

12040 NE 128th Street
Kirkland, WA 98034

CHANGE SERVICE REQUESTED

PRSR STD
U.S. Postage
PAID
Mailed from zip code 98034
Permit No. 300

Fairwinds Redmond

9988 Avondale Rd. NE,
Redmond

Relax and Renew

Experience how meditation and visualization can give you a break in your day from stress and worry. Learn how to renew your energy and spirit by focusing on the present moment.

Dec. 11, 1-2 p.m.

Call 425.558.4700 to register

Aegis Lodge

12629 116th Ave. NE,
Kirkland

When to Worry

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

Oct. 15, 4-5 p.m.

Call 425.814.2841 to register

How to Stay Healthy with Diabetes

Learn how to avoid the many devastating long-term complications of diabetes. This will be a brief overview of blood sugar numbers, lab tests, exercise and food.

Nov. 19, 4-5 p.m.

Call 425.814.2841 to register

Living Well with Parkinson's

Join an expert from the Booth Gardner Parkinson's Care Center for an informational lecture on redefining wellness for Parkinson's patients.

Dec. 10, 4-5 p.m.

Call 425.814.2841 to register

Registration is required or classes may be cancelled.