KENNEDY

ElderMed Today

September - December 2009

For registration or questions, call 1-800-522-1965.

New Programs

FREE Gentle Yoga Demonstration
Date: **Monday, September 14**
Time: 2 - 3 p.m.
Place: Kennedy Health & Wellness Center Washington Twp.

Stretch your body and refresh your spirit with yoga. During this demonstration, you'll learn some of the basic techniques. Can be done while seated. Remember to wear loose, comfortable clothes. Please bring a yoga/ sticky mat or towel, and your water bottle.

Healthy Men 2009
Date: **Tuesday, September 15**
Time: 10 a.m.
Place: Kennedy Health & Wellness Center Washington Twp.

Decrease your risk of colon cancer. Learn about prevention from **Dr. John D'Emilia**, UMDNJ Department of Surgery.

Line Dancing
Date: **Tuesday, September 29 - November 3**
Time: 1 - 2 p.m.
Place: Kennedy Health & Wellness Center Washington Twp.
Cost: $20 per six week session
Instructor: Sheila Turing

No partners or experience necessary. Come join the fun! FULL PAYMENT AND PHYSICIAN CONSENT ARE REQUIRED PRIOR TO CLASS. Call to register. Remember to bring your water bottle!

Memory Health from A to Z
Date: **Wednesday, September 30**
Time: 2 p.m.
Place: Kennedy Health & Wellness Center Washington Twp.

A fact-filled presentation with the latest on maintaining your brain.

Medicare Prescription Plan Update
Date: **Thursday, October 22**
Time: 10 a.m.
Place: Kennedy – Cherry Hill

To get Medicare prescription drug coverage, you must choose and join a Medicare drug plan. Join Debbie Tomasetti, Camden County State Health Insurance Assistance Program (SHIP) supervisor, to learn the ins and outs of Medicare prescription drug coverage. Remember, you can join a Medicare Drug Plan (or switch plans) from November 15 - December 31 each year.

The Carbohydrate/Blood Sugar Connection
Date: **Monday, October 26**
Time: 1:30 p.m.
Place: Kennedy Center at Voorhees

When you have diabetes, carbohydrates are key to maintaining healthy blood sugar levels. Learn about this important connection and what dietary changes you can make to help keep your blood sugar in check and to feel your best. Registered Dietitian, **Heather Sylvester**, will lead the discussion.

Veterans' Day Ceremony
Date: **Thursday, November 5**
Time: 1 - 3 p.m.
Place: Kennedy Center at Voorhees

Each year Kennedy honors our local veterans, those currently serving or honorably discharged, with a special recognition event. The festivities include a medal ceremony. Lt. Col. (Retired) Al Bancroft of the Camden County Board of Freeholders and the Camden County Office of Veteran Affairs as well as representatives from the Jewish War Veterans of the USA, Post 126, Cherry Hill, will present the Camden County Service Medal to all qualifying veterans who live in Camden County. A registration form must be completed to determine your eligibility to receive the Camden County Service Medal or other appropriate certificates or medals. Please call **800-522-1965** for your form which must be completed and **returned by October 30**.

Easy Ways to Lower Triglycerides
Date: **Tuesday, November 10**
Time: 10 a.m.
Place: Kennedy - Cherry Hill

Triglycerides are fatty substances in the blood. When they are elevated, they can increase the risk of heart disease and heart attack just like LDL cholesterol. You can reduce triglycerides significantly by changing some of the foods you eat. Learn more from our Registered Dietitian, **Heather Sylvester**.

Diabetes Q and A
Date: **Thursday, November 12**
Time: 2 p.m.
Place: Kennedy Health & Wellness Center Washington Twp.

Raise your Diabetes I.Q. **Carol Hughes**, Certified Diabetes Educator from Kennedy's Diabetes Control Center, will answer your questions about life with diabetes – diet, medications, and more.

Harvest Dance
Date: **Sunday, November 15**
Time: 1 - 4 p.m.
Place: Stardust Ballroom
363 W. Browning Road, Bellmawr
Cost: $10 per person

Enjoy an afternoon of music and dancing with the award-winning CITY RHYTHM ORCHESTRA. We are returning to the fabulous Stardust Ballroom in Bellmawr for this special event. Get your tickets now. Registration and prepayment required. Please use the coupon. Call **1-800-522-1965** for more information.

FREE Diabetic Foot Screenings
Date: **Tuesday, November 17**
Time: 3 - 7 p.m.
Place: The Center for Wound Healing at Kennedy Washington Twp.
543 Egg Harbor Rd.

If you have diabetes, regular foot screenings should be a part of your regular health maintenance routine. Register for a free screening with Kennedy Podiatrist, **Dr. Joseph Mirarchi**.

FREE Diabetes Meter Trade-In
Date: **Thursday, November 19**
Time: 1 - 6 p.m.
Place: Kennedy Health & Wellness Center Washington Twp.

Bring in your old glucose meter and exchange it for a new one. You also receive training on how to use the new meter. By appointment only. Call **1-866-224-0264.**

"Brown Bag" Medication Review
Date: **Wednesday, December 2**
Time: 9 a.m. - noon
Place: Kennedy - Cherry Hill

It's time for a medication "check-up". Bring all of the prescription medication, as well as over-the-counter medicines, vitamins and supplements, you are currently taking and have them reviewed by Kennedy pharmacists.

Harvest Dance Registration Form

Sign me up for the Harvest Dance on Sunday, Nov. 15th.

Name _____

Address _____

Phone _____ E-mail _____

Number of tickets @ $10_____ Total enclosed $ _____

Make checks payable to **Kennedy Health System** Mail to: Kennedy Health System – ElderMed, 1099 White Horse Road, Voorhees, NJ 08043

For registration or questions, call 1-800-522-1965.

Ongoing Programs

Gentle Yoga

Dates: Tuesdays and Thursdays,
September 1, 3, 8, 10, 15, 17, 22, 24, 29
October 1, 6, 8, 13, 15, 20, 22
November 3, 5, 10, 12, 17, 19, 24
December 1, 3, 8, 10, 15, 17, 22
Time: 2:30 - 3:30 p.m.
Place: Kennedy - Cherry Hill
Cost: September $27, October $21, November $21, December $21

Dates: Mondays and Wednesdays,
September 2, 9, 14, 16, 21, 23, 28, 30
October 5, 7, 12, 14, 19, 21
November 2, 4, 9, 11, 16, 18, 23, 25, 30
December 2, 7, 9, 14, 16, 21, 23
Time: 2 - 3 p.m.
Place: Kennedy - Stratford
Cost: September $24, October $18, November $27, December $21

Dates: Mondays,
September 21, 28
October 5, 19, 26
November 2, 9, 16, 23, 30
December 7, 14
Time: 2 - 3 p.m.
Place: Kennedy Health and Wellness Center Washington Twp.
Cost: September $6, October $9, November $15, December $6

Practice the basic techniques for this meditation practice - breathing, stretching, and relaxing. Can also be done seated. FULL PAYMENT AND PHYSICIAN CONSENT ARE REQUIRED PRIOR TO CLASS. Remember to wear loose, comfortable clothes. *Please bring a yoga/sticky mat or towel, and your water bottle.*

Short Story Discussion Club

Dates: Tuesdays,
September 8 – *"A Small Good Thing"* by Raymond Carver
October 13 – *"The Story"* by Amy Bloom
November 10 – *"Twin Study"* by Stacey Richter
December 8 – *"Things We Knew When the House Caught Fire"* by Davis Drury
Time: 1 p.m.
Place: M. Allan Vogelson Regional Camden County Library 203 Laurel Road, Voorhees

Join fellow enthusiasts at the ElderMed Short Story Club. New members are always welcome. Meetings are offered in conjunction with the staff of the Camden County Library. Pick up copies of the short stories prior to the meeting at the library's front desk. Call ElderMed to register at **1-800-522-1965.**

Line Dancing

Dates: Tuesdays, October 6, 13, 20
November 3, 10, 17
Time: 2 - 3 p.m.
Place: Kennedy - Stratford
Cost: $20 per 6 week session
Instructor: Mavis Dolbow

What an enjoyable way to be active! No partners or experience necessary! Come join the fun! FULL PAYMENT AND PHYSICIAN CONSENT ARE REQUIRED PRIOR TO CLASS. Call to register. Please remember to bring your water bottle.

AARP's Defensive Driving Course

Dates: Wednesday and Thursday,
September 9 and 10
December 2 and 3
Time: 9 a.m. - 1 p.m.
Place: Kennedy Health and Wellness Center - Washington Twp.

Dates: Tuesday and Wednesday,
October 27 and 28
Time: 9 a.m. - 1 p.m.
Place: Kennedy Center at Voorhees

Dates: Monday and Tuesday,
November 16 and 17
Time: 9 a.m. - 1 p.m.
Place: Kennedy - Cherry Hill

This eight-hour classroom course has been designed by AARP to refine existing skills and develop safe, defensive driving techniques. A $12 fee for members and $14 fee for non-members is charged by AARP to cover the cost of materials. Send check made payable to AARP to the ElderMed office prior to class. Feel free to bring a brown bag lunch. Please bring driver's license, a pen, and AARP membership card, if applicable, to class. Call to register.

Circle of Knitting and Crocheting

Dates: Wednesdays, September 9 and 23, October 14 and 28, November 11
Time: 1 - 3 p.m.
Place: M. Allan Vogelson Regional Camden County Library 203 Laurel Road, Voorhees

Join fellow knitters and/or crocheters on an ongoing basis. Share skills and learn new skills, while working on individual, group, hospital, and community projects. Please bring your own supplies and materials. Call to register.

Move Today

Dates: Fridays,
September 11, October 2, 16, 23, November 6, 20
Time: 11 a.m.
Place: Kennedy Health and Wellness Center Washington Twp.
Cost: $10 for this six-week class

Too late to start an exercise program? Think again! Join us for a resistance exercise program that will help improve your flexibility, balance, strength, and posture. This is a non-aerobic class that can be done sitting or standing. Registration is necessary. Please bring a towel and your water bottle. FULL PAYMENT AND PHYSICIAN CONSENT ARE REQUIRED PRIOR TO CLASS.

Pick up your 2010 ElderMed Calendar at all December programs or stop by the ElderMed office, Kennedy Center at Voorhees, 1099 White Horse Road, after December 1.

Breakfast Club

Try early breakfast dining for only $3.50. Enjoy our "traditional" breakfast: eggs, breakfast meat, potatoes, toast or bagel, coffee, and juice or the "power" breakfast: Oatmeal, fruit, yogurt, toast or bagel, juice and coffee. Breakfast runs from 6:30 until 10 a.m. Call to register. Please present your ElderMed Membership Card to the cashier.

Dates: Mondays, September 14, October 12, November 9, December 14
Place: Kennedy - Cherry Hill Cafeteria

Dates: Tuesdays, September 15, October 20, November 17, December 15
Place: Kennedy - Stratford Cafeteria

Dates: Thursdays, September 17, October 15, November 19, December 17
Place: Kennedy - Washington Twp. Cafeteria

'Walk This Way' Walking Program

Dates: Tuesdays and Thursdays, September 15 – December 22
Time: 10 – 11 a.m.
Place: UMDNJ Wellness Center, Stratford

Enjoy walking indoors at the Center's track. Pre-registration and your physician's consent are required prior to the first session. Please be advised that walking is only permitted from 10 - 11 a.m. Call to register.

The Memory Challenge

Dates: Tuesdays, September 15, October 20, November 17, December 15
Time: 1 - 2:30 p.m.
Place: Kennedy Center at Voorhees

Exercise for your brain is just as important as exercise for your body. This group meets monthly and participates in practical, challenging, and hands on mind exercises. Call to register.

Dinner Club

Enjoy early dining with other ElderMed members for just $4.99! Includes entrée, vegetable, soup and salad bar, dessert, and beverage. Dinner runs from 4:30 until 6 p.m. Call to register. Please present your ElderMed Membership Card to the cashier.

Dates: Wednesdays, September 16, October 21, November 18, December 16
Place: Kennedy - Cherry Hill Cafeteria

Dates: Mondays, September 21, October 19, November 16, December 21
Place: Kennedy - Washington Twp. Cafeteria

Dates: Thursdays, September 24, October 22, November 19, December 17
Place: Kennedy - Stratford Cafeteria

KENNEDY HEALTH SYSTEM