KENNEDY

ElderMed Today

September - December 2010

To register, please visit our website www.kennedyhealth.org or call 1-800-522-1965.

New Programs

FREE Zumba Gold Demonstration Class

Date: **Thursday, September 23**
Time: 1 p.m.
Place: Westville Square - Xavier Catering Hall
201 Broadway, Westville
Instructor: Carla Maggio

ZUMBA Gold is a lower impact and lower intensity Latin-inspired dance-fitness party. You will learn easy-to-follow steps from cha-cha, mambo, salsa, samba and even belly-dancing! It's such a fun way to exercise you don't even feel like you're working out. Details about a possible 6-week series will be available at the class. Call to register. Remember to bring your water bottle.

Pain, Pain Go Away

Date: **Tuesday, September 28**
Time: 1 - 2 p.m.
Place: Kennedy Center at Voorhees
1099 White Horse Road
Speakers: Dr. Deanna Janora
Pain Management
UMDNJ - SOM
Nora Bollinger, MSN, RN, CMSRN
Clinical Specialist/Educator
KUH, Stratford

During this fact-filled lecture, learn what is available for diagnosis of pain issues, how to talk to your physician about acute versus chronic pain, what is the role of physical therapy in managing pain, and if in the hospital, what to expect from the nursing staff related to pain management. Call to register.

Beyond the Salt Shaker: Other Surprising Sources of Salt

Date: **Wednesday, September 29**
Time: 1:30 - 2:30 p.m.
Place: Kennedy Health and Wellness Center - Washington Twp.
405 Hurffville - Cross Keys Road
Speaker: Heather Sylvester, MA, RD, LDN, CNSD
Kennedy Nutrition Education Specialist

It may surprise you to know that **only about 6% of the sodium we eat comes from the salt shaker!** Most of our sodium comes from ***processed foods*** and ***restaurant meals***. Most Americans unknowingly consume two to three times more sodium than they need, which can lead to high blood pressure, stroke, and kidney disease. Learn the danger foods along with how to make better substitutions to lower the amount of sodium you eat. Reading food labels, cooking without salt, and eating-out tips will be discussed.

Personalized Medication Review

Date: **Thursday, October 7**
Time: 9 a.m. - noon
Place: Kennedy Health and Wellness Center - Washington Twp.
405 Hurffville - Cross Keys Road

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 the Kennedy pharmacists. Schedule an appointment with a Pharmacist at **1-800-522-1965**.

Physical Activity and Arthritis: You Can Do It!

Date: **Wednesday, October 13**
Time: 1 - 2 p.m.
Place: Kennedy Center at Voorhees
1099 White Horse Road
Speaker: Phyllis Freed
Arthritis Foundation

Can you exercise if you have Arthritis? Yes, you can! Join us to learn the relationship between weight, physical activity, and arthritis; as well as recommended physical activity for people with arthritis.

Feeling Out of Balance?

Date: **Wednesday, October 20**
Time: Noon - Lunch & Learn
Place: Kennedy - Cherry Hill
2201 Chapel Avenue
Speaker: Dr. Todd Rowan
Otolaryngology

Do you have trouble walking up and down an incline? Lose balance when standing still? Feel dizzy or light-headed or unsteady while walking? Learn about a variety of balance problems and how they can be diagnosed at this educational program. **Registration is a must. Space is limited.**

Medicare Prescription Plan Update

Date: **Tuesday, November 9**
Time: 2 p.m.
Place: Kennedy Center at Voorhees
1099 White Horse Road

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 15th – December 31st each year.**

Veterans' Medal Ceremony

Date: **Thursday, October 28**
Time: 1 - 3 p.m.
Place: Kennedy Center at Voorhees
1099 White Horse Road

Each year Kennedy honors our local veterans, those currently serving or honorably discharged, with a special recognition event to include a medal ceremony.

Camden County Freeholder Director Louis Cappelli, Jr., Lt. Col. Al Bancroft of the Office of Veterans Affairs, as well as representatives from the Jewish War Veterans of the USA, Post 126 Cherry Hill, will present the Camden County Military 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 1-800-522-1965 for your form which must be completed and returned by October 22.**

Harvest Dance

Date: **Sunday, November 14**
Time: 1 - 4 p.m.
Place: Stardust Ballroom
363 W. Browning Road, Bellmawr
Cost: $10 per person

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

Understanding Diabetes

Date: **Thursday, November 18**
Time: Noon - Lunch & Learn
Place: Kennedy - Cherry Hill
2201 Chapel Avenue
Speaker: Susan Santry, RN

Join us for this down-to-earth discussion about diabetes, including prevention, diagnosis and successful self-management. This helpful session will dispel many of the myths associated with having diabetes. **Registration is a must. Space is limited.**

Sound Sleep, Sharp Brain

Date: **Tuesday, November 23**
Time: Noon - Lunch & Learn
Place: Kennedy - Cherry Hill
2201 Chapel Avenue
Speaker: Dr. Amita Vasoya
Pulmonary Medicine
UMDNJ-SOM

Adequate sleep is crucial for staying healthy and keeping your brain functioning at peak performance. Learn a variety of techniques to help you get a better night's sleep. **Registration is a must. Space is limited.**

HARVEST DANCE REGISTRATION FORM

Sign me up for the Harvest Dance on Sunday, November 14th

Name_____

Address_____

Phone_____ E-mail_____

Number of tickets @ $10 each _____ Total enclosed $_____

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

Ongoing Programs

Gentle Yoga

Dates: **Mondays,**
I - September 13 – October 25
(No class October 11)
II - November 1 - December 13
Time: 2 – 3 p.m.
Place: Kennedy Health & Wellness Center
405 Hurffville – Cross Keys Road
Washington Twp.
Instructor: **Jeanne Nickelson**
Cost: Session I $21 *due by September 7*
Session II $24.50 *due by October 29*

Dates: **Mondays and Wednesdays,**
I - September 8 - October 20
II - November 1- December 22
Time: 1:45 - 2:45 p.m.
Place: Kennedy – Stratford
18 East Laurel Road, Stratford
Instructor: **Myrna Mandelbaum**
Cost: Session I $45.50 *due by September 3*
Session II $56 *due by October 29*

Dates: **Tuesdays and Thursdays,**
I - September 7 – 14, 23 - October 21
II - November 2 – 18, 30 - December 2, 7, 14 - 23
Time: 2:30 – 3:30 p.m.
Instructor: **Myrna Mandelbaum**
Place: Kennedy – Cherry Hill
2201 Chapel Avenue, Cherry Hill
Cost: Session I $42 *due by September 3*
Session II $45.50 *due by October 29*

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 14 – *"The Lottery"*
October 12 – *"Foster"*
November 9 – *"A Father's Story"*
December 14 – *"Disaster Stamps of Pluto"*
Time: 1 – 2 p.m.
Place: M. Allan Vogelson Regional
Camden County Library
203 Laurel Road, 3rd Floor, Voorhees
Facilitator: Jeanne Sevast

Share the enriching experience of reading short stories with 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.

Free 2011
ElderMed Calendars
Pick up your free 2011 calendar at all December programs or stop by the ElderMed office (address to right) after December 1st!
HAPPY HOLIDAYS!!

Line Dancing

Dates: **Tuesdays,**
I - September 21- October 26
II - November 9 – December 14
Time: 2 - 3 p.m.
Place: Kennedy – Stratford
18 East Laurel Road, Stratford
Instructor: **Mavis Dolbow**
Cost: Session I $22 *due by September 15*
Session II $22 *due by October 29*

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.

Circle of Knitting and Crocheting

Dates: **Wednesdays, September 8, 22, October 13, 27, November 10**
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. *Completed projects will only be accepted at the second meeting of each month.* Call to register.

Breakfast Club

Early breakfast dining for only $3.50 per person. Enjoy our "traditional" breakfast: eggs, breakfast meat, potatoes, toast or bagel, coffee, and juice (no bottles) or the "power" breakfast: oatmeal, fruit, yogurt, toast or bagel, juice (no bottles) and coffee. NO SHARING OR SUBSTITUTIONS PLEASE. Breakfast runs from 6:30 until 10 a.m. Call to register. Please present your ElderMed Membership Card to the cashier.

Dates: **Mondays, September 13, October 11, November 8, December 13**
Place: Kennedy - Cherry Hill Cafeteria
2201 Chapel Avenue

Dates: **Tuesdays, September 21, October 19, November 16, December 21**
Place: Kennedy - Stratford Cafeteria
18 East Laurel Road

Dates: **Thursdays, September 16, October 21, November 18, December 16**
Place: Kennedy - Washington Twp. Cafeteria
435 Hurffville – Cross Keys Road

KENNEDY HEALTH SYSTEM

Kennedy Health System - ElderMed Office
Kennedy Center at Voorhees
1099 White Horse Road, Voorhees, NJ 08043

Walk This Way Walking Program

Dates: **Tuesdays and Thursdays, September 7 to December 23**
Time: 10 – 11 a.m.
Place: UMDNJ Wellness Center
1 Medical Center Drive, Stratford

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

Dinner Club

Enjoy early dining with other ElderMed members for just $5 per person! Includes entrée, vegetable, small soup and small salad, a slice of cake or pie, and a fountain beverage (no bottles). NO SHARING OR SUBSTITUTIONS PLEASE. Dinner runs from 4:30 until 6:30 p.m. Call to register. Please present your ElderMed Membership Card to the cashier.

Dates: **Mondays, September 20, October 18, November 15, December 20**
Place: Kennedy - Washington Twp. Cafeteria
435 Hurffville – Cross Keys Road

Dates: **Wednesdays, September 15, October 20, November 17, December 15**
Place: Kennedy - Cherry Hill Cafeteria
2201 Chapel Avenue

Dates: **Thursdays, September 23, October 28, November 18, December 23**
Place: Kennedy - Stratford Cafeteria
18 East Laurel Road

The Memory Challenge

Date: **Tuesday, October 19**
Time: 1:00 – 2:30 p.m.
Place: Kennedy Center at Voorhees
1099 White Horse Road

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

AARP's Defensive Driving Course

Dates: **Tuesday and Wednesday, September 21 and 22 or Thursday and Friday, November 18 and 19**
Time: 9 a.m. – 1 p.m.
Place: Kennedy Health & Wellness Center
405 Hurffville – Cross Keys Road
Washington Twp.

Dates: **Thursday and Friday, October 21 and 22 or Wednesday and Thursday, December 1 and 2**
Time: 9 a.m. – 1 p.m.
Place: Kennedy - Cherry Hill
2201 Chapel Avenue

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 drivers license, a pen, and AARP membership card, if applicable, to class. Call to register.