

KENNEDY

ElderMed Today

April - August 2010

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

New Programs

Understanding Diabetes

Date: Thursday, April 22
Time: Noon - Lunch & Learn
Place: Kennedy Health and Wellness Center
405 Hurffville - Cross Keys Road
Washington Twp.
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.**

Line Dancing

Date: Thursdays, April 29 - June 3
Time: 1 p.m.
Place: Westville Square -
Xavier Catering Hall
201 Broadway, Westville

Instructor: Sheila Turing
Cost: \$20 for six weeks *due by April 16*
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.

Feeling Out of Balance?

Date: Tuesday, May 4
Time: Noon - Lunch & Learn
Place: Kennedy Health and Wellness Center
405 Hurffville - Cross Keys Road
Washington Twp.
Speaker: Dr. Tasos Aslanidis
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.**

Uncovering the Secrets to Living Longer

Date: Tuesday, May 18
Time: 2 p.m.
Place: Kennedy Center at Voorhees
1099 White Horse Road
Speaker: Dr. James A. Espinosa
FACEP, FAAFP
*Assistant Professor, Department of Emergency Medicine
UMDNJ-SOM; Attending
Emergency Physician, Kennedy
Health System, Stratford*

What's the secret to a long life? Across the world, many are living to 100 and beyond. Research shows that parts of Japan, Italy, and Greece are considered longevity hot spots. The people inhabiting these "hot spots" share common diet and lifestyle characteristics which are thought to contribute to their exceptional health. Join us for this very interesting discussion and learn how to add quality years to your life.

Save Your Bones: An Overview on Osteoporosis

Date: Wednesday, June 9
Time: 2 p.m.
Place: Kennedy Center at Voorhees
1099 White Horse Road
Speaker: Dr. Bindu Parchuri
UMDNJ - SOM Geriatric Fellow

Osteoporosis, or porous bone, is a disease characterized by low bone mass and structural deterioration of bone tissue, leading to bone fragility and an increased risk of fractures of the hip, spine, and wrist. Men as well as women are affected by osteoporosis, a disease that can be prevented and treated. Learn prevention, as well as the latest treatment options.

Sound Sleep, Sharp Brain

Date: Thursday, June 10
Time: Noon - Lunch & Learn
Place: Kennedy Health and Wellness Center
405 Hurffville - Cross Keys Road
Washington Twp.
Speaker: Dr. Livia Bratis
*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.**

Getting to the Meat of the Matter: Advice on Cancer Prevention

Date: Tuesday, June 15
Time: 1 p.m.
Place: Kennedy Center at Voorhees
1099 White Horse Road
Speaker: Heather Sylvester, MA, RD,
LDN, CNSD
*Kennedy Nutrition
Education Specialist*

It's true! You can lower your odds of developing cancer through your food choices. The most comprehensive look ever at the evidence linking cancer to diet led a recent expert panel to give us advice. Learn about these cancer-preventing guidelines, including the link between red and processed meat and cancer. You'll also gain tips to reduce cancer-promoting substances in grilled meats just in time for summer barbecues!

The University Doctors
Community Lecture Series



"Physical Activity Guidelines for Older Adults"

Physical activity has the potential to change the way we age. Whether performing daily chores or playing a round of golf, Dr. Cawley will provide guidelines to keep you mobile, independent and add life to your years.

Date: Wednesday, April 21
Time: 10 - 11 a.m.
Place: Camden County Library
- Vogelson Branch
203 Laurel Rd., Voorhees

Speaker: Dr. Christina Cawley
Division of Orthopedic Surgery

To register for this program, call 856-566-6207 or email sominfo@umdnj.edu.

Eating Green

Date: Tuesday, July 20
Time: 10 a.m.
Place: Kennedy - Cherry Hill
2201 Chapel Avenue
Speaker: Heather Sylvester, MA,
RD, LDN, CNSD
*Kennedy Nutrition
Education Specialist*

Are you trying to eat healthy and protect the planet? Choosing more wholesome foods in their natural state and less processed foods can benefit both your body and the environment. Learn how to select foods based on their nutrients as well as their carbon footprint. The meaning of claims such as organic, 100% natural, antibiotic-free, and hormone-free will be reviewed, as well as the pros and cons of buying organic foods.

Arthritis Medication Overview

Date: Thursday, August 5
Time: 11 a.m.
Place: Kennedy - Cherry Hill
2201 Chapel Avenue
Speaker: Richard Kaufman, Pharm. D
Kennedy Pharmacist

There are many medications used in the treatment of arthritis and related conditions. Prescription medications are considered a traditional treatment option. It is important for the patient to be knowledgeable about their options. Learn the latest medications for osteoarthritis, as well as rheumatoid arthritis.

Healthtrax Fitness & Wellness at the Kennedy Health & Wellness Center in Washington Township

National Senior Health & Fitness Day

Senior Health and Fitness Day is a nationwide event for older adults and 2010 marks the 17th year of the program. **In celebration of this day, Healthtrax will offer free guest visits for seniors and a wide selection of classes for seniors to participate.**

Date: Wednesday, May 26
Place: Healthtrax Fitness & Wellness

Healthtrax is located in the Kennedy Health & Wellness Center at 405 Hurffville-Cross Keys Road in Washington Township. Convenient parking is located behind the building. Pre-registration is required and space is limited. For more information on class schedules or to register, call 856/582-2180.



Ongoing Programs

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

Gentle Yoga

Dates: Mondays, April 12, 19, 26;
May 3, 10, 17, 24, June 7

Time: 2 - 3 p.m.

Place: Kennedy Health & Wellness Center
405 Hurffville - Cross Keys Road,
Washington Twp.

Instructor: Jeanne Nickelson

Cost: April \$9 due by April 8
May/June \$15 due by April 29

Dates: Mondays and Wednesdays,
April 5, 7, 12, 14, 19, 21, 26, 28
May 3, 5, 10, 12, 17, 19, 26, 31
June 2, 7, 9, 14, 16, 21, 23, 28, 30
July 14, 21, 28, August 4, 11, 18, 25

Time: 2 - 3 p.m.

Place: Kennedy - Stratford
18 East Laurel Road

Instructor: Myrna Mandelbaum

Cost: April \$24 due by April 1
May \$24 due by April 29
June \$27 due by May 27
July/August \$21 due by June 30

Dates: Tuesdays and Thursdays,
April 6, 8, 13, 15, 20, 22, 27, 29
May 4, 6, 11, 13, 18, 20, 25, 27
June 1, 3, 8, 10, 15, 17, 22, 24, 29
July 1, 13, 15, 20, 22, 27, 29
August 3, 5, 10, 12, 17, 19, 24, 26

Time: 1:30 - 2:30 with Melody Stevenson
2:30 - 3:30 p.m. with
Myrna Mandelbaum

Place: Kennedy - Cherry Hill
2201 Chapel Avenue

Cost: April \$24 due by April 1
May \$24 due by April 29
June \$27 due by May 27
July \$21 due by June 25
August \$24 due by July 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, April 13 -
"I Read my Nephew Stories"
May 11 - "Findings and Impressions"
June 8 - "Weight"
July 13 - "Balto"
August 10 - "Easy Pickings"

Time: 1 - 2 p.m.

Place: M. Allan Vogelsohn 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.

Line Dancing

Dates: Tuesdays,
May 18, 25, June 1, 8, 15, 22;
July 20, 27, August 3, 10, 17, 24

Time: 2 - 3 p.m.

Place: Kennedy - Stratford
18 East Laurel Road

Instructor: Mavis Dolbow

Cost: May/June \$20 due by May 7
July/August \$20 due by July 8

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: April 14, 28, May 12, 26, June 9, 23,
July 14, 28, August 11, 25

Time: 1 - 3 p.m.

Place: M. Allan Vogelsohn 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 (ElderMed members only)

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, April 12, May 10,
June 14, July 12, August 9

Place: Kennedy - Cherry Hill Cafeteria
2201 Chapel Avenue

Dates: Tuesdays, April 20, May 18,
June 15, July 20, August 17

Place: Kennedy - Stratford Cafeteria
18 East Laurel Road

Dates: Thursdays, April 15, May 20,
June 17, July 15, August 19

Place: Kennedy - Washington Twp.
Cafeteria
435 Hurffville - Cross Keys Road

Walk This Way Walking Program

Dates: Tuesdays and Thursdays,
April 6 - August 19

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 (ElderMed members only)

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, April 19, May 17,
June 21, July 19, April 16

Place: Kennedy - Washington Twp.
Cafeteria
435 Hurffville - Cross Keys Road

Dates: Wednesdays, April 21, May 19,
June 16, July 21, August 18

Place: Kennedy - Cherry Hill Cafeteria
2201 Chapel Avenue

Dates: Thursday, April 22, May 27,
June 24, July 22, August 26

Place: Kennedy - Stratford Cafeteria
18 East Laurel Road

The Memory Challenge

Dates: Tuesdays, April 20, July 20

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: Thursday and Friday,
May 6 and 7 or
Tuesday and Wednesday,
August 17 and 18

Time: 9 a.m. - 1 p.m.

Place: Kennedy - Cherry Hill
2201 Chapel Avenue

Dates: Tuesday and Wednesday,
June 22 and 23

Time: 9 a.m. - 1 p.m.

Place: Kennedy Health & Wellness
Center
405 Hurffville - Cross Keys Road,
Washington Twp.

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.



Kennedy Health System -
ElderMed Office

Kennedy Center at Voorhees
1099 White Horse Road, Voorhees, NJ 08043