

goldenlife

Find Out Your Numbers! Cholesterol and Blood Sugar Screens

Friday, December 6, 8 – 11 AM
Medical Arts Center Rooms E & F



Registration required

Screenings for GoldenCare members include total cholesterol, high-density lipoprotein (HDL), low-density lipoprotein (LDL), triglycerides and blood sugar. Cost is \$20 for each GoldenCare member.

For proper results, fast after midnight the night before and refrain from drinking alcohol for 48 hours before your test. Immediate results. Call **425.226.4653** to register.

Fall 2013



Chateau Valley Center Invites You to Their 3rd Annual Holiday Parade of Homes



Tour a variety of residents' homes decorated to the nines and stay for a festive performance by the famous Dicken's Carolers! Chateau looks forward to being a part of your holiday roster of events!

Chateau believes that one size doesn't fit all. Committed to creating a custom-tailored retirement experience on a resident-by-resident basis, they work with seniors individually to truly ensure they are living a happier, healthier, longer life on their own terms.



Sunday, December 8 from 2 – 5 PM
2 – 3 PM Open house and pictures with Santa
3:30 – 5 PM Dicken's Carolers Performance

RSVP to **425.336.4257**

▶ RESOURCES

Medicare Open Enrollment Ends December 7— Make Sure You've Made any Needed Changes to Your Plan

The Medicare Annual Election Period is nearly over. Medicare patients have until December 7 to make changes for 2014. Valley Medical Center accepts many different types of Medicare insurance. A list of our 2014 Medicare Advantage plans can be found on our website at valleymed.org or by calling:

**Valley Medical Center
Medicare Insurance Helpline
Toll-Free: 1.866.391.7731**
Served by MedicareCompareUSA

The Medicare Insurance Helpline is serviced by MedicareCompareUSA, a licensed Medicare-specialty insurance agency and call center representing local and national Medicare plans accepted by Valley Medical Center.

Helpline Medicare Specialists are available by telephone and by personal appointment here at Valley Medical Center. They will take the time to explain your insurance options and then assist you in matching up a Medicare plan that best meets your personal objectives.

There is never a fee for their services, as they are compensated directly by the insurers we contract with. Please note: you may also obtain information on accepted Medicare Advantage plans by contacting the plans directly, working with any appointed agent, contacting **1.800.MEDICARE** or by going online at medicare.gov.

Women, Does Your Bladder Control Your Life?

Overactive bladder is common, but not normal and can also happen gradually. However, the sooner it is treated, the better. The condition isn't dangerous, but it can seriously disrupt quality of life including the ability to leave home, the expense of incontinence products and impact on intimacy.



What does it feel like?

Overactive bladder is characterized by symptoms including leakage, frequent urination and feeling the sudden and urgent need to urinate. Overactive bladder can sometimes be mistaken for a urinary tract infection because it may be accompanied by a burning, irritated feeling. The condition affects some 33 million Americans, mostly older women.

If you think you may be affected by overactive bladder, there is help.

1. Talk to your primary care physician. Bring in a journal of how often you're urinating, how much you're drinking and what activities may cause you to leak.
2. It may then be appropriate to seek help from a specialist to find the best, individualized treatment. Depending on the reason for overactive bladder, there are medical and non-medical treatment options, including physical therapy, neurostimulators, bladder training, biofeedback, supportive devices, medication and surgery.

**Wondering if overactive bladder might be affecting you?
Take this quiz.**



Cynthia Lewis
Urogynecologist
Women's Surgical Specialists
425.656.4110
valleymed.org/urology



Dan Simon
Urologist
The Urology Clinic
425.656.5365
valleymed.org/urology

It's Never Too Late to Quit

Seniors who quit smoking cut their risk of death by heart disease much more quickly than previously thought, particularly if they were light-to-moderate smokers, a new preliminary study says.

Past estimates held that it takes smokers about 15 years after they quit to lower their risk of heart attack, heart failure or stroke to that enjoyed by people who never smoked. **But a new examination of 853 former smokers aged 65 and older found that many with a light-to-moderate smoking history* can cut their risk in eight years or less.**

Researchers analyzed 13 years of medical information compiled by the U.S. National Heart, Lung, and Blood Institute to compare 853 people who had quit smoking 15 or fewer years ago with about 2,500 people who had never smoked. Half the smokers surveyed quit eight or fewer years before.

Interested in quitting? Contact your primary care doctor. Your primary care doctor serves as your personal health advocate. Looking for a primary care clinic near you? Visit valleymed.org/clinics.

Other Stop Smoking Resources

- **How Costly is Smoking to Your Wallet?** Check out the yearly cost of smoking with this [calculator](#).
- **TobaccoFree.org** Empowering smokers to quit successfully
- **Washington Quitline** Free coaching and help over the phone
- Quit One Step at a Time [article](#)
- Smoking Cessation, Relapse Prevention [video](#)

*The researchers defined light smokers as people who had smoked less than 32 "pack years." This adds up to 3.2 packs a day for 10 years, or less than one pack a day for 30 years.

▶ HEALTHY & DELICIOUS



Pear Quinoa Salad

Serves four

Ingredients

- 2 cups cooked quinoa (red provides more color)
- 2 cups chopped pear
- 2 stalks celery, chopped
- 1/4 cup golden raisins
- 1/4 cup sliced almonds
- 1/4 cup raspberry vinaigrette (purchased or see recipe below)
- Four romaine lettuce leaves

Directions: Mix all ingredients and mound into lettuce leaves. Serve at room temperature or chilled.

Each serving contains about 258 calories, 7 g fat (no saturated fat, trans fat, or cholesterol), 161 mg sodium, 45 g carbohydrate, 7 g dietary fiber, 17 g sugars, and 6 g protein.

Raspberry Vinaigrette

- 1/2 cup raspberries, fresh or frozen
- 1/4 cup apple cider vinegar
- 1/4 cup balsamic vinegar
- 2 tsp sugar
- 1 tbsp dijon mustard
- 1/4 cup vegetable oil

Preparation: Add all ingredients, except oil to a blender or food processor and puree until smooth. Slowly add oil until well combined.

▶ GOLDENCARE WEBSITE

If This is Your First Time Receiving Golden Life

Welcome to all of our new GoldenCare members! *Golden Life* is our quarterly e-newsletter, keeping you current with what's going on that may interest you.

