

# golden living WINTER 2012

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**UW Medicine**

VALLEY  
MEDICAL CENTER

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Remarkable things happen here.™

Dear GoldenCare Members,

Thanks to all of you who joined us this year for your flu vaccines. If you haven't been vaccinated yet, please do so. Even if you think you may have had flu recently, it's never too late to get the vaccine and this year's vaccine covers three different strains. Our clinics still have vaccine available as do most local pharmacies.

In addition to our busy flu program, we had a busy Medicare Open Enrollment season. Medicare Open Enrollment started and ended early this year, with more advertising for Medicare Advantage and Part D plans than I've ever seen. Several advertisements came with messages that stressed urgency – leading many to believe they must take action. In fact, unless



your current plan notified you that it will no longer be available, no action was needed on your part. Thinking ahead to next year, know that if you wish to make a change and/or you want to look at other options, then next fall's Open Enrollment is the time to do it.

Since our GoldenCare membership is growing so dramatically, we've enlisted two agencies to assist members with plan comparisons. The Office of the

Insurance Commission's office sends trained volunteers to Valley Medical Center to assist individuals with the process of comparing and/or changing plans, as well as year-round consultations. To schedule an appointment at VMC, please call GoldenCare at 425.226.4653. To meet with a counselor at a different location – such as a Senior Center, call 1.800.562.6900.

If you attended the flu shot program this fall, you may have spoken with Medicare Compare USA staff, our second partner for plan assistance. Currently they do only phone consultations: Medicare Compare can be reached year-round at 1.866.391.7763.

I hope you're having a healthy and happy New Year.

Be happy and be well,

Grace Dalrymple, Membership Manager

## Prescription Pad Pharmacy: 2 New Locations + Extended Hours

The Prescription Pad is now located in Valley Professional Center.

The new north campus location at 3915 Talbot Rd. S. includes a drive thru window.



### Prescription Pad Pharmacy – North Campus

**Open Monday-Friday, 8 AM-6 PM**

**Phone: 425.656.4050**

A second, south campus pharmacy is now open adjacent to the Emergency Department and main hospital entry.

Free valet parking outside hospital main entry is available 5 AM – 5 PM.

### Prescription Pad Pharmacy – South Campus

**Open 7 Days/Week, 8 AM – 2 AM**

**Convenient late night hours!**

**Phone: 425.917.6226**



# Maintaining Cognitive Health:

## One More Reason to Keep Blood Pressure Under Control

In a recent National Institute of Health four-year study of 24,000 African-Americans and Caucasians with no history of stroke or cognitive impairment, researchers found that high blood pressure and other known risk factors for stroke may also raise the risk of developing cognitive problems.

Strokes may cause a variety of cognitive disabilities, including effects on speech and language, memory and everyday problem solving. Even without suffering a stroke, those at risk for stroke as determined by their age, blood pressure, diabetes and heart problems, might experience cognitive problems as their blood vessels deteriorate. The finding suggests that keeping blood pressure under control might help preserve cognitive health.

### Controlling High Blood Pressure

In most cases, your goal is to keep your blood pressure below 140/90 mmHg (130/80 if you have diabetes or chronic kidney disease). Normal blood pressure is less than 120/80.

Ask your doctor what your blood pressure goal should be. People with hypertension should routinely have their blood pressure checked and be under the care of a physician.

Visit [valleymed.org/docs](http://valleymed.org/docs) for a physician referral, or call 425.656.INFO (4636).



### FOR BETTER HEALTH

- Take prescribed medications exactly as ordered by your healthcare provider, including daily medication to control hypertension
- Be active 2.5 hours a week
- Increase your fiber intake by eating fruits, vegetables and whole grains
- Choose foods low in sodium (salt), calories and fat
- Maintain or work to a healthy weight
- Reduce or omit alcoholic beverages
- Quit smoking, if you smoke
- Find healthy ways to reduce your stress



## Keep Health Challenges from Becoming Obstacles

# Exercise Can Ease Chronic Conditions

Even if you've never exercised regularly, it's never too late to get started. Moderate exercise can improve your health and play an important role in helping you cope with health challenges or recover from an illness or accident. Lack of exercise after a medical event or diagnosis of a chronic condition can lead to a downward spiral of loss of function, making your condition worse and perhaps, cause new problems.

### The Right Program

Ideally, your regimen should progress from one that requires relatively little effort to one that is more challenging, yet appropriate. Ask your healthcare provider to offer specific suggestions to insure your activity plan is helpful and geared to your condition. Make sure your fitness instructor has been trained to work with people with your health problem so that exercises are specific for you. Request an evaluation to ensure a safe heart rate during aerobic activities. This information should be used to establish goals and design a safe, effective workout regimen.



## Resources to Help Get Started ▶

### Arthritis: Exercise reduces stiffness, increases flexibility and endurance

- Moderate exercise can offset pain and stiffness.
- Flexibility and range-of-motion exercises can be done every day—stretch at a leisurely pace and never to the point of pain or discomfort.
- Depending on the severity of the arthritis, low-impact aerobic exercises three or more times a week may be helpful: Walking, swimming, yoga and bicycling are good choices and help strengthen the muscle around joints.
- Finish every workout with gentle stretching to help maintain range of motion.



### Asthma: Exercise can promote overall health

Most people with asthma benefit from some form of regular physical activity. Get your doctor's approval before beginning an exercise program, because you may need to take medication to help you control your condition. Asthma symptoms may develop during exercise despite pretreatment and may sometimes be more severe than expected.

- Keep your inhaler with you.
- If air is polluted or extremely cold, exercise indoors in a controlled environment.
- Avoid exercise during a common cold.
- Take extra time to warm-up and cool-down to help prevent asthma attacks that occur during and immediately after an exercise session.

### Type 2 diabetes: Exercise can help manage blood sugar levels, reduce cholesterol and improve circulation

Regular exercise can help people with diabetes control glucose levels, lose weight and improve muscle tone and strength—all of which improve insulin effectiveness. In order to avoid hypoglycemia (abnormally low blood sugar), glucose should be monitored before and after exercise to see the response to different activities.

- Low-intensity walking, aerobics and cycling are good options.
- Flexibility exercises and strength training also are recommended.

### Heart disease: lower your risk factors for heart attack with activity

Supervised exercise programs are recommended for those who have had a heart attack or with heart disease. Get specific guidelines and instructions from healthcare providers before exercising.

- Monitor exercise intensity closely and stay within the heart-rate zone recommended by your healthcare provider.
- Never overexert or exercise to the point of chest pain or angina. Call 911 if you develop chest pain during exercise.

## Join The Fitness Center at Valley Medical Center

Full memberships include unlimited visits to The Fitness Center and a variety of classes. **Professional instructors are available at no additional fee to design a safe exercise program based on your goals and needs.** For those with specific medical conditions who would benefit from a supervised exercise program, therapeutic memberships are available.

Contact 425.656.4006 for more info or to schedule a free tour.

📍 Visit [valleymed.org/fitness](http://valleymed.org/fitness)

*Bring in this article when joining The Fitness Center and your enrollment fee will be waived!*

## Free King County Activity Guide

📍 Visit [shapeupkingcounty.org](http://shapeupkingcounty.org) for a free local activity guide for seniors.

## ShoWalk: Free Indoor Walking at ShoWare Center

Grab your friends and walk! M & W, 9 – 11 AM through 4.25.12, except holidays. Free blood pressure and blood sugar screenings provided by VMC 2nd Monday of the month; no pets, please.

📍 Details at [kenth4health.com](http://kenth4health.com) or 253.856.4YOU.

## Volkssport: All-ages Recreation

Enjoy non-competitive walking, hiking, biking, swimming, cross-country skiing and snowshoeing through organized Volkssport events. Local clubs are active in Renton, Kent, Bellevue, Seattle and Sea-Tac/Federal Way.

📍 Find out more at [esva.org](http://esva.org)

## Free Guidance at Go4Life

📍 [Go4life.niapublications.org](http://Go4life.niapublications.org) offers specific exercises, a free physical activity guide and DVD in English or Spanish, and virtual coaches to motivate people 50+, even those with chronic conditions, to actively improve their health.

## Activity Centers and YMCAs

Auburn, Kent, Renton and Tukwila Senior Activity Centers all have exercise programs geared for seniors, as does the Greater Maple Valley Community Center. Classes and equipment are also available at local YMCAs.

# Free Educational Workshop: Retirement Income Planning in Uncertain Times

March 7, 6 – 8 PM ■ Chris Rasmussen, CFP®  
Financial Consultant, RBC Wealth Management

Developing and securing retirement income sources is fundamentally different from saving for retirement. In fact, some practices that help a savings plan (like dollar cost averaging in volatile markets) actually hurt an income plan.

After this workshop, you'll understand the key retirement income risks, strategies to address those risks and be introduced to the many vehicles available to implement a high quality income plan. The decisions you make NOW can have a tremendous impact on the total benefits you will receive over your lifetime.

Valley Medical Center's Medical Arts Center, First Floor,  
Rooms E & F, 400 South 43rd Street, Renton, WA 98055

Register today at [valleymed.org/events](http://valleymed.org/events) or call 425.656.INFO.

## Most relevant to those 55 and older with ten years or less to retirement or currently retired

- The key risks Baby Boomers face in retirement
- The four steps to retirement income planning
- How to build a foundation for a successful retirement
- How to align essential expenses with safe and reliable income
- In depth analysis of social security planning and how to maximize benefits
- The next steps in planning for a successful retirement



## Chateau & VMC



“When we were looking for a place for Mom, location definitely was a factor. We were for sure looking in the area, but having Valley Medical Center right across the street proved to be a great opportunity. I can't say enough about the phenomenal care my mom received from both her doctor at Valley and from all the care staff at Chateau Valley Center's Memory Care. Dr. Butler is genuinely, one of the most caring physicians I've ever met... I was deeply touched when he was able to come over to the Chateau and see Mom personally. And again, to speak to the great care provided by the staff, it is second to none. Having Chateau so close to Valley Medical was a huge advantage.”

—Son of Chateau Memory Care resident, Doris



Valley Medical Center volunteers provide Chateau residents free shuttle service to VMC.

**Golden Living** is published by Valley Medical Center (Public Hospital District No. 1 of King County). Material contained in *Golden Living* is intended to supplement—not replace—information received from your physician or other healthcare provider. To be added or removed from the mailing list, please contact [grace\\_dalrymple@valleymed.org](mailto:grace_dalrymple@valleymed.org) or call 425.226.4653.

**About GoldenCare** The GoldenCare program at Valley Medical Center was started in 1986 as a way to help seniors receive personalized assistance with their medical paperwork. Today, GoldenCare is nearly 20,000 members strong and serves to promote senior health and wellness through health education and programs such as the annual flu shot campaign. Personal help with medical paperwork is still available today.

**About Valley Medical Center** Public Hospital District No. 1 of King County—Valley Medical Center—is the oldest PHD in Washington state. Valley Medical Center is strategically aligned with the UW Medicine Health System, a component organization of the University of Washington. To learn more about VMC, or to express your views, please write to Sandra Sward, Assistant to the Board and CEO, VMC1-019, PO Box 50010, Renton, WA 98058-5010.

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## CLASSES, SEMINARS & EVENTS

### FREE SEMINARS

Unless otherwise noted, seminars and events are held at Valley Medical Center, Medical Arts Center, 1st Floor, 400 South 43rd Street, Renton, WA 98055. Register at [valleymed.org/events](http://valleymed.org/events) or call 425.656.INFO (4636).

#### Living Life with Epilepsy

**Thursday, January 19, 6 – 7 PM**

Join David Vossler, MD, Neuroscience Institute, for a discussion about different types of epilepsy, the kinds of seizures each causes and the most promising treatment options.

#### Sleep Better, Sleep Smarter

**Thursday, January 26, 6 – 7 PM**

Don't lose another night's sleep. Suzanne Krell, MD, discusses new advancements in treating sleep disorders, including sleep apnea and insomnia.

#### Hip & Knee Replacement

**Thursday, February 16, 6 – 7 PM**

Does joint pain prevent you from doing the things you enjoy? Imagine the difference joint replacement surgery could make in your life. William Barrett, MD, will explain the conditions leading to replacement, replacement devices, recovery and demonstrate surgery.

### OTHER CLASSES & EVENTS

#### Supermarket Super Tour

**Thursday, January 26 or February 23 or March 22; 6 – 8 PM**

Renton Fred Meyer, 17801 108th Ave SE. Join Christine Weiss, MS, RD, and learn tricks to find heart-healthy choices; compare food's good-for-you qualities while prioritizing grocery dollars and more. Cost: \$25/person, \$35/couple. Contact [tayna\\_deering@valleymed.org](mailto:tayna_deering@valleymed.org) or 425.656.5377 to register.

#### Memory Loss Support Group

This free, Alzheimer's Association sponsored, caregiver support group provides a place to learn, share and gain emotional support. Fourth Tuesday of each month; 5 – 6:30 PM at VMC's Medical Arts Center, First Floor, 4033 Talbot Rd. S. Questions? Contact Nancy Streiffert at 253.796.2203.

### THE FITNESS CENTER

Call 425.656.4006 to register. All classes are \$5 and held in The Fitness Center, unless otherwise noted. Depending on medical history, participation may require a medical clearance prior to using facility.

#### Introduction to Zumba

**Friday, January 13, 1 – 2 PM**

Learn the basics for Zumba's Latin-inspired dance aerobics. Steps are demonstrated slowly, preparing you to attend a Zumba class or simply refine your skills. Wear comfortable clothing.

#### Yoga for Beginners

**Wednesday, January 25, 5 – 6 PM in MAC D**

This interactive yoga workshop provides the basics for practicing yoga. Poses are taught in segments, with relaxation methods for stress management. Wear comfortable clothing for easy movement.

#### 30-Minute Circuit

**Monday, February 13, 1 – 2 PM**

No time to work out? No more excuses! Learn to do a fun and exhilarating 30 minute resistance and cardiovascular workout at home. Wear comfortable clothing.

#### Golf Conditioning

**Monday, March 5, 1 – 2 PM**

Discover how flexibility and muscle strength affect your swing and learn exercises designed to improve your game.

#### Cardiac Rehab

Cardiac Rehab offers EKG-monitored programs for people with cardiac issues. Covered by many insurance companies. Call 425.228.3440, ext 4991 to register.

#### Redeem These Special Fitness Center Offers!

Bring in the *Golden Living* article on p.4&5 and your enrollment fee will be waived! Also, refer a friend and get one month free!

Join The Fitness Center and get a free personalized fitness program designed by a professional instructor and classes included in your monthly dues. Subject to medical screening guidelines. Cannot be combined with any other offer. Must be present at time of enrollment. Referred friend must complete a 60-day membership. Offer expires April 30, 2012.

### CancerLifeline

Extensive resources include support groups, classes and exercise programs. For details, call 1.800.255.5505 or visit [cancerlifeline.org](http://cancerlifeline.org).

### Cardiac Rehab

Cardiac Rehab offers EKG-monitored programs for people with cardiac issues. Covered by many insurance companies. Call 425.228.3440, ext 4991 to register.

Board of Commissioners  
Public Hospital District No. 1 of King County  
University of Washington  
Valley Medical Center & Clinics  
400 South 43rd Street  
PO Box 50010  
Renton, WA 98058-5010

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# golden living

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 [youtube.com/valleymedicalctr](https://youtube.com/valleymedicalctr)

## GLOW Event

### Introduction to Cycling for Women

**Sunday, February 12, 1 – 3 PM, Valley Medical Center,  
Medical Arts Center, 1st Floor, 400 South 43rd Street, Renton**

New to cycling or want to improve your skills? This is for you! GLOW is partnering with The WAVE (Women Against Violence Everywhere) Foundation for a clinic filled with practical tips and techniques for getting started, as well as taking your cycling up a notch. Get info on gear and apparel, learn basic nutrition for the optimal riding experience, hear about effective training strategies, and learn how to participate in Cycle the WAVE's fundraising event ride. Admission is free with the donation of a gently used woman's or child's clothing item or unopened toiletry item. Donations benefit Mary's Place day center offering safety, support and survival services for homeless women and children.

Space is limited. Register today at [valleymed.org/glowevents](http://valleymed.org/glowevents).

**JOIN GLOW**, VMC's free women's health and wellness program today at [valleymed.org/glow](http://valleymed.org/glow). You'll be emailed invitations to upcoming events including a free Spa Day in March and the GLOW/Seahawks 5-12K Run/Walk on April 1.

glow



## Cholesterol and Blood Sugar Screens

**Thursday, February 16, 8 AM – noon, registration required**

Screenings for GoldenCare members include total cholesterol, (high-density lipoprotein, or HDL, and 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.