



senior wellness

A quarterly publication from



JULY 2013 – SEPTEMBER 2013

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Breakfast Club

LAWN AND GARDEN TIPS TO BEAT THE SUMMER HEAT

Speaker: Annette Weese – Cold Creek Nurseries

Location: USCA, Business Conference Center
Room 122

Time: 9 a.m.

Date: Friday, July 12

When temperatures climb above 90, most garden plants — lawns, flowers, and veggies -- pretty much shut down. In the South, even heat-loving plants appear to hold their breath until it cools down. It's easy to overdo their care in hot weather. Annette Weese, with Cold Creek Nurseries, will give us some tips on what we can do to enable our lawns and gardens to survive the southern heat.

COMMON FOOT CHANGES AND TREATMENTS

Speaker: George Sich, III, DPM



Location: USCA, Business Conference Center
Room 122

Time: 9 a.m.

Date: Friday, August 9

As we age, the comfort and care of our feet are often neglected. Foot problems associated with aging or disease often go unrecognized and untreated. Dr. Sich will tell us how to stay active by keeping our feet healthy.

RESERVATIONS ARE REQUIRED.

Please call Aiken Regional's Direct DoctorsSM Plus physician referral line at 800-882-7445 and speak with a representative to reserve your place.

Each seminar includes a complimentary breakfast.

HIATAL HERNIA



Speaker: Wayne Frei, MD
Aiken Surgical Associates

Location: USCA, Business Conference Center
Room 122

Time: 9 a.m.

Date: Friday, September 13

Hiatal hernias are common, especially in people over the age of 50. In most cases a hiatal hernia doesn't cause any symptoms. The pain and discomfort experienced are due to the reflux of gastric acid. Dr. Frei will talk about the signs, symptoms and treatment of hiatal hernias.



Support Groups

AA MEETING

Every Sunday and Wednesday
7:15 p.m.
Aurora Pavilion

"AIKEN CARES" ALZHEIMER'S SUPPORT

Facilitators: Robert Schwartz,
Liz Neal
Dates: July 9, August 13,
September 10
11 a.m. – Noon
Cumberland Village Library –
2nd Floor

BEREAVEMENT GRIEF SUPPORT FOR ADULTS

Facilitator: Chaplain Cathy Cole
Dates: July 3, August 7,
September 4
Noon – 1 p.m.
ARMC, Cafeteria Dining Room A
Registration required: Please call
803-641-5389

CANCER SUPPORT GROUP

Facilitators: Chaplain Cathy Cole,
803-641-5389; Jamie Turner,
Executive Director, SRCF
803-649-5433
Dates: July 27, August 21,
September 18
3 – 4 p.m.
First Baptist Church parlor

CSRA DREAM CATCHERS – TRAUMA BRAIN INJURY AND DISABILITY

Facilitator: Les Paul Morgan
Dates: Meets first Monday
of each month
6 – 7 p.m.
Walton Options for Independent
Living, 325 Georgia Ave., North
Augusta
Registration required:
Please call 803-279-9611

DIABETES SUPPORT

September 10, October 8
3 – 4 p.m.
Odell Weeks
Registration required:
Please call 803-293-0023

LOOK GOOD – FEEL BETTER

Dates: July 15, August 19,
September 16
1 – 2:30 p.m.
Cancer Care Institute of Carolina
at ARMC
Registration required:
Call 803-641-6044

MENDED HEARTS

Dates: July 12, August 9,
September 13
10:30 a.m. – 1:30 p.m.
USCA Business
Conference Center
Please call 803-648-2381
for more information.

PINK RIBBONETTES

Facilitators: Irene Hawley,
Diane Hadley
Dates: July 2, August 6,
September 3
October 3 – Watch for "Pink Tea
Breast Cancer Awareness Event"
10:30 a.m. – Noon
Millbrook Baptist Church
223 S. Aiken Blvd
Registration: Please call Peggy at
803-648-1911 or Diane Hadley at
803-644-3902

Community Education

SENIOR DRIVING PROGRAM

Instructor: Vinnie Jones
Certified AARP Instructor
Date: September 13
8:30 a.m. - 4:30 p.m.
ARMC, 6th Floor Classrooms
Fee: \$14, payable to AARP at first
class; \$2 discount with proof of AARP
membership.



Need a helping hand? Join a support group!

COMMUNITY WELLNESS

JULY IS

Skin Cancer Awareness Month



Skin cancer — the abnormal growth of skin cells — most often develops on skin exposed to the sun. But this common form of cancer can also occur on areas of your skin not ordinarily exposed to sunlight. According to the Centers for Disease Control and Prevention, skin cancer is the most common form of cancer in the U.S. Each year there are more new cases of skin cancer than the combined incidence of cancers of the breast, prostate, lung and colon.

There are three major types of skin cancer – basal cell, squamous cell and melanoma. Basal cell carcinoma is the most common form of skin cancer. Basal cell usually occurs in sun-exposed areas of your body such as your neck or face, appearing as a pearly or waxy bump or a flat, flesh-colored or brown scar-like lesion. Squamous cell carcinoma is the second most common form of skin cancer appearing as a firm, red nodule or a flat lesion with a scaly, crusted surface.

Melanoma accounts for less than 5 percent of skin cancers, but the vast majority of skin cancer deaths. Melanoma most often appears on the trunk, head or neck of affected men; in women, this type of cancer most often develops on the lower legs. Melanoma can occur on skin that hasn't been exposed to the sun. One or more blistering sunburns in childhood or adolescence more than double a person's chance of developing melanoma later in life.

Melanoma signs include a large brownish spot with darker speckles; a mole that changes in color, size or feel or that bleeds; a small lesion with an irregular border and portions that appear red, white, blue or blue-black; or dark lesions on your palms, soles, fingertips or toes, or on mucous membranes lining your mouth, nose, vagina or anus.

You can reduce your risk of skin cancer by limiting or avoiding exposure to ultraviolet (UV) radiation. Checking your skin for suspicious changes can help detect skin cancer at its earliest stages. Early detection of skin cancer gives you the greatest chance for successful treatment.

AUGUST IS

Neurosurgery Outreach Month

What is the role of the Neurosurgeon?

Neurosurgeons train an average of six to seven years after finishing medical school. They are often called upon by emergency room doctors, neurologists, internists, family practitioners and osteopaths for consultations.

Neurosurgery is a branch of medicine that deals with the prevention, diagnosis, treatment, rehabilitation and surgical treatment of problems affecting the brain, spine, peripheral nerves and the arteries of the neck.

The word neurosurgery is derived from "neuro," which refers to the nervous system, and "surgery."



JAMES D. DILLON, JR., MD | Neurological Surgery of Aiken



Diseases of the Brain and Its Blood Vessels

Neurosurgeons are trained to treat head injuries, and to remove blood clots from the brain that are caused by accidents or hypertension. They also treat and remove brain tumors.

Diseases of the Spine and Spinal Cord

Neurosurgeons are also highly trained in the treatment of spinal cord and spine problems, including the removal of tumors. They also treat disk problems that may result in severe neck, arm, back or leg pain, and they treat spinal cord injury and fuse broken backs and necks.

Diseases of the Peripheral Nerves

Neurosurgeons treat peripheral nerve problems, including carpal tunnel syndrome, where a nerve is pinched at the wrist, resulting in numbness and weakness of the hand, and cubital tunnel, where a nerve is pinched at the elbow, also causing numbness and weakness of the hand. Neurosurgeons also treat tumors of the peripheral nerves and repair nerves that have been cut during accidents.

SEPTEMBER IS

National Prostate Cancer Awareness Month

Prostate cancer is the most common non-skin cancer in men in the U.S. It is also the second-leading cause of cancer death in men. Screenings can help identify prostate cancer in the early stages, when treatment is most effective. According to the American Urological Association, the greatest benefit of screening is in men between the ages of 55 and 69. Evidence from research studies suggests that combining a PSA blood test and a DRE (digital rectal exam) can improve the overall rate of prostate cancer detection.

According to the American Cancer Society, risk factors for prostate cancer are not completely understood, but researchers have found several factors that may affect the risks:

Age: Prostate cancer is very rare in men younger than 40, but the chance of developing it rises rapidly after the age of 50. Two out of three prostate cancers are found in men over the age of 65.

Race/Ethnicity: Prostate cancer occurs more often in African-American men than in men of other races. The reasons for these racial and ethnic differences are not clear. However, according to the South Carolina Cancer Alliance, monthly rates of new cases of prostate cancer in African-American men in South Carolina are among the highest in the world.

Family History: Prostate cancer seems to run in some families, which suggests that in some cases there may be an inherited or genetic factor.

FREE Prostate Cancer Screenings

Saturday, September 21 | 9 a.m. – Noon

Cancer Care Institute at ARMC

As recommended by the American Urological Association Foundation, we will be providing both the PSA and DRE (digital rectal exam) screenings.

An appointment is required.

Please call 803-641-5808 beginning August 5.





City of Aiken Parks, Recreation and Tourism Travel

Hilton Head Tanger Outlets

Wednesday, August 21

7:30 a.m. - 6 p.m.

Price: \$15

This outlet features approximately 90 stores. Lunch will be at the mall's food court (not included).

Registration closes on August 15.

S.C. Parks & Recreation Association Seniors' Beach Retreat – Myrtle Beach

Monday, September 30 – Thursday,
October 3

Price: \$495/Single; \$390/Double
\$365/Triple

Seniors from around the state come to Myrtle Beach to enjoy arts, crafts, shopping, shows, fishing, museums and great food.

Registration closes on July 30.

Hopelands Summer Concert Series

Mondays, May through August

7 – 8 p.m.

Hopeland Gardens

In inclement weather, concerts will be held at the Odell Weeks Activity Center.

AAA Travel

For more information about these trips, please call Connie Fortanbary, Rita or Jackie at 803-642-0142.

August 23, 2013 | ISLANDS OF NEW ENGLAND

8 days/11 meals

Explore Providence and Newport, Rhode Island.

Price: \$1829 + air

September 12-22, 2013 | WINE IMMERSION CRUISE

Step aboard the beautiful Celebrity Millennium for a wine lover's journey you won't forget! All transfers included; AAA escorted. **Price:** starting at \$1809.

October 8, 2013 | ALBUQUERQUE BALLOON FIESTA

6 days/5 meals included. **Price:** \$1749 + air.

November 8, 2013 | 10-DAY PANAMA CANAL CRUISE

Price: starting at \$1699.

December 29, 2013 | NEW YEAR'S IN CALIFORNIA

Enjoy 5 days/6 meals included in sunny California.

Price: \$1399 + air.

Cruise to the BAHAMAS on Carnival!

Cruises with Napiers Travel (803-617-8084)

Call us for specific dates and current prices.

Carnival Fantasy, Sail from Charleston year-round

5-day Bahamas cruises - senior rates for inside cabins beginning at \$269 per person and ocean view cabins beginning at \$309 per person (excludes port charges, taxes, fees and gratuities)

7-day Eastern Caribbean to Grand Turk, Half

Moon Cay and Nassau Senior rates for inside cabins beginning at \$399 per person and ocean view cabins beginning at \$489 per person (excludes port charges, taxes, fees and gratuities)





These classes are offered through the City of Aiken's Parks, Recreation & Tourism department. The classes are held at the Odell Weeks Recreation Center on Whiskey Road. For more information about any of these classes, call **803-642-7631**. *No registration required for games.*

**PICKLEBALL
BEGINNER'S CLINIC***

Call for information.

PICKLEBALL

Mondays, 9 – 11a.m.
Wednesdays, 9 – 11a.m.;
6:30 – 8:30 p.m.
Thursdays, 9 – 11a.m.
Saturdays, 9 a.m. – Noon

BRIDGE*

\$1 per person, Room 2;
Fridays, 11:30 a.m. – 3 p.m.

RUMMIKUB

FREE! 2-game sets provided.
Participants may bring their own
game sets. Snacks are welcomed.
Room 2
Thursdays, 9 a.m. - Noon

BINGO FOR SENIORS

Tuesdays, 9 -10 a.m.
9 games are played, prizes are \$5
gift cards!
Purchase 4 cards for \$4, or 6 cards
for \$5 (maximum 6 cards).

CANASTA

FREE! Room 3
Tuesdays and Fridays,
11:30 a.m. – 3:30 p.m.

MAHJONG

FREE! 2-game sets provided.
Participants may bring their own
game sets. Snacks are welcomed.
Room 2, Thursdays, 1 – 4 p.m .

PINOCHLE

FREE! Tuesdays
10:30 a.m. – 2:30 p.m.
Room 4

CERAMICS

Mondays or Wednesdays 9 a.m.
Tuesdays 6 p.m.
Ceramics Center

Exercise Classes

Registration is required for exercise classes: Call 803-642-7631. Non-member fees will apply.

LINE DANCE

Tuesdays: 10 a.m. – 11 a.m.

**SILVERSNREAKERS® MUSCULAR STRENGTH
AND RANGE OF MOVEMENT**

Variety of exercises designed to increase
muscular strength, range of movement and
activity for daily living skills.

Cost: Fees apply*

Mondays and Wednesdays: 9 – 9:45 a.m.
Tuesdays, Thursdays, Fridays: 11:15 a.m. – Noon
Rooms 6 & 7

SILVERSNREAKERS® YOGASTRETCH

Seated and standing yoga poses designed
to increase flexibility, balance and
range of movement. Cost: Fees apply*

Mondays and Wednesdays:
11:15 a.m. – Noon
Rooms 6 & 7

FIT 4 EVER

Monday, Wednesday, Thursday, Friday:
10 – 11 a.m.

YOGA I & II

Tuesdays, Thursdays, Fridays: 8:45 – 9:45 a.m.
Mondays and Wednesdays: 5:30 – 6:30 p.m.

ZUMBA GOLD

Tuesdays: 1:30 – 2:30 p.m.

ZUMBA FITNESS AND TONING

Tuesdays and Thursdays: 5:30 – 6:30 p.m.

*Free for participating Medicare health plan members. Find out if you are eligible to participate for free through your Medicare health plan! Go to www.silversneakers.com. You must register at the Weeks Center to receive your SilverSneakers® swipe card.



The Aiken Family Y will waive the initial enrollment fee for Senior Wellness Club members. Call **803-349-8080** for more information.

 **Aiken Regional**
MEDICAL CENTERS
www.aikenregional.com
302 University Parkway
Aiken, SC 29801

PRSRT STD
U.S. POSTAGE
PAID
AUGUSTA, GA
PERMIT NO. 346



Why live with varicose veins?

At The Vein Center at Aiken Regional Medical Centers, we provide advanced treatment for varicose veins, spider veins and other vein conditions, including the VNUS Closure™ procedure, a minimally invasive alternative to painful vein-stripping surgery.

To make an appointment, **call 803-641-5544.**

 **The Vein Center**
at Aiken Regional
www.aikenregional.com