

Lifetime. CONNECTION

2019
March / April

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Making Sure the Beat Goes On *Understanding Heart Disease*

It's very likely that you or someone you know has heart disease. Heart disease is the most common cause of death in the U.S. and is responsible for one in every four deaths. While heart disease is very common, it's also treatable if you know what to do.

The most common type of heart disease is coronary heart disease or coronary artery disease (CAD). It is characterized by inflammation and the buildup of fatty deposits (plaque) along the innermost layer of the coronary arteries. The fatty deposits may develop in childhood and continue to thicken and enlarge throughout the life span. This thickening, called atherosclerosis, narrows the arteries and can decrease or block the flow of blood to the heart. When blood flow to your heart is reduced or completely cut off, you can experience chest pain (angina) or a heart attack.



The symptoms of CAD will depend on the severity of the disease. Some people with CAD have no symptoms, some have episodes of mild chest pain (angina), and some have more severe chest pain.

Many people don't know they have heart disease until something serious happens, like a heart attack. That's why it's so important to visit your doctor regularly. Your doctor can find out whether you have any risk factors and treat them before they have a chance to harm your heart.

Visit your doctor if you have any of the following symptoms:

- Shortness of breath
- Swelling in your ankles, feet, legs, or stomach
- Rapid or irregular heartbeat

If diagnosed with heart disease, your doctor may use a combination of treatments that include lifestyle changes, medication, and surgery if necessary.

Risk factors for heart disease include:

- High blood pressure
- Smoking
- High LDL cholesterol, high triglycerides level, low HDL cholesterol
- Diabetes
- Obesity
- Diet high in saturated fat, cholesterol, salt & sugar
- Physical inactivity
- Family history



DINNER WITH A DOC

Making Sure the Beat Goes On
Understanding Heart Disease

GEOFFREY COUSINS, MD, FACS
Chief of Cardiac Surgery
WVU Medicine Camden Clark

Tuesday, March 19
Grand Pointe Conference Center,
1500 Grand Central Ave, Vienna

AND

Tuesday, April 16
Marietta Shrine Club
249 Pennsylvania Ave, Marietta

Dinner at 5:30 p.m.
Presentation Begins at 6:15 p.m.
Cost: \$6/person

Advance registration is required by calling (304) 424-2055 or email joyce.hubner@wvumedicine.org

UPCOMING EVENTS...



A few words from Joyce...

If you're looking for a way to kick those winter blues, we've planned a wide variety of events and activities to keep you both mentally and physically active. Our "Dinner with a Doc" series continues to provide valuable information on a variety of healthcare topics. We're excited to introduce Dr. Geoffrey Cousins, our new cardiothoracic surgeon, to those in the Mid-Ohio Valley at our dinners in March and April. And what a great time to make walking a regular part of your exercise routine with our SoleMates Walking Club, which meets on the first Tuesday of each month.

The arrival of spring might be the perfect opportunity to try something new. Lifetime Partners members are able to take advantage of one free water class each week at Camden Clark's Health & Wellness Center. Or check out pickleball, one of America's fastest growing sports for older adults, at one of the free sessions offered each month. We appreciate our partnerships with both the Parkersburg Art Center and WVU-P which offer fun classes to our members.

We continue to encourage your comments and suggestions for Lifetime Partners. As always, please feel free to contact me at (304) 424-2055 or (866) 891-2055.

Happy Spring.....

Joyce

Joyce Hubner
Lifetime Partners Program Manager

MARCH

S	M	T	W	T	F	S
24	25	26	27	28	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	1	2	3	4	5	6

- 5 SoleMates Walking Program, Grand Central Mall Belk's Court, 9:00 am
- 7 Pickleball Demonstration, 10:00 am-noon, Camden Clark Health & Wellness Center*
- 10 Daylight Savings Time Begins
Wood County Society Telethon
- 15 | Vascular Screening**
- 18 | Travel Presentations** (see below)**
Camden Clark Health & Wellness Center*
- 19 | "Dinner with a Doc" with Dr. Geoffrey Cousins,**
Grand Pointe Conference Center, Vienna,
Dinner at 5:00 pm, Presentation Begins at 6:00 pm, Cost: \$6/person
- 20 Pickleball Demonstration, 10:00 am-noon,
Camden Clark Health & Wellness Center*
First Day of Spring
- 25 | AARP Smart Driver Class,**
12:30 pm - 4:30 pm, Camden Clark
& Wellness Center,* Cost: \$15/\$20

**Travel Presentations March 18th

- 10:00 am Rose Parade New Year
- 11:30 am Canadian Rockies &
Glacier National Park
- 1:00 pm America's Canyonlands

* Camden Clark Health & Wellness Center

APRIL

S	M	T	W	T	F	S
30	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3
4	5	6	7	8	9	10

- 2 SoleMates Walking Program, Grand Central Mall Belk's Court, 9:00 am
- 3 Pickleball Demonstration,
10:00 am-noon, Camden Clark
Health & Wellness Center*
- 4 | Cholesterol Breakdown/Glucose
Screening, Cost: \$18, 9:00-11:30 am,
Grand Central Mall Belk's Court**
**Pottery Class, Parkersburg Art
Center, 1:00-3:00 pm, Cost: \$15/person**
- 11 | American Pride trip**
- 12 | Vascular Screening**
- 16 | National Healthcare Decisions Day**
"Dinner with a Doc" with Dr. Geoffrey
Cousins, Marietta Shrine Club,
249 Pennsylvania Ave, Marietta,
Dinner at 5:00 pm, Presentation
Begins at 6:00 pm, Cost: \$6/person
- 17 Pickleball Demonstration
10:00 am-noon, Camden Clark
Health & Wellness Center*
- 21 Easter
- 24 | "Lunch & Learn" with Dr. Marcela
Rugel, Belpre Senior Center,
1614 Washington Blvd, Lunch at 11:30 am,
Presentation Begins at Noon, Cost: \$5**

* Camden Clark Health & Wellness Center is located at 2804 Birch Street, Parkersburg, WV.

Call (304) 424-2055 for information or to register for an event.

Events shown in BOLD TYPE require advance registration. Thank You



Would you like to receive news and information about Camden Clark?

Please e-mail us at
camdenlifetimepartners@wvumedicine.org

National Healthcare Decisions Day

Assists with Advance Directives



In an effort to help raise awareness about the importance of advance directives, Camden Clark will once again be part of a national initiative. National Healthcare Decisions Day is a collaboration of national, state and community organizations committed to ensuring that all adults with decision-making capacity have the information and opportunity to communicate and document their healthcare decisions.

An advance directive is a legal document exercising a person's right to accept or refuse medical care when he or she does not have decision-making capacity. We never know when an accident or serious illness will leave us incapable of making our own health decisions. It is extremely important to express your wishes in a written document (living will) and then explicitly communicate those directives to an individual you choose to be your representative to make your medical decisions when you no longer have capacity to make your own (medical power of attorney).

On Tuesday, April 16, hospital staff will be available to answer questions and notarize advance directives. Representatives will be in the Hospital Auditorium from noon to 5:30 p.m. Advance registration is appreciated by calling (304) 424-2055.

What'sUpDoc Making the Most of Your Doctor Visit

Do you ever leave the doctor's office frustrated because you forgot to ask all your questions? Do you sometimes forget your doctor's instructions or forget to bring important materials to your appointment?

Whether it's for a check-up, a treatment, or to go over test results, the time you spend with your healthcare provider is very valuable. To get the most out of your time with your physician, it's important to prepare for the appointment, communicate effectively during the visit, and to follow up.

Make a list of what you want to discuss. If you have more than a few items, put them in order and ask about the most important ones first. Bring an up-to-date list of current medications, which includes herbal supplements and over-the-counter medications.

During your appointment, don't be afraid to speak up and ask questions. Let your doctor know if you don't understand something. Explain how you're feeling. You know better than anyone else how you feel, and that information is vital to your doctor. Don't let embarrassment get in the way. Your doctor has heard it all and needs to hear what's going on with you! Things you think are just a "natural part of aging" may not be.

Taking notes will help you remember information and instructions. Sometimes it helps to bring a friend or family member with you. An extra set of eyes and ears can be very beneficial, and that person may even ask questions you didn't think of or remember.

Lunch&Learn

Wednesday, April 24
Lunch at 11:30 a.m.
Presentation at Noon
Cost: \$5/person

Making the Most of Your Doctor Visit

Marcela Rugel-Aizprua, M.D.

Belpre Senior Center
1614 Washington Blvd.
Belpre, Ohio

Advance registration is required (304) 424-2055



Once your appointment is over, make sure to follow any instructions your doctor gave you, such as taking medications, scheduling a test or making an appointment with a specialist. If you're confused or if you've forgotten some information, contact your doctor's office.

Most importantly, good communication with your physician allows you to take an active role in your health care. Don't view a visit to your doctor as a lecture but rather as a conversation with both of you providing meaningful and helpful input. Once you view the visit as cooperative, you'll not only get more out of the appointment but be healthier as well.

Join us for lunch on Wednesday, April 24 as Dr. Marcela Rugel-Aizprua shares information about getting the most from your doctor visit.



Walking is one of the simplest and easiest ways to get the exercise you need—and almost anyone can do it! Our SoleMates Walking Program provides a wonderful opportunity to stay active in the secure, level, temperature-controlled environment of Grand Central Mall. Members log miles walked and work toward different levels and incentives. New members can sign up for SoleMates at our regular meeting on the first Tuesday of each month in front of Belk's inside the mall. They will have their pictures taken for laminated photo ID badges, which can be used to receive discounts at a variety of mall stores.



Speaker Dates/Topics

Tuesday, March 5

Dr. Skyler Tribble
"Understanding Hepatitis A"

Tuesday, April 2

To Be Determined

Makes Walking Fun!

Each month, one of our healthcare professionals will provide a brief presentation on a topic of interest starting at 9:00 a.m. Those wishing to walk with our speaker before the meeting should meet in front of Belk's by 8:30 a.m. After walking laps in the mall, we'll arrive back in front of Belk's at 9:00 a.m. for our meeting.

Did you know that every 65 seconds someone is diagnosed with Alzheimer's Disease? **"Living with Alzheimer's—Middle Stage"** is a three-part series for caregivers of persons living with Alzheimer's Disease thought to be in the "middle stage". In this stage, caregivers now realize that it's necessary to be more of a "hands on" caregiver.

According to the Alzheimer's Association, the middle stage is typically the longest stage and can last for many years. The person living with Alzheimer's now experiences significant decline in memory, language skills, and the ability to manage overall activities of daily living. There may also be concerns about changes in his/her behavior.

This free class will meet weekly on Thursdays beginning May 9, from 1:00-3:00 pm at Camden Clark's Health & Wellness Center. Facilitator Susie Casto is not only a long-time certified trainer with the Alzheimer's Association, but also brings a passion for the caregivers from her own personal experiences with this devastating disease. Join us for this series and hear participants and professionals discuss helpful strategies to provide safe, effective and comfortable care during the middle stage of Alzheimer's.

Class size is limited; register today by calling the Alzheimer's Association at (800) 272-3900.

Lifetime CONNECTION



Alzheimer's Spring Workshop Planned

REDUCED COST HEALTH SCREENINGS

DID YOU KNOW... Vascular disease can be a silent killer with little or no symptoms and can strike without warning. A few simple tests can determine if you are at risk. Early detection can help identify and treat potentially debilitating or deadly vascular conditions and protect your health.

Reduced-Cost Vascular Screenings (only \$60)

One Friday of each month at Camden Clark Medical Center. Screenings include Ultrasound of the Aorta to detect aneurysms, Ultrasound of the Carotid Arteries to detect blockages that can lead to stroke, and Ankle-Brachial Index to assess leg circulation.

Participants in the screening will also be eligible for low-cost (\$25) lab work including tests for CBC, CMP, TSH, and lipid profile.



The next screening will be held on Friday, March 15.

To schedule an appointment, or for more information, call (304) 424-2094.

Cholesterol Breakdown Glucose Screening

This screening provides HDL, LDL and triglycerides, as well as blood sugar. For best results, fasting is recommended for 12 hours prior to cholesterol screenings.



The next screening will be Thursday, April 4.

Please call (304) 424-2055 to register in advance.

Although health screenings begin at 9:00 a.m., Belk's does not open until 10:00 a.m. When arriving before 10:00 a.m., please enter through one of the other mall entrances.

LIFE IS *a beautiful ride*

APRIL IS
National Donate Life Month

Learn more about organ, eye and tissue donation and register today.

West Virginia residents: www.donatelifewv.org
2019 Ohio residents: www.lifelineofohio.org

Free Water Class Available to Members

As seniors age, they often face what can be a frustrating dilemma. On one hand, exercise can extend their lifespan and improve quality of life. But, on the other hand, many seniors are unable to do some forms of exercise due to certain health issues. While water exercise is a good alternative for all ages, the benefits for older adults are even greater due to minimized stress on joints. Additional benefits include increased muscle strength as water provides resistance to muscles, improved balance as the body remains upright in a changing environment, and improved cardiovascular system by elevating heart rate, as well as improved flexibility and range of motion.



Lifetime Partners are able to take advantage of one free water exercise class each week at Camden Clark's Health & Wellness Center. Stop by and try a free class on Fridays from 11 a.m.-noon.

Other water classes are available Monday through Friday for an additional fee.

Other water classes are available Monday through Friday for an additional fee.

Try Something New at the **Art Center!**

Spring is just around the corner, and if you're looking for something fun to do, think about our new class at the Parkersburg Art Center! Vance Hewitt will lead the group in creating a mug or small flower pot from a slab of clay. He will help participants add texture and personality to their piece. Finished pieces will be glazed, kiln fired and available for pick up within two weeks of the class.

Join us on **Thursday, April 4 from 1:00-3:00 pm.** Cost is \$15—there is no member discount for Art Center members. Instruction, all supplies and a light snack will be provided. Register online or by calling (304) 485-3859. Payment must accompany the advance registration. **Registration deadline is Monday, April 1.**

Keep Your Mind Active with Classes at **WVU-P**

With warmer weather coming soon, you might want to think about trying one of the community education classes at WVU-Parkesburg. These classes are provided by WVU-P to offer those in the community fun and affordable learning opportunities. So, whether you want to learn something new or just have fun with friends, these classes might be just what you're looking for! Spring classes include first aid, digital photography, sign language and calligraphy...along with many others! To see the current class list, visit the college website at www.wvup.edu and choose "Community Classes."

To register for a class, either complete the online registration form and mail it to the address provided or email it to wed@wvu.edu. You may also call (304) 424-8383 with any questions or to register. Classes require a minimum number of participants, and students will receive an invoice once it's confirmed that the class will actually take place. Payments can be made over the phone with a credit card, by mail, or in person at WVU-P.

As a special benefit to members of our Lifetime Partners program, WVU-P is offering a \$5 discount toward one of these classes. When paying by phone or in person, please make the office staff aware of the \$5 discount. Don't miss this opportunity to keep your mind active while exploring new interests!

This coupon entitles bearer to a
\$5 Discount
for a WVU-P Community Education class.
Please call (304) 424-8383 with any questions
or to register for an upcoming class!

Alzheimer's Support Group

1st Wednesday of each month at First Lutheran Church, 1701 19th Street at 1:00 p.m. For more information, call 304-422-9293.

2nd Monday of each month at Belpre Senior Center, 1614 Washington Blvd., Belpre, Ohio at 1:00 p.m. For more information, call 740-423-6022.

Better Breathers

Meets on the last Wednesday of each month at 4:15 p.m. in the Cardiac & Pulmonary Rehab office in Medical Office Building A. For more information, call 304-424-2650.

Caregiver Support Group

3rd Wednesday of each month at Housecalls Hospice, 417 Grand Park Drive Suite 204 at 1:00 p.m. For more information, call 304-424-3901.

Grief Support Group

Multiple support groups available. Please call the Housecalls Hospice office at 304-424-3901 to find a time and place convenient for you.

Horizons of Hope Cancer Support Group

(any cancer diagnosis)

2nd Monday of each month at 7:00 p.m. at Medical Office Building B, Suite 180. For more information, call 304-424-2842.

Post Polio Support Group

Meeting times and locations vary. For more information, call 304-295-4233.

Prosthetic Users Group

2nd Tuesday of each month at 6:30 p.m. For more information, call Miller Prosthetics & Orthotics at (740) 421-4211, or check website at www.pugmov.com.

Stroke of Hope Support Group

3rd Thursday of each month at HealthSouth, 3 Western Hills Drive at 5:30 p.m. For more information, call 304-420-1300.

COME TRAVEL WITH US IN 2019!

American Pride (Thursday, April 11) Cost: \$120/person due immediately. Travel to the brand new National Veterans Memorial Museum in Columbus, OH—the only place of its kind in the country! This museum takes visitors on a narrative journey telling individual stories and shared experiences of veterans throughout history. The museum presents a dynamic, participatory experience with photos, letters and personal effects, multi-media presentations and interactive exhibits. Enjoy a lunch show from Vane Scott III as he tells the story of how our flag came to be—complete with 28 beautiful full-sized flags. Proclaimed the “Finest Flag Show in America”, he shares fascinating and often humorous stories. Trip includes admission to Veterans Memorial Museum; Phoenix Bat Factory tour; “The Many Faces of Old Glory” show; lunch at Der Dutchman; and bus transportation.

“Waitress” (Saturday, June 29) Cost: \$175/person due May 15. Inspired by the beloved film, *Waitress* tells the story of Jenna, a waitress and expert pie maker who dreams of a way out of her small town and loveless marriage. When a baking contest in a nearby county—and a satisfying encounter with someone new—show Jenna a chance at a fresh start, she must find the courage to seize it. Change is on the menu, as long as Jenna can write her own perfectly personal recipe for happiness. Don’t miss this uplifting and hilarious musical! Trip includes center loge seating for “Waitress” at the Schuster Center, Dayton, OH; lunch buffet at Jimmie’s Ladder 11 restaurant; and bus transportation.

To The Moon & Back (July 16 & 17) Cost: \$295/person double occupancy; \$340/person single occupancy. \$50/person deposit due March 20; balance due May 1. Celebrate the 50th anniversary of landing on the moon! Apollo was the spaceflight that landed the first two humans on the moon. Mission Commander Neil Armstrong and Pilot Buzz Aldrin landed the lunar module Eagle on July 20, 1969. Trip includes one night lodging; four meals; guided tour of Neil Armstrong Air & Space Museum; city tour of Neil Armstrong’s hometown; evening musical entertainment at Moon City Music; Airstream Trailer factory tour; visit to United States Air Force Museum in Dayton, Ohio; and bus transportation.

Memories of Elvis (Thursday, August 1)

Cost: \$160/person due June 14. Travel to Cincinnati, Ohio for an unforgettable musical three-hour cruise across Elvis’ life. His iconic style, embraced by many of today’s artists, continues to intrigue audiences of all generations! Guests will enjoy cruising on the Spirit of Cincinnati, a true paddlewheel vessel, offering a climate controlled first level and a large upstairs viewing area. Tyler Christopher is a multi-award winning and nationally recognized performer and Elvis tribute artist. He has won and been a finalist in many national Elvis competitions. Trip includes cruise on Spirit of Cincinnati, including lunch buffet and two-hour performance by Tyler Christopher, multi-award winning Elvis tribute artist; and bus transportation.



Take Me Out to the Ball Game (Wednesday, August 14) Cost: \$160/person due July 10. Experience the excitement of a professional baseball game as the Cleveland Indians host the Boston Red Sox at Progressive Field. Watch the action from club seats along the first base line—the only all-inclusive premium seating area in the ballpark. Guests can dine in the climate-controlled Club Lounge featuring everything from traditional ballpark fare to upscale culinary stations.

NEW! “On Golden Pond” (Thursday, August 29)

Cost: \$110/person due July 15. *On Golden Pond* is a classic American comedy drama that’s every bit as touching, warm, and witty today as when it debuted on Broadway in 1979. Trip includes matinee show ticket and buffet lunch at the LaComedia Dinner Theater in Springboro, Ohio.

“Six” (Thursday, September 26) Cost: \$115/person due August 23. Six, a contemporary vocal band, features six real brothers who take musical entertainment to a whole new level. Critically acclaimed and dubbed as “an orchestra of human voices”, these multi-talented brothers sound like a band using only their mouths. These pioneers of a cappella have been singing contemporary a cappella with incredible beatbox vocals and harmonizing since they were children. They perform everything from contemporary Pop to R & B to Classic Rock ‘n’ Roll to Gospel to Patriotic. They currently perform as a top-rated show in Branson, Missouri. Trip includes lunch & show at Villa Milano Ballroom in Columbus, OH and bus transportation.

NEW! Simply FaBOOlous (October 30-31) Cost: \$340/person double occupancy; \$410/person single occupancy. \$50/person deposit due July 15; balance due August 20. This tour to Ohio Amish Country will be fun for all! Trip includes: three meals; one night’s lodging at Wallhouse Hotel in Berlin; tour of Millersburg Victorian Mansion; visit to Troyer’s Candies where you’ll make your own Buckeye candy; stops at Hershberger’s Farm & Bakery and Walnut Creek Cheese; apples and cider tasting at Hillcrest Orchard; Halloween-themed buffet dinner followed by special musical performance (prizes will be awarded for the best costume for those who are interested).

Holly Jolly Christmas (Saturday, November 16) Cost: \$135/person due September 16. Travel to the Palace Theater in Canton, OH for a two-hour musical and comedy variety show reminiscent of the Bob Hope, Perry Como, and Carol Burnett holiday specials! The show features all your favorite holiday musical numbers from local school choirs, Majestic Voice Choral Group, and lots of fun skits, dance routines, and delightful holiday sets and costumes! This show is so full of energy you won’t leave without feeling the spirit of the season! Trip includes reserved tickets for Christmas Spectacular at Palace Theater; Italian family style lunch at LaPizzaria; visit to Harry London’s Chocolates; and bus transportation.



PremierWorld

Discovery Presents...



Canadian Rockies & Glacier National Park (7 days beginning July 31, 2019) This trip features three nights in Banff in the heart of the Canadian Rockies. Highlights include Glacier National Park, Lake Louise & Victoria Glacier, and a 52-mile journey down one of the most beautiful roadways in the world in a 1930's Red Jammer Touring Car.

America's Canyonlands (8 days beginning September 19, 2019) This trip features Grand Canyon, Bryce Canyon & Zion National Parks. Highlights include trolley tour of the beautiful red-rock resort city of Sedona, two nights in Lake Powell with a relaxing cruise, scenic drive tour of Monument Valley, a night in Las Vegas with a city tour, as well as a full day of sightseeing at the South Rim of Grand Canyon National Park.

Rose Parade New Year's (6 days beginning December 30, 2019) This trip features five nights at the same hotel with a New Year's Eve Dinner Party and the Tournament of Roses Parade with reserved grandstand seats. Highlights include San Diego city tour & harbor cruise, Richard Nixon Presidential Library & Museum, Grauman's Chinese Theatre, Rodeo Drive, Hollywood Walk of Fame, and a visit to the beautiful Mission San Juan Capistrano.

Travel Presentations

Join us for an informational slide presentation to learn more trip details!

Monday, March 18

10:00 am Rose Parade New Year's

11:30 am Canadian Rockies & Glacier National Park

1:00 pm America's Canyonlands

Camden Clark Health & Wellness Center
2801 Birch Street (behind Pat Catan's)

**Advance registration is appreciated
by calling (304) 424-2055.**



AARP Smart Driver Classes Resume



So why take a driver safety course? Because driving has changed since you first got your license, and doing so could save you money! The AARP Smart Driver course is the nation's largest refresher course designed specifically for drivers age 50 and older. For more than 35 years, the course has taught drivers proven safety strategies so they can continue driving safely for as long as possible. Nine out of ten class participants report changing at least one key driving behavior due to what they learned in the course.

Participants hear presentations, watch videos and take part in group discussions; there are no driving tests or exams. For those taking the class for the first time, an 8-hour class is required. Anyone who has previously taken the 8-hour course, within the last 3 years and 90 days, can take a 4-hour refresher class. As a graduate of either class, you will receive a certificate of completion that should be sent to your insurance carrier to obtain the discount, which is good for three years. Cost for both classes is \$15 for AARP members and \$20 for non-members.

We have a 4-hour class scheduled for Monday, March 25, from 12:30-4:30 pm at Camden Clark's Health & Wellness Center; our next 8-hour class will be held in May. Watch upcoming newsletters for more information.

MyWVUChart

Manage your family's medical needs with ease.

- Receive lab test results faster
- Direct schedule follow-ups, sick visits, or adult annual physicals
- Check in electronically prior to visit
- Refill prescriptions
- Receive emails about wait-list appointment offerings
- Pay your bill online

Sign Up Today!

Visit MyWVUChart.com to sign up or ask a registration specialist at your next appointment.

Learn more:

WVUMedicine.org/MyWVUChart



National Volunteer Week Recognized

Why volunteer? Because one person can make a difference!

Volunteering is an essential part of American life. We are blessed with millions of volunteers who play significant roles in making positive changes in the lives of others. Each year, a week is designated to thank volunteers who lend their time, talent and support to causes they care about, and to recognize all that they do to improve our communities. This year, volunteers will be honored from April 7-13.

Often, our volunteers come to the hospital because they want to help other people, but find they receive more than they give. If you're thinking about a way to enrich your life, consider volunteering at Camden Clark. Our volunteers serve patients and families in approximately 40 different departments. Most volunteers work a four hour shift once a week.

For more information on volunteering at Camden Clark, please contact Margie Reed at (304) 424-2847.



Lifeline Helps Maintain Independence



If you're like most older adults, you want to maintain your independence. You don't want a fall or medical emergency to jeopardize your ability to remain in your home. Lifeline is an easy-to-use personal emergency response system and ensures that older adults living at home get quick assistance whenever it is needed. Lifeline works by pressing the help button worn either as a pendant or as a wristband. Within seconds, a response associate will respond, assess the situation and summon the appropriate help, whether it's a neighbor, relative or emergency services.

For those wanting an added level of protection, Lifeline with Auto Alert automatically places a call for help if it detects a fall and the button hasn't been pushed. Auto Alert is designed to get fast access to help even if you're disoriented, immobilized, or unconscious.

For more information on how you or your loved one can benefit from the extra security and independence provided by any of these Lifeline products, please call the Lifetime Partners office. **Existing Lifeline subscribers, who have questions about service or billing, or want to make changes to their account, should call 1-800-635-6156.**

Due to implementation of the 911 system, many addresses have changed. Please notify us immediately of any address changes, to ensure prompt delivery of your newsletter.

March / April 2019

WVUMedicine
SENIOR HEALTH EXPO

- Free & Discounted Health Screenings
- Healthy Cooking Demonstration
- Exercise Demonstration
- Door Prizes
- Bingo
- Over 50 Vendor Booths

**SAVE
THE
DATE!**

**Tuesday, May 21
8 a.m. - 1 p.m.**

Grand Pointe Conference Center
1500 Grand Central Ave.

Open to all area residents, regardless of age!

**Watch upcoming newsletter
for more information!**



PICKLEBALL ANYONE?

Interested in finding out about one of America's fastest growing sports, especially for older adults? Pickleball combines elements of badminton, tennis and ping pong. It's challenging and fun for all ages and skill levels.

Stop by Camden Clark's Health & Wellness Center at 2804 Birch Street during one of our free sessions and either observe or give it a try! You don't need to be a member of the Center, and all necessary equipment will be provided.

Please check this month's calendar for dates and times.