

## De-Stress by Simplifying Your Life

**T**he word “clutter” might invoke images from an episode of “Hoarders,” the reality show that takes viewers into homes where labyrinths of boxes and towering stacks of stuff make it difficult to walk from room to room.

Luckily, most of us don't need an intervention from de-cluttering professionals, but we could probably stand to reduce some of the stuff in our lives. And not just the physical clutter, either. Our lives also get filled up with the clutter of jam-packed schedules, unrealistic expectations, technology overload and more. It's no wonder we feel so stressed out!

Mess often equals stress. The sight of clutter can signal your brain that your work is not done, making it hard to relax. And it doesn't matter whether the clutter is in your living room or on your personal calendar.

Too much stress, as we all know, can harm your health. Over time, the effects of stress can lead to chronic pain, difficulty breathing, heart disease, high blood sugar levels, stomach problems and even infertility. The list of potential trouble goes on and on.



### 6 Simple Steps to Pare Down

If you feel like you're constantly struggling to keep up with appointments, activities and household chores, it's time to take a deep breath and pare down. If you focus on nixing the nonessentials, you'll lessen your mess *and* your stress.

Follow these suggestions to simplify your life:

**1. Cut time-wasters.** If something is taking up time you can't spare (TV shows, mundane tasks, chores), ask yourself if this activity is really necessary for you to do. If the answer is “no,” avoid it or delegate it.

continued on next page



ISSUE  
FOCUS

## Stress Management

### Holiday Blues Setting In? Southern Hills Hospital Can Help!

**Southern Hills Hospital's RISE** (Respect, Inspire, Strengthen, Empower) Behavioral Health offers both inpatient and outpatient programs for those aged 50 and older. These services are powerful resources in treating behavioral health issues that can interfere with daily life. Symptoms of issues could be, but are not limited to: Depression and anxiety, loss of cognitive abilities, dealing with grief and loss, and more.

RISE offers dedicated psychiatrists and geriatric physicians who work with specially trained nursing staff on both the inpatient and outpatient side. An intensive group therapy program and individual therapy are available through RISE.

If a loved one is experiencing the holiday blues, be sure to recognize any needs immediately and seek out available resources to assist in providing the specialized care they may need.

For more information, families are encouraged to contact RISE Behavioral Health at (702) 880-2415 or visit **SouthernHillsHospital.com** or attend one of our Lunch and Learns, see pg. 8. ■





### JFK Medical Center Events and Support Groups

To register for any of these events, please call (800) 616-1927. You can also log on to [www.jfkmc.com](http://www.jfkmc.com), click on Patients & Visitors, then click on Classes & Events to see a calendar of events and classes at JFK Medical Center.

#### H2U Book Club

*No Meeting in December*

*Third Wednesday of every month*

*Cafeteria (meet at table near exit door)*

For more information, contact Joanne Kelly at (561) 586-2575.

#### Cancer Center Support Groups

All meetings take place at JFK Comprehensive Cancer Institute at 4685 S. Congress Ave., Lake Worth, FL. Call Dr. Sharon Ryalls at (561) 548-1641 for more information, or email her at [sharon.ryalls@hcahealthcare.com](mailto:sharon.ryalls@hcahealthcare.com). All lecture times are 4:30 - 5:30 p.m.

#### Cancer Survivorship Group

*Thursday, Dec. 2*

*First Tuesday of the month*

This group is for cancer survivors. The purpose of our group is to give meaning, support, hope and encouragement to those who have survived cancer and to those who are living with a cancer diagnosis.

#### Breast Cancer Support Group

*Tuesday, Dec. 9*

*Second Tuesday of the month*

This group provides an uplifting forum where breast cancer patients can share their experiences in order to find mutual support and information. A safe place is created where members can share their feelings, hopes and concerns so that they may feel heard.

#### Look Good, Feel Better

*Monday, Dec. 15, 10 a.m. - Noon*

*Third Monday of the month*

Look Good, Feel Better is a free, non-medical, product-neutral program offered in partnership with the American Cancer Society, the National Cosmetology Association, and the Cosmetic, Toiletry and Fragrance Association Foundation, a charitable organization supported by the cosmetic industry. Call (561) 366-0013 to register for this program.

#### Stroke and Cardiac Support Groups

#### The Beating Hearts Club

*No Meeting in December*

*Second Wednesday every other month*

*JFK Conference Room 2*

This club is offered to patients with pacemakers and implantable cardiac defibrillators (ICD), as well as their family members. Please call Victoria Kresser, RN, at (561) 548-7458 for group details.

#### Golden Rule Stroke Club

*No Meeting in December*

*Fourth Sunday of each month*

*Kennedy Conference Center*

*\$10 annual dues*

The Golden Rule Stroke Club provides education to its members through monthly speakers and sharing knowledge of local resources in the recovery of stroke. It also provides socialization for both the caregiver and the stroke victim. For more information, please contact Sharlene Stoklosa, RN, at (561) 548-1212.

#### Mended Hearts

*No Meeting in December (Holiday dinner posted in the Mended Hearts newsletter)*

*First Sunday of the month*

Mended Hearts is a support group that has a long-standing relationship with JFK Medical Center and is dedicated to the support of all our cardiac patients, their caregivers and families. For information, contact Janet Petrie at (561) 433-8006 or (561) 704-5565.

#### Bariatric Support Group

Location for Bariatric Support Group:

*JFK Medical Center's Conference Room*

*5301 S. Congress Ave., Lake Worth, FL 33461*

#### Bariatric Support Group

*Tuesday, Dec. 9, 6 - 7 p.m.*

*Second Tuesday of each month*

This group is for those considering bariatric surgery and all bariatric patients at any stage of their weight-loss journey. For information, please call (561) 548-BARI (2274) or email [Catherine.Olbrych@hcahealthcare.com](mailto:Catherine.Olbrych@hcahealthcare.com).

#### Lung Support Groups

#### Better Breathers Club

*Wednesday, Dec. 10, 1:30 p.m.*

*Second Wednesday of every month*

*JFK Rothman Sleep Center Lobby, 3rd Floor.*

*5301 S. Congress Avenue, Atlantis, FL*

Learn to manage your lung disease and live better. For more information, contact Kathy Hillard at (561) 548-1209.

All H2U classes and events require registration 48 hours in advance. To register, call (702) 233-5300 or log onto the hospital website of your choice to register online.

## H2U MountainView Hospital

Rita A. Moore, Program Manager  
(702) 255-5404

The office will be closed on Monday, Dec. 22 - Friday, Jan. 2 for winter break.

### Mitch's Tai Chi/Ki Gong Class

Mondays (No class on Dec. 22 and Dec. 29)  
10 - 11 a.m.  
\$5 per class

### Blood Pressure

Tuesdays (None on Dec. 23 and Dec. 30)  
10 - 11 a.m.

### Mitch's Meditation Class

Wednesdays (No class on Dec. 24 and Dec. 31)  
10 - 11 a.m.  
\$5 per class

### Yoga With Christian

Thursdays (No class on Dec. 25 and Jan. 1)  
9 - 10 a.m.  
\$5 per class

### MS In-Balance Exercise Class

Thursdays (No class Dec. 25 and Jan. 1)  
10:30 - 11:30 a.m.  
This class is free for individuals with multiple sclerosis. There is a \$5 fee for all others.

### Cards and Games

Mondays, Dec. 1 and 15  
Noon - 3 p.m.

### Lunch and Learn: Advantages of Pre-Planning

Tuesday, Dec. 2  
Noon - 1:30 p.m.  
Guest Speaker: Charles Cimino, VP of Sales and Marketing with La Paloma Funeral Services  
Join us for an informative discussion

on the benefits of pre-arranging funeral services, and what you need to ask and know before you purchase. Lunch provided by La Paloma Funeral Services.

### Stroke Support Group

Tuesday, Dec. 2  
2 - 3 p.m.  
This is a FREE program. We invite you to take advantage of the collective knowledge and experience that MountainView Stroke Support Group offers. This group is intended to help patients, caregivers and families share experiences related to stroke as well as learn about the recovery process and life after stroke. While everyone's experience is different, meeting other stroke survivors or caregivers who understand what you are going through can help you throughout the process. Join fellow stroke survivors and caregivers as they share experiences and insight on living and coping with life after a stroke.

### One-on-One Medicare Counseling

Wednesday, Dec. 3, 9:15 a.m. - 3:15 p.m.  
Wednesday, Dec. 17, 9:15 - 11:15 a.m.  
By appointment only  
Medicare Open Enrollment ends on Sunday, Dec. 7.

### November and December Birthday Party

Wednesday, Dec. 3  
1:30 - 3 p.m.  
If you were born in November or December, you and a guest are invited to play bingo for prizes and enjoy coffee, cake, ice cream or fruit.

### Movie Matinee: "Chef"

Thursday, Dec. 4  
1:30 - 3:25 p.m.

### Bunco

Monday, Dec. 8 (No Bunco on Dec. 22)  
1:30 - 3 p.m.

### LaSpaluto Financial Luncheon "Extra Income Sources"

Tuesday, Dec. 9  
Noon - 1:30 p.m.  
Guest Speaker: Rick LaSpaluto, CFP®  
Please join us for this FREE and informative program. Learn how to potentially increase your income. Rick LaSpaluto, CFP of LaSpaluto Financial sponsors this lecture and luncheon.

### Holiday Bingo

Thursday, Dec. 11  
1:30 - 3 p.m.

### Alzheimer's Caregivers Support Group

Tuesday, Dec. 16  
10 - 11 a.m.  
Elaine Eisler of the Alzheimer's Association will lead this support group that provides an opportunity for family, friends, caregivers and others to meet regularly for mutual emotional support and to exchange coping skills with one another in matters relating to Alzheimer's disease. This support group will meet the third Tuesday of every month at the H2U at MountainView office.

### AARP Smart Driver Class

Tuesday, Dec. 16  
11:45 a.m. - 4 p.m.  
\$15 for AARP members  
\$20 for non-members  
Attend this class and receive a discount on your automobile insurance. Checks made payable to "AARP" accepted at the door.

### Lunch and Learn: Beating the Holiday Blues

Thursday, Dec. 18  
11:30 a.m. - 1 p.m.  
Guest Speakers: Jennifer Riedel and Linda Freyhagen, RN  
Join us for a free luncheon workshop with behavioral health experts to discover a brighter road to aging.

### O2 on the Go Support Group

Friday, Dec. 19  
10 a.m. - Noon

All H2U classes and events require registration 48 hours in advance. To register, call (702) 233-5300 or log onto the hospital website of your choice to register online.

## H2U Southern Hills Hospital

Jasmine Smith  
Marketing/Volunteer Coordinator  
(702) 880-2918

Seminars are held in Southern Hills Hospital's Education Room on the first floor across from the cafeteria unless otherwise noted.

### Lunch and Learn: Beat the Holiday Blues

Thursday, Dec. 4  
11:30 a.m. - 1 p.m.

Join us for a free workshop with behavioral health experts Jennifer Riedel and Linda Freyenhagen, RN, to discover a brighter road to aging. With the holiday season in full swing, this time of year can be a very exciting and joyful time—yet, for some, it can also represent a time of loneliness, depression and isolation. Southern Hills Hospital offers resources for our community's senior population especially during this often difficult time. Lunch will be provided. This free event is open to the public.

## H2U Sunrise Hospital

Tracy Netherton  
Manager, Guest Services  
(702) 735-5510

The office will be closed on Dec. 5, 12, 19, 24, 25 and 26. Limited office hours on Thursdays. Please call ahead to (702) 735-5510.

H2U member meal coupons are available in the H2U office located at 3131 LaCanada Street, Suite 107, or at the front desk of the Sunrise Hospital Main Lobby.

All events are held at the H2U office unless otherwise indicated.

### Lunch and Learn: Family Feud in Healthcare

Wednesday, Dec. 3  
11:30 a.m. - 1:30 p.m.

Join Jill Paulson, Senior Business Development Representative of Nathan Adelson Hospice, for a fun game of Family Feud in Healthcare where teams of two will compete for prizes with their knowledge of healthcare in the Las Vegas community. Bring your friends and family. All participants will receive lunch and prizes for everyone—win or lose!

### Tai Chi Class

Thursdays, Dec. 4, 11, 18  
11 a.m. - Noon

Breast Center Multipurpose Room  
Terry Tichota has been practicing and teaching Tai Chi since 1995. Terry specializes in working with seniors and is very in-tune with their unique needs. There is a \$5 fee to attend this class.

### One-on-One Medicare Counseling

Tuesday, Dec. 9  
10 a.m. - Noon

Join a Medicare State Health Insurance Assistance Program (SHIP) volunteer as they help you navigate through the Medicare process. By appointment only, every 20 minutes.

### AARP Smart Driver Class

Wednesday, Dec. 10  
Noon - 4:15 p.m.  
\$15 for AARP members

\$20 for non-members

Attend this class and receive a discount on your automobile insurance. Checks made payable to "AARP" accepted at the door.

### Epilepsy Support Group

Wednesday, Dec. 10  
5:30 p.m.

Sunrise Hospital Auditorium  
This support group meets the second Wednesday of every month. No RSVP needed.

### Young Survivors Breast Support Group

Wednesday, Dec. 10  
6 - 7:30 p.m.

Breast Center Multipurpose Room  
3006 S. Maryland Pkwy., Suite 250  
This free breast cancer support group is offered to all women in the community 40 years old and younger who have been diagnosed with breast cancer. No RSVP needed.

### Multiple Sclerosis Support Group

Friday, Dec. 19  
9 a.m.

Nevada Neurosciences Institute  
3131 La Canada, Suite 101  
Meets on the third Friday of every other month. No RSVP needed.

### Flu Shots

Walgreens Pharmacy (Located inside the Sunrise Hospital Main Lobby)  
Monday - Friday: 9 a.m. - 8 p.m.  
Saturday: 9 a.m. - 5 p.m.

Flu season is in full swing! Stop by the Walgreens Pharmacy at Sunrise for your flu shot. Medicare and most other insurance plans accepted. High-dose and preservative-free flu shots also available.

**Say 'Cheers' ... Safely** If you're toasting the holiday season with some alcoholic beverages, remember to imbibe wisely: Pace yourself, and alternate drinks with nonalcoholic options. Avoid drinking on an empty stomach. Set a limit of a drink or two before you go, and stick to it. And remember—never drink and drive!



## A Heavy Topic: *How to Talk Weight Loss with a Loved One*

Body weight is a touchy subject, even between couples and family members. So how do you tell loved ones they need to lose a few pounds without hurting their feelings or causing a serious fight? These tips can help you broach the topic in a supportive way and help both of you make healthier choices.

### Do

**Show some love**—Rather than saying “You need to go on a diet,” try saying “I’m worried about your health.” This lets your loved ones know you want them to be around as long as possible, rather than implying you’re embarrassed by their appearance.

**Get on board**—Invite your loved one to go for a walk in the park. Or offer to take charge of grocery shopping to keep diet-busting foods out of the house. You’re in this together!

**Be a role model**—Set a good example for healthy living, especially with food. Avoid eating directly from containers, measure out portions of foods, skip dessert and drink more water.

### Don't

**Nag**—Guilt-raising questions like, “Are you really going to eat that?” will only discourage your loved ones from being open with you about their struggles.

**Judge**—Weight is such a personal issue that negative opinions can compound feelings of embarrassment and helplessness. Even joking remarks can be damaging, so watch your words.

**Play the cop**—While you mean well, queries like, “What does the scale say today?” are likely to put loved ones on the defensive. Focusing solely on weight loss also ignores other markers of health improvement.

## Questions to Ask Before Coming Out of Retirement

Retirement not what you expected? Perhaps it's time to *unretire*. There are many reasons to rejoin the workforce. Maybe you want to do something meaningful, learn something new or bring in some extra income. But before you launch a job search, consider these questions.

**What do you want to do?** Consider whether you want to continue in your past field of work or try something new. Perhaps you'd prefer a job that lets you interact with customers, work with your hands or give back to your community.

**Do you want to be your own boss or work for someone else?** Your decision may depend on how many hours you want to work and how much flexibility you'd like.



### **What kind of training will you need?**

You may need to take a course or get a certification. Or you may have to renew an old license or certification.

**What new expenses will you incur from having a job?** Think about added costs for transportation, work clothing and eating out. Also consider whether you'll need to hire someone to do lawn care or other chores you won't have time to do.

**How will a new paycheck affect your Social Security benefits and taxes?** If you haven't reached your normal retirement age, which is between 65 and 67 (depending on your birth year), any income you make will reduce your Social Security benefits.

Other factors to consider once you're on the job: health insurance and retirement accounts. (Yes, really!) If you are eligible for health insurance through a new job, look into how that insurance works with Medicare. Also, decide whether to contribute to an employer-sponsored retirement plan or IRA. You can put money into a traditional IRA until you are 70½. There's no age limit for Roth IRA contributions. ■

**Say 'Cheers' ... Safely** If you're toasting the holiday season with some alcoholic beverages, remember to imbibe wisely: Pace yourself, and alternate drinks with nonalcoholic options. Avoid drinking on an empty stomach. Set a limit of a drink or two before you go, and stick to it. And remember—*never drink and drive!*



# FLU FACTS



The flu season typically runs from  
**NOVEMBER - APRIL**



**VACCINATION**  
The best way to prevent the flu!

To better prevent getting or spreading the flu:

**WASH YOUR HANDS**



**15-20 SECONDS**  
with soap & warm water

Especially after touching door knobs, computer equipment including a keyboard & mouse, after shaking hands, etc.

**67%** of office workers admitted to coming to work sick.



Up to **20%** of the US population will get the flu.

**DID YOU KNOW?**

A droplet from a cough or a sneeze can spread to others up to

**6 FEET AWAY.**

**4 Things You Should Do**



**ONLY 15%** of office workers clean their work space once or more a week.

The average desk harbors

**400 TIMES MORE** bacteria than a toilet seat.

KNOW YOUR  
**FLU F.A.C.T.S**



**FEVER • ACHES • CHILLS • TIRED • SUDDEN ONSET**

**JFK MEDICAL CENTER**  
A Teaching Affiliate of the University of Miami Miller School of Medicine

For more information or a **FREE** physician referral call, 561-548-4535 or visit us at JFKMC.com. Text ER to 23000\* to see average wait times with real time updates every 30 minutes!

\*Message & Data Rates May Apply. Terms & Conditions: <http://www.jfkmc.com/help>. Privacy Policy: <http://www.HCA.com/FluFacts>.



## MountainView Physician Lecture Lunch and Learn: Total Joint Replacement Program with Dr. Steven Sanders

Wednesday, Dec. 3

Noon - 1 p.m.

Main Lobby Classroom

Mark Howard Classroom



Join Dr. Steven Sanders of Bone and Joint Specialist for an informational lecture on what having a total joint replacement entails.

This is a free event and lunch will be provided.

The Joint Replacement Program at MountainView Hospital offers a team approach to your care. Our dedicated clinical experts work with one goal in mind—to give you the best possible outcome. Our program offers

patients a variety of joint replacement procedures, including knee and hip replacement. We are here to help you get moving again. Followed by a Q&A with Dr. Steven Sanders.

## MountainView and Southern Hills Lunch and Learn Event: RISE (Respect, Inspire, Strengthen, Empower) Behavioral Health

Thursday, Dec. 4, 11:30 a.m. - 1 p.m.

Southern Hills Educational Classroom

Thursday, Dec. 18, Noon - 1:30 p.m.

MountainView H2U Office

Free

Join Jennifer Riedel, Director of RISE Behavioral Health of Southern Hills Hospital, and Linda Freyenhagen, RN, of Southern Hills Hospital to learn about “Beating the Holiday Blues” and the prevalence of depression in the elderly. They will explain how depression is different in later

life, discuss medical illnesses associated with depression specific to older adults, and the suicide risk. Plus, learn ways to explore recovery to depression associated with aging. Southern Hills recently opened RISE (Respect, Inspire, Strengthen, Empower) Behavioral Health, a 14-bed, inpatient speciality unit and an outpatient program serving ages 50 and older with behavioral health needs including, but not limited to, depression, dementia, and psychosis and anxiety disorders. With the holiday season in full swing, this time of year can be a very exciting and joyful time—yet, for some, it can also represent a time of loneliness, depression and isolation. Southern Hills Hospital offers resources for our community’s senior population especially during this often difficult time. ■

HEART ATTACKS HAVE BEGINNINGS:

## Listen to your Heart

**Heart attack is** the No. 1 killer of the adult population in the United States. Fortunately we can do something about it, since 50 percent of all heart attacks have a beginning. If interventions take place at this time (before the individual actually has the heart attack) we can prevent the heart attack from actually occurring and identify the coronary artery lesion causing the blockage.

We can prevent a heart attack from occurring because these beginnings are identifiable and they can be acted on quickly to prevent the heart attack. Many times the beginnings are not

acted upon because they are seen by the individual as not being important enough to be checked out within a short amount of time. Many people believe that they are being ridiculous when they run to the physician for every little pain. What they don’t understand is that most heart attacks at this early stage do not knock them to the ground with severe chest pain. These beginnings consist of milder chest pain that seem to come and go.

When it comes to mild discomfort in the middle of the chest, it may be the first sign that something disastrous is going to occur. It is important to pay attention to such symptoms and get them checked out. We need to realize that heart attacks can present

in three ways. The first is cardiac arrest, the second, a person presents with severe chest pain and finally the person presents with mild chest discomfort. Preventing the problem from doing damage to the heart is accomplished best when the intervention takes place when the individual is having mild chest pain.

The Sunrise Health system of hospitals—including Sunrise, MountainView and Southern Hills—has earned accreditation from the Society of Cardiovascular Patient Care for sustaining superior levels of service for patients experiencing a cardiac episode. Combined, they represent a network of accredited Chest Pain Centers in Las Vegas. ■