

Beacon

WINTER 2018

WHAT TO LOOK FOR
IN WINTER WEAR

FALL-PROOF

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*map
your
wellness
visit*

**UNCOVER
MEDICARE
BENEFITS**



**AROUND TOWN WITH
MALICK ISLAM, MD**

**SAY WHAT?
SPOT THE SIGNS
OF HEARING LOSS**

**MAKING SENSE
OF SHINGLES**

GOALS FOR THE GOLDEN YEARS

Living in a beach community where many people opt to spend their “golden years,” I often dream about what my ideal retirement would look like. My mother-in-law Judy sets a great example of a local retiree living her life to the fullest.



After 35 years of working as an elementary school teacher in Pennsylvania, Judy retired eight years ago to Ocean View with my father-in-law Mike. When asked by others if she is bored in her retirement, she often declares, “I’m busier now than I was when I was working!” When she isn’t chasing around her toddler grandson—my son—Judy starts her morning with a daily walk on the boardwalk. She also gives back by volunteering with Read Aloud Delaware and is an active member of the local South Coastal AARP group.

On top of all that, she is full of surprises. Last summer, she bought a tent and said, “Grandpa Mike and I are getting into camping again.” Her high energy level, appreciation for life’s simpler things, and positive spirit always amaze me—she is truly young at heart and open to new things and experiences. Staying engaged and connected with others is so key to our social wellbeing. While there is no fountain of youth, I hope the articles in this issue inspire you to make health choices that allow you to make the most of every day.

VIBRANT AND VALUABLE

When I retired to coastal Delaware in 2007, I was looking for something valuable to fill my time, so I became active with AARP. Our South Coastal AARP Chapter has more than 500 members and is the 8th largest chapter in the nation. We are a vibrant group that supports our community through a variety of activities, such as AARP Foundation Tax-Aide, food drives to support our local food banks, tutoring, organizing blood banks, collecting gifts for home-bound seniors, meal delivery, book clubs, educational speakers, and more.

This past November, we were thrilled to welcome Jeffrey M. Fried, CEO and President of Beebe Healthcare, and Judy L. Aliquo, CFRE, President and CEO of Beebe Medical Foundation, as our guest speakers to talk about the new Emergency Department coming to our South Coastal area. We are always happy to partner with community organizations such as Beebe Healthcare, as we encourage our seniors to “fight for and equip each individual to live their best life.”

LUCILLE KURTZ
CO-PRESIDENT,
SOUTH COASTAL AARP



TO YOUR HEALTH, TRICIA MATSKO EXECUTIVE EDITOR, BEACON

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Visit our Seniors Resource Center at www.beebehealthcare.org/healthy-seniors for additional online content from this issue.

AROUND TOWN
with
Malick Islam, MD

1

APPLE OF HIS EYE

"I enjoy spending time running around the yard and wrestling with my two-year-old daughter Elan. She keeps me and my wife on our toes. My favorite moments with her are when we are reading together."



2 BEACH-READY

"My wife and I are both passionate about health, so we make time to exercise. We are currently doing Beachbody's P90X® videos. I also have the app on my phone—I'm big on technology."

ART OF THE HEART 3

"Electrophysiology is all about cutting-edge technology, and that's part of what drew me to the field. I like how it's intellectually stimulating, but it's also like an art."

3



Malick Islam, MD, FACC, enjoys a busy practice (Delaware Cardiovascular Associates) as the only cardiac electrophysiologist with Beebe Healthcare.

MAKE YOUR VOICE HEARD

Have an idea for a future issue of *Beacon*? Want to share your feedback? We'd love to hear from you! Find us on social media and tell us what you think. Or, email us your thoughts today at Beacon@beebehealthcare.org.

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FINDING A NEW PURPOSE WHEN LIFE GOES ON



For Marty Rosensweig of Lewes, each day is a little better than the last. He learned to reach out to others after he lost his wife Karen to cancer last year. After finding the support he needed to grieve, he now volunteers with many local organizations—healing by giving back.

Shortly after losing Karen, Marty knew he needed help and found a kind ear and connected with resources through Beebe. It was **Clare Wilson, RN, MS, LPCMH**, cancer care navigator and supportive counselor at Tunnell Cancer Center, who helped Marty through this difficult period of change. “Talking to Clare is something I needed and something I cherish,” Marty says. “She helped me understand the grieving process, and she helped connect me with resources in the community.”

“My biggest suggestion to others in a similar situation is to stay busy, talk to people, and be open to new experiences,” Marty says. “Volunteer with an organization you support and find your purpose in life. It can always change as you move forward, but it’s important to have a purpose.”

For more information on group support, individual support, and classes available to those who have lost a loved one, visit Beebe’s Grief Support Resource Center at www.beebehealthcare.org/grief-support-resource-center.

IF YOU ARE LOOKING FOR YOUR TRIBE, TRY VOLUNTEERING TO MEET NEW FRIENDS.

Marty currently volunteers with The Lewes Historical Society, Lewes Public Library, Beebe’s Treasure Chest Thrift Shop, Historic Lewes Farmers Market, Cinema Art Theatre, Osher Lifelong Learning Institute, and Seaside Jewish Community.

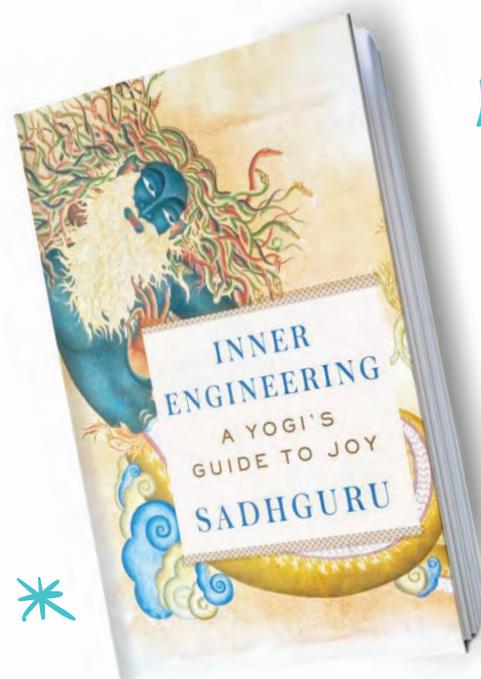
Yoga for Mind and Spirit

When most Americans think of yoga, they think of exercise classes at a local studio. However, the tenets of hatha yoga go much deeper than that, as Indian yogi Sadhguru explores in his book *Inner Engineering: A Yogi’s Guide to Joy*.

In this transformative read, which is half memoir and half spiritual guide, Sadhguru provides illuminating anecdotes from his life, both as a Beatles-listening, motorcycle-riding young rebel and as, later, a world-renowned thought leader who has spoken at the World Economic Forum and the United Nations. In addition to these sometimes humorous, always thought-provoking stories, Sadhguru provides specific exercises for creating more awareness in our lives. While his mysticism might seem a bit “far out” for some, there’s still plenty of joy to be found here.

INSIGHTS FROM SADHGURU

- 1 MAKE YOUR OWN DESTINY.** Sadhguru writes that we shouldn’t over-rely on destiny or karma but should choose for ourselves the kind of life we want to live.
- 2 LIVE RESPONSIBLY.** Responsibility, Sadhguru says, is our ability to respond to life’s challenges. We are all responsible for reacting positively.
- 3 RADIATE LOVE.** According to Sadhguru, we often limit our ability to love. Love, he writes, is being open—to our families, to our friends, to the world.



“Every moment there are a million miracles happening around you... If you learn how to live it, life is nothing short of a daily miracle.” —SADHGURU



JEAN DAVISON, AuD
BEEBE MEDICAL GROUP

Feeling Forgetful? Could Be Your Ears

“While you hear with your ears, the sound is interpreted by your brain. When your brain has to strain to understand what is being said, it actually harms your brain,” says **Jean Davison, AuD**, audiologist with Beebe Medical Group. Hearing loss is not just a process of aging, it is actually a cause of cognitive decline and should be treated quickly.

HEARING LOSS & COGNITIVE DECLINE

What does always losing your keys have to do with hearing loss? Did you know that adults with even mild hearing loss are at a higher risk for dementia than those who don't have it?



SPOT THE SIGNS

IT MIGHT BE TIME TO HAVE YOUR HEARING TESTED IF:

- + You have to ask people to repeat themselves often
- + You hear a person talking, but cannot understand what they said
- + You have ringing or buzzing (tinnitus) in your ears
- + You have trouble hearing while watching television or talking on the phone
- + You answer a question that wasn't asked because you misheard the question
- + You have dizziness or vertigo
- + You failed a hearing test at your primary care practice

To make an appointment with an audiologist for yourself or your loved one, please call (302) 645-4801.

Often, patients say they were nervous to get their hearing tested or that they thought they were just getting older. “What’s important is working with the patient and the family to determine realistic expectations and then working with technology to meet their needs,” Davison says. “It’s important for the patient to want to do it.”

WHAT CAN BE DONE TO CORRECT HEARING LOSS?

Davison said that technology is improving all the time and that the new hearing aids she works with can be controlled with a smartphone. “The new devices can regulate the background noise to help you better hear the person you are speaking to,” Davison says. “For many of my patients with mild to moderate hearing loss, these devices allow them to feel confident interacting with others again.”

For those with mild to moderate hearing loss, there are many near-field hearing devices that Davison recommends. If a patient is experiencing severe hearing loss, Davison might recommend a cochlear implant. “Each patient has a hearing test in my office and then we discuss what they hear and don’t hear,” Davison says. “It’s a very thorough test, so I am able to give them specific information about their type of hearing loss.”



For additional content on the connection between hearing loss and cognitive decline, visit www.beebehealthcare.org/blog-posts/connection-between-hearing-loss-and-cognitive-decline.

If you've ever felt weary during the winter months, you are certainly not alone.

With the long nights and chilly temperatures of winter, many experience feelings of sadness and fatigue.

TIPS FOR STAYING HEALTHY AND ENRICHING THE MIND, BODY AND SPIRIT DURING THE CHILL OF WINTER

Feeling a bit gloomy is normal during colder months, but there are many ways to combat the gloom, including socializing, exercising, and eating right, according to **Jose Pando, MD, FACP**, rheumatologist and soon-to-be fellowship-trained integrative health practitioner. He founded both Delaware Arthritis and Lewes Wellness Center with his wife, **Catherine Pando, RN**.

“Those who feel **part of a community**—whether a neighborhood or a religious community—find they are happier and more content because they have a purpose in life. In many cultures, including my native culture in Peru, there is a strong connection between our mental health and the company we keep,” says Dr. Pando.

As for the food we eat, Dr. Pando points out that more and more researchers are studying the connection between **our gut and our overall wellbeing**. “Inflammation in our bodies causes pain. By being conscious of what we eat and how we move, we can limit inflammation,” says Dr. Pando.

our bodies causes pain. By being conscious of what we eat and how we move, we can limit inflammation,” says Dr. Pando.

Enduring the Winter

Look for local, seasonal produce, choose organic when you can, and stay away from processed food and frozen meals. Doing so will help you stay pain-free, active, and energized all winter long.

To start, try a delicious **homemade soup with turmeric**, an anti-inflammatory spice (see opposite page). The Moroccan vegetable soup recipe provided by **Chef Miguel Cuevas**, of Beebe's Ornish Lifestyle Medicine, is a great place to start.

Last, to avoid falling ill this winter, the Pandos encourage you to take care of your **dental health**. Make sure to have regular cleanings, as—perhaps surprisingly—a clean mouth is the first defense against immune system flare-ups and can also protect your heart health.

Delaware Arthritis and Lewes Wellness Center offer free or low-cost yoga programs and cooking demonstrations from local nutrition experts. Find a class that suits you and enjoy meeting others this winter.

JOSE PANDO, MD, FACP, AND CATHERINE PANDO, RN, DELAWARE ARTHRITIS AND LEWES WELLNESS CENTER



IMMUNE BOOST FOR CANCER PATIENTS

To keep your immune system at peak performance, it's important to manage your stress levels. And, if you are living with cancer, the daily stress of which can further harm your immune system, you can counteract this by finding ways to lower stress that work for you. **Nataliya Melnyk, MD**, medical oncologist at Tunnell Cancer Center, and dietitian **Kim Westcott**, agree. Both Dr. Melnyk and Westcott suggest **yoga, meditation, massages, and relaxing hobbies**. Find what works for you!

"When the colder weather causes a sluggish immune response, patients going through cancer treatment are even more at risk, since their immune systems are already compromised," Dr. Melnyk says.

Eating the right foods can also make a big difference. For starters, you can reduce inflammation by avoiding added sugars and processed carbohydrates. It's important to eat enough, too. "While going through treatment, patients might find themselves lacking an appetite, but it is important to continue to eat as well as possible," Dr. Melnyk says.



NATALIYA MELNYK, MD,
TUNNELL CANCER CENTER

CHAIR- BASED EXERCISE



Beebe Wellness offers chair yoga classes, which provide both an outlet for stress and a way to improve

flexibility and strength. **Raylen Williams**, Health Coach with Beebe Wellness, leads the monthly classes at Lewes Public Library. "Yoga is for everyone," Williams says. "It's a great way to get in touch with your body, meet others to share stories with, and move your muscles to find out what you can do that you may not have realized."

Find upcoming classes by following Beebe Healthcare on Facebook. To view a video of a recent Chair Yoga class with Raylen, go to www.beebehealthcare.org/staying-active

Moroccan Vegetable Soup

INGREDIENTS

- | | | | |
|----|---|----|--------------------------------------|
| ¼ | tsp saffron threads (optional) | | |
| 2 | cups onion, roughly chopped | | |
| 1 | tbsp garlic, pressed or minced | 1 | can |
| 1½ | tbsp fresh ginger, peeled and chopped | | no-salt-added chickpeas, with liquid |
| 2 | tsp ground coriander, divided | 2½ | tbsp maple syrup |
| ¾ | tsp ground turmeric, divided | 1 | tsp grated lemon zest |
| ½ | tsp cinnamon, divided | 1 | tbsp lemon juice |
| ½ | tsp salt, divided | 2 | cups cauliflower florets |
| ⅛ | tsp cayenne pepper (optional) | 5 | cups fresh spinach leaves |
| 4 | cups low-sodium vegetable broth | ½ | cup fresh cilantro, chopped |
| 1 | 14.5-oz can diced fire-roasted tomatoes | | |

DIRECTIONS

- 1 If using saffron, crumble with fingertips in a small bowl and cover with 2 tablespoons of hot water. Set aside.
- 2 In a 6–8 quart, heavy-bottomed pot over high heat, combine onions, garlic, ginger, 1 ½ teaspoons of the coriander, ½ teaspoon of the turmeric, ¼ teaspoon of the cinnamon, ¼ teaspoon of the salt, cayenne (if using), and water. Bring to a boil over high heat.
- 3 Reduce heat to medium and simmer until onions are tender and liquid has evaporated, 8–10 minutes.
- 4 Add vegetable broth, tomatoes, garbanzo beans (undrained), maple syrup, lemon juice, lemon zest, and saffron (including soaking liquid), if using. Bring to a boil.
- 5 Add cauliflower and cook vegetables until tender, about 5 minutes.
- 6 Add remaining ½ teaspoon coriander, ¼ teaspoon turmeric, ¼ teaspoon cinnamon, and ¼ teaspoon salt. Fold in spinach and cook until spinach has wilted and flavors have melded, 3–4 minutes.
- 7 Taste for seasoning, adding additional salt, lemon juice, and/or cayenne pepper. Stir in the cilantro and serve.



For a downloadable recipe card to share with your friends, visit www.beebehealthcare.org/healthy-seniors.



CHEF MIGUEL CUEVAS,
ORNISH LIFESTYLE MEDICINE

GROWN-UP CHICKEN POX

Avoid the Pain, Get the Shingles Vaccine



ODETTE EVANGELISTA, MD,
BEEBE FAMILY PRACTICE
—GEORGETOWN

Many Americans get the chicken pox as children, resulting in a week of staying home, watching cartoons, and trying not to scratch. Shingles, which is caused by the same virus as chicken pox, is a common but painful disease that is usually seen in adults over 50 or in people with compromised immune systems.

Often, before they notice a rash, people with shingles will notice pain that starts on the back and gradually spreads across the entire torso. Soon, they will see a red, blistering rash, usually on their side. We talked with **Odette Evangelista, MD**, board-certified internal medicine physician with Beebe Family Practice—Georgetown, to get the scoop on shingles and how to stay rash-free.

I thought if you had chickenpox as a kid, you had the antibodies and couldn't get it again—so why am I at risk for shingles? If you get shingles, does that mean you're immune to getting it again?

As you age, the antibodies you had due to chicken pox wane, meaning you are more likely to get shingles. Even if you have already had shingles as an adult, you should still have the shingles vaccine to prevent a reoccurrence.

What should I do if I think I have shingles?

You should see your doctor immediately if you think you have shingles. Antiviral

medicine is recommended for patients with shingles who see a doctor within 72 hours of having symptoms. This medicine, usually in the form of a small pill, promotes the rapid healing of skin lesions, lessens the severity and duration of pain, and reduces the incidence or severity of chronic pain.

Is there any way to prevent getting shingles or spreading it to others?

Those who already have shingles can avoid spreading it by keeping the rash covered, if feasible, until the rash has crusted, and by washing their hands often. To decrease your risk of ever getting shingles and lessen the likelihood of

complications, you can get the shingles vaccine. Anyone over 60 should have the vaccine, regardless of whether they've had chickenpox or not.

Does insurance pay for the vaccine?

Medicare Part D and most private health insurance companies cover the shingles vaccine for those who are 60 and older. Some plans cover the vaccine starting at age 50, but you will have to talk to your insurer to confirm. Medicare Part B does not cover the vaccine, but you may be eligible for a free or reduced-cost vaccine. Talk to your pharmacist or healthcare provider to find out more.

Lifestyle Factors

CHARTING YOUR COURSE FOR HEALTH AND WELLBEING

Disease Management

If you're enrolled in Medicare, you're eligible for a free Annual Wellness Visit that will help you better understand your health state today and help you build a health roadmap for your journey ahead.

READ ON →

Mental Health

Medications

TAKING A CLOSER LOOK AT



Medicare Wellness Visits

We all have milestones we look forward to each year: birthdays, anniversaries, holidays, vacations ... the list goes on. And, if you're a Medicare enrollee, there's one more date you should be circling on your calendar each year—your Annual Wellness Visit.

According to **John E. Hale, MD**, board-certified physician at Beebe Family Practice—Lewes and Medical Director of Primary Care for Beebe Medical Group, the Annual Wellness Visit (AWV) isn't just an important—though frequently overlooked—benefit for Medicare enrollees. It's also a valuable opportunity to build a stronger relationship with your primary care doctor, review your history, identify hidden “roadblocks” and potential “potholes” on your current health journey, and establish health goals for future visits.

WHAT IS THE ANNUAL WELLNESS VISIT

The AWV is a benefit granted to Medicare Part B enrollees once every 12 months. This benefit provides patients with an opportunity to meet with their doctor face-to-face, free of charge, to conduct a deep and thorough assessment of their health and develop a personalized care plan for the future.

Unlike the traditional annual physical exams—or their initial “Welcome to Medicare” visit—the AWV is more informational in nature, providing patients with an opportunity to participate in an open conversation with their doctor and their clinical staff.

“[The AWV] is an opportunity to sit down with the physician with no other problems to be solved,” Dr. Hale says. “Patients have our full attention to review things, ask questions, address concerns, and go through their health status.”

“These visits are typically about a half hour in length, and most of it is an exchange between the patient and the physician to review their conditions and their treatments,” Dr. Hale continues. “Also, unlike a typical office visit, the Annual Wellness Visit is completely covered by Medicare—meaning there are no copays or other out-of-pocket costs.”



BE PREPARED

According to Dr. Hale, the most important thing patients can do to prepare for—and get the most from—their Annual Wellness Visit is to be organized.

“Sometimes the staff and care provider spend a good deal of effort at the time of the visit trying to find the most recent dates of screenings like mammograms, colonoscopies, eye exams, et cetera,” Dr. Hale says. “These visits are more meaningful if we have all of the information when you come in ... Knowing about your test and screening history, as well as your history of specialist visits, prevents us from having to hunt it down during the visit and gives us more time to spend answering your questions.”

Another important way a patient can prepare for the AWV is to come with a complete list of all the medications he or she is taking—including things they may not otherwise consider, like over-the-counter medications, vitamins, and supplements.

“All medications matter,” Dr. Hale says. “We see patients all the time with reactions or problems that may be aggravated by supplements and OTCs, including ‘all-natural’ products and remedies, so it’s important that we have the most complete picture of everything you’re taking to help us identify any issues your medications may be causing.”

WHAT TO EXPECT

According to Dr. Hale, patients can expect their primary care doctor and his or her clinical staff to cover a wide range of health topics over the course of the AWV. “First, you’ll meet with clinical staff to review things, go through medications, things like that,” Dr. Hale says. “This will be followed by a visit with your doctor to review those answers and facts and to organize them into a coherent care plan.”

At the end of the visit, patients are presented with a detailed account of his or her current health state, including a review of their medications, their allergies, their history, how they’re doing currently, and any barriers that are in the way of their health or happiness. Patients will also receive a documented care plan—think of it as a personalized healthcare roadmap. This document will serve as a handy reference point for future wellness visits.

Patients are also given an opportunity to ask any final questions they may have over the course of the visit. “The format of the annual wellness visit allows us to talk in some detail about the patient’s concerns, and I usually do not leave the room until I am satisfied that they do not have any questions ... we don’t rush them through it,” Dr. Hale says. “At the end, I’ll ask them if we’ve been thorough, and if they say, ‘Yes,’ at that point we’re finished.”



JOHN E. HALE, MD,
BEEBE FAMILY PRACTICE
—LEWES AND MEDICAL
DIRECTOR OF PRIMARY
CARE FOR BEEBE
MEDICAL GROUP



We don’t rush through it. I am taking my time, so if you have another question, I’ll come back, sit down, listen to it, and we’ll discuss it.



Know the ABCs (and Ds) of Medicare

New to Medicare and still trying to make sense of the “alphabet soup” of Parts, plans, and payers? Not to worry, we’ve put together this handy reference to help you get the lay of the land.

**MEDICARE PART A [HOSPITAL INSURANCE]**

Medicare Part A covers the costs incurred when you are an inpatient at a hospital, skilled nursing facility, or hospice care center. That means your room, meals, nursing services, and drugs received during your inpatient stay.

**MEDICARE PART B [MEDICAL INSURANCE]**

Medicare Part B covers both medically necessary services—things that are needed to diagnose and treat you when you are sick, like lab tests, imaging, outpatient services, and medical equipment—as well as preventive health services like screenings, certain vaccinations, and your Annual Wellness Visit.

**MEDICARE PART C [MEDICARE ADVANTAGE]**

Medicare Part C, also known as Medicare Advantage, is a supplemental type of insurance available to people currently enrolled in Original Medicare (Parts A and B). These types of plans are offered through private insurers with designated provider networks (HMO/PPO plans), and may offer additional benefits beyond hospital and medical coverage, including vision, dental, hearing, and prescription drug coverage (see Part D below).

**MEDICARE PART D [PRESCRIPTION DRUGS]**

Medicare Part D is an optional plan that covers prescription drugs for outpatients. Unlike Parts A and B, Part D coverage is not provided by the government. Rather, you must purchase this type of coverage through private companies—either through a Medicare Advantage plan with prescription drug coverage built in (see Part C), or a private prescription drug plan (PDP).

To learn more about the different types of Medicare benefits available, visit [Medicare.gov](https://www.medicare.gov).

SCHEDULE YOUR AWV TODAY

To take advantage of the AWV benefit, Dr. Hale recommends that patients reach out to their doctor to set up an appointment. For patients who do not currently have a primary care doctor, Beebe Healthcare can refer them to a physician in the area who is currently accepting new patients.

Typically, the patient's primary care doctor is the best choice because they're the ones most familiar with the patient's health history and any issues the patient may currently be dealing with. That said, because this benefit can only be

used once a year, it's important to make the right choice of provider before scheduling—especially if you are a seasonal resident.

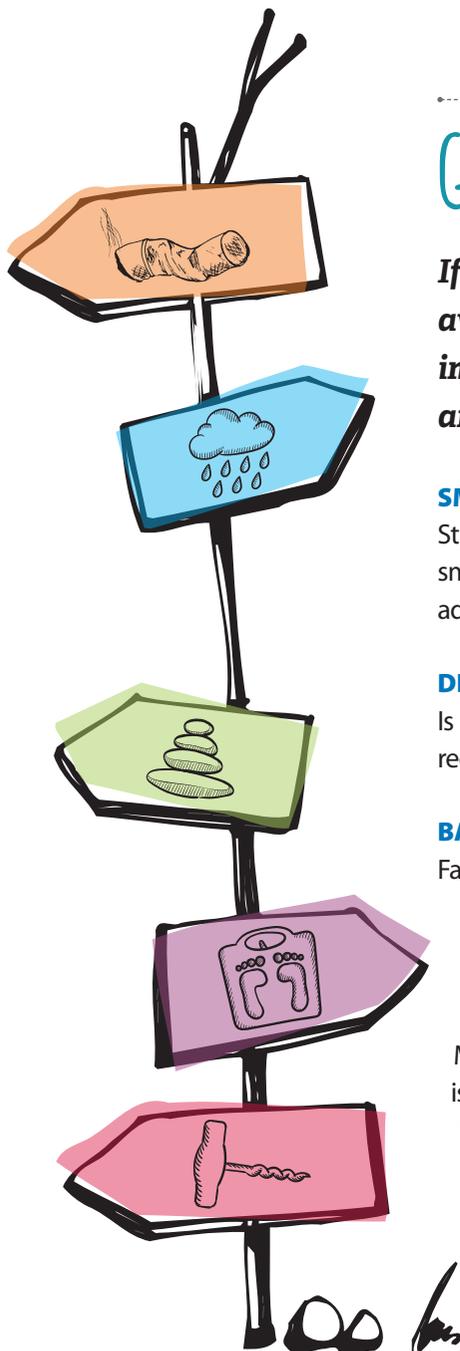
“Because this visit is only covered once a year, if you split time between two areas, I would advise that you have the Wellness Visit with the physician in the area where you spend the most time,” Dr. Hale says. “You'll get the most benefit from the physician who has the most experience with your care history ... especially if that care also involves local specialists.”

FOR FAMILY MEMBERS

While it's ultimately at the patients' discretion, Dr. Hale encourages patients to bring a partner or caregiver along to the AWV whenever possible.



To schedule your Annual Wellness Visit, contact your primary care physician today or visit beebehealthcare.org/find-a-doc to find a physician. For a printable worksheet to help prepare for your AWV, visit beebehealthcare.org/healthy-seniors.



GET THE MOST BENEFIT FROM YOUR BENEFITS

If you're enrolled in Medicare Part B, there are a variety of preventive health benefits available to you at little or no cost, in addition to certain disease screenings, routine immunizations (flu, pneumonia, Hepatitis B), and your Annual Wellness Visit. Here are five frequently overlooked benefits you may not know about:

SMOKING CESSATION

Still trying to kick the habit? The good news is that it's never too late to quit. Medicare Part B covers up to eight smoking-cessation visits over a 12-month period, provided that a Medicare-recognized doctor or practitioner administers them.

DEPRESSION SCREENING

Is it the winter blues or something more serious? Don't risk letting depression go undiagnosed—as a Medicare Part B recipient, you're eligible to receive a free depression screening from your primary care doctor each year.

BALANCE AND FALL RISK SCREENING

Falls are among the leading causes of serious injury among the Medicare-eligible population. That's why it's so important for seniors to have their balance checked regularly. Medicare Part B will cover up to 80 percent of this diagnostic exam, which can help you identify any balance issues you may be experiencing and their cause.

OBESITY COUNSELING

Maintaining a healthy body weight is critical to staving off serious chronic conditions. If your Body Mass Index (BMI) is 30 or greater, Medicare Part B offers free counseling and support services in a primary care setting. In many cases, Medicare will also cover a portion of bariatric surgery costs if recommended by a qualified physician.

ALCOHOL ABUSE SCREENING AND COUNSELING

If you've been struggling with alcohol abuse, there are support services available through Medicare Part B to help. When administered by a primary care physician, Medicare covers a comprehensive alcohol abuse screening and up to four counseling sessions annually.

Don't Fall for It!

Falling is the number one cause of injuries in seniors, with over 2.5 million seniors visiting the emergency room each year due to fall-related injuries. However, with so many ways to prevent falling, there's no need to live in fear.

Do you have the know-how to make your home safe and reduce your risk of falls? Answer these true or false questions, then check your answers below to find out.

- 1 It's just as safe to use a **towel bar** to get in and out of the shower as it is to use a **grab bar**. true/false
- 2 Loose **throw rugs** are not a leading cause for falls. true/false
- 3 A **night light or flash light** can prevent falls at night when you get out of bed to go to the bathroom. true/false
- 4 When **carrying groceries up your steps**, you should always keep one hand free so you can hold the railing. true/false
- 5 When purchasing a new bed, you should **buy an extra thick mattress** so your feet don't touch the floor. true/false
- 6 You're better off wearing **sturdy, nonslip shoes** in your house than **slippers, flip flops, or stocking feet**. true/false
- 7 When purchasing a new recliner, you should avoid a **rocking swivel chair**. true/false
- 8 If you're **concerned about falling**, or if you take a small tumble, you shouldn't feel embarrassed talking to your family or doctor about it. true/false

ANSWER KEY: 1. FALSE, 2. FALSE, 3. FALSE, 4. TRUE, 5. FALSE, 6. FALSE, 7. TRUE, 8. TRUE



To set up a home safety assessment, call Beebe Home Care Services at (302) 934-5830 or find more information online at www.beebehealthcare.org/patient-care-services/beebe-healthcare-home-care-services.



CLARE CAPOBIANCO, DPM, ORTHOPAEDIC ASSOCIATES. Stay safe this winter by choosing the right boots. "The

most important characteristics of a good boot are proper fit, support, and tread," says **Clare Capobianco, DPM**, board-certified podiatrist and surgeon with Orthopaedic Associates. Dr. Capobianco adds that ill-fitting boots can cause blisters, ulcers, or worse.

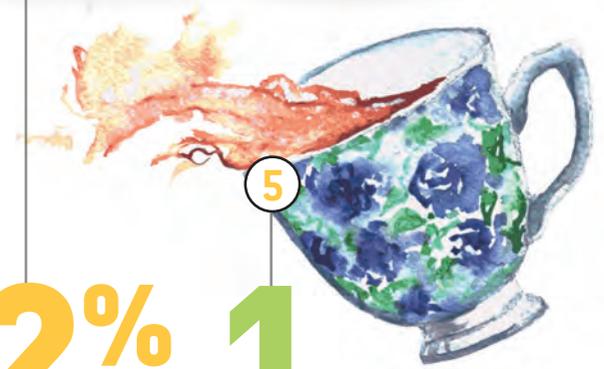
Making sure your boots meet all three criteria will decrease your risk of slipping on ice or soft ground—though Dr. Capobianco still encourages those who are at risk for a fall to use common sense and avoid icy areas.

Something else to look for in a pair of boots is a water-resistant exterior. For added warmth, look for boots with insulated lining. Classic snow boots never go out of style and are great for keeping feet warm and dry, especially if they have rubberized soles with good traction.

Boot Up for Winter

BOOTS THAT KEEP YOU SAFE FROM INJURY





2M

20%

72%

1

6M **VOLUNTEERS** help U.S. nonprofits continue serving their communities.

HEARING AIDS were sold in the U.S. last year, up 8.7% from the previous year.

OF HEALTH SPENDING in America in 2016 was done by Medicare.

OF SENIORS are wearing shoes that are the wrong size for their feet.

IN 3 PEOPLE over the age of 65 fall each year, though many don't tell family.

JOIN US



FEBRUARY 10 ANNUAL HEALTH FAIR

Join us at the annual Beebe Health Fair **SATURDAY, FEBRUARY 10, FROM 9 A.M. TO 3 P.M. AT THE ATLANTIC SANDS HOTEL** on the Rehoboth Beach Boardwalk. Enjoy talks by area doctors, cooking demonstrations, educational materials and giveaways, kids' activities, light refreshments, and entertainment for the entire family! Take advantage of **FREE** health screenings for glucose, cholesterol, blood pressure, Body Mass Index (BMI), and bone density; flu shots will also be available.

No registration is required. For information, call (302) 645-3337.

MARCH 14 DIABETES SUPPORT GROUP

Whether you've just been diagnosed or have been living with it for your entire life, you don't have to face diabetes alone. Beebe's Diabetes Management Department hosts the Diabetes Support Group on the second Wednesday of every other month. The next meeting is **WEDNESDAY, MARCH 14, FROM 4:30 P.M. TO 6 P.M.**

AT THE DIABETES MANAGEMENT OFFICE, SUITE 210, IN THE MEDICAL ARTS BUILDING AT THE BEEBE HEALTH CAMPUS (Route 24).

For more information, please call (302) 645-3121.

[GIRLS' NIGHT OUT]

MARCH 8

INTERNATIONAL WOMEN'S DAY

Join us for a Girls' Night Out celebrating International Women's Day on **THURSDAY, MARCH 8, AT THE ATLANTIC SANDS HOTEL.**

For more information about the group, check our Facebook page or visit beebehealthcare.org/calendar.



Jack Vassaloffi, 66



I decided almost 12 years ago to make walking an everyday exercise. Then, nine years ago, I started running so I could run a 5K. Now, I incorporate both into my exercise routine. I have not missed a day since November 22, 2005—that was more than 33,000 miles ago! I have run about 350 races, mostly since I turned 60.



CERTIFIED RUNNING
NUTS, LEWES

Visit our online Seniors Resource Center at www.beebehealthcare.org/healthy-seniors for an extended feature on Jack and the Certified Running Nuts.

The Beebe Buzz

SARAH GILMOUR, SOCIAL BUTTERFLY



MEET SARAH

This issue's social spotlight is dedicated to Sarah Gilmour, Outreach Coordinator for Pathways to Success, a nonprofit that helps prepare at-risk youth for college, careers, and beyond.

Off-duty, Sarah's a bona fide social media maven, sharing her favorite artworks and articles—as well as photos of her beloved dog Sunny—with her nearly 600 Facebook friends. Like many Southern Delawareans, she's a bit of a foodie, too, posting frequently about her eating and cooking adventures around Rehoboth.

A proud mentor, she occasionally shares the spotlight on her page with Pathways to Success alumni, proving there's no better feeling than helping others achieve their dreams.



Visit our Seniors Resource Center at www.beebehealthcare.org/healthy-seniors for additional online content from this issue.



424 Savannah Road
Lewes, DE 19958
(302) 645-3300
www.beebehealthcare.org

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