

Fall
• 2010 •

HEALTH CALENDAR



Registration is required for all events.

For additional classes, go to:

khnetwork.org/community_wellness

For more information or to register for any of the following programs, please call
KMC Community Wellness at (937) 558-3988 or 800-888-8362.

NUTRITION PROGRAMS

Diabetes Menu Writing Workshop

Do you ever wish you had menus to follow? Attend this dietitian-led workshop. When you leave, you will have written seven days of menus. In addition, you will have the skills to design more. A support person is welcome. Space is limited. Sign up early. Call (937) 384-6959.

Date/Time: Sept. 20, 6:30 - 8:30 p.m. or Sept. 29, 10 - 11:30 a.m.

Location: Sycamore Primary Care Center, 2115 Leiter Road, Miamisburg

Cost: \$15

"What's the Buzz?"

Join a registered dietitian and learn more about the latest "buzz" concerning probiotics (good bacteria) that may promote a healthy digestive tract.

Date/Time: Oct. 14, 9 - 10:30 a.m.

Location: Kettering Medical Center, 3535 Southern Blvd., Kettering

Cost: Free

Food and Mood!

Join a registered dietitian as she discusses how mood can influence what we choose to eat and how what we eat may influence our mood.

Date/Time: Nov. 17, 1 - 2:30 p.m.

Location: Kettering Recreation Center, 2900 Glengarry Drive, Kettering

Cost: Free



Healthy Holiday Eating

Join a registered dietitian and learn how to incorporate healthy eating into your holiday celebrations.

Date/Time: Dec. 1, 2:30 - 4 p.m.

Location: Kettering Medical Center, 3535 Southern Blvd., Kettering

Cost: Free

FINANCE

Smart Steps for Health and Wealth

Our personal and our financial health are closely connected; problems with one area affect the other. Join us for this educational event as Christine Olinsky from the OSU Extension, Family and Consumer Sciences and Janet Runkle, investment representative with Edward Jones, discusses how you may improve your financial health; KMC Community Wellness addresses your personal health. Included are free health screenings, health awareness displays, education information and more. Learn smart steps you need to take to improve your health and wealth. Light refreshments are served. Call early to make your reservation, space is limited.

Date/Time: Oct. 6, Health Fair, 5:30 - 6:45 p.m.; presentation begins at 7 p.m.

Location: Kettering Medical Center, 3535 Southern Blvd., Kettering

Cost: Free

Financially Navigating Unpredictable Times

This free financial seminar features John Knapke, vice president of Merrill Lynch and David Bartlett of Cedarville University, who address your questions. Topics include overview of the 2010 economy, asset prevention, financial viability, threat of inflation and programs that create and guarantee income. Lunch is served after the presentation.

Date/Time: Oct. 12, 10:30 - 11:45 a.m. presentation, 12 - 12:30 p.m. lunch

Location: Sycamore Medical Center, 4000 Miamisburg-Centerville Rd., Miamisburg

Cost: Free

HEALTH AND WELLNESS

Taking Control of Your Health

A registered nurse helps you learn to structure your office visit to better manage your personal health. Subjects to bring up, questions to ask and more are discussed.

Date/Time: Sept. 29, 10:30 - 11:30 a.m.

Location: Conover Health Plus, 333 Conover Dr., Suite D., Franklin

Date/Time: Nov. 17, 12:30 - 1:30 p.m.

Location: Sycamore Medical Center, 4000 Miamisburg-Centerville Rd., Miamisburg

Date/Time: Dec. 9, 10 - 11 a.m.

Location: Kettering Medical Center, 3535 Southern Blvd., Kettering

Cost: Free



Can You Boost Your Brain Power?

A registered nurse discusses why memory loss occurs and the difference between memory loss and dementia. Learn if tricks to help you boost your brain power really work, about supplements and what actions truly help your memory.

Date/Time: Oct. 1, 12:30 - 1:30 p.m.

Location: Kettering Medical Center, 3535 Southern Blvd., Kettering

Date/Time: Dec. 15, 10:30 - 11:30 a.m.

Location: Conover Health Plus, 333 Conover Dr., Suite D., Franklin

Healthy Living

The human body is designed to be physically active and last a long time. A registered nurse teaches you about lifestyle changes that can help slow the process of aging and reduce health risks.

Date/Time: Oct. 5, 10 - 11 a.m.

Location: Sycamore Medical Center, 4000 Miamisburg-Centerville Rd., Miamisburg

Cost: Free

Bladder Confidence

Urinary incontinence is something no one likes to talk about, yet 10 to 20 million people in the U.S. alone suffer from urinary leakage. Ninety percent of urinary incontinence can be significantly improved or cured with proper treatment. Learn about the different types of urinary incontinence and what options are available for treatment. Program presented by a physical therapist.
Date/Time: Oct 8, 10 - 11 a.m.
Location: Springboro City Building, 320 W. Central Avenue, Springboro
Cost: Free

Parents Tool Shop - TIPS

Discover three questions, five steps and the most practical five-star language and action tools every parent needs to know and use. Help children become confident, independent, responsible, cooperative and capable of solving their own problems. Learn how to improve parent/child communication, understand and effectively respond to misbehavior so children become self-disciplined, and boost teamwork and consistency with your parenting partners. Learn a simple formula for finding your own personalized solutions for preventing and solving problems with children ages 1 to 18; direct from a nationally recognized, award-winning author and parenting expert. Call (937) 748-4541 for more information or to register.

Date/Time: Tuesdays, Oct. 12 - Nov. 16, 6 - 9 p.m.

Location: Kettering Behavioral Medicine Center, 5348 Lamme Rd., Dayton (drive through parking lot to second building)

Cost: \$270 for individuals, \$405 for couples. KHN staff attends at half price - \$135 per person.

Old Fashion Country Fair

September 26, 11 a.m. - 4 p.m.

Spring Valley Academy, 461 Spring Valley Road, Centerville
Join Spring Valley Academy Home and School Association for their Annual Fall Festival. The event is open to the public and includes food booths, hay rides, games, crafts, Adventist Book Center and other vendor booths. Kettering Health Network will also provide the following health screenings from 12 - 3 p.m.:

- **Blood Pressure Checks**
- **Carotid Artery Color Flow Ultrasound** - A non-invasive imaging test used to view the blood vessels in the neck and determine the presence of atherosclerotic plaque in the carotid arteries. Cost: \$40
- **Osteoporosis Screening** - Bone loss will be evaluated with an ultrasound of the heel. This screening takes less than 10 minutes and results are immediate. Cost: \$15

All proceeds benefit Spring Valley Academy. **No registration is required.**

Osteoporosis Day of Health

Join in at this fun event while learning about osteoporosis and its causes, prevention, treatment and more. A health fair is on site with free screenings and health education displays as well as presentations on a variety of health topics; all leading up to a keynote presentation by Dr. Jennifer Hampton-Montavon. Door prizes and delicious, healthy refreshments are available; the event is open to the community, men and women, registration is required and space is limited. Call (937) 558-3988 to make your reservation.

Date/Time: Oct. 20, 8:30 a.m. - noon

Location: Beaver Creek Seventh-day Adventist Church
670 Grange Hall Rd., Beaver Creek
Cost: Free

Get Your Winter Tune Up

Just like your car, make sure you are prepared and in good health for the upcoming winter weather. This special event is for *Years Ahead Plus+* members only and includes a health fair with free screenings and health displays, an "ask the doctor" booth with Dr. Jodi Van Jura, refreshments, door prizes and more. Brian Kuntz from Kettering Medical Center Emergency Medical Services discusses winter safety. If you are not a *Years Ahead Plus+* member and would like to attend, call a *Years Ahead* counselor at (937) 558-3988 to find out how to become a member. Make your reservation early; space is limited.

Date/Time: Nov. 10, 1 - 4 p.m.

Location: Sycamore Medical Center
4000 Miamisburg-Centerville Rd., Miamisburg
Cost: Free

Getting a Good Night's Rest

Learn about common sleep disorders and what you can do to get a better night's rest. Program taught by a registered nurse.

Date/Time: Oct. 20, 1:30 - 2:30 p.m.

Location: Sycamore Medical Center, 4000 Miamisburg-Centerville Rd., Miamisburg

Date/Time: Dec. 15, 12:30 - 1:30 p.m.

Location: Conover Health Plus, 333 Conover Dr., Suite D., Franklin
Cost: Free

Depression, Anxiety and Stress

As many as 19 million Americans may have some form of depression and/or anxiety. Learn how to recognize symptoms, focus on things you can do to help yourself and how to know when you need professional help.

Date/Time: Oct. 26, 1 - 2:30 p.m.

Location: Lathrem Senior Center,
2900 Glengarry Drive, Kettering
Cost: Free

Managing Cholesterol

What is cholesterol? Find out risks and problems that can occur when cholesterol is elevated. Discover nine steps to manage it and receive guidance about how to change eating patterns.

Date/Time: Nov. 3, 10 - 11 a.m.

Location: Sycamore Medical Center,
4000 Miamisburg-Centerville Rd.,
Miamisburg
Cost: Free

How to Get More Cooperation from Your Child

Do you tend to bribe or threaten your child in order to get his or her cooperation? Learn quick tips to use to avoid control battles in your home. Presented by Christine Ferens from the Kettering Behavioral Medicine Center.

Date/Time: Nov. 9, 7 - 8:30 p.m.

Location: Kettering Recreation Center,
2900 Glengarry Drive, Kettering
Cost: Free

Stress Management for Parents

Stressed out? Learn quick, easy and effective stress management techniques for both you and your child. Presented by Christine Ferens from the Kettering Behavioral Medicine Center.

Date/Time: Nov. 16, 6:30 - 8 p.m.

Location: Sycamore Medical Center,
4000 Miamisburg-Centerville Rd.,
Miamisburg
Cost: Free

Women's Health: What Every Woman Should Know

Unique health concerns are faced by every woman. A registered nurse discusses physical issues, including hormones/menopause, heart health, cancers and more.

Date/Time: Dec. 1, 10 - 11 a.m.

Location: Conover Health Plus,
333 Conover Dr., Suite D., Franklin
Cost: Free

Holiday Stress: Deal With It!

Holidays are stressful for most of us... learn tricks to beat the stress that extra activities and expectations place on us. Presented by Christine Ferens from the Kettering Behavioral Medicine Center.

Date/Time: Dec. 7, 6:30 - 8 p.m.

Location: Sycamore Medical Center,
4000 Miamisburg-Centerville Rd.,
Miamisburg
Cost: Free

FITNESS

Tai Chi/Chi Gong

Tai Chi, a Chinese form of exercise for people of all ages, promotes physical health and ease through the use of slow, even movements and breathing exercises. This program can increase flexibility, improve balance and reduce stress.

Date/Time: Oct. 14 - Dec. 16,
Beginner: 7 - 8 p.m.

Intermediate: 6 - 7 p.m.

Location: Sycamore Medical Center,
4000 Miamisburg-Centerville Rd.,
Miamisburg

Cost: \$50 *Years Ahead Plus+*, all others \$60

Stretch Good Morning!

Learn the values of stretching - information and handouts are provided about the vitality of stretching. Demonstrations are conducted; however, audience participation is required. Start your day out right with an exercise physiologist and Stretch Good Morning!

Date/Time: Oct. 27, 10 - 11:30 a.m.

Location: Conover Health Plus,
333 Conover Dr., Suite D., Franklin
Cost: Free

Balance Class

In the first session, learn about the most common risk factors for falls as well as ways to keep your home and environment safe. The second session focuses on exercises you can do to help improve balance and strength. This class will be led by an exercise physiologist and participation is encouraged.

Date/Time: Nov. 5, 10 a.m. - noon

Location: Sycamore Medical Center,
4000 Miamisburg-Centerville Rd.,
Miamisburg

Cost: Free

Sit and Fit

This free class demonstrates low-impact, yet strength building exercises that can be done in your chair. Work on improving range-of-motion and flexibility with or without added resistance.

Date/Time: Nov. 10, 10 - 11:30 a.m.

Location: Conover Health Plus,
333 Conover Dr., Suite D., Franklin
Cost: Free

Lose the Fat, Not the Muscle

In this two-part class, an exercise physiologist and registered dietitian discuss the importance of exercise and proper calorie intake in your weight management goals. The first hour of class focuses on benefits of exercise and exercise guidelines. In the second hour, the dietician will then discuss proper nutrition for a healthy and active lifestyle.

Date/Time: Nov. 11, 6 - 8 p.m.

Location: Springboro City Building,
320 W. Central Ave., Springboro
Cost: Free

Linking Lab to Life

Kettering Sports Medicine Center offers advanced exercise physiology testing for endurance athletes through this program. Exercise physiologists and doctors evaluate aerobic capacity and cardiovascular fitness to determine

personalized training zones for more-efficient workouts. A detailed assessment of nutritional status and dietary requirements is provided. Testing Package is \$225 and the Performance Package is \$275. Call (937) 395-3905 to schedule testing.

SCREENINGS

Diabetes Screenings

Find out if you are at risk for diabetes. A 12-hour fast and a finger stick are required.

Date/Time: Oct. 11, Nov. 8, and
Dec. 13 8:30 - 10:30 a.m.

Location: Town and Country
Shopping Center, 300 E. Stroop Rd.,
Kettering

Cost: \$7 *Years Ahead Plus+*
members, all others \$10

Osteoporosis Screenings

These screenings determine bone loss without radiation. A simple test takes less than five minutes and results are immediate.

Date/Time: Oct 18, Nov 15,
Dec. 13, 9:30 a.m. - Noon

Location: Kettering Connection,
Town & Country Shopping Center,
300 E. Stroop Rd., Kettering

Date/Time: Nov. 8, 10 a.m. - 1 p.m.

Location: Sycamore Medical Center,
4000 Miamisburg-Centerville Rd.,
Miamisburg

Cost: \$10 *Years Ahead Plus+*
members, all others \$15

Balance and Fall Risk Screening

More than one third of adults who are age 65 and older fall each year. Falls can result in serious injury. An exercise physiologist provides 15 minutes of education, a 15-minute screening to determine fall risk based on balance activities and tips for reducing the risk of falling.

Pre-registration is required.

Date/Time: Oct. 21, 9 a.m. - noon

Location: Miamisburg Senior Center,
305 East Central Ave, Miamisburg
Cost: \$5 for *Years Ahead Plus+*, all others \$8

Cholesterol Screening

Elevations in blood cholesterol and glucose put you at risk for heart disease. Know your risk and take steps to control your numbers.

This screening includes a complete lipid profile (total cholesterol, HDL, LDL, triglycerides) and a blood glucose level. A 12-hour fast is required (may have water and take medications). Results are immediate. Registration required.

Date/Time: Nov. 9, 8:30 - noon

Location: Lathrem Senior Center,
2900 Glengarry Dr., Kettering
Cost: \$19 *Years Ahead Plus+*
members; all others \$22

Body Fat Analysis

How much of your body weight is made of muscle and how much is made of fat? This test measures lean versus fat weight using a handheld bioelectrical impedance machine. Results are immediate and recommendations for fat loss are discussed by a health care professional.

Date/Time: Nov. 16, 6:10 - 9 a.m.
and 5:30 - 7 p.m.

Location: Kettering Fitness &
Wellness Center at Fairmont High
School, 3351 Shroyer Rd.

Cost: \$5 per person

RMR & Body Fat Analysis

This screening determines body fat and provides a reading of resting metabolic rate (RMR), to help determine nutritional needs and evaluate healthy lifestyle choices. A four-hour fast is required.

Date/Time: Nov. 16, 9 - 11 a.m.
and 3:30 - 5 p.m.

Location: Kettering Fitness &
Wellness Center at Fairmont High
School, 3351 Shroyer Rd.

Cost: \$23 *Years Ahead Plus+*
members; all others \$25

Cardiac Calcium Scoring Testing

Quick, pain-free and non-invasive, this screening is a life-saving opportunity to help detect heart disease. The test uses a CT scan to detect calcium deposits in coronary arteries before symptoms develop. The calcium score indicates plaque burden and risk for future cardiac events. Recommended for men between the ages of 40 and 70 and women 50 and 70. Call (937) 395-8492 to schedule an appointment or for information on additional dates and times.

Date/Time: Oct. 13, Nov. 14 and Dec. 8, 5:30 - 8:30 p.m.

Location: Kettering Medical Center, 3535 Southern Blvd., Kettering (Radiology Dept.)

Cost: \$99 per person

Cardiovascular Health Assessment Screening 2

Thickening of an artery provides the earliest detectable evidence of atherosclerosis. New ultrasound imaging test can assess future risk of heart attack by measuring the layers of the carotid artery. Additional tests detect plaque in the carotid arteries and checks for peripheral artery disease (PAD). Call for more information, and additional dates and times.

Date/Time: Nov. 3, 10 a.m. - 4:30 p.m.

Location: Conover Health Plus, 333 Conover Dr., Suite D., Franklin

Date/Time: Nov. 17, 9:30 a.m. - 1 p.m.

Location: Hithergreen Center, 5900 Hithergreen Drive, Dayton

Date/Time: Dec. 1, 10 a.m. - 4:30 p.m.

Location: Town & Country Shopping Center, 300 E. Stroop Rd. Kettering

Date/Time: Dec. 18, 9 a.m. - noon

Location: Epiphany Church, 6430 Far Hills Ave., Centerville

Cost: \$109 for *Years Ahead Plus+* members; all others \$119

Cardiovascular Health Assessment Screening 1

A basic assessment measures lipid levels (LDL, HDL, and Triglycerides), glucose, blood pressure and other risk factors for heart disease; includes a cardiovascular health plan.

Date/Time: Nov. 3, 8:30 - 11 a.m.

Location: Conover Health Plus, 333 Conover Dr., Suite D., Franklin

Cost: \$19 for *Years Ahead Plus+* members; all others \$22

Healthy Hearts for Women

"Go Red" with a screening that educates women about heart disease and assesses your level of cardiovascular risk. This program provides lipid levels, glucose, blood pressure, body mass index and an EKG. An individual risk consultation is provided. Call (937) 395-8492 to schedule an appointment.

Date/Time: Oct. 28, 8:30 - 11 a.m.

Location: Kettering Medical Center, 3535 Southern Blvd., Kettering

Cost: \$35 per person

Women's Health – Free Mammograms

Women under the age of 65 without insurance can receive a free mammogram; some eligibility requirements apply. This service is sponsored by the Kettering Medical Center Foundation. Call (937) 299-0099 for an appointment. Space is limited. Dates, times and locations are coordinated to fit your schedule.

Heart Print Screening

Heart rhythm and other abnormalities can be detected with this quick and easy electrocardiograph, or "EKG." The test is read by a board-certified cardiologist and kept on file at Kettering Medical Center.

Date/Time: Call (937) 395-8492 to schedule a convenient appointment

Location: Kettering Medical Center, 3535 Southern Blvd., Kettering

Cost: \$15 per person

SENIORS

AARP Safe Driving Class

This course helps sharpen driving skills. Some insurance companies give lower rates to participants of this class. All in-classroom instruction; present AARP membership card for discounted rate.

Date/Time: Oct. 7, noon - 4:30 p.m.

Location: Greene Memorial Hospital, 1141 N. Monroe Dr., Xenia

Cost: \$12 AARP members, all others \$14; make checks payable to AARP

Compulsive Hoarding and the Older Adult

Hoarding is a safety issue and an emotional experience for those who have a family member with this problem. A home care specialist discusses aspects of hoarding and how to best handle the situation.

Date/Time: Oct. 11, 7 - 8:30 p.m.

Location: Kettering Recreation Center, 2900 Glengarry Drive, Kettering

Cost: Free

Caregivers Series

This series provides support and education to caregivers. This program is made available through sponsorship from KHN Home Care, Lifeline Response System and the Area Agency on Aging.

Time: Each session is 1 - 3 p.m.

Location: Sycamore Medical Center, 4000 Miamisburg-Centerville Rd., Miamisburg

Cost: Free

Session 1 - Oct. 15

Starting With the Basics: caregiving skills including vital signs, medications and sleep disturbances.

Finding the Right Balance: the importance of getting proper nutrition and adequate fluids.

Session 2 - Oct. 22

Safe and Sound: assessment of the home environment and emergency preparedness.

From Here to There: skills and equipment for proper positioning and movement.

Session 3 - Oct. 29

Personal Care: providing personal care from head to toe with dignity.

Who to Call When You Can't Do It All: A home care professional offers resources that help you provide care in the home.

Session 4 - Nov. 5

Know Your Rights and Responsibilities: review legal and financial matters such as living wills and medical power of attorney.

Who Cares for the Caregiver? The better you care for yourself, the better you are able to care for your loved one.

Session 5 - Nov. 12

Caregivers - Avoiding the Battle: an in-depth look at the dementia patient with difficult behaviors and provides caregivers with answers.

MAKE A GIFT AND CREATE INCOME FOR LIFE

The yield on CDs (certificates of deposit) has plummeted. Winston Churchill once said, "We make a living by what we get. We make a life by what we give." Therefore, the Kettering Medical Center Foundation offers charitable gift annuities with yields:

Age 65 = 5.5%	Age 75 = 6.4%	Age 85 = 8.1%
Age 70 = 5.8%	Age 80 = 7.2%	Age 90 = 9.5%

- Guaranteed fixed income for life (rate based on age)
- Portion of income is tax free
- Tax deduction
- Income immediate or deferred
- Two-life rates also available

Call today for a quote! Dave McElwee at (937) 395-8607 or dave.mcelwee@khnnetwork.org.

