

# YEARS AHEAD

MARCH, APRIL, MAY  
2012 CALENDAR

NUTRITION  
PROGRAMS

FINANCE

HEALTH &  
WELLNESS

FITNESS

SCREENINGS



### Health Risks Assessment

Gain insight into your health risks by taking one of our many health risk assessment quizzes. Visit on the web at [www.khnetwork.org/community\\_wellness/hno.cfm](http://www.khnetwork.org/community_wellness/hno.cfm)

# YEARS AHEAD

For more information or to register for any of these programs, please call KMC Years Ahead at (937) 558-3988 or 1-800-888-8362. Registration is required for all events unless otherwise stated. Prices and availability are subject to change without prior notification. Visit us online at: [khnetwork.org](http://khnetwork.org) (click on "services", then senior services/years ahead")

## NUTRITION PROGRAMS

MAR. 15,  
APR. 19 &  
MAY 17  
11 A.M.-1 P.M.

### HEART HEALTHY COOKING

Heart Healthy Cooking Demonstration: Class will be taught by a Kettering Health Network Registered Dietitian and will include healthy heart dishes and samples which will inspire you to increase intake of fruits, vegetables, whole grains and lean meats using healthy fats/oils and other flavorful ingredients... without the salt! Space is limited.

#### Focus on Breakfast

**Date/Time:** Thurs. Mar. 15, 11 a.m. - 1 p.m.

#### Focus on Lunch

**Date/Time:** Thurs. Apr. 19, 11 a.m. - 1 p.m.

#### Focus on Dinner

**Date/Time:** Thurs. May 17, 11 a.m. - 1 p.m.

**Location:** Kettering Medical Center, 3535 Southern Boulevard, Kettering

**Cost:** \$5 Years Ahead Plus+ members; all others \$7



## FINANCE

MAR. 27  
1-2 P.M.

### ADVANCE DIRECTIVES -LIVING WILLS AND DURABLE POWER OF ATTORNEY

Learn what needs to be done legally to assure that your wishes are known in the event of an emergency. Paperwork can be filled out at this session and a Notary Public will be on hand.

**Date/Time:** Tue., Mar. 27, 1 - 2 p.m.

**Location:** Kettering Recreation Complex  
2900 Glengarry Drive, Kettering

**Cost: Free**

## HEALTH & WELLNESS

MAR. 19  
1-2 P.M.

### MANAGING HIGH BLOOD PRESSURE

Learn about high blood pressure, why it is a risk

factor for coronary heart disease and how to manage it.

**Date/Time:** Mon., Mar. 19, 1- 2 p.m.

**Location:** Green Oaks Retirement Community, 164 Office Park Drive, Xenia

**Cost: Free**

APR. 12  
NOON-4:30 P.M.

### AARP DRIVER SAFETY

This course is designed to sharpen

driving skills. Some insurance companies give lower rates to participants. All in classroom instruction; must present AARP membership card for discounted rate.

**Date/Time:** Thur., Apr. 12, Noon - 4:30 p.m.

**Location:** Kettering Medical Center  
3535 Southern Boulevard, Kettering

**Cost:** \$12 AARP members; all others \$14  
Make checks payable to AARP

### YEARS AHEAD BREAKFAST CLUB

Purchase your breakfast in our cafeteria and then join us in dining room 1 for an informational presentation on today's hot health topics. Years Ahead Plus+ members receive a 20% discount in our hospital cafeteria; just show your Plus+ card to the cashier.

**March Topic:** OCD – Obsessive Compulsive Disorder

**April Topic:** Arthritis

**May Topic:** Diabetes

**Date/Time:** 3rd Wednesday of each month; doors open at 8:30 a.m. and presentation begins at 9 a.m.

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

**Cost: Free**



## ITS TIME TO RENEW YOUR YEARS AHEAD PLUS+ MEMBERSHIP

Years Ahead Plus+ memberships for 2011-2012 will expire on March 31, 2012. Renewal packets have been mailed to all members. To continue all your benefits, please fill out the renewal application and return it to Years Ahead in the postage paid envelope that is provided in your packet. This year's membership will run April 1, 2012 thru March 31, 2013. Years Ahead Plus+ cards may be used at Kettering Medical Center, Sycamore Medical Center, Grandview Medical Center, Southview Medical Center, Greene Memorial Hospital and our new Soin Medical Center in Beaver Creek. If you are not a current Years Ahead Plus+ member, you may join by calling our office, (937) 558-3988. We can mail you an application or you may join over the phone with a credit card. Please feel free to call our office for more information or with any questions you may have.

 **KETTERING**  
Years Ahead  
Kettering Health Network

Unless otherwise noted, registration is required for all events. Please call (937) 558-3988. For more information concerning seniors, visit us at [www.khnetwork.org/years-ahead/](http://www.khnetwork.org/years-ahead/)



## FITNESS

**APR. 9 - MAY 17**  
MONDAYS &  
THURSDAYS

**YOGA**  
This class is a gentle, therapeutic approach

to yoga which encourages relaxation to relieve stress and ease pain at the same time increasing strength, flexibility and mobility. Taught by Missy Etter, certified yoga instructor.

**Date/Time:** Mondays, Apr. 9 – May 14 6 – 7 p.m. only or Thursdays, Apr. 12 – May 17  
**Session one** 6 to 7 p.m.  
**Session two** 7:15 to 8:15 p.m.

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

**Cost:** \$40 Years Ahead Plus+ members; all others \$45

**APR. 10 - MAY 17**  
TUESDAYS &  
THURSDAYS

**FITT for Life**  
A multi-component exercise program,

**FITT for Life** is designed for beginner exercisers 50 years of age and older. The program will focus on increasing flexibility, strength and muscle endurance to enhance the ease of everyday activities.

Led by a KHN Exercise Physiologist, class participants will meet for 60 minutes, 2x/week, for 6 weeks. Individuals will receive pre and post class test results on parameters relating to fitness as well as bi-weekly group instruction. Class size is limited to 20 participants. Participation may be dependent on current health status and physicians approval.

**Date/Time:** Tuesdays and Thursdays, Apr. 10 – May 17, 10 -11 a.m.

**Location:** Dayton Sports Medicine Institute at Southview Hospital, 7677 Yankee Rd.

**Cost:** \$25 Years Ahead Plus+; all others \$30

**MAR. 22- MAY 24**  
THURSDAYS  
BEGINNER: 7-8 P.M.  
INTERMEDIATE: 6-7 P.M.

**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 is designed to increase flexibility, improve balance and reduce stress. Taught by a certified Tai Chi instructor

**Date/Time:** Thursdays, Mar. 22 – May 24  
**Beginner:** 7-8 p.m.  
**Intermediate:** 6-7 p.m.

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

**Cost:** \$60 Years Ahead Plus+ members; all others \$70



**4<sup>TH</sup> TUESDAY OF EACH MONTH**  
6-7 P.M.

**LUPUS SUPPORT GROUP**  
This support

group is for patients, family and/or friends who gather in an informal setting to share lupus concerns and learn about ways of coping with the illness. For more information, please contact Laurie at (937) 558-3988.

**Date/Time:** 4th Tuesday of each month, 6 – 7 p.m.

**Location:** Kettering Medical Center, DR1, 3535 Southern Blvd., Kettering

**Cost: Free**

**MAR. 20 & MAY 15**  
TUESDAY  
9-11 A.M. & 3:30-5 P.M.

**RESTING METABOLIC RATE (RMR)**  
This screening will determine body fat and give a reading

of your resting metabolic rate (RMR). This will help determine your nutritional needs and evaluate your healthy lifestyle choices. A four-hour fast is required.

**Date/Time:** Tues., Mar. 20 & May 15, 9 – 11 a.m. & 3:30 – 5 p.m.

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

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

**APR. 17**  
1-3 P.M.

**BALANCE CLASS**  
In the first session of this class you will learn about the most common risk factors for falls as well as ways to keep your home and environment safe. The second session will focus on exercises you can do to help improve balance and strength. Class is taught by a KHN Exercise Physiologist and participation is encouraged.

**Date/Time:** Tues., Apr. 17, 1 – 3 p.m.

**Location:** Charles I. Lathrem Center  
2900 Glengarry Drive, Kettering

**Cost: Free**

**MAY 10**  
10-11 A.M.

**10 STEPS TO IMPROVED FITNESS**  
Crunched for time, but want to be healthier? Join our

Exercise Physiologist to discuss 10 steps you can take to achieve a healthier you. Learn tips on making healthy choices, guidelines for exercise, and exercises you can do at home to improve your fitness.

**Date/Time:** Thur., May 10, 10 – 11 a.m.

**Location:** Miamisburg Senior Center  
305 E. Central Avenue, Miamisburg

**Cost: Free**



## DIABETES, KNOW YOUR NUMBERS

**MAR. 12, APR. 9 & MAY 14**  
8:30-10:30 A.M.

**DIABETES SCREENINGS**

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

**Date/Time:** Mondays, Mar. 12, Apr. 9 and May 14, 8:30 – 10:30 a.m.

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

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

**MAR. 15, APR. 19 & MAY 17**

**FREE DIABETES SUPPORT GROUP**

Attend one of our **FREE** diabetes support groups and learn more about managing your

diabetes in order to live a healthier lifestyle. Healthcare professionals will share their expertise on various topics pertaining to Diabetes.

**Date/Time:** Thu., Mar. 15, 1 – 2 p.m.

**Location:** Hithergreen Senior Center  
5900 Hithergreen Drive, Centerville

**Date/Time:** Thu., Apr. 19, 1 – 2 p.m.

**Location:** Charles I. Lathrem Center  
2900 Glengarry Drive, Kettering

**Date/Time:** Thu., May 17, 7 – 8 p.m.

**Location:** KMC Diabetes & Nutrition Center, 2115 Leiter Road, Miamisburg

**Cost: Free**

**DIABETES EDUCATION**

If you are a newly diagnosis diabetic or you have had diabetes for some time but still are having trouble keeping your blood sugar numbers where they need to be, the nurses and dietitians at the KMC Diabetes & Nutrition Center can assist you. Gain control and confidence by learning how to manage your blood sugar. If you have been told you have prediabetes or borderline diabetes, we can help you with the best ways to prevent or delay diabetes. **Call (937) 384-6959** for class times and more information.

## WOMEN'S HEALTH – FREE MAMMOGRAMS FOR THE UNINSURED

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

**Prices and availability are subject to change without prior notification.**

**Unless otherwise noted, registration is required for all events. Please call (937) 558-3988.**



## SCREENINGS

**MAR., APR. & MAY**

### BLOOD PRESSURE SCREENINGS

Know your numbers! Kettering Health

Network staff will be taking your Blood Pressure and will answer the questions you may have.

**Date/Time:** Mondays, Mar. 5, 12, 19, 26, Apr. 2, and May 7, 5 - 7 p.m.

**Location:** Kettering Recreation Center  
2900 Glengarry Dr., Kettering

**Date/Time:** Wed., Mar. 7, 9 a.m. - noon

**Location:** Washington Township Rec Center  
895 Miamisburg-Centerville Rd., Miamisburg

**Date/Time:** Thurs., Mar. 8 & 22, 6 - 8 p.m.

**Location:** Middletown Senior Center,  
3907 Central Ave, Middletown

**Date/Time:** Mon., Mar. 12, Apr. 9 & May 14, 8:30 - 10:30 a.m.

**Location:** Town & Country Shopping Ctr.  
300 E. Stroop Road, Kettering

**Date/Time:** Fri., Mar. 16, Apr. 20 & May 18,  
3 - 4:30 p.m.

**Location:** Miamisburg Senior Center  
305 East Central Ave., Miamisburg

**Date/Time:** Wed., Mar. 21, 1:30 - 3:30 p.m.

**Location:** Creekside Villa  
5282 Cobblegate Drive, Moraine

**Date/Time:** Fri., Mar. 23, Apr. 27, & May 25,  
11:30 a.m. - 1 p.m.

**Location:** Hithergreen Center  
5900 Hithergreen Drive, Centerville

**Date/Time:** Fri., Mar. 23, Apr. 27 & May 25,  
11 a.m. - 1 p.m.

**Location:** Deardoff Senior Center  
605 E. River Road, Franklin

**Cost: Free**

### HEART SCREEN 1

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

**Date/Time:** Tuesdays, **Call (937) 395-8492** to schedule.

**Location:** Benjamin & Marian Schuster Heart Hospital, 3535 Southern Boulevard, Kettering

**Cost:** \$21 Years Ahead Plus+ members; all others \$24

### HEALTHY HEARTS FOR WOMEN

**Go Red** with a special screening for women about heart disease. Learn your level of heart disease risk. We check lipid levels, glucose, blood pressure, body mass index, and a 12-lead EKG. Also includes an individual health plan consultation with a cardiovascular nurse.

**Date/Time:** Tuesdays, **Call (937) 395-8492** to schedule

**Location:** Benjamin & Marian Schuster Heart Hospital, 3535 Southern Boulevard, Kettering

**Cost:** \$39 per person

**MAR., APR. & MAY**

### HEART SCREEN 2

Thickening of the artery lining provides early evidence for

**atherosclerosis** or plaque formation. A newer ultrasound imaging test - **carotid intima media thickness (CIMT)** can assess future risk of heart attack and stroke by measuring the layers of the carotid artery. Results can be provided to your physician. Additional ultrasound tests detect plaque in carotid arteries (in neck) and check for peripheral artery disease (PAD) in lower extremities. An abdominal aorta scan is also available. **Call (937) 558-3988** to schedule an appointment.

**Date/Time:** Wed., Mar. 7, 9:30 a.m. - 1:30 p.m.

**Location:** Town & Country Shopping Ctr.  
300 E. Stroop Road, Kettering

**Date/Time:** Sat., Apr. 7, 9 a.m. - 1 p.m.

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

**Date/Time:** Wed., Apr. 25, 9:30 a.m. - 3 p.m.

**Location:** Hithergreen Center  
5900 Hithergreen Drive, Centerville

**Date/Time:** Tue., May 15, 9 a.m. - 1 p.m.

**Location:** Benjamin & Marian Schuster Heart Hospital, 3535 Southern Boulevard, Kettering

**Date/Time:** Wed., May 23, 9:30 a.m. - 3 p.m.

**Location:** Charles I. Lathrem Center  
2900 Glengarry Drive, Kettering

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

**APR. 24 & MAY 4**

### ADVANCED HEART SCREEN

This screening is an easy two-visit program to

define your individual risk for heart disease. Our prevention team helps you understand your risk and what to do to improve it. Evaluation includes: Non-invasive heart calcium CT scan, lipids, glucose and glycemic average (A1c test), blood pressure, risk score, artery inflammation score (hs CRP test), Vitamin D level; Optional LP-PLA 2 plaque test. **Call (937) 395-8492** for appointments.

**Date/Time:** Schedule your Initial visit-Apr. 24 then return for your Education/results visit - May 4

**Location:** Benjamin & Marian Schuster Heart Hospital, 3535 Southern Boulevard, Kettering

**Cost:** \$225 per person

### HEART PRINT EKG SCREENING

Another name for an electrocardiograph or EKG, the Heart Print Screening detects heart rhythm and other abnormalities quickly and easily. The Heart Print is read by a board certified cardiologist and kept on file in the Benjamin & Marian Schuster Heart Hospital.

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

**Location:** Benjamin & Marian Schuster Heart Hospital, 3535 Southern Blvd., Kettering

**Cost:** \$15 per person

### CARDIAC CALCIUM SCORING CT TESTING

A life-saving opportunity to help detect heart disease, this screening is a quick, pain-free and non-invasive screening that 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. This test is recommended for men between the ages of 40 and 70, and women between the ages of 50 and 70 especially if they have one or more risk factors for heart disease.

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

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

**Cost:** \$99 per person

**MONDAYS, MAR. 19, APR. 16 & MAY 21**

### OSTEOPOROSIS SCREENING

These screenings will determine bone loss without radiation. Kettering Health Network RN will administer this simple

test that takes less than five minutes. Results are immediate and counseling is provided.

**Date/Time:** Mondays, Mar. 19, Apr. 16 & May 21, 9:30 a.m. - Noon

**Location:** Town & Country Shopping Ctr.  
300 E. Stroop Road, Kettering

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

**MAY 7, 8 & 11**

### CITY WIDE SKIN SCREENING

Kettering Health Network (KHN) is once again sponsoring the City Wide

Skin Screening. This is a collaborative event between local dermatologist, the American Academy of Dermatologists and other participating hospitals. KHN will be sponsoring three sites where individuals may obtain a **FREE** skin cancer screening and educational materials to reduce the risk of skin cancer. Registration is required and begins April 2nd through May 4th.

**Date/Time:** Mon., May 7, 9 - 11:30 a.m.

**Location:** Conover Health Plus  
333 Conover Drive, Suite D, Franklin

**Date/Time:** Tue., May 8, 9 - 11:30 a.m.

**Location:** Ruth G. McMillan Cancer Ctr., Greene Memorial Hospital  
1141 N. Monroe Drive, Xenia

**Date/Time:** Fri., May 11, 9 - 11:30 a.m. and 1 - 4 p.m.

**Location:** Kettering Sports Medicine Ctr.  
3490 Far Hills Avenue, Kettering

**Cost: Free**

# Kettering Health Network Welcomes Indu and Raj Soin Medical Center

The newest hospital in our network opened in February in Beavercreek, conveniently located off of I675 and route 35. Soin Medical Center offers private rooms including 30 med surg, 12 ICU, 19 Mother/baby, and 6 Labor and Delivery. Service lines offered are nuclear medicine, cardiac and vascular care, surgery, imaging and of course, 24/7 emergency services. The doors officially opened on February 22, when the first ER patients were served. The first elective patients were seen the following day. Maternity is scheduled to see patients after May 1. Beyond clinical services, Soin Medical Center internal features include a bamboo garden, illuminated water fall, and hotel-style lounge seating; effectively combining style and comfort.

For more information concerning our newest hospital, please call (937) 702-4000.



**KHN PHARMACIES** are here to assist you with any prescription or over the counter medication needs. We offer full service pharmacies at 9 Network locations. Our pharmacies offer competitive prices, including a \$4 generic prescription list, and we accept the majority of prescription plans/discount cards and Medicare D plans. Our pharmacists and staff are friendly and willing to answer any medication related questions to the best of their ability. Please let us know how we can be of service to you.

## KHN Pharmacy Locations

**Kettering 937-395-8171**  
(7 a.m. - 5:30 p.m. M-F)

**Sycamore 937-384-3868**  
(7 a.m. - 6 p.m. M-TH / 7 a.m. - 4 p.m. Fri)

**Grandview 937-723-3530**  
(7 a.m. - 5 p.m. M-F)

**Southview 937-401-7333**  
(7 a.m. - 5 p.m. M-F / 9 a.m. - 3 p.m. Sat-Sun)

**Cassano 937-558-0199**  
(8:30 a.m. - 5 p.m. M-Th / 8:30 a.m. - 1 p.m. Fri)

**Huber 937-558-3333**  
(9 a.m. - 6 p.m. M-F)

**Beavercreek 937-558-3030**  
(8:30 a.m. - 5 :30 p.m. M-F)

**Eaton 937-456-8388**  
(8:30 a.m. - 5:30 p.m. M-F)

**Fort Hamilton 513-867-4496**  
(7 a.m. - 5 p.m. M-F)

**Soin \*TBA**

## OSTEOPOROSIS DAY OF HEALTH

Join us for this fun event and learn all you need to know about osteoporosis - causes, prevention, treatment and much more. The event will include a health fair with free screenings, health education displays, breakout sessions on various health topics, and a keynote presentation on Osteoporosis by a Kettering Health Network physician. There will also be delicious, healthy refreshments available throughout the event as well as door prizes. This event is open to the community, men and women. Registration is required and space is limited. Call (937) 558-3988 to make your reservation.

**Health Fair: 8:30 - 10 a.m. & 11:15 a.m. - 12:30 p.m.**

**Doctor's Presentation: 10:15 - 11:15 a.m.**

**Breakout Sessions: 9 - 10 a.m.**

**Date/Time: Wed., May 2, 8:30 a.m. - 12:30 p.m.**

**Location: Hithergreen Center**  
5900 Hithergreen Drive, Centerville

**Cost: Free**

**Prices and availability are subject to change without prior notification.**  
**Unless otherwise noted, registration is required for all events. Please call (937) 558-3988.**



Kettering Health Network

3535 Southern Boulevard  
Kettering, Ohio 45429

Nonprofit  
Organization  
US Postage  
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Dayton, OH  
Permit No. 635

