

Wellness Clinic

2nd & 4th Mondays

Time: 8:00 a.m. – noon

WALK-IN - OPEN TO ALL

NO APPOINTMENT NECESSARY!

Be proactive and preventive about your health care by stopping by our office to chat with the PrestigePLUS nurse. This clinic will help you stay alert about your health. Have your blood pressure, weight, pulse, oximetry and blood sugar checked and discuss other health concerns.

Outreach Clinic:

3rd Wednesday, 1:00 p.m. - 3:00 p.m.

Eagle Place Community Room

6786 N. 79th Street, Niwot



PrestigePLUS

A SERVICE OF LONGMONT UNITED HOSPITAL

Office Hours: Mon. - Thu., 9:00 a.m. - noon
and 1:00 p.m. - 4:00 p.m.

Closed: Fridays

Telephone: 303-651-5080

See page 3 for more information.

All programs and services are offered at the Longmont Senior Center, unless otherwise noted.

Get to Know Us/You

Come find out about PrestigePLUS and what we can offer you. **Meetings are the first Friday of each month from 9:30 a.m. - 10:30 a.m.** Call us for details at 303-651-5080.

THERAPEUTIC SERVICES

The following Therapeutic Services are currently offered at PrestigePLUS:

Massage Therapy/Chair Massage

CranioSacral Therapy

Maya Abdominal Massage

Oncology Massage

Shiatsu (Acupressure)

Reflexology

Reiki - Energy Work

Detailed information describing the various therapies, fees and schedules is available at the PrestigePLUS office. *Please stop by or call 303-651-5080 to schedule an appointment.*

WELLNESS CONSULTING

PrestigePLUS offers Wellness Consulting on an individual basis. Our nurse will work with you in assessing your current level of health and satisfaction with all aspects of your life (body, mind and spirit). She will help you determine your readiness to change, set health and wellness goals, and follow up on those goals. *Call 303-651-5080 for an appointment.*

Flu Shot Clinics

Please call the Flu Vaccine Hotline at 303-485-3435, beginning Wednesday,

September 22, for updated information on dates, times and cost, as our supply of vaccine is dependent upon many variables.

Medicare Part B covers this service. Bring your card with you. If you have private pay insurance, please see your care provider.

HEALTH & WELLNESS

Acupuncture for Destressing Clinics

Date: Wednesdays

Time: Drop-In from 12:30 p.m. - 1:00 p.m.

Cost: \$15.00 per session

\$10.00 per session for PrestigePLUS members

Acupuncture is an ancient Chinese healing system based on the principle that health is maintained by a balanced flow of energy, or chi, throughout our bodies. Acupuncture for Destressing uses ear acupuncture points to unleash endorphins which help to calm the sympathetic nervous system. This can relieve stress and cravings and reduce chronic pain. The technique not only balances, but brings one a sense of feeling more centered and relaxed, yet alert. Sessions are 45 minutes long and take place in a community setting.



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Foot Care Clinic

Date: 2nd & 4th Fridays

Time: Noon - 4:45 p.m.

Cost: \$45.00 - 1st assessment

\$30.00 for follow-up visits

There is an extra charge for home visits or special needs.

Foot care is offered by a registered nurse and includes short foot massage, foot bath, nail and callous care. Perfect for those with diabetes and anyone who may have special foot care needs. Other times also available at alternate sites. *Call Summer Cares, LLC at 303-651-5224 for an appointment.*

ADVANCE PLANNING ASSISTANCE

We can help you review and update your advance medical directives (living will, medical power of attorney, Five Wishes) or provide you with the new documents. We can also discuss ethical wills and other forms of personal legacies, if you wish. *Call 303-651-5080 for an appointment with the PrestigePLUS Program Coordinator.*

MEDICATION REVIEWS

First Monday of each month (except Labor Day) 9:00 a.m. – 11:00 a.m.

A pharmacist from Longmont United Hospital offers 30 minute consults on medication management at the PrestigePLUS office. *Call 303-651-5080 for an appointment.*

SEASONS OF WELLNESS...The Autumn Journey

We carry the spirit of every season with us all the time, but autumn is our chance to enjoy the blessings of the harvest, to slow down after the intensity of summer and to reflect on what we want to keep and what we want to let go of in our lives. We hope you will join us in the Autumn Journey by participating in our Motivation Mondays and other programs.

Motivation Mondays, 9:30 a.m. - 11:00 a.m.

FREE, registration required

Touch Can Speak Louder than Words

Activity # 7800.400

Date: September 13

Come meet our team of Registered Massage Therapists and learn about the importance of touch and how massage therapy can benefit you and be safely adapted to your unique health conditions and medications. You will be introduced to a variety of different types of massage therapy and be empowered to identify the ones that are best for you. Those who attend will receive a discount coupon for their next massage therapy appointment at PrestigePLUS.

Influenza, Vaccines and Global Infectious Disease

Activity # 7801.400

Date: September 27

Get the latest information on influenza, shingles and global infectious diseases. Infectious Disease Specialist Patricia Gill, MD will bring valuable information on local infectious diseases and vaccines, as well as how to protect yourself when traveling. She practices at the Longmont Clinic, is an active member of the Boulder County Disaster Preparedness Team and a Medical Advisor of the Immunization Program for Boulder County Health Department. Dr. Gill has been a dynamic member of the medical staff at Longmont United Hospital as Chair of the Department of Medicine and Chief of Staff, and she was a recipient of the Planetree Physician Champion Award. She continues to chair the Infection Control Committee.

Demystifying the Hospital Experience

Activity # 7802.400

Date: October 11

Whether you have a planned visit or have never been in the hospital, come to this engaging program and learn how to make the best of your hospital stay. We will be discussing what you need to bring, what you can expect as an inpatient and what you can do to make a hospital visit a positive one. Learn from the experts about how to be a prepared and empowered patient, family member, or support person to a friend should a hospital stay be in your future! Our presenters are Ann McCue, RN, Patient Navigator, and Darlene Savage, RN, Director of Care Coordination/Discharge Planning, both at Longmont United Hospital.

Oh, My Aching Back!

Activity # 7803.400

Date: October 25

We've probably all experienced back or neck pain at some time, but age-related changes often bring on more serious problems. Matthew Gerlach, MD will help us understand the kinds of spinal disorders that affect aging bodies and advise us on current treatment options. Dr. Gerlach is a Board Certified Spine Specialist with Front Range Orthopedics and has extensive training in both minimally invasive and traditional spine surgery involving the neck and back.

HEALTH & WELLNESS

Motivation Monday (continued from previous page)

WHOA! What's Happening to Me?

Activity # 7804.400

Date: November 8

I turn 55 and my hands and knees are hurting me...I'm gaining weight! OK, so I turn 65 and my eyes are changing and I'm having memory lapses. What is the purpose and meaning of my life? I turn 75, and I had to have eye surgery, I've got diabetes. I'm losing people...my best friend just died. I turn 85, and they tell me I might lose my sight, I have to use a walker. How do we keep on keepin' on as we face these life changes, whether they are physical, mental, social, emotional, spiritual? Michelle Bowman, RN, LA and Ruth Waukau, LCSW will lead an interactive discussion of these challenging issues. Come add your experience and wisdom to the program.

Thanksgiving Fun Doesn't Mean Playing with Your Food

Activity # 7805.400

Date: November 22

Thanksgiving is a time for family gatherings, counting our blessings, sharing food and, hopefully, having some fun in the process. Nancy Brenckman is a natural comedienne who has a knack for finding the humor and human foibles that show up at these times. She will spin some tales for us and elicit your own stories. Nancy owns Freedom Home Care, is a mortgage broker, a classical pianist, an accomplished equestrian and a doting grandmother. She has done stand up routines at a variety of senior facilities and has placed at a local comedy competition.

A Matter of Balance

Activity # 7806.400

Date: Wednesdays, September 1 – October 20

Time: 10:00 a.m. – noon

Cost: No fees for those who are 60+. \$20.00 Donation recommended for those under age 60.

This award-winning program can assist you with learning ways you can increase your activity level to improve or maintain your stability and learn how to prevent falls. This is an 8-week course taught by physical therapists, presented to you by Boulder County Aging Services. Class size is limited to 12 people, enroll in advance.

Advance Directives Workshops

Activity # 7807.400 Friday, September 10

Activity # 7807.401 Friday, October 8

Activity # 7807.402 Friday, November 12

Date: Fridays, September 10, October 8, November 12 (Please choose only ONE date)

Time: 9:30 a.m. – 10:30 a.m.

Cost: **FREE**, registration required

There is no better time than the present to consider and clarify your wishes for medical treatment in the event you become incapacitated. Preparing documents expressing those wishes ahead of time is a true gift to your loved ones and your physician, relieving them of the uncertainty of how you want to be treated. In this workshop, we will review the various documents related to advance planning (medical power of attorney, living will, Five Wishes) and provide you with the necessary materials. Led by Peggy Arnold, MA, Program Coordinator of PrestigePLUS.

Journey Memoirs

Activity # 7808.400

Date: Fridays, September 10, 17, 24; October 1, 8

Time: 2:00 p.m. - 4:30 p.m.

Cost: \$50.00 resident, \$60.00 non-resident

Write your memoirs! Come stretch the creative imagination and the intellectual mind - all while laughing and creating a written legacy of which to be proud. Specific prompts engage the memory, participative guidance develops the voice and the individuality of the author as we record and reflect on past experiences. Bring a spiral notebook and a pen. Facilitated by Kay Clark-Uhles.

Introduction to Mindfulness-Based Stress Reduction

Activity # 7809.400

Date: Thursdays, September 16, 23, 30; October 7

Time: 9:30 a.m. - 11:00 a.m.

Cost: \$40.00 resident, \$48.00 non-resident

The foundation of Mindfulness-Based Stress Reduction (MBSR) is the cultivation of mindfulness - clear, non-judgmental attention to the present moment - with regard to the experience of body, feelings, emotions, and mind. Inspired by the work of Jon Kabat-Zinn, this 4-week class will introduce mindfulness practices such as the body scan, sitting and walking meditation, and mindful movement, which have been proven to reduce medical symptoms and psychological stress while enhancing health and well-being. Janet Solyntjes, MA, CYT completed a professional training with Jon Kabat-Zinn and Saki Santorelli in 2002 and has offered MBSR programs in Canada and the US for the past eight years. She is a senior teacher in the Shambhala-Buddhist tradition.

Self-Actualization and Transcendence

Activity # 7812.400

Date: Tuesdays, October 12, 19, 26

Time: 1:30 p.m. - 3:30 p.m.

Cost: \$29.00 resident, \$35.00 non-resident

Abraham Maslow made up a list of certain values, which he called Being-values, that characterize what he called self-actualizing people. He also outlined what he termed a "hierarchy of needs," namely physical, security, social, status, and self-fulfillment needs, and he identified characteristics of what he called "peak experiences" and "self-transcendence." We will outline these various aspects of creative living and their relationship to psychological health, and explore practical ways to use them to enhance our lives and satisfaction. Instructor is John L. Hitchcock, PhD.

Intuitive Eating: Introduction

Activity # 7810.400

Date: Thursday, September 23

Time: 3:30 p.m. - 4:30 p.m.

Cost: **FREE**, registration required

This session will introduce you to a non-diet approach that teaches you how to create a healthy relationship with your food, mind and body. It focuses on nurturing your body and helps you discover the natural weight that fits you. Kelly Dillner, RD, MEd is a nutritionist with a master's degree in counseling. Her holistic approach draws inspiration from integrative nutrition, the psychology of eating, and a variety of counseling theories, including body centered psychotherapy. See listing below for the followup class.

Intuitive Eating: The Class

Activity # 7811.400

Date: Thursdays, September 30; October 7, 14, 21

Time: 3:30 p.m. - 5:00 p.m.

Cost: \$20.00 resident, \$24.00 non-resident

- *Develop a greater connection to your body and its natural signals of hunger and fullness.
- *Learn how to engage the senses and experience mindful eating.
- *Understand how feelings and unmet needs can influence your eating experience.
- *Gain an awareness of your personal eating style and obtain tools to enhance intuitive eating.
- *Learn practical relaxation and self-care techniques.
- *Learn how to heal the dieting mind and move towards a more authentic relationship with food.

Facilitated by Kelly Dillner, RD, MEd.

HEALTH & WELLNESS

The Four-fold Path of Mindfulness: Body, Feelings, Mind & World

Activity # 7813.400

Date: Thursdays, October 14, 21, 28; November 4

Time: 9:30 a.m. - 11:00 a.m.

Cost: \$40.00 resident, \$48.00 non-resident

The foundation of a mindful and joyful life is being present to the entirety of experience. Paying attention to bodily sensations, feelings, thoughts, emotions, and the vivid world we live in becomes the path to discovering contentment and joy in everyday life. *Previous experience in some form of mindfulness practice is encouraged. This class serves as a follow-up course to Introduction to Mindfulness-Based Stress Reduction. See p. 31 for Janet's bio information.*

EFT Workshop: Let Your Fingers Do the Tapping

Activity # 7815.400

Date: Tuesday, October 19

Time: 5:30 p.m. - 8:30 p.m.

Cost: \$29.00 resident, \$35.00 non-resident

Are aches and pain getting you down? Loss of energy, trouble sleeping, anxiety, depression, physical tension, food cravings? In this EFT workshop (Emotional Freedom Technique, "the tapping therapy") you will learn the basics, observe demonstrations of the technique and practice tapping to enhance your wellness and make beneficial changes in your daily life. EFT is called "emotional acupuncture" because it combines gentle tapping on key meridian points while focusing your thoughts on any distressful circumstance to bring balance and relaxation. This is a tool that takes only a few minutes, yet has powerful results. Carole Lindroos, MA LPC has been a licensed professional counselor since 1994, and is in private practice. She is enthusiastic about utilizing EFT with her private clients, as well as teaching classes.

Grief Recovery group

Date: Monday evenings,
October 11 - December 6

Time: 5:30 p.m. - 7:00 p.m.

Please call Ruth at 303-651-8414 to enroll.

Harvest Your Life, Walk the Labyrinth

Activity # 7816.400

Date: Saturday, October 30

Time: 10:00 am - noon

Cost: \$5.00 resident, \$6.00 non-resident

You are invited to come learn about a timeless work of art. The labyrinth, thousands of years old, has been walked by millions of all cultures for many reasons. It pre-dates history, its origin a mystery. Labyrinths are now experiencing a revival. You'll learn why this old, yet new style of walking burns calories, quiets the mind, relaxes the body and refreshes the spirit. For ten years, Jo Ann Mast, certified Master Labyrinth Teacher, has been teaching, conducting retreats, workshops and labyrinth seminars in the U.S., Canada and Europe, and she has created a number of indoor and outdoor labyrinths locally.

Memory Loss, Dementia and Alzheimer's: the Basics

Activity # 7817.400

Date: Wednesday, September 22

Time: 6:00 p.m. - 8:00 p.m.

Cost: **FREE**, registration required

Learn about Alzheimer's disease and other conditions/diseases that can cause the symptoms of dementia. Hear about the diagnostic process and the changes that may occur during the various stages of the disease. Learn about resources that can lessen the challenges of living with, or caring for, someone with dementia.

The Savvy Caregiver Program

Activity # 7818.400

Date: Wednesdays, October 13 - November 17

Time: 6:00 p.m. - 8:00 p.m.

Cost: **FREE**, registration required by calling the Alzheimer's Association at 303-813-1669

Caring for someone with dementia is a specialty requiring specific skills and an attitude that contributes to the well-being of both the caregiver and the person with the disease. This program enables caregivers to develop a sense of mastery with the caregiving role. This 6-week course meets weekly for 2 hours and comes complete with a caregiver manual and CD-ROM to help participants learn the critical tasks in caregiving. Attendance at all classes is required. Class size is limited.

Women of Wisdom

Date: Mondays, October 4 – November 29

Time: 1:00 p.m. – 2:30 p.m.

Cost: \$9.00 resident, \$11.00 non-resident

As women age there are many life experiences that lead them to wisdom. However, far too often aging women may not feel valued or validated. What gets in the way of acknowledging and manifesting that wisdom? What gets in the way of women harvesting the wise woman within? Our group is intended to help women move through life transitions, issues of aging like physical, emotional, mental and spiritual that prevent experiencing the wholeness of their age. It is a 9-week counseling group co-facilitated by Ruth Waukau, LCSW, and Susan Wisner, peer counselor. Size will be limited. *You must call Ruth at 303-651-8414 to join this group.*

Fire! Fire! Fire!

Activity # 7820.400

Date: Tuesday, November 2

Time: 1:30 p.m. – 2:30 p.m.

Cost: \$2.00 resident, \$2.50 non-resident

If your gut is on fire, your brain is on fire. Join Randi Savage RN, MS, Lic. Acupuncturist to learn more about the brain-gut connection. She will discuss the affects of gluten on the brain/neuromuscular system as well as how pain and general inflammation affect the function of our brains. Learn how to change your diet, nutrition, and lifestyle to feel better and enhance your quality of life.

Caregiver Wellness Days

Countywide Celebration, Luncheon and Wellness Fair, Monday, November 6 or November 15.

Activity # 7819.400 (for Longmont event date registration only)

Boulder County family caregivers who provide unpaid care for older relatives, friends, or partners at home, in a facility, or at a distance, are invited to attend a Caregiver Wellness Day, on **Saturday, November 6, at Longmont Senior Center, 910 Longs Peak Ave.,** or on Monday, November 15, at Immaculate Conception Catholic Church, 715 Cabrini Dr., in Lafayette, both are from 10:00 a.m.- 3:00 p.m. Caregivers can enjoy massage and other relaxing therapies, lunch, conversation with fellow caregivers, gifts, and more. Each event is free, but registration is required at least five days in advance. Register, beginning September 1, by calling 303-651-8411 for the Longmont event or 303-441-1685 for the Lafayette event (please register for one only). Free on-site respite care (substitute elder care) is available; call 303-678-6286 to learn more. For more information about the event, visit www.bouldercountyaging.org or call 303-678-6284. Sponsored by Boulder County Aging Services in partnership with Senior Services of Boulder, Lafayette, Longmont, and Louisville and other local partners.

Slip Sliding Away

Activity # 7821.400

Date: Thursday, October 28

Time: 10:30 a.m. – 11:30 a.m.

Cost: \$2.00 resident, \$2.50 non-resident

Is your memory slowly slipping away? Have you noticed an increase in depression or anxiety? No longer enjoying the things you use to? Finding it hard to learn and stay focused? Brain fog or fatigue? Is this just aging or is it neurodegeneration? Join Randi Savage, RN, MS, Lic. Acupuncturist for a discussion on what the brain needs to stay healthy. Learn about various neurotransmitters and what they do for the brain/body and how to prevent further neurodegeneration thru diet, nutrition, and lifestyle choices.

Is it Possible for my Husband to be Having Hot Flashes?

Activity # 7822.400

Date: Tuesday, November 16

Time: 10:30 a.m. – 11:30 a.m.

Cost: \$2.00 resident, \$2.50 non-resident

Is your husband having sweating attacks (hot flashes)? Memory getting worse? Trouble with depression? Moodiness? Bring your husband, partner or male friend in to learn about male andropause. Randi Savage RN, MS, Lic. Acupuncturist will discuss the symptoms, causes and ways to treat male andropause.