

TOWN OF MANCHESTER HEALTH CLINICS

October 2009

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<p>Bennet Housing - 1146 Main Street Spencer Village - Pascal Lane Senior Center - 549 East Middle Tpke.</p> <p>Westhill Congregate - 10 Ada Lane Orford Village - 370 West Center Street Westhill Gardens - 24 Bluefield Dr.</p> <p>** The nurse is available by appointment for individual Fall Risk Assessments and/or Health Counseling at the Senior Center on Wednesdays and Fridays. **</p>			<p>1 10:00 – 11:00 a.m. Strength & Flexibility Westhill Gardens, Bluefield Dr Blood Pressure 9:00-9:30 a.m. Spencer 9:45-10:45 a.m. Westhill Gardens 10:45-11:30 a.m. Orford Village 1:00-2:15 p.m. Westhill Cong. 2:30-3:00 p.m. Bennet</p>	<p>2 Foot Care, Senior Center *By Appointment Only</p>
<p>5</p>	<p>6 10:00 – 11:00 a.m. Strength & Flexibility Westhill Gardens, Bluefield Dr WREATH CEREMONY – Breast Cancer Awareness Event - Town Hall</p>	<p>7 9:00 - 11:00 a.m. Blood Pressure, Senior Center</p>	<p>8 10:00 – 11:00 a.m. Strength & Flexibility Westhill Gardens, Bluefield Dr. 6:00 – 8:30 p.m. – Chronic Disease Self Mgmt. Workshop Orientation</p>	<p>9</p>
<p>12</p>	<p>13 9:00 – 10:00 a.m. Skin Cancer Screening – Dr. Babcock 10:00 – 11:00 a.m. Strength & Flexibility Westhill Gardens, Bluefield Dr</p>	<p>14 9:00 - 11:00 a.m. Blood Pressure, Senior Center</p>	<p>15 10:00 – 11:00 a.m. Strength & Flexibility Westhill Gardens, Bluefield Dr Flu Clinic -Senior Center 6:00 – 8:30 p.m. – Chronic Disease Self Mgmt. Workshop</p>	<p>16 Foot Care, Senior Center *By Appointment Only 11:00 a.m. - 2:00 p.m. Manchester Community College - Senior Health Fair</p>
<p>19</p>	<p>20 10:00 – 11:00 a.m. Strength & Flexibility Westhill Gardens, Bluefield Dr</p>	<p>21 9:00 - 11:00 a.m. Blood Pressure, Senior Center</p>	<p>22 10:00 – 11:00 a.m. Strength & Flexibility Westhill Gardens, Bluefield Dr 6:00 – 8:30 p.m. – Chronic Disease Self Mgmt. Workshop</p>	<p>23</p>
<p>26 9:00 a.m. – 12:30 p.m. Hartford Hospital - Mammogram Clinic 10:00 - 11:30 a.m. “Get Smart about Your Heart”, Presented by Doreen Rodo, Dietician</p>	<p>27 10:00 – 11:00 a.m. Strength & Flexibility Westhill Gardens, Bluefield Dr</p>	<p>28 9:00 - 11:00 a.m. Blood Pressure, Senior Center 9:00 - 11:30 a.m. Flu Clinic - Army Navy Club</p>	<p>29 10:00 – 11:00 a.m. Strength & Flexibility Westhill Gardens, Bluefield Dr 6:00 – 8:30 p.m. – Chronic Disease Self Mgmt. Workshop</p>	<p>30</p>

Are You Diabetic? Here's Some Things You Should Know...

Medicare provides coverage for depth-inlay shoes, custom-molded shoes, and shoe inserts for people with diabetes who qualify under Medicare Part B. Medicare will pay for 80% of the payment amount allowed directly to the patient, or by reimbursement. You would be responsible for a minimum of 20% of the total payment amount.

This coverage is designed to prevent lower-limb ulcers and amputations in people who have diabetes.

This Medicare benefit can prevent suffering and save money if you have diabetes, are being treated under a comprehensive diabetes care plan and need therapeutic shoes and/or inserts because of diabetes, or have one or more of the following conditions in one or both feet:

- History of partial or complete foot amputation
- History of previous foot ulceration
- History of pre-ulcerative callus
- Peripheral neuropathy or evidence of callus formation
- Poor circulation
- Foot deformity

Type of Footwear Covered

If an individual qualifies, he/she is limited to one of the following footwear categories **within one calendar year:**

1. One pair of depth-inlay shoes and three pairs of inserts
2. One pair of custom-molded shoes (including inserts) and two additional pairs of inserts.

Separate inserts may be covered under certain criteria. Shoe modification is covered as a substitute for an insert, and a custom-molded shoe is covered when the individual has a foot deformity that cannot be accommodated by a depth shoe.

In recognition of November as National Diabetes Month, Joyce Abrahams, Paradigm Medical of South Windsor will be at the Senior Center on **Tuesday, November 10, 2009, 10:00 a.m.** to give a brief presentation on "Medicare Footwear Options". Interested individuals will be able to complete an application and select shoes after the presentation. Ms. Abrams will remain on-site, until **1:00 p.m.**, for further assistance.

Ms. Abrahams will work with you and your doctor to obtain the necessary Certification Statement for Therapeutic Footwear" and "Prescription Form for Therapeutic Footwear." Paradigm Medical will then submit the Medicare claim form, keeping copies of the claim form and the original statement and prescription.

Please call the Senior Center at 647-3211 to register to meet with Joyce and learn about your Medicare options. **Please note that you are not committed to order any shoes or supplies should you wish not to at this time.**

October is National Breast Cancer Awareness Month

Although many great strides have been made in breast cancer awareness and treatment, there remains much to be accomplished. According to the American Cancer Society (ACS), an estimated 192,370 new cases of invasive breast cancer are expected to be diagnosed among women in the United States this year.

The biggest risk factor for breast cancer is increasing age. 80% of these cancers occur in women over age 50. However, every woman needs to be vigilant about early detection. ***"Early detection of breast cancer, followed by prompt treatment, saves lives"***. Mammography is the best way available to detect breast cancer early, when it is most curable.

It is important for women to practice the elements of good breast health. It is suggested women obtain regular mammography screening starting at the age of 40, obtain annual clinical breast exams, perform monthly self-breast exams, and obtain a risk assessment from a physician

Hartford Hospital's Mobile Mammography Program will be at the Manchester Senior Center on **Monday, October 26, 9:00 a.m. - 12:30 p.m.** Manchester residents and Town employees are encouraged to attend. Please call the Health Department at 647-3173 to obtain more information and to register.

Medicare covers an *annual* mammography and most insurances are accepted. Co-pays and deductibles are the patient's responsibility and will be billed. Special arrangements may be available if there is a hardship.

October is Breast Cancer Awareness Month

Seasonal and Novel H1N1 Virus

While the Novel H1N1 influenza virus (swine flu) has been a focus since spring, it is important that we do not forget the risks posed by seasonal influenza viruses. Remember: ***the single best way to protect against the seasonal flu is to get vaccinated each year.*** All people, no matter how healthy, are at some risk for developing severe, and even fatal seasonal influenza infections.

Seasonal flu clinics are being held from **9:00 - 11:30 a.m. on Thursday, October 15**, at the Manchester Senior Center, and on **Wednesday, October 28**, at the Army Navy Club.

The 4th District Senior Fair

Please join us for the 4th District Senior Fair, presented by Senator Mary Ann Handley, on **Friday, October 16, 2009**, at Manchester Community College. Vendors, free health screenings, give-aways, raffles and valuable information regarding all aspects of senior life are just some of the perks of attending the fair. Transportation from the Manchester Senior Center and Orford Village to Manchester Community College will be provided, courtesy of the Manchester Senior Center and the Manchester Health Department. Please call the Senior Center at 647-3211 to reserve a ride. The transportation schedule is as follows:

Departs Senior Center	Departs Orford Village	Arrives at MCC
12:00 p.m.	12:15 p.m.	12:30 p.m.

Departs MCC	Departs Orford Village	Arrives at Senior Center
2:00 p.m.	2:15 p.m.	2:30 p.m.

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"Get Smart About Your Heart"

Discussion will include how to make heart healthy food choices and will share recipes you can make at home. Come and enjoy some heart healthy appetizers and baked goods **on Monday, October 28, 2009 from 10:00 to 11:30** at the Manchester Senior Center. The presenter is Doren Rodo , R.D. a registered dietician. Please call the Senior Center at 647-3211 to register for this seminar.

Save the Date

Try something new and come and learn about **“The Health Benefits of Reiki and Relaxation”** on Monday November 2, 2009 from 10:00 to 11:30. The presenter is Debbie Bator a Reiki Master and a Hospice volunteer at VNHSC.

H1N1 Update

The bad news about the H1N1 flu virus is that there is no vaccine readily available at this time. The good news for elderly persons is that most cases of illness, hospitalizations, and death associated with H1N1 are not among the elderly. Because of their increased risk of severe illness, the elderly are the first group of people to be offered seasonal vaccine when supply is scarce, however, they will be the last group offered the H1N1 vaccine, because they are the least affected by the H1N1 virus. The distribution is subject to change should the situation change.

Please make note: The seasonal flu shot will not protect someone from H1N1 virus. Further information regarding the H1N1 flu vaccination will be made available in the coming months.