

January
2012

➤ **Obesity:** *an underestimated medical problem!*

Presented by **Mathias A. L. Fobi, M.D.**

Obesity is a rising epidemic in our country. Below are some of the facts and figures regarding its impact in the United States?

- ✓ In the United States, it is estimated that 93 million Americans are obese.
- ✓ Obese individuals are at a higher risk for impaired mobility and experience a negative social stigma commonly associated with obesity.
- ✓ Almost 112,000 annual deaths are attributable to obesity.
- ✓ In the United States, 40 percent of adults do not participate in any leisure-time physical activity.

Please join us for an insightful presentation regarding increased body weight, and what you can do to reduce your health risk due to obesity.

Day: **Thursday**
Date: **January 19th**
Time: **12:00 ~ 1:30 p.m.**

▶ **Complimentary Lunch**

➤ **Put Your Feet First**

Bunions? Hammertoes? Flat arches? How to soothe the aches and choose fit-right shoes

Presented by **Rory Friedman, DPM**

Sore, tired, aching feet can cause discomfort throughout the entire body. Living with prolonged foot pain can have lasting negative effects on daily living and your health. Take a few minutes from your busy schedule, and join Dr. Rory to learn about what you can do to reduce or alleviate chronic foot pain, and take better care of your feet.

Day: **Wednesday**
Date: **January 25th**
Time: **12:00 ~ 1:00 p.m.**

▶ **Complimentary Lunch**



FREE foot check will be provided following the lecture; make your screening appointment when making your reservation.

➤ **AARP Mature Driver Class**

▶ **Jan 24th & 26th** ▶ **Feb 28th** ▶ **Mar 27th & 29th**
*First time; must take the 2-day class (8-hr class, 4-hr each day.)
Refresher class; must have previously taken the 8-hr course to take this class.*

9:00 a.m. to 1:00 p.m. (each day of class)

The one-day or two-day Mature Driver program, taught by an instructor from AARP, is offered monthly and covers:

- ▶ Dos & don'ts of driving ▶ How aging affects driving
- ▶ DMV certificate will be issued upon completion of one or two day class, and may entitle you to a discount on your auto insurance.

RESERVATION: Please mail check (\$14 per person, \$12 for AARP members – *please write your AARP number on the note line of your check*) payable to AARP, to: **St. Mary Senior Center, Attn: Sandy Bazant, 1050 Linden Avenue, Long Beach, 90813.**

➤ **Food for Life~** Nutritional Cooking Class

National Cancer Project Research shows that as much as 50% of all cancer may be diet related. The right food choices can reduce our risk of developing cancer, diabetes, and other health conditions – and help us beat many diseases even after they have been diagnosed. But what exactly is a healthy diet? And how do we translate complex scientific research into practical, easy-to-prepare meals? Physicians, researchers and nutritionists at **The Cancer Project** have joined together and designed a series of cooking classes that make healthy eating **deliciously simple!**

Day: **Mondays**
Date: **January 30th**
Time: **1:00 ~ 3:00 p.m.**

- ~ 01/30 Introduction to how foods fight Cancer
- ~ 02/06 Fueling Up on Low-Fat, High-Fiber Foods
- ~ 02/13 Discovering Dairy & Meat Alternatives
- ~ 02/20 Cancer-Fighting Compounds & Healthy Weight Control

- **\$25 (gold card members \$20) for 4-week session**
- Limited Seating ● Walk-ins welcome if seat Available
- Payment required for reservation confirmation!

NOTE: Please **mail \$25 payment** (gold card members \$20) payable to St. Mary Senior Center, to: 1050 Linden Avenue, Long Beach CA 90813.

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➤ **Living a Healthy Life with Chronic Conditions ~**

The **Chronic Disease Self-Management Program** is a 6-week workshop held once a week, for two and a half hours. The **FREE** class is led by two certified facilitators, and is for those living with life-long health conditions, such as, heart disease, arthritis, diabetes, emphysema, bronchitis, asthma, as well as others. Subjects covered may include: 1) techniques to deal with problems such as frustration, fatigue, pain and isolation; 2) appropriate exercise for maintaining and improving strength, flexibility, and endurance; 3) appropriate use of medications; 4) communicating effectively with family, friends, and health professionals; 5) nutrition; 6) how to evaluate new treatments. And much more!

Day: **Saturdays**

Date: **January 21st through February 25th**

Time: **10:00 a.m. to 12:30 p.m.**

➤ **Senior Trips**

Thursday, 01/05/2012 ● 09:45 a.m. to 4:30 p.m.

Warriors, Tombs & Temples ~ China's Enduring Legacy
Only \$54.00 per person* (Includes deluxe coach transportation, lunch & tour)

Thursday, 02/09/2012 ● 08:30 a.m. to 8:00 p.m.

Palm Springs Follies ~ "Hot! Hot! Hot!"

Only \$72.00 per person* (Includes deluxe motor coach transportation and Follies Theatre reserved seating. Lunch on own.)

Depart: Sunday, 3/4/12 @10:00 a.m.; Return: Tuesday, 3/6/12 @6:00 p.m.

3 days/2 nights Laughlin ~ Riverside Hotel & Casino

Only \$105.00 per person double occupancy; \$135 single in a room *
(Includes deluxe coach transportation, hotel & two meals)

Senior Health Membership, reservation, and payment **REQUIRED** for trip participation. Please mail separate check for each trip, payable to St. Mary Senior Center, to: St. Mary Senior Center, Attn: Sandy Bazant, 1050 Linden Avenue, Long Beach, CA 90813. For additional information, call **562-491-9811**. **\$25 surcharge for non-members.**

➤ **Senior Connections ~**

Funded by St. Mary Medical Center and the Archstone Foundation, St. Mary Senior Connections is a free service established to assist seniors 55-plus. Using a multi-level approach, our staff will guide you through many of the uncertainties associated with the health care system. Case worker's who are specially trained and knowledgeable about health care and community programs, work one-on-one with seniors to determine what services may best fit their health care and daily living needs.

Listed below is a sampling of some of the services provide by the program:

☐ Chronic Disease Self-Management Group

This **Free** 6-week session is held once a week, for two and a half hours, and is designed for those who are living with life-long health conditions: such as, heart disease, arthritis, diabetes, etc. Subjects discussed may include: appropriate exercise and eating regimens, proper use of medications, etc.

☐ Diabetes Education program

For seniors diagnosed with Diabetes ONLY! If you are newly diagnosed or may need guidance in controlling your diabetes, St. Mary Medical Center may have just the program for you.

☐ Fall Prevention (for those who have experienced a fall or at risk of falling)

This one-hour class is held two times weekly on Tuesday & Thursday at 10A, and includes specific instruction on fall prevention, increasing mobility, and home-safety.

☐ Home Evaluation

Falls are the number one cause of senior injuries and the leading cause of accidental, premature deaths, according to the National Center for Injury Prevention and Control. Senior Connections staff will schedule a complimentary appointment for a clinician to come to your home to provide a fall risk assessment, and home evaluation, which may include **free grab bar installation.**

☐ Senior Fit Exercise (for those at little or no risk of falling)

This one-hour class is held three times weekly on Monday, Wednesday & Friday, and offers a variety of mild to moderate exercise for seniors.

☐ Vision Screening and Glasses

Vision problems may contribute to an increased fall risk. A free or low-cost vision assessment and glasses may be available for seniors. (Subject to income criteria.)

For additional information or to register for one or more of the programs listed above, please call: **562-491-9187**

