Keeping You Healthy for 15 Years

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Special Thanks to UnitedHealthcare®
Medicare Solutions
Our HealthFest 2010 Presenting Sponsor.
Making the Connection Even Stronger with **MyChart**

With 11 primary care practice locations and more than 30 patient care providers in Hampton Roads linked into ConnectCare, the health system’s electronic medical records, Bon Secours Virginia Medical Group is now offering MyChart to their patients.

MyChart gives Bon Secours Medical Group patients direct, online access to portions of their electronic medical record (EMR).

“We are finding that MyChart is providing new ways for us to communicate with patients,” said Maryam Rostami, MD, (pictured above) with Eagle Harbor Medical Associates. “There are a number of interactions with patients that are not essential to have during an office visit or via a phone call. For patients who are comfortable with electronic communication systems, this is ideal.”

You can now review new prescriptions, review the details of past appointments, send messages and schedule appointments, all online and all for free. In addition, you will also be able to review medications, immunizations, allergies and medical history, receive test results online, which means — no waiting for a phone call back from their doc, no rounds of phone tag with the staff and no waiting for the letter in the mail.

Communications between you and your physician can now be as simple as sending an e-mail, but even more secure. Patient information is safe from unauthorized access because MyChart is password protected and delivered via an encrypted connection.

MyChart also has health education topics and discharge instructions, all provided by the patient’s physician to help patients be more engaged in their care. If your physician is part of the Bon Secours Virginia Medical Group, ask them about MyChart or call 866-385-7060.

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**Bon Secours Earns Gold Seal of Approval for Stroke Care**

The Joint Commission, the national organization that accredits and certifies health care facilities and programs in the United States, has designated Bon Secours Maryview and Bon Secours Harbour View as primary care stroke centers, a first for Western Hampton Roads. To achieve this prestigious designation, both facilities had to meet strict national guidelines and implement measures to improve the outcome of stroke patients.

Bon Secours organized teams of physicians, nurses and therapists to plan, implement, monitor and improve the care of patients who suffer from stroke. The teams also worked in collaboration with the medical centers’ emergency departments and the community to ensure the prompt identification of stroke symptoms and the timely implementation of standardized treatments with the goal of reducing the long-term impact of stroke.

“Nearly 700,000 people experience a new or recurrent stroke each year in the United States,” said Michael Gebel, MD, neurologist and medical director for the Neuroscience Centers at Bon Secours Maryview and Bon Secours Harbour View. “Stroke is the nation’s third leading cause of death, and the leading cause of disability. We are committed to providing the highest level of care to patients with a potential diagnosis of stroke by treating stroke with the same urgency as trauma or chest pain.”

For more information call 889-CARE.

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**[eSeniorHealth.com](https://www.eSeniorHealth.com)**
Good Health, Good Friends, Good Life…
That’s what Bon Secours HealthFest is all about.

Just when you thought HealthFest couldn’t get any bigger or better we decided to celebrate our 15-year anniversary! 2010 promises to be the biggest and best HealthFest ever. To house the big event we’ve moved off-site to the luxurious Founders Inn and Conference Center. You can take advantage of free health screenings, a fabulous lunch, seminars, and tons of door prizes, and all for only $15. Now that’s a celebration!

This is the one event you do NOT want to miss. In this issue of GoodHealth Magazine you will find all your favorite health and wellness information along with all the HealthFest details. Mark your calendars and get healthy by getting to the HealthFest 15-year Celebration at the Founders Inn and Conference Center on September 10, 2010.

Good Health is what we want for you.

We have been helping you stay healthy for 15 years by providing FREE health screenings and this year is no exception.

Celebrate your good health by signing up for Cholesterol, Glucose, Body Mass Index, and Blood Pressure Screenings. They’re all free at HealthFest so don’t delay, register today.

Good Friends is what you’ll find.

Make new friends as you mix and mingle at the luxurious Founders Inn in Virginia Beach. You become the judges as we select the top senior talent who will perform at the 2011 Successful Aging Forum where they will compete for recognition and prizes.

“Our 15-year anniversary celebration of HealthFest is going to be lots of fun,” said Joyce Huskey, Senior Health and Wellness Coordinator. “Food, friends, prizes, and we will be judging the Seniors Got Talent Competition. You know that will be fun and entertaining.”
**Good Life**
is what you will enjoy

Relax and enjoy a scrumptious, healthy meal — the kind HealthFest is known for — as well as door prizes, interactive games, an abundance of health information, and your chance to win the Grand Prize of a $100 Visa Gift Card.

So tell your friends, neighbors, and relatives to get up, get out, and get on the road to a healthier life at HealthFest 2010.

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**Got Talent?**

**It’s time for season two of Seniors Got Talent.**

Last year’s performances were such a success that we’ve decided to bring it back to see the extraordinary talent of the seniors of Hampton Roads. We’re beginning our search for the next round of stars.

If you have a group or know an individual who can act, sing, dance, play a musical instrument, perform comedy or some other talent, spread the word and join us at the regional auditions in August. Your act could earn you a $100 Visa gift card and the opportunity to perform at the Successful Aging Forum in 2011 for the grand prize. Our 2010 winner, Susan Stark, not only received her award from Dr. Oz, but has been receiving requests to perform all over Hampton Roads. It’s never too late to live your dream and get your second or third career started, so break out that guitar, put on your dancing shoes, or warm up those vocal cords and show us what you’ve got at HealthFest 2010.

To register for an audition, call 217-0330.

**Deadline: August 20, 2010**

**Audition Locations**

- **DePaul Medical Center:**
  (7300 Newport Ave.) August 23 – 11 a.m.
- **Mary Immaculate Hospital:**
  (Health Resource Center) August 26 – 11 a.m.
- **Maryview Medical Center:**
  (Conference Room B, 2nd floor) August 24 – 11 a.m.

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**Always the Best for HealthFest!**

Clap your hands, get excited and raise a shout as season two of the best senior talent in Hampton Roads performs for you at the HealthFest luncheon at the Founders Inn. Join our judges and help them decide who the top talent in the area will be. Don’t miss all the fun and excitement and of course, the wonderful lunch, as Senior Health continues to serve the community with world-class service at this year’s fabulous HealthFest event.
Free Health Checks

Is your blood pressure too high? What can you do to lower your cholesterol? What happens if your glucose level drops? What is BMI, and how does it affect your health?

Find the answers to these questions and more when you get your FREE health screenings at HealthFest 2010.

FREE Screenings
✓ Blood Pressure
✓ Total Cholesterol
✓ Glucose
✓ Body Mass Index (BMI)

HealthFest Transportation

Why worry about traffic? Let us do the driving and get you to one of the most important events of the year – HealthFest 2010. Transportation is available for $10. Seats are limited so register early! Call 217-0330 to secure your seat today.

HealthFest Giveaway

Free Baseball Tickets

Let us take you out to the ballpark. Join United Healthcare Medicare Solutions and Bon Secours for an exciting ballgame with the Norfolk Tides at Harbor Park. FREE tickets for you and your family or friends are available for the first 100 callers who register for HealthFest 2010. Grab the grandkids, get a hotdog and a cool drink, and sit back and enjoy the game.

Norfolk Tides vs Gwinnett Braves

When: Wednesday, September 1
Time: 7:15 p.m.
Registration: Call 217-0330
(limit 5 free tickets per caller)
HealthFest Luncheon

The culinary experts at the Founders Inn have developed a tantalizing and healthy menu to top off our 15th anniversary celebration at HealthFest 2010. From the fresh caesar salad to sautéed vegetables with tomato fondue, this is going to be one nice luncheon.

Space is limited so sign up now and join the celebration of your good health.

Menu:

Salad:
Caesar Salad with Founders’ Caesar Dressing, Toasted Garlic Croutons and Parmesan Cheese

Entrée:
Grilled Chicken Breast with Sautéed Vegetables tossed with Tomato Fondue served over Fuseli Pasta with a Garlic-Herb Breadstick

Dessert:
Strawberry Parfait

Bon Secours

When: September 10, 2010
9:00 a.m. – 2:00 p.m.
Where: Founders Inn
5641 Indian River Rd.
Virginia Beach, VA 23464
Cost: $15.00

Free Health Screenings ✦ Food
Door Prizes ✦ Seminars
Seniors Got Talent Competition

RSVP: 217-0330
This year’s Successful Aging Forum was a phenomenal success as our keynote speaker, Dr. Mehmet Oz (Emmy Award winning TV personality, New-York Times best selling author and co-clinical director of the Bon Secours Heart and Vascular Institute at Maryview Medical Center), shared his motivational flair for show business and his medical knowledge with a sold out crowd of 1200 people at the Hampton Roads Convention Center. His presentation, “It’s All About YOU,” was filled with slides and animated graphics that encouraged attendees to take charge of their health. Audience members commented that his presentation was “exceptional” and “outstanding.”

During the award segment, Dr. Jeannine Leadbeater (family physician at Harbour View Family Practice and Sports Medicine) was on hand to receive her award as the Bon Secours 2010 Outstanding Physician. Dr. Oz presented the 2010 Senior Hero of Virginia Award to Betty Williams of Chesapeake for her continued vitality and positive influence in the community. In addition, he presented the Senior Organization of Virginia Award to Shaun Smith of Newport News, founder of Designed for Life, for his outstanding service and commitment to the senior communities of Hampton Roads. Ventriloquist Susan Stark, received the 2010 Senior’s Got Talent Award.

After presenting the awards, Dr. Oz accepted The American Heart Association’s 2010 annual Go Red for Women “Man of
the Year” award from Sister Rita Thomas, sister president of Bon Secours Hampton Roads Health System, and Lisa Davenport, Marketing and Communications Director from the American Heart Association. This event’s ever-popular Physician’s Panel rounded out a fun filled day as Dr. Oz moderated the panel comprised of Doctors Ryan Seutter, Cardiologist; Anne Redding, Neurologist; Jeffrey Carlson, Orthopaedic Surgeon; and Richard Bikowsky, Geriatrician.

Over 65 door prizes were provided by the vendors who filled the exhibit hall displaying services and products for seniors and caregivers. “You could find anything there,” commented Rudy White, Senior health and Wellness Coordinator. “There was everything from art displays to health screenings and everything in between. What a fabulous event.”

The forum was preceded by the Pre-Forum dinner the evening before with over 200 professionals in attendance. Steve Zollos, Administrative Director of Healthy Communities with Bon Secours Hampton Roads, gave a motivational talk on how to build a healthier Hampton Roads and encouraged participants to find a way to help in this ground-breaking effort. The event continued with networking while listening to the great sounds of Rick Jackson (Center for Excellence in Aging) and his trio, “London.” The evening was capped off with performances by the regional Seniors Got Talent winners.

This year’s world-class event has been touted as the “best ever” as attendance topped out at over 1400 for the two-day event.
Trips & Events

For information call 217-0330

Trips

Mystery Tour
September 8-9
Join us for our first overnight mystery tour. This trip promises to be fun and exciting. Hints: blue to orange, OC, a king, and a worker’s tool.

Cost: $300 for double occupancy includes lodging, 3 meals, admission to all attractions, and cancellation waiver. Fun Tours.

Charles Town Slots
October 14
Join us on a unique casino adventure in West Virginia where you can try your luck on over 3,000 video and regular slot machines. Price includes continental breakfast and a $20 bonus package.

Cost: $55. Fun Tours.

Chicago, The Musical
Wednesday, October 20
Riverside Dinner Theater
This widely acclaimed musical, depicting the shady side of life in the Windy City in the 1920s, has become an icon of the American music scene. Join Roxie Hart and other unforgettable characters as they tell their tales through a series of vaudeville routines. This Tony and Grammy Award winning show is one you will not want to miss! Lunch is included.

Cost: $105. Amber Tours.

Holiday Trips and Travel Fun

It’s not too early to plan your holiday trips, events, and travel fun. Register now and join us for these exciting holiday travel opportunities.

Christmas Luxury
November 18-20
Join Bon Secours for a terrific 3-day adventure to the newest luxury hotel in the DC area. Stay at the Gaylord National Hotel, a beautiful 5-star resort located on the Potomac River across from Alexandria, Va. that will be fully decorated for Christmas. Included in this fabulous holiday adventure is a tour of the National Cathedral, a dinner cruise on board the Dandy, tours of Alexandria and the Woodlawn Plantation, lunch, 2 breakfasts and entertainment at the hotel.

Cost: $489 per person double occupancy. Single and triple rates available. Amber Tours.

A Wonderful Life
Wednesday, December 1
Riverside Dinner Theater
Travel to Fredericksburg to the Riverside Theater for lunch and the holiday play, “A Wonderful Life.” Based on Frank Capra’s beloved and timeless movie, the play is a musical adaptation that tells the story of George Bailey’s wonderful life in Bedford Falls and his guardian angel, Clarence, who has yet to earn his wings.

Cost: $106. Fun Tours.

American Music Jubilee’s Down Home Christmas
Saturday, December 4
This trip is guaranteed to get you in the holiday spirit as you sing along with traditional Christmas favorites like “Silver Bells,” “White Christmas” and “Christmas in Dixie.” Laugh at the antics of our featured comedian. You will remember the reason for the season with a spiritual tribute to Christmas. Bring the whole family. Each family member will find something special to relate to and laugh about, as they recall the warmth of the holidays and the joy of the season.

Cost: $112. Fun Tours.
### Cruises

**Wonderful Western Caribbean**  
**March 6-12, 2011**

Hop onboard Royal Caribbean’s fabulous *Freedom of the Seas* and sail away to the beautiful Western Caribbean. This 7-night cruise out of Port Canaveral, FL will take you to the gorgeous ports of Labadee, Haiti, Falmouth, Jamaica, George Town, Grand Caymen, and Cozumel, Mexico.

**Cost:** $1499 inside, $1599 ocean view, $1879 balcony and includes air out of Norfolk, transfers, port charges, taxes and cancellation insurance. Make checks payable to Travel Link Escrow.

**Avalon Waterways European River Cruise**  
**June 12-25, 2011**

*Windmills, Vineyards & Paris*

Experience France, Luxembourg, Germany, and Holland on this fantastic 14-day river cruise vacation. Your adventure starts with guided sightseeing in Paris. Then take the high-speed train from Paris to Metz, and travel to Remich, Luxembourg to board your river vessel. Enjoy guided sightseeing in Trier, Cologne, and Middelburg. Cruise through the dramatic Rhine Gorge, take pictures of the famous windmills at Kinderdijk and visit the Delta Works in Veere. Also visit a local wine cellar in Bernkastel, Reichsburg Castle in Cochem, and Siegfried’s Mechanical Musical Instrument Museum in Rudesheim. Visit the Airborne Museum Hartenstein, and St. Baaf’s Cathedral in Ghent, and cruise through the fascinating canals of Amsterdam.

Call for brochure and cost. Limited availability.

**Beautiful Bermuda**  
**October 16-21, 2011**

Enjoy one of the most popular cruises out of Norfolk – Beautiful Bermuda! This fabulous 6-night cruise on the *Carnival Glory* takes you to the port of Kings Wharf. Enjoy its beaches, shopping, museums, golfing or glass-bottom boats, and all Bermuda has to offer. Space is limited.

**Cost:** $820 Inside, $960 ocean view, $1160 balcony. Prices are per person and include port charges, taxes, and cancellation insurance. Make checks payable to Travel Link Escrow.

### Events

**A Jazzy Holiday with Stan**  
**Join us at our annual *Holiday Gathering* when Stan “The Saxman” Howard transforms traditional and contemporary holiday favorites into soulful and swinging yuletide jazz. Expect a delicious meal, warm smiles, the company of friends and toe tapping acoustics. A splendid way to spice up the holiday season.

**Cost:** $12.

**DMC** Dec 8 11:00 a.m.  
**MMC** Dec 9 11:00 a.m.  
**MIH** Dec 15 11:00 a.m.

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For more information call: 217-0330
Good Health Begins with Fresh Food

The old adage, “you are what you eat,” really is true. That’s good news for the Pleasant Avenue area of East Ocean View which now has two community gardens! As the gardens produce fresh healthy vegetables they will be available to the community at large. Replacing processed foods with meals prepared with fresh vegetables like tomatoes, peppers, eggplant, squash, cucumbers, radishes, sweet potatoes, and a host of other power-packed veggies provide the nutrition needed for your body, mind, and spirit.

The Lenwood and Juanita Snead Children’s Garden, located at the East Ocean View Community Center, is bursting with vegetables. Just see Jacqueline Johnson, the Center’s Director, to find out how you can add some of those vegetables to your dinner table.

The East Ocean View Community Garden is located at the corner of Pleasant Avenue and 18th Bay Street. Soon there will be a shared garden stand that will allow residents to collect the ripened and picked vegetables for their own households.

No more excuses, let’s each start a healthier diet, and a healthier life today. Visit the gardens to see how you can help out, and to collect some fresh vegetables for your own dinner table.

Help Our Farmers Market

If you have a super green thumb and your garden is flourishing, please consider helping make the East Ocean View community healthier. Donate your extra fruits and vegetables to help the free farmers market. Remember, good nutrition starts from the ground up, so help us to start this good educational root system. To donate, call 217-0330.
Virginia’s health care providers breathed a sigh of relief as they learned of decisions made in the recent 2010 Virginia General Assembly Session. Fortunately, there were no major cuts to Medicaid and providers will continue to receive the anticipated federal matching funds for the program dedicated to health care.

Balancing Virginia’s budget versus Congress’ inaction on extending FMAP

As you may have heard, Congress has dragged its feet and failed to take action to extend Federal Medical Assistance Percentage (FMAP) funding. Without this enhanced funding, Virginia’s hospitals and health systems will have to take a hard look at how they will continue to provide quality, compassionate health care to their communities.

Since Virginia was relying on $417 million in federal funding for Medicaid, it has been forced to compensate for Congress’ lack of action and make up the difference in the state budget. This has been especially difficult in light of the fact that the Commonwealth is required to have a balanced budget before the beginning of the new fiscal year.

Federal health care reform may take its toll on Virginia

The enactment of federal health care reform prevents state Medicaid programs from reducing eligibility requirements. As a result, Medicaid reimbursement rates will drop to record low levels. Other health care services will also be affected.

- Hospital inpatient, outpatient and capital payments rates will drop three percent in 2011 and four percent in 2012.
- Inpatient payment rates will drop to 65 cents on the dollar of cost in 2011 and 58 cents on the dollar of cost in 2012.
- Skilled nursing facility and physician payment rates will drop three percent in 2011 and four percent in 2012.

What can you do to ensure Medicaid services are continued?

Urge Congress to approve the matching fund extension. Contact your Congressional delegation, especially members of the U.S. House of Representatives. Point out how the cuts will limit access to health care in Virginia. Tell them how jobs and services will be cut across the board. Let them know you are a strong advocate for funding Virginia’s Medicaid program.

Contact your elected representatives and share your stories and concerns. We must all continue to support adequate funding of Virginia’s Medicaid program. What matters most is that, to quote Sir Winston Churchill, “I never worry about action, but only inaction.” Take action today.

Let Your Voices Be Heard

Join with other area seniors and make a difference by letting your voice be heard in legislative issues that directly affect the health and well-being of seniors. It’s free and fun!

217-0330

Capitol Hill Club
Get Up, Get Out & Get Involved
On Friday, May 21, a crowd of 125 gathered at the East Ocean View Community Center to celebrate the life and legacy of Lenwood and Juanita Snead during the dedication of the Lenwood and Juanita Snead Children’s Garden.

After re-locating to the Hampton Roads area in 2000, their love of gardening led Lenwood and Juanita to become members of the Norfolk Master Gardeners. In 2005, they started the East Ocean View Children's Garden. The garden produces crops year-round, and the fruits of their labor are used to feed the community.

Lenwood and Juanita were adamant and committed to teaching the young the proper way to plant, nurture and harvest crops. The couple realized that as long as teens were involved in productive activities, such as gardening, they were off the streets, so they launched a youth fishing program in 2005. They used the catch, as well as the fruits and vegetables from the garden, to co-host an annual fish fry.

Since 2001, Mr. and Mrs. Snead have dedicated over 5,500 volunteer hours to the City of Norfolk. They received the following awards for their unwavering dedication:

- **2001** - City of Norfolk International Year of Volunteers Appreciation
- **2006** - Virginia Cooperative Extension 500 Hours Service Award
- **2006** - The Norfolk John Rogers Lifetime Achievement Award in Crime Prevention
- **2006 & 2007** - Together We Make a Difference Certificate for Volunteerism at the Virginia Zoo
- **2007** - Virginia Statewide Neighborhood Conference Advocate of the Year Award
- **2008** - City of Norfolk Keep Norfolk Beautiful Award
- **2009** - Star Volunteer Award

In 2008, Mr. Snead was diagnosed with cancer and kidney disease. Fighting the cancer with courage and strength, he did not let it hinder him or his wife from preparing Thanksgiving and Christmas dinners for over 350 people. He succumbed to the illness on May 9, 2009, but his legacy lives on. Mrs. Snead was honored for continuing to be an advocate in East Ocean View by serving on the Adult Advisory Board and the National Night Out Planning Committee. She continues to volunteer, mentor, and care for the young.

The Sneads, nominated as Bon Secours Virginia 2010 Senior Heroes, were recognized for their unwavering dedication and their impact on the community at the 2010 Successful Aging Forum. Thank you, Lenwood and Juanita, for giving so much to so many.
Raising Cane is a one-of-a-kind art show of painted and decorated wooden walking canes. The program, to benefit guardianship clients of Catholic Charities of Eastern Virginia, invites artists and non-artists alike to transform a plain walking cane into a whimsical piece of art which will be displayed at the Art Space in Pembroke Mall in Virginia Beach.

“Raising Cane” will raise community awareness of the challenges faced by Catholic Charities’ guardianship clients. Many of them are elderly and frail and are court appointed to Catholic Charities’ long term care because they have no responsible relatives to help them.

“This promises to be a fantastic event that will help Catholic Charities, one of Hampton Roads' most cherished organizations, further expand their services for those who need assistance,” said Steve Zollos, Administrative Director of Healthy Communities with Bon Secours Hampton Roads. “I hope everyone will participate either by decorating a cane or coming out to see the show on September 17 and 18.”

Prizes for the best canes will be awarded at the opening night reception on September 17. The show will be judged by William J. Hennessey, Director of the Chrysler Museum of Art, and Holly Ackiss, Director of Gallery & Youth Programs for the Contemporary Art Center.

Sponsors for the benefit art show include Bon Secours, Atlantic Bay Mortgage Group, Pembroke Enterprises, Teagle & Little Printing and Jerry’s Artarama.

For more information call 456-2366 ext. 504.
It’s time to learn about Medicare.

Now’s the perfect time to ask about your Medicare options.

• How is Medicare different than my previous health coverage?
• What is Original Medicare and do I have other options?
• What are Medicare Parts A, B, C, and D?
• How can I get enough coverage for my health care needs?
• Will all my prescriptions be covered?
• How much money will it cost?

Michael Vayette
☎ 804-267-5210, TTY 711

Now's the perfect time to be asking about Medicare Advantage, Part D and Medicare Supplement health plans. Call today to schedule some time to talk about your choices.

Get the facts you need to make a smart decision.

The family of UnitedHealthcare® Medicare Solutions plans includes Part D Prescription Drug Plans, Medicare Supplement Insurance Plans and Medicare Advantage Plans featuring the UnitedHealthcare®, AARP®, SecureHorizons®, Evercare® or AmeriChoice® brand names. Plans are insured or covered by an affiliate of UnitedHealthcare Insurance Company, a Medicare Advantage Organization with a Medicare contract and a Medicare-approved Part D sponsor.

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