

☆☆☆ **UPCOMING EVENTS** ☆☆☆

Cardiac Nutrition: Held 9:00 - 11:00 am - May 19 and July 21 - Classrooms 2&3.

Pulmonary Nutrition: Held 9:00 - 11:00 am - April 20 and June 15 - Classrooms 2&3.

Living Well with Chronic Conditions: Held 5:00-7:00 pm Every Thursday for 6 weeks - May 6 - June 10 - Classrooms 2 & 3.

Prevent Type 2 Diabetes: Held 4:00 pm - Class Zero Info Session is May 24 - Class start date is June 7.

Taking Charge of Your Diabetes: Held 5:00-7:00 pm Every Tuesday for 6 weeks - July 27-Aug. 31 - Classrooms 2 & 3.

Smoking Cessation Class: Held 9:00 - 11:00 am - June 8, Classrooms 2&3 - June 15, Private Dining Room - June 22, Classrooms 2&3 - June 29, Classrooms 2&3 - July 1, Private Dining Room - July 13, Classrooms 2&3 - July 21, Private Dining Room - July 27, Classrooms 2&3.

Alzheimer's Support Group: Held 11:00 am - May 20, June 17 and July 29 - Classrooms 2&3.

Cancer Support Group: Held 11:30 am - Meets second Thursday of each month - at First Presbyterian Church Fellowship Hall.

Better Breathers Support Group: Held 2:00 pm - Meets 3rd Monday - in HCMC Cafeteria.

Call **731-644-3463** to sign up for classes and support groups.

If you have missed your Senior Stars Screening this past year and would like to have your Cholesterol & Blood Sugar checked, call Lori Stambaugh at 644-8269.



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DINING IN WITH SENIOR STARS
Long time no see! We have missed you!

It sure has been a year for all of us. One thing we have learned from COVID-19 is not to take any opportunity to be together either in person or virtually for granted. We know we have not been active as a Senior Stars program this last year, but we want to jump back in and provide you all with both in-person and virtual opportunities to learn and improve your health. In this issue of our Senior Stars newsletter, we want to share some great information about our aging brains and how to keep them active as well as information about how telemedicine is transforming healthcare right here at home. We also want to invite you to participate in our You are the One in 2021 educational opportunities that allow you to come together virtually every 21st of each month to improve your health. We are starting to open back up for classes, screenings, and support groups, so please take advantage of any and all opportunities to learn and come together. Though this past year has challenged us, it has allowed us to grow and offer educational experiences to improve your health wherever you are in the pandemic journey. For more information, call our Find Line at 731-644-3463 or go online at www.hcmc-tn.org. Thanks for continuing to shine with us to care for you!



Mark your calendar for the **21st of each month** to learn about ways to make you and your health your number **ONE** priority in 2021.

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| <p>April 21, 12:00 P.M. In Sickness and in Telehealth Join us for a Facebook Live to learn about telehealth, and how it's changing the way we view healthcare.</p> | <p>July 21, 12:00 P.M. Get Up and Move! Join us for a Facebook Live to find out how to "Walk Across Tennessee."</p> | <p>October 21, 12:00 P.M. Are My Baby Blues Normal? Tune in to our Facebook live to learn how to spot if it's just the blues or actually postpartum depression.</p> |
| <p>May 21, 12:00 P.M. Learning to Stress Less Join us for a Facebook live to hear ways to combat stress and how this can impact your health.</p> | <p>August 21, 12:00 P.M. Good Health Starts Young Tune in to our Facebook to learn all about breastfeeding and how it can change your baby forever.</p> | <p>November 21, 12:00 P.M. Become a Diabetes Warrior Tune in to our Facebook to learn how to take back control of your diabetes.</p> |
| <p>June 21, 12:00 P.M. All About Men's Health Join us for a Facebook live to learn how to keep your body running like your favorite sports car.</p> | <p>September 21, 12:00 P.M. Aging Gracefully Join us for a Facebook live to learn how to get healthier as you get older. All ages welcomed!</p> | <p>December 21, 12:00 P.M. All I Want for Christmas...is Snacks! Join us for a Facebook Live to learn how to snack smart this season.</p> |



Sincerely,
Tory Daugherty
Director of Marketing and Public Relations

For more details, visit our Facebook or www.hcmc-tn.org, or call our Find Line at (731) 644-3463

... did you know ...

TELEHEALTH BECOMING WIDELY POPULAR



A wide range of telehealth tools are becoming extremely popular, pushed forward into the spotlight by the emergence of COVID-19. Telehealth is the use of communication technologies such as computers or mobile devices to access health care services remotely.

Telehealth offers many benefits, including making health care accessible to people in isolated communities, those with mobility problems, and those who lack transportation. It also serves to provide greater access to medical specialists, especially for people in rural areas where specialists are located miles away. Virtual visits with a provider also reduce your exposure to transmittable diseases you may be exposed to when visiting an office or hospital. These visits allow you to see your provider from home, your car, or virtually anywhere as long as you have wi-fi or a good phone signal.

Telehealth visits are used most often by primary care providers, mental health providers, dermatologists, cardiologists, gastroenterologists and even for therapy such as speech or physical therapy. Providers can use telemedicine to decide whether the patient needs treatment in person, to renew or write prescriptions, diagnose certain medical conditions, manage chronic conditions, and make referrals to specialists, among other things. There are still many situations where an in-person visit is required, especially if your condition requires a physical exam or other testing procedures such as urine samples, blood draws, ultrasounds, or other procedures.

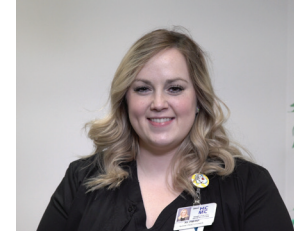
Healthcare portals are also a form of telehealth to keep you connected with your providers and hospitals or clinics. Most offices offer you the chance to sign up on their portal via email. From your portal, you can access your medical documents including test results, procedure results, your treatment protocol, and your prescriptions. Most portals have an option to email your provider with questions and allow you the ability to refill some prescriptions. Check with your provider's office to see if this option is available to you. At Henry County Medical Center, we provide access to patient information in our patient portals for both HCMC and our Medical Clinics. We use FollowMyHealth at HCMC and MyHealthRecord at our Medical Clinics. Both can be accessed at hcmc-tn.org/patient-portal.

Henry County Medical Center has been the recipient of multiple grants to aid in access to providers via telehealth services. Over the next few years, patients in our area will have even greater access to these services. Currently, Transitions Health in Paris and Eagle Creek Clinic in Buchanan are offering telehealth services to their patients, with more clinics to be added in the future through a platform called MEND. Many insurance companies are now paying for telehealth, especially since the start of the COVID-19 pandemic in 2020. Before scheduling a telehealth visit, check with your insurance company or provider's office to be sure your insurance will pay for a virtual visit, and always check with your provider to be sure your appointment is appropriate for telehealth.

HCMC will also be offering a Facebook seminar on April 21 at 12 noon with more information about telehealth. Rachel Matlock, Network Director for the Rural Health Network Development Grant and our telehealth programs will be giving the presentation. To view the seminar, watch it on our Facebook page- facebook.com/hcmcpairstn. For a list of all our seminars and screenings including our "You're the One in 2021" seminars, go to our website at www.hcmc-tn.org.

watch this video from home

ESSENTIALS FOR AGING



Aging is an inevitable part of life that affects us all. We are living longer than previous generations before us, and with that comes the journey of the effects of aging on our bodies and brains. How we choose to deal with it has an impact on our quality of life in the golden years.

Experts believe there are four keys to aging gracefully and they are:

- Participating in activities that you enjoy.
- Challenging your brain.
- Embracing changes.
- Staying physically active.

Staying active, both socially and physically, may help you remain self-resilient and independent as you age. According to a study conducted at Rush Medical Center in Chicago, the more socially active you are as a senior, the more likely you'll continue to be able to handle everyday tasks such as preparing meals, dressing and personal grooming. An additional study at Rush University Medical Center also found that older adults who move more than average, either in the form of daily exercise or just routine physical activity such as housework, may maintain more of their memory and thinking skills than people who are less active than average.

To stay sharp mentally, studies show that brain activity doesn't improve with watching TV, but it does improve with reading, education, and memorization. Some research suggests that reading, dancing, playing musical instruments and even computer games may help prevent or delay the progression of Alzheimer's disease and dementia. Doing things that require motor coordination and memory can keep your brain sharp.

Regular physical exercise can also help alleviate and prevent some of the chronic conditions that often accompany aging, such as heart disease, diabetes and arthritis. Exercising 20 to 30 minutes a day, three or four times a week, benefits emotional health, builds muscle mass, and boosts every organ system in the body. Walking is a great form of regular exercise and weight-resistance exercises should be added in the mix too. As always, check with your primary care provider before beginning any type of exercise regimen to see what is best for you.

As with any age, keeping regular appointments for check-ups with your primary care provider is essential for healthy aging. Routine bloodwork, screenings and immunizations are all important aspects to achieve the best healthy self you can be. If you notice any unusual health changes, be sure to make an additional appointment with your provider to get it checked out.

Henry County Medical Center hosted a Facebook Seminar on March 21 featuring Alison Miller, PMHNP with LakeHaven Behavioral Center. She discussed "Our Aging Brains", which focused on learning how our mental health needs change during our life stages. To view the seminar, watch it on our Facebook page- facebook.com/hcmcpairstn. For a list of all our seminars and screenings including our "You're the One in 2021" seminars, go to our website at www.hcmc-tn.org.

Scan this code with your phone to watch the video on Brain Aging

