

SENIOR CONNECTIONS

10 Ways to Add More Joy to Your Life

HENRY WADSWORTH LONGFELLOW once wrote, “Into each life some rain must fall.”

If you sometimes feel like your life is one downpour after another, it’s time to find some joy. And it’s easier than you might think.

Being joyful has the power to help you bounce back from stressful events, solve problems, think flexibly and even fend off diseases.

So without further ado, here are 10 simple ways to make your days brighter:

1 Do something you loved as a kid. Sing silly songs, splash in puddles or see how high you can swing.

2 Laugh at life’s hassles. No day is perfect. But there’s often something at least a bit amusing in challenging situations if you look for it.

3 Collect sayings or photos that make you smile. Then stick them where they’re visible—on your refrigerator or at your desk, for instance—to look at when you need a pick-me-up.

4 Play a song you love. Imaging tests of brains show that music can release feel-good hormones.

5 Go for it. Stop putting experiences you want to try on hold. Bake a pie from scratch, learn to crochet or sign up for an indoor climbing class—explore what intrigues you.



6 Seek out happy people. Good moods are contagious.

7 Develop your playful side. Joke with strangers in line, arrange nights out with friends or have a regular game night with your family.

8 Take a nature break. Look up at the sky, and see how blue it really is. Go on an early-morning walk, and delight in the dew on the grass. Let nature’s beauty soothe you.

9 Take a mental break. Close your eyes and imagine a place you love. Use all your senses. Are you drawn to the beach? Smell the salt water, feel the sun on your back and hear the crashing waves.

10 Spread happiness. When you get good news, don’t keep it to yourself—tell a friend. You’ll relive the moment and have the extra pleasure of your friend’s reaction.

SOURCES: HELPGUIDE; MENTAL HEALTH AMERICA

2 HOW TO PREP FOR A DOCTOR VISIT

3 COMPLETE BREAST HEALTH SERVICES AND SUPPORT

7 GET MOVING AGAIN WITH PHYSICAL REHAB

Be Prepared for Your Next Doctor's Visit

How many times have you left your doctor's office and realized you forgot to mention something important?

It's an easy thing to do. You can become so

involved in talking about one health issue that you don't remember the second or third one until you're on your way back home.

You can prevent that by using the form below.

Take the time to fill out the top half before your next appointment. Use the bottom half to make notes during your appointment. It'll help you make the most of your next doctor visit.



Clip & Save

BEFORE YOUR APPOINTMENT. Write down your concerns or questions in order of importance. Cross each one out after you get an answer.

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

Make a list of all the medications you're taking. Be sure to include vitamins, herbal remedies and other over-the-counter drugs.

Name of medication _____	Dose _____	How often? _____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

DURING YOUR APPOINTMENT. Use the space below for your notes. Or ask your doctor to write down important information for you. Remember:

- Answer your doctor's questions honestly.
- Let your doctor know you have concerns or questions too. If time is a factor, pick the ones you most want to talk about.
- Ask if your doctor has brochures or fact sheets that might be helpful to you.

FOR CAREGIVERS 6 Medication Safety Tips

As a caregiver, you have a lot of responsibilities, one of which may be helping your loved one manage medications. This can be a complex task, particularly if he or she takes multiple meds.

Here are six ways to help you keep things safe

and simple:

1 Make a list of every medication your loved one takes. This includes prescription and non-prescription drugs, as well as nutritional supplements and vitamins. Give a copy to each health care provider that your loved one sees. And keep one with you in case of an emergency.

2 Ask a doctor or pharmacist to review that list at least once a year and look for possible drug interactions.

3 Never share your loved one's medicine with others. Properly discard any leftover or expired medicines. Ask a pharmacist for instructions if you don't know how to do this.



Quick and Healthy Greek Potato Salad

Makes 4 servings.

INGREDIENTS

- 1 ½ pounds russet potatoes
- 1 cup Greek yogurt, plain, fat-free
- ⅓ cup red onion, minced
- ¼ cup olives, sliced
- ¼ cup cucumber, peeled and chopped
- 1 tablespoon lemon juice
- ¼ teaspoon sea salt
- Freshly ground pepper to taste
- Chopped fresh parsley
- ½ cup feta cheese, low-fat, crumbled
- Chopped fresh oregano (optional)

DIRECTIONS

- Place whole potatoes in microwave-safe bowl. Cover and microwave on high for 10 to 12 minutes. Let cool.
- Cut potatoes into bite-size pieces and place in a large bowl with remaining ingredients. Stir and mix well.
- Sprinkle with cheese and oregano. Serve.

NUTRITION INFORMATION

Serving size: ¼ recipe. Amount per serving: 220 calories, 3.5g total fat (1.5g saturated fat), 5mg cholesterol, 36g carbohydrates, 12g protein, 3g dietary fiber, 470mg sodium.

SOURCE: PRODUCE FOR BETTER HEALTH FOUNDATION, ADAPTED FROM THE UNITED STATES POTATO BOARD

4 If a medication has to be injected or requires special preparation at home, be sure you learn the proper technique. Work with your loved one's doctor or nurse until you're comfortable doing it yourself.

5 Store medications together, if possible. That way, they'll be easy to find in an emergency. Look for

a cool, dry place out of reach of children. Medications that need to be chilled should have their own spot in the refrigerator.

6 Be sure you know what each medication is for and how each one should be given. You might want to use a pill box organizer to help keep everything straight.

WOMEN'S IMAGING CENTER

We Offer Complete Breast Health Services in Rome

WHETHER COMING IN for routine screening or advanced diagnostic imaging of the breasts, the last thing that women want to hear is that they will have to go to another location or even out of town for additional testing and procedures. At the Women's Imaging Center at Rome Memorial Hospital, (RMH) patients can be assured that whatever type of diagnostic tool or biopsy option they may need is available to them in one convenient and familiar location.

"We have the capability and expertise to provide our patients with the full range of diagnostics, including 3-D mammography, breast ultrasound and breast MRI imaging, as well as stereotactic, ultrasound and MRI-guided needle biopsy," says Linda Lyon, RN, CN-BN, nurse navigator for the Women's Imaging Center.

Our patients are able to receive the highest level of care without the need to travel to a larger city. There is also no need to wait for a referral to another facility or the extended wait times often associated with larger facilities.

ONE-ON-ONE SUPPORT. In her role as nurse navigator, Linda ensures that her patients have the support and resources they need to successfully navigate through the continuum of care. Linda is invested in each patient's journey, helping to ease anxiety by providing information, coordinating appointments,



Mammography is an important tool for detecting breast cancer early, when it's easiest to treat. Schedule your 3-D mammogram at Rome's only Breast Imaging Center of Excellence. Call 315-338-7389. Visit www.cancer.gov/types/breast/mammograms-fact-sheet for more information.



Linda Lyon, RN, CN-BN

and—when possible—staying by their side during procedures to answer questions and offer support.

RMH's team of experienced and thorough medical imaging technologists and radiologists are led by John Restivo, MD, radiologist, and Chairman of the hospital's Medical Imaging Department. Our board-certified radiologists received their training at major medical schools such as Harvard, Duke, Lahey Clinic, SUNY Health Sciences Center and Tufts and have acquired additional expertise in radiological subspecialties such as mammography and breast MRI. These physicians have cultivated a service-oriented culture dedicated to remaining at the forefront of industry innovations.

The Women's Imaging Center at RMH is proud to be a certified participant in the National Quality Measures for

Breast Centers as evidence of our commitment to providing each patient with the highest quality of care.

 Advanced technology. One-on-one support. Peace of mind. Call the Women's Imaging Center at **315-338-7389**.

A Good Time to Consider Breast Health

As of yet, there is no sure way to prevent breast cancer. Even so, there are steps you can take to lower your risk.

One key step? Stay at a healthy body weight. This is even more important in midlife and later. After a woman's periods stop, most of her estrogen comes from fat cells. Estrogen can spur the growth of many breast tumors.

Other steps to reduce risk include:

Avoid alcohol. Your risk goes up the more you drink.

Move more. Exercise may lower your risk. Aim for 150 minutes of moderate exercise or 75 minutes of vigorous exercise a week.

Know the risks of hormone therapy. Talk to your doctor about the risks and benefits.

Find breast cancer early. Breast cancer can develop even with these safeguards. Talk to your doctor about when to have a mammogram. Regular mammograms can help find cancer in its early stages and give you a head start on treatment.

Some women may have certain risk factors, such as very dense breasts. Talk with your doctor about additional screening tests.

SOURCE: AMERICAN CANCER SOCIETY

JOINT REPLACEMENT

When You Need a New Knee or Hip

YOUR BODY'S HARDWORKING JOINTS are constantly on the move. And two of those joints—the knees and hips—are under a lot of pressure as you walk, climb, jump and pivot through your day.

So it's no surprise that over the years, the wear and tear on those joints can take a toll. You might start to notice aching, pain and stiffness when you move around.

In many cases, you can find relief for those problematic joints with medication or physical therapy. Other times, one or more joints may need a complete overhaul. That's where joint replacement surgery comes in.

A FRESH START. The goal of the surgery, which replaces worn or damaged parts of the joint with artificial parts, is to relieve pain and improve range of motion.

According to the National Institute of Arthritis and Musculoskeletal and Skin Diseases, more than 1 million people in the U.S. have a knee or hip replaced each year.

The surgery may be a good option for those who:

- Have constant pain in the joint, even at rest or at night.
- Can't move the joint well.
- Have trouble with daily activities, such as walking or climbing stairs.
- Haven't found relief from other methods, such as medication or physical therapy.

For knees in particular, surgery may be the best solution for

those who have chronic inflammation and swelling in the joint, or whose knee joints have begun to bow in or out.

HELP FOR YOUR HIPS. The hip is a ball and socket joint, with the rounded head of the femur (thigh bone) fitting into a socket in the pelvis formed by the acetabulum. Ligaments hold the ball and socket together, providing stability. Cartilage covers the bony surface of the joint, providing a cushion. And a thin membrane, the synovial membrane, releases a fluid that lubricates the joint and minimizes friction.

According to the American Academy of Orthopaedic Surgeons, the most common cause of pain and disability in the hip joint is arthritis.

A total hip replacement is an operation to replace the worn or damaged parts of your hip joint. The surfaces of the diseased joint are removed and replaced with a mechanical, artificial joint that is called a prosthesis. This surgery can relieve the pain and stiffness in your joint.

Recovery will include physical therapy to gently get the joint moving and stabilized. You'll need to use a walker or crutches for a while. You'll also need to go easy on activities such as bending, sitting and standing. Your health care team can guide you in gradually increasing activity, as well as giving you daily exercises to help strengthen muscles that support the joint.

You'll need help for a while with activities such as cooking, shopping and bathing. Arrange for someone to help assist you at home.

WHEN YOU NEED NEW KNEES. Your x-rays may show irregular surfaces at the knee. When more conservative treatments, such as medication and physical therapy, can no longer relieve your pain and disability, it is time to consider having a total knee replacement.

Your orthopedic surgeon will encourage you to use your new joint as soon as possible after your operation. Patients often stand and begin walking the day of or the day after their operation. Physical therapy begins at your bedside the afternoon of surgery or the day after. You will walk with a walker at first, then crutches or a cane as you recover.

With your new knee replacement and the help of your orthopedic team, you may be able to resume some of the activities you once enjoyed.

During the procedure, your surgeon will:

- Remove damaged cartilage along with a small amount of underlying bone.

Combining Expertise

Mihail Radulescu, MD, FRCSC, joins Mitchell Rubinovich, MD, CM, a specialist in the complete care of the musculoskeletal system—including the diagnosis, treatment and prevention of injuries to the muscles, bones, joints, tendons and ligaments—at Rome Orthopedics and Sports Medicine, 107 E. Chestnut St., Rome.



**Mitchell Rubinovich,
MD, CM**

Laboratory, x-ray and rehab therapy services are conveniently located near the practice in Chestnut Commons. For more information or to schedule an appointment, please call 315-338-9200.



With the rise in the number of baby boomers reaching retirement and the increasing demands on athletes, knee and hip joint replacement surgeries are two of the most common surgeries performed in the United States. ~ ~

- Replace joint surfaces with metal pieces.
- Resurface the patella (kneecap).
- Insert a plastic spacer for a smoothly gliding joint.

You'll likely be able to resume many of your regular activities within three to six weeks of surgery. And many people are able to drive again about four to six weeks after a knee replacement.

MOVING ON. For most people, a joint replacement doesn't restore perfect function. But it will likely bring a vast improvement in both pain and mobility.

And while your new joint may allow you to be more active, it's best to get your doctor's sign-off on the types of activities you do. An arti-

Our Specialist Can Help Your Achy Joints

Joint pain. You don't remember when it started. But, over time, it's just gotten worse. Now, everyday activities are tough and nothing eases the pain. Sometimes the ache wakes you up in the middle of the night.

Don't live in pain. Make an appointment with the experts at Rome Orthopedics and Sports Medicine to discuss your options.



**Mihail Radulescu,
MD, FRCSC**

Mihail Radulescu, MD, FRCSC, specializes in joint reconstruction and comprehensive orthopedic care. Dr. Radulescu trained at one of the nation's leading orthopedic hospitals and is skilled in the latest techniques for hip and knee replacements, including anterior hip surgery and revisions. He performs general orthopedic, arthroscopic and total joint replacement procedures, including minimally invasive anterior hip replacement surgery and revision procedures. He also provides treatment for patients who have experienced orthopedic trauma.

Dr. Radulescu will work with you to develop the best plan to reduce your pain so you can enjoy your normal activities. Dr. Radulescu works closely with the hospital's team of nurses, patient educators, case managers, and outpatient therapy and short-term rehabilitation staff members to provide a comprehensive plan for patients so they know what to expect before and after surgery. Rome Memorial Hospital (RMH) is top-rated in the region for protecting patients from surgical site infections.

If joint replacement surgery is your best option, Dr. Radulescu and RMH's team of nurses and therapy staff will provide you with exceptional care to help you get back on your feet again.

ficial joint does not last forever, and high-impact movements may shorten the joint's typical lifespan of 10 to 15 years for a hip and 15 to 20 years for a knee.

To help your new hip or knee last as long as possible, you'll likely need to avoid activities like running, basketball and football. Instead, opt for gentler exercises like walking, swimming or biking.

As with any surgery, there are risks and benefits to joint replacement. Talk to your doctor if you are experiencing hip or knee pain. Together, you can find a solution that brings relief.

REGIONAL CENTER FOR
WOUND CARE

Offers Help for Problem Wounds

NOVEMBER IS AMERICAN DIABETES MONTH, and in recognition, the experts at the Rome Memorial Hospital (RMH) Regional Center for Wound Care suggest people take the necessary steps to protect their feet. The center provides advanced wound care services for problem wounds, such as diabetic foot ulcers, pressure ulcers and nonhealing surgical wounds.

Chronic foot and leg wounds are often caused by underlying conditions such as diabetes and vascular disease. It is estimated that 15 percent of all diabetics will develop a diabetic foot ulcer, and without treatment, the wounds can lead to amputation or death.

“Research shows nonhealing wounds treated weekly have a higher success rate for healing,” says Melissa Ruddy, RN, Clinical Director of the Regional Center for Wound Care. “There is a path to successful healing if patients follow their treatment plan.



**Melissa Ruddy, RN,
Clinical Director,
Regional Center for
Wound Care**

“Many people suffer from chronic and nonhealing wounds but do not realize there are cost-effective treatments available,” Melissa continues. “The wound care center allows patients in Rome and the surrounding communities the ability to receive advanced wound care just minutes from their homes.”

Advanced wound care services available at the Regional Center for Wound Care include, hyperbaric oxygen therapy (HBOT) for problem wounds, such as diabetic foot ulcers, pressure ulcers and nonhealing surgical wounds. Other treatment options include debridement, topical wound therapy, tissue therapy and negative pressure wound therapy.

Melissa says she is eager to speak to patients, health care providers and the community in general about the benefits of excellent wound care. With her medical background as a registered nurse, she can also address the many disease processes that cause or inhibit a wound from healing, such as diabetes and circulatory problems.

 To speak with Melissa or for more information about RMH's Regional Center for Wound Care and treatment options available, call **315-338-7540**. The center is located at 267 Hill Road at the Griffiss Business and Technology Park.

DIABETES AND YOUR SKIN

Spot Problems Early

If you have diabetes, you probably know that it can harm your feet, eyes and kidneys. But this may surprise you: It can also hurt your skin. As many as 33 percent of those with diabetes will develop a skin problem at some point. What's more, skin problems may be the first warning sign of diabetes.

WHAT'S WRONG WITH MY SKIN? Diabetes makes you especially prone to skin infections caused by bacteria. They produce red, painful, pus-filled lumps and are usually triggered by staphylococcus bacteria, or staph. These include:

- Styes, which form around glands of the eyelid.
- Boils, which form around hair roots or skin glands.
- Carbuncles, or clusters of boils.

Diabetes also raises the odds of fungal infections, including:

- Jock itch, a red, itchy patch that may spread from inside of the thighs to the groin.
- Athlete's foot, a condition in which the skin between the toes becomes itchy and sore and might also blister.
- Ringworm, which has a ring-shaped, red appearance. It typically shows up as a scaly patch of skin that might blister or itch.
- Vaginal infections, which produce a thick, white vaginal discharge and may itch or burn.

Diabetes can also dry out the skin—which can be quite itchy.

CONDITIONS SPECIFIC TO DIABETES Diabetes causes changes in small blood vessels that can trigger a skin problem called diabetic dermopathy. Though harmless, it produces brown scaly patches that typically appear on the legs.

People with diabetes can develop digital sclerosis, which makes the skin on the hands, fingers or toes become thick and tight and look waxy. Finger joints may stiffen and not move properly.

Talk to your doctor if you have diabetes and notice anything unusual about your skin. You may need prompt treatment.

Join Us for Diabetes Classes

Every month, Rome Memorial Hospital's Patient Educator Mary Rose Spellicy, RN, BSN, teaches people who have diabetes how to measure blood sugar, protect their feet and eyes, and take charge of their diabetes through healthy eating, exercise and medication. Mark your calendar for the next free education class, which will be held Monday, Nov. 7, at 9 a.m. For more information and future dates, call **315-338-7143**.



**Mary Rose Spellicy,
RN, BSN, Rome
Memorial Hospital
Patient Educator**

ROME MEMORIAL HOSPITAL'S SHORT-TERM REHABILITATION
**Getting You Back Into Life is
 Our No. 1 Goal**

FOLLOWING A MAJOR HEALTH EVENT, you may need to undergo therapy to regain your strength and abilities. The Rome Memorial Hospital (RMH) Residential Health Care Facility is home to its short-term rehabilitation program. Here patients receive physical, occupational and/or speech therapy to help them regain their independence so they can return home.

Short-term rehabilitation can help you rebuild your strength, retrain your body or regain your speech. Treatment plans are individualized to help you set and meet realistic goals.

The short-term rehabilitation team includes physicians, nurses, physical therapists, occupational therapists, speech language pathologists, dietitians, pharmacists, social workers, activities professionals and the admission/discharge coordinator. Family members or other individuals that you choose may also be involved in your care.

The program is available to patients who are recovering from conditions such as:  Total Joint Replacement  Hip fracture  Heart attack  Stroke  Pneumonia  Congestive Heart Failure.

WHAT YOU CAN EXPECT There will be Restorative Therapy program one to two hours per day, five to six times per week. Therapy programs will be individualized to your needs. Therapy will help you improve your strength, mobility, daily activities and self-care, and it will address any cognitive or speech impairments.

Education is specific to each individual and will help each patient learn about their own unique needs. Patients are taught about their medications and equipment, including how and when to take medications and how to use oxygen (if prescribed).

Short term rehabilitation will help you:

- Get back to the things you enjoy.
- Regain your strength, endurance and independence.



- Complete daily activities such as bathing, dressing, cooking and light housekeeping.
- Retrain your body to cope with any limitations.
- Understand any new medications.
- Regain speech through therapy and cognitive retraining.
- Arrange and plan for home support services.
- Learn exercises you will continue when you return home.
- Get answers to your health care questions.
- Set and meet realistic goals.

Getting you better, getting you home

When you need short-term rehabilitation, choose the Rome Memorial Hospital (RMH) Residential Health Care Facility.

We love what we do. We love the people that we help. That dedication is reflected in the care that we provide every day.

QUALITY YOU CAN TRUST We've been rated among the state's top-ranked facilities for the last two years.*

- Overall rating: above average.
- Quality measures: above average.
- Staffing: above average.

*WWW.MEDICARE.GOV/NURSINGHOMECOMPARE (8/25/2016)

OUR SERVICES The Residential Health Care Facility at RMH provides:

- Short-term rehab.
- Long-term care.
- Respite care.

 For more information on the RMH Residential Health Care Facility's Short-Term Rehabilitation Unit, call **315-338-7305**.

Get Ready for Grandkids

How to Childproof Your Home

WHEN IT COMES TO THE SAFETY of your most special houseguests—your grandchildren—you can't be too cautious. So before their next visit, check out these tips for childproofing your home and ridding it of hidden hazards that might seriously injure babies or young kids.

Hide temptation. Naturally curious little ones will put almost anything into their mouths. Keep potential poisons (such as medicine, household cleaners and rubbing alcohol) out of reach—and, ideally, in a locked cabinet. And don't leave purses within grabbing distance. Chances are they contain

choking hazards, like coins or medicine.

Hold off on hand-me-downs. Yes, it might seem sweet to tuck your grandbaby into the same crib your children slept in. But old baby furniture is risky. A crib that is more than a few years old, for example, won't meet today's safety standards. The same is likely true for playpens.

Set the stage for safe sleep. To protect against sudden infant death syndrome (SIDS), keep soft, cushiony objects—such as stuffed animals, bumper pads, pillows and blankets—out of cribs. And always put babies to sleep on their backs on a firm surface—

not your bed.

Beware of bathroom dangers. Babies and toddlers can fall headfirst into toilets and drown. Play it safe and use toilet locks.

Fend off falls. Install gates at the top and bottom of each staircase. The gates at the top of stairs should be mounted with screws. But it's OK if those at the bottom are pressure mounted. And help keep adventurous climbers safe by moving chairs, cribs and other furniture away from windows.

 For more ways to help keep grandchildren out of harm's way, visit www.safekids.org. Click on "Safety Tips."

SOURCES: AARP; AMERICAN ACADEMY OF PEDIATRICS; SAFE KIDS WORLDWIDE



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Rome Memorial Hospital is nationally recognized as a leader in infection prevention and patient safety.

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David W. Lundquist PRESIDENT/CHIEF EXECUTIVE OFFICER
Wendy R. Goetz, FACHE, LNHA RESIDENTIAL HEALTH CARE FACILITY ADMINISTRATOR

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