

Orlando

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Caring for
the Caregiver p. 9

Holiday Eating Tips p. 13

Having Fun
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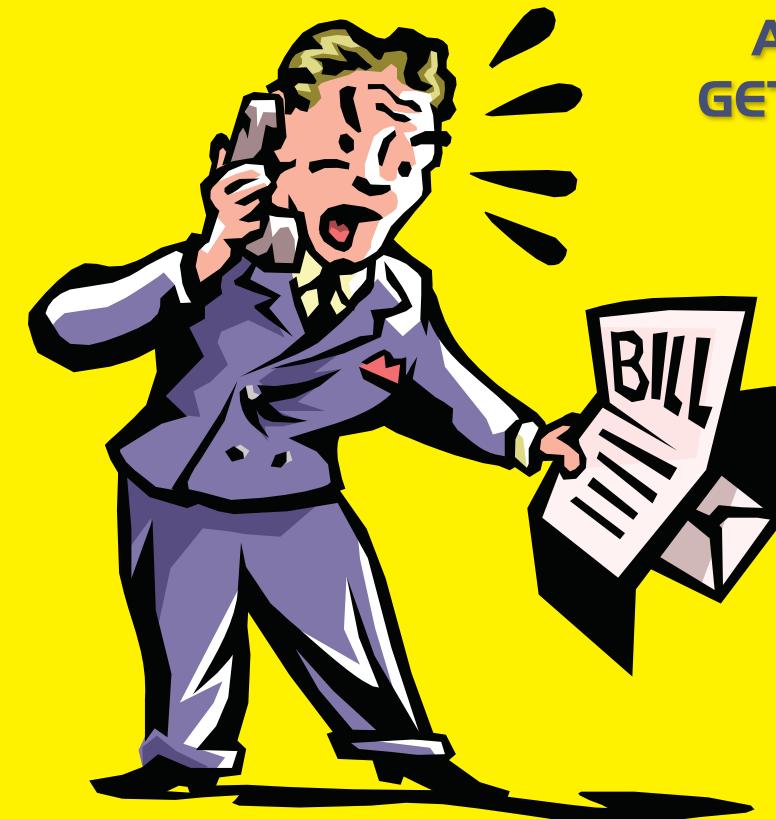
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Beware the High-Fat Food

We all know by now that a high-fat diet will make us fat and lazy over time. But now a new study shows that being on a high-fat diet for just a couple of days may have the same effect.

The study, published in a recent FASEB Journal (Federation of the American Societies for Experimental Biology), shows rats eating a high-fat diet for 10 days led to short-term memory loss and made exercise difficult. Moreover, the muscles of rats eating the high-fat diet for only four days were less able to use oxygen to make the energy needed to exercise, causing their hearts to work harder and increase in size. After nine days on the diet, the rats took longer to complete a maze and made more mistakes in the process than their low-fat diet counterparts.

"It's nothing short of a high-fat hangover," says Gerald Weissmann, M.D., editor-in-chief of the FASEB Journal. "A long weekend spent eating hotdogs, french fries, and pizza in Orlando might be a great treat for our taste buds, but they might send our muscles and brains out to lunch."

So in the spirit of a low-fat diet, check out the healthy holiday eating tips from the experts at the University of Texas Southwestern Medical Center in Dallas on page 13.

Enjoy!

KEVIN FRITZ
Managing Editor

**FEATURES****5 Have Fun, Get Healthy**

The key to a healthy life is to stay in shape and properly heal those weekend warrior ailments.

By Jean B. Kingsford and Kevin Fritz

9 Finding Space and Time

The physical and emotional stress of care giving can take its toll. These expert tips can help.

By Margery Pabst

DEPARTMENTS**8 Private Duty Home Care**

Florida Hospital offers customized care at home.

11 Adult Health Care

Internists work to fill the void as boomers age and parents move in.

13 Healthy Living

The holidays are coming! Check out these healthy eating tips.

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JCC OPENS NEW CAMPUS

The Jack & Lee Rosen Southwest Orlando Jewish Community Campus had its grand opening last month after 15 years in the making. It is named in honor of the parents of Harris Rosen, who contributed a \$3.5 million toward the project. The new, 34,000-square-foot campus features educational programs and a fitness center, and is open to everyone. Harris Rosen is pictured to the right cutting the ceremonial ribbon. JCC offers special programs for older adults and children.

FANTASY COOKBOOK FOR THE CURE

A team sponsored by Fantasy of Flight, Central Florida's aviation attraction, is raising funds by selling a new cookbook "Cooking for the Cure — Fantasy of Flight for the Fight" for their part in The Breast Cancer 3-Day Benefitting Susan G. Komen for the Cure, a 60-mile walk in Tampa, Oct. 30-Nov. 1. Order online at www.fantasyofflight.com/store. The cookbook is only \$10.



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November is National Family Caregivers Month!

For more information, visit the NATIONAL FAMILY CAREGIVERS ASSOCIATION at: www.nfcacares.org.

By Jean B. Kingsford and Kevin Fritz



Having FUN While Tackling PERSONAL HEALTH CARE

Take care of your body; it's the only place you have to live

The key to a happy life lies in staying healthy. By avoiding chronic disease, being free of injury, and keeping off excess weight, you can live life to its fullest. That's where physical fitness fits in: Let's face it, if you sit on the couch all day, your health will suffer. But instead of viewing exercise and fitness as just another pill to swallow, try looking at it in another way. That's what the founders of RDV Sportsplex in Maitland decided more than a decade ago. They had one principal in mind: To make fitness fun.



This blend of health, fitness and sports was a vision to create a one-of-a-kind, state-of-the-art facility for all ages. The result is 365,000 square feet of athletic club, medical complex, ice rinks, conference space, salon and spa, restaurants, shopping and more.

Niki Davis, a personal trainer at the RDV for the past nine years, says in order to keep fitness fun, set goals and diversify how you get your exercise. Take a dance class or get involved in a dodge ball tournament, both of which they offer at RDV.

"Find out what is fun for you," she stresses. "Get out of your comfort zone; your workout does not have to be super-duper intense."

The RDV Athletic Club alone boasts 400 pieces of cardiovascular and strength training equipment, three swimming pools, a 15,000 square-foot Kid's Stuff area, group exercise classes, clay and hard court tennis, indoor racquetball and squash courts, and three group exercise studios. A wide array of exercise programs and camps appeal to all ages throughout the Sportsplex, whether it is hitting the gym or playing hockey or basketball. The RDV Ice Den offers two NHL- and Olympic-sized ice surfaces open to the public daily. That's a lot of choices.

Davis, who is also a triathlon coach, notes that group activities can really help you make instead of break the goals of your exercise

plan. She says a class with people reaching toward similar goals will help motivate you and make it more fun. 'Take a friend, make a friend' is her motto. She says training for something specific, such as a 5K, can also give exercise more direction and meaning.

She notes the RDV offers the largest number of group exercise classes of any single facility in Central Florida, providing nearly 500 classes each month. Classes such as Group Power, Group Ride, Group Active and Group Kick were designed by exercise professionals from Scandinavia, South America, North America and Australia and each course is based on the latest

in science and industry research and trends.

Just Get Out There

The American Heart Association recommends 30 minutes a day of exercise, which can stop many people in their tracks. To make it more palatable, Davis says to break it up into 10 minute bits at a time. She says people also need to give themselves more credit for the other things they do, like gardening or walking. In fact, she believes a pedometer is a great way to determine how much activity you may be getting — or not getting — just in your daily routine.

Davis says as long as you are

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By Monica Rodriguez

moving everyday and enjoying what you do so it does not get boring, you are probably getting more exercise than you think. Davis recommends adding a social aspect to your routine as well.

"Caregivers and parents really need to make an exercise routine part of a social outlet," she says. "It can be as simple as going for a walk and then going to get coffee."

Good Medicine

The unique medical complex at RDV houses groups of top-notch doctors, clinicians, physicians and nurses focused on promoting healthy living and a better sense of well-being. Jewett Orthopedic, Cen-

tra Care, RDV Sportsplex Pediatrics, and Advanced Dental Wellness can all be found within the RDV Sportsplex, as well as Florida Hospital Sports Medicine and Rehabilitation.

Kathy "Bunny" Lennon, a physical therapist, has been helping people come back from injuries for more than 17 years. These days she works for Florida Hospital, stationed at the RDV Sportsplex as part of a partnership agreement between the two entities. Team Leader of Florida Hospital Sports Medicine and Rehabilitation, she manages the on-site clinic and facilitates the relationship between RDV and Florida Hospital.

From weekend warriors and

high-end athletes to those requiring assistance after a surgical procedure, the team at Sports Medicine and Rehab accesses situations and assigns proper exercise techniques to get the patient back on their feet.

"The majority of people are involved in some sort of sports activity," Lennon says. "I like interacting with people and getting them back to what they were doing."

She advises those who would like to stay away from her center to incorporate more core strengthening into their routines.

"Everything starts with the core," she notes. "The arms and legs can be at risk if the core is not stabilizing you enough." She says Pilates, for example, has a lot of core strengthening built in. And it's fun.

But staying in shape is not just physical. You have to change your mindset about exercise and fitness. The doctor may beg you to do something, or your spouse has hinted about your growing gut, but it's up to you to change your attitude.

"Change it for fun, instead of punishment," says Davis. "Don't say, 'I ate too much, now I have to go exercise.' That's a negative way of looking at your health."

And what about that belly your spouse mentioned?

"Change your diet," Davis implores. "You can't just do 100 crunches and expect to get rid of it." WC



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JEAN B. KINGSFORD is Communications Coordinator for the MVP Sports Clubs at RDV Sportsplex. **KEVIN FRITZ** is Managing Editor of *We Care Magazine*.

When an aging parent or other relative leaves the hospital, they may require a significant period of home care before they can function on their own. Sometimes a newly discharged patient's primary caregiver, often an adult son or daughter, cannot afford to spend enough time tending to their loved one's needs due to work or other family commitments or responsibilities.

Today, seniors and their families have a variety of options after their hospital stay, including assisted living facilities, independent living facilities, and skilled-care nursing homes. However, many seniors prefer the safe and familiar surroundings of their own homes after surgery or treatment, so the need for reliable and professional home care services is a growing trend in many communities. Florida Hospital's Private Duty Home Care provides an alternative option of customized care in the home.

Florida Hospital Home Care Services, which established their Private Duty Division in 1985, offers customized choices for long-term or temporary care and can make available an array of services whether it is 24-hour care or intermittent care, including meaningful companionship; meal preparation; light housekeeping; errands and shopping; bathing, grooming and dressing; assistance with medications;

overnight care; skilled nursing care; rehabilitation therapy; and chaplain services.

It's important to note, however, that while Florida Hospital Home Care Services is available to anyone through Medicare and other health insurance plans, Private Duty Home Care is a fee-for-service based program that will be charged to a consumer's long-term care insurance plan, if applicable, or can be self-paid.

In addition to serving the needs of discharged patients in the comfort of their homes, the Private Duty Home Care Division helps relieve the stresses and pressures felt by a patient's family and friends who may be stretched to the limit when attempting to fulfill their care giving responsibilities.

Florida Hospital's motto is: "The skill to heal. The spirit to care." The Private Duty Division of its Home Care Services program works to put those words into action each and every day for the benefit of seniors and their families as it continues to provide "custom choices in compassionate care." WC

MONICA RODRIGUEZ is manager of the Private Duty Division at Florida Hospital and has 20 years experience in the healthcare industry.

finding TIME and SPACE



Creating time and space for the caregiver? Easier said than done because the issue is complicated, involving caregiver, patient, and family expectations.

As I look back to my three care giving experiences, I see more clearly how demands on myself, from my patients, and from family members played into my diminishing physical and emotional health.

Cultural values play a big part in dictating how we approach the care giving role. If you are male, financial expectations

By Margery Pabst

play a role. If you are female, society often expects that you will be the primary caregiver and give up your time for others. And sometimes, one caregiver bears both the financial and day-to-day care giving tasks. In the current economic environment, many families are taking their loved ones from health care facilities home in order to save money. We caregivers have expectations for ourselves to step up and help, but we are at risk as feelings of both guilt and resentment diminish our abilities. If we ignore this potent cocktail of emotions, both our physical and emotional health will suffer.

Patient expectations for the caregiver are also crucial. I remember vividly arriving home after two or three hours away and my husband looking at me with a mixture of relief and anxiety on his face. Seeing how much he missed me and his anxiety at what had perhaps not happened while I was gone (i.e., "Did I take the pills while she was gone?") contributed to wishing that I had not gone at all.

If we allow ourselves to give up everything for others, and feelings of guilt and resentment grow,

the goal of serving our patients and families actually diminishes. So what can we do for ourselves to achieve balance in our lives?

Communicating in a clear and candid manner is the key. Many caregivers I speak with do not want to appear to be complaining or angry, so how we approach our patients and families is critical. This approach will differ depending on how you want your care giving situation to change. For example, if you are generally pleased to be care giving and feel you are managing the situation effectively, your message will be different from the caregiver who needs time off from the role. The following are some strategies depending upon the level of help you need to achieve balance in your care giving role — a balance that includes care for yourself as well as for your patient.

First, identify what you need and choose your level of need: 1) time and space a few hours a week; 2) another person to share the care giving role; or 3) extended time and space away from care giving. Deciding WHAT YOU NEED is crucial before you engage others in helping you. The common principle in all of the following suggestions involves your willingness to ASK FOR HELP from yourself, your patient, and your family and friends.

Strategies for more space and time

For the caregiver who says, "I am generally happy being the caregiver, but I need some space and time for myself," your goal is to find two-to-four hours of free time a few times each week.

- Help your patient develop some new interests that will absorb attention in your absence.
- Create "sharing sessions" in which you and the patient share the experiences/learnings that happened when you were apart.
- Invite other family and friends to bring special foods over to share with the patient.

For the caregiver who says, "I need someone to assume part of the responsibilities for being the caregiver," your goal is to find someone who will assume the care giving role part time.

- Explain that you need time for yourself with an "I" message. (For example, "I need another person to share the care giving.")
- Provide reasons why you have this need. (For example, you need more sleep, time for exercise, to relieve isolation, etc.)
- Assure the patient that your needs are important because you could easily become ill from lack of sleep and exercise.
- Develop ways to make two caregivers a more rewarding experience for the patient, creating the perception that care has in fact doubled.

For the caregiver who says, "I need to have some time off from the care giving role," your goal is to stop care giving, recharge your batteries, and consider returning to care giving at a later date.

- Use "I" messages as in example above.
- Continue to share interesting and caring experiences with the patient to demonstrate your ongoing care and concern.
- Find a skilled caregiver if possible. (Knowing the patient is in skilled hands will relieve your personal stress and guilt.)
- Spend money (if possible) to fill the gap. Your emotional and physical health is too important.
- Don't make promises you can't keep. (You may think telling the patient you will return to the caregiver role will make him or her feel better. Creating this expectation will only lead to a potentially greater disappointment.)

The caregiver is not always in a position to step back and take time. But when it is possible, a few days, weeks, or months off is critical to the ongoing financial, emotional, and physical health of a family. [WC](#)

MARGERY PABST is the author of *Enrich Your Caregiving Journey* (Expert Publishing, Feb. 2009). For additional information visit www.pivotalcrossings.com.

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Who's Your Family Doctor Now?

When we were kids, we all had doctors. The family doctor was who we depended on to keep us healthy. But as we age, our doctors do as well, or perhaps relocate. Or we move away.

Regardless of the scenario, many baby boomers find themselves in search of an adult doctor, better known as a doctor of internal medicine, which are physicians who specialize in the prevention, detection and treatment of illnesses in adults. And since boomers are not getting any younger, internists are poised to keep quite busy over the next few decades.

To put things in perspective, according to the MetLife Mature Market Institute, more people are age 50 than any other age. Perhaps even more relevant, as the boomer population continues to grow old, many of them will be caring for a parent or other family member.

Dr. Jesse W. Johnson, who has just expanded his internal medicine practice in Lake Mary, says many parents are beginning to come to Florida and move in with their children, and they are arriving without doctors. Dr. Johnson has been practicing internal medicine for 24 years — 22 of them in the same building. He says there are not many practices such as his to serve all the present and future patients, especially in Seminole County where his office is located. According to the Central Florida chapter of the National Council on Aging, there are 405,088 people in Seminole County who are presently over 60 years old. He calls the doctor shortage "critical."

160 million people will be between age 50 and 67 by 2031.

A University of Florida medical school graduate, Dr. Johnson says the heavily unbalanced patient-to-internist ratio is partly due to a baby boomer population becoming ill more often today. He estimates 10 percent of boomers have diabetes and osteoporosis and/or hypertension, and twice that many have cardio-vascular disease. To make matters worse, many have yet to be diagnosed.

That's the reason Dr. Johnson and the team at Heathrow Internal Medicine has expanded its operations. More than 1,000 square feet were added to the newly designed existing space, the number of exam rooms was doubled to 12, the list of insurance companies for which they accept coverage has been increased, a new laboratory opens on site in January, and a new physician, Dr. Diwya Uday Ranjit, was hired. Dr. Ranjit, originally from Uganda, and a graduate of the medical school at the University of Bombay, has been practicing internal medicine for more than 18 years.

Looking into the future, the situation presents an even larger opportunity. Gregg Logan, managing director for the Orlando-based Robert Charles Lesser Company, says while there are 76 million baby boomers in the United States, there are even more representing Generation Y — 88 million men and women who were born between 1981 and 1999. Together these two generations make up more than 50 percent of our population. That equates to more than 160 million

people who will be between age 50 and 67 by 2031.

Dr. Ranjit and Dr. Johnson, along with Nurse Practitioner Rita Schowengerdt King and Practice Manager Katryna Elmer believe expanding the practice now puts them a step ahead of the curve, as an aging population searches for proper medical care and treatment.

And since an ounce of prevention is worth a pound of cure, Dr.

KEVIN FRITZ is Managing Editor of *We Care Magazine*.

Ranjit personally recommends starting with a complete physical so doctors have a baseline to go by, including a family history of medical health. She adds that procedures such as mammograms and a colonoscopy at or following age 50 are musts, noting the high cancer incidences for both colons and breasts. Colorectal (colon) cancer is the third most common cancer diagnosed in men and women in the United States, and the third-leading cause of cancer-related deaths. Breast cancer is the most common cancer among women in the United States, other than skin cancer, and the second leading cause of cancer deaths in women.

"By simply scheduling an appointment, we can put someone on a healthier path to a more enjoyable lifestyle," says Dr. Ranjit. **WC**



The team at Heathrow Internal Medicine in their newly renovated lobby. From left, Dr. Jesse W. Johnson, Dr. Diwya Uday Ranjit, Practice Manager Katryna Elmer, Nurse Practitioner Rita Schowengerdt King, ARNP, Medical Assistant Nicole Perez, and Medical Office Specialist Tonya Berrios.



|| HEALTHY LIVING

The Great Pumpkin

It's that spooky time of year again and the University of Texas (UT) Southwestern Medical Center in Dallas says that the venerable holiday pumpkin also has a great nutritional value.

Experts at UT say before chucking the innards of your family's fearsome Jack o' Lantern, simmer on this: Pumpkin is a great source of vitamin A, potassium and fiber. And those slippery, white seeds are full of fiber and polyunsaturated fatty acids, one of the "good" fats. Then there's the added bonus: Pumpkin is also naturally low in fat and calories. Though fresh is best, canned pumpkin (not the pumpkin pie mix) is just as good, if not better, than a pumpkin straight off the farm, says Dr. Jo Ann Carson, a registered dietitian at UT Southwestern Medical Center. "Canned pumpkin has more nutrients per cup than fresh cooked pumpkin, mostly due to removal of water, packing in more pumpkin per cup." She says one cup of canned pumpkin has 83 calories, seven grams of fiber and about twice the recommended dietary allowance of vitamin A. Who knew?

The Post-Holiday Bulge

As the holiday season approaches, finding the perfect 2010 calendar isn't our only challenge. We also need to keep our waistlines in check.

Dr. Linda Michalsky, assistant professor of clinical nutrition at the UT Medical Center, offers these tips to help keep in shape during and after the holidays.

- Move! Gather your friends and relatives for a talk-as-you-walk after a meal and circle the table two or three times before taking seconds or dessert.
- Limit portions to half or less than half of what you would normally take for everything but your favorite dish.

• Wait 15 to 20 minutes before going back for seconds or dessert. Limit both. If you cut a piece of pie or cake in half, someone will grab the other half. **WC**

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