

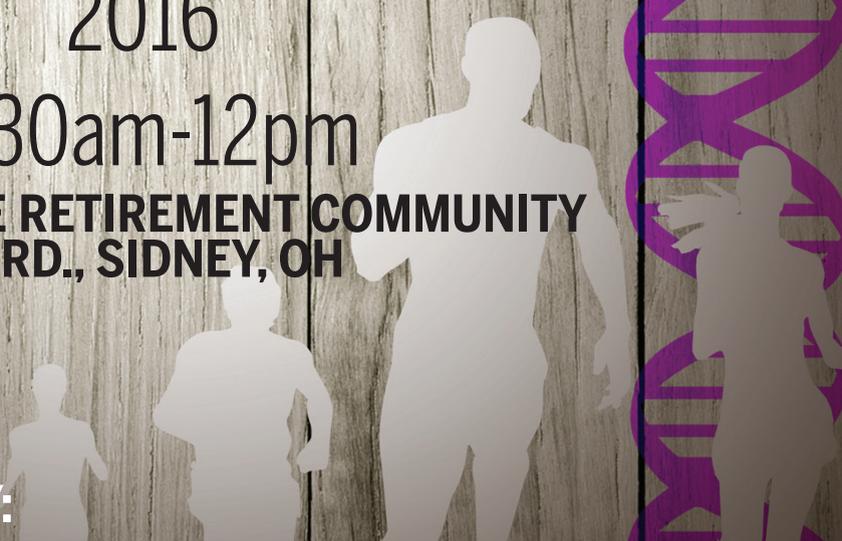


SHELBY COUNTY'S

Health & Awareness Fair 2016

Saturday, April 2nd,
2016

AT THE 8:30am-12pm
DOROTHY LOVE RETIREMENT COMMUNITY
3003 W. CISCO RD., SIDNEY, OH



SPONSORED BY:



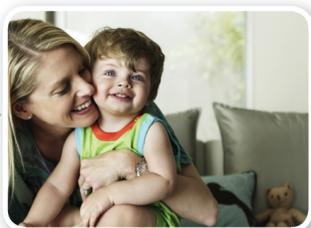
CARING *without limits*

PURPOSE

To improve the health of our community so people can spend more time doing what they love with those they love.

VISION

Empowering our community through education, prevention, diagnosis, and treatment.



Access

Wilson Health offers access to healthcare services where residents of Shelby County can remain close to home for their care.

250 physicians on medical staff ranging in over 30 specialties

29,000 Emergency Department visits

5,200 Urgent Care visits

17,500 Occupational Health visits

721 babies delivered

Community Benefit

Wilson Health demonstrates their commitment to community service through organized and sustainable community benefit programs.

Free and Discounted Care - \$7 million in 2015

Community Health Fairs

Diabetes Education

Smoking Cessation Classes

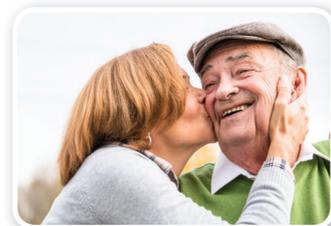
Preventative Screenings

Youth Health Education Programs

Nutrition Services

Healthcare Scholarships

Proud Sponsor of Local Organizations



Support

Supporting Wilson Health through estate plans or a donation ensures a legacy for healthcare in Shelby County. The Wilson Health Foundation has received consistent and generous support over the years to meet both ongoing and future healthcare needs.

\$393,076 total donations in 2015:

- 71 Wilson Society members
- 1930 Club generated close to \$59,972
- \$97,161 donated to support Wilson Health Hospice program



Economic Impact

Wilson Health provides over \$90 million in direct economic impact for Shelby County.

Over 828 employees

Fourth largest employer in Shelby County

Connect With Us!



www.wilsonhealth.org
info@wilsonhealth.org

2016 Shelby County Health Awareness Fair

Welcome to the Health Fair! Dorothy Love Retirement Community is very happy to host this year's event and we are glad you are here!

This annual event is an excellent time to learn new things, explore different medical and health options as well as take advantage of some very vital and important health screenings.

There is a wide range of vendors including but not limited to: Vision and Hearing, Funeral pre-planning, Investments, Home Health, Pharmacy, Insurance, Independent Retirement Living, Long Term Health Care, Physical Therapy, Mental Health Services, and Orthopedic Surgeons and many more. There are also service organizations such as the Alzheimer's Association, Red Cross, and the Shelby County Libraries just to name a few.

This booklet contains a full listing of all the

vendors, their booth # and what health screenings are offered. Don't miss your opportunity to benefit from these screenings as well as the information the vendors will provide.

Many of the vendors here today have donated beautiful door prizes! To have your name entered into the drawings, please be sure to visit each vendor on the Passport you were given at the registration table. Once you have your Passport signed by each vendor listed on it, return it to the registration table to be entered into the door prize drawing!

On behalf of the Health Fair Sponsors: Dorothy Love Retirement Community, Wilson Health, The Sidney-Shelby County YMCA, The Sidney-Shelby County Senior Center and the City of Sidney, we would like to thank you for participating in this year's Health Awareness Fair!



It's our people that make the difference in lives each day.

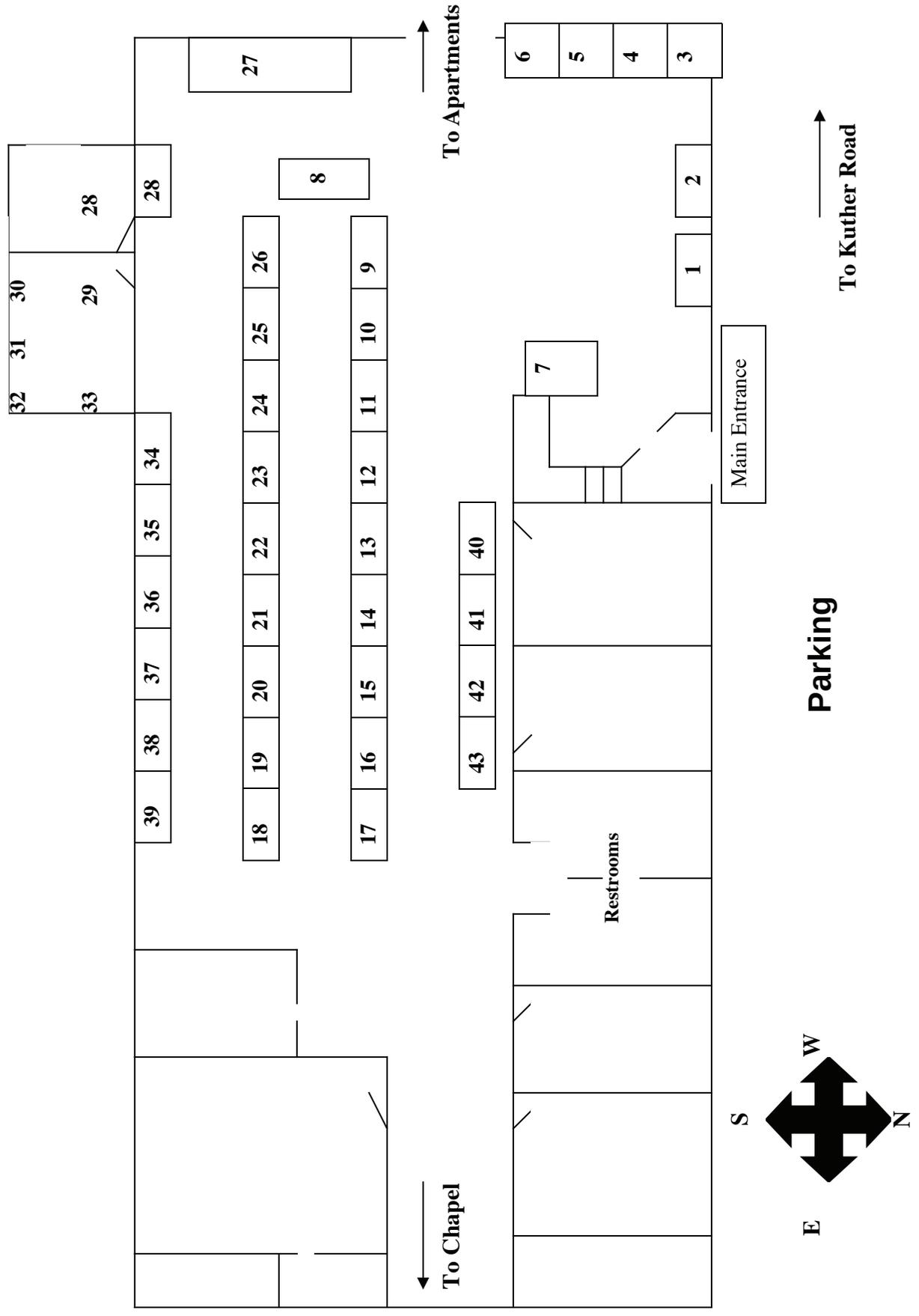
The Health Sciences programs at **Edison State Community College** are all top-rated. And while we believe it has something to do with the classes we offer, we'd like to think it's our people that make the difference. Of course, we might be biased.

Check out our great programs and find out for yourself.

- Phlebotomy
- Medical Assisting
- Medical Lab Technician
- Physical Therapy Assistant



Amos Community Center



Parking

Booth #	Organization	Screenings/etc.
1	Information / Passport	
2	Door prizes	
3	Salm-McGill & Tangeman Funeral Home	
4	American Red Cross	
5		
6		
7	Refreshments	
8	Senior Independence	
9	Primary Eye Care	
10	Sidney Senior Center	
11	Sidney-Shelby County YMCA	BMI, pre-diabetetes accessment
12	Alzheimer's Association	
13	Catholic Social Services	
14	New Vision Nursing & Home Care	BP, Glugose, Wt., O2/Pulse rate
15	Bunny's Pharmacy	
16	Therapy Advantage	
17	Beach Body	
18	Edward Jones & Assoc. / DiAnne Karas	
19	Sidney-Shelby County Health Department	
21	Shelby County Right to Life	
20	Safe Haven Inc.	
22	Arthritis Foundation	
23	Wilson Health	
24	Wilson Health	
25	Wilson Health	Bone Density
26	Wilson Health	
27	Dorothy Love Retirement Community	
28	Miracle Ear Hearing Center	hearing screenings
29	Wilson Health	
30	Wilson Health	Lipid Profile & Glucose
31	Wilson Health	
32	Wilson Health	
33	Wilson Health	
34		
35	National Alliance of Mental Illness (Darke, Miami & Shelby Co)	
36	Tri County Bd Of Recovery & Mental Health Svcs	Mental Health Screening
37	Fresenius Medical Care	BP
38	Sidney Chiropractic Inc.	posture screenings
39	Kaup Pharmacy	
40		
41	Sidney Care Center	
42		
43	Shelby County Adult Protective Services	

What is short term rehabilitation?

Therapy teams work to help patients develop skills in short term rehabilitation.

Daily treatments simulate the specific tasks required for a patient to return home safely.

Therapy teams are composed of physical, occupational, and speech therapists with vast training and experience. Short term rehab patients receive an individualized treatment plan that

includes a home evaluation and the ordering of all necessary durable medical equipment for a safe return home. .

Physical therapy

Many patients who are discharged from a hospital and are not yet ready to return home, may

receive physical therapy services in a skilled nursing facility. By using a variety of techniques,

physical therapy focuses on the prevention and treatment of physical problems, such as weakness, poor coordination and balance, pain and neurological dysfunction. Physical therapy concentrates primarily on

mobility, transfers and ambulation.

With our proven results, our physical therapists will lead you one step closer to home.

Occupational therapy

Occupational therapists seek to improve a patient's ability to perform activities of daily living,

prevent and restore loss of function, and facilitate successful adaptation to the aging process.

Occupational therapy assists in restoring these functional abilities through assessment and treatment of underlying skill deficits such as, range of motion, strength, balance, coordination, posture and positioning, auditory and visual perception, problem solving, and safety awareness. When these skills cannot be fully restored, occupational therapists are trained to teach patients to compensate for lost skills by using alternative methods and adaptive equipment to facilitate independence. An occupational therapist may play a role in performing a home assessment to make recommendations for safety and independence in achieving goal of returning home.

Speech therapy

Speech therapists assist individuals in regaining the ability to produce and understand

speech and language, as well as cognitive-linguistic and swallowing functions. Some medical conditions that require speech therapy intervention include:

- Stroke
- Traumatic Brain Injury
- Alzheimer's Disease
- Progressive Dementia
- Head and Neck Cancer
- Multiple Sclerosis
- Parkinson's Disease
- Other Neurological Disorders.

Speech therapists work with swallowing disorders or the ability to safely manage food due

to a disease process or injury. They can help to regain swallow function through strengthening and compensatory strategies, and/or alter diets to make swallowing safer for the individual.

If you have further questions about short term rehab, visit the booths at the health fair.

Walk to End Alzheimer's Sidney, Ohio – Walk Date 9/24/2016

Held annually in more than 600 communities nationwide, the Alzheimer's Association Walk to End Alzheimer's® is the world's largest event to raise awareness and funds for Alzheimer's care, support and research. This inspiring event calls on participants of all ages and abilities to reclaim the future for millions!

When you participate in Walk, your fundraising dollars fuel our mission, and your participation in the event helps to change the level of Alzheimer's awareness in your com-

munity. The Alzheimer's Association provides free, easy-to-use tools and staff support to help participants reach their fundraising goal. While there is no fee to register, we encourage participants to fundraise in order to contribute to the cause and raise awareness.

Take the first step by finding a Walk near you. Once you register, you will have access to a wide range of tools and support through your customized Participant Center. Join us and be inspired by all the footsteps that fall

into place behind yours. Together, we can end Alzheimer's!

How to Participate in 3 Easy Steps:

1. Find a Walk in your community.
2. Register as a team captain, team member or individual.
3. Start fundraising and raising awareness.

If you have further questions about Alzheimer's Disease call your local 1-800-272-3900.



Strengthening Our Community

As a leading nonprofit partner throughout the country, the Y as an organization has the track record and on-the-ground presence to move communities forward, just as we do here in Shelby County.

As a charity, we work every day to address community needs and ensure that all are welcome and that no one is turned away for financial reasons. We strive to provide programs and services that help serve the health and wellness needs of all members of our community, including families, children and teens, and seniors.

“One of the wonderful parts about working at the Y is the opportunity to see first-hand the impact our programs can have on someone’s life,” said David O’Leary, Y Operations Director. “Those moments fuel a desire to make sure we are focused on identifying needs in the

community and developing ways to meet those needs.”

O’Leary cited a long-standing partnership with the Parent Project of Shelby County as one of many examples of how the Y partners with other local organizations to make a difference in the lives of individuals, families, and the community as a whole.

“The gratitude expressed by so many of the parents after the program highlights how the YMCA is fulfilling its mission,” said O’Leary.

The Sidney-Shelby County YMCA is locally driven by an ongoing assessment of community needs and lead by a local board of community volunteers. Recognizing the importance of working together to create lasting social and personal change, we have the community’s trust to convene, partner and support community collaborations with schools, government agencies, faith-

**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

based organizations, businesses and others. Local collaborations include Clear Creek Foster Home, D.A.R.E., Holy Angels Soup Kitchen, Parent Project, P.O.W.E.R. and Sidney Christian Academy among others.

At the Y, strengthening community is our cause. Strong communities don’t just happen, they’re the result of steady leadership and stewardship of strong values. We focus on making a difference in three key areas: youth development, healthy living and social responsibility, by nurturing the potential of every child and teen, improving the nation’s health and well-being, and giving back and providing support to our neighbors.

By investing in our kids, our health and our neighbors, the Sidney-Shelby County YMCA ensures that everyone, regardless of age, income or background, has the opportunity to thrive.



Senior Center
of Sidney-Shelby County

304 South West Avenue,
Sidney
937-492-5266

Celebrating 19 years of helping seniors better their life!

COLORECTAL CANCER AWARENESS

MAKE YOUR BOTTOM YOUR TOP PRIORITY.

Get checked for colon cancer today.

COLORECTAL CANCER

It's the type of cancer no one wants to talk about.

But according to the American Cancer Society (ACS), cancers of the colon and rectum are among the most common cancers in the United States. They occur in both men and women and are most often found in people who are over 50 years of age.

The colon and rectum make up the large intestine. During digestion, the colon removes nutrients from food and stores waste until the waste matter passes out of the body. Cancers that occur in either part of the large intestine are termed colorectal cancer.

RISK FACTORS

A colorectal cancer risk assessment can help you learn

more about your own risk factors, based on guidelines from the National Cancer Institute. Find the Risk Assessment Tool at www.cancer.gov/colorectalcanccerrisk.

You may want to print your results and share them with your doctor.

"It was originally thought that a diet low in fiber put you at a higher risk. But, according to the National

Institutes of Health, recent studies have shed some doubt on this theory, although research continues," states Dr. Frederick Simpson, Chief Medical Officer at Wilson Health. "However, the American Medical Association (AMA) says that other lifestyle factors have been linked with a higher risk, including a diet high

in fat, calories and alcohol, as well as smoking and obesity."

According to the National Cancer Institute (NCI), other known risk factors include the following:

- Colorectal cancer is more likely to occur as we get older, although it can occur in young people as well.

- The presence of certain types of polyps or benign growths, on the inner wall of the colon or rectum, can indicate an increased risk. In particular, a here-ditary condition

called familial poly- p-osis in which hundreds of polyps form, is considered an important risk factor.

- Having a personal history of colorectal cancer or certain other types of cancer can put you at a higher risk.

- Having someone in your family who's been diagnosed with colorectal cancer can put you at a higher risk.

- Having a condition called ulcerative colitis in which the lining of the colon becomes inflamed also increases your risk.

REDUCING YOUR RISK

Studies are now underway looking into a number

of potential ways to reduce the risk of developing colorectal cancer. Among the things

being examined are smoking cessation, use of dietary supplements, use of aspirin, decreased alcohol consumption and increased physical activity.

"Until the results of such studies are known, the stron- gest weapon against colorectal cancer is early detec- tion," Simpson says.

Therefore, it's important to know the warning signs of colorectal cancer. These include:

- changes in bowel habits
- changes in the stool
- blood in the stool
- vomiting
- abdominal discomfort, bloating or cramps

- unexplained weight loss or excessive fatigue

If you notice such changes, see your doctor right away.

"As with so many other types of cancer, early detec- tion can increase your chances of surviving colorectal cancer," Simpson says. "Unfortunately, many people shy away from discussing this topic, even with their doctor."

Talk to your doctor today to learn more about colorectal cancer.

Senior Center of Sidney-Shelby County

All of us at the Senior Center of Sidney-Shelby County are looking forward to a very successful 2016.

Last year over 40,000.00 visits were made to the center, and we are expecting even more this year. Over 30% of those visits were for some type of exercise

For those who are 50 or better, we provide a wide array of programs. Much of our emphasis is on living healthy. We have many exercise pro-

grams for all levels of ability. We have chair exercise, chair yoga, and chair volleyball. We also offer Move-n-Groove, and Pilates. Our new exercise room is fully equipped with all the machines geared towards a healthy life style. We also have a certified personal trainer on site one day a week who will write a personalized routine for you. She is available on Friday's from 4 to 6 pm. A walking track is available year round for your convenience.

The Senior Center offers our members two billiard tables, a ping pong table, and a WII. For card enthusiasts, we have practice bridge, bridge, Texas hold 'em, pinochle, and euchre

Our choir is one of the best around. They enjoy performing at local nursing homes and other venues.

The Hampton Inn graciously allows us to use their pool for Aqua Aerobics sessions twice a year. In the summer

QUICK TIP: Talking With Your Doctor

Research has shown that people who have good relationships with their doctors tend to be more satisfied with their care – and experience better results. Here are some tips to help you and your doctor become partners in improving your health care.

Give information.

- Create a plan before you go to the doctor to help you make the most of your visit. The plan should include a complete list of your symptoms, medications, habits and life changes.
- Rank your list of concerns and questions by importance and talk

about the most important items first.

- Tell your doctor about any herbal products you use or alternative medicines and treatments you receive.

Get information.

- If you do not understand something, ask questions.
- Take notes
- Ask your doctor to draw pictures if that might help to explain something.
- At the end of your medical visit, ask for written instructions.
- Understand your diagnosis.
- Your diagnosis is what your doctor thinks is your medical problem. Here are some

questions you may want to ask about your health problem.

- What is the name of the condition?
- How do you spell it?
- Why do you think I have this health problem?
- What may have caused it?
- How long will it last?

Final thoughts:

- Keep your medical records up to date
- Be active in your medical care

If you need other ideas on how to improve communication with your physician, go to www.icaregiver.org.

Understanding Memory Disorders

What is Dementia?

Dementia is the loss of intellectual functions (such as thinking, remembering and reasoning) of sufficient severity to interfere with a person's daily functioning. It is not a disease in itself, but rather a group of symptoms, which may accompany certain diseases or physical conditions. The cause and rate of progression of dementias vary. Some of the more well-known diseases that produce dementia include Alzheimer's disease, multi-infarct dementia, Huntington's disease, Pick's Disease, Creutzfeldt-Jacob disease, and Parkinson's disease. Other conditions which may cause or mimic dementia include depression, brain tumors, nutritional deficiencies, head injuries, hydrocephalus, infections (AIDS, meningitis, syphilis), drug reactions, and thyroid problems. It is imperative that all persons experiencing memory deficits or

confusion undergo a thorough diagnostic workup. This requires examination by a physician experienced in the diagnosis of dementing disorders and detailed laboratory testing. The examination should include a re-evaluation of all medications. This process will help the patient obtain treatment for reversible conditions, aid the patient and family in planning future care, and provide important medical information for future generations.

Alzheimer's Disease

Alzheimer's disease is the most common of the dementing disorders, affecting as many as 4 million Americans. Alzheimer's disease is a progressive, degenerative disease that attacks the brain and results in impaired memory, thinking and behavior. Symptoms of Alzheimer's disease include a gradual memory loss, decline in ability to perform

routine tasks, disorientation in time and space, impairment of judgment, personality change, difficulty in learning, and loss of language and communication skills. As with all dementias, the rate of progression in Alzheimer's patients varies from case to case. From the onset of symptoms, the life span of an Alzheimer victim can range anywhere from 3 to 20 or more years. The disease eventually leaves its victims unable to care for themselves. While a definitive diagnosis of Alzheimer's disease is possible only through the examination of brain tissue, which is usually done at autopsy, it is important for a person suffering from any symptoms of dementia to undergo a thorough clinical examination.

An Alzheimer's Support Group is offered at Dorothy Love Retirement Community. Call Robin Schmit at 937-497-6544 for details.

Aquatic Therapy GROWING IN POPULARITY

Aquatic therapy continues to grow in popularity as a safe complement or alternative to traditional land-based therapy that is suitable for children and adults of all ages and fitness levels. The soothing properties of water appeal to those in search of treatment that can heal the body while improving rehabilitation timeframes, fitness levels or reducing overall stress levels.

What Is Aquatic Therapy?

Aquatic therapy is physical therapy that takes place in a pool or other aquatic environment under the supervision of a trained healthcare professional. Aquatic therapy is also known as water therapy, aquatic rehabilitation, aqua therapy, pool therapy, therapeutic aquatic exercise or hydrotherapy.

In the United States, those who can perform aquatic therapy are legally regulated medical professionals with

the correct scope of practice and the ability to use the American Medical Association (AMA) Current Procedural Terminology (CPT) codes. Aquatic therapy is considered an add-on certification for physical therapists and athletic trainers who often work closely with occupational therapists and exercise physiologists to develop a plan of care for each client.

Common goals of aqua therapy programs include:

- Improving flexibility
- Improving balance and coordination
- Building muscle strength and endurance
- Enhancing aerobic capacity
- Assisting with gait and locomotion
- Reducing stress and promoting relaxation

Aquatic therapy is different from aquatic exercise or aquatic fitness



because it is a physical medicine and rehabilitation specialty that requires

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***For information about our service
or to schedule a trip call:***

***492-6117 or our website
at www.sidneyoh.com***



Aquatic

From page 10

the involvement of a trained professional and is covered by many insurance providers due to the personalized nature of the treatment. Aquatic exercise does not need to be supervised by a trained professional. It is also not covered by insurance, and it often takes place in a group setting that includes multiple people with different levels of physical fitness.

Aquatic therapy should not be confused with adaptive aquatics, either. Adaptive aquatics is the process of teaching people with disabilities how to swim safely in the water. Aquatic therapy does not focus on teaching clients how to swim.

Water therapy services are generally offered in hospitals, sports medicine clinics and traditional outpatient rehabilitation centers. Senior living centers may also provide aquatic therapy services as a way to encourage their residents to maintain or improve fitness levels, balance and strength.

History of Aquatic Therapy

Water therapy has been used for thousands of years throughout the world. Consider the following examples:

Ancient Greeks and Romans bathed in hot springs to improve circulation and promote relaxation.

Hippocrates recommended bathing in spring water as a way to treat sickness.

Swiss monks were known to use thermal waters to treat sick or disabled people in their community.

Japanese hot springs, or onsens, are said to have medicinal effects that include healing chronic pain, treating skin problems, curing menstrual disorders and relieving constipation.

German physicians were firm believers in pediatric water therapy. Water birthing was very popular throughout Germany in the 1960s and 1970s.

Benefits of Aquatic Therapy

These are some of the ways that

water's natural properties create an ideal therapeutic environment:

Warm water provides a relaxing and soothing environment for aching joints and muscles.

Water's natural viscosity or resistance can be used for muscle strengthening and increasing rehabilitation progressions.

Buoyancy allows for flotation and reduces the effects of gravity on injured or aching joints and muscles.

Hydrostatic pressure supports and stabilizes the client, allowing people with balance deficits to perform exercises without a fear of falling, decreasing pain and improving cardiovascular return.

Turbulence and wave propagation let the therapist gently manipulate the client through the desired exercises.

The respiratory muscles are forced to work harder in the water, allowing for a natural strengthening that benefits the client long after the therapy session has ended.

Compared to other forms of physical therapy, aquatic therapy results in a higher client compliance rate and less pain throughout the recovery process. Opportunities to significantly minimize the pain a client experiences should be taken seriously because with less pain, a client can enjoy a higher quality of life.

Another important advantage of aquatic therapy is that it can often begin before land-based therapy. For athletes looking to get back into competition, or busy professionals who want to recover from surgery as quickly as possible, this makes a water-based program the natural choice.

To review the latest studies regarding the benefits of aquatic therapy, visit our Research page.

Conditions That Can Be Helped by Water Therapy

Water therapy may be helpful for clients suffering from the following conditions:

- Arthritis
- Arthroscopic surgery recovery
- Autism
- Balance disorders



- Bursitis
- Cerebral palsy
- Chronic pain
- Depression
- Idiopathic joint pain
- Joint reconstruction surgery recovery
- Joint replacement surgery recovery
- Lower back pain
- Osteoarthritis
- Orthopedic injuries
- Parkinson's disease
- Multiple sclerosis
- Rheumatoid arthritis
- Scoliosis
- Stress
- Spinal cord injury
- Sprains and strains
- Stroke
- Tendonitis
- Traumatic Brain Injury

People of all ages can enjoy water therapy benefits, including children with special needs and senior citizens. A trained therapist can create a session that takes into account any age-related physical limitations to promote a positive therapeutic experience.

Safety of Aquatic Exercise Programs

Even though aqua therapy typically takes place in a fairly shallow pool, it is not risk free. To provide a safe environment for clients, aquatic therapy practitioners should be trained in first aid, CPR, oxygen administration, automated external defibrillation, blood-borne pathogens and risk awareness (check local codes for actual requirements).

The suitability for aquatic therapy

Aquatic

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for a client should be decided on a case-by-case basis. Here are some situations where aqua therapy may not be an appropriate course of treatment:

- High fever
- Open wounds (unless covered with bio-occlusive dressing)
- Incontinence
- Uncontrolled seizure disorders
- COPD or other similar respiratory issues
- Currently taking medication that could alter cognition
- Client is currently pregnant and experiencing complications
- Chlorine or bromine allergy
- Serious fear of water
- Clients with Hepatitis A

Aqua Running

Also called deep-water running or

aqua jogging, aqua running is a form of running in water that uses a flotation belt to support the head and upper body above water while preserving “normal” biomechanics. This type of aquatic therapy allows clients to experience the benefits of performing rehabilitation protocols without impact on joints.

Aqua running in deep water or on an underwater treadmill is most commonly used to help speed the recovery of injured athletes or to improve the fitness of people who require a low-impact aerobic workout.

For overweight or obese people who are physically unable to run on dry land, aqua jogging is a very effective

weight loss technique. Since water is denser than air, aqua jogging burns more calories per minute than running on dry land. The pressure of the water also helps to allow the same intensity of exercise at a lower heart rate.

Aside from its use as a therapeutic technique, aqua running has a history of being a popular competitive sport. The Aqua Jogging World Championships are held each year in Finland and attract a large number of skilled athletes.

Treadmills for Underwater Running

Running provides an excellent cardiovascular workout, but can lead to joint damage. However, with an underwater treadmill, it's possible to enjoy all the benefits of running without the impact.

Underwater treadmills can be used to help athletes recover from injuries or to regain full-body motion after surgery. This is particularly useful if the athlete or patient is non or partial weight-bearing. High-end therapy pool models have resistance jets and adjustable speeds to allow for a gradual increase in workout intensity.

Benefits of using a treadmill as part of water therapy include:

- Promotes early range of motion
- Initiates gait training in a low-impact environment
- Duplicates land-based movement biomechanics to improve client's gait patterns more accurately than aqua jogging
- Improves cardiovascular stamina
- Impacts muscle strengthening
- Increases ability to perform a wide range of plyometrics
- Reduces blood pressure levels

- Decreases joint stiffness
- Offers the ability to perform exercises in multiple planes of motion

The newest models of therapy pools offer pinpoint temperature control and special massage hoses to target the specific muscles in need of treatment. A pool with underwater massage capabilities helps prevent lactic acid buildup, which reduces soreness and speeds recovery time. Massage can also provide an effective way to help people dealing with chronic pain.

Many therapy pools include stairs to promote safe accessibility for users with mobility issues. Therapists who frequently work with the elderly, small children or clients with serious injuries may utilize a pool with a moveable floor that makes it easier for clients to enter and exit the area.

Adjustable water depth controls, whether standard or as an optional therapy pool feature, benefit therapists by allowing for easy adjustments to pool water levels. This allows for a therapist to determine what percentage of the client's weight should be supported, creating a session that is tailored to the individual's abilities.

Underwater cameras are key features in effective aqua therapy pools, as they allow for therapists to monitor the client's form and progress from session to session or to make real-time adjustments. Clients can also use the cameras to provide an additional level of visual feedback as they work through a series of exercises.

For more information on Aquatic Therapy visit the Dorothy Love booth at the health fair.



Shelby County's Health And Awareness Fair

Please take this test form to the screening areas.

Welcome to the **2016** Health and Awareness Fair. This Health Fair is intended to help prevent illness and maintain your good health. It should never be considered a medical evaluation. It is recommended that you have a comprehensive medical examination by your physician annually.

The booth info is listed below:

<p>Booth #11 <i>Shelby County YMCA</i> Pre-Diabetes Assessment _____</p> <p>Booth #14 <i>New Vision Nursing & Home Care</i> BP, Glucose, Weight, OS/Pulse Rate _____</p> <p>Booth #25 <i>Wilson Hospital</i> Bone Density _____</p> <p>Booth #28 <i>Miracle Ear</i> Hearing Screening _____</p> <p>Booth #30 <i>Wilson Hospital</i> Lipid Profile & Glucose _____</p>	<p>Booth #36 <i>Tri County Board of Recovery & Mental Health Services</i> Mental Health Screening _____</p> <p>Booth #37 <i>Fresenius Medical Care</i> Blood Pressure _____</p> <p>Booth #38 <i>Sidney Chiropractic, Inc.</i> Posture Screening _____</p> <p><i>Medications</i> _____ _____ _____ _____ _____ _____ _____</p>
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Remember to visit the educational booths

Foods that help fight cancer

While no single food or ingredient can prevent people from getting cancer, research has shown a link between excess body fat and various cancers. A poor diet that's high in fat can contribute to excess body fat, which the American Institute for Cancer Research has linked to higher risks for developing cancers of the esophagus, pancreas, colon and rectum, and gallbladder, among others.

The AICR notes that research on foods that fight cancer is ongoing, but the following are some of the foods that can play a role in cancer prevention.

Apples

Apples are a good source of fiber, which can help men and women lower their cancer risk. Dietary fiber can increase feelings of fullness, which reduces the likelihood that people will overeat. Men and women who do not overeat are less likely to accumulate the excess body fat that increases their risk for various cancers. In addition, apples' dietary fiber contains pectin, a polysaccharide that bacteria in the stomach can use to produce compounds that protect colon cells.

Broccoli

Broccoli is a cruciferous vegetable, and nearly all cruciferous vegetables, which get their name because their four-petal flowers resemble a cross, or crucifer, are great sources of vitamin C. Broccoli also is a great source of the B vitamin folate as well as potassium. The AICR notes

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Make a difference without donating money

When making charitable donations, men and women may feel a financial gift is the most valuable contribution they can make. Though charities and nonprofit organizations will always rely on the financial generosity of donors, charitable men and women can donate without writing a check. The following are a few of the many ways to make a difference even if money is tight.

- **Donate blood.** Donating blood is a great way for men and women to make a difference in the lives of others. According to the American Red Cross, blood donors must be healthy, be at least 17 years old (some states allow 16-year-olds to donate blood with parental consent) and weigh at least 110 lbs. There may be additional weight requirements for certain donors, and the men and women taking blood donations will discuss prospective donors' health with them prior to drawing any blood. The advantage of donating blood is that donors can often do so several times per year.

- **Become an organ donor.** Organ donation is a selfless act that can save someone's life. When men and women pass away, their organs can often still be used to keep others alive. Carry an organ donor card with you in your wallet or purse and let your loved ones know that you have signed up to be an organ donor upon your death.

- **Foster parent a pet.** The economy and the housing market has been tough on families, and many have been forced to give up their pets when relocating from a home to an apartment. As a result, animal shelters

and nonprofit rescue organizations have been overwhelmed with house broken pets whose families could no longer keep them. Such organizations rely on pet foster parents to house, care for and feed the animals until they find permanent homes. Becoming a foster pet parent is a great way for men and women to help a nonprofit rescue organization in their communities.

- **Donate time.** Volunteering is another great way to make a difference without donating money. By donating time, people are helping an organization of their choosing keep its operating budget down so more of its resources can be used toward fulfilling the organization's mission statement. Rare is the charity that doesn't need volunteers, and many charitable organizations will even ask volunteers about their professions to determine if professional skills can be put to use while they're volunteering.

- **Clean out closets and the garage.** One of the easiest ways to make a difference is for individuals to clean out their closets and donate clothing and other items to a nearby Goodwill store. Anything from old neckties to appliances can be donated, and a person might even be able to reduce their annual tax bill when making certain donations. Goodwill stores don't simply give donations directly to the needy. In many instances, the stores sell the donations and use the money raised to support a host of charitable endeavors. So even items like an electric drill no longer being used or a microwave since replaced can make valuable donations.



STRENGTHENING OUR COMMUNITY

SIDNEY-SHELBY COUNTY YMCA

- New Functional Training Room & Spirit/Mind/Body Studio
- Group exercise classes free with membership
- FITQUEST powered by ActiveTrax
- 4 complimentary meetings with a wellness coach when you join
- Free WiFi
- Classes and Activities for all ages, infants through seniors
- Diabetes Prevention Program
- Upgrades to Youth Center
- Value-added benefits with family membership

Call or stop by to take a tour and learn more!

The Y movement is for youth development, healthy living and social responsibility. Now, full facility / full privilege YMCA members have the flexibility to use other Y facilities throughout Ohio, at no extra charge.

492-9134

SIDNEY-SHELBY COUNTY YMCA
300 E. Parkwood St.
Sidney, OH 45365
www.sidney-ymca.org
info@sidney-ymca.org



The YMCA is open to people of all ages, races, religions, incomes and abilities. Financial assistance is available for those who qualify.

Help

From page 15

that studies have shown folate helps to maintain healthy DNA and keep cancer-promoting genes inactive. But men and women should speak with their

physicians regarding how much folate to include in their diets, as animal studies have suggested that high amounts of folate may promote development of certain types of cancer, including colon cancer.

Cranberries

Like apples, cranberries are high in dietary fiber and vitamin C. Diets high

in foods containing vitamin C have been linked to a reduced risk for cancer of the esophagus. In addition, studies have shown that vitamin C protects cells' DNA by trapping free radicals, which can damage the body, and inhibiting the formation of substances called carcinogens, which are capable of causing cancer in living tissue.

Senior

From page 8

we also have Aqua Aerobics at the Sidney Pool.

We also offer quilting, crocheting, and knitting. Bingo and shuffleboard are scheduled on Mondays and Thursdays.

We also host six blood drives per year which includes a home cooked meal. Health luncheons are hosted by various agencies in our area. We have a carry in with entertainment once a month. The entrée is provided by Dorothy Love.

Like to dance? We host four dances a year which are open to the public.

Our facility has a computer lab, a lending library, and a hot nutritious lunch served by Fairhaven five days a week.

We have several fundraisers a year. Our annual spring card party is always in April. This year we will again have our Holiday Bazaar in late fall. There are always lots of vendors, homemade crafts and goodies galore.

As you can see, we offer programs that promote education, healthy living, recreation and socialization.

The Senior Center of Sidney-Shelby County's membership fees are only

\$28.00 per calendar year (\$33.00 if you live out of county). All of the activities listed above are included in the membership fee.

We are open Monday through Friday from 8 am to 6:30 pm. On Saturdays our hours are 8 am until 12 noon.

If you need a place to hold a banquet, seminar or other type of program, consider renting the Senior Center. We have several rental options from which to choose.

We are supported by the United Way, the City of Sidney, County Commissioners, grants, membership fees, and fund raisers.

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All Things Healthy



Join us for the All Things Healthy Series!

Strength and Stability at Home Monday, April 18 • 1 p.m.

Concept Rehab's VP of Business Development Kim Saylor, OTR/L, and Operations Manager Tracy Huff, MS, CCC-SLP, will share tips on living with arthritis.

How to Have an Effective Doctor's Appointment Thursday, May 19 • 1 p.m.

Dorothy Love's Medical Director Matthew Vasko, MD, will help you get more out of your doctor's visits by learning what information to take with you and what to expect.

Understanding Short Term Rehab Insurance Benefits Monday, June 20 • 1 p.m.

Having surgery and unsure of your insurance benefits? Admissions Case Manager Mary Moyer, RN, will clarify how insurance covers short term rehab, from Medicare and Medicare Advantage Plans to Employer Based Commercial Plans.

Myths and Misconceptions about Pain and Pain Medication Monday, July 18 • 1 p.m.

Director of Nursing Nyky Brewer, RN, BSN, and Rehab Unit Manager Christy Price, RN, will address pain medicine management and other pain management options.

Healthy Living in a Retirement Community Monday, August 15 • 1 p.m.

Executive Director Tricia Atwood will offer education on the healthy physical, emotional, spiritual and financial benefits of living in a retirement community. Hard hat tours will be available to view the addition of the Hydroworks Therapy Pool.

Dorothy Love

Retirement Community

Call **937.497.6543**
to reserve your space!



3003 West Cisco Road • Sidney, OH 45365 • dorothylove.org