

## The Senior Association Launches

### CLUB MEMORY

**O**n September 28, Marti Bailey, Director of the Sibley Senior Association and Community Health, hosted the first meeting of Club Memory, an informal organization geared to people in the early stages of memory loss and their caregivers and family. A group of five couples gathered at Sibley to hear Marti explain the concept of the club as a “safe” place where they can feel comfortable socializing and sharing information.

The idea for the group originated with Elise Schoux, attending with her husband, Bill, who was diagnosed with early dementia in 2009. (See story at right.) Club Memory is mainly a social gathering. The club does not provide medical advice, but brings in knowledgeable resources as speakers. Guest speakers have included Nancy Dezan, a nationally recognized authority on activities for those with memory issues; Sharon O’Connor, executive director of IONA’s day program; and Erin Brindle, art therapist at Sibley. “We have in mind a place where people can network, share resources—best support groups, best books, best sites, etc.—and most important, not feel so alone,” says Elise Schoux. “Or say you’re concerned about someone who isn’t ready to ask for information. You can come and ask questions.”

Members meet every second and fourth Wednesday of the month (except major holidays), and the club is free. Anyone with Mild Cognitive Impairment (MCI) or early stages of various types of dementia (Alzheimer’s, vascular dementia, frontal temporal dementia, or Parkinson’s disease) is welcome, as are their caregivers, family, and friends.

The group members look forward to bringing in others who are coping with the same issues. “The social element is critical,” reaffirmed Marti at the close of the first meeting. “Club Memory is about living well with what we’ve got. We can live in a big way and have fun together. This is our opportunity.”

*To learn the time and location of the next gathering, visit the Club Memory web page at [www.sibley.org](http://www.sibley.org).*

## Living Well with Memory Loss

**B**ILL SCHOUX’S JOURNEY into memory loss illustrates the unique difficulties of those who cope with an early onset of symptoms. His life is constricted in some ways, but he remains vital and determined to stay engaged in life as long as possible.



Bill and Elise Schoux

After several years of gradual memory loss, Bill, a former foreign service officer, was diagnosed in 2009 with early dementia, possibly of the Alzheimer’s type.

The progress of his disease so far has been slow—at least partly due, his wife Elise believes, to Bill’s strong spirit. His long-term memory is intact, and he’s as physically active as ever. He plays squash once or twice a week with a friend. He and Elise regularly swim and do yoga, and Bill sees a personal trainer. He also lunches with a friend at Grand Oaks once a week and attends the Friends Club in Bethesda twice a month. The couple often attends programs at the Kreeger Museum, which features a docent who gears art lectures specifically to people with declining cognitive abilities.

Still, the symptoms are encroaching. Bill takes Aricept and Namenda, the standard Alzheimer’s medications. Every six months he takes a mini-mental exam at Georgetown University Hospital’s memory disorders unit. In late 2010 his score dropped to much lower than it had been, and he was advised to stop driving. He still enjoys going to movies, but he forgets the plotlines the minute he leaves the theater. “My biggest frustration is when the words don’t come and I know I’m not getting my point across,” he says, and he wishes friends could be more patient. “I usually try to make a joke of it, but many people don’t want to talk about it.”

Elise admits it’s a difficult juggle. “Our whole world has been turned upside down, but there is a positive aspect,” she says. “This disease has brought Bill and me closer. You’d think it would be all about him, but he’s very loving and supportive to me, and that’s a good thing.”

In trying to educate themselves about the disease, the couple discovered that there isn’t much information on the early stages. One bright spot is the Alzheimer’s Reading Room website. “It has helped us so much, to know what it might be like later,” Elise says, “but we focus on one day at a time.” In fact, Bill didn’t feel he fit in when he attended a support group comprised of men with advanced Alzheimer’s. He and Elise believe that Club Memory, geared specifically to those in the early stages, will better suit their needs.

The idea for Club Memory originated with Elise. “The nature of early impairment is that you don’t need much medical care,” she says. “What you need is social interaction and peer support. Sometimes just being able to talk is helpful.” That need prompted Elise to approach her good friend Marti Bailey about creating a club modeled on the popular “memory cafés” in the United Kingdom—think a kind of medical Starbucks—where people with memory loss and their caregivers can drop in and ask questions of trained volunteers or health professionals.

“Every 70 seconds someone will be diagnosed with Alzheimer’s,” Elise points out. “You can’t sit and be depressed. Life goes on, and you have to figure out how to keep living. The person with dementia is still there. He doesn’t disappear. You just have to reach him in a different way.”

## Greetings, Dear Members!



My first day was the beginning of August, so as I write this, I already have a few months as Director of the Senior Association under my belt.

In that relatively short time I have learned and relearned a few things:

- Julie Potter has very big shoes to fill.
- The Senior Association has been ahead of its time in programming.
- I won't fully know my job until I've been here through all the seasons.

I have looked forward to the opportunity to meet you and have already made the acquaintance of more than a few of you. One of my initiatives is to learn from you what programming you would like from your Association. Would you consider being in a focus group?

On January 31, 2012, from 11:00 a.m. to 12:00 p.m., I will be hosting a focus group session in PDR 1 & 2. I'd like to do this once per quarter. If you are willing to serve, please call our office at 202-364-7602 and sign up for the first-quarter session.

We are all on a grand adventure regardless of our age. I'm happy to be on the journey with you—standing shoulder to shoulder.

Warmly,

Marti Bailey

### Reservations or Questions:

Register for programs on line at [www.sibley.org/community](http://www.sibley.org/community), call 202-364-7602, or use the registration form on page 11

Support groups are free, ongoing and open to new members at any time. Call the numbers listed for more information and registration.

#### Alzheimer's Support

First Wednesday of each month.  
7:30 – 9:00 p.m., Hayes Hall, Conference Room 1. Leaders: Debbie Ackerman, M.S.W., and Abby Levin. Registration required. Call 202-364-7602.

#### All About Arthritis: Arthritis Support

Quarterly meeting. 11:00 a.m. – 12:30 p.m., Private Dining Room 1. Wednesday, March 21. Arthritis Round Table with Dr. Litman. Call 202-364-7602 for information.

#### Bereavement Support for Widowed Persons

Widowed Person Outreach—*Helping and Healing* offers two support groups for people who have been widowed two years or less: an ongoing group at meets on the 2<sup>nd</sup> and 4<sup>th</sup> Wednesday of each month at Sibley Renaissance Building, and a 6-week program. Call 202-537-4942 for more information.

#### Diabetes Support Group

Thursday, March 22, 1:30 – 2:30 p.m., Renaissance Building Room 1. Call Rose Oshinsky, RN, CDE, Program Coordinator and Certified Diabetes Educator. 202-537-4145.

#### Defibrillator Support

For people with an ICD (implantable cardioverter defibrillator). Quarterly meetings with Janet Schoenheimer and Brian Lewis, M.D. Sunday, January 18, 4:30 – 6:00 p.m., Renaissance Building Room 2. To register, call 202-364-7602.

#### Lyme Disease Support

Meets first Sunday of each month from 2:00 – 4:00 p.m., starting in February. Group leaders: Monte Skall and Zena Wilder, R.N. February meeting, Medical Office Building, Conference Rooms 1, 2 & 3. March meeting in PDR 1 & 2. For more information, call National Capital Lyme Disease Association at 703-821-8833.

#### Challenges and Opportunities for Greater Understanding of Lyme Disease

**John Aucott, M.D.** will be speaking to the National Capital Area Lyme support group on February 5. Dr. Aucott is Instructor, Medicine, Johns Hopkins University School of Medicine, Thayer Firm Faculty, Department of Medicine, and Principal Investigator, *SLICE* Study.

*Sunday, February 5, 2:00 – 4:00 p.m., Medical Office Building, Conference Rooms*

#### Macular Degeneration Network and First Connection Resource Sharing Group

*First Connection:* For people who are newly diagnosed with macular degeneration (AMD) or other diseases of the retina. Family members and friends are welcome. Meets 30 minutes before the Network meeting.

*Network Meeting:* For those with vision loss due to eye disorders affecting central vision and other eye concerns.

- *Sunday, February 19, 2:00 p.m., Medical Building, Conference Room 1*
- *Sunday, March 18, 2:00 p.m., Medical Building, Conference Room 2.*

For further information and to register, call Janet Morrison at the Prevention of Blindness Society at 202-234-1010.

#### Parkinson's Disease & Movement Disorders Support

For those living with Parkinson's Disease and other movement disorders, their caregivers and family members. Second Thursday of each month except August and December, 3:00 – 4:15 p.m., Grand Oaks Assisted Living. Call 202-364-7602 for more information.

#### NEW! Club Memory

Club Memory is a supportive social group for people in early stage dementia and their caregivers or family. Meets second and fourth Wednesdays from 2-3:30 pm. Call 202-364-7602 for more information.

## Cancer Support

#### Short-Term Counseling for Cancer Patients

For individual cancer patients and their families at no cost. Call Beth K. Batdorf, LICSW, 202-243-2274, for an appointment.

#### Look Good...Feel Better

For women receiving cancer treatment. Learn how to look healthy and stylish. Meets every other month on Mondays, 11:00 a.m. - 1:00 p.m. Call Nancy Clifford, R.N., 202-537-4277 for location and registration.

#### Breast Cancer

Support services for breast cancer patients, survivors and families. Hayes Hall Conference Room 2.

- *Coping Skills Group*
- *After Treatment Transition*
- *Men's Support Group*
- *Partnering Program*

For information on times and dates, call Leslie Greenberg, R.N., 202-243-2320.

## CURRENT EVENTS CLASSES with Pamela Seaton

**The effects of the new healthcare law. Our national debt crisis. The emergence of China and threat of Iran.** With all that is going on in the world, it's hard to keep up. Yet the issues facing our country have an impact on each of us. Join former foreign service officer Pamela Seaton as she leads a series of 12 weekly classes on U.S. and world politics and policy. Every Tuesday, you'll hear Pamela's presentation on a critical topic, then have the opportunity to ask questions, discuss and share your opinions with others.

**Pamela Seaton** has enjoyed a broad-based career in international affairs. A graduate of Vassar College, with a B.A. in economics, she served as a Peace Corps volunteer in the small business program in Cali, Colombia. After the Peace Corps she earned an appointment with the U.S. Information Agency, where she worked on U.S. bilateral relations, eventually serving as a cultural affairs officer in Gabon and Morocco. Seaton also worked in the IT industry for 15 years as a UNIX system administrator and integrator at the Department of Labor, Department of Defense, the IRS, and for private companies, including Mobil Oil, AOL, Fannie Mae, and CORIO (Silicon Valley). Recently she has lectured on current events in world politics and economies. She has lived in Colombia, Kenya, Gabon, Morocco, Germany, Japan, and Turkey.

Register now to ensure your place in the classes. *Tuesdays, January 10 through March 27, starting at 2:00 p.m. in Renaissance Building, Room 2.*

Cost: \$60 for the series. For information, call 202-364-7602. See class schedule and topics below.

### SCHEDULE OF CLASSES

**WEEK 1:** Tuesday, January 10  
"The Fate of Greece and the EU"  
How the Greek government and various industries created the Greek financial crisis; the future of the European Union and its impact on the euro currency; the economic crises of Portugal, Ireland, Italy, Greece, and Spain. Handouts will be distributed.

**WEEK 2:** Tuesday, January 17  
"Round-Up of the 2012 Presidential Election"  
An examination of the GOP and Democratic candidates and their plans for addressing the debt and unemployment problems; an assessment of who can best serve the American people in the future and who will be the likely nominees. Handouts on candidate issue positions. Spokespersons will be invited from the DNC and RNC.

**WEEK 3:** Tuesday, January 24  
"The Future of Arab Societies After the Arab Spring Uprisings"  
The political and socioeconomic fallout; the effects of Arab youth, women, and Muslim sects on the changes taking place in the Arab nations; how Arab dictators such as Ghaddafi, Moubarak, Assad, and Saleh were exposed and deposed. Three short videos.

**WEEK 4:** Tuesday, January 31  
"Solving the U.S. Debt and Unemployment Problems"  
How the U.S. accumulated debt; who we really owe and how much; how to pay down the debt; government and private industry solutions to the unemployment problem. Handouts. Guest Speakers from the Bureau of Labor Statistics and/or Treasury Department.

**WEEK 5:** Tuesday, February 7  
"U.S.-Afghan Future Relations"  
Why we are in Afghanistan; how effective the U.S. troop surge of December 2009 has been. Do the U.S. and NATO truly have a viable mission for continuing military operations there? Can we militarily disengage? Handouts.

**WEEK 6:** Tuesday, February 14  
"The Emergence of BRICS in the Global Economy"  
The 5 emerging economies of Brazil, Russia, India, China, and South Africa (BRICS alliance) and their impact on the global economy. Handouts.

**WEEK 7:** Tuesday, February 21  
"Turkey and Beyond"  
Historical overview of the Ottoman Empire; the role of Turkish women at Topkapi and today's women; Turkey's political and economic upheaval periods; Turkey's role in the Middle East. Videos and handouts.

**WEEK 8:** Tuesday, February 28  
"The Future of the UN Vote on Statehood for Palestine"  
What is the potential of UN votes on the declaration of an independent Palestinian state and full Palestinian membership? How effective will the U.S. be in helping normalize relations between Israel and a new Palestine? Handouts and 3 short videos.

**WEEK 9:** Tuesday, March 6  
"U.S.-China Economic Competition in Africa"  
The U.S. and China are engaged in a cold conflict for the conquest of African oil and strategic minerals. An exploration of the use of U.S. military "hard" power versus China's "soft" power strategies and Africa's increasing power as "the last investment frontier." Videos and handouts.

**WEEK 10:** Tuesday, March 13  
"U.S.-Iran Nuclear Standoff and Their Current Relations"  
U.S. involvement in the Mossedegh downfall; the U.S. and the Shah's reign; what led up to the hostage crisis; current U.S.-Iran relations and who the front- and back-level stewards and stakeholders of the nuclear standoff crisis are. Videos and handouts.

**WEEK 11:** Tuesday, March 20  
"The Effects of the 2010 Healthcare Law on the General Population"  
How the 2010 healthcare law will affect retirees, Medicare and Medicaid, businesses, flexible accounts, and physicians; how state healthcare exchanges and the IRS will administer mandates of the law. *NOTE:* The constitutionality of the law will be finally decided by the Supreme Court justices in spring 2012. Summaries of the healthcare law.

**WEEK 12:** Tuesday, March 27  
"The Case for Renewable Energy and Green Environment"  
The pros and cons of renewable energy (solar, wind, geothermal) versus fossil fuels (oil, gas, and coal); an exploration of the upgrade of the power grid coupled with the use of smart grid and light rail systems. Short video and handouts. EPA (Environmental Protection Agency) spokesperson invited as a guest speaker.

### Guest Meals for Sibley Senior Association Members

Sibley Senior Association members are entitled to one free Guest Meal per hospitalization from "At Your Request" Room Service: a \$10 value. Pick up a Guest Meal pass in the Sibley Senior Association Office. Then call the "At Your Request" Room Service operator at Extension 3663 (FOOD) to order your meal. "At Your Request" is available 7 days a week, from 6:30 a.m. – 6:30 p.m. When your meal is delivered to your loved one's room, give the Host/Hostess your Guest Meal Pass.

## Stroke: What You Need to Know

Stroke is the third leading cause of death in America and results in more serious long-term disabilities than any other disease.



According to the National Stroke Association, nearly three-quarters of all strokes occur in people over the age of 65, and the risk of having a stroke more than doubles each decade after the age of 55.

### What is Stroke?

It occurs when a blocked artery or a ruptured blood vessel stops the blood supply to the brain and brain cells die due to lack of oxygen.

### Know the Signs. Act F.A.S.T.

**FACE:** Ask the person to smile. Does one side of the face droop?

**ARM:** Ask the person to raise both arms. Does one arm drift downward?

**SPEECH:** Ask the person to repeat a simple phrase. Is their speech slurred or strange?

**TIME:** If you observe any of these signs, call 911 immediately.

**Stroke is an emergency.** If you think you are having a stroke—or someone you know is having a stroke—call 911.

There are other possible signs and symptoms of stroke such as trouble walking, weakness or loss of balance, blurred or double vision, sudden severe headache, dizziness, nausea and vomiting. **Don't take a chance—call 911.**

### Treatment for Stroke

Fast diagnosis and treatment can make a difference. There are treatments available that reduce damage caused by stroke.

### For More Information

Learn more about stroke, including reducing risk, treatment and recovery, by contacting the National Stroke Association at 1-800-787-6537 or [www.stroke.org](http://www.stroke.org).

## A Special Series of Programs on Memory Loss, Dementia and Alzheimer's Disease

### Ten Warning Signs of Alzheimer's

The warning signs of Alzheimer's disease are often dismissed as side effects of normal aging. If you or someone you know is experiencing memory loss or behavioral changes, it's time to learn the facts. Early detection gives you a chance to begin drug therapy, enroll in clinical studies and plan for the future.

After a presentation, James Williams, M.D. will also be on hand to answer your questions about memory changes. Dr. Williams is a Board Certified Family Physician with a practice focused on older adults. Born in Annandale, Virginia, he trained at Georgetown and was in private practice for ten years with his father. He recently joined Johns Hopkins Community Physicians at Sibley. He lives in northwest DC with his wife, Jenny, and their four children.

*Thursday, January 26, 10:30 a.m. - 12:00 p.m., Medical Building, Conference Room 1.*

### The Basics of Alzheimer's and other Dementia

If you or someone you know is affected by Alzheimer's disease or dementia, it's time to learn the facts. Topics include:

- Symptoms and effects of Alzheimer's disease and other types of dementia
- How Alzheimer's affects the brain
- Causes and risk factors
- How to find out if it's Alzheimer's disease
- The benefits of early detection
- How to address a diagnosis of Alzheimer's disease
- Stages of the disease
- Treatment
- Hope for the future and ways you can help

*Thursday, February 2, 10:30 - 11:30 a.m., PDR 1 & 2.*

### For Caregivers: Living with Alzheimer's (3 two-hour sessions)

When someone is diagnosed with Alzheimer's, friends and family have many questions. What does the diagnosis mean? What kinds of plans need to be made? What resources are available to help? As the disease progresses, new questions reflect growing needs for skills, programs and services.

Hear from those directly affected and learn what you need to know, what you need to plan, and what you can do at each point along the way. Topics include:

- Developing a care team
- Legal and financial planning
- Coping strategies
- Care and treatment options
- Communicating and connecting
- Maximizing independence

Programs and topics are offered based on stage of the disease. Programs within each stage are sequential and should be taken in order. If you have questions about which sessions are right for you, please contact Marti Bailey at 202-364-7602.

*Join us for this series of programs that provide answers to the questions that arise in the early, middle and late stages of the disease.*

*All sessions held 10:30 a.m. - 12:30 p.m. in PDR 1 & 2.*

Session I: Thursday, February 9

Session II: Thursday February 16

Session III: Thursday, February 23

### For Those Living with Early Stage Alzheimer's (3 two-hour sessions)

The diagnosis of Alzheimer's disease is life-changing and leads to many questions. What will this mean for me and my family? How do I plan for the future? Where can I get the help I need?

Join us for this three-part program where you will hear from others who have been where you are. We will discuss what you need to know, what you need to plan, and what you can do as you navigate this chapter of your life. Topics include:

- Understanding Alzheimer's disease and memory loss
- Partnering with your medical team
- Effective communication and telling others about the diagnosis
- Coping with changes and making decisions
- Daily strategies and safety issues
- Opportunities for supporting research
- Resources for people with early-stage

*All sessions held 10:30 a.m. - 12:30 p.m. in PDR 1 & 2.*

Session I: Thursday, March 1

Session II: Thursday March 8

Session III: Thursday, March 15

**Medical Emergency: Are You Ready?**

In the era of patient-centered medicine, there is nothing more important than taking control of your own health. The best way to advocate for yourself is to know about yourself by creating your own health notebook. Dr. Amy Schiffman, a board-certified emergency physician turned house call doctor, knows what it takes to get the best medicine in today’s health environment and will show you how to organize your own medical records.

*Monday, January 30, 11:00 a.m. - 12:00 p.m., Medical Office Building, Conference Room 1.*

**Strategies to Maintain Good Bone Health**

More than 34 million Americans have either been diagnosed or are at risk for osteoporosis, a bone-thinning disease (National Osteoporosis Foundation). When weakened bones break, or fracture, they not only cause pain but can trigger other health problems, including a bone infection (also a risk for people with diabetes or poor circulation).

Yet bone disease is not an inevitable part of growing older. There are many ways to keep your bones healthy and strong—and effective treatments for bones already weakened.

Join Cathy Pulford, C.R.N.P. (nurse practitioner), who will explain how the appropriate lifestyle choices and treatments can strengthen your bones, reduce the risk of fracture, and protect your overall health.

*Wednesday, February 29, 1:00 -2:00 p.m., Renaissance Building, Room 2.*

**Choose Your Plate**

Join Jodie Hofacre, Sibley’s Outpatient Dietitian, to learn about the USDA’s guidelines for food selection using MyPlate, the new system for promoting healthy eating. MyPlate is easy to understand and helps to promote the most recent guidelines for healthy eating. Registration required.

*Thursday, February 16, 1:30 – 2:30 Hayes Hall, Conference Room 3*

**Save Your Back**

Eight out of ten people experience back pain at some point in their lives, (medlineplus.gov). Learn how you can maximize your back strengths and minimize your back pain with Chris Marrow, Physical Therapist.

*Tuesday, March 27, 10:30 – 11:30 a.m., Renaissance Building, Room 2.*

**Fall Prevention B.E.E. Safe**

Did you know that 1 in 3 people over 65 fall? And that if you have fallen once, it is likely that you will fall again (mayoclinic.org). There are many factors that contribute to falls. Whatever the reason, a physical therapist can help you to learn how to prevent them.

Chris Marrow, Physical Therapist, will talk about **Balance, Exercise and Environment** to help you prevent falls and **B.E.E. Safe**. A representative of **Link to Life** will also be on hand to answer questions about personal emergency response services.

*Tuesday, March 27, 3:30 – 5:00 p.m., Medical Office Building Conference R.oom 2.*

**Link to Life (CST – Critical Signal Technologies)**

**Link to Life** is a reasonably priced Personal Emergency Response System that calls for help when you need assistance and are alone. Subscribers have the reassurance they can get emergency help when they need it.

As a Sibley Senior Association member, you receive a discount on your monthly fee. Call the Link to Life office and a staff member will be happy to assist you: 202-537-4902.

**Free Health Screenings**

A screening is a short assessment to let you know if further evaluation is recommended. It is not a substitute for a comprehensive evaluation.

**Appointments are required. Call 202-364-7602.**

**Breast Health Screening for Women**

Ida Trice, NP, nurse practitioner, will provide a breast health exam and instructions on breast care. An appointment is required.

Call 202-364-7602.

*Friday, March 23, 12:00 – 2:00 p.m., Renaissance Building.*

**Fall Risk Assessment**

A physical therapist will evaluate your gait and balance to assess your risk for falls.

*Friday, March 30, 1:00 – 3:00 p.m., Renaissance Building, Room 2*

**Hearing Screening**

A hearing screener will administer an abbreviated hearing test to determine if you have a problem. This screening is not for people who already have hearing aids.

*January 12 and 26*

*February 9 and 23*

*March 6 and 22*

*1:30 p.m. - 3:30 p.m.,*

*Renaissance Building, Room 4*

**“We will open the book. Its pages are blank. We are going to put words on them ourselves. The book is called Opportunity, and its first chapter is New Year’s Day.”**

**–Edith Lovejoy Pierce**

**Reinventing Yourself for a Fulfilling Life**

Former telecom executive Marianne Becton will talk about her journey in moving to an entirely different career and how change has brought her fulfillment and joy. Registration required. Seating is limited.

*Wednesday, March 21, 2:00 - 3:00 p.m., Renaissance Building, Room 2*

## Classes - January through March 2012

**Special Promotion:**

*Invite a friend to a class.  
Your friend will exercise for  
free for one session!*

Classes will be meeting in several locations. Please read the class schedule carefully for locations. If in doubt, please call the SSA Office for directions.

- Palisades Community Church, Social Hall, 5200 Cathedral Avenue, NW
- Metropolitan Memorial United Methodist Church, Vestry, 3401 Nebraska Avenue, NW
- Ballet Petite, 4701 Sangamore Road, Bethesda, MD 20816
- Sibley Memorial Hospital, Renaissance Building

Payment must be received before the first day of class. Call to register for your desired class as soon as possible. No refunds after the first week of class. Make check payable to Sibley Hospital, and mail to the Sibley Senior Association. For more information, call the SSA Office at 202-364-7602. You can also register on line at [www.sibley.org](http://www.sibley.org).

**Exercise with Carolyn**

Wednesdays and Fridays, January 11 through March 16 (10 weeks), 10:00 – 11:00 a.m., Metropolitan Memorial United Methodist Church. \$90 for one day per week. \$170 for 2 days per week. Bring a mat.

**Strength and Balance with Tonya**

Tuesdays and Thursdays, January 10 through March 15 (10 weeks). 10:00 – 11:00 a.m., Metropolitan Memorial United Methodist Church. \$90 for one day per week, \$170 for 2 days per week. No mat work.

**Feldenkrais Awareness Through Movement**

Thursdays, January 12 through March 15, 11:00 a.m. to 12:00 p.m., Ballet Petite (note change in location) \$125

**Hatha Yoga with Jill and Shanthi**

Mondays and Wednesdays, January 9 through March 14 (10 weeks), 2:00 – 3:00 p.m., Palisades Community Church, \$125 for one day per week, \$250 for 2 days per week

**Beginning Tai Chi Chung with Jeffrey**

Wednesdays, January 11 through March 14 (10 weeks), 12:00 - 1:00 p.m., Ballet Petite. \$125

**Intermediate Tai Chi Chung with Jeffrey**

Tuesdays, January 10 through March 13 (10 weeks), 10:00 - 11:00 a.m., Ballet Petite. \$125

**Qigong with Jeffrey**

Tuesdays, January 10 through March 13, 11:00 a.m. - 12:00 p.m., Ballet Petite. \$125.

**Body Awakening with Jeffrey**

Wednesdays, January 11 through March 14 (10 weeks), 1:00 - 2:00 p.m., Ballet Petite. \$125.

*New Exercise Program for First Quarter:***Yoga Dance for Health**

This class offers you the following benefits: stress reduction, increase in confidence, release of negativity, gain in flexibility and coordination. You will have lots of fun while exercising!

Say hello to **Neva Ingalls**. Neva is a certified yoga therapist, ERYT 500, with Yoga Alliance and director of Inner Domain Yoga teacher training program, with experience spanning 30 years. Her unique background in classical dance, spiritual studies and yoga gave her the opportunity to be a leader in the yoga movement in the U.S. and abroad.



Tuesdays, 4:00 – 5:00 p.m., January 10 through March 20 (no class on 3/13), Renaissance Bldg., Room 1 for January 10, Renaissance Bldg., Room 2 for January 17 - March 20. \$150

## Exercise Programs Sponsored by the Sibley Center for Rehabilitative Services

## Aquatic Exercise

**Independent Walking Sessions**

Self-directed walk or exercise in the pool. For everyone.

**Post Rehabilitation Program**

Provides assistance, direction and strengthening. For people who have completed rehabilitation therapies.

**Low Intensity Water Aerobics**

Builds muscular strength and cardiovascular fitness with warm-up exercises, stretching and cool-down.

**High Intensity Water Aerobics**

More strenuous activity with cardiovascular and muscular benefits.

For aquatic exercise class schedule and fees, please call **Martha Butler, 202-243-5265**.



*Warm-water therapeutic pool.*

## Land Exercise

**Open Gym**

Supervised with a personal trainer (monthly fee).

**Private Training Sessions**

with personal trainer (8 sessions).

**Body Sculpting**

Strengthen, tone and change your body's appearance, with focused exercises.

**Maintenance Program**

Supervised with a personal trainer (monthly fee).

Call **Cleo Brown at 202-537-4574** for class schedule and fees.

## Celebrating 20 Years Together

On November 3, Mazza Gallerie hosted a reception marking the 20<sup>th</sup> anniversary of the inception of the Walking Club. Members of the Club (below, photographed at the event by award-winning Albert Mogzec) were treated to a delicious continental breakfast of coffee, juice and pastries compliments

of Mazza Gallerie, and our very own Walking Club leadership provided a number of great door prizes!

Come join the group on its next walk and meet new friends. The Walking Club is a free community service sponsored by Sibley Hospital and Mazza

Gallerie. The Club meets on Tuesdays and Thursdays, on the Concourse Level of the Gallerie, between 8:30 a.m. and 9:30 a.m. Members walk in a temperature-controlled, safe, and warm environment. Free blood pressure checks and free parking are also provided.



## Widowed Persons Outreach—Helping and Healing

Widowed Persons Outreach (WPO) is a free community service that has been providing bereavement help to newly widowed persons in our community since 1992. WPO has over 30 volunteers; men and women who have been widowed themselves, have taken our volunteer training and are now helping newly widowed people through their grief in a variety of ways including one-on-one help, support groups, social activities, educational events and a bimonthly newsletter. For information, call the WPO office at 202-537-4942.

*Widowed Persons Outreach – Helping and Healing is a free community service sponsored by Sibley Hospital and in partnership with IONA Senior Services, William Wendt Center for Loss and Healing, Capital Caring and Joseph Gawler’s Sons, Inc.*

### WPO Welcomes New Volunteers

If you have been widowed for over two years and would like to volunteer with WPO, call Marti Bailey at 202-364-7602. “We are always in need of volunteers – it is very rewarding,” says WPO volunteer Peg Masi. “Helping others in turn helps you. We all feel the need to repay the comfort and support we received when we needed it most.”

### Gourmet Club of WPO

The Gourmet Club meets every 4<sup>th</sup> Thursday at a different local restaurant each month. La Ferme, the Palm, and The Prime Rib are just a few of the restaurants we’ve visited. Any widowed person is welcome to attend. Call 202-537-4942 for more details.

Visit the blog [Cry, Laugh, Heal](http://crylaughheal.blogspot.com) at <http://crylaughheal.blogspot.com>.

## Start Your New Year Right: Volunteer at Sibley

*“The Old Year has gone....The New Year has taken possession of the clock of time. All hail the duties and possibilities of the coming 12 months!”*

- Edward Payson Powell

It’s nice to know that a happy side effect of the desire to make a positive difference in the lives of others is good for you too. Volunteers often comment that when they help others, they feel that they are also helping themselves. It makes them feel happier, inspired and connected.

So make 2012 a good year for yourself and others. To volunteer at Sibley, please call Marianne Monek, Director of Volunteer Service, at 202-537-4485.

## Parlez-vous Français?

Did you study French in high school or college and would you like to refresh your knowledge of French and enjoy the overall French cultural experience? This may be the class for you. You will expand your French vocabulary, share your French experiences, and understand the real meaning of joie de vivre. Studies show that learning a new language is good for our brains. Come and do your brain good. Elementary French language skills required.

Bernice Stavisky has taught diplomats for 25 years, lectured on France for Cunard and attended Ecole de Louvre in France. She has also lectured for the Flagler Museum in Palm Beach, Florida.

*Meet at noon on Mondays for one hour in Renaissance Building, Room 2. Five weeks starting January 23. Cost of materials is \$20.*

## AARP Driver Safety

The AARP Driver Safety Program is the nation's first and largest refresher course for drivers age 50 and older; it has helped millions of drivers remain safe on today's roads. Those who attend this two-day course at Sibley may also get a reduction in their auto insurance fee by taking the class.

Registration and attendance at both sessions is required. Please bring a pen or pencil to the class and arrive fifteen minutes early to register.

### First Quarter Schedule of Classes:

Session 1: January 13 & 16  
Session 2: February 17 & 20  
Session 3: March 23 & 26

**Cost:** \$12 for AARP members, \$14 for non-members, due the first day of class.

Make check payable to AARP. To receive the AARP rate, bring your membership card on first day of class.

**Location:** Renaissance Building, Room 2

**To register** call the Sibley Senior Association office at 202-364-7602.

You can take the class online, and also locate other classes in the area by going to [www.aarp.org/families/driver\\_safety](http://www.aarp.org/families/driver_safety). Or call 1-888-AARPNOW to locate a class near you.



## GRAND OAKS

### You're Invited to a Winter Open House

HAVE YOU BEEN TO GRAND OAKS LATELY?

Please join us for our Winter Open House on Thursday, February 16, 2012. Drop by anytime from 11:00 a.m. to 2:00 p.m. to see our fabulous new decor and renovations.



Enjoy a lunch buffet prepared for you by our highly acclaimed chefs. Meet our experienced management team to answer your questions about senior living in Washington. Experience why our residents love to call Grand Oaks home!

*For more information and to reserve your spot for lunch, please call Vanessa Spevacek at 202-349-3400.*

### Get Your Treasures Appraised!

Do you know what your antiques or collectibles are really worth? Bring up to three of your treasures for a professional appraisal by a representative from Adam A. Weschlers & Sons, Washington's esteemed auctioneers and appraisers.

Sitting times are limited, so schedule an appointment now! Each sitting is reserved with a \$15 donation to benefit the Sibley Senior Association.

*Saturday, March 10, 10:30 a.m. - 1:30 p.m.*

Grand Oaks Assisted Living, 5901 MacArthur Blvd., Washington, DC, NW (next door to Sibley Hospital)

**FOR AN APPOINTMENT:**

Call 202-345-3405 by March 7.

### Reservations or Questions:

Register for programs on line at [www.sibley.org/community](http://www.sibley.org/community), call 202-364-7602, or use the registration form on page 11



*Sponsored by the Avalon Theatre in partnership with Sibley Senior Association.*

Mark your calendar for the third Thursday of the month to see the Avalon Theatre's first-run feature film at a special discount. Meet friends, have breakfast or brunch before or after the movie and enjoy a morning of great entertainment.

Third Thursday of each month:  
January 19, February 16 and March 15  
Avalon Theatre, 5612 Connecticut Avenue NW, Washington, DC  
Showtime: 10:30 a.m.

Special reduced rate in January thanks to a sponsorship by Springhouse of Westwood and Springhouse of Bethesda.

Important: We know one or two weeks in advance what the movie will be for that month. On the registration page, let us know your email address and we will contact you as soon as we know the title of the movie.

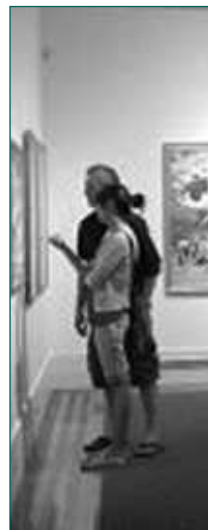
## Art Exhibit with Salon Eight January 2—March 31, 2012

**INTRODUCING SALON EIGHT:** Connie Boland, Emilie McBride, JoAnne Ramsey, Leigh Culver, Yoshimi Matsukata, Donna Sturm, Joan Kirk, Margitta Hanff Potts, and Rose Vera. Salon Eight is a group of artists who work primarily in transparent watercolor, but in other media as well, including oils, acrylics, pen & ink, pastels and collage.

Sibley will display a new collection of watercolor paintings by Salon Eight in the connector hallway between the main building and Hayes Hall during the first quarter of 2012.

All members of Salon Eight started seven years ago as a monthly meeting for critiquing each other's work and discussing other art-related issues, experiences and ideas. After several years, they decided to mount their own exhibits and have had group shows at The Arts Club of Washington in DC, and in the mansion at River Farm, the home of the American Horticulture Society in Alexandria, Virginia.

All members of Salon Eight are also members of the Potomac Valley Watercolorists, Inc., a regional juried arts organization. They are individually active and participate in art exhibits with other regional arts organizations, including the Washington Water Color Association, The Art League in Alexandria, VA, the Baltimore Watercolor Society, the Virginia Watercolor Society, the Southern Watercolor Society, the Rehoboth Art League and the Miniature Painters, Sculptors, and Gravers Society of Washington, D.C.



An artist's reception will be held on January 19, 2012, 5:00 - 8:00 p.m. in the Hayes Hall lobby. Please RSVP by calling the Sibley Senior Association office at 202-364-7602.

## Philadelphia International Flower Show

### Wednesday, March 7, 2012

Every year this world-famous gardening event showcases the exceptional talents of our premier gardening designers as they compete for top honors for their floral and plant exhibits.

The theme for 2012 is "Hawaii: Islands of Aloha." Come immerse yourself in the island's breathtaking landscape and peaceful spirit. You'll enjoy scenes of waterfalls, rainforests, a floral hula fest, a romantic beach wedding, a rock garden, and much more. You can also shop for gardening items and cut flowers at onsite vendors.

#### Contact

Kim Grizzle at Eyre Tour and Travel for trip availability and to make your reservation: 1-800-321-3973, extension 3224.



#### Itinerary

8:00 a.m. Depart Sibley  
11:00 a.m. Arrive at the Philadelphia Convention Center for the International Flower Show's "Hawaii: Islands of Aloha" exhibits. Free time to enjoy the Show and lunch on your own.  
4:00 p.m. Depart for home.  
7:30 p.m. Arrive back at Sibley.

#### Important

Times are approximate and subject to change depending on traffic patterns, weather conditions, time required to be admitted, and time of the conclusion of an attraction.

#### Cost

\$79 per person, based on a minimum of 35 attendees. Includes ticket to the show, tolls, taxes, and all gratuities.

## BOOK MARKS

**LOVE TO READ?** Join us for a lively discussion of everything from biographies to memoirs to novels, both current and classic. The group meets on the second Tuesday of each month, 1:30 - 2:30 p.m., in Private Dining Room 1. All are welcome. Bring your ideas for titles you're eager to read or classics you'd like to revisit.

### January

#### *Have a Little Faith: A True Story* by Mitch Albom

The author of the acclaimed *Tuesdays With Morrie* writes with compassion and humor about two clergymen—an ailing elderly rabbi from Albom's home synagogue and an African-American pastor of a church ministering to Detroit's homeless population—and conveys their inspiring messages of faith. The rabbi has asked Albom to write his eulogy, and the request sends the author on his own spiritual journey.

### February

#### *Ellen and Edith: Woodrow Wilson's First Ladies* by Kristie Miller

Miller draws on newly available material to offer a rich, complex portrait of President Wilson's wives, who were strikingly different from each other. Ellen Axson Wilson, quiet and intellectual, died after just a year and a half in the White House but is thought to have had a significant influence on the institution of the first lady. Second wife, Edith Bolling Wilson, was flamboyant and confident but left a legacy of controversy as a woman who overstepped her role by hiding her husband's serious illness to keep him in office.

(This book is part of the *Modern First Ladies* series.)

### March

#### *Cleopatra: A Life* by Stacy Schiff

If you think you already know who Cleopatra was, think again. In this nonfiction page turner, Pulitzer Prize-winning Schiff offers a fascinating new interpretation of the life of one of history's most intriguing women. According to Schiff, Cleopatra was a shrewd political and military leader rather than a beautiful femme fatale. The book dispels sexist distortions and offers up historical facts that are even more fascinating than the myths. All the more reason why Cleopatra and Egyptian history will never go out of style.

## Meet the Authors: Book Signings at Sibley



**Pat McNeese** will discuss her coauthored book *My Words Are Going to Linger: The Art of Personal History*. Pat, who teaches at The Writer's Center in Bethesda, believes that everyone has a story to tell. She will discuss how you can capture the essence of your life or family history, find your own "voice," and reap the therapeutic benefits of a life review. Registration required. Seating is limited.

**TUESDAY, JANUARY 24, 2:00 – 3:30 p.m.,**  
Medical Office Building, Conference Room 1



**Kristie Miller** will discuss her biography *Ellen and Edith: Woodrow Wilson's First Ladies*. The author offers a fascinating, complex portrait of President Wilson's two wives. Miller exposes the truth about the influence of both women. Registration required. Seating is limited.

**TUESDAY, FEBRUARY 14, 2:00 – 3:00 p.m.,**  
Medical Office Building, Conference Room 1

Join **Buzz Duncan**, *certified fitness trainer at Sibley and author*, for a book-signing and discussion of how to set realistic goals and maintain motivation. Buzz specializes



in developing fitness programs that meet an individual's specific needs, whether it's general fitness or post-surgery rehab. He will demonstrate some of the activities in his programs and conduct a question-and-answer session. Grandparents especially will want to hear about *Jacob's ABC's of Exercise*, his book promoting children's fitness and self-esteem.

**MONDAY, MARCH 26, 2:00 – 3:00 p.m.,**  
Main Building, Private Dining Rooms 1&2

## The Joys of Container Gardening

Gardening not only nurtures the soul, it can be good for your health. It's also a great way to create shared experiences and memories with others, especially young grandchildren. More than 80 percent of U.S. households age 55 and over engage in one or more types of gardening, according to a National Gardening Association survey.

Sadly, older adults are often forced to give up this simple pleasure because of illness or conditions of aging, or when they live in an apartment or assisted living community. Container gardening offers a way around these barriers because it requires a minimum of physical exertion and only limited space.



Lift yourself out of the winter doldrums and learn how to care for your own container garden in a workshop lead by Patty Maroon, president of Home Instead Senior Care, and expert indoor/outdoor gardener. Patty will offer gardening tips, demonstrate a fun, easy project, and provide the materials necessary for you to plant your own garden onsite. You may even win a door prize: a set of gardening tools and gloves will be presented to the winner of a free drawing.



The first 25 people to register will receive free admission and a gift (from Home Instead); thereafter the cost will be \$5 per person.

**January 20, 2:00 - 3:30 p.m., Medical Building, Conference Room 1**

## Take Control of Your Care

Perhaps the most important legal documents you'll prepare are those that provide guidance to those you love in the event of your incapacity.

Smart planning will afford you and your family the assurance that your wishes will be honored and carried out effectively. But traditional estate planning has been superseded by a broader vision: Life Care Planning and management (LCPM). LCPM brings a holistic approach to the many decisions people must make about living wills, probate, asset protection, trusts, assisted-living admissions, and guardianships and conservatorships.

Bring your questions and hear elder-law attorney Robert S. Bullock, Esq., of The Elder & Disability Law Center explain how to successfully navigate the challenges of disability planning.

*Wednesday, February 21, 2:00 p.m., Medical Building, Conference Room 1*

## FRAUD PREVENTION: Don't Be A Victim!

Did you know that con artists steal \$2.6 billion a year from older adults? Scammers particularly like to target this population segment because older consumers are more likely to be financially stable, own their own homes, and have excellent credit. Learn how to identify scams and avoid being ripped off.

Detective Miguel Montanez of the Washington, DC, police department fraud unit will offer tips on how to protect yourself from bank fraud, identity theft, telephone and email scams, lottery and gambling scams, bogus check book and credit card offers, and other exploitations. *(Source: Consumerist.com)*

*Tuesday, March 13, 2:00 p.m., Renaissance Building, Room 2*

Sibley welcomes Arlene A. Snyder, who has been named the new president



of Sibley Memorial Hospital Foundation. "Sibley is an essential hospital for a very important community in our nation's capital," says Snyder. She

was attracted to the position at Sibley because of the plans for growth and change being implemented by the hospital and board leadership.

Sibley looks forward to Arlene's experienced leadership to grow our philanthropy and meet the opportunities for innovation and expansion that are in our future.

"There is no doubt that Sibley's campus development and the integration with Johns Hopkins will result in Sibley's patients benefiting from cutting-edge science and state-of-the-art facilities," says Snyder. "I look forward to being part of such an important transformation that will touch the lives of so many."

Arlene Snyder is a certified fund-raising executive and holds a master's degree from the University of Pittsburgh. She and her husband live in the District.

## Registration Form

### Registration is required for all programs.

To register, check the class or program you want. Mail this form to the Sibley Senior Association Office, 5255 Loughboro Road, NW, Washington, DC 20016. For those programs with a fee, please make check payable to Sibley Memorial Hospital, unless otherwise noted.

### Register early.

Mail this registration form or call us at 202-364-7602. We sometimes need to reschedule a lecture or cancel a program. If you are registered, we will be able to contact you to let you know about the change. Register online at [www.sibley.org/community](http://www.sibley.org/community) or email [SibleySenior@Sibley.org](mailto:SibleySenior@Sibley.org).

Name \_\_\_\_\_

Address \_\_\_\_\_

Email \_\_\_\_\_

Phone ( ) \_\_\_\_\_

#### Programs:

- Bone Health . . . . . free
- Book Marks . . . . . free
- Container Gardening . . . . . free/\$5
- Control Your Care . . . . . free
- Fall Prevention . . . . . free
- Fraud Prevention . . . . . free
- Medical Emergency . . . . . free
- Parlez-vous Francois . . . . . \$20
- Reinventing Yourself . . . . . free
- Save Your Back . . . . . free

#### Screenings:

For a screening appointment (Breast Health, Fall Risk or Hearing), call the SSA office.

#### Classes:

- AARP Driver Safety . . . . . \$12/14  
Make checks payable to AARP on first day of class.
- Current Events . . . . . \$60
- Memory Loss Series . . . . . free
  - The Basics
  - For Caregivers
  - Early Stage Alzheimer's

#### Exercise & Fitness:

- Feldenkrais® Awareness through Movement . . . . . \$125

- Exercise with Carolyn
  - One day . . . . . \$ 90
  - Two days . . . . . \$ 170
- Hatha Yoga with Jill and Shanthi
  - One day . . . . . \$ 125
  - Two days . . . . . \$ 250
- Strength and Balance with Tonya
  - One day . . . . . \$ 90
  - Two days . . . . . \$ 170
- Body Awakening . . . . . \$ 125
- Qigong . . . . . \$ 125
- Tai Chi Chung . . . . . \$ 125
  - Beginning  Intermediate
- Yoga Dance for Health . . . . . \$ 150

# First Quarter Calendar 2012

## Monday, January 9

- Hatha Yoga begins
- Book Marks

## Tuesday, January 10

- Current Events Class
- Yoga Dance begins
- Strength and Balance begins
- Intermediate Tai Chi Chung begins
- Qigong begins

## Wednesday, January 11

- Exercise with Carolyn begins
- Beginning Tai Chi Chung begins
- Body Awakening begins

## Thursday, January 12

- Hearing Screening
- Awareness Through Movement begins

## Friday, January 13

- AARP Driver Safety, Session 1 begins

## Tuesday, January 17

- Current Events Class

## Thursday, January 19

- Senior Cinema Thursday
- Art Exhibit Reception

## Friday, January 20

- Container Gardening

## Monday, January 23

- Parlez-vous Français begins

## Tuesday, January 24

- Meet the Author: Book Signing
- Current Events Class

## Thursday, January 26

- Hearing Screening
- Warning Signes of Alzheimer's

## Monday, January 30

- Medical Emergency

## Tuesday, January 31

- Current Events Class

## Thursday, February 2

- Basics of Alzheimer's

## Tuesday, February 7

- Current Events Class

## Thursday, February 9

- Living with Alzheimer's, Session I
- Hearing Screening

## Tuesday, February 14

- Book Marks
- Meet the Author: Book Signing
- Current Events Class

## Thursday, February 16

- Living with Alzheimer's, Session II
- Grand Oaks Open House
- Senior Cinema Thursday
- Choose Your Plate

## Friday, February 17

- AARP Driver Safety, Session 2 begins

## Tuesday, February 21

- Take Control of Your Care
- Current Events Class

## Thursday, February 23

- Living with Alzheimer's, Session III
- Hearing Screening

## Tuesday, February 28

- Current Events Class

## Wednesday, February 29

- Good Bone Health

## Thursday, March 1

- Early-Stage Alzheimer's, Session I

## Tuesday, March 6

- Current Events Class
- Hearing Screening

## Wednesday, March 7

- Philadelphia Flower Show

## Thursday, March 8

- Early-Stage Alzheimer's, Session II

## Saturday, March 10

- Treasures Appraised

## Tuesday, March 13

- Book Marks
- Fraud Prevention
- Current Events Class

## Thursday, March 15

- Senior Cinema Thursday
- Early-Stage Alzheimer's III

## Tuesday, March 20

- Current Events Class

## Wednesday, March 21

- Reinventing Yourself

## Thursday, March 22

- Hearing Screening

## Friday, March 23

- Breast Health Screening
- AARP Driver Safety, Session 3 begins

## Monday, March 26

- Meet the Author: Book Signing

## Tuesday, March 27

- Current Events Class
- Save Your Back
- Fall Prevention

## Monday, March 30

- Fall Risk Assessment



5255 Loughboro Road, N.W.  
Washington, D.C. 20016

Non Profit Org.  
U S Postage  
PAID  
Sibley Memorial  
Hospital

## Sibley Senior

Published quarterly for members of the Sibley Senior Association.

Editor  
Marti Bailey

Contributing Writer  
Diane Brown

Photographer  
Brian Shirley

Layout  
Dorothy J. Hunt

## Membership Services

- 50% parking discount for new members
- Periodic health screenings
- Free Blood Pressure Checks  
Monday - Friday, 10 a.m. to 12 noon
- Exercise Classes
- Day Trips
- Talks on Current Health Topics
- Pharmacy Hotline
- Support Groups

## Services when hospitalized at Sibley:

- TV Discount
- Complimentary Guest Meal
- 10% Gift Shop/Gift Cart Discounts

## Important Phone Numbers

- Breast Center  
202-537-4545
- General Information  
202-537-4000
- Link To Life  
202-537-4902
- Sibley Senior Association  
202-364-7602
- Volunteer Services  
202-537-4485
- Widowed Persons Outreach  
202-537-4942