

City Passport – Woodbury?

The City of Woodbury has formed a task force to help them become a more senior-friendly city. In March 2006, the City of Woodbury contacted HealthEast[®] Passport and visited City Passport in Downtown Saint Paul. They were very impressed by the facility and all of the activities that are provided for members. A report was submitted to the Woodbury City Council. The Council recommended “continuing discussions with HealthEast to explore the possibility of working to develop a City Passport Center somewhere in Woodbury.” After several meetings, HealthEast and the City of Woodbury have sent out letters to developers requesting space for the center.

This would be an extension of the Passport Program. All aspects of HealthEast Passport and the downtown site would remain the same. We will keep you informed about the progress being made to accomplish this exciting addition.

St. John’s courtesy shuttle

St. John’s Hospital has started a parking shuttle service from the northeast parking lot (Lot B) to the main entrance. The Courtesy Van shuttle service, which is staffed by volunteers, is available weekdays from 9 am to 5 pm. Hours may vary. Please check the Courtesy Van service indicator light/sign on the campus service garage in the northeast corner of Lot B or check at the main entrance front desk. If you’d like to become a volunteer driver, please call Mary Kay at **651-232-7035**.

Senior wellness fair

Join us for a senior wellness fair on Friday, October 20, 2006.
Place: Gladstone Senior Center, 1945 Manton Street, Maplewood
Time: 8 to 11:30 am
Blood pressure checks, diabetes screenings, vision checks and bone density screenings will be available. Flu shots will be given from 8:30 to 11:30 am.



Notes from the Passport program

Renee

Nancy

Jeanne

What you should know about mumps

Iowa is experiencing a mumps outbreak with more than 500 cases, and Minnesota has confirmed seven cases to date in 2006. While the outbreak in Iowa is primarily in college students, the Minnesota cases have been in all age groups (one to 72 years).

Description

Mumps is an acute viral illness caused by the mumps virus.

Symptoms

Fever, headache, muscle aches, tiredness and loss of appetite, followed by swelling of the salivary glands. The parotid salivary glands (which are located near the jaw line below the ears) are most frequently affected.

Complications

Severe complications are rare but mumps can cause:

- Inflammation of the brain and/or tissue covering the brain
- Inflammation of the testicles
- Inflammation of the ovaries and/or the breasts
- Deafness, usually permanent

Transmission

The mumps virus replicates in the upper respiratory tract and is spread through direct or indirect contact with respiratory secretions, saliva secretions and cough droplets. The time that an infected person can transmit mumps to a non-infected person is three days before symptoms appear to about nine days after the onset of symptoms. The incubation time, which is the period from when a person is exposed to the virus to the onset of any symptoms, is from 16 to 18 days.

Prevention

Data shows that the effectiveness of the measles-mumps-rubella (MMR) vaccine is approximately 80 percent after one dose, and some data suggests that it might be 90 percent after two doses. Some points to note about the MMR vaccine are as follows:

- Evidence of mumps immunity includes physician diagnosis or laboratory evidence of mumps infection, birth before 1957 or one dose of MMR vaccine.
- Although birth before 1957 is usually considered as proof of immunity it does not guarantee mumps immunity. In an outbreak, vaccinating people born before 1957 with one dose of MMR should be considered if the epidemiology of the outbreak suggests increased risk in this age group.
- MMR is usually safe for most elderly persons.
- MMR has not been shown to be effective in post-exposure and an interval of two to four weeks may be required for the immunity to develop after vaccine administration.

Control of mumps outbreak

Surveillance for mumps has been heightened in the state of Minnesota and all persons with suspected mumps are being tested and reported to public health officials.

The following are some of the specific measures:

- Persons suspected of having mumps should be isolated for nine days after onset of symptoms.
- Talk to your healthcare provider to be evaluated for mumps immune status based on age, disease or vaccination history.

How to get more information

Check with your healthcare provider to make sure you and your family have been fully vaccinated. The vaccine is safe. Before the vaccine was available, almost every person got mumps. Today, in communities where vaccination rates are high, the number of people getting mumps is very low. For those who get mumps, serious complications are rare.



*Rahul Koranne, MD, FACP
Internal Medicine and Geriatrics
HealthEast Maplewood Clinic
651-232-7800*

Parkinson's Disease

It is estimated that up to 1.5 million Americans (including one of every 100 persons over the age of 60) is affected by Parkinson's disease. Parkinson's disease affects both men and women in almost equal numbers. It shows no social, ethnic, economic or geographic boundaries. In the United States, it is estimated that 60,000 new cases are diagnosed each year. While the condition usually develops after the age of 65, 15 percent of those diagnosed are under 50.

Loss of dopamine production in the brain causes the primary symptoms of Parkinson's disease. The signs and symptoms are:

- Tremors (shaking)
- Rigidity (stiffness)
- Stiff facial expression
- Shuffling walk
- Depression
- Slowness of movement
- Difficulty with balance
- Small, cramped handwriting
- Muffled speech

The process of making a diagnosis of Parkinson's disease can be difficult. A physician arrives at the diagnosis only after a thorough examination. Blood tests and brain scans known as magnetic resonance imaging (MRI) may be performed to rule out other conditions that have similar symptoms, however an x-ray or blood test cannot confirm a diagnosis of Parkinson's disease. People suspected of having Parkinson's disease should consider seeking the care of a neurologist who specializes in Parkinson's disease.

There are a number of medicines that help to ease the symptoms and may even slow the progression of Parkinson's disease. Most symptoms are caused by the lack of dopamine. The medicines most commonly used will attempt to either replace or mimic dopamine, which improves the tremor, rigidity and slowness associated with Parkinson disease.

In addition to prescriptions, physical, occupational and speech therapies are important components of a comprehensive treatment and management program for people with Parkinson's Disease. Physical therapists work to improve walking, balance and endurance, and will design an exercise program to enhance mobility. Occupational therapists help maximize self-care, independence, work and leisure interests and daily tasks. Speech pathologists improve voice volume, speech clarity and swallowing function.

Parkinson's Disease affects everyone in the family. Support groups are an important way to share information and provide mutual support. The Parkinson's Education and Support Group meets the second Tuesday of every month from

10 am to noon in the Board Room at Bethesda Hospital (559 Capital Blvd, St. Paul).

A diagnosis of Parkinson's can be very frightening, however while there is no cure, progressive treatments allow many patients to maintain a high level of function throughout their life.

At the Capistrant Parkinson's Center, (located at Bethesda Hospital) neurologists and therapists specializing in the disease coordinate treatment. For more information call the Capistrant Parkinson's Center at **651-232-2098**.

Out of the mouths of babes

What is the right age to get married?

Twenty-three is the best age because you know the person FOREVER by then.

— Camille, age 10

What do you think your mom and dad have in common?

Both don't want any more kids.

— Lori, age 8

What do most people do on a date?

Dates are for having fun, and people should use them to get to know each other. Even boys have something to say if you listen long enough.

— Lynnette, age 8

On the first date, they just tell each other lies and that usually gets them interested enough to go for a second date.

— Martin, age 10

Is it better to be single or married?

It's better for girls to be single but not for boys. Boys need someone to clean up after them.

— Anita, age 9

“It’s what I would have wanted”

Using health care directives to plan for incapacity

Medical treatment and end-of-life decisions usually are private matters handled peacefully within a family. However, highly publicized and politicized cases exposed us to the anguish, frustration and conflict families sometimes face when a person’s wishes concerning his or her health care and treatment are not documented. As a result, many of us recognize the importance of having a written health care directive in place in the event of our incapacity. Because executing a health care directive involves considering some difficult issues, some of us may be deferring the task to a later date. Unfortunately, we cannot predict when we may have waited too long. This article answers some fundamental questions about health care directives in Minnesota.

What is a health care directive?

A health care directive is a written document in which you can appoint a health care agent to make health care decisions for you, convey health care instructions relating to your health care, or both. A health care agent is an individual at least 18 years old who is legally authorized to make health care decisions for you when you lack decision-making capacity. Health care instructions are your values, preferences and directions about health care that guide your health care providers, health care agent, family members and others assisting in your care. A health care directive is not a will and it does not pertain to money or property. A health

care directive becomes effective when your attending physician determines you lack decision-making capacity unless the directive provides otherwise.

What should be in a health care directive?

There is no required form of health care directive, and the contents of a health care directive will be unique to each individual. The Minnesota legislature provides a suggested form of health care directive, and it can be adapted to fit your needs or used as a guide in developing your own health care directive. Regardless of the form you use, to be legally valid in Minnesota, a health care directive must include the following six elements: it must

- (1) Be in writing
- (2) Be dated
- (3) State your name
- (4) Include a health care instruction, a health care power of attorney (which appoints a health care agent) or both
- (5) Be signed by you
- (6) Contain a verification of your signature either by two witnesses or a notary public.

A health care agent appointed in the health care directive cannot act as a witness or notary public when you execute the health care directive.

You are not required to appoint a health care agent in a health care directive, but if you don’t, you must provide some health care instructions in order for the directive to be valid. Even if you do appoint a health care agent, it will be very helpful for your agent and health care providers if you give some health care instructions. The instructions you give should help others understand your health care goals and concerns, and convey what you want and do not want. For example, your health care instructions could provide your preferences about specific medical treatments such as the use of a ventilator or a feeding tube, convey your thoughts on the most important things for others to consider when making decisions for you, and give your wishes on organ and tissue donation.

Who should be my health care agent?

You may appoint one or more persons to be your health care agent. If you do, you should select a person or persons that you trust, who can make difficult decisions, even under stress, and who will advocate for and carry out your wishes even if those wishes are different from the agent’s own. Before appointing a health care agent, you should talk to the person to be sure he or she is willing to serve as your health care

agent and understands your wishes or health care instructions. If you decide to appoint more than one health care agent, you must decide whether the agents will be required to act jointly and what should be done if the agents do not agree. A health care agent cannot be one of your health care providers unless this person is related to you by blood, marriage, domestic partnership or adoption, or unless you specify reasons for naming the health care provider as your agent. Unless you provide otherwise, your health care agent will have the power to make health care decisions for you, choose your health care providers, choose where you live and receive care when those decisions relate to your health care, and review your medical records and authorize the release of your medical records to others.

Can I change or revoke my health care directive?

As long as you have capacity to do so, you can revoke all or part of a health care directive at any time by destroying the health care directive with the intent to revoke it, by executing a written and dated statement expressing your intent to revoke it, by verbally expressing your intent to revoke the directive in the presence of two witnesses, or by executing a subsequent health care directive. It is a good idea to re-evaluate your health care directive from time to time, especially when there are changes in your health. If you execute a new health care directive that is inconsistent with a previous directive, the newer directive will control.

What about the Five Wishes or a living will?

The Five Wishes is another form of health care directive that can be used to appoint a health care agent and/or give health care instructions. As long as the Five Wishes form contains the six required elements given above, it is valid in Minnesota. A living will is a written document that contains preferences or instructions regarding health care, but it generally is effective only when your condition is terminal. If you executed a living will before August 1, 1998, it is still valid in Minnesota. The validity of a living will executed on or after August 1, 1998, will be determined in accordance with Minnesota's health care directive law, which means the living will generally must meet the six elements for a legally valid health care directive.

What if I have executed a health care directive in another state?

A health care directive or similar document executed in another state is valid in Minnesota if it meets the six elements for a legally valid health care directive and complies with the laws of the state in which it is executed. A health care directive that complies with Minnesota law and is executed in

Minnesota may be effective in other states. However, if you live in Minnesota and another state part of the time, you may want to complete a health care directive in that state even if Minnesota's form is valid there, since health care providers in that state may not be familiar with Minnesota's form.

Where should I keep my health care directive?

You should give a copy of your health care directive to your health care providers to put in your medical record, your health care agent (if you have appointed one), and your family members or close friends. Do not keep your health care directive in a safe deposit box or other place where it will not be readily available. Always keep track of who has copies of your health care directive in case you revoke or change it.

Although creating a health care directive involves thinking about some difficult issues, it is the best way to ensure your wishes about your health care are known and followed by family, friends, health care providers and others. A health care directive can give your health care providers and loved ones comfort that the health care decisions made for you were the ones you would have wanted.

*Nancy J. Berry
Moore Costello & Hart, P.L.L.P.*

Defensive driving

Passport sponsors the National Safety Council's Defensive Driving Courses. Both the eight hour introductory course and the four hour refresher course fulfill Minnesota requirements for persons 55 and over to receive a 10 percent discount on their auto insurance.

Four-hour refresher classes

Monday, September 25, 2006
5 to 9 pm, St. John's Hospital
Rooms 4 and 5

Thursday, November 9, 2006
11 am to 3 pm, Woodwinds Health
Campus, Auditorium A

Saturday, December 16, 2006
10 am to 2 pm, St. John's Hospital,
Rooms 4 and 5

Tuesday, January 9, 2007
10 am to 2 pm, Midway Conley Room

Thursday, January 18, 2007
11 am to 3 pm, Woodwinds Health
Campus, Auditorium A

Eight-hour classes

Saturday, December 2, 2006
5 to 9 pm, Woodwinds Health Campus
Auditorium A

Pre-registration and payment is necessary.

The fee is \$15 per person/Passport members
and \$20 per person/non-members.

You may register by phone if using your
Visa or Master Card. Call **651-232-2400**.

To register by mail, send the registration
form on the back page and a check to:
HealthEast Passport • 380 Jackson St.,
Suite 230 • St. Paul, MN 55101

Cancellation Policy: Refunds will be
made if our office receives a cancellation
notification 48 hours before the class date.

Confirmation letters will be sent.

Sleep apnea

Awareness of sleep apnea has grown tremendously in just the past five to 10 years. Although discussing sleep problems is not necessarily common, many people in our lives have had a sleep study done or at least know several people who have sleep problems. Both primary care physicians and the population in general are becoming more aware of sleep apnea and sleep problems in general.

Sleep apnea is any restriction in the upper airway that produces difficulty with proper airflow. Snoring is one symptom of sleep apnea, however there are other symptoms including witnessed pauses in ones breathing, waking with gasping, choking or shortness of breath, significant daytime sleepiness and fatigue as well as hypertension. Sleep apnea is strongly tied to several factors including age and weight gain. These factors are coupled with the structure of the upper airway to lead to sleep apnea.

The two most common presenting complaints in the clinic for persons with sleep apnea are snoring (noted by someone around the person) and daytime fatigue/sleepiness. The most common diagnostic strategy is the overnight sleep study. However, in the past year, home sleep apnea testing has become more common under some circumstances. When someone is diagnosed with sleep apnea, treatment options vary and are based on the severity of sleep apnea. Treatment might include a trial on continuous positive airway pressure (CPAP), use of a mandibular advancement device (mouth guard), weight loss, upper airway surgery or simply learning to sleep on your side and avoiding sleeping on your back. This is something that can be decided only through discussion with the sleep doctor. The sleep doctor meets with patients immediately after their sleep study to provide results and discuss treatment options. Nurse practitioners, expertly trained in sleep medicine, also work with patients extensively throughout the assessment and follow-up process. In addition, there are a group of highly trained technicians that assist patients with problems that might arise while attempting CPAP or discussing other treatment options.

Individuals should not be hesitant about the evaluation process. There are effective treatment options for most sleep related problems today and hence patients can often see a significant improvement in their quality of life.

HealthEast® Care System has two sleep laboratories for assessment of sleep difficulties; the main laboratory at St. Joseph's Hospital and another laboratory at Woodwinds Hospital. For more information call HealthEast® Sleep Care at **651-726-0399**

*Donald R. Townsend, PhD, LP
Diplomate, American Board of Sleep Medicine*

Computer classes

PC Basics: Introduction to Microsoft Windows-based Computers. Learn which cords plug in where, turning on the PC, opening programs and files, using the mouse, and how to make sense of all the things it can do.

One 2-hour session – no prerequisites. \$10
 Tuesday, September 26 10 am to noon

Word Processing: Learn to create, save and print documents. Learn how to make text bold, underline, cut, copy, paste, and more, using Microsoft Word.

Two 2-hour sessions - prerequisites-experience with MS Windows-based PCs. \$20

Part 1 Tuesday, September 26 1 to 3 pm
 Part 2 Tuesday, October 3 1 to 3 pm

Are Computers For Me? Do you have questions or anxieties about using a computer? Gain basic knowledge and practice on a computer. Previous computer skills not necessary. \$10

Tuesday, October 10 10 to 11:30 am

Ten Great Websites: Visit some very useful sites for seniors – plan a bus trip, reserve a library book, get a map to a restaurant, and more. - prerequisites-experience with MS Windows-based PCs. \$10

Tuesday, October 10 1 to 3 pm

Wander the Web: Learn how to search the web to find almost any piece of information. Resolving difficulties you may have searching the Internet.

One 2-hour session - prerequisites-experience with MS Windows-based PCs. \$10

Tuesday, October 17 10am to noon

E-mail: Learn e-mail features and how to send e-mail to friends and family. Prerequisites-

experience with MS Windows-based PCs. \$10
 Tuesday, October 24 1 to 3 pm

Digital Photography AND Processing

Photos On Your PC: Download photos from your camera and improve them on your PC; learn the elements of good photography. Students' pictures will be shown and enhanced in each class.

Prerequisites – experience with MS Windows-based PCs and your digital camera. \$40 for the series

Part 1 Tuesday, October 31 1 to 3 pm

Part 2 Tuesday, November 7 1 to 3 pm

Part 3 Tuesday, November 14 1 to 3 pm

Part 4 Tuesday, November 21 1 to 3 pm

Buying and Selling On EBay:

EBay,® an electronic auction site, is one of the most frequently visited websites on the Internet. Learn how to gain access to this site and the procedures for bidding or listing items. One 2-hour session - prerequisites-e-mail address, credit card, and experience with MS Windows-based PCs. \$10

Tuesday, November 28 10 am – noon
 or 1 to 3 pm

Protecting Your PC: Learn about basic computer protection against viruses, worms, and spy programs. Find out whose computers are in danger, what viruses, worms, hoaxes, spy programs are, and how to install and use protective software. One 2-hour session. Prerequisites – experience with MS Windows-based PCs. \$10

Tuesday, December 5 1 to 3 pm

Spread sheets: Learn to create spreadsheets, use formulas, create multi-page files using Microsoft Excel: two 2-hour sessions. Prerequisites –

experience with MS Windows-based PCs. \$20

Part 1 Tuesday, December 12 1 to 3 pm

Part 2 Tuesday, December 19 1 to 3 pm

You may register by phone if using your Visa or Master Card. Call **651-232-2400**.

To register by mail, send the registration form on the back page and a check to:
 HealthEast Passport • 380 Jackson St. • Suite 230 • St. Paul, MN 55101

Seminars and services

Beyond Finances – Supercharging your Retirement Plans.

Two unique retirement workshops offer an opportunity to explore different aspects of retirement. Each workshop will be held at Woodwinds Health Campus.

The “New Retirement” The Power of the Aging Brain, Opportunities, Choices (For those approaching traditional retirement years or currently retired).

9 am to 4:30 pm
Saturday, September 9 or
October 21, 2006

Success depends on how one manages the whole retirement transition: emotional, psychological, physical, mental, spiritual, as well as financial. Recent research on the aging brain and health benefits point to the need for meaningful work and life with passion in retirement. This interactive workshop provides discussion, personal reflection, worksheets and tools to support planning for and moving successfully through the retirement transition.

“Just when the caterpillar thought the world was over, it became a butterfly!”

Cost: \$130, Passport members \$115, includes class workbook, *Retire Smart, Retire Happy* by Nancy K. Schlossberg, Ed.D., and *Start Where You Are* by Ruth Hayden. Morning and afternoon refreshments provided. Lunch is available at the Woodwinds cafeteria.

“In-Sync or Out-of-Sync” – Relationship Changes in Retirement. For couples and families with a retiring spouse, partner, parent.

9 am to 4:30 pm
Saturday, September 16 or
October 28, 2006

The retirement of one person in the family has a profound effect on others, especially a spouse. Retirement can force changes in many family relationships, for better or for worse. A husband retires from a job, but his wife still follows the same routine of her life. Adult children may have unrealistic expectations. Understanding the transition stages of the retirement process and how to communicate about the personal and couple challenges of each stage is the important work of this workshop.

“For better or for worse, but not for lunch.”

Cost: \$130 per individual, Passport members \$115, includes class workbook, *Retire Smart, Retire Happy* by Nancy K. Schlossberg, Ed.D., and *Start Where You Are* by Ruth Hayden. Couples: Add \$75 for an accompanying spouse. Morning and afternoon refreshments provided. Lunch available at the Woodwinds cafeteria

Workshop facilitator: Robert Riesett, adult development and counseling specialist, Georgetown University and the University of Maryland; international business consultant and educator.

Registration:

Call HealthEast Passport at **651-232-2400** (Visa, Mastercard). Workshop content questions can be directed to Bob Riesett, 651-225-1227.

Health Insurance Counselors (free assistance)

Medicare enrollees and their caregivers can consult with state certified health insurance counselors every 3rd Thursday from 10 am to noon at City Passport (380 Jackson Street, Suite 230).

Health Insurance Counselors provide:

- Information and assistance about Medicare, Medical Assistance, Medicare Supplemental insurance, Medicare HMOs, prescription drug programs, long term care insurance and other related programs.

- One-on-one counseling sessions to evaluate and compare medical and Medicare prescription drug plans and options.
- Assistance in organizing medical bills, filing and sending claims for review, coverage determination and appeals and forms assistance. Please call City Passport at 651-232-1301 to schedule an appointment.

Back Pain — What to Do When It Hits

Back pain — from acute to chronic, is the second highest cause for a doctor's visit. Come whether you have back pain or not, to learn the first rule of back care — the neutral spine. Also, if you suffer from back pain, receive a brief (approximately 10 minutes) assessment to determine what program would be most appropriate to help resolve it. Instructors are from HealthEast Optimum Rehabilitation. Held at City Passport, Wednesday, October 4, 2006 from 10 am to noon. Please call HealthEast Passport at **651-232-2400** to register.

How What You Eat Affects Your Spine

Medical research continues to prove how vital good nutrition can help prevent or reduce the severity of a number of chronic diseases. Come to this seminar to learn how your diet affects the health of your back. Discover how excess weight affects the spine, and how important drinking plenty of water is for healthy discs or post-surgical healing in this highly informative seminar by a physical therapist from HealthEast Optimum Rehabilitation and LIFEBACK spine rehabilitation program. Held at St. John's Hospital, Watson Education Center room 3, from 10 am to noon on Wednesday, October 18, 2006. Please call HealthEast Passport at **651-232-2400** to register.

Saint Paul Art Crawl

Friday, October 13 to Sunday, October 15

City Passport will be participating in the Saint Paul Art Crawl. Come to the center and see the work of Passport members. Refreshments will be available. Pre-party on Friday, August 12, 1 to 4 pm.

Newborn Hats

Since the knitting group started a year ago they have made more than 600 hats for newborns in the hospital. Every newborn hat is like a child, unique, special, loved and one of a kind.

If you like to knit, and would like to make these hats, but you don't want to drive to City Passport, you can call the Passport office for the pattern and take the completed hats to St. John's Hospital, St. Joseph's Hospital or Woodwinds Health Campus. Please put them in a bag and include your name and that you are a Passport member. Thank you for sharing your talent with others.

Fall into Fitness at the



September 9 and 10

(Stay Young! – Celebrate “55 and better”)

- Free grandparent with paying child admission, September 9 and 10
- Show your HeathEast Passport card for a 25 percent discount on admission through September 30
- Discounted offer for seniors during September at Call of the Wild Café, Gift Store, Monorail, and the Great Clips IMAX Theatre
- Animal Olympics activity

September 16 and 17 (Stay Fit!)

- KARE 11 “Summer of Fitness Walk” – Saturday, September 16, 9:30 am start
- Animal Aerobics activity

September 23 and 24 (Stay Healthy!)

- Trail Mix activity
- Health Fair

Flashing lights

You may have noticed a small, white light on top of traffic lights at intersections.

This is an emergency safety system called Opticom. It was developed in St. Paul at 3M over 25 years ago.

When an emergency vehicle is coming, it sends a signal to a receiver that will turn the traffic light green in the direction of the emergency vehicle.

The small, white light turns solid in the direction of the emergency vehicle and it flashes in all other directions.

The flashing light warns you that an emergency vehicle is coming.

Calendar of events

Refer to the registration form for pick-up information.

- Please register early. Trips have limited space available.
- If registering for more than one person, include all names, addresses and telephone numbers.
- Confirmations are mailed shortly before the event. You will be notified if the event is full.
- All participants must be HealthEast Passport members. Anyone 50 or over is welcome to call the HealthEast Passport office to register for membership.
- To speak to a HealthEast Passport staff member, call 651-232-2400.
- Telephone reservations for trips are not accepted unless paying by Visa or MasterCard.
- Your payment secures your reservation.
- Refunds can be given for cancellations received up to 10 days before the trip.

Andiamo Boat Cruise \$37 **Wednesday, September 20**

Join us for a cruise and lunch on the St. Croix River. The view is forever changing, although always beautiful. Fee includes coach bus, cruise, lunch and gratuity.

Barefoot in The Park - Fanny Hill \$53 **Thursday, October 5**

Call Passport at 232-2400 for tickets

Winona, MN \$38

Wednesday, November 8 or Thursday, November 16

Travel along the Mississippi and explore Winona. Our day will include the Watkins Museum and gift store, stained glass studio tour, a breath-taking view (weather permitting) from atop Garvin Heights, and other highlights of this island city. Fee includes tours, guide, transportation and lunch.

U of M Marching Band Concert \$59 **Northrop Auditorium**

Sunday, December 3

"Rah, Rah, Rah for Ski-U-Mah!!" Everyone raved about this "always sold out" concert last year, so we called early to get great seats again this year! The talent and enthusiasm of these young performers will make everyone feel young. Following the concert, we will have dinner at the Embassy Suites in St. Paul. Please indicate menu selection. Fee includes concert, dinner, transportation and gratuities.

Irving Berlin's White Christmas \$89 **Ordway Center** **No transportation, \$76** **Sunday, December 10**

The classic holiday tradition, White Christmas, comes to the stage, as a brand new Irving Berlin musical. This is the story of two showbiz buddies putting on a show in a Vermont inn, and finding their perfect mates in the bargain. During the run of White Christmas, Rice Park will become a sparkling winter wonderland with breathtaking decorations including life-sized snow globes. We will tour Rice Park before the performance. Fee includes transportation, performance, Rice Park and gratuity.

Grease – Chanhassen Dinner Theatre \$60 **Saturday, January 27**

Grease, the 1950's Rock 'n' Roll musical will be a nostalgic day of well-greased hair and side-burns, jukebox jingles and bobby-socks. Join the whole gang at Rydell High for an affectionate satire of high school life in the 50's. Fee includes lunch, performance, transportation and gratuities.

Sociale and Al Baker's - Eagan \$48 **Wednesdays, February 21 or 28**

Sociale is a new "make and take" cooking club, the latest concept in eating. During our tour, we will be served appetizers while we watch their clients make their meals, which they take home and freeze. We will have an opportunity to shop in their gift shop. Each Passport member will leave with a frozen entrée for two. Fee includes transportation, lunch, tour, appetizers and frozen meals.

Orphan Train – History Theatre \$53 **Thursday, March 15**

Shipped to the Midwest from New York City slums, over 200,000 children were put up for adoption. From 1854 to 1929, children were placed on trains with a change of clothes and a Bible. This musical shares their story. Fee includes play, lunch at the Cherokee Sirloin Room, transportation and gratuities.

Registration form for HealthEast Passport events

Please send registration form and a separate check (if applicable) for each event to:

HealthEast Passport, 380 Jackson Street, Suite 230, St. Paul, MN 55101. Telephone reservations for trips and classes are not accepted unless paying by Visa or Mastercard. Your payment reserves your reservation. All participants must be Passport members. Anyone 50 years or better may call the Passport office at 651-232-2400 to register for a free membership. Confirmation letters are sent seven to 10 days before each event. Refunds will be given for cancellations received 10 days or more before each trip, unless otherwise noted.

Member name _____

Address _____ Phone # _____

Please indicate how many will be attending each event.

Andiamo Boat Cruise **Sept. 20** **\$37**

I will leave from:

- Woodwinds Health Campus 10:30 am to 2:30 pm
- St. John's Hospital 10:50 am to 2:15 pm
- Bethesda Hospital 10:20 am to 2:45 pm
- Downtown St Paul 10:30 am to 2:50 pm

Winona, MN **Nov. 8** **\$38**

I will leave from:

- Woodwinds Health Campus 7:50 am to 5:15 pm
- Bethesda Hospital 7:30 am to 5:30 pm
- Downtown St Paul 7:25 am to 5:35 pm

Menu selection:

- Cheeseburger/Fries Soup and Salad
- Grilled Chicken Sandwich/Fries

Winona, MN **Nov. 16** **\$38**

I will leave from:

- St. John's Hospital 7:30 am to 5:30 pm
- Bethesda Hospital 7:50 am to 5:10 pm

Menu selection:

- Cheeseburger/Fries Soup and Salad
- Grilled Chicken Sandwich/Fries

Marching Band Concert **Dec. 3** **\$59**

I will leave from:

- Woodwinds Health Campus 2 to 8 pm
- St John's Hospital 2 to 8 pm
- Bethesda Hospital 2:15 to 7:30 pm
- Downtown St Paul 2:15 to 7:30 pm

Menu selection:

- Breaded Pecan Walleye Lemon Chicken Breast
- Roasted Pork Loin

Irving Berlin's
White Christmas **Dec. 10** **\$89**

I will leave from:

- Woodwinds Health Campus 12:40 to 5 pm
- St. John's Hospital 12:40 to 5 pm
- Bethesda Hospital 1 to 4:45 pm
- No transportation \$76.00

Grease **Jan. 27** **\$60**

I will leave from:

- Woodwinds Health Campus 9:50 am to 5:15 pm
- St John's Hospital 9:50 am to 5:15 pm
- Bethesda Hospital 10:15 am to 5:00 pm
- Downtown St. Paul 10:30 am to 2:50 pm

Sociale **Feb. 21** **\$48**

I will leave from:

- St. John's Hospital 11:20 am to 3:10 pm
- Bethesda Hospital 11 am to 3:30 pm

Menu selection:

- Steak sandwich Hot turkey sandwich
- Chicken Caesar salad

Sociale **Feb. 28** **\$48**

I will leave from:

- Woodwinds Health Campus 10:50 am to 3:40 pm
- Bethesda Hospital 11:10 am to 3:20 pm
- Downtown St. Paul 11:20 am to 3:10 pm

Menu selection:

- Steak sandwich Hot turkey sandwich
- Chicken Caesar salad

Orphan Train **Mar. 15** **\$53**

I will leave from:

- Woodwinds Health Campus 9 am to 3:10 pm
- St. John's Hospital 9:10 am to 3:10 pm
- Bethesda Hospital 9:30 am to 2:50 pm
- Downtown St. Paul 9:40 am to 2:45 pm

Class registration form

Pre-registration and payment is necessary. To register using your Visa or Master Card call 651-232-2400. To register by mail, complete the form below and send to: HealthEast Passport, 380 Jackson St., Suite 230, St. Paul, MN 55101. Please include your driver's license number for Defensive Driving classes.

Name _____ Driver's license# _____

Address _____

City _____ Zip _____ Phone _____

Class _____ Date/Time _____ Location _____ Fee _____

Name _____ Driver's license# _____

Address _____

City _____ Zip _____ Phone _____

Class _____ Date/Time _____ Location _____ Fee _____

Total _____



Passion for Caring and Service

For more information on additional HealthEast services:

www.healtheast.org | 651-326-CARE (2273) | 651-326-JOBS (5627)

726-0778 8/06



HealthEast Passport
380 Jackson St. Suite 230
St. Paul, MN 55101

Address Service Requested

NON-PROFIT ORG.
U.S. POSTAGE PAID
ST. PAUL, MN
PERMIT NO 4360