

Thank you for your generous donations

This Advisor is larger than ever before because of the tremendous support you have shown. More than 1,200 members responded to the donation letter that was sent out in December 2005. We were amazed at the number of contributions and wonderful notes. One hundred percent of the funds collected support the Passport program. We appreciate hearing from you and we will use your dollars wisely.

If you are a brand new member or did not receive an envelope and would like to support the Passport program an envelope is included in this issue.

Thank you again for your support and have a safe and wonderful summer!

Picnic in the Park

Join us on Friday, July 28 for an old fashioned Picnic in the Park. Mears Park (between Wacouta and Sibley) will be transformed into a back yard with games, entertainment, grilling and fun. Summer fare will be served. The fun starts at 10:30 am. The cost is \$3. Registration is required. Call the Passport program at **651-232-2400** to register.

Correction

In the last Advisor it stated that more than 3,000 visits to City Passport had been recorded. The correct number is over 10,000 visits since opening in February, 2005. City Passport records between 800 – 1,000 visits every month.



Notes from the Passport program

Renee

Nancy

Jeanne

The Gift You Leave Behind

Thursday, May 18, 6:00 pm at City Passport. (Metered parking is free after 4:30 pm.) Join us for an informative discussion regarding estate planning basics and advanced healthcare directives.

Learn about:

- If a charitable gift is best for you

- The many tax benefits

- Tools to help

- A wide variety of other topics

If you are unable to come to the seminar and are interested in the information, you can go on-line to www.healtheast.org/foundation. This link serves as a resource of information on charitable donations and planned giving. Or call Angela Garrett, Director of Development at **651-232-5028**.

Osteoporosis: The Silent Disease

Osteoporosis is a common disease

characterized by bone thinning. More than 8 million women and 2 million men over age 50 are affected by osteoporosis, predisposing them to an increased risk of having a fracture. We develop our maximum bone mass and bone density by age 30, and after that there is a slow loss of bone. Whether or not we will develop osteoporosis depends on a number of factors – some of which we have control over and some that we do not. These risk factors increase an individual's risk for osteoporosis: being a postmenopausal female, thinness, low calcium intake, inadequate vitamin D from sunlight and/or diet, tobacco use, certain medications (for example, prednisone/cortisone, thyroid replacement, anti-seizure medications, cancer treatments), certain diseases (for example, rheumatoid arthritis, liver disease, kidney disease or kidney stones, diabetes, inflammatory bowel disease) and a family history of osteoporosis. The most important risk factor for a fracture is having had a prior fracture, so the goal is to prevent the first fracture.

Fractures occur most commonly in the forearm, vertebrae (spine) and hip. Forearm fractures tend to occur in younger adults, with midlife adults at risk for silent vertebral fractures that cause progressive loss of height and forward bending of the spine, and older adults being particularly at risk for hip fractures. By the time a fracture has occurred there has often been silent osteoporosis for a long time.

We are fortunate because we can identify an individual's risk for having a fracture with a simple bone density test using a DXA (pronounced DEXA) machine. This is a simple, painless test that uses

minimal radiation (about one-tenth that of a chest x-ray) and can be done in about ten minutes. DXA is the most accurate way to know if you have osteoporosis and to know your risk for a future fracture. At HealthEast Osteoporosis Care you can have a simple bone density test performed and evaluated in conjunction with your other risk factors for osteoporosis. A formal report of your scan will be sent to your primary physician and a report can be sent directly to you as well. We also have physicians available for consultation about osteoporosis if your healthcare provider recommends that.

To minimize your risk of osteoporosis and fracture you can assure an adequate intake of calcium (at least 1200mg of calcium including your diet, multivitamin and supplement) and especially vitamin D (at least 800 units a day) and avoid tobacco products. It is also very helpful to perform regular strengthening exercises and balance training. Walking is especially good for osteoporosis and working to maintain a strong back and good posture will help to prevent vertebral fractures and forward curvature of the spine called kyphosis.

For many adults a preventive or treatment medication may also be recommended. We are fortunate to have an increasing number of medication choices that can be used, and it is important that your treatment, if advised, be individualized for you.

If you would like more information about osteoporosis or to schedule a bone density test with DXA, call **651-232-0656**.

Christine Simonelli, MD

Grow with Joe's

Spring greetings! If you live or work downtown - or if you have visited our campus in the last couple of months - you have probably noticed a lot of excitement and activity at St. Joseph's Hospital.

St. Joseph's is undergoing a major expansion and renovation project. Once it's completed, in 2008, you'll find a 21st century, state-of-the-art health care facility featuring a new, five-story patient tower that includes:

- All private rooms to ensure patient comfort and confidentiality
- Centralized heart care and neuroscience centers
- An expanded emergency department
- An outpatient imaging and surgery center

We will continue to provide the compassionate, personalized treatment you've come to expect from St. Joseph's, but with easier access to a variety of services and programs ranging from acute care hospitalization to long-term chronic disease management. Helpful signage, coupled with assistance from our front-line staff members and volunteers, will guide you to your destination.

What have we accomplished so far?

- We opened a new helipad in December 2005 to offer neurovascular and heart patients from the five-state area even faster access to our latest technology and skilled, sub-specialty physicians.
- Contractors planted the building footers for the new five-story patient tower in February 2006 and will continue to make necessary preparations for this future building.
- A site blessing led by Archbishop Harry Flynn and attended by capital campaign donors and supporters/friends of St. Joseph's Hospital was held on Sunday, March 19.
- We moved the MRI from the lobby floor to the Radiology Department on the 1st floor. Simply get on the JGM elevators and push "1".

If you'd like to learn more about the St. Joseph's expansion, call St. Joseph's Hospital Administration at **651-232-3122** or visit our web site, **www.stjosephstpaul.org**.

Women's Care and Wellness Journey

Whether seeking counseling after a breast cancer diagnosis or learning about heart disease, every year thousands of women turn to HealthEast for quality women's health care services. Women's Care services is a way to connect all the programs and specialty services that St. John's Hospital has always provided, along with some new additions and ideas. This creates a convenient and personalized health care service for women. St. John's recently combined many familiar programs, such as the Breast Care Center, Women's HeartAdvantage and the Women's Wellness Journey.

The Women's Wellness Journey consists of gathering data from personal and family history, lifestyle choices, and results from health screens to identify personal risk factors for major diseases. Then we use this information to establish personalized health goals, establish a step by step plan to help meet those goals and improve health. "There are many things women can do themselves to improve their health now, to decrease their risks of developing health issues in the future," said program coordinator, Selina Blatz. The Wellness Journey program also works hand in hand with your primary physician. A report is sent after the initial appointment, and when the patient returns to their primary provider, they are better informed and prepared for that visit. The cost includes a face to face interview, health screenings, personalized wellness plan, follow-up calls, and more. For information about The Woman's Wellness Journey, or about Woman's Care services, call Selina Blatz, CNP at **651-326-7122**.

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We would like to take this opportunity to recognize members who have supported the HealthEast Passport Program through their generous donations, December 2005 – February 2006. Chances are, someone who should have been mentioned here was omitted. Please be assured that it was a slip of the pen, and not of the heart.

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 Myron L. & Jorgine Rogers
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 Ms. Edrie A. Zweber
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Thank you

The following volunteers have given over 2000 hours of their time and talents to Passport.

Roberta Bowen
 Henrietta Chatterton
 Caroline Contreras
 Lorna Conyers
 Ruth Drake
 William Eng
 Pat Gardner
 Janet Green
 Liz Heaton
 Ev Jablonski
 Helen Johnson
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 Sylvia Rosenthal
 Marion Schneider
 Ruth Schneider
 Frances Schrader
 Aggie Skelton
 Donna Mae Smith
 Marion Smith
 Betty Vogt
 Anita Garcia

Defensive driving classes

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

Wednesday, May 24, 2006
5 to 9 pm, City Passport, Galtier Plaza

Saturday, May 27, 2006
10 am to 2 pm, St. John's Hospital

Wednesday, June 21, 2006
4 to 8 pm, Woodwinds Health Campus

Thursday, June 29, 2006
1 to 5 pm, Midway Campus

Thursday, July 14, 2006
11 am to 3 pm, Bethesda Hospital

Saturday, July 22, 2006
10 am to 2 pm, St. John's Hospital

Wednesday, August 23, 2006
5 to 9 pm, City Passport, Galtier Plaza

Eight Hour Classes

Wednesday, July 12 & 19, 2006
5:30 to 9:30 pm, City Passport, Galtier Plaza

Saturday, August 5, 2006
9 am to 5 pm, St. John's Hospital

Pre-registration and payment is necessary.

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

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

To register by mail, please 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.

Computer classes

Computer classes are held at City Passport, 380 Jackson Street, Suite 230, Downtown St Paul

Wander The Web \$10

Tuesday, June 6, 9 am to noon

Learn how to "surf" the web to find almost any piece of information. Class focuses on difficulties you may have searching the Internet and how to resolve them.

Are Computers For Me? \$10

Tuesday, June 6, 1 to 2:30 pm

Do you have questions or anxieties about using a computer? Gain basic knowledge and practice on a computer. Previous computer skills not necessary.

Word Processing \$20

Part 1 Tuesday, June 20, 1 to 3 pm

Part 2, Tuesday, June 27, 1 to 3 pm

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 PC's.

Buying and Selling On EBay \$10

Tuesday, July 25, 1 to 3 pm

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.

To register, please fill out the form on the back page.

Fee includes trained senior instructor, handouts, and/or a computer disc of materials to take home.

Pathways to better health

Managing ongoing health conditions

If you have **diabetes**, arthritis, heart or lung disease or any long term condition, it doesn't mean you can't be healthy. With chronic conditions, there's always something to keep track of and manage: medications, appointments, or maybe you have to watch your weight, blood sugars or what you eat. You may have to change your diet, your work habits, or the amount of time you spend with family or friends. Symptoms like fatigue or pain, feeling blue or down in the dumps, may prevent you from doing the "work" of managing your condition. Sometimes it seems like your condition is managing you rather than the other way around!

Research has shown that people who learn to manage their condition generally feel and act healthier. Managing your condition means you control its impact on your life and emotions. In fact, how you manage your condition on a day-to-day basis may be as important as the treatment or care you get from your health care provider. A well managed condition may help prevent long term problems.

HealthEast Care System is offering *Pathways to Better Health: Managing Ongoing Health Conditions*, a class to help people learn skills to manage chronic conditions. *Pathways to Better Health* is based on a program developed at Stanford University School of Medicine. Classes run throughout the year for 6 weeks and family members or caregivers are welcome to attend. Each session is 2 hours long, including a break and snack. Sessions are informal—it's ok to get up and move around. Cost is \$40 and includes all six sessions and the book *Living a Healthy Life with Chronic Conditions*. Financial assistance available.

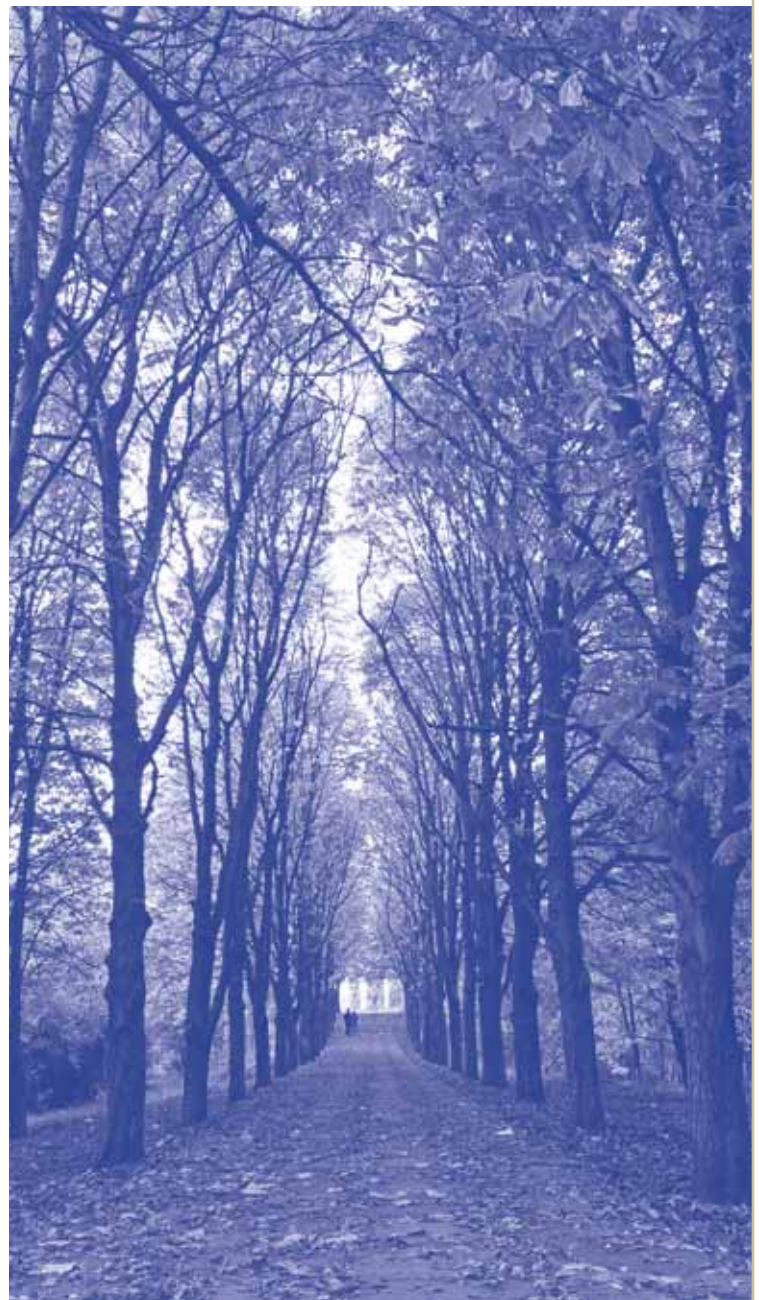
HealthEast's *Pathways to Better Health* program can give you the skills and motivation to:

- Become more active
- Eat better or stick to a diet
- Control fatigue or pain
- Cope with the "blues" and frustrations of having a chronic health condition
- Communicate better with your health care provider and family
- With better management you can feel healthier and may have better long-term outcomes.

To register or for more information, call Mary Deering at 651-232-5061.

Next session:

Saturdays from 10-12:30, June 3 through July 8, St. John's Hospital in Maplewood



Overnight Trips

There is still some room on the trip to New York. Larry from Sunshine travel will be escorting the trip.

New York City

October 5-8

Visit the city that never sleeps. We will fly to New York and then see the Statue of Liberty, Central Park, a Broadway show, Metropolitan Museum of Art, Rockefeller Center, Radio City Music Hall, NBC Studios, Empire State Building, South Street Seaport and more. **Price is \$1,362.** Includes roundtrip airfare, 3 nights lodging in Manhattan, motorcoach transportation, tours, and baggage handling. If you would like a brochure for this trip please call the Passport office at **651-232-2400.**

Hawaii

February 2-11, 2007

Fly to Honolulu where you will spend two nights. Then board the Pride of Aloha and sail on a seven day Hawaiian Island cruise. The ports of call will be Nawiliwili, Kauai, Hilo, Kona, Hawaii, and Kahului, Maui. **Price is \$1,899 per person** (price includes roundtrip airfare).

Seminar dates for the Hawaii trip

Woodwinds Health Campus

Thursday, May 25

2 to 3 pm

Auditorium A

St. John's Hospital

June 2

12:30 pm

Watson Education Center

Room 4

Please call 651-232-2400 to register for travel seminars.

Grandma's Apron

The principle use of Grandma's apron was to protect the dress underneath, but along with that, it served as a holder for removing hot pans from the oven; it was wonderful for drying children's tears, and on occasion was even used for cleaning out dirty ears.

From the chicken-coop the apron was used for carrying eggs, fussy chicks, and sometimes half-hatched eggs to be finished in the warming oven. When company came those aprons were ideal hiding places for shy kids; and when the weather was cold, grandma wrapped it around her arms.

Those big old aprons wiped many a perspiring brow, bent over the hot wood stove. Chips and kindling wood were brought into the kitchen in that apron. From the garden, it carried all sorts of vegetables. After the peas had been shelled it carried out the hulls.

In the fall the apron was used to bring in apples that had fallen from the trees. When unexpected company drove up the road, it was surprising how much furniture that old apron could dust in a matter of seconds. When dinner was ready, Grandma walked out onto the porch, waved her apron, and the men knew it was time to come in from the fields to dinner.

It will be a long time before someone invents something that will replace that "old-time apron" that served so many purposes.

One final thought

"Grandma use to set her hot baked apple pies on the window sill to cool. Her granddaughters set theirs on the window sill to thaw."

Sent in by Mae Walden – Passport member

New England Cruise – Canada



Munsinger Gardens – St. Cloud



Passport calendar of events

Please refer to the registration form for pick up locations and times.

Horse Racing at Canterbury Park \$39 Friday, July 28

Canterbury Park has become one of our most popular summer outings. Something for everybody – the better, the horse lover, the curious, and the hungry. Enjoy reserved seating with a fabulous view of the finish line. We will have our own buffet and betting windows, with facilities nearby. Fee includes transportation, admission, buffet dinner, tip sheet and gratuities.

Singin' in the Rain – \$58 Chanhassen Dinner Theatre Sunday, August 6

This fabulously boisterous musical comedy is based on one of the most popular movie musicals of all time. It's 1927. Hollywood is in a panic as the sound revolution roars through the silent film industry. Fee includes transportation, dinner, performance, and gratuity.

On Golden Pond – The Ordway \$79 Saturday, August 26

Meet retired New England professor Norman Thayer (Tom Bosley) and his spirited wife Ethel (Michael Lerner) as they spend one final summer at their family's lakeside cottage in Maine. On Golden Pond explores growing up, growing old and growing closer. Then enjoy a catered chicken dinner at City Passport. Fee includes transportation, play, dinner, and gratuity. \$79 (No transportation \$66.)

The Minnesota State Fair \$22 Thursday, August 31

One of the top 100 events in the Nation is right here. Our coach bus will drop us at the Fairgrounds Gate. You can meander the fairgrounds with your friends, or tour the fairgrounds with the Passport Staff on a pre-set itinerary. Fee includes transportation, admission, escorts, and gratuity. Food will be your own expense. Register early. Reservations are limited.

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 - \$53 Fanny Hill Dinner Theatre Thursday, October 5

This is one of Neil Simon's most popular comedies. This play centers around newlyweds, Paul and Corrie Bratter. Watching these two opposites begin their lives together is wonderfully funny. Fee includes transportation, lunch, play and gratuity.

Irving Berlin's White Christmas – \$89 Ordway Center 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 magical 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. \$89 (No transportation, \$76)

- 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.

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.

<p>_____ Canterbury Park <input type="checkbox"/> I will leave from Woodwinds Health Campus <input type="checkbox"/> I will leave from St. John's Hospital <input type="checkbox"/> I will leave from Bethesda Hospital</p>	<p>July 28 5:10 to 11:30 pm 5:00 to 11:30 pm 5:30 to 11:15 pm</p>	<p>\$39</p>
<p>_____ Singin' in the Rain <input type="checkbox"/> I will leave from Woodwinds Health Campus <input type="checkbox"/> I will leave from St. John's Hospital <input type="checkbox"/> I will leave from Bethesda Hospital <input type="checkbox"/> I will leave from Downtown St Paul (location tbd)</p>	<p>August 6 3:25 to 10:00 pm 3:25 to 10:00 pm 3:40 to 9:40 pm 3:50 to 9:35 pm</p>	<p>\$58</p>
<p>_____ On Golden Pond <input type="checkbox"/> I will leave from Woodwinds Health Campus <input type="checkbox"/> I will leave from St John's Hospital <input type="checkbox"/> I will leave from Bethesda Rehabilitation Hospital <input type="checkbox"/> No transportation - \$66</p>	<p>August 26 1:15 pm – 7:00 pm 1:15 pm – 7:00 pm 1:30 pm – 6:45 pm</p>	<p>\$79</p>
<p>_____ Minnesota State Fair <input type="checkbox"/> I will leave from Woodwinds Health Campus <input type="checkbox"/> I will leave from St. John's Hospital <input type="checkbox"/> I will leave from Bethesda Hospital <input type="checkbox"/> I will leave from Downtown St Paul (location tbd)</p>	<p>August 31 8:30 am to 2:30 pm 8:50 am to 2:40 pm 9:10 am to 2:50 pm 9:15 am to 2:25 pm</p>	<p>\$22</p>
<p>_____ Andiamo Boat Cruise <input type="checkbox"/> I will leave from Woodwinds Health Campus <input type="checkbox"/> I will leave from St. John's Hospital <input type="checkbox"/> I will leave from Bethesda Hospital <input type="checkbox"/> I will leave from Downtown St Paul (location tbd)</p>	<p>September 20 10:30 am to 2:30 pm 10:50 am to 2:15 pm 10:20 am to 2:45 pm 10:30 am to 2:50 pm</p>	<p>\$37</p>
<p>_____ Fanny Hill Dinner Theatre <input type="checkbox"/> I will leave from Woodwinds Health Campus <input type="checkbox"/> I will leave from St. John's Hospital <input type="checkbox"/> I will leave from Bethesda Hospital <input type="checkbox"/> I will leave from Downtown St Paul (location tbd)</p>	<p>October 5 10:30 am to 5:00 pm 10:10 am to 5:30 pm 10:10 am to 5:20 pm 10:15 am to 5:15 pm</p>	<p>\$53</p>
<p>_____ Irving Berlin's White Christmas <input type="checkbox"/> I will leave from Woodwinds Health Campus <input type="checkbox"/> I will leave from St John's Hospital <input type="checkbox"/> I will leave from Bethesda Hospital <input type="checkbox"/> No transportation - \$76</p>	<p>December 10 12:40 to 5:00 pm 12:40 to 5:00 pm 1:00 to 4:45 pm</p>	<p>\$89</p>

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)

726-0361 4/06

Address Service Requested

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



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