

First Aid Kits
 Be prepared with an 81-piece first aid kit. Available for only \$8 at the Health Group office. They make a great gift too!



- Health Group Wish List**
- Candy for our member's treat basket!
 - New members!

FOOD DRIVE
 You may continue to bring in your non-perishable food items to the Health Group office. Our year-long Food Drive has been quite a success.



The Health Group will be closed on Monday, May 25, for Memorial Day.

As always, when the office is closed, a nurse is available by phone. Call 410-224-5683 and ask for the nurse on call to be paged.



WELCOME NEW MEMBERS

Maurice Ringenbach
 Myrtle Ringenbach
 Frank Gould
 Karen Gould
 Frank Hetrick
 Nancy Long
 Suzanne Smith
 Charles Deutsch
 Ralph DePaola
 Joanne DePaola

Heritage Harbour Health Group, Inc.
 801 Compass Way, Suite 5
 Annapolis, MD 21401

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March/April 2009

The Heritage Harbour Health Group is a member based nonprofit organization that acts as an advocate on behalf of its members. Our mission is to assist with the medical and non-medical needs of its members, to enable them to remain in their homes for as long as they wish and are able.

801 Compass Way,
 Suite 5
 Annapolis, MD 21401

Office Hours:
 Monday - Friday
 8:30am - 4:30pm

410-224-5683
www.hhhg.org

Board of Directors

- * Ralph Reeder - President
- * Priscilla Phillips - Vice President
- * Christie Donald - Treasurer
- * Audrey Batchelor - Secretary
- * Bob Elmendorf - Caring Network Rep.
- * Members at Large- Jay Huber, Barbara Miles, Dorothy Hackett, Anna Mrose, Sandra Reynold



Laura L. Lawrence, RN
 Executive Director

Heart of the Matter

Letter from the Executive Director...

Dear Heritage Harbour Community,
 Spring is here at last! If we can put up with these rainy days, we should be rewarded with beautiful spring flowers and a brighter landscape.

The **Vera Bradley Bingo** fundraiser was a big success. Thank you to all who attended, donated baked goods or helped in any way. It was a lot of fun and we made over \$2500! Other recent events include seminars on **Cooking and Eating Healthy for One or Two; What You Should Know About Strokes and Bone Health...What It Means To You.** All were very informative. You are welcome to stop by the office to pick up literature from the Bone Health seminar. In our last newsletter, we explained how the Health Group could earn money by using a specific search engine called **Goodsearch.com** and shopping online at **Goodshop.com**. Over \$66.00 has accumulated so far. By using these two sites, the Health Group can earn money without any additional cost to you. More information is available at the Health Group office or call 410.224.5683.

On Saturday, March 7, the Health Group co-hosted a **scrapbooking event** at the Lodge. This fundraiser raised \$243. Unfortunately, there wasn't a lot of notice and more people would like to have attended. We would like to plan another event for scrapbooking and card making and will get the word out as soon as possible.

Upcoming seminars include a **Low Vision workshop** on Thursday, April 23 at 2 pm in the Conference room. The Lions Club has joined the Johns Hopkins Wilmer Eye Institute for this informative seminar. Dr. Joseph Ciotola, an orthopedic surgeon, will present **The Anterior Approach—Minimally Invasive Hip Replacement Surgery** on Monday, May 18 at 2 pm in the Auditorium. Dr. Ciotola will discuss this technique for a "much faster recovery".

Due to a lack of participation, the **Caregiver's Support Group** held here in Heritage Harbour has been cancelled. Support groups are a wonderful way for caregivers to share information and receive much needed advice and understanding. Somerford Place, an Alzheimer's Assisted Living, will continue to offer a support group on the second Monday each month. The group meets from 2:00pm-3:00pm at 2717 Riva Road. Respite care is available. Call 410.224.7300 for more information, but calling ahead is not necessary. The next scheduled dates are April 13 and May 11.

Our year long **Food Drive** has continued to be a success. Since our last newsletter an additional 263 pounds of non-perishable items has been donated to the Anne Arundel County Food Bank. They are grateful for your support.

The Health Group is a member of the **Anne Arundel Senior Services Provider Group (SPG)** which is a non-profit organization composed of businesses and individuals who provide services to older adults, their caregivers and families. In addition to the networking and educational opportunities offered, the SPG issues grant funding to local non-profit companies in the community. I recently applied for an SPG grant and have learned that we have been awarded \$500. I will accept the grant check at either the April or May SPG meeting.

As previously mentioned, Jordan has married a Marine and is on her way to California. We wish her the best. Erica Milbourne has been hired to fill the Administrative Assistant position. Erica is married and lives here in Annapolis. We are happy to have her join our team and are sure you will agree.

Good-bye for now,
Laura

Getting a Good Night's Sleep

Older adults need about the same amount of sleep as young adults— between 7-9 hours each night. But older adults tend to go to sleep earlier and get up earlier than they did when they were younger. And they may nap more during the day. If you sleep too much during the day, it may be hard to fall asleep at night. Also, feeling sick or being in pain can make it hard to sleep. If you don't get a good night's sleep, the next day you may be: irritable, forgetful, depressed, and/or likely to have more falls or accidents.

There are two kinds of sleep— REM (rapid eye movement) sleep and non-REM sleep. We dream mostly during REM sleep, and have the deepest sleep during non-REM sleep. As people get older, they spend less time in deep sleep, which may be why older people are often light sleepers.

Being older doesn't mean you have to feel tired all the time. There are many things you can do to help you get a good night's sleep. Here are some ideas.

- o Follow a regular schedule. Go to sleep and get up at the same time each day, even on weekends. Napping in the late afternoon or evening may keep you awake at night.
- o Develop a bedtime routine. About 30-45 minutes before bedtime each night, do the same things so your body will know that it's time to sleep. Some people watch television, read a book, listen to soothing music or soak in a warm bath.
- o Your bedroom should be dark, a good temperature for you, and as quiet as possible.
- o Exercise regularly, but not within 3 hours of your bedtime.
- o Be careful about when and how much you eat. Large meals close to bedtime may keep you awake, but a light snack in the evening can help you get a good night's sleep.
- o Stay away from caffeine late in the day. Caffeine (found in coffee, tea, cola, and hot chocolate) is a stimulant that can keep you awake.
- o Drink less liquid in the evening. Waking up to go to the bathroom and turning on a bright light breaks up your sleep.
- o Remember that alcohol won't help you sleep. Even small amounts make it harder to stay asleep.
- o Use your bedroom only for sleeping. After turning off the light give yourself about 15 minutes to fall asleep. If you're still awake and not drowsy, get out of bed. When you feel sleepy, go back to bed.

Try to set up a safe and restful place to sleep. Make sure there are smoke alarms on each floor and lock up the house before going to bed. Other ideas for a safe night's sleep are:

- o Keep a telephone with emergency numbers by your bed.
- o Have a lamp that turns on easily within reach.
- o Put a glass of water next to the bed.
- o Use nightlights in the bathroom and hall.
- o Don't smoke, especially in bed.
- o Remove area rugs so you won't trip if you get out of bed in the middle of the night.
- o Don't fall asleep with the heating pad on; it may burn.

There are some tricks to help you fall asleep. You don't really have to count sheep— just try counting slowly to 100. Some people find that playing mental games makes them sleepy— tell yourself it's 5 minutes before you have to get up and you're just trying to get a few extra winks. Other people find that relaxing their body puts them to sleep. You might start with your toes, and tell yourself that your toes are relaxed and sleepy. Work your way up the rest of the body saying the same words. You may drift off to sleep before getting to the top of your head.

If you feel tired and unable to do the things you usually do for more than 2-3 weeks, see a doctor. Sleep problems can cause you to feel bad, but there are changes you can make to get a better night's sleep.

Excerpt from Age Page, "A Good Night's Sleep", by the National Institute on Aging

Health Group Contributions

John Donald Memorial
Christie Donald

Philip Deckelbaum Memorial
Ruth Deckelbaum

Ruth Ross Memorial
South River Condominium

In Thanks for MC Part-D Help
Carmelo & Carmela Passaniti

In Thanks to HH Health Group
Daniel Tippett

Vera Bradley Bingo Donation
Christie Donald
Barbara Miles

In Honor of Anna Mrose
Daniel & Irene Rissi

Jim O'Neill Memorial
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Mary Barnard Memorial
Clara Segreti

General Donation
Norman Lucas

Paul & Janice Carpenter
Florence Haney
Albert & Beatrice Medeiros
Phoebe Andrucyk

Health Group Wish List Donations
Heritage Harbour Boutique—
Digital Camera
Allen Faurot—Vacuum

Bereavement Group

If you have experienced a loss, please consider joining Laura Lawrence, RN of the Health Group and Sally Lee Hunter, RN of the Heritage Harbour Community. The weekly sessions will begin Wednesday, April 15 at 1:30 pm in the Garden Room.

The Anterior Approach— Minimally Invasive Hip Replacement Surgery

Dr. Joseph Ciotola, an orthopedic surgeon, will discuss this technique for a much faster recovery on Monday, May 18 at 2 pm in the Auditorium.

Low-Vision Workshop

The Lions Club has joined the Johns Hopkins Wilmer Eye Institute for an informative workshop which has been rescheduled for Thursday, April 23 at 2 pm in the Conference Room.

This is not just for the visually impaired. Come learn more about low vision. Please bring your old eye glasses to be recycled!

9-day Eastern Caribbean Cruise

This fundraiser cruise, aboard Royal Caribbean's Grandeur of the Seas, will set sail out of Baltimore on Nov. 5 and return on Nov. 14. Brochures and flyers available at the Health Group office or contact Carolyn Dumbauld at 410-224-9848.

(All gifts to the Heritage Harbour Health Group, Inc. are tax-deductible to the extent permitted by law.)