Immunization Awareness Month

Flu shots may be one of the most important tasks you do all year.

When should I get the flu shot? Get the flu shot as soon as it becomes available, which is generally in the early fall. The flu seasons are unpredictable and it takes about two weeks after the flu shot for your body to become fully protected.

Who should get the flu shot? The Centers for Disease Control and Prevention (CDC) recommends everyone 6 months of age and older get the flu shot each year. Some kids may need two doses of the vaccine for it to work. A higher-dose flu vaccine is available for people over age 65. Talk to your doctor to learn more about this option. The intradermal vaccine is available in some areas for people age 18-64. A nasal-spray flu vaccine is an option for healthy people 2-49 years of age who are not pregnant.

Is the H1N1 (swine flu) shot different from the seasonal flu shot? No. This year, one vaccine will protect you from both H1N1 (swine) and seasonal varieties of flu.

Why should I get the flu vaccine?

- It protects you and your family from the three types of the flu virus. Every year, at least 1 in 20 and as many as 1 in 5 people get the flu.
- The vaccine can protect you and your family from serious problems caused by the flu. More than 200,000 people a year are hospitalized because of flu related issues.
- Being protected will give you peace of mind. Avoiding the seasonal flu may also mean you’ll be in overall better health. That will make you better able to fend off disease through the flu season.

Take Charge of Your Health

Ballroom Dance Class
Roberto will have you grooving in no time every 2nd, 3rd, 4th, & 5th Wednesday at 9:30 a.m.

Belly Dance Instruction
You don’t need any fancy clothing or belts to move your torso. Just show up on Tuesday, August 25th in the Auditorium, 11:30 a.m.

Blood Pressure Screening
Find out your blood pressure during our free screenings on the last Tuesday of the month, 1 to 3 p.m. by elevator A.

Book Club
We’re looking for new members to share in the discussion of these captivating books:
August: Isaac’s Storm by Erik Larson
September: The Bingo Palace by Louise Edrich

Chair Yoga
Get fit while you sit, with yoga in a chair. The class meets every Thursday at 9:30 a.m.

Circle of Yarn
Crocheting, knitting, and quilting—all levels are invited. Donations of yarn are welcome as the group provides hats for local Oncology patients. Knitters meet every Thursday at 10:30 a.m. in the Senior Center.

Classic Movie
Enjoy “Murder My Sweet” (1944), starring Dick Powell, Anne Shirley and Claire Trevor. Meet in the Senior Center on Thursday, August 13th, 1 p.m.

Exercise with Elizabeth & Paul
Ready for your stretching and strengthening workout? Enjoy fun exercises with Exercise Enthusiast Elizabeth Peterson and Exercise Physiologist Paul Radzki. (Check calendar for dates and times.)

Qi Gong
Integrate physical exercise with specialized breathing. Class meets Tuesdays at 9 a.m., and will help you focus your attention to improve your health.

Tai Chi Class
Instructor Lin Shook will take you through the proper techniques to improve balance and your overall health every Tuesday at 10:30 a.m.

Ultimate Karaoke
Singing is good for the lungs! Join Holly McGuire for an event that will have you counting down to the next session. Meet in the Senior Center on Thursday, August 6th & 27th at 11:30 a.m.

Scrabble Club
Keep your brain active, sharpen your vocabulary, and hang out with friends every Friday at 9:30 a.m. in the Senior Center.

Zumba
Shake it at your own pace with Mari Jane Dare every Monday at 12:30 p.m. in the Lakefront Lobby.

www.weisshospital.com
### CALENDAR OF EVENTS

#### August 2015

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tr>
<td></td>
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<td>Exercise w Elizabeth 8:30 a.m., WISE Center</td>
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<td>3</td>
<td>Qi Gong 9 a.m., WISE Center</td>
<td>Exercise w/ Paul 8 &amp; 11 a.m., WISE Center</td>
<td>Chair Yoga 9:30 a.m., WISE Center</td>
<td>Exercise w Elizabeth 8:30 a.m., WISE Center</td>
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<td>3</td>
<td>Tai Chi 10:30 a.m., WISE Center</td>
<td>Senior Care Support Group 12 p.m., Conf. Rm. 8A</td>
<td>Circle of Yarn 10:30 a.m., WISE Center</td>
<td>Scrabble Club 9:30 a.m., WISE Center</td>
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<td>Zumba 12:30 p.m. Lakefront Lobby</td>
<td>Grief Support Group 6 to 7 p.m. Conf. Rm. 315, MOB</td>
<td>Scrabble Club</td>
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<td>10</td>
<td>Qi Gong 9 a.m., WISE Center</td>
<td>Exercise w/ Paul 8 &amp; 11 a.m., WISE Center</td>
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<td>10</td>
<td>Tai Chi 10:30 a.m., WISE Center</td>
<td>Ballroom Dance 9:30 a.m., WISE Center</td>
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<td>Scrabble Club 9:30 a.m., WISE Center</td>
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<td>The Learning Café “Dementia Mimicking Depression” 12:00 p.m., Auditorium</td>
<td>Senior Care Support Group 12 p.m., Conf. Rm. 8A</td>
<td>Classic Movie &amp; Discussion “Murder My Sweet” 1 p.m., WISE Center</td>
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<td>US TOO: Men’s Cancer Support Group 6 p.m., Conf. Rm. 8A</td>
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<td>Cancer Support Group 12 p.m., Oncology Conf. Rm. 315</td>
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<td>17</td>
<td>Exercise w/ Paul 8 &amp; 9:30 a.m. WISE Center</td>
<td>Qi Gong 9 a.m., WISE Center</td>
<td>Chair Yoga 9:30 a.m., WISE Center</td>
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<td>Scrabble Club 9:30 a.m., WISE Center</td>
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<td>Alzheimer’s Support Group 7 p.m., WISE Center</td>
<td>Ballroom Dance 9:30 a.m., WISE Center</td>
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<td>Senior Care Support Group 12 p.m., Conf. Rm. 8A</td>
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<td>24/31</td>
<td>Exercise w/ Paul 8 &amp; 9:30 a.m. WISE Center</td>
<td>Qi Gong 9 a.m., WISE Center</td>
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<td>For Your Health: “Fall Prevention Techniques” 11:30 a.m., Auditorium</td>
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Register for any event by calling (800) 503-1234.
**Know Why You Should Eat Tomatoes?**

This fruit, which many consider to be a vegetable due to its lack of sweetness, is a seasonal staple. Chopped in salads, sliced with fresh buffalo mozzarella, pureed for gazpacho or eaten fresh off the vine, a ripe tomato in summertime is a delicious and healthful treat. Tomatoes are:

- Low in calories.
- Excellent sources of vitamin C, and provide vitamins A and K, potassium, manganese and fiber.
- A source of lycopene - researchers have linked the lycopene (a carotenoid that gives tomatoes their red color) with a lowered risk of heart disease and cancers, including those of the prostate, breast, colon and lung, as well as being helpful in lowering high cholesterol. To get the tomatoes with the most lycopene content, choose smaller sized ones with the darkest red color.

To get the full health benefit of tomatoes, including their anti-cancer potential, remember that carotenoids are fat-soluble and are better absorbed when eaten lightly cooked and paired with healthy, monounsaturated fats such as extra-virgin olive oil.

http://www.drweil/07.17.2015 publication.html
Things to Remember:

Transportation Services
If you live within Weiss’ service boundaries, take advantage of our curb-to-curb Senior Ride program. You cannot beat the courteous service; plus, it only costs $2 each way. Take advantage of our transportation service for your doctor appointments. Call (708) 763-7433 up to 24 hours before your scheduled appointment.

August Health Observances
- Children’s Eye Health & Safety Month
- National Breastfeeding Month
- National Immunization Awareness Month
- Psoriasis Awareness Month
- 1 - 7 World Breastfeeding Week
- 9 – 15 National Health Center Week
- 12 – 18 Every Body Deserves a Massage Week
- 24 – 28 Contact Lens Health Week

WISE Newsletter Online
Misplaced your newsletter, forgot the time for a class, or want to share with a friend? This information is available to you at http://www.weisshospital.com/medical-services/clinical-programs/senior/wise-program.aspx.

Healthy living requires more than just an apple a day, especially as we grow older. That’s why Weiss Memorial Hospital developed WISE—Weiss Initiative Supporting Elders, a free wellness program for adults age 60 and older.

Visit the WISE Senior Center on the 1st Floor, C Elevators, featuring:
- Senior Lounge
- Community Conference Room
- Classroom

Please call (773) 564-5666 if you have any questions.

Thank You!
Thanks to all who help with our programs at Weiss:
- A Place for Mom
- Allied Home Health
- Alzheimer’s Association of Chicago
- American Cancer Society
- Chicago Arthritis Foundation
- Fairmont Care Center
- Horizon Hospice
- Illinois Department on Aging
- Integrative Medicine Team
- Lakeview Rehabilitation & Nursing Center
- Legacy Healthcare
- Seasons Hospice & Palliative Care
- Spirit Rising Foundation
- Weiss Cardiac Rehab Department
- Weiss Medical & Staff Members
- Weiss Senior Members & Volunteers
- Weiss Wound Care & Vascular Dept.

Weiss Initiative Supporting Elders