



Welcome to another season of the Senior Link Program. St. Mary's Hospital is happy to announce a new partnership with the *Boys & Girls Club of Clifton*, where Senior Link Meetings will now be held, every third Monday of the month at 2:00 p.m. We look forward to a successful season and know that this new partnership will allow St. Mary's to work hand in hand with a trusted and enduring community organization to better serve the needs of our community.

MONTHLY MEETINGS

Please note change: *Senior Link Meetings are held every 3rd Monday of the month at 2:00 p.m. at the Boys & Girls Club of Clifton – Bingo Hall, 181 Colfax Avenue, Clifton, New Jersey. All meetings are open to the general public. Blood pressure screenings are provided beginning at 1:00 p.m. Complimentary refreshments and a variety of snacks are served at every meeting.*

10/17/11 – Exercise & Aging with Primary Care Sports Medicine Physician *Manik Singh, MD*

As we age, interest in a physically active lifestyle may diminish because of muscle weakness, decreased endurance and in some cases a retired social life. Throughout our lifetime exercise plays a key factor in our basic health and can prevent a myriad of disorders such as obesity, osteoarthritis and muscle loss. Continued lack of exercise during our later years can also result in high blood pressure, depression and heart disease. How can you regain physical health and endurance after years of an inactive lifestyle? Join St. Mary's Sports Medicine Physician, Dr. Manik Singh, as he reviews various ways one can safely and effectively improve their physical health through exercise no matter what level of fitness they possess. Preventative measures will also be discussed. Literature will be provided. *To commemorate the first meeting at the Boys & Girls Club of Clifton, the first 50 attendees of the "Exercise & Aging" program will receive a free St. Mary's tote bag.*

11/21/11 – Sleep Apnea & Other Senior Sleep Disorders with Neurologist *Fawad Mian, MD*

We often experience normal changes in our sleeping patterns throughout our lifetime. Some people may become sleepier earlier in the evening, wake up earlier in the morning, and enjoy less deep sleep. However, disturbed sleep, waking up tired every day, and other symptoms of sleep disorders are **not** a normal part of aging. Sleep is just as important to our physical and emotional health in our senior years as it was when we were younger. Join St. Mary's Neurologist Dr. Fawad Mian as he reviews the symptoms of sleep apnea and other common sleep disorders affecting the senior population, as well as discussing treatment options. Literature will be provided.

12/6/11 – Senior Link Holiday Party at *The Venetian – Garfield, NJ*

Join your fellow Senior Link members in this annual festive event ushering in the holiday season. Please join us this year for a fun and entertaining celebration on Tuesday, December 6th, 12:30 – 4:30PM. Enjoy musical entertainment and a sit-down dinner with 1 hour cocktail hour, 4 course dinner with a choice from 3 Entrees, along with wine, beer and soda, plus free raffles, door prizes and an annual 50-50! **Price: \$42**

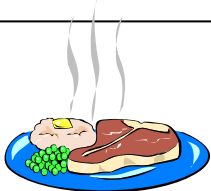
SPECIAL PROGRAMMING

AARP's "55 Drive Alive" Course

The AARP Driver Safety Program is open to all age groups. Auto insurance companies in most states will provide a multi-year discount to graduates of this course. Participants must attend both sessions in order to receive credit for the course. November 1st & 3rd, 10:00 a.m. – 1:00 p.m. A **\$15 fee** covers both sessions and a light breakfast. SMH's Cafeteria Conference Room.

Senior Link Supper Club

Every night, Monday – Friday, St. Mary's *Café Maria* serves up delicious dinners including an entrée, side, beverage and dessert for just **\$3.50** for Senior Link Members. Come and experience *Café Maria* 4:00 p.m. – 6:00 p.m. SL membership card must be presented to cashier at time of purchase to receive discount. For menu updates, please call the menu hotline at 973-365-4655. *If you know someone who would like to come to St. Mary's for dinner, please have them register with Senior Link at 973-365-6021.*



SCREENINGS

Vascular Screening

St. Mary's Vascular Laboratory will be providing low-cost Vascular Screenings at St. Mary's Hospital. Screenings are for the carotid artery, abdominal aortic aneurysm and peripheral arterial disease. Patients should be 50 years old or older and have one or more of the following: **heart disease, high blood pressure, high cholesterol, diabetes or a family history of stroke or abdominal aortic aneurysms.** Screenings will be offered at the discounted rate of: **\$129.00.** Screening date: **Friday, November 11th.**

To register or for more information, please call 1-888-928-7475.

Additional Savings: Book 2 screenings at the same time and save \$10 off each screening. All veterans are eligible to receive additional discounts.

FEATURED EVENTS

Vascular Disease: The Silent Killer - More than 8 million people over the age of 50 have peripheral vascular disease (PVD) in the United States, and a great majority do not even know it. Vascular disease is distinguished as a narrowing and hardening of the arteries that leads to decreased blood flow to the legs and feet, and may lead to heart attack, stroke or aortic aneurysm. PVD is one of the most common and dangerous cardiovascular diseases. Early signs of vascular disease can be caught and treated before problems occur. **Donna MacMillan Marotti**, BS, RDCS, RVT, FASE, St. Mary's Vascular Specialist, will discuss symptoms, causes and treatment options of vascular disease, highlighting ways you can protect yourself before it's too late. Program will take place **Wednesday, November 2nd, 4:30 p.m. at St. Mary's Hospital, 2nd floor cafeteria, 350 Boulevard, Passaic.** This program will take place during the "Senior Link Supper Club," (see page 1). All those attending the program will receive one dollar off their meal*, along with free parking. Registration is required. *Meal includes entrée, side, dessert and beverage for \$2.50, originally \$3.50.

The Stroke: When Every Minute Counts - As the leading cause of adult disability in the United States and the second leading cause of death worldwide, strokes are medical emergencies which can cause permanent neurological damage and complications. Risk factors for stroke include, high blood pressure, history of stroke, diabetes, high cholesterol, cigarette smoking and atrial fibrillation. Would you know how to recognize the symptoms of a stroke or what to do if you experience those symptoms? **Dr. Estelle Williams**, Medical Director of Emergency Services at St. Mary's Hospital, will review stroke symptoms and the important emergency measures you must take in order to save a life. Additionally, Dr. Williams will discuss prevention, risk factors and review the differences signs of a mini-stroke. Program will take place Wednesday, December 14th, 12:00 p.m. at the Kip Center, 55 Kip Center, Rutherford, NJ. A light lunch will be provided. Registration required.

SUPPORT GROUPS

Defibrillator Support Group

ICD Support Group for patients with internal defibrillators and their significant others. Group meets in St. Mary's 2nd floor Cafeteria Conference Room. Next meeting takes place **Thursday, February 9th, 11:00 a.m.** Lunch will be served. Registration required.

Caregiver Support Group

The Caregiver Support Group at St. Mary's is for those who care for the chronically ill or disabled. Caretakers include spouses, family members, friends or neighbors. Group meets **Thursdays at 11:00 a.m.** in the St. Mary's Hospital Cancer Center Conference Room. All are welcome. To register or for more information, please contact Rev. Dr. Peter Carey at 973-779-2640.

Bereavement Support Group – A Journey Through Grief

The Bereavement Support Group is offered for those who have recently suffered the loss of a loved one. Our bereavement support group will allow for people to verbalize their feelings and begin the healing process. Group meets **Tuesdays at 6:00 p.m.** at the Wallington Presbyterian Church, Corner of Paterson Avenue and Union Blvd, Wallington, NJ. Rev. Dr. Peter Carey, Protestant Chaplain at SMH Pastoral Care, will facilitate. To register, call 973-779-2640.

*To register for any Senior Link program listed above and/or on the front page of our current programming guide, please call **Senior Link** at 973-365-6021. We reserve the right to cancel an event due to low registration. If you don't see a listing for your particular area of interest, please let us know how we can accommodate you.*

St. Mary's GUILD

The SMH Guild holds a variety of events and fundraisers throughout the year to support the programs and services of the Hospital.

Atlantic City Bus Trips - The Guild provides monthly trips to Atlantic City for only \$30, with a cash return of up to \$30*. Join the Guild every 3rd Monday of the month for fun and excitement in various Atlantic City casinos and Mt. Airy Lodge: **October 17th, November 14th and December 12th.** For more information or to register, please contact **Gloria Stacy** 973-471-8680. Buses depart 9am from the Masonic Temple, Van Houten Avenue, Clifton. *Cash return based on the casino.

Christmas Tea - at the Upper Montclair Country Club. Join Guild members as they ring in the holiday with an assortment of tea, snacks and refreshments. Price: \$30. **Wednesday, December 14th at 2:00 p.m.** To register, please call 973-472-5058 or 973-365-4615.

HOLLYWOOD HOMICIDE: A Murder Mystery Dinner - Put your sunglasses on, get your headshot ready and prepare to solve a crime - Hollywood style! This murder mystery themed dinner fundraiser will be an evening of fun with the audience a part of the show. Admission is \$55 per person, or \$100 per couple. Price includes cocktail reception and choice of chicken or vegetarian entrée. The Venetian, 546 River Road, Garfield, NJ on November 9th, 6:30 p.m. - 10:00 p.m. To register, please call Kathy at 1-888-283-7532 or visit the St. Mary's Gift Shop, 1st Floor.

St. Mary's Annual 50/50 Raffle

1st Prize: 50% of Winning Share
2nd Prize: 30% of Winning Share
3rd Prize: 20% of Winning Share

Ticket prices: **6 for \$50** (1 book) **3 for \$25** **1 for \$10**

Drawing will be held at St. Mary's on Friday, November 18th, 2011 at 3:00 p.m. Winner need not be present. Proceeds will benefit upcoming programs and projects at St. Mary's.

Tickets are available at the St. Mary's **Gift Shop** and 2nd floor **Marketing Office.** For more information, please call 973-365-4753.



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