The Mission of Bon Secours Health System

Extends the compassionate ministry of Jesus by improving the health and well-being of our communities and brings good help to those in need, especially people who are poor, dying, and underserved.
March

Why did I come into this room?
Learn about the difference between general forgetfulness and medical memory loss.

Mary Immaculate Hospital
Monday, March 9 • 10:30 a.m. – 12:30 p.m.

DePaul SeniorHealth
(Norfolk Wellness & Fitness Center Cafeteria)
Friday, March 20 • 10:30 a.m. – 12:30 p.m.

Maryview Medical Center
Tuesday, March 17 • 10:30 a.m. – 12:30 p.m.

April

Memoirs and Memories
What Do You Want Your Family to Know About You?
April is memory month and we are pleased to have Rita Budrionis, a Licensed Clinical Psychologist and board member of the Hampton Roads Writers, to talk about why and how to write a memoir.

Mary Immaculate Hospital
Tuesday, April 14 • 10:30 a.m. – 12:30 p.m.

DePaul SeniorHealth
(Norfolk Wellness & Fitness Center Cafeteria)
Friday, April 17 • 10:30 a.m. – 12:30 p.m.

Maryview Medical Center
Tuesday, April 21 • 10:30 a.m. – 12:30 p.m.

May

Osteoporosis
As we age, osteoporosis affects almost everyone. Join us for lunch to learn the symptoms and the latest treatment options available.

Mary Immaculate Hospital
Monday, May 11 • 10:30 a.m. – 12:30 p.m.

DePaul SeniorHealth
(Norfolk Wellness & Fitness Center Cafeteria)
Friday, May 15 • 10:30 a.m. – 12:30 p.m.

Maryview Medical Center
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Hike Into Spring!

Hip Pack, Broad-brimmed Hat, Hiking Poles, and Foot Gear!

It’s never too late, or you’re never too old to start hiking, all you need is a little preparation.

There are countless benefits to physical activity for seniors, and walking is among the most popular activity. Men and women, 65 and above, who walk a few hours a week are shown to have a reduced risk of heart disease than those who walk little or none.

But let’s move away from the statistics of physical activity. What about good old trail walking for the fun of it, for the enjoyment of spending some time outside breathing fresh air.

Many seniors discover trail-walking after retirement and love it.

Invite your spouse, a relative, or a friend. Be the example and inspire people of all ages to stay active. Trails are some of the most beautiful places on earth and being in nature is a key to happiness for those who venture out of their normal path. So, put on your sturdy shoes, grab your walking sticks, and find a trail to explore and have some fun!

Safety tips

- Talk to your doctor.
- Always hike with someone
- Unless you are an experienced hiker, avoid the heat and the cold (Spring and Fall are great times)
- Wear the right clothing and layer
- Set your own pace
- Stay hydrated and fueled
- Stretch before you start
- Choose the right trail for your level
- PLAN FOR EMERGENCIES!

Finally, let these words inspire you!
“Of all the paths you take in life, make sure a few of them are dirt.” — John Muir
It’s a beautiful day in the neighborhood,  
A beautiful day for a neighbor.  
Could you be mine?  
Would you be mine?

Once you sing it, you can’t stop thinking about it! Let us transport you back in time to that wonderful neighborhood when you join us at the beautiful historic Commodore Theatre in Portsmouth, as we watch the beloved story of Fred Rogers.

Tom Hanks portrays Mister Rogers in A Beautiful Day in the Neighborhood, a timely story of kindness triumphing over cynicism, based on the true story of a real-life friendship between Fred Rogers and journalist Tom Junod. After a jaded magazine writer (Emmy winner Matthew Rhys) is assigned a profile of Fred Rogers, he overcomes his skepticism, learning about empathy, kindness, and decency from America’s most beloved neighbor.

Seating is limited so call and make your reservations today! (757) 217-0330.

Please provide your lunch choice when making reservations.  
**Lunch Options:** Turkey Sandwich, Ham Sandwich, Chef Salad, or Fruit Plate

**Commodore Movie Event**

**The Commodore Theatre**  
A luxuriously restored 1945 Art Deco style motion picture theatre with a restaurant within the main auditorium.

**Location:** 421 High Street, Portsmouth, VA 23704  
**Cost:** $15  
**Date:** Thursday, June 11, 2020  
**Time:** 11:00 a.m.  
**Parking:** 2 hour metered parking on street or in Middle Street Garage (2 ½ block walk)
Most physicians agree that the best way to prevent heart disease is by eating a healthy diet, staying active, and maintaining a healthy weight. Many will disagree on the exact details of which diet to follow.

Rather than focusing on strict diet plans, I prefer to recommend patients find a holistic healthy eating style. This allows patients to eat foods they enjoy with the goal of being sustainable for a lifetime.

One healthy eating strategy I like to recommend is commonly referred to as the Mediterranean diet. What I like best about the Mediterranean diet is that it highlights eating healthy foods like fruits, vegetables, beans, and whole grains. A diet strategy that incorporates these healthy foods while limiting meat, cheese, and sweets is very likely to support great heart health.

Even the fats common to the Mediterranean diet are primarily from unsaturated oils, such as fish oils, olive oil, and nut or seed oils.

I appreciate that many of my patients have an easier time sticking to this diet given the high variety of food options. Even small changes in diet can have significant health benefits when sustained over a long period of time.

~ Edward Skillen, DO, FACC
Support Groups

Did You Know?

Bon Secours Hampton Roads offers a variety of free support and educational groups throughout the area. For more information, please reach out to the numbers below.

Bon Secours Hampton Roads Bereavement Center
716 Denbigh Blvd., Suite B3 Newport News, VA 23608
Call 757-947-3420 for days and times.

General Grief Support
(Also available at Seton Manor in Hampton and Westhaven Baptist Church in Portsmouth)
- Caregiver Support
- Healing Touch
- Caregivers Grieving a Recent Loss
- Hope and Healing After Opiate Death
- Parents Who Have Experienced Death of a Child
- Parents of Murdered Children
- Individual Counseling Sessions

Parkinson’s
(Mary Immaculate Health Resource Center, Ruth Belle Room)

Suicide Recovery Grief
Call 757-947-3420

Cancer
DePaul Medical Plaza
155 Kingsley Lane, Norfolk, VA 23505
Call 757-889-2273 to register

Prostate Cancer Education and Support – Suite 100
Breast Cancer Support – Suite 405 (Also available at Harbour View Medical Arts Building in Suffolk)

Stroke
In-Motion Physical Therapy
5553 Portsmouth Blvd., Portsmouth, VA 23701
Call 757-465-7906 to register
7300 Newport Ave. 400, Norfolk, VA 23505
Call 757-217-0333 to register

Parenting & Grand Parenting
Hispanic Circle of Parenting & Grand Parenting
St. George’s Episcopal Church
15446 Warwick Blvd., Newport News, VA 23608
Call 757-886-6647 to register

Parent, Grand Parent-Child Interactive Play Group
First Baptist Church Newport News
12716 Warwick Blvd.
Newport News, VA 23606
Call 757-886-6511 to register

Diabetes
Call 757-889-2273 to register.
DePaul Medical Center
150 Kingsley Lane, Norfolk, VA 23505
Harbour View
5818-3 Harbour View Blvd., Suffolk VA 23435
Maryview Medical Center
3636 High St., Portsmouth, VA 23707
Mary Immaculate Hospital
2 Bernadine Drive, Newport News, Va 23602

Lymphedema
In-Motion Physical Therapy
7300 Newport Ave. Suite 400, Norfolk, VA 23505
Call 757-217-0333
A December to Remember

What would be better than to close the year alongside 700 SeniorHealth members! What a wonderful time it was, a celebration full of education, live music, dancing, and fun. We think this can become a Bon Secours tradition.

Left to right: Dr. Carter, Orthopaedics; Dr. Chapell, Psychology; Dr. Rosenberg, Cardiology; Dr. McGowan, Orthopaedics; Dr. McCann, Oncology

Physician’s Panel

Jonathan Fender
Sports Performance Coach

Becky Watson

Silver Tappers

David Williams Band

David Williams
Let’s Dance!

Many more photos on our website version of GoodHealth Magazine!
As a first-generation college student, no one told me how difficult and complex college would be. I went into college not knowing what I wanted to do with my life or start a career in. I didn’t want to go in as an undeclared major, but since I knew I had a passion for helping people, I decided I wanted to study Nursing. Midway through my sophomore year of college, I realized that Nursing was not my passion. I wanted to be in the medical field with a focus on administrative operations. So I switched to Health Services Management.

As my time at Norfolk State University is winding down, I am required to secure an internship in order to graduate. The journey to finding an internship is a very humbling experience, and I was getting discouraged. Then, I met with the Community Health team at Bon Secours. Fortunately, I was selected for the highly competitive internship and began in January 2020. Coming to work at Bon Secours SeniorHealth, I had no idea what to expect. School only teaches us the administrative side of the healthcare field, but working with everyone on this team showed me there are other avenues to explore in healthcare outside of the hospital. With SeniorHealth and Healthy Communities, Bon Secours not only focuses on clinical delivery but also the health in the communities where we live. They carry out this mission through Lunch & Learns, the Care-A-Van, Family Focus, Passport to Health, and other community health activities. I am grateful for the opportunity to be here and look forward to gaining knowledge to start my journey as a future healthcare professional.

Walking Off Fast Food

How many football fields do you have to walk to burn off the calories of fast food?

<table>
<thead>
<tr>
<th>Entree</th>
<th>Football Fields</th>
</tr>
</thead>
<tbody>
<tr>
<td>Taco salad</td>
<td>162</td>
</tr>
<tr>
<td>Large hamburger with cheese &amp; mayo</td>
<td>126</td>
</tr>
<tr>
<td>Italian sub</td>
<td>120</td>
</tr>
<tr>
<td>Deep dish pepperoni pizza (2 slices)</td>
<td>97</td>
</tr>
<tr>
<td>Sausage and egg biscuit</td>
<td>90</td>
</tr>
<tr>
<td>Fried fish sandwich</td>
<td>83</td>
</tr>
<tr>
<td>Medium fries</td>
<td>58</td>
</tr>
</tbody>
</table>
Healthy Eating on the Run

“Mr. McAllister, your wife is on line 2. She wants to know if you remembered Tyler’s soccer game is a 6 tonight.”
“6 o’clock! Oh that’s right — tonight’s the playoff. Thanks, Marcie. I’ll get the line … Hi Jacki! You saved me again! … I just have a few reports to finish up here and I’ll head out … No, don’t hold dinner. I’ll catch something on the fly … Love you too. Bye.”

It’s fast food to the rescue once again. Or is it a rescue after all? If you think of a double cheeseburger, large fry, and a Coke when you think of fast food, you may need to think again. But is there an alternative? Can the convenience of eating on the run be reconciled with the benefits of eating healthfully? It takes commitment and creativity on your part, but it can be done successfully. Here are a few tips from the Department of Agriculture.

• Watch portion sizes. Your craving will likely be satisfied after you have finished a small order of fries, and you’ll save over 100 calories when compared with the supersized order. The same holds true for sandwiches. Order the regular version or even a kid’s meal for yourself.
• Seek out deli-style fast-food chains where you can order a sub or sandwich on whole wheat bread or a wrap, a lower-fat and lower-calorie option than fried food.
• Many fast-food chains now offer healthy sides in place of the ubiquitous French fries. Take the healthy option. Or if you can’t bear to give up the grease and salt, get the healthy side order, too.
• Always order a side salad when eating at traditional fast-food outlets. You will be less likely to fill up on only the unhealthy items, and the salad will provide some fiber and vitamins to balance an otherwise unhealthy meal.
• Remember that chicken isn’t always a healthy choice. Many fast-food chains offer fried breaded chicken sandwiches on white bread that are actually richer in fat and calories than a burger. Grilled chicken is a better option.
• Make it a habit to eat a piece of fruit, a bowl of cereal, or some low-fat yogurt before you set out to run errands. Regular eating can help you feel full and avoid temptation.
• Stock your car with bottled water and healthy snacks. Have a small snack before the cravings hit and you’re less likely to pull into that drive-through fast-food outlet.
• Consider a supermarket for your fast-food break. You can pick up precut and washed fresh fruit or vegetables, yogurt, or low-fat cheese. Many supermarkets also offer sushi, wraps, salads, or other healthy prepared items.
• Hold the mayo. A tablespoon of regular mayonnaise has almost 100 calories!
• Don’t add a sugary, calorie-rich drink to an already unhealthy meal. Water is available everywhere and is good for you. Drinking a large glass of water with your meal will help you feel fuller earlier.

Check out how far you have to walk to work off fast food! (Previous Page)
Q. What is Osteoporosis, and how does it affect the older population?
A. Osteoporosis is a weakening of the bones or a decrease in the density of the bones that occurs with aging. It affects women more often than men. Having weaker bones puts patients at risk of developing fractures from normal activities or trips and falls that would usually not cause you to break a bone. As bones get more fragile, patients are more likely to experience a fracture. Also, some patients may have a spontaneous fracture without a trauma. One of the most common places to have a spontaneous fracture is the vertebrae in the back. Over time, the vertebrae can start shortening and micro-fractures occur.

Q. How can I prevent osteoporosis?
A. There are a lot of factors that go into our bone health. If you have a family history of osteoporosis, you should be evaluated early in life. Women in their 40s and 50s should be evaluated to make sure they are getting the right amount of calcium, Vitamin D, sunlight, and weight-bearing exercise. Bones grow in response to stress, so using weight in exercise can help prevent Osteoporosis.

Q. What are some tips to take care of myself if I am diagnosed with Osteoporosis?
A. Osteopenia is the step before Osteoporosis (when the bone is weaker). Depending on how weak the bone is, there are different treatment options. The first thing we do is screen for Calcium and Vitamin D. A lot of Americans are low in Vitamin D whether as a component of their diet or not enough time in the sun. Sunlight is necessary to convert Vitamin D to its more active form which is necessary for bone health.

Talk to your physician about medical treatments for Osteoporosis.

Fosamax, the popular medication in the 1990s and early 2000s worked by preventing bone breakdown. Bones are constantly being broken down and rebuilt, kind of like a road. Some primary care physicians are reluctant to prescribe Fosamax due to the side effects. There are a lot of newer medications that treat Osteoporosis — some are oral, some are injectable, and an injection done every six months. Since the medications work on different aspects of Osteoporosis, the physician can determine the best medication for each patient. Your physician can also help you decide whether a specialist, such as an endocrinologist or rheumatologist who specializes in Osteoporosis, should be involved with your medical treatment.

Bone metabolism is complex. Dr. Cummings is an Orthopedic surgeon, who treats bones when they break through surgery or immobilization. “I see a lot of patients and I diagnose patients with Osteoporosis; however, due to the complexity of Osteoporosis medications, I usually defer to the primary care physician and other specialists to do medical treatment of Osteoporosis.

TPMG Orthopedics
860 Omni Boulevard, Suite 113, Newport News, VA 23606 | (757) 327-0657
5424 Discovery Park Boulevard, Building B, Suite 105, Williamsburg, VA 23188 | (757) 345-5870
Trips
“Queen Esther” at the Sight & Sound Theatre
May 14-15, 2020
Day 1: Travel to beautiful Lancaster County, Pennsylvania with appropriate rest and meal stops en route. A breakfast snack will be served upon departure. Upon arrival, check into the Best Western-Plus Hotel. The hotel is located across from Kitchen Kettle Village, and you will have time to shop or relax before heading out for dinner at the Hershey Farm Restaurant. This evening you are in for an amazing experience as you enjoy an outstanding performance of “Queen Esther” at the Sight & Sound Theatre. Set in the opulent yet perilous Persian Empire, this is a captivating tale of beauty and bravery. Esther’s ordinary life changed forever when she was taken through the palace doors, entering a new world of royalty and risk. With a crown on her head and a secret in her heart, can she find the courage to trust in God’s plan and believe that she was made for such a time as this? Experience one of the most riveting Bible stories of the Old Testament as it comes to life with magnificent sets, special effects and live animals in this brand new, original stage production.

Day 2: After a continental breakfast, it’s off to the Amish Bake Shop for some fresh goodies. Next, travel into the Amish countryside to the Shady Maple Smorgasbord where you will have the opportunity to shop at their Farmer’s Market, Country Store, and the 4,000 sq. ft. Gift Shop. Before departing for home, lunch will be included at the Shady Maple Smorgasbord, an elaborate buffet, filled with Pennsylvania Dutch and Amish favorites.

Tour Includes: Deluxe motorcoach transportation, escort, 1 night’s lodging with luggage handling & room tax. A continental breakfast, 1 dinner and 1 lunch, admission to the Sight & Sound Theatre, snacks and bingo.

Cost: $337.00 per person double, $390.00 single
Final payment due: April 7, 2020
Cancellation Protection Plan: $20.00

“Sister Act” at the James-York Theatre
Saturday, June 20, 2020
Join us as we travel to Williamsburg where we will enjoy a delicious lunch at the Chickahominy House Restaurant. Lunch will be Miss Melinda’s Special: Brunswick stew, Old Virginia Ham on hot biscuits, fruit salad and homemade pie.

Following lunch, we will arrive at the James-York Theatre for a delightful performance of “Sister Act” performed by the Williamsburg Players. When disco diva Deloris Van Cartier witnesses a murder, she is put into protective custody in a place the cops are sure she won’t be found: A Convent! Disguised as a nun, she uses her disco moves and singing talent to inspire the choir and breathes new life into the church and community but in doing so she blows her cover. What follows is hilarious. Sister Act will leave you breathless with powerful gospel music, outrageous dancing and a moving story of love and the power of friendship. This is one play you don’t want to miss!

Tour Includes: Deluxe motorcoach transportation, escort, lunch at Chickahominy House, admission to play, snacks, drinks and bingo with prizes.

Cost: $81.00 per person
Final payment due: May 15, 2020
Cancellation Protection Plan: $20.00

Museum of the Bible, Missing in America & Occoquan Cruise
July 15-16, 2020
Day 1: Travel to Washington, D.C. with a breakfast snack served upon departure and appropriate rest stop along
the way. Arrive at the Museum of the Bible around 11:00 a.m. This amazing museum is an unparalleled experience, using cutting edge technology to bring the Bible to life. It will span time, space and cultures. You may choose to take one of their guided tours, for an additional fee, or just to explore the museum on your own. Lunch will be on your own at the museum. Next, we will check into the Country Inn & Suites in Woodbridge, Virginia. Dinner this evening will be included at the Harbour Grill Restaurant on the waterfront in Manassas.

Day 2: A hot breakfast will be included at the hotel. Our first stop today will be a very special stop at the Quantico National Cemetery where we will be greeted by a volunteer from the Missing in America Project (MAIP). Upon arriving at Section 22, we will receive an in-depth explanation of the MIAP, a non-profit organization, and its mission. Your heart will swell with sympathy as you hear of the veterans that are no longer forgotten heroes because of this program. You will also have the opportunity to place a flag on one of the gravesites. Following our visit, we will enjoy a delicious lunch at the Quantico Officers Club. Our next stop will be in Occoquan, Virginia, where we will enjoy a tour down the river aboard the Miss Riverstone and take in the beautiful scenery as the captain highlights details about the sites along the shore. Before departing for home, we will have a little time to enjoy ‘retail therapy’ in some of Occoquan’s unique shops.

Tour Includes: Deluxe motorcoach transportation, escort, lunch, cruise, meal tax and gratuity, breakfast snack, drinks and snacks and bingo with prizes.

Cost: $119.00 per person
Final payment due: July 1
Cancellation Protection: $20.00 per person

Tangier Island  
Tuesday, August 11, 2020

This morning, travel up the Eastern Shore to Crisfield, Maryland with refreshments and rest stops en route. Upon arrival at the dock, we will board the Steven Thomas, a 90-foot luxury vessel. While cruising the 12 miles to the island, you will see an abundance of waterfowl, the chain of islands that make up the Tangier Sand, and learn the history of a few of the other islands of the bay, Fox Island, Watts Island, and Port Isobel. Our cruise will take approximately 50 minutes. Tangier Island is a charming, picturesque island and one of the most unique places in the world with roots dating back to the 7th century. It has a current population of about 600 and has attracted the attention of linguists worldwide because they speak a unique dialect of American English. There are no traffic lights and very few automobiles on the island. Transportation is largely by golf cart, bicycle or moped. You will also be able to visit the few unique shops on the island. Lunch will be included at Hilda Crockett’s Chesapeake House Restaurant where you will truly enjoy the flavor of Tangier Island. We will make a fast food dinner stop (on your own) as we travel home.

Tour Includes: Deluxe motorcoach transportation, escort, lunch, cruise, meal tax and gratuity, breakfast snack, drinks and snacks and bingo with prizes.

Cost: $119.00 per person
Final payment due: July 1
Cancellation Protection: $20.00 per person

New England in the Fall (2020)  
October 18-25, 2020 (8 Days)

Join us for this exciting new Fall adventure! Some of the highlights includes visits to: Newburgh, New York, the West Point Military Academy, Portland, Maine, the Lake Region in New Hampshire, the Kancamagus Scenic Byway, a tour of Shelburn Museum. Lake Champlain Chocolates, and a fall experience through Vermont. There are too many wonderful details to mention.

Trip Includes: Deluxe motor coach transportation,
7 nights lodging with luggage handling and room tax. Breakfast each day, 6 dinners, one box lunch, lunch cruise, train ride, all admissions, cruises and tours mentioned in itinerary. Meal tax and meal gratuities included. Breakfast snack, snacks, drinks & bingo aboard the coach and the services of a Tours by Gwen Tour Director.

**Cost:**
- $2,575.00 per person – Double Occupancy
- $3,399.00 per person – Single Occupancy

A deposit of $200 per person is required with reservations. Monthly payments may be made for remaining balance. **Final payment is due in our office by September 3, 2020.**

Travel Insurance is now available on all trips. Call for information.

**Activities**
To register for Hampton Roads Events or for more information, call **(757) 217-0330.**

**Exercise**
**Class Schedule at Mary Immaculate Hospital**
Monday, Wednesday & Friday
- Exercise Class: 9:00 a.m. – 10:00 a.m.
Classes are held at the Mary Immaculate Hospital Auditorium in the Health Resource Center.

**Class Schedule at the Norfolk SeniorHealth Office**
Monday:
- Stretch and Tone:
  10:00 a.m. – 11:00 a.m.
- Arthritis Exercise:
  11:30 a.m. – 12:30 p.m.
7300 Newport Avenue, Suite 400 Norfolk, Virginia 23505

**Events**
**Lunch & Learn**
See page 3 for more information

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**June**
**Commodore Movie Event**
Thursday, June 11, 2020

For information call 1 (757) 217-0330
A Place that Truly Feels Like Home

Respite Care — Short term care you can rely on

- When you want a stress-free break from caregiver duties
- Family emergencies
- You want to try Province Place and see if it’s right for you
- A place to recuperate after a surgery

Call today for more information:
Province Place of DePaul  757-451-2400
6403 Granby Street
Norfolk, Va 23505

Province Place of Maryview  757-686-9100
One Bon Secours Way
Portsmouth, Va 23703

Maryview has current openings