Years Ahead
Classes and Seminars
May–July 2019
KETTERING HEALTH NETWORK SPEAKERS’ BUREAU
Kettering Health Network Speakers’ Bureau provides informational health and wellness presentations for the community, organizations, churches, and other audiences. We have a variety of health speakers and topics to motivate and educate your group to achieve and maintain optimal health. To schedule a speaker, call (937) 558-3988. Certain criteria may apply.

If a sudden illness or injury left you unable to speak for yourself, would you have someone to speak for you? Would they know your wishes about your care?

Decide to Be Heard-trained facilitators can guide you through the decision-making process and help you complete two important legal documents that become your advance directive. A living will allows you to write down what you want for your future medical care. A health care power of attorney lets you choose a person who will speak for you if you are no longer able to make your own health care choices.

To schedule a free appointment with a facilitator, call (937) 558-3988.

ADVANCE CARE PLANNING: IT’S ABOUT THE CONVERSATION
Learn more about advance care planning with Decide to Be Heard and plan for your future health choices.

May 9 | Noon-1 p.m.
Years Ahead Health Center

July 9 | 6-7 p.m.
Years Ahead Health Center

Events are free, except where a cost is listed. Unless otherwise noted, registration is required for all events.

Please register online at ketteringhealth.org/healthcalendar

or call 1-800-888-8362

Prices, presenters, and availability are subject to change without prior notice. Products offered by non-Kettering Health Network entities are neither promoted nor endorsed and are provided for educational purposes only.
<table>
<thead>
<tr>
<th>Network Happenings</th>
<th>5</th>
</tr>
</thead>
<tbody>
<tr>
<td>Healthy Living</td>
<td>6</td>
</tr>
<tr>
<td>Brain &amp; Spine</td>
<td>7</td>
</tr>
<tr>
<td>Cancer Care</td>
<td>7</td>
</tr>
<tr>
<td>Heart &amp; Vascular</td>
<td>8</td>
</tr>
<tr>
<td>Orthopedic Care</td>
<td>8</td>
</tr>
<tr>
<td>Surgical Care</td>
<td>9</td>
</tr>
<tr>
<td>Women's Health</td>
<td>9</td>
</tr>
<tr>
<td>Other Presentations</td>
<td>9</td>
</tr>
<tr>
<td>Years Ahead Health Center</td>
<td>10</td>
</tr>
<tr>
<td>Classes</td>
<td>14</td>
</tr>
<tr>
<td>Screenings</td>
<td>16</td>
</tr>
<tr>
<td>Diabetes Prevention and Management</td>
<td>18</td>
</tr>
<tr>
<td>Eating Right</td>
<td>20</td>
</tr>
<tr>
<td>Kettering Health Network Sports Medicine</td>
<td>21</td>
</tr>
<tr>
<td>RetireMed® iQ</td>
<td>22</td>
</tr>
<tr>
<td>Medicare</td>
<td>23</td>
</tr>
</tbody>
</table>

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**Network Happenings**

- **May 5**  
  Anniversary Fest and Safety Fair  
  Fort Hamilton Hospital | 2-4 p.m.
- **May 16**  
  Walk to Cure Arthritis  
  Southview Medical Center | 7-8:30 p.m.
- **May 19**  
  Walk for Women’s Wellness  
  Lincoln Park, 675 Lincoln Park Blvd. | 1 p.m.
- **June 2**  
  Cancer Survivorship Day  
  Pavilion at Kettering Medical Center | 2-4 p.m.
- **June 23**  
  Public Safety Fair  
  Soin Medical Center | 2-4 p.m.
- **June 30**  
  Boom-N-Blast  
  Preble County Fairgrounds | 6-9 p.m.

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**SAV**e the **DATE**

**Community Open House**

**Sunday, June 9**

**Troy Hospital • 600 W. Main St.**

**Opening Summer 2019**
HEALTHY LIVING 
WITH KETTERING HEALTH NETWORK

BRAIN & SPINE CARE

From back pain to epilepsy, our Brain & Spine team is here to help you find relief. Join our physicians to learn about treatment options and get your questions answered.

SLEEP BETTER AND CPAP ALTERNATIVES
May 7 | 6-7 p.m.
Sycamore Medical Center

STROKE PREVENTION AND CARE
May 22 | Noon-1 p.m.
Southview Medical Center
June 6 | 6-7 p.m.
Kettering Health Network Middletown

LIVING WITH EPILEPSY
June 13 | 6-7 p.m.
Kettering Medical Center

MIGRAINES: CAUSES AND TREATMENTS
June 26 | 6-7 p.m.
Southview Medical Center

CANCER CARE

Let our cancer team guide you through this journey by offering care for the whole person—mind, body, and spirit. Join our oncologists as they talk about treatment options.

MEDICAL ONCOLOGY
May 8 | Noon-1 p.m.
Soin Medical Center

CANCER CARE PANEL
June 13 | 6-7 p.m.
Fort Hamilton Hospital

Prices, presenters, and availability are subject to change without prior notice. To register, please call 1-800-888-8362 or visit ketteringhealth.org/healthcalendar. All Healthy Living presentations include lunch or appetizers.
HEART & VASCULAR CARE

Heart-smart habits help combat heart disease and other cardiac conditions. Stay heart healthy and learn about prevention and treatment options for common heart and vascular conditions.

HEART DISEASE — KNOW YOUR RISK FACTORS
May 9 | 6-7 p.m.
Kettering Health Network Middletown

ORTHOEDIC CARE

Do you have swelling, stiffness, or pain in your joints or hands? Are your activities sometimes limited by this pain? Join our orthopedic specialists as they discuss symptoms so you can learn more about treatment options.

OUTPATIENT JOINT REPLACEMENT
June 4 | 6-7 p.m.
Salvation Army Kroc Center, 1000 N. Keowee St., Dayton

TOTAL JOINT REPLACEMENTS: KNEES, HIPS, AND SHOULDERS
June 13 | 6-7 p.m.
Xenia YMCA at the Reach Center, 336 Progress Dr., Xenia

HEALTHY LIVING

Years Ahead: May–July

HEART & VASCULAR CARE

every heart matters

Heart-smart habits help combat heart disease and other cardiac conditions. Stay heart healthy and learn about prevention and treatment options for common heart and vascular conditions.

HEART DISEASE — KNOW YOUR RISK FACTORS
May 9 | 6-7 p.m.
Kettering Health Network Middletown

SURGICAL CARE

Kettering Health Network specializes in state-of-the-art surgical options. We offer treatment for simple and complex hernias as well as options in minimally invasive surgery. Learn from our surgeons about what treatment options might be right for you and find a new normal.

UROLOGICAL CONDITIONS
May 14 | Noon-1 p.m.
Grandview Medical Center

UROLOGY: INCONTINENCE
May 28 | Noon-1 p.m.
Greene Memorial Hospital

WOMEN’S HEALTH

Kettering Health Network provides women across the region access to entire teams committed to disease prevention, obstetrics, gynecology, breast health, pelvic disorders, and more. Join our physicians as they talk about common topics in women’s health.

RISK ASSESSMENT AND GENOMICS
May 29 | 6-7 p.m.
Kettering Medical Center

OTHER

FALL PREVENTION
Join our EMS coordinator as she discusses how to prevent falls.
Light lunch provided at 11:30 a.m.
June 19 | Noon-1 p.m.
Rec West Enrichment Center, 965 Miamisburg-Centerville Rd., Centerville

AGING, EXERCISE, AND PHYSICAL ACTIVITY
An exercise physiologist explains the benefits of exercise, physical activity, and making healthy lifestyle choices as we age. There will be a light lunch at noon.
June 14 | Noon-1:30 p.m.
Charles I. Lathrem Senior Center, 2900 Glengarry Dr., Kettering
The Years Ahead Health Center offers a seamless, coordinated approach to whole-person health care for those 55 and older. The center features primary care physicians specializing in internal medicine, outpatient lab and imaging services, health education and exercise classes, and a community room for educational programs and events. To schedule a medical appointment or to ask about other medical services at Years Ahead Health Center, call (937) 425-4000.

Note: You do not need to be a member of Years Ahead in order to receive services at the Years Ahead Health Center, but membership provides extra benefits. For more information on the Years Ahead membership program, see the back cover. To register for programs call 1-800-888-8362.

HEALTH AND WELL-BEING

OSTEOPOROSIS: ARE YOU AT RISK?
Many older Americans have low bone mass, putting them at increased risk of developing osteoporosis. Join us for this informative presentation and learn your risk factors.

May 16 | 1-2 p.m.

PAIN MANAGEMENT 101
Join us as Nirmala Abraham, MD, discusses pain and how to manage it. This presentation will include a question-and-answer period. The following issues will be addressed:

- Risks and uses of opioids for chronic pain
- Interventional and surgical procedures for common pain issues
- Role of diet and lifestyle in pain management

June 25, July 30 | 5-6 p.m.
EXERCISE AND FITNESS

YOGA
This back- and joint-friendly class eases chronic pain, supports relaxation and better sleep, promotes better breathing and mental focus, and improves balance, strength, flexibility, and mobility. Day and evening classes are offered at multiple locations. $35 for Years Ahead members; $45 all others.

PARKINSON’S FITNESS
In this presentation, specially trained Parkinson’s therapy staff from the NeuroRehab and Balance Center will discuss how exercise and large movements can help improve your mobility, quality of life, and self-esteem. Family members and caregivers are welcome.

June 4 | 9-10 a.m.

SCREENINGS

OSTEOPOROSIS SCREENING
This screening measures bone loss using ultrasound instead of radiation. It takes less than 10 minutes, and results are immediate. Note: This test is not appropriate for anyone who has had a positive DXA scan or has been diagnosed with osteoporosis. $10 for Years Ahead members; $15 for all others.

May 30 | 1-5 p.m.

CHOLESTEROL SCREENING
This screening helps measure the risk for cardiovascular disease. Results include total cholesterol, HDL, LDL, triglycerides, and blood glucose. A finger stick is required, and a 12-hour fast is recommended to get the most accurate results. Results are immediate and educational handouts are included. $20 for Years Ahead members; $25 all others.

June 20 | 8 a.m.-Noon

BROWN BAG MEDICINE REVIEW
Do you have questions about your medications? Meet one-on-one with a Kettering Health Network pharmacist and get your questions answered. Bring all your medications and the pharmacist will review them for interactions, potential side effects, and proper dosing. Call (937) 558-3988 to make a 15-minute appointment.

June 14 | 9-11 a.m.

NUTRITION AND FOOD

REDUCE SALT, BUT KEEP THE FLAVOR
Cutting back on salt doesn’t mean food can’t be tasty. Join Jane Key, dietitian and chef, and learn tricks and techniques to keep the flavor and joy in eating. Free for Years Ahead members; $5 for all others.

May 8 | 2-3 p.m.

The above classes and presentations take place in the Years Ahead Health Center classroom.
Classes are free unless otherwise noted. Registration is required for all classes. Please register online at ketteringhealth.org/healthcalendar or call 1-800-888-8362.

STOP THE BLEED
Uncontrolled bleeding is the leading cause of preventable death from injury. Learn how you can save a life. This free, one-hour class prepares bystanders to stop uncontrolled bleeding until help arrives.

May 20, June 24, July 22 | 7-8 p.m.
Kettering Medical Center, Dining Room 3

June 11 | 1-2 p.m.
Years Ahead Health Center

TAI CHI/CHI GONG
Tai chi, a Chinese form of exercise, promotes physical health through slow, even movements and breathing exercises. This 10-week program is designed to increase flexibility, improve balance, and reduce stress. $80-100.

Thursdays, June 13-August 15 | Beginner: 7-8 p.m., Intermediate: 6-7 p.m.
Sycamore Medical Center, Physician Office Building, Classroom 425

SAY GOODBYE TO TOBACCO
This five-week class takes you through the quitting process and provides a month of nicotine patches as well as gum or lozenges. The class is provided in partnership with Kettering Health Network and Public Health – Dayton and Montgomery County.

Wednesdays, May 8-June 5; July 31-August 28 | 6-7 p.m.
Kettering Medical Center

SMOKING CESSTATION
Greene Memorial Hospital and Soin Medical Center partner with Greene Memorial Foundation to offer free smoking cessation classes. These four-week sessions will take you through the quitting process. Participants receive a week’s supply of nicotine patches for each week they attend. Register to save your seat and reserve your smoking cessation patches by calling (937) 702-4624.

Wednesdays | 6-7 p.m.
Soin Medical Center, Conference Room E

POWERFUL TOOLS FOR CAREGIVERS
Powerful Tools for Caregivers is a free, six-week educational workshop for those who are taking care of a family member or friend. It is designed to support the family caregiver and improve his or her well-being.

Tuesdays, May 7-June 11 | 6-8 p.m.
Pavilion at Kettering Medical Center, Kettering Cancer Center, Community Room

Wednesdays, July 10-August 14 | 6-8 p.m.
Soin Medical Center, Conference Room B

PARKINSON’S FIT CLUB
A specially trained Parkinson’s therapy team from the NeuroRehab and Balance Center conducts these classes to offer a safe, effective way for those with Parkinson’s disease to exercise. Each level of class focuses on posture, gait, freezing, rigidity, balance, fatigue, and confidence. Come fight Parkinson’s with us! $15 per session or $90 for eight sessions. Classes take place at the NeuroRehab and Balance Center in Centerville. For more information or to register, call (937) 401-6109.

ALZHEIMER’S SUPPORT GROUP
This group is a collaboration between Sycamore Glen Retirement Community and the Alzheimer’s Association. It provides education and family support for those dealing with the disease. All are welcome. Call (937) 866-2984 for more information.

May 21, June 18, July 16 | 1-2 p.m.
Sycamore Glen Retirement Community
SCREENINGS

All screenings are free unless otherwise noted. Prices and availability are subject to change without prior notification.

BLOOD PRESSURE SCREENINGS
Know your numbers. Kettering Health Network staff will take your blood pressure and answer any questions you may have. No registration required.

May 6, June 3, June 24, July 1, July 22 | 10 a.m.-Noon
Years Ahead Health Center

May 7, June 4, July 2 | 11 a.m.-1 p.m.
Charles I. Lathrem Senior Center, 2900 Glengarry Dr., Kettering

May 17, June 21, July 19 | 11:30 a.m.-1 p.m.
Miamisburg Community Center, 305 E. Central Ave.

May 24, June 28, July 26 | 9:30-11:30 a.m.
Town & Country Shopping Center, 300 E. Stroop Rd., Kettering

HEALTHY ARTERIES AND VARICOSE VEINS SCREENINGS
Healthy Arteries $119
Varicose Veins $60 or both $164
Registration is required. Please call (937) 395-8492.

May 16 | 9 a.m.-1 p.m.
Soin Medical Center

June 17 | 9 a.m.-1 p.m.
Kettering Medical Center Physician Office Building, Rejuvenate

June 1 | 9 a.m.-1 p.m.
Soin Medical Center

July 18 | 9 a.m.-1 p.m.
Soin Medical Center

FALL RISK ASSESSMENT
Our exercise physiologists, along with therapists from the NeuroRehab and Balance Center, perform this screening to determine your fall risk. Education on how to improve balance and safety will also be discussed. Appointments last approximately 20 minutes. $5 for Years Ahead members; $8 for all others. Registration is required. Please call (937) 558-3988.

Please note: If you use a cane or walker or have already been diagnosed with a balance problem, this may not be an appropriate assessment.

June 6 | 1-4 p.m.
Years Ahead Health Center

July 19 | 9 a.m.-noon
Yankee Medical Center, Community Room

Do you know your risk of heart disease?
Each year, about 1.2 million Americans will have a coronary attack. Coronary heart disease is the nation’s single leading cause of death. Learn more about the warning signs of heart trouble.

Take the Heart Disease Risk Quiz at ketteringhealth.org/communityoutreach/quizzes
DIABETES PREVENTION & MANAGEMENT

Duck Diabetes events are free, but registration is required. All Duck Diabetes presentations include a mini health fair and light refreshments. To register, please call 1-800-888-8362, or visit ketteringhealth.org/healthcalendar.

MONTHLY DIABETES SUPPORT GROUPS
If you are living with diabetes, you are not alone. Diabetes support groups meet each month in Beavercreek, Centerville, and Hamilton. Led by a certified diabetes educator, these groups allow participants to gain knowledge as they share information and ideas. For more information or to find a class near you, call (937) 558-3988.

WEIGHT MANAGEMENT
Kettering Health Network Diabetes & Nutrition Center offers options to help you meet your weight-loss goals. To register for a free information session, call (937) 401-7588. You may also arrange for individual nutrition counseling for healthy lifestyle changes and weight management by calling (937) 401-7572.

DUCK DIABETES
Learn to avoid diabetes with our Diabetes & Nutrition Center experts as they provide practical tips for grocery shopping, eating out, losing weight, and increasing physical activity. Presentations include a mini health fair and light refreshments. No physician referral required.

May 13 | 4-5 p.m.
Beavercreek Health Center, Community Room

May 14 | Noon-1 p.m.
Sycamore Primary Care Center, Diabetes Classroom

June 20 | Noon-1 p.m.
Years Ahead Health Center

July 22 | 3:15-4:15 p.m.
Southview Medical Arts Center, Suite 202

PREVENT T2: DIABETES PREVENTION PROGRAM
Have fun, lose weight, be more physically active, and manage stress with a trained lifestyle coach. This year-long lifestyle change program meets weekly for the first six months, then once or twice a month for the next six months. $360. Call (937) 558-3988 for more information.

NeuroRehab and Balance Center Driving Program
Helping those with disabilities, neurological conditions, and injury drive again.

Evaluation call: (937) 401-6109 Option 1
ketteringhealth.org/neurorehab
**CabApple Slaw**

**Yield:** 8 one-cup servings  
Recipe from *Nutrition Action Newsletter*.  
Culinary notes by dietitian and chef Jane Key, RD LD, CC.

Cruciferous vegetables provide a bounty of health-promoting properties, plus fiber, vitamins, and minerals. Enjoy this colorful salad for a summer dinner.

**Ingredients**

2 tablespoons extra virgin olive oil  
1 large onion, thinly sliced  
2 tablespoons apple cider vinegar  
1 tablespoon whole-grain mustard  
\( \frac{1}{4} \) teaspoon kosher salt  
8 cups mixed shredded cabbage (red, Savoy, Napa, and/or green)  
1 apple, cored and cut into matchsticks or grated

**Directions**

1. Heat the oil in a large skillet over medium heat until it simmers.

2. Sauté the onion, stirring frequently, until browned, 8-10 minutes. Remove from heat.

3. In a large bowl, whisk together the vinegar, mustard, and salt.

4. Add the onions, cabbage, and apple and toss well.

5. Refrigerate and serve.

**Per cup:** 80 calories, 11 g carbohydrate, 2 g protein, 4 g fat, 130 mg sodium, 3 g fiber

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**Kettering Health Network Sports Medicine**

The sports medicine team at Kettering Health Network offers a variety of programs that promote fitness, health, wellness, weight management, and injury prevention.

**$ Therapy 2 Fitness**

This individualized fitness program provides one hour of one-on-one instruction to work toward your specific goals or overall fitness after physical therapy. The program can accommodate all levels and goals, including post-rehabilitation, weight loss, and performance. For more information call (937) 395-3905.

**$ Metabolic Efficiency**

This metabolic rate evaluation program determines how many calories your body burns and assists you in balancing your calories from food intake with calories used during physical activity. A nutritional analysis and personalized exercise plan are included in this two-session program. For more information call (937) 395-3905.

**$ Nutrition Consultation**

Do you want to fit healthier foods into a busy lifestyle, recover from illness, optimize athletic performance, or manage a chronic disease? Our experts can help individuals of all ages reach their goals through nutrition consultations and food coaching. For more information call (937) 395-3905.

**$ FITT for Life**

The purpose of the FITT for Life program is to ease the challenges of everyday living. This program focuses on strength, balance, coordination, and flexibility for seniors, including those with orthopedic and neuromuscular issues. The class meets two times a week for six weeks, with an optional third day. For more information call (937) 477-4269.  
$60 for Years Ahead Members, $70 for non-members, $80 for drop-ins.
4 TIPS FOR CREATING YOUR RETIREMENT BUCKET LIST

Retirement offers the freedom to explore lifelong interests and passions that have fallen by the wayside. If you’re approaching retirement, now is a great time to create your personal bucket list to provide added meaning and excitement to this new stage of life.

1. Start small. Aim for 20-25 items with varying complexity. A simple goal might be to take a cooking class from a local chef. A far-ranging goal could be to visit every state capital.

2. Make it a living list. Give yourself the freedom to add or remove items as time goes on. You’ll continue to grow as a person and so will your goals.

3. Share your list with friends or family. This provides healthy motivation to turn your goals into reality.

4. Look for inspiration. Search engines, social media, and conversations with loved ones can be great sources.

To accomplish your bucket list, you may need help preparing for retirement, especially in terms of health care and finances. RetireMED®iQ can guide you through the Medicare plan selection process, so you can start your bucket list and live your life in retirement to the fullest.

Learn more about retirement planning by calling RetireMED®iQ at 1-877-291-4110 or enroll in the RetireMED®iQ Personalized Email Program at retiremediq.com/yearsahead

YEARS AHEAD: MAY–JULY

MEDIGOLD PRESENTATIONS
Kettering Health Network is proud to partner with MediGold to bring you informative seminars on navigating and understanding your Medicare options. Below is a list of presentations occurring at the Years Ahead Health Center. All of these events are free, but registration is required by calling the number listed with the program.

UNDERSTANDING MEDICARE: A MEDIGOLD EDUCATIONAL WORKSHOP
Whether you are already on Medicare or will be soon, this presentation will provide an easy-to-understand overview. A Certified Senior Advisor® from MediGold will discuss eligibility, important enrollment periods, penalties to avoid, and the two ways most people get their Medicare health coverage. Ways to protect yourself against Medicare fraud and unethical business tactics will also be covered. Call 1-800-964-4525 to register.

May 20 | 2-3 p.m.

MEDIGOLD SEMINAR
A local representative will explain MediGold’s Medicare health and drug plans in a relaxed setting. Learn about MediGold’s newly added benefits and how they may be able to save you money. Reserve a seat or ask for accommodations for persons with special needs at meetings by calling 1-800-964-4525 (TTY 711). Walk-ins are welcome.

May 21 | 2-3 p.m.
July 26 | 10-11 a.m.

MEDICARE 101
Are you getting ready to turn 65? Thinking about all your Medicare decisions can be a little overwhelming, but it doesn’t have to be. A representative from RetireMED®iQ will present information about Medicare, Medicare Plan Options, Medicare Part D Prescription Plans, and retiree health care costs. RetireMED®iQ is a local advisory service that provides guidance and lifetime support for people new to Medicare or currently on Medicare plans. Call (937) 558-3988 to register.

May 29, June 26, July 31 | 1-2 p.m.
Years Ahead Membership

Years Ahead, Kettering Health Network’s senior membership program, is available to anyone 50 years of age and older for an annual fee of $10 per person. The program offers wellness information; educational programs; health screenings; discounts at our hospital cafeterias, gift shops, and pharmacies; and much more. To become a Years Ahead member or renew your membership, call (937) 558-3988.

Discover the Value of Years Ahead at Kettering Health Network

Years Ahead Discount Coupons

Did you know you can get 15 percent off your purchase from Beavercreek Florist on Fairfield Road? Find the coupon on page 21 of the 2019 Years Ahead Coupon book. Be sure to check your book frequently to get the discounts you deserve!