



PrestigePLUS
A SERVICE OF LONGMONT UNITED HOSPITAL

Winter 2011 Newsletter

Message from Michelle:

We Are All Changing The *Caring* Experience

Welcome new and returning members of PrestigePLUS! You are a part of a wellness program supported by a not-for-profit community-based hospital that is governed by a non-paid Board of Directors made up of community members. While Longmont United Hospital continues to change the caring experience for its inpatients, the same mission guides its various outpatient services, including PrestigePLUS, which reach beyond the walls of the hospital and extend out into the community. You are also a member of a program that is helping form changes in health care—locally, nationally and internationally. Thank you for caring and staying with PrestigePLUS, which is now over 20 years old!

Our program has persevered over the years by being innovative and adaptive to our changing times, without ever losing its focus on wellness and preventive care. Longmont United Hospital is part of the international [Planetree](#) network of hospitals, which recently added the Veterans Administration (VA) to its fold. Over 250 VA hospitals are now linked with Longmont United Hospital through Planetree—patriotic and Planetree! In 2010, Longmont United Hospital was awarded “Designation” status with Planetree, which means we are a flagship hospital—one that other hospitals look to for direction and programming ideas.

PrestigePLUS Office Hours, Phone

Monday – Thursday

9:00 a.m. – noon; 1:00 – 4:00 p.m.

303.651.5080 – Main Office

303.485.3474 – Clinic Nurse

Clinics:

PrestigePLUS Clinic Hours:

2nd & 4th Mondays

9:00 a.m. – noon

PrestigePLUS Outreach Clinic:

Cinnamon Park

2nd Wednesday –9:00 – 11:00 a.m.

Get to Know Us/You sessions

1st Friday of each month

9:30 – 10:30 a.m.



I am so honored to work for a hospital that supports YOU our community members and also supports what you have to say and how you want to stay well. As we embrace health care reform, you have a voice in how this unfolds in your own community. When you join forces with Longmont United Hospital through the PrestigePLUS program, you are buying local, you are voting with your pocket book, and you are contributing to the health of your community. You are also benefiting from the collaborative efforts we have with the City of Longmont at the Senior Center, which allows us to offer you some of the most innovative and broad-based programs in the state of Colorado.

This winter join us for an exploration into multi-cultural health care practices in the “World of Wellness: Exploring Different Healing Traditions” series. We will welcome a peaceful Swami (monk) from India, a homeopath, and a curandera, who will share their healing practices with us. Please take a look at all our classes noted in the insert! Winter it is a great time to settle in and learn and store knowledge and energy for the seeds you will be planting in the spring. We look forward to seeing you at programs, meeting you in person for Wellness Coaching and other connections, and partnering with you for improved health care strategies for our country and our future!

Nurse's Notes

Winter Self-Care December already? I loved the November snows, but can anyone figure out how to have the beautiful snow and nice, warm temperatures? That would be so very perfect wouldn't it?

Now that fall has past, a time of letting go, we can start to prepare for winter's rest or hibernation. Time to refresh, restore and refuel your body and mind. I encourage you to take five minutes a day to pamper yourself. Rub your feet when you take off your shoes. Sip a warm cup of tea and think of all the happy moments. Smile at yourself. Get lots of rest and remember to drink plenty of water. You need to have water to keep everything working properly. Most of all, remember to keep your feet firmly planted under yourself. As Len on “Dances with the Stars” says, “Keep your bum tucked in.!” I want you to be safe when you are moving around your home and when you are out and about. Take good care of yourself. Happy Holidays! Renita Henson, RN, BSN, PrestigePLUS nurse, 303.485.3474.

PrestigePLUS
at Longmont Senior Center
910 Longs Peak Avenue
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Staff Notes

Welcome Our New Volunteer. Please stop by our office sometime and welcome our newest volunteer, Louella Lara. Louella is a mom of three and a student in Medical Office Technology at Front Range Community College. She is completing her student internship in December and has been spending some of her volunteer hours at the Health Center of Integrated Therapies (HCIT), as well. Louella is bilingual (Spanish/English), a great benefit to a program that is not particularly blessed with that skill!

Second Annual Arts and Crafts Exhibit and Sale

is being held at HCIT through January, 2012. Local painters, photographers, quilters, potters and other crafters are showing their works and offering them at excellent prices for holiday shopping. These community artists are generously donating 25% of sales to the HCIT Fundraising Account, which funds partial patient service scholarships for people in need and also perpetuates our hospital's Integrative Medicine programming. Many thanks to PrestigePLUS member, Joyce Bronson, for organizing the sale and curating HCIT's rotating exhibits.

Acupuncture for Destressing Clinic. Perhaps you're still working and can't make it to the Acupuncture for Destressing Clinic at the Senior Center, Wednesdays, drop-in from 12:30-1:00 pm. If so, you might want to take advantage of the new Stress Management & De-Stressing Acupuncture Clinic at HCIT, 1551 Professional Lane, Ste. 125, Tuesdays, 5:30 pm. Drop-in, no appointment needed. Fees are \$10 for PrestigePLUS members; \$15 for Community. Call HCIT, 303.651.5188, for more information.

LONGMONT UNITED HOSPITAL...

recipient of the Outstanding Patient Experience Award™ by HealthGrades for three years in a row – 2009, 2009/2010, 2010, 2011.

is ranked among the Top 5% in the Nation for Outstanding Patient Experience™ in 2010.

Planetree Designated Patient-Centered Hospital

Holiday Gift Certificate Sale. The Health Center of Integrated Therapies is again offering the Holiday Gift Certificate sale through Friday, December 30. This time you have a choice among three different options, each with \$15 savings:

Acupuncture Three Pack (1 hr. sessions) – PrestigePLUS cost \$165

Massage Therapy Three Packs

1 hr. sessions – PrestigePLUS cost \$150

1 ½ hr. sessions – PrestigePLUS cost \$240

Gift certificates are transferable and may be gifted to anyone! They are valid for two years, and their value may be applied to any other HCIT services. You may purchase the gift certificates at the PrestigePLUS office, at HCIT and at the Resource Center at Longmont United Hospital. For more information about Integrative Medicine and the services we provide, [click here](#).

Massage Moments: Healing Touch Coming to the Senior Center

Are you dealing with chronic pain, anxiety, trouble sleeping or stress? Healing Touch may help.

Healing Touch is a compassionate energy therapy in which the practitioners use their hands in a heart-centered and intentional way to support and facilitate your physical, emotional, mental and spiritual health and self-healing. Healing Touch uses gentle, light or near-body touch to clear, balance and energize the human energy system. Research suggests that Healing Touch greatly benefits those who receive it. It reduces pain and anxiety, relieves stress and depression, provides support during chemotherapy, strengthens the immune system, enhances recovery from surgery, and deepens spiritual connection.

Healing Touch was founded by Janet Mentgen, a holistic nurse, RN in 1989.

Healing Touch Practitioners complete a rigorous two year training program and abide by a Professional Scope of Practice and Code of Ethics. Healing Touch is currently the only energy therapy to be awarded an American Nursing Credentialing Center Accreditation.

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Lisa Stone, Healing Touch Certified Practitioner, has been an intern over the past year at the Health Center of Integrative Therapies. She completed the Healing Touch Program in May and became certified in October of this year. Lisa has been working at Longmont United Hospital since 2007 and has just joined the team at HCIT as a Healing Touch Practitioner. She specializes in chronic pain issues and stress reduction, as well as supporting patients before and after surgical procedures. She has a special interest in supporting cancer patients. Lisa is available for appointments at the Senior Center, as well as HCIT. Sessions are typically one hour and are being offered at an introductory price of \$30. Please consider scheduling an appointment to see how Healing Touch may support your self-healing.

Open House at the Longmont Senior Center

Bring a neighbor, family member or friend and join us on Friday, Jan. 27, 1:00 – 3:00 p.m., for an opportunity to meet and mingle with staff, activity leaders and participants, Advisory Board and Friends Board members, and other visitors.

Get to know this “best of the best” Senior Center and learn about the various programs, activities and services available.

LIKE US ON FACEBOOK

Current events, photos, tell a nurse they are doing an excellent job on the customer service tab.

FOLLOW US ON TWITTER

Be the first to hear about a seminar by signing up for twitter.

Click here to see what everyone is talking about.
Look for the link to Facebook and Twitter - top right corner.

Simplify Your Holidays

“Do you want your holidays wrapped in more meaning...and less stuff? Too often the holidays seem to exhaust rather than uplift us.” This holiday reflection comes to us from the Center for a New American Dream – More of What Matters. They suggest trying some of the following strategies to simplify your holidays:

- Give the gift of time.
- Give a handmade gift.
- Offer to teach a skill you possess.
- Consider less gimmicky, less commercial gifts (for children).
- Create a paperless holiday letter (email).
- Have a white elephant party.
- Draw names in your family for gift-giving.
- Shop for used items.
- Share the gift of music (caroling, in-home sing-along).
- Give back to your community by volunteering.
- Adopt a “less is more” attitude (toward holiday decorating).
- Save paper (wrapping gifts in comics, junk mail, paper bags, etc.)
- Prepare your holiday meals (with as many seasonal, locally grown, and/or organic foods as possible).
- Reduce junk mail (by removing your name from mailing lists of unwanted Holiday catalogs).
- Celebrate Buy Nothing Day on Nov. 25.

For more details, [visit newdream.org](http://visitnewdream.org) and consider giving the Gift of Touch!

Dr. Jay Want at Senior Law Day

If you missed the informative keynote at this year’s Senior Law Day, August 13, you now have a chance to see Dr. Jay Want speak about “Health Care Reform:

Why It’s about You and Not Us” on Longmont Channel 8. The TV Production Club at the Longmont Senior Center filmed and edited the session, and it is now being shown during Public Access Programming, on a rotational basis with other programs, at the following times:

Monday, 10:00 p.m. Wednesday, 10:00 a.m. Saturday/Sunday, Noon

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Tips from LiveWell Longmont

“The weather might be getting colder, but that is no excuse for letting your fitness regimen start to freeze up!” The latest newsletter from LiveWell Longmont urges us to take charge of our fitness, no matter what the season. And LiveWell Colorado has some suggestions for taking small steps to achieve that goal:

“Small Steps Add Up. Big change starts with small steps. No matter if you’re looking to lose a significant amount of weight, maintain your current weight, or just live a healthier lifestyle, every little effort makes a difference.”

My Small Steps - [click here](#) to learn more. You can also sign up for the newsletter at that site.

Longmont Lights!

Save Friday, December 9 and Saturday, December 10, 5:00 – 8:00 p.m. for the Longmont Lights celebration in Roosevelt Park and downtown. Enjoy the park’s holiday lights and some wonderful entertainment. In addition to the festive lighting, hot chocolate, the warmth of fire pits and the Saturday “Lights on Parade,” you can enjoy various free activities—ice show, carriage rides, parachute drop, and the Longmont Concert Band on Friday; parade, fireworks and musical programs on Saturday. See you there!

LOOKING FOR A PHYSICIAN?

Free 24/7 referral service offered by the Hospital. Call 303.485.3553 or [click here](#) for physician information.

***BETTER HEALTH IS JUST A CLICK AWAY!** [CLICK here](#) to sign up for a monthly e-mail full of practical and interesting tips to help you lead a healthier life.

PRESERVE OUR FORESTS!

EMAIL PrestigePLUS@luhcares.org to receive PrestigePLUS newsletter and programs electronically.

Training Programs for Family Caregivers

The National Caregiver Training Program is a 21-hour course, taught by a nurse, that helps family caregivers acquire the skills needed to provide safe, confident home care for frail older loved ones (relatives, partners, or friends). Classes cover caring for someone on bed rest, providing personal care, safe wheelchair use, medication management, taking vital signs, infection control, fall prevention, reducing caregiver stress, using local resources, and more.

Powerful Tools for Caregivers is a 15-hour course that gives family caregivers the tools to make sure they take care of themselves while caring for others. Classes help caregivers learn to reduce stress, improve self-confidence, communicate their feelings, balance their lives, increase their ability to make tough decisions, and locate helpful resources.

Both courses are open to Boulder County residents caring for a relative, partner, or friend who is 60 or over (50 or over if the person has dementia). For more information, contact Emily Cooper at 303.678.6116 or ecooper@bouldercounty.org.

Medicare Information

New to Medicare?

Attend one of the New to Medicare classes, presented by the Boulder County Aging Services Division Medicare Counselors Program. Information is provided about Medicare enrollment, what and how Medicare pays, types of Medicare plans and how they work, and prescription drug coverage. There is time for both a group presentation and an individual meeting with a Medicare Counselor to answer your questions. Call the Senior Center, 303.651.8411, or drop by the front desk to sign up. No charge, but registration required.

Time: 10:00 a.m. – noon

Location: Longmont Senior Center

Activity #7203.100 – Monday, Dec. 19

Activity #7203.101 – Tuesday, Jan. 17

Activity #7203.102 – Tuesday, Feb. 21

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Medicare Part D Clinic.

Medicare counselors and volunteers from Boulder County Aging Services will be available at the Longmont Senior Center to meet with any Medicare enrollee who needs help reviewing or selecting a Part D or Part C plan. Schedule your one-on-one appointment by calling the Senior Center front desk at 303.651.8411. Remember to bring your complete list of prescription drugs, your Medicare card, and current prescription drug plan card (if applicable).
Additional Resources

Medicare 1.800.633.4227

[Click here for Medicare.gov](#)

Social Security Administration 1.800.772.1213

[Click here for SocialSecurity.gov](#)

Boulder County Aging Services Division Medicare Counselor Program 303.441.1546

Income Tax/City of Longmont Rebates Assistance

AARP trained volunteers will be available on Tuesdays and Thursdays, Feb. 2 – Apr. 12, from 9:00 a.m. – 1:00 p.m. Starting January 19, you can call 303.651.8442 to schedule an appointment for income tax assistance.

If you are only filing city and state rebates, you can walk in without an appointment on Tuesday or Thursday, from 9:00 – 11:00 a.m. on the dates noted above.

Please do not call the Senior Center front desk or call for an appointment before Jan. 19.

Kindness is Biological...

...and so are compassion, generosity and empathy. These positive emotions light up a part of the brain that is connected to oxytocin networks. Practicing these emotions is a learnable skill and applying them can have a positive impact on our physical health, as well as our general satisfaction with life.

[Click here to watch a video to learn more.](#)

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PrestigePLUS Profile

The message on the telephone answering machine when she came home was “Help, I’m having problems with the computer.” A return call is made, information exchanged and Sarah Jane Snyder, coordinator of the Longmont Learning Center at the Longmont Senior Center goes to work. This may include a visit to the “ill” computer or consulting with one of the other members of the team to resolve the problem that exists. This team, consisting of 65 members, is a group of knowledgeable volunteers who assist seniors with computer woes, teach Learning Center classes at Front Range Community College (FRCC) and are on hand on Friday afternoons at FRCC to “coach” those with computer matters where they need help. Sarah Jane also volunteers her time to coordinate the program, and has done so for six years.

In a partnership between FRCC, SeniorNet, Inc. and the City of Longmont’s Division of Senior Services, the Longmont Learning Center was established in 2000. SeniorNet, Inc.’s main focus is teaching classes—learn from your peers in a comfortable and supportive environment. In August of 2003, the Longmont Learning Center expanded its mission to bring technology to senior living facilities and private

homes. An unforeseen plus of the program has been the many friendships that have emerged.

It was in 2008 that SeniorNet, Inc. recognized the Longmont Learning Center as an “Exemplary Learning Center.” Then, on January 29, 2010, the Longmont Learning Center received notification that it had received the 2009 SeniorNet, Inc. Chairman’s Award in recognition of the outstanding computer learning program provided to Longmont’s adults 50+. A cash award of \$1,500 was given, along with a plaque which hangs on a wall at the Senior Center.

All of these achievements have been possible thanks to Sarah Jane’s magnificent leadership of the Learning Center, along with the support and commitment of the many volunteers involved with the program over the years. Sarah Jane is a native of Baltimore, Maryland, the third of four sisters in the family. She was educated there through college and worked for IBM in the Washington metropolitan area until 1972, when she relocated to the southern California area.

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She then moved to Colorado in September, 1986, to join IBM in their present location. Her position at this facility was software engineer. Sarah Jane left in November, 2000, when she retired, although not of retirement age.

Not only does Sarah Jane attend to computer problems, she can also be found at Longmont United Hospital in the Volunteer Office, answering the phone and being handy to have around.

Visits to family in Maryland, Louisiana, and Mississippi and making cookies (or some other worthwhile activity) while watching tennis matches could be the only thing that takes her mind off computer needs of the Longmont seniors. We are, indeed, very fortunate for the help provided by the dynamic Sarah Jane Snyder and Longmont Learning Center's group of computer experts.

Submitted by MaryAnn Wingate, PrestigePLUS member and Longmont United Hospital volunteer.

Gratitude Corner

We continue to be grateful to the PrestigePLUS members who support our efforts to enhance the health and wellness of the older adults of our community. Since the previous newsletter, we have been blessed again by the following people who have made a donation beyond their annual dues. Please join us in thanking the following generous "angels":

DeLoris Conard
Cintha Ring
Carol Janda
Fred Schulerud

Carol Murray
(multiple donations)
Lisa Yake!

When you receive your membership renewal notice, you will also have an opportunity to make a donation in addition to your dues. We have also begun our annual fund drive and encourage you to consider including PrestigePLUS in your holiday giving plans. [To make a donation to PrestigePLUS, click here.](#)

Dear Friends of PrestigePLUS,

Season's Greetings! We ask you to consider Longmont United Hospital's PrestigePLUS in your holiday giving plans. The importance of supporting your local community-based not-forprofit hospital has reached a crucial point. We need your support in the form of using our hospital services, volunteering your time if you are able and talking with your friends and family about the value of having a world-class leader in health care in your hometown that you can trust!

Longmont United Hospital is a member of the international Planetree hospital organization that supports innovation and true patient-centered care! In 2010, Longmont United Hospital became the 11th hospital in the world to obtain Designation status; check out Planetree.org for more information on this prestigious achievement. We are a part of national efforts, including innovative grants, that will help shape health care for the future of our country. We are requesting your involvement in your community hospital's efforts!

In 2012, we will keep our membership fees at the same affordable rate of \$20/year for an individual and \$30/year for a couple, which continues to make it possible for anyone to enjoy the many benefits of membership. However, membership fees do not cover the costs of providing all our membership programs and services. Please consider making a donation to help us perpetuate our program as health care continues to define itself. We also ask that you please assist us by referring new PrestigePLUS members throughout the upcoming year. No matter how you look at it, wellness and preventive health care services, like PrestigePLUS, must be a higher priority in our community's health care. We encourage you to Ask and Choose! our community health care and support Longmont United Hospital in the coming year.

We are continually blessed to be working with each and every one of you! Best of health for the holidays,

Michelle Bowman, Program Director, PrestigePLUS & Health Center of Integrated Therapies

[To make a donation to PrestigePLUS, click here](#) and select Other for Designation and write in PrestigePLUS. We appreciate your support!