

Peach & Blueberry Cobbler

A healthy version of a traditional cobbler, made with canola oil in place of some of the butter and whole-wheat flour instead of all-purpose flour.

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|---|-----------------------------|
| 3 tablespoons unsalted butter | 3 tablespoons canola oil |
| 1 cup whole-wheat flour | 1 ½ teaspoons baking powder |
| ½ teaspoon salt | 1 cup reduced fat milk |
| ½ cup sugar | 1 teaspoon vanilla extract |
| 2 cups (1 pint) fresh or frozen blueberries | |
| 3 ripe but firm peaches (pitted & sliced into eighths, or 3 ½ cups frozen | |

Preheat oven to 350 degrees. Place butter and oil in a 12 inch cast iron skillet or a 9 x 13 baking pan. Heat in oven until melted. Combine flour, baking powder and salt in a large bowl. Add milk, sugar and vanilla; stir to combine. Add the melted butter mixture to the batter and stir to combine. Pour the batter into the hot pan. Spoon peaches and blueberries evenly over the batter. Return the pan to the oven and bake until the top of the cobbler is browned and the batter around the fruit is set, 50 minutes to 1 hour. Remove and cool on wire rack. Serve warm.

Nutritional Information per serving:
182 calories; 8 g Fat; 26g Carbs; 3 g Protein; 3 g Fiber



East Alabama Medical Center
Cordially invites you to celebrate

American Heart Month 2012

FRIDAY, FEBRUARY 3 – National Wear Red Day – Show your support and shop Go Red at goredforwomen.org/wearredday/index.html

TUESDAY, FEBRUARY 14 – Cardiac Risk Factor Prevention Class: A Smart Start to a Healthy Heart – 10 am at the EAMC Health Resource Center. Free 2-hour class full of information on how to keep your heart healthy, taught by Mary Hanna, RN, BSN, PCCN.

TUESDAY, FEBRUARY 14 – 13th Annual Heart Patient Reunion – 1-3 pm. EAMC Health Resource Center. Anyone who had heart surgery or attended cardiac rehab, their loved ones, and EAMC staff who supported and cared for them are welcome to attend.

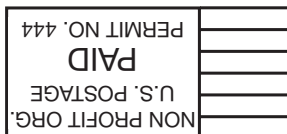
WEDNESDAY, FEBRUARY 15 – Mended Hearts Support Group – 11:30 am. EAMC Health Resource Center. Speaker: Dr. Michael Williams, cardiologist with Auburn Cardiovascular. Topic: “Cardiac Arrhythmias”. Bring a brown bag lunch and drink.

FEBRUARY 12-18 – Cardiac Rehabilitation Week: Taking your recovery to heart. Visit the Cardiac Rehab room, check out their services and show your appreciation for the staff on the EAMC 1st floor, West Pavilion.

SATURDAY, FEBRUARY 18 – Love Your Heart Run/Crank Your Heart Ride. Chewacla State Park, Auburn. Registration info available at loveyourheartrun.com/

TUESDAY, FEBRUARY 21 – Heart Failure/ICD Support Group Meeting – 5 pm. Azalea Room, EAMC Health Resource Center. Anyone with heart failure and/or an implantable cardioverter defibrillator (ICD), their loved ones and supporters is welcome to attend. Sponsored by St. Jude Medical. Call 334-528-4739 to RSVP.

FEBRUARY 24-25 – The EAMC Foundation has scheduled a weekend of activities called Celebrate Life. The 2-day event is designed to raise awareness in the community about how the hospital touches lives on a daily basis while also raising funds to support various hospital programs. Visit celebratelife.eamc.org for info on the Wellness Clinic, Couch to 5K Race, Commitment Share-a-thon, Community Celebration & Car Give-away.



Opelika, Alabama 36801
2000 Pepperell Parkway
EAMC
SENIORPLUS

SENIORITY



SENIORITY

EAMC's NEWSLETTER FOR MEMBERS OF SENIORPLUS

Volume 12, Number 3

January-March 2012

Macular Degeneration and Low Vision Therapy

Ann's Story:

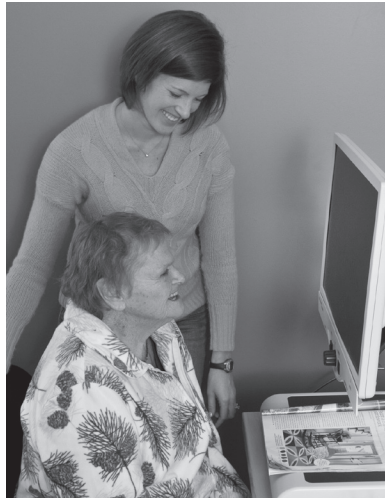
My name is Ann Boggs. In the early 80s, I completed both an RN degree and an art degree. I loved nursing as a career and art as a hobby.

About 13 years ago, during an annual eye exam with my optometrist, Dr. Charles Brazeal, he told me that I was in the beginning stages of macular degeneration and recommended that I go see my ophthalmologist. Dr. Bert Anz at Medical Arts Eye Clinic confirmed Dr. Brazeal's diagnosis. Although the physicians watched closely, for 10 years, the macular degeneration did not progress.

Then, four years ago, everything changed rapidly. I remember driving home from the grocery store and thinking the road was moving. I couldn't see the road or other cars. I almost hit somebody on that drive home. I walked into the house, handed my car keys to my husband, and told him I had driven for the last time. I didn't want to be the cause of someone else's death because I was too stupid or too stubborn to quit driving. That is when my husband, Robert, stepped in.

Robert was working full time, yet he cooked, cleaned, and washed dishes. From occasionally cooking a steak on the grill, Robert became a 'darn good cook.' I couldn't see to make coffee, to vacuum, or to dust. I wanted to do more – be more independent. And, I wanted to paint.

I was searching for some magnifying glasses. Don Crowley, a technician at Medical Arts Eye Clinic, recommended that I seek help from the low vision therapy program at Re-



Lucy Lowe, back, works with Ann Boggs at RehabWorks.

habWorks. Robert and I drove to RehabWorks. That same day, the folks at RehabWorks got my referral from Dr. Anz and made my first appointment.

Lucy Lowe was my therapist at RehabWorks, and she is wonderful. I spent more than two hours with her at each appointment. During therapy, she taught me how to do the most practical things. I measured food and cooked biscuits. I made coffee and poured my cup. Lucy taught me how

"I tell everybody I meet about the low vision therapy program at RehabWorks..." — Ann Boggs

to arrange food on my plate so Robert and I could go out to eat more easily. Lucy taught me tools to use at home so I wouldn't be so dependent on Robert. Lucy taught me how to turn my head and eyes so I can watch TV. I thought I'd never read again – Lucy even had tools to help me read. And yes – Lucy taught me how to hold my head and eyes so I can paint! All these are things I took for granted until I developed macular degeneration.

Just three appointments with Lucy changed everything. Lucy is a sweet, kind and patient person. She didn't get flustered when I got flustered. She never rushed me. We repeated things again and again until I felt comfortable doing something. Lucy became my friend during those sessions. My Medicare and AARP insurance paid for all three appointments. I didn't even pay a co-pay.

I tell everybody I meet about the low vision therapy program at RehabWorks and about Lucy. I cook, I read, I paint – I do things now that I thought would be impossible.

"Low vision is when a person has 20/70 vision or worse that is unable to be fully corrected with glasses. Older adults are generally the most affected by low vision as part of the natural aging process, though visual impairment can occur in people of all ages," says Lucy Lowe. "Low vision therapy with an occupational therapist starts with a formal evaluation, and then treatment sessions

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Bert Anz, M.D.
Medical Arts
Eye Clinic
(334) 749-1486

Scale Back Alabama

Did you make a New Year's resolution to lose weight in 2012? If you did, you'll increase your chance of success by surrounding yourself with friends who have the same goal.



For the 6th year in a row, EAMC will be participating in the statewide weight-loss program called "Scale Back Alabama." **Here are the details:**

- It is a 10-week program designed to create a fun atmosphere for weight loss, healthy eating & physical activity.

- Form a team of four individuals (including a captain) and sign up during the week of Jan. 23-27.

- **The goal is for EACH team member to lose 1 pound per week for a total of 10 pounds during the 10-week contest.**

- Every employee who completes the 10-week contest and loses at least 10 pounds will have their name placed in a drawing for one of 50 statewide prizes of \$100 each and these EAMC company-specific prizes):
 - 1 grand prize of \$500
 - 2 second place prizes of \$100 each
 - 3 third prizes of \$50 each

- Teams that maintain all of their original team members throughout the contest and have each team member lose at least 10 pounds are placed in a drawing for one of three statewide grand prizes:
 - First place team-\$1000 each, second place team-\$500 each, third place team-\$250 each

- **NEW this year:** There will be a separate statewide drawing for all individuals who have lost any weight and weigh out.

Prizewinners will be announced on April 30 and posted on www.scalebackalabama.com and the EAMC intranet. **To participate, come register and weigh-in at:**

..... HealthPlus.....	EAMC Diabetes & Nutrition Center
Monday, January 23	7 - 10 a.m. 8 a.m. - 3 p.m.
Tuesday, January 24	4:30 - 7:30 p.m. 11:30 a.m. - 5 p.m.
Wednesday, January 25 ...	7 - 10 a.m. 7:30 a.m. - 1 p.m.
Thursday, January 26	4:30 - 7:30 p.m. 7:30 - 11:30 a.m.
Friday, January 27	7 - 10 a.m. 8 a.m. - 4 p.m.



Beginning and ending weights are logged (confidentially) on each participant, as well as the weight of each team. For more information, contact **Kathe Briggs** at 528-6806. For information on the statewide contest, along with weight-loss tips and other resources, go to www.scalebackalabama.com or the EAMC intranet Health & Wellness page and access the links to the Scale Back Alabama website.

Cardiac Risk Factor Prevention Class – A Smart Start to a Healthy Heart

Two-hour class providing information about:

- Heart and how it works
- Nutrition
- Exercise
- Basic pharmacology
- Heart attack warning signs
- Diabetes
- Hypertension
- Tobacco
- Goal setting

EVERYONE who wants to learn more about reducing their cardiac risk factors and improving their heart health.

- All cardiac patients
- Family members
- Caregivers

Patients who are unable to attend outpatient cardiac rehab are encouraged to attend a Risk Factor Prevention Class.

Location: EAMC Health Resource Center

The second Tuesday of each month at 10:00 a.m.

2012 CLASS SCHEDULE:

January 10th	July 10th
February 14th	August 14th
March 13th	September 11th
April 10th	October 9th
May 8th	November 13th
June 12th	December 11th

A **FREE**, community service offered once a month by the cardiac rehab department at East Alabama Medical Center.

Community members: Call 334-528-1694 to register for a class.


EAMC Welcomes New Physician



East Alabama Medical Center welcomes to the medical staff **Dr. Reed Seligman**. Dr. Seligman attended medical school at the Medical College of Georgia, graduating in 1993. He completed his internship and residency at the University of Florida, and his fellowship at the Medical College of Georgia. He is board certified in Internal Medicine and Cardiology. Dr. Seligman will be joining Dr. Michael Williams, Dr. Donald Rhodes, and Dr. Patricia Wade at Auburn Cardiovascular. For more information, or to make an appointment with Dr. Seligman, please call Auburn Cardiovascular at (334) 821-1219.

News from Becky's Brigade

Becky's Brigade has wonderful trips planned for 2012 starting with a springtime getaway, which will be an overnight trip in March to historic Thomasville, Georgia. This trip will include a tour of some of the most historic homes in Georgia as well as seeing the Georgia Folklore play, "Solid Ground". We will enjoy a luncheon in Colquitt, Georgia, and a lovely dinner in Thomasville. Other trips during the year are being planned for New York City; Boone, North Carolina; New England; and Pennsylvania Dutch Country; and finishing out the year with a Christmas trip to Williamsburg. Come join the fun and fellowship while traveling with Becky's Brigade. For more information or to get on the mailing list, call **Becky Stillwell** at 334-744-1910.



13th Annual Heart Patient Reunion

What's New In Cardiology At EAMC
 Cardio-Neuro Optimal Outcomes For Longevity Aka: Dr. COOL

Speaker: Alicia Hegwood, RN, BSN
 With Special Guest: David McCain

Tuesday, February 14, 2012 • 1-3 pm

EAMC Health Resource Center
 2027 Pepperell Parkway, Opelika

Anyone who had heart surgery or attended cardiac rehab, their loved ones, and EAMC staff who supported and cared for them are welcome to attend.

Questions? Call 334-528-1694

Sponsored by East Alabama Medical Center Cardiac Rehabilitation



EAMC Foundation Makes Plans for Celebrate Life Event

CELEBRATE COMMITMENT

97.7 Kicker FM Share-A-Thon for EAMC – Friday, February 24 – 6:00 am to 6:00 pm

Beginning at 6:00 am 97.7 Kicker FM will broadcast live from the EAMC Health Resource Center. Testimonials and live interviews about the hospital will play throughout the day along with your favorite music and regular programming. In addition, the Verizon Phone Bank will be staffed with volunteers taking your pledges or credit card donations over the phone. You can also donate on-line before, during, and after the event at celebratelife.eamc.org.

CELEBRATE HEALTH

Wellness Clinic – Friday, February 24 – 9:00 am to 3 pm – Health Resource Center

During the all day radio event at HRC, a 6-hour health fair will also take place, offering various health screenings and a variety of wellness information. No appointment is necessary; however, to cut down on wait times, we ask that you follow the schedule below according to your last name.

A thru M 9:00-11:45 a.m. • N thru Z 12:15-3:00 p.m.

Please be sure to take as advantage of these free and important screenings!

CELEBRATE FITNESS

5k Run/Walk – Saturday, February 25 – 8:00 am – Downtown Opelika

The *Celebrate Life* 5k Run/Walk will be held in downtown Opelika, followed by a concert by Route 66 in front of the Lee County Courthouse. Individuals may participate or a group can form a team. Awards will be given for fastest times, best team name, biggest team, smallest team, slowest team, and many more.



Celebrate Life
eamc FOUNDATION
A weekend of events benefiting EAMC Foundation
FEBRUARY 24 - 25
2012
For more information and to find out how you can win this car donated by Glynn Smith Chevrolet Buick GMC:
celebratelife.eamc.org
334.528.5873

Celebrate
Community
Celebrate
Fitness
Celebrate
Health
Celebrate
Commitment
Celebrate
Friends

CELEBRATE COMMUNITY Celebration & Car Give-Away – Saturday, February 25 – 6:00 pm to 10:00 pm – Event Center Downtown Opelika

Join us for great food, dancing, and fun at the **Event Center Downtown** in Opelika. Tickets are \$100 per person and this includes a chance to win a brand-new **Chevy Cruze** donated by **Glynn Smith Chevrolet, Buick, GMC**. The winner of the car will also receive free oil changes for one year, courtesy of Express Oil Change on South College Street in Auburn. There will be a 1 in 500 chance to win the car. Entertainment will be provided by the fabulous Tip Tops band. Heavy hors d'oeuvres will be provided by local caterers, a cash bar will be available, and dress is casual.

For more information, visit celebratelife.eamc.org or join their Facebook page titled **Celebrate Life**. You may also contact Sissy Barham in the EAMC Foundation office at 334-528-5874.



Lucy M. Lowe, MS, OTR/L
Occupational Therapist, RehabWorks

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are set up to address the many activities of daily living that are impacted by the visual loss. We can also help in other areas, such as self care with dressing and bathing, managing finances, grocery shopping, leisure activities, and home/work modifications, to name a few. Our goal is to help clients be more independent and resume activities they may have given up due to their vision loss.

"Macular degeneration is the leading cause of vision loss in adults 60 years and older, and has been our common reason for referral. We can help address low vision resulting from other diagnoses as well, such as glaucoma, diabetic retinopathy, hemianopsia, cataracts, retinitis pigmentosa and optic nerve hypoplasia. Ask your optometrist or ophthalmologist if he or she thinks low vision therapy may be an option for you," adds Lowe.

"If you are experiencing changes in your central vision or your ability to see colors and fine detail becomes impaired, you need to see a physician. These changes may be the first indication of macular degeneration, particu-

larly if you are older than 50. Only an eye exam, where your eyes are dilated, will reveal macular degeneration.

"Sometimes, we can slow the progression of the disease. It is important to maintain a healthy diet, including taking vitamins rich in antioxidants and getting enough omega-3 fatty acids. Controlling high blood pressure, stopping smoking and losing weight if you are overweight are also important. If you are experiencing any of the symptoms of macular degeneration, see an ophthalmologist.

"We have many new treatment options for patients dealing with macular degeneration. Your ophthalmologist is your best resource for helping you decide what to do if you have macular degeneration.

EAMC has provided a tremendous resource to the area by establishing RehabWorks and placing Lucy Lowe there as our therapist. As Mrs. Boggs shares, you can learn to deal with the visual handicap, and good training will allow you to live life to the fullest. By the way, having an incredible positive attitude like Ann Boggs' doesn't hurt, either!"

You can access more articles like this on a wide array of health conditions. EAMC offers the EBSCO Health Library as a service to our community. Simply go to www.eamc.org and click on the Health Library button on the right side of the home page.