

# SENIORity

EAMC Foundation's Newsletter for Members of SeniorPlus

VOLUME 13, NUMBER 2

SPRING 2013

APRIL IS NATIONAL VOLUNTEER MONTH

## Celebrating Volunteering



I am willing to bet that while many people know that February is Black History Month and March is Women's History Month, not many people know that April is National Volunteer Month. While undoubtedly, the time we spend reflecting in February and March is of crucial importance, it is equally important that we honor the people who dedicate themselves to donating their time, skills and service in our communities. According to the Bureau of Labor Statistics, more than 64 million people volunteered at least once between September 2011 and September 2012. That donated time and expertise is valued at \$173 billion dollars. That amounts to a huge economic impact!

One of the greatest aspects of volunteerism is that there are so many different ways to do it, and sometimes we volunteer without even making conscious recognition of it –for example, helping out at church or coaching your child in soccer or other sports. We serve food at the local soup kitchen or clean up the local parks. These acts all deserve to be applauded, and as an employee in a Healthcare organization that could not do without them, I say thank you to every one of the 64 million people who are giving back to their community in their own way.

National Volunteer Month also provides a great opportunity to reflect on how much volunteerism has changed since President Nixon created the first National Volunteer Week in 1974.

- Since 1989, the number of people who volunteer has increased by 60 percent

- Older Americans from the Baby Boom generation are 40 percent more likely to volunteer than the same age groups were in 1989.

Not only has the amount of volunteerism increased, but the impact of volunteerism is increasing as well. As corporations encourage their employees to engage in meaningful volunteer activities, long-term, skill-based volunteerism is becoming more popular. Two-thirds of Generation Y employees would like to use their business skill in their volunteer efforts.

As we celebrate National Volunteer Month, let us recognize those who give themselves to help others. Let us motivate others to join the effort. In addition, let us stay focused on how volunteerism can continue to evolve to bring maximum value to our communities.

If you are interested in volunteering with the EAMC Auxiliary, where members help the hospital achieve its mission of high quality, compassionate health care and gain a sense of well being that comes from helping others while making new friendships and staying active, please contact Volunteer Coordinator Mary Weaver at 334-528-5923 for more information. ■



# VOLUNTEERING

Coach says, "Give it a try!"



EAMC Auxiliary members help the hospital achieve its mission of high quality, compassionate health care. Auxiliary members gain a sense of well being that comes from helping others, as well as make new friendships and stay active.

Larry Gore – known as "coach"

## Current Areas for Service:

- Admission/Escort
- Fall Prevention Program
- Surgery Center
- Surgery Waiting Room



To Volunteer, please contact Mary Weaver, Volunteer Coordinator, at **(334) 528-5923.**

## Village Friends 📞 Village Values

# Living Independently is Easier for Seniors with Village Group's Support

The officers of **Village Friends** 📞 **Village Values** (VFVV) described the Village concept in a presentation on March 7<sup>th</sup> at a luncheon seminar hosted by EAMC's SeniorPlus. The village concept offers seniors an affordable support system that can allow them to continue living independently in their own homes as they grow older. The local organization of Village Friends Village Values is working to bring this popular national phenomenon to those age 60 and older who reside in the Auburn-Opelika area. VFVV is a non-profit organization led by its Board of Directors and members who are themselves retirees. The Village concept provides an alternative to senior adults who prefer living in their homes to life in a group residence. The program was initiated by and for Boston retirees in 2001, the concept took off as others around the country heard of their success and begin to form similar organizations. There are now 90 Villages in operation and another 120 in development. One of the newest opened in Athens, GA last November; another five will be opening around that state in the next 18 months. Recognizing that senior adults need a support system for safe and successful at-home living, a Village organization provides one-call access to an array of services that are provided by volunteers and member-approved vendors.



### LOCAL BOARD MEMBERS

**L-R seated:** Janice & John Saidla, Patty & Jim Disque, Joanna Hinton, Cindy Reinke.  
**L-R standing:** Fenny & Jacob Dane, Joanna Hoit, Mike Reinke, Marion Brown

Services typically include: home maintenance and repairs, transportation to medical appointments, grocery shopping and errands, routine household and yard chores, social activities and others. Subscribers call the Village office to request a service as needed. For more information, Google "village friends village values" for VFVV website; visit VTV Network at [www.vtvnetwork.org](http://www.vtvnetwork.org); email [villagefriendsvv@yahoo.com](mailto:villagefriendsvv@yahoo.com) or phone 334-209-4641.



By Malvika Lall, Auburn High School

# Iron-Deficiency Anemia

## What is Anemia?

**Anemia** is a medical condition in which the red blood cell count or hemoglobin blood levels are less than normal.

## What is Iron-Deficiency Anemia?

Iron-Deficiency Anemia is one of the common forms of anemia and is caused by insufficient dietary intake and absorption of iron. Iron is an important component of red blood cells explaining how it is related to hemoglobin and red blood count deficiencies.

## Significant Causes

- The body does not make enough red blood cells
- Loss of red blood cells faster than they can be replaced due to bleeding
- Parasitic worms
- Lack of iron in the diet
- Inability to absorb iron

## Common Symptoms

- Fatigue
- Lightheadedness
- Weakness
- Fatigue
- PICA (craving for clay or ice)
- Pale skin
- Shortness of breath

## What Can You Do?

Eating more iron-rich foods will increase the amount of iron in the blood, a very significant component of red blood cells and therefore decrease the risk for Iron-deficiency Anemia.

### *Foods Rich in Iron*

- Red meat
- Egg yolks
- Dark, leafy greens (spinach, collards)
- Dried fruit (prunes, raisins)
- Iron-enriched cereals and grains

- Mollusks (oysters, clams, scallops)
- Turkey or chicken giblets
- Beans, lentils, chick peas and soybeans
- Liver
- Artichokes

## References

"Anemia Symptoms, Signs, Causes, Diagnosis, Diet, Treatment - MedicineNet." *MedicineNet*. N.p., n.d. Web. 04 Mar. 2013.

Staff, Mayo Clinic. "Iron Deficiency Anemia." *Mayo Clinic*. Mayo Foundation for Medical Education and Research, 04 Mar. 2011. Web. 04 Mar. 2013.

Column, Kathleen M. Zelman, MPH, RD, LDWebMD Weight Loss Clinic - Expert. "Top 10 Iron-Rich Foods: Foods High in Iron." *WebMD*. WebMD, n.d. Web. 04 Apr. 2013

# Ollie At Auburn Announces Course Offerings for Spring Term 2013

Spring courses for the Osher Lifelong Learning Institute at Auburn University (OLLI at Auburn) offer a variety of topics and activities. The weekly 90-minute classes will meet for six weeks beginning the week of April 8, and ending the week of May 13. OLLI classrooms are located in the Clarion Inn & Suites, 1577 South College Street in Auburn and the Jule Collins Smith Museum of Fine Art, at 901 South College Street, Auburn.

Over 40 courses will be offered this spring quarter, ranging from a new class “Amazon is Not a Bookstore: Geography of South America” offered by Sonny Dawson, retired AU professor, to an established favorite “Writing Our Lives,” led by Terry Ley, also a retired AU

professor. Computer classes, popular drawing classes, French and Spanish courses, the music of Mozart and Schuman, several history courses and several exercise classes will also be offered. In addition to these choices of spring courses, OLLI members are invited to attend Brown Bag events on April 15<sup>th</sup>, 29<sup>th</sup> and May 14<sup>th</sup>. To end the spring term, an annual meeting and spring social – featuring picnic box lunches are combined on May 20, 11am to 1 pm at the Clarion Inn & Suites. For more information about becoming a member of OLLI and signing up for spring courses contact Linda Shook, OLLI at Auburn Associate Director at 334-844-3105 or visit [www.olliatauburn.org](http://www.olliatauburn.org) for all OLLI news. ■



PREMIER



QUEST

## Premier Names EAMC a Top Performer

**EAMC** has been named a top performer in the Premier healthcare alliance’s **QUEST: High Performing Hospitals collaborative** for:

- Reducing the average cost of care to less than \$5690 per discharge;
- Reliably delivering all evidence-based care measures to patients in the areas of heart attack, heart failure, pneumonia and surgical care at least 95 percent of the time;
- Improving the hospital experience so that patients favorably rate their stay and would recommend the facility to others at least 73 percent of the time; and
- Reducing preventable harm events.

**Of the 333 hospitals that participated in Year 4 of QUEST, only 48 (including EAMC) were named top performers.**

“EAMC’s participation in this collaborative reinforces our commitment to reliably deliver the best care experience to the communities we serve,” said **Terry Andrus, president and CEO**. “We’re proud to have achieved top performance in QUEST as we continue down our path of improving patient outcomes.”

**Susan DeVore, Premier president and CEO** said, “Meeting the imperatives of better care at a lower cost isn’t easy for health systems to achieve on their own. It’s this type of collaboration and innovation that’s needed system-wide to build a sustainable future for healthcare and most importantly communities nationwide. Premier congratulates

East Alabama Medical Center for their outstanding performance.”

QUEST supports hospitals in delivering the best care possible, as well as sharing collaborative solutions to improve healthcare nationwide and influence public policies. Together, the nearly 350 QUEST hospital members, which span more than 40 states, share ideas, strategies and proven practices to reduce variation, an approach that has been shown to improve care quality, safety and cost. The collaborative includes a broad range of hospitals of various sizes, geographies and teaching status, including a large number of disproportionate share and safety net facilities. ■

# Becky's Brigade

presents

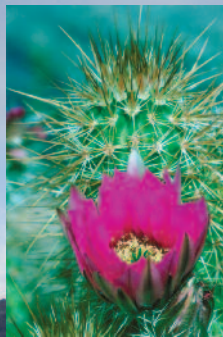
*The Best of the*

# GREAT AMERICAN SOUTHWEST

**JUNE 12-24, 2013**



*A great price for such  
an all-inclusive trip  
with so many meals  
and features!*



## **INCLUDED FEATURES:**

- Round-trip Motorcoach Transportation
- Twelve Nights Hotel Accommodations
- Two Included Meals Daily
- Painted Desert & Petrified Forest
- The Grand Canyon
- Santa Fe, NM
- Flagstaff, AZ
- Sedona, AZ & Red Rocks State Park
- Cowboy Hall of Fame
- Colorado Springs Touring
- Durango Silverton Train Trip
- Mesa Verde National Park

Call Becky Stillwell at **(334) 744-1910** for more information.



# May 23, 2013

9:00 a.m. until 12:00 p.m.

**EAMC Health Resource Center**

2000 Pepperell Pkwy • Opelika, AL 36801



**LEARN HOW TO GUARD AGAINST FRAUD AND SCAMS**

**This Conference will help to identify ways that senior adults can protect themselves from fraud, scams and identity theft.**

## Call To Register (334) 749-5264

*The Alabama SMP Program is funded through a grant from the Administration for Community Living and administered by the Alabama Department of Senior Services and the Area Agencies on Aging.*

Sponsored by:  
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