

Aurora Freedom 55⁺

information today, to help you enjoy your tomorrows

Winter 2006 / Vol. IV No. 04

A member newsletter for Metro Milwaukee, WI

Do you know that up to 40 percent of adults suffer from sleep problems?



Some people spend the night wide-eyed and unable to sleep, drifting off only to awaken after a few minutes. Others, even after a full night's sleep, find themselves sleepy and listless all day long.

You may suffer from a sleep disorder if you answer "yes" to any of the following questions:

- Are you often fighting to stay awake?
- Do you awaken frequently or sleep too much?
- Do you always feel sleepy during the day, even after a full night's sleep?
- Do you snore or does someone who snores keep you awake?
- Do your legs jerk at night or feel restless?
- Do you frequently talk or walk in your sleep?
- Do you ever awaken gasping for breath or unable to breathe?
- When falling asleep or waking, do you ever feel unable to move or have vivid, dreamlike hallucinations?
- Do you ever awaken with a morning headache?

Sometimes the person suffering from a sleep disorder is the last to know! Ask your sleep partner or family members to assess for the above mentioned sleep problems.

If you or someone you know has a sleep problem, it is really important to get some help. Sleep apnea has been associated with cardiac problems, driving accidents, stroke, high blood pressure, impotence and even unexplained nocturnal death.



The Aurora Visiting Nurse Association has a long history of helping people get a better night's sleep. As a leading provider of sleep apnea equipment, the Aurora VNA delivers equipment right to the home. Our respiratory therapists work one-on-one to establish a strong partnership with each patient and family. CPAP and BiPAP masks are custom fit for each individual and we also make follow-up calls to all patients at three-month intervals. Additionally, patients are encouraged to call anytime in between.

Good Night's Sleep Clinics

In addition, the Aurora VNA offers free weekly Good Night's Sleep Clinics where patients who are new to sleep apnea equipment or who are having problems with their current sleep therapy can meet individually with a respiratory expert. The Good Night's Sleep

See Sleep Problems on page 4

Are you still smoking? *It's still worth quitting!*

In the mid-1960s, about 54% of adult males and 34% of adult females were smokers. Another 21% of males and 8% of females were former smokers. Although these percentages have decreased over the years, smoking is still a major cause of preventable illness and premature death.

Older smokers are at greater risk from smoking and are more likely to suffer from smoking-related illnesses. Besides being a major cause of lung cancer and a contributing factor in many other cancers, smoking increases one's risk for:

- Stroke
- Heart disease
- Emphysema and chronic bronchitis
- Dementia and Alzheimer's disease
- Cataracts



It's not too late to benefit from quitting

Even at an older age, quitting smoking can improve your circulation and reduce your risk of heart disease, stroke, lung disease and cancer. It can also help protect those around you from the effects of second-hand smoke.

Smoking is **not** just a bad habit. Nicotine is a very addictive drug, and quitting is much more than a matter of willpower. Research tells us that counseling and medication offer smokers the best chance of long-term success.



Help is a phone call away

The Wisconsin Tobacco Quit Line offers free help in quitting smoking through a variety of services, including:

- One-on-one telephone counseling. This can include help in setting up a personalized plan with follow-up calls, and a "Quit Kit" with practical information on quitting.
- Free information - not only for smokers, but for friends and family members who want to help them quit.
- Referrals to local programs and services

If you or someone you love needs help or more information, ask your health care provider or call the Wisconsin Tobacco Quit Line, toll free, at 1-800-784-8669 (800-QUIT-NOW).



Freedom from Smoking Class

An 8-week class designed by the American Lung Association to educate, prepare, guide and support you in your journey to become a non-smoker. Topics include stages of change, identifying triggers, weight management, healthy lifestyle and more.

Two separate classes offered on Mondays from 6:00 - 8:00 p.m.

December 11 (free introduction) with sessions to follow on Dec. 18, 27 (Wed.), Jan. 3 (Wed.), 8, 10 (Wed.), 15 and 22.

February 5 (free introduction) with sessions to follow on Feb. 12, 19, 21 (Wed.), 26, Mar. 5, 12 and 19

Fee: \$50 (check with your insurance for possible coverage)

Aurora BayCare Medical Center, 2845 Greenbrier Road, Green Bay

Registration is required and can be done online at www.Aurora.org/Events or by calling the toll-free registration line at 1-888-863-5502.

Come Aboard for Adventure!



Aurora Freedom 55+ and Lamers Tour & Travel are working together to offer our members some exciting travel opportunities for 2007. Each tour is fully escorted and planned by Lamers Travel personnel to ensure hassle-free trips.

IKEA and Woodfield Mall Shopping Spree Saturday, March 17

First stop – IKEA . . . Next stop – Woodfield Mall

All tour shoppers will receive discount coupons to be used at Woodfield Mall.

3 Milwaukee Departure/Return Points:

8:00 a.m. / 8:00 p.m. Watertown Plank Park & Ride (Hwy 45)
8:20 a.m. / 7:45 p.m. Milwaukee Hilton, 6th & Wisconsin
8:40 a.m. / 7:30 p.m. College Avenue Park & Ride (northeast lot)

Cost: \$35/person Includes roundtrip transportation.

**** Call early – space is limited ****



Please make your reservation by **February 23**, by calling **(414) 281-2002**. Full payment is due within 7 days of reservation.

Be sure to mention you are an *Aurora Freedom 55+* member when you make your reservation.



Washington, DC: Cherry Blossoms Tour 7 fun-filled days . . . March 26 - April 1

Tour Cost: \$1,095 Double • \$1,022 Triple • \$1,536 Single

Note: Lamers Tour & Travel will extend an *Aurora Freedom 55+* discount of **\$35 off each reservation**. The discount is applied at time of reservation. Be sure to mention you are an *Aurora Freedom 55+* member when making your reservation.

Please make your reservation by **January 29**, by calling **(414) 281-2002**. Full payment is due within 7 days of reservation.

Departure points located throughout Wisconsin. Call for the departure point nearest you.

**** Call early – space is limited ****

Tour highlights include:

Washington, DC city tour;
Washington National Cathedral;
Lincoln, Jefferson, Korean War,
Vietnam War and WWII memorials;
Smithsonian Institution; Mount
Vernon; and Arlington National
Cemetery.

For Better Health: *Make Sleep a Priority*

Start your day off right with a good night's sleep. The Better Sleep Council provides the following tips for better sleep:



1. Give yourself “permission” to go to bed. Put your “to do” list away and make sleep a priority.
2. Unwind early in the evening.
3. Develop a sleep ritual. Do the same things each night before you go to bed to signal to your body that it is time for sleep.
4. Keep regular bedtime and waking hours.
5. Create a restful place to sleep.
6. Sleep on a comfortable bed.
7. Exercise regularly, but avoid exercising late in the day.
8. Avoid drinking caffeinated beverages in the evening.
9. Don't smoke.
10. Reduce alcohol intake. Drinking alcohol shortly before bedtime interrupts and fragments sleep.



Source: Better Sleep Council, www.bettersleep.org

Sleep Problems

from page 1

Clinic expert will provide hands-on-help to optimize your CPAP or BIPAP therapy. The visits are free and no appointment is necessary.

Good Night's Sleep Clinics

Kenosha

Every Tuesday Night

5:00 - 10 :00 p.m.

Bay Ridge Center

5024 Green Bay Rd., Suite 150

(414) 290-5451

Milwaukee

Every Wednesday Night

7:00 - 10:00 p.m.

Aurora St. Luke's Medical Center

Cardiopulmonary Department

(just inside the main entrance)

2900 W. Oklahoma Avenue

(414) 649-5891

Waukesha

Aurora Health Center

W231 N1440 Corporate Court

(414) 649-5891

Aurora Comprehensive Pain Program

Millions of people in the United States suffer with persistent pain from a variety of causes. Many of these people feel that they have nowhere to go for help with this complex problem. Aurora Health Care's Comprehensive Pain Program is dedicated to providing personalized pain management to meet your specific needs.

The Comprehensive Pain Program recognizes the long-term disabling effects persistent pain can have on your life and understands that the emotional frustration frequently accompanying pain is as important to treat as your physical symptoms. The goal of the program is to improve your performance of daily living activities at home, work and in the community.

Some examples of pain conditions that can be effectively treated include arm and/or back pain, facial pain, fibromyalgia, headaches, leg pain and neck pain. To meet the diverse and often complex needs of each patient, the Comprehensive Pain Program uses an interdisciplinary approach to pain management providing patients with treatments, lifestyle options and coping strategies to

See Pain Program on next page

Help Us Light Up Our Holiday Trees

Brighten your holidays by attending a Holiday Tree of Light ceremony at an Aurora hospital or clinic near you. Tree of Light celebrations allow you to purchase “love lights” in memory of someone special in your life. The proceeds benefit specific philanthropic needs within each medical center. Plan to attend a Holiday Tree of Light celebration at one of the following Aurora sites:

Aurora St. Luke’s Medical Center

Thursday, December 7 at 6:00 p.m.

Third Floor Skywalk

Call (414) 649-7200 for more information.

St. Luke’s South Shore

Tuesday, December 5 at 6:30 p.m.

Auditorium

Call (414) 489-4051 for more information.

Aurora Lakeland Medical Center in Elkhorn

Friday, December 8 at 1:00 p.m.

Atrium Area

Call (262) 741-2924 for more information.

Aurora Medical Center in Hartford

Wednesday, December 6 at 5:00 p.m.

Main Hospital Entrance

Call (262) 670-7568 for more information.

Aurora Medical Center in Kenosha

Monday, December 4 at 6:00 p.m. • North Lobby

Call (262) 948-5605 for more information.

Aurora Medical Center in Oshkosh

Sunday, December 3 at 4:00 p.m. • Front Lobby

Call (920) 456-5822 for more information.

Aurora Medical Center in Two Rivers

Sunday, December 3 at 6:00 p.m. • Atrium Area

Call (920) 794-5158 for more information.

Aurora Sheboygan Clinic in Plymouth

Sunday, December 10 at 6:00 p.m.

Call (920) 451-5344 for more information.

Aurora Sheboygan Memorial Medical Center

Sunday, December 10 at 3:30 p.m. • Cafeteria

Call (920) 451-5344 for more information.

Memorial Hospital of Burlington

Monday, December 4 at 7:00 p.m. • Hospital Lobby

Call (262) 767-6450 for more information.

West Allis Memorial Hospital

Thursday, December 7 at 7:00 p.m.

Aurora Women’s Pavilion Entrance

Call (414) 328-7175 for more information.

Pain Program *from page 4*

help manage their pain. This would include:

- Interventional Anesthesiology Services, such as epidural steroid injections, spinal cord stimulation, and nerve blocks.
- Physical Medicine and Rehabilitative Services which may include physical therapy, occupational therapy, aquatic services and lymphedema management.

- Behavioral Health Services which may consist of stress management, sleep hygiene, mind and body connections and family counseling.
- Complementary Medicine, such as massage therapy, chiropractic services and acupuncture.

At Aurora, we encourage an integrated approach to health care that blends the best of current medical practice with more traditional

healing arts. We believe that good communication results in better and more cost effective care. To learn more about the Comprehensive Pain Program, please contact the Comprehensive Pain Program Coordinator, Sherrie Morgan, at (414) 328-6615.

See *Community Calendar* for special exercise class called “ROMP” – designed for people with joint and muscle pain.





Diabetes Days at Aurora Pharmacy

Team up with your Aurora Community Pharmacist and Diabetes Care Center Educator

Visit the nearest Aurora Pharmacy listed below to learn the risk factors for developing diabetes and receive a **FREE diabetes screening.**

A Pharmacist and Diabetes Educator will be available to:

- Do a FREE Diabetes Screening
- Do a FREE Blood Pressure Check
- Discuss your Diabetes Medication
- Do a FREE Foot Exam for Loss of Sensation
- Answer Product-related Questions



Wednesday, November 29

10:00 a.m. - 1:00 p.m.

Aurora Pharmacy - West Allis
7220 W. National Avenue

Thursday, November 30

10:00 a.m. - 1:00 p.m.

Aurora Pharmacy - Wales
1807 N. Wales Road

Tuesday, December 5

10:00 a.m. - 1:00 p.m.

Aurora Pharmacy - Kaukauna
2700 Crooks Avenue

2:00 p.m. - 5:00 p.m.

Aurora Pharmacy - Ashwaubenon
1291 Lombardi Access Road

Wednesday, December 6

9:30 a.m. - Noon

Aurora Pharmacy - Milwaukee
1575 N. RiverCenter Drive

1:30 p.m. - 4:30 p.m.

Aurora Pharmacy - Glendale
6969 N. Port Washington Road

Thursday, December 7

10:00 a.m. - 1:00 p.m.

Aurora Pharmacy - Milwaukee
7830 W. Good Hope Road

Wednesday, January 10

11:00 a.m. - 2:00 p.m.

Aurora Pharmacy - West Bend
(Located in Pick 'n Save)
2384 W. Washington Street

3:00 p.m. - 5:30 p.m.

Aurora Pharmacy - Jackson
W194N16714 Eagle Drive

Thursday, January 11

9:30 a.m. - Noon

Aurora Pharmacy - Slinger
1054 E. Commerce Blvd.

Tuesday, January 16

9:30 a.m. - Noon

Aurora Pharmacy - Brookfield
17280 W. North Avenue

1:30 p.m. - 4:30 p.m.

Aurora Pharmacy - Brookfield
13935 W. Capitol Drive

Wednesday, January 17

9:30 a.m. - Noon

Aurora Pharmacy - Neenah
1136 Westowne Drive

2:00 p.m. - 5:00 p.m.

Aurora Pharmacy - Oshkosh
1940 S. Koeller Drive

Wednesday, February 7

9:30 a.m. - Noon

Aurora Pharmacy - Waterford
818 Forrest Lane

1:30 p.m. - 4:30 p.m.

Aurora Pharmacy - Burlington
210 S. Pine Street

Thursday, February 8

2:00 p.m. - 5:00 p.m.

Aurora Pharmacy - Hartland
109 E. Capitol Drive



 Aurora Health Care[®]

Aurora Freedom 55⁺
information today, to help you enjoy your tomorrows

Published by Aurora Health Care for members of *Aurora Freedom 55+*. To become a member, visit us at www.AuroraHealthCare.org or call (414) 389-2555 or toll-free 1-888-537-3336 for an enrollment package.

Aurora Freedom 55+ is available on audio cassette upon request.

Cindy Bores, Manager
Aurora Health Care
3000 W. Montana Street
Milwaukee, WI 53234

What to Know about Medicare for 2007



The Department of Health and Human Services has released the 2007 Medicare deductibles, premium and co-insurance amounts that Medicare beneficiaries will be responsible for next year. Remember, for those of you who

have a traditional supplemental (Medigap) insurance policy, all of the co-insurance amounts listed below will be covered by your supplemental policy. Some supplemental insurance policies may cover the Part A and/or Part B deductibles. **The Part B premium is deducted each month automatically from your social security check.**

Last year Medicare introduced their Prescription Drug program (Medicare Part D). At that time, many of you enrolled in one of the many plans offered by private insurance companies. If you did enroll (or wish to enroll for the first time this year), here are some important facts that you should be aware of to avoid any problems in 2007:

- Medicare will **not** be sending out your 2007 “Medicare and You” handbooks until after October 31.
- Beginning in October, you may begin to receive mail advertisements for new Medicare health plans being marketed in your area. Be sure to research carefully before making any changes in your health care coverage.
- You will be receiving an **important** letter from your current drug insurance company about the status of your 2007

prescription drug coverage. Be sure you read this information carefully. There could be major changes in your Medicare Part D coverage.

- If you are receiving prescription drug coverage from your former employer, you should receive a letter verifying your continued coverage under that plan.
- There may be changes in premiums, co-payments and in the drugs covered by your drug plan.
- **Remember:** what may have been the best drug plan for you in 2006 may not be best for you in 2007. Decisions to change (or to enroll for the first time if you did not enroll last year) need to be made between **November 15 and December 31** – but preferably before December 15.

If you need **FREE** assistance, contact one of the resources listed below:

**Wisconsin Prescription Drug Helpline:
1-866-456-8211**

**Wisconsin Medigap Helpline:
1-800-242-1060**

Medicare: 1-800-633-4227

www.WisMedRx.org



Update for Medicare Recipients . . .

2007 Medicare Costs	2007	2006
Medicare Part A deductible	\$992	\$952
Co-insurance for hospital stays between day 61-90	\$248	\$238
Co-insurance for hospital stays between day 91-150	\$496	\$476
Co-insurance for skilled nursing home day 21-100	\$124	\$119
Medicare Part B deductible	\$131	\$124
Medicare Part B premium per month	\$93.50	\$88.50
Medicare Part D deductible (if applicable)	\$265	\$250

A huge *thank you* to our members



Your response to our 20th Anniversary prize drawing was overwhelming. We received thousands of entries – so many that they were difficult to count (see photo above, featuring marketing programs coordinator Becky Korducki). Thank you for taking the time to mail your entry (and even decorate envelopes!) – you’re all winners in our eyes.

Twenty names were randomly selected as prize winners – one for each year that *Aurora Freedom 55+* has provided quality health services, programs and education. Congratulations, and we look forward to many more years together.

Winners received one of the following: *Healthier at Home*[®] book, *Create Your Plate Cookbook* or Marcus Theatre[®] gift card.

Winners

Karen Conard – *Plymouth*
Arleen Duchateau – *Green Bay*
Dolores Gasiorowski – *Milwaukee*
Joyce Hafemann – *Milwaukee*
Clemie Hoagland – *Cudahy*
Margaret Hudy – *Milwaukee*
Dorothy Jaeck – *Milwaukee*
Florence Kammerer – *West Bend*
Wilma Krueger – *Milwaukee*
Arlene Lillie – *Glendale*
Sharon Marx – *Milwaukee*
Richard Mathews – *Oshkosh*
Doris Myers – *Two Rivers*
Maryanne Paulos – *Greendale*
Harry Rapp – *Fond du Lac*
Janet Sampson – *Sheboygan*
Roddy Swisher – *Milwaukee*
Jake Umnus – *Lake Geneva*
Dorothy Wieland – *Sheboygan*
Albertine Willmsen – *West Allis*



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