It was 20 years ago that Aurora Freedom 55+ welcomed its first 19,000 members into this unique membership program for adults 55 and above. We began with the mission of providing health information and services to keep our members healthy and independent. Today our mission remains the same and our program continues to grow on a daily basis.

Over the years, the program has changed and evolved in many different ways. When the program was first established in 1986, it offered different features and benefits for members age 55 to 65 than for those 65 and older. In 2001, the many health-related benefits and features were the same for all members, regardless of age. To reflect this change and after surveying our members, we changed the name to Aurora Freedom 55+.

Twenty years and 60,000 members later our program coordinators have:
- Answered thousands of phone calls asking for information and referrals
- Published over 75 newsletters with the latest in health information, treatment and prevention services
- Sponsored a variety of quality educational and healthy living classes
- Expanded our discount program to include purchases of massage therapy, Lifeline, hearing aids and eyeglasses
- Established relationships with key community partners such as: AARP, Betty Brinn Children’s Museum, Friends of Boerner Botanical Gardens, Milwaukee Symphony Orchestra and Milwaukee Art Museum allowing members’ access to numerous cultural and educational opportunities.
- Attended thousands of community events, senior health fairs and open houses.

See Our 20th Anniversary on page 8
In cooperation with the City of Milwaukee Health Department, Aurora Health Care’s Women’s Health has launched a program to bring awareness to the ongoing crisis of infant mortality in Milwaukee. We are working to promote awareness and provide education, particularly with grandparents, to reduce the risk of Sudden Infant Death Syndrome (SIDS). SIDS is the sudden and unexplained death of a baby under 1 year of age.

Sleep environment seems to be a contributing factor in SIDS. Of the 115 infants that died between 2001-2004 in Milwaukee, unsafe sleep environments were involved.

Grandparents can help to reduce the risks of sudden infant death syndrome (SIDS) for infants in their care by providing a safe sleep environment for their grandbabies.

**Follow These Safe Sleep Top 10 Guidelines**

1. **Always place your grandbaby on his or her back to sleep, for naps and at night.** Babies who usually sleep on their back but who are then placed on their stomachs, even for a nap, are at very high risk for SIDS – so every sleep time counts!

2. **Place your grandbaby on a firm sleep surface, such as on a safety-approved crib mattress, covered with a fitted sheet.** Never place your grandbaby to sleep on pillows, quilts, sheepskins or other soft surfaces.

3. **Keep soft objects, toys, and loose bedding out of your grandbaby’s sleep area.** Don’t use pillows, blankets, quilts, sheepskins, or pillow-like crib bumpers in your grandbaby’s sleep area and keep all items away from baby’s face while baby is sleeping.

4. **Do not allow smoking around your grandbaby.** Don’t smoke or let others smoke around your grandbaby.

5. **Keep your grandbaby’s sleep area close to, but separate from, where you and others sleep.** Your grandbaby should not sleep in a bed or on a couch or armchair with adults or other children, but he or she can sleep in the same room as you. If the baby is brought into bed for feeding, put him or her back in a separate sleep area, such as a bassinet, crib, cradle or a bedside cosleeper (infant bed that attaches to an adult bed) when finished.

6. **Think about using a clean, dry pacifier when placing your grandbaby down to sleep.** Don’t force your grandbaby to take a pacifier. (If your grandbaby is being breastfed, wait until baby is 1 month old or is used to breastfeeding before using a pacifier.)

7. **Do not let your grandbaby overheat during sleep.** Dress your grandbaby in light sleep clothing, and keep the room at a temperature that is comfortable for an adult.

8. **Avoid products that claim to reduce the risk of SIDS** because most have not been tested for effectiveness or safety.

9. **Do not use home monitors to reduce the risk of SIDS.** If you have questions about using monitors for other conditions, talk to your grandbaby’s health care provider.

See SIDS on page 3
Active people are healthier seniors, according to researchers at the University of Michigan. People who spend even as little as an hour a week volunteering are helping themselves, as well as others.

“Volunteers are vital members of the hospital health care team”, says Jean Jacobs, Manager of Volunteer services at Aurora St. Luke’s Medical Center. Currently, Aurora St. Luke’s is offering opportunities for you to enrich and even, it seems, prolong your life through volunteering. Our volunteers range in age from 15 to 90; their reasons for volunteering are many and varied. When asked why they volunteer you might hear:

- I’ve made new friends.
- It’s so rewarding to bring a smile to another.
- I’m healthy and want to give back.
- It feels so good to be needed.
- I like staying active and involved in the community.
- It’s a great way to get my walking in!

Specific opportunities of greatest need right now include Patient Visitor, Navigator, and Patient Transporter. Your personal interests and availability are always considered; and, of course, complete training for the assignment of choice is provided.

Will you share your time, talent and skills to create a comforting environment for our patients and their visitors? For more information please call Aurora St. Luke’s Medical Center Volunteer Office at (414) 649-7022 or request an application on line at www.AuroraHealthCare.org.

SIDS from page 3

10. Reduce the chance that flat spots will develop on your grandbaby’s head. Provide “tummy time” when your grandbaby is awake and someone is watching. Change the direction that your grandbaby lies in the crib from one week to the next and avoid too much time in car seats, carriers and bouncers.

Spread the Word!

Make sure that everyone who cares for your grandbaby knows the Safe Sleep Top 10 Guidelines! Tell family members, babysitters, childcare providers and other caregivers to always place your grandbaby on his or her back to sleep to reduce the risk of SIDS.

* This information is presented courtesy of National Institute of Child Health and Human Development.

Celebrate Grandparents Day at Betty Brinn Children’s Museum

Sunday, September 10
Noon – 5 p.m.
Betty Brinn Children’s Museum
929 E. Wisconsin Ave.
Milwaukee

Grandparents receive FREE admission to the Museum. Children can create cards and letters for their special “someones” in the Artist’s Studio.
Five Ways to Help Stop the Flu

It's hard to believe, but flu season is almost upon us again. Here are some steps you can take to help protect yourself and others from influenza (flu).

1. Get your flu shot
The single best way to prevent the flu is to be vaccinated each year. See the sidebar for contact information about Aurora’s Shoo the Flu clinics.

2. Stay healthy
Be aware of the good habits that will help you to stay healthy, especially with the flu season coming. Some examples:
- Get plenty of sleep
- Eat a well-balanced diet
- Engage in physical activity
- Manage your stress

3. Protect yourself and others
Follow these tips to help protect yourself and others from getting and spreading the flu:
- Avoid close contact with people who are sick. If you are sick, keep your distance from others.
- Stay home from work and errands, if possible, when you are sick.
- Cover your mouth and nose with a tissue when coughing or sneezing to help prevent the spread of germs.
- Avoid touching your eyes, nose, or mouth, to avoid spreading germs from something you have touched that may be contaminated.

4. Wash your hands often
There is more to good hand washing than you may think. Wash your hands often, and follow these steps each time:
- Wet your hands with warm running water.
- Add soap, then rub your hands together vigorously for at least 15 seconds, covering all surfaces of the hands and fingers.
- Rinse well under warm running water, keeping your hands directed down.
- Dry thoroughly with a clean disposable towel.
- Use the towel to turn off the faucet.
If soap and water are not available, you may use an alcohol-based gel to wash your hands. Apply a quarter-size amount of the gel to the palm of your hand. Rub your hands together, covering all surfaces, including nails, until the gel evaporates.

5. Understand your symptoms
If you have symptoms, the information below might help you determine whether you have a cold or the flu. Be sure to call your health care provider with any questions.

<table>
<thead>
<tr>
<th>Symptom</th>
<th>Cold</th>
<th>Flu</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fever</td>
<td>Rare in adults, can be up to 102°F in small children</td>
<td>Usually 102°F, but can go up to 104°F and last 3-4 days</td>
</tr>
<tr>
<td>Headache</td>
<td>Rare</td>
<td>Sudden onset, can be severe</td>
</tr>
<tr>
<td>Muscle aches</td>
<td>Mild</td>
<td>Usual, often severe</td>
</tr>
<tr>
<td>Tiredness, weakness</td>
<td>Mild</td>
<td>Can last 2 or more weeks</td>
</tr>
<tr>
<td>Extreme exhaustion</td>
<td>Never</td>
<td>Sudden onset, can be severe</td>
</tr>
<tr>
<td>Runny nose</td>
<td>Often</td>
<td>Sometimes</td>
</tr>
<tr>
<td>Sneezing</td>
<td>Often</td>
<td>Sometimes</td>
</tr>
<tr>
<td>Sore throat</td>
<td>Often</td>
<td>Sometimes</td>
</tr>
<tr>
<td>Cough</td>
<td>Mild hacking cough</td>
<td>Usual, can become severe</td>
</tr>
</tbody>
</table>

See 2006 Shoo the Flu Clinics on page 5
Fall 2006
Community Calendar

For your convenience, you may register for any class online. Log on to our website at www.AuroraHealthCare.org

There’s an Aurora Health Care hospital near you:

Aurora BayCare Medical Center
2845 Greenbrier Road, Green Bay

Aurora Lakeland Medical Center
W3985 County Road NN, Elkhorn

Aurora Medical Center
1032 E. Sumner Street, Hartford
10400 75th Street, Kenosha
855 N. Westhaven Drive, Oshkosh
5000 Memorial Drive, Two Rivers

Aurora Psychiatric Hospital
1220 Dewey Avenue, Wauwatosa

Aurora St. Luke’s Medical Center
2900 W. Oklahoma Avenue, Milwaukee

Aurora Sheboygan Memorial Medical Center
2629 N. 7th Street, Sheboygan

Aurora Sinai Medical Center
945 N. 12th Street, Milwaukee

Memorial Hospital of Burlington
252 McHenry Street, Burlington

St. Luke’s South Shore
3900 S. Lake Drive, Cudahy

West Allis Memorial Hospital & Aurora Women’s Pavilion
8901 W. Lincoln Avenue, West Allis
Fall 2006 Community Calendar

Healthy Living

All sessions are FREE unless otherwise noted. Hospital locations are listed on the cover of this calendar. "55+" designates an Aurora Freedom 55+ sponsored class/program. For your convenience, you may register for any class online. Log on to our website at AuroraHealthCare.org and select the “Calendar” tab.

55+ AARP/Freedom 55+
Driver Safety Program
An 8-hour, two-day, classroom refresher course for drivers age 50 and older. It teaches preventive driving measures that can save lives. Cost: $10

Tuesday & Wednesday, September 12 & 13,
8:00 a.m. - Noon
Grace Lutheran Church
3030 W. Oklahoma Avenue, Milwaukee

Monday & Tuesday, September 18 & 19,
8:00 a.m. - Noon
Aurora Lakeland Medical Center

Tuesday & Wednesday, September 19 & 20 - OR -
November 7 & 8,
8:00 a.m. - Noon
West Allis Memorial Hospital

Wednesday & Thursday,
October 11 & 12,
8:00 a.m. - Noon
Aurora Health Center, Waukesha
W231 N1440 Corporate Court

Wednesday & Thursday,
October 18 & 19,
8:00 a.m. - Noon
Aurora Medical Center, Hartford

Thursday & Friday, October 19 & 20, 8:00 a.m. - Noon
Aurora Health Center, Racine
8348 Washington Avenue

For Elkhorn, Racine, Kenosha and Burlington, call 1-800-499-5736 to register. For all other classes, call (414) 389-2555 or 1-888-537-3336 to register.

Advance Directive Workshop
Participants will understand the Power of Attorney for Health Care Document. All forms provided.

Wednesday, September 6;
Tuesday, October 17;
Thursday, November 16
2:30 p.m. - 4:00 p.m. - OR -
6:30 p.m. - 8:00 p.m.
West Allis Memorial Hospital
Call 1-888-863-5502 to register.

Thursdays, October 12 or
November 9, 10:30 a.m.
South Milwaukee Senior Center
2424 N 15th Avenue
No registration required.

Wednesday, October 18
6:00 p.m. - 7:00 p.m.
Aurora Wellness Center
300 McCanna Parkway,
Burlington
Call 1-800-499-5736 to register.

Thursday, October 26
9:30 a.m. - 10:30 a.m.
Aurora Medical Center, Kenosha
Call 1-800-499-5736 to register.

Asthma: Take Control
FREE educational program for adults with asthma. Support persons or persons with asthma are encouraged to attend.

Wednesday, September 13;
Monday, October 23;
Monday, November 27
6:00 p.m. - 8:30 p.m.
Aurora BayCare Medical Center
Call 1-888-863-5502 to register.

For Elkhorn, Racine, Burlington and Kenosha, call 1-800-499-5736 to register. For Milwaukee area, call (414) 649-6064 to register.

Book Club
Meets the 3rd Tuesday of each month from 6:30 p.m. - 8:00 p.m.

Tuesday, September 19
Snow Falling on Cedars
by David Guterson

Tuesday, October 17
Memoirs of Geisha
by Arthur Golden

Wednesday, October 18,
6:00 p.m. - 7:00 p.m.
Aurora Wellness Center
300 McCanna Parkway,
Burlington
Call 1-800-499-5736 to register.

Thursday, October 26
9:30 a.m. - 10:30 a.m.
Aurora Medical Center, Kenosha
Call 1-800-499-5736 to register.
FALL 2006 COMMUNITY CALENDAR

HEALTHY LIVING

- **Clement Manor Spotlight Series**
  - **Thursday, September 14, 1:30 p.m.**
    “Spice Up Your Life”
  - **Thursday, October 12, 1:30 p.m.**
    “Tales, Stories & Cemetery History”
  - **Thursday, November 2, 1:30 p.m.**
    “Aromatherapy to Enhance Your Life”

- **Creative Cuisine Series**
  - **Monday, September 18**
    3:00 p.m. - 4:30 p.m.
    “Simply Delicious Meals”
  - **Monday, November 6**
    3:00 p.m. - 4:30 p.m.
    “Cover Your World With Chocolate”

- **Golf Outing**
  - **Thursday, September 7**
    Zablocki Golf Course

  For information, cost and reservations, call (414) 546-7302.

  Clement Manor
  9405 W. Howard Avenue, Greenfield

- **Diabetes Fairs**
  The fairs are FREE of charge and will focus on “Back to the Basics.” Registration required.

  - **Thursday, October 5, 6:00 p.m.**
    Aurora Medical Center, Kenosha
  - **Monday, October 9, 6:00 p.m.**
    Aurora Lakeland Medical Center
  - **Tuesday, October 10, 6:00 p.m.**
    Aurora Wellness Center
    300 McCanna Parkway, Burlington
  - **Thursday, October 26, 6:00 p.m.**
    Aurora Health Center
    8348 Washington Avenue, Racine
    Call 1-800-499-5736 to register.

- **Finding Reliable Health Information: A library class taught by the Aurora Libraries**
  Find out how changing your eating habits will improve your overall health and well-being.

  - **Monday, September 11 or September 21**
    6:00 p.m. - 7:30 p.m.
    Aurora Health Center
    8348 Washington Avenue, Racine
    Call 1-800-499-5736 to register.

  - **Thursday, October 9, 6:00 p.m. - 8:00 p.m.**
    Aurora BayCare Medical Center
    Call 1-888-863-5502 to register.

- **Freedom from Smoking**
  American Lung Association program designed to support your journey to becoming a non-smoker.
  Cost: $50

  - **8-week class beginning October 9, 6:00 p.m. - 8:00 p.m.**
    Aurora BayCare Medical Center
    Call 1-888-863-5502 to register.

- **Healing Garden Series**
  Cost: $10/session

  - **Thursday, September 14**
    5:00 p.m. - 6:00 p.m.
    “Treat Yourself to Herbs”
  - **Tuesday, October 10**
    “Choosing & Maintaining Perennials”
Aurora Women’s Pavilion
West Allis Memorial Hospital
Call 1-888-863-5502 to register.

■ Headaches and Optional Treatments
Dr. Rassouli will discuss the nature of headaches and optional treatments.

Thursday, September 21
6:30 p.m. - 8:00 p.m.
West Allis Memorial Hospital
Call 1-888-863-5502 to register.

■ Heart-Healthy Cooking Demonstrations
Aurora Chef Larry Bushner will enhance your taste and preference for enjoying lower fat and cholesterol foods.

Wednesday, October 25
6:30 p.m. - 7:30 p.m. - OR - 7:30 p.m. - 8:30 p.m.
Aurora Health Center, Waukesha
W231 N1440 Corporate Court
Call 1-888-863-5502 to register.

■ Managing the Challenges of Bladder Programs
Dr. Charles Kidd will discuss bladder control and pelvic floor problems and how to manage and treat them.

Thursday, September 7 or November 9, 6:00 p.m. - 7:00 p.m.
Aurora Women’s Pavilion
West Allis Memorial Hospital
Call 1-888-863-5502 to register.

■ Milwauke Art Museum Senior Day
Wednesday, October 11
9:30 a.m. - Noon
Anyone 65 and older is invited to enjoy Senior Day at the Milwaukee Art Museum, 700 N. Art Museum Drive. Admission is FREE (feature exhibition tickets not included). FREE refreshments (while they last) and discounts to the museum store. Call (414) 224-3842 for more details.

■ Healthy After Hysterectomy
Class will provide information related to physical and emotional healing after a hysterectomy.

Wednesday, October 11
6:30 p.m. - 8:00 p.m.
Aurora Women’s Pavilion
West Allis Memorial Hospital
Call 1-888-863-5502 to register.

■ Heart Healthy Eating
Learn basic dietary guidelines to maintain a healthy heart.

Thursday, October 19
3:00 p.m. - 4:00 p.m.
Aurora Medical Center, Oshkosh
Call (920) 456-7346 to register.

■ Knee Replacement Surgery: Know Your Options
Dr. Jeff Shovers will discuss the latest technology on computer-assisted knee replacement surgery.

Wednesday, September 20
6:30 p.m. - 8:00 p.m.
West Allis Memorial Hospital
Call 1-888-863-5502 to register.

■ Heart Healthy Holiday Tips
Stay on track with healthy eating habits and still enjoy the holidays.

Wednesday, November 8
6:00 p.m. - 7:30 p.m.
Aurora Lakeland Medical Center
Call 1-800-499-5736 to register.

■ NIA (Neuromuscular Integrative Action)
Rediscover the joy of movement by blending martial arts, dance and yoga into a fitness program. Cost: $40

Mondays, starting September 18
8:30 a.m. - 9:30 a.m. - OR - 4:30 p.m. - 5:30 p.m.
Aurora’s Women’s Pavilion
West Allis Memorial Hospital
Call 1-888-863-5502 to register.

■ Healthy Holiday Tips
Stay on track with healthy eating habits and still enjoy the holidays.

Wednesday, November 8
6:00 p.m. - 7:30 p.m.
Aurora Lakeland Medical Center
Call 1-800-499-5736 to register.

■ Healthy Holiday Tips
Stay on track with healthy eating habits and still enjoy the holidays.

Wednesday, November 8
6:00 p.m. - 7:30 p.m.
Aurora Lakeland Medical Center
Call 1-800-499-5736 to register.
Healthy Living

- **Nutrition Series**
  Register for one or all of our FREE nutrition sessions
  
  **6:30 p.m. - 8:00 p.m.**
  **Tuesday, October 10**
  “Build a Portfolio to Lower Your Blood Fats”
  **Tuesday, October 24**
  “Nutrigenomics: Preparing for the Future”
  **Tuesday, November 7**
  “Glycemic Index for the Novice”
  West Allis Memorial Hospital
  Call 1-888-863-5502 to register.

- **Signs, Symptoms and Treatments of Irritable Bowel Syndrome**
  Dr. Singh will discuss the signs, symptoms and treatments of IBS.
  **Wednesday, October 4**
  **6:00 p.m. - 7:30 p.m.**
  West Allis Memorial Hospital
  Call 1-888-863-5502 to register.

- **Woman’s Journal Program**
  Teaches journalizing techniques to increase sensitivity and help women rediscover the world.
  **Tuesday, October 10**
  **6:00 p.m. - 8:30 p.m.**
  West Allis Memorial Hospital
  Call (888) 863-5502 to register.

- **Yogalates**
  Yogalates exercise mixes the disciplines of yoga and Pilates.
  Cost: $60/6 weeks
  **Saturdays, September 9 to October 14, 9:00 a.m. - 10:00 a.m.**
  **OR -**
  **Wednesdays, September 13 to October 18 or November 1 to December 13,**
  **6:00 p.m. - 7:00 p.m.**
  West Allis Memorial Hospital
  Call (414) 329-5605 to register.

Screenings

All screenings are FREE to participants unless otherwise noted.

- **Blood Pressure Screening**
  **Every Monday (except holidays)**
  **1:00 p.m. - 3:00 p.m.**
  Specialty Diagnostic Treatment Center
  St. Luke’s South Shore
  Call (414) 489-4058 for information.
  **Second and Fourth Wednesday of the month**
  **1:00 p.m. - 3:00 p.m.**
  The Karen Yontz Center
  Aurora Women’s Pavilion (Lobby)
  West Allis Memorial Hospital
  Call (414) 389-5605 for information.

- **Hearing Screening**
  **Every Monday**
  West Allis Memorial Hospital
  Call (414) 389-2575 for an appointment.

- **Glaucoma Screening**
  **Every Thursday**
  West Allis Memorial Hospital
  Call (414) 328-6116 for an appointment.

- **Osteoporosis Screenings for Women**
  **Monday through Friday by appointment only**
  Cost: $25
  Pharmacy; 2801 W. Kinnickinnic River Parkway, First Floor
  Call (414) 649-6738 to schedule.
  **For September and October dates, times and locations, call:**
  Franklin (414) 425-2000
  St. Luke’s South Shore (414) 489-4600
  Racine (262) 639-1611.
Support Groups

All Support Groups are FREE to participants.

- **Alcoholics Anonymous**
  Support group for persons recovering from alcohol abuse. Aurora Psychiatric Hospital
  Call (414) 454-6600 for information.

- **Alzheimer’s Support Groups**
  More than 60 support groups are offered in Southeastern Wisconsin. Call 1-800-272-3900 for information.

- **Amputee Support Group**
  1st Wednesday of each month at 2:00 p.m.
  West Allis Memorial Hospital
  Call (414) 328-6638 for location.

- **Bereavement Support Group**
  Eight-week support group for anyone who has lost a loved one.
  Aurora VNA Zilber Family Hospice, 1155 Honey Creek Parkway, Wauwatosa
  Call (414) 615-5934 for information.

- **Care for the Caregiver**
  1st and 3rd Thursday each month, 10:00 a.m. - 11:30 a.m.
  West Allis Memorial Hospital
  Call (414) 328-7405 for information.

- **Gamblers Anonymous**
  Self-help group for individuals dealing with gambling addiction. Aurora Psychiatric Hospital
  Call (414) 454-6600 for dates and times.

- **Grieving the Death of a Partner**
  Eight-week sessions. Tuesdays, October 24 to December 12,
  1:00 p.m. - 3:00 p.m. or 7:00 p.m. - 9:00 p.m.
  Aurora St. Luke’s Medical Center
  Call (414) 647-6494 to register.

- **Cancer Support Groups**
  Call the Vince Lombardi Hotline at (414) 649-7200 in Milwaukee
  or 1-800-252-2990 (outside Milwaukee).

- **Diabetes Support Group**
  1st Thursday of each month at 4:00 p.m.
  West Allis Memorial Hospital
  Call (414) 328-6214 for information.

- **Gamanon**
  Support group for families and friends of persons with a gambling addiction.
  Every Sunday or Wednesday at 7:00 p.m.
  Aurora Psychiatric Hospital
  Call (414) 454-6600 for information.

- **Healing Hope and Celebration**
  It’s difficult to celebrate special occasions when in grief. Join us to receive help, hope and practical suggestions.
  Thursday, November 16 at 6:30 p.m.
  West Allis Memorial Hospital

Thursday, November 30
at 1:00 p.m.
Aurora St. Luke’s Medical Center

Monday, December 4
at 6:30 p.m.
St. Luke’s South Shore

Tuesday, December 12
at 1:00 p.m.
Aurora Sinai Medical Center
Call (414) 647-6494 to register.

Continued
Support Groups

- Living Through Loss Grief Support Group
  1st and 3rd Tuesday of each month, 10:00 a.m.-11:30 a.m. or 6:00 p.m. - 7:30 p.m.
  West Allis Memorial Hospital
  Call (414) 647-6494 for information.

- Myasthenia Gravis Support Group
  2nd Wednesday of each month at 7:00 p.m.
  West Allis Memorial Hospital
  Call (262) 938-9800 for information.

- Overeaters Anonymous
  Tuesday evenings, 7:00 p.m. - 8:00 p.m.
  Aurora Psychiatric Hospital
  Call (414) 454-6600 for information.

- Parkinson Disease Support Group
  Call (414) 219-7061 or toll-free 1-800-972-5455 for times and location.

- Respiratory Education Program
  Education for respiratory diseases such as asthma, COPD, emphysema and chronic bronchitis. Emotional concerns addressed. All patients, spouses and friends welcome.
  3rd Monday of each month
  6:30 p.m. - 8:00 p.m.
  Memorial Hospital of Burlington
  Call (262) 767-7185 to register.

- Right From the Heart Support Group
  Support for patients with implanted cardioverter defibrillators, their families and friends.
  1st Wednesday of each month
  (February, April, June, August, October, December)
  6:00 p.m.-7:30 p.m.
  The Karen Yontz Center
  Aurora St. Luke’s Medical Center
  Call (414) 649-5767 to register.

- Starting New Stroke Support Group
  3rd Wednesday of each month
  1:30 p.m. - 3:30 p.m.
  West Allis Memorial Hospital
  Call (414) 328-6630 for information.

- Us Too! Prostate Cancer Support Group
  1st Wednesday of each month
  7:00 p.m. - 8:30 p.m.
  St. Luke’s New Berlin Health Care Center, 14555 W National Avenue, New Berlin
  Call (414) 649-7200 for information.

  Vince Lombardi Cancer Clinic
  1222 N 23rd Street, Sheboygan
  Call (920) 457-6800 for dates and times.

- Women & Grief
  1st Thursday of each month
  6:30 p.m. - 8:30 p.m.
  Aurora St. Luke’s Medical Center, Health Science Bldg. - Classroom 1
  Call (414) 647-6494 for information.

Multiple Support Groups
Aurora Health Care in Racine, Kenosha and Walworth Counties has established an extensive network of support groups and rehabilitation programs. Call 1-800-499-5736 for times, dates and locations.
Is diabetes in your future? Visit the nearest Aurora Pharmacy listed below and receive a **free diabetes screening**. For people already diagnosed with diabetes, come in to learn the latest treatment guidelines.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Pharmacy Name</th>
<th>Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursday, September 7</td>
<td>9:30 a.m. - 11:30 a.m.</td>
<td>Aurora Pharmacy - Stevens Point</td>
<td>3256 Church Street</td>
</tr>
<tr>
<td></td>
<td>1:00 p.m. - 3:00 p.m.</td>
<td>Aurora Pharmacy - Plover</td>
<td>1850 Plover Road</td>
</tr>
<tr>
<td></td>
<td>4:30 p.m. - 6:30 p.m.</td>
<td>Aurora Pharmacy - Stevens Point</td>
<td>5657 E. Hwy 10</td>
</tr>
<tr>
<td>Tuesday, September 12</td>
<td>2:00 p.m. - 5:00 p.m.</td>
<td>Aurora Pharmacy - Butler</td>
<td>12601 W. Hampton Avenue</td>
</tr>
<tr>
<td>Wednesday, September 13</td>
<td>9:30 p.m. - Noon</td>
<td>Aurora Pharmacy - Beloit</td>
<td>551 W. Grand Avenue</td>
</tr>
<tr>
<td></td>
<td>1:30 a.m. - 4:30 p.m.</td>
<td>Aurora Pharmacy - Clinton</td>
<td>238 Allen Street</td>
</tr>
<tr>
<td>Thursday, September 14</td>
<td>3:00 p.m. - 5:30 p.m.</td>
<td>Aurora Pharmacy - Milwaukee</td>
<td>1575 N. River Center Drive</td>
</tr>
<tr>
<td>Wednesday, September 20</td>
<td>9:30 a.m. - Noon</td>
<td>Aurora Pharmacy - Waterford</td>
<td>818 Forrest Lane #101</td>
</tr>
<tr>
<td></td>
<td>1:30 p.m. - 4:30 p.m.</td>
<td>Aurora Pharmacy - East Troy</td>
<td>3284 W. Main Street</td>
</tr>
<tr>
<td>Tuesday, September 26</td>
<td>10:00 a.m. - 2:00 p.m.</td>
<td>Aurora Pharmacy - Green Bay</td>
<td>1819 Main Street</td>
</tr>
<tr>
<td>Wednesday, September 27</td>
<td>9:30 a.m. - Noon</td>
<td>Aurora Pharmacy - Algoma</td>
<td>801 Jefferson Street</td>
</tr>
<tr>
<td></td>
<td>1:30 p.m. - 4:30 p.m.</td>
<td>Aurora Pharmacy - Kewaunee</td>
<td>931 Marquette Drive</td>
</tr>
<tr>
<td>Thursday, September 28</td>
<td>1:30 p.m. - 4:30 p.m.</td>
<td>Aurora Pharmacy - Brookfield</td>
<td>13935 W. Capitol Drive</td>
</tr>
<tr>
<td>Wednesday, October 4</td>
<td>9:30 a.m. - Noon</td>
<td>Aurora Pharmacy - Racine</td>
<td>3900 Erie Street</td>
</tr>
<tr>
<td></td>
<td>1:30 p.m. - 4:30 p.m.</td>
<td>Aurora Pharmacy - Racine</td>
<td>2210 Rapids Drive</td>
</tr>
<tr>
<td>Wednesday, October 11</td>
<td>9:30 a.m. - Noon</td>
<td>Aurora Pharmacy - Watertown</td>
<td>204 E. Main Street</td>
</tr>
<tr>
<td></td>
<td>1:30 p.m. - 4:30 p.m.</td>
<td>Aurora Pharmacy - Oconomowoc</td>
<td>913 E. Summit Avenue</td>
</tr>
<tr>
<td>Monday, October 16</td>
<td>9:30 a.m. - Noon</td>
<td>Aurora Pharmacy - Walworth</td>
<td>445 S. Main Street</td>
</tr>
<tr>
<td></td>
<td>1:30 p.m. - 4:30 p.m.</td>
<td>Aurora Pharmacy - Lake Geneva</td>
<td>146 E. Geneva Square</td>
</tr>
<tr>
<td>Tuesday, October 17</td>
<td>10:00 a.m. - 2:00 p.m.</td>
<td>Aurora Pharmacy - Waukesha</td>
<td>304 Delafield Street</td>
</tr>
<tr>
<td>Thursday, October 19</td>
<td>9:30 a.m. - Noon</td>
<td>Aurora Pharmacy - Kewaskam</td>
<td>927 Fond du Lac Avenue</td>
</tr>
<tr>
<td></td>
<td>1:30 p.m. - 4:30 p.m.</td>
<td>Aurora Pharmacy - Jackson</td>
<td>W194N16714 Eagle Drive</td>
</tr>
<tr>
<td>Wednesday, October 25</td>
<td>1:30 p.m. - 4:30 p.m.</td>
<td>Aurora Pharmacy - Hartford</td>
<td>1566 E. Sumner Street</td>
</tr>
<tr>
<td>Wednesday, November 1</td>
<td>9:00 a.m. - Noon</td>
<td>Aurora Pharmacy - Appleton</td>
<td>1919 E. Calumet</td>
</tr>
<tr>
<td></td>
<td>1:30 p.m. - 4:30 p.m.</td>
<td>Aurora Pharmacy - Oshkosh</td>
<td>2101 Bowen Street</td>
</tr>
<tr>
<td>Wednesday, November 8</td>
<td>9:30 a.m. - Noon</td>
<td>Aurora Pharmacy - Milwaukee</td>
<td>8428 W. Sliver Spring Drive</td>
</tr>
<tr>
<td></td>
<td>1:30 p.m. - 4:30 p.m.</td>
<td>Aurora Pharmacy - Butler</td>
<td>12601 W. Hampton Avenue</td>
</tr>
<tr>
<td>Thursday, November 9</td>
<td>10:00 a.m. - 1:00 p.m.</td>
<td>Aurora Pharmacy - South Milwaukee</td>
<td>2414 10th Avenue</td>
</tr>
<tr>
<td>Thursday, November 16</td>
<td>1:00 p.m. - 6:00 p.m.</td>
<td>Aurora Pharmacy - Franklin</td>
<td>6572 S. Lovers Lane</td>
</tr>
</tbody>
</table>
Doc's Holiday Pops

**A Christmas Treat!**

**Sunday, December 10**

**2:30 p.m.**

Uihlein Hall, Marcus Center for the Performing Arts

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**The most wonderful time of the year is even better with the Milwaukee Pops’ holiday treat. Cherished carols, nostalgic noels, beloved holiday classics, audience sing-a-longs and magical surprises make Holiday Pops a tradition for families and music lovers everywhere.**

**Ticket orders must be received by November 22.** For more information, call Audrey Baird at the Milwaukee Symphony, (414) 291-6010, ext. 209.

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**Second Annual Aging In Place Resource Fair 2006**

**Wednesday, November 8 • 9:00 a.m. - Noon**

Wilson Park Senior Center • 2601 W. Howard Avenue • Milwaukee

We invite all seniors, caregivers and baby boomers to attend this very special event to learn about supportive services and resources, both public and private, that enable seniors to live independently longer. **Free refreshments will be served.**

At this mini educational fair, you will increase your awareness of available community resources and gather a wealth of ideas and information to help you (or a family member) remain independent and a vital member of the community. Visit with representatives from Aurora Senior Services, Aurora Visiting Nurse Association of Wisconsin, WE Energies, home modification and housing specialists, and financial and legal representatives who are all dedicated to encouraging seniors to remain active and independent.
Many of you are new to our program; however, there are a number of members who have been a part of the program since we began in November, 1986. We would like to share some interesting current membership demographics with you:

- Membership total = 60,000
- Members between 55 to 64 years old = 6,412
- Largest age demographic group ages 70 to 79 = 27,503 members
- Members for 20+ years = 4,879
- Female members = 63%
- Male members = 37%
- Members who reside in Milwaukee County = 47%

As we celebrate 20 years of service, we would like to highlight our main features and benefits:

- Membership card that provides emergency personnel instant access to the important health information provided by you on your medical history application.
- FREE quarterly newsletter that is full of information about health issues, wellness and prevention.
- Up to 10% discount on prescriptions and refills at any Aurora Pharmacy (discount cannot be used in combination with your insurance co-pay).
- 10% discount on over-the-counter Aurora Health Care brand products at Aurora Pharmacy locations.
- 24-hour access to free and confidential medical advice, health information and physician selection.
- Additional discounts on hearing aid devices, massage therapy and eyeglass wear.

We want to thank you, our loyal members, for helping us achieve our goal of providing twenty years of quality health programs and education to the community. We look forward to continuing to serve you and welcome your comments and suggestions for future program enhancements.

Aurora Health Care
Aurora Freedom 55+
3000 West Montana Street
P.O. Box 343910
Milwaukee, WI 53234-3910

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

Pass this Along
Forward this newsletter to your friends or relatives and tell them to join the Aurora Freedom 55+ membership program so they can receive future copies of their own.