Are you prepared for flu season?

As you know, seasonal influenza (flu) begins in the fall of each year. The viruses change each year, so an annual vaccine is needed to reduce illness and death from the flu.

But this year there is a new influenza strain, novel H1N1 (swine) flu, in addition to the seasonal flu virus. Most people have little or no immunity to this new virus, so it could cause even more infections than the seasonal flu virus.

What does this mean? To protect yourself and those around you this flu season, you may need up to three different vaccinations. This table explains current recommendations from the Centers for Disease Control and Prevention (CDC).

If you have not already done so, talk with your doctor about what vaccines you need this flu season. For up-to-date information as it becomes available, visit the CDC’s Web site at www.cdc.gov/flu.

<table>
<thead>
<tr>
<th>To protect against:</th>
<th>Do you need a vaccine?</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Seasonal flu</strong></td>
<td>As usual, the CDC recommends yearly vaccination for:</td>
</tr>
<tr>
<td>Can affect up to 20 percent of</td>
<td>• All persons age 50 and older</td>
</tr>
<tr>
<td>our population, and is responsible</td>
<td>• All children 6 months to 18 years old</td>
</tr>
<tr>
<td>for 36,000 deaths and more than</td>
<td>• Pregnant women</td>
</tr>
<tr>
<td>200,000 hospitalizations each year</td>
<td>• Persons 18 through 49 years of age with chronic health conditions</td>
</tr>
<tr>
<td><strong>Novel H1N1 flu</strong></td>
<td><em>Best time to be vaccinated</em> – Ideally in early fall</td>
</tr>
<tr>
<td>Unlike the seasonal flu virus,</td>
<td>A vaccine is now available. Currently, the CDC recommends vaccinations for:</td>
</tr>
<tr>
<td>the H1N1 virus is affecting the</td>
<td>• Pregnant women</td>
</tr>
<tr>
<td>younger population. For this</td>
<td>• Household contacts and caregivers of children under 6 months of age</td>
</tr>
<tr>
<td>reason, persons over age 65 are</td>
<td>• All people 6 months through 24 years of age</td>
</tr>
<tr>
<td>not in a high priority group for</td>
<td>• Persons age 25 through 64 who have chronic health conditions</td>
</tr>
<tr>
<td>this vaccine.</td>
<td></td>
</tr>
<tr>
<td><strong>Pneumonia</strong></td>
<td><em>Best time to be vaccinated</em> – Vaccine is available year round; this flu season,</td>
</tr>
<tr>
<td>Influenza increases risk for</td>
<td>it’s best to be vaccinated as soon as possible</td>
</tr>
<tr>
<td>pneumonia, and the H1N1 virus</td>
<td></td>
</tr>
<tr>
<td>makes that risk even greater this</td>
<td></td>
</tr>
<tr>
<td>flu season</td>
<td></td>
</tr>
</tbody>
</table>

The Aurora Visiting Nurse Association of Wisconsin has scheduled hundreds of Shoo The Flu & Pneumonia Too! vaccination clinics in community locations throughout eastern Wisconsin. No appointment is necessary. For locations and dates, call the Shoo the Flu & Pneumonia Too! hotline at 800-548-7580 or visit our Web site at www.Aurora.org/Flu.

Flu vaccinations are also available at any of the Aurora QuickCare centers. For a location near you, call 888-537-3336 or visit www.Aurora.org/QuickCare.
The Aurora Parish Nurse
... a special connection with older adults

When Bernie* was diagnosed with colon cancer, his Aurora Parish Nurse, Maureen, was more than concerned. While being diagnosed with cancer can turn any family’s life upside down, Maureen knew Bernie and his wife, Joanna, were already struggling to make ends meet.

Once informed about Bernie’s situation, Maureen immediately reached out to his family. “When I spoke with Joanna to see if I could help, she told me their hot water heater had not worked in more than two months and they had no money for repairs or replacement.” Maureen went on to say that Joanna was concerned with Bernie’s physical survival. Bernie was eating very little and relying on liquid supplements to get nutrition, but because they were so expensive, she could no longer buy them.

Access to hot water and daily nutrition for basic health and hygiene is essential for all individuals, but becomes even more important to people surviving cancer. Maureen reached out through the faith community at St. Francis de Sales church.

First, she asked Fr. Terry Huebner to put forth a request for donations to pay for a plumber to assess and repair the hot water heater. Then, to address Bernie’s nutritional needs, Maureen contacted the Senior Care Resource Connection program at the Aurora Health Center in Lake Geneva, which arranged for Bernie to be connected to a service that provides a regular supply of liquid nutritional supplements to those in need.

Today, Bernie is able to have hot water in his home, so he is less prone to infections as he goes through his treatments. He is also able to receive nutrition to heal and maintain his strength.

Bernie and Joanna’s connection to their faith community and parish nurse was lifesaving. As Joanna put it, “We just didn’t know where to turn. We can’t thank you enough for all you’ve done to help us.”

*Name changed for confidentiality.

Did you know that Aurora’s Parish Nurse program is largely supported by charitable donations? Each year, the program touches the lives of more than 9,000 individuals throughout southeastern Wisconsin. Funding from individuals, businesses and foundations make it possible to assist people like Bernie, regardless of their ability to pay for services. We appreciate your support and ask that you consider making a donation to Aurora’s Parish Nurse program.

To make a donation to support Aurora’s Parish Nurse program, or for additional information about the program, please contact the Aurora Parish Nurse Office of Development at 414-345-4954.

Looking for classes and events?

Looking for exercise classes? Need a blood pressure? Want to know more about diabetes? Or maybe you’re interested in immunizations.

Aurora Health Care offers a wide variety of classes and community events aimed at promoting health and wellness in eastern Wisconsin.

Here’s how to find out what’s going on near you:
1. Log on to www.AuroraHealthCare.org
2. Click on “Find”
3. Select “Classes and events”
4. Select from the search options to widen or narrow your search results
Hospice care provides dignity, compassion at the end of life

When a loved one reaches the stage where end-of-life care is the realistic option, it can be a time of great emotion. But these decisions don’t have to be made alone. Family members and loved ones can benefit greatly from the compassion and helping hand offered by the in-home hospice team of the Aurora Visiting Nurse Association or residential hospice care at the Aurora VNA Zilber Family Hospice in Wauwatosa.

In-home hospice care keeps loved ones together in familiar surroundings, eases pain and maintains dignity at the end of life. At the Aurora VNA Zilber Family Hospice, the skilled caregivers, park-like grounds and beautiful hospice building help patients experience serenity and tranquility while receiving top-notch care.

The Aurora VNA’s team of in-home hospice caregivers includes physicians, nurses, social workers, pharmacists, chaplains, home health aides and volunteers. Most hospice care is provided in patients’ homes to those expected to live six months or less. Hospice care is also available in assisted living centers, nursing homes or hospitals, to patients from children to the elderly.

The Aurora VNA’s hospice medical director works with the patient’s physician and hospice team to create a plan of care. In-home hospice offers support from pain medication adjustments and light housekeeping to personal grooming. If needed, the delivery of medical equipment such as a hospital bed or a wheelchair is also arranged.

The Aurora VNA Zilber Family Hospice has all private and spacious rooms. Each has its own bathroom, an overstuffed chair and a pullout loveseat so families can spend the night. Every room has a patio, each with a bird feeder so patients and visitors can enjoy wildlife. The beautiful grounds include gardens, a gazebo, pathways and a pond spanned by a small wooden bridge.

The facility also offers a meditation room and spiritual support, a family area where families and loved ones can prepare and share their own special meals together, and a children’s playroom. The hospice’s dining room features delicious comfort food specially prepared by a gourmet chef at minimal cost for family and friends.

See Hospice care on page 7

Aurora QuickCare offers unique, convenient care

Aurora QuickCare is a fast and convenient way to address many of your common medical issues. For example, seniors often need a TB skin test before entering an assisted-living facility or senior housing. A visit to an Aurora Quick Care can take care of that with no appointment and in less than 15 minutes waiting time. Other screenings that you can have at an Aurora QuickCare include those for diabetes and cholesterol, as well as tests that will quickly diagnose severe sore throat, sinus infection, seasonal allergies, minor rashes, bladder infections, bronchitis, insect stings and more.

Aurora QuickCare also offers tetanus, flu and pneumonia vaccinations. Prices for visits vary, and are usually covered by Medicare and Medicaid.

Aurora QuickCare is staffed by certified nurse practitioners and physician assistants who are supported by on-call emergency room physicians from Aurora Health Care. The nurse practitioners and physician assistants are qualified to assess medical conditions, write prescriptions and refer patients for additional and/or follow-up care.

For more information or to find an Aurora QuickCare near you, call 877-784-2502 or visit us on the Web at www.Aurora.org/QuickCare.

$10 off of your visit

One coupon per person per visit. Does not include screenings and vaccines. Not valid with any other promotions or insurance that may be accepted by Aurora QuickCare.

Present this coupon at any Aurora QuickCare location and receive $10 off your visit for any of the following: severe sore throat, pregnancy test, ear infection, ear wax removal, seasonal allergies, sinus infection, motion sickness, swimmer’s ear; pink eye; insect sting, Mononucleosis, minor rashes, ringworm, poison ivy, bladder infection, bronchitis, camp/sports physicals.
Ask the librarian!

Do you have a health-related question? Do you want to learn more? Dig deeper? Cope better? To find the answers you only need to ask the librarian!

Submit your health information requests online at www.Aurora.org/Services/Library and our professional librarians will send information back to you in 24 to 48 hours. Aurora Libraries offer:

- Free, confidential service
- Professionally trained and experienced librarians
- Information sent to your home or e-mail address

Note: Information provided by Aurora Libraries is not medical advice and may not represent all that is available. Please discuss the information with your health professional. If your question concerns symptoms you are experiencing now, call your primary health care provider or an Aurora community nurse at 414-342-7676.

Finding Reliable Health Information: A Library class taught by Aurora Libraries

Is surfing the Internet for health information overwhelming to you? Are you unsure about which sites are reliable and credible? Do you know the best places to go for information on lab tests, surgical procedures, health decision guides, symptoms, information in Spanish, the best hospitals or doctors?

Attend a one- to two-hour class, including online practice, taught by experienced Aurora librarians. Space is limited. Registration required.

Monday, December 7
1 to 2 p.m.
Aurora West Allis Medical Center
8901 W. Lincoln Avenue
West Allis
414-328-7910

Monday, December 14
10 to 11 a.m.
Aurora Medical Center in Oshkosh
855 N. Westhaven Drive
Oshkosh
920-456-7039

Wednesday, January 20
10 to 11 a.m.
Aurora St. Luke’s Medical Center
2900 W. Oklahoma Avenue
Milwaukee
414-649-7356

Thursday, February 3
3 to 4 p.m.
Aurora Sinai Medical Center
945 N. 12th Street
Milwaukee
414-219-6710

Tuesday, February 9
Noon to 1 p.m.
Aurora BayCare Medical Center
2845 Greenbrier Road
Green Bay
920-288-3058

Community-based financial management builds peace of mind for older adults

Individuals are living longer and healthier lives. In fact, older adults must now make their retirement and savings stretch an average of 20 additional years compared to previous generations. Making thoughtful and informed decisions about one’s finances is more important than ever.

For Lila, support with making financial decisions became critical, especially when she decided to permanently reside in a retirement home. While Lila had a long-standing career as a professional artist and was always able to manage her finances, she knew it was time to seek help managing money, paying bills and protecting her assets.

Once Lila identified a need for support and guidance with her finances, she was connected to Emily Overholt, case manager with Aurora Family Service’s Elder Services Money Management Program.

Emily worked with Lila to help secure a checking account, maintain her savings, and write checks for Lila to pay her bills. During monthly visits, Emily also ensures that Lila’s immediate and long-term financial needs are met, such as access to health care, food and other resources.

“It’s important to stay on top of your bills, and this works out for me,” Lila explains. “This gives me peace of mind that things will be handled properly.”

See Financial management on page 7
The Lifetime Art Competition is a juried, traveling exhibition of various media created by adults age 55 and above who live in Milwaukee, Waukesha, Ozaukee, Washington and Racine counties. It is sponsored by the Interfaith Older Adult Programs and will be on display as follows:

December 1 – January 14
Clement Manor
3939 S. 92nd Street, Greenfield

January 15 – February 26
Luther Manor
4545 N. 92nd Street, Milwaukee

March 1 – March 30
Germantown Senior Center
W162 N11960 Park Avenue, Germantown

The entry forms for the 2010-2011 exhibition will be mailed out in early December. If you would like to receive one, please call Anne Dow at 414-220-8660 or e-mail adow@interfaithmilw.org. Judging of the art takes place in early March, 2010.

Sponsored by Interfaith Older Adult Programs and the Helen Bader Foundation

Hooray for Hollywood

Get ready for Jack Everly to serve up a feast of sweeping, unforgettable themes from the grandest adventures, romances and fantasies in the history of film. You’ll hear familiar themes from such blockbusters as “Ben Hur,” “Titanic,” “Doctor Zhivago” and “Star Wars.” Ticket orders must be received by Monday, March 22. For more information, call Audrey Baird at the Milwaukee Symphony at 414-226-7845.

Hooray for Hollywood

Sunday, April 11 • 2:30 p.m.

Uihlein Hall
Marcus Center for the Performing Arts

Order Early for Best Seats

Name __________________________ Address __________________________
City __________________________ State ______ Zip ______

Number of tickets: ___ Orchestra, Main Floor @ $37.75 ea.
___ Center Loge, E-J @ $30.00 ea.
___ Orchestra, Side Rear @ $24.75 ea.
___ Rear Loge, Balcony @ $17.00 ea.

Total number of tickets _________ TOTAL amount enclosed $ _____________

Make check payable to: Milwaukee Symphony Orchestra.
Mail your check, this completed form and a self-addressed, stamped envelope to:
Audrey Baird
Director of Group Sales
Milwaukee Symphony Orchestra
700 N. Water Street, Suite 700
Milwaukee, WI 53202-4278

Ticket prices include a special 35% discount and facility fee.
Home care through the Aurora Visiting Nurse Association of Wisconsin

If you have medical concerns that you find confusing or overwhelming, or you need a helping hand in dealing with a medical condition, the Aurora Visiting Nurse Association of Wisconsin is here for you.

Our highly skilled team of nurses can change and improve your life by working with you in your own home to keep you safe and promote good health, healing and independence. We will assess your needs and work with your doctor to obtain the necessary referral.

You or someone you know might benefit from Aurora VNA home care if you’ve experienced some of the following conditions:
- You recently were hospitalized or discharged from a nursing home/rehabilitation facility
- Your overall physical functioning seems to be declining
- You find it difficult or impossible to get outpatient care
- You can’t get to your doctor
- You’ve recently been diagnosed with or have a new a medical condition
- You have fallen down in the past
- Your medication has changed or new medication has been prescribed for you and you find it confusing
- You have had problems in the past with taking your medication at the appropriate times or you have a history of missing medications
- You lost your caregiver or you live alone and have medical concerns
- You have lost a lot of weight recently

For more information or to arrange for Aurora VNA assistance, please call 414-327-2295, or toll free 800-862-2201. You’re not alone. We are here to help you!

Pharmacists help safeguard your health

Everyone, especially people with medical conditions requiring drugs and over-the-counter medications, should build a good relationship with their pharmacist. Make your next medication purchase at an Aurora Pharmacy where you will receive the personalized counseling service of an Aurora pharmacist.

Each pharmacist is trained to provide personalized medication services that protect you from medication error and give you peace of mind. When patients bring in their prescriptions, our pharmacists perform a nine-point inspection:
- Double checking to ensure all prescriptions are filled and labeled correctly
- Checking their medication history for possible adverse reactions
- Ensuring they receive the right dose of medication
- Verifying that the medication directions are appropriate
- If appropriate, finding generic alternatives to help patients save money
- Calling the patient’s doctor if additional prescription information is required
- Faxing physicians on any prescriptions that do not have refills
- Checking insurance prescription benefits and billing the insurance provider
- Providing prescription counseling and answering patient questions

Your pharmacist is an important member of your health care team. With locations throughout Eastern Wisconsin, Aurora Pharmacy offers convenient access. To find an Aurora Pharmacy near you, call 888-973-8999 or visit www.AuroraPharmacy.org. You can also use the Web site to refill your prescriptions.
Hospice care

Special features for patients include a hair salon and a therapeutic spa.

For families, a laundry room for washing clothing is available during an extended stay, along with a library with a wide selection of books and videos, as well as computers for those who wish to stay connected via the Internet.

Whether in the home or residential hospice, the Aurora VNA likes to stress allowing patients to be as comfortable as possible. A very small percentage of terminal patients and families take advantage of hospice care, and many say they wish they knew earlier about this option.

For more information about the Aurora VNA in-home hospice care or the residential hospice care available at the Aurora VNA Zilber Family Hospice in Wauwatosa, please call 414-615-5900 or 888-206-6955.

Hospice care is also available at the Aurora Lakeland Medical Center in Elkhorn, and at the Aurora Memorial Hospital of Burlington.

For more information, call Aurora Lakeland Medical Center at 262-812-1304, or Aurora Memorial Hospital of Burlington at 262-763-3424.

Financial management

Lila is one of over 550 seniors who received assistance from Aurora Family Service’s Elder Services Money Management Program last year. Emily is one of eight counselors in the Elder Services program, which has been around for more than 30 years. Clients are provided a written assessment of their situations and service plans are developed based upon the person’s individualized needs.

Working with seniors for 25 years, Emily appreciates being able to serve those in need. “I enjoy the life experiences of the elderly, I am glad I can make a difference in their lives.”

Dealing with medical insurance benefits, filing bills and filling out forms required by the federal government can be a daunting task for anyone. In Lila’s situation, Emily pays bills from the client’s personal account. But Aurora Family Service’s Elder Services Money Management clients also can choose to have a Simplicity Account set up for them. Such an account is held and managed by Aurora Family Service. Clients’ money goes directly into the account, from which bills are paid and assets managed.

For more information concerning services offered through the Aurora Family Service’s Elder Services Money Management Program, please call 414-345-4904.

It’s time for an eye exam at Aurora Vision Center

You’ve heard it before. You only have one pair of eyes, and they deserve the very best you can give them! Now is the time to visit an Aurora Vision Center for an eye exam and a new pair of eyeglasses. Highly trained and qualified optometrists offer comprehensive eye exams for patients of all ages. If you already have a prescription, take that to an Aurora Vision Center for help in making the right choice from their large selection of basic to high-fashion eyewear.

Visit one of the ten Aurora Vision Center locations and receive a 20 percent discount off a complete pair of eyeglasses or stop in and receive a free eyeglass cleaning kit (see coupons at right). For the nearest Aurora Vision Center location, call 866-986-2777 or visit www.Aurora.org/VisionCenter.

20% off a complete pair of eyeglasses

Discounts cannot be used or combined with insurance, Medicare, Medicaid or other government programs; or in combination with any other discounts or sales.

Free eyeglass cleaning kit

No purchase necessary. While supplies last.
Stay cozy and toasty at home this winter

The For Your Well Being store at Aurora St. Luke’s Medical Center wants to make your winter comfy and cozy. Winter is the perfect season to snuggle up with a good book. Pick up a copy of 8 Weeks to Optimum Health or Younger Next Year and learn how you can “live like you’re 50.”

Our foot and hand warmers provide “thermotherapy” and will keep you toasty on the coldest days and our Dreamtime eye pillows will help lull you to sleep at night.

Cook up a satisfying stew for supper. Try the Tuscan White Bean Stew or Foggy Day Chili from our Food to Live By cookbook, one of many cookbooks you’ll love to page through. Remember, Freedom+ cardholders receive a 10 percent discount.*

Stay safe at home this winter. When you’re at the For Your Well Being store ask for our free Home Safety Checklist.

The For Your Well Being store is located inside Aurora St. Luke’s Medical Center on the first floor next to the Aurora Pharmacy. Store hours are Monday through Friday, 7 a.m. to 7 p.m., and Saturdays and Sundays, 9 a.m. to 3 p.m.

*Discounts cannot be used or combined with insurance, Medicare, Medicaid or other government programs, or in combination with any other discounts or sales. Be sure to show your Aurora Freedom+ card at time of purchase.