


NUTRITION
TIPS

Ease aching joints with
these nutrition tips


RENOVATED
COMPLEX

Rehab Services unveils
renovated complex in Mooresville


NATIONAL
DISTINCTION

Post-Surgical Unit In Indianapolis
Earns National Distinction



Specialty **CARE**
NEAR HOME

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**Senior Promise
Members and
Friends . . .**



MINDY KING, HIA, MHP
Director Senior Services
and Insurance Services
Franciscan Health

Welcome to March. Here's hoping that the sun is making its appearance more often than not these days. While the nicer weather makes it more pleasant to be out and about, wouldn't it be nice not to have to travel long distances to receive the specialty care you need? Read how Franciscan Health makes this possible (pg 6).

While we are just three months into 2019, I would be interested in knowing how many of you are keeping your New Year's resolution. I would have completely blown off my resolution if it weren't for my Christmas gift (an Apple watch). Darn thing keeps reminding me to "breathe deep" and "time to stand up" and reminds me how many steps I have taken towards my daily fitness goal. With all this new technology, it's hard NOT to meet those goals. So, to help us get up to speed with another new

piece of technology, be certain to read the article about using smart speakers (pg 12). I guarantee it is probably smarter than most of us.

Let me leave you now by sharing memories from a very special Christmas luncheon. Early feedback from this annual event indicates that this may have been the best Christmas luncheon ever offered by Senior Promise. The recap (pg 14) can't even begin to illustrate the impact the Chalkguy left with each person in attendance.

Don't forget to visit the Calendar of Events at the back of this newsletter to see what new and exciting classes are in store for you this year. Hope to see you soon!

In HIS service,
Mindy King, HIA, MHP

 **Franciscan PHYSICIAN NETWORK**
WELCOMES
NEW PHYSICIANS



**GUY CROWDER, MD,
Family Physician,**

is now practicing at Kendrick Family Medicine in Mooresville. He is a graduate of the Indiana University School of Medicine and completed residency training at Franciscan Health. He has a special interest in travel medicine and completed additional training in clinical tropical medicine and traveler's health at the Tulane University School of Public Health and Tropical Medicine in New Orleans. Dr. Crowder is board-certified in family medicine and welcomes new patients of all ages.

**For appointment information,
call (317) 831-9340.**



**KYLE SEUDEAL, MD,
General Surgeon,**

is now practicing at Indy Southside Surgical. He is a graduate of the Wayne State University School of Medicine in Detroit and completed residency training at Western Michigan University in Kalamazoo. He went on to gain fellowship training in advanced gastrointestinal surgery at St. Vincent in Indianapolis. He is board-certified in general surgery and provides treatment for a variety of needs, such as gall bladder removal, hernia repair and appendectomies.

**For appointment information,
call (317) 865-4800.**

a message from the
FRANCISCAN ACO

Spring is around the corner. This time of renewal could also be the start of a new you! After all, your generation is living longer than ever and making the most of life. Today's seniors are experiencing the benefits of advancements in medicine, continuing education and making better lifestyle choices. This means you are also more active, involved and making the most of your "golden years."

As your partner in healthcare, we want to help you remain as active as possible or help guide you through recovery, should one of life's little bumps in the road come along. One of the best ways we can help you reach your goals is with regular appointments with your primary care doctor.

A great place to start is with your annual wellness visit. Unlike a sick visit, annual wellness visits allow you the chance to have a longer conversation with your provider about your current health and wellness goals. This appointment focuses on preventive care as well. We know prevention is key to healthier outcomes for you! The best part is that Medicare and many other health plans cover these appointments once a year at no additional cost to you. If you are new to Medicare, talk to your doctor's office about a Welcome to Medicare visit.

Be sure to share with your doctor any concerns you might have about current medications, options for completing preventive screenings for breast, prostate or colon cancer and any changes you might want to make to your advance directives. Maybe you have been considering taking up a new exercise program or hobby. Are you curious if water aerobics or yoga class is a good fit for you? This appointment is ideal to talk through all of your questions and help keep your medical records up-to-date.

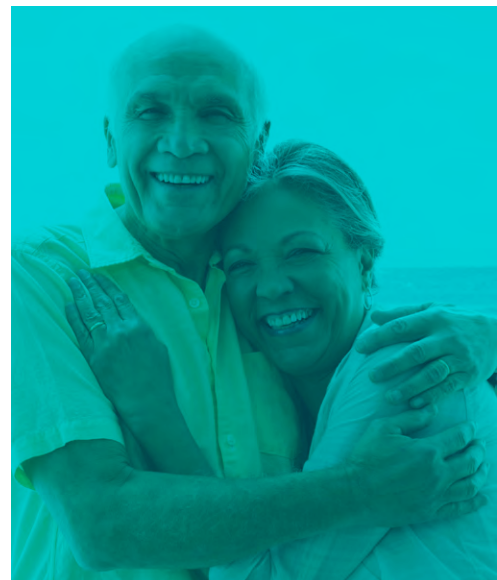
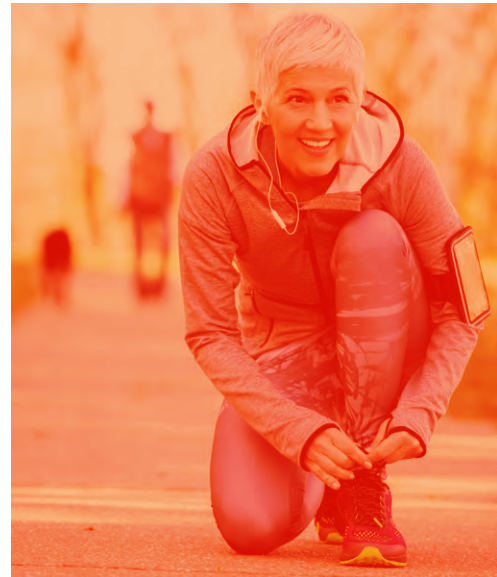
Cheers to Spring and all its possibilities! As always, we are happy to be part of your health journey!



HAVE QUESTIONS ABOUT THE FRANCISCAN ACO?

Contact our Beneficiary Call Center
 Monday through Friday
 between 8am – 4pm
 at 1 (855) 268-9086.

For general questions or additional information about Accountable Care Organizations, please visit www.medicare.gov/acos.html or call 1-800-MEDICARE (1-800-633-4227). TTY users should call 1-877-486-2048.





Specialty Care Near Home

For retiree Larry Gerold, Franciscan Health provides local care backed by the excellence of an Indianapolis facility and physician staff.

Every day, when the weather is good, Crawfordsville resident Larry Gerold hangs the American flag from its pole on his front porch. The small, white clapboard house, which Larry bought about 20 years ago, is just a few houses down the street from where Larry's parents lived and where Larry grew up.

Staying close to his widowed father in recent years had its advantages. "I kept an eye on him, and I know he kept an eye on me," said Larry with a smile.

Apart from spending four years after high school in the Air Force, Larry has spent most of his life in Crawfordsville, working at RR Donnelly & Sons for many years and enjoying camping trips across the Midwest with his family. This past Halloween, he and his family went to Charlarose Lake and Campground to meet and share meals, stories and memories.

Larry and his parents and siblings also share similar health concerns, such as heart disease and diabetes. In fact, Larry and his sister even share the same primary care physician, Joshua Krumenacker, MD, a Franciscan Physician Network physician who has an office at Northside Family Medicine in Crawfordsville.



Larry, a previous smoker who also has diabetes, talked to Dr. Krumenacker early in February 2017 about some periodic chest pressure he had experienced the previous Fall. “It would happen when I was mowing the lawn,” said Larry. “It would last a couple of minutes, and then it would go away.”

When he told Dr. Krumenacker about this, the physician sent him to Indiana Heart Physicians, another Franciscan Physician Network group with an office on the Franciscan Health Crawfordsville hospital campus. There, Larry met Babu Doddapaneni, MD, who conducted an echo stress test at the nearby hospital. The test results were abnormal, indicating possible blockages in the heart’s blood vessels. The cardiologist scheduled Larry for a cardiac catheterization at Franciscan Health Heart Center in Indianapolis, about an hour’s drive from Crawfordsville. The catheterization showed three heart vessel blockages. After the procedure, Larry met with Cardiothoracic surgeon Manesh Parikshak, MD, who has practiced in Indianapolis since the Heart Center opened in 2005. Dr. Parikshak told Larry he needed bypass surgery and it was scheduled for the following week.

After his surgery, Larry went home and started cardiac rehabilitation in Crawfordsville. His follow-up visits with Dr. Doddapaneni (“Dr. D”) were scheduled at the Crawfordsville office near his home.

“It was nice to be able to get appointments and first tests here in Crawfordsville,” said Larry. It made following his doctors’ advice to go to Indianapolis for surgery an easier decision, he added.

Larry continues to exercise on his home equipment and walks a couple of miles around his neighborhood. He sees his

doctors regularly and looks forward to taking out his camper for future family trips to area camping grounds.

“Larry’s experience is a great example of what we want our patients’ care to look like,” said Dr. Doddapaneni. “They receive as much care and testing locally as possible while still having state-of-the-art treatment at an award-winning facility. People naturally want to stay close to home for their health care, and Franciscan Health and our specialists understand that.”



**Joshua Krumenacker,
MD, PhD**
Family Medicine



**Babu Doddapaneni,
MD, FACC**
Cardiology



**Manesh Parikshak,
MD, FACS**
Cardiothoracic
Surgery

“Once you meet a doctor, you learn right away if you have a connection,” said Larry, “that they understand you and you feel comfortable talking to them.”



FRANCISCAN HEALTH POST-SURGICAL UNIT IN INDIANAPOLIS EARNS NATIONAL DISTINCTION

Franciscan Health Indianapolis has been recognized for its excellence in care to patients served in the hospital's post-surgical care unit.

The award is PRISM (Premier Recognition In the Specialty of Medical-Surgical Nursing) and it is presented by the Academy of Medical-Surgical Nurses (AMSN) and the Medical-Surgical Nursing Certification Board.

"Certainly, we are honored to receive the PRISM distinction and it attests to the hard work and dedication of our team," said Lisa Peters, RN, post-surgical manager. "More important, it underscores their common commitment to care for the patients we are privileged to serve."



The unit was recognized for:

- Positive patient outcomes**
 - Effective leadership**
 - Recruitment and retention of competent staff**
 - Evidence-based practices**
 - A healthy practice environment**
 - Lifelong learning of unit staff members**
- In 2018, Franciscan Health Indianapolis' orthopedics/neurosciences unit was the first unit in Indiana to earn the prestigious three-year certification. Besides the two Franciscan Health Indianapolis units, only one other Indiana hospital has earned the PRISM award.**

REHABILITATION SERVICES UNVEILS RENOVATED COMPLEX AT FRANCISCAN HEALTH MOORESVILLE

Rehabilitation services at Franciscan Health Mooresville has a new look, larger space and more options to better serve Morgan County patients.

Renovations were recently completed to the Specialty Services office, which is located at 1201 Hadley Road, Mooresville. Staff at the complex – the only multidisciplinary approach of its kind in Morgan County – offer a full range of care, including hand, occupational, physical and speech therapies.

“The ability to offer all services at one location allows our patients with neurologic conditions to obtain multidisciplinary care for those who have been diagnosed with Parkinson’s disease, suffered a recent stroke and those who have balance-related health issues,” said Rehabilitation Services Supervisor Jason Hutchison, PT, DPT.

The facility has nearly 4,000 square feet and provides a fully operational kitchen to help recovering stroke patients regain skills to prepare meals. It also provides special therapy equipment and technology and enhanced hand and physical therapy services.

Franciscan Health Mooresville also has a 900-square-foot aquatic physical therapy pool serving more than 40 patients each month. It offers arthritic patients physical activity and avoids pain associated with more rigorous exercise. Staffed by a certified aquatic specialist, the pool also helps those with neurologic conditions adapt to balance issues and learn how to avoid falls.



“ THE ABILITY TO OFFER ALL SERVICES AT ONE LOCATION ALLOWS OUR PATIENTS WITH NEUROLOGIC CONDITIONS TO OBTAIN MULTIDISCIPLINARY CARE FOR THOSE WHO HAVE BEEN DIAGNOSED WITH PARKINSON’S DISEASE, SUFFERED A RECENT STROKE AND THOSE WHO HAVE BALANCE-RELATED HEALTH ISSUES ”

Nutrition Tips to Ease **ACHING JOINTS**



It is common to experience some joint discomfort as we age. Whether you have occasional aches and pains, or suffer from chronic rheumatoid arthritis, you may benefit from incorporating more healthy fats and anti-inflammatory foods into your diet to ease your discomfort. Omega-3 fats along with apples, berries, onions, ginger, cherries and turmeric have been shown to reduce inflammation.



Omega-3 fats are often associated with seafood, and the highest amounts are found in salmon, tuna, mackerel, herring and rainbow trout. Consider incorporating four ounces of baked, broiled or sautéed fish twice per week to get in your heart healthy fats. Omega-3s are also present in plant sources such as pumpkin seeds, ground flaxseed and flax oil, walnuts and walnut oil, or chia seeds. Try adding a little flax or walnut oil to your dishes, or stir in a tablespoon of chia seeds into your morning oats or yogurt for a quick and easy boost of omega-3s.

Try these additional tips to reduce joint pain:

- 1. Choose whole grain foods such as oats, whole wheat breads, quinoa, tabbouleh, brown rice and barley.*
- 2. Eat a diet rich in fruits and vegetables, particularly cherries, apples, blueberries, and raspberries for their anti-inflammatory compounds.*
- 3. Season foods with onions, ginger and turmeric.*



Very Berry Overnight Oats

INGREDIENTS (MAKES 4 SERVINGS)

- 2 cups rolled or quick oats
- 2 cups skim milk
- 1 tsp vanilla extract
- 2 Tbsp chia seeds
- 2 cups fresh or frozen mixed berries

DIRECTIONS:

1. Stir together all ingredients in a large bowl.
2. Separate evenly into 4 containers (Mason jars work well).
3. Refrigerate at least 12 hours to allow oats to soak.
4. Remove from refrigerator and enjoy either cold or warm quickly in the microwave.
5. Add additional fruit or a drizzle of honey on top if desired.



Cedar-Plank Grilled Salmon With Mustard Glaze

INGREDIENTS (MAKES 4 SERVINGS)

- 1 Tbsp whole grain mustard
- 1 Tbsp honey
- 1 tsp low-sodium soy sauce
- One 1½ lb, skin-on, center-cut wild salmon fillet, cut into four equal portions
- Sea salt or salt substitute and black pepper to taste (optional)
- 1 cedar plank, soaked in water for 1 hour

DIRECTIONS:

1. Whisk the mustard, honey and soy sauce together in a small bowl.
2. Season the salmon with salt and pepper. Place the salmon on the cedar plank.
3. Prepare a medium fire on the grill. Set the cedar plank over the fire, cover and cook until the salmon can easily flake when prodded with a paring knife and it registers 125°F, 10 to 15 minutes.
4. Spoon the mustard mixture over the salmon, cover and continue cooking for 1 minute longer. Transfer the salmon to a platter and serve.

To ensure evenly thick pieces of salmon, it's best to buy one whole piece and cut it yourself at home. Cedar planks can be found at most grilling supply and hardware stores. Make sure you buy cedar planks specifically made for grilling.



SIMPLIFY LIFE WITH A DIGITAL ASSISTANT

One of the hot new items over the past year has been the rise of smart speakers with digital assistants built into the speaker. While these devices may seem a bit mystifying, they can provide older users with some very useful tools that can be used daily.

WHAT CAN THESE ASSISTANTS DO FOR YOU?

You can ask your assistant for all types of information. Ask it for your local forecast or what the weather is like in another city. Cannot remember who starred in a movie you liked as a kid or who sang a particular song, just ask. You can even have the assistant remind you of important dates, such as anniversaries, birthday or upcoming doctor appointments. They are only limited by the information available online, which is just about anything you could need!

Another use is to control your smart home devices. If you have a smart thermostat, you can have your speaker change the temperature. If you have a smart plug outlet, you can tell it to turn on a lamp. While these tasks require additional devices and some setup, they can provide ease of use and safety to their users.

WHAT THEY ARE?

Two of the most popular devices are Amazon’s Echo and the Google Home. The devices are made up of primarily two items: a highly sensitive microphone and a loud speaker. Both devices connect to your home internet via your Wi-Fi connection. Once setup, you can simply ask the speaker to do a task or to provide some information you would like.



▲ AMAZON ECHO



GOOGLE HOME ▲

HOW THEY WORK?

These voice-activated assistants are simple to use and can provide lots of information available online to you without having to use a computer. Both devices use a “wake word” to let them know you are speaking to them. For the Google Home, you have to say “OK Google” followed by your inquiry. The Amazon Alexa “wake word” is simply saying “Alexa” followed by your question.

Speak clearly and slowly to ensure your speaker hears you. Each command or question you ask must start with the appropriate “wake word.”



save the date ■■■

SPRING FLING STRAWBERRY FESTIVALS

Join Senior Promise in celebrating Older Americans Month at our 6th Annual Spring Fling Strawberry Festival. This FREE annual event is open to the public and offers our attendees the opportunity to enjoy strawberry shortcake, live music and door prizes.

- Connect with friends, family and services that support participation.
- Create by engaging in activities that promote learning, health and personal enrichment.
- Contribute time, talent and life experience to benefit others.

Senior Promise strives to offer our members opportunities to do just that. We hope to see you at this year’s events!

MAY 7TH
SARAH T. BOLTON
PARK
BEECH GROVE
12:30 TO 2:30 P.M.

MAY 14TH
THE COURTYARD
AT FRANCISCAN
HEALTH
MOORESVILLE
12:30 TO 2:30 P.M.

For questions or more information, call Senior Promise at (317) 528-8277.





CHALKGUY WOWS THE CROWD . . .

On December 17, Senior Promise held our annual Christmas Luncheon with over 300 in attendance. Attendees had the opportunity to hear Ben Glenn “The Chalkguy” share his story about overcoming obstacles in his life with a charm and humor enjoyed by all who attended. The real high point was watching Ben rapidly create awe-inspiring chalk art on two large canvases. The show stopper was his “Silent Night” piece, which also included a projected video overlay on the art.



The staff at Senior Promise would like to thank our sponsors, CommuniCare and American Senior Communities, for making this event possible. We also thank all of the businesses that provided the wonderful door prizes we were able to give away this year and for Primo for doing an excellent job of hosting our event.



We hope everyone that attended had a good time and we hope to see everyone at the 2019 Senior Promise Christmas Luncheon!



01 CHALKGUY
Ben working on one of his two canvases.

02 CHRISTMAS LUNCHEON
Some of our festive guests from our event.

03 SHOW STOPPER
Chalkguy’s Silent Night piece amazed the crowd.

refer a friend **AND WIN** ■■■

Do your friends a favor — give them a one-year free membership to Senior Promise and show them what they've been missing.

Complete the top section of the form below and give it to a friend who has never been a member of Senior Promise (or who has not been a member for at least 12 months). When your friend mails his or her application for a free one year membership, we'll enter your name in a monthly drawing for a \$25 grocery gift card.

Current Senior Promise members or those who have been members within the past 12 months are not eligible for a free membership referral. You must be a current member to make a referral. You may refer your spouse if he or she meets the criteria for a new member.

You may refer as many people as you like. Your name will be placed in the monthly drawing for each referral that is submitted.

For more copies, call our office at (317) 528-8277. Applications must be submitted by the 10th of each month.

Have a free one-year membership on me!

Tell them _____ sent you!
Your Name
Member Address _____ Phone _____

This section will be detached, and you will be entered in a monthly drawing for a \$25 grocery gift certificate. Applications must be submitted by the 10th of each month.

Senior Promise Application

Please complete this form and return it for a free one-year membership.

Name _____ Date of Birth _____
Last First Middle

Address _____
Street Apt. City State ZIP Code County

Email Address _____

Phone (____) _____ Sex Male Female Marital Status Married Single Widow Divorced

For more information, call (317) 528-8277.

Mail to: Franciscan Health Senior Promise, 8111 S. Emerson Ave., Indianapolis, IN 46237

UPCOMING EVENTS

Tear along the perforated edge and hang this convenient events calendar on your refrigerator to remind you of upcoming events!

MARCH EVENTS

MEDICARE 101

This is your chance to learn about the basics of Medicare and have your questions answered by a licensed Medicare counselor.

We will discuss the basics of Medicare, including Parts A, B, C and D, supplemental coverage and the “doughnut hole.” We will also cover this year’s Medicare plan changes and important Medicare enrollment windows.

This event is free and open to anyone who would like to learn more about Medicare benefits. Registration is required due to limited seating.

MAR 20 **Franciscan Health Senior Promise**
8778 Madison Ave., Suite 200
Indianapolis, IN 46227
1 – 2:30 p.m.
(317) 528-8277 to register

MAR 21 **Franciscan Health Mooresville**
CHKS Conference Room
1201 Hadley Road, Mooresville
1 – 2:30 p.m.
(317) 834-9548 to register

MAR GRAND PARENTING BASICS

MAR 21 **Franciscan Health Indianapolis**
8111 South Emerson Avenue
Indianapolis, IN 46237
7:30 – 9:30 p.m.

This fun and informative class for grandparents will update you on the latest information regarding birth and parenting. You will learn breastfeeding expectations and the safest way to put your grandchild to sleep.

Grandparents also will have a chance to discuss new ideas about parenting and how they can play an important role while supporting their adult children. “Babies haven’t changed, but what we know about them has changed.”

This class is FREE for any grandparent whose adult child is registered for a Healthy Birth Class Series (Classic, Express or Saturday).

Pre-registration is required. Call (317) 528-8473 to register, Monday through Friday 8 a.m. to 4 p.m.

APRIL EVENTS

APRIL 17 **KIDNEY TALK**
Senior Promise
8778 Madison Ave., Suite 200
Indianapolis, IN 46227
2 – 3:30 p.m.

Kidney Talk, a support group for those living or caring for someone with kidney disease, will present a program that is part of their 2019 series. Featured speaker will be Cara Acklin, our ACO pharmacist discussing medications, available financial assistance and interactions.

Kidney Talk is free and open to all interested in attending. No registration is needed.

For more information or questions, please contact Janice Steuri at (317) 528-2006.

APRIL 24 **MEDICAID LAW**
Senior Promise
8778 Madison Ave., Suite 200
Indianapolis, IN 46227
1 – 2:30 p.m.

Medicaid is quite different from Medicare. Medicaid Law is one of the most difficult and puzzling laws in this country. It’s further complicated by the fact that each state has its own interpretation of what the federal law says.

Registration is required due to limited seating. Call (317) 528-8277 to register.

APRIL EVENTS

APRIL
30

BROWN'S KARATE (WOMEN ONLY EVENT)

Senior Promise

8778 Madison Ave., Suite 200
Indianapolis, IN 46227
1 – 2:30 p.m.

Shihan Sherry Brown will be presenting a Self Defense class for Senior Promise. Sherry Brown holds a 6th degree black belt in Shorin Kenpo, a 6th degree black belt in Shuri Te and a 4th degree black belt in Ketsugo Ryu Jujitsu. She is a Seven Steps to Personal Safety Instructor with Police International.

This class is FREE and open to women only, age 45 and older. Registration is required due to limited seating. Call (317) 528-8277 to register.



MAY EVENTS

SPRING FLING STRAWBERRY FESTIVALS

Join Senior Promise in celebrating Older Americans Month at our 6th Annual Spring Fling Strawberry Festival. This FREE annual event is open to the public and offers our attendees the opportunity to enjoy strawberry shortcake, live music and door prizes.

MAY
7

Sarah T. Bolton Park Beech Grove

12:30 – 2:30 p.m.

MAY
14

The Courtyard at Franciscan Health Mooresville

12:30 – 2:30 p.m.

MAY
22

SENIOR REAL ESTATE

Senior Promise

8778 Madison Ave., Suite 200
Indianapolis, IN 46227
1 – 2:30 p.m.

Change is hard, moving doesn't have to be. Join us and Roger Haag, Seniors Real Estate Specialist, for a Candid Conversation on selling your home, downsizing, transitioning to assisted living or memory care and being proactive in these changes. There's no place like home, let us help you find yours!

Registration is required due to limited seating. Call (317) 528-8277 to register.

 **Franciscan HEALTH**
SENIOR PROMISE

8111 S. Emerson Ave.
Indianapolis, IN 46237

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(317) 528-8277

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FranciscanHealth.org/seniorpromiseindy

*Plan
your next
getaway*
with Senior Promise



GREENWOOD TRAVEL AND CRUISE
Judith Ramey | (317) 842-6057
13475 Chevy Chase Dr., Fishers, IN 46038

We have access to exciting trips offered through the travel agency listed above. Contact the agency directly for a list of trips and discounted rates. Call Franciscan Insurance Services at (317) 528-7770 for your travel insurance policies.

*Senior Promise
in your inbox*



Please sign up and mail this form to the address below to begin receiving this newsletter electronically.

Name _____

Email _____

MAIL TO:

Senior Promise
8111 S. Emerson Ave.
Indianapolis, IN 46237

OR CONTACT US AT:

(317) 528-8277