



# THIRD AGE LIVING

*Learn about healthy aging  
Serve through volunteerism  
Caregiving ... information and assistance*

Volume 2 • 2012

## Time is brain. Think FAST

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Stroke is a sudden change in the neurological condition of a person due to a disturbance in blood supply to the brain. The disturbance could be from a sudden block of the blood vessel from a clot or rupture of a blood vessel causing bleeding in the brain.

Stroke is the fourth leading cause of death in United States, second leading cause of death worldwide and the leading cause of adult onset disability in the U.S.

Stroke can cause weakness of an arm or leg, facial droop, the inability to understand or produce speech and loss of field of vision (inability to see) on one side.

One type of stroke is called a subarachnoid hemorrhage. It can present with the sudden onset of the worst headache you have ever had along with nausea and vomiting. This usually is due to an aneurysm rupture, and is one of the worst kinds of stroke.

A second type is an acute ischemic stroke. This is the blockage of a blood vessel by a clot.

A quick way to identify stroke is to do a FAST test. F = Face, A = Arm, S = Speech and — if any of these are impaired — then T = Time. Stroke is a neurological emergency. Time is brain — literally. Every minute that passes before opening the blood vessel (by dissolving the clot) in an acute ischemic stroke causes the death of about 1.9 million neurons.

Getting to a local emergency room that can administer TPA (tissue plasminogen activator, a clot-busting medicine) is critically important for ischemic stroke patients. TPA can only be administered in the first three hours. A comprehensive stroke center like St. John's provides expert care and treatment.

If the patient gets to the hospital more than three hours after the stroke symptoms began, additional treatments can be provided. A procedure called minimally invasive endovascular neurointervention can be used to pull the clot, or it can be suctioned out with a small catheter that is snaked to the site of the clot. With these procedures, patients can get help up to eight hours from the time of stroke onset.

These procedures are performed in St. John's Cath Lab, and on-call teams are on alert. The alert is activated while the patient is still traveling to the hospital.

St. John's also has a neuro intensive care unit where specially trained nurses care for critically ill neurological patients and a team of rehabilitation therapists works with patients to provide specialized care.

High blood pressure, diabetes, atrial fibrillation, high cholesterol and smoking are some of the major risk factors for stroke. Obesity can contribute indirectly by increasing the patient's chances of developing the conditions above. Exercise and healthy diet (green leafy vegetables, fruits and fish) can help prevent stroke.

**For more information on stroke,  
visit [st-johns.org/stroke](http://st-johns.org/stroke).**



**St. John's  
Hospital**

AN AFFILIATE OF HOSPITAL SISTERS HEALTH SYSTEM

**AARP Driver Safety Program** (Fee: \$12 for AARP members; \$14 for non-members)

A two-day session for drivers age 50 and older. Participants must attend both sessions. Attendance may qualify you for car insurance discounts. Please pay fee on the first day of class. Make checks payable to AARP. Call 544-6464, ext. 45230, to make a reservation and for location information. 12:30 - 4:30 p.m., both days.

- May 14 & 15
- June 11 & 12
- July 9 & 10

**Health Education and Screenings** (Free. Limited seating. Register early!)

Wednesdays at 9:30 a.m., White Oaks Mall, upper level Bergner's wing. We do not send out confirmations, so please mark your calendar. To register, call 544-6464, ext 45230.

- April 11 **Arthritis Answers — Round Table Discussion**  
Kay Meneghetti, Facilitator, St. John's Third Age Living
- April 25 **"What is Sleep Apnea" & Tips for CPAP Success**  
Dawn Broughton, Director, END, Respiratory Therapy and Sleep Center, St. John's Hospital
- May 9 **Stress Busters**  
Wendy White-Mitter, RN, St. John's Hospital
- May 16 **Central Illinois Senior Celebration**  
Free. No registration necessary.  
Orr Building, Illinois State Fairgrounds, 9 a.m. - 2 p.m.
- May 23 **Mining Your Memories, Part 1**  
Linda Lenzini, Freelance writer
- June 6 **Mining Your Memories, Part 2**  
Linda Lenzini, Freelance writer

**Ask the Pharmacist – Brown Bag Medication Review (Free)**

Please call 544-6464, ext. 45230 to schedule a 30-minute appointment.

Bring your medication in or provide St. John's pharmacist with a list of your medications, including over-the-counter medications, herbs, vitamins and supplements. The pharmacist will review the reason for the medication, the proper time to take it, discuss drug and food interactions and which medications should be taken separate from the others. Reviews are held at St. John's North, 2nd Floor, Conference Room M.

- April 11, 1 - 4 p.m.
- May 9, 1 - 4 p.m.
- June 13, 1 - 4 p.m.

**Caregiver Resource Center**

Information and assistance on caregiving and senior services in the Springfield area is available through St. John's Third Age Living and Family Caregiver Resource Center. A free Caregiver Guide is available to help caregivers organize medical and financial papers. Call (217) 544-6464, ext 47797, for more information.

**Third Age Living computer classes for adults 50+**

The Computer Learning Center (CLC) has classes and workshops that are small and feature hands-on activities. Each has an instructor and a coach and is designed to be user-friendly and enjoyable. Classes are based on Microsoft Windows XP and Office XP platforms. (We do not have Vista or Windows 7.) Upcoming class offerings are listed on the facing page. If you have computer experience and would like to volunteer at the CLC, please call us at (217) 757-6620, press 2.

**Third Age Living Computer Learning Center**

**Tentative Spring 2012 Session\***

Call 757-6620 and press 3 for registration. You may bring your fee the first day of class.

White Oaks Mall, upper level Bergner's wing. Classes are on a first come, first-served basis so register early.

**Computer Basics 1** — You will learn how to use the mouse and the basic operations of the **Windows XP** operating system. You will work with Windows and basic Windows programs. **\$35**

- Monday & Wednesday, 10:50 a.m. - 12:40 p.m., 7 sessions, April 4 - 25
- Tuesday & Thursday, 9:30 - 11:20 a.m., 7 sessions, April 5 - 26
- I do not have any prior computer experience and need instruction on mouse skills before taking Basics 1. (Free)

**Computer Basics 2** — This is a continuation of Computer Basics 1. You will continue to work with Windows XP programs, files and discs and learn how to customize the Windows program to fit your individual needs. Must have completed Computer Basics 1. **\$35**

- Monday & Wednesday, 10:50 a.m. - 12:40 p.m., 7 sessions, April 30 - May 21
- Tuesday & Thursday, 9:30 - 11:20 a.m., 7 sessions, May 1 - 22

**Computer Basics 1 & 2** — Learn the same computer skills as our existing Computer 1 and Computer 2 class, only in a condensed format. This class is for people eager to learn, have a home computer and are willing to be challenged. **\$35**

- Tuesday & Thursday, 11:50 a.m. - 1:40 p.m., 10 sessions, April 5 - May 8

**Word Processing** — Learn how to create, save and print documents in Word 2000; use spell check; cut, copy and paste text and graphics; and prepare labels, etc. **\$35**

- Monday & Wednesday, 1 - 2:50 p.m., 7 sessions, April 4 - 25

**Internet/E-Mail** — Learn how to use a Web browser to navigate the World Wide Web. Learn about different search methods and how to explore different categories of information. Learn how to use e-mail. **\$35**

- Friday, 9:30 - 11:20 a.m., 7 sessions, April 6 - May 18

**PRE-REQUISITES — Attendees in the Word Processing, and Internet/E-mail classes should have a basic knowledge of Windows and be able to use a mouse.**

**WORKSHOPS** — These workshops are in lecture format and provide an overview of the topic.

- Introduction to Digital Cameras** — Learn how to buy and use digital cameras. Features will be discussed. Thursday, May 31, 1 - 3 p.m., **\$10**
- Keep Your Computer Running Smoothly** — Friday, June 1, 1 - 3 p.m., **\$10**
- Introduction to Picasa** — Learn how to transfer, find, organize, edit, print and share your digital images. Must already know basic Windows and how to access the Internet before taking this workshop. Thursday, June 7, 1 - 3 p.m., **\$10**

\* Dates and times are subject to change.



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**Third Age Living/CIVS**  
**White Oaks Mall, Springfield**  
**Second Floor, Bergner's Wing**

Third Age Living: (217) 757-6620  
Caregivers: 757-6621  
Fax number: 757-6622

## Come join us!

### St. John's Third Age Living offers exercise classes for senior citizens

Exercise instructor Pam McDonald leads classes at: FitClub South, 3631 S. Sixth Street; Laurel United Methodist Church, 631 South Grand Ave. West; and Christ the King Parish, 1930 Barberry Drive. Registration is not required. Walk-ins are welcome. The fee for each class is \$3. If you are not able to attend, you do not pay.

#### **Forever Strong** (muscle strengthening)

11:15 a.m.	Tuesdays and Thursdays	Laurel United Methodist Church
1 p.m.	Mondays, Wednesdays and Fridays	FitClub South

#### **Muscles in Motion and Balance** (low-impact exercise)

10:30 a.m.	Mondays and Fridays	FitClub South
10:30 a.m.	Thursdays	Laurel United Methodist Church

#### **Funercise** (aerobic exercise)

5:45 p.m.	Mondays, Wednesdays and Thursdays	Christ the King Parish
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For more information, call (217) 757-6620 or Pam McDonald at (217) 793-3135.