



SPRING 2012



Find us on: facebook

EVERGREEN CLUB 50 NEWSLETTER IS A PUBLICATION OF THE PUBLIC RELATIONS & MARKETING DEPARTMENT OF WATERBURY HOSPITAL

EDITOR: MATT BURGARD

SUBMIT ITEMS FOR EVERGREEN CLUB 50 NEWSLETTER TO: mburgard@wbyhosp.org

IT'S YOUR LIFE...LIVE IT WELL Sick and tired of feeling sick and tired? Join us for a free six-week workshop providing valuable information and insight on how to overcome health conditions such as diabetes, depression, heart disease, arthritis, chronic pain and anxiety. We will also offer help to those who are caring for someone with these conditions. Workshops take place Wednesdays, beginning March 21st, from 9:30 a.m. – Noon in the Bizzozero Dining Room at Waterbury Hospital.

Please call (203) 757-5449 to register.

This program is sponsored by Evergreen Club 50, the Western Connecticut Area Agency on Aging, the CT Department of Social Services, Aging Services Division and the CT Department of Public Health

Spring 2012 Exercise Programs

Class sizes are limited! Please reserve your space by calling (203) 573-7385. Checks must be received no later than one week before the start of class.

TAI CHI

8-week session

Instructor: Kimberly Johnston

Tuesdays 5:30 p.m. – 6:30 p.m.

Class dates: 3/20/12; 3/27/12;

4/3/12; 4/10/12; 4/17/12;

4/24/12; 5/1/12; 5/8/12

Cost: \$64 per person

INTERMEDIATE PILATES

8-week session

Instructor: Siobhan Costello

Saturdays 9 a.m. – 10 a.m.

Class dates: 3/17/12; 3/24/12;

3/31/12; 4/14/12; 4/21/12;

4/28/12; 5/5/12; 5/19/12

Cost: \$72 per person

WEIGHT LIFTING

12-week session

Instructor: Jim DeMeis

Tuesdays 9:30 a.m. – 10:30 a.m.

Thursdays 6:45 p.m. – 7:45 p.m.

Cost: \$48 per person

*Call (203) 573-7385 for further information.

ALL CLASSES WILL TAKE PLACE IN THE BIZZOZERO CONFERENCE ROOM AT WATERBURY HOSPITAL

Holidays: Closed

Fri: Closed

Thu: 8:30 am – 4:00 pm

Wed: 8:30 am – 4:00 pm

Tue: 8:30 am – 4:00 pm

Mon: 8:30 am – 4:00 pm

OFFICE HOURS

Waterbury Hospital
64 Robbins Street
Waterbury, CT 06708
(203) 573-7385



Non-Profit
Organization
PAID
Permit #24
Waterbury, CT
06721



SPRING 2012



MOVIE MATINEE SERIES

Five first-run movies that promise to be entertaining and stimulating

PG 3



SUMMER DAY TRIPS

Two separate bus trips this summer!

PG 3

NEWSLETTER FOR THE MEMBERS OF EVERGREEN CLUB 50

Evergreen Club 50's Spring 2012 Programming:

A Prescription for a Healthy Life

It's an old saying but a wise one: laughter is the best medicine – and this spring, Evergreen Club 50's series of Speakers Series presentations, movies, exercise classes and special events is offering the perfect prescription for a happy and healthy life.

Kicking off on a rollicking note, Evergreen Club 50 will be offering a free presentation on the therapeutic benefits of laughter in reducing stress, lowering blood pressure and fighting off depression. The March 8 presentation on laughter therapy will feature two renowned experts in this emerging field who will go over the many health benefits associated with frequent laughter.

Our Speakers Series also will include a special presentation on the benefits of a healthy diet that will feature a live tasting in the cafeteria at Waterbury Hospital. We also will take an in-depth look at the importance of upper body exercises to maintain good pulmonary health as well as the crucial role of the kidney in living a long life free of medical problems. Other presentation topics include a look at the

latest advances in fighting glaucoma and caring for the eye and how to successfully manage and overcome chronic pain. We also will be bringing back 84-year-old dance instructor Lois Marticello, who will show us how to kick up our heels with an afternoon of line dance classes. We also will get outdoors for an afternoon of golf tips at the Country Club of Waterbury, where the club pro will show us how truly fun and rewarding golf can be. And for fans of the Internet, we are offering a fascinating look at all the various medical websites that are now available to learn more about the workings of the human body and how to keep it in good shape.

Anyone who joined us on our bus trips in 2011 to Newport, R.I., and New York City knows how much fun they were. This spring, we will be offering two more day trips, one to see the New York Yankees play a game at Yankee Stadium and another to sample the scenic beauty of Saratoga in upstate New York. The baseball trip includes the price of a terrace-level ticket to the game, while the Saratoga trip will



include a trip to see the famous Saratoga horse races as well as a tour of the city's beautiful gardens and downtown shops. Look inside this issue of the newsletter for more details.

Along with our Speakers Series, Evergreen Club 50 will continue to offer its popular exercise classes, including spring classes in Tai Chi, weight lifting and Pilates. And lastly, we are continuing with our popular offerings of afternoon movie matinees, all of them first-run movies showing in the Bizzozero Conference Room with popcorn, candy and beverages – and all for an admission cost of just \$1! See inside for more details.

It's All About You!

EVERGREEN CLUB 50 SPRING 2012 PROGRAMS

PRE-REGISTRATION IS REQUIRED. SEATING IS LIMITED!
 ** YOU MUST CALL (203) 573-7385 TO REGISTER FOR THESE CLASSES.**



It's Showtime!

EVERGREEN CLUB 50 SPRING 2012 MOVIE MATINEE SERIES



-Laughter is the Best Medicine! How a Good Giggle or Guffaw Can Improve Your Health and Spirit
Thursday, March 8, 1:30 p.m. – 3:00 p.m.
Joleen M. Nevers, Health Education Coordinator, University of Connecticut and Haley McCarthy, Certified Health Education Specialist



Evergreen Club 50 kicks off the spring season on a light-hearted note with a free demonstration of the benefits that laughter can bring to mind and body. Led by Joleen Nevers and Haley McCarthy, both noted experts and certified "laughter leaders," this presentation will feature a laughter circle in which participants will take part in breathing exercises and initiate eye contact with each other to stimulate laughter and create a playful environment. In the process, they'll learn how laughter helps strengthen the immune system, helps vibrate and stretch muscles, creates good cardiovascular effects and helps socialization. *NOTE: please do not sign up for this presentation if you have a cold or flu; hernia; hemorrhoids; heart disease and chest pain; or late stage pregnancy.*



How to Attain and Maintain Good Pulmonary Health
Thursday, March 29, 1:30 p.m. – 3:00 p.m.
Carl B. Sherter, MD, Chief of Staff, Waterbury Hospital

Anyone who wants to stay active and healthy well into their senior years needs to maintain good pulmonary health. In this free presentation, Dr. Sherter, who is the founder of the Pulmonary Department at Waterbury Hospital and Pulmonary Associates of Waterbury, will talk about the importance of pulmonary health and the steps people can take to keep their lungs and upper body in good condition, including simple exercises and a proper diet.



Understanding Your Kidneys: An Up-Close Look at How Kidneys Function and How to Keep Them Functioning
Tuesday, April 3, 1:30 p.m. – 3:00 p.m.
Paul Pronovost, MD, Associated Specialists in Nephrology & Hypertension, LLC, Waterbury

The risks and prevalence of kidney-related diseases such as Diabetes and hypertension have become an enormous concern in our society. This free presentation by Dr. Pronovost, a Waterbury Hospital-affiliated expert in the practice of nephrology, will take a close look at these critical organs and how they can break down if subjected to years of poor nutrition and little or no exercise.



Your Eyes are the Prize: How to Prevent and Treat Macular Degeneration and Glaucoma
Tuesday, April 10, 1:30 p.m. – 3:00 p.m.
Lawrence N. Kline, MD, and Catherine Gelinis, MD Vision Associates of Prospect



This free presentation on the importance of eye health will focus on two eye conditions which are both leading causes of significant vision loss among adults. Macular degeneration is a disease that affects the central vision. Glaucoma is a more slowly progressive disease that affects the peripheral vision first but can cause asymptomatic and irreversible vision loss if untreated.



Estate Planning: the Importance of Preparing for the Future
Tuesday, April 17, 1:30 p.m. – 3:00 p.m.
Michael Reardon, Partner, Carmody & Torrance LLP

This free presentation will explore the many avenues available to eliminate legal, emotional and medical problems in later years.



Introduction to Line Dancing
Tuesday, April 24, 1:30 p.m. – 3:00 p.m.
Lois Marticello, Line Dance Instructor

Get out on the dance floor with Evergreen Club 50's popular line dancing class, taught by an energetic instructor who is in her 80s! We'll turn the Bizzozero Conference Room into a country dance hall as we learn the basic steps. Free of charge.



Using the Internet to Get Good Medical Information
Tuesday, May 1, 1:30 p.m. – 3:00 p.m.
Linda Spadaccini, Library Director, Waterbury Hospital

Want to find out how to locate quality information about diseases, conditions, and wellness issues on the Internet that you can understand? Then come to this session which will be presented by a medical librarian. A major location from the National Library of Medicine will be looked at as well as other locations. Learn how to evaluate internet sites so that you are getting the best information that you can.



Managing Chronic Pain
Thursday, May 17, 1:30 p.m. – 3:00 p.m.
Ursula Mobilio, RN, MSN, Clinical Instructor, Waterbury Hospital

Enduring chronic pain, even at a minor level, can make it extremely difficult to focus and enjoy everyday activities. This free presentation by a chronic pain expert at Waterbury Hospital will look at some of the treatments and methods available to help people manage chronic pain, and even overcome it.

Evergreen Club 50 continues its popular movie matinee series this spring with five first-run movies that promise to be entertaining and stimulating. All showings will include popcorn, candy and bottled water, and will take place at **1:30 p.m. in the Bizzozero Conference Room. You must call (203) 573-7385 to reserve a seat ahead of time.**

Midnight In Paris
 Friday, March 16

The Help
 Friday, March 30

Moneyball
 Thursday, April 26

Water For Elephants
 Wednesday, May 9

The Ides of March
 Thursday, May 24

****PLEASE NOTE: we will be charging a \$1 admission fee to attend the movie matinees this spring to help defray costs. While it's not free, we feel this is still a pretty good bargain! We look forward to seeing you!**



SPECIAL EVENT! Golf: A Great Way to Have Fun and Stay Fit
Tuesday, May 8, 1:00 p.m. AND 3:00 p.m.
Country Club of Waterbury, 1 Oronoke Road, Waterbury
Tom Gleeton, Head Golf Professional, Country Club of Waterbury

Love golf? Haven't played in a while? Never played at all? Whatever your situation, come join us and see the game from a new approach at one of two free hour-long sessions at the driving range at the beautiful Country Club of Waterbury. Tom Gleeton, a former professional golfer and head pro at the Country Club for the past 20 seasons, will offer tips on how to make golf enjoyable and beneficial to your lifestyle. *NOTE: The first afternoon session will begin at 1 p.m., the second at 3 p.m. Only ten people will be eligible to participate in each session so we encourage you to register early. All participants should park at the Country Club (address above) instead of driving to the hospital.*



SPECIAL EVENT! Healthy Eating Demonstration
Tuesday, May 22, 2:30 p.m. – 3:30 p.m. – Waterbury Hospital Cafeteria
Kendall Dyer, Waterbury Hospital Outpatient Dietician

Believe it or not, eating a nutritious, healthy diet does not mean you have to eat food that tastes bad or takes forever to prepare. Come join us for a free special discussion of various recipes and meal suggestions that are as pleasant for the palate as the waistline. This presentation will also feature a delicious, healthy meal prepared in just a few short minutes for everyone to sample. *NOTE: We can only accept a limited number of participants for this presentation, so we encourage you to register early.*

If you wish to have your name removed from the distribution list to receive future issues of the Evergreen Club 50 newsletter, please write to us at: 64 Robbins St., Waterbury, CT 06708, Attn: Evergreen Club 50.

Come Join Us For Two SUMMER DAY TRIPS!

NEW YORK YANKEES GAME **\$139 Per Person**
Yankees vs. Cleveland Indians
Wednesday, June 27 @ 1:05 p.m.

Bus leaves Waterbury Hospital at 10 a.m.; expect to return to the hospital around 7:30 p.m. Guests can park in the large parking lot behind the hospital off Grandview Avenue, where the bus will pick them up and drop them off.

Our first trip takes us to baseball's most famous cathedral, Yankee Stadium, home of the legendary New York Yankees. The new stadium, which opened just a few years ago, sits in The Bronx just a few yards from where the old Yankee Stadium was located and where many of baseball's greatest moments occurred. Tickets to the game are terrace seating providing a close view of the action on the field and access to all of the amenities at the new stadium, including shops and restaurants and monuments and museums dedicated to Yankee history.

SARATOGA • Thursday, August 2 **\$99 Per Person**

Bus leaves Waterbury Hospital at 6:30 a.m.; expect to return at 10:30 p.m. Guests can park in the large parking lot behind the hospital off Grandview Avenue, where the bus will pick them up and drop them off.

Our second trip of the summer takes us to historic and bucolic Saratoga in upstate New York, just a three-hour drive from Waterbury. Join us as we take a guided tour of Saratoga's beautiful shopping districts and gardens, followed by an afternoon at the village's historic and breathtaking horse racing track, where you can place a bet or two or just enjoy the races. We also will stop for dinner at one of Saratoga's most famous dining spots, Grandma's Restaurant, before returning home.

Checks payable to Evergreen Club 50

SEATING IS LIMITED for both of these trips, so please call (203) 573-7385 to reserve a spot!