

TOWN OF MANCHESTER HEALTH CLINICS

June 2009

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
1	2	3	4 Blood Pressure 9:00-9:30 a.m. Spencer 9:45-10:45 a.m. Westhill Gardens 10:45-11:30 a.m. Orford Village 1:00-2:15 p.m. Westhill Cong. 2:30-3:00 p.m. Bennet	5 Foot Care, Senior Center *By Appointment Only
8	9 10:00 – 11:00 a.m. Strength & Flexibility Westhill Gardens, Bluefield Dr	10 9:00 - 11:00 a.m. Blood Pressure , Senior Center	11 10:00 – 11:00 a.m. Strength & Flexibility Westhill Gardens, Bluefield Dr.	12
15 10:00 – 11:30 Diabetic Support Grp.	16 10:00 – 11:00 a.m. Strength & Flexibility Westhill Gardens, Bluefield Dr 12:30 – 3:30 p.m. Free Hearing Screening, Ralph Campagna, Amplified Hearing Products	17 9:00 - 11:00 a.m. Blood Pressure , Senior Center	18 10:00 – 11:00 a.m. Strength & Flexibility Westhill Gardens, Bluefield Dr	19 Foot Care, Senior Center *By Appointment Only
22	23 10:00 – 11:00 a.m. Strength & Flexibility Westhill Gardens, Bluefield Dr	24 9:00 - 11:00 a.m. Blood Pressure , Senior Center	25 10:00 – 11:00 a.m. Strength & Flexibility Westhill Gardens, Bluefield Dr	26
29	30 10:00 – 11:00 a.m. Strength & Flexibility Westhill Gardens, Bluefield Dr			

Bennet Housing - 1146 Main Street
Orford Village - 370 West Center Street

Westhill Congregate - 10 Ada Lane
Senior Center - 549 Middle Tpke. East

Spencer Village - Pascal Lane
Westhill Gardens - 24 Bluefield Dr.

The nurse is available by appointment for individual Health Counseling at the Senior Center on Wednesdays and Fridays. Please call the Senior Center at (860) 647-3211 to set up a confidential appointment. Foot Care appointments are available by calling the Health Department at 647-3173.

Manchester residents who are not receiving the Health Department calendar and wish to do so by mail should call (860) 647-3173 and request to be added to the mailing list.

June Health Calendar

Hearing Loss and Risk of Falling

Results of a recent study performed in Finland revealed that participants with poorer hearing acuity were at three to four times greater risk of falling. Those with poor hearing also demonstrated problems with balance. Hearing loss does not only impair communication it also contributes to increased risk of falling.

Recommendations for Older Adults

- If you notice a change in hearing, have it tested.
- Ask your healthcare provider to check for and remove accumulated earwax.
- If you have a hearing aid, use it. See an audiologist for adjustments as needed.
- Ask about alternative hearing devices such as personal sound amplifiers and listening devices, wireless TV headphones, and amplified telephones.

On **Tuesday, June 16, 2009** Ralph Campagna from Amplified Hearing Products and Services will be performing free hearing screening for seniors. Please call 647-3211 to schedule an appointment.

National Men's Health Week

National Men's Health Week is held the week leading up to and including Father's Day. The purpose of National Men's Health Week is to raise national awareness of the importance of preventive health behavior in the early detection and treatment of health problems affecting men.

Men may be catching up in lifespan – the life-expectancy gap between men and woman has shrunk to 5.2 years, the narrowest since 1946 – but men still need to pay more attention to their health.

Compared to women, men are more likely to:

- Smoke and drink more, and generally lead less healthy life styles
- Put off routine checkups and even ignore symptoms of a health problem.
- Join in fearless, risky, and dangerous behavior

The good news is that many of the diseases and health conditions that men face can be prevented or treated if they are found early. Start taking better care of your health and find out what you can do to

lower your risk factors and improve your overall health. Some risk factors such as age or family history, you cannot change, but many are in your control. You should also see a doctor for routine checkups, screenings, tests and vaccines.

All this information is readily available to you at the Senior Center. You can ask the Clinic Nurse, (Cathy Drouin, RN) or stop at the front desk and ask for a free "*Pocket Guide to Staying Healthy at 50+*".

National CPR/AED Awareness Week

June 1-7, 2009 will mark the second observation of National CPR/AED Awareness Week. Congress designated the first week of June each year for this event, encouraging states, cities, and towns to establish organized programs to provide CPR and AED training to the public. The American Red Cross and American Heart Association are both supporting the effort.

Through this outreach the goal is to raise public awareness of sudden cardiac arrest suffered by more than 300,000 people each year, and increase the chance of survival that can be achieved by having at least one person in each household trained in CPR and the use of an AED.

On **Saturday June 6, 2009**, a **FREE** Friends and Family CPR training sponsored by the Manchester Health Department, Manchester CPR Program, Manchester Fire – Rescue – EMS, Ambulance Service of Manchester, Manchester Fire Department, and Eighth Utilities District is being offered at Manchester Community College from **9:00 a.m. - 12:00 p.m.** at the Arts, Science and Technology Center. This American Heart Association, Friends and Family Anytime class is tailored for individuals interested in learning the life saving skills of CPR, but do not require certification.

Please call the Manchester Health Department to register at (860) 647-3173. Space is limited to the first 100 people to call. For more information and directions please direct your web browsers to the Health Department's website:

<http://humanservices.townofmanchester.org/Health>