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
A LETTER FROM OUR DIRECTOR
Mindy King, HIA, MHP

FPN WELCOMES NEW DOCTORS
Guy Crowder, MD
Kyle Seudeal, MD

A MESSAGE FROM FRANCISCAN ACO
Staying active and managing your health

SPECIALTY CARE NEAR HOME
The convenience of local care backed by state-of-the-art treatment at an award-winning facility

POST-SURGICAL UNIT EARNS NATIONAL DISTINCTION
Franciscan Health earns second Prism distinction

REHABILITATION SERVICES UNVEILS RENOVATED COMPLEX
A new look and expanded services in Mooresville

NUTRITION TIPS FOR ACHING JOINTS
Reduce joint pain by adding OMEGA-3 fats to your diet

SIMPLY LIFE WITH DIGITAL ASSISTANTS
Learn how to use a smart speaker with a digital assistant

CHALKGUY WOWS THE CROWD
Ben Glenn captivates audience with humor and art
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.
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.
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.”
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 at Franciscan Health Mooresville have 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.”
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.
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.

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.
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.

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.
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!
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!

Member Name
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
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.

MARCH EVENTS

**MEDITCARE 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.

**GRAND PARENTING BASICS**
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

**MEDICAID LAW**
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.
Insurance Advice From People You Trust

Franciscan Insurance Services offers trustworthy advice on insurance products such as Medicare supplements, Part D plans, Advantage plans and life insurance for children and grandchildren.

For more information, call (317) 528-7770.

April Events

**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.

**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.
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