



Mayor Robert Stefanik

# North Royalton Senior Center

13500 Ridge Road, North Royalton OH 44133

440-582-6333

**June 2019**

Office Hours: 8:00 a.m. – 4:00 p.m.

## Wound Care Trivia

How long should I keep my wound covered? Will the wound heal faster if I remove the scab? Should I check my feet nightly if I have diabetes? Does elevating my feet help decrease the swelling in my legs? Have you ever been asked these questions or asked them yourself? You are not alone because these are common questions patients ask nurses all the time. Nicole Milligan LPN, from the Parma Wound Care & Hyperbaric Medicine Center, will be at the center on Monday, **June 3** at **10:30 a.m.** to answer all your questions and set the facts straight while playing wound care trivia.

## Chronic Pain Self- Management

Chronic pain- pain lasting six months or more from a variety of causes can cause you to feel irritable, tired, isolated, or helpless and keep you from doing the things you enjoy. Researchers at Stanford University have developed Chronic Pain Self-Management to teach proven techniques for safely and effectively managing pain through: exercising, strengthening, endurance and flexibility, nutrition, managing medications, decision making, communicating with family, friends and doctors, and evaluating new treatments. Learn and practice a safe, no impact exercise program and receive an exercise CD and book, *Living a Healthy Life with Chronic Pain*.

If chronic pain is holding you back and affecting your quality of life, join us for the NO-Charge workshop and start feeling better. **June 6-July 18** from **9:00-11:30 a.m.** Call to register!

## Busch Funeral Home

Kathleen from Busch Funeral home will be at the center on **Monday, June 10** at **10:30 a.m.** to discuss cremation. There have been questions about cremation vs burial, the pricing, the procedure and what all is involved for the living family members. If you still do not have your decisions made, come and listen to Kathleen so that it might help you make a decision which in the end will help your family. Busch has a saying, *Live Well, Plan Well, Leave Well*.

## Panel Discussion

Join us on **Friday, June 21** at **10:30 a.m.** for an informational presentation from Healthcare Experts. Learn the differences between Home Care and Home Health Care, Assisted Living, Independent Living and Memory Care. What is the difference in skilled care and long term care? What does your insurance cover? What else do I need to know and how would I move forward or be prepared for any of these services? How does Hospice help and when should I consider it? What is palliative care? Planning ahead, what is an elder law attorney? How can they help me? When should I talk to one? Experts from: Skilled Home Care-presented by Integrity Home Health Care, Non-Medical Home Care- presented by Senior Bridge Home Care and Care Management, Assisted Living and Memory Care- presented by Danbury Assisted Living, Elder Law Attorney Laurie Steiner, Skilled Nursing and Long Term Care – what is the difference presented by Parkside Villa, Hospice Care- presented by Southwest Hospice. These healthcare experts will answer your questions and clarify your current healthcare options. They will provide you with information you can take with you and numbers on how to reach them with questions. There will be discussion on various services available within the Healthcare Arena. Some lucky attendees will take home some prizes given away at the end of the presentation. Now is the time to get all your questions answered in one place and it's free!