

Are you nearing retirement age? For some people, the thought is exciting – a time to do all the things they have wanted to do. It might be traveling, devoting more time to a hobby, or visiting the grandchildren more often. For others, retirement conjures up a different picture. They fear they will no longer be "useful" – that retirement is a step away from old age, sickness or death. They wonder what they will do with the long days to come.

While some make a smooth transition from career to retirement, others have a difficult time. According to therapist Elaine Booth, M.S.W., in the Behavioral Medicine Department at St. Joe's, the key is to plan ahead.

"It's a good idea to start planning for retirement many years before we actually retire," said Elaine. "Making a financial plan is part of it, but there's a lot more to think about.

"It is essential to sculpt a vision and purpose for our lives beyond full-time employment or full-range mobility.



In living, we must have a mission, no matter the scope, which keeps us connected and feeling useful. People who forego planning how they will accomplish that often end up feeling useless and frustrated.

"Some people choose to work after they retire," said Elaine. "Maybe it's something entirely different from their previous career. I've known retired executives who accepted jobs at the hardware store or a plant nursery. They like the structure that a routine provides, but don't want the heavy responsibilities they had with their career.

"There are retirees who may focus on leisure activities, while others maintain a positive attitude despite physical limitations and exercise their determination just like they would a muscle. I think the training for that starts now, at whatever age we are.

"The most constant thing in life is change, and retirement is a marker event. It is good to view the transition as an invitation to growth and not the end of productivity. Planning for it makes the difference."

St. Joe's has information about retirement on its web site – www.stjoesoakland.org. Just click on the following in this order:

- Health Information
- Aging
- Lifestyle
- Re-entering the Workforce
- Looking Ahead to Retirement.

Retirement can be a positive and dynamic time. Open your mind to the countless opportunities that can help you make the most of it – whether it's five, ten or 20 years away. ◀



Elaine facilitates a therapy group on Wednesday mornings at the Fox Center. The group is for people aged 55 and above who are looking for support and education in dealing with the challenges and changes that life events bring. The group provides lively discussions on mental health and other pertinent issues, including adjustment, understanding our emotions, dealing with social, family and financial issues, and coping with grief and loss. Time is also spent exploring the psychology of wellness and the group's members invariably say that involvement is a key factor in living well. For more information, call 248.858.3177 and ask for Elaine at extension 4423.

What's New? Cardiac Services

St. Joseph Mercy Oakland recently purchased the Beta-Cath™ System from Novoste Corporation. One of the newest medical technologies, this device is designed to prevent an artery from re-narrowing after balloon angioplasty or stent placement.

Here's how it works: Immediately after the balloon procedure, the Beta-Cath System™ is used to temporarily deliver beta radiation to the angioplasty site. The beta radiation during a procedure is placed in the body for less than five minutes, only exposes the angioplasty site and does not travel elsewhere in the body. The procedure, called vascular brachytherapy, appears to inhibit cell growth and is intended to prevent restenosis – re-narrowing of the artery at a previous treatment site. ◀

Summer: A Great Time for Having Fun & Staying Safe

After a tough winter, most of us are taking advantage of these warm summer days. That means biking, rollerblading, scooters and other activities. All of these are great fun, as long as you follow a few important safety rules. Kenneth Richter, DO, physiatrist at St. Joseph Mercy Oakland tells us that wearing helmets is one of the most important things you can do.

"Helmets are absolutely essential for bike riders, in-line skaters and scooter users," said Dr. Richter. "Every year, we see patients here in the hospital with head injuries because they weren't wearing helmets. Don't let that happen to you. When you buy a helmet, first make sure it has been approved by the American National Standards Institute (ANSI) or the Snell Memorial Foundation. These helmets, when worn properly, can prevent significant injuries. Next, make sure the helmet fits properly. It should fit snugly and be worn low on your forehead, not tipped back. Pretend to sneeze. If your helmet doesn't move, you have it on right," said Dr. Richter. ◀

More Tips for a Safe Summer



Play it safe when diving:

- NEVER dive into water if you don't know the depth.
- Dive with someone, not alone.
- Don't dive or take part in any water activities (including boating) if you are tired, taking medications that cause fatigue or drinking alcohol.

Observe safety rules when you travel:

- Buckle up safety belts and baby car seats.
- Always use a car seat, beginning with baby's first ride home from the hospital. Help your child develop a lifelong habit of buckling up.
- Put your child in the back seat. It is the safest place in the car because it is farthest away from a head-on crash (the most common type of crash).
- Make periodic stops along the way to forestall fatigue.

Keep children safe on the playground:

- Make sure children cannot reach any moving parts that might pinch or trap any body part.
- Make sure metal slides are cool to prevent legs from getting burned.
- Swings should be made of soft materials such as rubber, plastic or canvas.

Would you like to win a new bike helmet and scooter?

Just fill out the information below and mail it back to us. We'll put your name in a drawing. You might be a winner!

Both the helmet and scooter have been donated by the Continental Bike Shop in Hazel Park.

Name _____

Address _____

City/State/ZIP _____

Phone _____



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www.stjoesoakland.org

HEALTH TIPS

Health Tips is a community newsletter published quarterly by the Marketing/Public Relations Department of St. Joseph Mercy Oakland. If you receive an extra copy, please pass it along to a friend or neighbor. The information in **Health Tips** has been reviewed by health care professionals at St. Joseph Mercy Oakland. It should not be viewed, however, as a substitute for specific advice from your physician.

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