

Happy New Year!

I am very excited to share with you the changes that are going into effect for the 2020 year! As a result of decreased funding for the *Encore!* program, we have eliminated the name *Encore!* and will simply call it *Adult Health Programs* at Hult Center for Healthy Living. Don't fret! Much of our content is staying the same, like the quarterly newsletter, educational presentations, and evidenced-based programming.

What changes can you expect? The adult programs required an adjustment in our scheduling. While the number of programs offered has temporarily declined, the quality of our programming remains strong. *Seniors on the Go* will now be happening quarterly instead of monthly. With this change, we have decided to highlight these four events more than ever in collaboration with UnityPoint Health. The UnityPoint Health Wellmobile and a UnityPoint Health provider will be at each of these events providing relevant screenings and a professional educational presentation. The event time will be earlier in the morning to accommodate those needing to fast for screenings and the provider's schedules. Our first *Seniors on the Go* is on Wednesday, January 15th, 2020, and will highlight heart health. The UnityPoint Health Wellmobile will be available from 7:30-9:00 AM, and the presentation will be from 9:00-10:00 AM. UnityPoint Health will also be providing a **light, healthy breakfast** at these quarterly morning events. We hope you can join us!

The *Encore!* discount card is also undergoing changes. Please know, we realize community seniors value the *Encore!* discounts, which is why we are administering a new card system in January! Many previous business partnerships will remain the same. As of December 31, 2019, the *Encore!* cards will be discontinued. The new Adult Health Programs cards will be valid for the 2020 calendar year, starting January 1, 2020 through December 31, 2020. To get a new card, you must attend one of our adult programs sometime during the 2020 year. Cards will not be mailed, you must attend a program to receive a card. Please know, you are not required to have a card to attend any of our adult programs, the card is a separate item available for those who are interested in the discounts provided by local businesses. You can find a list of participating businesses by visiting our website or by visiting us in person.

Be sure to check out all our classes, programs, and support groups for this quarter! We're offering *Medicare 101: The Basics/Medicare Made Clear* on February 5th and March 26th, which will be taught by AARP for the first hour and Dan Smith from Fortner Insurance for the second hour. It's a great opportunity to learn all about Medicare from different professionals! Are you interested in writing? Join the monthly group, *Writer Within*, no previous writing experience necessary! You'll also see we are partnering with AARP for multiple programs, see pages 2 and 3 for full details.

Looking to improve your health and reduce your risk of type 2 diabetes but aren't sure where to start? Join us for *All About the Prevent T2 Program* on January 8th to find out more about this year-long lifestyle change program. Are you fearful of falling or have you experienced a fall? Sign up for the next *A Matter of Balance* class, starting March 16th. See page 3 for more details on these evidence-based programs, including start dates, class times, location, and cost.

Sincerely,

Andrea Parker, RN, MS
Executive Director
Hult Center for Healthy Living

2020 Save the Dates!

Seniors on the Go

January 15th: Getting to the Heart of Heart Disease
April 15th: Spine and Nerve Robotic Surgery
July 15th: TBD
October 21st: TBD

Spring Oncology Cooking Demo

April 21st

Annual Senior Health Fair

August 19th



To register for any class or program, please visit Hult Center for Healthy Living website www.hulthealthy.org or call us at 309-692-6650. AARP classes require a separate registration by calling 1-877-926-8300.

January Events

8th: All About the Prevent T2 Program (10:00-11:00 AM) Hult Center for Healthy Living (5215 N Knoxville Avenue, Peoria)

Join us for an informational class. You'll learn about prediabetes, what the Prevent T2 program offers, as well as the eligibility criteria and what makes a person successful. If you're ready to join this lifestyle change program, you'll also have the opportunity to register for the program today!

15th: Seniors on the Go: Getting to the Heart of Heart Disease (7:30-11:00 AM) Hult Center for Healthy Living (5215 N Knoxville Avenue, Peoria)

Come learn from one of UnityPoint's leading Cardiology Interventionalists, Dr. Donald Yakel, about heart disease and its causes, as well as management, intervention, and prevention. The educational opportunity includes breakfast, access to the Wellmobile, and a social hour following the presentation. The Wellmobile will be available from 7:30-9:00 AM for blood glucose, cholesterol, and blood pressure screenings at no charge! An 8-12 hour fast is required for some screenings. The presentation will be from 9:00-10:00 AM. Following the presentation, breakfast continues during a social hour to close the morning. *Participants must register in advance by going online or by calling Hult Center for Healthy Living at 309-692-6650.*

16th: Eye Health - Glaucoma Awareness (1:00-2:30 PM) Hult Center for Healthy Living (5215 N Knoxville Avenue, Peoria)

January is Glaucoma Awareness month. Join local optometrist, Dr. Tim Cundiff, as he teaches about glaucoma and the impact it can have on one's vision. Glaucoma is known as the "silent thief of vision" as there are typically no symptoms of this disease. Dr. Cundiff will provide an overview to help educate and better understand this often misunderstood disease.

22nd: Writer Within (1:30-3:00 PM) UnityPoint Health at N. Allen-Conference Room A (2338 W. Van Winkle Way, Peoria)

This is the perfect monthly group to write your story in memoir form to pass on to family members and friends. There are no prerequisites except for the need to get our stories on paper and knowing there is a group we can share them with.

February Events

5th: AARP - Medicare 101: The Basics / Medicare Made Clear (1:00-3:00 PM) Hult Center for Healthy Living (5215 N Knoxville Avenue, Peoria)

AARP - Medicare 101: The Basics (1:00-2:00 PM)

Are you eligible to enroll in Medicare, but don't know where to start? Join AARP from 1:00-2:00 PM on an overview of the different parts of Medicare, coverage and costs, and your choices of Medicare plans. This session is a good overview for anyone interested in Medicare and will provide you with resources and tools to learn more. *Please call AARP to register at 1-877-926-8300.*

Medicare Made Clear by Dan Smith of Fortner Insurance Agency (2:00-3:00 PM)

Stick around for a deeper dive into Medicare! Dan Smith from Fortner Insurance Agency will present from 2:00-3:00 PM. Dan will provide an easy to understand explanation of Medicare, the various types of plans, and discuss the questions you should be asking yourself prior to picking the best plan for you this year. *Please call Hult Center for Healthy Living to register at 309-692-6650.*

11th: AARP - Car Buying: Smart Consumer, Better Deal (1:00-3:00 PM) Hult Center for Healthy Living (5215 N. Knoxville Avenue, Peoria)

Would you like a better car-buying experience from start to finish? Let AARP empower you to search, negotiate, and save money on your next car or truck. Learn about ratings, online tools, and the best time to buy a new car. *Please call AARP to register at 1-877-926-8300.*

26th: Writer Within (1:30-3:00 PM) UnityPoint Health at N. Allen-Conference Room A (2338 W. Van Winkle Way, Peoria)

This is the perfect monthly group to write your story in memoir form to pass on to family members and friends. There are no prerequisites except for the need to get our stories on paper and knowing there is a group we can share them with.

March Events

12th & 13th: AARP Smart Driver Course (8:30 AM-12:30 PM) UnityPoint Health at N. Allen-Conference Room C (2338 W. Van Winkle Way, Peoria)

The AARP Smart Driver Course is the nation's largest

classroom driver safety course and is designed especially for drivers age 50 and older. Cost is \$15.00 for AARP members and \$20.00 for non-members. Please, bring your AARP membership card, Driver's License, and a pen. *Must attend full session on both days to qualify for Insurance Discount.*

24th: AARP - Lawn Envy (1:00-3:00 PM) Hult Center for Healthy Living (5215 N. Knoxville Avenue, Peoria)
Hear the tips and tricks of home lawn care. Learn about lawn tools, battling weeds, repairing damaged lawns, and prepping for cold winter months. AARP will offer free educational courses on how to make your lawn the envy of the neighborhood. *Please call AARP to register at 1-877-926-8300.*

25th: Writer Within (1:30-3:00 PM) UnityPoint Health at N. Allen-Conference Room A (2338 W. Van Winkle Way, Peoria)

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PreventT2

Did you know, 1 in 3 Americans has prediabetes and 9 out of 10 of them don't know they have it.

PreventT2 is a year-long, lifestyle change program designed for people who have prediabetes or are at high-risk for developing type 2 diabetes. Class size is limited, please sign up early by calling 309-692-6650.

Upcoming Classes

Start Date: Wednesday, January 29th, 2020
Class Time: 10:00 AM-11:00 AM
Location: Hult Center for Healthy Living
Cost: \$100.00 per person



A Matter of Balance Program

Do you find yourself frequently falling or being fearful of falling? *A Matter of Balance* is an eight-week, evidence-based program to reduce your fear of falling and increase activity levels. Class size is limited, please sign up early by calling 309-692-6650.

Upcoming Classes

Start Date: Monday, March 16, 2020
Class Time: 10:00 AM-12:00 PM
Location: Hult Center for Healthy Living
Cost: \$20.00 per person



Oncology Support Groups

Gynecological Cancers

Mondays (3:30-5:00PM) Illinois CancerCare (8940 N Wood Sage Rd, Peoria)

All Cancer Types

Wednesdays (1:00-3:00PM) Hult Center for Healthy Living (5215 N Knoxville Ave, Peoria)

There is no cost to attend support groups. To make an appointment with our licensed counselor or for more information, please contact Kitty at 309-243-3461 or kbienemann@hulthealthy.org.



Hult Center for Healthy Living
 5215 N. Knoxville Avenue
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 (309) 692-6650
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Help Us Go Green!



Stay in-the-loop and help us go green at the same time by opting out of our printed newsletter for the email version. You will receive an e-version of our quarterly newsletter, as well as other events and news updates throughout the year! Call us at 309-692-6650.

Oncology Programs

Nutritional Services

Our Registered Dietitians work one-on-one with patients and their oncology team to develop a nutrition plan that supports healing and helps improve quality of life during cancer treatments and beyond. They also provide healthy cooking demonstrations, nutrition presentations, and a breast cancer survivors' weight management program.

To make an appointment with one of our registered dietitians or for more information, please contact Grace at 309-243-3464 or gghensold@hulthealthy.org or Jeanna at 309-243-6462 or jrjch@hulthealthy.org.

Massage Therapy

Massages are \$35.00 per hour for those in "active" treatment and \$45.00 per hour for those not in active treatment and caregivers. Our experienced team of massage therapists have all received specialized training in oncology massage to deliver safe, comfort-oriented massages to all affected by cancer and its treatments.

Please call 309-692-6650 to schedule your appointment.

Healthy Living Classes

To see a full schedule of our classes, please visit our website at www.hulthealthy.org or visit us today to get a copy of the class schedule. All classes are no cost to individuals undergoing cancer treatment, survivors, and their caregivers. Please plan to arrive before class begins. Come when you are able, no pre-registrations required. The general public can also attend any of our healthy living classes for a \$5.00 drop-in fee.

Monday (5:15 PM) - Breath of Joy Yoga with Marcy Bretsch (Hult Center)

Tuesday (9:00 AM) - Zumba (Methodist Atrium)
(5:15 PM) - Mindfulness Meditation (Hult Center)

Wednesday (11:00 AM) - Yoga with Jean Sloan (Hult Center)

Thursday (5:30 PM) - Restorative Yoga with Marcy Bretsch (Hult Center)

New! Reiki - Available by appointment on the 2nd Thursdays of the month (8:30 AM & 9:15 AM) (Hult Center)

Friday (9:00 AM) - Living Strong with Beth Stauffer (Methodist Atrium)

Coming Soon! Aqua Survivor