

Taking an active role in your good health is what Ascension Sacred Heart's Senior Spirit! program is all about.

JULY 2024

Persistent shoulder pain leads to orthopedic surgery at Ascension Sacred Heart

Connie J., a former hospice nurse from Pensacola, Florida, struggled with persistent shoulder pain for years, making even normal household chores difficult.

Seeking relief, she consulted Dr. Mark Elliott, an orthopedic surgeon with Sacred Heart, who diagnosed her with rotator cuff tears.

Connie was prescribed physical therapy and steroid shots, but these treatments offered no relief.

"I felt like nothing was working for me, but Dr. Elliott continued to listen to me and provide me with the best care possible," said Connie. Eventually, Dr. Elliott suggested surgery.



Mark Elliott, MD

"Every patient's journey is unique, and it's crucial to tailor the treatment plan to their specific needs," says Dr. Elliott. "Connie's successful recovery is a testament to her determination and our collaborative effort."

"Connie's successful recovery is a testament to her determination and our collaborative effort."

— Mark Elliott, MD

Since the procedure, Connie is free of shoulder pain and has returned to enjoying her hobbies, such as fishing and spending time outdoors. "Dr. Elliott is an incredible doctor. I cannot thank him enough. Since my surgery, my shoulder feels so much better. I highly recommend him," Connie said.

Dr. Elliott is a board-certified and fellowship-trained orthopedic sports medicine surgeon specializing in the latest and most innovative techniques in arthroscopy, minimally invasive surgery, cartilage restoration and non-operative treatments of sports-related injuries.



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Senior Spirit events are scheduled in July!

*** Note the new Healthy Living location in Pensacola ***

Turn to page 3 for program details in all areas.

Celebrating one year of hope, healing and unwavering support with ECMO patient families and care teams



Connor, the patient in the blue shirt, stands beside his mother on the right, with another patient's wife standing to her right.

ECMO stands for ExtraCorporeal Membrane Oxygenation. Patients who need ECMO have a severe lung and/or heart condition that has not responded to standard ventilator support, oxygen and medications. This therapy uses a heart-lung machine to do the work of the lungs and sometimes the heart. This maintains blood flow and oxygen to the vital organs, like the kidney, while the heart and/or lungs rest and recover. ECMO therapy uses an artificial lung outside of the body to provide oxygen and remove carbon dioxide (lungs), and a pump to relieve the stress on the heart.

ECMO therapy can be very helpful but it is not a cure for a heart or lung condition. A patient can be on ECMO from days to weeks. Because ECMO is not a cure, it is offered only to patients whose lung and/or heart disease is considered reversible.

Ascension Sacred Heart's ECMO program is marking a milestone year of saving lives. We are grateful for our dedicated care teams and generous donors who made this possible and look forward to many more years of advanced heart and lung care in our community.

Learn more at ascension.org/PensacolaEcmo

Keep your eyes on your feet

We all know that walking is good for your health, but it's difficult to get excited about walking when your feet hurt. Here are some things you can do to maintain and improve foot health and keep your feet pain free.

Proper fit

Feet change with age, but many seniors wear the same size shoes as they did when they were kids. In order to make sure you're wearing the right size, have your feet measured at least once a year. Choose a good quality pair of shoes that are made with breathable materials and make sure you have reinforced socks or hose that fit well and are seam free.

Inspect your feet

Be sure to pay attention to changes in color, texture and appearance. Contact your podiatrist if you notice swelling, redness, cracks or sores. If corns or calluses are present, consult a podiatrist and use over-the-counter medication only if your doctor advises.

Keep them clean

Maintain good hygiene by washing your feet daily with lukewarm water and mild soap. Be sure to dry them

completely and moisturize several times a day. In order to prevent nail issues, such as ingrown toenails, trim or gently file nails so they have a slight rounded edge.

R & R

Last but not least, elevate your feet after you exercise or when you are resting.



JOIN SENIOR SPIRIT ON FACEBOOK

Please join our Facebook group to keep up to date with the latest news and Senior Spirit virtual events.

Facebook.com/SacredHeartSeniorServices



PROGRAMS, CLASSES & NEWS

Healthy Living - Pensacola

Asbury Place (behind Cokesbury Church)
750 College Blvd., Pensacola, FL 32504

Wednesday, July 17 • 9:00 - 10:30 a.m. CST

Foot Health and the Advancements in Foot and Ankle Treatment

Kimia Sohrabi, DPM

Ascension Medical Group
Sacred Heart Podiatry

Your foot contains 26 bones, 33 joints and more than 120 muscles, tendons, ligaments and nerves. All of these components work together to allow you to stand, walk and run, but after decades of wear and tear your feet may be feeling the pain. This program will cover advancements and treatments for common foot and ankle problems.

Call 850-416-4570 or send an email to dalonso@ascension.org to register.

2024 Senior Spirit programs will be held at Asbury Place behind Cokesbury Church — easy access, convenient parking and plenty of seating!

Healthy Living - Emerald Coast

The Blake at Miramar Beach
90 Ponce De Leon St., Miramar Beach, FL 32550

No programs until Fall 2024.

Please watch your newsletter for updates!

Questions or concerns? Call Sharon at 850-278-3081 or email sabele@ascension.org

From being better informed to taking preventive measures to promote good health, Senior Spirit is here for you every step of the way.

Sacred Heart Bay doctors complete their first Inspire procedures

Dr. Hans Caspary, head and neck surgery specialist, and Dr. Quang Tran, head and neck surgery specialist, and care teams at Sacred Heart Bay recently completed their first Inspire procedures.

Inspire is an FDA approved treatment option for people living with sleep apnea who struggle to use or get benefit from CPAP (Continuous Positive Airway Pressure) therapy. The device works inside the body with a patient's natural breathing process to treat sleep apnea. Mild stimulation opens the airway during sleep, allowing oxygen to flow naturally. The Inspire system is implanted during a short, outpatient procedure.



Lymphedema Class

This class is designed for those who are at risk for lymphedema, have been diagnosed with lymphedema, or would like to learn more about the prevention, treatment and management of lymphedema. The instructor is Ashley Kelley, OTR/L, CLT, Certified Lymphedema Therapist.

To RSVP for the next available date/time, please contact Ashley Kelley at 850-746-4906 or send an email to ashley.kelly@ascension.org.



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Join Senior Spirit!
Call 850-416-6547 today.

For updates on events, please visit
our website at [ascension.org/
sacredheartseniorspirit](http://ascension.org/sacredheartseniorspirit).



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SUPPORT GROUPS

Caregiver Support Groups

Alzheimer's Caregiver Support Group

First Thursday of every month at 1:30 p.m. St. Francis Episcopal Senior Center.
Call 850-206-5940.

Santa Rosa Beach Caregiver Support Group: Second Thursday of every month at 10 a.m. Somerby Assisted Living, 164 West Hewett Road, Santa Rosa Beach.

The following support groups are hosted by the Council on Aging of West Florida. Please visit coawfla.org to learn more. Reservations are requested; call 850-432-1475.

Pensacola Caregiver Support Group: Last Thursday of each month at 9 a.m. Myrtle Grove Baptist Church, 5920 Lillian Highway. Light refreshments.

Pensacola Grandparents Raising Grandchildren and other Relatives:

Second Thursday of each month at 6 p.m. Council on Aging of West Florida, 875 Royce Street. Refreshments provided. FREE Child Care provided.

Huntington's Disease Support Group: Meets every other month (January, March, May, July, October, and December) on the third Saturday at 10 a.m. Council on Aging of West Florida, 875 Royce Street, Pensacola.

When Roles Are Reversed: For Children of Parents Diagnosed with Dementia

First Monday of each month at 6 p.m. Council on Aging of West Florida, 875 Royce Street. Refreshments.

Parkinson's Support Groups

Pensacola - Held once each month

RSVP by calling Ashley Kelley, Rehabilitation Manager, at 850-746-4906 or send an email to Ashley.Kelley@ascension.org. You will be contacted about the date and time.

Miramar Beach - Ascension Sacred Heart Rehabilitation at Market Shops

Saturdays from 10 - 11 a.m.

Contact Teri Hinckley, PT, at 251-230-9790 or teri.hinckley@ascension.org to RSVP.

Pensacola Monthly Stroke Support Group

Ascension Sacred Heart Hospital - Greenhut Auditorium

Email Stroketeam@ascension.org or call 850-416-4846 to RSVP.

Senior Spirit! Benefits

- Present your **Senior Spirit membership card** in the hospital cafe to receive "**Ascension Sacred Heart Special Employee Meal of the Day**" at a reduced price.
- **FREE** monthly seminars: Healthy Living Seminars and Financial Matters
- **Prescription Discount Drug Card** (20% - 50% savings)
- Discount on CareLink Emergency Services — help at the touch of a button. **Call 888-996-3343.**

**For more information,
please call Senior Spirit at
850-416-6547.**