

## Senior Healthy Living

ADVERTISING SUPPLEMENT

### The comforting care of Calvary

**C**alvary is the nation's only fully accredited acute-care specialty hospital devoted to providing palliative care to adult patients with advanced cancer and other life-limiting illnesses. More than 6,000 patients – of all faith traditions – are cared for annually by Calvary's inpatient, home care, and hospice services. Calvary is committed to educating the Jewish community about how they may obtain quality end-of-life medical care in full accordance with Halakha (Jewish law).

#### CalvaryCare<sup>SM</sup> is offered at four inpatient facilities:

- 200-bed hospital in the Bronx;
- 25-bed Brooklyn Campus,
- 18-bed Dawn Greene Hospice at Mary Manning Walsh Home in Manhattan
- 9 beds at Ozanam Hall of Queens Nursing Home.

CalvaryCare is also available to patients in private homes or for those who reside in select nursing facilities in the greater New York area. We offer home care in all five

boroughs of New York City as well as Westchester, Nassau, Rockland and Putnam counties, and hospice services in the Bronx, Brooklyn, Queens, Manhattan, Nassau, Westchester and Rockland counties. As needed, Calvary@Home can facilitate a seamless transition to becoming an inpatient at four locations in the Bronx, Brooklyn, Manhattan or Queens.

CalvaryCare is made possible by the generosity of our supporters. To learn more or support our mission, visit [www.calvaryhospital.org](http://www.calvaryhospital.org), call (718) 518-2300 (Inpatient) or call (718) 518-2465 (Calvary@Home). Stay in touch with us on Facebook, LinkedIn and Instagram (calvarycare).



Calvary cares for the medical, emotional and spiritual needs of thousands of patients and families each year.

### Same day quality dentures

**F**eel better and look great. Enjoy eating the foods you love, speak clearly, laugh often and smile with confidence. The renowned dentists at Herald Square Dental and The Denture Center will help you restore your dental function today. When it comes to your smile, experience counts. Well-known for their warmth and caring in addition to the quality, precision care that is their hallmark, patients have relied upon them for all aspects of dental care for more than 40 years. They are leaders in implant dentistry. If you are missing one or more teeth, Herald Square Dental's mission is to provide you with treatment options to restore your healthy smile.

Herald Square Dental and The Denture Center have an onsite, modern laboratory where they also fabricate custom dentures and do repairs and relines the same day. That eliminates the long, uncomfortable waiting between fittings. If you need premium dentures; extractions and immediate dentures; replacement of your old dentures; or implant-supported dentures, you can expect immediate and amazing results. Schedule your free consultation today. Visit [www.heraldsquareddental.com](http://www.heraldsquareddental.com) or call (212) 689-0024, and smile with confidence.



“As a nurse for 48 years, I had never seen a hospital with such extraordinary kindness like Calvary.”



“My Bill embraced life with a cheerful spirit that we will never forget. He loved skiing, boating, hiking, and traveling to new places with a joie de vivre that touched everyone he met. When he began to suffer with a terminal illness, we knew that in his final days, he deserved a place that would allow him to continue to ‘celebrate life’. As far as we were concerned, there was only one place that can do that: Calvary Hospital. He was at Calvary's Dawn Greene Hospice at Mary Manning Walsh Home in Manhattan. It was incredibly convenient for his family and friends to visit his room... and stay till all hours... reminiscing, laughing, and doing what Bill would have always wanted - enjoying life. Believe me, being a nurse for 48 years, this just doesn't happen at other hospitals. The Calvary staff had a genuine care and compassion for Bill - and for us - that made his last moments on earth meaningful and loving. Calvary is indeed the place where life continues.”

- Mary Lou Farrell, RN

CalvaryCare<sup>SM</sup> is made possible by the generosity of our supporters. To learn more about Calvary Hospice, please call 718-518-2465 or visit [www.calvaryhospital.org](http://www.calvaryhospital.org)

**CALVARY HOSPITAL**  
THE DAWN GREENE HOSPICE

Where Life Continues

1740 Eastchester Road, Bronx NY 10461 • (718) 518-2300 • [www.calvaryhospital.org](http://www.calvaryhospital.org)  
Brooklyn Campus • Calvary@Home (Home Care/Hospice) • Ozanam Hall of Queens Nursing Home  
The Dawn Greene Hospice at Mary Manning Walsh Home in Manhattan  
(Calvary@Home programs are Medicare-certified and contract with most major insurances)

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ADVERTISING **SeniorHealthyLiving**

# Helping seniors avoid the chill of social isolation

It's normal for those privy to New York's brutally cold winters to want to curl up and hibernate. For older adults and those with multiple chronic illnesses, retreating indoors can increase the risk of social isolation and subsequent downward health spirals.

Here are a few tips for avoiding the "chill" of social isolation that my colleagues and I often share with patients and their caregivers.

## Body image and social comfort

Changes in vision, hearing and memory are a natural part of aging (even for the physically active), but they can be embarrassing and difficult to accept. We always encourage compliance with routine preventative screenings to identify health problems early. If a loved one is experiencing a decline in their senses, encourage them to seek medical help and offer to accompany them to an appointment or refer them to supportive resources.

## Moving out and getting around

Mobility is a real problem for many older adults. Use of an assistive device like a wheelchair, walker, or cane can help seniors cover longer distances more safely. This helps them get out to senior centers or to a loved one's home for socialization, which is important for their emotional health.

## Weathering the storm

Shorter days in winter can bring spirits down with Seasonal Affective Disorder (SAD). As many as 20 percent of people with dementia suffer from Sundowning, a term describing agitation and disorientation that can happen in the late afternoon and evenings. Assisting seniors with staying active indoors is very important. A walk to the mailbox, doing stretches on a recliner or moving to music can be helpful to the homebound.

As philosophers say, "change is the only constant," and aging certainly involves a lot of change. When people stay engaged with people and the things they love, they feel a sense of purpose and they are usually more independent, healthy and happy. In my work, helping older New Yorkers avoid the chill of social isolation is key to ensuring that they are living their best lives possible.

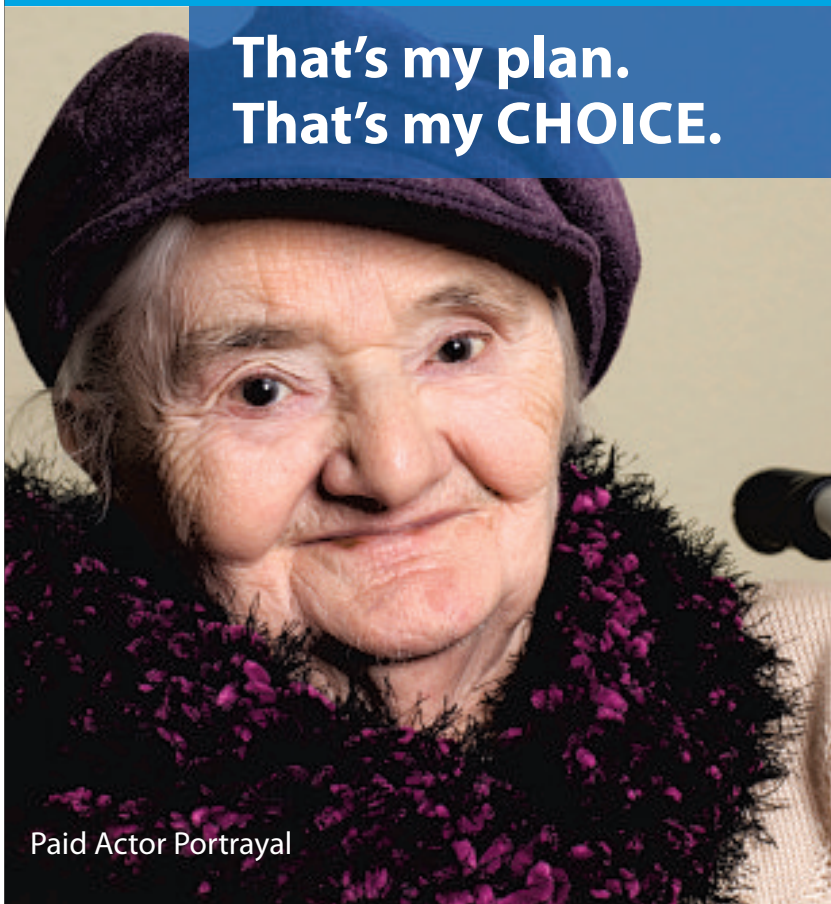
For more information, please call VNSNY CHOICE Health Plans from the not-for-profit Visiting Nurse Service of

New York at 1-888-867-6555 or visit [www.VNSNYCHOICE.org](http://www.VNSNYCHOICE.org).

— Constance Washington, RN,  
VNSNY CHOICE Health Plans



Living well with my diabetes, COPD and heart failure.



That's my plan.  
That's my CHOICE.

Paid Actor Portrayal

**"My great grandson wants me to come to his graduation next year, and I don't plan on disappointing him."**

With several chronic illnesses, and needing help with many daily activities, Beatrice qualifies for nursing home care. But she lives well in her own home and community, thanks to a health plan from VNSNY CHOICE that coordinates all the care and supports she needs. As part of the Visiting Nurse Service of New York, CHOICE helps thousands of New Yorkers like Beatrice continue to celebrate life's blessings.

**Qualify for Medicare and Medicaid?**

**Let's make a plan.  
Call 1-833-823-7228  
(TTY: 711)**

8 am – 8 pm, 7 days a week  
[vnsnychoice.org/AboutLTC](http://vnsnychoice.org/AboutLTC)



**CHOICE**  
Health Plans

VNSNY CHOICE Total is an HMO SNP Plan with a Medicare contract. This plan is also a Medicaid Advantage Plus Plan, with a contract with the New York State Department of Health. Enrollment in VNSNY CHOICE Medicare depends on contract renewal. VNSNY CHOICE FIDA Complete is a managed care plan that contracts with both Medicare and the New York State Department of Health (Medicaid) to provide benefits of both programs to Participants through the Fully Integrated Duals Advantage (FIDA) Demonstration.

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