



MONTHLY EVENTS

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

MARCH 2025



Pensacola woman regains independence with deep brain stimulation for Parkinson's

Sandra, a long-time resident of Pensacola, Florida, has always loved spending time in her garden. But living with Parkinson's disease for nearly 30 years made everyday tasks and activities like gardening increasingly difficult. After attending a seminar presented by Dr. Ann Carr, a neurosurgeon with Ascension Sacred Heart, Sandra learned about deep brain stimulation (DBS), a procedure that can help manage Parkinson's symptoms.

"DBS can significantly improve a patient's quality of life by allowing them to move more freely and live more independently," Dr. Carr explained.

Deep brain stimulation involves implanting a small device in the brain that sends electrical impulses to regulate abnormal brain activity.

DBS involves implanting a small device in the brain that sends electrical impulses to regulate abnormal brain activity. After a series of evaluations and tests to determine if DBS was likely to improve her quality of life, Sandra was cleared for surgery.

Sandra said, "I was nervous about the surgery, but Dr. Carr and the team kept me comfortable throughout." The results were life-changing. "I don't shake anymore. I don't fall down. I can focus, and I feel like myself again."



*Ann Carr, MD
Neurosurgeon,
Ascension Sacred Heart*

With time and the support of her neurology care teams, Sandra regained her independence. "I'm back to gardening, doing yard work, and I'm not afraid of falling," she said.

Sandra is thankful for the exceptional care she received at Ascension Sacred Heart. "DBS gave me my life back. I'm so grateful for Dr. Carr and the entire team," Sandra said. "If you're considering DBS, go for it. It's worth it."

Neurologists and neurosurgeons at the Advanced Brain and Spine Institute at Ascension Sacred Heart in Pensacola diagnose and treat disorders of the brain, spine and nervous system. Our care teams deliver medication therapies, surgical care and rehabilitation care for your neurological needs. Please visit ascension.org/sacredheartneuro to learn more.



Senior Spirit events are scheduled in March!

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

Turn to page 3 for program details in all areas.

The importance of eating well after 50

Proper nutrition can help to prevent — or diminish the dangers — of age-related chronic conditions, falls and illnesses. After age 50, it's important to eat well in order to get adequate nutrients. Here are some tips that will help you make healthy eating choices.

Choose the right food

Focus on the major food groups — fruits, vegetables, protein, dairy and whole grains. Make it a priority to fill your body with vitamin- and mineral-rich foods and not empty calories

Control portion sizes

Be aware of food portions, serving sizes and how often you eat in order to make healthier choices. People often eat more than they need, especially when at a restaurant or getting takeout. If you're going out to eat:

- Remember that restaurants often serve more than one portion. When eating out or getting takeout, share a meal with a friend or save half of your serving for another meal.
- Avoid watching TV or using your smartphone or other devices while eating. Instead, give your meal your full attention. People often overeat when they are distracted.
- Take your time. Consume food and beverages slowly so you can enjoy all of the flavors and tastes.

Pay attention to labels

The nutrition facts label tells you how many servings and calories are in a box, package or can. The label also lists nutrients such as fat, protein, carbohydrates, fiber, sodium and sugar that are in one serving of food. This information can help you make healthy food choices.

Stay hydrated

The National Academy of Medicine recommends about 13 cups of fluids daily for healthy men and 9 cups for healthy women over 50. Water is an extra important nutrient because many medications can increase your chances of dehydration. Plus, fiber — one of the key minerals we need — absorbs water.



Fly the healthy skies

Experts agree: Travel is good for us. Exploring new places and learning about new cultures improves brain function and boosts mental health. In addition, connecting with people is essential to overall well-being.

If your travel plans include airline flights, read on to learn about steps you can take to stay healthy on a plane.

First, stay as active as possible in order to reduce your risk of deep venous thrombosis (DVT). When seated, do leg exercises to increase circulation. When the captain turns off the seat belt sign, move around the cabin on a regular

basis — especially on a very long flight.

Because recycled air in the passenger cabin is extremely dry, mucous membranes may become irritated and painful sinus cavity pressure can build. If you have sinus problems, use a saline nasal spray to moisten nasal passages. Are you prone to motion sickness? Choose seats in the middle of the plane where movement is less pronounced.

Finally, wash your hands regularly with antibacterial gel since armrests, tray tables and seat pockets are a haven for germs.

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](https://www.facebook.com/SacredHeartSeniorServices)



PROGRAMS, CLASSES & NEWS

Senior Spirit is dedicated to helping area seniors take an active role in their good health. Our goal is to make sure you get the most out of life by helping you recognize your individual healthcare needs, learn how to make healthy lifestyle choices and navigate through the challenges of aging.

Healthy Living - Pensacola

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

Wednesday, March 19 • 9:00 - 10:30 a.m. CT

Cognition and Aging

Juan A Suarez, MA, CCC-SLP

Ascension Sacred Heart Rehabilitation
Ascension Sacred Heart Pensacola

Juan Suarez holds a master's degree in communication science and is the lead outpatient speech language pathologist at Ascension Sacred Heart. He is a vital team member of the Deep Brain Stimulator (DBS) Clinic where patients with Parkinson's Disease receive advanced treatment.

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

Senior Spirit programs in Pensacola are 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

Friday, March 28 • 10:00 - 11:30 a.m. CT

Understanding Your Medicare Home Health & Hospice Benefits.

Tabitha Ingermann, LPN

Account Executive, SunCrest Omni Home Health Care

Call 850-278-3081 or email to sabele@ascension.org to register.

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

Urgent care services added in Pace

Ascension Sacred Heart is expanding services at its current primary care clinic located at 3754 Highway 90 in Pace to include urgent care. The doctors and care teams at Ascension Medical Group Sacred Heart Urgent Care - Pace deliver urgent care for minor illnesses and injuries.

Get the care you need when you need it, with convenient evening and weekend hours:

Monday through Friday from 8 a.m. to 5 p.m.

Walk-ins are welcome. Visit getsacredheartcare.com to find care.



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.



CareLink® Medical Alert Service

30-day Money Back Guarantee

CareLink medical alert is a product of Healthcom – a company that's been providing safety and independence for over 20 years in the homes of seniors nationwide.

Peace of mind is a simple call away 800-525-6237 Option 1



Offer valid for new customers and basic CareLink service only.

Order today and receive...

- Complete Medical Alert System
 - FREE delivery to your home
 - FREE professional installation
 - 24/7 monitoring and assistance
 - Lifetime rate guarantee
 - No contract required
- for just \$29.95/mo**

Send address changes to:
Ascension Sacred Heart Senior
Services
5151 N. Ninth Ave.
Pensacola, FL 32504



5151 North Ninth Ave.
Pensacola, FL 32504

NON PROFIT ORG
US POSTAGE
PAID
PENSACOLA, FL
PERMIT #58

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

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



Senior Spirit! is published by Ascension Sacred Heart, 5151 N. Ninth Avenue, Pensacola, FL 32504. Nonprofit postage paid. Issue Date: March 2025. The articles in this publication should not be considered specific medical advice. Please consult your physician for specific medical advice.



We're on Facebook!
[Facebook.com/SacredHeartSeniorServices](https://www.facebook.com/SacredHeartSeniorServices)

Please help us keep our mailing list up-to-date

- Change name or address as shown
 - I received a duplicate copy
 - Add my name to your mailing list
 - Remove my name from your mailing list
- OR call 850-416-6547 with address changes

SUPPORT GROUPS

Caregiver Support Groups

Alzheimer's Caregiver Support Group

Third Thursday of every month at 1:30 p.m. St. Francis Episcopal Senior Center.
Call 850-565-9647.

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 5:45 p.m.
Ochsner 65, 1095 E. 9 Mile Road. 850-558-4665

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.

The Brain Injury Connection, Inc.

Our brain injury support group meetings are held the first and third Friday of each month from 1:30 - 3:30 p.m. at Bayer Behavioral Health, 203 Hollywood Blvd NE, Fort Walton Beach, FL 32548. Visit BICofFlorida.com or contact Jaci Goodrich at 850-904-4BIC (4242) for more information.

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.