



Neighborhood News

Volume 2

October - December 2011

Message from Dr. Larry Lake



Dear Neighbor,

We hope you enjoy the second issue of the Neighborhood News, and that you will find an article or tip that is of interest to you. Maybe a delicious and healthy recipe, a timely fitness article, or a profile of four of our preferred business members with special offers for you. You will also read about one of our founding members, Shirley Chase, who recently returned from Houston with three medals after competing in a national swimming competition for seniors.

If you haven't already, please feel free to call our concierge number **(904) 808-9919** for anything you need or would like to comment on. Perhaps you need a service or product not listed on the Preferred Business Member listing - we can find one for you. You may want us to make specific arrangements for you - we can do that. Maybe you would like an answer to a health question from one of our 128 medical professionals - just call us.

We hope you are using your membership card to receive the special offers from 52 of the best businesses in our community. These are listed in this newsletter and in the Business Directory you previously received. If you need another card or directory, or if you should encounter any problem with one of these businesses, please call the concierge line at **(904) 808-9919**. Please let us know if there are other services we can make available for you, or if you have any other feedback you wish to share. **Here's to Living Well Longer at Home!**

Benefits of BayView Neighbors

Benefits of BayView Neighbors include but not limited to:

- A Concierge Service (904) 808 -9919 - One phone number to call for assistance or for help in coordinating services
- Prompt, friendly and professional customer service from dedicated BayView Neighbors staff
- Discounted Community Services
- Updated Health & Wellness Information
- Newsletter
- Safety net
- Peace of mind



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“How to Live to Be 100”

In his bestselling book, *Healthy Aging: A Lifelong Guide to Your Physical and Spiritual Well-Being*, Dr. Weil notes that studies of people who live to be 100 years old or more have failed to find a single, specific formula for senior health and a long life. There is no evidence, he says, "that particular foods, supplements or other substances have anything to do with our living to extreme old age."

At the same time, however, he emphasizes that lifestyle does matter, especially concerning senior health. He contends that strong family ties, healthy food (but no one, specific food) and lifelong physical activity are probably what make residents of the island Okinawa the longest-lived population in the world, with an average life expectancy of 81.2 years.

With that two-sided perspective in mind, it's interesting to look at a recent, small survey that asked American centenarians how they conduct their lives. Evercare, a company that specializes in coordinating care for senior health, commissioned a survey of 70 American women and 30 men who were 99 years old or older, and reported the following:

- American centenarians are surprisingly plugged into popular culture. Nearly a third have watched a reality TV show, and 27 percent have watched MTV or music videos. One in seven has played a video game.
- Six percent have been on the Internet, and four percent have listened to music on an iPod.
- Eighty-two percent said their dietary habits had improved or stayed the same as compared to 50 years ago.

- Only 23 percent said they have ever smoked. On average those who quit did so 41 years ago. Two percent still smoke!
- Favorite memory? Twenty-eight percent said their wedding day, followed by 13 percent citing the birth of a child, and 13 percent their 100th birthday. One said his favorite memory was "when I learned to fly at age 76."
- Thirty-four percent said the person they would most trust to tell the truth would be their priest, rabbi or preacher.
- Seventy percent now live at home, either alone or with a spouse.

This survey echoes conclusions of other studies: centenarians are forward-thinking, open to new experiences, eat generally healthy foods, don't smoke (the rebellious two percent notwithstanding!) have strong religious faith, and cherish their independence.

One more tidbit to contemplate: if you don't know a centenarian now, you likely will before too long- it may even be yourself! According to the Census Bureau, there are currently 80,000 people aged 100 or older in the U.S, but there will be 580,000 - a seven-fold increase - by 2040. So perhaps many of us will still be around to wish Dr. Weil a happy 100th on June 8, 2042!

Want to learn more about senior health? Dr. Weil on Healthy Aging is a premium subscription Web site that will provide you with simple and effective preventive health information and tools to help you age with grace. Sign up for your free trial today and make every day a healthy one!

Senior Health ~ By Brad Lemley

Ask the Health Coach

Q. WHAT IS THE DIFFERENCE BETWEEN SOLUBLE AND INSOLUBLE FIBER, AND WHICH TYPE REDUCES CHOLESTEROL?

A. Fiber is the indigestible portion of a plant that gives a plant its shape. Since fiber is not digested, it's calorie-free, and it helps you to feel full. There are two types of fiber and you need both. **Soluble fiber** dissolves in water and helps reduce bad cholesterol (LDL). It can be found in beans, peas, lentils, nuts, oatmeal, oat bran and fruits. **Insoluble fiber** does not dissolve in water. It cleans out your gut and reduces the risk for diabetes and cardiovascular disease. It can be found in whole-wheat, wheat bran, brown rice, bulgur, seeds and vegetables. Most plants contain both types of fiber. Most Americans don't even come close to getting the recommended 25-35 grams of fiber per day. When adding fiber to your diet, take it slow and start with just a few extra grams of fiber each day to avoid constipation or gastrointestinal discomfort. Remember that fiber absorbs water, so be sure to increase your fluid intake,

BayView Neighbors Business Members

The following long-standing St. Augustine businesses have been selected to become our first 50 Preferred Business Members and were chosen on the basis of their good reputation, pricing, and service. A special service or discount has been arranged for you as a BayView Neighbors individual member when you present your membership card to them. You will see more information on each of these fine businesses, including the discounts for you, in the 2011 Business Directory. Many have websites giving you even more information about their specific services, products and pricing. We will be adding new businesses monthly and will keep you abreast of these additions. Please contact us if you have a new category or specific business you would to see in this list. We have done our best in choosing these businesses, but cannot guarantee their service or products.

- Anastasia Athletic Club
- Anastasia Auto Repair
- Anastasia Bowling Lanes
- Anastasia Storage Center
- Andy's Taylor Rental
- Arnett Inc.
- B and D Limousine
- Joseph L. Boles Jr., Attorney
- Carmelo's Pizzeria
- Century 21 St.
- Augustine Properties
- Cowan Financial Group
- Courtyard by Marriott
- Dennis Shepherd Electric, Inc.
- Devil's Elbow Fishing Resort
- Fairfield Inn and Suites
- Florida O & P Services
- 1st Coast Fitness Equipment
- Hamblen Hardware
- Hampton Inn at the Beach
- Hilton Garden Inn at the Beach
- Hilton St. Augustine Historic Bayfront
- Holiday Isle
- Oceanfront Resort
- Home Instead Senior Care
- Home Sweet Accessible Home
- Horizon Design Service
- Jacalone and Sons
- Mango Mango's
- M. Plum Home Improvements
- Pat Hamilton Construction
- Pirate and Treasure Museum
- Present Moment Café
- The Raintree
- Ripley's Believe It or Not
- Ripley's Sightseeing Trains
- Saltwater Property Group
- Shape Up With Gina
- Showboat Carwash
- Smoothie King
- Scotty Auto Body
- South Beach Grill
- Stewart's Market
- St. Augustine Taxi
- St. Augustine Team Realty
- Thibaults Electric
- Paul Thomas Concrete
- Pirate Ship Black Raven
- Thompson Baker
- Ward Medical Services
- White Lion Pub
- Yellow Cab
- Zhanra's

Business Resource Partners

- The Bailey Group
- Blue Cross/Blue Shield of Florida
- Council On Aging (COA)
- Flagler College
- Flagler Hospital
- St. Augustine Record
- St. Johns County Library System
- University of St. Augustine
- WFOY

Preferred Business Member Profiles

In each issue of the Neighborhood News, we will highlight specific preferred business members in no particular order or category. You will find a brief description of the company's history, services and products offered, and discounts afforded to BayView Neighbors. We have shown their contact information, but remember, you can call our concierge number at **(904) 808-9919** for more information or to arrange for a service. **Be sure to use your membership card when you do business with these firms, and please give us any feedback you might have.**



Anastasia Athletic Club is an established health and wellness center located at 1045 Anastasia Boulevard just south of the Alligator Farm. It is owned and operated by Rick Royal, who strives to offer the widest variety of fitness, strength, and nutrition training to be found anywhere in the St. Augustine community. The AAC has a large membership of men and women from ages 19 to 88, with specific programs and training to fit all ages.

Anastasia Athletic Club is a full service facility with ample on-site parking, men's and women's locker rooms with sauna and steam rooms, weight rooms, work-out classrooms, personal trainers, members lounge, health snack bar, swimming pool, basketball court, racquetball courts, and free childcare center. The AAC is a very social club where you're likely to find your friends and neighbors weekly or daily as part of staying fit, living longer, and just feeling good!

Senior programs are very popular at the Club and focus on motivation, comradery, and just having fun with other members. **Aqua aerobics** conditioning and muscle toning are accomplished using the resistance of water while avoiding stress to the joints. **Group exercises** are great because they provide a certified instructor to motivate you through the class to the sound of music and with friends around you looking for the same results. **Lighten up** is a slower, less intense class designed for rookies, seniors, or those looking for a low impact routine. **Pumped up** is an isolation exercise with light barbells to help tone up, firm, tighten, and build strength.

Many BayView Neighbors are already members of the Club, and BayView Healthcare plans to sponsor a wellness lecture series here in the fall. But if you're not an AAC member yet, as a BayView Neighbor you can join now for no enrollment fee, a 10% discount on the low monthly fee, and free ActivTrax program and evaluation. Just call the Club at 471-4300 or stop in to meet Rick and tour the facilities.

Anastasia Athletic Club - 471-4300

www.anastasiafitness.com



Hamblen True Value Hardware is the oldest licensed business in St. Augustine. It was officially licensed in 1875 by Charles Hamblen, by 1908 became the third largest hardware store in Florida, and in 1960 moved to 4 Artillery Lane, now the home of the "Oldest Store Museum".

Today, Hamblen Hardware is located at 111 King Street in the heart of the city. Mr. K.C. Kramer, and his wife Gail, are now the proprietors and continue to operate Hamblen's as a friendly, convenient, neighborhood hardware store. The personal service is excellent, and you're likely to run into one of your neighbors there.

It is part of the nationwide True Value system, and is able to offer products at reasonable prices. Hamblen is able to offer some services, like screen replacement and repair that the big box stores may not handle. The store is open weekdays from 8:00 am to 5:30 pm, from 9:00 am to 2:00pm on Saturday, and closed on Sunday. Private parking is available at the front of the store.

As a BayView Neighbor, when you shop at Hamblen's and show your membership card, you will receive 10% off all hardware items, 5% off power tools, small appliances and paint.

Hamblen True Value Hardware – 824-1529

www.truevalue.com (see Local Store)

Preferred Business Member Profiles



Stewarts Market has been located at 311 Anastasia Boulevard and serving the community for over 30 years with friendly down-home service and fresh locally-grown foods. The Stewart family store began at the same location as a tiki-hut styled produce stand, and have expanded into their present day building featuring a wide variety of produce, fruits, vegetables, meats, fish, and deli services. Today, Luther Stewart continues in the family tradition of offering fresh, locally grown foods delivered directly from farms throughout St. Johns County, Hastings, and Palatka.

Stewarts offers weekly and daily specials for customers which change each Wednesday. (On the date of this writing, specials included shrimp for \$4.99/pound, boneless chicken breast \$1.99/pound, boneless rib-eye \$6.99/pound, Florida avocados .99 each, and asparagus \$1.99/pound). The best way to stay on top of Luther's specials is to go to their website to see the "weekly specials", or call 824-5637 and give them your email address and you'll receive weekly updates.

While you're on their webpage, check out their Recipe Exchange Page. They are gathering quite a collection of family recipes. They would love to have yours!

BayView Neighbors members can also take advantage of free personal shopping and bagging service. If you call with your order of \$20 or more a day in advance, your bags will be ready for you when you arrive. Just present your membership card, and pay in cash or local check.

Stewarts Market – 824-5637

www.stewartsproduce.com



Home Instead Senior Care is a quality controlled senior care companion agency located at 2730 US1, and owned and managed by David and Malorie Hill since 1997. It provides non-medical personal care services for the elderly in the home using only experienced, licensed, trained, insured, bonded, and caring individuals who are screened, tested, and must go through intensive Caregiver orientation and training.

Home Instead, like BayView Neighbors, understands the importance of home and living there as long as possible. Every day in our community they are helping families like yours one-on-one. Many BayView residents also utilize Home Instead services.

Perhaps your mom or dad, or you, are in need of some help at home doing simple everyday tasks such as making beds, taking out garbage, escort to appointments, ironing, assisting with plant or pet care. Or perhaps a personal hand with grooming, eating, mobility, or cognitive impairment.

Home Instead can design a regular program for a few hours a week or longer to make life easier for everyone concerned. The first step would be to call Home Instead Senior Care at 794-9450 and schedule a home visit. Or of course, you can call our concierge at **808-9919** to make these arrangements for you or to give you more information on available services.

As a BayView Neighbor member, you would receive 5% off the regular hourly rate for any services you may need. This could amount to considerable savings for you. Remember to use your membership card.

Home Instead Senior Care - 794-9450

www.homeinstead.com

Meet Your Neighbor Shirley Chase



Each issue of the Neighborhood News will highlight one of its members who live a daily life of wellness. Someone who might inspire habits to help us live well longer. A person that shows us the benefits of eating well, exercising, keeping active with friends and neighbors, and living out our passions. This issue features Shirley Chase who might be the poster girl for wellness!

Shirley is 86. She has just returned from a successful swimming competition at the National Senior Olympic Games in Houston, Texas. Shirley won medals there in three events for women over 85 - gold in the 500 yard freestyle, silver in the 100 yard freestyle, and bronze in the 200 yard freestyle. "I'm not that fast, but I have endurance", says Shirley. Shirley has been competing for 10 years, including in the Florida Senior State Championships, where in 2008 she captured gold or silver medals in four events including the 500 yard freestyle.

One of her goals is to return to the Senior Olympics when she is 90, because she believes she can beat the current record for the 500 yard freestyle (15 minutes and 2 seconds) in that age group. This passion and endurance started years ago in high school, where she participated in swimming and tennis in her hometown of Worcester, Massachusetts, and later at Sargeant College (part of Boston University) where she majored in Physical Therapy.

Shirley is not just a swimmer. She has lived a rich life raising six children and living in many parts of the world as the wife of a foreign service officer. She mixed raising a family and teaching other American children in the Hague, Beirut, Tangier, Morocco, and Mbabane. Shirley is an avid golfer who is continually practicing to perfect her backswing, and competes every Wednesday with men at the St. Augustine Shores GC. "They always have great prizes there". One of her biggest passions now is gardening and personally maintaining her artistic front yard with a grand variety of flowering plants, which have won Garden of the Month four times in the 25 years she has lived in St. Augustine.

When asked about her secret to living this long, beautiful, active and healthy life she had only one word. "Exercise". Her routine includes something every day, including going to the Anastasia Athletic Club four days a week where she swims 40 laps a day and joins a group for yoga and water aerobics. What does Shirley like to eat? "Cheese grits, oatmeal, sweet potatoes, fruit milkshakes from her blender, pears, bananas, blueberries from Stewarts Market, and chicken every night."

Shirley is one of the founding members of BayView Neighbors, an active member of Anastasia Athletic Club and the St. Augustine Garden Club. Shirley would like to start a swimming group and a golf group within BayView Neighbors. Is anyone interested? "Call the BayView concierge at **808-9919** and leave a message for me"

YOUR HOUSE, YOUR TOWN. YOUR FRIENDS ARE HERE, ITS HOME.

BayView Neighbors is a new membership service that gives you the help and support you need right in your home. For those who want to remain in the homes they love, BayView Neighbors is a way to easily take care of the tasks of day-to-day living, while staying connected with others and involved in the community.

Your AT HOME membership gives you all this and more:

- Trusted service providers to assist with practical, day-to-day tasks
 - Discounts on local services and providers
 - Health & wellness programs
- Social, cultural, and educational activities
 - Volunteer opportunities

Program Contacts

Dick Trevlyn, rtrevlyn@bay-view.org

Jodi Kotrady Hatin, jhatin@bay-view.org

Upcoming FREE Programs - Presented by BayView



Physician Lecture Series

BayView Healthcare is partnering with Anastasia Athletic Club to present a two month *Physician Lecture Series*.

All speakers for this series are local medical physicians and surgeons. These physicians will be discussing medical diagnosis, various conditions, treatments and cutting edge technology. This lecture series begins on Thursday, September 29th and is a free and open to the general public and will take place at the Anastasia Athletic Club.

Beverages and snacks will be provided. For more information or to register call Anita Portman (904) 806-1035.

Physician Lecture Series Presented by BayView

Thursdays ~ 3:00 to 4:30 pm

- | | |
|----------|---|
| Sept. 29 | Dr. Ryan Pereira, DPM, FACFAS
"A Solution to Leg Pain" |
| Oct. 6 | Dr. Ferris George, Jr., MD, F.A.C.C.
"Cholesterol, Blood Pressure - Your Healthy Heart" |
| Oct. 13 | Dr. Douglas Dew, MD, MBA
"The Treatment of Knee Pain" |
| Oct. 20 | Dr. Leopoldo Gonzalez, MD, FACS
"Early Detection of Breast Cancer" |
| Oct. 27 | Dr. Anil Shrestha, MD
"Complications of Untreated Blood Sugar Problems" |
| Nov. 3 | Dr. Sina Kasraeian, MD
"An Overview of Sports Medicine" |
| Nov. 10 | Dr. Stuart Soroka, MD
"Colon Cancer, Reflux & New GI Technology" |
| Nov. 17 | Dr. Albert Volk, MD, FAAOS
"Common Shoulder Injuries in the Athlete" |

BayView Healthcare Stress Management Wellness Series

for those diagnosed with
Breast Cancer
begins

Wednesday, October 12th
from 5:30 p.m. to 7: 00 p.m.

Wednesday, October 12

Wednesday, October 19

Wednesday, October 26

Wednesday, November 2

Wednesday, November 9

Wednesday, November 16

Monday, November 21

Stress Management Wellness Series

Living with cancer can be one of the greatest challenges a person can face in the course of a lifetime. BayView Healthcare understands this and is offering a (7) week **Stress Management Wellness Series** specifically designed to help individuals cope with the challenges and stressors that can come along with the diagnosis of breast cancer. This program will provide you with clinical stress management techniques and skills to help you cope.

A physician's referral is not necessary, but for planning purposes we do require pre-registration. Due to the nature of the group, there is a limited enrollment of 20 people per seven (7) week session. Once weekly, the group will meet for an hour and a half (1 1/2). Each weeks' session builds upon the skills acquired from the previous weeks' session.

We want to empower you to fully enjoy your life! We encourage you to make an hour and a half available to this group each week. The first session begins Wednesday, October 12th at 5:30 pm. Contact Anita Portman at (904) 806-1035 if you have any questions or to register.

Fresh and Healthy: Baked Coconut Shrimp

Ingredients:

- ¼ cup orange marmalade
- 1 Tbsp. fresh lemon juice
- 2 tsp. whole grain mustard
- ½ tsp. ground red pepper, divided
- ¼ cup all-purpose flour
- ½ tsp. salt
- 2 large egg whites
- ¾ cup panko (Japanese breadcrumbs)
- ½ cup sweetened flaked coconut
- 2 Tbsp. canola oil
- 1 ½ lbs. large shrimp (about 24), peeled and deveined

Preparation:

Stir together the first 3 ingredients and ¼ tsp. ground red pepper in a small bowl. Set aside until ready to serve. Combine



remaining ¼ tsp. ground red pepper, flour and salt in a large zip top plastic bag. Whisk together egg whites and 2 Tbsp. water in a shallow dish.

Combine panko, coconut and oil in a separate shallow dish.

Place shrimp in bag with flour mixture; shake to coat well. Dip shrimp in egg white mixture, and roll in coconut mixture. Place a wire rack inside a large baking pan. Spray baking rack

with cooking spray.

Arrange shrimp in single layer on rack, and bake at 375° for 5 to 7 minutes or until golden brown and cooked through. Serve with sauce.

Nutritional information

(6 shrimp and 1 Tbsp. sauce): Calories: 336; Fat: 13g; Saturated fat: 3g; Protein: 22g; Carbohydrate: 32g; Fiber: 1g; Cholesterol: 168mg; Sodium: 613mg

Source: Blue Cross Blue Shield of Florida/Better You From Blue Newsletter/WebMD



161 Marine Street
St. Augustine, FL 32084

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PERMIT NO. 207

Quality Programs of

BayView Healthcare

BayView Rehab at the Samantha R. Wilson Care Center,

BayView Home Health, BayView Assisted Living at the Pavilion, BayView Assisted Living at Buckingham Smith,

BayView Charities, BayView Wellness and BayView Neighbors

www.bayviewhealthcare.org