

Health  
MAY 2008



[www.BourbonHospital.com](http://www.BourbonHospital.com)



Bourbon Community Hospital  
8 Lincoln Drive  
Paris, KY 40361

Whether equipped as a community center or the Bourbon Community Hospital, we will offer you every advantage of health care. In fact, we will give you a full team of professional medical care. For individual attention, contact your personal care manager or your personal care manager about Bourbon Community Hospital or anything in this publication. Please call 859.947.3600.

## SENIOR FITNESS: BY THE NUMBERS

*As a senior adult, are you doing everything you can to live a long and healthy life? Answer the following questions to see how you stack up with the rest of senior Americans. Then talk to your personal care physician about the changes you need to make to live a healthier life.*



Michael Noble, MD  
*Family Medicine*

**Do you get regular exercise?**  
Regular exercise plays a vital role in helping senior adults stay healthy. Yet according to the *National Center of Health Statistics*, only 32 percent of people 65 and older exercise on a regular basis.

**Are you overweight?**  
Being overweight is a major health risk factor, yet 67 percent of men over the age of 75 and 64 percent of women are overweight.

**Do you smoke?**  
Smoking is the #1 cause of health problems in seniors. Yet amazingly, 12 percent of men and 8 percent of women over the age of 65 still smoke.

**Left unmanaged, diabetes can lead to a number of serious medical conditions. More than one in five people over the age of 65 have diabetes, yet only half of them have been diagnosed.**

**YOU'VE EARNED SENIORITY;  
NOW GET THE BENEFITS BY JOINING SENIOR FRIENDS**

Bourbon Community Hospital is proud to host a Chapter of Senior Friends, a national membership program designed to meet the unique health needs of people older than 50.

at 859-987-5043. As a member, you will enjoy a number of local benefits, including free seminars, education programs, and health screenings. You will also receive a host of national benefits. *Here's just a partial listing.*

**Quarterly Magazine**

- Your membership includes a subscription to Friends, the quarterly 20 page magazine that's mailed to all members.

**Health and Wellness**

- Companion Drivers from ADT Security – Discounted pricing available to provide immediate access to assistance 24 hours a day, with just the push of a button.
- Carriage Dental Plan – Offers reduced fees for dental care, saving you 20 to 60 percent.
- Prescription Discount Card – Save 10 to 50 percent on most prescription drugs at more than 60,500 pharmacies.
- LifeView Resources – Discounts on videos that help you and your family understand and address critical health-care issues.
- Travel Care International – Receive medical air transportation, bedside-to-bedside, at a reduced rate.

**Home & Finance**

- 1.889.9flowers.com – Members save on an array of gift products, from gourmet gift baskets to sweet desserts and novelties.

- FIT.com – Save 15 percent on more than 1,000 floral arrangements.
- The Relegation Center – Receive a discount from this full-service relocation provider.
- Barnes Book Sales – Receive a free catalog to order used literary fiction non-fiction books with up to a 75 percent discount.

**Travel**

- Members of Senior Friends receive a substantial discount from national car rental agencies, including Avis, Budget and National Car Rental. You can also Save 10, 20 or 30 percent when you stay at a number of national hotel chains, including La Quinta Inns, Choice Hotels (Clarion Hotels, Comfort Inns, Econo Lodge, Mammoth Suites, Roadway Inns, Quality Inns, and Sleep Inns) and the Wyndham Hotel Group (Super 8, Days Inn, Howard Johnson, Knights Inn, Ramada, Super 8 Motel, Travelodge, Wingate Inns and Village).

Friends, a 20 page quarterly magazine

