



STAYING
HEALTHY



**HEART & SOUL IS A FREE
MEMBERSHIP PROGRAM**

sponsored by Mountain States Health Alliance to provide education and benefits that encourage and enhance the health and lifestyle of members age 60+ living in Northeast Tennessee and Southwest Virginia.

FIND A DOCTOR OR
MEDICAL SERVICE



WHAT TO DO IN
AN EMERGENCY



COMMUNITY
RESOURCES





IN CASE OF EMERGENCY

The best time to prepare for an emergency is before it happens. Fill out this sheet and keep it handy. It's a good idea to make a copy and keep one near each phone. Update the sheet when necessary, and be sure to let your family and caregivers know that it's available.

Poison Control Center: (800) 222-1222

Hospital Name: _____ Phone: _____

Doctor's Name: _____ Phone: _____

Dentist's Name: _____ Phone: _____

Pharmacy Name: _____ Phone: _____

Health Insurance Plan: _____

Policy #: _____ Phone: _____

EMERGENCY CONTACT #1

Name: _____

Relationship: _____ Phone: _____

EMERGENCY CONTACT #2

Name: _____

Relationship: _____ Phone: _____

EMERGENCY CONTACT #3

Name: _____

Relationship: _____ Phone: _____



HOW HEART & SOUL CAN HELP YOU

You're not 30 anymore. Or even 50. And that's not a bad thing – it just means that life is different now. And so are your desires and needs. Heart & Soul is designed to provide information specifically to help people 60+ stay healthy and fit, enjoy life, and identify medical and lifestyle resources that allow a fulfilling, independent life for as long as possible.

Think of Heart & Soul as an “information desk” for our region just for people at your same stage of life. We can help you find services, programs or activities for yourself or those you may be caring for. Several ways to find information for seniors through Heart & Soul include:

HEART & SOUL MEMBER HANDBOOK:

Find information about preventive health medical services and other resources catering to people 60+ in your area.

HEART & SOUL WEBSITE:

Go to MountainStatesHealth.com/heart-and-soul for health information, upcoming local events, programs and services, and a list of retailers who offer special discounts or benefits for Heart & Soul members.

HEART & SOUL NEWSLETTER:

Look for a new one every month on our website. If you'll make sure we have your email address we'll send the new issue directly to you each month. If you prefer a paper copy, let us know and we'll mail you a newsletter every quarter.

HEART & SOUL INFORMATION LINE:

If you need help locating a resource, call us toll-free at (844) 478-SOUL (7685).

Other benefits that come with your free Heart & Soul membership include special discounts or perks at local restaurants or businesses.

Information about free health screenings, contests, free events and much more—all provided with our goal in mind to keep seniors in our area as healthy as possible, living independently as long as they like and enjoying a fun, fulfilling lifestyle.



TABLE OF CONTENTS

STAYING HEALTHY

Preventive Care and Services Checklist	6
How Old is Your Heart?	7
Where to Get Free and Low-cost Health Screenings	8
Free and Income-based Health Clinics	9
Where to Stay Fit, Get Health & Wellness Information	10

HOW TO FIND A DOCTOR OR MEDICAL SERVICE

Need a Doctor or Medical Service?	12
Heart Care Services	13
Cancer Care Services	14
Orthopedic Services & Joint Replacement	16
Rehabilitation Services	17
Sleep Disorder Services	18
Emotional and Behavioral Health Services	19
Men's Health Services	20
Women's Health Services	21
Pulmonary Rehabilitation	22
Black Lung Program	23
Home and Assisted Care Services	24
Nursing Facility Care	25

IN AN EMERGENCY

Call 911 or Drive to the ER?	27
Heart Attack: Know the Warning Signs	28
Spot a Stroke F.A.S.T.	29
Detecting Depression in Seniors	30

COMMUNITY RESOURCES FOR SENIORS

How to Find Local Community Resources in Tennessee	32
How to Find Local Community Resources in Virginia	33
Sources of Food Assistance in Tennessee	34
Sources of Food Assistance in Virginia	35
Find a Senior Center Near You	36
Local Social Security Offices	37
Health Resources Center Support Groups	38
Community Support Groups	39
Caregivers: Where to Find Support	40
Hospitals	41
Helpful Websites	42



STAYING HEALTHY



PREVENTIVE CARE & SERVICES CHECKLIST

In the boxes below write the dates you complete preventive exams, tests or procedures. Use the blank boxes at the bottom to add others you may need.

Test/Procedure/Exam Needed one time only	Date received					
Initial Medicare wellness exam						
Pneumonia vaccination						
Test/ Procedure/ Exam Needed more than one time	Date	Date	Date	Date	Date	Date
Annual wellness exam						
Flu vaccination (every year)						
Blood pressure check (every year)						
Height, weight, BMI (every year)						
Cholesterol and lipid test						
Glaucoma check						
Depression screening						
Fall risk screening						
Tobacco and alcohol screening						
Prostate cancer screen for men						
Cervical cancer/PAP test for women						
Mammogram for women (every 2 years)						
Osteoporosis screening for women						
Colorectal cancer screening - can be one of these three:						
	Fecal blood test (every year)					
	Sigmoidoscopy (every 5 years)					
	Colonoscopy (every 10 years)					



HOW OLD IS YOUR HEART?

BELIEVE IT OR NOT, YOU AND YOUR HEART MAY NOT BE THE SAME AGE.

Depending on your lifestyle, your heart could be older or younger than the rest of you. To get an idea of your heart's health—and its age—you can take our heart age quiz to find out if it's older or younger and what to do next to make sure your heart is as healthy as possible.

STEP 1: In the blanks below, record the following measurements from a recent visit to your healthcare provider. You can get free weight and blood pressure measurements at one of the Health Resources Centers in The Mall at Johnson City or the Kingsport Town Center.

WEIGHT _____

SYSTOLIC BLOOD PRESSURE _____

DIASTOLIC BLOOD PRESSURE _____

TRIGLYCERIDES _____

HDL (GOOD CHOLESTEROL) _____

LDL (BAD CHOLESTEROL) _____

STEP 2: Go to MountainStatesHeartAge.com to access the heart age quiz and answer some basic questions.

STEP 3: RECORD YOUR HEART AGE HERE _____

STEP 4: Share your heart age information with your healthcare provider to find out your next steps for achieving good heart health. If you do not have a primary care provider go to mountainstateshealth.com/find-doctor for a list of physicians or call (844) 488-STAR (7827).



WHERE TO GET FREE AND LOW-COST HEALTH SCREENINGS

Free or low-cost health screenings are available at a number of locations throughout the region, including those listed below.

THE HEALTH RESOURCES CENTERS (HRC) in The Mall at Johnson City (423) 915-5200 and Kingsport Town Center (423) 857-7981 offer screenings for cholesterol, COPD risk, fall risk, sleep apnea, blood pressure and hearing. They also offer A1C testing and coronary risk panel screenings. For screening dates, check the HRC monthly calendar at:

mountainstateshealth.com/classes-and-programs/health-resources-center

LIFETIME WELLNESS CENTER, 1 Health Way, Marion, VA (276) 782-1199 offers cholesterol screenings. For more information go to: lifetimewc.com/home

SENIOR LIFE SOLUTIONS offers behavioral health assessments at Dickenson Community Hospital in Clintwood, Va. (276) 926-0351 and Johnson County Community Hospital in Mountain City, Tenn. (423) 727-2235 or (423) 727-2236. For more information visit:

mountainstateshealth.com/medical-services/geriatric-care-services-senior-services/senior-life-solutions

WHAT'S GREAT ABOUT GETTING OLDER?



FREE AND INCOME-BASED HEALTH CLINICS

Go to [freeclinics.com](https://www.freeclinics.com) for a complete list of free and income-based clinics. A few include:

TENNESSEE

- [Church Hill Free Medical Clinic](#)
401 Richmond St., Church Hill, TN
(423) 256-2408
- [East Tennessee State University](#)
College of Nursing
Nicks Hall, Building 36, ETSU, Johnson City, TN
(423) 439-4515
- [Kingsport Medical Center](#)
737 E. Sevier Ave., Kingsport, TN
(423) 246-7922
- [Limestone Medical Center](#)
105 Limestone Ruritan Road, Limestone, TN
(423) 257-8089
- [Roan Mountain Medical Center](#)
152 Highway 143, Roan Mountain, TN
(423) 772-3276

VIRGINIA

- [The Health Wagon](#)
5626 Patriot Drive, Wise, VA
(276) 328-8850
- [Saltville Medical Center](#)
308 Main St., Saltville, VA
(276) 496-4433
- [Smyth County Free Clinic](#)
1583 Main St., Marion, VA
(276) 781-2090
- [Twin City Medical Center](#)
2195 Euclid Ave. Suite 6, Bristol, VA
(276) 669-5179



WHERE TO STAY FIT, GET HEALTH AND WELLNESS INFORMATION

Find fitness and health information classes at the following locations:

HEALTH RESOURCES CENTERS

- The Mall at Johnson City (423) 915-5200
- Kingsport Town Center (423) 857-7981

For a monthly calendar of fitness classes, physician lectures, health and wellness classes including diabetes management and healthy cooking go to:

mountainstateshealth.com/classes-and-programs/health-resources-center

LIFETIME WELLNESS CENTER, 1 Health Way, Marion, VA
(276) 782-1199

Sponsors the Forever Young Club for members 60+, a fitness program for people referred by their physician for chronic illnesses, and weekly Lunch & Learn programs. For more information call or go to **lifetimewc.com/home**.

THE WELLNESS CENTER, 200 Med Tech Parkway, Johnson City, TN
(423) 431-6668

Nationally recognized by The Arthritis Foundation as an Official Arthritis Flagship Facility. Offers health-specific classes that aid in post-surgery recovery or focus on special health needs, such as arthritis. Go to **mountainstateshealth.com/classes-and-programs/health-fitness-classes** for a list of senior class offerings.

THE WELLNESS CENTER, 1509 West Elk Ave., Elizabethton, TN
(423) 542-9466

For a list of group fitness classes go to: **mountainstateshealth.com/wc-elizabethton**

YMCA

Locations in Tennessee and Virginia offer health education programs and fitness opportunities for older adults.

- YMCA Bristol, TN (423) 968-3133
- YMCA Erwin, TN (423) 743-3361
- YMCA Kingsport, TN (423) 247-9622
- YMCA Grundy, VA (276) 935-8871

LOCAL SENIOR CENTERS

Offer fitness classes, health seminars, health fairs and other information to help you stay healthy. Check the list of senior centers on page 36 to find a one near you or go to: **seniorcenterdirectory.com**

WHAT'S GREAT ABOUT GETTING OLDER?



HOW TO FIND A DOCTOR OR MEDICAL SERVICE



NEED A DOCTOR OR MEDICAL SERVICE?

To find a doctor or medical service:

CALL (844) 488-STAR (7827)

24 hours a day, 365 days a year

Call with questions about common conditions, for help identifying physician specialists or medical services, or to get information about office or medical facility locations.

FOR A LIST OF PHYSICIANS VISIT:

mountainstateshealth.com/find-doctor

FOR A LIST OF MEDICAL SERVICES VISIT:

mountainstateshealth.com/medical-services

Mountain States offers services throughout East Tennessee and Southwest Virginia in 90 locations through more than 250 providers with 23 specialties such as:

- Cancer Care
- Diabetes Care
- Dialysis
- Digestive Care
- Emergency Medicine
- Heart Care
- Home Health & Hospice
- Imaging & Radiology
- Infusion Services
- Men's Health
- Mental Health Services
- Orthopedic Services
- Pharmacy Services
- Primary Care
- Respiratory Care
- Sleep Center
- Surgical Services
- Women's Health

WHAT'S GREAT ABOUT GETTING OLDER?



HEART CARE SERVICES

For a comprehensive list of heart and vascular care services and doctors go to:
mountainstateshealth.com/medical-services/heart-care

CARDIOVASCULAR DIAGNOSIS AND IMAGING

WHERE: Johnson City Medical Center, Sycamore Shoals Hospital, Unicoi County Community Hospital

SERVICES: Stress tests, Holter and event monitoring, echocardiogram, echocardiography, Doppler studies, tilt table test and more

CARDIOVASCULAR THORACIC SURGERY

WHERE: Johnson City Medical Center, Indian Path Medical Center or MSMG (Mountain States Medical Group) Cardiovascular/Thoracic Surgery

SERVICES: Heart bypass grafting, valve replacement, pacemaker implants, video-assisted thoracic surgery and lung biopsy, aortic aneurysm and congenital heart defect repair, and more

CHEST PAIN CENTERS

WHERE: Johnson City Medical Center, Sycamore Shoals Hospital, Johnston Memorial Hospital

SERVICES: Testing to diagnose cause of chest pain, on-call physicians

CONGESTIVE HEART FAILURE CLINIC

WHERE: Johnson City Medical Center

SERVICES: Free comprehensive heart failure care including: medication management, follow up care for CHF patients, referrals for cardiac rehabilitation, specialty doctors, home health, community support groups

HEART RHYTHM DISORDERS

WHERE: Johnson City Medical Center

SERVICES: AFIB ablation, ablation therapy, cardiac mapping, ICD implantation

VASCULAR HEALTH

WHERE: Johnson City Medical Center, Johnston Memorial Hospital

SERVICES: Abdominal aortic aneurysm repair, iliac artery angioplasty and stenting, carotid endarterectomy, endovascular bypass/limb salvage bypass, vena cava filter placement



CANCER CARE SERVICES

For a comprehensive list of cancer care services and doctors go to:
mountainstateshealth.com/medical-services/cancer-care

Services offered include radiation oncology, breast cancer surgery, cancer care for men, patient support, clinical trials and Triumph cancer navigator program.

Cancer patients can get treatment at any of the following locations:

TENNESSEE

- Regional Cancer Center at Indian Path Medical Center, Kingsport
- Regional Cancer Center at Johnson City Medical Center
- Regional Cancer Center at Sycamore Shoals Hospital, Elizabethton

VIRGINIA

- Community Physicians Oncology, Norton Norton Community Hospital campus
- Regional Cancer Center at Johnston Memorial Hospital, Abingdon
- Regional Cancer Center at Russell County Medical Center, Lebanon
- Regional Cancer Center at Smyth County Community Hospital, Marion

WHAT'S GREAT ABOUT GETTING OLDER?



TRIUMPH CANCER NAVIGATORS

Triumph Cancer Navigators program is a free service designed to help patients and their caregivers with all aspects of cancer care.

Triumph services include:

- Serving as a personal contact
- Answering questions about what to expect through treatment
- Coordinating appointments and treatments
- Arranging care between healthcare providers
- Providing emotional support
- Coordinating support services such as treatment
- Planning, nutrition counseling, transportation, survivorship planning

Services are offered free of charge for cancer patients living in Carter, Greene, Hawkins, Johnson, Sullivan, Unicoi and Washington counties in Tennessee, and in Dickenson, Russell, Scott, Smyth, Washington and Wise counties in Virginia.

To request a cancer navigator, call 877-77-Triumph (877-778-7486). For more information, visit:

My-Triumph.org



A strong hand to hold.



ORTHOPEDIC SERVICES AND JOINT REPLACEMENT

For a comprehensive list of orthopedic services and doctors go to:
mountainstateshealth.com/medical-services/orthopedic-services

Diagnostic, surgical and rehabilitation orthopedic services are performed at the following locations:

TENNESSEE

- [Indian Path Medical Center Orthopedic Services, Kingsport](#)
- [Johnson City Medical Center Orthopedic Services, Johnson City](#)
- [Sycamore Shoals Hospital Orthopedic Services, Elizabethton](#)

VIRGINIA

- [Johnston Memorial Hospital, Abingdon](#)
- [Norton Community Hospital Orthopedic Services, Norton](#)

Orthopedic services include knee replacement, hip replacement, shoulder replacement, fractured hip program, orthopedic trauma treatment. Spine care is available at Johnson City Medical Center and Indian Path Medical Center.

JOINT REPLACEMENT CENTERS

- [Indian Path Medical Center Joint Replacement Center, Kingsport](#) (423) 857-7699
- [Johnson City Medical Center Total Joint Replacement Center](#) (423) 431-6937
- [Johnston Memorial Hospital Joint Replacement Center, Abingdon](#) (276) 258-2200

SPECIAL PROGRAMS

[Wellness Connection Pre-Joint Replacement Program](#) is a supervised exercise program at Indian Path Medical Center and Johnson City Medical Center designed to improve overall strength and cardiovascular health of individuals waiting for joint replacement.

For more information contact Joint Replacement Center coordinators at Indian Path Medical Center (423) 857-6777 and Johnson City Medical Center (423) 431-5386.

[The Fractured Hip Program](#) at Johnson City Medical Center (423) 542-1300 specializes in the care of elderly patients who have experienced a hip fracture.

WHAT'S GREAT ABOUT GETTING OLDER?



REHABILITATION SERVICES

For a comprehensive list of rehabilitation services and doctors go to:
mountainstateshealth.com/medical-services/rehabilitation-services

Rehabilitation services include physical therapy, occupational therapy, speech therapy, cardiac rehabilitation, pulmonary rehabilitation and inpatient rehabilitation. Inpatient rehabilitation is also offered at long-term care facilities with skilled nursing care. See page 25 for more information about skilled nursing care.

TENNESSEE

- [Quillen Rehabilitation Hospital](#)
2511 Wesley St., Johnson City
(423) 952-1700

VIRGINIA

- [Norton Community Hospital](#)
Inpatient & Outpatient Rehabilitation
100 Fifteenth St. NW, Norton
Inpatient Unit: (276) 439-1352
Outpatient Unit: (276) 439-1450
- [Russell County Medical Center](#)
Department of Physical Therapy
58 Carroll St., Lebanon
(800) 633-4441
- [Smyth County Community Hospital](#)
245 Medical Park Drive, Marion
(276) 782-1317



SLEEP DISORDER SERVICES

For a comprehensive list of sleep services and doctors go to:
mountainstateshealth.com/medical-services/sleep-center

Services for those who suffer from sleep disorders are available at the following locations:

TENNESSEE

- [Indian Path Medical Center Sleep Center](#)
Kingsport (423) 857-7011
- [Johnson City Medical Center Sleep Center](#)
Johnson City (423) 431-6816
- [Unicoi County Memorial Hospital Sleep Center](#)
Erwin (423) 431-6816

VIRGINIA

- [Johnston Memorial Sleep Center](#)
Abingdon (276) 676-3360
- [Norton Sleep Center](#)
Norton (276) 439-1498
- [Russell County Medical Center Sleep Center](#)
Lebanon (800) 633-4441
- [Smyth County Community Hospital Sleep Center](#), Marion (276) 378-1140

ABOUT SLEEP APNEA

- 50% of congestive heart failure patients have sleep apnea.
- 80% of patients with diabetes were found to have undiagnosed moderate to severe sleep apnea.
- 50% of patients with high blood pressure have undiagnosed sleep apnea.
- People with untreated sleep apnea have twice the risk of stroke.
- People with untreated sleep apnea have five times the risk of a fatal heart attack.
- People with untreated sleep apnea have six times the risk of being involved in a serious or fatal accident.

WHAT'S GREAT ABOUT GETTING OLDER?



EMOTIONAL AND BEHAVIORAL HEALTH SERVICES



For a comprehensive list of behavioral/mental health services and doctors go to:
mountainstateshealth.com/medical-services/behavioral-health-mental-health

Inpatient and outpatient specialized care is available for seniors experiencing depression, early stage Alzheimer's/dementia, sudden onset of confusion or disorientation, anxiety, substance abuse and psychosis. Some seniors simply need help adjusting to the emotional and physical changes they know are taking place as they age.

INPATIENT BEHAVIORAL CARE FACILITIES

- Clear View Psychiatric Center
Russell County Medical Center
58 Carroll St., Lebanon, VA
(877) 650-6757 or (276) 883-8380
- New Leaf Senior Care
Sycamore Shoals Hospital
1501 W. Elk Ave., Elizabethton, TN
(423) 542-1358
- The Spruce at Woodridge Hospital
(for patients 55+)
403 N. State of Franklin Road, Johnson City, TN
(800) 366-1132

OUTPATIENT BEHAVIORAL CARE SERVICES:

- Mountain States Medical Group Behavioral Health
71 S. Flannagan Ave., Lebanon, VA
(276) 883-8040
- Senior Life Solutions Program
(423) 727-2235 or (423) 727-2236
For seniors experiencing issues such as depression, severe memory loss, anxiety and sadness. Offers therapies and wellness education programs. Only at Johnson County Community Hospital and Dickenson Community Hospital. To make a referral call:
 - Dickenson Community Hospital
312 Hospital Drive, Clintwood, VA
(276) 926-0351
 - Johnson County Community Hospital
1901 Shady Street, Mountain City, TN
(423) 727-1100
- Woodridge Hospital Intensive Outpatient Program
403 N. State of Franklin Road, Johnson City, TN
(423) 423-7111



MEN'S HEALTH SERVICES

For a comprehensive list of men's health services and doctors go to:
mountainstateshealth.com/medical-services/mens-health

HEALTH SERVICES FOR MEN

Prostate and urological health services in Northeast Tennessee and Southwest Virginia are provided at the following locations:

- Franklin Woods Community Hospital
Johnson City, TN
 - Laser prostate resection
 - Microscopic varicolectomy
 - Reconstructive urologic surgery
 - Robot-assisted prostatectomy
- Norton Community Hospital
Norton, VA
 - Minimally invasive prostate surgery to relieve enlarged prostate using the technologically advanced Holmium Laser
- Sycamore Shoals Hospital
Elizabethton, TN
 - Prostate and bladder surgery

SIGNS AND SYMPTOMS OF PROSTATE CANCER

Though early prostate cancer can have no symptoms, the following symptoms can be signs of more advanced cancer:

- Blood in urine
- Loss of bladder control
- Pain in hips, back, chest or other areas if the cancer has spread
- Problems getting an erection (erectile dysfunction)
- Problems urinating
- Weakness or numbness in legs or feet from cancer pressing on spinal cord

SCREENING FOR PROSTATE CANCER

A prostate-specific antigen (PSA) blood test can help screen for prostate cancer. If test results are abnormal, a prostate biopsy may be required for diagnosis.

WHAT'S GREAT ABOUT GETTING OLDER?



WOMEN'S HEALTH SERVICES

For a comprehensive list of women's health services and doctors go to:
mountainstateshealth.com/medical-services/womens-health

HEALTH SERVICES FOR WOMEN

Women's health services provided at locations throughout Northeast Tennessee and Southwest Virginia include:

- Breast care
- Gynecologic oncology
- Gynecology/gynecological surgery
- Heart care for women
- Screenings and education
- Urogynecology -incontinence, pelvic floor disorders
- Women's diagnostic facilities

DIAGNOSTIC CENTERS JUST FOR WOMEN

- [Johnston Memorial Hospital Women's Center](#)
16000 Johnston Memorial Drive, Abingdon, VA
(276) 258-2700
- [Women's Health & Imaging Center](#)
300 Med Tech Parkway, Johnson City, TN
(423) 431-5551

HEALTH SCREENINGS FOR WOMEN

The following diagnostic screenings are performed in various locations throughout Mountain States Health Alliance. Go to **mountainstateshealth.com/medical-services/womens-health/screenings** to find out which facilities near you offer these screenings:

- Bone density test - DXA
- Breast ultrasound
- Genetic testing for breast and ovarian cancer risk
- Mammography
- Mammography with CAD
- Mammography (digital) with CAD
- MRI of the breast
- MRI-guided breast biopsy
- Stereotactic breast biopsy
- Ultrasound - general
- Ultrasound-guided biopsy



PULMONARY REHABILITATION

For a comprehensive list of pulmonary (lung) services and doctors go to:
mountainstateshealth.com/medical-services/rehabilitation-services/pulmonary-rehabilitation

Pulmonary treatment and rehabilitation services are available for people with lung disease such as Chronic Obstructive Pulmonary Disease (COPD), restrictive lung disease, asthma, obstructive chronic bronchitis, emphysema, post inflammatory pulmonary fibrosis or those who have had a lung transplant.

Pulmonary rehabilitation is offered at the following locations:

TENNESSEE

- [Johnson City Medical Center](#), Johnson City

VIRGINIA

- [Johnston Memorial Hospital](#), Abingdon
- [Norton Community Hospital](#), Norton
- [Smyth County Community Hospital](#), Marion

WHAT'S GREAT ABOUT GETTING OLDER?



BLACK LUNG PROGRAM

Norton Community Hospital's Black Lung Clinic in Norton, Va., is the region's only program approved and federally certified by the U.S. Department of Labor for the Black Lung Program.

Services include:

- Clinical education
- Durable medical equipment (such as oxygen)
- Federally-approved diagnostic testing
- Home health/hospice and follow-up care at the outpatient pulmonary clinic
- Prescription medications
- Pulmonary function testing
- Pulmonary rehabilitation
- Sleep disorder testing

TO REFER SOMEONE TO THE BLACK LUNG PROGRAM

- Call outpatient services 24/7 referral hotline at (855) 673-3376.
- For U.S. Department of Labor exams call (276) 439-1365.

For more information about the Black Lung program at Norton Community Hospital call (276) 439-1373 or go to: mountainstateshealth.com/medical-services/respiratory-care/black-lung-program



HOME AND ASSISTED CARE SERVICES

“Home Care” or “Home Health” services provided in the home setting include skilled nursing care, palliative care (relief from symptoms of a serious illness), home infusion care, hospice care and telemedicine services. For more details about services go to:

mountainstateshealth.com/medical-services/home-and-assisted-care

HOME CARE SERVICES-TENNESSEE

- [Mountain States Home Care](#)
 - Elizabethton (423) 543-3409
 - Erwin (423) 743-3141
 - Johnson City (800) 327-5447
 - Kingsport (423) 392-3510
 - Mountain City (423) 727-3250

HOME CARE SERVICES-VIRGINIA

- [Dickenson County Home Health & Hospice](#), Clintwood (276) 926-6600
- [Johnston Memorial Home Care](#), Abingdon (276) 525-1227
- [Norton Community Hospital Home Health](#), Norton (276) 328-9236
- [Russell County Medical Center Home Health & Hospice](#), Lebanon (276) 883-8484
- [Sycamore Shoals Hospital](#) Elizabethton, TN (423) 542-1300
- [Smyth Regional Home Care & Hospice](#), Marion (276) 782-9696

TELEHEALTH (TELEMEDICINE)

Mountain States Health Alliance, in conjunction with Philips Telehealth Solutions, offers patients with chronic disease, such as heart failure, diabetes, hypertension and COPD, a way to regularly monitor their vital signs to help manage their health outside of the clinical setting through Remote Patient Monitoring (TeleHealth). Two facilities offering this service:

- [Johnson County Community Hospital](#), Mountain City, TN (423) 727-1100
- [Russell County Medical Center](#), Lebanon, VA (276) 883-8000

PALLIATIVE CARE

Palliative care provides patients with relief from the symptoms and physical and mental stress of a serious illness, regardless of the diagnosis. For the terminally ill, it brings comfort and dignity and helps the patient and the family to have a peaceful journey during a difficult time. Contact:

- [Johnston Memorial Hospital Palliative Care Services](#) (276) 258-1640
- [Mountain States Home Care](#) (276) 525-1227
- [Mountain States Hospice](#) (276) 883-8484

WHAT'S GREAT ABOUT GETTING OLDER?



NURSING FACILITY CARE

HOW TO KNOW WHEN A NURSING FACILITY IS NEEDED

Typically, nursing facility care is appropriate for those who need temporary or long-term help with daily living activities such as:

- Bathing
- Bowel/bladder assistance
- Dressing
- Eating/feeding
- Mobility/transferring
- Taking medicines
- Using the bathroom

LOCAL SKILLED NURSING AND NURSING CARE FACILITIES

- [Francis Marion Manor Health & Rehabilitation](#)
100 Francis Marion Lane, Marion, VA
(276) 378-1801
- [Princeton Traditional Care at Johnson City Medical Center](#)
400 N. State of Franklin Road
(423) 431-6932
Offers a transitional care unit for the period between hospital discharge and going home or to an assisted living or long-term care facility.
- [Quillen Rehabilitation Hospital](#)
2511 Wesley St., Johnson City, TN
(423) 952-1700
- [Unicoi County Memorial Hospital Long-Term Care](#)
100 Greenway Circle, Erwin, TN
(423) 743-3141



IN AN EMERGENCY



CALL 911 OR DRIVE TO THE ER?

HOW TO KNOW WHAT TO DO

Call 911 if you or someone else is:

- Bleeding profusely
- Having a seizure
- In intense pain
- Unconscious

Call 911 if you THINK you or someone else:

- Might be having a heart attack
- Might be having a stroke

Drive to the nearest emergency room if you or someone else:

- Has a broken bone
- Is in labor
- Is vomiting continuously

For non-life-threatening illnesses and injuries, consider a local urgent care center. First Assist Urgent Care locations include:

TENNESSEE

- First Assist Urgent Care, Colonial Heights
4600 Fort Henry Drive
(423) 224-3950
- First Assist Urgent Care, Elizabethton
1497 W. Elk Ave., Suite 1
(423) 542-8929
- First Assist Urgent Care, Johnson City
1019 W. Oakland Ave., Suite 1
(423) 915-5000
- First Assist Urgent Care, Jonesborough
395 Forrest Circle, Suite 100
(423) 753-0721
- First Assist Urgent Care, Kingsport
1101 E. Stone Drive, Suite 2
(423) 224-1110
- Piney Flats Urgent Care, Piney Flats
419 Bristol Highway
(423) 538-5202

VIRGINIA

- First Assist Urgent Care, Abingdon
603 Campus Drive, Suite 100
(276) 739-8010
- First Assist Urgent Care of Marion
245 Medical Park Drive Suite C
(276) 378-3300
- First Assist Urgent Care, Norton
100 15th Street, NW, Suite A
(276) 439-1840



HEART ATTACK: KNOW THE WARNING SIGNS

It's hard to know, so don't take a chance. If you or a loved one is having chest pain, don't wait and don't drive. Call 911. Getting help fast enough can be the difference between life and death.

WHAT IS CHEST PAIN?

Chest pain is any discomfort between your abdomen, chest or neck. It may stay in your chest, or can move or travel to your arms, neck, jaws, stomach, shoulder or back. It may feel like pressure, squeezing, fullness or pain in your chest. It can be dull or sharp, range from mild to severe, and may be accompanied by nausea or vomiting.

CAUSES OF CHEST PAIN

Besides a heart attack, some causes of chest pain include problems with:

- Anxiety, depression or panic attacks
- Blood or circulation (high blood pressure, aneurysm)
- Bones, nerves or muscles (shingles, hard coughing, overdoing exercise, arthritis)
- Digestive tract (ulcers, acid reflux, gas, gallbladder or pancreas issues)
- Heart (heart failure, rhythm or valve issues)
- Lungs (bronchitis, blood clots, breathing smoke or fumes)
- Street drugs or misuse of medicines

HOW TO TELL THE DIFFERENCE

Only a medical caregiver can say for sure if your chest pain is caused by a heart problem or not. Therefore, don't diagnose yourself or dismiss any signs of chest pain or discomfort.

WHERE TO GET HELP

Call 911 if you think are having a heart attack. Emergency services will make sure you are taken to the facility most equipped to handle heart issues.

The Chest Pain Centers at Johnson City Medical Center in Johnson City, Sycamore Shoals Hospital in Elizabethton, Tenn., and Johnston Memorial Hospital in Abingdon, Va., specialize in diagnosing and treating causes of chest pain.

For more information about medical services for heart issues see page 13.

WHAT'S GREAT ABOUT GETTING OLDER?



SPOT A STROKE

F.A.S.T.

Remember F.A.S.T. as an easy way to determine if someone is having a stroke according to the American Heart Association and the American Stroke Association.

Face Drooping

Does one side of the face droop or is it numb? Ask the person to smile.

Arm Weakness

Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

Speech Difficulty

Is speech slurred, or is the person unable to speak? Is their speech hard to understand? Ask the person to repeat a simple sentence like, "The sky is blue." Is the sentence repeated correctly?

Time to Call 911

If the person shows any of these symptoms, even if the symptoms go away, call 911 and get them to a hospital immediately.

OTHER STROKE SYMPTOMS TO KNOW

- Sudden NUMBNESS or weakness of face, arm or leg, especially on one side of the body
- Sudden CONFUSION, trouble speaking or understanding speech
- Sudden TROUBLE SEEING in one or both eyes
- Sudden TROUBLE WALKING, dizziness, loss of balance or coordination
- Sudden SEVERE HEADACHE with no known cause

For more information about strokes go to:
[StrokeAssociation.org/warningsigns](https://www.strokeassociation.org/warningsigns)



DETECTING DEPRESSION IN SENIORS

Problems and transitions that accompany aging, such as loss of a spouse or changes in mental and physical abilities, can lead to depression.

FINDING HELP

A variety of resources are available to help seniors develop the skills they need for coping or to get medical help. Seniors experiencing symptoms listed above (or their families or caregivers) can contact the following to find out about the best type of care to address depression or issues that may lead to it.

PRIMARY CAREGIVER: A doctor or primary caregiver can determine if medication or other conditions may be causing issues or if your loved one can benefit from emotional or behavioral health services.

PARISH NURSE: A number of churches in the area have a designated parish nurse who can help you find local services.

SENIOR LIFE SOLUTIONS PROGRAM: (423) 727-2235 or (423) 727-2236. Offered only at Johnson County Community Hospital and Dickenson Community Hospital. The program provides therapies, education and wellness programs. To make a referral call:

- [Dickenson Community Hospital](#)
Clintwood, VA
(276) 926-0351
- [Johnson County Community Hospital](#)
Mountain City, TN
(423) 727-2235 or 2236

VETERANS CRISIS LINE: 1-800-273-8255, then press 1. Veterans or their families can speak confidentially to a responder for support 24 hours a day, 7 days a week, 365 days a year. Text 83255 to get help now. Support for the deaf and hard of hearing is available.

Some signs of difficulty coping with these issues include:

- Anxiety
- Crying
- Decreased energy
- Depression
- Deterioration of daily living skills
- Difficulty coping with loss
- Difficulty sleeping
- Disorientation
- Feelings of worthlessness
- Hopelessness
- Loneliness
- Low self-confidence
- Restlessness
- Sadness
- Severe memory loss
- Sleep disturbance
- Social withdrawal
- Suicidal thoughts

WHAT'S GREAT ABOUT GETTING OLDER?



COMMUNITY RESOURCES FOR SENIORS



HOW TO FIND LOCAL COMMUNITY RESOURCES IN TENNESSEE

Residents in Northeast Tennessee can find help and community resources through these agencies.

- **FIRST TENNESSEE HUMAN RESOURCE AGENCY (FTHRA)**

fthra.org

(423) 461-8200

FTHRA is a non-profit organization providing social services including transportation, Meals on Wheels, adult day care, senior employment and volunteer opportunities, in-home personal care, computer classes and resources for elder abuse issues to residents of Carter, Greene, Johnson, Hawkins, Hancock, Sullivan, Unicoi and Washington counties in Northeast Tennessee.

- **TENNESSEE COMMISSION ON AGING AND DISABILITY**

tn.gov/aging

(615) 741-2056

This government agency offers information on caregiver support, long-term care ombudsman program, nutrition services, Medicare help and information and elder abuse reporting. The website includes the Tennessee for a Lifetime series of helpful videos on issues of aging including aging in place, assisted living, caregiving and end of life care.

- **2-1-1**

Dial 211 or go to **211.org**.

Connect to services for utility, rent and food assistance; free tax preparation; transportation; community clinics; and job-finding help.

- **SENIORRESOURCE.COM**

No phone number; access only online at **seniorresource.com**

This website lists products, services and resources by state (click on "Your State" at the top of the page) related to senior housing and communities, moving and storage services, assisted living, low vision, education opportunities, financial planning and more.

WHAT'S GREAT ABOUT GETTING OLDER?



HOW TO FIND LOCAL COMMUNITY RESOURCES IN VIRGINIA

Residents in Southwest Virginia can find help and community resources through these agencies.

- **2-1-1 VIRGINIA**
Dial 211 or go to **211.org**.
2-1-1 Virginia is hosted by the Virginia Department of Social Services in partnership with Council of Community Services, The Planning Council and United Way of Central Virginia. This organization can connect you to services for utility, rent and food assistance; free tax preparation; transportation; community clinics; and job-finding help.
- **UNITED WAY OF SOUTHWEST VIRGINIA**
<http://unitedwayswva.org/>
(276) 628-0975
Call or visit the website to find a list of community partners served by United Way that offer services to residents of Southwest Virginia.
- **SENIOR NAVIGATOR**
SeniorNavigator.org
(866) 393-0957
SeniorNavigator is a non-profit organization that provides free information about health and aging resources available to Virginians. The information focuses on issues such as health, financial concerns, legal questions, health facilities, housing options, transportation, exercise programs, advocacy and more. The site includes a family of websites with resources for the disabled, veterans and residents of Virginia. For issue-specific sections of the site go to:
 - Disability Navigator:
disAbilityNavigator.org
 - Virginia Navigator:
VirginiaNavigator.org
 - Veterans Caregiver Resource page:
veteranscaregivers.org
- **SENIORRESOURCE.COM**
No phone number; access only online at **seniorresource.com**
This website lists products, services and resources by state (click on "Your State" at the top of the page) related to senior housing and communities, moving and storage services, assisted living, low vision, education opportunities, financial planning and more.



SOURCES OF FOOD ASSISTANCE IN TENNESSEE

Food assistance is available at First Tennessee Area Agency on Aging and Disability and at local food pantries.

TENNESSEE

For help with food needs and to find a local food pantry near you contact:

- FIRST TENNESSEE AREA AGENCY ON AGING AND DISABILITY (FTAAAD)
ftaad.org
(866) 836-6678 or (423) 928-3258

TENNESSEE FOOD PANTRIES

- Berea Free Will Baptist
2309 Sinking Creek Road, Johnson City, TN
37604 (423) 928-3663
- Community Church Mountain City
Serves Johnson County
167 W.E. Neatherly Road, Mountain City, TN
(423) 727-8547
- Good Samaritan Ministries Inc.
100 N. Roan St., Johnson City, TN
(423) 928-0288
- Hunger First
829 Myrtle St., Kingsport, TN
(423) 677-0065
- Of One Accord Ministry
306 E. Main St., Church Hill, TN
(423) 921-8044
- Second Harvest Food Bank of Northeast TN
127 Dillon Court, Johnson City, TN
(423) 477-4053
- University Parkway Food Distribution Ministry
Serves Carter, Unicoi, Washington counties
University Parkway Baptist Church
219 University Parkway, Johnson City, TN
(423) 926-5841

WHAT'S GREAT ABOUT GETTING OLDER?

34 | Third Wednesday of the month when my social security check arrives!



SOURCES OF FOOD ASSISTANCE IN VIRGINIA

Two local agencies and several food pantries offer food assistance for residents of Southwest Virginia.

VIRGINIA

For help with food needs and to find a local food pantry near you contact:

- **DISTRICT THREE
GOVERNMENTAL COOPERATIVE**
district-three.org/link.php
4453 Lee Highway, Marion, VA
(800) 541-0933 or (276) 783-8157
Field Office: 104 Rex Lane, Galax, VA
(276) 236-5228
- **MOUNTAIN EMPIRE OLDER CITIZENS, INC.**
meoc.org
1501 Third Ave. East, Big Stone Gap, VA
(800) 252-6362

VIRGINIA FOOD PANTRIES

- Bristol Meals on Wheels
Bristol, VA
(276) 669-9485
- First Baptist Church Food Pantry
79 Longview Drive, Castlewood, VA
(276) 762-7270
- Food Bank of Wise County
1420 Park Ave. NW, Norton, VA
(276) 531-8686
- Grace Point Church Food Ministry
1119 Commonwealth Ave., Bristol, VA
(276) 644-4494
- Loaves and Fishes Food Pantry
141 S. Pine St., Chilhowie, VA
(276) 646-9939
- Second Harvest Food Bank
21452 Gravel Lake Road, Abingdon, VA
(276) 628-9266



FIND A SENIOR CENTER NEAR YOU

Local senior centers provide social opportunities, educational programs, screenings, health fairs, fitness classes, trips and more, and can identify nearby resources for the needs of seniors in the area. Some offer low-cost lunches onsite. Check with the senior center near you to find out what's available.

TENNESSEE

- Bristol-Slater Senior Center, Bristol
(423) 764-4023
- Senior Citizens Center, Church Hill
(423) 357-5387
- Elizabethton Senior Center, Elizabethton
(423) 543-4362
- Senior Adult Center, Erwin
(423) 743-5111
- Johnson City Seniors' Center, Johnson City
(423) 434-6237
- Jonesborough Senior Center, Jonesborough
(423) 753-1075
- Kingsport Senior Center, Kingsport
(423) 392-8400
- Mount Carmel Senior Center, Mount Carmel
(423) 357-3281
- Johnson Co. Senior Center, Mountain City
(423) 727-8883
- Rogersville Senior Center, Rogersville
(423) 272-9186

VIRGINIA

- Appalachia Senior Citizens, Appalachia
(276) 565-4849 - Wise County
- District Three Senior Services, Bristol
(276) 645-1031 - Washington County
- Douglas Senior Center, Bristol
(276) 645-7370 - City of Bristol
- Clinchco Senior Citizens Center, Clinchco
(276) 835-8404 - Dickenson County
- Clintwood Senior Citizens, Clintwood
(276) 926-8602 - Dickenson County
- Senior Citizens Center, Dante
(276) 495-8440 - Russell County
- Glade Area Senior Citizens, Glade Spring
(276) 429-5171 - Washington County
- Council Senior Citizen Center, Honaker
(276) 859-2915 - Russell County
- Senior Citizens Center, Marion
(276) 783-8411 - Smyth County
- Saltville Area Senior Citizens, Saltville
(276) 496-5984 - Smyth County
- Swords Creek Senior Citizens Center, Swords Creek
(276) 991-0004 - Russell County

WHAT'S GREAT ABOUT GETTING OLDER?



LOCAL SOCIAL SECURITY OFFICES

Call or visit your local Social Security offices for information and services concerning retirement, disability income and Medicare applications; Social Security and Medicare replacement cards; decision appeals; help with Medicare prescription drugs; and other Social Security-related issues.

TENNESSEE

- Carter, Hancock, Johnson, Unicoi & Washington counties:
818 Sunset Drive, Johnson City, TN 37604
(866) 964-5059
- Greene & Hawkins counties:
1618 Old Tusculum Road, Greeneville, TN 37455
(877) 405-0416
- Hancock County:
3112 Millers Point Drive, Morristown, TN 37813
(866) 875-6156
- Hawkins & Sullivan counties:
2401 S. Wilcox Drive, Kingsport, TN 37660
(888) 487-0161

VIRGINIA

- Bristol Office:
2484 Lee Highway, Bristol, VA 24202
(866) 504-5013
- Wise Office:
253 Ridgeview Road SW, Wise, VA 24293
(276) 679-7633 or (800) 772-1213



HEALTH RESOURCES CENTER SUPPORT GROUPS

The Health Resources Centers at the Johnson City Mall and Kingsport Town Center offer the following support groups. For meeting times and locations call (423) 915-5200 (Kingsport) or (423) 857-7981 (Johnson City).

- **BETTER BREATHERS CLUB** (in conjunction with American Lung Association), for people with chronic lung diseases
- **EARLY ONSET ALZHEIMER'S SUPPORT GROUP**, for caregivers and people in early-stage Alzheimer's or dementia
- **FIBROMYALGIA SUPPORT GROUP**
- **GLUTEN-FREE TRI CITIES**, help for living gluten-free
- **HEALING THE HURT**, grief support group
- **LYMPHEDEMA SUPPORT GROUP**
- **MENDED HEARTS**, for those who have had heart surgery
- **MULTIPLE MYELOMA SUPPORT GROUP**
- **PARKINSON'S SUPPORT GROUP**, source of guidance for controlling complications of Parkinson's treatments
- **SMART RECOVERY**, support group for substance or behavior addiction

WHAT'S GREAT ABOUT GETTING OLDER?



COMMUNITY SUPPORT GROUPS



You can find support groups hosted by various community organizations throughout the region, including those below.

■ ALZHEIMER'S SUPPORT GROUPS:

- Blountville, TN
Contact: Ann Dunkin
(423) 384-6258 or (423) 323-3969
- Bristol, TN
Broadmore of Bristol
(423) 764-4622
- Elizabethton, TN
Sycamore Shoals Hospital
Contact: Gay Gingrich
(423) 542-1358
- Gray, TN
Visiting Angels
(423) 207-0241
- Greeneville, TN
(423) 798-0404 or (423) 638-2226
- Johnson City, TN
(423) 928-1295 or (423) 975-2000 or
(423) 948-5388
- Johnson City, TN
caregiver support group, men only
(423) 302-4532 or (423) 967-4431
- Kingsport, TN
(423) 967-7368 or (423) 245-7212
- Abingdon, VA
(800) 541-0933 or (276) 783-8157

■ AMPUTEE SUPPORT GROUP

- Johnson City, TN
James A. Quillen Rehabilitation
Hospital (423) 952-1700

■ GRIEF SHARE SUPPORT GROUPS

- Elizabethton, TN
(423) 542-5551
- Kingsport, TN
Sunnyside Baptist Church
(423) 323-8142
- Marion, VA
First United Methodist Church
(276) 783-5194 or (276) 782-1991

■ STROKE SUPPORT GROUP

- Johnson City, TN
James A. Quillen Rehabilitation
Hospital (423) 952-1700



CAREGIVERS: WHERE TO FIND SUPPORT

To find a local support group or respite care program that fits your schedule, check with the following organizations:

- **CHAPTERS OF NON-PROFIT ORGANIZATIONS:** Alzheimer's Association, ALS Association, Parkinson's Disease Foundation, American Cancer Society and other disease-specific organizations often sponsor support groups for caregivers. Find a list of helpful websites on page 42.
- **FAMILY CAREGIVER ALLIANCE, NATIONAL CENTER ON CAREGIVING:** Visit [caregiver.org/family-care navigator](http://caregiver.org/family-care-navigator) to locate caregiver support services by state through Family Care Navigator.
- **NURSING HOMES:** Some sponsor support groups for caregivers.
- **LOCAL SENIOR CENTERS:** Check a list of senior centers on page 36 to find one near you.
- **ARCH NATIONAL RESPITE NETWORK AND RESOURCE CENTER:** Visit archrespite.org for respite care information.
- **CAREGIVER ACTION NETWORK:** Go to caregiveraction.org or call (202) 454-3970.
- **FIRST TENNESSEE AREA ON AGING AND DISABILITY (FTAAAD):** Provides information on family caregiver support programs. Go to ftaad.org or call (866) 836-6678 or (423) 928-3258.
- **U.S. DEPARTMENT OF VETERANS AFFAIRS:** Offers services for caregivers of veterans. Visit the VA website at caregiver.va.gov or call (855) 260-3274.

WHAT'S GREAT ABOUT GETTING OLDER?



HOSPITALS

TENNESSEE

- [Franklin Woods Community Hospital](#)
300 Med Tech Parkway, Johnson City, TN
37604 (423) 302-1000
- [Indian Path Medical Center](#)
2000 Brookside Drive, Kingsport, TN 37660
(423) 857-7000
- [Johnson City Medical Center](#)
400 N. State of Franklin Road
Johnson City, TN 37604
(423) 431-6111
- [Johnson County Community Hospital](#)
1901 S. Shady St., Mountain City, TN 37683
(423) 727-1100
- [Niswonger Children's Hospital](#)
400 N. State of Franklin Road
Johnson City, TN 37604
(423) 431-6111
- [Sycamore Shoals Hospital](#)
1501 W. Elk Ave., Elizabethton, TN 37643
(423) 542-1300
- [Unicoi County Memorial Hospital](#)
100 Greenway Circle, Erwin, TN 37650
(423) 743-3141
- [Woodridge Hospital](#)
403 N. State of Franklin Road
Johnson City, TN 37604
(423) 431-7111

VIRGINIA

- [Dickenson Community Hospital](#)
312 Hospital Drive, Clintwood, VA 24228
(276) 926-0300
- [Johnston Memorial Hospital](#)
16000 Johnston Memorial Drive
Abingdon, VA 24211
(276) 258-1000
- [Norton Community Hospital](#)
100 Fifteenth St. NW, Norton, VA 24273
(276) 439-1000
- [Russell County Medical Center](#)
58 Carroll St., Lebanon, VA 24266
(276) 883-8000
- [Smyth County Community Hospital](#)
245 Medical Park Drive, Marion, VA 24354
(276) 378-1000



HELPFUL WEBSITES

WEB ADDRESS FOR:

ALS or Lou Gehrig's disease	alsa.org/about-als/what-is-als
Alzheimer's	alz.org
Arthritis	arthritis.org
Cancer: specific types, risk factors, early detection, diagnosis, treatment	cancer.org
Cancers, various types	cancerfightingstrategies.com
Cancer information and online support groups	cancercare.org/support_groups.org
Cancer, self-esteem and quality of life for people undergoing cancer treatment	lookgoodfeelbetter.org
Chronic pain	theacpa.org
Cooking for one	pbs.org/food/theme/cooking-for-one
COPD	copd-international.com
Depression	webmd.com/depression
Diabetes support	diabetes.org
Fibromyalgia	webmd.com/fibromyalgia
Heart disease	heart.org
High blood pressure	cdc.gov/bloodpressure
Hypotension (blood pressure that drops when standing)	cdc.gov/bloodpressure
Incontinence	webmd.com/urinary-incontinence-oab
Information about dizziness or vertigo	webmd.com/brain/tc/dizziness- lightheaded-ness-and-vertigo-topic-overview
Men's health issues	webmd.com/men/guide
Osteoporosis	nof.org
Parkinson's disease	parkinson.org or michaeljfox.org
Prostate health	webmd.com/men/guide/prostate-problems
Rheumatoid arthritis	ra.org
Stroke	stroke.org
Osteoarthritis	arthritis.org/about-arthritis/types/osteoarthritis

WHAT'S GREAT ABOUT GETTING OLDER?

