

Senior Living

FALL 2016

Henry Colletto, Oakton, plays bocce in the 90- year- old and up group. In this case Colletto says, "there is nobody else in my age group. I played a lady last year." He adds, "I play because I'm Italian, but I had to stop bowling because of my body." Colletto says he gave one of his earlier medals to his 9-year old granddaughter. This year he will compete against Charley Williams from Annandale who is in the 70-79-year age group.

and Oakton
Vienna
CONNECTION



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The Kensington Falls Church Presents the Parkinson's Communications Club

Announcing an Introductory Orientation with
Codrin Lungu, MD and Susan Wranik, MS, MA, CCC-SLP
Saturday, October 22, 2016 • 1:30-3:30pm

Hilton McLean Tyson's Corner, 7920 Jones Branch Drive, McLean VA 22102

Light refreshments served • RSVP to Karen Akers at 703-570-8671 or to kakers@kensingtonsl.com

The Kensington Falls Church is pleased to announce its collaboration with the Parkinson Foundation of The National Capital Area (PFNCA) to offer the Parkinson's Communications Club. The Club establishes a wellness and prevention program for individuals with Parkinson's disease and their care partners, with a focus on maintenance of communication skills. It stresses the importance of speaking louder to be heard in social settings.

The Parkinson's Communications Club is led by a licensed speech-language therapist, Susan Wranik, who has been trained in LSVT LOUD therapy (Lee Silverman Voice Treatment,

which improves vocal loudness by stimulating muscles of the voice box and speech mechanism through systematic exercises). The Club, however, is not therapy. Rather, it is a group approach to applying the exercises and skills of LOUD and/or other therapies. The first of weekly sessions begins in November 2016 in Falls Church. The program is available at no cost.*

Please join us for an orientation with Dr. Codrin Lungu, Chief of the Parkinson's Disease Clinic at the National Institutes of Health, and Susan Wranik, MS, MA, CCC-SLP, Speech-Language Pathologist and President of Susan I. Wranik Associates, LLC. RSVP requested.



Codrin Lungu, MD is a board-certified neurologist who specializes in movement disorders. He is a member of the Parkinson Foundation of The National Capital Area Medical Advisory Board. He is currently involved in collaborative research at the National Institutes of Health (NIH) in several areas related to movement disorders.



Susan Wranik, MS, MA, CCC-SLP is a Speech-Language Pathologist and President of Susan I. Wranik Associates, LLC. She provides comprehensive assessment and treatment of speech, swallowing, memory and cognitive issues related to stroke, traumatic brain injury, Parkinson's, dementia and other neurogenic diseases. Home visits. Licensed in DC, MD, VA.


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*Annual PFNCA program registration required. There is a \$15 annual administrative fee, which can be waived for financial hardship.



Senior Living

982 Participants Signed Up for 2016 Northern Virginia Senior Olympics



PHOTO BY TOM MANNING/THE CONNECTION

Men's doubles semi-finals teams in the 80-89 age group pose for a group photo before the match begins. From left are Neil Lane from Reston and his partner Phil Doherty from Burke, Jerry Vance from Annandale and his partner Bob Wilkinson from Fairfax. Vance and Wilkinson won the match 9-7 (8 game pro set) to advance to the finals.



PHOTO BY TOM MANNING/THE CONNECTION

Oakton resident Tom Sullivan, 70, hurls a softball 179' 4" in the Softball Throw event on Sept. 14 at Wakefield District Park in Annandale. Sullivan's throw set a new record for the 70-74 age group.



PHOTO BY SHIRLEY RUHE/THE CONNECTION

Samir Salman from Vienna executes a back dive off the one-meter springboard at Yorktown High School Aquatic Center on Sept. 10 on an opening day event. Family members were on hand to cheer him on to a gold in the 70-74 age group.

Senior Olympics

The Northern Virginia Senior Olympics (NVSO) opened Sept. 10 and ran through Sept. 21 with another record registration of 918 participants. Saturday opening day ceremonies were followed by track and rowing events at Thomas Jefferson Community Center in Arlington and diving competition at Yorktown High School Aquatic Center.

Fifty events were held at 25 different venues across Northern Virginia including horseshoes and bocce at Fairfax Senior Center-Green Acres, field events at Stone Bridge High School Stadium, swimming at Claude Moore Recreation Center, tennis mixed doubles at Wakefield District Park and Wii Bowling at Greenspring Retirement Community Center in Springfield. There were two 100+ age group entries this year, Vera Punke from Arlington and Hilda Gross from Burke entered in the duplicate bridge competition held at St. Andrew's Episcopal Church in Arlington.

— SHIRLEY RUHE

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Senior Living

Regaining Mobility

Local orthopedic surgeons offer keys for successful joint replacement surgery.

BY MARILYN CAMPBELL
THE CONNECTION

Tired of the limited mobility and pain that have thwarted her love of foreign travel and fall hiking, Lynda S. Johnson, 72, scheduled a knee replacement surgery for later this month. She chose a doctor, found a pet sitter to watch her Cairn terrier, and enlisted her sister to live with her while she recovers.

"I had been debating for months about whether to have it," she said. "I was in so much pain, though, that I don't really think I have anything to lose."

For Johnson and approximately 7 million other Americans living with a hip or knee replacement, the decision to undergo such a surgery is fueled by a quest for less pain, more mobility and an overall boost to their quality of life.

Nearly 90 percent of patients who have knee replacement surgery experience less pain and 85 percent of the replacement joints still work after 20 years, according to the National Institute of Arthritis and Musculoskeletal and Skin Diseases. Most patients will feel better, and feel better quickly.

Addressing overall health issues like high blood pressure, diabetes and obesity can boost the chances that a joint replacement surgery will be successful, says Dr. C. Anderson "Andy" Engh orthopedic surgeon, Anderson Orthopedic Clinic at Inova Mount Vernon. "Work on both your overall health and conditioning," he said.

Patients should be up and out of their hospital beds as soon as possible. "Patients are walking with assistance hours after their surgery. The reason patients do better when they get up and move around is that they decrease the risk of pneumonia and blood clots," said Dr. Mark P. Madden, an orthopedic surgeon with OrthoVirginia. "We start out with patients using a walker and having someone assist them in walking, and they generally progress to become fully weight bearing without any assistance at all."

Also, have a support system in place prior to surgery, whether it's a significant other, grown child or close friend. Often dubbed coach or advocate, that person might at-

tend medical appointments with a patient prior to surgery, serve as their point of contact the day of surgery and provide morale support throughout the recovery process.

"The more eyes and ears in addition to the patient's, the better," said Engh, explaining why it's so helpful to have someone with the patient at appointments and throughout the recovery. "We approach things that we have to do with set expectations, and sometimes those expectations can keep us from hearing other things. Having another person there is a good reality check and note taker."

The coach should be able to spend a significant amount of time with the patient during the early recovery period. "That person can expect to be with you 16 hours a day for two to five days after surgery," said Engh. "I don't want someone alone by themselves all day during work hours. The coach or advocate is like a safety marshal who keeps the patient safe and reminds them to take their time during their recovery."

Dr. George Aguiar, an orthopedic surgeon at Reston Hospital Center, advises patients to determine how they will get help with grocery shopping, transportation, pet care and house cleaning in advance. "Having these types of things handled before you go into surgery can only help the recovery process."

Patients should plan ahead to safety-proof. "Do everything you can do to avoid a fall within the first two to three months after your surgery," said Engh. "Have clear pathways and be aware of rugs that can catch your feet. Have good, secure handrails on stairways to help prevent falls."

Timing also plays a role in the success of joint replacement surgeries. "Some patients ask if they're too old to have surgery," said Engh. "Don't wait until you're home bound to have this surgery because the recovery will be quite long."

To decide whether joint replacement surgery is the best option, says Madden, work with a physician and weigh the effect the pain is having on one's quality of life.

"There's no right answer for every patient," said Madden. "The real answer is to work with your doctor to find the right treatment."

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