

May
2015



All programs are open to Galveston County residents ages 60 and better and are located at Johnson Community Center unless noted.

Wayne Johnson
Community
Center

409.770.6251

4102 Main Street
(FM 519)
La Marque, TX
77568

www.
galvestoncountytx.
gov

www.facebook.
com/
Galvestoncounty.tx

Hours:

Mon - Fri
8 am - 5 pm

Monday, May 25,
2015 the Center
will be closed in
observance of
Memorial Day.

The Johnson Sentinel

May flowers in bloom

May Activities

*Please note all activities are FREE unless noted, and WEATHER PERMITTING

Minimum of 6 persons are required for special trips and tours

Cost of activities and programs: \$ (1-5) \$\$ (5-10) \$\$\$ (10+)

Absolute Kheir: Blood Pressure May 5 10:00 AM Absolute Kheir has renovated their offices and moved to Galveston. Join us for a blood pressure check and snack!

Mother's Day Tea May 6 10:00 AM We are hosting our annual Mother's Day Tea celebration in honor of all women. Tea and finger sandwiches will be provided. Wear your best hat and dress as Ms. Lee will host the fashion show **Raffle for prizes**

Gardening with the Masters May 7 10:00 AM First Thursday of Each Month. Join us as we visit the demonstration garden maintained by Galveston County Master Gardeners .

Trip to Froberg's Farm May 8 2015 10:00 AM Join us as we travel to Froberg's Farm in Alvin for fresh fruits, homegrown vegetables and homemade pies. Strawberries are in season and you can pick your own at a cost of \$2.25 per pound and \$1.00 for a Froberg bucket. Bring enough money to cover your purchases. \$\$\$

Trip to Moody Gardens: Rainforest Pyramid May 12 10:00 AM Enjoy a rare, up close and interactive experience with endangered plants and animals ranging from Giant Amazon River Otters to Saki Monkeys and Chinese Alligators. Cost is \$5. \$\$

Goodwill Senior Discount Day and Lunch at the Texas Dike May 20 10:00 AM. Every Wednesday, Goodwill has a 30% discount for older adults. Bring your shopping "cents". \$\$\$

Kemah Boardwalk May 22 11:00 AM Join us for a great day as we travel to the popular Boardwalk. If you would like to feed the Sting Rays, the cost is \$8.00 Please bring enough money to cover your additional purchases. \$\$\$

Trip to Rothko Chapel May 26 10:00 AM A tranquil meditative environment, the Chapel welcomes over 80,000 visitors each year,. to attend. Bring enough money to cover your purchases. \$\$

National Senior Fitness Day May 27 10:00 AM In observance of Senior Fitness Day, we will walk for health at Walter Hall Park.

Dickinson Garage Sale May 28 10:00 AM Join us as at the Dickinson Community Center where craft items, baked goods, and etc will be available. There will be hot dogs and beverage available for purchase. Please bring enough money to cover your purchases. \$\$\$

****The calendar and sentinel are subject to change daily****

Birthdays

On behalf of the Wayne Johnson Community Center, we would like to wish
Happy Birthday to the following people:

◇ *Patricia Airhart*
◇ *Florence Guisiti*

◇ *Robert Nelson*
◇ *Billie J. Marabella*

◇ *Bobbie Norris*

Classes

Jewelry — Rhonda Wilcox, Instructor | First Mondays: Nessler Center | Second and Third Mondays: Johnson Community Center | 10:00 AM to 11:30 AM | *Price(s) vary depending upon jewelry. Learn how to bead your own jewelry. Mrs. Wilcox will teach you how to design your own necklace, earrings, bracelets, etc.

Ceramics — Mary Richards | Thursdays | 10:00 AM to 12:30 PM Beginner's Ceramics | 1 PM to 4 PM Advanced Ceramics | Paint, brushes and basic clear glaze are FREE | Cost varies with individual pieces. Learn special techniques, designs, glazing and painting skills to create beautiful objects and decorations to adorn your home, office or provide to family and friends as a sentimental gift. **Every Friday at 10 am, a ceramics workshop is held at the Johnson Community Center where you can work independently on your projects.

Beading—Mitzie Warling | FREE | See calendar for date and time | Learn various stitching techniques to create beautiful works of art.

Scrapbooking with Lynda | FREE | See calendar for date and time | We are working on a creative photo project that will capture all the snapshots of our events here at the Center.

PLEASE NOTE:

Contact La Brenda Lee, Activities Assistant directly at 409-770-6263 no later than 12:30 PM each business day to let her know if you would like to be signed up for a meal at lunchtime for the next day. Please leave a voicemail stating your name and how many meals you would like for that day.

**Learning to Say No to Dialysis
by Paula Span**

Gerald J. Hladik was 74 when the day long anticipated by his doctors arrived: His kidneys, damaged years earlier by a viral infection, had lost 85 percent of their function. Time to begin dialysis. But from the beginning, Mr. Hladik resisted. An IBM retiree, he loved fishing, boating and gardening — and hated hospitals. “He said, ‘I don’t want to spend my time doing this,’ ” recalled his son, Dr. Gerald A. Hladik. “He wanted to be at home with his dog. He wanted to be able to go to the beach.”

A nephrologist at the University of North Carolina School of Medicine, Dr. Hladik understood better than most how kidney dialysis could consume a patient’s days. His father’s eventful medical history included a serious stroke and coronary bypass surgery. “Dialysis may have prolonged his life, but I suspect only by a couple of months,” Dr. Hladik said. So after considerable discussion, Mr. Hladik decided to skip the three weekly trips to a renal center, along with the resulting fatigue and dietary and travel restrictions. His doctors managed his heart disease and hypertension with drugs. He died at home in November, a year and a half after saying no to dialysis.

People over age 75 are the fastest-growing segment of patients on dialysis, and the treatment’s benefits and drawbacks add up differently for them than for younger patients. A growing number of nephrologists and researchers are pushing for more educated and deliberative decision making when seniors contemplate dialysis. It is a choice, they say, not an imperative. “Patients are not adequately informed about the burdens. All they’re told is, ‘You have to go on dialysis or you’ll die,’ ” said Dr. Alvin H. Moss, a nephrologist at West Virginia University School of Medicine and chairman of the Coalition for Supportive Care of Kidney Patients. “Nobody tells them, ‘You could have up to two years without the treatment, without the discomfort, with greater independence.’”

Dialysis involves filtering impurities from the blood when a patient’s faltering kidneys can no longer do so. Originally a temporary stopgap for those awaiting transplants, it has become the standard treatment for advanced kidney failure. Fewer than 10 percent of patients opt for peritoneal dialysis, which can be done at home. Most under go hemodialysis at a center where machines clean the blood and correct chemical imbalances.

**Learning to Say No to Dialysis
by Paula Span**

Do older people with advancing kidney disease really intend to sign up for all this? If they hope to reach a particular milestone — a great-grandchild birth, say — or value survival above all, perhaps so. But many express ambivalence. In a Canadian survey, 61 percent of patients said they regretted starting dialysis, a decision they attributed to physicians’ and families’ wishes more than their own. In an Australian study, 105 patients approaching end-stage kidney disease said they would willingly forgo seven months of life expectancy to reduce their number of dialysis visits. They would swap 15 months for greater freedom to travel.

In real-world hospitals and nephrologists’ offices, of course, patients aren’t offered such trade-offs. “People drift into these decisions because they’re presented as the only recourse,” said Dr. V. J. Periyakoil, a geriatrician and palliative care physician at Stanford University School of Medicine. More conservative approaches to kidney disease do exist and can improve older patients’ quality of life. Medication to control blood pressure, treat anemia, and reduce swelling and pain, “these are treatments that will keep people comfortable for long periods,” Dr. Moss said. “People choosing medical management could live 12 to 18 months, 23 months.” And spend less of that time in medical facilities.

To weigh the pros and cons, however, kidney disease patients need better information. Among 99 patients at dialysis centers in North Carolina, for instance, two-thirds told researchers their doctors had not mentioned the treatment’s risks or burdens. The same proportion said they felt they had no choice. But they do. And they can discontinue dialysis. Withdrawal from that treatment accounted for about a quarter of deaths of dialysis patients in 2006, according to a 2013 presentation to the American Association of Hospice and Palliative Medicine.

In its contribution to the Choosing Wisely campaign, which identifies procedures that physicians and patients should question, the American Society of Nephrology cautioned, “Don’t initiate chronic dialysis without ensuring a shared decision-making process between patients, their families and their physicians.”

May is...

Older Americans Month

- **When Older Americans Month** was established in **1963**, **only 17 million living Americans** had reached their 65th birthday.
- About a third of older Americans **lived in poverty and there were few programs** to meet their needs. Interest in older Americans and their concerns was growing.
- **A meeting in April 1963** between *President John F. Kennedy and members of the National Council of Senior Citizens* led to designating May as "Senior Citizens Month," the prelude to "Older Americans Month."
- Each May, the Administration for Community Living celebrates Older Americans Month to recognize older Americans for their contributions to the nation.
- This year, in honor of the 50th anniversary of the Older Americans Act (OAA), we are focusing on **how older adults are taking charge of their health, getting engaged in their communities, and making a positive impact in the lives of others.**
 - The theme for Older Americans Month 2015 is **Get into the Act.**
- Older Americans Month provides an **opportunity to raise awareness of the importance of** community engagement as a tool for enhancing the wellbeing of older adults.
- Now is the time **Get into the Act** to make the benefits of community living a reality for more older Americans.
- **Together we can** promote healthy aging, increase community involvement for older adults, and tackle important issues like the prevention of elder abuse.

CONTACT CENTER

Lynda Charles, **Senior Center Manager**, 409-934-8148

La Brenda Lee, **Activities Assistant**, 409-770-6263

Randy Wright, **Transportation Driver**, 281-798-1564