Local Health Systems Services for Seniors

Baptist Senior Health Services

Independence. It's the one thing all of us value. The freedom to come and go as we please, to choose and do whatever we want and to live comfortably in our own homes.

With the hospitals and services associated with Baptist Health System, you no longer have to fear losing that independence. Baptist offers a variety of programs and services designed to keep seniors healthy, independent and loving life.

Senior Plus 632-5170

A free benefits program for adults 55 and older, Senior Plus offers community programs, social events, prescription discounts, travel opportunities and money saving discounts at all Baptist facilities.

Senior Health Centers 632-5170

Seven convenient locations offer full-time physician care for patients 50 and older, and accept Medicare and most private insurance plans. Staff includes physicians, nurses, social workers, dietitians, and senior volunteers. This holistic approach to physician care is not offered anywhere else in the area.

Geriatric Assessment Program (GAP) 632-5058

Outpatient treatment for people 55 and older, GAP treats early memory loss, depression, dementia, anxiety and other mental health concerns. Caregiver training and support groups are also offered.

Baptist HomeCare and Hospice 549-2051/632-5718

Caring for patients in their home, HomeCare nurses provide numerous health services. Hospice provides skilled nursing care, spiritual counseling and therapeutic help for end-of-life patients and their families.

Baptist Lifeline-Personal Emergency Response Service 549-2020

Emergency assistance is available 24 hours a day, seven days a week. When activated, the call button worn on a necklace or bracelet, notifies the appropriate contact and help is sent.

Baptist Hospital of East Tennessee 632-5011 Baptist Hospital West 218-7011 Baptist Hospital for Women 218-6011

Contact

Deborah McMillan, Senior and Community Services, 549-2020

57





58

Covenant Health Systems

Senior citizens are the fastest growing segment of the population. In recognition of the need to serve this important group, Covenant Health Senior Services (CHSS) collaborates with local providers and community-based agencies to establish special programs that identify and address the health and social needs of the aging.

Our goal is to be the best comprehensive provider of senior health services and to be the first choice of seniors and their caregivers. Seniors appreciate the ease and convenience in accessing information

and services, and are comforted in knowing their care is coordinated with other providers in the health care system.

Covenant Health Senior Services assists older adults who are 50 or better in their effort to lead healthier, more independent lives. Please read on to find out more about some of the unique services offered.

Aging Resource Center Help
Line (ARCH) – the caregiver's
link to help in finding community
resources designed to make
caring for a loved one easier.

Behavioral Health - providing services in inpatient and outpatient settings and nursing home facilities.

Geriatric Case Management Outpatient Program (GCMOP) –

a post-discharge case management program to cover frail elderly who have no other care oversight; services are provided in the senior's home after discharge to sustain or improve their quality of life.

Geriatric Resource Nursing

Certification – our geriatrician and geriatric nurse practitioners work with all geriatric clinical staff of the Covenant Health System to develop senior friendliness and sensitivity via our exclusive Nurses Improving Care for Health System Elders (NICHE) program.

Health Fairs – periodically providing the community with free or low cost health screenings, blood screenings, and immunizations.

Lifeline (Personal Response and Support Service) – a

response service allowing seniors to live independently in their own homes with the assurance of quick assistance.

Parish Nurse Programs-

partnerships with several area churches to provide services to



the church and the surrounding communities.

Passport Senior Membership

Program – an array of social and health programs enabling seniors to network and learn healthy lifestyles for their own well-being.

Post Acute Care Services -

partnering with nursing facilities and the medical community to provide the appropriate level of care at the right time.

Senior Centers Network -

collaborating with a number of the area's senior centers to ensure that seniors have a social outlet and a sense of belonging.

Senior Wellness Programs – a variety of fitness programs with levels designed around seniors.

Speakers Bureau – access to health care clinicians and physicians to talk to your group about topics of interest.

In addition, CHSS is responsible for instituting compliance plans for programs and seniors in conjunction with the American Association of Homes & Services for the Aging's Quality First© program.

St. Mary's Directory of Selected Services

Behavioral Health:

- Adults (865) 545-7863
- Seniors (865) 545-7020 (Knox Co.); (423) 907-1222 (Campbell Co.)

Inpatient hospitalization & intensive outpatient programs. Higher Ground: 865.545.7222. Outpatient services.



Programs for a successful recovery from heart-related illnesses with locations in Knox, Jefferson and Campbell Counties.

CareVan for Seniors: (865) 524-2220 Free transportation to medical appointments at St. Mary's locations in Knox County. Donations accepted.

Companion: (865) 545-6741

Emergency response system for help when needed.

Diabetes Management Center: (865) 545-8300 Education on living with diabetes.

Health & Fitness Center: (865) 938-5015 Fitness programs & spa services.

Holston Health & Rehabilitation Center: (865) 524-1500 Long-term care & rehabilitation services.



60



HomeCare Equipment Company:

(865) 523-9999 Health-care equipment for the home. HomeCare Services: Skilled nursing for home health care.

Fountain City..... (865) 545-3500 Maynardville (865) 922-3840 Jefferson City (865) 471-0300 LaFollette (423) 907-1575 Andersonville Pike.. (865) 925-5500

Hospice: (865) 925-5500

Residential or in-home care for those terminally ill.

MD4U Physician Referral: (865) 545-MD4U or toll-free 1 (888) 903-MD4U Information on primary care physicians & specialists.

Nutritional Counseling: (865) 545-7590 Outpatient education on proper nutrition.

Pain Management Center: (865) 545-7246 Care for chronic pain.

Physical Therapy:

Outpatient rehabilitation services. Health & Fitness Center

PrimeLife for Seniors: (865) 545-6741 Free membership program for

those age 50+ with many benefits & services.

PrimeLife for Seniors HelpLine: (865) 545-6741 Assistance with health-care needs & other senior resources.

RehabCare Center: (865) 545-7763 Inpatient rehabilitation services.

Samaritan Place: (865) 684-1880

Short-term emergency transitional housing & day/overnight respite services.

Senior Housing:

- Villa at Halls (865) 925-0818
- Riverview I & II (865) 523-2834 Independent villa apartments for those age 62+ with limited incomes.

Sleep Disorders Center: (865) 545-7529 - Testing, diagnosis & treatment options with locations in Knox, Jefferson and Campbell Counties.

St. Mary's North - Outpatient treatment & health-care services.

 Cancer Center
 865.859.7002

 Imaging Center
 865.859.7000

 Women's Center
 865.859.7063

Volunteer Services: (865) 545-7684 - Opportunities for assisting patients & families.



Women's Services: (865) 545-3301

Full spectrum of services for women's health care.

Wound Healing Center: (865)

545-8888 Outpatient treatment for chronic, non-healing wounds.

For a complete list of St. Mary's services, please visit **www. stmaryshealth.com** or call (865) 545-6741.

Hospitals

- St. Mary's Medical Center, Knoxville (865) 545-8000
- St. Mary's Jefferson Memorial Hospital, Jefferson City (865) 471-2341
- St. Mary's Medical Center of Campbell County, LaFollette (423) 907-1429

Other Knoxville Facilities

- St. Mary's Ambulatory Surgery
 Center
- St. Mary's Foundation
- St. Mary's Health & Fitness Center
- St. Mary's Holston Health & Rehabilitation Center
- St. Mary's HomeCare Equipment Co.
- St. Mary's HomeCare Services
- St. Marys North Cancer, Women's & Imaging Center
- St. Mary's Residential Hospice

University of Tennessee Medical Center Senior Health Programs

Prostate Cancer Support Group

University of Tennessee Medical Center

A support group for men with prostate cancer or who have a history of prostate cancer in their family.

Meetings are the first Thursday in every month from 12 Noon-1pm. Lunch is provided.

Location is on the 4th floor conference room in Building D at the University of Tennessee Medical Center.

Call Teri Green at 865-544-6154 or the American Cancer Society at 1-800-ACS-2345 for more information.

Look Good Feel Better

University of Tennessee Medical Center

The UT Medical Center provides women who suffer with cancer free makeup, makeovers and lessons on how to cope with the side effects of chemotherapy. Participants learn techniques on how to use scarves to look and feel better about hair loss.

Meetings are on the fourth Monday of every month from 10 a.m.-11:30 a.m. at the UT Medical Center.

61

62

Call Teri Green at 865-544-6154 or the American Cancer Society at 1-(800) ACS-2345 for more details.

4 Your Heart

UT Medical Center's Heart Lung Vascular Institute

The Heart Lung Vascular Institute offers cardiac consultations, screenings, and recommendations. There will be speaking engagements on how to recognize the warning signs of a heart attack and maintain a healthy heart. For more information call 1-877-UT-CARES.



The UT Medical Center's Medical Fitness Program is now open to anyone in the community. The program offers a convenient and affordable workout, with personal

attention from an exercise specialist and access to emergency medical care. A wide range of exercise equipment is available. Amenities include locker rooms with showers, lockers and towels.

Hours of operation are Monday – Friday, 7 a.m. – 6 p.m. For more information contact Ray Bales, exercise specialist, at 865-544-6630.

I Can Cope Support Group University of Tennessee Medical Center

A support group for those diagnosed with cancer. Speakers provide information on different issues and topics on cancer.

Call Teri Green at 865-544-6154 or the American Cancer Society at 1-800-ACS-2345 for more information.

Senior Summit Sponsors

- Baptist Hospital
- Covenant Health
- St. Mary's Health System
- The University of Tennessee Medical Center
- The Knoxville News Sentinel
- The Knoxville Convention Center

- Rural Metro Corporation
- WNOX News Talk 99
- The Knoxville Expo Center
- Priority Health Care Services
- All Care Plus, Inc.
- Maximus (Flu Shots)

Thank you!