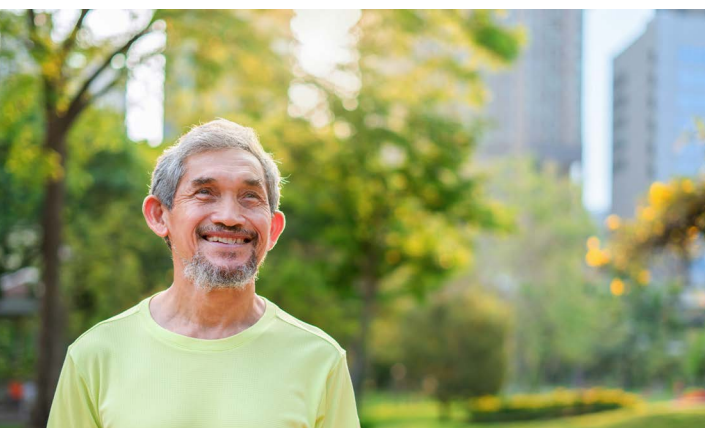


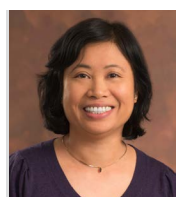
A healthier today Rush Generations

and a vital tomorrow



Your Health

Start Your Day Off Right: Tips for a Calmer, Healthier Morning



Maria C. Reyes, MD
Internist

Even if you've left your commuting days behind, mornings can still feel hectic. It's easy to hit the snooze button, then linger in bed a little too long while you scroll through your phone —

and suddenly, you find yourself scrambling. Before you know it, you feel off balance and stressed for the rest of the day.

To help you begin each day in a calmer, healthier way, **Maria C. Reyes, MD**, an internal medicine physician at Rush, offers a few helpful tips.

Slow down. Try meditating for 10 minutes first thing in the morning. "Meditation in the morning is very helpful in dealing with stress," Reyes says. And, she added, avoid reaching for your phone to check texts or emails while you're still in bed. It may feel productive, but it can actually delay the start of your day and increase anxiety. If temptation is strong, keep your phone out of the bedroom.

Drink water first. Before your morning coffee, have a glass of water. "We get dehydrated overnight," Reyes says. "Drinking water in the morning replenishes fluids, flushes toxins and may help kick-start your metabolism." After water, enjoy your coffee — one or two cups is fine. Studies show that moderate coffee intake may lower the risk of diabetes, heart disease and cancer.

Choose protein over carbs. "Think of food as fuel," Reyes says. A protein-rich breakfast keeps energy steady and helps avoid a midmorning crash. Skip the donuts and bagels — instead, go for Greek yogurt or an egg white omelet with veggies and lowfat cheese. Prefer fruit in the morning? Eat it whole instead of juicing. Juicing removes fiber that helps digestion and keeps you full. Blueberries, fresh or frozen, are especially rich in healthy antioxidants.

Move your body. Even a little movement boosts circulation, focus and mood. If possible, take a 30-minute walk, do yoga or go for a bike ride. If you're short on time, try 10 minutes of stretching or light exercise. Even gentle stretches in bed can help.

Prepare for a good night's sleep. A smoother morning often begins the night before. Try these bedtime habits:

- Take a relaxing bath.
- Turn off screens at least an hour before bed.
- Set out clothes and prep a healthy breakfast (try overnight oats or egg bites baked in a muffin tin).
- Make sure your room is quiet, dark and a comfortable temperature for restful sleep.

"These steps may sound simple," Reyes says, "but creating a calming routine can make a big difference in how you feel each day."

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Join us on July 23 for a conversation about holistic approaches to health. [See the calendar insert for details.](#)

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Brought to you by the Department of Social Work and Community Health

710 S. Paulina St.
Chicago, IL 60612-3872
rush.edu/rushgenerations

Creating Advance Directives: A Gift to Your Loved Ones



Jori E. Fleisher, MD, MSCE
Neurologist

Advance directives are essential planning tools that let you express your health care preferences and ensure that your wishes are respected, even if you're unable to communicate them.

"Advance directives are really important because they allow you or your family to identify what you would want to have happen," if you become incapacitated, says **Jori E. Fleisher, MD, MSCE**, a Rush neurologist, who advocates for her patients to have advance directives in place.

Types of advance directives

A **power of attorney for health care** designates someone to make medical decisions on your behalf if you're unable to do so. "This will allow you to identify who you would want to help you make decisions in the event that you're not able to make decisions for yourself," Fleisher explains.

It's important to choose someone who understands your values and can make decisions aligned with your preferences. The goal is for your designee to make the decision you would want to make, which might not be the same decision they'd make for themselves.

A **living will** supplements the power of attorney for health care with general instructions about the types of medical treatments you would or would not want, and can be as simple or detailed as you'd like. You can use a generic template or have an attorney draft your living will.

A **physician/medical order for life-sustaining treatment (POLST/MOLST)** tells first responders how you want to be treated in case of a life-threatening emergency. A shorthand version of your living will, this document has very specific instructions, and is often used by people with serious illnesses who may have a low chance of meaningful recovery if interventions

like CPR and intubation are performed. You should display your POLST/MOLST on your refrigerator, or put a note on the fridge letting paramedics know where they can find it.

Having the conversation

Creating advance directives involves more than just filling out forms. It requires open and honest conversations with your loved ones, which can be difficult — but they're crucial.

"The overarching thing to consider is having conversations with the people around you: 'What are your wishes? What are your preferences?'" Fleisher says.

Resources like [TheConversationProject.org](https://www.theconversationproject.org) can help guide your conversations and provide forms for you to fill out. Advance directives don't require an attorney to prepare the forms or a notary public to certify signatures. In Illinois, a living will and power of attorney for health care both need to be signed in front of witnesses, but don't need to be notarized; a POLST/MOLST requires signatures from you and your physician.

"The biggest gift you can give to your loved ones is telling them what you might want, so they're not trying to guess or worry about making the wrong decision," Fleisher says. "A little bit of planning and awkward conversation now can save so much difficulty and heartache down the road."

Join us on Aug. 6 for a conversation about advance directives. See the calendar insert for details.

Rush Generations Celebrates 20 Years of Impact



Rush Generations volunteers and partners gathered on May 14 to celebrate the program's 20th anniversary.

A free membership program to help older adults maximize well-being? **Robyn Golden, MA, LCSW**, loved the idea so much that she joined Rush in 2004 to collaborate with colleagues and community members to build such a program.

"We asked older adults and caregivers about what they wanted to improve their health and wellness — not just the medical component, but the emotional side of aging and health," says Golden, now associate vice president of social work and community health at Rush.

In 2005, Rush Generations launched, attracting 992 members in its first year. Today, its more than 18,000 members range in age from the 40s to the 90s, because "Generations' is intentionally plural," says **Grisel Rodríguez-Morales, MSW, LCSW**, senior manager of health promotion programs. Tens of thousands of community members have taken part in programs for managing chronic conditions, exercise classes, health screenings, lectures by experts, support groups and much more.

Is Rush Generations one of the things that matters to you? We'd love to hear why. You can record a short video (visit bit.ly/RecordMyStory) or email us at rush_generations@rush.edu.

Essential Vaccines for Older Adults



Samantha Long,
BSN, RN
Community Health RN

Over time, our immune systems become less efficient at fighting infection, which means that older adults are more likely to experience serious complications from preventable diseases. For people over 65, staying up to date with vaccinations is critical for maintaining health and independence.

“Many adults don’t realize that they still need vaccines or may not know which ones are recommended for them,” says **Samantha Long, BSN, RN**, a community health nurse and advanced public health nursing doctoral student at Rush. “Some might think vaccines are only for kids, but that’s not the case.”

The numbers tell the story, according to Long:

- People 75 and older are about nine times more likely to die from COVID-19 than younger adults.
- Between 60,000 and 160,000 older adults are hospitalized every year — and 6,000 to 10,000 die — because of respiratory syncytial virus (RSV).
- People 65 and older account for 70 to 85% of all seasonal flu-related deaths.
- More than 95% of adults who were hospitalized for COVID-19 in 2023 and 2024 had no record of receiving the latest vaccine.

Which vaccines do you need?

Influenza (flu)

Rather than a standard-dose flu vaccine, adults 65 and older should receive high-dose inactivated (containing killed flu virus) or recombinant (lab-created, without killed flu virus) vaccines, or an adjuvanted inactivated flu vaccine, which contains an ingredient that helps create a stronger immune response. You need a flu vaccine every year — but protection decreases over time, so don’t put it on your calendar too early. The best time to get vaccinated is in September or October.

COVID-19

Everyone over the age of six months needs an updated dose annually in the fall, and if you’re 65 or older you need an additional dose six months

after your first dose. “We cannot let our guard down. COVID-19 vaccines are still very important,” Long says. In Illinois, nearly 400 people died of COVID-19 in the first three months of 2025.

RSV

RSV is the leading cause of lower respiratory tract infections like bronchiolitis and pneumonia. The RSV vaccine is recommended in late summer or early fall for everyone ages 75 and older, and for people ages 60 to 74 who have risk factors like lung disease, heart disease, diabetes, chronic kidney disease or weakened immune systems. RSV vaccination is not an annual requirement, and you only need one dose.

Pneumococcal pneumonia

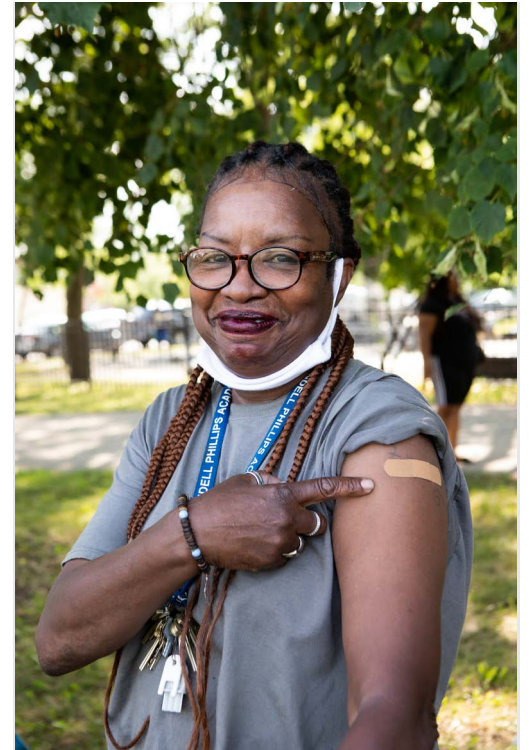
Everyone 50 and older should get this vaccine to protect against serious bacterial infections that can cause pneumonia, meningitis and sepsis. The type of vaccine and number of doses you need depends on your age and situation, so discussing your options with your primary care provider is important.

Tetanus, diphtheria, pertussis (Tdap)

All adults should receive the Tdap vaccine every 10 years to protect against tetanus, diphtheria and pertussis (whooping cough). If you’re 65 or older, you should make sure you get the Boostrix® Tdap vaccine. “Pertussis can make older adults very sick, and they can also spread it to babies and young children,” Long says.

Shingles

Shingles is an extremely painful rash that’s caused by the same virus that causes chickenpox. Two doses of the shingles vaccine, usually given two six months apart, are recommended for all adults 50 and older.



Where to get vaccinated

Vaccinations are widely available at:

- Hospitals and health care providers’ offices
- Pharmacies
- Community health care clinics
- Public health departments
- Community health fairs or events

“Vaccines have saved more lives than any other medical intervention, including antibiotics or surgery. They’re the most effective health intervention ever created,” Long says. “When you choose to get vaccinated, you’re protecting not just yourself, but those around you, including your family, friends and others in the community.”

Join us on Aug. 20 for a discussion on immunizations for older adults. See the calendar insert for details.

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(800) 757-0202



PLEASE NOTE: All physicians featured in this publication are on the medical staff of Rush. Some of the physicians are in private practice and, as independent practitioners, are not employees or agents of Rush. Rush is an academic health system comprising Rush University Medical Center, Rush Copley Medical Center and Rush Oak Park Hospital.

4 Things to Know About Enrolling in Medicare

Medicare coverage is essential for many people over 65 and people with disabilities — but its rules can be confusing. Here are four important things to know.

- 1. Know your enrollment period:** Your Initial Enrollment Period (IEP) begins three months before your 65th birthday and lasts for seven months. If you miss this window, you may face penalties, unless you qualify for a Special Enrollment Period. Qualifying events include moving or losing coverage.
- 2. Understand your coverage options:** Medicare has different parts. Part A (hospital insurance) and Part B (medical insurance) are included in Original Medicare, while Part C (Medicare Advantage) offers private plans with extra benefits. Part D covers prescription drugs. Choosing the right mix depends on your health needs and budget.

- 3. Consider additional coverage:** Many people add a Medicare supplement (also called Medigap), which is extra insurance you can buy from a private company to help pay your share of Part A and Part B costs. Some people choose a Medicare Advantage plan that bundles services. But you have to choose: You can't have Medigap and Medicare Advantage at the same time.

- 4. Take advantage of free help:** You can get free, one-on-one counseling from a licensed Medicare advisor. Visit www.shiphelp.org to find an advisor near you. For more details, visit [Medicare.gov](https://www.medicare.gov).

Join us on Sept. 3 for a Medicare 101 discussion.
See the calendar insert for details.

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Summer 2025 Free Health and Aging Events

The following lectures will be held virtually. You can view them online or listen to them via phone. Lectures typically last about one hour. For updates on Rush Generations programs, sign up for our emails at bit.ly/RushGenerations.



To join these lectures online,

visit the Rush Generations
YouTube page at the
time of the event:
cutt.ly/RushGenYouTube.



To dial in via phone (audio only):

Call **(312) 626-6799** at the
time of the event and enter
meeting ID 413 655 0125#.

July

Maintaining Independence Through Prevention

Wednesday, July 2, 1 p.m.

With the right tools and support, you can stay independent at home for as long as possible. We'll share practical tips and explore simple ways to stay safe and self-reliant, including home modifications, annual wellness visits and physical and occupational therapy.

Holistic Approaches to Health

Wednesday, July 23, 1 p.m.

Caring for your health means looking at the whole wellness picture. We'll explore holistic options like massage, acupuncture and aromatherapy and learn how they can complement traditional care. You'll discover ways to reduce stress, ease pain and support overall well-being so you can feel your best inside and out.

August

Understanding Advance Directives

Wednesday, Aug. 6, 1 p.m.

It's never too early to make sure your health care wishes are known. Hear from experts about different types of advance directives, including living wills and health care powers of attorney, and how they ensure your wishes are followed when it matters most.

Immunizations for Older Adults: What to Know

Wednesday, Aug. 20, 1 p.m.

Vaccines play a vital role in keeping us healthy as we age. This lecture will cover the recommended immunizations for older adults, from flu and shingles to RSV and COVID-19, as well as how they work and why it's important to stay up to date.

September

Medicare 101

Wednesday, Sept. 3, 1 p.m.

Whether you're enrolling in Medicare for the first time or want to be sure you're getting the most out of the program, join us to learn about your benefits. Our experts will walk you through the basics of coverage and share the latest updates.

Falls Prevention

Wednesday, Sept. 24, 1 p.m.

Falls are a leading cause of injury for older adults — but they're often preventable. In this special National Falls Awareness Month program, part of our Schaalman Senior Voices lecture series, experts will share tips for improving your balance, reducing fall risks and staying safe.

Classes and Workshops

This quarter’s offerings are a mix of virtual and in-person events.

For all events, please call (800) 757-0202 to:

- **Get a Zoom link for virtual meetings.** You’ll need internet access and the Zoom app on a computer, tablet or smartphone with a webcam.
- **Join a self-guided version of a workshop** with a weekly conference call check-in.
- **Pre-register for in-person meetings.**

For updates from Rush Generations, sign up for our emails at bit.ly/RushGenerations.

Well-Being Series: Creating Balance and Wellness From Within

Tuesdays, July 8 to Aug. 12, 1:30 to 3 p.m.

This transformative program helps you tap into your body’s innate ability to heal and thrive. Through a blend of mindfulness, acupressure techniques and the science of habit formation, you’ll be empowered to take charge of your well-being from the inside out.

Armour Academic Center, 600 S. Paulina, Room 968, Chicago, IL 60612

Bingocize

**Tuesdays and Thursdays,
July 8 to Sept. 11, 10 to 11 a.m.**

This program combines the game of bingo with fall prevention exercises.

Central West Senior Center
2102 W. Ogden Ave.
Chicago, IL 60612

Learning to Live Well With Chronic Pain

**Wednesdays, July 23 to Aug. 27
2 to 4:30 p.m.**

A workshop for people living with chronic pain, this program gives you skills to better cope with day-to-day pain management.

Johnston R. Bowman Health Center
710 S. Paulina St., Suite 316
Chicago, IL 60612

A Matter of Balance
**Tuesdays and Thursdays,
Aug. 5 to Aug. 28, 1 to 3 p.m.**

This workshop can help you reduce fall risks, build strength and balance and overcome the fear of falling.

Johnston R. Bowman Health Center
710 S. Paulina St., Suite 316
Chicago, IL 60612

Walk With Ease
**Wednesdays, Thursdays and Fridays,
Aug. 20 to Oct. 10, 1 to 2:30 p.m.**

You’ll enjoy self-paced walking plus health education with a certified facilitator to help improve mobility, reduce pain and connect with others.

Garfield Park Conservatory
300 N. Central Park Ave.
Chicago IL 60624

Tai Chi for Arthritis and Fall Prevention (online via Zoom)
**Wednesdays and Fridays,
Aug. 20 to Oct. 10, 11 a.m. to noon**

This program helps relieve pain, reduce stress and improve quality of life.

Fit & Strong
**Mondays, Wednesdays and Fridays,
Sept. 29 to Nov. 21, 1 to 2:30 p.m.**

This program for people with limited leg mobility combines strength training, aerobic walking and education to improve balance, mobility and lower body strength while reducing pain and anxiety.

Ann Byron Waud Resource Center
710 S. Paulina St., Suite 438
Chicago, IL 60612

Both Rush University Medical Center and Rush Oak Park Hospital comply with applicable federal civil rights laws and do not discriminate on the basis of race, color, national origin, age, disability or sex.

Español (Spanish)
ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-312-563-2987 (TTY: 1-312-563-2987).

Polski (Polish)
UWAGA: jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer 1-312-563-2987 (TTY: 1-312-563-2987).

繁體中文 (Chinese)
注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-312-563-2987 (TTY: 1-312-563-2987)

한국어 (Korean)
주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1-312-563-2987 (TTY: 1-312-563-2987)번으로 전화해 주십시오.

Tagalog
PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa 1-312-563-2987 (TTY: 1-312-563-2987).

العربية (Arabic)
ملاحظة: إذا كنت تتحدث اللغة العربية، فإن خدمات المساعدة اللغوية متاحة لك مجاناً. اتصل بالرقم 1-312-563-2987 (TTY: 1-312-563-2987).

Русский (Russian)
ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните по телефону 1-312-563-2987 (телетайп: 1-312-563-2987).

ગુજરાતી (Gujarati)
સૂચના: જો તમે ગુજરાતી બોલતા હો, તો નિ:શુલ્ક ભાષા સહાય સેવાઓ તમારા માટે ઉપલબ્ધ છે. ફોન કરો 1-312-563-2987 (TTY: 1-312-563-2987).

وُردُا (Urdu)
خبردار: اگر آپ اردو بولتے ہیں، تو آپ کو زبان کی مدد کی خدمات مفت میں دستیاب ہیں۔ کال کریں 1-312-563-2987 (TTY: 1-312-563-2987).

Tiếng Việt (Vietnamese)
CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-312-563-2987 (TTY: 1-312-563-2987).

Italiano (Italian)
ATTENZIONE: In caso la lingua parlata sia l'italiano, sono disponibili servizi di assistenza linguistica gratuiti. Chiamare il numero 1-312-563-2987 (TTY: 1-312-563-2987).

हिंदी (Hindi)
ध्यान दें: यदि आप हिंदी बोलते हैं तो आपके लिए मुफ्त में भाषा सहायता सेवाएं उपलब्ध हैं। 1-312-563-2987 (TTY: 1-312-563-2987) पर कॉल करें।

Français (French)
ATTENTION: Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 1-312-563-2987 (ATS: 1-312-563-2987).

λληνικά (Greek)
ΠΡΟΣΟΧΗ: Αν μιλάτε ελληνικά, στη διάθεσή σας βρίσκονται υπηρεσίες γλωσσικής υποστήριξης, οι οποίες παρέχονται δωρεάν. Καλέστε 1-312-563-2987 (TTY: 1-312-563-2987).

Deutsch (German)
ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 1-312-563-2987 (TTY: 1-312-563-2987).