



Dr. Peter A. Boling

## Generations Streamlines Healthcare for Area Seniors

In the next 30 years, the number of Americans over age 65 will double. About one in five people will be over age 65. More people than ever will blow out candles on their 85th birthdays, and even their 95th.

"The 85+ group is the fastest-growing segment of our older population—and the area of greatest concern for healthcare providers," says Dr. Peter A. Boling, Director of Geriatrics for the MCV campus. "In 10 years, this group will grow by 56 percent. The impact on healthcare will be significant. More people will need higher-level medical care for illnesses like heart disease, cancer, diabetes, arthritis, and memory impairment.

"Fortunately MCVH has a strong history of providing innovative, compre-

hensive care to seniors through pioneering programs like House Calls, a 'mobile doctor's office' we established in 1984," he adds. "We're now integrating our senior care services into one unique program: Generations. Our goal is to increase the availability, quality, accessibility, and coordination of all of our services to make it easier for patients to receive the best care possible."

Through the Generations program, patients will be able to access medical care and information in 18 specialties and more than 50 subspecialties by making *one phone call*. With that phone call, Generations staff will assist seniors in coordinating their appointments so they can see multiple specialists with one trip downtown—instead of a series of trips.

The Generations team will enable seniors and their families to develop a game plan and chart a course for total care that meets the spectrum of their health and lifestyle needs. The program encompasses all aspects of care, from regular visits to the doctor's office to major surgery and even transition to short-term or long-term nursing home care. In some cases, Generations staff also can provide physician care in many nursing homes.

Generations is open to all seniors whether they need a single specialty

service or the full continuum of care. Generations also offers resources and guidance for people who are caring for an older family member. To reach Generations, call 828-6284.

## "Choose to Lose" 8-Week Class Begins on January 15

Think you have to give up all of your favorite foods to lose weight? Guess again. MCV Women's HealthCare's "Choose to Lose Healthy Eating and Weight Loss Program" for men and women is a sensible and scientifically sound approach to weight loss that allows you to select the foods you want to eat. You customize your own menus. You balance your protein, fat, and carbohydrate. You control your own weight loss—without feeling deprived.

The next eight-week series begins on January 15. Classes will be held Mondays from 7 to 9 p.m. through March 5. All sessions will be held at MCV Women's HealthCare at 9000 Stony Point Parkway. Registration is \$175 for the regular program, and \$200 for the PLUS program, which includes a one-hour nutrition consult with a registered dietitian. To register, please call 560-8955. For more information, call 560-8950, ext. 7177.