

# 2018 Winter News Brief

*Keep it beating...  
live your life  
with heart*

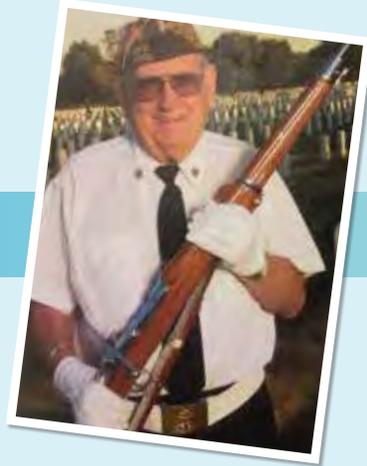


UNITED HOSPITAL  
FOUNDATION

*Thanks to you:* People can continue to live the life they love

UNITED HEART & VASCULAR CLINIC

## Changing lives one heart valve at a time



### "My TAVR\* procedure kept me volunteering" – Gordon "Gordy" Bauer, age 92

Gordy is very humble when discussing his extensive volunteer resume. "I enjoy what I'm doing, and I can't make it any plainer," he says. As a retired Navy diesel engineer, Bauer has a particular interest in assisting military personnel and their families. "I get personal satisfaction from helping servicemen and servicewomen."

Gordy has spent countless hours volunteering at the Minneapolis and Hastings veterans homes assisting in various events, from bingo games to clothing drives. He's prepared and served meals at the Dorothy Day Center for more than 25 years. He's also donated over 10 gallons of blood to the Red Cross.

During the summer of 2016, Gordy's severely narrowed aortic heart valve was causing increased

fatigue and shortness of breath, making his volunteering difficult. After discussing his treatment options with his physicians, Bauer elected to have the minimally invasive TAVR\* procedure.

Today, Gordy volunteers at the Armed Forces Service Center at the Minneapolis-St. Paul International Airport. During his midnight to 4:30 a.m. shift, he welcomes on duty soldiers and their families with bags of goodies, American flags and a heart-felt smile.

*\*TAVR (Transcatheter Aortic Valve Replacement): a procedure that allows physicians to replace a calcified and narrowed aortic valve (aortic stenosis) using a catheter device placed through the femoral artery in the groin instead of traditional open heart surgery.*

**Left:** Gordon Bauer, 92, holding the x-ray of his new heart valve

**Middle:** Member of the Memorial Rifle Squad at Fort Snelling National Cemetery

**Right:** 2005 Twin Cities Volunteer Hall of Fame Ceremony

*Through your support of United Hospital, our patients have access to groundbreaking lifesaving technology.*

## To your health:

### Strength training for stronger brains



By Stephanie Smith, OTR/L and Puthida Chart, DPT

Strength training can help older adults improve or maintain good physical health. Did you also know that it may help improve brain health?

Research has long shown that seniors who include regular (two to three times a week) strength or resistance training in their routine reap a number of physical benefits, including:

- stronger muscles
- increased metabolism and reduced fat
- reduced risk of diseases, such as osteoporosis, heart disease, arthritis and diabetes
- improved sleep
- better balance and flexibility

More recently, scientists have looked at how strength training affects how the brain works, or cognition. As our population ages, the number of people diagnosed with an age-related cognitive-impairment will increase. Nearly five million people in the United States have been diagnosed with Alzheimer's disease; this number is expected to rise to 16 million by 2050. It's no wonder that researchers have increased their work into different ways to combat these impairments, including the effects of strength training.

Some studies have found that older adults with little or no cognitive impairment show improved memory,

information processing, attention span, planning and organizing skills after participating in a strength training program. Strength training may also reduce depression and anxiety and contribute to sense of well-being. Other studies have looked at adults with neurodegenerative diseases such as Alzheimer's and other forms of dementia and found that strength training may help with the symptoms of dementia. While such results are preliminary and further study is needed, they are also encouraging.

Because of all the benefits of strength training, both physical and mental, it makes sense to add it to your exercise routine. Be sure to talk with your doctor before beginning a new program to address any health concerns. If you don't know where or how to start, talk with your doctor, sign up for a strong and fit class through Allina Health or visit your local fitness center.

Remember to start slowly. You'll want to build up to two or three times a week, with rest days in between exercise days. Other important tips include:

- Be sure to warm up by walking for at least five minutes before lifting weights.
- Repeat each series of exercises three times, resting between each set.
- Remember to breathe during the exercises.
- Stretch your muscles after you have completed your strength training exercise.

There's no better place to get started on your journey to better health than the Milton M. Hurwitz ExerCare Fitness Center. A program of United Hospital, created and supported through your generous gifts, is the only medical fitness center in the St. Paul area to provide a place for past patients, their families and other members of the community to exercise within a medically supervised environment. [For more Fitness Center information, call 651-241-8080.](#)

Your help is needed  
to keep this vital  
community and patient  
resource here.  
**DONATE TODAY!**



In 2018, your help is needed to expand the **United Heart & Vascular Clinic**. This clinic expansion will provide a much greater depth and breadth of state-of-the-art services to the East Metro population, allowing for program growth, expanded wound and podiatry services, and a specialized Limb Preservation Clinic.

**DONATE TODAY!**

Visit [allinahealth.org/unitedfoundation](http://allinahealth.org/unitedfoundation) or call 651-241-8022.

Save the dates for  
your Foundation's  
2018 signature events!

**United Hospital Golf Classic**

July 30

**3M Championship**

July 30- Aug. 5

**Service to Humanity Gala**

Sept. 29

