

The Men's Health Group

Weekly Presentations



Dr. Lou Siegel (affectionately known as Dr. Lou) took his Men's Health Group (MHG) to new heights over the course of the last year. His creativity, knowledge and good humor were highlighted in weekly Zoom sessions where Men's Club members learned about, discussed, and shared the unique issues that make up the health concerns of senior men. This Men's Club activity has been vital for keeping our members in contact and interacting during the Covid-19-induced separation.

Typical hour-long sessions involved Dr. Lou presenting a topic, a member leading a session of personal interest, or an expert guest speaker; followed by discussion and Q and A. Besides presenting accurate information about the continuing



Covid-19 pandemic, meeting subjects focused on critical issues of interest such as diabetes, blood pressure, heart, urinary, digestive, muscular-skeletal, and mental health. Other areas for discussion included prescription and over the counter medications.



Dr. Lou and his medical professional Men's Club colleagues also published a weekly e-newsletter called the *BLIZZARD* for all members of the club. It includes an essay by Dr. Lou on a medical or health topic, announcements of future meetings, and the *Blizzard Board* where members can have their health, medical, and socialization interests or needs posted to find other members with similar interests or needs. The *BLIZZARD* also includes *the DOCTOR'S INN* section, a list of Men's Club member doctors credentialed in the fields of dentistry, psychiatry, sleep medicine, neurology, cardiology, audiology, arthritis and rheumatology, internal medicine, and clinical psychology. These doctors have volunteered to answer member's questions about their field.

