

Circle News

South Baldwin Chapter

Volume 7, Issue 1 January – March 2010

Benefits Reminders

Please call the office at 949-3882 before coming to have FAX, notary or copy service. We want to be able to serve you and the best way is to reserve an appointment.

Although a doctor's permission to exercise is not always required, release forms must be filled out and on file in our office before you participate in Senior Circle exercise programs.

If you will be an in-patient at the hospital, please remember to tell the admissions clerk. The spouse or caregiver of a current in-patient Senior Circle member is entitled to complimentary meal tickets for the hospital cafeteria.

When leaving a message on the Senior Circle voice mail, be sure to clearly state your name, phone number, date, and the reason you are calling. We will return your call as soon as possible.

If you have a change of status (mailing address, new name, etc.), please notify the Senior Circle office so you won't miss receiving your quarterly newsletter.

A Word from Your Senior Circle Advisor



Ahh, a New Year ... a time for us to make those well-intended resolutions. Yes, I vow to restructure my eating habits, cut down on carbs, up the fiber, drink more water, and not skip meals. I just wonder what I'm going to do with all that left over Christmas candy!

Another item to consider is that "E" word ... exercise! There is a difference in staying busy and exercising. Senior Circle offers water aerobics three times a week at the Snook YMCA. Also, we are stepping up to fitness with a slightly different approach to the Walking Club at Tanger Outlets with its new challenges for exercising your upper body, too ... and a new name, Senior Circle Fitness Club. So, I encourage you to find a friend to help you stay accountable to your wellness resolutions and let's all have a Healthy New Year!

Karen

From Our CEO

Michael Neuendorf



**Picture Perfect Memories:
It's all about the "Dash"**

My wife, Amanda, and I bought a new camera last year knowing that we love to capture life's fondest moments and that those events were ever so present with two young boys, Sellers (4) and Gabe (1 1/2). Sometimes capturing two "rug-rats" looking at the camera, smiling and acting like professional, photogenic children can be quite a chore. Sometimes, things

aren't as easy as they should be! I stumbled across this photography lesson this past week and it made me chuckle...

How to Photograph a Puppy ~ Remove film from box and load camera ~ Remove film box from puppy's mouth and throw in trash ~ Remove puppy from trash and brush coffee grounds from muzzle ~ Choose a suitable background for photo ~ Mount camera on tripod and focus ~ Find puppy and take dirty sock from mouth ~ Place puppy in pre-focused spot and return to camera ~ Forget about spot and crawl after puppy on knees ~ Focus with one hand and fend off puppy with other hand ~ Get tissue and clean nose print from lens ~ Put cat outside and put peroxide on the scratch on puppy's nose ~ Put magazines back on coffee table ~ Try to get puppy's attention by squeaking toy over your head ~ Replace your glasses and check camera for damage ~ Jump up in time to grab puppy by scruff of neck and say, "No, outside! No, outside!" ~ Call spouse to clean up mess ~ Fix a drink ~ Sit back in Lazy Boy with drink and resolve to teach puppy "sit" and "stay" the first thing in the morning.

Life isn't necessarily about the ending, but rather the journey. People can see the date on which we were born, and they can just as easily see the date that we pass away, but how many of them really know and got to experience our "dash". The space between those two milestone dates. Maybe the pictures of the boys pulling each other's hair will be the one that we look back on and smile at, the biggest. Maybe the one of the puppy with the magazine in its mouth will be the very one that ends up in the frame. Let's all get out and make the very best of our "dash" in the upcoming year, 2010. Thank you for being an integral part of our SBRMC family. Best wishes to you and your family for the New Year.

Lunch & Learns

As the hospital grows, meeting room space seems to diminish as we strive to enlarge services and departments for patients. When we have a Lunch & Learn, it is important to RSVP to let us know if you will be attending. Equally important, if you have told us you were coming and then discover you cannot, please call and leave a message. We frequently have members on a waiting list, and your notification of cancellation will afford them to attend the luncheon.

For most of the Lunch & Learns, there is no cost, but seating is limited to 18. **RSVP to 949-3882**

January 20, Dr. Lee will be sharing non-surgical management for those who suffer with arthritis.

February 24, Sue Alford will present games to challenge us to keep our minds sharp. This should not only be informative but a lot of fun.

March 24, Odyssey Health Care will try to answer your questions about how the proposed health care reforms may affect your advanced care planning.

Meet the Doctor: Michael A. Eslava



Specialty: Orthopaedic Surgery
Medical School: University of Alabama School of Medicine
Residency: Texas Tech University Health Services
 William Beaumont Army Medical Center
Board Status: American Board of Orthopaedic Surgery
Hobbies: Golf, football, and other individual and team sports; Hunting, Fishing and Wildlife Habitat Management

The Orthopaedic Group
 1711 N. McKenzie St.
 Foley, AL 36535
 (251) 943-4022

Thank You to Our 2009 Senior Circle Ambassadors



2009 Senior Circle Ambassadors (left to right): Bernie Tindall, Mary Gilmore, Senior Circle Assistant Fran Barr, Sandra Hogeland, Mary Jo Carlisle, and Senior Circle Advisor Karen Still.

Senior Circle Ambassadors are always on the go. They help with event set up and clean up; do Bingo shopping; suggest restaurants for Lunch Bunch; serve at Birthday Bingo; coordinate hospital mail outs ... just to name a few ways they support the members.

If you see any of our past Ambassadors, please congratulate them on a job well done. The 2010 Ambassador program has been changed slightly and now has coordinators for the various categories of activities.

Eventually ... We Really Will Move!



Honest, the Senior Circle office will move ... it's just taking a little longer than expected. So ... if you come to the hospital and can't find our office, ask someone at the front desk. Most likely we will be at the South entrance of the hospital ... where the old Auxiliary snack bar was located.

Winners of the South Baldwin Member-to-Member Campaign:

- Lillie Mae Harrison
- Barbara Shoots
- Dallas Wallace
- \$20 gift card for each of the above.

Opportunities Year Round

Senior Circle Fitness Programs require two forms before you are cleared through our office for special benefits and awards.

Fitness Club: Meet with other members of Senior Circle to follow the new exercise schedule as you walk at the Tanger Outlets (typically Monday and Friday mornings, but anytime would be fine). Remember to log your hours at either the outlet office or the food court customer service counter. Be aware of the deadline date to qualify for a drawing in which you could win a \$50 Tanger gift card from Senior Circle. Walking must be done at Tanger to be eligible for prizes at the quarterly meetings.

Water Aerobics classes are Monday, Wednesday, and Friday for Arthritic Adventure at 11:00 AM and/or Senior Splash at noon. Cost is \$2 per class for current Senior Circle members. Please note that Senior Splash now has a Wednesday class. The number of participants in these classes has allowed

the additional class for now (classes subject to change during the summer months). Location: Snook YMCA (south of Foley High School behind Wal-Mart). For pool conditions, call 970-3003.

Bingo is every Thursday at 2:00 PM in the hospital dining room. This is free to current Senior Circle members! We have Birthday Bingo with cake and punch on the first Thursday of each month and Guest Bingo on the next.

Knitting and crocheting baby caps and booties for SBRMC newborns. Ladies need to call Senior Circle member Laura Geneux at 970-3311 for information.

Craft Classes: Watch your calendar for opportunities to make crafts for rehab and hospice patients. Please **RSVP** to Senior Circle office to get a proper count for supplies which are usually provided.

Lunch & Learn: Monthly sessions offered with a variety of speakers and topics. See info in newsletter and **RSVP at 949-3882** to ones you plan to attend.

Stuff for Seniors

Pat Crumby's Hotline for Seniors
For dancing and entertainment information call the 24 hour hotline.
948-6666

PZK Center Dances
17933 State Hwy 104
1/2 mile west of Hwy. 59
7-10:00 PM on the first and third Friday's of each month. For info call 947-5155 or 947-5194.

Orange Beach Adult Activity Center Dances
Second Friday of each month; 7-10:00 PM
For info call 981-3440

Mardi Gras Dance
Knights of Columbus
Gulf Shores
January 22 at the Erie Meyer Civic Center
To benefit local charities.
7-10:00 PM For info/tickets call 752-7422

Golfers Discount
Drop by the Senior Circle office for a "Winter Visitor" discount coupon for Glenlakes Golf Club.

Donations Needed

Drop off old cell phone and their chargers in the Senior Circle office:
These will be reprogrammed for U.S. soldiers serving overseas.

Drop off magazines at the front desk. These will be used for the waiting areas. Please, remember to remove your name and address before donating them.

Go from Chaos to Clarity

Thursday, January 28th, 12:00 Noon
Rum Runners at Orange Beach

Speaker: Frances Holk-Jones, Agent

Sound, simple solutions for your home and finances

This seminar designed to walk women through 3 easy to follow steps from taking a fresh look at their financial picture and taking more control of their lives. They will then be provided with some simple, easy to follow tips on how to get their house in order and keep it that way.

From finances to filing, you can never be too organized. So don't miss this opportunity to get it together and have a little fun in the process!

Sponsored by: Frances Holk-Jones State Farm Insurance



Guest speakers: Frances Holk-Jones

**Complimentary Luncheon,
Please call and reserve your spot!
(251)949-3562**





HEALTHY WOMAN
A SOUTH BALDWIN REGIONAL MEDICAL CENTER RESOURCE

January 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 <i>NEW YEAR'S DAY</i> Senior Circle Office Closed	2
<p>Seniors Pool Tournament The Gulf Bowl on Juniper in Foley, AL Singles & Doubles - 2 out of 3 8 Ball & 1/15 Second Wednesday of each month 10:00 AM sharp RSVP to John Sadlis at 923-6066 Modern Woodmen</p>						
3	4 Water Aerobics 11:00 AM or Noon	5	6 Water Aerobics 11:00 AM or Noon	7 White Elephant Birthday Bingo 2 PM 	8 Water Aerobics 11:00 AM or Noon	9
10	11 Water Aerobics 11:00 AM or Noon	12 Hospital Volunteers Orientation 8:30 AM	13 Water Aerobics 11:00 AM or Noon Seniors' Pool Tournament 10:00 AM	14 Guest Bingo Sponsored by Southern Oaks Assisted Living Facility 2PM	15 Water Aerobics 11:00 AM or Noon	16
17	18 Water Aerobics 11:00 AM or Noon Craft Time 2 PM RSVP Biloxi Overnight	19	20 Water Aerobics 11:00 AM or Noon Lunch & Learn Dr. Lee <i>Non-Surgical Management of Arthritis</i> 11:30 AM	21 Bingo 2PM	22 Water Aerobics 11:00 AM or Noon	23
24	25 Water Aerobics 11:00 AM or Noon	26	27 Water Aerobics 11:00 AM or Noon	28 Surprise Bingo 2PM Healthy Woman Lunch-eon	29 Water Aerobics 11:00 AM or Noon	30
31						

February 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2nd Wednesday of each month ... Seniors' Pool Tournament 10:00 AM Gulf Bowl RSVP 923-6066	1 Water Aerobics 11:00 AM or Noon	2 Last week to mail in your final payment for the trip to New Orleans.	3 Water Aerobics 11:00 AM or Noon	4 Birthday Bingo 2 PM 	5 Water Aerobics 11:00 AM or Noon	6
7	8 Water Aerobics 11:00 AM or Noon	9 Volunteers Orientation 8:30 AM <i>Long Term Care Insurance</i> Info meeting State Farm Insurance Bldg 5 PM	10 Water Aerobics 11:00 AM or Noon Valentine Lunch Bunch 11:15 AM DeSoto's Restaurant	11 Guest Bingo Sponsored by Odyssey Health Care 2 PM Alabama Expo Caribe in OB 8 AM—noon	12 Water Aerobics 11:00 AM or Noon <i>Lincoln's Birthday</i>	13
14 <i>Valentine's Day</i> 	15 Water Aerobics 11:00 AM or Noon <i>Presidents Day</i>	16 Mardi Gras Parades 10 AM Gulf Shores 1:30 PM Orange Beach <i>Fat Tuesday</i>	17 Water Aerobics 11:00 AM or Noon <i>Ash Wednesday</i>	18 Bingo 2 PM	19 Water Aerobics 11:00 AM or Noon	20
21	22 Water Aerobics 11:00 AM or Noon	23	24 Water Aerobics 11:00 AM or Noon Lunch & Learn Sue Alford <i>Get Your Mind Game On</i> 11:30 AM	25	26 Water Aerobics 11:00 AM or Noon	27
28	<i>Washington's Birthday</i>					



A Sweet Treat for Valentine's Day






Makes enough to carry to a pot luck. Recipe submitted by Charlotte Bolin.

Strawberry Delight

Mix in a large bowl and chill overnight. Yummy!

- 1 16 oz. Cool Whip
- 1 8 oz. sour cream
- 1 can Eagle Brand sweetened condensed milk
- 1 #2 size can crushed pineapple (drained)
- 1 can Lucky Leaf STRAWBERRY pie filling
- 1 Cup chopped pecans

March 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>2nd Wednesday of each month Seniors' Pool Tournament 10:00 AM Gulf Bowl RSVP 923-6066</p>	<p>1 Water Aerobics 11:00 AM or Noon</p>	<p>2</p>	<p>3 Water Aerobics 11:00 AM or Noon</p>	<p>4 Birthday Bingo 2 PM </p>	<p>5 Water Aerobics 11:00 AM or Noon</p>	<p>6</p>
<p>7</p>	<p>8 Water Aerobics 11:00 AM or Noon</p>	<p>9 Hospital Volunteers Orientation 8:30 AM</p>	<p>10 Water Aerobics 11:00 AM or Noon Pool Tourney 10:00 AM Gulf Bowl</p>	<p>11 Guest Bingo Sponsored by Frances Holk-Jones State Farm Insurance 2 PM</p>	<p>12 Water Aerobics 11:00 AM or Noon</p>	<p>13 Set your clock ahead one hour before you go to sleep.</p>
<p>Senior Circle Cruise to Calica and Cozumel on Carnival's Fantasy</p>						
<p>14 <i>Daylight Saving Time begins.</i> </p>	<p>15 Water Aerobics 11:00 AM or Noon Craft Time 2:00 PM RSVP</p>	<p>16</p>	<p>17 Water Aerobics 11:00 AM or Noon <i>St. Patrick's Day</i> Pot Luck St. Paul's Episcopal Church 11:00 AM</p>	<p>18 Bingo 2 PM</p>	<p>19 Water Aerobics 11:00 AM or Noon</p>	<p>20 <i>Spring begins.</i> </p>
<p>21</p>	<p>22 Water Aerobics 11:00 AM or Noon</p>	<p>23</p>	<p>24 Water Aerobics 11 AM or Noon Lunch & Learn Sponsored by Odyssey <i>Advance Care Planning & Health Reform</i></p>	<p>25 Surprise Bingo 2 PM</p>	<p>26 Water Aerobics 11:00 AM or Noon Mail Team 9:45 AM</p>	<p>27</p>
<p>28 <i>Palm Sunday</i> </p>	<p>29 Water Aerobics 11:00 AM or Noon</p>	<p>30 <i>Passover</i> </p>	<p>31 Water Aerobics 11:00 AM or Noon</p>	<p><i>"May the road rise to meet you, May the wind be always at your back, May the sun shine warm upon your face, The rains fall soft upon your fields, And until we meet again, May God hold you In the palm of his hand."</i></p>		

10-Day Fall Foliage Cruise

Interested in a 10-day Eastern Canada cruise? The Daphne Senior Travel Club has invited our Senior Circle members to experience an amazing trip on the Norwegian Jewel with a sail date of September 21, 2010. The prices, subject to availability, are as follows:

From \$1,685.30 per person dbl. occ. for an inside stateroom.

From \$2,505.30 per person dbl. occ. for an ocean-view stateroom with balcony.

The price includes cruise fare, government fees and taxes, air fare from Mobile, transfers, and travel protection insurance. Book by January 14 and receive a \$75 on board credit per cabin.

Departure port is New Your City.



You may book your cruise directly (credit cards ONLY) through Donna Evans of Cruise Planners by calling her at 1-877-621-0550 ... or through e-mail at devans@cruiseplanners.com

Alaska Cruise Presentation

If you're interested in an Alaskan cruise, join Donna for an exclusive Alaska Movie Night Screening on Tuesday, January 12 at the Orange Beach Community Center at 2:00 PM or 6:30 PM.

Please RSVP at 251/621-0550 by January 8.

New Orleans with Optional WWII

We "ga-ron-tee" this 3 day/2 night trip to New Orleans scheduled for April 13-15, 2010 will be fun, fun, fun! The price includes:

- 2 nights lodging
- 2 breakfasts
- 2 dinners (one is a dinner party)
- Guided tour of New Orleans
- Swamp Tour
- Louisiana Plantation Tour
- Free time in the French Quarter
- Tips for guides and bus driver

The cost of the trip is \$235 for Senior Circle members and \$250 for non-members. **Nonrefundable \$10 cash (or check made out to SBRMC) holds your spot.**

Final payment will be due no later than February 5.

Contact Karen or Fran at 949-3882 for more info.

Optional visit to WWII Museum on April 15. Pay at door (as per travel schedule allows):
 \$8 for museum only
 \$7 for film only
 \$12 for combo

RSVP by April 1 for us to have an approximate count.



Special Note for Traveling with Senior Circle!

For all trips, full payment is due by the RSVP deadline listed in the newsletter or flyer.

If you cancel causing the trip to drop below the minimum number of people needed (and you did not purchase the cancellation insurance), YOU will need to find a replacement in order to receive a refund.

The Senior Circle office cannot be responsible for finding you a roommate in order for you to receive the lower double occupancy rate on overnight and extended trips.

You may leave us your name and phone number to place on a list for those who are seeking someone to share a

room.

A deposit reserves your seat for most trips. Please remember, we are not travel agents but merely escorts for trips with a percentage of members going.

We are open to your travel interests; however, most trips require a minimum number of participants to make the trip a "go."

Diamond Tours requires 36 travelers.

Collette Group with escort requires 12 travelers.

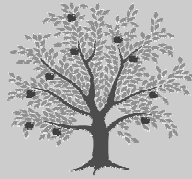
Cruises with escort requires 16 travelers.

Collette Vacations with other Senior Circle members across the US, typically, no minimum.



South Baldwin Regional HOME HEALTH

Living longer with loving care.



HEALTHCARE, RIGHT AT HOME

Caring for our community's senior population is the foundation on which we build our home care agency's business. Providing specialized care for seniors in their time of need in the safety and comfort of their homes is the commitment we make to our patient's and their families each day. Meaningful work drives us to provide excellent quality care designed so that seniors can remain independent after an illness or while learning to live with chronic conditions.

Home health care services may range in both complexity as well as duration. Patients may have minor set-backs in their health and receive services for several weeks while others with complex medical conditions could receive services for many months. A care plan is designed by the primary care physician and implemented by the caring and competent staff of the agency.

Our Partners in Care culture allows physicians and other clinicians involved in a patient's care to transition care to the home with ease. We partner with all healthcare providers and the community to reach all who may qualify for and desire home-based healthcare services. Providing excellent healthcare that is cost efficient and close to home is our ultimate goal. This is achieved by our keen focus on patient care, quality outcomes and customer service.

People who qualify for home care services have a choice in the provider they use. Quality measures, patient outcomes, Medicare certification, accreditation and customer service should all be considered when making that decision. A physician or perhaps a friend or neighbor who has benefited from home care or the agency itself can also be helpful in answering questions that are important to you.

Your hospital has an affiliated home care agency right here in your community. South Baldwin Regional Home Health is happy to answer any questions you may have regarding how home health care may benefit you or someone you love. Call us at (251) 949-3600.

South Baldwin Regional Home Health is an affiliate of South Baldwin Regional Medical Center and the Senior Circle chapter.

SOUTH BALDWIN CHAPTER Sponsored by South Baldwin Regional Medical Center		
Date submitted with payment:		Initial here:
Last Name	Middle Initial	Mrs. Ms. Mr. Dr.
First Name	M F	
Day Phone (_____) _____ -- _____		
DOB: Month	Day	Year
Social Security # (Last 4 digits required) X X X - X X - _ _ _ _		
Address		Apt. #
City	State	Zip
E-mail Address (Not required, but will allow you to get event info & news) _____ @ _____		
2ND APPLICATION, SAME ADDRESS ONLY		Initial here:
Last Name	Mid Initial	Mrs. Ms. Mr. Dr.
First Name	M F	
Full DOB: Month	Day	Year
Social Security # (Last 4 digits required) X X X - X X - _ _ _ _		
E-mail Address (Not required, but will allow you to get event info & news) _____ @ _____		
CHECKS ONLY; PAYABLE TO: SENIOR CIRCLE		
Referred by:		
One-year membership: \$15 (SC1) Two-year membership: \$27 (SC2) Save 10%		
(2) One-year memberships: \$27 (TW1) Save 10% (2) Two-year memberships: \$51 (TW2) Save 15%		
RETURN COMPLETED APPLICATION & CHECK TO South Baldwin Senior Circle Chapter 1613 N. McKenzie St., Foley, AL 36535 Karen Still, Advisor / (251) 949-3882		
<small>We value our relationship with you and will never share or sell your personal information to any outside organization without your permission.</small>		
<small>45-day money-back guarantee. Certain conditions apply; see chapter for details. Benefits subject to change without notice. Memberships non-transferable. Senior Circle Association is a non-profit organization, and reserves the right to deny or terminate the membership of any individual based on Senior Circle's sole discretion.</small>		
Senior Circle Association Member Services: (800) 211-4148		