

Circle News

SkyRidge Chapter
October, November, December 2009

SkyRidge Medical Center

www.skyridgemedicalcenter.net

2305 Chambliss Ave.

Cleveland, TN 37311

Current Membership: 965

Phone: 423.559.6887

A Word from Your Advisor



I hope you had a wonderful summer and are ready to enjoy some of the exciting fall activities we have planned for you. At our July meeting we had over seventy members attend our "2nd Annual Antique Roadshow. " Special guest speakers, Brian Boynton and Wilma Trehitt of the Antiques Parlour, helped us to decide if our valuable items were truly antiques. We had a lot of fun and hope they will come again next year.

The shows in Nashville were so good; we plan to return to Nashville in February of next year. After visiting the Ryman Auditorium, we returned to Cleveland with a bus full of stars .

At our September Lunch 'n Learn we learned the facts about Alzheimer's Disease. Did you know being socially active is good for your brain? A **big thank you** to all who baked and volunteered at the Bake Sale on September 16. We raised \$451.75 at our Bake Sale and \$75 at Bingo for the Memory Walk. Please plan to come and walk or support our team on October 3 at Cleveland High School.

In case you haven't heard, we are having a contest for new members who join the circle by October 5th so hurry and invite all your friends to join. The new member will be entered in a drawing for a gift package of a \$50 gift certificate for the Bald Headed Bistro and two, 2009 – 2010 Cleveland Concert Association Season tickets. If your name is on their application, you will be eligible for a drawing for a \$50 gift certificate to be given away at our October meeting.

Please note that our October Lunch 'n Learn has been moved to Friday, October 9, due to the trip to Myrtle Beach October 12 – 16. We will have a Diabetic Cooking Class by SkyRidge Chefs. If you misplace your calendar, it is now on the SkyRidge website. Go to www.skyridgemedicalcenter.net and click on Senior Circle and you can pull up our newsletter. You will also find a Health Tip of the Day and good medical information on this website.



Our Christmas party will be held on December 10 at St. Therese Catholic Church Parish Life Center at 6:00 p.m. In lieu of bringing a dessert this year, we are charging \$5.00 per person. Tickets will be on sale until November 23.

Stay healthy and come and take part in our upcoming activities,
Nancy Griswold, Senior Circle Advisor

Meet Our Hospitalists



J. Joy Boggess, M.D.
Internal Medicine, Hospitalist
Medical School: Loma Linda
University School of Medicine
Residency: Kettering Medical
Center
*Board Certified in Internal
Medicine*



Patrick Brandon McGinty, M.D.
Internal Medicine, Hospitalist
Medical School: Mercer
University School of Medicine



Andrea Bowers, M.D.
Internal Medicine, Hospitalist
Medical School: East Tennessee
State University
Residency: Erlanger Medical
Center



Christine Beville Myers, M.D.
Internal Medicine, Hospitalist
Medical School: Indiana
University Medical School
Residency: Indiana University
Medical Center
*Board Certified in Pediatrics &
Internal Medicine*



Mitchell Cox, M.D.
Internal Medicine, Hospitalist
Medical School: American
University of the Caribbean
Residency: Memorial Health
University Medical Center



ZawTin, M.D.
Internal Medicine, Hospitalist
Medical School: St. George's
University School of Medicine
Residency: Greenville Hospital
*Board Certified in Internal
Medicine*



Adam E. Fall, M.D.
Internal Medicine, Hospitalist
Medical School: NEOUCOM
Residency: St. Elizabeth Health
Center
*Board Certified in Internal
Medicine*



Eze C. Ugwueze, M.D.
Internal Medicine, Hospitalist
Medical School: Russian
Friendship University
Residency: Morehouse School of
Medicine
*Board Certified in Internal
Medicine*



Obadias Marquez, M.D.
Internal Medicine, Hospitalist
Medical School: University of
Montemorelos
Residency: St. Mary's Health
Center

Hospitalist Care is provided upon request by your primary care physician. A hospitalist is a physician who specializes in caring for hospitalized patients. Hospitalists are trained in general internal medicine and other medical specialties. The hospitalist maintains ongoing communication with your regular physician throughout your treatment.

EDUCATIONAL OPPORTUNITIES

HEALTHY WOMAN

6:00 p.m. Social / 6:30 p.m. Speaker

Thursday, October 1, 2009

"Women: Smart Investors"

Veronica Fox, Wealth Management
North Cleveland Baptist Church
&

Thursday, November 5, 2009

"Holiday Decorating"

Lugh Lemley of Ambiance
Museum Center @ 5ive Points

RSVP one week in advance 559-6229

DYNAMIC DINNER CLUB 6:00 PM

OCTOBER 19 at Oliver's

NOVEMBER 12 the Gardens in Chattanooga

Followed by show at Jukebox Junction

DECEMBER 29 – Outback Steakhouse

Cost: Dutch Treat, Please RSVP



Our September Birthday Party

OCTOBER LUNCH'N LEARN

Date: Friday, October 9

Location: SkyRidge Education Department

Time: 11:45 am / Speaker 12:00 pm

Topic: Diabetic Cooking

Speaker: Our own SkyRidge Chefs

OCTOBER MONTHLY MEETING

Join us on October 26 for a talk on Identity Theft by Kroll. You may purchase a plated dinner for \$4.00 or come and join us for the meeting at 6:30 pm.

NOVEMBER LUNCH'N LEARN

Date: Monday, November 9

Location: SkyRidge Education Department

Time: 11:45 am/Speaker 12:00 pm

Topic: To Be Announced

Speaker: To Be Announced

Cost: Free - RSVP 559-6887

NOVEMBER MONTHLY MEETING

We will meet in the Education Department for our Thanksgiving Covered dish meeting on November 23. Please bring a dessert or vegetable to go with ham. We will have a Thanksgiving Program following our dinner.

FOOD AND FELLOWSHIP

BREAKFAST BUDDIES

Date: Every Friday, 9:30 am

Location: See your calendar

Cost: Dutch treat

BIRTHDAY BINGO

Everyone is invited to our monthly birthday bingo. Enjoy cake and wish everyone a happy birthday. Meet at **SkyRidge Main Cafeteria** on October 28 – prize for the best costume. We'll have pumpkin pie & coffee. November 18 at 2:00 and December 21 at 2:00.

RED HATTERS



Calling all ladies to buy a red hat & join us for some fun. We will meet at 2:30 pm on October 10 at Rebecca J's at 270 Central Avenue, November 14 at Jenkins and December 12 at Memories. Bring a \$5 wrapped gift.




Cleveland Concert Association Tickets

I have 12 tickets for each concert. You may purchase a ticket for \$10 to attend the concert and return the ticket for someone else to use for the next concert. The first concert is Thursday, October 15 at the Conn Center at Lee University at 7:00 pm. Daniel Rodriguez, the tenor who lifted the spirit of America in the wake of the September 11 tragedies will be here to perform. The second concert will be Monday, November 16 at Conn Center at 7:00 pm. Casey Macgill's Blue 4 Trio will perform music that swings. It is music of many decades and all happening at the same time.

OCTOBER 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>☎ PLEASE TRY TO CALL 559-6887 A WEEK IN ADVANCE TO RESERVE YOUR PLACE BEFORE EACH ACTIVITY WITH ☎.</p> <ul style="list-style-type: none"> ▪ SkyRidge Medical Center – Education Rooms - Ground Floor by Cafeteria ▪ Westside -2800 Westside Drive - in the cafeteria ▪ Senior Center - 230 Urbane Rd. Next to YMCA ▪ Bowling @ Galaxy Lanes – 5375 N Lee Hwy ▪ St. Therese Church – 900 Clingan Ridge Dr. 				<p style="text-align: right;">1</p> <p>10:30 - 11:30 Exercise St. Therese</p> <p>1:30 Sr. Bowling</p> <p>HEALTHY WOMAN</p> <p>6:00 ☎ Social</p> <p>6:30: Women, Smart Investors @ North Cleveland Baptist Church</p>	<p style="text-align: right;">2</p> <p>9:30 Breakfast Old Fort</p>	<p style="text-align: right;">3</p> <p style="text-align: center;">Memory Walk at Cleveland High School 9:00 registration 10:00 walk Come and support our Senior Circle team!</p>
<p style="text-align: center;">4</p> <p style="text-align: center;">Invite a friend to join Senior Circle.</p>	<p style="text-align: center;">5</p> <p>6:00 pm Bingo @ SkyRidge Main (Bring a White Elephant prize)</p>	<p style="text-align: center;">6</p> <p>10:30 - 11:30 Exercise St. Therese</p> <p>1:30 – 3:30 pm Oil Painting Class Westside</p>	<p style="text-align: center;">7</p> <p>12:30 Line Dancing Senior Center</p>	<p style="text-align: center;">8</p> <p>10:30 - 11:30 Exercise St. Therese</p> <p>1:30 Sr. Bowling Galaxy Lanes</p>	<p style="text-align: center;">9</p> <p>No Breakfast</p> <p>11:45 Lunch ☎ 12:00 Diabetic Cooking Class By SkyRidge Chefs</p>	<p style="text-align: center;">10</p> <p style="text-align: center;"> ☎ 2:30 Red Hatter's Rebecca J's 270 Central Ave Below the Red Ribbon</p>
<p style="text-align: center;">11</p>	<p style="text-align: center;">12</p> <p>Depart for Myrtle Beach 7:30 am From Bi-Lo</p>	<p style="text-align: center;">13</p> <p>10:30 - 11:30 Exercise St. Therese</p> <p>1:30 – 3:30 pm Oil Painting Class Westside</p>	<p style="text-align: center;">14</p> <p>12:30 Line Dancing Senior Center</p>	<p style="text-align: center;">15</p> <p>10:30 - 11:30 Exercise St. Therese</p> <p>1:30 Sr. Bowling Galaxy Lanes</p> <p>Cleveland Concert Conn Center 7:00 pm</p>	<p style="text-align: center;">16</p> <p>9:30 Breakfast Cracker Barrel</p> <p>Return from Myrtle Beach</p>	<p style="text-align: center;">17</p>
<p style="text-align: center;">18</p>	<p style="text-align: center;">19</p> <p>☎ 6:00 Dinner Club@ Oliver's</p>	<p style="text-align: center;">20</p> <p>10:30 - 11:30 Exercise St. Therese</p> <p>1:30 – 3:30 pm Oil Painting Class Westside</p>	<p style="text-align: center;">21</p> <p>12:30 Line Dancing Senior Center</p>	<p style="text-align: center;">22</p> <p>10:30 - 11:30 Exercise St. Therese</p> <p>1:30 Sr. Bowling Galaxy Lanes</p>	<p style="text-align: center;">23</p> <p>9:30 Breakfast SkyRidge Main B/P by Family Home & Hospice Care</p> <p>10:30 New ☎ Member Orientation Cafeteria Main</p> <p>10:30 Dominoes</p>	<p style="text-align: center;">24</p> <p>3:00 pm Cruise-In Downtown around the court house</p>
<p style="text-align: center;">25</p>	<p style="text-align: center;">26</p> <p>☎ Monthly Meeting Ed. Dept. SkyRidge Cafeteria 6:00 Go through Cafeteria \$4 Topic: Identity Theft</p>	<p style="text-align: center;">27</p> <p>10:30 – 11:30 Exercise St. Therese</p> <p>1:30 – 3:30 pm Oil Painting Class Westside</p>	<p style="text-align: center;">28</p> <p>12:30 Line Dancing</p> <p>2:00 pm ☎ Birthday Bingo@ SkyRidge Main Cafeteria Prize for best costume.</p>	<p style="text-align: center;">29</p> <p>10:30 – 11:30 Exercise St. Therese</p> <p>1:30 Sr. Bowling Galaxy Lanes</p>	<p style="text-align: center;">30</p> <p>9:30 Breakfast Denny's</p>	<p style="text-align: center;">31</p> <p style="text-align: center;">Happy Halloween</p> <p style="text-align: center;"></p>

NOVEMBER 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Set your clocks back one hour.	2 6:00 pm Bingo @ SkyRidge Main (Bring a White Elephant prize)	3 10:30 - 11:30 Exercise St. Therese 1:30 – 3:30 pm Oil Painting Class Westside	4 12:30 Line Dancing Senior Center	5 10:30 - 11:30 Exercise St. Therese 1:30 Sr. Bowling HEALTHY WOMAN 6:00 Social ☎ 6:30 Holiday Decorating @ Museum Center	6 9:30 Breakfast Holiday inn	7
8	9 ☎ 11:45 Lunch 'n Learn Speaker: To be announced	10 10:30 - 11:30 Exercise St. Therese 1:30 – 3:30 pm Oil Painting Class Westside	11 12:30 Line Dancing Senior Center	12 10:30 - 11:30 Exercise St. Therese 1:30 Sr. Bowling 4:45 – Depart from Bi-Lo for dinner at The Gardens & show at Jukebox Junction	13 9:30 Breakfast SkyRidge Free Breakfast for Veterans 10:30 Dominoes	14  ☎ 2:30 Red Hatter's @ Jenkins
15	16 Cleveland Concert @ Conn Center 7:00 pm	17 10:30 - 11:30 Exercise St. Therese 1:30 – 3:30 pm Oil Painting Class Westside	18 12:30 Line Dancing Senior Center 2:00 pm ☎ Birthday Bingo@ SkyRidge Main Cafeteria Sponsored by Wellington Place	19 10:30 - 11:30 Exercise St. Therese	20 9:30 Breakfast Cracker Barrel	21 McMinn Senior Center Bazaar 9:00 – 5:00
22 McMinn Senior Center Bazaar 1:00 – 5:00	23 ☎ Monthly Meeting Ed. Dept. SkyRidge 6:00 Covered Dish Dinner Last day to Purchase your ticket for our Christmas party.	24 10:30 - 11:30 Exercise St. Therese 1:30 – 3:30 pm Oil Painting Class Westside	25 12:30 Line Dancing Senior Center Office Closed	26 Happy Thanksgiving 	27 Office Closed	28
29	30 Office Closed	<p>☎ PLEASE TRY TO CALL 559-6887 A WEEK IN ADVANCE TO RESERVE YOUR PLACE BEFORE EACH ACTIVITY WITH ☎.</p> <ul style="list-style-type: none"> ▪ SkyRidge Medical Center – Education Rooms - Ground Floor by Cafeteria ▪ Westside -2800 Westside Drive - in the cafeteria ▪ Senior Center - 230 Urbane Rd. Next to YMCA ▪ Bowling @ Galaxy Lanes – 5375 N Lee Hwy 				

DECEMBER 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 10:30 - 11:30 Exercise St. Therese 1:30 - 3:30 pm Oil Painting Class Westside	2 12:30 Line Dancing Senior Center	3 9:00 am Depart for Biltmore	4 9:30 Breakfast Old Fort Return from Biltmore	5
6	7 6:00 pm Bingo @ SkyRidge Main (Bring a Wrapped White Elephant prize)	8 10:30 - 11:30 Exercise St. Therese 1:30 - 3:30 pm Oil Painting Class Westside 5:30 Advisory Bd Mtg in Education Dept	9 12:30 Line Dancing Senior Center	10 10:30 - 11:30 Exercise St. Therese 6:00 pm Christmas Party at St. Therese Catholic Church Parish Life Center Cost \$5 per person	11 9:30 Breakfast Holiday Inn	12  2:30 Red Hatters at Memories in Etowah. Bring a \$5 wrapped gift.
13	14	15 10:30 - 11:30 Exercise St. Therese 1:30 - 3:30 pm Oil Painting Class Westside	16 12:30 Line Dancing Senior Center	17 10:30 - 11:30 Exercise St. Therese 1:30 Sr. Bowling Galaxy Lanes	18 9:30 Breakfast SkyRidge Fold Newsletters After Breakfast	19
20	21 2:00 Birthday 📞 Bingo@ SkyRidge Main Cafeteria Sponsored by	22 10:30 - 11:30 Exercise St. Therese	23 12:30 Line Dancing Senior Center Office Closed	24 Office Closed	25 Merry Christmas 	26
27	28 Office Closed	29 10:30 - 11:30 Exercise St. Therese 6:00 Dinner Club @ Outback	30 12:30 Line Dancing Senior Center	31 Office Closed	📞 PLEASE TRY TO CALL 559-6887 A WEEK IN ADVANCE TO RESERVE YOUR PLACE BEFORE EACH ACTIVITY WITH 📞.	

Bring your friends to the Circle!

October 15 – December 15, 2009

As a Senior Circle member, you already know that our organization is all about aging gracefully, living well, having fun and saving money.

Now isn't it time to share it with your friends?

From now through December 15, each time you recruit a new member to our SkyRidge chapter, your name will be entered into the **National** drawing for a Visa Gift Card. Three prizes will be awarded to members who recruit others: One \$100 and two \$50 prizes, drawn randomly from among all the entries.

Invite your friends to join the Circle today!

Call me at 559-6887 or stop by the Senior Circle office for more information!

ENJOY THE MANY BENEFITS of



Check out our new merchant discounts.

- **20% Discount Medical Center Cafeteria**
- **10% SkyRidge Medical Center Gift Shop**
- **One Complimentary meal a day for caregiver of hospitalized Senior Circle Member**

If you are in the hospital, and would like a meal ticket for your caretaker, please call the Senior Circle office at 559-6887. If it is on a weekend or evening, call the Hospital Operator and ask for the Case Worker on-call and ask for a Senior Circle meal ticket.

- *Free monthly Lunch 'n Learn*
- *Travel Opportunities*
- *Dinner Club & Breakfast Bunch*
- *Free copying and faxing – Senior Circle Office*
- *Fellowship & Activities*
- *Free exercise class*



SkyRidge Chapter Sponsored by SkyRidge Medical Center

Date submitted with payment:

Last Name	Middle Initial	<input type="checkbox"/> Mrs. <input type="checkbox"/> Ms. <input type="checkbox"/> Mr. <input type="checkbox"/> Dr.
First Name	<input type="checkbox"/> M <input type="checkbox"/> F	

Phone
(_____) _____ -- _____

DOB: Month Day Year

Social Security # *(Remains confidential)*

Address Apt. #

City State Zip

E-mail Address *(Not required, but will allow you to get event info & news)*

@

2ND MEMBERSHIP, SAME ADDRESS ONLY

Last Name	Middle I	<input type="checkbox"/> Mrs. <input type="checkbox"/> Ms. <input type="checkbox"/> Mr. <input type="checkbox"/> Dr.
First Name	<input type="checkbox"/> M <input type="checkbox"/> F	

DOB: Month Day Year

Social Security # *(Remains confidential)*

E-mail Address *(Not required, but will allow you to get event info & news)*

@

CHECKS ONLY: PAYABLE TO SENIOR CIRCLE ASSOCIATION

- 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

Senior Circle
2305 Chambliss Avenue / Cleveland, TN 37311
Nancy Griswold, Advisor / (423) 559-6887

*We value our relationship with you and will never share
or sell your personal information
to any outside organization without your permission.*

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.

Senior Circle Association Member Services 800.211.4148

HEALTH AND WELLNESS

FLU SHOTS

The **single best way to prevent seasonal flu is to get [vaccinated](#)** each year, but good health habits like covering your cough and washing your hands often can help stop the spread of germs and prevent respiratory illnesses like the flu.

LET'S TRAVEL

LET'S GO TO MYRTLE BEACH

We will travel October 12 – 16 and stay at Grande Shores Ocean Resort in Myrtle Beach, SC. Cost will be \$425 pp double and includes transportation with Royal Charter and Tour, 4 nights lodging, 4 buffet breakfasts, 4 dinners, visit to Brookgreen Gardens and two shows: Legends and Alabama Theatre. We still have a couple of rooms available. Make check payable to Senior Circle.

JUKEBOX JUNCTION FAMILY THEATER

On November 12, we will depart at 4:45 for Chattanooga for a fun evening. Dinner will be on your own at the Gardens at the Choo Choo. You can order anything from a Freight Car Burger to Southern Fried Chicken for \$10 – 15 range. Then we will enjoy two great shows – Elwood Smooch and a Rock & Roll Christmas show. Cost is \$32 for the show and transportation with Royal Charter & Tour. Please make check payable to Senior Circle to make your reservation.

THE BILTMORE HOUSE AT CHRISTMAS

We will visit the Biltmore House on December 3 & 4. We will be staying at the DoubleTree Inn one block from the Biltmore. Cost is \$200 pp, for hotel, bus with Royal Charter and Tour, dinner at Deerpark, candlelight visit at Biltmore and breakfast at Doubletree. This trip is full, but let me know if you would like to be on the waiting list.



Hawaiian Cruise April 11th- 23rd, 2010



Time is running out for your trip of a lifetime! A deposit of \$400 is due by November 6 and final payment is due by January 26, 2010. Call Outland

Travel today at 478-3553 and ask for Allecia. The cost is \$2294 for an interior cabin and \$2724 for a balcony. This includes the cruise, flight and tips. (bus to the airport and insurance are extra). We depart from Ensenada, Mexico on 4/11 and have five fun days at sea to relax and rest before our ship, The Spirit, visits Hilo, Kona, Kauai, Maui and Honolulu.

MORE TRIPS FOR 2010

**June 19-27 – Cape Cod,
Massachusetts \$709.00 pp double**

**August 22-28 – Mackinac Island
Michigan \$589.00 pp double**

**November 14-20 – Branson
Missouri \$599.00 pp double**

You can make your reservation for any of these trips with a \$75 check made payable to Diamond Tours.

I will need a deposit to put your name on the trip reservation list. All trips are first come, first served and will depart from Bi-Lo near Logan's. Sign up early to avoid the possibility of having a trip cancelled. *If the trip is cancelled* you will get a refund. If you have to cancel, you need to find a replacement to get a refund, unless you have insurance.