

# Circle

SkyRidge Chapter  
July/August/September 2010

**SkyRidge Medical Center**

[www.skyridgemedicalcenter.net](http://www.skyridgemedicalcenter.net)

2305 Chambliss Ave.

Cleveland, TN 37311

Current Membership: 1035

Phone: 423.559.6887

# News

## A Word from Your Advisor

I know you have been waiting by your mailbox for your Senior Circle News to arrive. We have some "super" news for you.

First, we have our "super" discount back from Dairy Queen. You can buy one basket and get one free again at the DQ on Paul Huff Parkway. Let's celebrate National Ice Cream month at DQ on July 6<sup>th</sup> at 2:00. Be the first caller to tell me which president declared July National Ice Cream Month and I will buy your ice cream at DQ. Speaking of contests, congratulations to Jack Johnson who won the gift card for recruiting new memberships!

We are having our "3<sup>rd</sup> Annual Antique Road Show" on July 26 at 6:30 pm. Laura Martz from Relics Antique Mall will be our guest speaker and will help you decide if your valuable items are truly antiques. Please only one item per person! In August, Kaye Smith will have a great program on what to do with all your "stuff" and our September meeting will be our Luau with Karen from ADT as our speaker.

Last, but not least we will be going to Metropolis, Illinois, "Hometown of Superman" on July 29/30. We will stay at Harrah's overnight and go to the "Super Museum" on Friday before heading back to Cleveland. Send in your \$50 deposit, as this trip will fill quickly.

Stay safe on your vacations or staycations at home and don't forget to wear your sunscreen.

Nancy Griswold  
Senior Circle Advisor

P.S. The Senior Circle Office will now be closed on Fridays so I can spend more time with my "Super" Grandchildren.

## COLEMAN FOSS, CEO Receives Outstanding Achievement Award



Coleman Foss, chief executive officer of SkyRidge Medical Center, has been honored with an Outstanding Achievement Award from Community Health Systems, one of the nation's leading systems of general acute-care hospitals. The organization includes SkyRidge and over 120 other hospitals in 29 states. The

Outstanding Achievement Award recognizes hospital leaders who have demonstrated an ongoing commitment to quality healthcare and operational excellence.

Foss came to SkyRidge in 2007 and has been instrumental in the formation of an effective Physician Leadership Group which has enhanced medical staff relationships and provided a strong foundation for future growth. He oversaw the patient tower expansion that included a new 41-bed emergency department, 18-bed outpatient center, 10-bed Intensive Care Unit, and 31 spacious, private rooms, and led planning for future expansion that will include a cardiac unit and patient room renovations. With his focus on a service-oriented culture – Community Cares – the hospital has increased patient, physician and employee satisfaction.

Foss says his success would not be possible without the support of the hospital's Board of Trustees, medical staff and dedicated employees. "I work with an amazing group of people who care deeply about this hospital and our patients. This award reflects positively on our entire team and our shared commitment to provide quality, compassionate healthcare for our community."

## OUR NEW DOCTORS

### **GEORGE A. SAMUEL D.O. GASTROENTEROLOGY**

110 Dunhill Place Suite B  
Phone (423) 339-2000  
Office Hours Monday – Thursday 8-5:00

**Fellowship:** Botsford General Hospital  
Farmington Hills, MI  
Gastroenterology

**Residency:** Northeast Regional  
Medical Center  
Kirksville, MO  
Internal Medicine

**Internship:** Northeast Regional  
Medical Center  
Kirksville, MO

### **LACY MARIE LONG WINDHAM, MD OBGYN**

Life Circle Women's Healthcare  
2301 North Ocoee Street  
Phone: (423 )339-1400  
Office Hours Monday – Thursday 8-5:00  
Friday 8-12:00

**Residency:** Eastern Virginia Medical School  
Obstetrics and Gynecology

**Doctor of Medicine:** University of Tennessee  
Health Science Center, Memphis, TN

**Bachelor of Science:** UTC, Chattanooga  
Graduated Magna Cum Laude

## HEALTH AND WELLNESS

### **ARTHRITIS WORKOUT**

Regular, moderate exercise offers a host of benefits to people with arthritis. Join us at St. Therese Church in Breen Hall every Tuesday and Thursday from 10:30 – 11:30. It's free. You can improve flexibility with a head-to-toe range of motion workout, work muscles and joints and boost stamina with a fun workout.

## EDUCATIONAL OPPORTUNITIES

### **HEALTHY WOMAN**

RSVP one week in advance 559-6229

6:00 pm Social & 6:30 pm Speaker

Thursday, July 1, 2010  
CPR Basic Instruction & Certification (Optional)  
Nurses from SkyRidge  
North Cleveland Baptist Church on N. Ocoee

Thursday, August 5, 2010  
"You don't have to be Picasso to paint "  
Ace Hardware Team

Peerless Road Church of God of Prophecy

**MARK YOUR CALENDARS FOR  
Thursday, September 2  
ANNIVERSARY EVENT  
More to follow...**

***Starting July 6, to confirm that you would like to remain a Healthy Woman member, you will need to sign up at [www.healthywomanonline.com](http://www.healthywomanonline.com)***

### **JULY LUNCH'N LEARN**

Date: Monday, July 12  
Location: SkyRidge Education Department  
Time: 11:45 am/Speaker 12:00 pm  
Topic: "Air Evac Lifeteam"  
Speaker: Cindy Smalling  
Cost: Free - RSVP 559-6887

### **JULY MONTHLY MEETING**

Date: Monday, July 26  
Location: SkyRidge Education Department  
Time: 6:00 / 6:30 speaker  
Topic: 3<sup>rd</sup> Annual Antique Roadshow"  
Speaker: Laura Martz of Relics Antique Mall  
**Dinner DutchTreat in the cafeteria;**  
Drinks and Dessert will be available @ meeting.

### **AUGUST LUNCH'N LEARN**

Date: Monday, August 9  
Location: SkyRidge Education Department  
Time: 11:45 am/Speaker 12:00 pm  
Topic: "Myths of Mental Health"  
Speaker: Stephanie Austin  
Cost: Free - RSVP 559-6887

### **AUGUST MONTHLY MEETING**

Date: Monday, August 30  
Location: SkyRidge Education Department  
Time: 6:00 / Speaker 6:30  
Topic: "Who Gets Grandma's Yellow Pie Plate"  
Speaker: Kaye Smith, UT Extension Center  
Workbooks available for \$10.  
**Dinner Dutch Treat in the cafeteria;**  
Drinks and Dessert will be available @ meeting.

### **SEPTEMBER LUNCH'N LEARN**

Date: Monday, September 13  
Location: SkyRidge Education Department  
Time: 11:45 am/Speaker 12:00 pm  
Topic: "Peripheral Vascular Disease"  
Speaker: Dr. Martin Carignan  
Cost: Free - RSVP 559-6887

### **SEPTEMBER MONTHLY MEETING**

Date: Monday, September 27  
Location: SkyRidge Education Department  
Time: 6:00 meal / 6:30 speaker  
Topic: "Staying Safe & Independent @ Home"  
Speaker: Karen Weintraub, ADT  
**This will be our Luau, Wear your Hawaiian clothes, bring a covered dish to go with ham and bring photos of Hawaii to share.**

## **FOOD AND FELLOWSHIP**

### **BREAKFAST BUDDIES**

Date: Every Friday, 9:30 am  
Location: See your calendar  
Cost: Dutch treat

### **RED HATTERS**

Buy a red hat & join us for some fun. We will meet at 2:00 pm on July 10 at Memories in Etowah, August 14 at Logans and September 2, the Healthy Woman Anniversary.

### **DYNAMIC DINNER CLUB 6:00 PM**

July 13 @ Chili's  
August 16 @ O'Charley's  
September 21 @ Applebees



### **OUR APRIL BIRTHDAY PARTY**

### **BIRTHDAY BINGO**

Everyone is invited to our monthly birthday bingo. Enjoy cake and wish everyone a happy birthday. Meet at **SkyRidge Main Cafeteria** July 28, August 18 and September 29 at 2:00.



### **OUR MAY BIRTHDAY PARTY**

### **Cleveland Concert Association Tickets**

The first concert will be Thursday, September 9, 2010 at 7:00 pm at the Conn Center. "Barbara and Frank" I have 12 tickets available for \$10 for this show.


# July 2010

| Sunday  | Monday  | Tuesday   | Wednesday   | Thursday   | Friday  | Saturday   |
|---|---|---|---|--|---|--|
| <p><b>☎ PLEASE TRY TO CALL 559-6887 A WEEK IN ADVANCE TO RESERVE YOUR PLACE BEFORE EACH ACTIVITY WITH ☎.</b></p> <ul style="list-style-type: none"> <li>• SkyRidge Medical Center – Education Rooms - Ground Floor by Cafeteria</li> <li>• Senior Center - 230 Urbane Rd. Next to YMCA</li> <li>• <b>BOWLING HAS MOVED TO Galaxy Bowling -131 Baldwin St NE 472-4254</b></li> <li>• St. Therese Church – 900 Clingan Ridge Dr.</li> <li>• DQ on Paul Huff across from Bradley Square Mall</li> <li>• Westside Drive – meet in Cafeteria for Oil Painting Class</li> </ul> |   |   |   | <p>1<br/>10:30-11:30<br/>Exercise St.<br/>Therese Church<br/>1:30 Bowling<br/><b>6:00 Healthy Woman</b><br/>CPR Basic<br/>Instruction @ N<br/>Cleveland Baptist<br/>Church</p> | <p>2<br/>9:30 Breakfast<br/>Holiday Inn<br/><br/>Money due for<br/>Georgia Mt.<br/>Fair</p> | <p>3<br/>Deposit of \$50<br/>due for trip to<br/>Savannah &amp;<br/>Charleston</p> |
| <p>4<br/><br/><b>Independence Day</b></p>   | <p>5<br/>Closed for<br/>Independence<br/>Day</p>  | <p>6<br/>10:30-11:30<br/>Exercise St.<br/>Therese Church<br/><br/>1:30 – Oil Painting<br/>Class Westside<br/><br/>2:00 pm<br/>Ice Cream at<br/>Paul Huff DQ<br/>Dutch Treat</p> | <p>7<br/>12:30 Line<br/>Dancing<br/>Senior Center</p>   | <p>8<br/>10:30-11:30<br/>Exercise St.<br/>Therese Church<br/><br/>1:30 Bowling</p>   | <p>9<br/>9:30 Breakfast<br/>Cracker Barrel</p>  | <p>10<br/>2:30 pm<br/>☎ Red Hatters<br/>@ Memories in<br/>Etowah</p>               |
| <p>11</p>   | <p>12<br/>☎ 11:45<br/>Lunch 'n Learn<br/>Education Dept<br/>12:00 Speaker:<br/>Cindy Smalling<br/>"Air Evac"</p>  | <p>13<br/>10:30-11:30<br/>Exercise St.<br/>Therese Church<br/><br/>1:30 – Oil Painting<br/>Class Westside<br/><br/>6:00 pm<br/>Dinner Club<br/>Chili's</p>                      | <p>14<br/>12:30 Line<br/>Dancing<br/>Senior Center</p>  | <p>15<br/>10:30-11:30<br/>Exercise St.<br/>Therese Church<br/><br/>1:30 Bowling</p>  | <p>16<br/>9:30 Breakfast<br/>SkyRidge<br/>B/P by Family<br/>Home Care &amp;<br/>Hospice</p> | <p>17</p>  |
| <p>18</p>   | <p>19<br/>6:00 pm<br/>Bingo @<br/>SkyRidge<br/>Main Cafeteria<br/>(Christmas in<br/>July; Wrap your<br/>gift for fun)</p>   | <p>20<br/>10:30-11:30<br/>Exercise St.<br/>Therese Church<br/><br/>1:30 – Oil Painting<br/>Class Westside</p>   | <p>21<br/>8:00 am Depart<br/>for Georgia<br/>Mountain Fair<br/>from Bi-Lo<br/>Cost \$32<br/><br/>12:30 Line<br/>Dancing<br/>Senior Center</p> | <p>22<br/>10:30-11:30<br/>Exercise St.<br/>Therese Church<br/><br/>1:30 Bowling</p>  | <p>23<br/>9:30 Breakfast<br/>I-Hop</p>  | <p>24</p>  |
| <p>25</p>   | <p>26<br/>6:00 pm<br/>Monthly Meeting<br/><br/>6:30 pm Antique<br/>Road Show<br/>Only 1 item per<br/>person please<br/><br/>Dinner Dutch<br/>Treat in Cafeteria</p> | <p>27<br/>10:30-11:30<br/>Exercise St.<br/>Therese Church<br/><br/>1:30 – Oil Painting<br/>Class Westside</p>   | <p>28<br/>12:30 Line<br/>Dancing<br/>Senior Center<br/><br/>☎ 2:00<br/>Birthday Bingo<br/>Main Cafeteria<br/>Sponsored by<br/>Walgreens</p>   | <p>29<br/>7:30 am Depart<br/>from Bi-Lo for<br/>Metropolis, IL<br/><br/>10:30-11:30<br/>Exercise St.<br/>Therese Church<br/><br/>1:30 Bowling</p>                              | <p>30<br/>9:30 Breakfast<br/>Old Fort<br/><br/>Return from<br/>Metropolis</p>               | <p>31</p>  |

# August 2010

| Sunday   | Monday  | Tuesday   | Wednesday   | Thursday   | Friday  | Saturday                                   |
|--|---|---|---|--|---|--|
| 1  | 2<br>6:00 pm<br>Bingo @<br>SkyRidge<br>Main<br>(Bring a white<br>elephant prize)  | 3<br>10:30-11:30<br>Exercise St.<br>Therese Church<br><br>1:30 – Oil<br>Painting Class<br>Westside  | 4<br>12:30 Line<br>Dancing<br>Senior Center   | 5<br>10:30-11:30<br>Exercise St.<br>Therese Church<br><br>1:30 Bowling<br><br>6:00 Healthy<br>Woman<br>Ace Hardware @<br>Peerless Road<br>Church of God of<br>Prophecy | 6<br>9:30 Breakfast<br>Holiday Inn  | 7  |
| 8  | 9<br>☎ 11:45<br>Lunch 'n Learn<br>Education Dept.<br>12:00 Speaker:<br>Stephanie Austin<br>Topic: Myths of<br>Mental Health                           | 10<br>10:30-11:30<br>Exercise St.<br>Therese Church<br><br>1:30 – Oil<br>Painting Class<br>Westside | 11<br>12:30 Line<br>Dancing<br>Senior Center  | 12<br>10:30-11:30<br>Exercise St.<br>Therese Church<br><br>1:30 Bowling  | 13<br>9:30 Breakfast<br>Cracker Barrel                                      | 14<br>2:30 pm<br>☎ Red Hatters<br>@ Logans |
| 15   | 16<br>6:00 Dinner Club<br>O'Charley's<br><br>Final Payment<br>due for<br>Smokies trip   | 17<br>10:30-11:30<br>Exercise St.<br>Therese Church<br><br>1:30 – Oil<br>Painting Class<br>Westside | 18<br>12:30 Line<br>Dancing<br>Senior Center<br><br>☎ 2:00<br>Birthday Bingo<br>Main Cafeteria<br>Sponsored by<br>Walgreens   | 19<br>10:30-11:30<br>Exercise St.<br>Therese Church<br><br>1:30 Bowling  | 20<br>9:30 Breakfast<br>SkyRidge<br>B/P by Family<br>Home Care &<br>Hospice | 21   |
| 22<br>8:00 am –Depart<br>For Mackinac<br>Island from Bi-Lo           | 23  | 24<br>10:30-11:30<br>Exercise St.<br>Therese Church<br><br>1:30 – Oil<br>Painting Class<br>Westside | 25<br>12:30 Line<br>Dancing<br>Senior Center  | 26<br>10:30-11:30<br>Exercise St.<br>Therese Church<br><br>1:30 Bowling  | 27<br>9:30 Breakfast<br>I-Hop   | 28<br>Return from<br>Mackinac Island       |
| 29<br><b>Optional<br/>Workbook for<br/>tomorrow's<br/>talk \$10.</b> | 30<br>6:00 pm<br>Monthly Meeting<br>6:30 Speaker:<br>Kaye Smith "Who<br>Gets Grandma's<br>Yellow Pie<br>Plate?"<br>Dinner Dutch<br>Treat in Cafeteria | 31<br>10:30-11:30<br>Exercise St.<br>Therese Church<br><br>1:30 – Oil<br>Painting Class<br>Westside | ☎ <b>PLEASE TRY TO CALL 559-6887 A WEEK IN ADVANCE TO<br/>RESERVE YOUR PLACE BEFORE EACH ACTIVITY WITH ☎.</b><br>▪ SkyRidge Medical Center – Education Rooms - Ground Floor by Cafeteria<br>▪ Senior Center - 230 Urbane Rd. Next to YMCA<br>▪ <b>BOWLING HAS MOVED TO Galaxy Bowling -131 Baldwin St NE 472-4254</b><br>▪ St. Therese Church – 900 Clingan Ridge Dr. |  |   |  |

# September 2010

| Sunday  | Monday  | Tuesday  | Wednesday   | Thursday   | Friday  | Saturday   |
|---|---|--|---|--|---|--|
| <p><b>☎ PLEASE TRY TO CALL 559-6887 A WEEK IN ADVANCE TO RESERVE YOUR PLACE BEFORE EACH ACTIVITY WITH ☎.</b></p> <ul style="list-style-type: none"> <li>▪ SkyRidge Medical Center – Education Rooms - Ground Floor by Cafeteria</li> <li>▪ Senior Center - 230 Urbane Rd. Next to YMCA</li> <li>▪ <b>BOWLING HAS MOVED TO Galaxy Bowling -131 Baldwin St NE 472-4254</b></li> <li>▪ St. Therese Church – 900 Clingan Ridge Dr.</li> </ul> |   |  | 1<br>12:30 Line Dancing Senior Center   | 2<br>10:30-11:30 Exercise St. Therese Church<br><br>1:30 Bowling<br><br><b>Healthy Woman Anniversary<br/>New Location<br/>More info coming</b>       | 3<br>9:30 Breakfast Holiday Inn   | 4  |
| 5   | 6<br><br><b>OFFICE CLOSED</b><br><br><b>Labor Day</b>   | 7<br>10:30-11:30 Exercise St. Therese Church<br><br>1:30 – Oil Painting Class Westside<br><br>6:00 Bingo for Alzheimer Disease Bring a donation instead of a white elephant prize. | 8<br>10:00 Senior Circle Advisory Board Meeting<br><br>12:30 Line Dancing Senior Center   | 9<br>10:30-11:30 Exercise St. Therese Church<br><br>1:30 Bowling<br><br>7:00 pm Cleveland Concert Association Conn Center<br><br><b>Rosh Hashana</b> | 10<br>9:30 Breakfast Cracker Barrel<br><br>Final Payment due for Charleston / Savannah Trip | 11<br><br>☎ Red Hatters<br><b>Meet at Healthy Woman Anniversary this month</b> |
| 12<br><br><b>Happy Grandparents Day</b>   | 13<br>☎ 11:45 Lunch 'n Learn Education Dept. 12:00 Speaker: Dr. Carignan Topic: PVD                         | 14<br>10:30-11:30 Exercise St. Therese Church<br><br>1:30 – Oil Painting Class Westside  | 15<br>9:00 am Depart for Gatlinburg<br><br>12:30 Line Dancing Senior Center   | 16<br>10:30-11:30 Exercise St. Therese Church  | 17<br>9:30 Breakfast Denny's<br><br>Return from Gatlinburg                                  | 18<br><br><b>Yom Kippur</b>  |
| 19  | 20<br><br>Office Closed   | 21<br>10:30-11:30 Exercise St. Therese Church<br><br>1:30 – Oil Painting Class Westside<br><br>6:00 pm Dinner Club Applebees   | 22<br>12:30 Line Dancing Senior Center  | 23<br>10:30-11:30 Exercise St. Therese Church<br><br><b>1st Day of Autumn</b>  | 24<br>9:30 Breakfast SkyRidge B/P by Family Home Care & Hospice<br><br>Fold Newsletters     | 25   |
| 26<br><br><br>Bake something for our Bake Sale on Wednesday!  | 27<br>6:00 pm <b>Luau &amp; Monthly Meeting</b> Bring a dish to share<br>6:30 Speaker: Karen Weintraub, ADT | 28<br>10:30-11:30 Exercise St. Therese Church  | 29<br>12:30 Line Dancing<br><br><b>11:00 Bake Sale for Alzheimer's Cafeteria</b><br>☎ 2:00 Birthday Bingo Main Cafeteria Sponsored by Walgreens | 30<br>10:30-11:30 Exercise St. Therese Church  | <b>MEMORY WALK FOR ALZHEIMERS<br/>October 2<br/>Cleveland High School</b>                   |  |

# LET'S TRAVEL

## **GEORGIA MOUNTAIN FAIR**

**July 21 day trip**

**\$32.00 – payable to Senior Circle**

Enjoy all the fun of a country fair with entertainment by Roy Clark and Mike Fuller (magician). Please send in your check to hold your reservation by **July 2**.

## **HARRAH'S METROPOLIS CASINO**

**July 29/30**

**\$100 – payable to Senior Circle**

Trip includes transportation with Royal Charter and Tour, lunch at Mr. Bill's Restaurant at Patti's Settlement in Grand Rivers, KY, buffet dinner at Harrah's, lunch buffet second day and admission to the Super Museum in Metropolis, Illinois. Money is due in full by **July 16**.

## **MACKINAC ISLAND, MICHIGAN**

**August 22-28, 2010**

**\$579.00 pp double**

This trip is full. Please send in your final payment payable to Diamond Tours. We will take a ferryboat ride to Mackinac Island and tour the island by horse and carriage, cruise through the Soo Locks and enjoy dinner and gaming at Kewadin Sault Casino, tour Mackinaw City and visit Colonial Michilimackinac.

## **SHOW TIME IN THE SMOKIES**

**September 15, 16, 17**

**\$250 pp double**

This trip includes transportation with Royal Charter and Tour, 2 nights lodging at the Greystone Lodge, 4 shows, visit to the Titanic museum, 2 dinners, 1 lunch, 2 breakfasts and free time in Gatlinburg. Make your check payable to Senior Circle. A \$50 deposit is due upon signing. Final payment due **August 16**.

## **NASHVILLE, TENNESSEE**

**September 17/18**

Cancelled due to the flooding. Please let me know if you would like to apply your deposit to another trip or if you would like a refund.

## **SAVANNAH & CHARLESTON**

**October 18-21**

**\$479.00 pp double**

Your cost includes 3 nights accommodations, 3 breakfasts at your hotel, 3 dinners, guided tour of Savannah & Charleston, performance at Savannah Historic Theater, Harbor Sightseeing cruise, shopping in Charleston's Old City Market and more. A \$50 deposit is due upon signing made payable to PML Tours. Final payment is due by **September 10**.

## **BRANSON, MISSOURI**

**November 14-20, 2010**

**This trip has been cancelled. We did not have enough interest.**

## **Cumberland County Playhouse**

**November 17**

**\$54 pp**

We will have lunch at the Cumberland Mountain State Park and then go to see "The Best Christmas Pageant Ever." (Rated G). Make your check payable to Senior Circle.

**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 someone to take your place unless you have purchased insurance.***

**ENJOY THE MANY BENEFITS of**



- 20% Discount Medical Center Cafeteria
- 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 important papers
- Fellowship & Activities
- Free exercise class

**JOIN the FIGHT AGAINST ALZHEIMER'S**



Please make something for our Bake Sale on Wednesday, September 29. Whatever your specialty is, pie, cake, bread, cookies, cupcakes or candy, we will sell it individually wrapped or as a whole. The sale will be at SkyRidge Main cafeteria from 11:00 – 2:00. Please drop off your baked items by 10:30. Let's make this year the best bake sale ever! Everyone is invited to walk in the Memory Walk on October 2 at Cleveland High School.

**VOLUNTEERS NEEDED TO SEW**



Would you be interested in sewing teddy bears for our pediatric unit at SkyRidge Medical Center? We have a pattern if you need one. Call 559-6887 for more info.



Sponsored by SkyRidge Medical Center

**Enriching the lives of adults age 50 and better –  
one member at a time --**

Date submitted with payment:

|            |   |   |
|------------|---|---|
| Last Name  | Middle Initial  | <input type="checkbox"/> Mrs.<br><input type="checkbox"/> Ms.<br><input type="checkbox"/> Mr.<br><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)*  
\_\_\_\_\_ @ \_\_\_\_\_

**2<sup>ND</sup> MEMBERSHIP, SAME ADDRESS ONLY**

|            |   |   |
|------------|---|---|
| Last Name  | Middle I  | <input type="checkbox"/> Mrs.<br><input type="checkbox"/> Ms.<br><input type="checkbox"/> Mr.<br><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