

Summer 2006

# InsideCircle



Cataracts

What you  
should know

National  
Grandparents Day

Short Story  
Contest Winner

Preserving Family History

# Distinction

## Dick & Connie Lapiere

*Eastern New Mexico Medical Center Chapter  
Roswell, New Mexico*



“Senior Circle’s the best deal in town!” So say Dick and Connie Lapiere who have made themselves indispensable to our chapter. These two do whatever needs doing cleaning the kitchen, reorganizing supplies, rearranging furniture, stocking the refrigerator, picking up donations, etc. With a passion for model railroading, Dick has “decorated” the HO (gauge) model train layout at the Senior Circle office, a replica of Roswell circa 1900 when the train first came to town, and even painted a mural behind it. Connie’s crochet hook is always working on baby afghans that she gives to those in need.

Dick is a retired electrical engineer and Connie formerly owned a cleaning service. Between them, they have three sons and two daughters, 11 grandchildren with another on the way, and one great-grandchild. The couple also “mind the store” when Cindy and I have to be gone. Senior Circle thinks this couple is the best deal!

–Marifrank DaHarb, Senior Circle Director

## Frances Sute

*South Baldwin Chapter  
Foley, Alabama*



Frances Sute is tops in our chapter. As a matter of fact, she just graduated from the Foley Chapter of TOPS (Taking Pounds Off Sensibly) and is now a member of KOPS (Keeping Pounds Off Sensibly). Per her physician’s recommendation (Dr. Sandra Alexander), Frances joined this program and has lost a

total of 50 pounds! Among friends who attended her graduation ceremony were Dr. Alexander and Fran Barr, Assistant Senior Circle Advisor.

A former nun of 17 years, Frances wanted to continue serving people and came to South Baldwin Regional Medical Center’s Senior Circle office to learn how she could get involved. Besides becoming an Auxiliary Volunteer in the hospital gift shop, Frances joined Senior Circle. As a member, she is active in numerous events and always brings a smile and an exciting story to share with others. She is a great ambassador.

–Karen Still, Senior Circle Advisor

## Duane McGourik

*Hill Regional Chapter  
Hillsboro, Texas*

Duane McGourik has been a Senior Circle member since 2000, enjoying all aspects of the Circle. He’s been



married to Elizabeth since 1963

and they have one daughter who resides in New Mexico. He’s also very active in volunteering and helping others; when you’re in need, call Duane.

“I enjoy meeting new people and going with the Circle on day trips and eating excursions.” His true spirit of volunteering is why I chose Duane as a Member of Distinction.

–by Jackie Suomi, Senior Circle Advisor

### The Senior Circle Mission:

*To encourage a healthy and active lifestyle for seniors by providing programs that encourage continued learning, wellness, health and volunteering, coupled with a host of social activities.*

[www.seniorcircle.com](http://www.seniorcircle.com)

Welcome to...

# SeniorCircle

S u m m e r 2 0 0 6



Dear Members,

Having the maiden name Sommer, I have a special fondness for summer and all that comes with it—blue skies, garden work, and a long-overdue vacation that will allow for quality family time without any routine. This summer, my husband and I are excited to be taking our three children to New York City and Washington D.C. for an educational and fun adventure.

Our Senior Circle membership continues to grow from California to Pennsylvania and this year's submissions for our Short Story Contest broke an all time record! Our members are extremely gifted and selecting the best-of-the-best was more difficult than ever. I am sure you will enjoy reading "A Fishing Story," the first place winning story by Sandy Sykes from the Dyersburg Chapter.

Don't miss the inspirational member spotlight on page 4. At the young age of 87, Bill Hamilton has a love of horses and a competitive spirit that is admirable—and remarkable! Keep it up, Bill.

I have always valued the time, stories and relationships I share with my grandparents. My grandmother and I e-mail often so that I can try to keep up with her busy life. The Internet has opened up a whole different world for her and she loves it. She has never slowed down nor does she miss the opportunity to experience another escapade.

I have to admit, the love I see between my children and their grandparents melts my heart. As I watch them play and enjoy each other, I feel like a child again. My daughter and mother, pictured on page 11, are the best of friends. They are so much fun to watch. I'm not sure who benefits most from their relationship—my daughter, my mother or me! Don't forget Grandparents Day on September 10.

This summer, I encourage you to reach out and make a few new friends through Senior Circle. Check with your Advisor; there's always something special happening in the Circle!

Health and Happiness!

*Debbie*

## Inside this Issue

### Member News

- 2 Members of Distinction
- 20 Member Mail
- 21 Around the Circle

### Health

- 6 Cataracts - What you should know
- 7 Pondering Prostate Problems

### Member Benefits

- 10 ScriptSave and Medicare Part D
- 24 Don't Miss Out

### Features

- 4 **Member Spotlight**  
Bill Hamilton
- 5 Short Story Contest Winners  
"A Fishing Story"
- 11 National Grandparents Day
- 13 Preserving Family History
- 16 Healthy Dining Out

### Travel

- 14 2006 Adventures
- 15 Preparing for Travel
- 18 **On The Road**  
Cleveland Regional Chapter

---

#### President and Publisher

Debra S. Landers

#### Editor

Amy Thomas

#### Director of Senior Circle

Ann Jaramillo

#### Senior Circle Coordinator

Rachel Baltuth

#### Published By

Senior Circle  
(800) 211-4148

#### Email

seniorcircle@seniorcircle.com

# Young at Heart

*Despite a few set-backs, Bill Hamilton gets back in the saddle.*

Bill Hamilton's passion for showing horses has only ripened over his 86 years. According to the accomplished equestrian, it's important for people to stay active with a hobby and surround themselves with friends. That's just what he and wife Dotty do, not only as active members of the Jackson Tennessee Senior Circle Chapter, but at their horse ranch and at the Tennessee Walking Horse National Celebration where Bill has pranced away with 23 World Grand Championships.

As a retired principal and former agriculture professor at Jackson State Community College, Bill says it's essential to have something you like to do when you retire. "My hobby is horses and I think it's a life gift." With warmth in her voice, Dotty adds, "Horses love him, and he loves horses." The Hamiltons were both widowed when they met at the symphony and eventually married eight years ago. Dotty says she wasn't looking, "but the good Lord had other ideas." She quickly understood that horses are in this family's blood.

Bill's adoration for horses began early. He grew up on a farm and rode a pony three miles to school every day from first through third grade. Decades later that fervor is still alive. His claim to fame began in 1978 on Ebony Princess, eventually earning 12 World Championships for himself and the horse. On his current horse, Moon Rider (Ebony Princess' offspring), he has won 11 championship titles at the Tennessee Walking Horse National Celebration in Shelbyville, Tenn. (the breed's Super Bowl which draws crowds up to 40,000). "You get in the saddle, and you know she is dying to get into the ring," Bill says. "I'm just along for the ride."

"I have been really lucky and won more than I have deserved, but it's been a family affair," Bill credits. "All I do is show the horse, but my son Howard and Dotty really do all of the work."

The family horse ranch, Serenity Ranch, is home to 75 horses. Howard trains Moon Rider and many of the other horses. Together Bill and Howard (who was

recently elected into the Tennessee Walking Horse Hall of Fame) participate in about 35 shows a year. Bill's other son, Billy, a retired veterinarian, also works on the family ranch feeding and tending the horses.

Bill's successes are even more remarkable considering the challenges he has overcome. He underwent shoulder surgery and arterial surgery in 2004. "I was told I would be out for a year, but I was back riding in two weeks," says Bill. He admits he could have quit after breaking his shoulder, but instead he chose to keep riding. To save his legs an ache or two, he uses a small stepladder to mount and dismount Moon Rider. He knows the real work to keep the horse in gait is in the hands.

"Horses have been a wonderful hobby," Bill says, though he admits that he thrives on the competition. "I lose plenty, but I don't let it bother me." His favorite part, he explains, is the people he meets and the friendships he has made over the years. Bill encourages others to enjoy life by having a hobby and more importantly to be around other people. "Get involved, make some friends—just keep going!" Even his own physician, Dr. John Mark Jenkins, states that "being motivated is the best prescription for someone at that stage of life." Keep riding, Bill, and we'll be looking for you and Moon Rider this August at the annual championship!



*Bill Hamilton  
with his wife  
Dotty and  
Moon Rider.*

Photo courtesy of Humboldt Chronicle

# Fifth Annual Senior Circle Short Story Contest

*Inside Circle is pleased to announce the winners of the Fifth Annual Senior Circle Short Story Contest. We greatly enjoyed reading each of the more than 50 stories, and are extremely proud of the writing talent of our members! Things did get a bit tense as we buckled down to choose the winners, but we think you will all agree "A Fishing Story" is heart-warming.*

## 1st Place

*Published below*

*"A Fishing Story"*

by Sandy Sykes, Dyersburg Chapter

## 2nd Place

*To be published in our fall issue*

*"I've Done My Job"*

by Erna I. Snukis, Western Arizona Chapter

## Honorable Mention

*Can be read on [www.seniorcircle.com](http://www.seniorcircle.com)*

*"A Celebration of Memories"*

by Jane Gramlich, Pottstown Chapter

## A Fishing Story

Once upon a time in a small rural town in the south there lived a young dark haired boy. The shy, but adventurous boy, dreamed of fishing. His home was about ninety miles north of Memphis, Tennessee. He had never traveled far from his home since his mother didn't own a car.

Near his community—about twenty miles north—was a special lake. People say the lake was created by several large earthquakes in the 1800s. The lake was legendary and great stories of fishing were told by many. The dark haired boy would dream of taking a fishing trip there one day. He could only imagine the beauty of the lake and the many fish it held. He imagined holding his fish stringer high in the air up over his head filled with fish as his mother proudly smiled.

The young boy had several friends old enough to drive. But because they had to work after school finding time to fish was difficult. The boy thought he should always be ready should the time come. Therefore, he kept his gear nearby and dug fresh worms and kept them in a tin can of dirt.

One Saturday morning, the young boy awoke to hear a course voice speaking from the front porch of their small home. The voice was from a neighbor, an elderly man, and the boy could hear his name in the man's conversation with the boy's mother. He wondered why the man had come and if the elderly man wanted to take him fishing. This gentleman was well-known for his fishing stories. He had told the lad many of his adventures on Reelfoot Lake.

The young boy's mother came inside and told the boy that the elderly man wished to take him along for a short fishing trip to the lake. In a flash, the boy ran like a whirlwind gathering his fishing gear and fresh can of worms. He jumped into the gentleman's truck before his mother could kiss him good-bye or grab the snack she rushed to prepare for him.

They they arrived at the legendary Reelfoot Lake, it held all the beauty and more that the boy had imagined. Above the birds were singing and the cypress trees swayed in the gentle breeze across the lake. The sun brightly reflected onto the lily pads on the lake that made fishing a favorite spot. That day the fishing was great! In just a short time, the young boy had caught a fish that made the elderly man almost fall from his seat as the boy hoisted the large crappie from the side of the boat. The elderly man soon explained to the lad that the fish he caught was no ordinary crappie, but was tagged with a silver ticket in his large fin. The gentleman further told the boy how each year prize fish were placed into the lake for fisherman to catch. The boy was so excited. The elderly gentleman and the young boy hurriedly loaded their catches from the day and raced across the lake so the lad could claim his prize at the dock.

The big smile of pride on the dark haired boy's face was all his mother could see. The two fishermen headed toward the front porch with the long stringer full of fish. The boy could hardly contain himself as he handed his mother the gold envelope containing the prize money—a crisp fifty dollar bill. His mother looked puzzled and the boy explained the special prize fish he had caught that day at the lake. His mother smiled so brightly and hugged him. This warmed the young lad's heart that his first trip to the lake was also a big surprise for his mother.

The waters of the legendary Reelfoot Lake would always hold a special place in the boy's young life. He would return there many times throughout his life and bring many other friends and family to seek out the great fishing there. The young dark haired boy's dream of his first fishing adventure unlocked the true passion he held deep in his heart to fish.

# Cataracts: What you should know

Most of us take our vision for granted until all of a sudden we realize that, hmmm, it's not so easy to drive at night anymore. Or we wonder when they started making book print so small!

Although there are many health related vision conditions, cataracts are very common. In fact, by age 80 more than half of all Americans have either a cataract or have had cataract surgery. Unless you've discovered the fountain of youth, knowledge is power over cataracts.

## Contributing Guest Physicians

.....  
**Roy Z. Braunstein, M.D.**  
 Lake Wales Medical Center,  
 Board Certified Ophthalmologist

**Harry Burton Young, Jr., D.O.**  
 Northeast Regional Medical Center

.....

## What is a cataract and how does it affect one's vision?

**Dr. Braunstein:** Everyone is born with a transparent lens directly behind the pupil of each eye. If the lens loses its transparency (becomes opaque), it is called a cataract. Cataracts cause poor vision and glare making it difficult to read without bright light and uncomfortable halos in night driving. Both eyes are usually affected.

## How do cataracts develop?

**Dr. Young:** Cataracts are a metabolic problem. Because the lens has no blood supply, the metabolism is very delicate. Anything that disrupts the metabolism will cause the lens to opacify and thus a cataract.

**Dr. Braunstein:** Everyone develops cataracts to some extent after age 50. They develop at an earlier age and quicker in diabetics, people on steroids or some anti-psychotic medicines. People with significant, prolonged sun exposure or family history are apt to have cataracts at an earlier age.

## Can a person know if cataracts are beginning to develop?

**Dr. Young:** Cataracts will cause vision to be blurred so that you will not be able to read easily or see the TV clearly. Cataracts may cause halos around oncoming headlights or a starburst affect with streetlights.

## How are cataracts detected?

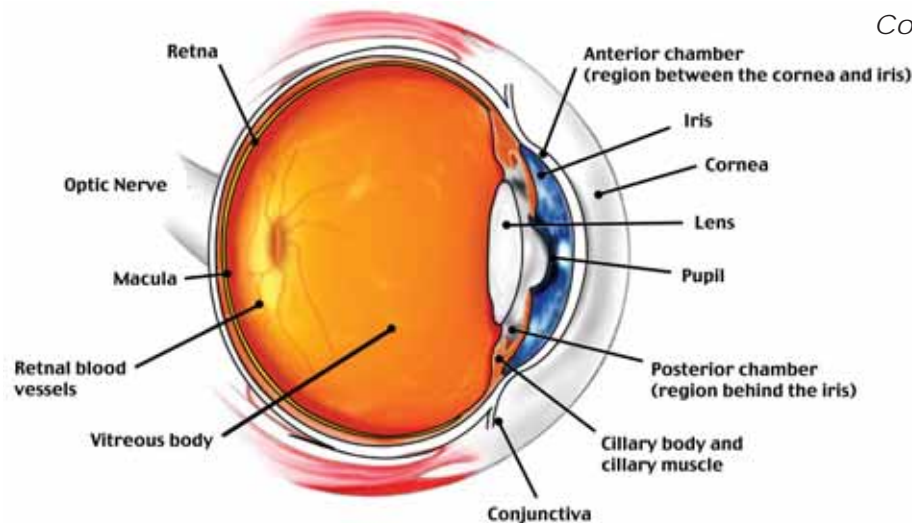
**Dr. Young:** Eye care professionals (optometrists and ophthalmologists) are the usual clinicians to diagnose early cataracts. If the cataract is far enough advanced family doctors and internists may also help diagnose them.

## How are cataracts treated?

**Dr. Braunstein:** Surgery is necessary if new glasses cannot improve vision for the patient to see clearly enough to perform activities (driving, reading and hobbies). Surgery is successful in 99 percent of patients as long as another eye condition (glaucoma, age-related macula degeneration, corneal disease) does not prevent good results.

**Dr. Young:** When someone comes to my office with a cataract, I give them three options: One is not to do anything. If visual acuity is 20/40 or better, surgery is not indicated. The second option is to change their glasses prescription. Thirdly, if their field of vision is 20/50 or worse, then cataract surgery is indicated. Cataract surgery involves removing the cataract with an ultrasonic needle and replacing the lens with an artificial implant.

*Continued on Page 9*



# pondering... Prostate Problems

*Knowledge and early detection are key to staying healthy and living longer.*

Prostate health issues are an aspect of growing older that most men will have to deal with. Although it's a small gland, about the size of a walnut, the prostate plays an important role in a man's urinary and sexual health. The prostate surrounds the urethra at the neck of the bladder and supplies fluid that goes into semen. From an enlarged prostate to prostate cancer, men might not want to talk about these issues, but all should be armed with knowledge and know how to protect their health.

Our contributing urologists share an overview of the main types of prostate problems:

•••••

Philip P. Brodak, MD  
Fallbrook Hospital • Fallbrook, CA

Christopher Buchanan, M.D., Brazos Urology Clinic, P.A.  
Lake Granbury Medical Center • Granbury, TX

•••••

**What types of tests do urologists perform to diagnose prostate problems?**

**Dr. Brodak:** Prostate problems are diagnosed based on a man's symptoms, medical history, and the findings from a physical exam of the abdomen, genitals, and rectal exam, urinalysis, and PSA blood test. If a man's symptoms suggest urinary retention, a bladder scan to evaluate urinary retention may be performed.

**Dr. Buchanan:** A PSA test (prostate specific antigen is a protein only made in the prostate) is used to screen for cancer. It is also used as a tumor marker if cancer is diagnosed. Despite some negative press lately, the PSA screening diagnoses prostate cancer when it is most curable. PSA also increases with age due to prostate enlargement, so the normal PSA will be higher as age increases. A prostate ultrasound with biopsy can also determine if cancer is present. A cystoscopy, a lighted scope, can also be utilized to look into the urethra, bladder and prostate.

## Prostatitis

**What is prostatitis?**

**Dr. Brodak:** Prostatitis is inflammation of the prostate gland, associated with the symptoms of frequent urination,

painful urination, urgency, and pain in the low back and/or perineum.

**Dr. Buchanan:** The main types are: Acute Bacterial Prostatitis: a severe infection due to bacteria; Chronic Bacterial Prostatitis: a less severe infection of the prostate; and Chronic Non-Bacterial Prostatitis (or chronic pelvic pain syndrome): which is difficult to treat since there is no known cause.

**What are the treatments for prostatitis?**

**Dr. Brodak:** Both acute and chronic prostatitis are treated with antibiotics for four to six weeks, bed rest, and plenty of fluids. A urinary catheter may be placed for retention. Nonbacterial prostatitis is treated with alpha-blocker medical therapy to relax the bladder neck, nonsteroidal anti-inflammatories like Motrin, and hot sitz baths.

## Enlarged Prostate

**What is an enlarged prostate and what causes it?**

**Dr. Brodak:** The prostate gland of a young, healthy man is the size of a walnut. With aging the prostate enlarges

### SYMPTOMS OF PROSTATE PROBLEMS

- Difficulty starting or stopping urination
  - Frequent/urgent need to urinate
- Need to urinate in the middle of the night
  - Pain with urination
- Weak or unsteady urine stream
  - Urine leakage (incontinence)
- Feeling as if the bladder is not completely empty after urination
- Pain in and around the base of the penis or discomfort between the scrotum and rectum
  - Pus, blood, or cloudiness in the urine
  - Painful ejaculation
- Difficulty having an erection
- Pain in the lower back, hips, or upper thighs

in response to changes in hormones. Other factors include a high fat diet and genetic predisposition.

**Dr. Buchanan:** The flow of urine from the bladder must go through the middle of the prostate. If the prostate is enlarged, narrowing of the channel occurs and the urine stream can become weak, with possible difficulty starting and stopping. The bladder muscle becomes thicker since more pressure is required to push the urine through the prostate. The thick walled bladder can no longer hold as much urine, resulting in frequent urination.

#### **Is an enlarged prostate a sign of cancer?**

**Dr. Buchanan:** No, there is no correlation.

#### **How is an enlarged prostate treated?**

**Dr. Brodak:** Mild symptoms are minimally bothersome and patients are treated with watchful waiting. Moderate symptoms may be treated with medications that either relax the smooth muscle in the prostate or cause the gland to shrink. If medications are not effective or tolerated, minimally invasive procedures may be performed on the prostate to relieve the blockage.

**Dr. Buchanan:** Minimally invasive treatments can be performed in your doctor's office with mild sedatives, and most patients will no longer have to take prostate medicines afterwards. These treatments include: microwave thermotherapy which causes thermal destruction of the prostate resulting in shrinkage of the obstructing portion; and needle ablation where thermal destruction is delivered through needles causing shrinkage of the prostate.

If surgery is required there are several options. Transurethral resection (TURP) of the prostate requires anesthesia and has a higher risk of bleeding and complications, but it gives the best symptom improvement. Laser resection of the prostate is similar to TURP, but has less risk of bleeding. The option with the highest surgical risk is open surgery to remove the prostate. This is reserved for very large prostates.

## **Prostate Cancer**

#### **How common is it and what are the causes?**

**Dr. Brodak:** Prostate cancer is the second most common cause of cancer deaths in males, with 37,000 deaths and over 125,000 new cases a year in the U.S. African-Americans have a 50 percent higher incidence and mortality.

**Dr. Buchanan:** The causes are not well defined, but known risk factors are high fat diet, family history, smoking, and increased age. Symptoms do not usually occur until late in the disease.

#### **How is prostate cancer treated?**

**Dr. Brodak:** Treatment options are based on a man's age, health status, long-term goals, and expected

longevity. Most urologists recommend that healthy men under age 70 undergo surgical removal of the prostate. For men over 70 (or those with a lifespan of less than 10 years) the usual treatment options include radiation therapy or cryoablation.

**Dr. Buchanan:** Several treatment options include

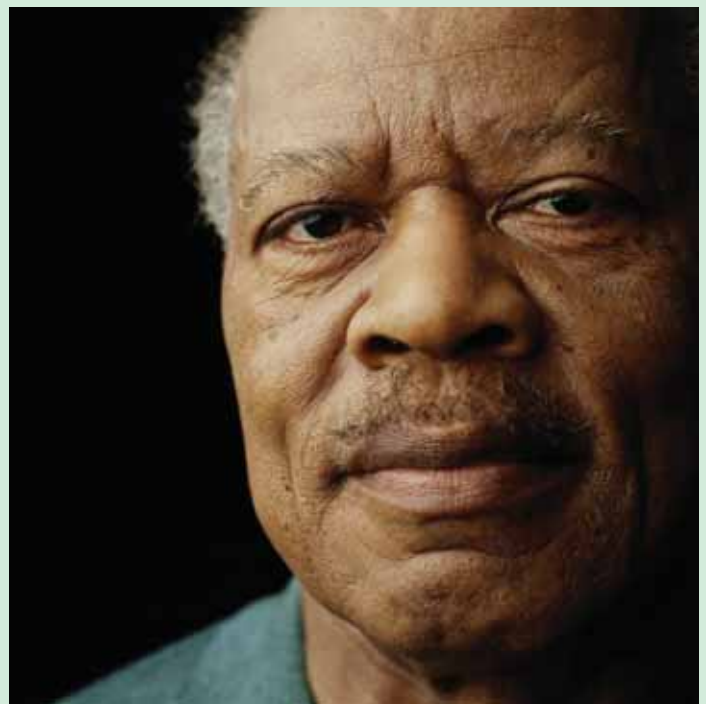
- Surgery to completely remove the prostate has the best cure rate, but has the risks of surgery
- External Beam Radiation Therapy
- Brachytherapy: implant of radiation seeds
- Cryoablation freezes the prostate to kill the cancer
- Hormonal therapy uses periodic shots of medicine to reduce testosterone. Prostate cancer is dependent on testosterone to grow at first, but the cancer cells eventually become resistant to this therapy. It is the only effective treatment once the cancer has metastasized outside of the prostate.
- Watchful waiting is often reserved for older patients
- Chemotherapy will temporarily slow cancer growth and is only used for late stage metastatic cancer, as it is minimally effective.

## **General**

#### **If a man has a prostate problem, how can he relieve some of the symptoms on his own?**

**Dr. Buchanan:** Try eliminating bladder irritants (alcohol, coffee—even decaffeinated, any type of tea and colas, artificial sweeteners, citrus fruits or juice). Consult with an urologist for an elevated PSA or an abnormal prostate nodule.

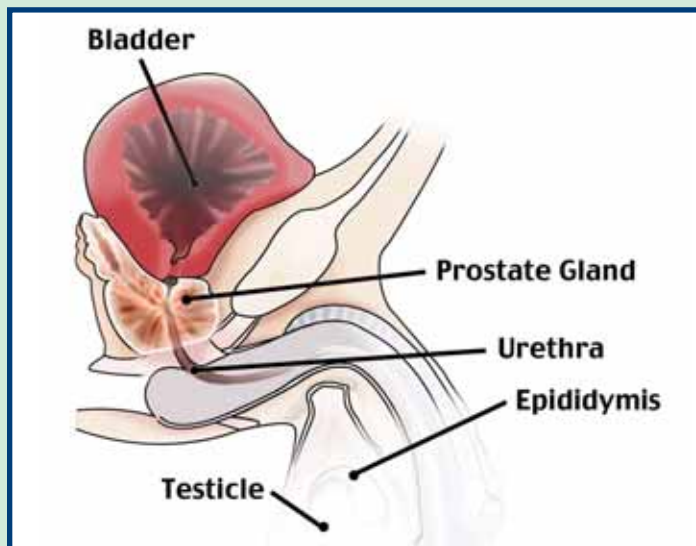
**Dr. Brodak:** Emptying the bladder every four to six hours may help prevent acute or chronic prostatitis. If a man is bothered by frequent trips to the bathroom at night, limiting fluid after dinner may help. Also, dietary



supplements such as saw palmetto have been shown to relieve some of the symptoms of an enlarged prostate.

### What early detection and prevention steps should men take to prevent prostate problems?

**Dr. Buchanan:** White males age 50 and older with no family history of prostate cancer should get a yearly PSA



and prostate exam. African-American men and any male with a family history of prostate cancer should begin screening at age 40. Studies have shown that lycopene, selenium, vitamin D and E, and a diet high in fruits and vegetables will decrease the risk of prostate cancer.

**Dr. Brodak:** Taking Proscar or Avodart once a day has been shown to decrease the chances of a man having urinary retention or needing an operation to treat an enlarged prostate. Additionally, Proscar has shown in one study to decrease the risk of developing prostate cancer by nearly 25 percent. Also, a healthy lifestyle (no smoking and eating a diet low in fat and high in soy) may also prevent prostate problems.

If you have concerns or symptoms talk with your doctor right away. Also, get regular screenings according to the guidelines mentioned above. All men can benefit from the latest diagnostic tools and treatment options. Prostate health doesn't have to be shrouded in mystery. Remember - the more you know, the more you can take control of your health and your future.

## Cataracts *Continued from page 6*

### What happens if a person ignores symptoms or delays treatment?

**Dr. Braunstein:** Usually nothing, unless the cataract grows in size and firmness preventing easy removal.

**Dr. Young:** Vision will continue to get worse which will decrease patient's ability to function in their everyday activities, making some activities dangerous.



*Vision with cataracts ... and without!*

A cataract is a clouding of the lens that affects vision. The lens is a clear part of the eye that helps to focus light or an image on the retina. The retina is the light-sensitive tissue at the back of the eye.

In a normal eye, light passes through the transparent lens to the retina. Once it reaches the retina, light is changed into nerve signals that are sent to the brain. The lens must be clear for the retina to receive a sharp image. If the lens is cloudy from a cataract, the image you see will be blurred.

### Though cataracts cannot be prevented, how can we protect our vision?

**Dr. Braunstein:** Decrease sunlight exposure, eat leafy vegetables, do not smoke or drink alcohol in excess, and control cholesterol and keep a check on diabetes.

**Dr. Young:** Yearly examination by an eye care professional is by far the best preventative medicine. The sooner that cataract, glaucoma, macular degeneration and diabetic retinopathy are diagnosed, the better chance the patient has for a successful outcome in therapy.

Cataract removal is one of the most common operations performed in the United States. It's also one of the safest and most effective types of surgery. In about 90 percent of cases, people who have cataract surgery have better vision afterward.

If you are age 60 or older, in addition to having your eye care professional conduct a comprehensive dilated eye exam at least once every two years, you should also have him or her check for signs of age-related macular degeneration, glaucoma, and other vision disorders. Early treatment for many eye diseases may save your sight.

*For more information contact: National Eye Institute (301) 496-5248 • [www.nei.nih.gov](http://www.nei.nih.gov)  
American Academy of Ophthalmology (415) 561-8500 • [www.aao.org](http://www.aao.org)  
American Optometric Association (314) 991-4100 • [www.aoa.org](http://www.aoa.org)*

# Prescriptions Essential Part of Modern Medicine and Our Lives

*ScriptSave saves Senior Circle members over \$1.2 million*

As we grow older, a daily regimen of drug prescriptions is almost as sure as gray hair and reading glasses. It's estimated that two-thirds of seniors take at least one medication each day, and 25 percent take three or more. Many of us owe our lives—or at least our lifestyles—to medications. And we're all acutely aware of the costs!

With the ScriptSave<sup>SM</sup> benefit, there is relief for Senior Circle members. No matter how you pay for your prescription drugs and regardless of your decision about whether or not to enroll in a Medicare prescription drug plan, you can use the ScriptSave card for savings on brand name and generic prescriptions. The card, which is available to all members at no cost, is a value-added part of Senior Circle membership. There are no income limits.

Since Senior Circle began offering the ScriptSave prescription drug savings program in August 2001, members have saved over \$1.2 million on their prescription drug purchases.

Here are some frequently asked questions with answers about your ScriptSave card so that you don't overlook using this benefit!

## **I have prescription drug coverage through a Medicare Part D plan. Do I still need a ScriptSave card?**

Yes, hold on to your ScriptSave card. You can use it for savings on any brand name or generic prescriptions that are excluded by Medicare Part D law.

## **What if I don't have prescription coverage?**

ScriptSave is available to all Senior Circle members and can be used for savings on both brand name and generic prescriptions. Savings average 21 percent, with potential savings of up to 50 percent (based on 2005 national program savings data.)

## **Does the ScriptSave card expire?**

No, it does not expire and there are no limits on usage. As long as you remain a member of Senior Circle, you can continue to save with your ScriptSave card!

## **What if I don't have Medicare?**

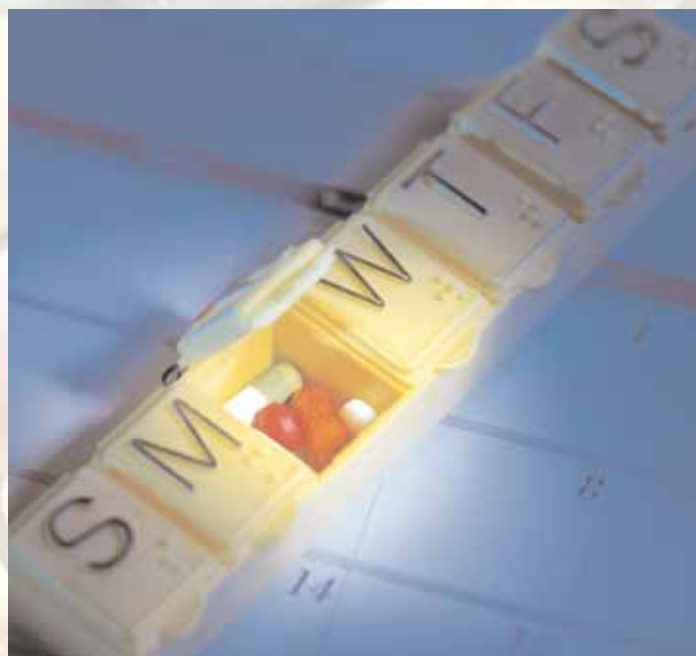
Then ScriptSave works for you, too. ScriptSave is available to Senior Circle members of all ages, with or without Medicare.

## **Where can I use my ScriptSave card?**

Costco pharmacies have recently been added to the 52,000 participating chain and independent pharmacies nationwide that accept the ScriptSave card. ScriptSave is always working on adding additional pharmacies to the ScriptSave network. To find a participating pharmacy near you visit [www.scriptsave.com](http://www.scriptsave.com) or call ScriptSave at 1-800-700-3957.

## **What if I have lost my ScriptSave card?**

Call ScriptSave Customer Care at 1-800-700-3957 and mention Group #208, or contact your local Senior Circle Chapter office, to receive a replacement.



*(This program is not an insurance policy and does not provide insurance coverage. Discounts are available exclusively through participating pharmacies. You may cancel your registration under this program within thirty (30) days from the date your discount card is issued.)*

# National Grandparents Day

*You, too, can celebrate this special day!*

It was 1970 when Marian McQuade, a housewife from West Virginia, began her crusade for National Grandparents Day. Her motivation was to champion the cause of lonely elderly in nursing homes, as well as persuade grandchildren to tap the wisdom and heritage their grandparents could provide. Finally, in 1978 President Jimmy Carter proclaimed that National Grandparents Day would be celebrated every year on the first Sunday after Labor Day.

So why do we love our grandparents so much? Apparently Willard Scott has been pondering this question and has a book entitled, "If I knew it was going to be this much fun I would have become a Grandparent First." Here's an excerpt:

*"Part of the reason I think has to do with the tremendous natural affection and affinity that kids have for older people, whether they are their actual grandparents or not. I know that when I was a kid in Sunday school I used to look forward to the end of church because there was a lady, Mrs. Earl Brinkle, who was probably about seventy-five years old and always wore a little nine-dollar JCPenney dress. I remember her well. I just loved and adored her because she was so full of love. You know that feeling you get when somebody older holds you in their arms—she was that way with all the kids—a true grandmother in spirit. I wish everyone could have a grandmother like her."*

Today, the National Grandparents Day Council seeks to enhance the celebration of National Grandparents Day

by cultivating activities throughout the year; honor grandparents and to strengthen the bond between grandparents and grandchildren; and draw compassionate attention to those who live in a nursing home.

## GRANDPARENTS ACTIVITY IDEAS

- **Host a small gathering or family reunion.** Play board games for interaction. Share stories about the good ole days.
- **Spend time with your children or grandchildren and flip through old photo albums,** identifying and dating the pictures. Many great stories and memories will come from this time together.
- **Pass down one of your coveted recipes,** handwritten, of course.
- **Old family music, songs and dances, along with their origins, are important** in maintaining a strong sense of family background. Together, re-construct a family tree. Strive to preserve particular ethnic or religious beliefs. Many times, only grandparents have answers to questions about family histories.
- **Grandparents Day is the perfect time to enhance communication** between the generations—even if it's not your grandparent. Visit a special senior who can't easily get out of their home, or send a card, note or flowers to someone older who you treasure. Stop by just to visit and help them pot a plant, or go see a movie or grab a hamburger. Remember that many elderly are not fortunate to have family nearby.

Editor Amy Thomas with her "honorary grandmother," Margaret Wallace.



President and Publisher Debbie Lander's daughter, Lydia Landers with her grandmother (Debbie's mother), Janet Sommer.



Senior Circle Coordinator Rachel Baltuth at age 5 with her father, Owen, and grandfather, Otto.

“Grandchildren fill you with joy and happiness.”  
**Beverley Clegg, Lake Granbury Chapter**

“The unconditional love between grandchildren and grandparents.”  
**Carol Adkins, North Okaloosa Chapter**

“There is not enough room in your heart for all the love you feel.”  
**Dottie Painter, Plateau Chapter**

“You get to spread your love a lot further.”  
**Ruth Schrum, Southside Regional Chapter**

“Joy!”  
**Vi Dupre, Fallbrook Chapter**



# So what's so great about being a grandparent?

“Seeing each grandchild develop his/her own special personality and strengths.”  
**Emilie Sharp, Alta Vista Regional Chapter**

“Saying goodbye to diaper brigade and late night feedings, but getting to say “yes” when you should say “no” and loving every minute of it!”  
**Sandy Schnefke-Dillard, Gateway Regional Chapter**

“You get to play with them and not have all the work that goes along with taking care of them.”  
**Sandra Lewis, Crossroads Community Chapter**

“Having two grandchildren and five great-grandchildren to love.”  
**Barbara Sykes, McKenzie Chapter**

“Being a Grandma, even a great-great has given me time and joy to see them grow in different ages into good human beings.”  
**Ruth Rawlings, Cleveland Regional Chapter**

“They’re so much fun; they’re the icing on the cake!”  
**Barbara Dansby, Cleveland Community Chapter**

“Grandkids are great because when they were little I could spoil them, then give them back to their parents!”  
**Grace Pummill, Mimbres Memorial Chapter**

“The special personal love that only you share.”  
**Jean Christy, Pottstown Chapter**

“Grandchildren have unlimited devotion and love and they are God’s gift to older people.”  
**Ruby Lester, Russell County Chapter**

“The best thing about being a grandparent is the unconditional love one receives from their grandchild.”  
**Jean Kaffer, Galesburg Cottage Chapter**

“That God has allowed you to live long enough to have a grandchild and see another generation.”  
**Alice Lynn, Lakeway Regional Chapter**

“The best thing is the laughter and fun we have with them and hearing them say, “Grandma” and “Grandpa!”  
**Roy & Mae Mathews, Parkway Chapter**

“The unconditional love I share with granddaughters Meagan and Kasi.”  
**Sue Matney, Three Rivers Chapter**

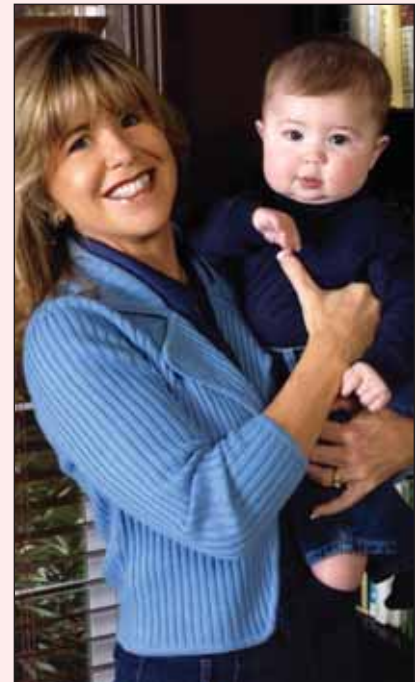
“The complete, unquestioned love that I received from my grandchild.”  
**Yvonne Cooper, Dyersburg Chapter**



Amy's "honorary grandmother", Martha "Wordie" Armistead (May 15, 1926 - July 21, 2005).

“Austin brings as much joy to our lives as he does to Jason and Michelle, his parents.”  
**Ann Jaramillo, Director of Senior Circle**

“Being able to spoil the grandkids and then sending them home is the best thing about grandparenting!”  
**Marlene Lux, Red Bud Chapter**



Ann Jaramillo, director of Senior Circle, with her grandson Austin Lilley.

# Preserving your family history

by Rachel Baltuth

*As I grow older, I am increasingly more interested in my heritage. Facing milestones in my own life, I often wonder how the women in my family have handled similar situations. I've decided that one day I will simplify this process for my grandchildren. Preserving my history will help future generations understand my life struggles and, hopefully, help them make better decisions in their own lives. Here are a few steps that you, too, can take to bring your roots to the surface and leave a legacy for generations to come.*

## Get Started

Flipping through old photo albums is a great place to resurrect memories. With a sticky note attached to the back of the photos, label the name(s), place and a brief explanation of the significance of the event. List family members and how they relate to each other so that relationships are better understood.

## Restore & Protect Memorabilia

Older photos have a way of fading and yellowing—and who still owns an 8 or 16mm film projector! But thanks to 21st century technology, these graphics can now be restored. There are many photo companies that can scan your old photos and transfer them to a disc. Many of these companies can restore your film and videos, transferring them to DVD!

## Share Your Life Story

Take a three-ring binder and simple notebook paper. Divide the notebook into sections: childhood, school years, early adulthood, married life, parenting, and grand parenting. Be sure to leave a few special sections for “special life accomplishments,” or a family tree. Note, by section, significant life events and lessons learned. Eventually you'll have a snapshot of your life—your own autobiography to share with your descendants. If you don't have the patience to write it, leave an audiovisual autobiography by videotaping yourself talking about your life and lessons or achievements you want to share.

## Start a Life Story Writing Group

If you work better in a group, organize an Autobiography Club made up of members of your neighborhood, church and Senior Circle friends. Use these meetings to spark memories and inspire you to stick with your goal. Bring new stories every week for your friends to read and edit. If your handwriting isn't too good, you could ask a grandchild or friend to type it for you—or talk into a tape recorder.

## Share Your Tricks of the Trade

Having learned from the trying times in your life, how can you ensure that lessons learned reach future generations? Try to keep a list of events in your life when you've needed guidance. By outlining how to handle the rough spots, you will always be available for advice. Keeping a journal (handwritten or typed) is an easy way to store memories. There are also many new businesses out there who only write biographies!

## Save Your Medical Records —A Meaningful Legacy

Maintaining and sharing your medical history could potentially save the lives of your family members in the future.

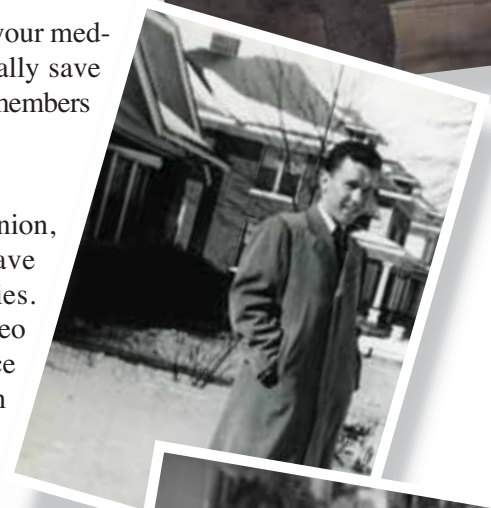
## Get Together

At your next family reunion, set aside time to have everyone share memories. Appoint someone to video record the event and place disposable cameras on tables so pictures are taken—yet another memory for your life story.

## Communicate

Communication is the key. Every chance you get, take a moment to get to know individuals in your extended family and help them to get to know you. It could take a lifetime for you to unearth your family tree, so simplify this process for future generations.

Though many of these tasks may seem daunting, you will find that they can be fun! I'm going to start by calling my grandmother right now.



# 2006 Adventures

These Senior Circle national tours planned by Collette Vacations' travel experts are a great way to experience incredible destinations and meet other members from throughout the country.

Stop by your Senior Circle chapter office for a trip brochure with detailed information on any of these exciting adventures, or visit [www.seniorcircle.com](http://www.seniorcircle.com). All prices quoted are based on double occupancy per person.

## Exploring England, Ireland, Scotland & Wales

Departs: September 1

\$2699 estimate (without airfare)

15 days, 22 meals



Re-live the merriment of the middle ages. Your visit to London includes tours of Westminster Abbey, Buckingham Palace, Big Ben and the Tower of London. Experience the grandeur of Salisbury Cathedral, the mysterious Stonehenge, and the Roman Baths Museum. After a stop in Wales and its capital, Cardiff, you'll have the opportunity to kiss the Blarney Stone in Ireland!

Other highlights include the Waterford Crystal Factory and a tour of Dublin. In Wales you're assured to stand in awe at Caernarfon Castle, where Charles was crowned Prince of Wales. In Scotland you'll tour Edinburgh Castle, home of the Scottish crown jewels. The tour concludes in York, with a quaint walking tour to Stratford-upon-Avon, home of William Shakespeare.

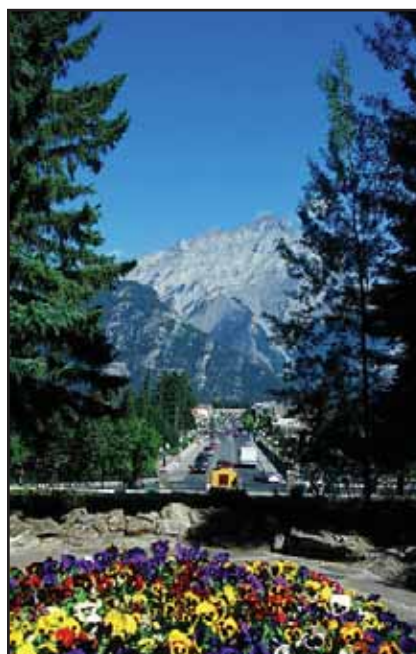
## Pacific Northwest & California

Departs: October 9

\$1,449 (without airfare)

8 Days 10 Meals

The scenic tour begins in picturesque Seattle. Feel the roar of America's greatest volcanic eruption at the Mt. St. Helens Cinedome Theater. The next stop is Portland, one of North America's "Best Big Cities." The drive along the Mt. Hood route will take you to the Columbia River Gorge. Into Coos Bay you'll view Oregon's amazing coastline and Oregon Dunes National Recreation Area. A cruise up Rogue River leads you into Oregon's wilderness for a chance to see bald eagles, cormorants, seals



## California New Year's Getaway

Departs: December 29

\$1,499 (without airfare)

5 days, 6 meals, with an optional 2-night Las Vegas extension



activities surrounding the annual parade, including a view of the magnificent floats as the decorating committee adds their final touches. Tickets to the amazing "Glory of Christmas Show" at the Crystal Cathedral is included, too. December 31 is yours to explore independently and to rest for the New Year's Eve Gala Dinner Dance, with live entertainment and a champagne toast.

On New Year's Day you will be Collette's guest with reserved seating and prime viewing of the Pasadena Tournament of Roses Parade, a grand tradition since 1890. Activities and entertainment abound with this trip and it will surely help you ring in the New Year on a festive note.

and blue heron. Trees will amaze you at the Redwood National Park, as will the tour through Eureka and "Avenue of the Giants." The journey will take you over the Golden Gate and Bay bridges, Alcatraz to San Francisco.

# Preparing for that trip of a lifetime

No matter if you're planning to go on one of the Senior Circle adventures or just a family visit across the country, you can never be too prepared.

## Before you go

Be aware of your travel agency's cancellation policy. If your trip is booked with Collette Vacations, their "No Worries Travel Protection" waiver allows for cancellation at any point in the trip planning process.

Several days in advance of your departure, spread out everything you think you need on a spare bed. Take an inventory. Is that second sweater necessary or that big tube of toothpaste? Keep streamlining until you have everything you need—but no more! Remember to leave room for trip souvenirs.

If you take prescription medication, take along an adequate supply (plus a few additional doses) in original prescription containers. Always pack medication in carry-on baggage.

## Keep it Light

Often escalators and elevators aren't close by and even rolling luggage has to be lugged upstairs. Check on weather conditions and local dress codes. Try to devise a wardrobe using one main color and a couple of accent colors. Luxurious microfiber and wrinkle-free cottons are lightweight, breathable and don't wrinkle.

Handle the physical challenges of traveling by wearing or packing a pair of shoes with thick soles and plenty of grip. If you need special assistance while traveling, find out what is and isn't available for your needs.

## Almost Ready!

- Label your luggage with your name, address and phone number, outside and inside the bag.
- Leave a copy of your tour itinerary at home with your emergency contact.
- You'll need identification to check-in at the airline. A driver's license with photo is acceptable for domestic flights.
- Passports, credit cards and tickets can be safely and discretely secured in clothing with zippered travel security pockets. Remember security regulations: anything with sharp or pointy edges belongs in your check-on bag.
- If you're traveling with your Senior Circle group, make sure your Advisor has a copy of your medical and emergency contact information.

## And Don't Forget...

- A camera (or video camera) with film and batteries
- A notebook or trip diary and pen
- Sunglasses, aspirin, toiletries, cosmetics (pack items that may leak in plastic bags)
- Travel alarm clock, sewing kit
- Pack jewelry, money, traveler's checks, or articles of value in carry-on luggage
- Bring a sweater on flights since temperatures can vary
- Bring books, magazines and snacks for your flight(s)
- Bring a photocopy of your passport/identification. Pack it separately from the original and also leave a photo copy at home with your emergency contact

## MOTOR COACH TRAVEL

*The customary "end of trip" gratuities for the tour manager and driver are not usually included in the tour price. Gratuities are voluntary and should be proportionate to the level of personal service extended throughout the tour. (A rough guideline is \$3-5 U.S. per person for each travel day for the tour manager, as well as the driver.)*

*Also, it's proper etiquette for passengers to rotate seats at least once a day on tours, so that each guest can enjoy the view from a variety of vantage points and rotation fosters communication between travelers.*



*Happy trails "bon voyage - hasta la vista - have a joyful journey!" No matter what, if you're prepared, you're certain to have memories to last a lifetime. Stay tuned: the Fall issue of Inside Circle will give a few pointers for international travel.*

# Dining Changes to Lower your Cholesterol

## *Dining Out—the healthy way*

By now we all know that eating a low cholesterol diet, low in saturated fat, is the right way to stay healthy. But watching your diet doesn't mean you can't go to a restaurant! You can still enjoy the pleasures of dining out while still adhering to a low-fat diet.

### A few basics

- #1 You're the paying customer. Don't be afraid to make special requests.
- #2 Be aware of any terms like: butter sauce, fried, crispy, creamed, au gratin, hollandaise, sautéed, stir-fried, casserole, or pastry crust.
- #3 Limit the amount of butter/margarine and salt you use.
- #4 Drink water throughout the meal. It will slow you down, help you enjoy the food more, and let the message get to your brain that you're full.

### Breakfast

**For the most important meal of the day try:**

- Fresh fruit or a glass of citrus juice
- Whole grain bread, bagel or English muffin with jelly or honey
- Whole grain cereal with low fat or fat free milk
- Hot cereal (oatmeal, cream of wheat) with nonfat milk topped with fruit
- Omelet made with egg whites or egg substitute
- Multigrain pancakes
- Nonfat yogurt (try adding cereal or fresh fruit)

### Fast Food Restaurants

**On the go, sometimes these restaurants can't be avoided.**

**If a salad with low fat dressing isn't available, try:**

- Grilled skinless chicken sandwiches
- Regular-sized hamburger
- Lean roast beef sandwich
- Choose lean deli meats like fresh turkey or lean roast beef instead of higher fat cuts like salami or bologna.
- Limit "jumbo," "deluxe" or "super-size" of anything.
- As irresistible as they are, try to avoid French fries.

### Appetizers

**If an appetizer is a must, try:**

- Shrimp cocktail (limit cocktail sauce — it's high in sodium)
- Melons or fresh fruit
- Bean or broth-based soups
- Grilled or raw vegetables with low fat dip or salsa
- Pita bread with hummus or low fat black bean dip

- Instead of a large entrée, you can always order two appetizers, especially if there is a nice selection of seafood and vegetable-based appetizers. Often, that's more than enough food to fill you up.

### Salad/Salad Bar

**If possible, skip the appetizer and order a salad before ordering anything else.** Scientists at Pennsylvania State University found that those who ate a big veggie salad before the main course ate fewer calories overall than those who didn't have a first-course salad.

- Any fresh greens topped with vegetables and beans are excellent.
- Skip the non-vegetable choices like deli meats, bacon, egg, cheese, croutons.
- Choose low calorie (reduced fat or fat free) dressing or try lemon juice, or vinegar.
- Order salad dressing on the side to control the quantity that you will add to your plate. Try dipping your empty fork into the dressing, then skewer a forkful of salad. You'll be surprised at how this tastes just right, and how little dressing you'll use.

### Breads

**Although most bread and breadsticks are low in saturated fat and cholesterol, calories and fat quickly add up when you add margarine or olive oil.** Also, eating bread will fill you up with extra unwanted calories. Ask the waiter to skip the bread basket. If you must have something to munch on, ask for a plate of raw vegetables.

### Entrees

**Oh, so many healthy choices here—and you can easily control serving sizes by asking for an appetizer-size serving, sharing a dish with a friend, or taking some home.** Better yet, ask the waiter to box half your entrée before it ever gets to the table. Always choose entrees that are broiled, grilled, baked, steamed, or poached rather than fried.

- Chicken – request that the skin be removed.
- Fish and shellfish
- Vegetarian dishes with pasta, rice and other grains, beans, and low fat sauces
- Pasta with red sauce or with vegetables

### Side Dishes

**Vegetables and starches (rice, potato, noodles) make good additions.**

- Always ask for side dishes without butter or margarine.
- Instead of French fries choose a salad, steamed vegetables, or oven-baked potato (replace sour cream with yogurt or light cottage cheese).
- Look for vegetables seasoned with herbs or spices rather than butter, sour cream or cheese.

### Dessert /Coffee

**Try sharing one of these tasty desserts:**

- Fresh fruit
- Low fat or nonfat frozen yogurt

- Sherbet or fruit sorbet
- Angel food cake
- Fat free cheesecake
- Jello
- Don't forget to ask for low fat milk for your coffee instead of cream or half-n-half.

**Many restaurants are now on the bandwagon and have low saturated fat, low cholesterol menu choices. Order these options whenever possible. Most chains will even list the calories and nutritional content of such foods. Beware of the low-carb options which don't always mean low-cal. Bon appétit!**



# On the Road

with Cleveland Regional Chapter

## Reflections of Italy

Last fall, a Collette Vacations tour became the trip of a lifetime for 21 Cleveland Regional Senior Circle members. Ten days of extraordinary history, glorious art and romantic music enveloped us as we immersed ourselves in Italy.

Our tour manager, Luigi DiPaulo, a native Italian with a charming accent, proved to be an Italian national treasure. He escorted us throughout the country, waving his red bandanna on a stick and cheerfully making it his mission that not one site be missed!

Our tour began in Rome where years of excavation reveal ancient ruins buried beneath the historic city. Vatican City, the smallest state in the world, is home to awe-inspiring architecture, religious artifacts, paintings and sculptures, fountains and, oh, those beautiful ceilings in the Sistine Chapel!

It was thrilling to see the Coliseum, the Arch of Constantine and the



*The streets of Venice.*



*The ferry ride view between Venice and Murano Island.*

original Caesar's Palace. Trevi fountain is a must-see. Legend has it that if you turn away from the fountain and toss a coin over your shoulder, you will return to the Eternal City; if you toss a second coin, you will be kissed in Rome; and a third coin toss forecasts that you will be married in Rome! Each of us left at least one coin in the fountain.

Our next stop was Assisi to visit the legendary Basilica of St. Francis. Walking in the footsteps of St. Francis on the ancient cobblestone streets, we could reach out and touch the fragrant olive trees. We spent the night in the beautiful city of Perugia which boasts great shopping!

A scenic ride through the beautiful Tuscan countryside led the group to Siena, home of the great Palio Horse Race. In the Middle Ages, Siena was divided into 17 contrade (neighborhoods) and since the 11th Century, a famed horse race between the contrade

has been a semi-annual spectacle. As we viewed the old-world square (actually, a semi-circle) we could visualize the thousands of fans waving flags, yelling, blowing whistles and firing cannons, as is the wild tradition.

A stop in San Gimignano treated us to the most picturesque vista in Tuscany. We took turns playing tourist as we photographed each other with the breathtaking Tuscan hills and vineyards as a backdrop.

The beautiful city of Florence, abounding with statues by the greats, awaited our arrival. And who could visit Florence and not visit David? Luigi and the group hoofed it to the Galleria dell'Accademia for a look at Michelangelo's famous statue. More touring followed and we



*The extraordinary showroom of the Murano Glass Factory.*

devoured more history and art before embarking on a shopping spree—complete with Italian goods, gold, and more exquisite food.

In the Republic of San Marino, one of the smallest countries in the world, the heavy fog did nothing to deter



Members enjoyed dinner at the Hotel Sangallo Palace in Perugia.

our shoppers who toured the Museum of Torture. While sight-seeing, Luigi ran to the City Manager's office, interrupted his lunch, and had him stamp our passports with the attractive full-color paper stamp of the Republic of San Marino.

The captivating city of Venice (built on 117 islands with 150 canals and 400 bridges) was our next stop. We took a boat to Murano Island to watch the glassblowers of Venice

carry on the 700-year-old tradition of making fine Italian Murano glass. One craftsman took a blob of molten glass and with a few pulls of a tool transformed it into a horse before our eyes! Enticed travelers acquired fragile packages to be shipped or hand carried home. Our city tour also included the Clock Tower, St. Marks Basilica, the Doge's Palace and the Bridge of Sighs, so named because it spanned from the prison to the death chamber. No trip to Venice is complete without a gondola ride and our voyage included a serenade by a talented tenor and accordion player.

Our last stop was the spectacular Italian Lake District, with a tour of Lake Como conducted by a local expert and a singing boat captain. We were impressed by many of the celebrity-owned villas. Safety lines had to be fitted around some of the



The exquisite Vatican ceiling.

ladies in the vicinity of George Clooney's mansion, though!

The entire trip was phenomenal, steeped with magnificent cathedrals and works of art we had only seen in photographs. The legendary cuisine exceeded our expectations and the vino flowed like, well, wine. (After singing "Volare" a jillion times on the motor coach, we're still singing it

## QuietCare® and Companion Service®: Working Together to Help Keep You Independent.

### QuietCare® Motion Sensors Detect When Normal Activity Changes and Notify Caregiver When:

- There is no activity outside the bedroom during the senior's normal wake time.\*
- There is no exit from the bathroom within a reasonable time,\* indicating a potential bathroom fall.
- There is no activity around the area where medications are kept.
- There is no activity in the meal preparation area.
- The home temperature is too high or too low.

### With Companion Service®, One Button Can Summon Help.

- Waterproof personal help button worn as a pendant or wristband.
- In the event of an emergency, wearer presses the personal help button.
- When the alarm signal is received, an ADT Monitoring Professional can speak with the person over a two-way voice intercom.
- ADT can call for help when needed.

### DON'T FORGET TO ASK YOUR ADT REPRESENTATIVE ABOUT OUR \$35 REFERRAL BONUS.

\* Normal and reasonable are times defined by the Emergency Contact as detailed in the Customer Profile and Agreement. The defaults are 6:00 AM to 10:00 AM and 1 hour respectively until changed by the Emergency Contact.

\*\* Offer can be withdrawn at ADT's sole discretion. Cannot be combined with any other offers.

The Companion Service® and QuietCare® systems are not intrusion detection systems or medical devices and do not provide medical advice, which should be secured from qualified medical personnel. Non two-way voice service available. Installation fee for Companion Service of \$49.00 and 12-month monitoring agreement required at \$32.95 per month (\$444.40/yr.), \$31.95 with credit card (\$432.40/yr.) apply. The QuietCare® Plus service level, which includes Companion Service, requires an installation fee of \$249 and a 12-month monitoring agreement required at \$89.95 per month (\$1,279.40/yr.), \$88.95 with credit card (\$1,267.40/yr.) apply. Prices may vary by market. Local permit fees may be required. Satisfactory credit history required. Certain restrictions may apply. Offer valid for new customers only. Systems to remain property of ADT. ADT License Information: AR E0055; FL EF0000950; -0949; -1194; -0142; -0507; -1123; -0047; 2000341; IL 127-000364; MI BA1158(A-E); 4182 Pier North Dr., Ste. D, Flint 48504; OK 00067; TN ACC-327; -434; -216; -241; -255; -773; -850; TX B00536; 2400 Lacy Ln., Carrollton 75006. Companion Service® is a registered trademark of ADT Security Services, Inc. QuietCare® is a registered trademark of Living Independently Group, Inc. and used under license by ADT Security Services, Inc. © 2005 ADT Security Services, Inc.



## Sign up Today AND SAVE!

Call today. Mention this coupon and receive \$50 off Companion Service® or QuietCare installation.\*\* ADT will also pay for a one-year membership to Senior Circle.

For more information, or to order today, call

**1-800-417-2238**

Offer expires 8/31/06.

Senior Circle

ADT Home Health Security Services

# Member Mail



*The remarkable Sistine Chapel in the Vatican.*

in our sleep—and we wonder if the locals have erased the memory of the chicken dance we performed at a Rome restaurant!)

Our farewell dinner gave us the opportunity to present Luigi with a brand new red bandanna in a Texas mug, along with our eternal thanks for not letting us miss anything!



*Submitted by Senior Circle Advisor  
Janet Batchelor*



*Members gather for a dose of history about Sienna, Italy's shell-shaped town square. Once a year the square is filled with dirt and used as a track for a highly competitive bareback horse race between surrounding neighborhood horse owners.*

I enjoy Senior Circle because of the fellowship with others. Being single and living alone (as many of our members do) it is an opportunity to make new friends and see old ones as we gather for various activities. It is a great social outlet for me.

Joan Holman

*Crossroads Community Chapter • Mt. Vernon, IL*

---

Dear Nancy,

I just wanted to tell you how much I enjoyed the program last Saturday. It was wonderful that you went around the room and asked each person for their name, where they were from, and how they heard about Senior Circle. This showed real interest on your part to recognize new members. It also gave them a feeling of togetherness which should make their membership more meaningful. You are doing a great job and it shows that you enjoy doing it.

Jane Mahaffey

*Jennersville Chapter • West Grove, PA*

---

Dear Karen,

I don't have many prescriptions, but I have really appreciated the discount I have received when I present my ScriptSave prescription discount card. I saved \$8.59 on one prescription and the same amount on a refill. Later I saved \$13.16 and I may need a refill on that one later. Thanks, Karen, for all you do for us seniors.

Eileen Wootton

*Alta Vista Chapter • Las Vegas, NM*

---

Dear Nancy,

I wanted to share how pleased I was with one of the benefits of being a member of the Senior Circle. My companion of more than 30 years had to be admitted to Pottstown Memorial Medical Center. He was in the hospital for nearly a month until he passed away. While in the hospital, he was given a private room, and I was given a voucher for a free meal each day. I just wanted to let you and the other members of Senior Circle know that these benefits are there for the asking and very much appreciated in a time of need.

Berneice Lord

*Pottstown Chapter • Pottstown, PA*

*Due to length, some of the letters may be edited.*

# around the **Circle**

## ARKANSAS

### Harris Chapter, Newport



Members celebrated Valentine's Day with warm fellowship and a wonderful meal.

## ARIZONA

### Western Arizona Chapter, Bullhead City



This lively group enjoyed "Menopause the Musical" at the Las Vegas Hilton. Top row: Bernice Sutton, Lois River, Sharon Fancher, Shirle Clive. Bottom row: Regina Huth, Ginny Gwin, Vi Butler.

## CALIFORNIA

### Fallbrook Chapter, Fallbrook

At a recent event, Director of Rehabilitation Services Vicki Van Kainen, discussed and demonstrated how to breathe out stress and take in health. Pictured: Nina Powers-Death, Joella Olson, Rosemary Decker, Barbara Sacic, Isolde Koranek, Donald Knudsen and Vicki Van Kainen.



## ILLINOIS

### Crossroads Community Chapter, Mt. Vernon

Sisters Hilda Metcalf and Freda Moore take a break after visiting the nearly 40 tables the at chapter's recent Health & Information Fair. More than 300 members and guests attended and nearly 200 members came for the 7th Anniversary Lunch.



### Gateway Regional Chapter, Granite City



Members had a great time celebrating Mardi Gras during a luncheon and dance at Royal Orleans in St. Louis.

### Heartland Regional Marion Chapter, Marion

At the "Valentines for Veterans" craft class, 20 members created 137 cards for residents in the VA Nursing Home in Marion.



## KENTUCKY

### Three Rivers Chapter, Louisa



Members Polly Fluty, Mavis Castle and Nell Hatfield enjoyed showing off their Easter bonnets at the chapter's annual Easter dinner.

## NEW MEXICO

### Alta Vista Regional Chapter, Las Vegas

The beading class participants show off their handmade treasures. Back row: Kathy Breedlove, Anna Gallegos, Fita Gonzales, Flora Rice. Front row: Joe Chavez and instructor Patty Schlenker.



## NORTH CAROLINA

### Martin General Chapter, Williamston



Senior Circle crafters made peach seed angels to give to homebound friends and nursing home residents. What a great way to spread joy!

## PENNSYLVANIA

### Brandywine Chapter, Coatesville

Line dancer Ellie Priori fit the part at the chapter's Western Hoedown.



### Pottstown Chapter, Pottstown



At the chapter's second birthday party, female members 'Go Red!' Pictured: Philomena Bracaglia, Shirley Wilhelm, Advisor Nancy Piasecki, Betty Skokowski, Flo Mauger and Barb Galloway.

## TENNESSEE

### Cleveland/Bradley Chapter, Cleveland

At the Senior Circle Health Fair, Margaret Adams poses with Blue M&M.



### Dyersburg Chapter, Dyersburg



The chapter took a tour of the Boss Hoss Motorcycle Company. Members learned about the history of the company, took a tour of the manufacturing

line and had a chance to see several products. Members are pictured in front of a Boss Hoss travel trailer, with Advisor Suzanne Grueser sitting on a top-of-the-line motorcycle.

### White County Chapter, Sparta

Members enjoyed "Breakfast with the Health Care Professional" featuring Tracy Carter, Director of Generations at White County Community Hospital, who spoke on recognizing when memory loss is a problem.



## TEXAS

### Big Bend Regional Chapter, Alpine



At the American Cancer Society's annual Relay for Life, the Senior Circle team was awesome – keeping up and walking the entire course. Katie Hagood (left), a cancer survivor, walked with best friend Rolene Slininger (right). Other team members of the team pictured in the background are Jim Francois and Rev. JoBeth McLeod.

## Hill Regional Chapter, Hillsboro



Take me out to the Ball Game! More than 20 members attended the Texas Rangers/Red Socks game at Ameritrust Field in Arlington, Texas. The group enjoyed tailgating before the game – and the best part, their team won, 10-4.

## Lake Granbury Chapter, Granbury

Jeral and Eva Basinger and Ken and Brenda Barnes stand in front of the beautiful Azaleas on St. Simons Island, Ga., on the chapter's recent excursion.



## VIRGINIA

### Russell County Chapter, Lebanon



Beautiful things happen at Senior Circle. Advisor Sandra Herbert recently taught a cake decorating class to members. Pictured are Jacqueline Smith, Oleana Warner, Joyce Mays and Belle Austin.

### Southern Virginia Chapter, Emporia



Our first line dance class. We weren't perfect, but we sure had lots of fun!

## Southside Regional Chapter, Petersburg



Members spent a wonderful afternoon at the Irish Oak Farm in Dewitt, Va., where they had the opportunity to take a carriage ride, play with dogs and cats, paint tiles and even ride a horse, all while learning and experiencing the benefits of equine and art therapy. Pictured in the carriage are Jane Wamsley (left) and Liz Gwaltney (right).

### Southampton Chapter, Franklin

March birthday members celebrated at a party in their honor. Bottom row: Mable Wilcox, Bertie Scott, Peggy Arrington, Kitty Perry. Top row: Joyce Spivey, Lou Bryant, Opal Elks and Frances Bowen.



## WEST VIRGINIA

### Plateau Chapter, Oak Hill



On the chapter's trip to Blennerhassett Island Historical State Park, the group rode a sternwheeler to the island, took a tour of the mansion, rode on a wagon, as well as enjoyed lunch.

# Get more out of life. *Save money while you do it.*

We want you to have fun, which is why your chapter schedules a full calendar of social events, exercise programs and travel opportunities. And we help you get more out of life with health talks, local hospital benefits and bargains from merchant partners.

You also owe it to yourself to take advantage of the other value-added Senior Circle perks. Take a look below and for full descriptions and specifics, look in your Member Handbook, log on to [www.seniorcircle.com](http://www.seniorcircle.com), or check with your Advisor.

## ***ADT Companion Services & Quiet Care***

(800) 417-2238

Discounts on personal security and home monitoring systems. 12 months free membership with new activations; mention "Senior Circle."

## ***Alamo Car Rental***

(800) 354-2322 or [www.alamo.com](http://www.alamo.com)

Discounts up to 20%; mention "SCCIRCLE."

## ***Choice Hotels***

(800) 424-6423

Discount code # 00800927

## ***Collette Vacations***

(877) 894-1238

National Senior Circle tours and individual travel.

Identify yourself as a Senior Circle member.

## ***EyeMed Vision Care Plan***

(800) 839-3633 or [www.eyemedvisioncare.com](http://www.eyemedvisioncare.com)

Discounts up to 45% at 26,000+ locations.

## ***ScriptSave Prescription Drug Discounts***

(800) 700-3957

Discounts from 21-50% at 50,000+ pharmacies.

Reference Group 208.

***Senior Circle. Helping you get the most out of life.***

\*Your submission is permission to re-print. We cannot guarantee photos will be returned.

**Senior Circle Chapters are sponsored by the affiliated hospitals of Community Health Systems.**



7100 Commerce Way, Suite 100  
Brentwood, TN 37027

Postmaster: Send address changes to Senior Circle,  
7100 Commerce Way, Suite 100 Brentwood, TN 37027