

Circle News

Senior Circle

Northeast Regional Medical Center

www.nermc.com

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From Your Advisor: Laura Gruber



What a week! I hope everyone has gotten their yards cleaned up and trees taken down. That was a storm to remember! The Senior Circle picnic went off without a hitch even though there were limbs down throughout Rotary Park. Senior Circle will continue to stay busy over the next three months but I am hoping that we won't have to worry about the weather again until at least January.

I am sorry that this edition is so late. I over scheduled for June and had a hard time finding time to write a newsletter. So I will make this column short! Stay cool!

Laura

From Our CEO: National Recognition – Local Approval



By Eric Barber, CEO

Northeast Regional Medical Center has established a track record of national recognition over the last several years. Northeast was recognized as a Top 100 Hospital in 2007 and 2009. Northeast received the Everest Award from Thomson Reuters for 5 years of progressive quality improvement above the national benchmarks in 2009. Most recently, Northeast was recognized as one of America's 50 Best Hospitals this past February. All of these awards and recognitions

are very flattering, and they speak volumes about the quality of care that is provided by our Medical Staff and our clinicians every single day. However, what Northeast is truly striving for is "Local Approval". We want the approval of our patient population and their families. As a result, we are working very hard to fine tune the culture of Northeast.

I would like to share with you several initiatives that are an integral part of how we care for our patients everyday. First, we utilize a tool called **Hourly Rounding** which is a commitment by the nursing staff to ensure that they round on every patient at least every hour. This rounding includes paying attention to key patient needs and working to anticipate those needs before they become urgent or critical. Second, we have recently implemented **Bedside Shift Report**. During shift changes nurses have traditionally given report behind close doors and without patient involvement. We are bringing this process to the bedside and including the patient and their families in the update and discussion involving their care. Finally, we are utilizing new **Communication Boards** in each patient room to facilitate communication between the patient, their caregivers, and their family members. These communication boards focus on important goals like pain management and other key aspects of the patients care during a given shift. The boards are then updated every hour and at the beginning of each bedside shift report session. This has been very well received so far, and we are optimistic that it will enhance the patient experience here at Northeast. We are very excited to be combining these initiatives with the full scale patient tower renovations that we just completed on June 1st. Thank you for your continued support of your community medical center.

Eric Barber
Chief Executive Officer

Northeast Regional Medical Center

Don't Forget!

- **Monday** Coffee Klatch – Pancake City
- **Monday** Learning Bridge – St. Andrew's
- **Tuesday** Bridge & Bingo
- **Thursday** Cards
- **Friday** Cards
- **MWF** Walking Group

Meet the Doctor

Welcome

Bernesta C. Williams, M.D.



Northeast Regional Medical Center welcomes Bernesta C. Williams, MD, to the Active Medical Staff. Dr. Williams attended Bowdoin College, Brunswick, ME and medical school at Penn State University, Hershey, PA. Dr. Williams completed an internship at the University of Connecticut and neurology residency at the University of Maryland Hospital. Dr Williams is Board Certified in Neurology and Sleep Medicine. Dr. Williams is accepting new patients at Northeast Regional Medical Group, Gutensohn Clinic, 800 W. Jefferson, Kirksville. For more information or an appointment, call 660.627.3363. Welcome Dr Williams!



Calendar of Events

★ Thursday, July 7

"Lunch & Learn": FREE

Noon, St. Andrew's Apartments, Dining Room

We have resolved the scheduling conflicts so that Dr. Malcolm Whitaker, Radiologist will be able to speak to Senior Circle today. He will talk to us about radiation safety. Call 660-785-1153 by July 6 for reservations!

★ Thursday, July 14

"Lunch & Learn": FREE

Noon, St. Andrew's Apartments, Dining Room

Collette Vacations is the tour company that organizes the national Senior Circle Trips and they have offered an amazing trip to our chapter. A trip to Beijing, China! Now before you totally rule it out, come to this Lunch & Learn where Sonia Smith our Collette Vacations representative will give us details about traveling with Collette. She will also have information about other trips available through Collette. Call 660-785-1153 by July 12 for reservations!

★ Tuesday, July 19

"Senior Circle Pie Contest": FREE

3 p.m., NRMC Cafeteria

Calling all great Senior Circle pie bakers! It is NEMO Fair Week and what better way to have fun at the fair than to have pie! Even better - we will have it at NRMC in the air conditioning. The contest will be divided into three categories, Fruit Pies, Meringue Pies and Miscellaneous. There shouldn't be any problem finding judges here at NRMC. Pies should be in the cafeteria by 2:45 p.m. with judging to start at 3 p.m. Put your name on the bottom of your pie plate. Those members who are not expert pie bakers are most likely expert pie eaters! After the contest is over we will get a chance to sample the pies. Prizes will be given to the winners in each category. Call 660-785-1153 by July 15 to enter into the contest!

★ **Thursday, July 21**

"Lunch & Learn": FREE

Noon, Depot Inn in La Plata

One of the new tools that we have to help us make healthy choices when we go to the grocery store is the NuVal system. This system places a number value on food items to let you know how nutritious they are. Hy-Vee has put this system in their stores and other stores are expected to follow. Cindy Teter, Registered Dietitian at NRMC will give us information on how this system works. Call 660-785-1153 by July 19 to register for this event.

Tuesday, July 26

"Lunch Bunch": Dutch Treat

Noon, AJ's Restaurant, 1407 N. Missouri St., Macon, MO

2 pm., Matinee at the Maples Repertory, Pirates of Penzance by Gilbert & Sullivan

What could be more fun than lunch followed by swashbuckling pirates? Now add in bumbling policemen and beautiful damsels in distress. All set to the timeless music of Gilbert and Sullivan. Lunch is Dutch Treat. Tickets to the play are \$25.00 each, \$22.00 each if we have 12 or more go together. Call the Senior Circle Office at 660-785-1153 by July 18 if you would like to go. We will wagon train it down to Macon and will leave from the Health & Fitness Center parking lot at 11:15 a.m.

★ **Friday, July 29**

"Monthly Member Meeting": FREE

2 p.m., NRMC Conference Room #1

Speaker to be announced but we will celebrate birthdays with cupcakes!



Wednesday, August 3

"New Member Orientation": FREE

9:00 a.m., Northeast Regional Medical Center, Cafeteria Learn more about the benefits of Senior Circle at the Member Orientation meeting and get to know other new members over coffee and Danish.

Thursday, August 4

"Lunch Bunch": Dutch Treat

11:30 a.m., Ruby Tuesday's

Have you been to Ruby Tuesday's lately? They have several new healthy options on their menu. Let's check it out! Call 660-785-1153 by August 1 for reservations!

★ **Wednesday, August 10**

"Lunch & Learn": FREE

Noon, St. Andrew's Apartments, Dining Room

Think only professional athletes need trainers? What about those summer athletes among us? Come learn what an athletic trainer can do for you when Nicole Summers and Jess Burgason from Northeast Sports Medicine and Rehab come to talk to Senior Circle. Call 660-785-1153 by August 5 for reservations!

Monday, August 22

Town Hall Meeting: FREE

6 p.m., El Kadir Shrine Club

Health Care Reform is a topic that will affect us all. A representative from the Missouri Foundation for Health will separate fact from fiction for us with at Town Hall Meeting for members of Senior Circle and Healthy Woman. A light dinner will be served. Call 660-785-1153 by August 17 for reservations.

Tuesday, August 23

“5¢ Movie Day”: Dutch Treat

2 p.m., Pickler’s Famous

In this classic Hitchcock thriller, travelers on a trans-European train are delayed for a night due to bad weather and cram into a small village hotel with an old governess called Miss Froy – who suddenly disappears after the journey restarts.

The Lady Vanishes was one of Hitchcock's last films to be made in the U.K. before he moved to Hollywood and began making films for David O. Selznick - starting with Rebecca, released in 1940.

5 cents admission

12oz soda & bag of popcorn - 65 cents each

See you at the movies!



★ **Thursday, August 25**

“Lunch & Learn”: Dutch Treat

11 a.m., Pizza Haus, 116 N. 4th Street, Edina, MO

This month our speaker will be Dr. Bernesta Williams, Neurologist. Dr. Williams will be talking about sleep disorders and will take questions from members. Call 660-785-1153 by August 22 for reservations!

★ **Friday, August 26**

“Monthly Member Meeting”: FREE

2 p.m., NRMC #1

A couple of years ago Senior Circle offered an exercise program called PEPPi or Peer Exercise Program Promotes Independence. PEPPi is a physical activity program specifically designed for older adults to increase and maintain their level of fitness and independence. Peer leaders are needed to lead the classes. Several members have mentioned that they would like to have an exercise class available. We will give a demonstration of PEPPi and talk about developing a peer leader group to lead the classes.



★ **Tuesday, Sept. 6**

“Lunch & Learn”: FREE

Noon, St. Andrew’s Apartments, Dining Room

Join Senior Circle and Dr. Bernesta Williams as we learn how a neurologist approaches sleep disorders. This will also be a great opportunity for you to meet the new neurologist in Kirksville. Call 660-785-1153 by Sept. 1 for reservations.

Friday, Sept. 9

“Lunch Bunch”: Dutch Treat

Noon, Colton’s Steakhouse

This Lunch Bunch site is perfect for the Friday card players. Come across the street and tell everyone else how you bluffed your way to winning! Call 660-785-1153 by Sept. 7 for reservations.

★ **Thursday, Sept. 15**

“Lunch & Learn”: FREE

Noon, Depot Inn in La Plata

As of press time a speaker has not yet been found for this event. An announcement will be made at a future date.

★ **Friday, Sept. 30**

"Monthly Member Meeting": FREE

2 p.m., NRMC Conference Room #1

September is Cholesterol Education Month. This month we will provide total cholesterol screenings at the monthly meeting. This will be a non-fasting finger stick test. Results may require further tests. RSVP to the Senior Circle office by September 28.

Local 2011 Trips

IMPORTANT NOTICE: If you are planning on taking any of the Senior Circle trips this year it is imperative that you put down your deposit as soon as possible and make your final payment by the deadline. In order for us to go on these trips we need to have at least 30 people going. If we do not have the number by the deadline we will have to cancel the trip.

► **Mall of the America's & Minneapolis, Minnesota**

August 12 - 14, 2011

Most of the 1st day will be driving as we are traveling around 600 miles. Arrive in Chanhassen, Mn. and check into the Chanhassen Inn. The hotel will host a reception for us upon our arrival. Followed by dinner and a live performance of "Hair Spray" at the Chanhassen Dinner Theatre.

The 2nd day of our trip will be spent at the Mall of America where we will enjoy the sites and shops at the mall. Dinner will be at "Bubba Gumps".

The 3rd day is also a travel day and we will arrive in Kirksville sometime late in the day.

Cost 310.00

If you are interested in this trip the Senior Circle office needs to know NOW.

► **Stages**

August 17, 2011

Join us on a trip to St. Louis to stroll through the beautiful Missouri Botanical Gardens and then onto Stages Theatre to see *The Secret Garden*. Based on Frances Hodgson Burnett's treasured Victorian novel comes to wondrous life in this Tony Award - winning musical adaptation. Three lonely children are forever changed as they learn to trust each other while finding refuge in the restoring of *The Secret Garden* where magic and hope bloom. This uplifting tale of the heart is a celebration of the essence of life itself!

Join us for a day of beauty and relaxation. Included: Transportation, snacks and water on the bus, tickets to both attractions and a special gift. Cost: \$109

Deadline: July 10

► **Mystery Trip**

October 5, 2011

Step back in time with our group and visit where our ancestors may have come from or worked. A wonderful day of exploring out of state and then end your day with a four course dinner in the oldest house in Missouri! We promise you a day of unforgettable adventure and an evening of laughter and great food. It will be a "Crime" not to join us on this trip. Cost is \$110 and includes a picnic lunch, and all the adventures and evening thrills. Checks made payable to Gloria Hartung from Glory-Bee Tours and mailed to Senior Circle.

Deadline for payment: September 1

► **Washington, DC - Our Nation's Capital
September 21 - 28, 2011**

Washington, DC is a city built to inspire. Join us as Senior Circle explores our nation's capital. Included will be 7 nights lodging, 7 breakfasts and 5 dinners. Tours include the new WWII Memorial, Capital Hill, Embassy Road, The Korean War Veterans Memorial, The Vietnam Veterans Memorial, The Smithsonian, Lincoln Memorial, and much more.

Cost: \$649 pp (double), \$879 (Single). **Deadline for payment: July 16, 2011.** (We do have enough people to go on this trip so if you decide you want

to go after July 16 call the Senior Circle office – we may still be able to add you!)

► **A Branson Christmas**
November 8, 9, 2011

Back by popular demand we are heading back for a Branson Christmas. Join us for a wonderful time in beautiful Branson, Missouri. For great shows, great food and a relaxing get away, we will stay in a beautiful motel and enjoy the following shows: Pierce Arrow (The Funniest Comedian in town is in this show), The Legends, A cruise on the Branson Bell with dinner, and the entertaining Shoji Tabuchi Show! We will eat lunch at Lamberts on the way down, so come hungry. There will be time to explore Dick's Five and Dime, The Landing, and of course a driving tour of the enchanting Christmas lights. We will also stop in at the Stone Hill Winery for a little sampling and a tour. Cost which includes all shows, motel and meals is \$310.00 per person. Checks made payable to Gloria Hartung from Glory-Bee Tours and mailed to Senior Circle.

Deadline for payment: October 1

► **Beijing City Stay**
November 7-15, 2011

Highlights:

- Beijing Zoo
- Peking Duck Dinner & Opera
- The Great Wall
- Temple of Heaven
- Rickshaw Tour

Book by Sept. 30, 2011 and save \$150.00 per person.

Double: \$1,999, Single: \$2,299, Triple: \$1,969

Prices after Sept. 30, 2011

Double: \$2,149, Single: \$2,449, Triple: \$2,119

Included: Round Trip Air from O'Hare International Airport, Air Taxes and Fees/Surcharges of \$100 (Subject to increase until paid in full), Hotel Transfers

Not Included: Cancellation Waiver and Insurance of \$175 per person and travel to and from Kirksville to Chicago

The July 14, Lunch & Learn will give more details on this trip.

► **New Theatre Dinner Theatre**
December 14, 2011

Single tickets on sale September 12, 2011. Group tickets on sale now!



The comedy you play, GAME SHOW is set during a "live broadcast" of a fictional, TV game show. Audience members are picked as contestants to play the game and win actual prizes.

"It's a cross between a quiz program and "Survivor" with more plot twists than you'll see in a year of soaps! The surprise of the new season!" – NY Times

A stop for Christmas Shopping will follow the show.

Trips to the Dinner Theatre fill fast. Reserve your seat today!

Cost: \$90.00 per person. Deadline: October 31.

Member Benefits

ADT Companion Services

Senior Circle members take advantage of discounts on installation and monthly fees . . . and receive free 12 months' Senior Circle membership (new or renewing membership) for all new activations on either service.

Companion Services: *Emergency Response System*

This personal emergency response system allows you access to help from almost anywhere in your home, 24 hours a day, with the push of a button. A two-way-voice unit features clear bi-directional communication. There is no equipment to buy, no lengthy contract, and installation fee and monthly charges are discounted for members.

More Information

Call ADT at **1-800-417-2238**; be sure to mention "Senior Circle" for your 12 months' free membership with new activations.

EyeMed Vision Care Plan

This exceptional vision care plan is *free of charge* to all members. It offers discounts that average up to 50% off the regular retail prices for eye care and eyewear.


The plan covers not only a Senior Circle member, but also everyone who lives in that member's household (i.e. child, spouse, grandchild). Providers on the EyeMed panel include

LensCrafters, as well as other independent providers in your area.

More Information

There are some plan limitations and exclusions, so be sure to contact Senior Circle or EyeMed for more information and to locate the nearest participating optical retailers and private practitioners:

- EyeMed benefit summary for Senior Circle members (www.eyemedvisioncare.com)
- Call EyeMed at **1-866-559-5252**.
- Call your local Senior Circle Advisor, or the national Senior Circle Member Services: **1-800-211-4148**.



Senior & Circle

Pay your membership online!

Need to renew your membership? You can save time and money by paying online at www.seniorcircle.com

It's fast, secure and convenient. For more information contact Laura Gruber at 660-785-1153

Refer a friend! New members can also pay online

Members: Lend me an ear! New Member Benefit

Effective immediately, Senior Circle is pleased to offer members a new benefit. The organization has partnered with Beltone, one of the largest hearing care networks in



the U.S. which has been helping the hearing impaired for over 67 years. Beltone offers a complete product line consisting of all current technologies, digital, programmable and analog aids.

With this new benefit, Senior Circle members and their immediate family members (parents, spouse and children) are eligible to receive:


- Free Hearing Screenings
- 20% Discount on all Beltone Hearing Aids
- Free One Year Supply of Batteries

- Free Second Year Warranty with Loss, Stolen or Damaged Protection
- BelCare(TM) Member Satisfaction Plan
- Lifetime Care—Beltone will clean, inspect, adjust and service your hearing aids at any Beltone location in the U.S. for the life of your hearing aids
- Financing Available

To utilize this new benefit and locate a Beltone provider near you (1400+ across the U.S.), call the toll-free patient care line, 1-800-BELTONE (235-8663). You can also locate a provider at www.beltone.com. When speaking with the representative, please identify yourself as a Senior Circle member and reference MC#50540. Participating dealers only.



July 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 10 am Cards H&F 1 pm Walking Group - H&F New York Trip →	2
3	4 	5 1 pm Bridge H&F 2 pm Bingo SLC	6 1 pm Walking Group - H&F	7 10 am Cards H&F Noon ★ Lunch & Learn SLC	8 10 am Cards H&F 1 pm Walking Group - H&F	9
10	11 8 am Coffee Klatch Pancake City 1 pm Walking Group - H&F 2 pm Learning Bridge - SLC	12 1 pm Bridge H&F 2 pm Bingo SLC	13 1 pm Walking Group - H&F	14 10 am Cards H&F Noon ★ Lunch & Learn SLC	15 10 am Cards H&F 1 pm Walking Group - H&F	16
17	18 8 am Coffee Klatch Pancake City 1 pm Walking Group - H&F 2 pm Learning Bridge - SLC	19 1 pm Bridge H&F 2 pm Bingo SLC 3 pm Pie Contest NRMCM Cafe	20 1 pm Walking Group - H&F	21 10 am Cards H&F Noon ★ Lunch & Learn Depot Inn La Plata	22 10 am Cards H&F 1 pm Walking Group - H&F	23
24	25 8 am Coffee Klatch Pancake City 1 pm Walking Group - H&F 2 pm Learning Bridge - SLC	26 Noon Lunch Bunch - A/J's in Macon 2 pm Maples Theatre in Macon 1 pm Bridge H&F 2 pm Bingo SLC	27 1 pm Walking Group - H&F	28 10 am Cards H&F	29 10 am Cards H&F 1 pm Walking Group - H&F 2 pm Member ★ Meeting NRMCM Cafe #1	30
31						




August 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 8 am Coffee Klatch Pancake City 1 pm Walking Group - H&F 2 pm Learning Bridge - SLC	2 1 pm Bridge H&F 2 pm Bingo SLC	3 9 am New Member Orientation NRMC Café 1 pm Walking Group - H&F	4 10 am Cards H&F 11:30 am Lunch Bunch Ruby Tuesday's	5 10 am Cards H&F 1 pm Walking Group - H&F	6
7	8 8 am Coffee Klatch Pancake City 1 pm Walking Group - H&F 2 pm Learning Bridge - SLC	9 1 pm Bridge H&F 2 pm Bingo SLC	10 Noon ★ Lunch & Learn SLC 1 pm Walking Group - H&F	11 10 am Cards H&F	12 10 am Cards H&F 1 pm Walking Group - H&F	13
14	15 8 am Coffee Klatch Pancake City 1 pm Walking Group - H&F 2 pm Learning Bridge - SLC	16 1 pm Bridge H&F 2 pm Bingo SLC	17 1 pm Walking Group - H&F All Day Trip to St. Louis	18 10 am Cards H&F	19 10 am Cards H&F 1 pm Walking Group - H&F	20
21	22 8 am Coffee Klatch Pancake City 1 pm Walking Group - H&F 2 pm Learning Bridge - SLC 6 pm Health Care Reform Town Hall Shrine Club	23 1 pm Bridge H&F 2 pm Bingo SLC 2 pm 5¢ Movie Day at Pickler's Famous	24 1 pm Walking Group - H&F	25 10 am Cards H&F ★ 11 am Lunch & Learn Pizza Haus in Edina	26 10 am Cards H&F 1 pm Walking Group - H&F 2 pm Member ★ Meeting NRMC Cafe #1	27
28	29 8 am Coffee Klatch Pancake City 1 pm Walking Group - H&F 2 pm Learning Bridge - SLC	30 1 pm Bridge H&F 2 pm Bingo SLC	31 1 pm Walking Group - H&F			



September 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 10 am Cards H&F	2 10 am Cards H&F 1 pm Walking Group - H&F	3
4	5 Labor Day Office Closed 	6 1 pm Bridge H&F Noon ★ Lunch & Learn SLC 2 pm Bingo SLC	7 1 pm Walking Group - H&F	8 10 am Cards H&F	9 10 am Cards H&F Noon Lunch Bunch - Collin's 1 pm Walking Group - H&F	10
11	12 8 am Coffee Klatch Pancake City 1 pm Walking Group - H&F 2 pm Learning Bridge - SLC	13 1 pm Bridge H&F 2 pm Bingo SLC	14 1 pm Walking Group - H&F	15 10 am Cards H&F Noon ★ Lunch & Learn Depot Inn La Plata	16 10 am Cards H&F 1 pm Walking Group - H&F	17
18	19 8 am Coffee Klatch Pancake City 1 pm Walking Group - H&F 2 pm Learning Bridge - SLC	20 1 pm Bridge H&F 2 pm Bingo SLC	21 1 pm Walking Group - H&F	22 10 am Cards H&F	23 10 am Cards H&F 1 pm Walking Group - H&F	24
25	26 8 am Coffee Klatch Pancake City 1 pm Walking Group - H&F 2 pm Learning Bridge - SLC	27 1 pm Bridge H&F 2 pm Bingo SLC	28 1 pm Walking Group - H&F	29 10 am Cards H&F	30 10 am Cards H&F 1 pm Walking Group - H&F 2 pm Member ★ Meeting NRMC Cafe #1	
DC Trip →						

