

Circle News

Senior Circle

Northeast Regional Medical Center

www.nermc.com

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Northeast Missouri Chapter ♦ Volume 12, Issue 1 ♦ January/February/March 2012

From Your Advisor: Laura Gruber

Happy New Year!

I am looking forward to another great year for Senior Circle and all of our members. We will continue to try new things, go new places and meet new friends! Our Monday Coffee Klatch will meet at the new 54 Diner for the next three months. Whether you are a new Senior Circle member or a long time member, this is a great opportunity to meet other members in a smaller group. Once a month we will hold our Monthly Member Meeting during breakfast and the coffee will be on me those days. Look on the calendar for those dates and join us! We will also start offering the PEPPi exercise class again in January. This class works on balance and strength building and allows you to set your own pace. I have been busy scheduling Lunch & Learns and would love your input on topics of interest to you. We also have a lot of great trips planned. Don't forget to call and RSVP for the events you are interested in attending!

Laura



From Our CEO:

2011 Accomplishments

By Eric Barber, CEO

This is the time of year when we look back and reflect on all the events and the people that made the last 12 months special. Fortunately, for Northeast Regional we have much to reflect on and many people to be thankful for in our community and in our



organization. We have been fortunate to be able to complete a full scale renovation of our patient tower and to continue to expand our capabilities in our Heart Center. In 2011 we completed over \$4 Million in renovations and upgrades, and we expect to be able to continue this type of investment well into the future. We have been blessed with the addition of many new talented physicians to our community and to our Medical Staff. In all, we added 12 new physicians to our medical staff and we will be extending this type of growth into the foreseeable future as well. Our physicians are obviously an integral part of what makes our hospital great. Our employees reached a new milestone in 2011 as well when we had a 100% participation rate on our employee satisfaction survey. With this level of engagement and participation they can truly say that Northeast is "their" hospital. As the CEO of this organization I try to ensure that they all know how much their efforts are truly appreciated. We broke another record with the attendance at our Christmas Party when 521 people came out to enjoy a wonderful evening with their colleagues. The family atmosphere here at Northeast is obvious when we have successful events like this one. And finally, we would not be here if it was not for our Patients! Everything we do starts with ensuring that the next patient that walks through our doors will have a positive experience with the care they receive here at Northeast. We want to continue to earn national recognition, but we are more focused on earning local approval. Our patients have a choice on where they go to see a physician, to have a procedure done, or where to go in an emergency. We recognize that they have options and we are committed to earning the trust of each patient and their families. We have implemented many new processes in 2011 and we will continue into 2012 with one person in mind, our next patient. Thank you for your continued support of Northeast Regional Medical Center.

Don't Forget!

- **Monday** Coffee Klatch – 54 Diner
- **Monday/Wednesday** - PEPPi
- **Tuesday** Bridge & Bingo
- **Thursday** Cards
- **Friday** Cards
- **MWF** Walking Group

NRMC News

New Radiology Services to Begin January 2012~

Northeast Regional Medical Center will be transitioning to a new radiology services partner in January. Radisphere, a nationally known imaging company will provide NRMC access to a wide variety of U.S.-based radiologists in many subspecialties. Delivering exceptional radiology is part of NRMC's commitment to provide quality healthcare services to Kirksville and the surrounding communities.

Angel Tree Brings Joy to Area Youth~

About 350 area children will have some presents to open due to the Adopt a Child program. NRMC participated in the event with more than 60 'angels' adopted from the Christmas tree located in the hospital lobby. More angels were needed due to popularity of the 26 year old program. Hospital administration helped deliver the gifts to the Kirksville Fire Department on Monday.

Left to right are Cindy Carter, CNO; Peggy Parks, Quality; Eric Barber, CEO and Jim Bergman, HR. Rane Brayton, ACEO, above top.



Northeast Regional Medical Center is directly or indirectly owned by a partnership that proudly includes physician owners, including certain members of the hospital's medical staff.

Calendar of Events



January

Monday, January 16

"PEPPI": FREE

10 am, Northeast Regional Medical Center, Conference Room #1, PEPPi, Peer Exercise Program Promotes Independence, is a physical activity program specifically designed for older adults to increase and maintain their level of fitness and independence. The physical activity program includes strength training using resistance bands, flexibility, balance and endurance exercises. As the title suggests, this is a peer lead exercise program. It will meet twice a week on Mondays and Wednesdays in Conference Room #1. This first meeting will include an assessment of each participant and may take a bit longer than the usual hour long class. Space is limited to call the Senior Circle office today to learn more and if you are interested in a seat in this class.

Tuesday, January 17

"Soup and Salad Lunch": FREE

Noon, St. Andrew's Apartments, Dining Room Cold days are the best time for hot soup! Senior Circle will provide the soup - you bring the salad, bread, or dessert! Call 660-785-1153 by Jan. 13 for reservations!

February

Thursday, January 19

“Lunch & Learn”: FREE

Noon, St. Andrew’s Apartments, Dining Room
Unfortunately, at some time or another, many of us will have to deal with cancer, either our own or a family members. Trish Ladyman, Referral Development Liaison for George Rae Cancer Center, will give us a presentation on treatments that are available right here in Kirksville. Call 660-785-1153 by January 16 to register for this event.

Monday, January 23

“Lunch Bunch”: Dutch Treat

11:30 a.m., King’s Buffet

Senior Circle will celebrate the Chinese New Year by going out for Chinese! Call 660-785-1153 by January 20 for reservations!

Thursday, January 26

“Lunch & Learn”: FREE

11 a.m., Pizza Haus, 116 N. 4th Street, Edina, MO
Edina’s own Nancy Averill will be our speaker this month. She will give us information on a new program called Pathway to Independence Wellness Program. Call 660-785-1153 by January 24 for reservations.

Monday, January 30

“Monthly Member Meeting”

8 a.m., 54 Diner, South Baltimore

Come join our Monday morning breakfast club as we discuss new event ideas, trips and parties that Senior Circle should offer throughout the year. Coffee is on Senior Circle!



Wednesday, February 1

“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, February 2

“Lunch Bunch”: Dutch Treat

11:30 a.m., 54 Diner, South Baltimore

We have been having our Monday morning Coffee group at 54 Diner for a month now so it is time we try something different there and have lunch! RSVP to the Senior Circle office by January 30.

Tuesday, February 7

“Senior Cardio Demo”: FREE

10:15 a.m., YMCA, 1708 Jamison St., The YMCA has graciously invited us to come and try out their Senior Cardio Class. You may participate in the class or just observe. If you wish to participate you will need to fill out some paperwork. Please be at the YMCA by 10:15 to complete the paperwork. The class will start at 10:30 a.m. RSVP to the Senior Circle office by Feb. 3.

Wednesday, February 8

“Lunch & Learn”: FREE

Noon, St. Andrew’s Apartments, Dining Room
February is National Heart Month – could that be why we see so many hearts around this time of the year? Scott Baker RN, in the Cath Lab and Afton Miller, Cardio Vascular Tech with Missouri Heart will be with us to talk about the new Cath Lab at NRMC. Call 660-785-1153 by February 3 for reservations!

Tuesday, February 14

“Valentine’s Day Bingo”: FREE

2 p.m., St. Andrew’s Apartments, Dining Room

This year Valentine’s Day falls on our regular Bingo day. To celebrate we will have a Valentine’s themed Bingo, along with snacks and punch. For this one bingo only call 660-785-1153 by February 9 for



reservations!

Tuesday, February 21
"Lunch & Learn": FREE

Noon, St. Andrew's Apartments, Dining Room
Join Senior Circle and Nancy Averill, Director of Northeast Therapy Services to learn about a new program offered by Northeast Regional Medical Center called, Pathways to Independence. We all want to stay healthy and live independently. This program is designed to help us achieve that goal! Call 660-785-1153 by February 17 for reservations.

Wednesday, February 22
"Lunch & Learn": FREE

Noon, Depot Inn, La Plata. MO Senior Circle
travels to La Plata to hear Kevin Rhodes, DO, give a presentation on our continuing battle to lower our cholesterol. Call 660-785-1153 by February 20 for reservations.

Monday, February 20
"Monthly Member Meeting"

8 a.m., 54 Diner, South Baltimore
Come join our Monday morning breakfast club as we discuss new event ideas, trips and parties that Senior Circle should offer throughout the year. Coffee is on Senior Circle!



March

Tuesday, March 6 "Lunch & Learn": FREE

Noon, St. Andrew's Apartments, Dining Room
The Northeast Regional Medical Center Emergency Department has a new director. Mandy Doumit,

RN took over the daily operation of the ED on December 4, 2011. Mandy will share with us her insights on the ED and what changes she sees coming to our Emergency Department in the future. RSVP to the Senior Circle office by March 2.

Thursday, March 15
"St. Patrick's Day Party": FREE

3 p.m., St. Andrew's Apartments, Dining Room
Once a year everyone is Irish for a day! Put on your green and come have fun with your fellow Senior Circle members with refreshments and games. We will have a contest to see who is wearing the most green and play IRISH bingo! Call 660-785-1153 by March 12 for reservations!

Tuesday, March 20
"Lunch Bunch": Dutch Treat

11:30 a.m., Nurhachi Grill, N. Baltimore, Kirksville. If you leave hunger from here it is your own fault. At Nurhachi Grill you pick your vegetables, your meat and your sauce. Then they stir fry it up. It puts you in control. RSVP to the Senior Circle office by March 16.

Thursday, March 22
"Lunch & Learn": FREE

11 a.m., Pizza Haus, 116 N. 4th Street, Edina, MO
As of press time a speaker had not yet been found. One will be announced closer to the event. RSVP to the Senior Circle office by March 19.

Monday, March 26
"Monthly Member Meeting"

8 a.m., 54 Diner, South Baltimore
Come join our Monday morning breakfast club as we discuss new event ideas, trips and parties that Senior Circle should offer throughout the year. Coffee is on Senior Circle!

Tuesday, March 27
"Lunch & Learn": FREE

Noon, St. Andrew's Apartments, Dining Room
March 27 is Diabetes Alert day and I have invited Kathy Ayers, NP and Certified Diabetes Educator back to continue our education on how to control

this potential devastating disease. Call 660-785-1153 by March 23 for reservations!

IMPORTANT NOTICE: If you are planning on taking any of the Senior Circle trips 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.

Local 2012 Trips

► Meskwaki Casino Bingo Hotel Tama, Iowa February 27 – 28, 2012

Package includes:

- Deluxe round trip motorcoach transportation
- Overnight lodging at Meskwaki Hotel & Spa
- \$40 Free play on your personal players card
- Two \$5 coupons for any of the food venues
- An experienced & friendly tour manager to handle trip arrangements.

Pricing:

\$120 per person shared room rate
\$150 single rate

Limited seating ~ don't delay!
Deadline for payment, January 12, 2012

► New Theatre Dinner Theatre

March 7, 2012

"Pump Boys and Dinettes" is part musical, part concert, part revue, part theatre, and 100% amazing. The actors perform music live on stage with guitars, piano, bass and even kitchen utensils. They bring you their musical tribute to "life by the roadside."

Single tickets on sale November 7, 2011. Group tickets on sale now!



Another as yet undetermined stop will be made after the play – we are looking for a fun non-shopping excursion.

Cost: \$90.00 per person. Deadline: February 7

► **Two Steppin Across Texas**
Into the heart of Texas...beautiful San Antonio

April 24-29, 2012

Dig out your boots and cowboy hats partners and get ready to have a great time! We are heading across the great state of Texas on our way to beautiful San Antonio.

We will stay in Oklahoma City going down and back and while there we will do a little sight seeing. One stop will be the Oklahoma City Memorial which is beautiful at night and will tug at your heart strings.

Once in San Antonio we will tour the Alamo, Steve Homestead, Omni Theatre, take a boat ride on the famous Riverwalk, visit the SAS Factory Shoe Store, shop at the Spanish historic shopping district, enjoy Trolley rides and a day in the Hill Country of Fredricksburg. We will visit a World War II Museum, enjoy the delightful shops of the town and all the amazing food, with all kinds of extra surprises along the way...even a lady on a swing!

This will be a delightful trip, one sure to write home to Mom about.

Hope you can join us.

Cost: \$685
Deadline: March 15, 2012



Check out the insert in the newsletter on the up-coming Senior Circle Cruise to Nova Scotia – there are a limited number of cabins available at this price so you need to reserve your space soon in order

to get the type of cabin you want.

► **Window to Another World**
Shipshewana, Indiana

June 4-7, 2012

Please join us as we experience life in a slower pace, without all the frills and deadlines to which we have all grown accustomed. Amish and Mennonite lifestyles are always fascinating to experience. On this trip we will visit the Hosteller House and Museum (experience what it is like to be in a tornado), Shipshewana Conference Center and Museum, the Noodle Factory, the Candy and Jelly Factory, the Cheese Factory, and the Coffin Factory. We will have dinner in a real Amish home, and enjoy an Amish step-on guide giving us a tour of the countryside. Enjoy the midwest's largest Flea Market (15 acres) featuring hundreds of vendors selling everything from fresh fruit to handcrafted furniture...a definite "do not miss" Hoosier tradition. We will visit the 50 Quilt Gardens that are made of live flowers and is an unbelievable beauty! On the way home we will sightsee some more and make stops at whatever meets our fancy.

Cost: \$460

Deadline: April 30, 2012

► **Chicago, IL – The Windy City**
July 16 – 20, 2012

Join Senior Circle as we travel north for a fun filled and sight-seeing packed adventure in Chicago. This trip includes: 4 nights lodging, Motorcoach transportation, 8 meals: 4 breakfast and 4 dinners. We will visit Shedd Aquarium, the Willis Tower, Cruise on Lake Michigan, The Art Institute of Chicago and a visit to the Navy Pier. There will be a guided tour of Chicago and much more. This trip should fill fast so sign up soon to reserve your seat. Cost: \$439 pp (double), \$559 (Single).

Deadline for payment: May 10, 2012.

► **Country Music City...Here We Come**
Nashville, Tennessee

September 2-6, 2012

Let's go to the country music capital and have a good 'ole time! On this trip we will go to the Grand Ole Opry where we will have back stage passes and a chance to sing on that famous stage, a visit to the Ryman Theatre, take a cruise on the Nashville River Queen, tour the Country Music Hall of Fame, visit the Fontanel Mansion and Farm (home of Barbara Mandrell and an unbelievable site!)...here we will have dinner and a show as well. We will visit the Kix Brooks (Brooks & Dunn famous winery), and go to Lychenburg to tour the Jack Daniels Distillery (which sits in a dry county) ☺. We will tour the largest tobacco farm in Tennessee and maybe even make our own biscuits. A visit to Nashville is not complete until you take in the Wild Horse Saloon so plan on that experience as well.

You will talk about this trip and all your trip experiences for a long time to come. Remember the Goo Goo Candies, we will have them as well. Good southern food and southern hospitality abounds...Join us.

Cost: \$585

Deadline: July 20, 2012

Weather Cancellation Policy

Senior Circle does not want to put anyone at risk for weather related accidents or injury. If Kirksville RIII schools have cancelled classes then Senior Circle events scheduled for that same day are also cancelled. (If the local schools in Edina and La Plata are closed we will not meet there as well.) If the event is not on a school day or in the evening after School is out and the weather is questionable, Senior Circle will notify the radio and TV stations in the area if the event has been cancelled. If possible an e-mail will be sent out to members and the voice mail message on the phone in the Senior Circle Office will give the correct information about the event. As always, you are the best judge as to

whether or not it is safe for you to attend any of our events.



Prescription Savings Even for your Pets!



ScriptSave works for your entire family—including your pets!

Your ScriptSave® Prescription Drug Savings card provides you savings on prescribed medications not only for you and your family, it also gives you discounts on prescribed medications for your pets!

- Savings average 32%, with potential savings of up to 50% (based on 2011 national program savings data) on brand name and generic prescriptions.
- Accepted at over 62,000 participating pharmacies nationwide
- No monthly or enrollment fees, no limits on usage
- Savings on ALL brand name and generic prescriptions

DISCOUNT ONLY - NOT INSURANCE. Discounts are available exclusively through participating pharmacies. The range of the discounts will vary depending on the type of provider and services rendered. This program does not make payments directly to providers. Members are required to pay for all health care services. You may cancel your registration at any time or file a complaint by contacting Customer Care. This program is administered by Medical Security Card Company, LLC (MSC) of Tucson, AZ.

Coming in the next newsletter:

Senior Circle will partner with Northeast Missouri AHEC to present the following workshop:

“Straight Talk with Your Doc”

Health literacy is the level at which a person can find, grasp and use key health information to make the best health choices. The health care system can be complex. Often, there is a gap between a person’s knowledge and the skills needed to understand the health care system.


“Straight Talk with Your Doc” is an interactive workshop that aims to build a bridge between patients and providers. This workshop uses role play to show health literacy skills. The role play will give people a chance to see how a message can be missed and will show how to use learned skills to improve health literacy. Participants will be asked to share stories and to state what health literacy means to them.

At the close of the session, participants will be able to use what is learned to speak freely with the doctor about health issues. This session will help attendees to be more at ease with:


- Asking doctors to slow down his/her speech,
- Asking questions, and
- Seeking knowledge about personal health issues.

Date and time will be announced in the April/May/June Newsletter.

January 2012



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 	2 Senior Circle Office Closed for New Year's Holiday Health & Fitness Center Closed	3 1 pm Bridge H&F 2 pm Bingo SLC	4 1 pm Walking Group - H&F	5 10 am Cards H&F	6 10 am Cards H&F 1 pm Walking Group - H&F	7
8	9 8 am Coffee Klatch 54 Diner 1 pm Walking Group - H&F	10 1 pm Bridge H&F 2 pm Bingo SLC	11 1 pm Walking Group - H&F	12 10 am Cards H&F	13 10 am Cards H&F 1 pm Walking Group - H&F	14
15	16 8 am Coffee Klatch 54 Diner 10 am PEPPi Conf. Room #1 1 pm Walking Group - H&F	17 Noon Soup & Salad Luncheon SLC 1 pm Bridge H&F 2 pm Bingo SLC	18 10 am PEPPi Conf. Room #1 1 pm Walking Group - H&F	19 10 am Cards H&F Noon – Lunch & Learn – SLC	20 10 am Cards H&F 1 pm Walking Group - H&F	21
22 	23 8 am Coffee Klatch - 54 Diner 11:30 am Chinese New Year Lunch Bunch – King's Buffet 10 am PEPPi Conf. Room #1 1 pm Walking Group - H&F	24 1 pm Bridge H&F 2 pm Bingo SLC	25 10 am PEPPi Conf. Room #1 1 pm Walking Group - H&F	26 10 am Cards H&F 11 am Lunch & Learn Pizza Haus in Edina	27 10 am Cards H&F 1 pm Walking Group - H&F	28
29	30 8 am Coffee Klatch & Monthly Member Meeting - 54 Diner 10 am PEPPi Conf. Room #1 1 pm Walking	31 1 pm Bridge H&F 2 pm Bingo SLC				

February 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Group - H&F					
			1	2	3	4
			9 am New Member Orientation – NRMC Cafe 10 am PEPPI Conf. Room #1 1 pm Walking Group - H&F	10 am Cards H&F 11:30 am Lunch Bunch 54 Diner	10 am Cards H&F 1 pm Walking Group - H&F	
5	6	7	8	9	10	11
	8 am Coffee Klatch 54 Diner 10 am PEPPI Conf. Room #1 1 pm Walking Group - H&F	10: 15 am Senior Cardio Demo - YMCA 1 pm Bridge H&F 2 pm Bingo SLC	10 am PEPPI Conf. Room #1 Noon – Lunch & Learn – SLC 1 pm Walking Group - H&F	10 am Cards H&F	10 am Cards H&F 1 pm Walking Group - H&F	
12	13	14	15	16	17	18
	8 am Coffee Klatch 54 Diner 10 am PEPPI Conf. Room #1 1 pm Walking Group - H&F	1 pm Bridge H&F 2 pm Valentine's Bingo SLC 	1 pm Walking Group - H&F 10 am PEPPI Conf. Room #1	10 am Cards H&F 5:30 pm Healthy Woman Heart Event - NRMC	10 am Cards H&F 1 pm Walking Group - H&F	
19	20	21	22	23	24	25
	8 am Coffee Klatch & Monthly Member Meeting 54 Diner 10 am PEPPI Conf. Room #1 1 pm Walking Group - H&F	1 pm Bridge H&F Noon – Lunch & Learn – SLC 2 pm Bingo SLC	10 am PEPPI Conf. Room #1 Noon – Lunch & Learn – La Plata 1 pm Walking Group - H&F	10 am Cards H&F	10 am Cards H&F 1 pm Walking Group - H&F	
26	27	28	29			
	8 am Coffee Klatch 54 Diner 10 am PEPPI Conf. Room #1 1 pm Walking	1 pm Bridge H&F 2 pm Bingo SLC	10 am PEPPI Conf. Room #1 1 pm Walking Group - H&F			

Group - H&F
Tama Trip →

March 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				10 am Cards H&F	10 am Cards H&F 1 pm Walking Group - H&F	
4	5	6	7	8	9	10
	8 am Coffee Klatch 54 Diner 10 am PEPPi Conf. Room #1 1 pm Walking Group - H&F	Noon Lunch & Learn - SLC 1 pm Bridge H&F 2 pm Bingo SLC	10 am PEPPi Conf. Room #1 1 pm Walking Group - H&F New Theatre Day Trip	10 am Cards H&F	10 am Cards H&F 1 pm Walking Group - H&F	
11	12	13	14	15	16	17
 Don't Forget to Spring Forward!	8 am Coffee Klatch 54 Diner 10 am PEPPi Conf. Room #1 1 pm Walking Group - H&F	1 pm Bridge H&F 2 pm Bingo SLC	10 am PEPPi Conf. Room #1 1 pm Walking Group - H&F	10 am Cards H&F 3 pm St. Pat's Party - SLC 	10 am Cards H&F 1 pm Walking Group - H&F	
18	19	20	21	22	23	24
	8 am Coffee Klatch 54 Diner 10 am PEPPi Conf. Room #1 1 pm Walking Group - H&F	11:30 am Lunch Bunch - Nurhachi Grill 1 pm Bridge H&F 2 pm Bingo SLC	10 am PEPPi Conf. Room #1 1 pm Walking Group - H&F	10 am Cards H&F 11 am Lunch & Learn Pizza Haus in Edina	10 am Cards H&F 1 pm Walking Group - H&F	
25	26	27	28	29	30	31
	8 am Coffee Klatch & Monthly Member Meeting 54 Diner 10 am PEPPi Conf. Room #1 1 pm Walking Group - H&F	Noon - Lunch & Learn - SLC 1 pm Bridge H&F 2 pm Bingo SLC	10 am PEPPi Conf. Room #1 1 pm Walking Group - H&F	10 am Cards H&F Senior Circle Office Closed	10 am Cards H&F 1 pm Walking Group - H&F Senior Circle Office Closed	