

Wise Words

A publication of **St. Francis LifeWise** News & Events

MARCH - APRIL 2020



Dear LifeWise Members,

As warmer weather and longer days are on their way, I encourage you to either start or increase your physical activity. We all know that we should be physically active for the good of our physical, emotional and mental health, yet it often feels difficult to get more active once we have become less so. I want to assure you that pressing through the challenge of starting again will be well worth your effort. You can get back into the habit even if it has been a while. ****Always consult your Doctor before you begin or restart a Physical Activity program.**

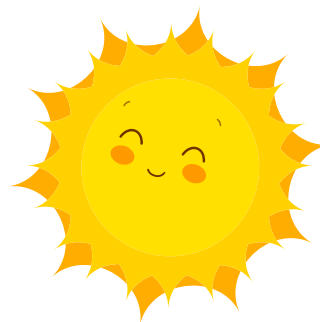
To help you get started, we have some classes for you in this cycle that will teach you about healthy fitness and exercise habits, as well as strategies to improve your strength, endurance, balance and, significantly reduce the risks of falling. We have these and plenty of other great presentations for you and I hope you will attend them all!

I also encourage you to try one or more of our on-going physical activity programs listed in the newsletter, such as Well-Walkers, Snails (outdoor walking & hiking), Chair Yoga, Tai Chi and Line Dancing. You might just get hooked! (Hooked and healthier, that is!)

Happy spring! Be healthy, be active and get the most out of every day!

A handwritten signature in black ink that reads "Patty Lininger, M.Ed." in a cursive style.

Patty Lininger, *New LifeWise Coordinator*



Much ado about Falling:

Of course, you've heard that physical activity has many health benefits and can improve one's quality of life, but did you know that some activities and exercises can even reduce the risks of falling?

Most people are aware that falling is more prevalent in adults over the age of 65 and that the risks increase with age.

Unfortunately, the fear of falling often results in many seniors curtailing their physical activity, but falls do not have to be an inevitable consequence of aging and most physical activities do not need to be curtailed in order to prevent them.

Learning more about the reasons for falls and ways to prevent them is essential for every older adult so they can adopt strategies to stay physically active and safe. With care, many seniors can enjoy a myriad of activities for many years.

Join us for a Lunch & Learn when Dr. Parampal Bhullar shares his medical knowledge of falls including screening for risks and fall prevention strategies. *(See next page).*

Register early as space will be limited.

Health & Wellness

LifeWise Seminars & Classes

Lunch & Learn* All About Falls

WEDNESDAY, APRIL 22 | 11:15 AM – 1:00 PM

First Baptist Church of Simpsonville
3 Hedge Street, Simpsonville 29681

For many older adults, injuries due to falls can create a barrier to healthy aging, independent living and even longevity. Unfortunately, even for those who are otherwise healthy and fairly active, a fall can result in a decline in functionality and effectuate a noticeable decline in the quality of life.

Dr. Parampal Bhullar will share valuable information about falls that encourage you stay active and safe now and in the years ahead.

You'll learn:

- The Impact of Falls on Older Adults
- The Reasons for Falls and
- How They can be Prevented
- Screening for Fall Risks

\$10 pp (lunch included)

Registration & Payment required
before noon on Wednesday, April 15th.

***NO LATE REGISTRATIONS WILL BE ACCEPTED**



Dr. Parampal Bhullar, Internal Medicine
Bon Secours Millennium Internal Medicine

AARP Smart Driving Course

WEDNESDAY, APRIL 29 | 9:30 AM – 2:00 PM

St. Francis Eastside | 125 Commonwealth Drive, Classroom 301, Greenville, 29615

The AARP Smart Driver Course focuses on driving topics relevant for older drivers. Lil Copeland, a LifeWise Member, Volunteer, and Smart Driver Course Instructor will take you through the course.

**Auto Insurance Companies in SC are mandated to provide a discount to AARP Smart Driving Course graduates.*

\$15/pp for AARP members
\$20/pp for Non-members of AARP

***Bring a bag lunch. Class size is limited, so REGISTER EARLY**

Lympha...What???

WEDNESDAY, MARCH 4 | 10:30 – 11:30 PM

St. Francis Millennium Medical Office Building
Community Classroom
2 Innovation Drive, Greenville 29607e

Lymphedema is a persistent swelling usually occurring in one arm or leg, although, sometimes in both. It can occur as a result of radiation, surgery, infection or trauma or it can be present at birth. Although there is no cure for Lymphedema, there are ways to reduce the swelling and discomfort and improve your quality of life. The sooner it is treated, the better the results and the chances for long-term success will be.

Come learn about the early warning signs and symptoms, as well as the role Lymphedema therapists play in your treatment! You can still be enjoying your best life!



**Deborah Smith, OTR/L, OLT
& Wendy Garland, OTR/L/CLT, CLCP**
Bon Secours St. Francis Therapy
at Smith Therapy

FREE | Pre-Registration required

Understanding Health Directives

TUESDAY, MARCH 10 | 2:00 – 3:00 PM

St. Francis Millennium Medical Office Building
Community Classroom
2 Innovation Drive, Greenville 29607

You absolutely have the right to dictate your own health care. We'll be discussing how to ensure that your wishes will be followed should you become incapacitated. Strategic planning tools will be discussed, including the necessary healthcare powers of attorney, durable powers of attorney, living wills, revocable living trusts, and most importantly, a viable system to keep these plans up to date so they will work when you need them.



Cory Hughes, Attorney
Physical Therapist
The Law Offices of W. Cory Hughes,
Greenville 29604

FREE | Pre-Registration Required

Spring Forward, *Don't* Fall Back

THURSDAY, MARCH 19 | 10:00 – 11:00 AM

St. Francis Millennium Medical Office Building
Community Classroom
2 Innovation Drive, Greenville

Beginning and maintaining a proper exercise program not only has heart benefits, but it can also help with balance and strength, and improve many health conditions. We will discuss exercise for certain chronic conditions such as Peripheral Artery Disease and Arthritis and demonstrate exercises that strengthen and reduce the risk of falls. We will also tour the Healthy Self facility in the Millennium Office Building to show you the many safe and enjoyable physical activity programs they provide.

Robbie Keefer, RN & Sandra Vicary, Exercise Specialist
Bon Secours HealThy Self at Millennium

FREE | Pre-Registration required

Health & Wellness

LifeWise Seminars & Classes

Live, Laugh, Love... *Without Leaking*

MONDAY, MARCH 23 | 1:00 – 2:00 PM

St. Francis Millennium Medical Office Building
Community Classroom
2 Innovation Drive, Greenville 29607

Learn tips and tricks from pelvic floor therapists to regain control of your bladder and bowels and develop a more functional inner core. Our bodies go through many changes during our lifespan, sometimes resulting in weaknesses or injuries to the muscles of the pelvic floor. This can cause various concerns for women and men of all ages. Come learn what it takes to restore functionality and live without the fear of leaking.

Mary Tepe, PT, DPT, WCS,
St. Francis Therapy Center, Eastside
Kelsey Nix, PT, DPT,
St. Francis Therapy Center, Millennium

FREE | Pre-Registration Required

Bountiful Container Gardening

WEDNESDAY, MARCH 25 | 10:00 – 11:00 AM

St. Francis Millennium Medical Office Building
Community Classroom
2 Innovation Drive, Greenville

Have a small space but would love to reap a harvest? You don't need a plot for growing healthy vegetables! Come learn from Rebecca, gardening and sustainability expert and nutrition guide, how you can grow nutrient rich vegetables that take up little space...in a pot or container! Enhance your diet and enjoy the satisfaction of sowing and reaping your own goodies!

Rebecca McKinney
Sustainability Specialist at Bon Secours St. Francis Health System, Academic Program Director for Sustainable Architecture, Executive Director of SC Organization for Organic Living

FREE | Pre-Registration Required

Let's Talk Balance

THURSDAY, APRIL 7 | 11:00 AM – 12:00 PM

St. Francis Millennium Medical Office Building
Community Classroom
2 Innovation Drive, Greenville 29607

Do you ever wonder why you might be losing your balance? Just like our cardiac system and our immune system, we have body systems that control our balance. If one of them isn't functioning properly, you may start to stumble or fall more frequently.

Come and learn about how your body works to control your balance and what you can do at home to improve it and make falling less likely.



Jessica Volfson, PT
Physical Therapist
Bon Secours St. Francis Health System Specialist in Balance & Vertigo Dysfunction.

FREE | Pre-Registration Required



SENIOR LIVING SEMINAR SERIES

(Continued from February)

Session 2: The Dollars and “Sense” of Senior Living: What You Need to Know About Paying for Long Term Care

MONDAY, MARCH 30 | 10:00 – 11:00 AM

First Baptist Church of Simpsonville
3 Hedge Street, Simpsonville 29681

The Senior Living Options that are often needed during our “Golden years” can cost us a lot of “gold”.

This session continues last month’s discussion of the varied levels of care, but will expand on the payment options, criteria for Medicare and new types of insurance plans that may help offset the extravagant cost of some senior living options.



Matthew A. Miller, CFP, CFBS
Certified Financial Planner
Certified Family Business Specialist

FREE | Pre-Registration Required

Session 3: Visiting The Options

WEDNESDAY, APRIL 15 | 10:00 – 11:00 AM

Cascades-Verdae Community
267 Old Sulphur Springs Rd Greenville 29607

A visit to the Cascades will provide the opportunity to see the differences in the various options of senior living communities discussed earlier in the series. You’ll tour Independent Living, Assisted Living, Skilled Nursing and Memory Care Homes.

There are many other senior living communities in the region providing these varied levels of care; however, the Cascades will conveniently have all 4 levels in this one location.

Coffee and a morning snack will graciously be provided by the Cascades’ staff.

Marybeth Culbertson & Bruce Meyer
Senior Advisors & Consultants/Geriatric Experts
Always Best Care Senior Services

FREE | Pre-Registration Required

Session 4: Everything You Need to Know About Hospice

MONDAY, APRIL 20 | 11:00 AM – 12:00 PM

St. Francis Millennium Medical Office Building
Community Classroom
2 Innovation Drive, Greenville 29607

Open Arms Hospice is a ministry of the Bon Secours St Francis Health System, compassionately providing care for patients in their homes and in the McCall Hospice House in Simpsonville. OAH is an extension of Bon Secours’ mission to extend the ministry of Jesus by bringing compassion to health care and “Good Help” to those in need. Come learn about the philosophy and the criteria for hospice, as well as the benefits of home and inpatient hospice care.

Joanne Heijjer, RN, BSN, Open Arms Hospice
Intake Supervisor & Educator for Families and Patients

FREE | Pre-Registration Required

Health & Wellness

LifeWise Seminars & Classes

Walk Your Way into Greater Wellness

TUESDAY, APRIL 14 | 11:00 AM – 12:00 PM

St. Francis Millennium Medical Office Building
Community Classroom
2 Innovation Drive, Greenville 29607

Research has proven that moving more improves our physical wellness, as well as our mental and emotional wellness. Participating in enjoyable activities such as walking and dancing is a great way to improve your health and mood, and it can help prevent certain chronic diseases.

LifeWise provides you with such activities as Well-Walkers, a self-paced indoor walking program at the Wellness Arena, and Snails, an outdoor walking and hiking program, as well as Line Dancing, Tai Chi and Chair Yoga. Come learn why you should participate and how to get the most benefit from these programs.

Rebecca Ellefson, Coordinator of Well Walkers & Community Engagement Director

Patty Lininger, LifeWise Coordinator, Exercise Physiologist, & Health Coach

FREE | Pre-Registration Required

Well-Walkers Dates | 9-11 AM

Bon Secours Wellness Area | No Pre-Registration Required

MARCH

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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

APRIL

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5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

Save the Dates!

MAY 12 | 2:00 PM

“Wise Women” at the Greenville Convention Center

Enjoy an “afternoon tea and treat” event, including a fashion/style show from Chico’s and a physician’s presentation seminar on a women’s health topic and more!

JUNE 20

The Donna Summer Musical at The Peace Center, Greenville

*We’ll have discounted tickets plus a before the show visit with the cast! *More details to follow.*

Tai Chi & Qigong

TUESDAYS

9:30 AM - BEGINNER TAI CHI

10:45 AM - QIGONG

NOON - ADVANCED TAI CHI

St. Francis Eastside, Room 140

135 Commonwealth Drive, Greenville 29615

Join George Gantt as he practices Tai Chi: the Chinese Martial Art primarily practiced for its health benefits, including dealing with tension and stress. Experience complete relaxation guided by slow, flowing, precisely executed movements.

George also teaches Qigong, an ancient Chinese healing art involving meditation, controlled breathing, and movement exercises designed to improve physical and mental well-being.

\$20 per month (You'll pay the instructor directly.)

Pre-registration is not required.

Chair Yoga!

THURSDAYS | 10:30 - 11:30 AM

Open your hips, move your shoulders and neck, and find length in your spine with Chair Yoga. In addition to a good stretch, chair yoga participants enjoy improved muscle tone, better breathing, increased circulation, stress reduction, better sleep and an overall sense of well-being. Chair Yoga aids in relieving tired joints and muscles, helps prevent disease, and contributes to slowing or reversing the aging process. Enjoy a comfortable, fun and relaxing class for ALL levels of flexibility.

Kristi Ried-Barton, E-RYT500, CNHP, Life Coach, Yoga Therapist, Reiki III Master and Ayurveda Nutritionist, is your instructor. She is Director of Its Yoga! Studio.

\$5 per class (You'll pay the instructor directly.)

Pre-registration is not required.

LifeWise Snails

LifeWise Snails is a walking group that enjoys getting together outdoors and walking for fun and exercise. We walk 2-4 miles, usually meeting around 9:30 am and walking for about 2 hours. Days and schedules do vary. We meet and walk in various areas including Cleveland Park, Roper Mountain Center, Legacy Park, Swamp Rabbit Trail, Main Street Greenville and many other places. Wear sturdy walking shoes and bring water. Emails are sent out Sunday evenings with the walking plans and meeting place. To join the group, please contact Fran Spicer Taylor:

29rainbow@bellsouth.net or [864-297-8572](tel:864-297-8572).

Line Dancing Classes

Landmark Hall

156 Landmark Drive | Taylors, SC

Beginner Line Dancing: THURSDAYS, 12:45 PM - 1:45 PM (Intro class runs from 3/19 - 6/25)

This class is a low level line dancing class for those who have some experience or who have taken the Introduction to Line Dancing class.

Line Dancing 2: THURSDAYS, 11:30 AM - 12:30 PM

This class is for those who have some experience or who have taken the Intro to Line Dancing class. .

Line Dancing 3: THURSDAYS, 10:10 - 11:15 AM

This class is for those who have danced at the beginner level for at least a year and want a challenge.

Cost per class is \$3 due in advance to the instructor each month. All classes are taught by our long-time instructor Pam Frey. | Contact Pam directly at nanafrey05@gmail.com or [864-288-3722](tel:864-288-3722).

In Stitches

MONDAY, MARCH 2, APRIL 6

1:30 – 3:00 PM

Cascades Verdae | 267 Old Sulphur Springs Rd
Greenville, SC

In Stitches is a group for anyone who enjoys doing creative things with thread or yarn, needlepoint, embroidery, crochet, knitting, quilting, & more. Call **864-675-4303** or email LifeWise@bshsi.org if you have questions or need directions to the Cascades.

The Harmony Stitchers

MONDAY, MARCH 9, APRIL 13

10:30 – 11:30 AM

Harmony at Five Forks
345 Five Forks Rd., Simpsonville

The Harmony Stitchers share fellowship while knitting and crocheting. They also create pink dish cloths for goody bags given to patients at the Pearlie Harris Center for Breast Health (the “Pink Project”). Beginners are welcome. Call **864-675-4303** or email LifeWise@bshsi.org.

BINGO

2ND WEDNESDAY | 2:00 – 3:00 PM

Activity Room | Main Building
Rolling Green Villiage | 1 Hoke Smith Blvd., Greenville

Better Breathers Club

3RD TUESDAY | 12:00 – 1:00 PM

St. Francis Millennium Medical Office Building
Community Classroom
2 Innovation Drive, Greenville

This support group is for people with chronic lung disease & their loved ones. **For more information call Mile Chambers 864-271-8258. Lunch is provided.**

Upstate Monarchs Lymphedema Support Group

TUESDAY, MARCH 10 | 12:00 – 1:30 PM

St. Francis Millennium Medical Office Building
Community Classroom
2 Innovation Drive, Greenville

Join us for our next meeting in March as we celebrate our 10th Anniversary of this support group! Several people will share their stories of their journeys with Lymphedema and a vendor will share the latest updates on beneficial compression products.

For more information contact **Deborah Smith**, OTR/L, CLT, St. Francis Therapy Center: **864-286-8288** or email deborah_smith3@bshsi.org.

Parkinson Support Group

1ST THURSDAY | 2:00 – 3:00 PM

St. Francis Cancer Center
Education Classroom & Conference Room
104 Innovation Drive | Greenville

For more information call **864-905-2574** or visit info@gapsonline.org.

Community Bulletin Board

Upcoming “Walks for Causes”

Saturday, April 11	Upstate Heart Walk	Downtown Greenville	8:00 AM
Saturday, April 25	Strike-Out Parkinson’s	Flour Field	9:30 AM
Saturday, June 6	NAMI Walk	Furman University	10:00 AM
Saturday, October 3	Alzheimer’s Walk	Downtown Greenville	8:00 AM

Alzheimer’s “Talk About It Tuesdays” Series:

at Alzheimer’s Association Office
123 Antrim Drive Greenville 29607
Call 864-250-0029 to register

Tuesdays, April 21 - May 12 6:00 PM

Getting Out

LifeWise Staying Social

Page Turners' Book Club

2ND FRIDAYS | 9:30 — 11:00 AM

Barnes & Noble

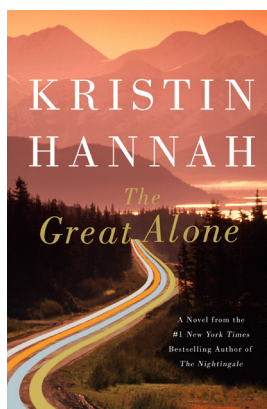
735 Haywood Rd., Greenville, SC

FREE | Pre-Registration is Required.



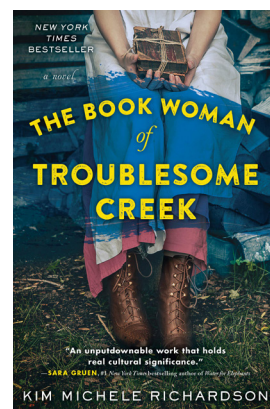
MARCH 13

Lost Roses
by Martha Hall Kelly



APRIL 10

The Great Alone
by Kristen Hannah



MAY 8

The Book Woman of Troublesome Creek
by Kim Michele Robinson

Meet and Eat

TUESDAY, MARCH 24 | 11:30 AM

Universal Joint

300 E. Stone Ave, Greenville
864-252-4055

TUESDAY, APRIL 28 | 11:30 AM

Pomegranate

618 South Main Street, Greenville
864-241-3012

Passport on a Plate

TUESDAY, MARCH 3 | 6:00 PM

Southern Culture

2537 North Pleasantburg Drive, Greenville
864-552-1998

TUESDAY, APRIL 7 | 6:00 PM

Korean Barbeque

1170 Woodruff Road, Greenville
864-286-0505

TUESDAY, MAY 5 | 6:00 PM

Olympian Grill

7 Five Forks Plaza Ct., Simpsonville
864-281-1400

Day Trip with Emerald Tours: The Billy Graham Library & Daniel Stowe Botanical Gardens

MONDAY, MAY 4 | 7:00 AM – 6:00 PM

Meet at Millennium Medical Building Parking Lot
2 Innovation Drive, Greenville 29607

Join us for a day trip/bus tour with Emerald Tours. **The bus arrives for boarding at 7:00 AM and departs for Charlotte, NC at 7:30 AM sharp.**

The first stop will be the Billy Graham Library in Charlotte, a 40,000 square foot state-of-the art experience where you'll discover the remarkable history of Billy Graham's eight decades of ministry, evolving from a humble farmer's son into an international ambassador for Christ. You will leave inspired!

We'll enjoy lunch at the Graham Brothers' Dairy Bar (self-pay for lunch/not included)

Next, we'll have the opportunity to explore the beauty of the Daniel Stowe Botanical Gardens, viewing the spectacular gardens, fountains, a conservatory of flowers, the nature trails and a garden store.

Price per person: \$46.00

Contact Emerald Tours for registration and payment.

864-676-1358 | Emerald Tours | 403 D Miller Rd. Greenville, SC 29607

***NOTE: No Payments for any trips will be submitted to LifeWise.**

Wise Wanderers: Spotlight on South Dakota Presentation of Trip Details

THURSDAY, MARCH 12 | 10:00 — 11:00 AM

St. Francis Millennium Medical Office Building
Community Classroom
2 Innovation Drive, Greenville 29607

Join us for a fun and informative presentation sharing all of the amazing features of this 6 night trip to South Dakota, Mt. Rushmore, The Badlands, Crazy Horse and more!

Collette Vacations will share the itinerary, costs, payment methods and all needed details for the trip so you can start planning your excursion right away.

FREE | Pre-Registration Required

Visit Triune Mercy Center

THURSDAY, APRIL 2 | 10:00 AM — 12:30 PM

222 Rutherford St., Greenville 29609

Meet us at the Triune Mercy Center to tour this century old church and learn about its incredible history, its service and its unwavering mission. More than a century ago, Triune United Methodist Church was founded to worship God and teach the gospel.

Eventually, the members began to provide hot meals to the hungry. As the original church dissolved, it became more known for its continuing mission to serve the homeless and disadvantaged. Today, it serves as a vibrant place of worship for all populations, cultures and denominations.

FREE | Pre-Registration Required

Registration

Register online easily at www.BonSecours.com/LifeWise

1. If you prefer to mail in registrations and pay by check, select events in the chart below.
2. Fill in ***all lines of information*** in the name and payment form section under the event chart.
3. Once complete, mail form and payment to:

St. Francis LifeWise
131 Commonwealth Drive, Suite 390
Greenville, SC 29615

Date	Event	Qty	Price	Total
March 4	Lympha...What?		FREE	
March 10	Understanding Health Directives		FREE	
March 12	Wise Wanderers-South Dakota		FREE	
March 19	Spring Forward, Don't Fall Back		FREE	
March 23	Live, Laugh, Love...without Leaking		FREE	
March 24	Meet & Eat- UNIVERSAL JOINT		DUTCH	
March 25	Bountiful Container Gardening		FREE	
March 30	Dollars & "Sense" of Senior Living		FREE	
April 2	Triune Mercy Center Tour		FREE	
April 7	Let's Talk Balance		FREE	
April 7	Passport on a Plate-KOREAN BARBECUE		DUTCH	
April 14	Walk Your Way to Wellness		FREE	
April 15	Visits-Senior Living Options		FREE	
April 20	Learn About Hospice Care		FREE	
April 22	Lunch & Learn-"All About Falls" Dr. Daniel Green		\$10	
April 28	Meet & Eat-POMEGRANATE		DUTCH	
April 29	Smart Drivers Course-AARP MEMBER		\$15	
April 29	Smart Drivers Course Non-AARP MEMBER		\$20	
May 4	Billy Graham Library/Daniel Stowe Gardens		PAY VENDOR	
May 5	Passport on a Plate-OLYMPIAN GRILL		DUTCH	

TOTAL: _____

Name* _____

Address* _____

City/State/ZIP* _____

Phone* _____

Please Add Your Email Address: _____

PAYMENT* *Please do not send cash.*

☐ Check # _____

☐ Credit Card # _____

*Expiration Date: ____/____ *Security Code _____

***REQUIRED**

Guest Name* _____

Guest Address* _____

Guest City/State/ZIP* _____

Guest Phone* _____

Guest Email: _____

Guest Name* _____

Guest Address* _____

Guest City/State/ZIP* _____

Guest Phone* _____

Guest Email: _____



1 St. Francis Drive
Greenville, SC 29601

RETURN SERVICE REQUESTED

NONPROFIT ORG
U.S. POSTAGE
PAID
GREENVILLE, S.C.
PERMIT NO. 859

Contact LifeWise at (864) 675-4303 or Lifewise@bshsi.org

Cancellation Policy Refund requests for an event can be made up to 4 business days before the program date. Requests received 3 business days or less before an event will not be honored.

R.S.V.P. Please take a minute to give us a call or send an email to let us know if you won't be able to come to a program that you've registered to attend. Someone on the wait list would love your spot. Also, we incur unnecessary costs when food and beverages are involved at an event.

Registrations are on a first come-first served basis. If you do not receive confirmation of registration, you have been placed on a wait list. Please do not come to an event without confirmation due to strict fire code regulations for the buildings/rooms being utilized.

Change of Address If you have moved, please change your address **online** in your **Findjoo Profile**, or give us a call at 675-4303. Because your **WiseWords** newsletter goes out **Bulk Mail**, the Post Office will not forward it to your new address, so it's an added expense for LifeWise if it's returned to us and re-mailed.

Email Address When an event needs to be changed or canceled or when you are on a waitlist, the easiest way for us to contact everyone is through email. Please make sure yours is up to date in our system.

Contact Us

131 Commonwealth Drive | Suite 390 | Greenville, SC 29615

(864) 675-4303 | FAX (864) 675-4390

Visit the LifeWise home page at www.BonSecours.com/LifeWise | Email: lifewise@bshsi.org