

2016

LIFE LINES

## July-August-September



### INSIDE THIS ISSUE:

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3rd Quarter-2016



Gershwin wrote that in the Summertime... the livin' easy. Hope you all get to experience that this summer! Many of us get so wrapped up in summer vacations and home projects and we don't allow ourselves to just kick back and relax and really enjoy all the things that summer brings.

...Like real tomato sandwiches, sweet watermelon, the freshest corn on the cob, lemonade and homemade ice cream. Summer brings birds and critters and a river brimming with life. Summer brings grandkids to visit! And best of all, summer brings long days where we can enjoy all of it.

We've got a few special events planned for the summer including a picnic at Rhodes Ferry Park. Nothing fancy (we're talkin' easy livin' here). We're not even going to have a speaker—just good food provided by our friends at River City Rehab, maybe play some bingo and then just sit and enjoy the river view, the company, our beautiful park and everything in it. Details are inside.

Also in this issue are a few other events you may wish to attend and as always some travel excursions and details on wellness opportunities.

And remember... summer also brings the heat...so when you're outside... cover up in cool clothes and stay hydrated.

Happy Summer!

Noel, Kathy, Donna and Melanie

#### SPECIAL EVENTS

- Health fairs
- Book Sale
- Depot Days
- Summer Picnic
- Camp Bluebird

#### ONGOING ACTIVITIES

- Exercise & Line Dancing
- Support Groups
- Wellness
- Breakfast & Dinner Clubs
- Trips

**MATURE LIFESTYLE RESERVATION LINE**

**256-973-3222**

## COMMUNITY EVENTS

### Hartselle Lions Club Healthfair

Sparkman  
Civic Center  
July 1, 2016  
12pm -4pm

### Caddell Alzheimer's Conference

Decatur Baptist Church  
July 26, 2016  
8am-4pm

### Sparkman Civic Center Healthfair

August 26, 2016  
8:30-10:30am

### DMH Volunteer Book Sale

Sept. 8, 2016  
7am-6pm  
Sept. 9, 2016  
7am-4pm

Parkway Campus  
Baugh Wiley Smith  
Classroom

### Hartselle Depot Days

September 17, 2016  
Crafts, Food Vendors,  
Children's activities  
and much more!!  
Full Day of Fun!!

### Summer Picnic

July 27, 2016  
11:00am-2:00pm  
Rhodes Ferry Park  
We will furnish the food.  
Just come and socialize and  
have a good time!  
RSVP 256-973-3222

## SPECIAL EVENTS

### Camp Bluebird Adult Cancer Camp

September  
21st - 23rd, 2016  
For questions or info  
contact: Melanie  
256-973-2184

## WELLNESS & SUPPORT

### Free Blood Pressure Checks

1st Wednesday: 9:00 AM—11:00 AM - Old J.C. Penney wing of the Decatur Mall  
4th Wednesday: 11am -1pm Decatur Morgan Hospital—Decatur Campus—Main Lobby

### Prostate Cancer Support Group

Every 3rd Tuesday at 6pm at Decatur Morgan Hospital, Morgan A&B—Decatur Campus. For additional information, please call Melanie Odom 256-973-2184. No cost.

### Pulmonary Pals

Every 2nd Thursday of every other month at 11am. (Lunch provided) For reservations and additional information, please call Melanie Odom at 256-973-2184. No cost

### Bosom Buddies

Every 3rd Monday at the Decatur General Campus in Morgan Room A&B at 6pm. Each person is asked to bring a finger food to share with the group. Drinks and paper products are provided. For more information, please call Melanie Odom at 256-973-2184.

*Old age is like a plane flying through a storm. Once you're aboard, there's nothing you can do.  
- Golda Meir*

## **\*\*Hospital Volunteers Needed\*\***

The areas where Volunteers are needed are listed below:

Admissions: **Wednesday** afternoons/Friday mornings  
 Mammography: **Wednesday** and **Friday** mornings  
 Medical Plaza: **Tuesday** mornings and **Monday** afternoons  
 Gift Shop: Mondays and Fridays  
 BP Screenings: Wednesdays  
 Plaza I: Tuesday mornings

### **Become a Volunteer.**

You could make a difference in the lives of so many!

**Decatur Morgan Hospital**  
 Is proud to be recognized as  
**A Tier 1 Preferred Hospital**  
 by BlueCross BlueShield  
 of Alabama

AlabamaBlue.com/HTN    DecaturMorganHospital.net

## **EXERCISE**

### **STRETCH & FLEX CLASS**

Tuesdays & Thursdays  
 8:30 & 11:00 am  
 St. Paul's Lutheran Church  
 \$10 per month



### **ADVANCED LINE DANCING**

**Mondays @ 4:30pm**  
**Camp Bluebird Room**  
**Decatur Campus**  
**FREE!**



**Wellness Center**  
**2349 Danville Road , SW**  
**256.973.4900**

Monday-Thursday 5:00 am—8:00 pm  
 Friday 5:00 am - 6:00 pm  
 Saturday 8:00 am -1:00 pm  
 Sunday CLOSED

**\$25 per person monthly**  
**\$40 per couple monthly**

Classes are open to all Wellness Center members. Some classes have limited capacity. See or call a staff member for more information about classes.

### **Group Fitness Schedule**

Time	Monday	Tuesday	Wednesday	Thursday	Friday
6:00 am	Morning Yoga		Morning Yoga		
8:30 am					
9:00 am	SS Classic Water Aerobics		SS Classic Water Aerobics		Water Aerobics
9:30 am					
10:00 am		SS Yoga		SS Yoga	
10:15 am					
5:00 pm					
5:30 pm	Fitness Challenge Group	Fitness Challenge Group	Fitness Challenge Group	Fitness Challenge Group	

SS = Silver Sneakers



Decatur Campus  
 1201 7th Street  
 Decatur, AL 35601  
 256.973.2184

Hours: Monday-Thursday  
 9am—3pm

decaturmorganhospital.net

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Mailing Address Line 1

Mailing Address Line 2

Mailing Address Line 3

Mailing Address Line 4

Mailing Address Line 5

## TRIPS & OUTINGS

### **Breakfast Club**

8:30 am

BYOB - (buy your own breakfast)

July 8, 22

Hardee's

August 5, 19

Steak N Shake

September 2, 16, 30

Chick-fil-a

### **Dinner Club**

5:00 pm

BYOD- (buy your own lunch)

July 12

Applebee's

August 9

Olive Garden

September 13

Logan's

### **July 20-23**

Musical Adventure-Memphis for the Blues, Rock and Roll, tour of the city , Rock and Soul Museum, Beal St. for dinner, Muscle Shoals Sound, Alabama Music Hall of Fame, Fame Studio, Cypress Moon Studio, Dinner and a special surprise concert, Nashville, Country Music Hall of Fame, plus The Grand Ole Opry.

### **Sept. 26-28**

National Quartet Convention- Two nights of Southern Gospel Music, See and hear all of the top Gospel Groups, Great seats, Two dinners and one full day of shopping.

***For a complete list of tours contact:***

***Fred at 256-383-3594 or  
 Fred@connectionforthelord.org***