

2017

DMH VOLUNTEER/MATURE  
LIFESTYLE NEWSLETTER

*January-February-March*



**INSIDE THIS ISSUE:**

Volume 6, Issue 1  
1st Quarter-2017



You've probably noticed a lot happening around here at Decatur Morgan Hospital. We know that progress can be inconvenient at times and even a little scary – because with it comes change. But change can also be exciting – it can lead to new beginnings! So we're looking forward to new horizons this year – keeping our minds and hearts open for the many possibilities that change and progress bring. We hope you'll come along for the ride!

One change you'll notice is that this newsletter is now a combination of the Volunteer Newsletter and our Mature LifeStyles Newsletter. We are trying hard to improve our programs and we need everyone to be on the same page, or in this case the same newsletter. We figured since there is so much overlap in the two groups – that it would make sense to combine the newsletters. Plus we want to encourage all of you who haven't taken advantage of opportunities to volunteer with us to do so. Please also take part in the health and wellness activities that are taking place and remember we always welcome your ideas for new ones.

We thank you so much for being a part of the Decatur Morgan Hospital community – supporting the hospital with your business and your service.

Cheers to a happy and healthy new year! We look forward to seeing you!

The Community Relations & Volunteer Services Department

Kathy Goodwin, Manager

Melanie Odom, Staff

Donna Shelton, Staff

**SPECIAL EVENTS**

- Advisory Meeting
- Volunteer Quarterly Meeting
- Cholesterol Screening

**ONGOING ACTIVITIES**

- Exercise & Line Dancing
- Support Groups
- Wellness
- Breakfast Club

**MATURE LIFESTYLE RESERVATION LINE**

**256-973-3222**

# WELLNESS/SUPPORT/EXCERCISE

## Free Blood Pressure Checks

1st and 3rd Wednesday: 9am—11am Decatur Morgan Hospital-Parkway Campus—Main Lobby  
 2nd and 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.



## Group Fitness Schedule

### 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.

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



## STRETCH & FLEX CLASS

Tuesdays & Thursdays

8:30 & 11:00 am

St. Paul's Lutheran Church



## VOLUNTEER

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

The areas where Volunteers are needed are listed below:

**Admissions:** Friday mornings,

**Escorts:** Afternoons (Mon-Fri)

**Info Desk:** Tuesday Morning/Afternoon

**Plaza I:** Fri mornings and Mon/Wed Afternoons

**Food Service:** Friday Mornings

**Gift Shop:** Friday

### **Become a Volunteer.**

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

**Please encourage your grandchildren or other teens you may know to become a Teen Volunteer.**

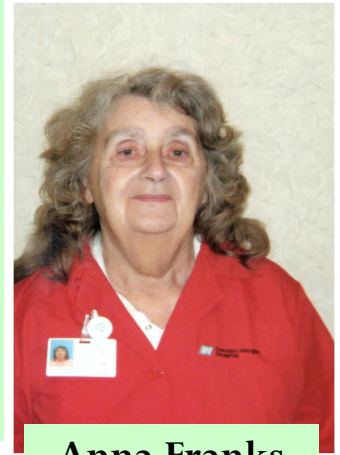
**Our "Volunteer" Program is for the summer and begins when school is out.**

**Deadline for applications is: May 1, 2017**

**Orientation will be: May 18, 2017**

**DMH**

**VOLUNTEER  
of the Quarter**



**Anna Franks**

Anna was born and grew up in Evansville, Indiana, and had a career with the very familiar Woolworth's chain in both Evansville and Decatur.

Anna has 4 children, 10 grandchildren and 8 great grandchildren. She is a member of Oak Park Church of God.

As a Decatur Morgan Hospital Volunteer she has served for 20 years, some of that time in the pre-assessment area. However, she is an original member of the hospital's Bootscooters, a volunteer outreach team that was formed in 1996.

## SPECIAL/COMMUNITY EVENTS

**Advisory Counsel Meeting**

**January 25, 2017**

**11:00am**

**Camp Bluebird –Decatur Campus**

**Volunteer Quarterly Meeting**

**January 25, 2017**

**1:00pm**

**Camp Bluebird –Decatur Campus**

**Cholesterol Screening**

**February 15, 2017**

**7-9am**

**Pavilion Classroom–Parkway Campus**

**Lunch and Learn**

**For: Mature LifeStyle Members**

**March 16, 2017 @ 11:30am**

**Baugh Wiley Smith–Parkway Campus**



Decatur Campus  
1201 7th Street  
Decatur, AL 35601  
256.973.2184

Hours: Monday-Thursday  
9am—3pm

decaturmorganhospital.net

noel.lovelace@dmhnet.org  
kathy.goodwin@dmhnet.org  
melanie.odom@dmhnet.org  
donna.shelton@dmhnet.org

Mailing Address Line 1  
Mailing Address Line 2  
Mailing Address Line 3  
Mailing Address Line 4  
Mailing Address Line 5

### TRIPS & OUTINGS

#### **Breakfast Club**

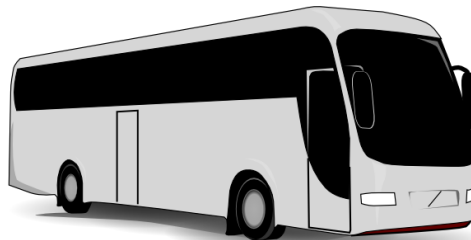
8:30 am  
BYOB - (buy your own  
breakfast)

January 6, 20  
Krystal's

February 3, 17  
Chick fil a

March 3, 17, 31  
Cracker Barrel

**Dinner Club  
will resume  
in the spring.**



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

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

*or:*

Adventures Unlimited  
Fred or Sandra Smith at 256-751-8747

*Ageing is not lost youth but a new stage of opportunity and strength.  
Betty Friedan*