

**Summer is HERE!!**

One thing about the south and the Tennessee Valley is, you never know what the weather will be like. Also all of us would love to be able to predict what is coming next but the true joy of life is trying to enjoy whatever comes. One thing for sure nothing stays the same.

We are so blessed to have so many things, we are all blessed to have each other and the opportunity to be a part of a growing health care system here in North Alabama. Every day new things are taking place here at Decatur Morgan Hospital. If you ever have any questions please ASK, we want everyone to know all the wonderful things that are planned to help our community.

Another point, do not be afraid to change~~~ Life is not really about getting to a destination. It's about how we live along the way. If you make the mistake of living just for the destination, you will look up one day and realize you've missed out on the biggest part of life.

**Again don't forget to send us an up to date email address and even your cell phone numbers with your carrier. We can even text information. We are trying to be young and get into the 20th Century technology to help serve you better.**

The Community Relations & Volunteer Services Department  
Kathy Goodwin, Manager  
Melanie Odom, Staff  
Donna Shelton, Staff

**SPECIAL EVENTS**

- Hartselle Health Fair
- Lunch & Learn/City Center
- Grace Point Health Fair
- Collective Goods Sale
- Hartselle Depot Days
- Foundation Golf Tournament

**ONGOING ACTIVITIES**

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

**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

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

#### 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.



### STRETCH & FLEX CLASS

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



## SPECIAL/COMMUNITY EVENTS

**Stress Buster Class**

**9 Weeks**

**Begins July 6, 2017 — 9:00am – 10:30am**

**Baugh Wiley Smith Classroom**

**Parkway Campus**

**Call Dana to register: 256-955-4575 ext. 241**

**Sponsored by NARCOG**

**Hartselle Community Health Fair**

**@ The Cottages**

**July 21, 2017 8:30-10:30am**

**Mobile Medical Unit will be on-site**

**Mature LifeStyle**

**Lunch and Learn**

**City Center Village  
August 9, 2017 @ 11:30am**

**Watch for Flu Shots..... in October**

**14th Annual**

**Golf Classic**

**“In Memory of Benny Perrin”**

**August 12, 2017**

**Proceeds will be used** Biodesign Concussion Management Equipment and the Decatur Morgan

**Exercise Classes  
Mon.-Fri. at 9:30  
Turner-Surles**

**Community Center  
Offered by NARCOG/  
Decatur Parks and Rec.**

**For Info call:  
256-341-4985**

**Camp Bluebird**

**Adult Cancer Camp**

**September  
20th - 22nd, 2017**

**For questions or info  
contact: Melanie  
256-973-2184**

## DMH VOLUNTEER OF THE QTR.



**Joseph Byrnes**

Joe was born in Kansas City, Kansas and grew up on a farm in Eastern Kansas. He spent 25 years working as a US Navy Warfare Officer, then 17 years as Emergency Management Director in Anne Arundel County, MD. He has been married to his wife Veronica (also a DMH Volunteer) for 53 years. They have one daughter, Maureen, son in law, Brandon and two grandsons, Carson and Cameron. Joe and Veronica moved to Decatur 5 years ago to be near their daughter and her family. His religious affiliation is Roman Catholic. Joe has been a Volunteer at DMH for 4 years where he has worked in Food Services and the Plaza I information desk. His hobbies include reading and gardening.

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

The areas where Volunteers are needed are listed below:

**Admissions:** Friday mornings,

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

**Plaza I:** Friday Mornings

**ICU Waiting:** Fri. Afternoons

**Food Service:** Tue/Thurs/Fri Mornings

**Gift Shop:** Friday

### **Become a Volunteer.**

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

**Grace Point Church**

**Community Health Fair  
August 26, 2017**

**11:00am-2:00pm**

**Collective Goods Sale**

**Sept. 8– 7am-5pm  
Sept. 9-7am-3pm**

**Parkway Campus**

**Heart Walk**

**August 19, 2017**

**Old State Bank**

**Registration 8:00am  
Walk begins at 9:00am**



Decatur Campus  
1201 7th Street  
Decatur, AL 35601  
256.973.2184

Hours: Monday-Thursday  
9am—3pm

decaturmorganhospital.net

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

### **Breakfast Club**

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

July 14, 21  
Marriott

August 11, 25  
Golden Coral

Sept. 8, 22  
IHOP



### **TRIPS & OUTINGS**

ARK Encounter/ Creation Museum

Sept 18-20, 2017

Charter Bus departing from Crestwood Shopping Center  
Hartselle, Al

Contact Journeys by Design for more info or to book your trip.  
256-502-8633

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

***Joyce Breeding @ 256-773-7211***

*or:*

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

*“Don't be afraid. Change is such a beautiful thing”, said the Butterfly.”*  
– [\*Sabrina Newby\*](#)