

Oct. - Nov. - Dec.



2017

INSIDE THIS ISSUE:

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4th Quarter-2017

Why do we change?

Everyday something changes, have you ever thought why? Sometimes we like it and sometimes we don't, but change happens no matter what, so we make the best of it and move on. Or we should?

I'm glad nothing stays the same, but I do like stability and that is something I think we have here at DMH. We all have seen changes in Healthcare and the places that provide the service we all need, but no matter what DMH is here. With all the updating and new services that are being offered it's exciting to be a part of what is going on. Sometimes with new services we have to do some regrouping with what we have. One thing we all have is the Mature LifeStyle program, it has changed but it also has stayed the same. Think about what you get for \$15.00 dollars a year and the opportunities that are offered to everyone. Our Rehab Access campus on Danville Road in Decatur offers many opportunities to improve your life. Exercise is wonderful and the schedule is in the newsletter, they have something for everyone.

Also your Medicare supplement insurance might have a program that covers the programs they offer. Silver Sneakers is part of many supplement plans, and if not for \$25.00 a month you can stretch and flex, swim, yoga, or work out at your speed. The staff at Rehab Access will be happy to help you review your insurance to see if you can get all of these wonderful "perks" for free.

Thank you for being a part of Decatur Morgan Hospital and now it's time to change the season from Summer to Fall and the wonderful Holidays.

Please remember to call our office if you have any questions.

Know the changes you can make during Medicare's Open Enrollment

Open Enrollment for Medicare is Oct. 15-Dec.7

Come to a class at the Parkway Campus: November 2nd 10-11am

Baugh Wiley Smith Classroom

RSVP: 256.973.3222

SPECIAL EVENTS

- Power of Pink Luncheon
- Flu Shots
- Power of Pink Walk
- Jewelry Sale
- Holiday Lunch
- Gala

ONGOING ACTIVITIES

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

MATURE LIFESTYLE RESERVATION LINE
256-973-3222

VOLUNTEER/MATURE LIFESTYLES
NEWSLETTER

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

Exercise Classes

Mon.-Fri. at 9:30

Turner-Surles Community Center

Offered by NARCOG/Decatur
 Parks and Rec.

For Info call: 256-341-4985

Arthritis Foundation

Exercise Program

Tuesdays @ 10:00am

City Center Village

For More Info call: 256-355-6800

Meaghan Slate: Instructor

The Arthritis Foundation

Exercise Program is a low impact physical activity program proven to reduce pain and decrease stiffness. Led by a trained program leader, the enjoyable classes may be taken standing or sitting.

SPECIAL/COMMUNITY EVENTS

Flu Shots

Baugh Wiley Smith Classroom

At Parkway Campus

October 19, 2017

1:00pm-4:00pm

****Hospital Volunteers Needed****

The areas where Volunteers are needed are listed below:

- Admissions:
- Escorts:
- ICU Waiting
- Food Service

Become a Volunteer

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

DMH VOLUNTEER OF THE QTR.



Michael Poole

Michael was born and raised in Florence, Alabama. He is a retired Baptist Minister. He has been married to his wife Sandra for 2 1/2 Years. Michael has one stepson, Tevin Owens, and one grandson, Dre' Owens.

Michael has served as a DMH Volunteer for 2 years as a Greeter/Escort. They attend Freeman Tabernacle Missionary Church in Moulton. Michael's hobbies include: Playing with his grandson, watching football and yelling War Eagle.

Mature LifeStyle

Holiday Lunch
Nov. 30, 2017
11:30am
@Turner Surles

Jewelry Sale

Nov. 13 7am-6pm
Nov. 14 7am-4pm
Decatur Campus
Location TBA
via email

Decatur Morgan Hospital Auxiliary for 2017—2018

DMH has a very strong volunteer program where individuals help with the everyday work at Decatur Morgan Hospital. There is so much going on “behind the walls” that our volunteers help make happen. There are many different jobs that this outstanding group does, and we would love to have more join us. Our volunteers work one day a week for four hours in different areas of the hospital.

Our Auxiliary helps with all our fund raising programs and works with the Foundation on special events. If anyone would like to be a part of the Auxiliary please give us a call and we can get you set up.

We also would love to have you as a Volunteer on a weekly bases, it's a great way to get out and meet new people and help others. As a Mature LifeStyle member you have an opportunity to give back to your community.

Thank you for being a part of Decatur Morgan Hospital!



Decatur Morgan Hospital

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)

Oct. 6, 20
Cracker Barrel

Nov. 3, 17
BoJangle's

Dec. 1, 15, 29
Parkway Hospital Cafe-
teria



TRIPS & OUTINGS

For a complete list of tours contact:

Joyce Breeding @ 256-773-7211

“Wisdom is the reward for surviving our own stupidity.”
— [*Brian Rathbone, Regent*](#)