

Circle News

Greater Spokane Chapter
FALL 2010

Deaconess Medical Center

www.deaconessmc.com

Phone: 509-473-7899

Valley Hospital & Medical Center

www.spokanevalleyhospital.com

Phone: 509-473-5899

Dear Members



A Word from Your
Deaconess Medical Center
Volunteer Services
Senior Circle Director
Joey Frost

Exciting things are happening at Deaconess Medical Center's Senior Circle program. First of all we were featured in the **Spokane Journal of Business** as a great new program for seniors in the community. If you would like to read the article it is in the October 7th, edition on sale now or you can log on to www.spokanejournal.com. Click on articles, "See more the Retirement Industry" link. What a great opportunity to get the word out about Senior Circle!

Other great news is that our chapter has partnered with the **Southside Community Center**. This partnership will provide our members with additional programs and activities, such as on - going exercise and computer classes which until now we didn't have the space to offer. Each month activities from both venues will be posted on the Deaconess Medical Center website under the Senior Circle link and a hard copy will also be mailed.

On October 19th, Dr. Annie Brandt a Radiologist at Deaconess Medical Center, along with our mammography department and our Cancer Resource Center will be presenting "What both women and men need to know about Breast Cancer." Food created by celebrated chef Marcellus Kennedy along with giveaways, prizes and special merchandise brought in just for this event that will be available for purchase. And on December 2nd at the beautiful Lincoln Center is our Holiday Dinner and Dance. Look for more details inside this newsletter.

2011 is just around the corner; therefore it's time to plan for next year's Senior Circle events. I will be sending out a survey asking what type of topics and events are of interest to you for next year. Remember this is "your" Senior Circle program and your input is very important.

I would like to share an email with you that I received from one of our members; this member wanted to let me know

what a "God send" the Senior Circle program was for her during her husband's hospital stay. She said, "My husband was in the hospital for over a month. Not only was the care exceptional but the meal benefit really helped since we are from out of town and I ended up staying in Spokane the entire time until he passed away, thank you for this great program." Her remarks epitomize the purpose of Senior Circle, thank you for sharing...

As always, I encourage you to share your comments; either by phone 509-473-3767, or by e-mail at frostj@empirehealth.org.



A Word from Your
Valley Hospital & Medical Center
Volunteer Services
Healthy Woman
Senior Circle Manager
Stephanie Wells

It's hard to believe that our summer is basically over. Fall seems to have set in and the leaves are beginning to turn such pretty colors. Keeping up with exercise is important even though the weather is getting cooler. Fall is a great time to get out and walk as you don't have to worry about excessive heat during the day. Just remember, even though it cooler, hydration is still important.

Of course, before starting any new exercise program, you should check with your physician. If you don't already have a primary care physician or if you are looking for a specialist, I'd like to encourage you to go to our website at www.spokanevalleyhospital.com to get more information about all of our physicians on staff.

As Valley Hospital's Senior Circle program begins to grow its membership, you will see more and more events and activities being added. We are very excited to get members on board and to hear what you have to say and give us ideas for events. Please tell your friends about Senior Circle as it will help us grow!

In the meantime, feel free to contact me at 509-473-5639 or wells@empirehealth.org.

From Our Valley Hospital & Medical Center CEO



By Dennis Barts, CEO

For over 40 years we have been serving the people of our community with a variety of services. We are a comprehensive, acute care community hospital right here in your own backyard. That's a great thing!

As we enter the cooler months, it's a time for fun with the family – but sometimes fall and winter activities lead to accidents and injuries. As a Level III trauma center, Valley is equipped to handle injuries while providing you with exceptional customer care.

Valley Hospital has a dedicated, loyal medical staff that is committed to the hospital's success. We continue to grow our medical staff and this fall, we are bringing five new physicians to this community. Two are highlighted in this newsletter.

On behalf of our 600+ employees at Valley Hospital, we encourage you to be safe, spread the good news about Senior Circle and have a great season!

Meet the Doctor

Introducing Dr. Nathan Meltzer



Who says you can't come home again? Nathan Meltzer, MD, originally from the Medical Lake area, returned to the Inland Northwest this fall to practice obstetrics and gynecology in the

Spokane Valley. Dr. Meltzer joins the team of physicians at Valley Obstetrics & Gynecology, P.S. who practice exclusively at Valley Hospital and Medical Center.

Dr. Meltzer, a graduate of Duke University and the Brody School of Medicine at East Carolina University, recently completed his residency at the University of Utah and started seeing new patients in the Spokane Valley on September 1. Along with the

other four OB/GYNs at Valley Obstetrics & Gynecology, he will provide services ranging from maternity care to menopause management. Their office is conveniently located across the street from Valley Hospital and Medical Center.

Dr. Meltzer and his wife Julie, an OB/GYN in her final year of residency in Utah, will reside in the greater Spokane area and are excited to provide medical care to the residents of the Inland Northwest.

He attended Indiana University School of Medicine and completed his residency at Morristown Memorial Hospital.

For the past four years, he has mentored vascular surgeons at the University of Missouri Health Care's teaching hospital in Columbia, MO.



The Doctor Is In

Introducing Dr. Shawn Peterson

Dr. Shawn Peterson, MD joined Rockwood as an Orthopedic Surgeon in September. He is a 12-year Navy Veteran and attended medical school at the University of Texas Medical Branch at Galveston, Galveston, TX, orthopedic residency at Naval Medical Center in Portsmouth, VA and internship at Navy Medical Center, Portsmouth, VA.

He has practiced in multiple states including Hawaii and received specialized training from some of the top orthopedic traumatologists in the world.

His special interests include sports medicine and arthroscopy of knee, shoulder, ankle, elbow, hip and wrist; arthroplasty of knee, hip and shoulder; pediatric fractures and sports injuries.



**Bring your
friends to the
Circle!**

October 15, 2010

Thru

**December 15,
2010**

2010 Member-to-Member Campaign

As a Senior Circle member, you already know that our organization is all about aging gracefully, living well, having fun and saving money.

Now isn't it time to share it with your friends?

From now through December 15, each time you recruit a new member to our Greater Spokane Chapter, ***Deaconess Medical Center*** and ***Valley Hospital & Medical Center***, your name will be entered into a **drawing for a Visa Gift Card**. Three prizes will be awarded to members who recruit others: **One \$100.00 and two \$50.00 prizes** drawn randomly from among all the entries at each hospital!

Invite your friends to join the Circle today!

Call Joey Frost, Deaconess Medical Center Senior Circle Advisor at 509-473-7899 or Stephanie Wells, Valley Hospital Senior Circle Advisor at 509-473-5639 for more information.

GREATER SPOKANE SENIOR CIRCLE CHAPTER

TO ACCESS OUR ON-LINE **SENIOR CIRCLE** CALENDAR OF UPCOMING EVENTS and TO REGISTER for an EVENT

Go to www.deaconessmc.com click on the **Senior Circle** link on main page which will take you to this page.

You can also register for events by contacting your Senior Circle Office
Deaconess Office
509-473-7899

Valley Office
509-473-5639



YOU CAN REGISTER FOR THE October 19th and December 2nd event on this page.

Senior Circle Events				
Event Date	Title	Description	Cost	
5/14/2010	Downtown Spokane Winery Tour	This tour includes, Robert Karl Cellars, Lone Canary and Barrister. * 1:30pm - 5:00pm * \$38.00 per person (based on a minimum of 20 people) * Motor coach and guide provided * We encourage you to invite your friends		Details & Register

April	May 2010					June
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			5	6	7	1
2	3	4				8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

Today - 5/5/2010
Event Date

Event Details

Event Date: 5/28/2010
Event Title: Downtown Spokane Winery Tour
Cost:
Contact Information: 509-473-3767
Location: Meet at Deaconess Medical Center
Coordinator: Joey Frost Senior Circle Advisor
Registration Deadline: 5/27/2010
Event Description: This tour includes, Robert Karl Cellars, Lone Canary and Barrister.
 * 1:30pm - 5:00pm
 * \$38.00 per person (based on a minimum of 20 people)
 * Motor coach and guide provided
 * We encourage you to invite your friends

Register

First Name:
Last Name:
Email Address:
Phone Number:

Input your information and you will be registered for the event. A confirmation with any additional information will be sent to you via e-mail. BE SURE TO INCLUDE YOUR NAME, EMAIL ADDRESS AND PHONE NUMBER otherwise you will not be registered.

OCTOBER & NOVEMBER EXERCISE CLASSES

ALL CLASSES ARE HELD AT THE Southside Community Center
151 East 27th Avenue Spokane, WA 509-535-0803



The **Zumba**® exercise program combines Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program while enjoying a good workout. Working out with **Zumba**® provides you with an exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life! Come join the fun and register for **Zumba**®. **\$30.00 Senior Circle Member**

October 26 – November 30 / Tuesdays / 4:30 – 5:30 pm

THE INSTRUCTOR

Deanar Young is a licensed **Zumba**® instructor. He is a professional dancer whom has had a successful career in theatre, dance, commercials and Broadway touring shows. Deanar graduated from Chapman University in Orange, CA with a BA in Theater/Dance and a minor in Film and TV Production. He is passionate about **Zumba**® and staying in shape.

FITBALL FOR SENIORS

This is a new exercise class designed for seniors (ages 50 and up). You will be using a stability ball to sit on while doing a simple aerobic workout. These exercises will strengthen the arms, legs, and abs while listening to a simple music rhythm. Bring a ball to class.



October 22 – December 3/ Thursdays / 2:00 – 3:00 pm (no class November 26th)

December 9 – January 27 / Thursdays / 2:00 – 3:00 pm **\$30.00 Senior Circle Member**

MAT YOGA

Explore the gentle movements to increase flexibility, strength and well being. This class will cover body stretches, yoga postures, and breathing practices, then you are guided into deep relaxation. Bring your own mat to class.



**October 29 – December 10 /Fridays/11:30 am – 12:30 pm
(No class Nov 26)**

**December 9 – January 27/Thursdays/2:00 pm – 3:00 pm
\$30.00 Senior Circle Member**

Balance and Agility 1

Balance and agility training go hand-in-hand. Agility is the body's ability to change position and direction, requiring a combination of balance, coordination, speed, reflexes and strength. This class is designed for those who want to further enhance they way they respond to balance and increase strength and agility.

**October 21-December 2/Thursdays/1:00 pm – 2:00 pm
(No Class Nov. 25)**

**December 9 – January 27/Thursdays/1:00 pm – 2:00 pm
\$30.00 Senior Circle Member**

BEFORE STARTING ANY EXERCISE CLASS, SENIOR CIRCLE MEMBERS MUST COMPLETE

- An Exercise and Fitness Program Release and Indemnification Consent Form
- A Physician Waiver

Contact Joey Frost 473-7899 to get these forms

OCTOBER COMPUTER CLASSES

The Southside Senior Activity Center's computer learning room is a small intimate classroom with only six computer stations so you receive the personal training that you deserve. All day computer classes are in two (3) hours sessions – totaling 6 hours for day classes. Evening computer classes are also in (2) hour sessions – totaling 4 hours for evening classes. ALL CLASSES ARE HELD AT THE SOUTHSIDE COMMUNITY CENTER 151 E. 27TH AVE. SPOKANE 509-535-0803

Beginning Computers:

We will discuss the different parts of a computer, use of the keyboard, how to open and properly shut down the computer, the opening and closing of programs, and how to cut, copy, and paste.

October 1 & 4 / F/M / 10:00 - 12:00 pm

October 4 & 6 / M/W / 1:00 - 3:00 pm

October 4 & 6 / M/W / 6:00 - 8:00 pm

Cost: \$50.00 for Senior Circle Members



Beginning Excel 2007 - New and Improved!

Create spreadsheets, select ranges (find out what they are), using simple formulas, copying, pasting, moving data, printing, saving, and creating graphs.

October 13 & 15 / W/F / 1:00 - 3:00 pm

October 18 & 20 / M/W / 6:00 - 8:00 pm

Cost: \$50.00 for Senior Circle Members

Beginning Word 2007

You will learn how to use MS Word 2007 to create, edit, save, print, and change the appearance of what you write. How the information is placed in your document, along with headers and footers, tab stops, font sizes, colors, and clip art will amaze you.

October 11 & 13 / M/W / 10:00 - 12:00 pm

October 11 & 13 / M/W / 6:00 - 8:00 pm

Cost: \$50.00 for Senior Circle Members

Computers for Fun:

What can you use your computer for? Learn interesting tricks. Get strategies for games. Learn how to setup a new program. Find interesting websites and much more.

October 19 & 21 / Tues/ Thurs / 2:00 - 4:00 pm

Cost: \$50.00 for Senior Circle Members

Create Holiday Letters & Labels:

It's time to think about those Holiday Letters and Labels. MS Word has many choices for just about any occasion: Balloons, ice cream, flowers, pumpkins, and much more. You can use these to make a border around your letter or use Clip art for your labels.

October 18 & 20 / M/W / 10:00 - 12:00 pm

October 25 & 27 / M/W / 6:00 - 8:00 pm

Cost: \$50.00 for Senior Circle Members

Create Unique Cards with Your Photos:

Make use of all those fabulous pictures you have taken for holiday travels, birthdays, anniversaries, graduations, baby pictures, children and grand children's pictures, pets, gardens, and many you might have. This is a "Fun" class.

October 27 & 29 / W/F / 1:00 - 3:00 pm

Cost: \$50.00 for Senior Circle Members

Intermediate Computers:

Take your training one step further and learn how to change the style and size of your fonts. You will learn how to put graphics (pictures) into your letters and documents.

October 8 & 11 / F/M / 1:00 - 4:00 pm

Cost: \$75.00 for Senior Circle Members

Photostory 3:

With this program you can animate your photos automatically, create your own effects with pan and zoom options, add transitions, captions, and titles to your story. You can also record your voice, add music to each slide or all the slides and alternate the music for groups of slides

October 22 & 25 / F/M / 1:00 - 3:00 pm

Cost: \$50.00 for Senior Circle Members



Skype:

Skype is a software application that allows users to make voice calls over the Internet (computer-to-computer) for free. Skype can also be used for instant messaging, file transfers, and enables you to see those you are talking with on the computer screen.

October 22 & 25 / F/M / 10:00 - 12:00 pm

Cost: \$50.00 for Senior Circle Members

Windows 7:

In this class you will learn how to comfortably maneuver your way around your computer using Windows7. You will also learn about multi-touch support, a redesigned Windows Shell, and the new taskbar – referred to as the Superbar. A laptop is required with Windows 7 installed on it.

October 6 & 8 / W/F / 9:00 - 12:00 pm

Cost: \$75.00 for Senior Circle Members

TO SIGN UP FOR A COMPUTER CLASS

CONTACT THE

Southside Community Center

509-535-0803.

Be sure to tell the staff that you are a Senior Circle Member. Please bring your Senior Circle Membership Card with you the first day of class.



NOVEMBER COMPUTER CLASSES

Advance Genealogy:

In this class you will be getting a “hands on” experience of looking up your families on the computer. Also discussed are the varieties of genealogy research sites that are available on the computer. May of these sites can be viewed for free as well as the genealogical documents you can bring up and print.

November 8 – Dec. 13 / Mondays 1:00 pm - 3:00 pm

Cost: \$60.00 for Senior Circle Members

Beginning Computers:

We will discuss the different parts of a computer, use of the keyboard, how to open and properly shut down the computer, the opening and closing of programs, and how to cut, copy, and paste.

November 1 & 3 / M/W / 10:00 - 12:00 pm

Cost: \$75.00 for Senior Circle Members

November 1 & 3 / M/W / 6:00 - 8:00 pm

Cost: \$50.00 for Senior Circle Members

Beginning Excel 2007 - New and Improved!

Create spreadsheets, select ranges (find out what they are), using simple formulas, copying, pasting, moving data, printing, saving, and creating graphs.

November 19 & 22 / Fri/Mon/ 10:00 - 12:00 pm

Cost: \$50.00 for Senior Circle Members

Beginning Word 2007:

You will learn how to use MS Word 2007 to create, edit, save, print, and change the appearance of what you write. How the information is placed in your document, along with headers and footers, tab stops, font sizes, colors, and clip art will amaze you.

November 29 & Dec. 1 / Mon/Wed / 6:00 - 8:00 pm

Cost: \$50.00 for Senior Circle Members

Intermediate Computers:

Take your training one step further and learn how to change the style and size of your fonts. You will learn how to put graphics (pictures) into your letters and documents.

November 10 & 12 / Wed/Fri / 10:00 - 12:00 pm

Cost: \$50.00 for Senior Circle Members

November 29 & Dec. 1 / Mon/Wed / 10:00 - 12:00 pm

Cost: \$50.00 for Senior Circle Members

Intermediate Word:

Take the next step in learning Word 7. Learn how to edit and change the appearance of your letters by using the various and numerous features of Word 7.

November 15 & 17 / Mon/Wed / 6:00 - 8:00 pm

Cost: \$50.00 for Senior Circle Members

Internet & Email Basics

Access the Internet with the use of “Internet Explorer.” Learn email basics and discover new places, and how you can use the save, copy, paste, and print features of the computer to send this information to others.

November 15 & 17/Mon/Wed/10:00 am – 12:00 pm

Cost \$50.00 for Senior Circle Members

Labels & Holiday Letters:

It’s time to think about those Holiday Letters and Labels. MS Word has many choices for just about any occasion: Balloons, ice cream, flowers, pumpkins, and much more. You can use these to make a border around your letter or use clip art for your labels.

November 8 & 10 / M/W / 6:00 - 8:00 pm

Cost: \$50.00 for Senior Circle Members

Skype:

Skype is a software application that allows users to make voice calls over the Internet (computer-to-computer) for free. Skype can also be used for instant messaging, file transfers, and enables you to see those you are talking with on the computer screen.

November 5 & 8 / F/M / 10:00 - 12:00 pm

Cost: \$50.00 for Senior Circle Members

Write Letters & Address Envelopes –At the same time:

In this new computer class you will how to write a letter while addressing its envelope and print both at the same time using MS Word.

November 10 & 12 / W/F / 1:00 - 3:00 pm

Cost: \$50.00 for Senior Circle Members



To sign up for a Computer Class contact the

Southside Senior Activity Center

509-535-0803.

Be sure to tell the staff that you are a Senior Circle member. Please bring your Senior Circle Membership Card with you the first day of class.

HOLIDAY ACTIVITIES



Holiday Dinner and Dance

**Thursday, December 2, 2010
4:30 pm – 7:30 pm**

1316 N Lincoln St
Spokane, WA 99201
(509) 327-8000

Music provided by:

Six Foot Swing

Free to Senior Circle Members
Guests \$15.00

(Price includes a one year Senior Circle Membership)

No Host Bar

Join us for a memorable holiday evening at the exquisite Lincoln Center for a delectable dinner, superb dessert along with a magical evening of entertainment by one of Spokane's favorite bands, Six Foot Swing...

*Invitations will be sent November 10th, 2010
R.S.V.P. required by mail, by phone 509-473-7899,
or online at www.deaconessmc.com/seniorcircle.*

Senior Circle



Holiday



Shopping Day

*Deaconess Medical
Center Gift Shop*

**Tuesday, December 7th 2010
9:30am – 6:30pm**

Main Lobby 2nd Floor

*Unique gifts that you will only find at
our Gift Shop*

Senior Circle Members receive
15% off most items*

*Excludes magazines, candy, gum and certain books

For your convenience we accept



GREAT STOCKING STUFFERS



The VIP super saver tickets are
only **\$6.50**. Please note:

You can send a check or money order, paid to the order of Deaconess Medical Center and send your ticket request to 800 West Fifth Ave. Spokane, WA 99210

ATTEN: Joey Frost, Senior Circle

Please include with your check/money order:

- The number of tickets you are purchasing.
- Your name, address and phone number.
- All tickets are \$6.50 each (Adult, Youth, Senior).
- Please allow a minimum of one week from the date you sent your ticket request to receive your tickets.

**“What Every Woman and Man
Needs to know about Breast Cancer”**

Presented By:

Dr. Annie Brandt

A Diagnostic Radiologist in practice since 1992, Head of Women’s imaging at Deaconess Medical Center and Valley Hospital & Medical Center.

Cindy Stanger

A Radiologic Technologist certified in mammography and the Coordinator of the Breast Evaluation Center at Deaconess Medical Center. Cindy performs mammograms, localizations and stereotactic biopsies.

- Visit our Gift Shop Booth featuring unique breast cancer awareness merchandise specially priced for this event.
- The American Cancer Society Resource Center at Deaconess Medical Center will be explaining all the resources they have for individuals dealing with cancer and/or family members.
- Information on diet and the right type of foods to help combat cancer.

**PRIZES
GIVE -AWAYS
FREE LUNCH**



**DEACONESS
HEALTH & EDUCATION
CENTER
910 W. 5th Ave.
CLASSROOMS
266, 267, and 268**

**Tuesday, October 19th
11:00 am – 1:30 pm**

**Free Parking in the
Deaconess Health &
Education Parking Garage**



Pay your membership online!

Need to renew your membership?

Beginning October 1, you can save time and money by paying online at www.seniorcircle.com

It's fast, secure and convenient.

How to Pay your Membership On-Line

- Log on to www.seniorcircle.com
- Click on Pay your Membership Online
- Click either New Member or Existing Member (if you are renewing your membership)
- Complete STEP 1 "Payment"
- Complete STEP 2 "Confirm"
- Complete STEP 3 "Receipt"

Your Senior Circle Advisor will send out your new membership packet and your Senior Circle Card. Encourage your friends to become members and sign up on-line.



We Accept
American Express
Discover
Visa
MasterCard

For the hospital location scroll down until you find WA, either click on:

Deaconess Medical Center
or
Valley Hospital & Medical Center

QUESTIONS
Deaconess Medical Center
Senior Circle Advisor
Ms. Joey Frost
509-473-7899

Valley Hospital & Medical Center
Senior Circle Advisor
Stephanie Wells
509-473-5639