



I'm Dreaming of a Green Christmas

It may be the most wonderful time of the year, but celebrating Christmas can also be the most hurtful to our environment. Here are a few ideas for having an environmentally friendly, but still festive, holiday season:

- **Email your holiday cards.**

Did you know that Americans send nearly 2 billion holiday cards each year, enough to fill a landfill the size of a football field 10 stories high? This year, consider going paper-free by emailing your holiday cards, directing friends to your family blog or creating an online slideshow.

- **Buy a live tree.**

Although plastic trees are reusable from year to year, they are not biodegradable. While growing, live trees contribute to our air quality and they can also be recycled into mulch after the holiday season.

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Tis the (Cold and Flu) Season

Do you have a hard time determining whether you have a cold or the flu? Both the common cold and the flu are respiratory illnesses that have very similar symptoms, making it difficult (sometimes impossible) to tell the difference between them. However, it is important to know their differences as the flu can result in serious health complications that could lead to hospitalizations. In general, the symptoms of the flu are much more common and intense. A fever, body aches, tiredness and dry cough will all be more extreme and severe with the flu. Colds are usually milder and you will likely have a runny or stuffy nose to accompany the other symptoms.

It's important to take measures to protect yourself. The single, best way to prevent the flu is by getting a flu vaccine each year, particularly adults that are 65 years of age and older as you are at a higher risk of developing flu-related complications.

There are several good health habits that may also protect you against both the flu and the common cold:

- Avoid close contact with others who are sick.
- Cover your mouth and nose when you cough and/or sneeze. Use a tissue or cough and/or sneeze into your elbow. Avoid using your hands, which is the #1 way germs are spread.

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Events & Registration

Lunch & Learn Event

Tuesday, November 16

Pain Management – When to See a Specialist

Carolina First Center
11:15 am – 1:00 pm

Everyone may experience pain at some point in their lives. Pain is complex and it can be very difficult to cope with. There are no easy answers, but there are treatment options. Join us to learn about the latest treatments and techniques for managing pain and getting the support you need. Discussion will also include when it may be time to see a specialist for help.



Keith Schiff, MD
Piedmont Comprehensive
Pain Management Group

Home Care Assistance

*Sponsored by Home Care Assistance -
Providing safe and exceptional in-home care
to the entire Greenville area.*

**All Lunch & Learns:
\$6 per person**

*Registration and payment required by check or
credit card by the Friday before event.*

*LifeWise members only. Members may invite a
guest to attend one Lunch & Learn.*

*Cancellations must be made by the Friday before
in order to transfer payment or receive refunds.*

Tuesday, November 9

An Apple a Day Isn't Enough!

Sterling Community Center
113 Minus Street
(off Dunbar St. near St. Francis Hospital)
10:30 am – 12:00 pm

A physician is the most trusted source for medical advice; however, having a resource available when the doctor isn't is an exceptional benefit. The *Health at Home® Lifetime* is the most thorough seniors' self-care book available, with information on over 280 health topics, including information on staying healthy, explanations and schedules for routine medical tests, exams and much more. Join us for an overview of how best to use this valuable health tool. The distinction of when a medical condition is urgent or when self-care can be applied at home will also be discussed. All attendees will receive a free copy of *Health at Home® Lifetime*. If you missed this program in April, you won't want to miss it again!



Natalie Dougherty
Community Health Outreach Coordinator

FREE
(Includes light lunch)

Pre-registration is required.

Cold and Flu CONTINUED FROM FRONT

- Wash your hands often.
- Avoid touching your eyes, nose and mouth.
- Make sure to get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious foods.

To stay healthy this cold and flu season, get your flu shot and continue with your good health habits!

Get Fit!

Thursdays

Yoga for Osteoporosis

ST. FRANCIS millennium
2 Innovation Drive (off Laurens
Road)
9:00 – 10:15 am

Studies confirm that a mindful practice of yoga has many health benefits. Add yoga to your schedule and you'll notice a change in your strength, endurance, flexibility and mental clarity. Yoga will focus on breathing, gentle stretches and poses that will increase muscle tone and balance, as well as decrease stress and improve focus. Give it a try! Yoga is not only for women, men are welcome.

Our Yoga Instructor, Suzanne Spitzer, RYT, is a Certified Iyengar Yoga teacher and has been teaching yoga for more than nine years.

**\$10 per class or
\$45 for 5 classes**

Checks payable to St. Francis Hospital.

Registration is required. For more information or to register, call 675-4656. Leave a message for the Bone Health Navigator.

Mondays & Wednesdays

Strong Bones Exercise Program

ST. FRANCIS millennium
2 Innovation Drive (off Laurens Road)
9:00 – 10:00 am

Is the Strong Bones Program for you? **Yes!**

- If you are 40 years of age or older.
- If you've been inactive or relatively sedentary for the past few years.
- If you feel you're unable to "work out".
- If you're interested in improving your health, vitality, and well-being.
- If you are interested in good nutrition along with a healthy & safe exercise program.

The Strong Bones Exercise Program offers physical, mental and emotional benefits including increased muscle mass and strength; improved bone density; reduced risk for osteoporosis and related fractures; improved balance; improved self-confidence, sleep and vitality!

**\$95 for 6 weeks (12 sessions)
or 3 payments of \$33**

Registration is required. For more information or to register, call 675-4656. Leave a message for the Bone Health Navigator.

Green Christmas CONTINUED FROM FRONT

• Buy LED lights.

A string of LED lights will use 80 to 90 percent less energy than the conventional incandescent bulbs.

• Shopping and Wrapping Gifts

Consider taking your own reusable shopping bag with you so that you don't come home with 15 shopping bags.

And, when its time to start wrapping your gifts, get creative with what you have around the house. This year wrap your gifts in brown grocery bags and top with beautiful, biodegradable ribbons or buy recycled wrapping paper.

Please share these green decorating tips with your family and friends. We wish you a green holiday season!

Coffee Talk

Friday, November 12

Do We Really Know all there is to Know about Breast Diseases?

ST. FRANCIS eastside
Classroom 301
11:45 am - 1:30 pm

Do we think we know all there is to know about breast diseases? Do we know all there is to know about benign breast diseases? New technology is changing the ways we look at risk factors for breast cancer, procedures and therapeutic options for women/men with breast cancer, and more. Bring a friend and don't miss this opportunity to learn more about breast disease and to take home and share the information with others. This talk is NOT for women only - breast disease affects both men and women alike.

An optional tour of the new Breast Health Center lead by one of our breast health navigators will follow Dr. Herndon's talk.



Mark Herndon, MD
Carolina Surgical
Associates

FREE
(Includes light lunch)
Pre-registration is required.

Hobbies

Page Turners

“The Living Room” at Homewood
Residence, 12 Boyce Avenue

Friday, November 12
11:00 am*

On Folly Beach
by Karen White

*Meeting over lunch at
Harry & Jean's, Woodruff Rd.

Friday, December 10
9:30 – 11:00 am

The Housekeeper and the Professor
by Yoko Ogawa

Friday, January 14
9:30 – 11:00 am

Olive Kitteridge
by Elizabeth Strout



Cut It Out: Scrapbooking & Card-Making Club

Hobby Lobby, Wade Hampton Blvd, Greer
Thursday, November 18 | 10:00 am – 1:00 pm

Interested in making your own holiday cards? It's a lot of fun and you'll be proud of your paper crafting! If you are new to the class, there will be no charge for your first class. You'll learn many techniques and leave with 3 cards and envelopes or perhaps the start of a "project."

If you would rather do scrapbooking - just bring your photos and supplies. No fees are charged for scrapbooking. If you are new to scrapbooking, we will be happy to help teach you and give you some near ideas. Hope to see you at Cut It Out!

\$3.00 per person for supplies

Shutter Bugs

Temple of Israel

Wednesday, November 10 | 1:00 – 2:30 pm

Temple of Israel

Wednesday, December 8 | 1:00 – 2:30 pm

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LifeWise Shutterbugs' Photography Exhibition

The first LifeWise Shutterbugs' Photography Exhibition held at Zen on October 1st was a great success! Twenty LifeWise members submitted 83 photographs for display. Over 100 people attended the show and we received an overwhelming number of excellent comments. The Shutterbugs are LifeWise members who share an interest in photography. Bring your camera and join us for one of our meetings and you can share your photos and ideas as well as your love of taking pictures.



Fitness

LifeWise Snails

Furman University

Thursday, November 18 | 11:00 am

Greenville County Recreation Department is hosting a Turkey Trot for Seniors 50+. This event is FREE and door prizes will be given away. Contact Heidi for more details.

Line Dancing for Beginners

Dance Ventures

B-102 Pelham Commons

Lower level at the Publix Shopping Center on Pelham Road

Thursday, January 13, 2011

10:45 am – 12:00 pm

Sandra Hunnicutt, owner of Dance Ventures, will teach an introductory beginners class for LifeWise members and friends. This introductory class will be free and gives you a great opportunity to take line dancing classes at a slower, beginner's pace.

For more information on Dance Ventures, please visit www.danceventures.com or call the studio at 864-271-7701. Future line dancing classes will be at a very reasonable fee. Come to the introductory class to learn more!

FREE Introductory Class

Pre-registration is required.

Wise Wheelers

Wise Wheelers will be postponed until spring.

Thursday, November 4

Safe Document Shred Day

ST. FRANCIS eastside
employee parking lot
10:00 am – 12:00 pm

Take steps to minimize your risk for identity theft by shredding all financial documents, junk mail and paperwork containing your personal information. Collect these documents and bring them to the ST. FRANCIS eastside parking lot, behind building 135 on Commonwealth Drive, where you'll be able to safely dispose them in the Shred 360 mobile shredding truck. Shred 360 is a locally owned and operated document destruction company. There is no charge for this service, due to the generous support of our community partner, Rolling Green Village.

FREE

Please call 255-1325 if you need directions.

Thursday, November 4

Veteran's Benefit Seminar

Oakleaf Village Assisted Living
1560 Thornblade Blvd, Greer
7:00 pm

Did you know that if you are a veteran or the surviving spouse of a wartime veteran, you may be eligible for Tax Free VA benefits? Oakleaf Assisted Living is hosting a free, informational seminar to provide you with the tools necessary to begin receiving the extra money you are entitled to as a veteran.

Neal Angel, President, AngelRoyce Preserve

FREE

For more information or to register call 968-1277.

Thursday, November 18

Answers to the "What If's" in Your Future

Carolina First Center
9:45 am – 12:30 pm

Invite your friends and join us for an informational program designed especially for you to prepare for the "If's" in your life. Presented by experienced professionals in their fields, you will take home valuable information to help in planning your future, regardless of your age.

Frank Dana, Upstate Elder Law, P.A. will discuss the importance and implications of having a Power of Attorney. Loretta Hartzell, President of Hartzell & Associates, Inc. will share information and give you a clear explanation as to what Long Term Care insurance is, what it covers and why it's important. Van Matthews, CFP, a Senior Financial Advisor with Ameriprise Financial will talk about having a Comprehensive Financial Plan and avoiding "scam" artists. Our special guest, Judge Debora Faulkner – Greenville County Probate Judge, will complete the presentation by guiding you in getting your personal affairs in order and helping you avoid common pitfalls, should probate be necessary.

Frank Dana, Upstate Elder Law, P.A.; Loretta Hartzell, Hartzell & Associates, Inc.; T. Van Matthews, Ameriprise Financial; Judge Debora Faulkner, Probate Judge, Greenville County

A light lunch will be served. Guests are welcome.

\$6 per person

Pre-registration required.

Monday, November 29
& Tuesday, November 30

AARP Driver's Safety

ST. FRANCIS eastside, Classroom 201
12:00 pm – 4:30 pm

The AARP Driver Safety Program (formerly AARP Drive Alive 55) is the nation's first and largest refresher course for drivers age 50 and older that has helped millions of drivers remain safe on today's roads. It's designed to help you:

- Tune up your driving skills and update your knowledge of the rules of the road.
- Learn about normal age-related physical changes and how to adjust your driving to allow for these changes.
- Reduce your traffic violations, crashes and chances for injuries.
- Drive more safely.
- There is no final test to pass.

Auto insurance companies in South Carolina are mandated to provide a discount to AARP Driver Safety Program graduates. You must attend both classes to qualify.

Lil Copeland, AARP Instructor
(LifeWise member)

\$12 pp (AARP member)

\$14 pp (Non-AARP member)

Pre-registration is required. Class size is limited.

Wednesday, January 12, 2011

Search it, Find it, Live itsm Happiness and Meaning from the Inside Out

ST. FRANCIS millennium
Community Classroom
10:00 – 11:30 am

When you reach 50 and older it is a natural developmental period of endings and beginnings. Major life transitions and challenges often push into your life at this time causing stress and confusion. You find yourself searching for new meaning, purpose and identity. Learn how to take advantage of this innovative and powerful time and answer the critical question "What do I really want out of life and how do I get it?"

Join us for this free workshop experiencing how to discover happiness and meaning as you come of age into the vibrant 50 plus time of life.

Dianne Greyerbiehl, Ph.D
Certified master life and leadership coach;
Licensed professional counselor

FREE *Pre-registration is required.*

LifeWise Mission

LifeWise celebrates another year of support and community outreach to our Mission Partners. Lifewise members have shared a great deal of their time and talent in many ways, including donating food to the **United Ministries** food bank and walking in the Walk for the Homeless to support their day shelter, A Place of Hope. A large number of LifeWise members attended "Laughing Matters" an annual event to further the mission of **Diligent Hands . . . Gracious Hearts** whose volunteers provide regular lawn maintenance and fellowship to elderly people in our community. To all of our members who have given their time, talent or treasure to our Mission Partners throughout the year, we thank you!

We welcome our newest Mission Partner, the **St. Francis Inpatient Rehab Center** and the revitalization of "Easy Street." The St. Francis Inpatient Rehab Center is a 19-bed unit on the 9th floor at St. Francis downtown with comprehensive inpatient rehabilitation for those recovering from strokes, neurological disorders, head and spinal cord injuries, amputations and musculoskeletal diseases and injuries. Easy Street is a simulation of community and business settings, which allows patients to practice negotiating a car, a restaurant, a grocery store and a bank before they actually return home. Several LifeWise members have benefitted from St. Francis Inpatient Rehab Center services.



Friday, November 5

Senior Sock Hop

Carolina First Center
6:00 pm – 9:00 pm

“We’re Gonna Rock Around the Clock Tonight!” Find your bobby sox, penny loafers, saddle shoes, poodle skirts or white sport coat and pink carnation. Plan to look “cool” and have a real good time, as we dance to tunes from eras past with Charli and “Cued Sounds” at our first LifeWise Sock Hop. Invite your adult friends of all ages. We’ll have great food, dance, costume contests and a lot of fun as we support a great cause. All proceeds for this special evening will go to the Upstate Alzheimer’s Association in support of the 2010 Upstate Memory Walk.

\$20 pp; \$35 per couple

(Includes dinner)

*Pre-registration is required.
Guests are welcome!*

Friday, December 17

Just Desserts!

ST. FRANCIS eastside, Room 301
2:00 pm – 4:00 pm

Take a break from the hustle and bustle of the holidays to enjoy a variety of delicious desserts and coffee. We’ll have a great time sharing good fellowship, tasting a variety of delicious holiday favorites and meeting a surprise special guest. Join us as we mix up all of these ingredients and enjoy this yummy and festive LifeWise holiday tradition.

Bring your favorite holiday dessert, bars or cookies to share. Friends and family are welcome!

FREE

Pre-registration is required. Guests are welcome!

Thursday, November 11

Irving Berlin’s White Christmas – The Musical

The Peace Center | 7:30 pm

“White Christmas” tells the story of two showbiz buddies putting on a show in a picturesque Vermont inn, and finding their mates in the bargain. Full of dancing, romance, laughter, and brimming with Berlin hits such as “Blue Skies” and the unforgettable title song, the classic tradition is now a delightful stage musical you won’t want to miss.

LifeWise discounted group tickets are available online at https://peacecenter.org/groups/index.php?group_id=131. Our discounted group tickets are for the **November 11** performance only, in the “A” seating areas.

\$72 per ticket

Call LifeWise (255-1325) for any questions.

Tickets must be purchased ASAP

Friday, November 19

LifeWise Play Day!

Sterling Gym, 113 Minus Street
(off Dunbar St. near St. Francis Hospital)
10:00 am – 1:00 pm

Do you enjoy playing games like Bunko, Canasta, Bridge, Mahjong, Checkers, and Dominos? LifeWise is hosting our first ever PlayDay! We’ll be playing these games along with many more!

Join us for a fun-filled day of games. There will be prize giveaways over lunch as we play the popular game show “Let’s Make a Deal!” with our enthusiastic host Robert Hayes. Come ready to have fun and deal as we play for a day.

FREE (Includes breakfast and lunch)

Pre-registration is required. Guests are welcome!

Meet and Eat

Tuesday, November 23

Northgate Soda Shop
918 N Main St.
Greenville
11:30 am

Tuesday, December 21

Hyatt Provenca
220 N Main St.
Greenville
11:30 am

Please register if you plan to attend.

Passport on a Plate

Tuesday, November 2

P Simpson's
Hometown Grille
111 Northeast Main St.
Simpsonville
6:00 pm
www.psimpsons.com

Tuesday, December 7

Cullen's Seasonal Bistro
1860 Woodruff Rd.
Greenville
6:00 pm
cullensbistro.com

Tuesday, January 4

Rivera's
117 E Poinsett St.
Greer
6:00 pm

Anniversaries:



Marge & Ed Stelmach, married 55 years on November 5



Shirley & John Magera, married 50 years on November 26



Bonnie & Dan Shead, married 55 years on December 3



Sara & Paul Duffau, married 49 years on December 29

Birthdays

Dorothy Newton will celebrate her 80th birthday on November 26

Congratulations

Johnny Payne, leader of the Greenville Chapter of the Us TOO prostate cancer education and support network, was awarded the 2010 Harry Pinchot Award for his dedication and service as a prostate cancer awareness educator and advocate. Nominees for the award came from all over the United States. Congratulations, Johnny!



Save the Date

Game Day @ Gatti Town | January 21, 2011
Atlanta Cyclorama & Georgia Aquarium | January 27, 2011

health & wellness

Safe Document Shred Day

Thursday, November 4
ST. FRANCIS eastside,
employee parking
10:00 am – 12:00 pm

Veteran's Benefit Seminar

Thursday, November 4
Oakleaf Village Assisted
Living
7:00 pm

An Apple a Day Isn't Enough

Tuesday, November 9
Sterling Community
Center
10:30 am - 12:00 pm

Coffee Talk

Friday, November 12
ST. FRANCIS eastside,
Room 301
11:45 am – 1:30 pm

Lunch & Learn

Tuesday, November 16
Carolina First Center
11:15 am – 1:00 pm

Answers to the "What if's" in Your Future

Thursday, November 18
Carolina First Center
9:45 am – 12:30 pm

AARP Driver's Safety Course

November 29-30
ST. FRANCIS eastside,
Classroom 201
12:00 – 4:30 pm

Search it, Find it, Live it

Wednesday, January 12,
2011
ST. FRANCIS
millennium
10:00 – 11:30 am

club life

Wise Wheelers

Postponed until spring

Page Turners

Friday, November 12
Harry & Jean's
Restaurant
11:00 am

Friday, December 10
Friday, January 14th
Homewood Residence
9:30 – 11:00 am

Shutterbugs

Wednesday, November
10, December 8
Temple of Israel
1:00 – 2:30 pm

Cut It Out

Thursday, November 18
Hobby Lobby - Greer
10:00 am – 1:00 pm

LifeWise Snails

Thursday, November 18
Furman University
11:00 am

Line Dancing for Beginners

January 13, 2011
Dance Ventures
10:45 am – 12 pm

social scene

Sock Hop to Benefit

Memory Walk 2010
Friday, November 5
Carolina First Center
6:00 pm – 9:00 pm

Irvin Berlin's White Christmas- The Musical

Thursday, November 11
The Peace Center
7:30 pm

LifeWise Play Day!

Friday, November 19
Sterling Gym
10:00 am - 1:00 pm

Annual Christmas Luncheon

Friday, December 3
Carolina First Center,
Ballroom
11:00 am Mix & Mingle
11:30 am Doors Open
12:00 pm Lunch

Just Desserts

Friday, December 17
ST. FRANCIS eastside,
Room 301
2:00 pm – 4:00 pm

Meet & Eat

Northgate Soda Shop
Tuesday, November 23
11:30 am

Hyatt Provencia

Tuesday, December 21
11:30 am

Passport on a Plate

P. Simpson's
Hometown Grille
Tuesday, November 2
6:00 pm

Cullen's Seasonal Bistro

Tuesday, December 7
6:00 pm
Rivera's
Tuesday, January 4
6:00 pm

trip takers

Beijing City Stay

March 8-16, 2011
Collette Vacations

Pacific Northwest & California

June 20 – 27, 2011
Collette Vacations

registration

1. Indicate events you'd like to attend, and add your name, address and other information as shown.
2. For events that require payment, you may pay by cash, check or credit card. Please submit with this form.
3. Once complete, mail form and payment to: St. Francis LifeWise, 1 St. Francis Drive, Greenville, SC 29601.

Date	Event	Qty	Price	Total
November 2	Passport on a Plate		DUTCH	
November 5	Sock Hop to Support Memory Walk		\$20/\$35	
November 9	An Apple a Day Isn't Enough		Free	
November 12	Coffee Talk		Free	
November 16	Lunch & Learn		\$6	
November 18	Answers to the "What If's" in Your Future		\$6	
November 19	Play Day		Free	
November 23	Meet & Eat		DUTCH	
November 29-30	AARP Driver's Safety Course		\$12/ \$14	
December 3	Christmas Luncheon		\$12	
December 7	Passport on a Plate		DUTCH	
December 17	Just Desserts		Free	
December 21	Meet & Eat - Holiday Luncheon @ Hyatt Hotel		DUTCH	
January 4	Passport on a Plate		DUTCH	
			TOTAL	\$

Name _____

Cash Check # _____

Phone _____

Credit Card # _____

Address _____

Exp Date _____ 3-Digit Code _____

City/State/Zip _____

Guests _____

RETURN SERVICE REQUESTED



Please Join us for the Annual LifeWise Christmas Luncheon

Friday, December 3, 2010 • Carolina First Center, Ballroom

11:00 am Registration - Mix & Mingle
11:30 am Doors Open - Program Begins
12:00 pm Lunch Served

The exceptional beauty of Christmas awaits you as we celebrate this holiday season at the annual LifeWise Christmas luncheon on Friday, December 3rd. Join old friends and make new ones as we mix and mingle before a delicious sit-down holiday lunch. This festive event will continue with very special musical entertainment, dancing for all ages, and a chance to take home a wonderful door prize.

We invite you to support our LifeWise Mission Partners again this year.

United Ministries: Bring non-perishable food items, which will be donated to their food bank for distribution in our community. Your donation gives you a distinctive ticket to be put into a special drawing for a wonderful gift.

Diligent Hands . . . Gracious Hearts: Uniquely designed cards by our popular, local artist, Charles Pate, will be available for sale.

St. Francis Inpatient Rehab Center, our newest mission partner: Bring kitchen utensils and other kitchen or home items to be used for Easy Street, a simulation where patients practice their skills before they actually return home. Your donation gives you a distinctive ticket to be put into a special drawing for a wonderful gift.

Join us for the exciting festivities as we celebrate the beauty of giving during this wonderful holiday season!

\$12 per person

(LifeWise members only)

Pre-registration is required.

Free reserved parking - Information will be sent following your registration.

The Carolina First Center will be offering LifeWise members discounted tickets to attend Holiday Fair following the Christmas luncheon.