



Winter-Proofing your Home

Baby, it's cold outside! We all agree that the process of winter-proofing your home can seem daunting. However, now is the time to make your home more energy efficient so as to avoid straining the budget while keeping it warm this winter. You can keep out the cold (where it belongs!) and keep in the heat with these simple steps:

1. Draft-proof your windows and doors. Sealing cracks with weather stripping or caulking is an easy, cost efficient way to keep cold air from coming in.

2. Install a programmable thermostat. A programmable thermostat means you never have to remember to adjust your homes temperature at night or when you're away. Used properly, it can reduce your heating bill by 5 to 15% a year.

3. Check your insulation. Heat naturally flows from a warmer area to a cooler one, but proper insulation will keep the heat from escaping and will allow you to save more on your energy bill.

Following these easy winter-proofing steps should boost your home's energy efficiency, save you money, and keep you warm and cozy all winter long!



May Your New Year be a Healthy One

As we welcome the New Year, we often do so with a renewed commitment to living a healthier life. Making a New Year's resolution to improve your health may be one of the most important steps to boost your energy, happiness and longevity. If your New Year's resolution is to improve your wellbeing, then this is the year to get Healthy with St. Francis!

HealThy Self Fitness

St. Francis' HealThy Self gym is opening its doors to our LifeWise members, giving you the key to a healthier life. With hours to fit your schedule and amenities to meet all your needs, we have something for everyone. Your HealThy Self Care Team will provide you with the knowledge and motivation you need to achieve your optimal health, and we'll make certain you have fun while reaching your fitness goals!

Joining HealThy Self is a New Year's resolution that will reward you for a lifetime. For more information, please call 864-400-3651.

Nutrition Consultations

St. Francis offers individualized, one-on-one Nutrition Counseling designed to fit with your lifestyle. Our dieticians can provide focused nutritional plans for Weight Management, Hypertension and Heart Disease, Kidney Disease, Celiac Disease, Cancer, Food Allergies, and Metabolic Disorders.

For more information and/or to schedule a Nutrition Consultation, please call 864-675-4323.

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Birthdays, Anniversaries and Congratulations

Lunch & Learn

Tuesday, January 18

Feet! Don't Fail Me Now!

How to prevent trips to the St. Francis Wound Healing Center

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

We demand a lot from our feet. Healthy feet provide the cheapest and most energy efficient means of transportation for us. They also play a key role in preserving independence in living. Come and hear about ways to prevent wounds to your feet and gain some insight into the new technology available for treating wounds when they occur. You'll also learn more about the link between diabetes and poor healing.



Melissa Richardson, MD
Medical Director, St. Francis Wound Healing Center

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.

Home Care | Assistance

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



Therapeutic Massage

ST. FRANCIS millennium
2 Innovation Drive (off Laurens Rd.)
HealThy Self suite | 2nd Floor

ST. FRANCIS downtown
ST. FRANCIS eastside

The benefits of therapeutic massage include relaxation, reduced pain and anxiety, increased circulation, and improved skin tone. Aromatherapy, reflexology, and hot stone massage are also available for an additional fee.

Lucy Allen, LMBT (SC Lic # 4348) is an honors graduate of the massage program at Greenville Technical College. She has additional training in Oncology Massage and Active Isolated Stretching and enjoys working with seniors.

To schedule a massage, please call HealThy Self (ST. FRANCIS millennium) at 864-400-3651 or Outpatient Rehab (ST. FRANCIS eastside) at 864-675-4651.

Fees vary and are based on time and types of massage.
Discounts are available for LifeWise members.

Tuesday, February 15

HeartWise

Carolina First Center
9:00 am – 3:00 pm

Heart disease is public enemy #1 and the leading cause of death in all racial/ethnic groups in the United States. It is a major cause of disability.

Heart Disease may be the leading cause of death for both men and women, but that doesn't mean you have to accept it as your fate. Although you lack the power to change some risk factors – such as family history or age – there are some key heart disease prevention steps you can take.

You can prevent heart disease by following a heart-healthy lifestyle. Sounds simple doesn't it? Your lifestyle is not only your best defense against heart disease and stroke, it's also your responsibility.

Plan to attend this informative and interactive program and see how the role of human behavior plays on heart health. We all know what circumstances and risks can lead to heart attack and other serious conditions, but are we really convinced? Do we really want to change our lifestyles – especially “at our age?” Isn't aging one of the risks for developing heart disease? Don't miss this opportunity to see our lifestyles from a whole different perspective.



Your day will include:

Keynote Speakers

“Angina - Real or Much Ado About Nothing” presented by
Edward A. Stewart, MD
Upstate Cardiology



“I've Got Rhythm - Living with Atrial Fibrillation” presented by
Barbara Moran-Faile, MD
Upstate Cardiology

Breakout Sessions

Mike Worley, Fitness Program Manager, HealThy Self, St. Francis Institute for Chronic Health

Stacie Bullock, MA, RD, Clinical Nutrition Manager, St. Francis Hospital

Whether you've had a heart attack or you're simply looking to improve your health, **HeartWise** is for you. Your positive lifestyle choices can make a big difference. Come and learn more about healthier choices for living well!

\$5 per person;

Invite a friend – all ages are welcome.

Pre-registration is required.

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Healthy New Year CONTINUED FROM FRONT

Health Education Opportunities offered by LifeWise

Throughout the year, LifeWise sponsors numerous health education opportunities to inform our members about important health topics. Our monthly Lunch & Learn programs, led by local physicians and health care professionals, provide insight and information that can

empower you to live a healthy and fulfilling life. Don't forget to mark your calendars for our annual **HeartWise** event in February. This event helps to raise awareness on the leading cause of death in the United States. Hope to see you there!

Make sure to check out all of our health educational opportunities in every LifeWise newsletter.

Get Fit!

Thursdays

Yoga for Osteoporosis

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

The “New Year” has just begun and it’s time to re-commit to your New Year’s resolutions. Studies confirm that a mindful practice of yoga has many health benefits. What better way to start off 2011 than with a Yoga class?

Three different Yoga Classes are currently being offered:

- **Yoga for Osteoporosis** – works on improving posture and flexibility, strengthening muscles, promoting better balance and increasing activity.
- **Level I Oncology Yoga for Cancer Survivors** – focuses on gentle stretching and breathing exercises to relax and invigorate.
- **Level II Intermediate Oncology Yoga for Cancer Survivors** – designed for the more advanced yoga student.

Give it a try! Add yoga to your schedule in 2011. Bring a friend and/or caregiver.

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

Cost varies. *For more information or to register, call 864- 675-4656. Leave a message for the Bone Health Navigator.*

Indoor Walking Group

Walking is an easy way to exercise and one of the best things you can do to improve your overall fitness. LifeWise members are invited to join the Walking for Wellness program, part of St. Francis’ new state-of-the-art HealThy Self fitness center. For just \$10 per month, you can walk on HealThy Self’s indoor track in a safe environment that is staffed with health professionals.

\$10 per month
Call 864-400-3651 for more information.

Tuesday, January 18

Hip & Knee Pain Seminar

ST. FRANCIS eastside
Classroom 301
2:00 pm

Do you suffer from hip or knee pain? If so, plan to attend this FREE Hip & Knee Pain seminar. Participants will learn about the anatomy of the knees and hips, common conditions, and treatment options. The seminar will also include a discussion on joint replacement surgery. Attendees will have an opportunity to see an orthopedic physician, if they need an appointment.

Renee VanArtsdalen
Physical Therapist

FREE

*The seminar is open to LifeWise members and guests.
Register by calling Amy Malcomb at 864-213-4958*

LifeWise Snails

An outdoor walking group that walks at a “Snails” pace!

Postponed until Spring.

Wise Wheelers

Ride your bike at an easy pace on bike paths in Greenville. New to cycling? Welcome! We’re new too.

Postponed until Spring

Hobbies/Fitness

Intermediate Line Dancing

Temple of Israel

Tuesdays, beginning January 11
10:00 – 11:15 am

Do you have one or more years experience line dancing? Do you want to take an intermediate class you're sure to love? If your answers are "yes," plan to come to our new line dancing classes for Intermediate dancers only. Classes will be taught by LifeWise member and experienced line dancing instructor, Pam Frey.

FREE

Pre-registration is required for January 11 only.

Line Dancing for Beginners

Dance Ventures

B-102 Pelham Commons

Lower level at the Publix Shopping Center on Pelham Road

Thursday, January 13
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 pace.

Don't miss out on this great opportunity for fun and great exercise. Class size is limited so sign up NOW!

Beginner line dancing classes are taught on Thursdays at a very reasonable fee. Come to the Introductory Class and learn all about it! For more information on Dance Ventures, please visit www.danceventures.com or call the studio at 864-271-7701.

FREE Introductory Class

Pre-registration is required.

Shutter Bugs

Temple of Israel

Wednesday, January 19 | 1:00 pm – 2:30 pm
Wednesday, February 16 | 1:00 pm – 2:30 pm

Join us in January for Sal Tesi's review on composition & cropping and again in February when Davey Morgan of Davey Morgan Photography will discuss getting the best natural look when photographing people. All are welcome!

Cut It Out: Scrapbooking & Card-Making Club

Hobby Lobby | Wade Hampton Blvd, Greer

No meeting in January

Thursday, February 17 | 10:00 am – 1:00 pm

Interested in paper crafting and making cards? 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. Hope to see you at Cut It Out!

\$3.00 per person fee for supplies
(paper crafting only)

Page Turners

"The Living Room" at Homewood Residence, 12 Boyce Avenue

Friday, January 14
9:30 – 11:00 am

Olive Kitteridge

By Elizabeth Strout

Friday, February 11
9:30 – 11:00 am

Half Broke Horses

By Jeanette Wall



Other Learning

Wednesday, January 12

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

ST. FRANCIS millennium | Community Classroom
2 Innovation Drive (off Laurens Road)

10:00 – 11:30 am

When you reach 50 and over 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.*

Monday, January 24

Talking Green with Duke Energy

ST. FRANCIS millennium | Community Classroom
2 Innovation Drive (off Laurens Road)

10:00 – 11:30 am

Come and hear George Acker, South Carolina Vice President of Duke Energy Government and Community Relations, discuss new energy generation, energy efficiency, renewable energy, national energy policies, and how these issues could affect your family, business and our community. It's a great opportunity for an open forum with conversation about energy issues in a comprehensive but easy-to-follow manner.

FREE *Pre-registration is required.*

Wednesday, February 2

There's more to Spanish than Tacos & Sangria!

Professional Medical Center
317 St. Francis Drive,
Suite 250 (Community
Ministries Conference
Room & LifeWise office)
2:00 – 3:00 pm

Join us for some tacos and sangria* and learn about our upcoming series of Spanish classes. This program will be an introduction to the series of six classes we'll be offering on Wednesday's beginning February 9 – March 16.

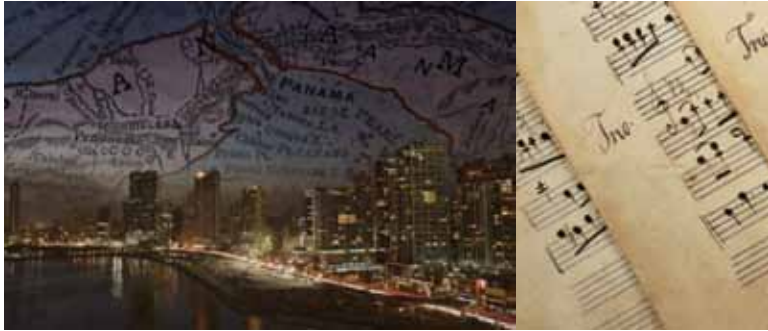
Taught by **Julia Tate**, Interpreting & Translations Coordinator at St. Francis, the course will help you learn simple sentences and useful vocabulary specific to restaurants, shopping and more! You will also gain knowledge of the culture and some history of the Spanish speaking world and a little something to help you get ready for your next trip to Mexico or Aruba! Come and learn about this interesting language. There's no obligation to sign up for the series.

Nos vemos pronto amigos!

*non-alcoholic

FREE

*Pre-registration is required.
Non- LifeWise members welcome!*



Saturday, January 29; March 5

2011 GSO Spotlight Series!

Centre Stage | 2:00 pm or 7:00 pm

The New Year opens with an intriguing mix of chamber music presented by the GSO. On **January 29**, the GSO will present “Three’s Company” featuring a concert of trios including Mozart’s Trio “Kegelstatt” and Mendelssohn’s Piano Trio No. 1.

The Spotlight Series season concludes on **March 5** with “Panama Nights.” This exotic concert includes William Grant Still’s spicy Panama Dances and Arthur Foote’s A Night Piece for flute and string quartet.

Individual tickets for either concert can be purchased at the LifeWise group price of \$12 per show. Order early for the best seats! Tickets will be assigned on a first-come, first-serve basis.

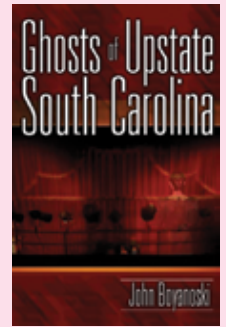


Meet the Author

Thursday, February 24

First Citizens Bank | Meeting Room
325 W. McBee | 10:00 – 11:30 am

“They scream in the night. They watch through the window. And sometimes they chase you right out of the woods. They are the Upstate’s ghosts, and there are more of them than you think.”



While South Carolina’s Low country has a long and well-documented history with its ghostly residents, the Upstate’s phantoms have led quieter lives, or afterlives. Come and meet **John Boyanoski**, author of *Ghosts of Upstate South Carolina*, as he shares “true” stories of our region’s most haunted places.

FREE *Pre-registration is required. Directions will be sent with confirmation letter.*

Friday, January 21

Game Day @ Gatti -Town

Gatti-Town, 1040A Woodruff Road | 11:30 am – 3:00 pm

Beat the winter doldrums! Come and enjoy all the fun that Gatti-Town has to offer. Our day will begin with lunch, enjoying their great salad bar and the pasta and pizza buffet. After lunch we’ll go into the “Bingo Hall” and play Bingo for some interesting and fun prizes. At 1:30 we’ll go in the “theater” and watch a great “old” film. Plan on a wonderful day, seeing old friends and making new ones. Hope to see you there!

\$5.25 per person

Pre-registration is required. Non- LifeWise members welcome!

Friday, February 25

Gatti -Town Bingo

Gatti-Town, 1040A
Woodruff Road
11:30 am – 1:30 pm

Bring your friends and play some Bingo! We’ll have some nifty prizes and a great time.

\$5.25 per person

Pre-registration is required. Non- LifeWise members welcome!

Meet and Eat

Tuesday, January 25

Honeyvine
1034 Woodruff Road
(beside Harry & Jean's)
11:30 am
www.harryandjeans.com

Tuesday, February 22

Foothills Deli
2100 Poinsett Hwy,
Suite J
11:30 am
www.foothillsdeli.com

Please register if you plan to attend.

Passport on a Plate

Tuesday, January 4

Rivera's
117 E. Poinsett St, Greer
6:00 pm
www.caferivera.net

Tuesday, February 1

Red Bowl Asian Bistro
27 S. Pleasantburg Drive,
Suite 30
6:00 pm
www.redbowlgreenville.com

Tuesday, March 1

Lola's...A Taste of Italy
115 Pelham Rd
6:00 pm

Please register if you plan to attend.

Thursday, January 13

Wise Wanderers

Temple of Israel

1:30 – 3:00 pm

Come and hear about the fascinating trips being offered by LifeWise and Collette Vacations in 2011. You'll meet **Ron Fenska**, Regional Sales Manager for Collette Vacations, who will discuss our upcoming trip to the Pacific Northwest & California, featuring Washington, Oregon and California with highlights of sightseeing that are beyond your imagination.

FREE *Please register in advance.*

Thursday, January 27

Atlanta Cyclorama & Georgia Aquarium

Travel back in time to July 22, 1864 at ATLANTA'S CYCLOPAMA where we'll sit in the center of a panorama of the Battle of Atlanta. This painting is said to be the largest in the world at 42 feet tall and 358 feet in circumference. It is one of only three remaining in the United States.

Our next stop will be lunch (included) at MARY MAC'S TEA ROOM. The doors first opened in 1945 when Mary McKenzie used her southern cooking to make a living during the Post-World War II days. Mary Mac's location has remained the same for the last 65 years, with the food nearly identical to what it was in 1945.

After lunch we'll visit the GEORGIA AQUARIUM, the world's largest aquarium with over 8 million gallons of water and more than 100,000 animals representing 500 species from around the globe. Included will be the SHARK PLANET exhibit before it leaves in February. It compliments the Aquarium's existing collection of sharks that represents 14 different species.

\$94 per person; Includes comfortable motorcoach transportation; all admissions (Atlanta Cyclorama, Georgia Aquarium & Shark Planet exhibit); lunch at Mary Mac's Tea Room; and Emerald Tours Manager/Guide. Your advance payment is your reservation.

Please register in advance. Guests are welcome to join us.

Brochures for all upcoming LifeWise trips with Collette Vacations are available upon request. Please contact Heidi at Lifewise@bshsi.org or 255-1325. As a member of the Collette Vacations "World Connect" program, LifeWise members and their guests are able to book any Collette Vacation at the discounted group rate. All you need to do when you make your reservation is tell Collette you're with LifeWise, Bon Secours St. Francis, Kathleen Bitsura and our World Connect code U001AX1918.

2011 LifeWise Trips

Call LifeWise at 255-1325 and we'll send a brochure for these great trips with Collette Vacations. Bon Voyage!



Beijing City Stay
March 8 – 16



Pacific Northwest & California
Featuring Washington, Oregon & California **June 20 – 27**



South Dakota
The Black Hills & Badlands
August 23 – 29



Russian River Cruise
September 2 – 12



Quebec Holiday
Featuring Fairmont's Queen Elizabeth, Le Manoir Richelieu & Chateau Frontenac
December 2 – 8

Thursday, February 10

The Churches of the Frescoes

Benjamin Franklin Long IV came to West Jefferson, NC in the 1970's and 1980's to paint a series of fresco murals in several area churches. We'll visit two of those churches and view the beautiful mural paintings created on wet plaster walls. We'll then enjoy lunch (included) at the "Winner's Circle" followed by a stop at the Ashe County Cheese Factory, NC's oldest cheese plant. You'll have the opportunity to purchase cheese, butter, homemade fudge, gifts and souvenirs from the gift shop.

\$45 per person; Includes comfortable motorcoach transportation; Churches of the Frescoes; lunch at Winner's Circle; Ashe County Cheese Factory; and Emerald Tours Manager/Guide. Your advance payment is your reservation. *Please register in advance. Guests are welcome to join us.*

events recap

health & wellness

Search it, Find it, Live it
Wednesday, January 12
ST. FRANCIS
millennium
10:00 – 11:30 am

Lunch & Learn
Tuesday, January 18
11:15 am – 1:00 pm
Carolina First Center

Hip & Knee Pain?
Tuesday, January 18
ST. FRANCIS eastside
2:00 pm

**Talking Green with
Duke Energy**
Monday, January 24
ST. FRANCIS
millennium
10 am – 11:30 am

HeartWise
Tuesday, February 15
Carolina First Center
9:00 am – 3:00 pm

club life

**Intermediate Line
Dancing**
Tuesdays, beginning
January 11
Temple of Israel
10:00 am – 11:15 am

**Line Dancing for
Beginners**
Thursday, January 13
Dance Ventures
10:45 am – 12:00 pm

Page Turners
Friday, January 14,
February 11
Homewood Residence
9:30 – 11:00 am

Shutterbugs
Wednesday, January 19,
February 16
1:00 – 2:30 pm
Temple of Israel

Cut It Out
Thursday, February 17
10:00am – 1:00 pm
Hobby Lobby – Greer

Wise Wheelers
Postponed until spring

LifeWise Snails
Postponed until spring

social scene

**Game Day @
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11:30 am – 3:00 pm

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Spanish than Tacos
& Sangria!**
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Professional Medical
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6:00 pm

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trip takers

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1:30 pm – 3:00 pm

**Atlanta Cyclorama &
Georgia Aquarium**
Thursday, January 27

**The Churches of the
Frescoes**
Thursday, February 10

Save the Date

2011 Start!
Upstate Heart Walk
Saturday, April 2
Greer City Park

wise words

Contact us: (864) 255-1325 • FAX 679-8872 • LifeWise@bshsi.org • www.stfrancishealth.org/lifewise

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
January 4	Passport on a Plate		DUTCH	
January 11	Intermediate Line Dancing		FREE	
January 12	Search it, Find it, Live it		FREE	
January 13	Line Dancing for Beginners		FREE	
January 13	Wise Wanderers		FREE	
January 18	Lunch & Learn		\$6	
January 21	Game Day @ Gatti-Town		\$5.25	
January 24	Talking Green with Duke Energy		FREE	
January 25	Meet & Eat		DUTCH	
January 27	Atlanta Cyclorama & Aquarium		\$94	
January 29	GSO Spotlight Series! [] 2:00 pm [] 7:00 pm		\$12	
February 1	Passport on a Plate		DUTCH	
February 2	There's More to Spanish than Tacos & Sangria		FREE	
February 10	The Churches of the Frescoes		\$45	
February 15	HeartWise		\$5	
February 22	Meet & Eat		DUTCH	
February 24	Meet the Author		FREE	
February 25	BINGO @ Gatti-Town		\$5.25	
March 1	Passport on a Plate		DUTCH	
March 5	GSO Spotlight Series! [] 2:00 pm [] 7:00 pm		\$12	
			TOTAL	

Name _____

Cash Check # _____

Phone _____

Credit Card # _____

Address _____

Exp Date _____ 3-Digit Code _____

City/State/Zip _____

Guests:

Name _____

Phone _____

RETURN SERVICE REQUESTED

members' corner

We want to hear about your special dates! Call or email us so we all can celebrate!

Congratulations



- **Reverend Allen Freeman**, LifeWise member and Spiritual Care volunteer, gave the blessing at the Community Garden Tree Planting held on November 6, 2010. Opened in April 2009, the St. Francis Community Garden features 16 individual plots maintained by residents, community members and St. Francis employees. In addition to growing produce, the garden provides a place for positive social interaction, community engagement and hands-on-learning experiences and education to children and adults on sustainable living practices and nutritious eating.



- Photographs submitted by **Bob Hopp** and **Sal Tesi** were chosen as the winners in the People's Choice voting at the 1st Shutterbugs Photography Exhibition on Oct. 1 held at Zen.



- **Lora Vatalaro & Jerry Williams** were crowned Queen and King of the LifeWise Sock Hop, held November 5, raising funds for the Alzheimer's Association's 2010 Memory Walk.

Celebrations

Many thanks to our LifeWise members and friends for donating \$1,251 to the Alzheimer's Association SC Chapter to benefit the Memory Walk in the name of **Team Lifewise**.

Heidi Williams and Kathleen Bitsura want to thank our generous LifeWise members for collecting \$234 on our behalf at the Christmas Luncheon. We will proudly donate the money in their honor to the Salvation Army *Heating Assistance for Seniors* program.