



Eco-friendly Sunscreens

With skin cancer on the rise, gone are the days when we left the house without applying sunscreen. Sunscreen has become an essential step in preventing skin cancer; however, it can be harmful to our environment. Here are a few tips to help protect our home:

- Environmentalists claim that when sunscreen washes off in oceans, lakes and rivers that it leaves a residue that can damage marine life, in particular coral reef pollution. Consider buying a biodegradable, mineral-based sunscreen. If in doubt, choose something with zinc oxide.
- Always recycle your empty sunscreen containers. If you want to do one step better, consider reusing small sunscreen bottles (2-4oz) by simply refilling them from bulk bottles (quart size or bigger).

Protect Yourself in the Summer Sun

Do you remember the days when we all thought that having a suntan was fabulous? Girls especially would slather themselves in baby oil or use “tanning” lotions with a low sun protection factor (SPF) to block just enough of the sun’s ultraviolet rays (UVR) to build a “healthy” tan without burning. Today, there is no such thing as a “healthy” tan. With skin cancer being the most common form of cancer in the United States, sunscreens should be considered a vital part of your protection regimen.

Did you know that 90 percent of non-melanoma skin cancers and 65 percent of melanomas are associated with exposure to UV radiation from the sun? UV radiation also causes premature aging of the skin, wrinkles and cataracts. Sun protection is essential for skin cancer prevention and should include the following:

- **Cover Up** - Wear tightly-woven clothing to block out the sun’s harmful light.
- **Wear a Wide-Brimmed Hat** – A wide brim hat is more ideal than a baseball cap because it protects the neck, ears, eyes, forehead, nose and scalp.
- **Wear UV-Blocking Sunglasses** – Make sure your sunglasses block 99 to 100 percent of UVA and UVB radiation.
- **Seek Shade/Limit Exposure** – UV rays are most intense between 10am and 4pm. Try to find indoor activities during this time when the sun’s rays are their strongest or make sure to apply sunscreen every 2 hours if you’ll be outdoors.
- **Apply Sunscreen Daily** – It is extremely important to apply sunscreen daily, even in the winter months. A sun protection factor (SPF) of at least 15 will block 93% of UV rays. Make sure you apply a sunscreen that blocks both UVA and UVB rays to guard against skin cancer.

If you are looking to have some fun out of the sun this summer, make sure to attend the annual LifeWise **Salute**

3 Health & Wellness
Find Your New
HealThy Self

7 Social Scene
Salute to Summer is
“Under the Big Top!”

6 Club Life
Wise Women

12 Members’ Corner
We’re In the Pink

Tuesday, August 16

Curbing the Negative Effects of Bone Fractures

TD Convention Center
(formerly Carolina First Center)
11:15 am – 1:00 pm

The St. Francis Osteoporotic Fracture program is dedicated exclusively to the care of older patients with hip fractures. It is designed to help patients achieve the best possible outcomes and curb the negative effects of bone fractures. Our Osteoporotic Fracture program is one of the first programs of its kind in the country and the first in SC.

Come and learn more as **Dr. O'Boyle, Medical Director** of the St. Francis Osteoporotic Fracture



Michael J. O'Boyle, MD
Carolina Orthopaedic Center

program, describes how each patient in the Osteoporotic Fracture program is managed by an interdisciplinary team, ranging from orthopedic surgeons and anesthesiologists to specialized nurses, social workers, and physical and occupational therapists. You will understand how all of these experienced professionals work together to follow a specific plan for surgery and rehabilitation that best manages the care of fracture patients.

All Lunch & Learns: \$6 per person

Registration and payment required by check or credit card by the Friday before event. Cancellation: Must be made by the Friday before in order to transfer payment or receive refunds. LifeWise members only, but you are welcome to invite a guest/potential member to one event.

SUPPORTED BY:



Tuesday, July 19

Hip & Knee Pain Seminar

ST. FRANCIS eastside, Classroom 301
2:30 pm

Do you suffer from hip or knee pain? If so, plan to attend this FREE hip and knee pain seminar. Participants will learn about the anatomy of knees and hips, common conditions that affect both, and treatment options, including discussion of joint replacement surgery. Attendees will also be able to see an orthopedic physician if they need an appointment. The seminar is open to LifeWise members and guests.

Renee VanArtsdalen, Physical Therapist

FREE

Please pre-register by calling Amy Malcomb at 864-213-4958

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Thursdays

Yoga for Osteoporosis

ST. FRANCIS millennium campus
2 Innovation Drive (off Laurens Road)
HealThy Self – 2nd floor, Suite 200
9:00 – 10:15 am

Studies confirm that a mindful practice of yoga has many health benefits and is especially beneficial to those who have osteoporosis or osteopenia, but it can also play a role in preventing this disease.

Yoga for Osteoporosis works on improving posture and flexibility, strengthening muscles, promoting better balance and increasing activity.

Give it a try! Add yoga to your schedule and consider bringing 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.

Find Your NEW HealThy Self!

ST. FRANCIS millennium – 2nd Floor
2 Innovation Drive (off Laurens Rd.)

As a member of the HealThy Self gym you will have the keys to a healthier life. With hours to fit your schedule and amenities to meet all of your needs, you'll see there's something for everyone. Your HealThy Self Care Team will provide you with the knowledge and motivation you need to achieve your optimal health, and they'll make certain you have fun while reaching your fitness goals!

Hours:

Monday – Thursday 6:00 am – 8:00 pm

Friday 6:00 am – 5:30 pm

Saturday 8:00 am – 1:00 pm

Sunday Closed

Great discounts for LifeWise members! For more information and rates, please call 864-400-3651.



LifeWise members Terry Klein, Gordon Lydic and Jean Ewing enjoy the many benefits of working out at the HealThy Self Gym (formerly Vitality Center) at the ST. FRANCIS millennium campus.

Mondays & Wednesdays

Strong Bones Exercise Program!

ST. FRANCIS millennium campus
2 Innovation Drive (off Laurens Road)
HealThy Self, 2nd floor, Suite 200
9:00 – 10:15 am

Who should attend?

Individuals 40 years of age or older, who have been inactive or relatively sedentary for the past few years, and are interested in improving their health, vitality and well-being.

Strength training offers physical, mental and emotional benefits; Plus:

- Increased muscle mass and strength
- Improved bone density
- Reduced risk for osteoporosis and related fractures
- Improved balance
- Improved self-confidence, sleep and vitality

What to Expect:

The class is instructed by a specially trained physical therapy assistant and includes:

- Five minute warm-up
- Eight to twelve exercises to promote body awareness, positioning, flexibility and posture
- Easy-to-use nutrition information
- Five-minute cool down

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

For more information or to schedule your session please contact our Bone Health Navigator at 675-4656. Ask about your free session!

Fighting the Heat

Do you know why we sweat? Sweating is our body's way of keeping cool when we exercise. However, as we perspire, we lose necessary body fluids to keep us hydrated. If we don't replace these fluids, we can quickly become dehydrated, making it difficult for our body to produce sweat to cool down, which can result in a heat-related injury.

There are three main types of heat-related injuries:

- **Muscle Cramps**
- **Heat Exhaustion**
- **Heat Stroke**

A heat stroke may be life threatening so it is important to know and recognize the symptoms. Symptoms of a heat stroke include red hot skin, nausea, vomiting, and disorientation. Due to the seriousness of this condition, medical assistance should be called immediately.

Heat related injuries can be prevented by consuming the proper amount of fluids. Don't forget your H²O!

Protect Yourself in the Summer Sun

CONTINUED FROM PAGE 1

to Summer event – Under the Big Top! LifeWise members and friends will be celebrating the summer with fun and games, great door prices, music, a scrumptious dinner, and great entertainment! Make sure to check out page 7 for additional information on this event. We hope to see you there!

St. Francis is dedicated to becoming a trusted advocate when it comes to your health. For further information on skin cancer protection, including a guide to help you detect the signs of skin cancer, please visit our Health Library at <http://stfrancis.bonsecours.com/health-library.html>. Please schedule an appointment and skin cancer screening today with your St. Francis physician.

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

Coffee Talk

Thursday, August 18

Palliative Medicine - Improving Quality of Life

St. Francis HomeCare

10:00 – 11:30 am

St. Francis HomeCare office located in the Medical Office Bldg., 131 Commonwealth Drive, Suite 230, in Greenville, on the campus of ST. FRANCIS eastside.

Come and learn about the expanding field of palliative medicine and the unique role of St. Francis Outpatient Palliative Care. This relatively new service falls under the homecare division and provides care to people with serious illnesses in the comfort of their own homes. An energetic and knowledgeable speaker, Dr. Joy Vess, DNP, ACNP, will be sharing her vision and passion for the program, as well as debunking any myths about palliative care. Bring your questions and an appetite—snacks will be provided!



Dr. Joy Vess, DNP, ACNP

FREE

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

Get Fit!

Tuesdays

Intermediate Line Dancing

Temple of Israel | 10:00 – 11:30 am

Pam Frey, a LifeWise member and experienced line dancing instructor, is teaching an awesome Intermediate level line dancing class. This class is for those who have a strong grasp of the basic line dancing steps as well as experience line dancing at the intermediate level.

FREE

LifeWise Snails

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

Postponed until cooler weather. We have some great ideas for walks and hikes in the Fall. Stay tuned!

Wise Wheelers

Postponed until cooler weather. The Swamp Rabbit Trail, ST. FRANCIS millennium campus, ICAR, and several other good rides await us when Fall arrives. If you’re new to cycling, have no fear – we’re new too!

Page Turners

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

Friday, July 8
9:30 – 11:00 am

U is for Undertow
By Sue Grafton

Friday, August 12
9:30 – 11:00 am

Honolulu
By Alan Brennert

Friday, September 9
9:30 – 11:00 am

Heart and Soul
By Maeve Binchy



Wednesday, July 20, August 17

Shutter Bugs

Temple of Israel | 1:00 – 2:30 pm

Join us as Shutterbug members share photos they took on a recent trip to the North Carolina Arboretum.

Don't be camera shy! New members are always welcome!

Cut It Out: Scrapbooking & Card-Making Club

Professional Medical Center
317 St. Francis Drive
Suite 250, Community Ministries
Conference Room

Tuesday, July 5
10:00 am – 1:00 pm

Hobby Lobby
Wade Hampton Blvd, Greer

Thursday, August 18
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!

Note location change for July 5.

\$3 pp fee for supplies
(paper crafting only)

Other/Learning

Thursday, September 8

Wise Women

TD Convention Center
(formerly the Carolina First Center)

9:00 am – 4:00 pm

Mind Body Spirit and Healing

From spiritual and meditation traditions in nearly every religion and all indigenous cultures to a modern day discipline called Mind Body Medicine, we now know about the benefits of this discipline for both emotional and physical health.

We live in a fast paced world with all kinds of stressors and little time for or attention to relaxation. We now know, however, a number of ways to meditate, image, visualize, move and eat to produce the benefits of relaxation, self awareness and self expression.



A few of the Wise Women enjoying this great event in 2010!

improving digestion, and improving immune activity. Dr. Simmons' talk will also include an interactive activity.

Following Dr. Simmons' presentation we'll enjoy lunch and then take part in some fun and informative workshops with "girlie" stuff. Guest presenters will be **Mary Ann Sudnick**, owner of Mariani's Boutique, **Patsy Glunt**, Beauty Consultant with Mary Kay and **Jennifer Buffington**, Hair Designer with 405 STUDIO.

Don't miss this incredible day planned just for you! Be a Wise Woman and enjoy an active, refreshing day, overflowing with valuable health information, beauty and style demonstrations, great door prizes, and more!

\$8 pp; You're welcome to bring a guest and show her why you enjoy LifeWise.

Pre-registration is required. Don't miss out – Seating is limited!

Meet **Dr. John W. Simmons**, Mind Body Skills development trainer and learn about "relaxation response," that occurs when we sit silently, breathe slowly and focus on a word or phrase. A quarter of a century ago, Herb Benson, MD, with the Benson- Henry Institute in Massachusetts, described the benefits of "Relaxation Response" that include a slowing or calming of the mind, lowering blood pressure, slowing heart rates,

July 14, 18, 29;
August 5, 6, 19, 26

Greenville Drive Baseball

Fluor Field | 7:05 pm

Don't miss your chance to gather with friends and enjoy an evening at the ball park!

Reserved seats -

\$8 per person

Call us at 255-1325 or email to lifewise@bshsi.org to order your tickets. Guests are welcome!

Meet and Eat

Tuesday, July 26

Luna Rosa

9 W. Washington St, Greenville
11:30 am

Tuesday, August 23

Brick St. Cafe

315 Augusta St, Greenville
11:30 am

Passport on a Plate

Tuesday, August 2

India Palace

59 Liberty Lane, Greenville
6:00 pm

www.myindiapalace.com

Tuesday, September 6

Yia-Yia's At Night

(Corporate Deli during the day)
115 Pelham Rd, Suite 20
Greenville | 6:00 pm

Friday, July 15

Creating Beaded Story Strands

ST. FRANCIS millennium campus
2 Innovation Drive (off Laurens Road)
Education Classroom
9:00 am – 12:00 pm or 1:00 pm – 4:00 pm

At this very special and unique program, we will deepen our spiritual connection with the formation of a strand of beads that have significance to each of us individually.

Beaded strands/portable prayer strings:

- Ritualize life events
- Are infused with personal meanings
- Transcend any religious beliefs
- Honor the mystery by creating something visible
- Links senses to bring the intangible near



An example of a beaded strand.

Gather and bring to the program any old necklaces, bracelets, or earrings you no longer wear. Bring any old charms, buttons, crosses, coins, or shells that have significance to you. You're welcome to bring any purchased beads (we suggest large ones) and/or bring secondhand store jewelry, if you wish.

There will also be hundreds of beads available to choose from

as you form your personal String and a Prayer!

This unique program will be facilitated by Donna Meyer, Director Mission & Ministry Formation and Karen Riley, Director Mission & Spiritual Care, Bon Secours St. Francis Health System.

\$5 pp

Pre-registration is required.

Seating is limited to 26 per session.

Thursday, July 28



TD Convention Center
(formerly Carolina First Center)
4:00 – 8:00 pm

Don't miss the annual LifeWise Salute to Summer! This year we will be UNDER THE BIG TOP!

Put on your favorite summertime colors and comfy shoes and join us for some fun and fellowship while you enjoy a special evening with fellow LifeWise members and friends. We'll celebrate the sizzling South Carolina summertime with fun and games, great door prizes, music, a delicious supper, and great entertainment UNDER THE BIG TOP!

Charli de Jong with Cued Sounds will kick off our evening with songs for listening and dancing, so don't forget your dancing shoes. We'll have beach music, line dances, and much, much more.

Our LifeWise community supporters will join us UNDER THE BIG TOP with games to play and prizes to win. *"Step right up and win a kewpie doll!"*

After a delicious "circus style" (but healthy) supper, we'll enjoy the spirit of America with patriotic, big band, swing and novelty tunes performed by the **Upstate Senior Concert Band** – featuring several LifeWise members in the group.

Invite your friends and join us UNDER THE BIG TOP and Salute the Summer!

\$8 pp

Pre-registration is required.

Guests are welcome to attend.

Meet the Author

Wednesday, August 24

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

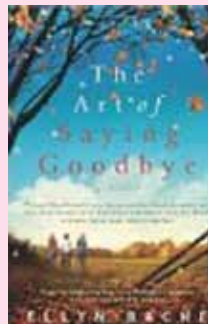
(Directions will be sent with your registration confirmation.)

Ellyn Bache

LifeWise welcomes back award-winning writer **Ellyn Bache** as she introduces her newest novel, **The Art of Saying Goodbye**. *“This is a moving, gratifying, and inspiring reminder to live life to its fullest and demonstrate love in every possible way to friends and family.” - Publisher’s Weekly.* Join us and hear more about her book based on something that really happened in the neighborhood where she once lived and read about how friends embark on a powerful journey of transformation that would touch them all.



Ellyn Bache



FREE

Pre-registration is required.

Friday, August 5

LifeWise Game Day!

**Sterling Gym | 113 Minus Street - off Dunbar St.
near St. Francis Hospital | 10:00 am – 1:00 pm**

(Directions will be sent with your registration confirmation.)

Do you enjoy playing games like Bunko, Uno, Bridge, Floor Bowling, Checkers, Dominos, or doing a Cake Walk? Well, if you do, don’t miss this LifeWise Game Day! We’ll be playing these games and the list goes on!

Join us for a fun-filled day of games and lunch (included) co-hosted by LifeWise and Faith Community Nursing. There will be prize giveaways over lunch as we play the popular game show “The Price is Right!” with our enthusiastic host Robert Hayes. Come ready to have fun and make new friends as we play for a day. A morning snack and lunch will be provided. Registration is required

FREE

Pre-registration is required. Guests are welcome!

Monday, July 11 &
Wednesday, July 20

BMW Tours

**BMW Manufacturing Co
1400 Highway 101 South
Greer, SC 29651**

July 11 tour begins at **9:15 am**
July 20 tour begins at **11:00 am**

In September 1994, the first vehicle rolled off the line at the first BMW manufacturing plant in South Carolina. Since then, BMW has produced 5 different vehicles: the BMW 318i, the Z3 and Z4 roadsters, the BMW X5 Sports Activity Vehicle, and the X6 Sports Activity Coupe. The company’s expansion in South Carolina has been on such a fast track that one in every six BMWs sold worldwide is now made in SC. Last year, the Greer plant rolled its 100,000th BMW X5 off the line.

As of 2009, BMW has invested \$4.2 billion in South Carolina and employs about 5,000 people. The total economic output associated with BMW’s annual economic activities is more than \$8.8 billion in SC.

Plan to join LifeWise and tour this phenomenal facility and watch BMW’s being made!

**\$7 pp; Space is limited.
Sign up today!**

Pre-registration & payment required.

**Tour information, guidelines & directions will be sent with your registration confirmation.*



Quebec Holiday

featuring Fairmont's Queen Elizabeth, Le Manoir Richelieu & Chateau Frontenac

December 2-8, 2011

(Call for rates)

October 11 & 12

Callaway Gardens & Warm Springs, GA

Enjoy a wonderful overnight trip with LifeWise to beautiful Callaway Gardens in Pine Mountain, GA and The Little White House in Warm Springs, GA.

We'll have a guided tour of Callaway Gardens with its famous **Cecil B. Day Butterfly Center**, where over 1,000 tropical butterflies, representing more than 50 different species, flutter freely through the air, along with a tour of several other gardens and the **FDR Memorial Museum**.

On day two we'll visit Warm Springs and tour the "Little White House," where Franklin D. Roosevelt lived while seeking treatment in the hot springs. We'll also see the FDR Memorial, the pools and springs, the FDR Memorial Museum.

This wonderful trip includes: Motorcoach transportation; lunches; Callaway Garden's admission and guided garden tour; 1 night accommodations @ Mountain Creek Inn with dinner and breakfast; Little White House and tour; FDR Memorial Museum; Pools and Springs; all gratuities and taxes; luggage handling; and services of Emerald Tours and Cruises Manager.

\$250 pp dbl; \$229 triple; \$227 quad.

A 50% deposit is required for registration (refundable until August 15, 2011); Balance is due August 31, 2011; An itinerary will be sent with your reservation confirmation.

Cancellation for this trip must be made on or before September 9 to receive a full refund. We regret we cannot make any exceptions.

PLEASE NOTE:

Our cancellation policy for **ALL** trips and tours in order to receive a full refund is **two weeks** prior to the trip or tour, unless specified differently.

R.S.V.P.

LifeWise makes every effort to offer quality programs on relevant topics that are free of charge or at a very low fee. Please help us by pre-registering for all programs, in a timely fashion, whether there is a charge or not. Pre-registering helps us to plan for the amount of space that we need and the amount of food/lunches to order, if refreshments are provided. Thank you!

EMAIL

We're updating our records. If you're not hearing from us occasionally by email, we may have an incorrect email address for you.

Please send your current/correct email address to us at lifewise@bshsi.org.

events recap

health & wellness

Hip & Knee Pain Seminar

July 19
ST. FRANCIS eastside room 301
2:30 – 3:30 pm

No Lunch & Learn in July

Lunch & Learn

August 16
TD Convention Center (formerly Carolina First Center)
11:15 am – 1:00 pm

Coffee Talk

August 18
HomeCare Office
Medical Office Bldg.
131 eastside, Suite 230
10:00 – 11:30 am

Intermediate Line Dancing

Tuesdays
Temple of Israel
10:00 – 11:30 am

Wise Women

Thursday, September 8
TD Convention Center (formerly Carolina First Center)
9:00 am – 4:00 pm

wise words

Contact us: (864) 255-1325 • FAX 679-8872
LifeWise@bshsi.org • www.stfrancishealth.org/lifewise
Visit us online to view the e-newsletter.

club life

Wise Wheelers

Postponed until cooler weather

Page Turners

Friday, July 8, August 12
Homewood Residence
9:30 – 11:00 am

Shutterbugs

Wednesday, July 20,
August 17
Temple of Israel
1:00 – 2:30 pm

Cut It Out

Note day & locations changes:

Tuesday, July 5
Community Ministries
Conference Room
317 St. Francis Drive
Suite 250
10:00 am – 1:00 pm

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

LifeWise Snails

Postponed until cooler weather

social scene

Creating Beaded Story Strands

Friday, July 15
ST. FRANCIS millennium
9:00 am - 12:00 pm OR
1:00 - 4:00 pm

Salute to Summer

Thursday, July 28
TD Convention Center (formerly Carolina First Center)
4:00 - 8:00 pm

Game Day!

Friday, August 5
Sterling Gym
10:00 am – 1:00 pm

Meet the Author

Wednesday, August 24
First Citizens Bank
McBee Ave.
10:00 – 11:30 am

Meet & Eat

Tuesday, July 26
Luna Rosa
11:30 am

Tuesday, August 23
Brick St. Cafe
11:30 am

Passport on a Plate

India Palace
Tuesday, August 2
6:00 pm

Yia-Yia's At Night
Tuesday, September 6
6:00 pm

trip takers

Callaway Gardens & Warm Springs GA

Tuesday & Wednesday
October 11-12

BMW Factory Tours:

Monday, July 11
9:15 am
Wednesday, July 20
11:00 am

Quebec Holiday – Collette Vacations

December 2 – 8

Save the Date

Will You Be New to Medicare?

Friday, September 9
10:00 – 11:30am

Diversity in Greenville Faith Communities Tours

Tour 1: Tuesday, September 13
Tour 2: Tuesday, September 27
9:00 am – 4:00 pm

Ole! Habla Español?

Spanish Classes
Wednesdays
Sept 14 – Oct. 12
2:30 – 3:30 pm

Joint Camp Reunion

Thursday
September 28
2:00pm

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
July 11	BMW Tour 9:15 am		\$7	
July 15	Creating Story Beads AM _____ PM_____		\$5	
July 20	BMW Tour 11:00 am		\$7	
July 26	Meet & Eat		DUTCH	
July 28	Salute to Summer – Under the Big Top		\$8	
August 2	Passport on a Plate		DUTCH	
August 5	Game Day		FREE	
August 16	Lunch & Learn		\$6	
August 18	Coffee Talk		FREE	
August 23	Meet & Eat		DUTCH	
September 6	Passport on a Plate		DUTCH	
September 8	Wise Women		\$8	
September 9	New to Medicare		FREE	
October 11	Callaway Gardens & Warm Springs, GA		\$250 dbl.	
October 11	Callaway Gardens & Warm Springs, GA		\$229 triple	
October 11	Callaway Gardens & Warm Springs, GA		\$227 quad	
			TOTAL	

Name _____

Guests:

Phone _____

*Name _____

Address _____

*Phone _____

City/State/Zip _____

*Address _____

Cash Check # _____

*Name _____

Credit Card # _____

*Phone _____

Exp Date _____ 3-Digit Code _____

*Address _____

*REQUIRED

RETURN SERVICE REQUESTED

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



Birthdays

Happy 90th Birthday to Katherine Boyd & Kay Butler! Katherine & Kay are not only the best of friends, but they have several interesting things in common. They were both born on April 26, 1921, both married in 1942, both their husband's had the initials of B.B., they attend the same church, Our Lady of the Rosary in Greenville, and they both LOVE baseball and attend Greenville Drive games together whenever they can. These are 2 very special ladies!



WOW!

Proceeds from the LifeWise event *We're In the Pink* totaled \$1,040 and are designated toward the new Breast Health Center at ST. FRANCIS eastside! Our sincere thanks to all!



(L to R)
Kathleen Bitsura, LifeWise; Karri Westmoreland, St. Francis Foundation; Pearlie Harris, Board Chair; Erik Whaley, VP Foundation



Best Wishes

Heidi Williams, our LifeWise Specialist for just over 3 years, has taken a new position in Radiology at ST. FRANCIS downtown. We know that you will miss talking with her and seeing her at LifeWise events, but we're all wishing her the very best!



Special Thanks:

We sincerely appreciate the gracious hospitality of **Angela Phillips, VP, Retail Sales Manager, First Citizen's Bank** on McBee Avenue for giving LifeWise the opportunity to use their training room for many of our educational programs.