



## Eco-Friendly Tips for a Healthy Home

We tend to place a lot of energy into caring for our own physical and mental health, but the health of our home can also play a big factor in our overall well-being. Here are a few tips on how to achieve a healthy home:

### Beauty Products

Take the time to inspect and educate yourself on the ingredients of your personal care products – from your shampoo to your deodorant. More than ever, companies are providing healthy, petrochemical-free alternatives to nearly every product you use in your beauty regimen.

### Household Cleaning Products

Drain cleaners, oven cleaners and many other household cleaners made specifically with ammonia or chlorine bleach can contribute to health problems. Consider nontoxic alternatives like baking soda-based cleaners or products from green companies.

### Cooking and Storing Food

Even though we love their non-stick surfaces for easy clean-up, at high-heat these non-stick pans can release harmful PFCs (perfluorochemicals). For an eco-friendly option, choose cookware made of stainless steel or cast iron. When storing your meals, choose stainless steel or glass jars instead of plastic wraps and containers, which can seep dioxins and phthalates into your food.



## Take Charge of Your Health!

**To help kick off Women’s Health Month**, Bon Secours St. Francis is encouraging women to take charge and make their health a top priority! Without our health, we might not be able to truly enjoy all the wonderful things that life has to offer. Taking small steps to improve your health now – eating healthy, leading an active life, managing your stress, and getting regular check-ups – will allow you to achieve a longer, healthier, and happier life. However, as women, we have specialized concerns when it comes to our own unique health care needs. St. Francis offers a variety of women’s health care services to our patients – from annual exams to minimally-invasive gynecologic surgeries (and everything in between!). There is no better time than the present to put your health first!

*In this issue, check out the events we’re having that highlight some of the many services we offer to women. From breast health to bone health to minimally-invasive women’s surgery, we invite you to learn more about how St. Francis cares for women.*

Tuesday, May 17

### A Silent Disease – Update on Osteoporosis

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

*Osteoporosis is a silent disease. You can't feel it. You can't see it. It usually has no symptoms until you have a fracture.*

Come and learn more about the prevalence of this “silent disease.” Key points will be to understand the disease, learn the common risks, and determine who is most susceptible to developing osteoporosis. **Christopher Sonnier, MD** will also talk about screening for osteoporosis, including an explanation of how bone density is measured using the DEXA scan. He'll discuss preventing the disease and how to take steps early to slow its progress as well as treatment options if one develops the disease.



**Dr. Christopher Sonnier**  
Millennium Endocrinology,  
Bon Secours Medical Group

Tuesday, June 21

### Mini Cameras! Tiny Flashlights! Big Technology!

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

Medical technology is advancing at such a pace that many surgeries are now being performed in a minimally invasive way. This means the goal of traditional surgery is accomplished using smaller incisions and specialized equipment such as miniature cameras, tiny flashlights and high-definition monitors. This year, St. Francis was awarded designation as a **Center of Excellence for Minimally Invasive Gynecologic Surgery** by the **AAGL** (American Association of Gynecologic Laparoscopists). Women can take comfort when choosing St. Francis for its leading-edge technology and superior care. Join us and learn more about GYN specialties, including endometriosis, pelvic relaxation and laparoscopic surgery.

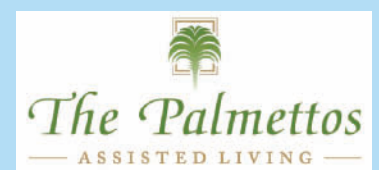


**Dr. Everett P. Fuller**  
Highlands Center for Women,  
Bon Secours Medical Group

### 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:



Thursday, May 26

## We're In the Pink!

Introducing the New Breast Health Center  
at ST. FRANCIS eastside

Carolina First Center

5:30 pm: Registration

5:45 pm: Welcome & Introductions

6:00 pm: Light Supper

6:30 – 7:30 pm: Presentation & Panel Discussion

LifeWise and the St. Francis Foundation are co-hosting a very special event to raise awareness of breast health and the early detection of breast disease. We'll also be introducing the many beneficial functions of the new **Breast Health Center** at St. Francis. You'll learn about the roles of our Breast Health Navigators and how the entire breast health team will provide an uplifting (no pun intended) and positive experience for anyone coming to the Breast Health Center. In other words, "The best support since underwire!"

The program will feature a short presentation by **Dr. Paul Kountz**, Medical Director, Breast Health Center and a panel of experts made up of additional physicians and healthcare professionals to answer your questions.

We encourage you to invite a guest who is age 35 and older to attend. We strongly believe in the importance of providing "good help" to our community through education and information for all women – both young and old. We want to help everyone understand how early detection and screening saves lives and illustrate how St. Francis is the premier center for overall breast health.

**Be in the Pink!** Don't miss this very special evening of delicious food, fun, education, door prizes and more!

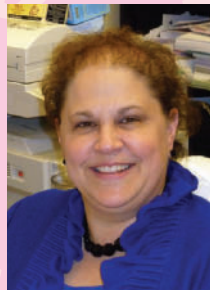
**\$10** (*Proceeds will be donated to the new Breast Health Center*)

*Guests are welcome! Invite your girlfriends & family members age 35+. (You and your guest will receive a special gift from LifeWise.)*

*Pre-registration is required.*



**Dr. Paul Kountz, Jr.**  
Upstate Carolina  
Radiology



**Rebecca Hill, RT**  
Director of Women's  
Imaging



**Kathy Koger,**  
RN, BSN  
Breast Health  
Navigator

Friday, June 3

## Will You Be New to Medicare?

ST. FRANCIS  
millennium

2 Innovation Drive  
(off Laurens Rd)

10:00 – 11:30 am

The I-CARE (Insurance Counseling & Referral for Elders) program of the Appalachian Council of Governments Area Agency on Aging will offer an information session for individuals approaching the time to sign up for Medicare. The program, presented by **Beverly Allen**, Appalachian Area Agency on Aging and a representative from the Social Security Administration, will include information about signing up for Medicare, an overview of Medicare, the Medicare prescription drug program and supplemental insurance to Medicare. Services that can be accessed through the Social Security and Medicare websites will also be featured.

Don't miss this opportunity to hear from the experts!

**Beverly Allen**, Appalachian Area Agency on Aging

**FREE**

*Come with your questions, concerns, friends and family members. All are welcome to attend.*

*Pre-registration is required.*

Saturday, May 14

## “Suit Up for Summer” Skin Cancer Screening

ST. FRANCIS outpatient center  
3 St. Francis Drive  
(Located off Academy Street,  
adjacent to ST. FRANCIS downtown)  
9:00 am – 12:00 pm

You are invited to make an appointment for a FREE skin cancer screening sponsored by Bon Secours St. Francis Health System and Greenville Area Dermatologists.

Please wear a swimsuit under your clothing.

**FREE**

*You MUST register in advance. Call 255-1043 for an appointment and/or more information.*

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Tuesday, May 17

## 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 & Knee Pain seminar. Participants will learn about the anatomy of knees and hips, common conditions that affect both, 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.*

Coffee Talk

Wednesday, June 22

## St. Francis Is Seeing Pink! “Hard Hat” Talk & Tour

ST. FRANCIS eastside  
Medical Office Bldg. 135, Room 140  
1:30 – 3:00 pm

Meet those who have dedicated themselves to quality, compassionate breast health care and see where it happens as you tour the site of the new Breast Health Center.

With over 20,000 mammograms last year alone, the St. Francis Breast Health department is meeting an overwhelming demand and fulfilling a vital, growing need. Come and experience the difference yourself — the personal touch that makes cutting-edge care effective.

Hard hats, coffee and delicious desserts will be provided!



Erik Whaley  
Vice President,  
St. Francis Foundation

**FREE**

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

Get Fit!

## Line Dancing

*Beginners*

Dance Ventures, B-102 Pelham Commons  
Thursdays | 10:45 – 11:30 am  
\$5 per lesson

*Intermediate*

Temple of Israel  
Tuesdays | 10:00 – 11:30 am  
**FREE**

## LifeWise Snails

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

Contact the LifeWise office for meeting time and location.

## Wise Wheelers

Friday, May 13, June 10

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

Contact the LifeWise office for meeting time and location.

## Page Turners

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

Friday, May 13  
9:30 – 11:00 am

*Winter Garden*  
By Kristin Hannah

Friday, June 10  
9:30 – 11:00 am

*Mercy Creek*  
By Matt Matthews

Friday, July 8  
9:30 – 11:00 am

*U is for Undertow*  
By Sue Grafton



## Shutter Bugs

Temple of Israel

Wednesday May 18 | 1:00 – 2:30 pm  
Wednesday, June 15 | 1:00 – 2:30 pm

New members are always welcome! Come and meet our new leader, Sal Tesi!

## Cut It Out: Scrapbooking & Card-Making Club

Hobby Lobby

Wade Hampton Blvd, Greer

Thursday, May 19 | 10:00 am – 1:00 pm  
Thursday, June 16 | 10:00 am – 1:00 pm

\$3 pp fee for supplies

(paper crafting only)

Wednesday, May 25

## Safe Document Shred Day

ST. FRANCIS millennium

2 Innovation Drive (off Laurens Road)

1:00 – 3:00 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 millennium parking lot at 2 Innovation Drive (off Laurens Road), where you’ll be able to safely dispose of them in the Shred 360 mobile shredding truck. There is no charge for this service due to the generous support of our community partner, Rolling Green Village.

Please call 255-1325 if you need directions.

## Meet and Eat

Tuesday, May 10 & Wednesday, May 11

## AARP Driver's Safety Course

ST. FRANCIS eastside  
Medical Office Bldg. 135, Room 140  
12:30 - 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 changes 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.*

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Saturday, June 18

## PROJECT RX a River Remedy

McAlister Square | 10:00 am – 2:00 pm

*Did you know that pouring medications down the drain can seriously harm the environment? Even over the counter drugs can be dangerous when disposed of improperly.*

Project Rx a River Remedy is a community collaboration to help keep our rivers and residents safe from unused medicine. As a safe alternative to flushing meds down the drain or leaving them within reach of kids and teens, this drug take-back program allows Upstate residents to bring their unused prescriptions and over-the-counter medications for a safe and secure disposal. Project Rx - the perfect remedy for our community!

The event will be a multiple-lane, drive-through event, allowing you to stay in your vehicle and drop off unused medicines.

**FREE**

*For more information visit [www.aRiverRemedy.org](http://www.aRiverRemedy.org).*

Tuesday, May 24

The Phoenix Greenville's Inn  
246 N Pleasantburg Dr.  
Greenville | 11:30 am

Tuesday, June 28

Michael's Pizzeria  
101 NE Main St.  
Easley | 11:30 am  
[www.michaelspizzeria.org](http://www.michaelspizzeria.org)

## Passport on a Plate

Tuesday, May 3

El Tejano Mexican Restaurant  
38 Ray E Talley Ct.  
Simpsonville | 6:00 pm

Tuesday, June 7

Irashiai Sushi Pub &  
Japanese Restaurant  
115 Pelham Rd, #26  
Greenville | 6:00 pm  
[www.irashiai.com](http://www.irashiai.com)

*No Passport in July due to  
4th July holiday*

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May 13, 27 and 31;

June 6, 16 and 28

## Greenville Drive Baseball

Flour Field | 7:00 pm  
(except June 28, 11:00 am)

Baseball season is in full swing at Flour Field. Join in on the fun!

**\$8** Contact Heidi for tickets.  
Guests welcome!



**Saturday, May 14**

## LifeWise Day at Furman Baseball

Latham Stadium | Furman University Campus  
3:00 pm: Tailgate Party (serving delicious BBQ)  
4:00 pm: First Pitch

Come be a part of the 1st Annual “LifeWise Day at Furman Baseball.” Bring your friends and family and cheer for our Furman Paladins as they host the Western Carolina Catamounts at beautiful Latham Stadium on the Furman campus.

**FREE** for LifeWise members

**\$9.50** pp for guests

(game admission discount & BBQ meal)

*Pre-registration is required. Non- LifeWise members welcome!  
Call Heidi at 255-1325 for directions.*



*Emerald Benefit Services, LLC, Furman University Athletics  
& LifeWise*

**Friday, May 20**

## Spring Flower Power BINGO

West End Community Center,  
404 Vardry Street  
10:00 am – 1:00 pm

Join us for our 2nd annual Spring Flower Power BINGO extravaganza! Invite your friends to enjoy the fun, fellowship and great prizes. A lunch will be provided. You don’t want to miss this event!

**FREE** (Includes lunch)

*Pre-registration is required. Non- LifeWise members welcome! Call Heidi at 255-1325 for directions.*

Greenville County Recreation District,  
St. Francis LifeWise, St. Francis Faith  
Community Nursing & Senior Action



**Wednesday, June 1**

## Gatti –Town BINGO

Gatti-Town  
1040A Woodruff Road  
11:30 am – 2:00 pm

Can’t get enough BINGO? Enjoy all the fun that Gatti-Town has to offer. Our day will begin with lunch with their great salad bar and the pasta and pizza buffet. After lunch we’ll go into the “Bingo Hall” and play Bingo for some fun prizes. 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. Guests welcome!*

Meet the Author

**Tuesday, May 10**

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

**Jamie Langston Turner** is the author of six novels and winner of a Christy Award. She has been a teacher for more than thirty years and is currently a professor of creative writing and poetry at Bob Jones University. Join us and meet a Greenville writer.

[www.jamielangstonturner.com](http://www.jamielangstonturner.com)



**FREE**

*Pre-registration is required. (Call for directions)*

**Thursday, June 30**

**ST. FRANCIS millennium | Education Classroom  
2 Innovation Drive (off Laurens Rd.)  
1:30 – 3:00 pm**

*“On his first day out of school, 16 year-old Isaac doesn’t feel that events of June in a town on Virginia’s Eastern Shore could threaten his life or even change it. But there are signs.”*

Join us and meet local author, **Matt Matthews**, winner of the South Carolina First Novel Prize, sponsored by the SC Arts Commission, The Humanities CouncilSC, the SC State Library and Hub City Writers Project, for his novel, *Mercy Creek*.



**FREE**

*Pre-registration is required.*

**Monday, June 27**

**Laughing Matters**

**Westminster Presbyterian Church, 2310 Augusta St | 11:30 am**

The comedian headliner for 2011 “Laughing Matters” comedy lunch will be **Pam Stone**. Most people will recognize her for her role on the ABC-TV hit series “Coach.”

**\$15 pp**

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

**Tuesday, June 7**

**North Carolina Arboretum**

*“Just as our experience of nature is intimate, visitors to the North Carolina Arboretum connect with plants in personal ways that are as diverse and rich as the land itself.”*

Enjoy a guided tour through gardens & explore exhibits at the NC Arboretum, with 65 acres of cultivated gardens with indoor and outdoor exhibits, and home of one of the finest, most unique bonsai collections in the USA. After our tour we’ll enjoy a delicious lunch and have time to browse in **Connections Gallery**, which offers fine art, crafts by local and regional artists and a diverse selection of merchandise relating to gardening and nature.

On our way home, we’ll make a stop at the **Western North Carolina Farmer’s Market** featuring high quality fruits and vegetables, mountain crafts, jams, jellies, preserves, honey, and other farm fresh items. The **Jesse Israel & Sons Garden & Nursery Center** features top quality plants, trees, and shrubs, and a greenhouse full of tropical plants.

**\$55 pp**

(Includes lunch at the Savory Thyme Cafe)

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

**Mondays | May 16 & 23**  
**Thursdays | June 2 & 9**

## **Greenville Historic Trolley Tours**

**Meet the Trolley at County Square  
(Near Probate Court entrance)**  
**9:45 am – 12:00 pm**

Join LifeWise as we take a historical tour of Greenville with **John Nolan of Greenville History Tours**. We'll enjoy our ride on a City of Greenville trolley as we see a number of historic sights and learn more about our beautiful city. We'll park at County Square near Probate court entrance at 9:45 am and begin our tour at 10:00 am.

**\$5 pp**

*Pre-registration is required. Seating is limited to 30.*

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**Wednesday, May 18**

## **ReWa's Pelham Wastewater Plant Tour**

**ReWa | 275 E. Phillips Road, Greer**  
**10:00 – 11:30 am**

Have you ever wondered exactly what happens to your sewage? What happens to the wastewater you flush, wash, and drain from your home and business? The wastewater experts at ReWa can show you!



Join us for a tour of Renewable Water Resource's second largest wastewater treatment plant and learn about the steps involved in treating wastewater. "ReWa" is a special purpose district which provides wastewater trunk line and treatment plant services to over 400,000 customers in its service area, which includes most of Greenville County.

Don't miss this fascinating tour and learn about how our water is treated and made safe.

**FREE**

*Pre-registration is required. Call Heidi for directions.*

**Friday, June 24**

## **Billy Graham Library & Schiele Museum /James H. Lynn Planetarium**

Join us for a special visit to the **Billy Graham Library** on 20 landscaped acres a few miles from where he grew up near Charlotte, NC. We'll retrace Billy Graham's journey from a humble boy to an international ambassador of God's love. You'll enjoy stunning multimedia presentations, interactive kiosks, photos and memorabilia as well as the Graham family homeplace and Ruth's Attic bookstore.

We'll spend our afternoon at the **Schiele Museum of Natural History** with a comprehensive collection of flora, fauna, minerals and fossils that make our environment an ecological treasure chest.

While comfortably seated, we'll view the night sky and learn about the wonders of the universe as we look up to see rotating planets, moons, galaxies, comets, nebulae, asteroids and black holes playing across the domed ceiling of the **James H. Lynn Planetarium**. You'll see images from the Mariner to Pathfinder expeditions and state of the art projections of the deep space objects captured by the Hubble Telescope.

**\$46 pp** (Dutch lunch at the Graham Brothers Dairy Bar)

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

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## **2011 LifeWise Trips**

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

### **South Dakota**

*The Black Hills & Badlands*

*August 23 - 29, 2011*

### **Russian River Cruise**

*September 2 - 12, 2011*

### **Quebec Holiday**

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

*December 2 - 8, 2011*

# events recap

## health & wellness

### AARP Driver's Safety Class

Tuesday, May 10 and  
Wednesday, May 11  
ST. FRANCIS eastside  
Bldg 135, Room 140  
12:30 – 4:30 pm

### Lunch & Learn

Tuesday, May 17,  
June 21  
Carolina First Center  
11:15 am – 1:00 pm

### Safe Document

**Shred Day**  
Wednesday, May 25  
ST. FRANCIS  
millennium  
1:00 – 3:00 pm

### We're In the Pink

Thursday, May 26  
Carolina First Center  
5:30 pm: Registration  
6:30 pm: Presentation

### New to Medicare

Friday, June 3  
ST. FRANCIS  
millennium  
10:00 – 11:30 am

### Project Rx

Saturday, June 18  
McAlister Square  
10:00 am – 2:00 pm

### Coffee Talk

Wednesday, June 22  
ST. FRANCIS eastside  
Bldg 135 Room 140  
1:30 – 2:30 pm

### Laughing Matters

Monday, June 27  
Westminster  
Presbyterian Church  
11:30 am

### Intermediate Line Dancing

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

### Line Dancing for Beginners

Thursdays  
Dance Ventures  
10:45 – 11:30 pm

## club life

### Wise Wheelers

Friday, May 13, June 10  
Contact the LifeWise  
office for time &  
location

### Page Turners

Friday, May 13, June 10  
Homewood Residence  
9:30 – 11:00 am

### Shutterbugs

Wednesday, May 18,  
June 15  
Temple of Israel  
1:00 – 2:30 pm

### Cut It Out

Thursday, May 19,  
June 16  
Hobby Lobby – Greer  
10:00 am – 1:00 pm

## social scene

### LifeWise Day at Furman

Saturday, May 14  
3:00 pm Tailgating  
4:00 pm First pitch

### Flower Power BINGO

Friday, May 20  
West End Community  
Center  
10:00 am – 1:00 pm

### Gatti-Town BINGO

Wednesday, June 1  
11:30 am – 2:00 pm

### Meet the Author

Tuesday, May 10  
First Citizens Bank  
325 W. McBee Ave.  
10:00 – 11:30 am

### Thursday, June 30

ST. FRANCIS  
millennium  
1:30 – 3:00 pm

### Meet & Eat

The Phoenix  
Greenville's Inn  
Tuesday, May 24  
11:30 am

### Michael's Pizzeria

Tuesday, June 28  
11:30 am

### Passport on a Plate

El Tejano Mexican  
Restaurant  
Tuesday, May 3  
6:00 pm

Irashiai Sushi Pub &  
Japanese Restaurant  
Tuesday, June 7  
6:00 pm

## trip takers

### Trolley Tours

Mondays –  
May 16, May 23  
Thursdays –  
June 2, June 9  
9:45 am – 12 pm

### ReWa Tour

Wednesday, May 18  
10:00 – 11:30 am

### NC Arboretum & Farmer's Market

Tuesday, June 7

### Billy Graham Library

Friday, June 24

## Save the Date

### Story Beads

Friday, July 15  
9:00 am – 12:00 pm  
& 1:00 – 4:00 pm

### Salute to Summer

Thursday, July 28  
4:00 – 8:00 pm

### Wise Women

Friday, August 26  
9:00 am – 3:00 pm

## 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 |
|---------|--|-----|--------------|-------|
| May 3   | Passport on a Plate                            |     | DUTCH        |       |
| May 10  | Meet the Author                                |     | FREE         |       |
| May 10  | AARP Driver's Safety Course                    |     | \$12/\$14    |       |
| May 14  | LifeWise Day at Furman (\$9.50 pp guests)      |     | FREE         |       |
| May 16  | Trolley Tour                                   |     | \$5          |       |
| May 17  | Lunch & Learn                                  |     | \$6.00       |       |
| May 18  | ReWa Tour                                      |     | FREE         |       |
| May 20  | Flower Power BINGO                             |     | FREE         |       |
| May 23  | Trolley Tour                                   |     | \$5          |       |
| May 24  | Meet & Eat                                     |     | DUTCH        |       |
| May 26  | <i>We're In the Pink</i> -Intro to Breast Ctr. |     | \$10         |       |
| June 1  | Gatti-Town BINGO                               |     | \$5.25       |       |
| June 2  | Trolley Tour                                   |     | \$5          |       |
| June 3  | New to Medicare?                               |     | FREE         |       |
| June 7  | Passport on a Plate                            |     | DUTCH        |       |
| June 7  | NC Arboretum & Asheville Farmer's Mkt          |     | \$55         |       |
| June 9  | Trolley Tour                                   |     | \$5          |       |
| June 21 | Lunch & Learn                                  |     | \$6          |       |
| June 22 | Coffee Talk- St. Francis is Seeing Pink!       |     | FREE         |       |
| June 24 | Billy Graham Library & Planetarium Tour        |     | \$46         |       |
| June 27 | Laughing Matters Comedy Lunch                  |     | \$15         |       |
| June 28 | Meet & Eat                                     |     | DUTCH        |       |
| June 30 | Meet the Author                                |     | FREE         |       |
|         |  |     | <b>TOTAL</b> |       |

Name \_\_\_\_\_

Guests:

Phone \_\_\_\_\_

\*Name \_\_\_\_\_

Address \_\_\_\_\_

\*Phone \_\_\_\_\_

City/State/Zip \_\_\_\_\_

\*Address \_\_\_\_\_

Cash  Check # \_\_\_\_\_

\*REQUIRED

Credit Card # \_\_\_\_\_

Exp Date \_\_\_\_\_ 3-Digit Code \_\_\_\_\_

RETURN SERVICE REQUESTED

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

### Congratulations

## Diligent Hands . . . Gracious Hearts & Central Community Ministries have Merged!

Our LifeWise Mission Partner, Diligent Hands...Gracious Hearts has merged with Central Community Ministries to become one organization and will now share the name, *Diligent Hands...Gracious Hearts*. The most significant change with the merger of these two organizations will be seen by those served through an expanded job list.



DILIGENT HANDS  
GRACIOUS HEARTS

Major home repairs, construction of wheelchair ramps, and room re-designs for wheelchair access, jobs previously provided by Central

Community Ministries are now included in the job list for those served by Diligent Hands... Gracious Hearts, along with the free regular lawn care. For those previously served by Central Community Ministries, it means the addition of providing regular lawn care to those already struggling with maintaining their home. Todd Wilklow and Ellis Bedingfield will continue with the day to day operations of this great joint venture for seniors in our community.

### Happy Birthday

No Fooling! Patti Laffler celebrated 80 years on April 1!



### Welcome New Members

Welcome new members Amparo and Marco Baquero, as they enjoy BINGO at Gattitown and Donna and Larry Clevensine, on our Culinary Chef's Tour.

*We encourage you to refer new members to LifeWise to share in the many activities we offer.*



"Some of our smiling Team LifeWise walkers"

### WOW!

**Team LifeWise** donated **\$1,200** to the **American Heart Association** on behalf of the **Start! Upstate Heart Walk** held on April 2! We had 18 members and friends enjoy the beautiful spring day and walk from Greer City Park.



### Opening Night was a Blast!

LifeWise members and friends enjoyed cheering the Greenville Drive to victory on Opening Night, April 7!