



Real Christmas Trees: Naughty or Nice?

When you're trying to live "green," Christmas trees can pose a problem. Is it better to cut down one of Mother Nature's live trees only to throw it out a few weeks later, or put up an artificial tree to celebrate the holidays? According to Earth911.com, artificial trees are naughty, while real trees are nice! Why? Real trees can be "treecycled" into mulch while artificial trees that have been disposed of will fill landfills for centuries to come.

Introducing the Pearlie Harris Center for Breast Health

Chances are, you know someone who has been affected by breast cancer. That's because breast cancer affects 1 in 8 women in the United States – an astounding number. St. Francis is doing its part to fight against breast cancer with the new Pearlie Harris Center for Breast Health. Opened on October 20, this new center on the campus of ST. FRANCIS eastside is founded on the belief that consistent, quality mammograms are the best way to detect abnormalities at an early stage and offer the best chance for a complete recovery.



Pearlie Harris

The Pearlie Harris Center for Breast Health brings the most advanced breast imaging technology available together in one place with an expert staff that offers compassionate, convenient care and provides rapid results. Our Breast Health Center is fully accredited by the National Accreditation Program for Breast Centers and has additional accreditations from the American College of Radiologists.

This new facility was created from the ground up with our patients in mind. It offers the most advanced breast imaging equipment available – like digital mammography, breast MRI and computer-aided detection systems – along with an expert staff and little luxuries that make the mammography experience a pleasant one.

The center has assembled a talented staff of board-certified physicians, technologists, nurses and navigators who specialize in breast imaging and are dedicated to caring only for breast imaging patients. For women who have test results that come back indicating cancer, a multidisciplinary team of surgeons, medical oncologists, radiation oncologists, radiologists, pathologists, Breast Health Navigators, nurses and a genetic consultant meet weekly to discuss each case as a team, agreeing upon the best course of treatment prior to surgery. In effect, patients receive a first, second and third opinion all at the same time for free.

To learn more about the new Pearlie Harris Center for Breast Health, call 864-675-4101 or visit stfrancishealth.org/breasthealth.

2 Health & Wellness

4 Club Life
Line Dancing

6 Social Scene
Christmas Luncheon

12 Members' Corner

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

Tuesday, November 15

PSA –To Screen or Not to Screen. That is the Question.

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

Prostate cancer screening is an attempt to identify individuals with prostate cancer in a broad segment of the population—those for whom there is no reason to suspect prostate cancer.

At first glance, deciding whether to get the PSA screening test for prostate cancer seems pretty straightforward. It's a simple blood test, and it can pick up prostate cancer long before symptoms appear. After all, the earlier cancer is treated, the better, right?

Come and hear Dr. David Rice discuss the controversy surrounding PSA screening for prostate cancer. He'll share his retrospect of the use of PSA testing and its relationship to prostate cancer in the United States.



David J. Rice, MD
Palmetto Greenville Urology



Tuesday, January 17, 2012

Depression in the Senior Population

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

As the January blahs settle in, Dr. Gergana Dimitrova, a board certified geriatric psychiatrist, will speak on the issue of depression in older adults. She will address the fact that major depression occurs in 6.5 million of 35 million Americans who are 65 years of age and older. Eight to 16% have clinically significant depressive symptoms but only 20% are detected and treated. She will also discuss how major depression increases the perception of poor health, increases utilization of medical services and increases health care costs.



Gergana Dimitrova, MD
The Carolina Center for Behavioral Health



All Lunch & Learns: \$6 pp

Registration and payment required by check or credit card by the Friday before event. (We will no longer take cash payment at the door.)

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 one time, a guest/potential member.

SUPPORTED BY:



Other Health & Wellness Events

Tuesday, November 15

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, 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

.....
Get Fit!

Get Ready for the Holiday Season & 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.

Series Session 2:

Mondays, January 9 - February 27

Series Session 3:

Mondays, April 2 – May 21

Awakening ~ A Mind, Body & Spirit Series

Medical Office Bldg.

135 Commonwealth Drive

ST. FRANCIS eastside campus, Suite 130

2:00 – 4:00 pm OR 6:00 – 8:00 pm

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 do know, however, a number of ways to meditate, visualize, move and eat that will produce the benefits of relaxation, self awareness and self expression. Join us for an **8 week series** that will teach you these skills and how to use them in your daily life. You may choose to come for Session #2 or Session #3. Each series will be held at 2-4 pm or 6-8 pm. An interview with Dr. Simmons is required prior to the series. Interview dates are January 2 and 4 from 9:00 am – 5:00 pm.



Our presenter will be John Simmons, MD, certified by the Center for Mind Body Medicines as a Mind Body Skills development trainer and group leader. He is also a retreat leader in spirituality and health for doctors, nurses, and others.

John W. Simmons, MD

Mind Body Skills Development Trainer

Scholarships are available

LifeWise members only. Class sizes are limited. Pre-registration is required by calling 675-4400.

4th Wednesday Morning of the Month

LifeWise Snails

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

The Turtles Hiking group would like to invite you to walk with them on the 4th Wednesday morning of the month. They plan to walk the entire Swamp Rabbit in 2-3 mile sections each month until they have walked to the trail end north of Travelers Rest. If you're interested in walking with the Turtles or would like more information, contact Fran Spicer at 864-297-8572.



Tuesdays (Beginning November 1)

Beginner Line Dancing

Temple of Israel | 1:00 – 2:00 pm

Are you new to line dancing? Do you want to learn the basic steps, their names and easy dances? Come and give line dancing a try. Pam Frey, a LifeWise member and experienced line dancing instructor, is teaching a new beginner's class just for you. You may have danced some time ago and need a refresher class. Come and see what you can do! (No class December 27)

Intermediate Line Dancing

Temple of Israel | 10:00 – 11:30 am

If you have a strong grasp of the basic line dancing steps and have experience line dancing at the intermediate level, you'll want to attend this class. Pam Frey, a LifeWise member and experienced line dancing instructor, is teaching an awesome Intermediate level line dancing class. If you've line danced before but are rusty on the steps, try the beginner's class to get up to speed then join in on this class. (No class December 27)

Page Turners

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

November 11
9:30 am – 11:00 am

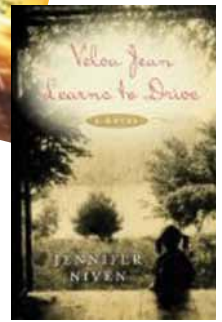
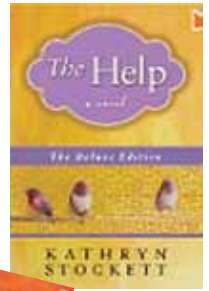
The Help
Kathryn Stockett

December 9
9:30 am – 11:00 am

The Touch
Colleen McCullough

January 13
9:30 am – 11:00 am

Velva Jean Learns to Drive
Jennifer Niven



Thursday, November 17, December 15

Cut It Out: Scrapbooking & Card-Making Club

Hobby Lobby, Wade Hampton Blvd., Greer
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 pp fee for supplies

(paper crafting only)

Thursday, November 10

Understanding Medicare Advantage Plans

ST. FRANCIS millennium
2 Innovation Drive (off Laurens Rd)
1:00 – 2:30 pm

Choosing a Medicare Advantage Plan can be quite a challenge with the number of options available today. Doing your homework by asking questions and deciding what is the best plan for YOU is most important. It's an individual choice - not everyone has the same needs. Join us for a complimentary Medicare Advantage presentation with Jeanette Gary, Emerald Benefit Services, LLC. This will be an informational program with no obligation to buy, but there will be information and applications available. Come with your questions, concerns, and friends. All are welcome to attend.

Jeanette Gary, Emerald Benefit Services, LLC

FREE

Pre-registration is required. Guests welcome!

Wednesday, November 16, December 21

Shutter Bugs

Temple of Israel | 1:00 – 2:30 pm

Stop in for our November meeting called "Come Show Off Fall!" led by George Overton. Bring your prints only (any size) to share and talk about them. Let's take another field trip on December 21 to view and photograph the 25th St. Francis Festival of Trees at the Marriott on The Parkway. Photo Ops are everywhere! On January 18, 2012, bring holiday pictures and let's talk about our work.

Don't be camera shy! New members are always welcome! Come and check us out!



Thursday, November 15

Hurricanes, Earthquakes, Personal Emergencies . . . **BE READY When Disaster Strikes!**

Temple of Israel
400 Spring Forest Road
10:00 – 11:30 am

The likelihood that you and your family will recover from an emergency tomorrow often depends on the planning and preparation you've done today. While each person's ability and needs are unique, every individual can take steps to prepare for all kinds of emergencies, from fire and floods to personal health emergencies. Disasters can and do strike everywhere, everyday! Come and hear the American Red Cross help you learn about how you can prepare for emergencies BEFORE they happen. All participants will receive a free bag to start putting their emergency kit together.

Mimi Anderson, Lifeline Solutions
Specialist, American Red Cross

FREE

Pre-registration is required.

Non-Life Wise members are welcome!

LifeWise Annual Christmas Luncheon



Friday, December 2 | TD Convention Center Ballroom

11:00 am Registration – Mix & Mingle
11:30 am Doors Open – Program Begins
12:00 pm Lunch Served
12:45 – 1:30 pm Entertainment & Door Prizes

Join us as we open our celebration of the Christmas season. The sparkling beauty of Christmas awaits you with glad tidings of peace and joy. This traditional and very special event brings old and new members together to meet, mix and mingle before a delicious sit-down holiday lunch.

Wear your best smile and favorite holiday outfit! Once again this year representatives from our community supporter, Ark Hospice, will be set up in the pre-function area to take your photograph. This festive event will continue with very special musical entertainment chosen by overwhelming requests of LifeWise members. You'll also have a chance to take home a wonderful door prize graciously donated by Greenville area merchants, our community sponsors, and other LifeWise benefactors.

\$12 pp (LifeWise members only)

Pre-registration is required. FREE reserved parking & convenient drop-off at Ballroom entrance.

The TD Convention Center invites you to attend Holiday Fair with discounted tickets for admission following the Christmas Luncheon.

We invite you to share in the joy of giving by supporting our LifeWise Mission Partners 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 in a special drawing for a wonderful gift.

Diligent Hands . . . Gracious Hearts: Uniquely designed cards in their series “Faith, Hope & Love” will be available for purchase. This year’s card “Love” was designed by local artists Ben & Benny Waddell, a father and son team with a heartwarming story to tell. These cards make lovely gifts to give or send to family and friends for Christmas.

Faith Community Nursing & Social Work: Please bring gloves, mittens, knit caps or scarves, protective hand lotion or lip balm to be distributed to food pantry recipients during the cold winter months. Your generosity will be greatly appreciated.

Safe Harbor: Personal (full size) items such as soap, shampoo, toothpaste/brushes, cosmetics and other toiletries are always welcome at the women’s shelter for those who come, with nothing of their own, for safe haven in times of crisis.



Students from Alexander Elementary & Seniors 2010



Seniors & Volunteers Making Blankets 2010

Friday, December 8

Senior Christmas Giving

Sterling Gym & Community Center
113 Minus Street – Off Dunbar St.
near ST. FRANCIS downtown
9:30 am – 12:00 pm

Senior Christmas Giving will surely put you in the holiday spirit! Join LifeWise and Faith Community Nursing & Social Work as we make fleece blankets and scarves for children who attend Alexander Elementary School near Berea. We'll have hot apple cider, coffee, water, and pastries along with festive Christmas music while we easily make the blankets and scarves that will mean so much to these children. Fourth Presbyterian and Christ Church will also be participating. Please bring a pair of scissors (scissors will be also be provided). No sewing skills required.

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

25th St. Francis Festival of Trees

December 1 – January 5

Be part of this very special holiday tradition celebrating its 25th year of support for the St. Francis Foundation. The **Festival of Trees** brings magic and surprises to downtown Greenville with many beautifully decorated trees,



family fun, and special events. The **Marriott Greenville** on The Parkway, the **Hampton Inn & Suites – Riverplace**, and the **Courtyard by Marriott**

Greenville Downtown will all host festive trees. Bring your family and friends to enjoy this enchanting time in our city!

Exciting volunteer opportunities are available throughout the Festival of Trees. Take some time to give some of your time and be part of something really special this holiday season to volunteer. Please contact the **St. Francis Foundation** office at **255-1040** or email claudia_glover@bshsi.org for more information and locations where you can volunteer.

25th Anniversary Events

Dec 1 – Jan 5: Festival of Trees

Dec 1: Silver Bells Celebration at Marriott on the Parkway, 7-9pm.

Dec 3: Teddy Bear Luncheon at Marriott on the Parkway, 11am–1pm in the Chateau Ballroom. Bring a bear to donate to a local charity and get a free photo with Santa.

Dec 11: Holiday Brunch at the Poinsett Club with seatings at 11am and 1pm.

Please contact the St. Francis Foundation office at 255-1040 to learn more.

social scene

Meet and Eat

Tuesday, November 22

The Nose Dive

11:30 am

116 S. Main Street, downtown Greenville

www.thenosedive.com

373-7300

Pre-registration is required. Due to limited seating in the restaurant, we can't accept walk-ins.

Tuesday, December 20

The Plaid Pelican

11:30 am

27 S. Pleasantburg Drive, Suite 160A, Greenville
(Near the new Fresh Market & Garners)

www.theplaidpelican.com

271-0096

Pre-registration is required. Due to limited seating in the restaurant, we can't accept walk-ins.

Passport on a Plate

Tuesday, December 6

Miyabi

6:00 pm

625 Congaree Road, Greenville 29607

675-5114

Pre-registration is required. Due to limited seating in restaurant, we can't accept walk-ins.

Tuesday, January 3

Olympian

6:00 pm

743 Congaree Road, Greenville, 29607

288-0300

Pre-registration is required. Due to limited seating in restaurant, we can't accept walk-ins.



The Lion King

Broadway's Award-Winning Best Musical Comes to Greenville!

June 2012

Experience the phenomenon of Disney's THE LION KING. Marvel at the breathtaking spectacle of animals brought to life by award-winning director Julie Taymor, whose visual images for this show you'll remember forever. Thrill to the pulsating rhythms of the African Pridelands and an unforgettable score. Don't miss seeing Greenville's eagerly awaited stage production leap onto the Peace Center stage.

Purchasing Tickets

All LifeWise group tickets can be purchased through the Peace Center group sales. You can purchase your tickets at the special LifeWise group price of \$85 pp for either of the following dates:

Thursday, June 21, 2012

Tuesday, June 26, 2012

You can purchase your tickets online by going to:
http://www.peacecenter.org/groups/st_francis_lifewise

Once you've made your payment, your tickets for the best seats available may be picked up at the Peace Center box office or mailed to you. Please contact **Meghan Davis** at (864) 679-9278 if you have any questions. Don't miss out on great seats at a great price! Buy yours now!

trip takers

2012 LifeWise Trips



March 13-22, 2012
Discover Tuscany



October 13-22, 2012
Trains & Canyons of the Southwest



November 8-12, 2012
Branson Musical Holiday



December 29, 2012 -
January 2, 2013
Back by Popular Demand!
California New Year's Getaway
featuring the Tournament of
Roses Parade

www.collettevacations.com



Friday, December 16

Christmas at Biltmore Estate

Enjoy the day with LifeWise at the legendary Biltmore Estate in Asheville, NC. Completed in 1895, George Vanderbilt's 250-room French chateau is a real life wonder. We'll enjoy a self-guided visit of Biltmore House that unveils a fresh look at how people lived and worked in America's largest home. We'll also have time to explore the new Antler Hill Village that connects the estate's present and past, providing a relaxing place for shopping, historical exhibits, the Winery and Farm. We'll have lunch in the charming, rustic Deerpark Restaurant, originally an historic barn now transformed into a courtyard restaurant with walls of windows. We'll enjoy a generous array of Southern family-style dishes and Appalachian specialties.

This trip includes: Motorcoach transportation, self-guided tour of Biltmore Estate with headsets, lunch at the Deerpark Restaurant, and services of Emerald Tours Manager.

\$81 pp *Pre-registration with payment is required. Seats are limited!*

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.

health & wellness

Lunch & Learn

Tuesday, November 15
TD Convention Center
11:15 am – 1:00 pm

Understanding Medicare Advantage Plans

Thursday, November 10
ST. FRANCIS millennium
2 Innovation Drive
(off Laurens Rd)
1:00 – 2:30 pm

Hip & Knee Pain Seminar

Tuesday, November 15
ST. FRANCIS eastside
classroom 301
2:30 pm

Hurricanes, Earthquakes,
Personal Emergencies . . .

BE READY When Disaster Strikes!

Thursday, December 15
Temple of Israel
10:00 – 11:30 am

Intermediate Line Dancing

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

Beginner Line Dancing

Tuesdays
Temple of Israel
1:00 – 2:00 pm

club life

Page Turners

Friday, November 11,
December 9
Homewood Residence
9:30 – 11:00 am

Cut It Out

Thursday, November 17,
December 15
Hobby Lobby, Greer
10:00 am – 1:00 pm

Shutterbugs

Wednesday, November 16,
Temple of Israel
1:00 – 2:30 pm

Wednesday, December 21
Field Trip

LifeWise Snails

4th Wednesday morning
of month
(Call Fran @ 297-8572
for details.)

social scene

Annual LifeWise Christmas Luncheon

Friday, December 2
TD Convention Center
Ballroom
11:00 am – 1:30 pm

Senior Christmas Giving

Thursday, December 8
Sterling Gym & Community
Center
9:30 am – 12:00 pm

Meet & Eat

Tuesday, November 22
NoseDive
11:30am

Tuesday, December 20
The Plaid Pelican
11:30 am

Passport on a Plate

Tuesday, November 1
Travinia's Italian Kitchen
6:00pm

Tuesday, December 6
Miyabi
6:00pm

Tuesday, January 3
Olympian
6:00pm

trip takers

Christmas at Biltmore Estate

Friday, December 16

SAVE THE DATE!

Spirituality & Healing – One Day Retreat

Friday,
January 27, 2012

Abbeville Opera House

*Sherlock Holmes
& the Case of the
Jersey Lily*

Saturday,
February 11, 2012

HeartWise

Tuesday,
February 21, 2012

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**, whether there is a charge or not. Pre-registering helps us to plan for the amount of space that we'll need and the amount of food/lunches to order, if refreshments are provided or if any take-home materials will be given out. 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.

Are You Planning to Move? If you are planning a move, please send us your new mailing address so that we can update our records and you won't miss a single wise words or other correspondence from 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 |
|-------------|---|-----|-----------------|-------|
| November 1 | Passport on a Plate | | DUTCH | |
| November 10 | Understanding Medicare Advantage Plans | | FREE | |
| November 15 | Lunch & Learn | | \$6 | |
| November 22 | Meet & Eat | | DUTCH | |
| December 2 | Christmas Luncheon - Members only | | \$12.00 | |
| December 6 | Passport on a Plate | | DUTCH | |
| December 8 | Senior Christmas Giving | | FREE | |
| December 15 | Hurricanes . . . BE READY for Disasters | | FREE | |
| December 16 | Christmas at the Biltmore Estate | | \$81 | |
| December 20 | Meet & Eat | | DUTCH | |
| January 3 | Passport on a Plate | | DUTCH | |
| | | | TOTAL \$ | |

*Name _____

Guests:

Phone _____

*Name _____

*Address _____

*Phone _____

City/State/Zip _____

*Address _____

Email Address _____

*Name _____

Check # _____

*Phone _____

Credit Card # _____

*Address _____

Exp Date _____

*REQUIRED

New/changed email since last newsletter? ____ Yes ____ No

If yes, please provide your new email address _____

RETURN SERVICE REQUESTED

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

Celebrations

Wishing Happy Birthday to our LifeWise members!



Betty Warner
85yrs. 8/27



Paula Travaglini
84 yrs. 9/19



Frankie Ozvart
81 yrs. 9/29



Ansel McMakin
80 yrs. 10/22



Clara Ziehm
turns 70 yrs.
11/ 25

Happy
"Christmas"
Birthday
to
Carole Ivatt
on
December
25th

If you have a milestone birthday or anniversary during November or December, please let us know by October 4 so that we can add the news to our Nov/Dec issue of *wise words*. **Photos are welcome!**

Are You Planning to Move? If you are planning a move, please send us your new mailing address and phone number so that we can update our records and you won't miss a single *wise words* or other correspondence from LifeWise.