



Happy Green Year!

This is the year to consider looking at how your decisions can impact our planet. Small changes can make a huge impact and might be easier to keep than that gym membership!

Give up plastic (and paper) bags.

Do you opt for paper or plastic when asked at the grocery store? Neither is a good choice. The best choice is reusable shopping bags made of cotton, nylon or durable, mesh-like plastic. Put a few reusable shopping bags in your car so you have them handy on your next shopping trip!

Stop receiving unwanted catalogs.

Each year, 19 billion catalogs are mailed to Americans! So grab that stack of catalogs piling up on your coffee table, clear out the clutter, and unsubscribe from their mailing lists. A less cluttered mailbox means less pollution and less waste.

Run a fully loaded dishwasher.

Running a fully loaded dishwasher -- without pre-rinsing the dishes -- can use a third less water than washing the dishes by hand, saving up to 10 to 20 gallons of water a day. Simply scrape large pieces of food off your dishes and let the dishwasher handle the rest.

New Year's Resolutions You'll Keep

New Year's Eve has always been a time for looking back to the past, and more importantly, forward to the coming year. It's a time to reflect on the changes we want (or need) to make in our lives and resolving to follow through on those changes. It's a feeling of expectation, of promise, the notion of a fresh start and that anything is possible. However, we've all made them, tried to keep them, and broken most of them before the first month of the New Year was gone. Here are a few New Year resolutions that we are certain you'll keep!



Spend more time with family and friends.

Spending time with friends and family tops many resolution lists. But the reality of the situation is that between the demands of work, household upkeep, and all the other "to-do's" that keep us endlessly busy, it's easy to find yourself opting for spending quality time with the couch over channeling your inner social-butterfly. However, it's important to your health to spend more time in the company of those you love. Schedule weekly dinners with your family or invite your friends over for a game of Scrabble or out for an evening of camaraderie. Better yet, contact an old friend from high school or college and organize a reunion. These vows to spend more time with those you love will bring you much happiness this year and will certainly enhance your life. Friends and family are good for your soul!

Read a classic.

We all know that the benefits of reading are numerous. Not only does it help improve your vocabulary, your concentration and reasoning skills, and your memory - it provides entertainment and allows your imagination to run wild! Here are a few classics to get you started: *The Great Gatsby* by F. Scott Fitzgerald or *Great Expectations* by Dickens.

Volunteer.

Did you know that it has been proven that those who volunteer live happier,

CONTINUED ON PAGE 6 >>>

Tuesday, January 17, 2012

Depression in the Senior Population

TD Convention 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 per person

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:



Specializing in Long Term Care Financial Solutions and Medicare Supplement Insurance



Free Online Assessments from St. Francis

Health Aware is a new program from St. Francis **HealthY Self** offering free, targeted online health assessments. There are 5 modules that can help develop an individual's health profile in key areas: heart, sleep, diabetes, stroke-risk, or vascular systems. Participants can take any one or all of the assessment modules. If the results of the online profile reflect that the participant is at risk, that individual qualifies for a **FREE** screening that includes lab tests (cholesterol and blood sugar) and an assessment and health education session with one of the program's nurses.

This is a great community outreach program that provides participants with important information to raise your health awareness, get you back on track, and have a positive effect on your lifestyle that will enrich your life. Find **Health Aware** at <http://aware.stfrancishealth.org>.

Tuesday, January 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, 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

Tuesday, February 21

HeartWise

TD Convention Center
9:00 am – 3:30 pm

True or False?

1. During a Heart Attack, your heart stops beating.
2. Heart Disease kills more men than women.
3. Heart Disease is the number one killer of women in the United States.

Find out the answers to these questions and learn so much more! Invite a friend and plan to attend this informative and interactive day devoted to raising your awareness of heart disease by understanding the causes and symptoms, your best defenses against developing heart disease and stroke, and recognizing the risks that can lead to heart disease.

- ♥ Two General Sessions featuring Bon Secours Medical Group Cardiologists:
 - Dr. Richard N. Vest III: “Atrial Fibrillation: Looking for Regularity in an Irregular World”
 - Dr. Edward A. Stewart: “CHF – A Dying Heart or a Heart that can be Saved?”
- ♥ Three informational and interactive breakout sessions.



Dr. Richard N. Vest III



Dr. Edward A. Stewart

Connecting Good Health in Our Community:

- ♥ Recreation, Exercise & Fitness in Greenville
- ♥ Healthy Food Choices: Eating Locally & Organically
- ♥ American Heart Association Friends & Family (non-certified) CPR training
- ♥ Special “celebrity” TV personalities from Los Angeles, California
- ♥ Information stations and exhibits; health screenings

Whether you’ve been told you’re at risk for heart disease, that you’ve suffered from heart disease, or you’re simply looking to improve your health and living well, HeartWise is for YOU!

\$8 per person

Invite a friend – all ages (adults) welcome!
Pre-registration is required.

Wednesday, February 29

Cardiovascular Disease In Women

ST. FRANCIS millennium
2 Innovation Drive
(off Laurens Road)
11:00 am – 12:00 pm

Although many people think of heart disease as a man’s problem, women can and do get heart disease. In fact, heart disease is the number one killer of women over 40 years old and the risk of heart disease increases with age. It is also the leading cause of disability in women. Even though the older a woman gets, the more likely she is to get heart disease, women of ALL ages should be concerned about heart disease.

Join us for a frank discussion about prevention of heart disease. Discussion will focus on the signs and symptoms of disease in women



Sital Patel, PA-C
Marcela Young
Internal Medicine

specifically as they differ from those that occur in men. It’s important to understand the symptoms that you may have and seek help when it’s necessary.

Be proactive! Invite a girlfriend and come with your questions.

FREE

Pre-registration is required.

Awakening ~ A Mind Body Spirit Series

Series Session 2:
Mondays, January 9 - February 27

Series Session 3:
Mondays, April 2 – May 21

Medical Office Bldg.
135 Commonwealth Drive, Room 130
ST. FRANCIS eastside campus
2:00 – 4:00 pm OR 6:00 – 8:00 pm

We live in a fast-paced world with all kinds of stressors and little time for relaxation. However, we do know a number of ways to meditate, visualize, move, and eat that help 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 the series Session #2 or series Session #3. Each series will be held both at 2 - 4 pm AND 6 - 8 pm. It is your choice of the time most convenient for you. The groups are designed to be small and are open to LifeWise members only. Please register promptly.

Our presenter will be John W. Simmons, MD, who is certified by the Center for Mind Body Medicine 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

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

Friday, January 27

Spirituality & Healing ~ A One Day Retreat

Medical Office Bldg.
135 Commonwealth Drive, Room 140
ST. FRANCIS eastside campus
8:30 am – 4:30 pm

In this retreat we will explore issues related to “spirituality and healing.” We’ll begin by looking at the meaning of spirituality and examining what our own spirituality is. We will seek to understand what our spirituality has to do with our own health and ability to heal. This exploration will occur in a progression that includes four paths/sessions. Each session will vary between 1-2 hours. We’ll use lecture, poetry, music,

and storytelling. Additionally, we’ll learn and practice some mind/body meditation skills. There will be adequate breaks throughout the day and lunch will be provided.



John W. Simmons, MD
Mind Body Skills Development
Trainer

\$10 per person

*Pre-registration is required. Class size is limited.
LifeWise members only.*



Medical Fitness Program

Provides activity programming for individuals addressing disease prevention, health-risk reduction, and therapeutic lifestyle factors especially for those with chronic medical conditions such as heart disease, pulmonary disease, diabetes, cancer, chronic pain, orthopedic problems, or stroke.

HealThy Self

ST. FRANCIS millennium

For more information call 400-3651

Medically Supervised Weight Loss

A physician-guided, 12-week program that offers a non-surgical option for lifetime success in managing weight. This highly structured program includes a comprehensive assessment by a collaborative health team, personal training sessions, small group fitness classes, nutritional assessment/meal planning, grocery store tour, a guide to eating out, weight monitoring, and milestone reports to your primary care physician. The program is tailored to your individual needs and abilities and is provided in a supportive, anxiety-free environment.

HealThy Self

ST. FRANCIS millennium

For more information call 400-3616

Surgical Weight Loss Information Seminar

Tuesdays • 6:00 - 7:00 pm

The St. Francis Surgical Weight Loss Program includes comprehensive pre-surgical evaluations and education, a nutrition program, psychological evaluations, and lifelong support – all for no program fee! (Please plan to arrive 15 minutes early and bring your insurance card and ID.)

ST. FRANCIS eastside

135 Commonwealth Drive, Suite 140

FREE Register online at www.stfrancishealth.org.

Page Turners

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

February 10
9:30 am – 11:00 am

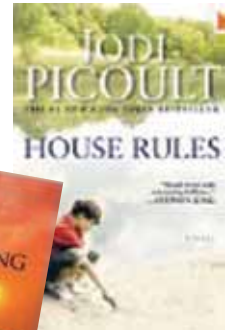
House Rules

Jodi Picoult

March 9
9:30 am – 11:00 am

Joy in the Morning

Shirley Twiss



Thursday, January 19, February 16

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 per person fee for supplies

(paper crafting only)

Friday, February 3

LifeWise Snails

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

Organizational Meeting
Rolling Green Village Activity Room
1 Hoke Smith Blvd.
10:00 – 11:00 am

If you enjoy getting outdoors and walking for fun and exercise, consider joining the **LifeWise Snails**. Come and learn about our ideas for walks and more at our **2012 Organizational Meeting**. If you are unable to attend this meeting but you're interested in knowing more about the Snails or LifeWise, email us for information at lifewise@bshsi.org or call LifeWise at 255-1325.

The **Turtles** hiking group invites you to walk with them on the 4th Wednesday morning of the month as they walk the Swamp Rabbit Trail in **2-3 mile sections each month**. If you're interested in walking the Swamp Rabbit with the Turtles, contact Fran Spicer at 297-8572 for the walking time and starting location.



Tuesdays

Beginner Line Dancing

Temple of Israel | 1:00 – 2:00 pm

If you are new to line dancing and would like to learn the basic steps, their names, and easy dances, come and give line dancing a try. Pam Frey, LifeWise member and experienced line dancing instructor, is teaching a new beginners class just for you. Its fun, good exercise, and healthy too! Come and see what you can do!

FREE *Pre-registration is not required.*
Non-members welcome!

Intermediate Line Dancing

Temple of Israel | 10:00 – 11:30 am

If you have a strong grasp of basic line dancing steps and have experience line dancing at the intermediate level, join us for this class taught by Pam Frey, LifeWise member and experienced line dancing instructor. If you've line danced before, but are rusty on the steps, try the beginner's class to get up to speed and then join in on this one.

FREE *Pre-registration is not required.*
Non-members welcome!

Resolutions CONTINUED FROM PAGE 1

healthier and longer lives? It's time to start thinking about how you would like to improve your community and donate your time. Part of the mission of Bon Secours St. Francis Health System is to bring health and wholeness to the communities we serve, and we have a variety of wonderful volunteer opportunities for those resolving to volunteer in the coming year. To learn more, please visit stfrancishealth.org/volunteer.

Learn something new.

Education is one of the easiest, most motivating and beneficial resolutions to keep. Make the resolution to challenge your mind this year, break out of your current routines and challenge every comfort zone. Take on a Zumba class or visit a local museum. If you don't have a lot of knowledge about the internet, resolve to become internet-savvy this year. The internet has it all – from football scores to up-to-date information on sewing and knitting. You could even join a social network like Facebook!

Balanced Life Yoga

Thursdays • 9:00 -10:30 am

This class is designed for anyone who wishes to increase bone density, flexibility, and stamina through yoga. A certified instructor leads the class through a sequence of poses designed for the beginner or experienced yoga practitioner.

**Location: HealThy Self
ST. FRANCIS millennium**

FREE for Oncology Rehab Program participants, otherwise \$30/six classes or \$7/class

Contact: Oncology Rehab Navigator, 675-4656 to register or for more information.

Yoga for Cancer Survivors

Beginner:

Thursdays • 10:30 -11:45 a.m.

Intermediate/Advanced:

Tuesdays • 9:00 -10:30 a.m.

Basic and supported poses including standing, sitting, and forward bending, plus mild inversions for flexibility and stamina. Learn breathing and relaxation techniques to calm the body and mind.

**Location: HealThy Self
ST. FRANCIS millennium**

FREE for Oncology Rehab Program participants, otherwise \$30/six classes or \$7/class

Contact: Oncology Rehab Navigator, 675-4656 to register or for more information.

Breast Cancer Support Group

January 10 • 5:30 - 6:30 pm

Led by a specially trained counselor, this group is open to any woman whose life has been touched by breast cancer, no matter where she is receiving or has received care.

**Location: ST. FRANCIS eastside
135 Commonwealth Drive, Suite 130**

**Contact: Breast Health Center, 675-4101
for more information.**

Grief Workshops

Tuesdays • 6:30 - 8:00 pm

This group is open to anyone hurting from the loss of a family member or loved one. Open to the community, this workshop is scheduled in the evening for those who are occupied during daytime hours.

**Location: ST. FRANCIS eastside
Classroom 201**

**Contact Brenda Atkinson, 232-6733 or
Chaplain Teresa Lewis, 449-8561**



Wednesday, January 18, February 15

Shutter Bugs

Temple of Israel | 1:00 – 2:30 pm

Don't be shy! New members are always welcome. If you enjoy taking pictures join us and share some of yours. If you got a new camera for Christmas, bring it with you and one of our Shutterbugs will guide you on how to use it. Bring your holiday pictures and let's talk about our work.

social scene

Meet and Eat

Tuesday, January 24

Mimi's Greenridge

11:30 am
1133 Woodruff Road, Greenville
www.mimiscafe.com 297-9545

Tuesday, February 28

Harbor Inn Seafood

11:30 am
321 Haywood Road, Greenville
www.harborinnseafood.com 286-9047

Passport on a Plate

Tuesday, January 3

Olympian

6:00 pm
743 Congaree Road, Greenville, 29607
www.olympianrestaurant.com 288-0300

Tuesday, February 7

Brioso

6:00 pm
2537 N. Pleasantburg Drive, Cherrydale Crossings
www.briosopasta.com 232-5018

Tuesday, March 6

Trappe Door

6:00 pm
23 W. Washington St., downtown Greenville
www.trappedoor.com 451-7490

Pre-registration is required for all Meet and Eat and Passport on Plate events. Due to limited seating in the restaurants, 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.



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 will be 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!



Special Thanks! Our LifeWise Mission Partners: Safe Harbor, United Ministries, St. Francis Faith Community Nursing & Social Work, and Diligent Hands ... Gracious Hearts were overwhelmed by the generosity of those who attended the LifeWise Christmas Luncheon and donated goods for the less fortunate in our community. Your kindness was greatly appreciated! Thank you so much for your generous donations!

A generous man will himself be blessed, for he shares his food with the poor. Proverbs 22:9



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

Thursday, January 19

The Blue Willow Inn & Mall of Georgia

The package includes motorcoach transportation; lunch at Blue Willow Inn; shopping at the Mall of Georgia; services of Emerald Tours Manager.

\$57 per person

For more information and to make your reservation, contact Emerald Tours and Cruises, Inc. at 864-676-1358.

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Saturday, February 11

Abbeville Opera House

Sherlock Holmes & the Case of the Jersey Lily

The package includes motorcoach transportation; lunch; ticket to the play; services of Emerald Tours Manager.

\$74 per person

For more information and to make your reservation, contact Emerald Tours and Cruises, Inc. at 864-676-1358.

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Thursday, February 9

Wise Wanderers

First Citizens Bank
325 W. McBee Ave.
10 – 11:30 am

Don't miss hearing Carl Crews, Collette Vacations District Manager-Western Carolinas, when he'll be highlighting upcoming trips for a Branson Musical Holiday and California New Year's Getaway. We'll also be hearing first hand about our LifeWise traveler's trip for the Quebec Holiday in December, 2011. Don't forget to bring your calendar and travel buddies!

FREE

Pre-registration is required.

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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, January 17
TD Convention Center
11:15 am – 1:00 pm

Hip & Knee Pain Seminar

Tuesday, January 17
ST. FRANCIS eastside classroom 301
2:30 pm

Spirituality & Healing – One Day Retreat

Friday, January 27
ST. FRANCIS eastside 135 Commonwealth Drive Suite 140
8:30 am - 4:30 pm

HeartWise

Tuesday, February 21
TD Convention Center
9:00 am – 3:30 pm

Coffee Talk

Wednesday, February 29
ST. FRANCIS millennium classroom
11:00 am – 12:00 pm

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, January 13,
February 10, March 9
Homewood Residence
9:30 – 11:00 am

Cut It Out

Thursday, January 19,
February 16
Hobby Lobby, Greer
10:00 am – 1:00 pm

Shutterbugs

Wednesday, January 18,
February 15
Temple of Israel
1:00 – 2:30 pm

LifeWise Snails

Organizational Meeting
Friday, February 3
Rolling Green Village
10:00 – 11:00 am

SAVE THE DATE!

Safe Document Shred Day

Monday,
March 12, 2012

Wise Wanderers

“A Message in the Sand: Wanderings in the Holy Land”?

Thursday,
March 22, 2012

HeartWalk – Greer City Park

Saturday,
April 14, 2012

social scene

Meet & Eat

Tuesday, January 24
Mimi's Greenridge
11:30 am

Tuesday, February 28
Harbor Inn
11:30 am

Passport on a Plate

Tuesday, January 3
Olympian Grill
6:00pm

Tuesday, February 7
Brioso
6:00

Tuesday, March 6
Trappe Door
6:00

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.

Please call **255-1325** or email lifewise@bshsi.org if you have to cancel. 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.

Contact us:

(864) 255-1325 • FAX (864) 679-8872
lifewise@bshsi.org

Visit us online to view the newsletter
www.stfrancishealth.org/lifewise

trip takers

The Blue Willow Inn & Mall of Georgia

Thursday, January 19
For reservations call
676-1358

Abbeville Opera House

Sherlock Holmes & the Case of the Jersey Lily
Saturday, February 11
For reservations call
676-1358

Wise Wanderers

Thursday, February 9
First Citizens Bank
10:00 – 11:30 am

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 3	Passport on a Plate - Olympian		DUTCH	
January 17	Lunch & Learn		\$6	
January 24	Meet & Eat - Mimi's Greenridge		DUTCH	
January 27	Spirituality & Healing - Day Retreat		\$10	
February 7	Passport on a Plate - Brioso		DUTCH	
February 9	Wise Wanderers		FREE	
February 21	HeartWise		\$8	
February 28	Meet & Eat - Harbor Inn		DUTCH	
February 29	Coffee Talk		FREE	
March 6	Passport on a Plate - Trappe Door		DUTCH	
			TOTAL \$	

* Name: _____
 * Phone: _____
 * Address: _____
 * City/State/Zip: _____
 Email Address: _____
 New/changed email since last newsletter? ___ Yes ___ No

Check # _____
 Credit Card # _____
 Name as shown on Credit Card: _____
 Credit Card Billing address if different from above:

*** REQUIRED**
 *Guest Name _____
 *Guest Address _____
 *City/State/Zip: _____
 *Guest phone _____
 *Guest email _____

*Guest Name _____
 *Guest Address _____
 *City/State/Zip: _____
 *Guest phone _____
 *Guest email _____



Are you a veteran? ___ Yes ___ No
 Branch of Service _____

RETURN SERVICE REQUESTED

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

Celebrations:



Congratulations to **Sandra & Ted Huffstetler**, who will celebrate their 50th Wedding Anniversary on January 13!

Happy "Valentine's Day" Birthday to Terry Klein.
She'll turn 65 yrs. on February 14!



Are you a Veteran?

We are planning a very special event to celebrate our veterans, so we want to know who you are. Let us know by emailing LifeWise@bshsi.org; see note on your sign-up form or call us at 864-255-1325.

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If you have a milestone birthday or anniversary coming up in March or April, please let us know by **February 24** so that we can add the news to our March/April 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.