

Update



VOLUME 1, ISSUE 7

JULY 2009

SPECIAL POINTS OF INTEREST:

- Exercise hours and classes
- Program benefits
- Travel
- Social/ Education
- Ads

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Celebrate 9 Years this July

On July 10, 2000 Wilson N. Jones opened enrollment for the Senior Passport program and wow has it grown. Program coordinator Cheryl Brandon said "We wanted to reach out to the 55 and older people in the community." It was so popular, we started Passport Plus for the 50 to 54 year olds a few years ago and we still get requests to lower the age. We want to say thank you to all of our members and hope you can come to celebrate with us at a **Come and Go Party July 10, 2009** at the LIFE Specialty Hospital between 10:30 AM-12:30 PM. Come enjoy some live music, refreshments and prizes!



Summer Contests: July 28th :

Homemade Pie

August 25th :

Homemade Cake

Join in the competition for title of the BEST homemade stuff! Each month this summer you can compete with your fellow Passport members and get a great prize as well as bragging rights!

Bring A Friend to the gym! Pick up a coupon at the Physical Therapy desk when you bring a friend for a one time visit in hopes they will join Senior Passport.

FROM YOUR COORDINATOR...

It is a privilege to work with each of our members and I look forward to many more years together. Wilson N. Jones cares about you and wants to serve your needs. Please let me know if there is anything I can do for you. Let's make a commitment to better health and happiness through this year!

Sincerely,

Cheryl Brandon

Mexican Pineapple Cake

2 c. sugar 2 c. flour 1 tsp baking soda 1 tsp vanilla

1 (20-oz) can crushed pineapple 1 c chopped pecans

Frosting:

1 stick melted margarine 1 (8-oz) pkg cream cheese

3/4 c sugar 1 c chopped pecans

Stir together by hand the sugar, flour, baking soda, vanilla, pineapple with juice, and pecans; stirring dry ingredients before adding the rest. Pour in to 9X13 pan, unfloured and ungreased. Bake at 350 degrees for 30 minutes or until knife comes out clean. Frost while hot. Frosting: Melt margarine in small pan. Add cubed cream cheese and stir over low heat until melted. Stir in sugar and pecans, pour over cake.

Recipe from Shirley Mitchell—we ate at the Pot Luck in June—everyone wanted the recipe!

Studies show Tai Chi is beneficial for improved balance, strength, and agility.

Tai Chi Classes

Debra Williamson instructs the Tai Chi class in the Media Room at L.I.F.E. Specialty Hospital every Friday at 10:00 AM and Tuesday/Thursday at 4:30 PM. You can come once a week or all three—the first class is free. Cost is \$15 a month for one class a week and \$25 for all three days. This is a discounted price for Senior Passport members, non-members pay \$40 a month.

Attention all gym users:

Please only sit on the machines you are using while exercising. If you wish to sit and visit, please use the chairs provided in the north east corner of the gym area. We believe the social benefits are just as important as the physical benefits of coming to the gym, just be aware of people wanting to use the equipment when you are finished using it. Thank you!!

Blood Pressure Checks/Massage Therapy

Blood Pressure Checks

Join us the first Friday of every month as the Sherman Firefighters check blood pressure in the L.I.F.E. Speciality Hospital. Come through the Media Center or the gym to get to them between 9:00 to 10:00 AM. Watch for other days and times to have your blood pressure checked.

Massage Therapy

Call Cheryl for days and times or to get on the schedule. The cost is only \$1/minute, you set the time limit. We have table massage so you can relax. Open to all members, come and try it! Gift certificates available for those family and friends who have everything.



Weekly Games

Every Monday come play **42** in the L.I.F.E. Specialty Hospital at 1:00 PM. On Monday and Wednesday, join the **Bridge** group in the cafeteria at L.I.F.E Specialty Hospital at 1:00 PM. Every Tuesday and Thursday play **Hand & Foot** in the L.I.F.E Specialty Hospital at 1:00 PM.

Statistics show a happier, more satisfying life for those 55 and older that are involved in social activities.

Come on and join us!



P.I.E. Seminar

July 22, 2009

Prevent skin cancer

Dr. Zeikus

Come to the L.I.F.E Specialty Hospital Media Room at 11:30 AM.

Lunch provided for a donation, pie included.

Partners In Education, on the 4th Wednesday of each month



Brunch Group / Dancing

We meet out for **Brunch** every Wednesday at Whataburger on Highway 75 at 10:15 AM. Occasionally we will try other locations like Cracker Barrel, IHop, Travis Street Grill, Lupe's, etc.

Every Thursday night go **dancing** at Loose Wheels in Denison. The group gathers around 7:30 PM for food, fun and fellowship! The live band is really good, dance a little or a lot for some great exercise.

Do you like to Read?

If you want to bring in any books you have read, we will begin a book swap for all members. The books are on a shelf in the gym at L.I.F.E. Specialty Hospital. Any time you want to stop by and drop off/pick up a book, feel free to sign it out. Also bring any DVD's you want to swap.

Ads...

- Aladdin Oil Lamps made from 1920-1940's; different colors. Call 903-893-1038.
- Shepherd's Pet Sitting 423-315-1384.
- Who has older model economy car for sale. Call 903-815-1614.
- Call the Senior Passport office at 903-813-8747 to request space for your ad or any questions to put out to the group.

How Smart Are You About Sun Safety?

Skin cancer has become the number-one cancer in America- a virtual epidemic.

Decades ago, a tan was an indicator of social class. Being brown from exposure to the sun identified you as a day laborer or field worker. Pallor was a sign that you were a person of means. Today, a tan could be an indicator of one's intelligence level. By now everyone should know that red skin is not a sign of robust health- it's a red flag of warning. Here's some advice on sun and skin safety from CIGNA Healthcare for seniors: There is no safe tan. Tanning is the skin's response to damage. It's your skin's way of telling you it has been hurt and needs protection. Don't be in denial. Some people are still in denial about whether there is really a danger because they don't see any sun damage yet. But sun damage is cumulative. Skin Cancer Epidemic. Skin cancer has become the number-one cancer in America. Experts say

that one in six Americans will develop skin cancer during their lifetime. Many skin cancers are easily cured when detected early. If you must go in the sun, here are some tips on skin safety.

Do:

Liberal apply sunscreen with SPF (Sun Protection Factor) of at least 15 on all exposed skin and re-apply every two hours. Avoid or minimize sun exposure between 10 AM and 3 PM, when the sun's rays are most intense. Wear a wide-brimmed hat and tightly woven but loose-fitting clothing even on cloudy days.

Don't:

Don't depend solely on an awning, like an umbrella for protection. The sun's rays bounce off reflective surfaces like water, sand, concrete and snow. Don't confuse self-tanning lotions with sunscreen. Self-tanning lotions act by staining

your skin for a few days, but they do NOT provide sun protection. Avoid tanning booths and sun lamps. Their ultraviolet rays are just as dangerous as sunlight and may also cause cataracts.

What should you do if you get a sunburn? Mild burns are best treated with cool baths or compresses and mild first aid lotions or moisturizers. For a severe burn, especially if accompanied by bad blistering, headache, fever or chills, consult your physician.



Attention: If you are a **Tier II** or **III** member and would like to talk to a **WNJ Dietician**, call 903-813-8747. We will schedule the dieticians to be available a variety of days several times through the year. You decide if you need information on **Weight Loss, Diabetic or Cardiac** issues or all three. Time for individual questions will be available following a group discussion.

Next sessions:
September 2009 in the WNJ Rehab area

Equipment Training

For anyone interested in learning the proper use of the equipment in the gym, call Cheryl Brandon to set up an appointment. If you want a refresher or are new to the program, just call 903-813-8747.

Membership Benefits

Tier I includes (\$25 single; \$45 married):

- ◆ Free notary service
- ◆ Free health screenings- monthly blood pressure checks
- ◆ Social and educational activities
- ◆ Discounts around town
- ◆ Hospital inpatient benefits - free newspaper and one guest meal daily
- ◆ Travel incentives- refundable deposit, free Passport/ Visa pictures

Tier II includes all the above plus:

- ◆ Complete lab work at the WNJ Lab one time a year
- ◆ Daytime hours in the **gym** daily (Monday-Friday)
- ◆ One small group consult a year with a WNJ Dietician
- ◆ Additional travel incentives - priority seating on the bus

Cost \$35/single; \$70/married

You can upgrade your membership at any time.

Tier III includes above plus:

- ◆ Exercise **classes** daily (Monday-Friday)
- ◆ Extended hours in the **gym**- including early morning 6-7 AM , evenings until 8 PM, and Saturday mornings
- ◆ Dietician consult (small group) two times a year
- ◆ Additional travel incentives- earn the opportunity for free travel and reduced travel rates on selected tours

Cost \$45/single; \$85/married

Tier II & Tier III members: SENIOR PASSPORT EXERCISE

You have access to **Gym Equipment**. Hours available for the equipment use depend on your Tier of membership. You must be trained on each piece of equipment, sign the Informed Consent Form and have your Doctor sign the

Exercise Rx Form, which are both available from Cheryl and in the gym. Please call 903-813-8747 to set up a time to be trained on the equipment. If you plan to use a **locker**, remember lockers are for day use only. **Please sign in when using the gym.**

Exercise Classes are held for Tier III members on **Monday, Wednesday and Friday at 9:00 AM** , and **Tuesday and Thursday from 8:30-9:00 AM** . Call 903-813-8747 to find out the location of the classes.

Membership Cards & Discounts

Remember to take advantage of the discounts around town. All you have to do is show your Senior Passport membership card at any location on our list. If you need a copy of the discount list, call Cheryl at 903-813-

8747. **Reminder:** A newspaper (Herald Democrat) and a meal coupon are delivered to your room each day you are a patient in the hospital. The meal coupon is good for one free meal up to a \$5.00 value.

Notice: We get a **20% discount** in the WNJ Gift Shop (excludes cards, plants and candy). Check the back of your insert in this newsletter for a list of discount places.



Use your Senior Passport membership card around town for discounts.



For more
information on trips
with Travel Partners,
call Dee Lough at
903-892-4666
or 903-893-5531.

Have suggestions
for social events?
Please call 903-
813-8747.

Travel with Travel Partners

October 3, 2009, Travel Partners will depart for New York to join the Caribbean Princess for a 7 night **Canada and New England Fall Foliage** cruise.

Our group will depart from Sherman on **October 11, 2009** for a 7 night cruise on the beautiful Mariner of the Seas. Give us a call to make your reservation today at 903-893-5531.

The annual **Branson Holiday Trip** has been scheduled for 2009. Our motorcoach will depart Sherman on **November 12** for a 3 day excursion to this great music and fun destination. We will be staying at our favorite Quality Inn right on the strip. Our itinerary will include Yakov Smirnoff, the Twelve Irish Tenors show, the Duttons Show, The Miracle of Christmas Show and a drive through the Festival of Lights. We will enjoy dinners at Montana Mike's Steakhouse and dinner at McFarlain's Restaurant. We'll have lunch on the way up and stop at the Dutch Pantry as we return. Call now, \$50 per person deposit will hold your space.

Pot Luck Dinner

For this Pot Luck bring whatever you want to share. Please bring a serving utensil with you. We supply the paper goods, tea and water. Come and enjoy in the cafeteria.

Tuesday, July 21 at 5:30 PM
L.I.F.E. Specialty Hospital

Volunteers Needed!

Wilson N. Jones Medical Center Auxiliary
is actively
recruiting volunteers:

- ◆ Ambassadors
- ◆ Gift Shop
- ◆ Popcorn

Please contact Debbie Rome at 903-870-5654 for further information.

Travel from Vickie White

Tour the new *Cowboys Stadium*– August 4 included in our tour is a visit to the Cowboys locker room, Press Box and Field, the player interview room, silver level platform, a luxury suite, the scoreboard control room and the Pro Shop. Also lunch and other surprises on this day tour to Arlington. Our private motorcoach will be stocked with iced soft drinks and bottled water, and we'll

have door prizes (including gift cards) and entertainment to make your journey fun and relaxing.

The Emerald Isle of Ireland – Oct 10 – 10 Days in Ireland
Mary Poppins at the State Fair Music Hall -October 13 – Take your grandchildren to this one!
Nutcracker Market in Houston – November 12-13;
Autumn Cruise from Galveston - November 15 – Eastern

Caribbean, including Key West, and 2 stops in the Bahamas;
Holiday lights in Marshall, Texas-December 10 .

For more information on travel with Vickie White visit www.vickiewhitetravel.com

Winstar Casino

Call now to sign up, when we get 50 people the trip is FREE! . Tell all your friends to come, they do not have to be Senior Passport members! Call the office to find out the details, 903-813-8747.

Information

Check out our website:
www.wnj.org

The monthly newsletter is available online there. If you would like to continue to receive a paper copy, please call the office at 903-813-8747.

Please send any correspondence to:

WNJ Senior Passport Office
 500 N. Highland
 Sherman, TX 75092
 (903) 813-8747
 E-mail: cbrandon@wnj.org

Send Your E-Mail Addresses:

Remember to send your email address so we can keep you up to date on issues between newsletters. Also, send us your change of address and/or telephone number should it change. We want to keep you informed.

Membership Renewals

Please notice on your newsletter label that we have included your membership anniversary as a Passport member. Please send your renewal in anytime during your anniversary month. If you have any questions please call the office. If we do not receive your renewal within two months of your anniversary month, you will be removed from the mailing list. Renewal fee depends on which Tier you choose. Tier I is \$25/single (no exercise included in this level), \$45/married; Tier II is \$35/single, \$70/married; Tier III is \$45/single, \$85/married. Call the office at 903-813-8747 with any questions.

Big Idea Team!

Any suggestions for social events, travel, or discounts... just send in writing to:

Senior Passport
 500 N Highland
 Sherman, TX 75092

Wilson N. Jones Medical Center
500 N Highland
Sherman, TX 75092
Phone:903-813-8747

Non-profit Org.
US Postage
PAID
Permit No. 261
Sherman, TX

Enjoy Your Trip!

Return Service Requested



Senior Passport Event Schedule

July Events:

- ◆ 2nd Games of Choice- 1:00 PM- LSH
- ◆ 10th- Party-10:30 AM-LSH
- ◆ 16th Out to Lunch - 11:00 AM-Track's
- ◆ 16th Games of Choice- 1:00 PM- LSH
- ◆ 21st Pot Luck -5:30 PM-LSH
- ◆ 22nd PIE Seminar-11:30 AM-LSH
- ◆ 23rd Games of Choice- 1:00 PM-LSH
- ◆ 28th Homemade Pie Contest-LSH
- ◆ 30th Games of Choice- 1:00 PM- LSH
- ◆ **More 2009 trip info coming soon!**

Bridge & 42 every Monday 1:00-4:00 PM-LSH
Hand & Foot-every Tuesday 1:00-5:00 PM-LSH
Brunch every Wednesday 10:15 AM
Dancing every Thursday night-
Loose Wheels

August Dates:

- ◆ 6th Games of Choice- 1:00 PM- LSH
- ◆ 10th- Mind Games-10:00 AM-LSH
- ◆ 11th Out to Lunch - 11:00 AM-Brandi
Renee's Café in Denison
- ◆ 13th Games of Choice- 1:00 PM- LSH
- ◆ 20th Games of Choice- 1:00 PM-LSH
- ◆ 25th Homemade Cake Contest-LSH
- ◆ 26th PIE Seminar-11:30 AM-LSH
- ◆ 27th Games of Choice- 1:00 PM- LSH
- ◆ 27th Pot Luck -5:30 PM-LSH

Event location key:

WNJ = Wilson N. Jones

LSH = LIFE Specialty Hospital on Gallagher

**Time to renew? Watch your address label,
if your name is highlighted in pink, our records show
it is time for you to renew your membership.
Call 903-813-8747 with any questions.**

