

CIRCLE NEWS

LAKE GRANBURY MEDICAL CENTER » 2nd QUARTER » APRIL – JUNE 2016

Mailing Address 1310 Paluxy Rd. Granbury, 76048 Physical Location 1321 Water's Edge Dr., Ste. 1001

Phone 817-579-2979 Fax : 817-408-3227



Terry's Twist:

I am excited to be a part of the LGMC team. My name is Terry Fair, and I am your new Advisor for Senior Circle. My husband and I recently moved here and discovered Granbury is a great little hidden place in Texas; a town full of many wonderful people and fun events almost weekly.

Aside from my husband, I have two older children who live in Mississippi and Alabama. My son is an air traffic controller in Memphis, and my daughter is in healthcare administration in Birmingham. Both of them are married. Although they are far away, we are all very close. I have three amazing grandsons, two of which are twins, and one I am sure will be a linebacker someday. Our close bond as a family is grounded in faith, honesty, love and respect.

My career background is diverse and has developed me into what I feel will be a great asset to this organization. I started in sales for a number of years and eventually owned my own business. While assisting my husband in his career, I raised my children and am now excited to begin my new journey with LGMC and the great members in Senior Circle.

During our recent Meet and Greet event, I had the opportunity to mingle with a few of our members. The passion and pride felt for this program while speaking with you is inspiring. It excites me to know we have a profound foundation and one, I feel, has much potential for growth. My pledge to all current members and future recruits is to work hard, have fun, relax and enjoy this amazing opportunity. I will work diligently on behalf of all my fellow seniors to fulfill the words of Robert Browning, "Grow old along with me; the best is yet to be."

Terry Fair, Senior Circle Advisor



Marketing Director:

I am pleased to welcome Terry Fair to our team as Senior Circle Advisor. As the Senior Circle program continues to grow and flourish, I know Terry's experience and expertise are exactly what we need to maintain and expand the program.

Terry comes to us with a business background, and I was drawn to Terry's strong work ethic, tenacious spirit, and positive attitude. Terry never meets a stranger and has a strong aptitude for building relationships and friendships. Terry has expressed great admiration for the Senior Circle program, and I look forward to working with her to support and advance the program.

Several of you have expressed interest in future Senior Circle events and trips, and I am excited to share that Terry has new ideas for outings that will unite Senior Circle members through local, social engagements. Look for new things to be added to the events calendars in the months to come.

Additionally, for those of you interested in travel, I invite you to attend a trip preview Friday, May 20 at Senior Circle.

For those of you that haven't had the pleasure of meeting Terry, there are several upcoming events such as the "Breakfast with Senior Circle" that will provide you the opportunity. Please check out the enclosed events calendar for more details. Please join me in welcoming Terry Fair to the Senior Circle family.

Amanda Maikranz, Marketing Director



Lakeside Physicians Express Care

Lakeside Physicians Express Care walk-in clinic is now seeing patients at a new location! The new address is 3710 E. U.S. Hwy. 377, Suite 116, Granbury, TX 76048. Services are offered seven days a week from 10 a.m. to 8 p.m.

Express care clinics are a convenient alternative for ready access to health care for minor illnesses and injuries. At Lakeside Physicians Express Care, a skilled medical team is ready to serve you.

Services include treatment for allergic reactions, minor wounds, colds and fevers, minor burns, and physicals. In addition, they also offer onsite x-ray and lab services.



Carol Cleveland, local artist, and Clay Paulson, Practice Administrator at Lake Granbury Medical Center, stand in front of Carol's artwork. Her artwork, inspired by local scenery, hangs in the new Lakeside Physicians Express Care Walk-in Clinic.



Lakeside Physician Express Care providers, Tyler Eschbach, P.A., and Victor Stava, P.A., stand ready with ceremonial scissors at the ribbon-cutting ceremony to officially open Express Care.

Lakeside Physicians Express Care is not intended to be used for life-threatening emergencies or as a substitute for your personal physician. When in doubt about the seriousness of an emergency, call 9-1-1 or go to the emergency room.

Most major insurance plans and Medicare are accepted. No appointment is necessary. For more information, call 817-573-1380.

Join Senior Circle for a free cardiac and diabetes screening at Lakeside Physicians Express Care! The event will take place on May 18, 7 – 9 a.m.

**Registration is required
RSVP to 817-579-2979.**

Open daily, 10am – 8pm
3710 E. U.S. Hwy. 377, Ste. 116
Granbury, TX 76048
817-573-1380

What Does it Mean to be a Volunteer?

April is volunteer appreciation month. It is a time to celebrate the people who give, so selflessly, their time and energy without expecting anything in return. Volunteers *offer* to take part in an enterprise. Yet, there is so much more to a volunteer than the action of giving time.

To be a volunteer means making an impact in the lives of people, including oneself, in the process of selfless action.

The Lake Granbury Medical Center Auxiliary have a motto: "I start each morning with a prayer: Where there is need, let me be there. For little things I do each day help those I meet along the way."

In the act of giving, volunteers gain a sense of well-being with the knowledge that they make a difference in people's lives.

"To me, volunteering is to have the self-confidence of helping others, forming new friendships, and seeing improvement," says Betye Dalton, Auxiliary member.

Auxiliary and Senior Circle Volunteers make daily operations possible at Lake Granbury Medical Center. They are a pleasant face as patients enter the hospital. They give kind greetings over the phone. They offer eager gestures of help without complaint. Most of all, they make a world of difference to the individuals they meet each day.

Thank you, volunteers, for your service. You make a world of difference at Lake Granbury Medical Center.



Above: The Lake Granbury Medical Center Auxiliary delivered a \$1,000 donation to the Hood County YMCA on February 2, 2016. Pictured, Lisa Gossard, executive director of the Y, accepts the check as presented by James Underwood, Auxiliary Treasurer.

How can I get involved?

Lake Granbury Medical Center Auxiliary and Senior Circle have openings for new volunteers right now! If you would like to become a volunteer, please visit the Lake Granbury Medical Center gift shop to pick up an application for Auxiliary, or call Terry Fair, Senior Circle Advisor, at 817-579-2979 for more information.

Volunteer Appreciation Red Carpet Event

Monday, April 18, 4:30-6 p.m.

Senior Circle

Lake Granbury Medical Center and Senior Circle Volunteers: Get ready to walk the red carpet! This evening event is for you to receive the star treatment you deserve. We encourage you to dress up and be prepared for a fun night of food, festivities, and fame... all in your honor!

RSVP to 817-579-2979



April 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 Exercise 10am Mah Jongg 1pm	5 Walk 8:30am Line Dancing* 9:30am Moncrief Cancer Screening	6 Breakfast 8am Hand-n-Foot 10am Bridge 12:30pm	7 Walk 8:30am Active Mind 9am Exercise 10am Games 1pm	8 Book Club* 10:30am	9
10	11 Exercise 10am Mah Jongg 1pm	12 Walk 8:30am Heel Pain* 9:30am Line Dancing* 9:30am	13 Hand-n-Foot 10am Bridge 12:30pm	14 Walk 8:30am Active Mind 9am Exercise 10am Games 1pm	15 New Member Coffee* 10am	16
17	18 Exercise 10am Mah Jongg 1pm Volunteer Appreciation Event* 4:30-6pm	19 Walk 8:30am Healthy Woman* 9:30am Line Dancing* 9:30am	20 Hand-n-Foot 10am Bridge 12:30pm	21 Walk 8:30am Active Mind 9am Exercise 10am Games 1pm Moncrief Cancer Screening	22 Brunch* 10am	
24	25 Exercise 10am Mah Jongg 1pm Brazos Chamber Orchestra 7:30pm	26 Walk 8:30am TIF Seminar* 9:30am Line Dancing* 9:30am	27 Hand-n-Foot 10am Bridge 12:30pm	28 Walk 8:30am Active Mind 9am Exercise 10am Games 1pm Blood Drive 11:30am-5:30pm	29 Granbury Wine Walk* 2-8pm	30

Physical Location: 1321 Water's Edge Drive, Suite 1001
(Pecan Reserve Business Park)

Mailing Address: 1310 Paluxy Road Granbury, TX 76048
Hours: M-Th 9 am – 4 pm, Fri 9 am - Noon

RED— QUAIL PARK
BLUE— LGMC CAMPUS
GREEN— SPECIFIED IN NEWSLETTER
BLACK— SENIOR CIRCLE OFFICE

*RSVP to Senior Circle at (817) 579-2979

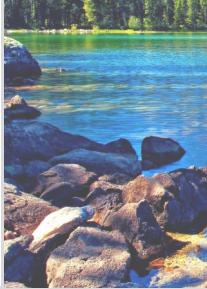
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Exercise 10am Mah Jongg 1pm	3 Walk 8:30am Auxiliary General Meeting 10am Melody Bells* 2pm Moncrief Cancer Screening	4 Breakfast 8am Hand-n-Foot* 10am Bridge* 12:30pm	5 Walk 8:30am Active Mind 9am Exercise 10am Games 1pm Cinco De Mayo Margaritas* 4-6pm	6 New Member Coffee 10am	7
8  Mother's Day	9 Exercise 10am Mah Jongg 1pm	10 Walk 8:30am Heel Pain* Line Dancing* 9:30am	11 Hand-n-Foot* 10am Bridge* 12:30pm	12 Walk 8:30am Active Mind 9am Exercise 10am Games 1pm Vein Care*	13 Book Club* 10:30am	
16 	16 Exercise 10am Mah Jongg 1pm	17 Walk 8:30am Healthy Woman* Line Dancing* 9:30am	18 Hand-n-Foot* 10am Bridge* 12:30pm Cardiac & Diabetes Risk Assessment*	19 Walk 8:30am Active Mind 9am Exercise 10am Games 1pm Moncrief Cancer Screening	20 Trip Preview: Chris With Collette Travels 1pm	21
22	23 Exercise 10am Mah Jongg 1pm Lunch @Babes* 11:30am	24 Walk 8:30am Line Dancing* 9:30am	25 Hand-n-Foot* 10am Bridge* 12:30pm	26 Walk 8:30am Active Mind 9am Exercise 10am Games 1pm	27 Brunch* 10am	28
29	30  Memorial Day	31 Walk 8:30am Line Dancing* 9:30am				

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Breakfast 8am Hand-n-Foot* 10am Bridge* 12:30pm	2 Walk 8:30am Active Mind 9am Exercise 10am Games 1pm	3	4 Hello Dolly* 2pm
5	6 Exercise 10am Mah Jongg 1pm	7 Walk 8:30am Senior Prom 5-8pm* Line Dancing* 9:30am Moncrief Cancer Screening	8 Hand-n-Foot* 10am Bridge* 12:30pm	9 Walk 8:30am Active Mind 9am Exercise 10am Games 1pm	10 Book Club* 10:30am	11
12	13 Exercise 10am Mah Jongg 1pm	14 Walk 8:30am Kiowa* Line Dancing* 9:30am Flag Day	15 Hand-n-Foot* 10am Bridge* 12:30pm	16 Walk 8:30am Active Mind 9am Exercise 10am Games 1pm Moncrief Cancer Screening	17 Ireland Documents Meeting 1pm	
19  Father's Day	20 Exercise 10am Mah Jongg 1pm	21 Walk 8:30am Healthy Woman* Line Dancing* 9:30am	22 Hand-n-Foot* 10am Bridge* 12:30pm	23 Walk 8:30am Active Mind 9am Exercise 10am Games 1pm	24 Brunch* 10am	25
26	27 Exercise 10am Mah Jongg 1pm	28 Walk 8:30am Line Dancing* 9:30am	29 Hand-n-Foot* 10am Bridge* 12:30pm	30 Walk 8:30am Active Mind 9am Exercise 10am Games 1pm		

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HEALTH EDUCATION

Brunch

Senior Circle

Spend time great people, enjoy great food, and learn the best tips for great health! Senior Circle brunch is a monthly event designed to educate you on how to have the best health possible. This free event includes a mid-morning meal.

Friday, April 22, 10 a.m.

Speaker: John Mucha, P.A.
"Understanding Diabetes"
RSVP to 817-579-2979

Friday, May 27, 10 a.m.

Speaker: Cindy Sprague, Solis Mammography
"Find Peace of Mind with 3D Mammography"
RSVP to 817-579-2979

Friday, June 24, 10 a.m.

Liz Confiliano, Moncrief Cancer Institute
"New Colon Cancer Screening Options and the Importance of getting Screened"
RSVP to 817-579-2979

Free Heart Disease and Diabetes Risk Assessment

Wednesday, May 18, 7-9 a.m.

Lakeside Physicians Express Care
3710 E. U.S. Hwy 377, Suite 116
Granbury, TX 76048

Senior Circle and Healthy Woman are excited to offer a free Heart Disease and Diabetes Risk Assessment to our members. The following screenings will be offered: weight, height, BMI (body mass index), cholesterol, glucose, and blood pressure. There will also be a consulting physician or mid-level available after each screening.

In order to do the cholesterol and glucose test, please do not eat or drink after midnight. Snacks will be provided prior to the screening

RSVP to 817-579-2979

TIF Seminar

The Heartburn Procedure

Tuesday, April 26, 5:30 p.m.
1310B Paluxy Rd. Medical Office Bldg. #2

2nd Floor Conference Room

Peter Krone, MD

Join us for this FREE seminar to learn about TIF, a heartburn and acid reflux surgery performed without incision. Dr. Krone will describe the procedure, and answer all questions.

RSVP to 817-408-3237

Free Cancer Screenings

Tuesday, April 5; Thursday, April 21

Tuesday, May 3; Thursday, May 19

Tuesday, June 7; Thursday, June 16

All day, 8 a.m. – 5 p.m.

LGMC Parking Lot

In conjunction with Moncrief Cancer Institute, LGMC offers fully-funded screenings for women and men without insurance. If you, a friend, or a loved one is in need of this service, call to schedule an appointment!

RSVP to 800-405-7739

Senior Circle Office Hours

**Monday – Thursday
9 a.m. to 4 p.m.**

**Friday
9 a.m. to 12 p.m.**

17th Anniversary Celebration

PROM

Through the Decades

Senior Circle invites you to dress up and dance with your sweetheart at our 17th Anniversary Celebration: *Prom: Through the Decades*.

We encourage you to dress in formal clothing from the style of decade in which you attended High School Prom!

Entertainment provided by “Outta the Blue” band.

June 7, 2016, 5-8 p.m.
Granbury Resort Conference Center
621 E. Pearl St., Granbury, TX 76048
\$15 to attend

Tickets may be purchased at Senior Circle
1321 Water's Edge Drive, Ste. 1001



**LAKE GRANBURY
MEDICAL CENTER**
Senior Circle

DAY TRIPS & LONGER

Shades of Ireland

July 11–July 20, 2016

This Collette trip takes us to the magical Emerald Isle. Flying into Dublin, we tour southern Ireland... Kilkenny, Waterford, Blarney Castle, Killarney, Ring of Kerry, Limerick, Cliffs of Moher and spend one night in Cabra Castle. Interested? Join Christopher Keith and Senior Circle at this informational meeting, or call the office for a brochure.

Documents Meeting: Friday, June 17, 1 p.m.

Kiowa Casino

Tuesday, June 14, 7:30 a.m.

Parking: Hewlett Park

Senior Circle will depart at 7:30 a.m and return to Granbury at approximately 6:30 p.m. We must have at least 60 people attend.

Reservations are needed. If you must cancel, please call the office.

RSVP to 817-579-2979



California New Year's Getaway

December 30, 2016 – January 3, 2017

Join Senior Circle on this California New Year's Getaway, featuring the Tournament of Roses Parade. This Collette trip takes us to Pasadena, California where you'll have a once in a lifetime opportunity to see the parade floats on their final steps of decorating. Then celebrate the New Year with a Gala Dinner Dance. Brochures will be available in the office.

Trip Preview: May 20, 1 p.m.



Caribbean Cruise:

Photo Recap

Below: During the month of February, Senior Circle took a group of members on a cruise to the beautiful Eastern Caribbean. They visited St. Thomas, St. Maarten and Princess Cays while traveling on the Regal Princess with Princess Cruises. The trip was marked with smooth sailing and beautiful island scenery!

EVENTS & EXERCISE

Breakfast with Senior Circle

LGMC's Blue Stone Cafeteria

Wednesday, April 6, 8 a.m.

Wednesday, May 4, 8 a.m.

Wednesday, June 1, 8 a.m.

Fantastic food, great people, and best of all Senior Circle buys breakfast!

New Member & New Advisor Coffee

Friday, April 15, 10 a.m.

Senior Circle

Meet new friends, meet the new Senior Circle Advisor Terry Fair, and learn all about the benefits and events Senior Circle has to offer! We invite both new and current members to join us for coffee at this social event. Also learn about upcoming travel opportunities!

RSVP to 817-579-2979

Brazos Chamber Orchestra

Monday, April 25, 7:30 p.m.

First United Methodist Church

301 Loop 567, Granbury

Relax and enjoy an evening with the Brazos Chamber Orchestra. Directed by David Anavittarte, this talented orchestra will perform a variety of both modern and classical music.

No RSVP necessary for this Spring event

Granbury Wine Walk

Friday, April 29, 2-8 p.m., \$25

Historic Granbury Square

Stroll through downtown Granbury with Senior Circle for the seventh annual Granbury Wine Walk. With as many as 15 different wines to taste, a variety of cheese and food to sample, and an array of local art to enjoy, the Wine Walk is the perfect place to spend a cool Spring afternoon with your friends from Senior Circle.

RSVP before April 15 to 817-579-2979



Book Club

Senior Circle

See below for information.



Friday, April 8, 10:30 a.m.

Author: Tina and Dave Samples

Book: *Messed Up Men of the Bible*

Synopsis: In today's society, there is a broad cultural perception that men constantly mess up and women must fight an uphill battle to fix them. This book asks a revolutionary question: What if these messed-up men are actually a mighty tool for God? Tina and Dave Samples remind us that the Bible is filled with a cast of messed-up men... Men who struggled and fell, and yet were used by God to accomplish His purposes.

RSVP to 817-579-2979

Friday, May 13, 10:30 a.m.

Author: Peggy Purser Freeman

Subject: "Write for Money and Have Fun in the Process"

Peggy Purser Freeman will share tips for success as a freelance writer and published author. This program focuses on how a beginner writer can be published and still enjoy the process of writing. She will also talk about the growing field of self-published books.

RSVP to 817-579-2979

Friday, June 10, 10:30 a.m.

Author: Glen Robinson

Book: *Salome's Charger*

Synopsis: Some are looking for a quick payday. Some are looking for answers from God. And some are looking forward to ending the world. Will Salome's Charger provide answers or simply mark the end of it all?

Glen Robinson is the author of 20 published books spanning across a variety of genres. He is now a communication professor in Texas, with experience in public relations and journalism.

RSVP to 817-579-2979

EVENTS & EXERCISE

Line Dancing

Every Tuesday, 9:30 – 10:30 a.m.

Will not meet Tuesday, May 3

Senior Circle,

Get ready for Senior Prom with free line dancing lessons! Laura Bush, Lifestyle Director for Waterview Independent Living, will be our partner.

Refreshments provided by Waterview on opening day, April 5.

RSVP to 817-579-2979

Cinco De Mayo: Margarita Celebration

Thursday, May 5, 4-6 p.m.

Waterview Retirement Living – The Clubhouse
100 Watermark Blvd.

Celebrate Cinco De Mayo (The Fifth of May) with Senior Circle at Waterview! There will be Mexican themed snacks and Margaritas for your enjoyment.

RSVP to 817-579-2979

Auxiliary General Meeting

Tuesday, May 3, 10 a.m.

Senior Circle

The Lake Granbury Medical Center Auxiliary hosts a monthly board meeting and a quarterly general meeting, open to the public. The Auxiliary has donated over 40 years of service to Lake Granbury Medical Center. As the Hospital strives to expand services to the community, Auxiliary members strive to expand in service to the hospital. **The Auxiliary are seeking new members, willing to donate four hours a week.** It's a fulfilling and indispensable service that both Lake Granbury Medical Center and patients depend on.

A Movin' and a Groovin' With the Melody Bells

Tuesday, May 3, 2 p.m.

Senior Circle

Reminisce while listening to classic rock-n-roll favorites during this upbeat concert. The Melody Bells are a talented group of singers who perform with spirit and skill.

RSVP to 817-579-2979

Lunch with Senior Circle

@Babes Chicken

Monday, May 23, 2016, 11:30 a.m.

We invite you to join your Senior Circle family for lunch at Babes! Please RSVP so we can give the restaurant an accurate count and be prepared to cover the cost of your own meal.

RSVP to 817-579-2979



Above: The Melody Bells perform for Lake Granbury Medical Center Auxiliary at their annual holiday celebrations.

Granbury Theater (Opera House) "Hello Dolly"

Saturday, June 4, 2 p.m., \$20

Travel in time to the turn of the 19th century with *Hello Dolly*, the musical. Meddlesome matchmaker, Dolly Levi, decides it's time to find *herself* a match with a handsome half-millionaire. She sets her eyes on Horace Vandergelder, a widow in New York City. Trouble abounds, but in the end love has the final say.

RSVP to 817-579-2979

LAKE GRANBURY SENIOR CIRCLE		
LAST NAME	MIDDLE I	MR,MRS,MS
FIRST NAME	SEX M F	
AREA CODE/PHONE NUMBER		
ADDRESS		
CITY	STATE	ZIP
BIRTHDAY	LAST 4 DIGITS OF SS#	
MO. _____ DAY _____ YR. _____		
EMAIL		
COMPLETE SECTION BELOW FOR SECOND MEMBER SAME HOUSEHOLD ONLY		
LAST NAME	MIDDLE	
FIRST NAME	SEX M F	
EMAIL (IF DIFFERENT THAN ABOVE)		
BIRTHDAY	LAST 4 DIGITS OF SS#	
MO. _____ DAY _____ YR. _____		
Referred By:		
1 Person for 1 Year \$15 NEW 101 SREN101 2 People for 1 Year \$27 NEW 201 SREN201		
<p>Mail your completed application and check or money order to:</p> <p>Senior Circle 1310 Paluxy Rd. Granbury TX 76048 Or</p> <p>Bring in person to the Senior Circle Office @ 1321 Water's Edge Drive, Suite 1001 2nd Quarter 2016</p>		

Events & Exercise Continued

Senior Exercise Class

Mondays & Thursdays, 10 a.m.

Exercise Room

Class uses therabands and weights to help keep muscles and bones strong. Find support to stay strong with other Senior Circle members. A variety of difficulty level is available. No RSVP is necessary for this event.

Mah Jongg

Mondays @ 1 p.m.

Senior Circle Ladies Hand-n-Foot

Wednesdays 10 a.m. – 3:30 p.m.

What a great way to spend the day! Want to learn? This is your chance. Meet some new people and have fun too.

If interested, please call Ida at 817-710-5566.

Wednesday Bridge

Every Wednesday at 12:30 p.m.

Reservations are needed!

RSVP to Iris Justice at 817-573-3014

Games

Thursdays @ 1 p.m.

Open game day. Bring a friend!

Walking at Quail Park

2300 Paluxy Rd

Tuesdays & Thursdays, 8:30 a.m. – 9:30 a.m.
Senior Circle and Quail Park have partnered together in order to give SC members an excellent place to walk. Enter Quail Park on the east side (Granbury Villa side).

Active-Mind Class

Thursdays, 9 a.m. @ Quail Park

2300 Paluxy Hwy

On Thursdays, you can practice both physical and mental exercise at Quail Park's Active-Mind Class.