

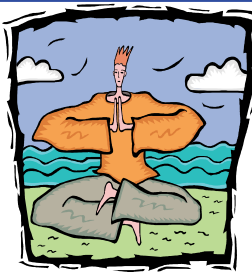
Peaceful Mind

Meditation Classes Offered at h2u

Sam Beasley, Certified Instructor in Transformational Meditation

Stress, while not a disease, is the agent that leads to millions of deaths every year. Stress has an impact, both directly and indirectly, on the health and well-being of every person. Left untreated, stress will contribute to a decline, both physically and mentally.

In order to deal with stress, it helps to understand it better. Most people have heard of the "stress response," which had its beginning in primal humans who lived in a dangerous world of predators, tribal conflict and short life spans. Nature gifted humans with lifesaving responses to be able to survive deadly encounters in a dangerous world. When threatened, humans subconsciously adjust their biochemistry to deal with the emergency.



Stress Response:

- Release of harmful hormones that cause disease
- Blood Pressure (Hypertension and Heart Disease)
- Heart Rate (Hypertension and Heart Disease)
- Increased Breath Rate (less oxygenation of blood)
- Constricts blood flow to muscles
- Metabolism slows down to face conflict or escape.

This process helped humans to survive and prosper; yet in modern times, these adaptations have become a hindrance rather than a help. The stress response is now triggered by thoughts and perceptions rather than prehistoric beasts. In addition, the response is being triggered much more often than is healthy. Our bodies are being flooded with caustic hormones, which results in an immune system that is unable to cope and fatal diseases are acquired.

Through meditation, the body and mind begin the healing process allowing the individual to feel better and to experience a higher state of happiness. It has a cumulative effect and the more you do it, the better you feel. The regular practice of daily meditation can greatly enhance and improve both physical and mental health.

Meditation Facts:

- Requires only 15 or 20 minutes, twice a day
- Requires only a quiet comfortable place to sit
- Is a simple technique that is easy to learn
- Does not require any special belief, only a desire to feel better
- Lessons are inexpensive with nothing to purchase.

H2u is now offering Meditation classes on Tuesday mornings at 9:30 a.m. The cost is only \$5.00 per person. For more information about meditation, contact Sam Beasley at 706-963-0504 or visit his website at beaso.biz/meditation.html. Don't miss this opportunity to learn how to destress your life.

Do not forget about the Senior Fest on July 28, 2011, 8:00 a.m. - 2:00 p.m. in the South Tower at Doctors Hospital. Additional information is on the back cover of the newsletter.

Street Survival Skills for Women Classes

The Street Survival Skills Class held on June 1st was a huge success. The class learned how to defend against almost any threatening or violent situation or assault.

There will be a follow-up class for the people who participated in the June class. This will take place on Wednesday, July 20th, at 1:30 p.m.

If you are interested in a beginners class, contact the office at 706-651-6716 and let us know. We will be scheduling a class for sometime in August if we have enough interest.

The instructor, Wally Baskovich, will critique you personally to be sure the skills you are learning will be effective for your own body shape, condition and ability. The techniques are instinctive and reflective movements, making them easy to learn and hard to forget, thereby giving immediate results.

Learn to protect yourself for only \$10.00 in a 1 1/2 hour class. If interested, contact 706-651-6716.



The annual Daylily Show took place on June 4, 2011 in the h2u activities room. It was a huge success. The pictures of the event are compliments of Vera Farmer.



Linda Tredway, a volunteer at h2u and at Doctors Hospital, was recently awarded the Frist Humanitarian Volunteer Award. This award recognizes individuals who demonstrate a level of commitment and caring that go beyond everyday acts of kindness, and who inspire us with their compassion, dedication and spirit. In addition to her volunteer work at h2u and Doctors Hospital, Linda plays a major role at her church, Burns Memorial United Methodist. She is a member of the Food Committee that prepares meals for families that have lost a loved one; bakes cakes for the sick; sends cards to those who are on the church prayer list; works in the Food Pantry which services up to 80 people each week and collects clothes and distributes to people in need. Congratulations Linda on winning this prestigious award! We are so proud of you!



Thanks to my h2u linedancers from the Beginners, Intermediate and Advanced Line Dance Classes for participating in a recent Living Well commercial for the hospital. Pictured in the front row, l to r: Marianne Nelson, Flo Morris, Marlene Little, Sandie Purvis, Suh-Jen Yau and Kathy Arnold. Back row, l to r: Alice Weber-line dance instructor, Mickie Christensen, Mary Lislo and Janice Dixon. Debbie Schlotzhauer did not participate in the photo shoot but was invited to be in the picture.



Evelyn Casey, an h2u member, manned the h2u display at a recent health fair held by Doctors Hospital. This annual event was held on May 3rd at Plant Vogtle. A record setting attendance of 422 employees came to the event. Evelyn did a great job and shared h2u with the people who attended. She even got up at 4:00 a.m. to do this. What a gal!!!!

from the h2u desk.....

Will you live to be 100? American's life spans are lengthening and we already have more people age 65 and older than ever before. As we become older—and hopefully wiser—it is not only how long we live that is important, but how well we do during those added years of life. Recent research has suggested that genetics have less to do with your life span than the health choices you make.

Membership in our h2u program strives to add years to your life and life to your years. We strive to give you the absolute latest information to enable you to make your own best choices for a healthier life. Take a look at the calendars in this issue and decide which events are most important to your future health and make a date to be there.

During these lazy, hazy, crazy days of summer, take a few minutes to do some purposeful thinking about what you must do to live a healthier life. Remember that h2u is here to help guide you on the road to good health.

I am appreciative of our h2u members who donate items to the hospital. Vera Farmer knitted 15 baby hats and bonnets while Kathryn Morrison knitted one baby hat. Lena Baraclough knitted one sweater set and two baby hats. You ladies never cease to amaze me!

I love our patriotic decorations that will remain out until after Labor Day. Thanks to Jim and Joanne Tyler and Joanne Dukes for their hard work in putting up the red, white and blue decorations. They cause me to be very thankful for the many freedoms that we enjoy living here in the U.S.A. God Bless America!

Have a great summer and be very careful in the heat!! Be sure to drink plenty of fluids and stay cool.

To your health and happiness,

Debbie Schlotzhauer



Are You Interested?

Maria Edwards, the h2u Spanish instructor, will be starting up a new Spanish class on August 2nd. This class will be at 1:00 p.m. The current Beginners II class will continue at 3:00 p.m. The cost of the six-week class is \$30.00. Come on August 2nd at 1:00 p.m. if you are interested in the Beginners Class.

Remaining at the \$15.00 Membership Rate

If you are still paying the \$15.00 membership rate, it is important that you know your payment must be at the corporate office in Nashville before your expiration date. If you wait and bring it in on the due date, there is no way that we can get it there in time so your membership rate will then increase to \$20.00 Please note that we can overnight a check or credit card payment, but a check request has to be processed as a cash payment, which can delay the process for up to three weeks.

Beat the Summer Heat

We are having hotter weather than normal for this time of year. It is important that you be very careful in the heat.

- Be sure that you stay hydrated, especially when you are working outside. Drink plenty of fluids!!!!
- Work in the yard in the morning before the heat gets so bad.
- Stay out of the sun as much as possible if you must be outside.....and be sure to use sunscreen.
- Drink a cup of water for each thirty minutes of exercise.
- If you take certain medications such as blood pressure medication, you should drink even more water.
- Avoid beverages containing alcohol and caffeine which act as a diuretic and cause your body to excrete additional fluids.
- Wear lightweight and light-colored clothing when outdoors. A wide-brimmed hat will also provide cooling shade.
- Eat smaller meals throughout the day. Large protein-filled meals will heat you up as your metabolism goes to work.
- Do not leave children or pets in vehicles for any period of time.
- If pets are kept outdoors, make sure they have plenty of fresh, cool water at all times.

h2u Activities – July and August

AARP Driver Safety Program—July 14th and 15th & August 11th and 12th, (Thursday and Friday, 12:00 p.m. to 3:00 p.m.)

In order to receive your certificate, attendance for a total of six hours is mandatory. Most insurance companies in Georgia and South Carolina recognize this course and give discounts to those who complete the safety program. Milton Wallace is the class instructor. The cost of the class is \$12.00 for AARP members and \$14.00 for non-AARP members. Pre-registration is mandatory. Payment can be made by cash or a check payable to "AARP."

Covered Dish Luncheons—Mondays—July 11th (Note Date Change!!) and August 15th—12:00 p.m.—Savannah Rapids Pavilion

Be sure to bring enough food to feed six to eight hungry people and do not bring serving utensils. Do not arrive for the luncheon until after 11:00 a.m. unless you are assisting with the set up. **RSVP at 706-651-6716.**

- **July program**—Patriotic Parade and Susan LaFrance, patriotic program
- **July main dish**—Pot Roast
- **All veterans should plan to be in attendance for this special patriotic program.**
- **Awards will be presented for the "best patriotic" attire.**
- **August program**—h2u Luau
- **August main dish**—Pulled Pork Sandwiches
- **Prizes will be given for the best costumes and the hula contest.**

Orientation—Tuesday—July 12th—11:00 a.m.

Orientation is held bi-monthly for new, renewing and prospective members. This is an excellent way to learn about the many benefits of membership and how to access them. This is a great way to meet other h2u members. Please RSVP to 706-651-6716.

Tray Favor Workshop—Wednesday—July 13th and August 10th—10:15 a.m.

h2u members get together and make tray favors for hospitalized patients at Doctors Hospital. Judy Cropper will coordinate Tray Favors in July while

Debbie Schlotzhauer will coordinate the August workshop. A free lunch is provided for the attendees. RSVP at 706-651-6716.

Bridge/Canasta/Euchre—July 18th and 25th & August 8th and 22nd—1:00 p.m.

If you are interested in playing, please call the office at 706-651-6716. Susan Davis leads the Bridge group, Ginny Colohan coordinates Canasta, while Dick McCoppin manages the Euchre group. Light refreshments are provided.

Needlework Group—"The Needle Workers"—Every Thursday—10:00 a.m. to 12:00 p.m.

Do you have a project that you can't finish and wish you could? The group works on knitting, crocheting, embroidery, needlepoint, quilting and other types of handiwork as well as charity work. They exchange ideas and patterns. Come join Vera Farmer and Arlene Kevitz and finish your project. **Drop-ins are very welcome!**

Line Dance Classes

Beginners—New class begins on July 27th at 2:45 p.m.

Beginners2—New class begins on July 26th at 7:00 p.m.

Intermediate—New class begins on July 25th at 7:00 p.m.

Advanced—New class begins on July 27th at 1:00 p.m.

Alice Weber teaches beginner, intermediate and advanced classes. Each class of the six-week session lasts 90 minutes. Note that the cost of the course is \$20.00, regardless of the portion of the class that may be missed. **Pay Alice the first day of the class and make your check payable to "Alice Weber."**

Line Dance Party—Friday—July 29th and August 26th—3:00 p.m.

The line dance party is held monthly in the afternoon for those members who do not like to drive at night. **The cost for members is only \$2.00 for 1 1/2 hours of dancing and fun.** This is a wonderful opportunity to practice all those line dances that you have learned.

Ballroom Dance Classes—Tuesdays—2:00 p.m.

This next class will begin on July 5th and Teena Marie will be teaching the Tango. She will be teaching the Fox Trot in August. This class is held on Tuesdays at 2:00 p.m. The cost of the monthly class is \$25.00 per person. **Please pay Teena the first class of the month and make the check payable to "Teena Marie."**

Square Dance Classes—Thursdays—6:30 p.m.

The instructor of the Star Promenaders is Chuck Mashburn. This group meets weekly on Thursday evenings in the h2u Meeting Room and they always have a great time. The cost is only \$2.50 per session.

Free Morning and Evening Fitness Classes—Monday through Friday

Join other h2u members in an invigorating aerobics class on Monday, Wednesday and Friday mornings at 8:30 a.m. and 9:15 a.m. Small balls, weights and exercise bands are provided by h2u. Exercise tubing is available for \$6.50. A mat is needed for the 30-minute mat class on Friday at 10:00 a.m. The evening exercise classes are held on Tuesday and Thursday at 5:15 p.m.

Body Shaping Class—Thursdays—8:30 a.m.

PLEASE NOTE THAT THERE WILL BE NO CLASSES DURING THE MONTH OF AUGUST DUE TO VICKIE'S DAUGHTER'S WEDDING!

Vickie Daniel, a certified personal trainer, conducts Body Shaping Classes every Thursday at 8:30 a.m. The class focuses on shaping and toning your body and is a great workout for those interested in light weight training. **The cost is only \$5.00 per session, payable to Vickie.** A mat is needed for this class. You will not only look and feel better, but you will also have a good time in the process.

Tai Chi Class—Monday and Wednesday—4:20 p.m

Jackie Hedman, a certified instructor, is teaching Tai-Chi classes. Tai Chi has been shown to improve circulation, improve balance, reduce stress and help with weight control. It is slow, focused movements requiring concentration and practice that uses nearly all the muscles of the body. This cost is only \$5.00 per class payable on a **monthly** basis to Jackie Hedman. No refunds will be given.

Bingo/Ice-Cream Social—July 21st—1:30 p.m.

In order to attend this function and to be eligible for the door prize, you must have a ticket. These tickets will be available at the h2u office beginning July 6th. **Please note that the doors will not open until 1:00 p.m.**

Bingo—August 25th—1:30 p.m.

Bingo is free and is for members only. h2u provides great prizes selected by Tony and Frances Ferrara. Socialize and have a good time with other h2u

members. **RSVP to 706-651-6716.**

Spanish Class—Tuesdays—1:00 p.m. and 3:00 p.m.

Maria Edwards the Spanish Instructor, continues to teach a Beginners I (1:00 p.m.) and a Beginners II (3:00 p.m.) class. The next classes begin on August 2nd and the cost is \$30.00 for six classes payable to Maria Edwards.

Afternoon at the Movies—“Soul Surfer”—August 18th—1:00 p.m.

A champion surfer, Bethany Hamilton (AnnaSophia Robb) loses her left arm in a terrifying shark attack, but summons the determination to make an incredible comeback. This is an inspirational sports drama based on a true story. Bethany is cheered on by her supportive parents (Dennis Quaid and Helen Hunt) and Sara (Carrie Underwood), the kind-hearted leader of Bethany's youth group. This entertaining movie is rated PG. **Call 706-651-6716 to RSVP.**

h2u Computer Classes—July 8th and 22nd & August 5th and 12th—1:30 p.m.—h2u Building, Computer Classroom

Arlene Kevitz, an h2u member, is helping people sharpen their computer skills. These classes can be tailored to fit your needs. The cost is only \$10.00 per class and you will have your own computer station. **Please RSVP to 706-651-6716 for each individual class.**

Dutch Treats

July Dutch Treat—Pickles—July 26th—1:30 p.m.—407 Fury Ferry's Road, Martinez (near Publix)

This delightful new neighborhood café has a widely varied menu. Get in out of the heat with your favorite friends and enjoy lunch. **Call 706-651-6716 to RSVP.**

August Dutch Treat—Mellow Mushroom—August 23rd—1:30 p.m.—4348 Washington Road, Evans

You will find numerous choices available in this fine eating facility. Select from a wide variety of salads, hoagies, calzones and pizzas, which range from simple to specialty pizzas. They also offer many appetizers that include soups, breads, meatballs, spinach dip and much more. **Call 706-651-6716 to RSVP.**

h2u health and community events

July Education Program/Luncheon—“Hearing Loss and Communication”—July 8, 2011—11:00 a.m.—Presented by Rebecca Hopkins, M.D. PLEASE NOTE THE TIME CHANGE FOR THIS PROGRAM!!!!

Rebecca Hopkins, M.D. is a doctoral level audiologist who works at Augusta Hearing and Balance on George C. Wilson Drive. Her presentation will encompass how to recognize hearing loss and what can be done if you or a loved one is hearing impaired. The hospital mobile unit will be present to perform audiograms for only \$12.00. Take advantage of this opportunity to check your hearing. **RSVP to 706-651-6716 by July 6th.**

August Education Program/Luncheon—“Healthcare Reform Begins at Home”—August 26th—11:30 a.m.—Presented by Rashawn Mann Blakeney, M.D.

As congress debates what they believe is best for the American Healthcare System, we as patients need to take a closer at what WE can do to help ourselves live longer healthier lives. Don't miss this informative presentation! **RSVP to 706-651-6716 by August 24th.**

Community Health Screening—September 21st—7:30 a.m. to 10:30 a.m.—h2u Building, h2u Activities Room

The Community Health Screening is now being held on a quarterly basis. The free tests offered are total cholesterol, blood sugar and blood pressure. **Please note that no additional testing will be offered.**

Diabetes Support Group—August 9th—6:00 p.m.—Medical Office Building II, Healthy Living Center, Suite 110

This community-based diabetes support group sponsored by Doctors Hospital includes those with diabetes and family members interested in learning about diabetes related issues. Members enjoy sharing ideas and providing encouragement. This presentation will focus on “What Do I Eat?” **Call 706-651-2468 to RSVP.**

Cancer Survivor Support Group Meeting—July 14th and August 11th—6:00 p.m.—Augusta Oncology Associates, 3696 Wheeler Road (upstairs)

This is a support group for people with different types of cancer and their family members. Hors d'oeuvres are provided. **Call 706-651-2283 for more information.**

Caregiver Support Group Meeting—July 12th and August 9th—3:00 p.m.—Medical Office Building I, Suite 310

This support group is designed for anyone who provides care (both professional and non-professional) for another individual. Please join us from 3-4 p.m. in Suite 310 in Medical Office Building 1, which is the building adjacent to the hospital near the Emergency Room. **Call 706-210-2000 for more information.**

Hearing Loss Association of Augusta Meeting—Call 706-738-2796 for the details and location.

This meeting is for anyone who has a hearing loss, their family and friends and hearing health professionals. **Please note that the meeting will stop for the summer and resume again in September.**

CPR/First Aid Classes—July 23rd and August 20th—12:30 p.m.—h2u Activities Room

Greg Brooks with the CSRA Trauma Society teaches a monthly CPR/First Aid class for the community. The cost is normally \$15.00; however, Greg allows h2u members to attend free of charge. If you want to receive a certificate, the cost is \$15.00. **h2u members must pre-register by calling 706-651-6716.**

Shepard Community Blood Center Blood Drive—August 24th—10:30 a.m. to 4:00 p.m.—Classroom 2 in the South Tower

Shepard is the provider of life-saving blood products to Doctors Hospital as well as The Joseph M. Still Burn Center. Mark your calendar to donate this gift of life. As long as a person is healthy, there is no age limit to be a blood donor.

h2u benefits

When a member is hospitalized at Doctors Hospital, one family member or caretaker is entitled to \$4.00 in free meal coupons per day. The coupons can be picked up by the family member/caregiver at the h2u office located at 1305 Interstate Parkway, Monday through Friday from 8:30 a.m. to 4:30 p.m. The **patient's** h2u membership card must be presented when picking up the meal tickets. On weekends and holidays, the coupons can be picked up at the Nursing Supervisor's office. This office is located just down from the elevators in the Pharmacy hallway.

An h2u member receives a **private room at a semi-private rate, when available.**

h2u members are entitled to a **15% discount for meals in the cafeteria** using your h2u membership card.

h2u members receive a **10% discount in the Gift Shop at Doctors Hospital** which is located near the main entrance of the hospital. Present your h2u membership card to receive the discount.

Free notary public service and fax service are also available at h2u. To schedule an appointment, call 706-651-6716.

Enroll New Members and Receive a Reward

You will receive a \$5.00 Kroger coupon for each new member that you enroll. **In order to receive the Kroger coupon, the application must be received in this office and must have the referring member's name and membership number notated on the form.**

Are You Looking for a Speaker for Your Church or Civic Group?

I would love to come and speak to your church or civic group about the h2u organization. This is something that I really enjoy doing and I always try to make it fun for the group. If you are interested, please call our office at 706-651-6716.

Have You Heard from the White House? Each month we send a list of our h2u members who turned 80 or older to the White House so that President and Mrs. Obama can send a birthday card. Happy Birthday to everyone celebrating this very special birthday!

ResCare HomeCare (706-860-3835) They offer personal home care that helps people live healthier, happier, more independent lives. By showing your h2u membership card, you can receive four free hours of service with your first order of 20 hours or eight free hours of service with your first order of 40 hours.

Comfort Keepers offers In-Home "Interactive Caregiving" (803-279-7100) They strive to keep our senior clients mentally stimulated, physically active and socially engaged by transforming the activities of everyday life into opportunities to exercise their minds, bodies and memories. h2u members receive \$1.00 off each hour of in-home care. **Call today for a free in-home consultation.**

H2u members receive a 5% discount on **John Hancock** long-term care insurance. For more information, contact Tommy Norris at 706-869-8888.

Zumba Classes (706-421-6168) Attend this Latin-inspired fitness dance class on Saturdays from 9:00 a.m. to 10:00 a.m. at the Martinez-Evans Dance Studio located at 4321 Evans-to-Lock Road in Evans. Present your h2u membership card and receive a special \$5.00 rate per class.

ADT® Safewatch® QuickConnect for burglary, fire and medical protection (1-800-699-9238 or Charles Whaley 706-373-7684) ADT, America's #1 security company can help protect you and your loved ones with advanced, comprehensive home and personal security solutions backed by 24/7 monitoring, service and support. **The h2u promotional code is A12250.**

C.S.R.A. Senior and Disabled Services (Kenneth White 803-634-0657 or Keith White 706-836-6167) offers 10% off any services they provide to h2u members, including bathroom renovations (adding safety tubs, handicapped toilets, grab bars and a multitude of plumbing needs).

1-800-Radiator of Augusta (Michael Hampton 706-364-6649) This local franchise offers h2u members extended discounts for their products and services. They have a full line of radiators, heater cores, a/c condensers and a/c parts for all types and brands of automobiles.

Scrap Booking 101 Classes (706-651-6022) This class is taught by Deborah Hooper in the h2u meeting room. The group meets once each month on a Saturday from 9:00 a.m. to 5:30 p.m. You can drop in any time and stay as long as you like. Deborah will show you how to have fun scrap booking. You will have access to scrap booking tools to embellish your pages. **Refer to the activities calendar for the scrapbooking dates.**

Your membership in h2u also includes discounts with national companies. Through relationships with the preferred vendors listed below, the h2u program offers valuable discounts on products and services you can really use. Refer to your membership packet for the discount codes, which are needed when you take advantage of these savings. You can also call the h2u office at 706-651-6716, give your id# and you will be given the needed discount code. Take advantage of the many savings!

Emergency Voice Communication System (1-877-238-4656)

ADT Companion Services allows h2u members to receive emergency assistance from any room in virtually any home, day or night. A wireless button is worn like a necklace or a wristband in the home. If a medical emergency occurs, the press of a button signals ADT. When an ADT monitoring professional receives the signal, he or she will speak with you over a two-way intercom and call to dispatch an ambulance or notify a relative or neighbor. ADT offers a free year of h2u membership dues for any new ADT customer or will extend the membership of an existing member. Members of the h2u program receive Companion Services at a discounted monthly rate of \$32.95.

Caremark Prescription Discounts (1-877-864-7741) Save on prescription drugs at more than 60,500 participating pharmacies when you present your h2u prescription discount card. The list of pharmacies includes Wal-Mart, CVS, K-Mart, Rite-Aid and Kroger. Larger discounts are often available through mail order, phone and internet orders.

Careington Dental and Eye Plan (866-222-2558 or www.careington.com) h2u members have access to a comprehensive dental and vision discount plan at a special reduced rate of \$10.95 per month or an annual fee of \$89.00. This plan provides discounts of up to 60% on basic and restorative dental procedures and most preventive procedures from participating providers. Members can also save up to 40% on eyewear, exams, eyeglasses, contact lenses and LASIK or PRK procedures from 40,000 nationwide providers and leading optical retailers.

CST-Critical Signal Technologies (888-337-5433) CST provides advanced in-home alert, monitoring and TeleHealth systems that make it safe, easy and convenient for those with chronic conditions and unique physical challenges to remain independent. H2u members receive a discounted monthly rate of \$21.88 on the MMS and a 37.5% discount on all other in-home alert products with no activation or equipment fees.

LifeGuard-Medical Solutions (866-923-2331) LMS gives h2u members the ability to purchase automated external defibrillators (AEDs) at a nationally contracted discounted rate through 12-15-11.

Cheryl & Co. (800-443-8124 or www.cherylandco.com) h2u members receive a 10% discount on fresh baked cookies, desserts and gifts. The maximum discount is \$50.

Fannie May (800-333-3629 or www.fanniemay.com) h2u members receive a 15% discount on fine chocolate and candy.

The Popcorn Factory (888-216-0235 or www.thepopcornfactory.com) h2u members receive a 10% discount on popcorn gift sets.

Plow & Hearth (800-494-7544 or www.plowandhearth.com) h2u members receive \$15.00 off purchases of \$100 or more on their home and garden furnishings.

National Car Rental (1-877-222-9058) Receive discounts of 5 to 20% on car rentals.

TicketsAtWork.Com (1-800-331-6483) Save on tickets to movies, plays and theme parks.

Travel Care International (1-800-524-7633) Receive a 10-20% discount on air ambulance transport, bedside to bedside, providing an extra sense of security when you travel.

1-800-flowers.com (1-800-356-9377) Save 15% on your floral needs.

FromYouFlowers.com (1-800-838-8853) Members receive a 20% discount on all purchases by phone.

1-800-baskets.com (800-994-3457) h2u members

receive 15% off all gift basket purchases.

The Relocation Center (1-800-733-0930) Members of h2u receive discounts on family relocation services. h2u members receive 50% off commerce rates on any types of moves, discounts on moving and packing labor, along with a discount on real estate services.

Liferview Outdoors Store (800-395-LIFE or www.liferviewoutdoors.com) h2u members receive 10% off outdoor and survival gear with purchases of \$25 or more.

Liferview Resources (800-395-5433 or www.liferviewresources.com) h2u members receive 20% off Caregiving Series DVDs by providing your h2u member number when ordering by telephone.

Collette Vacations (800-665-1977) h2u members receive a 5% discount on vacation packages and cruises by providing your h2u member number.

CIE Tours (800-243-8687) Save money on certain group travel packages specially selected for h2u members with CIE Tours.

Hyatt Hotels (888-591-1234 or www.hyatt.com) h2u members receive a 10% discount on a standard room when booked online.

LaQuinta Inns (800-531-5900) h2u members receive a 10% discount on a standard room.

Wyndham Hotels (877-999-3223 or <http://www.wyndhamrewards.com>) h2u members receive a 10 to 15% discount on a standard room when booked online.

Red Roof Inn (800-733-7663) h2u members can receive an additional 20% off Best Available room rates by applying the h2u member discount number.

Corporate Shopping Company-h2u members have access to discounts at dozens of the world's most popular internet retailers and brands, such as Target.com, Walmart.com, Macys.com, Amazon.com and much more. Access through h2u.com, benefits, Corporate Shopping Company then click on h2u's Corporate shopping portal to set up a password and you are ready to save!!!!

travel information

Flyers for the trips being offered by Collette Vacation (CV) and Southern Touch Tours (STT) are available at the h2u office.

Canadian Rockies and Glacier National Park—Eight Days—July 30, 2011 (CV)

The tour of the Canadian Rockies features a drive along the incredible Icefields Parkway. Paralleling the Great Divide, this special roadway is home to some of the most dramatic vistas in all of North America. The price is \$2,419.00 per person, double occupancy, \$3,169.00 per person, single occupancy and \$2,389.00 per person, triple occupancy. This cost includes round-trip airfare from the Columbia Airport and hotel transfers. The cancellation waiver and insurance is an additional \$140.00 per person.

Country Star Revue at The Savannah Theater—Day Trip—August 7, 2011

This is a two-hour salute to the music of the great country stars of the past 50 years. We will leave at 9:00 a.m. in

order to eat before attending the matinee performance of this show so that we will not return so late at night. Lunch will be at Love's Seafood, along the winding banks of the beautiful Ogeechee River in a setting from *Forrest Gump*. The price of \$88.00 per person includes lunch, admission, round-trip transportation, mystery stop, taxes and gratuities. **This trip will be sold at the covered dish luncheon on July 11th.**

The Famous Grand Hotel on Mackinac Island—Seven Days—September 23, 2011 (STT)

This trip features wonderful entertainment, Bavarian Frankenmuth and fantastic touring. You will be transported by ferry to the island where you will enjoy a horse-drawn carriage ride with a lovely tour of the island. The price is \$1,599.00 per person, double occupancy, and \$2,124.00 per person, single occupancy.

Atlanta Braves vs. Philadelphia in Atlanta—Day Trip—September 27th

Let's give "the boys of summer" along with their new manager a rousing cheer. Our seats will be along the third base side in the shade at field level. This is not far from Chipper at third base (everyone's favorite) and it is a great spot for viewing. The price of \$77.00 per person includes, the game, ball park food of your choice, round-trip transportation, taxes and gratuities. **This trip will be sold at the covered dish luncheon on July 11th.**

"Motherhood, the Musical" at the 14th Street Theater in Atlanta—Day Trip—October 22nd

Save this date for an afternoon of fun and laughter. This is "the good, the bad and the laundry" at one of our favorite theaters. We are finalizing the plan for our meal. Details will be announced later, but we will try to keep the cost under \$100.00. Atlanta prices are high and bus costs have risen. In addition, Atlanta now charges for parking the motor coach. **This trip will be sold at the covered dish luncheon on August 15th.**

Backroads Mountain Getaway—Four Days—October 24, 2011 (STT)

You will visit historic Jonesborough, Tennessee, the storytelling capital. This trip features a four-hour scenic excursion on the Great Smoky Mountain Railway and visits to Dillsboro, Bryson City and Waynesville. Also included is lunch and entertainment at the Oktoberfest in the Bavarian Village of Helen, Georgia. The price is \$767.00 per person, double occupancy and \$899.00 per person, single occupancy.

Beijing City Stay—Nine Days—November 7, 2011 (CV)

This tour includes a visit to the Beijing Zoo, home of the famous pandas. No visit to China would be complete without seeing The Great Wall. Also included is a Peking Duck Dinner and Opera and a visit to the Temple of Heaven. The price is \$2,349.00 per person, double occupancy, \$2,649.00 per person, single occupancy and \$2,319.00 per person, triple occupancy. This cost includes roundtrip airfare from the Columbia Airport and hotel transfers. The cancellation waiver and insurance is an additional \$175.00 per person along with the air taxes and fees/surcharges of \$150.00. The air taxes and fees/surcharges are subject to increase until the trip is paid in full.

San Antonio Holiday—Five Days—December 1, 2011 (CV)

Some of this trip's highlights are the Alamo, a Paseo del Rio Cruise, the Mayan Dude Ranch, a El Mercado Mexican Cooking Class and a San Antonio Rose Live

Holiday Show. **This tour requires average physical activity.** You should be in good health, able to climb stairs and walk reasonable distances. The price is \$1,599.00, double occupancy, \$1,999.00 per person, single occupancy, and \$1,569.00 per person, triple occupancy. The cost includes round-trip airfare from the Columbia Airport, hotel transfers and air taxes and fees/surcharges. The cancellation waiver and insurance is an additional \$60.00 per person.

Famous Homestead Resort—Four Days—December 9, 2011 (STT)

This trip is filled with adventure including an overnigher in Virginia and a two-night stay at The Homestead. You will love this elegant resort which will be beautifully decorated for the holidays. There will be a history tour, an afternoon tea, a wine and cheese reception and much more. The price is \$877.00 per person, double occupancy, and \$1,099.00, per person, single occupancy.



August 13, 2011

10:00 a.m. to 2:00 p.m.

Augusta State's Athletic Complex

This is a free community-wide event devoted to women's health and happiness. Free screenings include height/weight, blood pressure, body fat, total cholesterol/glucose, real body age, bone density, grip strength and more! There will also be vendors of all kinds to include an "ask a doc" booth and free massages. AngioScreens® will also be available for \$75.00 at this event.

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Doctors Hospital of Augusta
Life is a gift. Live it well.

membership information

To contact the h2u National Office:

h2u Membership Center

P. O. Box 1300

Nashville, TN 37202-1300

Hours of operation: 8:00 a.m. to 8:00 p.m.

(800) 771-0428

To contact your local h2u Office:

h2u at Doctors Hospital of Augusta

3651 Wheeler Road

Augusta, GA 30909

Hours of operation: 8:30 a.m. to 4:30 p.m.

(706) 651-6716

Affiliate Manager: Debbie Schlotzhauer

Please feel free to contact your local office for updates and questions or go to www.doctors-hospital.net

h2u at Doctors Hospital

July 2011

Monday	Tuesday	Wednesday	Thursday	Friday
				<p><i>1</i></p> <p>8:30 AM Exercise Class 1 9:15 AM Exercise Class 2 10:00 AM Exercise Mat Class</p>
<p><i>4</i></p> <p>Independence Day</p> <p>Office Closed</p>	<p><i>5</i></p> <p>9:30 AM Meditation Class 2:00 PM Ballroom Couples Dance 5:15 PM Evening Exercise Class 7:00 PM Beginners2 Line Dance</p>	<p><i>6</i></p> <p>8:30 AM Exercise Class 1 9:15 AM Exercise Class 2 1:00 PM Advanced Line Dance 2:45 PM Intermediate Line Dance 4:20 PM Tai Chi - Must pay the 1st class of each month</p>	<p><i>7</i></p> <p>8:30 AM Body Shaping 10:00 AM "The Needle Workers" Group 5:15 PM Evening Exercise Class 6:30 PM Square Dance Classes</p>	<p><i>8</i></p> <p>8:30 AM Exercise Class 1 9:15 AM Exercise Class 2 10:00 AM Exercise Mat Class 11:00 AM Education Program - "Hearing Loss and Communication" - Must RSVP 1:30 PM h2u Computer Class-Cost is \$10-Must RSVP</p>
<p><i>11</i></p> <p>12:00 PM Covered dish luncheon and Auxiliary Meeting - Savannah Rapids Pavilion - Must RSVP by the previous WEDNESDAY!!!</p> <p>4:20 PM Tai Chi - Must pay the 1st class of each month 7:00 PM Beginners Line Dance</p> <p>Office Closed</p>	<p><i>12</i></p> <p>9:30 AM Meditation Class 11:00 AM h2u Orientation - Must RSVP 2:00 PM Ballroom Couples Dance 5:15 PM Evening Exercise Class 7:00 PM Beginners2 Line Dance</p>	<p><i>13</i></p> <p>8:30 AM Exercise Class 1 9:15 AM Exercise Class 2 10:15 AM Tray Favor Workshop - RSVP - Please bring scissors. 1:00 PM Advanced Line Dance 2:45 PM Intermediate Line Dance 4:20 PM Tai Chi - Must pay the 1st class of each month</p>	<p><i>14</i></p> <p>8:30 AM Body Shaping 10:00 AM "The Needle Workers" Group 12:00 PM AARP Drivers Safety Class - Must Prepay 5:15 PM Evening Exercise Class 6:30 PM Square Dance Classes</p>	<p><i>15</i></p> <p>8:30 AM Exercise Class 1 9:15 AM Exercise Class 2 10:00 AM Exercise Mat Class 12:00 PM AARP Drivers Safety Class - Must Prepay</p>
<p><i>18</i></p> <p>8:30 AM Exercise Class 1 9:15 AM Exercise Class 2 1:00 PM Bridge/Canasta/Euchre 4:20 PM Tai Chi - Must pay the 1st class of each month 7:00 PM Beginners Line Dance</p>	<p><i>19</i></p> <p>9:30 AM Meditation Class 2:00 PM Ballroom Couples Dance 5:15 PM Evening Exercise Class</p>	<p><i>20</i></p> <p>8:30 AM Exercise Class 1 9:15 AM Exercise Class 2 1:30 PM Street Survival Skills for Women - Followup Class 4:20 PM Tai Chi - Must pay the 1st class of each month</p>	<p><i>21</i></p> <p>8:30 AM Body Shaping 10:00 AM "The Needle Workers" Group 1:30 PM Bingo/Ice-Cream Social - Must have a ticket in order to attend - Tickets available on July 6th 5:15 PM Evening Exercise Class 6:30 PM Square Dance Classes</p>	<p><i>22</i></p> <p>8:30 AM Exercise Class 1 9:15 AM Exercise Class 2 10:00 AM Exercise Mat Class 1:30 PM h2u Computer Class-Cost is \$10-Must RSVP</p> <p>CPR on the 23rd</p>
<p><i>25</i></p> <p>8:30 AM Exercise Class 1 9:15 AM Exercise Class 2 1:00 PM Bridge/Canasta/Euchre 4:20 PM Tai Chi - Must pay the 1st class of each month 7:00 PM Intermediate Line Dance</p>	<p><i>26</i></p> <p>9:30 AM Meditation Class 1:30 PM Dutch Treat - Pickles - Must RSVP 2:00 PM Ballroom Couples Dance 5:15 PM Evening Exercise Class 7:00 PM Beginners2 Line Dance</p>	<p><i>27</i></p> <p>8:30 AM Exercise Class 1 9:15 AM Exercise Class 2 1:00 PM Advanced Line Dance 2:45 PM Beginners Line Dance 4:20 PM Tai Chi - Must pay the 1st class of each month</p>	<p><i>28</i></p> <p>10:00 AM "The Needle Workers" Group 5:15 PM Evening Exercise Class 6:30 PM Square Dance Classes No exercise classes during the day until 5:15 p.m.!</p> <p>SeniorFest in South Tower at Doctors Hospital - 8:00 a.m. to 2:00 p.m.</p>	<p><i>29</i></p> <p>8:30 AM Exercise Class 1 9:15 AM Exercise Class 2 10:00 AM Exercise Mat Class 3:00 PM Line Dance Party - Cost is \$2.00.</p> <p>Scrapbooking on the 30th</p>

All events will be held in the h2u Activities Room at 1305 Interstate Parkway, Doctors Hospital Building 3, unless otherwise noted.

h2u at Doctors Hospital

August 2011

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
8:30 AM Exercise Class 1 9:15 AM Exercise Class 2 10:15 AM Advisory Council 4:20 PM Tai Chi - Must pay the 1st class of each month 7:00 PM Intermediate Line Dance	9:30 AM Meditation Class 1:00 PM Beginners I Spanish Class 2:00 PM Ballroom Couples Dance 3:00 PM Beginners II Spanish Class 5:15 PM Evening Exercise Class 7:00 PM Beginners2 Line Dance	8:30 AM Exercise Class 1 9:15 AM Exercise Class 2 1:00 PM Advanced Line Dance 2:45 PM Beginners Line Dance 4:20 PM Tai Chi - Must pay the 1st class of each month	10:00 AM "The Needle Workers" Group 5:15 PM Evening Exercise Class 6:30 PM Square Dance Classes	8:30 AM Exercise Class 1 9:15 AM Exercise Class 2 10:00 AM Exercise Mat Class 1:30 PM h2u Computer Class-Cost is \$10-Must RSVP <div style="border: 1px solid black; padding: 2px;">Day Trip to Savannah on the 7th</div>
8	9	10	11	12
8:30 AM Exercise Class 1 9:15 AM Exercise Class 2 1:00 PM Bridge/Canasta/Euchre 4:20 PM Tai Chi - Must pay the 1st class of each month 7:00 PM Intermediate Line Dance	9:30 AM Meditation Class 1:00 PM Beginners I Spanish Class 2:00 PM Ballroom Couples Dance 3:00 PM Beginners II Spanish Class 5:15 PM Evening Exercise Class 7:00 PM Beginners2 Line Dance	8:30 AM Exercise Class 1 9:15 AM Exercise Class 2 10:15 AM Tray Favor Workshop - RSVP - Please bring scissors. 1:00 PM Advanced Line Dance 2:45 PM Beginners Line Dance 4:20 PM Tai Chi - Must pay the 1st class of each month	10:00 AM "The Needle Workers" Group 12:00 PM AARP Drivers Safety Class - Must Prepay 5:15 PM Evening Exercise Class 6:30 PM Square Dance Classes	8:30 AM Exercise Class 1 9:15 AM Exercise Class 2 10:00 AM Exercise Mat Class 12:00 PM AARP Drivers Safety Class - Must Prepay 1:30 PM h2u Computer Class-Cost is \$10-Must RSVP <div style="border: 1px solid black; padding: 2px;">Women's Annual Care Fair on the 13th</div>
15	16	17	18	19
12:00 PM Covered dish luncheon and Auxiliary Meeting - Savannah Rapids Pavilion - Must RSVP by the previous WEDNESDAY!!! 4:20 PM Tai Chi - Must pay the 1st class of each month 7:00 PM Intermediate Line Dance <div style="border: 1px solid black; padding: 2px; margin-top: 10px;">Office Closed</div>	9:30 AM Meditation Class 1:00 PM Beginners I Spanish Class 2:00 PM Ballroom Couples Dance 3:00 PM Beginners II Spanish Class 5:15 PM Evening Exercise Class 7:00 PM Beginners2 Line Dance	8:30 AM Exercise Class 1 9:15 AM Exercise Class 2 1:00 PM Advanced Line Dance 2:45 PM Beginners Line Dance 4:20 PM Tai Chi - Must pay the 1st class of each month	10:00 AM "The Needle Workers" Group 1:00 PM Movie - "Soul Surfer" - Must RSVP 5:15 PM Evening Exercise Class 6:30 PM Square Dance Classes	8:30 AM Exercise Class 1 9:15 AM Exercise Class 2 10:00 AM Exercise Mat Class <div style="border: 1px solid black; padding: 2px; margin-top: 10px;">CPR on the 20th</div>
22	23	24	25	26
8:30 AM Exercise Class 1 9:15 AM Exercise Class 2 1:00 PM Bridge/Canasta/Euchre 4:20 PM Tai Chi - Must pay the 1st class of each month 7:00 PM Intermediate Line Dance	9:30 AM Meditation Class 1:00 PM Beginners I Spanish Class 1:30 PM Dutch Treat - Mellow Mushroom - Must RSVP 2:00 PM Ballroom Couples Dance 3:00 PM Beginners II Spanish Class 5:15 PM Evening Exercise Class 7:00 PM Beginners2 Line Dance	8:30 AM Exercise Class 1 9:15 AM Exercise Class 2 1:00 PM Advanced Line Dance 2:45 PM Beginners Line Dance 4:20 PM Tai Chi - Must pay the 1st class of each month	10:00 AM "The Needle Workers" Group 1:30 PM Bingo - Must RSVP 5:15 PM Evening Exercise Class 6:30 PM Square Dance Classes	8:30 AM Exercise Class 1 9:15 AM Exercise Class 2 10:00 AM Exercise Mat Class 11:30 AM Education Program - "Healthcare Reform Begins at Home" - Must RSVP 3:00 PM Line Dance Party - Cost is \$2.00. <div style="border: 1px solid black; padding: 2px; margin-top: 10px;">Scrapbooking on the 27th</div>
29	30	31		
8:30 AM Exercise Class 1 9:15 AM Exercise Class 2 4:20 PM Tai Chi - Must pay the 1st class of each month 7:00 PM Intermediate Line Dance	9:30 AM Meditation Class 1:00 PM Beginners I Spanish Class 2:00 PM Ballroom Couples Dance 3:00 PM Beginners II Spanish Class 5:15 PM Evening Exercise Class 7:00 PM Beginners2 Line Dance	8:30 AM Exercise Class 1 9:15 AM Exercise Class 2 1:00 PM Advanced Line Dance 2:45 PM Beginners Line Dance 4:20 PM Tai Chi - Must pay the 1st class of each month		

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Empowering people 50+ to manage their health and enjoy a healthy lifestyle



Thursday, July 28th
8:00 a.m. to 2 p.m.
South Tower, Doctors Hospital
To register: Call 706-651-4343

Two sets of lectures will be offered. Attendees will select one lecture per session.

*****9:45 a.m.*****

Dr. Sean Francis
 “Finding Freedom from Urinary Incontinence”
Aubrey Rhodes
 “The State of Your Estate—Financial Planning
 for Your Future”

*****10:45 a.m.*****

Dr. Rashawn Blakeney
 “Aging Gracefully in Your Golden Years”
Marybeth Adams
 “Container Gardening—Small Spaces/Big
 Blooming Results”

- **More than 30 registered vendors distributing educational information and giveaways**
- **Opportunities to win door prizes**
- **Variety show performed during the lunch hour**
- **AngioScreens®, to determine risk for heart attack and stroke, will be offered for \$75. Preregistration is required!**