

Physician Spotlight

'h2u's Meet the Doc'

Barclay Bishop, Public Relations Manager, recently interviewed Justin V. Bundy, M.D., who is a spine specialist and orthopedic surgeon at Doctors Hospital. This is our way of helping you to get to know the physicians at Doctors Hospital. The interview with Dr. Bundy proceeded as follows:

Question: Where did you grow up?

Answer: Albuquerque, New Mexico

Question: How many children do you have?

Answer: I don't have any children.

Question: Where did you go to college?

Answer: I received my undergraduate degree from Furman University in Greenville, South Carolina. I went to medical school at the Medical College of Georgia.

Question: What is your favorite thing to do when you are not working?

Answer: I like to do a lot of different things in my spare time, but I especially love to be outdoors. My favorite activities are running, riding my bicycle and playing golf.

Question: What do you think is your best patient success story?

Answer: A great success for me is any patient who comes back after their surgery and says they would have done it again.

Question: What can you do, besides surgery, that others could benefit from by making an appointment with you?

Answer: I can educate them about preventing injuries and how to heal ones they may have. I offer rehabilitation services and can be a referral for non-surgical treatment.

Question: How important is it for people to see you when a problem persists?

Answer: It is very important because the longer you let it go, the more harm can be done in the long run.

Question: How could a reader of this h2u newsletter benefit by making an appointment with you?

Answer: Patients will become better educated, understand their spine and what is likely to occur if their condition continues and they do not treat it.

Dr. Bundy is currently accepting new patients. To make an appointment, call 706-863-9797. Refer to page two for a story about one of his many successes.



Tai Chi

By Sam Beasley

Not too many years ago, late middle age found me with a number of ailments living a miserable life. Tai Chi changed all of that for me. Now I share this ancient Chinese art and philosophy with others.

Tai Chi is a form of ancient martial art. Once used primarily for hand to hand combat, it later split off into a form of exercise with a spiritual dimension. You may have seen elderly people in city parks performing these slow graceful choreographies and wondered what they were doing.

Tai Chi is rapidly becoming the go-to exercise prescribed by physicians for a multitude of senior ailments such as arthritis, osteoporosis, heart disease, diabetes and other.

Tai Chi is not a miracle quick fix program like a fad diet. It is complex and takes time and patience to learn. Its effectiveness comes by achieving a mind, body and spirit balance. Tai Chi removes blockages which enable and enhance the body's own healing system. This happens in two ways.

First, as we become older, many of us become more sedentary. The spiral movements of Tai Chi release blockages and does not cause injury and soreness.

Secondly, Tai Chi is considered a form of meditation. It is very effective in helping to quiet the mind.

Sam Beasley is a certified Tai Chi Instructor. He currently teaches Tai Chi and Meditation at h2u.

Support our fundraising efforts!

Buy one of our entertainment coupon sticker books for \$10.00. It includes a coupon for a meal at Honey From the Rock (January Dutch Treat,) plus coupons for other meals, donuts, fun places to go, etc., while helping h2u in its fundraising efforts. These handy wallet size booklets are great stocking stuffers too. Do your Christmas shopping now because the supply is limited.

Gentlemen Start Your Engines

The Gentlemen Start Your Engines health fair held on September 10th was a resounding success! I would like to thank the following people who volunteered that day: Emery LaPierre, Ted and Ruth McIntyre, Monica Walker, Donna Walker-Carthers, Judy LaPierre, Evelyn Casey, Esther Greenfield, Betty Day, Frankie Nevins, Tony and Frances Ferrara, Alton and Edna Hill, Bess Woo, Linda Behm, Alice Weber, Karen Ellenson, Bernie Mercer, Geneva Conley and Renate Elston. I was exhausted when it was over, but the 368 individuals who had health screenings made the hard work worthwhile!

**Congratulations to
Jane George
who was
second runner up
in the Ms. Senior
Georgia Carolina Pageant
Held on September 10, 2011**

h2u membership

It's the healthiest gift you will ever give!!!!

Help your friends and loved ones enjoy a healthier life by giving them an h2u membership. This \$20 gift of health will last the whole year!

- Important health news and wellness tips at www.h2u.com
- Subscriptions to Health to You Magazine
- Money saving discounts on merchandise, travel and more

The Long Journey

As told by Peggy Held to Debbie Schlotzhauer

Peggy Held, an h2u member of 14 years, recently shared her amazing story of healing with me. Peggy's story began in 1998 after she fell down 14 steps. Her back and spine deteriorated dramatically after the fall. She was in constant pain; walking and shopping became a problem unless she was pushing a cart. Peggy went through numerous body braces, starting with a full body metal brace, then eventually to the old fashion girdle type brace. Her clothing had to be two sizes larger in order to hide the bulky braces. During this time, her height went from 5' 4" to 5'.

After 13 years of consulting with nine orthopedic surgeons, two chiropractors and plenty of physical therapy, Peggy was referred to a spine specialist here at Doctors Hospital.

That physician's name was Justin Bundy, M.D. With the aid of x-rays, bloodwork, a cardiology consult and general information, Dr. Bundy had no reservations about how he could help Peggy regain her height and walk without pain. Without surgery, she was headed toward a life spent in a wheelchair, in addition to dependency on pain meds.

Six months later, Peggy is back at her old height of 5' 4" and is walking without assistance. She has no pain and is able to enjoy shopping again. She continues to volunteer at h2u and at Doctors Hospital.

After the surgery, Dr. Bundy told Peggy that she can do anything but play "professional football." She stated that God and Dr. Bundy have performed a miracle on her 79 year old body and she is very blessed by all that has transpired. She strongly believes that she is a "walking miracle."

Although back surgery is not for everyone, medical science is revolutionary in its approach to back pain. Peggy strongly believes that seniors need to take advantage of medical help. Peggy is hopeful that this article will be read by someone who is experiencing back pain but hesitates to seek medical help.

Peggy is an inspiration to everyone around her. I know that I have been encouraged by her ordeal and her determination to make the best of a bad situation. She has inspired me to never give up under difficult circumstances and to be open-minded to all available options. It has been an incredible experience as I have watched Peggy make this long journey and emerge in triumph at the end.



Tai Chi for Seniors Workshop

Saturday, December 3, 2011

8:00 a.m. to 12:00 p.m.

h2u Activities Room

Taught by Sam Beasley, Certified Instructor

Limit—30 people

Cost—\$20.00 per person



Register by contacting Sam Beasley at 706-963-0504 or online at www.augustameditation.com.

from the h2u desk.....

The holidays are upon us once again. I always look forward to Thanksgiving and Christmas. On other hand, my inner self dreads the two holidays because I have no willpower and I know that I will overeat. My new Year's resolution is always to take off those extra pounds I gained.

As usual, I cannot say enough about the people who volunteer at h2u. I could not be successful in my job without their dedication. I want to thank Ted McIntyre for his hard work in repairing the cabinet doors in the h2u activities room. I have had problems with them in the past, and Ted did a miracle job so they should be stay fixed now.

I greatly appreciate Jim Tyler for manning the h2u booth at the Augusta Chronicle health fair on September 13th. I had a previous engagement on that day, so he took my place. Thanks Jim!

Judy LaPierre manned the h2u booth at a health fair at Washington Commons on October 22nd. I was already committed to the Motherhood trip to Atlanta that day, so I was appreciative that Judy could fill in for me!

Thanks to Betty Day and Jim and Joanne Tyler for putting up the fall decorations and Jim and Joanne Tyler for putting up the Halloween decorations. As always, they make h2u a warm and inviting place to come.

I am appreciative of our h2u members who donate items to the hospital. Lena Baraclough knitted four baby hats and Renate Elston knitted one baby blanket and two regular blankets. Thanks so much, ladies!

Thanks so much for your donations to Saturday Sacks at the September luncheon. We collected \$145.00. Thanks for being so giving.

This is an ideal time to reflect upon the many blessings that God has bestowed on us. I am so thankful for the many freedoms that we enjoy in this great nation.

Have a very blessed Thanksgiving and Christmas!!!!!!

Debbie Schlotzhauer
h2u Manager at Doctors Hospital



Are You Interested?

It is that time of year again. h2u is in need of individually wrapped hard candy, wrapping paper or tissue paper, along with red and green yarn/ribbon for the candy poppers. Please drop your donations at the h2u office by Tuesday, November 29th.

We need lots of people to assemble the candy poppers. This will take place on Wednesday, November 30th. Please call 706-651-6716 to RSVP. **h2u needs you!!!!!!**

We are accepting gifts for our Veterans. Items needed include white socks, footie socks, books on tape, slippers, decks of playing cards and toiletry items (travel size and regular size.) Do not send bars of soap. They are in dire need of denture cream and cleanser. **Please do not wrap the gifts!** Instead, they are requesting donations of gift bags and tissue. This way they can separate the items and see that the items are distributed evenly among the Veterans. **The deadline to bring these items is Friday, December 9th. Thanks so much for giving!!!!**

Volunteers are needed to visit the veterans at the VA Medical Center. Many of these men and women have no family, so they would enjoy some Christmas cheer. Get a couple of friends to go with you. You will receive a blessing from your endeavors.

Don't forget about our Christmas caroling on Tuesday, December 20th. Last year we were blessed when a patient asked us to sing "Silent Night." He had big tears sliding down his cheeks as he joined in singing and it was so touching. RSVP to 706-651-6716 and remember to wear Christmas attire.

There is a computer in the office by the h2u kitchen that is available for member's use. It has Word and Excel, but the internet is not available. This would be a great way to brush up on your computer skills. Call before you come to make sure that it is available.

Take the time to drop by h2u and look at our collection of videos, dvds, jigsaw puzzles and books, both hardback and paperback. Browse around and pick a few to take home with you! Thanks so much to all the members who have donated items to our growing collection.

h2u Fall Fashions/Variety Show Luncheon Thursday, November 3rd at 12:30 p.m.

Arthur Zawislak will be performing along with some of our talented h2u members. The fashions are provided by Dillard's Augusta Mall. Don't miss this luncheon complete with the latest fashions, door prizes and entertainment. The cost is only \$7.00 per person. Non-members can attend this event. The tickets can be purchased at the h2u office.

Attendance at Various h2u Events

When you RSVP for an h2u event, call the office at 706-651-6716 if you find yourself unable to attend. There have been instances when as many as 20 people have not shown up. This is a problem when food has been ordered. In the future, please try to cancel at least three days in advance, because after that I am unable to change the food count. I realize that there are times when people get sick at the last minute and this situation is unavoidable. If you know in advance that you cannot attend, please call the h2u office. Thanks so much for your assistance in this matter.

h2u Activities – November & December

AARP Driver Safety Program—November 10th and 11th, (Free class for the Military—November 19th, 9:00 a.m. to 4:00 p.m.—Refer to the article on Page 8) & December 8th and 9th, (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 a check payable to “AARP” or cash ONLY.**

Covered Dish Luncheons—Mondays—November 21st and December 12th—12:00 p.m.—Savannah Rapids Pavilion
Be sure to bring enough food to feed six to eight hungry people. Do not bring serving utensils. Unless you are assisting with set-up, do not arrive for the luncheon until after 11:00 a.m. **RSVP at 706-651-6716.**

- **November program**—Arthur Zawislak, musical program
- **November main dish**—Stuffed pork chop
- **December program**—Chuck Courtenay, musical program
- **December main dish**—Sliced turkey

Orientation—Tuesday—November 8th—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—Tuesday—November 8th and December 13th—10:45 a.m.

h2u members get together and make tray favors for hospitalized patients at Doctors Hospital. Bonnie Milliken has graciously taken over Tray Favors and is doing a fantastic job. Thanks Bonnie! Joan Prowse will be coordinating a second Tray Favor in December. A free lunch is provided for the attendees. RSVP at 706-651-6716.

Christmas Ornament Wing Ding—Tuesday—December 6th—10:45 a.m.

A Wing Ding will be held to put the finishing touches on the Christmas ornaments that will be distributed on Christmas Day to the patients at the hospital. Thanks to Charles and Doris Stone, Bertha Dempsey, Esther Greenfield, Bonnie Milliken and Linda Riggio for working on these at home. You did the hard part! RSVP to 706-651-6716.

Candy Poppers Wing Ding—Wednesday—Wednesday—November 30th—10:15 a.m.

A Wing Ding will be held to wrap the candy poppers which will be distributed to the patients on Christmas Eve. We also prepare candy poppers for the veterans and for giving to patients, their family members and hospital employees when we go Christmas caroling. We are appreciative of any time that you can donate for this worthwhile project. RSVP at 706-651-6716.

Bridge/Canasta/Euchre—Mondays—November 14th and 28th & December 5th—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”—Thursdays—10:00 a.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 October 31st at 4:30 p.m.

Beginners2-New class begins on November 1st at 7:00 p.m.

Intermediate-New classes begin on November 2nd at 2:45 p.m.

Advanced-New class begins on November 2nd 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 Weber the first day of the class.**

Line Dance Party—Friday—November 18th and December 16th—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.**

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

This next class will begin on November 1st and Teena Marie will be teaching the Tango. **There will be no classes in December.** The cost of the monthly class is \$25.00 per person. **Pay Teena Marie the first class of the month.**

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 \$3.00 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.

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.**

Level I Tai Chi Class—Tuesdays—8:30 a.m. and Level II Tai Chi Class—Mondays and Wednesdays—10:30 a.m.

Sam Beasley, 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. This cost is only \$5.00 per class. **Be sure to check in and pay at the front desk each time.**

Level I Meditation—Tuesdays—9:30 a.m. and Level II Meditation Class—Thursdays—9:45 a.m.

Sam Beasley, a certified instructor, is teaching a Level I and Level II

Meditation class. Meditation is a great way to learn to deal with the stress of day-to-day living. The cost is \$5.00 per class for Level I and \$3.00 for Level II. **Be sure to check in and pay at the front desk each time.**

Bingo—Thursday—November 17th—1:30 p.m.

Bingo is free and is for members only. There is a limit of 150 people for the November Bingo. Turkeys will be given only as door prizes. 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 cost is \$30.00 for six classes payable to Maria Edwards. There will be no classes after November 1st until 2012.

Christmas Caroling at the hospital—Tuesday—December 20th—2:00 p.m.

Join other h2u members as we stroll through the hospital singing Christmas carols and giving candy poppers to patients, visitors and employees. Meet at the h2u office at 1:30 p.m., then we will caravan to the hospital. Vera Farmer will play the accordion and Santa Claus will join us. Be sure to wear your most festive Christmas attire. **RSVP at 706-651-6716.**

No movie will be shown during the month of December.

No computer classes will be held during November and December. Arlene will resume classes in January 2012.

Dutch Treats

November Dutch Treat—Cowabunga Grill—November 8th—1:30 p.m.—same strip as Goolsby's

The CSRA's newest casual eatery will not disappoint you. The grill is owned by Karen and co-owned by Gary (of Gary's Hamburgers fame.) Try their "soon to be famous" stuffed burger, grilled BLT or grilled chicken, chicken salad, soup, chili, hot dogs or sausages, and salads. **Call 706-651-6716 to RSVP.**

December Dutch Treat—Calvert's—December 13th—6:00 p.m.—Surrey Center, Highland Avenue

Our annual "dress up in your finest glitter glamour" holiday dinner at Augusta's top rated restaurant and our favorite too! This is your choice from the chef's select twilight dinner menu. Celebrate the season with dear h2u friends and fine food for only \$25.00. **This is a prepay and went on sale at the October luncheon.**

Mark your calendar for Honey From the Rock on January 24th and 5 O'Clock Bistro on February 16th.

h2u health and community events

December Education Program/Luncheon—"The Aging Back"—December 1st—11:30 a.m.—Presented by Justin V. Bundy, M.D.

Dr. Bundy will discuss lumbar spinal stenosis and its symptoms and treatment. Learn how your legs can hurt from your back. This condition is often due to the natural degenerative process that occurs in the spine due to aging. Unfortunately, it can result in severe restrictions on patient mobility and quality of life. Don't miss this important presentation. **RSVP to 706-651-6716 by November 29th.**

Community Health Screening—December 14th—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—December 13th—6:00 p.m.—Med. 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 "Holiday Time and Diabetes Bingo." **Call 706-651-2468 to RSVP.**

Cancer Survivor Support Group Meeting—November 10th and December 8th—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—November 8th and December 13th—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. The meeting room is located in the building adjacent to the hospital near the Emergency Room. **Call 706-210-2000 for more information.**

Hearing Loss Association of Augusta Meeting—November 21st and December 19th—First Baptist Church, Adult Building, Room 100

This meeting is for anyone who has a hearing loss, their family and friends and hearing health professionals. Refreshments are at 5:30 p.m. with the program at 6:00 p.m.

CPR/First Aid Classes—November 12th and December 10th—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—December 15th—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, which 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!

HELP Personal Response System for Mom or Dad (866-672-4852)

This is a 24/7 monitoring system which includes six audible medication reminders, wireless pendant and a safe word. The Help unit can be transported from state-to-state with no hidden fees or costs. Their goal is to assist hospitals in reducing re-hospitalization, medication compliance, fall prevention and communicate within the medical community. There is no contract and the cost is only \$29.95 per month.

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 Kane and Company Dance Productions 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 h2u membership includes discounts with national companies. The h2u program offers valuable discounts on the products and services shown below. 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.

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. 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.

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

Lifeview Resources (800-395-5433 or www.lifeviewresources.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://wr.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.

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, an 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, (pp) double occupancy, \$1,999.00 (pp) single occupancy, and \$1,569.00 (pp) 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.

Mystery Trip—Overnighter—December 4th and 5th, 2011

We are not going to tell you where....just when. We will leave Sunday morning and be home in the early evening on Monday. We are going where many of you have asked to go and where all will be happy to go. There will be some walking. It is going to be a fun time, so pack your jammies, your toothbrush and whatever casual clothes you wish. You will have the option of 2 per room-\$199.00 per person, 3 per room-\$187.00 per person or 4 per room-\$175.00 per person. **This trip has been filled and has a waiting list.**

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

If you have been to the famous Greenbrier Hotel in West Virginia, you will love this equally elegant resort. In addition, it will be beautifully decorated for the holidays. There will be a variety of wonderful activities at the upscale Homestead Resort. The price is \$877.00 per person, double occupancy, and \$1,099.00, per person, single occupancy.

“Ain’t Misbehaving’ “—Day Trip—February 2, 2012

This matinee performance will have the Opera House jumping with music from yesteryear. It’s Jazz—uptown and downtown—with the high steppers from the Waldorf to the Cotton Club; Tin Pan Alley at its finest— Manhattan and Harlem of the ‘30’s, with songs such as “Honeysuckle Rose” and “Your Feet too Big” from the pen of Fats Waller. Lunch will be at Steven W’s. Don’t miss our winter afternoon dance party. The price of \$82.00 includes admission, lunch, round-trip transportation, taxes and gratuities. This trip will be sold at the covered dish luncheon on November 21st.

Discover Tuscany—Ten Days—March 27, 2012 (CV)

The tour begins in Rome and features a winery tour, a Tuscan feast, a guided tour of the amazing Pitti Palace and much more. The price is \$2,769.00 (pp) double occupancy, \$3,069.00 (pp) single occupancy and \$2,739.00 (pp) triple occupancy. This cost includes the round-trip airfare from the Columbia Airport, air taxes and fees/surcharges and hotel transfers. The cancellation waiver and insurance is an additional \$200.00 per person.

Northern National Parks—Eight Days—June 22, 2012 (CV)

Enjoy this tour which features Yellowstone National Park the Grand Tetons and Jackson, Wyoming. The price is \$1,940.00 (pp) double occupancy, \$2,290.00 (pp) single occupancy and \$1,810.00 (pp) triple occupancy, if booked by December 22, 2011. This cost includes the round-trip airfare from the Columbia Airport, air taxes and fees/surcharges and hotel transfers. The cancellation waiver and insurance is an addition 165.00 per person.

New York City—Five Days—October 11, 2012 (CV)

Enjoy two Broadway shows, Greenwich Village, Ground Zero, the Stature of Liberty and much more. The price is \$2,199.00 (pp) double occupancy, \$2,899.00 (pp) single occupancy and \$2,169.00 (pp) triple occupancy if booked by April 11, 2012. 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 \$65.00 per person.

Maxine’s Views on Aging and Walking

The only reason I would take up walking is so I could hear heavy breathing again.

I have to walk early in the morning before my brain figures out what I’m doing.....

(My favorite) I joined a health club last year, spent about 400 bucks and haven’t lost a pound. Apparently, you have to go there!

(My second favorite) Every time I hear the dirty word ‘exercise,’ I wash my mouth out with chocolate.

The advantage of exercising every day is so when you die, they’ll say, “Well, she looks good, doesn’t she?”

We all get heavier as we get older because there’s a lot more information in our heads.

I know I got a lot of exercise the last few years.....just getting over the hill!

-Copied-

Free AARP Drivers Safety Class

November 19, 2011

9:00 a.m. to 4:00 p.m.

Free to all military active, retirees, veterans, spouses and dependents

This AARP Drivers Safety Class will be offered in November in honor of Veterans Day. Must pre-register by calling 706-651-6716.

SPONSORING HOSPITAL

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**