

H2u Goes Caroling

H2u is second to none! Our annual Christmas caroling on the 20th was truly a blessing. We went to Augusta Gardens Retirement Facility and then caroled at the hospital. As we sang, we distributed candy poppers to the patients, family members and hospital employees. I hope the picture reflects the fun that we were having!

Kneeling, (l to r), Jane George, Monica Walker, Jordan Hogue, Bess Woo and Debbie Schlotzhauer. Standing, (l to r), Joanne Dukes, David Dukes, Linda Lack, Ricky Slagle, Vera Farmer, Bob Anastasiadis

(Santa,) Peggy Held (Mrs. Claus,) Etta Smitherman and Deanna Ray. Thanks for sharing your Christmas joy with others!!!!



AARP Income Tax Preparation at h2u

Beginning Wednesday, February 1, 2012, AARP trained volunteers will again assist our members in preparing your personal income taxes. These returns will be filed electronically. When you come in for your appointment, you will need your W-2 forms, proof of your social security number and last year's income tax return along with all tax-related documents. When filing a joint return, both taxpayers have to be present to sign the return. Not only is there no charge for this service, but the wait times are less because this is 'by appointment only.' Call the office at 706-651-6716 to schedule your appointment, beginning January 9th.

h2u members go above and beyond!

I have the greatest group in Augusta or even in the State of Georgia! You never cease to amaze me!

We collected items for the veterans, as in the past. Jim and Joanne Tyler delivered a truck load of gifts to the VA Medical Center on December 21st. I am so proud to be a part of h2u!

Our group assembled 776 candy poppers when they met. Louise Campbell brought in 500 poppers that she had assembled at home (something she does every year.) Bonnie Milliken made 32 candy poppers at home. We broke our record of 1,192 from 2010 by 84 candy poppers. Wow!

Rose Cales made 62 decorative candy canes that we distributed to the children when we were Christmas caroling. When I called to thank her, she shared that God had told her to make them. She followed His instructions and they were put to good use. The children loved them!

We also had members who assembled Christmas ornaments at home, which is a very time consuming process. Thanks to Bertha Dempsey, Esther Greenfield, Bonnie Milliken, Charles and Doris Stone and Linda Riggio. They assembled a grand total of 322 Christmas ornaments.

Joanne Tyler, Frankie Nevins and Frances Ferrara did a phenomenal job wrapping presents for hospital employees on December 16th. They took time out of their busy schedules to do this fundraiser. See the picture on page 2.

Thanks to everyone for going above and beyond. You are the best!!!!!!

Meditation Can Make a Difference!!!!!!

Sam Beasley, the h2u Meditation Instructor, recently shared the following information with me: "Transformation Meditation offers several meditation techniques for self-awareness and mindfulness. Being able to free your self from the habits of destructive thoughts and behaviors can transform your life. You can find and sustain the peace of mind that others have found in the h2u Meditation class."

The Level II Meditation Class is held on Thursdays at 9:45 a.m. for only \$3.00 per class. When we get enough people to start a beginners class, it will be held on Tuesdays at 10:00 a.m. for only \$5.00 per class. Call 706-651-6716 if you are interested in a beginner class.

Physician Spotlight

'h2u's Meet the Doc'

Barclay Bishop, Public Relations Manager, recently interviewed Doris Tummillo, M.D., who specializes in cardiovascular disease. This is our way of helping you to get to know the physicians at Doctors Hospital. The interview with Dr. Tummillo proceeded as follows:

Question: Where did you grow up?

Answer: Connecticut

Question: How many children do you have?

Answer: I don't have any children.

Question: Where did you go to college?

Answer: I attended the University of Hartford in Connecticut.

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

Answer: I farm when I am not at work. I love and ride and drive horses.

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

Answer: Most of my patients do not look like they have any health problems.

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

Answer: Prevention is the best method. I can help avoid heart disease or at least keep it under control.

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

Answer: One should always see their physician if problems do not resolve themselves.

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

Answer: Again, prevention is the best way to maintain good health. Come to the talk and learn about things that will help you to have good heart health.



Dr. Trumillo is currently accepting new patients. Don't miss her important presentation about Heart Health on February 24th.



Happy New Year!!!!!!

Change is one of the hardest things for a senior, especially when it comes to eating habits and overall wellness. A new diet and exercise regimen can have positive physical and psychological impacts on seniors. When you implement change, you need to make gradual changes one step at a time. When you do this, the opportunity for success is greater.

A healthy diet can slow the onset of diseases and help seniors manage symptoms. The following are five steps to help improve the eating habits of seniors:

1. Drink eight 8-ounce glasses of water a day. 
2. Eat the right snacks. Avoid foods that are too sweet and have high sugar content. Too much sugar not only raises the risk of diabetes, but can also lead to weak eyesight and obesity.
3. Add fiber to the diet. Do this slowly to give your body a chance to adjust. Adding too much fiber too soon, may cause bloating, cramping or gas.
4. Limit the salt. It is common for seniors to have a diminished sense of taste and smell. Sodium intake should be less than one teaspoon per day to reduce the risk of developing high blood pressure, prevent and control hypertension and prevent cardiovascular disease.
5. Exercise regularly. Daily exercise stimulates the appetite, helps alleviate depression and strengthens muscles and bones. 

These five simple steps can lead to a healthier lifestyle this year. Enjoy good health!

H2u's Fundraising Project at Doctors Hospital

H2u had another fundraising project in 2011. Joanne Tyler came up with this great idea and executed it to perfection. These ladies demonstrated their expertise as they wrapped beautiful presents for hospital employees. Pictured (l to r) are Frances Ferrara, Frankie Nevins and Joanne Tyler. Great job, ladies!



from the h2u desk.....

Happy New Year from h2u! I hope that you made reasonable New Year's goals that are attainable. Too many times I have set goals that were unreachable, so I got discouraged and gave up. One of my 2012 goals is to strive to have good health. The path to good health starts today and you can take that first step with h2u. Check our upcoming events calendars on page nine and ten to find a program(s) that interests you. h2u offers so many activities that will enable you to look and feel good. For only \$20.00 per year, an h2u membership is quite a bargain. Share h2u with your friends and family.

I would like to thank my office volunteers for their dedication and hard work. They are as follows: Linda Behm, Myrtis Bowen, Johnnie Coffman, Joanne Dukes, Vera Farmer, Frances Ferrara, Esther Greenfield, Peggy Held, Edna Hill, Bertie Mangham, Gerrie Meitin, Margaret Miller, Bea Nail, Etta Smitherman, Linda Tredway, Joanne Tyler and Monica Walker. Edna has decided to retire, so I will really miss her smiling face at the desk.

We lost one of our volunteers in August. I have truly missed Nelle Hogan, who was a very special lady. The good thing is that I have a lot of good memories of time spent with her at h2u.

Thanks to Louis and Gerrie Meitin who went out of their way to buy doughnuts for the Veterans for the AARP Drivers Safety Class. This class was held at h2u on Saturday, November 19th. I greatly appreciate Carl Tredway who made wooden bases for some of the Thanksgiving figurines that were falling over. Thanks to Jim and Joanne Tyler, Betty Day and Joanne Dukes who took down the Thanksgiving decorations and put up the Christmas decorations. They look spectacular! Jim Tyler also carried all of the donations that were made for the Veterans to the VA Medical Center.

I am appreciative of our h2u members who donate items to the hospital. Kathryn Morrison knitted six Christmas baby hats and three lap throws, Bertha Dempsey knitted four Christmas baby hats, Lena Baraclough knitted four therapy balls and a baby sweater/hat set while Helen Grant knitted one lap throw. Thanks so much, ladies!

Where did 2011 go? Lets make 2012 an unforgettable year! I am so thankful and blessed to be a part of such a wonderful organization!!! I look forward to seeing you in the New Year!

Debbie Schlotzhauer, h2u Manager at Doctors Hospital



Successful Fashion Show/Variety Show

The 18th annual h2u Fashion Show/8th annual Variety Show was a huge success. I would like to thank all of the models for a great job. They were Jean Bowles, Evelyn Casey, Jane George, Joann Amerson, Judy LaPierre, Geneva Conley, Debbie Schlotzhauer, Joyce Long Edie Seigler, Janelle Lane, Linda Palmer, Bob and Peggy Held, Lisa Timblin and Monica Walker.

A special thanks goes to Jimmy Bowen and Ed Bartley for transporting the clothes to and from Dillards; Ed Bartley for handling the photography; Fina Balinski, Esther Greenfield and Linda Riggio for helping with tickets and door prizes; Betty Day, Joanne Dukes and Debbie Schlotzhauer for helping me to set up the room and decorate for the show; David and Joanne Dukes for getting the food ready to serve and Debbie for all the help she gave me from the beginning to the end of the show. I am especially grateful to Lisa Timblin and Monica Walker for their help with the fittings, keeping the models clothes separated and then bagging the clothes. Their work behind the scenes made my job much easier.

Reverend Arthur did a great job singing and handling the music for the variety show. The following people participated in an entertaining Georgia Bulldog/Auburn Tigers skit: Bob and Peggy Held, Joyce Long, Janelle Lane, Edie Seigler, Linda Palmer, Jane George, Evelyn Casey and Debbie Schlotzhauer.

The following people entertained in the variety show: Elmore Harper-musical saw; Charles Stone-ukulele; Chuck Mashburn-singing; Debbie Schlotzhauer-singing and Jane George-singing. We have a lot of talent in our h2u group.

Special guests were Liz Sass, Dillards' Store Manager and Dealynn Fryer, Ladies Wear. They also donated four nice door prizes, which we greatly appreciated.

Thanks again to everyone who helped make this another successful show!

Mary Lou Dean, Fundraising Chairman

A special thanks to Mary Lou for a phenomenal job. Your hard work is greatly appreciated!!!

Debbie

2012 Rule To Live By

**Life is short! Break the rules! Forgive quickly!
Love truly! Laugh uncontrollably!
Never regret anything that made you smile!**

2012 Prayer

Dear God,

My prayer for 2012 is for a fat bank account and a thin body. Please do not mix these up like you did last year. Amen!

-Copied-

h2u Activities – January & February

AARP Driver Safety Program— January 12th and 13th, & February 9th and 10th, 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 check payable to “AARP” or cash ONLY.**

Covered Dish Luncheons— Mondays—January 16th and February 20th—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.**

- **January program**—The Forgiven Six, musical
- **January main dish**—Meat Loaf
- **February program**—Mardi Gras Parade
- **February main dish**—Pork Roast
- **Be sure to dress in your finest Mardi Gras attire. We will be giving out prizes for the best Mardi Gras costume.**

Orientation—Tuesday—January 10th—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— January 10th and February 14th— 10:45 a.m.

h2u members get together and make tray favors for hospitalized patients at Doctors Hospital. A free lunch is provided for the attendees. RSVP at 706-651-6716.

Bridge/Canasta/Euchre— Mondays—January 9th and 23rd and & February 13th and 27th— 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 January 4th at 2:45 p.m.

Beginners2—New class begins on January 3rd at 7:00 p.m.

Intermediate—New classes begin on January 2nd at 7:00 p.m.

Advanced—New class begins on January 4th at 1:00 p.m.

Alice Weber teaches beginner, intermediate and advanced classes for six-week sessions. The cost of the Beginners2, Intermediate and Advanced classes (1 1/2 hour class) is \$20.00, while the cost of the Beginners class is \$15.00 (1 hour class.) **Pay Alice Weber the first class of the session.**

Line Dance Party—Friday— January 27th and February 24th— 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 January 3rd and Teena Marie will be teaching the Fred and Ginger Fox Trot. She will be teaching the Sexy Rhumba in February beginning on the 7th. 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. This is a great way to get some exercise into your routine. 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.** 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 for Arthritis Class— Tuesdays—9:00 a.m. and Intermediate 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 II Meditation Class— Thursdays—9:45 a.m.

Sam Beasley, a certified instructor, is teaching a Level II Meditation class. Meditation is a great way to learn to deal with the stress of day-to-day living. The cost is \$3.00 for Level II. If enough people are interested, Sam will start up a beginners class on Tuesdays at 10:00 a.m. for only \$5.00 per class. Call the office if you are interested in a beginners class. **Be sure to check in and pay at the front desk each time.**

Bingo—Thursdays—January 19th and February 23rd—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 cost is \$30.00 for six classes payable to Maria Edwards.

Afternoon at the Movies—"The Help" - February 17th—1:00 p.m.

An aspiring author during the civil rights movement of the 1960's decides to write a book detailing the African-American maid's point of view on the white families for which they work, and the hardships they go through on a daily basis. This is the story of three extraordinary women whose determination to start a movement of their own forever changes a town and the way women—mothers, daughters, caregivers, friends—view one another. You will be touched by this movie that is filled with poignancy, humor and hope. Rated PG-13. **Call 706-651-6716 to RSVP.**

H2u Computer Classes—January 20th and 27th & February 10th and 24th—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. Don't miss out on this opportunity to learn about computers and update your computer skills. **Please RSVP to 706-651-6716 for each individual class.**

Dutch Treats

January Dutch Treat—Honey From The Rock—January 24th—1:00 p.m.—2621 Washington Road, across from the National

This is everyone's favorite place for good ole Southern home cooking. The menu includes chicken (roasted and fried), porkchops, taters and gravy, veggies of all sorts, mouth-watering desserts and much more. **Call 706-651-6716 to RSVP.**

February Dutch Treat—5 O'Clock Bistro—February 16th—1:00 p.m.—2111 Kings Way (off Central Avenue, near the old historic fire station)

Augusta's newest French-style café offers standard favorites and daily specials. The chef promises something for Mardi Gras and for dessert, there is always crème brulee, plus other tasty goodies. **Call 706-651-6716 to RSVP.**

h2u health and community events

January Education Program/Luncheon—"Eating with Your Fingers: Effective Weight Loss on One Hand"—January 20th—11:30 a.m.—Presented by Edward H. Bolen, M.D.

Dr. Bolen will address the biochemistry of weight loss and highlight some pitfalls in every day food choices that sabotage your weight loss efforts. He will show you how to quickly sort through the confusion of food nutrition labels for important information and how to use them to your advantage. This program is a great way to help you achieve that New Year's goal of losing weight. **RSVP to 706-651-6716 by January 18th.**

February Education Program/Luncheon—"Heart Health—February 24th—11:30 a.m.—Presented by Doris E. Tummillo, M.D.

February is Heart Month so this presentation will focus on maintaining a healthy heart. As people age, it is important that they remain active. Dr. Tummillo will discuss how to focus on the importance of exercise. Don't miss this important presentation. **RSVP to 706-651-6716 by February 22nd.**

Community Health Screening—Date Not Finalized—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—February 14th—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. **Call 706-651-2468 to RSVP.**

Cancer Survivor Support Group Meeting—January 12th and February 9th—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—January 10th and February 14th—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—January 16th and February 20th—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—January 7th and February 4th—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—Date Not Finalized At This Time—10:30 a.m. to 4:00 p.m.—Classroom 2 in the South Tower

Call the h2u office for the date of the blood drive at Doctors Hospital.

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, a 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 Ballroom Dance Center located at 525 Grand Slam Court 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.

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://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 Ionosphere Tours (IT) are available at the h2u office. I am only listing a few of the Ionosphere trips because I do not have room to list all of them.

“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 has been filled and has a waiting list.

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, \$2,390.00 (pp) single occupancy and \$1,910.00 (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 165.00 per person.

Magnificent Mid-America—Seven Days—July 16, 2012 (IT)

Enjoy the Creation Museum in Petersburg, Kentucky, The Chicago River Architecture Cruise, views from the John Hancock Observatory, the Gateway Arch in St. Louis and much more. The price is \$1,260.00 (pp) double occupancy.

Amish, Gettysburg & Monticello—Five Days—September 17, 2012 (IT)

Visit the Hershey's Chocolate World, enjoy dinner in an authentic Amish home, tour Monticello, watch "Jonah" at the awesome Sight and Sound Theater and much more. The price is \$780.00 (pp) double occupancy.

Autumn New England Countryside—Eight Days—October 6, 2012 (IT)

Visit the headquarters for Yankee Candle, enjoy a cruise on Lake Winnepesaukee, tour the Castle in the Clouds and Ben & Jerry's Ice Cream Factory, visit the Norman Rockwell Museum and much more. The price is \$1,215.00 (pp) double occupancy.

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

Enjoy two Broadway shows, Greenwich Village, Ground Zero, the Statue 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.

Virginia Beach Spectacular Event—The Bob Hope "USO Show"—Four Days—October 15, 2012 (IT)

This is your chance to see Bob Hope's USO show with the Andrews Sisters and Glenn Miller Band, the Sinatra Legacy with the Tommy Dorsey Orchestra and "New Jersey Nights" and the story of Frankie Vali and the Four Seasons. The price is \$830.00 (pp) double occupancy.

Mark your calendars for a day trip on October 30, 2012 to Athens to see Carl Hurley and Jeanne Robertson in action.

Branson Musical Holiday—Five Days—November 29, 2012 (CV)

This trip features a wealth of talent such as Yakov Smirnoff, the Twelve Irish Tenors, Doug Gariel and much more. Enjoy a spectacular adventure aboard the historic paddlewheel riverboat, the Showboat Branson Belle. Travel to Silver Dollar City where an 1892 Christmas will unfold before your eyes. The price is \$1,620.00 (pp) double occupancy, \$1,870.00 (pp) single occupancy and \$1,590.00 (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 \$60.00 per person.

Are You Interested?

Sam Beasley, the h2u Meditation instructor, is willing to start a Level I Tai Chi class. This class will take place on Tuesdays at 10:00 a.m., once we have enough interest (6 to 10 people.) The cost will be \$5.00 per class. Refer to the article on Page 1 for a listing of the benefits of Meditation. If interested, call 706-651-6716.

The computer classes are starting up again in January. The instructor, Arlene Kevitz, can work with you one on one with any questions you may have. The cost is only \$10.00 per class and you will have your own computer station. The dates of the classes are listed on page 5 in the h2u Activities section. RSVP to 706-651-6716.

H2u Volunteers Strike Again!!!!!!

The hospital's Christmas Celebration could not have taken place without the assistance of 24 of our h2u volunteers. The event was a resounding success, but it took the efforts of a lot of volunteers to make that happen. The festivities centered around Santa's workshop which was a dreamy wonderland. The children were laughing and smiling as they had their pictures made with Santa, visited with Mrs. Claus, decorated cookies, played games and enjoyed all of the fun things set up for them to do. Thanks so much to the following people: Jane George, Evelyn Casey, Betty Day, Esther Greenfield, Tanya Langley, Margaret Miller, Jim and Joanne Tyler, Frankie Nevins, Monica Walker, Monica's granddaughter-Jordan Hogue, Donna Walker-Carithers, Peggy Held, David and Joanne Dukes, Ted and Ruth McIntyre, Alton and Edna Hill, Louis and Gerrie Meitin, Etta Smitherman, Debbie Schlotzhauer and Carl Tredway (who took lots of pictures of the event.) You are the best volunteers around and the hospital appreciates all that you do!!!!

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

h2u at Doctors Hospital

January 2012

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: center;">2</p> <p>7:00 PM Intermediate Line Dance</p> <div style="border: 2px solid blue; padding: 5px; text-align: center;"> <p>Office Closed for New Year's</p> </div>	<p style="text-align: center;">3</p> <p>9:00 AM Level I Tai Chi - \$5.00 per class</p> <p>1:00 PM Beginners I Spanish Class</p> <p>2:00 PM Ballroom Couples Dance</p> <p>3:00 PM Beginners II Spanish Class</p> <p>5:15 PM Evening Exercise Class</p> <p>7:00 PM Beginners 2 Line Dance</p>	<p style="text-align: center;">4</p> <p>8:30 AM Exercise Class 1</p> <p>9:15 AM Exercise Class 2</p> <p>10:30 AM Level II Tai Chi - \$5.00 per class</p> <p>1:00 PM Advanced Line Dance</p> <p>2:45 PM Beginners Line Dance</p>	<p style="text-align: center;">5</p> <p>8:30 AM Body Shaping</p> <p>9:45 AM Level II Meditation Class - \$3.00 per class</p> <p>10:00 AM "The Needle Workers" Group</p> <p>5:15 PM Evening Exercise Class</p> <p>6:30 PM Square Dance Classes</p>	<p style="text-align: center;">6</p> <p>8:30 AM Exercise Class 1</p> <p>9:15 AM Exercise Class 2</p> <p>10:00 AM Exercise Mat Class</p> <div style="border: 1px solid black; padding: 2px; text-align: center;"> <p>CPR on the 7th</p> </div>
<p style="text-align: center;">9</p> <p>8:30 AM Exercise Class 1</p> <p>9:15 AM Exercise Class 2</p> <p>10:15 AM Advisory Council</p> <p>10:30 AM Level II Tai Chi - \$5.00 per class</p> <p>1:00 PM Bridge/Canasta/Euchre</p> <p>7:00 PM Intermediate Line Dance</p>	<p style="text-align: center;">10</p> <p>9:00 AM Level I Tai Chi - \$5.00 per class</p> <p>10:45 AM Tray Favor Workshop - RSVP - Please bring scissors.</p> <p>11:00 AM h2u Orientation - Must RSVP</p> <p>1:00 PM Beginners I Spanish Class</p> <p>2:00 PM Ballroom Couples Dance</p> <p>3:00 PM Beginners II Spanish Class</p> <p>5:15 PM Evening Exercise Class</p> <p>7:00 PM Beginners 2 Line Dance</p>	<p style="text-align: center;">11</p> <p>8:30 AM Exercise Class 1</p> <p>9:15 AM Exercise Class 2</p> <p>10:30 AM Level II Tai Chi - \$5.00 per class</p> <p>1:00 PM Advanced Line Dance</p> <p>2:45 PM Beginners Line Dance</p>	<p style="text-align: center;">12</p> <p>8:30 AM Body Shaping</p> <p>9:45 AM Level II Meditation Class - \$3.00 per class</p> <p>10:00 AM "The Needle Workers" Group</p> <p>12:00 PM AARP Drivers Safety Class - Must Prepay</p> <p>5:15 PM Evening Exercise Class</p> <p>6:30 PM Square Dance Classes</p>	<p style="text-align: center;">13</p> <p>8:30 AM Exercise Class 1</p> <p>9:15 AM Exercise Class 2</p> <p>10:00 AM Exercise Mat Class</p> <p>12:00 PM AARP Drivers Safety Class - Must Prepay</p>
<p style="text-align: center;">16</p> <p>10:30 AM Level II Tai Chi - \$5.00 per class</p> <p>12:00 PM Covered dish luncheon and Auxiliary Meeting - Savannah Rapids Pavilion - Must RSVP by the previous WEDNESDAY!!!</p> <p>7:00 PM Intermediate Line Dance</p> <div style="border: 1px solid magenta; padding: 2px; text-align: center;"> <p>Office Closed</p> </div>	<p style="text-align: center;">17</p> <p>9:00 AM Level I Tai Chi - \$5.00 per class</p> <p>1:00 PM Beginners I Spanish Class</p> <p>2:00 PM Ballroom Couples Dance</p> <p>3:00 PM Beginners II Spanish Class</p> <p>5:15 PM Evening Exercise Class</p> <p>7:00 PM Beginners 2 Line Dance</p>	<p style="text-align: center;">18</p> <p>8:30 AM Exercise Class 1</p> <p>9:15 AM Exercise Class 2</p> <p>10:30 AM Level II Tai Chi - \$5.00 per class</p> <p>1:00 PM Advanced Line Dance</p> <p>2:45 PM Beginners Line Dance</p>	<p style="text-align: center;">19</p> <p>8:30 AM Body Shaping</p> <p>9:45 AM Level II Meditation Class - \$3.00 per class</p> <p>10:00 AM "The Needle Workers" Group</p> <p>1:30 PM Bingo - Must RSVP</p> <p>5:15 PM Evening Exercise Class</p> <p>6:30 PM Square Dance Classes</p>	<p style="text-align: center;">20</p> <p>8:30 AM Exercise Class 1</p> <p>9:15 AM Exercise Class 2</p> <p>10:00 AM Exercise Mat Class</p> <p>11:30 AM Education Program - "Eating With Your Fingers: Effective Weight Loss on One Hand" - Must RSVP</p> <p>1:30 PM Computer Class-Cost is \$10-Must RSVP</p>
<p style="text-align: center;">23</p> <p>8:30 AM Exercise Class 1</p> <p>9:15 AM Exercise Class 2</p> <p>10:30 AM Level II Tai Chi - \$5.00 per class</p> <p>1:00 PM Bridge/Canasta/Euchre</p> <p>7:00 PM Intermediate Line Dance</p>	<p style="text-align: center;">24</p> <p>9:00 AM Level I Tai Chi - \$5.00 per class</p> <p>1:00 PM Beginners I Spanish Class</p> <p>1:00 PM Dutch Treat - Honey From The Rock - Must RSVP</p> <p>2:00 PM Ballroom Couples Dance</p> <p>3:00 PM Beginners II Spanish Class</p> <p>5:15 PM Evening Exercise Class</p> <p>7:00 PM Beginners 2 Line Dance</p>	<p style="text-align: center;">25</p> <p>8:30 AM Exercise Class 1</p> <p>9:15 AM Exercise Class 2</p> <p>10:30 AM Level II Tai Chi - \$5.00 per class</p> <p>1:00 PM Advanced Line Dance</p> <p>2:45 PM Beginners Line Dance</p>	<p style="text-align: center;">26</p> <p>8:30 AM Body Shaping</p> <p>9:45 AM Level II Meditation Class - \$3.00 per class</p> <p>10:00 AM "The Needle Workers" Group</p> <p>5:15 PM Evening Exercise Class</p> <p>6:30 PM Square Dance Classes</p>	<p style="text-align: center;">27</p> <p>8:30 AM Exercise Class 1</p> <p>9:15 AM Exercise Class 2</p> <p>10:00 AM Exercise Mat Class</p> <p>1:30 PM Computer Class-Cost is \$10-Must RSVP</p> <p>3:00 PM Line Dance Party - Cost is \$2.00.</p> <div style="border: 1px solid black; padding: 2px; text-align: center;"> <p>Scrapbooking on the 28th</p> </div>
<p style="text-align: center;">30</p> <p>8:30 AM Exercise Class 1</p> <p>9:15 AM Exercise Class 2</p> <p>10:30 AM Level II Tai Chi - \$5.00 per class</p> <p>7:00 PM Intermediate Line Dance</p>	<p style="text-align: center;">31</p> <p>9:00 AM Level I Tai Chi - \$5.00 per class</p> <p>1:00 PM Beginners I Spanish Class</p> <p>2:00 PM Ballroom Couples Dance</p> <p>3:00 PM Beginners II Spanish Class</p> <p>5:15 PM Evening Exercise Class</p> <p>7:00 PM Beginners 2 Line Dance</p>			

h2u at Doctors Hospital

February 2012

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1</p> <p>8:30 AM Exercise Class 1 9:15 AM Exercise Class 2 10:30 AM Level II Tai Chi - \$5.00 per class 1:00 PM Advanced Line Dance 2:45 PM Beginners Line Dance</p>	<p>2</p> <p>8:30 AM Body Shaping 9:45 AM Level II Meditation Class - \$3.00 per class 10:00 AM "The Needle Workers" Group 5:15 PM Evening Exercise Class 6:30 PM Square Dance Classes</p> <p style="border: 1px solid red; padding: 2px; display: inline-block;">Newberry Trip</p>	<p>3</p> <p>8:30 AM Exercise Class 1 9:15 AM Exercise Class 2 10:00 AM Exercise Mat Class</p> <p style="border: 1px solid black; padding: 2px; display: inline-block;">CPR on the 4th</p>
<p>6</p> <p>8:30 AM Exercise Class 1 9:15 AM Exercise Class 2 10:15 AM Advisory Council 10:30 AM Level II Tai Chi - \$5.00 per class 7:00 PM Intermediate Line Dance</p>	<p>7</p> <p>9:00 AM Level I Tai Chi - \$5.00 per 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 Beginners 2 Line Dance</p>	<p>8</p> <p>8:30 AM Exercise Class 1 9:15 AM Exercise Class 2 10:30 AM Level II Tai Chi - \$5.00 per class 1:00 PM Advanced Line Dance 2:45 PM Beginners Line Dance</p>	<p>9</p> <p>8:30 AM Body Shaping 9:45 AM Level II Meditation Class - \$3.00 per class 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>10</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 1:30 PM Computer Class-Cost is \$10-Must RSVP</p>
<p>13</p> <p>8:30 AM Exercise Class 1 9:15 AM Exercise Class 2 10:30 AM Level II Tai Chi - \$5.00 per class 1:00 PM Bridge/Canasta/Euchre</p>	<p>14</p> <p>9:00 AM Level I Tai Chi - \$5.00 per class 10:45 AM Tray Favor Workshop - RSVP - Please bring scissors. 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</p>	<p>15</p> <p>8:30 AM Exercise Class 1 9:15 AM Exercise Class 2 10:30 AM Level II Tai Chi - \$5.00 per class</p>	<p>16</p> <p>8:30 AM Body Shaping 9:45 AM Level II Meditation Class - \$3.00 per class 10:00 AM "The Needle Workers" Group 1:00 PM Dutch Treat - 5 O'Clock Bistro - Must RSVP 5:15 PM Evening Exercise Class 6:30 PM Square Dance Classes</p>	<p>17</p> <p>8:30 AM Exercise Class 1 9:15 AM Exercise Class 2 10:00 AM Exercise Mat Class 1:00 PM Movie - "The Help" - Must RSVP</p>
<p>20</p> <p>10:30 AM Level II Tai Chi - \$5.00 per class 12:00 PM Covered dish luncheon and Auxiliary Meeting - Savannah Rapids Pavilion - Must RSVP by the previous WEDNESDAY!!!</p> <p style="border: 1px solid magenta; padding: 2px; display: inline-block;">Office Closed</p>	<p>21</p> <p>9:00 AM Level I Tai Chi - \$5.00 per 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</p>	<p>22</p> <p>8:30 AM Exercise Class 1 9:15 AM Exercise Class 2 10:30 AM Level II Tai Chi - \$5.00 per class</p>	<p>23</p> <p>8:30 AM Body Shaping 9:45 AM Level II Meditation Class - \$3.00 per class 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</p>	<p>24</p> <p>8:30 AM Exercise Class 1 9:15 AM Exercise Class 2 10:00 AM Exercise Mat Class 1:30 PM Computer Class-Cost is \$10-Must RSVP 1:30 PM Education Program - "Heart Health" - Must RSVP 3:00 PM Line Dance Party - Cost is \$2.00.</p> <p style="border: 1px solid black; padding: 2px; display: inline-block;">Scrapbooking on the 25th</p>
<p>27</p> <p>8:30 AM Exercise Class 1 9:15 AM Exercise Class 2 10:30 AM Level II Tai Chi - \$5.00 per class 1:00 PM Bridge/Canasta/Euchre</p>	<p>28</p> <p>9:00 AM Level I Tai Chi - \$5.00 per 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</p>	<p>29</p> <p>8:30 AM Exercise Class 1 9:15 AM Exercise Class 2 10:30 AM Level II Tai Chi - \$5.00 per class</p>		



h2u at Doctors Hospital
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Empowering people 50+ to manage their health and enjoy a healthy lifestyle

Doctors Hospital Rehab's Partnership with Wheels for the World Project

Doctors Hospital Rehab has partnered with Joni Eareckson Disability Ministries to be a local sponsor of the Wheels for the World project. Wheels for the World is a non-profit organization which accepts used and even damaged wheelchairs, aluminum canes, walkers and crutches and wheelchair repair supplies. Local sponsors, like the Rehab Unit, collect these items and arrange for them to be shipped to various prisons throughout the country. The prisons (restoration centers) are tasked with cleaning and refurbishing the equipment and getting it ready to go to the mission field. Dependent upon the location and identified needs, the equipment is packaged with Bibles and other material in the language of the intended recipients. Mission teams, usually comprised of various healthcare professionals fit the chairs to those who need them.

We take the ability to get wheelchairs and other medical equipment for granted. We expect that if we need it, we will be able to obtain it. In most cases...we are correct in that assumption. Consider yourself in a third-world country. A wheelchair is a luxury item, and could cost more than your family's yearly income! We have seen examples of people using old wooden chairs with casters, and even wheelbarrows to assist with the mobility of an impaired family member. There was a very graphic depiction of a young adult pulling himself through his village by using a pair of flip-flops on his hands. Can you imagine the life-changing effect that old wheelchair in your garage could have?

Donations are always accepted at the front desk of the hospital, or in the Rehab Unit on the 6th floor. Please contact Dean Beasley at 706-651-6129 for more details, to donate items or to volunteer for this great ministry!



Pictured is Ted McIntyre, an h2u member, who made a donation to this worthwhile cause.

**3651 Wheeler Road
Augusta, GA 30909
www.doctors-hospital.net**

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