

Physician Spotlight

'h2u's Meet the Doc'

Barclay Bishop, Public Relations Manager, recently interviewed Thomas Kayal, M.D., who is a Colon and Rectal Surgeon at Doctors Hospital. This is our way of helping you to get to know the physicians at Doctors Hospital. The interview with Dr. Kayal proceeded as follows:

Question: Where did you grow up?

Answer: I grew up in a small town called Washington, New Jersey. It's in the northern part of the state with about 10,000 people and three stop lights.

Question: How many children do you have?

Answer: I have four children, two boys and two girls.

Question: Where did you go to school?

Answer: I graduated from Drew University in Madison, New Jersey. I completed my residency at St. Francis Medical Center in Trenton, New Jersey.

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

Answer: I love photography and everything New York sports. I was once a New York Jets season ticket holder.

Question: What in your mind is your best patient success story?

Answer: That would have to be one of my more recent cases. I performed a colorectal surgery on one of my youngest patients, an 18 year old female. She was suffering from colonic inertia and, if not corrected, faced a future with a colostomy bag. I performed the surgery with new technology, the daVinci robot, and within 48 hours, she was up on her feet feeling better than she had in a long time.

Question: What can you do, besides surgery that others could benefit by from seeing you?

Answer: I help provide multiple options because not everyone requires surgery. I provide therapeutic bio-feedback for fecal incontinence and help with the utilization of a variety of medications. I can help with everything from hemorrhoids, to irritable bowel syndrome and much more.

Question: How important is it for people to receive a colonoscopy and at what age do you recommend?

Answer: Most people do not need a colonoscopy until they reach the age of 50. However, it's important that you receive one at an earlier age if you have a family



history of colon cancer or polyps. I cannot emphasize enough how important family history is when determining when it is best to receive a colonoscopy.

Question: What is something that every person over 50 should know about colorectal surgeons?

Answer: We, as surgeons, are very devoted to developing the latest technology and least invasive procedures to help manage a variety of colorectal disease processes.

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

Answer: They could learn if they are at risk of colon cancer by receiving a colonoscopy and consulting me for more information.

Dr. Kayal is currently taking new appointments and can be reached at 706-228-4033. His address is 3624 J. Dewey Gray Circle, Suite 301, Augusta, GA 30909.

h2u Flu Shots

At this time, we are unsure when the flu vaccine will arrive. Please call 706-651-6716 and let us know if you are interested in a flu shot at h2u. We will schedule the appointments as soon as the vaccine is received at the hospital.



Patriotic Luncheon on 7-11-11

The Patriotic March was spectacular, as always! Pictured (l to r): Peggy Held, Walt Nail, Tony Ferrara, David Dukas, Bob Held, Monica Walker, Evelyn Casey and Ted McIntyre. Thanks to all of our Veterans who participated in the march. Esther Greenfield and Linda Riggio bandaged the participants. Susan LaFrance, an h2u member, led our Patriotic Program and did a great job! The costume contest winners were Joanne Cain, Betty Day, Ricky Slagle, Annette Dobyne and Peggy Sue Golembeski. The judges were Linda Tredway and Barbara Threatt. Thanks to everyone who participated!



Doctors Hospital SeniorFest

The Doctors Hospital SeniorFest was held on July 28th at Doctors Hospital. Thanks so much to Jim and Joanne Tyler, Bernie Mercer and Judy LaPierre for volunteering their time to make this event a successful one for all who attended! Shown above are the people who competed in the Senior Idol competition (l to r): Helen McCarthy (ballroom dancer-partner, Bill Doker, not shown), Jane George (Indian dance), Susan LaFrance (singer) and Elmore Harper (saw player and winner).



Luau Luncheon on 8-15-11

Everyone had a great time at our recent luau. Pictured standing (l to r) are our costume contest participants: Betty Day, Bob Anastasiadis, Evelyn Casey, Esther Greenfield, Joyce Long, Joanne Cain, Kay Norton (winner), Loretta Young (over-all winner), Rachel Wittschen (winner), Ricky Slagle (winner), Jane George and Cathy Broome (winner.) Kneeling is Lisa Timblin (winner) and seated is Annette Dobyne. The winners of the hula contest were Annette Dobyne and Joanne Cain. The judge was Flo Morris. Great job everyone!



2011 Care Fair for Women

The 2011 Care Fair for Women held on August 13th at the Augusta State Athletic Complex was a resounding success! Over 2,000 women attended the event. I would like to thank the following people who volunteered that day: Bertie Mangham, Steven Mangham, Ted & Ruth McIntyre, Emery LaPierre, Alton & Edna Hill, Margaret Brackett, Lewis & Gerrie Meitin, Carl & Linda Tredway, Esther Greenfield, Evelyn Casey, Peggy Held, Monica Walker, Renate Elston, Frankie Nevins, Donna Walker-Carithers, Margaret Miller, Judy LaPierre, Bernie Mercer and Charles & Mary Maxey. Before 8:00 a.m. that morning Ted & Ruth McIntyre, Alton & Edna Hill and Emery LaPierre met me at the Augusta State Athletic Complex. The guys were driving the golf carts and the ladies helped me blow up balloons for the signs. That started the day off with lots of laughter. Carl Tredway was our event photographer and we are so appreciative to him for handling that task. 431 individuals had health screenings so that made the hard work worthwhile!

from the h2u desk.....

September is a great time to refocus your efforts and accomplish some of the health goals you set for yourself earlier this year. We are moving toward the final quarter of the year, so flip over to the calendar in this newsletter and make plans to participate in one or more activities at h2u at Doctors Hospital. We can help you achieve good health and have a great time doing it.

Over 25 years ago, October was deemed National Breast Cancer Awareness month. Since then, the goal of educating women about prevention has been a huge success. Early detection of breast cancer has led to greater survival rates. Survivors are comfortable talking about their experiences, which helps others understand the disease. A breast cancer diagnosis is still scary, but survivable with early detection.

I am appreciative of our h2u members who donate items to the hospital. Vera Farmer knitted 12 baby hats, one laprobe and one afghan, while Lisa Timblin knitted six baby hats. Lena Baraclough knitted two sweater sets, three therapy balls and two baby hats and Emily Santos knitted 14 chemo hats and two pairs of booties. You ladies never cease to amaze me!

I greatly appreciate Peggy Held working with me at the 8th Annual Faith and Aging Conference on August 18th. We signed up 14 new members and one renewal at the all day event. I could not have done it without Ms. Peggy.

Stop by the h2u office and see our collection of videos, dvds, books and jigsaw puzzles. I hope to see you soon at some of our h2u events!

To your health and happiness,

Debbie Schlotzhauer, h2u Manager at Doctors Hospital



Are You Interested?

Sam Beasley, Meditation Class Instructor at h2u, has moved his current students into a Level II class on Thursdays at 9:45 a.m. If there is enough interest, he will begin a Level I Meditation Class in mid September on Tuesdays at 9:30 a.m. The cost will be \$5.00 per class. Call 706-651-6716 if you are interested.

Be a part of the Spooky to be Hungry Food Drive at Doctors Hospital during the month of October. Bring in canned food donations to the h2u office. This is a great way to help those less fortunate in our community.

We are in need of donations for our Tombola fundraiser at the October luncheon. Please drop your items off at the h2u office.

We would like to start an **Arthritis Support Group** and a **Stroke Support Group**. I have someone who is interested in leading these two groups. There would be different speakers each month. Before proceeding, we want to ensure that we have enough interest. If interested in either or both of these support groups, call 706-651-6716.

You can bring hope to children in desperate situation worldwide through simple, gift-filled shoe boxes. **Be a part of Operation Christmas Child.** Pack a shoe box and give \$7.00 to cover shipping. National Collection Week is November 14th through the 21st. Call the office for more details.

Collette Vacations Presentation
2012 Trips for h2u
September 28, 2011
11:00 a.m. to 12:00 p.m.
Refreshments will be served.
RSVP to 706-651-6716

**h2u Fashion/
 Variety Show**
November 3, 2011
12:30 p.m.
h2u Activities Room

This is the 18th fashion show headed by Mary Lou Dean. It will be a spectacular show, as usual, so you need to mark your calendar. The tickets will be \$7.00 per person and will go on sale at the annual picnic on September 19th. Please note that you do not have to be a member to attend. If you would like to perform in the variety show, please call 706-651-6716 and let us know. We look forward to seeing you there.

Special Thanks to the Bingo/Ice-Cream Social Volunteers

We would like to recognize the special people who volunteer every month helping set up for Bingo and the clean-up afterward. They are as follows: Alton and Edna Hill, Joe and Fran Andrei, Billy and Sue Lotspeich, Ted and Ruth McIntyre, Esther Greenfield, Linda Riggio, Evelyn Casey, and Marie Waszak. In addition, Louis and Gerrie Meitin, Betty Day and Carl Tredway helped with the Bingo/Ice-Cream Social. We could not have done it without you!

God Bless You All!!!!
 Tony, Frances and Debbie

h2u Activities – September & October

AARP Driver Safety Program— September 15th and 16th & October 13th and 14th, (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—September 19th and October 17th—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.**

- **September program**—Annual h2u picnic and Elvis (Jeff Barnes) and the famed backup singers
- **September main dish**—Grilled hamburger or hotdog
- **You must have a ticket in order to attend the picnic.** The tickets can be picked up at the h2u office on or after Tuesday, September 6th.
- **Please bring one of the following: baked beans, deviled eggs or a finger food dessert (bar desserts, brownies or cookies)**
- **October program**—Prime Time Singers, musical program
- **October main dish**—Lasagna
- **We will have Tombola so bring your dollars!**

Orientation—Tuesday—September 13th—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— September 13th and October 11th—10:15 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! Linda Riggio will be helping with the October Tray Favor. A free lunch is provided for the attendees. RSVP at 706-651-6716.

Bridge/Canasta/Euchre— September 12th and 26th & October 10th and 24th—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 September 12th at 7:00 p.m.

Beginners2-New class begins on September 13th at 7:00 p.m.

Intermediate-New classes begin on September 14th at 2:45 p.m. and October 31st at 7:00 p.m.

Advanced-New class begins on September 14th 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— September 30th and October 28th—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 September 6th and Teena Marie will be teaching the Waltz. She will be teaching the Bolero in October beginning on the 4th. 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. **Refer to the article on page 8 for additional information.**

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 Class—Mondays and Wednesdays—10:30 a.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. This cost is only \$5.00 per class.

Level II Meditation Class— Thursdays—9:45 a.m.

Sam Beasley, a certified instructor, is teaching a Level II Meditation Class. If we get enough interest, he will start a beginners class mid September. Meditation is a great way to learn to deal with the stress of day-to-day living. The cost is only \$3.00 per class.

Bingo—September 22nd and October 27th—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 will begin on September 27th and the cost is \$30.00 for six classes payable to Maria Edwards.

Afternoon at the Movies—"The Grace Card"—October 28th—1:00 p.m.

This movie has a powerful message of redemption and forgiveness. Police Officer Mac McDonald's (Michael Joiner) life is shattered when he loses his son in a tragic accident. After eighteen years of rage and hostility, he is partnered with Sam Wright (Michael Higgenbottom) and they make a huge difference in one another's lives. This powerful drama is rated PG-13 and it is so good that I went to the theater twice to see it. **Call 706-651-6716 to RSVP.**

h2u Computer Classes—September 16th and 30th & October 14th and 28th—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.**

September Dutch Treat—Somewhere In Augusta—September 13th—1:30 p.m.—2820 Washington Road, Augusta

You will find the best mushroom/Swiss burger in town and there are plenty of other items on the menu too. You might think this is just a sports bar, but by day it is a great place for friends to gather for a most tasty and hearty meal. There are also salads and desserts. **Call 706-651-6716 to RSVP.**

October Dutch Treat—FATZ—October 11th—1:30 p.m.—464 North Belair Road, Evans

"Classic Tuesdays" feature delectable meals with a great variety, including Calabash chicken, fish and chips, burgers, ribs, soup and salad. In addition, there is a "creation station" where you choose your own combo. FATZ also offers entrees under 550 calories and yummy desserts. They claim to have the best iced tea in the South. Join us for another tasty treat day. **You may be able to go on line and get a coupon at FATZ.com.**

h2u health and community events

September Education Program/Luncheon—"Celebrating Rehab"—September 23, 2011—11:30 a.m.—Presented by Dean Beasley

The week of September 18th-24th is designated as the National Rehabilitation Awareness Celebration. Dean Beasley, Director of our own "Doctors Rehab" will make an informative presentation on what rehab is all about and some of the great outreach projects the rehab center is sponsoring. **RSVP to 706-651-6716 by September 21st.**

October Education Program/Luncheon—"How to Avoid Strokes"—October 20, 2011—11:30 a.m.—Presented by Greg Charlton, Director of Marketing, Medical Services of America, Help Services Division

Greg will discuss ways that strokes can be prevented. His presentation will also encompass all Divisions of MSA: HELP Personal Response System, Medi Home Care, Hospice Care of America, Med Xpress and Tri-County Home Health. This special day will offer blood pressure checks, home medical equipment on display, goodie bags, special desserts and door prizes. Don't miss this education and fun! **RSVP to 706-651-6716 by October 18th.**

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—October 11th—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 "Survival Skills." **Call 706-651-2468 to RSVP.**

Cancer Survivor Support Group Meeting—September 8th and October 13th—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—September 13th and October 11th—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—September 19th and October 17th—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—September 17th and October 15th—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—October 19th—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

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 still has a few openings remaining.**

“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. Dinner will be at Applebee’s in Covington. Please note that Atlanta prices are high and bus costs have risen. In addition, Atlanta now charges for parking the motor coach. Enjoy this fun day for \$98.00 per person. **This trip still has a few openings remaining.**

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. 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.

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, 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.

Mystery Trip—Overnighter—December 4th and 5th

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 an opportunity to divide your payment over two months and you will have the option of 2/room-\$199.00/person, 3/room-\$187.00/person or 4/room-\$175.00/person. **This trip will be sold at the covered dish luncheon on September 19th.**

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.

Beginning Mainstream Square Dance Lessons

Do something good for your body:

- Body—Great gentle exercise!
- Mind—Keeps you young while having fun!
- Spirit—Make new friends

Open House—September 22, 2010

Lessons Start September 29, 2010

Time: 6:30 p.m. to 8:00 p.m.

Cost \$3.00 per lesson per person

You must be an h2u member to participate! Contact Chuck Mashburn at 706-790-4819 with any questions.

Let’s Spread h2u Around!!!!!!

Did you know that you get a \$5.00 Kroger card if you refer a member? Please note that your name has to be written on the new member’s application as the referring member and that the application has to be processed through our local office. Share h2u with your family and friends!!!!

**Ms. Senior
Georgia-Carolina Pageant
Saturday, September 10, 2011
Augusta State University’s
Performing Arts Building
Time—7:00 p.m.**

Jane George, June Glisson and Patsey Thomas, h2u members, are competing in this event. The \$10.00 tickets are available at h2u. Please make plans to attend on the 10th and support these special ladies.

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

September 2011

Monday	Tuesday	Wednesday	Thursday	Friday
			<p>1</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>2</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>5</p> <p>Labor Day</p> <p>Office Closed</p>	<p>6</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</p> <p>8:30 AM Exercise Class 1</p> <p>9:15 AM Exercise Class 2</p> <p>10:30 AM Tai Chi - \$5.00 per class</p>	<p>8</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>9</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>Gentlemen Start Your Engines on the 10th</p>
<p>12</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 Tai Chi - \$5.00 per class</p> <p>10:45 AM Tray Favor Workshop - RSVP - Please Bring Scissors</p> <p>1:00 PM Bridge/Canasta/Euchre</p> <p>7:00 PM Beginners Line Dance</p>	<p>13</p> <p>10:45 AM Tray Favor Workshop - RSVP - Please bring scissors.</p> <p>11:00 AM h2u Orientation - Must RSVP</p> <p>1:30 PM Dutch Treat - Somewhere in Augusta - Must RSVP</p> <p>2:00 PM Ballroom Couples Dance</p> <p>5:15 PM Evening Exercise Class</p> <p>7:00 PM Beginners2 Line Dance</p>	<p>14</p> <p>8:30 AM Exercise Class 1</p> <p>9:15 AM Exercise Class 2</p> <p>10:30 AM Tai Chi - \$5.00 per class</p> <p>1:00 PM Advanced Line Dance</p> <p>2:45 PM Intermediate Line Dance</p>	<p>15</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>16</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>1:30 PM h2u Computer Class-Cost is \$10-Must RSVP</p> <p>CPR on the 17th</p>
<p>19</p> <p>10:30 AM Tai Chi - \$5.00 per class</p> <p>12:00 PM h2u Annual Picnic - Savannah Rapids Pavilion - Must have a ticket to attend.</p> <p>7:00 PM Beginners Line Dance</p> <p>Office Closed</p>	<p>20</p> <p>2:00 PM Ballroom Couples Dance</p> <p>5:15 PM Evening Exercise Class</p> <p>7:00 PM Beginners2 Line Dance</p>	<p>21</p> <p>7:30 AM Community Health Screening - h2u Building, h2u Activities Room</p> <p>10:30 AM Tai Chi - \$5.00 per class</p> <p>1:00 PM Advanced Line Dance</p> <p>2:45 PM Intermediate Line Dance</p>	<p>22</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>23</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 - "Celebrating Rehab!" - Must RSVP</p> <p>Scrapbooking on the 24th</p>
<p>26</p> <p>8:30 AM Exercise Class 1</p> <p>9:15 AM Exercise Class 2</p> <p>10:30 AM Tai Chi - \$5.00 per class</p> <p>1:00 PM Bridge/Canasta/Euchre</p> <p>7:00 PM Beginners Line Dance</p>	<p>27</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 Beginners2 Line Dance</p> <p>Atlanta Braves Day Trip</p>	<p>28</p> <p>8:30 AM Exercise Class 1</p> <p>9:15 AM Exercise Class 2</p> <p>10:30 AM Tai Chi - \$5.00 per class</p> <p>11:00 AM Collette Vacation Presentation - 2012 Trips - Must RSVP</p> <p>1:00 PM Advanced Line Dance</p> <p>2:45 PM Intermediate Line Dance</p>	<p>29</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>30</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 h2u Computer Class-Cost is \$10-Must RSVP</p> <p>3:00 PM Line Dance Party - Cost is \$2.00.</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

October 2011

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
8:30 AM Exercise Class 1 9:15 AM Exercise Class 2 10:15 AM Advisory Council 10:30 AM Tai Chi - \$5.00 per class 7:00 PM Beginners Line Dance	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 10:30 AM Tai Chi - \$5.00 per class 1:00 PM Advanced Line Dance 2:45 PM Intermediate Line Dance	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	8:30 AM Exercise Class 1 9:15 AM Exercise Class 2 10:00 AM Exercise Mat Class
10	11	12	13	14
8:30 AM Exercise Class 1 9:15 AM Exercise Class 2 10:30 AM Tai Chi - \$5.00 per class 1:00 PM Bridge/Canasta/Euchre 7:00 PM Beginners Line Dance	10:45 AM Tray Favor Workshop - RSVP - Please bring scissors. 1:00 PM Beginners I Spanish Class 1:30 PM Dutch Treat - FATZ - 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 10:30 AM Tai Chi - \$5.00 per class 1:00 PM Advanced Line Dance 2:45 PM Intermediate Line Dance	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	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 <div style="border: 1px solid black; padding: 2px; text-align: center;">CPR on the 15th</div>
17	18	19	20	21
10:30 AM Tai Chi - \$5.00 per class 12:00 PM Covered dish luncheon and Auxiliary Meeting - Savannah Rapids Pavilion - Must RSVP by the previous WEDNESDAY!!! 7:00 PM Beginners Line Dance <div style="border: 1px solid black; padding: 2px; text-align: center;">Office Closed</div>	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 10:30 AM Tai Chi - \$5.00 per class 1:00 PM Advanced Line Dance 2:45 PM Intermediate Line Dance	8:30 AM Body Shaping 9:45 AM Level II Meditation Class - \$3.00 per class 10:00 AM "The Needle Workers" Group 11:30 AM Education Program - "How to Avoid Strokes" - 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; text-align: center;">"Motherhood" Day Trip on the 22nd</div>
24	25	26	27	28
8:30 AM Exercise Class 1 9:15 AM Exercise Class 2 10:30 AM Tai Chi - \$5.00 per class 1:00 PM Bridge/Canasta/Euchre	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	8:30 AM Exercise Class 1 9:15 AM Exercise Class 2 10:30 AM Tai Chi - \$5.00 per class	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	8:30 AM Exercise Class 1 9:15 AM Exercise Class 2 10:00 AM Exercise Mat Class 1:00 PM Movie - "The Grace Card" - Must RSVP 1:30 PM Computer Class-Cost is \$10-Must RSVP 3:00 PM Line Dance Party - Cost is \$2.00 <div style="border: 1px solid black; padding: 2px; text-align: center;">Scrapbooking on the 29th</div>
31				
8:30 AM Exercise Class 1 9:15 AM Exercise Class 2 10:30 AM Tai Chi - \$5.00 per class 7:00 PM Intermediate Line Dance				

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

Gentlemen

START YOUR ENGINES

CAR SHOW • MEN'S HEALTH EXPO

Saturday, September 10, 2011

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

Warren Baptist Church