

CIRCLE NEWS

Weatherford Regional Medical Center Senior Circle ♦ Volume 11, Issue 1 ♦ Jan-Feb-Mar 2017

From Your Advisor:

Deb Williford



Happy 10th Anniversary to Senior Circle!

As we say goodbye to 2016 and to another chapter in our lives, we welcome the coming New Year! As members of Senior Circle, we look forward to the many new opportunities to enrich our bodies, minds and our spirits in 2017. As a part of the Weatherford Regional Medical Center, we invite you to learn more about all of our hospital services that are available to you as members, not only through the Senior Circle membership, but also as members of our great community. Just as our community has evolved over the years, so has Weatherford Regional Medical Center. For those of you who have been in the community for many years, I think you will agree that the transformation that has taken place in our hospital over the past few years has been remarkable! Many services that are now available in our hospital are the only services offered in our immediate area and Weatherford Regional Medical Center is quickly becoming the healthcare provider of choice for many who have sought services elsewhere in the past. If you are not aware of all of the services available, we will have a tour the hospital event, please make plans to join us and learn about your hospital.

Many members have already experienced the many in-hospital benefits of the Senior Circle membership which include complimentary meals for your spouse or caregiver if members are an in-patient.

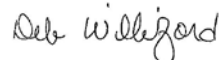
You may have also enjoyed the meals anytime in the cafeteria at a 20% discount when you present your current membership card. Our successful chapter is due to terrific members. I want to express my thanks to all of you for being a member. In order to grow and improve I need your feedback, it's hard for me to meet and exceed your needs and expectations if you are not satisfied.

New member contest!

Thank you so all of our new members, past members, and renewing members you are our program's lifeblood. We need new members to help our chapter grow and be successful, in other words we need you to help us grow. We are going to keep a tally on our board located in the SC building hallway. Each member that recruits a new member will be given a star and at the end of each quarter the member who recruits the most new members is going to receive a \$50 gift card. Good luck and happy recruiting!

It is very important to RSVP for events in case we need to cancel or close early due to inclement weather.

Sincerely,



Deb Williford, Senior Circle Advisor
682-582-1751
deb_williford@chs.net

Thank you all for being members, you guys ROCK!!

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Senior Circle Ambassador Program

Our Senior Circle ambassadors are vital to the program and our goal is to empower and assist you in making Senior Circle successful.

Thank you for your hard work, support, and encouragement of the program.

We are always looking for new ambassadors to come join us.

Examples of Ambassador Roles

1. Office assistance: typing, filing
2. Assisting with health screenings, B/P screenings
3. Member-to-member calling tree
4. Decorating
5. Securing merchant discount partners
6. Event set-up and break-down
7. Newsletter assembly & labeling
8. Publicity
9. Door prizes for events
10. Activity leader
12. Patient packet assembly
13. Make all new members feel welcome and wanted
14. Encourage new members to become more involved
15. Encourage new members to sit with you and introduce them to other members

If you are interested in become an ambassador please contact me or come to our first meeting on **Tuesday, January 17 at 10:30am at Senior Circle** If you have questions please contact me and thank you for your consideration.

Senior Circle Community Board

This board is located at Senior Circle
The board will be utilized for the following:

Buying Selling Trading
Housing needs – such as roommate needed, rentals, selling, buying, etc...
Need to buy – such as refrigerator, card table, chair, sofa, etc.....
House sitting available or needed
House cleaning available or needed
Sitting available or needed for pets or loved ones

Please make sure all items/needs have as much detailed information as possible with price and contact information.

Submissions can be mailed, dropped off, or sent by email. If you need a form please contact the Senior Circle office. Information posted must be approved by Senior Circle Advisor before being placed on community board if deemed inappropriate it will not be posted.

****Special Note: Senior Circle and/or WRMC are not responsible for any transactions and/or agreements between parties.**

Get news you can use at the WRMC website.

Did you know that by going to www.WeatherfordRegional.com you can link to important breaking health and wellness information? You can also view the WRMC calendar of events to see what has been scheduled. Once you are on the WRMC website, click on the Health Resources link on the top bar. From there you can choose links for medical information, new medical discoveries and treatments, health assessments, and more.

Lone Star Café

Senior Circle members will pay regular price and receive a 20% discount.

Hours of operation:

Monday – Friday
6:30 a.m. – 10:00 a.m. BREAKFAST
11:00 a.m. – 1:30 p.m. LUNCH
Saturday – Sunday
CLOSED

WRMC and MDsave Partner to Help Patients Save on Healthcare Imaging Services

Weatherford Regional Medical Center (WRMC) and Weatherford Imaging Center is pleased to announce it's partnership with MDsave to help Parker County residents save money and better manage their healthcare imaging needs, such as MRI's, X-rays and CT scans.

Customers without insurance or with high-deductible plans can save up to 65 percent off these procedures. In today's marketplace, healthcare can be confusing and expensive, especially for consumers who are uninsured or carry high-deductible insurance plans.

By partnering with MDSave WRMC is bringing an industry-changing service to Parker County, which will help patient's access quality healthcare at a more affordable rate. MDSave offers a combination of Education information, transparent pricing data and quality ratings to give consumers more control over their healthcare decision-making. Consumers can simply visit MDSave.com to determine what service best fits his or her needs – and at what cost. Parker County residents can benefit from this partnership, with additional services being rolled out over the next several months. All WRMC health care providers will soon be participating including those at Lone Star Medical Group. To learn more information visit www.mdsave.com

Physician Spotlight



Leah Wilson, PA-C, an Abilene native, completed her undergraduate studies at Abilene Christian University and graduated from the University of Detroit Physician Assistant Program in 1992. She is a member

of the American Academy of Physician Assistants and the Texas Academy of Physician Assistants. Leah practices under Dr. Mutchler and enjoys the variety of different medical conditions treated on a daily basis in the clinic. She has had a lifelong fascination with medicine and direct patient contact. "Seeing a patient grasp an understanding of their medical condition and begin to take an active role in the management is truly gratifying." During her spare time, she and her husband enjoy fly-fishing; snow skiing, gardening and raising Ameraucana chickens. She is currently accepting new patients. Please call 817-599-7576.



929 Hilltop

Drive • Weatherford, TX 76086
817-599-7576 • LoneStarPhysicians.com

Member of the Medical Staff at Weatherford Regional Medical Center

One man/woman's unwanted gift is another man/woman's treasure

Have items lying around or stuck in a closet! Get birthday or Christmas presents you say thank you for and then hide away. Senior Circle can use those gifts for bingo, contests, and door prizes. We would appreciate anything **except; nothing broken, dirty, old, or used please.**

Volunteer Opportunities

Come on and Volunteer!

If you are interested in volunteering at Weatherford Regional, call me at 682-582-1751.

Benefits include:

- FREE meal when volunteering a 4-hour shift, flu vaccine, and uniform jacket
- If 50 or better, FREE membership to Senior Circle after one year of providing 4 hours of service weekly
- Awards luncheon each April honoring volunteers during National Volunteer Week
- Increased self-esteem, feeling needed and valued as a result of helping others.

If you can't volunteer for a 4 hour shift we have other opportunities available.

If you or someone you know is interested you can come by and pick up a volunteer application or go to our website www.weatherfordregional.com and download an application. Volunteers are required to have a drug screen, background check, sanction check, flu shot, and TB test.

Office Hours:

Volunteers and SC Ambassadors are available to help you as follows:

Monday	8:00 – 11:30 am
Tuesday	8:00 – 11:30 am
Wednesday	8:00 – 11:30 am
Thursday	8:00 – 11:30 am / 1:00 – 4:00 pm

It is always best to call and make sure someone is available to meet your needs.

Senior Circle Notary Services

One of your benefits of Senior Circle is complimentary Notary Service.

If you need to have personal documents notarized please call ahead to make sure I am available to assist you.

Notary Guidelines:

- Notary service available with appointment
- Notary services for any documents involving the transfer of real estate are not provide
- Every signer is required to personally appear before the notary
- Every signer must supply proof of ID

The notary must feel certain that the signer appears aware and is able to understand what they are signing. SC notary has the right to refuse service.

Senior Circle – Satisfaction and Meal Vouchers

Senior Circle provides a discounted meal voucher for the patient caregiver while in our facility. If you don't receive the voucher in a timely manner, make hospital staff aware and they will assist you. If during your stay you are not completely satisfied, please call me at 682-582-1751. We want to resolve any concerns you may have! Our #1 priority is our patients and we want you to be completely satisfied.

VSP Vision Benefits

VSP Vision Savings Pass is a discount vision program that offers immediate savings on eye care and eyewear. This is not an insurance plan.

See the Savings

- Access to discounts through a trusted, private-practice VSP doctor
- One rate of \$50 for an eye exam - #1 below
- Special pricing on complete pairs of glasses and sunglasses
- 15% savings on a contact lens exam - #2 below
- Unlimited use on materials throughout the year
- Exclusive Member Extras, like special offers Unlimited Annual Material Use - #3 below

Your VSP Vision Savings Pass can be used as often as you like throughout the year. With the best choices in eyewear, we make it easy to find the perfect frame that's right for you, your family, and your budget. Choose from great brands like Anne Klein, bebe®, Calvin Klein, Flexon®, Lacoste, Nike, Nine West, and more - #4 below

1. This cost is only available with the purchase of a complete pair of prescription glasses; otherwise, you'll receive 20% off an eye exam only.
2. Applies only to contact lens exam, not materials. You are responsible for 100% of the contact lens material cost.
3. Unlimited use is for materials only. An eye exam is limited to once a year per member.
4. Brands subject to change.

Pay your membership online!

Need to renew your membership?

You can save time and money by paying online at www.seniorcircle.com it's fast, secure, and convenient. For more information contact Deb Williford at 682-582-1751 to refer a friend!

New members can also pay online!

Some of Your Benefits

- Cafeteria discount
- Discounted daily meal discount for spouse/caregiver of hospitalized member
- Free copying of important personal papers (call office for appointment)
- Notarizing (call office for appointment)
- Subscriptions to Chapter Newsletter and national magazine
- Free educational & health programs
- Free monthly activities & holiday events
- Travel opportunities

NATIONAL BENEFITS

Reminder: The back of your Senior Circle card has the national benefits information.

Senior Circle Association:

1-800-221-4148 www.seniorcircle.com

Careington Dental Discount - Senior Circle members may take advantage of savings offered by an industry leader in dental care. Careington International Corporation is one of the most recognized professional dental networks in the nation and boasts a provider network of over 169,000 dental access points. Members can call 1-800-400-8789 or visit www.careington.com/co/sca to sign up for the dental plan at a cost of just \$4.95 per month.

* Cannot be combined with existing insurance

* Not available in UT, WA, VT, MO, FL

ScriptSave Prescription Drug Discount

Senior Circle partners with ScriptSave -- America's premier prescription savings program -- to help members manage the rising costs of prescription drugs. ScriptSave is a value-added part of Senior Circle membership, so there are no additional enrollment fees or monthly premiums. There is no waiting period after joining Senior Circle. Scriptsave is available for all Senior Circle members and any family members in the same household! Members can immediately begin receiving valuable savings on prescriptions . . . and can use their ScriptSave card as much as needed! With ScriptSave, Senior Circle members receive:

- Average savings of 32% with potential savings up to 50%, depending on the medication, dosage and participating pharmacy used (based on 2011 national program savings data). All prescription drugs are eligible for savings.
- Instant discounts on brand and generic medications at over 62,000 participating pharmacies, with no age or income limits.
- Continued savings on medications not covered by existing insurance or after other prescription coverage limits are reached.
- Free access to health and wellness information, and further savings opportunities on pharmacy and over-the-counter products and services

Contact Senior Circle or ScriptSave for more information and to locate the nearest participating pharmacies:

- Visit the ScriptSave website; reference Group #208
- Call ScriptSave at **1-800-700-3957** and reference Group #208.
- Call your local Senior Circle Advisor, or the national Senior Circle Member Services: **1-800-211-4148**.

***DISCOUNT ONLY - NOT INSURANCE.** Discounts are available exclusively through participating pharmacies. The range of the discounts will vary depending on the type of provider and services rendered. This program does not make payments directly to providers. Members are required to pay for all health care services. You may cancel your registration at any time or file a complaint by contacting Customer Care. This program is administered by Medical Security Card Company, LLC (MSC) of Tucson, AZ.*

Beltone Hearing Care Plan - Beltone, one of the largest hearing aid companies in the U.S., offers Senior Circle members and their immediate family members a 20% discount off the retail price of any Beltone hearing aid (unless there is a promotion for trade in of used hearing aids), 1 year free batteries

(total of 48 cells), and a 2nd year warranty at no charge. To locate a Beltone provider near you (1,500 across the U.S.); call the toll-free patient care line, 1-800-BELTONE. You can also locate a provider at www.beltone.com

ADT Companion Services - Senior Circle members take advantage of discounts on installation and monthly fees...and receive free 12 months' Senior Circle membership (new or renewing membership) for all new activations on either service.

Companion Services: Emergency Response System

This personal emergency response system allows you access to help from almost anywhere in your home, 24 hours a day, with the push of a button. A two-way-voice unit features clear bi-directional communication. There is no equipment to buy, no lengthy contract, and installation fee and monthly charges are discounted for members

Information for Members

Call ADT at **(800) 417-2238**; be sure to mention "Senior Circle" for your 12 months' free membership with new activations.

Merchant Discounts

The following local businesses offer Senior Circle discounts -- be sure to give them your business!

Aledo Yoga & Nia Studio -- 25% off one month unlimited (\$100.00) and 10% off gift items

Anytime Fitness - \$29.00 per month with 12 month commitment

Baxter Hearing Specialist -- Free hearing test with appointment. Hearing instrument cleanings, programming, and repairs

Bennett Office Supply & Equipment, 15% off non-sale items (excluding copies, faxes, lamination, and ink cartridges)

Boo-rays of New Orleans -- 10% discount when Senior Circle card is presented

Brilliant Medical Boutique -- 15% cash discount (no discount if insurance is billed).

Canyon West Golf and Sports Club, golf weekdays for \$30 and weekends for \$45

Complete Wellness Chiropractic – 30 – 40 % off all services, when payment is made at time of service

Dads Day Out Lawn Maintenance

10% off lawn mowing service

Devin's Handyman Service – 10% discount off all home remodel and repairs

Dubs Lawn Service

10% discount with Senior Circle card

Fit for Life - \$30.00 a month + tax, no enrollment fee = a savings of \$389.00 a year. Access to free group fitness classes and senior oriented classes 6 times a week

Fit USA – If your insurance pays for Silver & Fit or Silver Sneakers your enrollment fee is zero if not they will give you a discount for Senior Circle – updated 8/21/14

Greene's Florist – 15% discount for in town orders only

Healthline Medical – 15% cash discount (no discount if insurance or Medicare is filed)

Jerry's Hyundai / Jason Jutz – \$500 discount with Senior Circle Card ask for Jason Jutz. Refer a friend or family and receive \$50

Just Peachy Home Décor – \$10.00 off a \$50.00 purchase coupon

Lightfoot Mechanical, Inc. – 15% off a/c or heat repair – cannot be combined with other discounts

Merle Norman Cosmetics & More – 10% off purchase of regular priced items

Millar Family Dentistry – 5% discount – not used on conjunction with insurance or other discounts. Must present membership card at each appointment

Museum of The Americas – 10% discount to members. Must show your card

New Life Eagle Gym – 20% off any memberships or training. Honoring all insurance plans including silver-n-fit

North Central Texas Urology – Dr. Avi Deshmukh

20% discount for private pay patients

S&S Western Wear Resale – 25% discounts to SC members

20% discount for private pay patients.

Senior Freedom Reverse Mortgage

Specialists – Jerry Johnson/817-313-4323

Broker credit of \$200.00 at closing of reverse mortgage

Sewing World of Weatherford – \$15.00 off on complete service of machines – we offer special sales and pricing for seniors

Stuart Nursery Inc., 10% off plants and merchandise at the store

Taco Cabana – 10% discount to members. Must show your card

Thomas J. Novak, DDS – 5% discount on all services provided

Trails of Texas Real Estate

Free Comparative Market Analysis (CMA) – 817-307-5993 – Cheryl Cooper, REALTOR, Senior Real Estate Specialist (SRES)

Tuffy's A/C & Heating Inc. – Members will receive a 10 year Labor Coverage Warranty (\$845 value) with a system replacement at NO CHARGE. In addition, Tuffy's has always offered ALL seniors 10% off service and 5% off system replacements!! Warranty Brochures are available at Senior Circle

Senior Circle would like to acknowledge those businesses who continue to support with door prizes.

Alpha Care Pharmacy/Dr. Oseni

Bargains for Better Homes / Mineral Wells Beall's

Bennett's Office Supply

Boo Ray's

Chik-Fil-A

Dairy Queen in Hudson Oaks

Day Wealth Management

Dillard's Feed and Seed

Dr. Deshmukh

Dr. Malik

Dusty Creek Ranch / Jeff Edwards

EECU

First Financial Bank on North Main

First Financial Brokerage Services / Mary

Helen McDow

First Light Home Care

Fuzzy's Taco Shop

Greene's Florist

H&S Valve

Hallmark Cards

Hutch's

Jeri's Bakery

Jerry's Hyundai / Jason Jutz

Kindred at Home

Legacy Texas Bank

Lone Star Pain Management

Merle Norman
Mesquite Pit
OB/Gyn Associates
Olive Garden
Painting with a Twist
Parker County Physical Therapy
Parker County Today Magazine
Paul Cameron Smith – Artist
Pizza Place
Plains Capital Bank
Polaris
Ready Seal
Remembrance Flowers
Santa Fe Health and Rehabilitation Center
Sargeants Wrecker
Senior Care at Holland Lake Nursing/Rehab
Sewing World of Weatherford
Short Chef's Coffee House & Bistro
Sonic on North Main
Stuart's Nursery
Teals Custom Meats
Tequila Bar & Grill
Thomas Novak – Dentist
Town Creek Pharmacy
Turpin Tire's
Ultimate Cupcakes
White's Funeral Home
Zee Clips

****If you would like a new detailed merchant discount packet call 682-582-1751.**

Merchant Discounts

We are always looking for new merchant's to support Senior Circle. If you know of a business that would like to become a sponsor let me know. This is a great way for area businesses to promote themselves. It's a win-win for us all. Forms are available to take with you or I would be happy to contact any business.

SC Member Photos



No birthday members present in November but we got a beautiful cake anyway!



Thank you to our AWESOME chili judges!
1st place – Billye Long



October birthday!
Tommy Stovall,
Elizabeth Banks,
Bonnie King and
Ruth Biondo



December birthday – Marietta Waddoups, Deb, and Ginger Cornick!



Dessert contest – Judges, Jason-Misty-Terri-Reuben and winners 1st – Rosie Pace, 2nd – Diane LeBrun, 3rd – Ruth Biondo



Dessert contestants, Beverly DeLano, Rosie Pace, Marilyn Vermeland, Ruth Biondo, Betty Ryan, Diane LeBrun, Jan Fox, Bonnie King, and Charlotte Cox (not pictured) but present.



Member Meeting & Birthday Bingo

It's a party, everyone is invited! Join us for our monthly member meeting and birthday celebrations. I'll share information about new activities and benefits, then we'll party (whether it's your birthday or not!) and enjoy bingo.

Cake or cupcakes are donated monthly for this event by **Marsha from Kindred Home Health/Hospice and Terri Smith of Senior Care at Holland Lake Nursing/Rehab**

Monthly Meeting and Birthday Celebration

- Friday – January 6, February 3 and March 3
- Noon SC
- **Bring a dish to share with the group**
- Please RSVP to 682-582-1751 a week prior to event.

All events are subject to change due to unforeseen circumstances. Please RSVP so you can be contacted!

All Events

- **RSVP as soon as possible as events fill up quickly!**

NEW ACTIVITIES

Senior Circle Annual Celebration see enclosed flyer for details!

Valentine Cookie Contest

“Time to bake some cookies”

- Friday, February 10
- 1p - SC
- Bring your favorite cookies to be judged and shared with everyone.
- Prizes will be awarded
- We will then enjoy games and fellowship
- Please RSVP by Tuesday, February 2

Hospital Tour

Meet at the front lobby of the hospital

- Tuesday, January 24
- 10:00a
- **RSVP required - 20 participants max**

Senior Circle benefits presentation

- Thursday, January 12, February 9 and March 9
- 1:00p - SC

ACTIVITIES - **please RSVP asap**

Lunch and Learn

Terri Edwards, Audiologist

- Wednesday, January 11
- Noon – SC

Lunch and Learn

Dr. Crawford – Retina Specialist

- Wednesday, January 18
- Noon – SC

Lunch and Learn

Dr. Jessica Williams – Assist with completion of Advance Directive forms!

- Wednesday, January 25
- Noon – SC

Lunch and Learn

David Orcutt, CEO

- Wednesday, February 8
- Noon – 1:30 – SC

Lunch and Learn

Dr. Mohammed - Cardiology

- Wednesday, February 15
- Noon – SC

Lunch and Learn

Dr. Hal's – Cancer types and causes

- Wednesday, March 8
- Noon – SC

Lunch and Learn

Maria Guerrero – Infection Control “Super Bugs”

- Wednesday, March 29
- Noon – SC

Travel

Travel forms and medical forms are required anytime you go on a Senior Circle sponsored trip.



KIOWA CASINO

- Tuesday – February 21 and March 21
- (only if weather permitting)
- Free lunch buffet
- \$10.00 free play on your card

Weatherford to Kiowa will leave from Albertson's parking lot. We are no longer stopping in Mineral Wells.

\$1.00 tip for driver required.

Everyone must RSVP. Kiowa located across the border from Burkburnett/Wichita Falls into Oklahoma.

A motor coach will leave parking lot at Albertson's. **8:30 am** sharp arrive at Kiowa approximately **11:00am**, leave Kiowa at **4:30pm** and return around **7:00pm**.

Everyone is called to confirm their reservation; don't assume you are on the bus.

****Call 682-582-1751 to register**

The Ark Encounter & Creation Museum

Mon – Fri October 1-7, 2017

- Motor coach transportation
- 6 nights lodging
- 10 meals: 6 breakfasts and 4 dinners
- Admission to the New, Stunning – ARK ENCOUNTER!
- Admission to the Famous CREATION MUSEUM
- Exclusive Diamond Tours Dinner Party with Entertainment
- Admission to the NEWPORT AQUARIUM
- Admission to the CINCINNATI ZOO & BOTANICAL GARDENS
- And much more.....
- **\$75.00 deposit due upon reservation**
- **\$649.00 per person (based on double occupancy)**
- **Add \$239.00 for single occupancy**
- **Insurance due with deposit - \$59.00 per person**
- **Deposits made out to Diamond Tours and insurance checks made out to Travel Insured International – 2 separate checks**
- **All checks must be given to Deb Williford for processing**
- **Final Payment Due: 7/25/2017**



Who needs a New Year resolution when you all are perfect!! 😊

A huge Thank You to Dr. Morris Maniscalco who has graciously provided you with a puzzle to keep your mind happy and active. Puzzle enclosed!



Ongoing puzzle completed by members. Great job to all those who worked on this puzzle! Ready to begin a new one!