

Circle News



College Station Chapter
April/May/June 2012

Current Membership 977

DEAR MEMBERS: A NOTE FROM YOUR SENIOR CIRCLE ADVISOR



Mandy Williams
979.764.5107
mandy.williams@
csmedcenter.com

As summer approaches, you will find that there is much to do at Senior Circle. Why don't you join us for one of our many activities or sign up for a trip? We would love to see you.

Please pay special attention to the section regarding our Senior Circle anniversary party (page 2). This year, College Station Medical Center is proud to announce that there has been a senior program in place for 37 years. The program has gone through multiple name changes including Humana, Active Advantage and Senior Friends but remains true in its goal, which is to educate and entertain seniors in our community.

Brenham Senior Circle members will receive a separate *Circle News* detailing events scheduled in Brenham. If you are interested in receiving a copy, please contact the Senior Circle office.

Lunch with the Experts

April

What: Lunch and Learn
When: April 25, 2012
Time: 11:30 am
Speaker: Dr. Paul Roquet
Specialty: Family Medicine
Topic: Travel Medicine
Cost: \$5 member/\$6 non-member

RSVPs required.
979.764.5107
Payment accepted
at the door.

May

What: Lunch and Learn
When: May 18, 2012
Time: 11:30 am
Speaker: Dr. Lon Young
Specialty: Emergency Medicine
Topic: Emergency Room vs. Urgent Care
Cost: \$5 member/\$6 non-member

June

What: Lunch and Learn
When: June 15, 2012
Time: 11:30 am
Speaker: Dr. Mukund Gundanna
Specialty: Orthopedic Surgery
Topic: Lower Back Pain/SI Joint Dysfunction
Cost: \$5 member/\$6 non-member

BROWN BAG LUNCHES

April

Date and Time: April 20th, 11:30 am
Speaker: Stephanie Bailey, ED, BSN, RNFA
Topic: COPD

June

Date and Time: June 27th, 11:30 am
Speaker: Jeanne Fraley, Marketing Representative
Topic: Scott & White Health Plan

May

Date and Time: May 10th, 11:30 am
Speaker: Susie Cox, Curator of George Bush Presidential Library and Museum
Topic: Creating a Museum Exhibit at the George Bush Presidential Library

THE 30-MINUTE COMMITMENT

When patients enter the Emergency Department at College Station Medical Center, the time of their arrival is noted. Our pledge is that a clinical professional (Physician, Physician Assistant or Advanced Practice Nurse) will work diligently to have our patients initially seen within 30 minutes of their noted arrival. The Med is now proud to offer a quick launch web app available for download on your smartphone. This will allow you to find out the current ER wait time and other important information about College Station Medical Center such as directions and services. To find out more information, visit www.csmedcenter.com.

A MATTER OF BALANCE

A Matter of Balance is a program designed to reduce the fear of falling and increase the activity levels of older adults who have this concern. This is a free, eight-week seminar that will be hosted at the Senior Circle building at 1651 Rock Prairie Road, in the second floor auditorium. Class time is 1:00-3:00 pm on the following dates:

April 4th, 11th, 18th, 25th **1:00-3:00 pm**

May 2nd, 9th, 16th, 23rd **1:00-3:00 pm**

Please RSVP at 979.764.5107 or email mandy.williams@csmedcenter.com if you plan to participate.



BE A SWEETHEART THIS YEAR

Do you have a sweetheart for Valentine's? If so, you are very blessed. Senior Circle has teamed up with Texas Home Health Hospice and the Brazos Valley Area on Aging to provide a valentine card for every nursing home resident in 2013. This means creating over 2000 valentines. If you would like to help make this possible and brighten someone's day, simply join us once a month and get crafty. We will meet every third Monday throughout the year to work on the cards. We will also have a potluck before every craft session if you would like to participate. The potluck will begin at 11:30 am (simply bring a dish to share), and we will work on valentines afterwards at approximately 12:30 pm. Dates of the valentine project are as follows:

April 16th, May 21st, June 18th, July 16th, August 20th, September 17th, October 15th, November 19th and December 17th.

Senior Circle will provide the supplies; however, you are welcome to bring your own items. Let's get crafty!

HAPPY ANNIVERSARY SENIOR CIRCLE!

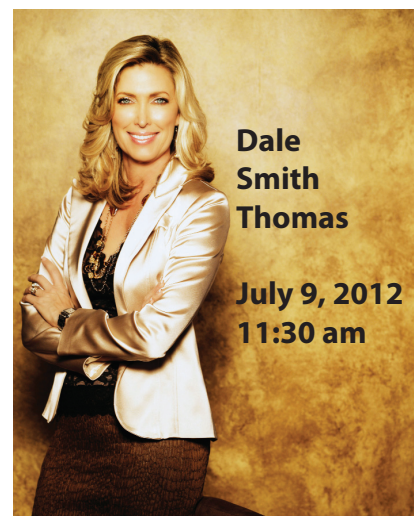
Senior Circle will celebrate its anniversary this year with a special guest, motivational speaker, Dale Smith Thomas. Dale, affectionately known as "The Hope Doctor," has appeared on many radio and tv shows around the country, and her message has been seen and heard by millions of people. Join us to celebrate our anniversary and hear Dale as she presents, "Age Defying Attitude -- Keys for living your best life at any age."

When: July 9, 2012, Doors open at 11:30 am

Where: Pebble Creek Country Club

Cost: \$10 (early purchase price)
\$ 20 (purchase upon arrival)

Enjoy lunch, a great speaker and door prizes. Space is limited!
Tickets may be purchased beginning May 1st.



CSMC PHYSICIAN SPOTLIGHT



G. Michael Hodnett, M.D.
1602 Rock Prairie Road, East
Suite 4400
College Station, TX 77845
(979) 693-2729

Undergraduate Education:

Texas A&M University, Bachelor of Arts

Medical School:

Texas A&M Health Science Center

Postgraduate Training:

University of Oklahoma Health Science Center

Board Certification:

Obstetrics and Gynecology

Certifications:

Advanced Cardiac Life Support

Basic Life Support

Neonatal Resuscitation Program

Advanced Trauma Life Support

Languages:

Fluent in both English and Spanish

SENIOR CIRCLE DAY AND OVERNIGHT TRIPS

Ride the Rails with the Hill Country Flyer (May 12, 2012)

Join Senior Circle as we experience the Hill Country Flyer. This popular train ride departs Cedar Park at 10:00 am for a two-hour journey through the beautiful Texas Hill Country to Burnet. Our tickets have us sitting in the Buckeye Lake car. Built in 1949 for the Delaware, Lackawanna and Western Railroad, this coach car comes equipped with air conditioning and seats two passengers on either side of the aisle. The concession car sells cold sodas, hot coffee and snacks such as chips, cookies and candy for you to enjoy during your ride. Hill Country passengers will enjoy lunch and shopping at their own leisure during the stopover in Burnet. The Burnet Gunfighters present their wild west gunfight, weather permitting, at the train station in Burnet before the train leaves at approximately 2:15 pm to return to Cedar Park (there is no cost for the gunfight demonstration but any donations are appreciated). The cost of the trip is \$87 member/\$92 non-member and includes transportation, driver's gratuity, train ticket and snacks on the bus. We will enjoy a dutch treat meal in Burnet. We must have at least 20 participants for this trip. *Payment is due upon RSVP and is non-refundable after April 30, 2012.*

Sam's Town Hotel & Casino in Shreveport, LA (June 21-22, 2012)

Join Senior Circle and travel to Shreveport, LA to try your luck at Sam's Town Hotel & Casino. Sam's Town is located just 250 miles from College Station and provides easy access to three floors of slots and table games. If you need more gaming action, grab a shuttle to nearby Horseshoe Casino or Elderado Resort Casino. The cost of the trip is \$75 member/\$80 non-member and includes hotel accommodations, transportation, driver's gratuity, baggage handling, \$10 in free slot play and snacks. *Payment is due upon reservation and is non-refundable after May 21, 2012.* We must have at least 40 participants to travel. *Single occupancy travelers add \$40 to price of trip, and single rooms are limited.*



Please pay close attention to the payment deadlines. Send your check, made payable to Senior Circle, to 1651 Rock Prairie Rd., Ste. 200B, College Station, TX 77845. Credit card payments can be made by phone at 979.764.5107. All day trips and overnight trips depart from 1651 Rock Prairie Rd., College Station, TX 77845.

DOMESTIC TRAVEL OPPORTUNITIES

San Antonio, TX (October 16-18, 2012)

Join Senior Circle as we take a quick three-day jaunt to San Antonio, TX--Home of the Alamo. Upon arrival we will enjoy a guided tour of San Antonio including visits to San Fernando Cathedral and the King William Historical District. Later that evening we will take a scenic cruise along San Antonio's famous River Walk. On the second day, we will visit the San Antonio Missions National Historical Park.



Afterwards we will go to the IMAX theater at

San Antonio Rivercenter to see "Alamo..The Price of Freedom."

Then, stand where history took place when we visit the buildings and grounds of the Alamo.

Finally, before heading home on the third day, we will visit the Institute of Texan Cultures. The Institute is devoted to the 26 different cultures that settled Texas. The cost of this trip is \$275 for double occupancy and \$335 for single occupancy. This includes: hotel accommodations, two breakfasts, two dinners, all attractions, driver and guide gratuities and snacks. There is a \$75 deposit due upon signing and travel insurance is optional but highly encouraged. We must have at least 30 travelers for this trip so invite your friends and family. For more information about this trip, call 979.764.5107.

Average physical activity includes climbing some stairs, walking reasonable distances and on uneven surfaces should be expected.

INTERNATIONAL TRAVEL OPPORTUNITIES

Classic Christmas Markets (November 28-December 6, 2012)

Treat yourself for Christmas and join Senior Circle as we explore the classic Christmas markets in Munich, Innsbruck, Wurzburg, Nuremberg and Strasbourg. This nine-day adventure takes us to historic towns in Central Europe where we will have time to sip mulled wine and shop for handicrafts in some of the oldest and most famous Christmas markets in Europe. The cost is \$2,769 (double occupancy) and \$2,969 (single occupancy) and includes hotel accommodations, round-trip airfare from Houston's Bush International Airport, seven breakfasts, four dinners and cancellation waiver and insurance. Highlights for this trip include a tour of Innsbruck featuring popular attractions such as Maria Theresienstrasse, the Hofburg and the "Golden Roof"; a tour of Rothenberg, one of the most well-preserved medieval walled towns in all of Germany; and a private choir concert performed in an 850-year-old church. Book now and save \$100 per person. For more information, call 979.764.5107.

Moderate physical activity such as long walking tours, walking on uneven surfaces and climbing stairs should be expected.

Please pay close attention to the payment deadlines. Send your check, made payable to Senior Circle, to 1651 Rock Prairie Rd., Ste. 200B, College Station, TX 77845. Credit card payments can be made by phone at 979.764.5107. All day trips and overnight trips depart from 1651 Rock Prairie Rd., College Station, TX 77845.

SENIOR CIRCLE MERCHANT DIRECTORY

Senior Circle is pleased to provide our members with many incentives from area businesses. Please patronize them and let them know how much you appreciate their thoughtfulness. To each of the businesses listed, thank you for your efforts and for participating. Show your Senior Circle membership card at the following locations and reap the benefits.

Please note our newest partner merchant, College Station Medical Center Gift Shop. The gift shop is located inside the main hospital lobby and is staffed by hospital volunteers. All proceeds benefit the Sunshine Auxiliary.

Health and Wellness

- **College Station Medical Center (800.568.7095) 1604 Rock Prairie Rd., College Station, TX 77845**
www.csmedcenter.com

The Med provides a complimentary private room upgrade when hospitalized, depending on staffing and room availability. A complimentary meal for the spouse or caregiver is provided each day a member is hospitalized. You must present your Senior Circle card to be eligible for the free meal.

- **College Station Medical Center Gift Shop (979.764.5199) 1604 Rock Prairie Rd., College Station, TX 77845**
Receive 20% off all items in the gift shop.

- **Home Instead Senior Care (979-268-6880) 1908 Greenfield Plaza, Bryan, TX 77802**

Home Instead Senior Care, the leading provider of non-medical in-home care for seniors in the Brazos Valley is offering special rates for Senior Circle members as well as a FREE Senior Emergency Kit. At Home Instead, To Us...It's Personal!

- **Medi-Care Equipment Specialties, Inc. (979.776.3776) 2308 E. Villa Maria, Bryan, TX 77802**
Receive 20% off any items not being billed to insurance or medicare.

- **Medi-Care Equipment Specialties, Inc. (979.693.0526) 3975 Hwy. 6 S., Suite 1000, College Station, TX 77845**
Receive 20% off any items not being billed to insurance or medicare.

- **Medi-Care Equipment Specialties, Inc. (979.836.1240) 1401 S. Austin, Brenham, TX 77833**
Receive 20% off any items not being billed to insurance or medicare.

- **Southwood Valley Animal Hospital (979.693.9898) 2035 Harvey Mitchell Pkwy. S., College Station, TX 77840**

George Craig Bond, D.V.M. is offering Senior Circle members a 10% discount on all goods and services. Call today and set up an appointment for your pet. He/She will thank you!

- **Two/Four Organics (979.836.1243) 1011 W. Main Street, Brenham, TX 77833**

Two Four Organics (Brenham, TX) now offers Senior Circle members EXCLUSIVE discounted access to Alternative Healthcare products and services offered by the company. You pay only \$35 annually and receive a 20% discount on vitamins, supplements, grocery items, Café visits, Facial services and other wellness services and products. Contact Pamela Rucker at 979.836.1243 for your membership application today.

- **Wellness Center at College Station Medical Center (979.680.5420) 1602 E. Rock Prairie Rd., Ste. 4100, College Station, TX 77845**

The Wellness Center provides Senior Circle members discounted rates upon joining the center and exercising with trained professionals on a variety of sophisticated equipment.

Food, House, Gifts and Leisure

- **Gifts & Gab (979.846.1448) 3812 South Texas Avenue, Bryan, TX 77802**

Receive a 20% discount off any one item, excluding consignment items and the Bell Collection.

- **Senior Circle (979.764.5107) 1651 Rock Prairie Rd., Ste. 200B, College Station, TX 77845**

Senior Circle members receive free faxing, copying and notary service.