

Wise Words

DECEMBER 2023/JANUARY 2024



Hello LifeWise Member,

Happy 2024! Here are some of our events for 2024. Please make sure that we have your current contact information so that we can keep you up to date with the latest programs.

We will continue to add events and programs throughout the year so please check your LifeWise E-letter. Thank you to those able to get the **LifeWise Newsletter** online. But, if you do not have access to internet, we will continue to send your print newsletter.

For the following events, please register here: [LifeWise Website Calendar of Events Registration](#). Or call or text Susan Cannon at 864.292.9691 or email susan_cannon@bshsi.org.

REGISTRATION NOTES:

- *Confirmations: Please make sure you have received an email confirming that you are registered. If you do not use the internet, we will verbally confirm that you are registered.*
- *Please cancel your registration if you cannot make it as we often have a wait list of individuals that we call when a space opens.*
- *All the following events are brought to you at no charge but require registration. We prefer registration for the February 23 event, but it is not required.*

Special Events

AGING IN PLACE SUPPORT: ST FRANCIS HOME CARE INTAKE & THERAPY HELPS US AGE IN PLACE

TUESDAY, JANUARY 23, 2024, 10 AM – NOON

Location: Senior Action's Community Rooms: 3715 E North St Suite K, Greenville, SC 29615

Coffee, Muffins & Fruit served at the event

Join us as St Francis Home Care Intake and Therapy Care brings helpful information to help us stay active as we age in place. Physical therapists and occupational therapists will discuss topics such as fall prevention, staying safe in the home, home safety check lists and more. The therapists will also provide information on when it is not safe to be in the home and when we, friends or family members may need a higher level of care service. We will discuss some of the most common disease processes and how staying active and participating in therapy can improve function and overall quality of life.

Bon Secours St. Francis Presenters: Kim Manson, Emily Zimmerman PT, and Tamara Nelson OT.

CELEBRATING HEART HEALTH AWARENESS MONTH HEART SCREENING COMMUNITY

FRIDAY, FEBRUARY 23, 2024, 9 AM – NOON

Location: Senior Action's Community Rooms: 3715 E North St Suite K, Greenville, SC 29615

Interact with health professionals and specialists to learn more about the heart. Topics include sleep, diet, diabetes, physical activity and more. *Registration is not required but preferred.*

Please note: LifeWise rents space from Senior Action so registration must come through LifeWise. Senior Action cannot register you for LifeWise events.

Other Events Include:
Healthy Aging: Interactive
Resistance Exercise and Cognition
Function Class

WEDNESDAY, MARCH 6, 1:30 – 3 PM OR
MONDAY, MARCH 11, 1:30 – 3 PM OR
WEDNESDAY, MARCH 13, 1:30 – 3 PM

Location: Bob Jones University Mack Building – Room 107 (Fitness & Wellness Laboratory – 1700 Wade Hampton Blvd)

This workshop will provide an updated scientific overview of resistance exercise-induced structural and functional brain changes that are related to cognitive functions. It will also review basic changes that occur with aging as they relate to muscle strength and muscle mass. Participants will learn how to perform resistance training exercises with proper technique with the appropriate duration and intensity level to attain muscle mass and strength. Participants will leave this workshop able to confidently engage in resistance training exercises regardless of conditions such as COPD, osteoporosis, diabetes or all the above. You may register for one of these three options. *This is the same class with three registration options so please register for only one.*

Presenter: **Dr. Stephen Chen**, Division Chair of the Exercise and Sports Science in the School of Health Professions at Bob Jones University

National Sleep Awareness Day
Lunch & Learn

FRIDAY, MARCH 15, 11:30 – 1 PM
MORE DETAILS TO COME – SAVE THE DATE!

Location: Feed & Seed Co’s Hayne Hipp Community Room: Located in historic Judson Mill 701 Easley Bridge Rd., Greenville, SC 29611 - Feed and Seed is a non-profit food hub and includes a community room, the Hayne Hipp Room. The Feed & Seed Hayne Hipp Room is near our downtown hospital.

Open Arms Hospice Tour and
Presentation

TUESDAY, APRIL 16, 10 – 11:30 AM

Location: 1836 West Georgia Rd Simpsonville, SC 29680.

Join our tour and presentation to learn more about our Open Arms Hospice House including volunteer opportunities.

Lunch & Learn Plant Based Nutrition
with Tammie Miller

THURSDAY, AUGUST 8, 11:30 – 1 PM

SAVE THE DATE!

Location: Feed & Seed Co’s Hayne Hipp Community Room: Located in historic Judson Mill 701 Easley Bridge Rd., Greenville, SC 29611 - Feed and Seed is a non-profit food hub and includes a community room, the Hayne Hipp Room. The Feed & Seed Hayne Hipp Room is near our downtown hospital.

Healthy Aging and Vision

FRIDAY, OCTOBER 4, 1-2 PM

Location: Bon Secours St Francis Millennium Campus Community Room, Suite 180, 2 Innovation Drive, Greenville, SC 29607 – The Community Room is on the left side of the building facing the front.

Join us as we discuss Healthy Aging and Vision. The presenter is Southern Eye Associates.

AGING IN PLACE:

FINANCIAL — FORTIFYING YOUR FINANCES TO
AVOID DISASTER

THURSDAY, APRIL 25, 1-2 PM

Location: TBD

Please join Amy Carrick, Professional Fiduciary to learn how to think differently about your daily financial world. She will review legal documents and structures. Amy will discuss protecting digital assets and freezing vs monitoring credit. We will also explore paying bills, including the best way to pay for online purchases. Amy will discuss the titling of accounts and impacts on each.

FALL PREVENTION AWARENESS AND OTHER
AGING IN PLACE EDUCATION AND RESOURCE
TOPICS – SAVE THE DATE!

FRIDAY, SEPTEMBER 20, 10 – NOON

Longbranch Baptist Church, 28 Bolt Street,
Greenville, SC 29605


ON-GOING PROGRAMS AND SERIES TO EXPLORE FOR 2024

LIFEWISE PRESENTATIONS AT WELL
WALKERS

Bon Secours Wellness Arena, Church Street Entrance has a new area to hold our presentations, and the area is almost immediately inside the entrance. Please remember that you will enter the Church Street parking lot. Once in the Church Street Parking Lot, you will turn right. There is plenty of accessible and handicapped parking. Well Walkers meet to walk each Tuesday and Thursday.

Each **FIRST TUESDAY** of Well Walkers, LifeWise will have a featured health-related topic. Please refer to [LifeWise Website Calendar of Events Registration](#) for current LifeWise at Well Walkers events. The schedule for Well Walkers changes each month so please refer to the Well Walkers and LifeWise on-line calendars for current information. If you do not have access to internet and would like to know about our schedule of LifeWise Events with Well Walkers, please call Susan Cannon, 864.292.9691.

BON SECOURS ST FRANCIS
BRINGS TO YOU:

 **SAFESITTER** Grandparents: **Getting Started** is to be offered in early 2024. Look for details on how to register in the next newsletter. SafeSitter® Grandparents: Getting Started is taught by certified Safe Sitter® Instructors. Participants will learn how to provide the best and safest care for their grandchildren. They will also learn the latest information on how

to safely care for infants and children and how to manage the behavior of children of all ages, in addition to life-saving skills such as choking rescue, first aid, and injury management.

EVIDENCED BASED FALL
PREVENTION PROGRAM:

The Matter of Balance Fall Prevention Program that we are offering on an on-going basis in the community and to LifeWise members is a fall prevention program that has eight sessions, two hours per session. We will offer a Matter of Balance Program during the second quarter to LifeWise members. We have a wait list of LifeWise members that I will be calling the second week in January. It is important that you commit to coming to all the sessions as one session builds on the next. If you are interested in a Matter of Balance 8-session course, please call Susan Cannon, LifeWise Program Coordinator, 864.292.9691. Locations of Matter of Balance discussed when you inquire or register.

FRESH FOOD GARDEN GROUP

The first event is scheduled for February, and I will be sending members the schedules for the year in the first week in January. If you are interested in our Fresh Food Garden Group, please contact Susan Cannon, LifeWise Program Coordinator, 864.292.9691. These events are at various locations in Greenville County, and all relate to healthy and fresh food.

DEMENTIA DIALOGUES®

THURSDAYS, MARCH 7 – APRIL 4, 1 – 3:00 PM

Please plan to attend all five modules.

Bon Secours St Francis Millennium Campus Community Room, Suite 180, 2 Innovation Drive, Greenville, SC 29607 – The Community Room is on the left side of the building facing the front.

Dementia Dialogues® is a nationally registered and evidence-informed intervention program. This 5-module training course is designed to educate community members and caregivers (formal or information) for persons who exhibit signs and symptoms of Alzheimer’s disease and related dementias (ADRD). *This is a series so participants need to sign up for 5 five modules.*



Bon Secours St. Francis Health System
Attn: Susan Cannon, LifeWise Program
131 Commonwealth Drive
Suite 310B
Greenville, SC 29615

NONPROFIT ORG
U.S. POSTAGE
PAID
GREENVILLE, S.C.
PERMIT NO. 859

Community Happenings...

PAGE TURNERS BOOK CLUB, 9:45 -11:00 AM

Location: Northgate Baptist Church, 635 Summit Drive

Here is a list of upcoming books:

January 12. *The Only Woman in the Room* by Marie Benedict

February 9 *Horse* by Geraldine Brooks

March 8 *The Woman of the Copper County* by Mary Doria Russell

April 13 *Beneath a Scarlett Skies* by Mark Sullivan

May 10 *The Winter Orphans* by Kristy Beck

June 14 *The Caretaker* by Ron Rash

July 12 *Little Souls* by Sandra Dallas

August 9 *The Wedding Veil* by Kristy Woodson Harvey

September 13 *Lady Clementine* by Marie Benedict

If you are interested in joining, contact Kathy Piatak, email kpiatakschneider@gmail.com

WELL WALKERS

Join us in the temperature-controlled Bon Secours Wellness Arena to walk on most Tuesdays and Thursdays, 9 am – 1 pm! Each lap around the concourse is 1/4 mile. <https://www.bonsecoursarena.com/upcoming-events/well-walkers>

Contact Us:

susan_cannon@bshsi.org
864-292-9691 (cell) or 864- 675-4306

Bon Secours St. Francis Health System

Susan Cannon, 131 Commonwealth Drive, Suite 310B, Greenville, SC 29615



Follow our blog at:
BonSecours.com



[Facebook.com/bonsecourgvl](https://www.facebook.com/bonsecourgvl)



Instagram: bonsecours



Twitter: bonsecoursGVL