



Our Lunch and Learn Series Continues

Please note. Due to capacity issues and the comfort of everyone; all lunch and learn programs will now require advance reservations. Please check your calendar for times and reservation deadlines.

January 10 - Lunch & Learn 12:00

What to ask your doctor at the next visit. Dr. Marc Berger, Family Practice Please RSVP. 706-258-4671

January 17 - Lunch & Learn 12:00

**Insomnia and Sleep Center Tour
Presented by Paula Williams, MDIV, MA, CRT,
RPSGT Please RSVP 706-258-4671**

January 24 - Lunch & Learn 12:00

**Hypertension in the Aging. Presented by
Dr. Marc Berger, Family Practice Please RSVP 706-
258-4671.**

February 7 - Lunch & Learn

**Dr. Elias Issa, Internal Medicine Please RSVP
706-258-4671**

**February 21 - Alzheimer's and Dementia 12:00
With Dr. Marc Berger, Family Practice Please RSVP
706-258-4671**

February 28 - Lunch & Learn

**Heart Health with Julie Shirah, M.S, C.C.E.S
Lunch & Learn 12:00 Please RSVP 706-258-4671**

March 7 - Lunch & Learn

**Geriatrics; What is a Geriatrician? Dr. Marc Berger,
Family Practice Please RSVP 706-258-4671**

**March 13—Lunch & Learn Dr. Tim Whitaker, Colon
Cancer *Please submit questions ahead of time to
Cindy Querry. Blue Ridge Surgical Please RSVP 706-
258-4671**

March 20 - Lunch & Learn

**Welcome to Medicare. Karen Vaughn, APG Physician
Practice Manager
Please RSVP 706-258-4671**

SHOP LOCALLY, NEW DISCOUNTS OFFERED BY LOCAL MERCHANTS TO SENIOR CIRCLE MEMBERS

Betty's Boutique - Downtown Blue Ridge 15% -
discount (certain items may be excluded)

Blue Ridge Mountain BBQ - 10%

Royal Cleaners - 10%

Wrapsody in Blue - 15% discount

Dairy Queen - 10%

Screening Benefits

Lab & Mammography

Members may have each blood test performed up to twice a year, anytime during the year. Mammograms can be done once a year at any time. Use these only if tests are not covered by Medicare or your insurance policy. Medicare or insurance companies, will NOT reimburse you for these exams.

Members need to purchase these coupons at the Senior Circle office. Checks are accepted; no credit cards please. Some of the tests and pricing have changed; so please make sure you look over the list below carefully.

All members must check in at the Out-Patient Clinic prior to all tests, and they open at 8 a.m. You can check in earlier than 8 a.m. at the ER desk.

Screening Mammogram (77057) - \$100.00 Includes test and interpretation by a Board Certified Radiologist. Appointment needed. Call Central Scheduling 706-632-4254. **For your protection please share the results of this test with your Physician.**

Prostate-Specific Antigen (PSA) – (84153) \$25.70 (Prostate specific antigen) PSA is a substance produced by the prostate gland. Elevated PSA levels may indicate prostate cancer or a non-cancerous condition such as prostatitis. **For your protection please share the results of this test with your Physician.**

Lipid Panel (80061)- \$18.72 – A lipid panel is a blood test that measures lipids – fats and fatty substances used as a source of energy by your body. Lipids include cholesterol, triglycerides, high-density lipoprotein (HDL) and low-density lipoprotein (LDL). This panel measures total cholesterol level, triglyceride level, HDL cholesterol level (“good cholesterol) and LDL cholesterol level (the “bad” cholesterol). **For your protection please share the results of this test with your Physician. For best results fast for 12 hours prior to the test.**

Fasting Plasma Glucose Screening (82947) \$5.48 - The fasting plasma glucose test (FPG) is the preferred method for diagnosing diabetes because it is easy to do, convenient, and less expensive than other tests, according to the American Diabetes Association. **For your protection please share the results of this test with your Physician.**

Circle News

Fannin Regional Hospital Chapter
Issue Number 99 January, February, March 2012

Fannin Regional Hospital

Cindy Querry, Senior Circle Advisor
2855 Old Highway 5, Suite 106
Blue Ridge, GA 30513
Phone: 706/258/4671



A Word from Your Senior Circle Advisor, Cindy Querry

Happy New Year Everyone!

A new year brings new and exciting opportunities for you in Senior Circle. Whether you have decided to join us for a Lunch & Learn Session with one of our great guest speakers, take a day trip or plan to join us on one of our awesome overnight getaways such as the trip to New Orleans or Washington DC, this is your year!

Jazz up your winter and join us for a mid-winter getaway to the great city of New Orleans. This tour includes the famous French Quarter, a Mississippi Riverboat cruise, a Historic plantation tour and a visit to the National World War II Museum, just to name a few.

Have you ever visited Washington DC when the Cherry Blossoms are blooming? What great photos you will make! Join us for a truly wonderful trip to our nation's capital, where we see it all! Don't miss the nighttime tour of the monuments and the beautiful World War II memorial.

In addition we are pleased to announce a tour to Savannah, St. Simon's and Jekyll Island, Georgia. See inside for more details. This will be a great trip, make your reservations in early.

For downloadable information on these trips and monthly calendar events, please visit our website at www.fanninregionalhospital.com and click on Senior Circle.

See you at the Circle!



CEO's Comments David S. Sanders, CEO

The mission of Fannin Regional Hospital is to be the facility of choice where patients want to receive care, staff want to work and where physicians want to practice.

As key stakeholders of our hospital, I want to make you aware of some wonderful news. (1). Fannin Regional Hospital earned the Outstanding Patient Experience Award for 2010 and 2011, one of only four hospitals in Georgia to earn this distinction for two years in a row (placing us in the top 10% in the nation) from HealthGrades, the leading healthcare ratings organization providing ratings and profiles of hospitals, nursing homes and physicians to consumers. (2). Fannin Regional Hospital also earned a five star rating in joint replacement for 2011 & 2012 also from HealthGrades. (3). Fannin Regional received the Overall Patient Satisfaction Award from Community Health Systems, our parent corporation. Community Health Systems includes Fannin Regional Hospital and more than 130 other hospitals in 29 states. (4). Patient satisfaction has remained above the 89th percentile for 9 consecutive quarters. The hospital's community cares culture is focused on creating a great place for patients to receive care, including hourly rounding and excellence in patient and caregiver communications. Fannin Regional Hospital is committed to creating a great patient experience from admission to discharge. (5). An integral part of providing outstanding care is recruiting excellent providers. Fannin Regional Hospital continues to add new providers to our staff to continue to meet the needs in our community. In 2011 we added the following providers: Orthopedic & Sports Medicine Surgeon, Dr. Hamidreza Doroodchi; Emergency Department Medical Director, Dr. Eric Simrod; Family Practice Physician, Dr. Marc Berger and Family Nurse Practitioner, Marianne Robinson. For more information about Fannin Regional Hospital or any of the providers listed please visit our website at Fannin-RegionalHospital.com. It was a productive 2011 and we look forward to an even more productive 2012.

New Orleans

BEAT THE WINTERTIME BLUES...ESCAPE TO NEW ORLEANS!



INCREDIBLE PRICE INCLUDES:

- ◆ Motorcoach transportation
- ◆ 6 nights lodging including 4 consecutive nights in the New Orleans area
- ◆ 10 meals: 6 breakfasts and 4 dinners
- ◆ Tour of a Louisiana Plantation
- ◆ Relaxing Riverboat Cruise on the Mississippi River
- ◆ Enjoy Historic New Orleans French Quarter
- ◆ Visit to the National World War II Museum
- ◆ Guided Tour of New Orleans

\$529 *

7 DAYS 6 NIGHTS

PER PERSON, DOUBLE OCCUPANCY

(Sun - Sat)

Jan 29 - Feb 4



View the French Quarter

Washington DC-Our Nation's Capital



INCREDIBLE PRICE INCLUDES:

- ◆ Motorcoach transportation
- ◆ 5 nights lodging including 3 consecutive nights in the Washington DC area
- ◆ 8 meals: 5 breakfasts and 3 dinners
- ◆ Two full-day Guided Tours of Washington DC
- ◆ Our Tours feature the WW II Memorial, Capitol Hill, Embassy Row, the Korean War Veterans Memorial, the Vietnam Veterans Memorial, the Smithsonian, the NEW Martin Luther King, Jr. National Memorial, the Lincoln Memorial, and more!
- ◆ Evening Guided Memorial and Monuments Tour and much more

\$479 *

6 DAYS 5 NIGHTS

PER PERSON, DOUBLE OCCUPANCY

(Thu - Tue)

March 29 - April 3

2012



Capitol Building



Savannah, St. Simon's and Jekyll Island, Georgia

October 1-5, 2012

\$615.00 per person, double occupancy

- Deluxe motor coach transportation, 4 night's hotel accommodations at a Holiday Inn Express,
- Hot breakfast buffet daily
- Dinner at a local restaurant
- Enjoy a guided tram tour of Jekyll Island, which includes 240 acres of Historic District with cottages
- Visit Christ Church on St. Simons Island, with free time for lunch and shopping on St. Simons Island
- Dinner at a local favorite—Carey Hilliard's, Visit the Savannah History Museum
- Free time for lunch on River Street
- Enjoy a self guided tour of Cathedral of St. John the Baptist, A guided tour of Owen Thomas House and Gardens, A guided tour of the Mercer House (Jim Williams' House - Nightmare in the Garden of Good and Evil.
- Visit Isle of Hope, with a stop at Wormsloe Plantation for a photo op as well as view the Majestic Oak Tree
- A picnic lunch at Historic Fort Pulaski, with a guided tour after lunch
- Visit Tybee Island Lighthouse and Museum
- Enjoy dinner at Mrs. Wilkes Boarding House
- Attend a performance of "The Beat Goes On" at the Historic Savannah Theatre
- Round trip baggage handling included
- Meals included 4 breakfasts, 1 lunch and 4 dinners
- All taxes and fees included

Meet our Sleep Disorder Center Director



Paula Williams,
MDIV, MA, CRT, RPSGT
Director
Fannin Regional Hospital
Sleep Disorder Center

More than 40 million Americans have chronic sleep disorders - conditions that make it hard for people to sleep at night or stay awake during the day.

Like diet and exercise, sleep is critical to good health. Sleep restores the body and mind. When you sleep, your body rests and renews its energy levels, repairs muscles and tissues and rebuilds your immune system. Sleep disorders interrupt normal sleeping patterns and can affect your health in a variety of ways.

Sleep disorders are sometimes hard to diagnose. Often, a loved one or family member will be the first to notice a sleep disorder before a patient seeks treatment.

Fannin Regional Hospital has combined technology with a personal touch in our sleep center. Fannin Regional Hospital's Sleep Disorders Center provides diagnostic sleep studies and follow up treatment for various sleep disorders. Our professional staff uses advanced computerization equipment to perform detailed sleep evaluations and generates comprehensive diagnostic reports in an expedient manner.

For more information about our Sleep Disorder Center or to schedule an appointment, please call 706-258-4661.

Join Senior Circle Travel Members and See the World!



**Winston Churchill
Museum**



**Denver, Colorado
Capital Building Tour**



Garden of the Gods



**The Royal
Gorge**



Denver, Colorado



The Annual Witch's Tea



Veteran's Day Luncheon



TRAVEL CLUB REGISTRATION FORM

Interested in taking a tour with Senior Circle? Please fill out this form registration form and return it to the Senior Circle office. You may mail or fax your form to the following address:

Senior Circle
c/o Fannin Regional Hospital
2855 Old Highway 5
Blue Ridge, GA 30513
Fax: 706-258-4672

Full Name: _____

Mailing Address: _____

City, State and Zip Code _____

Phone Number(s) Home & Cell _____

Email address _____

Trip Reservation Requested: _____

Roommate if applicable _____

Emergency Contact(s):

Thank you for your interest in the Senior Circle Travel Club.



SENIOR CIRCLE

Vision Care Services

Member Cost

Exam with Dilation as Necessary	\$5 off routine eye exam \$10 off contact lens exam
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Complete Pair Eyeglasses Purchase*: Frame, lens, and lens options must be purchased in the same transaction to receive full discount

Frames:	35% off retail price
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Standard Plastic Lenses:	
Single Vision	\$50
Bifocal	\$70
Trifocal	\$105
Standard Progressive	\$140
Premium Progressive	30% off retail price

Lens Options (paid by the member and added to the base price of the lens):

Tint (Solid and Gradient)	\$15
UV Treatment	\$15
Standard Plastic Scratch Coating	\$15
Standard Polycarbonate	\$40
Standard Anti-Reflective Coating	Do Not Print \$45
Other Add-Ons and Services	20% off retail price

Contact Lenses (Discount applied to materials only):

Conventional	15% off retail price
Disposable	0% off retail price

LASIK and PRK Vision Correction Procedures:	15% off retail price OR 5% off promotional pricing
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Frequency:	
Exam	Unlimited
Frames	Unlimited
Standard Plastic Lenses	Unlimited
Contact Lenses	Unlimited

Additional Purchases and Out-of-Pocket Discount

Discount may not be combined with any other discounts or promotional offers. Does not apply to participating providers' professional services or disposable contact lenses.

Discounts not available for services or materials arising from:

Orthoptic or vision training, subnormal vision aids and any associated supplemental testing; Aniseikonic lenses; Medical and/or surgical treatment of the eye, eyes or supporting structures; Safety eyewear; Disposable and/or Medically Necessary contact lenses; Services or materials provided by any other group benefit plan providing vision care; Certain brand name Vision Materials in which the manufacturer imposes a no-discounting practice.

*Items purchased separately will be discounted 20% off of the retail price.

Senior Circle has selected EyeMed as your vision wellness program. This plan allows you to improve your health through a routine eye exam, while saving you money on your eye care purchases. The plan is available through thousands of provider locations participating on the EyeMed ACCESS network.

To see a list of participating providers near you, go to www.eyemedvisioncare.com and choose ACCESS from the provider locator dropdown box. You can also call 1-866-723-0596.

Enroll today to take advantage of an affordable way to help ensure a lifetime of healthy vision.



JERSEY BOYS

The story of Frankie Valli & The Four Seasons

How did four blue-collar kids become one of the greatest successes in pop music history? Find out at the runaway smash-hit, JERSEY BOYS. Winner of the Best Musical Tony Award® on Broadway in London and Australia, this blockbuster phenomenon takes you up the charts, across the country and behind the music of Frankie Valli and The Four Seasons. Experience electrifying performances of the golden greats that took these guys all the way to the Rock and Roll Hall of Fame: "Sherry," "Big Girls Don't Cry," "Can't Take My Eyes Off You," "Dawn," "My Eyes Adored You," and more. Don't miss the international sensation that's a Broadway triumph, was named the number one show in Las Vegas and continues to break records in cities across America - bringing countless audiences to their feet. As The New York Times says, "The crowd goes wild!"

Don't miss this great show at The Fabulous Fox Theatre!

Thursday, June 7th 1:00 pm performance

Seats are now available thru Senior Circle.

Your ticket price includes:

Your ticket to the performance
(Left center Orchestra, Rows J-L)
chartered motor coach transportation,
tax, tips and all service fees.

All this for \$110.00 per person.

*Tickets are assigned at the time payment is received.

