



BINGO BASH & LUNCHEON

**GIFT CERTIFICATES & PRIZES!
RAFFLES! LOTS OF FUN!**

Tickets on sale Monday, March 9th
at the SmartSenior Office
836 E. 65th Street, Suite 8

\$10.00 per person
(includes Lunch & Free Bingo)

FRIDAY, MAY 1, 2020

11:00 am – 2:00 pm
(Doors open at 10:30 am)
Alee Temple Ball Room

SCHEDULE

Bingo 11 am – 12 pm
Lunch 12 pm – 1 pm
Bingo 1 pm – 2 pm

SMART MEDICINE + SMART PHONES = SMART CARE 24/7

St. Joseph's/Candler Smart Care 24/7 brings a health care provider to you when and where you need it. Our team of board certified doctors and nurse practitioners provide consultation, diagnosis and treatment for minor illnesses through video chat or over the phone 24/7 without an appointment for only \$49.

Live chat with a provider on your smart phone or laptop, or simply call 888-972-5460.

St. Joseph's/Candler Smart Care 24/7 can treat a variety of minor illnesses and common conditions such as colds & flu, pink eye, rash, stomach flu, allergies, back pain, or urinary tract infections in adult women.

How Smart Care 24/7 works

- No appointment is needed
- Visitors can access a provider through our web portal or with one of our apps.
- Register in less than three minutes.
- A provider will be discussing your issue in 20-30 minutes.
- A concierge service is also available to assist you with connecting to a provider, please call 888-972-5460.

Learn more about the specific illnesses that St. Joseph's/Candler Smart Care 24/7 treats at sjchs.org. If your issue isn't covered by this service, we encourage you to make an appointment with a board-certified primary care physician in the St. Joseph's/Candler network.

Of course, if it's an emergency, please call 911.

SMARTSENIOR OFFICE HOURS

Mon thru Fri 8:30 am – 5:00 pm
(Closed for lunch: 12PM - 1PM)

836 E. 65th St., Ste 8 • Savannah, GA 31405
(912) 352-4405

OFFICE CLOSED

Tuesday, March 17
St. Patrick's Day
Friday, April 10
Good Friday



Every year, SmartSenior goes before Savannah City Council to ask them to partner with us for The Annual SmartLiving Expo & Health Fair. First row SmartSenior Board members from left to right: Cathy Clements, Dave Lewis, Rita Mines, Karen Olenick, Mayor Van Johnson, Collette Balder, Angie Briggs, Jenny Koch, SmartSenior Staff, Mary Ann Traver. Second row: Savannah City Council members, Bernetta Lanier, Linda Wilder- Bryan, Detric Leggett, Kesha Gibson-Carter, Estella Shabazaa, Nick Palumbo, Alicia Miller Blakely, Kurtis Purtee.

55 or Better? Join Today!

If you or someone you know is interested in becoming a SmartSenior Member, fill out this form, clip out and mail to, SmartSenior at 836 East 65th St. - Suite 8, Savannah, GA 31405. Or call our office at (912) 352-4405 to join by phone with a credit card.

Mr. _____ Birthdate _____

Mrs./Miss/Ms. _____ Birthdate _____

Mailing Address _____

City _____ State _____ Zip Code _____

Home Phone _____ Cell Phone _____

Email _____

MEMBERSHIP DUES: \$18 for one person \$36 for two people

DELIVERY OPTION: Email Mail

PAYMENT METHOD: Check (payable to SmartSenior)

Credit Card Account Number _____

Expiration Date _____ Cardholder Name _____

Signature _____ Date _____

REGULARLY SCHEDULED ACTIVITIES

NO REGISTRATION NECESSARY FOR THE FOLLOWING LISTINGS

FREE! Line Dancing

Beginner: Thursdays, 9am – 11am
Advanced: Tuesdays, 9am – 11am
St. Michael and All Angels Episcopal Church, Washington & Waters Ave.

NEW! Line Dancing

Thursdays, 5:15 pm – 6pm
Heart & Lung Building
Candler Campus

NEW! Line Dancing

Mondays, 3pm – 4pm
First Baptist Church of Pooler

FREE! Exercise Class

Mondays, 9:15am – 10am,
SmartSenior Office.

FREE! SmartSenior Walking Group

Do you enjoy walking but don't want to do it alone? SmartSenior has a walking group that walks through the Medical Arts Complex Monday thru Friday at 10:00 am (weather permitting).

FREE! Jigsaw Puzzle

We have a jigsaw puzzle to work on in the SmartSenior Office. You can come and work on it at your leisure from 9:00 am to 12 noon or 1 pm to 4:30pm anytime the SmartSenior office is open.

FREE! Game Day

Have fun playing a variety of games including card games, board games, and Domino's, every Monday at 10:00 am at the SmartSenior Office.

FREE! Chair Yoga

Wednesdays, 2 pm – 3 pm,
SmartSenior Office.

EVENT LOCATIONS

Candler Hospital Marsh Auditorium
located on the Candler Campus,
5353 Reynolds Street, first floor.

St. Joseph's Hospital Sr. Cornile Meeting Rooms located on the St. Joseph's Campus, 11705 Mercy Blvd., 2nd floor over the Emergency Department. Take the elevators located next to the Outpatient Registration Desk.

St. Michael and All Angels Episcopal Church, Washington & Waters Ave.


SmartSenior, 836 E. 65th St., Ste 8

Pooler Campus located on the Pooler Pkwy next to Lowe's.

First Baptist Church 204, US Hwy 80 West, Pooler

MARCH 2020



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Exercise Class 9:15AM Walking Group 10AM Game Day 10AM Line Dancing 3PM	3 Advance Line Dance 9AM Walking Group 10AM	4 Painting Class 9:45AM Chair Yoga 2PM Quilting Class 3PM	5 Beginner Line Dance 9AM Walking Group 10AM Line Dancing 5:15PM	6 Walking Group 10AM	7
8	9 Exercise Class 9:15AM Walking Group 10AM Game Day 10AM Line Dancing 3PM	10 Advance Line Dance 9AM Walking Group 10AM	11 Hearing Screening Painting Class 9:45AM Lunch & Learn 11:30AM Chair Yoga 2PM	12 Beginner Line Dance 9AM Walking Group 10AM Line Dancing 5:15PM	13 Walking Group 10AM Movie Day 2PM	14
15	16 Exercise Class 9:15AM Walking Group 10AM Game Day 10AM Line Dancing 3PM	17 St. Patrick's Day Office Closed 	18 Painting Class 9:45AM Walking Group 10AM Chair Yoga 2PM Quilting Class 3PM	19 Beginner Line Dance 9AM Walking Group 10AM Line Dancing 5:15PM	20 Walking Group 10AM	21
22	23 Exercise Class 9:15AM Walking Group 10AM Game Day 10AM Line Dancing 3PM	24 Advance Line Dance 9AM Walking Group 10AM	25 Painting Class 9:45AM Walking Group 10AM Chair Yoga 2PM	26 Beginner Line Dance 9AM Walking Group 10AM Line Dancing 5:15PM	27 Walking Group 10AM	28
29	30 Exercise Class 9:15AM Walking Group 10AM Game Day 10AM Line Dancing 3PM	31 Advance Line Dance 9AM Walking Group 10AM	Painting Class 9:45AM Walking Group 10AM Chair Yoga 2PM	Beginner Line Dance 9AM Walking Group 10AM Line Dancing 5:15PM	Walking Group 10AM	

CALL 352-4405 TO REGISTER FOR THE PROGRAMS LISTED BELOW.
FRIENDLY REMINDER: YOU MUST BE A CURRENT MEMBER TO ATTEND.



MARCH EVENTS

REGULARLY SCHEDULED ACTIVITIES

See page 2 for a complete detail of listings.

SEMINARS

Lunch & Learn

"Animals at Gray's Reef"

Michelle Riley, Gray's Reef National Marine Sanctuary

Wednesday, March 11, 11:30am

St. Joseph's Meeting Rooms

Gray's Reef National Marine Sanctuary is Georgia's amazing underwater park. The natural live-bottom reef is teeming with marine life and is part of the endangered North Atlantic right whale's calving ground. Loggerhead turtles rest at the reef, where scientists have identified more than 200 fish species.

DISCOVER LOCAL

Mighty Eighth Museum

Monday, March 23, 2pm – 4pm

175 Bourne Ave. Pooler

Tickets \$10, Non-Refundable

HEALTH & LEARNING

SmartSenior Painting Class

Wednesdays, 9:45am – 11:45am | SmartSenior

Artist/Instructor, Shawn Bland, provides instruction in acrylics and various subject matters. 6 classes for \$100. Supplies included.

Quilting Class

Wednesday, March 4 & 18, 3pm – 4:45pm

SmartSenior | Baby/Child Quilts

FREE! Hearing Screening (By appointment only)

Wednesday, March 11 | SmartSenior

Call 352-4405 to make an appointment.

MOVIE DAY

Harriet

Friday, March 13, 2pm

St. Michael and All Angels Church

Starring Cynthia Erivo and Leslie Odom, Jr.

From her escape from slavery through the dangerous missions she led to liberate hundreds of slaves through the Underground Railroad, the true and heroic story about abolitionist Harriet Tubman is told.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 April Fools' Day Driving Class 9AM Painting Class 9:45AM Walking Group 10AM Chair Yoga 2PM Quilting Class 3PM	2 Beginner Line Dance 9AM Walking Group 10AM Line Dancing 5:15PM	3 Walking Group 10AM Movie Day 2PM	4
5	6 Exercise Class 9:15AM Walking Group 10AM Game Day 10AM Line Dancing 3PM	7 Advance Line Dance 9AM Walking Group 10AM	8 Hearing Screening Painting Class 9:45AM Walking Group 10AM River's Edge 11:30AM Chair Yoga 2PM	9 Beginner Line Dance 9AM Walking Group 10AM Discover Local 11AM Line Dancing 5:15PM	10 Good Friday Office Closed	11
12 Easter Sunday 	13 Exercise Class 9:15AM Walking Group 10AM Game Day 10AM Line Dancing 3PM	14 Advance Line Dance 9AM Walking Group 10AM Lunch & Learn 11:30AM	15 Painting Class 9:45AM Walking Group 10AM Chair Yoga 2PM Quilting Class 3PM	16 Breakfast Brunch 9AM Beginner Line Dance 9AM Walking Group 10AM Line Dancing 5:15PM	17 Walking Group 10AM Southern Ladies Tea 2PM	18
19	20 Exercise Class 9:15AM Walking Group 10AM Game Day 10AM Line Dancing 3PM	21 Advance Line Dance 9AM Walking Group 10AM	22 Painting Class 9:45AM Walking Group 10AM Chair Yoga 2PM	23 Beginner Line Dance 9AM Walking Group 10AM Line Dancing 5:15PM	24 Walking Group 10AM	25
26	27 Exercise Class 9:15AM Walking Group 10AM Game Day 10AM Line Dancing 3PM	28 Advance Line Dance 9AM Walking Group 10AM	29 Painting Class 9:45AM Walking Group 10AM Lunch & Learn 11:30AM Chair Yoga 2PM	30 Beginner Line Dance 9AM Walking Group 10AM Line Dancing 5:15PM		

CALL 352-4405 TO REGISTER FOR THE PROGRAMS LISTED BELOW.
FRIENDLY REMINDER: YOU MUST BE A CURRENT MEMBER TO ATTEND.



APRIL EVENTS

REGULARLY SCHEDULED ACTIVITIES

See page 2 for a complete detail of listings.

SEMINARS

Breakfast Bunch

"Common Upper Extremity Ailments"

Gregory Kolovich, MD

Thursday, April 16, 9am

Marsh Auditorium, Candler Hospital

Upper extremity ailments can interfere with your daily tasks. Learn more about the hand, wrist and elbow.

Lunch & Learn

"Keeping Your Personal Items Safe While in the Hospital"

Edward Proctor, Safety/Security Coordinator,

St. Joseph's/Candler Health System

Wednesday, April 29, 11:30am

Marsh Auditorium, Candler Hospital

Hear about helpful hints on how to keep those items such as cell phones and wedding rings safe and secure during your visit.

Lunch & Learn

"Balance and Movement"

Angela Thomas, SJ/C Physical & Occupational Therapy

Tuesday, April 21, 11:30am

First Baptist Church, Pooler

Balance problems are frequently associated with the normal aging process, and many seniors begin to compensate for their lack of balance without trying to identify the cause. Yet, many of the most common

causes of balance problems can be prevented or treated if they are recognized early.

SPECIAL EVENTS

Tour River's Edge

Wednesday, April 8, 11:30am – 1pm

6206 Waters Avenue | Lunch will be provided

Southern Ladies Tea

Friday, April 17, 2pm

Marsh Auditorium, Candler Hospital

Dress up in your Sunday best and enjoy finger sandwiches, petite desserts, and tea.

DISCOVER LOCAL

Thursday, April 9, 11am – 12pm

Pooler Campus of St. Joseph's/Candler

101 St. Joseph's/Candler Drive

MOVIE DAY

Ford vs Ferrari

Friday, April 3, 2pm

St. Michael and All Angels Church

Starring Matt Damon and Christian Bale

American automotive designer Carroll Shelby and fearless British race car driver Ken Miles battle corporate interference, the laws of physics and their own personal demons to build a revolutionary vehicle for the Ford Motor Company all to compete against the cars of Enzo Ferrari in the 1966 Le Mans race in France.

Health & Learning Activities continued on page 7



The ninth annual Get Your Rear in Gear® 5K Walk/Run in support of colon cancer awareness and prevention will be held Saturday, March 7, 2020 at the Lewis Cancer & Research Pavilion, located directly across from Candler Hospital. The event is scheduled to begin at 8 AM.

Sponsored in part by St. Joseph's/Candler, Gastroenterology Consultants of Savannah, Fleet Feet Sports, WTOC-TV, the Savannah Morning News and 98.7 The River, this event honors the memory of longtime **WTOC-TV news anchor Mike Manhatton**, who succumbed to this terrible disease a few years ago.

Get Your Rear in Gear® events are held across the country to promote awareness and raise funds to fight colon cancer. This event is North America's largest 5K race series related to colon cancer prevention. The event is designed to united people across the country to provide support and hope for those who have had their lives affected by our nation's second leading cause of cancer deaths, and to encourage individuals of appropriate ages to get screened.

However, the overarching message of the Get Your Rear in Gear event is bigger than just a message about colon cancer; it is a message for everyone to take action, lead longer healthier lives, go to the doctor regularly, listen to their bodies when something isn't right, and get

answers, regardless of age. It also encourages people to encourage everyone they know to talk to their doctor sooner rather than later about a colon cancer screening.

Monies raised stay in local communities, helping with prevention, early detection, treatment, and healthy living projects for patients currently fighting the disease. Specifically, the Savannah race directly benefits the Nancy N. and J.C. Lewis Cancer & Research Pavilion's effort to provide early detection and prevention tools such as colonoscopy screenings to those who might not otherwise be able to afford them.

Participants can register at www.fleetfeetsavannah.com/rearingear.

The event also offers a free Kids Fun Run and provides a special opportunity to honor survivors & those lost to colon cancer in our community.

By participating in the event itself, or by supporting participants in Savannah's Get Your Rear in Gear event, one can positively impact screening rates and mortality rates from this highly preventable cancer.

For additional information, or to sign up, visit sjchs.org, St. Joseph's/Candler's Facebook page, or Get Your Rear In Gear Savannah's Facebook Page.



MERCHANT DISCOUNT CHANGES

NEW MERCHANTS

GDK Car Care Center

224 US Highway 80 E, Pooler
912-748-2550
\$3.00 off Oil Change

CHANGE

YMCA of Coastal Georgia

75% off Joiner's Fee

See the Next Complete Discount List in the Jan/Feb 2020 Edition of SmartSenior!

TENNIS, ANYONE?

MARK YOUR CALENDARS FOR THE 2020 SJ/C SAVANNAH CHALLENGER

The 2020 St. Joseph's/Candler Savannah Challenger tennis tournament will be held April 27 through May 3 at The Landings Club.

This annual event is part of the USTA pro circuit which is designed to bring some of the world's finest tennis players to our area. Challenger tournaments are usually held for ATP players with a world ranking between 40-200 but in the case of the St. Joseph's/ Candler Savannah Challenger the tournament can bring in players ranked as high as the top 20 in the world.

"It's also a great opportunity to catch the rising tennis stars of tomorrow up close in an intimate court-side setting," according to The Landing Club tennis Pro and Tournament Director, Chris Kader.

Just this year, former St. Joseph's/Candler Savannah Challenger winner Tennys Sandgren advanced to the quarter finals of the Australian Open where he lost in a very tight five set match to the legendary Roger Federer.

With more than 90 tournaments hosted annually throughout the country and prize money ranging from \$15,000 to \$125,000, the USTA Pro Circuit is the pathway to the US Open and tour-level competition for aspiring tennis players and a frequent battleground for established professionals. The USTA launched its Pro Circuit 39 years ago to provide players with the opportunity to gain professional ranking points, and it has since grown to become the largest developmental tennis circuit in the world, offering more than \$3 million in prize money.

Last year, more than 1,000 men and women from more than 70 countries competed in cities nationwide. Andy Murray, Maria Sharapova, John Isner, Sloane Stephens, Kei Nishikori, Victoria Azarenka, and Sam Querrey are among today's top stars who began their careers on the USTA Pro Circuit.

For more information on the tournament, please contact tournament director, Chris Kader at 912-598-3501.

TO SHRED, OR NOT TO SHRED?

Start by shredding junk mail and old papers that carry your Social Security number (but don't destroy your Social Security card), birth date, signature, account numbers, passwords or PINs.

Shred deposit slips and ATM and credit card receipts immediately after you get your monthly statements. Shred used airline tickets, unneeded medical bills, preapproved credit card applications and expired IDs such as driver's licenses, medical insurance cards and passports.



MORE SHREDDING ADVICE

- Hold on to bank statements and canceled checks (or copies) for one year, but keep checks needed for your tax returns—such as charitable donations or tax payments—for seven years.
- Papers and checks related to a home purchase or sale, or improvements, and contributions made to an IRA, should be kept indefinitely.
- Shred paycheck stubs after the income is noted on a W-2 or other tax form (this is one reason why community shredding events often occur in the spring, after tax season).
- Shred monthly retirement and investment account statements after you get the annual statement for the entire year. Keep the annual statement indefinitely.
- Keep utility bills for one year if you want to compare that month's costs to the previous year. Otherwise, shred them sooner.



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WALK THIS WAY

Experts have said that walking could be the best exercise for seniors; it's an effective way to reduce the risk for chronic conditions and improve your overall health. Some of the benefits of walking for seniors include:



- **Improves heart health.** For seniors, walking offers numerous heart health benefits. Getting your heart rate up daily leads to a reduction in the risk for high blood pressure and high cholesterol, and even coronary heart disease.
- **Lowers blood sugar.** After eating, taking a 15-minute walk has been shown to reduce the after-eating spike in blood sugar some seniors can experience. Your body is using blood sugar more effectively to strengthen muscles, and insulin works better, too.
- **Reduces pain.** Studies have shown that walking helps reduce some pain due to chronic conditions like arthritis. Some seniors experience lower back pain, and walking even just three times a week for around 20 minutes can help strengthen abdominal and back muscles to decrease chronic back pain.
- **Low participation cost.** After you've invested in a good, sturdy pair of shoes, you can walk basically anywhere- for free! When the weather permits, head to the park for a stroll on the path or simply walk around your neighborhood. If it's too cold or rainy to go outside, head to a shopping mall instead.
- **Promotes social engagement.** Walking offers an easy way for seniors to meet up with others, whether you join a walking group with friends or simply engage with neighbors while out on your daily walk. You can meet new people and enjoy your environment each day.
- **Boosts mental health.** A daily walk can help you feel more positive about life. The endorphins released during physical activity create a sense of well-being, reduce anxiety and boost your mood.

Source: ASCCare.com



APRIL EVENTS

Continued from page 4

HEALTH & LEARNING

AARP Defensive Driving Class
Wednesday, April 1, 9am – 3pm
Habersham House Retirement
Community | 5200 Habersham St.
Save up to 10% on your automobile
insurance. \$15 for AARP members,
\$20 for nonmembers.

SmartSenior Painting Class
(Supplies included)
Wednesdays, 9:45am – 11:45am
SmartSenior
Artist/Instructor, Shawn Bland, provides
instruction in acrylics and various subject
matters. 6 classes for \$100.

Quilting Class
Wednesday, April 1 & 15,
3pm – 4:45pm
SmartSenior | Baby/Child Quilts

Hearing Screening
(By appointment only)
Wednesday, April 8 | SmartSenior

HELP WANTED!

SmartSenior is looking for volunteers to help in the office. We need assistance with answering phones, assisting members, and light paperwork. No experience necessary. Call us at 912-352-4405 for more information.

Live your life in HARMONY



Discover Savannah's Newest Senior Living Community

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Harmony
at Savannah

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9136 Old Montgomery Rd | Savannah



DID YOU KNOW

...SmartSeniors make new friends when they participate in our activities?

...that Bingo is one of the most popular ways for Seniors to socialize with one another?

...we have extra newsletters available in the SmartSenior office?

...our members use our computers on average over 400 hours a month?

...the SmartSenior staff will be happy to do a presentation about SmartSenior to your church or civic organization?

...we are always looking for new books to add to our lending library?

...our current members are our greatest advertising tool for new members?

KELLY TOURS

(912) 964-2010 • KellyTours.com

Smart Seniors receive a \$5 discount on all day trips and a 5% discount on marked overnight tours.

SAVE \$5 ON ALL DAY TRIPS!

SPECTACULAR GARDENS OF SC
May 13 | \$119 | Trip#13960
Join us on a tour of the Pearl Fryar topiary garden before an included lunch. This afternoon we will explore the Swan Lake Iris Gardens of Sumter with a local horticultural expert!

"GREASE" AT THE ALHAMBRA
May 23 | \$139 | Trip#13999
Join the Pink Ladies and the T-Birds as they sing and dance alongside Danny and Sandy in this classic musical at the Alhambra theater in Jacksonville, FL! We'll enjoy an included lunch before the 1:15pm curtain.

REDISCOVER MAYBERRY R.F.D.
Jun 2-3 | \$299 | Trip#13949
\$274 DOUBLE IF BOOKED BEFORE MAR 2

Back by popular demand! On this trip we head down memory lane to Mt. Airy, NC, the childhood home of Andy Griffith and inspiration for the TV show Mayberry R.F.D., the spin-off of the popular Andy Griffith Show. Join your "deputy-on-duty" guide for a tour featuring which includes Snappy Lunch, Floyd's City Barber Shop, the Andy Griffith Playhouse, TV Land Landmark Andy and Opie Statue, Andy's Homeplace, Mayberry Courthouse, and of course, Wally's Service Station.

THE DONNA SUMMER MUSICAL
Jun 27 | \$199 | Trip#13560
Hot stuff! This highly anticipated show is headed to the Fox Theatre for a limited engagement. It will sell out quickly -- book now to secure your seat!

QUEEN ESTHER
Jun 7-10 | \$639 double | Trip#13933
\$599 DOUBLE IF BOOKED BEFORE MAR 7

Hop on board the Historic Strasburg Railroad for a narrated steam train ride through Amish Country in Lancaster, PA. Take a guided tour of an Amish Windmill Farm. Enjoy some time for shopping at the historic Kitchen Kettle Village. Experience one of the most riveting Bible stories of the Old Testament as it comes to life with magnificent sets, special effects and live animals in the all new original stage production of "Queen Esther" at the Sight and Sound Theater! Set in the opulent yet perilous Persian Empire, Esther's ordinary life changed forever when she was taken through the palace doors, entering a new world of royalty and risk. With a crown on her head and a secret in her heart, can she find the courage to trust God's plan?

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Health Insurance choices have you confused? Whether you are 25 or 75, The Consos Group's 36 years of experience can help you choose. We are licensed with the major carriers for Medigap and Medicare Advantage Plans and also the Federal Marketplace for individuals. Please call for your free consultation.

The Consos Group
7505 Waters Avenue, Suite D2
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(912) 303-0101