



WE NEED YOU! FOR THE SMARTSENIOR ADVISORY BOARD!

Get involved and share your ideas!

Advisory Board applications are now available!
Apply online at www.sjchs.org/smartsenior.

Completed applications are due
to the SmartSenior office Tuesday, May 30.

Advisory Board terms run from July through June
of the following year and are valid for one year.

Please call the SmartSenior office at
912.352.4405 with any questions.

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REFER A
FRIEND!

KNOW ANYONE 55 OR BETTER? ASK ABOUT OUR REFERRAL PROGRAM.

Ways New Members Can Join:

1 Online at
www.sjchs.org/smartsenior

2 Call
912.352.4405

3 In person at the
SmartSenior Office

SMARTSENIOR OFFICE HOURS

Monday - Friday 9 a.m. – 5 p.m.

836 E. 65th St., Ste 8 • Savannah, GA 31405

912.352.4405

www.sjchs.org/smartsenior

OFFICE CLOSED

May 5
Bingo Bash

May 29
Memorial Day

June 19
Juneteenth



HEALTH SCREENINGS AT SMARTSENIOR!

The basic screenings available at the SmartSenior Office are:

- Height/Weight/BMI (body mass index)
- Waist-Hip Ratio
- Blood Pressure
- Resting Heart Rate

Walk-ins welcome.
Appointments preferred.



MERCHANT DISCOUNT CHANGES UPDATED

The Savannah Theatre
222 Bull Street,
Savannah, GA 31401

\$10 off an adult regular price ticket to in-house shows at the Savannah Theatre.

Do you have a business you like to frequent? Ask how you can get involved in growing our Merchant Discount List.

New!

WHAT'S NEW AT ST. JOSEPH'S/CANDLER

Physicians in the new Advanced Thoracic Oncology Center can find and treat lung cancer earlier.

Lung cancer patients at the Advanced Thoracic Oncology Center (ATOC) at the Nancy N. and J.C. Lewis Cancer & Research Center are able to discuss treatment options directly with a group of physicians from multiple disciplines for a more timely and comprehensive road map for care.

Collaboration between Dr. Mullins and other specialists—such as thoracic surgeons and radiation oncologists—for certain patients is nothing new. One of the specialists that Dr. Mullins works with often is cardiothoracic surgeon Marc Bailey, MD, FACS. Advances in technology have created more options for patients, often in earlier stages of the disease.

A huge advance in lung cancer treatment is the Monarch Platform, which Dr. Mullins uses in Candler Hospital's Bronchoscopy Suite. The Monarch technology integrates robotics and advanced visualization with endoscopy—the use of small

cameras and tools through a scope that can enter the body. The precise, intricate design of the Monarch allows Dr. Mullins to investigate any area of the lungs.

LCRP Patients also have access to the da Vinci Xi Surgical System, the fourth generation in da Vinci technology, and the CyberKnife technology, which allows physicians to treat tumors anywhere in the body with phenomenal accuracy.





MAY 2023 EVENTS

Please make reservations for all of the following events. Call the SmartSenior office at 912.352.4405 to register.

GAMES, GAMES, GAMES!

Tuesday, May 2 – Tuesday, June 27 | 3 p.m.
SmartSenior Office

Do you enjoy chess, double-decker, jigsaw puzzles, Yahtzee, or a specific card game? Each week we will host a rotating schedule of games. See the calendar for more information.

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WORKSHOP

Navigating Insurance Benefits with Rachel Busbee
Monday, May 8 | 11 a.m.

SmartSenior Office

Learn more about health benefits with licensed Health Benefits Consultant Rachel Busbee of AssureSource. Rachel can help you select the pricing, coverage, and benefits you need.

TUESDAY TEA

Tuesday, May 23 – Tuesday, June 13 | 2 p.m.

SmartSenior Office

Join us for tea, snacks, and television shows on Tuesdays at 2 p.m. Join us as we travel across the world with Eugene Levi in *The Reluctant Traveler*.

LUNCH & LEARN

Skin Health in Mature Adults

Dr. Yana Puckett, St. Joseph's/Candler

Tuesday, May 16 | 11 a.m.

Marsh Auditorium | Candler Hospital

In the U.S., more than 9,500 people are diagnosed with skin cancer every day. Help to protect your skin in the sunny Savannah summer months. Dr. Yana Puckett specializes in complex surgical oncology with a focus on breast and melanoma. She is double-board certified by the American Board of Surgery in general surgery and complex general surgical oncology. In addition, Dr. Puckett specializes in Integrative Nutritional Medicine.

BOOK CLUB

Monday, May 22 | 11 a.m.

SmartSenior Office

Dive into *The Last Bookshop in London* by Madeline Martin with us this May. We will meet on the Monday before Memorial Day to discuss your reactions to the book, and this remarkable tale of World War II. Inspired by the true history of the few bookshops to survive the Blitz, *The Last Bookshop in London* is a timeless story of wartime loss, love and the enduring power of literature.



SMARTSENIOR WEEKLY ACTIVITIES

There's always something going on here at SmartSenior! Just a reminder, please make reservations for all of the following events. Call the SmartSenior office at 912.352.4405 to register.

Our weekly activities are open to members only.

Exercise Class

SmartSenior Office

Mondays 9:15 a.m.

Enjoy our low-impact chair exercise class with a certified instructor from the Wellness Center at Candler Hospital.

Mahjong Mondays

SmartSenior Office

Mondays 1 p.m.

The ever-popular game, Mahjong, is now at the SmartSenior Office! We are open to every level of player, beginner or skilled.

Line Dancing

St. Michael and All Angels Episcopal Church

Tuesdays & Thursdays

Advanced: 10 a.m.

Beginner: 11 a.m.

Grab your dancing shoes and join us for Advanced Line Dancing, Beginner Line Dancing, or both!

Chair Yoga

SmartSenior Office

Wednesdays 2 p.m.

Sandy guides us through a peaceful, relaxing workout every Wednesday afternoon. Please bring your own Yoga mat, and don't forget to register in advance.

Sewing Society

SmartSenior Office

Wednesdays 3:15 p.m.

Do you like to sew? Our quilters work on various projects throughout the month at their own pace. Bring your own machine and materials!

Painting with Shawn

SmartSenior Office

Wednesdays & Fridays 9:45 a.m.

Enjoy a personalized painting experience with local artist Shawn Bland as she helps you create your next masterpiece. Five classes for \$100. To learn more, or to register, contact Shawn directly at 912.777.2504 or shawnphd@hotmail.com.

Craft Day

SmartSenior Office

Thursdays 2 p.m.

Love arts and crafts? Bring one of your existing projects, or learn from our group.

Movie Day


SmartSenior Office

Fridays 1 p.m.

Fridays are for the movies! Let us pop the popcorn, and come and enjoy a different movie with us every week.

MAY 2023




MONDAY	
1	Exercise Class 9:15 a.m. Mahjong Monday 1 p.m.
8	Exercise Class 9:15 a.m. Navigating Insurance Benefits 11 a.m. Mahjong Monday 1 p.m.
15	Exercise Class 9:15 a.m. Mahjong Monday 1 p.m.
22	Exercise Class 9:15 a.m. Book Club ft. <i>The Last Bookshop in London</i> 11 a.m. Mahjong Monday 1 p.m.
29	Memorial Day Office Closed 

TUESDAY	
2	Advance Line Dance 10 a.m. Beginner Line Dance 11 a.m. Chess Club 3 p.m.
9	Advance Line Dance 10 a.m. Beginner Line Dance 11 a.m. Double Decker 3 p.m.
16	Advance Line Dance 10 a.m. Beginner Line Dance 11 a.m. Lunch & Learn 11 a.m. Jigsaw Puzzles 3 p.m.
23	Advance Line Dance 10 a.m. Beginner Line Dance 11 a.m. Tuesday Tea 2 p.m. Yahtzee 3 p.m.
30	Advance Line Dance 10 a.m. Beginner Line Dance 11 a.m. Tuesday Tea 2 p.m. Wild Cards 3 p.m.


WEDNESDAY	
3	Painting Class 9:45 a.m. Chair Yoga 2 p.m. Sewing Society 3:15 p.m.
10	Painting Class 9:45 a.m. Chair Yoga 2 p.m. Sewing Society 3:15 p.m.
17	Painting Class 9:45 a.m. Chair Yoga 2 p.m. Sewing Society 3:15 p.m.
24	Painting Class 9:45 a.m. Chair Yoga 2 p.m. Sewing Society 3:15 p.m.
31	Painting Class 9:45 a.m. Chair Yoga 2 p.m. Sewing Society 3:15 p.m.

THURSDAY	
4	Advance Line Dance 10 a.m. Beginner Line Dance 11 a.m. Craft Club 2 p.m.
11	Advance Line Dance 10 a.m. Beginner Line Dance 11 a.m. Craft Club 2 p.m.
18	Advance Line Dance 10 a.m. Beginner Line Dance 11 a.m. Craft Club 2 p.m.
25	Advance Line Dance 10 a.m. Beginner Line Dance 11 a.m. Craft Club 2 p.m.

FRIDAY	
5	Bingo Bash 11 a.m. Office Closed 
12	Painting Class 9:45 a.m. Movie Day ft. <i>Everything Everywhere All At Once</i> 1 p.m.
19	Painting Class 9:45 a.m. Movie Day ft. <i>Whitney Houston: I Wanna Dance with Somebody</i> 1 p.m.
26	Painting Class 9:45 a.m. Movie Day ft. <i>The Medallion</i> 1 p.m.

JUNE 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			Advance Line Dance 10 a.m.	Painting Class 9:45 a.m.
			Beginner Line Dance 11 a.m.	Movie Day ft.
			Craft Club 2 p.m.	Downton Abbey: A New Era 1 p.m.
5	6	7	8	9
Exercise Class 9:15 a.m.	Advance Line Dance 10 a.m.	Painting Class 9:45 a.m.	Advance Line Dance 10 a.m.	Painting Class 9:45 a.m.
Mahjong Monday 1 p.m.	Beginner Line Dance 11 a.m.	Chair Yoga 2 p.m.	Beginner Line Dance 11 a.m.	Movie Day ft.
	Tuesday Tea 2 p.m.	Sewing Society 3:15 p.m.	Lunch & Learn 11 a.m.	Black Panther: Wakanda Forever
	Chess Club 3 p.m.		Craft Club 2 p.m.	1 p.m.
12	13	14	15	16
Exercise Class 9:15 a.m.	Advance Line Dance 10 a.m.	Painting Class 9:45 a.m.	Advance Line Dance 10 a.m.	Painting Class 9:45 a.m.
Mahjong Monday 1 p.m.	Beginner Line Dance 11 a.m.	Chair Yoga 2 p.m.	Beginner Line Dance 11 a.m.	Movie Day ft.
	Tuesday Tea 2 p.m.	Sewing Society 3:15 p.m.	Craft Club 2 p.m.	Coming 2 America 1 p.m.
	Double Decker 3 p.m.			
19	20	21	22	23
Juneteenth	Advance Line Dance 10 a.m.	Painting Class 9:45 a.m.	Advance Line Dance 10 a.m.	Painting Class 9:45 a.m.
Office Closed	Beginner Line Dance 11 a.m.	Chair Yoga 2 p.m.	Beginner Line Dance 11 a.m.	Movie Day ft.
	Jigsaw Puzzles 3 p.m.	Sewing Society 3:15 p.m.	Discover Local 1 p.m.	Blonde 1 p.m.
26	27	28	29	30
Exercise Class 9:15 a.m.	Advance Line Dance 10 a.m.	Painting Class 9:45 a.m.	Advance Line Dance 10 a.m.	Painting Class 9:45 a.m.
Book Club ft.	Beginner Line Dance 11 a.m.	Chair Yoga 2 p.m.	Beginner Line Dance 11 a.m.	Movie Day ft.
Someone Else's Shoes 11 a.m.	Wild Cards 3 p.m.	Sewing Society 3:15 p.m.	Craft Club 2 p.m.	80 for Brady 1 p.m.
Mahjong Monday 1 p.m.				



JUNE 2023 EVENTS

Please make reservations for all of the following events. Call the SmartSenior office at 912.352.4405 to register.

GAMES, GAMES, GAMES!

Tuesday, May 2 – Tuesday, June 27 | 3 p.m.
SmartSenior Office

Do you enjoy chess, double-decker, jigsaw puzzles, Yahtzee, or a specific card game? Each week we will host a rotating schedule of games. See the calendar for more information.

TUESDAY TEA

Tuesday, May 23 – Tuesday, June 13 | 2 p.m.
SmartSenior Office

Join us for tea, snacks, and television shows on Tuesdays at 2 p.m. Join us as we travel across the world with Eugene Levi in *The Reluctant Traveler*.



LUNCH & LEARN

Hospice 101: Dispelling Hospice Myths with Ard James, Hospice Savannah
Thursday, June 8 | 11 a.m.

Marsh Auditorium Candler Hospital

According to the World Health Organization, more than 50 million people every year need palliative care globally. Ard James will teach us who is involved, who pays, and all that is included in Hospice care.

DISCOVER LOCAL

Thursday, June 22 | 1 p.m.
Sunshine Pottery | 121 US-80, Pooler, GA 31322

Come with us as we have a painting party at Sunshine Pottery in Pooler. Pick your piece to paint, and Sunshine Pottery will fire it! Sunshine Pottery is offering us a senior discount. The average price of pieces is \$16. All payments will be made directly to Sunshine Pottery.



BOOK CLUB

Monday, June 26 | 11 a.m.
SmartSenior Office

Dive into *Someone Else's Shoes* by Jojo Moyes with us this June. We will meet on the last Monday of the month to discuss your reactions to the book and this fun romance. A story of mix-ups, mess-ups and making the most of second chances, this story asks the question, who are you when you are forced to walk in someone else's shoes?

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SMARTSENIOR OFFICE SERVICES

Did You Know?

All of the following office services are included in your SmartSenior membership:

- Copies
- Faxing
- Secure Document Shredding
- Computer Lab with Free Printing
- Laminating
- Notary Service
- Give a Book Take a Book Library

LATER LIFE CARE KNOWLEGE IS POWER



70% of people age 65 and older will need some form of long-term care in the next few years.



1 in 5 of the people who need long-term care will need it for more than five years.

WOMEN

Women need long-term care longer (3.7 years) than men (2.2 years).

MONTHLY MEDIAN COSTS IN SAVANNAH



\$4,767
Home care



\$3,513
Assisted living



\$7,908
Private room nursing home

BE PREPARED

Better prepare yourself for later in life care at our upcoming workshop
Navigating Insurance Benefits with Rachel on Monday, May 8 at 11 a.m.

Learn the truth about Hospice care at
Dispelling Hospice Myths on Thursday, June 8 at 11 a.m.
Don't become just another statistic!



Sources provided by www.longtermcare.gov and www.genworth.com



FIVE BENEFITS OF CARD PLAY

We all love to have fun! Card games are a simple way to add a little fun into your life. Check out these five benefits, and make sure to join us for games on Tuesdays at 3 p.m. in the SmartSenior office.

1. Great Social Activity

According to Mental Health America, depression affects more than 19 million Americans every year, regardless of age, race, or gender. A great way to not feel lonely is to participate in small group activities. Even a game as simple as Go Fish is not only fun, but it's a great way to meet people.

2. Reduces Stress

Stress can take a toll on your mind and body. Taking a few moments to remove yourself from stressful situations, and sit down to play a game of cards, does wonders for your body. When you play, you focus on the rules, the cards in your hand, and the people immediately around you. The world, and all its many troubles, can fade away.

3. Improves Memory

Regular exercises like puzzles, games, and activities that require "brain power" enhances brain function. A study published in Frontiers in Psychology showed that older individuals who engaged socially while playing card and board games improved their executive function. These games require players to use critical thinking, problem solving, and memory skills, which can help keep the brain active and healthy.

4. Enhances Motor Skills

The simple act of examining cards, holding them in your hands, and laying them down all helps to improve your hand-eye coordination and enhance your fine and gross motor skills.

5. Improves Immune Function

When you are having fun playing games, endorphins (also known as the feel-good hormones) increase in your bloodstream. Endorphins can lower your blood pressure. You can also experience better blood circulation and muscle relaxation with more endorphins released into your bloodstream.

Source: www.thejoint.com



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- Medication reminders
- Meal preparation
- Laundry & light housekeeping
- Shopping & errand services
- Bathing assistance & hygiene
- Transfer & posture positioning
- Continence & toileting care
- Eating assistance
- Oral hygiene

When you choose FirstLight, you get more than a caregiver. That's because we also happen to be joke testers. Recipe tasters. Home beautifiers. Bingo partners. Trivia buddies. Life organizers. Errand runners. And so much more.

Call to learn about the many ways we can help you enjoy life more every day.

912-328-2035

Savannah.FirstLightHomeCare.com
jprice@firstlighthomecare.com
License # IHCP-0892



FirstLight Home Care policy states that services are provided, and referrals and employment actions are

We're Here *for life.*

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