

Lifetime Connection

A publication for Lifetime Partners, Camden Clark Medical Center's program for anyone 55 or older

November / December 2016

A Breath of Fresh Air

COPD is a serious but treatable disease

Chronic obstructive pulmonary disease (COPD) is a chronic lung disease that makes breathing difficult. While it's the third leading cause of death in the U.S., millions of people have COPD and are not aware of it.

The two most common forms of COPD are chronic bronchitis and emphysema.

Chronic bronchitis is inflammation of the lining of the bronchial tubes, which carry air to and from the air sacs (alveoli) of the lungs. It's characterized by daily cough and mucus (sputum) production. Emphysema is a condition in which the alveoli at the end of the smallest air passages (bronchioles) of the lungs are destroyed as a result of damaging exposure to cigarette smoke and other irritating gases and particulate matter.

Cigarette smoking is the leading cause of COPD, but long-term exposure to other lung irritants—such as air pollution, chemical fumes, or dust—may also be contributing factors. Genetics can also play a role in an individual's development of COPD—even if the person has never smoked or has never been exposed to strong lung irritants in the workplace.

Many people mistake breathlessness and coughing as a normal part of aging. Therefore, it's easy to ignore the symptoms.

COPD develops slowly and the symptoms often worsen over time and can limit your ability to do routine activities.

Common signs and symptoms of COPD include:

- An ongoing cough or a cough that produces a lot of mucus (often called "smoker's cough")
- Shortness of breath, especially with physical activity
- Wheezing (a whistling or squeaky sound when you breathe)
- Chest tightness

If you have any of these symptoms, talk to your doctor who may recommend a spirometry, a common office test used to assess how well your lungs work by measuring how much air you inhale, how much you exhale and how quickly you exhale.

Spirometry is used to diagnose asthma, chronic obstructive pulmonary disease (COPD) and other conditions that affect breathing. Spirometry may also be used periodically to check whether a treatment for a chronic lung condition is helping you breathe better.

While there is no cure for COPD and doctors don't know how to reverse the damage to the airways and lungs; treatments and lifestyle changes can help you feel better, stay more active, and slow the progress of the disease.

With proper management, most people with COPD can achieve a good quality of life, as well as reduced risk of other associated conditions. Talking to your doctor is the first step to feeling better and breathing easier.

To learn more about COPD, join us on Thursday, November 10 for our Dinner with a Doc with Dr. Abiy Kelil.

Dinner with a Doc



A BREATH OF FRESH AIR

COPD is a serious but treatable disease

ABIY KELIL, M.D.

Board Certified Pulmonary/
Critical Care Medicine

Thursday, November 10

First Presbyterian Church

1341 Juliana Street, Parkersburg

Dinner at 5:30 p.m. • Presentation at 6:00 p.m.

Cost: \$6/person

Advance registration is required
by calling (304) 424-2055.

CamdenClark.org | Lifetime Partners - Camden Clark Medical Center • P.O. Box 718 • Parkersburg, WV 26102

 WVU Medicine

**CAMDEN CLARK
MEDICAL CENTER**

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Celebrates
20 Years
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AARP Smart
Driver Classes
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A few words from Joyce...

With the arrival of cooler temperatures, many of us start looking for ways to stay active indoors. Of course, our SoleMates Walking Club is always an option, but Camden Clark's Health & Wellness Center also offers some great opportunities. Lifetime Partners members are able to take advantage of one free water class each week. And you might enjoy trying out pickleball—one of the fastest growing sports for older adults! Stop by the Center during one of our free sessions and either observe or give it a try!

Each year, we like to remind our members about the open enrollment period for Medicare Part D. During this time, many of our members will be trying to make a decision about signing up for a Part D plan or selecting a plan that is different from their choice last year. Medicare beneficiaries are able to make changes from October 15 through December 7 with coverage beginning January 1, 2017.

As always, please feel free to contact me at 304-424-2055, if you have any comments or suggestions for Lifetime Partners. I want to wish everyone a healthy and happy holiday season, and I hope you enjoy special times with friends and family!



Joyce Hubner
Lifetime Partners Program Manager



A Simple Test Can Save Your Life

Vascular disease can be a silent killer with little or no symptoms and can strike without warning. A few simple tests can determine if you are at risk. Early detection can help identify and treat potentially debilitating or deadly vascular conditions and protect your health.

- Reduced-cost vascular screenings (only \$60) will be offered the second Friday of each month at Camden Clark. Screenings include Ultrasound of the Aorta to detect aneurysms, Ultrasound of the Carotid Arteries to detect blockages that can lead to stroke, and Ankle-Brachial Index to assess leg circulation.
- Participants in the screening will also be eligible for low-cost (\$25) lab work including tests for CBC, CMP, TSH, and lipid profile.

The next screening will be held on Friday, November 11. To schedule an appointment or for more information, call 304-424-2094.

Dan McGraw, M.D.

Board Certified Vascular Surgeon



Lung Cancer

Lung cancer is the leading cause of cancer death in the United States and the month of November is dedicated to increasing awareness of this disease. We, as Lifetime Partners, can contribute a lot to this effort. Prevention and early detection are critical. Current or former smoking habits are responsible for 85% of lung cancer cases. Secondhand smoke increases the risk of lung cancer 1.5 times. Women are especially vulnerable to the effects of smoking and have a 1.5 times higher risk than men for any given exposure. Avoid exposure to cigarette smoke. If you currently smoke, renew your efforts to quit. We should also seek ways to prevent children and adolescents from starting this dangerous habit.

Lung cancer screening is important for early detection and improved treatment of lung cancer. Low-dose CAT scans are a safe and effective method for lung cancer screening in high-risk patients. Camden Clark Medical Center has been a leader in our region by committing to making this test available to our community. To qualify for a screening, you must be between the ages of 55-80 years, currently smoke or have quit smoking within the past 15 years, and have a 30 pack-year smoking history (pack year = # of packs smoked each day x # of years you smoked). If you think you qualify, call 304-424-2854 to schedule a screening. The cost is \$99.



With

Michael Cheshire, D.O.
Camden Clark
Primary Care

LET'S WORK TOGETHER TO INCREASE THE PREVENTION AND EARLY DETECTION OF THIS TERRIBLE DISEASE.

Lifetime Partners CELEBRATES

20 YEARS

In November 1996, Camden Clark first introduced our Lifetime Partners program to the community, and this year we want to celebrate our success by offering a special event for our members. Our celebration will be held on Wednesday, November 16 at Grand Pointe Conference Center, 1500 Grand Central Avenue, Vienna (next to Lowe's).

Doors will open at 11:00 a.m. A buffet lunch will be served starting at 11:30 a.m. Following lunch, those in attendance will be entertained by LaDonna Gatlin.

LaDonna Gatlin grew up on stage performing with her brothers, the legendary Gatlin Brothers. In the mid-1970's, this "gutsy" Texas native chose to follow her heart and "sing a different song" apart from her famous family. That "song" has taken her from corporate powerhouses to the prison cells of death row and just about everywhere in between. LaDonna's presentations resonate with audiences all over the country.

She is the author of *The Song in You: Finding Your Voice, Redefining Your Life*. She is also a contributing writer to the best-selling book series, *Chicken Soup for the Soul*.

As a speaker, she is one of only a handful of professional speakers who holds both the Certified Speaking Professional designation and the CPAE Speaker Hall of Fame Award, two of the most prestigious honors bestowed by the National Speakers Association.

As a performer, LaDonna has excelled in the world of gospel and country music. She has performed with Johnny Cash, June Carter, Tammy Wynette, George Jones, and countless others. She has written and recorded her own songs and performed on both Grammy Award-winning and Dove-Award winning records.



**Special
Guest**

**LaDonna
Gatlin**

Cost for this fun-filled event will be \$15.00 per person. **Space is limited; reservations and payment MUST be made no later than Thursday, November 10. No refunds for this special event. A special commemorative item will be given to the first 150 people to register.** Please mail the form below, along with your check made payable to Camden Clark Medical Center. Payment and registration can also be dropped off at the Lifetime Partners office at 2801 Birch Street (behind Pat Catan's/formerly Crafts 2000).

**Yes, I would like to attend the Lifetime Partners Anniversary Celebration on
Wednesday, November 16.**

Name: _____

Phone Number: _____

Number Attending: _____ x \$15.00 = _____

Checks should be made payable to Camden Clark Medical Center

Mail to: Lifetime Partners, Camden Clark Medical Center

P.O. Box 718

Parkersburg, WV 26102

Reservation and payment must be made by Thursday, November 10.



**FEATURING
LADONNA GATLIN**



SoleMates Keep on Walking....

Walking is one of the simplest and easiest ways to get the exercise you need—and almost anyone can do it! Our SoleMates Walking Club provides a wonderful opportunity to stay active in the secure, level, temperature-controlled environment of Grand Central Mall. Members log miles walked and work toward different levels and incentives. New members can sign up for SoleMates at our regular meeting on the first Tuesday of each month in front of Belk's inside the mall. They will have their pictures taken for laminated photo ID badges, which can be used to receive discounts at a variety of mall stores.

Each month, one of our hospital physicians or nurse practitioners will walk with the group starting at 8:30 a.m. That same person will provide a brief presentation on a topic of interest at 9:00 a.m. Those who are unable to walk can still attend the meeting and hear the presentation.

The physician for November will be Dr. Barry Lifson; he will be sharing information about kidney stones. Those wishing to walk with Dr. Lifson should meet in front of Belk's by 8:30 a.m. on Tuesday, November 1. After walking laps of the mall, we'll arrive back in front of Belk's at 9:00 a.m. for our meeting. On Tuesday, December 6, Dr. Michael Cheshire will be walking with the group; his topic will be hospital acquired infections.

HEALTH SCREENING INFORMATION Cholesterol Breakdown Glucose Screening

This screening provides HDL, LDL and triglycerides, as well as blood sugar.

For best results, fasting is recommended for 12 hours prior to cholesterol screenings.

**Thursday, December 1
Grand Central Mall, Belk Court**

Support Group Information

Alzheimer's Support Group

Meets 1st Wednesday of each month at First Lutheran Church, 1701 19th Street at 1:00 p.m. For more information, call 304-422-9293.

or

Meets 3rd Wednesday of each month at Alzheimer's Association Office, 1218 Market Street at 10:00 a.m. For more information, call 304-865-6775.

or

Meets 2nd Wednesday of each month at Belpre Senior Center, 1614 Washington Blvd., Belpre, Ohio at 1:00 p.m. For more information, call 740-423-6022.

Grief Support Group

There are multiple support groups available. Please call the Housecalls Hospice office at (304) 424-3901 to find a time and place convenient for you.

Horizons of Hope Cancer Support Group (any cancer diagnosis)

Meets 2nd Monday of each month at 7:00 p.m. at Medical Office Building B, Suite 180. For more information, call 304-424-2842.

"Look Good...Feel Better"

(women cancer patients) Meets 4th Monday of each month at Medical Office Building B, Cancer Resource Center from 1:00-3:00 p.m. For more information, call 304-424-2137.

MS Group of the Mid-Ohio Valley

For more information, call 304-485-7068.

Parkinson's Disease Support Group

Meets 2nd Saturday of each month at Vienna Public Library from 1:30-3:00 p.m. For more information, call 304-917-4710.

Post Polio Support Group

Meeting times and locations vary. For more information, call 304-295-4233.

Stroke of Hope Support Group

Meets the 3rd Thursday of each month at HealthSouth, 3 Western Hills Drive at 5:30 p.m. For more information, call 304-420-1300.

Questions or comments about Lifetime Partners?

Email us at
lifetimepartners@camdenclark.org

Upcoming Events for Lifetime Partners

N O V E M B E R 2 0 1 6

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

- 1 SoleMates Walking Club, Grand Central Mall, 9:00 a.m.
- 2 Pickleball Demonstration, 10:00 a.m.-Noon, Camden Clark Health & Wellness Center*
- 5 Rotary Blood Screening, 6:30-9:00 a.m., Camden Clark Health & Wellness Center *
- 6 Daylight Savings Time Ends
- 8 Election Day
- 10 "Dinner with a Doc" with Abiy Kelil, M.D., First Presbyterian Church**, Dinner at 5:30 p.m., Presentation begins at 6:00 p.m., Cost: \$6**
- 11 Vascular Screening**
- 16 Lifetime Partners Anniversary Celebration, Grand Pointe Conference Center, Doors Open at 11:00 a.m., Lunch at 11:30 a.m., Cost: \$15**
Pickleball Demonstration, 10:00 a.m.-Noon, Camden Clark Health & Wellness Center*
- 17 AARP Smart Driver Class, 12:30-4:30 p.m., Camden Clark Health & Wellness Center *, Cost: \$15/\$20**
- 24 Thanksgiving
- 29 "Our Christmas Dinner" trip**
- 30 Pickleball Demonstration, 10:00 a.m.-Noon, Camden Clark Health & Wellness Center*

DON'T FORGET...

...to listen to **Camden Clark Community Health Watch** on Talk Radio 910AM WLTP every Thursday at 6:00 p.m.

* Camden Clark Health & Wellness Center is located at 2804 Birch Street (Behind Pat Catan's, formerly Crafts 2000)

** First Presbyterian Church is located at 1341 Juliana St., Parkersburg, WV

Call (304) 424-2055 for information or to register for an event. Events shown in **BOLD TYPE** require advance registration. Thank You.

D E C E M B E R 2 0 1 6

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

- 1 Cholesterol Breakdown/Glucose Screening, Cost: \$18 9:00-11:30 a.m., Grand Central Mall Belk's Court**
- 5-9 Blue Christmas" trip**
- 6 SoleMates Walking Club, Grand Central Mall, 9:00 a.m.
- 8 Foundation Luminary Dedication & Tree Lighting, 6:00 p.m., Camden Clark South Tower
- 14 Pickleball Demonstration, 10:00 a.m.-Noon, Camden Clark Health & Wellness Center*
- 16 Vascular Screening**
- 21 First Day of Winter
- 24 Christmas Eve
- 25 Christmas Day
- 28 Pickleball Demonstration, 10:00 a.m.-Noon, Camden Clark Health & Wellness Center*

Please call (304) 424-2055 to register in advance for all health screenings. Although health screenings begin at 9:00 a.m., Belk's does not open until 10:00 a.m. When arriving before 10:00 a.m., please enter through one of the other mall entrances.

Camden Clark Info At A Glance

Lifetime Partners: 304-424-2055 or 1-866-891-2055
Hospital Web Site: www.camdenclark.org
800 Garfield Avenue • P.O. Box 718, Parkersburg, WV 26102

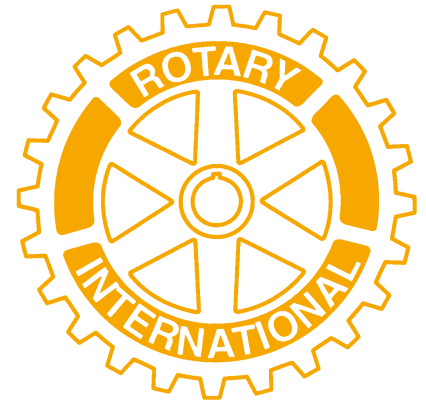
Reduced Cost Blood Screening Benefits Rotary Club

Each year, Camden Clark's Rotary blood screening provides an opportunity for area residents to have a complete blood screening at a fraction of the usual cost. Once again, this event will be held at Camden Clark's Health & Wellness Center. This location provides easy access for participants.

WHO: All area residents eligible; no physician order required.

WHEN: Saturday, November 5
6:30-9:00 a.m.
No appointment necessary.

WHERE: Camden Clark Health & Wellness Center
2804 Birch Street (behind Pat Catan's/formerly Crafts 2000)



SCREENINGS OFFERED:

Cost: \$25 - Complete Blood Count & Comprehensive Metabolic Panel

(calcium, phosphorus, blood sugar, kidney function, lipid profile, total protein, heart & liver, uric acid, red & white blood count, hemoglobin, platelet count)

Additional \$5 - Thyroid function test

Additional \$5 PSA (prostate cancer) screening

Participants should not eat (and drink nothing but water) for 12 hours prior to screening to ensure accurate results. Proceeds from this fundraising event will be directed to the The Rotary Club of Parkersburg Community Service Fund. Checks should be made payable to Rotary Club of Parkersburg.

Lifeline Provides Peace of Mind

Falls affect more Americans aged 65 and over than heart attack and stroke combined, and more than half of all falls occur at home. Although preventing falls is the best solution, not all falls can be prevented, and about half of older adults who fall cannot get back up without help. Without immediate assistance, a simple fall can have devastating consequences, including pain and emotional distress, or secondary medical problems, such as dehydration and pneumonia.

Lifeline is an easy-to-use personal emergency response system that ensures older adults living at home get quick assistance whenever it is needed. The Lifeline service works by pressing the help button worn either as a pendant or as a wristband. Within seconds, a response associate will respond, assess the situation and summon the appropriate help, whether it's a neighbor, relative or emergency services.

Lifetime Partners members receive free activation for Lifeline service. The monthly monitoring fee is \$29.95 for those who use an automated payment method (credit card or direct debit). For those subscribers who choose to pay by check, there is an additional \$2 fee each month.

For those wanting an added level of protection, Lifeline with Auto Alert can automatically call for help when a fall is detected, even when the



subscriber forgets or is unable to push his or her button. Auto Alert can distinguish falls from the activities of daily living, and is proven to detect greater than 95% of falls. This advanced technology is available for \$44.95/month. And now, seniors can benefit from Lifeline's leading medical alert service even if they don't have a home phone line.

For more information on how you or your loved one can benefit from the extra security and independence provided by any of these Lifeline products, please call the Lifetime Partners office. **Please keep in mind that existing Lifeline subscribers can call 1-800-635-6156 with questions about service or billing, or to make changes to your account.**

Come Travel With Us!



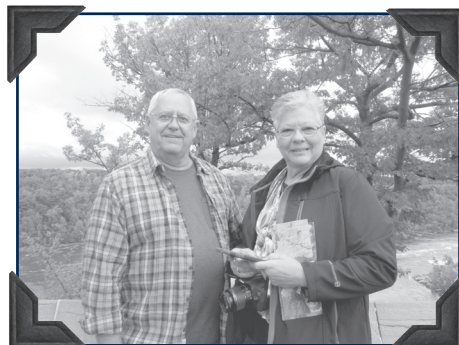
“OUR CHRISTMAS DINNER”

(Tuesday, November 29) Cost: \$95/person due immediately. This new musical is a hilarious look at family tradition, holiday expectations, unexpected guests and the REAL meaning of Christmas...football?!? A heaping scoop of humor, a slice of family memories, and some unexpected surprises all serve up the most wonderful meal of the year!! Trip includes bus transportation, morning performance at the Carlisle Inn in Sugar creek, lunch at Dutch Valley Restaurant, and shopping fun in Ohio Amish Country. **TRIP IS FULL. TAKING NAMES FOR CANCELLATION LIST.**

BLUE CHRISTMAS

(December 5-9) Cost: \$1,275/person double occupancy; \$1,675/person single occupancy. Payment due with registration. This exclusive, one-of-a-kind tour will be the perfect way to start your holiday season! Spend two nights in Memphis, and experience a private evening tour and dinner in Graceland—see the mansion as it would have looked on Christmas Eve! Enjoy an Elvis Tribute Holiday Concert on Beale Street, as well as a tour of Memphis. Your trip also includes a night in Louisville—complete with a Kentucky Christmas Dinner Show and the KaLightoscope Christmas lights, and a night in Nashville at the Opryland Hotel—where you’ll also enjoy a Christmas dinner & show. **SPACE STILL AVAILABLE**

NIAGARA FALLS TRIP HIGHLIGHTS



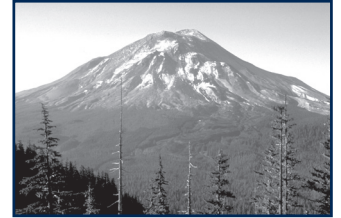
Lifetime Partners members enjoyed the sights during a recent trip to Niagara Falls.

PREMIER WORLD DISCOVERY PRESENTS...

PACIFIC COAST ADVENTURE

(9 days beginning July 13, 2017)

This trip takes you from the Pacific Northwest along parts of the Oregon and California coasts to the great city of San Francisco. Enjoy a Seattle City Tour, including a visit to the famous Pike Place Market, as well as a Boeing Factory Tour. Travel to the Mt. St. Helens Visitor Center to learn about the May 1980 eruption. Visit the City of Portland, including Washington Park with its famous International Rose Test Garden, and Pioneer Square and the famous downtown food trucks. Experience an exciting dune buggy tour at Oregon Dunes National Recreation Area. Visit breathtaking Crater Lake National Park. Explore famous Redwood National Park, home to the majestic redwoods, some of the world’s tallest trees. Cross the majestic Golden Gate Bridge into the exciting “City by the Bay”—San Francisco—where you’ll enjoy a two-night stay.



COLLETTE VACATIONS PRESENTS...

SHADES OF IRELAND

(10 days beginning April 3, 2017)

From vibrant and history-filled Dublin, across rolling green hills to the dramatic coast, experience all the charms of the Emerald Isle on this magical tour. Live like royalty during an overnight stay on the grounds of a castle. Visit the new House of Waterford Crystal factory. Choose from a selection of Killarney’s best restaurants with our Diner’s Choice program. See the Atlantic from the stunning 700-foot Cliffs of Moher. Explore Dublin with a local guide, either by foot or on a panoramic city tour—it’s your choice! See beautiful Killarney from your seat on an Irish jaunting car. Journey to historic Blarney Castle—lean back and kiss its famous stone!



WVU-P Fall Classes

CLASS DATES
ARE NOT INCLUDED
ON THE CALENDAR
ON PAGE 5.

BEGINNER ARM KNITTING

Monday, November 14

(Registration Deadline Nov 7)

10:00 a.m.-Noon

Cost: \$30

Learn how to arm knit using bulky weight yarn to make a scarf or cowl. Students must bring one skein of bulk weight yarn and scissors.

IPAD & IPHONE FOR EVERYONE

Tuesdays, November 15 & 22

(Registration Deadline Nov 11)

10:00 a.m.-Noon

Cost: \$30

A hands-on class that will get everyone comfortable with iPads, iPhones, and the operating system that runs them both. Topics include set up, saving contacts, messaging, email video chat and care of your device. Students are encouraged to bring their own Apple devices, but not mandatory. There will be an extensive Q & A session so every student leaves comfortable with their device.



EVERYTHING YOU WANTED TO KNOW ABOUT FACEBOOK

Thursday, November 17

(Registration Deadline Nov 10)

10:00 a.m.-Noon

Cost: \$35

This class will cover all aspects of using Facebook. New or existing users will learn how to get the most from their Facebook account.



DECOUPAGE

Saturday, November 19

(Registration Deadline Nov 10)

1:00-4:00 p.m.

Cost: \$30 (Material Cost: \$20)

Learn the art of decoupage by making your own piece of art. Bring pictures to personalize your project if you wish. Find out about different finishes and how to use different techniques with a variety of supplies.



CLOTHES PIN WREATH

Thursday, December 1

(Registration Deadline Nov 22)

9:00 a.m.-Noon

Cost: \$30 (Material Cost: \$5)

Paint clothes pins and embellishments and arrange them to make a patriotic flag wreath.

BANDANA WREATH

Thursday, December 8

(Registration Deadline Dec 1)

9:00 a.m.-Noon

Cost: \$30

Participants will go through step-by-step instructions and make a wreath with bandanas. Choose between an American flag, sunflowers or school spirit. Paint embellishments, prepare and knot bandanas to form your wreath. Hang on your door or give as a gift!!

**Advance registration is required
by calling**

(304) 424-8383.

**A minimum number of participants
is required for courses to proceed.**

The Parkersburg Art Center

Welcomes Seniors!

Every Thursday morning from
10:00-11:00 a.m. the Art Center invites
seniors of all ages to try out
different art mediums!

Cost is \$10/person, and all supplies
are provided.

The Art Center is located at
725 Market Street in downtown Parkersburg.
For more information, call (304) 485-3859.
Bring a friend and a cup of coffee, and enjoy
an hour of "ther-art-py"!!



AARP Smart Driver Classes End for 2016

Our members continue to take advantage of the AARP Smart Driver classes. This approved driver improvement course allows seniors to receive a discount on auto insurance premiums with most carriers. Participants hear presentations, watch videos and take part in group discussions; there are no driving tests or exams.

For those taking the class for the first time, an 8-hour class is required. Anyone who has previously taken the class can take a 4-hour refresher class. Participants must provide evidence that they have completed the 8-hour class in the last 3 years and 90 days. As a graduate of either class, you'll receive a certificate of completion that should be sent to your insurance company to obtain the discount, which is good for three years. Cost for both classes is \$15 for AARP members and \$20 for non-members. **We will be offering a four hour class on Thursday, November 17 which will be our last class until spring. Class enrollment is limited, so call early to reserve your space!**

Camden Clark Auxiliary Can Help With Your Holiday Shopping

As the holiday season approaches, let Camden Clark's Auxiliary lend a hand with your shopping. The gift shop is filled with a wide assortment of holiday decorations and gift items. And don't forget the 10% discount on regularly priced items offered to Lifetime Partners! **Members MUST show their membership card to receive the discount.**



Water Exercise Good Choice for Older Adults

As seniors age, they often face what can be a frustrating dilemma. On one hand, exercise can extend their lifespan and improve quality of life. But, on the other hand, many seniors are unable to do some forms of exercise due to certain health issues. While water exercise is a good alternative for all ages, the benefits for older adults are even greater due to minimized stress on joints. Additional benefits include increased muscle strength as water provides resistance to muscles, improved balance as the body remains upright in a changing environment, and improved cardiovascular system by elevating heart rate, as well as improved flexibility and range of motion. Most anyone, regardless of age or physical condition can benefit from water exercise...even if you don't know how to swim!

Lifetime Partners are able to take advantage of one free water exercise class each week at Camden Clark's Health & Wellness Center. The free class is Friday from 11 a.m.-noon. Other water classes are available Monday through Friday for an additional fee.



Pickleball Anyone?

Interested in finding out about one of America's fastest growing sports, especially for older adults? Pickleball combines elements of badminton, tennis and ping pong. It's challenging and fun for all ages and skill levels.

Stop by Camden Clark's Health & Wellness Center during one of our free sessions and either observe or give it a try! You don't need to be a member of the Center, and all necessary equipment will be provided. Please check this month's calendar for dates and times.

For more information, please call (304) 424-2348.

CAMDEN CLARK MEDICAL CENTER

Lifetime Partners
Camden Clark Medical Center
P.O. Box 718
Parkersburg, WV 26102

NON-PROFIT
ORGANIZATION
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PERMIT NO. 110

Lifetime

Due to implementation of the 911 system, many addresses may be changing. Please notify us immediately of any address changes, to ensure prompt delivery of your newsletter.

Light the Way This Holiday Season

This holiday season join the Camden Clark Foundation in honoring and remembering your loved ones with a "Lighting the Way" luminary. The luminaries will glow throughout the holiday season—truly "Lighting the Way" into 2017.

A Memorial or Living Tribute offers a generous and lasting way to remember a bereavement or celebrate an anniversary, birthday, recovery from illness or other special occasion. For a donation of \$10 or more, the Camden Clark Foundation

will display a luminary in honor or memory of your loved one, who will also be recognized during the Luminary Dedication and Tree Lighting Ceremony on Thursday, December 8 at 6:00 p.m. in Camden Clark's South Tower.

Best of all, your generous donation will help support cancer services and projects at your regional medical center. For additional information, please contact Kim Couch at (304) 424-2200 or klcouch@ccmh.org.

Please reserve a Lighting the Way luminary for a donation of \$10.

Make checks payable to Camden Clark Foundation, and mail to P. O. Box 1834, Parkersburg, WV 26102.

Credit Card # _____ Exp. Date _____

Zip Code Associated with Credit Card _____ Security Code on Back of Card _____

My Lighting the Way gift is: _____ in honor of _____ in memory of

Name _____
(please print)

Record this luminary gift from:
Name _____

Send acknowledgement to:
Name _____

(Your name as you would like it to appear in our records.)

Address _____

Address _____

City/State/Zip _____

City/State/Zip _____

Phone _____