



2100 Highway 61 North
Vicksburg, MS 39183

Support our Merchant Partners!

Take advantage of Senior Circle discounts offered by our Merchant Partners! **Your membership card is your ticket to your discount!**

- **Brick Street Pops, 10%** - 400 Monroe St., Clinton
- **Capital Menswear, 15%** - 3040 Hwy. 80 East, Pearl
- **Flower Center, 15%** - 3150 S. Frontage Rd., Vicksburg (*excludes 50% off items*)
- **LaDiDa, 10%** - 3334 N. Liberty St., Canton (*excludes Peter's Pottery*)
- **Legends of Mississippi Sports Bar & Restaurant, 10%** - 127 N. Union St., Canton
- **Sister Sister Monogramming & Boutique, 20%** - 509 Liberty Rd., Flowood
- **Southern Homes Landscape & Patio Center, 10%** - 2498 Hwy. 51, Canton (*excludes pine straw*)
- **Sulm's Gifts, 10%** - 3338 N. Liberty St., Canton and in the Merit Health Madison hospital.
- **Unique Antiques, 10%** - 171 W. Peace St., Canton

Greetings!

Happy New Year!

We hope you had a wonderful Christmas and New Year's. It's hard to believe that we're beginning another year full of expectations of what's to come! Did you make any New Year's resolutions? If so, we wish you success in keeping them.

This is the time of the year for colds and flu. See inside this newsletter for the signs and symptoms of each. Also, the best way to prevent seasonal flu is to get vaccinated every year. Be sure to get your flu vaccine if you haven't already!

We've made a revision in some of our programs this year. The lunch programs at Merit Health Rankin and Merit Health River Oaks are going to alternate every month. Always the 3rd Wednesday of every month... in January, the lunch program will be at Merit Health River Oaks, and in February it will be at Merit Health Rankin (Education Annex). This will allow you to attend programs at both hospitals! The program schedule for our other facilities will remain the same. See the complete January/February schedule inside this newsletter.

As always, if you ever have any suggestions or ideas on topics you'd like covered at our lunch programs, please let us know. We try to plan programs that we feel would be of interest to you, and we appreciate your input and feedback. Thank you for your support and participation in Merit Health Senior Circle!

Sincerely,

Your Senior Circle Coordinator Team

Your Senior Circle Coordinators:

Merit Health Central: Jan Cossitt, 601-376-1176

Merit Health Madison: Beth Harkins, 601-855-4001

Merit Health Rankin: Roscoe Greene, 601-824-8456

Merit Health River Oaks: Dave Worman, 601-936-1142

Merit Health River Region: Leigh White, 601-883-6118



Keep your resolutions for staying healthy!

New Year Health Event

Wednesday, January 16

11am - 1pm

Merit Health River Region Atrium

Offering the following **FREE** screenings:

- Hernia screenings
- Cholesterol
- Glucose
- Blood Pressure
- BMI
- Depression

Also featuring:

- Education on Early Heart Attack Care (EHAC), stroke awareness - FAST, and hands-only CPR
- Health consults with experts on heart health, cholesterol management, diabetes, nutrition, exercise and more!
- Hands-on demonstration of our **surgical robot...see what it can do!**



January/February 2019 Schedule

Reservations are required for all Senior Circle programs/activities unless otherwise noted.

Reservation process may vary by hospital. Please follow instructions provided in each hospital's event schedule. (Events are listed in alphabetical order of hospitals.)

Merit Health Central - Save the Date

To make reservations for programs at Merit Health Central, call the reservation line...

1-855-MERIT50 (1-855-637-4850)

or visit MeritHealthSeniorCircle.com.

Wednesday, February 13, 10:30 am - 12:30 pm Burn Center Tour and Lunch Program

Meet us in the hospital lobby for a special tour of Merit Health Central's Burn Center, the only Burn Center in Mississippi. After the tour we will have a lunch program in the Lagniappe room featuring Annie Knight, Director of the Burn ICU. Lunch is \$5/person and you can pay at the door.

Merit Health Madison

To make reservations for programs at Merit Health Madison, call the reservation line...

1-855-MERIT50 (1-855-637-4850)

or visit MeritHealthSeniorCircle.com.

Tuesday, January 8, Noon Lunch Program at Merit Health Madison

Join us for "New Year New You!" featuring Dr. Cindy Townsend. Dr. Townsend serves as the Minister of Woman's Missionary Union and Women's Enrichment Ministries at First Baptist Church in Jackson. We'll enjoy a delicious lunch and good fellowship, too. Lunch is \$5/person and you pay at the door.

Tuesday, February 12, Noon Lunch Program at Merit Health Madison

Dr. Chloe Kilman, New Care MD, will be the featured speaker at our February lunch program. Lunch is \$5/person and you pay at the door.

More opportunities at Merit Health Madison:

(Reservations... call Beth Harkins, 601-855-4001.)

- Every Wednesday, at 2:30 pm, we exercise to a two-mile walking tape.
- Every 3rd Thursday at 2:30 pm, we play cards.

NOTE: Merit Health Rankin's and Merit Health River Oaks' programs are now held on alternating months.

Merit Health Rankin

To make reservations for programs at Merit Health Rankin, call Roscoe Greene at **601-824-8456**.

Wednesday, February 20, 11:30 am Lunch Program at Merit Health Rankin

Join us in the Education Annex for our monthly lunch program as we enjoy food, fellowship and a presentation of interest to adults 50+. Door prizes, too! (Speaker/topic TBD.) Lunch is \$5/person and you can pay at the door.

Merit Health River Oaks

To make reservations for programs and events at Merit Health River Oaks, call **601-933-5502**, or email **Dave.Worman@MyMeritHealth.com**, and provide your name and number of people attending. (You can begin making reservations after each event, for the next month's event. If the event is full, leave your name and telephone number if you would like to be called if space becomes available. Please keep in mind that food and space are limited, and reservations are necessary to attend. Thank you.)

Wednesday, January 16, 11:30 am Lunch Program at Merit Health River Oaks

Join us for our program "Everything You Need to Know About Medicare" featuring Janice Posey with Humana. Lunch is \$5/person and you can pay at the door.

Wednesday, January 23, 1:30-2:30 pm "What Happens at BINGO, stays at BINGO"

Join us in the classroom for BINGO fun, snacks and a great time!

February is American Heart Month.

Take care of your heart.



Merit Health River Region

To make reservations for programs at Merit Health River Region, call the reservation line...

1-855-MERIT50 (1-855-637-4850)

or visit MeritHealthSeniorCircle.com. (unless otherwise noted)

Thursday, January 24, Noon

Lunch Program at Merit Health River Region

Join us for our monthly lunch program as we enjoy food, fellowship and a presentation of interest to adults 50+. Speaker and topic TBD. Lunch is \$3/ person and you can pay at the door.

Thursday, February 28, Noon

Lunch Program at Merit Health River Region

Join us for our monthly lunch program as we enjoy food, fellowship and a presentation of interest to adults 50+. Speaker and topic TBD. Lunch is \$3/ person and you can pay at the door.

Make the move to make a difference...

Become a Merit Health



The benefits of being a Merit Health volunteer:

- Satisfaction in serving others
- Learning opportunities
- Staying active
- Social activities
- Recognition opportunities
- Making new friends

Volunteer opportunities may include:

- Registration and information desks
- ICU Waiting Room
- Human Resources
- Hospital Gift Shop
- Greeting patients and guests...and more!

Call one of our Senior Circle coordinators for more information.

MAKING NEW YEAR'S RESOLUTIONS STICK.

- Start small: Make resolutions that you think you can keep.
- Change one behavior at a time.
- Talk about it. Share with family and friends.
- Don't beat yourself up. Minor missteps are normal and OK. But, don't give up.
- Ask for support. Seek help from others if you feel overwhelmed.



Is it a cold or flu?



Signs and Symptoms

Influenza

Cold

Symptom onset	Abrupt	Gradual
Fever	Usual	Rare
Aches	Usual	Slight
Chills	Fairly common	Uncommon
Fatigue, weakness	Usual	Sometimes
Sneezing	Sometimes	Common
Stuffy nose	Sometimes	Common
Sore throat	Sometimes	Common
Chest discomfort, cough	Common	Mild to moderate
Headache	Common	Rare