

Mercy Health Foundation Springfield was established in 2001 to support the advancement of Mercy Hospital Springfield. Financial support from individuals, corporations and foundations enable us to carry out the mission 'to bring to life the healing ministry of Jesus through our compassionate care and exceptional service' in each of our communities. Whether you help us purchase equipment, support health care programs or construct new buildings, your gift makes a lasting impact on the patients we serve as well as our communities. We need your help to continue to move our mission forward. If you are interested in making a gift and/or learning more about: Mercy Kids, Mercy Heart, and Mercy Oncology - call 417.820.6111.



Mercy Auxiliary Presents \$250,000 to Mercy Health Foundation

On May 23, the Mercy Auxiliary presented their annual gift to the Mercy Health Foundation at their annual business meeting at Bass Pro. Renee Paulsell, vice president - Mercy Health Foundation, was presented a check for \$250,000 (part one of a four year \$1 million pledge) for the Mercy Pediatric Test & Treatment Center. Renee thanked the Auxiliary for their generosity and service.

The Mercy Auxiliary has provided financial support since 1958. To date, the auxiliary has given more than \$9 million and is the largest donor to the foundation.



Mercy Senior Travel

Register for all events at mercy.net/senior-events or call **417.841.0333**

Mary Poppins

Cedar Street Playhouse, Rolla, MO
Friday, June 28, 2019
\$89 | Activity Level MILD

Everyone's favorite practically perfect nanny takes the stage in this supercalifragilisticexpialidocious musical adventure! Based on P.L. Travers'

cherished stories and the classic 1964 Walt Disney Film, Mary Poppins features the Academy Award® winning music and lyrics of Richard M. Sherman and Robert B. Sherman and several brand new, breathtaking songs for the stage. Experience the enchanting mixture of irresistible story, unforgettable songs, spectacular dance numbers, and astonishing stagecraft that make this the musical that soars high above the rest. Believe in the magic of Mary Poppins and discover a world where anything can happen if you let it! mercy.net/senior-events or call **417.841.0333**.

Mercy Foundation Presents:

Simple Strategies to Gifting Now or Later

In this session you will learn:

- How to define your gifting purpose
- Tax reform and charitable giving basics
- Types of assets that can be gifted

Thursday | July 11, 2019

Wednesday | July 17, 2019

3:30 - 5 p.m.

Mercy Surgery Center | 331 Hospital Dr., Springfield | 4th Floor Classroom

Presented by Gretchen K. Cliburn, CFP, CDFA, Director with BKD Wealth Advisors and Lindsay A. Dale, CPA, Manager with BKD CPAs & Advisors.

mercy.net/senior-events or call **417.841.0333**.

My Fair Lady

Cedar Street Playhouse, Rolla, MO
Friday, August 2, 2019
\$89 | Activity Level MILD

My Fair Lady is based on George Bernard Shaw's classic play, Pygmalion. In this beloved musical, pompous phonetics professor Henry Higgins is so sure of his abilities that he takes it upon himself to transform a Cockney working-class girl into someone who can pass for a

cultured member of high society. His subject turns out to be the lovely Eliza Doolittle, who agrees to speech lessons to improve her job prospects. Higgins and Eliza clash, then form an unlikely bond. mercy.net/senior-events or call **417.841.0333**.

Crystal Bridges Museum

American Art, Bentonville, AR
Wednesday, August 21, 2019
\$78 | Activity Level MILD

Nature's Nation: American Art and Environment is a new exhibition that examines American artists' impact on shaping environmental understanding and stewardship. Featuring 100 artworks from 70 eminent US collections, Nature's Nation traces 300 years of evolving ideas about the natural world and our place within it. You may also take a whimsical stroll through the North Forest and experience Color Field, a new, outdoor exhibition featuring large, colorful sculptures against the lush backdrop of Crystal Bridges' Ozark forest. mercy.net/senior-events or call **417.841.0333**.

Steel Magnolias

Historic Owen Theatre, Branson, MO
Thursday, August 29, 2019
2:30 - 10:45 p.m.
\$95 | Activity Level MILD

Steel Magnolias is set in Truvy's beauty salon in Chinquapin, Louisiana, where all the ladies who are "anybody" come to have their hair done. Filled with hilarious repartee and not a few acerbic but humorously revealing verbal collisions, the play moves toward tragedy when, in the second act, the spunky Shelby (who is a diabetic) risks pregnancy and forfeits her life. The sudden realization of their mortality affects the others, but also draws on the underlying strength—and love—which give the play, and its characters, the special quality to make them truly touching, funny and marvelously amiable company in good times and bad. We will have dinner at the newly opened Paula Deen's Restaurant on the Branson Landing. mercy.net/senior-events or call **417.841.0333**.

Joseph and the Amazing Technicolor Dreamcoat

New Theatre Restaurant
Overland Park, KS
Wednesday, September 4, 2019
7:15 a.m. - 7:00 p.m.
\$89 | Activity Level MILD

Based on the "Coat of Many Colors" story from The Bible's Book of Genesis, this upbeat musical is filled with a cornucopia of musical styles. With its family-friendly storyline, universal themes and catchy music, JOSEPH AND THE AMAZING TECHNICOLOR DREAMCOAT is a musical theatre event not to be missed. mercy.net/senior-events or call **417.841.0333**.

The Last Romance

New Theatre Restaurant
Overland Park, KS
Wednesday, October 2, 2019
7:15 a.m. - 7:00 p.m.
\$89 | Activity Level MILD

The Last Romance is a heart-warming boy-meets-girl comedy. What makes it unique is that the boy and the girl are senior citizens! Love, like aging, they discover, is not for the weak or those without a lively sense of humor. Charlie Robinson plays Ralph Bellini, a vigorous, full-of-life octogenarian with an eye for the ladies. Ralph has had a few years to hone his best jokes and pick-up lines. Michael Learned is Carol Reynolds, an attractive, very well-dressed woman of a certain age who never expected another chance at love and had no defenses against Ralph. mercy.net/senior-events or call **417.841.0333**.

Great Rivers and Routes

(3-day bus tour) Alton, MO
Tuesday - Thursday,
October 8-10, 2019
\$459 Double | \$419 Triple | Single \$579
Activity Level MILD

Day 1 - Enjoy a delicious lunch at Pere Marquette Lodge before touring Beall Mansion, a 10,000 square foot home built in 1902 by Railroad Baron Z.B. Job. We will check into the Best Western Premier for our two-night stay. The Die Laughing Dinner Theatre will entertain us with their comical rendition of "Lucy and Desi".

Day 2 - We visit the Lewis & Clark Confluence Tower where three tower-viewing platforms allow us to see the joining of the Missouri and Mississippi Rivers. Next we travel to the Lewis & Clark Trail which houses a museum dedicated to the planning and journey of the two explorers. Board the paddlewheel boat Spirit of Peoria for a scenic cruise and lunch, before soaring over the Mississippi bluffs on the brand-new Grafton Sky Tram. Enjoy breathtaking views overlooking the confluence of the Illinois and Mississippi rivers, shopping and wine tasting. Tonight we dine at Lincoln's Table, an interactive dinner with Mary Todd, Robert Todd and Lizbeth Keckly, Mary's longtime servant sharing all the household gossip.

Day 3 - We visit Melvin Price Locks & Dam, one of the largest lock structures on the Mississippi River. Lunch at Ravanelli's Restaurant before visiting Cahokia Mounds State Historic Site. We will visit the interpretative center to view the "City of the Sun" video and see scenes of what life may have been like during the time of the Mississippians. mercy.net/senior-events or call **417.841.0333**.



Events and Seminars

Medicare Getting Started Session

Mercy hosts free educational sessions for those preparing to age into Medicare and/or retire. Our free educational sessions will cover:

- Medicare Parts A & B and Part D (drug coverage)
- The difference between Part C (Medicare Advantage) and Medicare Supplement Insurance Plans
- Important dates that impact when you can enroll, change coverages and potential penalties
- What to consider as you elect your coverage
- How to find available assistance options

Second Saturday at 9:00 a.m. and Third Monday at 5:30 p.m. at Hammons Heart Multipurpose Room, 1325 East Cherokee.

Register online at mercy.net/medicarespringfield or call 417.841.0333.

AARP Safe Driving Classes

4-hour course | 10 a.m. to 3 p.m.
(last Wednesday of the month)

Saturday once a quarter

9 a.m. to Noon.

\$15 for AARP members
\$20 for non-members

The AARP Driver Safety Program is designed for individuals age 50 and older. During this four-hour class, drivers refine skills and develop safe, defensive driving techniques. There is no test. Daytime, evening and weekend classes are available monthly. Pay the instructor day of class. For location and to register online go to mercy.net/senior-events or call 417.841.0333.

2019 Dine with the Docs

Learn more about various health topics and meet our Mercy medical professionals and other experts. We meet monthly at 11:30 a.m. in the Hammons Multipurpose Room, 1325 East Cherokee.

Cost of \$8.00 at door with buffet lunch provided. Reservations required.

Register online at mercy.net/senior-events or call 417.841.0333.

- 7/22/19 Fall and Balance Awareness
- 8/26/19 National Immunization Awareness Month
- 9/23/19 National Pain Awareness Month
- 10/28/19 Diabetes Awareness Month
- 11/25/19 Home Health Care and Hospice Awareness Month
- 12/16/19 Advance Care Planning Conversations

Cataract Seminar

After-Hours Reception
Mercy Eye Center
3045 S. National Avenue

Tuesday, June 25, 2019
5:30 p.m. - 7:00 p.m.

Learn more about laser cataract surgery at an upcoming seminar presented by a Mercy Clinic eye specialist.

Join us for an after-hours tour of the Mercy Eye Center surgery suites.

Dr. Chism will present information on how you can experience faster, gentler and more accurate cataract removal ... at the same cost as traditional cataract surgery. **Register online at mercy.net/senior-events or call 417.841.0333.**

Mercy Stroke Support Group

(fourth Thursday of the month)
2 p.m. to 3:30 p.m.

Mercy Hospital Springfield Founder Room | 1st floor

417.820.3895 or email
charles.greene@mercy.net

Mercy Diabetes Education

Healthy and Wise with Diabetes:
Body, Mind, Soul and Strength

A series brought to you by the Mercy Springfield Diabetes Resource Center

Hammons Heart Institute Women's Heart Center

1325 E. Cherokee St. 1st Floor,
Springfield | 417.890.4100 or
email dawn.webb@mercy.net

11 a.m. to 12 p.m.
▪ July 23 ▪ October 22

Park Walkers

Make new friends and always have a walking partner. Meet every Tuesday and Thursday at 7:30 a.m. to 8:30 a.m. in four of Springfield's beautiful parks. Walkers will exercise for one hour each day and walk approximately three miles "rain or shine." The walk will cancel if Springfield Parks are closed due to weather issues. Bring water with you and wear comfortable and stable shoes. Dress appropriately for the weather conditions. For park locations, go to mercy.net/senior-events or call 417.841.0333.

Mystery Bus Tour

Wednesday, November 6, 2019
7:30 a.m. - 6:30 p.m.
\$99 | Activity Level MILD

Where are we going? No one on the bus except Debbie and the bus driver know. Debbie always plans interesting adventures with delicious food venues.

mercy.net/senior-events or call
417.841.0333.

Miracle of Christmas

Sight & Sound Theatre, Branson, MO

Thursday, December 12, 2019

\$115 | Activity Level MILD

Watch in awe as the birth of Jesus Christ is brought to life right before your eyes. Featuring an unstoppable cast and state-of-the-art special effects, Miracle of Christmas provides audiences with an uplifting story, captivating songs, and a sense of wonder. This is a performance the whole family can truly enjoy. Trip also includes a 'behind the scenes' tour and lunch at Shorty Smalls.

mercy.net/senior-events or call
417.841.0333.

2020 Rose Parade

Pasadena, CA

Sunday, December 29, 2019 -

Thursday, January 2, 2020

Activity Level ACTIVE

DOUBLE PER PERSON: \$2,769 (Optional Travel Insurance \$172 per person)
SINGLE: \$3,069 (Optional Travel Insurance \$194)
TRIPLE PER PERSON:
\$2,719 (Optional Travel Insurance \$172)

Come with Mercy Seniors to Pasadena and experience the Rose Parade, America's most famous New Year's celebration where we have specially selected and reserved grandstand seating. You'll even receive an official Parade Program as a souvenir and a stadium blanket! Ring in the New Year with an elegant dinner, dancing to a live band, and trying your luck at a mock Monte Carlo-style casino.

In addition, we will enjoy a sightseeing tour of Hollywood and Warner Brothers, as well as the Ronald Reagan Presidential Library, celebrating the life of the 40th U.S. President with a special "White House" luncheon under the wings of Air Force One. Plus, you will enjoy a 90-minute harbor cruise at Newport Beach and much more! mercy.net/senior-events or call 417.841.0333.

Activity Levels

MILD: May require some leisurely walking. There may be minimal steps or uneven surfaces and some standing.

MODERATE: May require moderate walking and extended standing. There may be steps or uneven surfaces

ACTIVE: May require extended periods of walking and standing. There may be numerous steps or uneven terrain.

Mercy Senior Calendar

The Original Church Basement Ladies

New Theatre Restaurant
Overland Park, KS
Wednesday, April 8, 2020
\$89 | *Activity Level MILD*

The original is back and this time, it stars Cindy Williams! CHURCH BASEMENT LADIES is the hilarious musical comedy that mixes the silliness of UNSENSE with the homespun humor of PRAIRIE HOME COMPANION. It's a celebration of the church basement kitchens everywhere and the wonderful, unsung women who work there. The script is spot on, the music is toe-tapping, the humor is delicious and the cast includes some of the funniest people we have ever assembled on our stage. Don't miss the fun. This show will sell out! Starring Cindy Williams. mercy.net/senior-events or call **417.841.0333**.

Gentle Yoga for Seniors: Carve out some time on the mat with this gentle yoga class, perfect for beginners who want gentle stretching and poses. Beginning and ending with deep relaxation, this longer yoga class for mature adults moves slowly and deliberately through a gentle sequence of poses that helps you stretch and feel calm and balanced. Some poses may be performed in a chair to enhance balance. Gentle music is played to provide a calming atmosphere. Bring a yoga mat, water bottle, and wear comfortable clothing. Please Note: You need to be able to sit on the mat on the floor to do this class. Tuesdays at 9:30 a.m. to 10:30 a.m., 4th floor Surgery Center. Room space is limited to 20 so reservation required. Register at mercy.net/senior-events or call **417.841.0333**

Chronic Pain Self-Management Class

Developed by Stanford University by the Patient Education Research Center

The workshop is given 2 1/2 hours, once a week, for six weeks.

Learn how to manage chronic pain symptoms and gain confidence and motivation to deal with challenges living with chronic pain.

Skills you will learn include:

- Techniques to deal with problems such as frustration, fatigue, isolation and poor sleep
- Appropriate exercise for maintaining and improving strength, flexibility and endurance
- Appropriate use of medications
- Communicating effectively with family, friends and health professionals
- Nutrition
- How to evaluate new treatments

No cost but registration is required: **Call 417.888.6789 for times and locations.**

Computer Classes

Free Nine 2-hour sessions
(meets monthly)

Mercy Seniors offer nine basic computer classes for beginners free of charge. You must attend all classes within the month. Classes offer one-on-one assistance. You will learn to navigate the Windows operating system, organize files and folders, place photos in documents, learn how to access MyMercy medical records and safely navigate the internet. If you have a laptop computer, bring it along with the power cord and mouse. The instructor will call you prior to the start of class. Reservations are required. mercy.net/senior-events or call **417.841.0333**. You must attend all classes within the month.

Learn to Use Your iPhone/iPad (2-hour sessions)

Discover how apps can help you to simplify tasks, stay connected while you're on the go and keep you in touch with people and interests in your life. This beginner course is for you. Reservations are required. Second and fourth Tuesday at 1:30 p.m. to 3:00 p.m. Schweitzer Brentwood Branch Library, 2214 Brentwood Boulevard, Springfield.

Save the Date:

Mercy Aging Well Health Fair
Friday, October 18
10:00 a.m. - 4:00 p.m.

SADDLE ON UP! Put on your boots and western wear and mosey on over to the Mercy McAuley Conference Center. Mercy Hospital would like to invite you to take part in our upcoming health fair. October is open enrollment month for senior prescription drug plans and Medicare insurance plans, and we want to provide education and assistance for seniors making choices for their health care needs. Exhibitors will be Mercy services and Community agencies with services that benefit older adults. Aetna/Coventry, Allwell, Anthem, Humana, and United Healthcare Medicare plans will be on site to answer questions. Visit our Mercy Cafe for lunch for their chef exposition station, wood-stone pizza oven, Schmeer station, and dessert bar.

NOTE: Place your cursor on the **BLUE TITLES** and when a hand appears you can click through to the online registration page.