Mercy Aging Well Health Fair

Saturday, October 20, 2018

Mercy Hospital would like to invite you to take part in our upcoming health fair located in the McAuley Conference Center and open to the public from 10 a.m. to 2 p.m.

- October is open enrollment month for senior prescription drug plans and Medicare insurance plans and we want to provide information 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.
- Various health screenings available.
- Flu shots available to the first 500 registered. Mercy Pharmacy will bill flu shots to your Medicare.

Inside this edition:
What are your interests?

EDUCATION
TRAVEL

• Join us in the Hammons Heart Auditorium for a presentation on Medicare updates at 9 - 10 a.m.; Mercy Seniors Travel Show at 10:30 - 11:30 a.m.; and a special showing of the Wizard of Oz at 12:30 - 2 p.m. Seating is limited so register separately for each showing.

Medicare and You
Hammons Heart Auditorium
9 - 10 a.m.

Are you or a loved one on Medicare? If so, this is the time to make sure you have the best healthcare plan to fit your health needs and budget. This year, the Medicare Open Enrollment Period will be from October 15 to December 7. During this time, Missourians on Medicare with prescription drug plans or Medicare Advantage plans may compare and change plans. Medicare beneficiaries without prescription drug or Medicare Advantage plans also can enroll during this time.

Join Stacey Childs from CLAIM as she presents information on the changes to Medicare and shares information on what to look for during the Open Enrollment for Medicare plans. Take advantage of this opportunity to get your questions answered.

“Wizard of Oz”
Hammons Heart Auditorium
12:30 - 2 p.m.

Celebrate the upcoming 40th anniversary of The “Wizard of Oz” which was released in August of 1939 and widely considered to be one of the greatest films in cinema history.

Mercy Seniors Travel Show
Hammons Heart Auditorium
10:30 - 11:30 a.m.

Join Mercy Seniors for a preview of our 2019 travel schedule. This is an opportunity to visit with your friends, make a new travel buddy, and meet our tour guides. We will showcase our premier tours: Gems of the South, April 8 - 12 and England’s Masterpieces, July 9 - 19.

Joe Pitts, our nature expert, will share information on our park series for 2019, including the wonderful adventure to Nebraska to view the Sand Hill Cranes March 18 - 21.

Health Fair, “Wizard of Oz” Movie and Travel Show Registration
Registration required online at mercy.net/SpringfieldHealthFair or call 417.841.0333.
School of Rock
The Walton Arts Center
Fayetteville, AR
Thursday | October 25, 2018
$145 | Activity Level Mild

School of Rock, a New York Times Critics’ Pick, is making its Walton Arts Center debut. This high-octane smash features 14 new songs from Andrew Lloyd Webber, all the original songs from the movie and musical theater’s first-ever kids rock band playing their instruments live on stage.

Shear Madness
New Theatre & Restaurant
Overland Park, KS
Wednesday | December 12, 2018
$89 | Activity Level Mild

SHEAR MADNESS is America’s most popular and longest running comedy (now in its 31st year at Washington D.C.’s prestigious Kennedy Center for the Performing Arts). More than 12 million people worldwide have seen the hilarious whodunit and there is no end in sight; its success just keeps going and going.

One-day trip includes: motorcoach and driver’s tip, theatre tickets, buffet lunch, snacks on the bus, and guide services.

On Your Feet!
The Walton Arts Center
Fayetteville, AR
Thursday | December 6, 2018
$145 | Activity Level Mild

ON YOUR FEET! takes you behind the music and inside the real story of Emilio and Gloria Estefan, the record-making and groundbreaking couple who, in the face of adversity, found a way to end up on their feet. This production features some of the most iconic songs of the past quarter-century – and one of the most inspiring stories in music history.

New for 2019

A Bronx Tale
The Walton Arts Center
Fayetteville, AR
Thursday | February 28, 2019
$145 | Activity Level Mild

Waitress
The Walton Arts Center
Fayetteville, AR
Thursday | April 11, 2019
$145 | Activity Level Mild

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.
Events and Seminars

Call 417.841.0333 to register or online at mercy.net/senior-events

AARP Safe Driving Classes
4-hour course | Dates and times vary
$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.

Dine with the Docs
Mercy Seniors offers an educational luncheon program each month about current medical topics presented by Mercy providers. Cost $8
- Breast Cancer Update
  Wednesday, October 10, 2018
- Home Care Update
  Friday, November 9, 2018
11:30 a.m. - 1 p.m.
McAuley Conference Center
Mercy Hospital, front entrance
1235 E. Cherokee, Springfield, MO
Buffet lunch served at 11:30 a.m.
$8 at the door. Reservations required for catering.
If you are not able to walk the distance to the conference center, the shuttle stops at the parking lot canopies or you can call guest services at 417.820.2101 and the shuttle will meet you at your car and transport you to the front door of the hospital.

Free Cataract Seminar
Learn more about laser cataract surgery at an upcoming seminar presented by a Mercy Clinic Eye Specialist. Call Mercy Eye Center to register 417.820.9393.

Medicare “Getting Started” Seminars
At this event, you’ll learn how Medicare works in clear, easy-to-understand language. Whether you plan to start using your Medicare benefits when you turn 65 or continue with your current insurance, we want you to feel confident about your coverage options.

Attend a session to:
- Learn the difference between Medicare Advantage and Medicare Supplement insurance plans.
- Hear about Medicare Part B (outpatient coverage), Part D (drug coverage) and penalties for delayed enrollment.
Mercy accepts a wide variety of Medicare plans, including Medicare Advantage. When you select one of these plans, you’ll continue seeing your current primary care physician and have access to the skilled, compassionate caregivers at Mercy, while enjoying predictable medical costs. Visit mercy.net/medicarespringfield or call 417.841.0333 to register.

Computer Classes
Nine 2-hour sessions - FREE
Meets monthly
Mercy Seniors offer basic computer classes for beginners free of charge. 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 the mouse. The instructor will call you prior to the start of class. Reservations are required.

Learn to Use Your iPhone/ iPad - FREE
2-hour sessions | Dates and times vary
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.

Chronic Pain Self-Management Class
Developed by Stanford University by the Patient Education Research Center
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:
- Using your mind to manage symptoms
- Coping with difficult emotions
- Setting goals and problem solving
- Ways to talk to doctor, family, and friends, about your needs
- Exercise and healthy eating
- Cost $30
- Registration required: 417.888.6789

Park Walkers - FREE
Tuesdays and Thursdays
7:30 to 8:30 a.m.
Make new friends and always have a walking partner. Meets in 4 of Springfield’s beautiful parks. Walkers exercise for one hour each day and walk approximately 3 miles “rain or shine.” Bring water and wear comfortable and stable shoes. Dress appropriately for the weather conditions. Leader: Betty Johnson.

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Mercy Senior Calendar

Gems of the South
Charleston, Savannah, Beaufort
April 8-12, 2019
Join Mercy Seniors as we explore the “Gems of the South” while traveling to Charleston, Savannah, and Beaufort. Fly from Springfield to historic Charleston, a city bursting with Southern charm and hospitality. Cruise to Fort Sumter where the first shots of the American Civil War were fired. Visit Magnolia Plantation Home and Gardens and stroll through a 17th-century plantation estate garden with azaleas in full bloom. Enjoy a wildlife tram tour at the Drayton Family Plantation home. In Savannah, take a guided tour of the elegant 19th-century neighborhoods, eat at the Wilkes House, visit the Cathedral of St. John the Baptist, and learn how delicious pralines are made at the Savannah Candy Kitchen. Take a guided carriage tour through 500-year-old Beaufort and view the 80 Antebellum and Victorian homes and churches that grace the city. All admissions and activities as listed in the itinerary, all tour related taxes, guide services and all gratuities. Per Person Tour Cost: $2,449 pp double room, $2,969 pp single room, $2,289 pp triple room. Deposit: $100 per person to secure your reservation.

England’s Masterpieces
July 9 - 19, 2019
For British TV fans who wish to see their beloved show sites in southern England including: London, Oxford, Bath, Stourhead Gardens, Exeter, Port Isaac, Cornwall, Lost Gardens of Heligan, St. Ives, Lanhydrock House and Gardens, Bovey Castle, Stonehenge, Highclere Castle, and more. Call for a complete itinerary or visit mercy.net/senior-events. All admissions and activities as listed in the itinerary, all tour related taxes, guide services and all gratuities. Per Person Tour Cost (includes air): $4,659 pp double room, $5,699 pp single room. Deposit: $300 per person to secure your reservation.

Sandhill Cranes Platte River Valley in Kearney, Nebraska
March 18-21, 2019 (Monday through Thursday)
Activity Level Moderate
Join us as we travel to Kearney, Nebraska to view the magnificent cranes on the Platte River. The Crane Trust documented that a Platte River sandbar on their property serves as the largest crane roost in the world during the sandhill cranes’ spring migration. This one-of-a-kind experience draws beginning birders to scientists from across the country and across the globe. We will stop over in St. Joseph, MO to visit the Walter Cronkite Museum and then create a crane glass art piece at the Tobaison Art Studio. On the way to Kearney, we will stop in Lincoln, and go behind the scenes at the international Quilt Study Center which is home of the largest known public collection of quilts in the world. Four-day trip includes: motorcoach, three nights hotel, three breakfasts, three lunches, two dinners, all admissions and activities as listed in the itinerary, all tour-related taxes, snacks on the bus, guide services and all gratuities. Per Person Tour Cost: $580 pp double room, $775 pp single room, $525 pp triple room.