

Wise Words

AUGUST/SEPTEMBER 2024



Hello LifeWise Member,

We hope to see you soon for the upcoming LifeWise Events. Please read these details on event registration and updating your LifeWise contact information:

How to register for events:

- Use the QR Code to the right.
- Register at Calendar of Events: [LifeWise Events and Information](#)
- Or call Susan Cannon at **864-292-9691**



Updating our LifeWise Database:

We are updating our LifeWise membership information. If you need to update your LifeWise membership information, please contact us at **864-675-4306**.

If you want text updates rather than email updates, leave a message at **864-675-4306**. We have a Bob Jones University Health Administration Student, Cailtin Fernandez, working with LifeWise this semester on our LifeWise database. She might be contacting some of our members to update your records.

LifeWise Contact Information: For questions about events, contact Susan Cannon, LifeWise Program Coordinator at **864-292-9691**.

Bring a Guest to Events: We welcome you to bring a family member or friend to events. Just let us know that you are bringing a guest.

Calendar of Events - August

LifeWise Cardiac Education and Tour of HealThy Self

THURSDAY, AUGUST 22, 2 PM – 4 PM

Location: Bon Secours – St. Francis Millennium Campus Community Room, Suite 180, 2 Innovation Drive, Greenville, SC 29607

Presentation and Tour: Meet in Suite 180 for presentation and then enjoy a tour of HealThy Self.

Cardiac Education: Information about cardiovascular anatomy and physiology,

information about what a heart attack is, the signs and symptoms of one and what to do about it, congestive heart failure, stroke, common heart procedures, risk factors for heart disease and common heart medications.

How to Use MyChart

FRIDAY, AUGUST 30, 1 PM – 2:30 PM

Location: Bon Secours – St. Francis, 125 Commonwealth Drive, Eastside, Building 135, Suite 140

Calendar of Events - September

LifeWise at Well Walkers

TUESDAYS, 10 AM – 11 AM

For updates, check <https://www.bonsecoursarena.com/calendar>

Lunch & Learn with William Thomas Lowrance, MD on Prostate Health Education

FRIDAY, SEPTEMBER 6, 11:30 AM – 1 PM

Location: St. Francis Cancer Center Community Room, 104 Innovation Drive, Greenville, South Carolina 29607

About the Event: Meet William Thomas Lowrance, MD, specializing in treatments related to prostate, bladder, kidney, testicular and penile cancers. Dr. Lowrance has extensive training and experience with open, laparoscopic, and robotic surgical techniques and has participated in numerous clinical trials and grants, receiving over \$2 million in funding to facilitate research focused on improving clinical outcomes for patients with urologic cancers.

Please join us as we discuss prostate health related topics such as: Prostate cancer screening – controversies involved with PSA testing. MRI utilization in the screening process for prostate cancer and prostate biopsies. Advantages of transperineal approach over a transrectal prostate biopsy.

AGING IN PLACE: Fall Prevention Awareness Day and Annual Aging in Place Event

FRIDAY, SEPTEMBER 20, 10 AM – 12 PM

Location: Long Branch Baptist Church, 8 Bolt Street, Greenville, SC 29605

Aging in Place: Fall Prevention – Balance Assistance, Technology Education, Aging in Place Resources and more. Lunch will be served.

Free Hip & Knee Pain Seminar (part of a series)

TUESDAY, SEPTEMBER 10, 2:30 PM – 3:15 PM

Location: Bon Secours – St. Francis, Eastside, Classroom 301 on the 3rd Floor

Parking and Arrival Instructions: Park near the flagpole at St. Francis Eastside Entrance C. Enter the hospital through Entrance C and take the elevator to the 3rd Floor. The Classroom is located just a few steps from the 3rd Floor Lobby.

About the Event: If you are experiencing hip or knee pain, please join us for a FREE Hip & Knee Pain Seminar. The seminar will discuss common hip and knee pain conditions as well as treatment options, including total joint replacement surgery. Participants will also learn about the St. Francis Joint Camp Program and can sign up for an appointment to see a joint replacement surgeon. The seminar will be led by a St. Francis Physical Therapist.

Registration: To register for this seminar only, please contact Amy Malcomb by emailing her at amy_malcomb@bshsi.org or calling 864-566-5250.

LifeWise Presentation - Physical Therapy Presentation

MONDAY, SEPTEMBER 30, 11 AM – 12 PM

Location: Bon Secours – St. Francis Millennium Campus Community Room, Suite 180, 2 Innovation Drive, Greenville, SC 29607

Information forthcoming: Please check back for details.

Calendar of Events - October

SEPTEMBER CLASSES TBA:

TECHNOLOGY CLASSES

SEPTEMBER: *Look for more details*

OCTOBER CLASSES TBA:

JOINT CAMP REUNION AT EASTSIDE

OCTOBER: *Look for more details*

LifeWise at Well Walkers

TUESDAYS, 10 AM – 11 AM

For updates, check <https://www.bonsecoursarena.com/calendar>

LifeWise Healthy Aging and Vision

FRIDAY, OCTOBER 4, 1 PM

Location: Bon Secours – St. Francis Emergency Center at Simpsonville Medical Office Building, Second Floor Community Room, 3970 Grandview Drive, Simpsonville, South Carolina 29680

LifeWise hosts AARP Smart Drivers Course

SATURDAY, OCTOBER 5, 8:30 AM – 1:30 PM

Location: Bon Secours – St. Francis Millennium Campus Community Room, Suite 180, 2 Innovation Drive, Greenville, SC 29607

About the Event: You will refresh your skills and knowledge of traffic rules as well as provide possible auto insurance savings.

Cost: \$20 for AARP members and \$25 for non-members.

Registration: Call or text Susan Cannon at 864-292-9691.

LifeWise Fortifying Your Finances to Avoid Disaster with Amy Carrick

TUESDAY, OCTOBER 15, 1 PM – 2 PM

Location: Bon Secours – St. Francis,

125 Commonwealth Drive, Eastside, Building 135, Suite 140

About the Event: Please join Amy Carrick, Professional Fiduciary to learn how to think differently about your daily financial world. She will review legal documents and structures. Amy will discuss protecting digital assets and freezing vs. monitoring credit. We will also explore paying bills, including the best way to paying for online purchases. Amy will discuss titling of accounts and impacts to each. And finally she will help the group think about their trusted advisors and building the best team for each person's circumstances.

Lunch & Learn and Resources - Supporting our Mental Health: Presentation & Resources

TUESDAY, OCTOBER 22, 10 AM – 12 PM

Location: 28 Bolt Street, Greenville, SC 29605

About the Event: Mental Health is as important as physical health. We will have a speaker and supportive resources in our area.

LifeWise Lunch & Learn Legal Q&A for Healthy Aging with West Cox Law Firm

TUESDAY, OCTOBER 29, 11:30 AM – 1 PM

Location: Bon Secours – St. Francis, 125 Commonwealth Drive, Eastside, Building 135, Suite 140

Calendar of Events - November

LifeWise at Well Walkers

TUESDAYS, 10 AM – 11 AM

For updates, check <https://www.bonsecoursarena.com/calendar>

LifeWise Physical Therapy Presentation

TUESDAY, NOVEMBER 12, 11 AM – 12 PM

Location: Bon Secours – St. Francis Millennium Campus Community Room, Suite 180, 2 Innovation Drive, Greenville, SC 29607

Information forthcoming: *Please check back for details.*

LifeWise Members Mental Health First Aid Class

MONDAY, NOVEMBER 18, 8 AM – 5 PM

Location: Bon Secours – St. Francis, 125 Commonwealth Drive, Eastside, Building 135, Suite 140

About the Event: What is Mental Health First Aid? Mental Health First Aid is a course that teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders. The training gives you the skills you need to reach out and provide initial help and support to someone who may be developing a mental health or substance use problem or experiencing a crisis.

Holiday 2024

FRIDAY, NOVEMBER 22, 10 AM – 12 PM

Location: Long Branch Baptist Church, 8 Bolt Street, Greenville, SC 29605

About the Event: Join us for all things food related! Eating well on a budget, cooking demonstrations, resources and more!

MINDFUL MOVEMENT & PROGRAMS AT WELL WALKERS

MOST TUESDAYS, 10 AM – 11 AM

Location: Bon Secours Wellness Arena

We meet for a mindful movement class that includes Heartmath breathing techniques and chair yoga. The class is a combination of Mindful Movement and other topics, so check on the Well Walkers site for updates. <https://www.bonsecoursarena.com/upcomingevents/well-walkers>.



Calendar of Events - December

Annual Blanket Making Event

FRIDAY, DECEMBER 6, 9 AM

Location: Sterling Community Center

About the Event: Join the Sterling Seniors on the Go!, LifeWise, the Fourth Presbyterian Seniors, the Rocky Mount Baptist Church Seniors, and your LifeWise friends to make easy “no-sew” blankets for the children at the Alexander School who do not have heated homes. This tradition was started by a senior at the school with a big heart! Bon Secours and Fourth Presbyterian Church have since supplied materials, and seniors

LUNCH & LEARN MENTAL HEALTH SUPPORT FOR LIFEWISE MEMBERS FEED & SEED

TO BE ANNOUNCED

have helped create gifts of warmth and comfort. *Please bring your own scissors. Volunteers will help you!*

LIFEWISE ON-GOING PROGRAMS

FRESH FOOD GARDEN GROUP

Participants take a deep dive into growing their own food and related topics. These monthly meetings are not in this newsletter as they are scheduled separately.

Please contact Susan Cannon, **864-292-9691**, if you would like to get more information.

MINDFUL MOVEMENT & PROGRAMS AT WELL WALKERS

MOST TUESDAYS, 10 AM - 11 AM

Location: Bon Secours Wellness Arena

We meet for a mindful movement class that includes Heartmath breathing techniques and chair yoga. The class is a combination of Mindful Movement and other topics, so check on the Well Walkers site for updates.

You can also call or text Susan Cannon, LifeWise Program Coordinator, for updates.

Free Parking is available in the VIP lot off Church Street. Look for the Well Walkers signs. Well Walkers takes place most Tuesdays and Thursdays. Link at Well Walkers.

MATTER OF BALANCE

Eight-session course (1½ hour/session) focused on reducing falls.

Participants: Minimum: eight; Maximum: 12

For course information inquiries, call or text Susan Cannon at **864-292-9691**.





Bon Secours St. Francis Health System
 Attn: Susan Cannon, LifeWise Program
 Sterling Hope Center
 709 Dunbar Street
 Greenville, SC 29601

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Community Happenings...

PAGE TURNERS BOOK CLUB, 9:45 -11:00 AM

Location: Northgate Baptist Church,
 635 Summit Drive

Here is a list of upcoming books:

September 13: *Lady Clementine*
 by Marie Benedict

October 11: *Murder on the Orient Express*
 by Agatha Christie

November 8: *The Personal Librarian*
 by Marie Benedict, Victoria Christopher Murray

January 10: *The Frozen River* by Ariel Lawhon

February 14: *The Women* by Kristin Hanna

If you are interested in joining, contact Kathy Piatak, email kpiatakschneider@gmail.com

Contact Us:

susan_cannon@bshsi.org

LifeWise Number: **864-292-9691**

Membership Update Number: **864-675-4306**

Sterling Hope Center

709 Dunbar Street, Greenville, SC 29601



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