

AUTHORIZATION TO VIDEOTAPE, PHOTOGRAPH, RECORD OR RELEASE PATIENT INFORMATION

The undersigned agrees that DeKalb Medical, which includes DeKalb Medical at North Decatur, DeKalb Medical at Hillandale and DeKalb Medical at Downtown Decatur, its agents and assigns, may use in its advertising, promotional, educational and publicity campaigns, videotapes, photographs, and printed communications incorporating patient names, patient health information and recordings of the undersigned. The undersigned acknowledges that the permission herein granted is unconditional and that such permission can be revoked only in writing by the undersigned. Any such revocation is to be accompanied by sufficient identification of the undersigned as will enable DeKalb Medical to identify the print, videotape or recording for which use permission is being withdrawn. If no revocation occurs, DeKalb Medical will use advertising, promotional, educational, publicity campaigns, videotapes, photographs, printed communications and recordings whatsoever until we revoke the right to do so. I agree that my personal health information may be disclosed as part of the videotaping, interviewing, photography or recording process. The undersigned waives any and all claims which it might have against DeKalb Medical for any use of such advertising, promotional, educational, publicity campaigns, videotapes, photographs, printed communications and recordings whatsoever, either before or after any withdrawal of permission.

Name: _____
Signature: _____
Date: _____

YOUR SENIOR SPECTRUM MEMBERSHIP BENEFITS INCLUDE:

- Half price parking with your Senior Spectrum badge anytime you visit DeKalb Medical
- Free educational seminars presented by board-certified physicians
- Organized socials and travel
- Free *MembersFirst* Credit Union membership. Call **404.501.7494** to have a membership application mailed to you. Call **404.978.0080** to learn more about their services

NEW MEMBERS can drop the completed membership form and payment into the Senior Spectrum mailbox in the Wellness Center, located on the ground floor of the 2665 Professional Building DeKalb Medical or mail the completed membership form and payment to:

**DeKalb Medical
Senior Spectrum
2701 N. Decatur Road
Decatur, GA 30033**

** Membership badges will be mailed two to three weeks after receipt of application.*

New Additions

We are delighted to announce the addition of some new Senior Spectrum programming! This includes a new series of health talks in the Wellness Center, an additional trip this quarter and a new bi-annual senior health expo. Read more about the Wellness talks on page 2.

Our monthly health talks, featuring a savory hot breakfast, are more popular than ever. To ensure enough food for everyone, it is now required that you RSVP for yourself and any guests you wish to bring at least 48 hours in advance. Beginning in August, we will also provide parking validation for the monthly Senior Spectrum health talks. **However, validation is only available to those who pre-register.**

You will notice this newsletter has expanded to include more information about exciting and informative events happening at DeKalb Medical and in the surrounding community. In addition to our newly expanded programming, there are even more ways that you can connect with your fellow Senior Spectrum members. Read more about these events and how you can get involved on page 5, which is the new Senior Spectrum Announcements page.

This issue will contain information about events through the end of December 2015.



Free Community Health Talks

Join us to learn more about a wide range of healthcare topics at our complimentary community talks. Light refreshments will be served. Parking is validated at North Decatur and free at Hillandale events. All events are free, but registration is required in case we need to notify you of schedule changes. **Call 404.501.WELL (9355) to register.**

September 24 - Navigating the Issues of Aging Panel

Keeton Auditorium, N. Decatur 11:30 a.m.-1:00 p.m.

October 15 - Solutions to Joint Pain

N. Decatur Theatre, 6:30-7:30 p.m.

Arrive at 6 p.m. for guided Joint Solutions Center tour

October 27 - The ABCs of Breast Cancer Prevention & Bling Your Bra Activity

Hillandale Community Room, 6:00-7:30 p.m.

Bring a bra to decorate for breast cancer awareness

November 12 - Is Heartburn Burning You Up?

N. Decatur Theatre, 6:30-7:30 p.m.

Upcoming Senior Spectrum Health Talks

Our health talks begin with breakfast at 9:30 a.m. in the Keeton Auditorium followed by informative talks on emerging health topics at 10:30 a.m. in the Theatre. Feel free to bring a guest, but note that **registration is now required 48 hours in advance.**

Please call **404.501.WELL (9355)** to register so we may have accurate quantities of food and can inform you in advance of any scheduling changes.

AUGUST 7
SLEEP & HEART HEALTH
Learn how sleep impacts your overall health.

SEPTEMBER 11
MANAGING MEDICARE OPTIONS
Get all your Medicare questions answered before open enrollment begins in October!

OCTOBER 2
DRUG INTERACTIONS
Join us to learn important facts about drug interactions and seniors.

NOVEMBER 6
HOW TO HEAL HEARTBURN
Discover tips to keep chronic heartburn from disrupting your life.

DECEMBER 4
CHRISTMAS JUBILEE
Enjoy a special breakfast and performance from the DeKalb School of the Arts.



Sign up for our Senior Spectrum Health Talks by calling 404.501.WELL (9355).

Wellness Center Health Talks

Join us on the fourth Tuesday of each month from 10:30 a.m. -11:30 a.m. in the Wellness Center Classroom for a new series of informative health talks open to Senior Spectrum and Wellness Center members. Light refreshments will be served. **Please call 404.501.2222 to register for Wellness Center talks.**

AUGUST 25
STROKE AWARENESS
Join us to learn warning signs of a stroke.

SEPTEMBER 22
SUGAR SHOCKERS!
Learn tips for finding the hidden sugar in the foods you eat.

OCTOBER 27 - SAVE THE DATE!
TOPIC PENDING

YOUR SENIOR SPECTRUM MEMBERSHIP BENEFITS INCLUDE:

- Half price parking with your Senior Spectrum badge anytime you visit DeKalb Medical
- Free educational seminars presented by board-certified physicians
- Organized socials and travel
- Free *MembersFirst* Credit Union membership. Call **404.501.7494** to have a membership application mailed to you. Call **404.978.0080** to learn more about their services

NEW MEMBERS can drop the completed membership form and payment into the Senior Spectrum mailbox in the Wellness Center, located on the ground floor of the 2665 Professional Building DeKalb Medical or mail the completed membership form and payment to:

DeKalb Medical
Senior Spectrum
2701 N. Decatur Road
Decatur, GA 30033

** Membership badges will be mailed two to three weeks after receipt of application.*

membershipFORM

WELLNESS CENTER MEMBER # _____

PAYMENT ENCLOSED

REMIT TO DEKALB MEDICAL

SELECT ONE

\$15.00 Individual _____ \$30.00 Couple _____

Legal name(s) _____

Preferred name(s) to appear on badge _____

Street address _____

City _____

State _____ Zipcode _____

Phone# _____

Cell# _____

Email _____

DATE(S) OF BIRTH (Month-Day-Year)

_____-_____-_____

_____-_____-_____

EMERGENCY CONTACT INFO:

REQUIRED FOR MEMBERSHIP

EMERGENCY CONTACT

Name _____

Relationship _____

Daytime Phone# _____

Address _____

consentFORM

I have voluntarily enrolled in the Senior Spectrum program at DeKalb Medical and self-selected the programs, activities and trips in which I participate. I understand that my physical and mental suitability for participation is not evaluated by the program staff. I have reviewed the itinerary, schedule or agenda and voluntarily chosen to participate in the events suited to my abilities with no expectation of assistance in performing the tasks associated with participation. I understand that there are certain risks of accident, illness, injury or death that are inherent in any program of physical activity or travel.

In consideration of the benefits I will receive from the Senior Spectrum program, I, for myself and my heirs, executors, and assigns, release Senior Spectrum program, DeKalb Hospital Authority and DeKalb Medical, Inc., and their officers, agents, staff, physicians and other representatives from any and all liability for illness, injury or death which may occur from, or arise out of participation in programs and trips, from any cause whatsoever, including the negligence of those being released.

If one or more of the provisions contained herein shall be held to be unenforceable in any respect under Georgia law, such unenforceability shall not affect any other provision of the Consent and Release. Consent and Release shall be construed as if such unenforceable provision or provisions had never existed.

By signing below, I consent to assume all risks, which as associated with, or which may arise from participation in the Senior Spectrum programs or trips.

Print Name _____ Date _____ / _____ / _____

Signature _____ Date _____ / _____ / _____

FOR OFFICE USE ONLY

Processed By _____

Trip Status _____

Sent Confirmation or Wait List Letter _____ Date _____ / _____ / _____

Additional Correspondence _____ Date _____ / _____ / _____

Payment Made or Returned _____ Date _____ / _____ / _____

Navigating the Issues of Aging

DeKalb Medical sponsors new senior health expo, September 24

Trying to navigate through the many challenges of aging can make any family feel a little sea sick! Dealing with healthcare issues, legal needs and options for care often can be overwhelming, leaving someone unsure of even where to begin. Join a panel of senior care experts from DeKalb Medical and Senior Provisions to learn more about your Medicare benefits, elder law needs, Veterans Administration benefits and different levels of care.

Panelists include Jerry Miller, DeKalb Medical Director of Care Management; Victoria L. Collier, elder and disability attorney; Keith Nabb, Affordable Medicare Solutions; Amy Hentschel, Senior Provisions; and Hans Hentschel, adaptive home designer. Seniors will have an opportunity to speak with panelists one-on-one during the event. A light lunch will be served. This event is free and open to the community, but reservations are required. **Call 404.501.WELL (9355) to R.S.V.P. by September 9.**

IMPORTANT DATES TO REMEMBER

- August 7** SENIOR SPECTRUM TALK: SLEEP & HEART HEALTH
- August 20** TRIP LOTTERY FOR ALL TRIPS LISTED BELOW
- August 21** TRIP CONFIRMATIONS MAILED
- September 29** SENIOR SPECTRUM TRIP: HISTORIC MARIETTA TROLLY TOUR
- October 29** SENIOR SPECTRUM TRIP: HALLOWEEN TOUR OF OAKLAND CEMETERY
- December 9** SENIOR SPECTRUM TRIP: GOVERNOR'S MANSION TOUR

Upcoming Social Outings

Make your reservations now to join us for our exciting spring trips!

TRIP LOTTERY

There will be **one lottery** for all trips this quarter. In order to be considered, please turn in your registration form with payment **by the close of business August 19. The trip lottery will be held on August 20.** All forms received **after** the trip lottery will be considered as long as space is available. Confirmation and wait list letters will be mailed **August 21.**

The past few months, we have been able to accommodate everyone who registers! Thanks again for your participation in our programs.

Return your forms to the Senior Spectrum mailbox in the Wellness Center or to:

**DeKalb Medical
Senior Spectrum
2701 N. Decatur Rd.
Decatur, GA 30033**

Questions? Call the Senior Spectrum Hotline at 404.501.SPEC (7732).

Parking Validation for Talks

Beginning in August, we will provide parking validation for the monthly Senior Spectrum health talks. However, validation will only be provided for those who pre-register. To register for health talks, call 404.501.WELL (9355).

ENJOY TRAVELING WITH US



Some Travel Tips

- If your physical abilities change after you sign up for a trip, please call **404-501-SPEC (7732).**
- Please remember that the front two rows on the bus are reserved for staff.
- Be aware that your friends like to return to their same seats on the bus each time we load.
- Badges are now required on trips. Call 404.501.SPEC (7732) if you need a replacement.

registration FORM

EVENT Governor's Mansion Christmas Tour **DATE** December 9, 2015
Lunch at Seasons 52

FEE \$65 - includes bus, lunch & event tickets **NO REFUNDS AFTER** November 29

DETAILS Enjoy a specially prepared menu for our group that includes:
Roasted Roma Tomato Flatbread
Blackened Steak & Blue Cheese Flatbread
Grilled Chicken Salad
Shrimp Cavatappi Pasta
Blackened Mahi Mahi Tacos
Dessert

NAME _____

PHONE _____

ADDRESS _____

ADDRESS _____

I require the use of a wheelchair (manual or electric)

I require the use of a walking aid (walker, cane, etc.)

EMERGENCY INFO

EMERGENCY CONTACT

Name _____ Phone _____

HEALTH INSURANCE

Company _____ Policy Number _____

PAYMENT OPTIONS

Check made payable to DeKalb Medical

Credit card

Please circle card name below:

Visa | Mastercard | American Express | Discover

Card # _____

Expiration Date _____ / _____

Amount to Charge \$ _____

Signature of Cardholder _____

consentFORM

I have voluntarily enrolled in the Senior Spectrum program at DeKalb Medical and self-selected the programs, activities and trips in which I participate. I understand that my physical and mental suitability for participation is not evaluated by the program staff. I have reviewed the itinerary, schedule or agenda and voluntarily chosen to participate in the events suited to my abilities with no expectation of assistance in performing the tasks associated with participation. I understand that there are certain risks of accident, illness, injury or death that are inherent in any program of physical activity or travel.

In consideration of the benefits I will receive from the Senior Spectrum program, I, for myself and my heirs, executors, and assigns, release Senior Spectrum program, DeKalb Hospital Authority and DeKalb Medical, Inc., and their officers, agents, staff, physicians and other representatives from any and all liability for illness, injury or death which may occur from, or arise out of participation in programs and trips, from any cause whatsoever, including the negligence of those being released.

If one or more of the provisions contained herein shall be held to be unenforceable in any respect under Georgia law, such unenforceability shall not affect any other provision of the Consent and Release. Consent and Release shall be construed as if such unenforceable provision or provisions had never existed.

By signing below, I consent to assume all risks, which as associated with, or which may arise from participation in the Senior Spectrum programs or trips.

Print Name _____ Date _____ / _____ / _____
Signature _____ Date _____ / _____ / _____

FOR OFFICE USE ONLY

Processed By _____
Trip Status _____
Sent Confirmation or Wait List Letter _____ Date _____ / _____ / _____
Additional Correspondence _____ Date _____ / _____ / _____
Payment Made or Returned _____ Date _____ / _____ / _____

Keep up with the latest
Senior Spectrum News You Can Use

***Is your body telling you
to drink up?***

Oh, to be a camel — able to walk 100 miles without a drop to drink and equipped with built-in water storage and a handy hump that converts fat into H2O. But, alas, we humpless humans do have to think about staying hydrated, especially when summer brings soaring temperatures and increased activity. Experts say to aim for six to eight cups of liquid a day as a baseline. Add extra if it's very hot, if you're very active, if you're sick, or if you're spending time in hot climates. Stick with water as your primary beverage, but other liquids like tea and coffee count too. Keep in mind that if hunger is a scream, thirst is often a whisper — not a reliable indicator of your body's needs. Aim to stay ahead of the curve this summer: Just add water.

ANNOUNCEMENTS

Volunteer Courtesy Cart Drivers Needed. The DeKalb Medical Courtesy Cart program provides free transportation between the various buildings on the North Decatur Campus. For more info, call 404.501.5956.

Get moving with your Senior Spectrum Friends! Join other seniors as they get fit every Tuesday and Thursday morning from 8:30-9:30 a.m. at North DeKalb Mall. Meet the group at the AMC Theatre entrance and come prepared to move! Participation is free. Call the Senior Spectrum hotline for more details. 404.501.SPEC (7332).

Driving Solutions for Seniors. The Outpatient Rehab Clinic on the North Decatur campus offers a speciality program that provides driving assesments for seniors along with training and adaptive equipment recommendations. Call 404.501.5140 for more info.

Take a ride through history aboard the
Historic Marietta Trolley

and enjoy lunch at Shillings on the Square

FRIDAY, September 25, 2015

*Tour historic Marietta
and enjoy lunch on the
Square!*

Explore Marietta's historic districts and Kennesaw Mountain National Battlefield Park aboard the historic Marietta Trolley. Sites along the 60-minute guided tour will include the Western & Atlantic Depot, the National Cemetery, Tranquilla, Root House, Kennesaw Mountain, and the Marietta Square/Glover Park.

The original layout of the square was based on the Savannah plan of grid-like streets with a central square.

Today our beautiful square with its lushly landscaped park remains the heart of the community. It houses over 70 antique and speciality shops, eclectic restaurants and entertainment venues. The park is the site for numerous festivals and special events. We will enjoy lunch at the last stop on our tour, Shillings on the Square, which has existed in various incarnations since 1885.

- 8:45 a.m.** Check in and board bus
- 9:00 a.m.** Depart for Marietta Trolley
- 11:00 a.m.** Enjoy the tour!
- 12:15 p.m.** Enjoy lunch!
- 2:30 p.m.** Arrive at DeKalb Medical

FYI - This trip requires walking from the parking lot to the entrance and throughout the museum. If your physical abilities change before the trip, call 404-501-SPEC (7732) to update us.

Please complete a separate form for each person wishing to register for the trip. This applies to couples as well.

If you wish to bring a neighbor or friend along for a trip please be advised that for liability reasons, they will need to complete a Senior Spectrum application and remit the \$15 lifetime membership fee along with their trip registration form and payment.

*registration***FORM**

EVENT Oakland Cemetery Tour **DATE** October 29, 2015

FEE \$55 - includes boxed lunch, ticket and transportation **NO REFUNDS AFTER** October 19, 2015

DETAILS Please select from the following Mercantile Signature Sandwich boxed lunches to be served on the bus ride to the cemetery:
 ___The Rome (Roasted Chicken, Provolone, Mixed Greens, Tomato, Tapenade Mayo on Toasted Sourdough, Wheat or Multigrain)
 ___The Druid Hills (Roast Beef, Carmelized Shallots, Arugula, & Chipotle Aioli on a Grilled Hoagie)
 ___The Reynoldstown (Black Bean Hummus, Provolone, Cucumber, Tomato & Greens)
 ___The Candler (Roasted Turkey, Cranberries, Pancetta, Cream Cheese on Sourdough, Wheat or Multigrain Includes Bottled Water)

NAME _____
 PHONE _____
 ADDRESS _____
 ADDRESS _____

- I require the use of a wheelchair (manual or electric)
- I require the use of a walking aid (walker, cane, etc.)

EMERGENCY INFO

EMERGENCY CONTACT

Name _____ Phone _____

HEALTH INSURANCE

Company _____ Policy Number _____

PAYMENT OPTIONS

- Check made payable to DeKalb Medical
- Credit card

Please circle card name below:

Visa | Mastercard | American Express | Discover

Card # _____

Expiration Date _____ / _____

Amount to Charge \$ _____

Signature of Cardholder _____

consentFORM

I have voluntarily enrolled in the Senior Spectrum program at DeKalb Medical and self-selected the programs, activities and trips in which I participate. I understand that my physical and mental suitability for participation is not evaluated by the program staff. I have reviewed the itinerary, schedule or agenda and voluntarily chosen to participate in the events suited to my abilities with no expectation of assistance in performing the tasks associated with participation. I understand that there are certain risks of accident, illness, injury or death that are inherent in any program of physical activity or travel.

In consideration of the benefits I will receive from the Senior Spectrum program, I, for myself and my heirs, executors, and assigns, release Senior Spectrum program, DeKalb Hospital Authority and DeKalb Medical, Inc., and their officers, agents, staff, physicians and other representatives from any and all liability for illness, injury or death which may occur from, or arise out of participation in programs and trips, from any cause whatsoever, including the negligence of those being released.

If one or more of the provisions contained herein shall be held to be unenforceable in any respect under Georgia law, such unenforceability shall not affect any other provision of the Consent and Release. Consent and Release shall be construed as if such unenforceable provision or provisions had never existed.

By signing below, I consent to assume all risks, which as associated with, or which may arise from participation in the Senior Spectrum programs or trips.

Print Name _____ Date _____ / _____ / _____

Signature _____ Date _____ / _____ / _____

FOR OFFICE USE ONLY

Processed By _____

Trip Status _____

Sent Confirmation or Wait List Letter _____ Date _____ / _____ / _____

Additional Correspondence _____ Date _____ / _____ / _____

Payment Made or Returned _____ Date _____ / _____ / _____

Join us if you dare!
Spirit of Oakland Cemetery Halloween Tour
with boxed lunches from The Mercantile

A Spooktacular History of Atlanta!

THURSDAY, October 29, 2015

Enjoy historic Oakland Cemetery after dark at Capturing the Spirit of Oakland Halloween Tours, a seasonal tradition! A costumed docent will guide our group on a 60-minute walking tour through the cemetery's beautifully-lit Victorian gardens as we experience the stories of Atlanta's sons and daughters come to life. Tours last approximately one hour. Due to the historic nature of the site, not all areas are handicap accessible.

- 3:45 p.m.** Check in and board bus
- 4:00 p.m.** Depart for Oakland Cemetery
- 5:30 p.m.** Enjoy the tour!
- 6:45 p.m.** Depart for DeKalb Medical
- 7:30 p.m.** Arrive at DeKalb Medical

We will enjoy signature sandwich boxed lunches from The Mercantile as we ride to the cemetery. Please make your selection from the options provided on the registration form on page 11.

FYI - This trip requires walking and standing for the duration of the 60 minute tour. If your physical abilities change prior to the trip, please call **404-501-SPEC (7732)** to update us.

Please complete a separate form for each person wishing to register for the trip. This applies to couples as well.

If you wish to bring a neighbor or friend along, please be advised that for liability reasons, they will need to complete a Senior Spectrum application and remit the \$15 lifetime membership fee along with their trip registration form and payment.

Kick off the Holiday Season
Christmas Tour of the Governor's Mansion

Followed by lunch at Seasons 52

WEDNESDAY, December 9, 2015

*It's the most wonderful
time of the year!*

We will enjoy the beautiful Christmas decorations at the official residence of Georgia's 82nd Governor, Nathan Deal. It is a three floor, 30-room, Greek Revival style home built in 1967, which stands on approximately 18 acres in northeast Atlanta. It was designed by Georgia architect Thomas Bradbury and officially opened on January 1, 1968. The tour is a hybrid of a guided and self guided tour. Docents will be stationed in each room to teach you about the collection, but you may go from room to room at your own pace. Many of the docents have volunteered at the Mansion under several Governors and are as much a part of the tour as the collection itself.

- 9:00 a.m.** Check in and board bus
- 9:15 a.m.** Depart for Governor's Mansion
- 10:00 a.m.** Enjoy the tour!
- 12:15 p.m.** Enjoy lunch at Seasons 52
- 1:45 p.m.** Depart for DeKalb Medical
- 2:30 p.m.** Arrive at DeKalb Medical

FYI - This trip requires walking from the parking lot to the entrance and throughout the museum. If your physical abilities change before the trip, call 404-501-SPEC (7732) to update us.

Please complete a separate form for each person wishing to register for the trip. This applies to couples as well.

If you wish to bring a neighbor or friend along for a trip please be advised that for liability reasons, they will need to complete a Senior Spectrum application and remit the \$15 lifetime membership fee along with their trip registration form and payment.

*registration***FORM**

EVENT Marietta Trolley Tour & Lunch at Shillings **DATE** Sept. 25, 2015
FEE \$60 Includes ticket, lunch & transportation **NO REFUNDS AFTER** Sept. 15, 2015

DETAILS Enjoy a specially prepared menu for our group that includes:
House Salad followed by your choice of the following:
Chopped Sirloin Platter (Sirloin patty topped with mushroom & red wine demi-glaze
Italian Chicken Platter (Chicken breast topped with onions, peppers, marinara sauce and mozzarella cheese)
Teriyaki Salmon (Salmon topped with pineapple relish)
 *all entrees served with mashed potatoes and a vegetable medley

NAME _____
PHONE _____
ADDRESS _____
EMAIL _____

- I require the use of a wheelchair (manual or electric)
- I require the use of a walking aid (walker, cane, etc.)

EMERGENCY INFO

EMERGENCY CONTACT

Name _____ Phone _____

HEALTH INSURANCE

Company _____ Policy Number _____

PAYMENT OPTIONS

- Check made payable to DeKalb Medical
- Credit card

Please circle card name below:

Visa | Mastercard | American Express | Discover

Card # _____

Expiration Date _____ / _____

Amount to Charge \$ _____

Signature of Cardholder _____