



Circle News

Circle News Jan / Feb 2012

Our Mission: To encourage the healthiest, most active lifestyle possible through meaningful education, wellness, health, volunteer opportunities, and social activities at our hospital and throughout the community, while providing a forum for fellowship and valuable member-only discounts and privileges.



Special points of interest:

- **Craft Day** the 3rd Friday of each month at 9:30am in the CPRMC Café!
- **Computer classes @** Leander Public Library! Tues @ 2p; Th @ 6:30p Call 259-5259
- **Health Fair** at Twin Lakes Family YMCA on 1/7
- **Jump Start Your Weight Loss** on 1/26
- **SC at the Toros** 1/31
- **1st Friday Movies:** Clue & The Blind Side

See Calendar for details

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Circle Around

Jayme Cudworth, SC Advisor



Happy New Year!!

Do you make a New Year's resolution each year? So far I've heard, "I'm going to lose that last 10 pounds!" And, "I'm going to get out of the house more this year." Most popular remains, "I'm going to exercise regularly and take better care of myself in 2012!"

Even those that do not believe in making resolutions often wish for better health and stronger relationships.

And guess what? Senior Circle can grant those wishes! In taking a look back at 2011 and a look forward to 2012 at all of the educational seminars, exercise classes and social events we offer, there's definitely something for everyone.

My New Year's resolution for The Circle this year is to keep exploring new ways to build our membership and enhancing our busy activity calendar. For example, if you're feeling crafty, join us at CPRMC for a creative crafts session the 3rd Friday of each month. Or, if you're up for exploring, a day trip might be just the ticket.

Whether tried and true, old or new, our events and activities are always worth-

while because of YOU!

So, please continue to participate and be sure to bring new folks to The Circle – it's what makes our group so fun and special.

Here's to US in 2012!

~Jayme



Tim Adams

A Word from our CEO

In December, CPRMC celebrated its 4th birthday! 2011 was certainly a year of growth for our organization.

We began construction on a Level II NICU and additional Labor & Delivery rooms on the third floor. We also opened new outpatient services to meet our patients'

needs. The Wound Care Center opened in August and is providing comprehensive care for patients with hyperbaric medicine needs and problem wounds. In October, we opened the Cedar Park Regional Imaging Center to provide accessible outpatient imaging services. We're also dedicated to having leading-

edge technologies. In October, we enhanced our surgical capabilities with the acquisition of the latest daVinci robot Si Platform.

As we look forward to 2012, please know how much we appreciate your dedication and support of CPRMC – it's our pleasure to serve you. *~Tim*



A partner of the Sevens Family of Hospitals

Senior Circle Seminars

Friday, January 13th

Dave Rodriguez, Sleep Medicine Center

David Rodriguez is a licensed registered respiratory therapist & Director of Cardiopulmonary and sleep lab at CPRMC. He served as Director of Cardiopulmonary/Rural clinics and Sleep Lab at Hill Country Memorial Hospital for over 7 years and prior to that, director of Cardiopulmonary Services at John Peter Smith Hospital in Fort Worth, Texas. He has over 25 years of experience in the respiratory care profession and sleep related disorders.

Dave will talk with us about CPRMC's Central Texas Sleep Medicine Center, a comprehensive sleep disorders center that diagnoses and treats patients with a number of sleep disorders such as Sleep Apnea, Narcolepsy, Restless Leg Syndrome, snoring, insomnia, daytime sleepiness.

Come here more about ways to treat these conditions at CPRMC!

Friday, January 27th

Dr. Heath Parker, Lago Vista

Dr. Heath Parker is board certified in Pediatrics and Internal Medicine. With his training, he can care for all pediatric and adult patients. Dr. Parker has specialized in emergency care over the past 13 years, and has much to share about how to prevent illness and injury.

Friday, February 10th

Dr. John Branch, Ophthalmologist

After completing his training at the University of South Florida – where he performed more cataract surgeries than anyone in the history of the program – Dr. John Branch established a division of ophthalmology for the Greenville Hospital System. Along with routine eye exams, Dr. Branch performs a variety of surgeries and is an experienced cataract and refractive lens implant surgeon. He provides his patients with the most advanced care and a personal touch. Visit him at the Vision Center of Texas right here in Cedar Park.

Friday, February 24th

To Be Announced ~ Stay Tuned!

Senior Secrets

We've got many interesting members, so we thought it'd be fun to get to know more about each other. Can you guess who this is?

- "My husband's name is up in lights."
- "I've lived in Cedar Park for 43 years."
- "I'm a charter member of the Williamson County genealogical Society."

Find out who this is in the next issue of Circle News!

Picture This!



ANNIVERSARY CELEBRATION!



BRANSON, BABY!



THANKSGIVING FEAST!



"THIS IS YOUR BIRTHDAY SONG, IT ISN'T VERY LONG ..."

Travel in 2012

Collette Vacations

One of the most exciting benefits Senior Circle offers is the opportunity to travel near and far. Through our partnership with Collette Vacations, Senior Circle members can see the world and save!

Collette takes the hassle out of travel, so we have all the fun! Their buying power gets us unbeatable value. Tours include sightseeing, entertainment, admissions to museums and parks, great hotels and many meals, making it a hassle free experience from start to finish.



Trips with Collette Vacations do not require a minimum number of travelers. Just one is all it takes!

Collette Vacations travels to more than 150 destinations on all seven continents.

Unlike other guided tours, these trips do not require a minimum number of travelers. The great deals are available to anyone who is interested – all you have to do is sign-up.

So, when you see a Collette Vacation being promoted, be sure and take a look ... it might just be the trip of your dreams.

Diamond Tours

Diamond Tours is the nation's largest bus tour company dealing exclusively in motorcoach group travel.

Thousands of Senior Circle members across America have experienced the Diamond Tours Difference on one of their 30+ motorcoach destinations in the United States and Canada. And many of our CPRMC SC members have personally had a blast on a Diamond Tours adventure!

We're in the process of planning our 2012 trips with Diamond Tours, with

destinations in mind such as Colorado, New Mexico, New Orleans, and Savannah Georgia.

Most trips are six to eight nights and range between \$500 and \$800. It only takes 30 Senior Circle members to comprise a trip, so be on the lookout for our next adventure and get your name on the list early!

Trip opportunities will be announced in the coming weeks, with details available in the March/April issue of Circle News.

Where to next?

- Colorado?**
- New Mexico?**
- New Orleans?**
- Savanna?**

Email your vote to seniorcircle@gmail.com with "Diamond Tours" as the Subject.

Day Trips



Calling all Travel Agents! Day trip planners needed!

A fun Senior Circle trip doesn't mean you have to pack a suitcase or board an airplane ... it might be as

simple as a jaunt down the road! There's lots to do and see in Central Texas, and in 2012 we plan to stop talking about it and start doing it!

A couple of you wanted to take an active role in coordinating day trips; if you still do, please let me know: jayne_cudworth@cedarparkregional.com

Suggested Day Trips for 2012:

- Gruene/New Braunfels
- Brenham (Bluebell)
- San Antonio
- Austin Capital & Museums
- Casinos

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Senior Circle
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WE'RE ON THE WEB!

WWW.CEDARPARKREGIONAL.COM/SENIORCIRCLE

Senior Circle Partners

Our Senior Circle partners have contributed hugely to the success of our Senior Circle chapter, so please be sure to give them your business!

Gold

Sagebrook Health Center
Twin Lakes Family YMCA

Silver

Care Improvement Plus
Acadian Ambulance (formerly Central Texas EMS)
Heart to Heart Hospice of Austin
Hill Country Eye Center
Lone Star Circle of Care

Bronze

Austin Groups for the Elderly
Caring Senior Service
Highland Estate Independent Retirement Living
Lone Star Dermatology
New Hope Manor
Senior Helpers
Texas Orthopedics
Copper
Amedisys Home Health
Heavenly Care Senior Home Care
Texas Assurance Care
The Renaissance
Trinity Care Center

