



## SmartSenior

### Member Referral Program

Refer your friends, family and neighbors to SmartSenior during May, and be entered to win a \$200 Kroger Gift Card!

 After they have joined, you will receive a free insulated grocery bag and be entered to win a \$200 Kroger gift card.

 Every new member you bring in will give you an additional entry into the raffle.

 Offer only valid from May 1 through May 31, 2025. No prior referrals will be eligible. The winner will be announced Monday, June 2.

 Call the SmartSenior Office at with any questions  
**(912) 352-4405.**

## INSIDE THIS ISSUE

- 2** SmartSenior Application  
Member Spotlight  
Did you know?
- 3** Weekly Activities  
Movie Schedule
- 4** May Calendar
- 5** June Calendar
- 6** May & June Events
- 7** What is a pontine stroke?  
Tips for Traveling

#### SMARTSENIOR OFFICE HOURS

Monday-Thursday: 8:30 a.m. - 4:30 p.m.  
Friday: 8:30 a.m. - 4 p.m.

836 E. 65<sup>th</sup> Street, Suite 8  
Savannah, GA 31405

(912) 352-4405  
[www.sjchs.org/smartsenior](http://www.sjchs.org/smartsenior)

#### OFFICE CLOSED

Bingo Bash (May 2)  
Memorial Day (May 26)  
Juneteenth (June 19)

## MEMBER SPOTLIGHT

**Rose Marcia Metts**, known to us as Marcia, was born in Rome, New York. Did you know that Marcia's dad was in the military? She likes to say that she grew up with free global travel, which included living in Turkey, Germany, and Italy.



*Did you know that Marcia began her career as an elementary school teacher?*

She taught in North Carolina, Maryland, and Kansas. Her fondest memories were in Kansas where she taught and was a co-leader of the "Pep Club," 3<sup>rd</sup>-6<sup>th</sup> grade girl cheerleaders, who attended the 4<sup>th</sup>-6<sup>th</sup> grade boys basketball and football games. She recalls her enjoyment in every minute of it.

*So, how did Marcia end up in Savannah?*

It is the result of her husband's job with Gulfstream. As for Marcia, she started in Savannah as a homemaker and mother of three. Marcia then had an opportunity to teach at the college level for Draughton's Junior College where for 14 years, she

taught their remedial classes, then moved to regular classes. It was there that she realized her love of writing and wrote pieces for herself. Then she moved to Savannah State University where she taught literature and diversity of English essay classes.

*Would you have guessed that teaching essay classes got her involved in the community?*

Specifically, she was involved in the Blackshear Community Center where she took her college students to guide a writing workshop for children ranging from nine to twelve years old. This adventure, enjoyed by her college students, resulted in the highest teacher evaluation of her career. She also enjoys walking for exercise. Then one day as she took her usual walk by a canal, she saw large equipment for excavation. Marcia wondered what would happen to the turtles living in the canal, and that is how her book *A Turtle's Tale* was born, written from the perspective of the turtle. Did you know that Marcia is self-published, and has had books signing in town? She would like you to know that, "Anything that I have done, I give God the glory."

### SmartSenior

A Community Initiative of St. Joseph's/Candler

## 55 or Better? Join Today!

### Membership Request Form

If interested in becoming a SmartSenior Member, please fill out this form and return with payment to the SmartSenior office. You can also join online at [sjchs.org/smartsenior](http://sjchs.org/smartsenior), or via phone at (912) 352-4405!

Name: \_\_\_\_\_ DOB: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP Code: \_\_\_\_\_

Primary Phone: \_\_\_\_\_ Other Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Referred By:

Referrer Name: \_\_\_\_\_ Referrer Phone: \_\_\_\_\_

Annual Membership Dues: \$20

Payment Method (select one):

- Cash  Check (payable to SmartSenior)  
 Credit Card (please call (912) 352-4405 or visit [sjchs.org/smartsenior](http://sjchs.org/smartsenior) to pay via credit card)

SmartSenior

836 E. 65<sup>th</sup> St., Ste. 8 • [sjchs.org/smartsenior](http://sjchs.org/smartsenior) • (912) 352-4405



### DID YOU KNOW?

**Do you know why Americans grill on Memorial Day?**

Beyond a chance to welcome the start of summer, barbecuing can also be a fitting way to honor America's fallen soldiers. Barbecuing meat has historical connections to the military.

Source: Morning AG Clips

**Do you know which month starts on the same day of the week every year as June?**

In both common and leap years, no other month begins on the same day of the week as June.

Source: Wikipedia.org

# SMARTSENIOR WEEKLY ACTIVITIES

There's always something going on here at SmartSenior! Learn more about our weekly activities. You do not need reservations for these activities.

## Exercise Class

**Mondays 9:30 – 10:15 a.m. | SmartSenior Office**

Enjoy our low-impact chair exercise class every Monday! Please bring your own hand weights.

## Mahjong Mondays

**Mondays 1 – 3 p.m. | SmartSenior Office**

Join us for this classic game every Monday. Advanced players only.

## Line Dancing

**Advanced: Tuesdays & Thursdays 10 a.m.**

**Beginner: Tuesdays & Thursdays 11 a.m.**

The Episcopal Center (*formally called St. Michael's & All Angels*)  
3101 Waters Ave.

Grab your dancing shoes and join us for Advanced Line Dancing, Beginner Line Dancing, or both!

## Game Days

**Tuesdays & Thursdays 1 – 4:15 p.m. | SmartSenior Office**

All are welcome! Typical games include cards, chess, and Scrabble.

## Chair Yoga

**Wednesdays 2 – 3 p.m. | SmartSenior Office**

Enjoy this body and mind engaging activity. Please remember to bring your own mat.

## Sew Girls Group

**Wednesdays 9 a.m. – 12 p.m. | SmartSenior Office**

Do you enjoy fabric and fibers? Our group works individually on different types of projects in different mediums. Bring your own machine and materials. This is not a sewing instruction class.

## Intro Mahjong

**Thursdays 1 – 3 p.m. | SmartSenior Office**

Have you always wanted to learn how to play this classic tile game? Stop by our introductory class to get started.

## RUN FOR THE SMARTSENIOR ADVISORY BOARD!

There are two available seats on our SmartSenior Advisory Board! Applications will be available from May 1 through May 30. Must be an active member to apply. Term limits are three consecutive years. Applications are available at the SmartSenior office.

## MAY & JUNE MOVIE SCHEDULE

Reservations are required for all of the following movies. Please make note, all June movies start at 1 p.m.



### La Dolce Villa (TV-14)

**May 16 at 2 p.m.**

**Starring:** Scott Foley, Violante Placido, and Maia Reficco  
When his daughter decides to buy a crumbling Tuscan villa, Eric rushes to Italy to talk her out of it. He instead finds beauty, romance and a new purpose.

### Robin Hood Men in Tights (PG-13)

**May 30 at 2 p.m.**

**Starring:** Cary Elwes, Richard Lewis, and Roger Rees  
This Mel Brooks spoof of the classic Robin Hood tale follows Robin of Loxley in his escape from prison and return to England as he battles the evil King John.

### Bob Marley: One Love (PG-13)

**June 13 at 1 p.m.**

**Starring:** Kingsley Ben-Adir, Lashana Lynch, and James Norton  
An inside look at the life, family and legacy of Bob Marley, featuring rare footage and interviews with those close to him. A journey from his early life to later international success as a reggae superstar and spokesperson.

### The Six Triple Eight (PG-13)

**June 20 at 1 p.m.**

**Starring:** Kerry Washington, Ebony Obsidian, and Oprah Winfrey  
Eight hundred and fifty-five join the war effort to address a three-year mail backlog. Despite discrimination and war-torn conditions, they sort over seventeen million pieces of mail ahead of schedule. Based on a true story.

### Respect (PG-13)

**June 27 at 1 p.m.**

**Starring:** Jennifer Hudson, Skye Dakota Turner, and Audra McDonald  
Following the rise of Aretha Franklin's career—from a child singing in her father's church choir to her international superstardom.



# MAY 2025

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b> Advanced Line Dancing 10 a.m. Beginner Line Dancing 11 a.m. Intro Mahjong 1 p.m. Game Day 1 p.m.	<b>2</b> Office Closed Bingo Bash 
<b>5</b> Exercise Class 9:30 a.m. Mahjong 1 p.m.	<b>6</b> Advanced Line Dancing 10 a.m. Beginner Line Dancing 11 a.m. Game Day 1 p.m.	<b>7</b> Sew Girls Group 9 a.m. Chair Yoga 2 p.m.	<b>8</b> Advanced Line Dancing 10 a.m. Beginner Line Dancing 11 a.m. Advisory Board Meeting 12 p.m. Intro Mahjong 1 p.m. Game Day 1 p.m.	<b>9</b>
<b>12</b> Exercise Class 9:30 a.m. Mahjong 1 p.m.	<b>13</b> Advanced Line Dancing 10 a.m. Beginner Line Dancing 11 a.m. Game Day 1 p.m. Tuesday Tea 2 p.m.	<b>14</b> Sew Girls Group 9 a.m. Chair Yoga 2 p.m.	<b>15</b> Advanced Line Dancing 10 a.m. Beginner Line Dancing 11 a.m. DPH Health Screenings 11 a.m. Intro Mahjong 1 p.m. Game Day 1 p.m.	<b>16</b> Movie Day 2 p.m.
<b>19</b> Exercise Class 9:30 a.m. Mahjong 1 p.m.	<b>20</b> Advanced Line Dancing 10 a.m. Beginner Line Dancing 11 a.m. Game Day 1 p.m. Tuesday Tea 2 p.m.	<b>21</b> Sew Girls Group 9 a.m. Chair Yoga 2 p.m.	<b>22</b> Advanced Line Dancing 10 a.m. Beginner Line Dancing 11 a.m. Intro Mahjong 1 p.m. Game Day 1 p.m.	<b>23</b> Office Closed Discover Local 10:30 a.m.
<b>26</b> Office Closed Memorial Day	<b>27</b> Memory Café 10 a.m. Advanced Line Dancing 10 a.m. Beginner Line Dancing 11 a.m. Game Day 1 p.m. Tuesday Tea 2 p.m.	<b>28</b> Lunch & Learn 9:30 a.m. Chair Yoga 2 p.m.	<b>29</b> Advanced Line Dancing 10 a.m. Beginner Line Dancing 11 a.m. Intro Mahjong 1 p.m. Game Day 1 p.m.	<b>30</b> Book Club 11 a.m. Movie Day 2 p.m.

# JUNE 2025



Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> Exercise Class 9:30 a.m. Mahjong 1 p.m.	<b>3</b> Advanced Line Dancing 10 a.m. Beginner Line Dancing 11 a.m. Game Day 1 p.m. Tuesday Tea 2 p.m.	<b>4</b> Sew Girls 9 a.m. Chair Yoga 2 p.m.	<b>5</b> Advanced Line Dancing 10 a.m. Beginner Line Dancing 11 a.m. Lunch & Learn 11:30 a.m. Intro Mahjong 1 p.m. Game Day 1 p.m.	<b>6</b> Discover Local 2 p.m.
<b>9</b> Exercise Class 9:30 a.m. Mahjong 1 p.m.	<b>10</b> Advanced Line Dancing 10 a.m. Beginner Line Dancing 11 a.m. Game Day 1 p.m. Tuesday Tea 2 p.m.	<b>11</b> Sew Girls 9 a.m. Chair Yoga 2 p.m.	<b>12</b> Advanced Line Dancing 10 a.m. Beginner Line Dancing 11 a.m. DPH Health Screenings 11 a.m. Intro Mahjong 1 p.m. Game Day 1 p.m.	<b>13</b> Movie Day 1 p.m.
<b>16</b> Exercise Class 9:30 a.m. Mahjong 1 p.m.	<b>17</b> Memory Café 10 a.m. Advanced Line Dancing 10 a.m. Beginner Line Dancing 11 a.m. Game Day 1 p.m. Tuesday Tea 2 p.m.	<b>18</b> Sew Girls 9 a.m. Chair Yoga 2 p.m.	<b>19</b> Office Closed Juneteeth	<b>20</b> Movie Day 1 p.m.
<b>23</b> Exercise Class 9:30 a.m. Mahjong 1 p.m.	<b>24</b> Advanced Line Dancing 10 a.m. Beginner Line Dancing 11 a.m. Game Day 1 p.m.	<b>25</b> Sew Girls 9 a.m. Chair Yoga 2 p.m.	<b>26</b> Advanced Line Dancing 10 a.m. Beginner Line Dancing 11 a.m. Intro Mahjong 1 p.m. Game Day 1 p.m.	<b>27</b> Movie Day 1 p.m.
<b>30</b> Exercise Class 9:30 a.m. Book Club 11 a.m. Mahjong 1 p.m.				



## MAY 2025 EVENTS

Please make reservations for all of the following events. Call the SmartSenior office at (912) 352-4405 to register.

### Bingo Bash

Friday, May 2 | 11 a.m. | Alee Temple, 100 Eisenburg Dr.  
Tickets to this event are sold out.

### Tuesday Tea | Ghosts

Tuesdays, May 13 – June 17 | SmartSenior Office  
Enjoy tea, treats, and television at our Tuesday Tea! Enjoy the haunting comedy series Ghosts. A young couple inherit a haunted mansion and, unaware of their invisible housemates, plan to turn it into a B&B. Their lives become much more complicated after a fall causes the wife to see the ghosts.

### DPH Health Screenings

Thursday, May 15 | 11 a.m. | SmartSenior Office  
The professionals from the Department of Public Health will be screening for blood pressure and blood glucose/sugar. Each screening will last approximately eight minutes. These screenings to educate communities on the importance of knowing their numbers and what they mean. Understanding your own health status is essential to making healthier behavior choices and knowing what resources are available.

### Discover Local | Dr. Joe's Beach Ecology Trip

Friday, May 23 | 10:30 a.m. | North Beach Parking Lot  
\$20 per person  
Discover Tybee's natural marine treasures with scientist/biologist, Dr. Joe Richardson! The valuable experience discovering and learning about animals and habitats of Georgia's beaches and barrier islands.

Our tour will meet at the North Beach parking lot and take place from 10:30 a.m. until 12 p.m. We will enjoy a Dutch treat lunch at North Beach Bar & Grill after!

### Memory Café

Tuesday, May 27 | 10 a.m. | SmartSenior Office  
The RiteCare Center is partnering with SmartSenior to offer a Memory Café. This is a monthly gathering to allow individuals to connect, socialize, and build new support networks. Memory Café is facilitated by the graduate students in speech-language pathology at Georgia Southern University. Memory Café is free to attend and welcome to all. *Refreshments will be provided.*

### Lunch & Learn | Nutrition Considerations As We Age

Chloe Eddleman, RDN, LD | Wednesday, May 28  
9:30 a.m. breakfast, 10 a.m. presentation | Marsh Auditorium  
Nutrition looks different at every stage of our life. Chloe Eddleman, a registered dietitian and Education Specialist with SJ/C, will help us learn how to make improvements to support healthy aging with our diet.

### Book Club | Becoming Mrs. Lewis

Friday, May 30 | 11 a.m. | SmartSenior Office  
Grab a cup of coffee or tea and settle in for our next Book Club discussion featuring *Becoming Mrs. Lewis* by Patty Callahan Henry. Explore the story of Joy Davidman, a poet, writer, and C.S. Lewis's wife. Her transformational spiritual journey not only radically altered her life, family, and work but also that of one of our most beloved authors of the 20th century.



## JUNE 2025 EVENTS

### Tuesday Tea | Ghosts

Tuesdays, May 13 – June 17 | SmartSenior Office  
Enjoy tea, treats, and television at our Tuesday Tea! Enjoy the haunting comedy series Ghosts. A young couple inherit a haunted mansion and, unaware of their invisible housemates, plan to turn it into a B&B. Their lives become much more complicated after a fall causes the wife to see the ghosts.

### Lunch & Learn | Stroke Awareness & Prevention

Cristen Wood, MSN, RN, CCRN, CNRN, SCRNP | Thursday, June 5  
11:30 a.m. lunch, 12 p.m. presentation | Marsh Auditorium  
Someone has a stroke every 40 seconds, and every four minutes someone dies from a stroke. There are more than 140,000 deaths each year from strokes. Cristen Wood, the Stroke Program Coordinator, here at St. Joseph's/Candler, will help you to learn the key factors to prevent you from becoming another statistic.

### Discover Local | Explore African Art at the Savannah African Art Museum

Friday, June 6 | 2 p.m. & 2:30 p.m. | 201 E. 37<sup>th</sup> St.  
Free admission  
Join us as we visit the Savannah African Art Museum! Tours start every half-hour. You can book your visit with us for either the 2 p.m. West Africa tour, or the 2:30 p.m. Central Africa tour. Feel free to stay behind later, or arrive earlier, and explore the entire museum. There is a free parking lot next to the museum on 37<sup>th</sup> Street. We will be limited to 12 members per tour.

### DPH Health Screenings

Thursday, June 12 | 11 a.m. | SmartSenior Office  
The professionals from the Department of Public Health will be screening for blood pressure and blood glucose/sugar. Each screening will last approximately eight minutes. These screenings to educate communities on the importance of knowing their numbers and what they mean. Understanding your own health status is essential to making healthier behavior choices and knowing what resources are available.

### Memory Café

Tuesday, June 17 | 10 a.m. | SmartSenior Office  
The RiteCare Center is partnering with SmartSenior to offer a Memory Café. This is a monthly gathering to allow individuals to connect, socialize, and build new support networks. Memory Café is facilitated by the graduate students in speech-language pathology at Georgia Southern University. Memory Café is free to attend and welcome to all. *Refreshments will be provided.*

### Book Club | The Personal Librarian

Monday, June 30 | 11 a.m. | SmartSenior Office  
Grab a cup of coffee or tea and settle in for our next Book Club discussion featuring *The Personal Librarian* by Marie Benedict and Victoria Christopher Murray. The remarkable, little-known story of Belle da Costa Greene, the bi-racial personal librarian of J. P. Morgan who became one of the most powerful women in New York despite the dangerous secret she kept in order to make her dreams come true.



## What is a pontine stroke?

Strokes happen when the brain doesn't get enough blood, either because an artery burst or a blood clot or plaque buildup blocks blood flow to the brain, explains Cristen Wood, St. Joseph's/Candler Stroke Program coordinator.

A pontine stroke is a highly localized type of stroke that occurs within the pons region along the brainstem. Pons regulate many automatic functions that we don't think about, such as breathing, swallowing and your heart rhythm, Wood says.

The No. 1 risk factor for a pontine stroke, as well as other types of stroke, is high blood pressure. Other causes can include: High cholesterol, Poor diet, Unhealthy weight, Cardiovascular disease, Smoking and Sedentary lifestyle. "When people ask, 'What can I do to prevent a stroke,' I always encourage the Mediterranean diet, stop smoking, control

your blood pressure and exercise at least 30 minutes a day, three times a week. Exercise can be anything that gets you breathing heavier and your heart beating faster," Wood says.

### What should you look for?

It's important to know the warning signs of any stroke and B.E.F.A.S.T.:

**B** – Balance

**E** – Eyes

**F** – Face

**A** – Arms

**S** – Speech

**T** – Time or terrible headache

If you experience any of these symptoms suddenly, you should seek medical attention immediately. Even if they dissipate, that could be a transit ischemic attack, a warning sign for an oncoming stroke.

"If you think you are having a stroke and have those sudden onset symptoms, seek medical attention immediately. Time is very important," Wood says.

### How do you treat this type of stroke?

Treating a pontine stroke can vary from patient to patient because it all depends on the symptoms that result from the stroke. Some of the resulting side effects of a pontine stroke include trouble walking, swallowing or talking.

"Pontine strokes are interesting because the symptoms are so varied," Wood says. "Some people can do very well and some don't recover as well."

"It's important to have a very good rehab center, a good rehab team to push that recovery process," Wood says.

## TIPS FOR TRAVELING | BY PLANE AND AUTOMOBILE

**Traveling soon?** Here are some tips for traveling by plane or automobile. While traveling can be exciting and adventurous, trips also can be disruptive to one's health unless the preparations are taken into consideration.

Sources: Living Smart Blog (Aug. 29, 2024) and HealthLibrary by The StayWell Company/Krames

### ✈ Tips for flying:

**Reduce your exposure to viruses.** To reduce the odds of getting sick, use a nasal spray with a saline solution to clean out pathogens. Wash your hands often and use antibacterial wipes to clean your seat's tray and seat arms.

**Stay hydrated.** To avoid an uncomfortable flight and an ill feeling when you arrive to your final destination, drink plenty of water during the flight. Avoid caffeinated drinks like soda and coffee. Use of eye drops and lip balm can help

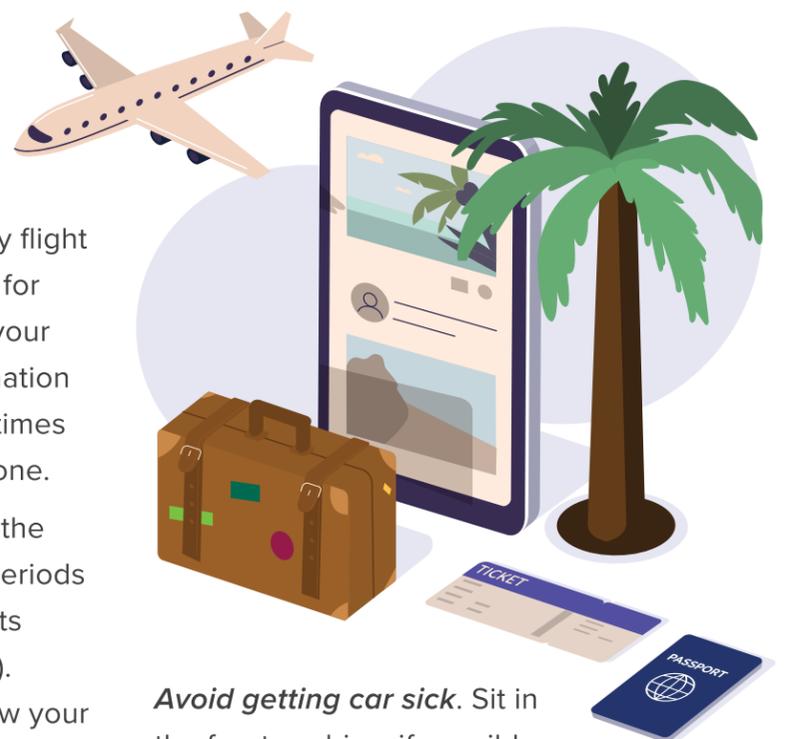
alleviate dryness.

**Minimize jet lag.** Book an early flight for travel east and a late flight for travel west. At departure, set your watch to the time at the destination and start adjusting your meal times and sleep times to that time zone.

**Prevent blood clots.** Sitting in the same position for prolonged periods increases the risk of blood clots or deep vein thrombosis (DVT). Before you take your seat, stow your carry-on luggage in the overhead compartment to increase legroom. When the seatbelt sign is off, get out of your seat and move around the cabin. Avoid sitting with your legs crossed.

### 🚗 Tips for driving:

**Prevent blood clots.** Long-distance car rides also put you at risk of developing a DVT clot. When traveling long-distance by car, plan frequent stops to stretch your legs and walk around.



**Avoid getting car sick.** Sit in the front or drive, if possible. Closing your eyes and taking long, deep breaths may also help because stimulating other senses can distract you from the motion.

**Reduce your chance of getting in a crash.** Motor vehicle crashes are the leading cause of death among healthy travelers. To minimize your risk of being injured in a motor vehicle accident: Always wear your seat belt, know local traffic laws ahead of time and avoid using your cell phone.



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Savannah, Georgia 31405

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For more information contact us at:

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Savannah, GA 31406



### NEW MERCHANT DISCOUNT SEA LOVE CANDLE BAR & BOUTIQUE

10% off candle making or diffuser making Sunday–Wednesday  
All SmartSenior members can take advantage of this discount available in both Savannah and Hilton Head!

#### Savannah Location

310 W. Broughton St.  
(912) 461-3823

#### Hilton Head Location

71 Lighthouse Rd., Ste. 612  
(843) 548-3823