

Dear Members,

CHRISTUS Spohn Health System is pleased to be your health care partner and we are very excited about some of our new HealthWise VIP benefits. Whether you are a visitor or a patient, we want to deliver an exceptional hospital experience each time you visit a CHRISTUS Spohn facility. With that in mind, we will be hosting HealthWise VIP hospital tours and luncheons to familiarize you with our team of Associates and our facilities. You will also be invited to special hospital events such as the grand opening of Kingsville's new Colston Family Physical Rehabilitation and Wellness Center this summer.

As a HealthWise VIP member, you will continue to receive a membership card and a quarterly newsletter mailed to your home. Additionally, upon membership renewal, each member will receive a new health journal designed to assist you in managing your health.

We appreciate your membership and we are happy to be celebrating our 21st HealthWise VIP anniversary with you as our member. We look forward to growing our program membership and benefits.

Sincerely,



Linda Faith
Community Health Coordinator
CHRISTUS Spohn HealthWise VIP



Potluck Birthday Luncheons

Kingsville

CHRISTUS Spohn HEB Education Center
12 pm to 1:30 pm

Wednesday, April 8, 2009

"Healthy Living Marketplace Kickoff"

Wednesday, May 13, 2009

"Colston Family Rehabilitation and Wellness Center"

Wednesday, June 10, 2009

"We're Having a Picnic!"

Bring a picnic entrée or bake a pie of your choice to enter our pie baking contest.

Beeville

CHRISTUS Spohn Hospital Beeville
Conference rooms B and C
12 pm to 1:30 pm

Thursday, April 9, 2009

"Healthy Living Marketplace Kickoff"

Thursday, May 14, 2009

"Exercising As We Age"

Thursday, June 11, 2009

"We're Having a Picnic!"

Bring a picnic entrée or bake a pie of your choice to enter our pie baking contest.

Alice

CHRISTUS Spohn Laviana Plaza
HealthWise VIP Event Room, 1st floor
12 pm to 1:30 pm

Wednesday, April 22, 2009

"Healthy Living Marketplace Kickoff"

Wednesday, May 27, 2009

"Exercising As We Age"

Wednesday, June 24, 2009

"We're Having a Picnic!"

Bring a picnic entrée or bake a pie of your choice to enter our pie baking contest.

Corpus Christi

Garden Senior Center
5325 Greely
12 pm to 1:30 pm

Friday, April 24, 2009

"Healthy Living Marketplace Kickoff"

Friday, May 29, 2009

"Benefits of Physical Therapy"

Friday, June 26, 2009

"We're Having a Picnic!"

Bring a picnic entrée or bake a pie of your choice to enter our pie baking contest.

Lunch and Tour

Corpus Christi

Wednesday, May 20, 2009
11 pm to 1 pm
Pavilion Building 2nd Floor Conference Room
CHRISTUS Spohn Hospital Corpus Christi-
Shoreline
600 Elizabeth

We will visit Cath Lab, Cardiac Rehab and a quick overview of the Emergency Department. Limit 25 per luncheon.

Call 881-3733 or 1-800-451-3631 to register.

Events listed above are available in all regions. Look for upcoming newsletters for dates and times.

Matter of Balance Classes

Free classes to help reduce the fear of falls and increase the activity levels of older adults who have concerns about falling. Taught by CHRISTUS Spohn Rehabilitation Services.

Kingsville

CHRISTUS Spohn HEB Education Center
12 pm to 2 pm

Tuesdays; June 2, 9, 16, 23,

Fridays; June 5, 12, 19, 26

Call 1-800-451-3631 to register.

Limit 20 per class.

Corpus Christi

CHRISTUS Spohn Hospital Corpus Christi-
South
Cafeteria Conference Room
2 pm to 4 pm

Wednesday, May 13, 20, 27 and June 3

Fridays, May 15, 22, 29 and June 5.

Call 881-3733 register.

Limit 20 per class.

Starting April 1 the following free benefits and services will be available:

- ✓ **Personal Medical Journal**
Receive a medical journal to record your health history
- ✓ **Healthy Living Marketplace**
Our retail shops are located in each of our hospitals with great gift items. Receive a 20% coupon on your first purchase and invitations to special events.*
- ✓ **Matter of Balance Classes**
Designed to reduce the fear of falling and increase the activity levels of older adults who have concerns about falls.
- ✓ **Luncheon and Tour of Hospital**
You're invited to have lunch with us and tour special areas of our hospitals. Limit 20 per lunch.
- ✓ **Directive to Physicians/Medical Power of Attorney Assistance, by appointment**
Call 881-3733 to be directed to your area for assistance.
- ✓ **20% Meal Discount at any CHRISTUS Spohn Cafeteria**
- ✓ **Birthday Potluck Luncheons**
Come celebrate with us during your birthday month and be our special guest of honor. Please bring a covered dish that will serve 6-8 guests
- ✓ **Health Presentations**
- ✓ **Kieschnick Guest House**
The Guest House is provided as a community service for families like yours who need to be near when a loved one is ill. Located near CHRISTUS Spohn Hospital Corpus Christi–Shoreline.
- ✓ **Discounted massages from CHRISTUS Spohn Therapeutic Massage**
- ✓ **HealthLine services; physician and support referral program, 881-3103 or 1-800-247-6574.**
- ✓ **Flu shot, upon availability**
In the month of October members may receive their annual flu shot upon availability.
- ✓ **Complimentary Guest Meal Coupon**
Receive one coupon to redeem in any CHRISTUS Spohn Hospital Cafeteria.*
- ✓ **Free Installation coupon* to Lifeline, a 24 hour personal emergency response service**
- ✓ **Invitations to Special Events within the CHRISTUS Health System**
- ✓ **Link member with community services; AARP, Senior Community Services, Area Agency on Aging, RSVP, senior exercise programs, walking programs and support groups**

* Coupon Book includes: free hearing screening, 20% discount to Healthy Living Marketplace, free installation to Lifeline, Hooks special promotions, CHRISTUS Spohn Guest Meal Coupon.

Each member will receive a membership card and quarterly newsletter mailed to their home.

Melanoma Monday

May 4, 2009

Melanoma Monday Skin Cancer Screening

WHEN: May 4, 2009, by appointment

WHERE: Call 881-3103 to schedule and receive instructions

WHY: Skin cancer kills 1 Million Americans a year and Melanoma, the deadliest form of skin cancer, kills more than 60,000.

No fasting required. The screening targets individuals not currently in the care of a dermatology physician; and those with limited access to traditional health care services.

HOW: Schedule an appointment with volunteer physicians and nurses by calling **361.881.3103**.



CHRISTUS SPOHN
Cancer Center

christusspohn.org