

Activity Center Membership Fees
Paid Quarterly

Monday - Friday 8:00 am - 4:00 pm

PrimeTime Membership

Three Months	\$39 _____
Six Months	\$78 _____
Nine Months	\$117 _____
One Year	\$156 _____

Happy Age Membership

Tuesday & Thursday

Three Months	\$35 _____
Six Months	\$70 _____
Nine Months	\$105 _____
One Year	\$140 _____

Auxiliary Discount Membership

Three Months	\$15 _____
Six Months	\$30 _____
Nine Months	\$45 _____
One Year	\$60 _____

Newsletter Member Free _____

Physician's Approval:

A physician's signature is not required but we recommend that you consult your physician before starting any exercise program.

The **Auxiliary/Volunteers** at Paris Regional Medical Center, founded in 1955, is designed to provide service to patients, administration and hospital personnel. In addition to assisting the hospital with manpower, the Auxiliary supports the patients by providing special needs for the family. The Paris Regional Medical Center Auxiliary operates under the Senior Service Director and the Auxiliary Board. They conduct the business and activities of the Auxiliary. If you have time to spare and enjoy helping others, then volunteering is for you. Volunteers are male, female, retired, employed, college students, local residents or individuals from surrounding communities. These uncommon people have one common purpose - they are dedicated to helping others. Those who are interested will fill out an application and background check. Special talents and personal schedules are matched to the hospital's needs. Volunteers donate four hours per week. However, additional help is always welcome. Volunteerism offers something for everyone who wants to make his or her spare time special. Volunteers work in the hospital gift shop, help with clerical duties, deliver flowers and mail to the patients, staff the information desk, transport patients and work in waiting rooms. Besides helping your community, being a hospital volunteer allows you a discount to *PrimeTime*, free lunch on the day you volunteer, a yearly awards luncheon and Christmas Party.

The **PrimeTime Activity Center** is a community focal point where adults come together for services and activities that reflect their experience and skills, respond to their diverse needs and interests, enhance their dignity, support their independence and encourage their involvement in and with the Center and the community, linking participants with resources offered by other agencies. The senior years are a time of renewal, when many of life's obligations to family, home and career are fulfilled and the best of times are ahead. It's also a time of change, and with change comes challenges. Physical change is a reality for all, but keeping yourself stimulated and learning new information on nutrition and health makes it easier to maintain.

The **Happy Age Program** is a program for adults of any age that would like to start exercising and are not sure where to begin. The class is held on Tuesday and Thursday evenings and consist of aerobics, balance, weights, stretching and relaxation.

The **Newsletter Member** is free.



The Hospital

Paris Regional Medical Center in Paris, Texas offers some of the most comprehensive health and wellness care in Northeast Texas and Southeast Oklahoma. The hospital has come a long way since its inception in 1911. Paris Regional Medical Center is a member of the Texas Hospital Association. The beginning of what was to eventually become Paris Regional dates to 1896 when the Sisters of Mercy operated a boarding school near downtown Paris. The facility was named St. Joseph's Infirmary on October 1, 1911. In 1999, St. Joseph's ownership changed when it became a part of the new CHRISTUS Health System. In August, 2001, CHRISTUS St. Joseph's Health System purchased McCuiston Regional Medical Center. CHRISTUS consolidated services of the two hospitals into one system. Essent Healthcare, Inc. purchased CHRISTUS St. Joseph's Health System in late December, 2003, and took over operations on January 1, 2004, as Paris Regional Medical Center. In November of 2011, Essent Healthcare, Inc. merged with Regional Care Hospital Partners.

The Hospital is located at 865 Deshong Dr., just off the North loop. *PrimeTime* is located at 1128 Clarksville St., just east of downtown Paris. The Auxiliary at Paris Regional Medical Center, founded in 1955, is designed to provide service to patients, administration and hospital personnel. In addition to assisting the hospital with manpower, the Auxiliary supports the hospital financially by donating proceeds from various fundraisers held during the year.



Exercise Activities

The common thread that runs throughout all exercise programs offered at PrimeTime Activity Center is that each participant is in control of and responsible for their own activity level.

Aerobics - A low impact class for those seniors at a higher level of fitness, including cardio and floor exercises, as well as hand held weight exercises, helps with balance and flexibility.

Happy Age - An evening class that consist of low impact aerobics, balance, weights, stretching and relaxation.

Line Dance - Class meets weekly. Some of the dancers have become so accomplished that they are known as the “PrimeTime Performers” performing at area nursing homes and churches.

Steps - How many steps can you take using a chair? This is a chair exercise class focusing on increasing your joint mobility and flexibility, joined with balance and coordination elements. It is a combination of hand held props to build muscle tone, combined with stretching exercises both standing and sitting.

T&T - A slower paced **Steps** class, that works on joint mobility.

Water Joints - This water class is designed for those with arthritis or other joint limitations, held at Paris Fitness & Aquatics. You are responsible to bring your own towels.

Social Activities

Bingo - Prizes, refreshments, and calling by community Organizations.

Birthday Party - Members enjoy a party held for them in their birthday month.

Crafts-Find your creative side.

Crochet - Work on a your own project, share ideas with others, learn something new. Crochet with a purpose.

Food and Fellowship - A monthly luncheon with educational programs, guest speakers or entertainment

Games - Play Bridge, Cards, Dominos and Scrabble and etc.

Red Hat Society - Enjoy this national social group of ladies in purple outfits and red hats. They meet monthly for a social.

Quilting and Sewing - Explore your creative side with different projects.

Other Areas Available

Library - The library contains reading materials donated by members in regular and large print, as well as videos, DVDs and books on cassette.

Coffee Room-Enjoy a cup on us!

Computer Lab -Open to all PrimeTime members.

Exercise Room-With treadmills, bikes and weight machines.

Walking Track - An indoor area for walking is available all year.

Community Activities

Support Groups are held once a month
Alzheimer’s
Bereavement
My Lifestyle

Quarterly Classes
AARP Driver Safety Course

Beneficial Seminars concerning
health issues or senior related topics.

Volunteer/Auxiliary

There are many areas in which your service could be used:

- ◆ Accounting
- ◆ Cardiac Desk
- ◆ Filing
- ◆ Floor Hostess
- ◆ Gift Shop/Snack Bar
- ◆ Human Resources
- ◆ Intensive Care Waiting Room
- ◆ Medical Records
- ◆ Popcorn
- ◆ PrimeTime Activity Center
- ◆ Registration
- ◆ Surgery Waiting Room

Volunteer Benefits

Free annual flu vaccinations and TB tests
One free meal from the cafeteria when on duty
Recognition through awards for number of hours served
Discounted membership to the PrimeTime Activity Center
Discount at the PF&A Fitness Center
Discount in Gift Shop

If you have questions about the PrimeTime Activity Center or Auxiliary Volunteer Program please contact:

Paris Regional Medical Center Senior Service
1128 Clarksville
Paris Texas 75460
(903)737-3672

Director Lisa House (903)737-3897
Office Assistant Brittany Johnson (903)737-3814
Volunteer Assistant Laurie Trapp (903)737-3861

To join simply fill out the form and return it to the information desk in the main lobby or mail to the PRMC Senior Service
1128 Clarksville, Paris, TX 75460.

Check where you want to join;

___ PrimeTime/Happy Age ___ Auxiliary/Volunteer
___ Newsletter Member Only

TODAY’S DATE _____ DATE OF BIRTH _____

FIRST NAME _____ LAST NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE _____ CELL NUMBER _____

EMAIL ADDRESS _____

Male _____ Female _____

Medical Information

Person to notify in case of an emergency:

Phone number: _____ Relationship: _____

Physician: _____

Participation Release: I understand and agree that neither Paris Regional Medical Center Senior Service and staff shall assume or have any responsibility or liability for expenses or medical treatment or for compensation for any injury I may suffer during or resulting from my participation in the programs and activities. I also represent and warrant that I have been advised to seek consultation from my doctor to determine if I can safely participate in the exercise program and whether there are precautions or limitations to my participation. The undersigned does hereby authorize approved staff members of Paris Regional Medical Center of Paris, Texas and /or news media representatives to use any photographs taken during events for brochures and/or bulletin boards.

Member Signature _____ Date _____

Only fill out if you are signing up to Volunteer

Service Organizations:

Clubs:

Personal References: Name and Phone

Placement Information

A volunteer works one 4 hour shift a week but may work more. How many shifts would you like? _____

Days of week that work best for you:

Specify time of day by checking one:

8 am to 12 pm _____ 12 pm to 4 pm _____

Area of interest _____

Do you have any physical condition which would limit an activity such as pushing a wheelchair or extensive walking? Yes _____ No _____

Shirt Size _____