



# SENIOR SERVICE

PrimeTime

Auxiliary

## 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 North Campus is located at 865 Deshong Dr., just off the North loop. The South Campus is located at 820 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.



## Membership Fees are Paid Quarterly

(55 years or older)

Monday - Friday

8:00 am - 4:00 pm

### PrimeTime Membership

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

### Auxiliary Membership

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

## Happy Age Program

(45 years or older)

Tuesday & Thursday

5:00 pm - 7:00 pm

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

Failure to pay quarterly fees by the 5th of the month will result in membership cancellation. There will be a reinstate charge of \$5.

### Physician's Approval:

For your PrimeTime Membership, a physician's signature is not required but we recommend that you consult your physician before starting any exercise program.

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 patients by providing special needs for the family. Paris Regional Medical Center's Auxiliary operates under the auspices of the hospital's Board of Trustees and is under the supervision of the hospital administrator. Officers and a board of directors 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. Every person who is interested can fill out an application and background check form. Special talents and personal schedules are matched to the hospital's needs. Most 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 and transport patients. Besides helping your community, being a hospital volunteer allows you access to hospital programs, free lunch on the day you volunteer, and a yearly awards luncheon and Christmas Party. This program is open up to all ages.

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. This program is open up to anyone 55 years or older.

The **Happy Age Program** is program for adults that would like to start exercising and not sure where to begin. The class is held on Tuesday and Thursday for an hour and half of aerobics, balance, weights, and relaxation.

**Physical Conditioning 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.

**Blood pressure** - Testing is available daily.

**Cafeteria** - 10% discount with your PrimeTime membership

**Line Dance** - Classes meet 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.

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

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

**Social Time Activities**

**Bingo** - Prizes, refreshments, and calling by community organizations.

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

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

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

**Computer Lab** -Open to all PrimeTime Members

**Food and Fellowship** - A monthly luncheon with educational program, guest speakers or entertainment.

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

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

**Quilting and Crafts** - Explore your creative side with different craft and quilting projects.

**Community Activities**

Support Groups are held once a month

- Alzheimer's 3rd Tuesday
- Bereavement 1st Thursday
- Diabetes 2nd Tuesday

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

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

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

**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



**Paris Regional Medical Senior Service**  
**1128 Clarksville**  
**Paris Texas 75460**  
**903-737-3672**

- Director** Lisa House (903)737-3891
- Office Assistant** DeRhon Jordan (903)737-3941
- 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 Director of Volunteer Services, 1128 Clarksville, Paris, TX 75460.

**Check where you want to join;**

Auxiliary \_\_\_\_\_ PrimeTime \_\_\_\_\_ Happy Age \_\_\_\_\_

TODAY'S DATE \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_

FIRST NAME \_\_\_\_\_ LAST NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE \_\_\_\_\_ CELL NUMBER \_\_\_\_\_

EMAIL ADDRESS \_\_\_\_\_

**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 going to Volunteer**

Organization and Duties

\_\_\_\_\_

Personal References Name and Phone

\_\_\_\_\_

Church and Clubs:

\_\_\_\_\_

**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 \_\_\_\_\_

4 pm to 7 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 \_\_\_\_\_