

**Wednesday Program**  
**2:30pm**  
**Diment Hall**  
*Refreshments Served*  
*Immediately Following the Program*

**November 5: "Flu Shot Day": 9:30am - 1:30pm** - Don't forget to bring your voucher and Medicare card with you. Flu Shots will be given in Diment Hall.



**November 12: "Popular Nutritional Supplements; Do They Work: - Part II"** - Brian Ellinoy, Pharm. D, returns to give us more information about nutritional supplements. He will discuss which ones are worth taking, which will interact with other medications or foods, which could be harmful to you and many other helpful hints. Brian will also speak about foods that have health benefits.

**November 19: "A Grand Tour of Israel - 1979-1989"** Dr. Kline will take us on a slide tour of Israel where he consulted for various periods of time between 1979 and 1989. We'll visit the John F. Kennedy Memorial, take a look at the old Temple model and other interesting sites.



**November 26: NO PROGRAM**  
Preparation for Thanksgiving Dinner.

**December 3: "Cannery Row Historian, Michael Hemp"** - Learned lecturer and research historian Michael Hemp brings to life the colorful and boisterous past of John Steinbeck's "Cannery Row". His informative and entertaining slide presentation offers a glimpse of Cannery Row's corrugated boomtown years. Michael's current and enduring passion is writing books. "The Nadjik PHeromone" just debuted on June 14, 2008

**Dr. Mel Kline, Program Director**



**Low Vision Support Group**  
**Friday**  
**November 7th**  
**1:00pm - 2:00pm**  
**Blanchard A**

Group leader, **Janet Wilson**, welcomes guest speaker Carolyn Craig, a Braille advocate. Carolyn will review the history of Louis Braille and Braille Communication. Please call Tina at 624.1588 x22 for a ride to the Foundation.

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**Popular Nutritional Supplements  
Do They Work - Part II  
Wednesday  
November 12, 2008  
2:30pm  
Diment Hall**

**Brian Ellinoy, Pharm. D**, returns to give us more information about nutritional supplements. He will discuss which ones are worth taking, which will interact with other medications or foods, which could be harmful to you and many other helpful hints. Brian will also speak about foods that have health benefits.

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**Five Wishes  
Friday  
November 21, 2008  
10:00am – 11:00am  
Seideneck Room**



Heartland Hospice is pleased to offer *Five Wishes* advanced directive document that helps you express how you want to be treated if you are seriously ill and unable to speak for yourself. It is different from other living wills and health agent forms because it looks at all of a person's needs: medical, personal, emotional and spiritual. *Five Wishes* is unique because it encourages discussions with your family and physician. Please join us and feel free to bring friends and family members. Please register with Millie at the Reception Desk.