Presbyterian Senior Connection offers you educational activities, social opportunities, and information that can make you feel better.

Presbyterian Senior Service Line

823-8352

PO Box 26666

Albuquerque, NM 87125-6666

www.phs.org

YES, I am 60 years of age or older and I want to enroll in the Presbyterian Senior Connection. I understand that by signing this enrollment form, I am authorizing Presbyterian to send me information regarding current and future benefit opportunities.

Name: _____ Date of birth: _____

Spouse: _____ Date of birth: _____

(if joint application, must be 60 or older)

Address: _____ Phone: _____

City: _____ State: _____ Zip: _____

Social Security #: _____ Spouse's Social Security #: _____

Referred by: _____ Health Insurance Coverage: _____

Primary Care Physician: _____

Emergency Contact: _____ Phone: _____

(Relationship: _____)

Welcome to Presbyterian Senior Connection

Presbyterian's membership program for our mature adult community. Our program is designed to provide you with the variety of health promotion, educational, and social opportunities you have requested. Becoming a member of the Presbyterian Senior Connection is as easy as 1-2-3...

1. If you are 60 years of age or older, you are eligible.
2. Complete the enrollment form provided.
3. Mail your enrollment form and one-time fee ($10 per individual or $15 per couple) in the envelope provided. Please make your check payable to PHS.

Presbyterian Senior Connection features the following benefits:

- Senior Healthy Pathways
- Educational and Health Promotion Opportunities
- Newsletters
- Volunteer Opportunities
- "Sole Mates" Cottonwood Mall Walkers
- Social Activities and Events
- Volunteer "Phone Pal" Program
- Travel Program
- Local Business Discounts
- Fun, Fun and More Fun

More About Our Services

Presbyterian Healthplex provides medically supervised physical activity programs with well-trained professional staff and state-of-the-art exercise equipment. If you are 60 or older and join the Presbyterian Senior Connection, you will be eligible for the Senior Health Enhancement Program for a $21 monthly fee (unless you have a cardiac or pulmonary diagnosis that requires supervision). There is a $35 initial assessment fee paid on your first visit as a member of the Healthplex.

Senior Services Education Series includes monthly presentations on health-related and general aging topics; for example, Diabetes, Long Term Care Insurance and Arthritis.

Senior Healthy Pathways is an educational opportunity to receive information about "self-care" and patient empowerment. At this class, you will receive a free "self-care" manual, *Healthwise for Life.*

Sole Mates is our mall walkers program at Cottonwood Mall. This program provides a free, healthy, and safe way to exercise.

For more information, please call us at 823-8352.

Presbyterian Lifeline is a 24-hour personal response system that helps individuals maintain their independence at home while minimizing risks. If you need assistance with the monthly fee, help is a phone call away.

Presbyterian Volunteer Services is always looking for those interested in sharing their time and talents with others. Let us help you find your place to shine.

If you are looking for the opportunity to volunteer your time but need to do so in your home, or you would like someone to give you an occasional social call, our **Volunteer Phone Pal** program is just what the doctor ordered.

Sun Tours reserves seats on selected tours for Presbyterian Senior Connection members. There are three to four tours available each year offering a variety in location and transportation and range in price.

Local Business Discounts are available at selected community businesses by presenting your Presbyterian Senior Connection membership card.

Presbyterian Senior Services can assist you with community resources available to older adults, as well as Advance Healthcare Directive information (provides direction to your healthcare providers if you become unable to make your own decisions).