

## VILLA NEWS

### How To Schedule Transportation To A Doctor Appointment ~ Patty Shoults, Resident Services Coordinator

Transportation to doctor appointments is available on Tuesday, Wednesday and Thursday mornings. Transportation for appointments to hospitals such as St. John Mercy and St. Lukes' is available on Friday. You must give me three (3) days notice before your appointment. I will need the date, the time, the phone number and name of your doctor. Please leave the written information with me or on my desk which is in apartment 113 or you may leave the information in a phone message. The sooner you leave the information with me the better. Remember you may not be the only person who needs transportation that day. Also it is important to remind everyone with winter weather coming transportation may be cancelled if driving conditions are hazardous. I will contact you that morning if you need to reschedule your appointment. If you have any questions please feel free to contact me in my office or at extension 5014. Thank you!

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### Humor is the Best Medicine

I felt like my body had gotten totally out of shape, so I got my doctor's permission to join a fitness club and start exercising. I decided to take an aerobics class for seniors. I bent, twisted, gyrated, jumped up and down, and perspired for an hour. But by the time I got my leotards on, the class was over!

