

Activity Center Membership Fees
Paid Quarterly

Monday - Friday 8:00 am - 3:30 pm

Prime Membership

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

Auxiliary Discount Membership

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

Silver Sneakers Membership

Health Insurance provides a
complementary membership.

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 Health, 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 Health 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 Prime Senior Service, free lunch on the day you volunteer, a yearly awards luncheon and Christmas Party.

The **Prime Senior Service 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 Hospital

Paris Regional Health 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 Health is a member of the Texas Hospital Association. The beginning of what was to eventually become Paris Regional Health 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 McCuistion 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. In 2018 the hospital became a part of Lifepoint. In February 2023, the hospital was rebranded to Paris Regional Health.

The Hospital is located at 865 DeShong Dr., just off the North loop. Prime Senior Service is located at 1128 Clarksville St., just east of downtown Paris. The Auxiliary at Paris Regional Health, 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 Prime Senior Service 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.

Line Dance - Class meets weekly.

Chairs - 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.

Chair Waves - This class is designed for those with arthritis or other joint limitations. Take the time to experience a variety of specialty programs!

Silver Sneakers

Prime Senior Service has partnered with Silver Sneakers to provide complementary memberships for those that qualify through their health insurance.

Social Activities

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

Crafts - Find your creative side.

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

Games - Cards, Dominos, Mahjong , 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 Prime Senior Service 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

Parkinson’s

Quarterly Classes

AARP Driver Safety Course

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
- ♦ Prime Senior Service 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 Prime Senior Service Center

Discount in Gift Shop

If you have questions about the Prime Senior Service Center or Auxiliary Volunteer Program please contact:

Paris Regional Health Prime Senior Service

1128 Clarksville, Suite 300

Paris, Texas 75460

(903)737-3672

Director
Program Facilitator
Volunteer Assistant

Lisa House
Tania Roland
Laurie Trapp

(903)737-3897
(903)737-3814
(903)737-3861

Fill out the form and return it to the information desk or mail to the
Prime Senior Service

1128 Clarksville Suite 300, Paris, TX 75460

Check all that you want to join;

___ Prime

___ Auxiliary/Volunteer

___ Silver Sneakers

TODAY’S DATE _____ DATE OF BIRTH _____

FIRST NAME _____ LAST NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE _____ CELL NUMBER _____

EMAIL ADDRESS _____

Male _____ Female _____ Veteran Yes No Branch _____

Member Signature _____ Date _____

Participation Release: I understand and agree that neither Paris Regional Health Prime 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 Health of Paris, Texas and /or news media representatives to use any photographs taken during events for brochures and/or bulletin boards.

Medical Information

Person to notify in case of an emergency:

Phone number: _____ Relationship: _____

Physician: _____ Covid Shot Yes No

Only fill out if you are signing up to be a Auxiliary/Volunteer

Are you a member of RSVP _____ Must have Covid Shot
Service Organizations: to be a volunteer

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 or extensive walking? Yes _____ No _____

Shirt Size _____