

November & December 2019 Senior Circle Schedule

Registration required for all events, please call (260) 425-3087.

This phone number rings at both Senior Circle locations (St. Joseph Hospital and Georgetown).

HEALTH SCREENINGS & INFORMATION

Lab Blood Draws

St. Joseph Hospital, Medical Office Bldg., 800 Broadway, Ste. 100, Senior Circle office

- Tuesday, Nov. 19, 8:15–9 a.m.

Georgetown, 6505 E State Blvd, Senior Circle office

- Tuesday, Dec. 17, 8:15–9 a.m.

Comprehensive Metabolic Panel (12-hour fast required)

The comprehensive metabolic panel blood draw includes calcium, carbon dioxide, chloride, creatinine, glucose, alkaline phosphatase, potassium, total protein, sodium SGPT, SGOT and BUN.

- Cost: \$25 cash or check only (no credit or debit cards)

Lipid Profile (12-hour fast required)

The Lipid profile includes total cholesterol, HDL, triglycerides, LDL and cholesterol HDL ratio. Twelve-hour fast required.

- Cost: \$25 cash or check only (no credit or debit cards)

Hemoglobin A1C (non-fasting)

The A1C test reflects your average blood sugar level for the past two to three months. Specifically, it measures what percentage of your hemoglobin—a protein in red blood cells that carries oxygen—is coated with sugar (glycated). The higher your A1C level, the poorer your blood sugar control and the higher your risk of diabetes complications.

- Cost: \$20 cash or check only (no credit or debit cards)

Vitamin D Screening (non-fasting)

Lack of exposure to the sun and a limited intake of food rich in Vitamin D are a couple of reasons for Vitamin D deficiency. Cost: \$50 cash or check only (no credit or debit cards)

Thyroid/TSH (non-fasting)

The thyroid gland helps control your metabolism and can affect your heart, brain, liver, kidney and skin. This screening helps determine if your thyroid is functioning properly.

- Cost: \$30 cash or check only (no credit or debit cards)

Free Hearing Screening

Fort Wayne Audiology Center staff conducts hearing screenings, checks for ear wax, cleans hearing aids and assists with minor hearing aid repairs—all FREE in the Senior Circle office.

Georgetown, 6505 E State Blvd, Senior Circle office

- Tuesdays, Nov. 12 & Dec. 17, appointments available 9:30–11:00 a.m.

St. Joseph Hospital, Medical Office Bldg., 800 Broadway, Ste. 100, Senior Circle office

- Tuesdays, Nov. 19 & Dec. 10, appointments available 9:30–11:00 a.m.

Foot Care Clinic

Janet and Linda from Lincoln Pedic will trim toenails and file calluses.

- Cost: \$24 cash or check (no credit or debit cards)

Georgetown, 6505 E State Blvd, Senior Circle office

- **Morning appointments**

Fridays, Nov. 1 & Dec. 6

- **Afternoon appointments**

Tuesdays, Nov. 19 & Dec. 17

WELLNESS SERIES

Osteoporosis

Join the osteoporosis team from the Osteoporosis Care Clinic at Dupont Hospital as they tell us about their clinic. One in every two women, and one of every four men over age 50, will break a bone due to osteoporosis. This disease weakens bones and increases the risk of fractures.

Georgetown, 6505 E State Blvd, Senior Circle office

- Thursday, Nov. 7 11:00 a.m.–noon
- Register by Nov. 1
- Sponsored by Lutheran Life Villages

Diabetes Support Group

This support group provides a great opportunity to spend time with people who are living with diabetes. They discuss a variety of topics throughout the year, with plenty of time for questions each session. Feel free to bring a support person with you.

St. Joseph Hospital Conference room (Come through the front doors of the hospital and meet in the lobby. The instructor will walk with the group to the location.)

- Every 3rd Thursday of the month, 1:30–2:30 p.m.
- Nov. 21: Recipes for the Holidays
- Questions? Call Debbie Harvey, RN, BSN, CDE, at (260) 425-3393

SOCIAL ACTIVITIES

Senior Circle Stitchers

St. Joseph Hospital, Medical Office Bldg., 800 Broadway, Ste. 100, Senior Circle office

- Wednesdays, Nov. 6 & 20, Dec. 4 & 18, from 1–3:30 p.m.

Bingo – RSVP by the Friday before

Enjoy an afternoon of playing bingo! Bring a few prizes with you. Please no opened or damaged containers or expired products

St. Joseph Hospital, Medical Office Bldg., 800 Broadway, Ste. 100, Senior Circle office

- Tuesday, Nov. 5, 2–3 p.m. (register by Nov. 1)
- Tuesday, Dec. 3, 2–3 p.m. (register by Nov. 29)

Georgetown, 6505 E State Blvd, Senior Circle office

- Thursday, Nov. 21, 11 a.m.–12 p.m. (register by Nov. 15)
- Thursday, Dec. 19, 11 a.m.–12 p.m. (register by Dec. 13)

Annual Ornament and Lunch Social

Join Jenny from Ossian Health & Rehabilitation Centers for lunch and our “make your annual ornament” social event. Space is limited.

Georgetown, 6505 E State Blvd, Senior Circle office

- Thursday, Dec. 12, 11:30 a.m. (RSVP by Dec 6)

Creative Canvas with Carl Mosher

Carl Mosher, an artist and painting instructor, teaches step-by-step painting to anyone who wants to learn. All supplies are provided and participants leave class with a finished painting.

- \$25 cash or check (no credit or debit cards)
- Reservation required

Swans

- ***St. Joseph Hospital, Medical Office Bldg., 800 Broadway, Ste. 100, Senior Circle office***
- Friday, Nov. 22, 12–4 p.m. (register by Nov. 19)

Cardinal

- ***St. Joseph Hospital, Medical Office Bldg., 800 Broadway, Ste. 100, Senior Circle office***
- **Date to be determined**, 12–4 p.m.



EXPERT ASSISTANCE

Legal Counseling

Steve Adair, an elder law attorney from Beers Mallers Backs & Salin, LLP will provide a free 20-minute elder law-related consultation for asset preservation planning; Medicaid planning; nursing home, assisted living and in-home services planning; VA pension/benefits; wills; trust; Power of Attorney; guardianship and estate planning.

St. Joseph Hospital, Medical Office Bldg., 800 Broadway, Ste. 100, Senior Circle office

- Fridays, Nov. 8 & Dec. 13, 1–2 p.m.

Medicare Counseling

State Health Insurance Assistance Programs, or SHIP, is a free, unbiased counseling program provided by the Indiana Department of Insurance. State-certified volunteer counselors help people with Medicare, Medicare Supplement Insurance, Medicare Advantage, Medical Part D, prescription coverage and low income subsidy options.

- Appointment required
- Call for an appointment, dates and times vary.
- Open Enrollment Oct. 15 to Dec. 7

EXERCISE & FITNESS

Circle Swimmers

Aqua fitness improves circulation, burns calories and is easier on your joints than some other forms of exercise. It also increases flexibility, range of motion and energy levels. Participants must be able to enter and exit the pool independently.

- Six-week sessions: Oct. 28 to Dec. 12 (no classes week of Thanksgiving)
- Cost: \$54/six-week session
- Call (260) 425-3087 to register

The Orthopedic Hospital, Optimum Performance Therapy, Fort Wayne Orthopedics campus, 7601 W. Jefferson Blvd, outpatient rehab suite 102

- Mondays & Wednesdays, 12:15–1 p.m.
- Tuesdays & Thursdays, 12:15–1 p.m.

Walking at Spiece

Spiece Fitness, 5310 Merchandise Dr., Fort Wayne (260) 483-1415 www.spiecefitness.com

- *Walk for no charge on Spiece's elevated track.* The track is 1/9th of a mile and all indoors to keep you warm in the winter and cool in the summer.
- **Effective January 1, 2020, the free walking program at Spiece will be discontinued. We thank Spiece for this wonderful partnership over the years. If you would like access to the track only, the fee will be \$3/visit or \$15/month.**



Senior Circle January 2020 events

Keep these dates in mind

Registration required for all events, please call (260) 425-3087.

This phone number rings at both Senior Circle locations.

Check the website for program updates: lutheranhealth.net/seniorcircle.

Locations:

St. Joseph Hospital (SJH), Medical Office Building, 800 Broadway, Suite 100
Georgetown (GT), 6505 E. State Blvd.

Foot Care Clinic: Jan. 3 and 21 at GT

Janet and Linda from Lincoln Pedic will trim toenails and file calluses.

- Cost: \$24 cash or check (no credit or debit cards)

Circle Swimmers: Jan. 6 thru Feb. 13 at Optimum Performance Therapy, Fort Wayne Orthopedics, 7601 W Jefferson

- Cost: \$54 cash or check (no credit or debit cards)
- Twice a week for 6-week session

Circle Stitchers: Jan. 8 and 22 at SJH

New stitchers welcome. Please call.

Legal Counseling: Jan. 10 at SJH

Steve Adair, an elder law attorney from Beers, Mallers, Backs and Salin will provide a free 20-minute elder law-related consultation for asset preservation planning; Medicaid planning; nursing home, assisted living and in-home services planning; VA pension/benefits; wills; trust; Power of Attorney; guardianship and estate planning.

Hearing Screening: Jan. 14 at GT and Jan. 21 at SJH

The staff from Fort Wayne Audiology Center will conduct free hearing screenings, check for ear wax, clean hearing aids and assist with minor hearing aid repairs.

Wellness Series: Jan. 16 at Lutheran Hospital

Topic to be determined.

Lab Blood Draws: Jan. 28 at SJH

Cash or check only (no credit or debit cards)

Comprehensive Metabolic Panel (12-hour fast required)

- Cost: \$25

Lipid Profile (12-hour fast required)

- Cost: \$25

Hemoglobin A1C (non-fasting)

- Cost: \$20

Vitamin D (non-fasting)

- Cost: \$50

Thyroid/TSH (non-fasting)

- Cost: \$30

Bingo: Jan. 7 at SJH and Jan. 23 at GT

- Bring a couple of prizes with you, and let's have fun!

Not a Senior Circle member? It's free to join. Sign up to receive our newsletter which contains a full schedule of events.

