

September & October 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).
Check the web site lutheranhealth.net/seniorcircle for updates

HEALTH SCREENINGS & INFORMATION

Lab Blood Draws

- *Georgetown, 6505 E State Blvd, Senior Circle office*
- Tuesdays, Sept. 24 & Oct. 22, 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

Bob DeNyse from Fort Wayne Audiology Center will conduct hearing screenings, check for ear wax, clean hearing aids and assist with minor hearing aid repairs—all FREE in the Senior Circle office.

Georgetown, 6505 E State Blvd, Senior Circle office

- Tuesdays, Sept. 10 & Oct. 8, appointments available 9:30–11:00 a.m.

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

- Tuesdays, Sept. 17 & Oct. 15, 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, Sept. 6 & Oct. 4

- **Afternoon appointments**

Tuesdays, Sept. 17 & Oct. 15

Wellness Series

Osteopathic Approach to Geriatric/Senior/Elder Care & Rehabilitation

Join us as Dr. G Steven Kalesperis, DO, Lutheran Health Physicians, Family Medicine, talks about several things he considers toward an enhanced, invigorated and more active senior life-style. His office is conveniently located next door at our Georgetown office.

Georgetown, 6505 E State Blvd, Senior Circle office

- Monday, Sept. 16, 11:45 a.m.–1:00 p.m. (Register by Sept 1)
- Sponsored by Georgetownne Place Assisted Living & Memory Care

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.
- Sept. 19 – Physical Activity and Blood Sugar Management
- Oct. 17 – Myths of Diabetes
- 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.) Questions? Call Debbie Harvey, RN, BSN, CDE, at (260) 425-3393

Older Adults and Family Community Education Series

These free programs focus on challenges faced by seniors and those who care for them, information from healthcare providers to help prevent undesirable health-related situations. Participants can attend an entire morning program or pick and choose specific sessions.

Dupont Resource Center, 2514 E Dupont Road, Suite 210

Sign up online at lutheranhealth.net/DupontSeniors or call 416-3009

Saturday, Sept. 28, 8 a.m. to noon

8 a.m. - Registration and breakfast

8:15 a.m. – Introduction

8:30 a.m. – Session 1

9:30 a.m. – Session 2

11:15 a.m. – Session 3

- Session 1 – Home Exercises to Improve Strength and Balance
- Session 2 – Fall-Proofing Your Home without Breaking the Bank
- Session 3 – Mental Health in Older Adults: What does it look like? Why should we care? What makes it better?

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 a.m.– noon
- Register by Nov. 1

SOCIAL ACTIVITIES

Senior Circle Stitchers

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

- Wednesdays, Sept. 4 & 18, Oct. 2 & 16, 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, Sept. 3, 2–3 p.m. (register by Aug 30)
- Tuesday, Oct. 1, 2-3 p.m. (register by Sept 27)
- Tuesday, Oct. 22, 2-3 p.m. (register by Oct 16)

Georgetown, 6505 E State Blvd, Senior Circle office

- Thursday, Sept. 19, 11 a.m.–12 p.m. (register by Sept 13)
- Thursday, Oct. 10, 11 a.m.–12 p.m. (register by Oct 4)

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

Woods Path

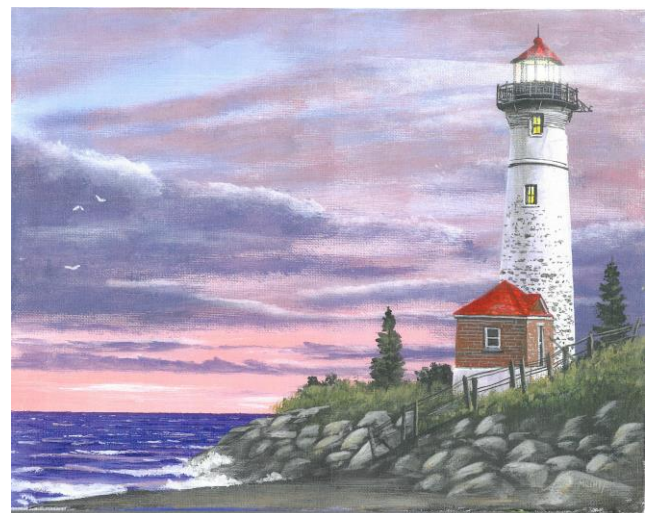
Lutheran Hospital, Kachmann Mind & Body, next to gift shop in south lobby

- Friday, Sept. 27, 12–4 p.m. (register by Sept. 24)

Light House

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

- Friday, Oct. 25, 12–4 p.m. (register by Oct. 22)



EXPERT ASSISTANCE

Legal Counseling

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.

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

- Fridays, Sept. 13 & Oct. 11, 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

Chair Exercise Class

Tony Sanchez, cardiopulmonary rehab and wellness gym coordinator at St. Joseph Hospital will be having a 45-minute chair exercise class which will focus on balance, strength, range of motion and cardio at our Georgetown location.

Georgetown, 6505 E State Blvd, Senior Circle office

- Tuesday, Sept. 10, 1 p.m. (register by Sept. 5)
- Tuesday, Sept. 24, 1 p.m. (register by Sept. 19)
- Tuesday, Oct. 8, 1 p.m. (register by Oct. 3)
- Cost \$1
- Space is limited
- Bring 2 or 3 pound weights

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: Sept. 9 to Oct. 17 and Oct. 28 to Dec. 12
- 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.

Wellness Center at St. Joseph Hospital

The Wellness Center has treadmills, recumbent bikes, upright bikes, steppers, ellipticals and resistance equipment. A healthcare professional will monitor your blood pressure, heart rate and oxygen saturation. For an appointment and special Senior Circle pricing, call (260) 425-3208. Be sure to tell them that you are a Senior Circle member.

Walking at Spiece

Enjoy free walking privileges at Spiece after showing your membership card. The track is 1/9th of a mile and indoors to keep you warm in the winter and cool in the summer. **Please note:** Spiece may have a new landlord in the near future at which time both parties would need to reevaluate the partnership. But, for now, this arrangement is still in place.

- 5310 Merchandise Dr.

DISCOUNT

Fort Wayne Children's Zoo – Hurry Zoo closes Oct 7

15% Discount on one day passes for Senior Circle members and their families. Online only. Discount does not apply to season passes. Valid 365 days from purchase date. The zoo will NOT accept your Senior Circle card at the gate; **You must have a pre-printed ticket.**

- Adults ages 19-61: \$12.75 (normally \$15)
- Children ages 2-18: \$8.50 (normally \$10)
- Seniors ages 62+: \$10.20 (normally \$12)

To purchase tickets:

1. Go to LutheranHealth.net/SeniorCircle
2. Click on "purchase zoo tickets".
3. Enter your 9-digit member number (found on your Senior Circle membership card).
4. For password, type "SCMember".
5. Purchase tickets using a credit card.
6. Print your e-tickets to use as your admission pass.

TRAVEL, TRIPS & TOURS

Attention all quilters. There is a bus trip to the American Sewing Guild in Novi, Michigan.

- November 14
- Cost: \$58
- Contact Kathy Norris at kathy2126@frontier.com

We're partnering with the Whitley County Council on Aging for fun excursions.

- Make checks payable to WCCOA and send to:
 - WCCOA, 710 Opportunity Dr., Columbia City, IN 46725
- Questions? Call Darlene Bockelman at (260) 248-8944
- Please consult with WCCOA regarding cancellation policy prior to making reservation.

Mystery Tour

- September 18
- Take a one-day trip to... oh, yeah, that's part of the secret.
- Cost: \$125 with \$25 deposit due by Aug. 10 and final payment due by Sept. 8.

Santa Gets a Pink Slip

- November 15
- Cornwell's Dinner Theatre, Turkeyville (near Marshall, MI)
- Cost: \$110 – Reservations and \$20 deposit due Sept 30 and final payment due Oct 20

Travel Show

Darlene Bockelman, tour director with Whitley County Council on Aging will be announcing the trips for 2020

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

- October 24, 1 p.m.
- Register by Oct. 22

Allen County TRIAD Unwanted Medication Collection

September 27, 9 a.m. to 1 p.m.

Bring unwanted medication (PILLS ONLY) in original bottles or packages to one of the following **Walgreen's** Drug Stores:

- 7950 W. Jefferson Blvd. (Lutheran Hospital)
- 5830 N. Clinton St.
- 6202 W. Jefferson Blvd.
- 6730 Bluffton Road
- 330 W. State Blvd.
- 907 Lincoln Hwy W. (New Haven)
- 10170 Maysville Road
- 5435 E. Dupont Road
- 10211 Chestnut Plaza Dr.
- 11932 Lima Road
- 10412 Coldwater Road
- 2410 N. Coliseum Blvd
- 6201 Stellhorn Road
- 110 E. Creighton Ave.
- 1701 E. Paulding Road

Ongoing collection sites (pills only) at:

- Allen County Sheriff (Huntertown Town Hall)
- Fort Wayne Police (Rousseau Centre Building)
- New Haven Police (815 Lincoln Highway East)

Walgreen's Drug Stores:

- 6202 W. Jefferson Blvd. (Walgreen's Location)
- 6201 Stellhorn Rd. (Walgreen's Location)
- 10412 Coldwater Rd. (Walgreen's Location)

Please complete the survey on the next page regarding Senior Circle . We would like to hear from you and would appreciate your feedback.

Thank you.

2019 Senior Circle Survey

Name _____ Spouse _____

Address _____

City, Zip _____

Home phone _____

Your cell phone _____ Spouse cell phone _____

Your birthdate _____ Spouse birthdate _____

Email _____ Spouse email _____

1. Do you want to remain a member of Senior Circle in 2020? You _____ Spouse _____

2. Do you see a Lutheran Health Physician? You _____ If so who? _____
Spouse _____ If so who? _____

3. What is your hospital of choice?

You

Lutheran
St Joseph
Dupont
Bluffton Regional
KCH
Parkview

Spouse

Lutheran
St. Joseph
Dupont
Bluffton Regional
KCH
Parkview

4. What services would you like to see at Senior Circle? _____

5. What activities would you like to see at Senior Circle? _____

6. How would you like to receive your newsletter? Printed copy or email?

7. Do you participate in:

- Wellness lectures/Lunch & learns/Breakfast & learns
- Health screenings – blood draws, hearing,
- Advise – legal, SHIP
- Foot care clinic
- Social Activities – bingo, trips, stitchers, crafts
- Painting
- Exercise – swim, chair
- Discounts
- Taxes
- Support groups

Any other comments or suggestions? _____

Please return to:

Senior Circle – MOB 100
St. Joseph Hospital
700 Broadway
Fort Wayne IN 46802