

January, February & March 2020 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).

If you haven't received your 2020 membership card and would like one, please give me a call.

HEALTH SCREENINGS & INFORMATION

Lab Blood Draws

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

- Tuesday, Jan 28 & March 24, 8:15–9 a.m.

Georgetown, 6505 E State Blvd, Senior Circle office

- Tuesday, Feb. 25, 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.

- 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, check for ear wax, cleans hearing aids and assists with minor hearing aid repairs—all FREE in the Senior Circle office.

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

- Tuesdays, Jan. 14, Feb. 11 & Mar. 10, appointments available 9:30–11:00 a.m.

Georgetown, 6505 E State Blvd, Senior Circle office

- Tuesdays, Jan. 21, Feb. 18 & Mar. 17, appointments available 9:30–11:00 a.m.

Foot Care Clinic

Janet 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, Jan. 3, Feb. 7 & Mar. 6

- **Afternoon appointments**

Tuesdays, Jan 21, Feb. 18 & Mar. 17

WELLNESS SERIES

CBD Oil

Join the pharmacy residents as they talk about CBD Oil.

Lutheran Hospital, 7950 W Jefferson Blvd, Lower Level, Special Function Rooms 3 & 4

- Thursday, Jan. 16, 11:30 a.m.–12:30 p.m.
- Register by Jan. 7
- Sponsored by Heritage Park

Alzheimer's Series

We will be holding a series of six basic Alzheimer's Association courses presented by Bonny Jacobs. Come to all or just a couple. This series will be held on Wednesdays at 3 p.m. at our Georgetown location.

Georgetown, 6505 E State Blvd, Senior Circle office

- Feb. 26, 3 p.m.: 10 Warning Signs of Alzheimer's
- Mar. 11, 3 p.m.: Understanding Alzheimer's and Dementia
- Mar. 25, 3 p.m.: Effective Communication Strategies
- Apr. 8, 3 p.m.: Understanding and Responding to Dementia-Related Behavior
- Apr. 22, 3 p.m.: Dementia Conversations (Driving, Doctor Visits, Legal and Financial Planning)
- May 6, 3 p.m.: Healthy Living for Your Brain and Body

Colon Cancer Prevention

Everyone is at risk of colorectal cancer to some degree, although some people have a higher risk than others. Christy Bethay from the Lutheran Cancer Resource Center will explain what you can do to help protect yourself against colorectal cancer.

Lutheran Hospital, 7950 W Jefferson Blvd, Lower Level, Special Function Rooms 4

- Friday, Mar. 20, 11:30 a.m. – 12:30 p.m.
- Register by Mar. 10

Diabetes Support Group

Diabetes is a life-changing disease with challenges that may seem extremely difficult to overcome. You are not alone! This support group provides a great opportunity to spend time with people who are living with diabetes. Each meeting will involve up-to-date diabetes information with plenty of time for questions each session. Come and learn how to live well with diabetes! 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.
- Jan. 16: Meet & Greet People with Diabetes: Share Your Story
- Feb. 20: Gaining Motivation to Get Off the Couch
- Mar. 19: Monitoring Blood Sugars for Life
- 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, Jan. 8 & 22, Feb. 5 & 19 & March 3 & 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. No opened or damaged containers or expired products please.

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

- Tuesday, Jan 7, 2–3 p.m. (register by Jan. 2)
- Tuesday, Feb. 4, 2–3 p.m. (register by Jan. 30)
- Tuesday, Mar. 3, 2–3 p.m. (register by Feb. 28)

Georgetown, 6505 E State Blvd, Senior Circle office

- Thursday, Jan. 23, 11 a.m.–12 p.m. (register by Jan. 20)
- Thursday, Feb. 20, 2–3 p.m. (register by Feb 14)
- Thursday, Mar. 19, 2–3 p.m. (register by Mar. 13)

National Corn Chip Day

Dupont Resource Center, 2514 E Dupont Rd, Suite 210

- Wednesday, Jan. 29, 2 p.m.
- Sponsored by North Woods Village

National Chocolate Mint Day

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

- Wednesday, Feb. 19, 10:30 a.m.
- Sponsored by Summit City Nursing & Rehabilitation

National Chip & Dip Day

Georgetown, 6505 E State Blvd, Senior Circle office

- Monday, Mar. 23, 2 p.m.

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, Feb. 28, 12–4 p.m. (register by Feb 24)



TRAVEL, TRIPS & TOURS

Our partner this year is Woodlands Tours. Questions? Please contact Darlene Bockelman at:

- (260) 248-8944
- 710 Opportunity Dr., Columbia City, IN 46725

Whiting Forest and Dow Gardens

- May 12
- Whiting Forest spans 54 acres, boasts the nations' largest canopy. Some areas are more than 40 feet above ground. There will be a guided tour in the morning with golf carts available for those unable to walk. After a break for lunch at a Midland, Michigan, restaurant, we'll return to Dow Gardens for a self-guided tour. The gardens cover 110 acres with plenty of places to sit and admire the beauty of the area.
- Cost: \$165 with \$35 deposit due by March 30. Final payment due by April 10.

A Day Down on the Farm

- June 9
- We'll travel to Fair Oaks Farms, recognized as one of the leading agricultural tourist attractions in the nation. Enjoy swine, dairy and crop adventures. Lunch will be in the Farmhouse Restaurant.
- Cost: \$125 with \$25 deposit due by April 30. Final payment due by May 9.

Honkytonk Angels at Turkeyville

- July 9
- We'll gather for a marvelous turkey buffet, browse the shops and enjoy a show filled with lots of laughter and 30 popular country songs.
- Cost: \$110 with \$20 deposit due by May 15. Final payment due by June 9.

Put-in-Bay, Ohio

- July 28
- We'll take a ferry from Port Clinton to the island where golf carts will be waiting. There are group tram tours of the island, but most of the day you will be able to go wherever you'd like.
- Cost: \$169 with \$50 deposit due by May 30. Final payment due by July 1.

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, Jan. 10, Feb. 14 & Mar. 13, 1–2 p.m.

AARP Tax-Aide Site

AARP Foundation Tax-Aide offers free tax preparation.

Georgetown, 6505 E State Blvd, Senior Circle office

- Thursdays, Feb. 6 thru Apr. 9
- Hourly appointments available 9 a.m.–12 p.m.
- Bring photo ID, Social Security cards for everyone involved, 2018 tax returns, all 2019 tax documents

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: Jan. 6 to Feb. 13 and Feb. 24 to Apr. 2
- 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

- **Effective January 1, 2020, the free walking program at Spiece will be discontinued.** If you would like access to the track only, the fee will be \$3/visit or \$15/month.