

# CIRCLENEWS

A PUBLICATION FOR THOSE 50 & BETTER



Senior Circle

## Inside This Issue

- ▶ 21-Day Challenge Information
- ▶ Health Programs and Screenings
- ▶ Community Walks/Runs
- ▶ Day Trips and Excursions
- ▶ Easy Summer Recipes

## Senior Circle Office: Fort Wayne

### HOURS

- ▶ Tuesday–Friday, 8 a.m.–4 p.m.
- ▶ Closed Mondays

### RESERVATION LINE

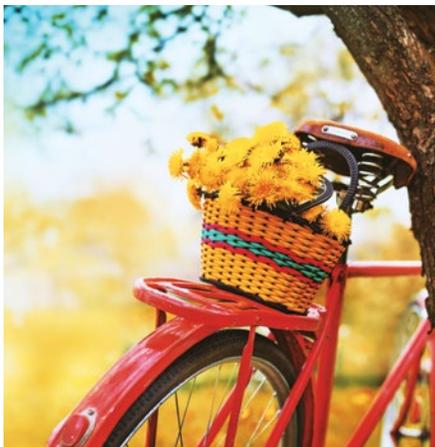
- ▶ (260) 425-3087

### COORDINATOR

- ▶ (260) 425-3861

### PROGRAM LOCATION

Unless specifically noted, all Fort Wayne programs take place at the Senior Circle office on the first floor of the medical office building at St. Joseph Hospital, 800 Broadway, Suite 100.



## Hundreds Attend Expo

**The 50+ Life Expo saw hundreds of participants in May at the Coliseum.**

Attendees had the opportunity to sign up for the Fort4Fitness Seniors Marathon and participate in a community art project organized by ArtLink. Lutheran Health Network commissioned the mural, made up of a thousand 12×12 sheets, each containing a painted flower. Watch for the temporary mural to be installed on the outside of St. Joseph Hospital in a few months.



LHN offered a large pavilion with experts available to discuss a variety of areas as well as free health screenings. This year, we also featured our 21-Day Challenge in which we asked attendees to commit to building a healthy habit in one of six key areas in just 21 days. Many signed our commitment canvas, hoping to make 2016 a healthier year. If you missed the expo, you may find information on the 21-Day Challenge on page 2.



## Make a Note

### DONATIONS FOR SCHOOL KIDS

The organizers of the Annual Amnesty & Deliverance Community Festival are looking for items to be donated for families in need. If you would like to donate school supplies, book bags, non-perishable food and new or gently used clothing, please contact Joe Ayers at (260) 348-6080 or AyersSportsEntertainment@gmail.com. They would prefer to receive donations several weeks before the event, if possible. Then, bring your grandchildren and join the festival on Aug. 27 from 1–8 p.m. at McMillen Park.

### YOUNG AT HEART SENIOR FEST

Be sure to stop by the Senior Circle booth at the Young at Heart Senior Fest (part of Three Rivers Festival) on Tuesday, July 12, 9 a.m.–3:30 p.m., at the IPFW International Ballroom, Walb Union, Rooms 149–150.



**THE SENIOR CIRCLE OFFICE WILL BE CLOSED  
THE WEEK OF JULY 25 TO AUG. 1.**

# 21-DAY CHALLENGE



## About Senior Circle

Our mission at Senior Circle is to promote a healthy, active lifestyle by offering programs that encourage learning, enhance wellness, provide access to healthcare professionals and present opportunities for fun and fellowship. The membership fee is just \$15 per person or \$27 per couple and is good for one year from sign-up. Membership is not required to participate in many of our programs. However, we do offer some programs and screenings exclusively for members. Members also enjoy a discounted rate for activities with a fee and they have access to significant local and national discounts. Join today! See page 9 for more details.



**SHELLY LYBARGER**

Fort Wayne Senior Circle Coordinator



**DEANA CROUSSORE**

LHN Community Affairs Supervisor

Dupont, Kosciusko Community, Lutheran, Rehabilitation, St. Joseph and The Orthopedic hospitals are owned in part by physicians.

\* Independent members of the medical staffs.

## Take the 21-Day Challenge

### WHY COMMIT TO THE 21-DAY CHALLENGE?

Have you ever noticed that many diseases, including cancer, diabetes, high blood pressure, heart disease, heart attack, stroke and more, share common risk factors? Given that fact, it's also true that when you improve and manage key areas of your health, you can significantly reduce your risk for these and a variety of other diseases and conditions all at the same time. But, trying to change several unhealthy habits at one time can be overwhelming. That's where the 21-Day Challenge comes in.

### WHAT IS THE 21-DAY CHALLENGE?

Did you know that it takes just 21 days to form a habit? And focusing on one change at a time can have great, long-term impact. The 21-Day Challenge combines these aspects and encourages you to choose one of six key health areas to work on for 21 days to build one healthy habit at a time on your way to better health.

### HOW TO TAKE THE 21-DAY CHALLENGE

- ▶ Choose one key health area (nutrition, hydration, exercise, stress management, sleep, tobacco cessation) to focus on for the next 21 days.
- ▶ Decide what practical improvements you can make in this chosen area.
- ▶ Work this change into your daily routine for the next 21 days.
- ▶ Once you've built a healthy habit, chose another key area and focus on it for 21 days—adding it to the routine you've already established.
- ▶ Keep building good habits one at a time for a healthier you. You may be surprised by how good you feel!

### PICK UP YOUR FREE PACKET

Pick up your free 21-Day Challenge packet in the Senior Circle office. The packet includes a description of the challenge, tips on each of the six key health areas and how to work them into your routine, and a calendar to keep track of your goals, progress and more.



**Choose one key health area:**

**NUTRITION**

**HYDRATION**

**EXERCISE**

**STRESS MANAGEMENT**

**SLEEP**

**TOBACCO CESSATION**

**And commit to starting your 21-Day Challenge today!**

*As always, consult with your doctor to determine what is best for your particular situation.*

# KEEP LEARNING

**Register online:**  Indicates reservations may be made online at [LutheranHealth.net/SeniorCircle](http://LutheranHealth.net/SeniorCircle). Click on "Upcoming Senior Circle Events" to find the program you're interested in.

## Breakfast & Learns

### Healthcare at Home

Home care programs are designed to help patients regain their independence by receiving needed medical care in their own home environment. Meet with Lutheran Health Network Home Care representatives Susan Legg and Nancy Bates, RN, to find out what options are available.

- Tuesday, Aug. 9, 8:30 a.m. (register by Aug. 3)
- St. Joseph Hospital, Assembly Room, lower level
- Free breakfast sponsored by LHN Home Care

## Lunch & Learns

### The Basics: Memory Loss, Dementia and Alzheimer's Disease

A representative from the Alzheimer's Association will explain the difference between normal age-related memory changes and more serious memory problems that should be evaluated by a medical professional. Topics will include the common causes of memory loss, risk factors and the importance of an accurate diagnosis.

- Friday, July 15, 11:30 a.m. (register by July 8)
- Lutheran Hospital, Special Function Rooms 3 & 4
- Free lunch sponsored by Kingston Health Care

### Keeping the Keys

AAA's Keeping the Keys seminar helps empower older drivers to be proactive in managing their driving careers, plan ahead for continued mobility; and provides an overview of resources that can help accomplish these goals. Charlene Sligting, AAA traffic safety representative, will discuss:

- ▶ Issues that affect older drivers and mobility in the U.S., including statistics and facts vs. myths
- ▶ How aging affects the skills and abilities necessary for safe driving and how older drivers can adjust to changes
- ▶ What tools and resources are available
- Thursday, Aug. 11, 11:30 a.m. (register by Aug. 3)
- Lutheran Hospital, Special Function Rooms 3 & 4
- Free lunch sponsored by Life Care Center of Fort Wayne

### What Helps with Alzheimer's and Dementia Beyond Medications

Alzheimer's and dementia affect not only the patient but also his or her family and friends. These diseases and conditions impact the body and mind in addition to home life and finances. Come join Tori Ebbing, RN, assistant director of nursing with North Woods Village, as she discusses what can help beyond medications.

- Wednesday, Aug. 24, 11:30 a.m. (register by Aug. 18)
- Dupont Hospital campus, Dupont Resource Center, 2514 building, Suite 210
- Free lunch sponsored by North Woods Village

#### **Breakfast and Lunch Program Deadlines and**

**Cancellations:** Please be sure to register by the noted deadline as space is limited. Seats and meals may not be available for late registrations. Please call if you need to cancel your registration so others may attend.

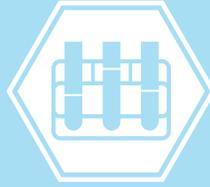
## Evening Talk

### Is Hip Pain a Hassle? Take Back Your Life

Having a hitch in your hip can really slow you down. Daily activities are more challenging and less enjoyable. If hip pain is keeping you from living the active lifestyle you enjoy, anterior hip replacement may be the solution. The anterior approach is less invasive and leads to quicker recovery than traditional hip replacement surgery. Join Timothy van de Leur\*, MD, Fort Wayne Orthopedics, and Cindy Gorrell, NP, Lutheran Medical Group, for this informative session to:

- ▶ Find out more about the benefits of inpatient and outpatient anterior hip replacement surgery.
- ▶ Learn about The Orthopedic Hospital's PACE Clinic and Joint Camp services, which provide preoperative evaluation, education and support to maximize outcomes.
- ▶ Get answers to your questions about inpatient and outpatient anterior hip replacement options.
- Thursday, July 28, 6:30 p.m. (**register by July 21 at: [LutheranHealth.net/hip2016](http://LutheranHealth.net/hip2016)**)
- Kachmann Auditorium, Lutheran Medical Park, Medical Office Building Two (park in south parking garage)

# CHECK YOUR HEALTH



## Health Screenings & Clinics

### Chem 30 Blood Chemistry

A Chem 30 measures levels of sodium, potassium, glucose, uric acid, calcium, phosphorus, magnesium, HDL, LDL, triglycerides and more. A 12-hour fast is required. Please share results with your physician.

- Appointment required
- Cost: \$49 cash or check, no credit or debit cards
- Available for Senior Circle members only

#### Lutheran Hospital, 7950 W. Jefferson Blvd.

- Thursday, July 14, 9–9:30 a.m.

#### St. Joseph Hospital, Senior Circle office

- Tuesdays, July 19 and Aug. 23, 8–9 a.m.

#### Dupont Hospital, 2520 E. Dupont Road

- Thursday, Aug. 11, 8–8:30 a.m.

### Thyroid (TSH) Screening

The thyroid gland helps control your body's metabolism and can affect your heart, brain, liver, kidney and skin. The TSH screening helps determine whether or not your thyroid gland is functioning properly. This is a non-fasting test.

- Tuesday, July 19, 8–9 a.m.
- Appointment required
- Cost: \$20 cash or check, no credit or debit cards
- Available for Senior Circle members only

## Did You Know?

Getting regular screenings fits in perfectly with the 21-Day Challenge. Having a baseline for various tests can help you and your doctor to determine which area you should focus on first. Be sure to ask your doctor how often you should be rechecked. Review your results and progress and make adjustments as you go.

**TIP:** If you're starting the 21-Day Challenge and you choose to focus on exercise, taking care of your feet is essential! That includes having good shoes.

### FREE Hearing Screening

Fort Wayne Audiology Center staff conduct hearing screenings, check for ear wax, clean any type of hearing aid and assist with minor hearing aid repairs—all FREE in the Senior Circle office. Alternate times and services are available at Fort Wayne Audiology Center's main office, 217 W. Wayne St. Show your Senior Circle membership card to receive a discount!

- Tuesdays, July 19 and Aug. 16, 9:30 a.m.–noon
- Appointment required
- Available for Senior Circle members only

### FREE Foot Screening

Do you suffer from any number of foot conditions? Do you have trouble walking or staying on your feet? Are you diabetic? Matthew Robison\*, DPM, or Jacqueline Monroe\*, DPM, Aboite Podiatry Associates, will examine your feet and make recommendations to keep them healthy.

- Thursday, Aug. 18, 2–3:40 p.m. (no screening in July)
- Appointment required
- Available for Senior Circle members only

### Foot Care Clinic

Carol Snyder, LPN, will trim toenails, massage feet and file calluses. If you have diabetes, circulation problems or arthritis, proper foot care is a must. Be sure to bring a foot basin and large towel.

- Appointment required
- Cost: \$24 Senior Circle members, \$27 nonmembers (cash or check, no credit or debit cards)
- **Mornings:** July 13, July 21 and Aug. 18, 8:30–11:30 a.m.
- **Afternoons:** July 7 and Aug. 4, 1–3:30 p.m.
- **All Day:** July 20 and Aug. 10, 17, 8:30 a.m.–2:30 p.m.

# CLASSES & COUNSELING

## Get Grandkid Ready

Are you welcoming a new grandbaby to the family? You can discover the latest about safe sleep, car seat safety, home safety, SIDS and shaken baby syndrome in this free refresher class. In addition, a basic American Heart Association non-certification CPR course provides a review of CPR techniques and choking information for infants up to one year of age.

- Wed., July 13, Fri., Sept. 9, Tues., Nov. 1, 5:30–8 p.m.
- Dupont Hospital campus, Dupont Resource Center, 2514 building, Suite 210
- Register online at [TheDupontDifference.com/classes](http://TheDupontDifference.com/classes) or call (260) 416-3042.

## Legal Counseling

An elder law attorney from Beers, Mallers, Backs and Salin will provide a free 20-minute consultation.

- Fridays, July 8 and Aug. 12, 1–2:40 p.m.
- Appointment required
- Available for Senior Circle members only

## Learn to Enjoy Your iPad

Join Janeann Perkins, IT training consultant with Key Point Training, for this two-hour workshop to help you learn the basics and enjoy your iPad. This course will focus on JUST the iPad. You will learn to customize and change defaults, install and uninstall apps, use the Skype app to see and talk to friends and family, tap into and customize cloud storage, navigate contacts, email and other common apps. Get insight into the best apps for your life and hobbies.

- Monday, July 11, 10 a.m.–noon
- St. Joseph Hospital, Conference Room, lower level
- Cost: \$25 Senior Circle members, \$30 nonmembers (cash or check, no credit or debit cards)
- Register by Wednesday, July 6

## Medicare Counseling

There will be no counseling sessions at Senior Circle in July and August. Walt will be back in September to help with health insurance issues, including Medicare.

# BE CREATIVE; BE SOCIAL

## CRAFTS & ACTIVITIES

Crafts and other activities are a great way to spark your creativity and meet new friends. Supplies are provided by our sponsors, unless otherwise noted.

 Indicates reservations may be made online

### Bingo

Enjoy an afternoon of playing bingo! Bring a prize with you.

- Tuesday, Aug. 2, 2–3 p.m.
- Register by Friday, July 29



### Senior Circle Stitchers

- Wednesdays, July 6, 20 and Aug. 3, 17, 31, 1–3:30 p.m.
- Finished projects are donated to the St. Joseph Regional Burn Center, Lutheran Children's Hospital and Mad Anthony's Children's Hope House. New stitchers and donations of supplies or material are always welcome!

### Painting Classes

Carl Mosher, artist and painting instructor, teaches step-by-step painting to anyone who wants to learn. Even if you've never painted before, you can tap into your artistic talents with Carl's help. All supplies are furnished and participants leave each class with a finished painting.

- \$25 Senior Circle members, \$30 nonmembers (cash or check, no credit or debit cards)
- Need a minimum of five people registered in order to hold the classes

#### Sunset Sails

- Friday, July 22, 12:30–4 p.m. (register by July 19)
- Medium: Acrylic on canvas



#### Smokey Mountain Retreat

- Friday, Aug. 26, 12:30–4 p.m. (register by Aug. 23)
- Medium: Acrylic on canvas



# LET'S GET MOVING

## Charity & Community Walks/ Runs Sponsored by LHN

Get fit and have fun this season while supporting great organizations and causes.

### Fort4Fitness Senior Challenge Walking Tours

Walking Tours combine exercise and fun. Held in various locations around the city throughout the summer, they will feature interesting facts about each unique location.

Tours are open to anyone registered for the Seniors Marathon. Visit [Fort4Fitness.org](http://Fort4Fitness.org) or call (260) 760-3371 to register.

#### Arts United

- Wednesday, July 6 at 10 a.m.
- Meet at the Museum of Art, 311 E. Main St.

#### Moser Park

- Wednesday, Aug. 3 at 6 p.m.
- Meet at the trailhead at Moser Park, 601 W. Main, New Haven

#### Salomon Farms

- Wednesday, Sept. 7 at 6 p.m.
- Meet at Salomon Farms, 817 W. Dupont Rd.

### Fort Wayne's Smallest Winner Half Marathon and 10K

- Saturday, July 2, 6:30 a.m., Deer Ridge Elementary School, 1515 South Scott Rd., Fort Wayne
- Register at [RunRace.net](http://RunRace.net)

### Leo-Cedarville 5K

- Saturday, July 2, 8 a.m., Riverside Gardens Park, 14701 Schwartz Rd., Leo
- Register at [LeoCedarville.com](http://LeoCedarville.com)

### New Haven 10K

- Saturday, July 30, 8 a.m., Jury Park & Pool, New Haven
- Register at [RunSignUp.com](http://RunSignUp.com)

**TIP:** Proper hydration is part of the 21-Day Challenge. Remember to drink plenty of water before, during and after exercising.



### Indiana Donor Network's Show Us Your Heart 5K Run/Walk

- Saturday, Aug. 27, 8 a.m., Deer Ridge Elementary School, 1515 South Scott Rd., Fort Wayne
- Register at [IndianaDonorNetwork.org/5K](http://IndianaDonorNetwork.org/5K)

### American Heart Association's Northeast Indiana Heart Walk

- Saturday, Sept. 24, 8 a.m., Ivy Tech Campus, Fort Wayne
- Register at [FortWayneHeartWalk.Kintera.org](http://FortWayneHeartWalk.Kintera.org)

### Trail Blazer 5K/10K

- Sunday, Oct. 16, 2 p.m., Summit Middle School, 4509 Homestead Rd., Fort Wayne
- Register at [FortWayneTrails.org](http://FortWayneTrails.org)

## Walking, Fitness & Training

### Circle Walkers



Whether you're trying to get your miles in for the Fort4Fitness Seniors Marathon or you just want someone to walk with, join us for Circle Walkers this summer. This is a great way to get stamps in your marathon logbook.

- Every Monday, May–September, 8:15 a.m.
- Jefferson Pointe, outside Panera Bread

### Jefferson Pointe Walking Club

Stretch your legs in a great environment and walk your way to better health. Stop by the mall office for a welcome gift.

- Daily, May–October, 7–10 a.m.
- Path starts at Panera Bread, Jefferson Pointe
- Visit [JeffersonShopping.com](http://JeffersonShopping.com) for more information

# LET'S GET MOVING

## Did You Know?

If you've chosen exercise for your 21-Day Challenge, try to set a goal of 10,000 steps each day. Being active can help burn extra calories, but consider not consuming those extra calories in the first place.

- ▶ It takes 5,600 steps to burn off one 280-calorie chocolate chip cookie.
- ▶ It takes 6,000 steps to burn off one 300-calorie cafe mocha.
- ▶ It takes 9,600 steps to burn off one 480-calorie double cheeseburger.
- ▶ It takes 11,800 to burn off one 590-calorie slice of pepperoni pizza.

*Estimates are based on 200-pound individual and are listed as gross kcals/min.*

## Walking at Spiece Fitness

**Enjoy free walking privileges at Spiece after showing your Senior Circle membership card.** The track is 1/9th of a mile and indoors to keep you warm in the winter and cool in the summer. Discounted Spiece all-inclusive memberships are also available: \$60 enrollment fee waived for Senior Circle members and monthly membership costs just \$42/individual or \$65/couple. In addition to the track, Spiece also has two pools, cardio and weightlifting equipment, as well as a variety of group fitness classes. Call (260) 483-1415 for more information or stop in for a visit at 5310 Merchandise Dr. (off Lima Road, south of I-69 exit 311A).

## 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, call (260) 425-3208.

### Monthly Maintenance

- Mondays, Wednesdays and Fridays
- 8 a.m.-noon or 1-3 p.m.; pick any one-hour block!
- \$30 per month

### Annual, Unsupervised Program

- \$180/year or \$90/six months
- Enrollment fee only \$20 (half price) for Senior Circle members

## Exercise Classes

### Circle Swimmers

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

- Six-week sessions:  
July 25 to Sept. 1, then Sept. 12 to Oct. 19.
- \$54/six-week session Senior Circle members, \$69/six-week session nonmembers
- Participants are required to complete waivers prior to attending their first class, then annually thereafter
- Call (260) 425-3087 to reserve your space

### At Fort Wayne Orthopedics Campus

- Mondays & Wednesdays, 12:15-1 p.m.
- Tuesdays & Thursdays, 12:15-1 p.m.
- The Orthopedic Hospital, Fort Wayne Orthopedics campus, 7601 W. Jefferson Blvd., outpatient rehab suite 102

### At Lutheran Hospital Campus

- Mondays and Wednesdays, 10:50-11:35 a.m.
- Rehabilitation Hospital, Lutheran Hospital campus, 7970 W. Jefferson Blvd.

## Dances

### Kingston's Dance For a Cause

This event benefits Honor Flight Northeast Indiana. Enjoy dancing to tunes performed by PrimeTime. Dessert and coffee are provided. A cash bar is available. Call Camille at (260) 415-7741 for more information.

- Monday, July 11, 7-9 p.m.
- \$10 in advance, \$12 at the door
- Ceruti's Banquet & Event Center, 6325 Illinois Road, Fort Wayne, IN 46804
- Purchase tickets at Kingston Residence, 7515 Winchester Road, Monday-Friday, 8 a.m.-5 p.m.
- Or order online (note: this is a small convenience charge): <https://kingstondanceforacause.eventbrite.com/>

# EXCURSIONS

## Travel, Trips & Tours

We're partnering with Whitley County Council on Aging for fun excursions this year. Call for additional information on each event.

### Zoorific

On this one-day trip, we'll travel to the Indianapolis Zoo, Rhythm! Discovery Center, Rocket Fizz and Hard Rock Cafe. This is a great trip to enjoy with your children and grandchildren!

We'll begin our day at the Indianapolis Zoo. In the International Orangutan Center, we'll meet Rocky, Azy, Knobi, Lucy and their friends up close and personal on the ground and in the air via the Skyline aerial gondola ride. While at the zoo, take in a dolphin show, pet sharks and be mesmerized by butterflies. Guests will observe a personal trainer with either the dolphins or orangutans and will have a coupon for a Skyline ride above the Orangutan Center or a train ride around the perimeter of the zoo. Lunch will be on your own at the zoo.

After the zoo, we'll make our own music in the interactive gallery at the Rhythm! Discovery Center. Explore the history of rhythm and percussion instruments from around the world. While there, take a turn on a set of drums, shake a tambourine and give it your all on a giant gong. At the end of the visit, participate in a drum circle.

Next, kids and adults alike will enjoy Rocket Fizz, a one-stop shop for all of your soda pop and candy cravings. Everyone will receive a \$2 gift certificate to use.

Finally, we'll have dinner at the Hard Rock Cafe in a private room in which you can share your love of 50s music with your companions. Four meal choices available.

- Friday, Aug. 5 (leave from Fort Wayne at 7:15 a.m., return at approximately 8:30 p.m.)
- Indianapolis
- Cost: \$125 for adults; \$115 for children under 10 years old. Make checks payable to WCCOA Tours and send them to, or drop them off at, the Fort Wayne Senior Circle office.
- Deposit of \$25 to hold reservation with final, full payment due July 12.



### Menopause, the Musical

After a great lunch, sit back and be prepared for an afternoon of entertainment. This hilarious musical comedy will have you laughing out loud.

- Wednesday, Sept. 28
- Beef and Boards, Indianapolis
- Cost: \$109. Make checks payable to WCCOA Tours and send them to, or drop them off at, the Fort Wayne Senior Circle office. Deposit of \$25 to hold reservation with final, full payment due Aug. 25.

### Christmas with the In-Laws

The story begins when a young couple sets out to do the right thing and spend Christmas with their parents in Florida. This hilarious adventure starts as they picture the "perfect holiday" with their loved ones. Watch as the "mommas boy" is coddled, and the fight begins over who is his favorite woman. But, "daddy's little princess" and the dad that loves her have a few tricks up their sleeves for the unsuspecting husband. Who knows, they may find the "perfect holiday" after all. This show includes lots of traditional and fun holiday songs that you will truly enjoy.

- Tuesday, Nov. 15
- Cornwell Dinner Theatre (Turkeyville), Marshall, Mich.
- Cost: \$99. Make checks payable to WCCOA Tours and send them to, or drop them off at, the Fort Wayne Senior Circle office. Deposit of \$10 to hold reservation with final, full payment due Oct. 10.

### Annie Warbucks

This delightful sequel picks up where Annie left off. Child welfare commissioner Harriet Doyle informs Daddy Warbucks he must marry in 60 days, so Annie can have a proper mother. His whirlwind search for a fitting bride has some very unexpected results.

For dinner, choose from roast sirloin or roast chicken with cornbread stuffing. Also included: garden vegetable soup, garlic mashed potatoes, broccoli florets and red velvet cake.

- Tuesday, Nov. 29
- Theatre at the Center, Munster, Ind.
- Cost: \$109. Make checks payable to WCCOA Tours and send them to, or drop them off at, the Fort Wayne Senior Circle office. Deposit of \$20 to hold reservation with final, full payment due Oct. 25.

# MEMBERSHIP & DISCOUNTS

## Save up to 25% on Car Rental

Planning a road trip this summer? Be sure to use your Senior Circle discount. Make your reservations online.

- Alamo Car Rental (Alamo.com/Offer/SeniorCircle)
- National Car Rental (NationalCar.com/Offer/SeniorCircle)



## Other Discount

The following partners offer discounts for Senior Circle members. For a complete list of discounts with details, contact our office at (260) 425-3087.

### SENIOR CIRCLE LOCAL PARTNERS:

- ▶ Fort Wayne Audiology Center
- ▶ Fort Wayne Children's Zoo
- ▶ KCH Health & Wellness Center
- ▶ KeyPoint (Technology) Training
- ▶ Liberty Diner
- ▶ Lutheran Health Network cafeterias (Bluffton Regional Medical Center, Dupont, Kosciusko Community, Lutheran, Rehabilitation and St. Joseph hospitals)
- ▶ New Energy Wellness at Coventry Meadows
- ▶ Northeast Ophthalmology, P.C.
- ▶ Ophthalmology Consultants of Fort Wayne
- ▶ Spiece Fitness
- ▶ Sun Rise Cafe
- ▶ Superior Van & Mobility
- ▶ St. Joseph Hospital Wellness Center
- ▶ Three Rivers Running Company

### SENIOR CIRCLE NATIONAL PARTNERS:

- ▶ ADT Home Health Security Services
- ▶ Beltone Hearing Care
- ▶ Careington Dental Care
- ▶ Collette Vacations
- ▶ Home Helpers/Direct Link Medication Dispenser
- ▶ ScriptSave Prescription Drug Discounts
- ▶ VSP Vision

## MEMBERSHIP APPLICATION

Today's date: \_\_\_\_\_

Referred by: \_\_\_\_\_

<b>SENIOR CIRCLE</b>		<input type="checkbox"/> New <input type="checkbox"/> Renew
Last Name	MI	<input type="checkbox"/> Mrs. <input type="checkbox"/> Ms.
First Name	Sex <input type="checkbox"/> M <input type="checkbox"/> F	<input type="checkbox"/> Mr. <input type="checkbox"/> Dr.
Phone Number (     )	DOB (mm/dd/yyyy)	
Address		Apt #
City	State	ZIP
Email		
<b>Complete the section below only if you are applying for a second member in the same household.</b>		
Last Name	MI	<input type="checkbox"/> Mrs. <input type="checkbox"/> Ms.
First Name	Sex <input type="checkbox"/> M <input type="checkbox"/> F	<input type="checkbox"/> Mr. <input type="checkbox"/> Dr.
Phone Number (     )	DOB (mm/dd/yyyy)	
Email		
<p>Check one:</p> <p><input type="checkbox"/> One person; one-year membership \$15 (NEW101)</p> <p><input type="checkbox"/> One person; two-year membership \$27 (NEW102)</p> <p><input type="checkbox"/> Two people; one-year membership \$27 (NEW201)</p> <p><input type="checkbox"/> Two people; two-year membership \$51 (NEW202)</p> <p>Return completed application with <b>CHECK</b> payable to: <b>Senior Circle, c/o St. Joseph Hospital,</b> <b>800 Broadway, MOB Suite 100, Fort Wayne, IN 46802</b></p> <p>OR pay your membership online:</p> <ol style="list-style-type: none"> <li>1. Go to <a href="http://seniorcircle.com">seniorcircle.com</a>.</li> <li>2. Click on "Sign Up or Renew."</li> <li>3. Select the number of persons joining and membership levels, then complete the application process.</li> <li>4. If you have trouble at any time, please feel free to call 1-800-211-4148.</li> </ol>		

*Benefits, partners and discounts are subject to change and availability without notice.*

# BLUFFTON PROGRAMS



## CLAUDIA WARD

BRMC Senior Circle Advisor  
(260) 919-3144  
Claudia.Ward@BlufftonRegional.com  
303 S. Main St.  
Bluffton, IN 46714

### Benefits for Members

- ▶ Free notary: contact Claudia for an appointment
- ▶ Free copies and faxes; some limitations apply. Contact Claudia for an appointment.
- ▶ Free needle disposal for members with diabetes. Contact Claudia for more details.
- ▶ Free tip replacement for crutches, walkers and canes: call Bluffton Regional Rehab Services at (260) 824-3210 ext. 5575 to schedule an appointment. Tell them you are a Senior Circle member. Show card upon arrival.
  - › Monday–Friday (except holidays), 8 a.m.–4:30 p.m.

### Discounts in the Main Street Cafe and Phid's Gift Shop

- ▶ Show membership card

*The following programs are scheduled by Bluffton. Bluffton Regional Medical Center's Senior Circle members are welcome to attend Fort Wayne events/activities and vice versa.*

## Programs/Activities:

### Senior Exploration

- Five-week program for adults interested in continued learning.
- Mondays, starting Sept. 26, 8:30 a.m. to noon, Boys and Girls Club (1410 Wayne St., Bluffton)
- Registration begins mid-August; contact Parks & Recreation at (260) 824-6069 or parks@ci.bluffton.in.us
- Cost: \$12; \$6 for Senior Circle members (give your card number at time of registration)

### Theater Thursday

- Free movie, prizes, refreshments and health information
- Wells County Public Library
- Please note: movies and speakers are subject to change.
- ▶ Film: "Where Hope Grows"
  - › **Thursday, July 21, 10 a.m.**
  - › Topic: The Growth of the Bluffton Regional Senior Circle Chapter
  - › Speaker: Claudia Ward, Senior Circle Advisor
- ▶ Film: "Spectra"
  - › **Thursday, Aug. 18, 10 a.m.**
  - › Topic: Direct Lab Access
  - › Speaker: Teresa Biddle, director, BRMC Lab Services

### Ask the Expert

Send your questions for the expert to Claudia by the 24th of the month. Questions and answers will be compiled and included in the following month's BRMC Senior Circle mailing.

- ▶ **July:** Send your questions regarding medications for Andy Ault, director of the Bluffton Regional pharmacy and vice president of operations, to answer.

- ▶ **August:** Send your questions regarding volunteering at the hospital for Claudia Ward, BRMC volunteer coordinator, to answer.

## Ongoing Programs

### Fitness Tuesdays

Free blood pressure screenings and use of the cardiopulmonary exercise room at BRMC for SC members.

- Every Tuesday (except for holidays), 9 a.m.–1 p.m.

### Parks & Rec Outdoor Trail System

Looking for a place to walk outside? Try the outdoor trails. Exercise equipment is available for adults.

- Open daily from dawn to dusk
- Cost: Free
- 300 Block of W. Washington St.

### Saturday Breakfast

Breakfast for Senior Circle members; show membership card. Choice of large biscuit with sausage gravy and 16 oz. coffee or fountain drink; or scrambled eggs, 2 slices of bacon or 1 sausage, breakfast potato and 16 oz. coffee or fountain drink. Note: If eggs are not on the steam table, please order.

- Every Saturday (except for holidays), 8–10 a.m.
- Bluffton Regional Main Street Cafe
- Cost \$2 plus tax

### Senior Circle Daily Lunch Special: Healthy Home-Style Meals

Lunch includes meal and small drink for Senior Circle Members; show membership card.

- Monday–Friday, 11 a.m.–1 p.m.,
- Bluffton Regional Main Street Cafe
- \$3 (plus tax)

# KOSCIUSKO PROGRAMS

The following programs are scheduled by Kosciusko Community Hospital. KCH's Senior Circle members are welcome to attend Fort Wayne events/activities and vice versa.

## July Programs:

### Senior Circle Picnic

Join us for our annual picnic. Lunch will be provided by Millers Merry Manor. Jay de los Reyes, chief operating officer of Kosciusko Community Hospital, will be the guest speaker. He will share with us the newest developments at KCH.

- Friday, July 15, 10:30 a.m.
- Location to be determined
- Call (574) 372-5854 to RSVP

## August Programs:

### Free Breakfast & Learn: The Nose Knows

Christopher von Hake, DO, will discuss interesting facts about the anatomy, physiology and function of the nose and sinuses in health and disease. He will also discuss various nonsurgical and surgical treatment options that are available.

- Friday, Aug. 19, 8:30 a.m.
- KCH Administration Classroom
- Call (574) 372-5854 to RSVP



### JARED AMBROSE

KCH Senior Circle Advisor  
(574) 372-5854  
JAmbrose@KCH.com  
2101 East DuBois Drive  
Warsaw, IN 46580

## Hummus and Cucumber Crostini

- ▶ Total Time: 5 minutes
- ▶ Yields: 4 servings

### Ingredients

- 12 large bagel chips (preferably "everything" flavor)
- ½ cup hummus
- ¼ English cucumber, thinly sliced
- 1 Tbs olive oil
- kosher salt and black pepper

### Instructions

Dividing evenly, spread some hummus on the top of each bagel chip, then place a cucumber slice on top of the hummus on each bagel chip. Drizzle with the oil and season with ¼ teaspoon each salt and pepper.

—Recipe Source: RealSimple.com

## Chocolate Icebox Cake

- ▶ Total Time: 12 hours, 15 minutes
- ▶ Yields: 8 servings

### Ingredients

- 2 15-ounce containers ricotta
- 12 ounces melted and cooled semisweet chocolate
- half of a 9-ounce package of chocolate wafer cookies
- ¼ cup shaved semisweet chocolate

### Instructions

In a food processor, puree 2 15-ounce containers ricotta with 12 ounces melted and cooled semisweet chocolate until very smooth.

Line an 8½ x 4½-inch loaf pan with parchment paper, leaving an overhang on two sides. Layer the ricotta mixture and half of a 9-ounce package of chocolate wafer cookies in the prepared pan (three layers of the ricotta mixture and two layers of the cookies, beginning and ending with the ricotta mixture).

Refrigerate for at least 12 hours and up to two days. To serve, remove from pan, slice and sprinkle with ¼ cup shaved semisweet chocolate.

—Recipe Source: RealSimple.com

## Events in the Area

### **Leo-Cedarville Freedom Festival (sponsored by Dupont Hospital)**

- July 1 and 2
- Riverside Gardens Park, 14701 Shwartz Rd., Leo
- Visit [LeoCedarville.com](http://LeoCedarville.com) for more information

### **Downtown Improvement District: Lunch on the Plaza Concert Series (Sponsored by St. Joseph Hospital)**

- Thursdays, July 7, 14, 21, 28, Aug. 4, 11, 18, 25, 11:30–1:30 p.m., Freimann Square, downtown
- Visit [downtownfortwayne.com](http://downtownfortwayne.com) for a list of bands

### **Friday Nites Live Concert Series (sponsored by Lutheran Hospital)**

- Fridays, July 8, 15, 22, 29, Aug. 5, 12, 19, 26, 6:30–8:30 p.m., Jefferson Pointe
- Visit [JeffersonShopping.com](http://JeffersonShopping.com) for a list of bands

### **Fourth of July Fireworks (sponsored by LHN)**

- Monday, July 4, 10 p.m., shot from the roof of the Indiana Michigan Power Center, downtown

### **Three Rivers Festival**

- July 8–16, downtown
- Lutheran Health Network Parade: Saturday, July 9, 9:45 a.m., downtown
- Young at Heart Fest: Tuesday, July 12, 9 a.m.–3:30 p.m., IPFW's International Ballroom
- Other festival events include: Art in the Park, bed race, raft race, waiter-waitress contest, Brew Review, Children's Fest, concerts, fireworks and more
- Visit [ThreeRiversFestival.org](http://ThreeRiversFestival.org) for information

### **Allen County Fair (first aid tent sponsored by LHN)**

- July 26–31, Allen County Fair Grounds
- Visit [AllenCountyFairGroundsIN.com](http://AllenCountyFairGroundsIN.com) for information

### **XPO Charity Ride (sponsored by LHN)**

- Aug. 27, registration 9–11 a.m., XPO Logistics, 2626 W. Coliseum Blvd.
- Dinner and musical entertainment following ride
- Cost: \$15/motorcycle or car, \$5 for each additional rider
- Proceeds benefit the Burn Council of Northeast Indiana
- Contact Scott Bluhm at (260) 223-2012 or [scott.bluhm@xpo.com](mailto:scott.bluhm@xpo.com) for information