

CIRCLENEWS

A PUBLICATION FOR THOSE 50 & BETTER



Senior Circle

Inside This Issue

- ▶ Evening talks on Sept. 20
- ▶ Health screenings
- ▶ Facebook, FaceTime, Skype class
- ▶ Community walks/runs
- ▶ Upcoming trips and travel show

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.



Your Challenge Checkup

It has been about two months since we introduced the 21-Day Challenge in Circle News. That's enough time for you to have completed at least two rounds of the challenge. How are you doing so far?

We hope you've built a new habit already! But if you haven't, now's the time to consider starting. September and October are great months to focus on your health. The days are cooler, and the bombardment of holiday busyness hasn't yet begun.

WHY THE 21-DAY CHALLENGE?

If you need a refresher on the challenge, remember that many diseases and conditions share common risk factors. Rather than overwhelming yourself by trying to change too many things at once, focus on one thing at a time for greater, long-term impact. And since it takes just 21 days to form a habit, why not make it a good one? Focus on one of the six key health areas listed to the right for 21 days, then move on to another key area. By reducing common risk factors one habit at a time, you'll be on your way to better health.

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.

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.

Breakfast & Learns

Do You Have Tired, Achy, Heavy Legs?

Do you suffer from any of these leg symptoms: varicose veins or spider veins; aching, painful or throbbing legs; swollen ankles; heavy, tired legs; leg cramps or restless legs; itching or burning; pain while walking; bulging veins or skin color changes? It could be the problem that's affecting 40 million American adults: chronic venous insufficiency, the often undiagnosed medical condition behind varicose veins and spider veins. Julie Vose from the Center for Vein Restoration will demonstrate a lower leg vein ultrasound.

- Tuesday, Sept. 13, 8:30 a.m. (register by Sept. 7)
- St. Joseph Hospital, Assembly Room, lower level
- Free breakfast sponsored by Signature HealthCARE of Fort Wayne

What Happened to My Hearing?

Don't let hearing issues make you miss out on the important and fun conversations happening around you. Join audiologist Bob DeNyse, MA, Fort Wayne Audiology Center, as he discusses hearing loss and addresses related communication issues.

- Tuesday, Oct. 11, 8:30 a.m. (register by Oct. 5)
- St. Joseph Hospital, Assembly Room, lower level
- Free breakfast sponsored by The Hearth at Sycamore Village

Lunch & Learns

Medicare/SHIP Advisor Discussion

Join us for Medicare counseling with Walter Cook, a state-certified volunteer counselor with State Health Insurance Assistance Programs, or SHIP, provided by the Indiana Department of Insurance. Walt will share information about the Medicare Saving Plan and other assistance as well as drug plans and an overview of the Medicare setup. There will be time for questions after the presentation.

- Wednesday, Sept. 7, 11:30 a.m. (register by Aug. 31)
- Dupont Hospital campus, Dupont Resource Center, 2514 building, Suite 210
- Free lunch sponsored by Coventry Meadows

Is Insomnia Keeping You From a Good Night's Sleep?

Do you have trouble falling asleep or staying asleep? You might have insomnia. And this could have a big impact on your daily routine, energy levels and overall health. Molly Mengerink from the Lutheran Sleep Disorders Center will discuss symptoms and treatment options.

- Friday, Sept. 16, 11:30 a.m. (register by Sept. 1)
- Lutheran Hospital, Special Function Rooms 3 & 4, lower level
- Free lunch sponsored by TLC Management

KEEP LEARNING

Hands-Only CPR and AED

One quarter of Americans say they've been in a situation in which someone needed CPR. If you were one of them, would you know what to do? Lisa Gyll, BSN, RN, team coordinator, emergency services at Dupont Hospital, and staff from TRAA will demonstrate hands-only CPR for adults and teens and how to use an automated external defibrillator, or A.E.D. We will have a chance to practice both. Please note: this is a demonstration, not training.

- Wednesday, Sept. 28, 11:30 a.m. (register by Sept. 22)
- Dupont Hospital campus, Dupont Resource Center, 2514 building, Suite 210
- Free lunch sponsored by TLC Management

Preparing for Winter Weather

Winter weather can make simple tasks a challenge. Come join Lisa Beaupre, RN, adult injury prevention coordinator at Lutheran Hospital, as she discusses ways in which we can prepare early for the winter. Topics will include safety when walking on the ice and snow, keeping warm, and winter driving.

- Monday, Oct. 3, 11:30 a.m. (register by Sept. 26)
- Lutheran Hospital, Special Function Rooms 3 & 4, lower level
- Free lunch sponsored by Glenbrook Rehabilitation & Skilled Nursing Center

Conversations About Dementia

This program from the Alzheimer's Association is designed to help people talk with their entire family, including the person with signs of dementia, about some challenging and often uncomfortable topics related to Alzheimer's disease and dementia. Topics include going to the doctor, deciding when to stop driving, and making legal and financial plans.

- Wednesday, Oct. 26, 11:30 a.m. (register by Oct. 20)
- Dupont Hospital campus, Dupont Resource Center, 2514 building, Suite 210
- Free lunch sponsored by Georgetowne Place

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.

Register online:

- ▶ Go to LutheranHealth.net/SeniorCircle
- ▶ Click on "Upcoming Senior Circle Events"
- ▶ Find the date and name of the program
- ▶ Sign up

Evening Talks

Alleviating BPH (Benign Prostatic Hyperplasia) Symptoms

Is it taking longer than normal to urinate? Are you having to go more frequently? Do you wake up repeatedly during the night to use the bathroom? If so, you're not alone. Benign prostatic hyperplasia, or an enlarged prostate gland, is common among men as they begin to age. Although BPH causes urinary discomfort and minor problems, most symptoms can be controlled. The key is confirming that BPH (instead of something more serious) is the culprit. If you or someone you know is experiencing the symptoms of BPH and seeking relief, join us for this informative session with Dr. Rudolph Bowens Jr., MD, urologist and Lutheran Health Physicians urology clinic specialist.

- Tuesday, Sept. 20, 5 p.m. (register by Sept. 14 at: LutheranHealth.net/urology)
- St. Joseph Hospital, Assembly Room, lower level

Hope for Hand and Wrist Pain

No matter what your age or occupation, your fingers, hands and wrists are always working. We rely on them for almost every task we undertake. With 27 bones and joints, 123 ligaments and 34 muscles, the hand is one of the most complicated areas of the body to treat.

If you suffer from chronic hand or wrist pain caused by arthritis or previous injury and suspect surgery may be the next step to relief and recovery, join us for this information session with Steven Eddy*, MD, of Fort Wayne Orthopedics, who specializes in hand, wrist, elbow and shoulder procedures. For additional information, call 435-6716.

- Tuesday, Sept. 20, 6:30 p.m. (register by Sept. 13 at: LutheranHealth.net/hand16)
- Lutheran Hospital campus, 7836 Medical Office Building, first floor conference room (first building on the right after entering the campus from West Jefferson Blvd.)

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, Sept. 8, 9-9:30 a.m.

St. Joseph Hospital, Senior Circle office

- Tuesdays, Sept. 27 and Oct. 25, 8-9 a.m.

Dupont Hospital, 2520 E. Dupont Road

- Thursday, Oct. 13, 8-8:30 a.m.

Prostate-Specific Antigen (PSA) Screening

The PSA test is used primarily to screen for prostate cancer. It measures the amount of PSA, a protein produced by the prostate gland, that is in the blood. This is a non-fasting test for men only.

- Tuesday, Sept. 27, 8-9 a.m.
- Appointment required
- Cost: \$20 cash or check, no credit or debit cards
- Available for Senior Circle members only

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, 333 E. Washington Blvd. Show your Senior Circle membership card to receive a discount!

- Tuesdays, Sept. 20 and Oct. 18, 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.

- Thursdays, Sept. 15 and Oct. 20, 2-3:40 p.m.
- 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:** Sept. 14, 15 and Oct. 20, 8:30-11:30 a.m.
- **Afternoons:** Sept. 1 and Oct. 6, 1-3:30 p.m.
- **All Day:** Sept. 21 and Oct. 12, 19, 8:30 a.m.-2:30 p.m.



21-Day Challenge: Sleep

One of the six key health areas in the 21-Day Challenge is sleep. Sleep is intended to renew our mental and physical health each day, yet more than one million Americans of all ages regularly fail to get a good night's sleep. Stress, depression, anxiety, alcohol, tobacco and medications may all negatively affect your sleep. Poor sleep is linked to diabetes, high blood pressure and heart failure.

—Source: American Academy of Sleep Medicine

If you want to improve your sleep health, consider choosing this as your area of focus for your next 21-Day Challenge.

Be sure to check out the insomnia Lunch & Learn on Sept. 16. See page 2 for details.

CLASSES, COUNSELING & ASSISTANCE

Legal Counseling

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

- Fridays, Sept. 9 and Oct. 14, 1-2:40 p.m.
- Appointment required
- Available for Senior Circle members only

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.

- Friday, Sept. 9, Tuesday, Nov. 1, 5:30-8 p.m.
- Dupont Hospital campus, Dupont Resource Center, 2514 building, Suite 210
- Register online at TheDupontDifference.com/classes or call (260) 416-3042.

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 long-term financing options.

- Appointments available on Mondays and Fridays, Oct. 17 through November 28, 8:30 a.m.-2:30 p.m.
- If you will turn 65 before Jan. 1, we have appointments available on Friday, Sept. 23, and Friday, Oct. 7.
- Appointment required

Social Media: Facebook, FaceTime, Skype 101

Join Janeann Perkins, IT training consultant with Key Point Training, as she teaches us how to setup and manage Facebook; learn to edit privacy and account settings; upload pictures and manage notifications; set up video calling on a laptop, tablet or smart phone; and set up a free video calling account. Be sure to bring your passwords!

- Thursday, Oct. 13, 10 a.m.-noon (register by Oct. 10)
- St. Joseph Hospital, Conference Room, lower level
- Cost: \$25 Senior Circle members, \$30 nonmembers (cash or check, no credit or debit cards)



Unwanted Medication Collection

FRIDAY, SEPT. 23, 9 A.M.-1 P.M.

Twice a year, Allen County TRIAD works with Walgreens for the disposal of unwanted medications. According to the Department of Health, this program allows people to safely dispose of unwanted, expired and no longer prescribed medications. This in turn helps to keep homes safer and prevents the medications from getting into the county's water supply.

Bring unwanted medication (in original bottles or packages) to one of the following Walgreens:

- ▶ 7950 W. Jefferson Blvd. (Lutheran Hospital)
- ▶ 5830 N. Clinton St.
- ▶ 6202 W. Jefferson Blvd.
- ▶ 6730 Bluffton Road
- ▶ 330 W. State Blvd.
- ▶ 907 Lincoln Highway W. (New Haven)
- ▶ 10170 Maysville Road
- ▶ 1701 E. Paulding Road
- ▶ 1610 W. Cook Road
- ▶ 5435 E. Dupont Road
- ▶ 10211 Chestnut Plaza Dr.
- ▶ 11932 Lima Road
- ▶ 10412 Coldwater Road
- ▶ 2410 N. Coliseum Blvd.
- ▶ 6201 Stellhorn Road

Ongoing collection sites (for pills only):

- ▶ Indiana State Police Post (5811 Ellison Road)
- ▶ Fort Wayne Police (Rousseau Centre, 1 E. Main)
- ▶ Allen County Sheriff (Huntertown Town Hall, 15617 Lima Road)
- ▶ New Haven Police (815 Lincoln Highway E.)

For more information, call 260-469-3036 or visit Agingihs.org.

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 Seniors Marathon

The goal of the Seniors Marathon is for participants to walk or run a total of 26.2 miles, a full marathon distance, from the program's kickoff in May until the finale on Sept. 30.

- Visit Fort4Fitness.org or call (260) 760-3371 for additional information.

Walking Tour

- Wednesday, Sept. 7, 6 p.m. at Salomon Farms (817 W. Dupont Road)

Seniors Marathon Finale

The finale is the culmination of the Seniors Marathon during which participants will walk or run the final mile together and receive a medal for their accomplishment.

- Friday, Sept. 30, 6:30 p.m., TinCaps Stadium

Autism Acceptance Walk

- Sunday, Sept. 11, 12-4 p.m., Allen County Fairgrounds
- Along with the walk, enjoy a Patriot Day ceremony, entertainment and a resource fair
- Register at INAutism.org

American Heart Association's Northeast Indiana Heart Walk

- Saturday, Sept. 24, 8 a.m., Ivy Tech North Campus, Fort Wayne
- Register at FortWayneHeartWalk.Kintera.org

Walk to End Alzheimer's

- Saturday, Oct. 8, 10 a.m., TinCaps stadium
- Register at ALZ.org/walk

Trail Blazer 5K/10K

- Sunday, Oct. 16, 2 p.m., Summit Middle School (4509 Homestead Road, Fort Wayne)
- Register at FortWayneTrails.org

Classic Pesto

▶ Yields: 3/4 cup (serving size = 1 tablespoon)

Ingredients

- 2 Tbsp coarsely chopped walnuts or pine nuts
- 2 garlic cloves, peeled
- 3 Tbsp extra-virgin olive oil
- 4 cups basil leaves (about 4 oz)
- ½-cup (2 oz.) grated fresh Parmesan cheese
- ¼-tsp salt

Instructions: Drop nuts and garlic through food chute with food processor on; process until minced. Add oil; pulse 3 times. Add basil, cheese and salt; process until finely minced, scraping sides of bowl once.

Notes: Classic pesto goes well with pasta, pizza, bruschetta, and can be added to soups or omelets. Make extra batches so you'll have enough to last all winter.

—Recipe Source: <http://www.myrecipes.com/recipe/classic-pesto-0>

LET'S GET MOVING

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. It's 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 for more information

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 \$20 (half price) for Senior Circle members

Exercise Classes

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 have updated exercise and fitness program consent forms and be able to enter and exit the pool independently.

- Six-week sessions: Sept. 12 to Oct. 20, then Oct. 31 to Dec. 15 (no class the week of Thanksgiving).
- \$54/six-week session Senior Circle members, \$69/six-week session nonmembers
- 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, 10:30–11:15 a.m.
- Rehabilitation Hospital, Lutheran Hospital campus, 7970 W. Jefferson Blvd.

Tai Chi

Try Tai Chi, a low-impact, relaxing form of exercise. Experience the benefits of gentle stretching, restorative breathing and moderate movements. This is intended to be a standing class, but instructor John Milligan can help make modifications including being seated. We look forward to seeing you for a little Tai Chi.

- Six-week sessions: Wednesdays, Sept. 14 to Oct. 19, then Nov. 2 to Dec. 14, 5–5:45 p.m.
- \$30/six-week session Senior Circle members, \$42/six-week session nonmembers
- Participants are required to complete waivers prior to attending their first class, then annually thereafter
- Call (260) 425-3087 to register
- Rehabilitation Hospital, Lutheran Hospital campus, 7970 W. Jefferson Blvd. (use Weight Management Center entrance at back of building, door 4)



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.

- Tuesdays, Sept. 6 (register by Sept. 1) and Oct. 4 (register by Sept. 28) from 2–3 p.m.

Senior Circle Stitchers

- Wednesdays, Sept. 14, 28 and Oct. 12, 26, 1–3:30 p.m.
- Finished projects are donated to the St. Joseph Regional Burn Center, Generations, 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 to hold the classes

Pick-up Truck

- Friday, Sept. 23, 12–4 p.m. (register by Sept. 20)
- Medium: Acrylic on canvas



Covered Bridge

- Friday, Oct. 28, 12:30–4 p.m. (register by Oct. 25)
- Medium: acrylic on canvas



EXCURSIONS

Travel, Trips & Tours

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

Travel Show

Join Darlene Bockelman, tour director with Whitley County Council on Aging, as she announces the trip schedule for 2017. Come see what excursions you might enjoy!

- Monday, Sept. 12, 10 a.m. (register by Sept. 9)
- St. Joseph Hospital, Conference Room, lower level

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. A hilarious adventure ensues as the "momma's boy" is coddled and "daddy's little princess" has a few tricks up her sleeves. Will they find the "perfect holiday?" This show includes lots of traditional and fun holiday songs.

- 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

Mobility Discount

Senior Circle members may take advantage of the following discounts from Superior Van & Mobility (2218 Contractors Drive, Fort Wayne):

- \$500 discount on a Valet seat, Bruno lift or Braun lift
- Choice of either \$500 discount on a van or a free set of retractables
- 10% off driving controls with maximum of \$500 discount
- Call (260) 497-8267 or (877) 497-8267

Other Discounts

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: _____

SENIOR CIRCLE		<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		
Complete the section below only if you are applying for a second member in the same household.		
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		
Check one: <input type="checkbox"/> One person; one-year membership \$15 (NEW101) <input type="checkbox"/> One person; two-year membership \$27 (NEW102) <input type="checkbox"/> Two people; one-year membership \$27 (NEW201) <input type="checkbox"/> Two people; two-year membership \$51 (NEW202)		
Return completed application with CHECK payable to: Senior Circle, c/o St. Joseph Hospital, 700 Broadway, MOB Suite 100, Fort Wayne, IN 46802		
OR pay your membership online: 1. Go to seniorcircle.com . 2. Click on "Sign Up or Renew." 3. Select the number of persons joining and membership levels, then complete the application process. 4. If you have trouble at any time, please feel free to call 1-800-211-4148.		

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:

Diabetes Share Group

- Tuesdays, Sept. 6 & Oct. 4, 6–7 p.m.
- Bluffton Regional Conference Room 403, 4th floor
- Cost: Free
- For more information, contact Sue Schwyn, RN, BSN, at (260) 919-3162.

Bluffton Street Fair

- Visit BRMC's booth with Senior Circle information at the Red and White Industrial Tent
- Sept. 20-24, 5-10 p.m.

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)
- To register 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)

Shipshewana Flea Market

- Tuesday, Sept. 27
- Cost: \$15 (meal cost not included)
- Preregistration required. Contact Claudia at (269) 919-3144.

Wells County Health Fair

- Saturday, Oct. 8, 7–11 a.m., Lancaster Central Elementary School
- Free screenings: lipid panel (10-hour fast); PSA; colorectal cancer home screening kits; body composition; height; weight; vision; pulmonary function; oxygen saturation; oral and skin cancer; foot check;

- osteoporosis scan; blood pressure; hearing; depression; anxiety/stress; heart and stroke risk assessments; breast exams; peripheral artery disease; memory assessment.
- Low-cost screenings: comprehensive Metabolic Profile \$25; Hemogram \$15; A1c- Hemoglobin \$15; Thyroid Panel \$20; CRP \$20; Vitamin D \$45
- Flu Shots: \$15; Medicare billing for flu shots only. Medicare patients must bring Medicare card and supplemental insurance card.
- Educational displays, demonstrations
- Preregistration for screenings encouraged (see instructions).
- For more information and updated offerings, contact Claudia.

Wells County Health Fair Screening Preregistration

- Print out registration forms at wellscountyhealthfair.org
- Mail the completed and signed preregistration forms with applicable payment for low-cost lab tests by Friday, Sept. 30, to Wells County Health Fair, 223 W. Washington, Bluffton, IN 46714
- To have prereg. forms sent to you, please call 824-6490 with your name, phone number and address
- Note: Preregistration ends Sept. 30; after Sept. 30, you will need to register at the fair

Theater Thursday

- Free movie, prizes, refreshments and health information
- Wells County Public Library
- Please note: movies and speakers are subject to change.
- ▶ Film: "Catching Faith"
 - › Thursday, Sept. 15, 10 a.m.
 - › Topic: Infection Prevention and Flu Shots
 - › Speaker: Susan K. Schwyn, RN, BSN, infection prevention, BRMC

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.

Sept. Program:

Free Breakfast & Learn: Pain Management

Please join us to learn about different types of pain and what some potential causes may be.

- Friday, Sept. 16, 8:30 a.m.
- KCH Administration Classroom
- Call (574) 372-5854 to RSVP

Oct. Program:

Free Breakfast & Learn: Breast Health

The KCH radiology staff will discuss breast health and answer your questions.

- Friday, Oct. 21, 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

BLUFFTON PROGRAMS CONTINUED



▶ Film: "Pan"

- › Thursday, Oct. 20, 10 a.m.
- › Topic: Respiratory Care
- › Speaker: Alicia Corwin, RRT, director of therapy, BRMC

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.

- ▶ Sept: Send your questions regarding prevention of infections for Susan K. Schwyn, RN, BSN, infection prevention, BRMC, to answer.
- ▶ Oct: Send your questions regarding respiratory treatments for Alicia Corwin, RRT, director of therapy, BRMC, 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.

FREE Weekday Walking Program

- October 1 through March 28, Monday–Friday, 9–10:30 a.m.
- Bluffton City Gym
- Please park across from city building and enter west door to use elevator. Sign name at door.

Parks & Rec Outdoor Life 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)



STROKE RISK SCORECARD

Lutheran Health Network's Primary Stroke Centers;
St. Joseph Hospital Bluffton Regional Medical Center
Lutheran Hospital Dukes Memorial Hospital

Some stroke risk factors can be controlled. Fill out this stroke risk scorecard to see how you rank. Each box that applies to you equals 1 point. Total your score at the bottom of each column and compare with the stroke risk levels.

Then, talk with your doctor about how you can reduce your risk.

Risk Factors	High Risk	Caution	Low Risk
Blood pressure	<input type="checkbox"/> 140/90 or higher or unknown	<input type="checkbox"/> Within the range of 120-139/80-89	<input type="checkbox"/> Lower than 120/80
Atrial Fibrillation	<input type="checkbox"/> Irregular heartbeat	<input type="checkbox"/> I don't know	<input type="checkbox"/> Regular heartbeat
Smoking	<input type="checkbox"/> Smoker	<input type="checkbox"/> Trying to quit	<input type="checkbox"/> Nonsmoker
Cholesterol	<input type="checkbox"/> Higher than 240 or unknown	<input type="checkbox"/> Within the range of 200-239	<input type="checkbox"/> Lower than 200
Diabetes	<input type="checkbox"/> Yes	<input type="checkbox"/> Borderline	<input type="checkbox"/> No
Exercise	<input type="checkbox"/> Couch potato	<input type="checkbox"/> Some exercise	<input type="checkbox"/> Regular exercise
Diet	<input type="checkbox"/> Overweight	<input type="checkbox"/> Slightly overweight	<input type="checkbox"/> Healthy weight
Stroke in Family	<input type="checkbox"/> Yes	<input type="checkbox"/> Not sure	<input type="checkbox"/> No
Total Score	_____ High Risk	_____ Caution	_____ Low Risk

High Risk

If you scored 3 or more, ask your doctor about stroke prevention soon.

Caution

If you scored 4-6, this is a good start. Work with your doctor to reduce your risks even more.

Low Risk

If you scored 6-8, you are doing very well at controlling stroke risk. Keep it up!

Information adapted from the National Stroke Association (Stroke.org)