

January—February 2018 Senior Circle Schedule

For Reservations, please call (260) 425-3087.

HEALTH SCREENINGS & INFORMATION

Lab Blood Draws

- Tuesdays, Jan. 23 & Feb. 27, 8:15–9 a.m.
- Appointment required
- St. Joseph Hospital, Senior Circle office

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 result reflects your average blood sugar level for the past two to three months. Specifically, the A1C test 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. This deficiency can cause a variety of conditions, so don't miss the screening.

- 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 Blood Pressure Checks

- Sponsored by Sunshine Home Health Care

Free Hearing Screening

Fort Wayne Audiology Center staff conduct hearing screening, check for ear wax, clean hearing aids and assist with minor hearing aid repairs—all free in the Senior Circle office.

- Tuesdays, Jan. 16 & Feb. 20, 9:30 a.m. –11:00
- Appointment required
- St. Joseph Hospital, Senior Circle office

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.

- Foot screening will resume in March

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 cash or check (no credit or debit cards)
- St. Joseph Hospital, Senior Circle office
- **Mornings:** Jan. 10, 18 & Feb. 14, 15, 9–11:30 a.m.
- **Afternoons:** Jan. 4 & Feb. 1, 1–3:30 p.m.
- **All day:** Jan. 17 & Feb. 21, 9 a.m.–2:30 p.m.

Osteoporosis Lunch & Learn

Kayleigh Warner and Nora Klemke, Lutheran Hospital pharmacy residents, will be presenting an overview of osteoporosis treatment, emphasizing medication options and potential adverse effects. They will also briefly go over the diagnostic tests for osteoporosis and what the results could mean.

- Friday, Feb 16, 11:30 a.m.
- Lutheran Hospital, Special Function Rooms 1 & 2 (new location)
- Lunch sponsored by Covenant Care
- Register by Friday, Feb. 9

SOCIAL ACTIVITIES

Bingo

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

- Tuesday, Jan. 16, 2-3 p.m. (register by Jan. 12)
- Tuesday, Feb. 6, 2-3 p.m. (register by Feb. 2)
- Tuesday, Feb. 20, 2-3 p.m. (register by Feb. 16)
- St. Joseph Hospital, Senior Circle office

Senior Circle Stitchers

- Wednesdays, Jan. 3, 17, 31 & Feb. 14, 28, from 1–3:30 p.m.
- Finished projects are donated to the St. Joseph Regional Burn Center, Generations, Lutheran Bereavement, Lutheran Children’s Hospital and Mad Anthonys Children’s Hope House. New stitchers and donations of supplies or material are always welcome.

Painting Classes

Carl Mosher, artist and painting instructor, teach 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 provided and participants leave each class with a finished painting.

- Painting classes will resume in March.

EXPERT ASSISTANCE

Legal Counseling

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.

- Fridays, Jan. 12 & Feb., 9, 1–2:00 p.m.
- Appointment required
- St. Joseph Hospital, Senior Circle office

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

- Six-week sessions: Jan. 3 to Feb. 13 & Feb. 26 to April 5
- Cost: \$54/six-week session
- Call (260) 425-3087 to register

On Fort Wayne Orthopedics Campus

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

On Lutheran Hospital Campus

- Mondays and Wednesdays, 10:30–11:15 a.m. (***There will be no classes Jan. 3 to Feb. 13 due to maintenance. There will be a session Feb. 26 to April 5; however, these classes are currently full.***)
- Rehabilitation Hospital, Lutheran Hospital campus, 7970 W. Jefferson Blvd.

Walking at Spiece

Enjoy free walking privileges at Spiece after showing your Senior Circle membership card. (They will accept the old cards until we distribute new ones.) The track is 1/9th of a mile and indoors to keep you warm in the winter and cool in the summer.

- 5310 Merchandise Dr. (off Lima Road, south of I-69 exit 311A)

Update on discounts, January 2018:

Cafeteria: Senior Circle is going from a paid membership program to a free one. With that comes other necessary changes. In order to be compliant with Federal regulations, we can no longer provide a member discount in our hospital cafeterias. However, there's good news! Now, any senior may enjoy a 20 percent discount in the St. Joseph Hospital cafeteria (Metz Culinary Management)—no need to be a member.

National: On December 31, 2017, the following national discounts will be discontinued: (VSP Vision, ScriptSave Prescription Drug Discounts, Home Helpers/Direct Link Medication Dispenser, Collette Vacations, Beltone Hearing Care Discount Program, ADT Home Health Security Services, Alamo and National car rentals).

Local: Other discounts to local organizations will remain, including the Fort Wayne Children's Zoo, St. Joseph Hospital's Wellness Center, KCH's Health & Wellness Center, Spiece Fitness, Fort Wayne Audiology Center, Northeast Ophthalmology, P.C., Ophthalmology Consultants of Fort Wayne, and Superior Van & Mobility. Simply present your membership card to participating providers to take advantage of these discounts. We will include a detailed list in our next newsletter. We are also looking to add to our list of local discounts in the coming year.

*Independent members of the medical staffs.

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