

CIRCLENEWS

A PUBLICATION FOR THOSE 50 & BETTER



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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.

WEATHER REMINDER

Delays and closings are always possible during the winter months. If it is necessary to cancel a program, we will put a message on our voicemail box at (260) 425-3087. Your safety is our priority, so please use your best judgment when deciding whether to attend a program.



Heart and Vascular Center

Eight specialized clinics. A team of skilled physicians. One convenient location.

The Heart and Vascular Center provides innovative treatment options for patients with complex heart or blood vessel conditions. Each clinic within the center focuses on a distinct aspect of care, including:

- ▶ Advanced heart failure
- ▶ Amputation prevention
- ▶ Aneurysm care
- ▶ Atrial fibrillation (AFib/stroke prevention)
- ▶ Pulmonary hypertension
- ▶ Structural heart and valve disorders
- ▶ Vascular disease
- ▶ Lipid disorders

These clinics are the next step for patients requiring advanced cardiac or vascular services. Once referred, treatment remains a collaborative effort between referring physicians, specialists and patients.

For more information about the Heart and Vascular Center at Lutheran Hospital, call (260) 458-3500



Saturday, May 6

9 a.m. to 4 p.m.

Allen County War Memorial Coliseum

HIGHLIGHTED CHALLENGES

March: 10,000 steps per day
April: Tobacco Cessation

Need more information on the **21-Day Challenge**? Call our office for a starter packet.

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.



Heart Rhythm Disorders (Arrhythmias)

Each time the heart beats, it pushes blood and nutrients to the body. Heartbeats are controlled by electrical impulses that travel through the heart and normally occur at regular intervals. When something goes wrong with the heart's electrical system, the heart may beat too quickly, too slowly or in an irregular pattern. This is a rhythm disorder, or arrhythmia.

Millions of Americans have arrhythmias, some can be serious or even life threatening. If the heart is unable to pump enough blood to the body, the result can be damage to the brain, heart or other organs.

The electrophysiology, or EP, experts at Lutheran Hospital diagnose and treat heart rhythm disorders. Following a comprehensive physical exam, review of medical and family histories and diagnostic tests that may include an EP study, our team is able to evaluate, treat and manage the issues that affect the electrical activities of the heart, including:

- ▶ Atrial Fibrillation: Upper heart chambers contract irregularly and not completely
- ▶ Bradycardia: Slow heart rate
- ▶ Condition Disorders: Heart does not beat normally
- ▶ Premature Contraction: Early heart beat
- ▶ Tachycardia: Very fast heart rate
- ▶ Ventricular Fibrillation: Disorganized contraction of the lower chambers; blood not pushed out to the rest of the body

When an arrhythmia causes serious symptoms, such as heart palpitations, dizziness, anxiety, weakness, chest pain or fainting, treatment is strongly recommended.

For additional information about heart rhythm management solutions for long-term health, call (260) 435-2600.

Your 21-Day Challenge for March: 10,000 steps. Using a pedometer, set a goal of taking 10,000 steps each day (equivalent to 30 minutes of exercise). Increase in 500-step increments until you reach your goal. If you have health limitations, ask your doctor about a realistic goal and how you can reach it. See page 7 for information about walking indoors at Spiece.

KEEP LEARNING

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

Breakfast & Learns

Foot Care and Wound Prevention

Join Michelle Diss, NP, St. Joseph Medical Group, to learn about foot health and how to prevent wounds.

- Tuesday, March 14, 8:30 a.m. (register by March 8)
- St. Joseph Hospital, Assembly Room, lower level
- Breakfast sponsor: Grey Stone Health & Rehabilitation Center

Anti-Reflux

Do you suffer from acid reflux or GERD? Dr. David Rydell, St. Joseph Medical Group, will discuss treatment options.

- Tuesday, April 11, 8:30 a.m. (register by April 5)
- St. Joseph Hospital, Assembly Room, lower level
- Breakfast sponsor: Ossian Health & Rehabilitation Center

Lunch & Learns

Driver Rehab

Join Evan Detweiler, driver rehabilitation specialist, director of therapy and director of case management, Rehabilitation Hospital, as he describes the driver rehab program and how you or a loved one may benefit from it.

- Friday, March 20, 11:30 a.m. (register by March 10)
- Rehabilitation Hospital, 7970 W. Jefferson Blvd., Special Function Room
- Lunch sponsor: Rehabilitation Hospital

Atrial Fibrillation

Atrial fibrillation can lead to heart failure and increased risk of stroke. Learn more from Dr. Sree Karanam, electrophysiology cardiologist, Lutheran Medical Group.

- Monday, April 17, 11:30 a.m. (register by April 7)
- Lutheran Hospital, Special Function Rooms 1 & 2, lower level **(please note different location)**
- Lunch sponsor: Sage Bluff Health & Rehabilitation Center

ACRES Land Trust

ACRES Land Trust preserves more than 6,000 acres of natural area in northeastern Indiana, northwestern Ohio and southern Michigan. Explore more than 70 miles of trails for hiking, photography, birding, wellness, family and school visits and adventure. Kelly Shepherd, contractual outreach specialist with ACRES Land Trust, will share stories and photography from preserves throughout our region.

- Wednesday, April 26, 11:30 a.m. (register by April 20)
- Dupont Hospital campus, Dupont Resource Center, 2514 building, Suite 210
- Lunch sponsor: Covington Commons

Education & Discussion

Medicare Roundtable

Are you finding it difficult to afford your Medicare premiums, copays and/or deductibles? You may qualify for assistance. Find out about financial Federal and state assistance programs. The focus will be on Medicare Savings Program, Extra Help and HoosierRx, their related benefits, qualifications and application processes.

- Tuesday, April 18, 1 p.m. (register by April 12)
- Senior Circle office

Alzheimer's Education Series

If you or a loved one struggles with Alzheimer's Disease or dementia, don't miss this series presented by the Alzheimer's Association. The series will be held at Dupont Hospital, 2520 E. Dupont Rd (first event in classroom 2, all others in classroom 3). Reserve your space by calling (800) 272-3900. Lunch is NOT provided, but you may use your Senior Circle discount in the Dupont Cafe.

- ▶ Wednesday, March 8, 10:30 a.m.–12 p.m.: Know the 10 Signs
- ▶ Wednesday, April 5, 10:30 a.m.–12 p.m.: The Basics: Memory Loss, Dementia and Alzheimer's Disease
- ▶ Wednesday, May 3, 10:30 a.m.–12 p.m.: Effective Communication Strategies
- ▶ Wednesday, June 7, 10:30 a.m.–12 p.m.: Understanding and Responding to Dementia-Related Behavior

CHECK YOUR HEALTH

Health Screenings & Clinics

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:** March 8, 16 & April 20, 8:30–11:30 a.m.
- **Afternoons:** March 2 & April 6, 1–3:30 p.m.
- **All Day:** March 15 & April 12, 19, 8:30 a.m.–2:30 p.m.

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.

- Tuesdays, March 21 & April 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, March 16 & April 20, 2–3:40 p.m.
- Appointment required
- Available for Senior Circle members only

Please note: There will be no chem 30 or PSA blood draws in March or April. Look for additional information on screenings in the May/June issue.



OPEN HOUSE

Weight Management Open House

Need help losing weight? Find out if the programs offered by the Lutheran Weight Management Center are right for you. At the open house you may take advantage of a free, personalized body composition and BMI; schedule a consultation to see which program options best suit you; meet the staff; and learn about the new dual intragastric balloon and other non-surgical procedures.

- Wednesday, March 15, 7 a.m.–7 p.m.
 - › 8 a.m.–4 p.m.: Meet an exercise specialist
 - › 9 a.m.–3 p.m.: Meet an Optifast representative
 - › 10 a.m.–12 p.m.: Meet a behaviorist
 - › 3–5 p.m.: Meet a dietitian
 - › 5–6 p.m.: Meet Dr. Dale Sloan, surgical medical director, Lutheran Bariatric Center
- Rehabilitation Hospital, Lutheran Hospital campus, 7970 W. Jefferson Blvd., (entrance at back of building, door 4)
- Questions? Call (260) 435-7844, option 1

COUNSELING

Legal Counseling

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

- Friday, March 10, 1–2:40 p.m.
- Appointment required
- Available for Senior Circle members only

Medicare Counseling

The State Health Insurance Assistance Program, or SHIP, is a free, unbiased counseling program in which state-certified volunteer counselors help people with Medicare, Medicare Supplement Insurance, Medicare Advantage, Medicare Part D, prescription coverage and financial assistance for low-income individuals with Medicare.

- Call for an appointment



Atrial Fibrillation

According to the American Heart Association, "In atrial fibrillation (AFib), the heart's two small upper chambers (atria) don't beat the way they should. Instead of beating in a normal pattern, the atria beat irregularly and too fast, quivering like a bowl of gelatin. It's important for the heart to pump properly so your body gets the oxygen and food it needs."

If you or a loved one have an irregular heart rhythm or have been diagnosed with atrial fibrillation, it is important to know that this condition can lead to chest pain and heart failure in addition to increasing the risk of a stroke. Getting medical attention for AFib is critical.

Symptoms of atrial fibrillation:

- ▶ Irregular and rapid heartbeat, heart palpitations or fluttering
- ▶ Dizziness, fainting, sweating
- ▶ Chest pain or pressure
- ▶ Shortness of breath or anxiety
- ▶ Weakness or fatigue
- ▶ Confusion

Related Information: See page 1 for Lutheran's Heart and Vascular Center including AFib clinic, page 2 for heart rhythm disorders and electrophysiology, and page 3 for AFib Lunch & Learn.

Sources: 1. *Explore Atrial Fibrillation* by the National Heart, Lung, and Blood Institute, <https://www.nhlbi.nih.gov/health/health-topics/topics/af/signs>. 2. *Answers by Heart: What is Atrial Fibrillation? (fact sheet)* by the American Heart Association, http://www.heart.org/HEARTORG/Conditions/Answers-by-Heart-Fact-Sheets_UCM_300330_Article.jsp#WJtS2LDHPcs.

LUTHERAN HEALTH NETWORK'S PRIMARY STROKE CENTERS

Bluffton Regional Medical Center
Dukes Memorial Hospital
Kosciusko Community Hospital
Lutheran Hospital
St. Joseph Hospital



Lutheran
Health Network

ACT F.A.S.T.

Recognize the symptoms of a stroke:

F Face: Does one side of the face droop or is it numb? Is the person's smile uneven?

A Arms: Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

S Speech: Is speech slurred? Is the person unable to speak or hard to understand? Ask the person to repeat a simple sentence, like "The sky is blue." Is sentence repeated correctly?

T Time: If someone shows any of these symptoms, even if the symptoms go away, call 911 and get the person to the hospital immediately. Check the time so you'll know when the first symptoms appeared.

Source: StrokeAssociation.org

If you are experiencing a medical emergency, call 911.

CHECK YOUR PULSE

Using a timer or watch with a second hand, put your finger over one of your pulse points (inside of wrist, inside of elbow, side of neck, or top of foot) and count the number of times your heart beats in 60 seconds. Heart rate varies from person to person; however, normal resting heart rate is usually between 60 and 100 beats per minute. Factors that can affect heart rate include: exercise, medication, body size, body position, air temperature, or a potential health issue. Knowing your personal heart rate can help you identify any changes or irregularities over time and trigger a discussion with your doctor.

Source: *All About Heart Rate (Pulse)* by Heart.org, http://www.heart.org/HEARTORG/Conditions/More/MyHeartandStrokeNews/All-About-Heart-Rate-Pulse_UCM_438850_Article.jsp.

BE CREATIVE; BE SOCIAL

Bingo

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

- Tuesday, March 7, 2–3 p.m. (register by March 2)

Craft: Subway Frame

Join us in making a subway frame (words and phrases around the frame). All supplies included.

- Thursday, March 23, 1 p.m. (register by March 17)
- Craft sponsored by Signature HealthCARE of Fort Wayne

Senior Circle Stitchers

- Wednesdays, March 1, 15, 29 & April 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 Anthonys 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 class

Technique Class

- Friday, March 24, 12:30–4 p.m. (register by March 21)
- Learn brush techniques and how to mix paint. Participants will go home with a completed painting using these techniques. Each picture will be different.

The Eagle

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

Kingston's Taste of Waynedale

This fundraising event will feature a large silent auction as well as samples of a variety of food or drink from more than 20 local restaurants and businesses. Proceeds will go to Honor Flight Northeast Indiana and the Waynedale Corridor Project.

- Tuesday, March 21, from 4:30–7 p.m. at Mount Calvary Family Life Center, 1819 Reservation Road
- Cost: \$15/person if paid in advance or \$20 day of event. Contact Camille Garrison at (260) 415-7741.

Note: This is not a program of Lutheran Health Network or Senior Circle.

EXCURSIONS

Travel, Trips & Tours

We're partnering with the Whitley County Council on Aging and Memories in Motion, Inc., for fun excursions. For more information, call the Senior Circle office.

Whitley County Council on Aging

- ▶ May 23–24: Legends and Laughter Tour in Vincennes, Ind.
 - › Cost: \$319/person for double occupancy or \$394 for single occupancy with final payment due April 1. Make checks payable to WCCOA Tours.
- ▶ June 27: Luxury, Lemurs and Luck in Michigan City, Ind.
 - › Cost: \$100 with final payment due May 10. Make checks payable to WCCOA Tours.
- ▶ Oct. 6–12: Spotlight on South Dakota: The Black Hills and the Badlands

- › Cost: \$2,429/person for triple occupancy, \$2,459/person for double occupancy, \$3,009 for single occupancy. Reserve your space by April 5 and receive \$100 off. Price increases after April 6.

Memories in Motion, Inc.

- ▶ June 12–15: Fun in the Smokies
 - › Cost: \$499/person for double occupancy or \$628 for single occupancy with final payment due April 12. Make checks payable to Memories in Motion.
- ▶ July 9: See the World Champion Chicago Cubs play at Wrigley Field
 - › Cost: \$115 per person for infield terrace reserved seats (section 211 & 213). Make checks payable to Memories in Motion.

LET'S GET MOVING

Walking, Fitness & Training

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 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 Drive (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



Your 21-Day Challenge for April: Tobacco

cessation. Get ready to fill your lungs with fresh spring air. Stopping tobacco use will reduce your risk of heart disease and stroke as well as many other major health conditions. Set a quit date. Be sure to make preparations ahead of time to increase your likelihood of success. Talk with your doctor about medication and other support and call Indiana's Tobacco Quitline at (800) QUIT NOW for tips. Ask a friend or family member to be your accountability partner.



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 session: Feb. 27 to April 6 and April 17 to May 25
- \$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. (advanced class, faster paced)
- 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 session: Wednesdays, March 1 to April 5 and April 19 to May 24, 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)

MEMBERSHIP DISCOUNTS

The following local partners offer discounts for Senior Circle members. **Be sure to always identify yourself as a Senior Circle member when you contact a benefit partner.** Senior Circle benefits, partners and discounts are subject to change and availability without notice.

Local Discounts

ENTERTAINMENT:

Fort Wayne Children's Zoo

- ▶ 15% discount on tickets: Adults \$11.90 (normally \$14), Children ages 2-18 \$7.65 (normally \$9), Seniors 60+ \$8.92 (normally \$10.50).
- ▶ Go to LutheranHealth.net/SeniorCircle and click on "purchase zoo tickets". For ID, enter your Senior Circle membership number. For password, type "SCMember". Purchase tickets using a credit card. Print your e-tickets.

FITNESS:

KCH Health & Wellness Center (1500 Provident Dr., Warsaw)

- ▶ Contact (574) 372-7890.
- ▶ A variety of exercise classes are offered that have been developed specifically for older adults.
- ▶ \$30/month membership fees (compared to regular membership of \$41/month).
- ▶ Senior Circle members may participate in the Senior Fit Class for \$1 per session without becoming a member of the wellness center. This class is held on Tuesdays and Thursdays from 2-3 p.m.
- ▶ Senior Circle members may purchase a walking pass for \$10/month.
- ▶ For Wellness Center members, the Senior Fit Class and the walking pass fees will be waived as this is included with the annual or monthly membership fee.

New Energy Wellness Fitness Center for Seniors at Coventry Meadows (7833 W. Jefferson Blvd.)

- ▶ Contact (260) 435-2100 or ASCSeniorCare.com.
- ▶ Unique fitness program where the health promotion coordinator will work with you and your physician to design a low-impact, customized exercise regimen.
- ▶ First month free. \$30 month to month membership. No annual contract.

Spiece Fitness

- ▶ See page 7 for details.

St. Joseph Hospital Wellness Center

- ▶ See page 7 for details.

Three Rivers Running Company (4039 N. Clinton St.)

- ▶ Contact (260) 496-8000 or 3RiversRunning.com.
- ▶ Coupon for \$10 off any regularly priced footwear. Must present coupon at time of purchase. Cannot be combined with any other offer. Call Senior Circle to receive your coupon.

Steppin' Up Physical Therapy (10006 Auburn Park Dr.)

- ▶ Contact (260) 497-7191 or SteppinUpPT.com.
- ▶ Zumba Gold: Tuesdays and Thursdays, 9-10 a.m.
- ▶ Zumba Gold/Zumba Fusion: Wednesdays at 7 p.m. and Saturdays at 8:45 a.m.
- ▶ \$5 drop-in fee or \$4.50 per class with a 10-class punch card.

FOOD AND DRINK:

Hospital Cafeterias

- ▶ Receive employee pricing in the following cafeterias:
 - › Dupont Hospital, 2410 E. Dupont Rd.
 - › Lutheran Hospital, 7950 W. Jefferson Blvd.
 - › St. Joseph Hospital, 700 Broadway
 - › Kosciusko Community Hospital, 2101 E. DuBois Dr., Warsaw
 - › Bluffton Regional Medical Center, 303 S. Main St., Bluffton

Liberty Diner (2929 Goshen Rd.)

- ▶ Contact (260) 484-9666 or LibertyFW.com.
- ▶ \$1 off any meal valued at \$7 or more for members age 60+ when you show your membership card.

Sun Rise Cafe (10230 Coldwater Rd.)

- ▶ Contact (260) 416-0400 or SunRiseCafeFWY.com.
- ▶ 10% off when you show your membership card (card holder only).

HEALTHCARE:

Fort Wayne Audiology Center (333 E. Washington Blvd.)

- ▶ Contact (260) 426-0127 or FortWayneHearing.com.
- ▶ Free hearing screenings.
- ▶ 20% discount off the retail price of any digital advanced or premium hearing aid, including completely in the canal products.
- ▶ 6 months free hearing aid batteries.
- ▶ Hearing aid care and maintenance and complete warranty coverage, including one year loss and damage.
- ▶ Interest-free financing options available.

MEMBERSHIP DISCOUNTS

Northeast Ophthalmology, P.C. (3301 Lake Ave.)

- ▶ Contact (260) 422-3937 or NEOFW.com.
- ▶ 15% discount on eyeglass frames and/or lenses. Cannot be combined with any other discounts.

Ophthalmology Consultants of Fort Wayne (7232 Engle Rd. and 10186 Dupont Circle Dr. East)

- ▶ Contact (260) 436-7205 or OPHC.com.
- ▶ 15% discount on glasses (frames and lenses).

MOBILITY:

Superior Van & Mobility

- ▶ 2218 Contractors Dr., (260) 497-8267 or (877) 497-8267, SuperiorVan.com
- ▶ \$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.

TECHNOLOGY:

KeyPoint Training

- ▶ (260) 433-1686, SeniorsLearnTech.com
- ▶ Customized technology training services help you learn how to use a computer, tablet, phone, Internet, email, social media and other devices and sites to fit your life.
- ▶ 10% off class fees. Use code "SeniorCircle".



National Discounts:

For a complete list of discounts with details, contact our office at (260) 425-3087.

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

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.		

BLUFFTON PROGRAMS



CLAUDIA WARD

BRMC Senior Circle Advisor

(260) 919-3144

Claudia.Ward@BlufftonRegional.com

303 S. Main St.

Bluffton, IN 46714



Senior Exploration

- Five-week program for adults interested in continued learning.
- Mondays, April 10–May 8, 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) by April 7

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:

Day Trip to Turkeyville

We're off to Marshall, Mich., for the inspiring program "How Great Thou Art," about an ordinary man named Art. Enjoy lots of laughs, inspiration and old time gospel music.

- Wednesday, March 29, 9 a.m. leave BRMC, return at approx. 6:30 p.m.
- Cost: \$55 (buffet, show, transportation). Deposit of \$30 due by March 3 with remainder due by March 24. Make checks payable to Bluffton Regional Medical Center. No refunds.
- Space is limited. Call Claudia Ward first with phone reservation.

Diabetes Share Group

- Tuesdays, March 7 & April 4, 4–5 p.m.
- Bluffton Regional Conference Room 403, 4th floor
- For more information, contact Sue Schwyn, RN, BSN, at (260) 919-3162.

Theater Thursday

- Free movie, prizes, refreshments and health information
- Wells County Public Library
- Please note: movies and speakers are subject to change.
- ▶ Film: "Ithaca" (PG)
 - › Thursday, March 16, 10 a.m.
 - › Topic: Pet Therapy
 - › Speaker: Carol Butler, MD, BMG
- ▶ Film: "Sully" (PG-13)
 - › Thursday, April 20, 10 a.m.
 - › Topic: Senior Exploration
 - › Speaker: To be determined

Ask the Expert

Send your questions to Claudia by the 24th of the month. Questions and

answers will be included in the BRMC Senior Circle mailing.

- ▶ March: Send questions regarding pet therapy for Carole Butler, MD, Bluffton Medical Group.
- ▶ April: Send questions regarding the hospital chaplain role for Rev. Stephen Bard, BRMC chaplain and pastor of the First United Methodist Church in Bluffton.

Ongoing Programs & Benefits

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

- Now through the end of March 2017, Monday–Friday, 9–10:30 a.m.
- Bluffton City Gym

Saturday Breakfast

Breakfast for Senior Circle members. Contact Claudia Ward for menu.

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

Senior Circle Daily Lunch Special

Lunch includes meal and small drink for Senior Circle Members.

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

Benefits for Members

- ▶ Contact Claudia Ward for details.
- ▶ Free notary, copies and faxes; some limitations apply.
- ▶ Free diabetes needle disposal.
- ▶ Free tip replacement for crutches, walkers and canes
- ▶ Discounts in Main Street Cafe and Phid's Gift Shop

KOSCIUSKO PROGRAMS

Programs/Activities:

Free Breakfast & Learn: MyHealth Online Tool

MyHealth is a free, secure online patient records service. Veronica Bayles, KCH Director of Admitting, will explain what MyHealth is and offer tips to make navigation easier. Come ready with questions and take notes on how to make the most of MyHealth for you and your family. Millers Merry Manor will be providing breakfast.

- Friday, March 17, 8:30 a.m.
- KCH Administration Classroom
- Call (574) 372-5854 to RSVP

Painting Class

Discover your inner artist! Joy Lohse will be leading a beginner level painting class using acrylic paints. All supplies are included with the class fee. Seating limited to 12.

- Friday, March 24, 9-11:30 a.m.
- KCH Birthplace Classroom (enter front lobby)
- Call (574) 372-5854 to RSVP
- Cost: \$10 Senior Circle members, \$20 nonmembers

Free Foot Screening

Regular foot screenings are important, especially for people with diabetes. Foot complications can be common among seniors and should never go untreated. Join Dr. Julie Ferland, DPM, Northern Lakes Medical Associates, for your free screening and ensure the health of your feet.

- Friday, March 31, 8-11 a.m.
- KCH Health & Wellness Center
- Call (574) 372-5854 to RSVP

Free Hearing Screening

A hearing screening is a quick way to see if you are in need of further evaluation. Dr. Sandy Engelberth*, Dr. Engelberth's Hearing Center, is offering free screenings with a discounted rate on testing if screening signals necessity.

- Thursday, April 13, by appointment
- Dr. Engelberth's Hearing Center (1610 E. Center St.)
- Call (574) 269-5828 to schedule

Blue Apron Luncheon and WACC Tour

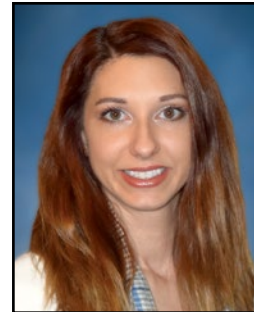
Blue Apron is a student-run, full-service restaurant at Warsaw Community High School. Discuss the food industry evolution with students and learn about their drive to make a difference in the culinary world. This will be an interactive lunch with students. Following the lunch, we will tour the Warsaw Area Career Center.

- Friday, April 14, 11 a.m.
- Warsaw Area Career Center (1 Tiger Lane)
- Call (574) 372-5854 to RSVP
- Cost: \$5 for lunch

Free Breakfast & Learn: Gallbladder Health

Join Corey Graham, MD, Warsaw Surgical Specialties, while he discusses the causes and symptoms of gallbladder pain, preventative remedies and treatment options. Millers Merry Manor will be providing breakfast.

- Friday, April 21, 8:30 a.m.
- KCH Administration Classroom
- Call (574) 372-5854 to RSVP



JENNIFER KEEFER

KCH Senior Circle Advisor
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JKeefer@KCH.com
2101 East DuBois Drive
Warsaw, IN 46580

New KCH Senior Circle Advisor: Meet Jennifer

I was born and raised in Warsaw and graduated from Warsaw High School in 2002. I moved to Fort Wayne to attend IPFW and lived there for a little over 12 years. I graduated from IPFW with my bachelor's degree in English, Creative Writing with a minor in Women's Studies. During college I worked for Hyatt Hotels and transferred with them to Denver, Colorado, where I lived for about a year. I moved home to Warsaw over three years ago and met my now fiancé. We bought a house in June and are getting married this May. I'm incredibly excited to be a part of Kosciusko Community Hospital and am looking forward to growing Warsaw's Senior Circle program!

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.



**FORT WAYNE MAD ANTS BASKETBALL:
50% OFF TICKETS**

Show your Senior Circle membership card at the Coliseum ticket office to receive 50 percent off tickets for the following Mad Ants game:

- ▶ Sunday, March 19, 2017, 5 p.m., Mad Ants vs. Austin Spurs

**FORT WAYNE KOMETS HOCKEY:
BUY ONE, GET ONE FREE**

Show your Senior Circle membership card at the Coliseum ticket office to take advantage of this "buy one ticket, get one ticket of equal or lesser value free" offer for the following game:

- ▶ Sunday, March 26, 2017, 5 p.m., Komets vs. Florida Everblades

Show your
membership card



**Lutheran
Health Network**
Senior Circle

Volunteer Opportunity

Heart to Heart Hospice is looking for volunteers who want to make a difference in the lives of others and be rewarded by the experience. Volunteer opportunities are as unique as you are and are a vital part of the team. They provide training and support.

Some opportunities include:

- ▶ Read a book
- ▶ Listen to a life story
- ▶ Hold a hand
- ▶ Work with therapy dogs
- ▶ Write a letter
- ▶ Make a phone call
- ▶ Give a hug
- ▶ Help with arts and crafts
- ▶ Give support
- ▶ Take someone for a walk
- ▶ Give relief to a caregiver
- ▶ Play cards and games

If you are interested in volunteering or have any questions, please contact Diane Foughty, Heart to Heart volunteer coordinator, at (260) 203-5441.

Note: This is not a program of Lutheran Health Network or Senior Circle.