

CIRCLENEWS

A PUBLICATION FOR THOSE 50 & BETTER



Senior Circle

Inside This Issue

- ▶ Two new screenings added
- ▶ Medicare Counseling
- ▶ AARP Driving Course
- ▶ Health Talks
- ▶ Discounts

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.



Sepsis: The Silent Killer

Sepsis is a serious life-threatening condition that develops quickly and must be treated rapidly. The following Q&A explains the causes of this silent killer, ways to help prevent it and what to do if you suspect you or someone you know has sepsis.

What is sepsis? Sepsis occurs when the body has a severe response to an infection. Sepsis can cause inflammation, cell damage, blood clots and blood vessel leakage. Blood flow and blood pressure may start to drop, which damages the body's organs by stopping oxygen and nutrients from reaching them. If this isn't reversed, the body's organs can stop working, leading to death.¹

Who is at risk for sepsis? Anyone can develop sepsis from an infection if the infection isn't identified and treated quickly and effectively. Risk is highest among infants, seniors, people with an impaired immune system and those with chronic or serious illnesses, such as diabetes and cancer.²

How prevalent is sepsis? Sepsis kills more people than prostate cancer, breast cancer and AIDS combined and is the leading cause of death in hospitals across America. More than 1.6 million people are diagnosed with sepsis in the U.S. each year and 258,000 die. Unfortunately, only 55 percent of adults in the U.S. have even heard of sepsis.³

How do I identify sepsis? Knowing the signs of sepsis and what to do is the only way to fight this foe. Sepsis starts with an infection—any infection—a urinary tract infection, pneumonia, influenza, a tooth infection, a hang nail, a small scrape or a post-surgical infection.

Symptoms of sepsis include:

- extreme pain
- uncontrollable shivering
- confusion
- weakness
- shortness of breath
- increased heart rate or breathing

Infection plus these symptoms equals the need to take action. The sooner sepsis is treated, the less likely it is to become severe.

Continued on page 2

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 11 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.

KNOW THE SIGNS AND SYMPTOMS OF SEPSIS:



Shivering, fever, or very cold



Extreme pain or very discomfort



Clammy, or sweaty skin



Confusion or disorientation



Short of breath



High heart rate

Source: CDC Vital Signs, August 2016

Sepsis

Continued from page 1

What do I do if I suspect sepsis? If you suspect sepsis, act quickly by contacting your doctor, calling 911 or going to the nearest emergency room. Inform the medical staff that you suspect sepsis and tell them why.

How is sepsis treated? The best way to fight off sepsis is to identify it early and treat it with antibiotics as quickly as possible. If the disease has already progressed, it may require a large amount of IV fluids to stabilize the body's vital signs. Medical personnel will attempt to identify the source of infection quickly, but will begin treatment right away regardless of the source. In certain instances, such as an abdominal infection, surgery may be needed to clean out the infection.

How can I prevent sepsis? Knowing the signs and symptoms of sepsis is key to keeping yourself and those you love safe. Preventing sepsis includes practicing good hand hygiene, cleaning cuts and scrapes and remaining up-to-date on immunizations such as flu and pneumonia vaccines.⁴

Knowledge and action are your best defenses against this killer called sepsis. Recognizing and acting on it quickly can save lives, including your own.

Want to know more? Check out these sites:

- › cdc.gov/sepsis/pdfs/sepsis-fact-sheet.pdf
- › cdc.gov/sepsis cdc.gov/cancer/preventinfections
- › rorystauntonfoundationforsepsis.org
- › sepsis.org

Sources:

1. <http://lutheranhealth.staywellsolutionsonline.com/Search/134,617>
2. <http://www.sepsis.org/sepsis/risk-factors/>
3. <http://www.sepsis.org/resources/infographics/>
4. <https://www.cdc.gov/sepsis/pdfs/sepsis-fact-sheet.pdf>

KEEP LEARNING



Breakfast & Learns

4 Buckets of Care: Medicare Benefits

Join Theresa Shull from Heartland HomeCare as she discusses Medicare benefits for hospice and home care. Come with your questions!

- Tuesday, Oct. 10, 8:30 a.m.
- St. Joseph Hospital, Assembly Room
- Breakfast sponsored by Signature HealthCare
- Register by Wednesday, Oct. 4



Lunch & Learns

ACRES Land Trust

Meet at the Tom and Jane Dustin Preserve for a lunch and learn program about what is going on this fall at ACRES Land Trust. This preserve is on a bluff high over Cedar Creek and was originally the home of Tom and Jane Dustin, founding members of the organization. One of the Share the Trail guides will take us on a short hike on the preserve. It is a beautiful place! Take Coldwater Road north, turn right onto Chapman Road.

- Tuesday, Sept. 12, 11:30 a.m.
- Tom and Jane Dustin Preserve,
- 1802 Chapman Road, Hometown IN 46748
- Register by Sept. 7

Remembering Times Forgotten

Come listen to Rhonda Owens, from Heritage Park as she presents on memory care for loved ones. Owens is nationally certified in dementia training.

- Friday, Sept. 15, 11:30 a.m.
- Lutheran Hospital, Special Function Rooms 3 & 4
- Breakfast sponsored by Heritage Park
- Register by Wednesday, Sept. 6

The Evolution of the Hip Replacement

Join Dr. Michael Arata*, orthopedic surgeon, Fort Wayne Orthopedics as he takes us through the evolution of the hip replacement.

- Wednesday, Sept. 27, 11:30 a.m.
- Dupont Hospital, Dupont Resource Center, 2514 building, Suite 210
- Lunch sponsored by Georgetowne Place
- Register by Thursday, Sept. 21

Structured Family Caregiving

Curious about what a live-in caregiver model might be, where you could get training and assistance to help you keep an elderly or disabled loved one at home? Wondering about the non-taxable stipend and service known as Structured Family Caregiving? Come find out. Presented by Lisa Bennett, director of community partnerships and Melanie Morris, LSW, MBA, from Caregiver Homes.

- Friday, Oct. 20, 11:30 a.m.
- Lutheran Hospital, Special Function Rooms 3 & 4
- Lunch sponsored by Caregiver Homes
- Register by Thursday, Oct. 12

Friending Techniques for Those with Alzheimer's and Dementia

Learn techniques that can help you interact with loved ones who suffer from Alzheimer's and dementia. Presented by Angela Stoner-Gast, life enrichment director at North Woods Village.

- Wednesday, Oct. 25, 11:30 a.m.
- Dupont Hospital, Dupont Resource Center, 2514 building, Suite 210
- Lunch sponsored by Northwood Village
- Register by Thursday, Oct. 19

Register online:

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

CHECK YOUR HEALTH

Health Screenings & Clinics

Comprehensive Metabolic Panel

NEW

We are now offering a comprehensive metabolic panel blood draw. This includes calcium, carbon dioxide, chloride, creatinine, glucose, alkaline phosphatase, potassium, total protein, sodium, SGPT, SGOT, BUN and Lipid profile (total cholesterol, HDL, triglycerides, LDL and cholesterol HDL ratio). Twelve-hour fast required.

- Tuesday, Sept. 26 & Oct. 24, 8–9 a.m.
- Appointment required
- Cost: \$50 cash or check only (no credit or debit cards)
- Available for Senior Circle members only

Hemoglobin A1C (non-fasting)

NEW

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.

- Tuesday, Sept. 26 & Oct. 24, 8–9 a.m.
- Appointment required
- Cost: \$20 cash or check only (no credit or debit cards)
- Available for Senior Circle members only

Free Blood Pressure Checks

- Tuesday, Sept. 26 & Oct. 24, 8–9
- Sponsored by Sunshine Home Health Care

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. 13, 21 & Oct. 19, 8:30–11:30 a.m.
- **Afternoons:** Sept. 7, 1–3:30 p.m.
- **All Day:** Sept. 20 & Oct. 11, 18, 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, Sept. 19 & Oct. 17, 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. 21 & Oct. 19, 2–3:30 p.m.
- Appointment required
- Available for Senior Circle members only

COUNSELING

Legal Counseling

An elder law attorney from Beers, Mellers, 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.

- Friday, Sept. 8 & Oct. 13, 1–2:30 p.m.
- Appointment required
- Available for Senior Circle members only

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.

- Open enrollment, Oct. 15 through Dec. 7
- Call for appointment

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.

- Thursday, Sept. 5, 2-3 p.m., (register by Aug. 31)
- Thursday, Oct. 3, 2-3 p.m., (register by Sept. 29)

Senior Circle Stitchers

- Wednesdays, Sept. 13, 27 & Oct. 11, 25, 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 provided 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

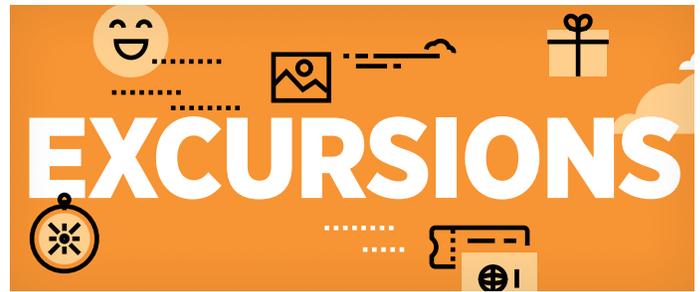
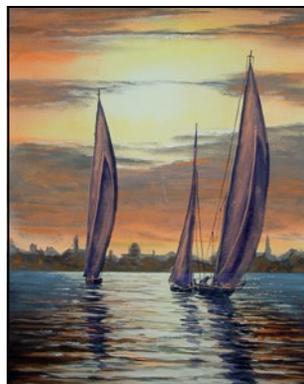


Picnic

- Friday, Sept. 22, 12:30-4 p.m. (register by Sept. 20)
- Medium: acrylic on canvas

Sailboats

- Friday, Oct. 27, 12:30-4 p.m. (register by Oct. 25)
- Medium: acrylic on canvas



Travel, Trips & Tours

We're partnering with the Whitley County Council on Aging for fun excursions. For more information, call our office.

"A Wonderful Life," the Musical

- Nov. 16, Theatre at the Center, Munster, Indiana
- Get in the Christmas spirit as we travel to the beautiful Theatre at the Center for a wonderful lunch followed by entertainment. In this beloved musical, George Bailey's Christmas Eve is transformed by an angel eager to earn his wings by showing the guiding influence one person has on so many others. Filled with the beauty of the season, Bedford Falls bursts on stage with yuletide spirit (despite Old Man Potter's miserly plans) for a musical that applauds the season. We will leave Fort Wayne at 9:30 a.m. and Columbia City at 10 a.m. and have a brief comfort stop, arriving at the theatre around 1 p.m. We should be back in Fort Wayne by 8:30 p.m. and Columbia City by 9 p.m.
- Cost: \$115 (\$20 deposit) with final payment due Oct. 10. Make checks payable to WCCOA.

"Rockin' Around the Christmas Tree"

- Nov. 17, Cornwell's Dinner Theatre, Turkeyville, Marshall, Michigan
- You're invited to join us as we get into the holiday spirit by taking a short trip to Michigan, feasting on a bountiful turkey buffet lunch, browsing the bakery and gift shops, then settling down to an afternoon of entertainment with "Rockin' Around the Christmas Tree." The mistletoe is hung, the tree is decorated, and the party is planned. Traditional Christmas dinner is what everyone is expecting, but we know that things don't always go as planned, and this family get-together is no exception. However, there will be plenty of great holiday songs, including "Winter Wonderland," "Holly, Jolly Christmas," and, of course, "Rockin' Around the Christmas Tree." The coach will leave Fort Wayne at 8:45 a.m. and should return by 6 p.m.
- Cost: \$100 (\$10 deposit) with final payment due Oct. 20. Make checks payable to WCCOA.

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. 29.

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

Walking Tour

Walking tours combine exercise and fun. They are held at various locations around the city and offer an opportunity to walk with others and add to your mileage. Tours are open to anyone who is registered for the Seniors Marathon.

- Wednesday, Sept. 6, 6 p.m. at Jefferson Pointe Shopping

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. 29, 6:30 p.m., TinCaps Stadium

Autism Acceptance Walk

- Sunday, Sept. 10, 12-4 p.m., Allen County Fairgrounds
- Along with the walk, enjoy entertainment and a resource fair
- Register at INAutism.org

American Heart Association's Northeast Indiana Heart Walk

- Saturday, Sept. 16, 8 a.m.
- Ivy Tech North Campus, 3701 Dean Dr.
- Register at FortWayneHeartWalk.Kintera.org



AARP Driver Safety Class

This class teaches participants: current rules of the road, defensive driving techniques, managing and accommodating common age-related changes in vision, hearing and reaction time. Also, learn techniques for handling left turns, right-of-way and roundabouts. Discover proven driving methods to help keep you and your loved ones safe on the road. Check with your insurance agent to see if you're eligible for an insurance discount upon completion of the course.

- Thursday, Oct. 5, 10 a.m.-2:30 p.m. (lunch provided)

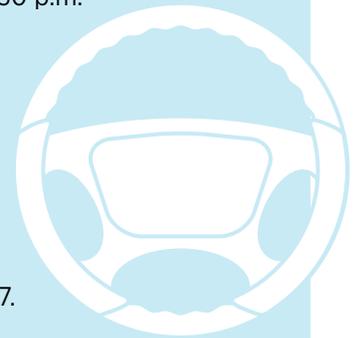
- Lutheran Hospital, Special Function Rooms 3 & 4, lower level

- \$15 for AARP members, \$20 for non-AARP members

- Register by calling 435-7227. Class size is limited.

- Please arrive 20 minutes early for registration.

- Bring AARP card and driver's license.



Walking, Fitness & Training

Jefferson Pointe Walking Club & Circle Walkers

Whether you're trying to get your miles in for the Fort4Fitness Seniors Marathon or you just want to stretch your legs in a great environment, this summer you can walk your way to better health. This is also a great way to get stamps in your marathon logbook and to be eligible for the \$250 drawing. Stop by the mall office for details and a welcome gift.

- Daily through Oct. 9, 7-10 a.m.
- Path starts at Panera Bread, Jefferson Pointe
- Visit JeffersonPointe.com for more information

Circle Walkers

Want someone to walk with? Join us for Circle Walkers this summer.

- Every Monday through Oct., 8:30 a.m.
- Jefferson Pointe, meet outside Panera Bread

LET'S GET MOVING

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 September: Quit Smoking.

For the next 21 days make a plan to quit smoking which includes making an appointment with your doctor, talking to your loved ones and being prepared with medications, if necessary. Did you know that within 12 hours after quitting, the carbon monoxide level in your blood drops to normal? And within nine months of quitting, coughing and shortness of breath decrease. Cilia (tiny hair-like structures that move mucus out of the lungs) start to regain normal function.



Your 21-Day Challenge for October: Nutrition.

For the next 21 days try to stick to correct portions on your plate. Here are some examples:

- ▶ Meat or poultry = 3 oz. or the size of a deck of cards
- ▶ Fish = 3 oz. or the size of a checkbook
- ▶ Fruit = the size of a tennis ball
- ▶ Baked potato = the size of a computer mouse
- ▶ Cheese = 1 oz. or the size of 4 playing die
- ▶ Oil, mayo, butter or margarine = 1 tsp. or the size of a postage stamp
- ▶ Pancake = the size of a CD
- ▶ Bagel = the size of a small yo-yo

For more information, visit ChooseMyPlate.gov

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: Sept. 11 to Oct. 19 & Oct. 30 to Dec. 14
- \$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.

BLUFFTON PROGRAMS



CLAUDIA WARD

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

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.

Benefits for Members

- ▶ Free notary: contact Claudia for an appointment.
- ▶ Free copies and faxes; some limitations apply. Contact Claudia for appointment.
- ▶ Free needle disposal for members with diabetes. Contact Claudia for 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

Programs/Activities:

Diabetes Share Group

- Tuesdays, Sept. 5 & Oct. 3, 4-5 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. BRMC will be in the Bluffton Street Fair Industrial Parade Thursday, Sept. 21, with goody bags. Watch for the Lutheran Air fly-over at the beginning of the parade!

- Sept. 19-23, 5-10 p.m.

Senior Exploration

- Five-week program for adults interested in continued learning
- Every Monday morning in October, from 8-11 a.m., Boys and Girls Club (1410 Wayne St., Bluffton)
- Register by Sept. 22. 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. 26
- More information to come
- Preregistration required. Contact Claudia at (269) 919-3144.

Theater Thursday

- Free movie, prizes, refreshments and health information
- Wells County Public Library
- Please note: movies and speakers are subject to change.
- ▶ Film: "La La Land" (PG 13)
 - › Thursday, Sept. 28, 10 a.m.
 - › Topic: Wells County Health Fair offerings
 - › Speaker: Claudia Ward, Senior Circle advisor and co-chair for Wells County Health Fair
- ▶ Film: "Deepwater Horizon" (PG 13)
 - › Thursday, Oct. 19, 10 a.m.
 - › Topic: Sleep Disorders and the Bluffton Regional ACHA Accredited Sleep Disorders Center
 - › Speaker: Craig Cortright, MA, RRT-NPS, RPFT, RPSGT, Sleep Disorders Center Coordinator

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.

- ▶ September: Send questions regarding community screenings and the Wells County Health Fair for Claudia Ward, Senior Circle advisor and co-chair for Wells County Health Fair.
- ▶ October: Send questions regarding diagnosing and treating sleep disorders for Craig Cortright, MA, RRT-NPS, RPFT, RPSGT, sleep lab coordinator.



BLUFFTON PROGRAMS

Wells County Health Fair

- ▶ Saturday, Oct. 7, 7–11 a.m.
- ▶ Lancaster Central Elementary School

Free Screenings:

- › anxiety/stress
- › blood pressure
- › body composition
- › breast exams
- › colorectal cancer home screening kits
- › depression
- › foot check
- › glaucoma screening
- › hearing
- › heart risk and stroke risk assessments
- › height and weight
- › Hep C screen (rapid antibody testing offered for ages 16 years and older; results known within 20 minutes)
- › lipid panel (10-hour fast)
- › memory assessment
- › Omega-2 Index
- › oral and skin cancer
- › osteoporosis scan
- › oxygen saturation
- › peripheral artery disease
- › PSA
- › pulmonary function
- › vision

Low-cost Screenings:

- › A1C-Hemoglobin, \$15
- › Comprehensive Metabolic Profile, \$25
- › CRP, \$20
- › Hemogram, \$15
- › Thyroid Panel, \$20
- › Vitamin D, \$45

Flu shots: Available for ages 3 years through adult. Able to bill most insurances. Self-pay: \$22.00.

Other:

- › Educational displays on food, nutrition, identity theft, and more; registered dietitian available to meet one-on-one.
- › Passport to Heart Health: attend designated heart health screenings for a chance to win a prize.

Screening Preregistration:

- Preregistration for screenings encouraged
- 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. 29, to Wells County Health Fair, 223 W. Washington, Bluffton, IN 46714
- To have preregistration forms sent to you, please call 824-6490 with your name, phone number and address
- Note: Preregistration ends Sept. 29; after Sept. 29, you will need to register at the fair

For more information and updated offerings, contact Claudia or visit WellsCountyHealthFair.org



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

- 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.

Life Trail System

- Exercise equipment for adults
- Open from dawn to dusk
- 300 block of West Washington St.

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)

KOSCIUSKO PROGRAMS

Programs/Activities:



Foot Concerns? Free Foot Screening

How are your feet feeling? When your feet hurt, it can make everyday tasks more difficult and slow you down. Attend the free foot screening and talk with Dr. Julie Ferland, podiatrist, Northern Lakes Medical Associates, about your issue.

- Friday, Sept. 22, 1-3 p.m.
- KCH Health & Wellness Center
- Call (574) 372-7890 for a screening time

Just a Joint Ache or an Orthopedic Issue?

Come and meet Dr. Phillip Penny*, orthopedic surgeon, Fort Wayne Orthopedics, who joined the KCH medical staff this summer. Dr. Penny will talk about common issues regarding orthopedic care. He'll discuss non-surgical treatment and joint concerns needing medical attention.

- Friday, Sept. 22, 8:30 a.m.
- KCH Administrative Classroom
- Call (574) 372-5854 to RSVP. Leave your name and number, and you will be automatically added to our reservation list.

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.

Talk to the Pharmacist

An opportunity to review your drug questions! Over time, many individuals begin taking various medications to address health problems. Many people take a variety of supplements. It's a good idea to review your list with your physician or knowledgeable pharmacist regularly. Pharmacist Mary Crane will be available to talk about your medications and supplements list in a casual setting.

- Friday, Oct. 13, 9:30-11 a.m.
- KCH Cafeteria
- No appointment necessary. Head down to the cafeteria, and the pharmacist will be there.

Mental Health & the Mature Adult

The Bowen Center locally helps people of all ages manage life's ups and downs. There are different mental health concerns as one ages. Teresa Burlseson-Olds from the Bowen Center will join us to talk about what occurs as we age and what to watch for regarding mental health issues—as well as what we can do to maintain a healthy outlook and mental wellness.

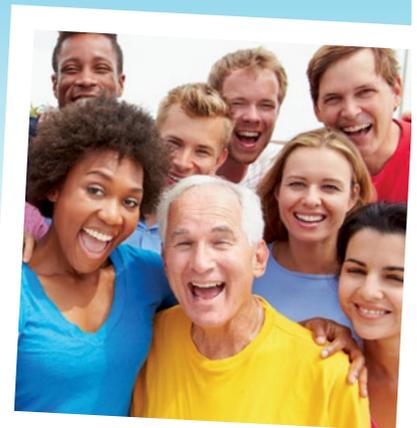
- Friday, Oct. 20, 8:30-9:30 a.m.
- KCH Administrative Classroom
- Call (574) 372-5854 to RSVP. Leave your name and number, and you will be automatically added to our reservation list.

Easy Access to Affordable Preventive Care

Walk-in Wellness Screening
Every Third Thursday
6:30 – 8:30 a.m.

2017 Screening Dates:

- September 21
- October 19
- November 16
- December 21



KCH Health & Wellness Center
1500 Provident Dr. | Warsaw, IN 46580
For more information, call (574) 372-7890

MEMBERSHIP DISCOUNTS

SPOTLIGHT 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. **Be sure to always identify yourself as a Senior Circle member when you contact a benefit partner.** For a complete list of discounts with details, contact our office.

Senior Circle Local Partners

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

Senior Circle National Partners

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

Senior Circle benefits, partners and discounts are subject to change and availability without notice.

SENIOR CIRCLE MEMBERSHIP APPLICATION

Today's date	<input type="checkbox"/> New <input type="checkbox"/> Renewal
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)	
Last Name	Gender <input type="checkbox"/> M <input type="checkbox"/> F
First Name	MI
Address	
City	
State	ZIP
Email	
Phone Number	
DOB (mm/dd/yyyy)	SSN (last 4 digits)

Complete the next section only if you are applying for a second member in the same household.

Last Name	Gender <input type="checkbox"/> M <input type="checkbox"/> F
First Name	MI
Email	
Phone Number	
DOB (mm/dd/yyyy)	SSN (last 4 digits)

Complete this form and return 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. Click on "Sign Up or Renew."
2. Select the number of persons joining and membership levels, then complete the application process.
3. Questions or difficulties? Please call 1-800-211-4148.

Unwanted Medication Collection

FRIDAY, SEPT. 22, 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 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
- ▶ 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.