

CIRCLENEWS

A PUBLICATION FOR THOSE 50 & BETTER



Lutheran
Health Network

Senior Circle

Inside This Issue

- ▶ Colon health
- ▶ Lab blood draws
- ▶ Social activities and trips
- ▶ NICHE steering committee
- ▶ Fort4Fitness signup
- ▶ Membership 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.

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.



Five Steps to Colon Health

Cancer of the colon is the third most common cancer in the United States—and, caught early, it's also one of the most curable. About 90 percent of individuals whose cancer is found before it has spread survive five years after diagnosis. But, if not caught at this point, the five-year survival rate is just 10 percent.

Colon cancer is cancer of the large intestine, the lower part of the digestive system. Most cases begin silently, as a polyp that causes few symptoms. Five simple steps can protect your health.

1. Get tested

All adults over age 50 should begin routine colon cancer screenings. In 2008, the American Cancer Society (ACS) issued new screening guidelines to stress prevention as the primary goal and steer providers and patients toward those tests with the highest potential to prevent cancer.

The recommendations add two new tests and more specifically define the differences between tests: those that find cancer, and those that can find precancerous growths (also known as polyps). ACS recommends those tests that actually examine the interior of the colon because they can not only detect cancer, but also prevent it by finding—and removing—polyps or growths that can potentially cause cancer. These tests include a flexible sigmoidoscopy (every five years); a colonoscopy (every 10 years); a double contrast barium enema (every five years); or a CT colonography or virtual colonoscopy (every five years). Polyps found during these tests can be removed on the spot, simply and painlessly.

Testing options that look for evidence of actual cancer, include three types of stool tests—an annual fecal occult blood test, the annual fecal immunochemical test (FIT), and a periodic stool DNA test.

Continued on page 2

About Senior Circle

Senior Circle is a program for people age 50 and older. Our mission is to help you live a healthy, active lifestyle by offering health information, wellness screenings, access to experts, fitness opportunities, social activities and events and much more.

Any senior may participate in our activities; however, we also offer a free membership program. Members receive a newsletter mailed to their homes with a schedule of events, health information and notice of other activities and offerings. They are also eligible to take advantage of various local merchant discounts. To join, simply fill out the application form on page 11 and return it to our office.



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.

Colon Health

(continued from page 1)

2. Develop awareness

Know the risk factors associated with colon problems:

- Advancing age, i.e., over age 50
- High-fat diet
- Family (i.e., sibling or parent) or personal history of colorectal cancer
- History of polyps or growths inside the colon and rectum
- Certain conditions that elevate your risk, such as Crohn's disease or ulcerative colitis
- Diabetes: people with diabetes have a 40 percent increased risk of colon cancer
- Ethnic background: African Americans have the highest number of colorectal cancer cases in the United States

3. Know the symptoms

Be vigilant about scheduled screenings, and if you have certain symptoms, see your doctor sooner. Symptoms may include persistent stomach discomfort, a change in bowel habits (diarrhea, constipation, or a change in stool consistency), abdominal pain accompanying a bowel movement, dark stools, weakness or fatigue, unexplained weight loss, or blood in the stool.

Symptoms vary, and certain foods or medications can also mimic these symptoms. It's best to err on the safe side and check with your doctor about changes.

4. Practice prevention

A balanced diet, regular exercise and smart lifestyle choices will keep your risk level in check. A diet rich in fruits, vegetables and whole grains provides the nutrients and antioxidants that fight disease. Low-fat dairy products and limited consumption of red meat keep your saturated fat intake low.

Getting your vitamins and minerals through a daily supplement helps, but food-based vitamins are more effective and more easily absorbed by the body. Regular exercise—at least 30 minutes most days of the week—helps build your body's defenses. Finally, quitting smoking and limiting alcohol consumption help, too.

5. Know your options

Talk with your doctor about the best way to manage your risk. If you have an above-average risk for colon cancer or an initial test reveals polyps, you and your doctor can decide the course of action that works best for you.

Talk with your doctor about the resources available to you and learn the best way to manage your risk.

Sources: *The Mayo Clinic* (www.mayoclinic.com/health/colon-cancer/), *The National Institutes of Health* (www.nih.gov)

EARLY DETECTION MATTERS

Schedule today:

Bluffton Medical Group
(260) 353-2144 or
(260) 353-2021

Dukes Medical Group
(765) 475-2388

Dupont Hospital
(260) 416-5814

Lutheran Health Physicians
(260) 969-7184

St. Joseph Hospital
(260) 425-3782

**LutheranHealth.net/
Colonoscopy**

KEEP LEARNING



Breakfast & Learn

Hearing Loss and Dementia

Join Dr. Bob DeNyse, from Fort Wayne Audiology Center, as he discusses hearing loss and dementia.

- Tuesday, April 10, 8:30 a.m.
- St. Joseph Hospital, Assembly Room
- Sponsored by Fort Wayne Audiology Center
- Register by Wednesday, April 4

Lunch & Learn

Parkinson's Disease

Kingston Care Center will give an overview of the disease, stages and programs that can empower people with Parkinson's Disease by optimizing their physical function and helping delay the progression of symptoms.

- Wednesday, March 28, 11:30 a.m.
- Dupont Hospital, Resource Center, 2514 building, Suite 210
- Sponsored by Kingston Care Center
- Register by Thursday, March 22

Register online:

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

Need to Find a Doctor?

Whether you need to find a new primary care doctor or a specialist, it's easy to do in just a few clicks. Simply go online and visit LutheranHealth.net/FindADoc. Once there, you may search by physician's name or choose a specialty category (such as primary care, cardiology, gastroenterology, etc.) and/or location. Some physicians also have video bios in the form of 2-Minute Talks.

LutheranHealth.net/FindADoc

COUNSELING

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, March 9 & April 13, 1-2 p.m.
- Appointment required

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 low income subsidy options.

- Call for appointment, dates and times vary



**GET YOUR
FLU SHOT**



KEEP IT CLEAN

wash your hands and
keep surfaces clean



**CONTROL THE
HUMIDITY**

flush the flu by raising the
humidity in your home

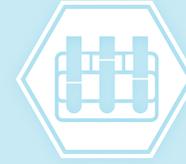


BEWARE OF TIMING

a person can be infectious
a day before symptoms
show up and up to five
days afterward

Prevent the Flu this Season

CHECK YOUR HEALTH



Health Screenings & Clinics

Lab Blood Draws

- Tuesdays, March 27 & April 24, 8:15–9 a.m.
- St. Joseph Hospital, Senior Circle office
- Appointment required

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.

- 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 this 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

- Tuesdays, March 27 & April 24, 8:15–9 a.m.
- St. Joseph Hospital, Senior Circle office
- 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.

- Mornings: March 14, 15 & April 11, 19, 8:30–11:30 a.m.
- Afternoons: March 1 & April 5, 1–3:30 p.m.
- All Day: March 21 & April 18, 8:30 a.m.–2:30 p.m.
- Cost: \$24 (cash or check, no credit or debit cards)
- St. Joseph Hospital, Senior Circle office
- Appointment required

FREE Hearing Screening

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

- Tuesdays, March 20 & April 17, 9:30 a.m.–11 a.m.
- St. Joseph Hospital, Senior Circle office
- Appointment required

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 15 & April 19, 2–3:30 p.m.
- St. Joseph Hospital, Senior Circle office
- Appointment required

BE CREATIVE; BE SOCIAL

CRAFTS & ACTIVITIES

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

 **Indicates reservations may be made online**

Bingo

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

- Tuesday, March 6, 2-3 p.m., (register by March 2)
- Tuesday, April 3, 2-3 p.m., (register by March 29)
- Tuesday, April 17, 2-3 p.m., (register by April 13)
- St. Joseph Hospital, Senior Circle office

Senior Circle Stitchers

- Wednesdays, March 14, 28 & April 11, 25, 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 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 (cash or check, no credit or debit cards)
- St. Joseph Hospital, Senior Circle office

Technique Class

- Friday, March 23, 12:30-4 p.m. (register by March 20)

To be Determined (will be announced in March)

- Friday, April 27, 12:30-4 p.m. (register by April 24)
- Medium: acrylic on canvas



People who wonder whether
the glass is half empty or
half full miss the point.
The glass is refillable.

-Unknown



Travel, Trips & Tours

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

- Make checks payable to WCCO and send to: WCCOA, 710 Opportunity Dr., Columbia City, IN 46725
- Questions? Call Darlene Bockelman at (260) 248-8944

Singin' in the Rain

- May 16
- Cost: \$118 with \$20 deposit required by April 1 and final payment by April 30
- Travel to Beef and Boards Theatre for a buffet lunch that includes their famous roast beef, then enjoy this classic musical.

Ark Encounter and Creation Museum

- June 20-22
- Cost: \$289/person for double or \$349 for single with \$50 deposit required by March 31 and final payment by May 20
- On day one, view the 510-foot long, 85-foot wide, 51-foot high replica of Noah's Ark, see the animals at Ararat Zoo and relax over dinner at Emzara's Kitchen. Then, travel to the hotel and get a good night's rest. On day two, visit the Creation Museum before returning home.

Irish Splendor

- Oct. 24-Oct. 31
- Cost: \$2,949/person for double or \$3,299 for single if booked by April 24
- Visit Dublin, Christ Church Cathedral, Blarney Castle, Whiskey Distillery and more.

Members of Senior Circle were instrumental in helping Dupont's NICHE program shortly after it was formed by participating in group discussions. NICHE is once again asking for help from our members.



NICHE Needs You

Would you like to help improve healthcare for older adults? Dupont's NICHE program is recruiting older adult community representatives who are interested in attending monthly steering committee meetings.

Representatives would provide valuable insight into community and patient needs. Their opinions, experience and input will be considered when making changes at Dupont to improve the health and experience of the community and those who enter Dupont's doors.

IF YOU ARE INTERESTED IN SERVING ON THE COMMITTEE, PLEASE CONTACT TERESA DELELLIS AT (260) 416-3120 OR TDELELLIS@LHN.NET

What is NICHE?

The Nurses Improving Care for Healthsystem Elders (NICHE) program is the largest geriatric nursing program available and is the only national designation indicating a hospital's commitment to elder care excellence.

Based at New York University's College of Nursing, NICHE is a nurse-driven program that focuses on geriatric issues hospital wide and ensuring staff are specially trained to care for elder patients. Staff utilizes NICHE-provided tools and resources to help ensure the hospital's culture is advantageous to older adult patients.

As a designated NICHE hospital, Dupont staff use evidence-based, interdisciplinary approaches to care that promote positive experiences for patients age 65 and older. Results of these senior-focused approaches include improved patient outcomes and greater patient and family satisfaction.

Dupont focuses on the following for older adult patients:

- ▶ Recognizing hearing loss, vision, falls, gait and balance issues
- ▶ Improving clinical outcomes
- ▶ Providing extra sensitivity when providing care
- ▶ Implementing proven strategies and methods to address specific issues
- ▶ Including families in care plan development and execution
- ▶ Enhancing the overall patient and family experience
- ▶ Stimulating culture changes throughout the hospital to achieve patient-centered care

The NICHE program also provides resources to help caregivers better navigate the hospital experience and support their loved ones during times of transition. Educational topics for caregivers include:

- ▶ Community care options
- ▶ Dementia
- ▶ Discharge planning
- ▶ Medication use
- ▶ Nurse/family partnering strategies
- ▶ Self-care for caregivers
- ▶ Work and eldercare topics

LET'S GET MOVING

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. 26 to April 5 & April 16 to May 24
- \$54/six-week session
- 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, 7970 W. Jefferson Blvd.

Classes at Rehabilitation Hospital are currently full

Walking, Fitness & Training

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



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).

Sign up for Fort4Fitness Seniors Marathon

Be part of the fun. Registration is now open.



The finales for the Kids and Seniors Marathons coincide for a great family celebration

This summer-long incremental walking/running program only requires approximately 1.5 miles per week to log the distance of a marathon from June through September.

At the finale, participants don race

bibs and walk or run the Final Mile together along with the Kids Marathon participants—everyone receiving a finisher's medal. This is a fun, family-friendly celebration! The cost is just \$10 per person (through Aug. 16, then \$15) and includes t-shirt, training log, goodie bag and finisher's medal.

So, grab your friends, spouse, children and grandchildren and get ready to walk a marathon together!

To register, visit Fort4Fitness.org or call (260) 760-3371.



Photos courtesy of Fort4Fitness

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.

Programs/Activities:

Diabetes Share Group

- Tuesdays, March 6 & April 3, 4–5 p.m.
- Bluffton Regional Conference Room 401, 4th floor
- Cost: Free
- 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: "Lion" PG-13
 - › Thursday, March 15, 10 a.m.
 - › Topic: "Healthy Eating"
 - › Speaker: Stephanie Amstutz, MA, RD, CD, clinical registered dietitian, BRMC
- ▶ Film: "Wonder" PG-13
 - › Thursday, April 19, 10 a.m.
 - › Topic: "Helping You Help Yourself"
 - › Speaker: Erica Roberts, OTR, occupational therapy, BRMC

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 nutrition for Stephanie Amstutz, MA, RD, CD, clinical registered dietitian, BRMC.
- ▶ April: Send questions regarding occupational rehabilitation for Erica Roberts, OTR, occupational therapy, BRMC.

Senior Exploration

- ▶ Five-week program for adults interested in continued learning
- ▶ Mondays, April 10–April 30, 8:30 a.m.–noon, Boys and Girls Club (1410 Wayne St., Bluffton)
 - › 8:30 a.m.: Continental breakfast, pick up nametag, announcements
 - › 9 a.m.: Classes (select one class per hour to attend all five weeks)
 - › 11 a.m.: Classes (select one class per hour to attend all five weeks)
- ▶ Continental breakfast sponsored in part by Bluffton Regional Senior Circle
- ▶ To register, contact Parks & Recreation at (260) 824-6069. Ask for special senior pricing.

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 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.



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.

Programs/Activities:

Going Back in Time

Join us for a trip back in time while we visit the Winona History Center and the Billy Sunday home. No time machine necessary.

- Friday, March 9, 10 a.m.
- 105 9th St., Winona Lake (parking is located across 4th Street).
- Cost: There is no set cost for this event; however, they appreciate small donations for the tours.
- Call (574) 372-5854 to RSVP.

KCH Emergency Care Center is
NICHE Certified



Painting with Botanicals

Join Kelly Smith and Amy Kissel from the Honeywell Center as they teach you to create a unique masterpiece by using paint, flowers, peppers, seed pods and more!

- Friday, April 13, 10 a.m.
- KCH Administrative Classroom
- There is no cost for this event. All materials are provided.
- Call (574) 372-5854 to RSVP.

Free Breakfast & Learn: Fall Prevention

Please join physical therapist, Matt Hauck, as he discusses the highly requested topic of fall prevention.

- Friday, April 20, 8:30 a.m.
- KCH Administration Classroom
- Call (574) 372-5854 to RSVP.



TARA LEES

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

Walk-In Wellness Screenings

EASY ACCESS TO AFFORDABLE PREVENTIVE CARE

Every Third Thursday
6:30 – 8:30 a.m.

- March 15
- April 19
- May 17
- June 21
- July 19
- Aug. 16
- Sept. 20
- Oct. 18
- Nov. 15
- Dec. 20



**Lutheran
Health Network**

Kosciusko Community Hospital

KCH Health & Wellness Center | 1500 Provident Drive | Warsaw, IN 46580

For more information, call (574) 372-7890 or visit KCH.com/wellness

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

- ▶ Detail for zoo discount will be included in the next newsletter.

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 ACSeniorCare.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 (5513 Merchandise Dr.)

- ▶ Contact (260) 483-1415
- ▶ 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.

St. Joseph Hospital Wellness Center (800 Broadway)

- ▶ Contact (260) 425-3208.
- ▶ Monthly maintenance program: \$30 per month for monthly maintenance (Mondays, Wednesdays and Fridays, 8 a.m.–noon or 1–3 p.m.; pick any one-hour block!)
- ▶ Annual, unsupervised program: \$180/year or \$90/six months with enrollment fee of \$20 (half price) for Senior Circle members
- ▶ 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.

FOOD AND DRINK

Hospital Cafeterias

- ▶ Please note that while federal regulations prohibit a specific membership discount in these hospital cafeterias, be sure to ask about senior pricing in the following cafeterias:
 - › Dupont Hospital (2510 E. Dupont Rd., Fort Wayne)
 - › St. Joseph Hospital (700 Broadway, Fort Wayne)
 - › 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 any Senior Circle member 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).

MEMBERSHIP DISCOUNTS

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.

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).

SECURITY/MEDICAL ALERT SYSTEM

MobileHelp

- ▶ Contact (574) 383-7900.
- ▶ Medical alert system with three options to choose from:
 - › At-home system: Protection in your home
 - › Home & Away from Home Solo: Portable mobile medical alert system that works at home and away from home
 - › Home & Away from Home Duo: Cellular base station provides voice and sound coverage in and around your home, while mobile device works inside and outside the home via AT&T cellular network

TECHNOLOGY

KeyPoint Training

- ▶ Contact (260) 433-1686 or 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 "Senior Circle".

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

SENIOR CIRCLE MEMBERSHIP APPLICATION

Today's Date	
Last Name	Gender <input type="checkbox"/> M <input type="checkbox"/> F
First Name	MI
Address	
City	
State	ZIP
Email	
Cell Phone	
Home Phone	
DOB (mm/dd/yyyy)	
How did you hear about Senior Circle?	

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	
Cell Phone	
Home Phone	
DOB (mm/dd/yyyy)	

Complete this form and return to:

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c/o St. Joseph Hospital
700 Broadway, MOB Suite 100
Fort Wayne, IN 46802**



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RESEARCH HAS SHOWN

**UP
TO**

90%

OF

**COLORECTAL
CANCERS**

CAN BE PREVENTED*

**LIFE.
POWERED BY LUTHERAN**

A colonoscopy can help detect cancer early, when treatment works best. Beginning at age 50, it is recommended that both men and women have a colonoscopy once every 10 years.

SCHEDULE TODAY:

Bluffton Medical Group

(260) 353-2144 or
(260) 353-2021

Dukes Medical Group

(765) 475-2388

Dupont Hospital

(260) 416-5814

Lutheran Health Physicians

(260) 969-7184

St. Joseph Hospital

(260) 425-3782

LutheranHealth.net/Colonoscopy

*According to the American Society of Colon and Rectal Surgeons, early detection and removal of polyps before they can become cancerous can prevent up to 90% of colorectal cancer cases.