

CIRCLENEWS

A PUBLICATION FOR THOSE 50 & BETTER



Inside This Issue

- ▶ High temperature cautions
- ▶ Cancer treatment
- ▶ Sinus headache or migraine
- ▶ Cardiac cath lab accreditation
- ▶ Exercise options
- ▶ Social activities and trips

SeniorCircleOffice: Fort Wayne

HOURS

- ▶ Tuesday–Friday, 8 a.m.–4 p.m.
- ▶ Closed Mondays

RESERVATION LINE

- ▶ (260) 425-3087

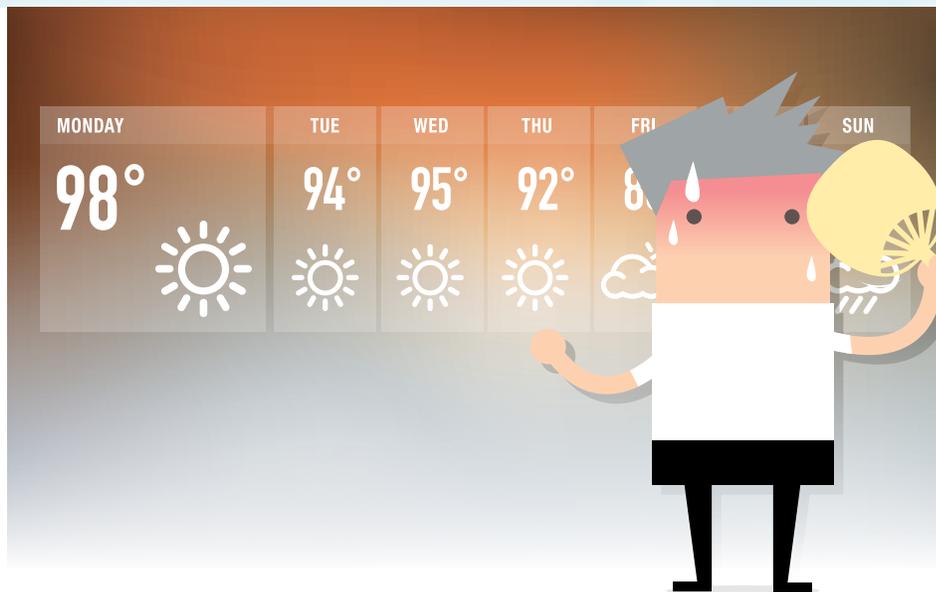
PROGRAM LOCATION

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.



Membership Cards

Fort Wayne members: New membership cards have been distributed. If you have not yet received yours, please call our office.



High Temps Mean Extra Caution for Heart Patients

Summer has only just begun, and already June proved to be stifling with high temperatures. At times like this, those at risk for heart disease need to take extraordinary precautions.

Our bodies are built to self-regulate temperature—to keep us from getting too hot or too cold. The body has two paths to shed extra heat, radiation and evaporation, both of which put stress on the heart and increase the risk of a cardiac event.

Radiation requires rerouting blood flow so more of it goes to the skin. This makes the heart beat faster and pump harder. On a hot day, it may circulate two to four times more blood per minute than it does on a cool day.

Every drop of sweat that evaporates from your skin whisks away heat. But evaporation also strains the cardiovascular system. Sweat pulls more than heat from the body—it also pulls out sodium, potassium and other critical minerals. To counter those losses, the body begins secreting hormones that help the body hold onto water and minimize mineral loss.

Most healthy people can tolerate these occurrences with little difficulty and minor discomfort. But people with damaged or weakened hearts, the elderly, and those who are overweight can have a much harder time coping physically, and need to take precautions against heat stroke or even cardiac arrest. High-risk categories include:

- ▶ **Prior heart attack.** Damage from a heart attack can keep the heart from pumping enough blood to get rid of heat.

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.



Advanced tracking technology and deep breathing making breast cancer treatment safer

DEEP INSPIRATION BREATH HOLD MINIMIZES RISK OF RADIATION EXPOSURE TO THE HEART

The instruction sounds simple enough, “take a deep breath and hold it.” But for some Lutheran Cancer Center patients undergoing radiation therapy for breast cancer, this rather routine bodily function combined with advanced technology may one day help them avoid unintended heart problems caused by a treatment delivered to save their life years earlier.

When radiation therapy, also called radiotherapy, is deemed to be the most appropriate treatment for patients with tumors in the left breast, the radiation beam that’s administered can damage the heart and even lead to death in the future. To address this potential concern, physicians with Radiation Oncology Associates in the Comprehensive Cancer Center on the Lutheran Hospital campus are turning to deep inspiration breath hold to minimize the risk. Using highly advanced software and the patient’s own breathing pattern, radiation can now be administered only when the heart is out of the line of fire.

“We are getting much better at treating patients in ways that target what’s wrong today without creating new health issues tomorrow,” said Mark Ranck*, MD, Radiation Oncology Associates. “Those of us who make up the Lutheran Cancer Center team are dedicated to offering patients every option available to maximize outcomes.”

As the name suggests, deep inspiration breath hold involves having the patient breathe in and hold it. The expansion of the lungs pushes the heart down and inward, which removes it from the path of the radiation delivered by a linear accelerator equipped with surface tracking technology. Software detects exactly when it is safe to administer the targeted dose of radiation to the patient.

Earlier this spring, the Lutheran Comprehensive Breast Center became the first in the region to receive full accreditation by the National Accreditation Program for Breast Centers—a program administered by the American College of Surgeons.

For information on cancer care at Lutheran Hospital, please contact the Cancer Resource Center at (260) 435-7959 or visit LutheranHospital.com/DIBH.

KEEP LEARNING

Wellness Lecture Series

Caregiver Homes

Caregiver Homes provides a unique, home- and community-based service for elders and individuals with disabilities in need of personal care but who desire to remain in their own home or that of a family member or friend. Within this live-in caregiver model, Caregiver Homes provides the caregiver with the necessary training and assistance to ultimately keep care in the home. In addition, the caregiver receives a twice-monthly, non-taxable stipend for their commitment.

- Tuesday, Aug. 14, 8:30 a.m.
- St. Joseph Hospital, Assembly Room
- Sponsored by Caregiver Homes
- Register by Wednesday, Aug. 8

Know Your Meds

Michelle Stimpson, RN, trauma injury prevention coordinator, will discuss the importance of knowing your medications' appearance and interactions.

- Friday, Aug. 17, 11:30 a.m.
- Lutheran Hospital, Special Function Rooms 1 & 2, lower level
- Sponsored by Covington Commons
- Register by Wednesday, Aug. 8

Coffee with a Pharmacist

Teresa Delellis, PharmD, geriatrics clinical pharmacy specialist, Dupont Hospital, will join us for coffee and to answer your medication-related questions. Bring your medication list with dosages if you would like Teresa to review it with you.

- Thursday, Aug. 16, 10 a.m.
- New Haven Community Center, 7500 SR 930 E, New Haven
- Register by Wednesday, Aug. 8

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.

Visit: LutheranHealth.net/FindADoc

Or Call: (844) LHN-DOCS

Courses & 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, July 13 & August 10, 1-2 p.m.
- Appointment required

AARP Safe Driving Course

- Tuesday, Oct. 16, 9 a.m.-1:30 p.m.
- Lutheran Hospital, Comprehensive Cancer Center, Conference Room, second floor, suite 220
- Cost: \$15 for AARP members; \$20 for non-members
- Lunch provided
- Limited to 15 people
- For additional information or to register, contact Michelle Stimpson at (260) 435-7227

CHECK YOUR HEALTH



Health Screenings & Clinics

Lab Blood Draws

MD Imaging, 801 W. Main Street (corner of Main and Van Buren)

- Tuesday, Aug. 28, 8:15–9 a.m.
- Appointment required

Note **NEW** location

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 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.

- Tuesday, July 17, 9:30–11 a.m.
- St. Joseph Hospital, Senior Circle office
- Appointment required

FREE Foot Screening

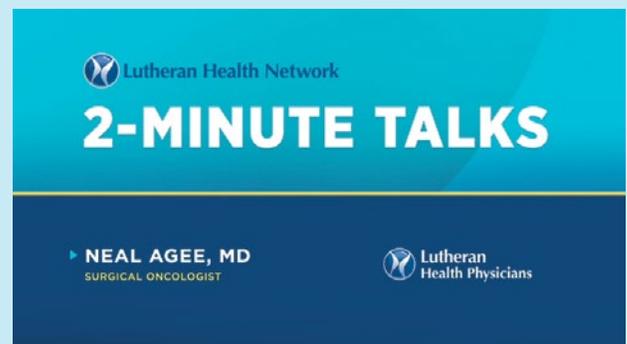
Do you suffer from any number of foot conditions? Do you have trouble walking or staying on your feet? Are you diabetic? Jacqueline Monroe*, DPM, Aboite Podiatry Associates, will examine your feet and make recommendations to keep them healthy.

- Thursdays, July 19 & August 16, 2–3:30 p.m.
- St. Joseph Hospital, Senior Circle office
- Appointment required

Could it be Melanoma?

Wondering if you should have a physician check a mole and what would he or she look for during an examination? Dr. Neal Agee, surgical oncologist, Lutheran Health Physicians, addresses this in his short video titled, "The Diagnosis and Treatment of Melanoma Skin Cancer."

This video is one of many in the 2-Minute Talk series from Lutheran Health Network in which physicians and providers offer short seminars on a variety of health topics. Hear from these experts about common symptoms, remedies and solutions; tips for prevention and next steps on specific conditions. These videos are available online at LutheranHealth.net/2MinuteTalks.





Is it a Sinus Headache or a Migraine?

Migraine headaches are the third most common illness in the world, with an estimated 37 million Americans suffering migraines at least occasionally, costing the country billions of dollars in medical care and lost productivity each year. Additionally, one in ten school-aged children suffer from migraine headaches.

One of the more challenging aspects of treating headache conditions is distinguishing between the various types—most notably, the difference between a migraine and a sinus headache. Recent research revealed that headaches have been frequently misdiagnosed and mistreated.

We find that self-diagnosed sinus headaches are nearly ALWAYS migraines. A sinus headache is actually a migraine accompanied by sinus symptoms, which makes self-diagnosis difficult and inadvisable if you are a regular or chronic sufferer.

The confusion is not surprising, as the symptoms and causes have many similarities, and in both cases the pain occurs near and around the sinus cavity. Sinus headache—or sinusitis—is associated with a pus-like nasal discharge that represents a potential infection in the sinuses. Migraine may be associated with watery eyes and runny nose, but the fluid is clear and not the cause of the pain. Sinus headaches are not normally disabling, while migraine pain can be severe to disabling.

The key distinguishing features of migraines are:

- ▶ Nausea or vomiting
- ▶ Sensitivity to light or noise
- ▶ Moderate to severe pain in head and/or neck, usually located only on one side of the head
- ▶ Pulsing/throbbing pain
- ▶ Headache is worsened by activity or movement

Experts advise that you go beyond the location of the pain and pressure, and look for a headache associated with the inability to function normally at school or work, nausea and light sensitivity, and triggers such as weather change, menstrual cycle and physical or emotional stress.

Most notably, it is commonly assumed that a headache associated with weather change is a sinus headache, when weather changes are actually a common trigger for migraines. Additionally, migraine may be hereditary. If other family members are migraine sufferers, it's more likely that your headaches are migraine, as well.

Ask yourself these questions, known as the ID Migraine Questionnaire developed by Dr. Richard Lipton:

- ▶ In the past 90 days, have you experienced headaches that interfere with your ability to function normally?
- ▶ Are your headaches ever accompanied by nausea?
- ▶ When you have a headache, does bright light make the pain worse?

If you answered 'yes' to two of these three questions, migraine is the likely diagnosis 93% of the time. If all three are true, there is a 98% chance the diagnosis is migraine.

Most patients included in the recent research studies who complained of 'sinus headache' were taking a large amount of over the counter and prescription decongestants, antihistamines, nasal sprays, analgesics and NSAIDS, but expressed significant dissatisfaction with the results.

An effective method for diagnosing your headaches with certainty is to ask your doctor for a migraine-specific medication. Try the migraine medicine for your next three 'sinus headaches' and evaluate the impact on symptom relief, compared to the sinus medicines you've used in the past.

In some cases, your physician may recommend a more extensive evaluation, such as a CT scan of your sinuses to rule out sinus disease, or an MRI to rule out any issues associated with the brain. These diagnostics can help reassure you that your condition is truly a migraine, and that you are treating it appropriately.

Determining the right cause frequently leads to the appropriate solution and path to relief. To find a physician who specializes in the diagnosis and treatment of headaches, call (844) LHN-DOCS or visit LutheranHealth.net/FindADoc.

St. Joseph Hospital first in Indiana

CARDIAC CATH LAB ACCREDITATION WITH PCI

The American College of Cardiology has recognized St. Joseph Hospital for its demonstrated expertise and commitment in treating patients who come to a cardiac cath lab for care, including diagnostic catheterizations and percutaneous coronary intervention procedures. St. Joe was awarded Cardiac Cath Lab Accreditation with PCI based on rigorous on-site evaluation of the staff's ability to evaluate, diagnose and treat patients in this setting. St. Joe was the first hospital in Indiana to earn this accreditation.

Percutaneous coronary intervention is also known as coronary angioplasty. It is a non-surgical procedure that opens narrowed or blocked coronary arteries with a balloon to relieve symptoms of heart disease or reduce heart damage during or after a heart attack.

"The cardiac cath lab has long been a shining star of St. Joe because of our team's ability to provide some of the fastest

door-to-balloon times for acute myocardial infarction in the city," said Louis Lopez*, MD, cardiac cath lab medical director and chief of staff, St. Joseph Hospital. "This is just a single example of the quality and performance of the many hard-working individuals who have, in some cases, dedicated their entire careers to serving our patients. They deserve much credit."

Hospitals that have proven exceptional competency in treating patients who require cardiac catheterization have standardized their assessment process for patients before undergoing catheterization to ensure quality and patient safety. They ensure that care in the procedure room for sedation, infection control, radiation safety, universal protocol, and time out procedures is fully coordinated; and have mastered the appropriate transfer to a cath recovery unit to better monitor and track complications, enhance physician-to-patient communication, patient family communication, discharge instructions and follow-up information.

High Temps *(continued from page 1)*

- ▶ **High cholesterol/arterial disease.** Cholesterol-narrowed arteries can limit blood flow to the skin.
- ▶ **Stroke, Parkinson's disease, Alzheimer's disease, diabetes.** These and other conditions can dull the brain's response to dehydration, so it may fail to send thirst signals. Drink water!
- ▶ **Atrial Fibrillation.** The main concern for AFIB in high heat is dehydration, which can trigger an arrhythmia. It can also raise the risk of stroke and heart failure.
- ▶ **Medications.** Certain medications, like beta blockers, ACE receptor blockers, ACE inhibitors, calcium channel blockers and diuretics, can exaggerate the body's response to heat.

It's important, though, to stay active throughout the warm-weather months. It's also important to continue taking your medications. The key is taking the proper precautions to stay both active AND safe in the heat. Here are our top five must-do tips for those in the higher risk categories:

- ▶ **Buddy up!** This is the most important tip of all. If you have any question about your health, or your tolerance for the heat, always travel, walk, and exercise with a companion. They could be the one to save your life, if anything unexpected occurs.

- ▶ **Drink up.** Stay consistently hydrated with a few cups of water before, during and after your exercise and/or sun and heat exposure. Avoid caffeinated and alcoholic beverages.
- ▶ **Dress for success.** Wear lightweight, light-colored clothing in breathable fabrics such as cotton, or a synthetic fabric that repels sweat. Add a hat in a light color.
- ▶ **Right foot forward.** Most people sweat most in their shoes, so opt for ventilated shoes and/or socks that repel perspiration. Foot powders and antiperspirants also help manage sweat.
- ▶ **Take regular breaks.** High heat is not the time to push your body. Get out of the sun and into shade every 20-30 minutes, hydrate and evaluate how you feel before starting again.

It's best to consult with your doctor about your particular fitness for activity in high heat. Most importantly, be mindful of any early symptoms of heat exhaustion or heat stroke. Changes in your body or mental state like headaches, nausea, weakness, confusion, or cool or clammy skin are all signs that your body is not coping well with the heat. Cool down with wet cloths, compresses or ideally, in a cooler, air-conditioned space. If in doubt, don't risk it—call 9-1-1, especially if you are alone.



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: July 23 to August 30 and September 10 to October 18
- \$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, Lutheran Hospital campus, 7970 W. Jefferson Blvd.

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).

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 while you walk your way to better health, walking at Jefferson Pointe could be the answer. This is also a great way to get stamps in your Fort4Fitness Seniors Marathon logbook and to be eligible for the \$250 drawing. Stop by the mall office for details and a welcome gift.

- Daily, May–October, 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, 8:30 a.m.
- Jefferson Pointe, meet outside Panera Bread



Fort4Fitness Seniors Marathon Walking Tours

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.

- Wednesday, July 11, 6 p.m. at Moser Park (601 W. Main, New Haven)
- Wednesday, Aug. 1, 6 p.m. at Salomon Farms (817 W. Dupont Rd.)
- Wednesday, Sept. 5, 6 p.m. at Jefferson Pointe



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) 919-3920 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

- Tuesday, Sept. 4, 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: "Goodbye Christopher Robin" PG
 - › Thursday, July 19, 10 a.m.
 - › Topic: "Advantages of CardioRisk Scan and CT Lung Scan"
 - › Speaker: Jean Steffen, radiology, BRMC
- ▶ Film: "The Greatest Showman" PG
 - › Thursday, Aug. 16, 10 a.m.
 - › Topic: "Vitamins and Supplements Working with Prescribed Medications"
 - › Speaker: Lynn Dotterer, RPH, pharmacy manager, 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.

- ▶ July: Send questions regarding radiology and diagnostics for Jean Steffen, radiology, BRMC.
- ▶ August: Send questions for "Ask the Pharmacist" for Lynn Dotterer, RPH, pharmacy manager, BRMC.

Senior Exploration

This is a five-week program for adults interested in continued learning.

- Mondays, starting Oct. 1, 8:30 a.m.–noon, Boys and Girls Club (1410 Wayne St., Bluffton)
- Registration begins in late August; contact Parks & Recreation at (260) 824-6069 or parks@ci.bluffton.in.us
- Cost: \$15; \$10 for Senior Circle members (notify them of your membership at time of registration)

Heart2HART Exercise

The Heart2HART program is geared toward specialized populations: diabetes (Type I and II), hypertension, hypercholesterolemia, COPD, heart disease, as well as others.

- Mondays, Wednesdays and Fridays from 7 a.m.–5 p.m.
- BRMC main campus, 4th floor, cardiopulmonary department
- Cost: \$30/month. Self-pay program cannot be billed to insurance.
- Appointments required. Call Traci Heller, RRT, or Lori Perry, CRT, at (260) 919-3140.

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.

See page 10 for a trip to Turkeyville and more!

KOSCIUSKO PROGRAMS

The following programs are scheduled by Kosciusko Community Hospital. KCH's Seniors' Club members are welcome to attend Fort Wayne events/activities and vice versa.

Programs/Activities:

Breakfast & Learn: Better Sleep

Sleep—we all need it to feel our best and to stay healthy. Unfortunately, not everyone gets as much as they need for many different reasons. Please join Nichole Lambert, Cardiopulmonary and Sleep Center manager, as she discusses sleep disorders, how to manage them, and what you can do if you or a loved one are suffering from inadequate sleep.

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

Dixie Cruise

It's time for the KCH Seniors' Club to climb aboard the famous Dixie Cruise! The Dixie is Indiana's oldest Sternwheel Excursion Boat ride. Concessions such as popcorn and soda will be available for purchase.

- Friday, July 13, 10 a.m.
- 401 S. Dixie Drive, North Webster
- Cost: \$7 (cash or check) Make check payable to Dixie Cruise, Inc.
- Call (574) 372-5854 to RSVP

KCH Seniors' Club Summer Picnic

Please join the KCH Seniors' Club for our Annual Summer Picnic. There will be food catered by Miller's Merry Manor, games, music and door prizes. This event will be held in the KCH admin room with access to the court yard to enjoy the sunshine and games. Bring a friend and make it a great afternoon!

- Friday, Aug. 17, 11 a.m.–1 p.m.
- KCH Administration Classroom
- Call (574) 372-5854 to RSVP



TARA LEES

KCH Seniors' Club 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.

- July 19
- Aug. 16
- Sept. 20
- Oct. 18
- Nov. 15
- Dec. 20



KCH Health & Wellness Center

1500 Provident Dr. | Warsaw, IN 46580

For more information, call (574) 372-7890

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, July 17, 2-3 p.m., (register by July 13)
- Tuesday, Aug. 7, 2-3 p.m., (register by Aug. 3)
- St. Joseph Hospital, Senior Circle office

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

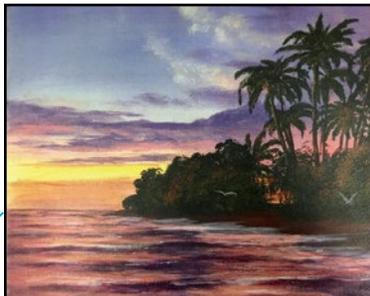
Moonrise

- Friday, July 27, 12:30-4 p.m. (register by July 20)
- Medium: acrylic on canvas



Summer Isle

- Friday, Aug. 24, 12:30-4 p.m. (register by Aug. 17)
- Medium: acrylic on canvas



Senior Circle Stitchers

- Wednesdays, July 18 & Aug. 1, 15, 29, 1-3:30 p.m.
- Finished projects are donated to the St. Joseph Regional Burn Center, Generations, Lutheran Bereavement, Lutheran Children's Hospital and Mad Anthonys Children's Hope House. New stitchers and donations of supplies or material are always welcome!

Community Bingo

At Covington Commons

It's a battle of the bingo best!

- July 17 & Aug. 21, 2:30-3:30 p.m.
- Covington Commons, 2601 Covington Commons Drive
- RSVP to (260) 432-1932



Travel, Trips & Tours

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

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

'Gator Grove

- August 14
- Cost: \$100 with \$10 deposit up front and final payment by July 15. Includes coach fare, continental breakfast, lunch, show and a snack on the way home. Please consult with WCCOA regarding cancellation policy prior to making reservation.
- Travel to Cornwell's Dinner Theatre at Turkeyville for a turkey buffet lunch, followed by the hilarious comedy 'Gator Grove. We will leave Fort Wayne at 9 a.m. and arrive at Turkeyville around 11 a.m. We'll be back in Fort Wayne by 6:30 p.m. and Columbia City around 7 p.m.

Seven Brides for Seven Brothers

- September 12
- Cost: \$118 with \$20 deposit up front and final payment by August 30. Please consult with WCCOA regarding cancellation policy prior to making reservation.
- Travel to Beef and Boards for the performance of the well-loved story of how a young bride takes seven rough-hewn rowdy brothers and turns them into gentlemen.

Mystery Tour

- October 11
- Cost: \$99 with \$10 deposit up front and final payment by September 25. Please consult with WCCOA regarding cancellation policy prior to making reservation.
- Take a one-day trip to ... oh, yeah, that part is a secret. Lunch is provided.

MEMBERSHIP DISCOUNTS



SPOTLIGHT DISCOUNT

Fort Wayne Children's Zoo

- ▶ 15% Discount on one day passes for Senior Circle members and their families. Online only. Discount does not apply to season passes.
 - › Adults \$11.90 (normally \$14)
 - › Children ages 2-18 \$8.50 (normally \$10)
 - › Seniors 62+ \$10.20 (normally \$12)
- ▶ To purchase tickets:
 - › Go to LutheranHealth.net/SeniorCircle.
 - › Click on "purchase zoo tickets".
 - › Enter your 9-digit member number (found on your Senior Circle membership card).
 - › For password, type "SCMember".
 - › Purchase tickets using a credit card.
 - › Print your e-tickets to use as your admission pass.
- ▶ The zoo will NOT accept your Senior Circle card at the gate, you must have a pre-printed ticket.

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

- ▶ St. Joseph Hospital Wellness Center
- ▶ KCH Health & Wellness Center
- ▶ Spiece Fitness
- ▶ New Energy Wellness at Coventry Meadows
- ▶ Fort Wayne Audiology Center
- ▶ Northeast Ophthalmology, P.C.
- ▶ Ophthalmology Consultants of Fort Wayne
- ▶ MobileHelp
- ▶ KeyPoint Training (Technology)
- ▶ Fort Wayne Children's Zoo
- ▶ Liberty Diner
- ▶ Sun Rise Cafe

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:

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



Free Community Concerts Sponsored by Lutheran Health Network

Enjoy free entertainment this summer with family and friends.
Be sure to bring your own chair.

Downtown Improvement District's Lunch on the Square Concert Series

Thursdays, 11:30 a.m.–1:30 p.m., Freimann Square.
Sponsored by St. Joseph Hospital.

- ▶ July 12: Chaquis Maliq
- ▶ July 19: Todd Harold/Nick Bobay Duo
- ▶ July 26: Smooth Edge 2
- ▶ August 2: Sunny Taylor
- ▶ August 9: Will Certain
- ▶ August 16: Joe Justice
- ▶ August 23: The Jug Huffers
- ▶ August 30: Kitchen Table Players

Jefferson Pointe's Friday Nites Live Summer Concert Series

Fridays, 6:30–8:30 p.m., Jefferson Pointe, by the fountain.
Sponsored by Lutheran Hospital.

- ▶ July 13: Brother
- ▶ July 20: Ty Causey
- ▶ July 27: Big Caddy Daddy
- ▶ August 3: Jen & The Foggy Creek Band
- ▶ August 10: ReGeneration X
- ▶ August 17: Heady Times
- ▶ August 24: New Millennium Orchestra
- ▶ August 30: Good Night Gracie
- ▶ September 6: Hubie Ashcraft (Note: this make up date is a Thursday)