

## November/December 2018 Senior Circle Schedule

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

### A NOTE TO MEMBERS

Rather than our typical 12-page, color newsletter, we're sending you this schedule of events for November and December. Why, you ask? Because we're busy opening another branch of Senior Circle in the Georgetown area. You'll notice that some of our programs are already being held there. Over the next few months, you'll begin to see new furniture arrive. And look for an invitation to our grand opening coming soon. Our office at St. Joseph Hospital will remain open. However, our hours may be a bit sporadic as we adjust schedules to cover programs at both locations. You may always get in contact with us by phone at (260) 425-3087 or by email at [slybarger@lhn.net](mailto:slybarger@lhn.net).

We hope you have a wonderful Thanksgiving with family and friends and a happy, healthy holiday season to follow. Please be safe this winter, especially if you plan to travel. We look forward to seeing you at our programs this November and December.

### WINTER WEATHER REMINDER

Delays and closings are 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.

### HEALTH SCREENINGS & INFORMATION

#### Lab Blood Draws

- Tuesdays, Nov 27 & Dec 18, 8:15–9 a.m.
- MD Imaging, 801 W. Main Street (corner of Main & Van Buren)
- 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. Twelve-hour fast required.

- Cost: \$25 cash or check only (no credit or debit cards)

### ***Hemoglobin A1C (non-fasting)***

The A1C test reflects your average blood sugar level for the past two to three months. Specifically, it measures what percentage of your hemoglobin—a protein in red blood cells that carries oxygen—is coated with sugar (glycated). The higher your A1C level, the poorer your blood sugar control and the higher your risk of diabetes complications.

- Cost: \$20 cash or check only (no credit or debit cards)

### ***Vitamin D Screening (non-fasting)***

Lack of exposure to the sun and a limited intake of food rich in Vitamin D are a couple of reasons for Vitamin D deficiency. This deficiency can cause a variety of conditions, so don't miss the screening.

- Cost: \$50 cash or check only (no credit or debit cards)

### ***Thyroid/TSH (non-fasting)***

The thyroid gland helps control your metabolism and can affect your heart, brain, liver, kidney and skin. This screening helps determine if your thyroid is functioning properly.

- Cost: \$30 cash or check only (no credit or debit cards)

## **Free Hearing Screening**

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

- Tuesday, Dec 18, 9:30 –11:00 a.m.
- St. Joseph Hospital, Medical Office Bldg, 800 Broadway, Ste 100, Senior Circle office
- Appointment required

## **Foot Care Clinic**

Janet Paunwar and staff from Lincoln Pedic will be coming to our Georgetown office to trim toenails and file calluses. They are podiatry trained and do not require that you soak your feet. If you have diabetes, circulation problems or arthritis, proper foot care is a must.

- Cost: \$24 cash or check (no credit or debit cards)
- Georgetown, 6505 E State Blvd, Senior Circle office
- Appointment required
- Friday, Nov. 9, appointments begin at 8:30 a.m.
- Tuesday, Nov. 20, appointments begin at 1 p.m.
- Friday, Dec. 14, appointments begin at 8:30 a.m.
- Tuesday, Dec. 18, appointments begin at 1 p.m.

## **Wellness Series**

### **Healthy Holiday Recipes**

Don't miss this food demonstration! Learn tips from experts that you can work into your holiday meals. Join us for this new classic.

- Wednesday, Nov. 14, 10 a.m. (RSVP by Nov. 9)
- Georgetown, 6505 E State Blvd, Senior Circle office

### **Diabetes Support Group**

This support group provides a great opportunity to spend time with people who are living with diabetes. We will discuss a variety of topics throughout the year, with plenty of time for questions each session. Feel free to bring a support person with you.

- Every 3<sup>rd</sup> Thursday of the month (Nov. 15 & Dec. 20), 1:30-2:30 p.m.
- St. Joseph Hospital Conference room (Come through the front doors of the hospital and meet in the lobby. The instructor will walk with the group to the location.)
- Questions? Call Debbie Harvey, RN, BSN, CDE, at (260) 425-3393

## **SOCIAL ACTIVITIES**

### **Make an Ornament and Enjoy Lunch**

Join Stacie Little of TLC Management, representing Ashton Creek, Englewood and Ossian Health & Rehabilitation Centers, for lunch and make our annual ornament. Space is limited.

- Thursday, Dec. 6, 11:30 a.m. (RSVP by Nov. 29)
- St. Joseph Hospital, Medical Office Bldg, 800 Broadway, Ste 100, Senior Circle office

### **Bingo**

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

- Tuesday, Nov. 6, 2-3 p.m. (RSVP by Nov. 1)
- Tuesday, Dec. 4, 2-3 p.m. (RSVP by Nov. 29)
- St. Joseph Hospital, Medical Office Bldg, 800 Broadway, Ste 100, Senior Circle office

### **Senior Circle Stitchers**

- Wednesdays, Nov. 7 & Dec. 5 & 19, from 1–3:30 p.m.
- St. Joseph Hospital, Medical Office Bldg, 800 Broadway, Ste 100, Senior Circle office
- 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 are always welcome.

### **Creative Canvas 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 class with a finished painting.

- \$25 cash or check (no credit or debit cards)
- St. Joseph Hospital, Medical Office Bldg, 800 Broadway, Ste 100, Senior Circle office
- Reservation required

#### ***Winter Glow***

- Friday, Nov. 30, 12:30–4:00 p.m. (register by Nov. 27)
- Medium: acrylic on canvas

## **EXPERT ASSISTANCE**

### **Legal Counseling**

An elder law attorney from Beers, Mallers, Backs and Salin will provide a free 20-minute elder law-related consultation for asset preservation planning; Medicaid planning; nursing home, assisted living and in-home services planning; VA pension/benefits; wills; trust; Power of Attorney; guardianship and estate planning.

- Fridays, Nov. 9 & Dec. 14, 1–2 p.m.
- St. Joseph Hospital, Medical Office Bldg, 800 Broadway, Ste 100, Senior Circle office
- 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 an appointment, dates and times vary
- Open Enrollment Oct. 15 to Dec. 7
- Appointment required

## **EXERCISE & FITNESS**

### **Circle Swimmers**

Aqua fitness improves circulation, burns calories and is easier on your joints than some other forms of exercise. It also increases flexibility, range of motion and energy levels. Participants must have updated exercise and fitness program consent forms and be able to enter and exit the pool independently.

- Six-week sessions: Call for January dates

### **Walking at Spiece**

Enjoy free walking privileges at Spiece after showing your membership card. The track is 1/9<sup>th</sup> of a mile and indoors to keep you warm in the winter and cool in the summer.

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

### **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 and special Senior Circle pricing, call (260) 425-3208. Be sure to tell them that you are a Senior Circle member.

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

