

CIRCLENEWS

A PUBLICATION FOR THOSE 50 & BETTER



Lutheran
Health Network

Senior Circle



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 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 Fort Wayne Community Schools closes, Senior Circle programs will be cancelled. If FWCS calls a delay, Senior Circle programs will begin on time. **EXCEPTION:** Exercise classes will continue as scheduled. Classes will be cancelled only if the facility is closed. Your safety is our priority, so please use your best judgment.



Flu be gone

Of all the things you might be looking to do this new year, being miserable for a week or two isn't likely on your list. Yet each year 5–20 percent of the population does just that by getting the flu. Don't let the flu get you down. Check out these hints.

1. Get immunized. In general, getting immunized each year is the best defense against the flu, especially if you're 65 or older.

2. Wash your hands; clean surfaces. Flu viruses are spread when you come into contact with droplets from an infected person (either inhaling droplets that are sneezed or coughed or by touching an object on which the droplets have landed). Wash your hands (20 seconds with ordinary soap will do it) frequently and try not to put them near your nose or mouth. Clean surfaces by wiping them with a solution of one part bleach to ten parts water.

3. Control the humidity. The flu bug likes dry nasal and oral passages. You can better flush out the flu by raising the humidity in your home.

4. Timing is everything. According to the Centers for Disease Control and Prevention (CDC), you can be infectious a day before symptoms show up and up to five days afterward. That means that you can spread the virus before you even know you're sick and potentially after you think you're on the mend. Take that into account as you decide when to head to work, volunteer or play.

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 annual membership fee is just \$15 per person or \$27 per couple. Membership is not required to participate in many of our programs. However, we do offer some programs and screenings exclusively to our 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



Urgent Care When and Where You Need It

RediMed urgent care clinics are now open in New Haven and downtown Fort Wayne. Six clinics are ready to care for you and your family.

This winter, if you have a nonemergency illness or injury and can't get in to your family doctor, RediMed can help with X-ray, lab, and prescription services on site with six convenient locations and hours. No appointments necessary.

DOWNTOWN

- ▶ Anthony Wayne Building, 203 E. Berry St., Fort Wayne
- ▶ (260) 458-3950
- ▶ Hours: Mon.–Fri. 8 a.m.–8 p.m.; Sat./Sun. 2–8 p.m.

NEW HAVEN

- ▶ 1302 Minnich Rd., New Haven
- ▶ (260) 469-6216
- ▶ Hours: Mon.–Fri. 8 a.m.–8 p.m.; Sat./Sun. 8 a.m.–2 p.m.

NORTH

- ▶ 11635 Coldwater Rd., Fort Wayne
- ▶ (260) 637-1661
- ▶ Hours: 8 a.m.–8 p.m. daily

NORTHEAST

- ▶ 3717 Maplecrest Rd., Fort Wayne
- ▶ (260) 486-7334
- ▶ Hours: 8 a.m.–8 p.m. daily

SOUTHWEST

- ▶ 7333 W. Jefferson Blvd., Fort Wayne
- ▶ (260) 435-7334
- ▶ Hours: 8 a.m.–8 p.m. daily

HUNTINGTON

- ▶ 1415 Flaxmill Rd., Huntington
- ▶ (260) 359-1250
- ▶ Hours: Mon.–Fri. 8 a.m.–8 p.m.; Sat./Sun. 8 a.m.–2 p.m.

Remember that life threatening illnesses and injuries should be treated in a hospital emergency room.

Lutheran Health Network includes hospitals that are directly or indirectly owned by partnerships that proudly include physician owners, including certain members of the hospitals' medical staffs.

CHECK YOUR HEALTH

Health Screenings

Chem 30 Blood Chemistry

A Chem 30 measures levels of sodium, potassium, glucose, uric acid, calcium, phosphorus, magnesium, HDL, LDL, triglycerides and more. A 12-hour fast is required. Please share results with your physician.

- Appointment required
- Cost: \$49
- Available for Senior Circle members only

Lutheran Hospital, 7950 W. Jefferson Blvd.

- Thursdays, Jan. 15 & Feb. 19, 9–9:30 a.m.

St. Joseph Hospital, Senior Circle office

- Tuesdays, Jan. 27 & Feb. 24, 8–9 a.m.

Dupont Hospital, 2520 E. Dupont Road

- Thursday, Feb. 12, 8–8:30 a.m.

Thyroid (TSH) Screening

The thyroid gland helps control your body's metabolism and can affect your heart, brain, liver, kidney and skin. The TSH screening helps determine whether or not your thyroid gland is functioning properly. This is a non-fasting test.

St. Joseph Hospital, Senior Circle office

- Tuesday, Jan. 27, 8–9 a.m.
- Appointment required
- Cost: \$20
- Available for Senior Circle members only

FREE Blood Pressure Check

Regular blood pressure checks can save your life!

- Tuesdays, Jan. 27 & Feb. 24, 8–9 a.m.
- Provided by Sunshine Home Health
- No appointment necessary

FREE Hearing Screening

Fort Wayne Audiology Center staff conducts hearing screenings, checks for ear wax, cleans any type of hearing aid and does minor hearing aid repairs—all FREE in the Senior Circle office. Alternate times and services are available at Fort Wayne Audiology Center's main office,

located at 217 W. Wayne St. Show your Senior Circle membership card to receive a discount!

- Tuesdays, Jan. 20 & Feb. 17, 9:30 a.m.–12:00 p.m.
- 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, Aboite Podiatry Associates, will examine your feet and make recommendations to keep them healthy.

- Thursdays, Jan. 15 & Feb. 19, 2–4 p.m.
- Appointment required

Clinic

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
- \$24 Senior Circle members, \$27 nonmembers

Mornings 8:30–11:30 a.m.

- Jan. 14, 15 & Feb. 6, 19

Afternoons 1–3:30 p.m.

- Jan. 20 & Feb. 5, 17

All day 8:30 a.m.–2:30 p.m.

- Jan. 21 & Feb. 11, 18

Did You Know?

- ▶ There are more than 200 viruses that can cause the common cold. Cold viruses can live on certain surfaces for several days.
- ▶ Getting enough sleep and regular, moderate exercise can decrease your chances of getting a cold.
- ▶ Antibiotics cannot cure a cold. They do not work on viruses.

Source: *Krames Staywell*

KEEP LEARNING

Note: There will not be a Breakfast & Learn program in January.

Breakfast & Learn

Cold Related Injuries

More than slips, trips and falls, the winter weather can wreak havoc on our health in other ways. Jason Forbes D.O., CWS, St. Joseph Burn & Wound Center, will explain the differences between frost nip, chilblains, trench foot and frostbite. He will also discuss how to prevent cold related injuries, what to do if a cold related injury is suspected, as well as new and future treatments for frostbite.

- Tuesday, Feb. 10., 8:30 a.m.
- St. Joseph Hospital, Assembly Room, lower level
- Free breakfast sponsored by Ossian Health & Rehab and Englewood Health & Rehab
- Register by Thursday, Feb. 5

Lunch & Learns

Are Your Over-the-Counter Medications Right for You?

Over-the-counter medications can be purchased without a prescription, but that does not mean they are always safe. Learn proper dosing, possible side effects and interactions of certain over-the-counter medications. LHN's pharmacy interns will help develop a plan for how to select over-the-counter medications that are right for you.

- Thursday, Jan. 15, 11:30 a.m.
- Lutheran Hospital, Special Function Rooms 3 & 4
- Free lunch sponsored by Miller's Merry Manor
- Register by Monday, Jan. 12

What's the big deal about falling?

Join Debra Kunkle, MSN, RN, Team Educator/EBN Coordinator for Dupont Hospital, as she discusses methods to make our homes safer by recognizing and identifying possible hazards. She will also help us identify symptoms of

concern after someone falls. Immediate medical attention can be critical for recovery.

- Wednesday, Jan. 28, 11:30 a.m.
- Dupont Medical Park, Dupont Resource Center, 2514 building, Suite 210
- Free lunch sponsored by Miller's Merry Manor
- Register by Friday, Jan. 23

Heart Healthy

This presentation, led by nutritional services, will focus on the connection of high blood pressure and high cholesterol in relation to developing heart disease. Come learn about meal planning basics, diet modifications to lower risk, limiting salt (using other spices and seasonings), ways to incorporate more fruits and vegetables and limiting alcohol.

- Thursday, Feb. 12, 11:30 a.m.
- Lutheran Hospital, Special Function Rooms 3 & 4
- Free lunch sponsored by Sage Bluff
- Register by Monday, Feb. 9

Early Heart Attack Care: What you should know

Theresa Shull, RN, CEN, is the Emergency Department & Chest Pain Coordinator and NICHE Coordinator for Dupont Hospital. She will give an overview of Dupont Hospital's Chest Pain Center program and explain Early Heart Attack Care (EHAC), acute coronary syndrome signs and symptoms, as well as the care and management of a patient with an acute coronary syndrome.

- Wednesday, Feb. 25, 11:30 a.m.
- Dupont Medical Park, Dupont Resource Center, 2514 building, Suite 210
- Free lunch sponsored by Heritage Park
- Register by Friday, Feb. 20

Register online:

- ▶ Go to LutheranHealth.net
- ▶ Click on "Calendar of Events"
- ▶ Find the date and name of the program
- ▶ Sign up

 Indicates reservations may be made online

Classes & Counseling

Adult Diabetes Support Groups

Free support groups offer activities and speakers including physicians, healthcare professionals and community members living with diabetes. For monthly topics, check the calendar on LutheranHealth.net or sign up for monthly email announcements.

Bluffton Regional Medical Center

- Tuesdays, Jan. 6, Feb. 3, 6–7 p.m. in fourth floor conference room
- Call (260) 919-3035 with questions

Dupont Hospital

- No meetings in Jan. and Feb.

Kosciusko Community Hospital

- Thursdays, Jan. 15, Feb. 19, 1–2 p.m. in conference room
- Call (574) 372-7890 with questions

Lutheran Weight Management Center

- Mondays, Jan. 26, Feb. 23, 6–7 p.m. in the Rehabilitation Hospital on the Lutheran Hospital campus (7970 W. Jefferson Blvd., enter door #4)
- Call (260) 425-3393 with questions

Legal Counseling

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

- Fridays, Jan. 9 & Feb. 13, 1–3 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 health insurance issues, including Medicare.

Counselors can help with changing from Medicare Advantage back to original Medicare before Feb. 14 and other questions outside the open enrollment period of Dec. 7.

- Fridays, Jan. 9, 23 & Feb. 6, 8:30 a.m.–2:30 p.m.
- Appointment required

Tax Preparation Assistance

Due to significantly fewer trained AARP volunteers in 2015, Senior Circle will **NOT** be a tax preparation site this year. However, tax preparation assistance will be available **Feb. 2 through April 13** at the following locations:

Concordia Lutheran Church, 4245 Lake Ave

- ▶ Mondays & Fridays, walk-in 9 a.m.–1 p.m.,

Community Center, 233 W. Main St.

- ▶ Monday–Friday, walk-in 8:30 a.m.–2:30 p.m.

Lutheran Life Villages, 6701 S. Anthony Blvd.

- ▶ Tuesdays, call 447-1591 ext. 2102 for appointment, 10 a.m.–2 p.m.

St. Joe Township Community Hall, 6033 Maplecrest Rd.

- ▶ Wednesdays, walk-in 3–7 p.m.

Libraries (walk-in)

- ▶ Aboite, 5630 Coventry Ln., Mondays, 12 p.m.–4 p.m.
- ▶ Dupont, 536 E. Dupont Rd., Tuesdays, 11 a.m.–3 p.m.
- ▶ Georgetown, 6600 E. State Blvd., Tuesdays, 10:30 a.m.–2:30 p.m.
- ▶ Grabill, 13521 State St., Thursdays, 11 a.m.–3 p.m.
- ▶ Hessen Cassel, 3030 E. Paulding Rd., Tuesdays, 10:30 a.m.–2:30 p.m.
- ▶ Little Turtle, 2201 Sherman Blvd, Mondays, 12:30–4:30 p.m.
- ▶ Downtown FW, 900 Library Plaza, Tuesdays, 4–7 p.m.
- ▶ New Haven, 648 Green St., Thursdays 10 a.m.–2 p.m.
- ▶ Pontiac, 2215 S. Hanna St, Mondays, 11 a.m.–2 p.m.
- ▶ Shawnee, 5600 Noll Ave., Wednesdays, 11 a.m.–3 p.m.
- ▶ Tecumseh, 1411 E. State Blvd., Wednesdays, 10 a.m.–2 p.m.
- ▶ Waynedale, 2200 Lower Huntington Rd., Tuesdays, 11 a.m.–3 p.m.

WHAT TO BRING

- ▶ Last year's tax return (2013)
- ▶ W-2 forms from each employer
- ▶ Unemployment compensation statement
- ▶ SSA-1099 if you received Social Security benefits
- ▶ All 1099 forms
- ▶ 1095-A form, if applicable
- ▶ Dependent care provider name, employer ID, Social Security number
- ▶ All receipts or cancelled checks if itemizing deductions
- ▶ Social Security cards, Medicare cards, or other official documentation for taxpayer, spouse and all dependents.

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.

Scrapbooking

Bring in a picture from Christmas to make a page. All supplies included.

- Friday, Jan. 30, 2-4:30 p.m.
- Sponsored by Riverbend Health Care Center
- Register by Tuesday, Jan. 27

Valentine Craft

Join us for a fun valentine craft. Bring a friend!

- Wednesday, Feb. 11, 1:30-2:30 p.m.
- Sponsored by Kingston HealthCare Company
- Register by Friday, Feb. 6

Senior Circle Stitchers

These ladies meet every other Wednesday (Jan. 7, 21 & Feb. 4, 18) from 1-3:30 p.m.

Finished projects are donated to the St. Joseph Regional Burn Center, Lutheran Children's Hospital and Mad Anthony's Children's Hope House. New stitchers are always welcome!

 Indicates reservations may be made online

Painting Classes

Carl Mosher, artist and painting instructor, teaches step-by-step painting to anyone who enjoys learning new painting techniques and using different mediums. All supplies are furnished and participants leave each class with a finished painting. Even if you've never painted before, you can tap into your artistic talents with Carl's help.

- \$25 Senior Circle members, \$30 nonmembers

Skating Pond

- Friday, Jan. 23, 12:30-3:30 p.m.
- Medium: Acrylic on canvas
- Subject: Winter pond scene
- Register by Tuesday, Jan. 20

Great Lakes Salmon Pier

- Friday, Feb. 27, 12:30-3:30 p.m.
- Medium: Acrylic on canvas
- Subject: Pier and lighthouse
- Register by Tuesday, Feb. 24

Looking for More to Do?

CHECK OUT WELLSPRING

Wellspring Interfaith Social Services offers older adult programs, parent club, youth after-school program, youth summer day camp, a clothing shop and food bank. Listed are a few of the free programs for seniors. If you have questions about the organization or its programs and services, please contact Gayle Mann at (260) 422-6618 or gmann@wellspringinterfaith.org.

- ▶ Wellspring is located at 1316 Broadway
- ▶ Registration required for all programs and meals. To register, call (260) 422-6618 or email gmann@wellspringinterfaith.org

Trivia Party

- Have fun, win prizes and stay for lunch at noon
- Friday, Jan. 16, 11 a.m.

Fort Wayne Philharmonic

- An ensemble group will give a 45-minute performance followed by lunch served at noon
- Wednesday, Jan. 14, 11:15 a.m.

Breakfast Club

- A brunch-style meal followed by a choice of three different programs in which to participate
- Wednesdays, Jan. 28, Feb. 25, 10:30 a.m.

P.A.C.E. Exercise Class

- Feel free to stay for lunch served at noon
- Every Monday & Friday morning, 9:30 a.m.

BE CREATIVE; BE SOCIAL

Enjoy a Game with Friends and Family

MAD ANTS BASKETBALL DISCOUNTS

Enjoy Mad Ants basketball games on Friday, Feb. 6, 2015, and Sunday, Feb. 22, 2015, at a discounted price.

Grandparents' Game

On Feb. 6, 2015, the Mad Ants play the Erie Bay Hawks at 7:30 p.m. Enjoy grandparents' day at the Mad Ants, brought to you by Lutheran Health Network.

- ▶ Details: Anyone age 50 or older will receive a free ticket when they purchase a ticket for a child.
- ▶ To take advantage of this offer, just pay at the Coliseum ticket office. No coupon needed.
- ▶ You do not need to be a member of Senior Circle for this promotion.

Senior Circle Game

On Feb. 22, 2015, the Mad Ants play the Grand Rapids Drive at 5 p.m.

- ▶ Details: Buy one ticket and get one ticket free.
- ▶ In order to take advantage of this offer, you must show your Senior Circle membership card at the Coliseum ticket office when purchasing tickets.

KOMETES HOCKEY DISCOUNT

Enjoy a Komets hockey game on Sunday, Feb. 8, 2015, at a discounted price. The game against the Evansville Icemen starts at 5 p.m.

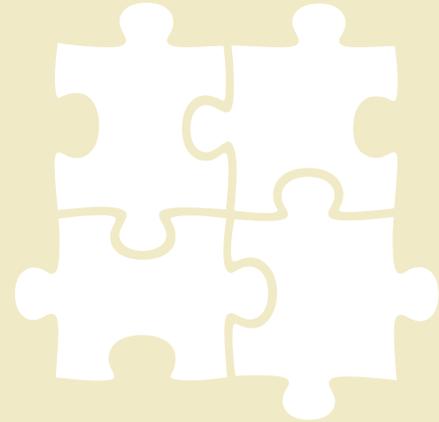
- ▶ See coupon below for details.
- ▶ You do not need to be a member of Senior Circle for this promotion.



KOMETES HOCKEY DISCOUNT COUPON

Valid for the following game:
Sunday, Feb. 8, 2015, at 5 p.m.
against the Evansville Icemen

- ▶ Buy one regularly priced upper arena ticket for \$23 and receive a second upper arena ticket for free when you present this coupon at the Coliseum ticket office. Not available online.



Word Scramble

Unscramble the following words, then use the underlined letters to reveal a short phrase.

THEME: WINTER DREAMS

1. bnoaetiory
2. losehv
3. donogrhgu ayd
4. reostoinslu
5. iec spcrrea
6. esraht
7. orze mtaeperetru
8. wnos webolr
9. ntalesnvie yda
10. ietrwn lebus
11. prseu wlbo
12. aryg kisse
13. ttsmien

_____?



Phrase: Is it Spring yet?

Answers: hibernation, shovel, groundhog day, resolutions, ice scraper, hearts, zero temperature, snow blower, valentines day, winter blues, super bowl, gray skies, mittens



Is it a Cold or the Flu?

Feeling under the weather but not sure what's getting you down? Knowing your symptoms can help both you and your doctor get you back on your feet. Check out these common symptoms and treatments for colds and flu.

Common Cold Symptoms

- ▶ Low or no fever, chills
- ▶ Sometimes a headache
- ▶ Slight aches and pains
- ▶ Mild fatigue
- ▶ Mild, hacking cough
- ▶ Scratchy, tickly, sore throat
- ▶ Stuffy, runny nose, watery discharge that turns yellow or green, sneezing
- ▶ Watering eyes

Treatment for a cold may include:

- ▶ Over-the-counter cold medications, such as decongestants, cough medicine, antihistamines (helps dry up nasal secretions and suppress coughing)
- ▶ Rest and increased fluid intake
- ▶ Pain relievers for headache or fever
- ▶ Warm, salt water gargle for sore throat
- ▶ Warm steam for congestion

Common Flu Symptoms

- ▶ High fever
- ▶ Headache is common and can be severe
- ▶ Often severe aches and pains
- ▶ Several weeks of fatigue
- ▶ Cough, often becoming severe
- ▶ Sometimes a sore throat
- ▶ Sometimes runny or stuffy nose, sometimes sneezing
- ▶ Extreme exhaustion

Treatment for the flu may include:

- ▶ Medications to relieve aches and fever
- ▶ Medications for congestion and nasal discharge
- ▶ Rest and increased fluid intake
- ▶ Antiviral medications. When started within the first two days of treatment, they can reduce how long you'll have the flu and the severity of symptoms.

Did you know that Lutheran Health Network now has six RediMed urgent care clinics ready to take care of you and your family? See page 2 for details.

The treatment for both colds and flu are intended to help relieve some of the symptoms and potentially shorten the duration. Cold and flu symptoms may be similar to other medical conditions and can lead to other complications. Always consult your doctor for diagnosis and treatment. Do not give aspirin to children to treat any viral illnesses.

Source: Krames Staywell

LET'S GET MOVING!

Exercise

Walking at Spiece Fitness

Enjoy free walking privileges at Spiece after showing your Senior Circle membership card and meeting with a customer service representative. Discounted memberships are also available—\$120 enrollment fee waived, monthly membership \$42/individual and \$65/couple. Call (260) 483-1415 for more information.

- 5310 Merchandise Drive (off Lima Road south of I-69 exit 311A)

Circle Swimmers

Aqua fitness improves circulation, burns more calories than any other activity and is much easier on your joints. 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: Jan. 5 to Feb. 12 and March 2 to April 9
- \$54/six-week session Senior Circle members, \$69/six-week session nonmembers
- Participants are required to complete waivers prior to attending their first class, then annually thereafter
- 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.
- 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.

Arthritis Foundation Group Exercise Class

If you suffer from arthritis or any other disability that affects your strength, balance, endurance or flexibility, this class can help. Learn basic moves in a seated position and feel the benefits.

- Six weeks of classes
- \$30 Senior Circle members, \$42 nonmembers
- Participants are required to complete waivers prior to attending their first class, then annually thereafter
- Call (260) 425-3087 to register
- Rehabilitation Hospital, Lutheran Hospital campus, 7970 W. Jefferson Blvd. (use Weight Management Center entrance at back of building)
- Mondays, Jan. 5 to Feb. 9, 9:30–10:15 a.m.
- Need a minimum of three people registered in order to hold the classes

Circle Fitness: Wellness Center at St. Joseph Hospital

Exercise using the Wellness Center's treadmill, recumbent bike, upright bike, steppers, elliptical or resistance equipment. A healthcare professional will monitor your blood pressure, heart rate and oxygen saturation. To schedule an appointment, call (260) 425-3208.

Senior Fitness

- Tuesdays and Thursdays for 6 week session
- 9 a.m.–noon—Pick one hour!
- (Other times are available upon request)
- \$27 Senior Circle members, \$35 nonmembers

Monthly Maintenance

- Mondays, Wednesdays and Fridays
- 8 a.m.–noon or 1–3 p.m.—Pick one hour!
- \$30 per month

Annual, Unsupervised Program

- \$180/year or \$90/six months
- Enrollment fee only \$20 (half price) for Senior Circle members

Zumba Exercise

These lower intensity classes are tailored to meet the needs of older active adults and those with joint issues or other physical limitations.

- Steppin' Up Physical Therapy, 10006 Auburn Park Dr.
- Senior Circle members: \$5 drop-in fee or \$4.50 per class with a 10-class punch card
- Nonmembers: \$7 drop-in fee or \$6 per class with a 10-class punch card
- No preregistration required; call (260) 497-7191 for more information

Zumba Gold

- Tuesdays and Thursdays, 9–10 a.m.

Zumba Gold/Zumba Fusion

- Wednesdays, 7 p.m., Saturdays, 8:45 a.m.

KCH PROGRAMS



KELSEY MYERS

KCH Senior Circle Coordinator

A Note from Kelsey

As we head into the New Year, I hope everyone is staying warm and doing well! We have a lot of fun, interesting activities and speakers planned for the coming months, but we're always looking for fresh ideas. If you have any suggestions for a place you would like to visit or a topic you would like to hear about, feel free to give me a call at (574) 372-5854 or email me at kmyers2@kch.com. I would love to hear from you. Let's work together to make sure you are getting the most out of your membership!

Speaking of getting the most out of your membership—keep an eye out for our monthly postcards with event schedules! You can also pick up an extra postcard in the KCH gift shop. Each month we try to provide one educational Breakfast & Learn event as well as one just-for-fun outing. Breakfast is always free, so feel free to bring any friends who are thinking about joining. Another perk of your Senior Circle membership is the discount you get on a Health and Wellness Center membership. Consider stopping by for a tour and to get to know some of our friendly, helpful staff. The weather may be cold, but our welcome is always warm.

January

Stroke Breakfast & Learn

Come hear Dr. Kevin McGeehan talk about the signs and symptoms of a stroke. Get helpful tips for how to reduce your risk for stroke, in addition to how to observe stroke symptoms in those around you.

- Friday, Jan. 23, 8:30 a.m.
- Cost: Free
- KCH Administration Classroom

Tour of Himalayan Salt Creations

Join us for a tour of Himalayan Salt Creations located at 123 W. Center Street, Warsaw. Meet at the store for a tour of the salt cave, cooking demonstrations, and information about the health benefits of various salt products.

- Wednesday, Jan. 14, 10 a.m.
- Cost: Free

February:

All About Advanced Directives Breakfast & Learn

Chaplin Doug West will speak about what advanced directives mean for you and your loved ones. Learn about how to plan for future medical care, as well as how to pass on your wishes to your care providers.

- Friday, Feb. 20, 8:30 p.m.
- Cost: Free
- KCH Administration Classroom

Lunch at the Old Train Depot

Join us for lunch at the historic Old Train Depot in Pierceton, IN. Meet at 115 E. Market Street, Pierceton, IN, at 11 a.m. Enjoy the delicious gourmet sandwiches and soups with your favorite friends from The Circle. We will have a section of tables reserved.

- Thursday, Feb. 12, 11 a.m.
- Cost: Responsible for own lunch

The following programs are scheduled at Kosciusko Community Hospital in Warsaw. KCH members are welcome to attend Fort Wayne events/activities and vice versa.

**RESERVATIONS REQUIRED FOR ALL PROGRAMS.
PLEASE CALL (574) 372-5854**

MEMBERSHIP & DISCOUNTS

Save on Prescription Drugs

Senior Circle members have access to the ScriptSave Prescription Savings Card that gives you and everyone in your family—even pets—instant savings on all your brand name and generic prescription medications.

- ▶ Savings average 36%, with potential savings of up to 75% (based on 2012 national program savings data). Get from 15–48% off diabetic supplies from The Diabetic Program.
- ▶ Accepted at more than 62,000 participating pharmacies.
- ▶ No enrollment fees, no age limits, no income restrictions.
- ▶ If you have Medicare and are enrolled in a Medicare Part D plan, use your ScriptSave card for prescriptions that are excluded by Medicare Part D. If you are NOT enrolled in a Medicare Part D plan, use your ScriptSave card for savings on both brand and generic prescriptions.
- ▶ This program is not an insurance policy and does not provide insurance coverage.
- ▶ Call (800) 700-3957 or visit ScriptSave.com.

SENIOR CIRCLE LOCAL PARTNERS:

- ▶ Fort Wayne Audiology Center
- ▶ KCH Health & Wellness Center
- ▶ KeyPoint (Technology) Training
- ▶ Liberty Diner
- ▶ Lutheran Health Network cafeterias (Bluffton Regional Medical Center, Dupont, Kosciusko Community, Lutheran, Rehabilitation and St. Joseph hospitals)
- ▶ New Energy Wellness at Coventry Meadows
- ▶ Ophthalmology Consultants of Fort Wayne
- ▶ Spiece Fitness
- ▶ Sun Rise Cafe
- ▶ Superior Van & Mobility
- ▶ St. Joseph Hospital Wellness Center

SENIOR CIRCLE NATIONAL PARTNERS:

- ▶ ADT Home Health Security Services
- ▶ Beltone Hearing Care
- ▶ Careington Dental Care
- ▶ Collette Vacations
- ▶ Home Helpers/Direct Link Medication Dispenser
- ▶ ID Theft Assist
- ▶ ScriptSave Prescription Drug Discounts
- ▶ VSP Vision

MEMBERSHIP APPLICATION

Today's date: _____

Referred by: _____

SENIOR CIRCLE		<input type="checkbox"/> New <input type="checkbox"/> Renew
Last Name	MI	<input type="checkbox"/> Mrs. <input type="checkbox"/> Ms.
First Name	Sex <input type="checkbox"/> M <input type="checkbox"/> F	<input type="checkbox"/> Mr. <input type="checkbox"/> Dr.
Phone Number ()	DOB (mm/dd/yyyy)	
Address		Apt #
City	State	ZIP
Email		
Complete the section below only if you are applying for a second member in the same household.		
Last Name	MI	<input type="checkbox"/> Mrs. <input type="checkbox"/> Ms.
First Name	Sex <input type="checkbox"/> M <input type="checkbox"/> F	<input type="checkbox"/> Mr. <input type="checkbox"/> Dr.
Phone Number ()	DOB (mm/dd/yyyy)	
Email		
<p>Check one:</p> <p><input type="checkbox"/> One person; one-year membership \$15 (NEW101)</p> <p><input type="checkbox"/> One person; two-year membership \$27 (NEW102)</p> <p><input type="checkbox"/> Two people; one-year membership \$27 (NEW201)</p> <p><input type="checkbox"/> Two people; two-year membership \$51 (NEW202)</p>		
<p>Return completed application with check payable to:</p> <p>Senior Circle, c/o St. Joseph Hospital, 700 Broadway, MOB Suite 100, Fort Wayne, IN 46802</p>		
<p>OR pay your membership online:</p> <ol style="list-style-type: none"> 1. Go to seniorcircle.com. 2. Click on "Sign Up or Renew." 3. Select the number of persons joining and membership levels, then complete the application process. 4. If you have trouble at any time, please feel free to call 1-800-211-4148. 		

For a complete list of discounts, contact our office at (260) 425-3087. National benefits can also be found at www.seniorcircle.com.
Benefits, partners and discounts are subject to change and availability without notice.



Chest pain may mean nothing. But it could take everything.

Know the warning signs of a heart attack.

Getting help immediately gives you
a better chance to survive a heart attack.

With heart disease, early detection may increase your chances of survival. But according to the American Heart Association, many of the 79 million Americans who suffer from serious heart disease don't know it. So don't take a chance with your heart.

And know the warning signs listed below. **If you ever experience any of them, call 911 right away.**

Heart Attack Warning Signs Include:

Neck, back or jaw pain; chest pain; nausea; fatigue; dizziness; cold sweat