

CIRCLENEWS

A PUBLICATION FOR THOSE 50 & BETTER



Senior Circle

Inside This Issue

- ▶ Lectures and other learning opportunities
- ▶ Fort4Fitness Seniors Marathon
- ▶ New: Circle Walkers
- ▶ Exercise options

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.



See You at the Expo

The 50+ Life Expo, presented by Lutheran Health Network and brought to you by Fort Wayne Newspapers, is sure to be a day of fun, fitness and learning.

The expo will feature booths and presentations by a variety of professionals and businesses focused on people ages 50+. Fort4Fitness Seniors Marathon will also be on site with its 2016 registration kick-off.

Lutheran Health Network will once again have a large pavilion with experts available from a variety of areas as well as free health screenings. This year, we will also feature our 21-Day Challenge in which we'll ask you to commit to building a healthy habit in one key health area (nutrition, hydration, exercise, sleep, stress management, tobacco cessation) in just 21 days. And we'll show you how! Then, you can join thousands of others who have signed our commitment canvas, hoping to make 2016 a healthier year.

Come and feel refreshed for spring, reignite your passions and hobbies or find a love for new ones. Bring your friends and make a day of it.

Look for more information in the newspaper and online.



MARK YOUR CALENDARS:

- ▶ Saturday, May 7, 2016
- ▶ 9 a.m. to 4 p.m.
- ▶ Allen County War Memorial Coliseum in the new Conference Center

Take the Challenge: Walk a Marathon with Us

Don't let the headline scare you. We're not going to walk all 26.2 miles in one day. Instead, we'll do it incrementally throughout the summer as part of the Fort4Fitness Seniors Marathon.

Walking is a great way to shed some unwanted pounds, reduce stress and meet new people. Lutheran Health Network is proud to sponsor this program. And we'll be walking every Monday morning at Jefferson Pointe to help you stay on track. See page 6 for information about Circle Walkers.

Continued on page 2

About Senior Circle

Our mission at Senior Circle is to promote a healthy, active lifestyle by offering programs that encourage learning, enhance wellness, provide access to healthcare professionals and present opportunities for fun and fellowship. The membership fee is just \$15 per person or \$27 per couple and is good for one year from sign-up. Membership is not required to participate in many of our programs. However, we do offer some programs and screenings exclusively for members. Members also enjoy a discounted rate for activities with a fee and they have access to significant local and national discounts. Join today! See page 9 for more details.



SHELLY LYBARGER

Fort Wayne Senior Circle Coordinator



DEANA CROUSSORE

LHN Community Affairs Supervisor



Take the Challenge: Walk a Marathon

Continued from front page

The goal is for participants to walk or run a full marathon over the course of 17 weeks, from the program's kick-off on June 4 until the finale on Sept. 30. That's approximately 1.5 miles per week. Easy right? In fact, with a little motivation, you may find that you actually complete several marathons in that timeframe.

SENIORS MARATHON KICK-OFF

There will be plenty of activities to pump you up and help you get active at this first-time event: Check your health with screenings; take advantage of special store coupons; walk the Jefferson Pointe path to get your miles in and the first stamp in your logbook; participate in yoga, Tai Chi and Zumba demonstrations; and enjoy entertainment by The Bulldogs as they play 50s and 60s rock-n-roll.

- Saturday, June 4, 10 a.m.–1 p.m.
- Jefferson Pointe (meet at the Courtyard Fountain)

WALKING TOURS

Each walking tour will feature interesting facts about the host location. The tours are open to anyone registered for the Seniors Marathon.

Arts United/Downtown

- Wednesday, July 6 at 10 a.m.
- Meet at the Museum of Art, 311 E. Main St.

Location to be determined

- Wednesday, Aug. 3 at 6 p.m.

Salomon Farms, 817 W. Dupont Rd.

- Wednesday, Sept. 7 at 6 p.m.

The culmination of the Seniors Marathon is the finale on Friday, Sept. 30, at 1301 Ewing St., home of the Fort Wayne TinCaps. Participants will walk or run the final mile together and receive a medal for their accomplishment!

The Fort4Fitness Seniors Marathon is open to anyone 50 years and older, costs just \$10 per person and includes event entry, t-shirt, training log, goody bag, access to walking tours, race bib and finisher's medal.

SIGN UP FOR THE SENIORS MARATHON TODAY AT FORT4FITNESS.ORG. CALL (260) 760-3371 FOR INFO.

Enter to win a \$250 Jefferson Pointe gift card!

Walk at Jefferson Pointe this summer for a chance to win a \$250 gift card. In order to be eligible for the drawing, you must be signed up for the Fort4Fitness Seniors Marathon and your logbook must be stamped at the Jefferson Pointe office (located near the indoor playground) each time you walk. Five stamps equal one entry, 10 stamps equal three entries.

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

* Independent members of the medical staffs.

KEEP LEARNING

Register online:  Indicates reservations may be made online at LutheranHealth.net/SeniorCircle. Click on "Upcoming Senior Circle Events" to find the program you're interested in.

Breakfast & Learns

Flavor Beyond the Salt Shaker

Do you reach for the salt shaker every meal? There are other, healthier options to spice up your food. Theresa Shull, from Heartland Home Health Care, will give us ideas for adding flavor to our favorite foods without adding sodium.

- Tuesday, May 10, 8:30 a.m. (register by May 4)
- St. Joseph Hospital, Assembly Room, lower level
- Free breakfast sponsored by Harbour Assisted Living of Fort Wayne

How to Prepare and Plan for a Skilled Nursing Stay

Tim Alderdice, with Covenant Care, will talk about what you can do now to prepare for a short or long-term nursing stay later and how this homework can help with a smoother process. He will also share websites that can help you determine which facility is right for you.

- Tuesday, June 14, 8:30 a.m. (register by June 8)
- St. Joseph Hospital, Assembly Room, lower level
- Free breakfast sponsored by Covenant Care

Lunch & Learns

New vs. Old Culture of Behavioral Care

Join Colleen Napier, RN, director of health and wellness at North Woods Village, as she discusses: New versus old culture of behavioral care; the ABC approach to dementia care; and how to assess and respond to triggers, reactions, interventions and outcomes.

- Thursday, May 12, 11:30 a.m. (register by May 5)
- Lutheran Hospital, Special Function Rooms 3 & 4
- Free lunch sponsored by North Woods Village

Sleep Like a Champ

Do you or a loved one have trouble with snoring, restless legs or waking up tired? Anita Spengler, RPSGT, specialist at the

Center for Sleep Health at Dupont Hospital, will talk about common sleep issues and how a sleep test can help you sleep like a champ.

- Wednesday, May 25, 11:30 a.m. (register by May 19)
- Dupont Hospital campus, Dupont Resource Center, 2514 building, Suite 210
- Free lunch sponsored by Grey Stone Health & Rehabilitation Center

Stroke Prevention and Intervention

Meet Lutheran Hospital's new stroke program coordinator, Luann Vachon, and hear what she has to say on this important topic. She will share about stroke symptoms, interventions and lifestyle tips.

- Monday, June 6, 11:30 a.m. (register by May 31)
- Lutheran Hospital, Special Function Rooms 3 & 4
- Free lunch sponsored by Hearth at Sycamore Village

The Power of Positive Thinking

Join Dr. Rudy Kachmann, Lutheran Health Network wellness medical director and retired neurosurgeon, as he helps us pump up our positive thinking for better overall health.

- Wednesday, June 22, 11:30 a.m. (register by June 16)
- Dupont Hospital campus, Dupont Resource Center, 2514 building, Suite 210
- Free lunch sponsored by Sage Bluff Health & Rehabilitation Center

Evening Talk

Discussion on Erectile Dysfunction

Many men experience erectile dysfunction. It can be caused by health or emotional conditions, as well as stress. ED can even be an early warning sign of a more serious condition such as heart disease, high blood pressure or high blood sugar. Join Dr. Rudolph Bowens Jr., urologist and Lutheran Health Physicians urology clinic specialist, as he explains common causes of ED and treatment options to alleviate it.

- Tuesday, May 17, 5 p.m. (register by May 11)
- St. Joseph Hospital, Assembly Room, lower level

CHECK YOUR HEALTH



Health Screenings & Clinics

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 cash or check, no credit or debit cards
- Available for Senior Circle members only

Lutheran Hospital, 7950 W. Jefferson Blvd.

- Thursday, May 12, 9–9:30 a.m.

St. Joseph Hospital, Senior Circle office

- Tuesdays, May 24 & June 28, 8–9 a.m.

Dupont Hospital, 2520 E. Dupont Road

- Thursday, June 9, 8–8:30 a.m.

Vitamin D Screening

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. This is a non-fasting test.

- Tuesday, May 24, 8–9 a.m.
- Appointment required
- Cost: \$25 cash or check, no credit or debit cards
- Available for Senior Circle members only

FREE Hearing Screening

Fort Wayne Audiology Center staff conduct hearing screenings, check for ear wax, clean any type of hearing aid and assist with minor hearing aid repairs—all FREE in the Senior Circle office. Alternate times and services are available at Fort Wayne Audiology Center's main office, 217 W. Wayne St. Show your Senior Circle membership card to receive a discount!

- Tuesdays, May 17 & June 21, 9:30 a.m.–noon
- Appointment required
- Available for Senior Circle members only

FREE Foot Screening

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

- Thursday, May 19, 2–3:40 p.m. (no screening in June or July)
- Appointment required
- Available for Senior Circle members only

Foot Care Clinic

Carol Snyder, LPN, will trim toenails, massage feet and file calluses. If you have diabetes, circulation problems or arthritis, proper foot care is a must. Be sure to bring a foot basin and large towel.

- Appointment required
- Cost: \$24 Senior Circle members, \$27 nonmembers (cash or check, no credit or debit cards)
- ▶ **Mornings:** May 11, 19 & June 16, 8:30–11:30 a.m.
- ▶ **Afternoons:** May 5, 1–3:30 p.m.
- ▶ **All Day:** May 18 & June 8, 15, 8:30 a.m.–2:30 p.m.

Did You Know?

Many diseases, including cancer, diabetes, high blood pressure, heart disease, heart attack, stroke and more, share common risk factors. When you appropriately focus on, improve and manage key health areas, you can significantly reduce your risk for these and a variety of other diseases and conditions. But, trying

to change several unhealthy habits at one time can be overwhelming. That's where the 21-Day Challenge comes in. It encourages you to focus on one thing at a time for 21 days, helping you build healthy habits one step at a time.

**VISIT OUR LUTHERAN HEALTH NETWORK BOOTH
AT THE 50+ LIFE EXPO ON MAY 7
TO FIND OUT MORE ABOUT THE CHALLENGE.**

CLASSES & COUNSELING & SAFETY INFO



Get Grandkid Ready

Getting ready to welcome a new grandbaby to the family? Grandparents can discover the latest about safe sleep, car seat safety, home safety, SIDS and shaken baby syndrome in this safety refresher class. In addition, a basic American Heart Association non-certification CPR course provides a review of CPR techniques and choking information for infants up to one year of age.

- Monday, May 9, Wednesday, July 13, Friday, Sept. 9, Tuesday, Nov. 1, 5:30–8 p.m.
- Dupont Hospital campus, Dupont Resource Center, 2514 building, Suite 210
- Cost: Free
- Register online at TheDupontDifference.com/classes or call (260) 416-3042.

Legal Counseling

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

- Fridays, May 13 & June 10, 1–2:40 p.m.
- Appointment required
- Available for Senior Circle members only

Learn to Enjoy Your Android Tablet

Join Janeann Perkins, IT Training Consultant with Key Point Training, for this two-hour workshop to help you learn the basics and enjoy your tablet. This course will focus on JUST the Android tablet. You will learn to customize and change defaults, install and uninstall apps, use the Skype app to see and talk to friends and family, tap into and customize cloud storage, navigate contacts, email and other common apps. Get insight into the best apps for your life and hobbies. Get the help you need. This workshop will be participant driven.

- Friday, May 20, 10 a.m.–noon
- St. Joseph Hospital, Assembly Room, lower level
- Cost: \$25 Senior Circle members, \$30 nonmembers (cash or check, no credit or debit cards)
- Register by Wednesday, May 18

Windows 10 Tips and Tricks

Janeann Perkins, IT Training Consultant with Key Point Training, will help participants in this class learn how to navigate and customize the new Windows 10 operating system so that it is as comfortable and easy to use as previous Windows operating systems. Bring your laptop or tablet for a hands-on experience in setting up your computer to work for you. You will learn: How to find your programs and files that might seem like they've disappeared; create pins and shortcuts for all of your favorite things on your start menu, taskbar and desktop; learn the fun and practical tips for using the new Edge browser to mark up web pages, set your home page defaults and find your favorites; ensure your computer is set up correctly to keep security and virus protection up to date.

- Monday, May 23, 10 a.m.–noon
- St. Joseph Hospital, Assembly Room, lower level
- Cost: \$25 Senior Circle members, \$30 nonmembers (cash or check, no credit or debit cards)
- Register by Wednesday, May 18

AARP Driver Safety Class

Lutheran Hospital's verified Level II adult trauma center and Indiana AARP Driver Safety offers a four-hour class to teach participants: Current rules of the road, defensive driving techniques, managing and accommodating common age-related changes in vision, hearing and reaction time. Check with your insurance agent to see if you're eligible for an insurance discount upon completion of the course.

- Monday, June 20, 10 a.m.–2:30 p.m. with lunch break (lunch provided)
- Lutheran Hospital, Special Function Rooms 1 & 2, lower level
- \$15 for AARP members, \$20 for non-AARP members
- Register by calling 435-2500. Class size is limited.
- Please arrive 20 minutes early to complete registration.
- Bring AARP card and driver's license.

LET'S GET MOVING

Charity & Community Walks/ Runs Sponsored by LHN

Get fit and have fun this season while supporting great organizations and causes.

Pink Ribbon Run

- Saturday, May 14, 9 a.m. on Lutheran Hospital campus
- Cost: \$30 for 4-mile run; \$20 for 2-mile walk
- Register at RaceRoster.com
- Hosted by Three Rivers Running Company to benefit Vera Bradley Foundation for Breast Cancer Research



AIDS Walk "One Step Closer to Zero"

- Saturday, May 14, 10 a.m.
- TinCaps Stadium
- Register at AIDSFortWayne.org or call (260) 744-1144

Canal Days 5K

- Saturday, June 11, 8 a.m.
- Havenhurst Park, New Haven
- Cost: \$20 before May 31; \$25 up to race day
- Register at RunSignUp.com

National Kidney Foundation's Kidney Walk

- Saturday, June 18, 10 a.m.
- Headwaters Park West
- Register at Donate.Kidney.org

Run Like a Hero

"Run Like a Hero" raises awareness for the need for organ donations and transplant research. The race is dedicated in memory of Caden Bowles (who passed away at age 11) and others who have lost their battle waiting for organ transplants. This event features lots of kid-friendly activities.

- Saturday, June 25, 9 a.m.
- Summit Middle School, 4509 Homestead Rd.
- Cost: Preregistration: \$25 adults, \$15 children ages 6-12 (free for under 6 years old), \$70 for family (up to 5 people). Late registration prices are higher.
- Register at RunLikeAHero.com

Did You Know?

Water is the most important of all nutrients, as your body requires it constantly. An adequate supply of water is essential for temperature control (especially during exercise), for energy production, and for elimination of waste products from metabolism. Water is probably the nutrient most neglected by athletes. The average person should drink approximately 64 ounces of water every day. It's a good practice to also drink water before, during and after exercising.

Walking, Fitness & Training

Circle Walkers



Whether you're trying to get your miles in for the Fort4Fitness Seniors Marathon or you just want someone to walk with, join us for Circle Walkers this summer. This is a great way to get stamps in your marathon logbook.

- Every Monday, May-September, 8:15 a.m.
- Jefferson Pointe, outside Panera Bread

Jefferson Pointe Walking Club

Stretch your legs in a great environment and walk your way to better health. Stop by the mall office for a welcome gift.

- Daily, May-October, 7-10 a.m.
- Path starts at Panera Bread, Jefferson Pointe
- Visit JeffersonShopping.com for more information

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 all 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 also has two pools, cardio and weight lifting 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 Dr. (off Lima Road, south of I-69 exit 311A).

LET'S GET MOVING

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 only \$20 (half price) for Senior Circle members

Exercise Classes

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: April 18 to May 26, then June 6 to July 14 (no class July 4).
- \$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.

TIP: If possible, eat between two to four hours prior to exercise to allow time for the stomach to empty.



Tai Chi

Try Tai Chi, a low-impact, relaxing form of exercise. Experience the benefits of gentle stretching, restorative breathing and moderate movements. This is intended to be a standing class, but instructor John Milligan can help make modifications including being seated. We look forward to seeing you for a little Tai Chi.

- Six-week sessions: Wednesdays, April 20 to May 25, then June 8 to July 13, 5–5:45 p.m.
- \$30/six-week session Senior Circle members, \$42/six-week session 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, door 4)

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. Trained instructors cover range-of-motion, endurance-building, relaxation techniques and educational topics. Exercises can be modified to meet participant needs.

- Six weeks of classes: Mondays, April 18 to May 23, then June 6 to July 11 (no class July 4), 9:30–10:15 a.m.
- \$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, door 4)
- Need a minimum of three people registered in order to hold the classes

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!

- Tuesday, May 3, 2–3 p.m.
- Bring a prize with you
- Register by Friday, April 29



Senior Circle Stitchers

- Wednesdays, May 11 & June 8, 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 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 furnished and participants leave each class with a finished painting.

- \$25 Senior Circle members, \$30 nonmembers (cash or check, no credit or debit cards)
- Need a minimum of five people registered in order to hold the classes

Full Spring (continuation from April 22 class)

- Friday, May 20, 12:30–4 p.m.
- Medium: Acrylic on canvas

Moon Beach

- Friday, June 24, 12:30–4 p.m. (register by June 21)
- Medium: Acrylic on canvas



EXCURSIONS



Travel, Trips & Tours

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

Trip Info Session

Darlene Bockelman, tour director from Whitley County Council on Aging, will be here to talk about various upcoming tours and trips, including May 18 to Theatre at the Center to see "Nice Work if You Can Get It," June 9 at the Cornwell Dinner Theatre in Marshall, Mich., to see "Nan's Naughty Knickers," a mystery trip on June 28 as well as other excursions.

- Tuesday, May 10, 1 p.m.
- St. Joseph Hospital, Assembly Room, lower level
- Register by Friday, May 6

Crusts, Candy and Candles... Oh My!

There's still room left on the bus for this great trip. Call today to reserve your spot.

Have you ever seen 1,200 pies baking at one time—in one oven? This trip includes the day at Mrs. Wick's Pies in Winchester, Ind., for a factory tour followed by a piece of pie and a beverage at Mrs. Wick's Restaurant.

Then, we will travel to Union City and Ghyslain Chocolates for lunch and a tour. After that, we're off to Richmond for wine tasting and finally to the Warm Glow Candle Outlet in Centerville.

- Thursday, June 2
- Cost: \$120. Make checks payable to WCCOA Tours and send them to, or drop them off at, the Fort Wayne Senior Circle office.
- Included in cost: round trip motor coach transportation; tour of Mrs. Wick's, piece of pie and beverage; lunch and candy tour at Ghyslain Chocolates; wine tasting (five different wines) at J&J Winery; shopping at the Warm Glow Candle Outlet.

MEMBERSHIP & DISCOUNTS

Zoo Discount

Fort Wayne Children's Zoo

- 15% Discount for Senior Circle members: Adults normally \$14, discounted price \$11.90. Children (ages 2-18) normally \$9, discounted price \$7.65. Seniors (60+) normally \$10.50, discounted \$8.92. Offer available for purchase online only.
- To purchase tickets, go to LutheranHealth.net/SeniorCircle. Click on "purchase zoo tickets." Enter your 9-digit member ID number (found on your Senior Circle membership card), then password: SCMember. Purchase tickets using a credit card. Print your eTickets to use as your admission pass.
- Note: Applies to day passes only, not season passes.

Other Discounts

The following partners offer discounts for Senior Circle members. For a complete list of discounts with details, contact our office at (260) 425-3087.

SENIOR CIRCLE LOCAL PARTNERS:

- ▶ Fort Wayne Audiology Center
- ▶ Fort Wayne Children's Zoo
- ▶ 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
- ▶ Northeast Ophthalmology, P.C.
- ▶ Ophthalmology Consultants of Fort Wayne
- ▶ Spiece Fitness
- ▶ Sun Rise Cafe
- ▶ Superior Van & Mobility
- ▶ St. Joseph Hospital Wellness Center
- ▶ Three Rivers Running Company

SENIOR CIRCLE NATIONAL PARTNERS:

- ▶ ADT Home Health Security Services
- ▶ Beltone Hearing Care
- ▶ Careington Dental Care
- ▶ Collette Vacations
- ▶ Home Helpers/Direct Link Medication Dispenser
- ▶ 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		
Check one:		
<input type="checkbox"/> One person; one-year membership \$15 (NEW101)		
<input type="checkbox"/> One person; two-year membership \$27 (NEW102)		
<input type="checkbox"/> Two people; one-year membership \$27 (NEW201)		
<input type="checkbox"/> Two people; two-year membership \$51 (NEW202)		
Return completed application with CHECK payable to:		
Senior Circle, c/o St. Joseph Hospital, 800 Broadway, MOB Suite 100, Fort Wayne, IN 46802		
OR pay your membership online:		
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.		

Benefits, partners and discounts are subject to change and availability without notice.

BLUFFTON PROGRAMS



CLAUDIA WARD

BRMC Senior Circle Advisor

(260) 919-3144

Claudia.Ward@BlufftonRegional.com

303 S. Main St.

Bluffton, IN 46714

Benefits for Members

- ▶ Free notary: contact Claudia for an appointment
- ▶ Free copies and faxes; some limitations apply. Contact Claudia for an appointment.
- ▶ Free needle disposal for members with diabetes. Contact Claudia for more details.
- ▶ Free tip replacement for crutches, walkers and canes: call Bluffton Regional Rehab Services at (260) 824-3210 ext. 5575 to schedule an appointment. Tell them you are a Senior Circle member. Show card upon arrival.
 - › Monday–Friday (except holidays), 8 a.m.–4:30 p.m.

Discounts in the Main Street Cafe and Phid's Gift Shop

- ▶ Show membership card

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.



Programs/Activities:

Diabetes Share Group

- Tuesday, May 3, 6–7 p.m.
- Bluffton Regional Conference Room 403, 4th floor
- Cost: Free
- For more information, contact Sue Schwyn, RN, BSN, at (260) 919-3162.

Senior Expo

Stop by the Bluffton Regional Senior Circle booth and have your blood pressure taken for free, pick up educational materials and a free giveaway. Don't miss out on the free lipid profiles from 9–11 a.m.

- Thursday, May 5, 9 a.m.–3 p.m.
- 4-H Building, Bluffton
- Cost: Free
- For more information, contact Claudia Ward at (260) 919-3144.

Bluffton Chapter Senior Circle Trip to Shipshewana

Join us for a fun day trip to Shipshewana, Ind. We'll eat lunch at the Blue Gate, visit the Cheese Factory, Rise and Roll and more.

- Thursday, May 26
- Cost: TBD
- To register, contact Claudia Ward at (260) 919-3144.

Theater Thursday

- Free movie, prizes, refreshments and health information
- Wells County Public Library
- Please note: movies and speakers are subject to change.
- ▶ Film: "The Intern"
 - › **Thursday, May 19, 10 a.m.**
 - › Topic: Stroke Therapy and Exercise
 - › Speaker: Louise Reynolds, PTA, Bluffton Regional Rehab
- ▶ Film: "Minions" (This is a fun, family-friendly movie, so bring your grandkids, nieces and nephews.)
 - › **Thursday, June 16, 10 a.m.**
 - › Topic: Direct Lab Access
 - › Speaker: Teresa Biddle, MT (ASCP), Bluffton Regional Medical Center Laboratory

Ask the Expert

Send your questions for the expert to Claudia by the 24th of the month. Questions and answers will be compiled and included in the following month's BRMC Senior Circle mailing.

- ▶ **May:** Send your questions regarding issues dealing with the ears, nose and throat for Russel Legreid, II, MD, Bluffton Medical Group/Otolaryngology (ENT), to answer.
- ▶ **June:** Send your questions regarding laboratory functions for Teresa Biddle, MT (ASCP), Bluffton Regional Medical Center Laboratory, to answer.

KOSCIUSKO PROGRAMS

March Programs:

Free Breakfast & Learn: Arthritis

Krista Harding, RN, joint care coordinator, will discuss what arthritis is, the signs and symptoms, as well as surgical and nonsurgical treatment. Bring your questions! She will also talk about the KCH Orthopedic Center.

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

April Programs:

Free Breakfast & Learn: Urgent Care

Mike Taylor, PA, will discuss topics related to urgent care and occupational health, as well as take time for your questions. Taylor is board certified by the National Commission of Certification of Physician Assistants and joined MedStat in 2001.

- Friday, June 17, 8:30 a.m.
- KCH Administration Classroom
- Call (574) 372-5854 to RSVP



JARED AMBROSE

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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.

BLUFFTON PROGRAMS CONTINUED

Ongoing Programs

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.

Parks & Rec Outdoor Trail System

Looking for a place to walk outside? Try the outdoor trails. Exercise equipment is available for adults.

- Open daily from dawn to dusk
- Cost: Free
- 300 Block of W. Washington St.



Saturday Breakfast

Breakfast for Senior Circle members; show membership card. Choice of large biscuit with sausage gravy and 16 oz. coffee or fountain drink; or scrambled eggs, 2 slices of bacon or 1 sausage, breakfast potato and 16 oz. coffee or fountain drink. Note: If eggs are not on the steam table, please order.

- Every Saturday (except for holidays), 8–10 a.m.
- Bluffton Regional Main Street Cafe
- Cost \$2 plus tax

Senior Circle Daily Lunch Special: Healthy Home-Style Meals

Lunch includes meal and small drink for Senior Circle Members; show membership card.

- Monday–Friday, 11 a.m.–1 p.m.,
- Bluffton Regional Main Street Cafe
- \$3 (plus tax)

Knee Pain Slowing You Down? Get Back into the Step of Things

Thursday, May 19 | 6:30–7:30 p.m.

7836 W. Jefferson Blvd. • Fort Wayne, Ind.

(first building on the right after entering the Lutheran Medical Park campus from West Jefferson Blvd.)

Ongoing knee pain can make even the simplest tasks—sitting, standing, walking—difficult to endure, especially if medication no longer provides ample relief. If knee pain is keeping you from living the active lifestyle you enjoy, partial or total replacement surgery may be the solution. Join us for this informative session to learn more.

+ RSVP by Thursday, May 12
LutheranHealth.net/knee

Questions?
(260) 435-6716

The Orthopedic Hospital is owned in part by physicians.

