

# CIRCLENEWS

A PUBLICATION FOR THOSE 50 & BETTER



Senior Circle

## Inside This Issue

- ▶ Core muscle exercises
- ▶ CPR training
- ▶ Spring trip information
- ▶ Discounts: Mad Ants and Komets

## Senior Circle Office: Fort Wayne

### HOURS

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

### RESERVATION LINE

- ▶ (260) 425-3087

### COORDINATOR

- ▶ (260) 425-3861

### PROGRAM LOCATION

Unless specifically noted, all Fort Wayne programs take place at the Senior Circle office on the first floor of the medical office building at St. Joseph Hospital, 800 Broadway, Suite 100.

### WEATHER REMINDER

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

## 2015 Wraps Up with a Relaxing Holiday Party for Members

We ushered in the holiday season with more than 65 Senior Circle members who gathered at our inaugural holiday party on Dec. 1 at Lutheran Hospital in the south lobby. We were treated to the Churubusco



High School Show Choir "New Era" as it sang seasonal favorites. Attendees also enjoyed refreshments, door prizes and getting to know each other better.

Thank you to everyone who attended. It was a great way to welcome the holidays while saying good-bye to 2015.



## START THE NEW YEAR OUT RIGHT AT THE GET FIT EXPO

Want to get fit this year? Come discover countless resources for taking care of yourself—both mentally and physically. Be sure to check out the Lutheran Health Network pavilion: take our 21-Day Challenge and build healthy habits, get tips for losing weight and keeping it off, find information to help you get into shape and even overcome an injury so you can enjoy being active again. What a great way to start the new year!

**\$2 OFF**  
REG. PRICE \$10



## Get Fit Expo

**Saturday, Jan. 23, 2016, 10 a.m. to 8 p.m. and  
Sunday, Jan. 24, 2016, 11 a.m. to 5 p.m.**  
at the **Allen County War Memorial Coliseum**

- ▶ **BONUS:** Expo attendees will also receive FREE access into the Outdoor Sports, Lake & Cabin Show held at the Coliseum the same weekend (regular price \$10).
- ▶ For discount, present this coupon along with your Senior Circle membership card at the Coliseum ticket office. Not available online.

## 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



## A Well-Rounded Fitness Program

—Becky Levi, Fitness Director at Spiece Fitness

Exercise is wonderful at any age. But, the fact is, as we get older our bodies change. We lose lean body mass and strength, and our daily functionality may begin to deteriorate. The ability to do the things we have always done relatively easily can become more difficult over time. There are many great benefits of exercise. Beyond weight control, a fitness program can greatly improve your strength, flexibility and balance, as well as improve your mental and emotional state—becoming an activity to look forward to and even enjoy. So, get active this year. No matter your age or current physical ability, you can do it!

There should be four components in your exercise program:

- ▶ Aerobic activity (minimum of three times a week)
  - › Involves an activity, such as walking, that increases your heart rate and improves heart and lung function.
- ▶ Muscular strength/balance (minimum of two times a week)
  - › Choose a program designed to strengthen the entire body and improve balance to reduce falls.
- ▶ Mobility/flexibility (daily)
  - › Includes exercises to improve posture and range of motion in the upper and lower body.
- ▶ Relaxation (daily)
  - › Includes learning how to relax, breathe correctly, reduce stress and lower heart rate.

See pages 6 and 7 for a variety of fitness classes and options including free walking at Spiece for Senior Circle members.

## Program Additions in 2016

We're looking forward to a great year at Senior Circle. You've been talking, and we've been listening. We're bringing you what you've been asking for:

**Trips:** On page 6, you'll notice two trips have been added to our schedule.

**More discounts:** In addition to all the local and national discounts you're used to receiving as a member, you can save money on select Mad Ants and Komets games (see Page 8) as well as the upcoming Get Fit Expo. Look for more to come.

**Variety of program hours and locations:** To better accommodate your schedule, look for more evening health talks this year. And our fitness offerings keep expanding with a variety of options, locations and prices (see pages 6 and 7).

Bring a friend (or make new ones here) and join us at Senior Circle this year!

*Dupont Hospital, Kosciusko Community Hospital, Lutheran Hospital, Rehabilitation Hospital of Fort Wayne, St. Joseph Hospital, and The Orthopedic Hospital are directly or indirectly owned by partnerships that proudly include physician owners, including certain members of the hospitals' medical staffs.*

# KEEP LEARNING

 Indicates reservations may be made online

## Breakfast & Learns

### Living with Heart Disease

How much do you really know about heart disease? Theresa Shull, RN, CEN, account liaison with Heartland Home Health Care, will explain more about this condition that according to the Centers for Disease Control claims more than 600,000 lives every year in the U.S.

- Tuesday, Jan. 12, 8:30 a.m.
- St. Joseph Hospital, Assembly Room, lower level
- Free breakfast sponsored by Harbour Assisted Living of Fort Wayne
- Register by Wednesday, Jan. 6

### Exercise with Tony

Let's get moving in 2016. Tony Sanchez, St. Joseph Hospital cardiopulmonary rehab and wellness gym coordinator, will demonstrate as we join him in exercises that can be performed at home by using just a chair. Bring a set of free weights (2-10 lbs), if you have them.

- Tuesday, Feb. 9, 8:30 a.m.
- St. Joseph Hospital, Assembly Room, lower level
- Free breakfast sponsored by Heritage Park
- Register by Wednesday, Feb. 3

## Lunch & Learns

### Stroke is an Emergency: Time is Brain!

Strokes are treatable if the patient arrives at a hospital in a timely manner. But a delay in arrival decreases what healthcare professionals can do. Time is truly of the essence! Amy Wills, stroke program coordinator, Lutheran Hospital, will explain how to recognize if someone is having a stroke as well as risk factors and what you can do about them.

- Monday, Jan. 4, 11:30 a.m.
- Lutheran Hospital, Special Function Rooms 3 & 4
- Free lunch sponsored by Heart to Heart Hospice
- Register by Tuesday, Dec. 29



## Register online:

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

### Losing Weight in the New Year

More than 60 diseases, including diabetes, high blood pressure and 12 types of cancer can be attributed to obesity. It is possible to reverse the trend today and reap the long-term benefits of weight loss. Dr. Mark DeBello will share insight into the health benefits of slow, controlled weight loss.

- Wednesday, Jan. 27, 11:30 a.m.
- Dupont Hospital campus, Dupont Resource Center, 2514 building, Suite 210
- Free lunch sponsored by Summit City Nursing & Rehabilitation
- Register by Thursday, Jan. 21

### Manage Your Cholesterol

HDL. LDL. So many acronyms. Which one is good? Which one is bad? And why should you care? Lutheran Health Network pharmacy residents will discuss cholesterol and how to manage it with medication and diet.

- Monday, Feb. 1, 11:30 a.m.
- Lutheran Hospital, Special Function Rooms 3 & 4
- Free lunch sponsored by Coventry Meadows
- Register by Tuesday, Jan. 26

### Hands Only CPR and AED Demo

One quarter of Americans say they've been in a situation in which someone needed CPR. If you were one of them, would you know what to do? Lisa Gyll, BSN, RN, team coordinator, emergency services at Dupont Hospital, and EMTs from TRAA will demonstrate hands only CPR for adults and teens and how to use an automated external defibrillator, or A.E.D. We will have a chance to practice both.

- Wednesday, Feb. 24, 11:30 a.m.
- Dupont Hospital campus, Dupont Resource Center, 2514 building, Suite 210
- Free lunch sponsored by Glenbrook Rehabilitation & Skilled Nursing Center
- Register by Friday, Feb. 19

# 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, Jan. 14, 9–9:30 a.m.

#### St. Joseph Hospital, Senior Circle office

- Tuesdays, Jan. 26 & Feb. 23, 8–9 a.m.
- Free blood pressure checks by Sunshine Home Health

#### Dupont Hospital, 2520 E. Dupont Road

- Thursday, Feb. 11, 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.

- Tuesday, Jan. 26, 8–9 a.m.
- Appointment required
- Cost: \$25 cash or check, no credit or debit cards
- Available for Senior Circle members only

### FREE Blood Pressure Check

Regular blood pressure checks can save your life!

- Tuesdays, Jan. 26 & Feb. 23, 8–9 a.m.
- Provided by Sunshine Home Health
- No appointment necessary

### 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, Jan. 19 & Feb. 16, 9:30 a.m.–noon
- 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. 21 & Feb. 18, 2–3:40 p.m.
- Appointment required

### 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 8:30–11:30 a.m.

- Jan. 13, 21 & Feb. 18

#### Afternoons 1–3:30 p.m.

- Jan. 7 & Feb. 4

#### All Day 8:30 a.m.–2:30 p.m.

- Jan. 20 & Feb. 10, 17



**GET YOUR  
FLU SHOT**



**KEEP IT CLEAN**

wash your hands and  
keep surfaces clean



**CONTROL THE  
HUMIDITY**

flush the flu by raising the  
humidity in your home



**BEWARE OF TIMING**

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

**Prevent the flu this season**

# CHECK YOUR HEALTH

## A Word About Fats

In November, the nutritional services team at Lutheran Hospital hosted the Lunch & Learn program titled "Who Wants a Snack." Dietetic team intern and Ball State student Lauren Staugler wanted to share some additional information about fats along with two recipes (see pages 10 and 12) for our Senior Circle members.

### What is the difference between polyunsaturated and monounsaturated fats?

Polyunsaturated and monounsaturated fat are both heart healthy fats. Monounsaturated fat: These heart healthy fats can be found in canola, peanut and olive oil, as well as nuts. They not only lower LDL cholesterol (your body's "bad" kind), but also increase the production of HDL cholesterol (the "good" kind) in your body. Polyunsaturated fat: Another heart healthy fat found primarily in seafood also lowers your LDL cholesterol. However, it does not raise your good cholesterol like monounsaturated fats do. Omega-3 fatty acids are associated with improving immunity, rheumatoid arthritis, vision, brain function and heart health!



### Is coconut oil good for you?

Coconut oil is extracted from the fruit of mature coconuts. It is a saturated fat, and consumers are cautioned against a diet high in saturated fat. Virgin coconut oil is high in lauric acid, a medium-chain fatty acid that raises both good and bad cholesterol levels. Again, the best types of oils to use are canola for cooking and olive oil for roasting veggies and such.

## ASSISTANCE

### Classes & Counseling

#### Legal Counseling

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

- Fridays, Jan. 8 & Feb. 12, 1-2:40 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.

- Mondays, Jan. 18 & Feb. 15, 8:30 a.m.-2:30 p.m.
- Appointment required

#### Kidney Smart Classes

Kidney Smart is a no-cost community education program for individuals who are at risk or diagnosed with chronic kidney disease and designed to empower a patient to manage his or her CKD and to potentially slow down CKD progression. If you have diabetes, high blood pressure or kidney disease, this class is for you!

In class, you will learn:

- ▶ How kidneys function and the causes of chronic kidney disease.
- ▶ How medications, diet and nutrition work together to keep you healthy.
- ▶ How to manage other related health conditions including diabetes and hypertension.
- ▶ How to continue educating yourself and what treatment choices are available.

Call (260) 417-4637 to register for a live class, or call 1 (888) 695-4363 to register for an online class. Visit [KidneySmart.org](http://KidneySmart.org) for more information.

# TRIPS

## Trips are Back!

You asked for it, and we listened. We're partnering with Whitley County Council on Aging for two trips this spring. Shake off the winter and join us for these excursions.



### Springboro, Ohio: Fiddler on the Roof

We'll travel to Springboro, Ohio, for a buffet lunch and then the afternoon production of "Fiddler on the Roof" at the LaComedia Theatre. This show, with incredible music including "Sunrise, Sunset," is the life-affirming story of Tevye, a poor Jewish milkman whose love, pride and faith help him face the oppression of turn-of-the-century czarist Russia.

- Friday, April 1 (leave at 6 a.m., return approx. 8 p.m.)
- Cost: \$130 (\$25 will reserve your spot). Final, full payment is due by Feb. 25. Make checks payable to WCCOA Tours and send them to, or drop them off at, the Senior Circle office.
- Meals: Continental breakfast on the bus and buffet lunch included; fast food stop on way back.
- Space is limited. Your spot will be reserved when we receive your \$25 deposit or full payment.



### Cincinnati Flower Show: Scents, Sights & Sensations

Cincinnati Flower Show is America's most acclaimed flower show featuring world class exhibits, social events, gardener and plant markets, a lecture series and tours. On the way, we'll stop for a three-course tea service at the Hillforest Mansion, then do a "make it and take it" project at McCabe's Greenhouse Floral. That night we'll enjoy a dinner show with music from the 1960s. On Friday, take in the flower show and a lunch cruise. View full itinerary at [LutheranHealth.net/SeniorCircleTrips](http://LutheranHealth.net/SeniorCircleTrips).

- April 14-15 (leave at 8 a.m., return approximately 7:45 p.m.)
- Cost: \$380 for single, \$340 for double room. Deposit of \$50 due Jan. 4 and final, full payment due Feb. 25. Make check payable to WCCOA Tours and send them to, or drop them off at, the Senior Circle office.

## LET'S GET MOVING

### Try this... **ACTIVATE YOUR CORE**

Why? Strong core muscles increase your overall strength and help protect your spine and back muscles. As always, check with your doctor first!

- ▶ Using good posture, sit or lie down on your back.
- ▶ Contract your pelvic floor muscles (the muscles that prevent you from urinating), then gently draw in your lower abdominal wall (the area of your abdomen that sits beneath your briefs) toward your spine.
- ▶ Now add contracting the core muscles in your torso (keep your trunk fixed).
- ▶ Start by holding up to 10 seconds, then progress as control improves.
- ▶ Remember to breathe throughout and use slow, gentle control.
- ▶ You can do these activation exercises anywhere, anytime.

—Sources: [MensHealth.com](http://MensHealth.com) and [PelvicFloorExercises.com](http://PelvicFloorExercises.com)

### Fitness & Training

#### Circle Fitness: 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

# LET'S GET MOVING

## 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).

## Exercise Classes

### 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 Mulligan can help make modifications including being seated. We look forward to seeing you for a little Tai Chi.

- Six-week session: Wednesdays, Jan. 6 to Feb. 10 and March 2 to April 6, 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)

### 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 session: Jan. 4 to Feb. 11 and Feb. 29 to April 7.
- \$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

Trained instructors cover a variety of range-of-motion and endurance-building activities, relaxation techniques and educational topics. All of the exercises can be modified to meet participant needs. 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: Mondays, Jan. 4 to Feb. 8 and Feb. 29 to April 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)
- Need a minimum of three people registered in order to hold the classes

## Zumba Exercise

These lower intensity classes are tailored for older active adults with joint issues or other physical limitations.

- Steppin' Up Physical Therapy, 10006 Auburn Park Drive
- 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 registration required; call (260) 497-7191 for information

### Zumba Gold

- Tuesdays and Thursdays, 9–10 a.m.

### Zumba Gold/Zumba Fusion

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

# 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

### Memory Box and Lunch

Come for lunch and create a memory box to store all of your priceless items or give it to a loved one. All supplies included.

- Thursday, Jan. 14, 11:30 a.m.
- Sponsored by Coventry Meadows
- Register by Friday, Jan. 8

### Bingo

Enjoy an afternoon of playing bingo for prizes! Feel free to bring a friend.

- Tuesdays, Jan. 5 & Feb. 2, 2-3 p.m.
- Register by Monday, Jan. 4 & Friday, Jan. 29, respectively



### Senior Circle Stitches

- Wednesdays, Jan. 6, 20 & Feb. 3, 17, 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!



Photos are from November holiday card painting class

### 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



#### Snowy Lane

- Friday, Jan. 22, 12:30-4 p.m.
- Medium: Acrylic on canvas
- Register by Tuesday, Jan. 19

#### Vase with Flowers

- Friday, Feb. 26, 12:30-4 p.m.
- Medium: Acrylic on canvas
- Register by Tuesday, Feb. 23



Members: Enjoy a Game with Friends and Family this Season

 **Lutheran Health Network**  
Senior Circle

### MAD ANTS BASKETBALL TICKETS: 50% OFF

Show your Senior Circle membership card at the Coliseum ticket office to receive 50 percent off tickets for the following Mad Ants games:

- ▶ Sunday, Feb. 28, 2016, 5 p.m., Mad Ants vs. Iowa Energy
- ▶ Sunday, March 20, 2016, 5 p.m., Mad Ants vs. Grand Rapids Drive

### KOMETES HOCKEY TICKETS: BUY ONE, GET ONE FREE

Show your Senior Circle membership card at the Coliseum ticket office to take advantage of this "buy one ticket, get one ticket of equal or lesser value free" offer for the following game:

- ▶ Sunday, Feb. 21, 2016, 5 p.m., Komets vs. Colorado Eagles

# MEMBERSHIP & DISCOUNTS

## Cafeteria Discounts

Senior Circle members may enjoy the following discounts at Lutheran Health Network cafeterias:

- Bluffton Regional Medical Center: \$3 daily meal feature or 20 percent off a la carte menu items
- Dupont Hospital: 50 percent off food items only
- Kosciusko Community Hospital: 28 percent off food items only
- Lutheran Hospital: 50 percent off food items only
- St. Joseph Hospital: 50 percent off all items

## Other Discounts

The following local and national 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: \_\_\_\_\_

<b>SENIOR CIRCLE</b>		<input type="checkbox"/> New <input type="checkbox"/> Renew
Last Name	MI	<input type="checkbox"/> Mrs. <input type="checkbox"/> Ms. <input type="checkbox"/> Mr. <input type="checkbox"/> Dr.
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		
<b>Complete the section below only if you are applying for a second member in the same household.</b>		
Last Name	MI	<input type="checkbox"/> Mrs. <input type="checkbox"/> Ms. <input type="checkbox"/> Mr. <input type="checkbox"/> Dr.
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 <b>CHECK</b> payable to: <p style="text-align: center;"><b>Senior Circle, c/o St. Joseph Hospital, 800 Broadway, MOB Suite 100, Fort Wayne, IN 46802</b></p>		
OR pay your membership online: <ol style="list-style-type: none"> <li>1. Go to <a href="http://seniorcircle.com">seniorcircle.com</a>.</li> <li>2. Click on "Sign Up or Renew."</li> <li>3. Select the number of persons joining and membership levels, then complete the application process.</li> <li>4. If you have trouble at any time, please feel free to call 1-800-211-4148.</li> </ol>		

*Benefits, partners and discounts are subject to change and availability without notice. If you are a business owner and would like to offer a discount, please contact our office.*

# KOSCIUSKO PROGRAMS



## JARED AMBROSE

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

*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.*

## January Programs:

### Free Breakfast & Learn : Silver Sneakers

Amy Sell, BS EPC, will discuss Silver Sneakers, a fun, energizing program that helps older adults take greater control of their health by encouraging physical activity. If you are a group retiree or part of a Medicare Advantage or Medicare Supplement Health Plan, you may have a complementary membership.

- Friday, Jan. 15, 8:30 a.m.
- KCH Administration Classroom
- Call (574) 372-5854 to RSVP

### Diabetes Nutrition Walk

Join us for a nutrition walk at Owens Grocery Store with diabetes coordinator Linda Keeven to learn which healthy foods to look for when you shop for groceries.

- ▶ Friday, Jan. 22, 10:30 a.m.
- ▶ 2211 E Center St., IN
- ▶ Call (574) 372-5854 to RSVP

## February Programs:

### Free Breakfast & Learn: Alzheimer's

Lisa Stock, will be discussing facts and myths about Alzheimer's, some early signs that you or a loved one may be getting Alzheimer's, and what to do if you are ever diagnosed with the disease.

- Friday, Feb. 19, 8:30 a.m.
- KCH Administration Classroom
- Call (574) 372-5854 to RSVP



## Edamame Hummus

- ▶ Prep Time: 10 minutes
- ▶ Total Time: 10 minutes

- ▶ Yields: 4-6 servings

### Ingredients

- 1 c. cooked edamame
- ¼ c. tahini
- 2 tbsp. lemon juice
- 1 garlic clove, peeled
- 2 tbsp. coarsely chopped fresh herbs (optional: I used rosemary, thyme, and basil)
- 2 tbsp. olive oil (add more if you like your hummus creamier)
- salt to taste (I used ¼ tsp.)

### Instructions

Combine edamame, tahini, lemon juice, garlic and herbs in food processor. Process until smooth. Drizzle olive oil through the feed tube on the processor, continuing to process until oil is fully incorporated. Season with salt to taste and serve.

### Notes

You can usually find tahini in gourmet stores or a Middle Eastern specialty grocer. Some larger grocery stores might have it also. Or, you can make it yourself at home with raw sesame seeds, olive oil, a food processor and an oven.

—Recipe Source: [OhMyVeggies.com/Recipe-Better-Than-Trader-Joes-Edamame-Hummus](http://OhMyVeggies.com/Recipe-Better-Than-Trader-Joes-Edamame-Hummus)

—Tahini Source: [LoveToKnow.com](http://LoveToKnow.com), "Where Would I Find Tahini in a Grocery Store"

—Recipe shared by Lauren Staugler, Lutheran Hospital dietetic intern and Ball State student

# BLUFFTON PROGRAMS



## Programs/Activities:

### 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.)

#### FREE Weekday Walking Program

- Through end of March, Monday–Friday, 9–10:30 a.m.
- Bluffton City Gym
- Please park across from city building and enter west door to use elevator. Sign name at door.

#### 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)

#### Theater Thursday

- Free movie, prizes, refreshments and health information
- Wells County Public Library
- ▶ Film: "Age of Adeline"
  - › **Thursday, Jan. 21, 10 a.m.**
  - › Topic: Pelvic Pain
  - › Speaker: Austin Finklea, DO, Bluffton Medical Group
- ▶ Film: "August Rush"
  - › **Thursday, Feb. 18, 10 a.m.**
  - › Topic: You and Your Heart
  - › Speaker: Speaker to be announced

#### Ask the Expert

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

- ▶ **January:** Send your questions regarding pelvic pain, urinary tract infections, pelvic organ prolapse, etc., for new OB/GYN Austin Finklea, DO, Bluffton Medical Group, to answer.
- ▶ **February:** Send your questions regarding how to deal with heart issues, and one of our experts will address them.



### 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.*

## SHARE YOUR FAVORITE RECIPES

What's your favorite, simple recipe? Send a copy (with source) along with your name to the Senior Circle office (800 Broadway, Suite 100) or email it to [SLybarger@LHN.net](mailto:SLybarger@LHN.net), and we may print it in a future issue of Circle News or distribute it at an event for other members to enjoy.

### Chocolate Peanut Butter Dessert Hummus

- ▶ Prep Time: 10 minutes
- ▶ Yields: 6 servings
- ▶ Total Time: 10 minutes
- ▶ Appetizer

#### Ingredients

- ▶ 1-15 oz. can of chickpeas, drained and very well rinsed
- ▶ ¼ cup natural creamy peanut butter
- ▶ ¼ cup pure maple syrup
- ▶ 3 tbsp unsweetened vanilla almond milk
- ▶ 2 tbsp cocoa powder
- ▶ 2 tsp vanilla extract

#### Instructions

1. Drain chickpeas and rinse very well. Combine all ingredients in a large food processor.
2. Blend for a full two minutes. Scrape down the sides and blend a bit longer or until very smooth.
3. Refrigerate for 1-2 hours before serving.
4. Serve with pretzels, apple slices, cookies, graham crackers, etc.

—Recipe Source: [Hummusapien.com/Chocolate-Peanut-Butter-Dessert-Hummus](http://Hummusapien.com/Chocolate-Peanut-Butter-Dessert-Hummus)  
—Recipe shared by Lauren Staugler, Lutheran Hospital dietetic intern and Ball State student