

CIRCLENEWS

A PUBLICATION FOR THOSE 50 & BETTER



Senior Circle

Inside This Issue

- ▶ New Heart & Vascular Center
- ▶ AARP Driver Safety Class
- ▶ June trip information
- ▶ Fitness and 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.

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 designated facility is closed. Your safety is our priority, so please use your best judgment.

An Entire Network at Your Fingertips

What would we do without the Internet now that we've become so reliant on it? This vast network of information serves some excellent purposes like connecting us with the larger world outside

our immediate community, helping us to stay in touch with friends and family, and learning about a wide variety of topics that may not have been available to us before. With this good information also comes a lot of bad or misinformation, especially when it comes to health. Be sure you're getting your information from a reputable source.



2-Minute Talks from local physicians

Lutheran Health Network physicians and providers have begun to offer short video seminars on a variety of health topics. Hear from these experts about common symptoms, remedies and solutions; tips for prevention and next steps on specific conditions. These videos are available online at LutheranHealth.net/2MinuteTalks. Be sure to check out the sleep apnea 2-Minute Talk by Dr. Russell Legreid and the acid reflux video with Dr. Andrew Katz.

Looking for great care? Just press play.

Face-to-face conversations with your healthcare provider are still the most valuable way to address your concerns. At Lutheran Health Network, we're making it easier to not only choose a physician or specialist, but also to help you get to know that person before your visit. Now, you may go to our website to watch brief bio videos and learn more about some of our providers, ranging from primary care to gastroenterology to cardiology services, and find one who meets your needs. To watch these videos, visit LutheranHealth.net/LMGvideos. We're constantly adding new bios, so check back.

What's Going on in the Area

Fort Wayne Children's Zoo

- Opens Saturday, April 23
- See page 9 for Senior Circle discount

IPFW Health Fair

- Wednesday, March 23, 9 a.m.–3 p.m. at IPFW Walb Student Union

50+ Life Expo

- Saturday, May 7, at the Allen County War Memorial Coliseum (see back page for more information)

Fort4Fitness Seniors Marathon Kickoff

- Saturday, May 7, at the 50+ Life Expo

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

LEADING — WITH OUR — HEARTS



HEART & VASCULAR CENTER

New Heart & Vascular Center

With our fingers on the pulse of innovative care, we're introducing the new Heart & Vascular Center at Lutheran Hospital. Working alongside Lutheran Medical Group physicians, we provide advanced treatment options for individuals with complex heart or blood vessel conditions. It's one more way we're committed to caring for patients and families.

TO LEARN MORE, VISIT LUTHERANHEALTH.NET/HEART OR CALL (260) 435-7612.

The Heart & Vascular Center brings together seven specialized clinics in one convenient location, with aspects of care including:

- ▶ Advanced heart failure
- ▶ Amputation prevention
- ▶ Aneurysm care
- ▶ Atrial fibrillation (AFib)/stroke prevention
- ▶ Pulmonary hypertension
- ▶ Structural heart and valve disorders
- ▶ Vascular disease

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

** Independent members of the medical staffs.*

KEEP LEARNING

 Indicates reservations may be made online

Breakfast & Learns

Medicare Hospice Benefit

Kathy Delagrang, hospice consultant with Heart to Heart Hospice, will explain what hospice is, what services are provided and who is eligible. Hospice is not just for end of life. Come hear how hospice can provide hope.

- Tuesday, March 8, 8:30 a.m.
- St. Joseph Hospital, Assembly Room, lower level
- Free breakfast sponsored by Heart to Heart Hospice
- Register by Wednesday, March 2

Know the 10 Signs: Early Detection Matters



A representative from the Alzheimer's Association will help us understand the difference between age-related memory loss and Alzheimer's. We'll also discuss what to do if you or someone you know has signs of the disease.

- Tuesday, April 12, 8:30 a.m.
- St. Joseph Hospital, Assembly Room, lower level
- Free breakfast sponsored by Covington Manor
- Register by Wednesday, April 6

Lunch & Learns

The Eyes Have It

Dr. Jonathan Walker* will discuss eye diseases that occur with aging such as macular degeneration, diabetic retinopathy, glaucoma and cataracts. Come with your questions!

- Monday, March 14, 11:30 a.m.
- Lutheran Hospital, Special Function Rooms 3 & 4
- Free lunch sponsored by Grey Stone Health & Rehab Center and Sage Bluff Health & Rehabilitation Center
- Register by Tuesday, March 8

Plan Your Lifespan

Nowadays, people are living longer. Are you prepared to turn 80, 90 or 100? Denise Hughes, BSN, CRRN, Research Nurse and CARF Specialist with Aging & In-Home Services of Northeast Indiana, Inc., will present this program that was

Register online:

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

created at Northwestern University by geriatricians, seniors, nurses, social workers, aging services and communication experts. This will help you plan for health events that can happen with age; learn valuable information; connect to local resources and share your plans with family and friends.

- Wednesday, March 23, 11:30 a.m.
- Dupont Hospital campus, Dupont Resource Center, 2514 building, Suite 210
- Free lunch sponsored by The Hearth at Sycamore Village
- Register by Thursday, March 17

Senior Scams

The Indiana Attorney General's office works to identify and prosecute those who cheat or deceive Indiana citizens. It also educates on what you can do to prevent this from happening to you. What are the latest frauds and scams? Know what you can do to prevent becoming a victim. Protect yourself from identity theft. What happens if you do become a victim of identity theft? Find out from Bruce Muller what the Attorney General's office is doing to protect you. Come learn more about this important subject and get answers to your questions so you will not be a victim!

- Friday, April 15, 11:30 a.m.
- Lutheran Hospital, Special Function Rooms 3 & 4
- Free lunch sponsored by Bethlehem Woods Nursing & Rehabilitation
- Register by Monday, April 11

Let's Talk Thyroid

What is thyroid disease? Julia Ellingwood, FNP-C, Lutheran Medical Group family medicine nurse practitioner, will share the signs, symptoms and treatment of this condition.

- Wednesday, April 27, 11:30 a.m.
- Dupont Hospital campus, Dupont Resource Center, 2514 building, Suite 210
- Free lunch sponsored by Grey Stone Health & Rehab Center and Sage Bluff Health & Rehabilitation Center
- Register by Thursday, April 21

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, March 10, 9–9:30 a.m.

St. Joseph Hospital, Senior Circle office

- Tuesdays, March 22 & April 26, 8–9 a.m.
- Free blood pressure checks by Sunshine Home Health

Dupont Hospital, 2520 E. Dupont Road

- Thursday, April 14, 8–8:30 a.m.

Prostate-Specific Antigen (PSA) Screening

The PSA test measures the blood level of PSA, a protein that is produced by the prostate gland. This is a non-fasting test for men only.

- Tuesday, March 22, 8–9 a.m.
- Appointment required
- Cost: \$20 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, March 22 & April 26, 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, March 15 & April 19, 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, Aboite Podiatry Associates, will examine your feet and make recommendations to keep them healthy.

- Thursdays, March 17 & April 21, 2–3:40 p.m.
- 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:** March 9, 17, April 21, 8:30–11:30 a.m.
- ▶ **Afternoons:** March 3, April 7, 1–3:30 p.m.
- ▶ **All Day:** March 16, April 13, 20, 8:30 a.m.–2:30 p.m.

Did You Know? Facts About Diabetes

Source: diabetes.org and staywellsolutionsonline.com

- ▶ Diabetes affects an estimated 25.8 million people in the U.S. About 18.8 million people have been diagnosed, but 7 million are unaware they have the disease.
- ▶ Diabetes is the fifth leading cause of death among Americans.

- ▶ Type 2 is the most common type of diabetes, accounting for about 95 percent of all diagnosed cases of diabetes in the U.S. It is most commonly diagnosed in adults between the ages of 45 and 64.
- ▶ African Americans are two times more likely to develop diabetes than Caucasians.

CLASSES & COUNSELING & SAFETY INFO

Legal Counseling

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

- Fridays, March 11 & April 8, 1-2:40 p.m.
- Appointment required
- Available for Senior Circle members only

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.

- Tuesday, April 26, 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.

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.

- Tuesday, March 8, 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.



Unwanted Medication Collection

FRIDAY, APRIL 22, 9 A.M.-1 P.M.

Twice a year, Allen County TRIAD works with Walgreens for the disposal of unwanted medications. According to the Department of Health, this program allows people to safely dispose of unwanted, expired and no longer prescribed medications. This in turn helps to keep homes safer and prevents the medications from getting into the county's water supply.

Bring unwanted medication (in original bottles or packages) to one of the following Walgreens:

- ▶ 7950 W. Jefferson Blvd. (Lutheran Hospital)
- ▶ 5830 N. Clinton St.
- ▶ 6202 W. Jefferson Blvd.
- ▶ 6730 Bluffton Road
- ▶ 330 W. State Blvd.
- ▶ 907 Lincoln Highway W. (New Haven)
- ▶ 10170 Maysville Road
- ▶ 1701 E. Paulding Road
- ▶ 1610 W. Cook Road
- ▶ 5435 E. Dupont Road
- ▶ 10211 Chestnut Plaza Dr.
- ▶ 11932 Lima Road
- ▶ 10412 Coldwater Road
- ▶ 2410 N. Coliseum Blvd.
- ▶ 6201 Stellhorn Road

Ongoing collection sites (for pills only):

- ▶ Indiana State Police Post (5811 Ellison Road)
- ▶ Fort Wayne Police (Rousseau Centre, 1 E. Main)
- ▶ Allen County Sheriff (Huntertown Town Hall, 15617 Lima Road)
- ▶ New Haven Police (815 Lincoln Highway E.)

For more information, call 260-469-3036 or visit Agingih.org.

TRAVEL & TRIPS

Take a Trip with Us!

We're partnering with Whitley County Council on Aging for short trips this year. Join us for these fun excursions.



Crusts, Candy and Candles... Oh My!

Have you ever seen 1,200 pies being baked at one time? In one oven? We will start the day at Mrs. Wick's Pies in Winchester, IN, for a factory tour. Following the tour, we will head to Mrs. Wick's Restaurant for a morning piece of pie and a beverage.

But the day isn't over yet. We will then travel to Union City and Ghyslain Chocolates for lunch and a tour. Next, we will go to Richmond to J&J Winery for wine tasting. And our last stop will be in Centerville at the Warm Glow Candle Outlet.

- Thursday, June 2
- Cost: \$120 (\$25 will reserve your spot). Final, full payment is due by April 15. Make checks payable to WCCOA Tours and send them to, or drop them off at, the 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 (5 different wines) at J&J Winery; shopping at the Warm Glow Candle Outlet.
- Space is limited. Your spot will be reserved when we receive your \$25 deposit or full payment.

LET'S GET MOVING

Fitness & Training

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).

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

Get Out and Walk: April 6

The American Heart Association has set April 6 as National Walking Day to remind people about the health benefits of walking. So make a date with friends to get out and walk together.

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

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, March 2 to April 6 and April 20 to May 25, 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: Feb. 29 to April 7 and April 18 to May 26.
- \$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, Feb. 29 to April 4 and April 18 to May 23, 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**

Easter Basket and Lunch

Come for lunch and create an Easter basket to keep or give as a gift to a friend or loved one.

- Tuesday, March 15, 11:30 a.m.
- Sponsored by Grey Stone Health & Rehab Center and Sage Bluff Health & Rehabilitation Center
- Register by Thursday, March 10

Bingo

Enjoy an afternoon of playing bingo for prizes!

- Tuesdays, March 1 & April 5, 2-3 p.m.
- Register by Friday, Feb. 26 & Friday, April 1, respectively



Senior Circle Stitchers

- Wednesdays, March 2, 16, 30 & April 13, 27, 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

Potomac Bridge

- Friday, March 25, 12:30-4 p.m.
- Medium: Acrylic on canvas
- Register by Tuesday, March 22

Full Spring

- This painting will require two sessions (April and May)
- First session: Friday, April 22, 12:30-4 p.m.
- Second session: Friday, May 20, 12:30-4 p.m.
- Medium: Acrylic on canvas
- Register by Tuesday, April 19



Photos are from January's memory box craft program

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		
<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 style="text-align: center;">Senior Circle, c/o St. Joseph Hospital, 800 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. 		

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

- Tuesdays, March 1 & April 5, 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.

Art Class: Zentangle

Join instructor Jan Rupert to decorate a piece of tile that can be used as a coaster or piece of art in your home. No art talent necessary.

- Thursday, March 24, 1-3 p.m.
- Bluffton Regional Conference Room 403, 4th floor
- Cost: Depending on class size, we might need to charge \$4 per person for supplies. If so, we will notify those who have registered prior to the class.



Theater Thursday

- Free movie, prizes, refreshments and health information
- Wells County Public Library
- ▶ Film: "Max" (PG)
 - › **Thursday, March 17, 10 a.m.**
 - › Topic: Problems and Treatments of the Colon
 - › Speaker: Natalia Allison, MD, Bluffton Medical Group/Primary Care
- ▶ Film: "Letters to Juliet" (PG)
 - › **Thursday, April 21, 10 a.m.**
 - › Topic: Overactive Bladder, UTIs and Other Urology Issues
 - › Speaker: Brian Stogdill, MD, Bluffton Medical Group/Urology

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.

- ▶ **March:** Send your questions regarding issues dealing with the colon for Dr. Natalia Allison, Bluffton Medical Group/Primary Care, to answer.
- ▶ **April:** Send your questions regarding urology issues for Dr. Brian Stogdill, Bluffton Medical Group/Urology, to answer.

Senior Exploration

- Five-week program for adults interested in continued learning
- Mondays, April 11–May 9, 8:30 a.m. to noon, Boys and Girls Club (1410 Wayne St., Bluffton)
- Continental breakfast sponsored in part by Bluffton Regional Senior Circle
- Cost: \$12; \$6 for Senior Circle members (give your card number)
- To register, contact Parks & Recreation at (260) 824-6069

Lunch & Learn

Join Russel Legreid, II, MD from Bluffton Medical Group/Otolaryngology as he discusses sinus problems and other conditions concerning the ears, nose, and throat.

- Wednesday, April 27, noon
- Wells County Public Library
- Cost: Free
- Register by Monday, April 25



KOSCIUSKO PROGRAMS

March Programs:

Free Breakfast & Learn : Urology

Dr. Salah Elsharty, our new urologist, will discuss topics related to urology and take your questions about your health in relation to urology. In more than 30 years as a urologist, he has gained special experience in urological oncology, urinary incontinence, infertility, minimally invasive kidney stone treatment and penile prosthesis.

- Friday, March 18, 8:30 a.m.
- KCH Administration Classroom
- Call (574) 372-5854 to RSVP

April Programs:

Free Breakfast & Learn: Stroke, Chest Pain & EMS Air

Dr. Michael Hartman* will be discussing chest pain and stroke, including what signs and symptoms to look for with each. We will also discuss our recently received stroke certification and what that means for our community.

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



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.



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.

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.

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)

SAVE THE DATE—50+ LIFE EXPO, MAY 7



The 50+ Life Expo, presented by Lutheran Health Network and brought to you by Fort Wayne Newspapers, will be held May 7 at the Allen County War Memorial Coliseum. It 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 kickoff.

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 the next issue of Circle News.

