

Circle News

May/June
2008

How To Contact Us

Senior Circle is located in the Medical Office Building at St. Joseph Hospital.

Community & Adult Services:
(260) 425-3857

Senior Circle Coordinator:
(260) 425-3861
Reservations:
(260) 425-3087

Volunteer Services:
(260) 425-3098

Look for more information on our Website at:
www.stjoehospital.com

Address Changes
To report address changes, please call (260) 425-3087.



St. Joseph Hospital

Lutheran Health Network Member

Healthy LifeSteps Becomes Senior Circle

- Barbara Schoppman, VP of Community & Adult Services

Happy springtime to all of you! Spring means that it is time for the Expo! We have a lot of changes this year, including our name, which will change May 1. Healthy LifeSteps has become a chapter of Senior Circle. The national Senior Circle organization has more than 90 chapters with more than 75,000 members across the United States. We will continue our local programming, but you will also have the opportunity to hear about programs and travel opportunities that you can be part of with other Senior Circle members from throughout the United States.

As a Senior Circle member, you will continue to receive this newsletter, and you will also receive a quarterly magazine called "Inside Circle" that has a lot of great information and educational articles. When it is time for you to renew your membership, you will see that dues are now \$15 per year, but they are not due until your current membership expires. For instance, if you paid your dues in September 2007, you will still receive the newsletter, magazine and all other Senior Circle membership benefits. If you are a Healthy LifeSteps member, you should have received a letter recently from our CEO, Kirk Ray, that explains all the benefits of a Senior Circle membership.

Please plan to join us for the Senior Circle Expo. Details on the expo are included in this newsletter, but I want to mention just a few. I am really excited about the euchre tournament. We have talked about offering this in the past, but due to limited space for tables we were not able to offer it. Thank you to IPFW for finding us a space! You will need to register in advance to play, but register early since the number of participants will be limited to the number of seats available. I think this will be a fun event for everyone playing. In addition, we have great entertainment lined up as well as numerous interesting booths. People tell us that they learn something new each year, and we are proud to sponsor such a great event for the eighth year.

If you're planning to go to the expo, it is best to enter the IPFW campus from Crescent Avenue (see map in this newsletter). If you park in Parking Garage 2, a golf cart will be available to take you to Walb Union, where the expo is taking place.

I hope to see you and all your friends at the Expo on May 14!

Exercise Programs

Power Walkers



Members can still walk for free at Spiece Fitness and the SouthEast Family YMCA, call our office for walking hours and more information. These facilities also waive the enrollment fee for our members if you wish to join.

Members can also access several other indoor walking sites with an America on the Move card. Call 425-3087 and we will send you a card with a list of all of the sites available.

Congratulations to our members that completed the Active Aging Challenge! Tracking logs and information are still available for anyone who wishes to take the challenge, just give us a call and we will send it to you!



Thighs, Hips, and Abs

- 5 week session: Mondays and Thursdays
- May 19–June 23
 - 1 p.m. St. Joe Hospital
- Cost: \$40

Thighs, Hips, and Abs will focus on building strength and flexibility in these areas and help you maintain optimal mobility. These muscles deteriorate without use, so you must learn to use them or risk losing them. Strengthening these muscles will increase stability and further enhance your balance, thus decreasing your risk of falls.

Balance and Coordination II

- 5 week session: Mondays and Thursdays
- May 19–June 23
 - 10 a.m. Coventry Meadows
 - 3:45 p.m. Golden Years Homestead
 - 5 p.m. Golden Years Homestead
- Cost: \$40

A continuation of Balance and Coordination, this class will review and utilize movements learned in the first class while adding more exercises. We will continue to retrain eye muscles and increase brain activity, thus further improving your balance and coordination.

Steps Anew

Exercise classes are taught by Collene Hitchcock, BA Education/Physical Education; Certified Body Recall instructor. Each session we will offer different classes, focusing on specific areas that seniors need help with. Upcoming classes will include: Hands, Arms and Shoulders; Promoting Back Health; and Leakage, Circulation and Posture Improvement.

Where?! Unless specifically noted, all programs are held in the classrooms at the Healthy LifeSteps office on the first floor of the Medical Office Building at St. Joseph Hospital. Reservations are required for all programs. Call (260) 425-3087.

Exercise Programs

Senior Fitness Classes

- Tuesdays and Thursdays, 9:30–10:30 a.m.
- Lutheran Hospital, near gift shop
- Call to pre-register: 420-9642

This is a wonderful program designed to help seniors exercise safely. This class includes fun resistance training along with light cardiovascular training to enhance senior's well being. The benefits are endless. This class helps increase bone density, self confidence, mental acuity, stability and helps improve sleep. This class offers great social interaction for seniors.

Gentle Restorative Yoga

- Wednesdays, 6–6:45 p.m.
- Lutheran Hospital, near gift shop
- Call to pre-register: 420-9642

All yoga postures in this class are profoundly relaxing and deeply rejuvenating. Restorative Yoga brings about relief to those with chronic back pain, hypertension, migraines, insomnia, range of motion limitations, degenerative disk and many other ailments. Come enjoy the healing effects of Restorative Yoga! All levels welcome.

Seniors Circle members receive 15% off class fees and all services. Senior Circle member rates are \$34 for a 5 class package, \$63.75 for a 10 class package, or drop in for \$8. To learn more or pre-register for a class, call today 420-YOGA (9642).

k a c h m a n n
*mind***BODY**
i n s t i t u t e

Health Programs

Massage

- Every Thursday, no massage May 15, 9 a.m.–noon
- Cost: \$15 for 15 minutes, \$30 for 30 minutes
- Call for appointment: 425-3087

Bill Garringer, Certified Massage Therapist and Geriatric Specialist, offers therapeutic table massage in the privacy of one of our offices at Senior Circle to improve circulation, ease pain and relieve stress. Therapeutic massage can significantly enhance health and prevent many pitfalls which lead to health problems. Geriatric massage can assist in easing health issues common to seniors including: muscular pain and tension, hypertension, insomnia, fibromyalgia, paralysis due to stroke, joint and muscular stiffness due to Parkinson's disease, decreased mobility or joint pain, swelling from excess fluid retention and may boost the immune system or accelerate healing from surgery or injury. If you are currently being treated for a medical condition, you should discuss this with your physician before having a massage.

Chair Massage

- Thursdays, May 8 & 22, June 5 & 19, 9 a.m.–noon
- Cost: \$15 for 15 minutes
- Call for an appointment at 425-3087

Scott Crebb, Certified Massage Therapist offers chair massages at the Senior Circle office. Chair massages allow for a greater concentration on the areas most affected by stress and tension such as the back, shoulders and neck in an ergonomically correct chair designed for massage.

Health Programs

Anxiety Screening

- Wednesday May 7, 10 a.m.–1 p.m.
- Cost: Free
- Call for an appointment: 425-3087

Feeling stressed out? May 7 is National Anxiety Disorder Screening Day. Screening will be in a private office with a licensed therapist from St. Joseph Hospital. This free, confidential screening will indicate if you may need further counseling or medication to help with the way you are feeling.

Chem 30 Blood Chemistry

- Tuesdays, May 27 and June 24
- 7:30–9:30 by appointment
- Cost: \$45
- Call for appointment: 425-3087

Chem 30 provides 30 different tests; it measures levels of sodium, potassium, glucose, uric acid, calcium, phosphorus, magnesium, cholesterol HDL, cholesterol LDL and triglycerides among others. A 12-hour fast is required. This blood draw is provided by the St. Joe Laboratory. Results will be mailed to your home.

Foot Screening

- Thursdays, May 24 and June 22, 2–4 p.m.
- Only available to current Senior Circle members
- Cost: Free
- Call for appointment: 425-3087

Are you concerned about staying on your feet? Do you suffer from any of the following foot problems: nail fungus, foot instability, athlete's foot, thick, brittle or discolored nails, heel pain, deformed toes or trouble walking? Are you diabetic and have concerns about your feet? Dr. Matthew Robison, DPM, Aboite Podiatry Associates, will examine and evaluate your feet and make recommendations for keeping them healthy.

Foot Care Clinic

- Wednesdays, May 21 and June 11 & 18, 1–3:30 p.m.
- Thursdays, May 1 and June 5, 1–3:30 p.m.
- Thursdays, May 15 and June 19, 8:30–11:30 a.m.
- Tuesday, May 27, 1–3:30 p.m.
- Cost: \$20
- Call for appointment: 425-3087

Carol Snyder, LPN, "A Lighter Step", provides foot care including a relaxing foot-soaking, nail trimming, foot massage and filing of calluses. Bring a foot basin and large towel.



Hearing Screening

- Wednesdays, May 7 and June 11, 9 a.m.–noon
- Cost: Free
- Call for an appointment: 425-3087

Audio Professionals will conduct complete hearing exams, check your ears for earwax, thoroughly clean all types of hearing aids, install tubes and hooks for all types of behind the ear hearing aids, replace broken battery doors, and buff and polish your hearing aids, all for FREE.

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Health Programs

Life Line Screening

- Preventative Screenings for Stroke/Vascular Disease
- Thursday, May 29 at Lutheran Hospital, classrooms 1 & 2, lower level near cafeteria
- Cost: \$45 per test, \$119 for 3 Vascular or \$139 for 3 Vascular with Atrial fibrillation.
- Call to register: 1-877-792-8480

Tests available:

1. Carotid Artery: Scans the carotid arteries in the neck for plaque buildup.
2. Abdominal Aortic Aneurysm: Scans for existence of an aneurysm in the abdominal aorta.
3. Peripheral Arterial Disease: This test looks for peripheral arterial disease (plaque buildup) in the lower extremities which is linked to coronary artery disease.
4. Atrial Fibrillation: Afib isn't life threatening, but it can lead to other rhythm problems, chronic fatigue, congestive heart failure and worst of all, stroke.

These non-invasive and completely painless screenings for vascular disease use the most advanced doppler ultrasound technology. Results will be mailed to you. Medicare does not cover the cost of these screening services and Life Line does not file insurance claims. Major credit cards are accepted if you pay at the time of your reservation.

Coleen's Corner:



*Coleen Arribasplata
Coordinator,
Senior Circle*

Happy Spring and welcome to Senior Circle. You will see some new programs in this newsletter, including a Senior Circle Orientation. I encourage all members, new and old, to attend so you can learn more about what we have to offer.

Be sure to join us for the Senior Circle Expo on Wednesday May 14. We will be returning to the Walb Union at IPFW and will be offering free shuttles from the parking garage as we did last year. This location worked out really well and we are putting together another great event for this year. Be sure to bring a friend! See page 10 for more information.

— Coleen

Medication Check and Disposal

- Wednesday, May 14, 9 a.m.–1 p.m.
- Senior Circle Expo
- No appointment necessary
- Cost: Free

Lutheran Health Network pharmacy staff will be on hand at the Expo this year to discuss your medications if you have any questions. Bring a complete list with dosage. TRIAD will also have medication disposal at the Expo this year, so clean out your cupboards and drawers and bring those expired and unused medications for proper disposal!

Lectures & Learning

Senior Circle Orientation

- Thursday, May 29, 10 a.m.
- Wednesdays, June 4, 10 a.m. and June 25, 2 p.m.
- Call for an appointment: 425-3087

This will be a regular program offered year round for new members, or for current members who just want to know more about the benefits of your membership. Come and learn about all that Senior Circle has to offer, get to know the staff and tell us what programs you would like us to offer. Information will also be available on the national discounts and travel opportunities offered through Senior Circle.

Stroke Awareness and Prevention

- Monday, May 12, 10 a.m.
- Call for an appointment: 425-3087

May is American Stroke Month. Did you know that 50% of strokes show no warning signs? Julia McQueen, Health Service Coordinator with LifeLine Screenings, will talk about stroke and vascular disease prevention. She will also explain the LifeLine Screening tests—how they are performed and what the results will tell you. There will be time for your questions as well. Light refreshments will be served.

The Senior Circle Book Club—NEW!

- Monday, May 19, 2:30 p.m.
- Call to register by Friday, May 16: 425-3087

We are starting a book club here at Senior Circle. At this first meeting we will discuss what types of books you are interested in, choose our first book and schedule our next meeting. We will also have an optional book exchange. You may bring up to three books you are finished with and will have the opportunity to share these with fellow group members.

Collette Vacations Presentation

- Wednesday, June 4, 10:30 a.m.
- Call for an appointment: 425-3087

Collette Vacations, Senior Circle's preferred travel partner, has put together some incredible adventures for 2008. A representative from Collette will tell us all about these tours which are filled with unforgettable experiences. Make new memories and new friends! If you can't make the presentation, we do have detailed planning information and brochures available at the office; or you can call Collette at 1-877-894-1238 or visit www.seniorcircle.com for more information. Trips this year include:

- San Francisco and Lake Tahoe, departing July 11
- Sunny Portugal, departing September 12
- San Antonio Holiday, departing December 6

S.A.F.E. for Senior Women

- Wednesday, May 14
- IPFW, Walb Union, room 222
- Must pre-register: 481-6619—space is limited!
- Cost: free

The IPFW Police Department and the National Self-Defense Institute (NSDI) have partnered to provide the S.A.F.E. Program—an initiative to STOP Violence Against Women. SAFE (an acronym for Self-defense, Awareness & Familiarization Exchange) is an unparalleled 2-hour educational victim prevention program encompassing Strategies, Techniques, Options and Prevention. Women will be provided with information that may reduce their risk of exposure to violence and introduces them to the physical aspects of self-defense. During this course you will watch a video, and participate and explore the option of physical self-defense. This program will be offered during our Expo at the Walb Union. Parking is free and shuttle service will be provided. Class and text are free, sponsored by a grant from the Council on Senior Services.

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Lectures & Learning

AARP 55 Alive Driving Course

- Tuesday, June 3, 8:30 – 4:30
- Cost: \$10 per person*. Pre-payment preferred, make checks payable to AARP, and send to Senior Circle, 700 Broadway, 46802
- *Special Promotion currently available from AARP: two for the price of one! Must be an AARP member to qualify.
- Pre-Registration required: 425-3087, space is limited.

Traffic has increased over 30 percent in the last 10 years and the number of streets has increased as well. Instructor Chuck Jones will teach you how to drive longer and safer. Learn defensive driving, new traffic laws, sharing the road with large trucks, rules of the road and much more in this 8 hour course. Find out how to adjust your age-related changes in vision, hearing, and reaction time to your driving. This is a classroom only class with no tests or actual driving. Class is limited to 20 students age 50 or older. Check with your insurance company to see if they offer premium discounts upon completion. For more information, or for other class dates being offered, go to www.aarp.org/drive or call 1-888-227-7669. We will take a break for lunch, so feel free to bring a sack lunch or enjoy lunch at the Off Broadway Café in the main hospital (Senior Circle members receive the associate discount!)

Sleep: As Important as Diet and Exercise, Only Easier

- Tuesday, May 13, 10 a.m.
- Call to register: 425-3087

May is National Better Sleep Month. Sleep should be easy, but isn't for many of us. Come hear Molly Mengerink, Nationally Registered Sleep Technician, present on how to improve your sleep, and your health as a result.



Breakfast and Learn

Breakfast and Learn programs are FREE, informative seminars. **Call 425-3087 to reserve your spot (required).** Limited to the first 35 reservations; call to cancel if you cannot attend. Held at St. Joseph Hospital in the conference room, ground floor.

- Tuesday, May 7, **9 a.m.**
- Registration deadline: Friday, May 2
- "Understanding Anxiety Disorders"

Presented by Karen A. Cookson, LCSW, Clinical Supervisor and Outreach Coordinator, Generations.

Free breakfast will be served at 8:30 a.m., sponsored by Heritage Park.

- Tuesday, June 10, **9 a.m.**
- Registration deadline: Friday, June 6
- "Vertebroplasty—Shoring up the Spine"

Presented by Dr. Fred Vandeman, Summit Radiology.

Free breakfast will be served at 8:30 a.m., sponsored by Coventry Meadows.

Lectures & Learning

Beginning Painting Class

- “Dogwood Trees with Spring Flowers and Waterfall” 16 x 20, Tuesday, May 20, 9 a.m.–1 p.m., \$35
- “Soaring Eagle” 12 x 16, Tuesday, June 17, 9 a.m.–1 p.m., \$35
- Registration deadlines: May 13 and June 10, call 425-3087, pre-payment required

Kathy McHenry teaches painting step-by-step. All supplies are included in the class fee. We have seen amazing results from our beginners! You will leave with a completed painting to take home, ready to be framed. The instructor will have reasonably priced frames available for purchase after the class if you would like her to do the framing for you. Paintings are on display in the Senior Circle office if you would like to come down and take a look. Painting class is open to adults of all ages.

Please note: Painting classes require a minimum number of participants and pre-payment is required to guarantee your attendance. Please mail payment, payable to Kathy McHenry, to Senior Circle at 700 Broadway, Fort Wayne, IN 46802. Cancellation is required 7 days in advance for a refund. If the minimum is not met and the class is cancelled your check will be returned.

The Secret of the Non-Diet

- Monday, June 16, 7 p.m.
- Kachmann Auditorium, Lutheran Hospital
- No pre-registration required

Dr. Rudy Kachmann will present on preventing, stopping and reversing diabetes and heart disease through a healthy lifestyle.



Join the New Horizons Band!

Learn to play a musical instrument with New Horizons. Or begin again if you played years ago and want to make music now.

The Fort Wayne New Horizons Band is a program for people 50 and over who want to meet a bunch of interesting new people and make music again. The band meets on Tuesday and Friday mornings from 9:30–11:30 a.m. at the Crescent Avenue Methodist Church, 1232 Crescent Ave. in Fort Wayne. If you're curious, stop in any time to listen to the band and join us for coffee and cookies at break time.

For more information call Dave Held at 744-6084 or e-mail at zotzbike@peoplepc.com. You may also call the band director, John Morse at (419) 263-3210.

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Advisors

Medicare Counseling

- Fridays, 9 a.m.–3 pm.
- Call for appointment: 425-3439

State Health Insurance assistance Program, or SHIP, is a free unbiased counseling program provided by the Indiana



Department of Insurance. State certified volunteer counselors provide local help for people with health insurance issues with, but not limited to, Medicare. The SHIP schedule at Senior Circle is by appointment only every Friday from 9 a.m.–3 p.m. Be knowledgeable of your options before you investigate a policy purchase. Call 425-3439 and record your name and phone number. A SHIP counselor will contact you to schedule your appointment.



SHIP Counselor Jim Holmes assists member Ralph Relue with his Medicare questions.



Thank you!

Evelyn Pauly, Emil Dusio, Fritz Dunderman and Dick Harber. Our Volunteers from the AARP Tax-Aide Program, who gave many hours and completed returns for 157 couples and individuals at our site during tax season this year!

Legal Counseling

- Fridays, May 2 and June 6, 1–3 p.m.
- Call for appointment: 425-3087



An Elderlaw attorney from the firm Beers, Mallers, Backs and Salin will provide a free 20-minute consultation and answer your legal questions.

Senior Circle Expo

Wednesday, May 14, 9 a.m.—1 p.m.

Walb Student Union, IPFW

- **FREE screenings:**
 - skin cancer
 - osteoporosis
 - balance
 - blood pressure
 - glucose (12 hr. fast recommended)
- Total cholesterol screenings \$10 (fasting not required)
- FREE massage
- Medication Disposal and Counseling—TRIAD will take your expired and unused medications and our pharmacy staff will answer any questions you may have about your current medications.
- Over 50 organizations will exhibit, with great information and giveaways!
- Entertainment will include: The Alley Kats, Ron Smith, Hoop Dancing, the New Horizons Band, and demos of our new Balance and Strengthening classes.
- **Senior Circle Euchre Tournament**, 10 a.m.–noon, 2nd floor of Walb Union. You don't need a partner but space is limited to the first 40 people who make their reservation: call 425-3087 to reserve your seat, you must pre-register.

**NEW
THIS YEAR**

Park for free in the garage and take a ride on a golf cart right to the door of the Union!



Questions?
(260) 425-3087

Senior & Circle
A program for adults 50+

St. Joseph Hospital

Community News

Senior Games

- June 2-19
- Call to pre-register: 427-6460
- Cost: \$1 per event



**FORT WAYNE
PARKS AND
RECREATION**

Play well... Live well

The Fort Wayne Parks and Recreation Department presents its Annual Senior Games competition to promote the benefits of remaining active and physically fit and to encourage

all adults over 50 to adopt a healthy, enjoyable lifestyle. There are more than 20 events to choose from and the cost is only \$1 per event if you pre-register. There will be an opening ceremony on June 2 and an Awards Banquet June 19. Call 427-6460 for more information and to pre-register. Deadline is May 23.

WORD SEARCH

SPRING

M S R E W O L F
E G K V M A L O

FLOWERS

M J D B M Y W E
O P F D O C U X

RAIN

R A I N W J H Q
I P B C I M S M

MEMORIAL DAY

A O W I N T H R
L Y U N G D E O

CLEANING

D A C S N O K T
A D G N I R P S

THUNDERSTORM

Y S B V N A L R
O R U E A W S E

MOTHERS DAY

A E O K E B R D
U H I C L W G N

MOWING

M T O D C S L U
P O M O E F G H

S M F G H L I T

Senior & Circle

A program for adults 50+

MEMBERSHIP APPLICATION

Today's Date: _____ Referred By: _____

ST. JOSEPH HOSPITAL		<input type="checkbox"/> New <input type="checkbox"/> Renewal
Last Name	Middle I.	<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 ()	Birthday Mo. ____ Day ____ Yr. ____	
Address	Apt #	
City	State	Zip

E-mail

I authorize do not authorize
that a Senior Circle representative may be notified
of my admittance to participating hospitals and
may contact me while in the hospital to ensure my
needs are being met.

Signature _____

Complete the section below only if you are applying for a second member in the same household.

Last Name	Middle I.	<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 ()	Birthday Mo. ____ Day ____ Yr. ____	

E-mail

I authorize do not authorize
that a Senior Circle representative may be notified
of my admittance to participating hospitals and
may contact me while in the hospital to ensure my
needs are being met.

Signature _____

PAY BY CHECK ONLY - Check one:

- One Year Membership \$15.00 (SC1)
- Two - One Year Memberships \$27.00 (TW1)
- Two Year Membership \$27.00 (SC2)

(you save 10% compared to a one year membership)

Return completed application with check or money order to: **St. Joseph Hospital, ATTN: Senior Circle, MOB first floor, 700 Broadway, Fort Wayne, IN 46802**

RETURN SERVICE REQUESTED

Senior Circle Expo!

Wednesday, May 14, 9 a.m.–1 p.m. at IPFW, Walb Union

- Health Screenings
- Massage and Mini-Makeovers
- Informational Booths
- Entertainment
- Free Parking and Shuttle Service!



St. Joseph  **Hospital**

