

forever young

September/
October
2007

How To Contact Us
Healthy LifeSteps
is located in the
Plaza Office
Building at St.
Joseph Hospital.

**Community &
Adult Services:**
(260) 425-3857

**Healthy LifeSteps
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
For Healthy LifeSteps
address changes,
please call
(260) 425-3087.

Fall Offers Healthy, Fun-filled Opportunities

- Barbara Schoppman, VP of Community & Adult Services

I have been writing articles for this newsletter for seven years, and if you have read some of them, you will know that of the four seasons, I love fall in Fort Wayne the best. After the hot, humid weather we had in July and August, I know that some of you probably agree with me and want to turn off the air conditioner, open the windows and watch those leaves turn beautiful fall colors as much as I do.

Fall is also great because I get opportunities to be more active. There are festivals each weekend and lots of events for seniors. The Senior Information Fair will take place at the new Allen County Public Library this year. This year's fair is not only an opportunity to receive helpful information and undergo some health screenings, but to also see the library and all its amenities. Healthy LifeSteps and St. Joe Home Care will be represented at the fair again this year.

Soon, you will see changes here at St. Joe Hospital as we add a building to our campus. The

new medical office building will be built between the existing medical office building and the hospital. Parking for our programs during construction should not be affected, but just in case, signs will be posted to point you in the right direction.

If you are one of the lucky ones who leave the Fort Wayne snow and sleet for a few months in the winter, please let us know. We will make a note so that we do not send you the newsletter while you are out of town (since the newsletters cannot be forwarded). When you return, give us a call, and we will add you back to the mailing list.

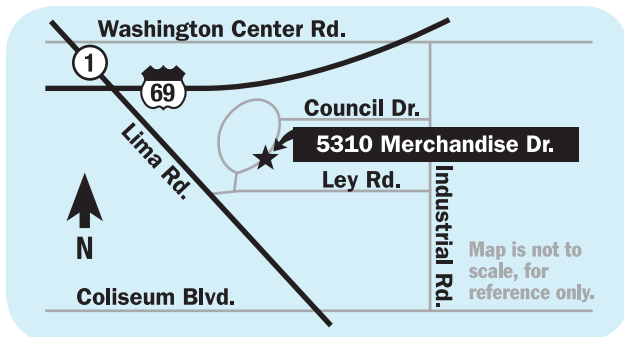
I hope that you will be able to attend the September and October classes and programs that Coleen has scheduled. The walking program will hopefully begin again at ASH Center in late fall. The opening date will be announced in the next newsletter. I encourage you to walk in the center or at any of the other indoor locations during the fall and winter months.

Exercise & Dance

Power Walkers

- **Spiece Fitness**
5310 Merchandise Drive
(off of Lima Road near exit 111A)
- Monday–Friday, 5 a.m.–10 p.m.
Saturday–Sunday, 7 a.m.–7 p.m.
- Blood pressures will be taken on Fridays from 9 a.m.–1 p.m.

You will need to show your Healthy LifeSteps membership card and meet with a customer service representative the first time you come to walk. Spiece will waive the enrollment fee for Healthy LifeSteps members who wish to join the facility. Call 483-1415 for more information.



- **Southeast Family YMCA**
5125 Werling Drive
- Mondays, Wednesdays and Fridays, 9 a.m.–noon.

You will need to show your Healthy LifeSteps membership card and meet with a YMCA representative the first time you come to walk. Enrollment fee is waived for Healthy LifeSteps members who wish to join at this branch. Financial assistance is available for those who qualify. Call 447-4567 for more information.

- **Jefferson Point Shopping Center**
(Jefferson Blvd. & Illinois Road)
- 8 a.m.–9 p.m.

Call 425-3087 for more information or stop by the mall office located between Panera and DeB-rands. Blood pressure and cholesterol/glucose screening offered on Thursdays, September 13 and October 11 from 8–10 a.m. in the Food Court near Barnes and Noble Bookstore.

- **ASH Centre**
1701 Freeman Street

Renovations are underway at the ASH Centre and we are hoping to return in November. We will have more information in the Nov/Dec newsletter or you can call our office at 425-3087 for an update in the latter half of October.

All walking programs require you to show your Healthy LifeSteps membership card. If you need a membership, it's only \$7 a year and helps to support our programs. Send in your application (located on page 11) or, you can also apply at St. Joe in the Healthy LifeSteps office, the gift shop or at the information desk. At Lutheran Hospital you can apply in the gift shop or with the cashier.

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Exercise & Dance

Tai Chi for Arthritis

- 6 weeks, September 11–October 18
- Tuesdays and Thursdays, 11:15 a.m.–noon
- \$36 HLS member, \$40 non-member
- Call to reserve your space: 425-3087

Tai Chi combines simple, graceful movements and meditation. It is a series of integrated exercises believed to have positive, relaxing effects on a person's mind, body and spirit. Tai Chi is a holistic form of exercise, and a type of Qigong that melds Chinese philosophy with martial and healing arts. Participants demonstrate noticeable improvements in balance, lower body strength, stance width, improvement in sleep quality, concentration, memory, self-esteem and overall energy levels.

*Information provided by: Yang and Rosen-gren—University of Illinois at Urbana-Champaign

Class will be taught by Christina Blackburn, B.S.P.H., M.S., Health Promotions Coordinator at New Energy Wellness, Coventry Meadows.

Country Line Dancing

- Wednesdays 2:30–4 p.m.
- NO CLASS September 5
- 4 week sessions: September 12–October 3; October 10–31
- \$14 HLS member, \$17 non-member or \$5 for drop-in
- Call for more information: 425-3087

Vern Chovan teaches beginner/intermediate level line dancing to country music. You don't need a partner to join—this is a great class to make new friends. Line dancing is also an excellent workout, but you won't realize it since you'll be having so much fun!

Body Recall

- Class meets three days each week: Mondays, Wednesdays & Thursdays
- 10 week session: September 10–November 15
\$80/HLS member, \$85/non-member
(30 classes, member price is just \$2.67 per class!)
- Level I: 10:00 a.m. Coventry Meadows
1:00 p.m. St. Joseph Hospital
3:45 p.m. Golden Years Homestead
- Level II: 5:00 p.m. Golden Years Homestead
- Call for pre-registration or more information:
425-3087

Body Recall is a program of simple, gentle exercises. However, each exercise has a purpose and is beneficial in assisting participants to move more easily and confidently. The exercises are designed to help the body remember what it once knew, and to strengthen the muscles and increase flexibility. Body Recall helps with balance and the prevention of falls, plus the knowledge of how to get up when a fall does occur. The chair is used as an apparatus for targeting specific areas of the body more thoroughly during exercise. Body Recall teaches the best and safest way to sit, stand, climb and descend stairs, get down on the floor and up again, utilizing personal instruction. Call 425-3087 for more information and we can mail you a brochure.



Health Programs

Massage

- Every Thursday, 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 Healthy LifeSteps 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 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.

Lipid Profile and Glucose Screening

- Tuesday, September 18, 7:30–10 a.m.
- New Haven City Hall, Police Training Room
- Cost: \$25
- Call for an appointment: 425-3087

Lipid Profile includes your total cholesterol, your triglycerides, LDL (bad cholesterol) and your HDL (good cholesterol) levels and the ratio of HDL to total cholesterol, which gives you a true indicator of your heart health. This screening test also includes your fasting glucose. You must fast for 12 hours for this test to be accurate. You will receive your results after a short wait that morning.

Hearing Screening

- Wednesdays, September 12 and October 10, 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.

Osteoporosis Screening

- Wednesday, September 12, 9–11 a.m.
- Healthy LifeSteps office
- Cost: free
- Call for an appointment: 425-3087

A nurse from the Osteoporosis Center at Lutheran Hospital will do a simple heel screen to measure your bone health and determine if you are at risk for fractures. The nurse will explain your results, which you will take with you, and provide education materials, answering any questions you may have about calcium and the DEXA scan.

Chem 30 Blood Chemistry

- Tuesday, September 25, 7:30–9:30 a.m. at Healthy LifeSteps office
- Tuesday, October 30, 7:30–9:30 a.m. at Anthony Medical Center
- 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.

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Health Programs

Medication Check

- Tuesday, October 9, 9:15–10 a.m.
- Cost: free
- Call to make an appointment: 425-3087

Pharmacists from Lutheran Health Network will be here to discuss your medications. Bring prescription and over-the-counter medications, herbals, vitamins and minerals (in original containers) or bring a list with you, including dosage. The pharmacist will review the medications with you and discuss any drug interaction.

Foot Care Clinic

- Wednesdays, September 19 and October 10 & 17, 1–3:30 p.m.
- Thursdays, September 6 and October 4, 1–3:30 p.m.
- Thursdays, September 20 and October 18, 8:30–11:30 a.m.
- Tuesday, September 25, 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.

Chair Massage

- Thursdays, September 13 & 27 and October 11 & 25, 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 Healthy LifeSteps 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.

Foot Screening

- Thursdays, September 27 and October 18, 2–4 p.m.
- Only available to current Healthy LifeSteps 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.

Coleen’s Corner:



*Coleen Arribasplata
Coordinator,
Healthy LifeSteps*

Happy Fall! I have planned a lot of great programs for you in September and October, and there are a lot of events being offered in the community as well. This is a great time to get out of the house and do or learn something new while enjoying the fall weather. I hope you will find many things of interest in this issue.

I recently came across an article I had saved with alternate names for “seniors” and thought you might like this suggestion by Alan Brown, 66, of Plantation, Florida: “I’d call life after 60 the ‘Metallic Stage’, it is so named for the silver in your hair, the gold in your teeth, the tin ear you’re developing, the platinum credit card you’re being offered, the titanium implant in your hip, and the lead in your behind.”

We hope you have an enjoyable fall and we look forward to seeing you soon!

— Coleen

Lectures & Learning

LifeStyle Budget

- Friday, September 28, 10 a.m.
- Cost: free
- Call to make a reservation: 425-3087

Whether you are one of our younger members, still working and trying to find balance, or if you are one of those busy retired people with a calendar that always seems to be full, this program is for you! Learn how to manage your busy lifestyle. Take inventory of where you spend your time the most and find solutions for creating balance. Presented by Barb Ceresa, MS, Health & Wellness Director for the YMCA.

The 7 Dimensions of Wellness

- Friday, October 12, 10 a.m.
- Cost: free
- Call to make your reservation: 425-3087

Wellness is the balance of the mind, body, and spirit. Barb Ceresa returns to teach us about the seven dimensions of wellness and how these dimensions relate to the way we live. Balance of these dimensions will allow one to lead a healthy lifestyle toward wellness and away from illness.

So you think you know all there is to know about bras?

- Tuesday, October 23, 10 a.m.
- Cost: free
- Call to make your reservation: 425-3087

Okay, be honest, when was the last time you bought a new bra? When was the last time you were fitted? As we get older our bodies change, and so does our bra size! Legora Markle, of Legora's Couture Fashions, will tell us all we need to know about this very important foundation: getting the right fit, caring for your bra, and more.



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.

- Tuesday, September 11, 8 a.m.
- "Cholesterol reduction—diet vs. medication"

Presented by Mary Elias, Nurse Practitioner.

Free breakfast will be served at 7:30 a.m., sponsored by The Waters of Summit City, Skilled Nursing and Rehab Center.

- Tuesday, October 9, 8 a.m.
- "Apheresis Blood Donation"

Presented by Nancy Stanphill, American Red Cross.

Free breakfast will be served at 7:30 a.m., sponsored by Hamilton House Assisted Living.

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Lectures & Learning

Beginning Painting Class

- “Wharf and Large Shrimp Boat”
16 x 20, Friday, September 21,
9 a.m.–1 p.m., \$35
- “Peaceful Road with Fall Colors”
16 x 20, Friday, October 19,
9 a.m.–1 p.m., \$35
- Call to register: 425-3087, pre-payment required

Kathy McHenry teaches step-by-step and 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 Healthy LifeSteps 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 Healthy LifeSteps 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.

Balancing Bone Health— Understanding How Hormones Work On Bone

- Tuesday, September 11, 2 p.m.
- Healthy Lifesteps classroom
- Call to register: 425-3087

Osteoporosis is an endocrine disease and is influenced by more hormones than just estrogen. Thyroid, parathyroid, calcitonin, and even insulin can have an effect on bone health. Diseases and

When you are having problems with your plumbing...

“Stopping the Leaks”

- Thursday, September 13, 11 a.m.
- IN THE ASSEMBLY ROOM at St. Joe
- Call to register: 425-3087

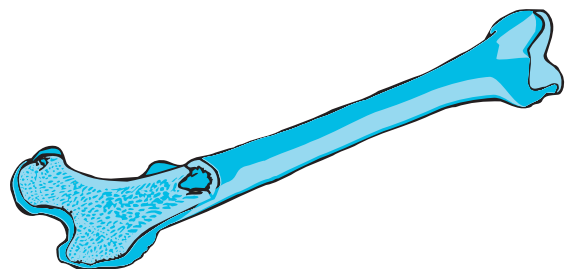
As we get older, our plumbing just doesn’t work the way it used to! Dr. Nancy Hockley, Fort Wayne Urology, will present on incontinence, an often requested topic here at Healthy LifeSteps.

“Keeping things Moving”

- Tuesday, October 16, 2 p.m.
- Healthy LifeSteps Classroom
- Call to register: 425-3087

Another common plumbing problem and requested topic for our older adults is constipation. Dr. Nadine Floyd, Colorectal surgeons of Fort Wayne, will present.

medications that alter or act on hormones can also increase bone loss. Find out how hormones influence bone health and what you can do to help keep bone health “balanced.” Presented by Fritzi Nodine, RN, MPA, manager of the Osteoporosis Center at Lutheran Hospital.



Lectures & Learning

CPR—For Family and Friends

- Friday, September 14, 9 a.m.–1 p.m.
- Cost: \$3
- Call to register: 425-3087, class size is limited!

Would you know what to do if your grandchild, friend, spouse or parent started to choke or became unconscious? Learning CPR is not as scary as some may think and you will be able to DO SOMETHING if a loved one needs help. This class will include adult, child, and infant one-rescuer CPR and airway obstruction. Led by RN, Gus Eash, this class is for individuals interested in learning basic CPR. No written exam (this is not a certification course for those needing a CPR card for their job).

Getting the Most from Your Savings Bonds—Back by Popular Demand!

- Friday, September 21, 2 p.m.
- Cost: free
- Call for reservation: 425-3087

Many seniors own savings bonds but know little or nothing about the value of their investment. The Government does not provide statements to spell out what savings bonds are worth, the rates they are earning, when they stop paying interest, or anything else. Program attendees will learn about some common misconceptions regarding Savings Bonds and some expensive mistakes that can easily be avoided. You will also have the opportunity to have a personalized, comprehensive statement prepared for your own savings bonds at no cost, as a gift for your attendance. There will be no personal information collected at this session, nor will the speaker attempt to sell you anything. This educational program will be presented by Greg MacDonald, CSA with the AIP Group. Refreshments will be served.

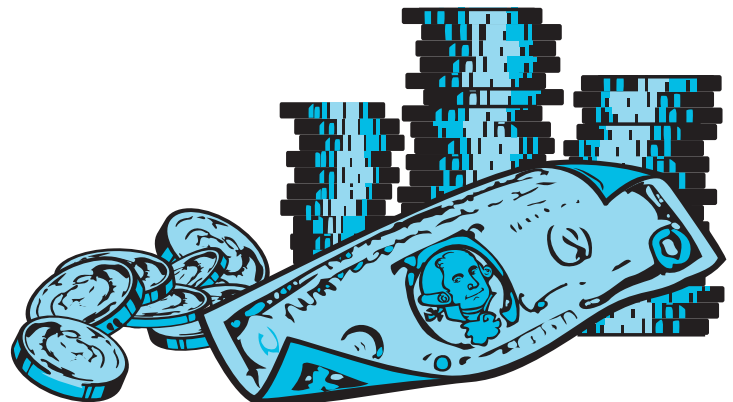
Building an Investment Strategy You Can Live With

- Tuesday, October 2, 10 a.m.
- Cost: free
- Call for reservation: 425-3087
- Presenter: Jeanine Herold*, MBA, CLU, CFP®

Are you confused by all the free seminars (not to mention the free lunch!) offering investment products with almost “too good to be true” promises? Have you ever attended one of these seminars, and felt a little uneasy about the promises, but also felt that you might be missing the boat if you didn’t invest in the product? Then plan to attend this presentation to learn how to select and work with an advisor to develop an investment strategy that is suited to your specific needs. You’ll learn what really matters in managing your money. You might be surprised to learn that often the things that matter most, are not what is being hyped in the media today.

You’ll enjoy Jeanine’s fresh, candid thoughts on this important topic...no free lunch but there will be complimentary cookies and coffee!

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Advisors

SHIP Insurance Counseling

- Every Friday, 9 a.m.–3 p.m.
- 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 Healthy LifeSteps 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.

ALERT:

In late June, seven insurance companies were asked to voluntarily suspend their national sales pertaining to Advantage Private Fee For Service (PFFS) policies, until they corrected some deceptive sales practices. These 7-companies may be allowed to re-enter the PFFS market after CMS re-approves their sales methods and training requirements. Companies on voluntary suspension are:

1. Blue Cross Blue Shield of Tennessee - Not sold in Indiana.
2. Universal American Financial Corporation (Pyramid) - Not sold in Indiana.
3. Coventry- Plan Nos. H0846-004, H0846-005, H0846-006, & H5227-001.
4. Humana- Plan Nos. H1804-067, H1804-068, H1804-070, H1804-184, H1804-185, & H1804-186



5. United HealthCare(Secure Horizons)-Plan Nos. H2406-013, H5435-001, H5435-002, H5435-003, H5435-008, H5435-010, H5435-014, & H5435-016.
6. Sterling - Plan Nos. H5006-010,& H5006-011.
7. Wellcare- Plan Nos. H1340-003, H1340-007, H1340-008, H1340-009, H1340-010, H1340-012, H1340-013, H1340-014, & H1340-015.

Anyone who has a current listed plan and are happy with it are in no way affected concerning 2007 coverage. However, if you did not understand what you were enrolling in or feel you were given inaccurate information during enrollment you may call 1-800-MEDICARE and reference the Exceptional Circumstances Special Enrollment Period (SEP) concerning Advantage PFFS Plans. The SEP request is on a Case-By-Case basis and corrective options are not uniformly granted.

REMINDER:

November 15, 2007 begins the re-enrollment period for Medicare D and Medicare Advantage Plans. The Advantage plans listed above, may or may not be available for renewing if the companies do not meet CMS requirements by then. Now is a good time to think about setting up a SHIP appointment in the fall, ahead of time. It's better to call and cancel an appointment rather than not be able to get an appointment in time. SHIP counseling is FREE. Call 425-3439 and reserve your time.

Advisors

Legal Counseling

- Fridays, September 7 and October 5, 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.

Financial Advisor

- Friday, September 7, 9 a.m.–noon.
- Cost: free
- Call for an appointment: 425-3087



Jeanine Herold

Jeanine Herold, CFP®, an Investment Adviser Representative with Phillips Financial*, will be available for individual consultations. Jeanine is well-versed in issues affecting seniors such as investment management strategies during retirement, including income distribution issues. She

also has expertise in long term care insurance and other strategies for managing financial risks. If you would like to meet with Jeanine, please call Healthy LifeSteps to set an appointment. This first consultation is provided at no charge to you.

**Phillips Financial Management, LLC, doing business as Phillips Financial, is an SEC Registered Investment Adviser*

Community Events

Senior Information Fair

- Allen County Public Library
- September 20, 9 a.m.–3 p.m.
- For more information call: 427-6462

This year's fair will feature over 70 informational booths, health screenings, a TRIAD Safety Fashion Show, Various Speakers and Free Scrapbooking Workshops.

Mutual of Omaha's Wild Kingdom

- ASH Centre
- October 6

Event will feature a presentation by Peter Gros, live animal displays, and educational booths. Volunteers are needed on October 5th for the field trip day and on October 6th when the event will be open the public. Call Kristin at the ASH Centre for more information or to volunteer: 436-1507 or 403-4281. The ASH Centre is proud to be one of just two organizations nationwide chosen by Mutual of Omaha to host this event!

Grandparents Day Event

- Ceruti's—6601 Innovation Blvd.
- Sunday, September 9
- Table and ticket cost information: Contact Audiences Unlimited, Inc. at 424-1064

This benefit for Audiences Unlimited, Inc., is sponsored by St. Joseph Hospital.

TRIAD Unused Medication Collection Day

- September 28, 9 a.m.–1 p.m.
- For more information call: 424-3505
- Drop off at area Walgreen's locations.

10th Annual Fall Focus on Health Workshop

- Friday, October 5, 8:30 a.m.–noon
- For more information call: 481-4864

Sugar Free Apple Pie

Recipe submitted by Assunta Brown, Healthy LifeSteps Volunteer, whose husband loved this pie!

6-8 apples of your choice, peeled, cored, sliced
1 can frozen unsweetened apple juice
2 heaping tablespoons flour or thickening
1 pack Butter Buds
1 pie crust of your choice
apple pie spice to taste

Mix apples, frozen apple juice, apple pie spice, flour and Butter Buds together. Put mix in prepared pie crust. Top with cover of pie crust. Slit top to allow steam to escape. Bake at 375 degrees for 20 minutes. Continue baking pie for another 45 minutes at 350 degrees. Cover with foil for remainder of baking time if crust is browning too quickly. **Bon appétit!**

Additional glaze: brush with egg wash or milk.

WORD SEARCH

LABOR DAY	A U T U M N E S G C D F
HALLOWEEN	D F K D E L E S G C D A
FALL	F O K D Y A D R O B A L
PUMPKIN	D O K D E L E S G C D L
HARVEST	C T K D E E D I R Y A H
AUTUMN	D B K D E L E S G A D E
COLUMBUS DAY	D A K D E L E S G D D E
LEAVES	D L E A V E S S G S D E
FOOTBALL	H L K D E L E S G U D H
HAY RIDE	D K K D E L E S G B D A
	P U M P K I N S G M D R
	D K K D E L E S G U D V
	D K K D E L E S G L D E
	H A L L O W E E N O D S
	D K K D E L E S G C D T

HEALTHY LIFESTEPS MEMBERSHIP APPLICATION

Date: _____, 2007

Full name _____

Date of birth (must be 50 years of age or older) _____

Address _____

City _____

State _____ Zip _____

Phone number: _____

New member Renewal

Full name _____

Date of birth (must be 50 years of age or older) _____

Address _____

City _____

State _____ Zip _____

Phone number: _____

New member Renewal

Please make payment to Healthy Lifesteps and mail to: St. Joseph Hospital, ATTN: Healthy LifeSteps, POB first floor, 700 Broadway, Fort Wayne, IN 46802

Enclosed: Cash Check

\$7 for one membership card or
 \$12 for two membership cards

Upon receipt of your payment, a Healthy LifeSteps membership card will be mailed to you.

Orthopaedic Coverage Now Available at St. Joe 24/7

Fort Wayne Orthopaedics provides 24/7 orthopedic physician coverage at St. Joseph Hospital. All types of orthopedic conditions, including fractures, back strains, shoulder injuries, ongoing joint pain, acute injuries and chronic pain will be treated at the St. Joseph Hospital Orthopaedic Center. In addition, FWO physicians will be available for ER consults 24/7.

“This new clinic is for anyone who has an orthopaedic need,” said Chad Towner, COO, St. Joseph Hospital. “Anyone can call and schedule an appointment. And should they discover they need surgery, we have one of the best-equipped ORs in the city for orthopaedic cases. We’re ready to perform procedures at all levels, from fractures to total joint replacements.”

The new St. Joseph Hospital Orthopaedic Center will be located in the ambulatory care area adjacent to the emergency department. Initially, clinic patients will be scheduled on Thursdays, but days will be added as volumes increase. Surgical cases will be scheduled on Mondays, and emergent cases will be scheduled as

needed since a surgeon is on call 24/7.

The new center is not to be confused, however, with the Fort Wayne Medical Education Orthopaedic Residents’ Program, Ortho Clinic, a program that offers care to low-income, uninsured patients.

The new St. Joseph Hospital Orthopaedic Center accepts the same insurances currently accepted at St. Joseph Hospital. Clinic appointments can be made by calling central scheduling at 425-3160.

