

Circle News

January/
February
2010

How To Contact Us

Senior Circle is located in the medical office building at St. Joseph Hospital.

Senior Circle Reservations:

(260) 425-3087
(260) 425-3857

Coordinator:

(260) 425-3861

Community & Adult Services:

(260) 425-3883

Volunteer

Services:

(260) 425-3098

Look for more information on our Web site at: stjoehospital.com

Address Changes

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



St. Joseph Hospital

Lutheran Health Network Member

A letter from Barbara Schoppmann, VP of Community/Adult and Customer Services

Happy 2010! It is always hard to write the correct year on checks and other documents in January of each year. It is even harder since we started a new decade this year! It seems impossible that it has been 10 years since the millennium. We all stocked water, food and blankets and, many of us bought a generator. Now how much have you used that in the last 10 years? All the utilities worked perfectly, and the computers did not blow up! Guess we all thought it was better to be prepared than not.

We will be dealing with cold weather during the next few weeks--our typical Indiana Winter! That usually means that we tend to stay indoors and take comfort in our homes. However, we have planned loads of great programs that give you a reason to put on the gloves and hats and try something new or different. Consider the Warm Water Aquatic Class at Kingston Care Center. Easy parking, reasonable prices (just \$3 per class), and you can get lots of exercise to relax your muscles and decrease pain and stiffness

usually caused by arthritis. Want to keep walking, but don't want to worry about slipping on the ice and snow? Join other Senior Circle members at Spiece Fitness or the ASH Centre. Special thanks to both of these great organizations for inviting us to use their facilities. Hours and other details are shown on Page 3 of this newsletter.

We are offering several programs at which you may use your creativity this winter. Quilting, drawing and jewelry classes are available for you, and why not invite a friend or neighbor to join you for one of our classes? Our tax prep starts Feb. 3. This is a very popular program, and appointments are required, so please call early. Details can be found on Page 10.

Another decade has begun, and I know that it will go as fast as the first decade of the 21st century. All of us at Senior Circle, Coleen, Fay, Melissa and me, wish you a safe and healthy new year.

Exercise Programs

Walking Programs

Spiece Fitness

- 5310 Merchandise Drive
(off Lima Road near exit 111A)
- Monday–Friday, 5 a.m.–10 p.m.
Saturday–Sunday, 7 a.m.–7 p.m.

You will need to show your Senior Circle membership card and meet with a customer service representative the first time you come to walk. Free walking privileges are now exclusive to Senior Circle members. If you wish to join the facility, the enrollment fee is just \$30 (a savings of \$90) for Senior Circle members. Full facility membership is \$42 for seniors and \$65 for senior couples, which includes classes in Spiece Fitness' heated pool. Call 483-1415 for more information.

Spiece also offers bingo and euchre every month, free to the public. Euchre takes place the first Friday of each month, and bingo the third Thursday of each month. Both events are at 7 p.m. Call 483-1415 to register.

ASH Centre

- 1701 Freeman Street
- Monday–Friday, 8 a.m.–10 a.m.

The winter walking program provided by the ASH Centre is open to all seniors in the community on weekday mornings. Senior Circle will offer health screenings on the second Monday of each month. On Jan. 11 and Feb. 8, Dorothy Fry from Sunshine Home Health will be in the cafe to take your blood pressure (weather permitting).

Senior Circle newsletter copy written by the Senior Circle coordinator and other contributors.

Balance and Coordination I (New Location)

- Five-week session: Mondays and Thursdays
- Jan. 11–Feb. 11
- 10 a.m. at Risen Savior Lutheran Church, 8010 W. Jefferson Blvd. (Lutheran Hospital campus)
- Cost: Senior Circle members \$45; nonmembers \$48
- Call to register: 425-3087

Balance and Coordination will contain both educational materials and physical activities that focus on the feet and ankles for balance and will promote coordination through brain utilization. This will be a class of learning; however, it will also contain enjoyable activities to promote better balance and coordination. This location is very accessible and parking is close to the building.

Balance and Coordination II

- Five-week session: Mondays and Thursdays
- Feb. 15–March. 18
- 10 a.m. at Risen Savior Lutheran Church (Lutheran Hospital campus)
- Cost: Senior Circle members \$45; nonmembers \$48
- Call to register: 425-3087

Balance and Coordination II is a continuation of the first class and reviews and utilizes movements already learned. This class focuses more on application and less on education while continuing to retrain eye muscles and increase brain activity to further improve balance and coordination.

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Exercise Programs

Promoting Back Health

- Five-week session: Mondays and Thursdays
- Jan. 11–Feb. 11
 - 1 p.m. at Senior Circle
- Feb. 15–March. 18
 - 3:45 p.m. at Golden Years Homestead
- Cost: Senior Circle members \$45; nonmembers \$48
- Call to register: 425-3087

Promoting Back Health will focus on the back and how it moves. We will explore the curvature of the spine and how to put space between the vertebrae and discs. Also, we will discover how gentle movement can promote strength and flexibility in the sides, back and abs in order to alleviate or reduce back discomfort.

Keep Movin'

- Five-week session: Mondays and Thursdays
- Jan. 11–Feb. 11
 - 3:45 p.m. at Golden Years Homestead
- Cost: Senior Circle members \$45; nonmembers \$48
- Call to register: 425-3087

Keep Movin' will educate the mind and explore how gentle movements can have a positive effect on the body. This will be an overall, general body conditioning using a variety of simple props to improve muscle tone, strength and flexibility. Learn how movement is essential for body comfort and overall health.

Preparing for a Fall

- Five-week session: Mondays and Thursdays
- Feb. 15–March. 18
 - 1 p.m. at Senior Circle
- Cost: Senior Circle members \$45; nonmembers \$48
- Call to RSVP: 425-3087

Falls can happen at any time, so you need to prepare your body by building strength, flexibility and muscle tone to help absorb the shock of a fall. Participants in this class learn how to fall properly and how to get back up after a fall.

Warm Water Aquatic Classes

- Classes ongoing
- Cost: \$3 per class
- Kingston Care Center, 1010 W. Washington Center Road
- Call to register or for more information: 489-2552 (ask for Susan or Penny)

Due to its low impact on joints, aquatic exercise is excellent for increased circulation, overall balance and increased muscle strength. Warm water relaxes the muscles and decreases pain and stiffness commonly caused by arthritis. Classes are available at Kingston Care Center at a variety of times throughout the day and evening. Water temperature is kept between 92° and 95° F, and the pool is only four-feet deep. The classes feature gentle stretching, marching and bench work, including sitting in front of water jets for a soothing massage. Susan Peters, certified aquatics instructor, advises each participant that the only things they need to bring to class are a bathing suit and a smile, and she ensures each participant 60 minutes of relaxation and an incomparable experience. Cost is only \$3 per class. Contact Susan or Penny at 489-2552 or stop by Kingston Care Center for more information.

Health Programs

Massage

- Thursdays, Jan. 14 & Feb. 11, 9–11 a.m. at Dupont Resource Center
- Thursdays, Jan. 21 & Feb. 18, 9–11 a.m. at Senior Circle
- Wednesday, Jan. 20 & Feb. 17, 1–3 p.m. at Senior Circle—*NEW day and time!*
- Cost: Senior Circle members \$15 for 15 minutes or \$30 for 30 minutes; nonmembers \$17 for 15 minutes or \$32 for 30 minutes
- Call for an appointment, 425-3087

Bill Garringer, certified massage therapist and geriatric specialist, offers therapeutic table massage in the privacy of one of the Senior Circle offices. Therapeutic massage can improve circulation, ease pain, relieve stress and prevent many pitfalls that 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 and swelling from excess fluid retention. A massage may also boost the immune system or accelerate healing from surgery or injury. If you are currently being treated for a medical condition, discuss massages with your physician before signing up for one. *For those of you who need a massage but prefer not to come so early, we are trying some afternoon dates. The days coincide with Foot Care, so if you are coming to have your toenails done, treat yourself to a massage while you are here!*

Foot Screening

- Thursdays, Jan. 28 & Feb. 18, 2–4 p.m.
- Only available to current Senior Circle members
- Cost: Free
- Call for an appointment, 425-3087

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

Foot Care Clinic

- Wednesday, Jan. 13, 8:30–11:30 a.m.
- Wednesday, Jan. 20 & Feb. 10 & 17, 1–3:30 p.m.
- Thursdays, Jan. 21 & Feb. 18, 8:30–11:30 a.m.
- Thursdays, Jan. 7 & Feb. 4, 1–3:30 p.m.
- Friday, Jan. 22, 10 a.m.–1 p.m.
- Cost: Senior Circle members \$20; nonmembers \$23
- Call for an 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.

Weather Reminder

We always hope for a mild winter, but there is a possibility for delays and closings. If FWCS are closed, Senior Circle programs will be cancelled. If FWCS have a delay, Senior Circle programs will begin at the normal time. If you are uncertain about driving, please call us to cancel your appointment and we will reschedule for the next available date.

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Health Programs

Shoe Fitting and Foot Measurement Clinic (Free!)

- Thursday, Jan. 28, 1–4 p.m.
- Call for an appointment, 425-3087

Are you wearing the right size and style of shoe for your feet? When was the last time they were professionally measured? Steve Bumgardner from Toenges Shoes and Pedorthics has been a certified pedorthist for 23 years and has been in the shoe business for 37 years. Steve will measure your feet and evaluate for pronation or supination, flat feet or high arches and recommend the proper type of shoes for these conditions.

Medication Check

- Tuesday, Feb. 9, 1–2 p.m.
- Cost: Free
- Call for 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 interactions.

Chem 30 Blood Chemistry

- Tuesdays, Jan. 26 & Feb. 23, 7:30–9 a.m.
- Cost: Senior Circle members \$49; nonmembers \$52 (cash or check only)
- Call for an appointment, 425-3087

Chem 30 provides 30 different tests. It measures levels of sodium, potassium, glucose, uric acid, calcium, phosphorus, magnesium, HDL, LDL, triglycerides and more. A 12-hour fast is required. This blood draw is provided by the St. Joe lab. Results will be mailed to your home. You must be age 50+ to participate in this screening.

LifeLine Screening

- Preventative Screenings for Stroke/Vascular Disease
- Monday, Feb. 22 at Lutheran Hospital, Classrooms 1 & 2, ground floor near cafeteria
- Cost: \$119 for the complete vascular package, or see below for more options.
- Call to register: 1-800-779-6353

Prevention is the key to protecting your health and life. That's why Senior Circle partnered with LifeLine Screening to offer this series of preventative screenings that can detect potential problems. These fast, painless, noninvasive tests use ultrasound to screen for stroke, abdominal aortic aneurysm, peripheral arterial disease and atrial fibrillation. Each test is \$45, or you can choose the stroke, vascular disease and heart rhythm package for \$139.

TSH Screening - January is Thyroid Awareness Month!

- Tuesday, Jan. 26, 7:30–9 a.m.
- Cost: \$20 as an individual test or \$16 as an add on to Chem 30
- Call for an appointment, 425-3087

We have had several requests for thyroid screens here at Senior Circle. This is an incredible deal that is offered just twice a year by the St. Joe lab. The thyroid gland is a small, butterfly-shaped gland located at the base of your neck just below the Adam's apple. Your thyroid gland helps control the function of your body's metabolism as well as the function of many important organs, including your heart, brain, liver, kidneys and skin. Making sure your thyroid gland is healthy and functioning properly is extremely important to your overall well-being. This is a screening test, and any abnormal results should be shared and discussed with your physician. For more information, visit thyroidawareness.com.

Lectures & Learning

Word Search

NEW YEAR	F L O N G A D P J K S Z F U D S
VALENTINE	L S A G I Q O F H U N T R X D X E P D I E P G C
WINTER	N E W Y E A R Y I R L O O P O R
GROUNDHOG	T B W O N S U O N O P V K W N T
BLACK HISTORY	E W S D S I D S L L R I J N H I
SUPER BOWL	A O C O C T O H V S M B A E G K
HOT COCOA	N E M O N R D C T H U U D S O A
SNOW	E P S Q H I N L R D F I U S A B

Senior Circle Orientation

- Tuesday, Jan. 12, 10 a.m.
- Tuesday, Feb. 9, 10 a.m.
- Please RSVP: 425-3087

This program is for new or current members who want to know more about the benefits of a Senior Circle membership, such as national discounts and travel opportunities. Learn what Senior Circle has to offer, get to know the staff, and tell us what programs you would like to see offered. Tours of the St. Joseph Hospital Wellness Center, which is located just down the hall, are also available.

Seasonal Affective Disorder

- Wednesday, Jan. 27, 1 p.m.
- Please RSVP: 425-3087

Seasonal Affective Disorder (SAD) is a depression that recurs each year during the winter months. Often referred to as the “winter blues,” symptoms include sadness, anxiety, irritability, lack of concentration, withdrawal into solitude, increased sleeping, increased appetite and weight gain and a general feeling of lethargy (extreme tiredness). Therapist Karen Cooksen, LCSW, will tell us more about this disorder and what you can do to get through the winter if you feel you are suffering from SAD.

Gluten-Free Eating

- Tuesday, February 23, 1 p.m.
- Please RSVP: 425-3087

Beverly Moellering, MS RDCD, Lutheran Hospital outpatient dietician, will come to Senior Circle to discuss gluten-free eating. Whether you are following a gluten-free diet or have a family member or friend who is, come to this program to learn more.

Getting to Know Facebook

- Wednesday, Jan. 20, 10 a.m.
- Please RSVP: 425-3087

Angie Branstetter, Marathon Technology Group, will introduce Facebook, the fun, social networking Web site that allows you to safely and securely keep up with friends and family. Facebook allows you to chat with your friends, your kids, even the grandkids, in real time. You can post pictures, see pictures, comment on family activities, make plans with friends, and even play games all from the comfort of your home no matter the weather, physical limitations or miles between you. Join us to learn what you need to know to get started. Already on Facebook? Join us to share what you know and to meet potential Facebook friends!

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Lectures & Learning

Collette Vacations Presentation

- Tuesday, Jan. 19, 1 p.m.
- Please RSVP: 425-3087

Come and enjoy a cup of hot cocoa while a representative from Collette Vacations, Senior Circle's preferred travel partner, tells us about the incredible adventures they are offering our members in 2010. 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. There are multiple dates available for each of these trips, call Coleen at 425-3861 for dates and pricing.

2010 Trips:

- Southern California and Las Vegas
- Heart of Texas
- Shades of Ireland
- Cruise the Bays and Railways of New England
- Southern Charm

Talking to Your Doctor about Chronic Pain

- Tuesday, Feb. 16, 2:30 p.m.
- Please RSVP: 425-3087

Chronic pain becomes an issue for many adults as they age. Peripheral nerve damage, chronic disease management and years of poor habits can take its toll and can result in pain issues. Join Fritzi Nodine, certified nurse practitioner, as she explores pain management and how to talk to your doctor about your pain.



Breakfast and Learn

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

"All in the Family—the changing roles and challenges of family dynamics as we get older"

Presented by Stephanie Holmes, Director of Social Services, Glenbrook Rehab & Nursing, and Jeni Miller, Director of Marketing, Glenbrook Rehab & Nursing and Bethlehem Woods.

- Tuesday, Jan. 12, 8:30 a.m.
- Registration deadline: Friday, Jan. 8

Free breakfast will be served at 8:15 a.m., sponsored by American Senior Communities.

"Deep Vein Thrombosis (DVT)"

Presented by Dr. Deji Rosanwo, St. Joseph Senior Health Services.

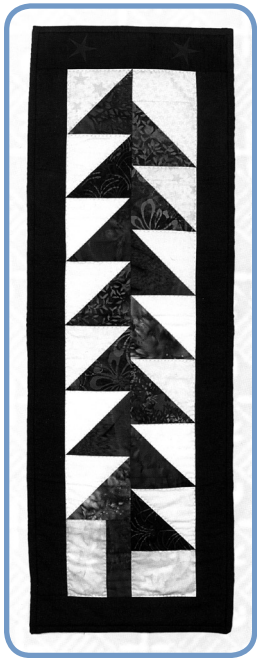
- Tuesday, Feb. 9, 8:30 a.m.
- Registration deadline: Friday, Feb. 5

Free breakfast will be served at 8:15 a.m., sponsored by Covington Manor and University Park.

Lectures & Learning

Quilting Class:

Seasonal Tree Wall Hanging



- Wednesday, Jan. 13, 9:30 a.m.–3:30 p.m.
- Cost: \$25 plus supplies
- Call to register, 425-3087

Join Linda Wade for a day of quilting. This project will make a nice wall panel that you can repeat for the different seasons. We will send you a list of supplies when you call to register. We have a really nice group of ladies who have been coming to the class. Bring a sack lunch and meet some new friends!

Painting Class

Kathy is enjoying the sun in Florida but will be back, and we will resume painting classes in April. Watch for dates in the next newsletter.

Fun with the Grandkids: Hearts and Cookies

- Monday, Jan. 18, 10 a.m.–noon
- Cost: \$7 per child, limit 2 per adult
- Call to register, 425-3087

Many schools will be closed Jan. 18 in honor of Martin Luther King Jr. Day. Grandparents and their grandchildren ages 4 to 10 are invited for a fun time with Assunta Brown, Senior Circle member and volunteer. Make an old fashioned Valentine with your grandchild and enjoy a yummy treat.

Drawing Class

- Tuesday, Jan. 19, 9 a.m.–noon
- Cost: Senior Circle members \$20; nonmembers \$23
- Call to register, 425-3087

Collene Hitchcock, our Learn, Move and Live instructor, taught her first drawing class here at Senior Circle in December. Collene has been drawing and painting most of her life, but she recently discovered the Lee Hammond technique, which has improved her drawing greatly. Since using this technique, she has won awards at recent local art shows. This class is ideal for someone who has never drawn before or anyone who likes to draw but would like to learn a new technique. Class fee includes a mechanical pencil, an eraser, 9" x 12" paper and other supplies you will need for the class.

Drawing II Class

- Tuesday, Feb. 2, 9 a.m.–noon
- Cost: Senior Circle members \$20; nonmembers \$23
- Call to register, 425-3087

For students who took Collene's first drawing class in December or January, this class will get more in depth, teaching more techniques to build on what you have already learned.

In this class, we will use a view finder for segmented drawing. We will also explore more basic forms, including the sphere, ellipse and cylinder and learn how the slightest variation will change your apple to a tomato or a pumpkin. Repeating spheres can become pearls or grapes, ellipses and cylinders become trees, a flower pot or vase. We will continue to build and blend the darks and lighten the lights to create a finished drawing.

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Lectures & Learning

Beaded Jewelry Class

- Tuesday, Jan. 26, 9 a.m.–noon
- Cost: \$10
- Call to register, 425-3087

Join Senior Circle member and volunteer, Assunta Brown for a morning of jewelry making. The class is open to beginners or anyone who has come to a class in the past. You can make your choice of a watch, bracelet or necklace and earrings to match if you like. Bring your own watch face if you will be doing a watch. These can be purchased at any craft store, or you may have an old one you can recycle. Class fee includes beads and other materials, but bring your pliers if you have them from a previous class. Otherwise,



pliers will be available for purchase at cost, so just let us know if you need some when you call to register.

Coleen's Corner:



*Coleen Arribasplata
Coordinator,
Senior Circle*

Happy New Year! I hope you all had a nice holiday and that the weather is nothing like it was last year. We were one of the families with no power for five days during the ice storm in December 2008, and that gave us a little taste of what life was like without a television, microwave, electric stove, electric lights, and oh yes, heat! We survived,

nonetheless, and actually, I think it brought families closer as we all ended up spending more time together. So, with the winter weather in mind, I have tried to avoid early morning programs when possible. But remember that if Fort Wayne Community Schools close, we will cancel our programs that day. If there is a

school delay, we will continue our programs at the scheduled time. If you do not feel safe driving, we understand. Just give us a call to cancel or reschedule.

I am sure that by now you are ready to think about spring, so now that you have your 2010 calendars, be sure to save the date for our annual spring Senior Circle Expo Friday, May 7. Due to construction at IPFW, we are moving to a new location this year. Our event will be at the Public Safety Academy, which is located next to Safety Village behind Wal-Mart on U.S.27 and Tillman Road. There is ample parking near the building and there is a bus stop there as well. The event will take place on the first floor of this beautiful new building. We are really looking forward to hosting the expo at this new venue, watch for more information in the next Circle News.

— Coleen

Advisors

Medicare Counseling

- Fridays, 9 a.m.–3 p.m.
- Call for an appointment, 425-3087



State Health Insurance Assistance Programs, 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, including Medicare. SHIP appointments at Senior Circle are by appointment only every Friday from 9 a.m.–3 p.m. Know your options before you investigate a policy purchase.

If you are thinking about changing your Medicare Advantage Plan to another Advantage Plan, the window for doing this is now through March 15.

Legal Counseling

- Fridays, Jan. 8 & Feb. 5, 1–3 p.m.
- Call for an 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.

It's Tax Time!

- Wednesdays, Feb. 3–April 14, 8:30 a.m.–12:30 p.m.
- Cost: Free, including free electronic filing if requested in advance
- Appointments required: call 425-3087

Volunteers trained by AARP and the IRS will help prepare your federal and state income tax returns. Bring last years returns, all W-2 and 1099 forms, receipts from charitable donations and any other tax forms that are mailed to you. Be sure to have information on interest earned from investments.

Blank forms will be provided, or your return can be filed online. If you expect your return to be a little complicated, please let us know when scheduling your appointment so we can allow more time. If you expect your taxes to be very complicated and time consuming, you should contact an accountant.



Summit Home Health Healthcare, Right at Home

Caring for our community's senior population is the foundation on which we build our home care agency's business. Providing specialized care for seniors in their time of need in the safety and comfort of their homes is the commitment we make to our patient's and their families each day. Meaningful work drives us to provide excellent quality care designed so that seniors can remain independent after an illness or while learning to live with chronic conditions.

Home health care services may range in both complexity as well as duration. Patients may have minor set-backs in their health and receive services for several weeks while others with complex medical conditions could receive services for many months. A care plan is designed by the primary care physician and implemented by the caring and competent staff of the agency.

Our Partners in Care culture allows physicians and other clinicians involved in a patient's care to transition care to the home with ease. We partner with all healthcare providers and the community to reach all who may qualify for and desire home-based healthcare services. Providing excellent healthcare that is cost efficient and close to home is our ultimate goal. This is achieved by our keen focus on patient care, quality outcomes and customer service.

People who qualify for home care services have a choice in the provider they use. Quality measures, patient outcomes, Medicare certification, accreditation and customer service should all be considered when making that decision. A physician or perhaps a friend or neighbor who has benefited from home care or the agency itself can also be helpful in answering questions that are important to you.

Your hospital has an affiliated home care agency right here in your community. Summit Home Health is happy to answer any questions you may have regarding how home health care may benefit you or someone you love. Call us at (260) 425-3066.

Summit Home Health is an affiliate of St. Joseph Hospital and the Senior Circle chapter.



MEMBERSHIP APPLICATION

Today's Date: _____ Referred By: _____

SENIOR CIRCLE		<input type="checkbox"/> New <input type="checkbox"/> Renew
Last Name	M.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 ()	D.O.B. (mm/dd/yy)	
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 _____

Last 4 digits of social security # _____

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

Last Name	M.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 ()	D.O.B. (mm/dd/yy)	

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 _____

Last 4 digits of social security # _____

Check one:

One-Year Membership \$15.00 (SC1)

Two - One-Year Memberships \$27.00 (TW1)

Two-Year Membership \$27.00 (SC2)

Return completed application with check payable to: **Senior Circle, Care of St. Joseph Hospital, 700 Broadway, Fort Wayne, IN 46802**

Are You a Senior Circle Member?

If you are not a paid member, we hope you will consider joining our national organization to take advantage of our money-saving discounts and receive every issue of Circle News! In addition to being informed about our programs, services and screenings, you will be able to take advantage of the following discounts and benefits:

- Meal discounts: receive employee pricing in the cafeterias at St. Joseph, Lutheran and Dupont Hospitals (50 percent on most items, excludes salad bar and prepackaged items).
- Parking discount: 50 percent discount on parking fees in the St. Joseph Hospital parking garage.
- EyeMed Vision Plan: substantial savings at many local retail providers.
- ScriptSave: prescription drug discounts.
- Hearing-aid discounts at Beltone.
- Free copy, fax and notary service (by appointment).

These are just some of the benefits of being a Senior Circle member. Call 425-3861 for more information.

Senior & Circle
A program for adults 50+