

Circle News

July/August
2009

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 message from Kirk Ray, CEO of St. Joseph Hospital

My family and I recently had the opportunity to visit my grandparents, H.T. and Glenn Ray, in Brenham, Texas. While there, we celebrated my grandfather's 92nd birthday and my father's 65th birthday! Yes, they share a birthday, June 12. What a milestone for both of them, and what an incredible opportunity for my children to spend quality time with their great grandparents. H.T. and Glenn will celebrate their 67th wedding anniversary later this year. That's a rarity in any era.

I know I may sound like I'm boasting about my grandparents, but they deserve every bit of it! I can honestly say I couldn't be more proud to have grandparents like H.T. and Glenn. My grandfather has slowed down some the past few years, and he gets frustrated sometimes when he can't be as active as he once was. But he still takes the time to drive 10 miles one way every morning to "solve the world's problems" with his coffee buddies. My grandmother is not as physically active as my grandfather, but she remains as sharp mentally as anyone I know. She is completely devoted to her faith and continues to play the piano and organ almost daily.

I think H.T. and Glenn have enjoyed such long and fruitful lives because they always take advantage of opportunities that allow them to challenge themselves both physically and mentally. They are always looking for ways to improve their quality of life. They take advantage of the many resources available to them. I know if they lived in Fort Wayne, they would be Senior Circle members. Senior Circle offers the senior population a variety of activities that focus on improving the physical, spiritual and mental well-being of its members. It is the kind of program that H.T. and Glenn would enjoy. I encourage you to sign up for one or several Senior Circle activities the next time you feel you need a physical or mental challenge.

I am blessed to have the opportunity to lead the team at St. Joseph Hospital. St. Joe is a great organization that cares compassionately about the seniors in this community, and we truly want to help enrich your lives.

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

We had the best time at Senior Expo this year! The weather was great, and people took advantage of it and came out for the event. Special thanks to Coleen and Fay for all their planning and to all the volunteers from St. Joe and RSVP for helping out the day of the event. Thanks also to IPFW for hosting us in Walb Student Union. Walb is a great place for the event because the parking garage is so handy. The garage is so close people could choose to walk or ride a golf cart to the plaza.

One of the highlights of this year's expo was the antique appraisals. It is so interesting. We sometimes have family treasures that we think are valuable, but when assessed, we find they have higher value as a family remembrance than monetary worth. Then again, something we might question whether to keep or throw away may have a high monetary value. Watch in future newsletters for other opportunities to bring in your precious items for appraisal.

In this newsletter, you will find a column called "Around the Network." Bluffton Regional, Dukes Memorial (Peru) and Kosciusko Community (Warsaw) are joining our Senior Circle chapter and will promote our programs in their area. We, in turn, will promote their programs and projects. Each newsletter will feature some of their activities. All are just a short drive away, so you might want to consider taking a day trip to attend one of their events.

I hope you have a good summer and are able to participate in our programs and classes.

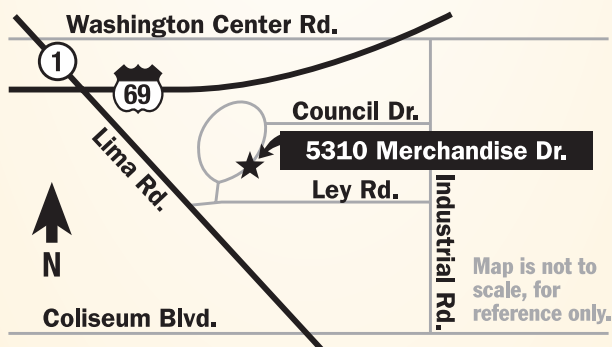
Exercise Programs

Walking Program at 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 is held 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.



Thighs, Hips & Abs

- Five-week session: Mondays and Thursdays
- Aug. 17–Sept. 21
- 1 p.m. Senior Circle
- Cost: Senior Circle members \$45;
nonmembers \$48
- Call to register: 425-3087

This class will focus on building strength and flexibility in the thighs, hips and abs, and also help you maintain optimal mobility. These muscles deteriorate without significant use. Strengthening these muscles will increase stability and further enhance your balance, thus decreasing your risk of falls.



Preparing for a Fall

- Five-week session: Mondays and Thursdays
- Aug. 17–Sept. 21
- 3:45 p.m. Golden Years Homestead
- Cost: Senior Circle members \$45;
nonmembers \$48
- Call to register: 425-3087

Falls can happen at any time. You need to prepare your body by building strength, flexibility and muscle tone to help absorb the shock of a fall. This course will focus on falls and recoveries by teaching you ways of falling properly and how to get back up after a fall.

Where?! Unless specifically noted, all programs take place in the classrooms at the Senior Circle 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

Promoting Back Health

- Five-week session: Mondays and Thursdays
- Aug. 17–Sept. 21
- 10 a.m. Rehabilitation Hospital of Fort Wayne
- 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.



Gentle Restorative Yoga Now Offered at Senior Circle!

- Six-week session: Tuesdays and Thursdays
- July 21–Aug. 27
- Cost: \$60 (just \$5 per class!)
- Call to preregister: 425-3087

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

In this class, all yoga postures are profoundly relaxing and deeply rejuvenating. Restorative yoga brings 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! Beginners welcome.

Instructor: Jina Lauer, RTY, CPT.

Strengthen & Stretch Now Offered at Senior Circle!

- Six-week session: Mondays and Wednesdays
- July 20–Aug. 26
- Cost: \$60 (just \$5 per class!)
- Call to preregister: 425-3087

New to fitness? If so, this a perfect class for you. This class is designed with the beginner in mind and is ideal for those dealing with injuries or limitations. Strengthen muscles with modified weight exercises and cardiovascular activity and build flexible muscles with yoga stretching, breathing and relaxation.

Instructor: Abby Burris, CPT.

Class minimum for both classes is 10 students. Please send your payment prior to the class to guarantee your participation. If the minimum is not met, your check will be returned.

Health Programs

Chair Massage

- Fridays, July 17 & Aug. 21, 9–11 a.m.
- Cost: Senior Circle members \$15 for 15 minutes; nonmembers \$17 for 15 minutes
- Call for an appointment, 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.

Massage—Now at two locations for your convenience!

- Thursdays, July 2 & Aug. 6, 9–11 a.m. at Dupont Resource Center
- Thursdays, July 16 & Aug. 20, 9–11 a.m. at Senior Circle
- 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 offices at Senior Circle. Therapeutic massage can significantly enhance health (including improving circulation, easing pain and relieving 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, and it 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.

Foot Screening

- Thursdays, July 16 & Aug. 20, 2–4 p.m.
- Only available to current Senior Circle members
- Cost: Free
- Call for an appointment, 425-3087

Are you concerned about being on your feet? Do you suffer from nail fungus, foot instability, athlete's foot, thick, brittle or discolored nails, heel pain, deformed toes or have 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

- Tuesday, July 28, 1–3:30 p.m.
- Thursdays, July 16 & Aug. 20, 8:30–11:30 a.m.
- Thursday, Aug. 6, 1–3:30 p.m.
- Wednesday, July 8, 8:30–11:30 a.m.
- Wednesdays, July 15 & Aug. 12 & 19, 1–3:30 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.

Medication Check

- Tuesday, Aug. 11, 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.

Where?! Unless specifically noted, all programs take place in the classrooms at the Senior Circle office on the first floor of the medical office building at St. Joseph Hospital. Reservations are required for all programs. Call (260) 425-3087.

Health Programs

Chem 30 Blood Chemistry

- Tuesdays, July 28 & Aug. 25, 7:30–9
- Cost: Senior Circle members \$47; nonmembers \$50 (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.

Hearing Screening

- Wednesdays, July 8 & Aug. 12, 9:30 a.m.–12:30 p.m.
- Cost: Free for Senior Circle members
- Call for an appointment, 425-3087

Audio Professionals will conduct complete hearing exams, check for earwax, thoroughly clean all types of hearing aids, install tubes and hooks for behind-the-ear hearing aids, replace broken battery doors and buff/polish hearing aids for FREE. Audio Professionals offers a 40 percent discount on Audibel Virtue Hearing Aids, free batteries for one year and free cleanings and adjustments for Senior Circle members.

Shoe Fitting and Foot Measurement Clinic—Free!

- Thursday, July 16, 2–4 p.m.
- Call for an appointment, 425-3087

Are you wearing the right size and style of shoes for your feet? When was the last time they were professionally measured? Steve Bumgardner, Toenges Shoes and Pedorthics, has been a certified pedorthist for 22 years and has been in the shoe business for 36 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.

Life Line Screening

- Preventative Screenings for Stroke/Vascular Disease
- Tuesday, Aug. 25 at Lutheran Hospital, Classrooms 1 and 2
- 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

- Tuesday, July 28, 7:30–9 a.m. by appointment
- Cost: \$20 or \$15 as an add-on to Chem 30
- Call for an appointment, 425-3087

Due to the numerous requests for a thyroid screening at Senior Circle, we are offering this incredible deal just twice a year, courtesy of the St. Joe lab. The thyroid gland is a small, butterfly-shaped gland located at the base of the neck just below the Adam's apple. The thyroid gland helps control function of the body's metabolism as well as many important organs, including the heart, brain, liver, kidneys and skin. It is extremely important to your overall well-being to make sure your thyroid gland is healthy and functioning properly. This is just a screening, so any abnormal results should be discussed with a physician. For more information, visit thyroidawareness.com.

Lectures & Learning

Monitoring Your Diabetes

- Wednesday, Aug. 5, 10 a.m.
- Cost: Free
- Call to register: 425-3087

If you have diabetes, you already know how important it is to monitor your blood sugar. Even so, it can be tricky or even downright painful, and many people just don't like to do it. A nurse educator from St. Joseph Diabetes Education will help make this process easier and also answer your questions. Come and learn more about your daily numbers and the A1C. This program will cover the new monitors that are on the market and things to consider if you are thinking about an upgrade. We will also discuss test strips, lancets, and how these are covered through Medicare or other insurances. Bring your current monitor if you would like it to be evaluated.

Refuse to Be a Victim—Safety Program and Luncheon

- Thursday, July 23, 9 a.m.–noon.
- Cost: Free, lunch sponsored by Sycamore Village Assisted Living
- Call to register: 425-3087

Instructor Bob Aldridge will present this comprehensive program, which will cover the following topics to help you stay safe: The Psychology of Criminal Predators, Home Security, Phone Security (including protecting your private information and phone scams), Automobile Security, Personal Security and Options in Self Defense and Personal Protection Devices, Technology, and Security when Traveling. Bob will focus especially on security and safety as it pertains to older adults. After the program, we will be treated to lunch courtesy of Sycamore Village Assisted Living.

AARP 55 Alive Driving Course

- Tuesday, July 21, 9 a.m.–2 p.m.
- Cost: \$12 for AARP members, \$14 for non AARP members
- Prepayment preferred. Make checks payable to AARP and send to Senior Circle, 700 Broadway, Ste. 120, Fort Wayne, IN 46802
- Call to preregister: 425-3087; space is limited.

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

Senior Circle Orientation

- Tuesday, July 14, 10:30 a.m.
- Monday, August 17, 12:30 p.m.
- Call to RSVP: 425-3087

This program is for new members, or for current members who just want to know more about the benefits of their 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 about the national discounts and travel opportunities offered through Senior Circle.

Where?! Unless specifically noted, all programs take place in the classrooms at the Senior Circle office on the first floor of the medical office building at St. Joseph Hospital. Reservations are required for all programs. Call (260) 425-3087.

Lectures & Learning

Talking to Your Healthcare Provider about Osteoporosis

- Tuesday, July 14, 2 p.m.
- Cost: Free
- Call to register: 425-3087

Do you know how to discuss osteoporosis with your healthcare provider? Is it really an inevitable part of aging or do your lifestyle choices make a difference? Which medication would be the best choice for treatment? Does dieting make a difference, and how much Vitamin D should one take? Join Fritzi Nodine, NP, Health Educator, to discuss osteoporosis and learn how you and your provider can manage this chronic, life-altering disease.

Quilting Class— Stripes and Rectangles

- Wednesday, July 29, 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 quilt is made with 8" x 20" rectangles, 2" strips, and an 8" border. It looks great in different patterned fabrics of the same color. Our sample is in neutral creamy whites and tans, but it can be done in any color you choose. It's easy enough for the beginner, and yet the more experienced quilter will also enjoy seeing the pattern come together. It can be hand or machine quilted. Come and enjoy making something for yourself or someone special. 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 make some new friends!

Fun with Grandma!

Before the kids go back to school, we have planned some fun activities to enjoy with your grandchildren, great-grandchildren or any special child in your life!

Crafts and Cookies

- Tuesday, Aug. 4, 1–3 p.m.
- Cost: \$5 per child, includes supplies
- Limit two children per adult, ages 3–10
- Call to preregister: 425-3087

Join Senior Circle member and volunteer Assunta Brown for an afternoon of fun. We will have a variety of craft projects for the children that you can do together, depending on their age.

Tea and Dress-up

- Tuesday, Aug. 11, 1–3 p.m.
- Cost: Free
- Limit two children per adult, ages 3–10
- Call to preregister: 425-3087

Rose Aimee Butler, Senior Circle member and owner of LaSalle Bed & Breakfast, has invited us to one of her suites for tea. Be sure to wear your Sunday best! Rose Aimee was a dance instructor for more than 40 years and was the youth director at the Fort Wayne Ballet. After tea, she has invited the children to try on some of her dance costumes, so be sure to bring your camera! The LaSalle Bed & Breakfast is located just around the corner from St. Joseph Hospital at 517 W. Washington Blvd.

Lectures & Learning

Beginning Painting Class

- "Barn with Sunset" \$35 (16x20), Friday, Aug. 14, 9 a.m.–1 p.m.
- Call to register: 425-3087, prepayment required
- Registration deadline: Aug. 7



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 prepayment 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 seven days in advance for a refund. If the minimum is not met and the class is cancelled, your check will be returned.

3RF Super Seniors' Day

- Wednesday, July 15, 10 a.m.–4 p.m.
 - Imagine Master Schools, 2000 N. Wells St.
- Bring your friends age 50+ and enjoy entertainment by Francie Zucco, interactive and informational booths, bingo, euchre, a Wii tournament and free lunch. Be sure to stop and see us at the Senior Circle booth! For more information, call 425-3861.



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.

- Tuesday, July 14, 9 a.m.
- Registration deadline: Friday, July 10
- "So You Need to go to the Hospital... What to Expect as a Patient at St. Joe"

Panel presentation led by Mary Jo Brock, RN, Director of Case Management and Social Services.

Free breakfast will be served at 8:30 a.m., sponsored by University Park Health & Rehabilitation.

- Tuesday, Aug. 11, 9 a.m.
- Registration deadline: Friday, Aug. 7
- "Gout—It's Causes, Treatment and Prevention"

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

Free breakfast will be served at 8:30 a.m., sponsored by Riverbend Health Care Center.

Where?! Unless specifically noted, all programs take place in the classrooms at the Senior Circle office on the first floor of the medical office building at St. Joseph Hospital. Reservations are required for all programs. Call (260) 425-3087.

Lectures & Learning

Around the Network

- **Kosciusko County 4-H Fair Senior Day, July 8**



The KCH Health & Wellness Center will be offering blood pressure, body mass index, blood sugar and osteoporosis screenings July 8 at the Kosciusko County Fairgrounds to celebrate Senior Day. An exercise specialist will lead a Senior Fit class demonstration. This is the perfect opportunity to sample a class that is offered year-round at the KCH Health & Wellness Center.

Registered dietitians, certified diabetes educators, registered nurses and other health professionals will be available to answer questions throughout the day. Information displays and literature will also be available that outline the many service lines offered locally at Kosciusko Community Hospital.

- **Portland Health Fair—Saturday, July 25, 10 a.m.–noon at the Portland Walmart.**



Bluffton Regional Medical Center

Screenings will include a free lipid panel (10-hour fast required, water and medication permitted); educational materials; PSA; blood pressure; sleep assessment; diabetes screening and colon cancer home screening kit. Thyroid panels are \$20.

- **Markle Wildcat Festival—Saturday, Aug. 23, 7–9 a.m.**

Offerings include a free lipid panel (10-hour fast required, water and medication permitted), free diabetes screening and a thyroid panel for \$20. Call Lisa Beck at (260) 919-3859 for more information.



Dukes Memorial Hospital

Dukes Memorial Hospital is located in north central Indiana in Peru, Ind. The hospital has been serving Miami County for more than 100 years, and this year, will celebrate a 50th anniversary with a classic Peru past time. The Circus City Festival is celebrating its 50th year. The circus is an amateur performance put on by local kids who are trained by past circus legends. It is an exciting summer event, so bring your family and come celebrate the circus's 50 years with Dukes Memorial Hospital and the Peru community.

Dukes will be featured in the **Circus City Parade Saturday, July 18 at 10 a.m.** Come to Peru and celebrate with us. For more information, call (765) 472-3918 or visit perucircus.com.

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. 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.

Legal Counseling

- Fridays, July 10 & Aug. 7, 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.

Coleen's Corner:



Coleen Arribasplata
Coordinator,
Senior Circle

I don't have much space, but just wanted to say "Hi" and wish you all a wonderful summer. So far, it hasn't been too hot, so I hope you are all getting out and staying active. We hope to see you at Super Senior's Day at Imagine Schools July 15, or here at the office for one of our programs. We've scheduled some new things that I hope you will enjoy. My door is always open, so feel free to stop in and say hello!

— Coleen

ANNUAL "Grandparents" Day BRUNCH

To benefit Audiences Unlimited, Inc.



Sunday, Sept. 13, 2009
12:30 p.m.

Ceruti's • Full buffet luncheon
Summit Park • Live entertainment
6601 Innovation Blvd. • Families welcome!

Cost: \$20 for adults
\$5 for children

Reservations Required. Call 422-1336 for reservations.

Grand Sponsors:



WELLS
FARGO



audiences
unlimited, inc.

Building connections
between the
local arts community
and special audiences

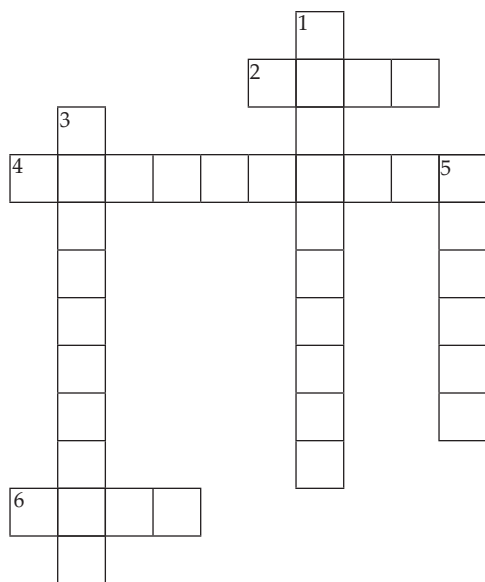
Are You a Member of Senior Circle?

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 pre-packaged 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 through Beltone and Audio Professionals.
- 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.

CROSSWORD PUZZLE



- | | |
|-------------------|----------------------|
| 1. Eye protection | 2. July birthstone |
| 3. Large fruit | 4. Hotdogs & _____ |
| 5. Season of sun | 6. Place to cool off |



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 <input type="checkbox"/> do not authorize <input type="checkbox"/>		
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	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 <input type="checkbox"/> do not authorize <input type="checkbox"/>		
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 # _____		

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 percent compared to a one year membership)

Return completed application with check payable to:
Senior Circle, 700 Broadway, Fort Wayne, IN 46802

Don't Miss the Bus!

Biltmore Estate, Asheville, N.C. - Dec. 1-3, \$299 per person (double occupancy).

Package includes:

- Two nights hotel accommodations and two breakfasts at the hotel.
- A holiday dinner at the Biltmore Estate.
- Self-guided candlelight tours of The Biltmore House—marvel at the turn of the century Christmas decorations, including hundreds of wreaths and poinsettias, 10,000 feet of evergreen roping and more than 35 decorated Christmas trees throughout the house.
- Tour and enjoy a wine tasting at the famous Biltmore Estate Winery.
- Holiday shopping at the historic Biltmore Village Shops.
- Baggage, taxes and meal gratuities.
- Deluxe motor-coach transportation

This is a great trip to plan before the holidays and will be exclusive to Senior Circle Members!

Seats are filling up fast, call now if you are interested!

For more information and/or reservations, contact Coleen at 425-3861.

