

Circle News

May/June
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:

www.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

In May, we will be celebrating the 140th anniversary of the founding of St. Joseph Hospital under the leadership of the Poor Handmaids of Jesus Christ! We are extremely proud to be recognized as the first hospital in Fort Wayne and Allen County. We are even more proud that we have continued to offer the highest quality in medical services under the same mission and on the same site for all these years. The more recent reinvestments in capital improvements the past five years are evidence that we will continue to serve our community for years to come. On this anniversary, I would like to share some of our proud history with you and perhaps stimulate some memories that you have of our historic facility.

1838 St. Joseph Hospital was formerly the 65-room Rockhill Hotel that was begun in 1838.

1867 The Rockhill House is purchased by Bishop Luers for \$52,000.

1869 St. Joseph Hospital opens.

1869–1875 Fees for hospitalization are \$3–5 per week.

1876 A doctor's clinic opens and the first resident physician, Dr. Friscus, begins practice at the hospital.

1894 An expansion to the hospital includes private and semi-private rooms, as well as elevators.

1899 An isolation hospital is built by St. Joe for tuberculosis patients.

1900 St. Joe, "the country hospital," is annexed into the city of Fort Wayne.

1906 St. Joseph Hospital is approved and registered by the American Medical Association.

1912 St. Joseph Hospital initiates an innovative hospitalization program which entitles an individual to board and treatment for an all-inclusive rate of \$7.50 per year. An addition to the hospital moves the front doors from Main Street to Broadway Street.

1914 The first baby is born in the newly opened obstetrical unit on March 7 at 7:40 p.m.

1918 The St. Joseph School of Nursing opens.

1919 A Medical Staff is organized and Maurice I. Rosenthal becomes the first President of the staff.

1921 Seven graduates become the first graduating class of the St. Joseph School of Nursing.

1922 The Poor Handmaids of Jesus Christ Motherhouse is transferred to Donaldson. Vacated rooms are renovated for patients utilizing the St. Joseph Home for the Aged.

1923 St. Joe sells five acres that the isolation hospital resides upon to the Lindenwood Cemetery Association for \$9,500.

1928 The construction of the St. Joseph School of Nursing totals \$122,905.

1929 The original Rockhill Hotel is demolished after 61 years as a hospital. A new 7-story structure with a bed capacity of 350 extends from the hospital to Van Buren Street.

1952 An entire floor of the hospital is dedicated solely to the care of polio victims, totaling 136 patients.

1966 A nine-story wing along Broadway Street is constructed. A new four-story building is also constructed on Van Buren Street. The addition houses a chapel, enlarged delivery unit and laboratory.

1974 The St. Joseph Regional Burn Center opens.

1980 The north building of the hospital is completed.

1988 The St. Joseph School of Nursing closes.

1993 Previously located at the St. Joseph Hospital, the Children's Care Center opens at Lafayette Medical Center.

1996 The Frank Freiman Regional Outpatient Burn Unit opens.

1998 Quorum purchases St. Joseph Hospital on July 1.

2000 Fort Wayne's first permanent Palliative Care Room opens on the fifth floor of St. Joseph Hospital.

2001 Quorum is purchased by Triad Hospitals, Inc. on April 27.

2003 Expansion to the emergency department is completed.

2005 Expansion to the obstetrics department is completed.

2007 Triad Hospitals, Inc. is purchased by Community Health Systems on July 25.

2008 The Burn Unit relocates to the second floor of the hospital. It becomes the Burn and Wound Clinic and the Regional Burn Center. Construction of the new medical office building, which houses the Fort Wayne Medical Education Program, is finalized.

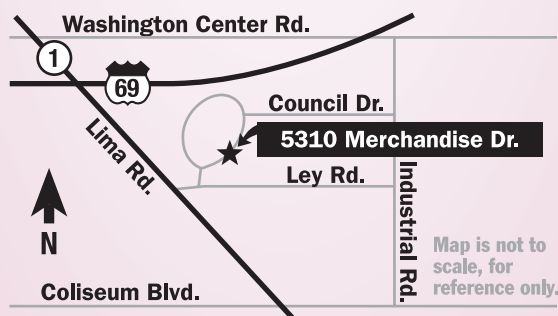
Exercise Programs

Walking Program at 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 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, 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 their 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 is on the third Thursday. Both events are held at 7 p.m. Call 483-1415 to register.



Hands, Arms & Shoulders

- 5 week session: Mondays and Thursdays
- June 1–July 2
- 1 p.m. Senior Circle
- Cost: Senior Circle members \$45;
non-members \$48
- Call to register: 425-3087

Hands, Arms & Shoulders will use Therabands and other simple apparatuses to build strength and flexibility in your hands, arms and shoulders. If you have arthritis, learn how gentle movement can bring flexibility and use to your arthritic joints. Hand, arm and shoulder strength is needed to assist in picking the body up from a fall, as well as in daily living activities like opening jars, bottles and door knobs. Join us as we focus on building the strength and flexibility needed to make your life more pleasurable.

Promoting Back Health

- 5 week session: Mondays and Thursdays
- June 1–July 2
- 10 a.m. Rehabilitation Hospital of Fort Wayne
- Cost: Senior Circle members \$45;
non-members \$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.

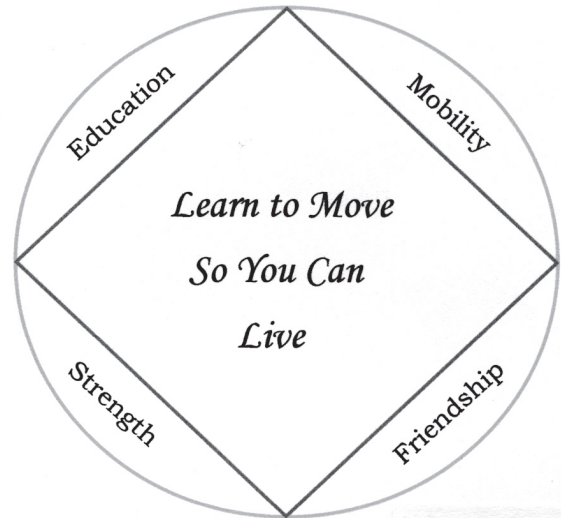
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Exercise Programs

Balance and Coordination II

- 5 week session: Mondays and Thursdays
- June 1–July 2
- 3:45 p.m. Golden Years Homestead
- Cost: Senior Circle members \$45; non-members \$48
- Call to register: 425-3087

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.



*Barb Schoppmann, VP,
Community/Adult &
Customer Services*

A major highlight of our year here at Senior Circle is the annual expo! This year's event will be held on Wednesday, May 20 at IPFW. You can find more details about the expo on the back cover of this newsletter. When you arrive at the IPFW parking garage (near Walb Union), you will see that there will be a lot of construction near the entrance of the Walb building. Please proceed to the entrance on foot, or you can catch a ride on one of the golf carts that we will be providing transportation with. As we all watch our pennies these days, you should know this event is free!

We have added some new and interesting items to this year's expo. Last year, we held our own "Antique Appraisal" in the Senior Circle office at St. Joe Hospital. People brought in their valuables and estimates were given on-site for their current value. We had so much

fun that we decided to offer it at the expo this year. You will be able to bring in one item for appraisal. You will need to register at the main registration table and will be given a number. We will appraise as many items as possible in the time allotted. **Only items that can be easily carried in will be evaluated; no furniture or other large items.** Bring a friend with you to the expo, and they can bring an item to be appraised as well. The appraisers are offering a session from 10–11 a.m., and another from noon–1 p.m. If you just want to watch, be sure to attend the expo during those times. In between the two sessions, the Alley Kats will present so it should be a fun day for all.

We have invited many organizations to the expo to show how much the community has to offer for older adults to keep active and involved. Most importantly, this is a great time to see all the exciting things that are offered through the Senior Circle program. Please plan on attending, you never know what surprises we have in store for you at this year's event!

Health Programs

Chair Massage

- Fridays, May 15 & June 19, 9–11 a.m.
- Cost: Senior Circle members \$15 for 15 minutes; non-members \$17 for 15 minutes
- Call for 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.

Massage—Now at two locations for your convenience!

- Thursdays, May 7 & June 4, 9–11 a.m. at Dupont Resource Center
- Thursdays, May 21 & June 18, 9–11 a.m. at Senior Circle
- Cost: Senior Circle members \$15 for 15 minutes or \$30 for 30 minutes; non-members \$17 for 15 minutes or \$32 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. Therapeutic massage can significantly enhance health (including improving circulation, easing pain and relieving stress) 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.

Foot Screening

- Thursday, June 25, 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 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. *There will be no screenings at our office in May. However, Dr. Robison will be doing free screenings at the Senior Circle Expo on May 20 at IPFW.*

Foot Care Clinic

- Tuesday, May 26, 1–3:30 p.m.
- Thursdays, May 21 & June 18, 8:30–11:30 a.m.
- Thursday, June 4, 1–3:30 p.m.
- Wednesday, June 10, 9 a.m.–noon
- Wednesday, June 10 & 17, 1–3:30 p.m.
- Cost: Senior Circle members \$20; non-members \$23
- 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.



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Health Programs

Medication Check

- Tuesday, June 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 interaction.

Chem 30 Blood Chemistry

- Tuesday, May 19, 7:30–9 by appointment
- Cost: Senior Circle members \$47; non-members \$50 (cash or check only)
- 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. You must be age 50 or older to participate in this screening.

Hearing Screening

- Wednesdays, May 13 & June 10, 9:30 a.m.–12:30 p.m.
- Cost: Free for Senior Circle members
- Call for 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, all for FREE. Audio Professionals offers Senior Circle members a 40% discount on Audibel Virtue Hearing Aids as well as free batteries for one year, free cleanings and adjustments.

Life Line Screening

- Preventative Screenings for Stroke/Vascular Disease
- Thursday, May 21 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, non-invasive 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.

Lipid Profile, Glucose, and CRP (C-Reactive Protein) Screening

- Tuesday, June 23, 7:30–9 a.m. by appointment
- Cost: Senior Circle members \$35 for complete package, \$25 for lipid profile/ glucose only, \$20 for CRP only; non-members \$38 for complete package, \$28 for lipid profile/ glucose only, \$22 for CRP only (cash or check only)
- Call for an appointment: 425-3087

This blood test (fasting required) will show your lipid profile, which includes HDL, LDL and triglycerides. The high-sensitivity CRP screening measures low levels of inflammation which can be highly predictive of future heart attacks and strokes, especially when paired with a lipid profile. We recommend the complete package. If you have questions about the CRP screening, please ask your doctor. Blood draw is provided by the St. Joe Laboratory. Results will be mailed to your home. You must be age 50 or older to participate in this screening.

Lectures & Learning

Being Green

We all want to do our part for the environment, but where do we start? How can we make a difference? We are presenting two programs to help get you started.

Green Living

- Friday, May 8, 1 p.m.
- Call to RSVP: 425-3087

Presented by John and Pam Steinbach, publishers of the "Green Living Guide for Northeast Indiana".

Organic Gardening

- Friday, May 22, 10 a.m.
- Call to RSVP: 425-3087

Presented by Dan Flotow, Country Garden and Farm Market, Roanoke.

Grief Share—Your Journey from Mourning to Joy

- Monday, May 11, 3 p.m.
- Cost: Free
- Call to register: 425-3087

Have you lost a love one? St. Joe Chaplain, Scott Christensen, will be leading a weekly seminar and support group here at Senior Circle for people grieving the death of someone close. Scott will introduce the program at this informational meeting, and those who would like to participate will agree upon the schedule for this weekly group.

New to Medicare?

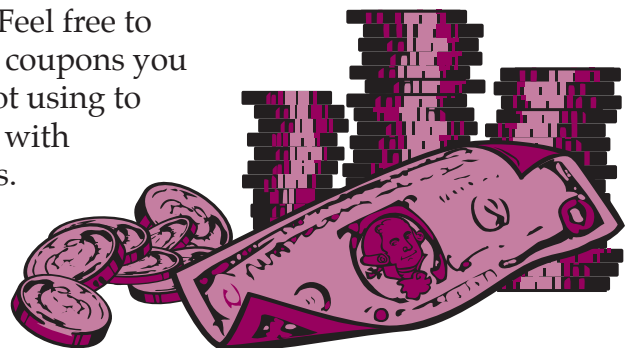
- Saturday, June 13, 10 a.m.
- Cost: Free
- Call to register: 425-3087

Jim Holmes is a volunteer for SHIP, a program of the Indiana Department of Insurance. He has four years of experience assisting seniors with Medicare, choosing a drug plan, and explaining the difference between traditional supplements and advantage plans. He has been volunteering at the Senior Circle office for three years. This workshop is for anyone getting ready to enroll with Medicare and needs to know where to start, or for anyone who would just like to have a better understanding of the program. Jim will present an overview of the Medicare program and will answer your general questions. If you then have specific questions, we will be happy to schedule an individual appointment for you.

Coupons and other Money-Saving Shopping Tips

- Tuesday, June 16, 10 a.m.
- Cost: Free
- Call to RSVP: 425-3087

Join Senior Circle volunteer Sandy Brateman, our own coupon expert, and learn a few tricks to help stretch your dollar when shopping. There are many ways to save, and Sandy will show us how. Feel free to bring coupons you are not using to share with others.



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Lectures & Learning

Senior Circle Orientation

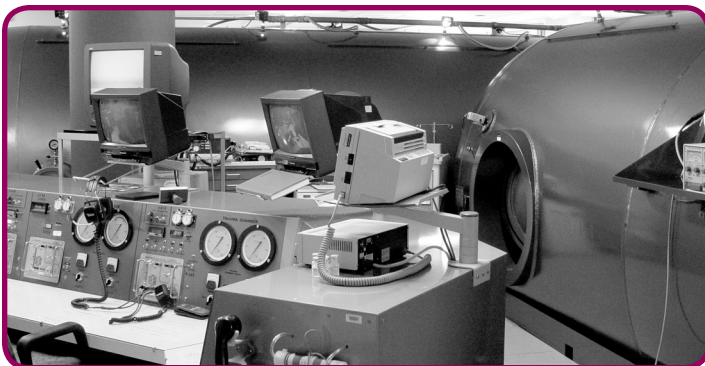
- Tuesday, May 12, 10:30 a.m.
- Friday, June 19, 10 a.m.
- Cost: Free
- Please RSVP: 425-3087

This program is 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 for the national discounts and travel opportunities offered through Senior Circle.

Hyperbaric Medicine

- Thursday, May 28, 10:30 a.m.
- Cost: Free
- Please RSVP: 425-3087

Mark Miller, Chief Dive Tech at St. Joseph Hospital, will explain hyperbaric medicine and how this treatment helps burn victims, but also how it can be used for wound care, carbon monoxide poisoning, and other applications. St. Joe has the largest and only multi-person chamber in the state of Indiana. After the presentation here at the Senior Circle office, we will take a tour of the hyperbaric chambers on the sixth floor. We have offered this program in the past and it is a very interesting presentation and tour!



Coleen's Corner:



*Coleen Arribasplata
Coordinator,
Senior Circle*

Now that the warmer weather is here, many of us are more motivated to exercise. We have some great classes offered for May and June, and our members can also walk for free in the air conditioning at Spiece Fitness.

We are really excited about our new neighbor here in the medical office building. The outpatient rehab program has been up and running for a few months now, and was opened up to Senior Circle members back in March. The program being offered to our members is a supervised exercise program designed to improve one's cardiovascular fitness. This small, but fully equipped, gym has stationary bicycles, treadmills, recumbent bikes, NuStep machines, elliptical trainers, and a universal weight station. Participants can schedule workouts three times a week when the staff is available to assist and supervise. Monthly fee is just \$30 and is on a month-to-month basis. There is no long-term commitment. If you would like to take a tour of the area, have questions and/or would like to sign up, call Katie Heemsoth at 425-3208.

Be sure and check out the information on the back cover about our 9th Annual Expo. We have a really great event planned for you. Hope to see you there!

— Coleen

Lectures & Learning

Beginning Painting Class

- “White Barn” \$35 (16x20), Friday, May 15, 9 a.m.–2 p.m.
- “Lighthouse-choice of Michigan sunset or Key West” \$35 (16x20), Friday, June 19, 9 a.m.–1 p.m.
- Call to register: 425-3087, pre-payment required
- Registration deadlines: May 11 & June 15

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.



Jewelry Making Class

- Thursday, May 14, 9 a.m.–noon
- Cost: \$10
- Call to RSVP: 425-3087

Senior Circle member and volunteer, Assunta Brown, will teach you how to make a beaded necklace or bracelet with matching earrings. The February class was so fun that participants asked for another session! This is an easy and fun hobby. It will be a great time for those who came to the first class, but also for anyone new to beading. We will have pliers available for purchase at the class. All other materials are included in the class fee.

Historical Tour and Luncheon— Lindenwood Cemetery

- Monday, June 1, noon
- Cost: Free
- Call to register: 425-3087

Lindenwood Cemetery is full of interesting history! This historical tour is being offered by Dignity Memorial. Participants will meet in the Lindenwood Chapel and treated to lunch while watching a short video on *Planning Ahead*. After the luncheon, staff will give a tour of the historical areas of the cemetery. This tour will include quite a bit of walking.

Crochet Group

- Thursdays, June 4–25, 9–11:30 a.m.
- Cost: \$10
- Call to register: 425-3087

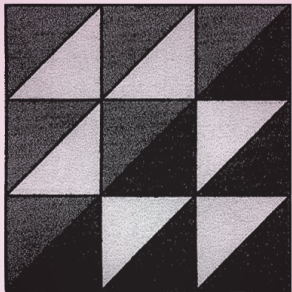
Senior Circle volunteer, Assunta Brown, taught a crochet class in April and the participants thought one day just wasn't enough! This will be a 4-week session. The class is open to beginners or anyone who would like to learn more about crocheting. Enjoy the company of others while learning a new hobby!

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Lectures & Learning

Quilting Class— Patriotic Double-X Pattern

- Wednesday, May 27, 9:30 a.m.–3:30 p.m.
- Cost: \$25 plus supplies
- Call to register: 425-3087



Double-x quilt pattern for May's quilting Class.

Join Linda Wade for a day of quilting. We will help you get ready to celebrate July 4th by quilting something in red, white and blue. It's acceptable to use other colors if you prefer. The double-x pattern lends itself to a table runner, wall hanging or any size of quilt. It's easy enough for the be-

ginner, and yet the more experienced quilter will also enjoy seeing the pattern come together. This quilt 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 meet some new friends.

Constipation

- Wednesday, June 24, 10 a.m.
- Cost: Free
- Please RSVP: 425-3087
- Light refreshments will be served

No one likes to talk about it, but many people have a problem with it! Brian Matthews, a representative from Purdue Pharmaceuticals, will discuss the causes, prevention, and treatment options for this common problem.



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 12, 9 a.m.
- Registration deadline: Friday, May 8
- "Why Wellness?"

Presented by Jill Yount, Health Promotions Coordinator, New Energy Wellness Center.

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

- Tuesday, June 9, 9 a.m.
- Registration deadline: Friday, June 5
- "The Secret of Healthy Maturing"

Presented by Dr. Rudy Kachmann.

Free breakfast will be served at 8:30 a.m., sponsored by The Waters of Summit City.

Advisors

Medicare Counseling

- Fridays, 9 a.m.–3 pm.
- Call for appointment: 425-3087



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.

Legal Counseling

- Fridays, May 1 & June 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.

Travel with Senior Circle!

Senior Circle's Fort Wayne Chapter is partnering with PML Travel and Tours for a fabulous holiday trip to the Biltmore Estate in Asheville, North Carolina. Trip is December 1–3 and costs \$299 per person (double occupancy). Package includes:

- Hotel accommodations for 2 nights, breakfast included
- Holiday dinner at the Biltmore Estate
- Self-guided "CandleLight" tour of The Biltmore House—marvel at the turn-of-the-century Christmas decorations including hundreds of wreaths and poinsettias, 10,000 feet of ever-green roping, and over 35 decorated Christmas trees throughout the house
- Visit and 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

For more information and/or reservations, please contact Coleen at 425-3861. This is a great trip to plan before the holidays and is exclusive to Senior Circle members!

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 the 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 Discount: Receive employee pricing in the cafeterias at St. Joseph, Lutheran, and Dupont Hospitals (50% on most items,

excludes salad bar and pre-packaged items).

- Parking Discount: 50% 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.

Audiences Unlimited, Inc.

If you visit someone in the transitional care unit on the 9th floor of St. Joseph Hospital, don't be surprised if you hear music! Entertainers from Audiences Unlimited, Inc. (AUI) regularly stroll room-to-room strumming a guitar or picking a banjo, delighting patients with favorite songs and inspiring hymns.

Audiences Unlimited, Inc. is a nonprofit agency founded by volunteer Executive Director Lillian Embick. Since 1972, the organization has worked to brighten the lives of long-term care residents. St. Joseph is the only area hospital to compliment its excellent patient care by contracting with AUI for entertainment that comes right to the bedsides of patients. AUI's mission is "to refresh and inspire the mind, body and spirit of the elderly and infirmed through access to entertainment, the arts and cultural activities."

AUI provides a way for everyone to honor and enjoy their parents and grandparents with an annual Grandparents Day Brunch this year set for Sunday, September 13 at Ceruti's Summit Park (6601 Innovation Blvd., off Ludwig Road). Watch Circle News for more information about how to make reservations to honor the "grand parents" of your family at this special event.

WORD SEARCH

SPRING	G N I N A E L C D N S I A Y A T
MEMORIAL DAY	F O N G E A D H L L R N R D Y U
FLOWERS	Y A O I S L S N A M I W I A E D
RAIN	D R N O E I R E S A S M O R F R
MOTHERS DAY	R P W M A O S S E S R I S M L T
MOWING	H W N I R E O O T T H O N M W R
THUNDERSTORM	O I U S F G R M M N N F L A S S
CLEANING	



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 ()	Birthdate 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 _____
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 ()	Birthdate 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 _____
Last 4 digits of social security # _____

<p>PAY BY CHECK ONLY - Check one:</p> <p><input type="checkbox"/> One Year Membership \$15.00 (SC1)</p> <p><input type="checkbox"/> Two - One Year Memberships \$27.00 (TW1)</p> <p><input type="checkbox"/> Two Year Membership \$27.00 (SC2)</p> <p><i>(you save 10% compared to a one year membership)</i></p> <p>Return completed application with check payable to: Senior Circle, 700 Broadway, Fort Wayne, IN 46802</p>
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9th Annual Senior Circle Expo!

Wednesday, May 20, 9 a.m.–1 p.m., IPFW, Walb Union

- Free admission
- Free health screenings—skin cancer, blood pressure, balance, glucose and foot screenings
- Total cholesterol screening—just \$10!
- Free massages and hand massages by students from Rudae's Beauty College
- Informational booths
- Entertainment by the Alley Kats, the New Horizons Band and Ron Smith
- Antique appraisal (1 item per person please)
- Free parking and shuttle service
- Free morning refreshments provided by Kingston Healthcare
- Free samples from My Menu
- Free boxed lunch (while they last) provided by American Senior Communities—
Coventry Meadows, Heritage Park, Bethlehem Woods, Covington Commons, Glenbrook, and Markle Health & Rehabilitation

