

Circle News

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

Have you noticed how the neighborhood seems to be a little quieter these days between 8 a.m. and 3 p.m.? I'm sure the quietness has something to do with the fact the kids are back in school. We were just talking the other day about how strange it is that kids return to school in mid August now, but most of us remember when school started the day after Labor Day. Of course, most of us walked to school unless we lived in the country. I always remember the Bill Cosby joke in which he says he walked to school "Two miles, uphill both ways!" Whatever the mode of transportation, most of us looked forward to school so that we could learn new things and encounter new experiences.

Senior Circle is a lot like that. We offer programs and classes that give you the opportunity to learn new things, such as trying your hand at painting or calligraphy. Because most of us try to stay mentally active by being life-long learners, Senior Circle programs are developed to allow you to expand your mind, as well as to help strengthen your body.

Often, when we host a class, we hear "I really enjoyed this! I have been a member for several months but have not attended a program. I am so glad I did. I will be back." I am writing this because I would like to encourage you to attend one of the Senior Circle orientation classes. Whether you have been a member for a month or 15 years, it would be beneficial for you to come to our office, meet the staff and hear about the programs we offer. It will also give you an opportunity to offer suggestions so that we can plan the programs that you would like to attend. The next orientation programs will take place Sept. 15 and Oct. 12. Call and let us know when you plan to come. If you cannot attend on these dates, call Coleen at 425-3861, and she will set up a time to meet that is convenient for you.

Fall is my favorite time of year, and I hope you enjoy it as much as I do! Until next time!

- Barbara

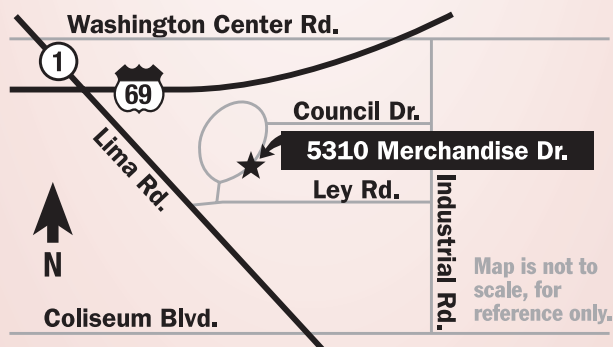
Exercise Programs

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 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.



Balance and Coordination

- Five-week session: Mondays and Thursdays
- Oct. 5–Nov. 5
- 1 p.m. at Senior Circle
- Cost: Senior Circle members \$45;
nonmembers \$48
- Call to register: 425-3087

Participants in the balance and coordination class will execute a variety of activities that focus on the feet and ankles and are designed to improve balance and coordination, as well as develop coordination through brain stimulation. Educational materials are also provided.

Hands, Arms and Shoulders

- Five-week session: Mondays and Thursdays
- Oct. 5–Nov. 5
- 3:45 p.m. at Golden Years Homestead
- Cost: Senior Circle members \$45;
nonmembers \$48
- Call to register: 425-3087

Participants in hands, arms and shoulders will use Therabands and other simple props to build strength and flexibility in their hands, arms and shoulders. If you have arthritis, learn how gentle movement can add flexibility 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 and bottles and turning door knobs. Join us as we help you build the strength and flexibility you need to make your life more pleasurable.

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

Thighs, Hips and Abs

- Five-week session: Mondays and Thursdays
- Oct. 5–Nov. 5
- 10 a.m. at Rehabilitation Hospital of Fort Wayne
- 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 while helping maintain optimal mobility. These muscles deteriorate without significant use. Strengthening these muscles will increase stability and further enhance balance, thus decreasing the risk of falling.

Gentle Restorative Yoga

- Six-week session: Mondays and Wednesdays
- Oct. 12–Nov. 18
- 3:30–4:30 p.m. at Senior Circle
- Cost: \$60 (just \$5 per class!)
- Call to preregister: 420-9642

k a c h m a n n
mindBODY
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: Danielle McGuire, RYT, CYT

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

Intro to Wii®

- Wednesday, Sept. 30
- 1–4 p.m. at Senior Circle
- Cost: Free
- Call to RSVP: 425-3087

Now that the kids are back in school, it's your turn to play! Home Instead will bring a Nintendo Wii to Senior Circle for your enjoyment. Wii is a video game that gets you moving and is great exercise. You can choose from golf, tennis, bowling or even boxing. This class is fun for all fitness levels, from beginner to competitive. Sponsored by Home Instead Senior Care.

Coleen's Corner:



*Coleen
Arribasplata
Coordinator,
Senior Circle*

Happy Fall! As I write this, our summer has been relatively cool. I just hope it just stays this way when it's time for the kids to return to school. However, I will be ready to see the leaves turn, and there are so many fun things to do in the fall. We have some great things planned at Senior

Circle, so I hope to see you at some of our programs! Speaking of great things, our trip to the Biltmore Estate filled up in July. We are really looking forward to this trip, and have even started planning the next getaway. In April, we will be traveling to Amish country in Lancaster, Pa., for a four-day, three-night trip. See the back cover for more information. Call 425-3861 if you would like to reserve a seat!

— Coleen

Health Programs

Chair Massage

- Fridays, Sept. 18 & Oct. 16, 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 Senior Circle. Chair massages allow for 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, Sept. 10 & Oct. 8, 9–11 a.m. at Dupont Resource Center
- Thursdays, Sept. 17 & Oct. 15, 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 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.

Foot Screening

- Thursdays, Sept. 17 & Oct. 22, 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 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

- Tuesday, Sept. 22, 1–3:30 p.m.
- Thursdays, Sept. 17 & Oct. 15, 8:30–11:30 a.m.
- Thursdays, Sept. 3 & Oct. 1, 1–3:30 p.m.
- Wednesdays, Sept. 9 & Oct. 14, 9 a.m.–noon
- Wednesdays, Sept. 16 & Oct. 14 & 21, 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, Oct. 13, 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.

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Health Programs

Chem 30 Blood Chemistry

- Tuesdays, Sept. 29 & Oct. 27, 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, Sept. 9 & Oct. 14, 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, Oct. 22, 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.

LifeLine Screening

- Preventative Screenings for Stroke/Vascular Disease
- Tuesday, Oct. 13 at St. Joseph Hospital, Senior Circle
- Thursday, Oct. 22 at Queen of Angels Catholic Church, sponsored by St. Joseph Hospital and Senior Circle
- 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.

St. Joseph Outpatient Testing Center Laboratory—Now open for your convenience!

Access the convenience of quick laboratory work at the Outpatient Testing Center in suite 220 of the medical office building (directly above Senior Circle). Hours are Monday, Tuesday, Wednesday and Friday 8 a.m.–5:30 p.m., and Thursday 8 a.m.–noon. The office is closed 12:30–1 p.m. daily for lunch.

If you have lab work that needs to be done, stop upstairs after attending a Senior Circle program.

Lectures & Learning

The Cup of Our Life

- Wednesdays, Oct. 7–Nov. 11, 3:30–4:30 p.m.
- Cost: Textbook “The Cup of our Life,” by Joyce Rupp—\$15
- Call to preregister: 425-3087

Join one of St. Joseph Hospital’s wonderful chaplains, Jane Till, on a six-week spiritual journey using Joyce Rupp’s book, “The Cup of our Life” as a guide. In this book, the author shares how the ordinary cups that we use each day can become sacred vessels that connect us with life and draw us ever closer to God. She explores how the cup is a rich symbol of life with its emptiness and fullness, its brokenness and flaws and all of its blessings. This creative guide for individual and group prayer offers six weekly themes based on different images of the cup: the open cup, the chipped cup, the broken cup, the blessing cup, etc. Each cup becomes a teacher in prayer. You will receive an assignment each week and then come together to discuss each lesson. Stop by Senior Circle to pick up the book to read the first lesson prior to the first class. This class was very well received when we held it last January. If you participated in that class but were unable to attend all of the sessions, you are welcome to join us again.

Adult Diabetes Support Group—Now Meeting at St. Joseph Hospital!

The adult diabetes support group is held the second Thursday of each month, beginning in September. The class meets from 1–2 p.m. in the education room on the second floor of St. Joseph Hospital. Please call 425-3830 with questions.

Treating Advanced Osteoporosis

- Thursday, Oct. 15, 2:30 p.m.
- Cost: Free
- Call to register: 425-3087

Join Fritzi Nodine, NP-C, to discuss ways of preventing the life-altering fractures and complications of osteoporosis. Are surgical methods effective? Can back pain be managed? Are there new treatment options on the horizon? Complications of osteoporosis and fractures can be prevented and managed.

AARP 55 Alive Driving Course

- Wednesday, Oct. 28, 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 Chuck Jones will discuss how to drive longer and safer. Learn defensive driving, new traffic laws, how to share the road with large trucks and rules of the road in this four-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!).

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Lectures & Learning

Senior Circle Orientation

- Tuesday, Sept. 15, 10:30 a.m. at Senior Circle
- Monday, Oct. 12, 10:30 a.m. at Lutheran Hospital
- Call to RSVP: 425-3087

This program is for new members or 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.

Pelvic Organ Prolapse— Free Breakfast and Learn at Lutheran Hospital

- Monday, Oct. 12, 8:30 a.m. at Lutheran Hospital, special function rooms 3 & 4, ground floor (adjacent to cafeteria)
- Cost: Free, breakfast provided by Ethicon Women's Health & Urology
- Call to RSVP: 425-3087

Pelvic organ prolapse occurs when the pelvic floor muscles, or "hammock" that holds the other organs in place, becomes weak or damaged as a result of stressors such as pregnancy, childbirth or obesity. Without support, the uterus, bladder, rectum or vagina can fall out of place and press against the vaginal walls, similar to an abdominal hernia. J. Steven Alexander, MD, The Gynecology Center, will present this program for women in partnership with Ethicon Women's Health & Urology, a Johnson and Johnson company.



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.**

"The Aging Brain and Nervous System"

Presented by Yu Liu, MD, Neurologist, St. Joseph Medical Group.

- Tuesday, Sept. 15, 9 a.m.
- Registration deadline: Friday, Sept. 4

Free breakfast will be served at 8:30 a.m., sponsored by Saint Anne Home & Retirement Community.

"Minding your Medicare Options"

Presented by Jim Holmes, SHIP counselor.

- Tuesday, Oct. 13, 9 a.m.
- Registration deadline: Friday, Oct. 9

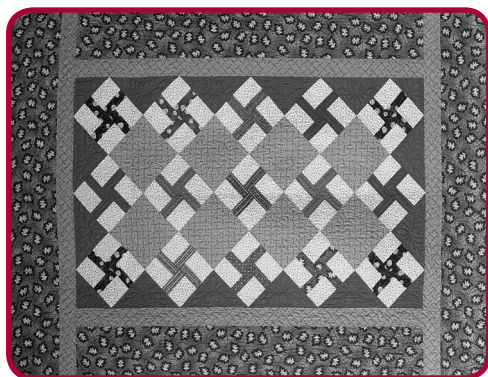
Free breakfast will be served at 8:30 a.m., sponsored by Heritage Park, an American Senior Community.

Lectures & Learning

Quilting Class—Holiday Packages

- Wednesday, Sept. 16, 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. To get ready for the holidays, we will use a pattern that



resembles gift packages. Each square can be done with different colored and patterned fabrics to create the “ribbons” used in this design. This is a good opportunity to use scraps of

Christmas fabric, or you can buy remnants. We can also share and swap scraps for greater variety if you choose. This design can be created as a quilt or wall hanging. Bring ribbons, bows, small ornaments or other holiday embellishments to dress up your packages. When you call to register, we will send you a list of supplies needed for the class. We have a really nice group of ladies who have been coming to the class, so bring a sack lunch, and make some new friends!

Crochet Group

- Thursdays (excluding Oct. 8), 9–11 a.m.
- Cost: Senior Circle members \$1; nonmembers \$2
- Call to register: 425-3087

Assunta Brown, Senior Circle member and volunteer, has been teaching crochet at Senior Circle for several months. You are welcome to join us, whether as a beginner or just someone who would like to crochet and chat with the group!

Calligraphy

- Fridays, Oct. 23 & 30, 1–3 p.m.
- Cost: Senior Circle members \$12 each week, nonmembers \$14 (includes pen and parchment)
- Call to RSVP: 425-3087
- Registration deadline: Oct. 19

Senior Circle member and retired art teacher Carolyn Cole will teach the art of calligraphy. This is a great skill to learn before the holidays, as you can really make some beautiful holiday cards! The first week, we will learn the technique of writing, and the second week, we will work on writing poems, holiday greetings or whatever you would like to write beautifully on parchment paper.

Home Safety and Fall Prevention

- Wednesday, Sept. 23, 10 a.m.
- Call to RSVP: 425-3087

Lisa Cano, RN, Heartland HomeCare and Hospice, will discuss measures you can take to stay safe in your home and prevent falls. Light refreshments will be served, provided by Heartland HomeCare and Hospice.

Smart Shoppers

- Tuesday, Oct. 6, 10 a.m.
- Call to register: 425-3087

Participants in our June coupon class found the program and discussion so informative they wanted to get together again, so we formed a “Smart Shoppers” group. At these meetings, we share good deals and money-saving tips, as well as exchange coupons. We also now have a “coupon corner” here at Senior Circle, so you are welcome to drop off coupons for others to use, or pick up some that you may need. Check it out the next time you are here for a program.

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Lectures & Learning

Beginning Painting Class

- “Autumn Still-Life Workshop” \$35 (16x20), Tuesday, Sept. 22, 9 a.m.–1 p.m.
- “Mountains Painted with a Palette Knife” \$35 (16x20), Tuesday, Oct. 20, 9 a.m.–1 p.m.
- Call to register: 425-3087, prepayment required
- Registration deadlines: one-week prior to class

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. Please mail payment payable to Kathy McHenry to Senior Circle, 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.

Jewelry Class—Beaded Watch

- Thursday, Oct. 8, 9 a.m.–noon
- Cost: \$10
- Call to register: 425-3087

This will be the third jewelry class taught by Assunta Brown, Senior Circle volunteer. For this class, we will make a beautiful beaded watch. You will need to purchase your own watch face, which can be purchased at JoAnn Fabrics or Michael’s. Look for 40 percent-off coupons in the Sunday paper. Beads and all other supplies are included in the class fee.

Around the Network



Dukes Memorial Hospital

Dukes Memorial Hospital will be hosting its third annual health expo Oct. 3. There will be free health screenings, various vendors and door prizes. We hope to see you at

Dukes Memorial Hospital’s Third Annual Health Expo!

- Oct. 3, 8 a.m.–1 p.m.
- Circus City Festival building, 154 N. Broadway, Peru Ind.



Bluffton Regional Medical Center

Bluffton Regional Medical Center’s HealthCheck features

free blood pressure, diabetes and lipid screenings (for most accurate results, a 10-hour fast is recommended; water and medications are permitted as prescribed), free colon cancer home screenings kits and a \$20 thyroid panel. HealthCheck will be at the following events this fall:

- Ossian Days—Saturday, Sept. 12, 8–10 a.m. Bluffton Regional Rehab Services, 105 W. Hillcrest Drive, Ossian, Ind.
- Pennville Wellness Day—Saturday, Oct. 3, 8–11 a.m. across from the Pennville Fire Station, Bluffton, Ind.
- Screenings at Community Market—Tuesday, Oct. 6, 9–11 a.m. Community Market parking lot, Decatur, Ind.

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. *Starting Nov. 16, we will also have Monday dates available to accommodate more people who need help with drug-plan choices. Call now to schedule an appointment. Open enrollment for MA plans and Medicare D is Nov. 15 to Dec. 31.* Jim Holmes will be discussing Medicare options at the Oct. 13 breakfast and learn. See Page 7 for more information.

Legal Counseling

- Fridays, Sept. 4 & Oct. 2, 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.

Cards Anyone?

We are thinking about starting a card-playing group for Senior Circle members. Call 425-3087 to let us know if you're interested.

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:



St. Joseph
Hospital

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 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 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.

WORD SEARCH

M L H N C O L Y O H C S K J P
 A U I U L M N O R E S D P V S
 P T R E E D C L J H A O I U M
 N B S Y A D S U B M U L O C K
 B O N Y V E R H A L P U G F S
 K Y F E E G S O L A R A I O D
 U A P D S I H E L F D S W I O
 G D A T O Y O T R D A F A N O
 P R D C E R F A S I G J I Y T
 N O M A N D U R E S F O I M S
 O B R H A L L O W E E N K L M
 Y A U T U M N L A B O D O O I
 K L R E A V E H J K B W E B U
 C O M B I G H D S E O I L R E

**AUTUMN
 LABOR DAY
 LEAVES**

**HALLOWEEN
 BONFIRE
 COLUMBUS DAY**



MEMBERSHIP APPLICATION

Today's Date: _____ Referred By: _____

ST. JOSEPH HOSPITAL		<input type="checkbox"/> New <input type="checkbox"/> Renewal
Last Name	Middle I.	<input type="checkbox"/> Mrs. <input type="checkbox"/> Ms.
First Name	Sex <input type="checkbox"/> M <input type="checkbox"/> F	<input type="checkbox"/> Mr. <input type="checkbox"/> Dr.
Phone Number ()	Birthday Mo. ____ Day ____ Yr. ____	
Address	Apt #	
City	State	ZIP

E-mail

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

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

Travel with Senior Circle to Lancaster, Pa.!

Lancaster, Pa. - April 27–30, \$589 per person (double occupancy).

Package includes:

- Three-nights hotel accommodations.
- Three breakfasts and dinners.
- Sight-and-Sound theatre production of "Joseph".
- Guided tour of Lancaster County. Learn all about the customs of the Amish and enjoy an Amish feast.
- Shopping at Kitchen Kettle Village.
- Guided tour of Gettysburg National Military Park.

For more information and/or reservations, contact Coleen at 425-3861. This trip is for Senior Circle members only!

