

Circle News

May/June
2010

How To Contact Us

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

Senior Circle Reservations:

(260) 425-3087

(260) 425-3857

Coordinator:

(260) 425-3861

Community & Adult Services:

(260) 425-3883

Volunteer

Services:

(260) 425-3098

Look for more information on our Web site at:

LutheranHealth.net

Address Changes

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

A letter from Barbara Schoppman, Community Liaison, St. Joseph Hospital

Our 10th annual Senior Circle Expo is just around the corner! It's incredible. It reminds me that I began working in community and adult services at St. Joe 10 years ago. We have had wonderful educational, wellness and medical screenings in the past and have great plans for you again at this year's expo.

I'm excited to report that heirlooms and garage sale finds can once again be evaluated at the expo. The antique appraisal will take place from 10 to 11:30 a.m. on Friday, May 7.

The first time we offered this program, my mother brought in two items. One was a vase that belonged to my great aunt and the other was a walking stick that belonged to her uncle. My mother received a nice estimate for the vase. The walking stick, on the other hand, was met with some skepticism.

The appraiser asked if it would be okay to remove a piece of leather from the head of the walking stick. We thought

the leather protected hands from a rough spot on the handle. Once it was removed, however, we discovered a bust of William Jennings Bryan, who ran for president in 1896, 1900 and 1908. What a surprise!

In the early 1900s, candidates apparently gave away walking sticks on the campaign trail. In retrospect, I think my family liked the gift, but could not look at Mr. Bryan's face. After all, he was a Democrat and my family members were dyed-in-the-wool Republicans. I'm sure glad things have changed in this century. Regardless, the walking stick has been in our family for more than 100 years. It was nice uncovering a little history about it.

This year's Senior Circle Expo will be Friday, May 7, at the Public Safety Academy, located within the Southtown Centre complex. The academy is easy to find and parking is close to the front door. Bring a family member, friend or neighbor and join us for a great time.

Senior & Circle
A program for adults 50+

 Lutheran
Health Network

Circle News is a publication of the Fort Wayne chapter of Senior Circle

Exercise Programs

Walking Programs

Spiece Fitness

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

Senior Circle members can enjoy free walking privileges any day of the week. You will need to show your Senior Circle membership card and meet with a customer service representative the first time you come to walk. 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, \$65 for senior couples. This includes classes in Spiece Fitness' heated pool. Call 483-1415 for more information.

ASH Centre

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

The ASH Centre will re-open on July 5 for participants in the Fort4Fitness Senior Marathon. See Page 3 for more information. Walking will be limited to Monday and Thursday mornings from 8–10 a.m. Other sites will be available on alternate days for participants in the senior marathon. Watch for more information in the July / August issue of Circle News.

Balance and Coordination II

- Five-week session: Mondays and Thursdays
- May 3–June 7, 1 p.m.
 - Senior Circle office
- Cost: \$45 or \$5 drop-in fee for Senior Circle members; \$48 nonmembers
- Call to register: 425-3087

This class reviews and utilizes movements learned in Balance and Coordination I. It focuses more on application and less on education while continuing to retrain eye muscles and increase brain activity to further improve balance and coordination. If you missed Balance and Coordination I, you are still welcome to attend this class.

Hands, Arms and Shoulders

- Five-week session: Mondays and Thursdays
- May 3–June 7, 3:45 p.m.
 - Golden Years Homestead, 8300 Maysville Road
- Cost: \$45 or \$5 drop-in fee for Senior Circle members; \$48 nonmembers
- Call to pre-register: 425-3087

Hand, arm and shoulder strength is needed for daily activities such as opening jars, bottles and doors. We also need this strength to pick ourselves up after a fall. Participants in this exercise program 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 bring flexibility to your arthritic joints. Join us as we focus on building the strength and flexibility needed 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

Fort4Fitness Seniors Marathon

- Sponsored by New Haven Care and Rehabilitation Center
- Register now, 12-week program kicks off June 29
- Senior Marathon Fee: \$10

The Seniors Marathon is the newest addition to Fort4Fitness. This marathon, for seniors 60 and older, is an incremental walking/running program designed to encourage exercise and a healthy lifestyle that will benefit seniors for years to come. Participating seniors will walk or run (or some combination of both) a total of 26.2 miles (a full marathon distance) over a designated 12-week period from July through September. The final mile of this distance will be completed during the Fort4Fitness event on Friday evening, Sept. 24.

More details about training opportunities and other items related to the new Seniors Marathon will be available as the kick-off date nears. Please check out www.fort4fitness.org for more details. For those of you without computer access, fliers highlighting the Fort4Fitness Seniors Marathon and registration details will be available from Senior Circle in May. Information will also be available at the Senior Circle Expo on May 7. Stop by the Fort4Fitness booth to learn more and sign up!



Coleen's Corner:



*Coleen
Arribasplata
Coordinator
Senior Circle*

Our Circle is growing and growing!

If you are receiving this newsletter for the first time and are a new member, welcome! In addition to our new members in Fort Wayne, we recently added more than 200 new members from Kosciusko Community Hospital as well. I actually had the pleasure of attending the official kickoff of Senior Circle at KCH in April. While programs are being planned for members at the KCH location, everyone is welcome to attend programs at any of the Fort Wayne hospitals. We hope to see you soon!

Longtime Senior Circle members will notice we are beginning to offer more programs at both the Lutheran and Dupont campuses. If you live north or southwest and see something offered at St. Joe that you would like to see offered at Dupont or Lutheran, please call me at 425-3861. I will do my best to bring these programs closer to you.

If you are not a member, we hope you will consider joining our organization. Not only will you continue to receive our newsletter every other month, but you can also take advantage of the discounts we offer to our members. Membership information and an application are found on page 11.

We hope to see ALL of you at our Senior Circle Expo on May 7 at the Public Safety Academy. If you are 50 years of age or older, you are welcome to attend. Membership is not required. This is a great event. Be sure to invite your friends and neighbors!

— Coleen

Health Programs

Massage

- Wednesdays, May 19 and June 16, 1–3:30 p.m.
- Thursdays, May 20 and June 17, 9–11 a.m.
- Cost: \$15 for 15 minutes, \$30 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 massages 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 having one.

For those of you who need a massage but prefer not to come so early, we have now added some afternoon dates. The days coincide with Foot Care, so if you are coming to have your toenails done, treat yourself to a massage while you are here!

Hearing Screening

- Tuesdays, May 18 and June 15, 9–11 a.m.
- Cost: Free
- Call for an appointment: 425-3087

Fort Wayne Audiology Center will conduct hearing screenings and hearing consultations, check for ear wax, clean any type of hearing aid and do minor hearing aid repairs — FREE in the Senior Circle office. Alternate times and services are available at Fort Wayne Audiology Center's main office, located four blocks north at 217 W. Wayne St. Senior Circle members receive a discount.

LifeLine Screening

- Preventative Screenings for Stroke/Vascular Disease
- Friday, May 21, First Christian Church, 4800 S. Calhoun, sponsored by Senior Circle
- Monday, May 24, Lutheran Hospital, Classrooms 1 and 2
- Thursday, June 10, First Presbyterian Church, 300 W. Wayne St., sponsored by Smock Senior Ministries 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 partners 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.

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Health Programs

Foot Screening

- Thursday, June 17, 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 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.

Dr. Robison will also provide screenings Friday, May 7, 9 a.m.–1 p.m., at the Senior Circle Expo.

Foot Care Clinic

- Wednesdays, May 12 and June 9, 8:30–11:30 a.m.
- Wednesdays, May 19, June 9 and 16, 1–3:30 p.m.
- Thursdays, May 6 and June 3, 1–3:30 p.m.
- Thursdays, May 20 and June 17, 8:30–11:30 a.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.

Chem 30 Blood Chemistry

- Tuesday, May 25, Anthony Medical Center
- Thursday, June 10, Dupont Hospital
- Tuesday, June 29, Senior Circle office
7:30-9 a.m. by appointment only
- Cost: Senior Circle members \$49; nonmembers \$52 (cash or check only)
- Call for an appointment, 425-3087

Chem 30 provides 30 different tests. It measures levels of sodium, potassium, glucose, uric acid, calcium, phosphorus, magnesium, HDL, LDL, triglycerides and more. A 12-hour fast is required. Results will be mailed to your home.

Medication Check

- Thursday, May 27, 1–2 p.m., Lutheran Hospital
- Tuesday, June 8, 1–2 p.m., St. Joseph Hospital
- Cost: Free
- Call 425-3087 to make an appointment

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



Lectures & Learning

Supporting Someone Diagnosed with Cancer

- Thursday, May 13, 10 a.m.
- Lutheran Cancer Resource Center conference room
- Call to register: 425-3087

Being diagnosed with cancer can wreak havoc in anyone's life. But what can we do to help? Come to this informal gathering for guidance in helping someone cope with a cancer-related situation. A certified oncology nurse will lead the discussion and answer questions.

Senior Circle Orientation

- Friday, May 14, 10 a.m.
- Tuesday, June 8, 10:15 a.m.
- Please RSVP: 425-3087

This program is for new or current members who want to know more about the benefits of a Senior Circle membership, such as national discounts and travel opportunities. Learn what Senior Circle has to offer, get to know the staff and tell us what programs you would like to see offered.

The Effect Emotions Have on Our Health

- Wednesday, May 26, 9 a.m.
- Dupont Resource Center, 2512 E. Dupont Road
- Call to register: 425-3087

Anything that causes a change in your life causes stress and an emotional response. It doesn't matter if it is a "good" change or a "bad" change, they both result in an emotional response. Many people carry enormous emotional loads and don't even realize it! Health can suffer and lives can be disrupted. Join Chaplain Scott Davis as he discusses how to deal with emotions in a healthy way and how to live life to its fullest each and every day.

Gotta Go? Understanding Overactive Bladder

- Friday, May 21, 9 a.m.
- Dupont Resource Center, 2512 E. Dupont Road

One in six adults has an overactive bladder, which can have a major impact on daily living. Do you find yourself looking for the bathroom every time you arrive in a new place, just in case? Do you avoid vacations and social situations because you are afraid of having to go too often? There are foods and drinks you can avoid, as well as natural treatments that can cut overactive bladder episodes nearly in half. Medications can be prescribed if these measures are not enough. Tracy Mullins, a board certified nurse practitioner at Northeast Indiana Urology, will talk about causes of and treatments for this common problem in older adults.

Breast Care for Women Over 50

- Wednesday, June 16, 10 a.m.
- Dupont Hospital Center for Breast Health
- Call to register: 425-3087

Bobbie Goltz, RN, MSN, breast health navigator at the Dupont Hospital Center for Breast Health, will discuss myths and misunderstandings about breast cancer and answer questions about screenings and biopsies. She will also talk about the resources available to those diagnosed with breast cancer and give tours of the new Center for Breast Health.

Summertime Memories Trivia and Picnic Lunch

- Friday, June 18, 11:30 a.m.
- Call to register: 425-3087

Enjoy picnic foods and a fun game of trivia with Englewood and Ossian Health and Rehab. Space is limited, so register today!

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Lectures & Learning

St. Joe's Cardiac Wellness Center

- Tuesday, June 8, 9:45 a.m.
- Please RSVP: 425-3087

Meet Katie Heemsoth, BS, EP, manager of St. Joe's cardiopulmonary rehab center. Katie will talk about our new wellness center and give a brief tour. The center is conveniently located in the new medical office building, just down the hall from the Senior Circle office. St. Joe has made this very affordable for our community. In fact, Senior Circle members receive half off the enrollment fee — a \$20 value! More details will be available at this meeting. See you there!

AARP 55 Alive Driving Course

- Tuesday, June 22, 9 a.m.–2 p.m.
 - Fee: AARP members \$12; nonmembers \$14
 - Prepayment preferred, make checks payable to AARP and send to Senior Circle, 700 Broadway, Fort Wayne, IN 46802
 - Preregistration required: 425-3087; space is limited
- Traffic has increased over 30 percent in the last 10 years. The number of streets has increased as well. During this four-hour class, Mark Coratti will teach participants the “rules of the road,” including new traffic laws, defensive driving, how to share the road with large trucks and much more. Find out how to adjust your driving to address age-related changes in vision, hearing and reaction time. There are no tests or actual driving. Class is limited to 20 students age 50 or older. Contact your insurance company regarding possible discounts available once the course is completed. For more information and additional class dates, call 1-888-227-7669 or go online: www.aarp.org/drive. Bring a sack lunch or enjoy lunch at St. Joe's Off Broadway Café. Remember, Senior Circle members receive the associate discount in the café!

Healthy Eating with Your Grandkids

- Tuesday, June 15, 1 p.m.
- Lutheran Hospital, Classroom 2 (near the cafeteria)
- Call to register: 425-3087

It can be hard to get grandkids to eat healthy foods. Bev Moellering, an outpatient dietitian at Lutheran, will share some ideas on healthy options that the grandchildren will actually eat. Grandchildren are welcome. In fact, those who attend can help prepare a healthy snack.

Intermediate Drawing

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

This class is for anyone who attended one of Collene Hitchcock's previous Senior Circle drawing classes, as well as those with some prior drawing experience. Collene, an experienced drawer and painter, recently discovered the Lee Hammond technique, which improved her drawing and helped her win awards at local art shows. Participants in this class will use a view finder for segmented drawing and practice the Lee Hammond technique. Bring a photograph of something you would like to draw and learn how to reproduce it using a graph. Class fee includes a mechanical pencil, an eraser, 9 x 12 paper and other necessary supplies.

Understanding Delirium and Dementia

- Wednesday, June 30, 2:30 p.m.
- Call to register: 425-3087

Fritzi Nodine, a certified nurse practitioner, will talk about the potential causes of and differences between delirium and dementia, as well as misdiagnosis. She will also discuss things we can do to help.

Lectures & Learning

KCH Senior Circle Program

- Thursdays, May 13 and May 27, 10–11 a.m.
FREE metabolic screening
- KCH Health and Wellness Center,
1500 Provident Drive, Warsaw
- Friday, May 21, 10–11 a.m.
“This Joint Is Jumpin’: Joint Health”
Dr. Lee Williams, Orthopaedic Surgeon
- KCH Administration Classroom,
2101 E. DuBois Drive, Warsaw
- Wednesdays, May 26 and June 30
10:30 a.m.–1:30 p.m.
Massages by Charter College of Health
and Massage Therapy
\$10 for 15 minutes, \$25 for 30 minutes
- KCH OB Classroom, 2101 E. DuBois
Drive, Warsaw
- Thursdays, June 10 and June 24, 10–11 a.m.
FREE hearing screening
- MedStat Urgent Care, 1500 Provident
Drive, Warsaw
- Friday, June 11, 1–3 p.m.
FREE foot screening by Dr. Sean Rhodes
- KCH Health and Wellness Center,
1500 Provident Drive, Warsaw
- Friday, June 18, 10 a.m.–noon
- Geo-Caching and Center Lake Picnic
Meet at Center Lake Park Pavilion
Picnic in the park with Miller’s
119 E. Canal Street, Warsaw

Appointments required for all wellness checks. Please call 574-372-7890.

To RSVP for the programs on May 21 and June 18, or to make an appointment for a massage, please call 574-267-3200.

Senior Circle Expo — May 7

- Free glucose, blood pressure, skin cancer and foot screenings
- \$10 total cholesterol screenings (no fasting required)
- Antique appraisal
- Entertainment by the New Horizons Band and Ron Smith
- Programs on medication safety, personal safety and identity theft
- Informational booths
- Free massages provided by Rudae’s Beauty College
- Free coffee provided by Kingston Healthcare
- Free samples from MyMenu
- Free lunch provided by Bethlehem Woods, Coventry Meadows, Covington Commons, Glenbrook Rehabilitation and Skilled Nursing Center, Heritage Park and Markle Health and Rehabilitation

QUESTIONS: 425-3087

Beginning Painting Class

- *Poppies*, \$38; Tuesday, May 18, 9 a.m.–1 p.m.
- *Loons on the Lake*, \$43; Friday, June 11, 9 a.m.–3 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! Leave with a completed painting that is ready to be framed or purchase a reasonably priced frame after the class and have the instructor frame the painting for

you. Please mail payment for the class, payable to Kathy McHenry, to Senior Circle, 700 Broadway, Fort Wayne, IN 46802. Cancellation is required at least three days in advance for a refund.

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Lectures & Learning

Quilting Class

- Wednesday, May 12, 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. Make the “Disappearing Nine-Patch Quilt,” a quick, easy quilt that’s great for beginners and more experienced quilters. It consists of nine patches cut and turned a specific way to make the design.

The quilt includes three colors, with one fabric as the focus and the other two as the coordinating colors. An additional fabric is utilized for the border. It’s amazing how much we complete in six hours, so join the fun and go home with a smile and something pretty, too.

Floral Wreath

- Wednesday, May 19, 10 a.m.–noon
- Cost: \$5 plus supplies
- Call to register: 425-3087

Now that spring is here, learn how to make something for your home that welcomes guests and brightens your day. The volunteers from St. Joe’s flower room will teach you how to create a beautiful wreath for your front door. After you register, you will receive a list of supplies so you can purchase the flowers and items you want to include in your design.

Crochet Group

- Wednesdays, June 2 and June 9, 9–11 a.m.
 - Drop-in fee: members are free; nonmembers \$2
- Assunta Brown, Senior Circle member and volunteer, will resume her crochet group at the Senior Circle office. You are welcome to join us, whether as a beginner or someone who likes to crochet and chat with the group!



Breakfast and Learn

Breakfast and Learn programs are FREE, informative seminars. Reservations are required and space is limited to the first 35 people registered. Call 425-3087 to reserve your spot; please call to cancel if you cannot attend. Programs take place at St. Joseph Hospital in the Assembly Room, located on the ground floor.

“Anxiety and Panic Attacks”

Presented by Billie Jovevski, clinical manager, Generations II, St. Joseph Hospital

- Tuesday, May 11, 8:30 a.m.
- Registration deadline: Friday, May 7

Free breakfast will be served at 8:15 a.m., sponsored by St. Anne Home and Retirement Community.

“Type II Diabetes”

Presented by Dr. David Sorg, endocrinologist

- Tuesday, June 8, 8:30 a.m.
- Registration deadline: Friday, June 4

Free breakfast will be served at 8:15 a.m., sponsored by The Village of Heritage.

Lunch and Learn

“Preventing Coronary Disease”

Presented by Dr. Peter Hanley, Cardiologist, Lutheran Medical Group

- Friday, May 21, noon
- Reservations required: 425-3087

Lunch will be served at 11:15 a.m. in the Lutheran cafeteria, sponsored by Coventry Meadows, an American Senior Community.

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. to 3 p.m. Know your options before you investigate a policy purchase.

New to Medicare?

- Friday, June 25, 10 a.m.–noon
- Lutheran Hospital, Kachmann Auditorium
- Call to register: 425-3087

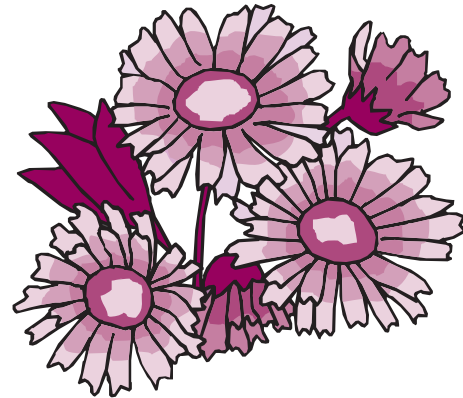
This workshop is for anyone preparing to enroll in Medicare or anyone seeking a better understanding of Medicare. Instructor Jim Holmes is a trained SHIP volunteer. He has four years of experience assisting seniors with Medicare, helping them choose medication plans and explaining the difference between traditional supplements and advantage plans. Jim will present an overview of the Medicare program and answer general questions. If you have specific questions, we will be happy to schedule an individual appointment for you.

Legal Counseling

- Fridays, May 14 and June 4, 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.



Word Scramble

1. REFOLW

3. TSERE

5. INRA

7. YDEOHRAMTS

2. DUSTRHRNMOTE

4. LNRGWSNEEA

6. EOWSSRH

8. EFTRSAYDAH

Answers: 1. Flower, 2. Thunderstorm, 3. Trees, 4. Green Lambs, 5. Rain, 6. Showers, 7. Mothers Day, 8. Fathers Day

Are you a Senior Circle Member?

If you're looking at this newsletter, but aren't a Senior Circle 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 Discount:** receive employee pricing in the cafeterias at St. Joseph, Lutheran, Dupont and Kosciusko hospitals, as well as Bluffton Regional Medical Center. 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 Fort Wayne Audiology Center
- **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

MEMORIAL	C S W T G I T N S
RAIN	D N H P V U N B U
SHOWERS	I Q U O L M U N M
SUMMER	N E A I W H S V M
SUN	J I P K S E D W E
TULIPS	V S A V W S R K R
WARMTH	H T M R A W F S T
	B P C S J B O D Y
	L A I R O M E M N



MEMBERSHIP APPLICATION

Today's Date: _____ Referred By: _____

SENIOR CIRCLE		<input type="checkbox"/> New <input type="checkbox"/> Renew
Last Name	M.I.	<input type="checkbox"/> Mrs. <input type="checkbox"/> Ms.
First Name	Sex <input type="checkbox"/> M <input type="checkbox"/> F	<input type="checkbox"/> Mr. <input type="checkbox"/> Dr.
Phone Number ()	D.O.B. (mm/dd/yy)	
Address	Apt #	
City	State	ZIP

E-mail

I authorize do not authorize

that a Senior Circle representative may be notified of my admittance to participating hospitals and may contact me while in the hospital to ensure my needs are being met.

Signature _____

Last 4 digits of Social Security # _____

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

Last Name	M.I.	<input type="checkbox"/> Mrs. <input type="checkbox"/> Ms.
First Name	Sex <input type="checkbox"/> M <input type="checkbox"/> F	<input type="checkbox"/> Mr. <input type="checkbox"/> Dr.
Phone Number ()	D.O.B. (mm/dd/yy)	

E-mail

I authorize do not authorize

that a Senior Circle representative may be notified of my admittance to participating hospitals and may contact me while in the hospital to ensure my needs are being met.

Signature _____

Last 4 digits of Social Security # _____

Check one:
<input type="checkbox"/> One-Year Membership \$15.00 (SC1)
<input type="checkbox"/> Two — One-Year Memberships \$27.00 (TW1)
<input type="checkbox"/> Two-Year Membership \$27.00 (SC2)
Return completed application with check payable to: Senior Circle, Care of St. Joseph Hospital, 700 Broadway, Fort Wayne, IN 46802

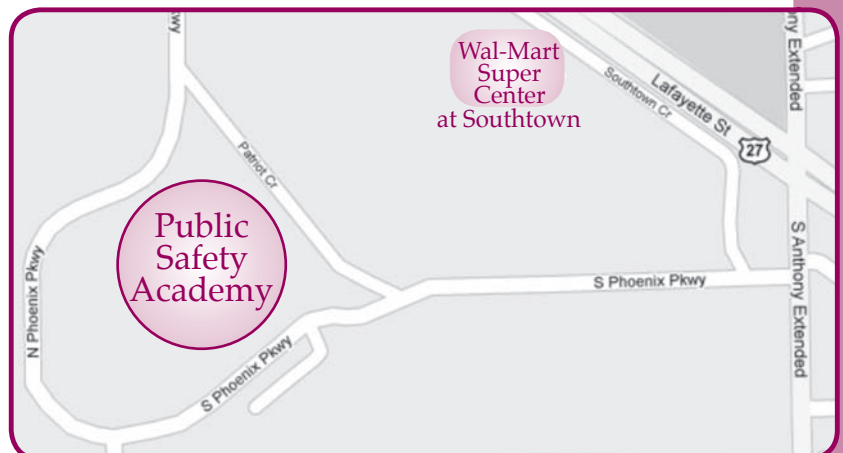
10th Annual Senior Circle Expo

Friday, May 7, 9 a.m.–1 p.m.

**Public Safety Academy
7602 Patriot Crossing**

- Free admission
- Health screenings
- Informational booths
- Entertainment
- Free lunch

Please see Page 8 for more info.



Don't Miss Out!

If this is the first time you've received this newsletter and you would like to continue receiving it every other month, join Senior Circle today! We offer a variety of great programming at different locations, as well as free and discounted services and other benefits. Membership is just \$15 per year. See page 11 for more information. We hope to see you at the 10th Annual Senior Circle Expo.