

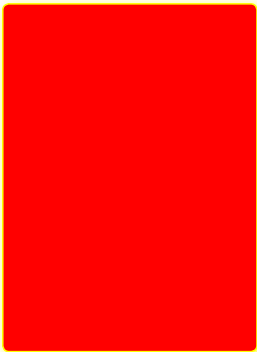
# CIRCLENEWS

A PUBLICATION FOR THOSE AGE 50 +

Senior & Circle

MARCH/APRIL 2013

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



*For each petal on the shamrock  
this brings a wish your way.  
Good health, good luck, and  
happiness. For today and every  
day.*

*~Author Unknown*

On March 17, even those  
of us who are 100 percent  
German may celebrate  
with green beer, corn beef

and cabbage for luck! Since the holiday falls on  
a Sunday this year, I imagine many celebrants  
may start a “wee bit” early. The quote above,  
though so simple, reflects what all of us would  
like have — good health, a little good luck and  
much happiness. We can handle all other things  
in life with the help of these three!

I want to highlight three great opportunities to  
take advantage of during the next couple of  
months. The first item is the Senior Circle Prom  
on Wednesday, May 8, 1–4 p.m. at The Bergstaff  
Place, 2020 E. Washington Blvd. Enjoy live music,  
food and fun in the former Falstaff Brewery,  
which has been beautifully renovated for special  
occasions. Tickets are \$10 per couple or \$7  
per person. Proceeds will be donated to the  
Alzheimer’s Association. More details are found  
on the back cover.

This issue of Circle News also includes a schedule  
for the *Rewire! Refire! Reboot!* sessions April 30

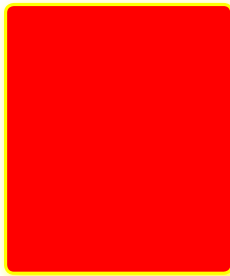
and May 21. I have been pleased to serve on  
this committee and help plan sessions that are  
educational, informative and fun. Please note  
that there is an antiques road show in April,  
but you must be registered to bring one of your  
treasures. I hope you will consider joining other  
active seniors for these sessions.

Lastly, the 2013 **Senior Circle Expo** will take  
place Friday, May 17, at IPFW’s Athletics Center.  
The center is a huge facility with lots of room  
for exhibits, screenings and presentations. There  
is also easy access to free parking, so plan to  
come and bring a friend.

I look forward to these great events and hope  
you will be able to attend them as well!

## Melissa’s Memo

*Melissa Buesching,  
Senior Circle Program Coordinator*



Have you ever stopped to  
think about the legacy you  
will leave your children,  
grandchildren and friends?  
Is the legacy you create  
different for your family  
than your friends? Have  
you been purposeful in  
what kind of person you  
are to others? Do you truly

think about the legacy you are creating every  
day through your actions and words?

I recently read an article in the Wall Street  
Journal, “Before Passing Along Valuables, Pass  
Along Values.” The author discussed why  
legacies and life lessons are an important part  
of planning for the future. It made me think.

*Continued on Page 2*



Lutheran  
Health Network

LutheranHealth.net

RESERVATIONS 260.425.3087 | COORDINATOR 260.425.3861

Continued from Page 1

Recently, my husband and I have been planning our future should something happen to our family. And, during a recent visit to a family member in Florida, we heard stories from years past, including what it was like to grow up in a small town, being in the Navy and life as an executive in corporate America. More important than the stories were the experiences and the lessons this family member learned along the way. His stories reflected his values and guiding principles.

When you talk with your loved ones, realize it is not only important to pass on stories from generation to generation, but to pass along your values. The next generation needs to understand what you value so the principles that guided your life can be shared across generations. These core values should be the firm foundation on which your children and grandchildren build their lives.

Some Senior Circle programming can help you plan your legacy. For instance, a representative from Beers, Mallers, Backs and Salin provides legal advice, including elderlaw and estate planning assistance, in our office once a month. And in April, members can learn more about donating the gift of life to someone in need, a legacy that will truly live on through others.

Are you making sure your legacy, and values, are being passed along? I am reminded of the parable about the wise and foolish builders "...A wise man built his house on the rock. The rain came down, the streams rose, and the winds blew and beat against that house; yet it did not fall, because it had its foundation on the rock...A foolish man built his house on sand. The rain came down, the streams rose, and the winds blew and beat against that house, and it fell with a great crash." I challenge you to pass on your values.

~Melissa

Save the Date!

## SENIOR EXPO!



Friday, May 17  
9 a.m.– 1 p.m.

IPFW's Athletics Center

Encouraging health and wellness in our community.

Watch for more details in the next issue!

### Coventry Meadows: New Energy Wellness Center

Senior Circle members can enjoy a \$30 month-to-month membership at the New Energy Wellness Center at Coventry Meadows, 7843 W. Jefferson Blvd. The center offers a personalized strength program designed to help improve your current fitness level and give you more energy. Blood pressure, heart rate and oxygen saturation levels are monitored before and after each session. Call 432-4848 for more information. Be sure to show your Senior Circle membership card!



Free **America on the Move** cards are available at the Senior Circle office. For a schedule of exercise options near you, stop by or give us a call. We will be more than happy to provide an AOM card and schedule.

# EXERCISE PROGRAMS

## Circle Swimmers: Rehabilitation Hospital

- Mondays and Wednesdays, 10:30–11:15 a.m.
- Required orientation: Call for date
- Six-week sessions: Feb. 18–March 27; April 8–May 15
- Rehabilitation Hospital, Lutheran Hospital campus, 7970 W. Jefferson Blvd.
- \$54 Senior Circle members, \$69 nonmembers
- Maximum class size: 7

Join a fitness instructor from Corporate Health and Prevention for aqua fitness in The Rehabilitation Hospital's therapeutic pool. Aqua fitness improves circulation, burns more calories than any other activity and is much easier on your joints. It also increases flexibility, range of motion and energy levels. Participants must be able to enter and exit the pool independently. *Anyone new to this aqua fitness class is required to attend an orientation session.*

## Circle Swimmers 2: The Orthopedic Hospital at the Fort Wayne Orthopedics Campus

- Mondays and Wednesdays, 12:15–1 p.m. or 1:15–2 p.m., Feb. 18–March 27; April 8–May 15
- Tuesdays and Thursdays, 12:30–1:15 p.m., Feb. 19–March 28; April 9–May 16
- Required orientation: Call for date
- Fort Wayne Orthopedics campus, 7601 W. Jefferson Blvd., Outpatient Rehab Suite 102
- \$54 Senior Circle members, \$69 nonmembers
- Maximum class size: 14

Warm water exercise is a great way to remain active. It decreases the amount of stress on the joints, making it easier and less painful to exercise. Participants must be able to enter and exit the pool independently. *Anyone new to this aqua fitness class is required to attend an orientation session.*

## Circle Fitness: Wellness Center at St. Joseph Hospital

### Senior Fitness

- Tuesdays and Thursdays
- 9 a.m.–noon — Pick one hour!  
(Other times are available upon request)
- \$27 Senior Circle members, \$35 nonmembers

### Monthly Maintenance

- Mondays, Wednesdays and Fridays
- 8 a.m.–noon or 1–3 p.m. — Pick one hour!
- \$30 per month

Studies show seniors who exercise regularly do not need to go to the doctor as often as those who don't exercise. The Wellness Center has a treadmill, recumbent bike, upright bike, steppers, elliptical and resistance equipment. Plus, a healthcare professional will monitor your blood pressure, heart rate and oxygen saturation. Members also receive a monthly newsletter with health tips. For more information or to schedule an appointment, contact the Wellness Center at 425-3208.

## Keep It Movin': St. Joseph Hospital

- Fridays, 10:15–11 a.m.
- Six-week session: Feb. 8–March 15; April 5–May 10
- Holiday break: Good Friday (March 29)
- \$27 Senior Circle members, \$35 nonmembers
- Minimum class size: 5

This exercise class is designed for beginners or those dealing with injuries and limitations. Utilize a chair and light equipment to increase endurance, muscle strength, range of motion and flexibility. Plus, exercise is a great way to keep your heart muscle healthy and strong. The instructor will assist participants as needed. Join the class and keep it movin'!

 Indicates reservations may be made online

# EXERCISE PROGRAMS

## Tai Chi: Rehabilitation Hospital

- Mondays and Wednesdays, 10:15–11 a.m.
- Six-week session: March 11–April 17
- Rehabilitation Hospital, 7970 W. Jefferson Blvd. (use Weight Management Center entrance)
- \$54 Senior Circle members, \$69 nonmembers
- Minimum class size: 8

Do you have arthritis, lack mobility or have balance issues? Try Tai Chi, a low-impact, relaxing form of exercise. Experience the benefits of gentle stretching, restorative breathing and moderate movements. Participants stand for half the class and remain seated for the other half. Learn more about Tai Chi and ask our instructor, John Milligan, to tell you all the incredible benefits. We look forward to seeing you for a little Tai Chi.

## Zumba Gold

- Tuesdays and Thursdays, 9:30–10:30 a.m.
- Steppin' Up Physical Therapy, 10006 Auburn Park Drive
- Senior Circle members: \$5 drop-in fee or \$4.50 per class with a 10-class punch card
- Nonmembers: \$7 drop-in fee or \$6 per class with a 10-class punch card
- No preregistration required; call 497-7191 for more information

Donna Pond, certified Zumba instructor, tailored this class to meet the needs of older active adults and those with joint issues or other physical limitations. The exercise moves, created to mesh with energizing Latin dance rhythms, are performed at a lower intensity level than regular Zumba. The transition between steps is also slower. Have fun and burn calories in a class designed just for folks like you!

## TNT: Lutheran Health SportsCenter

- Thursdays, 11–11:45 a.m.
- LHN SportsCenter, 3869 Ice Way Drive, activity room, 2nd level
- Six-week session: March 14–April 18
- \$27 Senior Circle members, \$35 nonmembers
- Minimum class size: 5

This tone and tighten class is dynamite! Designed especially for adults 50 and better, this class uses elements of yoga, pilates and proven toning exercises to improve balance, strength, flexibility and endurance. Chairs and small equipment are provided and personal mats are welcome. Join Celeste Motherwell and Scott Ficter for a morning of TNT that will leave you feeling dynamite!

## Spiece Fitness Walking Program

- 5310 Merchandise Drive (off Lima Road south of exit 311A)
- Monday–Thursday, 5 a.m.–10 p.m.
- Fridays, 5 a.m.–9 p.m.
- Saturdays, 7 a.m.–7 p.m.
- Sundays, 8 a.m.–6 p.m.

Enjoy free walking privileges. Show your Senior Circle membership card and meet with a customer service representative the first time you come to walk. If you join the facility, the \$120 enrollment fee is waived. Full facility membership is \$42 per month for seniors, \$65 for senior couples. This includes classes in Spiece Fitness' heated pool. Call 483-1415 for more information.

 Indicates reservations may be made online

RESERVATIONS REQUIRED FOR ALL PROGRAMS | 260.425.3087 | LutheranHealth.net

# HEALTH PROGRAMS

## Massage

- Wednesdays, March 13 & April 10, 9 a.m.–1 p.m.
- Thursday, March 21, 9 a.m.–1 p.m.
- Thursday, April 4, 1–4 p.m.
- Wednesday, April 17, 1–4 p.m.
- \$15 for 15 minutes, \$30 for 30 minutes
- Appointment required

Patrice Hunsberger, a state-certified massage therapist, provides private table massages to help improve circulation, accelerate healing, ease pain and relieve stress. As always, consult your physician prior to having a massage.

## Foot Care Clinic

- Fridays, March 1 & April 5, 8:30–11:30 a.m.
- Wednesday, March 13, 8:30–11:30 a.m.
- Tuesdays, March 19 & April 16, 1–3:30 p.m.
- Wednesdays, March 20, April 10 & April 17, 8:30 a.m.–2:30 p.m.
- Thursdays, March 21 & April 18, 8:30–11:30 a.m.
- Thursday, April 4, 1–3:30 p.m.
- Appointment required
- \$21 Senior Circle members, \$24 nonmembers

Carol Snyder, LPN, will trim toenails, massage feet and file calluses. Bring a foot basin and large towel.

## Free Shoe Fitting and Foot Measurement Clinic

- Thursdays, March 21 & April 25, 1–4 p.m.
- Appointment required

Are your shoes the proper size and style? Steve Bumgardner, Toenges Shoes and Pedorthics, will evaluate your feet and make recommendations.

## Free Foot Screening

- Thursdays, March 21 & April 25, 2–4 p.m.
- Appointment required
- *Available for Senior Circle members only*

Matthew Robison, DPM, Aboite Podiatry Associates, will examine your feet and make recommendations.

## Free Prostate (PSA) Screening

- Wednesday, March 13, 1–4 p.m.
- Northeast Indiana Urology (NEIU), 10307 Dupont Circle Dr. West
- Appointment required; call 443-7420
- Current patients of NEIU are not eligible for the free screening program

Prostate-specific antigen (PSA) is a protein produced by both cancerous (malignant) and noncancerous (benign) prostate tissue. The PSA test looks for signs of prostate cancer. This screening can help identify cancer early on, when treatment is most effective. PSA testing can be done through a simple blood test.

## Free “How’s Your Hearing?” Screening

- Tuesdays, March 19 & April 16, 9:30 a.m.–12:30 p.m.
- *Available for Senior Circle members only*

Fort Wayne Audiology Center staff conducts hearing screenings, provides consultations, checks for ear wax, cleans hearing aids and does minor hearing aid repairs.

## Chem 30 Blood Chemistry

- Lutheran Hospital, 7950 W. Jefferson Blvd.
  - Thursdays, March 21 & April 18, 9–10 a.m.
- Anthony Medical Center, 5717 S. Anthony Blvd.
  - Tuesday, March 26, 7:30–9 a.m.
- Dupont Hospital, 2520 E. Dupont Road
  - Thursday, April 11, 8–9 a.m.
- Senior Circle office, St. Joseph Hospital
  - Tuesday, April 30, 7:30–9 a.m.
  - (FREE blood pressure checks, too)
- Appointment required
- \$49; *available for Senior Circle members only*

Chem 30 measures sodium, potassium, glucose, HDL, LDL, uric acid, calcium, phosphorus, magnesium, triglycerides and more. A 12-hour fast is required. Please share mailed results with your physician.

# LECTURES & LEARNING

## Wacky Wednesdays @ the Movies!

- Wednesday, March 13, arrive between 12–12:15 p.m.
  - \$4
  - Reservation deadline: Friday, March 8
- Wednesday, April 17, arrive between 12–12:15 p.m.
  - \$4
  - Reservation deadline: Friday, April 12
- Co-sponsored by Angels of Mercy and The Hearth at Sycamore Village

What a deal! Enjoy a movie at Carmike Jefferson Pointe 18, located on Fort Wayne's southwest side, for only \$4 on one Wacky Wednesday in March and one in April. If you enjoy a good movie, this is definitely something to attend! Be sure to call us at 425-3087 for more information and to reserve your coupon. We will forward your reservation to our sponsors. Coupons are limited, so make your reservations today. Please note: On the day of the movie, stop by our sponsor's booth, show your Senior Circle card and claim your \$2.50 discount coupon. This coupon must be presented when you purchase the movie ticket(s) in order to receive the discount.

## Lunch & Learn: Are Your Kidneys Kidding You?

- Wednesday, March 13, 11:30 a.m.
- Dupont Hospital, Dupont Resource Center
- 2514 Building, Suite 210
- Free lunch sponsored by Ashton Creek Health & Rehabilitation
- Reservation deadline: Friday, March 8

Many people have less than normal kidney function, but don't realize it. Andrew O'Shaughnessy, MD, Northeast Indiana Nephrology Associates, will talk about kidney health, anemia and diseases that can affect overall kidney function, including diabetes, hypertension and vascular disease. We will also learn about a few genetic diseases that can affect the kidneys. Come listen, learn and be informed.

## Senior Circle Orientation

- Tuesday, March 19 or April 16, 10:30 a.m.
- Reservations preferred

Learn about Senior Circle special programs, discounts and travel opportunities, get to know the staff and tell us what programs you would like to see offered.

## Craft & Learn: Easter Bunny Basket

- Friday, March 15, 1–3 p.m.
- Light snack co-sponsored by Englewood & Ossian Health Rehabilitation
- Reservation deadline: Friday, March 8

Spend the afternoon learning how to transform an empty milk carton into an Easter bunny basket. This bunny basket is not only cute, it will make the perfect gift for your grandkids or someone special. All materials will be provided.

## Breakfast & Learn: What's Celiac Disease?

- Tuesday, March 19, 8:30 a.m.
- St. Joseph Hospital, Assembly Room
- Free breakfast sponsored by Miller's Merry Manor
- Reservation deadline: Friday, March 15

Celiac disease is a digestive condition triggered by gluten, a protein found primarily in foods made with wheat, barley or rye, including breads, pastas, cookies and pizza crusts. People with celiac disease experience an autoimmune reaction to gluten, which can cause damage to the inner surface of the small intestine and make it difficult to absorb certain nutrients. Some symptoms may include abdominal cramps, gas, bloating, chronic diarrhea and/or constipation and anemia. Michelle Bojrab, MS, RD, CD, St. Joseph Hospital, will discuss celiac disease and what it means to be gluten free. Attendees can even taste a gluten-free item.

RESERVATIONS REQUIRED FOR ALL PROGRAMS | 260.425.3087 | [LutheranHealth.net](http://LutheranHealth.net)

# LECTURES & LEARNING

## Craft & Learn: A Wind Chime

- Friday, March 22, 1–3 p.m.
- Light snack sponsored by Coventry Meadows
- Reservation deadline: Friday, March 15

*“Wind chimes in your yard will serenade garden creatures -- squirrels, fairies and angels.”*

~ Author Unknown.

Join us for an afternoon of fun as we make wind chimes. All the materials will be provided.

## Lunch & Learn: Curious About Your Colon?

- Thursday, March 28, 11:30 a.m.
- Lutheran Hospital, Function Rooms 3 & 4
- Free lunch sponsored by Coventry Meadows
- Reservation deadline: Friday, March 22

Even though it is largely preventable, colorectal cancer is one of the leading cancer-related causes of death in the United States. Andrew E. Katz, MD, gastroenterologist, Lutheran Medical Group, will talk about healthy colon care and high-fiber diets, as well as issues you may experience through aging, including diverticulosis, diverticulitis, hemorrhoids, polyps or colorectal cancer.

## Lunch & Learn: Are You a Gift?

- Wednesday, April 10, 11:30 a.m.
- Dupont Hospital, Dupont Resource Center
- 2514 Building, Suite 210
- Free lunch sponsored by Ashton Creek Health & Rehabilitation
- Reservation deadline: Friday, April 5

On average, 144 people are added to the nation’s transplant waiting list every day. Just one organ and tissue donor can save or enhance the lives of more than 50 people. Melissa Rodkey Skalicky, RN, MBA, Lutheran Transplant Center outreach coordinator, will discuss how you can provide the gift of life to someone in need.

## Lunch & Bingo!

- Friday, April 12, 11:30 a.m.–1 p.m.
- Free lunch sponsored by Bethlehem Rehabilitation & Skilled Nursing Center

Join us for lunch and an afternoon of bingo. Reservations are limited for this Senior Circle favorite, so reserve your spot today!

## Breakfast & Learn: Laughing Matters

- Tuesday, April 16, 8:30 a.m.
- St. Joseph Hospital, Assembly Room
- Free breakfast co-sponsored by Englewood & Ossian Health & Rehabilitation
- Reservation deadline: Friday, April 12

Laughter is said to be the best medicine. It can even be contagious. Join us on National Day of Laughter as we enjoy an interactive session of laughter yoga, which combines yogic breathing and gentle laughter exercises. Lee Wilcher, certified laughter yoga leader and owner of Laughing Matters, will lead this fun-filled class.

## Lunch & Learn: Make Your Wishes Known

NOTE  
ROOM  
CHANGE

- Thursday, April 25, 11:30 a.m.
- Lutheran Hospital, Function Rooms 1 & 2
- Free lunch co-sponsored by Coventry Meadows
- Reservation deadline: Friday, April 19

Plan for your future by making your healthcare wishes known in advance. Join Susan Bergoff, RN, oncology nurse specialist, Lutheran Cancer Center, as she discusses advance directives – what types are available, when they are required and what can happen if you don’t have advance directives in place.

 Indicates reservations may be made online

# LECTURES & LEARNING

## Rewire! Refire! Reboot!

Are you newly retired? Thinking about retirement? Check out the energized, interactive environment of Rewire! Refire! Reboot!, IPFW's lifelong learning program.

For complete details or to register, contact IPFW Continuing Education Studies at 260.481.6619. Or register online at [learn.ipfw.edu](http://learn.ipfw.edu). Select "View the current course catalog" and click on "Rewire! Refire! Reboot!" in the course group.

Date	Breakout 1: Choose 1	Breakout 2: Choose 1	Breakout 3
	9–10:30 a.m.	10:45 a.m.–12:15 p.m.	1–3 p.m.
April 30	<ul style="list-style-type: none"> <li>• Rejuvenating Your Golf Game</li> <li>• The Green Age: Transforming Your Life Choices for the 21st Century</li> </ul>	<ul style="list-style-type: none"> <li>• Religious Peacemakers in the Holy Lands</li> <li>• York: The History of Jazz</li> </ul>	<ul style="list-style-type: none"> <li>• The Rewire Refire Reboot Antiques Road Show</li> </ul> <p><i>Items not allowed:</i> Furniture, coins, stamps or large items</p>
May 21	<ul style="list-style-type: none"> <li>• Fort Wayne Heritage</li> <li>• Where Should We Go This Weekend?</li> </ul>	<ul style="list-style-type: none"> <li>• How to Change Reality-Photoshop</li> <li>• What is Your Exit Strategy?</li> </ul>	<ul style="list-style-type: none"> <li>• Creative Arts: Avenues to Health and Wellness</li> </ul>

## Summit Home Health Has a New Name

Summit Home Health, an affiliate home care agency of Lutheran Health Network, has been renamed **Lutheran Health Network Home Health**. The agency's main office is located at 2510 E. Dupont Road in Fort Wayne, but services extend to nine counties — Adams, Allen, Blackford, DeKalb, Huntington, Jay, Noble, Wells and Whitley.

Home health care allows patients who are elderly, disabled, recovering from a surgery or illness, or chronically or terminally ill to receive care in their own homes. Services include skilled nursing, as well as physical, occupational and speech therapy. Medicare, Medicaid and most commercial insurance plans cover home health and palliative care services. For more information, call 260-490-6535.



RESERVATIONS REQUIRED FOR ALL PROGRAMS | 260.425.3087 | [LutheranHealth.net](http://LutheranHealth.net)



# MEMBERSHIP INFO

## Register for Senior Circle classes online. Here's how:

- Go to [www.lutheranhealth.net](http://www.lutheranhealth.net)
- Click on "Calendar of Events"
- Scroll down to the date of the appropriate program
- Click on the name of your chosen class
- Scroll down the page and fill in the contact information
- Click signup
- Once you submit a reservation, you can select other classes listed on the right side of the page
- Once you have completed this process, a message will indicate that the submission was successful. However, if a class is full, we will contact you.

## Pay Your Senior Circle Membership Online.

### Here's how:

- Go to [seniorcircle.com](http://seniorcircle.com)
- Click on "Join Senior Circle"
- Scroll down to either "New Member" or "Existing Member"
- Select the number of persons joining and membership levels
- Once you select from the above, follow the steps of the application process
- If you have trouble at any time, please feel free to call 1.800.211.4148

## Senior Circle Membership Benefits

Senior Circle members have ongoing access to a multitude of programs, services and screenings designed for mature adults. Members can also take advantage of the following discounts and benefits:

- **Meal discount:** receive employee pricing in the cafeterias at Dupont, Kosciusko Community, Lutheran, Rehabilitation and St. Joseph hospitals, as well as Bluffton Regional Medical Center
- **Parking discount:** 50 percent discount on parking in the St. Joseph Hospital garage
- **Free walking privileges** at Spiece Fitness, exclusive to Senior Circle members
- **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)

## EASTER

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

BASKET  
BEANS  
BUNNY  
CHICKS

CHOCOLATE  
EASTER  
EGGS  
GRASS

HATS  
HUNT  
JELLY  
PEEPS



# KCH PROGRAMS

The following programs are scheduled at Kosciusko Community Hospital in Warsaw.  
Members from Fort Wayne are also welcome to attend.

## MARCH EVENTS

### Body Composition: Learn the Healthy Weight for Your Body

- Friday, March 1, 10-11 a.m..
- KCH Wellness Center
- Cost: \$1
- Appointment required; call 574-372-7890

### Breakfast and Learn: Luck O' The Irish-How Greens in Your Diet Work!

- Friday, March 8, 8:30 a.m.
- KCH Administration Classroom
- Breakfast provided

Find out what Brian Crabill, RD, has to say about the importance of greens in your diet.

### Free Metabolic Syndrome Test

- Friday, March 15, 10-11 a.m.
- KCH Wellness Center
- Appointment required; call 574-372-7890

### MudLove Pottery

- Friday, March 22, 10 a.m.
- Explore the history of pottery making
- Meet at 122 S. Buffalo St., Warsaw
- Reservation required; call 574-372-5854

### Free Bone Density Test

- Friday, March 29, 10-11 a.m.
- KCH Wellness Center
- Appointment required; call 574-372-7890

## APRIL EVENTS

### FREE Skin Screening

- Friday, April 19, 9 a.m.-3 p.m.
- KCH Cancer Care Center
- Appointment required; call 574.372-3802

### FREE Hearing Screening

- Wednesday, April 24
- Dr. Sandy Engelberth, audiologist
- 1610 E. Center St., Warsaw
- Appointment required; call 574.269.5828

### Breakfast and Learn: Venous Insufficiency (VI)

- Friday, April 25, 8:30 a.m.
- KCH Administration Classroom
- Breakfast provided

Venous insufficiency is a condition in which veins are unable to effectively pump blood from the legs back to the heart. Dr. Aria Ford will discuss the causes, symptoms, diagnosis and treatment of VI during this morning chat.

# ADVISORS

## It's Tax Time!

- Wednesdays, now through April 10, 8:30 a.m.–12:30 p.m.
- Free, including free electronic filing if requested in advance
- Appointments required; call 425-3087



Volunteers trained by AARP and the IRS will help prepare your federal and state income tax returns. Bring last year's returns, all W-2 and 1099 forms, receipts from charitable donations and any other tax forms mailed to you and relevant to the completion of your taxes. Be sure to have information on interest earned from investments. Blank forms will be provided or your return can be filed online. If you expect your return to be a little complicated, please let us know in advance when scheduling your appointment so we can allow more time. If you expect your taxes to be extremely complicated and time consuming, contact an accountant.

## Medicare Counseling

- Fridays, 9 a.m.–2:30 p.m. by appointment



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.

## Legal Counseling

- Fridays, March 8 & April 12, 1–3 p.m. by appointment only
- Available for Senior Circle members only

An elderlaw attorney from the firm Beers, Mallers, Backs and Salin will provide a free 20-minute consultation and answer your legal questions.

## MEMBERSHIP APPLICATION

Today's Date: \_\_\_\_\_ Referred By: \_\_\_\_\_

<b>SENIOR CIRCLE</b>		<input type="checkbox"/> New <input type="checkbox"/> Renew
Last Name	MI	<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 ( )	DOB (mm/dd/yyyy)	
Address	Apt #	
City	State	ZIP
Email		
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 _____ SSN (last 4 digits required) _____		
<b>Complete the section below only if you are applying for a second member in the same household.</b>		
Last Name	MI	<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 ( )	DOB (mm/dd/yyyy)	
Email		
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 _____ SSN (last 4 digits required) _____		
<b>Check one:</b>		
<input type="checkbox"/> One person; one-year membership \$15 (SC1)		
<input type="checkbox"/> One person; two-year membership \$27 (SC2)		
<input type="checkbox"/> Two people; one-year membership \$27 (TW1)		
<input type="checkbox"/> Two people; two-year membership \$51 (TW2)		
Return completed application with check payable to: <b>Senior Circle, c/o St. Joseph Hospital, 700 Broadway, MOB Suite 100, Fort Wayne, IN 46802</b>		

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**SENIOR CIRCLE** 260.425.3087 | **COORDINATOR** 260.425.3861

**COMMUNITY & ADULT SERVICES** 260.425.3883 | **VOLUNTEER SERVICES** 260.425.3098

# Join Us!

## Senior Circle Prom!



You are cordially invited to attend the first Senior Circle Prom

- Join us for food, fun and fellowship through dance!
- Dress in formal attire or your Sunday best.
- Enjoy a live band playing the tunes you grew up listening to!

**When:** Wednesday, May 8, 2013, 1–4 p.m.

**Where:** Bergstaff Place, 2020 E. Washington Blvd., Fort Wayne, Ind.

**Theme:** An American Celebration in Red, White & Blue

**Cost:** \$7 each or 2/\$10\*

Call 260.425.3087 to reserve your tickets today! **Reservation deadline:** Friday, April 19, 2013

*\*All proceeds benefit the Alzheimer's Association. Tickets must be paid for at time of reservation.*



*Lutheran Health Network includes hospitals that are directly or indirectly owned by partnerships that proudly include physician owners, including certain members of the hospitals' medical staffs.*