

# CIRCLENEWS

A PUBLICATION FOR THOSE AGE 50 +

Senior & Circle

MARCH/APRIL 2011

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

"No matter how long the winter, spring is sure to follow." – Proverb

Here we are in March, hoping that spring is near. When we think we cannot deal with one more flake of snow, we look in hope to see the first bud come through the ground. As the quote states, "spring is sure to follow!"

With spring, we are gearing up for the **Senior Circle Expo on Friday, May 6**. We are returning to the Public Safety Academy of Northeast Indiana, located on the grounds of the former Southtown Mall. The academy is a beautiful facility with ample parking close to the entrance.

One of the new features this year will be a safety demonstration area showing people how to prevent falls in their homes. We are working with the Allen County Department of Health Fall Prevention Committee to provide these demonstrations. Of course, we will also have health screenings, educational information and entertainment. Please mark your calendar and plan to attend.

In this newsletter, you will also find an invitation to our female members to bring their daughters to the Dupont Resource Center for a "Mother/Daughter Spring Fling" on Friday, April 8. Enjoy an afternoon of makeovers and glamour photos, building great memories of your time together.

See you at the 2011 Expo on May 6!



**Lutheran  
Health Network**

LutheranHealth.net

## **New Faces in the Fort**

### *Eric Looper, CEO, St. Joseph Hospital*

#### **Most recent experience:**

- Senior vice president, Hillcrest Medical Center, Tulsa, Okla.
- CEO, Henryetta Medical Center, Henryetta, Okla.

#### **Education:**

- Master's degree, healthcare administration, Trinity University, San Antonio, Texas
- Bachelor's degree, economics, University of Texas, Austin, Texas

#### **Professional and community affiliations:**

- Member, American College of Healthcare Executives
- Member, Rotary International
- Big Brothers Big Sisters
- Kids Involvement Network



### *Chad Towner, CEO, Dupont Hospital*

#### **Most recent experience:**

- CEO, Plateau Medical Center, Oak Hill, W.Va.
- COO, St. Joseph Hospital, Fort Wayne

#### **Education:**

- Master's degree, business administration, Indiana Wesleyan University
- Bachelor's degree, physical therapy, Finch UHS/The Chicago Medical School (now Rosalind Franklin University of Medicine and Science)

#### **Professional and community affiliations:**

- Leadership Fort Wayne (Class of 2007)
- Past member, ONTRACK steering committee for economic redevelopment (Oak Hill)
- Past board member
  - Fayette County (W.Va.) Chamber of Commerce
  - Neighborhood Health Clinics (Fort Wayne)
  - Rod Woodson Foundation



# EXERCISE PROGRAMS

## Strengthen & Stretch

- Tuesdays, Thursdays & Saturdays, 10 a.m. (attend one, two or three days a week)
- Kachmann Mind Body Institute, Lutheran Hospital
- \$3 per class for Senior Circle members
- Preregister at 436-2040

New to fitness or just getting back into an exercise routine? This class is ideal for beginners and those dealing with injuries and limitations. Strengthen muscles with modified weight exercises and cardiovascular activity. Plus, increase flexibility with yoga stretching, breathing and relaxation. This class is excellent for older adults, since much of the class is done while seated in a chair. Senior Circle members receive a discount on all classes offered at Kachmann Mind Body Institute.

## Zumba Gold

- Tuesdays and Thursdays, 9:30–10:30 a.m.
- 2514 E. Dupont Road, Suite 200
- \$5 drop-in fee or \$33 (10-class) punch card for Senior Circle members; \$8 drop-in or \$63 punch card for nonmembers
- No preregistration required; call 416-3009 for more information

Zumba is the newest exercise craze, featuring energizing Latin and international dance rhythms. Donna Pond, certified Zumba instructor, teaches Zumba Gold, which has been modified for older adults and those with joint issues or other concerns. There is less swiveling and fewer quick turns. Plus, transitions are built into the routine. Have fun and burn calories in a class designed just for folks like you!

## Walking Programs

### Spiece Fitness

- 5310 Merchandise Drive (off of Lima Road near exit 111A)
- 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.

Senior Circle members can enjoy free walking privileges any day of the week. 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 waived (a savings of \$120) for Senior Circle members. 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.

### ASH Centre

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

The winter walking program is now in session. Blood pressure checks will be available March 14 and 28 as well as April 11 and 25. The ASH Centre will be closed anytime Fort Wayne Community Schools is closed due to inclement weather. Call 436-3453 for more information.

## Tai Chi & Gentle Yoga

- Mondays, 10:45 a.m.
- Kachmann Mind Body Institute, Lutheran Hospital
- \$3 per class for Senior Circle members
- Preregister at 436-2040

The philosophy of meditation tai chi involves calming the mind and nerves while restoring body energy. Elements of tai chi are combined with slow flow yoga. The result is a smooth, relaxing practice that looks like a classic oriental dance. This slow movement class is very therapeutic and relaxing for older adults.

# LECTURES & LEARNING

## Senior Circle Orientation

- Tuesdays, March 8 and April 12, 10:30 a.m.

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.

## Quilting Class

- Monday, March 21, 9:30 a.m.–3:30 p.m.
- \$25, plus supplies
- Call to register, 425-3087

Join Linda Wade for a day of quilting. Think spring as you create a colorful quilt with four blooming tulip panels. A photo and list of supplies will be sent to you after you register. It's amazing how much we complete in six hours. Bring a sack lunch and enjoy a relaxing day of quilting.

## CPR for Family and Friends Class

- Wednesday, April 27, 9 a.m.–noon
- Sponsored by Lutheran Health Network
- Class size limited; RSVP 425-3087
- \$3 fee

Would you know what to do if your grandchild, friend, spouse or parent started choking or lost consciousness? Learning CPR is not as scary as some may think and now is even simpler with the new guidelines. This class is designed for individuals interested in learning basic CPR. It will include instruction on adult, child and infant one-rescuer CPR and airway obstruction. There is no written exam. **Note:** This is not a certification course for those needing a CPR card for work.

## Mother/Daughter Spring Fling

- Friday, April 8, 2–4:30 p.m.
- Dupont Resource Center, 2512 E. Dupont Road, Suite 220
- Hosted by Kingston Healthcare; sponsored by LHN's Healthy Woman
- Reservations required; contact Camille at 415-7741 or cgarrison@kingstonhealthcare.com

Enjoy an afternoon of makeovers, glamour photos and fun with your mother or daughter. The more the merrier, so contact Camille today and place your reservation.

Lutheran Health Network's Healthy Woman program, a sponsor of the spring fling, is designed to help women maintain a healthy mind, body and spirit. The free program, which is open to women age 25 to 65, offers health education classes and events, as well as online information about issues important to women everywhere. Log on to [www.healthywomanonline.com](http://www.healthywomanonline.com) today to join Healthy Woman.

## Lunch and Craft

- Friday, April 15, 11:30 a.m.
- Free lunch served at 11:30 a.m.
- Sponsored by Englewood and Ossian Health and Rehab

Enjoy lunch with friends, then have some fun making an Easter basket to brighten your home or give to a friend or family member.

## Looking for More Health and Wellness Information?

Check out 4YourHealth at [www.Fort4Fitness.org/4yourhealth](http://www.Fort4Fitness.org/4yourhealth). It's a new local resource that encourages healthy living through tips, links and a community calendar filled with events and activities.

 Indicates reservations may be made online

# HEALTH PROGRAMS

## Chem 30 Blood Chemistry

- Tuesday, March 29, 7:30–9 a.m. by appointment  
Anthony Medical Center, 5717 S. Anthony Blvd.
- Thursday, April 14, 8–9:30 a.m. by appointment  
Dupont Hospital, 2510 building, Suite 115
- Tuesday, April 26, 7:30–9 a.m. by appointment  
Senior Circle office
- \$49; for *Senior Circle members only*

Chem 30 includes 30 different tests in one blood draw. 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.

## Life Line Screenings

Preventive screenings for stroke/vascular disease

- Tuesday, April 5
- Risen Savior Lutheran Church  
8010 W. Jefferson Blvd. (Lutheran Medical Park campus)
- \$119 for vascular package (three tests); see below for other options
- Call 450-0549 to register
- Sponsored by Senior Circle

Prevention is the key to protecting your health and your life. That's why Senior Circle partners with LifeLine Screening to promote preventive screenings that can detect risks associated with stroke and vascular disease. These quick, painless, noninvasive tests use ultrasound to screen for stroke, abdominal aortic aneurysm and peripheral arterial disease. Individual tests are \$60. Or, choose the vascular plus Afib package for \$139. Add an osteoporosis screen to either package for \$10. Call our Life Line Screening representative at 450-0549 for a Senior Circle \$10 discount on packages valued at \$129 or more.

## Free Medication Check

- Tuesday, April 12, 1–2 p.m. by appointment
- *For Senior Circle members only*

Pharmacists from Lutheran Health Network will review your 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 complete list, including dosage, for review.

## Senior Circle Member 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 St. Joseph, Lutheran, Dupont and Kosciusko hospitals, as well as Bluffton Regional Medical Center
- **Parking discount:** 50 percent discount on parking fees in the St. Joseph Hospital parking 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)

These are just some of the benefits of being a Senior Circle member. Call 425-3861 for more information.

# HEALTH PROGRAMS

## Foot Care Clinic

- Thursdays, March 3 & April 7, 1–3:30 p.m.
- Wednesday, March 16, 1–3:30 p.m.
- Thursdays, March 17 & April 21, 8:30–11:30 a.m.
- Tuesdays, March 22 & April 26, 1–3:30 p.m.
- \$20 Senior Circle members, \$23 nonmembers
- Appointment required

Carol Snyder, LPN, "A Lighter Step," provides foot care including a relaxing foot soak, nail trim, foot massage and callus filing. Bring a foot basin and large towel.

## Free Hearing Screening

- Tuesdays, March 15 & April 19, 9–11:30 a.m. by appointment
- *For Senior Circle members only*

Fort Wayne Audiology Center will conduct hearing screenings and consultations, check for ear wax, clean any type of hearing aid and do minor hearing aid repairs — all 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.

## Free Foot Screening

- Thursdays, March 24 & April 21, 2–4 p.m. by appointment, St. Joseph Hospital
- *For Senior Circle members only*

Are you concerned about staying on your feet? Do you suffer from nail fungus, foot instability, athlete's foot, heel pain, deformed toes or thick, brittle or discolored nails? Do you have trouble walking? Are you diabetic and have concerns about your feet? Matthew Robison, DPM, Aboite Podiatry Associates, will examine your feet and make recommendations to keep them healthy.

## Massage

- Wednesdays, March 16 & April 20, 1–3:30 p.m. by appointment
- Thursdays, March 17 & April 21, 8:30–11:30 a.m. by appointment
- \$15 for 15 minutes, \$30 for 30 minutes

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 help ease 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.

## Free Shoe Fitting and Foot Measurement Clinic

- Thursday, March 24, 1–4 p.m. by appointment

Are you wearing the right size and style of shoe for your feet? When was the last time they were professionally measured? Steve Bumgardner from Toenges Shoes and Pedorthics has been a certified pedorthist for 24 years and has been in the shoe business for 38 years. Steve will measure your feet, evaluate them for pronation (flat feet) or supination (high arches) and recommend the proper type of shoes for you.

# KCH PROGRAMS

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

## Free Family and Friends CPR Class

- Friday, March 4, 10–11 a.m.
- KCH Administration Classroom
- Call 574-372-7885 to reserve your spot

## Free Blood Pressure Screening

- Friday, March 11, 10–11 a.m.
- KCH Health & Wellness Center
- Call 574-372-7890 for an appointment

## Discover the Artist in You (oil painting class)

- Thursday, March 17, 9 a.m.–2 p.m.
- Class instructed by professional artist Sarah Creason. Beginners receive a subject to paint. Intermediate and experience artists bring their chosen photo.
- \$32; all materials provided
- Space is limited. Call 574-372-7677 to reserve your spot

## Breakfast and Learn: KCH Update

- Friday, March 18, 8:30–9:30 a.m.
- KCH Administration Classroom
- Steve Miller, CEO, will share the most up-to-date information about local healthcare service, medical staff and facility expansions. Complimentary breakfast provided by Miller's Health System.

### Spring Word Scramble

1. NSRGPI \_\_\_\_\_ 4. WLOFRSE \_\_\_\_\_  
 2. ESATRE \_\_\_\_\_ 5. SNIUNESH \_\_\_\_\_  
 3. BDIRS \_\_\_\_\_ 6. RESHWOS \_\_\_\_\_

1. Spring 2. Easter 3. Birds 4. Flowers 5. Sunshine 6. Showers

## Free Skin Screening

- Friday, April 1, 8–10 a.m.
- KCH Cancer Care Center
- Reservations required. Call 574-372-3800.

## Free Family and Friends CPR Class

- Friday, April 1, 10–11 a.m.
- KCH Administration Classroom
- Call 574-372-7885 to reserve your spot

## Breakfast and Learn: Sleep Disorders and Recognize Stroke Warning Signs

- Friday, April 15, 8:30–9:30 a.m.
- KCH Administration Classroom
- Dr. Kevin McGeehan and Dreama Lozier will present
- Complimentary breakfast

## Spring Clean Your Medicine Cabinet

- Friday, April 29, 9–10 a.m.
- KCH Administration Classroom
- Check your medicine cabinet and bring in outdated prescriptions to review with a pharmacist. KCH will properly dispose of old medications.

## Massage Therapy

Senior Circle members receive a special discount for massage therapy from Charter College. Call 574-267-1720 and ask for Teri. Indicate you are a Senior Circle member.

# ADVISORS

## Medicare Counseling

- Fridays, 9 a.m.–3 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 concerns.

## Legal Counseling

- Fridays, March 11 & April 8, 1–3 p.m. by appointment

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

## It's Tax Time!

- Wednesdays through April 13 8:30 a.m.–12:30 p.m. by appointment
- 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. 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 when scheduling your appointment so we can allow more time. If you expect your taxes to be very complicated and time consuming, please contact an accountant.



## 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
E-mail		
I authorize <input type="checkbox"/> do not authorize <input type="checkbox"/> that a Senior Circle representative may be notified of my admittance to participating hospitals and may contact me while in the hospital to ensure my needs are being met. Signature _____ Last 4 digits of social security # _____		
Complete the section below only if you are applying for a second member in the same household.		
Last Name	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)	
E-mail		
I authorize <input type="checkbox"/> do not authorize <input type="checkbox"/> that a Senior Circle representative may be notified of my admittance to participating hospitals and may contact me while in the hospital to ensure my needs are being met. Signature _____ Last 4 digits of social security # _____		
<b>Check one:</b> <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: <b>Senior Circle, Care of St. Joseph Hospital,</b> 700 Broadway, Fort Wayne, IN 46802		

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

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

## Mark Your Calendar for the May 6 Senior Circle Expo!

**11th Annual Senior Circle Expo**

**Friday, May 6, 9 a.m.–1 p.m.**

**Public Safety Academy, 7602 Patriot Crossing**

**Free admission**

- Health screenings
- Informational booths
- Entertainment
- Free parking

Watch for more details in the next issue of Circle News!

