

CIRCLE NEWS



Vista Health System Chapter ♦ October, November, December 2021

www.VistaHealth.com/OurHealthyCircle ♦ (847) 360-4228 ♦ Current Membership: 701

Important Messages from Vista's Our Healthy Circle Advisor



Deanna Stich, Our Healthy Circle Advisor

Autumn is a beautiful time of year! The leaves are changing, the air is crisp. Get outside and enjoy the fall weather.

But with the uptick in Covid cases throughout Illinois we have decided that we will continue doing our presentations virtually. We will still meet outside for our walking club on Tuesdays until the 2nd week of November.

Vista Health System continues to closely monitor the local health department, state and CDC guidelines. Events are subject to change as guidelines are revised.

Thank you for your continued patience and loyalty as we all navigate this ever changing situation.

Should you have any questions, feel free to call me directly at (847) 360-4228.

Protect Yourself: COVID-19 Vaccine Myth vs. Fact

The spread of COVID-19 has increased locally, and the demographics of those affected have changed dramatically from last year when the nation was focused on protecting older adults and those with conditions that made them vulnerable. Today, with more older adults being fully vaccinated, we are seeing more and more younger people affected, particularly with the highly contagious Delta variant.

Nationwide, in May 2021, people under 44 years of age made up a majority of cases – 65 percent. And those 12 to 29 years old were about half of that number.* So, being young and generally healthy obviously doesn't make a person immune from contracting COVID-19.

You can take steps now to protect yourself, your family and friends, and your community.

- Get the COVID-19 vaccine
- Wear a mask in public indoor settings
- Keep your hands clean
- Maintain six feet or more of distance

Unvaccinated people are at greater risk. The COVID-19 vaccines make it 25 times less likely you'll find yourself in the hospital or die from the disease, and eight times less likely you'll get the virus at all, according to data from the Centers for Disease Control and Prevention.

Take care of yourself and your family with the effective and safe vaccines available today.

We are committed to a safe and healing environment during COVID-19. For the latest on ER protocols, visitor restrictions or coronavirus precautions, visit VistaHealth.com.

* <https://www.cdc.gov/vaccines/acip/meetings/downloads/slides-2021-06/05-COVID-Wallace-508.pdf>

Our Healthy Circle Programs

Free VIRTUAL HEALTH TALKS

Sign up today—2 Ways: 1) Register online at VistaHealth.com, click on the event you would like to register for and sign up. It's that easy! **OR** 2) Call Deanna Stich at (847) 360-4228

Please leave your first name, **SPELL** your last name, phone number, and email if you have one.

You can participate via internet OR phone. Call Deanna to obtain the call in number.

Event sign on information will be provided after you register.

Interested in a topic but unavailable the day and time it will be presented? Register anyway, most presentation will be recorded for later viewing.

October 13 • 9 am

Topic: Medicare 101

Presented by: Devoted Health

Location: Virtual Zoom

November 16 • 11 am

Topic: Decluttering and Downsizing

Presented by: Jennifer Prell, SMM-C, President & Founder, Elderwerks

Location: Virtual Zoom

December • TBD

Topic: Covid Update and Vaccines

Presented by: TBD

Location: Virtual Zoom

Fitness

Exercise in the comfort of your own Home!

Free Virtual live and

Recorded Workouts

Leaders—Stacey VanZeyl, Vista Exercise Physiologist

Topics that will be covered include stretching, strength training, balance, warm-up exercises and core strength, all while doing movement each session. You will need a chair, water, light 1 pound weights or soup cans, exercise bands (can be obtained through Vista Rehab for \$2.50),

Live Workouts—11:30 am—Thursdays

Oct 21, Nov 18, Dec 16

Recorded Workouts—11:30 am—Thursdays

Oct 7, 14 and 28; Nov 4, and 11; Dec 2, 9, 23, and 30

Go to vistahealth.com to register. Sign on information for the sessions will be provided after registration

Join the Walking Club—

On Tuesday mornings we will meet at **Hinkston Park**, 810 Baldwin Ave, Waukegan, 60085 at **10 am**. Walk at your own pace. Come and enjoy good company and the fall weather, when weather permits. Go to Vistahealth.com or call Deanna at 847-360-4228 to register for weekly reminders.

October 5, 12, 19, and 26

November 2 and 9



Walk at the Waukegan Field House

The Waukegan Field House has partnered with Vista and is offering Our Healthy Circle members an opportunity to get walking for free. You do not need to be a Waukegan resident. Show your Our Healthy Circle membership card and a photo ID with your address and you will be on your way to a healthier you! **As of January 26, 2021, the following safety protocols are in effect—Face masks must be worn at all times and only 20 people will be allowed on the track at one time. Call in advance to check current protocol.**

Therapy Pool at the Waukegan Field House

\$2 Tuesday's—Therapy Pool for \$2/person on Tuesdays from 5 am—10 am for Our Healthy Circle Members. You will need to follow all the rules and policies of the pool and show your Our Healthy Circle membership card to receive the discount. Normal rate—Resident \$10/Non-resident \$15. Reservations are required.

Healthy Heart Program – Lindenhurst

The Healthy Heart Program helps individuals improve their overall fitness level and health through an individualized exercise program in a professionally supervised healthcare environment.

Hours of operation:

- Mon., Wed. & Fri. - 6 a.m. to noon; 1-5 p.m.
- Tue. & Thurs. - 8 a.m. to noon; 1-4 p.m.

Location: Vista Ambulatory Care Center, 1050 Red Oak Lane, Lindenhurst

Costs: Orientation Fee: \$50-\$30

As an Our Healthy Circle member you will receive a \$20 discount on this orientation fee. Please call (847) 360-4228 to obtain the coupon.

Session Fees (2 convenient payment options):

- 6-month membership: \$150
- Punch card good for 60 days (20-visit card = \$70, 15 visit card = \$57, 10 visit card = \$40, 5 visit card = \$22)

To Get Started: Call (847) 356-4750 and ask to schedule an appointment with the exercise physiologist.

To Qualify –

You will need three forms to participate in this activity. Please call 847.360.4228 and leave your name and address and we will send the forms to you.

Participants must be able to exercise without physical assistance, have no prior heart or lung conditions and have no more than one of the following risk factors: high blood pressure, high cholesterol, diabetes or smoking.

Cardiac/Pulmonary Program

The Cardiac/Pulmonary Program helps individuals with previous heart surgeries, MI's, or pulmonary issues to exercise safely through an individualized exercise program in a professionally supervised healthcare environment.

Location: Vista Ambulatory Care Center, 1050 Red Oak Lane, Lindenhurst

Costs: Orientation Fee: \$70

Session Fees: Punch card good for 60 days (20 visit card = \$110 • 10 visit card = \$60)

To Get Started: Call (847) 356-4759 and ask to schedule an appointment with the exercise physiologist.

Masks are required while exercising and you will be required to clean equipment before and after use. Please bring your own pen.

Providing quality healthcare is our focus.



PRIMARY STROKE CENTER – The Joint Commission's Gold Seal of Approval



HIP & KNEE SURGERY – The Joint Commission's Gold Seal of Approval



ACCREDITED BARIATRIC SURGERY CENTER – accredited by the American Association of Metabolic & Bariatric surgery



ACCREDITED SLEEP DISORDERS CENTER - accredited by The American Academy of Sleep Medicine



How to Monitor Your Colon Health (And When to See a Doctor)

By Dr. Peter T. Senatore, Vista Physician Group



Your colon plays a key role in clearing waste and keeping your digestive system healthy. And it's important that it stays healthy.

Still, conversations about colon health can feel awkward or uncomfortable, but there's no reason to be embarrassed. It's likely someone you know has experienced a colon condition themselves. Even Pope Francis underwent scheduled surgery for diverticulitis last month.

Even Pope Francis underwent scheduled surgery for diverticulitis last month.

While colorectal cancer is the third most common cancer worldwide according to the National Institutes of Health, there are other conditions that affect colon health. Diverticulosis and diverticulitis cause pouches to develop in the colon wall and sometimes lead to severe inflammation and bleeding. Nearly half of people over 60 have experienced the condition. Even more common are hemorrhoids, swollen veins in the lower rectum, which affect three out of four adults at some time.

The good news? Most issues are highly treatable if addressed. There are several telltale signs that something could be up down there, but they are not always obvious. If you are experiencing severe or frequent symptoms, it might be time to talk with your primary care physician.

Changes in the stool. Pay attention to stool consistency and frequency. Constipation could indicate digestive system problems. If you experience rectal bleeding or blood in your stool, call your doctor.

- **Fatigue.** If you are feeling groggy even after a full night's rest, you may be experiencing blood loss, a symptom linked with colon cancer.
- **Abdominal pain.** Cramps, tenderness, and gas can all be indicators that your colon needs to be checked out. According to the Mayo Clinic, abdominal pain that is concentrated in your lower left side is frequently associated with diverticulitis.

- **Unusual or unexplained weight loss.** Weight loss with no known cause frequently occurs alongside related colon condition symptoms like fatigue and stool changes.

Proactive lifestyle and healthcare choices can make a positive difference in your colon health. To manage or reduce your risk of colon conditions, your provider might make some of the following recommendations:

Up your fiber intake. Studies show that eating whole grains, fruits and vegetables is a strong line of defense against diverticular diseases, hemorrhoids, and colorectal cancer.

- **Make healthy lifestyle choices.** Obesity and smoking have been linked to significantly higher risks and worse outcomes for colorectal cancer. Tobacco products, excessive alcohol or red meat consumption, and lack of exercise are also risk factors.
- **Know your family history.** Family history is reported by up to 30% of colorectal cancer patients, according to the American Cancer Society.
- **Don't put off check-ups and screenings.** If you are over 50 years old, many doctors recommend screening for colon cancer. Regular physicals are also good opportunities to discuss your options.

Several colorectal screenings are available, many that are covered by insurance and are available with no out-of-pocket costs to patients.

To set up an appointment with one of our primary care providers, visit VistaPhysicianGroup.com today.

Dr. Peter T. Senatore is a Family Medicine provider with Vista Physician Group located in Grayslake. He is double board-certified in family medicine and emergency medicine and has a wealth of experience caring for patients with acute chronic illnesses like diabetes and asthma, as well as treating injuries, colds and flus, providing routine annual physicals and more. Self-schedule an appointment online with Dr. Senatore at VistaAnytime.com or call his office at (847) 231-5300

✓ **BOOK YOUR DOCTOR ONLINE**



VistaAnytime.com

Quality Care, Close To Home

Grayslake

15 Commerce Drive, Suite 113 • (847) 231-5300



Oscar S. Giron, MD
Internal Medicine



Peter T. Senatore, DO
Family Medicine



Marlon A. Vioria, NP-C
Family Medicine

Zion

2723 Sheridan Road, Suite C • (847) 360-4260



Uday Paul, MD
Internal Medicine



Lizel Granada, NP-C
Family Medicine

Lindenhurst

1025 Red Oak Lane, Suite 120 • (847) 245-4747



Marina Gladson, MD
Family Medicine



Anita Bhardwaj, MD
Family Medicine

Waukegan

1616 Grand Avenue, Suite A • (847) 249-1733



Lauren Snower, MD
Internal Medicine



Daisy Andaleon, MD
Family Medicine



Jennifer Luzentales, NP
Family Medicine

Gurnee

15 Tower Court, Suite 210 • (847) 599-1444



Ninad Dixit, MD
Internal Medicine



Karama Thiab, MD
Internal Medicine

15 Tower Court, Suite 210 • (847) 599-0715



Daisy Andaleon, MD
Family Medicine

103 S. Greenleaf Street, Suite A • (847) 623-5855



Mathangi Sekharan, MD
Internal Medicine

Catholic Charities Presents:

Any programs that are planned for in person can at any time change and be offered only online. All in person programs are requiring face masks to be worn before, during and after class.

Tai Chi for Arthritis – In person – 10 – 11 am beginning Oct 4 & 7 - Round Lake Park Village Hall (203 E Lake Shore Dr Round Lake Park) – This 8 week class meets 2x per week. The forms that are practiced are gentle and relaxing. Many forms can be done seating or standing (or using a chair for support).

Chair Yoga – In person – 2:30 - 3:30 pm beginning October 4th– North Chicago Library (2100 Argonne Dr North Chicago) – Isabel Raci will be leading this gentle chair yoga class for 4 weeks. Great for anyone who loves chair yoga or those that would like to try it for the first time!

Chair Yoga – Virtual – 3 – 4 pm beginning October 6 – Zoom Chair Yoga – Maribel Alesna will lead this gentle chair yoga class for 4 weeks. Great for anyone who loves chair yoga or those that would like to try it for the first time!

Wit's Workout – Hybrid – 11 am – 12 pm beginning October 8th– Antioch Township (1625 Deep Lake Rd Lake Villa) – This 4 week class will allow everyone to help keep their brains healthy by doing brain teasers and puzzles. Packet can be sent via email or mail if joining virtually

Fireside with the Author – October 15 @ 1 pm – virtual - Each month, we invite an author to read from their novel, short story, or poem. The group can then offer their input and questions and answers are encouraged. This month: Peter Atterberg will read from. Additional Upcoming dates: Nov 12 @ 3 pm – Courtney Kotloski – hybrid - (The Gnat & Corky Series) & December 17 @ 1 pm (hybrid) author to be determined

Popcorn Worthy Movies – October 21st @ 10 am & 3 pm – Just like a book club, this movie club watches the movie ahead of time and then we talk about the movie, answer discussion questions, and learn some movie trivia. Contact Kari Pohar – 847-740-6708 or kpohar@catholiccharities.net to get the movie title. Movies that are chosen are always free to view online or through your local library, but online viewing changes frequently so movies are chosen month to month. Movie is the same for both times. Additional Upcoming dates: Nov 18 & Dec 16

Wit's Workout – 3-4 pm -beginning November 1 – in person – North Chicago Library (2100 Argonne Dr North Chicago) – This 4 week class will allow everyone to help keep their brains healthy by doing brain teasers and puzzles.

Let's Zoom – Free Account information - virtual -Nov 4 @ 10 – 11 am – Let's talk about Zoom and getting a free account. We will cover how you sign up and what is included in your free account. We'll talk about how many video calls you can have per day (it's more than you think ☐).

Hérons, Egrets & Cranes – November 12 @ 10 – 11 am – hybrid – North Chicago Library – 2100 Argonne Dr North Chicago- The Lake County Forest Preserves are back to talk about Cranes, Egrets & Herons. Let's learn more about where these birds can be found and how to tell them apart

Let's Zoom – Free Account information - in person – 2100 Argonne Dr North Chicago -Nov 4 @ 10 – 11 am – Let's talk about Zoom and getting a free account. We will cover how you sign up and what is included in your free account. We'll talk about how many video calls you can have per day (it's more than you think ☐).

Here is the link and call in information for all the programs. If you have any questions or need assistance getting onto Zoom, please let me know.

<https://zoom.us/j/94504813441?pwd=c2JjMGZlWlI2ZWlJY3BRbGdKREVIZz09>

Meeting ID: 945 0481 3441

Passcode: 377510

Dial in: 1 312 626 6799



Take our FREE, 5-minute
**Heart Health
Risk Assessment**

VistaHeartRisk.com

A few minutes invested here could make
a lifetime of difference.



MAMMOGRAM

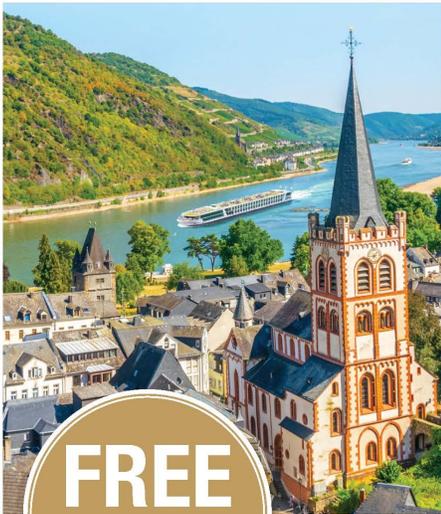
Early detection saves lives

It's quick, easy to schedule, and it could save your life. A screening mammogram takes just 30 minutes, but it gives you back so much. Early detection. Peace of mind. And the good feeling of knowing you're taking care of your health. Yearly screenings are designed to catch cancer early, before it's had a chance to spread. So don't wait. **Make an appointment: 847-360-6930.**

Mammograms offered at Vista's Waukegan, Gurnee and Lindenhurst locations.

Trips—

Trips are not sponsored or sanctioned by Vista Health System.



**FREE
AIRFARE**
WHEN BOOKED BY
JUNE 30, 2021

Jewels of the Rhine

the Netherlands • Germany • France • Switzerland

Tour Dates: September 3-13, 2022

Exceptional Inclusions

- **23 Meals:** 9 breakfasts, 6 lunches and 8 dinners
- **Airport transfers** on tour dates when air is provided by Mayflower Cruises & Tours
- Visit **four countries**
- **Seven-nights in a suite or stateroom** of your choice onboard the vessel
- **First-class service** by an English-speaking crew
- **Onboard Activity Manager** will support all EmeraldACTIVE excursions and host daily onboard wellness activities, games, classes and evening entertainment
- **All gratuities included**
- **Shore excursions** with English-speaking local guides
- Visit **UNESCO World Heritage Sites**
- Personal **listening device** for shore excursions
- **All meals included** onboard
- Variety of **international cuisine**
- Complimentary **regional wines, beer and soft drinks** with onboard lunches and dinners
- Complimentary **bottled water** in your stateroom
- Complimentary **WiFi onboard**
- Complimentary **bicycles onboard** for use ashore
- **All port charges included**
- Two-night **hotel stay and touring in Lucerne**
- **\$55 in Mayflower Money**



Receive FREE Airfare from Chicago O'Hare Airport (\$1500) when you book by June 30th, 2021!
Starting on July 1st, please call for the most current air promotion pricing details.

FOR RESERVATIONS OR INFORMATION CONTACT:

Mayflower Cruises & Tours
800-728-0724 Group Department

Please mention – Vista Health Systems,
Our Healthy Circle when booking for
additional savings opportunity.

Trips—

Trips are not sponsored or sanctioned by Vista Health System.

Happy Times Tours & Experiences—Call for information- 414-867-2727—Day trips

*Gratuities for the tour director and driver are not included in the price and are at the passenger's discretion. Please note that the itinerary is subject to change due to COVID restrictions that may be enforced without notice. COVID Policies: All passengers are required to wear a mask while on the motorcoach. If you are sick, please stay home and get healthy. Payment is due at time of reservations. All day trips are non-refundable.

Irving Berlin's Holiday Inn at the Fireside Dinner Theatre Departs: Thursday, November 11 from Cracker Barrel in Gurnee Price per Person: \$129

I

Irving Berlin's HOLIDAY INN tells the story of Jim, who leaves the bright lights of show business behind to settle down on his farmhouse in Connecticut, but life just isn't the same without a bit of song and dance. Jim's luck takes a spectacular turn when he meets Linda, a spirited schoolteacher with talent to spare. Together they turn the farmhouse into a fabulous inn with dazzling performances to celebrate each holiday, from Thanksgiving to the Fourth of July. But when Jim's best friend Ted tries to lure Linda away to be his new dance partner in Hollywood, will Jim be able to salvage his last chance at love? Based on the classic film, this joyous musical features thrilling dance numbers, laugh-out-loud comedy and a parade of hit Irving Berlin songs, including "Blue Skies," "Easter Parade," "Steppin' Out With My Baby," "Heat Wave," "White Christmas," "Be Careful, It's My Heart," "Cheek to Cheek," "Shaking the Blues Away" and many more. It's a year-round classic to make any holiday sparkle!

EXTENDED TRIP

Collette—Call for information-800-852-5655—

Tropical Costa Rica Departs: Wednesday, Feb 2, 2022 9Days/14Meals
Per person rate: Double occupancy \$2198 + Travel insurance Reservation #1051300

Highlights: Lush forests and stunning waterfalls...rumbling volcanoes and endless coastlines...Costa Rica is a paradise teeming with exotic plants and incredible animals. Luxuriate at a resort for two nights at Playa Carrillo, Guanacaste, known for its breathtaking beauty and fine sandy beaches. Spend two nights in Monteverde's lush cloud forest. Experience the forest canopy on your choice of a hanging bridges nature walk or an exhilarating zip lining tour. Explore part of the 20,000 acre nature preserve of Cano Negro on a riverboat adventure. Enjoy the tranquil views of the Arenal Volcano from your hotel. Explore San Jose's Plaza de Cultura and view the magnificent National Theatre. You will find a slice of paradise . Final payment 12/4



Trips—

Trips are not sponsored or sanctioned by Vista Health System.

Grand American tours and cruises—Call for information-800-423-0247—Extended Trip

Hawaii with Norwegian Cruise Line on The Pride of America

- **Departs: Saturday, Sept 10, 2022**
- **8Days/7Nights**
- **Per person rate: Double occupancy Inside Cabin \$3,985**
Outside Cabin \$4,052
Balcony Cabin \$4,434

Prices include roundtrip airfare from Chicago, cruise, port charges, government fees, taxes and transfers to/from ship. Norwegian Cruise Line has advised that all air prices are subject to change and are not guaranteed until full payment has been received. Price does not include travel protection insurance. When making your reservation mention Our Healthy Circle.

Highlights:

Honolulu, Oahu

The big, blue Pacific and stunning Koolau mountains serve as a dramatic setting for Hawaii's largest city. Climb to the top of Diamond Head. Take a romantic sunset stroll on Waikiki Beach. Catch a glimpse of history by visiting Pearl Harbor and the National Memorial Cemetery of the Pacific.

Kahului, Maui

A surplus of natural splendor and the genuine hospitality of its people have helped to make Maui Hawaii's second most popular island. Explore the fascinating history of the town of Lahaina. Plant yourself on a pristine beach, or play one of the world's most beautiful golf courses.

Hilo, Hawaii

The entire city of Hilo is like one giant greenhouse with spectacular tropical flowers at every turn. Visit the town's well-preserved historic buildings, which date back to the turn of the century and showcase Hawaii's unique architecture. Just 30 miles away the Hawaii Volcanoes National Park is the home of the active Kilauea Volcano.

Kona, Hawaii

Kona offers the quintessential Hawaii experience. Sunny, warm weather and crystal blue waters entice visitors to partake in a variety of surfside fun. Snorkel amongst a kaleidoscope of tropical marine life. Take a surfing lesson, a kayaking trip or head out to deeper waters for some deep-sea fishing.

Nawiliwili, Kauai

Named after the Wiliwili trees, which once lined its picturesque harbor, this lovely port of Kauai is your gateway to what many believe to be Hawaii's most beautiful island. On "The Garden Island," nature is truly the star, from the dramatic mountains of Kokee to the cool rain forests of Haena. And the tradition of the luau adds lively entertainment unique to Hawaii.



Final payment due by April 13, 2022.

Talking to a Nurse is Peace of Mind, Anytime

Health issues can pop up at the most inconvenient times. Whether it's 10 p.m. on a weeknight or 2 a.m. on a Saturday, you need answers, now, not just when your doctor's office is open. Sometimes, you want guidance. You might also be reluctant to go to the doctor's office or hospital if you don't need to. Vista Health's free Nurse Help Line is here for you. Have a question to ask a nurse? Here's how it works!

CALL: Simply call (847) 360-HELP (4357) whether it's day, night, or anytime in between.

DISCUSS: Once connected to the help line, you can ask medical questions, discuss symptoms and concerns, and talk about options. You can ask a nurse questions about sprains, fevers, bee stings, blood pressure, stomach pain, diarrhea, and more.

DECIDE: Our experienced nurses and care coordinators will help you figure out your next steps. That might include scheduling an appointment with a doctor or seeking care at a hospital emergency room.

Let us help you find peace of mind by getting guidance to your medical questions and concerns. Call Vista Health's free Nurse Help Line at (847) 360-HELP (4357). We're here 24 hours a day, seven days a week, because when you have a health question, you want answers, now.



VISTA
HEALTH SYSTEM

24/7 Nurse Help Line

- FREE, confidential medical hot line service
- Staffed by experienced nurses and care coordinators
- Se habla Español

(847) 360-HELP



BARTON OF ZION

COULD YOU USE \$500 cash?????

Who couldn't in today's world – Right!!

\$

FOR A LIMITED TIME - BARTON OF ZION IS OFFERING

\$500 CASH

Anyone who submits the name and phone number of a Senior 65 years of age or older can earn CASH.....

**\$\$\$ Your Referral Moves into Barton of Zion ---
you will receive \$150.....**

**\$\$\$ After the Second Full Month of that
persons paid rent – YOU will receive \$350**

A TOTAL OF \$500 CASH \$\$\$

For more information or to make a referral:

Contact Debbie Lewis

847.872.1500

dlewis@bartonhealthcare.org



◀ September	October 2021						November ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
					1	2	
3	4	5 Walking Club— 10 am/Hinkston Park	6	7 11:30 am Virtu- al workout	8	9	
10	11 Columbus Day	12 Walking Club— 10 am/Hinkston Park	13 9 am Virtual Health Talk-	14 11:30 am Virtu- al workout	15	16	
17	18	19 Walking Club— 10 am/Hinkston Park	20	21 11:30 am Virtu- al workout	22	23	
24	25	26 Walking Club— 10 am/Hinkston Park	27	28 11:30 am Virtu- al workout	29	30	
31 Halloween							

◀ October	November 2021						December ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
	1	2 Election Day Walking Club— 10 am/Hinkston Park	3	4 11:30 am Virtu- al workout	5	6	
7 Daylight Saving Time Ends	8	9 Walking Club— 10 am/Hinkston Park—Last for this year.	10	11 Veterans Day 11:30 am Virtu- al workout	12	13	
14	15	16 11 am Virtual Health Talk-	17	18 11:30 am Virtu- al workout	19	20	
21	22	23	24	25 Thanksgiving Day	26	27	
28	29	30					

◀ November	December 2021						January ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
			1	2 11:30 am Virtual workout	3	4	
5	6	7	8	9 11:30 am Virtual workout	10	11	
12	13	14	15	16 11:30 am Virtual workout	17	18	
19	20	21 Start of Winter (Winter Solstice)	22	23 11:30 am Virtual workout	24	25 Christmas	
26	27	28	29	30 11:30 am Virtual workout	31		



VISTA HEALTH

OUR HEALTHY CIRCLE CHAPTER

Sponsored by Vista Health

*Enriching the lives of adults age 50 and better – one member at a time –
through friendship, exercise and wellness programs, hospital benefits, activities, education and discounts.*

Date submitted with payment: _____				If applicable, complete this section for 2nd membership. **Same Address Only**			
1st applicant, initial here _____				2nd applicant, initial here _____			
Last Name		Mid Initial		Last Name		Mid Initial	
First Name			<input type="checkbox"/> Mrs. <input type="checkbox"/> Ms. <input type="checkbox"/> Mr. <input type="checkbox"/> Dr.	First Name			<input type="checkbox"/> Mrs. <input type="checkbox"/> Ms. <input type="checkbox"/> Mr. <input type="checkbox"/> Dr.
Please initial here: _____				Please initial here: _____			
Phone # (____) ____ - ____		Full Date of Birth Month Day Year		Full Date of Birth Month Day Year		<input type="checkbox"/> M <input type="checkbox"/> F	
Are you retired? <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Semi-retired				Are you retired? <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Semi-retired			
E-mail address: _____ @ _____				E-mail address: _____ @ _____			
Address			Apt #	<i>(Not required. However, including it will allow you to receive event news and other valuable health information.)</i>			
City		State	Zip	How did you hear about Our Healthy Circle / who recruited your membership?			
Membership(s) is a gift from (list name): _____							
Address _____							
City		Send Gift Card? <input type="checkbox"/> Yes <input type="checkbox"/> No					
State		Zip		Are you a hospital volunteer? <input type="checkbox"/> Yes <input type="checkbox"/> No If not, are you interested in the rewards of being a hospital volunteer? <input type="checkbox"/> Yes _____ <input type="checkbox"/> No _____			
MEMBERSHIP OPTIONS – 1 APPLICANT							
<input type="checkbox"/> One-year membership: \$13.50 <input type="checkbox"/> Two-year membership: \$25.00							

Go online to join or renew in minutes at **www.OurHealthyCircle.com** with your credit or debit card, or personal check. You can even have a friend or family member do it for you from their computer or mobile device. If you don't have access to the internet, or need assistance, contact me at the number below and I will help you personally.

at 847.360.3000

**RETURN COMPLETED APPLICATION AND CHECK TO:
Vista Health - Our Healthy Circle
1324 N. Sheridan Rd., Waukegan, IL 60085**

45-day money-back guarantee. Certain conditions apply; see Chapter for details. Benefits subject to change without notice. Memberships non-transferable.
Our Healthy Circle is a non-profit organization, and reserves the right to deny or terminate the membership of any individual based on administration's sole discretion.