

CIRCLE NEWS



Vista Health System Chapter ♦ July, August, September 2021

www.VistaHealth.com/OurHealthyCircle ♦ (847) 360-4228 ♦ Current Membership: 751

Important Messages from Vista's Our Healthy Circle Advisor and CEO



Deanna Stich, Our Healthy Circle Advisor

Summer has officially arrived! To go along with the warming temperatures, we have a couple of outdoor activities as well as several exciting virtual activities in store for Our Healthy Circle members to enjoy.

Get your morning walk in this summer with Our Healthy Circle's Walking Club every Tuesday at 10 a.m. at The Waukegan Park District's Hinkston Park (located at 810 Baldwin Avenue, Waukegan). Park in the lower lot and meet in the pavilion for warm-ups and walking. We walk for 30 minutes and finish with a cool-down back at the pavilion. So grab your comfy shoes, a water bottle and a friend and join us!

Then, in August, we have begun planning a Summer Picnic with Rolling Hills Campus Senior Living Community. Stay tuned for additional details on this event as they become available.

Finally, as the pandemic metrics improve, Vista Health System continues to follow the local health department, state and CDC reopening guidelines. With Covid-19 cases decreasing and vaccination rates increasing, we plan to resume more in-person events as it is deemed safe for all. We can't wait to see you and get back together in-person! Thank you for your continued patience and loyalty as we all navigate this ever changing situation.

Have a wonderful summer and we hope to see you virtually or at one of our outdoor activities soon! Should you have any questions, feel free to call me directly at (847) 360-4228.



Norman Stephens, CEO

I am proud to announce that Vista Health System recently completed a major construction project to fully renovate its 2W Patient Care Unit at Vista Medical Center East in Waukegan. The unit features 17 private patient rooms, including 4 bariatric-ready rooms, with all new and modern finishings. See page 6 of this issue for photos!

With the opening of this unit, Vista Medical Center East now offers all inpatients private rooms. It has been a long-term goal for Vista to modernize its facility and offer all-private patient rooms throughout the hospital. Private patient rooms help to create a safer, more relaxing and healing experience for patients and their visiting family members and friends.

This project was the first phase of a larger construction project to fully modernize all patient rooms at Vista Medical Center East. The second phase is set to begin this summer on Vista East's third and fourth floors, with the goal of completion by the end of next year.

Additionally, Vista East's gift shop and cafeteria are being gutted and freshly constructed to provide an all-around better patient and visitor experience.

The staff and providers at Vista Health System are committed to providing quality, compassionate healthcare services and look forward to continuing to meet the needs of our community.

Thank you for your continued support of Vista Health System and for being a member of Our Healthy Circle.

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.

June 21• 6 pm

Topic: Waukegan Public Library presents—Screening and Colon/Rectal Health

Presented by: Dr. Daniel Liesen and
Dr. Jennifer Spanier

Location: Virtual Zoom

July 14 • 10 am

Topic: Vista Health System Update

Presented by: Norman Stephens, CEO, Vista Health System

Location: Virtual Zoom

Aug 12 • 11 am

Topic: Zoom Etiquette

Presented by: Dwight “JJ” Johnson, LCACE Founder/Member, www.lcace.org

Location: Virtual Zoom

August 16• Noon

Topic: Balance & Dizziness

Presented by: Archana Anant, PT, MS, Physical Therapist, Specialized in Vestibular and Balance Rehab, Vista

Location: Virtual Zoom

September 14 • 11 am

Topic: Sepsis Awareness

Presented by: Marcie Crawford, MSN, RN, CEN; CNO, Vista Health System

Location: Virtual Zoom

Fitness

Exercise in the comfort of your own Home! Free Virtual Recorded Workout Leaders—Stacey VanZeyl, Vista Exercise Physiologist and Sonali Karnik, Vista Physical Therapist

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), a mat if available and paper and pencil for notes as needed.

11:30 am—Thursdays

July 1, 8, 15, 22, 29

August 5, 19, 26

September 2, 9, 16, 23, 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 summer weather. Go to Vistahealth.com or call Deanna at 847-360-4228 to register for weekly reminders.

July 6, 13, 20, 27

August 3, 10, 17, 24, 31

September 7, 21, 28

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.

Joint Mobility Class – Instructor Diane Rouse

A class for a Healthier YOU. It is the Joint Mobility class. The purpose of the class is to improve flexibility, strength, balance, heighten body awareness and bring about a sense of peacefulness. This is achieved by small/large joint movements, stretching, weight bearing exercises, cool down and a short relaxation segment using deep breathing techniques.

Each class opens with small movements to warm-up, stretching for flexibility, standing exercises for strength/balance, cool down to prevent dizziness and ends with relaxation to calm the nervous system. Participants begin the class seated and move to standing. There will be NO exercise requiring the student to get up/down from the floor. Suggestion: wear loose fitting clothes and bring water. Tuesday's 9:30-10:15 a.m. at Ca-boose Park, Lake Villa

Cost: FREE

Registration required for any session. Please call Diane Rouse (certified instructor) at 847.542.8120 to register

**Virtual Summer Cooking Demo
presented by Chef Judith Hallisey,
ARAMark Food Service**

Date: August 25, 2021

Time: 2:30 pm

Recipe for a will be available after registering.

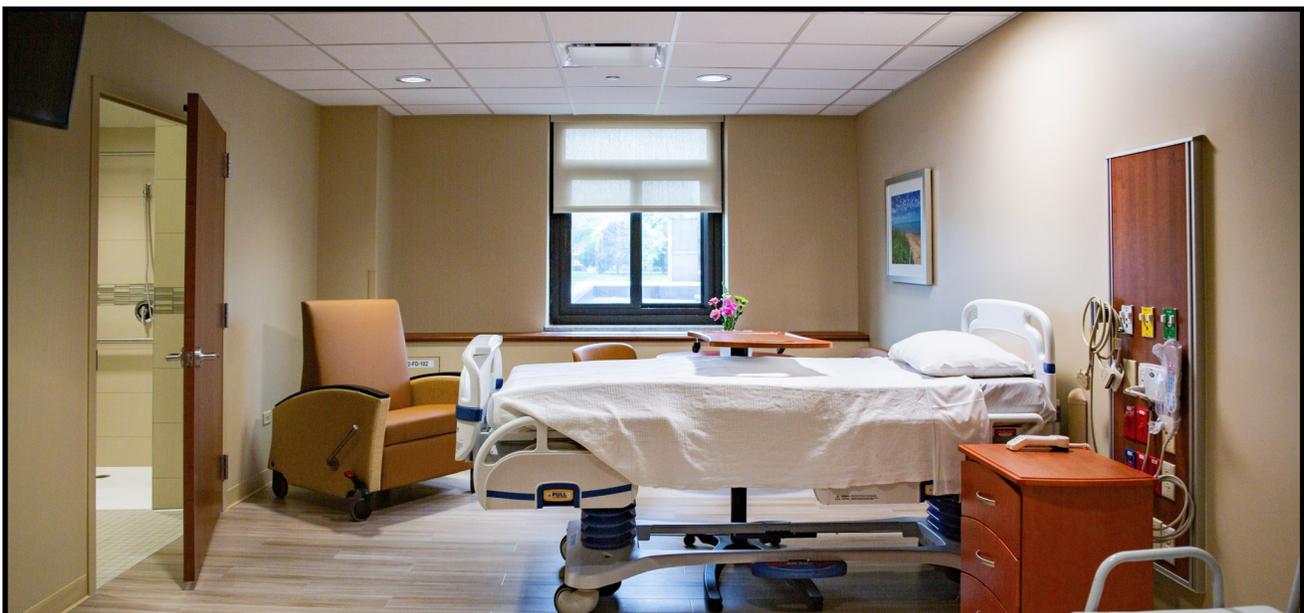
Go to VistaHealth.com to register.

Sign on information for the sessions will be provided
after registration

Sorry, but this session will not be recorded.



Vista Medical Center East's Newly Renovated 2W Patient Care Unit



1.

Choose a
provider



2.

Choose a
reason



3.

Choose a time
and date



With Online Self-Scheduling making a primary care appointment is easy as 1-2-3.

We are dedicated to making healthcare more convenient and more accessible to you and your family members.

With online self-scheduling, we're putting more control in your hands.

Now you can quickly set up a primary care provider appointment by going to one website. At **VistaAnytime.com**, just find a provider that has a time slot available when your schedule is free, and book the appointment yourself. And just like that, you are scheduled for care.

Can't be any easier than that! See for yourself!



VistaAnytime.com

Physicians linked from VistaAnytime.com are members of the Medical Staff at Vista Health System.

YOU'RE INVITED TO
STAR HOSPICE'S

Grief Support

AN IN-PERSON (MASKED AND DISTANCED)
OR VIRTUAL SUPPORT GROUP FOR PEOPLE IN GRIEF
YOU ARE NOT ALONE. ALL ARE WELCOME.

★ EVERY 1ST TUESDAY AT 12:30 PM
WITH CHAPLAIN JOHN
★ CALL: (872) 240-8046 PASSCODE: 47233638#

EVERY 3RD TUESDAY AT 5:30 PM
WITH CHAPLAIN ROBIN
CALL: (872) 240-8046 PASSCODE: 810298941#

IN-PERSON EVENT TAKES PLACE AT S.T.A.R. HOSPICE IN GURNEE
36100 BROOKSIDE DRIVE
SUITE 101
GURNEE, IL 60031
QUESTIONS TO ROBIN STILLWATER AT: 847-672-9225

Catholic Charities Presents: **Zoom Educational Presentations**

Matter of Balance – 9 week fall prevention program – starts Friday July 16th @ 10 am – 12 pm

Tai Chi with Mary – 4 week Tai Chi program – Starts Tuesday July 6 @ 10 am

Chair Yoga with Maribel – 4 week Chair Yoga – Starts Tuesday July 6 @ 12:30 pm

Bingocize – 10 week exercise program – play bingo and exercise – meets 2 x per week – starting Mondays & Wednesdays July 12 & 14 @ 10 – 11 am

Online Safety Program – 4 week online safety program – we'll cover the following topics: romance/catfish scams, gift card scams, charity scams, social media and losing your phone – Starts Thursday July 8 @ 1 pm

Creative Phone Photography – 4 week phone photography program – learn how to take more creative photos with your phone – Mondays starting Aug 2 @ 1 pm

Tai Chi for Arthritis – 8 week tai Chi program that meets 2x per week starting Tuesday & Thursday August 3 & 5 @ 1 – 2 pm

Open Enrollment is coming – Let's learn more about Senior Health Insurance Program (SHIP) – Tuesday August 31 @ 10 am

Debt Collection – Monday Sept 13 @ 1 pm – Tim Rout from Prairie State Legal will present on Debt Collection, which affects a lot of seniors. Few people know how debt collection actually works or their legal rights.

Open Enrollment is coming – Let's learn more about Senior Health Insurance Program (SHIP) – Tuesday September 28 @ 1 pm

Open Enrollment is coming – Let's learn more about Senior Health Insurance Program (SHIP) – Thursday September 30 @ 1 pm

RSVP to Kari Pohar – 847-740-6708 or email kpohar@CatholicCharities.net

<https://zoom.us/j/7342152035?pwd=L25oZENFYzNrNmF4aDIKVjJxbkVLQT09>

or www.zoom.us/join

Meeting ID: 734 215 2035

Passcode: 7c2nME

Dial in: 1 312 626 6799

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.

Polish Pride in Milwaukee Departs: Saturday July 31 at 8:45 am from Cracker Barrel in Gurnee Price per Person: \$130

You bet your sweet dupa this is a Happy Times Tours & Experiences EXCLUSIVE event!

When we heard the Polish festival in Milwaukee was cancelled for 2021, we decided to put together an amazing day of Polish fun! You will get to **try one of Milwaukee's best Paczki** from an amazing local bakery along with a beverage as we **learn about Paczki from the owner**. You will also **leave with a 6 pack of mixed Paczki!** Then, it is time to visit **Milwaukee's only authentic Polish restaurant, The Polonez**. Here you will enjoy a **cup of traditional Polish soup: Red Borscht (beet soup), Dill Pickle, or Czernina**. Then, enjoy a **sampler platter of 4 Pierogi** and finish off with a **flight of 3 traditional Polish Vodka tastings**. Enjoy the food and exclusive **Polish entertainment for our group only**. To complete our day, we will take a **tour of the beautiful Basilica of St. Josaphat which has a strong influence from the Polish and German immigrants**.

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

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

Very Vermont (A Colorful Explosion during peak fall foliage) Departs: Sunday Oct 10, 2021 8 Days/14 Meals

Per person rate: Double occupancy \$2,645+Travel insurance

Trip Includes: Home pickup in Dane, Milwaukee, Racine, Kenosha, Jefferson, Ozaukee, Washington, WI Counties and Lake County, Guided tour of Bennington, VT; Visit to The Sugar Shack and Norman Rockwell "Poster Museum"; Tour of Hildene, the Lincoln Family Home and Dairy; Tour of the Rock of Ages Granite Quarry; Choice between Coffee Lab, Wreath Making, or Distillery Tour; Visit to a local Maple Syrup Producer; Ice Cream treat at Ben & Jerry's; Tour of the Trapp Family Lodge; Visit a local Cider Mill and Winery; Guided tour of the Shelburne Museum; Guided ride through Shelburne Farms; Visit to Shelburne Vineyards; Tour of the UVM Morgan Horse Farm; Visit the Montezuma Winery & Hidden Marsh Dis-



tillery; and Dinner cruise on the Nautica Queen.

Trips—

Trips are not sponsored or sanctioned by Vista Health System.

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

Albuquerque Balloon Fiesta **Departs: Wednesday, Sept 29, 2021** **6Days/7Meals**

Per person rate: Double occupancy \$2,699 + Travel insurance Reservation #1046663

Highlights: Santa Fe, Open-Air Tram Tour, Loretto Chapel, Santa Fe School of Cooking, Turquoise Trail, Balloon Fiesta, Old Town Albuquerque, National Museum of Nuclear Science & History, Indian Pueblo Cultural Center. Final payment due by July 31, 2021.



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

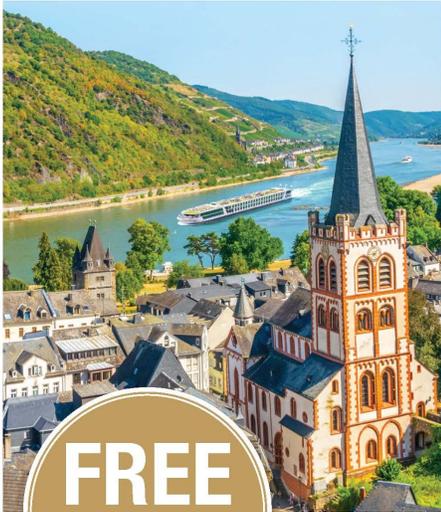
an
exhil-



arating 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.



FREE AIRFARE
WHEN BOOKED BY
JUNE 30, 2021

FREE HOME PICKUP

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.

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.

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

◀ July	August 2021						September ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
1	2	3 Walking Club— 10 am/Hinkston Park	4	5 11:30 am Virtu- al workout	6	7	
8	9	10 Walking Club— 10 am/Hinkston Park	11	12 NO Virtual workout 11 am Virtual Health Talk-	13	14	
15	16 11 am Virtual Health Talk-	17 Walking Club— 10 am/Hinkston Park	18	19 11:30 am Virtu- al workout	20	21	
22	23	24 Walking Club— 10 am/Hinkston Park	25	26 11:30 am Virtu- al workout	27	28	
29	30	31 Walking Club— 10 am/Hinkston Park					

◀ August	September 2021						October ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
			1	2 11:30 am Virtual workout	3	4	
5	6 Labor Day 	7 Walking Club— 10 am/Hinkston Park	8	9 11:30 am Virtual workout	10	11 Patriot Day	
12 	13	14 NO Walking Club— 11 am Virtual Health Talk-	15	16 11:30 am Virtual workout	17	18	
19	20	21 Walking Club— 10 am/Hinkston Park	22 Start of Fall (Autumnal Equinox) 	23 11:30 am Virtual workout	24	25	
26	27	28 Walking Club— 10 am/Hinkston Park	29	30 11:30 am Virtual workout			

24/7 NURSE HELP LINE

(847) 360-HELP
(4357)



A Free Service

Not sure if you need to see a
doctor or go to the hospital?
Call the **Help Line** to get advice.

(se habla español)

If you are experiencing a medical emergency, call 911.

VistaHealth.com/helpline





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 #				
City		State		Zip		How did you hear about Our Healthy Circle / who recruited your membership? <small>(Not required. However, including it will allow you to receive event news and other valuable health information.)</small>		
GIFTS	Membership(s) is a gift from (list name): _____							
	Address _____							
	City _____				Send Gift Card? <input type="checkbox"/> Yes <input type="checkbox"/> No			
	State _____		Zip _____					
MEMBERSHIP OPTIONS – 1 APPLICANT								
<input type="checkbox"/> One-year membership: \$13.50 <input type="checkbox"/> Two-year membership: \$25.00				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 _____				

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.