

CIRCLE NEWS



Vista Health System Chapter ♦ Jan, Feb, March 2022

www.VistaHealth.com/OurHealthyCircle ♦ (847) 360-4228 ♦ Current Membership: 672

Important Messages from Vista's Our Healthy Circle Advisor

Deanna Stich, Vista Health System Our Healthy Circle Advisor



Winter is a beautiful time of year! The air is crisp and fresh just like Our Healthy Circle. We are starting fresh with in person Health Talks. With any season of change, we are going to do a few things differently. We will no longer use the activity cards and we will offer both in person and zoom presentations each month, Breakfasts at

will be held at Maravelas and the lunches at Bonnie Brook Golf Course. Check the calendar in the booklet for dates, times and locations. We are limiting the number of people per event, so you must register either on-line or by calling 847-360-4228. When registering please indicate if you would like to attend in person or you will attend by zoom.

Per the current CDC guidelines, masks are to be worn unless actively eating or drinking at the indoor events.

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

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.

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

Vista Health System Welcomes New Chief Executive Officer



Jonathan Rozenfeld was recently named CEO of Vista Health System. Rozenfeld brings more than 30 years of progressive healthcare leadership experience in acute tertiary and ambulatory settings. His most recent experience includes roles throughout the Midwest, including President at SSM Health

St. Mary's in Madison, WI, Chief Operating Officer at Alexian Brothers Health System in the Chicago metropolitan area, and Interim President and CEO of Hospital Sisters Health System St. John's Hospital in Springfield, Illinois.

"The Vista Health System team is an outstanding group of clinical leaders, physicians, nurses, and staff with a shared goal of continually improving the patient experience and high-quality care," said Rozenfeld. "I equally share those goals as I join the team and look forward to becoming a part of the Waukegan and northern Lake County community."

"We are thrilled to have Jon join Vista Health System and bring with him not only decades of impressive experience but a passion for improving the patient experience and providing high-quality care," said Eleanor Murkey, chair of the board of trustees. "We are also grateful to Vista's former CEO, Norman Stephens, who recently retired after more than four years of leadership."

Jon earned his Master of Business Administration from the University of Pennsylvania.



Take our FREE, 5-minute

Heart Health Risk Assessment

VistaHeartRisk.com

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

VISTA HEALTH SYSTEM

For Matters of the Heart—Choose Vista

Cardiac Care at Vista Health System focuses on the functions and disorders of the heart and its connected circulatory system. According to the American Heart Association, 84 million people in the U.S. suffer from some form of cardiovascular (heart) disease, affecting blood flow throughout the body. Cardiovascular disease can lead to heart attacks, strokes or other serious complications.

Vista Health System is one of Lake County's leading comprehensive heart care centers. We provide a range of advanced diagnostic tests to evaluate your heart's condition and determine what condition you may have (heart arrhythmia, congestive heart failure, etc.). If treatment is required, we perform everything from the latest interventional procedures to valve replacement and open heart surgery. Vista has the expertise, experience and capabilities to care for cardiac patients.

You are not just a patient or a case number at Vista. You are a mom, dad, friend, uncle, wife, husband, neighbor or coach in need of advanced cardiac care. Our physician team members are board certified in the areas of cardiology, radiology or cardiovascular and thoracic surgery. Our team of nurses, lab technicians and rehabilitation therapists are all trained and experienced in advanced areas of cardiovascular treatment.

Our free heart-risk assessment will calculate your heart age and offer advice on how to maintain or improve your heart health. Try it today at VistaHeartRisk.com.

The Ins and Outs of Cholesterol

You know that having high cholesterol is bad for your health. But did you know that your body also needs cholesterol to function properly? So why is having too much of it a bad thing?

What Does Cholesterol Do? Cholesterol is a fatty, wax-like substance that circulates in your blood. Your body uses it to make vitamin D and hormones, build cells, and help you digest food. However, your liver already produces all the cholesterol your body needs. The rest of your cholesterol comes from the foods you eat.

When you eat too many foods high in saturated or trans fats, your liver makes more cholesterol than your body needs. These include foods from animals, such as meat, poultry and dairy products, as well as foods made with tropical oils, including many baked goods.

There are two types of cholesterol: HDL, or the “good” kind, and LDL, or the “bad” kind. If you have too much LDL and not enough HDL in your blood, your risk for heart disease and stroke increases. This is because cholesterol can build up on the walls of your arteries, blocking or reducing blood flow to your heart and brain.

By maintaining a healthy lifestyle, you can reduce your risk for cholesterol-related health problems. Eat a heart-healthy diet that includes plenty of fruits, vegetables and whole grains. Get plenty of physical activity. Don't smoke. Know your cholesterol numbers and follow the advice of your doctor if you need to lower your cholesterol.

Our Healthy Circle Programs

Free HEALTH TALKS

Sign up today—2 Ways: 1) Register online-watch your email, click on the link 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. Please indicate if you would like to come in person or will attend via Zoom.

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, for the zoom platform, most presentation will be recorded for later viewing.

Per the current CDC and IL guidelines, masks are to be worn unless actively eating or drinking at the indoor events.

Jan 12• 9 am

Topic: TBD

Presented by: TBD

Location: Maravelas, Fox Lake and Virtual Zoom

Jan 18• 11 am

Topic: Hospice 101

Presented by: *Jesus Gerena Hospice Care Consultant Moments Hospice*

Location: Bonnie Brook Golf Course, Lewis Ave, Waukegan, and Virtual Zoom

Feb 9• 9 am

Topic: Simplify Your Spending & Saving Strategies

Presented by: Casey Torrey, Financial Advisor, Edward Jones, Round Lake, IL

Location: Maravelas, Fox Lake and Virtual Zoom

Feb 15• 11 am

Topic: Congestive Heart Failure

Presented by: TBD

Location: Bonnie Brook Golf Course, Lewis Ave, Waukegan, and Virtual Zoom

Topics are subject to change

March 7 & 9•

Topic: Colorectal Cancer

Presented by: Dr. Spanier

Location: **March 7** Virtual Zoom only

March 9 at 9 am—Maravelas, Fox Lake

March 15• 11 am

Topic: Nutrition

Presented by: Janine Pruett, MS, RDN, LDN, ARAMARK, Vista Health System

Location: Bonnie Brook Golf Course, Lewis Ave, Waukegan, and Virtual Zoom

Fitness

Exercise in the comfort of your own Home! Free Virtual live and Recorded Workouts

Leader—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

Jan 20, Feb 10 and March 17

Recorded Workouts—10 am, Tuesdays

Jan 4, Jan 11, Jan 25, Feb 1, Feb 8,, Feb 22 ,

March 1, March 8, March 22, March 29

11:30 am Thursdays

Jan 6, Jan 13, Jan 27, Feb 3, Feb 17, Feb 24,

March 3, March 10, March 24, March 31

Watch your email for registration information

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.

Cooking Demo

Live and in person “Valentine’s Day Lunch Special with Friends” Cooking Demo in our newly remodeled Café 21 at Vista East.

Presented by Chef Judith Hallisey, Aramark Food Service

Date: Feb 9, 2022

Time: 3 pm

Where: Café 21

Ground Floor, Vista East

1324 N Sheridan Road

Waukegan, IL

Per the current CDC and IL guidelines, masks are to be worn unless actively eating or drinking at the indoor events.

Watch your email for registration or call Deanna Stich at 847-360-4228.



Be Your Own Patient Advocate

Ask questions and engage with your providers to personalize and improve the quality of your health care.

Your doctor may be the medical expert, but you are the expert when it comes to your own body and healthcare preferences. Working in partnership with your healthcare providers helps them better meet your unique healthcare needs and increases your satisfaction with the care you receive.

Take an Active Role

- **Do research.** If you have been diagnosed with a health condition, educate yourself about your disease. Learn what you can from reliable sources, such as the U.S. Library of Medicine or the Centers for Disease Control and Prevention.
- **Prepare for appointments.** Make the most of your limited time with the doctor by writing down your questions and concerns in order of importance. Bring an up-to-date list of all medications with name and dosage.
- **Ask questions.** It is your right and responsibility to be informed about all aspects of your medical care. If you are unsure about any treatment, medication or recommendation, ask your doctor to clarify.
- **Write things down.** Even the briefest appointment with your doctor can involve a lot of infor-

mation. Keeping your own records of conversations and instructions helps eliminate confusion later.

- **Understand your health insurance plan.** Knowing what treatments and specialists your policy covers—and what it does not—helps prevent costly surprise charges.



- **Review your medical bills.** Wait to pay your doctor's bill until you receive an explanation of benefits from your insurer, then carefully compare the two.
- **Don't be afraid to seek a second opinion.** Most doctors appreciate patients who are fully engaged with their care. Getting the perspective of another doctor can help increase your confidence in the medical decisions you must make.



BOOK YOUR DOCTOR ONLINE

VISTA Physician Group

VistaAnytime.com

Safe Driving Ahead for Older Drivers



According to the U.S. National Library of Medicine and National Institutes of Health, approximately 600,000 Americans 70 years of age and older stop driving each year. But, what if you are not ready to be one of them?

Change is inevitable, especially as we age. Our hearing becomes impaired, we have slower reflexes and our vision changes, all of which can cause us to have issues when driving.

However, this doesn't mean you have to hand over the keys just yet.

Keep Your Eyes on the Road

Stay safe while on the road by putting the following tips into action!

First, you want to make sure one of the first things you do after getting in the car is put on your seatbelt. It is a proven fact that seatbelts save lives, as they help to reduce the risk of death by 45% and injury by 50%.

Make it a habit when getting in the car that you put your seatbelt on first before doing anything else, including starting your car.

Second, limit distractions as much as possible. Turn your smartphones off, avoid drinking or eating while driving, and keep your focus on the road. The more alert you are of your surroundings, the more likely you will stay safe when driving from A to B.

Finally, use the daylight as your driving guide. If possible, try to drive only during the daylight hours since vision problems can escalate during the night. In addition, the glare from the headlights of other cars can make seeing more difficult while driving, increasing the risk of car accidents.

Medications and Driving: What's the Connection?

If you have heard it once, you have heard it a million times. Do not drink and drive. As it turns out, also taking certain medications and driving can be just as dangerous.

According to the National Institute on Drug Abuse, prescription medications are just as linked to drugged driving crashes as marijuana. Common prescription and over-the-counter medications that affect driving include or are not limited to:

- Antidepressants
- Anti-seizure drugs
- Certain cold and allergy products like antihistamines
- Medications that contain codeine
- Opioid pain relievers
- Sleeping pills and relaxants

These aforementioned prescription and over-the-counter medications can cause different side effects, including anxiety, blurred vision, distraction or difficulty concentrating, drowsiness, reduced reaction time, or sleepiness. Therefore, it is always best to take your prescriptions while at home the first few times to ensure you know how your body will handle the medication.

Also, pay attention to the list of warnings and side effects on the prescription bottle and don't be afraid to ask your local pharmacist about how a medication will affect your driving ability. You may want to ask if there are any interactions if you are taking more than one medication at a time, as this, too, can cause impaired driving.

AARP Driver Safety Course

May 2-3, 2022 • 9 a.m.—1 p.m.

• Vista Ambulatory Care Center • **Lindenhurst**

May 16-17, 2022 • 9 a.m.—1 p.m.

• Vista Medical Center East • **Waukegan**

Cost: \$20 AARP Member/\$25 Non-Members (Payable the day of class) - If you are insured with an AARP/United Healthcare Supplement for 2022, you should receive the class free. Please call the Instructor, Michael Dressendorfer, at (847) 973-9957 for details.

Per the current CDC and Illinois guidelines, masks are to be worn at all times during the class. Watch your email for registration details or call Deanna Stich at (847) 360-4228 for more information.

Catholic Charities Presents:

Zoom Educational Presentations

Mondays January 4 – 25 @ 10 am – Wit’s Workout – Hybrid – Fremont Township – Let’s play some Wit’s Workout and have fun while keeping our brains healthy. This fun hour includes a variety of puzzles and brain teasers.

Wednesdays & Fridays Beginning January 5 & 7 @ 9 am – Bingocize – Virtual - Let’s play Bingocize together! Exercises that change every week and increase in difficulty as we progress through this 10 week program!

Thursdays Beginning January 6 @ 10 am – 12 pm – Virtual – Matter of Balance – Have you found yourself sitting more due to the pandemic? Has your balance changed recently? Join this 9-week fall prevention program. In this program, we will discuss causes of falls, what we can do to prevent falls, and support each other as we talk about the fear of falling.

Mondays & Wednesdays beginning January 10 & 12 @ 10 am – Virtual – Tai Chi for Arthritis - This 8-week program will teach you forms that will all flow into each other and can be done seated or standing. Gentle movement and stretches help ease pain from arthritis or other chronic pain.

Monday January 10 @ 1 pm – Virtual – How To Advocate For Yourself At The Doctor- Let’s face it. You only get an average of **18 seconds** to voice your concerns before your doctor interrupts you. Join us to learn ways to better advocate for yourself when talking with your doctor. This will help you to voice your concerns so you can get the best care possible

Friday January 14 @ 10 am – Virtual – Owls of Lake County - Join us for a presentation on owls that can be found around Lake County. The Lake County Forest Preserves representative may even bring a live owl to the presentation!

Friday January 21 @ 1 pm – Fireside with the Author – Virtual - Let’s listen to an author read a piece of their work. E J Nickson will read from her romance novel, Breaking Country. Questions and discussion will follow the reading.

Monday January 24 @ 1 pm – Virtual – Organizing in the New Year - Cindy Levitt is back to share her tips and tricks on organizing our homes! Don’t miss out!

Monday January 24 @ 2 pm – Virtual – Google & Gmail Account - Let’s learn more about how to gn up for your own FREE Google account (which includes free Gmail). Another way to keep in touch with family and friends!

Friday January 28 @ 1 pm – Zoom Basics – Break Out Rooms – Virtual - What on earth are break-out rooms? How do you get out of them if you’re put in one on Zoom? Let’s learn more about these!

Monday January 31 @ 2 pm – Virtual – Law Basics for Regular People – Filing a Lawsuit - Amy Lonergan from Finn & Finn will be talking about law basics throughout the year! This month, she’ll be discussing the procedure to filing a lawsuit.

FEBRUARY

Tuesdays Beginning February 1 @ 10 am – Virtual – Tai Chi with Mary - Join us as Mary leads us through a 4-week Tai Chi class where the forms are fun and will help us with mobility and flexibility.

Tuesdays Beginning February 11 @ 11 am – Virtual – Wit’s Workout - Do you forget someone’s name moments after you hear it? Wonder if you closed the garage door when you left? These are commonly forgotten tasks and we’ve got a way to help improve your memory, while also having fun! With brain teasers and puzzles, Wit’s Workout is a great way to help keep your brain healthy throughout your life.

Wednesdays Beginning February 2 @ 1 pm – Virtual – Chair Yoga with Maribel - This 4-week gentle yoga class is the perfect way to stay active this winter!

Friday February 4 @ 1 pm – Civil War: Homefront to Frontline – Virtual - Presentation will discuss personal stories of Lake Countians on the battlefield and on the home front. Presentation by the Lake County Forest Preserves.

Friday February 4 @ 1 pm – How to Use Google Sheets – Virtual - We're going to learn more about the Google Sheets and their similarities/differences to Excel

Monday February 14 @ 1 pm –Virtual - How to Use Google Maps - Let's learn more about Google Maps together! This free service will help you plan your best routes to avoid getting lost!

Monday February 28 @ 1 pm – Virtual – Google Docs - Let's learn more about how to use Google Docs! We will learn the basics, their uses, and how to access them when you're not online.

<https://zoom.us/j/94504813441?pwd=c2JjMGZlWlI2ZWlJY3BRbGdKREVlZz09>

Meeting ID: 945 0481 3441
Passcode: 377510
Dial in: 1 312 626 6799



In a medical emergency, every minute matters. That's why we work diligently to have you initially seen by a medical professional within 30 minutes of your arrival in the ER. We are proud to offer comprehensive emergency services and dedicated specialists to treat a variety of conditions.

Even during the COVID-19 pandemic, we want you to know that we are open and ready to care for you in an environment specifically designed to help safeguard your health.

If you are experiencing a medical emergency, call 9-1-1 or go directly to the closest ER.



Vista Medical Center East—ER
1324 N. Sheridan Road • Waukegan



Vista Freestanding Emergency Room
1050 Red Oak Lane • Lindenhurst

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.

Fat Thursday—A Poland Holiday-(Milwaukee, WI)

Date: February 24th, 2022 **Cost Per Person:** \$130

You bet your sweet dupa this is a Happy Times Tours & Experiences EXCLUSIVE event! You will get to try one of Milwaukee's best Paczki from an amazing local bakery as we learn about Packzi 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 PolyOne. There you will enjoy a cup of traditional Polish soup: Red Borscht, Dill Pickle or Czer-nina. Then, enjoy a sampler platter of 4 Pierogi and finish off with a flight of 3 traditional Polis Vodka tast-ings. 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. Happy Tlusty Czwartek!

Departures: Bus 2: 8:45am Cracker Barrel in Gurnee, IL

EXTENDED TRIP

Celebration Belle Oldies Cruise & Jumer's Casino (Rock Island, IL) - 3 Days: July 12-14, 2022

Package: \$10 in Slot Play at Diamond Jo plus Lunch Voucher, Total of \$20 in Free Play and 2 \$10 Food Vouchers at Jumer's, Celebration Belle Oldies Cruise, \$10 in Play and \$5 Meal Voucher at Q Casino

Per Person Rates: \$265 Double \$359 Single, \$260 Triple

Departures: 5:30 am Cracker Barrel in Gurnee



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.

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.

<i>January</i>						2022	
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
						1	
						New Year's Day	
2	3	4	5	6	7	8	
		10 am Virtual workout		11:30 am Virtual workout			
9	10	11	12	13	14	15	
		10 am Virtual workout	9 am Breakfast Health Talk/ Maravelas	11:30 am Virtual workout			
16	17	18	19	20	21	22	
	M L King Day	11 am Lunch Health Talk/ Bonnie Brook Golf Course		11:30 am Virtual workout— Stacey Live!			
23	24	25	26	27	28	29	
		10 am Virtual workout		11:30 am Virtual workout			
30	31						

<i>February</i>						2022
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
		10 am Virtual workout		11:30 am Virtual workout 1:30 pm Paint Party/ Vista East		
6	7	8	9	10	11	12
		10 am Virtual workout	9 am Breakfast Health Talk/ Maravelas 3 pm Valentine's Lunch special with Friends Cooking Demo/ Vista East	11:30 am Virtual workout— Stacey Live!		
13	14	15	16	17	18	19
	Valentine's Day	11 am Lunch Health Talk/ Bonnie Brook Golf Course		11:30 am Virtual workout		
20	21	22	23	24	25	26
	Presidents' Day	10 am Virtual workout		11:30 am Virtual workout		
27	28					

<i>March</i>						2022
Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28	1	2	3	4	5
		10 am Virtual workout		11:30 am Virtual workout		
6	7	8	9	10	11	12
		10 am Virtual workout	9 am Breakfast Health Talk/ Maravelas	11:30 am Virtual workout		
13	14	15	16	17	18	19
		11 am Lunch Health Talk/ Bonnie Brook Golf Course		11:30 am Virtual workout—Stacey Live!		
20	21	22	23	24	25	26
First Day of Spring		10 am Virtual workout	11 am Spring Fling/ Maravelas	11:30 am Virtual workout		
27	28	29	30	31		
		10 am Virtual workout		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 #	<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.