

CIRCLE NEWS



Vista Health System Chapter ♦ April, May, June 2022

www.VistaHealth.com/OurHealthyCircle ♦ (847) 360-4228 ♦ Current Membership: 622

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



Deanna Stich, Our Healthy Circle Advisor

Spring has finally arrived and Our Healthy Circle has many great activities planned. Be sure to check out the calendar at the back of this issue so you can join in on the fun!

As we age, it's normal for our driving abilities to change. By reducing risk factors and incorporating safe driving practices, many of us can continue driving safely long into our senior years. But we do have to pay attention to any warning signs and make appropriate adjustments. Studies show that older adults are more likely to receive traffic citations and get into accidents than younger drivers. What causes this increase? As we age, factors such as decreased vision, impaired hearing or slowed motor reflexes may become a problem. Here are some things you can do to continue driving safely:

- Make sure your car is the right size and fit for you
- Modify your car and add aids for safe driving
- Get your eyes and ears checked every year
- Drive defensively and avoid distractions

AARP is offering Our Healthy Circle members two driver safety courses and a presentation on distracted drivers in the coming months. By taking a driver safety course you'll learn the current rules of the road, defensive driving techniques and how to operate your vehicle more safely in today's increasingly challenging driving environment. You'll also learn how you can manage and accommodate common age-related changes in vision, hearing and reaction time. For more information and to sign up check page 8 or call 847-360-4228.



Jon Rozenfeld, CEO

It was a pleasure meeting with many of you at the Our Healthy Circle breakfast earlier this year. Vista is proud to offer programs like Our Healthy Circle to keep the community connected and engaged. And, if you are in need of medical care, Vista has locations throughout Lake County, including our two 24/7 emergency rooms in Waukegan and Lindenhurst.

Did you know that Vista also has a 24/7 Nurse Help Line? Our Nurse Help Line first launched back in 2020 and has helped thousands of residents get answers to their medical questions and concerns. Calls are free and confidential. Situations the Help Line can help with:

- What are the symptoms of a concussion?
- How long do I wait to see a doctor for stomach pain?
- How do I know if my arm is broken?
- Does my child need to see a doctor for a high fever?
- How can I tell if I need stitches?

If you do have a health issue that needs to be addressed, rest assured that our teams at Vista Medical Center East, Vista Lindenhurst and Vista Physician Group are ready to care for you in a safe environment, with the same high-quality care we've always delivered. We can even assist with directions to the nearest Vista Emergency Room or help get your doctor appointment scheduled.

24/7 Nurse Help Line

847-360-HELP (4357)

Living with Multiple Health Conditions

According to the American Geriatrics Society, half of Americans over the age of 65 deal with at least three health conditions every day. If you're one of them, use these tips to maintain your good health.



Choose Lifestyle-Based Treatments

If you don't eat healthy foods, exercise regularly and get good sleep every night, your health is at a disadvantage. Ask your provider about lifestyle changes that could help you turn the corner. Then take action! After all, a healthy lifestyle has no negative side effects.

Know Your Purpose

Do you want to make it to your grandson's baseball games? Continue working as long as possible? Live on your own without assistance? Knowing the pur-

pose behind your health goals helps you commit to lifestyle changes. Tell your provider your goals so you'll be on the same page.

Study the Options

Sometimes, lifestyle changes aren't enough to manage your health conditions. When medication or surgery is needed, ask about alternatives, keeping your purpose in mind. Take notes at your doctor's appointment. Then weigh the pros and cons, choosing the option that gives you the type of life you want.

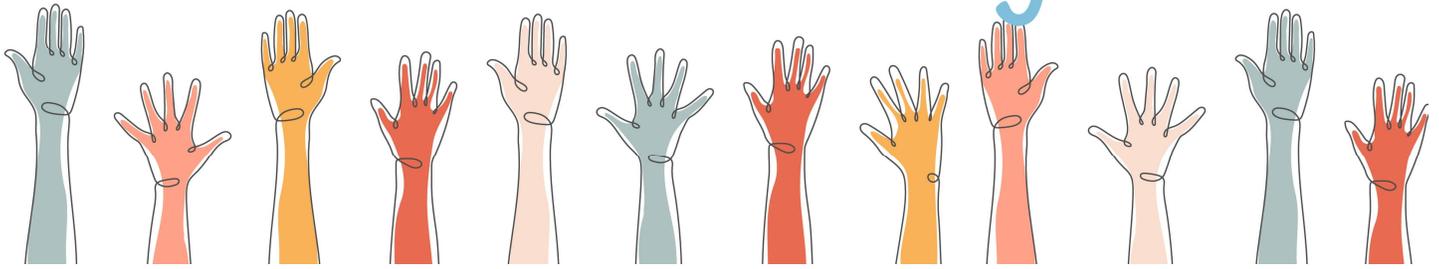
Change Course

Any time your treatment doesn't work or you experience undesired side effects, don't give up. Talk to your provider about other treatment options. A different course could get you where you want to go.

Vista Physician Group is Here for You

If you're juggling a handful of health issues the providers of Vista Physician Group are here to help you navigate them. We have more than 20 providers at six office locations throughout Lake County including Gurnee, Waukegan, Lindenhurst, Grayslake and Zion. We also offer virtual telehealth appointments for your added convenience. Visit VistaPhysicianGroup.com to learn more about our providers, schedule appointments and get directions to our offices. We are here for you and your family.

Volunteering



Lend a Hand

If you're passionate about community service, care deeply for people and have the time and energy, we'd love to have your help at Vista Health System. Volunteering opportunities are available in various departments throughout our hospital. Get in touch, and let's talk about how we can help each other.

Our hospital runs more efficiently because of the help and support from our dedicated volunteers. We offer flexible hours and times to accommodate our volunteers' various schedules.

Volunteer requirements:

- A drug screening and TB test (hospital-paid) before placement begins.
- A criminal background check (hospital-paid) for volunteers age 18+. This requires a social security number.

How to apply:

- Complete an application online at www.Tinyurl.com/VistaHealthVolunteer
- Call our Director of Volunteer Services at 847-360-4228 to set up an appointment

Help Yourself While Helping Others

Few activities rival volunteering for the multitude of benefits it can offer seniors.

Life seems to have fallen into a rut lately. It has been a year since you retired, and you're still searching for a new purpose. Many of your closest friends are still working. Your adult children and grandchildren live two states away. Spending more time with your spouse and indulging your interests—pottery, writing and photography—have been wonderful, but you have a lingering desire to do more with your time.

You couldn't do much better—for others and for yourself—than volunteering. Many volunteers say they get more out of the experience than those they help. That is true in ways they may not realize, especially for seniors. Volunteering is far more than the act of donating time and energy to help others. It is also:

- **A compass.** If you're searching for direction after a major life event, such as retirement or the loss of a spouse, volunteering can provide it.
- **A form of hypertension prevention.** Want to avoid high blood pressure? Research suggests volunteering can help.
- **A mobility preserver.** Donating your time is a good way to stay active, which may help you maintain strength, flexibility and independence.
- **A mood booster.** Being around others while giving back can help prevent or reduce depression, including after the death of a loved one.
- **A relationship builder.** Volunteering is a way to strengthen existing ties and form new friendships during a time of life when socialization is perhaps more important than ever for emotional health.
- **A stress reducer.** Volunteering can help unburden your mind and spirit of the stresses of everyday life by allowing you to connect with others, do meaningful work and satisfy our innate desire to be helpful.
- **An icebreaker.** Meeting new people can be difficult, particularly if you're introverted. Volunteering is a way to practice engaging with others in an environment in which you're comfortable.
- **Brain food.** Being of service to others can help your mind stay sharp and agile.

Think about your interests, find a volunteer opportunity that aligns with them and start serving. You, and those you help, will be glad you did.



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.

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.

April 13 • 9 am

Topic: Distracted Driver Awareness

Presented by: Michael Dressendorfer

Location: Maravelas Fox Lake & Virtual Zoom

April 19 • 11 am

Topic: Robotic Hernia Repair

Presented by: Dr. Aaron Siegel

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

May 11 • 9 am

Topic: Parkinson's Disease

Presented by: Dr. Shazia Kamran, Vista Physician Group, Neurology

Location: Maravelas Fox Lake & Virtual Zoom

May 17 • 11 am

Topic: Sexual Intelligence and Aging a Modern Perspective

Presented by: Dr. Abrar Husain, Devoted Medical Group

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

June 8 • 9 am

Topic: Staying Healthy While Traveling

Presented by: Katie Brooks, Elderwerks

Location: Maravelas, Fox Lake and Virtual Zoom

June 21—NO LUNCH

Topics are subject to change



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

Fitness

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! **Face masks are optional. 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.

GRIEF SUPPORT GROUP

Help and encouragement after the death of a spouse, child, family member, or friend

GriefShare is a special weekly seminar and support group designed to help you rebuild your life after losing a loved one. Our group is led by caring people who have experienced grief and want to help you through the difficult days ahead.

We know it hurts, and we want to help.

Contact Us Today

Wednesdays 6:30pm – 8:00pm
March 2 - May 25
Trinity Christian Center, 847-746-3615
2600 Lewis Ave. Zion, IL 60099
Register at...
<https://www.griefshare.org/groups/146689>

GRIEF SHARE

Staying Well Behind the Wheel



Operating a 4,000-pound machine is always a little risky, but, as we get older, many factors can make driving a car more dangerous.

Although many of us drive on a daily basis, it's an activity that is actually quite complex. It requires coordination and focus to safely get the vehicle—and yourself—from point A to point B.

However, as we age, many factors begin playing a role in our ability to drive. With more years come more medications, slower reaction times, poorer vision and greater danger behind the wheel.

After all, despite being more likely to wear seat belts, obey the speed limit, and avoid drinking and driving, seniors have the second-highest crash death rate per mile driven (behind teenagers).

Keeping the Drive Alive

You can take steps to extend your ability to drive safely well into your senior years. For example, you can:

Find the Right Ride—Today's vehicles provide many safety options that previous generations of vehicles lacked. Features like blind-spot alerts and automatic braking can kick in before an accident occurs. Another car may help keep you safe.

Save Your Senses—As we age, our vision and hearing begin to change. Seeing at night or long distances may become more difficult. Plus, roughly one in three people between the ages of 65 and 74 will have hearing loss. Getting these checked by a doctor can ensure your senses have any needed booster, such as an up-to-date vision prescription or hearing aid.

Mind the Meds—According to a study of 17,000 Medicare recipients, two in five seniors take at least five prescription medications. Prescription and over-the-counter drugs can increase a person's risk of crashing if they're not managed properly. Be sure to ask your doctor whether your medications will have any impact on your driving ability.

If at any point you feel that your ability to drive safely is compromised, don't put yourself and others at risk. There are other means of transportation available for seniors who feel it's no longer safe to drive.

Ditch the Distractions

Operating a vehicle on public roads requires a person's full attention. You cover a lot of ground moving at 55 mph. That means taking your eye off the road for just a second can cause major problems.

While a driver can be distracted by a variety of things, here are the most common culprits:

- Using a cell phone (texting, calling, music)
- Eating or drinking
- Applying makeup or grooming
- Interacting with passengers
- Reading or looking at directions
- Using a navigational system
- Adjusting the radio

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.

Vista Imaging & Lab Services in Gurnee



2 Locations:

Vista Imaging Center
95 N. Greenleaf St., Suite B
Gurnee, IL 60031

Hours

Monday - Friday
7 a.m. - 4:30 p.m.

Vista MRI Institute
60 S. Greenleaf St.
Gurnee, IL 60031

Hours

Friday
8 a.m. - 5 p.m.

Schedule appointments
(847) 360-6930

Same-day appointments
(847) 249-3505

Visit our website at
VistaHealth.com

Services Offered:

• CT Scans

- With or without oral contrast
- STAT walk-in available
- Schedule next-day appointment (prior authorization needed)
- Physician order needed
- Low dose and cancer screening

• X-rays

- STAT, walk-in or schedule next-day appointment
- Physician order needed

• Dexa/Bone Density Screening

- Walk-in or schedule next-day
- Physician order needed

• Full-Service Lab

- Walk-in only
- Available Monday - Friday 7 a.m. - 3:30 p.m.
- Physician order needed

• MRI

- Available Thursdays 9 a.m. - 6 p.m. & Fridays 8 a.m. - 5 p.m.
- Appointment required
- Physician order needed



Our Healthy Circle

**Back of the
Vista Cafeteria**

**11x14 canvas
all supplies
included**

\$20 a person

**Come join us for a
fun afternoon!
Bring a friend!!**

THURSDAY, APRIL 21ST AT 1:00PM **SPRING PAINT PARTY**

Our Healthy Circle Event

Come join your friends and meet new ones for a fun afternoon of painting and socializing! Create your own Spring Masterpiece using water based acrylic paints following step by step instructions given by a local artist.

No painting experience required!!

Contact Deanna Stich to sign up!
dstich@qhcus.com or 847-360-4228

ARTISTIC eSCAPES

Keli Krygowski, instructor

(847)856-9819

artisticscapes@gmail.com

www.facebook.com/artisticscapes

Trip ideas

From Happy Times Tours and Experiences, Mayflower Cruises and Tours,
and Grand American Tours and Cruises

Trips are not sponsored or sanctioned by Vista Health System.

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

*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.

DAY TRIPS

The Church Basement Ladies in “A Mighty Fortress Is Our Basement” -

at The Fireside Dinner Theatre - May 4th

Per Person Cost: \$129 - includes a Roast Boneless Pork Chop or Chicken Cordon Bleu meal and the show

Departure: 8:45 am - Cracker Barrel in Gurnee

What Happens in Vegas – The All New Fireside Live Band Preview

at the Fireside Dinner Theatre –June 16

Per Person Cost: \$129 –includes a Ruben Chicken or Sliced Pork Tenderloin meal and the show

Departure: 8:45 am - Cracker Barrel in Gurnee

EXTENDED TRIP

Stunning South Dakota – 6 days: May 29 - June 3, 2022



Includes: 2 nights at the Royal Rive Casino with \$20 Total Free Play each stay; Stop at the Lewis & Clark Welcome Center and view “Dignity”; scenic drive through the Badlands National Park; 3 Nights in the heart of Deadwood at the Holiday Inn Express on Main Street; Visit Mount Rushmore and Crazy Horse Memorial; Drive through the wildlife loop at Custer State Park; Visit Devils Tower National Monument; Visit the famous Wall Drug; Stop at the Minuteman Missile Visitor Center; 8 meals

Per Person Cost: \$825 Double \$1045 Single \$820 Triple

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

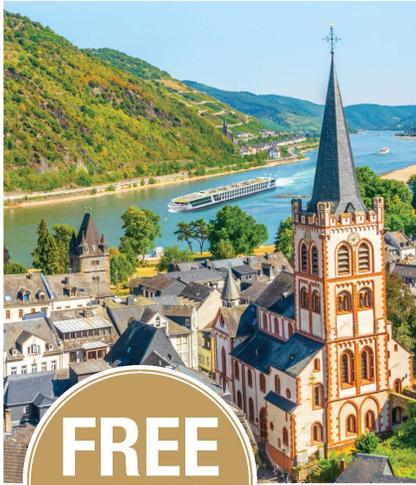
Per Person Rates: \$265 Double \$359 Single, \$260 Triple

Departures: 5:30 am - Cracker Barrel in Gurnee

Trip ideas

From Happy Times Tours and Experiences, Mayflower Cruises and Tours,
and Grand American Tours and Cruises

Trips are not sponsored or sanctioned by Vista Health System.



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.

Trip ideas

From Happy Times Tours and Experiences, Mayflower Cruises and Tours,
and Grand American Tours and Cruises

Trips are not sponsored or sanctioned by Vista Health System.

Hawaii with Norwegian Cruise Line on The Pride of America

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

- **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.



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 #	(Not required. However, including it will allow you to receive event news and other valuable health information.)			
City		State	Zip				
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.