

# CIRCLE NEWS



Vista Health System Chapter ♦ Oct, Nov, Dec 2022

www.VistaHealth.com/OurHealthyCircle ♦ (847) 360-4228 ♦ Current Membership: 620

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



**Deanna Stich, Our Healthy Circle Advisor**

Autumn is a beautiful time of year! The leaves are changing and the air is crisp and fresh. Our Healthy Circle has a lot of great activities in store for our members, too. Be sure to check out the calendar at the back of this issue

so you can join in on the fun!

Along with the changing weather comes flu season. Flu outbreaks begin as early as October and can last as late as May. Take steps to reduce the chances that you and those close to you will suffer a bout of the flu.

The best way to prevent the flu is with a flu vaccine. CDC recommends that everyone 6 months of age and older get a seasonal flu vaccine each year soon after it becomes available, and by October if possible. Vaccination is especially important for people 65 years and older because they are at high risk for complications from flu. Flu vaccines are often updated to keep up with changing viruses and also immunity wanes over a year so annual vaccination is needed to ensure the best possible protection against influenza. Call your Vista Physician Group provider's office to schedule your flu shot today! Visit [VistaPhysicianGroup.com](http://VistaPhysicianGroup.com) for more.

Additionally, be sure to wash or sanitize your hands regularly, keep from touching your eyes, nose or mouth and avoid close contact with people who are sick. Seek medical advice quickly if you develop flu symptoms including fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue to see whether you might need medical evaluation or treatment with antiviral drugs.



**Jon Rozenfeld, CEO**



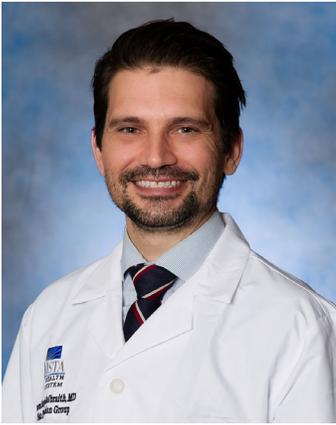
At Vista Health System, providing quality care, close to home is our

goal. I'm proud to announce that Vista Medical Center East was recently recognized nationally by U.S. News & World Report as a High Performing Hospital in COPD and Stroke for 2022-2023. To help patients decide where to receive care, U.S. News generates hospital rankings annually by evaluating data on nearly 5,000 hospitals. To be nationally recognized, a hospital must excel in caring for the sickest, most medically complex patients. Hospitals that earned a high performing rating were significantly better than the national average.

Additionally, Vista was recognized by the American Heart Association and American Stroke Association for its commitment to providing research-based, high quality stroke care with a Get With The Guidelines achievement award, which demonstrates adherence to the latest research-based clinical guidelines to support better outcomes for patients. The American Heart Association also awarded Vista with its Target: Type 2 Diabetes Honor Roll award which aims to ensure patients with Type 2 diabetes, who might be at higher risk for complications, receive the most up-to-date, evidence-based care when hospitalized due to stroke. I am proud that these national organizations have recognized the contributions our staff make each day to improve the care provided to our patients.



# Meet Vista Physician Group's Newest Providers



## Aaron Boyd Galbraith, MD • Internal Medicine

15 Tower Court, Suite 210, Gurnee • 847-623-7343

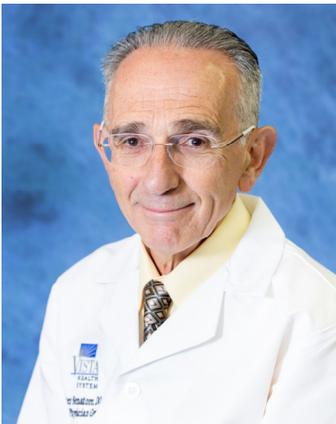
Aaron Boyd Galbraith, MD, is a board-certified internal medicine physician seeing patients in Gurnee. Dr. Galbraith works in partnership with his patients to find individualized treatment plans that best fit their values and goals. “I do not see my patients as their medical conditions, but as individuals with full lives. I strive to help them live their lives to the fullest by maximizing preventative care and lifestyle management first and then using medical treatments as a secondary tool when appropriate,” he says. Dr. Galbraith understands that the healthcare can sometimes feel overwhelming, confusing, and scary, but he aims to minimize and simplify these aspects as much as possible. His goal is to empower his patients to be in charge of their healthcare decisions by educating and informing them based on the most current knowledge and information available.



## Nisha Deshpande, PA-C, MPAS • Family Medicine

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

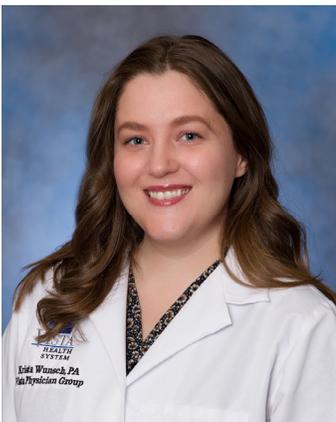
Nisha Deshpande, PA-C, MPAS, is a family medicine physician assistant with Vista Physician Group in our Lindenhurst office. She has more than 20 years of experience in both inpatient and outpatient medicine, Physical Medicine and Rehabilitation, and Emergency Medicine. She is also a Certified Department of Transportation Medical Examiner. Her philosophy is to provide the best care to every patient through integrated clinical practice and education. “Every patient should be treated as a valued individual,” she says. Nisha believes that having empathy and respectfulness with all patients goes a long way. Her favorite part of her job is developing relationships with patients and seeing positive outcomes through education and treatments.



## Peter T. Senatore, DO • Family Medicine

15 Commerce Drive, Suite 113, Grayslake • 847-231-5300

Peter T. Senatore, DO, is a double board-certified physician in family medicine and emergency medicine. He cares for patients in all stages of life and has strong interests in helping patients in obtaining their desired optimal health goals. Dr. Senatore has been practicing since 1975 and has a wealth of experience caring for patients with acute chronic illnesses like diabetes and asthma, as well as treating sports injuries, colds and flus and providing routine annual physicals. His goal is to make a difference in his patients' lives by providing positive support and compassionate care. He says, “It is a privilege to help my patients with their healthcare and an honor to serve them.”



## Krista Wunsch, PA-C • Family Medicine

1616 Grand Avenue, Suite A, Waukegan • 847-249-1733

Krista Wunsch, PA-C, is a family medicine physician assistant with Vista Physician Group in our Waukegan office. She treats patients of all ages and cares for common health concerns. Krista became a physician assistant because she loves working with people and helping them achieve their health goals. “My goal as a provider is to empower my patients to become an active participant in their health and wellness journey and build a lasting relationship,” she says. “Through patient education and informed decision making, we will work together to come up with a plan that meets you where you are while addressing your health concerns. I want you to feel safe, understood and cared for.”

*Learn more, view full bios and schedule appointments online at [VistaPhysicianGroup.com](http://VistaPhysicianGroup.com).*

# 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](http://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

When calling, please leave your first name, **SPELL** your last name, phone number.

**Interested in a topic but unavailable the day and time to com in person? Join by Zoom, most presentation will be recorded for later viewing.**

**Oct 12 • 9 am**

**Topic: Medicare**

Presented by: Carrie Esposito, Horizon Benefit Services

Location: Maravelas Fox Lake & Virtual Zoom

**Oct 18 • 11 am**

**Topic: Nutrition**

Presented by: The Grove by the Lake, Zion

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

**Nov 9 • 9 am**

**Topic: COPD**

Presented by: Vista Physician Group, Pulmonary and Sleep Group

Location: Maravelas Fox Lake & Virtual Zoom

**Nov 15 • 11 am**

**Topic: Alzheimer's and Hospice**

Presented by: The Grove by the Lake

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

**Dec 14 • 11 am**

**Holiday Party**

Location: Maravelas, Fox Lake

**Dec 20 • 11 am**

**Topic: Demystifying Gold**

Presented by: David Kaz, President/Precious Metal Buyer, DMK Metal-During lunch, David will evaluate and appraise 1-2 of your items that you bring like jewelry, coins, gold watches, etc.

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

**Topics are subject to change**

**BOOK YOUR DOCTOR ONLINE**

**VISTA** Physician Group

**VistaAnytime.com**

## 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.**



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**

# 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 be-

come 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

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## AARP Driver Safety Course

Nov 9, 2022 • 9 a.m.—12 p.m.

and Nov 10, 2022 • 9 a.m.—2 pm

• Vista Ambulatory Care Center • Lindenhurst

Dec 12 & 13, 2022 • 9 a.m.—1 p.m.

• Vista Medical Center East • Waukegan

**Cost:** \$20 AARP Member/\$25 Non-Members (Payable the day of class) -

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

*You're Invited!*

## Our Healthy Circle Holiday Party

Thurs., December 14, 2022

### Maravela's

4 Washington Street, Fox Lake

Doors open at 11:00 am • Lunch served at 11:30 am

*Entertainment: Take Note Quartet*

*Cash Bar • Reservations are first-come, first-serve with payment*

**Please respond by December 3**

### Menu

Choice of: Greek Style Grilled Salmon OR Prime Rib

- Garden Salad • Cream of Chicken Rice Soup • Rolls & Butter •
- Baby Red Potatoes • Vegetable •
- Peppermint Ice Cream w/Spritz Cookie •

-----Cut here-----

\_\_\_\_\_ # Salmon(\$28/plate) = \$ \_\_\_\_\_

\_\_\_\_\_ # Prime Rib(\$33/plate) = \$ \_\_\_\_\_

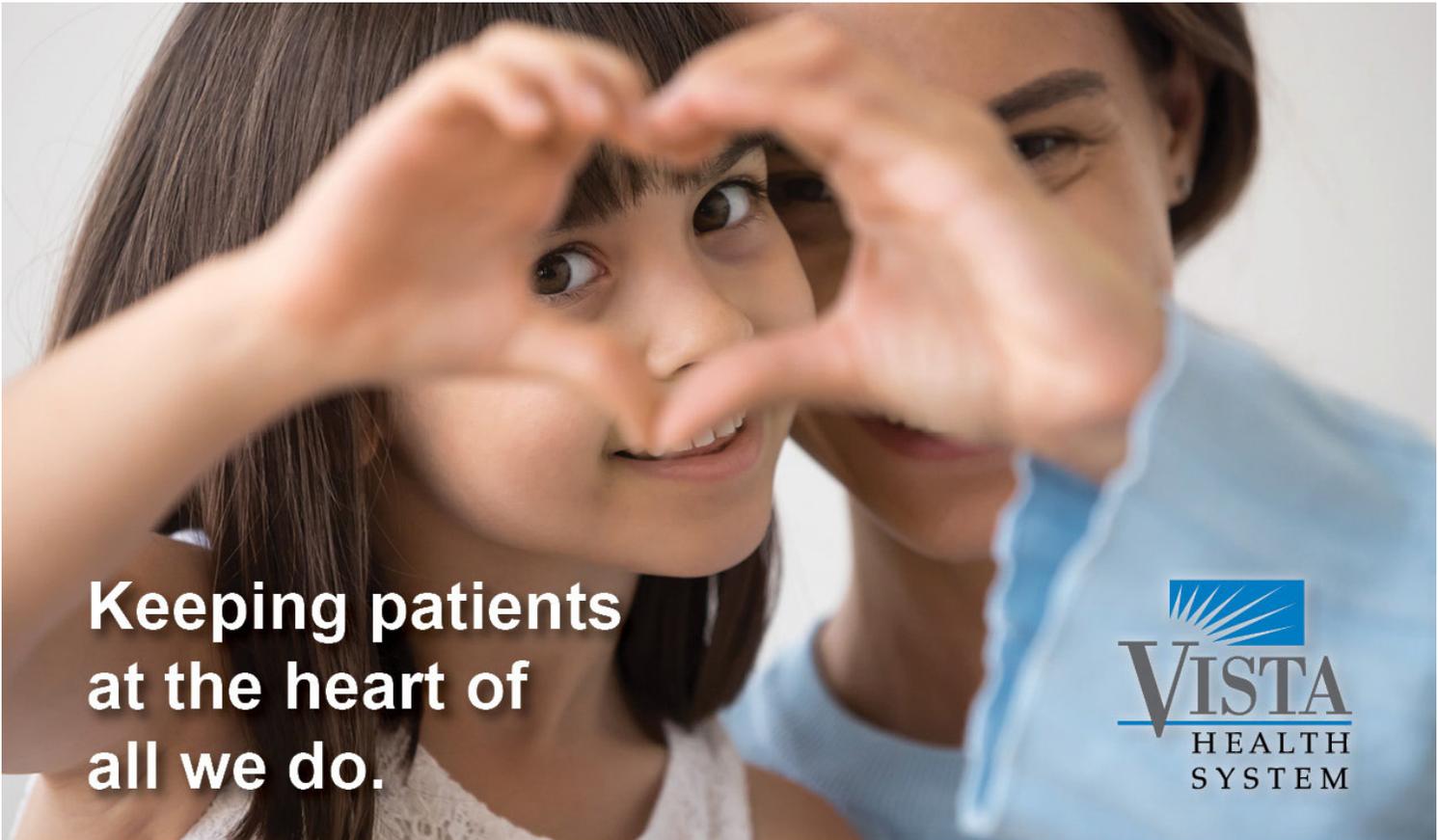
Attendee name/s:

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Make checks payable to **Vista Health System** & mail to:

Our Healthy Circle at Vista Health System  
1324 N. Sheridan Road • Waukegan, IL 60085

Or make an **Online Payment** - watch your email for instructions!



**Keeping patients  
at the heart of  
all we do.**



At Vista Health System, we believe healthcare is a team effort—and it starts with you at the center. We are committed to providing our patients and their families with safe, quality care, close to home. From 24/7 ERs in Waukegan and Lindenhurst, to robotic and open heart surgery, routine imaging, labs, doctor visits and more; Vista’s dedicated team of healthcare professionals is devoted to keeping you and your family healthy. View our services, find a physician, schedule a primary care appointment and more on our website.

# VistaHealth.com

**Vista Medical Center:** 1324 N. Sheridan Road, Waukegan

**Vista Ambulatory Care Center & ER:** 1050 Red Oak Lane, Lindenhurst

**Vista Imaging Center:** 95 N. Greenleaf Street, Suite B, Gurnee

**Vista MRI:** 60 S. Greenleaf Street, Gurnee

**Vista Physician Group Offices:** Waukegan, Zion, Gurnee, Lindenhurst, Grayslake

*Vista Health System, Vista Ambulatory Care Center & ER, Vista Imaging Center, Vista MRI and Vista Physician Group are Independent Affiliates.*



Vista Medical Center, Waukegan

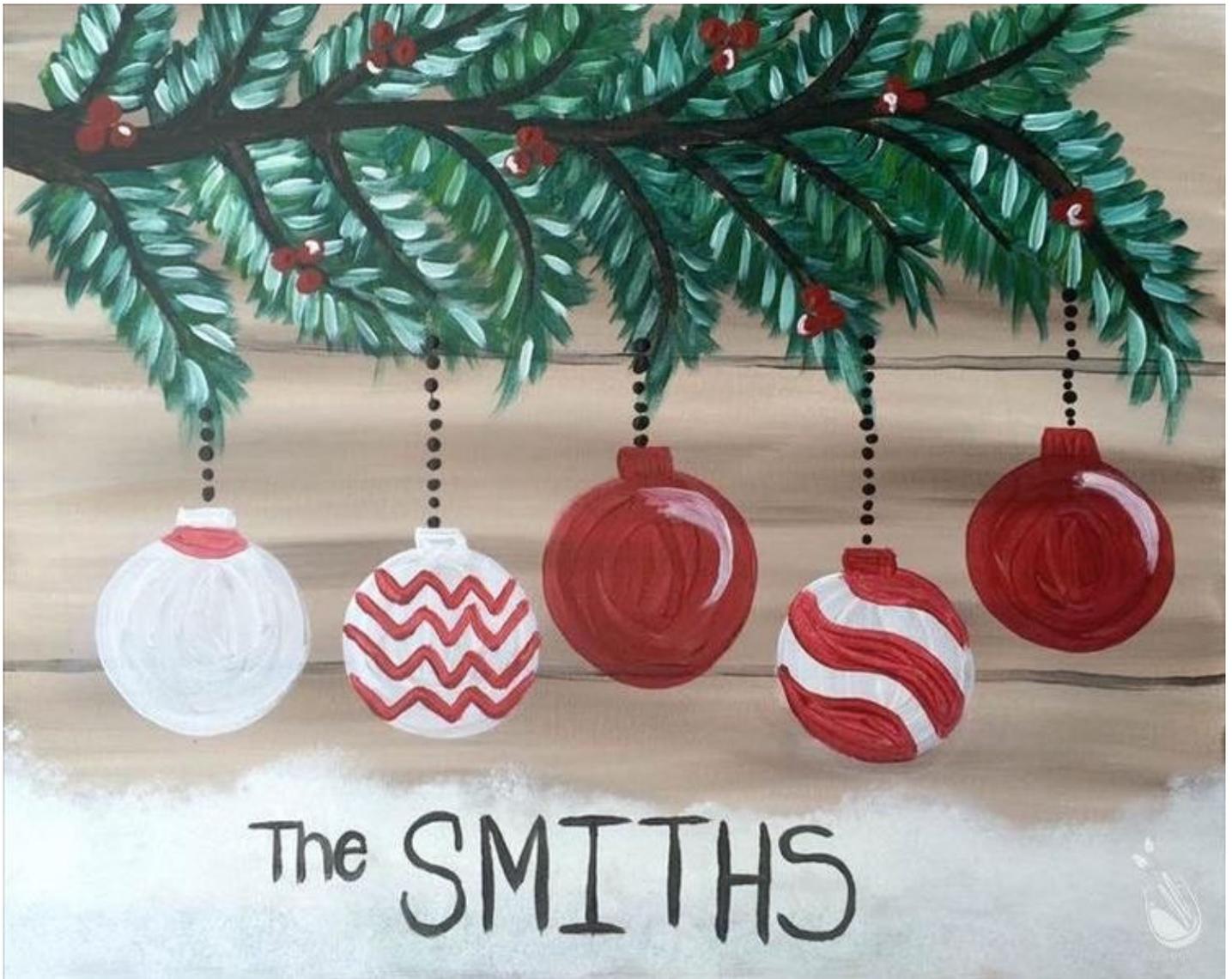


Vista Freestanding Emergency Center, Lindenhurst



Vista Ambulatory Care Center, Lindenhurst

- VISTA HEALTH SYSTEM
- Ambulatory Surgery
- Cardiopulmonary R
- CT-Scans
- Exercise Programs
- Physical, Occupational



## **Join Our Healthy Circle for a Holiday Paint Party**

**Thursday Dec. 8, 2022 • 11 am**

**Vista Medical Center East**

**1324 N. Sheridan Road, Waukegan • Ground Floor Conference Room**

**Come join your friends and meet new ones for a fun morning of painting and socializing!  
Create your own personalized holiday masterpiece using water based acrylic paints and  
following step-by-step instructions from Artistic Escapes painting instructor, Keli!**

*No painting experience required!!*

**\$20/person includes 11" x 14" canvas and paint**

**Sign up either on-line (watch your email) or by calling Deanna Stich at 847-360-4228**

# Trip ideas

From Happy Times Tours and Experiences, Mayflower Cruises and Tours, Grand American Tours and Cruises, and Premier World Discovery **Trips are not sponsored or sanctioned by Vista Health System.**

**Mayflower Cruises & Tours**-If you are going to book a trip with Mayflower Cruises & Tours call the Group Department number-800-728-0724 and tell them you are part of the Vista Our Healthy Circle Group to obtain a discount.

**Premier World Discovery**-877-953-8681 or <https://res.premierworlddiscovery.com> to make reservations or for questions. Mention you are part of the Vista Health System Our Healthy Circle.

## EXTENDED TRIP

**Great Trains & Grand Canyons**-Booking #158021 (Web Code)-6 Days Departure March 26, 2023

**Per Person Rates:** \$2849 Double, \$3674 Single

**Premier's Travel Protection Plan (TPP):** \$299/person

**Package includes:** Two Rail Journeys—Grand Canyon Railway and Verde Canyon Railroad; Grand Canyon National Park; Oak Creek Canyon; Sedona Trolley Tour; Chapel of the Holy Cross; Tlaquepaque & Uptown Sedona; Montezuma Castle; Jerome; Chuckwagon Supper & Show. Also, includes—Roundtrip Airfare from O'Hare; 5 Nights Hotel Accommodations; 8 Meals; Professional Tour Director; Motorcoach Transportation; Sightseeing per Itinerary; Admissions per Itinerary; Hotel transfers and Baggage Handling at Hotels. Accommodations are 5 nights at the Hilton Sedona Resort, Sedona Courtyard by Marriott or Poco Diablo Resort, Sedona





# 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: _____				<b>If applicable, complete this section for 2<sup>nd</sup> membership. **Same Address Only**</b>			
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 _____			
<b>MEMBERSHIP OPTIONS – 1 APPLICANT</b>							
<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](http://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.

# NATIONALLY RECOGNIZED

## AS A HIGH PERFORMING HOSPITAL

