

CIRCLE NEWS



Vista Health System Chapter ♦ January, February, March 2023

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

Happy New Year! As we welcome 2023 you will notice a few changes to our scheduling of events. Starting in January we will only have one health talk per month. We will alternate between the breakfasts and

lunches. We will start January with the health talk/lunch in Waukegan and then February will be a health talk/breakfast in Fox Lake. See page 2 for more details.

While the weather outside is frightful, there are a number of steps you can take to ensure a safe and healthy winter season.

Snow shoveling: go slow, lift small amounts and take frequent breaks. A sturdy, lightweight shovel can be used to push rather than lift snow.

Winter nutrition: unlike in warmer months, when fresh local produce is abundant, it's difficult to maintain a healthful diet. A multivitamin can help ensure that you get the recommended daily allowance of most vitamins and minerals. Extra vitamin D is also essential because of limited out-door activity.

Proper clothing: cover as much skin as possible. Layers of lightweight clothing allow for easy movement. Mittens keep hands warmer than gloves; hats prevent heat from escaping from your head; and scarves cover skin unprotected by collars.

Here's to a healthy and warm 2023!



Jon Rozenfeld, CEO

February is American Heart Month, and it's the perfect time to learn about and reassess your risk for heart disease.

To help you stay on top of your heart health, Vista offers a free, quick and easy online heart risk

assessment tool that will calculate your heart age and offer advice on how to maintain or improve your heart health. Your results come packaged in a handy report that can be printed or emailed so you can share with your doctor and determine if additional care is needed.

Visit VistaHeartRisk.com to take the five-minute assessment. Even if you've taken the assessment before, it's a good practice to check in on your heart regularly.

VistaHeartRisk.com

- Get a report you can print and share with your doctor
- Calculate your risk of developing heart disease
- Prioritize your most harmful heart risk factors
- Get a good idea of your overall heart health

We want to help you live a long and healthy life. That's why we offer preventive screening tools like this quiz. And, if you find that you do need cardiac care, we'll be there for you, providing guidance, support, minimally invasive treatments, lifesaving emergency care and rehabilitation services to get you back on track.

As always, thank you for being a member of Our Healthy Circle, I wish you all the best in 2023!

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 come in person? Join by Zoom, most presentation will be recorded for later viewing.

Jan 17 • 11 am

Topic: Medicare Changes

Presented by: Elizabeth Goldberg, 262-206-9223

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

Feb 8 • 9 am

Topic: Rehab Options

Presented by: Kelly Pawlik & Katie Brooks; Victory Lakes, Lindenhurst

Location: Maravelas Fox Lake & Virtual Zoom

March 21 • 11 am

Topic: Skilled Nursing Facilities

Presented by: Walter Safian

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

Topics are subject to change

It's back!!

Come celebrate your birthday with us!
Monthly Birthday Celebrations

(Vista East) • 1 pm

Location: Vista Medical Center East, 1324 N Sheridan, Rd, Waukegan, Ground Floor Conference Room, Lower Level

Wednesday January 25

Wednesday February 22

Wednesday March 22

Cooking Demo

Virtual Healthy Cooking Demo

presented by Chef Judith Hallisey,

ARAMark Food Service

Date: **January 11, 2023**

Time: 2:30 pm

Recipe will be available after registering.

Watch your email for registration instructions.

Sign on information for the sessions will be provided after registration

Sorry, but this session will not be recorded.



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.





**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

- 
- Ambulatory Surgery
 - Cardiopulmonary R
 - CT-Scans
 - Exercise Programs
 - Physical, Occupati

Trip ideas

From Happy Times Tours and Experiences, Mayflower Cruises and Tours,
and Premier World Discovery

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 .
If you are sick, please stay home and get healthy. Payment is due at time of reservations. All day trips are non
-refundable.

DAY TRIP

Grumpy Old Men at the Fireside Dinner Theater

Departure Date: April 20, 2023

Per Person Rate: \$149

Departure time and place: 8:30 am Cracker Barrel, Gurnee

This is the story of Max and John, neighbors who have been feuding for most of their lives. Invigorated by their shared affection for their beautiful new neighbor across the street, they face-off as romantic rivals until their hilarious shenanigans finally bring about a resolution to their long-standing differences. Based on the 1993 film, this stage adaptation captures the lovable and the affectionate depiction of a small town that feels like home to everyone. Choice of Grilled Pork Ribeye, Rainbow Trout, or Global Vegetarian Medley (choice due at time of reservation).

Bell Tower Theater—Godspell

Departure Date: Sunday, June 18, 2023

Per Person Rate: \$135

Departure time and place: 7:45 am Cracker Barrel, Gurnee

This immensely successful rock opera is a demonstration of joy and a celebration of the family of man. This new version is a masterful retelling of the original sensation, injected with contemporary references and dazzling new arrangements.

EXTENDED TRIP

The Colors of Door County (Door County, WI)-3 days

Departure Date: October 15, 2023

Per Person Rate: \$899 Double, \$1069 Single

Travel Protection: Call for rates

**Call for pick up information

Package includes: 2 nights at the Rowleys Bay Resort, Visit the Sturgeon Bay Shipping Canal, View Bay Shipbuilding, Stop at Door Peninsula Winery for some samples, Ferry to/from Washington Island, Stop at Washington Harbor and School House Beach, Stop at the Farm Museum, Stop at Stave Church, Lunch and join the Bitter's Club at Nelson's Hall, Stop at Mann's Mercantile, Stop at Island Lavender Company Store, Door County Fish Boil with "Peter Rowley", Tour and Shopping at Seaquist Orchards Farm Market, Stop at Von Stiehl Winery, 6 Meals

Trip ideas

From Happy Times Tours and Experiences, Mayflower Cruises and Tours,
and Premier World Discovery

Trips are not sponsored or sanctioned by Vista Health System

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.

Historic Savannah & Charleston - Booking #164780(Web Code)-7 Days Departure November 8, 2023

Per Person Rates: \$3050 Double; \$3880 Single

Premier's Travel Protection Plan (TPP): \$300/person

Package includes: Charleston City Tour; Savannah City Tour; Middleton Place; 2 Antebellum Mansions: Edmounston-Alston House and Mercer Williams House; Jekyll Island Trolley Tour; Beaufort Carriage Ride; Dinner in the Jekyll Island Club's Grand Dining Room and St. Simons Island tour. Also, includes—Roundtrip Airfare from O'Hare; 6 Nights Hotel Accommodations; 10 meals; Professional Tour Director; Motorcoach Transportation; Hotel Transfers; Admissions per itinerary; Sightseeing per itinerary and Baggage Handling at Hotels. Accommodations are 2 nights in Charleston, SC; 2 Nights Savannah, GA; 2 nights Jekyll Island Club

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.



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		Full Date of Birth Month Day Year	
		<input type="checkbox"/> M <input type="checkbox"/> F				<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					
MEMBERSHIP OPTIONS – 1 APPLICANT				Are you a hospital volunteer? <input type="checkbox"/> Yes <input type="checkbox"/> No			
<input type="checkbox"/> One-year membership: \$13.50 <input type="checkbox"/> Two-year membership: \$25.00				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.

NATIONALLY RECOGNIZED

AS A HIGH PERFORMING HOSPITAL

