

Thank you for joining Franciscan St. Francis Health Senior Promise. We value our members and are here to serve you.

Senior Promise membership comes with many rewards, services and benefits. In addition to numerous discounts and benefits received from Franciscan St. Francis, we have established discounts for you with many local businesses as well.

Some of the services available to our members include:

- Billing questions about services received at Franciscan St. Francis
- Medicare assistance
- Prescription drug coverage questions
- Life insurance questions
- Caregiver resources
- Local business discounts
- Free newsletter
- Discounts on classes, workshops and other programs offered by St. Francis

This booklet contains a detailed listing of the services and discounts available to you as a Senior Promise member.

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Hospital Health Benefits

Aspire

- Aspire is a tobacco-free program which helps participants adopt new behaviors to help them quit smoking for good.
- The program structure includes four 90-minute educational/motivational classes and several individual coaching sessions.
- For more information, contact Aspire at (317) 528-QUIT.

Cancer Resource Center

- Cancer Resource Center is located at Franciscan St. Francis Health - Indianapolis.
- More than 900 books and audiotapes available.

Diabetes Center

- An outpatient program that provides a comprehensive approach to the unique medical, psychological and social needs of the person with diabetes and their family.
- For more information, call (317) 528-6600.

Eat for Life Wellness Program

- The Eat for Life Wellness program helps change old habits into healthy, new ones that will stay with you for the rest of your life.
- You must be a Spirit of Women member to participate.
- For further information call the outpatient registered

dietitian. (317) 528-7525.

Grief Center

- Individual and family counseling by certified therapists.
- Support groups.
- Educational programs on grief and loss for religious groups and community organizations.
- Resource library available.
- If you or someone you care about needs help coping with one of life's losses, please call the Franciscan St. Francis Grief Center at (317) 528-2092.

Physician Referral Line

- Assistance finding a new family physician or specialist. Call (317) 528-6699.

Other Hospital Benefits

Advance Directive Assistance

- Members who need advice or assistance completing a living will, health care representative or durable power of attorney for health care or life-prolonging procedures forms may call Spiritual Care Services at (317) 528-3560.

Cardiac Fitness Program

- Franciscan St. Francis Outpatient Cardiac Rehabilitation adult fitness program at the University of Indianapolis for persons with a history of heart disease.
- Supervised exercise program.

- Enjoy the company of others.
- Quarterly facility fee required.
- Call St. Francis Cardiac Rehab (317) 851-3620 for information.

Franciscan St. Francis Health - Mooresville Aquatic Program

- Senior Promise members receive \$5 off aquatic exercise class cards. Eight, 12 and 18 week class cards available.
- Call (317) 831-9333 or (317) 834-5752 for additional information or class schedules.

Free Beverage

- Senior Promise members can get a free small fountain soda, coffee or tea at each of the Franciscan St. Francis main cafeterias.
- Present your current Senior Promise membership card to the cashier in the cafeteria to receive your free beverage
- *Employees may not use this benefit during working hours.*

Group Trips

- Special group trips planned for Senior Promise members and their guests. Call Senior Promise for a complete listing of trips at (317) 528-6660.

Inspiring Women

- \$10 annual fee to join for all women. Free or discounted admission to all Inspiring Women programs.
- Monthly e-newsletter.
- Call (317) 528-5865 for more information.

Insurance Counseling

- Senior Promise Program Counselors provide free insurance counseling, organize and file claims, interpret Medicare explanations, answer questions about Medicare, Medigap and Medicaid insurances and assist with Medicare appeals.
- For an appointment, call (317) 528-7770.

Massage Therapy

- Massage therapy spans a wide variety of therapeutic approaches, working to improve an individual's health and well-being.
- Show your Senior Promise card and receive a \$10 discount off the regular price of a 60-minute or 90-minute massage session.
- Cannot be combined with other discounts.
- Call (317) 528-5865 for information or to schedule an appointment.

OASIS Shop

Franciscan St. Francis Health
Cancer Center
8111 S. Emerson Ave.
Indianapolis, IN 46237
(317) 528-1309.

- 10% discount for purchases in the gift shop EXCLUDING cosmetics. The discount does not apply to other services offered at the Cancer Center (massages, facials, manicures etc).

Personal Hospital Account Assistance

- Call Senior Promise, Monday through Friday, 8 a.m. to 4 p.m. for questions or help with your hospital accounts. (317) 528-8277.
- Our staff is trained to recognize errors in claim rejection and to assist in filing appeals. Senior Promise follows all member accounts and files inquiries on unpaid claims.



Sam's Club Membership

1101 Windhorst Way
Greenwood, IN 46143

- Call (317) 889-2582 for information.
- All Senior Promise members are receive an exclusive discount on SAm's Club Membership through their association with Senior Promise.
- Present your Senior Promise card at the membership desk to receive a welcome package and a gift card with any new membership sign up or current membership renewal.

Tai Chi for Arthritis Classes

- Senior Promise members receive \$5 off eight week class sessions.
- Scheduled twice a year for eight weeks (twice a week).
- Call for more information or to schedule (317) 831-9333 or (317) 834-5752.

The Shoppes at St. Francis

- 10% discount on gift items only. Certain restrictions apply. Must present card prior to purchase.
- Applies to Mooresville and Indianapolis campuses.

Your Senior Promise Card: the key to benefits and services.



VolunCare

- A program provided by St. Francis Volunteer Services.
- VolunCare is a program in which volunteers call those in the community who are homebound. Volunteers call VolunCare members each weekday to make sure they are doing okay. In the event, a VolunCare member fails to answer the phone, VolunCare's plan kicks into action. Volunteers begin calling the member's contact list. For information or to sign up a loved one or yourself, call (317) 528-8192.

Auto Care

Indiana Members Credit Union

All branches
(317) 783-4143

- Senior Promise members are eligible for credit union membership and senior discounts on automobile and homeowner policies. Call for details.

Flowers and Gifts

Steve's Flowers and Gifts

2900 Fairview Place
Greenwood, IN 46143
(317) 888-7531

3150 E. Thompson Rd.
Indianapolis, IN 46227
(317) 787-3431

- 10% discount on purchases above \$5.
- Discounts cannot be used on out-of-town orders.

Health and Fitness

New Energy Wellness

All American Senior Communities, including:

- Rosegate Village
7510 Rosegate Dr.
Indianapolis, IN 46237
(317) 889-9300
- For a complete list of locations, call (317) 528-6660 and ask for the flier.
- Free initial assessment included (\$40 savings)
- Free initial assessment included.
- Discounted monthly membership fee.

Home Improvement and Home Services

Earl Gray & Sons, Inc.

Heating, Cooling and Plumbing
1-888-518-GRAY

- A full-service company for over 54 years, offering a wide range of options for homeowners, commercial applications as well as plumbing for new construction.
- Call for special deals and pricing for Senior Promise members.

Evergreen Lawn Care, Inc.

P.O. Box 1427
Greenwood, IN 46142
(317) 535-0300

- 10% discount per application, for **new** customers only.
- Lawn care services specializing in fertilizing and weed control.

Medical Supplies

Access Mobility

4855 S. Emerson Ave Suite 101
Indianapolis, IN 46203

- Mobility and accessibility products including but not limited to: stairway lifts, scooter and wheelchair lifts, residential elevators, lift chairs, overhead patient lifts, bathroom modifications, ramps and grab bars.
- 10% discount off regularly priced items up to \$100.

Hearing Lifestyles

549 E. County Line Rd.
Greenwood, IN 46143
(317) 830-1240



Hearing Lifestyles
Helping you hear the world.

At Hearing Lifestyles, we offer hearing aids and devices for every lifestyle and budget. Our

expert staff will work with you to choose the instruments that best fit your hearing needs. We also offer hearing protective devices and treatments for Tinnitus (ringing in the ears).

- Members of Senior Promise receive FREE HEARING TESTS, and a 10% discount on all purchases (except for batteries).

Home Health Depot

7781 South U.S. 31
Indianapolis, IN 46227
(317) 882-9532

- 10% off home equipment for your daily needs. Includes lift chairs, scooters, ramps, bath lifts, in-home stair lifts, manual & power wheel chairs and bath safety.

- * Discount not to exceed \$200.00 and not to be combined with any other offer or discounts.

Personal Assistance/ Home Safety

Active Day of Indianapolis

www.activeday.com

- Members are not responsible for the enrollment fee when signing up for adult day services through Active Day Medical Adult Day Services.



American Senior Communities

www.AmericanSrCommunities.com

- Members receive 1 month free rent in our Assisted Living Apartments or Garden Homes with a 1 year signed lease agreement. Some restrictions apply.

Assurance Locking Systems

106 S. 10th Ave.
Beech Grove, IN 46107
(317) 786-8724

www.assistsecurityproducts.com

- \$4.95 off Assist Privacy Lock
- \$2 off Assist Key Lever
- \$3 off Alzheimer's & Dementia Portable Door Lock

Country Charm Retirement Community

3177 Meridian Park Dr.
Greenwood, IN 46142
(317) 882-5455

- Show your Senior Promise card to waive \$500 application fee.
- monitoring.

- * Discount not to exceed \$200.00 and not to be combined with any other offer or discounts.

Elder Moves, Inc.

4746 N. Hinesley Ave.
Indianapolis, IN 46208
(317) 283-4683

- 10% discount off of the first hour of service.
- Elder Moves provides planning, sorting, organizing, packing and complete set-up and coordination of your entire move or home. Decorating and disposal of unwanted items. This is a unique service.
- Call for details.

Forest Creek Commons

6510 U.S. 31 South
Indianapolis, IN 46237
www.ForestCreekCommons.com

- Five star living without the five star price tag
- Receive a \$1,000 rent credit - \$500 off the 2nd and 3rd months.
- Call Cody Baker to schedule your tour, (317) 783-4663



HCR - Manorcare Indy South

8549 S. Madison Ave.
Indianapolis, IN 46227
(317) 881-9164

- 40% off short-term skilled rehabilitation rate for 14 days (Pending bed availability). Requires assessment and community approval.
- Call the admissions office for more information or to arrange a tour.



Care and comfort at a moment's notice.

Senior Helpers

494 S. Emerson Ave., Suite I-2
Greenwood, IN 46143
(317) 881-9700

Call to qualify for the first three hours of continuous care for free.

Personal Services

Chad's Barber Shop

5554 Madison Ave.
Indianapolis, IN 46227
(317) 782-2500

www.chadsbarbershop.com

- Senior Price (\$9) offered to Senior Promise members EVERYDAY.

Family Hair Clinic

(located in the Franciscan St. Francis Health - Mooresville Center for Women entrance)
1205 Hadley Rd.
Mooresville, IN 46158
(317) 834-3515

- \$10 discount off your first haircut.

Natural Concepts Salon and Day Spa

An Aveda Concept Salon
100 North Madison Ave.
Greenwood, IN 46142
(317) 888-3900

- 15% discount on all services. Includes hair cutting, styling, color, perms, manicures, pedicures, massages, facials and body wraps.

Sleepy Hollow Ranch

147 Tri Saab Lane
Indianapolis, IN 46227
(317) 787-8040

- 10% discount on pet grooming.
- 10% discount on pet boarding.
- 10% discount on playtime activities.

Real Estate

Eagle Property Solutions, LLC

268 E. Main St., Suite 124
Plainfield, IN 46168
Contact: Scott Simpson
(317) 754-2888

Email: Scott@EaglePropertySolutionsLLC.com

- Show your Senior Promise card to receive a discount on commission.

Respite Care

Greenwood Health

(Short-term skilled rehabilitation, long-term care and respite care)

937 Fry Road
Greenwood, IN 46142
(317) 881-3535

- Skilled respite stay - 40% discount off daily respite stay rates up to 5 days. (*Pending bed availability. Requires assessment and community approval.)
- Please call the admissions office for more information or to arrange a tour.

The Altnheim

(Independent living garden homes, independent and assisted living apartments, short-term skilled rehabilitation, long-term care and respite care).

3535 E. Hanna Ave.
Indianapolis, IN 46237
(317) 788-4261

- Assisted living respite stay - 40% discount off of daily respite rates up to 5 days. (*Pending room availability. Must meet respite requirements, i.e., no higher than a level 3 health care need.)
- Requires assessment and community approval.
- Skilled respite stay - 40% discount off of daily respite stay rates up to five days. (*Pending bed availability. Requires assessment and community approval.)
- Please call admissions office for more information or to arrange a tour.

University Heights Health & Living Community

1380 East County Line Road
South

Indianapolis, IN 46227
(317) 885-7050

Short-term skilled rehabilitation, long-term care, memory care and respite care.

- Skilled respite stay - 40% discount off of daily respite stay rates up to five days. (*Pending bed availability. Requires assessment and community approval.)
- Please call the admissions office for more information or to arrange a tour.

Restaurants

Harry C's

5055 S. Dearborn
Indianapolis, IN 46227
(317) 787-3787

- 10% discount - excludes liquor or food specials.

Mi Amigo's

5025 E. Thompson Rd.
Indianapolis, IN 46237
(317) 784-6096

- 10% discount on any purchase, excluding lunch specials, alcoholic beverages and coupons.

Ralph & Ava's Cafe & Catering

10 N. Indiana St.
Mooresville, IN 46158
(317) 834-9780

- Free soft drink or coffee with a meal purchase.

Retail

Eckstein Shoe

620 Main Street
Beech Grove, IN
46107

(317) 786-7086

- 10% discount on all S.A.S., New Balance, Trotters, Dunham Foamtread Slippers and Dunham boots. Discount does not apply to shoes already on sale. All sizes and widths available. Come let us fit you! New styles available.



Tax Preparation

Kristel's

Kim Harlow
5018 Madison Ave
Indianapolis, IN 46227
(317) 783-6696

- *Call to make an appointment with Kim Harlow to receive the SP discount.
- SP members receive \$30 discount on first time tax prep.

Dages & Company CPA, LLC

500 E. 96th St., Suite 180
Indianapolis, IN 46240
(317) 627-5945

- Offers services in Greenwood each Wednesday.
- 10% discount for tax services



Can you spare some time?

We are always looking for new volunteers. Tasks range from filing, reception, copying, sorting and coordinating forms and computer input. (Don't worry, we'll train you on the computer).

For volunteer opportunities at Franciscan St. Francis Health, contact Volunteer Services at (317) 528-8192.

Would you like to see even more Senior Promise discounts?

If your favorite business doesn't offer a Senior Promise discount, let them know about this opportunity. They can contact us at (317) 528-6660.



Indianapolis
(317) 528-6660

Mooresville
(317) 834-9458



Senior Promise - Indianapolis
8111 S. Emerson Ave.
Indianapolis, IN 46237
(317) 528-6660

Senior Promise - Mooresville
1201 Hadley Rd.
Mooresville, IN 46158
(317) 834-9548

We're on the Web:

FranciscanStFrancis.org/Seniors

Mindy King, Director

Email: Mindy.King@franciscanalliance.org