

Boone County Senior Services, Inc.
515 Crown Pointe Drive
Lebanon, IN 46052

Friendly Visitor News



**Are you interested in issues
that concern adults over the
age 60?**

This meeting is for you.

Date: Wednesday, March 17

Time: 11:30 a.m. (Lunch will be provided)

Location: Boone County Senior Services, Inc.

Registration Recommended — Call BCSSI

Sue Ritz
Executive Director

Judy Cunningham
*Board of Directors
President*

Judy Brower
Editor

The Friendly Visitor News is a monthly newsletter for volunteers who participate in the FV Program.

Information contained in the newsletter is meant for education as well as activities that can be used with clients.

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Friendly Visitor^{NEWS}

You Are Never Too Old to Set Goals

Everyone at BCSSI has been talking a lot about goals; personal, business, etc. It got me thinking. Goals. Small word with big meaning. Most people set some type of goals this time of year. Some are easily attainable; some are quite large and may be impossible to achieve. We **all** set goals. We just may call them something different.

I had dinner with some very dear and old friends over the holiday. One of my friends presented all of us with a journal to start our "bucket list". We laughed and said how we all thought it was a great idea but I think we were just being gracious. Personally, I thought I wasn't old enough to think about my bucket list. It sat on my night stand for several days. Then one day, I decided to write a few things in it; take some art classes, learn a foreign language. Nothing elaborate or expensive. Each day or so I would pick up that journal and before long I had several pages of things I wanted to achieve. Yes, I got a little crazy. Why not? It's my *bucket list*.

My mother refers to goals as projects. And when my dad gets underfoot while she is trying to work on her projects, she has no problem finding him a chore. He could really use a hobby but that's a different story.

As Friendly Visitors, you set goals all the time. Initially you have a goal to meet with your friend and set some type of schedule. Next, you share friendly conversation and get to know each other. Before long you have achieved a goal and may be completely unaware. You have brought companionship to one of our older adults.



Bottom line, it doesn't matter if your goals are big or small, life changing or earth shattering. Whether we call them projects, chores or a bucket list we all need them. I read that without goals your life expectancy is shorter. Thanks to mom, my dad will be around for awhile longer and I can guarantee she will be too. Each of the Friendly Visitors have added years to their lives as well as the friends they visit. By the looks of my bucket list, I will be here for a very long time.

Happy Birthday to the Following

Friendly Visitors

Bill Meyer Terri Noffke Patricia Marchino
Annette Blevins Jim Krupowicz Edith Cline

Make a Wish!



WELCOME ABOARD TO NEW VOLUNTEERS

Debbie Dooley-Watkins

Bill Meyer

Terri Noffke

