

BOONE COUNTY SENIOR SERVICES, INC.

SENIOR SOUNDS

Volume XLI Number 1

Jan./Feb. 2020



We certainly LOVED our last Lunch & Learn on the Road to the Windy City!
Pictured is Kay Martin at the
Chicago Museum of Science and Industry.

Turn to page 11 for a listing of our 2020 trips!

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Bill & Sharon
Walker

...And More!

Boone County Senior Services, Inc.

2019 Board of Directors

(Board listing will be updated in the March/April issue.)

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Anita Bowen

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Sonya Shoup

Newsletter Editor,
Director of Development



Mission Statement:

To promote independence and provide enriching opportunities for older adults in Boone County.

Services include:

Homemaker & Personal Service
Guardianship
Respite
Transportation
Information & Assistance
Friendly Visitor & Volunteers
Activities & Workshops
Insurance Information
Legal Assistance
Prescription Counseling
Computer Classes
Caregiver Support & More!

Boone County Senior Services, Inc.

515 CrownPointe Dr.,
Lebanon, IN 46052
Monday-Friday, 8:00AM-4:30PM

BCSSI Satellite Office

Zionsville Town Hall, Rm. 215
Open Wednesday & Friday
9:00AM-4:00PM or by appointment.
765-482-5220 or 317-873-8939

www.booneseniors.org



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@Bocoseniors

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From the desk of our Executive Director Anita Bowen



Here we are in 2020 and I am remembering when we all weren't sure we'd get past 1/1/2000! I don't know about you, but I am sure thankful that we did, because the past 20 years have been filled with many special memories for me,

including the ones that I have made at BCSSI! Speaking of memories, thanks to all of you who participated in our

#HappyMomentsSelfieProject the past couple of months, and, even those of you who asked for help from a stand-in photographer because you struggle with selfies, were entered in the Contest. Truly, I loved getting all of your fun photos texted to me showcasing what you were up to at BCSSI. When we all can't be together, it's awesome to have the photos showing those smiles as you participate in various programs & activities that bring people together in the communities. In this issue, you will see many of the photos that were shared with us....and, just because the contest has ended, you don't have to stop sending them.

So, in this new decade, what are you most hopeful about? When it comes to BCSSI, I am surely hopeful that you will continue to try new programs and services with us, and consider inviting someone new to join you, too. Some of the things that we have been tossing around adding to our calendar sometime in the New Year including a *Coloring Hour* every month, new cooking classes, more Lunch & Laughs, a pottery experience, additional opportunities to

do Line Dancing (beyond the BCSSI Olympics) & more! If you have an idea, we're all ears! Catch up with us this winter and let us know what you would like to experience with friends at BCSSI.

Personally, I am hopeful for a healthy year not only for myself, but my family and friends. I recently noticed that when I go to doctor's appointments these days there are a whole lot of questions and some that I can't answer about my family health history. If there are any Dr. Seuss fans out there (like ME!), it reminded me of this part in one of his books titled ***You're Only Old Once!***...

*The Quiz-Docs will catch you!
They'll start questionnairing!
They'll ask you, point blank, how
your parts are all faring.
And your grandfather's parts. And
please try to recall
If your grandma hurt most in the
spring or the fall.
Did your cousins suffer such ailments
as Bus Driver's Blight,
Chimney Sweep's Stupor, or Prune
Picker's Plight?
And describe the main cause of your
uncle's collapse.
Too much alphabet soup? Or
martinis, perhaps?*

It makes me chuckle and makes me think, too...I need to know more, but to tell you the truth, I'm not sure how much extra my brain can store! Keep having fun, friends, and I wish you lots of favorite memories in this New Year.

Until Next Time, *Anita*

Thank you to the **BCSSI Board of Directors** for treating our staff to the Myers Dinner Theatre in Hillsboro. The staff enjoyed a delicious meal and a special viewing of *A Christmas Carol*.



Coffee Connection 2 Community, recently visited with Lebanon Police Captain Tyson Warmoth and gathered Christmas gifts for the Boone County Toy Drive.



Attendees at the **Lebanon Lunch and Learn holiday party** had a festive time decorating Christmas cookies and singing Christmas carols with BCSSI transit driver Max Allen! Thank you Max for sharing your talent! Thank you as well to Signature Healthcare at Parkwood for the delicious Christmas dinner.



You've got a **Dementia Friend/ Friends at BCSSI!** A Dementia Friend is someone who learns about what it's like to live with dementia and then turns that understanding into actions! BCSSI team members participated in a [Dementia Friends Indiana](#) information session led by CICOA this past fall.



A hat speaks for itself but a purse speaks volumes! **BCSSI Zionsville art students** modeling their artwork! Looking fabulous ladies! For information on upcoming art classes turn to pages 9 and 10.



Zionsville Lunch and Learn holiday party attendees enjoyed a little game time fun with the Right Family Christmas Game! Thank you to The Hearth at Tudor Gardens for a wonderful Christmas meal!

Thank you to Wendi Coates and Josh Dickey from Rose Senior Living for hosting Chair Exercise during a recent Zionsville Lunch and Learn in the Town Hall!

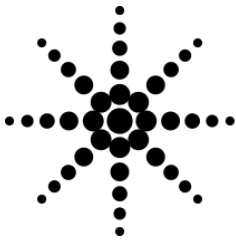


Remembering the ghoultimes we had in October here at BCSSI. Altered Halloween Art with Rene Stanley, celebrating a spook-tacular volunteer's b-day (Brenda Burkholder) and our boo-tiful staff members all dressed up!



Thank you to all of our BCSSI selfie contest participants!!! Here are some of the submitted pictures:



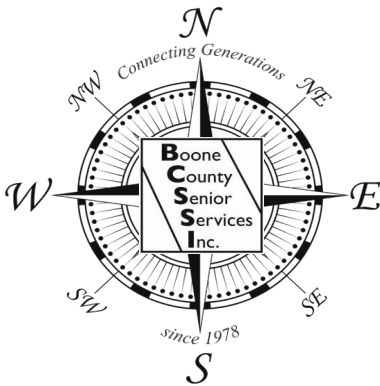


CICF

CENTRAL INDIANA
COMMUNITY FOUNDATION
THE INDIANAPOLIS FOUNDATION
HAMILTON COUNTY
COMMUNITY FOUNDATION

BCSSI is excited to announce that we are the recipient of a \$50,000 grant from the Charles J. Lynn Fund of Central Indiana Senior Fund, a CICF Fund. The money will be used to support our mission in 2020. Thank you CICF!


Thank you to our friends at the Community Foundation of Boone County for personally delivering a surprise holiday gift of \$1,000 so BCSSI can continue to serve our community.



Annual Celebration “Charting Our Course” February 19, 2020

8:00AM Social Gathering
8:30AM Breakfast Buffet
9:00AM Program & Awards
BCSSI Community Room

Everyone is invited to come celebrate with us!
Breakfast Cost: \$15 per person, RSVP by February 10:
Catered by Shoup’s Country Foods
765-482-5220 or 317-873-8939

----- Clip and Return RSVP Below ----- 

BCSSI Annual Meeting RSVP: _____
Number attending (\$15 per person): _____
Payment enclosed (Check payable to BCSSI): _____

Mail to: BCSSI, 515 CrownPointe Drive, Lebanon, IN 46052
Credit and Debit Cards accepted by calling BCSSI.

Jan/Feb Classes & Activities

Call 482-5220 for Registration and Information

All Classes & Activities held at BCSSI, Lebanon

Tech Time Tuesday

Bring in your phones, tablets, eReaders, cameras or laptops, or use one of our computers, and get **free** independent instruction from Yvonne Frankewich. Work on your projects or pick one from the instructor. **Every Tuesday from 12:00-3:00PM. Call BCSSI for an appointment.**

SHIP Counseling & CICOA Benefits CANCELLED

CICOA will be available by appointment to provide seniors with unbiased information about Medicare, Nursing Facilities, Emergency Response Systems, Benefits, Nutrition, and more. **Watch for an announcement when this program will resume.**

Legal Assistance

Free legal assistance will be offered **January 21 and February 18.** BCSSI Legal Assistance is an opportunity for older adults to ask questions of a legal nature and for the attorney to give simple legal advice. **For more in-depth assistance, the attorney can make a referral or give the client other options. Call BCSSI for an appointment.**

Lunch & Learn

Join us for a **FREE** Lunch & Learn about current topics that affect seniors and their caregivers. The luncheon is the **first & third Wednesday of the month at noon** and is limited to 30 people. **For reservations call BCSSI.**



- Jan. 1 No lunch and Learn all BCSSI offices closed
- Jan. 15 BCSSI Updates
- Feb. 5 Hospice Care with Premier Hospice
- Feb. 19 Signature at Parkwood: Topic TBD

Classy Crafters

Classy Crafters will meet at **1:30 on January 15** to make a Valentine Wreath with Allyson Gutwein. Cost is \$15. On **February 19** the class will make a coaster with Betty Henry. Cost is \$5. **Class size is limited. Call BCSSI to register.**

Coffee Connection 2 Community

Join us on the **second Thursday** of every month at **9:30AM** for Coffee and Conversation. On **January 9 and February 13** we will visit with Lebanon Police Captain Tyson Warmoth.

Jan/Feb Classes & Activities

Call 482-5220 for Registration and Information

All Classes & Activities held at BCSSI, Lebanon

Art Class

Every Thursday, 9:30AM-12:00PM with instructor Shirley Luttrell. Cost is \$5 per class. Shirley will work with beginner or intermediate students and any medium. **There will be an all day art class Thursday, Jan. 9 and Feb. 13 from 9:30AM-3:30PM.** Artists can attend all or half of the day. The afternoon will include painting projects, special papers and techniques. Cost is \$10 for the full day. **Call BCSSI to register.**

Cover to Cover Book Club

CANCELLED

There will be no book club in January or February. **Please watch for an announcement as to when the club will resume.**

Game Day

Every Wednesday from 1:30-3:30.

Come or card games, dominoes, Bocce Ball, etc. Bring some snacks to share and come play with us! Players are responsible for organizing enough players for their table.

Join us in 2020 for some lunch, some laughs and some activities!



Jan/Feb Activities Zionsville

Call 317-873-8939 for Registration and Information
Zionsville activities are held in various facilities

Caregiver Support Group

The group will meet the **2nd Wednesday of each month from 6:00-8:00PM** at the Zionsville Town Hall, 1100 W Oak St., Rm. 203. Jessica Evans, BCSSI Director of Outreach, and Anson Senior Living will facilitate. **Call BCSSI to register.**

SHIP Counseling & CICOA Benefits CANCELLED

CICOA will be available by appointment to provide seniors with unbiased information about Medicare, Nursing Facilities, Emergency Response Systems, Benefits, Nutrition, and more. **Watch for an announcement when this program will resume.**

Art Class

Every Tuesday, 9:30AM-12:00PM with instructor Shirley Luttrell. *Class is held in Room 205 of the Zionsville Town Hall.* Cost is \$5.00 per class. **Call BCSSI to register.**

Zionsville Crafts

Join us **Jan. 10 at 1:30PM** to make a Valentine Wreath with Allyson Gutwein. Cost is \$15. On **Feb. 14** the group will create a coaster with Betty Henry. Cost is \$5. **Class size is limited. Call BCSSI to register.**

Lunch and Learn

2nd and 4th Friday of the month at noon. Lunch is free to the first 30 registrants in the **Zionsville Town Hall Community Room.** **Call BCSSI to register.**



- Jan. 10 Keto Basic w/Homewood Health Campus
- Jan. 24 BCSSI Updates
- Feb. 14 Valentine Craft w/The Hearth at Tudor Gardens
- Feb. 28 My Mobile MD w/Rose Senior Living

Coffee Connection/Sip & Learn

You are invited to join us at **Zionsville Fire Station #91** at **10:30AM** on **January 3** for a Fire Engine Review and **Feb. 7** for an Ambulance Review. Sponsored by: Copper Trace Family-first Senior Living.

We love 1st Fridays and Sip & Learn! We are thankful for our partnership with Copper Trace Family-first Senior Living & the Zionsville Fire Department Station 91! Special thank you to Dr. Blank from the Zionsville Eyecare for recently sharing her expertise.



Get Out and Go with BCSSI!

Trips depart from: BCSSI Lebanon

Zionsville, Thorntown or Jamestown pick-up available for some trips



Shopping

Tippecanoe Mall Thurs. Feb. 20
9:00AM \$6.00

Greenwood Park Mall and Old Time Pottery Thurs. Jan. 23
9:00AM \$10.00

BCSSI Travel Group

Watch further issues for more info about our trip to Vermont this fall.



We sure had FUN on our Lunch and Learn on the Road in the Windy City at the Chicago Museum of Science and Industry! We were in awe of the Christmas Around the World display! The reason we get to go on these fantastic adventures is because of the generous support of our sponsors like Homewood Health Campus. And, because many of you like to get out of Boone County every now & then to make new memories.

Thank you to Imperial Charter Service for transporting us safely in 2019!



Save the Date for the 2020 Lunch and Learns on the Road!

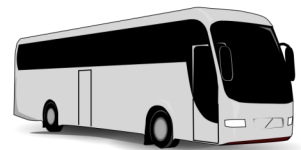
March 25 (Wednesday) Kokomo Opalescent Glass + Elite Banquet & Conference Center Lunch and Magic Show

May 27 (Wednesday) A day at Lake Maxinkuckee & Culver Military Academy + The Lakehouse Grille

July 11 (Saturday) Peru Amateur Youth Circus + Harvey Hinklemeyers

September 23 (Wednesday) Wilstem Wildlife Park

November 18 (Wednesday) Schimpff's Confectionary & More + Lights Under Louisville via the Christmas Express





*Thank you to
Drug Free
Boone County
for your
support of
BCSSI and our
efforts to help
make Boone*

*County a safe and healthy
community.*

BCSSI CORE VALUES:

Choice for older adults and
their families

Enhance, protect and preserve
the dignity of older adults

Fiscal responsibility

Cooperation with other agencies



SAVE THE DATES 2020

Boone Senior Expo:

October 3

BCSSI Olympics:

August 24-27



**Important Prescription and
Over-the-Counter (OTC)
DRUG REMINDERS:**

- Be aware that some of your medicines won't mix well with other medications, including OTC drugs, herbal remedies and alcohol.
- Read all labels carefully and follow the directions exactly.
- Look for pictures or statements on your pill bottles that tell you if you need to take the medicine with food; shouldn't drink alcohol; or gives other important instructions.
- Remind your doctor and pharmacist about any previous conditions that might affect your ability to take a certain medicine.
- Don't be afraid to ask questions if you do not understand something about your prescription or want more information.
- Dispose of all medications properly. See disposal locations upper corner of this page.



**Congratulations
Boone Area
Transit System!
2019 Best of Lebanon
Award winner in the
category of Public
Transportation!**

**Welcome new
transit driver
Doug
McDonald!**



**BCSSI is Now Hiring
Drivers & Personal Care Attendants!**

promoting
Independence

providing
Enriching Services

Equal Opportunity Employer

**In-Home Care • Transportation for all ages
Friendly Visitor Program
Recreational Activities**



A tax deductible gift to the Agency or Foundation will ensure that these services can be continued into the future



Call 765-482-5220 or 317-873-8939 • www.booneseniors.org

**Travel with us to Atlantic City, New York City,
& Philadelphia**

Saturday, June 6 - Friday, June 12

Cost is \$755 based on double occupancy and includes: Motorcoach transportation, 6 nights lodging & 9 meals, Guided tour of NYC, Guided tour of Philadelphia, Visit to Atlantic City with a casino bonus, Free time to see the Liberty Bell & Independence Hall, and more!

***Registration begins
January 9th at 9:00AM***



BOONE COUNTY SENIOR SERVICES FOUNDATION, INC.

LEGACY



Careful estate planning can make a real difference in the way you provide for your loved ones and still engage in thoughtful giving to organizations that are meaningful in your life. Through

Boone County Senior Services Foundation's Legacy Program, you have the power to leave a legacy that will make a real impact on Boone County's growing senior population. While not costing money, these gifts can often provide valuable tax benefits today. Some charitable investments can even return tax-advantaged income for a period of years or for an entire lifetime.

Some of the ways to give include:

- Gifts through your will - a bequest or testamentary provision
- Gifts of life insurance policies you no longer need
- Retirement assets as gifts through beneficiary designations
- Gifts of IRA assets
- Gift annuities - a gift that provides regular income to you and/or your spouse
- Gifts of assets - farmland, primary and secondary residences can be given in a way that lets you continue to live, farm, and enjoy the property, with immediate tax

deductions Payable on death designations on savings accounts or CDs.

Through your legacy gift, BCSSI can continue to promote independence and provide enriching opportunities for older adults in Boone County today and for generations that follow.

"Life can change in the blink of an eye as we age. The Legacy Program is a means to continue the services offered by BCSSI which allow older adults to remain in their home and live with dignity. We are proud to have become Legacy donors. Won't you join us by supporting the Boone County Senior Services Foundation Legacy Program too?"

~Bill & Sharon Walker, Zionsville

BOONE COUNTY
Senior Services Foundation

Mail Donations, Honorariums & Memorials To:

Boone County Senior Services Foundation, Inc.
515 CrownPointe Dr., Lebanon, IN 46052
sshoup@booneseniors.org
765-482-5220 or 317-873-8939

The mission of the Boone County Senior Services Foundation, Inc. is to grow a fund so BCSSI can continue serving older adults in Boone County.

BCSSI Spotlight Bill & Sharon Walker



Bill Walker and his family moved to their family farm south of Whitestown in 1953. Bill farmed from 1953 until 2002 and upon retirement he drove a dump truck for Builders Concrete from 2002 until 2008. Bill and Sharon (Plunkett) married in 1963 and they have three daughters. Janelle lives in Dallas Texas, Pam and her husband Jay and daughter Jacy live in Whitestown and Janae resides outside of Boston, MA in the town of Pepperell, MA.

Bill's main hobby is collecting cookie jars, and he still enjoys helping Kedrick Miller occasionally looking after his Boer goats. He began collecting cookie jars in 2002 and he loves the challenge of finding the old antique jars. Of course, if he can find them at a cheaper price than their actual value that is the icing on the cake, as the saying goes. At last count he has 593 cookie jars and the oldest jar by production date is 1945.

When asked which is his favorite, he stated that all of them are favorites or he wouldn't buy them. However, the cookie jar that looks like a rose bud is the most unique one and he searched for years trying to find it. He has Disney characters, a lion, cowboy boots, a saddle, many pigs, barns, anything that one can imagine has been made into a cookie jar. The McCoy brand is one of the most

recognized names in the cookie jar business. There are many books that give information on the most sought after jars and their values. Bill enjoys to study these books and then he tries to locate the jars.

Sharon's knowledge of BCSSI came from her mother Mildred Plunkett who did volunteer work when Margo Carson was the Executive Director. The actual appreciation for the services provided by BCSSI came when Sharon needed help transporting Mildred to and from doctor appointments. The Walkers also purchased Christmas trees and mums from the agency fundraisers. Little by little Bill and Sharon gained more and more knowledge of the great programs offered by the agency and how those programs affected the lives of older adults in Boone County. When Sharon was asked to serve on the Board of Directors of the agency her passion began to grow for the agency. Bill came along her side and helped with many BCSSI fundraisers. Favorite fundraisers were the Smelt Fry, Polo, Health and Wellness Expo, Legacy Dinner, and the BCSSI Olympics. Sharon currently serves on the Boone County Senior Services Foundation Board.

Bill and Sharon feel that most citizens don't know what is offered at BCSSI until they have a need. The Walker's are working hard to let everyone know of the services provided through BCSSI, especially the BATS transportation service which is not just for older adults and serves all ages.

Thank you Bill and Sharon for your outstanding support of BCSSI and the Foundation!

2020 SUBSCRIPTION TO SENIOR SOUNDS

To continue receiving the Senior Sounds newsletter,
please mail this form with your \$5.00 annual donation to:

Boone County Senior Services, Inc.
515 CrownPointe Dr, Lebanon, IN 46052

Your Name: _____

Street Address: _____

City, Street, Zip: _____

Save \$5 and receive your newsletter by email:

Thank you!

* * * * *
* **Caregiver's** *
* **Corner** *
* A bi-monthly newsletter filled *
* with information and *
* resources for people caring *
* for others. If you would like to *
* be placed on the mailing list, *
* contact Jessica Evans, at *
* or call 765-482-5220 or *
* * * * *

**Do you or someone you know
need a little extra help?
Try BCSSI Personal Services**
Homemaker, Personal Care, Respite



**To find out more about participating in
the Personal Service program contact:**

Cindy Hickson
765-482-5220 or 317-873-8939
chickson@booneseniors.org

BCSSI is certified as a Personal Services
Agency by the Indiana State Dept.
of Health and is an Equal
Opportunity Employer.



**BCSSI offices will be
closed January 1 & 20
& February 17.**

This includes all
personal
services and transportation services.
We apologize for any inconvenience.
Thank you for your support.

Agency Memorial & Honorarium Gifts

In Memory of Bob DeLong

Rick & Karen Turley

In Memory of Rose Mary Patrick

Bob & Anita Bowen

In Memory of Jerry Cunningham

Ron & Marilyn Neese

In Memory of Larry Rader

Ron & Marilyn Neese

In Loving Memory of the Red Birds, Great Nanny, Nanny, Melody, & Tristan

Kay Martin

In Memory of Ruth Burrus

Arlene Hillenburg

Daryle McGowan

Gulielma McGowan

In Honor of my sister of the heart, 54 years of friendship and counting

Kay Martin

In Honor of Sue Lazar, US Army Veteran

Margie Niles

In Honor of Jack & Kay Chase

Joe & Breann Fink

In Memory of Ernie Pyle Chapter of the WWII Roundtable Members:

- Benny Campbell, United States Air Force
- Charles Slaughter, Philippines/Okinawa/ Purple Heart & Bronze Star medal
- Jim Evans, Battle of the Bulge
- Marion Adams, Italy/France
- Russell Swisher, Marched in Paris Liberation Parade/Huertgen Forest/Battle of the Bulge
- George Cox, Channel Crossing torpedo survivor/France
- Dr. Robert Coons, combat medic ETO/ Purple Heart & Silver Star medals

Donation, Memorial and Honorarium Form

I would like my donation to be used for (select one below):

_____ A donation to the Agency _____ A donation to the Foundation

_____ A memorial in memory of: _____

_____ An honorarium in honor of: _____

Please send notification card to: _____

Street Address: _____

City, State, Zip: _____

Thank you for your gift. Please mail form with payment to:

In HONOR OF our 2019 Senior Sounds volunteers who help get our newsletters prepared to mail to YOU!

Al Ping, Ellen Witte, Jackie King, Jeannie Brandenburg, Kay Martin, Winnie Steiner, Sue Fields, Shirley Hester, Linda Stuteville, Cherie Daily, & Shirley O'Neal.

Proof Reader: Mildred Flanary



Let BATS take you door to door this winter!

Boone Area Transit System
 County Wide, All Ages
 482-5220 or 317-873-8939
 Monday-Friday
 7:30AM-4:30PM

Attention!!!
Southeastrans
Standard Medicaid
Transportation Reservations
Trip Reservation Line: 1-855-325-7586
Call this number for a reservation, any changes or cancellations and when your appointment is finished. Your preferred provider is Boone County Senior Services/BATS.

Boone Area Transit System operates by appointments made in advance. We welcome calls for LAST MINUTE transportation for non-medical, unscheduled appointments! Please call to check the schedule and hopefully we can help you get where you need to go!

Boone Area Transit Pricing 2020

Due to increasing demand please allow 2 weeks notice to book your next transit appointment.

SENIOR SUGGESTED DONATIONS	Cost:
Inside city limits (unlimited stops)	\$5.00
Outside city limits in Boone Co. (unlimited stops)	\$10.00
SENIOR OUTSIDE COUNTY COSTS	Cost:
Thorntown, Lebanon, Jamestown, Advance to Indy or any other city in the counties surrounding Boone round trip	\$20.00
Zionsville, Whitestown to Indy or any other city in the counties surrounding Boone round trip	\$15.00
Airport one-way mandatory pay per person	\$25.00
Any trip over 30 miles or more one way add \$5.00	\$5.00
PUBLIC	Cost:
Charge each time client boards	\$4.00
Drive-thru to drop off prescriptions only	N/C
Drive-thru to pick up medicine, bank, or fast food	\$3.00
Outside city limits in Boone Co.	\$5.00

Loaded Potato Soup

From: **Cooking Light**

4-6 oz. potatoes	1/2 tsp. salt
2 tsp. olive oil	1/4 tsp. pepper
1/2 c. chopped onion	3 bacon slices
1 1/4 c. reduced-sodium chicken broth	1.5 oz. shredded cheddar cheese (about 1/3 c.)
3 Tbs. all purpose flour	4 tsp. thinly sliced green onions
2 c. 1% milk, divided	
1/4 c. reduced fat sour cream	

Pierce potatoes with a fork. Microwave on HIGH 13 minutes or until tender. Cut in half; cool slightly. While potatoes cook, heat oil in a saucepan over medium-high heat. Add onions, sauté 3 minutes. Add broth. Combine flour and 1/2 cup milk; add to pan with the remaining 1 1/2 cup milk. Bring to a boil; stir often. Cook 1 minute. Remove from heat, stir in sour cream, salt and pepper. Arrange bacon on a paper towel covered plate. Cover with a paper towel and microwave 4 minutes. Crumble bacon. Discard potato skins and coarsely mash potatoes into the soup. Top with cheese, green onions and bacon.

The Perfect Winter Salad

From: **Taste of Home**

1/4 c. reduced fat mayo	2- 5 oz. packages of Spring Mix salad
1/4 c. maple syrup	2 tart apples, thinly sliced
3 Tbsp. white wine vinegar	1 c. dried cherries
2 Tbsp. minced shallot	1 c. pecan halves
2 tsp. sugar	1/4 c. red onion, thinly sliced
1/2 c. canola oil	

Combine the first 5 ingredients in a small bowl. Gradually whisk in oil until blended. Place remaining ingredients in a large bowl. Toss with the dressing.

Happy New Year!



*Connecting Generations
since 1978*

We hope you have enjoyed this issue of Senior Sounds. It is a bi-monthly publication for all Boone County residents age 60 or older and family members and is published by Boone County Senior Services, Inc.

To change your address call (765) 482-5220 or (317) 873-8939. To add a name to the mailing list, please send your \$5 annual donation to defray printing and mailing costs to:

BOONE COUNTY SENIOR SERVICES, INC.
515 CROWNPOINTE DRIVE, LEBANON, IN 46052

To receive electronic copies of this newsletter email us at bcssi@booneseniors.org
www.booneseniors.org
Boone County Senior Services, Inc. is partially funded by the Boone County Commissioners, UWCI & CICOA.



United Way
of Central Indiana



BOONE COUNTY SENIOR SERVICES, INC.
515 CrownPointe Drive
Lebanon, IN 46052

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