

BOONE COUNTY SENIOR SERVICES, INC.

SENIOR SOUNDS

Volume XL Number 3

May/June 2019



BCSSI Lunch and Learn attendees celebrated the arrival of spring with a beautiful fashion show featuring models, clothing and accessories from the Witham's Waterfall Edge Gift Shop and Women's Boutique. Thank you Witham Health Services!

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BCSSI Olympics

...And More!

Boone County Senior Services, Inc.

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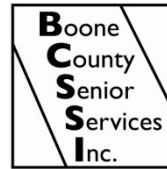
Eric Ragsdale

Anita Bowen

Executive Director

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



Do you have a “Bucket List” --- a list of things on paper or at least in your mind that you wish you could do during this life? I have a few things on my list, but during this past month, I experienced

something that I would have never dreamed of putting on it. On our family’s spring break trip, we had the opportunity to swim with stingrays and we LOVED it!! Seriously, it was one of the top experiences ever! I think the reason it ended up being so special is because I was very apprehensive at first and the end result was way better than I imagined. You see, I don’t like swimming with fish of any kind because they might touch me. During the swim with the stingrays, not only was I assured that they might touch me while I was standing in the ocean waters, but also, the leaders of this group wanted each of us to hold a stingray. OMGosh!

So, before my head could talk me out of enjoying this opportunity all together and send me moving as fast as possible through the water back to the boat, I volunteered to be one of the first to hold one. From that point on, the smile didn’t leave my face. I loved holding the stingray. I couldn’t stop asking questions about them. I even got spit on (more like a fountain of water) by one, and probably will never get the visual out of my mind of that big-mouthed creature

coming out of the water (with a little help from a trainer) to shower me with some stingray love! I was still smiling.

The time went so quickly that day in the Bahamas, and I realized that, if I would have known how amazing swimming with the stingrays was, I would have put it on My Bucket List. I believe our mind sometimes limits what we put on our lists based on each of our own comfort levels. I didn’t think I would be comfortable with the stingrays, but I would do it again in a heartbeat if life gives me a chance. It was a day that I was blessed to enjoy to the fullest.

I hope you know that, at BCSSI, we love helping our customers enjoy life to the fullest, too. While we don’t have an ocean-front property here in Boone County, we do have beautiful spaces and a variety of programming taking place this spring that we think is uplifting and fun! As a matter of fact, we are always looking for brand new things to add, and you will see a few of these featured in this issue of *Senior Sounds*. While we don’t have any stingrays here, we do have an opportunity for you....to learn to paint, travel to places that you may not have been to before, try your hand at cake decorating, put together your own photo book or calendar on the computer...and much, much more.

It’s such a beautiful time of year in Indiana. We hope you will consider experiencing something new with us during the next couple of months. You just might be surprised how much you enjoy it. Invite someone new to come along, too.

Until Next Time, *Anita*



Thank you to Hachette Book Group who recently helped Ruth Spear with the cleaning of her yard! Participants included Kim Buber, Bethany Petty, Matt Busenbarrick and Matt MacKinnon.

BCSSI participated in The Volunteer Fair that was held this spring in conjunction with the **Boone County Chamber Business Expo**. The event was sponsored by the Community Foundation of Boone County. If you are interested in volunteering at BCSSI contact Director of Volunteers Barb Carrell at bcarrell@booneseniors.org or 765-482-5220. Barb is pictured with Executive Director Anita Bowen.



Thank you to Clayton Shelburne, AKA the “Blanket Man”, for making and personally delivering many beautiful blankets! BCSSI has enjoyed distributing the blankets to our clients around the community. Clayton is 90 years old and enjoys making the blankets with his dear friend Ruby Moss who is 93 years old. Clayton has made more than 1050 blankets!

Thank you to Coffee Connection attendee **Betty Davenport** (far left) for making beautiful hot pads for our staff and attendees to enjoy on Valentine’s Day. Betty also makes dog blankets for the Humane Society of Boone County.





We found “Beau” tip-toeing through the daffodils! Thank you to The Farmers Bank “We Care Team” for planting all of the beautiful spring flowers that are popping up at BCSSI!

Dr. Vinnie Belamkar from Witham Health Services, spoke to our Lunch and Learn attendees regarding Interventional Pain Management.

Thank you Witham Health Services for supporting our Lunch and Learn programs.



Chef Rick Whiteman of Rick’s Cooking School demonstrated some of his famous soup recipes during our Zionsville Lunch and Learn. Rick is a BCSSI volunteer and past Board Member. He has also implemented Soup for Seniors! For more info go to www.rickscookingschool.com.

Thank you Rick for your generosity!

Thank you to Lisa Williams for sharing all of the great ways Lebanon Community of Shalom is nurturing our community through fellowship and food. BCSSI staff members brought in items for Shalom Kids' Sack Lunch program.

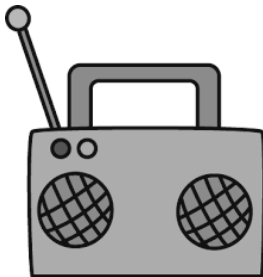




Happiness is the smell of three new Boone Area Transit Vans (BATS)! The vans have hit the road to get you to the places you need to go! Let us do the driving...call us at 765-482-5220 or 317-873-8939 to schedule your ride.

**Welcome to our newest Boone Area Transit (BATS) driver
Kenny Kincaid!**

BCSSI is thankful to our drivers and transportation department for providing quality service to our Boone County residents!



A BIG thanks to Jackson McCormick and Hanover Insurance for underwriting advertising for BCSSI again this year! Listen in to **RadioMOM 91.1FM now through early June, and maybe you will catch our spot!**

**Gleaner's
Boone County Senior Mobile**

3rd Tuesday of each month
11:00AM-1:00PM

Located at the National Guard Armory, Lebanon
Must be 55 years of age or older, one per household
I.D. Required
Bring your own bags or boxes!



6th Annual BCSSI Art & Photography Contest



Artwork will be on display at the
Lebanon Public Library from
April 26 - May 23

For rules & details contact BCSSI
(765)482-5220 (317)873-8939

bcssi@booneseniors.org

Sponsored By:
Signature Healthcare at
Parkwood



Want to learn more about BCSSI?

*If you are a service
group, club,
church, etc. give
us a call?*

*We are more than
welcome and excited to come
and speak to your group about
the mission of BCSSI and the
services we provide to our
Boone County residents!
Contact Jessica Evans, Director
of Outreach, at 765-482-5220
or jevans@booneseniors.org.*

BCSSI

Theater Thursdays!

Join us at the
Lebanon 7 Theater
1600 N. Lebanon St., Lebanon

9:00AM – Breakfast Snack

9:30AM – Special Movie

**Shown for those age 60
and over for only \$1!**

May 16 - Life of the Party

June 20 - Forever My Girl

July 18 - First Man

*August 15 - Mamma Mia!
Here We Go Again*

September 19 - Book Club

October 17 - Instant Family

***All movies are either
rated PG or PG-13
Review at www.imdb.com**

**For Transit Call (765)482-5220
or (317)873-8939**

Sponsored By:
Homewood Health Campus
Excel Home Health Care
Guardian Angel Hospice



May/June Classes & Activities
Call 482-5220 for Registration and Information
All Classes & Activities held at BCSSI, Lebanon

Tech Time Tuesday Summer Hours

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 9:00AM-12:00PM. Call BCSSI for an appointment.**

SHIP Counseling & CICOA Benefits

Stephanie Balusik-Fultz from CICOA will be available by appointment to provide seniors with unbiased information about Medicare, Nursing Facilities, Emergency Response Systems, Public Benefits, Nutrition, and more on **May 30 and June 26. Call BCSSI for an appointment.**

Legal Assistance

Free legal assistance will be offered **May 21 and June 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.**



- May 1 Brain Fit Presented by Homewood Health Campus
- May 15 Witham North Pavilion Expansion with Jeff Bryrum MHA, FACHE, CMPE
- June 5 Witham Podiatry with Dr. Alex Kor DMP, MS
- June 19 BCCOA

BCCOA Luncheon

Join BCCOA on **June 19 at 12:00PM.** John Deck will present “Living Well with Parkinson’s– Caregiver Tips & Resources.” Please bring tissues, antibacterial wipes and/or chapstick to donate. Lunch will be provided by Signature Healthcare at Parkwood. **Call BCSSI for reservations.**

Matter of Balance

Every Friday from May 3 – June 28 (no class on May 17). Cost for 8 weeks is \$10. Maximum of 15 students. **Call BCSSI to register.**

May/June Classes & Activities

Call 482-5220 for Registration and Information
All Classes & Activities held at BCSSI, Lebanon

Coffee Connection 2 Community

Join us on **May 9** and **June 13** at **9:30AM** for coffee, conversation and fellowship!

Cake Decorating Class

Class will meet on **Thursday evenings at 5:30PM, June 6-June 27.** Cost is \$10 for all four sessions. **Call BCSSI to register.**



Game Day

Every Wednesday from 1:30-3:30.

Come for 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.

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, May 9 and June 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 *Date Change for May*

Book club will meet at 1:00PM **Tuesday, May 14** (title to TBD) and **June 4** to discuss **Revenge Deepens** by our own Terry Barnett.

Classy Crafters

Classy Crafters will meet at **1:30PM on May 15** to create salt and pepper people. The project for **June 19** is TBD.

Snack and Laugh with The Spoon

Man, Musical Comedian, Thursday, May 2 at 6:30PM. Call BCSSI to register.

Sponsored by: Community Foundation of Boone County



Lunch & Laugh-Thorntown Sugar Creek Art Center!

May 8, 12:00PM. Presenting Jennifer Johnson, Music For The Jennerations! No cost to attend but reservations are required. **Contact BCSSI. Sponsored by: Witham Health Services and Community Foundation of Boone County.**



May/June 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. On June 12th, special guest Karolina Puchalski, IU School of Medicine Center for Aging Research, will discuss "The Decisions about Cancer screening in Alzheimer's Disease" (DECAD) study. The DECAD study aims to support family caregivers of women with Alzheimer's Disease and related dementias with decision-making about mammograms. The study includes caregivers of women who are 75 years or older and have a diagnosis of Alzheimer's Disease or related dementias. The study includes three caregiver interviews (in person or via phone) questions will be asked about caregiving & making medical decisions. To compensate for your time you will receive a \$25.00 Kroger gift card after each interview. **Call BCSSI to register.**

Art Class

Every Tuesday, 9:30AM-12:00PM with instructor Shirley Luttrell. *Class is held in Room 204 of the Zionsville Town Hall. May 7 class will meet at the Zionsville Boys and Girls Club, 1575 Mulberry St., Zionsville.* Cost is \$5.00 per class. **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.**



- | | |
|---------|---|
| May 10 | Brain Fit Presented by Homewood Health Campus |
| May 24 | Healthy Living for Families with Dementia Presented by Zionsville Meadows |
| June 14 | Rick's Cooking School Demo |
| June 28 | Witham Physician Presentation |

Sip & Learn

You are invited to join us at **Zionsville Fire Station #91** at **10:30AM on May 3** for Fire Extinguisher Training and **June 7** to learn about Heart Attack and Heart Diseases. Sponsored by: Copper Trace Family-First Senior Living.



SHIP Counseling & CICOA Benefits

Stephanie Balusik-Fultz from CICOA will be available by appointment to provide seniors with unbiased information about Medicare, Nursing Facilities, Emergency Response Systems, Public Benefits, Nutrition, and more on **May 30 and June 26.** **Call BCSSI for an appointment.**

Get Out and Go with BCSSI!

Trips depart from: BCSSI Lebanon

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



Shopping

Tippecanoe Mall	Tues. June 25 9:00AM \$6.00
Greenwood Park Mall and Old Time Pottery	Mon. May 6 9:00AM \$10.00

Special Interest

Vendor City, Kokomo	Weds. May 22 9:00AM \$10.00
McCloud Nature Park and Lunch at Perillo's	Tues. June 11 9:00AM \$6.00 Price includes transportation ONLY



**Lunch and Learn on the Road
Hunter's Honey Farm,
The Oasis Diner &
Gilley's Antique Mall**

**Wednesday, July 24
\$45**

Bottle your own honey, and make a beeswax candle! Have lunch in 1950s style and then walk it off exploring Gilley's!



**Registration begins
Thursday, May 23**



Lunch and Learn on the Road in March enjoyed a Mystery Café "Death By Disco" at Buca Di Beppo's! We had fabulous actors and actresses in our group as we enjoyed a family style Italian lunch! Thanks to Homewood Health Campus for making our trip possible!

A special thank you! Thank you (BCSSI) for taking such good care of my mother and me. For my mother you have not only been a caregiver but a good friend. You care for her with kindness and love. You fix her meals and coffee with snacks (cookies are her favorite). You watch her favorite TV shows and answer all of her questions. You help her put together the puzzles she loves. She has my sister take a picture of each puzzle so she can remember what they look like.



As for me, when you take care of my mother, I can go the grocery, pharmacy, my own doctor appointments and I can visit my grandchildren. Also you all are my resource, helping me to understand my mother as we go through these changes together. Thank you, Nancy, Maria and Anita. ~ Sincerely, Coleen Mallett for Jean Higgins



Friendly Visitor Dave Rusie is pictured with his friend Tom Milberger. They have both enjoyed companionship and building a model train set.

Generous, compassionate, devoted, caring, and energetic....

If any of these words describe you, then you have the characteristics of a volunteer and BCSSI would love to have you **join our Friendly Visitor program**. Volunteers provide a valuable service to our senior community. Whether you can donate an hour a week or three hours five days a week, you're providing more than a service, you're offering companionship and support to someone in need.

Currently we have clients who need a friend. As a volunteer, you have the opportunity to learn new skills, develop lasting friendships, and take pleasure in knowing you are helping others. If you feel you would be a valuable asset to this program or feel like you could add an additional client, call today!


A Friendly Visitor makes regular visits to home bound seniors to offer support, friendship, and concern. Visits are one day per week for a minimum of one hour. **For more information contact Barb Carrell, Director of Volunteers and Activities, at 765-482-5220 or 317-873-8939 or bcarrell@booneseniors.org.**



**A fun, family event
benefitting BCSSI**



 Boone County Polo Charity

 @BooneCopolol

Presented by:



Friday, June 28

\$20.00 Carload

Hickory Hall Polo Club

7551 E 100 N., Whitestown, IN 46075

5:00pm Gates Open

5:30pm Pre-Match Festivities

6:00pm Polo Match



Are you a FAMILY CAREGIVER?

Sign up for a FREE Dealing with Dementia Workshop

Do you need help in these areas?

Understanding Dementia

Managing Problem Behaviors

Handling Stress

Finding Time for YOU

Tuesday, June 4th, 2019

6:00-8:00PM

BCSSI, 515 CrownPointe Dr., Lebanon

Zionsville Meadows will provide a box dinner!

Registration is required! Seating is limited to 20 individuals!

Contact: Jessica Evans, 765-482-5220 or jevans@booneseniors.org





The 5th Annual BCSSI Olympics will involve competition for those age 60+ during August 26 -29, 2019, with several activities throughout Boone County! Events will include golf, bowling, track and field, basketball shoot, euchre, nature walk or fitness walk, swimming, line dancing, horseshoes, bocce ball, pickle ball and table tennis. Proceeds from the Olympics support the mission of BCSSI which promotes independence and provides enriching opportunities for older adults in Boone County.



Watch for registration information and a timeline of events in the next issue of the Senior Sounds newsletter. **Event details and a registration form will be available at www.booneseniors.org.** Thank you to **Witham Health Services and Homewood Health Campus** for serving as the presenting sponsors.

BCSSI Olympics Cheer Squad Callout!

Do you enjoy attending Olympic events and giving encouragement to our participants to do their best? If yes, then contact BCSSI or Kay Martin for more information.

Cheer Squad coordinator:
Kay Martin 765-714-7167 or
lplkay@gmail.com



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

OLDER AMERICANS MONTH



CONNECT, CREATE, CONTRIBUTE MAY 2019

Every May, the Administration for Community Living leads our nation's observance of Older Americans Month. The 2019 theme, **Connect, Create, Contribute**, encourages older adults and their communities to:

- **Connect** with friends, family, and services that support participation.
- **Create** by engaging in activities that promote learning, health, and personal enrichment.
- **Contribute** time, talent, and life experience to benefit others.



Communities that encourage the contributions of older adults are stronger! By engaging and supporting all community members, we recognize that older adults play a key role in the vitality of our neighborhoods, networks, and lives. Everyone benefits when everyone can participate. We encourage you to connect, create, and contribute for stronger and more diverse communities this May, and throughout the year.

To promote and celebrate go to **#OAM19** for materials to help you go to **#ConnectCreateContribute** or acl.gov/oam/2019/older-americans-month-2019

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's Personal Services Department is the heart of care to many seniors in our community. We are seeking caring individuals, who enjoy helping older adults. The Personal Services Division at BCSSI has openings for Personal Service Attendants. Training is provided. Flexible hours!

Submit resumes or questions to:
BCSSI Attn: Cindy Hickson
515 CrownPointe Drive
Lebanon, IN 46052 or by e-mail to
chickson@booneseniors.org
765-482-5220 or 317-873-8939

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

**SAVE
THE
DATE!**

**Boone
County
Senior
Expo**

**October 5,
2019**



BOONE COUNTY

**Senior
Services
Foundation**

Donations can be made
to the following:
**Boone County Senior Services
Foundation, Inc.**
515 CrownPointe Dr.,
Lebanon 46052
Or, go to: booneseniors.org
765-482-5220, 317-873-8939 or
sshoup@booneseniors.org

**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
317-873-8939.

**Meal Vouchers Offered For
Witham Health
Services Cafeteria**

BCSSI has meal voucher cards that
can be used at the Witham Cafeteria
for breakfast and lunch. The meals are
valued at \$6.75 and will be offered to
ages 60+ for a \$1, \$2 or \$3 donation,
based on income. You may use up to
eight vouchers in a month. A limited
number is available each month.

Contact BCSSI with questions:
765-482-5220 or 317-873-8939

**Sponsored by:
CICOA Aging & In-Home Solutions
and Witham Health Services**

Agency Memorial & Honorarium Gifts

In Memory of Sara Donaldson

Rod & Jean Rose
Margaret & Ken Keene

In Memory of George Donaldson

Margaret & Ken Keene
Sue Ritz

In Memory of Linda Crum

Margaret & Ken Keene
Steve & Sandy Martin & Family
Malinda Ellen Pyles
Robin Williams & Carol Dull
Gary & Beverly Reagan
Robert Boles & Family
David & Patty Summers
Kitty Harmon
David & Kathy Budd
Jean Thrine
Margaret Smith
David & Julie Chinn

In Memory of Beverly J. Harves

Z. Nancy Stum

In Memory of Greg Copenhaver

Friends on Lakeshore Drive

In Memory of Herb McRoberts

George & Barbara Anderson
Dr. Patricia Hughes

In Memory of Dick "Sparky" Sparks

Joe & Wilda Boyd
Marilyn Bowen & Family
Diana & Gary Anderson
Dr. Patricia Hughes
Janet Tyre
Sue Ritz
George & Barbara Anderson

In Honor of Yvonne Frankewich

Sharon Wood

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

- Charles Slaughter, Philippines/Okinawa/Purple Heart 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:

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 2019

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	\$3.00
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

Boone Area Transit System (BATS) is looking for drivers!

Individuals must be willing to obtain (or already have) a Public Passenger License, must pass a physical exam, drug test and background check and must be able to operate a wheelchair lift (training provided). **Contact Director of Transportation Cindy Elliott 765-482-5220 or 317-873-8939 or cindy@booneseniors.org for a complete job description.** Boone County Senior Services, Inc. is an Equal Opportunity Employer.



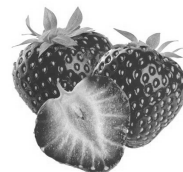
Strawberry Spinach Salad

Allrecipes.com

2 T. sesame seeds
1 T. poppy seeds
1/2 c. sugar
1/2 c. olive oil
1/4 c. white vinegar
1/4 tsp. paprika

1/4 tsp. Worcestershire sauce
1 T. minced onion
10 oz. fresh spinach-rinsed, dried & torn
1 qt. strawberries, cleaned and sliced
1/4 c. slivered almonds

In a medium bowl, whisk together sesame seeds, poppy seeds, sugar, oil, vinegar, paprika, Worcestershire sauce and onion. Cover and chill for one hour. In a large bowl, combine spinach, strawberries, and almonds. Pour dressing over salad and toss. Refrigerate 10-15 mins. before serving.



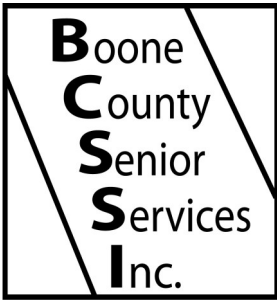
Brenda's Fudge

Recipe by: Brenda Burkholder

5 c. sugar
1 can evaporated milk
1 stick butter or margarine

1-7 oz. milk chocolate bar, chopped
1-12 oz. bag semisweet chocolate chips
1-13 oz. jar marshmallow cream

Bring first three ingredients to a rolling boil, stirring occasionally. Reduce heat to medium and stir continually for 5 minutes. Remove from heat, add last three ingredients, and stir until melted. You can also add 16 oz. peanut butter with the marshmallow cream. Pour into buttered 13x9 pan.



*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

Non-Profit Org.
U.S. Postage
PAID
Lebanon, IN
Permit # 205

ADDRESS SERVICE REQUESTED