

BOONE COUNTY SENIOR SERVICES, INC.

SENIOR SOUNDS

Volume XL Number 4

July/August 2019



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Road

...And More!



**5th Annual
BCSSI Olympics
August 26-29, 2019
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Boone County Senior Services, Inc.

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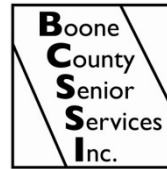
Eric Ragsdale

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

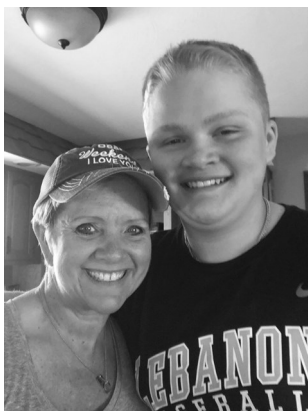
www.booneseniors.org



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From the desk of our Executive Director Anita Bowen



I am a planner at heart....sometimes to an extreme. I still like to use an old-fashioned paper planner and the pages fill up fast. I am really bad about looking ahead --- days, weeks, even months. But, this spring has helped me live day-by-day,

the way I know we are supposed to do this thing called life.

Many of you are aware that my spring season has been filled with baseball for many, many years, and I love it. That means that games are always on the calendar and you know the schedule for the team weeks in advance. However, this baseball season was the first for our son at the high school level, and he had the opportunity to play on a couple of different teams with the Tigers. Hooray! What a wonderful experience for him as a freshman, and it also helped Mom, too because we pretty much didn't know what team he would be playing with until the day/night before each game. Wow, was that a BIG test for me! And, I might say that I think I passed the test! A couple of weeks into the season, I realized that I had absolutely no control over the situation, so I just let the days play out the way they were supposed to.

At BCSSI, we have many programs that also require a plan (and a reservation) like

our daily transportation, lunches, special activities, van/bus trips and much more. However, I thought this might be a good time to remind you that we often have cancellations for many of our programs and events at the "last minute", so we always welcome your call or visit to see if space has become available for something that you would like to do with us. Truly, if we have the space, we would love to have you join in, whether or not you have planned ahead and made a reservation, marking it on your calendar weeks in advance or not.

Another important thing to remember is that we often take a "wait" list for our programs and activities...and, we actually use it! So, don't ever hesitate to put your name on that list for something that you really want to do because chances are good that we'll call you and you will get to do it. When we call you, if your plans have changed and you are no longer interested, that's OK, too.

Speaking of our programs and activities, thanks to everyone who attended our first Lunch & Laugh at the Sugar Creek Art Center this spring. That was an example of our work in one of our new Strategic Plan goal areas (goal #2) to ***broaden our reach throughout Boone County with intentional focus on smaller communities***. We will be venturing out with more BCSSI fun to other communities within Boone County in the future. Always know that your ideas for programming are welcome and please continue inviting new folks to join you at BCSSI.

Until Next Time, *Anita*

Winners Announced in 6th Annual Art Contest



Twenty-two (22) individuals had their paintings and photography pieces on display at the Lebanon Public Library in May as part of the 6th Annual BCSSI (Boone County Senior Services Inc.) *Art & Photography Contest* which was held in celebration of Older Americans' Month, a tradition of recognizing the contributions and achievements of older Americans since 1963.

Winning entries this year are as follows:

Amateur Painting:



1st – Kathy Leachman, Zionsville
2nd – Dorothea Micksehl, Thorntown
3rd – Mayford Denton, Lebanon
Honorable Mention – Imogene Martin, Lebanon and Jenni Smith, Zionsville

Advanced Painting:



1st – Sargent Harris (submitted by wife Opal in his memory), Lebanon
2nd – Ruthalice Watson, Lebanon
3rd – Orville Hale, Lebanon

Honorable Mention – Jack Steelsmith, Lebanon

Photography:



1st – Mervyn Cohen, Zionsville
2nd – Jayne Courtot, Lebanon

BEST OF SHOW was awarded to Kathy Leachman of Zionsville for her Amateur Painting titled “Double Fun at the Ocean” (see picture at left).

Artists participating in this Contest/Exhibition were over age 60 and reside in Boone County. The Exhibition was on the second floor of the Library in Lebanon.

BCSSI also offers art classes at both the Lebanon and Zionsville locations. For more information, contact Anita Bowen or Barb Carrell at (765)482-5220 or (317)873-8939, or by e-mail bcssi@booneseniors.org.

Thank you to all of the participants, our judges, the Lebanon Public Library and to Signature at Parkwood for sponsoring the event.



We LOVE our volunteers! BCSSI held a special breakfast honoring our office volunteers. THANK YOU to the many volunteers who help make BCSSI what it is today!

Derby time at BCSSI! We had some special guests in the building celebrating the Kentucky Derby...including horse trainer Bob Baffert (a.k.a. Terry Barnett, Director of Finance) along with his pretty lady friends (BCSSI staff members Barb Carrell, Robin Moffitt, Jessica Evans and Jenny Lemen).



Lunch & Learn on the Road traveled to Amish Acres. It was one of our most popular trips! Despite the mud, the sun came out and everyone had a wonderful time. Thank you to our sponsor Signature Healthcare at Parkwood for a fantastic trip!





Book Club members recently enjoyed a special visit from author and BCSSI Director of Finance Terry Barnett. Terry personally read from his recently published book *Revenge Deepens*. For more info about Book Club turn to page 9. Congrats Terry!

We got spooned! Thank you to the Community Foundation of Boone County and Psi Iota Xi for sponsoring our Snack and Laugh with the Spoon Man!



We were thrilled to be in Thorntown at the Sugar Creek Art Center for our first Lunch and Laugh outside of Lebanon or Zionsville. Attendees enjoyed Jennifer Johnson who had us all singing! Thank you to the Community Foundation of Boone County and Psi Iota Xi for making Lunch and Laughs possible, and to Witham Health Services for providing lunch!

Thank you CrownPointe of Lebanon for recently sponsoring Muffins and Masterpieces! Attendees had a wonderful time painting with art instructor Shirley Luttrell.





The BCSSI offices
will be closed on
Thursday, July 4th.
This includes all
transportation.



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:
765-714-7167 or lpikay@gmail.com

BCSSI Olympics August 26-29.
Turn to page 14 for details.



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!**

July 18 - First Man

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

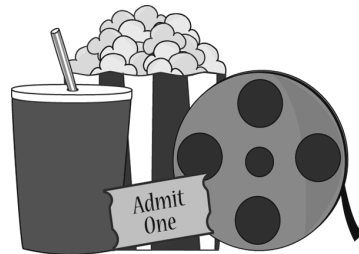
September 19 - Book Club

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



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

SHIP Counseling & CICOA Benefits

A CICOA representative will be available by appointment to provide seniors with unbiased information about Medicare, Nursing Facilities, Emergency Response Systems, Public Benefits, Nutrition, and more on **August 28 Call BCSSI for an appointment.**

Legal Assistance

Free legal assistance will be offered **July 16 and August 20.** 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.**



- July 3 Excel: Therapy Moves and Staying Strong
- July 17 Dr. Emily Lo: Diagnosis and Treatment of Skin lesions/cancer
- Aug 7 Dr. Mizra: Cardiac Care Overview
- Aug 21 Sing along with Mildred Flanary at the keyboard



Lunch and Learn attendees enjoyed a special conversation with Witham Health Services staff member Jeff Bryrum who gave an update on the new Witham expansion.
Thank you Jeff!

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

Coffee Connection 2 Community

Join us on **July 11 and August 8** at **9:30AM** for Coffee and Conversation.

Game Day

Every Wednesday from 1:30-3:30.

Come for card games, dominos, 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, July 11 and August 8 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 July Date Change

Book club will meet at 1:00PM **Tuesday, July 9** to discuss *Between Shades of Gray* by Ruta Sepetys and **August 6** to discuss *Instinct* by James Patterson.

Classy Crafters

Classy Crafters will meet at **1:30 on July 17** to create a necklace or bracelet (or both) out of beads with Yvonne Welty from the Lebanon Public Library. The project for **August 21** is a Spinner Gourd necklace or ornament with Denise from the Sugar Creek Gourd Patch and IN Gourd Association. **Limit 15- Call BCSSI to register.**



Classy Crafters had a classy time making Salt & Pepper people!

AARP Driving School

August 19 from 10:00-2:30. Cost is \$15 for AARP members, \$20 for non-members. **Call BCSSI to register.**

July/August 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. **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.



NEW!

Crafts at the Zionsville Town Hall

On August 9 at 1:30PM create Glass Soldered Charms with Rene Stanley. **The cost is \$10. Limit 20- Call BCSSI to register.**

- July 12 Household Bingo w/Boone County Solid Waste Management
- July 26 Benefits of Essential Oils (Green House)
- Aug 9 Phone Scams w/Boone County Sherriff's Office
- Aug 23 Dr. Strong: When & Why do You Need to See a Surgeon

SHIP Counseling & CICOA Benefits

A CICOA representative will be available by appointment to provide seniors with unbiased information about Medicare, Nursing Facilities, Emergency Response Systems, Public Benefits, Nutrition, and more on **August 28. Call BCSSI for an appointment.**

Sip & Learn

You are invited to join us at **Zionsville Fire Station #91** at **10:30AM on July 5** to learn about strokes and **August 2** for medications. Sponsored by: Copper Trace Family-First Senior Living.

Art Class

Every Tuesday, 9:30AM-12:00PM with instructor Shirley Luttrell. *Class is held in Room 204 of the Zionsville Town Hall.* Cost is \$5.00 per class. **Call BCSSI to register.**



Zionsville Sip & Learn attendees enjoyed a tour of the Zionsville Fire House thanks to Josh Frost, Deputy Chief of Fire Prevention.

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. Aug 1 9:00AM \$6.00
Greenwood Park Mall and Old Time Pottery	Thurs. Aug 22 9:00AM \$10.00
Castleton Mall	Tues. July 9 9:00AM \$6.00

Special Interest

Edinburgh Outlet Mall	Thurs. July 25 8:00AM \$15.00
Indiana State Fair \$2 Tuesday	Tues. Aug. 13 9:00AM \$6.00



**Lunch and Learn on the Road to 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!



**Sponsored By:
Anson Senior Living**

**Lunch and Learn on the Road to Anderson's Winery & Vineyard
Wednesday, September 25
\$65**

Winery Tour and Tasting
Cook-out Buffet Lunch in the greenhouse with musical entertainment
Welcome reception, shopping, gardens and more!



**Registration Begins
Thursday, July 25
Sponsored By: Copper Trace**

What Boone County Senior Services means to

me...Being active in BCSSI means: new friendships, activities that keep my mind challenged, and never being left alone.

I have learned that by participating in one activity at BCSSI you have an instant personal friendship. Not only with the other participants but with the staff. EVERYONE CARES. The activities, along with the volunteer jobs, mean I would never have to be lonely. I feel that "if I cannot go with them, they will come to me".



The activities are so varied. I could stay busy every day. Everyday could be a new "brain teaser". Or, I could get up in the morning and know I will see someone with a smile, a story, a job, or activity and just a place to meet for conversation. I also have the opportunity to help someone less fortunate than myself, or just be a companion and visit a sick or elderly person who just needs someone to smile and help with opening a jar, or dusting the living room.

Everyone at BOONE COUNTY SENIOR SERVICES works very hard to provide activities, trips, personal help, and always a very welcoming smile. My association with BCSSI started in 2013, and I see their growth, and love for what they do, grow every week. I am very blessed to have the privilege of teaching art, but only with the caring and love that each participant, and the staff brings to me.

~Shirley Luttrell, BCSSI art instructor and volunteer

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!



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

BOONE COUNTY

**Senior
Services
Foundation**

*Connecting Generations and Providing Support
Since 1997*

older adults in Boone County.

Each spring, the foundation hosts an annual Legacy Dinner to bring awareness to the Foundation's efforts while raising new funds. This year's event was held at Dull's Tree Farm in their beautiful barn and the theme was *Denim, Diamonds and Blues*.



BCSSI testimonials were given by Amy Lacy and Paul and Karynn Seppel. Special remarks by Board Members Rick Elsbury and Chuck Ritz expressed the importance of giving to the Foundation. Retired Executive Director Sue Ritz also spoke with her husband Chuck. Attendees enjoyed Blues music performed by guitarist David Laskey during dinner.



Thanks to the attendees, sponsors and donors, the event raised \$14,000 to support the Foundation's mission. A special thank you as well to committee members Jody Durham, Kim Fortune, Patty Hughes, Taffy Day and Baili Hart for an outstanding job making the evening a success.



Thank you to the following:

Event Sponsors:

Edward Jones
Home National Bank
North Salem State Bank
Witham Health Services

Table Sponsors:

Ernie Pyle Chapter of Indianapolis
WWII Roundtable
In Memoriam WWII Veterans-
George Cox & Jim Limp
Parr Richey Frandsen Patterson Kruse, LLP
The Farmers Bank
State Bank of Lizton
George Pogas

**Special thank you to our
silent auction donors!**

**Donations can be made to the following:
Boone County Senior Services Foundation, Inc.
515 CrownPointe Dr., Lebanon 46052**

BOONE COUNTY

**Senior
Services
Foundation**



5th Annual BCSSI Olympics August 26-29, 2019

Open to all individuals age 60 and over
in Boone County

*(Individuals outside of Boone County may participate
but are not eligible to win medals)*

13 events to choose from, something for everyone!

- Euchre-BCSSI Lebanon
- Bocce Ball –BCSSI Front Lawn
- Track & Field-Zionsville High School
- Horseshoes-Abner Longley/Southside Park
- Water Aerobics-Witham Family YMCA
- Basketball Shoot-Witham Family YMCA
- Bowling-Lebanon Bowling Center
- Golf-Cool Lake Golf Course
- Nature Walk-Mulberry Park, Zionsville
- Fitness Walk-Mulberry Park, Zionsville
- Pickle Ball-Witham Family YMCA
- Line Dancing-BCSSI Lebanon
- Table Tennis-Cedars Activity Center

\$10.00 Cost Includes 4 Days Of Fun and A Collectible Olympics T-Shirt!

Deadline to Register is August 16!

For registration forms or more info go to www.booneseniors.org

or call 765-482-5220/317-873-8939

Opening Ceremony with Light Breakfast and Special Guests

Breakfast provided by Lebanon McDonald's

Torch-lighting with Torch Captain Bob Sanders

Opening Vocalist: Roger Henry (National Anthem)



Keynote Speaker: Coach Sharon Versyp! Monday's Opening Ceremony will feature Purdue Women's Basketball Coach Sharon Versyp. The former Boilermaker point guard has led Purdue to four Big Ten Tournament championships and two NCAA Tournament Elite Eight appearances. She is the winningest coach in program history, and was inducted into the Indiana Basketball Hall of Fame in 2010.



Farmers' Markets Boone County



Jamestown, Downtown

Every other Saturday, 8-11am
May 18-September 21

Lebanon, Downtown

Tuesdays, 5-8pm
June 4-September 24

*Lebanon Farmers' Market accepts SNAP cards.

Whitestown, Municipal Complex

Saturdays, 9am-1pm
May 4-August 31

Zionsville, Downtown

Saturdays, 8-11am
May 18-September 28

Looking For A Good Book To Read?

Stop in and select a new book from our BCSSI Book Shelf located in our Lebanon office lobby.

Thank you Kay Martin for making the book shelf possible!



**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.

Agency Memorial & Honorarium Gifts

In Memory of Jerry Lee Nease

Commercial Filter Retirees

In Memory of Charlene Robertson

Keith & Martha Campbell

Jon & Sandra Robinson

In Memory of Carol Anderson

Sisters of Alpha Omicron Alpha

In Memory of Wilda Rodibaugh

Mary Margaret Fox

In Memory of Daniel Fox

Mary Margaret Fox

In Memory of Michael Plunkett

Lanny & Annette Knox

In Memory of Tristy Martin

Bob & Anita Bowen

Dana & Ellen Witte

Sonya Shoup

In Memory of Raymond Duff

Ken & Margaret Keene

In Memory of Richard Wait

Ken & Margaret Keene

In Memory of T.J. Nelson

Ken & Margaret Keene

In Memory of Kristen Hollingsworth Wollak

Ken & Margaret Keene

In Honor of the Indiana Gourd Society

Lanny & Annette Knox

In Honor of Pam & Gene Keck's 50th

Wedding Anniversary

The Cunninghams &

The Wilhoites

In Memory of Ernie Pyle Chapter of the WWII

Roundtable Members:

- Jim Limp, WWII Veteran
- Marvin Bishop, Battle of the Bulge/early arrival liberation of Aachen, Germany
- Floyd Newkirk, Mediterranean/European theaters
- Phil Thrine, USN
- Note Truelock, USN Caribbean
- Odette Chase, Child in France under occupation
- Irwin Martin, Combat Infantry Korea
- Terry Bayles, Combat Infantry, Tet Offensive, Vietnam

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!!!
Southeasterns
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.



Easy Pineapple Chicken Allrecipes.com

3 Tbsp. soy sauce	1 red bell pepper cubed
3 Tbsp. olive oil, divided	1 bunch green onions trimmed sliced
1/2 tsp. paprika	1-12oz. can pineapple chunks, drained juice reserved
Salt to taste	1 Tbsp. cornstarch
1 lb. boneless chicken breast, cut into strips	

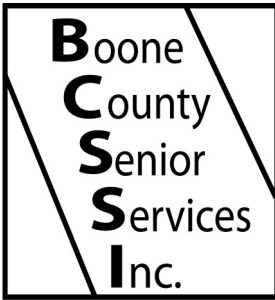
Combine soy sauce, 2 Tbsp. olive oil, paprika and salt in a bowl. Add chicken strips and let marinate while preparing other ingredients. Heat remaining tablespoon of oil in a skillet or wok. Add bell pepper and stir fry for three minutes. Add green onion and cook for 2 more minutes. Remove chicken from marinade and add to the skillet. Cook until no longer pink in the middle, 10-15 minutes. Add pineapple chunks and cook for 2 minutes. Combine pineapple juice and cornstarch and add to the skillet and bring to a boil. Simmer until thickened, about 3 minutes.

Spring Asparagus

Prepared By Chef Rick Whiteman at a recent Lunch and Learn

1 1/2 lbs. asparagus cut in 2-inch pieces	1/2 tsp. salt
2 small tomatoes cut in wedges	1/2 tsp. paprika
1 Tbsp. cider vinegar	1/3 c. canola oil
3/4 tsp. Worcestershire sauce	1/3 c. sliced almonds, toasted
1/3 c. sugar	1/3 c. crumbled blue cheese, optional

In a large saucepan, bring 1 cup water to a boil. Add asparagus; cook covered, until crisp-tender, 3-5 minutes. Drain; place in large bowl. Add tomatoes; cover and keep warm. Place vinegar, Worcestershire sauce, sugar, onion, salt and paprika in a blender. Cover and process until smooth. While processing, gradually add oil in a steady stream. Toss with tomatoes and asparagus. Top with almonds and blue cheese.



*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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