

BOONE COUNTY SENIOR SERVICES, INC.

SENIOR SOUNDS

Volume XL Number 5

Sept./Oct. 2019



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Lunch and Learn on the Road had a “buzzing” good time touring Hunter’s Honey Farm, eating at The Oasis Diner and shopping at Gilley’s Antique Mall. Thank you Anson Senior Living for sponsoring the trip!

Lunch and Learn on the Road is a fabulous way to experience all that Indiana has in store for us! We still have room on our next trip scheduled for September 25 to Anderson’s Winery & Vineyard. Turn to page 11 for details!

...And More!

Boone County Senior Services, Inc.

2019 Board of Directors

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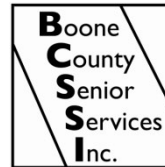
Eric Ragsdale

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



I have been so blessed during my time at BCSSI to hear many, many compliments on the agency --- our people, programs and services. I love taking that positive feedback in and sharing it with our team that works so hard day

in and day out to make a big impact in our county. It is motivation for us all and we are grateful to the community for their support. There are also times when comments on ways that we need to improve fall on my ears, and I take them in the same way... very seriously.

Recently, someone shared with me that they didn't think we were a very welcoming place for new folks. My heart sank. I was sad. How could a place that we all love and want to spend time at NOT be welcoming? After pondering it for several days/weeks, I realized that sometimes we each just get "comfortable" where we are and maybe that comfortable attitude causes us to have blinders on so that we truly miss things that are important. In this case, we miss the fact that new customers have come in, and they didn't feel like we cared about them and wanted to make them a part of the BCSSI Family (both staff and current participants) in our programs and activities.

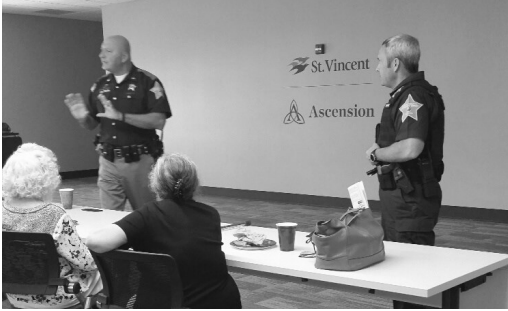
So, our management team has talked, and we have reminded ourselves that we don't

want to be too comfortable. There are days when we can do better. We want to not only welcome new folks, but we want to be sure that they are connected to us in a variety of ways (if that is their choice). If you are a current customer at BCSSI reading this *Senior Sounds* issue, will you help us? Will you offer a seat at your table at lunch, coffee, games or crafts to someone who is visiting for the first or second time? Will you make it a point to talk about what you enjoy doing with BCSSI and help them identify some other things that they might enjoy doing, too? If you have additional tips to share with them about how to get connected, are you willing to do that?

We don't want BCSSI to stay the same. We want to make new friends, while also keeping the old (are you humming that tune in your head? Truly, you are ALL welcome here. There are so many things happening at BCSSI this fall, and we hope you will read this newsletter cover to cover and include us in your plans for staying active in September & October. As you may have noticed, some of the things we do have remained the same year after year, but new opportunities pop up in each issue. That's also a part of our growth.

It's my favorite time of year! I'm looking forward to wearing sweatshirts, enjoying Pumpkin everything and watching the leaves turn into shades of my favorite color... ORANGE!! Hope to see you out and about enjoying the season, too.

Until Next Time, *Anita*



Boone County Sheriff Mike Nielson and Chief Deputy Tony Harris recently attended a Zionsville Lunch and Learn to talk about Phone Scams. Thank you for sharing your time and expertise with us!

Captain Tyson Warmoth with the Lebanon City Police enjoyed visiting with our Coffee Connection attendees to answer questions about scams that can impact older adults. He also answered questions about what is going on in Lebanon related to the police department.



Make someone smile! Thank you Mount's Flowers for surprising many of our clients and volunteers with smile mugs filled with beautiful flowers. Pictured directly at left, are Mount's Flowers owners Lana Hale and Maxine Uhler with BCSSI staff member Jenny Lemen.



Thank you Excel Home Healthcare for visiting Lunch and Learn and sharing therapy moves that will help us stay strong!



Classy Crafters have had a fantastically creative summer making patriotic decorations, beaded jewelry, Spinner gourd necklaces and ornaments and more!

For information on their upcoming projects turn to page 9! We have a NEW craft class beginning in Zionsville...turn to page 10 for details!



BCSSI is always eager to host new activities. One of our new classes offered this summer was cake decorating! Turn to page 6 to see several new activities coming up! Thank you to instructor Stacy Parnell for facilitating the class. Stacy is the daughter of BCSSI Director of Volunteers, Barb Carrell.

Great day for the 10th Annual BCSSI Staff Cookout! We celebrated and remembered BCSSI driver Dave Richards with ribeye sandwiches! A special thank you to Karen Richards for helping us continue a tradition. Dave started 10 years ago. Thank you Jim Stevenson for his grilling skills.





**BCSSI welcomes new transit driver
Craig McDaniel!**

**Community
Social Dance**

ALL...Ages Welcome!



FOXTROT SWING LATIN AND MORE....

**Sunday, October 20, 2019
4:30-6:30pm**

Whitestown Municipal Complex
6210 Veterans Dr., Whitestown

Learn new steps & make new friends!

Instructor Tina Mangos

\$30 per couple due at registration
(Includes instruction & refreshments)

Register by contacting BCSSI
765-482-5220 or 317-873-8939

Deadline is October 11th

Must have 10 couples to hold the event.

**Zionsville Lunch and Laugh
“A Tribute to Elvis” by Roy &
Julia Reynolds**

Join us for lunch
with Elvis on
Wednesday
September 27
at 12:00PM at
the Zionsville
Town Hall. Call
BCSSI to
register.



**Supported by:
The Community Foundation of
Boone County &
Psi Iota Xi-Omega Chapter**

**Beginner Photography
Class**

**Oct. 3, 10, 17 from
5:30-7:00PM**



Discover the fundamentals of
photography in a three-evening
workshop! Learn about shutter
speed, aperture and ISO and how
they impact the final image. You
will get indoor and outdoor
(weather-permitting) shooting
time! Instructor: Photographer
Lexy Britt. Must commit to all three
sessions (\$30 total) and pay upon
sign-up. Deadline to register is
9/27. Minimum of 6 students.
Call BCSSI to register.

Thank you to the following organizations who have recently approved grant dollars to support the mission of BCSSI:

***Walmart
United Way of Central Indiana
Drug Free Boone County
Episcopal Fund for Human Need***

Joan Guthridge was named the 2019 Boone County Volunteer of the year by the Boone County Council on Aging. Joan was nominated by the First Baptist Church and the Gleaners Extension Homemakers. She has volunteered for both organizations for over 40 years. She delivers Meals on Wheels, is a reader for Headstart program and volunteers at Hickory Elementary and Witham Hospital. She is currently the president of the Boone County Extension Homemakers and an active member of Psi Iota Xi sorority for 30 years.



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!

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

An illustration of a movie theater bucket with popcorn, a film reel, and an "Admit One" sign. The entire graphic is framed by a decorative border with film strip motifs and camera icons at the corners.A graphic of a "CLOSED" sign with the text "Please call again" written on it. The sign is tilted and has a distressed, hand-drawn appearance.

The BCSSI offices will be closed on Monday, Sept. 2 and Friday, Oct. 11. This includes all transportation.

Sept./Oct. 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 **September 25 and October 23. Call BCSSI for an appointment.**

Legal Assistance

Free legal assistance will be offered **September 17 and October 15.** 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.**



- Sept. 4 Homewood: Support Group
- Sept. 18 Boone County Council on Aging
- Oct. 2 Witham Fall Fashion Show
- Oct. 16 Household BINGO w/ Boone Co. Solid Waste

Muffins and Masterpieces

On **October 3 from 1:30-2:30PM.** Paint your own masterpiece with Shirley Luttrell. Free to Boone County Seniors. **Limit of 15– Call BCSSI to register. (Large groups, please call Barb Carrell at BCSSI)** Sponsored by: Homewood Health Campus

Game Day

Every Wednesday from 1:30-3:30PM. 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.

Sept./Oct. Classes & Activities

Call 482-5220 for Registration and Information

All Classes & Activities held at BCSSI, Lebanon

Coffee Connection 2 Community

On **September 12** at **9:30AM**, please bring a toy for the Boone County Toy Drive, also hope to have a special surprise guest! Join us on **October 10** to visit with Police Captain Tyson Warmoth.

Medicare Annual Election

Assistance

On **October 21, 28 and November 11** there will be appointments available from 9:00AM-12:00PM. Bring your prescription and doctor information. **Call BCSSI to make an appointment.**

Evening Fall Floral Craft

On **October 9** with Lana from Mounts Flowers. The class meets at **5:30PM**. Cost is \$10. *Bring a small pie pumpkin that has been cleaned out.* **Call BCSSI to register.**

Boone County Council on Aging (BCCOA) Luncheon

Join BCCOA on **September 18** at **12:00**. The Alzheimer's Association will present: "Moving the Mission: Alzheimer's Resources and Information". Lunch will be provided by Zionsville Meadows. Please bring tissues and/or chapstick and antibacterial wipes to donate. **Call BCSSI to register.**

Cover to Cover Book Club

Book club will meet at 1:00PM **Tuesday, September 10** to discuss *Alex and Eliza* by Melissa De La Cruz and on **October 1** to discuss *Code Girls* by Liza Mundy.

Classy Crafters

Classy Crafters will meet at **1:30PM on September 18** to do a Canvas Craft with Yvonne Welty from the Lebanon Public Library. Cost is \$5. *Please bring a 4x6 photo.* On **October 16** the project will be Halloween Altered Art with Rene Stanley. Cost is \$10. **Limit of 15-Call BCSSI to register.**

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, September 12 and October 10 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.**

Sept./Oct. Activities Zionsville

Call 317-873-8939 for Registration and Information

Zionsville activities are held in various facilities

Caregiver Support Group New Sponsor: Anson Senior Living

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. Welcome to our new co-facilitator, Max Jones, Executive Director of Anson Senior Living! **Call BCSSI to register.**

NEW! Crafts at the Zionsville Town Hall Crafts will meet on **September 13 at 1:30PM** to create a Halloween Gourd Ornament with Denise Bechtold. The cost is \$5. **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.* Cost is \$5.00 per class. **Call BCSSI to register.**

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 **September 25 and October 23.** **Call BCSSI for an appointment.**

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.**



- Sept. 13 Witham: Dr. Lo: Diagnoses and Treatment of Skin Cancer
- Sept. 27 A Tribute to Elvis (Roy Reynolds)
See pg. 6 for details
- Oct. 11 NO Lunch and Learn
- Oct. 25 Witham: Dr. Janicki, Neurologist

Alzheimer's Workshop:

Understanding & Responding to Dementia Related Behaviors

September 25 from 1:00-3:00PM in Room 205 of the Zionsville Town Hall. Join us to learn to decode behavioral messages, identify common behavior triggers, and learn strategies to help intervene with some of the most common behavioral challenges of Alzheimer's disease.

Sip & Learn

You are invited to join us at **Zionsville Fire Station #91** at **10:30AM on September 6** for a presentation on Lifting & Moving. **There will be no October Coffee.** Sponsored by: Copper Trace Family-First Senior Living

Get Out and Go with BCSSI!

Trips depart from: BCSSI Lebanon

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



Shopping

Shopping in Avon: Tues. Sept. 17
Hobby Lobby, 9:00AM \$6.00
Michaels, etc.

Special Interest

Lunch at Gray Thurs. Sept. 26
Brother's Cafeteria 10:30AM \$10.00
Cost is for transportation only

Covered Bridge Tues. Oct. 15 &
Festival: Bridgeton Fri. Oct. 18
 8:00AM \$15.00

Lunch and Learn on the Road to The Museum of Science and Industry

Chicago, IL

Friday, November 22

\$48

- Featuring Christmas Around the World exhibition
- 400,000 sq. feet of hands-on experiences to discover and enjoy
- Lunch is on your own

Registration Begins Sept. 26

Sponsored By:

Homewood Health Campus



Lunch and Learn on the Road to Anderson's Winery and 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 NOW OPEN!

Sponsored By: Copper Trace

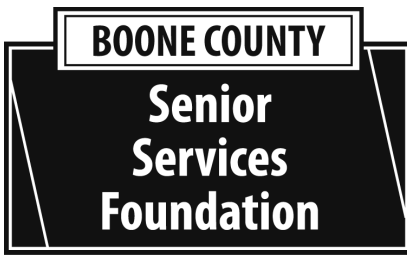
Boone Area Transit System (BATS) is looking for drivers!

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.





*Connecting Generations and Providing Support
Since 1997*

Leaving a gift in your will ~ culminating a lifetime of generosity...

If you don't have a will, what are you waiting for? There are a dozen good reasons to have a formal document that states what you want to happen with your assets, possessions and legacy when you are gone. And, there aren't any good reasons not to have one - "I haven't got around to it" is not a good reason!

You do have a will? Great! Hopefully you have reviewed its provisions in the last five years, or since a major life event occurred. That is always good advice.

Have you thought about providing for the future of your community through a charitable component of your will?

Perhaps the simplest way to give for the future, without making a financial commitment today, is to add BCSSI to your will. You can help continue the important community work done by BCSSI.

Benefits of a thoughtfully crafted will include:

You can leave a specific asset to BCSSI - through a statement in your will or a "payable on death" agreement. You can direct the balance in a bank, retirement, or investment account to BCSSI upon your demise. You can also leave the back forty, the house or the coin collection via a statement in your will.

You can leave a percentage of your net estate to BCSSI - you could direct 10% to charity, for example and divide it as you see best, half to your church and half to BCSSI, perhaps.

A will is easy and inexpensive to set up, and provides peace of mind that your wishes will be carried out after you are gone. It relieves the burden on an heir to guess your intentions.

A will can always be changed as your circumstances evolve.

If you would like to learn more about the power of a thoughtful will in your estate plan, please stop by or call BCSSI. We will be happy to talk through how you can make a difference in the future of seniors in Boone County during your lifetime and with a legacy of caring.

**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**



**Thank you for helping make the
16th Annual Boone County Polo
Charity a success!**

**The event profited nearly \$10,000 to
support the mission of BCSSI!**



**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

12TH Annual Boone County Senior Health & Wellness Expo



Saturday, October 5, 2019
9:00 AM-12:00 PM

Boone County 4-H Fairgrounds, Lebanon, IN

Admission is Free to all attendees!



Connecting Generations

Boone County seniors, family members & caregivers are encouraged to attend

50 Exhibitors displaying products & services

- Seasonal Flu and Pneumonia Shots (Insurance Accepted)
- Cholesterol Screenings (\$20 cash or check, no credit cards)
- Free Blood Sugar, Blood Pressure, and Pre Diabetes/Diabetes Screenings
- Door Prizes & Giveaways
- Medicine Cabinet Clean-Up
- Free On-site Jewelry Appraisals by Midwest Jewelers
- Entertainment & Demonstrations
- Free Luncheon
- Special Cash Drawings (Must be present at the end of Expo)
- Free Transportation - Call 482-5220

**For more information: www.booneseniors.org
 765-482-5220 or 317-873-8939**

ZIONSVILLE **Times Sentinel** Since 1860
WWW.TIMESSENTINEL.COM

 **Lebanon Reporter**



HAPPY BIRTHDAY!!!

BCSSI would like to wish Happy Birthday to client Ruby Dale who celebrated her 105th Birthday and volunteer Al Ping who celebrated his 100th Birthday.



**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.

5th Annual BCSSI OLYMPICS

August 26-29

Check back in the November/
December Senior Sounds for the
event results!



BCSSI offers a variety of **FREE personal equipment** such as walkers, canes, wheel chairs, shower benches, toilet seats & more.

Give us a call!

765-482-5220

317-873-8939

We welcome donations!

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



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



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.

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 Dick Wiegand

Bob & Anita Bowen

In Memory of Tristy Martin

Kay Martin

Karen Evans

Camille & Shawn Evans

In Memory of Paul Dillon

Patsy Staton

In Memory of Clifford Woody

Devon Woody & Family

In Memory of Stanley Prage

Devon Woody & Family

In Memory of Jane Cunningham

Steve & Diane Baumer

Bobbie Joe Ashley

Lebanon Christian Church

Ernest & Laura Tucker

Dennis & Kim Fowler

FOE Boone Aerie Ladies Aux Social Fund

In Memory of Anabelle Aldous

Salem United Methodist Church

Duane & Susan Heath

In Memory of Rev. Raymond King

Jim & Christina Bush

In Memory of Sharon Cunningham

Ron & Marilyn Neese

In Memory of Marvin Golladay

George & Nancy Morton

The Terrill Clan

David & Joyce Witt

Stephen & Sheila Lingle

Jim & Debra Hundley

Greg & Jane Kirkham

Lanny & Annette Knox & Family

Jerry & Eva Bohannon

AK & Pat Gyger

Terry Grieshaber

Sandra Hannis

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:

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

Easy Baked Beans

Submitted By: Corky Stevenson

4 slices bacon
1/2 c. chopped onion
2-16 oz. cans pork & beans
1/2 c. brown sugar

1/2 c. ketchup
1 tsp. Worcestershire sauce
1 tsp. prepared mustard

Preheat oven to 350. Combine all ingredients except bacon. Put into a baking dish and put bacon on top. Bake uncovered for 1 1/2– 1 3/4 hours, checking periodically. (If making a larger quantity, bake a little longer.) Add a little water if mixture becomes too dry. Let stand a few minutes before serving. Serves 4-6 (double or triple as needed)

Apple Pie Muffins

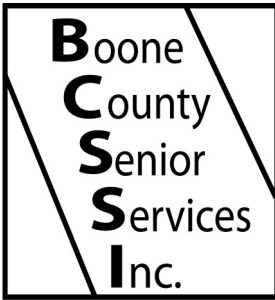
Recipe From: All Recipes

2 1/4 c. all-purpose flour
1 tsp. baking soda
1/2 tsp. salt
1 egg
1 c. buttermilk
1/2 c. butter, melted
1 tsp. vanilla extract

1 1/2 c. packed brown sugar
2 c. diced apples
1/2 c. packed brown sugar
1/3 c. all-purpose flour
1 tsp. ground cinnamon
2 Tbsp. butter, melted

Preheat oven to 375. Grease a 12 cup muffin tin or line with paper muffin cups. In a large bowl, stir together 2 1/4 c. flour, baking soda, and salt. In a separate bowl, mix together the egg, buttermilk, 1/2 c. melted butter, vanilla and 1 1/2 c. brown sugar until sugar has dissolved. Pour into the flour mixture and sprinkle the diced apple into the bowl. Stir just until everything is blended. Spoon into the prepared muffin tin, filling cups to the top. In a small bowl, stir together 1/2 c. brown sugar, 1/3 c. flour, and cinnamon. Drizzle in 2 Tbsp. of melted butter while tossing with a fork. Sprinkle over the tops of the muffins. Bake for 25 minutes, or until the tops of the muffins spring back when lightly pressed.





*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