BOONE COUNTY SENIOR SERVICES, INC. SENIOR SOUNDS Volume XL Number 6 Nov./Dec. 2019



Thank you for an outstanding year & Happy Holidays from BCSSI! (Picture from the BCSSI Staff Fun Fall Day.)

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...And More!

Boone County Senior Services, Inc.

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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



From the desk of our Executive Director Anita Bowen



I seriously thought about not writing a column this month. Time just got away from me and there's always plenty of great material to fill the Senior Sounds newsletter. But then, I thought about all of the individuals out there who have shared with me how much you enjoy

reading my thoughts in each issue, and I changed my mind. You all have been such an encouragement to me to continue doing something that I love, so...I got busy writing.

In talking to me about this little write-up that I do every other month, you also have shared about the activities, events and programs that you enjoy the most at BCSSI. With so much going on, all staff members can't experience each of them with you, yet we sure would love to capture the moments as we finish up 2019 in a flurry of fun! That way, we won't feel like we're completely missing out if we are not physically in the moment with you.

So, here's what we are going to do. You are invited to participate in the **BCSSI Happy Moments Selfie Project '19**! Now is the time to raise that cellphone camera during any and all of your favorite BCSSI happenings in November & December and text them to me at (765)426-9848. You might be having lunch with a group of hungry folks at Lunch and Learn, loading up a van or bus for a day trip adventure or joining with other students to work on a project in our computer room; hanging out with other artisans in Lebanon and/or Zionsville for the weekly art class, chatting about the current read during Book Club, working on something unique at Classy Crafters...or doing one or several other things during this holiday season with us! Truly, what we want is simply to see YOU with a smile on your face enjoying the **BCSSI Happy Moments** as we finish out another year together.

All photos received by Friday, December 20th at (765)426-9848 will be entered into a drawing for a festive gift card package!! You may enter more than once --- by sending photos from DIFFERENT activities and programs, but only the person sending the photo will be entered. Let me know if you have any questions. The drawing will take place on Monday, December 23rd and the winner will be notified.

Remember to include your full name when you send the photo to me, and do NOT send it if you don't want it used for this fun contest and in our marketing materials.

I hope to get lots of photos in the coming weeks!! I also want to wish you, your family and friends a very Merry Christmas Season.

Until Next Time, Anita



Thank you Witham Health Services for the fun fall fashion show during a recent Lunch & Learn. These beautiful ladies modeled clothing, handbags and accessories that are all sold in the Waterfall's Edge Gift Shop and the Pavilion Boutique located inside Witham Health Services.

Classy Crafters enjoyed learning how to make Spinner Gourd necklaces and ornaments thanks to Karen Niemeyer from the Sugar Creek Gourd Patch and IN Gourd Association. **Classy Crafters meets monthly at BCSSI.** Turn to page 9 for details on an upcoming class.





Muffins and Masterpieces participants created beautiful fall paintings thanks to the instruction of artist Shirley Luttrell (seated).

Thank you Homewood Health Campus for sponsoring this special activity.

Theater Thursday wrapped up the movie season with an average of 141 attendees per movie! Thank you to our 2019 attendees for making our Theater Thursdays a success! BCSSI looks forward to hosting this popular event again in 2020! Thank you to the ladies from Excel Home Health Care, Guardian Angel Hospice and Homewood Health Campus for your sponsorship.





Thank you Lana Hale (far left), co-owner of Mount's Flowers in Lebanon for the awesome Fall Pumpkin Centerpiece class! It was so much fun to see each individual's creation at the end of the evening.

Coffee Connection 2 Community enjoyed a special surprise visit from **John Cowan, Pharmacist** and co-owner of Parkside Pharmacy and Cowan's Cubbard in Lebanon. Thank you John for attending and answering questions from our attendees.





Lebanon resident and BCSSI volunteer Mildred Flanary led a sing along during Lunch & Learn this summer. Mildred is 99 years young and is the grandmother of BCSSI staff member and Director of Development Sonya Flanary Shoup. Thank you Mildred for sharing your time and talent with us.

Who wouldn't feel fabulous after an afternoon **'Tribute to Elvis'** with Roy & Julia Reynolds!?! **Thanks to the Community Foundation of Boone County and Psi lota Xi - Omega Chapter** for their support of our Lunch & Laugh series! Ideas for entertainment are always welcome!





Medal Results

Thank you to the 179 Individuals who participated this year!

EUCHRE

GOLD: Judy Price & Anna Batts SILVER: Ron Giles & Becky Ottinger BRONZE: Gene Henry & Vicky Deckard

TABLE TENNIS

Women: GOLD: Heidi Watson SILVER: Donna McDaniel BRONZE: Susan Hill Men: GOLD: Jay Hudson SILVER: Les Galbraith BRONZE: Dan Warkentien

BOWLING:

Women:

- 60-69: GOLD: Donna McDaniel SILVER: Dana Klaus BRONZE: Kim Bowen
- 70-79: GOLD: Gladys Dickey SILVER: Camilla Bowman BRONZE: Vicky Deckard
- 80-89: GOLD: Lois Freeman SILVER: Betty Brennan BRONZE: Susan Hill
- 90-99: GOLD: Norma Noland Men:
- 60-69: GOLD: Robert Klaus SILVER: Dan Warkentien BRONZE: Andrew Pruznak

- 70-79: GOLD: Glenn Andrew SILVER: Don Watson
- 80-89: GOLD: John Quinn SILVER: Bob Sanders and Bobby Anderson (tie) BRONZE: Sam Vickery

CORNHOLE

Women:

- Long: GOLD: Vicky Deckard SILVER: Gladys Dickey BRONZE: Camilla Bowman
- Short: GOLD: Susan Hill SILVER: Betty Brennan BRONZE: Wilma Miller

Men:

- Long: GOLD: John Goodwin SILVER: Dan Warkentien BRONZE: Russ Handlon
- Short: GOLD: Bob Sanders SILVER: Paul Dickerson BRONZE: Sam Vickery

BASKETBALL SHOOT

- Women:
 - 60-69: GOLD: Betty Ottinger
 - 70-79: GOLD: Camilla Bowman SILVER: Janie McCluskey
 - 80-89: GOLD: Susan Hill SILVER: Ellen Davis and Betty Brennan (tie)

Men:

- 60-69: GOLD: Dan Warkentien SILVER: Russell Handlon BRONZE: Clyde Alexander
- 70-79: GOLD: David Means SILVER: Doug Vawter and Roy Flanary (tie) BRONZE: Aaron Smith and Glenn Andrew (tie)
- 80-89: GOLD: Robert Sanders SILVER: John Quinn
- 90-99: GOLD: Paul Dickerson
- 6

PICKLEBALL

Women: GOLD: Donna McDaniel SILVER: Vicky Deckard BRONZE: Judy Warkentien Men: GOLD: Dan Warkentien SILVER: Russ Handlon BRONZE: John Goodwin

GOLF:

Women 18 Holes:

60-69: GOLD: Brenda Davis SILVER: Yvonne Frankewich and Pam Peercy (tie) BRONZE: Cathy McHargue

70-79: GOLD: Carolyn Koontz

Women 9 Holes:

- 60-69: GOLD: Debra Wells
- 80-89: GOLD: Doris Gebbia

Men 18 Holes:

- 60-69: GOLD: Butch McNew SILVER: Randy Sloan BRONZE: Jerry Cheung
- 70-79: GOLD: Buddy Hodgen SILVER: Glenn Andrew BRONZE: Doug Vawter
- 80-89: GOLD: Robert Sanders
- Men 9 Holes:
 - 70-79: GOLD: Hurchel Biddle SILVER: Ron Rolston BRONZE: Jack Kelley
 - 80-89: GOLD: Tom Mendenhall SILVER: Johnny Saulmon BRONZE: John Quinn

BOCCE BALL

GOLD: John Goodwin and Donna McDaniel SILVER: Jack Allen and Camilla Bowman BRONZE: Gene Henry and Ann Newsom



To view, download & print your favorite photos from the Olympics go to: https://5thannualbcssiolympics.com.shutterfly.com

Thank you to our BCSSI Olympic sponsors:

Witham Health Services, Homewood Health Campus, Boone County Senior Services Foundation, Inc., Zionsville Meadows, Hoosier Village, Changes Home Care, Minute Print It, Grand Brook Memory Care, Riner Enterprises, Home National Bank, The Farmers Bank, North Salem State Bank, Signature Healthcare at Parkwood, CrownPointe of Lebanon, The Waters of Lebanon, Boone County Sheriff's Office, Radio Mom 91.1, Excel Home Healthcare, The Hearth at Tudor Gardens, United Healthcare, Parr Richey Frandsen Patterson Kruse LLP,

The Lebanon Reporter & Zionsville Times Sentinel

November/December Classes & Activities

Call 482-5220 for Registration and Information

All Classes & Activities held at BCSSI, Lebanon

Tech Time Tuesday Moves to the Afternoon

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

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 Friday, November 15 and Monday, December 16. Call BCSSI for an appointment.

Legal Assistance

Free legal assistance will be offered **November 19 and December 17.** 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.

- Nov. 6 Phone Scams w/Boone County Sheriff's Office
- Nov. 20 Winter Safety w/ The Waters of Lebanon
- Dec. 4 Multiple Sclerosis w/ Dr. Janicki
- Dec. 18 Holiday Party

BCCOA Luncheon

Wednesday, December 11 at

12:00PM. Barbara Darnell will provide musical entertainment. Mayor Matthew Gentry will present a program on new developments in Lebanon. Please bring a box of tissues, antibacterial wipes and/or chapsticks to donate. Lunch will be provided by Homewood. Call BCSSI to register.



November/December Classes & Activities

Call 482-5220 for Registration and Information

All Classes & Activities held at BCSSI, Lebanon

Classy Crafters

Classy Crafters will meet at **1:30PM** on November 20 to make a glass soldered charm with Rene Stanley. Cost is \$10 for the charm only; there will be decorations available for an additional charge. Thursday, December 19 at 12:30PM will be a Potluck Lunch and White Elephant Gift Exchange. Call BCSSI to register.

Medicare Annual Election Assistance

On **November 11** there will be appointments available from 9:00AM-3:00PM. Bring your prescription and doctor information. **Call BCSSI to make an appointment.**

<u>Game Day ~</u>

New participants Needed! 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.

<u>Cover to Cover Book Club</u> <u>Date Change</u>

Book club will meet at 1:00PM Monday November 11 and Tuesday December 3. Copies of the monthly book selections are available at the Lebanon Office.

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, November 14 and December 12 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.

Coffee Connection 2 Community

On November 14 and December 12 at 9:30AM. Join us to visit with Police Captain Tyson Warmoth. Please bring a toy for the Boone County Toy Drive if you would like.

THANK YOU

Thank you to these Attorney's who volunteered for our Ask the Attorney Program in 2019:

Roger Burrus Kent Frandsen Alexander Kruse Paul Kruse Ethan Myers Chuck Ritz David Truitt

November/December 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. Max Jones, Executive Director of Anson Senior Living, with Jessica Evans, BCSSI Director of Outreach will facilitate the group.

December's group will be a **Christmas Party for Caregivers** and their Loved Ones. **Dec 11 6:00-8:00PM at Anson Senior Living**, 6800 Central Blvd. Zionsville. Join us for some Holiday Cheer! We encourage you to bring along your loved one or a friend. **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 Friday November 15 and Monday December 16. Call BCSSI for an appointment.

Sip & Learn

You are invited to join us at *Zionsville Fire Station #91* at 10:30AM on **November 1 for Healthy Eyes and December 6 for Winter Safety** Sponsored by: Copper Trace Family-First Senior Living.

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.



Nov. 8 Stay Fit with Excel

- Nov. 22 Chair Exercise and The Do's and Don'ts of Holiday Cooking with Rose Senior Living
- Dec. 13 Holiday Party
- Dec. 27 No Lunch and Learn

<u>NEW! Crafts at the Zionsville Town</u> <u>Hall</u>

Crafts will meet on **November 8 at 1:30PM** to make a Mr. or Mrs. Claus Ornament. Cost is \$5. **On December 13** the group will make a Canvas Craft with Yvonne Welty. Cost is \$5. *Please bring a 4x6 photo.* **Call BCSSI to register.**

Art Class Change of Venue (November only)

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. *The November 5 class will meet at the Zionsville Boys and Girls Club, 1575 Mulberry St.* Call BCSSI to register.

Get Out and Go with BCSSI!

Trips depart from: BCSSI Lebanon

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



Shopping	Special Interest
Tippecanoe MallThurs. Nov. 21 9:00AM \$6.00	Christmas Gift and Hobby ShowThurs. Nov. 79:30AMAdmission \$9 age 65+\$6.00
Greenwood Park Mall Tues. Dec. 10 9:00AM \$10.00	Festival of Trees @Thurs. Dec. 5The Indiana Historical9:30AMSociety Admission\$6.00\$12 are 60+
Thank you to our 2019 Lunch & Learn Sponsors Homewood Health Campus	\$12 age 60+Christmas Lights at FrankfortMon. Dec. 9 6:00PM \$6.00
The Waters of Lebanon Aperion Care Signature Healthcare @ Parkwood The Stratford The Hearth at Tudor Gardens Anson Senior Living Zionsville Meadows Green House Cottages Rose Senior Living Excel Home Care Witham Health Services Rick's Cooking School Boone County Solid Waste Mgt. Boone County Sherriff's Office	Thank You to our 2019 Lunch & Learn on the Road Sponsors:Homewood Health Campus Signature at Parkwood Anson Senior Living Copper TraceThank You to our 2019 Theater Thursday Sponsors:Excel Home Healthcare Guardian Angel Hospice Homewood Health Campus



Our BCSSI group travelers living their best life in Nova Scotia...

A great place to visit, with breathtaking scenery, friendly people and lots to see & do. Photo Credit: Dan Warkentien & Margie Niles. Thank you to our 2019 travel group leaders Dan Warkentien and Cathy Adams.

The first trip in 2020 is June 6-12 to New York and September 27 - October 3 to Vermont. Registration for the New York trip will begin January 9 at 9:00am. More details to come in our next Senior Sounds!

Our fall Lunch and Learn on the Road to Anderson's Winery and Vineyard was so much fun thanks to Copper Trace who came along to sponsor and make memories with us! Thanks to the team at Anderson's for a wonderful meal, entertainment & educational experience, and the fresh apple cinnamon donuts with cider! Cheers to everyone who made this trip special!





The Theme for National Family Caregivers Month November 2019 is **#BeCareCurious**

Family caregivers want their loved ones to have the best care possible at the doctor's office, at the hospital and at home. We encourage family caregivers across the country to ask questions, explore options and share in the care decisions that affect the health and well-being of their loved ones.



#BeCareCurious About

Your Loved One's Goals: You know your loved one better and spend more time with them, than anyone else. Talk to them about what their goals are for treatment and their care in general. It can be hard to talk about goals when facing a disease. But these talks help make sure your loved ones are getting the care they want.

Treatment Options: Is your loved one responding well to treatment? If not, ask your doctor if there are other options. New treatments are available every day. Whether it's a different dose, a new medication, or a new procedure, speak up and ask your doctor if there are options you and your loved one should consider.

Research: The internet is a great research tool, but it can also be full of conflicting and even dangerous advice, so don't stop there! Be curious about that article you just read. Is it from a reliable source? Talk to friends, family and doctors to ask as many questions as possible to learn about your loved one's condition.

The Care Plan: If your loved one is in the hospital, be sure to ask what happens next. Will they need home care after being discharged? Are there new medications or procedures you will need to manage at home? Will you be trained on what to do and how to do it? A lot of care happens at home and you need to be prepared to provide that care.

Coverage: Don't be shy about asking questions about insurance coverage. Is your parents' Medicare plan the best option or should you change plans during open enrollment? Was a medication switched for a medical reason, or because your insurance no longer covered it? If coverage was denied, what can you do to change their minds?



CaregiverAction.org



The Boone County Health Department is offering Flu Vaccines

Flu and Pneumonia Vaccines Clinic on November 13, 3:00-6:00PM Walk-ins Monday-Friday, 8:00AM-4:00PM. Insurance Accepted with several in-network providers (call for listing). Insurance card must be presented. Cash, Check or Credit Card Accepted Boone Co. Office Bldg. 116 W. Washington St., Lebanon 765-482-3942 option 3 Home visits are available for homebound residents.

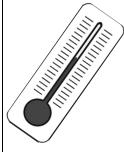


Meals on Wheels

Lebanon 765-482-1433 765-482-2846 765-482-4563

Zionsville 317-258-9853

Central Indiana 317-252-5558



Do you need Energy Assistance this Winter?

Contact: Area IV Agency on Aging and Community Action Programs, Inc. at 1-800-382-7556

Or, Dial 2-1-1 for Information and Assistance Need HELP with your Medicare plan comparisons for open enrollment?

Contact 317-803-6131 or go to www.cicoa.org/adrc/ship



LOCAL HELP FOR PEOPLE WITH MEDICARE



Do you or someone you know need a little extra help? Try BCSSI Personal Services Homemaker, Personal Care, RespiteImage: Commaker, Personal Care, Personal Car	<text><text></text></text>
**************************************	BCSSI offices will be closed: November 28 & 29 December 24 & 25 December 31 & January 1 This includes all personal services and transportation services. We apologize for any inconvenience. Thank you for your support.

Thank you for making the 2019 Boone County Senior Health & Wellness Expo a Success!



Thank you to our Senior Expo sponsors:

Witham Health Services, The Lebanon Reporter, Zionsville Times Sentinel, Boone County Senior Services Foundation, Inc., Carpenter Realtors of Lebanon, Boone County Health Department, Home National Bank, The Farmers Bank, Homewood Health Campus, The Waters of Lebanon and Signature Healthcare at Parkwood

Black Friday. Cyber Monday.

#GI**≫ING**TUESDAY

December 3, 2019

On Tuesday December 3 charities, families, businesses, community centers, and students around the world will come together for one common purpose: *To celebrate generosity and to give*. **#GivingTuesday** is a global day

dedicated to giving back. Gifts of every size make a difference! If you are interested in **GIVING** back to BCSSI or the Boone County Senior Services Foundation you can donate online at <u>www.booneseniors.org</u> or, please mail your donation to BCSSI 515 CrownPointe Drive, Lebanon, IN 46052.

Agency Memorial & Honorarium Gifts

In Memory of Dick Bast In Memory of Marvin Galloday Ken & Margaret Keene Janice, Mike, Jill, James & Karen In Memory of Tristy Martin Robertson Chuck & Cindy Hickson In Memory of Yolanda Hawkins In Memory of Lindsay Moffitt Landon Rod & Jean Rose In Memory of Ray (Andy) Andrejasich Chuck & Cindy Hickson In Memory of Wesley Christian Carol Andrejasich Chuck & Cindy Hickson In Memory of Doyle Allen In Honor Ed Schilling Chuck & Cindy Hickson Chuck & Cindy Hickson In Memory of Bobbie Jo Ashley In Honor of Yvonne Frankewich Chuck & Cindy Hickson Sharon Wood In Memory of Kevin Ryan Chuck & Cindy Hickson In Memory of Ernie Pyle Chapter of the In Memory of Michael Bogan WWII Roundtable Members: Chuck & Cindy Hickson Jim Limp, WWII Veteran In Memory of Peggy Collett Marvin Bishop, Battle of the Bulge/early Chuck & Cindy Hickson arrival liberation of Aachen, Germany In Memory of Betty Allen Floyd Newkirk, Mediterranean/European **Richard Stroup** theaters In Memory of Annabell Aldous Phil Thrine, USN • Mary Ann Wright, Bill Aldous, Jim Note Truelock, USN Caribbean Aldous, Jean Harron, Lyn Aldous and Odette Chase, Child in France under Art's Kids occupation In Memory of Claude R. Sparks Irwin Martin, Combat Infantry Korea Katheryn, Dean, Phil & Alecia Sparks Terry Bayles, Combat Infantry, Tet In Memory of Robert Delong Offensive. Vietnam David & Patty Summers Tim & Teresa Eversole In Memory of Betty Linn Ken & Margaret Keene **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:

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 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.



BCSSI Personal Services Division has openings!



Interested individuals with experience in homemaking/personal care, should **contact Cindy Hickson**, Director of Personal Services, for more information or drop off a resume/complete an application at BCSSI. Openings include homemaking and personal care attendants. BCSSI is certified as a Personal Services Agency by the Indiana State Department of Health and is an Equal Opportunity Employer. Background check required. **Contact 765-482-5220 or 317-873-8939 or chickson@booneseniors.org.**

Double Layer Pumpkin Cheesecake Recipe from Allrecipes.com

2-8oz packages cream cheese, softened1/2 c. white sugar1/2 tsp. vanilla2 eggs1-9 inch graham cracker crust

1/2 c. pumpkin puree1/2 tsp. ground cinnamon1 pinch ground cloves1 pinch ground nutmeg1/2 c. frozen whipped topping, thawed

Preheat oven to 325. In a large bowl, combine cream cheese, sugar and vanilla. Beat until smooth. Blend in eggs one at a time. Remove 1 cup of batter and spread into bottom of the crust. Add pumpkin, and spices to remaining batter and stir gently until well blended. Carefully spread over the batter in the crust. Bake for 35-40 mins. or until center is almost set. Allow to cool, then refrigerate for 3 hours or overnight. Cover with whipped topping before serving.

Oven Roasted Broccoli Recipe from Cookingchanneltv.com

1lb. broccoli, rinsed and trimmed 2 Tbsp. olive oil 2 cloves garlic, minced 1/2 tsp. salt 1/4 tsp. pepper1/3 c. panko bread crumbs1/4 c. grated Parmesan or sharp cheddar

Preheat oven to 425. Cut broccoli florets into bite size pieces. Cut the stalk into 1/8 inch thick rounds. Place in a large bowl. Add olive oil, garlic, salt and pepper and toss together. Spread bread crumbs in the bottom of a 13x9 pan and place in the oven for two minutes or until toasted. Toss with the broccoli. Place mixture in the cake pan and roast in the oven for 8-10 minutes, just until broccoli is tender. Remove from oven, mix in cheese and serve immediately.





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.





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

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