

BOONE COUNTY SENIOR SERVICES, INC.

SENIOR SOUNDS

Volume XLI Number 6

Nov./Dec. 2020



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BCSSI Fashion Show & Halloween Costume Contest was a success!

Thank you to Maurices in Lebanon for providing the outfits and hospitality! Thank you to our models Mary Allen, Donna Newman and Judy Hemmerling! Congratulations to our costume winners Margaret Donollo, Nancy Vanaman and Brenda Rutherford!

...And More!

Boone County Senior Services, Inc.

2020 Board of Directors

Don Barnett
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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



From the desk of our Executive Director Anita Bowen



There are lots and lots of things that I don't want to carry forward from this year. Yet, I keep reminding myself that there are some things that I should be willing to keep as part of my lifestyle in the years that come next. One thing is the additional rest that I have tried to

get because we have spent more time at home. I am a person who should have close to 8 hours of sleep nightly to avoid the "grouchies". I don't always sleep that well, but I sure give it my best shot, and some nights I end up getting what I need! I also want to keep doing some of the things that you all shared on your write-ups submitted from the September-October issue of *Senior Sounds*. We are excited to have received several and they are now hanging on the display board in our Lebanon Lobby.

Those of you who shared in writing (and I bet those of you who took time to think about it without getting it down on paper) really have THRIVED during the past several months, and we have enjoyed reading "how" you did it. Here are some wonderful highlights:

- Completing home projects
- Spending more time with your pets
- Reading
- Trying out new recipes
- Calling friends and family; using your phone to encourage others
- Doing crafts
- Learning how to "Zoom" and becoming more computer literate
- Taking safe day trips/drives around Indiana

- Getting to know your family members better that you don't see often
- Sending cards, letters & "Happy Mails"
- Coloring
- Sewing masks (and wearing them!)
- Cleaning...although some just **thought** about this one!
- Praying for patience

There are so many beautiful quotes included in these writings that really should be things that we are willing to keep going forward (just like my getting to bed earlier!). I picked out just a few to share...

- I thrived by STAYING BUSY.
- EVERY DAY IS A GOOD DAY to be alive, no matter how boring it sometimes seems.
- KEEP GOING is my mantra.
- There is thinking that we have done the new normal, and now it is time to do the new EXTRAORDINARY!

Please come visit us often in November and December, as we are sure trying to send 2020 off with a **positive** vibe! Besides getting yourself signed up for some of our year-end activities that are featured in this issue, please come over to check out these awesome write-ups any time. We love visitors as the office can sometimes get lonely. If nothing else, DO NOT MISS our *Holiday Silent Auction* that benefits BCSSI coming November 13-19 in the Lebanon Community Room. With all three of our other fundraisers cancelled this year, we are hopeful to bring in some funds to recoup what we lost. Come by early to bid, come back later to check them, and tell all your friends! It will be fun to see you during the Christmas Season.

Until Next Time, *Anita*



Cover to Cover Book Club recently resumed meeting and our staff was so happy to see them in the building wearing their favorite hats in celebration of BCSSI's homecoming. **Thank you to Kay Martin for always doing such a fantastic job leading the group!** Book club meets the first Tuesday of each month at 1:00PM.

Bless our Classy Crafters who met in our community room to create "Bless You" jars for their tissues. Thank you to Barb Carrell and Anita Bowen for leading the group. Classy Crafters meet the third Wednesday of each month at 1:30PM.



Executive Director Anita Bowen recently went to Zionsville to meet a group of ladies who call themselves the "Anytime Angels". They are wonderful fans of the BCSSI activities and we have missed them while many of our programs have been cancelled or postponed due to Covid-19.

Muffins and Masterpieces painted beautiful pumpkin art thanks to the help of art instructor Shirley Luttrell. Thank you to Homewood Health Campus for sponsoring this special activity.



Thank you to everyone who participated in our first BCSSI Coloring Hour!!! The group had a relaxing afternoon coloring beautiful pictures and visiting with one another. Coloring Hour is held the second Tuesday of each month at 1:00PM.



A new activity recently featured at BCSSI is line dancing instructed by Cari Ann Walker. We had a fantastic turnout for our first dance session! Come join us and get your groove on!!!

Zionsville Lunch and Learn was held at Mulberry Park and featured a special visit from Steve Gilliam, Zionsville Fire Department. The group thanked Steve for everything he has done for BCSSI through the Coffee Connection Sip & Learn program. Thank you Steve!



Author and BCSSI Director of Finance Terry Barnett was a special guest during Cover to Cover Book Club which featured a discussion about his recent book Lasting Revenge. Terry enjoys the opportunity to discuss his books with his readers and values their ideas for story lines in his future books! Thank you Terry!



Thankful for a great day in Advance! Anita Bowen and Sonya Shoup spent some time learning about the community's needs and shared info about BCSSI, with Brad Thomas, Advance Town Marshall/ owner of Jawbone BBQ and Jim Caldwell, Volunteer Fire Chief.

Congratulations to Kelly Avenatti, our newly hired Asst. Director of Personal Services for completing her certification to become a Personal Care Attendant.



BCSSI welcomes newly hired BATS driver Jeannette Winkler to the team!

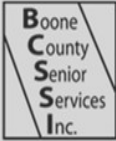
Thank you to Mary Allen for facilitating string art with our Classy Crafters. Each participant made several cute notecards they can take home and share with others.



Thank you to the CICF, Central Indiana Senior Fund, for another \$20,000 grant to help BCSSI serve our community and older adults during this challenging time.

Thank you to the United Way of Central Indiana for awarding BCSSI with a Covid Facilities Grant which will allow our agency to purchase items to keep our facility and public transit vehicles safe for our staff, clients and community.





Connecting Generations since 1978



Holiday SILENT AUCTION

Something for everyone on your Christmas list...!!!

Proceeds benefit BCSSI

More info at www.booneseniors.org

Bids made in person

(Masks & Social Distancing Required)

BCSSI Community Room

515 Crownpointe Dr
Lebanon, IN 46052

Nov 13, 8:30am-4:00pm

(Sat) Nov 14, 9:00am-11:00am (Holiday Treats)

Nov 16-18, 8:30am-4:00pm

Nov 19, 8:30am-6:30pm (Bidding Closes)

Event Subject to Change



Thank you to our 2020 Olympics sponsors:

- Witham Health Services
- Homewood Health Campus
- Boone County Senior Services Foundation, Inc.,
- Zionsville Meadows
- Hoosier Village
- Minute Print It
- 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
- United Healthcare
- Parr Richey Frandsen Patterson Kruse LLP
- Rose Senior Living
- Guardian Angel Hospice
- The Lebanon Reporter

**Save the date for next year's Olympics:
August 23-26, 2021**

Thank you to our 2020 Senior Expo sponsors:

- Witham Health Services
- The Lebanon Reporter
- Boone County Senior Services Foundation, Inc.
- Carpenter Realtors of Lebanon
- Boone County Health Department
- Home National Bank
- The Farmers Bank
- Homewood Health Campus

We look forward to hosting the 2021 Senior Expo on October 2!

Thank you to our 2020 Boone County Polo Charity Sponsors:

- Home National Bank
- North Salem State Bank
- State Bank of Lizton
- The Farmers Bank
- Grand Brook Memory Care
- Hoosier Village

Save the date for next year's Polo Charity: June 25, 2021

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

An RSVP is required for all activities as space will be limited to facilitate social distancing. All events are subject to postponement or cancellation.

Tech Time Tuesday Time Change

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.**

Coffee Connection 2 Community

Coffee Connection meets on the **second Thursday of each month at 9:30AM.** Join us on **November 12** for "Show and Tell": bring your favorite collectibles. On **December 10** come for conversation with Lebanon Police Captain Tyson Warmoth and a special guest from IUPUI who would like to talk with older adults about aging and their concerns. ***We will be collecting toys for the Boone County Toy Drive in November and December.*** Call BCSSI to register.

"NEW" Coloring Hour

Bring your own pencils/markers and join us on **November 10 and December 8 from 1:00-2:00PM. Call BCSSI to register.**

Lunch & Learn

Join us for a **FREE** program on current topics that affect seniors and their caregivers. The luncheon is the **first & third Wednesday of the month at noon** and is limited to 24 people. **For reservations call BCSSI.**



- Nov. 4 Boone County Historical Society with Eric Spall
- Nov. 18 Boone County Sheriff's Office
- Dec. 2 Holiday Party: Lunch and Laugh with Dave Laskey with support from the Community Foundation & Psi Otes Omega Chapter
- Dec. 16 Cancelled

****All Lunch & Learns are bring your own lunch until further notice. Bottled water will be provided.****

Classy Crafters

Classy Crafters meets **each month on the third Wednesday at 1:30PM.** On **December 16** create a fabric necklace with Grace Rowe. Cost is \$5. **Call BCSSI to register.**

*****Classy Crafters Meet in the Evening***** **November 2 from 4:00-5:30** make a Sugar Rub with Stacy Parnell. Cost is \$5. **Call BCSSI to register.**

Nov./Dec. Classes & Activities
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All Classes & Activities held at BCSSI, Lebanon

An RSVP is required for all activities as space will be limited to facilitate social distancing. All events are subject to postponement or cancellation.

Medicare Assistance

Appointments will be available November 3 from 9:00AM-3:00PM, and November 9 from 9:00AM-3:00PM. Please bring a list of your current prescriptions and health care providers. **Call BCSSI to schedule an appointment.**

Muffins and Masterpieces

Paint this adorable snowman and enjoy a delicious treat on December 3 from 1:30-3:30



with instructor Shirley Luttrell. Groups, please contact Barb Carrell. **Call BCSSI to register.** Sponsored by: CrownPointe Assisted Living.

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. **Call BCSSI to register.**

Cover to Cover Book Club

Book Club meets the first Tuesday of each month at 1:00PM. Tuesday November 3 the club will meet to discuss, *The Clockmaker's Daughter*, by Kate Morton. Book Club will also meet on December 1. **Call BCSSI to register.**

Line Dancing

November 11, 10:30-11:30AM with Cari Ann Walker. **Call BCSSI to register.**

Legal Assistance

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

Thank you to these Attorneys who volunteered for our Ask the Attorney Program in 2020:

Roger Burrus
Ethan Myers

THANK YOU

Nov./Dec. Activities Zionsville
Call 317-873-8939 for Registration and Information
Zionsville activities are held in various facilities

Please check our Facebook page or call our office for program availability...thank you for your understanding!

BCSSI Zionsville Office Update
Our Zionsville office is now open by appointment only. Please call 765-482-5220 or 317-873-8939 to schedule.

Caregiver Support Group

There will be no Caregiver Support Group in November or December.

Zionsville Crafts

Join us monthly on the second Friday at 1:30PM when programs in Zionsville resume. Call BCSSI to register.

SHIP Counseling & CICOA Benefits Canceled - Resuming Soon in Lebanon & Zionsville!

CICOA will be available by appointment to provide seniors with unbiased information about Medicare, Nursing Facilities, Emergency Response Systems, Benefits, Nutrition, and more.

Lunch and Learn *New Location*

2nd Friday of the month at noon.

Lunch is free to the first 30 registrants at the **Zionsville American Legion**. Call BCSSI to register.

Nov. 13 Energy Efficiency Trivia with REMC

Dec. 11 Holiday Party: Lunch and Laugh with Jennifer Johnson with support from the Community Foundation of Boone County & Psi Otes Omega Chapter

Coffee Connection/Sip & Learn

You are invited to join us at **Zionsville Fire Station #91** monthly on the first Friday at 10:30AM for coffee and information. 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 205 of the Zionsville Town Hall.* Cost is \$5.00 per class and will resume soon. **Call BCSSI register once this program resumes.**

Holiday Grief Seminar

Wednesday, November 18 from 6:00-8:00PM at BCSSI in Lebanon. The holiday season can be difficult, especially when you have experienced the death of a loved one and during this time of isolation as a result of Covid-19. This holiday grief seminar will give those who attend practical suggestions, advice and support on how to navigate through this extremely difficult time of the year. This is also an opportunity to make connections and share experiences with others who have experienced the loss of a loved one. All are invited to attend. Facilitated by Rachel Dadian, Music Therapist/Bereavement Coordinator Brookdale Hospice. **RSVP to BCSSI.**

Holiday Grief Activity

Wednesday, December 2 from 6:00-8:00PM at BCSSI in Lebanon. As the holiday season approaches, it can be difficult to adapt to new traditions. This can be especially challenging for those who have experienced a loss and life change. This holiday grief support activity provides an opportunity to create new memories by decorating an ornament in honor of your loved one and then share with others who are familiar with loss during the holidays. All are invited to attend. Facilitated by Rachel Dadian, Music Therapist/Bereavement Coordinator Brookdale Hospice. **RSVP to BCSSI.**



Thank You to our 2020 Lunch & Learn on the Road Sponsors:

Copper Trace
Signature Healthcare at
Parkwood
Homewood Health
Campus
Rose Senior Living

We hope to offer the trips scheduled for this year in 2021-more details to follow in the New Year!

Thank You to Our 2020 Theater Thursday Sponsors:

Excel Home Health Care
Guardian Angel Hospice
Homewood Health Campus

Thank you to our 2020 Lunch & Learn Sponsors:

The Waters of Lebanon
Signature Healthcare at Parkwood
The Hearth at Tudor Gardens
Homewood Health Campus
Greenhouse Cottages.
Rose Senior Living
The Stratford
Excel Home Health Care
Premier Hospice
Witham Hospital
Boone REMC
Boone Co. Historical Society
Boone Co. Sherriff's Office

thanks

November is National Family Caregivers Month #CaregivingInCrisis

National Family Caregivers (NFC) Month is celebrated each November and is a time to recognize and honor family caregivers across the country.

Celebrating Family Caregivers during NFC month enables all of us to:

- Raise awareness of family caregiver issues
- Celebrate the efforts of family caregivers
- Educate family caregivers about self-identification
- Increase support for family caregivers



Caregiver Action Network is the organization that chooses the theme for NFC Month annually and spearheads celebration of NFC Month nationally.

This year's theme is CaregivingInCrisis. During NFC, we address the new realities family caregivers face with their loved ones during these uncertain times. Family caregivers manage health emergencies, juggle priorities, and suffer isolation - and all that was before COVID. The pandemic brings even more challenges as family caregivers handle Caregiving in Crisis.

For more information to go:
caregiveraction.org/national-family-caregivers-month

Tips for Family Caregivers During the COVID-19 Pandemic From Caregiver Action Network

Caregivers are great at planning ahead and managing unexpected health crises, but with COVID-19 you may not have time to plan, or sort through the rapidly changing and sometimes conflicting available information. These tips can help keep you and your loved ones as safe as possible.

Follow the guidance of the CDC.

The CDC has put together a number of resources to answer specific questions and address concerns you may have. They have also formulated this guidance for caring for someone sick at home. The CDC's current recommendations to help ensure everyone's health and safety, include: Avoid large crowds. Currently, the CDC is recommending no public gatherings exceeding 10 participants. Avoid non-essential travel.

Find support

Do you participate in a support group? Many places, such as churches and community centers, have suspended meetings and events with outside groups. Before you go, call ahead to see if the group is still meeting as scheduled.

Refill Prescriptions

Make sure you have enough of your loved one's medical supplies and medications for an extended period.

Check to see if your loved one's medications are part of a patient assistance program

During this time, many pharmaceutical companies are expanding their patient support programs to help eligible unemployed patients in the U.S. who have lost their health insurance due to the COVID-19 pandemic. These expanded programs offer access to many prescription medications for free.

Monitor the health of your loved one, and keep in touch with their medical team

Many health care plans and practices have their own guidelines for how and when they should be contacted about possible COVID-19 exposure or symptoms. Call your loved one's primary care doctor and ask how they want you to proceed.

Only go to the Emergency Room for emergencies

If you suspect that you or your loved one are experiencing COVID-19 symptoms, call your doctor.

Know your own risk factors

Do you have a chronic condition? Are you immunosuppressed? Many caregivers themselves have health issues, so don't put yourself in unnecessary danger.

Be aware of any changes to visitation policies

Many hospitals and emergency rooms no longer allow visitors, including family caregivers, in treatment areas or patient rooms. In a situation where you are not allowed to be with your loved one in the hospital or emergency room, discuss a

strategy with staff that will allow you to get updates on your loved one. Many skilled nursing and assisted living facilities have made changes to their visitation policies. Check to see if outside visitors are allowed before making a trip.

Call ahead before going to some medical appointments

To minimize the risk of exposure, many healthcare facilities are handling some appointments with telemedicine. Medicare and other insurance providers have expanded coverage to now include telemedicine. Call your loved one's healthcare provider in advance of the appointment to see if the appointment can be held via telemedicine.

Prepare for a possible quarantine

If your loved one has been exposed to COVID-19 or has developed symptoms and/or tested positive for the virus, you will need to manage a 14-day quarantine. Can your loved one stay in a specific room and away from other people in your home? They should also use a separate bathroom, if available. Avoid sharing personal items such as: dishes, towels, and bedding. Clean all surfaces that are touched often. These include: counters, tabletops, and doorknobs. Use household cleaning sprays or wipes according to the label instructions.

Self-care is Important

With the stress and anxiety around COVID-19, ensure that you're taking care of yourself.



Pedaling for Parkinson's

Witham Health Services is proud to announce a new program that you can't find anywhere else in Central Indiana. Pedaling for Parkinson's is a stationary cycling program based on the research performed by Dr. Jay Albert at the Cleveland Clinic. The Pedaling for Parkinson's program is

active lifestyle after a Parkinson's diagnosis.

"We are so grateful to the Community Foundation of Boone County for funding this incredible new program. We have seen the impact our Rock Steady Boxing program has had on our Parkinson's patients and we cannot wait to serve them in a new and exciting way!" said Trina Rose, Wellness Coordinator at Witham Health Services. Classes will be held Tuesday's and Thursdays from 9:00 a.m. – 10:00 a.m. in the South Pavilion Wellness Center. The first class kicks off on Tuesday, October 6th at 9:00 a.m. For more information or to register for the class please call 765-485-8126.



a form of "Forced Exercise" on an indoor bicycle. Participants have shown improvement in their Parkinson's related symptoms by as much as 35%. The mission of this program is to help improve the quality of life of people living with Parkinson's disease. In addition, Pedaling for Parkinson's provides information for patients and caregivers, and the general public about the benefits of maintaining an



GIVING TUESDAY

December 1, 2020

GivingTuesday was created as a day that encourages people to do good. It inspires people to give, collaborate, and celebrate generosity. Whether it's making someone smile, helping a neighbor or stranger, showing up for an issue or people we care about, or

giving some of what we have to those who need our help, every act of generosity counts and everyone has something to give. **Consider making a donation to the Boone County Senior Services Foundation, Inc. or BCSSI. You can donate online at www.booneseniors.org or mail your donation to 515 CrownPointe Dr., Lebanon 46052. Thank you for your generosity!**



The Boone County Health Department Flu Vaccines

FREE Flu Vaccines

Ages 6 months and older
Boone Co. Office Bldg.

116 W. Washington St., Lebanon
765-482-3942 option 3

**Home visits are available
by appointment 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

Your mental health is important during these challenging times.

These organizations are local
and offer a wide variety of
mental health programs.

Aspire Indiana

602 Ransdell Rd., Lebanon
1st time client: 877-574-1254
24 Hr. Crisis Line: 800-560-4038

Cummins Behavioral Health Services

940 Lasley Dr., Lebanon
765-482-7421
After Hrs: 888-244-6083

Integrative Wellness

610 N. Lebanon St., Lebanon
1913 N. Lebanon St., Lebanon
765-680-0071
1650 W. Oak St., Suite #200, Zionsville
317-912-1399

Mental Health America of Boone County

1122 N. Lebanon St., Lebanon
765-482-3020
Crisis Line: 765-366-1050

**Do you need
Energy Assistance
this Winter?**



**Area IV Agency on Aging and
Community Action Programs,
Inc. at 1-800-382-7556 Press #1**

**Or, Dial 2-1-1 for Information
and Assistance**

**Need HELP with your
Medicare plan comparisons
for open enrollment?**

CICOA 317-803-6131
www.cicoa.org/
adrc/ship
Aging & In-Home Solutions

**Or, contact:
Crystal Cole, United Healthcare
765-891-0537
cdcole333@yahoo.com**

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



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

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

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



**BCSSI offices
will be closed on the
following dates:**

**Nov. 26 & 27
Dec. 24 & 25
Dec. 31 & Jan. 1**

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

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 765-482-5220
 or 317-873-8939 or
 jevans@booneseniors.org

Gleaner's Boone County Senior Mobile Food Pantry

3rd Tuesday of each month, 11:00AM-1:00PM
Pick Up at Boone County 4-H Fairgrounds

***Check social media or call our office for the location pick-up which
has been changing due to the COVID-19 restrictions.***

Must be 55 years of age or older, one per household
 I.D. is required and bring your own bags or boxes!



Agency Memorial & Honorarium Gifts

In Memory of Fay Isenhower

Jim & Christina Bush
Richard & Janet Self

In Memory of William Lambert

Friends of Courtney Norman, Sam
Traina, Paula Hudson & Carol Radtke

In Memory of Marilyn Tribbett

Sara Lenox Quick
Natalie Snapp
Dr. James & Julia Haines

In Memory of Bonnie Kemna

Larry & Deborah Hamilton
White River Yacht Club, Inc.

In Memory of Dane Walker

Jeff Tribbett
Bill & Sharon Walker

In Memory of Richard Prather

Debi Prather

In Memory of Virginia Bowen

Bill & Sharon Walker

In Memory of Ed Schilling

Bill & Sharon Walker

In Memory of Fern Ward

Bill & Sharon Walker

In Memory of John David Kelley

Bill & Sharon Walker

In Memory of Claude R. Sparks

Katheryn Sparks

In Memory of Mary Ellen Stephenson

Marilyn King

**In Honor of the Transportation Drivers,
especially for my dad David B. Jones**

Sheila Lingle

**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:

BCSSI, 515 CrownPointe Dr., Lebanon, IN 46052

**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!!!
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 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



BOONE COUNTY

**Senior
Services
Foundation**

**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**

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

Tex-Mex Chili

Recipe Submitted By: **Jim Stevenson**

- | | |
|---|--------------------------------|
| 1 lb. ground turkey, bison, or lean ground beef | 1 onion, chopped |
| 2 small cans black beans, rinsed and drained | 1– 29 oz. can crushed tomatoes |
| 2 cloves garlic, minced | 1– 16 oz. jar salsa |
| 1 green bell pepper, chopped | 1/4 c. chili powder (to taste) |
| | 2 tsp. cumin (to taste) |

Brown meat in a large stock pot along with garlic, bell pepper, and onion. Add beans, salsa, and spices. Simmer on low heat for 30 mins.



Pumpkin Pie Bars

Recipe From: myfoodandfamily.com

- | | |
|---------------------------------------|------------------------------------|
| 1 1/3 c. flour | 1/2 c. chopped pecans |
| 3/4 c. granulated sugar, divided | 1– 8oz pkg. cream cheese, softened |
| 1/2 c. packed brown sugar | 3 eggs |
| 3/4 c. cold butter, cut up | 1– 15 oz. can pumpkin |
| 1 c. old fashioned or quick cook oats | 1 Tbsp. pumpkin pie spice |

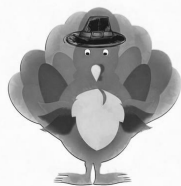


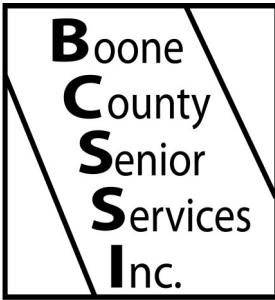
Heat oven to 350. Line a 13x9" pan with foil, with ends extending over sides and spray with cooking spray. Mix flour, 1/4 c. granulated sugar, and brown sugar until blended. Cut in butter until mixture resembles coarse crumbs. Stir in oats and nuts. Reserve 1 c. of oat mixture and press the rest into the bottom of prepared pan. Bake 15 mins. Mix cream cheese, eggs, pumpkin and pumpkin pie spice until blended. Pour over crust. Sprinkle with reserve oat mixture. Bake 25 mins. Cool 10 mins. Use foil to transfer to a wire rack. Cool completely.

Happy Holidays from the BCSSI staff...

**May you and your family have a
blessed and safe holiday season.**

We are thankful for YOU...!!!





*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.

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