

BOONE COUNTY SENIOR SERVICES, INC.

SENIOR SOUNDS

Volume XLII Number 2

March/April 2021



Thank you to this dynamic duo of transit drivers Jim Stevenson and Bo Robertson for putting together our new bench, made possible through a grant from the Boone County Solid Waste Management District! They were so proud they had no extra parts! When we have a nice day soon we will move the bench outside of our Lebanon building for everyone to enjoy as they are coming and going.

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...And More!

Boone County Senior Services, Inc.

2021 Board of Directors

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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



@Bocoseniors



Bocoseniors

From the desk of our Executive Director Anita Bowen



I was blessed to be able to go to our favorite spot in Florida after Christmas. While most of our time was spent at the house just relaxing, we did drive to the beach one day. I just can't be that close to the ocean and not draw near to listen to the waves and dip my toes in the water. I

also love to go for a long walk to look for shells. This time, I realized that I turned over many, many shells that looked pretty on the top side, but when I turned them over, there was something "ugly" about them on the other side. Maybe the shell was broken, had rough spots on it, or was a totally different color that wasn't as appealing. While it can become disappointing when looking for beautiful shells to take home as a free souvenir, I took it away this time as another little lesson...

In life, we all have different "sides" depending on the day, or even moments throughout the day. I sure hope that I keep my ugly side down when I am spending time with family, friends, colleagues and customers. I know I have had my moments where these people have seen the side that I have turned down, but I am sure thankful that they still love me unconditionally or at least can overlook my imperfections that have come on through the years.

My trip to the beach was wonderful for many reasons, and a fabulous reminder that the shells don't have to be perfect for me to take

them home to enjoy. As a matter of fact, I didn't find a single one that was perfect. Just like the people that I am thrilled to have in my life, whether I have known them for a long, long time, or just met them this year, none of us come without imperfections.

At BCSSI, we're nowhere close to perfect either, but we strive to meet your needs and wants every day that we are open to serve our community members. One of the things that we do each spring is to ask your input on how we're doing, so that we are gathering intentional feedback each year for continuous improvement. You'll find our annual customer survey in this issue and hope that you will get it back to us by **April 16th** if you can. You can drop it off, mail it, or simply put it in the box outside of our Lebanon office door. You can also e-mail your feedback to me at abowen@booneseniors.org. **Everyone who completes a survey will be entered to win a spring prize package!**

We sure hope that spring gets us one more step closer to normal at BCSSI, and we have plans to bring some catered meals back for Lunch and Learns in Lebanon. We also are adding a Craft Class at the American Legion in Zionsville and will welcome back the very popular Matter of Balance classes in April. We are also thrilled that our Art Classes will be returning in both Lebanon and Zionsville. So much HOPE is in the air friends, and we can't wait! Please consider coming out to join us in some way.

Until Next Time,

Anita



Spotlight on BCSSI! Check out this amazing video our friends at the Zionsville Chamber of Commerce created! Thank you for shining the light on us!!! Soon to be featured on the Zionsville Chamber's social media pages. To view go to our Facebook page or our website home page at www.booneseniors.org.

Thanks to Panera Bread in Whitestown for the special surprise delivery of toasty bagels & coffee which warmed our hearts! Panera Community Drop Day was Friday, January 22nd. Bagels & Coffee with all the fixings by Catering Coordinator Jessica Baze.



The BCSSI staff channeled their inner kindergartner during "Show & Tell" at work day! We had so much fun! Check out the unique items from some of our staff members on Facebook. We challenge you to a "Show & Tell" at our next Coffee Connection!



***"Dear BCSSI Friends,
Thank you for the delightful care package.
Your kindness is appreciated.
Thanks again!
Melanie"***



Jeannie Brandenburg and Beverly Burton's word searches were drawn to receive Wal-Mart gift cards and Mr. Goodbar Candy Bars! Thank you to the more than 60 individuals who completed our Senior Sounds word search puzzle in our last issue!

Classy Crafters created a mini no-sew fleece heart pillow for valentines day with Anita and Barb! Classy Crafters meets the third Wednesday of each month at 1:30PM in Lebanon.



This is one groovy dude at BCSSI! Terry Barnett, Director of Finance, celebrated his birthday in groovy, disco style with a disco ball, music and flashing lights in his office! Thanks to the creativity of our Director of Outreach Jessica Evans for keeping things fun in our office! Even during a pandemic!

Thank you to Dr. Judy Olson of Hearing Solutions of Indiana for speaking at a recent lunch and learn in Lebanon about The Myths and Facts About Hearing Loss. Lunch and Learns take place the first and third Wednesday in Lebanon at BCSSI and the second Friday in Zionsville at the American Legion. Turn to page 8 and 10 for more info.



"I really enjoy reading the Senior Sounds! Keep up the good work! Thank you! Deloris"

2020 HIGHLIGHTS

Year End Review



Connecting Generations
since 1978

**BE STUBBORN ABOUT YOUR GOALS
AND FLEXIBLE ABOUT YOUR METHODS**

Celebrated 42 years of serving our community!



BCSSI's Personal Services & Transportation provided essential help to individuals all year long...

*Personal Services (Homemaker & Attendant Care) 113 Participants 3,447 Units
Transportation 748 Participants 16,401 Units*

\$70,024 in special Covid-19 grants lifted us up...!!!

Thank you United Way of Central Indiana Community Economic Relief Fund (C-CERF)
The Community Foundation of Boone County, Central Indiana Senior Fund, United Way
of Central Indiana Facilities Grant & CARES Act Funding to support public transit.



**We gained 227 new followers on social media...!
Doubled our engagement & hosted our 1st live events.**

Over 100 pieces of durable medical equipment loaned out...!!



RadioMom
91.1/91.5

**Thank you to RadioMom 91.1 FM for adding BCSSI to it's
monthly program "About Town"!**



BCSSI'S Holiday Silent Auction raised \$5,492...when our 3 signature special events (Polo, Olympics & Expo) could not take place.

Caregiver Support

BCSSI provided 66 caregivers with 879 units of service through respite care, support group, workshops & resources.



2552 new books were distributed from the BCSSI Book Shelf!

24 Programs/Activities

**“NEW” in 2020 Coloring Hour & Line Dancing!
Hosted our 1st Zoom Workshop “Grief During the Holidays.”**



Even in a pandemic...96 volunteers gave 2,291 hours of their time to BCSSI!

BCSSI Care Kits delivered cheer to approx. 110 people via doorstep “drop-offs”



An average of 152 Outreach/Check-in Connections were made monthly from March to Dec. via phone calls & cards/notes and more.

Approx. 60 BCSSI customers received evening meals M-F during the month of May in partnership w/The Boys & Girls Club of Boone County & Bill Estes Chevrolet-Buick-GMC Lebanon.



**BCSSI 515 CrownPointe Dr Lebanon, IN 46052
www.booneseniors.org
765-482-5220 or 317-873-8939**

“Promoting independence & providing enriching opportunities for older adults in Boone County.”

March/April 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 Resumes

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. **Call BCSSI for an appointment.**

Classy Crafters

Classy Crafters meets each month on the third Wednesday at **1:30PM**. On **March 17** make a Tea Cup Bird Feeder with Barb. Cost is \$5. On **April 21** make a Fabric Necklace with Grace Rowe. Cost is \$5. **Call BCSSI to register.**



Coloring Hour

Bring your own pencils/markers and join us from **1:00-2:00PM** on **March 9 and April 13**. **Call BCSSI to register.**

Line Dancing

Wednesday, March 10 and April 14 from 10:30-11:30AM with Cari Ann Walker. **Call BCSSI to register.**

Lunch Provided for Lunch & Learn in March & April

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.**

- March 3 How Therapy Can Improve Your Life w/Clinton House
- March 17 Lifestyle Changes for Diabetes Prevention w/Zionsville Meadows
- April 7 Downsizing and Decluttering w/ Caring Transitions by Paul Ellsworth
- April 21 How Your Senses Change as You Age & How to Protect Them w/Zionsville Meadows

Lunch will be provided for March and April Lunch and Learns

Coffee Connection 2 Community

Coffee Connection meets on the second Thursday of each month at **9:30AM**. Join us on **March 11 and April 8** for coffee, conversation, and Show-and-Tell. **Call 8 BCSSI to register.**



March/April Classes & Activities

Call 482-5220 for Registration and Information
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An RSVP is required for all activities as space will be limited to facilitate social distancing. All events are subject to postponement or cancellation.

Legal Assistance

Free legal assistance will be offered on **March 16 and April 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.**

Matter of Balance

This course will meet weekly on **Mondays, April 5 through May 24 from 10:00AM-12:00PM**. Cost is \$10. **Call BCSSI to register.**

Cover to Cover Book Club

Book Club meets the first Tuesday of each month at **1:00PM**. **Book Club will meet on March 2 and April 6. Contact BCSSI for more information and to register.**

Art Class Resumes April 8

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.**

BCSSI Travel

If you are interested in a week-long bus trip, please contact Barb Carrell at 765-482-5220.



April is National Volunteer Appreciation Month!

Thank you for all you do, we appreciate you!!



BCSSI Book Nook!

We can deliver to your home!



Stop in and select a book from our **BCSSI Bookshelf**. The books are all **NEW!** We ask that you **DO NOT** return the books, pass them along or donate them to the library book sale.

March/April Activities Zionsville
Call 317-873-8939 for Registration and Information
Zionsville activities are held in various facilities



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

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 March or April.

Zionsville Crafts Are Back at a New Location

Join us monthly on the second Friday at **1:00PM at the Zionsville American Legion**. On **March 12** make a Tissue Holder with Barb. Bring a quart jar with a ring. Cost is \$5. On **April 9** make a Fabric Necklace with Grace Rowe. Cost is \$5. **Call BCSSI to register.**

SHIP Counseling & CICOA Benefits Cancelled - 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*
second and fourth Friday of the month at noon. Lunch is free to the first 30 registrants at the **Zionsville American Legion**. **Call BCSSI to register.**

March 12 Energy Efficiency with REMC

April 9 Put Some Spring Back Into Your Step w/ Elaine Morrison from Zionsville PT

Art Class Resumes April 6 at New Location

Every Tuesday, 9:30AM-12:00PM with instructor Shirley Luttrell. **Class is held at the Zionsville American Legion**. Cost is \$5.00 per class. **Call BCSSI to register.**

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



In order to serve you better, BCSSI is trying to gather some information. Please complete this short survey by April 16th and return to our office or mail it to:
BCSSI, 515 Crown Pointe Drive, Lebanon, IN 46052.

Everyone who completes the survey will be entered to win a spring prize package! Thank you!

Name: _____

Phone: _____ Email: _____

Gender: Male _____ Female _____

Age: Under 60 _____ 60-75 _____ 76-84 _____ 85 & over _____

Individual Income: (optional) Under \$1,012/mo _____ Under \$1,518/mo _____ Under \$2,023/mo _____ Over \$3,035/mo _____

What BCSSI service(s) do you use/participate in? (Please check all that apply even if pre-Covid)

Lunch & Learns _____ Respite Care _____ Support Groups _____ Friendly Visitor _____
 Legal Assistance _____ Insurance Info. _____ Book Club _____ Games _____
 Art Classes _____ Theater Thursdays _____ Craft/ Needlepoint _____ CICOA Meal Vouchers _____
 Coffee _____ Tech Time _____ General Info. _____ Workshops _____
 Olympics _____ Expo _____
 Other _____

Have you been able to obtain the services/support you need? Yes _____ No _____
 What additional services or programs would you like us to provide?

Do you believe that Boone County Senior Services is meeting the needs of older adults in Boone County? Yes _____ No _____

If not, please share your ideas about what you feel needs improved and/or any suggestions you may have: _____

Charitable Giving with Tax Benefits



Its nearly springtime, and our thoughts turn to flowers and seed catalogs. But first, it's tax-time! Be sure to take advantage of all the benefits available to you as a senior, and consider using a portion of those tax savings to make a charitable gift to BCSSI.

The **CARES Act** of 2020 included an opportunity to claim charitable donations of up to \$300 for a federal income tax credit, even if you don't itemize. For tax year 2021, this credit will increase to \$600 for couples filing jointly. Call us if you need a 2020 giving statement.

Also, COVID **stimulus checks** are not treated by the IRS as taxable income, so no taxes will be due for either 2020 or 2021 tax filings. You can gift these unexpected funds to BCSSI and pay it forward for your community.

Perhaps these two windfall tax credits will allow you to consider supporting BCSSI with a gift to provide services for Boone County seniors. **Cash gifts** make an immediate impact, and will be deductible, up to IRS levels, for 2021.

Remember, too, that you can make a **Qualified Charitable Distribution** directly from your IRA and avoid taxation on the withdrawal. The gift amount counts toward your Required Minimum Distribution for the year. Just contact your retirement program advisor to easily set up the transfer to BCSSI.

The COVID pandemic and the recent bitter cold snap have combined to put a real strain on our limited resources as more services are needed. Your support now will be a special blessing!

(Article written by Perry T. Hammock, CFRE President, Vitruvian, LLC. Perry is a Lebanon native and has consulted with BCSSI and the Foundation on their fundraising goals. Perry has considerable experience mostly from on-the-job training. He spent 33 years at Ivy Tech, helping donors create and sustain caring legacies.)



For more information on leaving a Legacy or to mail a donation, honorarium or memorial please contact:

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.

**Plan for your future now!
It's never too early to start.**

LIVING THE GOOD LIFE

A ZOOM conversation on living and giving with
PERRY HAMMOCK!

Thursday, March 11th, 11:30a.m.-12:30p.m.

Join Zoom Meeting

[https://us02web.zoom.us/j/84268657847?](https://us02web.zoom.us/j/84268657847?pwd=ZWZMc3poMElreW1VaytOdnplWDRNqDz09)

[pwd=ZWZMc3poMElreW1VaytOdnplWDRNqDz09](https://us02web.zoom.us/j/84268657847?pwd=ZWZMc3poMElreW1VaytOdnplWDRNqDz09)

Meeting ID: 842 6865 7847

Passcode: BCSSI

Hosted by Boone County Senior Services Foundation

Contact Sonya Shoup with questions
765-482-5220 or sshoup@booneseniors.org

10 Tips for Family Caregivers



1. Seek support from other caregivers. You are not alone!
2. Take care of your own health so that you can be strong enough to take care of your loved one.
3. Accept offers of help and suggest specific things people can do to help you.
4. Learn how to communicate effectively with doctors.
5. Caregiving is hard work so take respite breaks often.
6. Watch out for signs of depression and don't delay getting professional help when you need it.
7. Be open to new technologies that can help you care for your loved one.
8. Organize medical information so it's up to date and easy to find.
9. Make sure legal documents are in order.
10. Give yourself credit for doing the best you can in one of the toughest jobs there is!

An Everyday Survival Kit

Rubberband: To remind you to be flexible, things may not always go the way you want, but it will work out.

Toothpick: To remind you to pick out the good qualities in others.

Band-aid: To remind you to hear hurt feelings, yours and someone else's.



Pencil: To remind you to list your blessings everyday.

Butterfinger: To remind you that everyone makes mistakes and that's OK. Always remember to forgive and ask for forgiveness of others.

Chewing gum: To remind you to stick with it and you can accomplish anything.

Mint: To remind you that you are worth a mint to your family and friends.

Candy Kiss: To remind you that everyone needs a kiss and hug everyday.



Tea Bag: To remind you to relax and reflect on your blessings daily.

Life Savers: To remind you of the many times others need your help and you need the help of others.

Snickers: To remind you to always smile. Enjoy life and our friendship.

This Survival Kit list was given to Personal Service Attendant Linda Sheets from one of our clients. We thought you might enjoy reading it and keeping some of these simple reminders handy...

BCSSI Spotlight... Russ Roberts

For Lebanon resident Russ Roberts age is not a hurdle to accomplishing new goals and trying new things. At 96 years young, Russ believes that you should not think about your age and if you find something you enjoy don't stop doing it! This is exactly how he tackled 2020!

Last June during the pandemic while many of us were trying new things to stay busy and fit, Russ also



used the opportunity to try something new that would benefit his health and purchased an electric bike (e-

bike) from e-Boom Electric Bike Shop in Whitestown. Russ, an avid cyclist and biker for most of his life, had never tried an electric bike. He was hooked on the first test ride at the store and enjoys the boost of power it can give when he needs it. After bringing the bike home, Russ rode 3-4 days per week and set a goal to ride 960 miles in 2020 in celebration of his 96th birthday in October. Russ could easily log his mileage on the digital monitor located on the bike handle.

Russ made great progress on the bike through the summer and early fall but one day in October as he left to take a

ride he did not feel like himself and decided to return home. Unfortunately, he had a slight set-back and suffered a heart-attack and could not ride his bike for three weeks. Thanks to answered prayers, the great care at Witham Health Services and the heart of a 40 year old (thanks to his active life and cycling), he was back to riding again and was able to finish 40 additional miles in November, exceeding his goal of 960 miles and completing a total of 1000 miles!!!



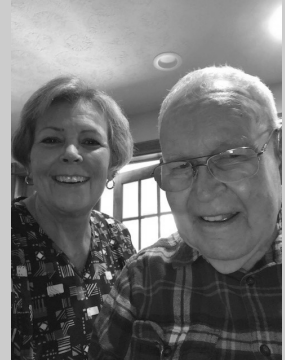
Russ leads an active life and has the support of his wife Helen who has also enjoyed his love for biking and motorcycle riding over the years. They have enjoyed local motorcycle trips throughout our community and trips across the United States. One trip they recall fondly, was a



cross country trip to the Rotary National Convention when Russ was the Rotary President. Helen does not currently ride but you can see the joy on her face hearing about Russ's new cycling accomplishments as well as reminiscing about the past.

Russ credits his active, long life to many factors but most importantly his faith. "I give glory to God for all the help he has provided to Helen and me

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

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.**



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

Agency Memorial & Honorarium Gifts

In Memory of Charles Acton, Sr.

Joe & Jody Durham

In Memory of Dale Beason

Rob & Donna Bevington

Sigmon & Jane Myers

John & Lucy Ridge

Gladys Dickey

Rolling Wheels Chapter 18

Gary Kinsey

Al & Sue Fields

In Memory of Don Cunningham

Jim & Christina Bush

Sigmon & Jane Myers

In Memory of Eva Edwards

Janet Tyre

Al & Sue Fields

In Memory of Eva's Brother

Paul & Yvonne Frankewich

In Memory of Fred Courtney

Kate Koehler

In Memory of Ilene Skaggs

Dick & Janet Self

In Memory of J.R. Gyger

Margery Reeves

Diane Hoffman

Dave & Kanene Summers

The Terrill Family

Jim & Christina Bush

Patricia Golloday

Carol Duncan

Charlene Hackett

In Memory of Jack Willet

Doug & Judy Brower

In Memory of Janie Reynolds

Ron & Marilyn Neese

In Memory of Lee Ping

Jon & Sandra Robinson

In Memory of Lonny McGee

Kate Koehler

In Memory of Michael Horlacher

Kate Koehler

In Memory of Paul Esch

Tom & Judy Cunningham

Ron & Marilyn Neese

In Memory of Ron Rolston

John Cowan

Charlene Hackett

In Memory of Ronnie Wright

Al & Sue Fields

In Memory of Rosalie Maggart

Carolyn McMann

In Memory of Sandy Denton

John Cowan

In Memory of Peg Mohler

Keith & Brenda Burkholder

Patty Merson

Sheila & Steve Lingle

Ingrid Temple

Terry Grieshaber

Greg & Jean Ann Gore

Judith Wilson

Kim Chandler, Aaron Wojcik & Pat Nowakowski

Chip & Marianne Werry

Gary & Karen Hendrix

Catherine Adams

Joe & Jody Durham

Micheal & Karla Wildman

Karen Niemeyer

Marcia Kunz

Joe & Vaughnie Slipher

Charlene Hackett

Donna Culbertson

Larry & Carol Evans

Merrill & Linda Smith

Ray & Pam Kerkhof

In Memory of Shirley Schenkel

Keith & Martha Campbell

In Honor of Art & Eleanor Neville

Carol Neaville-Wright & Karen Neaville

In Honor of Bob & Julie Comte

Juanita Keith

In Honor of Edna Mae Cunningham

Keith & Martha Campbell

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
- Charlie Acton, USN Korean War Era

In Honor of Ernie Pyle Chapter of the WWII

Roundtable Member:

- Doc Hardin, WWII Service

Let BATS take you door to door!

Boone Area Transit System
 County Wide, All Ages
 482-5220 or 317-873-8939
 Monday-Friday
 7:30AM-4:30PM

Attention!!!
Southeastern
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 2021

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	\$4.00
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

Extra Moist Lemon Loaf

Recipe From: shelovesbiscotti.com

2 c. flour	3 eggs, room temperature
1 tsp. baking powder	1/2 c. lemon juice
1/2 tsp. baking soda	1/2 c. milk, room temperature
1/4 tsp. salt	
1 Tbsp. lemon zest	Lemon Glaze:
1/2 c. unsalted butter, softened	1/2 c. powdered sugar
1 1/4 c. granulated sugar	1/4 c. lemon juice

Heat oven to 350. Grease and flour a 9x5 loaf pan. Sift together flour, baking powder, soda and salt. Stir in lemon zest. In a large mixing bowl mix butter on medium speed for 2-3 minutes. Gradually add the granulated sugar and continue beating another 2-3 minutes. Add eggs one at a time, scraping as you go. Add lemon juice (batter will curdle). Alternate addition of flour and milk. Mix on low speed until combined. Do not over mix. Bake 60-75 minutes until golden and cake tester comes out clean. Cool on rack for 10 minutes before removing from pan. Whisk together powdered sugar and lemon juice and poke some holes in top of cake with tester. Spread glaze over warm loaf.

Ham-Asparagus Strata

Better Homes and Gardens Best Recipes

8 oz. asparagus, cut in 2" pieces	1/4 c. chopped green onions
5 c. French bread cubes	8 oz. cooked ham, diced
2 c. shredded Gruyere or white cheddar cheese (8 oz.)	10 eggs
1/2 c. chopped onion	1 1/2 c. milk

Bring a large pot of salted water to a boil. Add asparagus and cook 5 mins. Drain and place in a bowl of ice water to cool. Drain. Grease a 3 qt. baking dish. Spread with half the bread cubes. Top with cheese, onion, green onion, and half of the ham and asparagus. Top with remaining bread. In a bowl, whisk together four of the eggs and the milk. Pour over layers in dish. Press bread pieces into egg mixture with back of a spoon. Top with remaining ham and asparagus. Cover. Refrigerate until ready to bake. Bake uncovered at 325 for 30 minutes. With the back of a spoon, press six indentations in top of strata. Pour a whole egg into each indentation. Bake 20-25 mins. or until eggs are set. Let stand 15 mins. before serving.



BCSSI offices will be closed on Good Friday, April 2

This includes all personal services and transportation services. We apologize for any inconvenience.



*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:

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