

**BOONE COUNTY SENIOR SERVICES, INC.**

# SENIOR SOUNDS

Volume XLII Number 5

Sept./Oct. 2021



## **Theater Thursday is back!**

110 guests recently joined us in July and 101 guests in August!!!  
Turn to page 6 for details about our upcoming movies!

### **What's Inside:**

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# 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](http://www.booneseniors.org)**



## From the desk of our Executive Director Anita Bowen



What felt like it was the fastest time of your life? Was it when you were in high school or college? Perhaps the first year of marriage or bringing a child into the family? Was it

a period when you travelled a lot or were extremely busy with a job? I have to tell you that I think the fastest year of my life is happening **now** as my son is a SENIOR in high school. Now you know that I love hanging out with seniors of a different type at BCSSI but having a Senior in HS is whole different world, and I have a feeling that these next several months are going to simply fly by.

I am already bombarded with “senior” messages requiring decisions, payments and plans, and it’s only September! Good grief, what will the spring be like?!? Many of you know that I like to be extremely organized and plan ahead. Therefore, I have already been thinking about the graduation Open House that we will host at BCSSI (our Community Room in Lebanon is perfect to rent for special events), and I have purchased supplies for the Senior Night football poster. These are things that I can control but I have a feeling that there are going to be way more things that sneak up on me and cause me to have anxiety! So, if you have any tips for me to survive & thrive during the next 9 months, please send them my way.

At BCSSI, we sure appreciate all of you who plan ahead and make arrangements with us for transportation, in-home services and all

of our programs. It remains of utmost importance that you RSVP for each of the activities listed in Senior Sounds that you would like to attend, as well as to communicate with us when your plans change. We know you get upset sometimes if we can’t work you in for a ride in the van; we can’t get you a housekeeper at the last-minute; and we can’t find you a seat at lunch. We don’t like saying the word “can’t” and I bet you don’t like hearing it either. Your teamwork and communication sure help keep that word away!

I have decided that instead of saying “I can’t believe I have a senior and there’s just too, too much to do,” I will say “I am grateful that I have a senior and for this time to experience all these new things together.” I am going to be intentional about taking it one day at a time, so that I don’t miss even the little things that happen along the way. I even bought a brand new journal for this Senior Year!! Now, if I can just find time to open it and start reflecting...

Happy fall to all of you and please come see us at the Senior Health & Wellness Expo at the Boone County Fairgrounds on Saturday, October 2<sup>nd</sup> from 9 a.m. – 2 p.m. There’s lots happening there, including cash giveaways, and that would be a good place for you to share your tips with me. Get all of the details inside this issue of Senior Sounds and I’ll see you there! If anything needs to change last-minute in relation to the Senior Expo or anything else happening at BCSSI, the best place to get all the scoop is via social media... Facebook, Instagram and Twitter.

Until Next Time, *Anita*



**We are beyond excited and grateful for our incredible sponsors of Theater Thursday:** Excel Home Health Care, LLC, Guardian Angel Hospice, Inc. and Homewood Health Campus who have made this very special activity possible through the years. We will continue the third Thursday monthly through December. We would love for you to join us!

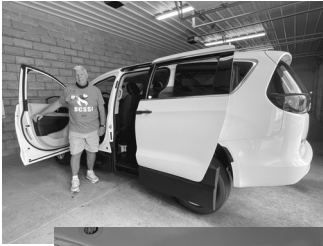
**Lunch and Learn on the Road returned with a trip to the Covington Beef House Dinner Theater.** The group started the morning singing Willie Nelson's "On the Road Again" and finished the afternoon with all the hits from the 50s! Thank you Signature HealthCARE at Parkwood for sponsoring this amazing day! Turn to page 11 for details about our upcoming trips!



**We loved singing and celebrating a milestone birthday with Mildred Flanary who played the piano and turned 101!** And...the DQ Starkiss treats brought out the kid in all of us!!! Special thanks to Signature HealthCARE at Parkwood for providing lunch & the beautiful birthday cake. **The special event was Sponsored in part by Community Foundation of Boone County and Psi Iota Xi Omega Chapter.**

**The 2021 Olympics results will be in the Nov/Dec issue of the Senior Sounds. You can also go to our website at [www.booneseniors.org](http://www.booneseniors.org).**





**Boone Area Transit is thrilled to recently receive two new vans thanks to the INDOT 5311 Public Transit Program.** Pictured is driver Jim Stevenson, Director of Transportation Cindy Elliott and Kay Martin checking out the new vans.



**Classy Crafters celebrated Christmas in July** and created an adorable snowman pin with facilitator Donna Newman. Turn to page 8 to find out more about their upcoming crafts! Classy Crafters meets the third Wednesday of each month at 1:00PM.



Our staff works hard to complete the proper certifications so we can provide the best care to our clients. Thank you to the Lebanon Fire Department for recently instructing our CPR/AED certification class.



**Daredevil and Director of Finance, Terry Barnett recently went sky diving!** Terry loves a good adventure and thriller! Did we mention he is an author too!?



**It's Back!!!  
2021 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 16  
Where'd You Go Bernadette

October 21  
A Dog's Way Home

November 18  
The Upside

December 16  
Last Christmas

*\*All movies are either  
rated PG or PG-13  
Review at [www.imdb.com](http://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

*Subject to change. All health and  
safety protocols will be followed.*

## Matching Funds



**BCSSI would like to thank the  
Community Foundation of Boone  
County for their support of a  
matching grant for UP to \$7,500.**

Any BCSSI donation received between  
August 1 – October 29, 2021 will be  
matched by this grant. The grant serves  
to promote the great work of BCSSI and  
reflects the Foundation's commitment to  
making a difference in the lives of  
Boone County families.

**Please mail donations to:  
BCSSI, 515 CrownPointe Dr.  
Lebanon, IN 46052**

*Thank you for your support!*

*Thank you  
again to the  
Community  
Foundation of  
Boone County  
for granting*

*\$30,000 from the Avelena Fund to  
our Personal Services program.*



*We are grateful for your long-  
standing support of BCSSI and this  
very special program that allows  
Boone County's older adults to live  
independently in their homes.*

# 13<sup>TH</sup> Annual Boone County Senior Health & Wellness Expo



**Saturday, October 2, 2021  
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**

- Exhibitors displaying products & services
- Seasonal Flu & Pneumonia Vaccines - FREE
- COVID Vaccines - FREE
- Health Screenings Provided
- Door Prizes & Giveaways
- Medicine Cabinet Clean-Up
- Entertainment & Demonstrations
- Grab 'n Go Snackbags! (First 200 attendees)
- Special Cash Drawings (Must be present at the end of Expo)
- Free Transportation - Call 482-5220

**Masks preferred if you are not vaccinated.**

**For more information: [www.booneseniors.org](http://www.booneseniors.org)  
765-482-5220 or 317-873-8939**

**Media Sponsor:  
The Lebanon Reporter**



**BOONE COUNTY  
HEALTH DEPARTMENT**



# September/October 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

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. Tuesdays from **9:00AM-12:00PM**. Call **BCSSI** for an appointment.

## Classy Crafters

Classy Crafters meets each month on the third Wednesday at **1:00PM**. On **September 15** make a Fall Wreath with Barb. Cost is \$10. On **October 20** make a Pumpkin Craft with Linda. Please bring a roll of toilet paper. Cost is \$5. Call **BCSSI** to register.



## Line Dancing

**Wednesday, September 8 and October 13 10:30-11:30AM** with instructor Cari Ann Walker. Practice with Heidi and Debbie on **September 22 and October 27**. 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 space is limited. For **reservations call BCSSI**.



- Sept. 1 Staying Fit w/ Healthy Foods w/ Clinton House
- Sept. 15 Fashion Show by Maurices
- Oct. 6 TBD
- Oct. 20 CrownPointe, topic TBD

## Coffee Connection 2 Community

Coffee Connection meets on the second Thursday of each month at **9:30AM**. Join us on **September 9 and October 14** for coffee and conversation. Call **BCSSI** to register.



## Coloring Hour

Bring your own pencils/markers and learn some new coloring techniques from **1:00-2:00PM** on **September 14 and October 12**. Call **BCSSI** to register.



# September/October 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.**

## Legal Assistance

Free legal assistance will be offered on **September 21 and October 19**. 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.**

## Art Class

**Every Thursday, 9:30AM-12:00PM** with instructor Shirley Luttrell. Cost is \$7 per class. Shirley will work with beginner or intermediate students and any medium. **Call BCSSI to register.**



## SHIP Counseling & CICOA Benefits Returns

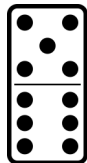
A CICOA representative will be available by appointment to provide seniors with unbiased information about Medicare, Nursing Facilities, Emergency Response Systems, Public Benefits, Nutrition, and more on **Wednesday September 22 and October 27**. **Call BCSSI for an appointment.**

## Cover to Cover Book Club

Book Club meets the first Tuesday of each month at **1:00PM**. **Book Club will meet on September 7** to discuss *The Light Between Oceans* by M.L. Stedman. The book for **October 5** will be announced at the September meeting. **Contact BCSSI to register.**

## Game Day is Back!

**Every Wednesday from 1:00-3:30PM**. Come play cards and games in the Community Room or Bocce Ball on the lawn. Players are responsible for organizing enough players for their table.



## **Mystery Games Prizes & Goodies**

Come join the fun on **Thursday, September 2 from 1:00-2:00PM** with Excel Home Health Care. **Call BCSSI to register.**

*Thank you to Homewood Health Campus for sponsoring our Muffins and Masterpieces!*

*Thank you as well to instructor Shirley Luttrell for leading the class!*

## **September/October 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**

Our Zionsville office is open Wednesday and Friday 9:00AM-4:00PM by appointment. Please call 765-482-5220 or 317-873-8939 to schedule.

### **Lunch and Learn at the Town Hall**

**second Friday of the month at noon.** Lunch is free to the first 30 registrants. **Call BCSSI to register.**

Sept. 10 Chair Yoga w/ Dance Fit w/ Erin

Oct. 8 CapTel Phones w/ Stephanie

### **Caregiver Support Group**

Caregiver Support Group will meet **September 8 and October 13 in Room 203 of the Zionsville Town Hall from 6:00-8:00PM.** We need to keep it small, so registration is required. **Call BCSSI to register.**

### **Zionsville Crafts at the Town Hall**

Join us monthly on the second Friday at **1:00PM.** On **September 10** make a Fall Wreath with Barb. Cost is \$10. On **October 8** make a Pumpkin Craft with Linda. Please bring a roll of toilet paper. Cost is \$5. **Call BCSSI to register.**



### **SHIP Counseling & CICOA Benefits Returns**

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 **Wednesday September 22 and October 27.** Call BCSSI for an appointment.

### **Art Class**

**Every Tuesday, 9:30AM-12:00PM** with instructor Shirley Luttrell.

**Class is held at the Zionsville American Legion.** Cost is \$7 per class. **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	
<b>Shopping &amp; Lunch in Avon: Jo-Ann's, Target, Michaels, etc.</b>	Thurs. Sept. 16 9:30AM \$6.00
<b>Shopping at Anson</b>	Thurs. Sept. 23 Thurs. Oct. 28 9:30AM \$6.00

Covered Bridge Festival	
<b>Rockville</b>	Thurs. Oct. 14 8:00AM \$15.00
<b>Bridgeton</b>	Fri. Oct. 15 8:00AM \$15.00

## Lunch and Learn on the Road

### October 9—Belle of Louisville Lunch Cruise \$67

Enjoy a BBQ picnic lunch while cruising on the river. Fall foliage excursion features entertainment from the Juggernaut Jug Band. Cost includes meal, cruise and transportation. *Payment is due at sign-up.*



### December 1—Christmas at the Seiberling Mansion + Lunch and Magic Show, Kokomo \$50

Tour of the mansion followed by lunch at the Elite Banquet and Conference Center with magical entertainment by the *Wizard of the Wabash* Scott Starkey. *Sign-up begins Monday, October 18 at 8:00AM. Payment is due at sign-up.*

## 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**



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



Aging & In-Home Solutions

A member of the  INconnect Alliance.

## Is It Safe for Mom to Live Alone?

By: Chelsea McWhorter

It's not easy coming to terms with the fact that a parent's health is declining. Parents often are reluctant to admit they may need help or that they can't continue to take care of themselves and the house the way they once did.

If you notice mail piling up, dishes stacked in the sink, or things in the house in more disarray than what's typical for your parent, then you have reason to be concerned. It's important that family members take a mental assessment of their parent's home when they visit. As people age, they work hard to maintain their independence and often try to hide their struggles. I once worked with a family whose mom wasn't bathing because she no longer could get in and out of the shower. The mom was reluctant to admit it to her family, fearful of having her independence chipped away, piece by piece. Even though something as simple as a grab bar in the bathroom would have been an easy fix, it required an open, honest conversation.

So, how do you have "the talk?" Here are some tips on how best to broach the subject that it may not be safe for Mom or Dad to live alone without some help. How to talk to your aging parents about help around the house.

### Avoid criticism

It doesn't matter how old you are or how much "help" you think your parent needs, understand that – to your parent – you're still the child. Avoiding sounding critical or disrespectful to your parent (even though you have the best of intentions) may help the conversation go a little smoother. For example, instead of commenting on how dirty the house is, offer to help. Suggest coming back in a couple of days to run the vacuum, dust ceiling fans or other hard-to-reach areas or offer to put a load of laundry in the washer. Simply ask, "How can I help?" That's far better than saying, "You need help."

### It's a conversation, not an intervention

Even if your parent needs help, it's best to give them an opportunity to be the one to ask. Begin the conversation casually. Ask how things are going. If you find an advertisement for a house cleaning service or lawn company in the mail, point it out and ask if they are interested in having some help. These can be small conversations that happen over a period of several days or weeks, rather than a formal, sit-down, serious talk.

### Timing is everything

You may have mustered up the courage to bring up your concerns, but your parent may not be emotionally ready to hear it. Before having the talk, make sure they are in good spirits. If they are upset, seem depressed or out of sorts, find a different time to talk. It's important to help them remain calm. If you begin the conversation, and you can tell they are resistant, back off and try again another day.

### **Involve them in the decision-making**

Older adults struggle with losing their independence, so don't make things worse by barking orders and taking control. That's only going to make them angry, resentful or refuse to cooperate. Make it easier on everyone by involving them in the process of change – even regarding little decisions. You can do the legwork and ask if a service is accepting new customers, but let your parent decide which company to hire. If a grab bar is needed in the bathroom, let them choose where it should be located. Make sure they feel like they are still in control. Little things can make a big difference.

### **Bring others into the conversation**

As people age, they often don't recognize their limitations. They may begin making excuses for why they haven't taken their medication, picked up around the house or haven't eaten a proper meal. They may cover for a spouse, also. For example, a spouse may not be ready to accept that their significant other has dementia. If it seems like they aren't listening to your concerns, it's okay to ask someone to help you talk to them. Sometimes hearing the same thing from someone else makes all the difference. Applicable across all ages, if your loved is more receptive to receiving information from a doctor, faith member, other professional or sibling – use them.

**CICOA has several resources to help caregivers. Contact 317-803-6131 or go to <https://cicoa.org/resource-center/caregiver-resources/>  
Or, contact BCSSI at 765-482-5220 or 317-873-8939 for assistance.**



Pictured is Boone County Senior Services Foundation board member Judy Cunningham adding a new donor leaf to our beautiful Legacy Tree in our front lobby.

**Thank you to our newest Legacy donors: John Cowan, Colleen Thomas and Patricia Riebeling.**

*Contact us today to learn how you can leave your future Legacy ...*

**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](http://booneseniors.org)  
765-482-5220, 317-873-8939 or  
[sshoup@booneseniors.org](mailto: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.*

**BOONE COUNTY**

**Senior  
Services  
Foundation**

# 5 Ways to Shake Off Caregiver Funk

by: Michelle, Caregiving Advice

## **“I was just in a funk today.”**

I’ve heard it from many caregivers—myself included—in the last few weeks. And I’ll continue to hear it for years to come, even after these quarantine/pandemic days are behind us. As caregivers, we’re always grieving something. The loss of our freedom. The loss of our “before caregiving” normal. The loss of control. In many cases, we’re also carrying grief for the person in our care, feeling the weight of it, managing their and our emotions around it.

We’re also giving, giving, and giving of ourselves as caregivers. Eventually, there’s not much left—especially if we’re struggling to refuel through respite or self-care. And right now, I’m pretty sure all caregivers are struggling with that.

A daily grind of giving and grieving is exhausting. Throw in the anxiety and angst of our current new normal, and there’s probably nothing more natural or human than being “in a funk.”

But we can’t stay there. It’s not good for our own well-being, nor is it a great way to operate while actively caring for someone. So how do you shake off caregiver funk? Here are 5 things that have helped me.

**#1: Draw your feelings.** As you sketch your feelings, really think about what’s churning inside of you.

**#2: Eat your feelings.** "There is nothing wrong with comfort food in moderation."

**#3: Drive your feelings.** If you can safely get out for a drive, do it.

**#4: Watch your feelings.** Movie Marathon or Youtube Video. Match up your feelings and your time frame.

**#5: Vent your feelings.** Sometimes you just need to tell someone how you’re feeling.

A big part of shaking off caregiver funk is figuring out your triggers, and understanding what makes you feel better. Above is an abbreviation of Michelle's tips.

## **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

## Meal Vouchers Offered For Witham Health Services Cafeteria

BCSSI has applications for 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.

Contact BCSSI with questions: 765-482-5220 or 317-873-8939

**Sponsored by:**  
**CICOA Aging & In-Home Solutions  
and Witham Health Services**



### Back To The Fifties Art & Photo Contest Sat., Sept. 18, 9am-4pm Boone Co. Fairgrounds REMC Hall

Pre-register deadline: Sept. 7  
No charge to enter for ages 75 and older, \$5 for 18-74 years of age  
Contact 866-447-5050  
committee@fiftiesfestival.com  
www.fiftiesfestival.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.

*From door-to-door trips to run  
your errands, or day trips for  
fun, we have you covered!  
Give BATS a call!*

**765-482-5220/317-873-8939**

# BCSSI

In-Home Care • Transportation  
Friendly Visitor Program • Recreational Activities



Connecting Generations  
since 1978

A tax deductible gift to the Agency or Foundation will ensure  
that these services can be continued into the future.

*promoting*  
Independence  
*providing*  
Enriching Services



**Call 765-482-5220 or 317-873-8939 • www.booneseniors.org**

**BCSSI Personal Services  
Division is hiring!**



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 are for personal service 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.

**Cindy Hickson**  
**Contact 765-482-5220 or 317-873-8939**  
**or [chickson@booneseniors.org](mailto:chickson@booneseniors.org)**

**CLOSED**

**BCSSI offices will be  
closed on Sept. 6th & Oct. 22nd**

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



**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.

**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



# BCSSI Memorial & Honorarium Gifts

## **In Memory of Marceline Jean Wait**

Joe & Jody Durham

## **In Memory of Charlie Jones**

George & Barb Anderson

## **In Memory of Mary Cox**

George & Barb Anderson

Ken & Margie Keene

## **In Memory of Paul Tengan**

Carolyn Dunham

## **In Memory of David Budd**

Ken & Margie Keene

Jim & Christina Bush

Betty Maze

## **In Memory of Ellen Davis**

Ken & Margie Keene

Jerry & Marjorie Erskine

Phyllis Stewart

## **In Memory of Deloris Hackett Goodman**

Jane Quick & Family

Bill & Linda Stuteville

Pat Gyger

Rick Isenhower

Mark & Angi Battisti

Jean Isenhower

Suzan Burnell

Stephen & Linda Isenhower

Ray Isenhower

## **In Memory of Barbara Smith**

Eunice Stephenson & Family

## **In Memory of Rev. Fred Tanselle**

Bill & Linda Stuteville

John & Donna Padgett

The Terrill Family

Sheldon & Mary Marrs

Jerry & Eva Bohannon

Lanny & Annette Knox

Jim & Christina Bush

Sandra Hannis

## **In Memory of Wilma King**

Margie Niles

James Robbins

## **In Memory of Jim McVey**

Kate Koehler

## **In Memory of John Surber**

Kate Koehler

## **In Memory of Bettie Parson**

Kate Koehler

## **In Memory of Elva Hively**

Doris Jean Metzger

## **In Memory of Gene Emmert**

Wednesday Bridge Group

## **In Memory of Byron Hackett**

Betty Maze

## **In Memory of Jeannie Wait**

Keith & Brenda Burkholder

## **In Memory of Robert "Bob" Latham, Jr.**

Carpenter Realtors

## **In Memory of John Spitznogle**

Margie Niles

James Robbins

## **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
- Doc Hardin, WWII Service

## **Boone County Senior Services Foundation, Inc. Memorials & Honorariums**

### **In Memory of Mary Jo Nelson**

David & Michelle Nelson

Nancy Richardson

### **In Memory of Russell Warren Hardin**

George & Georgia Kreil

### **In Honor of Bob & Julie Comte**

Juanita B. Keith



## 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.**

<b>SENIOR SUGGESTED DONATIONS</b>	<b>Cost:</b>
Inside city limits (unlimited stops)	\$5.00
Outside city limits in Boone Co. (unlimited stops)	\$10.00
<b>SENIOR OUTSIDE COUNTY COSTS</b>	<b>Cost:</b>
Thorntown, Lebanon, Jamestown, Advance to Indy or any other city in the counties surrounding Boone <b>round trip</b>	\$20.00
Zionsville, Whitestown to Indy or any other city in the counties surrounding Boone <b>round trip</b>	\$15.00
Airport <b>one-way</b> mandatory <b>pay per person</b>	\$25.00
Any trip over 30 miles or more one way add \$5.00	\$5.00
<b>PUBLIC</b>	<b>Cost:</b>
Charge each time client boards	\$4.00
Drive-thru to <b>drop off</b> prescriptions only	N/C
Drive-thru to pick up medicine, bank, or fast food	\$3.00
Outside city limits in Boone Co.	\$6.00

# Butternut Squash Au Gratin

## Recipe From Kraft Food and Family

1 butternut squash  
4 slices bacon, chopped  
2 Tbsp. flour  
1/4 tsp. pepper

1 c. chicken broth  
1 1/2 c. shredded cheddar cheese,  
divided

Heat oven to 350. Cut squash in half lengthwise; discard seeds. Remove peel. Cut each half crosswise into thin slices. Place in large saucepan, add enough water to cover. Bring to boil; simmer 8-10 min. or until squash is tender. Cook bacon in a skillet until crisp. Drain bacon and leave 1 Tbsp. drippings in skillet. Add onions to skillet; cook and stir 5 min. Stir in flour and pepper; cook and stir 1 min. Add broth; cook 3 min. or until sauce is thickened. Remove from heat. Stir in 1 c. cheese. Drain squash. Arrange half in an 8 or 9-inch baking dish and cover with half the sauce. Repeat layers. Top with bacon and remaining cheese. Bake 25-30 min. or until heated through.

# Simple Beef Stew

## Recipe From Kraft Food and Family

1 boneless beef chuck roast (2 lb.), cut  
into 1-inch chunks  
2 c. water  
3/4 c. barbecue sauce  
1 1/2 lb. baking potatoes, peeled and cut  
into 1-inch thick slices

6 carrots, peeled and cut into 1-inch thick  
slices  
1 onion, coarsely chopped  
1/4 c. steak sauce

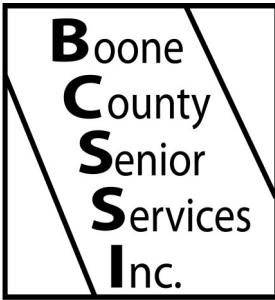
Bring meat, water and barbecue sauce to a boil in Dutch oven or deep skillet, cover. Simmer on med-low heat 1 hour. Add vegetables, stir. Cook, covered, 1 hour or until meat and vegetables are tender, stirring occasionally. Stir in steak sauce, cook 2 min.

**Slow-Cooker preparation:** Place all ingredients except steak sauce in slow-cooker. Cook on Low 8 hours, or High 4 hours. Stir in steak sauce; cook 2 mins.



### 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



*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](mailto:bcssi@booneseniors.org)

[www.booneseniors.org](http://www.booneseniors.org)

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United Way  
of Central Indiana



**BOONE COUNTY SENIOR SERVICES, INC.  
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