

BOONE COUNTY SENIOR SERVICES, INC.

SENIOR SOUNDS

Volume XLIII Number 6

Nov./Dec. 2022



BCSSI is thankful this holiday season to receive a \$30,000 matching grant from the Community Foundation of Boone County. Thank you to our donors for making it possible!

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"Hi, I'm Jessica and I'm a Caregiver..." *...And More!*

765-482-5220



317-873-8939

Boone County Senior Services, Inc.

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Mission Statement:

To promote independence and provide enriching opportunities for older adults in Boone County.

Services include:

Homemaker & Personal Service
Guardianship
Respite
Transportation
Information & Assistance
Friendly Visitor & Volunteers
Activities & Workshops
Insurance Information
Legal Assistance
Prescription Counseling
Computer Classes
Caregiver Support & More!

Boone County Senior Services, Inc.

515 CrownPointe Dr.,
Lebanon, IN 46052
Monday-Friday, 8:00AM-4:30PM

BCSSI Satellite Office

Zionsville Town Hall, Rm. 206
Open Wednesday & Friday
9:00AM-4:00PM or by appointment.
765-482-5220 or 317-873-8939
www.booneseniors.org



@Bocoseniors

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From the desk of our Executive Director Anita Bowen



My husband and I were blessed to celebrate 25 years of marriage in September. As I think about that landmark anniversary, I smile knowing that I am surrounded by couples who have achieved much more...as a

matter of fact, just this fall, friends in my BCSSI circle have shared with me that they are reaching great heights of 40 years, 60 years, 71 years. We all know that good relationships take hard work and EVERY way, not just milestone decades should be celebrated.

My husband and my year was 1997, and I am thankful for all the people that have poured into our relationship since day one. For BCSSI, our year is 1978 and, if it weren't for the amazing forethought, planning and initiative of Margot Corson and a group of dedicated volunteers, this organization would not be here today to care for older adults and their family members in Boone County. All that we have today is due to the roots they gave us 44 years ago. Those roots include



the generous and talented work of Margot's husband Carl behind the scenes. This technology guru put systems in place at BCSSI all those years ago that still support our organization today.

Margot passed in 2000 and her husband Carl continued to volunteer at the agency not only with his IT skills but also could be found around the property tending to the flower

gardens and pitching in wherever needed to ensure the success of BCSSI. Staff members through the years have simply enjoyed Carl's presence in the office and the opportunity to share in all kinds of conversations...and maybe a snack. Carl loved his snacks.

While Carl's passing late this summer leaves us with a hole in the heart at Boone County Senior Services, we are celebrating all of the memories that we have shared together,

including a treasured summer visit with Carl and several of his family members



that featured happy talk and Titus donuts. It was a regular day made special by the connections and time spent together. It wasn't a birthday, anniversary or any other unique day in time, but we celebrated. We took a photo together with Carl and his family and I am so very thankful that we did.

Don't miss the chance to connect with your friends at BCSSI this fall and winter, and hopefully make a new one or two in the process. We like to think that even ordinary days when we don't have a special program, activity or event planned can be fun. If you stop in with a good attitude and a smile, we'll give you our best, too. Let's celebrate together – EVERY day and build those relationships that will last and support each other through all the days to come.

We are thankful for you and wish you loads of blessings this holiday season.

~Until Next Time, *Anita*

What's happening at BCSSI...

Things got a little WILD during Lunch & Learn on the Road but the attendees managed to get back on the bus for the return trip home!! A big shout out to Signature HealthCARE at Parkwood for sponsoring the fun from the Safari Adventure, close-up animal photo ops, delicious lunch, plus entertainment by Kevin Charles! Such a fabulous fall day!!



The mystery is you never know what games we will play! Last month in Zionsville for Mystery Games & Goodies, we went old school and played Old Maid, Checkers & Password. Come and join us the 1st Thursday of each month at 1pm at BCSSI in Lebanon and the 3rd Wednesday of each month at 1pm at BCSSI in Zionsville.



Thank you to our friends at Homewood Health Campus for sponsoring our fall Muffins & Masterpieces! The participants painted a pumpkin water color. We think the paintings turned out gourd-geous!



Thank you to the 174 individuals who participated in the BCSSI Olympics! Turn to pages 6-7 for the medal results. To view, download & print your favorite photos from the Olympics go to: <https://7thannualbcssiolympics.shutterfly.com>

Our annual Lunch & Learn fashion show was all about fall fashions from our friends at Maurices. Thank you Homewood Health Campus for the great lunch! Special thanks to our lovely models Diana Martin, Judy Barnett and Pat Sawchuk.





Connecting Generations since 1978



3rd Annual Holiday SILENT AUCTION

Something for everyone on your Christmas list!!!

All proceeds support the mission of BCSSI!



@bocoseniors

Bids made in person

BCSSI Community Room
515 Crownpointe Dr
Lebanon, IN 46052

Nov 11, 8:30am-4:00pm

(Sat) Nov 12, 9:00am-11:00am (Holiday Treats)

Nov 14-16, 8:30am-4:00pm

Nov 17, 8:30am-5:30pm (Bidding Closes)

Event subject to change.

A variety of items will be offered for bidding!

www.booneseniors.org

Thank you for making the 2022 Boone County Senior Health & Wellness Expo a Success!



Thank you to our Senior Expo sponsors:

Witham Health Services, Boone County Senior Services Foundation, Inc., Carpenter Realtors of Lebanon, Boone County Health Department, The Lebanon Reporter, Home National Bank, The Farmers Bank, The Waters of Lebanon & Wellcare



MEDAL RESULTS

EUCHRE

GOLD: Nancy Giles & Patsy Staton
SILVER: Kay Garing & Carolyn Hadley
BRONZE: Ron Giles & Becky Ottinger

BOCCE

GOLD: Les McIntire & Joe Newsom
SILVER: Chuck & Debbie Trupe
BRONZE: Joe Klemme & Mark Graybiel

BOWLING

Women

60-69: GOLD: Debbie Maxwell
SILVER: Linda Fogle
BRONZE: Wanda Wolfe
70-79: GOLD: Vicky Deckard
SILVER: Carol Burton
BRONZE: Donna McDaniel
80-89: GOLD: Sandra Horlacher
SILVER: Gladys Dickey
BRONZE: Connie Bennington
90-99: GOLD: Jama Keesling

Men

60-69: GOLD: Chuck Trupe
SILVER: Gary Hafenbridle
BRONZE: Mark Graybiel
70-79: GOLD: Glenn Andrews
SILVER: Roger Fogle
BRONZE: Dan Warkentien
80-89: GOLD: John Quinn
90-99: GOLD: Sam Vickrey

TABLE TENNIS

Women

GOLD: Debbie Trupe
SILVER: Heidi Watson
BRONZE: Donna McDaniel

Men

GOLD: Chuck Trupe
SILVER: Mike Mustin
BRONZE: Scott Last

HORSESHOES

Women

70-79: GOLD: Vicky Deckard
SILVER: Donna McDaniel
BRONZE: Margaret Donnolo
80-89: GOLD: Gladys Dickey

Men

60-69: GOLD: Chuck Trupe
SILVER: Bill Fogle
70-79: GOLD: Roger Fogle
SILVER: Joe Newsom
BRONZE: Joe Klemme
80-89: GOLD: John Quinn

BASKETBALL

Women

60-69: GOLD: Sara Hilton
SILVER: Melanie Dickerson
70-79: GOLD: Janet Pickering
SILVER: Vicki Carr
BRONZE: Sandy Jeffers
80-89: GOLD: Sandra Horlacher

Men

60-69: GOLD: Chuck Trupe
SILVER: Max Allen
BRONZE: Gary Hafenbridle
70-79: GOLD: Dan Warkentien
SILVER: Glen Andrews
BRONZE: Joe Newsom
90-99: GOLD: Sam Vickrey

GOLF 18 HOLES

Women

60-69: GOLD: Marilyn VanDyke

Men

60-69: GOLD: Max Allen
SILVER: Monte McNew
BRONZE: Mike Mustin
70-79: GOLD: Buddy Hodgdon
SILVER: Glenn Andrews
BRONZE: Rob Bevington
80-89: GOLD: Frank Hensley

GOLF 9 HOLES

Men

60-69: GOLD: Chuck Trupe
70-79: GOLD: Lester McIntire
SILVER: Phil Zimmerman
80-89: GOLD: Jack Kelley
90-99: GOLD: Gary Metzger
SILVER: Sam Vickrey

PICKLEBALL DOUBLES

Women

GOLD: Lisa LeCrone
SILVER: Donna McDaniel
BRONZE: Celia Mattingly

Men

GOLD: Mike Mustin
SILVER: Frank Hensley
BRONZE: Richard Kriel
BRONZE: Chuck Trupe

TRACK AND FIELD

SOFTBALL THROW

Women

- 61-74: GOLD: Vicky Deckard
SILVER: Donna McDaniel
BRONZE: Sharon Stradling
- 75-82: GOLD: Janet Pickering
SILVER: Sandy Jeffers
BRONZE: Beverly Burton
- 83-90: GOLD: Shirley O'Neal
SILVER: Betty Brennan
BRONZE: Carol Burton
BRONZE: Jama Keesling

Men

- 61-74: GOLD: Aaron Smith
SILVER: Mike Mustin
BRONZE: Roger Fogle
BRONZE: Dan Warkentien
- 75-82: GOLD: Joe Klemme
SILVER: Glenn Andrew
BRONZE: Doug McDonald
BRONZE: Joe Newsom
- 83-90: GOLD: Sam Vickrey

SHOT PUT

Women

- 61-74: GOLD: Donna McDaniel
SILVER: Vicky Deckard
- 75-82: GOLD: Sandy Jeffers

Men

- 61-74: GOLD: Chuck Trupe
SILVER: Mike Mustin
BRONZE: Dan Warkentien
- 75-82: GOLD: Joe Klemme
SILVER: Doug McDonald
BRONZE: Joe Newsom
- 83-90: GOLD: Sam Vickrey

200 METER RUN

Women

- 61-74: GOLD: Donna McDaniel
- Men
- 61-74: GOLD: Dan Warkentien
SILVER: Thomas Easterday
BRONZE: Chuck Trupe
- 75-82: GOLD: Doug McDonald
SILVER: Jack Kelley
BRONZE: Joe Klemme

400 METER RUN

Men

- 61-74: GOLD: Thomas Easterday
SILVER: Bill Fogle
BRONZE: Chuck Trupe
- 75-82: GOLD: Jack Kelley

800 METER RUN

Men

- 61-74: GOLD: Thomas Easterday
SILVER: Bill Fogle
BRONZE: Chuck Trupe
- 75-82: GOLD: Jack Kelley

1600 METER FAST WALK

Female

- 61-74: GOLD: Jessica Smith
SILVER: Karen Andrews
- 75-82: GOLD: Deanna Baumer
SILVER: Miriam Palmer

Male

- 61-74: GOLD: Bill Fogle
SILVER: Chuck Trupe
BRONZE: Aaron Smith
- 75-82: GOLD: Doug McDonald
SILVER: Joe Klemme
BRONZE: Jack Kelley

Thank you 2022 BCSSI Olympic Sponsors:



Witham Health Services, Homewood Health Campus, Boone County Senior Services Foundation, Inc., Hoosier Village, Minute Print It, Riner Enterprises, Home National Bank, The Farmers Bank, North Salem State Bank, Edward Jones, Guardian Angel Hospice, Autumn Trace Senior Communities, Signature Healthcare at Parkwood, CrownPointe of Lebanon, The Waters of Lebanon, Boone County Sherriff's Office, Radio Mom 91.1, Excel Home Healthcare, United Healthcare, Parr Richey Frandsen Patterson Kruse LLP, The Lebanon Reporter, McDonald's in Lebanon & Kim Beyer Independent Insurance Agent

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

Bring in your phones, tablets, eReaders, cameras or laptops, or use one of our computers, and get **free** independent instruction.

Appointments available on Tuesday afternoons. Call BCSSI to register.

New! Life Moves On

A meeting place for widows and widowers. The group will meet on **Thursday, November 18 & December 16 from 10:30-11:30AM. Call BCSSI to register.**

Coffee Connection to the Community

Join us for conversation with old and new friends! **November 10 & December 8 at 10:30AM. Call BCSSI to register.**

Medicare Open Enrollment

Appointments available **November 3, 11 & 30. 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.**

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.**



- Nov. 2 ***This lunch begins at 11:30AM***
CASOA survey results. This is a special opportunity to hear feedback from the Community Assessment Survey for Older Adults and to share other ideas related to Boone County. We are excited to welcome CICOA CEO & President, Tauhric Brown! Lunch by Homewood Health Campus
- Nov. 16 CANCELLED
- Dec. 7 CANCELLED
- Dec. 21 Holiday Party: Food & Entertainment w/Dr. Beth Bartlett

Medicare 101

Are you or a loved one enrolling in Medicare this year? Are you thinking about retiring? Come get answers to your Medicare questions at a neighborhood meeting on **Monday, November 14 at 6:00PM. Call BCSSI to register.**

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.

SHIP Counseling & CICOA Benefits

A CICOA representative will be available by appointment to provide seniors with unbiased information about Medicare, Nursing Facilities, Emergency Response Systems, Public Benefits, Nutrition, and more on **Wednesday, November 23 & December 28**. Call BCSSI for an appointment.

Legal Assistance

Free legal assistance will be offered on **November 15 & December 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.**

Line Dancing

Wednesday, November 9 & 23, December 14 & 28 from 10:30-11:30AM. Call BCSSI to register.

Needlepoint

Meet at BCSSI on the **first Monday of the month at 1:00PM** to work on your own projects. *There will be no instructor. **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 **November 1** to discuss, "**Alaskan Holiday**" by Debbie Macomber. The book for **December 6** will be announced at the November meeting. **Contact BCSSI to register.**

Coloring Hour

Bring your own pencils/markers or we have some we can share, and learn some new coloring techniques from **1:00-2:00PM on November 8 & December 13**. **Call BCSSI to register.**

Classy Crafters

Classy Crafters meets each month at **1:00PM**. On **November 16** Make a Holiday Lantern with Gen Speitel from Wesley Manor. Cost is \$5. *There will be no December craft.* **Call BCSSI to register.**

Mystery Games Prizes & Goodies

Come join the fun on **Thursday, November 3 & December 1 from 1:00-2:00PM** with Excel Home Health Care. **Call BCSSI to register.**

Muffins & Masterpieces

Join us on **December 8 at 1:30** to paint your own masterpiece with instructor Shirley Luttrell. **Call BCSSI to register.**

Nov/Dec. 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

Caregiver Support Group

Caregiver Support Group will meet
November 9 & December 14 at 6:00PM
 at Independence Village West, 6800
 Central Blvd, Zionsville (behind Meijer).
 Facilitated by Jessica Evans. **Call BCSSI to register.**

Zionsville Crafts at the Town Hall

Join us monthly on the second Friday at
1:00PM. November 11 make a Holiday
 Lantern with Gen Speitel from Wesley
 Manor. Cost is \$5. *There will be no*
December craft. **Call BCSSI to register.**

SHIP Counseling & CICOA Benefits

A CICOA representative will be available
 by appointment to provide seniors with
 unbiased information about Medicare,
 Nursing Facilities, Emergency Response
 Systems, Public Benefits, Nutrition, and
 more on **Wednesday November 23 &**
December 28. **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.**

Lunch and Learn at the Town Hall
second Friday of the month at noon.
 Space is limited. **Call BCSSI to register.**

Nov. 11 TBD lunch by Stratford

Dec. 9 Holiday Party: Entertainment & Food
 w/Dr. Beth Bartlett

Mystery Games Prizes & Goodies

Wednesday November 16 &
December 21 at the Zionsville Town Hall
 from **1:00-2:00PM** w/ Excel Home
 Healthcare. **Call BCSSI to register.**

Sip & Learn

Join us on the first Friday at **10:00AM** in
 the Zionsville Town Hall.
Nov. 4: Meet EMS Manager Kerry
 O'Haver
Dec. 2: Meet Chief of Training & Safety
 Aaron Gibbons.

Answers to Christmas Riddles Pg. 19



1. Elfies
2. It was stuffed
3. Cookie sheets
4. A puddle
5. They were feeling crummy
6. Jungle bells, jungle bells
7. Saint Nickel-less
8. Yule Tide
9. Your teeth
10. In the dictionary

Get Out and Go with BCSSI!

Trips depart from: BCSSI Lebanon



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

Special Interest

Christmas Gift & Hobby Show	Thurs. Nov. 10
	9:00AM \$6.00
Tickets \$10 at the door for age 65+	

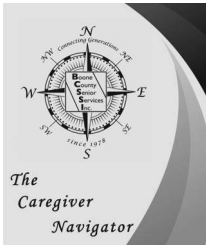
SAVE THE DATE!

Travel with BCSSI in 2023 to the Smoky Mountains June 19-23 & The Biltmore Estate & Asheville November 27-30.

More info coming early in 2023.



The Caregiver Navigator is a launching point to being a better informed and organized Caregiver.



Use this as your framework for gathering and organizing information to create your own Caregiver Binder.

Go to www.booneseniors.org/resources/ to download a copy or for a FREE hard copy contact our office at 765-482-5220 or 317-873-8939.

BCSSI 2022

Theater Thursdays!

Join us at the Lebanon 7 Theater

1600 N. Lebanon St., Lebanon

9:00AM – Breakfast Snack

9:30AM – Special Movie

Special movie shown for those age 60 and over for only \$1!

Nov. 17 - American Underdog, rated PG

For Transit call (765)482-5220 or (317)873-8939

Sponsored By:

Homewood Health Campus
Guardian Angel Hospice

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



BCSSI Spotlight Don Barnett BCSSI Volunteer & Board Member

How did you get involved with BCSSI?

After I retired in 2008,

Paul Reagan who I regularly met for breakfast at Titus Bakery, was a BATS driver and he asked me to visit and drive. I drove for 8 years and retired from BCSSI in 2016.

How many years have you volunteered at BCSSI? After I retired from driving in 2016, I joined the BCSSI Board of Directors. I currently serve as the Treasurer and liaison to the BCSS Foundation.

What makes BCSSI unique? BCSSI understands the special needs of our seniors and what they need in their lives to live independently.

What is your favorite activity to help with at BCSSI? The Olympics...because I enjoy seeing people in their 80's and 90's trying things they normally would not do at their age.

Family: I have been married to my wife Janet for 58 years. We have a daughter Lisa Stanley who lives in Lebanon and a son, David who lives in Westfield. We have three grandchildren.

Profession: Before I retired in 2008, I worked in Information Systems for Allyson Transmissions for more than 50 years and before Allyson's, I worked at the Archdiocese of Indianapolis.

Hobbies/Interests: I enjoy to read and travel and attend my grandchildren's sporting events.

What do you want others to know about BCSSI? I want others to know how rewarding it is to be able to help people through BCSSI. This is why I drove for so many years. It was very special to provide a listening ear and be there for individuals during difficult times.

Meet Our Staff.... Jessica Evans Director of Outreach

I started with BCSSI in 2009 as an administrative assistant and have held my current position, as Director of Outreach for the last eight years.

I married my high school sweetheart, Jeff Evans 38 years ago and we have two sons, Justin and Dalton. I'm also a dog mom to three Labrador Retrievers, Bella, Piper & Hank.

I'm not embarrassed to tell you that I love disco music. I even have my own disco ball!



My happy place is Rocky Fork Lake in Brazil, IN. Life is always better at the lake, especially with family & friends!

I'm not always the life of the party but I sure do love decorating for one! Give me a good theme and I'll run with it!!!

What makes BCSSI special? I'll circle back around to disco music "We are Family". We truly treat everyone we serve and everyone we work alongside like family.





Boone
County
Senior
Services
Inc.

Connecting Generations
since 1978

Together
we give.

Nov 29, 2022

GIVING
TUESDAY

GivingTuesday is a global movement unleashing the power of generosity.

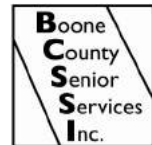
GivingTuesday was created in 2012 as a simple idea: a day that encourages people to do good. Since then, it has grown into a year-round global movement that inspires millions of people to give, collaborate, and celebrate generosity.

Join the movement and give – It's a simple idea: whether it's making someone smile, helping a neighbor or stranger out, 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 contribute toward building the better world we all want to live in.



Edward Jones®

***Script Your Family's Future:
Why You Need An Estate Plan***



When it comes to your estate plan, even if you've taken no action at all, you have an estate plan. Your "default plan" may be determined by the laws of your state. We'll discuss strategies you may want to consider when planning your estate.

**Join us for a FREE informational meeting & boxed meal
Thursday, November 3, 2022, 5:30pm-7:00pm
BCSSI, 515 CrownPointe Dr., Lebanon**

**Speakers: Rick Elsbury, Financial Advisor, Edward Jones &
Troy Thompson, Attorney, Law office of Troy L. Thompson**
Please RSVP 765-482-5220 or sshoup@booneseniors.org by Nov. 2nd

National Family Caregivers Month is celebrated each November and is a time to recognize and honor family caregivers across the country. This year's theme is #CaregivingHappens.

Celebrating Family Caregivers during National Family Caregivers 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 how to celebrate National Family Caregivers. Go to www.caregiveraction.org for more information and resources to help you as a caregiver.

Hi, I'm Jessica and I'm a Caregiver...



I have been getting some excellent training on how to become a caregiver since accepting the Director of Outreach promotion eight years ago. Part of my job is

to take care of those who care for their loved ones by providing educational programming/workshops, special caregiver events, caregiver support group, developing The Caregiver Navigator and putting together this newsletter, The Caregiver's Corner.

When I accepted this new role, I really couldn't identify as a caregiver because I wasn't in the daily trenches like the caregivers I was working with. I just thought I was simply "helping out" my family members here and there with getting to & from appointments, picking up the occasional prescription or groceries, chores around the house. Well, I soon learned that if you are "helping out" an aging or chronically ill loved one you are classified as a family caregiver. The sooner you identify yourself as a caregiver the better. The better you can equip yourself with the skills, training, resources and support that are necessary before entering the frontline of daily caregiving.

January of this year my husband and I found ourselves right there in the frontline trenches with my fellow caregivers. Karen, my mother-in-law's, cancer had returned after being cancer free for almost a year. The cancer came back with a vengeance and treatment was not an option this time. On top of that she had been diagnosed with dementia last fall.

As a family we had to come up with a plan quickly! We decided we would share in the care of Karen. **14**

She would spend half the week at our house & half the week at my bother-in-law's house, for as long as she was capable. Our first half week of caring went ok but it wasn't great for any of us, that's for sure. You would think with my skill set that I would get it semi-right but that wasn't the case. All I could say to Karen on the ride to my bother-in-law's house was I'm sorry that didn't go so well...we'll do better next week. And that's just what we did! I dug deep into my bag of caregiving tips, and we got better with each new week.

It wasn't long after we established a good working routine in the home that Karen asked if I would take her shopping. It was getting close to my husband's birthday and she wanted to buy him something. My thought was oh dear how does this caregiving thing work in the wild and can I handle this?!! I'm not much for retail therapy but my mother-in-law could spend hours in a store. So off we went to our local Wal Mart with our in case of an emergency bag. On the way to the store I asked her to think about what she wanted to buy Jeff for his birthday. Without any hesitation she said, fishing line, a case of beer and a good bottle of bourbon. All excellent gift choices for my husband. At this stage in her illness she had very little energy and nausea was a BIG problem. So we made a game plan to shop for Jeff's gifts first and then she could look/shop for things that interested her.

I dropped her off at the door because we forgot to get her handicap parking permit at my brother-in-law's. I made sure she got in the store safely before I parked the car. When I got in the store, I found her wedged between 2 electric scooters. Both of them were dead of course but we somehow managed to move them enough to get her unstuck. At this point I'm wishing we should have stayed home!

This was her first time navigating the store on a scooter and my first time assisting someone

while they shopped. In the past we would set a time to meet at the register and we would go our separate ways. Our first stop was the hunting/fishing section. Karen beat me there, turns out she's a speed demon on a scooter. There was no way I could keep up. She was asking a gentleman where she could find fishing line, he did not work there, he was just waiting on a clerk to help get a fishing license. He kindly showed her where to find it and even gave her his recommendation on the best one to buy. I apologized and thanked him for his help. It turns out he was a caregiver for his mother and was happy to help. As we exit the aisle my mother-in-law takes out a section of foam coolers with the scooter. A lady nearby helped me put them back on the shelf. She shared that this was nothing... her mother had knocked over a huge store display on one of their shopping trips.

With the coolers back in place we were heading for the alcohol section and hoping we didn't take out any more merchandise along the way. We almost had it made, the beer & bourbon were in sight when Karen crashed the scooter into a shopping cart of a woman who was about my mother-law's age. AGAIN we were apologizing and stating we were new to this situation. The lady laughed it off, and said it brought back memories of her mother who she described as Mister Magoo on a scooter. She also assured us we would get the hang of it and we would look back on this day and have a good laugh.

Now that the gifts were in the cart, it was decided we needed ice cream. While trying to figure out which flavor we needed (because unlike Baskin Robbin's Wal Mart has more than 31 flavors) the nausea kicked in and wouldn't you know it I forgot to put the pills for that in our emergency bag! The only thing that bag was good for was in case we needed a barf bag!! I remembered the candy aisle was the next one over and I left Karen to grab a bag of peppermints to help settle her stomach. When I got back to her, I realized 15

between my cart and the scooter we were blocking half the ice cream cases. I apologized to the couple waiting for us to move. They said no worries they would circle back around later. They circled back around and guess what we were still there! Once again, I found out they too had been caregivers to both of their parents. They offered words of comfort to my mother-in-law and stayed with us until the peppermints took effect.

Karen was able to get in a little more retail therapy in and we checked out with any troubles, but we forgot the ice cream!!!

I left the store feeling grateful for all the camouflaged caregivers we met in the wild that day. You are pretty easy to see when you are out with your loved one. You helped make an imperfect day pretty perfect.

Caregivers I want you to know I see you more clearly these days....

I see how hard it is in the trenches. I see how tired you are. I see it's ridiculously hard to practice self-care. I see it all now and I have even more respect, and appreciation for what you go through daily.

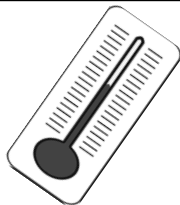
Thank you to all the caregivers that I have had the privilege of working with. You have shaped me into the caregiver that I am today!

A few days after our adventures in Walmart Karen took a turn for the worst and passed away peacefully a week later. By the way she knew her son well....he loved his birthday gifts!!!

In loving memory of my mother-in-law
Karen Evans.

****Written by BCSSI Director of Outreach
Jessica Evans. Turn to page 12 to learn a
little more about Jessica!***

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



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

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**Need HELP with your Medicare
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765-482-4563
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317-252-5558

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FREE Flu Vaccines
Ages 6 months and older
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FREE Covid Vaccine Clinics
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Appointments preferred at ourshot.in.gov.

Boone Co. Office Bldg. Ste B202
116 W. Washington St., Lebanon
765-482-3942 option 3

***Home visits are available by
appointment for homebound residents.***

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I would like my donation to be used for (select one below):

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A memorial in memory of: _____

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Cindy Hickson

In Honor of Donna Mauch

Betty Burris

In Honor of Rosemary Martin's

100th Birthday

Kenneth & Margaret Keene

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Anniversary

Joann Jones

In Honor of Marilyn Neese's,

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Boone County Senior Services Foundation, Inc. Memorials

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Gene & Pam Keck

The Hammocks

LuAnn Cowan Robertson

Ed Moffitt

The Hammocks

Gene & Pam Keck

Jim Urban

Gene & Pam Keck

Frank Stowers

Gene & Pam Keck

Richard L. Witt

The Hammocks

In Memory of Ernie Pyle Chapter of the WWII Roundtable Members:

- Benny Campbell, U.S. Air Force
- Charles Slaughter, Philippines/Okinawa/Purple Heart & Bronze Star medal
- Jim Evans, Battle of the Bulge
- Marion Adams, Italy/France
- Russell Swisher, Marched in Paris Liberation Parade/Huertgen Forest/Battle of the Bulge
- George Cox, Channel Crossing torpedo survivor/France
- Dr. Robert Coons, combat medic ETO/Purple Heart & Silver Star medals
- Alvin Ping, WWII Submarine crewman



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County Wide, All Ages

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**Attention!!!
Southeastern
Standard Medicaid
Transportation 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.



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need a
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location
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next
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Our Community Room is available for rent! Rental includes the use of our Community Room, tables and chairs, catering kitchen and restrooms. Completed rental agreement and deposit required to reserve the room.

**BCSSI is looking for
individuals to join our Personal
Services and Boone Area
Transit teams!**

If you are interested in learning more, contact 765-482-5220 or 317-873-8939! Or go to www.booneseniors.org

**BCSSI offices will be closed
Nov. 24 & 25
Dec. 23 & 26**

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

CLOSED

**Gleaner's Boone County Senior
Mobile Food Pantry**

3rd Tuesday of each month
11:00AM-1:00PM

**Drive Thru Pick Up at the
Boone County 4-H Fairgrounds**

Must be 55 years of age or older,
one per household.



Banana Pudding

Recipe Submitted By: Sharon Walker

3 1/2 Tbsp. flour
1 1/3 c. sugar
Dash of salt
3 eggs, separated
1 tsp. vanilla extract
1-12oz pack vanilla wafers

6 medium bananas
For Meringue:
Eggs whites from above
1/4 c. + 2 Tbsp. sugar
1 tsp. vanilla extract

Combine flour, sugar and salt in a heavy saucepan. Beat egg yolks. Combine egg yolks and milk, mixing well. Stir into dry ingredients; cook over medium heat, stirring constantly, until smooth and thickened. Remove from heat and stir in vanilla.

Layer one-third of wafers in a 3-quart baking dish. Slice 2 bananas and layer over wafers. Pour one-third of custard over bananas. Repeat layers twice.

To make the meringue: Beat room temperature eggs whites until foamy. Gradually add 1/4 c. + 2 Tbsp. sugar, 1 Tbsp. at a time, beating until stiff peaks form. Add vanilla and beat until blended. Spread meringue over custard, sealing to edge of dish. Bake at 425 for 10-12 mins., or until golden brown. *Can be topped with cool whip rather than meringue. * Recipe can be doubled.

CHRISTMAS RIDDLES

Match up the riddle with the correct answer on the right

1. What type of photos do elves take?
 2. Why didn't the turkey eat anything?
 3. What does a gingerbread man use on his bed?
 4. What do you call a snowman in the summer?
 5. Why did the cookies go to the doctor?
 6. What do monkeys sing at Christmas?
 7. What do you call Santa when he is broke?
 8. What kind of detergent does Santa use?
 9. What is the best thing to put in a Christmas cookie?
 10. When does Christmas come before Thanksgiving?
- ◆ In the dictionary
 - ◆ Yule Tide
 - ◆ Elfies
 - ◆ Your teeth
 - ◆ They were feeling crummy
 - ◆ A puddle
 - ◆ It was stuffed
 - ◆ Cookie sheets
 - ◆ Saint Nickel-less
 - ◆ Jungle bells, jungle



Answers on pg. 10



*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**

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www.booneseniors.org
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