

BOONE COUNTY SENIOR SERVICES, INC.

SENIOR SOUNDS

Volume XLVI Number 6

Nov./Dec. 2025



Happy Holidays from BCSSI!

Recently staff members had fun participating in a team building activity which incorporated creating musical rhythm, using drums.

Thanks to drummer Adam Riviere with Playground Productions for your leadership.

What's Inside:

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...And More!

765-482-5220



317-873-8939

@bocoseniors

Boone County Senior Services, Inc.

2025 Board of Directors

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Director of Development



Mission Statement:

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

Services include:

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

Boone County Senior Services, Inc.

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

BCSSI Satellite Office

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



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From the desk of our Executive Director Anita Bowen



Where's your happy place? I took a trip this fall to mine (well, one of them) and now I am being intentional about reminding myself of all the things there that make it special...and happy. And, I am trying to incorporate those visions and

memories into my regular life and daily routine. Here are some examples:

My trip was to a resort where my room overlooked a lazy river and was adjacent to the spa. The sounds of the water together with relaxing music calmed my soul each day. Voila! I can play this background music on my office computer while I am working and be reminded of the restorative time that I spent in Cancun.

The resort had the most delightful bakery and coffee shop on the property. While the treats aren't a good choice on a daily basis, our Boone County bakeries and coffee shops lend themselves to me for a periodic pick-me-up, and I am all about it! A favorite of mine during the trip was the macarons and chocolate chip shortbread cookies, and I know just where to get those in my Boone County neighborhood.

Mornings spent in our resort room just getting ready for the day was peaceful due to the no-rush attitude. What if I gave myself some extra time each weekday morning to just do what I want to do... whether that is stretching/exercising,

reading a devotional, doing a quick chore to eliminate it from my list of things to do later on, or anything else that isn't stressful? As I have gotten older, I find that I don't dislike mornings as much as I used to ... maybe it's because I'm not staying up as late as I once did! HA

The staff at this resort had excellent attitudes and always greeted us with a kind hello or Hola! Several wanted to engage with us if they had the time, like the room service team member who asked where we were from and knew more about the Indianapolis Colts than we probably did! I knew that I needed to take a refreshed approach when I returned to the office to make sure my attitude was positive – no matter who I was talking to or what was going on around me.

We had the opportunity to try a few different foods during our trip. While I am not too much of a risk-taker in this area, I came away loving French onion soup, and this is something that I always thought I didn't like. I felt like such a grown-up in the French restaurant (the fanciest one at the resort) and tried to use my best manners.

There was also this fabulous espresso machine in our room that brought me immense joy each morning. It may or may not be in my Amazon cart at this time.

Hope to make some happy memories with you this late fall and winter. Merry Christmas to you & yours!

Until Next Time, *Anita*



We loved meeting the amazing Hunter the Electronic Scent Detection K9, and learning from his partner Darin Odier during Brunch and Learn. Even cooler, a film crew was on site capturing Hunter in action for an upcoming documentary! Big thanks to the Boone County Prosecutor's Office for providing a delicious brunch and making this special program possible.



Fall Fashion Fun! Residents from CrownPointe Assisted Living, along with Activities Director Amy Bigler took to the runway for a fabulous fashion show featuring the latest from Lebanon Maurices! A special thanks to Maurices for styling these looks! Thank you to CrownPointe for also providing lunch.



We had 132 movie attendees to wrap up our last Theater Thursdays in 2025! Thank you to our sponsors Better Hearing Clinics, Boone County Extension Homemakers, Guardian Angel Hospice and Homewood Health Campus! Looking forward to hosting more movies in 2026!



A big congratulations to Jill Allen (pictured at left) for winning the BCSSI Olympics t-shirt contest! She turned her Olympic t-shirt into an adorable dress for her sweet great-granddaughter, Tatum, daughter of our very own Stacie McQuern, BCSSI Co-Director of Transportation.



The BCSSI offices will be closed for the holidays on December 24 & 25 for Christmas & December 31 & January 1 for the New Year.

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





Connecting Generations since 1978

6th 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 14 8:30am-4:00pm

Nov 17-19, 8:30am-4:00pm

Nov 20 8:30am-6:00pm (Bidding Closes)
Holiday Treats

Event Subject to Change

A variety of items will be offered for bidding!

www.booneseniors.org



Senior Expo 2025...Thank you for another memorable year!



Media Sponsor:
The Lebanon Reporter





2025 BCSSI Olympic Medal Results

*A record
setting 230
participants!*

EUCHRE:

GOLD (tie): Michael Westerfield &
Brenda Fisher

GOLD (tie): Anna Batts & Carolyn Hadley

SILVER: Mike Williams & Diane Williams

BRONZE: Vickie Smith & Nancy Giles

BOCCE:

GOLD: Max Allen &

John Goodwin/Dave Robbins

SILVER: Dan Warkentien & Mark Graybiel

Bronze: Jack Allen & Frank Hensley

TABLE TENNIS:

WOMEN:

GOLD: Debbie Trupe

SILVER: Donna McDaniel

BRONZE: Karyn Seppel

MEN:

GOLD: Jim Sauer

SILVER: Mike Mustin

BRONZE: Paul Seppel

TRACK & FIELD

SOFTBALL THROW

WOMEN

60-69

GOLD: Debbie Sharp

SILVER: Kathy VanHorn

BRONZE (tie): Cathy Adams

BRONZE (tie): Barb Colgan

70-79

GOLD: Donna McDaniel

SILVER: Vicky Deckard

BRONZE: Jessica Smith

80-89

GOLD: Patty Golladay

SILVER: Millie Brown

BRONZE: RoseAnn Kincaid

90-99

GOLD: Vera Doll

SILVER: Lois Gramlin

MEN

60-69

GOLD: Jim Sauer

SILVER: Kevin VanHorn

BRONZE: Duane Fortune

70-79

GOLD: Aaron Smith

SILVER: David Pfeiffer

BRONZE: Max Allen

80-89

GOLD: John Douglass

SILVER: Jerry Mitchell

BRONZE: Ron Bartlett

90-99

GOLD: Sam Vickery

SILVER: Gary Mezger

SHOTPUT

WOMEN

60-69

GOLD: Debbie Sharp

SILVER: Cathy Adams

70-79

GOLD: Vicky Deckard

SILVER: Donna McDaniel

BRONZE: Shirley Hester

80-89

GOLD: Patty Golladay

MEN

60-69

GOLD: Kevin VanHorn

SILVER: Jim Sauer

BRONZE: Chuck Trupe

70-79

GOLD: Doug McDonald

SILVER: Aaron Smith

80-89

GOLD: Jerry Mitchell

90-99

GOLD: Sam Vickery

200 METER RUN

WOMEN

60-69

GOLD: Cathy Adams

SILVER: Mary Bauerband

MEN

60-69

GOLD: Chuck Trupe

70-79

GOLD: David Pfeiffer

SILVER: Max Allen

BRONZE: Doug McDonald

400 METER RUN

WOMEN

60-69

GOLD: Debbie Sharp

SILVER: Cathy Adams

70-79

GOLD: Jessica Smith

MEN

60-69

GOLD: Kevin VanHorn

SILVER: Chuck Trupe

70-79

GOLD: David Pfeiffer

SILVER: Bill Fogle

800 METER RUN

MEN

60-69

GOLD: Chuck Trupe

SILVER: Kevin VanHorn

70-79

GOLD: David Pfeiffer

1600 METER FAST WALK

WOMEN

60-69

GOLD: Cathy Adams

SILVER: Debbie Sharp

BRONZE: Barb Colgan

70-79

GOLD: Jessica Smith

80-89

GOLD: Deanna Baumer

MEN

60-69

GOLD: Chuck Trupe

SILVER: Keven VanHorn

70-79

GOLD: Bill Fogle

SILVER: David Pfeiffer

BRONZE: Doug McDonald

80-89

GOLD: John Douglass

CORNHOLE

23 FEET

GOLD: Debbie Trupe & Chuck
Trupe

SILVER: Mike Mustin & Jack
Robinson

BRONZE: Jeff Durham & Laurie
Durham

18 FEET

GOLD: Nancy Goldsberry & Rex
Goldsberry

SILVER: Penny O'Conner & John
Irwin

BRONZE: Debbie Sharp & Dan
Bewley

BOWLING:

WOMEN:

60-69

GOLD: Judy Martineau
SILVER: Linda Fogle
BRONZE: Mary Bauerband

70-79

GOLD: Diane Williams
SILVER: Debbie Maxwell
BRONZE: Donna McDaniel

80-89

GOLD: Donna Jones
SILVER: Lois Baker
BRONZE: Connie Dickerson

90-99

GOLD: Vera Doll

MEN

60-69

GOLD: Chuck Trupe
SILVER: Edward Goon
BRONZE: Glen Hicks

70-79

GOLD: Michael Williams
SILVER: Mark Vickrey
BRONZE: Robert Klaus

80-89

GOLD: Glenn Andrew
SILVER: Bobby Anderson
BRONZE: Jerry Mitchell

90-99

GOLD: Bill Alexander
SILVER: Sam Vickery
BRONZE: Jack Robinson

BASKETBALL SHOOT

WOMEN

60-69

GOLD: Maria Shepherd
SILVER: Mary Hicks
BRONZE: Deanne Kreakie

70-79

GOLD: Nancy Goldsberry
SILVER: Sandy Jeffers
BRONZE (tie): Shirley Hester
BRONZE (tie): Sharon Stradling

80-89

GOLD: Janie Briggs
SILVER: Patty Golladay
BRONZE: Sandra Horlacher

MEN

60-69

GOLD: Michael May
SILVER: Kevin VanHorn
BRONZE: Jim Sauer

70-79

GOLD: Max Allen
SILVER: David Means
BRONZE: John Irwin

80-89

GOLD (tie): Jerry Mitchell
GOLD (tie): Glenn Andrews

90-99

GOLD: Jack Robinson
SILVER: Sam Vickery

GOLF 9 HOLES

WOMEN

60-69

GOLD: Brenda Davis
SILVER: Cindy Aguirre
BRONZE: Shelly Koontz

70-79

GOLD: Pam Percy
SILVER: Carolyn Koontz
BRONZE: Mary Jane Paul

MEN

60-69

GOLD: Steve Koontz
SILVER: Chuck Trupe
BRONZE: Kevin VanHorn

70-79

GOLD: Mark Vickery
SILVER: Rick Percy
BRONZE: Fred Chitwood

80-89

GOLD: Frank Hensley

90-99

GOLD: Gary Mezger
SILVER: Sam Vickery

GOLF 18 HOLES

WOMEN

60-69

GOLD: Mary Hicks

70-79

GOLD: Marilyn VanDyke

MEN

60-69

GOLD: Scott Swisher
SILVER: Pat Potter
BRONZE: Mike Mustin

70-79

GOLD: Max Allen
SILVER: Rob Bevington
BRONZE: Charlie Acton

80-89

GOLD: Glenn Andrew

PICKLEBALL

WOMEN

GOLD: Diane Williams
SILVER: Penny O'Conner
BRONZE: Lisa Henry

MEN

GOLD (3-way tie): Dan Warkentien
GOLD (3-way tie): Michael Williams
GOLD (3-way tie): David Hawkins
SILVER: John Goodwin
BRONZE: Mark Graybiel

Individual Award Winners:

Outstanding Spirit: Debbie Sharp & Max Allen

Most Medals: Cathy Adams & Chuck Trupe

Most Events: Sandy Jeffers & Kevin Vanhorn

Oldest Participants:

Betty Meeker & Bill Alexander

Outstanding Participation:

CrownPointe of Lebanon

Outstanding Group Spirit:

The Waters of Lebanon



November/December Classes & Activities

Call 765-482-5220 for Registration and Information

All Classes & Activities held at BCSSI, Lebanon



An RSVP is required for all activities as space is limited. All events are subject to postponement or cancellation.

On the first Wednesday of each month we will have Brunch and Learn from 10:00-11:00AM and on the third Wednesday we will have Lunch and Learn from 12:00-1:00PM. Seating is limited and reservations are required for both programs.



Brunch and Learn 10:00-11:00AM

- Nov. 5 A Veteran's Knowledge w/Allen Andrews. Brunch by Client Care
- Dec. 3 NO BRUNCH

Lunch and Learn 12:00-1:00PM

- Nov. 19 Visit the BCSSI Holiday Silent Auction and social time. Lunch by Autumn Trace
- Dec. 17 **Lunch starts at 11:30** Western Boone Star Voices Holiday Music. Lunch by Homewood Health Campus



SHIP Counseling & CICOA Benefits

This program will resume at a later date.

Medicare Open Enrollment

November 6 & 13. Please bring current plan information and a list of doctors and prescriptions. **Call BCSSI for an appointment.**

Legal Assistance

Free legal assistance will be offered on **November 18 & December 16.** 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 other options. Call BCSSI for an appointment.**

Muffins & Masterpieces

Come create your own masterpiece **November 6 from 1:00-3:00PM.** Space is limited. Call BCSSI to register. Sponsored by CrownPointe.



Lebanon Games

Come join the fun on **Thursday, December 4, 1:00-2:00PM.** With Donna Newman & Shirley Hester. **November games are cancelled. Call BCSSI to register.**

November/December Classes & Activities

Call 765-482-5220 for Registration and Information

All Classes & Activities held at BCSSI, Lebanon



An RSVP is required for all activities as space is limited.
All events are subject to postponement or cancellation.



Chair Yoga with Kelly

Join us for a Chair
Yoga Practice
with Kelly on **November 10 & 24 and
December 8 & 22 from
10:30-11:30AM. Call BCSSI to
register.**

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.**

Line Dancing

**Wednesday, November 12 and
December 10 from 10:30-11:30AM**
with Rue Flanders. ***Class will not
meet on Nov. 26 & Dec. 24. Call
BCSSI to register.***

Life Moves On

A meeting place for widows and widowers. ***The group will not meet
in November & December.***

Needlepoint

Meet at BCSSI on the **first Monday** of the month at **1:00PM** to work on your own projects. **Call BCSSI to register.**

Cover to Cover Book Club

Book Club will meet **Tuesday, November 4 at 1:00PM** to discuss "Lies He Told Me" by James Patterson and David Ellis. The book for **December 2**

will be announced at the November meeting. **Call BCSSI to register.**

Thank you to Hachette for donating our book club books!



Classy Crafters

Classy Crafters meets each month at **1:00PM. November 19: Holiday Candle w/Rue. December 17: Cancelled.** Cost is \$5 per class. **Call BCSSI to register.**

Art Class

Every Thursday, 9:30AM-12:00PM with instructor Shirley Luttrell. Cost is **\$8** per class. Shirley will work with beginner or intermediate students and any medium. **Call BCSSI to register.**

November/December 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 is limited.
All events are subject to postponement or cancellation.**

Our Zionsville office is open Wednesday & Friday 9:00AM-4:00PM

Caregiver Support Group

Caregiver Support Group will meet on **November 12 and December 10 at 6:00PM. Support group meets 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 14: Holiday Candle w/Rue. December 12: Cancelled.** Cost is \$5 per class. **Call BCSSI to register.**



New! Crafty Cards with Christy Kulwicki

Friday **November 21 from 10:00-12:00** in Room 204 at the Zionsville Town Hall. Cost if \$5 per class. **Class will not meet in December. 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. 14 "Four Pillars of Retirement" by Edward Jones Advisor Alex Shrewsbury and a discussion about advance directives, power of attorney and living wills with Attorney Roger Burrus. Lunch and program by the BCSS Foundation.



Dec. 12 Holiday luncheon with The Continettes. Lunch by Homewood Health Campus.



Sip & Learn

Join us on the first Friday of the month at **10:00AM** in the Zionsville Town Hall. **November 7: TBD. December 5: Cancelled. Call BCSSI to register. Thank you to the Zionsville Fire Department for sponsoring Sip & Learn!**

Art Class

Every Tuesday, 9:30AM-12:00PM with instructor Shirley Luttrell. *This class is currently full, call BCSSI to be placed on the waiting list.*

Zionsville Games

There will be no games held in November and December.

Get Out and Go with BCSSI!

Trips depart from: BCSSI Lebanon

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



Shopping

Thursday, Nov. 13 Departs: 10AM
Tippecanoe Mall Cost: \$10

Holiday Spirit

December 18 Departs:
Quick dinner at Dairy 5:00PM
Queen Grill & Chill, and Cost: \$10
Christmas Lights at (Meal cost on
Frankfort at TPA Park your own.)



BCSSI Travel Group 2026 Save the Dates!

Savannah, Jekyll Island & Beaufort
South Carolina, April 12-18.
Sign up Jan. 8 from 1:00-2:00PM at
BCSSI Lebanon

Niagara Falls & Toronto Sept. 13-19.
Passport Required.
Sign up to be determined.

Crafting After Hours Field Trip! Thurs., Dec. 4 5:30-7:00PM



Candle making at Fire + Fern Apothecary by Ulen Candle Company, 106 N Lebanon St (on the square, downtown Lebanon) Create your own holiday jar candle to keep or give as a gift. Just \$20/person thanks to our friends at Autumn Trace. Light refreshments will be available. Meet at Fire + Fern. RSVP to BCSSI. Space is limited.

Lunch and Learn on the Road travels to the Ft. Wayne Festival of Gingerbread Wednesday, December 3 Cost: \$83

Trip includes lunch at the famous Don Hall's Tavern at Coventry and the Ft. Wayne Festival of Gingerbread.

Sponsored by
Homewood Health Campus



All Aboard! We sure did enjoy Lunch & Learn on the Road lake day. It is always one of our most popular adventures! A day on the water just takes you away! A huge thanks to The Waters of Lebanon for making the outing possible.

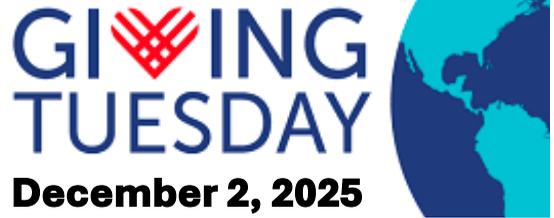
Are you a stay at home mom or a retiree looking for a part-time job that will make a positive difference in the life of an older adult?...

Then you should join our Personal Services team!

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.

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



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 hundreds of millions of people to give, collaborate, and celebrate generosity.

Join the movement and give, whether it's some of your time, a donation, or the power of your voice in your local community. 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.



BCSSI would like to thank our longest standing Personal Services client, Annie Ottinger, for using our services since 2010. And...a very special Happy 100th Birthday to Annie who celebrated earlier this

year. Annie is a joy to have as a client and we are thankful that she and her family have chosen BCSSI to provide assistance in her home. She recently shared how she feels about Personal Services:

"You have helped me stay in my home and when Maria shows up it's like a nice friend has come to visit me. My family also appreciates the help so much".

**Together we give
www.booneseniors.org**



Do you need a larger room & kitchen for your upcoming holiday event, or family gathering? Our Community Room is available for rent!

Rental includes the use of our room, tables and chairs, catering kitchen and restrooms.

Contact BCSSI for more information.



Are Your Loved Ones'

Healthcare Wishes Clearly Documented?

Join us for a free legal workshop and learn about the importance of advance directives, and how to plan for your loved ones' future healthcare. We will also discuss situations where there are no advance directives or other difficulties which may arise that require consideration of conservatorship or guardianship, and the often unpredictable road from independent living to assisted living or long-term care.



Thursday, November 6, 2025 from 5:30-7:00pm

BCSSI, 515 CrownPointe Dr., Lebanon

First 25 to RSVP receive a FREE boxed meal.

Presented by local attorney Troy Thompson

Please RSVP 765-482-5220 by Wednesday, November 5



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

Boone County Senior Services Foundation, Inc.
515 CrownPointe Dr., Lebanon, IN 46052
sshoup@booneseniors.org, 765-482-5220 or 317-873-8939

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.

Thank you!

A special thank you to the Community Foundation of Boone County for awarding BCSSI a grant to support our Caregiver Navigator and Boone Area Transit, "BATS", and to Lilly for also awarding a grant to support "BATS".



Thank you to team members from Lilly and Festool for donating your time to beautify our grounds and paint our break room. Your dedication has left a lasting impact and we are grateful!



Congratulations to Barb Carrell, Director of Volunteers, on her upcoming retirement from BCSSI!!!



To celebrate we are hosting a party on
December 11th at BCSSI-Lebanon in our
Community Room from 4-6:00 p.m.
RSVP's are **REQUIRED** by calling BCSSI
at **765-482-5220**.

Light refreshments will be served.



Everyone is welcome to attend to celebrate
Barb's contributions to BCSSI since 2018!



Thank you Barb for your outstanding service to the
mission of BCSSI. You will be dearly missed but
we are excited for the new opportunities in your
future. BCSSI is thrilled to share that Barb will still
be coordinating our Diamond Tours in 2025.



National Family Caregivers Month is celebrated each November
and it is a time to recognize and honor family caregivers across the country. This
year, we're joining forces with Caregiver Action Network in helping our nation's
family caregivers **Plug-In To Care** by connecting caregivers to support, tools, and
community. **Visit NFCmonth.org to learn more! #PlugInToCare**

Celebrating Family Caregivers during National Family Caregivers Month enables all of us
to:

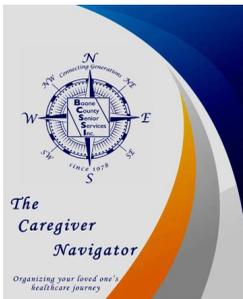
- Raise awareness of family caregiver issues
- Celebrate the efforts of family caregivers
- Educate family caregivers about self-identification
- Increase support for family caregivers
- Reduce feelings of isolation



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.
#NationalFamilyCaregiversMonth #NFCMonth #familycaregivers



*BCSSI ~ We just wanted to say how lovely the Health Expo was this year. We received
some wonderful information from the vendor. The stage activities were awesome too.
As a winner of one of the white envelopes - I say Thank you, Ron Hough*



Get Organized & Pick Up a FREE Caregiver Navigator

Caregiving is paper intensive...important documents, prescriptions, notebooks, receipts, and schedules related to illness, treatment, and appointments. As a caregiver, your binder is your mobile caregiving center. Use the Caregiver Navigator to organize your loved one's caregiving journey!

Go to www.booneseniors.org/resources to download a copy or for a FREE hard copy contact our office.



Caregiver Support Group

People caring for people need help & support. Our caregiver support group will provide a safe & nurturing space for caregivers in our community to build relationships, share information & resources, vent frustrations & gain emotional support. You don't have to do it alone! **Turn to page 10 for upcoming dates and location.**

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



TIPS TO SUPPORT

FAMILY CAREGIVERS



BE A GOOD LISTENER

They just want to be heard

HELP OUT WITH TASKS

Be specific... Provide a list of tasks you're willing to do



KEEP REACHING OUT

Still include them

AVOID OFFERING UNSOLICITED ADVICE/TIPS



RESPECT, HONOR & SUPPORT THEIR BOUNDARIES.

OFFER TO ATTEND A SUPPORT GROUP WITH THEM



ASK HOW THEY ARE DOING

ENCOURAGE THEM TO PRACTICE SELF CARE



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



**Contact Area IV
Agency on Aging
and Community Action
Programs, Inc.**

**765-447-7683, press #1 for
energy assistance. Or, Dial 2-1-1
for Information**

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



**317-803-6131
www.cicoa.org/
adrc/ship**

**Or, contact: Crystal Cole
Senior Insurance Solutions
765-891-0537
cdcole333@yahoo.com**



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

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

Meals on Wheels

Lebanon

317-946-2911

765-894-0010

765-482-4563

Zionsville

317-796-8710

Central Indiana

317-252-5558



The Boone County Health Department Flu Vaccines



FREE Flu Vaccines

Ages 6 months and older

Monday-Friday

8:00 a.m. - 4:00 p.m.

Boone County Office Bldg.

Ste B202

116 W. Washington St., Lebanon

765-482-3942 option 3

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

**MEALS &
MORE**

A SERVICE OF CICOA

**Dining Dollars
Offered For
Witham Health
Services
Cafeteria**

BCSSI has applications for CICOA's meal service with up to 8 meals per month to be used at the Witham Cafeteria for breakfast from 7-9am and lunch from 11am-1:30pm. The meals are valued at \$6.75 and will be offered to ages 60+ for a donation, based on income. No income restrictions apply.

Contact BCSSI with questions:

765-482-5220 or 317-873-8939

Cicoa.org/dinedollars

BCSSI Memorial & Honorarium Gifts

In Memory of Craig Ralph Blattner

Kurtis Higgins

In Memory of Jean Snapp

Barbara Anderson

In Memory of Jim Bush

Ramon Morton

In Memory of Keith Witt

Arlan & Mary Johnson

Beth Richardson

In Memory of Kelley Gibbs-Budd

Ken & Margie Keene

In Memory of Mari Werry

Ken & Margie Keene

In Memory of Richard Dewees

Rod & Jean Rose

Lucy Ridge

In Memory of Susi Bartlett

Karen Richardson

Bill & Linda Stuteville

In Memory of Tom Ransom

Judy Cunningham

In Honor of Jim Stevenson

David J & Michelle A Nelson

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

When you make a donation in memory or honor of an individual you are helping support the mission of BCSSI. We will send an acknowledgement letter to the individual or family making them aware of your donation in their memory/honor.

Donation, Memorial and Honorarium Form

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

_____ A donation to the Agency _____ A donation to the Foundation

_____ A memorial in memory of: _____

_____ An honorarium in honor of: _____

Please send notification card to: _____

Street Address: _____

City, State, Zip: _____

Thank you for your gift. Please mail form with payment to:

BCSSI, 515 CrownPointe Dr., Lebanon, IN 46052

Let BATS take you door to door!



Boone Area Transit System

County Wide
All Ages

765-482-5220 or
317-873-8939

Monday-Friday
7:30AM-4:30PM

Attention!!!
VERIDA
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.

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 2025

Due to increase in demand please allow 2 weeks notice to book your appointment.

SENIOR SUGGESTED DONATIONS	Cost:
Inside city limits (unlimited stops)	\$5.00
Outside city limits in Boone Co. (unlimited stops)	\$10.00
ALL TRIPS OUTSIDE COUNTY COSTS (Senior & Public)	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
Airport one-way mandatory pay for couple, each person pays	\$20.00
Any trip over 30 miles or more add \$5.00	\$5.00
PUBLIC TRANSIT COSTS/MISC.	Cost:
Charge each time client boards	\$4.00
Drive-thru to drop off prescriptions only, food banks in Boone County	N/C
Drive-thru to pick up medicine, bank	\$3.00
Outside city limits in Boone Co.	\$6.00
Lunch & Learn transportation	No Charge

Chicken Taco Dump Dinner

From Allrecipes.com

1-16oz. jar thick and chunky salsa
1-4oz. can green chilis
1 Tbsp. chili powder
1 tsp. ground cumin
1/4 tsp. salt
5 c. shredded, cooked chicken

1-15oz. can black beans, rinsed and drained
1 1/2 c. fire roasted corn
3 c. shredded Monterey jack cheese
12-6 inch corn tortillas
Your favorite taco toppings

Heat oven to 375, Grease a 9x13 baking dish. Mix together salsa, chilis and seasonings in a large bowl. Stir in beans, corn and chicken. Line bottom of baking dish with half of the tortillas. Top with half of the chicken mixture and 1 cup of cheese. Cover with remaining tortillas and the rest of the chicken. Cover with foil and bake for 35 minutes. Remove foil and top with remaining cheese. Bake for 10 minutes or until heated through and cheese is melted. Serve with desired toppings.





*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 \$10 annual donation to defray printing and mailing costs to:

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515 CROWNPOINTE DRIVE, LEBANON, IN 46052**

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www.booneseniors.org
Boone County Senior Services, Inc. is partially funded by the Boone County Commissioners, UWCI & CICOA.



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