



*Happy New Year!*

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WINCHESTER  
Senior Center

WABASH COUNTY  
Transportation

LIVING WELL  
Downtown

COMMUNITY  
Cupboard

2  
0  
2  
1

## FROM MY PERSPECTIVE

By Beverly Ferry, CEO

Living Well in Wabash County CoA, Inc.



In January, there is no sign of after Christmas discounts in stores. The marshmallow Santa's wrapped in foil are gone. The shelves glow pink and red, filled with Valentine's Day cards and candy long before we have worked off the Christmas cookies and candy or are ready to think about another holiday. Seasonal sales are merchandising mania, too early and too much.

In the second half of the year merchandisers go into high gear, pushing the seasonal items, and thus the seasons earlier and earlier. Back to school items appear in the stores before the kids have cleaned out their backpacks and crayon boxes from the previous school year. Halloween and fall merchandise come out in August, Christmas before Halloween. There are lots of deals on bags of candy for Halloween while school supplies are still on the shelves.

Merchandisers understand human nature. They have figured out we will buy the candy, eat it, and then buy it again for trick-or-treaters. It is bad for the waistline but a good merchandizing strategy.

How often have you bought Halloween candy because of the price, only to have to buy more to give to trick or treaters? When the kids were young, another mother and I admitted to each other we could not be trusted with those bags of candy purchased on sale eight weeks ahead of Halloween. We exchanged our Halloween stashes and hid them from our families. If it had been our candy, the bags would not have been safe with us, but since it belonged to someone else, they remained safely hidden.

Our middle son recently asked me if we ever bought Halloween costumes for them. I reminded him of his Dick Tracy costume which he wore until he outgrew it and the Aladdin genie costume his younger brother wore out long before Halloween.

After walking by the Halloween costumes displayed way too early in September, our

youngest son was sure he wanted to be a gargoyle for Halloween. At home he kept pushing to wear the costume, insisting he would be careful with the inflatable wings. When you wear it out or destroy it before it is needed for trick or treating you end up with a costume created from our odds and ends. By the time Halloween rolled around those wings were no longer inflatable. We scrambled to create a costume with what we had on hand and a little creativity. While at the time he was devastated, as an adult he remembers that Halloween as one of his most special. He now cherishes it as a life lesson that creativity and working together are keys to success.

Evidently the Great Pumpkin and Santa are friends. At our house, Santa Clause filled stockings with Halloween props and makeup marked down 75%. I remember finding Cliff, on the bathroom counter, getting close to the mirror, applying roll on camo makeup from Santa, to his entire face and neck. He was our theme guy and so he of course was wearing a camo-colored tee shirt. He was my warrior. In his thirties he plays competitive dodgeball with the intensity of a Viking and the honor of William Wallace. For those that do not know, Wallace is the hero of Scotland who fought for his country's independence and portrayed in the movie, Braveheart, by Mel Gibson. This movie was a BIG one in the Ferry household.

Cliff is the same son who dressed like Braveheart for six months or more. That was the summer that my red and blue plaid table runner was nowhere to be found until I saw Cliff coming down the back stairs into the kitchen, wearing it as his kilt. The next time I pulled out the roaster I found the lid bent and looking worse for wear. That lid has not fit on the roaster for 20 years, but I never knew the full story until our grown sons told me what a great shield the roaster lid had been. That also explains what happened to the red lid from our electric wok. The pots and pans at our house really did wear out, just not the way you would expect. They should come with a label stating, "kid tested."

Mid-December through January is the season for storage tubs. Like other seasons, merchandizers have the items they want us to buy in store displays long before we need them. One year, I came home with a storage tub with a detached lid. It held their costumes, and a bonus was that it was big enough for a boy to hide in while playing hide and seek. That tub now holds parts of a Christmas tree. It still has the lid, but the sides of the tub did not hold up well due to its dual use as a hide out and costume container. The boys leaned into the tub, bending the side while searching through the costumes or feeling around the costumes to find a brother.

It makes sense to promote storage containers at Christmas. They are nice to use to pack up treasured Christmas decorations. Boxes, both cardboard and plastic, at our home often contain another treasure. A few have a letter I wrote to myself about that year's holiday and what the kids were doing at that very

moment. Usually, it involved sleeping boys and a momentarily quiet house.

When I come upon a letter written when the boys were young, it is a gift I have given to myself. I like to get a cup of tea and sit by the living room fire reading the letter, transported back to when the boys were young. I remember a noisy house filled with kids playing make believe, fighting battles out of honor, and capturing the bad guys. With costumes, table runners, and roaster lids, our house was filled with hours of play.

Today when I walk by the Halloween costumes in early September, I smile, not annoyed by how early the display is out, but rather, remembering the 75% off markdowns that brought joy to and provided hours of play for three young boys.

*Beverly Ferry*



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Pick up is 11-11:30 Monday—Friday At Both Sites

Scout Hall in Warvel Park in North Manchester Call 260-982-9940 between 9:00 a.m. – 1:00 p.m. Monday - Friday

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1. HAPPY NEW YEARS</b>
				<b>CLOSED</b>
4. CHICKEN BURGER STEWED TOMATOES BUTTERY CORN PUDDING CUP BUN/MILK	5. MEATLOAF MASHED POTATOES SPINACH BROWNIE MILK	6. SMOKED SAUSAGE SAUREKRAUT CRINKLE CUT CARROTS APPLE DELIGHT COOKIE BUN/MILK	7. CHOPPED STEAK & ONIONS AND MUSHROOM GRAVY RED SKIN POTATOES BRUSSEL SPROUTS ROLL/MILK	8. CHEESE OMELET POTATO' O BRIEN WARM SPICED PEACHES STRAWBERRY GRAIN BAR BISCUIT/MILK
11. FISH PATTY GARLIC PARM POTATOES GREEN BEANS MIXED FRUIT CUP BUN/MILK	12. BBQ CHICKEN BREAST CALIFORNIA BL VEG PEACH CUP BLUEBERRY COBBLER WHEAT BREAD/MILK	13. PULLED PORK SWEET POTATOES CAULFLOWER NUTTY BAR BUN/MILK	14. PASTA WITH SAUCE AND MEATBALLS TOSS SALAD PEAR CUP COOKIEMILK	15. ORANGY CHICKEN WHITE RICE SNAP PEAS PINEAPPLE CUP RAISINS/MILK
18. CLOSED MARTIN LUTHER KING DAY	19. SWISS STEAK GARLIC MASH POTATOES LIMA BEANS GINGERBREAD COOKIE MILK	20. CHICKEN STRIPS AUGRATIN POTATOES PEAS AND CARROTS TROPICAL FRUIT CUP MILK	21. HAMBURGER SLIDER VEGETABLE SOUP MANADRIN ORANGE CUP APPLE COBBLER BUN/MILK	22. PORK CHOPS & GRAVY RICE PILAF FRENCH CUT GREEN BEANSS MINI APPLE PIE ROLL/MILK
25. BBQ RIBETTE MACARONI & CHEESE BRUSSEL SRPOUTS FUDGE ROUND BUN/MILK	26. CHICKEN & NOODLES MASHED POTATOES BROCCOLI RAISINS MILK	27. CHILI WITH CRACKERS BABY BAKERS CHUCKWAGON CORN WARM SPICED APPLESAUCE MILK	28. SLOPPY JO POTATO PATTIES KEY LARGO VEG GRANOLA BAR BUN/MILK	29. CHICKEN CORDON BLEU BAKED BEANS BLUEBERRIES OATMEAL CRÈME PIE MILK

# WABASH COUNTY PUBLIC TRANSPORTATION

## TO SCHEDULE RIDES

Call (260) 563-7536 or  
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**Dispatch Hours for Scheduling Rides:**  
**Monday—Friday, 7 AM—5PM**

## Transportation is Available

**Monday—Friday, 5:45 AM—6 PM**

Carry-ons are limited to 4 bags free

Maximum Total Weight 50 lbs.

Additional bags are \$3 each

Rides are First Come-First Served

## RIDERS AGE 60 & OLDER

RIDE BY DONATION

Call Transit to Sign up as a Sr. Rider

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North Manchester and Wabash

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Anywhere Else in Wabash County

## SHARE THE FARE PROGRAM

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## HEALTH PRECAUTIONS

Masks and Social Distancing Required

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Page 5

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WHEN SERVICE INTERRUPTIONS ARE NECESSARY FOR THE SAFETY OF BOTH RIDERS AND DRIVERS DUE TO INCLEMENT WEATHER OR COVID-19.

Service Changes Will Be Announced Via

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**RECYCLE RIGHT WORKSHOP**

WITH JEN RANKIN

Living Well in Wabash County CoA @assistingwabashcounty

1:00 PM Tuesday, January 14

Facebook Live

Living Well in Wabash County CoA @assistingwabashcounty



From His Living Room To Yours

**SAM PIERCY**

1:00 PM on

Thursday, Jan. 7

Facebook Live

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**CELEBRATE YOUR JANUARY BIRTHDAY**

**DRIVE-THRU BIRTHDAY PARTY**

WINCHESTER SENIOR CENTER THURS., JAN. 14

12:00 PM

RSVP: 563-4475



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Mary Jo McClelland 9:45 Every Monday, Wednesday, and Thursday



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**MANAGING STRESS**

**Turning Challenges into Blessings**

WITH MINDY MAYES

TUESDAY,

JANUARY 19, at 1:00 PM

Facebook Live

Living Well in Wabash County CoA @assistingwabashcounty



# CROSSWORD PUZZLE

ANSWER KEY IS ON  
PAGE 13

## ACROSS

- 1 Scot. island
- 5 Have debts
- 8 Diplomacy
- 12 Time period
- 13 Bled
- 14 Three-banded armadillo
- 15 Vega (2 words)
- 17 Eelworm
- 18 Month abbr.
- 19 Pokeweed
- 21 King (Sp.)
- 22 Move a camera
- 23 Nub
- 25 Yellow
- 28 Poseidon
- 31 Bare
- 32 Lugubrious
- 33 Of the mouth
- 34 Shaped like a club
- 36 Realm
- 37 Wither
- 38 Chairman (abbr.)
- 39 Tablespoon (abbr.)

## 41 Father of Oedipus

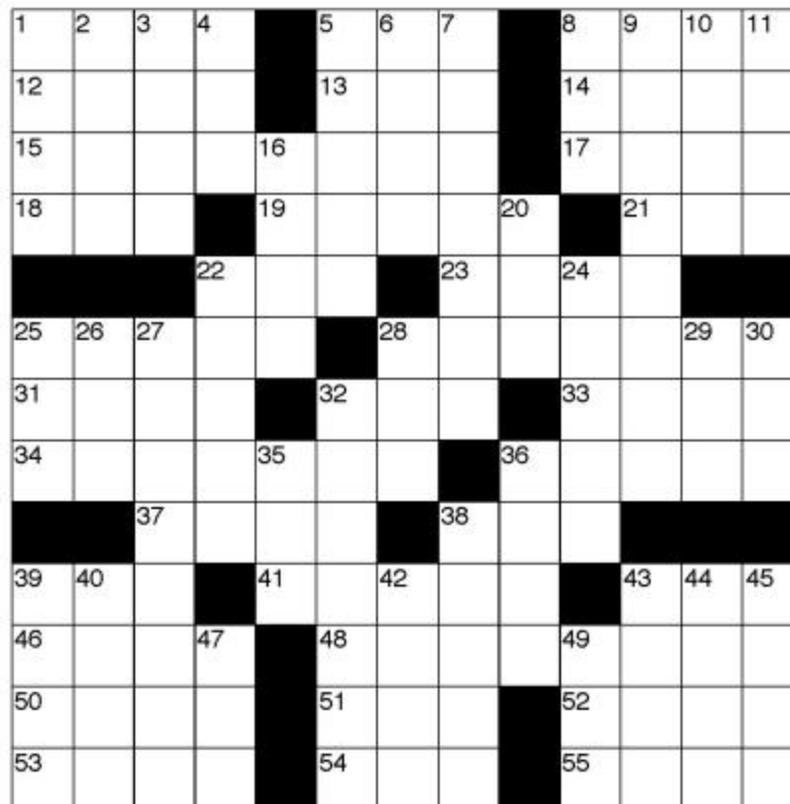
- 43 Jap. fish
- 46 Quod demonstrandum
- 48 Hades
- 50 Air (pref.)
- 51 One (pref.)
- 52 Recent (suf.)
- 53 Arabian judge
- 54 Sheep's cry
- 55 Stone (pref.)

## DOWN

- 1 P.I. food
- 2 Iodine source
- 3 Possessive pronoun
- 4 Compass direction
- 5 Eng. dramatist
- 6 Women's Army Aux. Corps (abbr.)
- 7 Irate
- 8 Buff

- 9 Gap
- 10 Window lead
- 11 Salver
- 16 Rod
- 20 Drink of liquor
- 22 Lrk
- 24 Fume
- 25 Television channel

- 26 Honey
- 27 Armband
- 28 No (Scot.)
- 29 Bobbsey twins
- 30 Guido's note (2 words)
- 32 Layer
- 35 Mulberry of India
- 36 Alaska Hawaii Std. Time (abbr.)
- 38 Papal court
- 39 Tree
- 40 Mineral tar
- 42 Sayings (suf.)
- 43 Linden
- 44 Family relative
- 45 Elbe tributary
- 47 Thou (Fr.)
- 49 Amer. College of Physicians (abbr.)



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A27

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BETWEEN  
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**ARE YOU  
LIVING ON THE  
LOWEST  
AMOUNT OF  
SOCIAL  
SECURITY  
WITH NO  
ASSETS  
BEYOND YOUR  
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# JANUARY

Monday

Tuesday

Wednesday



**ALL FACEBOOK LIVE PROGRAMMING ON**  
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<p>4 Low Impact Exercise w/ MJ 9:45 </p> <p>Drive Thru Senior Lunch Pick-up 11-12pm</p>	<p>5</p> <p>Drive Thru Senior Lunch Pick-up 11-12pm</p>	<p>6 Low Impact Exercise w/ MJ</p> <p>Drive Thru Senior Lunch Pick-up 11-12pm</p>
<p>11 Low Impact Exercise w/ MJ 9:45 </p> <p>Drive Thru Senior Lunch Pick-up 11-12pm</p>	<p>12</p> <p>Drive Thru Senior Lunch Pick-up 11-12pm</p>	<p>13 Low Impact Exercise w/ MJ</p> <p>Drive Thru Senior Lunch Pick-up 11-12pm</p>
<p>18 Low Impact Exercise w/ MJ 9:45 </p> <p>Drive Thru Senior Lunch Pick-up 11-12pm</p>	<p>19  </p> <p><b>MANAGING STRESS</b>            Turning Challenges Into Blessings            Presented by Mindy Mayes 1:00            Drive Thru Senior Lunch            Pick-up 11-12pm</p>	<p>20 Low Impact Exercise w/ MJ</p> <p>Drive Thru Senior Lunch Pick-up 11-12pm</p>
<p>25 Low Impact Exercise w/ MJ 9:45 </p> <p>Drive Thru Senior Lunch Pick-up 11-12pm</p>	<p>26</p> <p>Drive Thru Senior Lunch Pick-up 11-12pm</p>	<p>27 Low Impact Exercise w/ MJ</p> <p>Drive Thru Senior Lunch Pick-up 11-12pm</p>

# JANUARY 2021

Wednesday	Thursday	Friday
<p><b>CAN BE FOUND</b>  <b>Assistingwabashcounty</b></p>		<p>1 <b>HAPPY NEW YEAR!!!</b>   <b>ALL SERVICES CLOSED</b></p>
<p>Low Impact Exercise            w/ MJ 9:45 </p> <p>Senior Lunch            11-12pm</p>	<p>7 <b>Low Impact Exercise</b>            w/ MJ 9:45 </p> <p><b>SAM PIERCY CONCERT</b>   1:00 Facebook Live</p>	<p>8</p> <p>Drive Thru Senior Lunch            Pick-up 11-12pm</p>
<p>Low Impact Exercise            w/ MJ 9:45 </p> <p>Senior Lunch            11-12pm</p>	<p>14  <b>Low Impact Exercise</b>            Senior Lunch pick-up 11-12pm            Drive Thru January            Birthday Party 12:00 </p> <p><b>RECYCLE RIGHT WORKSHOP</b>  <b>WITH JEN RANKIN</b>   1:00 Facebook Live</p>	<p>15</p> <p>Drive Thru Senior Lunch            Pick-up 11-12pm</p>
<p>Low Impact Exercise            w/ MJ 9:45 </p> <p>Senior Lunch            11-12pm</p>	<p>21 <b>Low Impact Exercise</b>            w/ MJ 9:45 </p> <p>Drive Thru Senior Lunch            Pick-up 11-12pm</p>	<p>22</p> <p>Drive Thru Senior Lunch            Pick-up 11-12pm</p>
<p>Low Impact Exercise            w/ MJ 9:45 </p> <p>Senior Lunch            11-12pm</p>	<p>28 <b>Low Impact Exercise</b>            w/ MJ 9:45 </p> <p>Drive Thru Senior Lunch            Pick-up 11-12pm</p>	<p>29</p> <p>Drive Thru Senior Lunch            Pick-up 11-12pm</p>



**JEN RANKIN  
 FROM WABASH  
 COUNTY SOLID  
 WASTE DISTRICT  
 PRESENTS**

**“RECYCLE RIGHT”**

**A PRESENTATION  
 ON HOW TO  
 PROPERLY  
 RECYCLE  
 HOUSEHOLD  
 MATERIALS**

**THURSDAY  
 JAN., 14  
 1:00PM**



**Living Well in Wabash  
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**@assistingwabashcounty**

# CARING FOR CAREGIVERS

While caring for an older family member — whether it be a spouse, parent or grandparent — can be a rewarding experience, it can also be a difficult and overwhelming task. This is especially true if your loved one lives with Alzheimer's disease or other dementia-related illnesses.

Whether it's out of love or obligation, caring for a chronically ill or disabled family member (and potentially his or her financial and legal interests) can come at the expense of the caregiver's quality of life. In addition to maintaining a healthy, active lifestyle outside of caregiving responsibilities, it is important for those caring for a loved one to learn ways to avoid health hazards and stay well-informed of any changes in their loved one's condition. Add work and children to care for to the equation and it's a formula that can lead to stress, exhaustion, and even potential health issues.

The additional duties often required to provide care for a loved one can lead to physical or emotional fatigue, often referred to as "caregiver burnout." If you're caring for an older adult, the Alzheimer's Foundation of America recommends these tips to help manage stress before caregiving leads to burnout.

## **Know the signs of burnout**

By the time many caregivers suspect signs of burnout, they're likely already suffering symptoms related to their responsibilities. Being aware of some of the warning signs can help caregivers properly manage stress and protect themselves.

Warning signs include:

- Overwhelming fatigue or lack of energy
- Experiencing sleep issues
- Significant changes in eating habits or weight
- Losing interest in activities you once enjoyed
- Neglecting personal physical and emotional needs
- Becoming unusually impatient, irritable or argumentative
- Having anxiety about the future or a feeling of hopelessness
- Suffering from headaches, stomach aches, or other physical ailments
- Experiencing depression or mood swings
- Having difficulty coping with everyday tasks,
- Lower resistance to illnesses.

## **Educate yourself about the disease**

It's likely the loved one you care for has several health problems, takes multiple medications and sees multiple health care providers to manage his or her conditions. As a first step in learning more about Alzheimer's disease and other dementia-related illnesses, visit [alzfdn.org](http://alzfdn.org) or [nia.nih.gov/Alzheimer's](http://nia.nih.gov/Alzheimer's) for information. Support groups, educational workshops, community resources and professionals can also help increase your understanding of the disease and what to expect so you can be a better-informed and prepared caregiver.

## **Be prepared for important decisions**

Take care of financial, legal, and long-term care planning issues early on to help

# HOW TO PREVENT CAREGIVER BURNOUT

reduce stress later. Try to involve the individual in decision-making if he or she is capable and consider personal wishes regarding future care and end-of-life issues.

## **Build your care skills**

Key skills for any caregiver include communication, understanding safety considerations and behaviors, and managing activities of daily living such as bathing, toileting, and dressing. Some organizations and local hospitals may even offer classes specific to your loved one's disease that can aid you in the process.

## **Develop empathy**

Try to understand what it is like to be a person living with Alzheimer's or dementia. Put yourself in the affected person's shoes while also recognizing your own losses. Manage your expectations of your loved one and remain patient.

## **Ask for help when you need it**

Reach out to medical and mental health professionals as well as family and friends. They can assist you when things get tough. In addition, there are typically programs, agencies, and organizations in your community that can help manage

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Living Well in Wabash County, Wabash, IN C 4C 01-1456

the challenges of caring for older parents, grandparents, spouses, and other older adults.

**Advocate for and connect with your loved one.** Take an active role in the individual's medical care. Get to know the care team, ask questions, express concerns, and discuss treatment options. Also remember to connect on a personal level through kindness, humor, and creativity, which are essential parts of caregiving and can help reduce stress.

**Think positive.** Focus on the capabilities and strengths that are still intact and enjoy your relationship with your loved one while you are still together. Look for ways to include him or her in your daily routines and gatherings to make as many memories as possible.. *Find more caregiver resources and tips at alzfdn.org.*

### **Tips for Managing Caregiver Stress**

Stress can affect anyone, and caregivers may find themselves faced with additional stressors. To help manage stress and avoid caregiver burnout, keep these tips from the Alzheimer's Foundation of America in mind:

- Maintain a positive attitude
- Be flexible & accept the circumstances
- Be honest and open about your feelings
- Take it one day at a time
- Get a good night's sleep
- Incorporate stress management techniques, such as meditation or deep breathing, as well as exercise into your daily routine.
- Drink plenty of water and eat a healthful diet full of fruits and vegetables.
- Set realistic goals and go slow

### **Getting Help with Caregiving**

Everyone needs a break from time to time, even caregivers. Look into respite programs for a chance to care for yourself.

#### **Types of local respite include:**

**Home Care** is often initiated by a doctor's order or hospital stay and administered by medical professionals who come into the home and help with personal care and housekeeping functions. Medicare covers some home health services.

Some programs include assistance with activities of daily living and transportation. Adult day services charge per hour and may be covered under some long-term care insurance policies. Medicaid covers some adult day health programs.

**Facility-Based Respite Programs** provide a short stay for your loved one in a nursing home or another facility. Facilities typically charge for each day your loved one is in their care. Medicare or Medicaid may cover some costs of an inpatient facility.

**Family and Friends.** Identify responsible family members and friends who can lend a hand in providing supervision for your loved one and create a rotating care schedule, if possible.

Enlist the help of family members living in different states by assigning them tasks such as legal or financial paperwork.

Source: Alzheimer's Foundation of America (Courtesy of Family Features)

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## **ADULT DAY RECREATION MODEL**

Have you ever wondered why there are no program/recreation based adult day services in Wabash County?

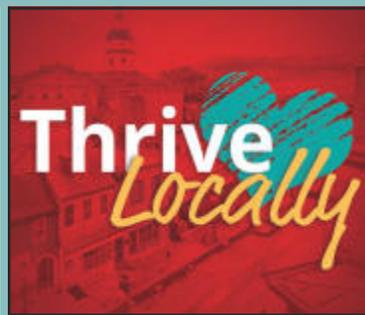
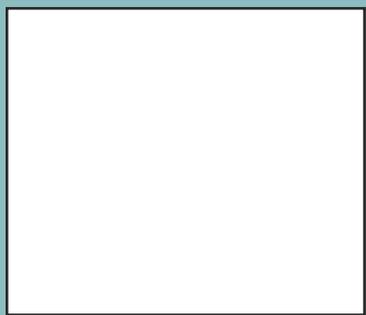
Winchester Senior Center tried it once several years ago, but could not make a go of it. In years since, we have learned that statistically our population is not large enough to financially make a program work. Even combining the counties in all four directions would not be enough. When it comes to such services, it truly is in the numbers.

### Fellowship and Food

Many caregivers have found the daily meals during non-COVID times to be a wonderful support. Aside from not having to fix lunch, the couple is able to socialize which feels normal. It offers an opportunity for the caregiver to find support among friends. It has helped many couples. We look forward to the day when we open the senior center doors to the public again.

## Answers to Puzzle on Page 7

S	K	Y	E		O	W	E		T	A	C	T
A	E	O	N		R	A	N		A	P	A	R
B	L	U	E	S	T	A	R		N	E	M	A
A	P	R	5	P	O	C	A	N		R	E	Y
				P	A	N		G	I	S	T	
A	M	B	E	R		N	E	P	T	U	N	E
M	E	R	E		S	A	D		O	R	A	L
C	L	A	V	A	T	E		A	R	E	N	A
				S	E	A	R		C	H	M	
T	B	S		L	A	I	U	S	H	T	A	I
E	R	A	T		T	A	R	T	A	R	U	S
A	E	R	O		U	N	I		C	E	N	E
K	A	D	I		M	A	A		P	E	T	R



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# JANUARY THIS DAY IN HISTORY

January 1, 1968 Daredevil stunt performer Evel Knievel lost control of his motorcycle midway through a jump over the fountains in front of Caesar's Palace in Las Vegas.

January 2, 1929 The United States and Canada reached an agreement on joint action to preserve Niagara Falls.

January 3, 1964 The Beatles appeared in a film clip on the Jack Parr Show," making their first U.S. television appearance. They sang "She Loves You."

January 4, 1974 U.S. President Nixon refused to hand over tape recordings and documents subpoenaed by the Senate Watergate Committee.

January 5, 1934 For the first time in 33 years, the National and American baseball leagues decided to use a uniform-size baseball.

January 6, 1942 Pan American Airlines became the first commercial airline to complete an around-the-world flight.

January 7, 1990 Due to an accelerated rate of leaning, the Leaning Tower of Pisa was closed to the public for renovations.

January 8, 1877 In Montana, Crazy Horse and his warriors fought their final battle against the U.S. Cavalry.

January 9, 2007 Steve Jobs, Apple Inc.'s CEO, announced the first generation iPhone.

January 10, 1990 Time Inc. and Warner Communications Inc. completed a \$14 billion merger, making Time Warner the world's largest entertainment company.

January 11, 1964 "Ring of Fire" by Johnny Cash became the first country album to top the U.S. pop album chart.

January 12, 1960 Dolph Schayes of the Syracuse Nationals became the first pro basketball player in the NBA to score more than 15,000 points in his career.

January 13, 1983 The American Medical Association urges ban on boxing, citing Muhammad Ali's deteriorating condition.

January 14, 1954 The Hudson Motor Car Company merged with Nash-Kelvinator, creating the American Motors Corporation.

January 15, 1908 Alpha Kappa Alpha Sorority became America's first Greek-letter organization established by African-American college women.

January 16, 1956 The Cavern Club opened for business in Liverpool, England. The rock club was where the Beatles began.

January 17, 1990 Due to his practice of polygamy, Brigham Roberts was denied a seat in the U.S. House of Representatives.

January 18, 1944 Louis Armstrong, Benny Goodman, Lionel Hampton, Artie Shaw, Roy Eldridge, and Jack Teagarden performed the first jazz concert at the Metropolitan Opera House in New York City.

January 19, 1955 U.S. President Eisenhower allowed a filmed news conference to be used on television for the first time.

January 20, 1974 Stevie Wonder played his first show after an auto accident that almost took his life five months earlier.

January 21, 1957 Patsy Cline appeared on Arthur Godfrey's nighttime TV show and sang "Walking after Midnight."

January 22, 1905 500 people were killed when insurgent workers were fired on in St. Petersburg, Russia, resulting in "Bloody Sunday."

(January This Day in History Continued)  
January 23, 1971 In Prospect Creek Camp, Alaska, the lowest temperature ever recorded in the U.S. was reported as minus 80 degrees.

January 24, 1848 Some 300,000 people traveled to California after James W. Marshall found gold in Coloma, California, thereby starting the California Gold Rush.

January 25, 1961 John F. Kennedy presented the first live presidential news conference from Washington, DC. The event was carried on radio and television.

January 26, 1992 Boris Yeltsin announced that Russia would stop targeting U.S. cities with nuclear weapons.

January 27, 1951 Atomic testing began in the Nevada desert as an Air Force plane

dropped a one-kiloton bomb on Frenchman Flats.

January 28, 1956 Elvis Presley made his first appearance on national television on “The Dorsey Brothers Stage Show” on CBS.

January 29, 1886 The first successful petrol-driven motorcar, built by Karl Benz, was patented.

January 30, 1933 “The Lone Ranger” was heard on radio for the first time. After 2,956 episodes, the program ended in 1955.

January 31, 1893 The trademark “Coca-Cola” was first registered in the United States Patent Office.

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### Dark Chocolate Souffle

Prep time: 10 minutes; Cook time: 18 minutes

Servings: 2

1/2 tablespoon Filippo Berio Extra Light Olive Oil, plus additional for coating pan

1/4 cup granulated sugar, plus additional for coating pan

4 ounces 70 percent cocoa dark chocolate

1 ounce 30 percent heavy cream

3 egg whites

2 egg yolks

Pinch of cream of tartar

Heat oven to 375 F. Grease two 6-ounce ramekins with olive oil and dust with sugar.

In double boiler, melt chocolate, 1/2 tablespoon olive oil and cream; let cool. Using electric mixer, beat egg whites until soft peaks form.

Whisk egg yolks into cooled chocolate mixture; fold in egg whites, 1/4 cup sugar and cream of tartar. Pour into prepared ramekins; bake 15 minutes.

Tips: This recipe can be easily doubled. Garnish with fresh berries, if desired.

Explore more tips and recipes using olive oil at [filippo-berio.com](http://filippo-berio.com). (Courtesy of Family Features) ©LPi

All you need is  
love. But a little  
chocolate now  
and then  
doesn't hurt.

Charles M. Schulz



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