

APRIL 2021



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From My Perspective

By Beverly Ferry, CEO
Living Well in Wabash County



April Showers Bring May

Flowers is more than a childhood ditty. It applies multiple times throughout our lives and sometimes multiple times in just a week, hence the idiom “when it rains it pours.” The idea that we must put off doing what we want to do until the time is right is never what we want to hear.

It applies to the child looking out the window and not understanding why they cannot go outside. It applies to us when we are teenagers, and our parents tell us we cannot take the car, or we cannot hang out with the friends we want to. None of us like being told no. As teenagers we are certain we know better than our parents, but they see the risk, concluding that the benefits do not outweigh the risk to our lives.

When our middle son, Cliff, was a toddler, we would watch him try to decide to jump off the top of the Little Tikes slide or go down the way we taught him. We could see those little wheels turning. As young as he was, he was calculating the risk. He was daring and was most of the time a good judge of what he could survive unscathed. His emergency room visits were from little things we would not have expected to be risky.

Growing up, we always went to Mom for things needing repair because it was likely she would figure out a way to do it. She had a proven record of success. I remember my sons bringing a favorite piece of clothing to me, saying, “I need to wait for Grandma, right?” Based on personal experience they knew. Mom and Dad bought a used Singer sewing machine in excellent condition to have at our house. As Dad carried it into the house, he saw the look on my face and said, “This is for your mother. We don’t expect you to use it.” Mom chimed in with, “Now I don’t have to carry home the boys’ mending projects. I can get them done during our visit.”

When it came to making the impossible happen Mom’s record of success was well known.

When Cliff was a newborn and Michael was almost 3, my brother married our minister’s daughter. My future sister-in-law found a bargain on a gorgeous wedding gown which had been a store sample and needed some help. The gown was both a deal of a price and beautiful. With complete confidence in my mother, she brought her gown to be restored without realizing how much work it would entail.

The more Mom worked, the more she found to repair. Aside from reattaching hundreds of beaded pearls on the gown, it needed a good cleaning. This was a flowing gown which Mom was trying to spot clean. After several days of work, at about 3 or 4 in the morning, after hours of painstaking spot cleaning, Mom put the gown down and studied it for a while. All the beading was done, and the spot cleaning was not doing all that was needed. She sat on the blue velvet, white iron chair at the bathroom vanity where she normally sat to put on her makeup. This time, in the wee hours of the morning, she was sitting there weighing the risks. “What’s the worst that could happen? She said to herself. “At worst I will buy the girl a new bridal gown.” She took the risk knowing she could remedy it.

She put the gown in the washing machine on gentle and waited. It came out beautifully. It was like a new dress. Her gamble paid off. The day of the wedding, Michael, three months shy of three, saw his Aunt Tania in her gown. That little guy was awestruck, “Cinderella,” he gasped. He was right about that. She did look like a princess in the gown.

Prior to the wedding we were all milling around the church fellowship hall. Mom heard a young voice saying, “Grandma, look.” With admiration at what he had just done, he showed her a trick. He showed “Grandma” how to run a finger along the edge of the bottom tier of the wedding cake, coming up with a tasty glob of icing. He tried to get her to do it too. Without saying anything to anyone, she repositioned the cake, evened out the icing, and took him by the hand to wash his sticky hands. First Cinderella and then icing at eye level. What a day this was turning out to be.

The axiom “April showers bring May flowers” is apt for all of us today. Like the child looking out the window wanting to play outside in the inclement

weather, we do not want to be told, not yet. We are tired of persevering. It is easy, especially with the vaccinations, to think there is little risk and not be as vigilant with all the precautions. That is a big risk which can also risk the health of others. It is still raining.

Sometimes you take a calculated risk like Mom when she decided to wash the bridal gown in the washer. She knew if it went badly, she could replace it. Toddler Cliff carefully weighed risks but surprised us with injuries when we all thought there was hardly any risk. Young Michael was unaware of the risk to the cake or the bride's nerves.

We think we are safe from COVID-19 or are taking enough precautions, and in many cases that has been true, but for more than 500,000 of our fellow citizens, somehow, somewhere, they were put at risk and did not survive. We know the risks of the current pandemic, but with human nature being what it is, we might think we know better or that the risk is worth it, but is it?

Near the front steps, to my home, we have an old magnolia tree. For about a week each year it is gorgeous with a heavenly fragrance. It is a giant bouquet.

Some years it is fooled by unseasonably warm weather and the blossoms appear too soon. We hold our breath, hoping we will get lucky, but the weather changes as we knew it would. The blossoms freeze and we must wait an entire year for the tree to bloom again.

No one knows when it will be safe to resume our normal lives. Yes, the rain has lasted too long, but if we are patient and wait out the storm, like the flowers on the magnolia, we will bloom again.



Beverly Ferry

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April Showers Bring May Flowers and Maybe Some Allergies Too.

Three Remedies for Managing Spring Allergies

An itchy nose, watery eyes, painful congestion, and intense sneezing can all be signs you have a seasonal allergy.

Depending on what part of the country you reside in, these symptoms might be caused by flowering trees or pollen-filled flowers. Allergies can be uncomfortable for people of all ages but can be managed with a little help.

Here's what you should know as you head into the spring allergy season.

How Allergies Impact Us

Allergies are the body's reaction to the immune system becoming sensitized to something in the environment. Experts say allergies can be problematic for adults for a variety of reasons. One concern is that allergy symptoms can exacerbate other chronic illnesses. For example, someone with a chronic pulmonary obstructive disease (COPD) might find their nasal congestion worsens and the shortness of breath they often experience is more pronounced.

Another concern is the use of antihistamines. These are over-the-counter medications that people often turn to in an effort to self-treat allergies. Antihistamines often lead to increased blood pressure. For older adults who have cardiac disease, this can be especially dangerous.

What Triggers Allergies?

The first step in managing allergies is to identify the triggers. Here are a few of the most common spring and summer allergy triggers:

Outdoor elements: Pollen, mold, grass, or dust are often the culprits, and they can be tough to avoid.

Pool chemicals: Chlorine in swimming pools can be another trigger, especially for red, scratchy eyes.

Smoke: Summer barbecues and bonfires are popular, but the smoke they generate can be irritating.

Bites: Insect bites and stings can be more than annoying for some seniors. This is often due to decreased immunity that is more common with aging.

While many of the symptoms associated with allergies can be present year-round, they often peak when the weather is warmer. There are steps you can take to manage allergies without medication.

Three Natural Remedies for Spring Allergies

- 1. Limit time outdoors:** When peak allergy season arrives, it might help to limit the amount of time you spend outdoors. When you do head outside, take a few precautionary steps. Make sure you wear a mask that covers your mouth and nose. Another way to limit exposure is to take off your shoes and change your clothes in the

NIH, the National Institute for Health recommends seniors exercise to improve: Endurance, Strength, Balance, and Flexibility.

Exercise is essential for cardiovascular fitness, diabetes prevention or management, and maintaining muscle tone and core strength.

Working out has proven benefits for not only your physical health but also your mental and emotional well-being.

Regular exercise allows you to sleep better, manage stress, maintain stronger bones, and protect brain health. It also helps promote better balance, which results in fewer falls among older adults.

Suggested Exercises for Seniors

Walking can decrease stress and improve balance and cardiovascular health.

Swimming is easy on older joints and helps you relax and sleep better.

Yoga. One of the best things about yoga for seniors is how easy it is to practice from a seated position. Chair yoga helps build strength and endurance, while also protecting balance and mobility which are essential for avoiding falls.

Tai Chi combines slow, graceful movements with breath control. Because it is gentle, it is an excellent option for seniors just starting to incorporate exercise into their routine.

Low Impact Fitness at Living Well Winchester Senior Center is a wonderful class three times a week. Due to COVID-19 it has been virtual.

SilverSneakers® is offered at the YMCA in Wabash and is covered by some health insurance plans. Visit the *SilverSneakers* website to instantly check your eligibility and learn more.

Cycling. Visit *Cycling for Seniors* for more tips, advice, and rules of the road.

Consult Your Health Care Provider Prior to Beginning Any New Exercise

If you have been living a sedentary life, it is suggested that you discuss each of these options with your primary care physician. They can help you set safe, realistic goals for beginning your exercise program. ©LPi



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Wednesday, May 5th at 1:00

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Wednesday,
May 5th
At 1:00 PM

Seasonal Surprises &
Refreshments
Wednesday, May 5th at 1:00

Limited Seating

Reservations Required
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UE EXTENSION

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, APRIL 19TH at 1:00 PM

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**Wabash
Community
Band Concert**
Open to the Public
Sunday, May 2
2:00 P.M.

**Wabash City Park
Park Pavilion
Hill Street Entrance**
Free



Sometimes it feels like the rain never lets up when you are stretching a very limited income.



Living Well in Wabash County CoA, Inc. understands that and so we offer a monthly supplemental program we call our senior boxes.

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(260) 563-4475 Agency Office; Fax (260)569-1535

Wabash County Public Transportation provides curb-to-curb and door to door, from the door at your pick-up point to the door at your destination, with assistance if needed.

Our drivers are trained in passenger assistance and will secure all wheelchairs, help secure packages, and assist with seatbelts if needed.

It is the primary responsibility of the passenger or their attendant to load/ unload bags/packages. Drivers will assist as needed.

ALL RIDES BASED ON AVAILABILITY

Hearing impaired persons can call the Indiana Relay Service at 711 or (800)743-3333 for assistance in scheduling trips.

Language Line (831) 648-7582
239 Bond Street, Wabash, IN 46992
www.livingwellinwabashcounty.org

RIDER FARES

Seniors 60 and older ride by donation

Ages 59 and younger:

\$2 in the city & \$4 in the county

TRIP RESERVATIONS

All trips are scheduled in advance on based on availability. Pandemic safety precautions have reduced the availability on busses. Trip reservations should be requested as soon as possible. Calling days, even weeks, in advance improves the chance of getting your trip as requested. Trips cannot be scheduled by telling a driver.

“FIRST TIME RIDERS”

When you register as a first-time rider, you will be asked an above or below income question. Income information remains in our data base due to grant statistic requirements.

“PICK UP WINDOW”

Transit has a 20-minute pick-up window which means the bus can arrive to pick you

up anytime from 10 minutes before to 10 minutes after your pick-up time.

Drivers can only wait 5 minutes after your scheduled pick-up time before moving on to the next ride.

CANCELLATIONS

You must cancel your ride when your plans change, at least 1 hour prior to your scheduled pickup time.

Cancellations may be left on our voice mail when the office is closed.

Frequent “no-shows” may result in suspension of service.

CARRY-ON BAG/ITEM LIMITS

Riders are limited to 4 carry-on bags/items.

A fee of \$3/bag or item is charged over the limit of 4.

We encourage you to bring cloth bags to reduce the number of bags.

Anything that cannot fit in your bag is counted as one item, counting to your total of 4 items/bags. Examples include gallon jugs, cases of beverages, dog food, and large packages of toilet paper, etc.



Continued on
page 13

Spring 2021 by Beverly Ferry

You obeyed the rules,
Despite those who acted the fools.
All around, even on the transit bus,
All obeyed the COVID rules
without a fuss.

When we saw no fluctuations
In Dr. Fauci's conversations
We were left with few options,
But to obey COVID precautions.

We stayed home until later,
To avoid needing a respirator.

We never thought
We'd need to be taught
Across the land to wash our hands.



Now we think. We are in the pink,
But even with vaccinations
We still should not take those
vacations.

We hope for herd immunity,
But time requires continuity.

Someday soon we will know,
It is safe for us to go.
We will wait and not take the bait
For we would hate to jump the gate.

After all these tasks I want to ask,
Who will remember 20 and 21?
Except for those who are one,
I think it will be everyone.

**PROTECT YOURSELF & OTHERS. PLEASE GET THE VACCINATION.
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Living Well in Wabash County, Wabash, IN C 4C 01-1456

7 Tips for Making Nutritious Smoothies

Smoothies can be a quick and delicious way to add fruits, vegetables, and protein to your daily diet. On a hot day, a frozen smoothie can be refreshing. For cold days, you can opt for comfort foods, such as chocolate, bananas, and oatmeal.

The downside is that smoothies can also be high in sugar, calories, and carbs. Full-fat yogurt, ice cream, and sugar-laden fruit juices are just a few of the ingredients that can make these tasty treats a lot less healthy.

With careful planning, however, you can make smoothies at home that taste delicious while still being good for you. Here are a few tips for doing so.

7 Ways to Make Your Favorite Smoothie Healthier

1. Freeze fresh fruit: Instead of relying on packaged smoothies or bags of frozen fruit that may contain added sugar, slice and freeze fresh fruit. Create combinations that you store in a freezer bag you can pull out and throw in the blender. Berries, bananas, pineapple, blueberries, grapes, peaches, and mangos are a few fruits that taste great in smoothies.

2. Sweeten with care: Skip sweetened yogurt, store-bought fruit juices, and honey which can increase calories as well as sugar. Instead, opt for natural sweeteners like dates, avocados, agave, or pure maple syrup. Bananas in moderation can work too.

3. Don't overlook veggies: You can also sneak some fresh veggies into your smoothies to enhance the nutrients without changing the taste.



Spinach is a popular choice. As are beets, sweet potato, and carrots. Experiment with a few combinations until you find one you like.

4. Pump up the protein: Those who live with a chronic illness or who are recovering from surgery need more protein than they usually do. Adding protein to your smoothies is one way to do it. Greek yogurt, walnuts, almond butter, chia seeds, natural peanut butter, almond milk, and protein powder are a few ways to include this important nutrient in your diet.

5. Inflammation fighters: You can increase the benefits a smoothie provides by adding a few inflammation-fighting ingredients. Fresh ginger, whole flax seed, cinnamon, and cherries are all known to help.

6. Increase hydration: Adding a little extra hydration to your smoothie can help prevent dehydration. Most fruit is naturally hydrating. You can also make ice cubes out of coconut water or throw a few cucumber slices into your blender.

7. Focus on fiber: Many of the ingredients listed above, such as berries, flax seed, walnuts, and spinach, all contain fiber. Making sure you incorporate some into your smoothie can be. ©LPi



Continued from Page 10

SERVICE ANIMALS on TRANSIT

Wabash County Public Transit welcomes service animals which must be under the constant control of their handler.

Riders are permitted to bring Non-Service animals on board; however, they must be in appropriate cage or pet carrier and will be charged \$2 (Within North Manchester or Wabash) or \$4 per one-way anywhere else in Wabash County.

SERVICE HOURS

Weekdays: 5:30 a.m.-6:00 p.m.

ACCESSIBILITY

Individuals with mobility disabilities are welcome to use wheelchairs and manually powered mobility aids, i.e., walkers, crutches, canes, braces, or other

similar devices designed for use by individuals with mobility disabilities. Vehicles with wheelchair lifts will accommodate standees upon request. Wabash County Public Transit also transports individuals traveling with portable oxygen tanks and respirators. For safety reasons, portable oxygen tanks must be able to be secured.

SERVICE/SERVICE AREA

Wabash County Public Transit provides demand response, curb-to-curb, door-to-door 24 hours advance reservation public transportation service within Wabash County. Door-to-door service is available upon request for those needing reasonable assistance beyond the curb. The Greenline which has bus stops is closed due to COVID-19.

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April: This Day in History



April 1, 1889: The first dishwashing machine went on the market in Chicago.

April 2, 1932: A \$50,000 ransom was paid for the infant son of Charles and Anna Lindbergh. He was not returned and was found dead the next month.

April 3, 1953: The "TV Guide" was published for the first time and is still in publication today.

April 4, 1973: In New York, the original World Trade Center twin towers opened and were the tallest buildings in the world at the time.

April 5, 1951: Americans Julius and Ethel Rosenberg were sentenced to death for committing espionage for Soviet Union.

April 6, 1924: Four planes left Seattle on the first successful flight around the world. Two of them reached the same location 157 days later.

April 7, 1963: At the age of 23, Jack Nicklaus became the youngest golfer to win the Green Jacket at the Masters Tournament.

April 8, 1986: Clint Eastwood was elected mayor of Carmel, California. He served for two years.

April 9, 1983: The space shuttle Challenger completed its first flight.

April 10, 1925: F. Scott Fitzgerald first published "The Great Gatsby."

April 11, 1921: The first live sports event on radio aired. It was a boxing match between Johnny Ray and Johnny Dundee.

April 12, 1861: Fort Sumter was shelled by the Confederacy, starting America's Civil War.

April 13, 1964: Sidney Poitier became the first black to win an Oscar for best actor in the movie "Lilies of the Field."

April 14, 1912: On its maiden voyage, the Titanic hit an iceberg and sank the next day, killing 1,517 people.

April 15, 1947: Jackie Robinson played his first major league baseball game for the Brooklyn Dodgers.

April 16, 1922: Annie Oakley shot 100 clay targets in a row, to set a women's record.

April 17, 1629: Horses were first imported into the colonies by the American Massachusetts Bay Colony.

April 18, 1924: Simon and Schuster, Inc. published the first "Crossword Puzzle Book."

April 19, 1897: The first annual Boston Marathon was held. It was the first race of its type in the U.S.

April 20, 1832: Hot Springs National Park was created by an act of the U.S. Congress. It was the first time a piece of land was set aside by the U.S. government to preserve the area for recreation.

April 21, 1989: The Game Boy handheld video game device was released in Japan.

April 22, 1976: Harry Reasoner announced that Barbara Walters would become his ABC Nightly News co-anchor, making her the first female nightly network news anchor that October.

April 23, 1954: Hank Aaron of the Milwaukee Braves hit his first major-league home run. He would go on to hit a total of 755 in his career.

April 24, 1962: MIT sent a TV signal by satellite for the first time.

April 25, 1901: New York became the first state to require license plates for cars. The fee was \$1.

April 26, 1986: The world's worst nuclear disaster to date occurred at Chernobyl. Thirty-one people died in the incident and thousands more were exposed to radioactive material.

April 27, 2006: Construction began on the 1,776-foot One World Trade Center on the site of former World Trade Center.



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Good Friday, April 2, 2021.



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**You are Invited to a
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**Wednesday,
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**Seasonal Surprises &
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Limited Seating

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Or Call (260) 563-4475 to Request Application.**

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