

MAY 2021



INSIDE THIS EDITION

From My Perspective.....	2-3	Answer Key to Word Search.....	11
Pot of Gold by Sherrie E. Petterson.....	4	An Interview with David Rogers.....	12
Writing Contest Winners	5	Salmon and Asparagus Recipe.....	13
At the Beach Word Search	6	SHIP Volunteer Opportunities.....	14
May Lunch Menu.....	7	Dark Chocolate Souffle.....	15
May Activity Calendar	8, 9	Memorial Day Closing.....	16
An Interview with Pat Lynn.....	10		



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From My Perspective

By Beverly Ferry, CEO
Living Well in Wabash County



Technology: Friend or Foe?

Technological advancements will always be with us. It is up to us to maintain the balance. Mom's grandparents liked new technology. She was amateur photographers, unusual for the turn of the century. She photographed Mom's mother playing in the grass as a baby, and other photos at home in casual settings, capturing their life, unlike photos of that time. Remarkable.

On her father's side of Mom's family, I came to know her grandfather through his daily, hand-written journals. Typed or from a laptop would not be the same.

I enjoy looking through photos of relatives long past. The clothing and cars are fun to see, but I look for what the photos reveal of that place and time. A favorite is a picture of two older cousins leaning on their father's car just as he was doing, standing there, feet crossed at the ankle, smoking a cigarette, unaware of his sons' antics at the far end of the car. Whoever took the photo saw it clearly, capturing the essence of their personalities and that moment which would have been lost without it.

Looking at relatives at similar ages shows more than family resemblance. At 90, in his final days, Dad looked like his father did at 65. Dad's father worked in the coal mines all his life. At 65 he had a fatal heart attack. Decades later Dad had a heart attack at the same age. With technology, medical advancements, and a better understanding of heart health. Dad lived to celebrate twenty-five more birthdays.

I remember Dad gleefully carrying a grocery bag overstuffed with sweet corn picked that day. To him, sweet corn was best eaten the day it was picked. It was Dad's "use by this date." We made meals of just corn on the cob. These were the days when the only produce we had was either canned or in-season. The first corn of the season was a big event at our house. It brought him joy. Post-heart attack, the joy went out of it. Dad refused to eat it without salt and butter. He never had corn on the cob again.

Living beyond that heart attack gave Mom and Dad a new lease on life. Over the course of their marriage airline travel became common. Dad insisted our family travel cross country by train in the heyday of the club car, dining car, and elevated observation deck. He said planes were the future and he wanted us to experience train travel while it was still something to admire. The train was part of the experience. Once we were on our own, they travelled North America visiting family and friends. On a whim they flew to Seattle for the weekend because they had never been there. Who were these people who obviously were not the ones who raised me?

Mom's cooking had been on autopilot for decades. The transition to a heart friendly diet was a steep learning curve. Neither welcomed the change. No more saving the bacon drippings for eggs the next morning. Those over easy eggs went away as well. Skinless, salt-free chicken, seasoned with Mrs. Dash, and baked in the oven was an unpopular substitute for chicken fried in Crisco, skin and all. They would have enjoyed the technology of air fryers of today.

Technology touches every part of our lives. We send documents without leaving the office. Books are electronic, lacking the charm of the binding that cracks with age and the joy of picking a favorite from your bookshelf, and reading a chapter or two. Schools provide laptop computers for students to take home to do homework. Snow days, a beloved tradition, we longed for, are now e-learning days. "The dog ate my homework" or "I left my book at school," excuses are relics of the past.

When I was young we only had ABC, NBC, CBS, and PBS, but not any more. It took me 3 years to master our multiple remotes. People have home theatres, but I am a movie snob. Movies should be experienced on the big screen in a theatre with popcorn and lots of people.

People used to stay home because they were "expecting a call." Now we say we are waiting for the cable guy. It was a big advancement when we switched from our party line to a single phone dedicated to our house. It made it easier to talk on the phone for hours as a teenager. With a party line we had to carefully pick up the phone to see if the line was available. A click was another household needing the phone, a cue to end our call.

What used to be called a "Dear John" letter to end a relationship can now be sent as a text or an email. Technology has not been able to lessen the sting. Handwritten letters are a lost art. Instead, people pick up the phone to call or text the person. Technology does not replicate the feel of fine stationery or the anticipation of

receiving a handwritten letter.

Over the last year personal contact was not possible. We used technology to connect, but Zoom Christmas fell well below what we hoped. Actual hugs are perhaps more meaningful now in a world of technology. I see people sending cyber hugs. "Consider yourself hugged" as a comment or meme on social media does not compare to the real thing. Would we really hug that person if we saw them? With technology people let you know they are "wishing you well," but does everyone need to know what you cooked for supper?

The COVID19 pandemic forced changes. Milestones and rites of passage were skipped, or done in ways we would not have imagined. Many funerals were via Zoom out of necessity, without those healing hugs. Weddings did not happen as planned.

Our eldest son married via Zoom. They postponed their planned wedding twice. They would lose their deposit with the photographer by the end of that week and so, they decided not to wait any longer. I quickly organized two Zoom bridal showers to

welcome the bride into our family. They were fun. Our bride and groom had a beautiful ceremony at sunset on the roof of an iconic Hollywood hotel, twelve stories above the sidewalks, away from the pandemic. They were limited to seven people who did not need to travel. Both brothers of the groom were there. Zoom was limited to immediate family.

My husband wore his tuxedo jacket which no longer came together in the front and the pant size had not been seen for 20 years. Undaunted, he made it work. I added two bouquets of fresh flowers, candles and champagne ready to toast the happy couple. The wedding was charming beyond our imagination. It was better, almost magical. Technology and true love saved the day.

The wedding was scheduled for 9:45 PM Indiana time. About a half hour before that I posted what was happening on social media. Flooded with sincere good wishes from near and far I experienced the community of friends and family. I felt the love you experience at a wedding. I am now a convert to the importance of cyber hugs. Technology was our friend that night, but love made it a wedding.

Patsy Sears

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Page 3

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2021 Winter Writing Contest

First Place Winner

POT OF GOLD

Written by
Sherrie E. Petterson



I wheeled my Jeep Cherokee through the icy snow into the hospital visitor's parking lot. A silent prayer and the heated seat button had made my feat possible- transporting three sheet cakes ("Happy Birthday" inscribed in thick red icing letters) from Bloomington, Illinois, to Hensley Hospital, two hours away.

Even though I had first met Clare Bowman last December as a roommate after my minor surgery, my first recollection of this 60ish woman battling cancer was that she always seemed to be on the edge of laughter. I had spent my first day as Clare's "roomie" listening to anecdotal aspects of her life, the rides in snowmobiles to retrieve groceries for homebound neighbors. We'd traced icicles along the window frame. Frosty images resembled cartoon characters to Clare. Harsh winter days came and went, rolling over into a more sublime lull as Spring approached.

Ever so often Clare's phone would ring, and she would giggle about a humorous incident such as a new technician taking an X-ray of her spleen area instead of her hipbone. Then at her insistence, I visited the day room. Red, white, and pink poinsettias, get-well cards, and helium balloons livened up the space. Terminally ill patients strummed guitars, played scrabble, and read to me from Henry David Thoreau's journal. All of them were savoring life, drinking in the time they had left.

When near dinnertime, I had returned to my room expecting to find Clare cheering on a television game show contestant, I instead encountered silence. All of Clare's flowers

were gone. A lump settled in my throat. Had she been moved, or worse?

"Save some room for cake," a voice rang out as Clare, wearing a red silk broadcloth dress, slowly walked to her bed. "My pastor is performing a wedding ceremony on the fourth floor, and the wedding party will be down in 30 minutes."

"But this is a hospital," I had emphasized, wanting to continue the role of patient so I could soon be discharged. Yet the sparkle in Clare's eyes made me also want to brush on some blusher and fix my nails.

Soon guests had arrived, and the topic of conversation was the circumstances of the wedding upstairs: A 14-year-old girl, Anna, with Reye's syndrome had come out of a coma without, as a monitor had shown, any lasting brain damage. Anna's new stepfather and her mother were to be married the week the teen was recovering from the flu.

"Nothing short of a miracle," Clare's pastor had said, introducing himself and explaining that Anna had suddenly started vomiting violently, walking into walls, and she was finally admitted to the hospital in semi-comatose condition. "When Anna came to," the pastor added, "the wedding was on her mind. When I had confided in Clare, she suggested having the ceremony here in the hospital and offered her floral arrangements and bouquet to the bride-to-be."

A dozen people formed tight circles around and between Clare's bed and mine. I have since become best friends with Clare's daughter, Ginny, a sixth-grade teacher from Davenport, Iowa. I was also a part of a support system for Clare during the "shadowy" X-rays, more surgeries, plus the intensive care unit that were to follow.

Now it was winter again. A snowstorm had dumped over a foot of snow from Chicago, south. Clare's relatives explained to the hospital admissions staff that we all had

gathered for a special birthday party.

Ginny told me through a thick mass of frosted curls that her mother was with the oncologist, but everything else—the paper hats, napkins, and Claire’s tiniest grandson whom she’d never seen and the sheet cakes I’d carefully transported—were waiting in the activity room.

Forty people shared in singing “Happy Birthday” to Clare, who was much thinner than I had remembered her even a month ago. The gaiety spilled out into the hallway as each child, each relative and friend, gave thanks to God for allowing Clare to touch our lives. We were like rainbows bursting with joy, and Clare was our pot of gold.



Winter Writing Winners

FIRST PLACE

Sherrie E. Petterson
“Pot of Gold”

SECOND PLACE

Mary Weaver
“Big Blue’s Birthday Blizzard”

THIRD PLACE

Brenda Cantrell Chaplin
My Favorite Winter Memory

There were 16 wonderful entries. Thank you to everyone who participated. Keep watch for announcements of other creative challenges for Wabash County seniors.

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Page 5

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At the Beach

Answer key on page 11

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

Word List:

BEACH
FAMILY
SWIMSUIT
OCEAN
SUNSCREEN
SUNGLASSES
SANDALS
TOWEL

BEACHBALL
FRISBEE
UMBRELLA
POPSICLE
SWIM
SURF
SEAGULL
BLANKET

BOARDWALK
SHORE
LAKE
RELAX
SUNTAN
SANDCASTLE
TAFFY

BOAT
WAVES
LIFEGUARD
SUN
SUNBURN
SHELL
TRUNKS

SEE WHAT'S COOKING

Continues to be Drive Through Due to COVID-19. In Wabash, call Living Well Winchester Senior Center to Sign up for Meals. Call (260) 563-4475 and Ask for Wendy in the Kitchen

In North Manchester, Senior Lunches are at Scout Hall as grab and go due to COVID-19. Call 260-982-9940 between 9 - 1, M-

Monday	Tuesday	Wednesday	Thursday	Friday
3 BR CHICKEN PATTY TATER TOTS GREEN BEANS FRUIT JUICE BUN 2% MILK	4 CHILI BABY BAKERS CORN BERRY PEAR CRISP CRACKERS 2% MILK	5 PORK CHOP RED SKIN POTATO SLICED CARROTS CHOC CHIP COOKIE ROLLS 2% MILK	6 MEATBALLS IN SAUCE CHUCKWAGON CORN FRUIT COCKTAIL BROWNIES BREADSTICK 2% MILK	7 BBQ PULLED PORK CHEESY POTATOES BRUSSEL SPROUTS SPICED APPLESAUCE BUN 2% MILK
10 BEEF PATTY BAKED BEANS COLESLAW STRAWBERRY FRUIT BAR BUN 2% MILK	11 BREAKFAST CASSEROLE SEASONED POTATO CUBES STRAWBERRIES OAT & HONEY BAR BISCUIT 2% MILK	12 CHICKEN FAJITAS BROCCOLI PEACH CUP FUDGE CAKE ROLL TORTILLA 2% MILK	13 CHICKEN SALAD TOSS SALAD BLUEBERRIES YOGURT CUP CROISSANT 2% MILK	14 FISH PATTY SCALLOPED POTATOES COUNTRY BL VEG ORANGES BUN 2% MILK
17 MEATLOAF MASHED POTATOES PEAS & CARROT FROZEN STRAWBERRY CUP ROLLS 2% MILK	18 BEEF TACO MEAT TOSSED SALAD PEAR CUP CUPCAKES TORTILLA CHIPS 2% MILK	19 PORK RIBETTE DILL PICKLES PARMESAN BABY BAKERS APPLE COBBLER BUN 2% MILK	20 ORANGE CHICKEN WHITE RICE SNAP PEAS PINEAPPLE CUP ROLLS 2% MILK	21 CHICKEN BURGER STEWED TOMATOES PEA SALAD GINGERBREAD COOKIE BUN 2% MILK
24 SALISBURY STEAK SEASONED POTATO CUBES PICKLED BEETS MINI APPLE PIE WHEAT BREAD 2% MILK	25 BEEF SLOPPY JO BROCCOLI & CHESSE BABY BAKERS FUDGE ROUND BUN 2% MILK	26 TURKEY BREAST POTATO SALAD FRESH FRUIT BOWL Nutty Bar BUN 2% MILK	27 CHICKEN & NOODLES MASHED POTATOES PINEAPPLE CUP COOKIE FIG BAR WHEAT BREAD 2% MILK	28 BREADED TENDERLOIN SWEET POTATOES CAULIFLOWER BUN OATMEAL CREME PIE 2% MILK



WABASH COMMUNITY

BAND CONCERT

Sunday, May 2nd

At 2:00 P.M.

Wabash City Park

Large Pavilion

Enter off Hill Street



SA
Concert

Thursday
Winchester S

239 B

Hang out in
If it rains the
Center, but

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

Lunch by Reservation (call 260-563-4475 or sign up at the center by 12:30 pm at least 2 business day in advance)

<p>2 CONCERT 2:00 pm</p> <p>Wabash City Park off Hill Street</p>	<p>3 MUST REGISTER Low Impact Fitness 9:45 AM At Winchester Senior Center</p>	<p>4</p>	<p>5 GARDEN PARTY MUST BE REGISTERED</p> <p>MUST REGISTER Low Impact Fitness 3:00 PM in May</p>	<p>6 Must Register Low Impact Fitness 9</p> <p>SAM PIERCY CONCERT In Person Pre-Registration Required</p>
<p>9</p>	<p>10 MUST REGISTER Low Impact Fitness 9:45 At Winchester Senior Center 6:00 Community Band Practice</p>	<p>11</p>	<p>12 MUST REGISTER Low Impact Fitness 3:00 PM in May At Winchester Senior Center</p>	<p>13 MUST REGISTER Low Impact Fitness 9:4</p> <p>Drive Thru Birthday Celebration 1:00</p>
<p>16</p>	<p>17 Low Impact Fitness 9:45 AM Winchester Senior Center 6:00 Community Band Practice</p>	<p>18</p>	<p>19 MUST REGISTER</p> <p>Low Impact Fitness 3:00 PM</p>	<p>20 MUST REGISTER Low Impact Fitness 9:4</p> <p>BINGO ANYONE? Winchester Senior Center 1:00 PM Must Register!</p>
<p>23</p>	<p>24 Low Impact Fitness Must Register 9:45</p>	<p>25</p>	<p>26 MUST REGISTER Low Impact Fitness 3:00 PM</p>	<p>27 MUST REGISTER Low Fitness at 9:45</p>
<p>30</p>	<p>31 CLOSED Memorial Day</p> 			

AM PIERCY
 t in the Parking Lot
 , May 6th At 1:00 PM
 Senior Center Parking Lot
 ond Street, Wabash
 n your car or bring a chair.
 concert will move inside the
 indoor seating is limited.

FRIDAY

(Advance) Menu is on page 7.

7	8
14	15
21 10:00 *Senior Box Distribution For low-income seniors Openings are Available Call for information 563-4475	22
28	29



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May 12 and 26
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BINGO RETURNS TO
WINCHESTER SENIOR CENTER
1:00 PM on Thursday, May 20**

**Pre-registration Required; Limited Seating
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Refreshments and Prizes.
Masks and Social Distancing Required**



MAY DRIVE-THRU BIRTHDAY
 Thursday, May 13 at 1:00

Registration required so we know how many cupcakes to make!



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WILL BE IN PERSON AT SENIOR CENTER**

**Pre-registration required. Limited Seating
Call (260) 563-4475
Masks & Social Distancing; see page 16 for details.**

Becki Wagoner wonders why people volunteer.

She spoke with two retirees who's retirement years are a result of their life's work.

VOLUNTEERING—DO WHAT INTERESTS YOU

An interview with Pat Lynn Written by Becki Wagoner, Contributing Writer

If anyone had told Patricia O'Connor Lynn in 1957 that she would one day be the recipient of a Hoosier Award for her work in child abuse prevention, or the Book of Golden Deeds Award, Sagamore of the Wabash Award, Distinguished Citizen from the Wabash Chamber of Commerce or in the Wabash High School Hall of Distinction, she might well have looked at that person with a bit of disbelief. Because Pat, much like most women raised in the 30's and 40's, was her father's daughter, then Jack Lynn's wife, and mother to a son and a daughter.

She laughingly says being chair of the Girl Scout cookie campaign may have been one of her bigger challenges. The truth of the matter is that Pat Lynn sees roads to improvement in helping others in their lives where many see too much work, or too little hope.

Her many years in the Wabash community have helped many underprivileged and at-risk individuals through Big Brothers/Big Sisters, Path Finders, Step Ahead Wabash County, Our Children Our Future, 85 Hope, Wabash County Animal Shelter, and the program that puts a smile on her face and her hand going to her heart...Special Olympics Wabash County. As a City Councilwoman, she wrote the grant for the building of the Winchester Senior Center and the original grant for what was to become Wabash County Public Transportation.

At age 81, Lynn is methodically selecting individuals who can take her place in the myriad of volunteer jobs she holds in numerous organizations, but she continues and on like the Energizer Bunny.

When asked to return to the Living Well in Wabash County Board of Directors, after having served on the board 15 years ago, to serve another four-year term, she answered, "Better make it a two-year term. I will be 80 soon and nobody will need me on a board at that age" chuckling as she said it. Near the end of the two-year commitment Ferry asked Pat if she would be willing to complete the four-year term to which Pat replied, "Sure. Why not?"

The camper in the driveway is calling Pat "for a little relaxation." When her schedule permits, Pat and husband Jack enjoy trips away, especially to Wisconsin. While on the road, she still answers her emails and remains up to date with her various commitments back home in Wabash County.

What is in Pat's future? Journalism was always an occupation Pat thought she would pursue and now at 81, she thinks maybe writing a book about her experiences may be yet to come.

Asked how to get involved in volunteerism, her response was simple. "**Do what you are interested in, and then GO DO IT!**" Pat has certainly done that all her life. Whatever she chooses, it will most likely lead to greater accolades and helping someone unaware.

Quite a woman. Quite a force for Wabash County. Quite a hard act for others to follow, but Pat is so genuine and caring, she will be helping others achieve to her dying day.

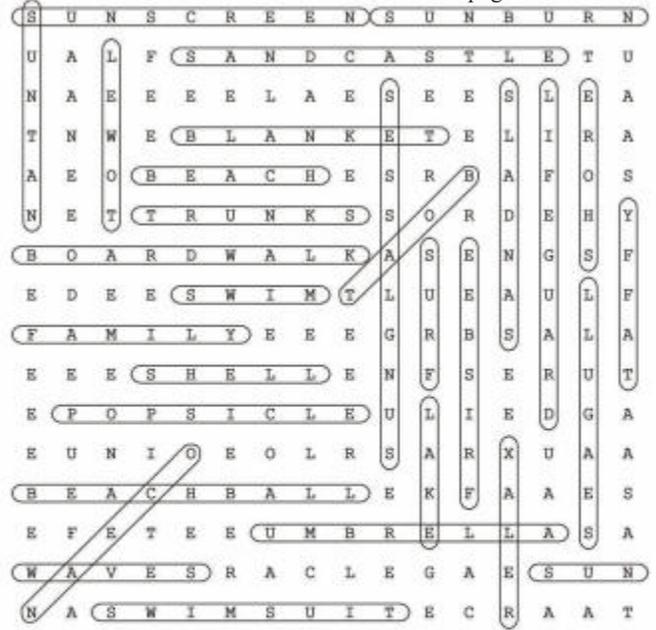


**BE THE
REASON
SOMEONE
SMILES
TODAY.**

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At the Beach

Puzzle on page 6



Word List:

- | | | | |
|------------|-----------|------------|-----------|
| BEACH | BEACHBALL | BOARDWALK | BOAT |
| FAMILY | FRISBEE | SHORE | WAVES |
| SWIMSUIT | UMBRELLA | LAZE | LIFEGUARD |
| OCEAN | POPSICLE | RELAX | SUN |
| SUNSCREEN | SWIM | SUNTAN | SUNBURN |
| SUNGLASSES | SURF | SANDCASTLE | SHELL |
| SANDALS | SEAGULL | TAFFY | TRUNKS |
| TOWEL | BLANKET | | |

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Page 11

NEVER MISS A NEWSLETTER!

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WHO IS A VOLUNTEER?

A Volunteer is someone who puts others ahead of themselves, using their time and talents to make the world a better place, assisting others in need, and usually going unnoticed. In a world of me and mine, the innate sense of putting others ahead of themselves is a truly unique and priceless character attribute.

An interview with David Rogers Written by Becki Wagoner

By Becki Wagoner

I met with David Rogers at the North Manchester library, a place that could be his second home. About every third person through the door acknowledged him with a “hi ya” before going inside.

Rogers could well be a poster boy for good, clean living. At age 91, his step is pretty solid, his hairline, while receding, still needs a monthly trim. His eyes, and demeanor put off an essence of calm and trust. You instinctively know he will listen and not talk. He will help and not judge. And that has been the success of Rogers for close-to a century.

Born in Virginia, the minister moved his family to North Manchester in 1969, to take the position as leader of the Church of the Brethren for 14 years, followed by 16 years at the Bowen Center, concentrating on education, therapy and counseling.

In the midst of this, he trekked to El Salvador to set up a church. After the 2000 and 2001 earthquakes, he set up a clinic for posttraumatic stress disorder. “I counseled a teacher who saw three students disappear before her eyes. Horrific scenes of death, these people endured.”

A great advocate for mental health, he served as State President of the MHA (Mental Health America) of Indiana. He believes strong mental health advocacy could solve many of the problems dividing

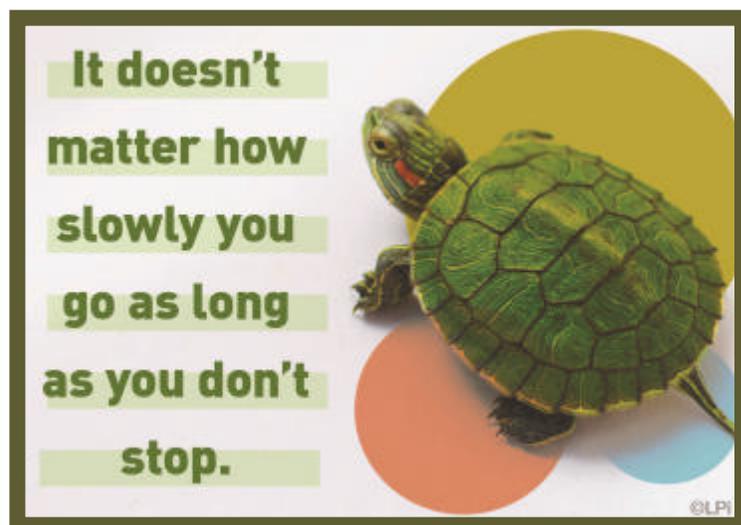
our country today.

He is also very active in Shepherd Center, a faith-based organization for seniors in northern Indiana. Add to that his involvement in fund-raising for the library and he hasn't found time to age.

Asked what his advice would be to people who are stuck in life, the answer was simple.

“Ask yourself what you want your life to look like. Then, one step at a time, make changes that will eventually lead you to where you want to be.”

Good advice from David Rogers. I know where I will go when I need a listening ear and salient advice.



Salmon and Asparagus Sheet Pan:

Salmon is a great source of vitamin D anytime of the year.

Prep time: 5 minutes Cook time: 15 minutes Servings: 2 Net carbs: 4.41 Heat oven to 425 F.

- 1 bunch thin spear asparagus
- 1 tablespoon, plus 1/4 teaspoon, extra-virgin olive oil
- 1/8 teaspoon salt, divided
- 2 salmon fillets (4 ounces each), no more than 3/4-inch thick
- 1 pinch black pepper
- 3 tablespoons olive oil-based mayonnaise
- 1 tablespoon lemon juice
- 1 teaspoon Dijon mustard
- 1/4 teaspoon minced or pressed garlic
- 1 tablespoon grated Parmesan cheese



Heat oven to 425 F.

Wash asparagus and remove woody ends. Place on rimmed baking sheet and toss with 1 tablespoon olive oil and pinch of salt. Arrange in single layer, leaving space for salmon. Place salmon skin-side down on sheet. Brush with remaining olive oil and season with remaining salt and pepper. Place in oven and bake 12 minutes.

In small bowl, combine mayonnaise, lemon juice, mustard and garlic.

Remove sheet pan from oven, sprinkle asparagus spears with cheese and cook 3 minutes, or until fish reaches 145 F and asparagus spears are tender and beginning to brown on tips.

Plate one fillet and half the asparagus, drizzle each plate with about 2 tablespoons mayonnaise sauce and serve.

Source: Atkins

(Courtesy of Family Features, Photo courtesy of Getty Images) ©LPI

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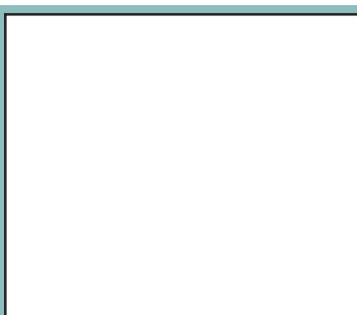
Page 13

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Q: I was interested in becoming a SHIP counselor, but then the pandemic began. Is SHIP still offering help with Medicare questions? Are they still looking for new volunteer counselors?

A; Yes! SHIP is still very busy assisting Medicare beneficiaries with the questions and yes SHIP is always looking for new volunteers.

SHIP is driven by volunteers who are committed to helping people with Medicare determine the best healthcare choices for their individual situations and to be good consumers of Medicare, Medicare Advantage, Part D drug coverage, long term care financing, and low-income assistance programs.

SHIP has more than 100 sites throughout the state of Indiana and more than 425 volunteers.

During COVID, SHIP has modified some of its counseling methods to ensure the safety of our counselors and our clients. SHIP offers its volunteers choices on how they would like to volunteer. Below are just a few of the volunteer opportunities SHIP offers.

Personal Counseling-Direct discussion with Medicare beneficiaries about their individual situations and may include review of personal information, such as Medicare Summary Notices, billing statements, and other related financial and health documents. This can take place on-site with proper distancing and PPE (personal protective equipment), via virtual meeting, or by phone.

Special Events/Presentations- Educating through presentations, health fairs, and other events geared toward Medicare recipients.

Administrative Support Aide This role involves such work as copying, filing, data entry, scheduling appointments, and placing phone calls in support of SHIP activities.

Volunteers who work in this role do not field question from the public. To become a SHIP counselor, you must:

- Complete a 28-hour basic training which includes using a computer (these are currently being held virtually)
- Complete hands-on volunteer shadowing
- Want to help people with Medicare question in your community
- Attend two regular half-day training sessions per year (these are currently being held virtually)
- Not be affiliated with (i.e., employed by or in a position to sell) any insurance product, agency, company, or service
- Make a minimum one-year commitment to SHIP
- Be willing to assure complete confidentiality to every client
- Complete required paperwork documenting each contact.
- If you are interested in becoming a SHIP volunteer, or have questions related to Medicare, call SHIP at 1-800-452-4800, 1-866-846-0139 TDD or online at www.medicare.in.gov. You can also find us on Facebook and Twitter.

Ship is a free, unbiased counseling program provided by the Indiana State Department of Insurance. To schedule an appointment in Wabash County with SHIP call Living Well Winchester Senior Center, (260)563-475. Due to COVID, appointments are by phone.

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.

(1) In double boiler, melt chocolate, (2) 1/2 tablespoon olive oil and cream; let cool. (3) Using electric mixer, beat egg whites until soft peaks form. (4) 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. (5) Tips: This recipe can be easily doubled. Garnish with fresh berries, if desired.

Explore more tips and recipes using olive oil at filippoerio.com.
(Courtesy of Family Features) ©LPi

260-563-4475

239 Bond Street, Wabash, Indiana 46992

Page 15



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All of our services will be closed
 Monday, May. 31, in observance of Memorial Day.



**SAM PIERCY
 Is Back!**

Concert in the
 Parking Lot
 Thursday, May 6th At 1:00 PM
 Living Well Winchester
 Senior Center Parking Lot
 239 Bond Street, Wabash

Hang out in your car or bring a chair.
 If it rains the concert will move inside the center, with
 masks and social distancing .If we have to move indoor,
 seating will be limited. We are hoping for a lovely day.
 (260) 563-4475



**2021
 CONCERT
 SCHEDULE**

All are Free and
 Open to All

Sunday, May 2nd at 2:00 P.M.

Wabash City Park , Large Pavilion
 Enter off Hill Street

June 27 at 2:00

Outside Winchester Senior Center

**Sept. 11, Time TBD, at
 Roann Festival**

**Sept. 18, TBD Dance Band at
 Paradise Springs for Founder's Day**

**Dec. 4, Time TBD
 Christmas Concert at Lagro**

**Dec. 12, 2:00 at
 Winchester Senior Center, Wabash**

2022

**Feb. 13, 2:00—4:00,
 Legacy Hall Honeywell Center
 Sweetheart Concert and Dance Band**

Living Well Winchester Senior Center is the
 Home of the Wabash Community Band



**MJ's LOW IMPACT
 FITNESS CLASS**

Returns to
 Winchester Senior Center
 and still available on
 Facebook Live.

Pre-registration required.
 Limited Class Sizes

9:45 AM Mondays & Thursdays

Wednesdays at 3:00 PM in May

Masks Required for All Entering and Leaving.

Vaccination Records Will be Checked at the Door.

Fully Vaccinated Participants may remove their masks
 during exercise, but must wear them
 entering and leaving the senior center.

Social Distancing Will Be Observed

Call (260) 563-4475 to register for each class.

Drop Ins Will Not Be Allowed.