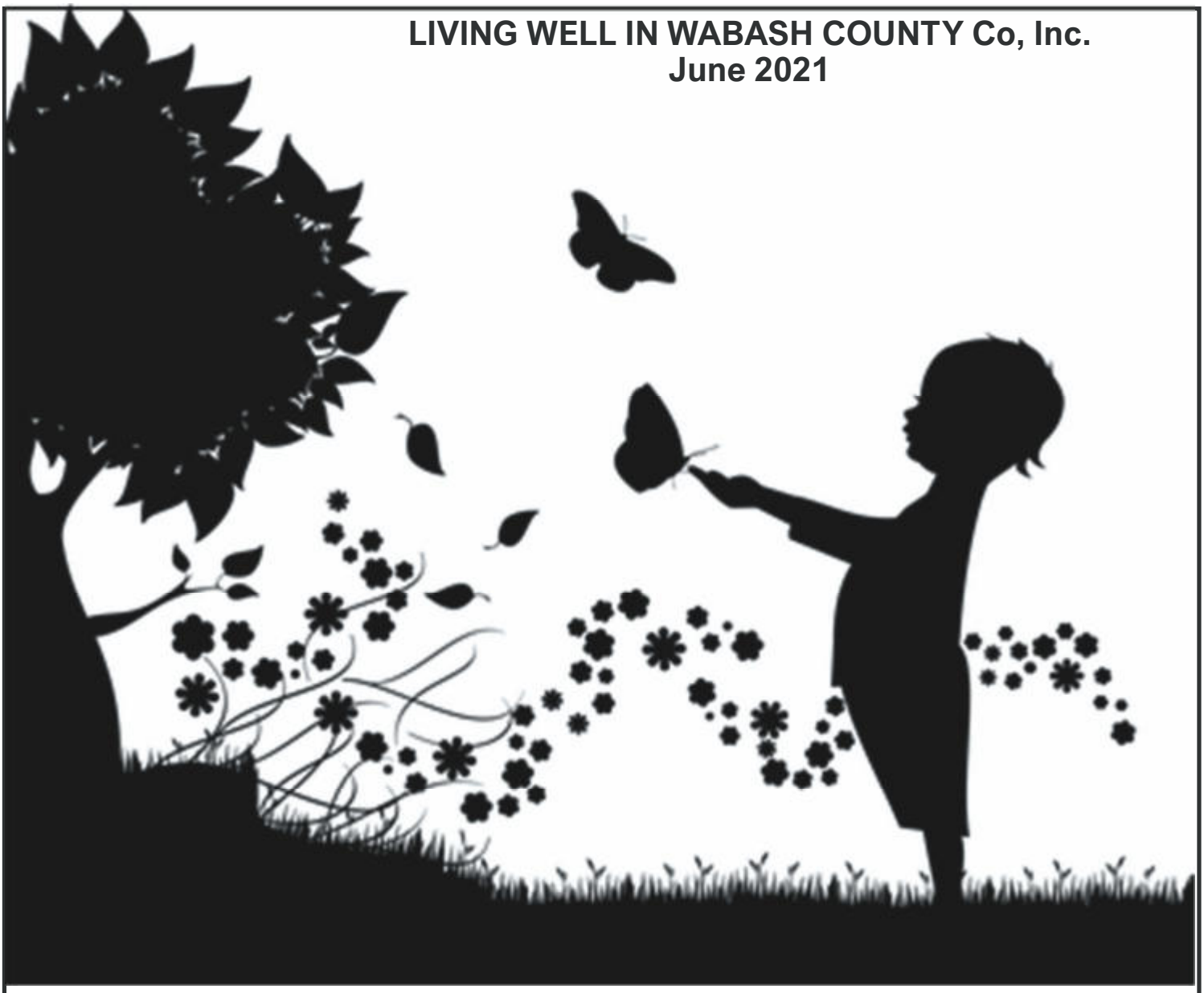
LIVING WELL IN WABASH COUNTY Co, Inc.
June 2021



Living Well in Wabash County CoA, Inc.
239 Bond Street, Wabash, IN 46992
Winchester Senior Center and Community Cupboard Pantry (260)563-4475
Wabash County Public Transportation (260)563-7536

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Living Well in Wabash County CoA, Inc.

WINCHESTER Senior Center | WABASH COUNTY Transportation

LIVING WELL Downtown | COMMUNITY Cupboard

My Perspective

Beverly Ferry

MORE ALIKE THAN I THOUGHT

For Father's Day, the best gifts to my dad were tickets to college ball game or having us home for the day. Having us home was all he wanted.

He loved to be on the back porch of the house where the cement always seemed cooler. Dad and my husband would sit out there, each with a beer, sharing the Sunday newspaper, while the chicken cooked. Dad had his own method for grilling chicken. The only person to duplicate Dad's recipe to perfection is my husband.

It drives my younger brother crazy. Over the years, Nick observed Dad's technique rather than asking a lot of questions. I love that the recipe and technique were passed down from father-in-law to son-in-law. My brother once tried filming Nick preparing the chicken. He never figured it out. The secret ingredient is patience.

That is how their relationship was. They were comfortable with each other. My husband, Nick, respected my father's experience in industry. On those back porch afternoons, my husband could talk to Dad about work.

Nick is an avid student of military history, especially WWII and Dad was a Veteran of the same. Nick knew enough about the battle plans and their outcomes to carry on a good conversation with Dad. Like many Veterans, Dad did not talk about the war or his medals. He always said the heroes never made it back. Maybe it was easier for Dad to talk to Nick about the war since Nick was once removed. He was the son-in-law, not the son.

In reflection, both men can be described as honorable, reserved, without a mean bone in their body, good listeners rather than big talkers, more observers than participants, the first to come to your rescue, genuinely kind hearted, never seeking the limelight or credit.

There was a giant abyss separating them politically. They had opposing political views and would save zingers for the next visit to "poke" the other's positions. Any shared attributes disappeared when they argued about politics.

Dad, Mom, Nick, and our sons loved going to college football games. We saw many teams with both my parents and our sons.

Notre Dame seemed like a religion to Nick and our sons. One memorable game was seeing Notre Dame play at Purdue. When Notre Dame lost, the boys looked like 3 deflated balloons.

They went on to see many games together until Dad and Mom could no longer make the hike from the car to the stadium and they refused to use the courtesy carts. Nick and our three sons continued to go to many college games, especially Notre Dame.

Nick took our two youngest sons, Cliff and John, both teenagers at the time, to South Bend to see an undefeated matchup between Notre Dame and USC. As John would say, it was the biggest game of his life. This game would go on to become the infamous "Bush Push." Trust me, it was a big deal.

Nick had arranged to buy 3 tickets from a friend of a friend. When they got there to meet the man, he decided the tickets were worth *much* more than that. Nick only had enough to buy two tickets from the guy at

that inflated price. He bought the tickets,. Not able to find a ticket anywhere, they walked to the stadium gate where Nick told them he would meet them after the game.

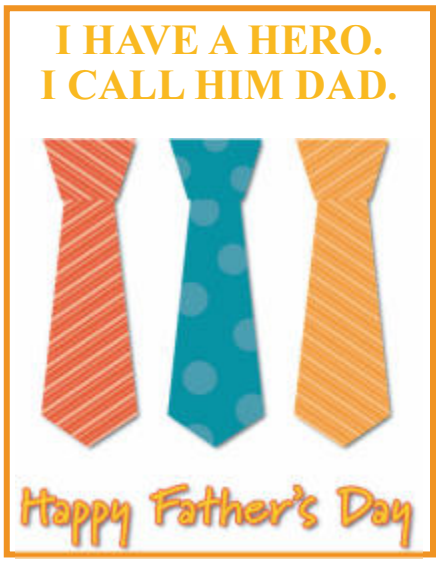
At the fence line where Nick could no longer follow, Cliff, the eldest of the two, looked at his father and said, "I am going to give you a heck of a eulogy." Heck is a polite version of what he actually said.

Too often we do not appreciate our parents. We think we know it all and certainly know better than our parents. Sometimes it takes our growing up or having children of our own to fully appreciate them.

When we married I did not see the depth of the attributes of the two men which made both of them good fathers. Maybe the politics were not as important as they thought, but I would never tell either of them that.

Happy Father's Day,

Beverly Fairy



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Area Five Curbside Pick-Up Lunch Menu

CURBSIDE PICK-UP

CURBSIDE PICK-UP

Area Five provides a hot lunch as a grab and go for ages 60 & older.
ADVANCE RESERVATIONS REQUIRED
Call Winchester Senior Center at (260) 563-4475 and ask for the kitchen.

Monday	Tuesday	Wednesday	Thursday	Friday
	1 HOT DOG MIXED VEGETABLES PEAR CUP HOT DOG BUN FIG BAR 2% MILK	2 LASAGNA ROLL UP PEAS WITH PEARL ONIONS STRAWBERRIES ORANGE BREAD LOAF 2% MILK	3 MEATBALLS IN SAUCE WHITE RICE SEASONED GREEN BEANS SHERBET ROLLS 2% MILK	4 EGG SALAD PASTA SALAD BLUEBERRIES SUGAR COOKIE CROISSANT 2% MILK
7 RYE BREAD GRILLED CHICKEN CORN SALAD SNAP PEAS MOON PIE BUN 2% MILK	8 PHILLY STEAK CASSEROLE CAULIFLOWER PEARS & CHERRIES ICE CREAM CUP 2% MILK	9 CHICKEN ENCHILADAS REFRIED BEANS TOSSED SALAD CUBED MANGO 2% MILK	10 SMOKED SAUSAGE SAUERKRAUT KEY LARGO VEGETABLES STRAWBERRY JUICE BOX HOT DOG BUN 2% MILK	11 COTTAGE CHEESE TOMATOES CUCUMBERS WATERMELON FUDGE ROUND CRACKERS 2% MILK
14 TACO SPAGHETTI CASSEROLE CHUCKWAGON CORN FROZEN STRAWMANGO FRUIT CUP BREADSTICK 2% MILK	15 CHICKEN STRIPS AUGRATIN POTATO BRUSSEL SPROUTS TROPICAL FRUIT MIX ROLLS 2% MILK	16 HAM CHEESE SLICE CARROT STICKS RANCH DIP CUP MACARONI SALAD RYE BREAD BANANA 2% MILK	17 BBQ PULLED PORK SWEET POTATOES COLE SLAW MIXED FRUIT CUP BUN 2% MILK	18 TURKEY BREAST CHEESE SLICE VEGGIE SALAD GRAPES PUDDING TORTILLA 2% MILK
21 EGG PATTY SAUSAGE PATTY POTATOES O' BRIEN TROPICAL FRUIT MIX HONEY BUN BISCUIT 2% MILK	22 CHICKEN CORDON BLEU SWEET POTATOES GREEN BEANS APPLESAUCE WHEAT BREAD 2% MILK	23 BEEF TACO MEAT Cheese Sauce TOSSED SALAD CANTALOUPE JELLO CUP TORTILLA CHIPS 2% MILK	24 HAM & BEANS SPINACH WG CORN MUFFIN APPLE COBBLER 2% MILK	25 CHICKEN SALAD FRESH BROCCAULIFLOWER RANCH DIP CUP DICED PEACHES BROWNIES BUN 2% MILK
28 CHOPPED STEAK W/ MUSHROOM & ONION GRAVY MASHED POTATOES CORN APPLE DELIGHT BAR ROLLS 2% MILK	29 BREADED TENDERLOIN COUNTRY BL VEG PEAR CUP CHOCOLATE CAKE BUN 2% MILK	30 MACARONI & CHEESE BROCCOLI FRESH FRUIT BOWL CHERRY CRISP 2% MILK		

A GUIDE TO BEING MORTAL

Testing the "What Matters to Me Workbook"

Would you or someone you know be willing to help the team studying the effectiveness of the workbook? The research team needs patients and caregivers to participate together.

WHO IS THE RESEARCH TEAM LOOKING FOR?

PATIENTS AND CAREGIVERS TO PARTICIPATE TOGETHER

Adults, eighteen and older, living with a serious or terminal illness who have a caregiver (family member, friend, health care proxy) who is interested in participating with them.

whatmatters@ariadnelabs.org

See more details on page 12.

This study could benefit someone you love and help others across the country.

Reach out to the team at this email

whatmatters@ariadnelabs.org

or contact Beverly Ferry at (260)563-4475

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SUPPORT OUR ADVERTISERS!

Wabash Community Band Concert
2:00 Sunday, June 27
Free and Open to All Ages

Wabash City Park's
Large pavilion off West Hill Street
We ask people to respect social distancing.

Living Well Winchester Senior Center is home to the Wabash Community Band. During concert season Wabash Community Band practices Monday evenings at Winchester Senior Center in Wabash. The band draws members from 5 counties.

LOW IMPACT FITNESS With MJ

Monday
9:45 –10:45

Wednesday
3:00—4:00

Thursday
9:45—10:45

FREE

LINE DANCING RETURNS
Wednesday, June 9th
8:30—10:00 am
The Class is Free

Advanced Yoga Returns June 1st
Tuesday Evenings 5:30 PM

Living Well Winchester Senior Center, 239 Bond Street in Wabash

Price is $10/session. Discount passes are available.

SAM PIERCY CONCERTS at 1:00 Thursdays June 3 & July 1

Join Sam for a fun hour of your favorite songs from yesterday.
Registrations Required.
Call (260) 563-4475.

PURDUE EXTENSION

INTERGENERATIONTAL CONNECTIONS

Mindy Mayes
Returns to
Winchester Senior Center
Tuesday, June 15, at 1:00

BINGO

Thursday, June 17 at 1:00 p.m.
Refreshments, Prizes, Free, Fun

Rolling Meadows Health & Rehabilitation Center

Registration Required.
Call (260) 563-4475

Winchester Senior Center
239 Bond Street, Wabash,

BID EUCHRE

11:30 am—2:30 pm.
Mondays, Wednesdays, Fridays

COME CELEBRATE JUNE BIRTHDAYS

Thursday, June 10

BIRTHDAY BINGO BASH

Medicare Bingo

Refreshments & Prizes

At Winchester Senior Center
239 Bond St. Wabash
Registration Required

DISPATCH OFFICE HOURS NOW START ONE HOUR EARLIER! WE CAN TAKE YOUR CALLS 6:00 AM—5:00 PM

Call 260.563.7536 or 888.498.4400

DON'T FORGET YOUR MASK

TSA MANDATES MASKS MUST BE WORN ON PUBLIC TRANSPORTATION, EVEN IN WABASH COUNTY

YOU are required to wear a mask.

You must cover your mouth and nose., Public transportation systems are under the jurisdiction of the TSA when it comes to public safety. Notify our dispatcher in advance of your trip if you are unable to wear a mask due to medical reasons. We will work with You.

Rides are scheduled based on availability. They are scheduled first come, first served. The dispatcher will try to schedule your ride time as close as possible. It helps to be flexible with day and time for rides such as shopping. You might have to go earlier than planned to get to an appointment.

QUESTIONS OR CONCERNS

Please call us, at
(260) 563-4475

WABASH COUNTY PUBLIC TRANSPORTATION PROVIDES

Rides for All Ages
Throughout Wabash County
Monday—Friday
Between 5:45 AM and 6:00 PM

CALL TRANSIT DISPATCH TO SCHEDULE RIDES

DISPATCH OFFICE HOURS

Monday-Friday; 6:00 AM to 5 PM
Call 260.563.7536 or 888.498.4400

Be prepared to provide your name, where and when you want to be picked up and your destination.

BE READY TO PROVIDE THE PHYSICAL ADDRESS OF YOUR DESITINATION.

We have the location of most businesses and medical offices entered into our software. We will not however know the address of your daughter's house which is the second block after the gas station.

LIVNG SENIOR CEN

MONDAY	TUESDAY	WEDNE
May 31 Closed for Memorial Day	1 GRAB AND GO LUNCH 11-11:30 - ADVANCED YOGA 5:30 pm—6:30 pm $10	2 GRAB AND GO LU EUCHRE 11
7 Free Low Impact Exercise 9:45 —10:45AM GRAB AND GO LUNCH 11-11:30 EUCHRE 11:30-2:30 Band Practice	8 GRAB AND GO LUNCH 11-11:30 ADVANCED YOGA 5:30 pm—6:30 pm $10	9 Line Dancing 8 GRAB AND GO LU EUCHRE 11 Free Low Impa 3:00—
14 Free Low Impact Exercise 9:45 —10:45AM GRAB AND GO LUNCH 11-11:30 EUCHRE 11:30-2:30 Band Practice	15 GRAB AND GO LUNCH 11-11:30 PURDUE EDUCATOR 1:00 Mindy Mayes Presents INTERGENERATIONTAL CONNECTIONS ADVANCED YOGA	16 Line Dancing 8:3 GRAB AND GO LU EUCHRE 11 Free Low Impa 3:00-4
21 Free Low Impact Exercise 9:45 —10:45AM GRAB AND GO LUNCH 11-11:30 EUCHRE 11:30-2:30 Band Practice	22 GRAB AND GO LUNCH 11-11:30 ADVANCED YOGA 5:30 pm—6:30 pm $10	23 Line Dancing 8:3 GRAB AND GO LU EUCHRE 11:30a Free Low Impa 3:00-4
27 COMMUNITY BAND CONCERT TODAY! Concert at the large Pavilion in Wabash City Park 2:00 pm	28 Free Low Impact Exercise 9:45 —10:45AM EUCHRE 11:30-2:30 No Band Practice	29 GRAB AND GO LUNCH 11-11:30 ADVANCED YOGA 5:30 pm—6:30 pm $10	30 GRAB AND GO LU EUCHRE 11 Free Low Impa 3:00-4

WABASH COMMUNITY BAND EST. 1992

Wabash Community Band Concert
Sunday, June 27
2:00
Free and At Wabash City Park Large Pavilion off Hill Street

Hosted by Living Well in Wabash County Open to All Ages

G WELL WINCHESTER
NTER JUNE 2021 SCHEDULE

ESDAY	THURSDAY	FRIDAY	
UNCH 11-11:30 :30-2:30	3 9:45 Low Impact Exercise GRAB AND GO LUNCH 11-11:30 SAM PIERCY CONCERT 1:00	4 GRAB AND GO LUNCH 11-11:30 EUCHRE 11:45-2:30	 ***Emily Post never had to worry about Mask Etiquette, but in 2021 we do.*** *Mask Etiquette is putting on your mask when speaking to someone who is wearing a mask and respect social distancing.*
3:30—10:00 UNCH 11-11:30 :30-2:30 act Exercise 4:00	10 9:45 am Low Impact Exercise GRAB AND GO LUNCH 11-11:30 MEDICARE BIRTHDAY BINGO BASH 1:00	11 GRAB AND GO LUNCH 11-11:30 EUCHRE 11:45-2:30	
0—10:30 am UNCH 11-11:30 :30-2:30 act Exercise :00	17 Free Low Impact Exercise 9:45 —10:45AM BINGO AT 1:00 Hosted by ROLLING MEADOWS	18 GRAB AND GO LUNCH 11-11:30 Senior Supplemental Food Box Pick-up EUCHRE 11:45-2:30	
30—10:30 am UNCH 11-11:30 m—2:30 PM act Exercise :00	24 Free Low Impact Exercise 9:45 —10:45 AM GRAB AND GO LUNCH 11-11:30	25 GRAB AND GO LUNCH 11-11:30 EUCHRE 11:45-2:30	
UNCH 11-11:30 :30-2:30 act Exercise :00	JULY 1 1:00 PM JULY SAM PIERCY TRAVELING ACROSS AMERICAN WITH MUSIC CONCERT	JULY 2 GRAB AND GO LUNCH 11-11:30 EUCHRE 11:45-2:30	

COMMUNITY Cupboard

Serves All Ages

Based on Income in Wabash County

In June the pantry is reverting back to client choice, but it will still be by appointment to eliminate wait time while still making it possible to select your own groceries.

CALL 260-563-4475

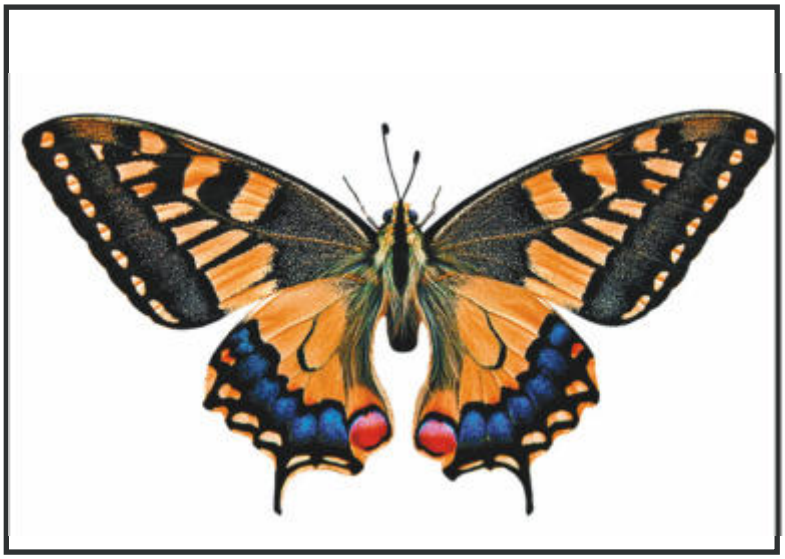
TO SCHEDULE YOUR DATE & TIME TO SELECT YOUR PANTRY GROCERIES.

If you cannot come yourself you may assign a proxy to allow someone you trust to pick up the food on your behalf. It must be a signed and dated statement with the person's name. They need a new one each time.

Community Cupboard is a program of Living Well in Wabash County.

Community Foundation of Wabash County
We're here for giving. We're here for good.

Wabash County United Fund Inc.



Do You Need a Little Help?

The monthly senior supplemental box of food is an additional program for Wabash County seniors without any additional income beyond basic social security.

The box contains basics geared to seniors who cook more than younger adults. Contents such as smaller, more tender cuts of meat. It will vary from month to month.

To apply, call us at 563-4475 to ask for an application. We will set up a time for you to pick up the application. When you return it, you need to bring your ID and income verification. The boxes are available once a month Please call us if you have a change of address.

Call 260-563-4475 to Request an Application to Schedule an appointment.

WABASH COUNTY PUBLIC TRANSPORTATION WILL *LITERALLY* GIVE YOU A LIFT.

Since 2008, we have provided free rides to and from food pantries, soup kitchens, WIC offices, and 85 Hope.

During the pandemic, Transit switched to delivering groceries, allowing people to remain safe at home.

As of June 1st, we will stop delivering pantry groceries and resume providing free transportation for people to and from pantries in Wabash County.

If you need help getting your pantry food, you may use a proxy, a statement giving that friend or family member your permission to pick up food on your behalf. A new form is needed each time you send them.

DO YOU HAVE A HEART FOR SERVICE?
Do you want to give back to the community by sharing your time?
Do you have
1/2 a day once a week to assist people in the pantry?

Are you able to lift
40 to 50 lbs. boxes?
We need help loading and unloading boxes of food
Mon., Wed., and Fri.
8:45am –11am

Can you stand on your feet for 1-2 hours sorting produce one morning a week?

Please call for more information
(260) 563-4475.
LIVING WELL BEGINS WITH YOU.

NEVER MISS A NEWSLETTER!

Sign up to have our newsletter emailed to you at *www.mycommunityonline.com*

For ad info. call 1-800-950-9952 • www.lpicommunities.com Living Well in Wabash County, Wabash, IN C 4C 01-1456

A GUIDE TO BEING MORTAL

Testing the

"What Matters to Me Workbook"

A Guide to Being Mortal sounds more like a Broadway play than a research project but alas it is not.

Ariadne Labs and the Conversation Project have developed the "What Matters to Me Workbook" for seriously ill patients and their caregivers. The Conversation Project is an initiative of the Institute for Healthcare Improvement, a not-for-profit organization that is a leader in health and health care improvement worldwide.

Living Well in Wabash County Coa, Inc. is a community partner with the researchers from Ariadne Labs, a joint center of innovation at the Brigham & Women's Hospital and the Harvard T. H. Chan School of Public Health studying the effectiveness of the Workbook.

The Workbook's purpose is to help patients and caregivers prepare to talk about their goals, values, and preferences for care, especially with their health care team.

The aim of this project is to ensure that the "What Matters to Me Workbook" is as useful, easy-to-use, acceptable, and harm-free as it can be to people regardless of age, gender, education, race, etc.

The Cambria Health Care Foundation is sponsoring the work.

As a community contact for the project, Living Well in Wabash County agreed to use their community connections to seek adults, eighteen and older, who are living with a serious or terminal illness and who have a caregiver (family member, friend, health care proxy) who is interested in participating with them. Since the goal of the Workbook is to foster a useful conversation about values, goals, and preferences, the research team needs patients and caregivers to participate together.

The patient and their caregiver will be asked to complete the "What Matters to Me Workbook", complete a survey, and participate in an interview about their experience using the Workbook. The interview will be recorded, transcribed, and analyzed for themes pertinent to the study. They will be interviewed alone or with their partner by 1 to 2 research staff.

The Workbook can be completed in less than an hour, but participants may wish to spend more time thinking about their answers. The interview will take no longer than one hour of their time. The survey can be completed online in fifteen minutes or less but will take longer if it is done over the phone.

The researchers hope that this work will contribute to knowledge regarding serious illness conversations. This is an opportunity for participants and their caregivers to develop familiarity and comfort with advance care planning questions and to be better prepared for future health decisions.

Participation in the study is completely voluntary. Participants are free to withdraw at any time without consequences.

The primary risk to the subjects will be some level of emotional discomfort in discussing topics related to their goals, values, and preferences for care if they were to get sicker. There is also a risk of breach of confidentiality or privacy. The study team takes confidentiality and privacy very seriously and use several layers of security to minimize those risks. An example of this is their use of code numbers instead of real names and using HIPAA compliant communication and storage.

Living Well in Wabash County CoA is asking people to spread the word to let people they know, such as friends, family, and co-workers, about the study. Anyone interested or would like more information can contact info@livingwellinwabashcounty.org or call (260) 563-4475 to speak to Beverly Ferry, Living Well in Wabash County CoA CEO.

For ad info. call 1-800-950-9952 • www.lpicommunities.com Living Well in Wabash County, Wabash, IN D 4C 01-1456

JUNE IS ALZHEIMER'S AND BRAIN AWARENESS MONTH

Don't Delay the Talk: An early Alzheimer's diagnosis can make a big difference.

After 30 years of painting commercial buildings, Mario Martinez of San Jose, California, had experienced days like this before — grueling hours under a sun-soaked sky, doing back-breaking work. He loved his job, but after spending hours outside he was ready to go home. Mario bent down to pick up his paintbrush, roller and can. Turning back to look at his day's work, he paused. His heart sank. He knew something was wrong.

"Mario came home and told me he had painted the wrong side of the doors on the building," his wife Veronica said. "It was alarming because he's been painting buildings for years and never made this kind of mistake. It worried us both." The couple had both noticed that Mario seemed to be more forgetful recently, but neither had shared their concerns with the other. Now that Mario's memory lapses were interfering with his work, it was time to talk.

Take action through conversation

"Veronica told me I was asking for more and more help," Mario said. "I told her that I was forgetting a lot of the things she asked me to do. The more we talked, the more I realized I had a problem. I was forgetting many moments in my life and not enjoying activities that I had enjoyed before." The couple's difficult conversation led Mario to his doctor's office, and he was eventually diagnosed with Alzheimer's disease.

Mario is not alone. He is one of more than 5 million Americans living with Alzheimer's — a fatal brain disease that causes problems with memory, thinking, and behavior. Every 65 seconds someone in the United States develops Alzheimer's disease and it's the country's sixth-leading cause of death.

Despite Alzheimer's growing impact, many families struggle with discussing the issue. A recent Alzheimer's Association survey reveals that 72 percent of Americans say that talking to close family members about cognitive decline would be challenging for them. However, having these difficult, but important conversations sooner can prevent a crisis and improve health options and outcomes.

Reach out for help

To encourage and help more families discuss cognitive problems sooner, the Alzheimer's Association, in partnership with the Ad Council, has launched the "Our Stories" campaign. "Our Stories" features real stories of people who noticed cognitive changes in a family member and took the first, difficult step to initiate a conversation.

"It's understandable that many families are reluctant to express their concerns and start a conversation, but there are good reasons to do so," said Ruth Drew, director of information and support services, Alzheimer's Association. "Initiating conversations sooner can enable early diagnosis, which offers many important benefits, including allowing more time for critical care planning, better disease management and providing diagnosed

individuals a voice in their future care."

The "Our Stories" website, https://ourstories.alz.org, offers families tools and resources, including customizable conversation starters, a list of early signs and symptoms of Alzheimer's, benefits of early diagnosis, a downloadable discussion guide and other resources.

Whether you're noticing changes in yourself or a loved one, starting a conversation about Alzheimer's can be difficult, but it can make a big difference and there are resources to help. When something feels different, it could be Alzheimer's — now is the time to talk. (Courtesy of BPT)

caregiver homes
Is a family member assisting you at home?
Are you wanting to remain independent at home?
Call our South Bend Branch for more information at
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caregiverhomes.com

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239 Bond Street, P.O. Box 447,
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Wabash Community Band Concert
Sunday, June 27 At 2:00
Free and At Wabash City Park
Large Pavilion off
Hill Street

HAPPY SUMMER