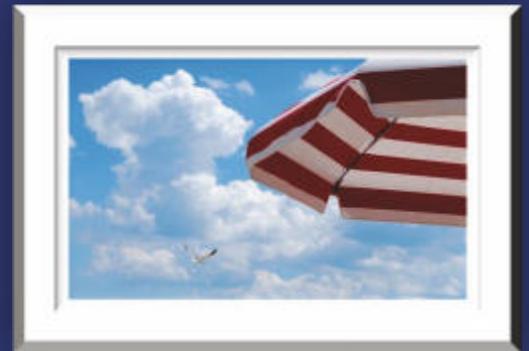
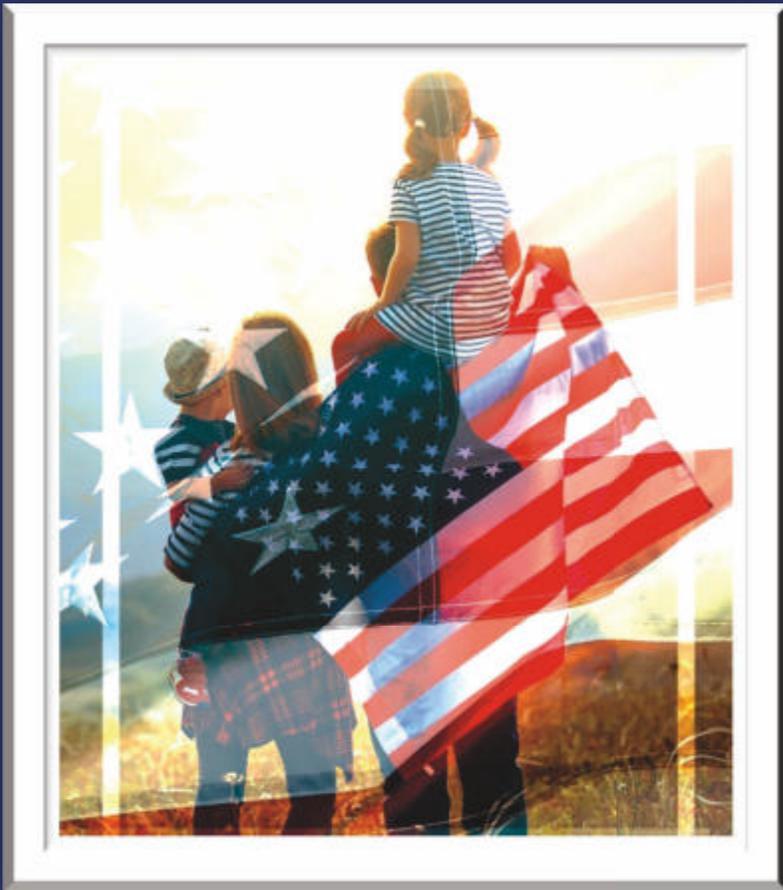


JULY 2021



LIVING WELL IN WABASH COUNTY CoA

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FROM MY PERSPECTIVE

By Beverly Ferry



Once upon a time in a land far, far away,

wee ones happily lived in their imaginations, never giving any thought to how good they were at whatever they were doing. In this land there were no imperfections. There was no fear of failure. Here, wee ones loved to sing and dance, to scribble, to paint, and even to color outside the lines. In this land, wee ones created sparkling unicorns which flew freely through the sky. Clouds were colorful in many shapes and sizes. Sometimes they sat on top of trees and sometimes they hung in a sky of many hues. Zebra's had stripes of many colors and sometimes they were black and white.

Wee ones flipped a switch and became elephants or lions whenever they wanted to be. They would be doctors, dancers, kings, queens, cowboys, and astronauts as they would please. Some were football, baseball, or soccer players or wore a ball cap and a whistle to referee that day.

Throughout the land, wee ones could be heard giggling with glee as they jumped, rolled, and learned to say, ta-duh! (An important phrase in this wonderful land of imagination).

The wee ones lived in the moment, free to flit about, enjoying the warmth of the sun and the sound of the birds. They had no sense of time and so it was impossible to waste time which made stopping to smell the roses something natural to do.

Leaving the land of imagination, they rolled into the world of being. Here, unicorns were not real, trees were green, clouds were white, the sun was yellow and was never allowed to be in the corner of the page. Zebras were always black and white and never flew. Cars stuck to the street, not in the sky as many a wee one thought.

Everything must make sense and have purpose in the land of being.

Beings were taught how to color correctly, never outside the lines. As beings they rarely thought about the freedom of thought, movement, and sounds they once enjoyed.

Beings lived in a land where they became aware of others and what others thought. They learned that drawing should be limited to paper and never on walls. No one appreciated the drawings on the wall or how they could write their name on a chair or table with an ink pen. Many of the rules in the land of being helped them remain safe. They learned there were rules when using pencils and crayons. There were very strict rules about using play dough.

They were taught to color within the lines, to use the correct color of crayon. Beings had to have two eyes, a nose, and a mouth. The more rules, less the joy.

The beings grew, no longer so wee, they lost the joy of what it was to just be. They came to fear trying new things. They were afraid of looking foolish, being teased, not being accepted, and being corrected. "The sun is not green." one said. "What were you thinking?" chided another. "You can do better than that" admonished the leader.

Creating was limited to those "Who Could." The land of being has much to do. There is no time to waste. Tick tock, tick tock, the days will pass without the time for the joy of creating. It is seen as a waste, without value. How the beings look in front of other beings gains momentum until the beings forget how to do otherwise. For beings, blending is the best they can be. Beings do not have the time to spare, buried deep in their ruts where no changes will come. There are no roses to stop and smell, but all is not lost.

As they are beings longer and longer, they often grow tired of working toward

perfection and finally throw it out the window. These beings have the wisdom to know perfection is not real. It is something that stops all beings, cutting short who they could be and the new things they could try. If they drop the desire for perfection a new light appears from within them.

The new light brings golden wisps of promise, almost like pixie dust, revealing the imagination, thought to be gone. Now is the time to try something new until you find what you like to do. The truth that is learned after so much has been lost, is that imagination has no age limit, which is truly profound. Imaginations can be lost, but then they can be found.

ADDENDUM: My 28-year-old niece was lonely living on her own during the pandemic. While corresponding we devised the idea for her to teach me to crochet via

“zoom.” When that proved too stressful, we switched to just doing something creative of our own when we got together. She creates with logic, be it crocheting, knitting, or framing a print, to name a few. I am content to color for an hour.

Soon the pair of us became the four of us with the addition of two of her friends. They are in their twenties, and I am not. They call me Aunt Bev as we chit and we chat. Out of the blue, my niece commented how much younger my husband and I seem compared to her parents (my brother and sister-in-law) who are close to 10 years younger. We are always seen as the fun aunt and uncle but being younger was new!

I enjoy my time with these three Canadian twenty-somethings. I refer to it as my international Sunday afternoon art collective.

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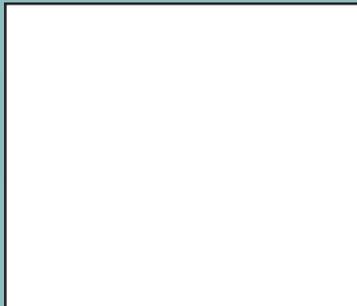


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Downsizing & Decluttering

Most of us know we own too much stuff. We feel the weight and burden of our clutter. We tire of cleaning, managing, and organizing. Our drawers don't close, our closets are filled from top to bottom, and we can't fit cars in our garages. The evidence of clutter is everywhere.

Studies estimate that most people only use about 20% of the things they own. According to professional organizer Regina Lark in an LA Times article, the average household has 300,000 things, from paper clips to ironing boards. The United States has more than 50,000 storage facilities, more than McDonald's and Starbucks combined, according to SpareFoot. Currently, there is 7.3 square feet of self-storage space for every person in the nation. It is tangibly possible that every American could stand, all at the same time, under the cover of self-storage roofing.

Decluttering and downsizing can be a daunting as well as an emotional experience for families. The longer someone lives in their home, the more belongings they collect. However, with a little planning and preparation, downsizing and decluttering can be a liberating and satisfying experience for all involved. Here are some tips to get you started.

Enlist the Kids Before the process gets underway, ask older or adult children to reclaim and remove any of their own items. Also consider if this is a good time to pass along family heirlooms, which will hopefully deter unforeseen family feuds in the future. It can be deeply rewarding to watch loved ones appreciate the history and

sentiment of a meaningful gift.

Look at Large Items: Begin with large items such as furniture. Determine which pieces are no longer needed. Then devise a plan to either pass them along to family, sell the items, or donate them to charity. Once the large items are removed, the overall task will appear much easier.

Sort It Out Creating a system before organizing and downsizing the rest of the home can help the process go smoother. This can be as simple as getting large boxes for each room and labeling them as keep, donate, gift, or throw away.

Ask for Help Ask your spouse or kids to help you go through your items and decide what to keep and what to get rid of. Some items you find difficult to part with may not be the things that your children will eventually want: books, figurines, antiques, silver, and china. Keep a few meaningful mementos, but consider parting with the items your kids aren't interested in inheriting.

Consider Safety Whether you're moving to a new place or preparing to age in your current space, it's important to consider safety factors as you age. Clutter is a tripping hazard, especially for seniors, so keep this in mind as you parse through items. It might be time to remove throw rugs, cords, and coffee tables.

New Home If you're downsizing, evaluate your square footage in determining what to keep. That massive king-size sleigh bed might not be suitable for a modest bedroom. Smaller storage space might mean getting rid of clothing you haven't worn in

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**Lunch reservation must be made
at least 2 business days in advance.**

Drive Through Lunch Continues through July 9.

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Second Thursday Birthday Parties

Happy Birthday!

JULY BIRTHDAY PARTY

**Thursday, July 8
at 1:00 PM**

Registration Required. Call (260) 563-4475



Third Thursday Bingo

BINGO

Thursday, July 15

at 1:00 p.m.

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239 Bond Street, Wabash

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HOME**

Presented by

Toni Benysh of Ness Brothers

Thursday, July 29 at 1:00

Living Well

Winchester Senior Center,

239 Bond Street, Wabash

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\$1 /person

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Wednesday,
Friday

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Senior Center

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9:45 Mondays & Thursdays

3:00 Wednesdays

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239 Bond Street, Wabash



Intermediate Flow Yoga Tuesdays at 5:30 pm

Living Well Winchester Senior Center

239 Bond Street, Wabash

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Wednesdays, 8:30 am
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JULY 20

	MONDAY	TUESDAY	WEDNESDAY
SUNDAY			
4 	5  We are closed today.	6 Grab 'n Go AREA 5 LUNCH 11-11:30 Intermediate Flow Yoga 5:30 pm—6:30 pm; \$10	7 LINE DANCE 8:30 a Grab 'n Go LUNCH EUCHRE FREE LOW EXERCISE
11 Closed on Sundays	12 FREE LOW IMPACT EXERCISE 9:45 —10:45AM Blood Pressure Checks 9-12 AREA 5 LUNCH REOPENS TODAY at 11 am EUCHRE 12-2:30	13 AREA 5 LUNCH inside at 11 Pamper Your Nails 11:30 By Appointment Intermediate Flow Yoga 5:30 pm—6:30 pm; \$10	14 LINE DANCE 8:30 a AREA 5 LUNCH EUCHRE FREE LOW EXERCISE
18 Closed on Sundays	19 FREE LOW IMPACT EXERCISE 9:45 —10:45AM Blood Pressure Checks 9-12 AREA 5 LUNCH inside at 11 EUCHRE 12-2:30	20 AREA 5 LUNCH inside at 11 Intermediate Flow Yoga 5:30 pm—6:30 pm; \$10	21 LINE DANCE 8:30a AREA 5 LUNCH EUCHRE FREE LOW EXERCISE
25 Closed on Sundays	26 FREE LOW IMPACT EXERCISE 9:45 —10:45AM Blood Pressure Checks 9-12 AREA 5 LUNCH inside at 11 EUCHRE 12-2:30	27 AREA 5 LUNCH inside at 11 Pamper Your Nails 11:30 By Appointment Intermediate Flow Yoga 5:30 pm—6:30 pm; \$10	28 LINE DANCE 8:30a AREA 5 LUNCH EUCHRE FREE LOW EXERCISE

21



WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>1 FREE LOW IMPACT EXERCISE 9:45 —10:45AM Grab 'n Go LUNCH 11-11:30 4TH OF JULY PARTY, 1:00 Special Refreshments FEATURING SAM PIERCY CONCERT</p>	<p>2 Grab 'n Go AREA 5 LUNCH 11-11:30 EUCHRE 11:45-2:30</p>	<p>3 Closed on Saturdays</p>
<p>DANCING am LUNCH 11-11:30 12-2:30 IMPACT 3:00-4:00</p>	<p>8 FREE LOW IMPACT EXERCISE 9:45 —10:45AM Grab 'n Go LUNCH 11-11:30 JULY BIRTHDAY PARTY 1:00</p>	<p>9 AREA 5 Grab 'n Go LUNCH 11-11:30 EUCHRE 12-2:30</p>	<p>10 Closed on Saturdays</p>
<p>DANCING am LUNCH inside at 11 12-2:30 IMPACT 3:00-4:00</p>	<p>15 LOW IMPACT EXERCISE 9:45 AREA 5 LUNCH inside at 11 BINGO AT 1:00 Hosted by ROLLING MEADOWS</p>	<p>16 AREA 5 LUNCH inside at 11 Senior Box Pick Up EUCHRE 12-2:30</p>	<p>17 Closed on Saturdays</p>
<p>DANCING am LUNCH inside at 11 12-2:30 IMPACT 3:00-4:00</p>	<p>22 LOW IMPACT EXERCISE 9:45 AREA 5 LUNCH inside at 11 GAME DAY 1:00 Play an Old Favorite or Learn a New Game</p>	<p>23 AREA 5 LUNCH inside at 11 EUCHRE 12-2:30</p>	<p>24 Closed on Saturdays</p>
<p>DANCING am LUNCH inside at 11 12-2:30 IMPACT 3:00-4:00</p>	<p>FREE LOW IMPACT EXERCISE 9:45 —10:45AM AREA 5 LUNCH inside at 11 The Do's and Don'ts of Downsizing Your Home. 1:00 1:00 PM</p>	<p>30 AREA 5 LUNCH inside at 11 EUCHRE 12-2:30</p>	<p>31 Closed on Saturdays</p>

Digitize and Archive Your Photos

In most homes, it's not unusual to have shoeboxes, frames, and dusty photo albums bursting with a lifetime of precious memories. Like memories, photos can fade with age.

For those born in the 20th century, the photos saved are in danger of becoming irreparably damaged if they were ensconced in “magnetic” sticky photo pages that were covered with clear plastic. Photos stored in traditional albums with paper corners may not fare well either.

The photos may be deteriorating, yellowing, and falling out of the albums or stuck together in shoeboxes. None of these situations are good for sentimental value. These historical photos that were meticulously taken and preserved can be saved, viewed in an album, and shared with family and friends for years to come.

How? The solution is to digitize and archive the photos and albums.

DECLUTTER AND SORT

The first step is to sort the collection. While it's tempting to jump right in and start scanning, organizing will prevent a digital mess. Find a large surface, such as a dining room table, to begin.

Group the photos by events and people.

Sort pictures into events such as vacations, weddings, and birthdays. Pictures not associated with specific events can be grouped by person or family.

- **Separate duplicates.** Place duplicates in separate piles so the images are not scanned twice. Those can be given away to family or friends.



- **Sort each pile by date.** Organize each of the piles chronologically, as best as possible.

Pick what to digitize. Go through the piles and identify the ones to save. Put a small note on the back of those photos with the date, event, and names of the people. You may think that it's easier to digitize everything and weed out the undesirables later. But this approach can be expensive if someone is being paid to do the scanning and can also conceal the best pictures in a heap of digital debris.

Digital Scanning Service

If the number of photos you have to scan is too daunting, there are many digital services available to scan and store photos, including [GoPhoto](#), [Pixologie](#) and [ScanMyPhotos](#). You simply ship them the pictures you want scanned, and they return them to you along with a DVD of the high-quality images.

At-Home Scanning

If you don't have many photos (or simply want to tackle the project yourself), you'll need a way to scan and store the photos.

Scanners

- **Auto Feed Scanner.** If there are hundreds or thousands of photos to scan, an auto feed scanner is a quick and easy way to do it. Many brands offer reliable scanners.

- **Flatbed Scanner.** Dedicated scanners have large flatbeds that accommodate larger prints, and the software they come bundled with typically has great scanning features, such as photo edge detection and image enhancement. Office “all-in-one” printers usually include a flatbed scanner but may be more limited in size and software features.

Smartphone and Tablet: Mobile devices are best to use when super-high resolution is not needed and if the pictures would otherwise be damaged when removed from an album or frame.

Storage:

Once the photos are ready for scanning, the next step is storage. Photos can be stored on thumb drives, the computer, cloud

drives, and external hard drives. Backing up photos to a second or third option is a good way to prevent loss in case the unthinkable happens. Generally, a thumb drive and a cloud drive, such as [Google Photos](#), is a good way to prevent against loss.

Scan each pile of photos and add information, such as date and event. The information will be saved with the files and easily accessible for others.

Now that all the photos are scanned and organized, share them with family or friends! Online services can also help with descriptions, editing, organizing, and sharing. Some also offer printing services and neat products, like photo books.

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WATERMELON TREATS FOR ALL AGES

Some seniors babysit or frequently have the grands at their home. Kids are a part of their everyday lives.

For many, this summer we will be reuniting with friends and family we could not visit during the pandemic. Either way, you might enjoy some fun ideas to make your visit memorable. No kids? Not a problem! These are treats for all ages!

Look for simple recipes kids can help create. Focus on ingredients and instructions that aren't overly complicated. For example, avoid snacks that call for cutting with knives and instead try a recipe like these Frosted Watermelon Cutouts, which involves kid-friendly cookie cutters.

Take advantage of nutritious produce. Comprised of 92% water to support hydration, an option like watermelon is a source of vitamin C and other important nutrients. At only 80 calories per 2-cup serving, one watermelon provides up to three dozen servings that can be used in a variety of nutritious family recipes, and 100% of the fruit is usable between the flesh, juice and rind.

For example, this recipe for watermelon sandwich cookies provides a sweet treat the whole family can enjoy while calling for just a few ingredients.

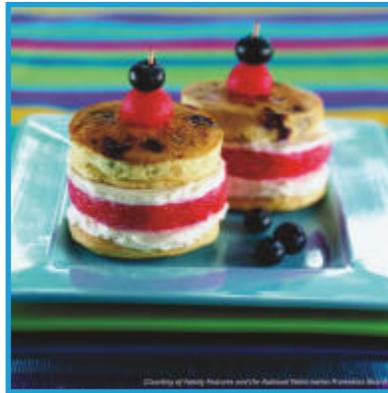
Visit watermelon.org for more creative ways to use the whole watermelon, including recipes and kid-friendly carvings.



Craft a Fun, Frozen Fruit

Using leftovers can make for a fun way to avoid food waste. For example, if you have extra

watermelon, simply cut into 1/2-1-inch wedges and insert clean crafting sticks into the center of the rind. Put them in the freezer for at least 1 hour to create sweet watermelon ice pops.



Red, White, and Blue Watermelon Sandwich Cookies

Recipe courtesy of the National Watermelon Promotion Board

Servings: 6

12 blueberry pancakes (3-inch round), cooled to room temperature

1/2 cup white frosting

6 seedless watermelon slices (2/3-inch thick, 3-inch round), drained to remove excess moisture

Evenly frost bottom of each pancake with white frosting. Arrange six pancakes frosting side up on serving platter. Place one slice watermelon on each frosted pancake.

Top each with remaining pancakes, frosting side down. Serve immediately or cover and refrigerate until ready to serve.



Frosted Watermelon Cutouts

Recipe courtesy of the National Watermelon Promotion Board

1 seedless watermelon, cut into 1/2-3/4-inch thick slices

1 serving vanilla yogurt

1 serving granola or similar cereal

Using cookie cutters, cut shapes out of watermelon slices. Or, if preferred, use classic cut watermelon wedges.

Frost each slice with yogurt. Sprinkle with granola.

©LPi

WABASH COUNTY PUBLIC TRANSPORTATION

Adapted During the Pandemic

Since 2008 Transit has provided free rides for all ages to and from food pantries, soup kitchens, 85 Hope, WIC offices within Wabash County. During the pandemic this took on a new approach to helping low income residents of all ages.

During the pandemic Transit switched to picking up the food from the pantries and delivering it to the residents of all ages. This allowed people access to the free food they needed without having to go out during the pandemic. Transit also delivered senior meals to help seniors remain safe at home.

Transit is back to the pre-pandemic services of connecting low income individuals in

Wabash County to those same places free of charge.

During the height of the pandemic Transit restricted rides to trips of necessity such as grocery shopping, medical appointments, school and employment. This was strictly due to the pandemic and the public health crisis.

The Transit team is happy to get back to normal transportation, connecting people to the community rather than protecting them from the community.

For more information contact the Transit Dispatch office at (260) 563-7536 Monday through Friday, 7:00 AM to 5:00 PM.

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Page 13

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THIS DAY IN HISTORY: JULY

July 1, 1874:
The Philadelphia

Zoological Society opened as the first zoo in the United States.

July 2, 1995: With a net worth of \$12.9 billion, Microsoft's chairman, Bill Gates, was declared the world's richest man by "Forbes" magazine.

July 3, 1962: Jackie Robinson became the first African American to be inducted into the National Baseball Hall of Fame.

July 4, 1934: George Washington's face was dedicated at Mount Rushmore.



July 5, 1946: The bikini bathing suit, created by Louis Reard, made its debut during a fashion show at the Molitor Pool in Paris.

July 6, 1985: Martina Navratilova won her 4th consecutive Wimbledon singles title.

July 7, 2000: Amazon.com announced that they had sold almost 400,000 copies of "Harry Potter and The Goblet of Fire," making it the biggest selling book in e-tailing history.

July 8, 1889: "The Wall Street Journal" was published for the first time.

July 9, 1997: Mike Tyson was banned from the boxing ring and fined \$3 million for biting the ear of opponent Evander Holyfield.

July 10, 1913: The highest temperature ever recorded in the U.S. was 134 degrees in Death Valley, CA.

July 11, 1985: Nolan Ryan of the Houston Astros became the first major league pitcher to earn 4,000 strikeouts in a career.

July 12, 1933: A minimum wage of 40 cents an hour was established in the U.S.

July 13, 1832: American geographer Henry Schoolcraft discovered the source of the Mississippi River in MN.

July 14, 1946: Dr. Benjamin Spock's "The Common Sense Book of Baby and Child Care" was first published.

July 15, 1968: The soap opera "One Life to Live" premiered on ABC and was broadcast on the network until 2012.

July 16, 1951: J.D. Salinger's novel "The Catcher in the Rye" was first published.

July 17, 1955: Disneyland opened in Anaheim, CA.

July 18, 1936: The first Oscar Mayer "Wienermobile" rolled out of General Body Company's factory in Chicago, IL.

July 19, 1799: The Rosetta Stone, a tablet with hieroglyphic translations into Greek, was found in Egypt.

July 20, 1881: Sioux Indian leader Sitting Bull, a fugitive since the Battle of the Little Big Horn, surrendered to federal troops.

July 21, 1987: Mary Hart, of "Entertainment Tonight," had her legs insured by Lloyd's of London for \$2 million.

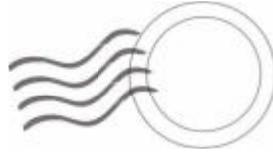
July 22, 2009: The longest total solar eclipse of the 21st century, lasting up to 6 minutes and 38.8 seconds, occurred over parts of Asia and the Pacific Ocean.

July 23, 1904: Charles E. Menches invented the ice cream cone during the Louisiana Purchase Exposition in St. Louis, MO.

July 24, 1978: Billy Martin was fired for the first of three times as the manager of the New York Yankees baseball team by owner George Steinbrenner.

July 25, 1978: Louise Joy Brown, the first test-tube baby, was born in Oldham, England. She had been conceived through in-vitro fertilization.

July 26, 1775: In 1775, the Continental Congress established a Post Office and appointed Benjamin Franklin its Postmaster-General.



July 27, 1940: Bugs Bunny (and his signature "What's up, Doc?" catchphrase) debuted in the cartoon "A Wild Hare".

July 28, 2000: Kathie Lee Gifford made her final appearance as co-host of the ABC talk show "Live with Regis and Kathie Lee."

July 29, 1957: Jack Paar began hosting the "Tonight" show on NBC-TV. The name of the show was changed to "The Jack Paar Show."

July 30, 1974; The U.S. House of Representatives Judiciary Committee voted to impeach President Nixon for blocking the Watergate investigation and for abuse of power.

July 31, 1980: China's population reached 1 billion, making it the most populous nation on Earth. ©LPi



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Live your life and forget your age.
We can help you with that at Winchester Senior Center

**THERE IS NO AGE LIMIT
TO IMAGINATION.**

It is yours to use at any age.

Try something creative.

Don't show it if you don't want to.

Just being creative is good for your brain
health and your happiness.

Start with

Coloring with your grandkids,
Chalk drawing on the sidewalk ,

Drawing stick people,

Finger painting.

Do it for yourself.

Based on his research

Dr. Gene Cohen famously said,
"Art is like chocolate for the brain."

He did not say it had to be good.

7 Dimensions of Wellness

A Guide to Living Well as We Age



We are looking for people who enjoy a variety of arts and would enjoy working with older adults, teaching anything that will tap into the creative spirit, Once or twice a year, quarterly, or more often.

We offer honorariums and cover cost of materials.

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