Living Well Winchester Senior Center 260.563.4475 239 Bond Street, Wabash, IN 46992 Living Well Downtown, 35 East Market Street,

Wabash, IN 260.563.4475 Wabash County Public Transportation

260.563.7536 Toll Free: (888) 498-4400

Community Cupboard 260.563.4475



INSIDE THIS ISSUE

| From My Perspective | .2, 3 |
|-------------------------------|-------|
| March Senior Lunch Menu | 4 |
| From My Perspective Continued | 5 |
| Activities & Services | |
| March Calendar | 8 |
| Senior Supplemental Box | 9 |
| Word Search | 10 |

| Corn Beef and Cabbage11 | | | | | | |
|-------------------------------|----|--|--|--|--|--|
| From My Perspective continued | 12 | | | | | |
| Word Search Answer Key | 12 | | | | | |
| From My Perspective Continued | 13 | | | | | |
| Kiss Me I'm Lucky | 14 | | | | | |
| Community Cupboard | 15 | | | | | |
| Transit Drivers | 16 | | | | | |

From My Perspective

By Beverly Ferry, CEO Living Well in Wabash County CoA, Inc.

MORE THAN LUCK

I felt lucky in 2003 when I was hired to be the Executive Director of this agency. By chance, I found out about the opening the night before the deadline to apply. I chose March 17 to start the job because of that luck and I thought it would be easy to remember.

In 1968 the Wabash County Senior Citizens Association was established. There were fourteen members on the original board of directors and thirty-three charter members. Sponsors were Mr. and Mrs. William A. Quinn. Charter Partners were Mr. and Mrs. Paul Gackenheimer, Father Robert J. Zahn and Mr. and Mrs. Jack Francis. The organization had an office in what was the Red Apple Inn, and now Charley Creek Inn.

In 1974 Wabash County Council on Aging and the Aged, Inc. was established during national and state-wide efforts to address the needs of senior citizens county-by-county. Don Knapp, Executive Director of the Honeywell Center was instrumental in getting the organization up and running, including applying to the Indiana Secretary of State for the designation of a "non-profit" eligible for donations. The first order of business in 1974 was to request help from Wabash County United Fund to purchase a vehicle to provide senior transportation.

The newly formed council on aging established itself in the Beacon House on Carroll Street (across the street from the Honeywell Gym which is now Legacy Hall). The CoA utilized the Honeywell Center gym for the original government commodities, most notably the large blocks of cheese, for anyone age 60 and older. Nancy Christie started as the secretary and within a week was promoted to the position of Executive Director



of Wabash County Council on Aging and the Aged. The activities and services provided included potlucks, bingo, euchre, senior transportation, and a food pantry for ages sixty and older.

When the Beacon House was torn down to make way for the parking lot, the council on aging relocated to the bottom of the Women's Clubhouse on the southeast end of Wabash City Park on Hill Street. Conditions were not ideal. When Dallas L. Winchester ran for Mayor of the City of Wabash, he made the campaign promise to build a new senior center in Wabash.

Upon winning election Mayor Winchester appointed City Council Member Pat Lynn to "make it happen." Together, Nancy Christie and Pat Lynn did make it happen and under this new administration, the City provide the local matching funds for the new building to be located at 239 Bond Street in Wabash, on the northwest corner of Wabash City Park where it is located today.

At that time, the euchre players who had been meeting at the Church of the Brethren in Wabash, the local AARP chapter, the Wabash County Senior Citizen Association and the CoA all came together. These groups continued to operate within the new senior center. The euchre club evolved to become an activity at the new senior center and continues today.

AARP Chapters disbanded across the country, including the Wabash County chapter. The era of the monthly meeting was ending. The Wabash County Senior Citizen Association continued to hold meetings at the center with the original membership until membership dwindled. Several of the leaders were original COA board members, serving more than thirty-years. These included Ira McClure, Dr. Wilbur McFadden, Ruth Lawson, Bill and Louise Friermood, and Bill and Dorothy Holton. Nancy Christie and Pat Lynn wrote the initial grant that established public transportation in Wabash County to be operated by this agency. Like the Community Cupboard Pantry, transportation funding evolved from ages sixty and older only to all ages, providing more resources for everyone, including seniors.

On Wednesday, September 25, 2019, Nancy Christie, who was Executive Director for twentytwo years and was the director during the construction and opening of the senior center in 1994 was honored. Her health prohibited attendance and she was represented by youngest daughter, Cathy Gatchel. Presenting two dozen red roses to Nancy's daughter, I expressed admiration for Nancy Christie's vision, saying that she laid the groundwork for everything that has been done in the last two and a half decades. Mayor Scott Long read a proclamation recognizing Christie's contributions to the seniors of Wabash and Wabash County.

The proclamation by Wabash Mayor Scott Long stated that Nancy Christie was instrumental in establishing the Winchester Senior Center and developing the signature programs and services of the Winchester Senior Center for the benefit of all senior citizens, especially in the City of Wabash. The Winchester Senior Center has touched the lives of countless senior citizens providing food, Medicare counseling, socialization, purpose and transportation enriching the lives of senior citizens then and for decades to follow; and as part of the celebration of the twenty fifth Anniversary of the Winchester Senior Center and the programs and

CONTINUED ON PAGE 5





services she envisioned, it is appropriate to recognize her leadership, vision, determination and dedication to the senior citizens of the City of Wabash and the County of Wabash.

Mayor Long concluded by proclaiming September 26, 2019, Nancy Christie Day in Wabash, Indiana and that Nancy Christie shall always be an honorary citizen of the City of Wabash.

Aging and our understanding of the aging process has evolved dramatically since 1974 and even more since 1968. Medical advancements and a better understanding of the aging process in the Twentieth Century extended the average lifespan. The Twenty First Century will be about improving the quality of that lifespan.

In 2011 we changed our name to Living Well in

260-563-4475

Wabash County CoA, Inc. to better describe our approach to aging, as well as how Baby Boomers saw the last third of their lives. It is all about living well. The programs and services evolve as the needs of seniors evolve.

Living Well Winchester Senior Center Supporters are Worth Their Weight in Gold

Living Well in Wabash County CoA operates Living Well Winchester Senior Center, with donations from individuals, local organizations, businesses, and foundations. Operated by Living Well in Wabash County CoA, the City of Wabash owns the senior center. There are no state or federal government funds available to us for the senior center. Operational grants are rare. Living Well in Wabash County CoA relies on the

Continued on page 12

Page 5



239 Bond Street, Wabash, Indiana 46992

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

BINGO ANYONE?





WHITE ELEPHANT BINGO

Thursday, March 10 at 11:30 Bring a White Elephant Prize (anything) Winchester Center

239 Bond Street, Wabash



THIRD THURSDAY BINGO

March 17 at 1:00 March 17 at 1:00 Nosted by Rolling Meadows Winchester Center 239 Bond Street, Wabash



GROCERY BINGO \$1 Thur., March 24,

Winchester Center 239 Bond Street, Wabash

TUESDAY

BINGO

Popcorn



Prizes Tuesday, March 29 at 1:30 Living Well Downtown Bingo 35 East Market St., Wabash



ASK A TEENAGER Tuesday, March 22* (Not the usual day) Bring your devices and your questions Heartland Career Center Tech students will be at

both senior centers to assist you. 9:30—10:30 AM at Winchester Senior Center, 239 Bond Street in Wabash 1:00—2:00 PM at Living Well Downtown, 35 East Market Street in Wabash Please register by calling (260) 563-4475

MARCH



MARCH BIRTHDAY PARTY

Winchester Center 239 Bond Street

Thurs., March 10 at 1:00

ROGER MARINE ON KEYBOARD

Please sign up by calling (260) 563-4475 Living Well Winchester Senior Center 239 Bond Street, Wabash



For Puzzles, Games, TV, and a free cup of coffee or just "Do Drop In" and enjoy the beautiful downtown view.

Living Well Downtown

35 East Market St. Wabash

March Hours Tuesdays 1:00-6:00 pm Wednesdays 1:00—6:00 pm Ask a Teenager Tech: 3/22, 1:30 to 2:30 pm Adam Rogers on Guitar Wed., March 23 BINGO: 3/29 at 1:30 pm

For more information call (260) 563-4475

260-563-4475



Sam Piercy Returns to Living Well Winchester **Senior Center** 239 Bond Street. Wabash Thursday, March 3 at 1:00 pm



Performing Classic Country Music 12:30—Country Music Trivia 1:00—Sam Piercy Performs

> Adam Rogers on Guitar Wed., March 23, 2:00 At Living Well Downtown 35 East Market Street. Wabash

Monday, March 28, 10:30 **At Winchester Senior Center** 239 Bond Street, Wabash

Provided by Guardian Angel Hospice



Medicare Questions? **Ask SHIP** By Appointment(260) 563-4475

MARCH 17 AT 12:30 Steve Justice Outreach Representative for Indiana Attorney General Todd Rokita

Unclaimed Property Medicaid Fraud Consumer Protection Data Breaches and other topics that impact seniors



260-563-4475

239 Bond Street, Wabash, Indiana 46992

Page 7

MARCH 2022

| 11 | Mondays 5 Low Impact Fitness Lunch by Reservation 12 Euchre \$1 8:00 pm Band Practice | Tuesdays 11 Lunch by Reservation 5:30 Yoga \$10 LWD open 1-6:00 PM | Wednesdays 8:30 Line Dancing 11 Lunch by Reservation 12 \$1 Euchre 3:00 Low Impact Fitness LWD open 1-600 PM | 9:45 11 L |
|----|---|--|---|--------------------------|
| | EST. D 1992 | 1 Blanket Binders 9:00 Winchester Senior Center 239 Bond Street DO DROP IN 1:00 to 6:00 Living Well Downtown 35 East Market St, Wabash | 2 DO DROP IN 1:00 to 6:00 Living Well Downtown 35 East Market St, Wabash | 3 Mi P Clas Win |
| 7 | WABASH COMMUNITY BAND | 8 DO DROP IN 1:00 to 6:00 Living Well Downtown 35 East Market St, Wabash | 9 DO DROP IN 1:00 to 6:00 Living Well Downtown 35 East Market St, Wabash | 10 Brin 1:0 |
| 14 | St. Patty's Day CONCERT | 15 DO DROP IN 1:00 to 6:00 At Living Well Downtown 35 East Market St, Wabash | 16 DO DROP IN 1:00 to 6:00 At Living Well Downtown 35 East Market St, Wabash | 17 For In Win |
| 21 | Sunday March 20 2:00 p.m. Living Well Winchester | 22 10:30 Adam Rogers on Guitar Winchester SR Center ASK A TEENAGER TECH ASSISTANCE 9:30—10:30 Winchester Sr. Center 1:00—2:00 Living Well Downtown DO DROP IN 1:00 to 6:00 At Living Well Downtown 35 East Market St, Wabash | 23 DO DROP IN 1:00 to 6:00 2-3:00 Adam Rogers on Guitar Living Well Downtown 35 East Market St, Wabash | 24 Win |
| 28 | Senior Center 239 Bond Street, Wabash Free | 29 DO DROP IN 1- 6:00 Living Well Downtown 35 East Market St, Wabash BINGO & POPCORN 1:30 At Living Well Downtown 35 East Market St, Wabash | 30 DO DROP IN 1:00 to 6:00 Living Well Downtown 35 East Market St, Wabash | Mu Sa Wi |

www.livingwellinwabashcounty.org

| | | • • • • • |
|---|--|---|
| Thursdays Low Impact Fitness unch by Reservation | Fridays 11 Lunch by Reservation 12 Euchre \$1 | Spring forward |
| Classic Country usic Trivia at 12:30 SAM PIERCY 1:00 ssic Country Music nchester Senior Center 239 Bond Street | 4 | Daylight Savings Time Move your clocks forward one hour on March 13, 2022 |
| WHITE ELEPHANT BINGO 11:30 | 11 | |
| g a white elephant prize O Birthday Party Roger Marine | | SENIOR SUPPLEMENTAL FOOD BOX Senior sized portions for low |
| Outreach Representative diana Attorney General Fodd Rokita 12:30 BINGO 1:00 nchester Senior Center 239 Bond Street zes and Refreshments | 18 Senior Box Day Application Required Inquire at Front Desk to Apply | income seniors 60 and older meeting income guidelines. Proof of Income Required. Entire household income & assets are taken into consideration. |
| GROCERY BINGO 11:30 nchester Senior Center 239 Bond Street | 25 | (260) 563-4475 Seniors in the program are still eligible for the |
| | | Community Cupboard Pantry. |
| APRIL 1ST sic Trivia 12:30 m Piercy 1:00 nchester Senior Center 239 Bond Street | | |

260-563-4475

Page 9

| Celebrate St. Paddy's Day! Answer Key for Word Search is on page 12. | | | | | | | | | | | | | | | | | | |
|---|---------------------------------|---|---|---|---|---|---|---|---------------------------------|--|---------------------------|---|---|--------------------------------------|--|--------------------------|---|---|
| Р | Е | D | A | R | A | Ρ | G | R | Е | Е | N | В | Е | Е | R | N | I | 0 |
| Е | R | Ρ | 0 | Т | 0 | F | G | 0 | L | D | Е | R | Е | Е | U | Н | I | Y |
| Е | Α | N | Е | R | в | S | R | т | М | R | М | С | Х | A | Е | т | 0 | Е |
| т | Α | т | Е | I | N | I | S | н | I | т | N | A | H | Е | N | N | Е | N |
| Е | 0 | Е | С | I | R | A | R | N | G | A | 0 | С | R | N | 0 | Е | G | R |
| Е | Н | Ρ | 0 | L | С | S | G | Е | D | R | Е | Ρ | 0 | С | в | Е | A | A |
| С | R | С | 0 | С | 0 | 0 | Н | Е | L | R | Е | I | Н | L | Н | т | в | L |
| F | R | N | Е | F | в | V | Ρ | A | Ρ | A | т | Е | Е | A | S | N | В | В |
| 0 | I | I | L | R | т | I | Е | Е | М | I | N | S | N | Е | т | Е | A | G |
| L | I | N | A | Ρ | Ρ | H | L | R | D | R | S | D | K | K | Α | v | С | N |
| к | 0 | G | L | G | М | 0 | Е | A | H | I | 0 | A | Z | С | D | Е | С | I |
| L | Н | S | A | U | Н | W | R | М | N | S | N | С | J | I | С | S | Е | K |
| 0 | Ρ | в | S | A | 0 | т | J | G | 0 | S | I | I | К | R | н | R | L | N |
| R | 0 | I | R | В | D | I | S | G | H | R | A | R | Q | Е | A | I | Е | I |
| E | С | Ρ | N | U | G | W | I | S | H | в | N | W | I | М | R | S | В | R |
| к | С | I | R | Т | A | Ρ | т | N | I | A | S | I | D | I | М | s | R | D |
| т | Α | С | 0 | R | N | Е | D | В | Е | Е | F | K | N | L | R | I | A | N |
| R | в | Y | A | D | I | \mathbf{L} | 0 | H | G | F | Y | V | Е | G | A | K | Т | R |
| Е | т | S | К | С | U | L | Ρ | С | Е | L | т | I | С | A | L | I | Е | G |
| Word D BAGPI CASTLI CHEER DANCE GREEN IRELAI LEPREC MUSIC SAINT TOPHA | PE E ND CHAUN PATRI | ſ | | | BLARNE CELEBE CLOVEF DRINKJ GREENE IRISH LIMERJ PARADE SEVENJ | RATE R ING BEER ICK E TEENT | | G | C F F J J F S | ELESS CELTIC COINS RING HARP JIG JUCK COTOF CHAMRO RADI | C DBRAG GOLD DCK | H | | C C F H K M R S | CABBAG CORNE COLKLG COLKLG COLIDI CISS CARCH CAINBO CAINBO COLIDI CISS | DBEEF ORE AY OW | | |

Page 10

www.livingwellinwabashcounty.org



Slow Cooker Corned Beef and Cabbage

Prep time: 10 minutes Cook time: 8 hours Servings: 12

- 8 small red potatoes
- 2 cups baby carrots
- 1 small onion, quartered
- 1 corned beef brisket, rinsed, and rimmed
- 2 tablespoons Mixed Pickling Spice
- 1 teaspoon McCormick Minced Garlic
- 1/2 head cabbage, cored cut into wedges

Place potatoes, carrots and onion in slow cooker. Place corned beef brisket over vegetables. Sprinkle with pickling spice and minced garlic.

260-563-4475

239 Bond Street, Wabash, Indiana 46992

Add enough water (about 8 cups) to just cover meat.

Cook 7 hours on high. Add cabbage.

Cover. Cook 1–2 hours on high or until cabbage is tender-crisp.

Remove corned beef brisket to serving platter. Slice thinly across grain. Serve with vegetables.

Tip: For best results, do not remove cover while cooking in slow cooker. (Courtesy of Family Features) ©LPI



Page 11



generosity of the community to provide senior center and programs and services. Living Well in Wabash County focuses on fostering the independence of seniors wanting to remain living independently in Wabash County. Winchester Senior Center focuses on senior economic security, falls prevention, safety at home and the seven dimensions of wellness. Living Well Downtown located at 35 East Market Street in Wabash is an extension of that.

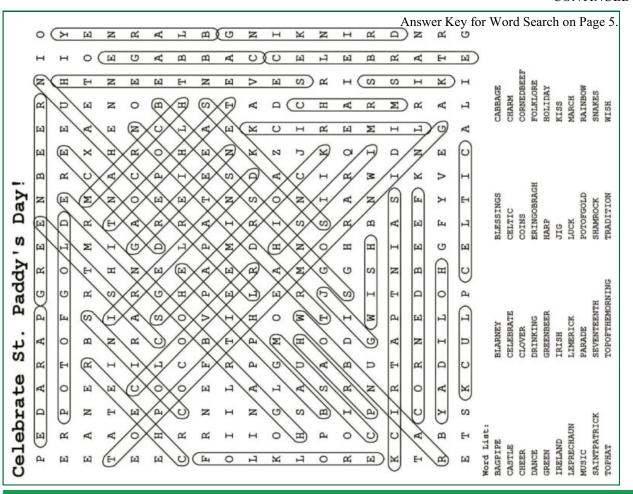
The Heart of it All It is Like Coming Home

Participants of all ages are the heart of Living Well Winchester Senior Center. "It is like coming home," said one gentleman. Here participants and volunteers find fellowship with peers, purpose and program offerings designed around the seven dimensions of wellness: physical, intellectual, emotional, social, spiritual, occupational and environmental. This is a community made up of sub-groups which become family" said another senior center participant and volunteer.

Community Impact/Outreach Time and Talents, Fellowship, Purpose

Winchester Senior Center has a county-wide presence by virtue of being the home of Wabash County Public Transportation, Community Cupboard Pantry. Both Winchester Senior Center and Living Well Downtown draw seniors from across the county.

In 2010 Living Well CEO Beverly Ferry sat down with a focus group at Winchester Center and asked how the Center could expand its impact on the community/county. Norma McVicker and Linda Snapp were two of the women at that table. Norma talked about the Access Center and the kids who attended. Everyone started talking about how things had changed since they were raising their children. Norma then piped up with "They need us." That started a discussion of what could be done, and the cookie program was



born. Known as the Senior Center Access Team, ladies made homemade goodies every Wednesday for almost ten years.

Carolyn Kellam had a dream of not for profits working together to better the community. After brainstorming, Blanket Binders was born. Every other month, women of all ages arrive carrying fabric squares, sewing machines and covered dishes to share for lunch. Built around the love of sewing and the desire to help others, these women have made extraordinary quilts which have been donated to the Lighthouse Mission for clients to earn quilts. As one recipient, who was just out of jail said, "This is the most beautiful thing I have ever owned."

What this agency does today is not because of luck, but rather, years of work by resolute individuals who believed in the goodness of aging with purpose. Even

260-563-4475

so, I still feel lucky.

Here is to many more years of dedicated people making Wabash County a good place to live and age.





Kiss Me, I'm Lucky! Amy Miller MSW, LSW Manager, LifeBridge Senior Program Parkview Wabash Hospital

What is your stance on luck? Is it something you either have or don't have? Can you control it? Manage it? Invite it in? Seemingly since the beginning of time humans have wrestled with these questions. When things are not going our way or when events that seem out of our control negatively impact us, it can be easy to fall victim to the thought that we are unlucky. But is this the truth?

That chance plays some role in our lives is undeniable, but whether we view unwanted events or circumstances as something we are helpless to combat or as something that has happened which we don't like but will overcome has more to do with how we see ourselves than with the situation itself. In other words, if we feel powerless, we are also likely to feel unlucky.

However, if we see ourselves as active participants in our own lives, we will see that chance is only part of the picture. The name for this concept is *Self-Agency* and research shows that the more self-agency we have the better we handle unwanted events and setbacks.

So, what are some tips for improving your luck (or at least your perception of it)?

Stop believing that you have no control over what happens to you. See yourself as an active agent in making things better in your life.

Notice the good. When we feel unlucky, the things we don't like capture all our attention. Where your focus goes your energy flows is an old saying that holds true here. It might take some effort at first if this is not something you are used to doing but it will pay off.

- Develop your optimism. Strange as it may seem, simply expecting the best to happen can increase the chances of a good outcome. Give it a try!
- Give and receive lots of kisses! Whether you're Irish or not kisses just make life better.

Remember, if you or someone you know struggles with low or anxious mood that is frequent, severe or lasts a long time, they might benefit from seeing a professional.

At LifeBridge Senior Program we focus exclusively on adults aged 65 and over and

can help you overcome the challenges that are impacting you. Give us a call at (260) 569-2111. We would be happy to talk it over with you.

Sincerely, *Amy Miller* MSW, LSW







TRANSIT DRIVERS: A POEM Written by Lucy Bowman,

Indiana Dispatch Editor

Early mornings, late nights, Collecting fares and smiling eyes.

They wear their mask, sanitize their hands; They help your morning go according to plan.

You pass on by and maybe don't even notice, But do you know they remember that story about your pet, Otis?

Trainings and meetings they sit and they listen, Pre-trip inspections and evacuation decisions.

Passenger Assistance is their true number one, Making sure you arrive in one piece isn't always fun!

We shower them with "thank you" but they say they don't deserve it, They say they're transit drivers and it's totally worth it.



Do you like to drive?

Do you enjoy people? Are you looking for something parttime to earn a little extra money while helping people?

WABASH COUNTY PUBLIC TRANSPORTATION CONNECTS PEOPLE OF ALL AGES AND ABILITIES TO WABASH COUNTY.

> YOU CAN TOO. JOIN THE TRANSIT TEAM!

Wabash County Public Transportation

is looking for excellent drivers who can pass the fitness for duty test, drug and alcohol testing, have and maintain clean driving and criminal records. Initial and on-going training provided/required.

Call (260) 563-7536 to ask for an application or stop in at Living Well Winchester Senior Center, 239 Bond Street in Wabash.

DRIVER STARTING HOURLY RATE IS \$10