

LIVING WELL IN WABASH COUNTY CoA

APRIL 2022

Transit, Pantry, and Senior Center
Will be Closed for Good Friday
Friday, April 15, 2022



WINCHESTER
Senior Center

WABASH COUNTY
Transportation

LIVING WELL
Downtown

COMMUNITY
Cupboard

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From My Perspective

By Beverly Ferry, CEO

Living Well in Wabash County



FROM NEWS REELS TO SOCIAL MEDIA

During World War II our country went to the movies and often saw movie reels of our military. It did not show the public what was really happening, but just enough to let everyone back home know that our military was doing their duty. Everyone knew someone who was serving and knew someone who made the ultimate sacrifice. Our soldiers came home and resumed their lives. Dad, like many others, had horrific nightmares for years. They came home but were wounded in ways we did not see. We had a barber in our church who reacted to thunderstorms and lightning. Only our pastor could bring him back out of it. No one comes out of fighting wars unscathed.

Dad, his older brother Art, and his younger brother, Cliff, all served in the Army in Europe during WWII. They survived. Uncles Art and Cliff were supposed to play baseball for the Yankees, but war injuries ended those dreams, but they came home alive, and made good lives for themselves. Using the GI Bill Dad went to Bucknell University to become a chemical engineer. As a child I remember seeing Purple Hearts at Grandma's apartment. They belonged to her sons who thankfully all came home. They did not want the metals, but she did.

Uncle Kenny was the youngest brother and not old enough to serve in WWII. During the Korean Conflict he planned to enlist. He wanted to go to college with the GI Bill. His older brothers offered to help him through college rather than have him enlist. Uncle Kenny enlisted.

During the Korean Conflict there were news reports of how badly American prisoners were treated. Uncle Kenny never went to Korea. He served in Greenland and in Southern California, but you could not convince his mother of that. Grandma Patterson worried herself sick and was hospitalized. She was worrying herself to death. The Red Cross brought him home to see his mother. The moment he walked into her hospital room she began to recover. She had listened to the reports and stories, and it almost killed her. No

one is immune to the cost of war.

During Vietnam, the war came into our homes every evening. Our family watched the nightly news during dinner. We swiveled the television so we could watch. It was just two feet away as Walter Cronkite, Chet Hunt, and David Brinkley brought the war to our dinner table.

Those evening telecasts brought about a lot of discussion and questions, mostly on my part. I tended to be the one wondering who, what, when, and why and my parents would answer. These questions continued long after dinner was over, carrying over onto the next day. My parents patiently answered my questions. That is when I was told the family stories of who served. They were both well informed. Like many households of that time, we got two newspapers, two news magazines, and of course the nightly news. Sometimes they would just hand the newspaper to me to read.

The war hit home when my eldest brother, Cliff, graduated from college. I recall him saying in a sad, quiet way, if he had to kill someone, he did not want to see them. With a draft number of forty-eight, he opted to enlist in the air force, went to Air Force Officer Training School (OTS). He served in South East Asia (Vietnam) as a navigator bombardier on a B52. A high school classmate went to Canada rather than going into the military. Cliff holds no ill will toward him.

There have been more wars since. People enlist for a variety of personal reasons, a sense of duty to country, often being foremost. As a mother of three sons, I have seen young men we knew as young boys running through our home, enlist and serve. I also know their mothers and the deep concern for their children as well as their immense pride. With 24-hour news and social media coverage, it is difficult to escape. I am once again glued to the news, listening to it when I cannot watch it, or read about it. I am drawn to it like a moth to a flame because that is what we do when our world erupts once again.

I was raised to be a news junkie. Last August I went cold turkey and dropped off social media and did not watch the news until now.

The current war on Ukraine is on social media as well as coming to us via live interviews in real time. Once again, the world watches and we hold our collective breath. Parents of American soldiers

worry as their children are moved to Poland. I am writing this on March 15, 2022. I have no idea what will be happening by the time this is read. That is how fast everything is changing.

How the news is covered and delivered has changed dramatically since WWII, but the price of war has not. Today we see it all exposed unfiltered 24/7. The coverage seems so much more personal with interviews of refugees fleeing the violence, running for safety in real time. Many do not make it. There is no way to miss what is happening and remain blissful thinking all is well. We do not have the luxury of being naïve. That too is the cost of war today.

We no longer have to wait to arrive home to catch the news. It is always with us. We carry it in our pockets and purses. We can listen to it 24/7. Smartphones have made thousands of people reporters presenting the conflict from their personal perspectives. For better or worse, the war is in the news everywhere because of social media. People documenting what is happening by recording videos and photographs have had their phones confiscated

by soldiers. Somehow, I do not believe their stories will go untold.

Today we see the good and the bad of humanity from eyewitnesses. We are watching in real time the resiliency of those fighting, those fleeing to safety, and the generosity of people opening their homes to strangers. People doing everything they can to help others survive.

News coverage of wars, including WWII, was heavily censored/filtered. Dad once said that if WWII were covered like Vietnam the American public would not have had the stomach for it. I disagree. When presented with reality Americans rally to the just cause.

For better or worse, whatever is going to happen, technology and social media have made us all witnesses to history.

Beverly Ferry

260-563-4475

239 Bond Street, Wabash, Indiana 46992

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 <p>Rolling Meadows Health & Rehabilitation Center</p> <p>Family taking care of Family</p> <p>765-981-2081</p> <p>WWW.ROLLINGMEADOWHEALTHANDREHAB.COM</p>	<p>PROVIDENCE PLACE</p>  <p>1821 W. Bradford St. • Marion, IN 46952 (765) 664-5957 Fax: (765) 671-9136 www.crf.net</p> <p>Community Reinvestment Foundation, Inc. <i>"Investing in Housing...Reinvesting in Individuals, Families and Communities."</i></p>



MOTIVATED TO MOVE

Movement is an essential part of every function and process within our bodies. Movement is not only about losing or maintaining a healthy weight, but strength, endurance, even our thought processes, emotions, understanding, and decision making are affected by lack of movement.

Just 15 - 30 minutes of continuous movement a day can improve your overall health, helping to reduce the risks of heart disease, high blood pressure, diabetes, and other diseases.

If 15 to 30 minutes seems challenging, don't fret. Even just a few minutes of physical activity is better than none at all. Start with 5- or 10-minutes and slowly increase your time. The more you exercise, the more energy you'll have, building on those small successes will have you reaching your goal before too long. The key is to commit to some type of physical, daily activity. As moving becomes a habit, you can slowly add extra minutes and try different kinds of activities.

New to movement? Don't concentrate on whether it is a marathon or a sprint, instead focus on putting one foot in front of the other, literally. More importantly, think creatively, the more fun the activity, the more likely it is to become a part of your regular daily routine. Look beyond the typical idea of exercise, while biking, jogging, and Zumba are all fabulous ways

to move, they might not be the best option for you. Mini golf, swimming, Wii Sports, or gardening might be more your speed; whatever you enjoy, find ways to do it more often. Variety is the spice of life and an excellent mantra for staying motivated to move!

Studies show, even a small amount of movement each day, can:

- Boost your mood
- Improve your sleep
- Sharpen your focus
- Reduce your stress
- Enhance memory
- Help maintain a healthy weight
- Give you more over-all energy

Incorporate movement into your day:

- Set an alarm to remind you to get up every hour, even if it is just for a stroll around your kitchen table or to get the mail.
- March in place while watching your favorite television program.
- Grab a friend and catch-up while you walk around a local park or track.
- Stretch throughout the day, incorporate stretching into your morning and evening routines. Not only is stretching a great way to wake up the muscles, but it is also a fabulous way to wind down to prepare for bed.
- Be inefficient — put away the laundry

one towel at a time, make extra trips with the groceries, or consider that trip back into the room for what you forget an opportunity to increase your step count and not a sign of aging.

The benefits of being active are far too good to pass up. With a small investment of your time and the willingness to make it a priority, and a habit, in your daily life, you will reap great rewards. Exercise has been shown to prevent disease, lower the risk of falls, improve mental health and well-being, strengthen social ties, and improve cognitive function. The case for getting up and moving the body is strong, and hopefully, it has motivated you to integrate more movement into your life. ©LPi

APRIL IS VOLUNTEER APPRECIATION MONTH

Volunteers do not necessarily have the time; they just have the heart."

Elizabeth Andrew



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EVENTS & ACTIVITIES IN APRIL

PROVIDED BY LIVING WELL IN WA BASH COUNTY COA

At Living Well
Winchester
Senior Center
239 Bond St.,
Wabash



LIFEBRIDGE BINGO

12 PM Thursday, April 7
Presented by Parkview
Wabash Lifebridge



Song and Piano
Man
SAM PIERCY
Thursday,
April 7
1:00 PM

Living Well Winchester Senior Center
239 Bond Street, Wabash



ASK A TEENAGER

Tuesday, April 19

Bring your devices and
your questions

Heartland Career Center Tech
students will be here to assist you.

9:30—10:30 AM

At Living Well

Winchester Senior Center
239 Bond St., Wabash

1:00—2:00 PM

At Living Well Downtown
35 East Market Street, Wabash



EUCHRE \$1
12 PM
Mondays,
Wednesdays, Fridays

BINGO



WHITE ELEPHANT BINGO

Thursday, April 14, at 11:30
Bring a White Elephant Prize (anything)
Winchester Senior Center
239 Bond Street, Wabash



Rolling Meadows
Health & Rehabilitation Center

THIRD THURSDAY BINGO PARTY

April 21 at 1:00
Hosted by
Rolling Meadows
Winchester Senior Center
239 Bond Street, Wabash



TUESDAY BINGO Popcorn Prizes

Tuesday, April 26 at 1:30
Living Well Downtown
35 East Market Street, Wabash



GROCERY BINGO \$1

Thursday
April 28
11:30
Winchester Senior Center
239 Bond Street, Wabash

**DON'T CALL IT
EXERCISE.**

CALL IT FUN

Living Well Winchester
Senior Center
239 Bond Street,
Wabash



**LINE
DANCING**
Wednesdays,
8:30 a.m.
(free)



YOGA
Tuesdays
at 5:30 PM
\$10/session



**LOW
IMPACT
FITNESS
with MJ**
Mondays
and Thursdays 9:45
Wednesdays at 3:00
(free)

LIFEBRIDGE BINGO

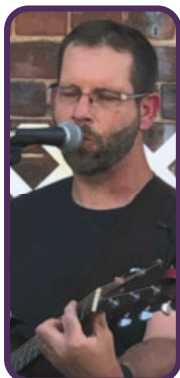
12 PM Thursday,
April 7



Presented by
Parkview
Wabash Lifebridge
At Living Well
Winchester
Senior Center
239 Bond Street,
Wabash

EVENTS & ACTIVITIES IN APRIL

PROVIDED BY LIVING WELL IN WABASH COUNTY COA



Adam Rogers

on Guitar

Monday, April 18

At 10:30

Living Well Winchester
Senior Center
239 Bond Street, Wabash

Wednesday, April 27

2:00 PM

At Living Well Downtown
35 East Market Street, Wabash

Provided by



DO DROP IN

Living Well Downtown

35 East Market St. Wabash

APRIL FIRST FRIDAY

POP IN FOR POPCORN 4:00 PM-8:00 PM

Tuesdays 1:00-4:00 pm

Wednesdays 1:00—6:00 pm

For Puzzles, Games, TV, a free cup of coffee or just
“Drop In” and enjoy The beautiful downtown view.

Living Well Downtown, 35 East Market St., Wabash

APRIL BIRTHDAY PARTY

Thursday, April 12

At 1:00 PM

Featuring Mrs. Kate .

Her Music Will

Make You Smile.



“Mrs. Kate” travels the world making people smile with her homespun folk music. A prolific songwriter, she has recorded 12 CD's of her original music.

Mrs. Kate has performed at over 200 senior venues nationwide.

Mrs. Kate” involves the audience in her unique blend of songs and stories.

She'll have you laughing one moment and wiping away tears from laughter.

“You can't miss this gal!”

RESERVATIONS REQUIRED

Call (260) 563-4475



LUNCH

Wednesday, April 13

At 11:00

Living Well Winchester Senior Center
239 Bond Street, Wabash

Lunch followed by



RESERVATIONS REQUIRED

Call (260) 563-4475

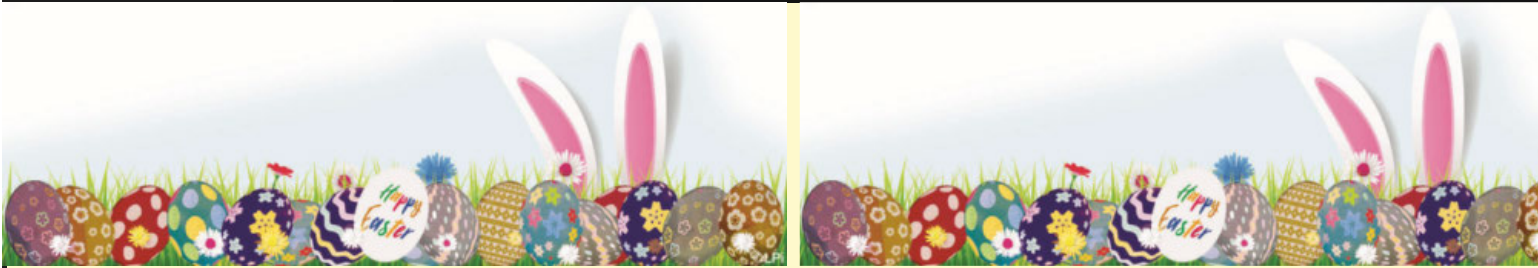


APRIL 2022 ACTIVITIES

Living Well Winchester Senior Center and Living Well Downtown
 239 Bond Street, Wabash and 35 East Market Street in Wabash

Lunch by Reservation 2 business days in advance; Monday—Friday at 11:00 a.m. by donation;

<i>Mondays</i>	<i>Tuesdays</i>	<i>Wednesdays</i>	<i>Thursdays</i>
Winchester Sr. Center 9:45 Low Impact Fitness 11 Lunch by Reservation 2:00 Euchre \$1	Winchester Sr. Center 11 Lunch by Reservation 5:30 Yoga Living Well Downtown 1-6:00 Do Drop In	Winchester Sr. Center 8:45 Line Dancing 11 Lunch by Reservation 12:00 \$1 Euchre 3:00 Low Impact Fitness Living Well Downtown 1-6:00 Do Drop In	Winchester Sr. Center 9:45 Low Impact Fitness 11 Lunch by Reservation




4	5 Blanket Binders 9-3PM At Winchester Senior Center 	6	7  Lifebridge Bingo 12 P Piano & Song Man Sam Piercy 1:00-2:30 At Winchester Senior Center
11	12	13  Miller's Luncheon 11 AM Lunch, Bingo, & Prizes RESERVATIONS REQUIRED Winchester Senior Center (260) 563-4475	14 White Elephant Bingo 11:30 Birthday Party 1:00 Entertainment by Mrs. Kate on Guitar Winchester Senior Center R.S.V.P.: (260) 563-4475
18 Adam Rogers on Guitar 10:30 Playing during lunch Winchester Senior Center 	19  Ask a Teenager Winchester Senior Center 9:30-10:30 Living Well Downtown 1:00-2:00	20	21  1:00 Winchester Senior Center Refreshments & Prizes 
25	26  Bingo & popcorn 1:30 PM Living Well Downtown 	27 Adam Rogers on Guitar 2:00 Living Well Downtown 	28 GROCERY BINGO \$ 11:30 AM Winchester Senior Center

Call (160) 563-4475



SERVICES

Together, with donors and volunteers, we are making Wabash County a good place to live a lifetime by *Empowering Wabash County Residents of All Ages and Abilities to Live Well and Live Longer.*



Fridays
11 Lunch by Reservation
12:00 Euchre \$1



FRIENDLY CALLER PROGRAM
(260) 563-4475

Mostly limited to home? Staying in touch is important. Sign up to have us call you. You tell us how often to call.



COMMUNITY CUPBOARD
239 Bond Street, Wabash
By Appointment
Call (260) 563-4475



Food For Low-Income Wabash County Residents of All Ages



PANTRY SCHEDULE
Monday & Tuesday 3:00 PM to 5:30 PM
Closed on Wednesdays
Thursday and Friday 10:00 AM to 12:30 PM



Every child, newborn through high school, is given a new **SCHOLASTIC BOOK** to keep.
Reading today yields success tomorrow.

1 FIRST FRIDAY POP IN FOR POPCORN
4:00 to 8:00 pm



Living Well Downtown
35 East Market




Wabash County Public Transit

Serving All Ages
Call Dispatchers 6:00AM to 5:00PM
To Schedule Rides Monday-Friday
563.7536 or 888.498.4400

We stop taking next day ride requests at 1:00
Rides are based on availability.
Monday-Friday 5:30AM - 6 :00 PM

Medicare Questions?
(260) 563-4475
Ask SHIP
By Appointment
260- 563-4475
Living Well Winchester Senior Center



Blanket Binders
Tues., April 5, 9-3
Quilting for a Cause

Quilts are given to local people in need.
Bring Your Sewing Machine and a "Dish to Share" for the potluck lunch.

8

15 ALL SERVICES CLOSED



SENIOR BOX
Monthly Supplemental Food for Low-Income Wabash Co. Seniors
To inquire about program income and asset limits call (260) 563-4475

22 Senior Box Distribution For Low-Income Seniors
Must be Enrolled Not the usual Friday



FOOTCARE
Living Well Winchester Senior Center
By Appointment
Call (260) 563-4475
\$25—Bring your own basin and towel



Our monthly senior packets, our senior center in the mail, are back by popular demand.
ADD YOUR NAME TO THE LIST!
Call us at (260) 563-4475.

Wildflowers

Answer Key on Page 13

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

Word List:

ASTER	BELLWORT	BITTERWEED	BLACKEYEDSUSAN
BLANKETFLOWER	BLOODROOT	BLUEBELL	BLUEBONNET
CHICORY	COLUMBINE	CONEFLOWER	COREOPSIS
CORNSUCKLE	CORNFLOWER	COSMOS	DAISY
DANDELION	FORGETMENOT	FOXGLOVES	HEATHER
HONEYSUCKLE	LILLYOFTHEVALLEY	LUPINE	POPPY
PRIMROSE	QUEENANNESLACE	SNAPDRAGON	SNOWDROP
SOLOMONSSEAL	SUNFLOWER	VIOLET	YARROW
ZINNIA			

Pomegranate Ginger-Glazed Ham

When you're ready for a tasty, festive crowd pleaser, Cook's Ham recipe for Pomegranate Ginger-Glazed Ham is sure to make everyone smile, mouths watering!

1 Bone-in Spiral Sliced Half Ham
1 cup red currant jelly
1/2 cup pomegranate juice
2 tablespoons cornstarch
1 teaspoon finely chopped fresh ginger

Remove and discard glaze packet from ham or reserve for another use. Prepare ham according to package directions, uncovering and brushing occasionally with 1/4 cup of the Pomegranate-Ginger Glaze for the last 30 minutes of the heating time. Carve ham. Serve with the remaining glaze.

Pomegranate Ginger-Glaze: Cook jelly in medium saucepan over low heat for 2 minutes, or until completely melted, stirring frequently.

Set aside. Mix pomegranate juice, cornstarch and ginger in small bowl until well blended. Add to jelly; mix well. Increase heat to medium; cook for 2 minutes or until thickened, stir constantly.

Explore more fun and flavorful recipes at MyCooksHam.com.

(Courtesy of NewsUSA) ©LPi



260-563-4475

239 Bond Street, Wabash, Indiana 46992

Page 11

NEVER MISS A NEWSLETTER!

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



Are You Stressed Out?

By Amy Miller MSW, LSW, LifeBridge Manager

Hello everyone, welcome to National Stress Awareness Month! This month we will take a quick look at stress, how it affects us, and how to make it feel more manageable.

So, what is stress, exactly? Is it the same thing as anxiety? What causes it and how do we make it better.

The answers to each of these questions is going to be a little bit different according to our unique personalities and attributes, but, as a general rule, stress is something that comes from outside of ourselves while anxiety is more internal. The good news is that methods for coping with these feelings are very much the same.

Some common stressors include deadlines (taxes anyone?), relationship conflicts, and having commitments and responsibilities beyond what you can comfortably handle.

Common sources of anxiety include worry over life situations and doubt about our ability to cope with what comes our way.

In either case, we may suffer from reduced sleep, changes in appetite, fatigue, and irritability.

Recognizing that you are stressed or anxious is the first step in managing it. In addition to the symptoms above, notice effects in your body such as stiff neck, “butterflies” in your stomach, or a rapid heartbeat.

Stress and anxiety are nearly universal, with all of us feeling the effects from time to time. Here are some hints to manage it.

Take care of your body: eat nutritious meals and exercise regularly (according to your capabilities)

Make sleep a priority by establishing a calming sleep routine

Put your troubles on paper; writing in a journal, diary, or simply making a list can help to put things in perspective

Practice a relaxation technique such as deep breathing or meditation

Learn to say “No”; recognize where your responsibilities begin and end

Find time for FUN! Smiling and laughing

release chemicals in our bodies that make us feel good.

Remember, if your stress or anxiety is frequent or intense to the level that you wonder if you can manage it on your own, the LifeBridge Senior Program is here to help. Just give us a call and we will be happy to talk your situation over with you. We are located in the Medical Office Building at Parkview Wabash Hospital and provide counseling services exclusively to Medicare recipients. Our phone number is: 260-569-2111.

Till next time,

**Amy Miller MSW, LSW,
LifeBridge Manager**



LIFEBRIDGE

BINGO

Thursday, April 7

12:00 PM

At Living Well

Winchester Senior Center

239 Bond St., Wabash

Join Amy Miller for Lifebridge Bingo

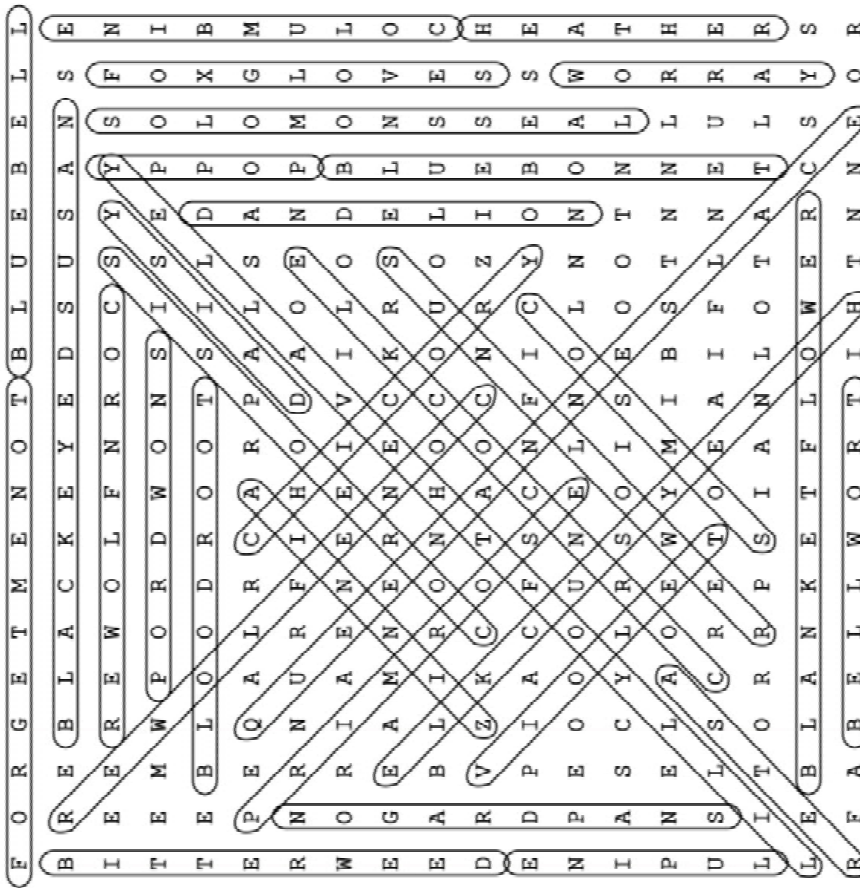
by Parkview
Wabash Lifebridge



PARKVIEW

WABASH HOSPITAL

Wildflowers



Answer Key
from page 10

- Word List:
- | | | | |
|---------------|-------------------|------------|----------------|
| ASTER | BELLWORT | BITTERWEED | BLACKEYEDSUSAN |
| BLANKETFLOWER | BLOODROOT | BLUEBELL | BLUEBONNET |
| CHICORY | COLUMBINE | CORNFLOWER | COREOPSIS |
| CORNCOCKLE | FORGETMENOT | COXCOMBS | DAISY |
| DANDELION | LILLIWOOTHEVALLEY | FOXGLOVES | HEATHER |
| HONEYSUCKLE | QUEENANNESSLACE | LUPINE | POPPY |
| PRIMROSE | SUNFLOWER | SNAPDRAGON | SNOWDROP |
| SOLOMONSSEAL | | VIOLET | YARROW |
| ZINNIA | | | |



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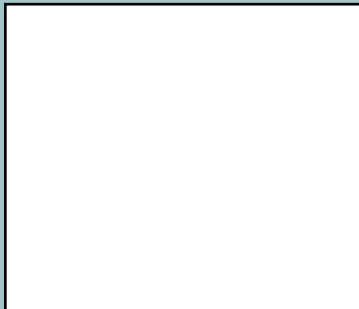
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HOW TO BUILD HEALTHIER SLEEP RITUALS



Many people have heard that getting a good night's rest is important, but few understand just why that is. Good sleep has many health benefits ranging from

lowering the risk for depression and high blood pressure to preventing poor eating habits. Some research even links poor sleep to dementia and heart disease. The science is undeniably clear on why you need to get a full night of quality sleep.

But how much sleep each night is enough? Unfortunately, there's no right answer because the range for "normal" sleep duration varies widely. Older adults are more likely to experience sleep issues. Some struggle to fall asleep, and others have a tough time staying asleep. Sleep experts say the key to quality sleep often lies in developing healthy, consistent bedtime rituals.

WAYS TO IMPROVE SLEEP QUALITY AND DURATION

Cut the caffeine: A cup of coffee in the morning to get you up and running is generally not going to disrupt your sleep. But consuming too much coffee or having it late in the day likely will. Try to avoid caffeinated foods and beverages in the afternoon or evening.

Avoid liquids late in the day: Another issue that can contribute to poor sleep is drinking too many liquids in the evening. This will likely increase the number of times you have to get up and use the bathroom during the night.

Limit alcoholic beverages: It is a myth that a glass of wine or other type of alcohol after dinner will help you sleep better. While it might make you drowsy at first, after a few hours it acts as a stimulant that can actually

prevent you from sleeping.

Exercise early in the day: Getting plenty of exercise during the day also can help you get a good night's rest. It's generally best to work fitness activities into your schedule early in the day.

Try a "cat" nap: Some people find taking a 20-minute nap early in the afternoon keeps them from becoming overly tired later in the day. That might make it easier to relax in the evening and drift off to sleep.

Explore relaxation techniques: From counting backwards from 1,000 to practicing deep breathing, your nights might improve if you are able to relax and unwind. Relaxation Exercises to Help Fall Asleep has different techniques you can try.

Create a positive sleep environment: One final suggestion is to take a look at your sleeping area. Do you have curtains that block out light? Is the space quiet during the overnight hours? Are you keeping televisions, tablets, and devices turned off and out of reach? Having a peaceful environment is important for preventing insomnia and other sleep problems.

SEEK PROFESSIONAL HELP

If you've tried all of the suggestions listed above and still find sleep to be elusive, it's probably time to get some professional assistance. The next step should be to schedule an appointment with your primary care physician. They can help identify if your insomnia is an issue such as a thyroid problem or a side effect of a medication.

Your family doctor can also refer you to a specialist for a sleep study if they are unable to find another cause of the problem. The bottom line is to not accept that poor sleep is just a normal part of aging. ©LPi

Area Five Weekday Lunches

A hot lunch is available daily by donation for adults age 60 and older. Area Five Agency on Aging and Community Services in Logansport provides the meals. This is a federal program created decades ago through the Older Americans Act (OAA).

Reservations are required 2 business days in advance (before 12:00 PM). Call the phone number of the site where you will have your meal. Pick up/carry-out is not available.

Lunch Sites in Wabash County

Lunch is served at 11:00 AM

Monday—Friday At Both Sites

The April lunch menu will be available at each site.

Scout Hall in Warvel Park in North Manchester

Call 260-982-9940 between

9:00 AM and 1:00 PM Monday - Friday.

Living Well Winchester Senior Center

239 Bond Street in Wabash;

Call (260) 563-4475 Monday - Friday.



Area Five Agency

Area Five Agency HELP WANTED

LUNCH SITE MANAGER

At Living Well
Winchester Senior Center

Monday—Friday

9 AM—1:00 PM

Paid Part-time Position

Applications are available at Living Well
Winchester Senior Center.

For information contact
Pam Hamilton at (260) 563-4475.

260-563-4475

239 Bond Street, Wabash, Indiana 46992

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Thank You

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Thank you to our volunteers. Your gifts of your time and talents are appreciated!

Thank you to the Pantry Team of Volunteers who handled 16 tons of food in the first three months of 2022. They are Grant Long, Vicki Jackson, Steve & Tammy Weisner, Glen & Tona Riggs, and Kenny Working.

Thank you to Jim Kuhens for the many years he has been the Grandpa making Grandma's Fudge and to Bob Anglin who delivers the fudge. Jim needs a volunteer or two to help him make fudge once a week.

Thank you to Mo Chambers for volunteering at Living Well Downtown. Thank you to Joyce Hall for volunteering with Grocery and White Elephant Bingso at Winchester Senior Center.

Thank you to the SHIP volunteers: Brenda Landis, Susan Beckett, Roxanne Haupert, and Susan Hunter. If you are interested in becoming a part of this highly trained team which helps seniors with Medicare questions go to

Idoi.gov and look for "becoming as SHIP counselor"

Living Well in Wabash County CoA relies upon donations to operate vital programs and services.

We understand that everyone has different abilities to do this.

We ask that you consider a gift of whatever you are able to give.

Thank you for your consideration.

Name: _____

Street Address _____

City/St/Zip _____ Phone: _____

Email: _____

Amount of Gift: _____ In Honor/Memory of: _____

Please make checks payable to Living Well in Wabash County CoA. Gifts can be placed in the donation box at the senior center front desk or mailed to P.O. Box 447, Wabash, IN 46992. Thank you.