

June 2022

From My Perspective.....2, 3
Alzheimer’s Disease.....4, 5
June Events & Activities6,7
June 2022 Calendar.....8
SSI Phone Scams.....9
Recipe of the Month.....10
Wabash Co. Public Transit.....11
Word Search.....12
From My Perspective Continued.....13
We Experience Things Differently....14
Word Search Answer Key.....15
Agency Information16



WINCHESTER
Senior Center

WABASH COUNTY
Transportation

LIVING WELL
Downtown

COMMUNITY
Cupboard



**JUNE MENU WAS
UNAVAILABLE WHEN
THE NEWSLETTER WENT TO PRINT.**

The June lunch menu will be available at the Area Five Lunch sites located at Scout Hall in North Manchester and Living Well Winchester Senior Center in Wabash.

From My Perspective

By Beverly Ferry, CEO

Living Well in Wabash County



STANDING AT THE PRECIPICE

Mr. Nienberg had my class for English all four years, homeroom, and driver's education. I thought he was in his eighties, but he was early sixties, younger than I am today. I feel like I should go back and apologize to him for that, but perspective changes with age. He had a quiet countenance, was an observer of people, and looked wise. If you looked closely, you would see a slight twinkle in his eye.

Most of us practiced our parallel parking in the elementary school parking lot across from his home. His entertainment was to sit on his front porch and observe those practices, never saying anything, just watching. He had most of our older as well as our younger brothers and sisters too. There was nothing new under the sun for him until we were brainstorming for our senior class motto. My high school senior class motto was "Set me adrift in a sea of hope and I will set my sails to a new horizon" taken from a Moody Blues song or poster of the time.

Mr. Nienberg was dubious at best. What were we thinking? This was not an appropriate class motto. He tried and tried to talk us into something else. As our English teacher for four years, he could not understand what we were thinking. As I recall several of us had posters with this on it. We thought it "cool." Despite his protest, we chose it anyway. I can still see him shaking his head. For myself, it still sums up how I feel about the future of one's life, when you are standing at the precipice, and everyone is asking you what you are going to do. The end of high school was like that. Considered to be a senior, I once again see the precipice before me and hear all those questions again.

Most of us become empty nesters before becoming seniors. In an empty nest, the children are grown, the pets have passed, and you wonder one day why the house is so quiet. There are not as many pairs of tennis shoes, dog toys, dirty socks, or ball gloves strewn about the house. It feels like just yesterday we were going through a gallon of milk a day. We had a second refrigerator and a full freezer in the basement so we did not have to go to the grocery store daily and could take advantage of sales. Our freezer looked like an old-fashioned meat locker. When the kids returned to IU, a loaf of bread and a gallon of milk always went bad until we adjusted our shopping

habits.

Where does life lead you when raising a family and your career or working years are behind you? In the first several years of being empty nesters someone asked me what Nick and I did with our extra time now that the boys were gone. I had not given that much thought to that before that moment. I answered, "We stay at work later in the evenings."

Our natural tendencies were to spend more time working and so we did. One day we realized we might want to rethink that. What was the adage? All work and no play makes Jack a dull boy. According to Wikipedia, "All work and no play makes Jack a dull boy" is a proverb that means that without time off from work, a person becomes both bored and boring. The exact origins of the phrase remain unclear, though it was recorded as early as 1659." That puts it in the category of ageless wisdom.

When Nick and I turned sixty-five it never occurred to either of us to retire. I have never thought I would be a good retiree. I am a firm believer that a healthy approach to aging and retirement is to retire to something rather than from something. Nick would have endless projects to work on that he never has time to do now. From his battle scenes and train set to the yard and the house, the many items on that all important honey-do list, and books to read, he has a lot to retire to. I am not at that point in life.

People tell me you know when it is time to retire. There are continuing careers, post-careers, and second careers that follow how they earned their livelihood and raised their family. I refer to that third of my life as "what I want to be when I grow up." A friend of ours says he is going to retire in Key West, never cut his hair and never wear a tie or shoes again. That is what retirement means to him. He will not have to follow others' rules. Once you realize that, you are free to dream.

My father ended his working years with a project he enjoyed more than anything else in his career. He was able to focus on environmental impact at the factory where he had worked for years as a chemical engineer. That type of scenario is often an ideal way to wrap up your career.

I hear two things from recent retirees. The majority retire intending to clean out closets, garages, attics, or sheds, but I never hear how that goes. After a while they say they are so busy with medical appointments, tasks, and travelling, they have no idea how they ever worked.

Some transition from careers to passions they never

had time for previously or could not afford to do while raising their family. Others, keep up with their careers. Some of my favorite people kept going with their careers well into their eighties and nineties because that remained their life-long passion, paid or unpaid. There is no one formula that works for everyone. Like everything else in life, we must find our own way. My high school senior class motto, "Set me adrift in a sea of hope and I will set my sails to a new horizon" from the Moody Blues still sums up how I feel about the future of my life.

The truth is we cannot control as much of life as we think we can. I asked my mom if she thought aging was just a matter of control and she answered yes. It strikes me that she was swimming against the current and then again, we might as well go for the gusto and give our dreams a shot.

I truly think I am in a sea of hope and possibilities and in that sea, there will be new horizons. So, what do Nick and I do as empty nesters? We are rediscovering what it means to be able to be on our own, together.

We are better as great aunt and uncle than we were as aunt and uncle for their parents. When they were young, we were busy with our own children, an all-consuming stage of life. In our pre-grandparent stage, we get to enjoy the "greats" and their parents.

Once you hit a certain age everyone starts inquiring as to your retirement plans. My guess is that Nick will retire before I do because I still look forward to challenges down the road and want to contribute to the solutions. Since our sons, and future grandchildren, will be based in Southern California, I am often asked when we plan to move there. I always want to answer, "Are you kidding me?" I tell them the realistic truth. You cannot earn your living in rural Midwest and retire in Southern California or even in nearby states. While active and able to fly back and forth to visit, we will remain parents/grandparents who commute and stay awhile.

My daughter-in-law once asked me where we would live if we moved to California. I earnestly
(Continued on Page 13)

GROW YOUR BUSINESS BY PLACING AN AD HERE!

CONTACT US!

Contact Brett Reineck to place an ad today!
breineck@lpicommunities.com
or (800) 950-9952 x2511



ADVERTISE HERE to reach your community



Call (800) 950-9952

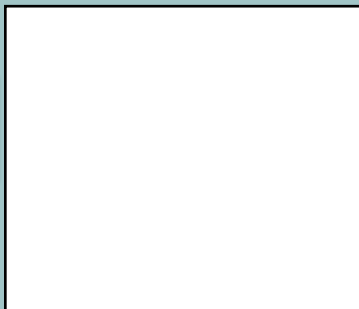


Rolling Meadows
Health & Rehabilitation Center

Family taking care of Family

765-981-2081

WWW.ROLLINGMEADOWHEALTHANDREHAB.COM



PROVIDENCE PLACE



1821 W. Bradford St. • Marion, IN 46952
(765) 664-5957 | Fax: (765) 671-9136
www.crf.net

Community Reinvestment Foundation, Inc.
"Investing in Housing...Reinvesting in Individuals, Families and Communities."

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)



RESPIRE CARE

Wabash Area Five
Agency on Aging and
Community Servicers

located at
105 Olive Street in
Wabash,

offers respite care
through the

CHOICE/

**MEDICAID WAIVER/
TITLE III/SSBG**

services programming.

Call (260) 563-8061

to inquire about an
assessment.



ALZHEIMER'S AND DEMENTIA CAREGIVER SUPPORT GROUP

Sponsored by
Bickford Senior Living

At Wabash County YMCA

**Free and Open
to the Public**

3rd Tuesday Every Month

6:00 to 7:00 PM

Y Multipurpose room

Questions?

Contact Mari Adkins,
Bickford Senior Living
(260) 569-2000

LIVING WELL WINCHESTER SENIOR CENTER

239 Bond Street, Wabash

Caregivers find friendship and support by coming with their loved one to Living Well Winchester Senior Center Monday through Friday. Together, they can enjoy a hot lunch, fellowship, conversation with other seniors, and a variety of activities and musical entertainment.

Living Well Winchester Senior Center is a safe, judgement-free zone. The socialization is good for both of you. If you need to help your adult in the restroom, ask at the front desk. You will be shown to a private bathroom that makes it easier to help. Call us at **(260) 563-4475** during business hours if you are wondering if it will be a good fit for you.

SUPPORT OUR ADVERTISERS!



 Visiting Nurse

IS NOW



Stillwater
HOSPICE

Same great care, great new name.

stillwater-hospice.org

(800) 288-4111

ADT-Monitored Home Security

Get 24-Hour Protection
From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



 Authorized
Provider

SafeStreets

1-855-225-4251

SUPPORT OUR ADVERTISERS!



EVENTS & ACTIVITIES IN JUNE 2022

PROVIDED BY LIVING WELL IN WABASH COUNTY COA, INC.

BINGO

LIFEBRIDGE BINGO

Tuesday, June 15

Living Well Downtown

35 East Market Street, Wabash

Presented by Parkview Wabash LifeBridge



WHITE ELEPHANT BINGO

Thursday, June 9, at 11:30

Bring a White Elephant Prize (anything)

Winchester Senior Center

239 Bond Street, Wabash

BINGO PARTY

June 16 at 1:00

Hosted by

Rolling Meadows

Winchester Senior Center

239 Bond Street, Wabash



BINGO & POPCORN

Tuesday, June 21, 1:30

Living Well Downtown

35 East Market Street, Wabash



GROCERY BINGO \$1

Thursday, June 23
at 11:30

Winchester Senior Center
239 Bond Street, Wabash

Staff & Senior POTLUCK, PITCH-IN, CARRY-IN.

Whatever you call it, join us on

Friday

May 10, at 11

Table Service and Beverages Provided.

Winchester Senior Center
239 Bond St.

Wabash

RSVP: (260) 563-4475

Tech Talk ASK A

TEENAGER

Will return after summer vacation.



AREA FIVE AGENCY ON AGING AND COMMUNITY SERVICES NO FRIDAY LUNCHES MAY, JUNE, AND JULY 2022

Provides Lunches
Mon.—Thurs.
11:00 AM

By Donation for
Ages 60 & Older.
A Federal Older
Americans Act

Service
Meal Sites in
Wabash County:
Scout Hall and
Winchester
Senior Center



Song and Piano Man

SAM PIERCY

Thursday, June 2

1:00 PM

Living Well Winchester Senior Center
239 Bond Street, Wabash



June Birthday Party

Roger Marine

On guitar

Thursday, June 9 at 1:00

Living Well Winchester Senior Center
239 Bond Street, Wabash



Adam Rogers on Guitar

Monday, June 13
10:30

Living Well Winchester Senior Center
239 Bond Street, Wabash

Wednesday, June 22
2:00 PM

At Living Well Downtown
35 East Market Street, Wabash

Provided by





FOURTH OF JULY ICE CREAM SOCIAL

(a few days early)

**Thursday, June 30
1:00 PM**

**Patriotic Sing-a-Long
Ice Cream & All the Toppings**

**Registration Required
Call (260) 563-4475**

Living Well Winchester Senior Center
239 Bond Street, Wabash

DEVELOPING MANAGEABLE STRATEGIES FOR HEALTHY AGING & HEALTHY LIFESTYLES

**Tuesday, June 21
11:30 AM**

Living Well Winchester Senior Center
239 Bond Street, Wabash

**Presented by
Cathy Wray of Q-Source**
Quality Improvement Advisor
Community Lead
MHFA Certified

PURDUE EXTENSION

**Presented by
MINDY MAYES
SALADS
IN A JAR
MAKE IT
TAKE IT
WORKSHOP**

**Wed., June 22
4:00 PM
Living Well
Downtown**

**Thurs., June 23
1:00 PM
Winchester
Senior Center**

**JULY
STAYING SCAM SAFE
Wed., July 13
4:00 PM
Living Well Downtown**

WHAT WE ALL NEED TO KNOW

**Presented by
Mark Frantz, Attorney
Downs Tandy & Petruniw, P.C.**

**Thursday, June 30
11:30**

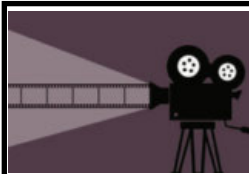
**Wills and Estate Planning
Trusts and Medicaid Planning
Powers of Attorney
Advance Directives**

Living Well Winchester Senior Center
239 Bond Street, Wabash



**SUMMER SUPPER
Tuesday, June 14
Living Well Downtown
5:00 PM**

**Sign up by calling
(260) 563-4475**



**MOVIE
MONDAY
Mon. June 6
3:00 PM**

**Living Well Downtown
35 East Market Street, Wabash**

**EUCHRE \$1
12:00**

**Mon., Wed.,
Fri.**
Living Well Winchester
Senior Center
239 Bond Street,
Wabash



BLANKET BINDERS Tuesday, June 7, 9-3:00

Quilting for a Cause: Completed quilts are given to local nonprofits working with people in need.

Bring Your Sewing Machine and a "Dish to Share" for the potluck lunch.

Living Well Winchester Senior Center, 239 Bond, Wabash



June Activity Schedule

Living Well Winchester Senior Center—239 Bond Street, Winchester, VA
 Living Well Downtown—35 East Market Street, Wabash, VA

<p>Mondays</p> <p>Winchester Senior Center 9:45 Low Impact Fitness 11:00 Lunch by Reservation 12:00 Euchre \$1</p> <p>Living Well Downtown MOVIE MONDAY 3:00 PM</p>	<p>Tuesdays</p> <p>Winchester Senior Center 11:00 Lunch by Reservation 5:30 Yoga Living Well Downtown 1-6:00 Do Drop In</p>	<p>Wednesdays</p> <p>Winchester Senior Center 8:45 Line Dancing 11:00 Lunch by Reservation 12:00 \$1 Euchre 3:00 Low Impact Fitness Living Well Downtown 1-6:00 Do Drop In</p>	<p>Thursdays</p> <p>Winchester Senior Center 9:45 Low Impact Fitness 11:00 Lunch by Reservation</p>
<h2>Hello June!</h2>		<p>1</p>	<p>2 12:00 LifeBridge Bingo 1:00 Sam Piercy Concert Winchester Senior Center</p>
<p>6  MOVIE MONDAY 3:00 Living Well Downtown</p>	<p>7</p>	<p>8</p>	<p>9 11:30 White Elephant Bingo Bring a white elephant prize Birthday Party 1:00 Roger Marine on Guitar Winchester Senior Center</p>
<p>13 10:30 Adams Rogers Winchester Senior Center</p>	<p>14 Ask a Teenager Tech Is on Summer Break.  Flag Day Summer Supper Living Well Downtown 5:00 PM</p>	<p>15 LIFEBRIDGE BINGO Living Well Downtown 3:00 PM</p>	<p>16 1:00 Rolling Meadows BINGO PARTY Winchester Senior Center</p>
<p>20</p>	<p>21 11:30 Healthy Aging Presentation Winchester Senior Center Popcorn & Bingo 1:30 Living Well Downtown</p>	<p>22 Adam Rogers 2:00 And Ice Cream Social Living Well Downtown 4 Purdue Extension Salads in a Jar Make it—Take It Living Well Downtown</p>	<p>23 11:30 Grocery Bingo \$1 Winchester Senior Center Purdue Extension 1:00 Salads in a Jar Make it—Take It Winchester Senior Center</p>
<p>27</p>	<p>28</p>	<p>29</p>	<p>30 11:30 Wills, POAs, and Estate Planning Presented by Attorney, Mark Frantz Winchester Senior Center 1:00 4th of July Party Winchester Senior Center</p>

Fridays

Winchester Senior Center
Lunch Site Closed on Friday
12:00 Euchre \$1
Living Well Downtown
T.G.I.F. 2:00 TO 6:00 PM

3 Lunch Site Closed
Living Well Downtown
T.G.I.F. 2:00 TO 6:00 PM

10 11:00 PITCH-IN LUNCH
Winchester Senior Center
239 Bond Street, Wabash

Living Well Downtown
T.G.I.F. 2:00 TO 6:00 PM

17 Lunch Site Closed
Senior Box Distribution
Application Required
Living Well Downtown
T.G.I.F. 2:00 TO 6:00 PM

24 Lunch Site Closed
Living Well Downtown
T.G.I.F. 2:00 TO 6:00 PM

Social Security Administration Impostor Scam



- Be alert to any call you may receive from “Social Security” because it might be an impostor claiming to work for the Social Security Administration. The phone number display may even show “Social Security” (but be fake).
- It may come as a call from a robocall system where you are asked to “press 1” to speak to a government employee of some sort (for example, “a support representative”) about your Social Security account.
- They may tell you they need to withdraw money from your bank and to store it on gift cards or in other unusual ways for “safekeeping.”
- You may even be told scare tactics - such as “your accounts will be seized or frozen if you fail to act quickly.”

NOTE - These are all TRICKS in an attempt to get you to share your Social Security number

Do not share your Social Security number. Tell them you are going to hang up and call Social Security directly to confirm. Hang up and call your local Social Security Office or the National Elder Fraud Hotline at 1-833-372-8311 and tell them about the call. They are open from 10AM - 6PM Eastern Time Monday to Friday

Source: Social Security Administration Office of the Inspector General

Summer



RECIPE OF THE MONTH



Grilled Buttermilk Chicken

Prep time: 10 minutes

Cook time: 16 minutes

Servings: 4

Ingredients

- 1-1/2 cups buttermilk
- 1 tablespoon mustard powder
- 1 tablespoon Sriracha
- 2 teaspoons minced garlic
- 2 teaspoons paprika
- 4 chicken drumsticks, bone in, skin on
- 4 chicken thighs, bone in, skin on
- Vegetable oil, for grill
- 1/4 cup chopped fresh parsley
- 1 lemon, cut into wedges (optional)

In medium bowl, whisk buttermilk, mustard powder, Sriracha, garlic and paprika.

Place chicken in large zip-top bag; pour buttermilk mixture over chicken. Seal bag and refrigerate 2 hours or overnight.

Heat outdoor grill for direct grilling over medium heat. Remove chicken from marinade, shaking off excess; discard marinade. Lightly oil grill grates. Transfer chicken to grill and cook, turning occasionally, 16-18 minutes, or until internal temperature reaches 165 F.

Transfer chicken to serving platter. Sprinkle with parsley and serve with lemon wedges, if desired.

Recipe courtesy of Lori Yates of Foxes Love Lemons on behalf of Milk Means More

Find more refreshing meal solutions at milkmeansmore.org.

(Courtesy of Family Features)

GLP

WABASH COUNTY PUBLIC TRANSPORTATION

Mission Statement:

It is our mission to provide safe, reliable, affordable, and efficient public transportation in Wabash County.

Phone (260) 563-7536 Transit line
Toll Free (888) 498-4400
(260)563-4475 Office
Fax (574)739-2167



Indiana Relay Service Dial 711 or
TTY (800)743-3333 (For the Hearing Impaired)
Language Line (831) 648-7582

239 Bond Street, Wabash, IN 46992
www.livingwellinwabashcounty.org

TRANSIT HOURS: Weekdays Demand Response: 5:30 A.M. – 6:00 P.M.
DISPATCH HOURS: 6:00 A.M.—5:00 P.M.

NEVER MISS A NEWSLETTER!

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



Breakfast!

Answer Key is on page 15

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

Word List:

BREAKFAST
POTATOES
OMELET
FRUIT
TOAST
CEREAL
FRITTER
SYRUP
QUICHE

PANCAKES
HAM
BRUNCH
PASTRY
BISCUIT
CREPES
GRAPEFRUIT
MARMALADE
YOGURT

BACON
SAUSAGE
JUICE
OATMEAL
COFFEE
DONUT
GRITS
MELON
GRANOLA

HASHBROWNS
BENEDICT
ORANGE
WAFFLE
TEA
EGGS
JELLY
MILK
MUFFIN

(My Perspective Continued from page 3)

answered, "With you and Michael," and then broke into laughter. Her expression was priceless.

When to retire and where to live are personal choices each of us must make for ourselves. The final third of life does not have to fit the choices others make. You must decide for yourself. Health and finances have an enormous impact, but so does the hope of a tomorrow with unseen horizons. Many times, throughout the last forty-eight years of my life I have wished I could see Mr. Nienberg again. I would like to tell him I still have the same motto and hear what he had to say. Honestly, I do not think he would be surprised I am still in the mode of setting my sails to new horizons and I can see the glint of that slight twinkle in his eye.

May we always look forward to new horizons,

Beverly Ferry



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



260-563-4475

239 Bond Street, Wabash, IN 46992

WE'RE HIRING

AD SALES EXECUTIVES

BE YOURSELF. BRING YOUR PASSION. WORK WITH PURPOSE.

- Work-Life Balance
- Full-Time with Benefits
- Serve Your Community
- Paid Training
- Some Travel

Contact us at: careers@4lpi.com | www.4lpi.com/careers

GROW YOUR BUSINESS BY PLACING AN AD HERE!

CONTACT US!

Contact Brett Reineck

to place an ad today!

breineck@lpicommunities.com

or (800) 950-9952 x2511

SUPPORT OUR ADVERTISERS!

Improving the Quality of Life at Home



Whether you are recovering from an injury, suffering from a chronic condition, or experiencing the effects of aging, we will work closely with you so you can live a productive and independent life within your own home.

Skilled Nursing
Home Health Aide
Homemaker
Attendant Care
Respite Care

HIRING
Nurses,
CNA's, and
HHA's

1428 South Main, Kokomo
IN 46901 **765-459-7930**

703 West Chapel Pike, Marion
IN 46952 **765-662-9751**

Visit us at:
www.nhhomehealth.com



We All Experience Things Differently

By Amy Miller MSW, LSW
Manager, LifeBridge Senior Program
Parkview Wabash Hospital

Hello everyone, and Happy June! This month I will be talking about how our life experiences and unique personality influence how we respond emotionally.

Before I begin, I would like for you to consider something: *Have you ever been upset and tried to talk to someone about it, but when you did, they told you that you “shouldn’t” feel that way?*

If the answer is “yes,” what was the result? Did you feel heard, supported, and understood, or something else? If the roles were reversed, have you ever been the one telling someone how they “should” feel?

What do you think we base these opinions on? The quick answer to this complex question is that we are all a combination of unique life experiences and personality. The way we respond emotionally is different for each of us because no two people see and experience situations the exact same way. Even siblings who went through an event together will have vastly different recollections of it later. (If you do not believe me, compare notes with your siblings about something that happened when you were kids and see who remembers what!)

The truth is, though, that there is no right or wrong way to feel, is there? When we say to someone that they “shouldn’t” feel a certain

way, what we are really saying is that we would not feel that way if we were in the same circumstances. But our experiences and those of the other person are probably not the same. And our personalities are most certainly different.

While it is natural for us to examine situations from our perspective, it can be more helpful and supportive if we offer *empathy* based on what we hold in common. In other words, what makes me happy, unhappy, fearful, and more, may not be the same thing that makes you feel that way, but you have experienced these same emotions at some point. If we connect on that level our understanding increases and we both benefit. The emotions of others can be intimidating and uncomfortable to us sometimes. However, connecting with each other on common ground is not only the compassionate thing to do, but it can benefit the person extending the understanding as much as the person seeking support.

Remember, if you or someone you know is struggling with sadness, grief, anxiety, or other difficult emotions that persist no matter how hard you try, the LifeBridge Senior Program is here for you. We are focused exclusively on the needs of the older adult population and can help with the hard places of life. We are in the Parkview Wabash Medical Office Building and can be reached by calling 260.569.2111.

Amy Miller MSW, LSW
LifeBridge Manager

LifeBridge Bingo

What is it?

It has prizes.

You call out BINGO!

You learn something

about yourself and

how to cope in this

stressful world while you play!!

LifeBridge BINGO!

Living Well Downtown

35 East Market Street, Wabash

Tuesday, June 15, 12:00 PM

Prizes

LifeBridge Bingo will alternate months between Living Well Downtown and Winchester Senior Center.

June is at Living Well Downtown


Breakfast!

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

- Word List:
- BREAKFAST
 - POTATOES
 - OMELET
 - FRUIT
 - TOAST
 - CEREAL
 - FRITTER
 - SYRUP
 - QUICHE
 - HASBROWNS
 - BENEDICT
 - ORANGE
 - WAFFLE
 - TEA
 - EGGS
 - JELLY
 - MILK
 - MUFFIN
 - BACON
 - SAUSAGE
 - JUICE
 - OATMEAL
 - COFFEE
 - DONUT
 - GRITS
 - MELON
 - GRANOLA
 - PANCAKES
 - HAM
 - BRUNCH
 - PASTRY
 - BISCUIT
 - CREPES
 - GRAPEFRUIT
 - MARMALADE
 - YOGURT

**LIVING WELL
IN WABASH
COUNTY
SENIOR BOX**

Do you need assistance to stretch your food budget? Ask about our **Monthly Senior Supplemental Food Program for Low-Income Wabash Co. Seniors** To inquire about program income and asset limits call **(260) 563-4475**





STAND OUT

with a PREMIUM DIGITAL AD on MYCOMMUNITYONLINE.COM



CONTACT US AT 800-950-9952

ARE YOU REACHING THE MEMBERS IN YOUR COMMUNITY?

TO ADVERTISE HERE CALL 800.950.9952 or visit www.lpicommunities.com/advertising

SUPPORT OUR ADVERTISERS!



Living Well in Wabash County COA, Inc. exists to assist Wabash County residents of all ages and abilities in meeting their social, physical, economic, and mobility needs, with an emphasis on adults ages sixty and older.



LIVING WELL IN WABASH COUNTY

239 Bond Street, Wabash, Indiana
www.livingwellinwabashcounty.org
 Wabash County Transit Dispatch: (260)563-7536
 Winchester Senior Center (260) 563-4475
 Living Well Downtown (260) 563-4475
 Community Cupboard (260) 563-4475

WINCHESTER Senior Center	WABASH COUNTY Transportation
LIVING WELL Downtown	COMMUNITY Cupboard