

# JULY 2022



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**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



## LEAVE A LITTLE GLITTER

My husband and I are transplanted Buckeyes. Technically I was transplanted at the age of six from California to Ohio. He is born and bred Buckeye. Lake Erie in the summer is a tradition in the Buckeye State. We recently made our annual trek to Lake Erie for a long weekend.

As we sat in the shade at the beach, we watched all the activity. What struck me the most was the siblings playing. There was a family of three boys, stairsteps like ours. They were about the same age our sons were when we started bringing them to the lake. They were tanned, wiry, and skinny as can be and still be healthy. I recognized the brotherly dynamic between the three of them. As we sat there, I started to get homesick for those days with our three sons. Even as I write this, I am fighting back tears.

As I was missing those boys, I recalled how tired we were daily in those years. Our pace today is more relaxed, but with three growing boys there was no rest from loads of laundry, grocery shopping with a cart piled high with the basics, meal planning, cooking, clean up, and settling disputes, as well as nurturing and enjoying them.

As a stay-at-home mother I made meals on a budget. Most of us can relate to that. Food budgeting was a balancing act. Clipping coupons was an art form. Meals for the week were based upon what was on sale. Thinking about the massive amounts of food carried in from the car is overwhelming. I can still see them bringing in bag after bag all the way through the house. I hear the paper and plastic bags as the boys hurried in and out of the front door to get the chore done. I told them never to complain about carrying groceries.

We were in a meal co-op with two other families. Each of us cooked and delivered a meal once a week. The mothers loved it and most of the time the families did too. Prior to the co-op the boys would whine about what was served. It was wonderful being able to say, I cannot help it. That is what we are having tonight for supper. I recall one of the boys telling his friend who stayed to have supper with us to not complain if he did not like an item, just pass the dish to the next person and skip the comments.

As the parents of the three young boys on the beach told them to pack up to the wagon to leave, I watched as sand was being dumped from containers. Shoes were being smacked together and turned upside down to remove the sand. Towels were given a good shake to remove sand. Smiling with the routine I knew they would find sand everywhere back at their destination. As they walked off, the youngest boy was carrying a towel that was



three times as big as he was. It dragged behind him like a king's cape. I miss that too.

I remember once using garbage bags to protect the car seats and the van when the boys were covered in mud after a ball game. I drove home but gave strict instructions not to go into the house. We headed behind the house to find the garden hose. They got a good spraying before being allowed to enter the house. I miss the laughter.

It just seems like sand, dirt, and mud come with children. On the day we were moving from Chillicothe, I sat on the stairs of our home and just sat and thought for a moment. My eye caught a glimpse of something shiny.

It was piece of glitter from a homemade costume the previous Halloween. I knew we should not have used glitter, but that too was fun, and now a good memory.

As I closed the house, loaded the boys in our red van, and looked back at the house I could not help fighting back the tears. Two sons were born there. There had been a lot of fun and laughter as well as tears in that home.

It was time to move on. That is what I also told myself as we sat at the beach at Lake Erie.

Life is like that glitter. It is okay to leave a sparkle behind.

*Beverly Ferry*

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## SALMON & ASPARAGUS SHEET PAN BAKE

Salmon is a great source of vitamin D anytime of the year.

Prep time: 5 minutes; Cook time: 15 minutes Servings: 2; Net carbs: 4.41



- 1 bunch thin spear asparagus
- 1 tablespoon, plus 1/4 teaspoon, extra-virgin olive oil
- 1/8 teaspoon salt, divided
- 2 salmon fillets (4 oz. each), no more than 3/4-inch thick
- 1 pinch black pepper
- 3 tablespoons olive oil-based mayonnaise
- 1 tablespoon lemon juice
- 1 teaspoon Dijon mustard
- 1/4 teaspoon minced or pressed garlic
- 1 tablespoon grated Parmesan cheese

**Heat oven to 425 F.**

Wash asparagus and remove woody ends. Place on rimmed baking sheet and toss with 1 tablespoon olive oil and pinch of salt. Arrange in single layer, leaving space for salmon. Place salmon skin-side down on sheet. Brush with remaining olive oil and season with remaining salt and pepper.

Place in oven and bake 12 minutes.

In small bowl, combine mayonnaise, lemon juice, mustard and garlic.

Remove sheet pan from oven, sprinkle asparagus spears with cheese and cook 3 minutes, or until fish reaches 145 F and asparagus spears are tender and beginning to brown on tips.

Plate one fillet and half the asparagus, drizzle each plate with about 2 tablespoons mayonnaise sauce and serve.

Source: Atkins. (Courtesy of Family Features, Photo courtesy of Getty Images) ©LPI

## SIMPLE SALAD DRESSING

Yield: about 1 cup

- 2/3 cup vegetable oil
- 1/3 cup rice wine vinegar
- 1-1/4 teaspoon salt
- 1/4 teaspoon pepper

Combine all ingredients in a jar with a tight-fitting lid. Refrigerate until serving. Serving over your favorite green salad. ©LPI

## Holiday Office Hours

### LIVING WELL IN WABASH COUNTY CoA, Inc.

Wabash County  
Public Transit  
Winchester Senior Center  
Living Well Downtown  
Community Cupboard Pantry

**WILL BE CLOSED  
MONDAY, JULY 4TH**





**Independence Day**

Word Search grid with words highlighted in various colors and orientations. The grid contains words such as: AMERICA, LIBERTY, FIREWORKS, HOLIDAY, PATRIOTIC, REVOLUTION, SUMMER, WHITE, BRITAIN, FIREWORKS, HOLIDAY, LANDOFTHEFREE, PATRIOTIC, REVOLUTION, SUMMER, WHITE, BLUE, DECLARATION, FREEDOM, JULY, PARADE, RED, STRIPES, USA, BARBECUES, COLONIES, FOURTH, INDEPENDENCE, OLIOGLORY, PICNICS, STARS, UNITED, UNCLESAM, PHILADELPHIA, SPARKLERS, HOME OF THE BRAVE, CELEBRATE, FLAG, AMERICA, LIBERTY, PHILADELPHIA, SPARKLERS, UNCLESAM, HOME OF THE BRAVE, CELEBRATE, FLAG, AMERICA, LIBERTY, PHILADELPHIA, SPARKLERS, UNCLESAM.

- Word List:**
- AMERICA
  - BARBECUES
  - BLUE
  - BRITAIN
  - CELEBRATE
  - COLONIES
  - DECLARATION
  - FIREWORKS
  - FLAG
  - FOURTH
  - FREEDOM
  - HOLIDAY
  - HOME OF THE BRAVE
  - INDEPENDENCE
  - JULY
  - LANDOFTHEFREE
  - LIBERTY
  - OLIOGLORY
  - PATRIOTIC
  - PHILADELPHIA
  - PICNICS
  - RED
  - SPARKLERS
  - STARS
  - STRIPES
  - UNITED
  - USA
  - UNCLESAM
  - WHITE

**ANSWER KEY FROM PAGE 10**



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239 Bond Street, Wabash, Indiana 46992

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# JULY 2022 ACTIVITIES & EVENTS

**DON'T CALL IT EXERCISE.  
CALL IT FUN**



Living Well Winchester Senior Center  
239 Bond Street, Wabash

**LINE DANCING**

Wednesdays at 8:30 a.m.



**YOGA**

Tuesdays at 5:30 p.m.

\$10/session



**LOW-IMPACT**

**FITNESS with MJ**

Mondays and Thursdays 9:45

Wednesdays at 3:00

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you.

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center.com**

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in Wabash  
County

Living Well  
Winchester  
Senior Center  
239 Bond Street,  
Wabash



Song and Piano Man

**SAM  
PIERCY**

Thursday, July 7  
1:00 PM

Living Well Winchester Senior Center  
239 Bond Street, Wabash

**July Birthday Party**



**KENT  
YOUNG**

On guitar

Thursday, July 14 at 1:00

Living Well Winchester Senior Center  
239 Bond Street, Wabash



**Adam  
Rogers**

Guitar

Wednesday, July 27

During Lunch (11:00)

Winchester Senior Center  
239 Bond Street, Wabash

AND

With a Ice Cream Social the Same Day

**2:00 PM**

At Living Well Downtown  
35 East Market Street, Wabash

  
Guardian Angel HOSPICE

**PURDUE EXTENSION**

**STAYING SCAM SAFE**

Wednesday, July 13

4:00 pm

Living Well Downtown

Don't be a Scam Victim.  
Learn to safely use technology  
to reduce your risk.  
Learn how to identify and  
prevent common scams

**PURDUE EXTENSION**

**POISON SAFETY  
FOR SENIORS**

Thursday, July 28

1:00

Winchester Senior Center  
Created by the  
Indiana Pest Control Center

Information specifically  
for seniors on  
Household poisons,  
How to stay safe, and  
How to properly discard  
old medication.

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PROGRAM**



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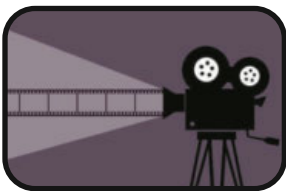
## DO DROP IN

Take a break from the heat and drop in for puzzles, games, TV, or just "Do Drop In" and enjoy the beautiful downtown view.

## Living Well Downtown

35 East Market St.  
Wabash

**Tuesdays**  
1:00-6:00 pm  
**Wednesdays**  
1:00—6:00 pm



## MOVIE MONDAY MATINEE

July 11 at 3:30

Free at Living Well Downtown



## POP IN FOR POPCORN First Fridays

4:00 to 8:00 PM

Living Well Downtown

## T.G.I.F.

**Fridays**

**2:00 to 6:00 PM**

Living Well Downtown

For more information call  
(260) 563-4475

## LIFEBRIDGE BINGO

# BINGO

Thursday, July 7  
12:00 PM

Prior to Sam Piercy Performance  
Winchester Senior Center  
239 Bond Street, Wabash

AND

# BINGO

Wednesday, July 20  
3:00 PM

Living Well Downtown  
35 East Market Street, Wabash

Presented by  
Parkview Wabash LifeBridge

*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!!*

## EUCHRE \$1



12:00

**Mondays,  
Wednesdays, Fridays**

Living Well Winchester  
Senior Center  
239 Bond Street, Wabash

## JULY BINGO



## WHITE ELEPHANT BINGO

Thursday, July 14, at 11:30

Bring a White Elephant Prize (anything)

Winchester Senior Center  
239 Bond Street, Wabash

## BINGO PARTY

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



## BINGO & POPCORN

Tuesday, July 19, 1:30



Living Well Downtown

**35 East Market Street, Wabash**



## GROCERY BINGO \$1

Thursday, July 28  
at 11:30  
Winchester Senior Center



**FOOTCARE \$25**  
Living Well Winchester  
Senior Center

By Appointment  
Call (260) 563-4475

\$25

Bring your own basin and towel





# JULY 2022 Senior Programs for Winchester Senior Center and Living Well Down

Lunch Provided by Reservation Monday - Thursday at 11:00  
Call 260-563-4475 or sign up at the center at least 2 full business day

<p><b>Monday</b> 9:45 Low Impact Fitness 11:00 *Lunch* 12:00 Euchre \$1</p>	<p><b>Tuesday</b> 11:00 *Lunch* 5:30 Yoga, \$10</p> <p><b>DO DROP IN 1-6 p.m.</b> Living Well Downtown</p>	<p><b>Wednesday</b> 11:00 *Lunch* 12:00 \$1 Euchre 3:00 Low Impact Fitness</p> <p><b>DO DROP IN 1-6 p.m.</b> Living Well Downtown</p>	<p><b>Thursday</b> 9:45 Low Imp 11:00 *Lunch*</p>
<p>4</p>	<p>5</p>	<p>6</p>	<p>7 12:00 LifeBr  1:00 Sam Pie Winchester Se</p>
<p>11</p>	<p>12</p>	<p>13  <b>Purdue Extension</b> <b>STAYING SCAM SAFE</b> 4:00 pm Living Well Downtown</p>	<p>14  1:00 Birtho <b>Kent Young</b> Winchester Se</p>
<p>18  <b>MOVIE</b> <b>MONDAY</b> <b>MATINEE</b> 3:30 Living Well Downtown</p>	<p>19  <b>Popcorn &amp; Bingo 1:30</b> Living Well Downtown</p>	<p>20</p>	<p>21  1:00 Rolling <b>BINGO I</b> Winchester Se</p>
<p>25</p>	<p>26</p>	<p>27 Adam Rogers will play guitar and sing during lunch Winchester Senior Center  Adam Rogers 2:00 And Ice Cream Social Living Well Downtown</p>	<p>28 11:30 Grocer  Purdue E <b>POISON S</b> <b>FOR SE</b> 1:0 Winchester Se</p>



**Downtown**  
 by donation  
 in advance.



# TRANSIT TIPS

<p><b>act Fitness</b> *</p>	<p><b>Friday</b>  <b>11:00 No Area Five Lunch</b>  <b>12:00 \$1 Euchre</b></p> <p><b>T.G.I.F. 2:00 TO 6:00 PM</b>  <b>Living Well Downtown</b></p>
	<p><b>1<sup>st</sup> Lunch Site Closed</b>  <b>T.G.I.F. 2:00 PM LWD</b></p> <p><b>POP IN FOR POPCORN</b>  <b>DURING FIRST FRIDAY</b>  <b>Living Well Downtown</b></p>
<p><b>idge Bingo</b>   <b>ry Concert</b>  <b>enior Center</b></p>	<p><b>8 Lunch Site Closed</b>  <b>T.G.I.F. 2:00 TO 6:00 PM</b>  <b>Living Well Downtown</b></p>
<p><b>lay Party</b>  <b>on Guitar</b>  <b>enior Center</b></p>	<p><b>15 10:00 –12:30</b>  <b>*Senior Box Distribution*</b></p> <p><b>T.G.I.F. 2:00 TO 6:00 PM</b>  <b>Living Well Downtown</b></p>
<p><b> Meadows</b>  <b>PARTY</b>  <b>enior Center</b></p>	<p><b>22 Lunch Site Closed</b>  <b>T.G.I.F. 2:00 TO 6:00 PM</b>  <b>Living Well Downtown</b></p>
<p><b>ry Bingo \$1</b>  <b>xtension</b>  <b>SAFETY</b>  <b>NIORS</b>  <b>0</b>  <b>enior Center</b></p>	<p><b>29 Lunch Site Closed</b>  <b>T.G.I.F. 2:00 TO 6:00 PM</b>  <b>Living Well Downtown</b></p>

## Plan Ahead...

When scheduling rides, calling days, weeks, or even a month prior to the appointment is helpful. If you know it a month in advance you can call us, but if your plans change you must call to change or cancel the ride. That frees up the spot for another rider who needs it. Calling the same day, the last minute, limits our ability to provide rides or adjust the schedule.

## Flexibility...

Please tell the dispatcher if you can be flexible as to the time or even the day of the trip.

## Assistance...

Drivers can help you from the outside doors to the vehicle, but cannot go inside to look for you or help you. You must be ready and watching for them.

## Bring a helper...

Do you need help getting ready to leave your house or getting inside your destination? An assistant or helper for you rides free of charge. Please tell the dispatcher at the when scheduling the ride.

## Bag Limit...

Riders are limited to 4 bags or larger items like cases of pop. An additional fee of \$3/bag or item is charged for anything over the limit.

Bring shopping bags to make it easier and cheaper for you. The plastic bags at stores are not strong and so you could end up with multiple items which could easily fit into a larger reusable shopping bag.

The exception to this is with food pantries which limit people to once a month. Understanding that situation, we will transport what you are given by pantries. We also provide free transportation for all ages to and from any pantry or soup kitchen.

## Service Animals...

are allowed without charge. Please tell our dispatcher at the time of scheduling the ride.

## Pets...

Pets are allowed in cages and are charged the public transit rate for the ride. Drivers will not carry the pets. It is up to the rider to do so. Please tell the dispatcher when scheduling the ride.

# Independence Day

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

**Word List:**

- |                   |              |             |                  |
|-------------------|--------------|-------------|------------------|
| AMERICA           | BARBECUES    | BLUE        | BRITAIN          |
| CELEBRATE         | COLONIES     | DECLARATION | FIREWORKS        |
| FLAG              | FOURTH       | FREEDOM     | HOLIDAY          |
| HOME OF THE BRAVE | INDEPENDENCE | JULY        | LAND OF THE FREE |
| LIBERTY           | OLD GLORY    | PARADE      | PATRIOTIC        |
| PHILADELPHIA      | PICNICS      | RED         | REVOLUTION       |
| SPARKLERS         | STARS        | STRIPES     | SUMMER           |
| UNCLE SAM         | UNITED       | USA         | WHITE            |

Answer Key is on Page 5

## WINCHESTER SENIOR CENTER IS NOW AVAILABLE TO RENT

### RENTAL RATES as of July 1, 2022

Basic Rental of 4 hours Saturdays.....	\$200
Basic Rental of 4 hours Sundays.....	\$300
Additional Hours beyond 4 hours.....	\$75/hour
Refundable Deposit .....	\$150
Non-refundable Cancellation fee.....	\$25

The facility is only a confirmed rental when the deposit and rental fees are paid 100% and contract signed.

We do not have maintenance assistance after hours.

There is no microwave . Steam tables cannot be used.

Main room, lobby (not the office), restrooms, and kitchen are the area rented.

- Stove, Refrigerator, and Oven can be used.
- No rentals on holidays and no wedding rentals.
- No tobacco or alcohol on premises.
- No staples or confetti allowed.
- Please respect the work of others and do not disturb decorations, puzzles, or the lobby office area.

- Do not use the player piano or move the pianos.
- Renter must return tables and chairs as they were prior to the event.
- Renter is responsible for cleaning all areas used:
  - Vacuum with sweeper provided.
  - Clean all spills and areas used.
  - Check restroom; clean any messes.
  - Remove all trash; trash bags provided.
  - Dumpster is outside on south east side of facility.
- Upon completion of cleaning and you are ready to leave call the staff member with the provided contact information.
- Do not leave the building unattended.
- If all is left in good condition as requested, your deposit fee will be returned to you via check during our next AP check run.

**Call (260) 563-4475  
during business hours to check on availability.**

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](http://www.mycommunityonline.com)





## JULY THIS DAY IN HISTORY

July 1, 1979: Sony introduced the Walkman.

July 2, 1962: Wal-Mart Discount City opened in Rogers, Arkansas. It was the first Walmart store in the country.

July 3, 1922: "Fruit Garden and Home" magazine was introduced but was later renamed "Better Homes and Gardens."

July 4, 2004: In New York, the cornerstone of the Freedom Tower (One World Trade Center) was laid on the former World Trade Center site.

July 5, 1975: Arthur Ashe became the first black man to win a Wimbledon singles title when he defeated Jimmy Connors.

July 6, 1948: Frieda Hennok became the first woman to serve as the commissioner of the Federal Communications Commission.

July 7, 1981: Ronald Reagan appointed Sandra Day O'Connor to the U.S. Supreme Court, the first woman to be appointed to the highest court in the U.S.

July 8, 2011: Space Shuttle Atlantis was launched for the last time.

July 9, 1962: Andy Warhol's iconic Campbell's Soup Cans made their debut at the Ferus Gallery in Los Angeles, California.

July 10, 1991: Boris Yeltsin took the oath of office, becoming the first popularly elected president in Russia's thousand-year history.

July 11, 1914: Babe Ruth made his MLB debut with the Boston Red Sox.

July 12, 1967: Race riots break out in

Newark, New Jersey, killing 26 people and injuring several others.

July 13, 1985: Held simultaneously in London and Philadelphia, the Live Aid concert raised millions in benefit of those affected by famine in Ethiopia.

July 14, 1789: The fall of the Bastille occurred at the beginning of the French Revolution.

July 15, 1973: Nolan Ryan of the California Angels became the first pitcher in two decades to win two no-hitters in a season.

July 16, 1935: Oklahoma City became the first city in the U.S. to install parking meters.

July 17, 1950: The television show "The Colgate Comedy Hour" debuted featuring Dean Martin and Jerry Lewis.

July 18, 1985: At the age of 23, Jack Nicklaus II made his playing debut on the pro golf tour at the Quad Cities Open in Coal Valley, Illinois.

July 19, 1946: Marilyn Monroe acted in her first screen test.

July 20, 1969: A global audience watched on television as Apollo 11 Astronaut Neil Armstrong took his first step onto the moon.

July 21, 1899: Ernest Hemingway was born in Oak Park, Illinois.

July 22, 1934: Bank robber John Dillinger was shot and killed by FBI agents in Chicago.

July 23, 1952: Egyptian army officers launched a revolution changing Egypt from a

monarchy to a republic.

July 24, 1956: Dean Martin and Jerry Lewis ended their team after a decade together.

July 25, 1943: Mussolini was deposed two weeks after the Allied attack on Sicily.

July 26, 1856: Irish playwright George Bernard Shaw was born in Dublin, Ireland.

July 27, 1953: The Korean War ended with the signing of an armistice by U.S. and North Korea.

July 28, 1998: Monica Lewinsky received immunity from prosecution to testify before a grand jury about her relationship with U.S. President Clinton.

July 29, 2005: Astronomers announced that

they had discovered a new planet, Xena, in orbit around the sun.

July 30, 1956: The phrase “In God We Trust” was adopted as the U.S. national motto.

July 31, 1928: MGM’s Leo the lion roared for the first time. ©LPi



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# MELANOMA CAN'T WAIT

## What Everyone Should Understand About This Deadly Cancer

While the summer months often serve as an important reminder on the dangers of sun exposure, many people may not realize that skin cancer can happen to anyone at any time of the year. With more than five million new cases diagnosed each year, skin cancer is the most common cancer in the U.S. In fact, one in five Americans will develop skin cancer by the age of 70.

There are many different types of skin cancer, and while the majority can be relatively slow growing, melanoma, the faster growing cancer, is an exception to this rule. For every 30 days that early-stage melanoma treatment is delayed, there is a negative impact on overall survival.

As summer kicks off, it's a great time to learn about advances in skin cancer detection and the proactive measures everyone can take throughout the year to monitor for and prevent skin cancer.

### **Advances in Skin Cancer Detection No Scalpel Needed:**

For decades, biopsies have been the standard way to test growing skin spots or suspicious moles for melanoma but using a scalpel to remove a portion of the mole is not always necessary, can be painful, and can leave scarring behind. What's more, of the 4.5 million biopsies performed annually, only around 180,000 cases of melanoma are detected, or 1 melanoma for every 25 biopsies.

Today, however, advances in science and the precision of genomics enable melanoma to be detected at the earliest stages without a biopsy using a non-invasive adhesive patch test. This adhesive patch test, made by DermTech, collects skin cells from the surface of an entire lesion without a biopsy and reduces the chance of missing a melanoma to less than 1%, where a biopsy has as high as a 17% chance of missing a melanoma.

"Being able to rule out melanoma without a biopsy is an option every patient should know about," said Nora, a melanoma survivor. "Having this testing option can mean greater peace of mind and help eliminate unnecessary watching, waiting, worrying and even scarring."

"It is critical to catch and treat melanoma early for the best chance of survival. Having this adhesive patch test offers a way to effectively rule out melanoma and objectively assess a suspicious lesion

in a non-invasive manner," said Dr. Julie Karen, a board-certified dermatologist in New York City who specializes in skin cancer and laser surgery. "This test is also a critical tool that can be extraordinarily helpful when practicing dermatology via telemedicine, as a doctor can order the test to be sent to the patient's home to be administered by the patient under their doctor's supervision, and results are achieved within a few days after test completion."

### **How to Spot Skin Cancer (Hint: Check Often):**

Dr. Karen shared that, "The good news is, there are a few simple steps people can take to be vigilant about finding melanoma in its early stages. I stress each of these key actions with all of my patients, but everyone can and should implement these as part of their regular health habits, because melanoma won't wait."

"When I saw a new spot on my shoulder during a self-exam, I called my physician immediately and it was diagnosed as melanoma. I encourage everyone to know their skin, check it often and advocate for yourself if something doesn't look right," added Nora.

### **1. Perform Regular Self-Exams and Note Observations**

Performing regular skin self-exams allows a person to more easily spot new growths or abnormal changes in existing moles and freckles. It is best to write down notes on changes you observe and take photos to keep track of changes or concerning areas. Any spot, new or old, that is changing in appearance or symptoms or stands out should be immediately brought to the attention of a physician.

### **2. Remember Your ABCs as You Assess Your Moles**

If you're trying to determine when to see a dermatologist about one of your moles, let the rules of ABCDE guide you.

**A**symmetrical: One half is different than the other.

**B**order: Irregular, scalloped or poorly defined border.

**C**olor: Varied tones from one area to another.



May include shades of tan, brown, black, white, red, or blue.

**Diameter:** Melanomas are typically 6 millimeters or larger.

**Evolving:** A mole or skin lesion that looks different from the rest or is changing in size, shape, or color.

### 3. Visit A Dermatologist Every Year

A visit to the dermatologist for a full-body skin check is recommended on an annual basis even for completely healthy individuals who have no history of skin cancer. However, if you find something suspicious during your self-exam, don't wait for your annual visit.

Finally, Dr. Karen stresses that, "If an in-person visit isn't possible, virtual telehealth visits are always, without question, a better option than delaying a visit with your dermatologist, especially if you have a concerning lesion or skin spot."

For more information on the importance of early melanoma detection, visit: [dermtech.com/early-melanoma-detection](http://dermtech.com/early-melanoma-detection).  
(Courtesy of Brandpoint) © LPi



## BLANKET BINDERS

Tuesday, August 2

9:00 a.m.—3:00 PM

Open to any sewer who would like to quilt. The quilts are donated to be given to clients locally served by other local agencies.

Our quilters are all ages who like to sew and have a heart for others.

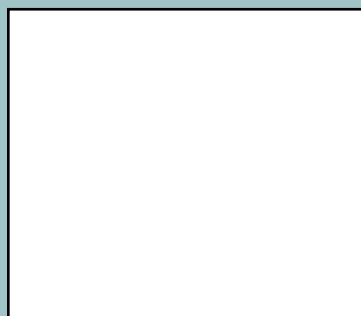
Each sewer brings a dish to share in a potluck lunch.

**Blanket Binders Meets every other month.**

260-563-4475

239 Bond Street, Wabash, Indiana 46992

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# AREA FIVE AGENCY SENIOR MENU

# JULY 2022

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**1**  
MEAL SITE  
CLOSED  
ENJOY YOUR  
DAY!

**DID YOU KNOW?**  
July is sometimes called the "Hay Month" because the grass dries out due to a lack of rain and can be harvested into hay.

**5**  
Chicken Strips  
California Blend  
Vegetables  
Blueberries  
Dessert  
Roll  
Milk



**8**  
MEAL SITE  
CLOSED  
ENJOY YOUR  
DAY!

**7**  
Chicken Salad  
Baked Chips  
Pickle Spears  
Dessert  
Bun  
Milk

**6**  
Hotdog with Relish  
Bean Salad  
Fruit Cup  
Dessert  
Bun  
Milk

**12**  
Turkey & Swiss  
Hoagie  
Kidney Bean Salad  
Watermelon  
Dessert  
Milk

**11**  
Scalloped Potatoes  
with Diced Ham  
Green Beans  
Cinnamon Peaches  
Dessert  
Roll  
Milk

**15**  
MEAL SITE  
CLOSED  
ENJOY YOUR  
DAY!

**14**  
BBQ Chicken  
Baked Beans  
Coleslaw  
Dessert  
Cornbread  
Milk

**13**  
Cheese Omelet  
Buttery Diced  
Potatoes  
Mandarin Oranges  
Dessert  
Biscuit  
Milk

**19**  
Chef Salad (with  
Ham, Turkey & Egg)  
Cup of Soup  
Dessert  
Bran Muffin  
Milk

**18**  
Walking Taco  
Beef Taco Meat  
Lettuce & Tomatoes  
Salsa/Sour Cream  
Diced Pineapple  
Dessert  
Corn Chips  
Milk

**22**  
MEAL SITE  
CLOSED  
ENJOY YOUR  
DAY!

**21**  
Chicken Parmesan  
Spinach Salad  
Diced Pears  
Dessert  
Breadstick  
Milk

**20**  
Chopped Steak  
Brown Mushroom  
Gravy  
Mashed Potatoes  
Cauliflower  
Dessert  
Wheat Bread  
Milk

**26**  
Pork Chop  
Rice Pilaf  
Broccoli  
Frozen Fruit Juice  
Roll  
Milk

**25**  
Sloppy Jo  
Green Beans  
Blushed Pears  
Dessert  
Bun  
Milk

**29**  
MEAL SITE  
CLOSED  
ENJOY YOUR  
DAY!

**28**  
Chicken Burger  
Sweet Potatoes  
Cucumber  
Watermelon Salad  
Dessert  
Bun

**27**  
Ham & Beans  
Spinach  
Corn Bread  
Dessert  
Milk

**23**  
Walking Taco  
Beef Taco Meat  
Lettuce & Tomatoes  
Salsa/Sour Cream  
Diced Pineapple  
Dessert  
Corn Chips  
Milk