

AUGUST 2022



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

**P.O. Box 447, 239 Bond Street,
Wabash, IN 46992**

www.livingwellinwabashcounty.org

**Wabash County Public Transit Dispatch
(260) 563-7536 Toll Free (888) 498-4400**

Living Well Winchester Senior Center

Living Well Community Cupboard

Living Well Downtown

(260) 563-4475



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From My Perspective

By Beverly Ferry, CEO

Living Well in Wabash County

THE GIFT OF DOWNSIZING



Downsizing is a gift we can give our children. For some people it is easier than others. Several years ago, on a visit home, our middle son, Cliff, looked at me and said, "If you love me, you will clean out the attic. Get rid of that stuff so I won't have to."

I fell in love with old homes and antiques from reading mysteries set in Victorian homes and in my summer expeditions to my grandparents' home in the Finger Lakes Region of New York. While the adults were visiting upstairs in the kitchen, I explored every inch of the house from the roof to the basement/cellar. I remember the stairs getting smaller and smaller the closer you got to the opening to the widow walk, which had been nailed shut years ago. I thought it fascinating.

I entered the cellar through an old, creepy entrance on the side of the house. I was certain I was in one of mysteries as I walked through the dark cellar with only a flashlight. I remember being fascinated by two oil lamps filled with marbles and converted to electric lamps when they first got electricity out in the country. I loved the boxes of buttons and the huge painting of my grandmother as an older child framed in a heavy gold painted frame. Those adventures are some of my favorite childhood memories.

Unbeknownst to anyone my grandparents brought in antique dealers who gleaned the best antiques. I am one of the few people who knew what had been there. I do not have any of those items, but I have fond memories of those treasures.

You never know what is important to others. My grandparents never imagined anyone would want their "old" things. They were wrong. I still wish I had that painting of my grandmother. Thankfully, I remember it.

I learned my own valuable lesson to ask before selling or discarding anything. In my case it was a small ship in a bottle given to Nick by his Great Aunt. It was in a box of miscellaneous items. I had no idea it was important to him. I have overcorrected by collecting three of everything (sets of china, crystal, nativities, and more) to make sure

everyone can have what they might want.

My love of antiquing and hunting for treasures is rooted in those summer expeditions and those childhood mysteries. For almost thirty years we have lived in a Victorian home. I have loved collecting and decorating with treasures I could have found in that cellar or read about in those mysteries I enjoyed so much.

My first "finds" were a large gold framed mirror from the 1920's in wonderful condition and crystal goblets at a garage sale on my birthday. The goblets had stars cut into each, became known as the birthday crystal, and became a part of every birthday. That started me on a hunt to find more pieces which led me to antique stores. I was surprised to discover these were part of the Candlewick line, my mother's crystal. That was the beginning.

Collecting is fun and fine up to a point. Recognizing that point is the challenge. Nick and I are in the stage of life where we should be downsizing rather than adding, but it does not always go that way.

Downsizing is not cut and dried. Emotions make it difficult, and it is easy to get lost in memories or to sit down and read the yearbook. Meanwhile two hours have gone by, and you have not gotten much done.

My parents ignored the downsizing stage of life. They still had all their camping gear even though they had not used that huge, green canvas tent in fifty years. Each time their coffee pot died; they kept the glass carafe. They had a closet that was a veritable museum of Mr. Coffee boxes. Some decisions to pitch were easier than others.

It was the sentimental items that bogged me down. They saved greeting cards. It was fun seeing signatures through the years and emotional seeing the signatures and notes from loved ones long passed. I remember being young and Dad having me sign a card for Mom. I found that card with my "signature." It is easy to get lost walking down memory lane.

When Mom and Dad had to relocate for Dad's health, Mom had no time for closure. That made it difficult for her. She would make the two-hour drive to sort and get bogged down in memories and sentiment. Downsizing, deciding what to keep and what to let go, can be gut-wrenching. My parents just could not do it and so when it came time to put the house on the market it fell to Nick and me because we lived the closest. We set aside one weekend, not enough time to sift through a lifetime.

We had two of the biggest dumpsters I have ever

seen. We had to deal with a household of well-organized items, such as foil, saran wrap, and bread bags Mom faithfully washed, dried, and reused for years. There were towers of "Cool Whip" bowls in the cupboard. There were jars of nails, buttons, twist ties, paper clips and more in baby food jars. We found every pencil from the last sixty years that had two to three inches of lead. We worked so hard Nick had to take me to the ER Sunday morning because my back went on strike. We swore we would not do that to our sons, but that was easily forgotten.

We had furniture and boxes Mom wanted in Wabash, filling two storage units. When she asked about something I told her it was in storage, even if it had been discarded. I did not have the heart to tell her it was gone. My eldest brother came from Maryland to "help." He filled our living room with boxes for me to sort after he left. Procrastination flourishes when sorting through a lifetime.

Mom and Dad hated the thought of their items being in a garage sale which complicated decision making for me. A lot of it went to help people get on their feet. After all this time we still have boxes of their miscellaneous items stored in corners of the

basement and in the attic. I ignored the boxes for a couple of years.

Our church announced there would be a rummage sale. Nick made a not-so-subtle hint that I start with Mom's boxes.

The church rummage sale was the perfect time to finish going through those boxes as well as the perfect time for me to start sorting through our boxes, cabinets, and drawers. Deciding what to keep and what to purge took less time than the time it took to wrap and pack items to donate. The closets of old clothes were a museum of past fashion, weight gain and loss, and the illusion that I would wear them again.

A big attic and lots of closets made it easy to keep everything. Now we must go through forty years of "stuff." Thanks to the motivation of the church rummage sale, I have a good start at the sorting Cliff pleaded with me to do, but it is just that, a start.

With perseverance Cliff might get his wish.

Beverly Ferry

260-563-4475

239 Bond Street, Wabash, Indiana 46992

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Living Well in Wabash County, Wabash, IN A 4C 01-1456

At the Beach

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

Word List:

BEACH	BEACHBALL	BOARDWALK	BOAT
FAMILY	FRISBEE	SHORE	WAVES
SWIMSUIT	UMBRELLA	LAKE	LIFEGUARD
OCEAN	POPSICLE	RELAX	SUN
SUNSCREEN	SWIM	SUNTAN	SUNBURN
SUNGLASSES	SURF	SANDCASTLE	SHELL
SANDALS	SEAGULL	TAFFY	TRUNKS
TOWEL	BLANKET		



Living Well in Wabash County

COMMUNITY CUPBOARD PANTRY

is open to low-income Wabash County households of all ages.

CALL (260) 563-4475

to schedule an **appointment**. Located at 239 Bond Street in Wabash at Winchester Senior Center.



Living Well in Wabash County CoA's Senior Supplemental Food Box

might be a resource for you.

It is for Wabash County residents, age 60 and older meeting limited income and asset requirements.

Proof of income and residency are required with the application.

Assets are taken into consideration, but the home you are living in and one car are not counted. This program is for Wabash County seniors who do not have a safety net, who are without additional rental income, assets or investments.

Applications are available at Living Well Winchester Senior Center and Living Well Downtown. To find out about income, age, and asset guidelines or to get an application, call (260) 563-4475.

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239 Bond Street, Wabash, Indiana 46992

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HAPPENINGS IN AUGUST

PURDUE EXTENSION

**Presented by
MINDY MAYES**

SPEND SMART EAT SMART

**Wednesday
August 10
4:00 PM**

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

PURDUE EXTENSION

**Presented by
MINDY MAYES**

SLEEP ON IT: WHY SLEEP MATTERS

**Thursday
August 25
1:00 PM**

**Winchester
Senior Center**
239 Bond Street,
Wabash



EUCHRE~\$1

**12 NOON
Mondays
Wednesdays
Fridays**

Living Well Winchester Senior Center
239 Bond Street, Wabash

Blanket Binders

**Tuesday,
August 2,
From 9-3**



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

Living Well Winchester Senior Center
239 Bond Street, Wabash



"Fellowship with Peers"

Is cited by seniors as what
they like about their senior center.

CHECK IT OUT:

**Winchester Senior Center and
Living Well Downtown.**

**Reconnect with Old Friends
Make new Friends
Enjoy Life-Long Learning
Discover and Pursue Your Potential!**



**Piano Man
Sam Piercy
First Thursday
August 4 at 1:00**



**MUSIC
from the
Rat Pack
And
Vegas Era**

Living Well Winchester
Senior Center
239 Bond Street, Wabash



August Birthday Party

**Thursday,
August 11, 1:00**

Musical Entertainment



By Mrs. Kate

Please R.S.V.P.
(260) 563-4475

Winchester Senior Center
239 Bond Street, Wabash



Adam Rogers

**Provided by Guardian
Angel Hospice**

**Wed. Aug. 24,
During Lunch
(11:00)**

Winchester Senior Center
239 Bond Street, Wabash

AND...

2:00 PM

**With an Ice Cream Social
the Same Day**

At Living Well Downtown
35 East Market Street, Wabash

AUGUST BINGO



WHITE ELEPHANT BINGO

Thursday, August 11
11:30

Bring a White Elephant Prize (anything)
Living Well Winchester Senior Center
239 Bond Street, Wabash

BINGO PARTY



August 18 at 1:00

Living Well Winchester
Senior Center
239 Bond Street, Wabash

Hosted by Rolling Meadows

BINGO WITH BEN Tues., August 30, 1:30

Living Well Downtown
35 East Market Street, Wabash



GROCERY BINGO \$1

Thursday, August 25
at 11:30

Living Well Winchester Senior Center

LIFEBRIDGE



Thursday, August 4 at 12:00 PM Presented by Amy Miller

Living Well Winchester Senior Center
239 Bond Street, Wabash

90° Afternoons

Living Well Downtown is
Open as a Cooling Center

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

LIVING WELL DOWNTOWN

35 East Market Street, Wabash

First Friday in August
August 5, 4:00 to 8:00 PM

POP IN FOR POPCICLES

Living Well Downtown
35 East Market Street, Wabash

T.G.I.F.

2-6:00 pm Fridays
Living Well Downtown

DO DROP IN

Tuesdays &
Wednesdays

1:00-6:00 pm

For Puzzles, Games, TV, free
beverage and snacks, or just "Drop In"
and enjoy our beautiful downtown view.

Living Well Downtown
35 East Market Street, Wabash

Tech Talk

ASK A TEENAGER Tuesday, August 23

Bring your
devices and
your questions
Heartland Career
Center Tech
students will be
here to assist you.

9:30—10:30

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

1:00—2:00

At Living Well
Downtown
35 East Market
Street, Wabash



FOOTCARE

Living Well
Winchester
Senior Center

By Appointment
Call
(260) 563-4475

\$25—Bring
your own
basin and
towel

August 2022 Winchester Senior Center and Living Well

Lunch by Reservation (call 260-563-4475 or sign up at the center at least 1 full business day in advance)

	Monday 9:45 Low Impact Fitness 11:00 *Lunch* 12:00 Euchre \$1	Tuesday 11:00 *Lunch* 5:30 Yoga, \$10 Do Drop In 1-6:PM Living Well Downtown 35 East Market Street, Wabash	Wednesday 8:30 Line Dancin 11:00 *Lunch* 12:00 \$1 Euchre 3:00 Low Impact Do Drop In 1-6
<div data-bbox="89 472 479 577">  </div> <div data-bbox="97 588 470 735"> WABASH COUNTY PUBLIC TRANSPORTATION </div> <p>Serving All Ages</p> <p>Call Dispatchers to Schedule Rides Monday-Friday 6 a.m. - 5 p.m. (260) 563-7536 or (888) 498-4400</p> <p>Rides are based on availability. Monday-Friday 5:45 a.m. - 6 p.m.</p> <p>All vehicles are handicap accessible.</p> <p>Limit of 4 bags or unbagged items. \$3 surcharge for each over 4.</p> <p>Drivers cannot cross the threshold of your destination or your pick-up point.</p> <div data-bbox="194 1806 357 1890">  </div>	1	2 Blanket Binders 9-3 Winchester Senior Center 239 Bond Street, Wabash 	3 Do Drop In 1:00 to 6:00 PM Living Well Downtown 35 East Market Street, Wabash
	8 MOVIE MONDAY MATINEE 3:00 pm Living Well Downtown 35 East Market Street, Wabash	9 Do Drop In 1:00 to 6:00 PM Living Well Downtown 35 East Market Street, Wabash	10 Do Drop In 1:00 to 6:00 PM Living Well Downtown PURDUE EXTENSION Spend Smart—4:00 PM Living Well Downtown
	15	16 Do Drop In 1:00 to 6:00 PM Living Well Downtown 35 East Market Street, Wabash	17 Do Drop In 1:00 to 6:00 PM Living Well Downtown 35 East Market Street, Wabash
	22	23  Ask a Teenager 9:30-10:00 Winchester Senior Center 1:00—2:00 Living Well Downtown 35 East Market Street, Wabash	24 Do Drop In 1:00 to 6:00 PM Living Well Downtown 35 East Market Street, Wabash
	29	30 Do Drop In 1:00 to 6:00 PM BINGO WITH BEN 1:30 PM MEN'S DISCUSSION GROUP 2:45 Living Well Downtown 35 East Market Street, Wabash	31 Adam Rogers 11: AM during Winchester Senior Center Ice Cream Social Adam Rogers Living Well Downtown 35 East Market Street, Wabash

Well Downtown Activities

(e) • Monday - Friday at 11:00 by donation

ing e et Fitness LWD	Thursday 9:45 Low Impact Fitness 11:00 *Lunch*	Friday 12:00 \$1 Euchre 11:00 *Lunch* T.G.I.F. 2 to 6 PM Living Well Downtown
p In 00 PM downtown reet, Wabash	4 LIFEBRIDGE BINGO 12 PM Winchester Senior Center SAM PIERCY CONCERT 1:00 PM Winchester Senior Center	5 FIRST FRIDAY POP IN FOR POPSICLES 4—8:00 pm Living Well Downtown
p In 00 PM downtown TENSION —Eat Smart PM downtown	11 White Elephant Bingo 11:30 AM Winchester Senior Center 1:00 BIRTHDAY PARTY Kent Young Musical Performance Winchester Senior Center	12 T.G.I.F. 2 to 6 PM Living Well Downtown
p In 00 PM downtown reet, Wabash	18 BINGO PARTY 1:00 PM Winchester Senior Center	19 Senior Box Distribution 10 AM Application Required
p In 00 PM downtown reet, Wabash	25 Grocery Bingo \$1 11:30AM Winchester Senior Center PURDUE EXTENSION 1:00 PM Sleep On It: Why Sleep Matters Winchester Senior Center	26 T.G.I.F. 2 to 6 PM Living Well Downtown

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Social &
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reet, Wabash

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Sat & Sun CLOSED

At Living Well
Winchester Senior Center
239 Bond Street, Wabash



Being Alone Vs. Being Lonely

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

HELLO EVERYONE & HAPPY AUGUST!

The summer is fully here now, along with picnics, popsicles, barbeques, and swimming pools. With the warmer weather comes more opportunities to get out of the house and mingle with other people. Some of us cannot seem to get enough of this socializing while others are more selective in our interactions, but the fact is that we are all hardwired to connect at some level.

Regardless of whether you are the life of the party or prefer quiet 1:1 conversation, a lack of social connection can impact both your physical and emotional health. One source estimates this impact as being greater than obesity, pollution, or excessive alcohol use (source: National Council on Aging *Navigating Social Isolation and Loneliness as an Older Adult*).

One major factor that contributes to the impact a lack of socialization has on our overall health is whether we feel **lonely** a significant amount of the time. Isolation like we experienced during COVID plays a substantial role in contributing to loneliness. Living in a rural area and being separated from close friends and family can increase our isolation and loneliness as well.

So, what is the difference between being alone and being lonely? To begin with, loneliness can happen even when we are surrounded by other people if the conditions are right. This is more likely to occur if we do not feel like we are part of the group, do not fit in somehow, or are depressed however, we are more apt to feel lonely if we are isolated.

Being alone, or in solitude, may or may not include feeling lonely. Many of us can happily spend most of our time in solitude. Having projects to be involved with, enjoying quiet time, or spending time soaking in nature are all aspects of being alone that many of us find beneficial and pleasurable.

The bottom line here is whether we are content and find enjoyment in the time that we have alone. If we are feeling left out, disconnected from others, isolated, ignored, or unimportant we are more likely to feel the negative effects of being alone. If this is the case for you or someone you know, finding ways to connect with others can help. Opportunities to socialize (such as your local senior center!) or volunteer may be more plentiful than you realize and are there to be explored.



Remember, if you or someone you know struggles with loneliness, sadness, grief, anxiety, or other distressing emotions the LifeBridge Senior Program is here for you. We are focused exclusively on the needs of older adults and there is no out-of-pocket expense for our services if you have Traditional Medicare. We are located at the Parkview Wabash Hospital in the Medical Office Building. We can be reached at 260-569-2111.

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

LIFEBRIDGE
Thursday,
August 4 at 11:30

BINGO

Presented by Amy Miller
Winchester Senior Center
239 Bond Street, Wabash

You learn something about yourself and how to cope in this stressful world while you play.

LifeBridge Senior Program, Parkview Wabash Hospital

TRANSIT DRIVERS START AT \$10/HOUR

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 - #8 Able to drive hours at a time.
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 - #11 Pass a criminal background check. No history of violence
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At Winchester Senior Center

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FLAVOR FUSION

Update Summer Classics with Asian-inspired Flair

A distinctive and unexpected ingredient like rice vinegar is an easy way to bring faraway flavors to your favorite summer dishes. This pantry staple adds an Asian-inspired flavor to recipes of all kinds, from steak to shrimp.

Include seasonal produce like cucumbers, bell peppers, and tomatoes to enhance your summer flavor fusions. Pantry staples like black beans and canned corn offer accessible ways to make elevated summer classics.

Find more flavorful ways to put an Asian twist on your summer dishes at nakanoflavors.com.

Sizzling Shrimp Fajita Stir-Fry

Prep time: 15 minutes

Cook time: 10 minutes; Servings: 6

1 1/2 pounds large, raw shrimp, peeled and deveined (21-25 shrimp total)

2 tablespoons soy sauce, divided

4 teaspoons cornstarch, divided

1/4 cup NAKANO Roasted Garlic Rice Vinegar

3 tablespoons hoisin sauce

2 teaspoons grated fresh ginger

3 tablespoons vegetable oil, divided

1 red onion, cut into thin slivers

1 red bell pepper, cut into thin strips

1/2 pound shishito peppers, stemmed

6 warmed corn or flour tortillas

1/2 cup finely shredded red cabbage

1/4 cup thinly sliced green onions

In medium bowl, combine shrimp, 2 teaspoons soy sauce and 2 teaspoons cornstarch; let stand 5 minutes to marinate.

In separate bowl, whisk remaining soy sauce, remaining cornstarch, rice vinegar, hoisin sauce and ginger until blended.

In large nonstick skillet over medium-high heat, heat 1 tablespoon oil until shimmering. Add half of shrimp; cook 1 minute on each side. Transfer to clean bowl; repeat with remaining shrimp. Wipe out skillet with paper towel.

In same pan, heat remaining oil until shimmering. Add red onion, bell pepper and shishito peppers. Cook, stirring, 2-4 minutes until peppers begin to blister.

Add vinegar mixture; cook, stirring, 1-2 minutes, or until sauce is slightly thickened. Add shrimp to pan. Cook, tossing well until shrimp and vegetables are coated with sauce.

Fill tortillas with shrimp mixture, cabbage and green onions.

Spicy Steak and Broccoli

Prep time: 20 minutes

Cook time: 10 minutes

Servings: 6

1 beef tenderloin (1 1/2 pounds), cut into 2-inch cubes

1 tablespoon soy sauce

1 tablespoon cornstarch

1/2 teaspoon ground black pepper

1/2 teaspoon garlic powder

3 tablespoons avocado oil, divided

2 cups multicolored, mini sweet peppers, cut into thin rings

1/4 pound broccolini, cut into 3-inch sections

2 large shallots, chopped

1/4 cup NAKANO Seasoned Rice Vinegar

1 tablespoon sugar

1 teaspoon sambal oelek (Asian-chili garlic sauce) or sriracha

1/4 teaspoon kosher salt

2 teaspoons grated fresh ginger

In medium bowl, combine beef, soy sauce, cornstarch, black pepper and garlic powder.

In large nonstick skillet over medium-high heat, heat 1 tablespoon oil. Add peppers, broccolini and shallots; cook 3 minutes, or until tender crisp. Transfer to clean bowl.

In same skillet over high heat, heat 1 tablespoon oil until shimmering. Add half of beef in single layer. Cook un-

disturbed 2 minutes, or until bottoms are browned. Stir. Cook 1 minute, or until outer surfaces are no longer pink. Transfer to bowl with vegetables. Repeat with remaining oil and beef. Return beef and vegetables to skillet over medium-high heat.

In small bowl, combine rice vinegar, sugar, sambal oelek (Asian-chili garlic sauce) or sriracha, salt, and ginger. Add mixture to pan. Cook 2 minutes, or until sauce is slightly thickened.

Glass Jar Layered Taco Salad

Prep time: 10 minutes

Servings: 1

1/2 avocado

1/4 teaspoon serrano pepper

1 tablespoon cilantro

2 tablespoons NAKANO Organic Seasoned Rice Vinegar

2 tablespoons sesame oil

1 teaspoon lime juice

1/3 teaspoon salt

1/2 cup corn

1/2 cup red cabbage, shredded

1/2 cup jicama, diced

1/2 cup black beans, rinsed

1/2 cup shredded green cabbage

1/2 cup cherry tomatoes, halved

1/2 cup extra-firm tofu, diced

1/2 cup corn chips, crushed

1/2 cup spinach

1 tablespoon queso fresco

In bowl, mash avocado and add serrano pepper, cilantro, rice vinegar, sesame oil, lime juice and salt. Stir to combine.

Build salad in layers of corn, cabbage, jicama, black beans, cabbage, tomatoes, tofu, corn chips, spinach and queso fresco while adding drizzles of dressing between layers.

Pro Flavor-Fusion Tips

The key to a successful stir-fry is to use high heat to quickly cook meats and vegetables in stages without overcrowding

260-563-4475

239 Bond Street, Wabash, Indiana 46992

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the pan. This ensures that veggies stay slightly crisp, and meats develop a delicious sear instead of steaming.

Avocado oil has one of the highest smoke points, making it a great choice for high-heat cooking like stir-frying.

Hoisin sauce, which you can find in the Asian section of most grocery stores, is used frequently in Chinese and Vietnamese cuisine. It's a salty, fermented soybean paste often combined with garlic, chiles and five-spice powder, which adds a sweet, umami-rich, aromatic flavor to the dish.

Shishito peppers are slender, mild, green Japanese peppers available in the produce section of well-stocked grocery stores or Asian markets. If shishito peppers are unavailable, substitute with multicolored mini peppers.

To accommodate those who love a lot of spice and those who prefer less spice, serve mild-to-medium-spicy foods with additional chili sauce on the side.

Swap out heavy, high-calorie salad dressings for a splash of additional flavor with NAKANO rice vinegar.

(Courtesy of Family Features and NAKANO)©LPi



MEN'S DISCUSSION GROUP LAUNCHES IN AUGUST

At Living Well Downtown
35 East Market Street, Wabash

**Tuesday, August 30 at 2:45
(following Bingo with Ben)**

All adult men are welcome.

**Discussion Led/Facilitated by
Ben Hudson, Humana Representative**



THE PEGGY F. MURPHY Community Grief Center

A service of Stillwater Hospice

The Peggy F. Murphy Community Grief Center's bereavement team wants to provide programs and services to help community members cope with grief and loss. To know what is most needed at this time, we are asking members of our community to complete the 2-minute grief needs survey, which will allow us to understand how to best serve and support those dealing with the death of a loved one.

**OPEN TO ANYONE IN THE COMMUNITY
WHO HAS BEEN IMPACTED BY DEATH**

**Survey will be available
until Tuesday, August 30**

If you need grief support, please call (260) 435-3261.

**Our grief counseling and support groups are provided at
no charge made available through the generosity of our community.**

Grief Needs Survey

Scan QR code or visit
stillwater-hospice.org/griefsurvey



<https://stillwater-hospice.org/grief-support-2/needs-assessment-survey/>



Providing Rides for
All Ages Throughout Wabash
www.livingwellinwabashcounty.org

563.7536 or 888.498.4400

SCHEDULING A RIDE:

DISPATCH OFFICE 6:00 AM—5:00 PM Monday—Friday

RIDES ARE AVAILABLE:

5:30 AM—6:00 PM , Monday—Friday

Wabash County Public Transit is a *demand-response system*, which means rides are scheduled on a first call-first serve basis.

Calling days, a week, or even a month in advance improves, but does not guarantee, your ability to get the pick-up time you request.

Rides are by donation for adults ages 60 and older.

Rides for ages 59 and younger are \$2 within Wabash and North Manchester.

Rides for ages 59 and younger are \$4 anywhere else in Wabash County.

TRANSIT IS HIRING DRIVERS

It is a good way to supplement your retirement.

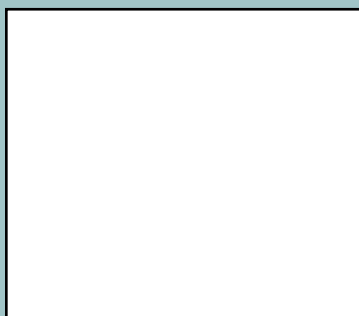
Starting drivers' wage is \$10/hour.



260-563-4475

239 Bond Street, Wabash, Indiana 46992

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Helpful Information for New Participants in an Area Five Senior Lunch Site.
In Wabash County lunch is served at Winchester Senior Center at 239 Bond Street in Wabash and Scout Hall in Warvel Park in North Manchester.

- By donation at 60 +
- By donation if younger than 60 but attending with spouse who is 60 +
- \$4.50 if 59 & younger w/out a spouse who is 60+
- Deadline to sign up for lunch:
By noon, 2 business days in advance
- No special dietary requests
- Provided by contract with Area Five Community Services from Logansport.

AUGUST 2022 AREA FIVE SENIOR LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Lasagna Roll Mixed Vegetables Applesauce Dessert Milk	2 Meatloaf Mashed Potatoes Seasoned Green Beans Dessert Roll Milk	3 Breaded Chicken Patty Buttered Corn Pears Dessert Bun Milk	4 Hotdog w/Relish Potato Salad Mixed Berries Dessert Bun Milk	5 Cheese Burger Baby Bakers Cantaloupe Dessert Milk
8 Breaded Tenderloin Toss Salad Watermelon Dessert Bun Milk	9 Chicken & Noodles Mashed Potatoes Broccoli Dessert Roll Milk	10 BBQ Meatballs Cauliflower Tropical Fruit Cup Dessert Roll Milk	11 Egg Salad Tomatoes & Cucumbers Mandarin Oranges Dessert Croissant Milk	12 CHEFS CHOICE
15 Cheeseburger Baked Beans Fruit Cocktail Dessert Bun Milk	16 Ham & Scallop Potatoes French Style Green Beans Dessert Wheat Bread Milk	17 Smoked Sausage Sauerkraut Strawberries Dessert Bun Milk	18 Chicken Fajitas Lettuce Salad Fresh Orange Dessert Tortilla Milk	19 Hamburger Casserole Stewed Tomatoes Peach Cup Dessert Roll Milk
22 Chicken Strips California Blend Vegetables Blueberries Dessert Milk	23 Spanish Hotdog 4 Cup Bean Salad Pears Dessert Bun Milk	24 Waffle Sausage Patty Carrots Mixed Fruit Dessert Milk	25 Chicken Salad Pickled Beets Cantaloupe Bun Milk	26 Macaroni & Cheese Broccoli Applesauce Dessert Milk
29 Chicken Burger Brussel Sprouts Pineapple Tidbits Dessert Bun Milk	30 Dried Beef Gravy Mashed Potatoes Key Largo Vegetables Dessert Wheat Bread Milk	31 Sloppy Jo Kale Salad Peaches Dessert Bun Milk	Did you know? In August 1762 the sandwich, as we know it, was created when the Earl of Sandwich requested meat between two pieces of bread.	