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2022**

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

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

**[www.livingwellinwabashcounty.org](http://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**



## **SEPTEMBER IS NATIONAL SENIOR CENTER MONTH**

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# From My Perspective

By Beverly Ferry, CEO  
Living Well in Wabash  
County



## THE PERFECT GOODBYE

Have you ever wished you would have had the perfect words or gesture when saying goodbye? Have you ever had what should have been goodbye, but evolved into a new beginning?

The Hollywood classic, *Casablanca*, did just that. In a surprise act of sentimental selflessness, “Rick” helps Victor Laszlo and his wife played by Ingrid Bergman to escape from danger. Up until that moment she thought Rick, her old love from pre-Nazi Paris, was going with her.

Humphry Bogart and Claude Rains casually walk out into the dark, dense, fog of night escaping moments before the Nazis would have arrested them. It is a classic Hollywood movie ending. The line spoken by Bogey’s Rick, the owner of *Casablanca*’s Rick’s Café, “Louie, I think this is the beginning of a beautiful friendship” makes it one of the most memorable and oft repeated ending line of any movie. It is a classic ending, but it was not the one originally scripted. They came back later and added that memorable line. The magic of Hollywood made it the ending of all endings. We do not have that in our daily lives.

It can be heart wrenching to say goodbye to those you love: parents, children, or grandchildren when you live across the country from them. It never gets any easier, no matter how many times we do it. Saying goodbye to our sons is gut wrenching for me.

Our youngest son, John, came home for a summer visit. We loved having him home and hated to see him go, but alas, vacations end. While saying goodbye, I was saying in my head, “Don’t go!” He walked to the car, he turned around, threw his hands up in the air and said, “One more hug because we can!” His jog back to the porch to add one more goodbye warmed my heart. It was a wonderful goodbye.

With family sprinkled across the country, there have been years filled with parting words and loving gestures. I never grow immune to sweet, poignant,

goodbyes. I have stood on that porch or in the street as the car pulls away with precious cargo dozens of times. I make it back inside the house before the tears start.

It was still early in the morning when John left. I returned to the inside of the house. At the kitchen table I opened my laptop. While my thoughts of goodbyes were fresh in my mind I sat down with a cup of coffee and started this column. It is rare, but there are times I sit down and write my monthly column in one sitting. Most months, the words do not come as easily. It is the same with saying goodbye. Finding the right words before the moment passes can be impossible. Sometimes there are just no words.

At the age of fourteen my Great Grandfather Johnson sailed to America. For him, the most difficult part was saying goodbye to his mother, knowing his mother would never see him again and that she knew it.

I think of the time sixty-seven years ago when my parents packed the car and headed to California. When Dad said goodbye to his father, he just knew it would be the last time they would see each other. I am sure their hearts were full beyond what either of them could or would have said.

The world is full of emotions never expressed. Our lives are full of words left unsaid; sentiments unspoken. Sometimes that is for the best, but I think most of the time we regret it. Life is not Hollywood.

The thought that at some point we inevitably part from those we love lingers out there just beyond our reach. It is a mostly unspoken realization that we cannot prevent. We see it coming, but we cannot stop it. When Mom and Dad were in assisted living, I was once there at supper time, but Mom was not ready to go yet. I tried to get Dad to walk with me to the dining room and let Mom finish getting ready. In his dementia, he said with a strong voice, “No! - I - won’t - leave - her.” My response was “Dad, we are just going to the dining room. Mom will be there soon.”

More than ten years ago I was scheduled for knee surgery, but it was postponed after reaching the hospital. On the way from Huntington Hospital, I called Mom to update her. She told me Dad was not doing well. We headed there. When I walked in, I knew by expressions on their faces that this was it. In those last moments of Dad’s life, Mom was telling a story about a baseball game with Dad’s brothers in their hometown, Morris Run, Pennsylvania. It was



one of my favorite stories. Dad and his brothers loved baseball. The local priest was the umpire, a fight broke out, the umpire/priest, took off his collar, handing it to Dad's older brother, saying, "Hold this." He then jumped into the fray. It was then that Dad left us. There was no drama, no emotional goodbye, but a retelling of a favorite story. It was the way Dad would want it.

As a child I remember Dad singing "Take Me Out to the Ballgame." We sang that at the conclusion of the graveside portion of his funeral. At the conclusion of the song, we heard the crack of the bat from the high school baseball field across the street. Now that, was a perfect goodbye.

Death is not always how we say goodbye. Our lifetimes are a series of goodbyes. Goodbye to a loved one can be as simple as dropping your child off at college for the first time. When Nick and I left Michael at the dorm for the first time we rode in silence until Nick suggested we stop for supper. I immediately broke into sobs, haltingly gasping in between the outburst of tears, "Where-will-he-find-food?" The cafeteria was closed. Nick assured me

he would be fine. If there ever was an 18-year-old ready to be on their own, it was Michael. Reality had nothing to do with how I was feeling.

Goodbyes do not get any easier. We hope to find ways to show how much they are loved when we say goodbye. Talking about when we will see them again helps. It gives us hope for what is to come. I think of that when you and the person know they are dying. It helps to believe in the future that will come.

There is no perfect goodbye. We might not be able to top the closing scenes of movies, but we do the best we can. The lesson is to lead with your heart and not wait for the last minute.

May all our goodbyes warm our hearts,

*Beverly Ferry*



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239 Bond Street, Wabash, Indiana 46992

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

# CROSSWORD PUZZLE

## ACROSS

- 1 Antiballistic  
Missile (abbr.)  
4 Son of Ruth  
8 Heddles of a  
loom  
12 Shaft  
13 Dismiss  
14 US dam  
15 Tier  
17 Winglike  
18 Chateaubriand  
heroine  
19 Delirium  
tremens  
(abbr.)  
21 Variation (pref.)  
24 Blaubok  
28 Time period  
31 Ecclesiastic box  
33 Abridged  
(abbr.)  
34 Atl. Coast  
Conference  
(abbr.)  
35 Dismal  
36 Beam  
37 Before

- 38 Burden  
39 Middle (pref.)  
40 Eradicate  
42 P.I. tree  
44 Gelderland city  
46 Viper  
50 E. Indian fiber  
plant  
53 Can  
56 Open  
57 Initial (abbr.)  
58 Bronze (Lat.)  
59 Languish  
60 Rattan  
61 Bacon, lettuce,  
and tomato  
(abbr.)

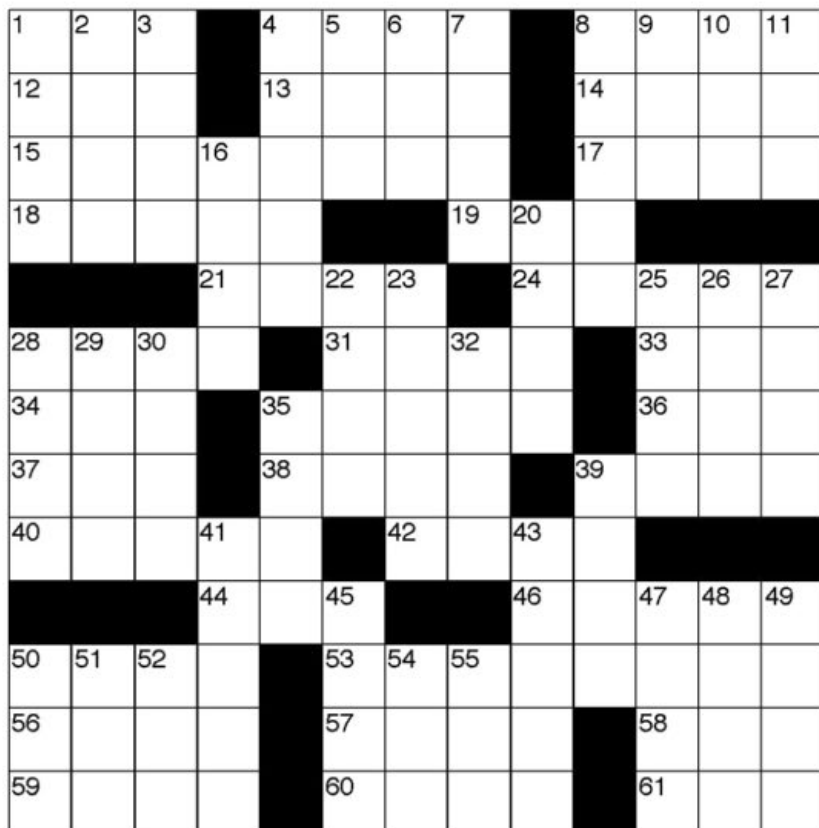


## DOWN

- 1 Harp (Ital.)  
2 Entice  
3 Talking bird  
4 Refuse  
5 Life (pref.)  
6 Slip  
7 Title of property

- 8 Shore  
9 Mulberry of  
India  
10 Exclamation  
11 Sea (Fr.)  
16 Axillary  
20 Tree  
22 New sugarcane  
shoot

- 23 Mountain  
nymph  
25 Berne's river  
26 Down with (Fr.,  
2 words)  
27 Freezing (pref.)  
28 Bookbinding  
style  
29 Pale brown  
30 Maple genus  
32 Arabian judge  
35 Ran  
39 Created  
41 Kind  
43 Sip  
45 Heroic  
47 Dull yellowish  
brown  
48 Daredevil  
Knievel  
49 Peace of mind  
50 Weaken  
51 Silkworm  
disease  
52 Bobbsey twins  
54 Genetic letters  
55 A (Ger.)



ANSWER  
KEY IS  
ON PAGE  
15.

HAPPY  
GRANDPARENTS  
DAY ©LPi

Grandparents'  
Day is Sunday,  
September 11.

What do you  
remember about  
your grand  
parents? Share  
that with your  
grandchildren.

What do you love  
about being a  
grandparent?  
Share that with  
your grand-  
children.





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

# HAPPENINGS IN SEPTEMBER 2022

## PURDUE EXTENSION

### Presented by MINDY MAYES MEALS IN A MUG BYOMug

Bring your own mug.

**Wednesday  
September 28  
4:00 PM**

### Living Well Downtown

35 East Market Street  
Wabash

**AND  
Thursday  
September 29  
1:00 PM**

### Winchester Senior Center

239 Bond Street,  
Wabash

## DOMINOES



**Starts  
Wednesday,  
September 21  
1:00-2:30 PM**

**At  
Living Well Winchester  
Senior Center  
239 Bond Street  
Wabash**

## COMPETITIVE EUCHRE~\$1



**12 NOON  
Mondays  
Wednesdays  
Fridays**

Living Well Winchester Senior Center  
239 Bond Street, Wabash

## BEGINNING EUCHRE

Not ready for competitive euchre?  
Want to brush up your skills?  
Never played?

## Euchre Lessons

**Fridays in September  
11:30-12:30 PM**

Living Well Winchester Senior Center  
239 Bond Street, Wabash



**Piano Man  
Sam Piercy  
First Thursday  
September 1st  
at 1:00**



**MUSIC  
FROM  
THE  
1970'S**

Living Well Winchester  
Senior Center  
239 Bond Street, Wabash



## September BIRTHDAY PARTY

**Thursday,  
September 8, 1:00**

**Mike Almon  
Musical Entertainment**

Please R.S.V.P. (260) 563-4475  
Winchester Senior Center  
239 Bond Street, Wabash



## CELEBRATE JAMES DEAN

**Thursday,  
September 22  
1:00 to 4:00 PM**

**At Living Well Winchester  
Senior Center  
239 Bond Street, Wabash**

**Guest Speaker  
Movie Theater Refreshments  
Watch and discuss one of**

**Dean's classic movies.**

**Too young to  
remember  
James Dean?**



**Come and learn about a local Indiana  
boy who became a Hollywood icon.**

**Please sign up.**

**(260) 563-4475**



**Adam Rogers  
Provided by Guardian  
Angel Hospice  
Wed. Sept. 28,  
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

## SEPTEMBER BINGO



### WHITE ELEPHANT BINGO

Thursday, Sept. 8th  
11:30 AM

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

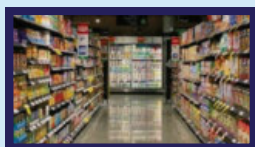
### BINGO PARTY



**Sept. 15th at 1:00**  
Living Well Winchester  
Senior Center  
239 Bond Street, Wabash  
Hosted by Rolling Meadows

### BINGO WITH BEN

**Tues., Sept. 27th at 1:30 PM**  
Living Well Downtown  
35 East Market Street, Wabash



### GROCERY BINGO \$1

Thurs. Sept. 22nd  
at 11:30

Living Well Winchester Senior Center

### LIFEBRIDGE



**Thursday, Sept. 1 at 12:00 PM**  
**Presented by Amy Miller**  
Living Well Winchester Senior Center  
239 Bond Street, Wabash

### HABITS OF HAPPY PEOPLE

**Tuesday, Sept. 27 at 11:30 AM**  
**Presented by Ben Snyder**  
Winchester Senior 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 September**  
**Sept. 2nd, 4:00 to 8:00 PM**  
**POP IN FOR FREE  
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



## ASK A TEENAGER

**Tuesday,  
Sept. 20**  
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**



# SEPTEMBER IS NATIONAL SENIOR

September 2022 Winchester Center & Living Well Downtown

## DAILY ACTIVITIES →

**NEW IN  
SEPTEMBER**  
Lifelong Learning  
with Lori Overmyer

### WRITING CLASS

Tuesdays in  
September  
Beginning  
Sept. 6  
11:30—1:00  
Winchester  
Senior Center  
239 Bond Street, Wabash



### MODERN BOOK CLUB

The Keeper of  
Happy Endings  
September 12  
3:00 to 5:00 PM  
Winchester Senior Center  
239 Bond Street, Wabash



**SUNDAY  
CONCERT  
IN THE  
PARK**  
September 18  
2:00 PM  
Wabash City Park Pavilion

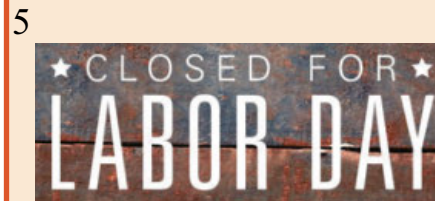


### CLASSICS BOOK CLUB

The Great  
Gatsby  
Tuesday,  
September 6  
2:00 to 4:00 PM  
Winchester Senior Center

**Monday**  
9:45 Low Impact Fitness  
11:00 \*Lunch\*  
11:30 Beginning Euchre  
12:00 Euchre \$1  
\*Lunch by Reservation  
(Call 260-563-4475)

Community Cupboard  
Hours:  
Mon & Tues 3-5:30  
Wed CLOSED  
Thurs & Fri 10-12:30  
Sat & Sun CLOSED



12 11:30 Beginning Euchre  
**MODERN BOOK CLUB**  
“The Keeper of Happy Endings”  
3:00 to 5:00 PM  
Winchester Center  
7:00 Wabash Community  
Band Rehearsal

19  
11:30 Beginning Euchre

26  
11:30 Beginning Euchre  
7:00 Wabash Community  
Band Rehearsal  
Winchester Center  
239 Bond Street

## Tuesday

11:00 \*Lunch\*  
**1-6:00 “Do Drop In”**  
5:30 Yoga, \$10

## JOIN US TO CELEBRATE

### JAMES DEAN

**Thurs., Sept. 22; 1:00 to 4:00 PM**  
Winchester Center  
239 Bond Street, Wabash

6 **WRITING CLUB**  
11:30 AM to 1:00 PM  
**CLASSICS BOOK CLUB**  
“The Great Gatsby” 2:00-4:00 PM  
**1—6 PM “Do Drop In”**  
Living Well Downtown

13 **WRITING CLUB**  
11:30 AM to 1:00 PM  
Winchester Center  
239 Bond Street

20 **TECH ASSISTANCE**  
9:30 to 10:30 AM,  
Winchester Center  
**WRITING CLASS**  
11:30 AM to 1:00 PM  
Winchester Center  
**Tech Assistance 1:00 to 2:00 PM**  
Living Well Downtown

27 **Habits of Happy People 11:30**  
**WRITING CLASS**  
11:30 AM to 1:00 PM  
Winchester Center  
**1:30 PM BINGO WITH BEN**  
35 East Market Street, Wabash  
**3:00 PM MEN’S  
DISCUSSION GROUP**  
35 East Market Street, Wabash

## Wednesday

\*Foot Care  
8:30 Line D  
11:00 \*Lun  
12:00 \$1 E  
**1-3:00 “Do  
3:00 Low I**

7 **1-6:00 “**  
Living W  
35 East

14 **1-6:00 “**  
Living W  
35 East

21 **DOM**  
**1:00**  
Winch  
239 Bond  
**1-6:00 “**  
Living W  
35 East

28 **Adam R**  
**DOMINGO**  
Winche  
**1-6:00 “**  
**Ice Cream So**  
**4:00 PM**  
Living V  
35 East  
**PURDU**



# SENIOR CENTER MONTH

Living Well Downtown

Drop In\* \$20  
Dancing  
Lunch\*  
Mah Jongg  
Practice  
Drop In\*  
Impact Fitness

**Thursday**  
9:45 Low Impact Fitness  
11:00 \*Lunch\*  
11:30 Mah Jongg Lesson  
1:00 Special Events

**Friday**  
11:00 \*Lunch\*  
Beginning Euchre  
11:30—12:30  
Mah Jongg Practice  
12:30 to 2:30 PM  
12:00 \$1 Euchre  
2-6:00 PM T.G.I.F.

DATE  
1:00 PM

1  
11:30 AM—1:00 PM  
MAH JONGG LESSON  
12:00 LifeBridge Bingo  
1:00 Sam Piercy  
Winchester Center

2 Beginning Euchre  
11:30—12:30  
FIRST FRIDAY  
4:00 pm—8:00 pm  
Living Well Downtown  
35 East Market Street

Do Drop In\*  
Living Well Downtown  
35 East Market Street

8 White Elephant Bingo  
11:30 to 12:30  
Winchester Center  
239 Bond Street  
1:00 Birthday Party  
Mike Almon  
Winchester Center

9 Beginning Euchre  
11:30—12:30  
Winchester Sr. Center  
239 Bond Street  
Mah Jongg Practice  
12:30 to 2:30 PM  
Winchester Center  
239 Bond Street

Do Drop In\*  
Living Well Downtown  
35 East Market Street

15 11:30 AM—1:00 PM  
MAH JONGG LESSON  
Winchester Center  
239 Bond Street  
1:00 Bingo Party  
Winchester Center  
Hosted by Rolling Meadows

16 10:00 \*Senior Box Distribution  
Beginning Euchre  
11:30—12:30  
Winchester Center  
Mah Jongg Practice  
12:30 to 2:30 PM  
Winchester Center

MINOES  
12:30 pm  
Winchester Center  
239 Bond Street, Wabash  
Do Drop In\*  
Living Well Downtown  
35 East Market Street

22 GROCERY BINGO  
11:30 to 12:30  
Winchester Center 239 Bond Street  
11:30 AM—1:00 PM  
MAH JONGG LESSON  
JAMES DEAN CELEBRATION  
1:00 TO 4:00 pm  
Winchester Center

23 Beginning Euchre  
11:30—12:30  
Winchester Sr. Center  
239 Bond Street  
Mah Jongg Practice  
12:30 to 2:30 PM  
Winchester Center  
239 Bond Street

Rogers Sings 11  
DOES 1-2:30 PM  
Winchester Sr. Center  
Do Drop In\*  
Special & Adam Rogers  
Meals in a Mug  
Living Well Downtown  
35 East Market Street  
Purdue Extension

29  
PURDUE EXTENSION  
1:00 Meals in a Mug  
BYO Mug  
Winchester Center  
239 Bond Street

30 Beginning Euchre  
11:30—12:30  
Winchester Center  
239 Bond Street  
Mah Jongg Practice  
12:30 to 2:30 PM  
Winchester Center  
239 Bond Street

September is National Senior Center Month

## AMERICAN MAH JONGG LESSONS

Thursdays  
September 8, 15, 22  
11:30 to 1:00 PM



Winchester Senior Center  
239 Bond Street, Wabash  
Game Boards Provided  
Sign up in Advance to  
Purchase Your Official  
Mah Jongg  
Playing Card  
Winchester Senior Center  
239 Bond Street, Wabash

## MAH JONGG PRACTICE

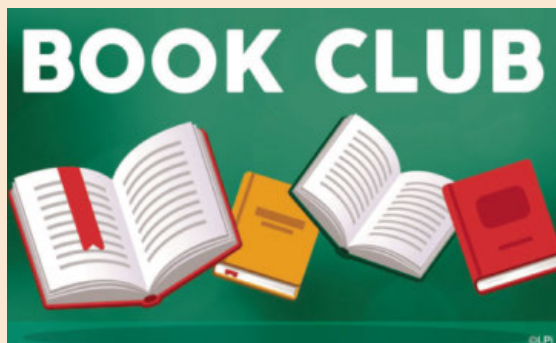


Fridays in Sept.  
12:30 to 2:30  
Winchester Senior Center  
239 Bond Street, Wabash

## BEGINNING EUCHRE



Fridays in  
September  
11:30 to 12:30 PM  
Winchester Senior Center  
239 Bond Street, Wabash

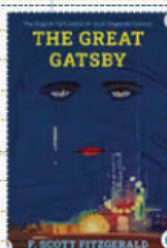


**SIGN UP TODAY  
FOR THE BOOKCLUBS AT  
LIVING WELL WINCHESTER  
SENIOR CENTER  
Call (260) 563-4475**

## THE CLASSICS

The Classics Book Club is an opportunity to revisit novels from the 1800s and 1900s. Many read these books as high school students, but reading them as adults will provide an insight that was not possible during the teenage years.

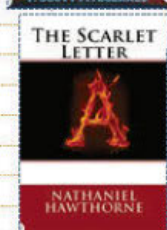
As we discuss the universal themes and discover how much time really hasn't changed, we will share memories and stories as we develop friendships. The time allowed for the meetings is two hours. That may be too long on some days, and other days we may long for more hours.



Gatsby takes us to the 1920s and the age-old story of unrequited love.



Of Mice and Men shows us the depth of friendships during the Great Depression.



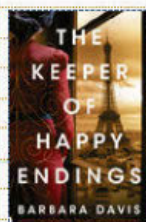
The Scarlet Letter visits the cold, judgmental Puritans and their hypocrisy.



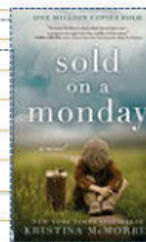
WWI is the backdrop for this historical fiction. Not quite a classic, but delightful.

## Modern Fiction

Who doesn't love a great story with some intrigue, maybe a little romance? The books selected for our Book Club are meant to entertain the reader. There may be lessons to learn, but mostly we'll observe characters, learn about new locations and events, and enjoy exchanging opinions and insights. We've allowed two hours to meet, but we will be flexible. You are responsible for getting your own book. They are on Amazon.



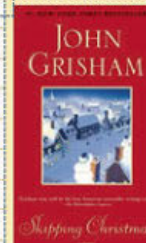
Keeper spans three generations of women beginning during WWII. The women search for happy endings.



Poor choices are often made for the right reasons. Set during the Depression, acts of conscious are debated.



Set in French Lick, this novel is full of intrigue and mystery with a touch of nostalgia.



Christmas is stressful. What happens when we cancel our traditions. Grisham breaks his mold and shows us.



**YOU WILL NEED THE BOOK  
TO READ IN ADVANCE.**

**THESE ARE AMAZON PRICES:**

The Keeper of Happy Endings - \$9.99 Sept. 12

The Great Gatsby - \$4.90 Sept. 6

So Cold the River - \$16.19

The Scarlet Letter - \$5.99

Sold on a Monday - \$9.39

Last Christmas in Paris - \$13.49

Skipping Christmas - \$7.59





## **BLANKET BINDERS**

**Tuesday,  
October 4th**

**9:00 a.m.—3:00 PM**  
**Winchester Senior Center**

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 the 2nd  
Tuesday Every Other Month.**



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239 Bond Street, Wabash and  
Living Well Downtown, 35 East Market Street**

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# **NEVER MISS A NEWSLETTER!**

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to you at [www.mycommunityonline.com](http://www.mycommunityonline.com)



## A Flavorful Meal for Fall

### With Substitutions For Allergies and Other Dietary restrictions

Warm, delectable dishes go hand-in-hand with cool fall evenings when the crisp air sends you to the kitchen for a filling meal. Look no further than easy recipes like meatballs that pack fulfilling flavor to feed your family when the autumn temperatures dip.

These Beef Meatballs with Garlic and Herbs can be the perfect solution anytime you're craving a warm, comforting meal.

Paired with a tomato-based sauce, the meatballs are baked before being topped with Parmesan cheese and parsley then served hot for a dish that warms you from the inside-out. While preparing the meatballs, be sure to wet your hands prior to shaping them as it helps prevent the meat from sticking to your hands.

Find more comforting fall recipes at [beefandlambnz.com](http://beefandlambnz.com).

#### **Beef Meatballs with Garlic and Herbs**

Prep time: 15 minutes

Cook time: 25 minutes

Servings: 4

#### **Meatballs:**

Oil for the pan

1 pound ground beef (chicken, turkey, whole hog sausage, or venison)

1 cup fresh white breadcrumbs (can use Gluten Free/GF panko crumbs with a one to one substitution)

3 cloves garlic, crushed (if allergic to garlic you can use white pepper; it is not the same as garlic, but it gives a zip to it)

1 egg, lightly beaten (can use a commercial egg substitute or google for other substitutes)

3 tablespoons milk (can use soy or almond milk)

1 1/2 teaspoons Worcestershire sauce (GF is available on Amazon)

1 teaspoon dried mixed herbs, such as parsley, thyme and oregano

salt and pepper, to taste

#### **Tomato Sauce:**

Oil for the pan

1 onion, finely chopped (can use scallions if allergic to onion)

2 cloves garlic, sliced (white pepper is an option, but it is not the same)

1 can (14 ounces) chopped tomatoes, in juice

1 1/2-2 cups vegetable stock (GF is available; be careful—low sodium stock often has gluten)

1 tablespoon tomato paste

1 teaspoon sugar

1 bay leaf

salt and pepper, to taste

#### **To Serve:**

1/3 cup freshly grated Parmesan cheese (vegan, gluten free, dairy free is available locally at Kroger)

1/2 cup roughly chopped parsley leaves

#### **To make meatballs:**

**Preheat oven to 425 F.**

Lightly oil deep baking dish or skillet. Mix beef, breadcrumbs, garlic, egg, milk, Worcestershire sauce, mixed herbs and salt and pepper, to taste, then shape into eight meatballs and place in prepared baking dish.

To make tomato sauce: In heavy saucepan over low heat, heat dash of oil and add onion and garlic. Cook until onion is soft, about 10 minutes. Add tomatoes, stock, tomato paste, sugar, bay leaf and salt and pepper, to taste.

Simmer 10 minutes to allow flavors to mingle and liquid to reduce. Remove from heat, cool about 5 minutes. Remove bay leaf. In food processor, process until sauce is smooth.

Pour sauce over meatballs and bake 25 minutes, turning meatballs after 15 minutes. Serve hot sprinkled with Parmesan cheese and chopped parsley.

(Courtesy of Family Features)  
Substitution suggestions from Beverly Ferry)



## WABASH COUNTY PUBLIC TRANSIT TALK

### 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.

Call as far in advance as possible for a ride.

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# SEPTEMBER is NATIONAL SENIOR CENTER MONTH

## IN MY OPINION

**IN MY OPINION** is my soap box on aging.

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

### WHAT'S IN A NAME?

Originally decreed by President Regan, *September is National Senior Center Month*. In almost twenty years of working with an agency geared to the needs of seniors I remain amazed at the controversial nature of the word senior when connected to our age or stage of life. A senior in high school or a senior manager do not carry the same negative connotation.

The word senior denotes a high ranking, even superiority, but when used to describe anything related to our age, it is a verbal toxin. Many hear senior as the word for frail and elderly, the end of the road, the lack of their value and impact on society. Is that what it really means?

I for one do not think so, but I understand that others struggle with it. Old is fifteen years older than you. At fifteen, thirty is ancient. At thirty it is forty-five. At fifty, it is sixty-five. It is always just beyond us. The younger we are, the greater the age divide.

Here is the straight scoop. We could die at any time, at any age. Yes, the odds are greater the longer we are alive, but denying it or dreading it detracts from our value as active and engaged adults. How we live our senior years should define us, but honestly, it is a lot easier to age with money than to age without it.

It is my honor to work with three generations of seniors at Living Well Winchester Senior Center. We do not have an age when you are old enough to attend. We have had participants in their forties. The age span of participants runs the gamut from 50 to 100. It is common to have a senior with their adult child, or even a grandchild within the traditional age span of "senior."

Does using the word "senior" keep you from participating? If we drop the word senior and call it Living Well Winchester Center or Living Well Community Center, are you more likely to participate? I would like to hear your opinion of using the word senior in our name.

Lumping all older adults into the category of frail and elderly is a misconception and unfairly describes most seniors. A good "senior" center is a safe, interesting place for active, older adults as they age, at any age. Attending activities at the senior center should be about finding common ground with fellow citizens who can relate to the experiences you have had and expanding your horizons.

The Greatest Generation was the first generation to age independently. Many came home from war and used the GI Bill to obtain college degrees. This put us on a trajectory never seen before in history. How they lived their retirements was new to our culture. The last century was about extending the lifespan. This century is about improving that extended life.

A good senior center impacts the community making it stronger. A good senior center contributes to seniors living independently longer.

Post COVID has been a slow reopening and return to full programming. When we closed our doors, I predicted closing would be easier than re-opening and that proved true. Over the last twenty years I have come to believe that isolation is the enemy of healthy aging and senior centers are the antidote. COVID proved that to be true. Isolation seemed to speed up the aging process. Those who were elderly prior to COVID became frail and elderly. Isolation took its toll. Why? We are not meant to be alone. People often confuse independence and isolation. There is a fine line, but once you cross that line there is a big slide. The problem is that we do not recognize what isolation is doing to us. Connecting to a senior center when you do not see yourself as needing it, is laying the groundwork for when your life changes. My mother thought she was going to be able to control her aging like she controlled her weight. Our senior center helped her as her life changed.

Elderly is commonly confused with senior. They are not the same. Our attitude, physical, and mental condition impact how we age no matter the number. Many active, older adults find great satisfaction as volunteers at senior centers. It often lessens the stigma and fear of aging.

A senior center provides tools for older adults to find their potential, to soar when soaring is unexpected. I say that at Living Well Winchester Senior Center we help seniors discover and achieve their potential. That is the difference between a senior center and anywhere else. We are all about peeling away our self-doubt and exposing our potential. Yes, I said potential.

My mother's lifelong dream was to paint. I could never figure out what prevented her from doing so. I did not get it. She was waiting to retire to take lessons. Dad was her job. While he lived, she did not see herself as retired. She took her first painting class in her mid-eighties. Terry Pulley looked at her painting and then looked at her and said, "You have potential!" That is when I became convinced that our center, like others across the country, peel the layers of self-doubt away by revealing what each of us can do. My mother felt the youngest she had ever felt. She painted weekly after that. As she aged, she needed increased help. Still, she fought on to paint.



(Continued from page 14)

In celebration of National Senior Center Month September 2022, we are launching an expansion of our lifelong learning programs. Lori Overmyer taught English at Wabash High School. In her career, she helped my sons, as well as hundreds of other teenagers, achieve their potential. In September 2022 she has turned her time and talents toward helping older adults peel those layers back and learn new things.

We invite you to celebrate National Senior Center Month by checking out our new additions to our lineup of programs and to let us know what else you would like us to offer or even, what you are willing to share with others.

Happy Senior Center Month. May we all age with joy, purpose, and potential.

*Beverly Ferry*

## ANSWER KEY FROM PAGE 4

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

## SEPTEMBER 2022 AREA FIVE SENIOR LUNCH MENU

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<b>Make a Day of It!</b> <b>Combine attending lunch with a Senior Center activity.</b>			<b>1</b> Pork Ribette Sweet Potatoes Brussel Sprouts Dessert Bun Milk	<b>2</b> Grilled Chicken Breast Cheesy Potatoes Fruit Cocktail Dessert Bun Milk
<b>5</b> <b>AGENCY CLOSED</b> <b>HAPPY LABOR DAY!</b>	<b>6</b> Biscuits & Gravy Red Skinned Potatoes Oranges Dessert Milk	<b>7</b> Baked Fish Scalloped Potatoes Pears & Cherries Dessert Wheat Bread Milk	<b>8</b> Chili Mac Corn Apples Dessert Crackers Milk	<b>9</b> Ham & Swiss Sandwich Potato Salad Straw/Blueberries Dessert Milk
<b>12</b> Pork Chop Rice Pilaf Green Beans Fruit Juice Roll Milk	<b>13</b> BBQ Pulled Pork Kidney Bean Salad Pickle Spears Dessert Bun Milk	<b>14</b> Chicken & Gravy Mashed Potatoes Asparagus Dessert Roll Milk	<b>15</b> Beanie Wienies Toss Salad Mixed Fruit Cup Dessert Wheat Bread Milk	<b>16</b> <b>CHEFS CHOICE</b>
<b>19</b> Beef Noodle Casserole Buttered Corn Pear Cup Roll Milk	<b>20</b> Ham & Beans Spinach Cornbread Dessert Milk	<b>21</b> Chicken Alfredo Broccoli Peaches Dessert Breadstick Milk	<b>22</b> Meatball Subs Baked Chips Sliced Cucumbers Dessert Milk	<b>23</b> Turkey Slider Broccoli Cheese Soup Banana Milk
<b>26</b> Chicken Strips Baby Bakers Key Largo Vegetables Dessert Milk	<b>27</b> Salisbury Steak Mashed Potatoes California Blend Vegetables Dessert Roll Milk	<b>28</b> Breaded Tenderloin Veggie Salad Frozen Fruit Cup Dessert Bun Milk	<b>29</b> Smoked Sausage Potatoes & Green Beans Tropical Fruit Cup Dessert Wheat Bread Milk	<b>30</b> Beef Taco Lettuce & Tomatoes Cheese Sour Cream & Salsa Refried Beans Dessert Tortilla Milk