



OCTOBER 2022



LIVING WELL IN WABASH COUNTY

DELIVERING CONNECTIONS

239 Bond Street, Wabash, IN 46992

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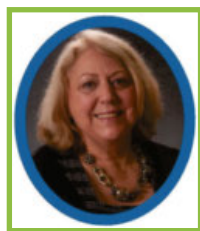
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Digital Version is available at www.livingwellinwabashcounty.org

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From My Perspective

By Beverly Ferry, CEO
Living Well in Wabash County



I AM NO ATHLETE

I grew up in a sports household. In addition to Bonanza, The Ed Sullivan Show, Wonderful World of Disney, The Today Show, and the evening news, there was sports on our television at home. We were surrounded by sports. I remember watching Joe Namath wearing a fur coat on the sidelines. I had an artistic classmate who was always drawing the Cleveland baseball mascot and Green Bay Packer's Bart Starr. I never dreamt I would grow up and have sons who loved the Packers as much as he did. A few years ago, the "boys" asked for a special gift. They asked if they could go to the Packers' game in Green Bay on Christmas Day. That was a big ask. We had never been apart on Christmas Day. I could not fathom it, but I agreed because it was important to them.

Growing up in Northwest Ohio, I thought liking Ohio State, high school football, and basketball were requirements to live there. Speaking the word, MICHIGAN, was blasphemy. We were not native to Ohio, and we did not have the attachments to the sports team with one exception. My parents loved the Cincinnati Reds, Sparky Anderson, Johnny Bench, and Pete Rose. We went to one game a year and got to go to the final game the year the Big Red Machine was in the World Series. I still remember A's Rally Fingers pitching, the Reds losing, and being amazed at how fast the game went. Not being a real fan of any one team, I bought a large Oakland A's button. I am guessing Dad gave me money for the souvenir thinking I would buy a Reds' souvenir.

Mom and Dad took road trips to Michigan to attend pro golf tournaments. Both were golfers and enjoyed watching the pros, but they specifically followed Arnold Palmer. Our summer schedule was based upon golf. Dad golfed in at least one league and they both golfed weekly in Scotch Foursomes. They would go an additional day on the weekend. They took me once, and only once. I was in first grade. They told me to run to find the balls. I did, but I also ran back to them carrying both golf balls. Dad's many golf trophies are part of my childhood memories. The year Mom was the champion in the women's league they changed from trophies and gave an engraved sterling silver nut dish and spoon. The one year they decide to try something different was the year she won. For years, Mom remained miffed about not getting a "real" trophy.

Dad's distant cousin was on the Ohio State University football coaching staff. Working through my sister and brother-in-law who worked at University Hospital, we were able to procure season tickets for Mom and Dad.

Those tickets were like gold.

My parents were season ticket holders for football and basketball at my high school long past having any of us in school. All those years, they had the same seats. Our entire neighborhood emptied out the night of high school ballgames. I remember thinking that would be the perfect time to rob the houses.

Sports never grabbed me growing up and my parents were not fanatics about any team. Much to my surprise my future husband turned out to be a sports fanatic. He followed the Browns and the Celtics, but his true love was Notre Dame football. From the time he was young, Notre Dame football was his passion.

I remember kids in school talking about Ohio State football and how everyone at their house got excited about the game. One friend came from a big family. Everyone gathered around the television to watch Ohio State football games. I remember her telling me about lining up buckeyes (the actual nut) to spell Ohio State on the floor at the base of the television set like a shrine. Nobody in my family acted like that.

We were engaged before I understood the depth of Nick's Notre Dame sports fanaticism. It was after a game we watched on television. Nick was not happy. He did a lot of jumping up off the couch and yelling. We drove to the mall after the game. We were walking from our car in the parking lot when I heard a maniac yelling "OUST FOUST! OUST FOUST! OUST FOUST!" Much to my surprise the maniac was the man to whom I was engaged. Foust was the name of the Notre Dame head coach. I quickly learned that our lives would center around kick off times for Notre Dame and Ohio State, which was his actual alma mater. Even our wedding had to be scheduled to accommodate the games.

When we prepared to move to Wabash from southern Ohio, Nick arrived first. He had been here two days when Dad asked me about house hunting. I said Nick was working on it to which Dad responded, "He will drive to South Bend to pay homage to Notre Dame before he looks for houses." I insisted that would not be his priority, but he had indeed done exactly as Dad predicted.

We have three sons and like their father, they love sports. They grew up getting excited about games right along with Nick. For Cliff, the happiest day of the year was the night before they were given their pads for football. The saddest day was when they had to turn in the equipment. I painted Cliff's bedroom navy blue with a Notre Dame border. I painted the metal globes of the ceiling fan metallic gold, just like the helmets. That shrine is the same as it was when he was six. Through the years we went to games, both college and professional. I will never forget a game at Purdue when Notre Dame lost. My dad looked behind at his three grandsons and commented, "That is the quietest I have ever seen those three." It was a long drive home from West Lafayette.

Vacations were scheduled around sports. I wanted to take a Christmas vacation. There was only one year it would work. I

waited for years. It was worth the wait. It remains a wonderful memory for all of us.

Some of their best childhood memories were from game days at Notre Dame with their dad or with my parents. Cliff and Nick drove to Florida for the National Championship with Notre Dame. They did not get the result they wanted which made for a long drive back to Indiana. They had once in a lifetime tickets, but with the loss, Cliff said it was the best seat he ever had at a funeral.

Nick ushered for Notre Dame football. For twelve years That really steered our household schedule. He is now content to watch the game from home. If he is annoyed with the game, he goes outside to work in the yard. It is easier to do when you are not an usher. This fall he and his brother, both graduates of *The Ohio State University*, went to the opening game in Columbus, Ohio facing Notre Dame. Again, the outcome was not what they wanted, but they enjoyed the experience together. Nick organizes a game day with his uncle, cousins and their families, his siblings and their grown children at Notre Dame. It has grown over the years to a mini family reunion which everyone looks forward to.

When we visit with our sons in California, or when they are back home in Indiana, John, our youngest son, will have scouted out what teams are playing home in LA or in

Indy. He figures out a way to get us all there. From New Year's Eve at a Pacer's game to Dodgers, USC, and Rams games, John plans the outings. One of my favorite times was when John suggested that the four of us, including his girlfriend, go see the Pacers play. John stated "I want good seats. I do not want \$25 seats. I want the \$125 tickets. If we are going to make the trip, we should do it right." I thought for a moment before responding, "Dad and I will pay for dinner and accommodations. You take care of the Pacer's tickets." Those \$25 seats were just fine.

Sports or specific teams, other than the teams my sons are on, have never been important to me. I did not catch that bug, but I never escaped it either. I have learned to live with it and to appreciate the positive impact on our family. For me, sports is a way to connect to those whom I love. I enjoy going to games when I am with them. It is more about being together. I follow sports coverage to keep up with their teams. I decorate the tv area for Notre Dame football season. I was never the sports enthusiast my parents were, and I certainly fall short of the men in my family, but I appreciate their enthusiasm and how it draws us together. Of that, I am a huge fan.

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



SHIP

State Health Insurance
Assistance Program

THIS SHIP DOES NOT HAVE SALES

What is SHIP and
Why do I need SHIP?
By Deb Taylor

Volunteer Supervisor, SHIP Northeast Indiana

Some of you may have used our services. Some of you may be new to Medicare and do not have a clue what your next step is when it comes to Medicare. Are you getting an overabundance of mail because you are turning sixty-five and are confused about what steps you need to take to avoid penalties when you get your Medicare plans in place? SHIP can help you.

The State Health Insurance Assistance Program (SHIP) has about four hundred Volunteers across the state of Indiana who have completed an intensive 24–30-hour training course and are certified by the Indiana State Department of Insurance. Counselors are provided with regular training updates keep them current with the most recent changes in Medicare and other health care insurance options.

SHIP counselors are committed volunteers who offer FREE and objective assistance, in complete confidence so that beneficiaries can make informed decisions with their Medicare needs. We are not agents trying to sell a policy to you, we do not make random calls to clients and best of all, we are not affiliated with any insurance companies. Therefore, our SHIP does not have “Sales.”

As we near the fall, we see the changes in nature with all the colorful leaves. It is a reminder that it is time to check our current Medicare policies during the Open Enrollment Period. The open enrollment period begins on October 15th and ends on December 7th. This is the time of the year you will need to look at your Medicare Advantage plan and Medicare Part D-drug plan. At SHIP we can help you assess your plan to see if it the best plan available for you going into the next year.

Medicare plans change from year to year so the plan you currently have in 2022 may or may not work as well for you in 2023. Premiums may change as well as your drug cost may change in

January of 2023. I have had clients tell me they never checked their plans because they do not like change. I ran a plan for one client last year for the first time (he was in his eighty's). The plan he had was costing him \$78.00 a month and he was happy with their service and did not want to change. The same company had a plan for \$12.60 a month. Of course, he made the change to the lower cost. and saved himself a lot of money. It does not cost you anything to look but if you do not look it could cost you! We recommend clients check their plans every year.

This year SHIP is celebrating our 30th anniversary in October. Living Well Winchester Senior Center in Wabash has been a partner with SHIP as an enrollment center since the beginning of that time. There are three counselors available to assist you, Susan Hunter, our Local Coordinator, Susan Beckett and Roxanne Hauptert are volunteer counselors. I will also be assisting the counselors during Open Enrollment.

You can call Living Well Winchester Senior Center at 260-563-4475 to make your appointment. You will be given a date and time for your appointment. You will receive a courtesy call the day before your appointment as a reminder. (Monday appointments will be called on Friday)

There will still be social distancing as well as a plastic shield between the client and volunteer. Masks are not required but are not discouraged. It is your choice. The space will be disinfected between clients and the number of clients in the room at the same time will be limited. Clients should bring their Medicare insurance card, a list of medications including dosage and frequencies. If you have seen a SHIP counselor in the past, please bring your username and password with you to the appointment.

Introducing Breakfast for Your Brain

A morning brain exercise program that will take place in the Lynn room at Living Well Winchester Senior Center.



Hello! My name is Katey Walls. I am a senior in the social work program at Manchester University, and I am interning at Living Well Winchester Senior Center this fall.

I will be hosting a morning brain exercise program called **Breakfast for Your Brain**. This program is for anyone who wants to take part in simple, fun, and stimulating activities targeted at maintaining your brain health. There will be ten sessions taking place from 9-10:30am on Wednesday mornings. October sessions take place on the 5th, 12th, and 26th. November sessions take place on the 2nd, 9th, 16th, 23rd, and 30th. The

last two sessions will take place in December on the 7th and 14th. These sessions will range in a variety of topics, with some of them relating to brain health, art, our world and more!

Each session will be the start of a new topic, so if you cannot make it on certain days, which is perfectly okay. Along with this, you do not have to bring anything with you to these sessions, all supplies will be provided along with a breakfast snack at the beginning of each session. I hope you will consider participating,

Please sign up to let us know if you plan to attend. Every once in a while due to weather, illness, activities need to be rescheduled. Having your name and number lets us call if there are any changes.

I hope to see you there!

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

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 11:30-12:30 PM

Living Well Winchester Senior Center
239 Bond Street, Wabash

TECH ASSISTANCE ASK A TEENAGER



Tues., Oct. 25

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 Street
Wabash**

1:00—2:00

**At Living Well
Downtown
35 East Market St.
Wabash**

DON'T CALL IT EXERCISE. CALL IT FUN

Living Well Winchester Senior Center
239 Bond Street, Wabash



LINE DANCING

Wednesdays at 9:00 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

**T.G.I.F. 2-6 PM
Fridays**

Living Well Downtown

**DO DROP IN 1-6 PM
Tuesdays & Wednesdays
1:00-6:00 pm**

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

Living Well Downtown
35 East Market Street, Wabash

**DO DROP IN 4-9 PM
1st, 2nd, 3rd Thursday
Evenings of the Month**

**Oct. 6 PM: 4 PM Open
6 PM Movie**

Oct. 13: 4 PM Music & Games

Oct. 20: 4 PM Music & Misc.

Oct. 27: Closed to the Public



BLANKET BINDERS

Tues., Oct. 4

9:00—3:00 PM

**Quilting for Local
People in Need.**

Fabric Provided
Bring Your Sewing Machine
Potluck Lunch
Table Service and
Beverages Provided.

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

Blanket Binders is held every other month on the first Monday of the month.



**DOMINOES
Wed. Oct. 19
1:00-2:30**

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

OCTOBER BINGO



LIFEBRIDGE BINGO

Thurs., Oct. 1, 12 PM

Learn about yourself while enjoying a game of bingo and winning prizes.

Living Well Winchester Senior Center
239 Bond Street, Wabash

WHITE ELEPHANT BINGO

Thursday, Oct. 13, 11:30 AM

Bring a White Elephant Prize (anything)



Living Well Winchester Senior Center
239 Bond Street, Wabash



PARTY

Oct. 26th at 1:00

Living Well Winchester Senior Center
239 Bond Street, Wabash
Refreshments & Great Prizes



**BINGO Downtown
Tues., Oct. 27th, 1:30 PM**

Living Well Downtown
35 East Market Street, Wabash



**GROCERY BINGO
is cancelled in October**

OCTOBER SPECIAL EVENTS



Adam Rogers
Wed. Oct. 26
During Lunch 11:00
At 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



October BIRTHDAY PARTY

Thurs., October 13 at
1:00 PM
Entertainment
To Be Announced

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



WABASH COMMUNITY BAND HALLOWEEN CONCERT AND COSTUME CONTEST

Sunday October 30 th at 2:00 PM
Living Well Winchester
Senior Center
239 Bond Street, Wabash



OKTOBERFEST Tuesday, Oct. 25th 5:00 PM Supper & Bingo PITCH -N/CARRY-IN

Brats, Hot Dogs, Buns,
Beverages (no alcohol) &
Table Service
Will be Provided.

Living Well Winchester Senior Center
239 Bond Street, Wabash

Reservations Required
Call (260) 563-4475

BREAKFAST FOR YOUR BRAIN

A morning brain exercise program that
will take place in the Lynn room at
Winchester Senior Center.



Simple, fun, and stimulating activities targeted
at maintaining your brain health. There will be a
variety of topics. All supplies provided and
snacks included!

9-10:30am

October 5th, 12th, & 26th
November 2nd, 9th, 16th, 23rd, & 30th
December 7th & 14th



Piano Man Sam Piercy
October 6 at 1:00 PM
Music From "Stage &
Screen"
Winchester Senior Center

NEW IN OCTOBER

DO DROP IN 4-9:00 PM
Thursday Evenings At
LIVING WELL DOWNTOWN

35 East Market Street, Wabash
1st, 2nd, 3rd Thursday

Evenings of the Month

Oct. 6 PM: 4 PM Open: 6 PM Movie

Oct. 13: 4 PM Music & Games

Oct. 20: 4 PM Music & Misc.

Oct. 27: Closed to the Public

OCTOBER 2022

Activities in **Red** are at
Living Well Downtown (LWD)
 35 East Market Street, Wabash



MONDAY	TUESDAY	WEDNESDAY	THURSDAY
9:45 Low Impact Fitness 11:00 *Lunch* 12:00 Euchre \$1 Living Well Downtown Closed *Lunch by Reservation: 563-4475 7 PM Community Band Practice	11:00 *Lunch* Writing Club, LWDowntown 11:30 AM to 1:00 PM 1-6:00 Do Drop In, LWD 5:30 Yoga, \$10	9:00—10:30 Line Dancing 9-10:30 Breakfast for Your Brain 11:00 *Lunch* 12:00 \$1 Euchre 1-6:00 “Do Drop In” LWD 3:00 Low Impact Fitness	9:45 Low Impact Fitness 11:00 *Lunch* 11:30 Mah Jongg Lesson 1:00 Special Events 4-9:00 PM “Do Drop In” LWD Living Well Downtown
3	4 BLANKET BINDERS 9-3:00 Winchester Center, 239 Bond Street WRITING CLUB 11:30 AM to 1:00 PM Living Well Downtown, 35 East Market Street CLASSICS BOOK CLUB 2:00-4:00 PM Living Well Downtown,	5 Breakfast for Your Brain Winchester Center, 239 Bond Street MEDICARE BINGO 4:00 PM Living Well Downtown, 35 East Market Street	6 LifeBridge Bingo SAM PIERCY 1 Music of Stage & Screen Winchester Senior Center Mah Jongg Lesson Do Drop In 4-9:00 PM Living Well Downtown, 35 East Market Street
10 MODERN BOOK CLUB 3:00 to 5:00 PM (MAKE UP SESSION) Living Well Downtown 7:00 Wabash Community Band Rehearsal Winchester Senior Center	11 MODERN BOOK CLUB 3-5:00 PM Living Well Downtown, 35 East Market Street	12 Breakfast for Your Brain Winchester Center, 239 Bond Street FUNKY FOODS Purdue Extension 4:00 PM Living Well Downtown, 35 East Market Street	13 White Elephant 11:30 - 12:30 Birthday Party 1 Winchester Center, 239 Bond Street Mah Jongg Lesson Do Drop In 4-9:00 PM Living Well Downtown, 35 East Market Street
17 7:00 Wabash Community Band Rehearsal Winchester Senior Center	18 TECH ASSISTANCE 9:30 to 10:30 AM Winchester Center Writing Club 11:30- 1:00 PM Tech Assistance 1:00 to 2:00 PM Living Well Downtown 35 East Market Street	19 No Breakfast for the Brain DOMINOES 1-2:30 Winchester Senior Center 239 Bond Street	20 1:00 Bingo Party Winchester Center, 239 Bond Street Hosted by Rolling Meadows No Mah Jongg today Do Drop In 4-9:00 PM Living Well Downtown, 35 East Market Street
24 7:00 Wabash Community Band Rehearsal Winchester Senior Center Sunday Concert  Sunday the 20th Halloween Concert 2 PM Winchester Senior Center No Band Practice 31	25 OKTOBERFEST Carry-In Supper & Bingo 5:00 PM Winchester Senior Center 239 Bond Street, Wabash WRITING CLUB 11:30 AM to 1:00 PM Bingo 1:30 PM Men’s Discussion Group 3 PM	26 Breakfast for Your Brain Winchester Center, 239 Bond Street Adam Rogers Sings at 11 During Lunch Winchester Center, 239 Bond Street Adam Rogers Sings During Ice Cream Social 2:00 Living Well Downtown, 35 East Market Street	27 Low Impact Fitness Winchester Center 239 Bond Street Lunch as usual at 12:00 No Grocery Bingo SENIOR EXPO AT YMCA No Mah Jongg today No “Do Drop In”





WABASH COMMUNITY BAND HALLOWEEN CONCERT AND COSTUME CONTEST

**Sunday
October 30
2:00 PM**

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



ness sson LWD o In" LWD (LWD)	FRIDAY 11:00 *Lunch* 12:00 \$1 Euchre Beginning Euchre 11:30—12:30 Living Well Downtown (LWD) 2-6:00 PM T.G.I.F. Living Well Downtown (LWD)
go 12 PM PM & Screen r 11:30 PM	7 EUCHRE 12 PM No Mah Jongg today No Beginning Euchre today FIRST FRIDAY 4:00 pm—8:00 pm Living Well Downtown 35 East Market Street
nt Bingo :00 PM Bond Street 11:30 PM	14 Beginning Euchre 11:30 Mah Jongg Lesson 12:30 T.G.I.F. 2-6:00 PM Living Well Downtown, 35 East Market Street
Bond Street dows PM	21 Senior Box Distribution 10 No Beginning Euchre today No Mah Jongg today T.G.I.F. 2-6:00 PM Living Well Downtown,
ness 9:45 t 11 go today CA oday ' tonight	28 T.G.I.F. 2-6:00 PM Living Well Downtown, 35 East Market Street  Saturday the 29th Living Well Downtown will participate in the Downtown Trick-or-Treating



OKTOBERFEST
Tuesday, Oct. 25th
5:00 PM

Supper & Bingo
PITCH -N/CARRY-IN

Brats, Hot Dogs, Buns,
Beverages (no alcohol) &
Table Service Will be Provided.

Living Well Winchester Senior Center
239 Bond Street, Wabash

Reservations Required—Call (260)

CLASS & CLUB SCHEDULE

October 4 Writing Club 11:30
Classics Book Club 2-4:00
October 6 Mah Jongg Class 11:30
October 7 No Mah Jongg Class
No Beginning Euchre
October 10 Modern Book Club 3:00:
The Keeper of Happy Endings
(Make up session)
October 11 Modern Book Club 3:00:
So Cold the River
October 13 - Mah Jongg Class 11:30
October 14 - Beginning Euchre 11:30
Mah Jongg Class 12:30
October 18 Writing Club 11:30
October 20 & 21 No classes
October 25 Writing Club 11:30
October 27 Mah Jongg Class 11:30
October 28 Beginning Euchre 11:30
Mah Jongg Class 12:30

LOCATION CHANGE

THE MONTH OF OCTOBER
THESE CLASSES & CLUBS
WILL BE HELD AT

LIVING WELL
DOWNTOWN

35 East Market Street
Wabash

Modern Book Club

Writing Club

Classics Book Club

Mah Jongg Lessons

Euchre Lessons

National Parks

Answers to Puzzle on Page 12

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

Word List:

ACADIA
CANYONLANDS
GLACIER
REDWOOD
VOYAGEURS
ROCKY
CASCADES
MAMMOTH
DUNES

ARCHES
CONGAREE
KATMAI
SAGUARO
YELLOWSTONE
MOUNTAIN
RAINIER
CAVE
SMOKY

BADLANDS
DENALI
OLYMPIC
SEQUOIA
YOSEMITE
PETRIFIED
MESA
GRAND
TETON

BISCAYNE
EVERGLADES
PINNACLES
SHENANDOAH
ZION
FOREST
VERDE
CANYON



AUTUMN IS HERE

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

I would like to see a show of hands for those whose favorite season is Autumn. If you could see me now, you would notice my hand waving gleefully in the air. I am someone who feels a little tingle of excitement when the days get that golden glow, and the evenings feel cool and crisp. I love picking apples (and eating them), fresh cider, and bonfires.

The turning of the trees leaves me in awe every year. The other seasons have their merits to be sure, but, for me, Autumn is firmly in place as my favorite.

Not everyone sees Autumn in the same way, though. For some people, the shorter days and fewer hours of sunlight can bring about or amplify feelings of depression. For others, the anticipation of the cold, snowy, Indiana winter ahead brings a sense of gloom. Some people have been struggling with their mood for a while and are beginning to wonder if they will ever feel better. Others are noticing a change in the emotions of someone they care about.

Regardless of the reason, October provides us with a couple of reminders to pay attention to the emotional wellbeing of ourselves and those around us. October 10th is World Mental Health Day and October 7th is National Depression Screening Day.

In honor of these important days, I will be providing free depression screenings on October 7th at the Parkview Wabash Hospital. No appointment is necessary, and the results are completely confidential. The registration desk in the Medical Office Building will direct you to me but you do not need to register.

If you or someone you know is struggling with feeling anxious, depressed, overwhelmed, is grieving, sad, has a tough time sleeping or eating, or is noticing an increase in alcohol or other drug use, the LifeBridge Senior Program is here to help. We are in the Medical Office Building of the Parkview Wabash Hospital and specialize in meeting the mental health needs of older adults. Do not hesitate to call if you are curious about how we can help. We are always happy to talk, and if you do come in for an in-person assessment it is free.

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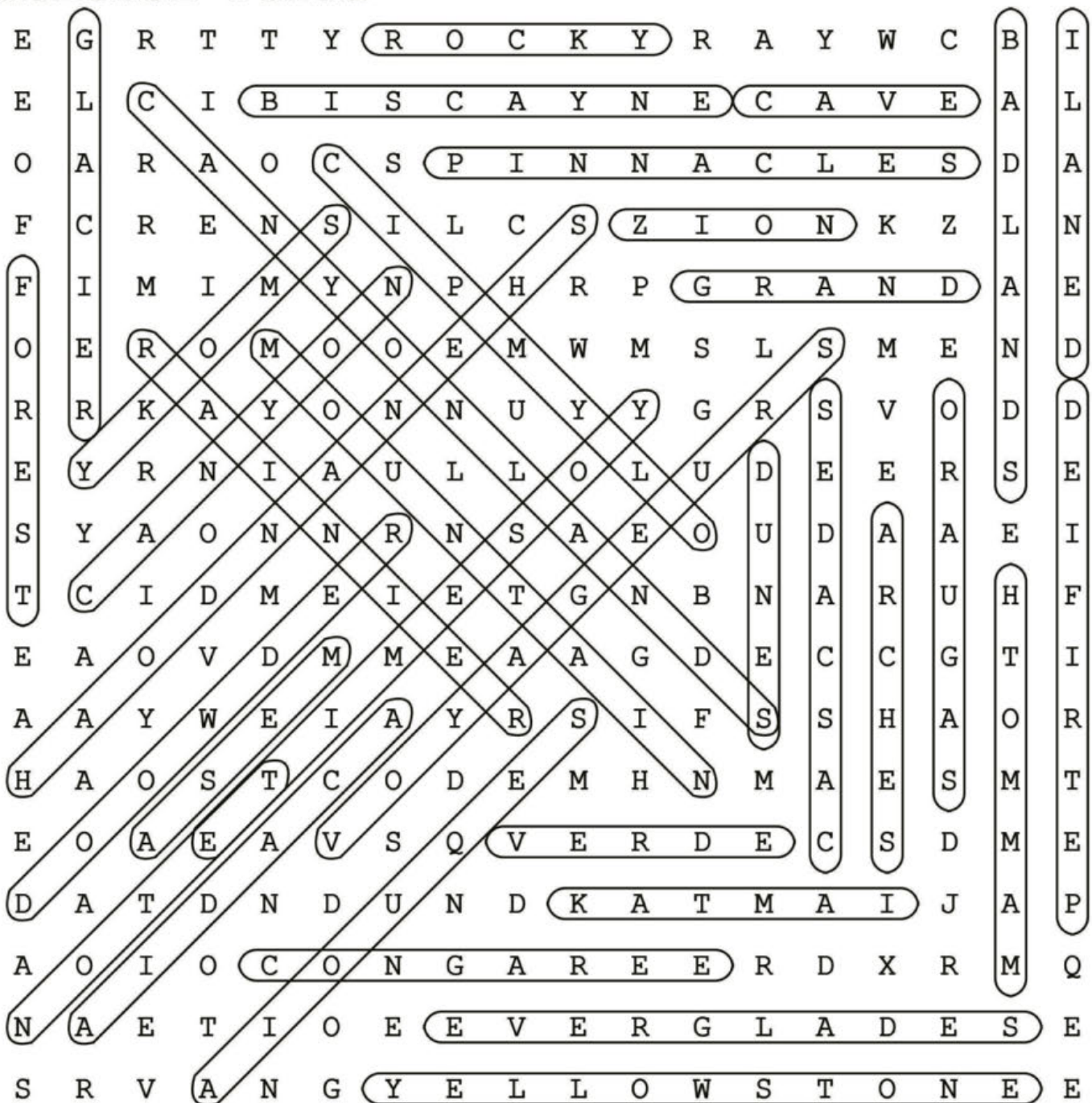


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Living Well in Wabash County, Wabash, IN C 4C 01-1456

National Parks

Answer Key to Crossword on Page 10



Word List:

ACADIA
CANYONLANDS
GLACIER
REDWOOD
VOYAGEURS
ROCKY
CASCADES
MAMMOTH
DUNES

ARCHES
CONGAREE
KATMAI
SAGUARO
YELLOWSTONE
MOUNTAIN
RAINIER
CAVE
SMOKY

BADLANDS
DENALI
OLYMPIC
SEQUOIA
YOSEMITE
PETRIFIED
MESA
GRAND
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VERDE
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WHOLE ORANGE CAKE

Published June 28, 2021; Modified Jan. 18, 2022 by Anthea

Rainbow Nourishments: rainbournourishments.com

This cake is company worthy, but do not wait for company. Make and enjoy it as a morning pastry or serve as a dessert. If you don't tell them it is vegan your guests will never know.

This Halloween, make a vegan orange cake using a whole orange including the rind just like the classic Sicilian orange cake. This cake is made with only 5 ingredients and is also gluten-free, oil-free, eggless, and flourless! This cake is so good you will not be tempted to eat the candy you are passing out to the little ghosts and goblins trick-or-treating.

A whole orange cake has origins in Sicily, Morocco, and the Middle East. The cake is traditionally made using boiled whole oranges (with the rind and all) and often uses almond flour/meal rather than wheat bread.

Conventionally, a whole orange cake recipe uses up to six eggs and is not vegan or easily converted to being vegan. However, after vigorous testing, the folks at Rainbow Nourishments figured out how you can make an eggless whole orange cake using common ingredients.

This cake is bursting with complex orange flavor and is moist, dense, but fluffy.

Ideally, use an organic orange since you are using the peel. The orange adds so much moisture to the cake that no oil or butter needed.

INGREDIENTS—What and Why

Whole orange is the key. Do not substitute orange juice for it. You get so much more with the whole orange. If you prefer not to use the white pith (white core) you may use just the flesh/inside of the orange. Remove the seeds.

Regular granulated sugar: Reducing the amount or type of sugar (such as plant based) tends to make the cake a little bitter, but it is still good. Experiment to see what fits you and your dietary requirements.

Corn starch or potato starch allows us to omit the eggs. It is tasteless and colorless highlighting the orange flavor. Potato or corn starch is not a straightforward 1:1 egg replacer in this recipe. The author reduced the overall liquid and added more baking powder to ensure the final cake is not too dense.

Baking powder—The recipe has a little extra baking powder to replace some of the lifting power normally provided by eggs in conventional whole orange cakes.

Orange juice—original recipe calls for water, but using orange juice rather than water adds to the robust flavor. Orange juice **with confectionary sugar** makes a wonderful drizzle or icing.

Here's the fun part: boil a well-scrubbed whole orange with peel for 30 minutes. Remove the stem. The orange doesn't need to be completely submerged in the water while boiling. You need enough water so the orange boils/steams! Do this while gathering your other ingredients and 8" round cake pan. Remove the orange. Discard all the water. Remove any seeds at this stage. The peel will be easily cut and sliced into chunks.

Add the orange, rind and all, to a food processor and pulse until combined and pureed. The orange does not need to be extremely fine, but 'smooth enough'. Add ALL ingredients to the food processor and pulse until combined. Batter will be thick, which is what you want. If your batter is runnier, add a little more potato or corn starch.

You would not normally use a food processor to mix a cake because over-mixing can create a tough cake. However, gluten is the culprit of tough cakes and this cake is glute-free so you do not have to worry about overprocessing. If you do not have a food processor, add all ingredients to a large mixing bowl and stir with a spatula or spoon. The batter will be too thick to use a hand whisk.

Use non-stick spray on your pan. Scoop or pour the thick batter into your cake tin. The surface will be a little rough so just smooth it out using a spatula or spoon. To smooth the top, dip your utensil in water and use it to smooth the batter.

BAKING—Bake at 340° F

The whole orange cake has a high amount of almond flour so you need to bake this at a slightly lower temperature than normal. Nuts tend to burn quickly so a lower temperature with a cake made with almond flour prevents this from happening!

Whole Orange Cake Continued From Page 14



Oven Temperature 340° F
Baking Time 35 to 40 minutes
Bake in a greased 8"round pan

INGREDIENTS

1 medium-sized orange (organic) with the rind.
2 1/2 cups almond flour/blanched almond meal
3/4 cup granulated sugar
1/2 cup + 1 tablespoon corn starch
1/3 cup orange juice or water (OJ is best)
3 heaped teaspoons baking powder

ICING

This cake does not need to be iced, but if you decide to ice it, let the cake completely cool before icing. You can sprinkle confectionary on top or use a favorite icing. You can also just drizzle some icing on it. Try confectionary sugar, but instead of milk or water, use orange juice for the liquid. *It is delicious.*

**We edited this recipe for space and to add ideas for substitutions.*



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7 Lasagna Roll Toss Salad Diced Pears Dessert Breadstick Milk	14 CHEFS CHOICE	21 Egg Salad Chicken Tortilla Soup Sliced Apples Croissant Dessert Milk	28 Chili Baby Bakers Broccoli Dessert Crackers Milk
6 Meatloaf White Rice Key Largo Vegetables Dessert Wheat Bread Milk	13 Taco Salad Beef Taco Meat Lettuce & Tomatoes, Cheese Sour Cream & Salsa Mango Chips Dessert/ Milk	20 BBQ Pulled Pork Peas Tropical Fruit Cup Dessert Bun Milk	27 Fish Tartar Sauce Buttered Potatoes Blueberries Dessert Bun Milk
5 Cabbage Roll 1 each Mashed Potatoes Fruit Cocktail Dessert Bun Milk	12 Ham Cheesy Potatoes Broccoli Dessert Roll Milk	19 Chicken Fajitas Lettuce Mix Fresh Orange Dessert Tortilla Milk	26 Chicken Strips Brussel Sprouts Strawberries Dessert Milk
4 BBQ Pulled Chicken Au Gratin Potatoes Brussel Sprouts Dessert Bun Milk	11 Meatballs in Sauce with Penne Pasta Candid Carrots Pear Cup Dessert Milk	18 Sausage, Green Beans & Potatoes Stewed Tomatoes Dessert Cornbread Milk	25 Salisbury Steak Mashed Potatoes California Blend Vegetables Dessert Roll Milk
3 Spanish Hot Dog Potato Salad Mixed Fruit Dessert Bun Milk	10 Grilled Chicken Corn Fiesta Peaches Dessert Bun Milk	17 Cheeseburger Tomato Soup Fruit Cocktail Dessert Bun Milk	24 Macaroni & Cheese Asparagus Cherry Applesauce Dessert Roll Milk
			31 Chicken Pot Pie Mashed Potatoes Diced Pineapple Dessert Roll Milk

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