



Happy New Year

We asked a few people what their dreams and hopes are in 2021 and wanted to share them with you.

What are we wanting in 2021? Many want the same things. I want COVID 19 to miraculously be done very soon. I want us to be freely and safely able to return to our churches. May political hostilities subside for the good of our nation.
Mary Jo– DCCOA Board President

Hoping for good health for family & friends...
Candy,
Agency Bookkeeper

Hoping for a happy and healthier year in 2021– Daryl (Heimach center’s pool player)

Some good advice from our dispatchers for the upcoming new year.

~ Your smile can turn a person having a bad day into a good day for them.

~ A person who feels appreciated will always do more than what is expected.

Don’t forget to count your blessings, big or small...

I once complained I had no shoes, until I met a man who had no feet~ Jerry, DART Driver

“Team work, makes the Dream work”
— Jenese, Transportation Coordinator

My hope fore the New Year is for a brighter future for all who are suffering, and for hope to fill the world... Deb K. Volunteer

I am ready to say good-bye to 2020 and HELLO to 2021! Danielle, Billing Specialist

May everyday of the New Year inspire you to grow.

Beth, Agency Secretary



A UNITED WAY FUNDED AGENCY

JANUARY 2021

**WHEN THE AGENCY RECEIVES AN
“ALL-CLEAR” AND THE HEIMACH CENTER
RE-OPENS FOR ACTIVITIES, THE FOLLOWING
ACTIVITIES WOULD RESTART
WITH THE NEW DATES:**

THIS MONTH: MUST WEAR A MASK

HAPPY NEW YEAR

Friday, January 1st

Center closed; No DART Transportation

Mondays, Jan. 4, 11, 18 & 25; 9:30 & 10:30 YOGA w/Cathy

**Tuesday, Jan. 26; 1:00 DCCOA Board of Directors
Annual Meeting**

**Tuesdays, Jan. 5, 12, 19 & 26; 9 & 10:30 SHIP (Medicare)
Counseling with John & Ed**

**Thursday, Jan. 14; 9:00- Executive/Finance/Trustees
Committee Meeting**

Thursdays, Jan. 7, 14, 21 & 28; 10-11 Tai Chi with Greg

**Fridays, Jan. 8, 15, 22 & 29; 9 & 10:30 SHIP (Medicare)
with Ed & Kathy**



NOTE: We are unable to consistently schedule for our activities/programs as long as our county is in the “red zone” for coronavirus cases. Due to the printing deadlines of our newsletter, we encourage you to call 260-925-3311 before you venture out to participate. We are as eager as all of you to have our doors fully open once again and see your smiling faces!

In memory of the following loved ones, a memorial has been made to the Heimach Center.

Harold Buchs
Eulalah Hughes
Mike Lee
Joyce Springer
Roger Wertenberger



“A Note of Thanksgiving”
Special Thanks to Joe & Sharon who donated turkeys to seven grateful families.



FRIENDS:

Please think of the DeKalb Co. Council on Aging for memorials made in memory of a loved one and/or as you consider any tax planning for the year. Such gifts allow our agency to better serve and one such gift can help to serve many! Please call 260-925-3311 for additional information in your gift giving.





The DeKalb Co. Council on Aging, like any organization, is at the mercy of the weather and other unforeseen emergencies.

The Heimach Center and DART Transit will be closed when weather conditions are too hazardous to be on the roads, following the directives associated with state weather codes:

“Warning” -

We may not travel and all Agency programs are cancelled;

“Watch” -

DART will provide only medical or essential travel; and while the agency offices may be open, there will be no Heimach Center activities;

“Advisory” -

The agency offices will be open, however Heimach Center activities may be limited or cancelled.

To be safe, before venturing out for Center activities, be sure to check TV Channels 15 & 21 and radio stations 95.5 and 106.7.

WHEN THE HEIMACH CENTER REOPENS DATES WILL BE ANNOUNCED



SUPPORT GROUPS

**at Heimach Center
1800 E. 7th St., Auburn**

Low Vision Support Group:

Meets 3rd Thursday of each month **(currently on hold)** at 1:15. Group facilitator is Fred Fulkerson; co-sponsor is The League and the Council on Aging.

Alzheimer’s Caregiver Support Group:

Call for information

Only ‘Virtual’ meetings and webinars at this time.

Join online or by phone: Registration is required

alz.org/crf or alz.org/indiana/helping_you

24/7 Helpline: 800.272.3900

FOOT CARE with Ken

**9:10 am - 2:30 pm
(by appointment)**

Clients MUST wear a Mask

**Call 260-925-3311
for an appointment**

***Wait in your car and we will call you in for your appointment.**





LOOKING FOR A FEW GOOD DRIVERS

- Full or Part Time;
- No Weekends, Holidays or Evenings
- Paid Benefit Days
- Fun and Great Working Conditions
- Complete Training
- Flexible Hours

Must Have Good Driving Record
Pre-Employment & Random Drug Tests Required



Apply in person
between
8:30 am and 4:30 pm
at Heimach Center,
1800 E. 7th St., Auburn.

We need your feedback!

Please help us with your input regarding Transportation needs and preferences.

The purpose of the survey is to gather data to identify existing barriers, gaps and challenges to the delivery of public transportation. Your data will help provide a foundation for new coordinated transportation goals and strategies for the next several years.

The survey is online at
<https://www.surveymonkey.com/r/IndianaTransportation>

Thanks in advance!!!

Affordable Health Insurance



Roark's Insurance Service Inc.

Confused About **Senior** Health Plans?
Medicare Advantage Medicare Supplements

Over 40 Years
Of Quality Service

260-925-5088

1710 N. Main St. - Auburn
Greenhurst Office Building



Rick Roark

John Ley Monument Sales

Family-Owned & Operated Since 1975



Assessing your needs for memorials - a custom built Granite Counter Top

Anthony and Regina Ley
101 Progress Way, PO Box 5
Avilla, Indiana 46710
(260) 897-2333

Have Medicare questions? I have answers.

Agent for Medicare Advantage Plans,
Supplements, Drug Plans, Final
Expense, Senior Dental and Vision Plans.

Burnell Landes
Licensed Sales Agent
714 S Harrison St
Garrett, IN 46738
p: 260-226-5243
bernie@landesinsurance.com



SAVE more than 40% vs. our competitor's, **ASK US HOW!**

FREE HEARING TEST and CONSULTATION

NO MONEY DOWN RISK-FREE TRIAL!

Hearing Aids Starting at \$798/each

Professional Hearing Care in Our Office or
We Can Come to You!

Hearing Testing, Consultation, Hearing Aid Fitting and
Follow-Up Visits in our Office or in the Comfort of Home!

Because Life Is Worth
Listening To....
Affordable
HEARING AIDS
In Home Hearing Services
260.494.3868



Curt Esterline, HIS
Hearing Specialist

We Help With Navigating
Your Insurance Benefits!

We are CDC Compliant in Protecting
Against COVID-19



225 East Tillman Rd., Suite 4, Fort Wayne, IN 46816



For ad info. call 1-800-950-9952 • www.lpi seniors.com

DeKalb County Council on Aging, Auburn, IN

A 4C 01-1482

Social Security Disability Benefits Eligibility



Getting Social Security disability benefits when you are unable to work can be

challenging. Last year more than 2 million people applied for disability benefits. Approximately two-thirds of those applications were denied. In most cases, the applicants failed to prove that they have a disability that prevents them from working. Here are some steps you can take that may improve your application.

GET INFORMED

The first thing you need to find out is whether your health problem qualifies you for Social Security disability benefits. Generally, eligibility depends on if you have a health problem that is expected to prevent you from working in your current line of work (or any other line of work that you have been in over the past 15 years) for at least a year or that the health problem may be terminal.

There is no such thing as a partial disability benefit. If you are fit enough to work part-time, your application will likely be denied. If you are working your application will be denied.

Your skill set and age are factors too. Your application may be denied if your work history suggests that you have the skills to perform a less physically demanding job that your disability would not prevent you from doing.

To help you determine if your disability may prevent you from working, visit SSA.gov/planners/disability/qualify and go through the five questions Social Security uses to determine disability eligibility.

HOW TO APPLY

If you believe you have a claim, your next step is to gather up your personal, financial and medical information so you can be prepared and organized for the application process.

You can apply either online at SSA.gov/applyfordisability or call 800-772-1213 to make an appointment to apply at our local Social Security office on So. Grandstaff Drive, Auburn, or to set up an appointment for someone to take your claim over the phone.

The whole process lasts about an hour. If you schedule an appointment, a “Disability Starter Kit” will be mailed to you, it should help you get ready for your interview. If you apply online, the kit is available for download at SSA.gov/disability/disability_starter_kits.htm.

It takes 3-5 months from the initial application to receive either an award or denial of benefits. The only exception is if you have a chronic illness that qualifies you for a “compassionate allowance” which fast tracks cases within weeks.

If Social Security denies your initial application, you can appeal the decision. Roughly half of all cases that go through the

appeals process will receive benefits, but there is a large backlog for appeals; approximately 800,000 people are currently waiting for a hearing. It may take 12 to 24 months for an individual to get an appeals hearing.

GET HELP

You can hire a representative to help you with your Social Security disability claim. By



law, representatives can charge a maximum of 25% of your past-due benefits, up to a maximum of \$6,000 if they win your case.

It may be worthwhile to hire someone at the start of the application process if your disability is something difficult to prove, such as chronic pain. If, however, your disability is obvious, you may not need to work with a representative. If it is necessary, you can always hire a representative at a later date.

To find a representative, check with the National Organization of Social Security Claimants’ Representatives (NOSSCR.org, 845-682-1881) or National Association of Disability Representatives (NADR.org, 800-747-6131). Or, if you’re low-income, contact the Legal Services Corporation (LSC.gov/find-legal-aid) for free assistance.



SIX WAYS TO HELP LOWER BLOOD PRESSURE WITHOUT MEDICATION

From the American Heart Association and National Heart, Lung and Blood Institute

1. AIM FOR AT LEAST 30 MINUTES OF DAILY EXERCISE.

Regular aerobic activity can help reduce mildly elevated blood pressure 5 to 10 points.

2. EAT PLENTY OF FRESH FRUITS AND VEGETABLES.

They are packed with potassium, a mineral that can help control blood pressure. Avoid canned, frozen and packaged foods with added sodium, a major contributor to high blood pressure.

3. DRINK TWO 8-OUNCE GLASSES OF LOW- OR NON-FAT MILK EVERY DAY.

The calcium in milk and other dairy products may also help control blood pressure.

4. TAKE THE SALT SHAKER OFF THE TABLE.

One teaspoon of salt contains 2,300 mg of sodium. Experts now encourage us to limit dietary sodium intake to less than 1,500 mg per day.

5. STEP ON THE SCALE.

If you're overweight, losing as little as 10 pounds may help lower your blood pressure.

6. AVOID TOBACCO PRODUCTS OF ALL KINDS AND LIMIT ALCOHOL.

No tobacco at all! Limit alcohol to two drinks per day for men and one for women.

Normal blood pressure is less than 120/80. Get yours checked regularly. If you take your own blood pressure at home, take your machine to your next doctor's appointment and have them check to make sure the reading is accurate.

If you're already taking medication for high blood pressure, don't stop.

LOW-SALT WAYS TO BRING OUT THE FLAVOR IN YOUR FAVORITE RECIPES



Add bite with vinegars or squeeze lemon juice over vegetables.

If a recipe calls for garlic salt, substitute 1 garlic clove for every 1/2 teaspoon of garlic salt.

Rub horseradish, preserves or chutneys on poultry, meat and fish before baking or barbecuing.

Substitute sun-dried tomatoes for olives or bacon.

Try mustard powder to replace prepared mustard.

Use celery seed - it has a salty taste.

Reduce the amount of salt in recipes by half. In most dishes you won't notice the difference.

Use low-salt toasted or dry bread crumbs to replace high-salt cheeses like mozzarella, parmesan and romano on pasta.

Above & Beyond!



SHIP Counselors Ed, John and Kathy were concerned as DeKalb County went 'Red' due to the COVID-19 crisis and so they decided to do their appointments by phone in their homes. With the deadline of December 7th (open enrollment window) so close and the Heimach Center having to discontinue all activities, the three counselors immediately put their plan into effect thus not "missing a beat" for any client in need!

As potential clients called the Heimach Center for an appointment, our phone volunteers took the names and telephone numbers and forwarded the information to the Counselors.

For as long as DeKalb County stays in the 'RED' zone due to the coronavirus cases and the Heimach Center stays closed, the SHIP Counselors will continue to help from home. Please call the center 260-925-3311 and leave your information with our great telephone volunteers and they will contact a SHIP Counselor for you.

If you or someone you know has questions about Medicare, call SHIP @ 1-800-452-4800, 1-866-846-0139 TDD or online at www.medicare.in.gov. You can also find us on Facebook & Twitter.

SHIP is a free, unbiased counseling program provided by the Indiana State Department of Insurance.

Protecting Your Money From Nursing Home Stays

Licensed: Indiana, Michigan,
Ohio & Florida

NL NUGEN LAW
A PROFESSIONAL CORPORATION

Call 260-925-3738





Hopeful News about COVID-19

As news continues to grow about the COVID-19 vaccines being produced, it's important to understand how the developments will affect older adults. Our Center for Healthy Aging took a closer look at the availability, efficacy, and safety of the vaccines that we know of.

The world recently received very encouraging news from two of the many drug companies developing vaccines for the novel coronavirus.

The two companies—Pfizer/BioNTech and Moderna—reported much better than expected results from their large-scale clinical studies, indicating 94-95% effectiveness in preventing illness. Both vaccines prompt the body to produce a coronavirus protein and then mount an immune response.

Preliminary results from Moderna's and Pfizer's vaccine studies also indicate that individuals who received the vaccine and developed COVID-19 did not get as sick as those who did not receive the vaccine and contracted COVID. More promising news.

When will the COVID-19 vaccine be available?

Both companies are anticipating that the vaccines may be available as early as the end of the year through the Food & Drug Administration (FDA) process of Emergency Use Authorization (EUA). This news is truly light at the end of a long tunnel. However, both vaccines have some challenges that will need to be overcome with careful planning, adequate funding,

and coordination among the drug companies, government, and the health care community. These include:

- **Two shots are needed to provide protection.**

The second dose of Pfizer's vaccine must be administered 21 days after the first shot, and Moderna's second dose is administered 28 days after the first. The two vaccines are not interchangeable. Education, tracking, and reminders will be key to ensuring that everyone receives both doses.

- **Cold temperatures are required for transportation and storage.**

Pfizer's vaccine requires temperatures of -70 degrees Celsius, colder than winter in Antarctica. Fortunately, Pfizer has created its own packaging—nicknamed “the pizza box”—to keep doses frozen without expensive special refrigerators, but only for 15 days. Moderna's vaccine requires freezing, but more like regular refrigerator temperatures.

- **How fast can the companies produce the vaccine?**

Pfizer and Moderna have already produced millions of doses, but not nearly enough to vaccinate even those at high risk. The companies are ramping up efforts to manufacture more, but they face challenges because the vaccines use new technology and the pandemic has disrupted supply chains for many things from raw materials to glass vials.



Is the COVID-19 vaccine safe?

The FDA is requiring that companies only submit EUA applications two months after the last dose. The FDA says this is enough time to learn about side effects and adverse events from the vaccines. The companies will be required to collect data on adverse events long after this two-month period. Common side effects are pain at the injection site, fever, fatigue, and headache.

It's still unclear how long the vaccines will provide protection, and whether they will be needed every year similar to the flu vaccine. For older adults, these questions are very important because as we age, our immune systems weaken and the response to the vaccine may not be as high as other age groups.

How much will the vaccine cost?

In October, the federal government announced that the COVID-19 vaccine will be free of charge for people with Medicare, Medicaid, and private insurance, as well as for those with no insurance.

Who will get the COVID-19 vaccine first?

The Center for Disease Control (CDC) and states will decide how to distribute the vaccines once they are approved and available. We believe that the National Academies of Sciences, Engineering and Medicine's framework for equitable distribution should serve as a guide. Their plan includes four phases:

Vaccines and Treatments

By Kathleen Cameron, BSPHarm, MPH

- **Phase 1** is for frontline health care workers in hospitals, nursing homes, home care, and first responders. Also included are people of all ages with multiple health conditions such as heart disease, diabetes, hypertension, and obesity and those aged 65+ in congregate settings such as nursing homes.
- **Phase 2** includes K-12 teachers and school staff, child care workers, and critical workers in high-risk settings such as grocery stores and public transportation. Also included are all older adults not included in Phase 1 and people of all ages with underlying conditions that put them at moderately higher risk.
- **Phase 3** includes young adults, children, and workers in places like colleges and universities, hotels, banks, exercise facilities and factories that pose moderately high risk of exposure.
- **Phase 4** covers everyone else residing in the U.S.

Are there treatments for COVID-19?

The likelihood that a coronavirus infection will prove fatal has dropped by nearly 30% since April due to improved treatments, according to a new report from the University of Washington's Institute for Health Metrics and Evaluation.

Doctors have figured out better ways to care for patients with COVID-19, including using blood

thinners, oxygen support, and remdesivir and the steroid dexamethasone for certain patients.

Can we return to normal activities now that a vaccine is on the horizon?

We all are eager to get back to normal life. While this vaccine news is promising, it will still take some time to reach most of the population. That means we must continue to adhere to the very important safety precautions issued by the CDC, states, and localities. Always remember to protect yourself and those around you by:

- Wearing a face mask at all times in public and when around people not in your household.
- Keeping 6 feet apart from people not in your household
- Washing hands frequently
- Avoiding crowds

Key Takeaways:

There's promising news in the development of effective vaccines and treatments for the novel coronavirus, but challenges remain.

The vaccine will be free, and the Food & Drug Administration has created guidelines to ensure its safety.

The National Academies of Sciences has developed a 4-phase framework for distributing the vaccine once it's approved.

You can find additional information on NCOA's website (National Council on Aging)@ www.ncoa.org



This is valuable information received from Parkview regarding flu vaccine and why it is important to receive.

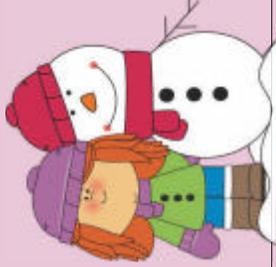
- Influenza is a serious respiratory disease that kills thousands every year.
- Refusing to be vaccinated could have life-threatening consequences to one's health and the health of patients, coworkers, family and community.
- One cannot get influenza from the influenza vaccine.
- One should get vaccinated every year because the Flu strains change and one's immunity declines.
- One can spread the virus before any symptoms appear.
- One can change one's mind during the flu season and get the vaccinations.
- The influenza vaccination has been endorsed by all major public health and patient safety organizations, has been shown to be very safe and to reduce risk of illness and death in vulnerable patients, and also reduce the risk of getting and spreading influenza.



Sun	Mon	Tue	Wed	Thu	Fri	Sat	
		JANUARY 2021					
					1 Center Closed NO DART Transportation	2	
3	4 CSFP & Senior Pak Pick Up (after noon)	5	6	7	8	9	
10	11	12	13	14	15	16	
17	18	19	20	21	22	23	
24/ 31	25	26 DCCOA Bd of Directors Annual Meeting 1:00	27	28	29	30	



EVENTS WILL BE SCHEDULED WHEN CENTER



DCCOA Executive/Finance
Trustees Comm Mtg. 9:00



"Dad Jokes"

Q: Why was the snowman sad?

A: Cause he had a meltdown.



Q: What happened to the man who shoplifted a calendar on New Year's Eve?

A: He got 12 months!



Every year I make a resolution to change myself....this year making a resolution to be myself!

I was going to quit all my bad habits for the new year, but then I remembered that nobody likes a quitter.

THANK YOU!

Auburn Street Department
volunteers improve
Madden Arches display

Please pay special attention as you pass by the Madden Arches located at the Heimach Center on East 7th Street! Due to a recent "Day of Car-ing" project sponsored by the United Way of DeKalb County, a great group of employees from the Auburn Street Department cut down two mon-ster" (and very dead) fir trees that had been obstructing the view of these historic arches—the result speaks for itself!

Our agency is truly in debt to all involved including Mayor Ley, who approved the project for his employ-ees to participate in.

All at Heimach Center,
Meg Zenk,
Retired Executive Director

Welcome

Laurie Ennis joins our
DART Family as the
afternoon dispatcher.
We are glad you are here and
looking forward to getting to
know you !



AUBURN VILLAGE
Rehabilitation & Skilled Nursing



Amenities Including:

Internet Café • Sports Bar • Theater • Library
Three Dining Areas • Three Courtyards • New Kitchen
Ice Cream Parlor • Private Dining • Lobby With Fireplace

Phone:
260-925-5494

Post Hospital Short-Term Rehabilitation and Long-Term Care Available

*Orthopedic Rehabilitation *Pulmonary Rehabilitation
*Post-Surgical Mobility Rehabilitation
*Stroke Recovery and Much more!

75 Private Suites/18 Deluxe Semi-Private Suites

1751 Wesley Road Auburn, IN 46706
www.AuburnVillage.com

**TRI - STATE
RETIREMENT
SOLUTIONS**
MEDICARE • LONG TERM CARE • FINAL EXPENSE • ANNUITIES

American
SENIOR BENEFITS
Putting people back into the people business
Tri-State Retirement Solutions powered
by American Senior Benefits

- We have access to over 150 carrier's for products and solutions
- Focus on customized solutions, not a 1 size fits all approach
- Face to face, in home consultations
- No high pressure tactics
- We are always focused on what's in the best interest of our clients. We don't push just one or two products or companies
- Free educational seminars hosted monthly at our office
- We offer Medicare, Long Term Care, Final Expense/Life Insurance, Annuities

408 S. Main St., Auburn, In 46706
O: 260-333-5040 C: 260-715-2241
jwatson@americanseniorbenefits.com



Snowy & Cold Weather... **Are you prepared?**

During the winter months, ice, snow and cold temperatures can make life challenging for anyone. Slippery sidewalks and cold weather can cause a wide range of injuries and illnesses, especially for seniors.

Snowy Roads & Icy Sidewalks

Slippery sidewalks and cold weather can cause a wide range of injuries and illnesses, especially for seniors. Often these types of falls cause major injuries such as hip and wrist fractures, head trauma and major lacerations. While younger people often recover relatively quickly from such injuries, older adults face complications, which are a leading cause of death from injury in men and women over the age of 65.

Make sure to wear shoes with good traction and non-skid soles, and stay inside until the roads are clear.

Replace a worn cane tip to making walking easier.

Take off shoes as soon as you return indoors because often snow and ice attach to the soles and, once melted, can lead to slippery conditions inside.

Dress for Warmth

Cold temperatures can lead to frostbite and hypothermia- a condition where the body temperature dips too low. According to the CDC, more than half

of hypothermia-related deaths were of people over the age of 65. So, don't let indoor temperatures go too low and dress in layers.

Going outside? Wear warm socks, a heavy coat, a warm hat, gloves and a scarf. In very cold temperatures, cover all exposed skin.

Use a scarf to cover your mouth and protect your lungs. Your body temperature should never dip below 95 degrees- if it does get medical assistance immediately.



Wintertime Depression

Because it can be difficult and dangerous to get around, many seniors have less contact with others during cold months. This can breed feelings of loneliness and isolation. To help avoid these issues, family members can check in on seniors as often as possible. A short, daily phone call can also make a big difference. Seniors can also arrange a check in system with neighbors and friends, where each person looks in on one or two others daily.

Check the Car

Driving during the winter can be hazardous for anyone. But it is especially dangerous for older people, who may not

drive as often anymore or whose reflexes may not be as quick as they once were.

Get your car serviced before wintertime hits-or ask a family member to bring it to a garage for you. Checking things like the oil, tires, battery and wipers can make a big difference on winter roads. Make a winter emergency car kit and make sure it is in your car along with extra blankets and



bottles of water. Check to make sure your roadside service memberships are up to date in case of emergencies. If driving is necessary during the winter, review safe and reliable senior transportation options.

Power Outages

Winter storms can lead to power outages. Make sure you have easy access to flashlights and a battery-powered radio in case the power goes out. Make sure to stockpile warm blankets. Longer power outages can spoil the food in your refrigerator and freezer so keep a supply of non-perishable foods that can be eaten cold on hand. If the power goes out, wear several layers of clothing, including a hat. Move around a lot to raise your body temperature.

Adieu Dear Heimach Family/Friends,

Former DeKalb Co. COA Transportation Specialist, Roxann Shireman passed away on December 10th. Oh my, how she will be missed! Roxann retired this July sharing her passion to spend more time with her beloved family. We share in her family's deep grief and loss.

Our Heimach "Popcorn Man" Harold Buchs recently went 'home' to his heavenly family. Harold and his dear wife Dixie were incredible agency volunteers and as chairpersons made a huge contribution to the ongoing success of our annual Christmas Bazaar. So many of us would have loved the opportunity for one more 'sit down' to listen to Harold's quick wit and great stories!

Donna Furnish, Mother-law-in of agency maintenance employee, Ken Myers, passed away unexpectedly on 12/8. Prayers and thoughts go out to Faith and Ken-Donnas' passing occurred shortly before their wedding on the same day thus the loss was even more difficult. We offer our deep condolences.

Former DART DRIVER Mike Lee also recently passed. Mike was a good driver and so well liked by his riders and fellow employees. To Mike's wife Bobbie and daughter, Rae, we have no words to console but they have our heartfelt thoughts and prayers.

A special agency supporter, Layden Rieke passed on 12/4. To Layden's children, grand and great grandchildren we offer our deepest sympathy and gratitude beyond measure for all that he and other Rieke family members made possible for our agency through their support.





Tax appointments are being handled a little different this year...Please read the information included here and don't hesitate to call if you have any questions.

Starting Monday January 18th, call the Heimach Center 260-925-3311 or 1-888-220-2242 to obtain the Intake Form & IRS Taxpayer consent form.

Tax Preparation Services will be offered this coming year at the DeKalb County Council on Aging/Heimach Center, with restrictions and new procedures due to the current Pandemic. Please see the below information provided:

AARP Foundation Tax Aide Preparation Info

Who may have tax returns prepared by Appointment ONLY:

- DeKalb County Senior Residents only (60 & over)
- No returns prepared with Depreciation
- No Business Returns
- No itemized Returns
- Limited to Joint returns of no more than 75k or Single returns at 50k

What you need to bring:

- Primary filer(s) – Photo ID
- List of dependents – SSN card or official government document with name and SSN listed
- Last year's tax return
- All pertinent 2020 Tax information
- Property tax bill
- If renting – MUST bring Landlord's name and address
- Bank information – if you are wanting refund Direct Deposited
- If filing married – Both parties – to sign return at 2nd scheduled appointment
- Prepare Intake Form and sign taxpayer consent form before your scheduled appointment.

If you meet the criteria for scheduling an appointment above, you will first need to call and stop by the DeKalb County Council on Aging/Heimach Center after January 17th, 2021 to obtain the Intake Form and IRS Taxpayer consent form (which you will take home and fill out).

Once you have completed the Intake Form and the Consent form – you will need to call the Heimach Center to set up your appointments (2) to meet with the AARP Representative to upload your information who will then send it to the Tax Preparer assigned to you.

(Important tax information continued)



You will not complete your taxes in person at the Heimach Center – your information provided will be uploaded and forwarded to the preparer assigned to you. If the Tax Preparer has any

questions for you – they will contact you directly during this process.

The Heimach Center will maintain strict adherence to CDC guidelines, state and local policies and mandates regarding the wearing of masks and social-distancing during the time frame that you are inside the Heimach Center for this service.

*At this time we are asking all visitors to the Heimach Center contact our office via phone upon arrival for directions as to where to enter the facility. **Please note:** If you have a fever, shortness of breath, cough, or other Covid-19 related symptom you will not be permitted inside the building. Upon completion of your taxes (one week later) at your scheduled 2nd appointment at the Heimach Center, you will review and sign your taxes for submission. Again, if married, both parties are required to be present for this appointment to sign the return.

Please also know that the Agency will have copies of Indiana Form SC-40 (Unified Tax Credit for the Elderly) for those individuals that simply need a copy to fill out. We will provide the form only – not prepare it for you!

Blue River Senior Apartments

*Comfortable, friendly living...
a great place to call home!*

Chunubusco

225 E. Clingerman, Chunubusco, IN

Waterfall Building

413 E. Columbia Dr., Columbia City

Walter Building

934 Blue River Dr., Columbia City

Thompson Building

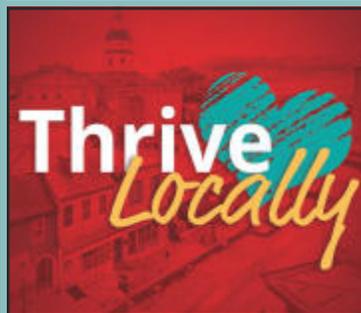
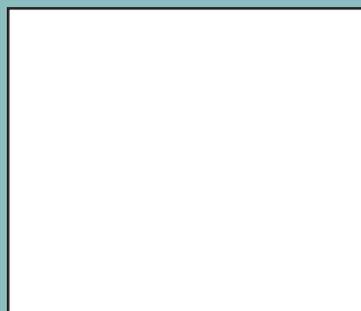
403 Blue River Dr., Columbia City

Providing Quality, affordable housing to seniors 62 or older and persons with handicaps/disabilities, regardless of age.
1 Bedroom Apartments
Utilities Included • Central Air • Appliances
• Rent Based on Income

 Columbia City Properties
jocannon@bradleyco.com • 260-248-2254 (TTY 711)

 Chunubusco Properties
kherendeen@bradleyco.com • 574-250-1661 (TTY 711)

This institution is an equal opportunity provider employer and lender.



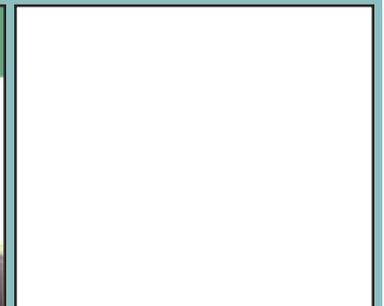
➤ Reach the Senior Market
ADVERTISE HERE

CONTACT

Terry Sweeney to place an ad today!
tsweeney@4LPi.com or (800) 477-4574 x6407

NEVER MISS A NEWSLETTER !

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



New Years Resolutions For Seniors



Each New Year is a gift. It's another opportunity to take stock of our lives and decide what we'd like to change. We can make changes large and small. We've gathered here New Year's resolutions specifically for seniors, including practical resolutions – not as fun but bound to bring peace of mind – and more attitude-oriented resolutions, which remind us that every day can be a good day.

Resolution 1: Review your legal documents. Getting organized is a common New Year's resolution, and getting your legal documents in order is a critical spin on the idea. This is really more for your loved ones than for yourself, "Resolve to meet with a lawyer and make sure each document is current, legal, and reflective of your personal desires."

Resolution 2: Get up to date on your vaccinations. It's easy to put these things off when your doctor recommends them but they're important. You should talk with your doctor or pharmacist at least once a year about what you may have missed. Flu, pneumonia, shingles, these are all important vaccines and can save your life.

Resolution 3: Ask your pharmacist to email you a list of all the meds you're on and the dosages, send a copy to a friend or family member, and keep a copy on your cell phone. You might also consider a medication dispenser, especially if you or your partner has any cognitive challenges.

Resolution 4: Try something that takes you out of your comfort zone. Learn a new game. See a movie or read a book you know nothing about. Adventure doesn't have to involve physical risk or danger. Every day can be an adventure if you simply resolve to try something new.

Resolution 5: Challenge yourself. Mental and physical challenges motivate us to change behaviors and do more. Mental challenges like Sudoku, quizzes, crossword or jigsaw puzzles will improve mental strength, which can improve memory. Physical challenges enable you to gradually improve things like balance, endurance, strength, flexibility and overall health. Talk to your doctor about physical activity that's right for you, set a goal and then work with her or him to devise a plan to gradually and safely increase it.

Resolution 6: De-clutter. We can amass a lot of stuff over a lifetime. Holding on to some of it makes sense because it increases your quality of life and reminds you of happy times and great experiences. But there's likely a lot of stuff that you don't need, and that your children may not want. Commit to begin divesting yourself of items that don't have special meaning, and to organizing what you do keep. That will make it easier for you day-to-day, and for your children later.

Resolution 7: Understand your fall risk. "Falls are the leading cause of injury for Americans over 65," Even if you're an active, steady senior, you could be at an elevated risk for a fall because of medications you're on or because of underlying medical conditions. Make a resolution to talk to your physician about your risk of falling, investigate how to re-arrange things in your home to make it safer, and consider a personal medical alert device with fall protection.

Resolution 8: Forgive the people in your life who deserve it. Grudges, slights and old scores weigh us down. Forgiveness makes us lighter and happier. This year, choose one person and work to let them off the hook. Take stock of who you are, and remember you're a better person than you give yourself credit for.

Resolution 9: Embrace technology. Technology can be daunting, or it can be a gateway to a higher quality of life. This year, resolve to try one new technology. Video chatting with friends is more satisfying than a phone call, text or email. Social media makes it easier to stay connected to the people you care about on your own schedule.

Resolution 10: Revisit your old resolutions. Go back and look at some of the things you've resolved in the past, and ask yourself if they're still necessary. Give yourself permission to repeal the ones that aren't. Sometimes we hold ourselves to strict standards that quite frankly have outlived their usefulness. Giving up fried chicken might have been a really good idea when you were in your 50's but if you're in your 80's and you really miss it, maybe you could revisit that.



YOUR CONTRIBUTION IS VERY IMPORTANT!

And remember, all donations made to DeKalb County Council on Aging are tax deductible.

NAME: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

PLEASE ACCEPT MY DONATION OF:

\$300 \$200 \$100 \$50 \$25 Other: _____

We ask all who utilize and enjoy the multiple services and programs including DART (public transit service) offered through the DeKalb Co. Council on Aging to imagine what their lives might be like without it and then in turn make a donation (large or small) to help keep the Agency and Center as vital as possible.

Thank you for your donation!



A VERY EASY WAY TO DONATE TO DEKALB CO. COUNCIL ON AGING/HEIMACH CENTER/DART



Buy groceries at KROGER!

For those with email/online access:

- [Kroger.com/ communityrewards](http://Kroger.com/communityrewards)
- Click **Sign in**
- Input your personal account information

- Click **View Your Rewards Details**
- Scroll to **Community Rewards at bottom of page**
- Click **Enroll**
- Input **WU395**; click **Search**
- Click the circle to the left of DeKalb County Council on Aging
- Click **Enroll**

Note: If you use your Kroger card to receive discounts on gasoline at their station, this will NOT affect those discounts! If you need assistance, see Beth at the Heimach.

Make a Difference!
DONATE

REMEMBER...
All donations made to
DeKalb County
Council on Aging
are tax deductible!

DeKalb County Council on Aging, Inc.

Heimach Center

'DART' (DeKalb Area Rural Transit)

1800 E. Seventh St., Auburn, IN 46706

ATTENTION ALL DEKALB COUNTY SENIORS AND OTHERS !

This is your Center for services, information and referral, activities, exercise, meals, indoor recreation, volunteer opportunities, etc.



Center Service hours : - Monday through Friday 8.30 a.m. to 4.30 p.m.

Transportation Service 'DART' 6 a.m.—6 p.m.

Reservations: 7:30 a.m. - 3:30 p.m.

**Call : 260-925-3311 or 260-925-3314 or 1-888-220-2242
for general information or reservations for transportation.**

Fax: 260-925-0071

Email: dekalbcoa@dcoa.net

Website: heimach.org

The DeKalb County Council on Aging is supported by Federal III-B Funds (resulting from the Older Americans Act and administered through Aging & In-Home Services of Northeast Indiana, Inc.); INDOT #5311 and #5310; Medicaid; various local resources i.e. city, town and county government, United Way, townships, foundations, memorials and general donations.

The Nutrition Program of Aging and In-Home Services of Northeast Indiana Inc. is for senior citizens age 60 and over, or married to someone age 60 and over. Information for homebound meals for seniors over age 60 is available by calling 1-800-552-3662.

DART (DeKalb Area Rural Transit) is proud to be involved with transportation in DeKalb County for seniors, disabled and others (all ages). Our pledge is SAFETY and the Best Service that we can provide.



Hours of operation: Monday-Friday (6 am - 6 pm). Please call 925-3311 or 1-888-220-2242 for more information and/or to schedule an appointment hopefully by 3:30, M-F.

FRIENDS : Please think of the DeKalb Co. Council on Aging for memorials made in memory of a loved one and/or as you consider any tax planning for the year. Such gifts allow our agency to better serve and one such gift can help to serve many!

Rights of Public Under Title VI

All services are provided without discriminating in any way in reference to race, color and national origin in accordance with Title VI of the Civil Rights Act. Any person who believes he or she has been aggrieved by any unlawful discriminatory practice under Title VI may file a complaint with DeKalb Area Rural Transit. For information on Section 5310/5311 grantee, DeKalb Area Rural Transit system's civil rights' program and the procedures to file a complaint, contact Duane Blankenship, 1-260-925-3311; TTY # 1-800-743-3333; email: dblankenship@dcoa.net or visit our administrative office at 1800 E. 7th St., Auburn, IN. For more information visit our website: heimach.org. A complainant may file a complaint directly with the Federal Transit Administration to: Office of Civil Rights; Attention: Title VI Program Coordinator; East Building, 5th Floor, TCR, 1200 New Jersey Avenue, SE; Washington, DC 20590. If information is needed in another language or an alternate format, contact Duane Blankenship, 1-260-925-3311, TTY at # 1-800-743-3333; email: dblankenship@dcoa.net.

Hospice is Family.

Contact Visiting Nurse Today

260-435-3222 • 800-288-4111
www.vnfw.org

- Palliative Care • Hospice Care
- Hospice Home • Grief Support



Caring People Make The Difference

- Moving Forward Rehabilitation
- Auguste's Cottage Memory Care
- Outpatient Therapy
- Long-Term Care
- Respite
- Hospice Care

Betz Nursing Home

116 Betz Rd.
Auburn, IN 46706
(260) 925-3814



ASCCare.com



Care Homes in Auburn for residents with dementia/Alzheimer's

Residents will enjoy:

- 1 to 4 Care Provider to Resident ratio
- 24/7 Supervision in a secure home by Care Providers trained in working with dementia/Alzheimer's
- Home cooked and balanced meals
- Personal, incontinence and bathing care when needed
- Medication reminders
- Companionship, social stimulation and engaging activities

Well-appointed homes feature:

- Established neighborhoods
- Beautifully decorated and light filled rooms
- Bathrooms to accommodate all levels of care
- Wheelchair & walker friendly doorways and level floors
- Enclosed yards for walking, gardening and bird watching



Call 260-333-6440 ext. 110
to learn more, to RSVP for a tour or to secure a room for a loved one

MEDICARE MADE SIMPLE.

Peggy L Mang
Licensed Sales Representative

1-888-866-3191,
TTY 711

UHCMedicareSolutions.com



Plans are insured through UnitedHealthcare Insurance Company and its affiliated companies, a Medicare Advantage organization with a Medicare contract. Enrollment in the plan depends on the plan's contract renewal with Medicare.

Y0066_160726_123811
Accepted 000F318A



Connect/ Inspire/Grow
Small Steps for a Healthy 2021– Virtual Series
Presented by Area XI Purdue Extension HHS
Tuesdays in January @ 9: 30 AM EST

January 5– **Reach for the Stars– How to Achieve Your Goals– How to Achieve Your Goals**

Have you ever set a goal for yourself? Did you reach it? Why or why not? During this session you will learn how to set and how to achieve those personal and professional goals that you want to reach in life!

January 12– **Hydration for Health-**

As we age, our sense of thirst tends to decline. Even knowing the benefits of drinking the daily recommended amount of water, challenges during our day may compete with good intentions:

January 19– **Secrets to Aging Successfully**

Everyone ages a little each day. The secrets to longevity are evident in people who live to be 100+ years. Listen in on this session to learn what small steps you can take each day to add years to your life.

January 26– **Health Coping Skills**

Healthy coping skills is one of the best ways to improve their mental health, become more resilient, and overcome difficult situations.

To register please go to [http:// bit.ly/3oN01Wd](http://bit.ly/3oN01Wd)

