



The Heimach Center will open back up for the following activities on March 1st.

You must continue to wear a mask to enter

- Please don't come into the center if you have a cough, fever or do not feel well.
- Continue to follow social distance guidelines
- When entering the building sanitize your hands and take your temperature

Activities will start with:

- Exercise room– must schedule ahead of time by calling
- Pool tables– must schedule ahead of time by calling
- YOGA & Tai-Chi– Regular schedules
- SHIP-call for appointment
- Foot Appointments– for March & April
- Senior Paks– Continue to park in the back and come in to the center to pick up your 2 bags of food.

Note: Our telephone number is (260) 925-3311

Do not hesitate to call with any questions/concerns regarding other areas of assistance. We will do everything in our power to assist and/or to direct you on to the proper source.



A UNITED WAY FUNDED AGENCY

MARCH 2021

LOOKING AHEAD



THIS MONTH: MUST WEAR A MASK

When you arrive, enter through either side door, use hand sanitizer and take your temperature.

Mondays, March 1, 8, 15, 22 & 29; 9:30 & 10:30 Yoga w/Cathy

Tuesday, March 23; 1:00 DCCOA Board of Directors Meeting

Tuesdays, March 9, 16, 23 & 30; 9 & 10:30 SHIP (Medicare) Counseling with Ed & John

Wednesdays, March 3, 10, 17, 24 & 31; 9:30 & 10:30 Yoga w/Cathy

Thursdays, March 4, 11, 18 & 25 Tai-Chi w/ Greg

Thursday, March 11; 9:00 Executive/Finance/Trustees Committee Meeting

Fridays, March 5, 12, 19, & 26 ; 9 & 10:30 SHIP (Medicare) Counseling with Ed & Kathy

Monday– Friday, Exercise Room & Billiard Room; Will need to call and make an appointment

Other Special Dates in March

March 14, Daylight Saving Time Begins

March 17, St. Patrick's Day

March 20, First Day of Spring

March 28, Palm Sunday



TIME CHANGES SUNDAY, MARCH 14th.

Be sure to set your clocks forward one hour before you go to bed Saturday night, March 13th!



**In Memory of
Ronnie Williford
a memorial has
been made to the
Heimach Center**

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.

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

Northern Indiana Grandparents’ Group:

Meets 4th Tuesday and will resume April 27, 6:30-7:30 pm.

FOOT CARE with KEN

Thursday, March 18
9:00 am - 2:30 pm
(by appointment)

Clients MUST wear a Mask



Call 260-925-3311

Remembering
Monty Likes

Monty was a past DART Driver. He is remembered as being reliable and sincere as well as an avid Nascar fan and collector.

To his family from our family, please accept our sincerest condolences.



LOOKING FOR A FEW GOOD DRIVERS

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DeKalb County Council on Aging, Auburn, IN

A 4C 01-1482

Benefits & Meditation Tips for Seniors

Meditation for Beginners

Meditation isn't about learning how to empty your mind or stop your thoughts. Instead, meditation is the practice of training your attention and focus from a place of non-judgment.

If you're an older adult and this practice is new for you, you may be happy to learn that you don't have to sit cross-legged on the ground: you can meditate on a chair, lying down, standing or walking. You can try different postures on for size until you've found the one that's right for you.

Mindfulness meditation is the most common type of meditation in the West-and perhaps the easiest one to start. Mindfulness has to do with paying attention to what you're feeling and observing in the present moment. It's important to recognize that meditation and mindfulness are not one in the same. If the main idea of meditation is to be present and aware of your thoughts and feelings, mindfulness is the ongoing practice of honing that awareness and reconnecting to what we do and why we do it.

For example, if you're totally immersed in a single task, and not thinking about the past or imagining the future, you're being mindful. Or, if you go for a walk and feel lost in nature, becoming attuned to the chirping birds or falling leaves, you're also being mindful. In other words: meditation isn't the only way to be mindful.

Benefits of Meditation for Seniors

Better Focus & Concentration

Studies have found that meditation can increase grey matter in parts of the brain responsible for memory and learning.

Improve Self-Esteem & Self Awareness

Mindfulness meditation encourages you to slow down, allows for deeper self-reflection and can help you discover positive attributes about yourself. Self-observation without judgment is one of the core tenets of meditation, and it can help you see yourself in a new way.

Reduce Stress

Meditation can lower level of cortisol (the stress hormone) and help you feel more calm and relaxed. Repeating a mantra -such as a word or phrase during meditation can also have a calming effect, and by concentrating on your mantra, you're able to shift your focus away from distracting thoughts.



Help Manage Anxiety or Depression

Mindfulness meditation helps train your mind to focus on the present, making you less likely to ruminate on anxious thoughts that can fuel depression. Daily meditation is one of the best natural treatment methods of anxiety disorders, as well as other mental illnesses.

Fight Addiction

Research has found that mindfulness training can help prevent future relapses for those with substance use disorders. Meditation can increase your awareness of cravings and allow you to better manage them.

Control Pain

A 2020 study of more than 6,400 participants across 60 trials found that meditation could reduce pain in those who suffered from post surgical, acute or chronic pain. Many doctors recommend meditation to help manage chronic pain.



Promote Altruistic Behavior

Some studies have found that meditation may even reduce implicit bias and fight against racial prejudice.

Make You More Kind or Loving

Loving kindness meditation can foster compassion for yourself and others. To start a loving kindness meditation, you might envision a loved one in your mind and wish them happiness. You can extend that love to yourself and other people in your life.

Meditation can have many health benefits, from physical to mental and emotional. If you'd like to improve your focus, stress, or deal with addiction, depression, or chronic pain, you should give it a try and see if it's right for you.

What You Need to Know about the COVID-19 Vaccines

Common questions & answers on the COVID-19 vaccines.

What vaccines are currently available?

Two COVID-19 vaccines have been approved by the U.S. Food and Drug Administration (FDA). Results from large-scale clinical trials from Pfizer/BioNTech and Moderna showed 94-95% effectiveness in preventing illness. These results are remarkable and much better than expected. We can be assured the vaccines are effective, but experts are still reviewing how long they will last.

How are the vaccines similar and different?

Both vaccines use novel mRNA vaccine technology to give our cells instructions on how to make a harmless protein that is unique to the coronavirus. Our cells make copies of that protein, which our bodies recognize as foreign, prompting an immune response. This immunity then fights the virus that causes COVID-19 if we are infected. Both vaccines require two shots of doses. Neither includes the virus. This vaccine technology is new, but it has been rigorously studied for decades and the research was used to speed vaccine development. One difference is that the Pfizer/BioNtech vaccine requires very cold temperatures of -94 degrees F. Moderna's vaccine requires storage at regular freezer temperatures. Depending on where you live, the Moderna vaccine may be the only option available.

Why are two shots needed?

The first dose readies your immune system to respond. It provides

some protection from the coronavirus within a couple of weeks. The second dose is the booster that provides optimal protection against the virus. The FDA approved the vaccines using the two-dose regimen. 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. You should get your second shot as close to the recommended time as possible. The two vaccines are not interchangeable, so you must remember which one you received first. Vaccine sites are providing cards as a reminder. Bring your card with you when you receive your second dose.

Is the COVID-19 vaccine safe and are their side effects?

The vaccines were evaluated through the same process as all other vaccines approved by the FDA. Drug companies were required to provide extensive safety data from clinical trials involving tens of thousands of people. Side effects are normal signs that our bodies are building protection. They may affect your ability to do daily activities, but they should go away in a few days. Common side effects reported so far are pain and swelling at the injection site or upper arm. Others may include fever, chills, tiredness, and headache. When you receive your vaccine, you will be required to wait at least 15 minutes to check for an allergic reaction, which is rare but may occur in some people, especially those with a history of anaphylaxis. If you fall into this category, speak with your doctor about the vaccine.

Will I need a vaccine every year?

It's still unclear how long the vaccines will provide protection and whether they will be needed every year like the flu vaccine. For older adults, these questions are very important because as we age, our immune systems weaken. Experts are studying the long-term response to the vaccine.

Will I still have to wear a mask and take other precautions after I'm vaccinated?

Although the vaccines are more than 94% percent effective at reducing illness, we don't yet know whether they reduce the likelihood of contracting the coronavirus and being an asymptomatic carrier and unknowingly infecting others. It also will take some time to vaccinate most of the population. That's why it's important to continue following the very important safety precautions issued by the CDC, states, and localities; Wear a face mask at all times in public and when around people not in your household, keep 6 ft. apart from people not in your household, wash hands frequently and avoid crowds.

Getting vaccinated is one of the most important steps you can take to protect yourself and others from COVID-19.

Vaccination will get us back to normal, something we all want as soon as possible!

NCCOA Healthy Living-Ncoa.org

Here's what you need to know to avoid a vaccine-related scam

While waiting for your turn to receive the COVID-19 vaccine, there is no doubt scammers will be scheming. Here's what you need to know to avoid a vaccine-related scam.

- You will likely not need to pay anything out of pocket to get the vaccine during this public health emergency.
- You can't pay to put your name on a list to get the vaccine. **That's a scam**
- You can't pay to get early access to the vaccine. **That's a scam**
- No one from a vaccine distribution site or health care payer, like a private

insurance company, will call you asking for your Social Security number or your credit card or bank account information to sign you up to get the vaccine. **That's a scam**

- Beware of providers offering other products, treatments, or medicines to prevent the virus. Check with your health care provider before paying for or receiving any COVID-19 related treatment.
- If you get a call, text, email or even someone knocking on your door claiming they can get you early access to the vaccine, **STOP. That's a scam.**

Don't pay for a promise of vaccine access or share personal information. Instead, report it to the FTC @ [ReportFraud.ftc.gov](https://www.ftc.gov/ReportFraud) or file a complaint with your state attorney general .

Learn more at [ftc.gov/coronavirus/scams](https://www.ftc.gov/coronavirus/scams) or [consumerresources.org/beware-coronavirus-scams](https://www.consumerresources.org/beware-coronavirus-scams)



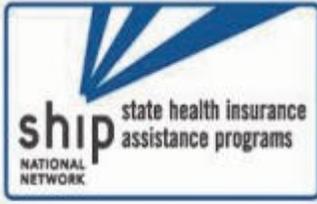
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YOUR MONTHLY MEDICARE Q & A

Q: I decided not to enroll in Medicare Part B when I first got Medicare. I believe I would like to have it now. What can I do?

A: Many people enroll in Part B when they first enroll in Medicare, but if you didn't there are other opportunities, including a General Enrollment Period that is happening now.

If you're eligible for Medicare when you turn 65, you can sign up for Part A and B during the 7 month period that:

- Begins 3 months before the month you turn 65
- Includes the month you turn 65
- Ends 3 months after the month you turn 65

Once your Initial Enrollment Period ends, you may have the chance to sign up for special Medicare during a Special Enrollment Period (SEP). If you're covered under a group health plan based on current employment, you have a SEP to sign up for Part A and/or Part B anytime as long as:

- You or your spouse (or family member if you're disabled) is working.
- You're covered by a group health plan through the employer or union based on that work.

You also have an 8-month SEP to sign up for Part A and/or Part B that starts at one of these times (whichever happens first):

- The month after the employment ends
- The month after group health plan insurance based on current employment ends

Usually, you don't pay a late enrollment penalty if you sign up during SEP.

You can also sign up for Part A and/or Part B during the General Enrollment Period between January 1– March 31 each year if both of these apply. You must pay premiums for Part A and/or Part B. Your coverage will start July 1. You may have to pay a higher premium for late enrollment in Part A and/or a higher premium for late enrollment in Part B.

If you only have Medicare Part A (Hospital Insurance), adding Part B can help you get the most of your Medicare coverage. Part B helps cover:

- Services from doctors and other health care providers
- Outpatient Care
- Durable medical (like Wheelchairs, walkers,

hospital beds and other equipment)

- Many preventive services (like screenings, shots or vaccines and yearly "Wellness" visits)

If you have questions about Medicare Part B or any other questions related to Medicare, call SHIP at 1-800-452-4800, 1-866-846-0139 TDD or online at

www.medicare.in.gov. You can also find us on Facebook and Twitter. You can also call the Heimach Center to arrange for one our SHIP Counselors to call you. Our telephone number is 260-925-3311,

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



Volunteer Highlights

Please know that we could not do this without your hard work. We are forever thankful for the time you have given us. You all have made an unforgettable difference!



Mary Jo started volunteering in 2006 on the DCCOA Board of Directors. She continues to serve on our Board and is currently the DCCOA Board President. She has been on the front lines, answering the telephone since 2006. She and her son stay very active with their church, she plays the piano and Mark plays the organ. She enjoys traveling to Colorado to spend time with her family and grand-daughter, Katie. "Thank you for being a tireless volunteer and setting an excellent example for all of us!"

Clara "Sweet Clara" volunteered at our first Thanksgiving Dinner along with a dear friend in 2007. Along with her pleasant voice on the phone, you can catch her helping with our lunches, bake sales, and she was an integral part of our Homemakers Program. She enjoys baking and sharing her gifts and talents with her neighbors, family and us here at DCCOA. Volunteering is about giving, and we are thrilled about all the care and support you've given us. Thank you, "Sweet Clara"



Sherrill has been one of our "Telephone Receptionist Volunteers" for over 15 years. Her husband Gene painted for the Heimah Center many years ago and soon after, she started volunteering here. Sherrill teaches piano and also plays for her church. She is very active and walks daily, weather permitting. She enjoys time spent with her grown children and visiting with her grandchildren. "Thank You, Sherrill for being so dedicated and hard working!"

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Chair Yoga w/Cathy 9:30 Trad'l Yoga w/Cathy 10:30 CSFP & Senior Pak Pick Up (after noon)	2 SHIP (Medicare) (by appt) 9-11	3 Chair Yoga w/Cathy 9:30 Trad'l Yoga w/Cathy 10:30	4 Tai Chi with Greg 10-11	5 SHIP (Medicare) (by appt) 9-11	5
7	8 Chair Yoga w/Cathy 9:30 Trad'l Yoga w/Cathy 10:30	9 SHIP (Medicare) (by appt) 9-11	10 Chair Yoga w/Cathy 9:30 Trad'l Yoga w/Cathy 10:30	11 Tai Chi with Greg 10-11 DCCOA Executive/Finance Trustees Comm Mtg 9:00	12 SHIP (Medicare) (by appt) 9-11	13
14 	15 Chair Yoga w/Cathy 9:30 Trad'l Yoga w/Cathy 10:30	16 SHIP (Medicare) (by appt) 9-11	17 Chair Yoga w/Cathy 9:30 Trad'l Yoga w/Cathy 10:30 	18 Tai Chi with Greg 10-11 Low Vision Sup. Grp 1:15 Foot Care w/ Ken 9-2:30	19 SHIP (Medicare) (by appt) 9-11	20 
21	22 Chair Yoga w/Cathy 9:30 Trad'l Yoga w/Cathy 10:30	23 SHIP (Medicare) (by appt) 9-11 DCCOA Bd of Directors monthly meeting 1:00	24 Chair Yoga w/Cathy 9:30 Trad'l Yoga w/Cathy 10:30	25 Tai Chi with Greg 10-11	26 SHIP (Medicare) (by appt) 9-11	27
28 Palm Sunday	29 Chair Yoga w/Cathy 9:30 Trad'l Yoga w/Cathy 10:30	30 SHIP (Medicare) (by appt) 9-11	31 Chair Yoga w/Cathy 9:30 Trad'l Yoga w/Cathy 10:30			



Brightpoint helps Communities, families and individuals remove the causes and conditions of poverty.

The Energy Assistance Program (EAP) helps pay a portion of winter heating bills for households in Allen, DeKalb, LaGrange, Noble, Steuben and Whitley Counties. Applications are available and will be accepting through May 14, 2021.

Our main office at 227 E. Washington Blvd. in Fort Wayne is closed to the public. We encourage you to continue accessing our services by calling, emailing and using our website.

Mybrightpoint.org

For questions, please call 1-800-589-3506 and follow prompts for the service about which you are requiring.

Telephones are open from 8:00 am-4:30 pm Monday

through Thursday, 8 am to 12 pm on Friday.

If you have been Disconnected

Please contact Brightpoint on our automated line 1-800-589-2264 to schedule an appointment. At this time appointments will occur over the telephone. All documentation must be submitted to us prior to your appointment date.



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Test Your Tax Knowledge

When it comes to filing your taxes, how confident are you that you understand the process and know how to complete your tax return?



Take this quiz to see how tax smart you are.

1. If I lost my job, I don't have to pay taxes.

TRUE FALSE

2. I bought my first home in 2020, so I'll get a tax break.

TRUE FALSE

3. I had a baby in 2020, so I'll get a tax break.

TRUE FALSE

4. It's not a big deal if I use my nickname on my tax return.

TRUE FALSE

5. I always take the standard deduction because it will give me the best possible return.

TRUE FALSE

Answers

1. False. Unfortunately, if you lost your job, in addition to paying tax on other income you may have received throughout the year, you may still have to pay taxes on any earned wages you received before the job loss and unemployment benefits. However, you may be able to deduct some job-search expenses like transportation to interviews or recruiter fees.

2. True, depending on if you itemize or take the standard deduction. Homeowners have access to certain tax deductions that don't apply to renters. For example, if you itemize, you may get deductions for mortgage interest and real estate taxes you pay.

3. True. Expanding your family may provide you a tax break. You may be eligible for the Child Tax Credit of up to \$2,000 for children up to age 16. A smaller credit of \$500 is available for children ages 17-18 and full-time students, ages 19-24.

4. False. Unless your nickname is on your Social Security card, you'll have to use your legal name. The name on your return must match the name on your card exactly.

5. False. It depends. How you complete your tax return is personal to you - you should review your situation to decide if the standard deduction is best or if itemizing would benefit you. Your tax professional can help.

If you have questions or want more resources to guide you through tax season, check out [edwardjones.com/taxcenter](https://www.edwardjones.com/taxcenter).



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.

You still have time to make your tax appointment. Call the Heimach Center 260-925-3311 or 1-888-220-2242 to obtain the Intake Form & IRS Taxpayer consent form.

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.

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.

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!

7 Early Signs and Symptoms of Alzheimer's

Memory loss that disrupts daily life may be a symptom of Alzheimer's or other dementia. Alzheimer's is a brain disease that causes a slow decline in memory, thinking and reasoning skills. There are 7 warning signs and symptoms. If you notice any of them, don't ignore them. Schedule an appointment with your doctor.

Memory loss that disrupts daily life

One of the most common signs of Alzheimer's disease, especially in the early stage, is forgetting recently learned information. Others include forgetting important dates or events, asking for the same questions over and over, and increasingly needing to rely on memory aids (e.g., reminder notes or electronic devices) or family members for things they use to handle on their own.

What's a typical age-related change?

Sometimes forgetting names or appointments, but remembering them later.

Difficulty completing familiar tasks

People with Alzheimer's often find it hard to complete daily tasks. Sometimes they may have trouble driving to a familiar location, organizing a grocery list or remembering the rules of a favorite game.

What's a typical age-related change?

Occasionally needing help to use microwave settings or to record a TV show.

Confusion with time or place

People living with Alzheimer's can lose track of dates, seasons

and the passage of time. They may have trouble understanding something if it is not happening immediately. Sometimes they may forget where they are or how they got there.

What's a typical age-related change?

Getting confused about the day of the week but figuring it out later.

New problems with words in speaking or writing

People living with Alzheimer's may have trouble following or joining a conversation. They may stop in the middle of a conversation and have no idea how to continue or they may repeat themselves. They may struggle with vocabulary, have trouble naming a familiar object or use the wrong name.

What's a typical age-related change?

Sometimes having trouble finding the right word.

Misplacing things and losing the ability to retrace steps

A person living with Alzheimer's disease may put things in unusual places. They may lose things and be unable to go back over their steps to find them again. He or she may accuse others of stealing, especially as the disease progresses.

What's a typical age-related change?

Misplacing things from time to time and retracing steps to find them.

Decreased or poor judgment

Individuals may experience changes in judgment or decision-

making. For example, they may use poor judgment when dealing with money or pay less attention to grooming or keeping themselves clean.

What's a typical age-related change?

Making a bad decision or mistake once in a while, like neglecting to change the oil in the car.

Withdrawal from work or social activities

A person living with Alzheimer's disease may experience changes in the ability to hold or follow a conversation. As a result, he or she may withdraw from hobbies, social activities or other engagements. They may have trouble keeping up with a favorite team or activity.

What's a typical age-related change?

Sometimes feeling uninterested in family or social obligations.

Get checked. Early detection matters.

If you notice one or more signs in yourself or another person, it can be difficult to know what to do. It's natural to feel uncertain or nervous about discussing these changes with others. However, these are significant health concerns that should be evaluated by a doctor, and it's important to take action to figure out what's going on.

Reach out for help by calling our 24/7 Helpline (800.272.3900) to speak with a master's level clinician about your concerns and next steps.

Visit alz.org/CRF to find local resources and your closest Alzheimers Association chapter.

AUBURN

Auburn Parks and Recreation SENIOR SOCIALS

March 12– BAGELS & BINGO – Registration opens March 1

April 16 DIY ICE CREAM – Registration opens April 1

May 21 Trivia – Registration opens May 1

June 17 Pizza & Games – Registration opens June 1

July 9 Christmas in July – Registration opens July 1

These programs are on Fridays @ Rieke Lodge and attendance cost is \$5 per social event.

Register at AUBURNIN.RECDESK.COM or call (260) 925-2997

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Wipe away winter...



Hello Spring...



Now it's time to clean!!!

Spring cleaning comes from the days when homes were heated by fireplaces and efforts were made to prevent heat from escaping. The coming of spring and warm weather was an opportunity to air the house and clean it of soot and all the grime accumulated over the winter months.

Many of us continue to enjoy the opportunity provided by spring to let in fresh air, clean our windows and wash the floor under the refrigerator as well as other hard to reach places.

You don't have to dread spring cleaning. Here you will find some spring cleaning tips to help you get started!

Always work from top to bottom

It's important to start from the ceiling down. This will force debris downward and keep you from having to re-dust or re-clean your space. If you have a vacuum cleaner with an extension hose, use it to get cobwebs and dust from your ceilings and fans first. Then dust your furniture and other items before vacuuming all the dust and debris off your floors. It will save you time.



Don't forget walls and windows

People almost always clean their floors, but they typically forget about walls and windows. Not all dust settles on the floor and other surfaces. Just use a damp cloth to wipe down walls and blinds. Remove and wipe down the window screens outside.

The Dreadful Kitchen

The kitchen is one of the busiest areas of any home. Cupboards, cabinets, and pantries are a great starting point, followed by appliances.



Remove everything from your refrigerator, check the expiration dates, wipe everything down including the shelves and drawers. Rinse well and then replace everything nice and neat. To loosen stuck on stains in the microwave—Microwave a mug filled with plain water for two minutes, then wipe away loosened food from the interior with a damp paper towel.

Bathroom

You don't have to buy a new shower curtain or liner when your old one gets dirty or moldy. Simply place the soiled fabric or plastic shower curtain in the washer

along with two or three large towels. Pour 1 cup of white vinegar and wash in warm water on the "gentle" cycle. Remove the curtain before the spin cycle, shake off any excess water and hang it to air-dry. White vinegar is your best friend for helping remove stubborn stains from the toilet bowl. Pour about 1/2 cup of white vinegar into the toilet bowl and close the lid. Leave for at least eight hours, or overnight.

Sleeping in a clean bedroom

Take the time to strip the bed as you clean the rest of your room. Remove the comforter, sheets and pillowcases. The comforter should be washed occasionally, but it is not necessary to include in the laundry each time you wash your bed linens. Take your curtains down and get them ready for the next load of washing. Use a damp cloth to wash down all surfaces including the window sill, the bed frame, photo frames, lamps, clocks, door handles, light switches and drawer fronts.

Replacing items like bedding, towels, table linens and even window treatments are ways to transform your rooms for spring and warm weather ahead! *Happy Cleaning...*



YOUR CONTRIBUTION IS VERY IMPORTANT!

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

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PLEASE ACCEPT MY DONATION OF:

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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



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- 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!

Happy St. Patrick's Day

Why should I wear Green on St. Patrick's day?

The tradition is tied to folklore that says wearing green makes you invisible to leprechauns, which they like to pinch anyone they can see. Some people also think sporting the color will bring good luck, and others wear it to honor their Irish ancestry.

"A wish that every day for you will be happy from the start and may you always have good luck and a song within your heart."



RISH BLESSING

Three-leaf clover or 4 leaf clover?

Traditionally, "shamrock" refers to a three-leaf clover. A four leaf clover is not the same thing as a shamrock. According to legend, St. Patrick used the shamrock to explain the holy trinity with each leaf representing the Father, Son and Holy Spirit.



Why do they say Kiss Me, I'm Irish?

Kissing someone who is Irish is pretty much the next best thing to kissing the stone in Blarney Castle, which is likely where this famous saying comes from. According to legend, kissing the stone will give you the power of eloquent and persuasive speech.

"May your pockets be heavy and your heart be light, may good luck pursue you each morning and night."



IRISH BLESSING

BRENNAN'S IRISH SODA BREAD



Prep: 10 minutes
Cook: 45 minutes
Additional: 10 minutes
Total: 1 hr 5 minutes
Servings: 8
Yield: 1 round loaf

Ingredients

1 cup milk
2 tablespoons distilled white vinegar
2 cups all-purpose flour
1 tablespoon white sugar
½ teaspoon baking soda
½ teaspoon salt

- Step 1. Stir the milk and vinegar together, and allow to stand until curdled, about 10 minutes.
- Step 2. Preheat oven to 400 degrees F (200 degrees C). Grease a baking sheet. In a bowl, mix together the flour, sugar, baking soda, and salt.
- Step 3. Gradually stir the soured milk into the flour mixture until the dough just comes together, and turn the dough out onto a well-floured surface. Knead a few times, and shape into a round. Place the dough onto the prepared baking sheet. With a sharp knife, cut an X shape into the top of the dough to release steam and help the bread keep its round shape.
- Step 4. Bake in the preheated oven until golden brown, about 45 minutes.

Recipe from allrecipes

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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@dcco.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@dcco.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@dcco.net.