

Senior Sentinel

Follow us at Heimach Center
Visit our website: heimach.org



When this is over

May we never again take for granted;
A handshake with a stranger,
full shelves at the store,
conversations with neighbors,
a crowded theater, Friday night out,
the taste of communion, a routine
checkup, the school rush each morning,
coffee with a friend, The stadium roaring,
each deep breath!

A boring Tuesday. Life itself.
When this ends, may we find that we have
become more like the people we wanted to
be, we were called to be, we hope to be,
and may we stay that way- better for each
other because of the worst.

Laura Kelly Fancucci
www.crestingthehill.com.au



United
Way



A UNITED WAY FUNDED AGENCY

APRIL 2021

LOOKING AHEAD



THIS MONTH: MUST WEAR A MASK

When you arrive, enter through either side door, use hand sanitizer.

Mondays, April 5, 12, 19 & 26; 9:30 & 10:30 YOGA w/ Cathy

Tuesday, April 27th; 1:00 DCCOA Board of Directors Meeting

Tuesdays, April 6, 13, 20 & 27; 9 & 10:30 SHIP (Medicare) Counseling with Ed & John

Wednesdays, April 7, 14, 21 & 28; 9:30 & 10:30 Yoga w/Cathy

Thursdays, April 1, 8, 15, 22 & 29; Tai-Chi w/Greg

Thursday, April 15; 9:00 Executive/Finance/Trustees Committee Meeting

Fridays, April 2, 9, 16, 23 & 30; 9 & 10:30 SHIP (Medicare) Counseling with SHIP

OTHER IMPORTANT DATES IN APRIL

**April 2, Good Friday– DCCOA Closed/
No DART Transportation**

April 4, Easter Sunday

April 22, Earth Day

April 30, Arbor Day



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.

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

Jo Sawyers
Judy Bell

Remembering one of our own,
DART Driver, Eldon Dice

Eldon was a gentle soul, and he always saw the good in everyone. Not a day went by when Eldon was working that he didn't offer cookies or sweet treats to everyone. If time would stand still long enough he would show you his Betty Boop watch with a twinkle in his eyes. Thank you, Eldon for being a part of our family!

To Eldon's loved ones, our family is keeping your family in our thoughts and prayers during this difficult time.



**The funniest things
grandkids say:**

Right on time

Years ago, when my daughter and her family often arrived at Mass at the same time that the priest walked in. One Sunday they arrived early. My grandson looked at his mother and said, "God isn't here yet." E. Sagartz, Wisconsin

Worth the wait

Grandpa Ralph asked his 4-year-old grandson, Josh, when they would be able to go hunting together. "When I'm five," Josh answered. "When will you be five?," Grandpa asked. Josh replied, "When I'm done with four." Mary Alice, Wisconsin

Trip to the Musuem

"My little granddaughter said after a visit to the museum, 'She looked and looked until her eyes were full.'" – Janette M.

Mermaid Goals

"Six year old granddaughter said she was going to be a mermaid when she grew up because mummy said when you go to University you can be anything you want." – Vikki O.

Happy Birthday

My young grandson called the other day to wish me Happy Birthday. He asked me how old I was, and I told him, 80. My grandson was quiet for a moment, and then he asked, "Did you start at 1?"

*I am hoping soon, we all
will be able to spend time
with our precious grand-
children. Once again hold
hands and listen to their
contagious laughter.
Beth*

IF HEMACH CENTER RE-OPENS

SUPPORT GROUPS

at Heimach Center

1800 E. 7th St., Auburn



Low Vision Support Group:

Meets 3rd Thursday of each month (**April 15**) 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 of each month (**April 27**) from 6:30-7:30 pm. The group is co-sponsored by Before 5, Garrett Keyser Butler Head Start and COA. Call or text Martha @ 260-927-4610 or Amanda @ 260-357-3333 if you have questions.

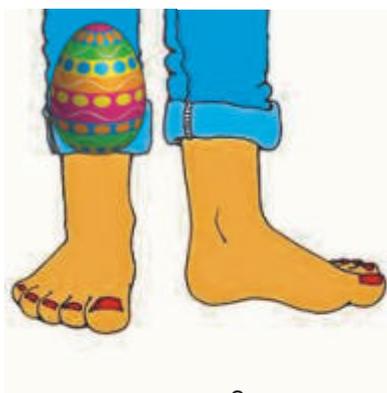
Note: No reservations are needed

FOOT CARE with KEN (\$21)

**Friday, April 16
Thursday, May 20**

**9:00 am - 2:30 pm
(by appointment)**

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





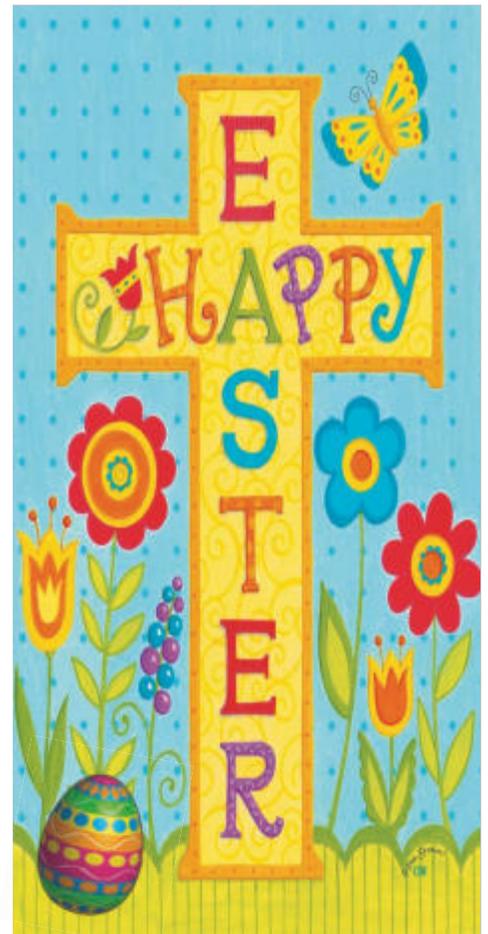
LOOKING FOR A FEW GOOD DRIVERS

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

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



Apply in person
between
8:30 am and 3:30 pm
at Heimach Center,
1800 E. 7th St., Auburn.



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Miscellaneous Health Tidbits



Good, old-fashioned, sweat-inducing exercise is probably the single most important thing that you can do

to live well. Even in moderate amounts, exercise can help you better enjoy life and prevent diseases that people mistakenly believe automatically come with age.

Too old to exercise? Think again. It's never too late to start exercising. One recent study showed that women age 65 and older who increased their physical activity to the equivalent of walking one mile a day lowered their risk of death during the 6-year follow-up period by between 40-50%. In another study, men who went from being unfit to physically fit reduced their mortality risk by 44% during a five-year follow-up period.

Many of our basic bodily functions start to decline at a rate of about 1-2% a year after age 30. This is an undeniable fact of the aging process. But with exercise you can slow this decline to a rate of about half a percent a year. Consider this example: People who don't get any physical activity lose about 70% of their functional ability by the time they reach age 90. Individuals who exercise regularly lose only 30% of their functional ability by that age.

WHAT REGULAR EXERCISE OFFERS

1. **Keeps your body firm.** Loss of muscle strength is normal with age; muscles naturally lose their tone and texture (elasticity) with time and gravity.
2. **Gives you energy.** Lack of energy is not a result of age, but largely the result of inactivity. Walking, swimming, jogging, biking and rowing improve stamina and energy. After just a few weeks in a walking program, for instance, most people find they have more energy.
3. **Encourages mental well-being.** There's considerable evidence that regular physical activity can help reduce stress, manage mild to moderate depression and anxiety, improve sleep, boost your mood and enhance your self-image and overall sense of well-being.
4. **Prevents disease.** One of the greatest myths about health is that illness is an inevitable part of aging. This just isn't true! Although illness and disease do occur more often as people get older, this is as much a result of inactivity as it is age. Regular exercise helps reduce, prevent or slow many diseases and disorders.
5. **Increases life expectancy.** Regular exercise counters the life-shortening effects of high blood pressure, smoking, excess body weight and genetic tendencies toward early death.

TEN WAYS TO ADD MORE ACTIVITY TO YOUR DAY

In addition to a regular exercise program, you can also make small lifestyle changes that add more physical activity to your daily routine. Consider these activities as other ways to give your day an activity boost:

1. Walk or bike to do short errands instead of driving your car.
2. Do some gardening. Planting seeds, pulling weeds and tending the soil work your joints, muscles and heart.
3. Do your own yard work. Mow your lawn, rake your leaves and shovel your walk, but remember to protect your back during shoveling and listen to your doctor's instructions regarding snow shoveling and heart issues.
4. Put aside kitchen appliances or power tools whenever you can. Instead of using an electric mixer, mix ingredients by hand. Instead of using a power saw, use a handsaw.
5. Wash your car in the driveway instead of taking it to the carwash.
6. Avoid restaurant drive-thru. Park the car and walk inside.
7. Park at a distance from your destination and walk the rest of the way.
8. Use the stairs instead of taking the elevator. If you work or live on a high floor, take the elevator only partway up.
9. While golfing, walk instead of riding in a cart.
10. Take your dog for a walk.



APRIL IS NATIONAL AUTISM AWARENESS MONTH

World Autism Awareness Day

The fourteenth annual World Autism Day is April 2, 2021. Joined by the international community, hundreds of thousands of landmarks, buildings, homes and communities around the world come together on April 2, Autism Awareness Day, to **Light It Up Blue** in recognition of people with autism and those who love and support them.

What is Autism

Autism spectrum disorder (ASD) is a complex developmental disability, typically appearing during childhood and affecting a person's ability to communicate and interact with others.



The Autism Society recognizes that the prevalence of autism in the United States has risen from 1 in 125 children in 2010 to 1 in 59 in 2020 – recognizing this continued increase, the goal for National Autism Awareness Month (NAAM) is to further increase awareness about autism signs, symptoms and opportunities through: information and referrals, events, printable and digital resources, and community partnerships with businesses and organizations dedicated to building inclusive experiences. This April, we continue our efforts to spread awareness, promote acceptance and ignite change.

Early Signs of Autism

Autism impacts an individual throughout the lifespan. However, research shows that **early diagnosis** can lead to improved quality of life. For more information on developmental milestones, visit the CDC's "**Learn the Signs. Act Early**" site. Here are some signs to look for:

- Speaks later than typical or not at all (nonverbal)
- Repetition in language or movement, such as repeating the same word or sounds, hand flapping, or any repeated movement
- Atypical nonverbal communication, including avoiding eye contact, giving few facial expressions, or having a monotone
- Prefers solitary or parallel play rather than engaging in associative or cooperative play with other children
- Extremely distressed by changes, including new foods or changes in schedule
- Preference for predictable, structured play over spontaneous or make-believe play
- Strong, persistent interest on specific topic, part of a toy, or item

Finding help when you receive an autism spectrum disorder diagnosis

- Contact your local Autism Society of Indiana Area Support Coordinator. Our Area Support Coordinators live around the state of Indiana and are knowledgeable about the local autism

services and resources for your area.

- Start the process of getting your child on the Medicaid Family Support Waiver. The process of getting on the Family Support Waiver does take a lot of patience and persistence but it's completely worth all the effort in the end when your child is able to get additional services.
- Find an autism support group. This can be a group that meets once a month or find a support group online. You will realize you are not alone and will need additional support and help to get through the journey.
- Look for workshops, training, webinars or finding books about autism. Knowledge is key. There is a lot of information for you to go through and decide what is best for you and your family. It can be helpful to learn about new therapies, alternative interventions and more.
- Make sure to take care of yourself. Take the time you need to rejuvenate yourself then you will be ready to take care of your loved ones.



Autism Society of Indiana
1800 N Meridian St., Ste 600
Indianapolis, IN 46202

Phone: (800) 609-8449
Fax: (317) 942-0938
E-mail: info@inautism.org
Website: www.autismsocietyofindiana.org

YOGA with Cathy

Join us on
Mondays

&

Wednesdays

9:30 Chair YOGA

10:30 Traditional YOGA

We have been using
the bigger room and
can offer more spacing.



**Suggested
amount
per class \$3**



Answers Easter Egg Hunt

Pages 3, 4, 10 & 16

Pages 1, 6, 11 & 19

Pages 1, 8, 14 & 17



Join us on Thursday
Mornings @ 10

Classes are taught by
Tai Chi Master, Greg Vick

Tai-Chi sessions include
breathing and relaxation
techniques and exercises
to develop focus,
balance and flexibility.

**Suggested
amount per
class \$3**



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COMMUNITY EVENTS

Circle of Friends Tea

In 2020, St. Martin's Health-care:
Provided 3,957 patient visits
Cared for 1,162 unique patients
Welcomed 543 new patients!

After thoughtful and consideration we determined that with current CDC guidelines and an inability to predict what might take place in the next few weeks, it would be impossible to host this event in the way our guests deserve.

Instead, we invite you to share tea at home and come together in a different way. St. Martin's invites you to make a meaningful gift of any size to donate helping provide nearly 4,000 patient healthcare services annually.

We hope this New Giving Opportunity is a suitable and fun replacement for our Circle of Friends Tea!

Join by May 1st and automatically be entered to win a Free Gift Basket.

Mail your gift to 1359 S. Randolph St. Garrett, IN or give securely online at www.smhcin.org/donate-now.

**A Teapot Shared is
a Problem Halved**

Please share with us congratulating Clint Stephens in serving over 50 years of service to our community and our beloved courthouse. Clint in some small way, we hope you'll know the lasting benefit you've achieved for the community.



ECKHART
PUBLIC
LIBRARY

Friends of the
Library Book Sale
April 10, 9 am-3pm
(9-10 Friends Members)
10-3 Everyone else

*Friend memberships will be
available at the door
for purchase.*

*Eckhart Public Library 603 S.
Jackson, Auburn
260-925-2414*



Ribbon walk

Supporting Local Families Dealing with Cancer
Cancer Services of Northeast Indiana

SAVE THE DATE
Saturday, May 8, 2021

Ribbon Walk will be a hybrid event. Join us at Cancer Services or follow your own path by taking a walk in your neighborhood.

Donate and register online @
[give.cancer-services.org/
ribbonwalk2021](http://give.cancer-services.org/ribbonwalk2021)

Raise \$35 or more by May 1 to receive a commemorative t-shirt.

Questions: Contact Chelsea Scofield @ 260-484-9560 or cscofield@cancer-services.org



Auburn Parks and Recreation

SENIOR SOCIALS

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

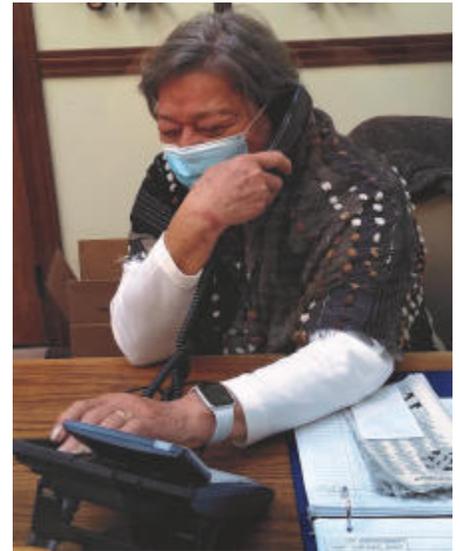
These programs are on Fridays @ Rieke Lodge
and attendance cost is \$5 per social event.
**Register at AUBURNIN.RECDESK.COM
or call (260) 925-2997**



Volunteer Highlights

With Volunteers like you, we have a chance to make this world a better place. Thank you for all your hard work. It makes all the difference!

Flo has graced us here at the Heimach Center for over 10 years with her diligence and compassion for everyone she encounters here at the Heimach Center. She shares her love of cooking, baking and trying new recipes with her grown children and 11 grandchildren. When the phone isn't ringing she often challenges herself with many different crossword puzzles. Your acts of kindness are small, but the impact they will leave in the world will be huge. Thanks for volunteering!



Sherry has been part of our Heimach Family for the past 12 years. She started volunteering with the farm wagon when she was discovered as a natural on the phone, she also was part of the AARP Tax program helping prepare taxes for our seniors. Sherry enjoys working in her flower garden and playing Mahjong with her group of friends. She has 2 grandchildren and 1 great grandchild. You make the this world a better place with such selfless contributions. Thanks for volunteering!

Meet Deb, she has been volunteering here at the center since 2017. She stopped in to do some shopping at our Christmas Bazaar and the rest is history! Deb enjoys traveling in her spare time. She fondly recalls one of her favorite trips when she and her husband Jim visited New England. Family time is spent with her grown children and she loves when one of her grandchildren calls her to just hang out! The world is better today than it was yesterday, because of you. Thanks for volunteering!



Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <h1 style="font-size: 48px; margin: 0;">APRIL</h1> <h1 style="font-size: 48px; margin: 0;">2021</h1>						
4 Happy Easter 	5 Chair Yoga w/Cathy 9:30 Trad'l Yoga w/Cathy 10:30 CSFP & Senior Pak Pick Up (after noon)	6 SHIP (Medicare) (by appt) 9-11	7 Chair Yoga w/Cathy 9:30 Trad'l Yoga w/Cathy 10:30	8 Tai Chi with Greg 10-11	9 SHIP (Medicare) (by appt) 9-11	10
11	12 Chair Yoga w/Cathy 9:30 Trad'l Yoga w/Cathy 10:30	13 SHIP (Medicare) (by appt) 9-11	14 Chair Yoga w/Cathy 9:30 Trad'l Yoga w/Cathy 10:30	15 Tai Chi with Greg 10-11 Low Vision Sup. Grp 1:15 DCCOA Executive/Finance Trustees Comm Mtg 9:00	16 SHIP (Medicare) (by appt) 9-11 Foot Care w/ Ken 9-2:30	17
18	19 Chair Yoga w/Cathy 9:30 Trad'l Yoga w/Cathy 10:30	20 SHIP (Medicare) (by appt) 9-11	21 Chair Yoga w/Cathy 9:30 Trad'l Yoga w/Cathy 10:30	22 Tai Chi with Greg 10-11 <i>Earth Day</i>	23 SHIP (Medicare) (by appt) 9-11	24
25	26 Chair Yoga w/Cathy 9:30 Trad'l Yoga w/Cathy 10:30	27 SHIP (Medicare) (by appt) 9-11 DCCOA Bd of Directors monthly meeting 1:00	28 Chair Yoga w/Cathy 9:30 Trad'l Yoga w/Cathy 10:30	29 Tai Chi with Greg 10-11	30 SHIP (Medicare) (by appt) 9-11 <i>Arbor Day</i>	3
				1 Tai Chi with Greg 10-11	2 DCCOA/ DART Transportation Closed Good Friday	



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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- No high pressure tactics
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- 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

Understanding Food Insecurities

What is food insecurity?

The U.S. Department of Agriculture (USDA) defines food insecurity as a lack of consistent access to enough food for an active, healthy life.

What is the difference between hunger and food insecurity?

It is important to know that though hunger and food insecurity are closely related, they are distinct concepts. Hunger refers to a personal, physical sensation of discomfort, while food insecurity refers to a lack of available financial resources for food at the household level.

Living with hunger and food insecurities every day.

- Due to the effects of the coronavirus pandemic, more than 50 million people may experience food insecurity, including a potential 17 million children.
- According to the USDA's latest report, more than 35 million people in the United States struggled with hunger in 2019.
- Every Community in the country is home to families who combat food insecurity.
- Many households that experience food insecurity do not qualify for federal nutrition programs and need to rely on their local food banks and other hunger relief organization for support.

Senior Citizens & food insecurity

According to the nations largest domestic hunger relief organization, Feeding America, nearly 5.3 million senior citizens currently face hunger in our country. After a lifetime of hard work, many older adults find themselves facing an impossible choice-to pay for groceries or medical care. As the baby-boom generation ages, the number of seniors facing hunger is only expected to increase.



Key findings from Feeding America

- 13 million older adults age 50+ receive assistance from the Feeding America network annually.
- 81 percent of older adult client households are food insecure, with rates decreasing with age.
- 68 percent of older adult clients households live in poverty based on their annual income.
- Nearly one in five older adult households (19%) contain a grandchild.
- Households with an older adult report facing the decision between paying for food and pay for; Medicine or medical care, utilities, rent/mortgage, transportation and gas.

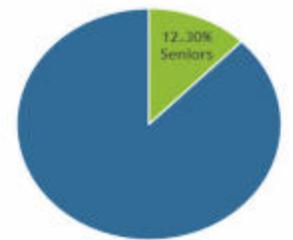
According to Aging & In-Home Services (located in Ft. Wayne) in 2018, 1 in 10 older adults aged 60 + were food insecure. One-third of those individuals were aged 60-64 years old. Leading contributing factors to food insecurity were:



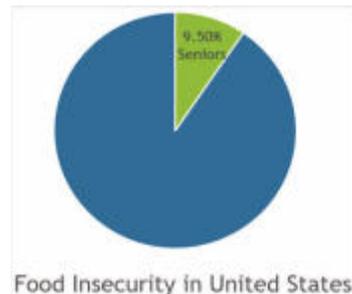
- Multigenerational Households where older adults provided food for children and grandchildren.
- Concerns over retirement income meeting all of their financial obligations.

Food Insecurity in Northeast Indiana

AIHS surveyed attendees at an Allen County Grab 'N Go meal distribution and found that 55% would not have access to food without the support of AIHS.



Food Insecurity in Indiana



Food Insecurity in United States

If you or someone you know is in need of assistance call: 1-800-552-3662 or 1-260 745-1200 or go to Aging & In-Home Services @ www.agingihs.org

America Ages, Hunger Pain Grows



National Council on Aging

According to the National Council on Aging, too few seniors are enrolled in SNAP (formerly Food Stamps).

- **A little over half of all seniors qualify for SNAP do not participate.** While there has been a steady increase in senior SNAP enrollment over the past decade, only 48% of those who are eligible for the program are enrolled.
- **Several factors contribute to the low participation rate.** Many seniors face barriers related to mobility, technology, and stigma and are discouraged by widespread myths about how the program works and who can qualify.

What is Snap?

SNAP stands for the Supplemental Nutrition Assistance Program (formerly known as food stamps). SNAP helps low-income people and families buy the food they need for good health. You apply for benefits by completing a State application form. Benefits are provided on an electronic card that is used like an ATM card and accepted at most grocery stores.

Are SNAP benefits considered welfare?

No. SNAP is a nutrition assistance program. It helps low income people buy nutritious food. It is not welfare.

How do I apply?

In Indiana, the Family and Social Services Administration is responsible for ensuring federal regulations are initially implemented and consistently applied in each country. You can apply for the SNAP program by contacting your local Division of Family Resources office (Auburn 800-403-0864) or you may apply by completing the online application @ fssabenefits.in.gov/bp

How can we solve food insecurity?

To help food banks feed families in need, donate and volunteer with your local chapter.

If you would like to donate food to our pantry please drop it off at the Heimach Center, 1800 E. 7th St. Auburn IN. Monetary donations are graciously accepted as well. (Same address as above). Please note in the memo line that it is for our food pantry.

Due to COVID restrictions the Letter Carriers' Drive that normally happens on the second Saturday of May has been postponed until fall of 2021.



DeKalb County Food Pantries

Butler United Methodist Church 868-2098

501 W. Green St.,
Last Wednesday of every month,
5-7 pm (Except September,
November & December)

County Line Church of God (Auburn Campus) 260-627-2482

602 Erie Pass (Auburn Pass)
Third Friday of the month
9 am - 12 pm

Coburn Corners Church of Christ 260-238-4567

SR 101 & CR 64, St. Joe,
1st & 3rd Thursday 5 -6:30 pm
Residents of Concord, Newville &
Spencer Townships only

DCCOA/Heimach Center 260-925-3311

1800 E. 7th St., Auburn
Tuesday- Friday 8:30 -11:15 am
DeKalb County Residents only,
age 18+

Helping Hands Ministry 260-868-6924

136 W. Main St., Butler,
2nd Saturday of the month
10-am -12:00

RSVP Community Center of Caring 925-0917

113 W. 5th St., Auburn,
Tuesday 9:30 to 11:30 am
Wednesday 1:30 to 3:30 pm

SonShine Ministries 260-333-0555 ext. 307

1103 W. Auburn, Dr., Auburn
Monday's 2:00 pm- 5:00 pm
Thursday 5pm-7pm

Warm a Heart 260-908-0437

A Community Outreach Ministry
100 W. Railroad St. Waterloo,
Tuesday & Thursday 5:30-6:30

These times and days are subject to change, if you have questions please call ahead of time.

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**
- 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 Center.

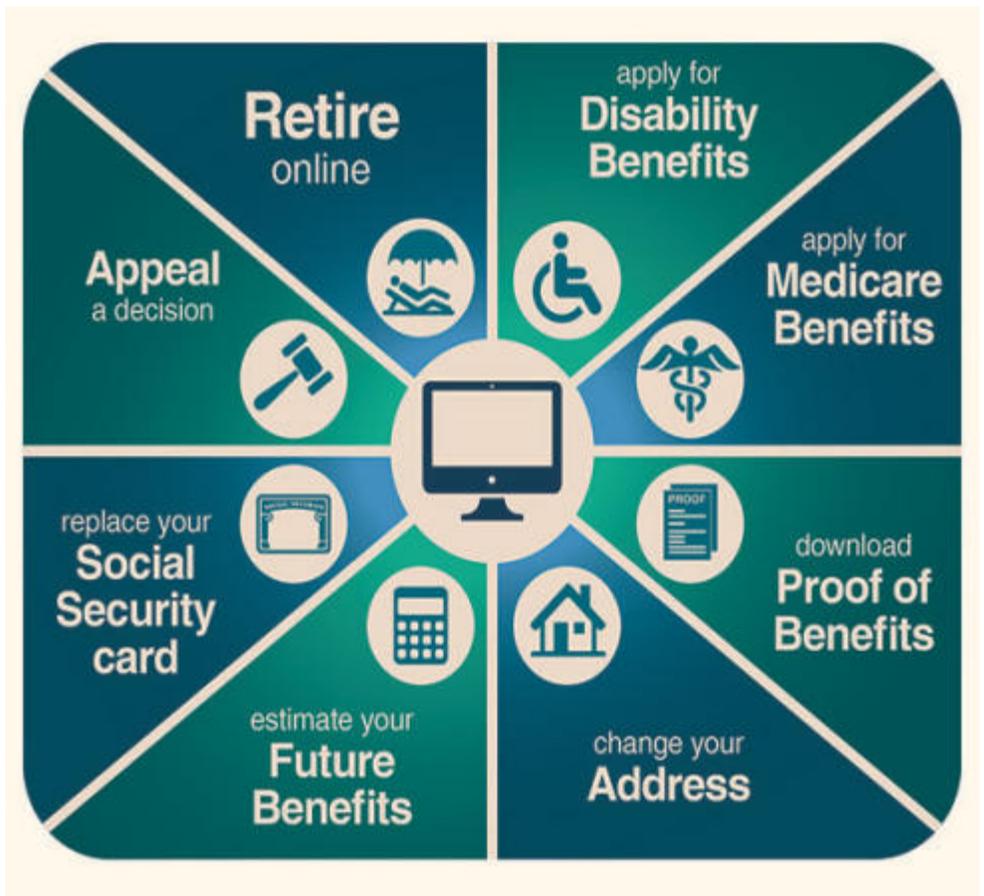
Make a Difference!
DONATE

REMEMBER...
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Waterfall Building

 413 E. Columbia Dr., Columbia City

Walter Building

 934 Blue River Dr., Columbia City

Thompson Building

 403 Blue River Dr., Columbia City

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 • Rent Based on Income

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Chunubusco Properties
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This institution is an equal opportunity provider/employer and lender.



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New Styletto X hearing aids have all standards for sound and style.

Get a first listen today with these limited-time offers.

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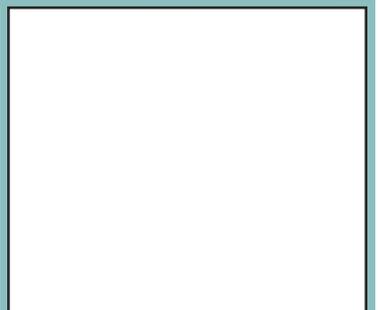
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A sophisticated, award-winning¹ model unites with revolutionary Signia Xperience technology to bring you clinically proven, better-than-normal hearing.² With design and functionality that exceeds expectations, Styletto X hearing aids offer the speech understanding you need and the stylish look you want.

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¹ Red Dot Design Award 2019 for Styletto Connect, iF Design Award 2019 Styletto
² Froehlich M, Freels K, Powers T. (2015). Speech recognition benefit obtained from binaural beamforming hearing aids: comparison to omnidirectional and individuals with normal hearing. *AudiologyOnline*, Article 14338

WE MAKE HOUSE CALLS!
 4105 West Jefferson Blvd., Ste II
 Fort Wayne, IN 46804



TOP 10 FINANCIAL SCAMS TARGETING SENIORS

Financial scams targeting seniors are prevalent and costly. The FBI estimates that seniors lose more than 3 billion each year to fraudsters. Scammers go after seniors because they believe older adults have a significant amount of money sitting in their accounts.

But it's not just wealthy seniors who are targeted. Low-income older adults are also at risk for financial abuse. Do you know it's not always strangers who commit these crimes? Over 90% of all reported elder abuse is committed by an older person's own family members, most often their adult children, followed by grandchildren, nieces, nephews and others.

Government Imposter Scams



The scammers call and pretend to be from the IRS, Social Security Administration, or Medicare. They may say you have unpaid taxes and threaten arrest or deportation if you don't pay up immediately. Or they may say your Social Security or Medicare benefits are in danger of being cut off if you don't provide personal identifying information. Government impersonators often "spoof" the actual phone numbers of the government agency, or call from the same zip code.

The Grandparent Scam

Scammers will place a call to an older person and say something along of the lines of: "Hi Grandma, do you know who this is?" When the

unsuspecting grandparent guesses the name of the grandchild the scammer most sounds like, the scammer has established a fake identity without having done any background research. The fake grandchild will ask for money to solve some unexpected financial problem and will beg the grandparent not to tell anyone. Because scammers ask to be paid via gift cards or money transfer, which don't always require identification to collect.

Medicare/Health Insurance Scams

Every U.S. citizen or permanent resident over age 65 qualifies for Medicare, so there is rarely any need for anyone to research what private health insurance company older people have in order to scam them out of some money. Scammers may pose as a Medicare representative to get your personal information, or they will provide bogus services at makeshift mobile clinics then bill Medicare and pocket the money.

Computer Tech Support Scams

Computer technical support scams prey on people's lack of knowledge about computers and cyber security. A pop-up message or blank screen usually appears on a computer or phone, telling you that your device is

compromised and needs fixed. When you call the support number for help, the scammer may either request remote access to your computer and/or you pay a fee to have it repaired.

Sweepstakes & Lottery Scams

This scam capitalizes on the notion that "there's no such thing as a free lunch." The scammers inform you that you have won a lottery or sweepstakes and need to make some sort of payment to unlock the supposed prize. Often, seniors will be sent a check that they can deposit in their bank account, knowing that while it shows up in their account immediately, it will take a few days before the (fake) check is rejected. During this time the criminals will quickly collect money for supposed fees or taxes on the prize, which they pocket while the victim has the "prize money" removed from their account as soon as the check bounces.

Robocalls/Phone Scams

Robocalls take advantage of sophisticated phone technology to dial large numbers of households from anywhere in the world. Robocallers use a variety of tactics to cheat their victims. Some may claim that a warranty is expiring on their car/electronic product and payment is

DON'T BE SCAMMED—BE CAREFUL!



needed to renew it. One popular robocall is the “Can you hear me?” call, where when the senior says yes, the scammer hangs up after recording their voice, thus obtaining a voice signature to authorize unwanted charges on items like stolen credit cards.

Romance Scams

As more people use the internet for dating, con artists see an opportunity to find their next victim. Romance scammers create elaborate fake profiles, often on social media, and exploit seniors’ loneliness for money. In some cases, romance scammers may (or pretend to) be overseas, and request money to pay for visas, medical emergencies and travel expenses to come visit the U.S. Because they drag on for a long time, romance scammers can get a lot of money from a senior. The FTC found that in 2019 alone, seniors lost nearly \$84 million to romance scams.

Internet & Email Fraud

While using the internet is a great skill at any age, the slower speed of adoption among some older people makes them easier targets for automated Internet scams that are ubiquitous on the web and email programs. Pop-up browser

windows simulating virus-scanning software will fool victims into either downloading a fake anti-virus scanning or an actual virus that will open up whatever information is on the user’s computer to scammers. Seniors unfamiliarity with the less visible aspects of browsing the web makes it especially susceptible to such traps. Phishing emails and text messages may look like they’re from a company you know or trust. They may look like they’re from a bank, a credit card company, or an online store. Phishing emails request your personal information, such as a log-in or Social Security number to verify your account, or asks that you update your credit card payment. Then they use that information to steal your personal and financial information.

Elder Financial Abuse

Unlike many of the other scams, elder financial abuse is carried out by someone a senior knows. This can be a family member, friend, power of attorney, or caregiver. These trusted individuals try and gain control of a senior’s money, assets and credit. They also may withhold needed care in order to retain control over the person and their assets. Seniors who have a disability or cognitive impairment (such as dementia) may be at a particular risk.

Charity Scams

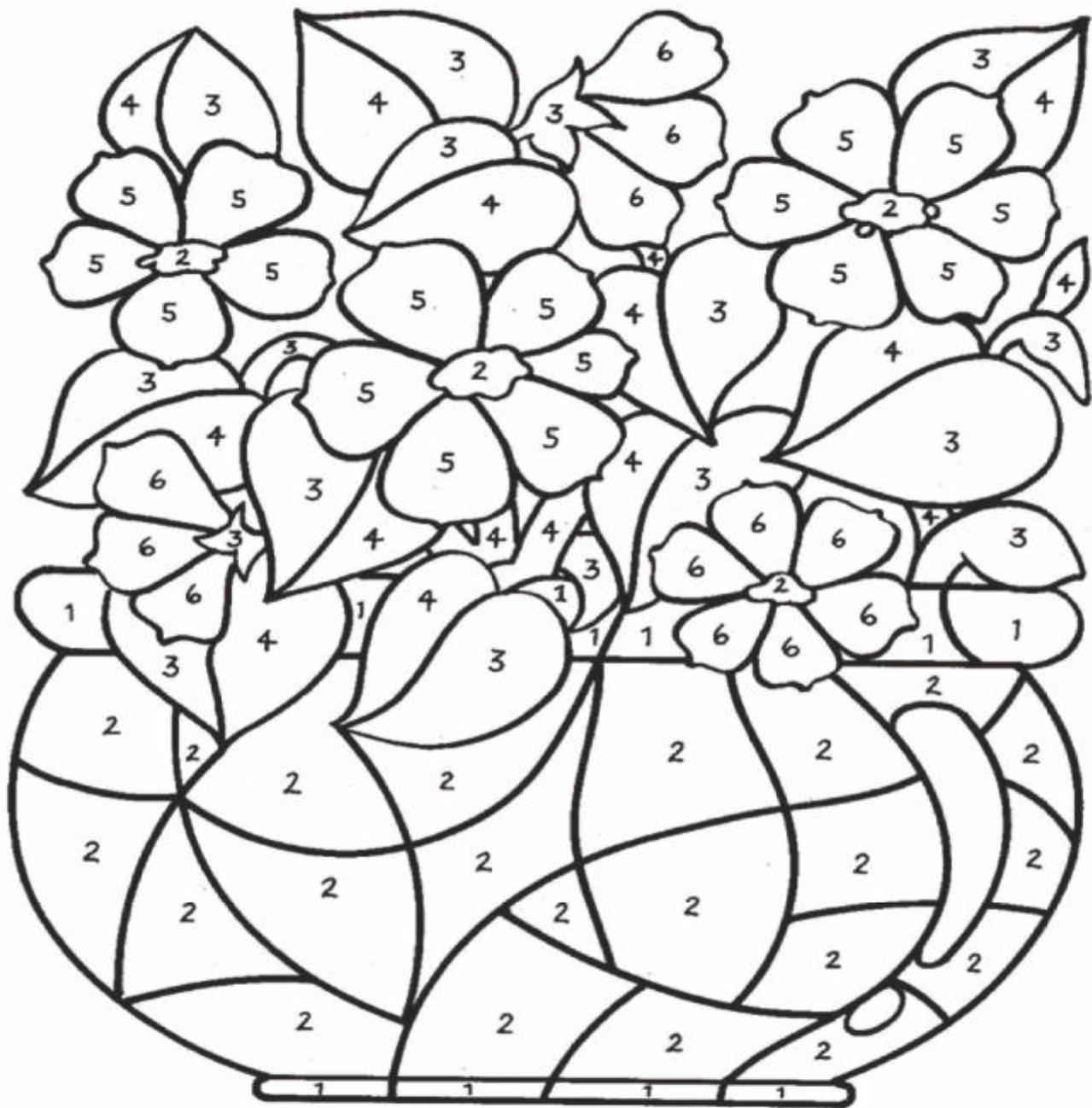
Charity scams rely on senior’s goodwill to pocket money they claim they’re raising for a good cause. Some scammers may use a name similar to a legitimate charity. They often capitalize on current events, such as natural disasters, and may set up a fundraiser page on crowd sourcing site, which don’t always have the means to investigate fraud. Charity scammers may insist you donate immediately with gift cards or money transfer. This should be a red flag.

If you suspect you’ve been the victim of a scam...

Don’t be afraid or embarrassed to talk about it with someone you trust. You are not alone and there are people who can help. Doing or saying nothing could only make it worse. Keep close the phone numbers and resources you can turn to, including the local police your bank and Adult Protective Services. To obtain the contact information for Adult Protective Services in your area, call the Eldercare Locator, a government sponsored national resource line, at 1-800-677-116, or visit their website at: eldercare.acl.gov.

You can also report scams online to the Federal Trade Commission—
www.reportfraud.ftc.gov





1. Red 2. Yellow 3. Light Green 4. Dark Green 5. Blue 6. Purple

How many of the following Easter Eggs can you find in this newsletter?



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to learn more, to RSVP for a tour or to secure a room for a loved one



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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 transit provider (DeKalb Area Rural Transit, DART) 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 1-260-925-3311, TTY at # 1-800-743-3333; email: dblankenship@dcco.net.