



## The Star–Spangled Banner

### Francis Scott Key pens “The Star-Spangled Banner”

On the night of September 13, 1814, when British troops were shelling Fort McHenry in the Baltimore Harbor during the War of 1812, 35-year-old lawyer Francis Scott Key was detained on a ship by the British. Key was convinced the British would triumph, but when he woke up, the smoke had cleared in “the dawn’s early light” and he saw the U.S. flag raised over the fort in victory. Overcome with emotion at this unexpected victory, Key wrote a poem inspired by the flag. A poem which later set to music and in 1931 becomes America’s National Anthem.

#### Interesting Facts about “The Star-Spangled Banner”

- Francis Scott Key was a poet, not a musician, the words originally wrote was titled Defense of Fort McHenry. Then Key’s brother-in-law bridged the poem to the tune of *To Anacreon in Heavn’n*.
- When the sheet music for “The Star-Spangled Banner” was printed for the first time in 1814 the original printing featured a misspelling. The subtitle of the song was supposed to read “A Patriotic Song,” but instead was printed as “ A Pariotic Song” There are about a dozen copies of the original printing left today.
- The actual flag that the poem was based on first came to the Smithsonian Museum in the National Mall in 1907. But, after the Japanese attacked Pearl Harbor to kick off W.W. II, President Roosevelt had the flag and other national treasures moved from the National Mall to Shenandoah National Park in Virginia for safekeeping from 1942-1944.
- The original flag that inspired the national anthem is on display at the National Museum of American History in Washington D.C.
- March 3, 1931— President Hoover designated “The Star-Spangled Banner” as the national anthem of the United states– a measure which failed 40 times earlier
- Did you know the national anthem has four verses ? The version of “The Star-Spangled Banner” traditionally sung on patriotic occasions and at sporting events is on the song’s first version.
- The original flag that inspired the national anthem is on display at the National Museum of American History in Washington D.C.

## THIS MONTH

### LOOKING AHEAD



**Mondays, July 12, 19 & 26; 9:30 & 10:30 Yoga w/Cathy**

**Tuesdays, July 13 & 27; 9-12 SHIP (Medicare)  
Counseling with Ed & John**

**Tuesday, July 27; 1:00 DCCOA Board of Directors Mtg.**

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

**Wednesday, July 21; 9:30- BINGO w/Sue  
(Miller's Merry Manor) Everyone Welcome!**

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

**Thursday, July 15; 9:00 Executive/Finance/Trustees  
Committee Mtg.**

**Thursday, July 15; 9-2:30 Foot Care w/Ken**

**Thursday, July 15, 1:15 Low Vision Support Group**

**Fridays, July 2, 9, 16, 23 & 30; 9:30 & 12:30 SHIP  
(Medicare) Counseling with Ed & Kathy**

**Friday, July 16; 9-2:30 Foot Care w/Ken**

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

**Deb Argast  
Emery "Noel" Camp  
Dr. William Hathaway  
Wayne Madden  
Jack Payette  
Sally Quinonez  
Ina Walton**

**" Words fail to express our  
sorrow for your loss."**



## FRIENDS

**Please think of the  
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in memory of honoring a  
loved one. 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.**

## Important Dates In July

**July 4 Independence Day**



*What did one flag say to the other flag?  
Nothing, it just waved!*

## ***Congratulations***

Children First Center on celebrating 50 years and their dedicated staff!

Cheers to another 50 years making a difference in so many lives!



**I FINALLY DID IT!**

**I BOUGHT A PAIR OF SHOES WITH MEMORY FOAM INSOLES!  
NO MORE FORGETTING WHY I WENT INTO THE KITCHEN!**

## **AGENCY CLOSINGS**

**Heimach Center Closed;  
No DART  
Transportation**

**Monday, July 5  
*Independence  
Day Observed***

**Monday, September 6  
*Labor Day***

## ***SUPPORT GROUPS***

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



### **Low Vision Support Group:**

**Meets 3rd Thursday of each month  
(July 15) at 1:15. Group facilitator is**

**Fred Fulkerson; co-sponsor is The League and the Council on Aging. \*\* Guest Speaker; Rebecca LaPlaca, Orientation Mobility Instructor.**

### **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:**

**Will be meeting quarterly and the next meeting is**

**August 24, 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.**

## **FOOT CARE with KEN (\$21)**

**Thursday, July 15**

**Friday, July 16**

**9:00 am - 2:30 pm**

**Call 260-925-3311**

**for an appointment**





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Jenese Brown



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# 5 Stages of Parkinson's Disease



Doctors sometimes use five stages to describe the progress of Parkinson's disease. Each stage presents changing or new symptoms that a person is likely to encounter.

It is worth noting that not everyone will reach the advanced stages. For some people, the symptoms remain mild, and they can continue to live independently and be mobile.

Dividing the conditions into stages helps doctors and caregivers understand and address some of the challenges a person is experiencing as it progresses.

## Stage 1

During the initial stages, the symptoms are not typically severe. A person can perform everyday tasks with minimal difficulty. In fact, the symptoms are so minimal at this state that they're often missed. But family and friends may notice changes in your posture, walk, or facial expressions. A distinct symptom is that the tremors and other difficulties in movement are generally exclusive to one side of the body. Prescribed medications can work effectively to minimize and reduce symptoms at this stage.

## Stage 2

Symptoms start getting worse. Tremors, trembling and stiffness affect both sides of the body and become more noticeable. As stiffness increases, the person may find that daily tasks are harder to carry out and take longer than before. Walking, speech, and posture problems are often more noticeable. People at this stage feel symptoms on both sides

of the body (though one side may only be minimally affected). The majority of people with stage 2 Parkinson's can still live alone, though they may find that some tasks take longer to complete. The progression from stage 1 to stage 2 can take months or even years.

## Stage 3

This is the middle stage in Parkinson's, and it marks a major turning point in the progression of the disease. Many of the symptoms are the same as those in stage 2. However, you're now more likely to experience loss of balance and decreased reflexes. Your movements become slower overall and there is also a higher risk of falling due to coordination problems. Daily tasks are significantly affected at this stage, but people are still able to complete them. Medication combined with occupational therapy may help decrease symptoms.

## Stage 4

Daily activities become even more challenging. A person will likely need some form of daily care. The person may be able to stand on their own but may need a walker or other assistive device to walk. Independent living is not usually possible. Living alone at this stage or later may make many daily tasks impossible, and it can be extremely dangerous.

## Stage 5

This the most advanced stage of Parkinson's disease. Advanced stiffness in the legs can also cause freezing upon standing, making it impossible to stand or walk. People in this stage require wheelchairs, and they're often unable to stand on their own without falling. Around the clock assistance

is required to prevent falls. Up to 30 percent of people at stage 4 or 5 may experience confusion, hallucinations and delusions. Dementia is also common, affecting up to 75 percent of people with Parkinson's.

## Is Parkinson's Disease Fatal?

Parkinson's disease itself doesn't cause death. However, symptoms related to Parkinson's can be fatal. For example, injuries that occur because of a fall or problems associated with dementia can be fatal. Some people with Parkinson's experience difficulty swallowing. This can lead to aspiration pneumonia. This condition is caused when foods or other foreign objects led into the lungs.

## Is there a Cure?

While there's no cure for Parkinson's disease, recent research has led to improved treatments. Scientists and doctors are working together to find a treatment or prevention technique. Knowing your own individual risk factors can help you detect symptoms in the beginning stages.

There are many medications available to treat the Parkinson's symptoms, although none yet that reverse the effects of the disease. It is common for people with Parkinson's to take a variety of these medications— all at different doses and at different times of day—to manage symptoms.

**Parkinson's Helpline**  
800-473-4636

**Parkinson's Support Group**  
Parkview Noble Support Group  
For more info call:  
Donna @ 260-347-8824 ext. 8824



# Seeing Well As You Grow Older

As you age, your risk of having eye problems increase. As a result, your chance of having vision loss increase as well. The good news is there are ways to prevent, detect, treat and manage most of these problems.

The American Academy of Ophthalmology recommends everyone have an eye disease screening at age 40. Based on that screening, your ophthalmologist will tell you how often to return for follow-up exams. People age 65 and older should have eye exams every 1-2 years, or as recommended by an ophthalmologist.

At any age, if you are not sure how often to have eye exams, call an ophthalmologist.

## Can I do anything about my chances for vision loss?

It is estimated that half of visual impairment and blindness can be prevented through early diagnosis and timely treatment. Despite cost-effective treatment and eye preservation interventions, the number of potentially blinding eye diseases continues to escalate. Increased awareness can help remind family members and friends at higher risk for eye diseases and vision loss to have their eyes examined regularly.

## What should I know about diabetic retinopathy?

Diabetic retinopathy is an eye condition that can cause vision loss and blindness in people who have diabetes.

It affects blood vessels in the retina (the light-sensitive layer of tissue in the back of your eye).

If you have diabetes, it's important for you to get a comprehensive dilated eye exam at least once a year. Diabetic retinopathy may not have symptoms at first-but finding it early can help you take steps to protect your vision.

Managing your diabetes, by staying physically active, eating healthy and taking your medicine can only help you prevent or delay vision loss.

## What should I know about cataracts?

Cataracts are a major cause of vision loss. Most cataracts are caused by normal changes in your eyes as you get older. A cataract is a clouding of your eye's naturally clear lens. It causes blurry vision and makes colors look dull or faded.

The only way to remove a cataract is with surgery. More than half of all Americans age 80 or older either have cataracts or have had surgery to get rid of cataracts.

## What should I know about age-related macular degeneration (AMD)?

AMD is the leading cause of vision loss for people 50 and older. AMD is an eye disease that can blur the sharp, central vision you need for activities like reading and driving. Some people may also notice that

straight lines start to look wavy. If you notice this symptom, see your eye doctor right away.

AMD happens very slowly in some people. Even if you have early AMD, you may not experience vision loss for a long time.

## What should I know about glaucoma?

Glaucoma is a group of eye diseases that can cause vision and blindness by damaging a nerve in the back of your eye called the optic nerve. These symptoms can start so slowly you may not notice them. The only way to find out you have glaucoma is to get a comprehensive dilated eye exam. There's not a cure for glaucoma, but early treatment can often stop the damage and protect your vision.

## What should I know about Floaters and flashes

As we age, the gel like fluid (called vitreous) inside our eyes changes. It starts to shrink and pull away from the inside of your eyes. When that happens, you may see floaters, or small specks or clouds in your field of vision.

You may see what look like flashing lights or lightning streaks. These are called flashes.

Floaters and flashes may be annoying but are usually harmless. However, if you suddenly see new floaters and a number of flashes, call your ophthalmologist immediately.

## Nine ways you can help protect your vision

1. Get regular comprehensive dilated eye exams.
2. Know your family's eye health history. It's important to know if anyone has been diagnosed with an eye disease or condition, since some are hereditary.
3. Eat right to protect your sight: In particular, eat plenty of dark leafy greens such as spinach, kale, or collard greens, and fish that is high in omega-3 fatty acids such as salmon, albacore tuna, trout, and halibut.
4. Maintain a healthy weight.
5. Wear protective eyewear when playing sports or doing activities around the home, such as painting, yard work, and home repairs.
5. Wear protective eyewear when playing sports or doing activities around the home, such as painting, yard work, and home repairs.
6. Quit smoking or never start.
7. Wear sunglasses that block 99 percent-100 percent of ultraviolet A (UVA) and ultraviolet B (UVB) radiation.
8. Wash your hands before taking out your contacts and cleanse your [contact lenses](#) properly to avoid infection.
9. Practice workplace eye safety.



## Protect Your Sight: Early detection is key!

You may qualify for medical eye care only through EyeCare America. \* EyeCare America provides medical eye care, only. Eye-glasses not covered.

**The Seniors Program:** connects eligible seniors 65 and older with local volunteer ophthalmologists who provide a medical exam often at no out-of-pocket cost, and up to one year of follow-up care for any condition diagnosed during the initial exam, for the physician services.

**The Glaucoma Program:** provides a glaucoma eye exam at no cost to those eligible and uninsured.

For additional information and to see if you qualify please visit: [aao.org/eyecareamerica](http://aao.org/eyecareamerica)

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\*Cedarhurst Promise® program is only available at advertised community. Not applicable for respite or other short-term stays. Refund is available only if move out is a result of dissatisfaction with Cedarhurst community as documented throughout stay. Complete refund includes base rent, level of care, charges, and community fee. Ancillary services fees (e.g., additional transportation, pet fees and laundry charges) do not qualify for refund. Additional terms and conditions may apply. Please contact community for additional details. Void where prohibited.

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Use your skills and talents or develop new ones while serving in a variety of volunteer activities within our communities through our Mentoring and Retired Senior Volunteer Program (RSVP).

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Division of Fort Wayne South Shore

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260-925-0917  
107 West 5th Street Auburn, IN 46706



# COMMUNITY EVENTS



**JULY 3**  
**Garrett Heritage Day Parade**  
 starting @ 6 pm

Live entertainment  
 @ Eastside Park Stage  
 featuring the band,  
 “A Night To Remember”

July 4  
 Fireworks @ 10 pm

**Auburn Sidewalk Sales**  
**Downtown Auburn,**  
**Historic District**

**Thursday July 15– July 17**



**St. Joe Pickle Festival**  
 July 15– July 17, 2021

Everything pickles!  
 Pickle pepper poker walk,  
 pickle derby,  
 pickle tastings,  
 pickle people,  
 fish fry,  
 vendors, live  
 music parades,  
 kids’ area,  
 contests &  
 fireworks.



*(ADA accessible)*

Riverdale Elem. School  
 6127 IN-1, St. Joe

**Auburn Community Band**  
 July 4, Noon  
 Eastside Park, Garrett

July 11, 6:00 pm  
 Outdoor Theatre, Auburn

July 18, 2:00 pm  
 Steuben County Fair

For additional information  
[www.acbindiana.com](http://www.acbindiana.com)



“Movies in the Park”  
 228 Walnut Street  
 Southside Park, Butler, IN

FREE Family-Friendly movies  
 with free popcorn and give-  
 aways!

July 9– “Cheaper by the Dozen”  
 July 23- “Tom & Jerry”

Arrive @ 8:45 pm to find a  
 seat, grab snacks and receive  
 free giveaway tickets!

Don’t forget your  
 lawn chairs or blankets.

Movies begin at dusk  
 (approx. 9:30 pm)

Concessions for purchase

[www.eastpointcommunitychurch.org](http://www.eastpointcommunitychurch.org)



**Auburn Cord Duesenberg**  
**Automobile Museum**

“Classic Car Concert”  
 July 29

**Hubie Ashcraft Band**

**Location: ACD Museum Plaza**  
**1600 S. Wayne Street**  
**Auburn, IN**

**This is a free, family-friendly  
 event appropriate for all  
 ages. Vendor tents will open  
 at 5:30 PM with music start-  
 ing at 6:00 PM. Attendees are  
 encouraged to display their  
 favorite vehicles in the park-  
 ing lots, and bring  
 blankets and lawn chairs to  
 enjoy the event.**

[automobilemuseum.org](http://automobilemuseum.org)

**Auburn Fireworks**  
 July 5 fireworks

**Auburn Auction Park,**  
**C.R. 11-A south of the city**  
**Includes musical**  
**entertainment, contests,**  
**food vendors and ends with**  
**a fireworks**  
**show.**



*Freewill  
 donations are  
 accepted for  
 admission.*



# Welcome Back



Mahjongg



BINGO



Bridge



Euchre



Cards

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						
	<b>JULY 2021</b>					
<b>4</b> 	<b>5</b> Heimach Center Closed NO DART Transportation	<b>6</b>	<b>7</b> Chair Yoga w/Cathy 9:30 Trad'l Yoga w/Cathy 10:30  Mah Jongg 1:00	<b>8</b> Tai Chi with Greg 10-11  Euchre 12:30	<b>9</b> SHIP (by appt) 9:30-12  Euchre 6:30	<b>10</b>
<b>11</b>	<b>12</b> Chair Yoga w/Cathy 9:30 Trad'l Yoga w/Cathy 10:30 Euchre 12:30 Bridge 1:30  Senior Pak & CSFP (after noon pick-up)	<b>13</b> SHIP (by appt) 9-12	<b>14</b> Chair Yoga w/Cathy 9:30 Trad'l Yoga w/Cathy 10:30  Mah Jongg 1:00	<b>15</b> Tai Chi with Greg 10-11 DCCOA Exec/Trus/Fin Comm. Mtg. 9:00 Euchre 12:30 Foot Care w/Ken 9-2:30 Low Vision Sup. Grp 1:15	<b>16</b> SHIP (by appt) 9:30-12 Foot Care w/Ken 9-2:30  Euchre 6:30	<b>17</b>
<b>18</b>	<b>19</b> Chair Yoga w/Cathy 9:30 Trad'l Yoga w/Cathy 10:30  Euchre 12:30 Bridge 1:30	<b>20</b>	<b>21</b> Chair Yoga w/Cathy 9:30 Trad'l Yoga w/Cathy 10:30  BINGO w/ Millers Merry Manor 9:30 Mah Jongg 1:00	<b>22</b> Tai Chi with Greg 10-11  Euchre 12:30	<b>23</b> SHIP (by appt) 9:30-12  Euchre 6:30	<b>24</b>
<b>25</b>	<b>26</b> Chair Yoga w/Cathy 9:30 Trad'l Yoga w/Cathy 10:30  Euchre 12:30 Bridge 1:30	<b>27</b> SHIP (by appt) 9-12 DCCOA Bd of Directors monthly meeting 1:00	<b>28</b> Chair Yoga w/Cathy 9:30 Trad'l Yoga w/Cathy 10:30  Mah Jongg 1:00	<b>29</b> Tai Chi with Greg 10-11  Euchre 12:30	<b>30</b> SHIP (by appt) 9:30-12  Euchre 6:30	<b>31</b>

## THOMAS JEFFERSON MACARONI & CHEESE RECIPE

### WHAT YOU WILL NEED

- Butter, for greasing dish
- 16 ounces large elbow macaroni
- 3 cups of milk
- 2 teaspoons all-purpose flour
- ½ teaspoon salt
- ¼ teaspoon freshly ground black pepper
- 2 cups (packed) freshly shredded parmesan
- 2 cups (packed) grated mozzarella
- 2 cups (packed) Romano cheese
- 2 tablespoons butter

### DIRECTIONS

1. Preheat the oven to 450°F. Butter a 13 by 9-inch glass baking dish and set aside. In a large pot of boiling water, cook the noodles until tender, about 8-10 minutes. Drain, but do not rinse.
2. In a large bowl, whisk the milk, flour, salt and pepper until blended. Stir in 1 ½ cup Parmesan, 1 ½ cup mozzarella and 1 ½ cup Romano cheese. Add the noodles and butter and toss to coat.
3. Transfer the noodle mixture to the prepared baking dish. Sprinkle the remaining parmesan, mozzarella and romano cheese over the noodle mixture. Bake until the cheese begins to lightly brown on top, about 12– 14 minutes. Let stand for 10 minutes before serving. Season with salt and pepper to taste and enjoy!

<https://www.archivesjuly4.org/>



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# Protect Your Pet in Hot Weather



Warm weather brings many changes. Warm weather can make travel more enjoyable and affords people more time to comfortably enjoy the great outdoors. It's best to keep safety in mind when soaking up the sun. That's important for all members of the family, including pets. Cats and dogs are susceptible to heat-related illnesses same as their human companions.

## Recognize heat stroke

Pets can suffer from heat stroke, according to the American Red Cross. Certain breeds of dogs are highly susceptible, particularly those with short snouts, such as pugs and bulldogs. Excessive exercise in hot weather, lack of appropriate shelter outdoors and leaving a dog in a hot car may precipitate an episode of heat stroke. It's important to get the pet out of direct heat right away and check for signs of shock, which include seizures, a body temperature of 104 F or higher, stupor, increased heart rate, or excessive panting. Placing water-soaked towels on the pet's feet, head, neck and abdomen can bring down its temperature.

## Outdoor hazards

Warm weather may bring out a high number of insects and wildlife. Use a flea and tick preventive product and medication to protect against heartworm, which is transmitted through mosquitoes. Snakes, skunks, raccoons, foxes and other animals may be roaming around, and a scuffle with your pet can result in an injury. Pets need extra care during the warm weather to avoid damage and sickness from the sun, heat and more.

## Be cautious of hot surfaces

Humans wear shoes on their feet for protection, but pets do not have that luxury. Think about how hot your feet can feel when you scurry barefoot across hot sand en-route to the shoreline or to cross a deck to get to the pool. When the sun beats down on surfaces, those surface temperatures rise quickly.

## Provide extra water

It is likely you will need to fill your pets water bowls more frequently in warm weather than during other times of the year. Be sure to provide constant access to fresh water, even for young puppies who may also be learning to house train.

## Avoid cutting fur too short

If a veterinarian suggests a haircut may be beneficial for keeping a pet cool or comfortable, resist the urge to shave down to the skin. Having at least one inch of fur will protect the pet from sunburn

**Escape the Heat in July...**

**Stop in and work  
on a couple different  
jigsaw puzzles during our open hours.**

**Puzzles will be set up in  
one of our rooms. Come by  
yourself or with a  
group of friends.**

**Everyone is welcome!**

SOLUTION PAGE

4<sup>TH</sup> OF JULY

ANSWERS for puzzle on page 16

ES SRATS ACY YNKVHVVD  
BRRTANI IAIODEISFIF  
GETEICTMFRERWORKSI  
JMVCLDANTLSERTS  
BMDKTXWATPJLOVLI  
NULKNASLHEGVKED  
LSTFHBBGJLJCCVNN  
GAVIEBIARJGAKSNA  
PDTLBRKROHSTREKETY  
AIEYDBMDVITUEBJCA  
RDOUNTRYVEGNOKKH  
AHFKJVHNLERKCKZBN  
DJERLNHCBEPTNCL  
EICNELARBEJOKRMEI  
NCPKENYDAMIECEID  
OBDPHEBANKERSPDNAFU  
SJTICHIYDJAMUDGMY

# July is Social Wellness Month

July is social wellness month, so this is a great time to find an excuse to connect with other people (not that you really need one). It doesn't mean you have to plan a high school reunion in your living room, but getting together to catch up with a friend can go a long way. Social wellness is also about knowing yourself better. Here are seven ways to boost your social wellness this July ...

## Volunteer

The world wouldn't work the same without those willing to give up some of their free time to join a cause or help achieve a goal through volunteering. The thing is, volunteering will give you something arguably more valuable than money, and that's fulfillment. Being generous doesn't drain you, it leaves you with the desire to be more generous. Volunteering helps you feel useful, which is an important human social element, and while the idea is to not expect anything in return, seeing a smile or reaching a goal can give you a natural high.



## Focus on your Own needs

Being effective socially doesn't mean giving everything you have to others, especially if

they don't have your best interests in mind. A socially well person has assertiveness and the ability to be themselves in different company. It also means you have "the ability to create boundaries" within relationships that encourage communication, trust, and conflict management.

## Nurture your Friendships

Perhaps you've been spending too much time with one person, or you've been meaning to catch up with some old friends but just haven't made the time. Well, now's always a good opportunity to change this. However, remember despite being the best of friends at one time, you may find yourself naturally parting ways with some people, and that's okay. Don't force it.

## Resolve Conflicts

Getting into escalated arguments is not a pillar of social wellness. To be a happy and socially well person you can learn to use humor to shut down awkward situations. Happy individuals use humor to resolve tense or awkward situations. Avoiding conflict and bottling it up can lead to "serious health consequences", and that part of resolving conflict is being accountable for your own actions. Taking care of disagreements effectively is a key to being happy.



## Connect with a Pet

Who says social wellness means interacting with humans? Bringing a dog into your life is a healthy decision for your physical and mental health. Owning a dog means lower cortisol (stress hormone) levels and increased activeness for you as the owner. This benefit is not isolated to dogs. Cats and other animals can also help boost self-esteem and overall health.



## Choose a Hobby

Chances are there are others out there that enjoy the same things as you do. From photography to knitting, you can easily become engaged with a group that can help propel you to the next level of your craft while making friends in the process. Hobbies can help you in many areas of your life from social connectedness to even enhancing your immune system and reducing stress. Hobbies can also help push your abilities to the next level, which is good for your memory and self esteem.

## Join a Gym

Becoming a member of a fitness club usually puts you with other people by default. Many times you end up connecting with someone that can help you reach your fitness goals.

## Understanding Pent-Up Demand, Then & Now

Suppose you've been prevented from buying things for a year, or maybe a decade. Now the dishwasher is on the fritz, the tires are nearly bald, and the springs on the couch have sprung. Or, you've not been to a restaurant or concert or ballgame—or anywhere—for all that time. Then the constraints are lifted. You emerge from the house, ravenous to buy goods and services that you've missed for so long.

### *That's pent-up demand.*

Pent-up demand often happens after a recession. People are unemployed, or scared for their jobs, and cut back on their spending. When jobs return and fear subsides, people shop and never drop.

But sometimes pent-up demand is more extreme. Like in 1946. And now.

During the 1930s, the Great Depression raised unemployment, cut incomes—and created fear—so people couldn't spend. Then came World War II. Government increased its spending to build an army, paying soldiers and buying equipment. By 1944 the federal government's spending was 42 percent of gross domestic product. Taxes rose, but not nearly enough to pay for that much spending, so the budget deficit hit 28 percent of GDP. That created jobs. The unemployment rate dropped to its lowest level ever, 1.2 percent in 1944. People on the “home front” were earning a lot of money, many for the first time in more than a decade. They wanted to buy things.

The government had other ideas. Most of the factories were producing war material. The government had other ideas. Most of the factories were producing war material. Production of consumer goods was

cut way back. Big home front spending on the few remaining consumer goods would have caused a lot of inflation. It had happened during World War I.

So the government urged people not to spend. Save your money, buy War Bonds instead! Dr. Seuss drew a cartoon showing deer with dollar-sign antlers. Save 10 percent of your bucks, the caption read, “if you hope to defeat both the Axis and inflation!”

There weren't enough consumer goods to go around, so the government set up rationing. Everyone got a ration book full of stamps. You needed cash and stamps to buy rationed goods. No one got all they wanted, but everyone got some.

People had money, but there was little to buy. Patriots bought war bonds instead of consumer goods. Rationing made it illegal to buy all you wanted. So people saved. Households saved 28 percent of their incomes in 1944, the highest percentage during the past 90 years.

Then it was 1946. You hadn't bought what you wanted during the Depression. You couldn't buy what you wanted during World War II. You owned war bonds and a healthy savings account. Now rationing was over and industry was reconvertng to consumer goods production.

The result was super pent-up demand. Consumer spending exploded. That kept unemployment low, even as government cut military spending. Inflation increased a lot, until industry managed to ramp up consumer production.

In 2020 the COVID pandemic

caused a recession. Unemployment surged to the highest rate since the Great Depression. Many consumers couldn't spend. “Social consumption” was dangerous, so governments urged social distancing. Most people complied and cut back on service purchases and on travel. Governments shut down much consumer production, then restricted its capacity. Restaurants, theaters and arenas operated with strict limits. Some goods were rationed, by retailers instead of governments. A sign in my local Target said “We will be limiting the quantities of toilet paper, flushable wipes and facial tissue to 1 each per guest.”

The federal government increased its spending, and the budget deficit rose to 15 percent of GDP. Americans received added income in benefit payments and unemployment insurance benefits. Spending that money was too risky, or not allowed. So people saved. The savings rate hit 16 percent of income, the highest rate since 1945.

Now it's 2021. Or is it 1946? As people are vaccinated, restrictions are lifted and the pandemic subsides, consumers will want to spend, and they'll have the savings to do it. Pent-up demand returns!

We're expecting a boom in consumer spending in 2021. That should help unemployment drop below 5 percent by the end of the year. And inflation? How fast can business ramp up production?

*This article was printed in the Purdue University, Extension Newsletter.  
Written by Larry DeBoer.*



**\*Attention Veterans\***

According to our local Veterans office only one-third of military veterans are receiving the benefits to which they are entitled to. DeKalb is home to 2,677 living veterans along with 1,200 surviving spouses of veterans, plus dependent children of veterans who are eligible to be served by the Veterans office.

DeKalb County  
Veterans Service Office  
220 E. 7th St.  
Auburn, Indiana  
(260) 925-0131  
Hours  
M-F 8:30 a.m.-4 p.m.  
Wednesdays, 8:30-11:30 a.m.  
walk-ins accepted.

**A Big "Thank You" to Don & Liz Mumford**

Don and Liz have been volunteering here at the center for many, many years.

Liz continues to bring color to our life here at the center by decorating with her beautiful floral arrangements. She continues to donate her exquisite arrangements for our luncheon giveaways.

Don has been an integral part of our Senior-Pak program and has been delivering senior paks to shut-ins for over 20 years.

Thank you for all the energy you have given to our programs. We hope you know the priceless impact you have had on so many lives.

**A Big "Thank You" to Linda Angel**

Linda has been a volunteer for over 5 years. She currently helps deliver 6 food packages each month to shut ins. When she delivers the food packages she also spends time with each person making sure their needs are met.

Linda, your example is an inspiration to others seeking to serve!



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<sup>1</sup> Red Dot Design Award 2019 for Styletto Connect, iF Design Award 2019 Styletto  
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All tours must be scheduled in advance. Open toed shoes are not allowed in the studio or factory.

Website: Kog.com

*\*Before traveling to these locations we recommend you call first. Hours & prices are subject to change.*

#### **Annie Oakley Perfumery Studio** 300 Johnson Street Ligonier, IN 46767 (260) 894-7219

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\$5 includes \$5 off certificate good toward any purchase of \$10 or more made that day from the Studio Gift Shoppe area.

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Website: [www.annieoakley.com](http://www.annieoakley.com)

#### **Dixie Boat** 401 S. Dixie Dr. North Webster, IN 888-803-4943

**Ride the Dixie**

Indiana's oldest stern wheel tour boat cruising beautiful Webster Lake in North Webster, Indiana, since 1929. Refurbished and now on the National Registry of Historic places, the Dixie offers 75 minute cruises with narration and music. The Dixie's history begins with a young packet steamboat pilot named Joseph Breck. From about 1905 through the early 1920's, the Breck family would spend their summers at Webster Lake. During those years Joseph Breck built three steamwheel boats. Now 80+ years old, the present Dixie still takes scheduled trips around Webster lake.

**Tour Info:**

This summer the season starts on Saturday, June 12 to Labor Day Weekend. Cruises last approximately 75 minutes and tickets are still only \$7. Concessions are available on board. They are currently unable to accept credit cards for snacks and souvenirs.

\* The Dixie Boat can accommodate wheelchairs.

Tickets may be purchased at the dock before boarding at the Lake View Pizza King walk up window.

Website: [www.ridethedixie.com](http://www.ridethedixie.com)



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## DeKalb County Council on Aging, Inc.

Heimach Center

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**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](mailto:dekalbcoa@dcco.net)**

**Website: [heimach.org](http://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](mailto:dblankenship@dcco.net) or visit our administrative office at 1800 E. 7th St., Auburn, IN. For more information visit our website: [heimach.org](http://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: [blankenship@dcco.net](mailto:blankenship@dcco.net).