

Join us for Lunch, August 25th @ 11:30

Stop in the Heimach Center or call 260-925-3311 to reserve your spot!

11:30: Lunch

Menu: Pulled Pork Sandwiches, Coleslaw, Chips & Watermelon Provided by Betz Nursing Home

Please bring 1/2 dozen of your favorite cookies to share!





11:45: The "RETROS" will be performing hits from the 50's,60's & 70's: Dan Grohnke plays keyboard and trumpet, while AI Schumm sings lead vocals. Together, they offer a wide variety of music that's sure to please, performing genres like country, pop, big band, rock and roll & religious music.

12:30: Special Guest Speaker: Presentation by Arlene Parr Director of Marketing & Admissions of Betz Nursing Home





A UNITED WAY FUNDED AGENCY AUGUST 2021

LOOKING AHEAD



THIS MONTH

- Mondays, August 2, 9, 16, 23 & 30; 9:30 & 10:30 Yoga w/ Cathy
- Tuesdays, August 10 & 24; 9-12 SHIP (Medicare) Counseling w/John

Tuesday, August 24; 1:00 DCCOA Board of Directors Mtg.

Tuesday, August 24; 6:30-7:30 Northern Indiana Grandparents' Group

- Wednesdays, August 4, 11, 18 & 25; 9:30 & 10:30 Yoga w/Cathy
- Wednesday, August 18; 9:30-BINGO w/Kyle (Auburn Village) EVERYONE WELCOME!

Wednesday August 25; LUNCHEON @ 11:30

Thursdays, August 5, 12, 19 & 26; Tai-Chi w/Greg

Thursday, August 12; Executive/Finance/Trustees Committee meeting @ 9

Thursday, August 19; 9-2:30 Foot Care w/Ken

Thursday, August 19; 1:15 Low Vision Support Group

Friday, August 20; 9-2:30 Foot Care w/Ken

Fridays, August 6, 13, 20 & 27; 9:30 & 12:30 SHIP (Medicare) Counseling with Ed & Kathy

FRIENDS

Please think of the DeKalb Co. Council on Aging for memorials made 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.

You may either drop your memorial off or mail it to DCCOA, 1800 E. 7th Street, Auburn, IN 46706

Thank You

Thanks to Rebecca La Placa (Orientation & Mobility Specialist from the League) for demonstrating the best way to use a cane and how to lead and guide others with visual impairments. The participants learned travel skills that they need to move about safely in their home and travel in their community.



AGENCY CLOSINGS

Heimach Center Closed; No DART/ No Transportation

> Monday, September 6 Labor Day

> >

I've finally reached "The Wonder Years"

Wonder

Where I parked the car?

Wonder

Where I left my phone?

Wonder

Where my glasses are?

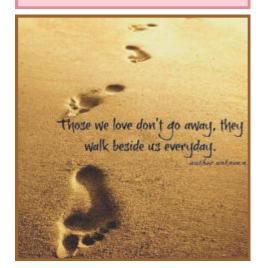
Wonder What day it is?



Bill Schlosser & Family

We are deeply saddened to hear of the passing of one of our former employees wife, Sandra Schlosser.

Bill, we extend our deepest sympathies to you and your family.



<u>SUPPORT</u> <u>GROUPS</u> at Heimach Center 1800 E. 7th St., Auburn



Low Vision Support Group: Meets 3rd Thursday of each month (Aug. 19) 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: 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.

Jo Fair & Family

Our heartfelt condolences go out to you and your family on the passing of Allen. May our Lord comfort you and your loved ones during this time.



FOOT CARE with KEN (\$21)

Thursday, August 19 Friday, August 20

9:00 am - 2:30 pm

Call 260-925-3311 for an appointment









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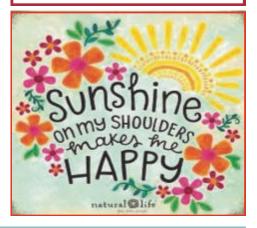


Please call 925-3311 and speak with Jenese Brown

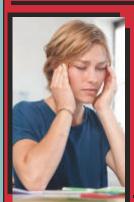


A warm welcome and lots of good wishes on becoming part of our growing team.

> To our newest **DART** Driver **Darrell Ritter**



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1710 N. Main St. - Auburn **Greenhurst Office Building**





John Ley Monument Sales

(260) 897-2333 Have Medicare questions?

I have answers. Agent for Medicare Advantage Plan upplements, Drug Plans, Fing ense, Senior Dental and Vis

Burnell Landes Licensed Sales Agent 714 S Harrison St Garrett, IN 46738 p: 260-226-5243



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LOCAL HELP FOR PEOPLE WITH MEDICARE

Q: I am planning a trip with friends this Summer. I am new to Medicare. What should I know before I go?

A: A few key factors will make a difference when answering this question. Do you have a Medicare Advantage Plan or Original Medicare (Parts A & B) with a Medigap Plan? Do you plan to travel outside of the United States?

If you have Original Medicare, you can travel anywhere in the U.S. and its territories and get the medical care you need from almost any doctor or hospital. This includes all 50 states, the District of Columbia, Puerto Rico, the Virgin Islands, Guam, American Samoa, and the Northern Mariana Islands.

Medicare generally doesn't cover health care while you're traveling outside the U.S. There are some exceptions.

Do you have a Medicare supplement insurance policy (Medigap) with your original Medicare?

Medigap Plans

A Medigap policy may offer additional coverage to Original Medicare for health care services or supplies that you get outside the U.S.

ASK SHIP

YOUR MONTHLY MEDICARE O&A

Standard Medigap Plans C, D, F, G, M, and N provide foreign travel emergency health care coverage when you travel outside of the U.S.

Plans E, H, I, and J are no longer for sale, but if you bought one before June 1, 2010 you may keep it. All of these plans also provide foreign travel emergency health care coverage when you travel outside the U.S.

Medigap Plans C, D, F, G, H, I, J, M, and N pay 80% of the billed charges for certain medically necessary emergency care outside of the U.S. after you meet a \$250 deductible for the year. These Medigap policies cover foreign travel emergency care if it begins during the first 60 days of your trip and if Medicare doesn't otherwise cover the care. Foreign travel emergency coverage with Medigap policies has a lifetime limit of \$50,000.

Medicare Advantage Plans

If you have a Medicare Advantage Plan, your plan may not cover your care while you travel within the United States unless you need emergency or urgent care. If your plan does allow you to see providers that are outside of your network or area, you will usually need to pay more for the care (except for emergency care). You may also need to follow other plan rules like obtaining prior authorization (except for emergency and urgent care). Contact your plan to see what rules and costs apply when you travel within the United States.

If you have 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, LinkedIn, and Twitter.

SHIP is a free, unbiased counseling program provided by the Indiana State Department of Insurance SHIP is a free, unbiased counseling program provided by the Indiana State Department of Insurance. To schedule an appointment with SHIP, call 1-800-452-4800, TTY 1-866-846-0139 or visit www.Medicare.IN.gov to find your local site.

Improve Your Memory

Memory loss is a common complaint among seniors and their caregivers. The good news is there are easy ways to improve memory that aren't expensive or timeconsuming. Here are steps you can take to help preserve and even improve memory.

Sleep

Sleep plays an important role in helping you consolidate your memories, so you can recall them down the road. Make getting sleep a priority. Most adults need seven to nine hours of sleep a day. Sleep actually triggers changes in the brain that solidify memories. It also strengthens connections between brain cells and helps in transferring memories from shortterm to long-term memory. This means the new memories your seniors make are more likely to stay with them. Another part of sleep that helps memory in seniors is to keep their sleep time as undisturbed as possible.

Improved Diet

According to Harvard Health Publications, foods that are high in saturated and trans fats, such as beef or steak, dairy, and fried foods, cause high levels of LDL cholesterol (the bad kind). Not only are these artery clogging foods detrimental to the heart, but they can also cause damage to the brain. Changing a senior's diet to foods that are high in mono- and polyunsaturated fats, such as fruits, vegetables, nuts, fish and olive oil, will increase levels of HDL cholesterol (the good kind). This will prevent blood vessels from getting clogged or damaged and reduce the risk of memory loss and stroke.

Manage Chronic Conditions

Follow our doctor's treatment recommendations for medical conditions, such as depression, high blood pressure, high cholesterol, diabetes, obesity and hearing loss. The better you take care of yourself, the better your memory is likely to be. In addition, review your medications with your doctor regularly. Various medications can affect memory.

Less Sitting, More Moving

Seniors who engaged in physical activities such as using a stationary bike or treadmill for only 1 hour 3 times a week for twelve weeks resulted in higher resting blood flow to the brain. Improvements in mental health were seen in as few as 6 weeks as there was an increase in blood flow to areas of the brain associated with improved memory. As a side note, physical exercise improves mood by supplying endorphins and improves appetite as well. It also may provide opportunities for social interaction which also improves memory.

Stay Social

Spending time with family and friends, even attending events can help maintain and improve mental functions. Research has even shown that just 10 minutes of social interaction a day can help!

Mental Exercise

Learning new skills — like playing a new instrument, practicing a hobby that involves hand-eye coordination, performing memory exercises for seniors, and even doing math in your head has been found to improve cognitive function and memory. Keeping your mind active with new challenges can keep your memory strong!

Do a Sensory Test

This might sound clinical and strange, but sensory tests are a fun way to keep the brain elastic and strong. A sensory test makes new connections in the brain, as well as refreshing old ones. Conducting a test like this is simple: for example, take any food and, bite by bite, identify the different flavors you are experiencing. Especially with homemade or familiar foods, the results of these kinds of tests are effective.

When to seek help for memory loss

If you're worried about memory loss, especially if memory loss affects your ability to complete your usual daily activities or if you notice your memory getting worse,

talk to your doctor. He or she will likely do a physical exam, as well as check your memory and problem



-solving skills. Sometimes other tests are needed as well. Treatment will depend on what's contributing to your memory loss.

Quick and Easy Brain Exercises for Seniors

- Play games you are not already familiar with that involve strategy, like chess or bridge, and word games like Scrabble. Try crossword and other word puzzles, or number puzzles such as Sudoku.
- Read newspapers, magazines and books that challenge you. Don't have a library card, stop by your local library and register for a new library card today!
- Get in the habit of learning new things: games, recipes, driving routes, a musical instrument, a foreign language. Take a course in an unfamiliar subject that interests you. The more interested and engaged your brain, the more likely you'll be to continue learning and the greater the benefits you'll experience.
- Improve how well you do existing activities. If you already speak a foreign language, commit to improving your fluency. Or if you're a keen golfer, aim to lower your handicap.
- Take on a project that involves design and planning, such as a new garden, a quilt, or a koi pond.
- Exercise makes for improved blood flow to your brain which we know enhances cognitive function. Doctors recommend exercising at least three times a week. Start with a 20 minute walk and build stamina slowly. Expand your exercise program to include longer walks, stretching, core strengthening exercises and light weight training.



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For ad info. call 1-800-950-9952 • www.lpicommunities.com DeKalb County Council on Aging, Auburn, IN B 4C 01-1482

Luncheon Fun



Good Friends, Good Food, Good Times

















Khank You













dinner is better when we eat ■ together 下



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Chair Yoga w/Cathy 9:30 Trad'l Yoga w/Cathy 10:30 Euchre 12:30 Bridge 1:30 CSFP & 1:30 Senior Pak Pick Up (after noon)	ę	4 Chair Yoga w/Cathy 9:30 Trad'l Yoga w/Cathy 10:30 Mah Jongg 1:00	5 Tai Chi with Greg 10-11 Euchre 12:30	6 SHIP (by appt) 9:30-12 Euchre 6:30	7
œ	9 Chair Yoga w/Cathy 9:30 Trad'l Yoga w/Cathy 10:30 Euchre 12:30 Bridge 1:30	10 SHIP (by appt) 9-12	11 Chair Yoga w/Cathy 9:30 Trad'l Yoga w/Cathy 10:30 Mah Jongg 1:00	12 Tai Chi with Greg 10-11 Euchre 12:30 DCCOA Executive/Finance Trustees Comm Mtg. 9:00	13 SHIP (by appt) 9:30-12 Euchre 6:30	14
15	16 Chair Yoga w/Cathy 9:30 Trad'l Yoga w/Cathy 10:30 Euchre 12:30 Bridge 1:30	17	18 Chair Yoga w/Cathy 9:30 Trad'I Yoga w/Cathy 10:30 Mah Jongg 1:00 ***BINGO*** 9:30 w/ Auburn Village***	19 10-11Tai Chi with Greg10-11Euchre12:30Foot Care w/Ken9-2:30Low Vision Sup. Grp1:15	20 SHIP (by appt) 9:30-12 Euchre 6:30 Foot Care w/Ken 9-2:30	21
22	23 Chair Yoga w/Cathy 9:30 Trad'l Yoga w/Cathy 10:30 Euchre 12:30 Bridge 1:30	24 SHIP (by appt) 9-12 DCCOA Bd of Directors Annual Meeting 1:00 Northern Indiana 6:30-7:30 Grandparents Supp. Group	25 Chair Yoga w/Cathy 9:30 Trad'l Yoga w/Cathy 10:30 Mah Jongg 1:00 **LUNCHEON** 11:30	26 Tai Chi with Greg 10-11 Euchre 12:30	27 SHIP (by appt) 9:30-12 Euchre 6:30	28
29	30 Chair Yoga w/Cathy 9:30 Trad'l Yoga w/Cathy 10:30 Euchre 12:30 Bridge 1:30	31	Augu	St 20	2d Back To School	School



For ad info. call 1-800-950-9952 • www.lpicommunities.com DeKalb County Council on Aging, Auburn, IN C 4C 01-1482

Aduhelm - The new Alzheimer's Drug



You may have heard in the news about a new prescription medication for Alzheimer's disease that was just approved by the U.S. Food and Drug Administration (FDA).

What is Aduhelm and how does it work?

The new medicine, called Aduhelm (generic name aducanumab), is the first to attack what many believe is an underlying cause of Alzheimer's disease. It works by eliminating clumps of a toxic protein believed to destroy neurons in the brain that leads cognitive decline. The proteins, known as betamyloid plaques, are common in people with dementia. Aduhelm is a monoclonal antibody (MAB) that stimulates the immune system to target and breakdown these plaques.

Is the medication a cure for Alzheimer's disease?

It is important to understand that Aduhelm is NOT a cure for Alzheimer's. The medication does not reverse the disease's progression for those who have already developed symptoms of Alzheimer's disease.

What are the benefits of Aduhelm?

Aduhelm has been shown to break down the amyloid plaques described above but has yet to show clinically significant slowing of cognitive decline, such as memory loss, wandering/getting lost, trouble trouble handling money and paying bills, repeating questions, taking longer to complete normal daily task and personality and behavior changes.

Who is most likely to benefit from the new Alzheimer's treatment?

In clinical trials, Aduhelm was tested only in patients with very early-stage Alzheimer's disease or mild cognitive impairment. The participants in the clinical trials had to undergo PET scans that showed they have amyloid plaques in their brains. The same will be the case once the drug is on the market amyloid PET scans or other type of imaging will be required before persons with Alzheimer's are prescribed the medication. The treatment is best for those with the earliest stages of Alzheimer's disease before brain cells are too damaged to stem the tide of the disease. It has not been tested on persons with later stages of Alzheimer's disease.

How is Aduhelm given and for how long?

The treatment is given intravenously through infusion over a one hour period once a month for an indefinite period of time.

What are Aduhelm's side effects?

The most common side effect is painful brain swelling, which occurred in about 35% of patients in the clinical trials. Biogen reports that this side effect is most commonly seen as shortterm swelling in areas of the brain that usually resolves over time. Some people may also have small spots of bleeding in or on the surface of the brain with the swelling. Healthcare providers prescribing Aduhelm will be required to do magnetic resonance imaging (MRI) scans before and during treatment with Aduhelm to check for brain swelling. In addition, 8-9% of clinical trial participants experienced confusion, delirium, disorientation, vision changes, and diarrhea. Falls occurred in 15% of the patients taking Aduhelm during the clinical trials. Allergic reactions, such as swelling of the face, lips, mouth, or tongue and hives, can occur during an Aduhelm infusion.

What should I do if I am a person with mild cognitive impairment or a caregiver for someone with mild cognitive impairment?

As is the case with starting any new treatment, it is important to understand the benefits and risks for you or your care recipient's individual situation. Learn as much as you can about the new medication and speak with your primary care physician about it. Your primary care physician may advise you to see a neurologist if you are not already seeing one.

Neurologists specialize in caring for persons with Alzheimer's disease and other nervous system conditions and can best advise you on your options. Do not make any change to medications you are currently taking and continue to practice brain healthy behaviors, such as regular physical activity, 7-8 hours of sleep every night, eating a heart healthy or Mediterranean diet, and staying mentally active and socially connected.

COMMUNITY EVENTS

Ashley Hudson Festival

August 6–8 State Rd 4, Ashley, IN

Bring the family out for the annual Ashley Hudson Festival

The event features a parade, pancake/sausage breakfast, fireworks, crafts and games.

Saturday, Aug. 7 Parade @ 11 a.m. Fireworks @ Dusk Sunday, Aug. 8 Church in Smiley Park @ 10 a.m.

For a detail schedule please visit: dekalbcvb.org/events



August 12-14, Butler, IN

Butler Days Festival is a family fun event with activities for the kids and adults in downtown Butler.

The event features circus acts, silly safari, car show, fish fry, and a concert.

For a detail schedule please visit: dekalbcvb.org

Cruise In

Downtown Auburn August 19, 5p.m. - 8 p.m.

Car Registration starts @ 5:30 p.m. Door Prizes, 50/50 Raffle, Dine & Shop

This has been a long-standing summer event that lasts until mid-September, and it's a must see event. **11th Annual Quiet Knight Veterans Car Show** Saturday, August 7, 9 a.m-3 p.m. (rain or shine) Garrett American Legion Post 178

5515 W. 5th Ave. Garrett, IN



Race Cars, Motorcycles, Hot Rods Classic Cars, Trucks, & Muscle Cars

Entry Fee Only \$10

Cash Prizes, Dash Plaques, Door Prizes, Silent Auction and Music.

Food & Drinks will be available for purchase

All proceeds will be donated to Quiet Knight's Veterans Fund, our local Non-Profit that provides direct assistance to our Veterans who fall on hard times through no fault of their own.

> Additional information, contact Tom Bishop (260)579-7569





Relay for Life Saturday, August 28, 4-9 p.m.

The James Cultural Center, Auburn Registration - 4 p.m. Opening Ceremony-Survivors- 4:30 Luminary Ceremony - 8 p.m.

A silent auction also is planned with proceeds going to Relay. There will be food trucks, and Cranberry Cottage will sell food with a percentage of sales going to Relay.

For more information on Relay for Life, forming a team, signing as a survivor, purchasing luminaries, donating or becoming a sponsor please contact Amanda at 908-0458 or Donna at 925-0507

http://www.relayforlife.org/dekalbcountyin

Cost: Free

3 Great Choices for Curating a Simple and Satisfying Life

You Get to Choose Your Life

So many people feel like their life has a set course and they have very little control over the direction they're heading in. There are bills to be paid, career ladders to climb, mortgages to be paid, investments to be made, chores to be completed, families to raise, and a million other little tasks.

But what happens when you start ticking some of those necessities off the list? What happens when the mortgage is under control, when the nest becomes empty, and when getting up for work every day becomes a chore in itself? Do you have to keep heading along the same beaten track, or can you start curating a new and more bespoke life to carry you through the years ahead?

Curating A Simple & Satisfying Life

Some people want the world and won't be satisfied until they own all the "toys" and are the envy of all around them. Fortunately that's not everyone - there are a lot of us who are just looking for a comfortable life that brings a sense of peace and contentment - a few challenges, new interests, time for family and friends, and the knowledge of reaping the rewards of a job well done - before we're too late to enjoy the fruit of our labors.

Here's 3 choices you can make to help you curate a life of contentment.

Don't Worry About Other People's Opinions

Don't compare your life to other people. That's such an important statement - comparison is the thief of joy and it sucks away at your confidence. If you're happy with a simple life, if you feel that you are in a good place, be satisfied with that - it doesn't matter what the Joneses have, it only matters that you are content with where you are.

If you choose to retire early, or if you choose to work longer, if you want to travel, or you love being at home, if you like to party, or you like to be quiet, if you want to shop, or you're happy living in your pajamas, it's nobody's business but your own. Choose your life and honor that choice without the constant need to compare.

Be Grateful For What You Have

Don't tie your worth to your possessions. There will always be a new toy or a new fashion, or something shiny that tempts you to click through and use your credit card. If you want a simple debt-free life, then you need to reach the point where you realize that you have enough (in fact you probably have more than enough). Look around at what your home is full of, what your wardrobe holds, what you have to entertain you, and ask yourself if you really need more?

Sometimes the constant desire

for more masks a deficit in our life. Perhaps before you pull out your credit card yet again, you need to ask yourself why you feel the need to spend and whether there's an area of your life that needs some nurturing and self-care - if you're happy in yourself, then you may not need to fill your life with more "stuff" to hide behind.

Look For Something Good In Every Day

Not every day is perfect, but there are perfect little moments in every day. It might be not having to set your alarm to get up early, it might be that lovely cup of coffee, the smile you give to a friend (or stranger), the satisfaction of a task completed, a conversation with someone you've been wanting to catch up with, or a myriad of other simple pleasures. Take a minute to appreciate them, to be grateful that you have the time to give to them - and to realize that life is very good indeed.

Sometimes we get so caught up with living that we forget to take a breath, pause, and appreciate the simple and satisfying parts of our lives. The more we focus on them, the more we come to see how blessed we are and how lovely our lives have become.

crestingthehill.com.

Be a curator of your life. Slowly cut things out until you're left only with what you love, with what's necessary, with what makes you happy.



BEGINNING DATES FOR DEKALB COUNTY SCHOOLS

DeKalb Central Schools - August 9

DeKalb County Eastern Schools - August 4

Garrett-Keyser-Butler Schools - August 12



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Lakewood Park Christian School August 12

Dates are subject to change

Indiana State Police are imploring drivers to <u>never</u> disregard a school bus that has stopped to pick up or drop off students.

If a bus is stopped with it's lights flashing and stop arm out and you are behind the bus traveling in the same direction, you must ALWAYS stop.

If you're traveling in the opposite direction approaching the bus, you must stop even on a divided highway, unless that divided highway is separated by a grassy median or concrete barrier.

If you are ticketed for illegally passing a stopped school bus, it's a Class A infraction punishable by up to one year in jail and fine of up to \$5000. Recklessly passing a stopped bus and killing someone is a level 5 felony, carrying a one-six year prison sentence and up to \$10,000 in fines.





Plant-based diets are trendy with people of all ages. Everyone from teenagers to older adults has adopted this lifestyle for a variety of reasons, including improved health, environmental concerns, and animal cruelty issues.

The term plant-based has no official definition, but many people have embraced the diet because of its flexibility. It's generally accepted that the diet is founded in mostly plants and whole foods but may or may not include small amounts of meat for some people.

Older Adults and the Benefits of a Plant-Based Diet

Improved telomere activity:

Telomeres are the enzymes that rebuild the caps at the end of our DNA strands. While they are important for human life, they shorten with age. Research conducted by the University of California San Francisco showed that adopting a plant-based diet for three months can significantly increase the production of telomeres and slow the aging process.

Boosts the immune system:

People who have diets filled with processed foods and animal products typically consume fewer fruits and vegetables. That combination puts you at higher risk for heart disease, while also preventing you from reaping the rewards fruits and vegetables can provide. The most common benefits of plant-based foods include decreased risk for cancer, a stronger immune system, healthier weight, more energy, and better sleep.

Slows the aging process:

People who follow a diet that limits animal products not only report feeling better, but looking better, too. Researchers say it is because fruits and vegetables are rich in antioxidants, vitamins and minerals. These help reduce inflammation and improve collagen synthesis in skin. Both help the skin look younger.

Tips for Transitioning to a Plant-Based Diet

• Don't neglect protein sources:

The body needs protein for building and maintaining muscle mass. When you eliminate meat and dairy from your daily diet, you'll need to find other sources of protein rich foods to replace it. Tofu, almonds, peanuts, chickpeas, and quinoa are a few to consider.

• Research calcium-rich foods:

Osteoporosis is more common as we grow older. It is one of the leading causes of broken bones and fractures among older adults. Calcium helps keep bones strong. If you remove dairy from your diet, it's essential to incorporate plant-based foods that are rich in calcium. Green vegetables such as spinach, kale, turnips, collard greens and broccoli are a few of these. Vitamin D helps the body process calcium so it's important to make sure you are consuming enough of it

enougn o too.



• Prevent a Vitamin B12 deficiency:

Aging sometimes causes the body to struggle to absorb some vitamins and vitamin B12 is often one of those. Because many people get their vitamin B12 from animal products, moving to a plant-based diet may cause a deficiency. Some examples of plant based foods that have vitamin B12; mushrooms, fortified cereal, fortified soy and almond milk.



Delicious, Vegan Meal Choices for Seniors

In other words, the decisions by seniors to adopt a plant-based diet does not mean that they will need to sacrifice their health. And, they will also not need to sacrifice delicious taste as they make these transitions. Hundreds of cookbooks and websites are entirely focused on making healthy and delicious vegan meals.

* The most important thing to remember is that is never too late to embrace a vegan diet. If you are going to make this decision, ensure that you do it only after extensive research and careful consultation with your medical provider.

* These consultations should address any unique health needs that the seniors may have, as well as important vitamins, minerals and food products to include in the new modified diet.



Take A Day Trip Close to Home... These trips are within 2 hours of Auburn

Gene Stratton-Porter State Historic Site 1205 Pleasant Point, Rome City, IN.

260-854-3790

Gene Stratton-Porter is Indiana's most widely read female author, as well as a gifted nature photographer and entrepreneur. Gene's cabin at Wildflower Woods is nestled on the shores of Sylvan Lake. This is Gene's second home in 1913 and is a two story cabin with exterior walls of Wisconsin cedar logs. Local wild cherry was used to panel the entrance hall and dining room. Gene **Stratton-Porter's furniture** and personal collections, including her library, are preserved at the home.

As you visit the site, take time to walk the 148 acres of fields, woods and beautiful gardens. Masterfully sculpted from Bedford limestone, great horned owls perch atop puddingstone pillars, along with beautifully maintained benches to enjoy a quiet place to relax. The gravesites of Gene Stratton-Porter and her daughter Jeannette are located at this site.

Visitor Information

Admission Charged Senior Discounts & Group Rates ADA accessible Guided Cabin Tours Guided Nature Walk Tours Website: genestrattonportershs@indianamuseum.org Wild Winds Buffalo Preserve 6975 N Ray Rd. Fremont , IN.

260-495-0137

Wild Winds has more than 400 acres of rolling Indiana prairie, natural waterways, lakes, birds and is home to approximately 250 bison. During the summer, they leisurely graze and move through seven sacred fields constantly moving as in olden days.

In early September, the bulls begin the rutting season. The dominant bulls are challenged by the smaller younger bulls. In the end, the largest, bravest and most powerful bulls will dominate and create through the natural course of nature...a stronger healthier bison heard.

Stop in the gift shop for buffalo meat and hand crafted items.

Visitor Information

Tours into the herd leave every hour on the hour with the last tour at 3:00 pm. Please call ahead for large groups. Summer hours (May-October) Wednesday– Sunday

> Website: wildwindsbuffalo.com

Before traveling to these locations we recommend you call first. Hours & prices are subject to change. Mrs. Wick's Restaurant 100 Cherry Street Winchester , Indiana

(765) 584-7437

When Wick retired from Wick's Pies in 1986, he went across the street and opened a restaurant in honor of his supportive wife, Ruby. Mrs. Wick's Restaurant is a full service Bakery Café that makes 36 varieties of pie each day including the Indiana State Pie– Sugar Cream pie.

Inside Mrs. Wick's Restaurant is the outlet store where you can take home pot pies (Turkey, Chicken, & Beef) Famous noodles, shells and unbaked frozen pies. Pick up a whole pie or purchase one of their "seconds" at a reduced price.

> M-F 6 am—6 pm Saturday 6 am– 2 pm Closed on Sundays



Factory Tour

Wick's Pie Factory Tours were suspended due to the pandemic, but check back in the fall for tours of the pie factory

(800) 642-5880

Wick's Pies, Inc 217 Greenville Avenue Winchester, IN 47394

YOUR CONTRIBUTION IS VERY IMPORTANT! And remember, all donations made to DeKalb County Council on Aging are <u>tax deductible</u> .
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 do- nation (large or small) to help keep the Agency and Center as vital as possible.
Thank you for your donation!

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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
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- Input WU395; click Search
- Click the circle to the left of DeKalb County Council on Aging
- Click Enroll

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

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Well-appointed homes feature:

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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 <u>Best Service</u> 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@dccoa.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: blankenship@dccoa.net.