



Theme in Yellow
I spot the hills
With yellow balls in autumn.
I light the prairie cornfields
Orange and tawny gold clusters
And I am called pumpkins.
On the last of October
When dusk is fallen
Children join hands
And circle round me
Singing ghost songs
And love to the harvest moon;
I am a jack-o'-lantern
With terrible teeth
And the children know
I am fooling.



BY CARL SANDBURG

LOOKING AHEAD



THIS MONTH

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

Tuesdays, Oct. 5, 19, 26; 9-1:30 SHIP (Medicare)

Tuesday, Oct. 26; 1:00 DCCOA Board of Directors Mtg.

Tuesday, Oct. 26; Northern Indiana Grandparents Supp. Group; 6:30

Wednesdays, Oct. 6, 13, 20 & 27; 9:30 & 10:30 YOGA w/ Cathy

**Wednesday, Oct. 13; 9:30 BINGO (Smith Farms Manor)
EVERYONE WELCOME!**

Thursday, Oct. 7, 14, 21 & 28; Tai-Chi w/Greg

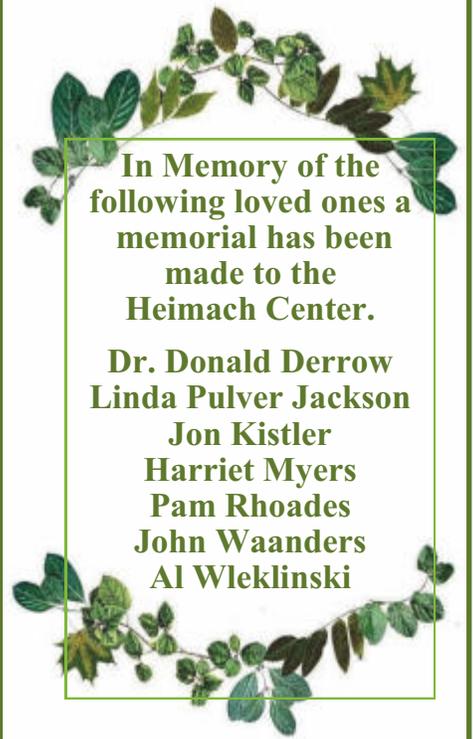
Thursday, Oct. 14; Executive/Finance/Trustees Committee @ 9:00

Thursday, Oct. 14; 9-2:30 Foot Care w/Ken

Thursday, Oct. 14; 1:15 Low Vision Support Group

Friday, Oct. 15; 9-2:30 Foot Care w/ Ken

Fridays, Oct. 1, 8, 15, 22 & 29 SHIP 9-2 (Medicare)



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

**Dr. Donald Derrow
Linda Pulver Jackson
Jon Kistler
Harriet Myers
Pam Rhoades
John Waanders
Al Wleklinski**

Looking for a place to dispose of your medications?

(Pills Only & No Needles)

**DeKalb Co.
Sherriff's Dept.
215 E. 8th Street,
Auburn, IN**

***Location of box: 2 boxes in the lobby. No appointment needed.**

**CVS Pharmacy
934 W. 7th Street
Auburn, IN**

***Location of box: In Corner of the Pharmacy**



Important Dates In October

October 11– Columbus Day

October 31– Happy Halloween

AGENCY CLOSINGS

**Heimach Center Closed;
No DART/
No Transportation**

Thanksgiving

**Thursday, November 25
Friday, November 26**

Christmas

**Friday, December 24
Monday, December 27**

New Years

Monday, January 3, 2022

Tina and Family,
We were sorry to hear of Tom's passing. Tom volunteered around the center and this summer he used his Master Gardener skills filling our planters with vivid colorful flowers.

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



SUPPORT GROUPS
at Heimach Center
1800 E. 7th St., Auburn



Low Vision Support Group:
Meets 3rd Thursday of each month (Oct 21) 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 October 26, 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.

Remembering Fern Wilcoxson who passed away September 17, 2021.

Fern was a longtime friend and supporter of our Heimach Center.

We extend our sympathy to Ken and his family during this difficult time.



FOOT CARE with KEN (\$21)

Thursday, October 14
Friday, October 15

9:00 am - 2:30 pm



Call 260-925-3311 for an appointment



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What Does It Mean to Age Gracefully?

What does aging gracefully mean to you? For some seniors, it means accepting the number of candles on your birthday cake without trying to look or act younger than you are. But for others, especially those with physical challenges, it's a euphemism that downplays the hardships of growing older. Yet, aging gracefully is possible for all older people. It comes down to attitude, not what you look like or what activities you can or cannot do. You grow old gracefully by choosing your own attitude and approach to change. Everyone is different! We all have unique challenges and strengths.

Did you know that overall happiness levels tend to rise with age? One reason might be that we typically face few stressors related to work and relationships as we grow older. But psychologists also speculate that we acquire a more balanced perspective through hard-earned experience.

So if "old age" is not a static stage of life, then the phrase "you're only as young as you feel" may be a good guide to graceful aging. Also our ability to remain open to new experiences and to grow and change may also be a key component to aging with dignity. Having strong social connections and pursuing fun activities are important components of graceful aging.

Going Gray: What Should I do?

For some people, gray hair represents wisdom and maturity. But most people aren't particularly thrilled if they start going gray early. After all, people with gray hair are often deemed to be "old" for no other reason

then graying hair? This is a complicated question for many seniors. But the natural process of hair turning gray is actually quite simple: The follicle at the root of each hair strand contains pigment cells with a substance called melanin that determines the color of that strand. As we age, these pigment cells gradually die off, so new hair strands become more transparent. The result? Gray, silver, or white hair. Despite what many of us have heard, stress doesn't turn hair gray.

How Can I Protect My Skin?

Wrinkles, fine lines, and age spots are another part of the normal aging process as our skin becomes drier and less elastic. And with age, some of the lifestyle choices we made back in our youth may show up in our skin. Just remember this: You've earned your wrinkles and laugh lines. As fashion designer Diane von Furstenberg said, "My face carries all my memories. Why should I erase them?"

Of course, many of us try to keep our skin looking youthful as long as we can. That's why you'll find hundreds of skin-care products making big promises related to aging. But beware of getting caught in a cycle of always seeking the "magic bullet" solution. So if you're not sure what works for your skin, focus on products' ingredients (not the marketing) and talk things over with your primary care doctor or a dermatologist. Also, remember that good skin starts from within. No matter how much money you spend on anti-aging treatments, if you're not looking after your health, it can show in your skin. Good nutrition, moderate exercise, and sleep can all help. And, of course, sunscreen is essential—even on cloudy days.

How Can I Avoid Age-Related Changes to My Posture?

Seniors are at risk for osteoporosis, muscle loss, and compression of the discs in the spine. The result can be a distinctive stooped posture, as well as aches, pains, and mobility limitations. Plus, how you carry yourself influences how others view you. So good posture and mobility can help with all aspects of aging gracefully, especially your ability to enjoy activities. It can also protect your health since good posture reduces the risk of falling and helps with breathing. Often, you have to retrain and strengthen your muscles. Here are some good ways to work on your posture to avoid age-related changes:

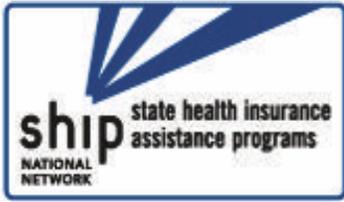
Stretch - Try doing some simple stretching exercises or enroll in a yoga class. Staying flexible helps prevent muscles from tightening and keeps you limber.

Sit up straight - While you're sitting (especially at a computer or in front of a TV), focus on engaging your core muscles. Don't thrust your head too far forward. You may have to move your TV or computer a bit closer to you.

Maintain a strength-training program - Strength training can address the muscle imbalances that lead to poor posture. (As always, talk to a doctor first!)

Improve your core strength
Pilates, yoga, and gentle calisthenics are great activities for core strength. Swimming is also good. A personal trainer or physical therapist can help you create a program.

Talk to your doctor about supplements or medication
Vitamin D supplements and medications like bisphosphonates can help strengthen bones. But they carry some risks, so consult with your doctor first.



ASK SHIP

Q: What is the Medicare Annual Enrollment Period? What changes can I make to my plan during this time?

A: Medicare's Annual Enrollment Period is October 15 -December 7. During this time, you can make changes to various aspects of your Medicare Advantage and Part D drug coverage.

Every September, Medicare enrollees receive an Annual Notice of Change (ANOC) letter from their insurance companies to let them know what changes may affect their plans for the following year. Premiums can increase; provider coverage can change; dental premiums may change; and you may see changes to which prescription drugs are covered under your plan.

During the annual enrollment period, you can do the following:

- Drop a Medicare Advantage Plan.
- Cancel your Part D plan
- Enroll in a Part D plan
- Change from one Medicare Advantage plan to a different one.
- Change from Medicare to a Medicare Advantage plan.
- Change from one Part D prescription drug plan to another one.

Any changes you make will go into effect January 1 of the next year. There is also a Medicare Advantage Open Enrollment Period, from January 1-March 31 each year. During these 3 months you can:

- Switch to another Medicare Advantage plan (with or without drug coverage), or
- Disenroll and return to Original Medicare. If you do so, you can also join a Part D prescription plan.

One of the best tools that can help you during the Medicare Open Enrollment is the Planfinder at www.medicare.gov/find-a-plan. It takes you step-by-step through available Medicare Advantage and Part D prescription drug plans while taking your prescription drug costs into consideration. You do not need to register with the Website to use it.

Changes to Medicare supplement insurance policies (Medigap) can occur any time of the year. However, your premium may be increased due to current health status or you may be denied a new policy if are not in a guarantee issue period. That is when you first turn 65 or lose other health insurance coverage.

Every year, you should review both your Medicare health and drug coverage to ensure you are getting the best coverage for your needs at the best price.

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

If you have questions about Medicare, call SHIP at 1-800-452-4800, 1-866-846-0139 TDD or online at www.medicare.in.gov. or call the Heimach Center for an appointment with one of our SHIP Counselors at 260-925-3311.

You can also find us on Facebook and Twitter.



Call today

**OPEN
ENROLLMENT**

**OCTOBER 15-
DECEMBER 7**



Medicare Prescription Drug Plans/Advantage Plans

You should have already received information in the mail from your current Medicare Part D Drug Plan and/or Medicare Advantage Plan about any changes in the plans the company anticipates making for 2022.

- ❑ For a prescription drug plan—be sure to check for:
 - changes in the cost of the premium,
 - changes in the amount of the deductible,
 - changes in which drugs are covered and the cost for the drugs.

- ❑ For Medicare Advantage Plans—check for:
 - changes in premiums,
 - changes in amount of co-pays,
 - change in items covered by the plan,
 - caps on the total out-of-pocket expenses you have to pay for the year,
 - whether you have to pick from a list of doctors and hospitals.

You can only change prescription drug plans and advantage plans Oct.15- Dec.7, 2021 for 2022. If you wish to make a change, you are encouraged to do so as early as possible so there will be time for the

companies to make changes effective by January 1, 2022.

After you receive and review your information, if you need help, contact:

- ❑ The Heimach Center for an appointment with one of our SHIP Counselors: Ed Benbow, John Graft and Kathy Bassett. Call the Heimach Center at 260-925-3311 or 1-888-220-2242;
- ❑ Medicare at (1-800-633-4227), or
- ❑ Use Medicare’s Health and Drug Plan Finder on Medicare’s website (www.medicare.gov).

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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, changes, and community fee. Auxiliary 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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AmeriCorps Seniors

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Understanding Medicare's Enrollment Periods

Medicare has three different enrollment periods for different retirement situations.

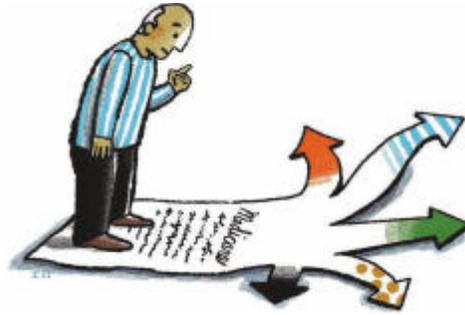
INITIAL ENROLLMENT PERIOD

The Initial Enrollment Period which is available at age 65, is the first opportunity most people have to enroll in Medicare.

If you are already claiming Social Security benefits at least four months before age 65, you are automatically enrolled in Medicare, with coverage starting the first day of the month you turn 65. If you are not receiving Social Security benefits, it is up to you to enroll in Medicare either online at SSA.gov/Medicare, over the phone at 800-772-1213 or through the Social Security office located on South Grandstaff in Auburn.

You can enroll any time during the Initial Enrollment Period, which is a seven-month period that includes the three months prior to, the month of and the three months after your 65th birthday. It is best to enroll three months before your birth month to ensure your coverage starts when you turn 65.

If, however, you plan to keep working and have health coverage through your employer, or your spouse's employer, you may want to delay Medicare Part B



which covers outpatient and Part D which covers prescription drugs. Check with your employer's human resources department to learn how your employer's insurance works with Medicare.

Typically, if your employer has fewer than 20 employees, Medicare will be your primary insurer and you should enroll. If you work for a company that has 20 or more employees, your employer's group health plan will be your primary insurer as long as you remain an active employee. If this is the case, you do not need to enroll in Part B or Part D when you turn 65 if you are satisfied with the coverage you are receiving through your employer. In most cases, unless you are contributing to a Health Savings Account, you should at least sign-up for Medicare Part A, which is free and covers hospital services.

SPECIAL ENROLLMENT PERIOD

If you delay Part B and Part D past age 65, you can sign up for Medicare during the Special Enrollment Period. Once you (or your spouse) stop

working and you no longer have group health coverage, you have eight months to enroll in Part B. If you miss that deadline, you will pay a late-enrollment penalty for the rest of your life. The penalty increases your premiums by 10% for each 12-month period that you do not have coverage.

The enrollment window for Part D is shorter. You must sign up for Part D within two months of losing drug coverage. If you go 63 days or more without drug coverage, you will pay a lifetime late-enrollment penalty that equals 1% of the monthly base premium (about \$33 in 2019) times the number of months you do not have Part D or other creditable coverage.

GENERAL ENROLLMENT PERIOD

If you miss either of these first two enrollment periods, you will have to wait until the General Enrollment Period which is January 1 through March 31 of each year. However, your Part B and Part D coverage will not begin until July 1. You will also be subject to late-enrollment penalties.

There is, however, no penalty for late enrollment for Part A (Hospitalization). You can sign up anytime with coverage beginning the first day of the following month.

Fire Safety for Older Adults:

Plan Your Escape Around Your Abilities

Older adults face the greatest relative risk of dying in a fire. Older adults over 65 have 2.6 times greater risk of dying in a fire than the total population. And those ages 85 and over were 4.1 times more likely to die in a fire than the total population.

Why?

- As people age, their reflexes slow down so they have more trouble getting out fast.
- Older people are more likely to be on medication that makes them drowsy.
- The skin of older people is thinner and more vulnerable to fire.

Here we have provided some tips to help you avoid fires and reduce the risk of injury.

Keep Fire Extinguishers Nearby

You should have at least one fire extinguisher near every fire hazard, whether it be the kitchen, the fireplace, wood stove or your furnace room. Make sure your fire extinguishers are full and operational. Also, don't place the extinguishers too close to the hazard. For example, place an extinguisher in the kitchen, but far away from the stove, that way if your stove top does catch fire, you'll be able to get the extinguisher without burning yourself.

Be Safe Around Medical Oxygen

When using medical oxygen, the amount of oxygen in the air can increase. This means there is a higher risk of both fires and burns because it is easier for a

fire to start and spread. Never smoke in a home where medical oxygen is used. Never use a candle, match or other open flames. Never use a fireplace, stove or other equipment fueled by gas, kerosene, wood or coal. Keep oil, grease and similar petroleum-based products away from oxygen valves. They can cause a spontaneous explosion.

Landline Telephone or Cell phone

Have a landline telephone or cell phone and charger near your bed, with the local emergency number posted nearby in case you are trapped by smoke or fire.

Medical Alert System

Consider subscribing to a medical alert system, which will provide you with a button you wear around your neck or on your wrist. If you have an emergency, just push the button and the service will send emergency responders.

Hearing Loss

Age-related hearing loss may make it difficult for older adults to respond quickly to the sound of a standard smoke alarm. Additional smoke alarm safety warning devices should be considered in homes where older adults reside. Test smoke alarms to make sure everyone in your home can hear them, even when they are asleep. Some older adults may not be awakened by the sound of the smoke alarm. Consider installing a smoke alarm that uses a flashing light or vibration to alert you to a fire emergency.

Avoid Escape Proof Doors

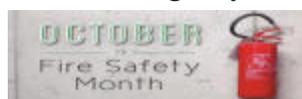
If your loved one has issues with wandering due to Alzheimer's or dementia, do not create a complicated lock that will keep them from opening the front door. You could end up trapping them inside the house in the event of a fire. Better to explore getting them a GPS system that will track them if they wander or an alarm system that will alert you if they leave a designated perimeter.

Plan and Practice Your Escape

Everyone needs a plan, but people with mobility disabilities are at great risk without a plan. If possible, plan two ways out of every room in your home and two ways out of your home. If you or someone you live with cannot escape alone, designate a member of the household to assist, and decide on backups in case the designee isn't home. Make sure windows and doors can be opened easily by everyone. If an older adult uses a walker or wheelchair, check all exits to be sure they can fit through doorways. Double check that doorways, hallways and stairs are clear of furniture and clutter that could become an obstruction or tripping hazard during a fire emergency.

* Contact your local fire department's non-emergency line and explain your special needs for fire escape planning, asking them to keep your special needs information on file.

Remember, the prevention of fires is up to all of us...Fire is Everyone's Fight



Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <h1 style="font-size: 4em; color: purple; margin: 0;">OCTOBER 2021</h1>						
3	4 Chair Yoga w/Cathy 9:30 Trad'l Yoga w/Cathy 10:30 Euchre Bridge 12:30 1:00	5 SHIP (by appt) 9-1:30 CSFP & Senior Pak Pick Up	6 Chair Yoga w/Cathy 9:30 Trad'l Yoga w/Cathy 10:30 Mah Jongg 1:00 Blood Pressure Clinic w/ County Nurses 9:30-10	7 Tai Chi with Greg 10-11 Euchre 12:30	8 SHIP (by appt) 9-2 Scrabble 1:30 Euchre 6:30	9
10	11 Chair Yoga w/Cathy 9:30 Trad'l Yoga w/Cathy 10:30 Euchre 12:30 Bridge 1:00 Columbus Day	12	13 Chair Yoga w/Cathy 9:30 Trad'l Yoga w/Cathy 10:30 Mah Jongg 1:00 ***BINGO*** 9:30 w/ Smith Farms Manor***	14 Tai Chi with Greg 10-11 Euchre 12:30 Foot Care w/Ken 9-2:30 DCCOA Executive/Finance Trustees Comm Mtg. 9:00	15 SHIP (by appt) 9-2 Foot Care w/Ken 9-2:30 Scrabble 1:30 Euchre 6:30	16
17	18 Chair Yoga w/Cathy 9:30 Trad'l Yoga w/Cathy 10:30 Euchre 12:30 Bridge 1:00	19 SHIP (by appt) 9-1:30	20 Chair Yoga w/Cathy 9:30 Trad'l Yoga w/Cathy 10:30 Mah Jongg 1:00	21 Tai Chi with Greg 10-11 Euchre 12:30 Low Vision Sup. Grp 1:15	22 SHIP (by appt) 9-2 Scrabble 1:30 Euchre 6:30	23
24/31 	25 Chair Yoga w/Cathy 9:30 Trad'l Yoga w/Cathy 10:30 Euchre 12:30 Bridge 1:00	26 SHIP (by appt) 9-1:30 DCCOA Bd of Directors Meeting 1:00 Northern Indiana 6:30-7:30 Grandparents Supp. Grp.	27 Chair Yoga w/Cathy 9:30 Trad'l Yoga w/Cathy 10:30 Mah Jongg 1:00	28 Tai Chi with Greg 10-11 Euchre 12:30	29 SHIP (by appt) 9-2 Scrabble 1:30 Euchre 6:30	30



Thanks to the Serenity House and Faith in Action Volunteers for taking time to come out and work on our Gazebo and paint our yellow zones. We appreciate all of you so very much!



The "Cookie Lady" made a special delivery to The Heimach Center to celebrate our current DART Drivers and to remember those that are no longer with us.



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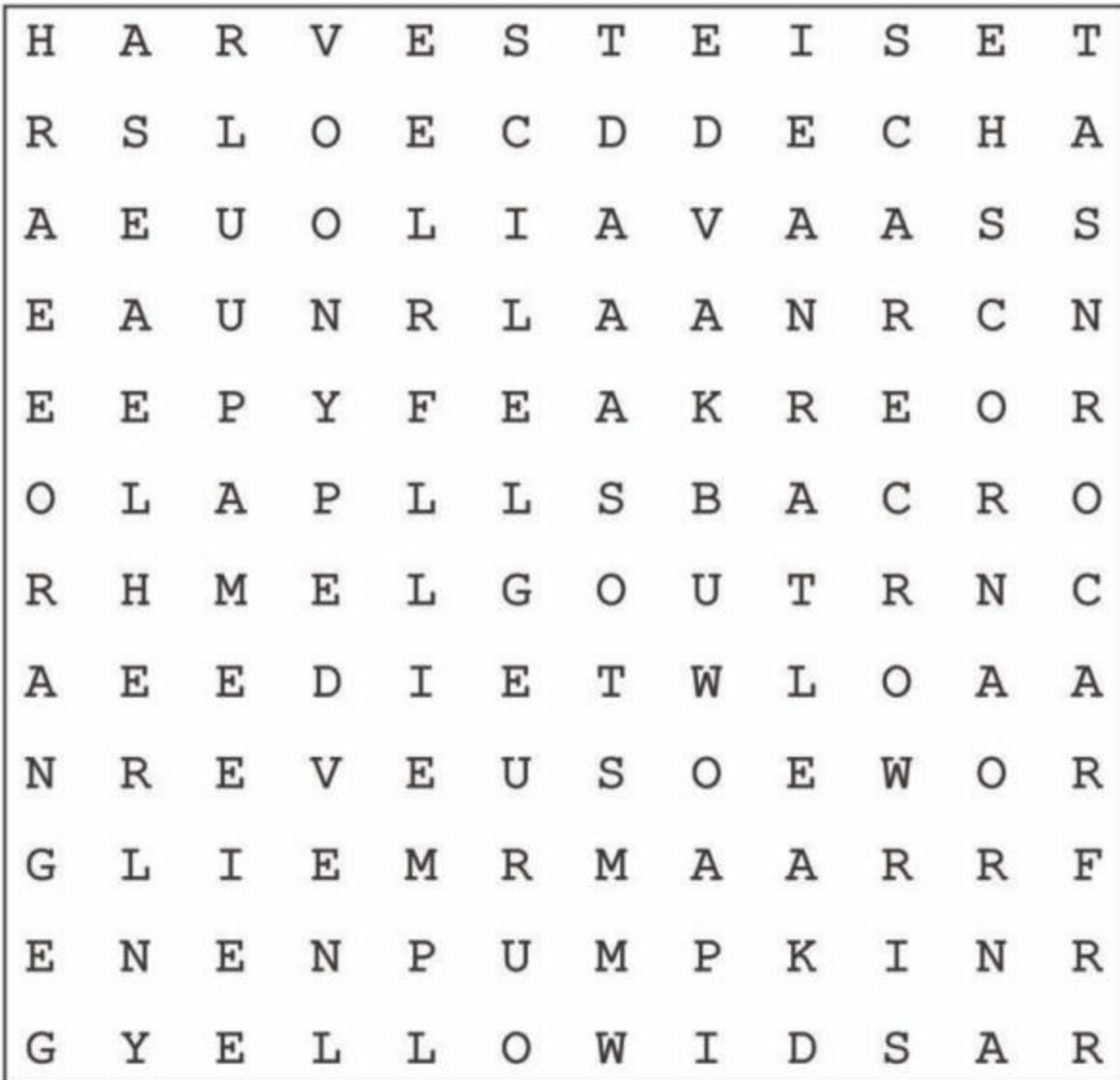
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FUN FALL WORD SEARCH

Find each of the fall words hidden below.



WORDS TO FIND:

pumpkin	harvest
yellow	apples
scarecrow	hayride
autumn	red
leaves	Thanksgiving
sunflower	football
acorns	orange
corn	



The Golden Age of Radio

Following the stock market crash in 1929 life in America changed dramatically. The deepening Depression impacted every aspect of American life and Americans looked for new avenues to escape the dreariness of unemployment, homelessness, and hunger. Besides escape, the radio also brought the news and President Roosevelt's Fireside Chats.

The first "Fireside Chat" was delivered on March 12, 1933, only eight days after Roosevelt took office.

With the growth of broadcast news organizations at this time, the public could be informed as never before. Regional differences further melted as national programs brought the same information and advice to everyone with a radio. One bright spot was the exciting explosion of radio programming. Radio itself was not brand new in the 1930s, but it is during this time that it became an integral part of the lives of Americans.

As increasing poverty made many other forms of entertainment prohibitively expensive, America's reliance on radio grew. In the early 1930s the phonographic [record player](#) was a standard appliance in many middle class American households, but as the Depression continued fewer people could afford the steep price of \$.75 per record, resulting in the decline of record sales.

Popular Radio Shows

Amos 'n' Andy (1928)

Amos 'n' Andy, one of the most popular and long-running radio programs of all time, brought to television in the summer of 1951.

Little Orphan Annie (1930)

Radio drama series based on the popularity of the comic strip. The show broadcasted in the late afternoons.

Jack Benny Show (1932)

A radio comedy featuring a character who is tight with his money.

Burns and Allen (1932)

An American comedy duo consisting of George Burns and his wife, Gracie Allen.

Bob Hope Show (1935)

Bob Hope show kept households doubled up with laughter for a little over two decades.

Red Skelton (1939)

After 1937 appearances on The Rudy Vallee Show, Skelton became a regular in 1939 on NBC's Avalon Time, sponsored by Avalon Cigarettes.

Father Knows Best (1949)

Father Knows Best, a popular American radio and television sitcom of the 1950s and 1960s, portrayed an idealized vision of middle class American life.



Questions for reminiscing about old-time radio.

- Did your family have a radio growing up?
- Was the radio a source of entertainment for your family?
- When would you listen to the radio?
- It seems most people had more than one favorite program. What were your favorites?

How to listen to Radio Shows

YouTube - Old Time Radio Shows, contains a nice range of programs, from Sherlock Holmes to the Lone Ranger.

Relic Radio - Features eight free podcasts to please most tastes.

Vintage RoKiT Radio - The service's materials across several categories is updated weekly.

Listening to old radio shows together or with a group will bring memories that can be shared with one another.

COMMUNITY EVENTS



Harvest Festival
215 S. Broadway Street,
Butler, IN

October 9
4:00 pm– 7:00 pm

The Butler Main Street's Yearly Harvest Festival. Family Fun Free Event - Horse Drawn carriage rides, tractor show, car show, pumpkin decorating contests, pie baking contest, face painting, food vendors, cake walk and many more activities for the whole family.

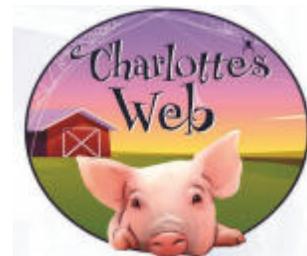


Girls Night Out in Downtown Auburn
N. Main Street & W 6th St
Auburn, IN

October 14
5:00 pm-6:00 pm

Grab the girls! It's time to get out and explore the amazing boutiques, art, grab a drink & dinner in downtown Auburn.

Youtheatre-on-the-Go
James Cultural Plaza
Auburn, IN



Sunday, Oct 17 @ 2:00 pm
Free Performance- All ages
Bring chairs/blankets



Halloween Walk:
Auburn Parks and Recreation
1500 S. Cedar St. Auburn

October 22– 24
October 29-31
7:00 pm– 9:00 pm

Attendees can enjoy an interactive walk through Eckhart Park, which will be transformed into a summer camp for the dead, filled with festive inflatables, lights, and handmade props! We are thrilled to announce that once again the 26th annual Halloween Walk will be FREE to attend!



SENIOR SOCIALS
Auburn Parks & Recreation

October 15: Campfire Cookout
(Rieke Lodge)

November 19: Holiday Bingo
(Astral @ Auburn)

December 18: New Years Celebration

Registration opens at the first of the month. Register @
AUBURNIN.RECDESK.COM
or call (260)925-2997

All events are subject to change due to COVID restrictions

CARVING PUMPKINS VS. PIE PUMPKINS



Carving pumpkins, commonly referred to as jack-o'-lantern pumpkins, were designed to make it easier to carve. Jack-o'-lantern pumpkins have a thinner shell and typically have less flesh (pumpkin guts) on the inside. The flesh is stringy and grainier. The inside of a carving pumpkin tends to contain more water than pie pumpkins. Pumpkins that we purchase for carving (in America) are not grown to be cooked and don't taste great in traditional pumpkin recipes like pumpkin pie, pumpkin muffins, pumpkin soup, etc.

While this type of pumpkin is

less than ideal for your pumpkin recipes, don't forget about roasting the seeds which are delightful tasting. Once carved the jack-o'-lantern will last five to 10 days.

The best storage temperature for these types of pumpkins range between 50–55 degrees.



Pie pumpkins', also called sugar pumpkins, are smaller in shape than the monstrous pumpkins you would find in a pumpkin patch. They are commonly found in grocery store in the produce section or at farm stands. Some specific names are

Baby Pam, Autumn Gold, Ghost Rider and New England Pie Pumpkin. These small round pumpkins are packed full of flesh that makes it a good choice for cooking.

The pulp also has a better texture (less grainy) and is sweeter. Once you have the right kind of pumpkin, you can treat it like any other hard winter squash: Roast it whole, steam it, or cut it into smaller pieces before cooking into soups and curries. For baking make your own pumpkin puree by baking or roasting it before using it in recipes. Pumpkin puree freezes well, so make a big batch to save for another baking project!

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Vaccinations and Older Adults

As you get older, your doctor may recommend more vaccinations, also known as shots or immunizations, to help prevent certain illnesses.

**For additional info about shots & vaccines contact Centers for Disease Control & Prevention (CDC)
800-232-4636
888-232-6348 (TTY)
www.cdc.gov**

COVID-19 Vaccines

Studies show that COVID-19 vaccines are effective at keeping people from getting COVID-19. Getting a COVID-19 vaccine will also help keep you from getting seriously ill even if you do get COVID-19. We are still learning how effective COVID-19 vaccines are against new variants of the virus.

*August 21, 2021 the U.S. Food and Drug Administration approved the first COVID-19 vaccine. The vaccine has been known as the Pfizer-BioNTech COVID-19 Vaccine, and will now be marketed as Comirnaty (koe-mir'-na-tee), for the prevention of COVID-19 disease in individuals 16 years of age and older.

Flu Vaccine

Flu-short for influenza is a virus that can cause fever, chills, sore throat, stuffy nose, headache, and muscle aches. Flu is very serious when it gets in your lungs. Older adults are at a higher risk for developing serious complications from the flu, such as pneumonia. The flu is easy to pass from person to person. The virus also changes over time, which means you can get it again.

To ensure flu vaccines remain effective, the vaccine is updated every year.

You are less likely to become seriously ill or hospitalized because of the flu if you get the vaccine. A flu vaccine is especially important if you have a chronic health condition such as heart disease or diabetes. You should get your vaccine ideally by the end of October each year so you are protected when the flu season starts. However, if you have not received your flu vaccine by the end of October, it's not too late as flu season typically peaks in December or January.

Pneumonia Vaccine

Pneumococcal disease is a serious infection that spreads from person to person by air. It often causes pneumonia in the lungs and it can affect other parts of the body. There are two pneumococcal vaccines: PPV23 and PCV13. According to the CDC, adults who are age 65 and older should get the PPSV23 vaccine. Some older adults may also need the PCV13 vaccine.

Tetanus, Diphtheria & Pertussis (whooping cough)

Tetanus, diphtheria, and pertussis are serious diseases that can lead to death.

- ◆ Tetanus (sometimes called lockjaw) is caused by bacteria found in soil, dust and manure. It enters the body through cuts in the skin.
- ◆ Diphtheria-also caused by bacteria, is a serious illness that can affect the tonsils, throat, nose or skin. It can spread from person to person.

- ◆ Pertussis— also known as whooping cough, is caused by bacteria. It is a serious illness that causes uncontrollable, violent coughing fits that make it hard to breathe. It can spread from person to person.

Getting vaccinated is the best way to prevent tetanus, diphtheria and pertussis. Most people get vaccinated as children, but you also need booster shots as you get older to stay best protected against these diseases. The CDC recommends that adults get a booster shot every 10 years.

Shingles Vaccine

Shingles is caused by the same virus as chickenpox. If you had chickenpox, the virus is still in your body. The virus could become active again and cause shingles.

Shingles affects the nerves. Common symptoms include burning, shooting pain, tingling, and /or itching, as well as a rash with fluid filled blisters. Even when the rash disappears, the pain can remain.

The shingles vaccine is safe and it may keep you from getting shingles. Healthy adults age 50 and older should get vaccinated with the shingles vaccine, which is given in two doses. You should get a shingles shot even if you have already had chickenpox, the chickenpox vaccine, or shingles, received Zostavax, or don't remember having had chickenpox.

Any questions check with your family doctor.



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

MENNO-HOF
510 S. Van Buren/SR 5
Shipshewana, IN
260-768-4117

Menno-Hof is a non-profit information center located in Shipshewana, Indiana, that teaches visitors about the faith and life of Amish and Mennonites. The museum tells the story of Amish, Mennonite and Hutterite history, lifestyle and beliefs with multi-media presentations and 24 display areas. Come visit us! Travel through five centuries of fascinating history, from their origins in Switzerland to their arrival in America. History unfolds as you explore a 17th century sailing ship and replicas of a 19th century print shop and meeting house. Experience the simulation of a tornado as the wind blows and the theatre shakes.

Our gift shop features items that are handmade by local Amish & Mennonites. We also carry a broad spectrum of books related to the Amish, Mennonite & Hutterite.

Visitor Information

Monday-Saturday:
Tours available 10 a.m.– 4 p.m.

Admission:

Adults: \$7.50
Children (6-14): \$4
Family: \$16
(2 Adults & all children ages 6-14)

Website:
Mennohof.org

**Mid-America
Windmill Museum**
732 S Allen Chapel Road
Kendallville, IN
260-347-2334

A major purpose for the Mid-America Windmill museum was to display all windmills manufactured at Kendallville's Flint and Walling Company. The Museum has expanded to displaying 52 windmills since its inception in 1992.

The powerful heart beat of dreams, passion, and work of the windmill enthusiasts and volunteers is felt as guests walk the winding windmill path.

Through video presentations, guided tours, exhibits, interactive displays, photographs, and a museum library, volunteers provide visitors the opportunity to learn about the history of windmills and wind power.

Visitor Information

Tues.-Fri. 10 a.m.-4 p.m.
Sat. 10 A.M.-5 P.M.
Sun. 1 P.M. 4 P.M.

Admission:

Adults \$8.00
Seniors 55+: \$6:00
Children/Students: \$5.00
Children 6 and Under are Free

* Handicap Accessible
* Unable to accept credit cards

Website:
midamericawindmillmusem.org

Mounds State Park
4306 Mounds Road
Anderson, IN
765-642-6627

Mounds State Park, Mounds State Park, located off I-69 east of Anderson, features 10 unique earthworks built by prehistoric Indians known as the Adena-Hopewell people. The largest earthwork, the Great Mound, is believed to have been constructed around 160 B.C. Archaeological surveys indicate the mounds were used as gathering places for religious ceremonies, from where astronomical alignments could be viewed.

Frederick Bronnenberg Jr. recognized the uniqueness of the Mounds, and from the beginning, fought to protect them against looters and farm-plow destruction. The Bronnenberg house is a reminder of their diligence. Restoration efforts are currently underway.

Be sure to visit our Nature Center, which includes a wildlife viewing room, animal displays, interactive games and more. Hours are 9 am to 4 pm daily. Naturalist-led hikes and interpretive programs are offered every weekend throughout the year.

\$7 In-State Daily Entrance
\$9 Out of State Daily Entrance

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



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!



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- 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!

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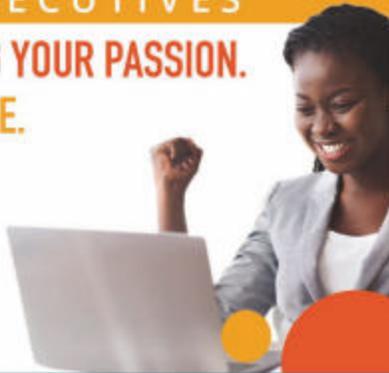
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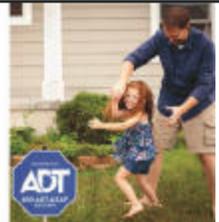


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NEVER MISS A NEWSLETTER!

Sign up to have our newsletter emailed to you at

www.mycommunityonline.com



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 Blankenship, 1-260-925-3311, TTY at # 1-800-743-3333; email: blankenship@dcco.net.