



HERITAGE CLUB
Steuben County Council on Aging, Inc.

PRIME TIME NEWS

ISSUE # 2022-03 | MARCH 2022



Contact us:

1905 Wohlert Street
Angola, IN 46703
P: 260-665-8191

STAR Transportation
P: 260-665-9856
www.steubenco.org

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Hours

Monday-Friday 8:00am - 4:00pm

The rooms and the halls here at The Heritage Club are filling up more and more. This makes the staff and boards hearts so happy. With the new air purifiers and our new policies in place members are feeling more and more comfortable with coming back in.

Please know that we are doing everything in our power to not only stay open but make this a safe environment for all of the members. You are all loved and appreciated!

Make sure you call in or stop by to get your names on the list for all of the exciting things happening this month. Also do not forget to get your tickets for Boots & Bling. It is sure to be a fun evening for all.

As always I want to thank you for welcoming me into this organization with such love and warm open arms. You all make it so easy to get up and want to come to work each and every day.

Jami Woodyard
Executive Director

Our mission

The Steuben County Council on Aging's mission is to keep seniors active, involved and independent! To provide access to the entire community through Public Transportation.

MONTHLY CALENDAR

MON	TUES 1	WED 2	THURS 3	FRI 4
	9:30am Tai Chi 10:00am Grief Counseling 12:00pm Bid Euchre 1:00pm Cardio Drumming 1:00pm Mah-Jongg Nail Trim/Call for Appt @ (260) 316-0422	9:00am Bible Study 10:15am Exercise Class 12:30pm Canasta 1:00pm Walk Fit/Strong	9:00am Yoga 9:00am Party Bridge 9:00am Pinochle	9:00am Shanghai Rummy 10:15am Exercise Class 12:30pm Hand & Foot 1:00pm Walk Fit/Strong
7	8	9	10	11
10:15am Exercise Class 1:00pm Walk Fit/Strong 11:00am to 1:00pm— Featured Food of the Month: Meatballs— Courtesy Bubba’s Pizza	9:30am Tai Chi 12:00pm Bid Euchre 1:00pm Cardio Drumming 1:00pm Mah-Jongg	9:00am Garden Club 10:15am Exercise Class 11:30am Senior Advisory Mtg 12:30pm Canasta 1:00pm Walk Fit/Strong	9:00am Yoga 9:00am Party Bridge 9:00am Pinochle 11:00am Alzheimer’s/ Dementia Support Group	8:30am 2nd Friday Breakfast/Courtesy of Northern Lakes Nursing Home—Guest Speaker/ Stephen Bloom 9:00am Shanghai Rummy 10:15am Exercise Class 12:30pm Hand & Foot 1:00pm Walk Fit/Strong
14	15	16	17	18
10:15am Exercise Class 1:00pm Walk Fit/Strong	9:30am Tai Chi 10:00am Grief Counseling 12:00pm Bid Euchre 1:00pm Cardio Drumming 1:00pm Mah-Jongg Nail Trim/Call for Appt @ (260) 316-0422	9:00am Bible Study 10:15am Exercise Class 10:30am Book Club 12:30pm Canasta 1:00pm Walk Fit/Strong Nail Trim/Call for Appt @ (260) 316-0422	9:00am Yoga 9:00am Party Bridge 9:00am Pinochle 10:30 St. Patty’s Craft 	8:30am Chair Yoga 9:00am Shanghai Rummy 10:15am Exercise Class 12:30pm Hand & Foot 1:00pm Walk Fit/Strong
21	22	23	24	25
10:15am Exercise Class 1:00pm Walk Fit/Strong	9:30am Tai Chi 12:00pm Bid Euchre 1:00pm Cardio Drumming 1:00pm Mah-Jongg	10:15am Exercise Class 12:30pm Canasta 1:00pm Walk Fit/Strong	9:00am Yoga 9:00am Party Bridge 9:00am Pinochle	9:00am Shanghai Rummy 10:15am Exercise Class 12:30pm Hand & Foot 1:00pm Walk Fit/Strong 2:00pm Line Dance Class
28	29	30	31	
10:15am Exercise Class 1:00pm Walk Fit/Strong	9:30am Tai Chi 11:00am Lunch/Learn 12:00pm Bid Euchre 1:00pm Cardio Drumming 1:00pm Mah-Jongg	10:15am Exercise Class 12:30pm Canasta 1:00pm Walk Fit/Strong	9:00am Yoga 9:00am Party Bridge 9:00am Pinochle	

March Food of the Month Celebration:

Meatballs

March 7th
From 11:00 AM – 1:00 PM


Sponsored by:
Bubba's Pizza Fremont, IN



Second Friday Breakfast
Courtesy of Northern Lakes Nursing Home

March 11th
8:30am

Guest Speaker:
Stephen Bloom
Steuben County EMS Director



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- No high pressure tactics
- Focus is on the best interest of our clients - We don't push just one or two products or companies
- Servicing all of Northeast Indiana

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HAPPENINGS

A Few March Holidays

- March 3rd- Caregiver Appreciation Day
- March 4th- Employee Appreciation Day
- March 8th- International Women's Day
- March 11th- Johnny Appleseed Day
- March 13th- Daylight Savings
- March 17th- St. Patrick's Day

Garden Club

Do you have a green thumb and enjoy being outdoors?


Then join the Garden Club at the Heritage Club/COA. Where you will plant and tend to the outdoor enclosed garden.

~ Garden Club will have meetings every second Wednesday of the month at 9:00AM during gardening season

**Initial meeting will be:
March 9th @ 9:00AM**



BENEFITS OF
SENIOR EXERCISE



IMMUNE SYSTEM
a strong, healthy body can fight off infections and diseases more quickly

HEALTHY BRAIN
studies have shown that exercise can reduce the risk of Alzheimer's disease and other dementias

HEART HEALTH
exercise lowers the risk of heart disease and high blood pressure

SLEEP BETTER
you'll fall asleep quicker and sleep better throughout the night

BONE DENSITY
exercise helps prevent bone loss, which reduces the risk of osteoporosis and accidental falls

DIGESTION
exercise aids in waste elimination and the functioning of your gastro-intestinal tract

Looking for a part-time job?
Pokagon State Park is trying to fill several PT positions. (Gate attendants and beach attendants)
Contact Tammy at 260-833-2012
Ex tension 203

Chair Yoga Class

**March 18th
8:30-9:30**

This is a special class lead by Be Balanced Yoga Studio owner Heather Dornte. Join us for a class doing breath work and light stretching while seated in a chair.

RSVP by calling 260-665-8191 or sign up in person at the center



GRIEF SUPPORT GROUP

Join Jonathon Jeran, RN from Heartland Home Health and Hospice every other Tuesday in the Serenity Room. Please check Newsletter Calendar for listed dates. 10:00 AM—11:00 AM

GRIEF IS JUST LOVE WITH NO PLACE TO GO.





Marti Rich	1-Mar	Patricia E Summers	13-Mar	Mary J Gingerich	23-Mar
Margaret L Castor	1-Mar	Beth M Cookson	14-Mar	Carmen C Whitmire	24-Mar
Paul E Stepp	2-Mar	Kirk E Rodgers	14-Mar	Loren P Jackemeyer	25-Mar
Fredrick L Krueger	3-Mar	Linda K Wilks	15-Mar	Lynn C Routsong	25-Mar
Daniel H Nowicki	4-Mar	Gerre L Etzler	15-Mar	Micci Hoffer	26-Mar
Jan Miller	6-Mar	Donald R Hall	15-Mar	Robert R Ayers	26-Mar
Marcella C Luginbill	6-Mar	Franklin G Sykes	18-Mar	Walter M Silberg	26-Mar
Sharon K Kinder	6-Mar	David D Uhl	19-Mar	Anne M Eddy	27-Mar
Debbie A Jauregui	7-Mar	Rhenda S Sylvester	19-Mar	Robert H Johnson	27-Mar
Barbara J Hanselman	7-Mar	Ruby A Jones	20-Mar	James M Meyer	27-Mar
Margaret G McDowell	7-Mar	Robert S Pfafman	21-Mar	Celeste Barnett	27-Mar
Carol J Bassett	8-Mar	Sandy J Luttmann	21-Mar	Lois C Ulch	28-Mar
Marlene F Henry	8-Mar	Toni Bair	21-Mar	James M Scott	28-Mar
Mavis M Church	9-Mar	Donna C Blesch	21-Mar	Frank Stewart	29-Mar
Walter G Bidlack	10-Mar	Donna J Parkerson	23-Mar	James L McNeish	29-Mar
Betty j Bemederfer	11-Mar	Brenda J Smith	23-Mar	Glen W Rogers	30-Mar
Michael L Burkhalter	13-Mar				





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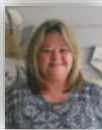
Public Transportation for the Entire Community!

To Schedule a ride call 260-665-9856. TTY: 800-743-3333
email: star@steubenco.org www.steubenco.org

STAR TRANSPORTATION

STAFF:

TRANSPORTATION DIRECTOR:
ONDA DALTON



TRANSPORTATION SCHEDULER:
KELLY MCKEE



DRIVERS:

LARRY HOLMES	GARY CRUM
PHIL KISKADEN	RICK STANDER
ED RALSTON	KERRY BAKER
PAUL ALLISON	GLEN ROGERS



Star Transportation is hiring for part time drivers.

- Monday thru Friday Hours
- Flexible hours (we work with the hours you need/want)
 - Working with the public
 - Fun environment
- Rewarding and satisfying job
 - All Training paid for
- All ages 21+ welcome to apply



Transportation information for the Month of the January:

Transportation Miles Driven....6962
 Total Transportation Clients Served.....106
 Total Trips Made....949
 New Transportation Clients....11

“Individuals with mobility disabilities are welcome to use wheelchairs, walkers, crutches, canes, braces or other similar devices designed for use by individuals that need to use them. Our vehicles have either a power lift or a small ramp so that individuals with wheelchairs can be transported. The lift and/or ramps may also be used for anyone that can not step up into our vehicles. When scheduling your trip please let the office know if you use any mobility devices so that they know what vehicle needs to be used for your trip.”

DID YOU KNOW?

STAR Public Transportation is available to everyone in Steuben County, any age.

Ridership assistance available. Call 260-665-9856 to find out more information.

Have Medicaid/Medicare? Refer to the back of your insurance card to schedule a ride. Trips for these services are done through a third party broker.

ST. PATRICK'S DAY MAKE AND TAKE CRAFT:
HOMEMADE BAILEYS IRISH CREAM
WHEN: MARCH 17TH @ 10:30AM
COST:\$5.00
 INCLUDES ALL SUPPLIES NEEDED TO MAKE AN 8OZ BOTTLE (15 PEOPLE MAXIMUM)



LINE DANCE

Join Instructor Richard On March 25th For a line dance class from 2:00 PM-3:00PM

Put on your dancing shoes and come to The Heritage Club for this fun beginners class.



NORTHERN LAKES
 NURSING & REHABILITATION CENTER

516 N. Williams St., Angola, IN 46703
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www.northernlakesnursing.org

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- Memory Care
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- 2-Tier Rehab Program
- Pain & Wound Management
- Cardiac & Stroke Recovery
- Parkinson's Therapy
- Respite Care
- Long-term Care
- Adult Day Care
- NEW Post-Discharge Home Visit Wellness Program (4-weeks)
- Hospice Services



Trusted Skilled Nursing Care & Physical Therapy in Angola, IN

We are extremely proud of our dedicated service to you for more than 18-years of trusted patient care, and our community leadership roles by NLNR staff that have enhanced the lives and well being of local seniors.

“We look forward to serving you or your loved one.”

**A Healthy St. Patrick's Day Celebration**

For many of us the first sign of St. Patrick's Day is the arrival of Shamrock Shakes at our local McDonald's restaurant at the beginning of March. We begin to think of minty green desserts and corned beef and cabbage extravaganzas. But this festival of green, mint, and sodium laden boiled meat doesn't do true Irish fare justice. Here are some ideas for an authentic and healthy St. Patrick's Day menu.

Get some whole grains

Instead of purchasing a loaf of Irish Soda bread from your local grocery, mix up a delicious whole wheat version of your own! Soda breads are amazingly simple breads that come together as quickly as biscuits. Not only is a whole wheat flour more similar to what our Irish ancestors would have had on hand, it's better for you too!

Try this version from EatingWell

(<https://www.eatingwell.com/recipe/248897/whole-wheat-irish-soda-bread/>)

Oatmeal is good, but steel cut oats are better. Upping the ante on fiber with a delicious nutty chew that's comfortingly creamy, this Irish breakfast is a winner. Best of all, it's not at all difficult to make.

Ingredients:


1 cup steel cut oats
1 Tbsp butter
1 ½ cups water
1 ½ cups skim milk
1 cinnamon stick
small pinch kosher salt
maple syrup or brown sugar

Melt butter in medium sauce pan over medium heat, add oats and cook, stirring frequently until the oats give of a delightfully nutty aroma and appear slightly toasted. Add milk, water, cinnamon stick, and salt. Bring to a boil then reduce the heat to simmer the mixture, stirring frequently, for about 15 to 20 minutes. Serve with pats of butter and a drizzle of maple syrup or sprinkle of brown sugar.

Choose roasting

Roasting is one of the healthiest ways to cook, reducing the amount of oil needed and adding layers of flavor in browning. So, ditch the pot and the corned beef, and opt instead for a lean pork tenderloin with roasted parsnips and carrots.

Lunch and Learn
March 29th 11-12PM
Sponsored by:
Steuben County Community Foundation
Guest Speaker:
Becky Oakley
Security Officer for Farmers State Bank
Topic : Protecting yourself from fraud
Lunch will be provided



MEMBERSHIP RENEWALS ARE DUE

THE YEARLY MEMBERSHIP DUES ARE A SUGGESTED \$20 MINIMUM.

Your yearly contribution to The Heritage Club is important to the organization. The Heritage Club is operated solely on donations and fundraisers. Your membership includes daily activities, daily exercise, coffee, snacks and special meals.



There are 2 new change jars in the building. If you have some spare change on you while visiting the center we would love to put it to great use for all of the members.



WE NEED WINE & WHISKEY

We are now collecting bottles of wine \$20 minimum value and bottles of whiskey \$25 minimum value. These will be used as part of our fundraising efforts at this years Gala.

Board of Directors

Christina Koher- President
Dale Caudill- Vice President
Lynn Wernet- Treasurer
Susan Ralston- Secretary
Will Howard
Tony Isa
June Julien
Karen Kidd
Nichole Marple
Marti Rich
Karen Shelton
Karen Spake
Frank Stewart
Ron Walter
Mary Catherine Whitaker



ST. PATRICK'S DAY

Unscramble each of the clue words.

Copy the letters in the numbered cells to other cells with the same number

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RURAL FRONTLINE TRANSIT HEROES- STAR Transportation-The Rural Mobility Champion Award is presented to ALL rural frontline transit heroes that unselfishly provided and continue to provide essential transportation services during the COVID-19 Pandemic. When everything else stopped, our rural transit frontline heroes made sure that essential workers got to their jobs, vulnerable populations got to much needed medical appointments and treatments, and passengers got to testing and vaccination sites.

Our frontline heroes showed up to work every day regardless of the risk to their own well-being and safety, concerns about the exposure they might be bringing home to their loved ones, the emotional toll associated with the loss of too many passengers to the virus, and the unprecedented levels of stress associated with the chaos, isolation and uncertainty of the times. While others stayed at home or dealt with issues from afar, our rural transit workers came to work every day to serve the public. This award recognizes them for the heroes that they are.

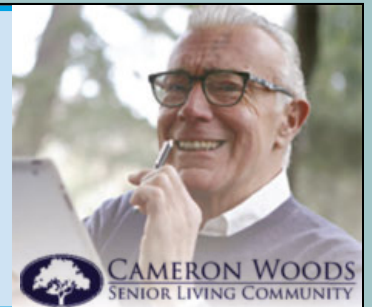
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For more information or to schedule a private tour, visit CameronWoods.net or call 260-624-2197



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DID YOU KNOW?

...these fun facts about our staff:

This Month—Paul Allison—Star Transportation Driver

- *Where was your first Job? I began working on the farm at an early age. The pay wasn't great but I received 3 meals a day and a warm bed.
- *How do you wind down after work? Watching Sports on TV.
- *What is your favorite thing to do when you're not working? Family activities—In the Summer I enjoy playing golf, working in the yard & water activities.
- *If all jobs had the exact same salary, which career would you want? Sportscaster
- *How do you describe what you do for a living to your family and friends? I get to meet people, talk with them and transport them to work and various other appointments.
- *What's a topic you wish you knew more about? How Cancer Cells are created and the research to destroy this terrible disease.
- *Where are you in birth order (Oldest, Middle, Youngest)? Youngest of 5, I have a brother who is the oldest and then 3 sisters between my brother and me.
- *How many different states have you lived in? Born and raised in Ohio , and now I live in Indiana.
- *What kind of pet(s) do you have and how did you choose name(s)? I do not have any pets.
- *If you could choose any age to be forever, what age and why? 18, I had a great time in high school and I wouldn't mind being young forever. No worries, no problems and not responsible for anyone but myself.
- *What are 3 items you would take with you to a deserted island? A cell phone, a bottle of water and oreo cookies.
- *What's your favorite sports team? OHIO STATE BUCKEYES!
- *If you could only eat one meal for the rest of your life, what would it be? Prime Rib, baked sweet potato, salad and coconut cream pie.
- *What TV show or movie do you absolutely refuse to watch and why? Any reality shows. I think they are an insult to my intelligence.
- *What is the furthest you've ever been from home? Big Sky, Montana—1,572 miles.
- *What characteristic do you like most about yourself? Not easily angered.
- *If you could live in any city, where would it be and why? Hilton Head Island, South Carolina. The ocean, beach and warm weather.
- *When you were in elementary school, what did you want to be when you grew up? I wanted to be the head coach of The Ohio State men's basketball team.

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Stauben County COA, Angola, IN

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SECOND FRIDAY BREAKFAST



We had around 45 members at February's Second Friday breakfast. The meal is sponsored by Northern Lakes Nursing and Rehabilitation Center. Members enjoyed breakfast burritos, hashbrowns and a variety of pastries. Our guest speaker was Heather Dornte owner of Be Balanced Yoga & Wellness Studio in Angola, In. she presented a topic about yoga can be for any age and is a great exercise for everyone. Look for her specialty class in the next monthly calendar. Our next breakfast will be March 11th at 8:30AM. You must RSVP to attend by signing up in the center or calling to get your name on the list.



FEBRUARY FOOD OF THE MONTH



Our Food of the Month celebration had a great turn out. We served around 40 meals. February's food of the month was sponsored by Lakeland Title Company in LaGrange, Indiana. We had a baked potato bar that included potatoes, chili, cheese, bacon, onions, and sour cream! Please be sure to sign up by stopping into the center or calling to reserve your spot for our next food of the month on March 7th.



BOOTS & BLING

Family fun will include food, live music, silent auction, raffle prizes, bonfires, haywagon rides and much more! Cash bar available.

Supporting our Seniors

**FUNDRAISER
FOR THE COA**

Friday, April 29, 2022
From 6:00PM – 10:00PM
The STAR Transportation Barn
1905 Wohlert Street
Ticket price: \$25 per person or
\$70 for a family (2 kids under 18)

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STEUBEN COUNTY
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PRIME TIME NEWS

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SENIOR SPACE REGISTRATION

If you are interested in becoming a new member to our Community Center, please contact us to see how you can take advantage of our new member rate special and get signed up for online information.

2022 - Membership Rate \$20.00



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Weekdays 8:00 AM - 4:00 PM

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Transportation services are funded in part through Title IIIB of the Older Americans Act and distributed through Aging & In-Home Services of Northeast Indiana.

CONTACT US!

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Transportation: 260-665-9856

Website: www.steubenco.org

All COA Services are provided without regard to race, age, color, religion, sex, disability, national origin or ancestry.