

# PRIME TIME NEWS

ISSUE # 2022-04 | APRIL 2022



#### **Contact us:**

1905 Wohlert Street

Angola, IN 46703

P: 260-665-8191

STAR Transportation

P: 260-665-9856 www.steubencoa.org

Like us on Facebook!

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#### Hours

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

#### 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.

Happy April to all of our beloved members -

It is so hard to believe I have already been here with you all for 8 months. I am blessed and honored to get to be here with all of you. You have all become like family and how many people get to say they work with family and are surrounded by love and kindness every single day.

As the weather is warming and the pandemic is leveling out a bit more, we are seeing more and more people back in the building. Having the rooms full makes not only our hearts happy but all of the member's hearts happy.

This month we have our spring barn fundraiser, Boots & Bling. This fundraiser is open to families and is sure to be a great evening had by all who attend. Please see the flyer on the back side. We hope to you see there!!!

Jami Woodyard

Executive Director

Drumming

1:00pm Mah-Jongg

#### APRIL 2022 | PRIME TIME NEWS | PAGE 2 MON **TUES** WED **THURS** FRI 10:15am Exercise Class ello 12:30pm Hand & Foot 1:00pm Walk Fit/Strong 9:30am Tai Chi 9:00am Yoga 8:30am 2nd Friday 10:15am Exercise Class 9:00am Bible Study **Breakfast/Courtesy of** 12:00pm Shanghai 10:15am Exercise Class 12:00pm Bid Euchre 9:00am Party Bridge **Northern Lakes Nursing** Rummy 12:30pm Canasta 1:00pm Cardio 9:00am Pinochle Home—Guest Speaker/ 1:00pm Walk Fit/Strong Drumming 1:00pm Walk Fit/Strong **Greg Giant** 1:00pm Mah-Jongg 10:15am Exercise Class 11:30am to 12:30pm-Nail Trim/Call for Appt 12:30pm Hand & Foot **Featured Food of the** @ (260) 316-0422 1:00pm Walk Fit/Strong Month: Pizza 14 10:15am Exercise Class 9:30am Tai Chi 9:00am Garden Club 11:30am Travel Party 10:00am Grief 10:15am Exercise Class 9:00am Yoga 12:00pm Shanghai Counseling 11:30am Senior 9:00am Party Bridge Rummy 12:00pm Bid Euchre Advisory Mtg 9:00am Pinochle 1:00pm Walk Fit/Strong 1:00pm Cardio 12:30pm Canasta 11:00am Alzheimer's/ Drumming 1:00pm Walk Fit/Strong Dementia Support 1:00pm Mah-Jongg Group 18 19 20 21 9:30am Tai Chi 9:00am Yoga 10:15am Exercise 9:00am Bible Study Clas12:00pm Shanghai 12:00pm Bid Euchre 9:00am Party Bridge 10:15am Exercise Class 1:00pm Cardio 9:00am Pinochle 10:30am Book Club 1:00pm Walk Fit/Strong Drumming 11:00am Dove/Therapy 11:30am Lunch & 1:00pm Mah-Jongg Learn 12:30pm Canasta Nail Trim/Call for Appt @ (260) 316-0422 1:00pm Walk Fit/Strong Nail Trim/Call for Appt EARTH DAY @(260) 316-0422 25 26 28 9:30am Tai Chi 9:00am Yoga 10:15am Exercise Class 10:15am Exercise Class 10:15am Exercise Class 12:00pm Shanghai 10:00am Grief 12:30pm Canasta 9:00am Party Bridge Heritage Club **CLOSING** Counseling Rummy 1:00pm Walk Fit/Strong @ 1:00pm today to 9:00am Pinochle 1:00pm Walk Fit/Strong 12:00pm Bid Euchre ready for the Boots/ 1:00pm Meal Prep 1:00pm Cardio Bling fundraiser Class

6:00pm Boots & Bling

**Fundraiser** 

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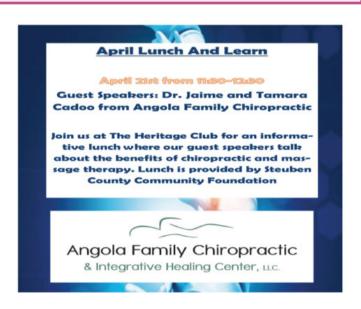
#### HERITAGE CLUB HAPPENINGS

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#### **HAPPENINGS**



THE HERITAGE CLUB/Steuben COA will be CLOSED Friday, April 15th in observance of Good Friday as well as Friday, April 22nd for Earth Day.







#### Fun Facts for April

- \*The April gemstone is the diamond \*The April flower is the Sweet Pea
- \*The name "April" is thought to come from the Latin word "aperire" which means "to open" signifying the beginning of Spring
- \*The arrival of the Cuckoo bird signifies that Spring is here – the bird will sing from approximately April 14<sup>th</sup> – April 24<sup>th</sup> every year
- \*The first Sunday of April was formerly known as "Daffodil Sunday" because in Victorian times, people would pick daffodils from their gardens to take to the sick in hospitals
- \*Famous fairy tale author Hans Christian Anderson was born on April 2<sup>nd</sup>
- \*Queen Elizabeth II was born on April 21st

#### **Travel Party**

APRIL 11TH @ 11:30

JOIN ALLISON FOR AN INFORMATIVE TRAVEL MEETING. WE WILL DISCUSS ALL 2022 HERITAGE CLUB BUS TRIPS. YOU WILL RECEIVE ITINERARY INFORMATION AND HAVE AN OPPORTUNITY TO SIGN UP. THESE BUS TRIPS SELL OUT QUICKLY SO DON'T WAIT. LIGHT REFRESHMENTS PROVIDED.



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

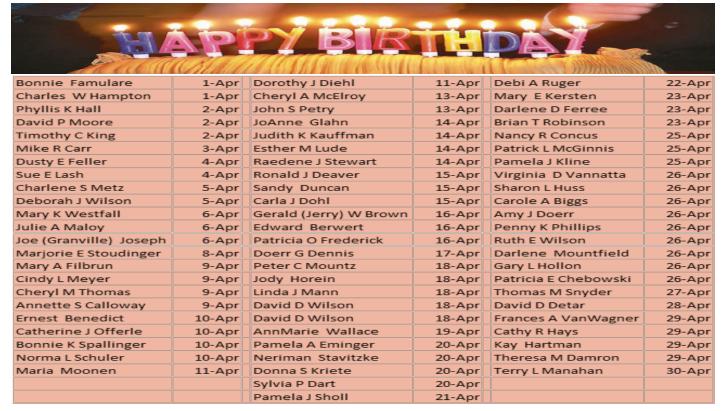
#### **GRIEF SUPPORT GROUP**

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.



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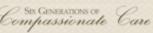




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# Public Transportation for the Entire Community!

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

### STAR TRANSPORTATION STAFF:

#### **DIRECTOR:**ONDA DALTON

**SCHEDULER:** KELLY MCKEE

#### **DRIVERS:**

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



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Individuals with mobility disabilities are welcome to use wheelchairs, walkers, crutches, canes, braces or other similar devices. 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.

### <u>Transportation information for the Month of the February:</u>

Transportation Miles Driven....6014

Total Transportation Clients Served.....92

Total Trips Made....872

New Transportation Clients....16

#### **DID YOU KNOW?**

<u>STAR Public Transportation</u> is available to everyone in Steuben County, any age.

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.

#### Meal Prep Cooking Class

Instructor: Michelle Cook

April 28th @ 1:00 pm

Limited to 12 members maximum, 1st come 1st serve

RSVP by April 21st / Cost \$20 per person

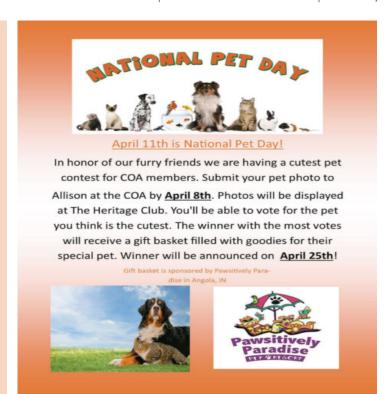


The cost for this class is \$20 (for Heritage Club Members) and includes:





#### The Meals:





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- Parkinson's Therapy
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- Long-term Care
- Adult Day Care
- NEW Post-Discharge Home Visit Wellness Program (4-weeks)
- Hospice Services



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#### 3 Remedies for Managing Spring Allergies

An itchy nose, watery eyes, painful congestion, and intense sneezing can all be signs you have a seasonal allergy. Depending on what part of the country you reside in, these symptoms might be caused by flowering trees or pollen-filled flowers. Allergies can be uncomfortable for people of all ages but can be managed with a little help.

Here's what you should know as you head into the spring allergy season.

#### How Allergies Impact Us

Allergies are the body's reaction to the immune system becoming sensitized to something in the environment. Experts say allergies can be problematic for adults for a variety of reasons. One concern is that allergy symptoms can exacerbate other chronic illnesses. For example, someone with a chronic pulmonary obstructive disease (COPD) might find their nasal congestion worsens and the shortness of breath they often experience is more pronounced.

Another concern is the use of antihistamines. These are over-the-counter medications that people often turn to in an effort to self-treat allergies. Antihistamines often lead to increased blood pressure. For older adults who have cardiac disease, this can be especially dangerous.

#### What Triggers Allergies?

The first step in managing allergies is to identify the triggers. Here are a few of the most common spring and summer allergy triggers:

**Outdoor elements**: Pollen, mold, grass, or dust are often the culprits, and they can be tough to avoid.

**Pool chemicals**: Chlorine in swimming pools can be another trigger, especially for red, scratchy eyes.

**Smoke**: Summer barbeques and bonfires are popular, but the smoke they generate can be irritating.

**Bites**: Insect bites and stings can be more than annoying for some seniors. This is often due to decreased immunity that is more common with aging.

While many of the symptoms associated with allergies can be present year-round, they often peak when the weather is warmer. There are steps you can take to manage allergies without medication.

#### 3 Natural Remedies for Spring Allergies

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### **SHANGHAI RUMMY** HAS **MOVED** to a **New Day** and **Time**:



**New Day**: Monday

New Time: Noon

Located in the Activity Room





#### Report from the Senior Center of Indiana Coalition

-Indiana is moving to develop and implement a managed care system by 2024. They are wanting to increase home and community based services.

- -Health does not happen exclusively within the walls of health care institutions.
- -Indiana is wanting to deinstitutionalize the care and support of older adults. Move the focus to helping older adults better access and utilize the health care and aging services in their communities.

#### **Board of Directors**

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Earth	Day - Ap	ril 22nd
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We had 15 members attend the Pottery Painting class on February 28<sup>th</sup>. Members painted their choice of a cup, plate, vase, or bowl and had a variety of glaze colors to choose from. Janelle owner of Relic Emporium in Angola lead the class in this fun artistic project. Members enjoyed the beautiful views while painting on the patio at the Heritage Club. Make sure you look at the Newsletter for other fun classes coming up. Don't hesitate signing up as classes fill up fast.





### BOWEN

1-800-342-5653

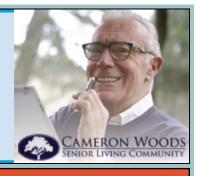
### INDEPENDENCE FOR RESIDENTS. PEACE OF MIND FOR THEIR FAMILIES.

Cameron Woods is Steuben County's only full-service senior living community.

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### DID YOU KNOW?

### ...these fun facts about our staff:

#### This Month—ALLISON DAGLOW—HERITAGE CLUB Activities Coordinator

- \*Where was your first Job? The Clubhouse in Camden, MI (dishwasher when I was 14)
- \*How do you wind down after work? Watching reality tv and eating snacks
- \*What is your favorite thing to do when you're not working? Spending time with my family
- \*What is a job that you would be terrible at? Math Professor (I failed Algebra three times in college)
- \*If all jobs had the exact same salary, which career would you want? Event, Concert Promoter
- \*How do you describe what you do for a living to your family and friends? I get to plan fun activities for seniors
- \*What's a topic you wish you knew more about? Native American History
- \*Where are you in birth order (Oldest, Middle, Youngest)? I am the baby, I have one older sister
- \*How many different states have you lived in? I have lived in Michigan and Indiana
- \*What kind of pet(s) do you have and how did you choose name(s)? I have one sweet dog named Sugar
- \*If you could choose any age to be forever, what age and why? 18 because it is such a carefree time in life
- \*What are 3 items you would take with you to a deserted island? Tool kit, water and a life raft...(I wouldn't be stranded long)
- \*What's your favorite sports team? Michigan Wolverines—but don't tell my mom, she went to Michigan State
- \*If you could only eat one meal for the rest of your life, what would it be? Sushi
- \*What TV show or movie do you absolutely refuse to watch and why? Movie—A Dong's Purpose" because I can't do sad dog movies...I cry every time
- \*What is the furthest you've ever been from home? Costa Rica with my mom, dad and sister
- \*What characteristic do you like most about yourself? My sense of humor
- \*If you could live in any city, where would it be and why? Captiva Island, Florida. I grew up having family vacations there as a childe. I have many fond memories.
- \*When you were in elementary school, what did you want to be when you grew up? A Marine Biologist—but I failed my math classes to much—ha, ha.





### SECOND FRIDAY BREAKFAST







Our Second Friday breakfast on March 11<sup>th</sup> was a well-attended event even with the snowfall. Breakfast was sponsored by Northern Lakes. Members had biscuits and gravy, eggs, and delicious eclairs. We even had some extra leftovers and the wonderful volunteers at The Heritage Club we able to bless Turning Point with some breakfast for there residents. Our next breakfast will be Friday, April 8<sup>th</sup> at 8:30am. Be sure to call in or sign up at the center to get your name on the list for our next breakfast.





### FOOD OF THE MONTH



March Food of the Month was Meatballs. Our sponsor was Bubbas Pizza in Fremont, Indiana. Members feasted on Meatballs, Homemade Mac and Cheese and a side salad. We served around 45 meals thanks to our fabulous volunteers. Next Food of the Month is April 4th from 11:30-12:30. As with all special events at the COA, please be sure to sign up or call to get your name on the list for a great meal and fellowship with friends.





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Our Saint Patrick's Day make and take craft was a full class. We had 15 members who enjoyed making home-made Irish crème. This was an easy fun recipe with only six ingredients that anyone can make. After the class Diana from Lakeland treated us to coffee and cookies. The class members took home an 8oz bottle of the Irish crème and a recipe to make the delicious treat at home.









Bingo is back at the COA

Starting Monday, May 9th

Time: 9am-10am

Join Jan the second and fourth Monday of the month starting May 9th for bingo! Prizes given for winning cards.

### STEUBEN COUNTY COUNCIL ON AGING, INC.

1905 Wohlert Street ANGOLA, IN 46703

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**PRIME TIME NEWS** 

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