



**Contact us:**  
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STAR Transportation  
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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 May to all of our Beautiful Members!!!!



I am not sure about all of you but May is such a special month to me. It brings birthdays, holidays, celebrations and warmer weather.

Just as the seasons change so do so many things in our lives. It is always important to remember the way things once were and be grateful for them but also be looking forward and grateful to the change that comes. With change often comes great things.

As I always do, I just want to thank you all again! This organization is truly magical and it is because of the members, the founding donors, the community support, the amazing staff and all of the people who are always so warm and friendly to all. You are the reason this magical place we call The Heritage Club is here for our amazing community!

Jami Woodyard  
Executive Director

# MONTHLY CALENDAR

MON 2	TUES 3	WED 4	THURS 5	FRI 6
<p>10:15am Exercise Class 12:00pm Shanghai Rummy 1:00pm Walk Fit/Strong <b>11:30am to 12:30pm—Featured Food of the Month: Brickyard Sandwiches/Courtesy of Astral At Auburn</b></p>	<p>9:30am Tai Chi 12:00pm Bid Euchre 1:00pm Cardio Drumming 1:00pm Mah-Jongg</p> <p><b><u>Nail Trim/Call for Appt @ (260) 316-0422</u></b></p>	<p>9:00am Bible Study 10:15am Exercise Class 12:30pm Canasta 1:00pm Walk Fit/Strong</p>	<p>9:00am Yoga 9:00am Party Bridge 9:00am Pinochle</p>	<p>10:15am Exercise Class <b>11:30am Mother's Day Celebration Tea/Courtesy of Lakeland Rehab &amp; Healthcare</b> 12:30pm Hand &amp; Foot 1:00pm Walk Fit/Strong</p>
9	10	11	12	13
<p>9:00am Bingo 10:15am Exercise Class 12:00pm Shanghai Rummy 1:00pm Walk Fit/Strong</p>	<p>9:30am Tai Chi 10:00am Grief Counseling 12:00pm Bid Euchre 1:00pm Cardio Drumming 1:00pm Mah-Jongg</p>	<p>9:00am Garden Club 10:15am Exercise Class 11:30am Senior Advisory Mtg 12:30pm Canasta 1:00pm Walk Fit/Strong</p>	<p>9:00am Party Bridge 9:00am Pinochle 11:00am Alzheimer's/Dementia Support Group</p>	<p><b>8:30am 2nd Friday Breakfast/Courtesy of Northern Lakes Nursing Home—Guest Speaker: Adrienne Long</b> 10:15am Exercise Class 12:30pm Hand &amp; Foot 1:00pm Walk Fit/Strong</p>
16	17	18	19	20
<p>10:15am Exercise Class 12:00pm Shanghai Rummy <b>12:00pm Tech Class</b> 1:00pm Walk Fit/Strong</p>	<p>9:30am Tai Chi 12:00pm Bid Euchre 1:00pm Cardio Drumming 1:00pm Mah-Jongg</p> <p><b><u>Nail Trim/Call for Appt @ (260) 316-0422</u></b></p>	<p>9:00am Bible Study 10:15am Exercise Class 10:30am Book Club <b>11:30am Dr. Rosen</b> 12:30pm Canasta 1:00pm Walk Fit/Strong</p> <p><b><u>Nail Trim/Call for Appt @ (260) 316-0422</u></b></p>	<p>9:00am Yoga 9:00am Party Bridge 9:00am Pinochle</p>	<p>10:15am Exercise Class 12:30pm Hand &amp; Foot 1:00pm Walk Fit/Strong <b>2:00pm Line Dance Class</b></p>
23	24	25	26	27
<p>9:00am Bingo 10:15am Exercise Class 12:00pm Shanghai Rummy 1:00pm Walk Fit/Strong</p>	<p>9:30am Tai Chi 10:00am Grief Counseling 12:00pm Bid Euchre 1:00pm Cardio Drumming 1:00pm Mah-Jongg</p>	<p>10:15am Exercise Class 10:30am Book Club <b>11:00am CPR Class</b> 12:30pm Canasta 1:00pm Walk Fit/Strong</p>	<p>9:00am Yoga 9:00am Party Bridge 9:00am Pinochle <b>11:30am Lunch &amp; Learn</b></p>	<p>10:15am Exercise Class 12:30pm Hand &amp; Foot 1:00pm Walk Fit/Strong</p>
30	31			
	<p>9:30am Tai Chi 12:00pm Bid Euchre 1:00pm Cardio Drumming 1:00pm Mah-Jongg</p>			

# SAVE THE DATE

**May Food of the Month  
Celebration**

**Monday, May 2nd  
11:30-12:30**

**Sponsored by:  
Astral at Auburn**

**Menu:**

**Brickyard Sandwiches  
House made chips  
Pasta Salad  
Cookies**

**Made by chef and kitchen staff at Astral!  
RSVP to attend**






**Second Friday Breakfast**

**Friday, May 13th  
8:30AM**

**Grand Dining Room**

**Guest Speaker:  
Adrienne Long  
Executive Director**

**@  
Steuben County Humane  
Shelter**

**Sponsored By:  
Northern Lakes Nursing and Re-  
habilitation in Angola, IN**

**Please RSVP by: May 11th**





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# HERITAGE CLUB HAPPENINGS



**MEMORIAL DAY**  
REMEMBER  
AND  
HONOR

**THE HERITAGE CLUB/Steuben COA** will be **CLOSED Monday, May 30th** in observance of Memorial Day. We are hoping everyone has a safe and enjoyable holiday!!!

**HAPPY MOTHER'S DAY!**



Every year on the second Sunday of May we celebrate everything that our mother's do for us. From providing us with the opportunities to succeed to helping take care of us when we need it, a mother's job is never done. This year Mother's Day falls on Sunday May 13.

**Mother's Day Fast Facts**

About 1/4 of all flowers bought in a year are purchased for Mother's Day	Carnations are the most popular flower on Mother's Day
About 122 million phone calls are made to mothers on this day	Approximately \$14 billion is spent on Mother's Day

Source: <https://os.org/blog/tips-gifts/20-fun-facts-about-mothers-day/>  
Design by: Taylor Close

**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**



**POSTED NOTICE**

**HERITAGE CLUB/Steuben County COA**  
**\*\*\*\*MEMBERSHIP EXPIRATIONS\*\*\*\***

*We still have several Members that have let their Membership Dues lapse. Please stop at the Front Desk to see that your dues are up-to-date. Thank You SO MUCH!!*

**SAFETY REMINDER**

We are asking that you take extra precaution when **Entering/Leaving** our Parking Lot. Please follow the directional arrows. There is only one way in...one way out— And **PLEASE** slow down. Thank You!



**BINGO**

**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.



# MEMBERS HAPPENINGS & BIRTHDAYS



Danny J Sharp	1-May	Douglas C Kersten	9-May	Marty C Reiter	22-May
Norm F Gajewski	1-May	Vicki L Wolfinger	9-May	Barbette B Myers	24-May
Carolyn S Craigo	1-May	Patricia J Lewis	9-May	Joni L Hawkins	24-May
Helen R Whitenack	1-May	Rosalie A Spirek	9-May	Buzz F Stock Jr	25-May
Maurice D Hartman	1-May	Dale F Zinn	10-May	Bonnie L King	25-May
Nichole A Marple	2-May	Cheryl L McQueen	10-May	Lori A Cole	25-May
John H Lovell	2-May	Sally L Cox	10-May	Lee A Mattern	26-May
William R Parr	2-May	Douglas A Foster	10-May	Judith M Tuohy	26-May
Margaret Kreitner	3-May	Patricia More	11-May	Barbara J Julian	26-May
Richard W Corkle	3-May	Roberta J Pfafman	11-May	Linda E Smith	26-May
James H Teneyck	4-May	Terri K Sailors	11-May	Hope Wilson	26-May
James R Esterline	5-May	Jerry E Mills	13-May	David J Davis	27-May
Diane Wallinger	5-May	Margo J Lewis	13-May	Gary Mullendore	27-May
Karen Jack	5-May	Sandra H Wickham	14-May	Susanne Jones	28-May
James M Wagenknecht	5-May	Patricia J Keipper	15-May	Karen Spake	28-May
George T Kreitner	6-May	Terry J Thompson	16-May	Janet L Ayers	28-May
Marilyn G Doerr	7-May	Toni M Carr	16-May	Karen R Drew	28-May
Sharon L Brown	7-May	Dodie B Fritz	16-May	John H Buck	29-May
Lacee M Drerup	8-May	Jeff B Trout	19-May	Jerome E Chebowski	30-May
Dorsey Z Ford	8-May	Kathleen A Hoffmaster	20-May	Beth E Cole	31-May
Cecelia A Wright	8-May	June A Lorenzen	20-May	Marilyn J Lichlyter	31-May
Roberta A Evans	9-May	Pat Dean	22-May	Fred I Culler	31-May

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### STAFF:

DIRECTOR:  
ONDA DALTON

SCHEDULER:  
KELLY MCKEE

### DRIVERS:

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



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  - Fun environment
- Rewarding and satisfying job
  - All Training paid for
- All ages 21+ welcome to apply

### Transportation information for the Month of the March:

Transportation  
Miles  
Driven....8338

Total  
Transportation  
Clients  
Served....108

Total Trips  
Made....1183

New  
Transportation  
Clients....11

## *Transit Drivers: A Poem*

Written by Lucy Bowman, Indiana Dispatch Editor

Early mornings, late nights, collecting fares and smiling eyes.

They wear their masks, sanitize their hands; they help your morning go according to plan.

You pass on by and maybe don't even notice, but do you know they remember that story about you pet, Otis?

Trainings and meetings they sit and they listen, pre-trip inspections and evacuation decisions.

Passenger assistance is their true number one, making sure you arrive in one piece isn't always fun!

We shower them with "thank you" but they say they don't deserve it, they say they're transit drivers and it's totally worth it.



**Need tech help with your electronics?**

**Join Kate Wilson on:**

**Monday, May 16th from 12-1PM**

**In the library at the Heritage Club**

**We will have two computers for members to use if needed. You will also want to bring in the device that you will need help with Ex. Cell phone, tablets etc..**

**Class will be limited to 15 members  
Please RSVP by May 12th first come first serve**



**Join Instructor Richard**

**On Friday May 20th, June 24th and August 19th**

**For line dance classes**

**from**

**2:00 PM-3:00PM**

**Cost: \$10 for all three classes**

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

**To sign up for all three classes payment will need**



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## **Nurturing Mental Health During Difficult Times**

[Living with chronic stress](#) has a negative impact on your mental and physical well-being over time. That's true no matter what your age. It's linked to medical issues such as depression, diabetes, cardiac disease, memory problems, and digestive disorders. One useful method for managing your stress is active relaxation.

Unlike passive forms of relaxation, such as journaling or meditating, active relaxation requires you to be in motion. Activities that involve movement while also bringing you a sense of centeredness are considered methods of active relaxation.

One of the most common forms of active relaxation is [progressive muscle relaxation](#). It's good for reducing stress and lowering anxiety. Here's how to get started:

- Get comfortable and take a few deep, cleansing breaths.
- Try to actively tense one part of your body, then release the tension. It's usually easiest to begin with one foot. For example, tense the muscles in your right foot. Hold for a count of ten, then let your right foot relax.
- Move to your left foot and follow the same procedure.
- Muscle by muscle, work your way up the body.

This is a great activity to do at bedtime to help you unwind and sleep.

## **Additional Senior-Friendly Relaxation Activities**

Other ways to practice active relaxation in the new year could include:

- Tend a garden, even if it's a container garden due to limited space or mobility challenges.
- Take up knitting or other fiber arts — they are fairly inexpensive pastimes that give seniors low-impact options for active relaxation.
- Attend an in-person or online chair yoga or Pilates class a few times a week.
- Go for a daily nature walk and take pictures of the wildlife, plants, and flowers you see.
- Swim or splash around in the pool at your local fitness club.
- Learn how to paint, whether it's acrylics or watercolors — it's good for the mind and spirit.
- Have a dance party with the grandkids in the living room, even if it's by Zoom.



## CPR Course

**Provided by: Steuben County  
Fire Department**

**Monday, May 23rd from 11:00 - 12:30**

**CPR overview class is free, However, if you would like a card to become CPR certified the cost is \$50 per person**

**To sign up call 260-665-8191 or See Karen or Allison at the front desk. Please specify if you want to be certified or if you are taking the free course. RSVP by May 20th**




**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.



### Healthy Eating on a Budget

**Presenter:  
Michelle Cook**

**Thursday, May 26th  
11:30-12:30**

**In Grand Dining Room  
Limited to 30 members  
Lunch will be provided**



### Join us for a talk on total joint replacements and arthritis

**When: Wednesday, May 18th**

**Time: 11:30-12:30**

**In the Grand Dining Room**

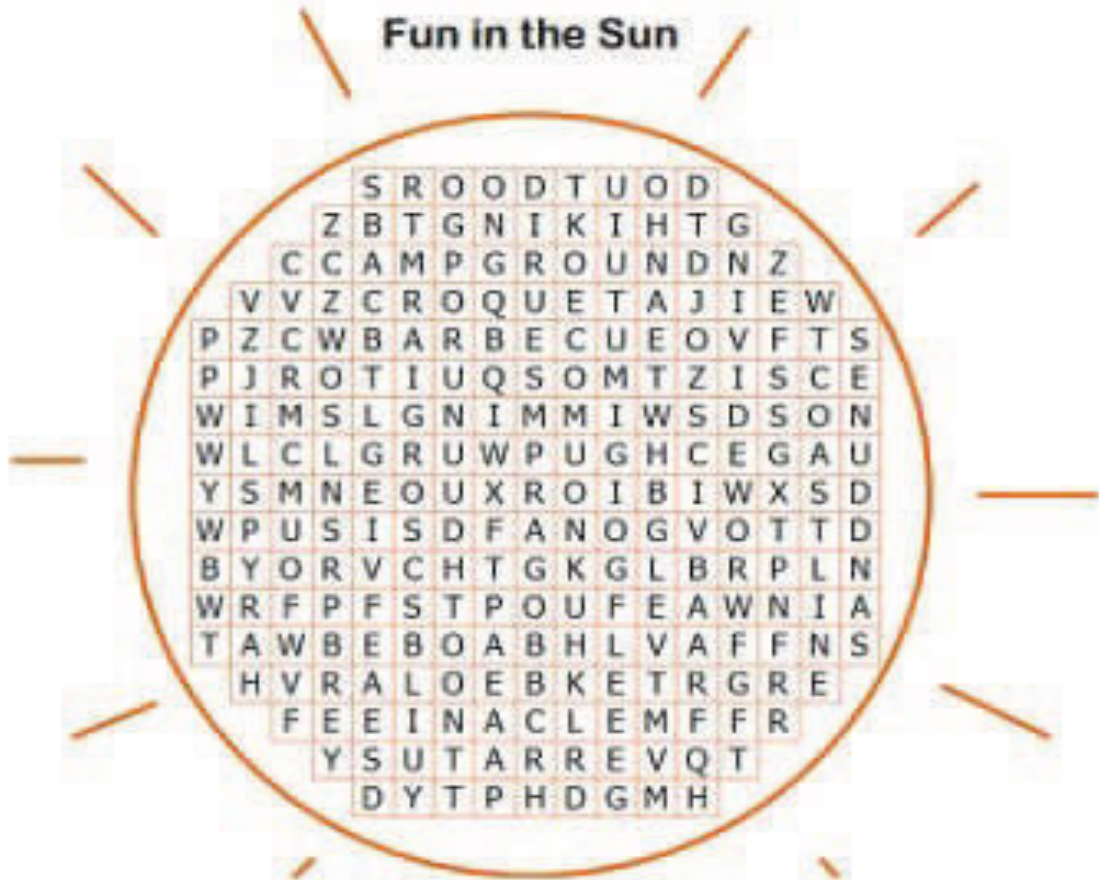
**Refreshments will be provided**

**Sponsored by: Stryker orthopedic**



#### About

Dr. Michael Rosen, DO is a orthopedic surgery specialist in Angola, IN. Dr. Rosen completed a residency at McLaren Greater Lansing. He currently practices at Cameron Orthopedics and is affiliated with Cameron Memorial Community Hospital.



Six of the words in the word list are spelled incorrectly. Circle them and write them correctly in the blanks. Then find all 24 correct spellings in the puzzle. The words may appear in any direction.

BAIT  
 BARBECUE  
 CAMPGROUND  
 COASTLINE  
 CROQUET  
 DIVEING  
 DUNE BUGGYS  
 FISHING POLL

FRESH FRIUT  
 HIKING  
 HOTDOGS  
 MOSQUITO  
 OUTDOORS  
 PICNIC TABEL  
 POOL  
 RESORT

SAND DUNES  
 SURFBOARD  
 SWIMING  
 TACKLE BOX  
 TENT  
 TRAVEL  
 WATER  
 WAVES

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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— — — **LINE DANCE CLASS** — — —



We had 20 members come to our line dance class on March 25<sup>th</sup>. The instructor Richard showed us some basic line dance steps. At the end, the class members were all dancing and having a great time. Keep an eye out in the monthly calendar this summer for our next line dance class with Richard.



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## DID YOU KNOW?

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

This Month—Larry Holmes—Star Transportation Driver

- \*Where was your first Job? Paper Boy
- \*How do you wind down after work? Sitting in my chair with my legs up
- \*What is your favorite thing to do when you're not working? Watching Sports
- \*If all jobs had the exact same salary, which career would you want? Coaching
- \*How do you describe what you do for a living to your family and friends? Driver
- \*What's a topic you wish you knew more about? ????
- \*Where are you in birth order (Oldest, Middle, Youngest)? Youngest
- \*How many different states have you lived in? 1
- \*What kind of pet(s) do you have and how did you choose name(s)? Shih Tzu and Yorkie
- \*If you could choose any age to be forever, what age and why? The age I am now
- \*What are 3 items you would take with you to a deserted island? Water, food and gum
- \*What's your favorite sports team? Cubs, Boilermakers
- \*If you could only eat one meal for the rest of your life, what would it be? Sea-food
- \*What TV show or movie do you absolutely refuse to watch and why? Hallmark Channel
- \*What is the furthest you've ever been from home? Hawaii
- \*What characteristic do you like most about yourself? My compassion
- \*If you could live in any city, where would it be and why? Kihei, Hawaii, Weather
- \*When you were in elementary school, what did you want to be when you grew up? Pro Basketball Player

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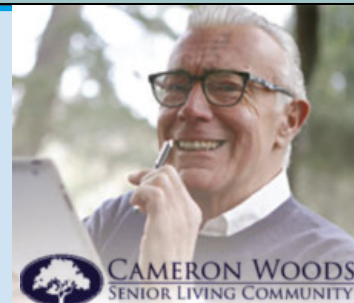
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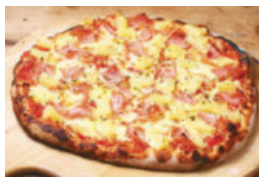
Steuben County COA, Angola, IN

E 4C 01-1598

# SECOND FRIDAY BREAKFAST



The Heritage Club/COA had another wonderful Second Friday Breakfast on April 8<sup>th</sup>. Around sixty members were in attendance. The menu was French toast and sausage thanks to our fabulous sponsor Northern Lakes Nursing and Rehabilitation. Our guest speaker for the event was Greg Giant who spoke about a natural approach to wellness. Make sure to sign up for our next breakfast on May 13<sup>th</sup> by calling the COA or stopping into the center.



## FOOD OF THE MONTH



We had 45 members sign up for our Food of the Month. This month's treat was a pizza party. A special thanks to our sponsor June Julien. Members enjoyed pizza, cookies, and pop. See our newsletter and be sure to sign up for all the great events happening at the COA in April.



We had a great time celebrating Easter at the COA! Members had a party after exercise class and were surprised by a special guest...The Easter Bunny! After the members got pictures, the Easter bunny, Allison and Jami went and hand delivered candy and cards to residents of Northern Lakes Nursing and Rehabilitation and Lakeland Nursing home. Thank you to the members at the Heritage club for helping to prepare the cards for the local nursing homes. It was a great day had by all!



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**PRIME TIME NEWS**

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**SAVE THE DATE**  
**Friday, August 05, 2022**  
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**will be presenting**

**THE EMERALD CITY GALA**