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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.

Heritage Club Members,


I often say time is a thief and it definitely is. I have no idea how we are already into June. I must however admit I am very welcoming of this warmer weather and being able to be outside.

This is a very exciting month for me personally, my son is graduating from high school, he is preparing to leave for Marine Corp bootcamp and all of my family is coming to visit from Kansas. I am excited to announce that my family will be coming for a meet and greet on Friday June 3rd. I am so excited that my family has the opportunity to meet you all. I talk so much about the joy you members bring me and they too are excited to meet you all.

I hope June brings you all good health, warm and happy hearts. I am so blessed to be here with you all!

Jami Woodyard
Executive Director

MONTHLY CALENDAR

| MON | TUES | WED 1 | THURS 2 | FRI 3 |
|---|--|--|--|--|
|  | | 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 <u>9:30am Hair Salon/Call for Appt.</u> | 10:15am Exercise Class 11:00am Meet ED Family 12:30pm Hand & Foot 1:00pm Walk Fit/Strong |
| 6 | 7 | 8 | 9 | 10 |
| 10:15am Exercise Class 12:00pm Shanghai Rummy 1:00pm Walk Fit/Strong 11:30am to 12:30pm—Featured Food of the Month: Pie | 9:30am Tai Chi 10:00am Grief Counseling 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 Party Bridge 9:00am Pinochle <u>9:30am Hair Salon/Call for Appt.</u> <i>Alzheimer's/Dementia Support Group—Call Heritage Club for more details.</i> | 8:30am 2nd Friday Breakfast/Courtesy of Northern Lakes Nursing Home—Guest Speaker: Denise Hunter 10:15am Exercise Class 12:30pm Hand & Foot 1:00pm Walk Fit/Strong |
| 13 | 14 | 15 | 16 | 17 |
| 9:00am Bingo 10:15am Exercise Class 11:00am Art Class 12:00pm Shanghai Rummy 1:00pm Walk Fit/Strong | 9:30am Tai Chi 12:00pm Bid Euchre 1:00pm Cardio Drumming 1:00pm Mah-Jongg <u>Nail Trim/Call for Appt @ (260) 316-0422</u> | 9:00am Bible Study 10:15am Exercise Class 10:30am Book Club 12:30pm Canasta 1:00pm Walk Fit/Strong <u>Nail Trim/Call for Appt @ (260) 316-0422</u> | 9:00am Yoga 9:00am Party Bridge 9:00am Pinochle <u>9:30am Hair Salon/Call for Appt.</u> | 8:30am Chair Yoga 10:15am Exercise Class 11:30am Father's Day Celebration 12:30pm Hand & Foot 1:00pm Walk Fit/Strong |
| 20 | 21 | 22 | 23 | 24 |
| 10:15am Exercise Class 12:00pm Shanghai Rummy 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 | 10:15am Exercise Class 10:30am Book Club 12:30pm Canasta 1:00pm Walk Fit/Strong | 9:00am Yoga 9:00am Party Bridge 9:00am Pinochle <u>9:30am Hair Salon/Call for Appt.</u> | 10:15am Exercise Class 12:30pm Hand & Foot 1:00pm Walk Fit/Strong 2:00PM Line Dance |
| 27 | 28 | 29 | 30 | |
| 9:00am Bingo 10:15am Exercise Class 12:00pm Shanghai Rummy 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 10:30am Book Club 12:30pm Canasta 1:00pm Walk Fit/Strong | 9:00am Yoga 9:00am Party Bridge 9:00am Pinochle <u>9:30am Hair Salon/Call for Appt.</u> 11:30am Health Talk | |

SAVE THE DATE



June Food of the Month:

COA Pie Contest!

Monday, June 6th

11:30-12:30

Join us June 6th to sample homemade pies made by the Heritage Club members.

~ Want to submit a pie for judging?

~ Contact Allison to sign up

~ Submit pie entry form by June 3rd

~ Pies will be voted on by a panel of judges

~ Pies judged on three categories taste, presentation and creativity

~ Winners will receive a certificate and prize

~ Pies to be dropped off at the COA no later than June 6th at 11:00am



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Thank You!



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!!

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



**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.



The History of Father's Day

It was while listening to a Mother's Day sermon in 1909 that the idea of Father's Day suddenly struck Spokane, Washington resident Sonora Dodd. She wanted to honor her own father, William Smart, who was well-deserving of a special day as a widowed farmer left alone to raise his six kids single-handedly. One year after, residents embraced the ideas so warmly that by June 19, 1910 the first Father's Day celebration was proclaimed in Spokane because it was the month of Dodd's father's birth.

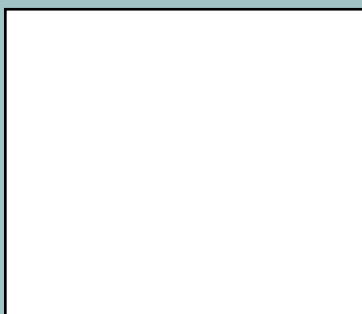
Decades later, the first presidential proclamation honoring fathers was issued in 1966 when President Lyndon Johnson designated the third Sunday in June as Father's Day. Father's Day in America has been officially celebrated annually since 1972 when President Richard Nixon signed the public law that made it permanent. Then the whole world celebrated it too. Due to her efforts, Sonora Dodd is known today as "the mother of Father's Day".

<https://www.facebook.com/BedeempedBrain>

MEMBERS HAPPENINGS & BIRTHDAYS



| | | | | | |
|---------------------|--------|--------------------|--------|---------------------|--------|
| Leona Benedict | 1-Jun | Vicki L Watts | 12-Jun | Sandy M Rozell | 21-Jun |
| Diana L Reynolds | 1-Jun | June Julien | 13-Jun | Dianne Hicks | 22-Jun |
| Carolyn Palmer | 2-Jun | Jane Dunlap | 14-Jun | Lori L Hickey | 22-Jun |
| Walter J David | 2-Jun | Laura K Lovell | 14-Jun | Susan R Secor | 23-Jun |
| Beverly A Gerner | 2-Jun | Enos Wengerd | 14-Jun | Tom O Secor | 24-Jun |
| Paul E Summers | 2-Jun | Joyce E Gutstein | 15-Jun | Dixie D Orr | 25-Jun |
| Neil A Doty | 3-Jun | Nancie L Zielke | 15-Jun | Karen E Schweitzer | 26-Jun |
| David R Keipper | 3-Jun | Cheri A Mattox | 16-Jun | Eloise A Quinn | 26-Jun |
| Carolyn A Fry | 3-Jun | Lorene Penick | 17-Jun | Frances M Ort | 27-Jun |
| Cathy A Ryan | 3-Jun | Harry E Krebs | 17-Jun | Carolyn E Mellinger | 27-Jun |
| Dareen K McClelland | 3-Jun | Arlene J Wells | 17-Jun | Sandra M Leamon | 27-Jun |
| Dan S Pulver | 4-Jun | Kenneth L Shelton | 18-Jun | Judy H Astle | 27-Jun |
| Roger N Baker | 6-Jun | James W Voelz | 18-Jun | James W Sircey | 28-Jun |
| Marcia E Silberg | 7-Jun | Dale G Caudill | 18-Jun | Carl E Smith | 28-Jun |
| Constance L Downey | 8-Jun | Debbie J Tyler | 19-Jun | Joni J Timpe | 29-Jun |
| Jana M German | 8-Jun | James R Horein | 20-Jun | Rick Koehler | 29-Jun |
| Vida Besherse | 9-Jun | Albert A Guilford | 20-Jun | Karen W Shelton | 30-Jun |
| Jan McDevitt | 9-Jun | Janie C Copeland | 21-Jun | John E Claydon | 30-Jun |
| Vicki G Peters | 10-Jun | Stephanie E Feller | 21-Jun | Jennifer L Martin | 30-Jun |
| Donna J Holcomb | 11-Jun | Betty J LaFever | 21-Jun | Alan E Oury | 30-Jun |
| Barbara A McNeish | 11-Jun | Sarah J Beckman | 21-Jun | | |



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ED RALSTON
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Transportation information for the Month of the March:

Transportation
Miles
Driven....7644

Total
Transportation
Clients
Served....106

Total Trips
Made....1069

New
Transportation
Clients....4

Jami joined 850 transit members from throughout the US last month in Louisville Kentucky. The CTAA Transit National Conference was 5 days and consisted of many great workshops. In the coming months there will be new things rolling out with STAR. First thing will be servicing our Vets more through a partnership with the local American Legion. This will include reduced rates for vets.



Paint Pour Art Class

Monday, June 13th
11AM-12PM
Cost: \$15 per person

Class includes an 11X14 canvas, all paint supplies and instructor!

Please pay for class at time of sign up, checks can be made payable to The Heritage Club. Sign up by June 8th to reserve your spot!



**Instructor Janelle,
owner of Relic Art Emporium**

Chair Yoga Class

Friday, June 17th
8:30-9:15AM

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




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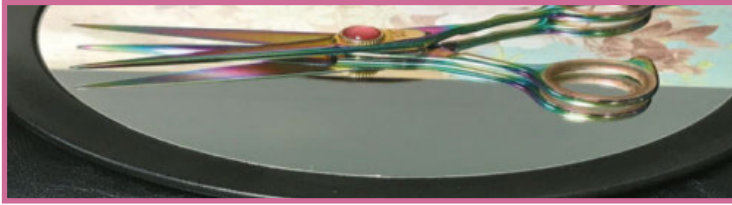


Heart disease is the leading cause of death for both men and women worldwide. Research shows that 1 in 4 deaths can be attributed to heart disease. Experts say it doesn't have to be this way. Many risk factors that contribute to cardiac diseases can be controlled with a healthy lifestyle.

In honor of National Heart Month, recognized in February each year, we are sharing steps you can take to lower your risk for heart disease.

9 Steps to Promote Heart Health

- 1. Eat a healthy breakfast:** Start the day off right with a well-balanced breakfast. This sets the tone for the food choices you'll make all day. A breakfast high in fiber and protein, such as a bowl of oatmeal or a smoothie, will also keep you feeling full longer. That makes you less likely to reach for sugary treats midmorning.
- 2. Sweets in moderation:** Everyone likes a sweet treat now and then. The key is to indulge only in moderation. Elevated blood sugar levels are linked to heart disease, especially for women. The American Heart Association guidelines recommend no more than 6 teaspoons per day of added sugar for women, and 9 teaspoons for men.
- 3. Skip processed foods:** Western diets are often filled with packaged and processed foods. Though they may be convenient, most are high in sodium, trans fat, and calories. Too much sodium increases blood pressure putting you at a high risk for cardiac-related illnesses. The added calories and fat can also contribute to weight gain and obesity.
- 4. Limit alcohol:** You may be surprised to learn that overindulging in alcohol can increase your risk for heart disease. While some studies seem to indicate red wine is good for your heart, it's important to limit how much you consume. Ask your physician for advice on how much alcohol is safe considering your personal medical history.
- 5. Stay active:** A sedentary lifestyle, especially when combined with a lack of exercise, also raises your risk for heart disease. In fact, researchers say sitting too much can be as dangerous for your health as smoking! Lower your risk by exercising at least 150 minutes a week and avoid sitting for long periods of time. It might help to invest in a fitness tracker that counts the steps you take, as well as alerts you if you've been sedentary for too long.
- 6. Sleep well:** Many adults underestimate the importance of a good night's rest. Too little sleep leaves you tired and groggy. That can cause you to make bad choices during the day, such as watching too much television or indulging in too many carbohydrates. If you aren't able to sleep well or if you feel tired when you wake up, talk to your physician. You might have a medical issue that needs to be addressed.



HAIRITAGE SALON—Now Booking Hair Appointments for **Cuts/Color**

DENISE BAKER IS BACK!!!!

She is now accepting appointments on Thursdays from 9:30am through 1:00pm

Please Call the Heritage Club to schedule your Appointments at (260) 665-8191



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.



Men's and Women's Health Talk

Thursday, June 30th

11:30-12:30

Presenters:

Ryan Sheets, Wellness Coordinator
Hailey Meert, Registered Dietitian Nutritionist
From Cameron Memorial Hospital

Topic:

Focused on general diet and health measures. The importance of having a relationship with a family physician, importance of preventative health screenings, how to get activity in your lifestyle, good foods to look for, etc.

Light Snacks Provided-Courtesy of Cameron Hospital



Second Friday Breakfast

Friday, June 10th @ 8:30am

Sponsored By: Northern Lakes Nursing and Rehabilitation

Guest Speaker: Author Denise Hunter

RSVP by calling into the Heritage Club or in person at the center.

Short Bio

Denise Hunter is the internationally published bestselling author of more than 40 books, three of which have been adapted into Hallmark movies. When Denise isn't orchestrating love on the written page, she enjoys traveling with her family, playing drums, and reading as much as humanly possible. Denise makes her home in Indiana where she and her husband have raised three boys and are currently enjoying an empty nest.





Summer Ice cream Word Search!



C R W N N K X B C B B B O V N T X N X V C U V K E
 J O P X L E D E A R U M E N D N R I D A E W B E K
 G Q F O K L A V O T A F O U L I V M R B Y T K E D
 C H F F Z E G U T Z E Q U P S M I A E G L C T E P
 R X N S E E I E X W D M Q J Q R M W R U G A V S E
 S V U W M E R C L W H E F T E E Y Z N V L P K M R
 X V W A C S E U A V T A P J L P P M C O R E C N Q
 M Y P H C Y R R E B W A R T S P J I C J M A P Z B
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 E B T F O A V K A X A O O A G P H D Y T P H D Z E
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 H N B A G N W Z B Z D O N I Z A C I P J X C S E U
 M O N Z H P Y C M T O J O L X T V I O Q G F H Q K
 Z A O G N A M B H D Z T J L N E I M C B B D P I N
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 T V I Q Q M B V A N R F P A S K G C V O J F K E V
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 M V N M B Q C V V L O D W Q E D N V H S J C N I V



- | | | |
|--------------|------------|------------|
| Banana | Chocolate | Peach |
| Brownie | Coconut | Peppermint |
| Bubblegum | Coffee | Pistachio |
| Butterscotch | Mango | Pumpkin |
| Caramel | Maple | Strawberry |
| Cherry | Neapolitan | Vanilla |



Mother's Day



We had a beautiful Mother's Day tea, thanks to our sponsor Lakeland Rehabilitation center in Angola. Around forty-five moms enjoyed a presentation from Toni owner of Just Breathe Salt Room. She spoke about the health benefits of pink Himalayan salt and even gifted all the ladies with some goodie bags. Members also ate some delicious food and sipped on different varieties of tea while enjoying each other's company.



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...these fun facts about our staff:

This Month—Kelly McKee—Star Transportation Scheduler

- *Where was your first Job? **K-Mart**
- *How do you wind down after work? **Coffee and sitting outside**
- *What is your favorite thing to do when you're not working? **Anything with my family**
- *If all jobs had the exact same salary, which career would you want? **Own a farm animal sanctuary**
- *How do you describe what you do for a living to your family and friends? **I schedule trips for public transportation**
- *What's a topic you wish you knew more about? **Politics**
- *Where are you in birth order (Oldest, Middle, Youngest)? **I'm the baby**
- *How many different states have you lived in? **One**
- *What kind of pet(s) do you have and how did you choose name(s)? **2 cats & 2 dogs**
- *If you could choose any age to be forever, what age and why? **35**
- *What are 3 items you would take with you to a deserted island? **Chapstick, fishing line, matches**
- *What's your favorite sports team? **None**
- *If you could only eat one meal for the rest of your life, what would it be? **Filet Mignon, baked potato**
- *What TV show or movie do you absolutely refuse to watch and why? **Most reality shows**
- *What is the furthest you've ever been from home? **San Antonio, Texas**
- *What characteristic do you like most about yourself? **Being helpful**
- *If you could live in any city, where would it be and why? **Bryson City, NC in the mountains, small town**
- *When you were in elementary school, what did you want to be when you grew up? **Teacher**

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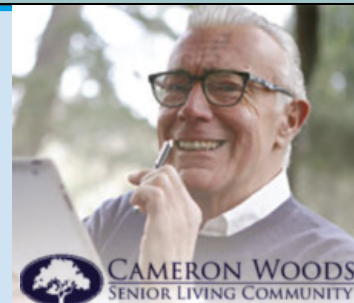
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SECOND FRIDAY BREAKFAST

It was a beautiful sunny day for our May Second Friday Breakfast. Members ate biscuits and gravy, fresh fruit, bakery breads and pastries. The fabulous ladies from Northern Lakes Nursing and Rehabilitation cooked all morning. We always appreciate them making this great event possible. Our guest speaker was Executive Director of the Steuben County Humane Shelter, Adrienne Long. Members enjoyed her presentation and had a lot of great questions for Adrienne. Be sure to sign up for the June breakfast as these special events do fill up fast.



FOOD OF THE MONTH



We had a big treat for Mays food of the month celebration. Bobbi Lane from Astral of Auburn treated members to a boxed lunch made by the chef at Astral. Lunches included brick yard sandwiches, homemade chips, pasta salad and cookies! We had around 50 members in attendance for this wonderful event. Thank you again to our sponsor. Be sure to sign up for our June Food of the Month which will be a pie baking contest.

Father's Day Celebration



Friday, June 17th
11:30-12:30pm



Join us for a Father's Day celebration. Members will enjoy a hotdog cookout and a car show at the COA. Be sure to sign up by stopping into the center or calling 260-665-8191.



Happy Father's Day!



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entertainment.

SAVE THE DATE
Friday, August 05, 2022
The Steuben County Council on Aging
will be presenting

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