

PRIME TIME NEWS

ISSUE # 2022-07 | JULY 2022



Contact us:

1905 Wohlert Street

Angola, IN 46703

P: 260-665-8191

STAR Transportation

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

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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, Wow, is all I can say. We are getting new members each day and we continue to grow our programs and activities. I say it all the time but what an amazing place we all get to be a part of. I can never express enough gratitude for the opportunity to work in such an outstanding organization with so many wonderful people surrounding it.

With our continued growth we have to limit sign ups to certain events due to seating capacity and parking capacity. If you sign up and find you are unable to attend please call and remove your name so that another member has the opportunity to come. You can sign up in person or call. We do not take sign ups via Facebook or email.

It is important that when you come into the building you are checking in at the kiosk. This process is very important for several reasons. Please make sure you are always coming up front and checking in.

Thank you to all of you for making this place so very special.

Jami Woodyard ~ Executive Director

		JULY 2022 PRIME TIME NEWS PAGE 2		
MON	TUES	WED	THURS	FRI 1
				10:15am Exercise Class 12:30pm Hand & Foot 1:00pm Walk Fit/Strong
4	5	6	7	8
FIAPPY 25TFI 25TFI 25TFI	9:30am Tai Chi 10:00am Grief Counseling 12:00pm Bid Euchre 1:00pm Cardio Drumming 1:00pm Mah-Jongg	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 1:00pm Tech Class 9:30am Hair Salon/Call for Appt.	8:30am 2nd Friday Breakfast/Courtesy of Northern Lakes Nursing Home—Guest Speaker: Steve Crain 10:15am Exercise Class 1:00pm Walk Fit/ Strong COA Closing @ 2:00
11	12	13	14	15
9:00am Bingo 10:15am Exercise Class 12:00pm Shanghai Rummy 1:00pm Walk Fit/Strong 11:30am to 12:30pm - Food of the Month: Ice Cream—Sponsor: Hope Korte & Dove	9:30am Tai Chi 12:00pm Bid Euchre 1:00pm Cardio Drumming 1:00pm Mah-Jongg Nail Trim/Call for Appt @ (260) 316-0422	9:00am Garden Club 10:15am Exercise Class 12:30pm Canasta 1:00pm Walk Fit/Strong	9:00am Party Bridge 9:00am Pinochle 9:30am Hair Salon/Call for Appt. 10:30am Cookie Class Alzheimer's/Dementia Support Group—Call Heritage Club for more details.	10:15am Exercise Class 12:30pm Hand & Foot 1:00pm Walk Fit/ Strong
18	19	20	21	22
10:15am Exercise Class 11:00am Cameron Hospital Talk 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 Nail Trim/Call for Appt @ (260) 316-0422	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 <u>9:30am Hair Salon/Call</u> <u>for Appt.</u>	9:00am Chair Massage 10:15am Exercise Class 12:30pm Hand & Foot 1:00pm Walk Fit/ Strong
25	26	27	28	29
9:00am Bingo 10:15am Exercise Class 11:00am Tie Dye 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 12:30pm Canasta 1:00pm Walk Fit/Strong	9:00am Yoga 9:00am Party Bridge 9:00am Pinochle 11:00am Flower Class 9:30am Hair Salon/Call for Appt.	10:15am Exercise Class 12:30pm Hand & Foot 1:00pm Walk Fit/ Strong

SAVE THE DATE

PAGE 3 | PRIME TIME NEWS | JULY 2022

July is national Ice cream month

Join us on:

Monday, July 11th from 11:30-12:30

Event Sponsor:

Hope Korte and Dove the Comfort Dog

Peace Lutheran Church







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Second Friday Breakfast

Friday, July 8th @ 8:30am

Guest Speaker:

Steve Crain

From Steuben County Historical Society

Event Sponsor:

orthern Lakes Nursing and Rehabilitation

Limited to 80 members, first come first serve



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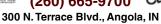
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SafeStreets

HERITAGE CLUB HAPPENINGS

PAGE 4 | PRIME TIME NEWS | JULY 2022



Need tech help with your electronics?

Join Kate Wilson on:

Thursday, July 7th from 1-2PM

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 July 5th first come first serve





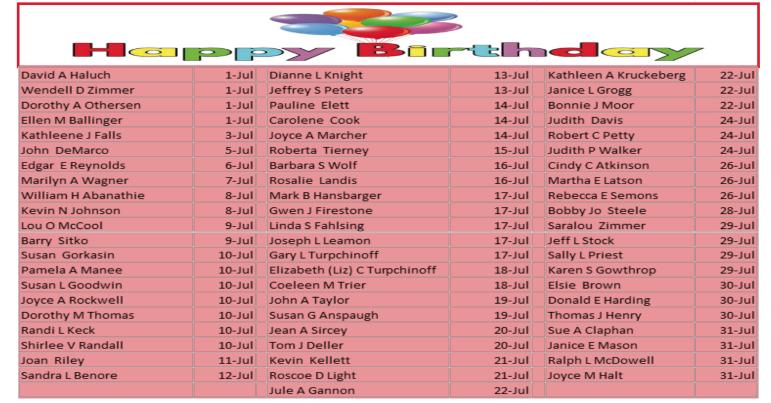
GRIEF SUPPORT GROUP

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



MEMBERS BIRTHDAYS

JULY 2022 | PRIME TIME NEWS | PAGE 5







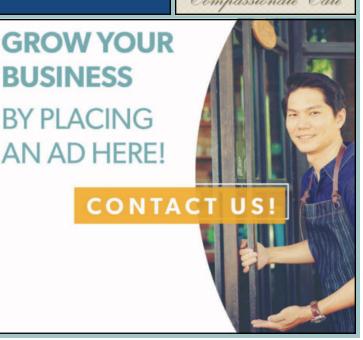
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PAGE 6 | PRIME TIME NEWS | JULY 2022



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:

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JEFFERY CROOKS
GARY CRUM
PHIL KISKADEN
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KERRY BAKER
PAUL ALLISON
GLEN ROGERS
JOHN MARTIN



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 - · Working with the public
 - · Fun environment
 - · Rewarding and satisfying job
 - · All Training paid for
 - · All ages 21+ welcome to apply

<u>Transportation</u> <u>information for the</u> <u>Month of the May:</u>

Transportation Miles

Driven....8483

Total
Transportation
Clients
Served.....105

Total Trips Made....1201

New Transportation Clients....11

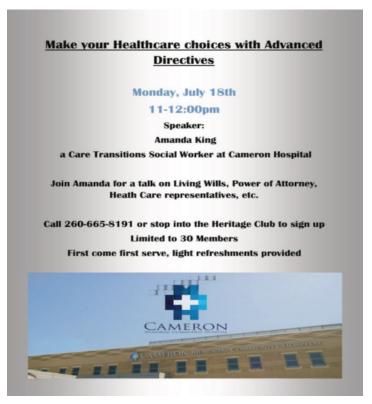
WE SALUTE YOUR BRAVERY

We have partnered with the Angola American Legion and now offer rides for veterans to any out of county medical appointments for a \$20 copay.



We're proud of all you've done for our country.







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- Adult Day Care
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- Hospice Services



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PAGE 8 | PRIME TIME NEWS | JULY 2022

Health Benefits of Practicing Yoga

Whether you are 20 or 70, practicing yoga will benefit your overall health. According to Johns Hopkins Medicine, yoga can improve strength, balance, flexibility, sleep, mood, energy levels, stress management, offer connection to a supportive community, and ease arthritis and back pain. Now that's a lot!

The health benefits make yoga practice a hot ticket, but it can be intimidating to those that aren't yet initiated into the specialized lingo of breath and poses. Here are five tips to get you started on your yoga journey!

Practice Makes ... Yoga

First, remember that all yoga sessions are called a practice, not a perfect. Even the most accomplished yogis are still practicing. Yoga is all about intentional movement, and sometimes moving into a pose is simply the intention to move toward the shape. Yoga should never cause pain; it may challenge you, or you may endure small discomfort for a short period of time, but never pain. Stick with beginner classes as you build your repertoire of poses and yoga terms.

Equipment for the Win

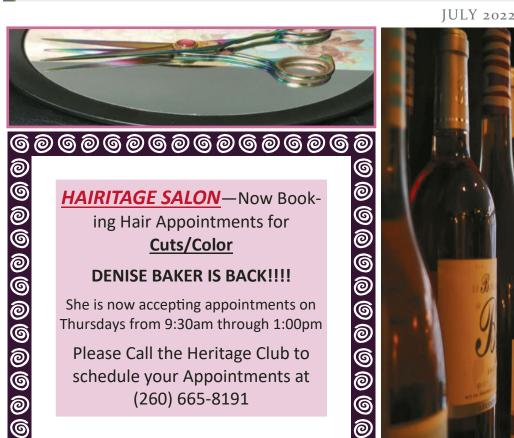
You don't need a ton of fancy equipment to start your yoga practice, but a few things are essential. The most important is a yoga mat. Don't skimp on the thickness, especially if you have sensitive knees or will be practicing on a hard floor. Many practices also recommend a foam block (easily found near the yoga mats), especially if your motion is limited. You can also purchase a strap, or keep a sock or old t-shirt handy, and a bolster or extra pillow can be helpful.

Research Before you Start

Don't go in blind — give yourself the confidence of a head start. In a yoga Vinyasa flow class you'll move from pose to pose relatively quickly and it's helpful to know where you're going. Check out yogajournal.com for an A-Z library of poses which includes a picture of a yogi in the pose and step by step instructions to guide you into the shape. Or visit DoYogaWithMe where you can access videos and blog resources to help you get started.

Avoid Class Anxiety

So, even with a little research under your belt you're still feeling intimidated by that classroom full of mats? That's OK, these days there are plenty of online classes to get you started right in your own home. DoYogaWithMe has an extensive library of free videos; Yoga with Adriene has a YouTube channel, blog, and free videos; and SilverSneakers offers classes live online and ondemand videos. Since COVID-19 drove many studios out of their facilities and onto the internet, there may be gyms or yoga studios in your neighborhood that offer classes online, too.





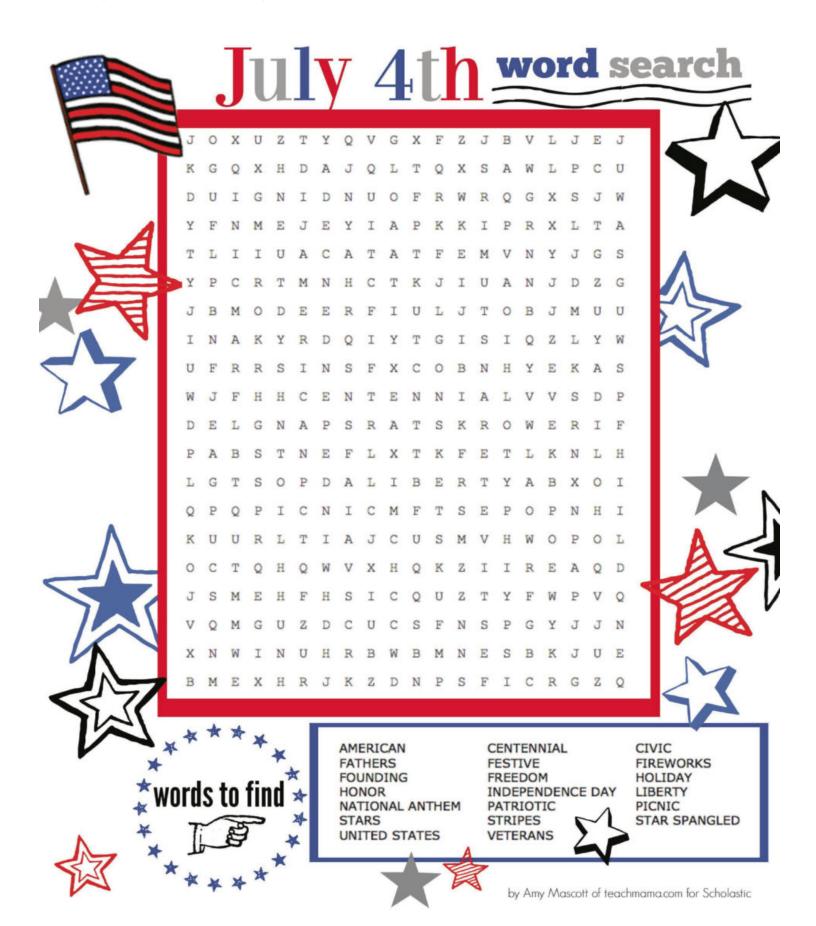


Please Call the Heritage Club to

schedule your Appointments at (260) 665-8191



PAGE 10 | PRIME TIME NEWS | JULY 2022





Michelle Cook gave a wonderful presentation on Conscious/Mindful eating at the May Lunch and Learn event! Members really enjoyed the topic and the delicious lunch from Suttons Deli. Thank you to Michelle for all the great things she does for the Heritage Club and the members. Also, thank you to Jess from Foods Alive in Angola for bringing some different snack samples and talking with the members about





Estate Planning

- Estate Administration
- · Living Wills & Powers of Attorney
- Guardianships
- · Asset Preservation Planning
- Medicaid Planning
- Veterans Affairs
- Pensions/Benefits

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KURT R. BACHMAN Elder Law Attorney krbachman@beersmallers.com



PAGE 12 | PRIME TIME NEWS | JULY 2022

DID YOU KNOW?

...these fun facts about our staff:

This Month—<u>Ed Ralston</u>—<u>Star Transportation Driver</u>

- *Where was your first Job? Ritter Farms, working in the potato field
- *How do you wind down after work? Spending time with our four dogs
- *What is your favorite thing to do when you're not working? Projects around the house
- *If all jobs had the exact same salary, which career would you want? Farming
- *How do you describe what you do for a living to your family and friends? I drive people around the County
- *What's a topic you wish you knew more about? How dogs think. I have lots of questions
- *Where are you in birth order (Oldest, Middle, Youngest)? All of these, I am an only child
- *How many different states have you lived in? One—Indiana, unless you count our Michigan cabin
- *What kind of pet(s) do you have and how did you choose name(s)? Dogs, donkey, goat and a goose. Most are rescues. Found the name that fit best
- *If you could choose any age to be forever, what age and why? Age I am now. Healthy and living life
- *What are 3 items you would take with you to a deserted island? Family, dog—what else could I want?
- *What's your favorite sports team? Fort Wayne Komets Hockey team
- *If you could only eat one meal for the rest of your life, what would it be? 2 eggs over medium, sausage, grits and toast
- *What TV show or movie do you absolutely refuse to watch and why? Any reality show such as the Kardashians
- *What is the furthest you've ever been from home? Uganda, Africa
- *What characteristic do you like most about yourself? Hard working
- *If you could live in any city, where would it be and why? Any city in northern Michigan for outdoor activities
- *When you were in elementary school, what did you want to be when you grew up? Race car driver

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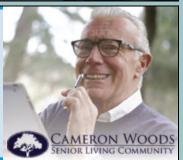
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SECOND FRIDAY BREAKFAST







Author, Denise Hunter

Members enjoyed another Second Friday Breakfast courtesy of Northern Lakes Nursing and Rehabilitation. The meal included breakfast pizza, mixed fruit salad, coffee/juice, and pasties. Our guest speaker for June was Denise Hunter. Denise is an author from Fort Wayne, Indiana. Several of her published books were also made into Hallmark movies such as "A December Bride". Members enjoyed the speaker and one another's company. Be sure to sign up for the July Breakfast by calling 260-665-8181 or stopping into the center as space is limited.



FOOD OF THE MONTH











We had 10 members submit pies for our COA baking contest. I want to thank those members for participating is this fun event. We had our two judges pick winners on three categories. Our <u>best pie presentation</u> winner was **Paul Hoffmaster's apple pie**. The <u>most creative</u> pie winner was **Brian Robinson with his peach cream pie**. The overall pie <u>Grand Prize Winner</u> was **Kathy Hoffmaster with her delicious rhubarb pie**! Make sure to sign up for our next food of the month in July by stopping into the center or calling 260-665-8191.









Line 3-

PAGE 14 | PRIME TIME NEWS | JULY 2022



The memorial tree wall outside of the Serenity room is to honor loved ones who have passed away.

STEUBEN COUNTY COUNCIL ON AGING, INC.

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PRIME TIME NEWS

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