



**Contact us:**

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STAR Transportation

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**Hours**

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

Happy August!!

I can not believe how fast July flew by, but I do hope you are all enjoying your summer. I know all of us here at the COA are greatly enjoying seeing all of your beautiful faces in and out of the center.

I want to thank those of you who have reached out and congratulated me on my recent wedding. I also want to extend my deepest gratitude to those of you who showed so much support and love to my son, Landon as he prepared to leave for USMC bootcamp. I have said since my first week here, this place is magical and special. I still feel it as much today as I did then.

There are a few more days to support our upcoming annual Gala that is on the 5th. We are in need of bottles of whiskey & wine, auction items and most importantly tickets sales, because we want to see you all there. This annual fundraiser is instrumental to the operation of our wonderful organization.

Hope to see you there!!!

Jami Stout~ 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	WED	THURS	FRI
1	2	3	4	5
<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: Cupcakes</b></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 Bible Study 10:15am Exercise Class <b>11:30am Lunch/Learn</b> 12:30pm Canasta 1:00pm Walk Fit/Strong</p>	<p>9:00am Yoga 9:00am Party Bridge 9:00am Pinochle <b>9:00am Hair Salon/Call for Appt.</b></p>	<p>10:15am Exercise Class <b>Closing @ 1:00pm for Gala</b>  <b>6:00pm EMERALD CITY GALA—Steuben County Event Center</b></p>
8	9	10	11	12
<p>9:00am Bingo 10:15am Exercise Class 12:00pm Shanghai Rummy 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>9:00am Garden Club 10:15am Exercise Class <b>11:00am Dove/Comfort Dog</b> 11:30 am Advisory Committee Meeting 12:30pm Canasta 1:00pm Walk Fit/Strong  <b><u>Nail Trim/Call for Appt @ (260) 316-0422</u></b></p>	<p>9:00am Yoga 9:00am Party Bridge 9:00am Pinochle <b>9:00am Hair Salon/Call for Appt.</b>  <i><u>Alzheimer's/Dementia Support Group—Call Heritage Club for more details.</u></i></p>	<p><b>8:30am 2nd Friday Breakfast/Courtesy of Northern Lakes Nursing Home—Guest Speaker: Jami Woodyard</b> 10:15am Exercise Class 1:00pm Walk Fit/ Strong</p>
15	16	17	18	19
<p>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 <b><u>Nail Trim/Call for Appt @ (260) 316-0422</u></b></p>	<p>10:15am Exercise Class 10:30am Book Club <b>11:30am Lunch/Learn</b> 12:30pm Canasta 1:00pm Walk Fit/Strong  <b><u>Nail Trim/Call for Appt @ (260) 316-0422</u></b></p>	<p>9:00am Yoga 9:00am Party Bridge 9:00am Pinochle <b>10:30am Watercolor Class</b> <b>9:00am Hair Salon/Call for Appt.</b></p>	<p>10:15am Exercise Class 12:30pm Hand &amp; Foot 1:00pm Walk Fit/ Strong</p>
22	23	24	25	26
<p>9:00am Bingo 10:15am Exercise Class 12:00pm Shanghai Rummy 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>10:15am Exercise Class 12:30pm Canasta 1:00pm Walk Fit/Strong</p>	<p>9:00am Yoga 9:00am Party Bridge 9:00am Pinochle <b>9:00am Hair Salon/Call for Appt.</b></p>	<p>8:30am Chair Yoga 10:15am Exercise Class <b>11:30am Meditation Class</b> 12:30pm Hand &amp; Foot 1:00pm Walk Fit/ Strong</p>
29	30	31		
<p>10:15am Exercise Class <b>11:00am Clay Art class</b> 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 <b>11:30am Lunch/Learn</b> 12:30pm Canasta 1:00pm Walk Fit/Strong</p>		

# SAVE THE DATE

**Food of the Month Celebration**

**National Cupcake day!!**

**Monday, August 1st**  
**11:30-12:30**

**Sponsored By:**  
**CHURCHFUNERALS**  
DIRECT NETWORK

**Join us in the Grand Dining room for yummy cupcake treats and to enjoy time with friends! A representative from Church Funerals Direct will be here to answer any questions.**



**Second Friday Breakfast**

**Friday, August 12th**  
**8:30AM**

**Sponsored By: Northern Lakes Nursing and Rehabilitation**

**Guest Speaker:**  
**Jami Woodyard COA Executive Director**



**HERITAGE CLUB OF STEUBEN COUNTY**  
**STEUBEN COUNTY COUNCIL ON AGING, INC.**



The Heritage Club offers social, recreational, educational programs and activities for all Steuben County residents ages 60 and over.



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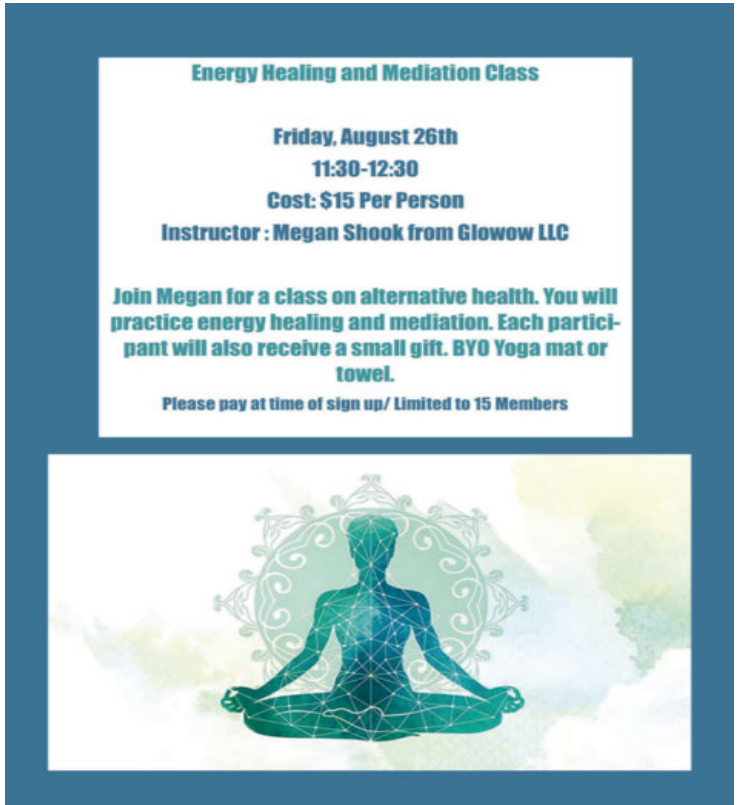
# HERITAGE CLUB HAPPENINGS

A poster for a watercolor art class. The background features a palette of various colored watercolor paints and some brushstrokes. A pink rectangular box in the center contains the text.

**Watercolor Art Class**  
**Thursday, August 18th**  
**10:30-12:00**  
**Cost: \$10 Per Person**  
**Instructor: Judy Houk**

Join Judy for a watercolor class. You will paint a landscape/nature scene on paper. Class will be on the porch to observe the beautiful sceneries!

Please pay at time of sign up  
Limited to 12 Members

A poster for an energy healing and mediation class. The background is a solid blue color. A white rectangular box in the center contains the text. Below the text is an illustration of a person in a meditative pose with a green energy field around them.

**Energy Healing and Mediation Class**  
**Friday, August 26th**  
**11:30-12:30**  
**Cost: \$15 Per Person**  
**Instructor: Megan Shook from Glowow LLC**

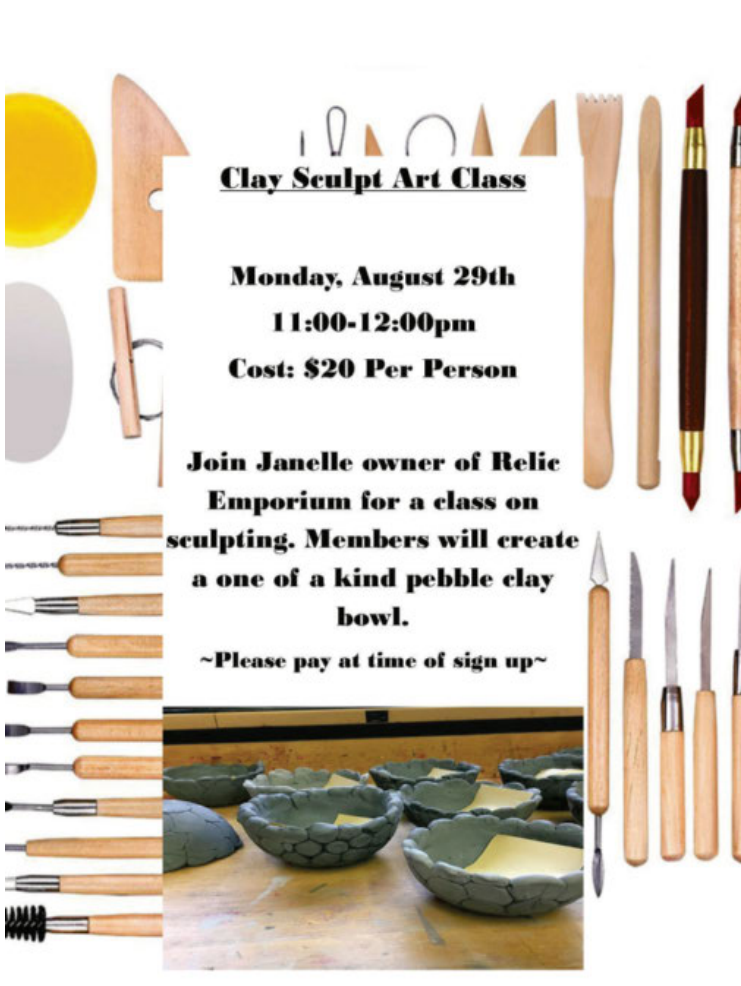
Join Megan for a class on alternative health. You will practice energy healing and mediation. Each participant will also receive a small gift. BYO Yoga mat or towel.

Please pay at time of sign up/ Limited to 15 Members

A poster for a grief support group. The background is a blue-tinted image of hands holding a small, textured object. The text is in bold black font.

**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**

A poster for a clay sculpt art class. The background is white with various clay sculpting tools arranged around the text. At the bottom, there is a photograph of several small, finished clay bowls.

**Clay Sculpt Art Class**  
**Monday, August 29th**  
**11:00-12:00pm**  
**Cost: \$20 Per Person**

Join Janelle owner of Relic Emporium for a class on sculpting. Members will create a one of a kind pebble clay bowl.

~Please pay at time of sign up~

# BIRTHDAY

Larry Pike	2-Aug	Brenda L Skaggs	11-Aug	Sharon L Crager	21-Aug
Chester A Pinkham	2-Aug	John E Leininger	12-Aug	Darlene L Carpenter	22-Aug
Ann M Armey	2-Aug	Shirley Hudson	13-Aug	Donna J VanVlerah	23-Aug
Peter E Keck	2-Aug	Rita M Strahm	14-Aug	Nadina S Prince	23-Aug
Wanda Butcher	3-Aug	Joe Edgerley	14-Aug	Karen A Hamilton	24-Aug
Thomas M Berry	3-Aug	Raymond W Czajka	14-Aug	Joyce E Schick	25-Aug
Nancy G Lucas	4-Aug	Charles O Myers	15-Aug	Denny Jones	26-Aug
Buck (Charles) R Kaufman	5-Aug	Mario A Jauregui	15-Aug	Pamela J Winchell	26-Aug
Susan Ralston	5-Aug	Gwen M Baker	16-Aug	Karen L Pappas	26-Aug
Mary E Liechty	5-Aug	Marcia B Pike	16-Aug	Debra A Pontecorvo	27-Aug
Terry L Castor	7-Aug	Murielle Peterson	16-Aug	Denise L Hicks	27-Aug
Mark A Pontecorvo	7-Aug	Ben J Roederer	16-Aug	Judy A Graham	28-Aug
Kim J Tubergen	7-Aug	Maria I Dale	16-Aug	Vay J Crochet	29-Aug
Nancy E Sutton	7-Aug	Fern E Stock	17-Aug	Michele M Pejza	29-Aug
Rebecca B Meyers	8-Aug	Carolyn A Fisher	17-Aug	Janice M Coleman	29-Aug
Donald D Falls	8-Aug	Eulalia S Days	17-Aug	Charles L Benore	29-Aug
Carol E Schaeffer	8-Aug	Carl K Praski	17-Aug	Neal Knox	29-Aug
Barbara I Pelz	9-Aug	Deborah L Martin	17-Aug	Kimberly A O'Malley	29-Aug
William L Koester	9-Aug	James Matson	18-Aug	Robert J Deaver	31-Aug
Maureen M Bedenk	10-Aug	Terry L Speelman	18-Aug	Deborah A Pulver	31-Aug
Gordon D Huffman	10-Aug	Charlotte M Baker	18-Aug	Barbara M Penick	31-Aug
Ellen M Bisson	11-Aug	Carol J Malovey	19-Aug		
Paul W Hoffmaster	11-Aug	Anita R Gajewski	20-Aug		



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*Transportation information for the Month of the May:*

Transportation Miles Driven....9526

Total Transportation Clients Served.....105

Total Trips Made....1295

New Transportation Clients....10

**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 co-pay.



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



**Lunch and Learn**

**Wednesday, August 17th**

**11:30-12:30**

**Topic: Mental Health During Grief**

**Guest Speaker:**

**Jonathan Jeran, RN**

**Bereavement Coordinator**

**Join us in the Grand Dining room for a presentation on grief and mental health. Lunch will be provided from Sutton's Deli.**

**Limited to 30 Members**



**Wednesday, August 3rd**

**11:30-12:30PM**

**Guest Speaker: Jessica Behrman from Foods Alive**

**Join Jessica for an informative talk on nutrition and health. Lunch will be provided from Sutton's Deli.**



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- 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

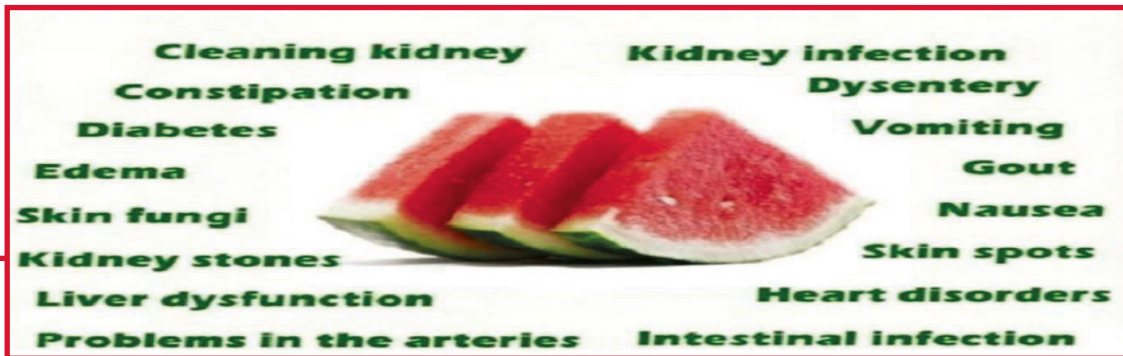


**Trusted Skilled Nursing Care & Physical Therapy in Angola, IN**

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## The Health Benefits of Watermelon

As the weather heats up, so does our need for hydration and healthy snacks. A ripe, juicy watermelon satisfies your thirst and goes the extra mile toward helping maintain a healthy diet. But did you know that not only does this picnic staple taste sweet and is delicious, but is also rich in lycopene and Vitamin C?

Lycopene, an antioxidant, can be found mostly in red fruits and vegetables, such as tomatoes, watermelons, red oranges, pink grapefruits. You may be surprised to learn this health-boosting nutrient can also be found in apricots, red cabbage, and asparagus. Watermelon has more of this nutrient than any other fruit or veggie — even tomatoes. To load up on lycopene, choose a ripe melon with bright red flesh and opt for the seedless variety as it has more lycopene than those with seeds.

## Try Watermelon to Protect Your Cells

Antioxidants play a significant role in protecting your cells against free radicals (natural and environmental occurring), which may play a role in heart disease, cancer, and other diseases.

Watermelon is no one health trick pony; it also contains vitamin C, which the body needs to boost immunity and produce collagen, promoting healthy skin. Studies suggest that vitamin C may reduce the risk of age-related skin damage, such as wrinkling. If watermelon had not already made enough of a case as to why it should be added to a healthy diet, this show-off fruit boasts a few more health benefits. It is even more pleasing to the palate for anyone looking to boost their vitamin intake; watermelon includes these nutrients: Vitamin A, Potassium, Magnesium, and Vitamins B1, B5, and B6.

For most adults, their body consists of 60% water, and to function optimally; it needs proper hydration. Drinking enough water each day is vital for regulating body temperature, keeping joints lubricated, preventing infections, delivering nutrients to cells, and keeping organs functioning properly. Being well-hydrated also improves sleep quality, cognition, and mood. As the thermometer rises, so does our need for more water.

## Sneak in Water Through This Tasty Treat

If you struggle to meet the recommended 6 - 8 glasses of water a day, fresh fruits, like watermelon, which is 92% water (probably could have guessed that from the name), can be a delicious solution for adding more water into your diet. This health-conscious melon is a versatile food, try cutting it up and add to a summer beverage or a salad, or freeze and use as ice cubes in your favorite lemonade. What something a little more filling? Blend watermelon, strawberries, yogurt, and a drizzle of honey, for a delicious breakfast smoothie.

While watermelon can be consumed any time of the year, summer seems to be its sweet spot offering the perfect combination of refreshment and nutrition. Maybe you'll experience one





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**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

**Lunch and Learn**

**Wednesday, August 31st**

**11:30-12:30pm**

**Topic: What is Hospice Care?**

**Speaker: Julie Vose**

**Join Julie a community liaison, for an  
informative presentation on hospice  
care. Lunch will be provided by Premier  
Hospice Home and Health.**

**Limited to 30 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.

**DOVE THE COMFORT DOG  
WILL BE BACK TO THE COA  
ON**

**WEDNESDAY, AUGUST 10TH**

**@**

**11:00AM**

**JOIN DOVE AND HER HAND-  
LERS TO LEARN MORE AND  
TO ASK ANY QUESTIONS  
ABOUT THIS WONDERFUL  
DOG.**





*August  
national days  
word search  
printable  
from Always  
the Holidays*

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

**POTATO DAY  
MEAD DAY  
PLAY BALL DAY  
LAZY DAY  
DOG DAY  
WAFFLE DAY  
DOLLAR DAY**

**PROSECCO DAY  
RUM DAY  
LION DAY  
VINYL RECORD DAY  
BOW DAY  
WATERMELON DAY  
IPA DAY  
OYSTER DAY**

**DOLL DAY  
DINOSAURS DAY  
CBD DAY  
KIDS DAY  
GEORGIA DAY  
CAT DAY  
GOSSIP DAY**



**2022 COA Bus Trips  
Calendar of Events**

1. **September 22nd Church Basement Ladies** @ Cornwell theater. Cost \$130 per person. Pick up Heritage Club
2. **October 5th Daniel O'Donnell** @ Shiphewana Blue Gate Cost \$150 per person. Pick up Heritage Club
3. **December 13th-15th Nashville, TN at Christmas.** Cost \$869 per person. Double Riders only. Pick up @ Heritage Club Angola

We still have spaces available for some of our upcoming 2022 bus trips!!

Please see Allison or Karen for event flyers and to sign up/pay for trips. All trips are first come first serve and they do sell out. All trips require a minimum of 10 members for Angola pick up. Evelyn's Excursion requires proof of vaccination.

**31** DAYS IN THE MONTH

- Women's Equality Day
- National S'mores Day
- Llama Day
- National Waffle Day
- National Video Game Week
- National Watermelon Day
- Peridot Birthstone
- Left Handed Day
- Astrology Signs: Leo, Virgo
- Poppy & Gladiola August Flowers
- 8th Month of The Year
- Back to School Month

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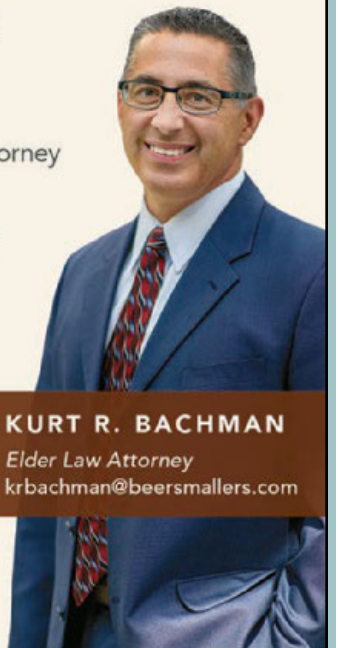
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## ...these fun facts about our staff: This Month— Cheryl Norris, Heritage Club Office Manager

- \*Where was your first Job? **Burger Chef, Angola**
- \*How do you wind down after work? **Watching TV & discussing the day with my husband**
- \*What is your favorite thing to do when you're not working? **Time with Family & Riding Motorcycle**
- \*If all jobs had the exact same salary, which career would you want? **Forensic Scientist**
- \*How do you describe what you do for a living to your family and friends? **Office Operations & assisting the Executive Director**
- \*What's a topic you wish you knew more about? **Genetics and heredity**
- \*Where are you in birth order (Oldest, Middle, Youngest)? **Middle**
- \*How many different states have you lived in? **2**
- \*What kind of pet(s) do you have and how did you choose name(s)? **No pets**
- \*If you could choose any age to be forever, what age and why? **52—the age I was when I met my husband**
- \*What are 3 items you would take with you to a deserted island? **Boat, knife and food**
- \*What's your favorite sports team? **Don't have one**
- \*If you could only eat one meal for the rest of your life, what would it be? **Pasta Carbonara & Sangria**
- \*What TV show or movie do you absolutely refuse to watch and why? **Reality dating—they are unrealistic and annoying**
- \*What is the furthest you've ever been from home? **Nevada**
- \*What characteristic do you like most about yourself? **I'm Honest & Forgiving**
- \*If you could live in any city, where would it be and why? **I would own a Bed & Breakfast in a mountain town in Tennessee—it has always been a dream**
- \*When you were in elementary school, what did you want to be when you grew up? **Marine Biologist**



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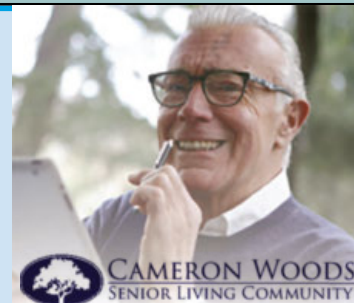
## INDEPENDENCE FOR RESIDENTS. PEACE OF MIND FOR THEIR FAMILIES.

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Steuben County COA, Angola, IN

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# FOOD OF THE MONTH

Our July Food of the Month was sponsored by Hope Korte of Peace Lutheran Church handler for Dove the comfort dog. Dove and her handlers were at the COA for this fun event and to visit with all the members. The food in July was an ice cream social and it was delicious treat on a hot day! Be sure to sign up for the August Food of the month by calling or stopping into the center.



Several members and staff enjoyed the Ice Cream Train on July 8th with the Ft Wayne Railroad Historical Society. We were part of the first group to go north on the train and members felt like movie stars waving at all the on-lookers as we rode by. Be sure to check the newsletter for other exciting events happening at the center!







We couldn't have asked for a more beautiful day for the Heritage Club's Father's Day Celebration. Several members and residents of Steuben County brought their classic or sports cars out for a special Father's Day cookout and car show. Members enjoyed seeing the different vehicles and we enjoyed hotdogs, chips, and watermelon. We also got to have ice cream courtesy of Dairy Queen in Angola, IN! Thank you to all who helped and attended this wonderful event!



# MEMORIAL TREE WALL

**Leaf with engraving  
\$50 for 2 lines  
\$55 for 3 lines**

Line 1- \_\_\_\_\_  
Line 2- \_\_\_\_\_  
Line 3- \_\_\_\_\_

Leaf size:  
1-3/4 X 3-1/2



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

**THE EMERALD CITY GALA**