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NEWSLETTER 2022



Elder Abuse: Everyone's business

World Elder Abuse Awareness Day (WEAAD) is commemorated each year on 15 June to highlight one of the worst manifestations of ageism and inequality in our society, elder abuse.

Elder abuse is any act which causes harm to an older person and is carried out by someone they know and trust such as a family member or friend. The abuse may be physical, social, financial, psychological or sexual and can include mistreatment and neglect.

WEAAD was officially recognized by the United Nations General Assembly in December 2011, following a request by the International Network for the Prevention of Elder Abuse (INPEA), who first established the commemoration in June 2006.

CELEBRATE 4TH JULY ON
SATURDAY 9TH JULY 2022
7:00pm - 10:00pm



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Thank you for your support of our Senior Citizens Center: Together, we can achieve great things for Seniors and Veterans in East Central Indiana! Sincerely, Allen Johnstone, President

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Activities

JUNE 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 <u>Line Dancing</u> 9:30-10:30 Beg 10:30-11:00 Adv Yoga 11-12am <u>Line Dancing -Adv</u> 6-7:30 Evening	2 Str Trg 10-11 Bridge 10-1:30pm Bingo 1:30pm Silver Birch <u>Line Dancing -Adv</u> 6-8 Evening	3 Bridge 1-4:30p	4  Veterans Coffee Club 9-11am Biscuits/Gravy & Doughnuts! Euchure 12:30-3:30pm
5 Dialogue Church Square Dancing Lessons 3-4:30p Pre-Rounds 4:30-5:00 Square Dance	6 <u>Line Dancing</u> 9:30-10:30 Beg 10:30-11:00 Adv Local 287 Mtg 1:00pm Bridge 7-10:30pm	7 T.O.P.S. 10-11am Str. Training 10-11am Euchure 12:30-3:30pm Muncie Music Jam 6-8pm	8 <u>Line Dancing</u> 9:30-10:30 Beg 10:30-11:00 Adv Yoga 11-12am Bingo 1:30pm Cardinal Care <u>Line Dancing -Adv</u> 6-7:30 Evening	9 Str Trg 10-11 Bridge 10-1:30pm Bingo 1:30pm Kindred Home Board Mtg 6pm <u>Line Dancing -Adv</u> 6-8 Evening	10  Sit-Stay-Play 10-12am Pet Nail Trim Bridge 1-4:30pm	11 Euchure 12:30-3:30pm
12 Dialogue Church	13 <u>Line Dancing</u> 9:30-10:30 Beg 10:30-11:00 Adv Bingo 1:30 Safe Key Insur Bridge 7-10:30pm	14 T.O.P.S. 10-11am Str. Training 10-11am Euchure 12:30-3:30pm R Pavelka 6pm Medicare 101 Muncie Music Jam 6-8pm	15 <u>Line Dancing</u> 9:30-10:30 Beg 10:30-11:00 Adv Yoga 11-12am Bingo 1:30pm R Pavelka <u>Line Dancing-Adv</u> 6-7:30 Evening	16 Str Trg 10-11 Bridge 10-1:30pm Local 917 Mtg 5:00 pm Neighborhood Assoc 6pm <u>Line Dancing -Adv</u> 6-8 Evening	17 Bridge 1-4:30pm Bingo 1:30pm Yorktown M	18 Euchure 12:30-3:30pm
19 Dialogue Church  HAPPY FATHER'S DAY!	20 <u>Line Dancing</u> 9:30-10:30 Beg 10:30-11:00 Adv Bingo 1:30pm Albany H Care Bridge 7-10:30pm	21 T.O.P.S. 10-11am Str. Training 10-11am Euchure 12:30-3:30pm Muncie Music Jam 6-8pm	22 <u>Line Dancing</u> 9:30-10:30 Beg 10:30-11:00 Adv Yoga 11-12am 10:00 Staff Mtg Line Dancing/Adv 6-7:30 Evening	23 Str Trg 10-11 Bridge 10-1:30pm Bingo 1:30pm-Jacq Blind Assoc Mtg 6 pm <u>Line Dancing -Adv</u> 6-8 Evening Vaccinations site 9am-4pm	24 Bingo 1:30pm Dialogue Church Bridge 1-4:30pm	25 Euchure 12:30-3:30pm
26 Dialogue Church	27 <u>Line Dancing</u> 9:30-10:30 Beg 10:30-11:00 Adv Bingo 1:30pm The Woodlands Bridge 7-10:30pm	28 T.O.P.S. 10-11am Str Training 10-11am Euchure 12:30-3:30pm Muncie Music Jam 6-8pm	29 <u>Line Dancing</u> 9:30-10:30 Beg 10:30-11:00 Adv Yoga 11-12am Bingo 1:30pm The Waters <u>Line Dancing-Adv</u> 6-7:30 Evening	30 Str Trg 10-11 Bridge 10-1:30pm <u>Line Dancing -Adv</u> 6-8 Evening	Sit-Stay-Play is a mobile pet service owned by Kelley Stewart. As a community service, Kelley comes to the Senior Center periodically to trim your pet's nails for free (55 & older / \$7.00 for you younger folks!) However, Kelley offers a wide range of pet services, including in-home pet sitting, boarding, grooming, etc. She will even come to your home if necessary! Call: 765-744-5688 for appointments, or see: Kelley@sit-stay-play.com	

11
Bingo Games this Month!

Visit us on our newly updated website:
munciedelcoseniorcenter.org

IU Health Vaccinations for ages 5 & Up
FREE 9am-4pm Thursday June 23rd, 2022

2nd Harvest Food Distribution
 4th Thursday of every month!
 3-4 pm at the Senior Center

2022 VOLUNTEER PROGRAMS



VOLUNTEER AWARDS **LUCAS OIL** STADIUM TEAM

1. All Volunteers attending as a 'Team Member' will receive a \$15.00 'GIFT CARD' at every event.
2. All Team Members will receive the 'LUCAS OIL Volunteer Certificate'
3. A Team Member with the Most attendance record during the Year with Certificate and \$100 'GIFT CARD'.
4. A Team Member will receive the Presidential Mounted "Certificate for Outstanding Volunteer Services" and a \$500 'GIFT CARD'

'CENTER' Volunteers Recognition Points Awards

- 5 to 10 points earned**
 - Certificate of Appreciation (all volunteers will be recognized that quarter)
- 10 to 30 points earned**
 - Recognition at Annual Volunteer Dinner can choose from; • Featured in the Newsletter. Announcement of recognition on Center's Web page or Facebook
- 30 to 50 points earned** Volunteer can choose from;
 - Free Center Dinner
 - Trinket from Thrift Store
 - \$25.00 Gift Certificate
 - Badge or ribbon
- 50 to 100 points earned** - Volunteer can choose from;
 - Free Center Dinner
 - Free Entry to Dance/Entertainment of their choice
 - \$25.00 Gift Card

- 100 to 150 points earned** = Volunteers can choose from;
 - Free Center Dinner
 - Free Entry to Dance/Entertainment of their choice
 - \$30.00 Gift Card
- 150 to 200 points earned** = Volunteers can choose from;
 - Top Honors Certificate presented by Executive Director Annual Volunteer dinner, photographed and featured in Center's newsletter
 - \$40.00 Gift Card
- 200 to 300 points earned** = Volunteers can choose from;
 - (if points gained by April of that physical year, may be used for that May, if gained after May, opportunity rolls to the following year)
 - \$50.00 Gift Card
- 300+ points earned**
 - Receive a Mounted "Certificate for Outstanding Volunteer Services" and featured in Center's newsletter
 - Volunteers can then choose from;
 - (if points gained by September of that physical year, may be used for that October, if gained after October, opportunity rolls to the following year)
 - \$100.00 Gift Card

June Birthdays – ‘you are known by the company you keep’ can you name them?



Answers elsewhere!

**WELCOME
NEW
BOARD
MEMBERS!**

Susan Dillon

Her professional experience includes working as director of clinical education at Majestic Care, administrative director at St. Vincent Anderson Regional Hospital, adjunct clinical nursing instructor at Indiana Wesleyan University, and RN care manager at IU Health Ball Memorial Hospital. President Muncie Optimist Club, Board Member – Open Door Health Services, Board Member, Volunteer – HOPE (Helping Other People Everyday)



Susan joins the Centers Fundraising Committee



Mindy Gregory

Mindy is involved and supports the 'Special Needs Prom' every year. She is a Founder of local Muncie car club 'Wrecked Wrenches' which hosts charity shows, this year Mindy was coordinator for the Centers 'Muncie Classic Car Cruise' – the cruise escorted by Muncie Police visited nursing and assisted living Centers around the city. Mindy is the treatment facilitator for 'Road to Redemption Addiction Recovery' for all that need treatment, detox, rehab, outpatient care, or transitional housing.

Mindy joins the Centers Fundraising Committee

Christina Cross

Branch Manager with Northwest Bank Muncie, member of 'BNI GROUP CARDINAL SUCCESS', BNI stands for Business Networking International. It is the world's leading business referral organization with nearly 285,000 members in 10,500 chapters worldwide. 'WIBU' Women In Business Unlimited is dedicated to providing professional development opportunities for women of Muncie & East Central Indiana. EVRFI - free high school financial literacy course helps students manage their personal finances, from applying for financial aid to establishing credit



Christina is Chair Of the Centers Grants Committee

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Seniors Follow Your Dreams

I don't know you and you don't know me, but all my life I have followed my 'Dreams', here's a brief breakdown, at High School 16 yrs. old I wanted to be an officer in the Army, but my dad died and I ended up in the Police.

Dad was in the theater business so in the end I became a Cinema Manger, travelled to Australia, worked in Security, then; Chief Security officer for a large chain store, back into theaters management in Sydney, I left to follow another 'Dream' Radio, became a personality. Next National Manger for Cinema chain in Sydney. Moved to Brisbane manager Car Dealership - then back into Radio, my own show, set up the first Anti-Child Abuse program in Australia, also Anti-Drug abuse program, I co-wrote music released on record, produced Country Music Entertainer of the Year, Created/produced five major Stadium shows each Christmas in Brisbane, won an award for the 1st Carols by candlelight in New Zealand, retired from Radio came to the US, went around the world, 'Dream' built an Australian Museum in Muncie & Anderson, built two restaurants, a jewelry store all with the help and support of my family. Then for 20 years another 'Dream' creating a themed attraction in New Jersey. I have a dream for this Senior Center and a fantastic Board [All Volunteers] working to improve the lives of seniors and veterans. I am not the only one following 'Dreams'.

Marilee Mefford our Executive Director, in her younger days always had a 'Dream' owning and riding a motorcycle – she followed her 'Dream', and this month when she passed the milestone of 70yrs, She took the first steps in her 'Dream'. [Below Marilee riding that bike]



Age is a funny thing. Most of us spend our childhoods and teens wishing we were older than we are, and then most of the rest of our lives wishing we were younger. Getting older is also rarely quite as we imagine. Right from our earliest days, it's easy to think that people are different just because they are bigger or twice our age.

However, maybe one of the most important lessons of life is that even though we may learn new things, have different experiences, and accrue more aches and pains, we probably don't ever change all that much. We're likely to go on wanting to do the same sorts of things for as long as we can.

'You are as old as you feel' may be a cliché but it may also be true.

Seniors you are never too old to follow your dreams.

'You are never too old to set another goal, or to dream a new dream.'

[Les Brown's book *Live Your Dreams* 1994]

Having ambitions, whether or not they are fulfilled, is sustaining. To fall back on another cliché, life is often about the journey rather than the destination. It seems to me that whether you get there or not doesn't always matter. What really counts is to keep on going in the direction of choice. As far as is practicably possible, anyway. Another senior if he was still alive would be 87 now, once sang: -

"Well, you gotta follow that dream wherever that dream may lead" Elvis Presley

This Center will soon offer Seniors & Veterans the opportunity to travel to their "Dreams" anywhere in the World, and visit with their families also anywhere in the World – via VR [Virtual Reality] & ZOOM

[Material for this Article sourced from: Andrea ~~Dincau~~ [Tesei] Author President Allen F. Johnstone 2022



**BINGO games &
Monthly Activities
page 3**

WARNING: IF YOU DON'T CARE ABOUT OUR KIDS DON'T READ ANY FURTHER!

Message to all Parents, Grand Parents, Great Grand Parents and Families or maybe you're just concerned.

"The Silent Epidemic" Each day, there is an average of 3,703 suicide attempts by students grades 9 – 12. If you add grades 7 & 8 that number would increase to 4-6,000.

Suicide is a difficult topic, but it's too important to ignore. Suicide is the second leading cause of death among young people ages 10-19 in the U.S

What as a community can we do? – this Senior Center will host another visit by the H4H Foundations Batman to visit in person 20 schools in this county beginning September 11,2022



Suicide Attempts in Kids Ages 10-12 Quadrupled Over 20 Years

Status: Getting worse ☹️

The Senior Center in 2021 raised with help from sponsors \$6,000, along with support from the Mayor, Police Chief and many others, Batman will visit school assemblies. Can you help us save these precious youth?

If so; any amount will help, just **contact Marilee our Executive Director**

Emergency department visits for suspected suicide attempts among U.S. girls ages 12-17 have increased during the COVID-19 pandemic"

February-March 2021

51%↑

From the same period in 2019



Batman teaches your students 4 empowering points:
1-NEVER GIVE UP
2-ALWAYS DO THE RIGHT THING
3-HELP OTHER PEOPLE
4-NEVER BE A BULLY OR TOUCH DRUGS

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To all who helped either Staff, Volunteers or Donors
a message from the mayor, about this Senior Center Event
which included a Car Show, Classic Car Cruise, Motorcycle Poker Run & Indoor Auto Market.

“Mayor Dan Ridenour and the City of Muncie would like to thank all those who participated in this weekend’s event at the Senior Center.

We were proud to play a part in such a successful event and we look forward to working with you all again next year.

Muncie/Delaware co. should be thankful for services and programs the Senior Center provides for our entire community.

Again, congratulation to all for putting on such a great event”.

**Richard M. Ivy-PHR, CAPS
Deputy Mayor**

MUNCIE

ENTERTAINMENT AT THE CENTER



A night of wonderful music at the Center, Thursday 5 May. Seniors enjoyed the **Eastern Gate Quartet**, comments like *“Ms Carolyn @ age 94 knocking out those 88 keys!!!”, “This lady is amazing”*. The Quartet offered traditional 4-part harmony. They focused on traditional Southern Gospel arrangements with a few twists. **WATCH FOR THEIR NEXT VISIT don’t miss it!**



White House Conference On Aging

Passed in 2010, the Elder Justice Act is the first comprehensive legislation to address the abuse, neglect, and exploitation of older adults at the federal level.

Rights of Senior Citizens

Each of our Senior Citizens regardless of race, color, or creed, is entitled to:

- (1) The right to be useful.
- (2) The right to obtain employment, based on merit.
- (3) The right to freedom from want in old age.
- (4) The right to a fair share of the community's recreational, educational, and medical resources.
- (5) The right to obtain decent housing suited to needs of later years.
- (6) The right to the moral and financial support of one's family so far as is consistent with the best interest of the family.
- (7) The right to live independently, as one chooses.
- (8) The right to live and die with dignity.
- (9) The right of access to all knowledge as available on how to improve the later years of life.

Page 6 ANSWERS by row

Ralph Bellamy 17, 1904, Jim Walton 7, 1948, Robert McNamara 9, 1916, Pat Garrett 5, 1850, George Stephenson 9, 1781, Michael Gross 21, 1947
 Jack Albertson 16, 1907, Chet Atkins 20, 1924, Paulette Goddard 3, 1910, Pat Boone 1, 1934, Tony Curtis 3, 1925, Richard Boone 18, 1917
 Edward Woodward 1, 1930, Sarah Churchill 5, 1660, Noah Wyle 4, 1971, Johnny Weissmuller 2, 1904, Rosalind Russell 4, 1907, Gena Rowlands 19, 1930
 Lyndsay Wagner 22, 1949, Caesarion 23, 0047, Boz Scaggs 8, 1944, Greg Kinnear 17, 1963, Tina Sinatra 20, 1948, Stacy Keach 2, 1941,
 Lisa del Giocondo 15, 1479, Jessica Tandy 7, 1909, Burl Ives 14, 1909, June Lockhart 25, 1925, Slim Pickens 29, 1919, Peter Lorre 26, 1904.
 Anne Murray 20, 1945, Thomas Church 17, 1960, Susan Hayward 30, 1917, Joan Rivers 8, 1933, Jimmie Walker 25, 1947, Bonnie Tyler 8, 1951
 Ralph Waite 22, 1928, Mick Fleetwood 24, 1947, Martin Landau 20, 1928, Jim Nabors 12, 1930, Martha Washington 2, 1731, Jane Russell 21, 1921
 Denis Haysbert 2, 1954, Gary Busey 29, 1944, Brigham Young 1, 1801, Cole Porter 9, 1891, Meredith Baxter 21, 1947, Errol Flynn 20, 1909.



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