

SHELBY SENIOR SERVICES, INC.

HORIZONS

Monthly Publication of Shelby Senior Services, Inc.

THE HORIZON CENTER

The Center of Senior Life

2120 Intelliplex Dr. Ste. 101

Shelbyville, IN 46176

Phone; 317-398-0127

ShelbyGo Transportation

Phone: 317-398-7614

www.shelbyseniorservices.org

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January 2022

Happy New Year!



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2120 Intelliplex Dr. Ste. 101, Shelbyville, IN 46176

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Liz Oeffinger, Director of Operations

Easter Hall Beyer, Dir. of Transportation/Building Maintenance

Horizon Center Coordinators

Fairland, Kathy Miller

Morristown, Gretchen Hasler & Elaine Wilhelm

Shelbyville, Crystalal' Evans

Program Staff

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Betsy Stephen, Food Pantry Coordinator

Kamessa LaRue, Family Caregiver Services Coordinator

Michelle Riggs, Receptionist/Dispatcher

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Board meetings are held the second Thursday of each month at 9 a.m. This meeting is for the purpose of conducting the corporation's business. It is not considered a public community meeting but there will be a time for public participation as indicated by the agenda.

Mission and Purpose

The Mission of Shelby Senior Services, Inc. is to respect and respond to the ever-changing needs of older adults and their families, to enhance their quality of life, to assist in maintaining their independence and to be an integrated and valued partner in Shelby County.

Vision Statement:

“Serving seniors, improving lives.”

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Is There Something on Your Mind?

Please let the staff at Shelby Senior Services, Inc. know what activities you'd like to see brought to our Horizon Center locations, what services you or a loved one need, and what the staff might improve on to meet your needs and desires. Call 317-398-0127 or put it in writing to us.

ADVERTISING APPEARING
IN **THE HORIZON** HAS
BEEN PURCHASED AND
DOES NOT REPRESENT AN
ENDORSEMENT OF
PRODUCTS OR SERVICES
BY SHELBY SENIOR
SERVICES, INC.



Kim's Korner January 2022

Hello! Are you ready to usher in a new year? I know that I am. Well, this year has been up and down with change due to COVID. We went from mask to no mask to, yes, wear masks again. We went from food available to no food available to food available at the Horizon Centers. I know that our seniors are tired of all the change. As soon as you get used to what we are supposed to do, it changes again. I am hopeful that this year will bring some "Normal" back into our lives at home and at work.

At the Horizon Centers, we have gone back and forth on issues with COVID dictating what we can and cannot do. One good thing is that the Activity Directors have done a great job at keeping our seniors involved and participating in the wonderful activities and programs that are provided. There are the regular activities such as bingo, chair volleyball, and Bible Study to name a few. They are also trying as many different programs for Lunch and Learns and Day Trips as possible. So please, don't hesitate to come and try an activity or program of your choosing at one of our Horizon Centers. If you have suggestions for a new program, please come on down to Shelby Senior Services, 2120 Intelliplex Dr, Suite 101, Shelbyville or call 317-398-0127.

This winter has been hard on our seniors, please keep them and their families in your thoughts as we enter this new year. My hope is that 2022 is a better year for everyone. Happy New Year!

Shelby Senior Services Membership

Membership fees help to maintain the quality of your Horizon Centers. By becoming a member, you are helping to support activities, services, and programs that help our community thrive.

Memberships are required to attend activities at any Horizon Center. Services and CICOA lunches do not require a membership.

If are interested in a membership, have questions, or are interested in our scholarship program, please contact 317-398-0127.

Annual Fees

\$50 per year:
Access to Shelbyville, Fairland, Morristown, and Waldron Horizon Centers
*\$50 annual fee required for Shelbyville

\$25 per year:
Access to one designated Horizon Satellite Center - Fairland, Morristown, or Waldron



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FAMILY CAREGIVER PROGRAMS



***Kamessa LaRue,
Family Caregiver
Services Coordinator***

With the holiday season coming to a close, let's start the New Year with some reflection. The last two years with COVID have been crazy for everyone but during this time, members of the community have rallied around each other and supported each other: calling people to check in, donating food and services, doing food delivery, and many other things. While we hope this pandemic ends soon, let's make a promise to not stop looking out for our neighbors and reaching out to our loved ones near and far. Please remember that every person reacts to change and the unknown differently and we have had a lot of during this time period and more is still to come. Try not to take comments people say to heart. These comments are usually because the person is frustrated with a situation, often times outside of their control. Here are a few tips on how to handle a person who is frustrated:

1. Keep perspective... People are struggling
2. Focus on a specific issue. Tell the person how their tone or actions are affecting you. In an even, non-blaming tone, lead with how the behavior makes you feel rather than how you think the other person is wrong.
3. Listen non-defensively without reacting or interrupting. It's a sign of respect to hear a person's point of view, even if you disagree.
4. Listen to the feelings behind the words. When you can appreciate someone's motivation, it's easier to be patient. Try to sense if this person is frightened, insecure, or up against a negative part of themselves they've never confronted. If so, realize this can be painful. See what change they're open to.
5. Respond with clarity and compassion. In communication, patience is a powerful emotional currency.

The Alzheimer's support group will be Tuesday, January 11th at 1pm. Please call before you come if there is inclement weather to make sure the group is still happening.



QUEEN'S CAFE LUNCH OUTING

**JANUARY 27, 2022
AT 12:00 PM**

WE WILL BE HOSTING A **LADIES LUNCH**

Please join us at Queen's Cafe and Catering at 223 S Harrison Street, Shelbyville, IN 46176 We will have a special table reserved for our Ladies Luncheon. Cost is \$15 per person, does not include tip. There are stairs to the Restrooms. We would love to have you join us for our first outing of 2022.

Limited to 15 Guests

**COST IS \$15
PER PERSON - THIS
INCLUDES SOUP,
MAIN AND DESSERT**

CALL (317) 398-0127 OR VISIT OUR VOLUNTEER
DESK TO RESERVE YOUR SPOT TODAY!



MOVIE MATINEE FEATURING SHOW BOAT



Join us as we watch the movie!

**Wednesday, January 26, 2022
1:30 PM (1 hour and 48 minutes)**

Popcorn and Drinks for you as you enter, but we also encourage you to bring your own snacks and drinks.



Important Gleaners update! The Senior Mobile Pantry has been made available to all ages. See below for changed dates and times:

—  —
GLEANERS

Shelby County

2021-2022 Mobile Pantry Schedule

OPEN MOBILE

2nd Saturday of each month

Starting November 13th

10AM-12PM

Shelby Co Fairgrounds

500 Frank St, Shelbyville, IN 46176

Drive through only!

No ID Required! Open to the public

2022

APRIL – SEPTEMBER

Fairland

2nd Friday of each month*

*Alt date: August 5th

1PM-2:30PM

New Life Methodist Church, 6145 N 400 W Road, Fairland IN

Drive through only!

No ID Required! Open to the public

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TRAVEL



On the Horizon Carol McDaniel, Travel Coordinator

It has been a long journey through the pandemic, so a new year is so welcome! Year 2022 promises to be a chance to get back on track with all our plans for travel, as well as other activities.

You have probably seen our travel schedule, which is quite ambitious, I will add, but most of the trips have been roll-overs from the last 2 years, so you will be familiar with most of the offerings. While new trips will have to wait, you can check off some of your bucket list destinations in 2022.

Over the years, my travelers have told me that they really wanted to re-visit places such as Ireland and Scotland, Hawaii, and Alaska. So, I have kept those on my list. The new destinations include Greece, Costa Rica and the Danube River paired with the iconic Passion Play, usually held every 10 years in Germany, which was postponed from 2020 to 2022 because of Covid.

In addition, I have added 3 motorcoach trips. It is getting more difficult to find new adventures to drive to in a motorcoach because of the cost when adding days of travel into the mix. We have literally been to the most popular cities east of the Mississippi, some more than once. We have ventured to the Pacific NW, New Mexico, and Texas, as well as to Mt. Rushmore.

As you may be aware, hotels, motels, and restaurants are struggling to hire the employees needed to efficiently operate their businesses, which results in higher food and lodging prices. The cost of fuel is rising everyday. Can you imagine what it costs to fill a motorcoach tank with 200+ gallons of fuel?

Having said that, I am still scouring the tour offerings of several companies to find the best and most interesting places that are affordable.

I invite you to look again at our 2022 Travel Schedule and sign up for one or more of these fun destinations. The first trip is in April to Greece. We see not only the land destinations, but also the beautiful islands of Mykonos and Santorini. Now is the time to sign up. Don't wait if this is the place you have always wanted to see.

The second trip is in May. It is a Mystery Trip. While you won't know where we are going until we get on the motorcoach, I guarantee it will be as exciting as the last 2 Mystery Trips! Check with someone you know who has gone with us.

Thank you for supporting Shelby Senior Services and our fun travel destinations. Call me, Carol, for details and more information—317-701-5984.

2022 SHELBY SENIOR SERVICES TRAVEL SCHEDULE

April 28 - May 13, 2022. Greece. 15 days, includes the mainland and the islands. Rolled Over from 2021	Dbl. \$5099 Single \$5949 Triple 5049 Pretrip Apr 21
May 23-26, 2022. Mystery Trip. Motorcoach trip	Dbl. \$649 Single \$859 Triple \$629 Pretrip May 19
June 9-18, 2022. Hawaii Expect modest increase due to air increase Rolled over from 2021	Dbl. \$5339 Pretrip June 2
July 6-9, 2022. Clarksville, TN Motorcoach	Dbl. \$679 Single \$909 Pretrip June 30
July 19-31, 2022. Alaska. 13 days/12 nights. Fly/train/bus/cruise. Rolled Over from 2021	\$5,399 Inside cabin \$5,909. Outside cabin \$7099 balcony Pretrip July 14
Aug. 9-12, 2022. Springfield, Illinois Abe Lincoln Historical motorcoach trip	Dbl. \$799 Single \$949 Triple \$749 Pretrip August 4
Aug. 28-Sept 7, 2022 Oberammergau, Germany. Passion Play and Danube River Cruise. Price includes air and most meals.	Lower deck \$6,999-7299 Middle deck \$7499-7799 Upper deck \$8349-8649 Suite \$10,699-10,999 Pretrip August 18
Sept.18 - Oct 1, 2022 Ireland/Scotland	Dbl, \$6199 Single \$7199 Pretrip September 15
Oct. 22 -30, 2022. Costa Rica.	Dbl \$2699 Single \$3099 Triple \$2669 Pretrip October 13



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Crystal' Evans,
Shelbyville Horizon Center
Activity Coordinator

January Highlights

Daily – Drop-In, 9:00 a.m. to 4:00 p.m. We will have designated tables for daily Drop-In Activities. You are welcome to bring a book, craft or engage in an activity from the Activity Basket such as a word puzzle or a card game. Please sit at the designated tables – these will change daily depending on the activity for that day.

Wednesday, December 29th at 1:00 p.m. Decorate Horizon Center for the New Year. You are all invited to help us pack up the decorations from the Christmas holiday and get ready for the New Year. The afternoon will include Hot Cocoa and cookies for all who come out to help.

Thursday, December 30th at 2:30 p.m. Let's Ring in the New Year Murphy Parks is going to provide us with some fun items and treats to Ring in 2022. We know it is a little early – but we are closed on December 31st. Dress in some fun New Year's attire or just have a little extra sparkle. We will do a toast together as we wrap our last activity of 2022 compliments of Murphy Parks.

Tuesday, January 4th at 1:30 p.m. Take Down the Grover Tree Meet at the Grover Museum and help take down the Grover Tree. We would appreciate the help.

***Wednesday, January 5th at 1:30 p.m. Crafty Wednesday – Hanging Paper Flowers** Come learn how to make Lovely Hanging Paper Flowers. These are fun to make and are very cute as January decorations. Come make one or more! Please make sure to RSVP by the day before so that we have enough supplies. No cost, but donations appreciated.

Friday, January 7th, 9:00 a.m. Fun Friday Observation of Elvis Presley Birthday Please join us as we celebrate Elvis Presley. Wear your favorite Elvis attire, bring an Elvis item, bring your favorite Elvis song. We will celebrate with Banana Moon Pies and Peanut Butter Cookies!

***Wednesday, January 12th, 12:00 p.m., Lunch and Learn with Caregiver Homes** We will have lunch provided by Caregiver Homes and we will be having Chick-fil-a. There will be games and prizes as well. Cost is \$5 per person and we are limited to 20 participants.

Thursday, January 13th, 1:00 p.m. Bookclub at the Horizon Center with Pam Weakley from the library. This month we will be discussing the book Cleopatra's Daughter by Michelle Moran. All are welcome!

Friday, January 14th at 9:00 a.m. Fun Friday - January Birthdays by Ashford Place Please join us for some fun as we celebrate January Birthdays with Cake! Our January sponsor is Ashford Place. We will have Bingo and some entries for our

***Wednesday, January 19th at 1:30 p.m. Crafty Wednesday – Snowman Craft** Come learn how to make a fun Snowman Craft. These are fun to make and are very cute as January decorations. Why make an outside snowman – when you can make one inside where it is warm and your creation won't melt away. Come make one with us. Please make sure to RSVP by the day before so that we have enough supplies. No cost, but donations appreciated.

***Thursday, January 20th, 3:00 p.m. Over the Hill Gang and Dinner by Humana** We are going to be entertained by the Over the Hill Gang and have dinner provided by Humana. Please R.S.V.P for this program and dinner. We want to make sure we have enough food for everyone.

Friday, January 21st, 9:00 a.m. Fun Friday is National Hugging Day Bring a picture of you hugging someone that you love. National Hugging Day is important to recognize because hugs are get for your brain because they send your brain positive endorphins. Our Bingo Table sponsor for this week is Morristown Manor.

Monday, January 24th at 1:00 p.m. Mardi Gras Meeting Join us as we start planning for the upcoming February Mardi Gras Party!!!!

***Wednesday – January 26th at 1:30 p.m. – Movie Matinee “Show Boat” and Popcorn** We are going to be showing Show Boat this month. Come and enjoy a movie and some popcorn while watching a fun movie.

Thursday, January 27th at 12:00 p.m. Ladies Lunch and Queen's Café Join us at Queen's Café at 223 S Harrison Street, Shelbyville for a Ladies Lunch. Cost is \$15 per person. Price does not include a tip. There are stairs that lead to the bathroom – which is not handicapped accessible. Limited to 15 Guests.

Friday, January 28th at 9:00 a.m. National Kazoo Day and Bingo sponsored by Murphy Parks Do you Kazoo? We will be trying our hand at playing the Kazoo for Fun Friday. We will have a Kazoo for you! Come and play along – it is sure to be a fun morning. Our Bingo sponsor is Murphy Parks and they will be bringing this weeks prizes.

Monday, January 31st at 10:30 a.m. Drum Circle Rachel will be here from Bongo Boy Music School. We are going to have a 30 minute Drum Circle that incorporates drumming, movement and song to stimulate your mind and body.

Wednesday, February 2nd at 1:30 p.m. Crafty Wednesday – Valentine Craft Come learn how to make a fun Valentine Craft. Let's get into the spirit of the Valentine season with this fun craft. Come make one and have some fun. Please make sure to RSVP by the day before so that we have enough supplies. No cost, but donations appreciated.

Friday, February 4th Fun Friday – National Wear Red Day We will be wearing red for National Wear Red Day for American Heart Month. Come dressed in your favorite red attire and let's take some fun pictures of the group. We will play Bingo and have fun prizes.



HEALTH & WELLNESS

New Year, Better You: 5 Alternative Ways to Make a Healthy Change

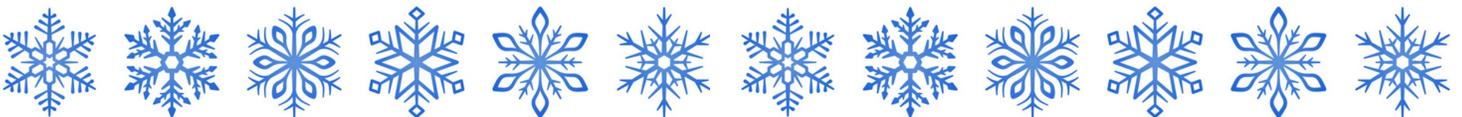
The majority of Americans don't make New Year's resolutions for many reasons – in fact, only eight percent of the people who do make resolutions actually fully achieve them. If you're part of that group, congratulations! If you're not, there might be a way for you to see the dreaded New Year's resolution – or at least the underlying healthy habit – in a new light.

The key to making a healthy change is to set yourself up for success. Whether you're looking to lose weight, gain muscle, sleep more, disconnect from your devices, or just live a happier life, there are strategies you can use to set a New Year's resolution that is actually achievable.

Here are five tips for accomplishing healthy goals when New Year's resolutions seem too intimidating.

- 1. Mix it Up Month by Month**—If your goal is to be healthier and live a better, more fulfilling life, consider making a list of beneficial changes and then focusing on one each month. One month, you could focus on reducing your sugar intake. Next month, focus on exercising regularly. The next, eating a healthy breakfast every morning, and so on. Having a set time to really focus on one positive change at a time can make resolutions feel less daunting and more achievable.
- 2. Tap the Power of Positive Peer Pressure**—If you're trying to accomplish a monumental achievement like quitting smoking or losing 50 pounds, you'll have a better chance of sticking to it if you talk about it. Feeling accountable to others and getting the support of friends and family greatly increases your chance at success.
- 3. Use Milestones to Manage Expectations**—If you want to choose one goal and stick to it for the full twelve months, consider breaking the year down into digestible timeframes. Many people miss out on making positive changes because they immediately think, "I can't hit the gym five days a week for an entire year! What about holidays? What about summer? What about [insert excuse here]." Instead of choosing a resolution that sabotages itself before it even starts, write out a list of attainable achievement points. Exercise five days a week for one month. Then do two more months. If you know you're coming upon a busy month, reduce your workout schedule to three days a week, or an amount you know you can manage. You can always increase your plan for the next milestone.
- 4. Pile on the Positive**—New Year's resolutions don't always have to be about cutting out unhealthy behaviors. Try adding something to your life rather than taking something away. Instead of vowing to never eat chocolate again, plan to add more protein to your diet, or eat a vegetable with every meal.
- 5. Think Outside Yourself**—Most people see making a resolution as a chance to better themselves. To look better, feel better, save more, earn more, and the list goes on. That's great, but you could also consider a resolution that focuses on others instead of yourself. Some people find that it's much easier and more rewarding to keep a promise to someone else rather than themselves.

<https://www.nm.org/healthbeat/healthy-tips/new-year-better-you>



CONGREGATE MEAL INFORMATION



In-person lunches are back! Shelby Senior Service's lunch program is provided through CICOA Aging & In-Home Solutions at the Horizon Center Monday-Friday.

Reservations are made on Wednesday for the following week. Please call 317-398-0127 to reserve your meal or for further information.

Operational rules in place for COVID-19:

- To keep everyone safe, masks will be required for anyone not vaccinated.
- We ask anyone who has not received their vaccine to remain 6 ft. apart.
- Spaces remain limited for each activity. Please call to make reservation ahead of time.
- If you are experiencing any symptoms of illness, please remain at home.
- Please know that the Staff and Board of Directors are trying to ensure seniors safety while providing services and programs.

HEALTH & WELLNESS

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SOCIAL ACTIVITIES SHELBYVILLE HORIZON CENTER

JANUARY ACTIVITY CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 9:00 Table Top Games and Cards 1:00 Mah Jongg 12-3 Chair Yoga/Yoga 1:00 SCRABBLE	4 9:30 Tuesday Trivia 1:00 Euchre 1:00 Painting and Open Crafting 1:30 Take Down Grover Tree	5 9:15 Bible Study with Jim M 1:00 Hand and Foot Card Game 1:30 Crafty Wednesday – Hanging Paper Flowers	6 9:30 POKENO 9:30 Tai Chi 1:30 Chair Volleyball 2:30 Open Cards	7 9:00 Fun Friday- Observation of Elvis Presley's Birthday 9:30 BINGO 1:00 Euchre 1:00 Dominoes
10 9:00 Table Top Games and Cards 1:00 Mah Jongg 12-3 Chair Yoga/Yoga 1:00 Family Feud	11 9:30 Tuesday Trivia 1:00 Euchre 1:00 Painting and Open Crafting	12 9:15 Bible Study with Jim M 12:00 Lunch and Learn – Caregiver Homes 1:00 Hand and Foot Card Game	13 9:30 POKENO 9:30 Tai Chi 1:00 Book Club 1:30 Quiddler	14 9:00 Fun Friday- January Birthday's 9:30 BINGO 1:00 Euchre 1:00 Dominoes
17 9:00 Table Top Games and Cards 1:00 Mah Jongg 12-3 Chair Yoga/Yoga 1:00 SCRABBLE	18 9:30 Tuesday Trivia 1:00 ALZ Support Group 1:00 Euchre 1:00 Painting and Open Crafting	19 9:15 Bible Study with Jim M 1:00 Hand and Foot Card Game 1:30 Crafty Wednesday – Snowman Craft	20 9:30 POKENO 9:30 Tai Chi 1:00 SCRABBLE 3:00 Over the Hill Gang and Dinner by Humana	21 9:00 Fun Friday- National Hugging Day 9:30 BINGO 1:00 Euchre 1:00 Dominoes
24 9:00 Table Top Games 1:00 Mah Jongg 12-3 Chair Yoga/Yoga 1:00 Mardi Gras Meeting 2:00 Family Feud	25 9:30 Tuesday Trivia 1:00 Euchre 1:00 Painting and Open Crafting	26 9:15 Bible Study with Jim M 1:00 Hand and Foot Card Game 1:30 Movie Matinee – Show Boat	27 9:30 POKENO 9:30 Tai Chi 12:00 Ladies Lunch at Queen's Café 1:30 Mystery Puzzle	28 9:00 Fun Friday- National Kazoo Day 9:30 BINGO 1:00 Euchre 1:00 Dominoes
31 9:00 Table Top Games and Cards 10:30 Drum Circle 1:00 Mah Jongg 12-3 Chair Yoga/Yoga 1:00 SCRABBLE	1 9:30 Tuesday Trivia 1:00 Euchre 1:00 Painting and Open Crafting	2 9:15 Bible Study with Jim M 1:00 Hand and Foot Card Game 1:30 Crafty Wednesday – Valentine Craft	3 9:30 POKENO 9:30 Tai Chi 1:30 Chair Volleyball 2:30 Open Cards	4 9:00 Fun Friday- National Wear Red Day 9:30 BINGO 1:00 Euchre 1:00 Dominoes

Note from Activities

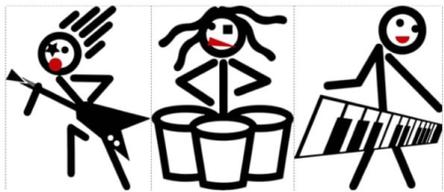
Happy New Year – Let’s ring in 2022 with hope for a bright year ahead. Please check out the newsletter Activity Calendar and sign-up for some of our fun programs. We have an amazing calendar that is full of things to do. You can also keep up to date on programming via the Shelby Senior Services Facebook Page and our website at <http://www.shelbyseniorservices.org>. If you have a question about a program please call us at the center at (317) 398-0127. This is the best way to get a quick response. We are excited to continue to provide you with quality programming and we are always open to hearing your ideas for future programs. Come be a part of the fun. There is something for everyone to enjoy.

You are all on my mind and in my thoughts each day. You continue to inspire me to live a meaningful life, take nothing for granted and to always do my best. I am excited to see how much we grow as a family in 2022.

Always,
Crystala Evans, ADC
Shelbyville Activity Coordinator

MUSIC MOVES THE SOUL

DRUM CIRCLE



MONDAY, JANUARY 31, 2022
at 10:30 A.M.

Join Rachel from Bongo Boy Music School for a fun-filled, 30-minute drum circle that incorporates drumming, movement, and song to stimulate your mind and body! The Golden Groove protocol is an evidence-informed and sustainable program to promote health and wellness among senior communities. No previous experience is needed; you can’t play a wrong note or beat!

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LIMITED TO 25 PEOPLE

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LUNCH AND LEARN



CAREGIVER HOMES

Join us for an informative Lunch and Learn where we discuss what you might need to consider about caring for a loved one at home.. We will be having Chick-Fila for lunch and we will play a game with prizes.

WEDNESDAY, JANUARY 12, 2022
12:00 P.M.
COST IS \$5- LIMITED TO 20 GUESTS

Caregiver Homes is to sponsor this event and prizes.





TRANSPORTATION



Easter Hall-Beyer
Director of Transportation

As winter approaches and the cold weather lingers, here are a few reminders on the workings of ShelbyGo:

- ShelbyGo drivers cannot make appointments for you or relay messages to the office.
- You must call in and schedule your own ride.
- ShelbyGo will arrive 30 minutes before your scheduled ride to pick you up.
- Please make sure the snow and ice are removed from your porches, driveway, and walkways too. We cannot pick you up if these areas are not clear.
- Tune in to TV channels 6 and 13, as well as, WSVX radio 96.5 to see and hear the weather closings and delays for ShelbyGo and The Horizon Centers.
- ShelbyGo will also call you if you are scheduled for a ride on a day that we have to close.

We hope you have a safe winter season!



868 S. Washington St.,
Morristown, IN 46161
Phone: 765-763-6012 Fax: 765-763-7261
www.MorristownManor.com

Show your Horizon Center membership card and these businesses will give cardholder discounts:

Applebee's: 10% discount.

Bookmark Café Three Sisters Books & Gifts: 10% discount.

Denny's: 20% discount, except for the \$2, \$4, \$6, \$8 menu.

Sherry Talbert (In-Sight Realty): Free Market Analysis of Real Estate Value

Midwest Eye Consultants, Dr. Toppe: 20% discount for those 60 and older on services not billable to insurance; 15% military discount on services not billable to insurance; 30% off second set of eyeglasses (frames, lenses) purchased within 30 days of 1st pair. Proper ID must be shown for discounts and cannot be combined with other discounts.

Don's Pizza & Pasta: 10% discount.

Elegant L Formal Wear & Merle Norman Cosmetic Studio: 10% discount on Merle Norman Cosmetics.

Hughes Gathering of Flowers & Gifts: 10% discount on items.

Kopper Kettle Inn Restaurant: 20% discount on a chicken dinner served family style; not honored on a holiday or live entertainment events.

Mathias Landscaping: 15% discount on retail merchandise.

Paw Paws Pet Shop & Boutique: 15% discount; free pick up and return service.

Renew Body & Spirit LLC, massage, reflexology: 10% discount on any 1-hour service.

The Chicken Inn - 10% discount

The Texas Corral - 10% discount

Annual Memberships available for all ages: \$50.

Call 317-398-0127 for more information about memberships.



DONATIONS

American Legion Victory Post NO. 70
Brammer & Yeend Professional Corporation
John M and Debra R Coffin
Corevision
Matt and Jenni Haehl
John and Martha Wetnight

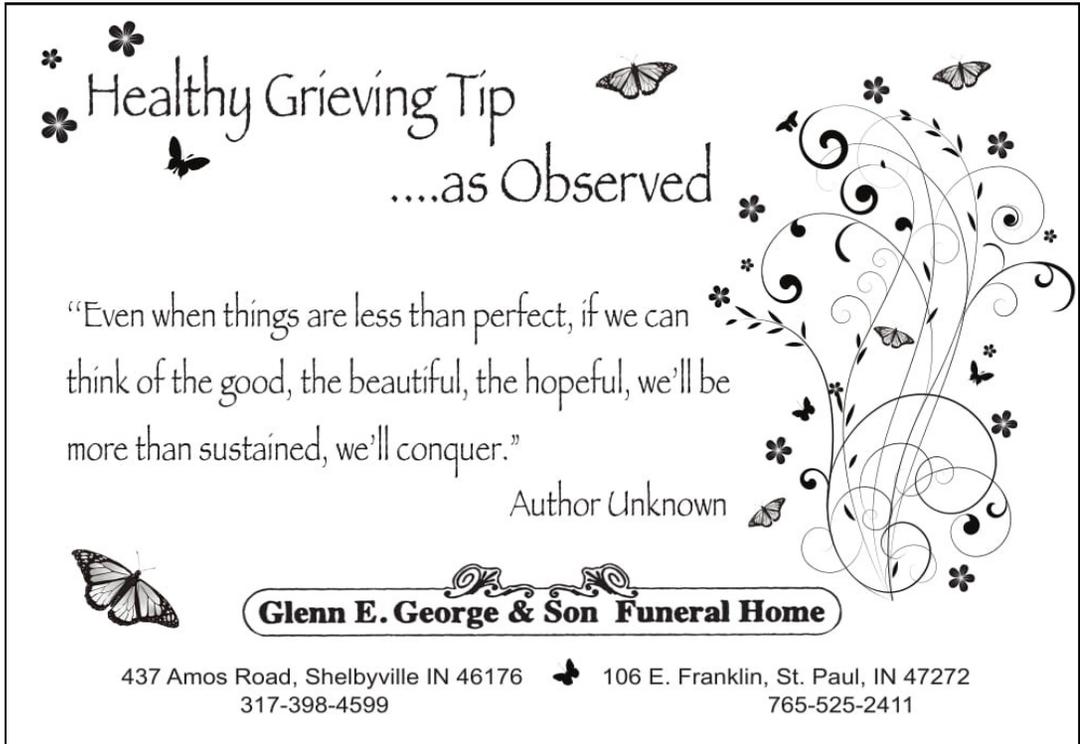
Joe Landwerlen
Sandy Landwerlen
Gary & Lou Ann Ryhal
Mickey's T-Mart
JB Myers

Thank you

for your kindness

THANKS TO THE FOLLOWING ORGANIZATIONS/INDIVIDUALS FOR DONATIONS TO THE ACTIVITIES DEPARTMENT:

First Presbyterian Church Deacons, Caregiver Homes, Ashford Place Health Campus, Timber Creek Village, Humana, Kindred Hospice, McKay Manor, Walker Place, Freeman Family Funeral Home, Murphy Parks Funeral Service, Glen E. George and Son Funeral Home, Gleaners, Salvation Army, CVS, Mickey's T-Mart, Walgreens, CICOA, Tim and Janice Conway of Blue River Stained Glass, Grover Museum, Jane Sparks, Lois and Jerry Thomas, Peggy Franklin, Shelby Go, Horizon Center Committee Members, Dementia Friends of Indiana, Alzheimer's Association, SCUFFY, and Blue River Community Foundation.



Healthy Grieving Tip
....as Observed

“Even when things are less than perfect, if we can think of the good, the beautiful, the hopeful, we'll be more than sustained, we'll conquer.”

Author Unknown

Glenn E. George & Son Funeral Home

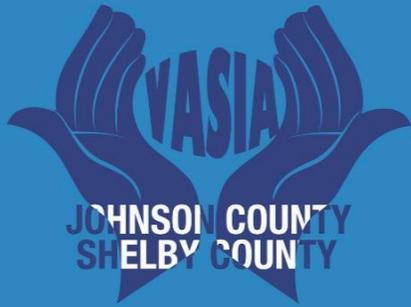
437 Amos Road, Shelbyville IN 46176
317-398-4599

106 E. Franklin, St. Paul, IN 47272
765-525-2411

WALDRON HORIZON CENTER

The Waldron Horizon Center will be taking a break for the month of January. We would love to see any seniors in the Waldron area visit our Shelbyville Horizon Center!

We are looking for a part time Activity Director in Waldron. If interested, please contact Kim Koehl at 317-398-0127 or email her at kkoehl@shelbyseniorservices.org.



- Assit with decisions about their general ca
- Help protect their assets
- Advocate for maintaining their independence

for someone for guardianship or for interest in volunteering please visit

www.indianavasia.org
or contact Lauren Rynerson
lryneron@co.johnson.in.us (317) 346-4414



- *John Forthofer 3rd
- William Wilhelm 4th
- *Crystala Evans 7th
- *Gina Batton 13th
- Henry Williams 31st

FAIRLAND HORIZON CENTER

If the “weather outside is frightful” please tune in to WSVX radio, 96.5FM, or 1520 AM for a list of closings or call Kathy at 317-364-0029. If the Triton Schools are closed, we are closed

Mornings:

- 9:30- 10:00 Coffee Chat
- 10:15 -11:00 Chair Volleyball Jan 6, Jan 20
- 10:00 -11:00 Exercise with Liz Jan 13, Jan 27
- 11:00 BIBLE STUDY
- 11:00 -12:00 Mind Games , Board Games, Hand and Foot & Bridge

JAN 6 First Thursday Euchre Tournament

Noon Lunch: Chili, Peanut Butter Sandwiches, Veggie Sticks, Dessert

1:00 Euchre tournament...prizes for High and Low Scores
If Euchre is not your game, please feel free to stay and play other board games or just chat!

Emergency Cards: We need to update our emergency forms for our center. Even if you only attend once in a while, we need to keep a card on you at our Fairland Center. We will do this prior to playing euchre so if you are Euchre only folks, you may want to come a little earlier. Sounds like the Doctor’s office, right? Sorry, but this is important!

JAN 13 Puzzle - a - thon !!!

Noon Lunch: Roast Beef Manhattans, Green Beans, Mashed Potatoes, Dessert

1:00 Start choosing up your “team” as we will puzzle away the afternoon. Prizes for first team who completes their puzzle!

JAN 20 Family Feud

Noon Lunch: Baked Potato and Salad Bar, Dessert

1:00 Family Fued—that favorite game show! We have not played in forever. Lots of fun and little prizes for the winning team!

JAN 27 “Where Did I Put That?”

Noon Lunch: Sloppy Joes, Cole Slaw, Mac and Cheese and Dessert

1:00 Do you ever misplace things, forget someone’s name, get lost coming home? Many of these things are just the normal aging process but some can be signs of a more serious condition. I hope you will mark your calendars to attend this very important session with my best friend, Becky Barton, a retired UINDY professor who was diagnosed with early onset dementia in 2020. Joining Becky will be a representative from the Alzheimer’s Association. Between the two of them, we should leave with a good idea of what is normal and what needs to be looked in to more closely. This will be a great, informative program for all of us. We all question some of the little things we do that seem just not quite right and ALL of us know someone who could benefit from this informative discussion.



MORRISTOWN HORIZON CENTER

Join us each Wednesday in January for fun activities and a delicious lunch!

11:00 - 11:15 Coffee and Chat
11:15-12:00 Exercise
Noon Lunch \$5
1:00-3:00 Games, Crafts, Program

January 5 Welcome to 2022
 Biscuits and sausage gravy, egg casserole, fruit salad
 Klackers and card games

January 12 Fried Chicken and fixins' from the Bluebird, banana pudding
 Craft - to be announced

January 19 National Popcorn Day - We will sample different popcorn flavors
 Bologna salad sandwich, broccoli salad, chips, dessert
 Program - To be announced

January 26 Baked potato bar, dessert
 Cards and games

If Shelby Eastern Schools are closed, the center will be closed. If you have questions about whether the center is open, please call Gretchen at (317) 431-0507.



TITLE VI COMPLAINT PROCEDURE (GENERAL REQUIREMENT)

Any person who believes she or he has been discriminated against on the basis of race, color, or national origin by the Shelby Senior Services/*ShelbyGo* may file a complaint by completing and submitting the agency's Title VI Complaint Form. *ShelbyGo* investigates the complaint received no more than 180 days after the alleged incident. *ShelbyGo* will process complaints that are complete.

Once the complaint is received, Shelby Senior Services/*ShelbyGo* will review it to determine if our office has jurisdiction. The complainant will receive an acknowledgement letter informing her/him whether the complaint will be investigated by our office.

Shelby Senior Services/ShelbyGo has 60 days to investigate the complaint. If more information is needed to resolve the case, *ShelbyGo* may contact the complainant. The complainant has 10 business days from the date of the acknowledgement letter to send requested information to the investigator assigned to the case. If the investigator is not contacted by the complainant or does not receive the additional information within 10 business days, *ShelbyGo* can administratively close the case. A case can be administratively closed also if the complainant no longer wishes to pursue his or her case.

After the investigator reviews the complaint, she/he will issue one of two letters to the complainant: a closure letter or a letter of finding (LOF). A closure letter summarizes the allegations and states that there was not a Title VI violation and that the case will be closed. An LOF summarizes the allegations and the interviews regarding the alleged incident, and explains whether any disciplinary action, additional training of the staff member, or other action will occur. If the complainant wishes to appeal the decision, she/he has 15 days after the date of the letter or the LOF to do so.

A person may also file a complaint directly with the Federal Transit Administration (FTA) at FTA Office of Civil Rights, 1200 New Jersey Avenue SE, Washington, DC 20590.



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A Retirement Housing Foundation Company



102 East Franklin Street
 Shelbyville, IN 46176





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FUNERAL HOMES AND CREMATORY



FREE
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Vital ICE is an In Case of Emergency APP provided by Freeman Family Funeral Homes that can help save lives. Vital ICE is a mobile platform for users to list their vital health information, emergency contacts, and more. EMS and first responders can access the APP in emergencies, and it can also be utilized as a communication tool that can be sent from any computer.

819 Harrison St. Shelbyville, IN
317.392.2555

124 North St. Morristown, IN
765.763.6321

SHELBY SENIOR SERVICES, INC.

2120 Intelliplex Dr. Suite 101
Shelbyville, IN 46176

“Serving seniors, improving lives.”

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Thank you for remembering us in your Will!

