

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

Facebook: @shelbyseniorservices

October 2021

MEDICARE



Clinic



Availability



Health



Insurance



Costs



Medicine



Emergency

Medicare Annual Enrollment Period (AEP) is HERE **October 15th - December 7th**. Shelby Senior Services will again partner with Medicare and have SHIP Counselors available to assist you at NO COST.

With Covid-19 still being a community issue, contact with a SHIP counselor will continue to be adjusted. Limited face to face visits will be available. Many of the issues that arise during the AEP can be satisfactorily managed over the phone. You will be offered the option of phone or "face to face".

What to know to make your appointments run smoothly:

1. Schedule your appointment for one hour per person, arriving on time and use the entire hour.
2. Days available for SHIP appointments begin October 15 and end December 7. Hours of availability are not yet confirmed. There will be phone appointments and "as needed" face to face appointments.
2. **Bring your "New" Medicare Card (the red, white, and blue card)**
3. **Bring a complete list of your PRESCRIPTION drugs by name, dosage, and frequency.**
4. Bring all of the cards you use for any of your health care when you see your doctors.
5. Know the names of your attending physicians and what hospital you prefer, should you need to be referred from Major Hospital.
6. Know your monthly income to see if you qualify for any subsidies.

How Do I Schedule with a SHIP Counselor for Medicare AEP?

1. Call Shelby Senior Services 317-398-0127. Inform the receptionist that you want to schedule a Medicare Annual Enrollment appointment with a SHIP counselor.
2. Your call will be transferred to a volunteer or employee for scheduling.
3. You will be asked your name, phone number, and what are you wanting to review: Do you only want to review your prescription drug plan, do you want to review your medical, dental, and or Advantage Plan, or all of the above?

You will be responsible for remembering your appointment. You will not be receiving reminder calls prior to your appointment. If you need to cancel or reschedule your appointment, call Shelby Senior Services 317-398-0127 for assistance.

Looking forward to working with you to make your health plans work for you!

Memorial & Honorarium

Donation Form

In Memory of _____

In Honor of _____

Given by _____

from City, State _____

Please send notification card to:

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City, State, Zip _____

Thank you for your gift.

Please mail form with check payable to
Shelby Senior Services, Inc.

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

STAFF

Management Team

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Liz Oeffinger, Director of Operations

Easter Hall Beyer, Dir. of Transportation/Building Maintenance

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Fairland, Kathy Miller

Morristown, Gretchen Hasler & Elaine Wilhelm

Shelbyville, Crystala' Evans

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Betsy Stephen, Food Pantry Coordinator

Kamessa LaRue, Family Caregiver Services Coordinator

Kimberly Benfield, Health & Wellness Coordinator

Michelle Riggs, Receptionist/Dispatcher

Will Mitchell, IT Coordinator

Gina Batton, Bookkeeping

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John Forthofer, A-del Moore, Andrea Harvey, and Calvin Berry.

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Rod Meyerholtz, Treasurer

Marcy Patrick, Secretary

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Jack Tandy

Cindy Weidner

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Nick O'Connor

Karen May

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Mike Smith

Kris King

Jordan Caldwell

Tiera Purvis

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."

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.

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Kim's Korner

October 2021

October, what a fun month! In October, we look to many changes: the leaves, the temperature, and the time. Many people know that I love change. I used to love to move because it gave me a chance to start anew. I could redecorate and rearrange things.

Here at Shelby Senior Services, we have gone through a few changes ourselves. We have a new location, new logo, and new programs that are available. We also are aware that there are some people do not like change either. For those people, you will see the same engaging staff and some of the tried and true activities such as bingo.

We want to welcome all new and seasoned seniors of Shelby County to come check us out and see what we have to offer. We don't think you will be disappointed. Please come see us at our new location, 2120 Intelliplex Dr. Suite 101, Shelbyville, IN. You can also check out what we have to offer at www.shelbyseniorservices.org. Our number remains the same at 317-398-0127.



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The Old Cowboy Show

A Slide Show on the Cowboys and Cowgirls who starred in the
B-Western Movies of the 30's & 40's.

Presented by Joe "Hoppy" Sullivan



Joe Sullivan's portrayal
of Hopalong Cassidy is
recognized nationally.
Please join us and relive
the days of the silver
screen cowboy heroes.

Thursday, October 21
1:00 pm

Fairland Volunteer Fire Dept.
Community Room
Fairland, IN

Public is Welcome
Call Kathy Miller to reserve at
317-364-0029

Fairland Senior Citizens

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April Knox Photography

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FAMILY CAREGIVER PROGRAMS



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

Having a working smoke detector in your home can increase your survival rate by 50% if not more. Please take the time this month to test your smoke detector. Your smoke detector will have a button on it that says test. Press and hold this button in. This should cause the siren sound to go off. If this does not occur, it could be that your batteries need to be changed. Please change your batteries and try again. If you find that your smoke detector is not working or you currently do not have a smoke detector, please call the office and we can assist you in obtaining one.

The paralegal will be in the office Oct. 12th. If you are a senior and needing financial advice, please call Shelby Senior Services to make an appointment.

The Alzheimer's Caregiver Support Group is up and running. The meeting for this month will be October 12th at 1pm. This is a time for caregivers to talk about the frustrations they are having and get support from individuals going through the same thing.

Dementia Friends Session is happening in person October 19th from 1-2pm and our virtual session will be held October 20th from 3-4pm. If you are interested in learning more about how you can help improve the lives of individuals living with Dementia, please contact the office to reserve your spot. The office number is 317-398-0127.



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**COFFEE
AND
CAREGIVING**

*OCTOBER 5th 2021
at 9:30 AM
Presentation on Caregiving
with Janet Brewer of
Humana*


Join us as we discuss Care Giving and learn new and exciting things surrounding this topic.




Visit us!
Shelby Senior Services
2120 Intelliplex Drive, Suite 101
Shelbyville, Indiana 46176
Call 317-398-0127
to reserve your spot today!

**Come Join Us for
GERI-FIT**

Chair Exercises, strength training, and muscle building class. This class helps prevent falls and reduce Arthritic conditions.

Every Tuesday
in the Community Room
1:30 PM- 2:30 PM
No Geri-fit on 4th Tuesday



Senior Food Pantry

Senior Food Pantry is now held at the Salvation Army - 136 E Washington St. Their pantry hours are Mondays & Fridays from 1-3:30pm. It will remain a drive-thru.

You are able to attend the pantry every two weeks. Shelby Senior Services will still continue to offer home deliveries.



- Assist with decisions about their general care
- 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
lrynerson@co.johnson.in.us (317) 346-4414

Gleaner's Senior Food Truck Locations and Schedules

The Senior Gleaner Food Truck is for only Shelby County Residents. You must be 55 or older.

The truck is scheduled for October 26th, 2021 from 1:00-2:30pm at the Shelby County Fairgrounds. It will be a drive thru. Please stay in your cars at all times or as indicated by the volunteers. Follow volunteers direction for parking.

- You must have personal identification to go through line.
- May have someone assist in line 16 years or older.
- For safety on small lot please leave children at home.
- Bring a cart or wagon, etc., to help move products. They are not provided, when needed.
- Weather conditions rule. Rain or wet ground will not allow unloading of products.

For updated information go to Facebook or call Shelby Senior Services at 317-398-0127.

All workers are **volunteers**. They are sharing their time to help with this project.

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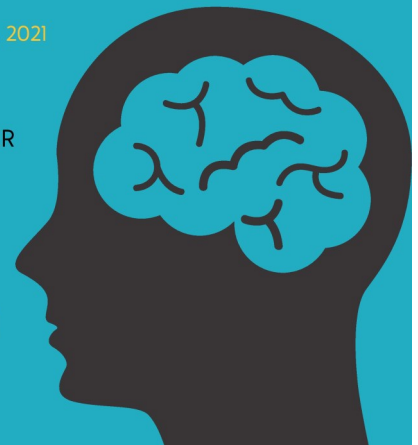
TRAIN
YOUR
BRAIN

BROUGHT TO YOU BY SHELBY
COUNTY PURDUE EXTENSION

THURSDAY OCTOBER 14TH, 2021

12:30 - 2:30 PM

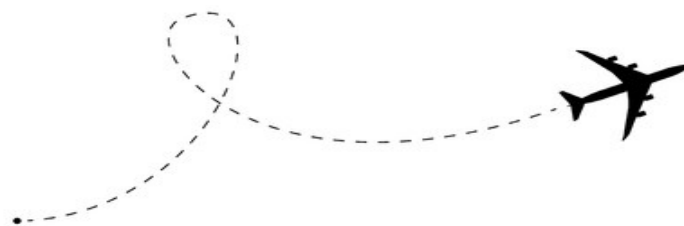
MEAL WILL BE
PROVIDED BY WALKER
PLACE



TRAVEL



On the Horizon Carol McDaniel, Travel Coordinator



San Antonio and Waco, TX were the city destinations for our latest Shelby Senior Services trip.

If you know who Joanna and Chip Gaines are, you know why we went to Waco, TX. They came to fame through renovating houses for clients in and around Waco. Chip's antics and Jo's calm professionalism gained a huge audience on HGTV.

Magnolia is the name of the destination created by them over the last few years. First, Chip bought the twin silos in downtown Waco and they remodeled the structure at the base of the silos into a bakery. Jo's vision included a restaurant, Magnolia Table, located a couple of miles away, still in downtown Waco.

Of course, no destination is complete without a gift shop. Theirs was fashioned out of an old grainery. Gift selections include home accessories, hats, sweatshirts, kitchen accessories, and tons more.

Although you get an idea in your head of what it will look like before visiting a place, my idea was not even close to the reality. On the grounds are different shops that include artisans' handmade items, a furniture store, a coffee shop, leather works, a ball diamond designed for small children, tents with comfy beanbags for taking a break, food trucks with healthy offerings, and much, much more. Musical events take place on a stage in the shadow of the silos.

No visit there is complete until you leave with mouth-watering cupcakes or cookies from the bakery. Try the pumpkin spice cupcakes when you go.

On the way to San Antonio, our driver suggested we make a stop at Buc-ee's. I had never heard of it. Apparently, it is quite famous in Texas. Have you ever seen a gas station with 250 gas pumps? How about a convenience store with 38 stalls in the ladies' restroom? I imagine the men's restroom is equally convenient! Buc-ee's has it all!

Need a snack or a freshly baked brisket sandwich? It's there. What about fresh baked goods? The store is hundreds of square feet big; it is a shopper's dream! We made a stop there on the way back, too!

This was my first trip to San Antonio. We did the touristy things. We "remembered the Alamo", toured the city with Ginger, a fabulous tour guide and a native of San Antonio, who took us to the Missions, the Riverwalk, and so much more!

One of the sights was a hidden gem called the Japanese Gardens. This seems an unusual sight in south central Texas but a Japanese immigrant and his wife purchased an abandon stone quarry before WW II and began to make it into a beautiful garden. The terraced stone tiers made it a landscaper's dream. Over the years, it has evolved into one of the most sought after spots in San Antonio for photo shoots. A quinceañera is the 15th birthday celebration for a girl. While we were there, a lovely young lady dressed in a beautiful white gown was being photographed in the center of this magnificent garden for her birthday celebration.

We also visited the capital, Austin, Texas. The Capitol Building is an amazing structure built in the 1700's. It has been refurbished several times and remains a commanding architectural icon in the city.

These are just a few of the wonderful sights we saw on our latest trip! Why not join us in 2022 to make memories you will enjoy again and again. Check out our schedule of trips in the next edition of *The Horizon*, then call Carol to sign up at 317-701-5984.

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Crystala' Evans,
Shelbyville Horizon Center
Activity Coordinator

October Highlights

Birthday Club – Do you want your birthday recognized in our monthly newsletter? If you do – please see me to discuss getting your birthday recognized. We will have an October Birthday celebration – complete with cake on **Friday, October 8th at 9:00 a.m.**

Tuesdays in October Glitz and Glamour at 1:30 p.m. We are going to be working on decorations each Tuesday at the center for our Christmas Tree at the Grover Museum. Join us as we make some fun Jewel Art decorations. They are fun and easy to do! We will also be making a few glamorous decorations as well.

Thursday, October 7th at 1:30 p.m. Medicare Open Enrollment. Join us for an informative program regarding Medicare Open Enrollment. Come find out all that you need to know about this year's plan information.

Friday, October 8th at 9:00 a.m. Fun Friday - October Birthday Celebration. If you have a birthday in October and you want to celebrate with the group – please plan to join us as we celebrate.

Wednesday – October 13th at 1:30 p.m. – Movie Matinee and Popcorn We are going to showing Hocus Pocus to get us ready for Halloween. Come and enjoy a movie and some popcorn while watching a fun movie.

Thursday, October 14th at 12:30 p.m. Lunch and Learn – Train Your Brain. Join us for a Lunch and Learn about being able to Train Your Brain with Purdue Extension.

Thursday – October, 14th 1:00 p.m. – Bookclub with Pam Weakley. For October we are going to be reading, “The Tournament,” by Matthew Reilly. Come out and enjoy! If you love to read – this is a great group for you.

Friday, October 15th at 9:00 a.m. Colts – Back the Blue Join us as we cheer for the Colts and show our team spirit by wearing blue and white or our best Colts attire. They have a game that weekend and we want to help show our support for football.

Wednesday, October 20th at 1:30 p.m. Clifty Creek Alpaca Program. Join us as we welcome Clifty Creek Alpacas to our center. We will have a program to learn all about raising alpacas then get into processing the fiber and make different products out of Alpaca fiber and fiber arts. We will even have some items to purchase that we made from Alpaca fiber.

Thursday – October, 21st at 3:00 p.m. – Over The Hill Gang and Dinner provided by McKay Manor Join us for an evening of music and a meal. Dinner will be provided by McKay Manor. We do ask that you register for this event so that we have enough food for everyone. This is open to Members only, or those with a Guest Pass. Limited to 50 guests.

Fun Friday, October 22nd at 9:00 a.m. Fun Friday - Orange and Black Since we will be having our Halloween Party on the following week we wanted to give you all a chance to wear your Orange and Black to get us in the Fall Spirit.

Wednesday October 27th at 1:30 p.m. – Halloween Craft We are going to be making a Cricut Craft for Halloween. Join us and let's get crafty. Please sign-up as space is limited.

Friday, October 29th at 9:00 am, Fun Friday - Halloween Party! We are having a costume contest, games and prizes. Come dressed in your favorite costume and get ready to kick off the holiday weekend. Kindred Hospice will be sponsoring a \$25 Gift Card for the winning costume entry. Costume entries are final by 11:00 a.m.

Friday, October 29th from 10 a.m. to 12 p.m.- Flu Shot Clinic We will be offering a chance for you to get your Flu Shot if you have not already received one. Stop in for an activity and receive your flu shot. Talk about a one stop shop!

Please check out the newsletter Activity Calendar and sign-up for some of our fun programs. 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.

Make sure to enter Halloween Costume Contest this month. You will have a chance to win a \$25 Gift Card and be crowned the 2021 Best Halloween Costume Contest winner sponsored by Kindred Hospice. We have a lot of creative seniors who are very talented so I am sure that we are going to have some fun entries.

Christmas Cards submissions and decorations for our Grover Museum tree are starting this month. Please send me your card submission via email for consideration. We have Tuesday's at 1:30 PM and Wednesday's at 1:30 PM set aside for you to join in our “Open Crafting and Painting Social” series. During that time you can work on your Christmas Card designs for submission into the contest. We will also have both afternoons set aside for you to come and help create Christmas ornaments for the Grover Tree. The theme is going to be “Glitz and Glamour!” Come and try your hand at Jewel Art ornaments, assemble other crafty decorations, and help us create some fun and unique ornaments for our tree. Stay tuned for information about a contest we are going to have with pictures of you with your favorite Christmas Tree. We are super excited for this Holiday season at our new center.

October is a special month for me as I celebrate my three year anniversary with Shelby Senior Services. It also marks my 10th year working with seniors as a Nationally Certified Activity Professional. The years have gone by in the blink of an eye. I am thankful that I have been blessed to serve such wonderful souls. You continue to inspire me to live a meaningful life, take nothing for granted and to always do my best. Thank you for sharing your time with me. You all hold a special place in my heart.

Warmest Wishes,

Crystala Evans, ADC
Shelbyville Activity Coordinator

HEALTH & WELLNESS



***Health and Wellness:
By: Kim Benfield***



Happy October, everyone! I hope you guys are enjoying fall just as much as I am. This month we have a TON of wonderful activities for Health and Wellness and hope you all can make it.

This October we will be bringing back Free Blood Pressures every Friday from 8:30-9:30am before Bingo. Come out and get your blood pressure checked!

Kim's Kitchen will be on October 7th at 1pm in our Teaching Kitchen. Spaces are limited and pre-registration is needed to know how much food to make. Come see what I'm cooking up in October!

We will be having Christiana Owusu-Ankomah from Purdue Extension coming out for our Lunch and Learn on October 14th at 1pm to give us an educational session called "Train your Brain: Nutrition, Neurobics, and Notable Ways to Keep your Brain Healthy". This information session will teach you the ways to become aware of the chances of Dementia and the warning signs of Alzheimer's Disease. This lunch and learn will be sponsored by Walker Place and meals will be \$5. Pre-Register today.

Christiana from Purdue Extension will be coming back the following week for a four-week informational session called "Be Heart Smart" where she will be discussing ways to prevent heart disease and managing your blood pressure and cholesterol. The four-week sessions will be on the following dates: October 21st, October 28th, November 4th, and November 11th and will begin at 1:30pm. Be sure to come to all of the information sessions to get the most knowledge on how to be heart smart! Please note that this information session is not a lunch and learn and a meal will not be provided every week.

Our Free Annual Flu Shot Clinic will be on October 29th, 2021 from 10am-12pm here in Activity Room B. Spaces are limited so be sure to save your spot earlier than later!

We have tons of activities going on in October. I can't wait to see you all and learn along with you during these amazing learning sessions with Purdue Extension. Let's have a wonderful and healthy October!



CONGREGATE MEAL INFORMATION



In-person lunches are back! Shelby Senior Service's lunch program is provided through CICOA Aging & In-Home

Operational rules in place for COVID-19:

- To keep everyone safe, masks will be required for everyone.
- We ask anyone who has not received their vaccine to remain 6 ft. apart.
- Spaces remain limited for each

HEALTH & WELLNESS



UNUSED AND EXPIRED MEDICATIONS CAN LEAD TO ADDICTION - 80-85% of heroin users started by abusing prescriptions, and most got them from family members' medicine cabinets. Don't let your children and grandchildren become another statistic. Return your unused, expired, and unnecessary prescription and non-prescription medications to a take back box at CVS (200 S Harrison), Wal-Mart (2500 Progress Pkwy), the Coroner's office (25 W Polk #003), or the City/County Criminal Justice Center (105/107 W Taylor), or contact Michael Daniels at 317.398.6624 or mdaniels@cityofshelbyvillein.com and we'll send someone to you with a take back envelope.



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SOCIAL ACTIVITIES SHELBYVILLE HORIZON CENTER

OCTOBER 2021 ACTIVITY CALENDAR				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
27 9:30 Table Top Games and Cards 9:30 Bingocize 12-3 Chair Yoga/Yoga 1-3 Active Living Everyday	28 9:30 Tuesday Trivia 1:30 Geri-Fit - CR 1:30 Open Crafting and Painting 1:30 Euchre	29 9:15 Bible Study with Jim M 1:00 Walk with Ease - Offsite 1:00 Hand and Foot Card Game 1:30 Glass Painting with Pam W	30 9:30 POKENO 9:30 Tai Chi 1:30 Chair Volleyball	1 9:00 Fun Friday- Homemade Cookie Day 9:30 BINGO 1:30 Euchre 1:30 Dominoes
4 9:30 Table Top Games and Cards 9:30 Bingocize 12-3 Chair Yoga/Yoga 1-3 Active Living Everyday	5 9:30 Caregiving and Coffee 1:30 Geri-Fit - Community Rm 1:30 Open Crafting and Painting - Glitz and Glamour 1:30 Euchre	6 9:15 Bible Study with Jim M 1:00 Walk with Ease - Offsite 1:00 Hand and Foot Card Game	7 9:30 POKENO 9:30 Tai Chi 1:30 Medicare Open Enrollment with Kathy M. 2:00 Kim's Kitchen	8 9:00 Fun Friday- October Birthday's 9:30 BINGO 1:30 Euchre 1:30 Dominoes
11 9:30 Table Top Games and Cards 9:30 Bingocize 12-3 Chair Yoga/Yoga 1-3 Active Living Everyday	12 9:30 Tuesday Trivia 1:00 ALZ Support Group 1:30 Geri-Fit - Community Rm 1:30 Open Crafting and Painting - Glitz and Glamour 1:30 Euchre	13 9:15 Bible Study with Jim M 1:00 Walk with Ease - Offsite 1:00 Movie Matinee - Hocus Pocus	14 9:30 POKENO 9:30 Tai Chi 12:30 Lunch and Learn - Train Your Brain 1:00 Book Club 6:00 Travel Show	15 9:00 Fun Friday- Colts Blue Friday 9:30 BINGO 1:30 Euchre 1:30 Dominoes
18 9:30 Table Top Games and Cards 9:30 Bingocize 12-3 Chair Yoga/Yoga 1-3 Active Living Everyday	19 9:30 Tuesday Trivia 1:00 Dementia Friends 1:30 Open Crafting and Painting - Glitz and Glamour 1:30 Euchre	20 9:15 Bible Study with Jim M 1:00 Walk with Ease - Offsite 1:30 Clifty Creek Alpaca Program	21 9:30 POKENO 9:30 Tai Chi 1:00 Heart Health Series 3:00 Over The Hill Gang	22 9:00 Fun Friday- Orange and Black Fall Fun 9:30 BINGO 1:30 Euchre 1:30 Dominoes
25 9:30 Table Top Games and Cards 9:30 Bingocize 12-3 Chair Yoga/Yoga 1-3 Active Living Everyday	26 9:30 Tuesday Trivia 1:30 Geri-Fit - Community Rm 1:30 Open Crafting and Painting - Glitz and Glamour 1:30 Euchre	27 9:15 Bible Study with Jim M 1:00 Walk with Ease - Offsite 1:00 Hand and Foot Card Game 1:30 Halloween Craft	28 9:30 POKENO 9:30 Tai Chi 1:00 Heart Health Series 1:30 Chair Volleyball	29 9:00 Fun Friday- Halloween Party 9:30 Halloween BINGO 10 - 12:00 Flu Shot Clinic 1:30 Euchre 1:30 Dominoes

Costume Contest!



We are going to be having a “Costume Contest for Halloween!” What you will need to do is to send us a picture of you dressed in your costume via email to Crystala Evans – cevans@shelbyseniorservices.org. You can also add it to our FB post on Shelby Senior Services FB Page about the Contest if email does not work for you. We know that not all of our seniors are tech savvy so we also welcome you to sign up for an activity and come to the center dressed in costume during the month of October. We will take a picture and post it to our page for voting. All of the photos will be put together and we will vote on which costume fits into a particular category. We will have Scariest, Most Creative and Funniest categories. Those three winners will then move on to see who wins overall Best Costume! I know we have a lot of creative seniors who will want to join in on the fun. Entries must be received by 11:00 am on Friday, October 29. The winner will receive a \$25 Gift Card sponsored by Kindred Hospice and be crowned the 2021 Best Halloween Costume WINNER!!!



Walgreens will be hosting

SHELBY SENIOR SERVICES

Annual Flu Shot Clinic

October 29, 2021 | 10am-12pm

2120 INTELLIPLEX DRIVE, SUITE 101
SHELBYVILLE, IN 46176

Spots are Limited
Call Kim Benfield
today to schedule
your spot!



MEDICARE PRESENTATION

Medicare Open Enrollment Q&A

Kathy McFarland
Presentation on Medicare
Open Enrollment for 2021

THURSDAY, OCTOBER 7, 2021
TIME: 1:30 PM

If you have questions about the new rules for Open Enrollment for 2021 - you are not going to miss this informative presentation. Each year there are things that are new and this is a great opportunity to ask questions. Please R.S.V.P. to Crystala Evans, Activity Coordinator at 317-398-0127.

TRANSPORTATION



Easter Hall-Beyer
Director of Transportation

Happy Fall Everyone!

Just a few friendly reminders.....

Masks are mandatory on any public transportation. You must wear a mask and wear it properly to ride ShelbyGo.

Please be mindful as the weather changes. If you are planning on using ShelbyGo and you are feeling ill, coughing, have a runny nose, temperature or just not feeling right, please call and cancel your ride with us. We are trying to keep everyone healthy.

ShelbyGo is getting several calls for next day pickups and we do our best to accommodate. Our policy states a week in advance to schedule a ride so please call within the week in advance time frame to assure your spot on the schedule.



Alpaca Fiber Craft
JOIN US AS WE LEARN
Diane Roell Paris
of Clifty Creek
Alpacas
October 20, 2021
1:30 PM
Join us as we learn all about the Fiber Crafts that are made of Alpaca fibers. There will even be a few items for you to purchase as Christmas gifts.
Please RSVP to Crystala Evans, Activity Coordinator by calling 317-309-0127



Morristown Manor
& **CYPRESS RUN**
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868 S. Washington St.,
Morristown, IN 46161
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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

Julie Alvis
Jessica Cossiart and Family
Edward Jones Clients
I-Care Food Pantry
Noah Henderson
McNeely Law Office

Pantry Pals
Michelle Richardson
Arron Thornsburg
Gary and LouAnn Ryhal
Several Anonymous Donations

Thank you

for your kindness

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

Freeman Family Funeral Home, Murphy Parks Funeral Service, Glen E. George and Son Funeral Home, Indiana National Guard, Gleaners, Salvation Army, CVS, Mickey's T-Mart, Walgreens, CICOA, Barb Campbell, Tim and Janice Conway of Blue River Stained Glass, Kathy Barker, Joyce Stewart, Jane Sparks, 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 October. 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.



October Birthdays:

Michael McClure* 1st
 Russell Williams 5th
 Mike Cox 7th
 Steve Holzhausen 8th
 Carol McDaniel* 12th
 Edie Rutherford 13th
 June Thurston 22nd
 Melissa Vawter 22nd
 Alice Muldoon 24th
 Dottie Soller 30th
 Kristina Dabney 30th

FAIRLAND HORIZON CENTER

Lunch-\$5.00 Please reserve by Monday 317-364-0029

9:30- 10:00 Coffee Chat
10:15 -11:00 Exercise with Kim ~ Oct. 7 & 21
10:00 -11:00 Chair Volleyball ~ Oct. 13 & 28
11:00 BIBLE STUDY
11:00 -12:00 Mind Games , Board Games, Hand and Foot, & Bridge

A note from Kathy:

Menus are listed for October as TBA... We will have food! Please watch Facebook or your email for the week's menu. Sorry for this inconvenience, but once again, I need the flexibility this month, to determine the exact menu once I see how my week is shaping up. I am getting used to this one day at a time...but not particularly liking it!! Thank you for understanding.

Oct. 7 "First Thursday Euchre"

12:00 Lunch : TBA

1:00 Euchre Tournament...all who are fully vaccinated are welcome to play. You must make a reservation!
 Prizes for High and Low Scores

Oct. 14 "History in Shelby County"

12:00 Lunch : Something delicious provided by Fairview United Methodist Church Thank you!!!!

1:00 Last year Sarah Newkirk, Assistant Director of the Grover Museum, delighted us with her "famous" women of Shelby County presentation. She graciously has agreed to return and share with us about the county's development and its earliest settlers. She will also talk about how we can become involved in the upcoming bicentennial celebration. Fairland Senior Board meeting following program

Oct. 21 "The Cowboy Show" Don't miss this!!!!

11:00-12:00 Flu Shot—just bring your Medicare card!

12:00 Lunch: Western Theme something!

1:00 Come see Joe "Hopalong Cassidy" Sullivan. Join us and relive the days of the silver screen cowboy heroes!

Oct. 28 "Halloween Party Day"

12:00 Lunch : TBA

1:00 Wear your costumes (if you choose)... there will be prizes for scariest, most original and cutest/prettiest. We will play Halloween themed party games and act like a kid again!!



MORRISTOWN HORIZON CENTER

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

11:00-11:15 Coffee & Chat
11:15-12:00 Exercise with Kim
12:00 Lunch \$5
1:00-3:00 Games, Crafts, Programs

October 6 : Ham & Cheese sliders, broccoli salad, chips, dessert
 Cards & games

October 13 : Meatloaf & fixins' from the Bluebird, dessert
 Crafts with Mary Ann

October 20 : "Support Your Chamber of Commerce Day"
 Chili, peanut butter & jelly sandwiches, dessert
 Program: A representative from the Morristown Chamber of Commerce will visit and present information of current and future projects/improvements for our town.

October 27 : Happy Halloween - Come in costume if you dare!
 Mummy dogs (hot dogs), deviled eggs, spooky fruit kabobs, dessert
 Activity: We will fill trick or treat bags that will be given to kids in the community.



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 acknowledgment letter informing her/him whether the complaint will be investigated by our office.

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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OUR CAREGIVERS ARE ONSITE
 24 HOURS A DAY TO PROVIDE

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- | Pets Welcome



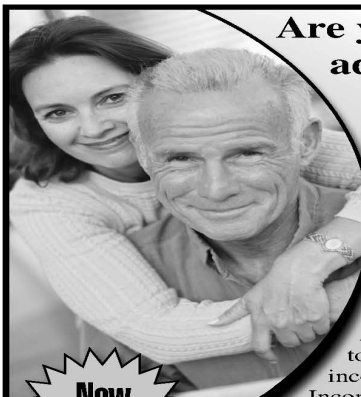
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A Retirement Housing Foundation Company



102 East Franklin Street
 Shelbyville, IN 46176





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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

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Shelbyville, IN 46176

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