

SHELBY SENIOR SERVICES, INC.

HORIZONS

Monthly Publication of Shelby Senior Services, Inc.

THE HORIZON CENTER

The Center of Senior Life

1504 S. Harrison Street

Shelbyville, IN 46176

Phone: 317-398-0127

ShelbyGo Transportation

Phone: 317-398-7614

www.shelbyseniorservices.org

Facebook: @shelbyseniorservices

Twitter: @ShelbyCoSeniors

August 2019

**HORIZON
CENTER
ANNUAL
PICNIC**

We will have Fried Chicken from the Kopper Kettle.
Freeman Family Funeral Homes to provide drinks.
Please bring a side dish to share.
There will be games and entertainment for all to enjoy.
Please make sure to Sign-up at Volunteer Desk
August 15 • 11 am • Sunset Park, 410 River Rd.
Rain Location: First Presbyterian Church, 124 W Broadway

CALL WITH QUESTIONS (317) 398-0127

KOPPER KETTLE INN
RESTAURANT

Shelby Senior Services, Inc.
THE HORIZON CENTER
"Indiana's ONLY Nationally Accredited Senior Center"

Shelbyville Parks & Recreation

Memorial & Honorarium

Donation Form

In Memory of _____

In Honor of _____

Given by _____

from City, State _____

Please send notification card to:

Name _____

Address _____

City, State, Zip _____

Thank you for your gift.

Please mail form with check payable to
Shelby Senior Services, Inc.
1504 S. Harrison Street, Shelbyville, IN 46176

STAFF

Management Team

Kim Koehl, Executive Director

Buffy Powers, Coordinator of Volunteers/Ancillary Services

Elly Bowling, Dir. of Transportation/Building Maintenance

Horizon Center Coordinators

Fairland, Kathy Miller

Morristown, Gretchen Hasler & Elaine Wilhelm

Shelbyville, Crystala' Evans

Waldron, Jeannetta Stickford

Program Staff

Liz Oeffinger, Health & Wellness Coordinator

Carol McDaniel, Travel Coordinator

Betsy Stephen, Food Pantry Coordinator

Ralanda Smallfelt, Coordinator of Family Caregiver Services

Will Mitchell, IT Coordinator

Gina Batton, Bookkeeping

Easter Hall Beyer, Receptionist, Dispatcher

ShelbyGo Drivers: Margaret Deaton, Roger O'Banyon,

Michael DeBoard, Michael McClure, John Forthofer, John

Smith, and Jerry Berry.

2019 Board of Directors

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Jack Tandy

Cindy Weidner

Bob Wortman

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

August 2019

ShelbyGo What can I say about ShelbyGo. ShelbyGo is on my mind at this point today because we are getting two new vans. We are in the middle of getting license and getting all the stickers on the outside of them so that everyone in Shelby County knows that they are ShelbyGo vans. We are excited to be able to provide this service to Shelby County Residents. We were able to get the new vans with the help of INDOT and a matching grant through the Racino Grant from Blue River Community Foundation in 2018. It takes quite a while to get the vans approved, ordered and delivered. We are grateful for so many people who help with funding. ShelbyGo is provided by Shelby Senior Services with support from the Shelby County Commissioners, City of Shelbyville/City Council, Blue River Foundation, SCUFFY, INDOT, CICOA, MHP and The Federal Transit Administration. When talking to people in the community they say that they have seen the buses around town but don't really know what they are doing. I get asked questions all the time.

1st Question: What is ShelbyGo? ShelbyGo is the public transportation system in Shelby County.

2nd Question: Who can ride ShelbyGo? Anyone can ride ShelbyGo! Children are allowed to ride with their caregiver and the appropriate car seat or booster seat.

3rd Question: How much does it cost to ride ShelbyGo? Children to age 59 pay \$2 each ride on "Loop" bus and \$4 each way for "Door to Door" service. Seniors 60+ are asked for a donation for riding either the "Loop" or "Door to Door" bus. CICOA who provides us with grant money for ShelbyGo wants to make sure that we offer seniors the opportunity to ride for a donation. There are locked donation boxes in the busses for seniors to put their donations in. We do not know how much each senior gives as a donation unless they pay with a check. This is a needed service that we are happy to provide.

4th Question: What is to "Loop" bus? The "Loop" bus is a fixed route that goes to the senior apartments in Shelbyville, Walmart, and Kroger. The bus picks up/drops off at each stop the same time every hour from 8am till 3:59pm. There is no reservation needed to ride the "Loop" bus.

5th Question: What is the "Door to Door" Service? The driver will pick riders up at their door and take them to scheduled appointments such as Dr's appointments at MHP or other Dr's, hair appointments, etc. We ask that you call at least a week ahead of time to make appointment.

So hopefully you continue to see ShelbyGo vehicles on the roads of Shelby County please just be mindful of them and keep everyone safe. If you have questions or need to make a reservation for ShelbyGo please feel free to stop in at 1504 S Harrison St, Shelbyville or call 317-398-7614 or 317-398-0127.



The Aches and Pains League—yes, that's their real name—has been meeting every Wednesday morning for almost 50 years. This unsanctioned league plays three friendly games and then enjoys lunch at a different local restaurant

each week. Cost is \$12/week (including shoe rental) plus the cost of lunch which is optional. This year the league is inviting men to join them. It doesn't matter if you bowl 30 or 300. We play using handicaps so it's always exciting for bowlers of all skill levels. League meets every week for 14 weeks in the Fall and Winter. All interested parties are invited to join us for coffee at Denny's on Wednesday, August 28th, at 11am for a brief organizational meeting. We will elect officers and break up into teams. First week of bowling is Wednesday, September 4th, at 9am, at **Blue River Lanes** on Miller Street by the high school. Questions? Call Kara at (317) 512-0381.

Not interested in committing to a league, but would enjoy dropping in for a fun game of bowling? Then Senior Bowling on Friday afternoons may be for you! Senior Bowling costs \$7.50 for three games including shoe rental. Each lane has 3 colored pins. If a colored pin shows up in the headpin position on your turn, and you bowl a strike, you get \$1.00 back. In addition, there is an optional side game going on. Ante up one quarter a game, and for every mark you make, you'll receive a card. High poker hand takes the pot. Come join us at noon on Friday at **Blue River Lanes** for the best value in bowling! Ladies and gentlemen welcome.

Providing the best care.



We can help you navigate the choices that have to be made when someone in your family is facing a life-limiting illness or condition.

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www.ourhospice.org



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FAMILY CAREGIVER PROGRAMS



What is a Memory Café

*By: Ralanda Smallfelt,
Coordinator of Family
Caregiver Services*

I wanted to explain a bit about what Memory Cafés are and what ours might look like. These are not my words however; I feel it is important as we begin the process of opening our new Memory Café to give insight on what's to come.

An Alzheimer's, dementia or memory café is a very simple idea. It is a monthly gathering of individuals with memory loss along with their caregivers, and/or friends and family in a safe, supportive, and engaging environment. The café gives everyone a welcome break from the disease.

When there is Alzheimer's or other related dementia in the family, the disorder is a constant presence. Being out in the public grows increasingly more stressful and yet it's important for people to feel part of their communities as long as possible. The café provides a respite in a judgement-free space with others who understand and share feelings.

Important benefits:

- Everyone is welcome
- The café offers a unique experience apart from the normal routines
- The café will be accessible to all
- No membership or fee required
- The café is helpful and fun for people with dementia, including Alzheimer's along with their caregivers, families, and friends
- The café is a time to leave the disease at the door and just enjoy ourselves

The Café is NOT:

- The café is not a support group
- The café is not a workshop, seminar, or lecture on dementia
- The café is not just another party or happy hour
- The café is not a daycare program

It doesn't take much to create joyful moments for other people, and you can do that in such a simple way. Participants get to share and be in the moment. We help them recall the significant events, or just enjoy being around others that understand their current lives.

Please share this information with your family, your neighbors, your friends and anyone you know that might benefit from our memory café. The first café will likely be held in September and more information will be provided soon. Contact Ralanda at 317-398-0127.

Our Caregiver Friends & Family Lending Library is up and running. This library will provide helpful and interesting books about all dementias including Alzheimer's. Many of the books suggestions will be coming from the Alzheimer's Association and will be the latest information available. The library will provide an opportunity for those without internet access to learn about the diseases that are affecting their family and friends. Look for new arrivals as donations are provided. If you have any questions, see Ralanda Smallfelt.

Alzheimer's Support Group

The Alzheimer's Association offers support groups for caregivers of persons with Alzheimer's or related dementias. Participants receive emotional support, practical assistance in coping with issues they face, and the latest information about research. All meetings are confidential and free of charge. The next support group meets **Tuesday, August 13th** at 2:00 pm at The Horizon Center in Shelbyville.



Shelby Senior Services is Music & Memory Certified!!

Music can transport an individual to another place and time, often unlocking fond memories from our youth or special events in our lives. Specific artists and songs are the key to Music & Memory's success. Individual, personalized playlists are created and downloaded to MP3 players. This exceptional, personalized music program's purpose is to enhance quality of life and promote culture change for those living with dementia or Alzheimer's disease. Contact Ralanda at 317-398-0127 for more information or stop by 1504 S Harrison Street, Shelbyville, IN.



Shelby County Council on Aging

Our September 15th meeting will be held at Shelby Senior Services, 1504 S Harrison St in Shelbyville. If you would like to join us, please contact Ralanda at 317-398-0127. We are gearing up for the Holiday Bazaar and Holiday Hugs. Please plan to attend. This is a great opportunity to get involved and be a part of what's happening with older adults in our community.



The Hands at Home project via Shelby Senior Services, Inc. is ready for spring and providing small home repairs for those 60 years of age and older. Call Ralanda at 317-398-0127.

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 the fourth Tuesday of each month depending on weather conditions and holidays.

The **NEW** truck location is at 350 N. Tompkins Street. Enter from Tompkins St. **ONLY**. A volunteer will be giving directions, **please park as requested**. Please do not arrive before 11:00 a.m. The items are available from the truck 1:00 p.m. to 2:30 p.m.

- 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.
- 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.

In home care by **Seniors for Seniors.**

Need Help? Want to Help? Call Today!

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*"Thank you for your trust in caring for you
or your loved one!" - Tom & Noell*



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*...a way to give
and to receive®*

Senior Food Pantry

The Senior Food Pantry is open on Mondays, Wednesdays, and Fridays, 10 a.m. until noon, on the days that the Senior Center is open in Shelbyville. The pantry specializes in low-sugar and low-sodium items for those 60 years or older with hypertension or diabetes.

We also accept donations of food, paper and cleaning items for our pantry. Call Shelby Senior Services at 317-398-0127 for more information.

Be sure you are following doctors' instructions about proper diet for your particular health condition. MHP hospital nutrition staff is always available for assistance if needed.

Dementia Friends

**We are
Dementia
Friends**

A Dementia Friend is someone who wants to make a positive difference in the lives of people living with dementia through increased awareness and support.

The Dementia Friends Indiana

movement seeks to advance education and awareness of dementia, reduce the stigma associated with the disease, and create community environments that are welcoming and conducive for those living with dementia. To find out how you can help or get involved, call Ralanda at 317-398-0127.

Marlins



Save the Date!!

Sunday September 22, 2019

Fairland Senior Center 5th Anniversary Bash

4:30-7:00 in the fire station bays

Gleaners Food Truck for

Fairland and Morristown Schedule 2019

(Weather conditions determine trucks schedule.
Schedule is as follows, please verify each month)

Fairland (2nd Friday)

New Life Methodist
400 W. Road
Fairland, IN

August 9th
September 13th

Morristown (4th Friday)

Morristown Christian
209 S. Washington St
Morristown, IN

August 23rd
September 27th

Note that the times are 1:00 p.m. to 2:30 p.m. at both locations.

TRAVEL



*Carol McDaniel,
Travel Coordinator*

**2019 TRAVEL SCHEDULE
SHELBY SENIOR SERVICES
THE HORIZON CENTER**

**1504 S. Harrison St.
Shelbyville, IN 46176**

All prices are per person,
based on double occupancy

- Aug 12-16** Mackinac Island/Upper Peninsula Frankenmuth (motorcoach) \$759
- Sept 15-18** Outer Banks, North Carolina (motorcoach) \$749
- Oct 4-12** Canadian Rockies by Train (fly/motorcoach/train) \$5749

Contact Carol McDaniel, 317-701-5984 if you are interested.

**Shelby Senior Services, Inc.
The Horizon Center
2020 Travel Schedule**

All prices based on double occupancy.
Single price additional.

Double per person Single

Feb 23-Mar. 1st Caribbean Cruise

\$2119 inside cabin
7 days. 2 promotions, See Flyer
\$2439 balcony
Including air from Indy
Take off \$700 per person w/o air

April 18-24th Virginia Beach

\$799 \$1078
6 days, 5 nights. Motorcoach Trip

May 14-23th Hawaii

\$4300 inside cabin
7 days. Includes air
\$4900 balcony

June 7-13th Savannah/Charleston

\$789 \$1048
6 days/5 nights. Motorcoach Trip

July 13-16th Biltmore

\$449 \$539
4 days/3 nights. Motorcoach Trip

Aug.. Oberammergau, Germany

Passion Play, See me for availability

Aug. 9-15th Niagara Falls.

7 days /6 nights. Motorcoach Trip
\$719 TBA

Sept. Northern Ireland/Scotland

includes air TBA Dates and price pending

Oct. 17-25th Costa Rica includes air

\$2649 \$3049

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where we focus on more than just
your healthcare needs.



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**Travel Show:
Introducing Trips
for 2020**



Aug. 28th at 6:30 p.m. at the
Horizon Center. Call for free
reservation 317-398-0127.

Seating is limited.

Keep up with latest news and happenings by following us on your favorite social networks!
 Shelby Senior Services, Inc., The Horizon Center
 Website: <http://www.shelbyseniorservices.org>
 Facebook: @shelbyseniorservices
 Twitter: @ShelbyCoSeniors
 Remind App: text 81010 message; @horizonctr

Lifesteps Weight Management Program

Are you among the one in three American women or one in five American men today who are trying to lose weight? Most “dieters” spend a lot of time focusing on what they can’t eat or shouldn’t do. Many fall prey to the “latest, greatest” new thing, only to find themselves back at square one. Major Hospital is pleased to offer Lifesteps, a program that helps you emphasize what you are doing right.

The Lifesteps Weight Management Program teaches small groups to successfully take gradual steps toward changing their eating and physical activity behaviors. Week by week, participants learn about nutrient needs, portion sizes, the benefits of moderate physical activity, and how to manage high risk eating situations. Lifesteps is led by Lisa Schnepf, RD, CSOWM, CDE, a trained Lifesteps leader. Each participant will get assistance in designing eating and physical activity plans they can live with. In addition to weekly group sessions, each participant receives a workbook and other materials. Lifesteps is designed for individuals committed to taking positive steps toward better health and weight management based on sound nutrition principles—No special diet, no marathon exercise, no discouraging words.

If this program sounds like something you might be ready for, please plan to attend one of the orientation sessions. Sessions are scheduled for **Wednesday July 24th or August 7th**, both at 4:30pm in the Sycamore Room located at Major Hospital, via entrance 3. Classes start **August 14th**, but you must attend orientation first to learn more about the program. For more information contact Lisa via email, lschnepf@majorhospital.org, or at 317-398-5315.

20 More Chairs were Graciously Donated to the Horizon Center By:
 Tim and Janice dba Blue River Stained Glass

In honor and in memory of:

Lawrence and Marjorie Roell

(Janice’s parents)

Norman and Jean Conway

(Tim’s parents)

David Conway (Tim’s Brother)

Ronnie Joe Conway

(Tim’s Brother)

Joe and Peggy Franklin’s 50th Wedding Anniversary

MEET SOME FRIENDS AT LUNCH

We are excited to announce that congregate meals have been changed to improve nutrition content and quality.



Shelby Senior Service’s lunch program is provided through CICOA Aging & In-Home Solutions at the Horizon Center Monday thru Friday. Stop by and get a complete menu.



Reservations are made on Wednesday for the following week. Please call 317-398-0127 for further information.

Meals on Wheels: Fairland, Boggstown Area

Do you live in the Fairland/Boggstown area and need home delivered meals? Meals on Wheels has expanded into your area of Shelby County. Special diets are available.

Contact information:

Meals on Wheels

124 W. Franklin Street

Shelbyville, IN 46176

317-398-4470 or

Shelby Senior Services, Inc.

317-398-0127.

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Eating for the Season

**By: Liz Oeffinger,
Health and Wellness
Coordinator**

As the weather changes, so does the variety of fresh produce. Although the time for berries may be over, the time has begun for apples, peppers, and peaches. Including seasonal produce into your diet can have many benefits including cost, taste, nutritional needs, and shopping local. This season has introduced several ways to shop local produce at affordable prices. The farmers market in downtown Shelbyville sets up every Saturday morning from 8am-12pm. They offer a variety of produce available throughout the season with affordable prices as well as accepting SNAP. The Neighborhood Farmers Markets have also started and will continue into October. Those markets take place at the Parks Dept., Builders, 1st Presbyterian Church, Blue Ridge Terrace, and Charles Major Manor. These markets follow a schedule depending on the location and also accept WIC and senior vouchers for produce provided by Harker's Family Farm and Orchard.

Buying produce in season is also highly cost effective. Cost of produce goes down when it is in season and not needed to be outsourced from out of area due to climate, especially when shopping locally, there are fewer traveling expenses and storage not being required. When you are able to buy produce shortly after being harvested, there is a higher nutritional value. Over time, nutritional value can decrease when stored for longer periods of time or preserved for a longer shelf life. Not to mention, we all know something picked right off the vine taste so much better than store bought! Use these opportunities to shop local while the season is still right and we have access to tasty, fresh fruits and veggies!

Diabetes Health Fair

September 14, 2019 from 9 a.m.-Noon
Shelbyville High School auxiliary
gymnasium

Enjoy free health screenings, healthy food samples, recipes, vendors, heart scan information, and more!
No registration required.



"Love each other, breathe, exercise daily and enjoy everyday life and its beautiful treasures."

August Events

Line Dancing: Join us on Thursday August 8th and 22nd from 12:30 p.m. to 1:30 p.m. here at Shelby Senior Services. No cost.

Parkinson's Exercise and Support Group: This is a FREE event that meets at SportWorks at the Renovo Clinic on Wednesday August 7th and 21st at 2:00 p.m. Instructed by Lisa Coppetelli.

Attention: Punch back against Parkinson's! Rock Steady Boxing Shelby County is a non-contact exercise program designed for those with Parkinson's. Each class helps to improve physical and mental health through boxing, exercises, and friendship. Stop by a class to see what it is all about! If you have Parkinson's and are interested in becoming a boxer with **ROCK STEADY BOXING**, please contact Liz Oeffinger at 317-398-0127 for more information. **Classes meet every Tuesday at 3:00 p.m. and 4:15 p.m.; Thursdays at 3:00 p.m. and 4:15 p.m.; as well as Saturday at 9:00 a.m. (call for Saturday availability) at the Briley Family Center located at 643 Fair Avenue, Shelbyville.**

Geri-Fit: Classes take place Tuesday afternoons at 1:00 p.m. There's no cost for this program, only healthy benefits and rewards! This is a chair exercise, strength training, and muscle building and maintaining class for seniors. This class helps prevent falls and reduces arthritic conditions. Please bring your water bottle and 2 lb. weights. Contact Liz Oeffinger if you are interested in joining the class or have any questions.

Yoga: Chair yoga Mondays at 12:30-1:00 p.m. Cost is \$5; regular yoga Mondays at 1:00 p.m. Cost is \$5. Class is led by certified instructor Jerrilee Lucas. Classes are helpful for balance, flexibility, and strength. Anyone is welcome to attend!

T'ai Chi Alumni: Thursdays at 11:00-11:30 a.m. No cost or reservation needed!

Walk with Ease: Every Monday, Wednesday and Friday at 1:00 p.m. We will meet at the Parks Department Paul Cross Gym. When weather permits, we will be meeting at Blue River Memorial Park. Contact Liz at Shelby Senior Services to check location or with questions (317)398-0127. Bring a water bottle and your walking shoes!

HEALTH & WELLNESS

T.O.P.S. - Taking Off Pounds Sensibly - Meets Tuesdays from 10-11 a.m. Have you thought about joining a weight loss program? Make 2019 your year towards a healthier lifestyle! Membership is \$32 for the year and \$5 per month. You first meeting is FREE!!! Come check it out and learn about healthy eating and exercise. This is a great group of people who are tons of fun. This is a chance to meet others who are on their weight loss journey!

Bowling: Fridays 12:30 p.m. at Blue River Bowl. Cost is \$2 a game and \$2.50 for shoe rental. Anyone is welcome!

Chair volleyball Join us and the Shelbyville Horizon Center's back room at 2:30 p.m. on JuAugust 14th and 28th. This is a free event open to everyone! All you need to bring is yourself and a little bit of competition! Contact Liz with any questions at 317-398-0127.

Interested in joining a Zumba Gold class? We need at least three people per class and scheduling is flexible. Contact Liz Oeffinger at 317-398-0127 and request a class in the near future!



August 29th

6:30 P.M.

MHP Medical Center
Lower Level Auditorium
2451 Indianapolis Dr. | Shelbyville, IN

Michael Hancock, MD

MHP Medical Specialist

Stina Wedlock, MD

MHP Family and Internal Medicine

Jorge Diego, MD

MHP Neurology and Stroke Care Division

Debra Mathies, NP

MHP Cardiology

Brian Elliott, DPM, FACFAS

MHP Foot & Ankle Surgery

Meet Jane. Her favorite pastime is gardening. Her legacy continues at Ashford Place.

Tending to flowers; singing hymns; enjoying a cup of coffee with friends...

These simple, enjoyable pastimes are sometimes lost when an individual enters an Alzheimer's/dementia journey. However, in the secure Legacy Lane memory care neighborhood at Ashford Place Health Campus, you will find our residents engaging in these activities and more. *Contact us today for information about our Move-In Special.*




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Have you been thinking about making funeral pre-arrangements, but just can't make that phone call?

What a great peace of mind it brings to know you've taken care of the pre-plans for you and your family. The comment we always hear, "That wasn't bad at all!"

We look forward to hearing from you!

819 S. Harrison St.
Shelbyville, Indiana 46176
317-392-2555

124 E. North St.
Morristown, Indiana 46161
765-763-6321

Senior Movie



sponsored monthly by
Freeman Family Funeral Homes
and Crematory
locally owned and operated



Second Wednesday of each month at Studio 10 Cinemas. Doors open 8:30 a.m.

SOCIAL ACTIVITIES SHELBYVILLE HORIZON CENTER



Crystal' Evans,
Shelbyville Horizon Center
Activity Coordinator

ALL PROGRAMS that are PRE-PAID are Non-Refundable – unless we have to cancel due to low attendance.

Friday, August 30, The Horizon Center will be CLOSED

Birthday Club – Do you want your birthday recognized on the rotating screen in the Horizon Center? If you do – please see me to discuss getting your birthday recognized on the Big Screen! We will have an August Birthday celebration – complete with cake on Friday, August 9, at 9:00 a.m.

Friday, August 2, 9:30 a.m. “State Fair” Themed Bingo Please join us for some fun State Fair themed Bingo. We will also have a 50/50 drawing. Join us as we celebrate summer and our very own State Fair Themed – Heroes In The Heartland Day. Bring snacks like Circus Peanut, Cotton Candy and Salt Water Taffy!

Friday, August 2, 10:30 a.m. Committee Meeting We will have a Committee Meeting following Bingo. All are welcome to attend.

Monday, August 5, 1:00 p.m. – Ornament Making for “A Traditional Christmas” Join us as we prepare for the Annual Grover Christmas Tree Celebration. Each year we decorate a tree that is on display. The theme this year is “A Traditional Christmas.” We hope to have items for our tree from all areas of the crafts we create. No cost. Room for 20 people.

Thursday, August 8, 1:00 p.m. Bookclub at the Horizon Center with Pam Weakley from the library. This month’s book is The Cottingley Secret by Hazel Gaynor. All are welcome!

Thursday, August 8, 6:30 p.m. – Pre-Trip Meeting for Mackinac Trip.

Friday, August 9, 9:00 a.m. – August Birthday Themed Fun Friday We will be celebrating our August Birthday’s by having cake and ice cream – as we celebrate August Birthday’s.

Monday, August 12, 3:00 – 5:00 p.m. Musical entertainment with the Shepperd Brothers Dinner provided by Murphy Parks Funeral Home. No cost. Room for 50 guests.

Wednesday, August 14, 12:00 p.m. Lunch and Learn on Bone Health with Dr. Howard Please join us for a presentation on Bone Health provided by Dr. Howard. Lunch will be provided by McKay Manor. Room for 12 guests.

Thursday, August 15, 12:00 p.m. Annual Picnic. We will be having our Annual Picnic at Sunset Park (**Rain location is First Presbyterian Church) Chicken provided by the Kopper Kettle. Drinks provided by Freeman Funeral Homes. Please bring a Side Dish to share. Food, Games and Karaoke in the Park.

Friday, August 16, 9:00 a.m. – “Fun with Friends Day” Fun Friday Please bring a friend to join us for the day! We will have Bingo, FREE Lunch, Mexican Train, and Euchre. Join us as we celebrate friendship and fellowship with others. Making one new friend or bringing a new person to join our family is our goal.

Wednesday, August 21, 9:00 a.m. Day Trip to Newfields . Newfields is an Art Museum, Public Garden and a Park. Cost for the Museum ticket and lunch are your responsibility. You may bring a sack lunch to enjoy! There is room for 15 people on the Passenger Van. Cost is \$10 per person for transportation.

Friday, August 23, 2:00 p.m. – “Sponge Cake Day” Fun Friday Join us as we celebrate Sponge Cake Day in the afternoon with a fun treat. We will have sponge cake, fruit and ice cream for all to enjoy.

Wednesday, August 28, 6:30 p.m. – “Travel Show” Join Carol McDaniel as she has her Travel Show. This is where she presents all of the amazing trips she has planned for the upcoming year.

Friday, August 30, The Horizon Center will be CLOSED.

September Events

SEPTEMBER is SENIOR CENTER MONTH
The Key to Aging Well

Horizon Center CLOSED – September 2nd for Labor Day.

Thursday, September 5, 6:30 – Pre-Trip Meeting for Outerbanks Trip.

Friday, September 6, 9:30 a.m. “Grandparents Day” Themed Bingo. Please join us for some fun Grandparents Day themed Bingo. We will also have a 50/50 drawing. Join us as we celebrate Grandparents weekend. Our Bingo sponsor is Dave Cable with United Healthcare.

Saturday, September 7, 10:30 a.m. Murder Mystery Trip. We will be traveling to Boggstown Cabaret for the Murder Mystery Lunch Trip. Meeting at the center at 10:30 a.m.. Cost is \$40 per person. Space for 54 guests.

Monday, September 9, 3:00 – 5:00 p.m. Musical entertainment with the Shepperd Brothers. Dinner provided by Murphy Parks Funeral Home. No cost. Room for 50 guests.

Wednesday, September 11, 12:00 p.m., We will be doing a Lunch and Learn. There will be a presentation to share. Lunch is provided by the Tim and Janice Conway of Blue River Stained Glass. Cost is \$5. Limited to 15 guests.

Thursday, September 12, 1:00 p.m. Bookclub at the Horizon Center with Pam Weakley from the library. This month’s book is “Before We Were Yours” by Lisa Wingate. All are welcome!

Friday, September 13, 1:00 p.m. Movie at the Library with Pam Weakley This month’s movie is “To Each His Own” (2 hours and 2 minutes). All are welcome to join the Library!

Thursday, September 19, 3:00-5:00 p.m. Musical entertainment with the Over the Hill Gang Dinner following the music by Waldron Health and Rehab. No cost. Room for 50 guests.

AUGUST

SHELBYVILLE HORIZON CENTER

WEEKLY SCHEDULED EVENTS

THE HORIZON CENTER, SHELBYVILLE

Open Monday-Friday 8:00 a.m. - 4:00 p.m.

Activity	Time	Mon	Tues	Wed	Thurs	Fri
SOCIAL						
Drop-in	8:00 a.m.	X	X	X	X	X
CICOA Lunch	11:00 a.m.	X	X	X	X	X
The Shepperd Bothers (2 nd)	3:00 p.m.	X				
Over The Hill Gang (3 rd Thursday Every Other Month)	3:00 p.m.				X	
Monthly B-day Celebration (2 nd)	9:00 a.m.					X
GAMES						
Puzzle Solving	8:00 a.m.	X	X	X	X	X
Open Cards and Games	9:00 a.m.	X	X	X	X	
Afternoon Open Cards	12:30 p.m.	X			X	
Euchre	12:30 p.m.		X			X
Hand & Foot Club (1 st & 3 rd)	12:30 p.m.			X		
Mah Jongg	12:30 p.m.	X				
Bingo	9:30 a.m.					X
Bowling (Blue River Bowl)	12:30 p.m.					X
Mexican Train Dominoes	1:00 p.m.	X				X
HEALTH AND FITNESS						
T.O.P.S.	10:00 a.m.		X			
Geri Fit	1:00 p.m.		X			
Yoga	1:00 p.m.	X				
Chair Yoga	12:30 p.m.	X				
Walk With Ease	1:00 p.m.			X		X
Tai Chi Chih Alumni Group	11:00 a.m.				X	
Line Dancing (2 nd & 4 th)	12:30 p.m.				X	
Chair Volleyball (2 nd & 4 th)	2:30 p.m.			X		
Rock Steady Boxing (Briley Center)	3:00 p.m.		X		X	
ARTS AND EDUCATION						
Learn to Knit	10:00 a.m.				X	
Quilters (2 nd & 4 th)	10:00 a.m.				X	
Lady's Crafty Creators	1:00 p.m.	X		X		X
Painting	1:00 p.m.		X			
Painters Social	1:00 p.m.				X	
Scrapbooking	9:30 a.m.		X			
Bible Study	9:15 a.m.			X		
Coloring Time with Cyndi	1:00 p.m.		X			
Book Club (2 nd)	1:00 p.m.				X	

TRANSPORTATION

**Call SHELBYGO to schedule
your transportation needs!
317-398-7614 or 317-398-0127**

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.

Grandma's Pancake House: 10% discount on cardholders' meal only if 60 and over; available Mon-Sun; not valid on holidays.

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.

Sanders Jewelry: 10% discount on all regular priced merchandise, in stock only.

The Chicken Inn - 10% discount

The Texas Corral - 10% discount

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about memberships.

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With sincere appreciation, Shelby Senior Services accepted the following donations:

MEMORIALS

IN MEMORY OF

Jack Adams

Given by: David and Katherine Platt
Given by: Kathleen Nolting

Annabelle Robbins Aldous

Given by: Sanders Jewelry Store
Given by: Douglas and Nancy Seeman

Dennis Hanley

Given by: Kathleen Nolting

IN MEMORY OF

Louise Erickson

Given by: Stephen and Julaine Bolden
Given by: Pat and Shirley Davis
Given by: Idelle Schottle

Diane Warner

Given by: Kathleen Nolting

DONATIONS

American Legion: Victory Post No. 70
Kappa Kappa Kappa Gamma Delta Chapter
Ray Brown

DONATIONS

Gary and Lou Ann Ryhal
Douglas and Nancy Seeman
St. Joe Social Club

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

Kopper Kettle, Dr. Howard, Indiana Hearing Aide Company, Shelbyville Parks and Recreation Department, Ashford Place, Heritage House, Morristown Manor/Cypress Run, McKay Manor, Walker Place, Aperia Care of Waldron, Morning Pointe of Franklin, Millers Merry Manor in Hope, First Care, Great Lakes Hospice, First Light HomeCare, Main Street Hospice, Kindred Hospice, Freeman Family Funeral Home, Murphy Parks Funeral Service, Glenn E. George Funeral Home, MHP Home Care, The Legacy Group, Serving with Liberty, Jeff Caplinger and Friends, Bowlby Wood Creations, Hawaiian Breeze Dancers, Shepperd Brothers, Over The Hill Gang, Tim and Janice Conway, Jo Bartley, Helen Devoe, Betty Zoelzer Barb Campbell, Peggy Tillison, Jerry Thomas, Anna Marie Annewalt, Kara Zagar, Jane Sparks, Jane Huber, Jim Martin, Pam Weakley, Lisa Poynter, Lisa Thayer, Paula and Mary of Old Time Karaoke, Pam Meyer, Southwestern FFA, Kay Box, Shelbyville Central FFA, Grover Museum, Shelby Go, Horizon Center Committee Members, Stitchin' Sisters, and Dementia Friends of Indiana.

* * *
 * * * **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 106 E. Franklin, St. Paul, IN 47272
 317-398-4599 765-525-2411

WALDRON HORIZON CENTER

Waldron's Horizon Center is open Tuesday at Waldron Baptist Church 112 Grant Street, Waldron, IN. Hours 9:30 a.m. - 2:00 p.m. Jeannetta Faye Stickford is the center's new coordinator and may be reached at [317-431-3284](tel:317-431-3284). Please invite your neighbors and friends.

Every Tuesday:

9:30 a.m. Coffee and Bible Study (Optional)
10:00 a.m. Coffee and Social time
10:15 a.m. 1st and 3rd Tuesday of each month, Blood Pressure Screening by Aperion Care Waldron
10:30 a.m. Wellness/Exercise with Liz
11:30 a.m. Lunch \$5.00
Afternoon games with Janet following lunch
Please invite your Neighbors and Friends.

August 6th: Lunch provided by Aperion Care Waldron TBA. Bingo following lunch.

August 13th: Lunch provided by Ashford Place TBA.

August 20th: 11:30 a.m. Lunch provided by Walker Place TBA. 12:15 -1:15 p.m. Ship National Network State Insurance assistance program. Local help for people with Medicare by Bruce Muller Ship Volunteer Supervisor. Medicare information and Medicare updates. Come and join us with any questions you may have about Medicare. **What is SHIP?** SHIP is a free health benefits counseling service for Medicare beneficiaries and their families or caregivers. SHIP's mission is to educate, advocate, counsel and empower people to make informed healthcare benefit decisions. SHIP is an independent program funded by Federal agencies and is not affiliated with the insurance industry. **SHIP Counseling is FREE of charge.**

August 27th: Lunch provided by Waldron Grocery Store. Meat loaf, mashed potatoes and gravy, green beans and dessert.



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FAIRLAND HORIZON CENTER

The Fairland Horizon Center is open each Thursday at 9 a.m. 12:00 p.m. Lunch \$4.00 please reserve by Monday eve for Thursday's lunch. 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 317-398-4817. If Triton Schools are closed, so are we!

Lunch \$4.00

9:00 a.m. - 9:30 a.m.

9:30 a.m.-10:30 a.m.

10:30 a.m.-11:45 a.m.

Please reserve by Monday eve

Coffee Chat

Chair Volleyball ~ August 1 & 15

Line Dancing...August 29

Exercise with Liz ~ August 8 & 22

Bible Study

Board Games with Jan

Hand and Foot

Bridge

August 1st: Thursday Euchre Tournament. 12:00 p.m.

Lunch: Kathy's Ravioli Casserole, salad, garlic bread and dessert. 1:00 p.m. Euchre tournament...prizes for High and Low Scores.

August 8th: "Show and Tell and Antiques Roadshow" 12:00 p.m. Lunch: Prepared by prepared by McKay Manor Chicken and Noodles, mashed potatoes, green beans, rolls, hummingbird cake. 1:00 p.m. All of us have something at home that has special memories. Pack up an item or two and bring it to the center, prepared to share your story. If these items are something you would like to check the value on... Don Rabourn will provide his expertise advice...especially with pottery and glassware.

August 15th: "FarmWifeFeeds.com" 12:00 p.m. Lunch: Jennifer's Recipe Crock Pot Ranch/Dill chicken sandwiches, pea salad, chips and dessert. 1:00 p.m. Jennifer Eck Campbell, (Bobbie's daughter) is a very busy lady who wears many hats! She manages the website above about life on the farm, writes for DTN and Farm Progress and is the author of a children's book. Join us for a delightful conversation with this home-town jewel! 2:00 p.m. Advisory Board.

August 22nd: "Emergency! Plane Down!" 12:00 p.m. Lunch prepared by Walker Place. Menu TBA.

1:00 p.m. Robbie Stonebraker shares a presentation on the crash of the Allegheny flight outside of London and how Emergency personnel would respond if it were to happen today.

August 29th: "Are Your Affairs in Order?" Lunch 12:00

p.m. Kathy's Taco Salad with ground beef, corn muffins and fried Mexican ice cream. 1:00 p.m. Jody Butts from McNeely Stephenson joins us for an update on the tools available to be assured that your wishes are carried out during a life ending illness, and after you have passed. One topic I have asked her to cover is dementia specific advance directives. This is not everyone's favorite topic, but so important for everyone.

MORRISTOWN HORIZON CENTER

Morristown's Horizon Center is open on Wednesdays in the United Methodist Church, 221 S. Washington Street. Call coordinators Gretchen Hasler (317-431-0507) or Elaine Wilhelm (317-371-2168) to sign up for events, reserve lunch and for updates.

Weekly Schedule:

- 9:30 a.m. Bible Study (optional)
- 10:00 a.m. Coffee, Social Time, Puzzles
- 11:00 a.m. Wellness/Exercise with Liz
- 12:00 p.m. Lunch
- 1:00-4:00 p.m. Program and/or Euchre/Games with Janet.

August 7th: Turkey & Ham wraps, potato salad, dessert furnished by Freeman Family Funeral Homes.

1:00 p.m. Pat Schantz, Freeman Family Funeral Homes, will have a presentation. 1:30 p.m. Advisory Board meeting.

August 14th: Fried Chicken & sides from the Bluebird, dessert: Marilyn's Banana Bars.

August 21st: Pigs in a blanket, baked beans, chips, & dessert. After lunch: Watermelon seed spitting contest!

August 28th: Walker Place will be providing lunch.

1:00 p.m. 'Buggy Races' we will race toy bugs on our race track.

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)

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Walker Place Resident, Vada Crim



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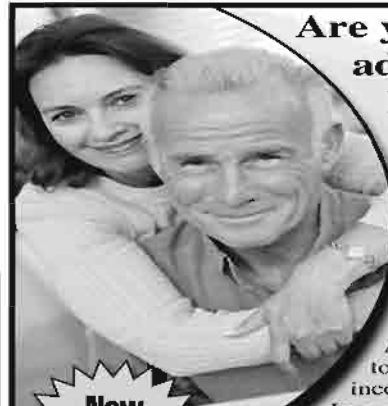


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August 28th: Walker Place will be providing lunch.

1:00 p.m. 'Buggy Races' we will race toy bugs on our race track.

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