



# Shelby Senior Services, Inc.

2120 Intelliplex Dr. Ste. 101  
Shelbyville, IN 46176  
317-398-0127  
ShelbyGo Transportation  
317-398-7614

**SHELBY  
SENIOR  
SERVICES**  
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## Horizon Newsletter

[www.shelbyseniorservices.org](http://www.shelbyseniorservices.org)  
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### April 2023



# Bee Kind People Volunteer Open House

Thursday, April 20th  
1-3pm

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If you are a volunteer or are interested in  
volunteer opportunities, stop by Shelby  
Senior Services for refreshments, favors,  
and games!

Music & a Meal to follow for members of the  
Horizon Center, must sign up in advance.

## Memorial & Honorarium

### Donation Form

In Memory of \_\_\_\_\_

In Honor of \_\_\_\_\_

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City, State, Zip \_\_\_\_\_

*Thank you for your gift.*

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Shelby Senior Services, Inc.

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

## STAFF

### Management Team

Kim Koehl, Executive Director

Liz Renton, Director of Operations

Easter Hall Beyer, Director of Transportation

### Horizon Center Coordinators

Fairland, Kathy Miller

Shelbyville, Crystalal' Evans

Morristown, Kathy Green

Waldron, Regina Wall

### Program Staff

Carol McDaniel, Travel Coordinator

Michelle Riggs, Receptionist/Dispatcher

Donna Sipes, Family Caregiver Services Coordinator

Abigail Kirk, Health and Wellness Coordinator

Will Mitchell, IT Coordinator

Gina Batton, Bookkeeping

ShelbyGo Drivers: Margaret Deaton, Jerry Berry,

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

Holly Schrank

### 2021-2022 Board of Directors

Beau Browning, President

Jenni Haehl, Vice President

Nick O'Conner, Secretary

Linda Bacon

Mike Smith

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Marcy Patrick

Karen May

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Jamie Marcum

Brandy Coomes

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.”

### IN THIS ISSUE

CICOA Lunch information..... 8

Fairland Senior Center.....14

Family Caregiver Programs.....4 & 5

Food Pantry Information.....5

Gleaner's Food Events.....5

Health & Wellness.....8

Kim's Corner.....3

Member Discounts.....12

Memorials/Donors.....13

Morristown Senior Center.....15

Horizon Center Activities.....10 & 11

Travel Information.....6

Waldron Senior Center.....14

### *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 April 2023

It is Spring Time. When I go out in my yard, I see daffodils peaking out. I love daffodils. They remind me of so many memories of my Great Grandmother O'Neal. She loved those flowers and birds. It is also Volunteer Month. Shelby Senior Services is so grateful for our volunteers. Here at Shelby Senior Services, volunteers come in many shapes. We have many opportunities to volunteer.

We have volunteers that help at the office at the front desk. They help with 4 hours one day a week. This consists of signing seniors up for programs, guiding people to appropriate staff member as needed, at times there are things to help the staff with such as stuff envelopes or getting the Horizon Newsletter ready to be mailed. We have business' and individuals who volunteer to deliver food to shut in seniors two times a month.

We also have volunteers who can do friendly visiting with another senior. This could consist of a phone call or visit regularly. This helps the senior with lifting their mood but is also beneficial for the volunteer. This is a win - win situation. We have SHIPP counselors and a paralegal from the Senior Law Project who volunteer their time once a month in our office by appointment. We have volunteers who help with Rock Steady Boxing as Cornermen which is helping the seniors to be safe during this class time. These are just some of the opportunities to volunteer at Shelby Senior Services.

If you would like to volunteer, please don't hesitate to call Liz Renton at 317-398-0127 to see what volunteer opportunity is best suited for you. We would love to hear from you.

## 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



*Donna Sipes*  
*Family Caregiver*  
*Services Coordinator*

Happy April! As a continuation of last month's Horizon Article, let's look at some other decluttering tips and tricks to help get organized and remain safe in our home. Getting more organized is something many of us can say for certain is a must needed thing. I know I am always looking for ways to get better organized. Here are some tips to hopefully help:

## Start with one room

- Decluttering and organization can be a bit overwhelming when looking at the whole house. Starting with one room allows time to focus on those items least needed in that one area. This can be done one room a week and before you know it the whole house will be done.

## Make piles: Keep, throw out, and donate/give away, and possibly a maybe pile

- While decluttering and organizing a room, place items into piles so you know what items are going where. If you are uncertain about an item, place it in the maybe pile. Once you are done with the room, revisit the maybe pile and ask yourself "have I used this in the last 6 months or year?", if the answer is no, you know you can place it into a different pile.

## Unused items in a room

- Place these items into a box or tote and set it aside. After 90 days if you haven't needed any of the items in the box/tote, that is a sign that you can do without them. You can now decide if you want to throw it all away, donate, or give it all away. This is a great strategy that I have even used to help me with letting things go.

## Duplicate items

- When decluttering and organizing you may find that you have more than one of a particular item. Some items that are prone to be duplicates (or an excess amount of) are things like mugs, cookware, pens/pencils, bags, hats, and other items like this. Getting rid of some of these items will only help the decluttering and organizing process.

## Storage ideas

- Using baskets or bins that can easily be stored on a shelf can organize remotes, soaps, shoes, hats, or anything small that doesn't necessarily have an identified space. Create a space for incoming items such as mail and packages. Going through these things right away can help to keep things decluttered and organized as well.

Remember, take your time and keep the end goal in mind: a safer and less cluttered living space.



## IDENTITY THEFT WITH KIM HARRIS

**APRIL 6, 2023**  
**1:00 PM**

Please join us as we welcome Kim Harris here to talk to us about Identity Theft. Don't fall prey to this growing trend. Learn how to protect yourself and your sensitive information - especially on-line. You are not going to want to miss this program!

**Limited to 20 Guests**

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Alzheimer's Caregiver Support Group

3rd Tuesday of every month

1:30-2:30pm

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## Day Trip to the Artcraft

Thursday - April 13, 2023

Depart from the center at 11:30

Lunch at 12:00 at the Blue Cactus

Doors Open at 2:00 - Music at 3:00

Return to the Center

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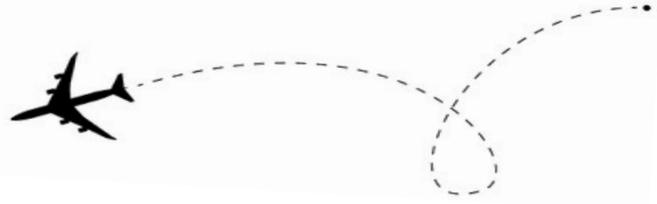
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## *On the Horizon* **Carol McDaniel,** *Travel Coordinator*



Recently, I began cleaning the basement. Our basement has been the catch-all for many years, and I really didn't remember what was down there. Of course, when you begin to sort the keepers from the throwaways, memories begin to emerge from your past, which brings me to the beginnings of the infestation of the Travel Bug.

Packed away in a blanket box was a small plastic bag that contained a crocheted dress. It is yellow and fits a baby less than one year old. Upon that discovery, the Travel Bug began to worm its way into my mind!

That dress was lovingly made by my great aunt, Lena Ryerson. She made it for me when I was about 10 months old. My mother was so thrilled with the gift that she had my picture taken in it. I have the picture somewhere in the basement. I haven't found it yet. This is an important find in my life because Aunt Lena was a traveler.

Aunt Lena grew up in Shelby County, graduated from DePauw University and moved to New York City to teach art. After she married at the ripe old age of 32, a spinster in that era, she and her husband Floyd moved back to Indiana to live on one of the three farms my great-grandfather Leander Billman had purchased as a legacy for his three children.

I was about 11-years-old when Aunt Lena, who never had children, began to travel again. She had already attended the Chicago World's Fair. She traveled to the Smokies and Nashville on numerous occasions.

She traveled by train and boat to Puerto Rico about that time. She brought back exotic presents such as castanets and a pair of maracas, not to mention colorful clothes and wraps, things I had never seen. I was smitten, I wanted to go to all those places.

Her next big trip was to France and Switzerland. For that trip, my mother drove Aunt Lena to Indianapolis to shop for clothes. Her beautiful, new lace dresses and formal wear filled a steamer trunk. She flew to Europe and went on an extensive tour. I begged to go, but my parents said no. I was too young, they said. Aunt Lena brought back Chanel #5 perfume, which I recently saw priced at about \$100 a bottle, and a beautiful Swiss watch for me, which I still have, and lots of goodies for my parents. I was determined to go to France and Switzerland some day. My Travel Bug became more intense.

Many more trips followed.

Aunt Lena's last big adventure was to Hawaii. She was 82 and in failing health. My mother insisted she get a note from her doctor that she was well enough to go. The doctor wrote to my mother that Lena was indeed in good enough health and wished her a good trip!

Hearing about all of Aunt Lena's adventures has kept the Travel Bug alive and well in my mind.

As it turned out for me, however, life happens and for many years, travel was put on the back burner when I married and our family and careers grew. Then, after retirement, I went to work part time at Shelby Senior Services and eventually became the Travel Coordinator.

My Travel Bug is being satisfied with wonderful trips to many parts of the world, not to mention here in the United States. This year marks the 14th year of travel for me.

Aunt Lena would be proud!

**LUNCH AND LEARN**



**MOBILE MD AND PATSY'S PIZZA**

Join us for an informative Lunch and Learn where we discuss Mobile MD and a New Facility in Franklin called Astral at Franklin. We will be having Lasagna, Garlic Bread, Salad and Brownies for dessert.

**WEDNESDAY, APRIL 12, 2023**  
12:00 P.M. - HORIZON CENTER

FOOD PROVIDED BY  
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# APRIL ACTIVITY HIGHLIGHTS

**Wednesday's in April at 9:15 a.m. Bible Study** Join us each Wednesday for our non-denominational Bible Study with Jim Martin. We have a great group of people who meet here to come together for fellowship and faith. Join us for prayer, bible readings and reflection, discussion and fun. We would love to have you join our group.

**Monday, April 3<sup>rd</sup> at 1:30 p.m. – Spring Fling – Easter Dance Party and Karaoke with Moxxy** We will be having an Easter Dance Party and Karaoke fun with Moxxy our favorite DJ. Join us for music, dance, singing and friendship. Light refreshments will be served. Put on those dancing shoes, practice your favorite song and come on out for an afternoon of fun.

**Thursday, April 6<sup>th</sup> at 1:00 p.m. Identity Theft with Kim Harris** We want to welcome Kim to our center from Indianapolis and we are excited to hear her speak to us about how to protect ourselves from Identity Theft. This can come in many forms and you need to keep your information safe. Room for 20 guests. Please sign-up in advance so that we have enough printed materials.

\*\*\*\*\*Center Closed Friday - April 7<sup>th</sup> for Good Friday\*\*\*\*\*

**Monday, April 10<sup>th</sup> at 2:00 p.m. Parkinson's Paper Craft** April is Parkinson's Awareness month. We want to make cards for our Rock Steady Boxer's. Come write notes of encouragement and create cards to be presented to them on Tuesday. Let them know that they do not fight alone. We are in their corner!

**\*Wednesday, April 12<sup>th</sup> at 12:00 p.m. Lunch and Learn Mobile MD and Astral at Franklin** Join us for an informative Lunch and Learn with Astral of Franklin. We are going to be learning about the Mobile MD program. Lunch will be provided by Patsy's Pizza of Morristown. We are going to have lasagna, salad, garlic bread and brownies for dessert. You must R.S.V.P. at the front desk by April 11th. Room for 20 guests for lunch.

**\*Thursday, April 13<sup>th</sup> at 11:30 am. Day Trip to see Glenn Miller – COST is \$30** We are going to be seeing the Glenn Miller Orchestra at the Artcraft in Franklin, Indiana. Depart from the center at 11:30 p.m. Lunch at the Blue Cactus at 12:00 p.m. at your expense. Doors open for the show at 2:00 and music starts at 3:00 p.m. We will return to the center after the show. Room for 10 and the cost is \$30 per person. You must sign-up and pay for your spot in advance because space is limited. You also must be able to ambulate without an assistive device and climb stairs to attend this program.

**Thursday, April 13<sup>th</sup> at 1:00 p.m. Book Club at the Horizon Center** with Pam Weakley from the library. We will meet in the Community Room because of Tax Appointments in the Meeting Room. This month we will be reading the book, "HORSE" by Geraldine Brooks. You can pick up a copy at the library or at Shelby Senior Services. All center members are welcome!

**\*Thursday – April 13<sup>th</sup> at 1:00 p.m. – Movie Matinee "Easter Parade" and Popcorn** We are going to be showing "Easter Parade" featuring Gene Kelly this month. Come and enjoy a movie and some popcorn while watching a fun movie. Movie is 1 hour and 48 minutes long. Please sign-up in advance for the movie so that we know how many are coming and how much popcorn to prepare.

**Friday, April 14<sup>th</sup> at 9:00 a.m. – Fun Friday –America's Day and April Birthday Party** We are going to celebrate April Birthday's with our Birthday cupcakes being sponsored by Jane Sparks. April 14<sup>th</sup> is also known as America's Day and we encourage you to wear your red, white and blue. We are also going to have a presentation about Early Voting. Prize table is going to be sponsored by Ashford Place.

**Thursday, April 20<sup>th</sup> from 1-3 pm. Volunteer Open House** We will have refreshments, games and more. Come be a part of the fun as we thank our volunteers. We appreciate you!

**\*Thursday – April 20<sup>th</sup> at 3:00 p.m. – Music and a Meal – Rich Bryant and Dinner by McKay Manor** We are going to have Rich Bryant here to perform this month. Please call to reserve your spot Monday prior to the event to make sure we have enough food. This event is open to Shelby Senior Service members. Dinner will be provided by McKay Manor.

**Friday, April 21<sup>st</sup> at 9:00 a.m. Fun Friday – Parkinson's Awareness Day** Did you know that April is also Parkinson's Awareness month? We are going to celebrate Parkinson's Awareness Day by wearing our silver/grey. The color for Parkinson's is silver and the flower is the red tulip. We will have ribbons for you to wear to show your support for those living with Parkinson's. Our prize table sponsor is Morristown Manor.

**Wednesday's in April at 1:00 p.m. – Hand and Foot** Do you like to play Hand and Foot? We have a great group who would love to have more people join us on Wednesday afternoons. If you have never played, but are curious – please come check it out. We are always happy to teach you a new game that might just become your new favorite.

**Friday, April 28th at 9:00 a.m. Fun Friday – Save the Frogs Day** Wear your favorite frog attire or your favorite shade of froggy green. We are going to be learning about the movement called – Save the Frogs. What can we do to provide a space for these little guys? Our Bingo sponsor will be Freeman Funeral Home. Hope to see you as we hop into the month of May!

**\*Thursday, May 4<sup>th</sup> at 11:30 a.m. CLUE at IRT - COST \$35** We are going to be traveling to IRT to see CLUE. We will meet at the center at 11:30 a.m. and depart for downtown. Lunch at Shapiro's Deli at 12:00 pm. Arrive at IRT between 1 pm and 1:30 pm. Show time is 2:00 pm. Return to center after the show. Cost for the ticket to IRT is \$35, lunch is at your expense, and donations for gas are appreciated. Room for 14 guests. You must sign-up and pay for your spot in advance because space is limited. You also must be able to ambulate without an assistive device and climb stairs to attend this program.



# HEALTH & WELLNESS



## *Health and Wellness: By: Abigail Kirk*



April is National Parkinson's Awareness Month. We observe National Parkinson's Day on April 11th. Why, you might ask? This is because, James Parkinson's birthday. James, a British physician, whom first described this disease as "Shaking Palsy" in 1817. Dr. Parkinson's observation and research started to pave the path to this unknown disease. Later changed to "Parkinson's Disease" by Jean-Martin Charcot.

We do know more and more as time passes due to great advancement in science and technology. There is no known cause for Parkinson's Disease (PD). Genetics point to 10-15% of patients. 85-90% of cases are classified as sporadic. Continuing a good quality of life is still possible with PD. Medication is the most common form of treatment. Surgical therapy and lifestyle modifications, such as exercise and rest can help with PD symptoms.

No two "Parkies" have the same symptoms. This is due to the diversity of PD. Tremors (mainly while resting), bradykinesia (slowness of movement), limb rigidity (gait and balance issues) are some symptoms a Parkie will experience on a daily basis. Non-movement symptoms include and are not limited to: cognitive changes, mood disorder, fatigue, hallucinations and delusions, orthostatic hypotension, and sleeping disorders. Increased physical activity for 2 ½ hours per week will slow the decline in quality of life and change the course of PD.

### **PD can be broke down into 5 stages:**

**Stage I-** Mild Symptoms, daily life undisrupted

**Stage II-** Experiencing tremors and stiffness begins to worsen, affecting both sides, poor posture, poor gait

**Stage III-** Movements begins to slow, loss of balance, hinderance ability with daily task

**Stage IV-** severity of symptoms causing significant daily issues, not living independent, not able to complete task

**Stage V-** ambulation and independent standing are impossible, confined to wheelchair or bed, requires skilled level of care.

Shelby Senior Services runs Rock Steady Boxing of Shelby County. Rock Steady Boxing is a nonprofit organization giving people with Parkinson's disease hope by improving their quality of life through a non-contact boxing-based fitness curriculum. Call the Horizon Center today for more information on RSB and FIGHT BACK AGAINST PARKINSONS!

### **Health & Wellness Highlights:**

**Walk With Ease** will continue through the summer. Warmer weather will allow us to bring this program outside, how exciting!

**Chair Volleyball** will be the 10<sup>th</sup> and 24<sup>th</sup> of April. Note this change for April.

**Matter of Balance** will be starting its third class on April 5<sup>th</sup>. Class size is limited. Sign up today! Remember, it is an 8 week dedication.

**Breakfast Bash** will be coming to a close at the end of April! The Breakfast Bash will return in December.

**Healthy Cooking** on April 27<sup>th</sup>. We will be making sugar free, low carb strawberry blondies!

Don't forget to check out our **Bowling Group** at Blue River Bowl every Friday at 12pm. A discounted rate offered to seniors at that time.



## **CONGREGATE MEAL INFORMATION**



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.

# HEALTH & WELLNESS



Rise & Shine...

## we're having a breakfast bash!

To be served by 9 a.m.

April 4th- Biscuit & Gravy w/Hashbrowns  
 April 11th- Breakfast Casserole  
 April 18th- Breakfast Burritos  
 April 25th- Oatmeal and Fruit

RSVP to Abbagail 317-398-0127




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## DIABETES SUPPORT GROUP

### WELCOME BACK!!

Thursday, April. 27 • 6:30 - 7:30 p.m.

Join us for our FIRST meeting since COVID-19 started. Regroup with us to discuss topics you'd like us to cover!

MHP Medical Center  
 Lower Level Auditorium, Entrance 2  
 2451 Intelliplex Dr  
 Shelbyville, IN 46176

Open to the community. No registration required. Light snacks will be provided.

Questions? Contact (317) 421-5634 or [lschnep@majorthospital.org](mailto:lschnep@majorthospital.org)

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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# SOCIAL ACTIVITIES SHELBYVILLE HORIZON CENTER



## APRIL ACTIVITY CALENDAR



| MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY  |
|---|---|---|--|---|
| <p><b>3</b><br/>9:00 Table Top Games - Uno<br/>10:30 Walk With Ease<br/>1:30 Spring Fling – Easter Dance and Karaoke with Moxy</p>                          | <p><b>4</b><br/>9:00 Breakfast Bash<br/>9:30 ACTIVE LIVING EVERY DAY<br/>1:00 Euchre<br/>1:00 Painting, Knitting and Crochet and Open Crafting</p>                        | <p><b>5</b><br/>9:15 Bible Study with Jim M<br/>1:00 Hand and Foot Card Game<br/>1:00 Matter Of Balance - CR</p>  | <p><b>6</b><br/>9:30 POKENO – Easter Theme<br/>10:00 Tai Chi<br/>1:00 Identity Theft Program with Kim Harris</p>   | <p><b>7</b><br/><b>CENTER CLOSED FOR GOOD FRIDAY AND EASTER HOLIDAY</b></p>   |
| <p><b>10</b><br/>9:00 Table Top Games – SCRABBLE<br/>10:30 Walk With Ease<br/>1:00 Mah Jongg<br/>1:00 Parkinson’s Paper Craft<br/>1:30 Chair Volleyball</p> | <p><b>11</b> World Parkinson’s Day<br/>9:00 Breakfast Bash<br/>9:30 ACTIVE LIVING EVERY DAY<br/>1:00 Euchre<br/>1:00 Painting, Knitting and Crochet and Open Crafting</p> | <p><b>12</b><br/>9:15 Bible Study with Jim M<br/>12:00 Lunch and Learn – Mobile MD Program and Patsy’s Pizza<br/>1:00 Hand and Foot Card Game<br/>1:00 Matter Of Balance - CR</p> | <p><b>13</b><br/>9:30 POKENO<br/>10:00 Tai Chi<br/>11:30 Day Trip Glenn Miller \$30<br/>1:00 Book Club –Horse<br/>1:00 Movie Matinee – Easter Parade</p>                               | <p><b>14</b><br/>9:00 Fun Friday – April Birthday’s and Americas Day<br/>9:00 Early Voting<br/>9:30 BINGO – Ashford Place<br/>1:00 Euchre<br/>1:00 Dominoes</p> |
| <p><b>17</b><br/>9:00 Table Top Games – Trivial Pursuit<br/>10:30 Walk With Ease<br/>1:00 Mah Jongg<br/>1:30 Cornhole</p>                                   | <p><b>18</b><br/>9:00 Breakfast Bash<br/>9:30 ACTIVE LIVING EVERY DAY<br/>1:00 Euchre<br/>1:00 Painting, Knitting and Crochet and Open Crafting</p>                       | <p><b>19</b><br/>9:15 Bible Study with Jim M<br/>1:00 Hand and Foot Card Game<br/>1:00 Matter Of Balance - CR</p>   | <p><b>20</b> Volunteer Open House<br/>9:30 POKENO<br/>10:00 Tai Chi<br/>1:00 – 3:00 Volunteer Open House<br/>3:00 Music and a Meal with Rich Bryant<br/>4:00 Dinner by McKay Manor</p> | <p><b>21</b><br/>9:00 Fun Friday- Parkinson’s Awareness Day<br/>9:30 BINGO - Morristown<br/>1:00 Euchre<br/>1:00 Dominoes</p>                                   |
| <p><b>24</b><br/>9:00 Table Top Games- SCRABBLE<br/>10:30 Walk With Ease<br/>1:00 Mah Jongg<br/>1:30 Chair Volleyball</p>                                   | <p><b>25</b><br/>9:00 Breakfast Bash<br/>9:30 ACTIVE LIVING EVERY DAY<br/>1:00 Euchre<br/>1:00 Painting, Knitting and Crochet and Open Crafting</p>                       | <p><b>26</b><br/>9:15 Bible Study with Jim M<br/>1:00 Matter Of Balance - CR<br/>1:00 Hand and Foot Card Game</p>   | <p><b>27</b><br/>9:30 POKENO<br/>10:00 Tai Chi<br/>1:00 Healthy Cooking with Abbi<br/>2:00 SCRABBLE</p>  | <p><b>28</b><br/>9:00 Fun Friday- Save the Frogs Day<br/>9:30 BINGO – Freeman Funeral Home<br/>1:00 Euchre<br/>1:00 Dominoes</p>                                |



**Crystala' Evans,  
Shelbyville Horizon Center  
Activity Coordinator**

Happy Easter Everyone!

April is Volunteer Appreciation Month and we are going to have an Open House. If you are a current volunteer – we appreciate you! If you want to learn about volunteer opportunities available – come check us out. We have several opportunities available for you to get involved. Come be a part of a wonderful organization. Volunteers are the heart and soul of our organization and they are the key to our success. We will have a Volunteer Open House on April 20<sup>th</sup> from 1-3pm. This will be followed by Music and a Meal at 3:00 p.m. Rich Bryant will be here to perform and dinner will be provided by McKay Manor. Coop is cooking up something special for us! Don't miss out – reserve your spot today.

In order to be a part of all of the wonderful things we provide, we do ask that you purchase a membership. Memberships are for seniors who are 60 or over and the cost is a one-time charge of \$50 for the entire year. That is a deal! We do have scholarships available for people who are on a limited income and are unable to pay the membership fee. We never want finances to be a barrier to our seniors – so please inquire if you are in need of assistance.

We do offer Day Passes as well. You are welcome to come try us out for a day by purchasing a Day Pass at our front desk. The fee is \$5 for the day and that money can be applied to your membership if you decide to join. Please do not let any fee stand in the way of you joining in on the fun we have here at our center. If you are unable to pay for any reason – please come see me and we can work something out.

If transportation is a concern – we do offer the services of ShelbyGo. Make sure to schedule it in advance so that we have availability. We have several center members that utilize ShelbyGo for transportation to and from activities.

If you are interested in joining our center programs, but are a little shy, we do understand! Everyone was new here once, but have all become a part of our center family. We welcome new faces and want you to come give us a try. There should never be any barriers to you being able to attend center events. Please give me a call at (317) 398-0127 if you have any questions or concerns.

Warm wishes,  
Crystala Evans, ADC Shelbyville Activity Coordinator



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**Shelbyville, IN.**

**SHELBY SENIOR SERVICES PRESENTS**

## CLUE at IRT



**Thursday - May 4, 2023**

**Depart from the center at 11:30 a.m.**

Invited to dinner by a mysterious host, Mrs. Peacock, Colonel Mustard, Miss Scarlet, and the rest of the usual suspects roll the dice at a gloomy mansion where blackmail and murder are on the menu. As the players become victims, the plot thickens and the noose tightens. With thrills and chills, twists and turns, and lots of laughs, it's going to be a night they'll never forget...and neither will you!

**The cost is \$35 and we are limited to 14 participants.**

We will have lunch at Shapiro's - the cost of lunch is your responsibility. You must be able to ambulate without an assistive device because there are stairs.

**Call 317-398-0127 to pay and reserve your spot.**

Come join us for an exciting trip to see CLUE at IRT and lunch at Shapiro's Deli



## TRANSPORTATION



**Easter Hall-Beyer**  
**Director of Transportation**

Shelby Senior Services/ShelbyGo would like to welcome our newest employee, **Holly Schrank**. She will be a driver for ShelbyGo. Holly has lived in or around Shelby County most of her life. She is 1988 graduate of Triton High School and has 3 children and 7 grandchildren. She is also a state certified EMT-B. Holly has an extensive background in emergent and non-emergent medical transport. Welcome to the team, Holly!



YOU ARE INVITED TO JOIN OUR

# Spring Fling

EASTER DANCE  
PARTY AND  
KARAOKE

APRIL 3, 2023  
AT 1:30 PM

WE WILL HAVE DANCING AND KARAOKE WITH OUR FAVORITE D.J. - MOXY. PUT ON YOUR DANCING SHOES OR COME PREPARED WITH YOUR FAVORITE SONG IN MIND. LIGHT REFRESHMENTS SERVED

MUSIC . DANCE . SINGING . FRIENDSHIP

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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*: 10% discount

*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 ages 60+: \$50

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

**DONATIONS**

Kappa Delta Phi Sorority  
Betty Blackburn

American Legion Victory Post No 70

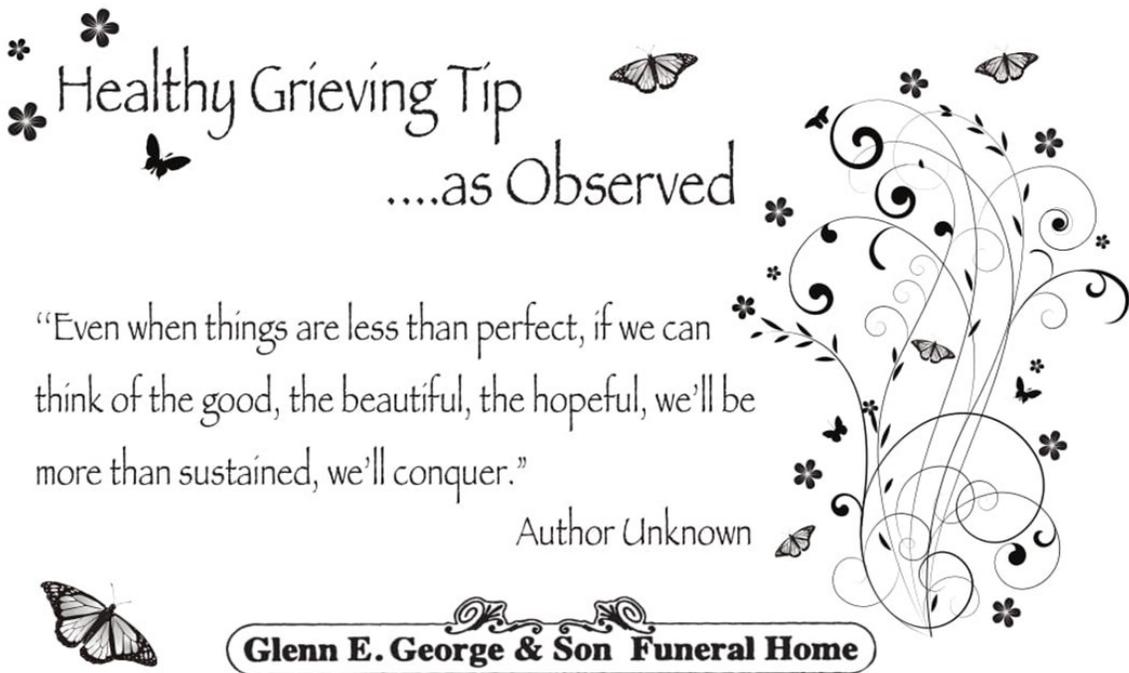
**IN MEMORY OF**

Isabelle Huber  
By: Clinton & Jana Huber

Thank you  
for your kindness

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

Clear Captions, Mainstreet Hospice, Ashford Place, Morristown Manor and Cypress Run, Waldron Rehabilitation and Healthcare Center, McKay Manor, Walker Place, Freeman Family Funeral Home, Murphy Parks Funeral Service, Glen E. George and Son Funeral Home, Infinity Home Care Plus, Gleaners, Salvation Army, Kopper Kettle, CVS, Walgreens, CICOA, 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**

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317-398-4599



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

# WALDRON HORIZON CENTER

The Waldron Horizon Center is opening this month! Join us for our Grand Re-Opening on Tuesday, April 18th from 11am-1pm at 112 Grant St., Waldron (Waldron Baptist Church).

Regular activity hours will be every Tuesday from 10am-2pm starting on April 25th.

- 10:00am - Coffee and Chat
- 11:00am - Exercises with Abbagail
- 12:00pm - Lunch
- 1:00pm - Activity

## April 25th

**Lunch:** Chicken and noodles, mashed potatoes, corn, roll, and chocolate cake

**Activity:** Meet and Greet! Get to know your fellow Waldron Seniors! We will also get a start on our Birthday Club!



- Becky Herring April 10th
- Valerie Donica April 11th
- Gennell Martin April 18th
- Janice Conway April 19th
- Tony Cecil April 24th
- Bill Wilhelm April 26th

# FAIRLAND HORIZON CENTER

Every Thursday at Fairland Fire Dept. Community Room  
400 W 400 N, Fairland, IN 46126  
9:30 am until we are done for the day!  
Kathy Miller, 317 398-4817 or 317 364-0029

## Mornings:

- 9:30- 10:00 Coffee Chat
  - 10:00 - 11:00 Exercises with Abbagail Apr. 13 & 27
  - 10:00 - 11:00 Chair Volleyball April 6 & 20
  - 11:00 BIBLE STUDY
  - 11:00 -12:00 Mind Games , Board Games, Hand & Foot, Bridge
  - 12:00 Lunch \$5.00
- Please make reservations by the Tuesday prior

## April 6 First Thursday Euchre

**Lunch:** Sloppy joes, chips, corn pudding, slaw, dessert

1:00 Euchre tournament  
...prizes for High and Low Scores

## April 13 "Puzzle-a-thon"

**Lunch:** Kathy's Surprise TBA

1:00 Our yearly jig saw puzzle-a-thon! Puzzling is good for our thinking skills and great for chatting time. Please join us for an afternoon of fun! Even if you are not in to puzzling by yourself, give this group effort a try and you will not be disappointed! Prizes will be awarded to the first team to complete their puzzle.

## April 20 "Thurman's Story"

**Lunch:** Sandwiches, potato salad, veggie sticks, dessert

1:00 Thurman Adams is a wonderful Christian musician who sang for us about a year and a half ago. Much has happened in his life since then. Come and hear the incredible story of how God has blessed him as he blesses us once again with his music.

Advisory Board meeting following presentation. Please stay and help with ideas and plans for the next few months.

## April 27 "Buffy Powers...what's new???"

**Lunch:** Baked potato and salad bar

1:00 Many of you remember Buffy from her time with Shelby Senior Services. She now works with Infinity Home Care Plus and is active in the new Shelby County Active Aging Coalition. Today you will learn about these services and be asked to give your input on needs you see for our Shelby County seniors. Buffy is neat gal - always delightful, informative, and entertaining!

Feel free to stay after the presentation for Hand and Foot or other games.



# MORRISTOWN HORIZON CENTER

Join us at the Morristown Horizon Center!

Located at the Morristown United Methodist Church, 221 S Washington St, Morristown, IN 46161 and open Wednesdays from **11:00am until 2:00pm**.

**11:00 – 11:15:** Coffee/Tea and Chat

**11:15 – 12:00:** Exercises with Abbi

**Noon:** Lunch (cost is \$5)

## April 5

**Lunch:** Chicken & noodles, mashed potatoes, green beans, and brownies with ice cream

**1:00:** Make Easter baskets this afternoon to take to Morristown Manor!

## April 12

**Lunch:** Grilled cheese, veggie tray, chips, and berry cobbler

**1:00:** Weather permitting we'll take a stroll around the block and play card games

## April 19

**Lunch:** Breakfast for lunch! Biscuits & gravy, scrambled eggs, hash browns, and a fruit cup

**1:00:** BINGO!

## April 26

**Lunch:** Chili with toppings, peanut butter sandwiches, and jello salad

**1:00:** It's National Pretzel Day! We'll be making chocolate dipped pretzels!



## 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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Shelbyville, IN 46176





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819 Harrison St. Shelbyville, IN  
317.392.2555

124 North St. Morristown, IN  
765.763.6321

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