



Shelby Senior Services, Inc.

2120 Intelliplex Dr. Ste. 101

Shelbyville, IN 46176

317-398-0127

ShelbyGo Transportation

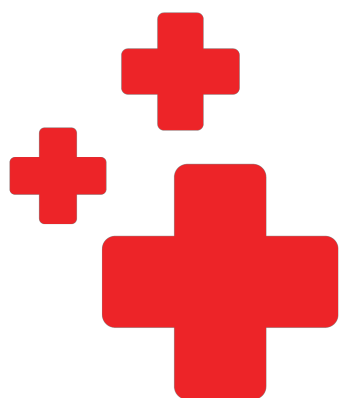
317-398-7614

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Horizon Newsletter

October 2023



MEDICARE OPEN ENROLLMENT PERIOD

OCTOBER 16 - DECEMBER 5

Medicare Annual Enrollment Period (AEP) is HERE!

Shelby Senior Services, will again this year, partner with Medicare and have SHIP Counselors available to assist you at NO COST. Both in-person and phone appointments will be available.

Call Shelby Senior Services to schedule your appointment or with any questions at 317-398-0127.

See page 9 for more information on Annual Enrollment.

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.

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, Crystal' Evans

Morristown, Kathy Green

Waldron, Regina Wall

Program Staff

Carol McDaniel, Travel Coordinator

Michelle Riggs, Dispatcher

Brooke Holycross, 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, and Calvin Berry.

2023-2024 Board of Directors

Jenni Haehl, President

Nick O'Conner, Vice President

Beau Browning, Treasurer

Brandy Coomes, Secretary

Linda Bacon

Cindy Weidner

Karen May

Bob Wortman

Tiera Purvis

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Grace Dillow

Jason Abel

Beth Crouch

Kevin Williams

Board meetings are held the third 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 2023

We would like to take time to say "Thank You" to everyone who donated and participated in the Boot Scootin' Bash that Shelby Seniors Services and Girls, Inc/Shelby County put together on September 9. It was a great fundraiser for both organizations. We feel that fun was had by all. Our two agencies are grateful for what was raised and it will help us continue our missions. Shelby Senior Services uses this money to help further what we do to provide services and programs to seniors and their families of Shelby County. Without all of the community coming together to make this night possible, we could not continue to provide the wonderful work that our staff does. We cannot say thank you enough. It took a lot of work, time, and donations to pull this night off. Shelby Senior Services would like to thank Girls, Inc. for collaborating with us on this wonderful adventure.

It is time for Medicare Open Enrollment from October 16 thru December 5, 2023. During this time, Medicare plan enrollees can reevaluate their coverage- whether its original Medicare with a supplement and supplement drug coverage or Medicare Advantage – and make changes or purchase new policies if they want to do so. Shelby Senior Services helps with this by providing space for SHIP counselor, Kathy McFarland, during this time to help with any questions and assist in finding the plan that will best cover what each person needs. Our SHIP counselor would be glad to meet with you during these dates to help with these decisions. Please contact Shelby Senior Services at 2120 Intelliplex Dr, Suite 101, Shelbyville or call 317-398-0127 to set up an appointment to meet with Kathy.

We would like to thank everyone who made the Boot Scootin' Bash another fantastic gala fundraiser.

A special THANK YOU to Girls Inc. for another successful year of partnership; we are so glad to work with another great Shelby County non-profit.



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FAMILY CAREGIVER PROGRAMS



Brooke Holycross
Family Caregiver
Services Coordinator

How much do you know about dementia? What is dementia? Would you recognize the signs or would you pass the symptoms off as signs of normal aging? Let's look at what dementia is, then let's discuss the difference between some of the typical signs of aging and signs of a more serious issue.

First, the word "dementia" encompasses many diseases that affect memory and functioning. The more common diseases include Alzheimer's disease, vascular dementia, Lewy body disease, and frontotemporal dementia. Usually these begin after age 65, but can have an earlier onset. Dementia is defined by Oxford Language as "a condition characterized by progressive or persistent loss of intellectual functioning, especially with impairment of memory and abstract thinking, and often with personality change, resulting from organic disease of the brain." But what does dementia look like?

Nearly everyone starts experiencing some memory loss with age. If you are witnessing a loved one struggle, always consult with a doctor, of course. If you see any of the following signs, make sure to point them out to the doctor. The Alzheimer's Association provides a list of ten signs for early detection if you would like a more extensive description. Let's talk about a few of the more common symptoms and the difference between someone experiencing dementia and someone who is showing typical signs of aging.

- Disruptions in daily life due to memory loss. Everyone occasionally forgets a name or how to make a favorite recipe. Dementia is more disruptive – the inability to remember the name of a close loved one or being unable to recall the recipe even after prompting.
- Difficulty with familiar tasks. Someone may ask for help with using an electronic device that they have used before and that can be typical. Someone with dementia may begin to struggle with tying their shoes or brushing their teeth.
- Poor judgement. Everyone falls for a scam at times or gives money to someone even when they know it will not be put to good use. A person with dementia may be easily persuaded to give away large sums of money or make choices that seem very out of character.

If you would like to know more about dementia, feel free to contact us at Shelby Senior Services. Ask about our Dementia Friends information sessions. Reach out to the Alzheimer's Association. Talk to your doctor. Please do not feel that you are alone if you or someone you love is struggling with possible dementia. There is help available from many different sources for the person with dementia and those who love them. Just reach out to get started.

Dementia Caregiver Support Group

The 3rd Tuesday
of every month
1:30pm to 2:30pm

Call Brooke at Shelby Senior
Services for more information
and/or to sign up at
317-398-0127

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Birthday
To You

Ginny Reffey 4th
*Carol McDaniel 12th
*Calvin Berry 15th
Kathy Boska 25th
Kristina Dabney 30th

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2023 MAYORAL CANDIDATES DISCUSSION LUNCH & LEARN

WEDNESDAY, OCTOBER 11TH
12-2PM

2120 INTELLIPLEX DR. STE 101
HOSTED AT SHELBY SENIOR SERVICES



ALL SENIORS WELCOME - LIMITED TO 50 PARTICIPANTS,
PLEASE RSVP AT 317-398-0127

LUNCH AT 12PM PROVIDED BY  ASHFORD PLACE
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TRAVEL



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

When you visit the East Coast of the United States, be prepared to experience history almost everywhere you go. That's what the travelers with Shelby Senior Services were excited about on our recent trip to Virginia Beach. The City of Virginia Beach wasn't officially incorporated until 1952, but it was a pivotal part of the military and cultural background of our country.

For me, the highlights of our journey were Williamsburg, the Mariners' Museum, the Naval Base and the Battleship Wisconsin.

I have visited Williamsburg several times over the years. Our children were 6 and 7 years old the first time and were excited to see the costumed people and colonial toys. They were not impressed by the historical significance of Williamsburg. So, my husband and I visited on our own and loved the colonial guides who assumed the role of a colonial person of the time period.

Now I get to take travelers there so they can appreciate what I have grown to love over the years. The town is dynamic, alive and typical of early America. It is the largest living history museum, according to the brochure. It is 300 acres! Our first visit was a walking tour of the center of town with shops to compliment the visit. Now, "there are taverns, world-class art museums, and artisans practicing historic trades." They even have a stage for live performances and educational lectures.

It was a very hot and humid day, but the fascinating tour led our travelers in and out of the air conditioned buildings. While impossible to see all of Williamsburg in just a few hours, it is worth going back to experience everything it has to offer about early colonial life.

The Mariners' Museum caters to all ages. Founded in 1930, it is both an educational museum and a historical museum. It features the story of early exploration and ship building complete with hand made models, some in miniature, as well as the battles, slave trade, and a huge, life-size model of the USS Monitor Civil Warship's outside protective iron covering. The Ironclad Revolution exhibition tells the story of the 1862 building of the USS Monitor and features a full-size replica of the revolving gun turret.

In another section of the multi-room museum called the International Small Craft Center, a life-sized model of the America's Cup AC72 catamaran, which is 72 feet long, hangs overhead so the visitor can see every inch. The "foils" situated under the model enable the hull to rise out of the water to attain speeds about three times faster than the wind. It is an awesome craft.

You can tell I really enjoyed this outstanding museum.



Situated on the coast is the largest Naval Base in the world. We boarded the Victory Rover sightseeing boat and spent two hours sailing by the base. We were close to three enormous aircraft carriers, battleships and numerous shipyards with Navy ships being repaired in port. The narrator pointed out the many facets of the base, as well as the cargo ships which were being loaded and unloaded along the way.

The USS Battleship Wisconsin has been decommissioned and we were able to walk the decks, hear about its history and live vicariously through the eyes of the guides along the way through the adjoining museum. The military of the United States is awesome and these sights made me feel secure.

The 2024 trips schedule is available now at the senior center. We would love for you to join us to make memories that last a lifetime. Call me at 317-701-5984 for more information, or stop by the center in the MHP Community Health & Wellness Center for flyers and the schedule.

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OCTOBER ACTIVITY HIGHLIGHTS

*** denotes that you MUST sign-up at the Front Desk prior to the event**

Monday's in October– Mah Jongg We have a great group of seniors who love to play Mah Jongg. This is not the same as the on-line version. This is the Japanese Tile Game of skill. Come test out your Memory and Critical Thinking Skills. We would love to have you come and learn new and exciting things.

Friday, October 6th at 9:00 a.m. – Fun Friday – Smile Day We are going to celebrate Smile Day! We are going to play BINGO and have prizes that are sure to put a smile on your face. If you have an item that makes you smile – bring it to share with the group. It can be an item, a favorite joke, or tale to share with the group. Prize table is sponsored by the family of David Evans.

Friday, October 6th at 11:00 a.m. – Flu Shots We are going to have Flu Shots available. Please bring all insurance information needed to receive vaccines.

***Monday, October 9th and 23rd at 10:30 a.m. Trishaw Rides with We Ride Bikes** How long has it been since you have ridden a bicycle? We are partnering with We Ride Bikes to be able to offer that experience for our seniors. You will have to sign-up in advance as space is limited.

***Tuesday, October 10th and 24th at 9:00 a.m. Tech Savvy Seniors** Tech Savvy Seniors – come learn how to make technology work for you. Please bring your technology device and make sure that it is fully charged. Please sign-up in advance to reserve your spot. We want to give you our attention and take the time you need to learn what you want about your device.

***Wednesday, October 11th at 12:00p.m. Lunch and Learn Mayoral Candidates Discussion** Shelby County Active Aging Coalition presents the 2023 Mayoral Candidates Discussion Lunch and Learn from 12 to 2:00 p.m. Speak with Nic Weber and Scott Furgeson about senior issues in your community. They want to hear from you. Lunch is being provided by Ashford Place. All seniors are welcome. Please R.S.V.P. at the front desk or by calling 317-398-0127. Space is limited to 50 participants.

Thursday, October 12th at 1:00 p.m. Book Club at the Horizon Center with Pam Weakley from the library. This month we will be reading the book, “Still Life” by Louise Penny. You can pick up a copy at the library or at Shelby Senior Services. All center members are welcome!

***Thursday, October 12th at 1:00 p.m. Learn to Paint - Artistic Endeavors** Join us for an 8-week series where you can learn to paint. This is a FREE class! We are welcoming Becky Gorman from Easel-y Artistry to our center for an exciting series of classes. We are going to learn to practice painting fundamentals each week and build upon each skill for eight weeks. You are not going to want to miss this class. Each participant will be given a set of brushes and all of the supplies that they will get to keep upon completion of the series. Space is limited to 10 people. Reserve your spot today.

Friday, October 13th at 9:00 a.m. – Fun Friday – October Birthdays and M&M Day We are going to celebrate October Birthdays with cupcakes and prizes. Have you signed up for our Birthday Club? If not – please see the front desk to join. October 13th is also M&M Day! Feel free to bring an M&M snacks item, or dress as your favorite M&M color. Prize table is sponsored by Ashford Place. We look forward to seeing you.

Friday, October 13th at 8:00 a.m. – Pop-Up Shop Our first Pop-Up Shop was a huge success! Our next Pop-Up Shop is going to be a combo. We are going to have Bass Farms products to purchase and canning and crafts. Come and shop till you drop. If you have a small business with handmade creations – please call Crystala Evans, Activity Coordinator to be part of our next Pop-Up Shop!

Tuesday, October 17th at 1:30 p.m. Alzheimer's Caregiver Support Group Our very own, Brooke Holycross will be leading our Alzheimer's Caregiver Support Group. Please feel free to come visit us and join others who are caring for those with dementia. This is a good time to share and be supported by others who are sharing this journey.

Wednesday – October 18th at 1:00 p.m. – Movie Matinee “Guys and Dolls” and Popcorn We are going to be showing “Guys and Dolls” featuring Marlon Brando. Come and enjoy a movie and some popcorn while watching a fun movie. Movie is 2 hours and 30 minutes long. Please sign-up in advance.

***Thursday, October 19th at 3:00 p.m. Music and a Meal with Rich Bryant** Rich Bryant is going to be here to perform. He is also providing the meal through his Jimmy John's franchise. Limited to 30 people and you must register in advance. You MUST be signed-up by October 16th at 4:00 p.m.

Friday, October 20th at 9:00 a.m. – Fun Friday – Witches Day We are going to celebrate the month of Halloween with Witches Day. Wear your favorite witchy attire. The Wizard of Oz even had good witches – so don't be afraid. Prize table is sponsored by Morristown Manor. We look forward to seeing you.

***Friday, October 20th at 11:00 Day Trip- Witches Brew COST \$25** We are super excited to travel to Greenwood to have lunch at Oaken Barrel and see the play Witches Brew at the Luxe. Get ready to celebrate Halloween in a whole new way! Witches has a musical evening BREWED UP just for you! This show combines some of Edgar Allen Poe's most chilling tales with songs that help tell-the-tale! The show is campy, "good" creepy, and ever-so-entertaining for "kids" of *ALL AGES - 6 years to 106 years old!* *Featuring a cast of four witches, a vampire, and a werewolf...they will steal your heart. Cost is \$25 and space is limited to 14 people.*

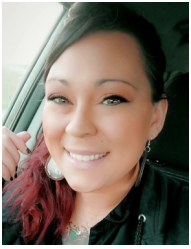
Friday, October 27th at 9:00 a.m. Fun Friday - Halloween Orange and Black Pre-Party Wear your black and orange, or Halloween-themed attire for this Fun Friday. We are going to play Halloween-themed Bingo too! Feel free to bring a trick-or-treat to share with the group. Our Bingo Sponsor is Shelby Senior Services.

***Monday, October 30th at 1:00 p.m. Halloween Dance and Karaoke** Come dressed in your best Halloween Costume on October 30th. We will have a Halloween Costume Contest that will be voted on by 3:00 p.m. You MUST be present to win. Snacks will be a pitch-in. Bring a snack to share. Music by DJ Moxy. We will have lots of Tricks and Treats going on at the Horizon Center.

***Wednesday, November 1st at 1:00 p.m. Decorate the Grover Tree** We are going to be decorating our Tree at the Grover Museum. This is a tentative date, and further details will be in the November Horizon issue, so stay tuned.

Friday, November 3rd at 9:00 a.m. – Fun Friday – Jersey Day We are celebrating Jersey Day. Wear your favorite sports Jersey. It is football season and we know you have a favorite team. Come show your team pride. Prize table is sponsored by Shelby Senior Services.

HEALTH & WELLNESS



Health and Wellness: By: Abbigail Kirk



Jumping into October we have a few exciting events to look forward to. Our “PARKIES” at Rock Steady Boxing of Shelby County worked with me to compile some great photos for a 2024 calendar as a fundraising opportunity. These calendars are on sale at the Horizon Center for just \$10! Shelby Senior Services is avidly fundraising for a matching grant with the Wortman Family Foundation. This is an amazing opportunity for Shelby Senior Services.

Coming October 21, 2023, Rock Steady Boxing will be hosting an Arts and Crafts Fair at 643 Fair Ave. Shelbyville, IN. All proceeds go to Rock Steady Boxing of Shelby County. The Arts and Crafts Fair will be featuring booths with handmade aspects of all mediums. Limited booth spaces at \$25/ space. Call the Horizon Center and ask for Abbigail to reserve your space!

Health & Wellness Highlights:

Corn Hole- 1st Monday at 1:30pm

Trishaw Rides - 2nd & 4th Monday at 10:30am

Chair Volleyball - 3rd Monday at 1:30pm

Walk with Ease - 1st, 3rd, & 5th Monday at 10:30am

Rock Steady Boxing - Tuesdays and Thursdays 4-5pm

Bingocize - 1st & 4th Wednesdays at 1pm

Blood Pressure Checks - Every Thursday at 9am

Tai Chi - Every Thursday at 10:00am

Bingo - Every Friday at 12:00pm

Arts & Crafts Fair - Benefitting Rock Steady Boxing on Oct. 21 from 9am-1pm at Briley Center - 643 Fair Ave.

Healthy Cooking - Nov. 2 at 1:30pm

ARTS & CRAFTS FAIR



OCTOBER 21, 2023

Briley Center 643 Fair Ave
Shelbyville, IN 46176

Starts at 9 a.m. closes at 1 p.m.

Shelby Senior Services is hosting an Arts & Crafts Fair, featuring booths with handmade aspect of all Mediums. Limited booth spaces at \$25/ space. Call the Horizon Center today to reserve your space!

Set up at 8 a.m.

Tear down at 1 p.m.
akirk@shelbyseniorservices.org
Horizon Center 317-398-0127



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

Annual Enrollment 2024

Medicare Annual Enrollment Period (AEP) is HERE – October 16 through December 5. Shelby Senior Services, will again this year, partner with Medicare and have SHIP Counselors available to assist you at NO COST. Both in-person and phone-call appointments will be available. Let the receptionist know which is your preference when you call to make your appointment.

IMPORTANT to KNOW to make your appointments run smoothly:

1. Schedule your appointment for one hour and be prepared to arrive on time and use the entire hour. One hour per person (not one hour per couple).
2. Days available for SHIP appointments begin October 16 and end December 5. Hours begin 12:00pm-3:00pm.
3. **Bring your Medicare Card (the red, white, and blue one).**
4. **Bring a complete list of your PRESCRIPTION drugs by name, dosage, and frequency.**
5. Bring all the cards you use for any of your health care when you see your doctors.
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 at 317-398-0127. Inform them that you want to schedule a Medicare Annual Enrollment appointment with a SHIP Counselor.
2. If you prefer a phone appointment, this is when you tell them.
3. You will be asked: your name, your phone number, and what you are wanting to review. Do you only want to review your prescription drug plan or do you want to review your medical, dental, and/or Advantage Plan, or all of the above?

Shelby Senior Services Address: **2120 Intelliplex Dr. Suite 101 Shelbyville, IN 46176**

You will be responsible for remembering your own 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 at 317-398-0127 for assistance.

Clarification on vaccines from Medicare Bingo in September:

Vaccines offered at no-cost to Medicare beneficiaries include:

Shingles, Flu, COVID, Pneumococcal, RSV, Hepatitis B, Tetanus, Diphtheria, and Pertussis. Should you have additional questions or concerns you may contact Shelby Senior Services and ask for the SHIP counselor.

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
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Ashford Place
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ashfordplacehc.com

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SOCIAL ACTIVITIES SHELBYVILLE HORIZON CENTER



OCTOBER ACTIVITY CALENDAR



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9:00 Table Top Games and Open Cards 10:30 Walk With Ease 1:00 Mah Jongg 1:30 Corn Hole	3 9:00 Open Games and Cards 1:00 Euchre 1:00 Painting, Knitting and Crochet and Open Crafting	4 9:15 Bible Study with Jim M 1:00 Hand and Foot Card Game 1:00 Bingoize	5 9:00 Blood Pressures 9:30 POKENO 10:00 Tai Chi 1:00 Learn to Paint - Class Prep	6 Produce Pick-Up 12-4 9:00 Fun Friday – Smile Day 9:30 BINGO – Evans Family 11:00 Flu Shots 1:00 Euchre 1:00 Dominoes
9 9:00 Table Top Games and Open Cards 10:30 Trishaw Rides	10 9:00 Tech Savvy Seniors 1:00 Euchre 1:00 Painting, Knitting and Crochet and Open Crafting	11 9:15 Bible Study with Jim M 12:00 Lunch and Learn – Mayoral Candidates Discussion 2:00 Hand and Foot Card Game	12 9:00 Blood Pressures 9:30 POKENO 10:00 Tai Chi 1:00 Book Club – Still Life 1:00 Learn to Paint	13 9:00 Fun Friday – M&M Day 9:30 BINGO – Ashford Place 1:00 Euchre 1:00 Dominoes
16 Produce Pick-Up 12-4 9:00 Table Top Games and Open Cards 10:30 Walk With Ease 1:30 Chair Volleyball	17 9:00 Open Games and Cards 1:00 Euchre 1:00 Painting, Knitting and Crochet and Open Crafting 1:30 Alzheimer's Caregiver Support Group	18 9:15 Bible Study with Jim M 1:00 Hand and Foot Card Game 1:00 Movie Matinee –Guys and Dolls	19 9:00 Blood Pressures 9:30 POKENO 10:00 Tai Chi 1:00 Learn to Paint 3:00 Music and a Meal Rich Bryant	20 9:00 Fun Friday – Witches Day 9:30 BINGO – Morristown Manor 11:00 Day Trip to Witches Brew 1:00 Euchre 1:00 Dominoes
23 9:00 Table Top Games and Open Cards 10:30 Trishaw Rides 1:00 Mah Jongg	24 9:00 Tech Savvy Seniors 1:00 Euchre 1:00 Painting, Knitting and Crochet and Open Crafting	25 9:15 Bible Study with Jim M 1:00 Hand and Foot Card Game 1:00 Bingoize	26 9:00 Blood Pressures 9:30 POKENO 10:00 Tai Chi 1:00 Learn to Paint	27 9:00 Fun Friday – Halloween Orange and Black Pre-Party 9:30 BINGO – Shelby Seniors 1:00 Euchre 1:00 Dominoes
30 9:00 Table Top Games and Open Cards 10:30 Walk With Ease 1:00 Dance and Karaoke Halloween Costume Party	31 9:00 Open Games and Cards 1:00 Euchre 1:00 Painting, Knitting and Crochet and Open Crafting	1 9:15 Bible Study with Jim M 1:00 Hand and Foot Card Game 1:00 Decorate Grover Tree	2 9:00 Blood Pressures 9:30 POKENO 10:00 Tai Chi 1:00 Learn to Paint 1:30 Healthy Cooking	3 9:00 Fun Friday Jersey Day 9:30 BINGO 1:00 Euchre 1:00 Dominoes



Crystala' Evans,
Shelbyville Horizon Center
Activity Coordinator

Fall is in the air! Things are always changing and Fall is a time when change is most evident. Make sure to dress in layers each day so that you can stay at your desired temperature. Sweaters and cardigans are always good to have in case the temperature changes during the day. I want you to be comfortable. Come out and visit – the coffee is hot and the company is like family.

We are going to be having a “Costume Contest for Halloween!” What you will need to do is to come dressed in your costume on October 30th. We will have a voting system for the overall Best Costume which will be voted on by our seniors. I know we have a lot of creative seniors who will want to join in on the fun. The winner will receive a \$20 Gift Card to Walmart and be crowned the 2023 Best Halloween Costume WINNER!!! DJ Moxy will be here and we will have dancing and Karaoke. Let’s do the Monster Mash and have a great time. It is sure to be a fun filled day that you are not going to want to miss.

Christmas card submissions are starting this month. Please send me your card submission for consideration. We have Tuesday’s at 1:00 PM set aside for you to join in and work on your Christmas card submissions for the contest. We will tentatively be decorating our tree and space at the Grover Museum at 1:00 on November 1st. Come join us as we make our tree come to life with our display.

Volunteer opportunities – Please inquire about opportunities for volunteering. We have all sorts of opportunities for you to get involved in taking pride in your Senior Center. Front desk, newsletters, Grover Tree Decorators, Bingo Callers, program facilitation, and activity assistants - are just a few. If you feel led to share your time and talents with us – we would appreciate your assistance. Keep an eye out in the newsletter for upcoming areas of need for volunteers. We appreciate your time and talents.

October is my Anniversary month! I have been serving Shelby Seniors for 5 years now. The time has 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 always do my best. Thank you for sharing your time with me. You are such a blessing to my life.

Always,


Crystala Evans, ADC
 Shelbyville Activity Coordinator



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Shelbyville, IN.




Artistic Endeavors


Come Learn to Paint



Whether you are a seasoned artist, or a novice. Come join us for this exciting class where you will be able to explore your techniques weekly. Please call to reserve your spot as space is limited.



Becky Gorman
 Senior Artist
 Easel-y Artistry




Crystala Evans
 Artist Assistant

1 PM | Thursday
 Series Starts October 12th
 Continues Weekly for 8 Weeks

2120 Intelliplex Drive,
 Suite 101
 Shelbyville, IN 46176

www.shelbyseniorservices.org



TRANSPORTATION



Easter Hall-Beyer
Director of Transportation

"Just a friendly reminder" as flu season is approaching, ShelbyGo Drivers may ask you to wear a mask while in their vehicle.

ShelbyGo is seeing an increase in last-minute cancellations and no-shows.

Cancellation and No-Show Policy:

Please give 24 hours' notice for cancellation. The transportation director will consider extenuating circumstances. ShelbyGo passengers who are under the age of 60 that miss their ride or do not cancel will have to pay for the unnecessary trip. A "no-show" is when a driver shows up at the appointed time and you are either not there or you cancel when the driver arrives. It is also considered a no-show if you call to cancel and the driver is en route.

CALENDAR SALE
\$10 per calendar

ALL PROCEEDS GO TO:

ROCK STEADY BOXING SHELBY COUNTY

SHELBY SENIOR SERVICES

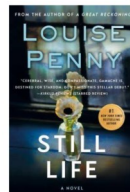
BOOK CLUB

OCTOBER'S BOOK
STILL LIFE BY
LOUISE PENNY

MEETS 2ND
THURSDAY
OF EACH
MONTH



GOOD BOOKS, DISCUSSIONS, AND GOOD COMPANY



October 12, 2023

1:00 p.m. Book Discussion

Shelby Senior Services
2120 Intelliplex Drive
Meeting Room

Join us monthly with
PAM WEAKLEY from the
Shelby County Library

Morristown Manor & CYPRESS RUN

Family-first Senior Living from CarDon

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

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

Applebee's: 10% discount.

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

Denny's: 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

American Legion Victory Post No. 70
Dave Rutherford

Rural King



Thank you

for your kindness

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

Ruthie Jean Denim, Bass Farms, Family of Isabelle Huber, Sock-Hop Sponsors and Donors, Waldron Health and Rehabilitation Center, Ashford Place, Morristown Manor and Cypress Run, McKay Manor, Walker Place, Freeman Family Funeral Home, Murphy Parks Funeral Service, Glen E. George and Son Funeral Home, Infinity Home Care Plus, Tim and Janice Conway, Brazeway, 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

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



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

WALDRON HORIZON CENTER

Join us at the Waldron Horizon Center!

Located at the Waldron Baptist Church, 112 Grant St. Waldron, IN 46182 and open **Tuesdays from 9:30am-2pm.** If you would like more information or would like to reserve a spot for lunch, please call 317-398-0127.

9:30 Coffee and Chat
10:30-11:30 Exercise with Abby
11:45 Lunch

October 3
Lunch: Beef & noodles, mashed potatoes, green beans, and cake
Activity: Cards & board games

October 10
Lunch: Meatloaf, mashed potatoes, corn, and cobbler & ice cream
Activity: Carve pumpkins with us!

October 17
Lunch: Waffles with all the toppings
Activity: Dominoes & Euchre

October 24
Lunch: Chili, peanut butter & honey sandwiches, crackers, and chocolate cake
Activity: Trivia & Euchre

October 31
Lunch: Spaghetti, garlic bread, salad, and cheese cake
Activity: Join us as we tell Halloween stories - spooky, scary, & sweet!



HALLOWEEN PARTY!!!

Get ready to have fun
COSTUME CONTEST
DANCE AND KARAOKE PARTY
1:00 P.M. ON OCTOBER 30, 2023

Come dressed in your best Halloween Costume on October 30th. We are going to have a Costume Contest that will be voted by 3:00.
Snacks will be a pitch-in - bring a snack to share
Music by DJ Moxy
You must R.S.V.P. for this fun filled event by calling (317) 398-0127

PRIZES, GAMES, MUSIC, AND KARAOKE
ALL IN ONE FUN FILLED DAY!!!
WINNER WILL BE GIVEN THE TITLE OF BEST OVERALL COSTUME FOR 2023



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 Abbigail Oct. 5 & 19
10:00 - 11:00 Chair Volleyball Oct. 12 & 26
11:00 BIBLE STUDY
11:00 -12:00 Mind Games, Board Games, Bridge
12:00 Lunch \$5.00
Please make reservations by the Tuesday prior

October 5 First Thursday Euchre
Lunch: Beef stew, corn bread, salad, and dessert
1:00 Euchre tournament
...prizes for High and Low Scores
Euchre 101 for beginners and Garbage in the Conference Room too!

October 12 "Food Bingo"
10:30 Free Flu Shot Clinic
Be sure and bring your insurance cards
Lunch: Menu TBA
1:00 "Bingo" with lots of "edible" prizes

October 19 "Christmas Tree Painting"
Lunch: Pork roast, mashed potatoes and gravy, veggie, rolls and dessert
1:00 Tim and Janice Conway from Blue River Stained Glass will be here to help us paint Light Up Christmas Trees. They will provide the all the supplies, so please sign up ahead of time. To cover the cost of supplies we are asking for an \$8.00 per tree donation. This would be a great Christmas gift! Many thanks to Tim and Janice for being super supporters of Shelby Senior Services, including our Fairland Center.

October 26 "Celebrating Halloween"
Lunch: Chili and crackers, peanut butter sandwiches, carrots and celery sticks & dessert
1:00 Halloween Costume Parade with prizes for the spookiest, prettiest, and most original. Do you remember trick or treating as a kid? Do you have any good stories? Please be prepared to share! I also hope to make a little music today with you and some of my musician friends.



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)

October 4

Lunch: Beef & noodles, mashed potatoes, green beans, and cake

Activity: Cards & board games

October 11

Lunch: Meatloaf, mashed potatoes, corn, and cobbler & ice cream

Activity: Carve pumpkins with us!

October 18

Lunch: Pork roast, greens beans, rolls, and cookies

Activity: Dominoes & Euchre

October 25

Lunch: Chili, peanut butter & honey sandwiches, crackers, and chocolate cake

Activity: Trivia & Euchre

November 1

Lunch: Spaghetti, garlic bread, salad, and cheese cake

Activity: Join us as we tell Halloween stories - spooky, scary, & sweet!

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.

ASSISTED LIVING FOR HEALTH AND WELLNESS

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- | Assistance with bathing and dressing
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- | Transfer and mobility assistance
- | Respite care
- | Emergency call system
- | Pets Welcome

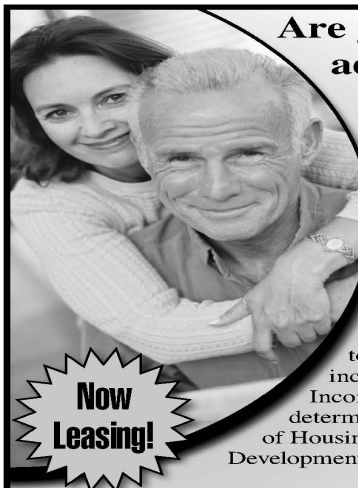


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Shelbyville, IN 46176
317-392-3370

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Apartments available to those with little or no income at very low prices. Income limitations are determined by the Department of Housing and Urban Development (HUD).

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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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Requested

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A SCUFFY Agency

