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- *Complete Arrangements For Traditional, Cremation, Memorial or Alternative Services*
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 - Pet Burial or Cremation

703 S. Harrison Street, Shelbyville, IN 46176
www.murhyparks.com

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FREE Veteran's
Space/Vault
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- Ground Burials
- Columbarium
- Mausoleum
- Pet Cemetery
- Heroes of Honor & Glory
Veterans Lawn Crypt &
Cremation Garden

625 Progress Parkway, Shelbyville, IN 46176

317-398-6060

SHELBY SENIOR SERVICES, INC.

2120 Intelliplex Dr. Suite 101
Shelbyville, IN 46176

"Serving seniors, improving lives."

Nonprofit Org.

U. S. Postage Paid

Bulk Mail

Permit #66

Shelbyville, IN 46176

Address Service
Requested



Thank you for remembering us in your Will!



Shelby Senior Services, Inc.

2120 Intelliplex Dr. Ste. 101
Shelbyville, IN 46176
317-398-0127
ShelbyGo Transportation
317-398-7614
www.shelbyseniorservices.org
Facebook @shelbyseniorservices

Horizon Newsletter

September 2023

Shelby Senior Services presents

Senior Sock-Hop & Cruise-In

Thursday, September 21, 2023

4:00pm-7:00pm

Shelby Senior Services

2120 Intelliplex Dr.

Shelbyville, IN 46176

317-398-0127

Must purchase tickets ahead of time

*\$5 for all
Seniors*

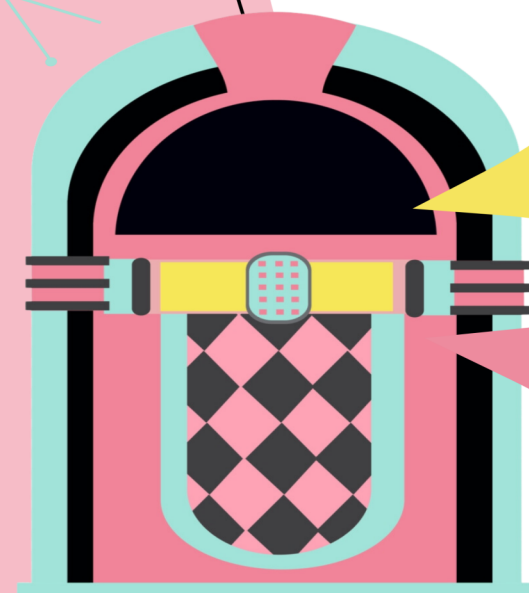
*Includes:
Hot Dogs
Root Beer Floats
Coleslaw
Chips*

*50's Music
by DJ Moxy!*

*Photo
Booth*

*Favors &
Door Prizes*

*Wear your
poodle skirts &
leather
jackets!*



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

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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.

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, Crystala' 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, Calvin Berry, and
Holly Schrank.

2023-2024 Board of Directors

Jenni Haehl, President
Nick O’Conner, Vice President
Beau Browning, Treasurer

Linda Bacon
Cindy Weidner
Karen May
Bob Wortman
Tiera Purvis

Jamie Marcum
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.”

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)

September 6
Lunch: Pizza by Morristown Manor
Activity: Board Games

September 13
Lunch: Lasagna, Salad, Garlic Bread, & Lemon Bars
Activity: Euchre or Uno

September 20
Lunch: Potato Bar & Dump Cake
Activity: Bingo & Make Coasters

September 27
Lunch: Beans, Cornbread, & Chocolate Cake with White Icing
Activity: Make Welcome Signs



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)

ASSISTED LIVING FOR HEALTH AND WELLNESS

OUR CAREGIVERS ARE ONSITE
24 HOURS A DAY TO PROVIDE

Assistance with bathing and dressing

Assistance with medications

Transfer and mobility assistance

Respite care

Emergency call system

Pets Welcome

Walker Place

Senior Living

2216 N Riley Highway
Shelbyville, IN 46176
317-392-3370
enlivant.com

Are you an older adult, with limited or no income, looking for quality, affordable housing?

Now Leasing!

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).

Studio & One Bedroom Apartments Include:

• Carpeting
• Window Treatments
• Safety Rails in Tub/Shower
• Full Kitchen
• Smoke Detectors
• Heating & Air Conditioning
• Emergency Call System

Building Amenities:

• Individual Indoor Mailboxes
• On-Site Laundry Facilities
• Elevator
• Parking for Residents
• Entry Access System
• Community Room with Kitchen
• Trash Chutes on Each Floor

Call Today for a Tour! 317-398-3316

Charles Major Manor

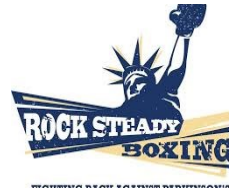
A Retirement Housing Foundation Company

102 East Franklin Street
Shelbyville, IN 46176

HEALTH & WELLNESS



Health and Wellness: By: Abbigail Kirk



Hello Fall!

We have made it through the dog days of summer, and what a fast summer that was. Time flies when we are having fun! Looking ahead in the month, we have the Sock Hop coming up September 21st. I have already worked with some of my satellite centers on the “Rock-a-Billy Stroll”. Watching everyone up and participating makes my heart melt. Very simple steps, very simple movement. We will be having another “Rock-a-Billy Stroll” dance class planned for September 18, 2023 at 1:30 p.m. Please come out to Blue River Park on September 9th (Saturday) for Arts in the Park. ROCK STEADY BOXING of Shelby County will be selling popcorn! We have so many fun events coming up!

Health & Wellness Highlights:

Chair Volleyball– 1st and 3rd
Monday at 1:30pm

Corn Hole- 4th Monday at 1:30pm

Walk with Ease - Every Monday at
10:30am

Rock Steady Boxing - Tuesdays
and Thursdays 4-5pm

Matter of Balance - Wednesdays at
1pm

Blood Pressure Checks - Every
Thursday at 9am

Tai Chi- Every Thursday at
10:00am

ARTS & CRAFTS FAIR
BY SHELBY SENIOR SERVICES

OCT. 21, 2023
OPEN AT 9 AM - 3PM

BRILEY FAMILY CENTER
643 FAIR AVE
SHELBYVILLE INDIANA

317-398-0127

MONDAYS AT HORIZON CENTER @10:30A.M.
CALL ABBAGAIL FOR MORE DETAILS

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.

Michael R. DeVoe
D & B Cabinet Sales, Inc.

660 East Jackson St.
P.O. Box 252
Shelbyville, IN 46176

Phone 317.392.2870
Fax 317.392.2879

d-bcabinets@comcast.net

HEALTH & WELLNESS



BE A LIFESAVER.
FREE Suicide Prevention Training

QUESTION, PERSUADE, & REFER

QPR stands for Question, Persuade, and Refer-3 simple steps anyone can learn to help save a life from suicide!

This training is being offered FREE to any adult who would like to attend.

FREE QPR Training

Thursday, September 7th
Shelby Senior Services
2120 Intelliplex Drive, Suite 101
(West Entrance)
1-3 P.M.

Learn how to:

- Recognize warning signs of suicide.
- Ask questions & assess.
- Persuade the person to get help.
- Refer them to get the help they need!



To register, please call Shelby Senior Services at 317-398-0127



SHELBY COUNTY ACTIVE AGING
COALITION PRESENTS:

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

**SPEAK WITH
CANDIDATES NIC WEBER &
SCOTT FURGESON ABOUT
SENIOR ISSUES IN YOUR
COMMUNITY**

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.**



Ashford Place
Health Campus

317-398-8422
2200 N. Riley Highway
Shelbyville, IN 46176
ashfordplacehc.com

Are you
turning 65?
Call your
local licensed
Humana
sales agent.

Humana.



Janet Brewer
317-313-2579
(TTY: 711)

Monday – Friday
8 a.m. – 5 p.m.

* 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

September 5
 Lunch: Pizza Day
 Activity: Card Games

September 12
 Lunch: Lasagna, Salad, Garlic Bread, & Lemon Bars
 Activity: Euchre or Uno

September 19
 Lunch: Potato Bar & Dump Cake
 Activity: Bingo & Make Coasters

September 26
 Lunch: Beans, Cornbread, & Chocolate Cake with White Icing
 Activity: Make Welcome Signs



Pop-Up Shop



September 8th @ 8 am
Ruthie Jean Denim

Come to our Pop-Up Shop
 Specializing in up-cycled denim fashion sizes baby through adult. Boho-chic, western, glam, casual, and festival wear. Styles for everyone!

2120 Intelliplex Drive, Suite 101, Shelbyville, IN 46176



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 Abigail
10:00 - 11:00 Chair Volleyball
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

September 7th: First Thursday Euchre
Lunch: Kathy Cooks Menu TBA
1:00: Euchre tournament
...prizes for High and Low Scores

September 14th: At the time of the printing of this newsletter, the afternoon program has yet to be confirmed...watch your face book or check with Kathy for an update.
Lunch: Kathy Cooks (Menu TBA)
ADVISORY COUNCIL FOLLOWING Afternoon activity

September 21st: "Take me back to the 50's"
 Today will be a short day as we will close the Fairland center right after lunch in order for everyone to get ready for the Big Cruise In and Sock Hop later today in Shelbyville.
 Come dressed in your favorite 50's attire. We will practice our Rock-a-Billy Stroll, do 50's trivia...50's music...I will even be sure that lunch is something from the 50's, a recipe of course, not something that has been in the freezer that long!

September 28th: "An Incredibly Interesting Life!"
Lunch: Kathy Cooks (Menu TBA)
1:00: Have you ever known someone for a long time and really never had a chance to "get to know" them? This happened to me last September, when I sat next to Wil Mitchell at our annual Employee Retreat. All in attendance were asked to bring something that was special to them and share that item's story. Wil is the Tech Support Guru for Shelby Senior Services. He has a quiet, gentle personality and that is all I really knew about him...until it was his turn to share!! Wow...was I captivated!!! Today Wil and his wife Judy, will be joining us and sharing some very special memories that have contributed to such a fascinating, "Incredibly Interesting Life"!!

REALIZING THE DECORATOR IN YOU
 September 5th, 2023
 Class Begins at 1:00 P.M.

Come and Create a One of a kind Medallion with Vicki King. We will explore our inner artist and get creative in the process

Cost is \$5
 Limited to 8 people
 Call (317) 398-0127 to register

www.shelbyseniorservices.org

JOIN US FOR Race Into Savings with Rebate Apps

September 28th at 2:00 PM
PLEASE RSVP By Calling 317-398-0127

Kimberly Howard will be here from Stephenson Rife, LLP to discuss how you can save money on your grocery bill in 2023. Kimberly is a Legal Assistant and has been with Stephenson Rife, LLP for 2 years. She had been a couponer for 26 years.

STEPHENSON RIFE LLP
 2120 Intelliplex Drive, Suite 101, Shelbyville, IN 46176
 www.shelbyseniorservices.org



Kim's Korner September 2023

September is National Senior Center Month. The theme is "Discover Yours." Shelby Senior Services Activity Directors do a wonderful job. They are always looking for new, fun, and exciting programs and activities to entice anyone 60+ to come in and join in and enjoy yourselves. It's time to come in and meet new people and visit with people who you may already know. There are many different opportunities to find something that appeals to you. There are Lunch and Learns, activities, health and wellness programs, and information sessions that are here to try to get to the interests of everyone. You can come in and try any program with a \$5 Day Pass. We are fortunate to be able to have Activity Centers in Morristown, Waldron, Fairland and Shelbyville. Come enjoy the many different activities that might light up something different in yourself when you discover something that you like that you were not aware of before.

It has come to my attention of more scams that are going around in Shelby County. Please be aware of what is going on around you. No one will contact you for your personal information over the phone. The Electric Company, Social Security, Medicaid and Medicare, to name a few. THIS IS A SCAM. Try to take their information and call them back as well as check with the electric company or Medicare or whatever company they say they are from if you feel that you need to make sure. These companies will pressure you to pay or ask for bank information and until you give them the information that they want. Please just be mindful before you give out this information. I know that this can be hard when someone is pressuring you, but just try to remember if they are pressuring you then something is WRONG!

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



Indiana Hearing Aid Company
Your Neighbor In Better Hearing

Come in for a
Free Hearing Screening!

1209 East State Road 44
 Shelbyville, IN 46176

Call (317) 421-7955

www.HearIndiana.com

Providing the best care.



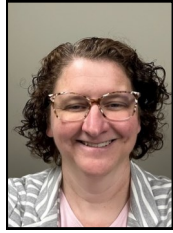
We can help you navigate the choices that have to be made when someone in your family is facing a life-limiting illness or condition.

317.392.4560
800.841.4938 ext. 8000
 www.ourhospice.org



To make every moment count
 Serving South Central Indiana since 1980

FAMILY CAREGIVER PROGRAMS



Brooke Holycross
Family Caregiver
Services Coordinator

September is Senior Center Month. One service a senior center may provide is social services, which involves helping connect people who have a need to the right resources for help. As a social worker within Shelby Senior Services I am often asked to find help for those with sudden, unexpected needs. For example, perhaps someone who has always kept his yard well maintained unexpectedly has a health crisis and can no longer use a mower. Now his grass is a foot tall, the neighbors are complaining, he cannot mow, and cannot afford to pay for a lawn service. Someone else may have had a recent surgery and cannot get out to grocery shop for herself. The need may be as simple as being unable to change the battery in a chirping smoke detector. These are just a few examples of the challenges that seniors in your community face. If family and friends are unavailable to provide support that you may need, where would you turn?

Volunteers often provide an invaluable service in situations such as these. Do you have the time and energy and would like to find a way to give back to your community? Are you involved in an organization or church group that would like to provide service opportunities for its members? Perhaps you are a mentor or role model to a younger person and would like to provide them with an experience of stepping up to help someone in need. Your service may be visiting with someone who is unable to leave home and just wants some company. Perhaps you are a licensed barber and would like to provide a few free haircuts each month. If you would like to help out your neighbors, please reach out to us. Let us know your skills and interests. We would love to match you up with seniors in need of a helping hand.

Give us a call at 317-398-0127, email me at bholycross@shelbyseniorservices.org, or stop by our office at 2120 Intelliplex Dr, Suite 101. We can discuss the ways you would like to serve and what the next steps will be to connect you to someone in need of a helping hand.

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

TECH SAVVY SENIORS



**SEPTEMBER 5TH AND
SEPTEMBER 19TH AT 9:00 AM**



Please call 317-398-0127 to schedule your 1:1
appointment for Tech assistance. Bring your Tech fully
charged and ready to learn.

Under the Affordable Connectivity Program you might
qualify for a FREE tablet. Rachel Nuxoll will be here
with Tablets for those who qualify. Please bring a copy
of your 2022 Income, as well as TANF and SNAP
benefits paperwork to see if you are eligible.

Set up your appointment today!

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



Happy
Birthday
To You

***Margaret Deaton 5**
Linda Chandler 6
Kristy Holzhausen 16
***Will Mitchell 16**
***Abbi Kirk 17**
Karen Williams 20
***Jerry Berry 24**

DONATIONS

American Legion Victory Post No. 70
Blue River Foundation, Inc.
Nuthak Insurance
Vicki King
Marvin Toll & Maria Dicken

Clinton & Jana Huber
Brazeway
Compass Insurance
John & Martha Wetnight
Shelby Materials

Thank you
for your kindness

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

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.



FREEMAN FAMILY
FUNERAL HOMES AND CREMATORY



FREE
MEDICAL ALERT SYSTEM

Use the unique keycode: Shelbyville (2555)
and Morristown (6321), which will give you
access to this life-saving APP

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

TRANSPORTATION



Easter Hall-Beyer
Director of Transportation

TRIP RESERVATIONS

All trips are scheduled in advance on a first come, first served basis and are scheduled on a time and space availability basis. Trip reservations must be requested 48 hours in advance of requested pick up time. To schedule trips, passengers must call (317) 398-7614 or (317)-398-0127 between 8:00 am - 4:00 p.m. Monday - Friday.

Trips cannot be scheduled by telling a driver.

Hearing impaired persons can call the Indiana Relay Service at 711 or (800) 409-6503 for assistance in scheduling trips. Same day add-on trips will be accommodated if there are openings on that day's schedule.

FARES

Seniors 60 and older (Free) Donations welcome Under 60 years of age (\$4 in the city; \$7 in the county) Fares must be paid upon boarding. Punch passes are available for purchase in the Transit Office located at:

2120 Intelliplex Dr Ste.101
Shelbyville, IN 46176
317-398-0127
10 punch for city pass \$40
10 punch for county pass \$70

Reminder: Please be patient when calling for a pick-up. ShelbyGo runs on a schedule, so you may experience a wait. We appreciate your patience as we try to accommodate the community's needs.

MOVIE MATINEE

FEATURING
OKLAHOMA
WITH HUGH JACKMAN

Thursday, September 14, 2023
1:00 PM (2 hours, 25 minutes)

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

TICKET CINEMA

BOOK CLUB

SEPTEMBER BOOK
"THE OTHER EINSTEIN"
MARIE BENEDICT

MEETS 2ND THURSDAY OF EACH MONTH

September 14th, 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

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.

RETIRED & LOOKING FOR MEANINGFUL PART-TIME WORK?

IF YOU WANT...

- Flexible Pay, Rewarding Experiences & Meaningful Friendships

AND YOU ARE...

- Patient, Empathetic & Reliable

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Franklin, Whiteland, Bargersville,
Shelbyville & Greenwood Areas

CONTACT US AT
317.604.5520
Krughoff@shsindiana.com

FARMERS MARKET
SHELBY COUNTY

We accept:
INDIANA WIC SNAP

MARKET HOURS: 8A-NOON
Live Music: 10A-NOON
Public Square, Shelbyville, IN 46176
Facebook.com/ShelbyCoFarmersMarket

SHELBY COUNTY FARMERS MARKET

is accessible and affordable for all members of the Shelby County community. Hosted by Mainstreet Shelbyville INC, the farmers market is an effective means for improving access to nutritious foods and promoting healthier eating and lifestyle by accepting SNAP, WIC, and Senior WIC benefits.

Stop by the Mainstreet Shelbyville Inc booth or <https://indiana.wicresources.org/> for more information.

For more information about the Shelby County Farmers Market visit <facebook.com/ShelbyCoFarmersMarket>

Timber Creek Village

Assisted Living

NOW OPEN!

State-of-the-Art Features:

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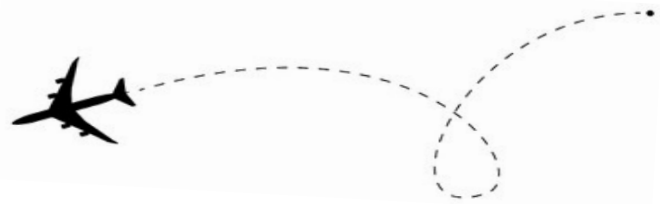
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TRAVEL



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



Travelers with Shelby Senior Services just returned from a week-long cruise on the Columbia and Snake Rivers in Oregon and Washington. It is the same route that the Lewis & Clark expedition traveled to explore some of the territory purchased through the Louisiana Purchase.

While they used log canoes hewn out by the local native tribes, we boarded a paddlewheel boat in Portland, Oregon, to travel to the east end of the Snake River and the airport at Lewiston, Idaho.

As you may remember from geography class at school, the Louisiana Purchase was land purchased from the French in 1803 for three cents an acre. What a bargain! It encompassed over 828,000 square miles of land that essentially doubled the land mass of the United States. This enabled the beginning of the western expansion of our country. Lewis & Clark were tasked with finding a way to travel to the Pacific Ocean through this territory.

Our first port was Astoria, Oregon. Who knew it would be one of the highlights of the trip. Astoria is a town built on the side of steep hills. An excursion to Astoria Column, memorializes “the cradle for America’s claim to the Pacific Coast.” It consists of a 125 foot column with spiral carvings depicting the historical events from 1792 to the 1880’s. The 600 foot hill features breathtaking views from the top of Coxcomb Hill on which it sits, and puts the Lewis & Clark expedition in perspective. The winding Columbia River below is visible for miles. Just so you don’t forget your visit, each person is given a balsa wood airplane to assemble and fly down the hill. It was an unforgettable and fun experience!

The second most memorable highlight was the excursion to Mount St. Helens. According to the brochure, “Early in the morning on Sunday, May 18, 1980, volcanologist David Johnston took measurements of Mount St. Helens from a nearby observation post. There were no red flags to predict the catastrophe about to happen.” He only had enough time to warn those below. Johnston perished in that eruption.

A magnitude 5.1 earthquake struck one mile under the mountain. The ensuing volcanic eruption took out the summit and the side bulge. The debris traveled down 600 feet to the Toutle River bed, and the debris filled up the basin to the size of one million swimming pools. While it has been many years since the eruption, vegetation has been slow to grow back. Ash covered the land for miles around, and the clouds of ash encircled the globe. The devastation and loss of life were epic. Scientists still keep a close eye on the mountain.

Last but not least, the Sacajawea State Park and Interpretive Center at Richland, Washington, was a pleasant surprise. The story of this Shoshone woman is extremely inspiring. At age 12 she was captured by a Hidatsa raiding party, then later she was sold to a French fur trader, and she became one of his several wives. Her husband Toussaint Charbonneau was hired as interpreter for the expedition and she accompanied them. She was the interpreter for communication with many native tribes along the way, she helped find passages through the most difficult terrain, and she even gave birth during the expedition! Jean Baptist, her son, was born February 11, 1805. The park is at the confluence of the Snake and Columbia Rivers. It is a beautiful setting and caters to all ages with interactive displays and an educational video.

I have only touched on my favorite highlights, but there were many more experiences offered on this cruise. I urge you to join us on one of our trips in 2024. Brochures are available after August 10 in the front office at Shelby Senior Services.



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

September is Senior Center Month, Alzheimer’s Awareness Month and Suicide Prevention Month. The theme this year for Senior Center Month is “Discover your...” The focus is on Friendship, Health, Purpose, and Creativity. This is a time to shine a light on our center and all of the great opportunities that we offer for seniors to engage in activities with other seniors in our community. Our center is vital to the health and well-being of seniors in Shelby County by providing opportunities for meaningful engagement with others on a daily basis. Overall health is optimized through activities that engage the mental, physical, and social aspects of daily life. We invite you to “Discover your _____!” You fill in the blank. Let us know why you enjoy coming to the senior center. Is it for friendship, crafts, improving your health, or to have a reason to get up in the morning? Medicare Open Enrollment time is coming up and the dates are October 15th through December 7th. You can schedule appointments to go over your Medicare options during this time. Please call (317) 398-0127 to schedule your appointment. Medicare and Medicaid are two separate, government-run programs. They are operated and funded by different parts of the government and primarily serve different groups.

-Medicare is a federal program that provides health coverage if you are 65+ or under 65 and have a disability, no matter your income.

-Medicaid is a state and federal program that provides health coverage if you have a very low income.

If you are eligible for both Medicare and Medicaid (dually eligible), you can have both. They will work together to provide you with health coverage and lower your costs.

Do you have your ticket? We are selling tickets to our Sock Hop and Cruise-In on September 21, 2023. They are \$5 each and you must present your ticket at the event to attend. The \$5 will cover the cost of your meal which will include a hot dog, chips, coleslaw and a root beer float. Dress in your best 50s costume and have your picture taken at our photo booth to share with your family and friends. There will be 50s music playing as DJ Moxy gets our toes tapping, a 50s style diner, a car cruise-in, favors and door prizes. You are NOT going to want to miss this event.

Please be sure to scan your card every time you visit Shelby Senior Services and be sure you are swiping the screen for all that you do while here: classes, lunch, library, support groups, etc. Also, make sure you check Drop-In. This helps when we apply for grants. If you do not have a scan card, or have lost yours, please see me. The Shelby Senior Services center membership is a one-time charge of \$50 per year. This amount helps us keep the facility open. If this is a financial hardship, we certainly understand. We do have Scholarships available to cover the costs. Don’t let the membership cost deter you from joining the fun – inquire today! We are having everyone fill out a new form with their updated information for membership starting in July 2023. Please make sure to fill one out and return it at the front desk. We have also been updating our records for 2023 and getting photos of all of our seniors. If you have not had a photo taken recently, please see the front desk and they will take your picture. We will always protect your private information. There are so many opportunities for you to participate in fun and creative ways. If there is something that you would like to see on our calendar – please let me know. We would love to have your feedback. There is also a Suggestion Box in the Activity room for you to put suggestions in for review.

Sincere Regards,
Crystala Evans, ADC
Shelbyville Activity Coordinator

TWINKLE TOUR AND CHARLES DICKENS' *A Christmas Carol*
INDIANA REPERTORY THEATRE
DECEMBER 15, 2023 FROM 4:00 9:30 PM
COST IS \$75 PER PERSON

We are going to take the bus to downtown Indianapolis for dinner, the Christmas Carol at Indiana Repertory Theatre and taking a tour around the Circle downtown to see the Christmas lights. Dinner is at your expense and is TBD at this time. Please R.S.V.P as space is limited to 14 guests.

**WE WILL MEET AT THE CENTER AT 3:30 PM
DEPART AT 4:00 PM
RETURN BY 9:30 PM**

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Day Trip to Broadripple Cake Bake

WEDNESDAY, SEPTEMBER 6, 2023
DEPART CENTER 11:00 A.M.
RETURN TO CENTER AT 4:30 P.M.

We are going to meet at the center at 11:00 a.m. and board the bus. Travel to the Cake Bake Shop for lunch and dessert. This is the Cake Bake in Broadripple. Cost is \$5 for gas donation and then the price of your lunch, dessert and shopping. The menu and pricing is available at the front desk for you to review prior to the trip.

PLEASE MAKE SURE TO RESERVE YOUR SPOT FOR THIS EVENT
SPACE IS LIMITED TO 11 PEOPLE

SOCIAL ACTIVITIES SHELBYVILLE HORIZON CENTER

SEPTEMBER ACTIVITY CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28 9:00 Table Top Games and Open Cards 10:30 Walk With Ease 1:00 Mah Jongg 1:30 Corn Hole	29 9:00 Open Games and Cards 1:00 Euchre 1:00 Painting, Knitting and Crochet and Open Crafting 1:30 Community Art Project	30 9:15 Bible Study with Jim M 1:00 Hand and Foot Card Game 1:00 Bingocize	31 9:00 Blood Pressures 9:30 POKENO 10:00 Tai Chi 1:00 Essential Oil Bracelet Making with Pam Weakley 1:30 Healthy Cooking	1 CENTER CLOSED STAFF RETREAT
4 CENTER CLOSED LABOR DAY	5 Produce Pickup 12-4 9:00 Tech Savvy Seniors 1:00 Euchre 1:00 Painting, Knitting and Crochet and Open Crafting 1:00 Realizing the Decorator In You with Vicki King \$5	6 9:15 Bible Study with Jim M 12:00 Day Trip to Cake Bake \$5 1:00 Hand and Foot Card Game	7 9:00 Blood Pressures 9:30 POKENO 10:00 Tai Chi 1:00 QPR Training with Linda Reismiller	8 Pop-Up Shop!!! 8 am 9:00 Fun Friday – Grandparents Day and September Birthdays 9:30 BINGO – Ashford Place 1:00 Euchre 1:00 Dominoes
11 9:00 Table Top Games and Open Cards 10:30 Trishaw Rides 1:00 Committee Meeting	12 9:00 Open Games and Cards 1:00 Euchre 1:00 Painting, Knitting and Crochet and Open Crafting 1:30 Community Art Project	13 9:15 Bible Study with Jim M 12:00 Lunch and Learn – Medicare 2024 Q & A with Kathy McFarland \$5 1:00 Bingocize	14 9:00 Blood Pressures 9:30 POKENO 10:00 Tai Chi 1:00 Book Club 1:00 Movie Matinee – Oklahoma	15 9:00 Fun Friday – International Dot Day 9:30 BINGO – Morristown Manor 1:00 Euchre 1:00 Dominoes
18 Produce Pickup 12-4 9:00 Table Top Games and Open Cards 1:00 Mah Jongg 1:30 Rockabilly Stroll	19 9:00 Tech Savvy Seniors 1:00 Euchre 1:00 Painting, Knitting and Crochet and Open Crafting	20 9:15 Bible Study with Jim M 1:00 Hand and Foot Card Game 1:00 Sock Hop Center Pieces	21 9:00 Blood Pressures 9:30 POKENO 10:00 Tai Chi 4-7 SOCK HOP and CRUISE-IN	22 9:00 Fun Friday – Barbie Day 9:30 BINGO – In House Primary Care 1:00 Euchre 1:00 Dominoes
25 9:00 Table Top Games and Open Cards 10:30 Trishaw Rides 1:00 Mah Jongg 1:30 Chair Volleyball	26 9:00 Insta Pot Breakfast with Diana Stone, Purdue Extension 1:00 Euchre 1:00 Painting, Knitting and Crochet and Open Crafting	27 9:15 Bible Study with Jim M 1:00 Hand and Foot Card Game 1:00 Bingocize	28 9:00 Blood Pressures 9:30 POKENO 10:00 Tai Chi 1:30 Healthy Cooking	29 9:00 Fun Friday – World Coffee Day 9:30 BINGO – 1:00 Euchre 1:00 Dominoes

SEPTEMBER ACTIVITY HIGHLIGHTS

Produce Pick-up Days for this month are Tuesday, September 5th and Monday – September 18th, from 12:00 to 4:00 p.m.

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

Monday’s in September– 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.

***Tuesday, August 29th at 1:00 p.m. Community Art Project** We are supporting the Shelby County Reads – Community Art Project by painting wooden “canvases” that can be decorated. Come and express yourself for Senior Center month by discovering your creativity. These will be displayed in the Shelbyville Community. Entries are due by September 1st.

***Thursday, August 31st at 1:00 p.m. Essential Oil Bracelet Making with Pam Weakley** Join us as we learn all about essential oils and their benefits. Then we will make a bracelet to add the oils to and experience their properties. Cost is Free and is limited to 10 people. One bracelet per person.

****We will be CLOSED on Friday, September 1st for our Staff Retreat and Monday, September 4th for Labor Day****

Friday, September 8th at 8:00 a.m. – Pop-Up Shop Ruthie Jean Denim will be kicking off our first Pop-Up Shop of the season! We are so excited to have these lovely ladies come and offer up their custom denim creations. They even take custom orders! For Grandparents Day we wanted to offer a chance for anyone to come and shop their adorable baby through adult collection. They have jeans with bling and flair – even for adults - available for purchase at reasonable prices. 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!

Friday, September 8th at 9:00 a.m. – Fun Friday – September Birthdays and Grandparents Day We are going to celebrate September Birthdays with cupcakes and prizes. Have you signed up for our Birthday Club? If not – please see the front desk to join. September 8th is also Grandparents Day. Bring in a picture of you with your grandchildren to share with the group. We would love to see pictures of your pride and joy! Prize table is sponsored by Ashford Place. We look forward to seeing you.

***Monday, September 11th and 25th 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, September 8th and 22nd at 9:00 a.m. Tech Savvy Seniors** We are going to continue Tech Savvy Seniors. 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.

***Thursday, September 7th at 1:00 p.m. QPR Training with Linda Reismiller** We are welcoming Linda Reismiller and the FIREFLY Children and Family Alliance to our center for QPR Training. QPR stands for Question, Persuade and Refer – 3 simple steps anyone can learn to help save a life from suicide. September is Suicide Prevention Month and we want to give everyone the tools to help save a life through education and skill building. This event is FREE and is open to any adult who would like to attend. Please call (317) 398-0127 to reserve your spot today.

***Monday, September 11th at 1:00 p.m. Committee Meeting** We will have a Committee Meeting this month. This is open to all center members. Please let us know if you plan to attend by signing up at the front desk. We value your feedback.

***Wednesday, September 13th at 12:00 Lunch and Learn – Medicare 2024 Q & A Cost \$5** We are going to welcome Kathy McFarland here for our Medicare Q&A session for the upcoming Open Enrollment period. MCR Open Enrollment is open from October 15th through December 7th. We will be scheduling 1 hour appointments from 9:00 am to 2:00 pm on Mondays. Cost of the Lunch is \$5. Open to everyone. See the front desk for payment.

Thursday, September 14th 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, “The Other Einstein” by Marie Benedict. You can pick up a copy at the library or at Shelby Senior Services. All center members are welcome! **Thursday – September 14th at 1:00 p.m. – Movie Matinee “Carousel” and Popcorn** We are going to be showing “Oklahoma” featuring Hugh Jackman. Come and enjoy a movie and some popcorn while watching a fun movie. Movie is 2 hours and 25 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, September 15th at 9:00 a.m. Fun Friday – International Dot Day Join us for a fun morning playing Bingo and wearing your best Polka Dots. We want to show off our best dots for International Dot Day. This celebration aims to have us fully express our creativity, courage, and collaborative skills and talents. It is based off the book called, “The Dot” by Peter H. Reynolds. Come make your mark and see where it takes you! The prize table sponsor is Morristown Manor. We appreciate their monthly support of our programming and prizes.

***Monday, September 18th at 9:30 a.m. Day Trip to Dollie’s Farm COST \$40** We are going to travel to Dollie’s Farm for a fun filled day of on the farm adventure. We will be doing a fresh flower craft that you can bring home with you. Lunch will be served as individual Charcuterie Plates and Dessert. Cost includes everything for the day – unless you want to shop in their gift shop. Limited to 9 people. Sign-up today!

***Wednesday, September 20th 1:00 p.m. Sock Hop Centerpieces** Come help us put together the centerpieces for the Sock Hop. We are going to be making cute Ice Cream Floats out of flowers. There is no cost to participate. Just come and get crafty with our fun bunch.

***Thursday, September 21, 2023 4:00 p.m. to 7:00 p.m. Senior Sock-Hop and Cruise-In Event COST \$5** We are excited to be having this fun event. You can purchase a ticket at our front desk for \$5 – this will get you a hot dog, coleslaw, chips, and a root beer float. Plus – you can dance to great music with DJ Moxy as he spins us around the dance floor, visit our photo booth, check out the cool cars, pick up a cool party favor, and enter your ticket to win a great door prize. We hope you will join us!

Friday, September 22nd at 9:00 a.m. Fun Friday – Barbie Day Did you have a Barbie growing up? Did your kids enjoy Barbie? We are jumping on the band wagon of the latest Barbie craze. Dress up as your favorite Barbie. Be it the original, classic Barbie or the new bright pink Barbie. If you don’t have a favorite Barbie – just wear your brightest Pink. The prize table sponsor is In House Primary Care.

***Tuesday, September 26th at 9:00 a.m. Insta-Pot Breakfast with Diana Stone from Purdue Extension** Come and learn how to use your Insta-Pot for meals and enjoy a delicious breakfast prepared by Diana Stone. This is a great way to start your morning and learn what a time saver the Insta-Pot can be. Please sign-up so that we have enough food for everyone. Cost is Free, but donations are greatly appreciated.

***Thursday, September 28th at 2:00 p.m. Race Into Savings with Rebate Apps** Kim Howard will be here to save us money with apps that can give us money in our pockets. She is going to be here from Stephenson Rife, LLP and we are excited to have her here. You might remember her from our coupon class. Please R.S.V.P. so that we can have a goodies bag for all that attend.

Friday, September 29th at 9:00 a.m. – Fun Friday – World Coffee Day We are celebrating World Coffee Day. Bring your favorite Coffee treat or coffee topping and let’s have a cup of coffee with the rest of the world. Bring in your favorite coffee mug to show off how you like to start your day. Cheers to raising your favorite cup of coffee. Prize table is sponsored by Shelby Senior Services.

Tickets on Sale Now for December 15, 2023 from 4:00 p.m. to 9:30 p.m. Twinkle Tour and Charles Dickens’ “A Christmas Carol” at Indiana Repertory Theatre COST \$75 per person, limited to 14 people. We will be traveling downtown for dinner, seeing the play at IRT and then taking a tour around the circle downtown to see the Christmas lights.