

**SHELBY SENIOR SERVICES, INC.**

# **HORIZONS**

**Monthly Publication of Shelby Senior Services, Inc.**

THE HORIZON CENTER

*The Center of Senior Life*

1504 S. Harrison Street

Shelbyville, IN 46176

Phone: 317-398-0127

*ShelbyGo* Transportation

Phone: 317-398-7614

[www.shelbyseniorservices.org](http://www.shelbyseniorservices.org)

Facebook: @shelbyseniorservices

Twitter: @ShelbyCoSeniors

**April 2019**

## ***Volunteer Open House***



**Friday, April 26, 2:00 p.m. to 5:00 p.m.**

### **Volunteer Open House**

We will be honoring our Volunteers with an appreciation Open House for our very own Hometown Heroes. We will have food, fun and entertainment. Mayor Tom DeBaun will be speaking at 2:00 p.m. Erich Davis and Kit Hammond will perform at 2:30 p.m.

## Memorial & Honorarium

### Donation Form

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

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

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from City, State \_\_\_\_\_

Please send notification card to:

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*Thank you for your gift.*

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

## STAFF

### Management Team

Kim Koehl, Executive Director

Buffy Powers, Coordinator of Volunteers/Ancillary Services

Elly Bowling, Dir. of Transportation/Building Maintenance

### Horizon Center Coordinators

Fairland, Kathy Miller

Morristown, Gretchen Hasler & Elaine Wilhelm

Shelbyville, Crystalal' Evans

Waldron, Jeannetta Stickford

### Program Staff

Liz Oeffinger, Health & Wellness Coordinator

Carol McDaniel, Travel Coordinator

Betsy Stephen, Food Pantry Coordinator

Ralanda Smallfelt, Coordinator of Family Caregiver Services

Will Mitchell, IT Coordinator

Gina Batton, Bookkeeping

Mariah Wood, Receptionist, Dispatcher

ShelbyGo Drivers: Margaret Deaton, Roger O'Banyon,

Michael DeBoard, Michael McClure, John Forthofer, John

Smith, Easter Hall, and Jerry Berry.

### 2018 Board of Directors

Barb Lewis, President

Jordon Caldwell, Vice President

Rod Meyerholtz, Treasurer

Maria Bowman Horner, Secretary

Lori Asher

Mark Morningstar

Robbie Stonebraker

Dana Sherwood

Cindy Weidner

Bob Wortman

Bob Claxton

Dee Bonner

Jack Tandy

Chris King

Beth Chaney

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. Questions and concerns can be sent to:

Barb Lewis at [barblewis@amperdes.com](mailto:barblewis@amperdes.com)

### Mission and Purpose

The Mission of Shelby Senior Services, Inc. is to respect and respond to the ever-changing needs of older adults and their families, to enhance their quality of life, to assist in maintaining their independence and to be an integrated and valued partner in Shelby County.

### Vision Statement:

Serving Seniors...improving lives.

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### *Is There Something on Your Mind?*

Please let the staff at Shelby Senior Services, Inc. know what activities you'd like to see brought to our Horizon Center locations, what services you or a loved one need, and what the staff might improve on to meet your needs and desires. Call 317-398-0127 or put it in writing to us.

ADVERTISING APPEARING  
IN *THE HORIZON* HAS  
BEEN PURCHASED AND  
DOES NOT REPRESENT AN  
ENDORSEMENT OF  
PRODUCTS OR SERVICES  
BY SHELBY SENIOR  
SERVICES, INC.



*Kim's Korner*

*April 2019*

Spring is finally here!!! We have had a long winter but finally the sun is shining, and flowers are starting to bloom. When I look around the Horizon Center and see all the people coming out to participate in programming and services and volunteering it makes my heart happy. This is the time of year where things are fresh and new. We have a new look at the Shelbyville Horizon Center and are excited to have everyone come and see. We were very fortunate to be chosen for the "Give Back" community Project this year from Shelbyville Paint, Flooring and More and Benjamin Moore Paints. They donated all the paint and supplies and their time along with providing wonderful volunteers to paint the interior of our offices and the center. We also had a great group of volunteers from Indiana Grand and Runnebohm Realty on "Giving from the Heart" day for SCUFFY who painted the cabinets in the center, and Freeman Family Funeral Home donated a large new smart TV.

April is Volunteer Month. Please mark your calendar and come and celebrate with us on April 26<sup>th</sup> from 2:00 p.m. to 5:00 p.m. for our Volunteer Open House. We would love to see all the people who help make our visions and programming come true. We have so many wonderful people who believe in our mission and this is our time to give back to you for all the time that you have given to us. It is a small gesture but please know that it is from our hearts.

These are just a few of the volunteer opportunities that we have available for anyone who would like to help further our mission such as Board of Directors, Friendly Visitors, Gleaners Truck, Hands at Home Project, Calling Bingo, Teaching classes and programming, and Volunteer Desk.

April is our month to let you know just how much we appreciate all that you do for us and the time that you give out of your busy lives. We would not be able to accomplish all that we do without volunteers. Thank you so much.


If you are looking for a volunteer opportunity please call Buffy Powers at 317-398-0127 and she will work with you to see what opportunity best fits for you.



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

# OPEN HOUSE

APRIL 16TH | 3:30-5PM | 643 FAIR AVE



REFRESHMENTS WILL BEGIN AT 3:30 FOLLOWED BY A PROCLAMATION FROM MAYOR TOM DEBAUN AND ENDING WITH A CLASS TAUGHT BY THE HEAD COACHES FROM ROCK STEADY BOXING INDIANAPOLIS.

WHETHER YOU HAVE PARKINSON'S, KNOW SOMEONE WHO DOES, OR ARE JUST INTERESTED IN THE PROGRAM, STOP BY THE OPEN HOUSE AND SEE WHAT ROCK STEADY BOXING SHELBY COUNTY IS ALL ABOUT!

CONTACT LIZ OEFFINGER AT 317-398-0127 WITH ANY QUESTIONS

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## FAMILY CAREGIVER PROGRAMS



*When In Doubt...Laugh*

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

### When in doubt...Laugh!

We often speak of the difficulty of caregiving. It can be stressful, exhausting, and challenging. There can also be wonderful moments of joy. Some moments are funny and comical.

Laughter and humor can change a bad situation, or a bad mood, into a positive physical and mental experience. Laughter can enhance our well-being and our ability to handle a crisis. It increases oxygen in the blood and lowers blood pressure. Laughing often can also improve the immune system. The Alzheimer's Association notes the following about laughter:

**Releases endorphins:** These feel-good brain chemicals are naturally released by laughter. They improve our overall sense of well-being.

**Balances emotions:** Laughter has been shown to decrease sadness and anxiety, and even help diffuse anger. In general, it's believed to be great at bringing balance to emotions.

**Helps with grief:** For both you and your loved one, sharing a laugh can help you gain a positive outlet for grief.

**Eases depression:** Many studies have shown the positive effects a good laugh can have on feelings of distress and depression.

**Increases bonding:** Sharing a laugh with someone can help you bond with that person, establishing a connection even for those whose communication abilities have diminished.

Not every situation will be a laughing opportunity, but you can allow yourself to acknowledge when something is comical and laughter is appropriate. Laughter is contagious. Begin laughing and your loved one will likely join you in the fun. **When in doubt...Laugh!**

### Prepare to Care

We wrapped up our Prepare to Care series on March 9. What a great opportunity this was to learn about how to prepare to care for a loved one. We would like to thank MHP for their partnership and efforts during this series. We would also like to thank Janie Schuster for all of her hard work. This series will return again in the future as we feel this is a valuable asset to our community. Contact Ralanda at 317-398-0127 with questions.

#### Attendee reviews:

"I am glad I came and got this information."

"Exceeded my expectations, this has been a big help."

"This class has been a lifesaver."

"I gained a multitude of helpful information."

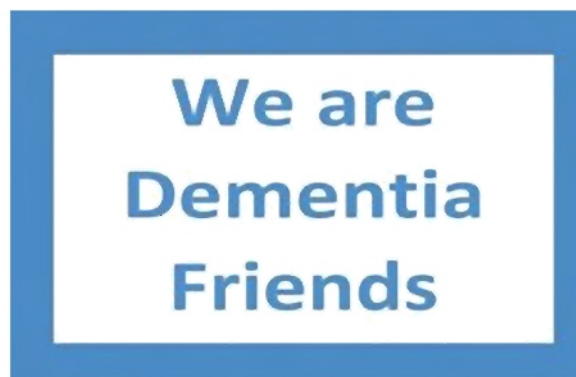
### Alzheimer's Support Group

Alzheimer's support group meets **Tuesday, April 9th** at 2:00 pm at The Horizon Center in Shelbyville.



### Shelby County Council on Aging

Our April 18<sup>th</sup> meeting will be held at Shelby Senior Services, 1504 S Harrison St in Shelbyville. If you would like to join us, please contact Ralanda at 317-398-0127.





## Gleaner's Senior Food Truck Locations and Schedules

The Senior Gleaner Food Truck is for only Shelby County Residents. You must be 55 or older. The truck is scheduled for the fourth Tuesday of each month depending on weather conditions and holidays.

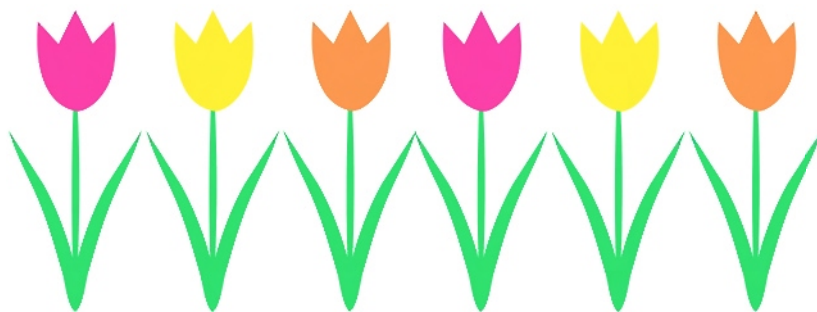
The location is on West Washington Street (Farmers Market Lot across from former Major Hospital). Participants must enter from Jackson Street at west end of lot (Jackson Street is on the south side of lot).

A volunteer will be giving directions, **please park as requested**. This is a residential area. Please do not arrive before 11:30 a.m.

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

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

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



## Gleaners Food Truck for Fairland and Morristown Schedule 2019 (Weather conditions determine trucks schedule. As of April 1st schedule is as follows, please verify each month)

<u>Fairland (2nd Tuesday)</u>	<u>Morristown (4th Friday)</u>
April 12th	April 26th
May 10th	May 24th
June 14th	June 28th
July 5th (Notice Change)	July 26th
August 9th	August 23rd
September 13th	September 27th

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

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

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or your loved one!" -Tom & Noell*



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and to receive®*

## Senior Food Pantry

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

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

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



## 10 Most needed Items for Food Pantry at Shelby Senior Services

- Dry Cereal (Whole grain, no sugar added)**
- Evaporated Milk**
- Fruit (Canned with juices/no artificial sweetener)**
- Vegetable or Canola Oil**
- Peanut Butter (small or regular size)**
- Soup ( 410 mg Sodium or less)**
- Tuna (Water packed)**
- Bath soap**
- Laundry Detergent**
- Toilet Tissue**

## TRAVEL



### *On The Horizon*

*By Carol McDaniel, MA  
Travel Coordinator*

**2019 TRAVEL SCHEDULE  
SHELBY SENIOR SERVICES  
THE HORIZON CENTER  
1504 S. Harrison St.  
Shelbyville, IN 46176**

All prices are per person,  
based on double occupancy

**April 6-16** Spain's Classics (fly, motorcoach)  
\$4099

**May 14-17** Mystery Trip (motorcoach) \$609

**June 9-16** Cowboy Country, Mt. Rushmore,  
Yellowstone (fly, motorcoach) \$3899

**July 15-19** Branson (motorcoach) \$689

**Aug 12-16** Mackinac Island/Upper Peninsula  
Frankenmuth (motorcoach) \$759

**Sept 15-18** Outer Banks, North Carolina  
(motorcoach) \$749

**Oct 4-12** Canadian Rockies by Train  
(fly/motorcoach/train) \$5749

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

“Twenty years from now  
you will be more disap-  
pointed by the things that  
you didn't do than by the  
ones you did do. So  
throw off the bowlines.  
Sail away from the safe  
harbor. Catch the trade  
winds in your sails. Ex-  
plore. Dream. Discover.”

Mark Twain

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

## MEET SOME FRIENDS AT LUNCH

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



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



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



### Would you like to become a Dementia Friend?

Book your place to become a Dementia Friend at one of the following locations:

Information sessions will be take place.

**Waldron Horizon Center – Tuesday, April 16, 2019 at 12:45 p.m.**  
 Waldron Baptist Church 112 Grant Street, Waldron, IN

**Morristown Horizon Center – Wednesday, April 17, 2019 at 12:45 p.m.**  
 221 S. Washington Street, Morristown, IN

**Shelbyville Horizon Center – Monday, April 22, 2019 at 1:00 p.m.**  
 1504 S. Harrison Street, Shelbyville, IN

**Fairland Horizon Center – Thursday, April 25, 2019 at 1:00 p.m.**  
 Fire Station on Carey Street (400 North/Fairland Road)

Learn more about the symptoms of Dementia and help create a more dementia friendly society by turning understanding into action.

**Dementia Friends Sessions are just 45 minutes long**

To book your place call Crystalá Evans at (317) 509-2189 or email [cevans@shelbyseniorservices.org](mailto:cevans@shelbyseniorservices.org)

### Meals on Wheels: Fairland, Boggstown Area

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

Contact information:

Meals on Wheels  
 124 W. Franklin Street  
 Shelbyville, IN 46176  
 317-398-4470 or  
 Shelby Senior Services, Inc.  
 317-398-0127.



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## **ROCK STEADY, FIGHT, FIGHT, FIGHT!**

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



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

### **ROCK STEADY, FIGHT, FIGHT, FIGHT!**

"I like to say, 'I have Parkinson's, but Parkinson's doesn't have me! I can say this because of Rock Steady.'" – Chuck, Rock Steady Shelby County boxer.

Even though Rock Steady classes can be hard and push you to do your best, responses are nothing short of the previous quote from one of our boxers. Throughout the time Rock Steady Boxing has been in Shelby County, our goal has stayed the same: to fight back against Parkinson's disease. We want everyone to find success in the program and success can be defined differently by each and every participant. Whether your goal for class is to attain better balance, maintain muscle strength, or make every day activities easier to accomplish, our wonderful coaches, volunteers, and boxers are there for you every step of the way as you strive to reach those goals.

"We're all in the same boat and we're like a family here," said one of our boxers, Butch. We often refer to our group as our "Rock Steady Family" and that is exactly what it is. It is a family in its own unique way. PD symptoms, setbacks, and progress are all things our boxers have in common and Rock Steady offers a way for those diagnosed with PD to gather and fight Parkinson's together.

Rock Steady Boxing Shelby County is quickly approaching its two year anniversary and to celebrate, we are asking everyone to join us at our open house April 16<sup>th</sup> at the Briley Family Center, 643 Fair Ave. Refreshments will begin at 3:30 followed by a proclamation from Mayor Tom DeBaun and ending with a class taught by the head coaches at Rock Steady Indianapolis, where the program began. Whether you have Parkinson's, know someone who does, or are just interested in the program and how it runs, stop by the open house and see what Rock Steady Boxing Shelby County is all about!

#### **Diabetes Support Group Meeting**

MHP Medical Center- Sycamore Room  
Last Thursday of each month at 6:30 p.m.

A variety of topics will be discussed,  
and light snacks are provided.

No scheduling required.

For questions, call 317-421-5634.

## **April Events**

**Line Dancing:** Join us on Thursday April 11th and April 25th from 12:30 p.m. to 1:30 p.m. here at Shelby Senior Services. No cost.

**Parkinson's Exercise and Support Group:** This is a FREE event that meets at SportWorks at the Renovo Clinic on Wednesday April 10th and 24th at 2:00 p.m. Instructed by Lisa Coppetelli.

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

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

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

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

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



## HEALTH & WELLNESS

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

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

**Chair volleyball** Join us and the Shelbyville Horizon Center's back room at 2:30 p.m. on April 10th and 24th. This is a free event open to everyone! All you need to bring is yourself and a little bit of competition! Contact Liz with any questions at 317-398-0127.

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

Good **health** is more than just exercise and diet. It's really a point of view and a mental attitude you have about yourself. **Health** is a state of complete physical, mental and social well-being, and not merely the absence of disease or infirmity. He who has **health** has hope; and he who has hope has everything.

\* Healthy Grieving Tip \*  
...as Observed

"Ask for what you need  
no one can read your mind."



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# SOCIAL ACTIVITIES SHELBYVILLE HORIZON CENTER



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

**ANNOUNCEMENT – APRIL 19<sup>th</sup> and April 30<sup>th</sup> – we will be CLOSED**

**Birthdays Club – Do you want your birthday recognized on the rotating screen in the Horizon Center?** If you do – please see me to discuss getting your birthday recognized on the Big Screen! We will have an **April Birthday celebration** – complete with cake on Friday, **April 12th at 9:00 a.m.**

**Monday, April 1, 1:00 p.m. Spring Ceramics with Tim and Janice Conway.** We will be celebrating the start of April with a Spring Ceramics Craft. Cost is \$5. Room for 12 people.

**Friday, April 5, 10:30 a.m. Horizon Center Committee Meeting.** This is an open forum meeting and all are welcome to attend. The Horizon Center Committee will be present to represent you all as well. We are going to meet to discuss things we want to see purchased for our Center. The success of our programs depends on your desire to attend.

**Monday, April 8, 3:00 – 5:00 p.m. Musical entertainment with the Sheppard Brothers.** Dinner provided by Murphy Parks Funeral Home. No cost. Room for 50 guests.

**Wednesday, April 10, 11:30 a.m., We will be doing a Lunch and Learn with Lisa Poynter on End of Life Care.** There will be a presentation to share. No cost. Limited to 12 guests.

**Thursday, April 11, 1:00 p.m. Bookclub at the Horizon Center with Pam Weakley from the library.** This month's book is "Better Than Before" by Gretchen Rubin. All are welcome!

**Friday, April 12, 9:30 a.m. Easter Themed Bingo.** Easter is on its way – so we will be having Easter Bingo. Please join us for some fun themed Bingo. We will have a Jelly Bean counting Contest where the person closest to the number of Jelly Beans in the Jar will win a special prize! It's a \$1.00 a guest and money will be donated to Scuffy. We will have cake and will celebrate April Birthdays.

**Thursday, April 18, 3:00 p.m. Old Time Karaoke with Paula Schonfeld and Mary Blocher.** Join us for 1 hour of Karaoke Fun. If you like to sing, we hope you will join us and get in on the fun. Bring a few song titles.

**NOTICE: Friday, April 19<sup>th</sup> – The Horizon Center will be CLOSED for Good Friday. Happy Easter Weekend!**

**Monday, April 22, 1:00 p.m. – Dementia Friends presentation at the Shelbyville Horizon Center.** Please join us for an information session on Dementia Friends. This is a topic that touches many of our lives every day.

**Friday, April 26, 2:00 p.m. to 5:00 P.M. Volunteer Open House** We will be honoring our Volunteers with an appreciation Open House celebrating our Hometown Heroes in the Heartland. We will have food, fun and entertainment.

**Monday, April 29<sup>th</sup> at 1:00 p.m. – French Class with Jo Bartley.** If you want to learn French, you will want to join us for our series of French Classes. Class meets each Monday at 1:00 p.m.

**Tuesday, April 30<sup>th</sup> at 6:30 p.m. – German Class with Jo Bartley.** If you want to learn German, you will want to join us for our series of German Classes. Class meets each Tuesday at 6:30 p.m.

**NOTICE: Tuesday, April 30<sup>th</sup> – The Horizon Center will be CLOSED for floor waxing.**

## May Events

**ANNOUNCEMENT – May 27<sup>th</sup> – we will be CLOSED for Memorial Day**

**Wednesday, May 7 10:15- Mother's Day Tea at the Rusted Root Tea Room for Lunch.** meeting at venter at 10:15, reservations at 11:00 a.m. This is an exclusive Tea Room where reservations are a must. We will be traveling to Indianapolis via car pool. Cost of the meal is your responsibility. Limited to 10 guests.

**Monday, May 6<sup>th</sup>, 13<sup>th</sup> and 20<sup>th</sup> at 1:00 p.m. – French Class with Jo Bartley.** If you want to learn French, you will want to join us for our series of French Classes. Class meets each Monday at 1:00 p.m.

**Tuesday, May 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup> and 28<sup>th</sup> at 6:30 p.m. – German Class with Jo Bartley.** If you want to learn German, you will want to join us for our series of German Classes. Class meets each Tuesday at 6:30 p.m.

**Wednesday, May 8, 11:30 p.m. - We will be doing a Lunch and Learn with Kristin Carr on Fall Prevention.** There will be a presentation to share. No cost. Limited to 12 guests.

**Thursday, May 9, 6:30 p.m. - Pre-Trip meeting for the Mystery Trip.**

**Thursday, May 9, 1:00 p.m. Bookclub at the Horizon Center with Pam Weakley from the library.** This month's book is "The Last Tycoon" by F. Scott Fitzgerald. All are welcome!

**Friday, May 10, 9:30 a.m. Mother's Day Themed Bingo.** Please join us for some fun themed Bingo. We will have a drawing to win a special prize! We will also have cake and will celebrate May Birthdays.

**Friday, May 10, 1:00 p.m. Movie at the Library with Pam Weakley.** This month's movie is "The Last Tycoon" by F. Scott Fitzgerald. The movie is 2 hours and 3 minutes. All are welcome!

**Monday, May 13, 3:00 – 5:00 p.m. Musical entertainment with the Sheppard Brothers.** Dinner provided by Murphy Parks Funeral Home. No cost. Room for 50 guests.

**Thursday, March 16, 3:00-5:00 p.m. Musical entertainment with the Over the Hill Gang.** Dinner following the music by Waldron Health and Rehab. No cost. Room for 50 guests.

**Friday, May 17, 10:30 a.m. "Issues in Caregiving" speaker.** Following Bingo we will have a guest speaker.

**Sunday, May 19<sup>th</sup>, 2:00 p.m.- 3:30 p.m. Tag-A-Long Farms Visit.** We will be taking a trip on Sunday out to the Tag-a-long Farms to see all the Spring baby animals, take a tour and do some shopping. We will meet at The Horizon Center at 1:30 and carpool to the Farm. The fee to get in is \$5 per person payable at the door.

**Thursday, May 23<sup>rd</sup>, 11:00 a.m. Indiana War Memorial Outing.** We will meet at the center at 11:00. There are 11 spaces on the bus at \$15 per person. You can car pool of you desire. I can get Parking Passes. We will travel to the Indiana War Memorial, have a quilt presentation by General Goodwin, and explore the museum. You are welcome to bring a sack lunch. We can eat at the museum or visit a nearby restaurant.

**Friday, May 24<sup>th</sup> – Memorial Day Celebration and Race Day Theme Friday.** Wear your black and white. We will draw names of the 500 Race Car Drivers. Cost per chance is \$2 per driver. The winner receives half the money collected. We will also do a Race Day themed Bingo coverall.

**NOTICE: Monday, May 27<sup>th</sup> – The Horizon Center will be CLOSED for Memorial Day**

# APRIL

## SHELBYVILLE HORIZON CENTER

### WEEKLY SCHEDULED EVENTS

### THE HORIZON CENTER, SHELBYVILLE

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

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

# TRANSPORTATION



**Hours of Operation:**  
Weekdays 8:00 a.m. – 4:30 p.m.

Please call us at 317-398-7614 or 317-398-0127 for more information and to reserve your ride.

**Fee Schedule:**

- Persons 5-59: \$4.00 per boarding within the city limits and \$7.00 in the county.
- Persons 60 and over are asked to make an affordable donation.

A friendly reminder, Shelby Senior Services, Inc., and ShelbyGo will be closed on Friday, April 19, 2019 in observance of Good Friday. We will resume normal business hours on Monday, April 22, 2019.

**SHELBYGO  
LOOP SCHEDULE**  
MONDAY - FRIDAY

\$2 per boarding (Under 60) / \$4.00 per boarding (60+)

MORNING TIME & LOCATION		AFTERNOON TIME & LOCATION	
8:00	Pearson Place	12:00	Pearson Place
8:10	Major Manor	12:10	Major Manor
8:20	Harrison St. Apts.	12:20	Harrison St. Apts.
8:30	Walmart	12:30	Walmart
8:40	Dagley Court	12:40	Dagley Court
8:50	Kroger	12:50	Kroger
9:00	Pearson Place	1:00	Pearson Place
9:10	Major Manor	1:10	Major Manor
9:20	Harrison St. Apts.	1:20	Harrison St. Apts.
9:30	Walmart	1:30	Walmart
9:40	Dagley Court	1:40	Dagley Court
9:50	Kroger	1:50	Kroger
10:00	Pearson Place	2:00	Pearson Place
10:10	Major Manor	2:10	Major Manor
10:20	Harrison St. Apts.	2:20	Harrison St. Apts.
10:30	Walmart	2:30	Walmart
10:40	Dagley Court	2:40	Dagley Court
10:50	Kroger	2:50	Kroger
11:00	Pearson Place	3:00	Pearson Place
11:10	Major Manor	3:10	Major Manor
11:20	Harrison St. Apts.	3:20	Harrison St. Apts.
11:30	Walmart	3:30	Walmart
11:40	Dagley Court	3:40	Dagley Court
11:50	Kroger	3:50	Kroger



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

*Applebee's:* 10% discount.

*Bookmark Cafe & Three Sisters Books & Gifts:* 10% discount.

*Denny's:* 20% discount, except for the \$2, \$4, \$6, \$8 menu.

*Sherry Talbert (In-Sight Realty):* Free Market Analysis of Real Estate Value

*Midwest Eye Consultants, Dr. Toppe:* 20% discount for those 60 and older on services not billable to insurance; 15% military discount on services not billable to insurance; 30% off second set of eyeglasses (frames, lenses) purchased within 30 days of 1st pair. Proper ID must be shown for discounts and cannot be combined with other discounts.

*Don's Pizza & Pasta:* 10% discount.

*Elegant L Formal Wear & Merle Norman Cosmetic Studio:* 10% discount on Merle Norman Cosmetics.

*Hughes Gathering of Flowers & Gifts:* 10% discount on items.

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

*Kopper Kettle Inn Restaurant:* 20% discount on a chicken dinner served family style; not honored on a holiday or live entertainment events.

*Mathias Landscaping:* 15% discount on retail merchandise.

*Paw Paws Pet Shop & Boutique:* 15% discount; free pick up and return service.

*Renew Body & Spirit LLC, massage, reflexology:* 10% discount on any 1-hour service.

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

*The Chicken Inn* - 10% discount

*The Texas Corral* - 10% discount

**Annual Memberships available for all ages: \$25.**

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

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

**MEMORIALS**

**IN MEMORY OF**

**Treva Kimery:**

By: David and Katherine Platt

**Dale Kesterman:**

By: David and Katherine Platt

**IN MEMORY OF**

**Marilyn Carew:**

By: Jalna Kellam And Family

**J.R. Cecil:**

By: Jane Sparks

**IN MEMORY OF:**

**Marilyn Abner:**

By: David and Katherine Platt

By: Jane Sparks

By: Rose Allen

**DONATIONS**

American Legion: Victory Post No. 70

Tim and Janice Conway

Carole Haley

David and Katherine Platt

Lou Ann Ryhal

PSI IOTA XI Sorority

Shelly Thone

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

Community Health and Hearing, Sheppard Brothers, Over the Hill Gang, Ashford Place, Heritage House, Morris-town Manor, McKay Manor, Walker Place, Aperion Care of Waldron, Freeman Family Funeral Home, Murphy Parks Funeral Service, Glenn E. George Funeral Home, MHP, The Legacy Group, Barb Campbell, Becky Herring, Joyce Stewart, Tim and Janice Conway, Kathy Barker, Kara Zagar, Jane Huber, Jane Sparks, Pam Weakley, Grover Museum, Shelby Go, Horizon Center Committee Members, Stitchin Sisters and the Apron Ladies, and Dementia Friends of Indiana.



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## WALDRON HORIZON CENTER

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

### Every Tuesday:

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

### We will be celebrating April Fools' day 1st Tuesday

April Fools' Day began in the 1500s when the Gregorian calendar took over from the Julian. Those who forgot the change and attempted to celebrate New Years (previously celebrated on the 1st of April) on the wrong date were teased as "April fools."

April 2<sup>nd</sup>: Country fried steak with gravy, mashed potatoes with gravy, green beans, cookie or cake provided by: Chaperral Café in Shelbyville.

April 9<sup>th</sup>: Chicken Salad on Croissant and Tomato soup provided by Queen's Cafe and Dining in Shelbyville.

April 16<sup>th</sup>: Lunch provided by Ashford Place TBA.

12:45p.m. Dementia presentation.

April 23<sup>rd</sup>: Tenderloin sandwich, slaw, dessert provided by Waldron Grocery Store.

April 30<sup>th</sup>: Ham and Beans with corn bread, dessert. Lunch provided by Jeannetta Faye Stickford.

## Help Others-Volunteer

Shelby Senior Services will always welcome volunteers to assist seniors in the community and support programming to benefit them.

The following opportunities are available:

**Gleaners Senior Mobile Food Truck**

**Friendly Visitors**

**Fairland Meals on Wheels**

**Hanads@ Home program**

If you have a little time and a few skills available, please call Buffy Powers, Coordinator of Volunteers and Ancillary Services at Shelby Senior Services, Inc. at 317-398-0127.

## FAIRLAND HORIZON CENTER

The Fairland Horizon Center is open each Thursday at 9 a.m. 12:00 p.m. Lunch \$4.00 please reserve by Monday eve for Thursday's lunch. If the "weather outside is frightful" please tune in to WSVX radio; 96.5FM or 1520 AM for a list of closings, or call Kathy at 317-398-4817. If Triton Schools are closed, so are we!

Lunch \$4.00	Please reserve by Monday
9:00-9:30 a.m.	Coffee Chat
9:30-10:30 a.m.	Chair Volleyball ~ April 4 & 18
	Exercise with Liz ~ April 11 & 25
10:30-11:45a.m.	Bible Study
	Board Games with Jan
	Hand and Foot

### April 4<sup>th</sup>: First Thursday Euchre!

12:00 p.m. Lunch: Ham & Beans, Cornbread or Turkey Sandwich, cole slaw and dessert.

1:00 p.m. Euchre tournament; prizes for high and low Scores.

### April 11<sup>th</sup>: How Are We Doing??

12:00 p.m. Lunch: provided by Major Health Partners; baked spaghetti, salad, garlic bread & dessert.

1:00 p.m. The new Major Health Partners Medical Center has been open for nearly two years and they want to hear from you! Join Josh Georgen and Janie Schuster from the Patient Experience Department at MHP for a patient feedback roundtable. It is important to MHP to hear your thoughts and opinions on your healthcare experiences! Advisory Board following MHP Forum.

### April 18<sup>th</sup>: The Singing Fireman

12:00 p.m. sloppy joes, potato salad, veggies and dessert.

1:00 p.m. Jeff Owens is a retired firefighter/paramedic from Indianapolis and also a singer/songwriter. His songs are about real life... the beautiful and the ugly... and how God has brought him through it. Jeff also is the leader of The Kasey Program, a program that teaches children fire & life safety skills by using Kasey, a black Labrador retriever, to perform skills like stop, drop & roll, checking the door to see if it's hot, knowing two ways out, etc. The Kasey Program is the only full-time, nationally touring fire prevention program in the country.

### April 25<sup>th</sup>: Dementia Friends

12:00 p.m. Lunch: tuna casserole, broccoli salad and dessert.

1:00 p.m. A Dementia Friend learns a little bit more about what it's like to live with dementia and then turns that understanding into action - anyone of any age can be a Dementia Friend *Crystal' Evans*, activities director from the Horizon Center, will help us learn more about dementia and the small ways we can help. From telling friends about Dementia Friends to visiting someone we know living with dementia, every action counts. This is an important hour for all of us!

# MORRISTOWN HORIZON CENTER

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

## Weekly Schedule:

- 9:30 a.m.** Bible Study (optional)  
**10:00 a.m.** Coffee, Social Time, Puzzles  
**11:00 a.m.** Wellness/Exercise with Liz  
**12:00 p.m.** Lunch  
**1:00-4:00 p.m.** Program and/or Euchre/Games with Janet.  
 {We always have euchre available every week}  
**April 3<sup>rd</sup>:** Baked potato bar, dessert. 1:00 p.m. Crafts with Mary Ann: Make a decorated flower pot. One for you and one for a Discovery Kids Preschooler. They will join us on April 24<sup>th</sup> to plant seeds/plants in the flower pots.  
**April 10<sup>th</sup>:** Meatloaf meal from the Bluebird. National Siblings Day – Bring a picture of you and your siblings. 1:00 p.m. Advisory Board meeting.  
**April 17<sup>th</sup>:** Chicken & noodles, mashed potatoes, dressing, salad, dessert. Fill Easter Eggs for MUMC Easter Egg hunt. 12:45 p.m. Dementia Friends – Crystala' Evans will present a program to help learn more about the symptoms of Dementia and help create a more dementia friendly society by turning understanding into action.  
**April 24<sup>th</sup>:** Pigs in a blanket, soup (baked potato & broccoli cheddar), dessert. 1:00 p.m. Plant seeds/plants with Discovery Kids Preschoolers.

IF SHELBY EASTERN SCHOOLS ARE CLOSED BECAUSE OF WEATHER, WE WILL BE CLOSED. QUESTIONS? Call Gretchen 317-431-0507.

## TITLE VI COMPLAINT PROCEDURE (GENERAL REQUIREMENT)


Any person who believes she or he has been discriminated against on the basis of race, color, or national origin by the Shelby Senior Services/ShelbyGo may file a complaint by completing and submitting the agency's Title VI Complaint Form. *ShelbyGo* investigates the complaint received no more than 180 days after the alleged incident. *ShelbyGo* will process complaints that are complete.

Once the complaint is received, Shelby Senior Services/ShelbyGo will review it to determine if our office has jurisdiction. The complainant will receive an acknowledgement letter informing her/him whether the complaint will be investigated by our office.

Shelby Senior Services/ShelbyGo has 60 days to investigate the complaint. If more information is needed to resolve the case, *ShelbyGo* may contact the complainant. The complainant has 10 business days from the date of the acknowledgement letter to send requested information to the investigator assigned to the case. If the investigator is not contacted by the complainant or does not receive the additional information within 10 business days, *ShelbyGo* can administratively close the case. A case can be administratively closed also if the complainant no longer wishes to pursue his or her case.

After the investigator reviews the complaint, she/he will issue one of two letters to the complainant: a closure letter or a letter of finding (LOF). A closure letter summarizes the allegations and states that there was not a Title VI violation and that the case will be closed. An LOF summarizes the allegations and the interviews regarding the alleged incident, and explains whether any disciplinary action, additional training of the staff member, or other action will occur. If the complainant wishes to appeal the decision, she/he has 15 days after the date of the letter or the LOF to do so.


A person may also file a complaint directly with the Federal Transit Administration (FTA)



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