

**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

**July 2020**



## PRESS RELEASE

As of June 15, 2020, Shelby Senior Services will have our doors open for business. We ask that you please call to make appointments to meet with the staff. We will be asking that you have your temperature taken and wear a mask when entering the building. The staff will continue to provide virtual activities and programs until further notice. On the week of July 13th we will be allowing in person activities in all four Horizon Centers. We will be mindful of social distancing and wearing of the masks. All senior trips have been cancelled through August due to the COVID-19.

Shelby Senior Service's congregate meals will continue to be suspended at this time. However, participants can continue to pick-up two weeks' worth of meals on every other Monday through our drive thru at the front of the building. Pickup times will be by appointment only. Food Pantry will only be available thru our drive thru on Monday July 13, 2020 and every two weeks from 10-12. Gleaners will continue on its normal time, but will also be a drive thru only.

ShelbyGo will continue to operate by appointment for any appointments you have in Shelby County. We will not reinstate the Loop at this time. We will reserve the right to refuse customers who present signs or symptoms of the Flu or COVID-19. We will continue to clean and disinfect per CDC recommendations to protect our customers and staff. We want to say thank you to everyone working with us during this difficult time.

## Memorial & Honorarium

### Donation Form

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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

Kamessa LaRue, Family Caregiver Services Coordinator

Will Mitchell, IT Coordinator

Gina Batton, Bookkeeping

Easter Hall Beyer, Receptionist, Dispatcher

ShelbyGo Drivers: Margaret Deaton, Roger O'Banyon,  
Michael McClure, John Forthofer, John Smith, Andrea Harvey,  
and Jerry Berry.

### 2019-2020 Board of Directors

Jordan Caldwell, President

Chris King, Vice President

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Maria Bowman Horner, Secretary

Scott Asher

Jenni Haehl

Jack Tandy

Cindy Weidner

Bob Wortman

Marcy Patrick

Robbie Stonebraker

Mike Smith

Beth Chaney

Beau Browning

Board meetings are held the second Thursday of each month at 9 a.m. This meeting is for the purpose of conducting the corporation's business. It is not considered a public community meeting but there will be a time for public participation as indicated by the agenda.

### Mission and Purpose

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

### Vision Statement:

Serving Seniors...improving lives.

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

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

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



## Kim's Korner July 2020

Wow summer is here. It has been a longtime coming and how things are changing. After a longtime of no seniors in the building, we are able to finally let seniors and staff in the building. There are many changes you will notice when coming into Shelby Senior Services. Our front doors are now open and we are asking that you call in for appointment if you need services. We are excited to be able to have some programs and activities at the Horizon Centers starting this month. They will look a little different also. We will be social distancing and wearing masks to keep seniors and staff safe. Our two main objectives are safety, services and programs. Our staff has done a great job of keeping our vital services going and also doing virtual activities to keep everyone involved. This month you will notice that we are having some programs in the building while keeping some virtual one's also. We are trying to reach as many seniors as possible. We are excited to see the seniors back out and being active. Please be kind and accept all the steps we are taking to try to ensure your safety while still being able to provide services and programs. We look forward to seeing your smiling faces. Please contact us at 317-398-0127 with any questions or suggestions that you might have. Just remember we are trying to keep the seniors and our staff safe during these uncertain times.

### Operational rules during COVID-19

- To keep everyone safe masks will be required to be worn inside building. If you do not have one, one will be provided.
- No-touch temperatures will be taken when entering building. If over 99 degrees you will be asked to go home.
- We ask everyone to be 6 feet apart to ensure social distancing.
- Spaces are limited for each activity. Please call and make reservation ahead of time.
- To keep cross contamination from occurring and to ensure safety: you may bring in individual beverages but no sharing is allowed.
- No food will be allowed.
- Please know that the Executive Director, Staff and Board of Directors are trying to ensure seniors safety while providing services and programs.



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# FAMILY CAREGIVER PROGRAMS



## *Self care for Caregivers Kamessa LaRue, Family Caregiver Services Coordinator*

July is a very exciting time for us, since it is looking like we will finally be able to have small groups in the center. I know we have been seeing some of you thru Facebook and Zoom, but that is still not the same as seeing the smiling faces every day. I am excited to announce a new program that will be held twice a month, one in-person session and the other session is being held via Zoom. The program is called Caregiver Think Tank. People can attend one session or both. The purpose of this program is to make sure that Shelby Senior Services is doing everything possible to help our caregivers, and I know that the epidemic caused some unforeseen issues for some. This is why I formed the Caregiver Think Tank. I want to know topics that caregivers need to know more about, programs that might be beneficial, or ways that we might be able to help remotely. The in person meeting will be held at the Center on Tuesday July 7<sup>th</sup> at 2pm. The Zoom meeting will be held on Tuesday the 21<sup>st</sup> at 2pm. I plan to run these meeting for the next couple months and then we will reevaluate to see if they need to continue to be monthly or need to be farther apart.

We will also be hosting two in person Dementia Friends Session July 9<sup>th</sup> 10am and 2pm. All of the other programing that I put on will be held over Zoom or Facebook. There will be our weekly Wednesday Self-care session held on Facebook at 1pm, with the exception of July 22<sup>nd</sup>. That will be a webinar held on Zoom regarding the importance of sleep and ways to get the optimal sleep. We will also be holding our first ever Memory Café via Zoom on July 29<sup>th</sup> at 2pm. We will be talking about weddings and the changes in styles of dresses over the years. Please remember that all sessions that are held in person or via Zoom require the individual to sign up, by calling Shelby Senior Services.

In August we will be taking an in-depth look at Rays of Hope for Dementia. Rays of Hope is a groups of programs held at Shelby Senior Services that was put together to bring awareness and education about dementia to every aspect of our community. The August Article will take a look at each program and the relationships formed with various organizations to make those programs a success. I cannot wait to see everyone in person to talk about all the programs.

## SHIP Information



The State Health Insurance Assistance Program (SHIP) is a free and impartial counseling program for people with Medicare. For the health and safety of our counselors and clients, we will not be taking appointments in person .

However, you can still reach us by phone,  
8:00 am—4:30 pm Mon.—Fri.  
Phone # : (800) 452-4800

FB Page: [facebook.com/Indiana.SHIP/](https://facebook.com/Indiana.SHIP/)

Twitter: [Twitter.com/INSHIP](https://Twitter.com/INSHIP)



## Gleaners Food Bank Senior Mobile Truck

### Proxy Form 2019-20

Proxy Forms are available at  
Shelby Senior Services office

The Proxy Form is necessary for any individual unable to pick-up at a senior **mobile** food distribution for health or other conflicts within the scheduled distribution hours.

### One Proxy per household

- **Recipient:** Person/Household receiving the food/ items from a Gleaners Senior Program distribution.
- **Proxy:** Person picking up the food items at a Gleaners' Senior Program distribution.
- **The Recipient needs to complete the proxy form,** sign and provide a current piece of mail for the Proxy to bring to the distribution each time.
- **Proxy will need to have ID for verification.**
- **Proxy can pick up for themselves (if they qualify)** and for ONE additional household.
- **Proxy will need to get a new form each time** they visit each month, have the recipient fill it out and sign each month, and provide a current piece of mail a utility.

## Senior Food Pantry

The Senior Food Pantry is open on Monday July 13th and 27th 10 am. 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.

## 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 July 28, 2020.** It will be a drive thru. Please stay in your cars at all times or as indicated by the volunteers.

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

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

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

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

## Gleaners Food Truck for Fairland and Morristown Schedule 2020 (Weather conditions determine trucks schedule.)

<u>Fairland: 2nd Friday</u>	<u>Morristown 4th Friday</u>
July 10th	July 24th
Aug. 14th	Aug. 28th
Sept. 11th	Sept. 25th

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and to receive®*

We would like to thank those who have donated to our food pantry anonymously without leaving names as we send out thank you notes.

We do appreciate everyone who has donated to the food pantry as our seniors have benefited greatly.

## **“VOLUNTEERS ARE LOVE IN MOTION!”**



- Assit with decisions about their general ca
- Help protect their assets
- Advocate for maintaining their independe

fer someone for guardianship or for interest in volunteering please visit

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

or contact Lauren Rynerson

lrynerson@co.johnson.in.us (317) 346-4414



***Exciting Travel Update!***  
***Carol McDaniel,***  
***Travel Coordinator***

I should be writing about our Savannah/Charleston 2020 trip. However, that will be a 2021 trip now, since we had to re-schedule it due to Covid-19.

Unfortunately, we have also had to cancel Niagara Falls 2020, since we are not certain when the Canadian border will re-open.

Therefore, I will write about the Zoom meeting I co-hosted with rep Amanda from Collette. Amanda is a pro at Zoom. I am not. In fact, Zoom, as I learned just a few short weeks ago, is an app that is loaded on a phone or tablet that lets a host set up visual meetings with a group of people the host invites. It can be a business meeting, family meeting, or any meeting of like-minded individuals. While I have yet to create a meeting by myself, I am assured it is easy. Yeah, Right!

The host creates the meeting date and time and sends an email invitation to those whom the host wants to attend. A few minutes before the meeting is supposed to begin, the invitee (is that even a word?) logs on the tablet or phone and clicks on the first e-address given in the invitation. Simple? No, it didn't work for me, either. So, I learned that since I was on a tablet, I had to click on the second e-address, which sent me to the right place. However, I was still in the waiting room on the screen, waiting to be admitted to the meeting. The host has to let you in. Ok, wouldn't it be easier to just show up at the Senior Center? Oh, Yes, the Center is closed. Hence, the virtual meeting.

So, the host allows you to enter, and bingo, you see the host live across the whole screen and yourself in a little box down in the corner of the picture. When others arrive, click on gallery, so you can see them, too. Make sure you are dressed in something other than your pj's if it is a business meeting. And, comb your hair. The camera doesn't lie when it's up close like that. Also, make sure the monitor is getting more of you than the top of your head. Lean the monitor forward toward you to capture the real you.

That seemed to be all that was necessary, until I could hear the Amanda talking and she couldn't hear me. Now what? She was saying something, but I don't read lips, so I pushed Leave the Meeting and started over. This time, I realized I had my tablet on Mute. Now I could hear. That only took about 8 or 10 minutes out of the meeting time. And, by the time we walked everyone through how to get to the meeting, we had used another few minutes. But, it was our first time together, so it was worth it.

The meeting began, we had a small gallery of attendees and we had a rousing good time with people talking and laughing and remembering fun times on previous trips.

I could grow to really enjoy Zoom. I know it will get easier each time I use it. And, it is a great way to communicate when you can't be there in person. And, I miss seeing everyone.

Since I didn't see you at the meeting, here is the 2020 shortened schedule and what we have planned so far for 2021. Of course, everything is subject to change:

2020

- Sept. Northern Ireland/Scotland
- Oct. Costa Rica
- Dec. Hawaii

2021

- Apr. Greece
- May. Mystery Trip
- June. Savannah/Charleston
- July. Alaska
- Oct. Albuquerque Balloon Fest

It is my pleasure to invite you to join us on one or more of these trips. Call me for more details.

See You all soon!  
 Carol



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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



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

Hello everyone! I am super excited to be getting back into the office. I will be in the office starting July 13<sup>th</sup> and we will begin scheduled programming. Things are going to look very different than they have in the past. We will be limiting the number of participants for each activity – so please take a look at the activity calendar and make sure to call-in and sign up for the program you want to attend right away. I know that things are going to be subject to change so please make sure to stay informed via our Facebook page for new information daily. I look forward to seeing you in person, but I will still be providing virtual activities via Facebook as well. Stay safe and healthy!





THURSDAY, JULY 16TH  
CHECK-IN BEGINS 1:30 PM  
CLASS STARTS AT 2:00 PM  
\$10 PER PERSON  
(9 PEOPLE MAXIMUM)

**MEMORY WIRE  
BEAD SOUP  
JEWELRY  
CLASS**



Must Register with Shelby Senior Services to attend. Space is limited.  
Call (317) 398-0127 to register today!



**Congregate Meal  
Information**



Congregate Meals have been suspended at this time at the Horizon Center. Please contact the office at 317-398-0127 to speak with someone about options and services available.

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# HEALTH & WELLNESS



## Introducing Bingocize

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

Beginning July 13<sup>th</sup>, we will be resuming a few of our favorite in person activities! As for health and wellness, we will have a new activity, Bingocize, resume Tai Chi, a day of line dancing, and Walk with Ease in the park. While we would love to get “back to normal”, safety is of utmost importance so we are starting off with a select group of activities. Look to our schedule for times and dates of each activity and make sure you are calling in and signing up due to distancing and space being limited! Because we have a limited schedule, we will continue our online activities with chair exercises, healthy cooking, and chair yoga throughout the month of July. If you are not able to join in activities here at the senior center, continue to look online for activities available at home!

A little bit about our new activity, Bingocize: Bingocize combines the game of bingo with exercise and health education. We all know bingo is a familiar Friday favorite but we’re adding a little bit of movement and health knowledge to the game for this Monday activity. This is an activity meant for everyone! You don’t have to play bingo on Fridays or join our Tuesday exercise class to be a part of this game. The activities within the game are designed with everyone in mind and cater to all levels of physical activity. The goals of the game are to increase functional fitness, health knowledge, social engagement, and have fun! Call The Horizon Center at 317-398-0127 to reserve your spot for Bingocize with our first game being held July 13<sup>th</sup>!

See you all soon!!

Liz

WEDNESDAY, JULY 15TH  
CHECK-IN BEGINS AT 1:30  
CLASS STARTS AT 2:00 PM  
COST IS \$10 PER PERSON  
LIMITED TO 9 PARTICIPANTS

**CANVAS CLASS WITH DAWN ADAMS**

MUST REGISTER AS SPACE IS LIMITED  
BY CALLING (317) 398-0127



## MHP Diabetes Prevention Program

We are starting another Diabetes Prevention Program session starting July 8th at 4pm. Sessions are 1 hour long and are in a group format.

This is a year-long group program designed to help those who have pre-diabetes or who are at risk make lifestyle changes to delay or prevent developing Type 2 diabetes. Sessions focus on nutrition, physical activity and behavior change. The initial classes meet weekly for 16 weeks, then slow down to every week and monthly to run a full year. The program is free to eligible participants. We are limiting the number to help comply with social distancing. Those interested are asked to call Lisa or Allison at 317-398-5315 to determine eligibility and learn more details.

You can also email:  
[lschnepp@majorhospital.org](mailto:lschnepp@majorhospital.org) or  
[acollins@majorhospital.org](mailto:acollins@majorhospital.org)

## July Birthdays:



Pat Hammer 2<sup>nd</sup>  
Charlotte Williams 11<sup>th</sup>  
Gloria McDuffy 11<sup>th</sup>  
David Rutherford 16<sup>th</sup>  
Naomi Catt 20<sup>th</sup>  
Betty Blackburn 24<sup>th</sup>

## WAYS WE CAN ALL FIGHT COVID-19

1. Wet hands with running water.
2. Apply enough soap to cover wet hands.
3. Scrub all surfaces of the hands – including back of hands, between fingers and under nails – for at least 20 seconds.
4. Rinse thoroughly with running water. Dry hands with a clean cloth or single-use towel.



## Diabetes Support Group Meeting Please call ahead in July to see that it is scheduled

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.

For questions, call 317-421-5634.

## Covid-19 Delivery Helpline

- In a high risk group?
- Quarantined with the virus?
- No family in the area to help out?
- Unable to get out to the food pantry?
- Groceries ordered but need them delivered?

Helpline is answered 8:00 a.m. to 4:30 p.m. Call  
317-398-5220. Please leave a message after hours.

A Community Collaboration of Clarity Pregnancy Services,  
MHP, M2M Food Pantry, Shelby Senior Services, Turning  
Point Domestic Violence Services and Healthy Shelby  
County

## \* 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



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lost when an individual enters an Alzheimer's/  
dementia journey. However, in the secure Legacy  
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# SOCIAL ACTIVITIES SHELBYVILLE HORIZON CENTER

## July 2020 In-Person

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Center Closed	2 Center Closed	3 Center Closed
6	7 1:00 Caregiver Think Tank	8	9 10:00 Dementia Friends 2:00 Dementia Friends	10
13 9:30 Center Social 1:30 Bingocize w/ Liz	14 9:30 Tuesday Trivia and Bastille Day Program 1:00 Painting Social	15 9:15 Bible Study with Jim M 1:00 Walk with Ease - Offsite 1:30 Canvas Class with Dawn	16 9:30 Harnessing the Sun's Energy - Science 11:00 Tai Chi 1:30 Jewelry with Kathy Barker	17 9:30 In-person Bingo 1:30 Committee Meeting
20 9:30 Center Social - What America Means to Me 1:30 Bingocize w/ Liz	21 9:30 Tuesday Trivia 1:00 Painting Social	22 9:15 Bible Study with Jim M 1:00 Walk with Ease - Offsite 1:30 Ceramic Owl Painting	23 9:30 Panoramic Portland 11:00 Tai Chi 1:30 What America Means to Me - Chat session	24 9:30 In-person Bingo 1:30 Family Feud Game
27 9:30 Center Social 1:30 Bingocize w/ Liz	28 9:30 Tuesday Trivia 12 - 2 GLEANERS	29 9:15 Bible Study with Jim M 1:00 Walk with Ease - Offsite 1:30 Mandala Dot Prints	30 9:30 Travelogue - Sweden 11:00 Tai Chi 1:30 Line Dancing	31 9:30 In-person Bingo 1:30 Price Is Right Game

# July 2020 Virtual Programs

## JULY "VIRTUAL" EVENTS SHELBYVILLE HORIZON CENTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
*All via Shelby Senior Services Facebook page unless noted via Zoom				
6 9:30 Motivation Monday 1:00 Yoga	7 11:00 Chair Exercises with Liz 3:00 Trail Adventure	8 9:30 Devotions with Buffy 1:00 Self Care with Kami 3:00 Walking Wednesday	9 9:30 Inspirations with Crystala 1:30 Riddle Me This	10 9:30 Bingo via Zoom 11:00 Who am I – July Birthdays –FB 3:00 Healthy Cooking
13 9:30 Motivation Monday 1:00 Yoga	14 11:00 Chair Exercises with Liz 2:00 Dementia Friends - Zoom 3:00 Trail Adventure	15 9:30 Colorado Wildflower Tour 1:00 Self Care with Kami	16 9:30 Summertime Pass It On 1:30 TED Talk	17 9:30 Disneyland Birthday Theme –Fun Friday 11:00 Kathy’s Corner 3:00 Healthy Cooking
20 9:30 Motivation Monday 1:00 Yoga	21 11:00 Chair Exercises with Liz 2:00 Caregiver Think Tank 3:00 Trail Adventure	22 9:30 Charleston: Churches, History, and Horses 1:00 Self Care with Kami via Zoom	23 9:30 Wacky Wordies 1:30 PODCast	24 9:30 Tell An Old Joke – Fun Friday 11:00 Kathy’s Corner 3:00 Healthy Cooking
27 9:30 Motivation Monday 1:00 Yoga	28 11:00 Chair Exercises with Liz 3:00 Trail Adventure	29 9:30 Visit to Baltimore, Its Aquarium, and Points Beyond 1:00 Self Care with Kami 2:00 Memory Care Café - Zoom	30 9:30 Riddle Me This 1:30 TED Talk	31 9:30 Red, White and Blue – Fun Friday 11:00 – What America Means to Me 3:00 Healthy Cooking
			2 Center Closed for Holiday	3 Center Closed for Holiday

# TRANSPORTATION

## SHOPPING DURING A PANDEMIC

Please consider the following reminders while shopping during the COVID-19 pandemic.

### BEFORE YOU GO

- Decide whether or not you really need to go. Consider delivery options if available.
- Shop at off-peak hours when less people are in the store.
- Carry disinfecting wipes and hand sanitizer.
- Make a list of items you are needing to help move efficiently through the store.
- Limit visiting multiple stores. Try to buy as many items from one store.

### AT THE STORE

- Wear a modest face mask. The CDC now recommends that people wear cloth face masks when out in public.
- Sanitize your hands before entering the store and after leaving.
- Use disinfecting wipes on carts, baskets, and card readers.
- Maintain a distance of at least six feet from others.
- If you choose to wear gloves, use disposable gloves and discard them before entering your car.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- If possible, use a touchless payment method.
- If you handle money, a card, or touch keypad, sanitize your hands immediately.

### WHEN YOU GET HOME

- Wash your hands thoroughly for at least 20 seconds.
- Wipe down all packages before putting them away.
- Rinse your produce with clean water.
- Disinfect all surfaces where you placed the items as you were cleaning them.
- Wash reusable bags after each trip to the store. Dispose of all plastic bags.



Credits reserved to: [www.JW.org](http://www.JW.org)

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

*Applebee's*: 10% discount.

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

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

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

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

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

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

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

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

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

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

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

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

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

*The Chicken Inn* - 10% discount

*The Texas Corral* - 10% discount

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**DONATIONS**

John and Linda Koch II  
Gary and Louann Ryhal  
Delta Theta Tau Zeta Lambda  
Richard and Martha Carter  
Crossroad Community Church

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

Office Pride, Indiana National Guard, Gleaners, Freeman Family Funeral Home, Murphy Parks Funeral Service, Glen E. George and Son Funeral Home, Salvation Army, CVS, Mickey’s T-Mart, Walgreens, CICOA, Barb Campbell, Jane Sparks, Tim and Janice Conway of Blue River Stained Glass, Kathy Barker, Joyce Stewart, Shelby Go, Horizon Center Committee Members, Dementia Friends of Indiana, Alzheimer’s Association, SCUFFY, and Blue River Community Foundation.

Thank you to all of the Frontline Workers and volunteers who have risen to the challenge of protecting us all and keeping us going. We salute you!



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# WALDRON HORIZON CENTER

Waldron Horizon Center is open Tuesday at Waldron Baptist Church 112 Grant Street, Waldron, IN.  
**Hours 10:00 a.m.– 12:00 p.m.** Jeannetta Faye Stickford is the center's coordinator and may be reached at 317-431-3284. Please invite your neighbors and friends.

July 14th meeting: 10:00am - 12:00 noon  
Exercise/ Wellness with Liz  
10:00am - 10:30am  
A time of sharing 10:30am - 12:00 noon

July 21st meeting: 10:00am-12:00 noon  
Exercise/Wellness with Liz  
10:00am - 10:30am  
A time of sharing 10:30am - 12:00 noon

July 28th: 10:00am - 12:00 noon  
Exercise/Wellness with Liz  
10:00 am - 10:30am  
A time of sharing 10:30am - 12:00 noon

Come and enjoy seeing your old friends for social time.

Call Coordinator: Jeannetta Faye Stickford (317-431-3284 to RSVP

Location:  
Waldron Baptist Church  
113 Grant Street  
Waldron, IN 46182



THURSDAY, JULY 22ND  
CHECK-IN BEGINS AT 1:30  
CLASS STARTS AT 2:00 PM  
\$10 PER PERSON  
(9 PEOPLE MAXIMUM)

## CERAMIC OWL PAINTING WITH JANICE

Must Register with Shelby Senior Services to attend. Space is limited.  
Call (317) 398-0127 to register today!

# FAIRLAND HORIZON CENTER

## Fairland Seniors re-opening July 19th!

It's been 17 weeks since we last gathered in Fairland! I can hardly believe it! It will be so good to be able to **SEE** you again! Though many of us have spoken on the telephone, it was not until I started going around and videoing some of you for the Kathy's Corner Segments... that I realized just how much even **I** was missing **using my eyes** to behold the people that have made up such an important part of my life the past 5 years! As anyone I have visited can attest...my anticipated 30 minute "filming shoots"...turned in to 1, 2, even 3 hour visits!! We had so much to get caught up on!!

That being said, I do believe...that is exactly what we will spend a lot of July doing.... just getting caught up! I am printing a very vague schedule and will add "specifics" each week as we go along, via email, Facebook or phone tree. If we have learned anything the past few months it is that we can plan all we want to...and that plan may have to change an hour from now! (Please be patient and know that we still can **do** some of our favorite things, some of them we will just have to spend time **remembering** for a while.) We must be open to making new memories that it may also become our new favorites!

Please read through the new Senior Center reopening guidelines that are detailed elsewhere in this Horizon, we are all playing by the same rules, so no need for me to repeat them here.

So...WooHoo...Here's July 2020 in Fairland!

## Mornings in July

9:15 - 9:45 am Check in and Chat  
9:45 - 10:30 am Exercise with Liz  
10:30 - 12:00 pm Bible Study with Ron Green in back classroom  
10:30 - 12:00 pm Catching Up! Storytime and games! Trivia in big room

July 16th : 1:00-2:00 pm Bingo. 2:00- 3:00 pm Advisory Board meeting.

July 23rd: 1:00 - 2:00 pm Bingo. 2:00 - 3:00 pm. Kathy's Corner Video "**Flower Tag**" for those who do not have internet access or anyone else who want to stay!

July 30th: 1:00 - 2:00 pm Bingo. 2:00 - 3:00 pm. Kathy's Corner Video "**Favorite Things**" for those who do not have internet access or anyone else who wants to stay!



# MORRISTOWN HORIZON CENTER

The Morristown Center will not be open during July. Elaine and I hope you are all doing well. If you have access to the internet, check out the videos on the Shelby Senior Center website.

With Independence Day this month, here is some information on the song America The Beautiful:

Written by Katharine Lee Bates as a poem in 1893 and first published in 1895, it was combined with music composed by church organist Samuel A. Ward in 1910. Bates wrote the poem after a journey to the top of Pikes Peak in Colorado, saying the views there inspired her.

### *America the Beautiful*

*O beautiful for spacious skies  
For amber waves of grain  
For purple mountain majesties  
Above thy fruited plain  
America, America  
God shed his grace on thee  
And crown thy good with brotherhood  
From sea to shining sea*

*See you soon! Gretchen*



## 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.

## Walker Place Senior Living Where Friends become Family

Hi, my name is Lou Holzhausen. I live at Walker Place. I enjoy living here as it has a home-like atmosphere, family oriented, the staff is great and I mixed in with others right away. What I like most about living at Walker Place is that they have games, music, and crafts. Also I enjoy the involvement and interaction with friends that I have made. If you are looking for a great place to be Walker Place is that place. I would recommend anyone coming here to live.

I would encourage you to call today at 317-392-3370 and schedule a tour with Tracey Tucker and receive a complimentary lunch or dinner and learn about the senior living options available to you!

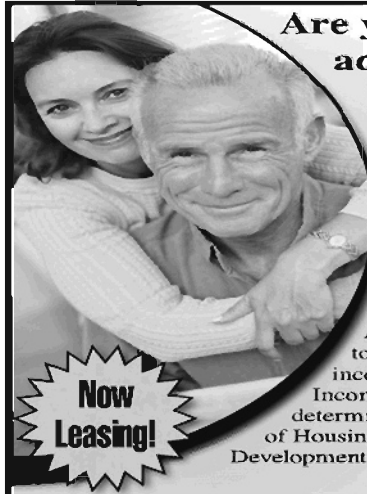
Walker Place Resident, Lou Holzhausen



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