

BOONE COUNTY SENIOR SERVICES, INC.

SENIOR SOUNDS

Volume XLV Number 6

Nov./Dec. 2024



You can tell by the smiles that we had a blast hosting an evening craft class and making beautiful pumpkin floral arrangements.

Thank you to Maili Davis from Blooms By Sandy for leading the class.

We look forward to offering more evening activities in the future.

What's Inside:

Pages 5 Holiday Silent Auction

Page 8-11 Classes, Activities & Trips!

Page 15 National Family Caregiver's Month *...And More!*

765-482-5220



317-873-8939

@bocoseniors

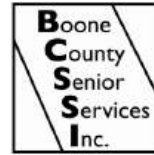
Boone County Senior Services, Inc.

2024 Board of Directors

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Mission Statement:

To promote independence and provide enriching opportunities for older adults in Boone County.

Services include:

Homemaker & Personal Service
Guardianship
Respite
Transportation
Information & Assistance
Friendly Visitor & Volunteers
Activities & Workshops
Insurance Information
Legal Assistance
Prescription Counseling
Computer Classes
Caregiver Support & More!

Boone County Senior Services, Inc.

515 CrownPointe Dr.,
Lebanon, IN 46052
Monday-Friday, 8:00AM-4:30PM

BCSSI Satellite Office

Zionsville Town Hall, Rm. 206
Open Wednesday & Friday
9:00AM-4:00PM or by appointment.
765-482-5220 or 317-873-8939
www.booneseniors.org



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From the desk of our Executive Director Anita Bowen



This fall found me experiencing a place that has been on my bucket list for many, many years – the San Antonio Riverwalk plus getting back to cruising and seeing the ports of Honduras, Costa Maya and Cozumel. This amazing 12 days away

was possible thanks to a renewal grant through the United Way of Central Indiana. After being anxious to leave my “regular life” for that long, I now find myself realizing the importance of disconnecting for longer periods of time and wondering when I might be able to do it next! There’s simply no gift like the gift of time to pour into yourself so that you can then in turn better lift others up around you.

One of the (many) wonderful things about BCSSI is that we are a tight-knit team and the way that people here take care of each other and the things that need done to support all our programming is inspiring. This team took care of all the things that were on my plate while I was gone, and I am very grateful. At the same time this fall, they are looking forward to 2025 and setting goals to help our community members in new and different ways. As Boone County continues to explode with growth, we want to be prepared to help families age well and to help as many individuals as possible in need of transportation through Boone Area Transit System (BATS). As always, we love

hearing from our customers if you think of a way that we should be showing up in our community!

As the year 2024 comes to a close, we sometimes feel like the days are flying by, but I am trying really hard to also slow down to enjoy the little things that I might miss if I am on autopilot and/or moving too fast. When I go too fast, I guarantee you that I not only miss things – like the beauty of the season or the sweet gestures that someone has offered me and much more, but I also make mistakes or forget things! Getting out the door and to the office in the morning with ALLLLL the things that I need for the day can be a real struggle!!

If we take life more like my new friend (pictured with me here) and go at a Sloth’s pace, I think we will be happier and more helpful to others. With that in mind, I found this quote that I really like:

*Every move a sloth makes
is with purpose,
which is more than most of us can say
about 90% of the time.*

Wishing all our BCSSI family a holiday season of simple joys! We hope to see you at many of our end-of-year special events highlighted in this issue of Senior Sounds.

Until Next Time, ***Anita***



Thank you Team Lilly for getting your hands dirty to make our grounds look beautiful! They finished our projects with time to spare so they helped our friends and neighbors at CrownPointe with some tree trimming and weeding! Thank you Eli Lilly and Company for your commitment to our community!

Lunch and Learn was falling for fall fashions from Lebanon Maurice's. Thank you Maurice's!! We look forward to the fashion show every year! Pictured are our very own models and BCSSI staff members Kelly Martin, Jenny Lemen, special guest and birthday girl Amy Bigler, Jolynn Horlacher, Cindy Hickson and Maria Shepherd.



We had an amazing fall team building day in the Heart of Lebanon! Thank you Missy Johnson Krulik for your wonderful hospitality. The staff participated in a trivia contest and scavenger hunt throughout the downtown area. The teams refueled at Klooz Brewz after a stop at the new Alley Oop!



Lunch and Learns offer a great way to try something new, make friends and enjoy a meal with others. Recently our attendees enjoyed learning new ways to relax and destress. Thank you to Grand Brook Memory Care for sponsoring chair yoga and lunch with instructor Kira. At a later luncheon this summer, attendees also participated in a sound bath with instructor Allison Phillips from the Art of Wellness. Thank you Homewood for sponsoring the lunch. Turn to pages 8 and 10 for upcoming Lunch and Learn topics.





Connecting Generations since 1978

5th Annual Holiday SILENT AUCTION

Something for everyone on your Christmas list!!!

All proceeds support the mission of BCSSI!



@bocoseniors

Bids made in person

BCSSI Community Room

515 CrownPointe Dr
Lebanon, IN 46052

Nov 15, 8:30am-4:00pm

(Sat) Nov 16, 9:00am-11:00am

Nov 18-20, 8:30am-4:00pm

Nov 21 8:30am-5:00pm (Bidding Closes)

Event Subject to Change

A variety of items will be offered for bidding!

www.booneseniors.org

Senior Expo 2024...Thank you for another record setting year!



Media Sponsor:
The Lebanon Reporter





OLYMPIC MEDAL RESULTS

EUCHRE:

GOLD: Patsy Staton &
Gary Ottinger
SILVER: Denise Chitwood &
Mike Westerfield
BRONZE: Ron Giles &
Nancy Giles

BOCCE

GOLD: David Means &
Doug Vawter
SILVER: John Goodwin &
Donna McDaniel
BRONZE: Debbie & Chuck Trupe

TABLE TENNIS

Women

GOLD: Donna McDaniel
SILVER: Karynn Seppel
BRONZE: Osa Schulte

Men

GOLD: Mike Mustin
SILVER: Chuck Trupe
BRONZE: Frank Hensley

BOWLING

Women

60-69

GOLD: Cathy Adams
SILVER: Linda Fogle
BRONZE: Deanne Kreakie

70-79

GOLD: Debbie Maxwell
SILVER: Donna McDaniel
BRONZE: Kay Ysaquirr

80-89

GOLD: Donna Jones
SILVER: Gladys Dickey
BRONZE: Patty Golladay

90-99

Gold: Vera Doll

Men

60-69:

GOLD: Chuck Trupe
SILVER: Kevin VanHorn
BRONZE: Duane Fortune

70-79

GOLD: David Pfeifer
SILVER: Raymond McCaffrey
BRONZE: Marc Reagan

80-89

GOLD: Glenn Andrew
SILVER: Keith Witt
BRONZE: Bobby Anderson

90-99

GOLD: Sam Vickery
SILVER: Jack Robinson

TRACK & FIELD

SOFTBALL THROW

Women

60-69

GOLD: Denise Schoeff
SILVER: Cathy Adams
BRONZE: Kathy VanHorn

70-79

GOLD: Donna McDaniel
SILVER: Vicky Deckard
BRONZE: Shirley Hester

80-89

GOLD: MaryLynn Boatright
SILVER: Janet Pickering
BRONZE: Janie Briggs

90-99

GOLD: Vera Doll

100-109

GOLD: Mildred Flanary

Men

60-69

GOLD: Kevin VanHorn
SILVER: Duane Fortune
BRONZE: Bill Fogle

70-79

GOLD: Aaron Smith
SILVER: Dave Pfeiffer
BRONZE: Raymond

McCaffrey

80-89

GOLD: Glenn Andrew
SILVER: Keith Witt
BRONZE: Joe Klemme

90-99

GOLD: Sam Vickery

CORNHOLE

Double Elimination (23 feet)

GOLD: Mike Mustin & Gary
Hafenbridle

SILVER: Chuck & Debbie
Trupe

BRONZE: Charlie Acton &
Richard Smith

Single Elimination (18 feet)

GOLD: Denise Schoeff &
John Irwin

SILVER: Donna Newman &
Donna McDaniel

BRONZE: Heidi Watson &
Harry Koch

BASKETBALL SHOOT

Women

60-69

GOLD: Denise Schoeff

70-79

GOLD: Shirley Hester

SILVER: Sharon Stradling &
Sandy Jeffers

80-89

GOLD: Sandra Horlacher

SILVER: Patty Golladay

Men

60-69

GOLD: Kevin VanHorn

SILVER: John Mitchell

BRONZE: Duane Fortune

70-79

GOLD: Kenny Kincaid

SILVER: John Irwin

BRONZE: Max Allen

80-89

GOLD: Keith Witt

SILVER: Joe Klemme

BRONZE: Glenn Andrews

90-99

GOLD: Sam Vickery &
Jack Robinson

GOLF

9 HOLES

Men

60-69

GOLD: Chuck Trupe

70-79

GOLD: Lanny Knox

90-99

GOLD: Sam Vickery

18 HOLES

Women

60-69

GOLD: Cindy Aguirre
SILVER: Brenda Davis

70-79

GOLD: Caroline Koontz
SILVER: Kathy McHargue
BRONZE: Marilyn VanDyke

Men

60-69

GOLD: Scott Swisher
SILVER: Allen Romack
BRONZE: Pat Potter

70-79

GOLD: Robert Bevington &
Kenny Kincaid
SILVER: Charles Acton
BRONZE: Max Allen

80-89

GOLD: Glenn Andrew
SILVER: Frank Hensley

PICKLEBALL

Women

GOLD: Lisa Mattingly
SILVER: Diane Williams
BRONZE: Dawn Small

Men

GOLD: Max Allen
SILVER: Mike Williams
BRONZE: John Goodwin

Thank you to our 2024 Olympic Sponsors:

Witham Health Services
Homewood Health Campus
Boone County Senior Services
Foundation, Inc.
Eli Lilly
Minute Print It
McDonald's of Lebanon
Hoosier Village
Daisey's Designs
Better Hearing Clinics
Edward Jones
United Healthcare
Guardian Angel Hospice
Riner Enterprises
Home National Bank
The Farmers Bank
North Salem State Bank
Signature Healthcare at Parkwood
CrownPointe of Lebanon
The Waters of Lebanon
Boone County Sheriff's Office
Parr Richey Patterson & Kruse
Autumn Trace
The Lebanon Reporter
Radio Mom 91.1FM



****SPECIAL OLYMPIC AWARDS****

Oldest Female Participant – Mildred Flanary, age 104

Oldest Male Participant – Sam Vickery, age 92

Most Events (male) – Kevin VanHorn (10)

Most Events (female) – Donna McDaniel & Sharon Stradling (8)

Most Medals (male) – Chuck Trupe (5)

Most Medals (female) – Donna McDaniel (5)

Spirit Award – nominated by the staff and coordinators for their outstanding mental attitude, staying positive and encouraging others around them.

Spirit Nominees: Vicky Deckard, Buddy Hodgdon, Vera Rusk, Sam Vickery, Donna Newman, Raymond McCaffrey, David Means, Bev Burton, Kevin VanHorn, Linda Stuteville, Duane Fortune, Gladys Dickey, Cathy Adams, Karlene Marsh, Sharon Stradling, Heidi Watson, Glenn Andrews, Gary Hafenbridle, Max Allen, Sandra Horlacher, Brenda Davis, Donna McDaniel, Frank Hensley, Sandy Schooler, Chuck Trupe, Marilyn Couger

Spirit Winners – Female: Linda Stuteville & Male: Raymond McCaffrey

November/December Classes & Activities

Call 765-482-5220 for Registration and Information

All Classes & Activities held at BCSSI, Lebanon



**An RSVP is required for all activities as space is limited.
All events are subject to postponement or cancellation.**

Medicare Open Enrollment

Appointments available on November 15. **Call BCSSI to register.**

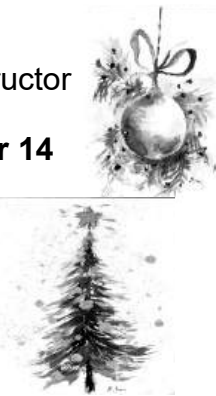
Muffins & Masterpieces

Paint your own masterpiece with instructor Shirley Luttrell on

**Thursday, November 14
from 1:00-3:00PM.**

Call BCSSI to register.

Sponsored by CrownPointe of Lebanon.



Lunch & Learn

Join us for a **FREE** program on current topics that affect seniors and their caregivers. The luncheon is the **first & third Wednesday of the month at noon and space is limited.** **For reservations call BCSSI.**



- | | |
|---------|---|
| Nov. 6 | Cremation: What You Should Know & lunch by Lincoln Memory Gardens. |
| Nov. 20 | Social Hour & Silent Auction Bidding. Lunch by Signature of Parkwood. |
| Dec. 4 | CANCELLED |
| Dec. 18 | Lunch & Laugh Holiday Party w/ Greg Anderson. Supported by Community Foundation of Boone County & Psi Iota Xi-Omega Chapter. Lunch by Homewood Health Campus. |

SHIP Counseling & CICOA Benefits

A CICOA representative will be available by appointment to provide seniors with unbiased information about Medicare, Nursing Facilities, Emergency Response Systems, Public Benefits, Nutrition, and more on **Wednesday, November 27. There will be no Options Counseling in December. Call BCSSI for an appointment.**

Lebanon Games

Come join the fun on **Thursday, November 7 & December 5 from 1:00-2:00PM.** With Donna Newman & Shirley Hester. **Call BCSSI to register.**

Needlepoint

Meet at BCSSI on the **first Monday** of the month at **1:00PM** to work on your own projects. **Call BCSSI to register.**

November/December Classes & Activities

Call 765-482-5220 for Registration and Information

All Classes & Activities held at BCSSI, Lebanon



**An RSVP is required for all activities as space is limited.
All events are subject to postponement or cancellation.**

Line Dancing

Wednesday, November 13 & 27 & December 11 from 10:30-11:30AM with Rue Flanders. Call BCSSI to register.

Art Class

The last art class for 2024 will be on November 21. Class will resume in 2025. More information to come in the next issue.

Tech Time

Bring in your phones, tablets, eReaders, cameras or laptops, or use one of our computers, and get **free** independent instruction. Appointments available on **Tuesday afternoons. Call BCSSI to register.**

Legal Assistance

Free legal assistance will be offered on **November 19 & December 17**. BCSSI Legal Assistance is an opportunity for older adults to ask questions of a legal nature and for the attorney to give simple legal advice. **For more in-depth assistance, the attorney can make a referral or give the other options. Call BCSSI for an appointment.**

Cover to Cover Book Club

Book club will meet on **Tuesday, November 5 at 1:00PM** to discuss "Verity" by Colleen Hoover. The book for **December 3** will be announced at the November meeting. **Call BCSSI to register. Thank you to Hachette for donating our book club books!**



Coffee Connection to the Community

Join us for coffee and conversation on **November 14 & December 12 at 10:30AM.**

**Call BCSSI to register.
Thank you to our Coffee Connection sponsors Cowan Drugs & Parkside Pharmacy.**

Life Moves On

A meeting place for widows and widowers. The group will meet on **Thursday, November 21 from 10:30-11:30AM. There will be no meeting in December. Call BCSSI to register.**

Classy Crafters

Classy Crafters will not meet in November or December.

November/December Activities Zionsville

Call 317-873-8939 for Registration and Information

Zionsville activities are held in various facilities



**An RSVP is required for all activities as space is limited.
All events are subject to postponement or cancellation.**

Our Zionsville office is open Wednesday & Friday 9:00AM-4:00PM

Caregiver Support Group

Caregiver Support Group will meet on **November 13 & December 11 at 6:00PM. Support group meets at Independence Village West, 6800 Central Blvd, Zionsville (behind Meijer). Facilitated by Jessica Evans. Call BCSSI to register.**

Sip & Learn

Join us on the first Friday of the month at **10:00AM** in the Zionsville Town Hall.
November 1: Meet Dolly, the Chief Morale Officer for the Town Hall
December 6: CANCELLED
Call BCSSI to register. Thank you to the Zionsville Fire Department for sponsoring Sip & Learn!

SHIP Counseling & CICOA Benefits

A CICOA representative will be available by appointment to provide seniors with unbiased information about Medicare, Nursing Facilities, Emergency Response Systems, Public Benefits, Nutrition, and more on **Wednesday, November 6 & December 4. Call BCSSI for an appointment.**

Lunch and Learn at the Town Hall
second Friday of the month at noon. Space is limited. **Call BCSSI to register.**

- Nov. 8 Cremation: What You Should Know w/ Lincoln Memory Gardens. Lunch by Zionsville Meadows.
- Dec. 13 Lunch & Laugh Holiday Party w/ Greg Anderson. Supported by Community Foundation of Boone County & Psi Iota Xi-Omega Chapter. Lunch by Grand Brook.

Zionsville Crafts at the Town Hall

Join us monthly on the second Friday at **1:00PM**. On **November 8** make a Holiday Candle w/ Rue Flanders. Cost is \$7. Crafts will not meet in December. **Call BCSSI to register.**

Zionsville Games

There will be no games in November or December.

Art Class

The last art class for 2024 will be November 19. Class will resume in 2025. More information to come in the next issue.

Get Out and Go with BCSSI!

Trips depart from: BCSSI Lebanon

Zionsville, Thorntown or Jamestown pick-up available for some trips



Holiday Spirit

December 17
Quick dinner at Dairy
Queen Grill & Chill, and
Christmas Lights at
Frankfort at TPA Park

Departs:
5:00PM
Cost: \$10
(Meal cost on
own.)

Shopping

November 18
Tippecanoe Mall

Departs: 10AM
Cost: \$10



The BCSSI
Offices are
closed
Dec. 19 for our
staff holiday
party &
Nov. 28-29 & Dec. 24-26
for the upcoming holidays.

*This includes all personal services
and transportation services. We
apologize for any Inconvenience.*



Can you make our wish of having
more rollators & shower chairs for our
loaner closet come true by donating
one through our
Amazon Wishlist????

You can make the purchase through your
account & have it shipped directly to us
by selecting BCSSI's address before
checking out. Thank you!

Or, feel free to contact us and we can
help you order it from Amazon.

*We also welcome donations of used
medical equipment.*

Lunch & Laugh Holiday Party with Greg Anderson

Join us Friday,
December 13 in Zionsville
or Wednesday,
December 18 in
Lebanon at 12:00PM for
our Holiday Party and lunch.
Call BCSSI to register.



It doesn't take
a whole lot of
detective work
to figure out
our Mystery
Trips were a
BIG hit this
year! This

group had no idea they were going to
Dull's Tree Farm for some fall fun!!
Wonder where we'll go next year...????

Are you a stay at home mom or a retiree looking for a part-time job that will make a positive difference in the life of an older adult?

Then you should join our Personal Services team!



Interested individuals with experience in homemaking/personal care, should **contact Cindy Hickson**, Director of Personal Services, for more information, or drop off a resume/complete an application at BCSSI. Openings are for personal service attendants. BCSSI is certified as a Personal Services Agency by the Indiana State Department of Health and is an Equal Opportunity Employer. Background check required.

Contact 765-482-5220 or 317-873-8939 or chickson@booneseniors.org

GIVING TUESDAY

December 3, 2024

GivingTuesday is a global movement unleashing the power of generosity. Giving Tuesday was created in 2012 as a simple idea: a day that encourages people to do good. Since then, it has grown into a year-round global movement that inspires millions of people to give, collaborate, and celebrate generosity.

Join the movement and give – It's a simple idea: whether it's making someone smile, helping a neighbor or stranger out, showing up for an issue or people we care about, or giving some of what we have to those who need our help, every act of generosity counts and everyone has something to contribute toward building the better world we all want to live in.

Together we give.
www.booneseniors.org

**The holidays are upon us...
Are you planning a holiday event
or family gathering?**

Our Community Room is available for rent! Rental includes the use of our room, tables and chairs, catering kitchen and restrooms.

Contact BCSSI for more information.
Completed rental agreement and deposit required to reserve the room.





What is the Legacy Program?

The Legacy program is under the guidance of the Board of Boone County Senior Services Foundation, Inc. whose mission is to grow a fund to secure the financial future of BCSSI and ensure it will continue to provide services to older adults in Boone County for generations to come.

Some of the ways you can consider making a planned or deferred gift may seem a little intimidating. IRS rules can be complicated. Don't worry. We are here to assist you. While we cannot give tax or financial advice, we can talk through some of the intricacies of making a gift in the way that suits you, your financial abilities and philanthropic interests.

Some of the ways to give include:

- Gifts through your will
- Gifts of life insurance policies
- Retirement assets as gifts through beneficiary designations
- Gifts of IRA assets
- Gift annuities – a gift that provides regular income to you and/or your spouse
- Gifts of assets – farmland or residences can be given in a way that lets you continue to live, farm, and enjoy the property, with immediate tax deductions
- Payable on death designations on savings accounts or CDs.

Thank you to our Legacy Donors who have committed a planned gift to the BCSS Foundation:

The Russ & Helen Roberts Family
 Bonnie Klingler
 Duane & Kim Fortune
 Bill & Sharon Walker
 Rick Whiteman & Ed Mitro
 Jane Hammock
 Bob & Anita Bowen
 John Cowan
 Colleen A. Thomas
 Patricia Riebeling
 Ruth Brookshire Charitable Foundation, Inc.
 Johanna Mohringer
 David & Erin Herr
 Jane Dean
 Richard & Jeanne Wait
 Leo "Bud" Falke



For more information about leaving a Legacy or to mail a donation, honorarium or memorial please contact:

Boone County Senior Services Foundation, Inc.
 515 CrownPointe Dr., Lebanon, IN 46052
 sshoup@booneseniors.org, 765-482-5220 or 317-873-8939

The mission of the Boone County Senior Services Foundation, Inc. is to grow a fund so BCSSI can continue serving older adults in Boone County.

Meet Our Staff Tammy Tallar Personal Service Attendant



Pictured at right is Tammy with Director of Personal Services Cindy Hickson

errands, do light housekeeping, bathing assistance, making meals or meal prep for people that just need a little extra help. And, as we provide the services for our client we are also providing some good old fashion conversation.

When did you start with BCSSI?

I started at BCSSI in October 2023. I have always had a love for helping others. As it turned out, Cindy Hickson, Director of Personal Services, was visiting my parents and talking to them about what services BCSSI offers and the conversation turned into a job interview. At that point I was not working and was looking for a job.

What did you do before coming to work at BCSSI?

I have worked in several different industries from restaurants, insurance, printing, warehouse and metal recycling. While I have had several different roles in each of these positions most of my time was spent as a customer service

manager for two different printing companies and an assistant to a CFO at a metal recycling company.

What are your responsibilities at BCSSI?

As a personal service attendant I provide respite care for family's loved ones so they can have some personal time. I also run

Family: I was born and raised on a small farm west of Lebanon. I now live just down the road from my parents. I am married to Tom Tallar and between the two of us we have two sons, two daughters, two granddaughters, one grandson, one great grandson and one great granddaughter.

Special hobbies/interest: I am an avid reader (sometimes they hide my books). I love to watch my grandson play baseball and spend time with my family.

What do you feel makes BCSSI special? BCSSI is special because of the kind and caring people that work there. They are always positive, caring and always have a smile on their face.

Thank you Tammy for your dedication to the Personal Service program and the heart-felt care you give to so many of our Boone County seniors.

We love to receive such positive comments from our clients about our Personal Service Attendants (PSA)

"PSA is just great! OH MY JUST GREAT!"

"I so appreciate my PSA and could not get along in my home without her!"

"She is topnotch! The best ever!"

"I am thrilled with the services and wish I would have started long before now!"

National Family Caregivers Month is celebrated each November and is a time to recognize and honor family caregivers across the country. This year's theme is #CaregiversConnect.

Celebrating Family Caregivers during National Family Caregivers Month enables all of us to:

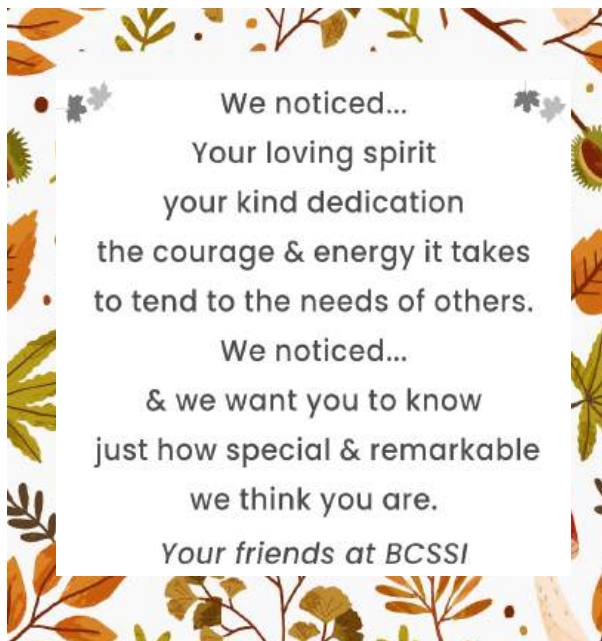
- Raise awareness of family caregiver issues
- Celebrate the efforts of family caregivers
- Educate family caregivers about self-identification
- Increase support for family caregivers
- Reduce feelings of isolation

Caregiver Action Network is the organization that chooses how to celebrate National Family Caregivers. Go to **www.caregiveraction.org** for more information and resources to help you as a caregiver. #NationalFamilyCaregiversMonth #NFCMonth #familycaregivers



Caregiver's Corner

A bi-monthly newsletter filled with information and resources for people caring for others. If you would like to be placed on the mailing list, contact: Jessica Evans at 765-482-5220 or 317-873-8939 or jevans@booneseniors.org



Caregiver Support Group

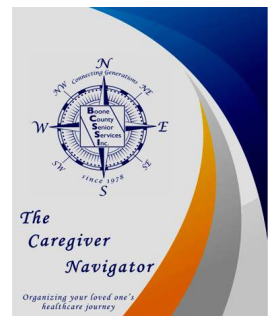
People caring for people need help & support. Our caregiver support group will provide a safe & nurturing space for caregivers in our community to build relationships, share information & resources, vent frustrations & gain emotional support. **You don't have to do it alone!** Turn to page 10 for upcoming dates and location.



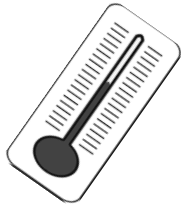
The Caregiver Navigator

Caregiving is paper intensive...important documents, prescriptions, notebooks, receipts, and schedules related to illness, treatment, and appointments. As a caregiver, your binder is your mobile caregiving center. Use the Caregiver Navigator to organize your loved one's caregiving journey!

Go to **www.booneseniors.org/resources** to download a copy or for a FREE hard copy contact our office.



**Do you need
Energy Assistance
this Winter?**



**Contact Area IV
Agency on Aging
and Community Action
Programs, Inc.**

**765-447-7683, press #1 for
energy assistance. Or, Dial 2-1-1
for Information**

**Need HELP with your Medicare
plan comparisons for open
enrollment?**



**317-803-6131
www.cicoa.org/
adrc/ship**

**Or, contact: Crystal Cole
Senior Insurance Solutions
765-891-0537
cdcole333@yahoo.com**



**Gleaner's
Boone
County
Mobile Food
Pantry**

**3rd Tuesday of each month
11:00AM-1:00PM
Drive Thru Pick Up at the
Boone County 4-H Fairgrounds**

Meals on Wheels

Lebanon

317-946-2911

765-894-0010

765-482-4563

Zionsville

317-796-8710

Central Indiana

317-252-5558



The Boone County Health Department Flu Vaccines



FREE Flu Vaccines
Ages 6 months and older
Monday-Friday 8a.m. - 4p.m.

Covid Vaccines available by
appointment only.

Boone County Office Bldg. Ste B202
116 W. Washington St., Lebanon
765-482-3942 option 3

***Home visits are available by
appointment for homebound residents.***

Meal Vouchers Offered For Witham Health Services Cafeteria

BCSSI has applications for meal voucher cards that can be used at the Witham Cafeteria for breakfast and lunch. The meals are valued at \$6.75 and will be offered to ages 60+ for a donation, based on income.

Contact BCSSI with questions:
765-482-5220 or 317-873-8939

**Sponsored by:
CICOA Aging & In-Home Solutions and
Witham Health Services**

BCSSI Memorial & Honorarium Gifts

In Memory of George Sigler

Diana Martin
 Ron & Marilyn Neese
 Bill & Linda Stuteville
 The Cecil Gosser Family

In Memory of Shirley O'Neal

Bill & Linda Stuteville

In Memory of Rebecca Fairfield

Marie & Terry McIntyre

In Memory of Rosa DeLaRosa

Teresa DeLaRosa

In Memory of Von Dene Boggess

Whitney Coons & Karen Richards

In Memory of John Allen Young

LHS Class of '59

Bob Blubaugh & Nancy Richardson

In Memory of Ernie Pyle Chapter of the WWII Roundtable Members:

- Benny Campbell, U.S. Air Force
- Charles Slaughter, Philippines/
Okinawa/Purple Heart & Bronze Star medal
- Jim Evans, Battle of the Bulge
- Marion Adams, Italy/France
- Russell Swisher, Marched in Paris
Liberation Parade/Huertgen Forest/
Battle of the Bulge
- George Cox, Channel Crossing
torpedo survivor/France
- Dr. Robert Coons, combat medic ETO/
Purple Heart & Silver Star medals
- Alvin Ping, WWII Submarine crewman

Donation, Memorial and Honorarium Form

I would like my donation to be used for (select one below):

A donation to the Agency A donation to the Foundation

A memorial in memory of: _____

An honorarium in honor of: _____

Please send notification card to: _____

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- Must be willing to obtain or already have For Hire Endorsement
- Must pass physical exam, drug test & background check
- Wheelchair-training required
- Must possess & maintain a good driving record



Contact our office for Boone Area Transit pricing. 2025 pricing will be listed in the Jan/Feb Senior Sounds!



Creamy Italian Sausage & Kale Soup

From: my food and family

- | | |
|------------------------|--------------------------------|
| 1 lb. Italian sausage | 4 oz. cream cheese, cubed |
| 1 small onion, chopped | 2 c. diced hash brown potatoes |
| 1 Tbsp. minced garlic | 1 qt. chicken broth |
| 2 Tbsp. flour | 6 c. torn, stemmed kale leaves |
| 1 c. milk | |

Remove casings from sausage if necessary; crumble into medium saucepan and cook until done. Remove from pan with a slotted spoon; drain on paper towels. Discard all but 2 Tbsp. of drippings from pan. Add onions and garlic to pan and cook for 3 min. stirring frequently. Stir in flour. Add milk and cream cheese; cook and stir 3 min or until cream cheese is melted and sauce is well blended. Add potatoes, chicken broth and sausage. Bring to boil, stirring frequently. Simmer on medium-low heat 15 min., stirring occasionally. Remove from heat. Add kale. Cover. Let stand 5—6 min or until kale is softened. *if needed, add enough oil to reserved sausage drippings to get the 2 Tbsp. needed to cook onion and garlic.

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We hope you have enjoyed this issue of Senior Sounds. It is a bi-monthly publication for all Boone County residents age 60 or older and family members and is published by Boone County Senior Services, Inc.

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