



LIFE ENRICHMENT MATTERS

1st QUARTER, 2020

TAX TIME PREPARATION

Once again, Marshall County Council on Aging is teaming up with AARP to offer free tax return filing at the Life Enrichment Center. Volunteers are at The Life Enrichment Center and the Culver Library starting in February (days yet to be determined). Please call after January 15th to schedule your appointment at 936-9904 (toll-free 866-936-9904). Please bring the following items with you: 1) photo ID for you and your spouse 2) your 2018 tax return 3) Social Security statements, 4) any 1099s you've received, and 5) proof of health insurance for yourself, your spouse, and /or any dependents. Some restrictions do apply. *There is no charge for this service, however, we would appreciate non-perishable food items, cleaning supplies, or personal hygiene items for our donation basket for the local food pantries. Thank you for your generosity.*

SITUATIONAL AWARENESS 101

Back by popular demand! This class will be offered on Thursday, **March 5th** at 10:00 AM at our building (1305 W. Harrison St.). Preparing yourself for an unthinkable event and being aware of your surroundings; having a plan in place should certain situations arise. Dennis Carter, a 12 year Reserve Deputy and a student and instructor for same will present this important information. Signups are appreciated for this free class to assist with planning preparations. Call (574)936-9904, toll free (866)936-9904. Come learn to be safe!

OUR HEALTH TALKS SERIES

Our Health Talk presentations continue to be a popular event at the Life Enrichment Center. Following are the topics scheduled. These informative talks are at 11:30 AM on one Thursday of the month and are FREE.

February 6 – Blood Pressures

March 26 – Home Care; info you need to know

April 2 – Vitamins and Minerals

LEARN SOME MORE!

Reneil Finke, Nutrition Assistant with Purdue Extension will be coming monthly to share about the following topics ~

January 16 – **MY PLATE** – learn to make the best choices for your diet, recipes included

February 20 – **SHOP FOR VALUE/CHECK THE FACTS** – learn how to make your food dollars stretch

March 19 – **MOVEMENT/MOTION** – learn the value of being active for your wellness

These presentations are at 11:30 AM and are FREE.

HOW DO CREDIT SCORES WORK? (CAN MINE BE IMPROVED?)

Credit scores can be confusing. How can I find out my credit score? How are they determined? What actions affect my score? What can I do to improve my score? These questions and more will be answered by Melissa Owen, Branch Manager of Beacon Credit Union, at a presentation at our building (1305 W. Harrison St.), on Tuesday, **February 18th** at 10:00 AM. Budgeting tips will be offered too. There will be a time for Q & A. Plan to attend this informative presentation.

IT'S TIME.....

It's time to take care of an important task. Who would make decisions for you if you could no longer speak for yourself? What if you had an accident and your loved ones needed to know what your wishes were? Do you want CPR? It doesn't always work like it does on television. These are only a few of the questions that your family may deal with if you are unable to communicate your wishes. It is important to let your family know what your wishes are and designate a person to make those decisions. If you want to know more, come learn about Advance Directives. Advance Directives designate a decision maker, state your wishes, and can be done without any cost involved! Marcy Heil, Respecting Choices Advanced Care Plan Facilitator, will be the presenter for this free presentation on **Monday, April 27th** at 6:00PM.

BUS TRIPS FOR 2020

NASHVILLE SPRING BUS TRIP!

Plans are being made to take this trip on May 4 - 8, 2020. The price is \$695 per person based on double occupancy. This is considered a show trip as we will attend a show at the Grand Ole Opry and enjoy a Nashville Nightlife Dinner Theatre. The trip includes guided tours of Nashville and Belle Meade Plantation. We will even ride the Delta River Flatboats inside the Opryland Hotel and more. Clear your calendar and get ready for a spring get-a-way. Sign up now to be a part of this fun trip.

NEW YORK CITY & THE STATUE OF LIBERTY

Rockefeller Center, Times Square, Wall Street, the 9/11 Memorial are some of the sites we will visit on this bus trip September 17 -23, 2020. The price is \$865 per person based on double occupancy. This includes 6 nights lodging, 10 meals, a Dinner Party with Entertainment, guided tours and a visit to Ellis Island and Liberty Island-home of the Statue of Liberty. A visit to Hershey's Chocolate World on the way home is on the itinerary also. Don't wait ~ reservations are being taken now for this requested trip!

Marshall County Council on Aging

1305 W. Harrison St.
Plymouth, IN 46563



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Transportation News - We

provide cab service Monday – Friday, 7:30AM –5:00PM. Our fleet with friendly drivers is ready to serve you! Rides up to 5 miles are \$2.50, and even less if you buy our pre-paid frequent rider cards. A \$10 card gets you 5 rides for the price of 4. Cards can be purchased at the Life Enrichment Center or from any driver. Out-of-town rides are also available by appointment: \$6 per ride for 5-30 miles, and \$11 per ride over 30 miles (one-way pricing). Call 574-936-9904 or toll-free 866-936-9904 to schedule your trip. As demands for rides have increased, please call early for out of town needs.

CONGRATULATIONS MARSHALL COUNTY!!

Marshall County has received the Marshall County Crossroads Regional Stellar Designation! Approximately \$14 M to \$16 M dollars will be coming to the county to implement the many projects that each community in Marshall County has in their plan. MCCOA looks forward to being a part of new and innovative projects from this designation. Thank you to the members of the committee for their efforts in obtaining this.

www.marshallcountycouncilonaging.org – view our daily activities, services and calendar online!