



LIFE ENRICHMENT MATTERS

2nd QUARTER, 2020

The Life Enrichment Center will remain open for information/referral, Meals on Wheels, and other needed services. Special interest groups have decided not to meet. Scheduled events will continue again on April 7th as long as they do not contradict the current directives from the governor. If you are planning on attending any event, here or otherwise, call ahead for confirmation that the event is still being offered. Our cab service is still running for both in-town and out-of-town service. Call (574)936-9904 or toll-free (866)936-9904 to schedule your ride.

We are taking extra precautions to ensure everyone's health and well-being and urge everyone else to do the same. Be mindful, wash your hands, keep your distance from others, and please be patient – we're all in this together!

FREE FLY FISHING CLASS!

Back by popular demand! This class will be offered on Thursday, **APRIL 9TH** at 10:00 AM at our building (1305 W. Harrison St.). Learn all about fly fishing, and proper fly casting techniques by an accredited FFF and ACA fly casting instructor. Signups are appreciated for this free class to assist with planning preparations. Call (574)936-9904, toll free (866)936-9904. Come learn about the joy and art of fly fishing!

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.**

SENIOR WELLNESS PROGRAM COMING SOON!!!

Are you 50 or older and looking for an opportunity to learn how to stay healthy? Learn about:

- The aging process and how to make healthy lifestyle choices
- Discuss risk factors and behaviors to be avoided to stay healthy
- Examine how alcohol, prescription medications and over-the-counter medications affect seniors differently and how problems can be avoided
- Learn how to use simple tools to help feel more empowered about your health and the healthcare you receive, and
- Celebrate the benefits that come with being the healthiest version of yourself you can be!

This is a FREE 6 week program. The start date will be determined at a later time. Please watch for that announcement. We will take signups to reserve your spot and to help us with proper planning. Call 574-936-9904 or 866-936-9904. You will receive a \$30 Gift Card for completing 5 out of 6 weeks!

SMART PHONE TIPS

Customer representatives from the local A T & T store will be here on the following dates/times to assist you with your questions about your cellular telephones. Be sure to bring your phone! Learn how to use your cell phone to the fullest!

Tuesdays, at 11:00AM **April 14 & 28**
May 12 & 26
June 9 & 23

BE A CENSUS TAKER

People are needed to help with the United States 2020 Census. Benefits are extra income (\$18.50/hr.), flexible hours, weekly pay, paid training. Apply Online at 2020CENSUS.GOV/JOBS or call 1-855-JOB-2020.

The U.S. Census Bureau is an Equal Opportunity Employer.

****PLEASE CALL TO CHECK IF AN EVENT WILL BE TAKING PLACE AT OUR BUILDING IF IN DOUBT***

JACKIE WRIGHT IS RETIRING!

As the Senior Guide reaches its eighth printing, I will be saying goodbye. As I look back at the past 33 years, I could not have pictured a more fulfilling career. I have met and worked with some incredible people. The outstanding staff, open minded board members, and great community partners have enabled unprecedented innovation and growth for the agency. That growth in turn brings much needed services to residents of Marshall County.

Thank you to all those who nurtured, mentored and encouraged me over my career. And a big thank you to my husband and family who always stood beside me.

As one of my sons pointed out to me as I was giving some motherly advice – “but mom you like your job.” I guess he was right, I always did. Thanks Marshall County ~ Jackie

P.S. I am handing over the reins to Janis Holiday and I am at ease as she is a GREAT choice!

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.

ROOM RENTAL AVAILABLE

Do you have a Graduation Open House, Holiday Party, Baby or Bridal Shower, Special Birthday, or a Family Reunion coming up in the near future? Are you looking for an easily accessible, spacious, and comfortable place to host it? We rent out our lovely large room/kitchen for occasions such as these. Come tour our building and talk with us!

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