



***LIFE ENRICHMENT CENTER***  
***Marshall County Council on Aging***  
***1305 W. Harrison St., Plymouth, IN***  
***(574)936-9904 (866)936-9904***

***4<sup>th</sup> Quarter, 2020***

***OPEN ENROLLMENT DATES***

Want to make changes to your Medicare plan for 2021? October 15 thru December 7 is the Open Enrollment period for coverage that will take effect January, 2021. Marshall County Council on Aging has trained SHIP counselors to help you with this process free of charge. Call us at (574)936-9904 or (866)936-9904 to schedule an appointment.

***LAVA PROJECT***

The Legal Assistance for Victimized Adults (LAVA) Project at Indiana Legal Services is a statewide program that provides free civil legal representation to adults that have suffered abuse, neglect, or exploitation. We handle many kinds of legal problems related to victimization. Some examples include, demanding accountings under a Power of Attorney or Guardianship for financial abuse, revoking a Power of Attorney when there has been abuse, protection orders, divorce from an abusive spouse, eviction of abusive trespassers, consumer fraud aimed at seniors, and dealing with scams. To be eligible for legal services, a person must be: a victim of a crime, 60 years of age or older or an endangered adult, and able to consent to retain legal counsel. To apply for legal assistance, please call 1-844-243-8570, Monday through Friday from 10:00 a.m. to 2:00 p.m. Our services are free and available to all 92 counties in Indiana. The LAVA Project also provides legal information presentations on elder abuse topics, such as financial exploitation, to professionals and the public. To inquire about scheduling a free presentation, virtually or in person, please call 317-829-3104. If you suspect abuse, neglect, or exploitation, call the Adult Protective Services state hotline at 1-800-992-6978 to make a report. If it is an emergency, call 911.

***MONEY MANAGEMENT/BUDGETING***

Want to learn some proven practices to budget and manage your money? A representative from 1<sup>st</sup> Source Bank will be here to guide us and offer suggestions that work! This talk will take place Tuesday, **October 6<sup>th</sup> at 10:00AM**. Bring your questions!

***CAPTIONED PHONES***

Do you have hearing loss or have trouble hearing on a telephone? A free seminar will be presented at 9:30AM on Wednesday, **October 14<sup>th</sup>** to explain the features of captioned telephones. Samantha Ellsworth, captioned phone specialist, will explain how these telephones work, requirements needed to set up the phones, and eligibility requirements to obtain a captioned phone free of charge. We would appreciate a call at 574-936-9904 to sign up for this informative session. However, walk-ins are welcome if you find you are able to attend at the last minute. Come learn about this helpful technology.

***ADVANCED DIRECTIVES TALK***

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, **October 19<sup>th</sup>** at 6:00PM. Mask wearing is mandatory for this talk.

***SHAVING BRUSHES AND THE HISTORY OF WET SHAVING***

Come listen as Mr. Carter shares one of his newest hobbies, making shaving brushes. Enjoy listening to a presentation on the history of wet shaving, the shaving razor, shaving brushes, shaving soaps and the step by step process on how shaving brushes are made. This interesting talk will be Tuesday, **October 20<sup>th</sup>** at 11:00AM.

### **SPICE IT UP!**

Consumption of salt in our diets should be limited for optimum health. Renell Finke, a Purdue Extension Nutrition Education Program Assistant, will share information on the many spices commonly available and how they can be used to enhance your meals. She will also share a recipe for a healthy homemade taco seasoning mix. Hopefully this knowledge will help you kick the salt habit! This presentation is on Thursday, **October 22<sup>nd</sup>** at 11:00AM.

### **HOLIDAY CRAFT WORKSHOP**

Susan, from Blueberry Cottage Yarns and Wool, will be back to help you create a Holiday Craft. There is a \$10 fee which includes all supplies to take home a finished craft. Join us on **Tuesday, November 10<sup>th</sup> at 10:30AM**. Space is limited, you must call and sign up for this fun class.

### **EATING HEALTHY ON A BUDGET!**

Renell Finke, Purdue Extension Nutrition Education Program Assistant, will share tips and tricks on Eating Healthy on a Budget. Meal planning, grocery list organization, and cooking efficiently will all be discussed. Recipes will be handed out. She will share ways to use kitchen appliances that can make food preparation easier. Learn how to have fun in the kitchen! **Thursday, Nov. 12 @11AM**

### **"MY PLATE" EDUCATION-Vitamins/Minerals**

Come learn from Renell Finke, Purdue Extension Nutrition Education Program Assistant, what amounts and types of foods should be on your meal plate. She will share in-depth information about MyPlate and what vitamins and minerals we get from each food group. Let's eat for sustenance and health! **Thursday, December 10<sup>th</sup> at 11:00AM**

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**Transportation News** - Marshall County Public Transportation provides on-demand service Monday – Friday, 7:30 am – 5:00 pm. Other times may be available upon request. Within the Plymouth city limits, just call to go! Out-of-town appointments can be made by appointment for destinations anywhere in the state, on a first-come, first-serve basis. Rides up to 5 miles are only \$2.50 per boarding, and even less if you purchase a prepaid \$10 card good for 5 trips. All our vehicles are wheelchair accessible, and all our friendly drivers are extensively trained to get you to your destination safely. Give us a call at 936-9904 (toll-free 866-936-9904) and press 2 for the dispatcher (in Plymouth trips) or 3 to schedule an out of town trip.

### **2021 BUS TRIPS! SIGN UP NOW!**

NASHVILLE ♪♪Show Trip♪♪  
April 19-23, 2021 \$695

BOSTON, SALEM & CAPE ANN  
June 23 -29, 2021 \$795

MOUNT RUSHMORE, THE BADLANDS &  
BLACK HILLS OF SOUTH DAKOTA  
September 11-19, 2021 \$995

*Stop in the office to pick up a detailed flyer.*