



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

2nd QUARTER, 2021

RETURN TO 'NORMAL'?

We are encouraged by the development and availability of the vaccines against COVID and the decreasing infectious numbers in Marshall County and the surrounding areas. Please contact us if you need assistance scheduling an appointment for your vaccine. Our transportation demands and schedules are slowly returning to pre-COVID status. We are excited to be able to offer more presentations in the next few months. We have been working on our website. There is now a monthly page highlighting what is going on at the Life Enrichment Center. We are working on getting the monthly calendar updated more consistently. Our website offers a great deal of information about our agency – take a look at it. www.marshallcountycouncilonaging.org

MOBILE MEDICAL UNIT

Saint Joseph Health System brings their Mobile Medical Unit to our parking lot monthly. Mammogram screenings are offered in the Unit. Appointments are preferred but walk-ins are welcome as their schedule permits. Call 1.888.455.4450 or 574-335-4500 to schedule an appointment. The Mobile Medical Unit will be at the Life Enrichment Center on **April 14, May 12, and June 9 from 10:00 AM – 2:00pm**. One of our staff members recently used this service and reported that the entire process was quick, efficient, and easy. Don't delay getting this necessary screening.

HOME HEALTHCARE AND COMPANION CARE PRESENTATION

Most people want to stay in their homes as long as possible. But they may need some help to stay there safely and avoid a crisis. Andrew Kinder of Interim HealthCare will present the services offered by Interim HealthCare (skilled services) and their Companion Care services (Interim HomeStyle Services, non-medical services). This presentation will be **Wednesday, April 21st at 11:30AM**. For planning purposes, please call us at (574)936-9904 or (866)936-9904 to reserve your spot.

FREE FLY FISHING CLASS!

Back by popular demand! This class will be offered on **Wednesday, May 26th at 11:00 AM** at our building (1305 W. Harrison St.). Learn all about fly fishing, and proper fly casting techniques by accredited FFF and ACA fly casting instructor, Dennis Carter. 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!

ALZHEIMER & DEMENTIA CAREGIVER SUPPORT GROUPS

Are you a caregiver for a loved one with Alzheimer's or another dementia? If so, please join us for support as you go through your journey. The Alzheimer's & Dementia Services of Northern Indiana will offer two support groups each month at the Life Enrichment Center, 1305 W. Harrison St., Plymouth. A day time group will meet every 4th Thursday of each month from 3:00-4:30PM starting on April 22nd. An evening group will meet every 2nd Wednesday of each month from 5:30 -7:00PM starting on May 12th. Please register for attendance by calling (574)232-4121 or emailing joseph@alzni.org.

BE A DEMENTIA FRIEND

Dementia Friends is a global movement that is changing the way people think, act, and talk about dementia. The Dementia Friends initiative is underway in Indiana and across the United States. By helping everyone in a community understand what dementia is and how it affects families, each of us can make a difference for people touched by dementia. You don't need to be a dementia expert to become a Dementia Friend. This one-hour session is a discussion led by a Dementia Friends Champion. It is not a training session. You'll learn what dementia is, what it's like to live with the disease, and some tips for communicating with people who have dementia. This session will be **Thursday, June 24th at 1:00 PM** at the Life Enrichment Center, Plymouth. Please register at www.dementiafriendsindiana.org or by calling our office at (574)936-9904 or toll-free at (866)936-9904.

DID YOU KNOW?

- Euchre card playing has resumed on Saturday evenings at 6:00PM at our building?
- The Unity Garden next to our building will be planted again soon! Volunteers are always needed to prepare, water, and weed all season long. Call us if you would like to help make this a great garden this year.
- We are making plans for another GREAT Marshall County Senior Expo. Save the date, Thursday, October 21st at Plymouth High School.
- Whenever you enter our building, we request that you wear your mask properly.

EVERY LITTLE BIT HELPS! If you shop at Krogers, you can help fund our programming with your purchase of groceries. We have been approved by the Kroger Corporation to receive donations through the use of their Customer Loyalty Card Program. You can sign up following these simple steps (this is at NO cost to you):

1. Log into www.kroger.com
2. Go to My Account (create one if you need)
3. On the left of the screen click Community Rewards
4. At the top of the screen will be a "Search by Organization Name or Code: Type in SE567
5. Click on the Enroll Button and our banner information will appear telling you that enrollment is complete. THANK YOU!

Marshall County Council on Aging

1305 W. Harrison St.
Plymouth, IN 46563

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VOLUNTEER SPOTLIGHT –

Marshall County Council on Aging delivers nutritious meals to those in need throughout Marshall County with the generous help of community volunteers. Every Monday for the last 8 years, Mary Stuckmeyer has been delivering those meals for us. Mary says she has met so many wonderful people and she looks forward to seeing "her people" each week. A Michigan native, Mary and her husband have resided in Plymouth for 23 years. Mary loves to read and play board games with friends. She has just taken up crocheting, which challenges her. She is a very valuable volunteer, not only to us, but to the people that she delivers meals to. They all enjoy her cheerful attitude. We are happy she chose our agency to volunteer with. Thank you, Mary, for your many years of volunteering with us.



STAY CONNECTED WITH US! Our website is www.marshallcountycouncilonaging.org There you can read about our many services we offer. Our monthly activity calendar along with an events page in also on our website. If you would like to volunteer your time or make a donation to us, there are buttons on the website that make doing so easy for you.

Also, the latest copy of the 2020-2021 Marshall County Senior Guide is on the website in it's entirety. This is a comprehensive magazine with names, addresses, phone numbers of contacts of such areas of Emergency, Health, Housing, Senior Support and other useful information. This is available right at your fingertips if you should have the need for this information. We also have free printed copies of the Guide in our office, stop by and pick up a copy for yourself and your friends.