



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

4th Quarter, 2021

COME TO THE 14TH MARSHALL COUNTY SENIOR EXPO!

Great things are ahead at this year's Marshall County Council on Aging's Senior Expo! This year's Expo will be on THURSDAY, OCTOBER 21ST at Plymouth High School, #1 Big Red Drive, Plymouth, IN.

The 2021 Senior Expo will once again feature FREE admission, over 50 vendors, refreshments, entertainment, many door prizes and health screenings. The free health screenings include blood pressure, hearing testing, grip strength, video otoscopic exam, oximetry and others. Flu shots will also be available. Saint Joseph Health System will have their MMR Unit available. The entertainment will have new acts, while also bringing back your favorites! All ages are welcome, and transportation will be provided free of charge to senior residents of Marshall County by appointment. The Expo is made possible by the Marshall County Council on Aging, with the generous support of our sponsors: Deaton-Clemens VanGilder Funeral Home, Miller's Merry Manor, Pilgrim Manor, Saint Joseph Health System, Marshall County Prosecutor's Office, NIPSCO, and TCU Insurance. The hours of the Expo are 8:00 AM – 3:00 PM.

The 2021 Senior Expo will follow local health recommendations regarding COVID-19, which may include masks, sanitizing, limited attendance, and/or screenings. Any public safety protocols in place at the time of the Expo will be strictly enforced.

For more information or any questions, please contact Marshall County Council on Aging at 574-936-9904 or toll-free: 1-866-936-9904. See YOU at the Senior Expo!

CHRISTMAS FAIRY CRAFT

Have some fun creating your own Christmas Fairy. November 9th at 10am-12pm. \$12 fee. Prepayment and registration are required for this limited size class.

OPEN ENROLLMENT DATES

Want to make changes to your Medicare plan for 2022? October 15 thru December 7 is the Open Enrollment period of time for coverage that will take effect January, 2022. 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.

A JOURNEY THROUGH THE 12 STEPS OF ADDICTION RECOVERY (THEIR REASON, HOPE AND HISTORY)

Come and join us on Wednesday, October 13th at 11:00AM for a walk through the history and hope of millions of people who have recovered through the 12 Steps of addiction recovery. Dennis Carter will tell you what the 12 Steps are, what they signify and why they are so important to the addict's life in an effort for them to forever live happy, sober lives. A representative from David's Courage (local rehabilitation facility) will also be here to share information about the facility. Please call us at (574)936-9904 to let us know you will be attending.

WISE CLASSES

(Wellness Initiative for Senior Education)

This education program offers six lessons that cover a wide range of topics.

- Learn about the aging process
- Celebrate this exciting stage of life
- Discuss risk factors and behaviors
- Examine how alcohol, prescriptions, medications affect seniors differently
- Learn how to use simple tools to help you feel more empowered about your health

This class meets daily from November 15th thru 19th at 1PM to 3PM at our building. Class size is limited, preregistration by November 10th is necessary. Call us at (574)936-9904. Qualifying participants will receive a \$30 gift card!

COVID-19 VACCINATION CLINIC

The Pfizer vaccine will be available at our building (1305 W. Harrison St., Plymouth) on the following dates-Clinic #1: Thursday, Oct28th 3:00-5:00PM

Clinic #2: Thursday, Nov 18th 3:00-5:00PM

You must be 18 years or older. This is a walk-in clinic, no registration is required. FREE of charge.

This clinic is sponsored by Saint Joseph Health System Community Health and Well-Being.

DEMENTIA FRIENDS MOVEMENT

A Dementia Friend is someone who wants to make a positive difference in the lives of people living with dementia through increased awareness and support. Become A Friend sessions are a brief, but very impactful way of learning about dementia, understanding and appreciating the perspective of someone living with dementia, and having the knowledge you need to better communicate and interact with those living with the disease and their family caregivers. The Life Enrichment Center is hosting two chances for you to become a friend! Tuesday, November 9, 11:00 am -12:00 pm and Tuesday, November 30, 1:00 – 2:00 pm. Please RSVP for your session by calling (574) 936- 9904.

Marshall County Council on Aging
1305 W. Harrison
Plymouth, IN 46563

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PAIN MANAGEMENT PRESENTATIONS

This is a series of lectures/demonstrations that describe the anatomical causes of pain, advice on how to self manage the pain along with education to prevent further problems. The presenter, Timothy Coleman, is a physical therapist with 42 years of experience in treating many painful conditions. He is also an adjunct professor at Governors State University in Physical Therapy. Each area will be a separate session.

Oct 29 Neck Pain
Nov 19 Back Pain
Dec 17 Shoulder Pain
Jan 21 Knee Pain

Each talk is approximately an hour or so long. The talks will be at 11:00AM on the dates stated. For planning purposes, please call our office at (574)936-9904 or (866)936-9904 to let us know what date(s) you will be attending.

EXERCISE ANYONE?

There are a few open spots in the exercise class that meets on Tuesdays and Thursdays at 10:00AM at our building. These exercises work on balance and flexibility. Please call our office if you are interested in registering for this free class.