



LIFE ENRICHMENT CENTER
Marshall County Council on Aging
1305 W. Harrison St., Plymouth, IN 46563
(574)936-9904 (866)936-9904
www.marshallcountycouncilonaging.org

1st Quarter, 2023

2022 SENIOR EXPO

The Senior Expo held at Riverside Intermediate School in October was a great success! Approximately 1,100 visitors attended. We were very pleased with a full venue of great vendors and talented entertainers. Our many volunteers facilitated a smooth registration process and many other tasks throughout the day to ensure a safe and fun event. Barbara Strycker of Plymouth won the \$250 Chamber Bucks grand prize. We want to thank again the following corporate sponsors, TCU Insurance Agency, Humana, Miller's Merry Manor, Pilgrim Manor, Deaton-Clemens VanGilder Funeral Home, and NIPSCO. Their sponsorship provides extra financial assistance for us to provide a quality Expo.

Ruby Whiteman ~ SENIOR OF THE YEAR!



Congratulations to Ruby Whiteman of Plymouth! Ruby was selected this year's Senior of the Year. She was presented an award and gift at the Senior Expo. From her nomination form, submitted by Connie

Deery, - "She is a person who helps no matter what whenever she is asked. She always has a smile, and great attitude to help everywhere she is needed. Ruby is a gem of a volunteer."

Each year a Senior of the Year will be awarded at the Expo. Nomination forms are available at our office if you have a person you would like to nominate. Thank you to TCU Insurance Agency for sponsoring the award presented to Ruby.

Nashville, Tennessee Show Trip

Plans are being made to take this trip September 18 - 22, 2023. This is considered a show trip as we will attend a show at the Grand Ole Opry and enjoy a Nashville Nightlife Dinner Theatre. We'll take a guided tour of Nashville, including a photo stop at the Parthenon. You will meet all your favorite stars at the Madame Tussaud's Wax Museum. There will be a guided tour of the Belle Meade Historic Site and winery. Also included is a Grand Ole Opry backstage tour and the Country Music Hall of Fame. This trip will be September 18 -22, 2023. The cost is \$850 per person based on double occupancy. Reserve your spot now!

UPCOMING CLASS OFFERINGS~

COFFEE TIME – Coffee, the increasingly popular beverage of choice by so many has both pro and con health concerns. With so much confusion surrounding this energizing drink, this program will provide determining fact from fiction. What coffee bean, what brew and what is the selection of choice will be discussed. **Wednesday, January 11** at 1:00PM Limited seating, RSVP by Monday, January 9th.

BE HEART SMART-This program will teach how to monitor risk factors for heart disease and how to make simple changes to a daily routine that can improve one's heart health. This program, comprised of four lessons will be delivered on **Wednesdays** over the course of 4 weeks starting **February 1st** at 1:00PM. \$15.00 for all 4 weeks, covers printed materials and food demonstration and tasting. Must RSVP and pay by Friday, January 27th. NO late registrations and no refunds if you cancel.

"MEAT" ALTERNATIVES: How do they stack up? Since 2015, plant-based meat substitutes that mimic the taste, texture, and appearance of animal products have exceeded 4,400 products worldwide. Knowledge of what goes into many "meats" and whether or not these foods are healthier than animal meats will be the topic of discussion. **Thursday, February 9** at 1:00PM. Limited seating, RSVP by Monday, February 6th.

GOT MILK (ALTERNATIVES)? Not all kinds of milk are created equal. This program will take a look at what's out there in the dairy and non-dairy world. Discover the unfamiliar of the increasingly popular dairy alternatives for other products as well.

Thursday, March 9 at 1:00PM. Limited seating, RSVP by Monday, March 6th.

10 MONEY MISTAKES YOU DON'T WANT TO MAKE

What choices will you make as you try to navigate smoothly through the current economic situation? We will discuss the pros and cons of 10 financial decisions that you may be considering.

Wednesday, March 15th at 1:00PM. Limited seating, RSVP by Monday, March 13th.

HEALTH RHYTHMS – Join this evidenced-based group empowerment drumming program (equipment provided) that uses the drum as a tool for communication and personal expression. It helps reduce stress, boost mood, and offer support. This is a free 6 week series meeting on **Tuesdays** starting **February 7th**. The one hour class starts at 1:30 PM. Participants should plan on attending all 6 sessions. Space is limited, please call to reserve your spot.



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THE LENDING CLOSET

In partnership with Faith Community Nursing of Crossroads Church, the Lending Closet was formed to loan out (on a temporary basis) durable medical equipment for Marshall County residents. Equipment that is available to borrow includes: walkers, rollators, crutches, canes, wheelchairs, bath seats or shower chairs, and bedside commodes. If you or someone you know is in need of equipment, call us at (574)936-9904. Equipment may be picked up at our building at 1305 W. Harrison Street in Plymouth.

Donations of well cared for equipment may be donated by contacting Susie Cook at (574)935-3833 or by email at fcn@crossroadsefc.com.

DEMENTIA FRIENDS TRAINING

Join a growing movement of people like you who are helping fellow community members living with dementia. A little support can make a big difference in their lives. Joe Collins of Alzheimer's & Dementia Services of Northern Indiana will present two opportunities for you to become a Dementia Friend.

The first session will be **Thursday, January 26th** at 1:00 PM. The second session will be **Thursday, March 30th** at 1:00 PM. You do not need to attend both sessions. Light refreshments will be served. Please call to save your spot at the session of your choosing. *Be a Dementia Friend!*