

HENDRICKS COUNTY

SENIOR SERVICES



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APRIL 2024 ISSUE

Mailing: P.O. Box 448, Danville, IN 46122 | Address: 1201 Sycamore Lane, Danville, IN 46122
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Website: www.hcseniors.org | Facebook: www.facebook.com/HendricksCountySeniorServices





Get to Know: Diana Ramsey

We are headed into political season, which is a prime time to remind everyone that HCSS is a place where everyone should feel welcomed, respected and included. The staff at HCSS doesn't want to limit healthy dialogue about social issues, but we do have a vested interest in maintaining a culture of respect. We ask that any conversations be approached from a place of curiosity and accept that you may not find common ground. Conversation should be seen as an opportunity for better understanding and not a means to change someone's mind. If you cannot follow these guidelines when discussing social issues, please refrain from having those discussions when here at the center. Also, working out in the Fitness Center should be a safe and comfortable environment for everyone. For this reason, please do not turn the TV to controversial or politically charged programming.



Prior to coming to HCSS, Diana Ramsey worked at the Indiana Statehouse as a member of the Page Program. Her job included scheduling student visits, and she often took them to watch ongoing floor debates.

Diana said that she loves living in the United States and the freedoms that come with it. She also enjoys traveling. Her favorite places she's been are the New England states. She once took a trip from Washington D.C. to Maine, with a stop at Niagara Falls. Other destinations she has visited include Tijuana, Mexico and Toronto, Canada.

Diana and her husband, Richard, have five children, eleven grandchildren, and six great grandchildren. Her youngest daughter had two sets of twins in the space of two years!

Diana and Richard met at a technical school in 1993, while they were building and racing a solar-powered race car. The car could go up to 80 miles per hour, and was the only car belonging to a 2-year college in a 4-year university competition.

Now that she's retired, Diana said that she enjoys playing cards at HCSS and going to church at the Church of Jesus Christ of Latter Day Saints. She also enjoys listening to 1960s and 1970s music.

Diana said that one of her favorite things to do is make people laugh. She has a good sense of humor, and loves to tell jokes. In fact, she tries to tell a new joke every day!



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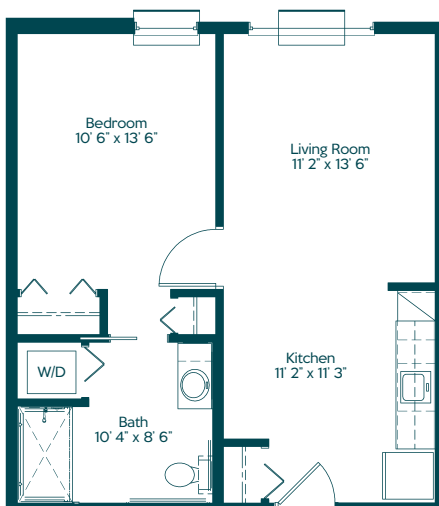
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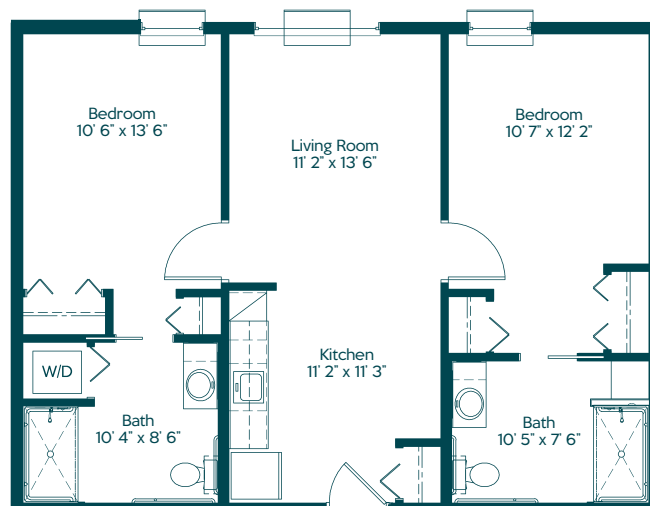
COMMUNITY AMENITIES

- Beauty & Barbershop
- Library
- Theatre
- Fitness Center

Hadley



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FITNESS CLASSES

FITNESS CENTER

HOURS: 8:00AM TO 2:00 PM

MONDAY—FRIDAY

COST: \$25.00 MONTHLY

The Fitness Center has cardio, strengthening, and aerobic equipment including treadmills, nu-step machines, bikes, free weights, leg and arm presses.

Membership is required. Physician's release is suggested but not required.

No cost memberships for participants in the following

Medicare programs:

Silver Sneakers

Silver and Fit

Renew Active



FITNESS CENTER CONSULTATION

Fitness Center participants can consult with Lee Dorsey on their fitness routine. Lee is not a trainer, but has many years experience using fitness equipment and he will help you determine a workout routine that works for you.

See Christa for an appointment with Lee.



CHAIR YOGA

M & W | 11:00 A.M. | FREE

Chair Yoga is a general term for practices that modify yoga poses so that they can be done while seated in a chair. These modifications make yoga accessible to people who cannot stand or lack the mobility to move easily from standing to seated to supine positions. While seated on chairs, participants can do versions of twists, hip stretches, forward bends, and mild backbends. In addition to a good stretch, chair yoga participants can also enjoy other health benefits of yoga, including improved muscle tone, better breathing habits, reduction of stress, better sleep, and a sense of well-being. This class is taught by Jan Dorsey, a Yoga Alliance Certified Instructor on Mondays and Wednesdays at 11:00AM. Michelle Phillips teaches the 2nd and 4th Wednesday of each month.

Monday Chair Yoga is sponsored by Brownsburg Healthcare

TAI CHI FIT CLASS (DVD)

M & W | 9:20 A.M. | FREE

This is a great seated Tai Chi workout. Follow the moves of the instructor and you'll enjoy the health benefits of tai chi, including improved circulation, strength, and flexibility. This class is a low-impact, whole-body exercise done while sitting. Great for anyone with arthritis, joint pain, or back pain.

STAY ACTIVE & INDEPENDENT FOR LIFE (SAIL)

M & W & F 10:00 A.M. | FREE

SAIL is an evidence-based fall prevention program with exercises specifically designed to help maintain and improve balance. Classes consist of exercises adapted for all levels of physical activity and can be done standing or sitting.

Instructors:
Michelle, Lois,
Cathy, Christa



CSF EXERCISE CLASS

THURS | 11:00 A.M. | FREE

Cardio-Strength-Flexibility class emphasizes functional, practical exercises designed to improve stamina, strength, and movement. Exercises are provided at multiple levels of difficulty, so you can select the one that best suits your ability. CSF class is beneficial for all ages and abilities, including those with dementia, Parkinson's, and those who use walkers and/or wheelchairs. Most exercises can be done standing or sitting. This class is taught by Jan Dorsey.

ONE MILE WALK (DVD)

M & W & F | 9:00 A.M. |

FREE

Walking is just about the best exercise for all ages. Walking is particularly good for people 60+. This walking program is a video-lead One Mile Walk Aerobics (18 minute) workout. The class allows participants to walk at their own intensity.

GENTLE PILATES

TUES | 9:00 A.M. | \$5.00

Gentle Pilates I integrates breathing, core strengthening, flexibility, and balance for longevity of movement. We utilize a chair and standing exercises for ease and functionality.

Instructor: Rebecca Cook, Master Pilates Teacher

LINE DANCE CLASS

TUES | 10:00 A.M. | FREE

Learning to dance is a fun, enjoyable journey, and it begins literally, one step at a time! Come out to a fun-filled morning of learning the latest line dancing moves and some old favorites. No experience necessary, so put on your dancing shoes and come join in! Instructor: Paula Snyder

HEALTH & WELLNESS

SUPPORT GROUPS:

Improve Your Mood Support Group

Every Tuesday at 1:00 p.m.

Parkinson's Support Group

1st Wednesday of the month at 1:00 p.m.

Vision Loss Support Group

2nd Wednesday of the month at 1:30 p.m.

Diabetes Support Group

4th Wednesday of the month at 1:00 p.m.

Alzheimer's Support Group

2nd Thursday of the month at 2:00 p.m.

Support groups are held in the Senior Center Education Room

MANICURES & PEDICURES BY KARYN ROSE

Manicures and pedicures are available at HCSS by appointment with Karyn Rose, a Licensed Cosmetologist. The cost is payable to Karyn Rose at the time of service.

To make an appointment call Karyn Rose at 317-417-6382. We are unable to make your appointment at the Senior Center.



T. O.P.S. TAKING OFF POUNDS SENSIBLY TUESDAYS 5:30P.M.

TOPS is a weight-loss support group and wellness education organization. TOPS offers tools and programs for healthy living and weight management with group fellowship and recognition. Weekly meetings include private weigh-ins, informational programs, positive reinforcement, and motivation to adhere to food and exercise programs. The first visit is free. The first year's membership is \$49. The annual renewal is \$37.00 plus small weekly chapter dues.



Three reasons why a mammogram is an important part of your preventive health

- 1 A mammogram can save your life. Early detection of breast cancer can increase a woman's five-year survival rate to 97%.
- 2 It doesn't take much time. Mammograms are a quick procedure, only taking about 20 minutes.
- 3 Your risk of developing breast cancer increases as you age. The older you get, the more you are at risk of developing breast cancer. That's why mammograms aren't a one-and-done test.



Mammograms are vital to your health and longevity as a woman. Indiana University Health recommends routine screening mammography to improve the likelihood of detecting breast cancer early. If you have specific questions about your level of risk for breast cancer, schedule an appointment with your primary care provider.



West Hospital

Schedule your mammogram today.

Call 317.217.3272.

iuhealth.org/mammo

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MONDAY	TUESDAY	WEDNESDAY
<p>8:00-2:00 Fitness Center Hours 1 9:00 1 Mile Walk (DVD) 9:20 Tai Chi Fit (DVD) 10:00 Stay Active & Independent for Life 11:00 Chair Yoga Class 12:00 Lunch 12:30 Card Games 1:00 Art Club 4:00 Woodcarvers 6:30 HC Choral Group</p>	<p>8:00-2:00 Fitness Center Hours 2 9:00 Gentle Pilates (\$5.00) 10:00 Line Dance Class 12:00 Lunch 1:00 BINGO \$1.00 1:00 Improve Your Mood Support Group 5:30 T.O.P.S.</p>	<p>8:00-2:00 Fitness Center Hours 3 9:00 1 Mile Walk (DVD) 9:20 Tai Chi Fit (DVD) 10:00 Stay Active & Independent for Life 11:00 Chair Yoga Class 12:00 Lunch 12:30 Card Games 1:00 Parkinson's Support Group</p>
<p>8:00-2:00 Fitness Center Hours 8 9:00 1 Mile Walk (DVD) 9:20 Tai Chi Fit (DVD) 10:00 Stay Active & Independent for Life 11:00 Chair Yoga Class 12:00 Lunch 12:30 Card Games 1:00 Art Club 4:00 Woodcarvers 6:30 HC Choral Group</p>	<p>8:00-2:00 Fitness Center Hours 9 9:00 Gentle Pilates (\$5.00) 10:00 Line Dance Class 12:00 Lunch 1:00 BINGO \$1.00 1:00 Improve Your Mood Support Group 3:00 Quilters 5:30 T.O.P.S.</p>	<p>8:00-2:00 Fitness Center Hours 10 9:00 1 Mile Walk (DVD) 9:20 Tai Chi Fit (DVD) 10:00 Stay Active & Independent for Life 10:30 Hearing Solutions (Ed. Room) 11:00 Chair Yoga Class 12:00 Lunch 12:30 Card Games 1:30 Vision Loss Support Group</p>
<p>8:00-2:00 Fitness Center Hours 15 9:00 1 Mile Walk (DVD) 9:20 Tai Chi Fit (DVD) 10:00 Stay Active & Independent for Life 11:00 Chair Yoga Class 12:00 Lunch 12:30 Card Games 1:00 Art Club 4:00 Woodcarvers 6:30 HC Choral Club</p>	<p>8:00-2:00 Fitness Center Hours 16 9:00 Gentle Pilates (\$5.00) 10:00 Line Dance Class 12:00 Lunch 1:00 BINGO \$1.00 1:00 Improve Your Mood Support Group 5:30 T.O.P.S.</p>	<p>8:00-2:00 Fitness Center Hours 17 9:00 1 Mile Walk (DVD) 9:20 Tai Chi Fit (DVD) 10:00 Stay Active & Independent for Life 11:00 Chair Yoga Class 12:00 Lunch 12:30 Card Games 1:00 IROC PT Discussion (Fitness Center)</p>
<p>8:00-2:00 Fitness Center Hours 22 9:00 1 Mile Walk (DVD) 9:20 Tai Chi Fit (DVD) 10:00 Stay Active & Independent for Life 11:00 Chair Yoga Class 12:00 Lunch 12:30 Card Games 1:00 Art Club 4:00 Woodcarvers 6:30 HC Choral Club</p>	<p>8:00-2:00 Fitness Center Hours 23 9:00 Gentle Pilates (\$5.00) 10:00 Line Dance Class 12:00 Lunch 1:00 BINGO \$1.00 1:00 Improve Your Mood Support Group 3:00 Quilters 5:30 T.O.P.S.</p>	<p>8:00-2:00 Fitness Center Hours 24 9:00 1 Mile Walk (DVD) 9:20 Tai Chi Fit (DVD) 10:00 Stay Active & Independent for Life 11:00 Chair Yoga Class 12:00 Lunch 12:30 Card Games 12:30 HC Parks Program 1:00 Diabetes Support Group</p>
<p>8:00-2:00 Fitness Center Hours 29 9:00 1 Mile Walk (DVD) 9:20 Tai Chi Fit (DVD) 10:00 Stay Active & Independent for Life 10:45 Book Club 11:00 Chair Yoga Class 12:00 Lunch 12:30 Card Games 1:00 Art Club 4:00 Woodcarvers</p>	<p>8:00-2:00 Fitness Center Hours 30 9:00 Gentle Pilates (\$5.00) 10:00 Line Dance Class 12:00 Lunch 1:00 BINGO \$1.00 1:00 Improve Your Mood Support Group 5:30 T.O.P.S.</p>	<p>8:00-2:00 Fitness Center Hours 1 9:00 1 Mile Walk (DVD) 9:20 Tai Chi Fit (DVD) 10:00 Stay Active & Independent for Life 11:00 Chair Yoga Class 12:00 Lunch 12:30 Card Games 1:30 Parkinson's Support Group</p>

CALENDAR

THURSDAY	FRIDAY
8:00-2:00 Fitness Center Hours 4 10:00 Music With Dave 11:00 CSF Class 12:00 Lunch 1:00 Games with Tracy & Cory 6:00 Music , Dancing, & Cards(\$2)	8:00-1:00 Fitness Center Hours 5 9:00 1 Mile Walk (DVD) 10:00 Woodcarvers 10:00 Stay Active & Independent for Life 12:00 Lunch 12:30 Birthday of the Month Celebration 12:30 Card Games 1:00 Learn to Crochet
8:00-2:00 Fitness Center Hours 11 10:00 Music With Dave 11:00 CSF Class 12:00 Lunch 12:30 Games with Chrissy 2:00 Alzheimer's Support Group 6:00 Music , Dancing, & Cards(\$2)	8:00-1:00 Fitness Center Hours 12 9:00 1 Mile Walk (DVD) 10:00 Woodcarvers 10:00 Stay Active & Independent for Life 12:00 Lunch 12:30 Card Games 1:00 Learn to Crochet
8:00-2:00 Fitness Center Hours 18 10:00 Music With Dave 11:00 CSF Class 12:00 Lunch 12:30 Card Games 1:30 Blood Pressure Check 6:00 Music , Dancing, & Cards(\$2)	8:00-2:00 Fitness Center Hours 19 9:00 1 Mile Walk (DVD) 10:00 Woodcarvers 10:00 Stay Active & Independent for Life 12:00 Lunch 12:30 Card Games 1:00 Learn to Crochet
8:00-2:00 Fitness Center Hours 25 10:00 Music With Dave 11:00 CSF Class 12:00 Lunch 12:30 Card Games 6:00 Music , Dancing, & Cards(\$2)	8:00-2:00 Fitness Center Hours 26 9:00 1 Mile Walk (DVD) 10:00 Woodcarvers 10:00 Stay Active & Independent for Life 12:00 Lunch 12:30 Card Games 1:00 Learn to Crochet
8:00-2:00 Fitness Center Hours 2 10:00 Music With Dave 11:00 CSF Class 12:00 Lunch 12:30 Card Games 6:00 Music , Dancing, & Cards(\$2)	8:00-2:00 Fitness Center Hours 3 9:00 1 Mile Walk (DVD) 10:00 Woodcarvers 10:00 Stay Active & Independent for Life 12:00 Lunch 12:30 Card Games 1:00 Learn to Crochet

HCSS will be replacing pipes in the sprinkler system this spring. We will give the greatest amount of notice possible if an activity will be canceled or moved into a different space. Thank you for your patience while this work is completed.

Tickets available **NOW** at
Hendricks County Senior Center

\$10

HENDRICKS COUNTY

Spring Music Spotlight

QUESTIONS? CALL THE SENIOR CENTER AT (317) 745-6303

Chad "Crooner" Brown Dave Hatfield Helee Adkins

10:00 AM (DOORS OPEN @ 9:30AM)
THURSDAY, APRIL 11, 2024

Sponsored by: Justin Dorsey Plumbing The Historic Royal Theatre 59 S. Washington St., Danville

PROCEEDS BENEFIT: Senior Service

The Treblemakers of
Hendricks County

Present:

Our Country

Featuring songs about America and its states
Saturday, April 20, 2024 @ 3:00pm
at Hendricks County Senior Center
1201 Sycamore Lane, Danville, Indiana

Silent Auction Refreshments Donations accepted

Call Kitty for more details (317) 508-1439

PROGRAMS & ACTIVITIES

(NO REGISTRATION OR FEE REQUIRED UNLESS NOTED)

ACTIVITIES

HC PARKS PROGRAM

4TH WEDNESDAY | 12:30 P.M.

We are bringing the park to the Senior Center. A Naturalist from HC Parks will be at the Senior Center the 4th Wednesday of each month presenting a fun and educational program. Free. April 24: Things that Are Furry & Go Bump in the Night

BINGO

TUESDAY | 1:00 P.M.

Bingo is \$1.00 to play.

LEARN TO CROCHET

FRIDAY | 1:00 P.M.

Beginner or experienced, all levels of abilities are encouraged to participate.

WOODCARVERS

MONDAY | 4:00 P.M.

FRIDAY | 10:00 A.M.

If you are a beginner, intermediate or skilled woodcarver, you should participate in the Woodcarving Club at the Senior Center

QUILTERS

2ND & 4TH TUES | 3:00 P.M.

Anyone interested in quilting is invited to be part of the Quilters Group.

ART CLUB

MONDAY | 1:00 P.M.

Bring your supplies and join your fellow artists in an encouraging atmosphere of creating masterpieces.

CARD GAMES

MON, WED & FRI | 12:30 P.M.

Meet old or new friends and play various card games.

MUSIC, DANCING, & CARDS

THURSDAY | 6:00 P.M.

Join line dancers, couples dancing and those who want to just sit back and listen to great music. Music will be provided by a D.J. The cost is \$2.00, payable at the door.



MORE ACTIVITIES

FUN & GAMES WITH

TRACY & CORY

1ST THURSDAY | 12:30 P.M.

Join Tracy (Adoration Hospice) & Cory (Harmony of Avon) for games and prizes each month.

GAMES WITH CHRISSY

2ND THURSDAY | 12:30 P.M.

Chrissy Collins, licensed Humana agent, will host a fun game the 2nd Thursday of each month.

MUSIC WITH DAVE

THURSDAY | 10:00 A.M.

Join us on Thursday mornings and enjoy the uplifting music of David Hatfield.

EDUCATION & ASSISTANCE

DEMENTIA FRIENDS HENDRICKS COUNTY

Do you know someone who has dementia? How do you tell the difference between general aging and signs of dementia? How can you better communicate and assist both the person with dementia and their caregivers? These and other topics are presented in the 90-minute Dementia Friends Workshops. Encourage friends and family to join you in attending one of these informative workshops.

For more information call 317-745-4303



FRAUD ALERT!

Don't become a victim of fraud. The Fraud Alert! workshop provides information on how to recognize a fraudulent letter, phone call, or e-mail. Participants will learn how to handle those types of contacts, where to

SERVICES

HEARING SOLUTIONS OF IN

2ND WEDNESDAY | 10:30 A.M.

Amy Harris will conduct hearing screenings, clean hearing aids, and do battery replacement. In Education Room. To register call: 317-745-4303. Free.

IROC PHYSICAL THERAPY

3RD WEDNESDAY | 1:00 P.M.

Kurt Bonner, DPT, will discuss common physical therapy issues, exercises, and offer time for questions. In Fitness Center. To register call: 317-745-4303. Free.

Blood Pressure Check

3RD THURSDAY | 1:30 P.M.

In dining hall. Free.

report fraud attempts, and what to do if someone falls for a scam.

Upcoming Fraud Workshop:

Thursday, April 11 @ Danville Public Library 5:30—7:30 PM. For more information or to register call 317-745-4303

Legal Assistance

Free legal assistance is provided by an attorney from Indiana Legal Services, Inc. Appointments are available for low income residents of Hendricks County that are 60 and over. Contact the Senior Center for an appointment. You can also call Legal Services at 1-844-243-8570.

SHIP—MEDICARE INFORMATION

If you currently have Medicare or are turning 65 soon and would like information about Medicare, we can help. SHIP (State Health Insurance Program) has trained, qualified and unbiased counselors available at no cost to you. They can help with understanding your choices, and assist with other Medicare issues such as financial aid, transitioning from Social Security Disability or HIP to Medicare, and Fall Open Enrollment. Call 317-745-4303 to schedule. **SHIP counselors are available all year long to help with your questions.** We do have a limited number of appointments available.

PROGRAM INFORMATION

STAFF

Marina Keers,
Executive Director

Becky Brownfield,
Business Manager

Christa Miller,
Activities Coordinator

Deanne Below-Sanders,
In-Home Services
Coordinator

Linda Runyon,
Development
Coordinator

Dale Stefani,
Transportation
Coordinator

Crystal Basler
Paula Synder
CICOA Meal Site
Representatives



HOURS OF OPERATION

Monday - Friday 8:00 AM - 4:00 PM

Phones answered 9:00 AM – 3:00 PM

VISION

A community where all people flourish and age well together.

MISSION STATEMENT

To empower older adults for personal independence, healthy aging, social connection, and lifelong learning in Hendricks County.

MEMBERSHIP

Your membership dollars are an important part of the funding necessary for us to offer a wide range of activities. The annual individual membership fee is \$55.00. Our goal is to keep the cost of membership affordable without compromising quality, and to exclude no one who is unable to pay the fees. **All donations to HCSS are tax deductible.**

BOARD OF DIRECTORS

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UNSTOPPABLE expertise.

Over a year ago, Hendricks Regional Health was selected to be a part of the Mayo Clinic Care Network. That means our doctors have access to the knowledge and expertise of the No. 1 ranked hospital in the nation – Mayo Clinic.

Because when your experts have experts, you have healthcare that makes a difference.

hendricks.org/MAYO



ERIC HABBE, MD

MAYO CLINIC
CARE NETWORK



Member



PROGRAM INFORMATION (CONTINUED)

INFORMATION/ REFERRAL

INFORMATION

Staff members can help with questions about Social Security, Medicare and medication assistance programs, community resources, affordable housing, health care agencies, energy assistance programs and other concerns. They can assist in connecting you with community agencies and programs for assistance.

FINANCIAL, LEGAL, AND INSURANCE INFORMATION

Trained volunteers and/or professionals can help with simple legal and insurance problems. Appointments are available.

SENIOR CENTER

Our Senior Center, located at 1201 Sycamore Lane in Danville, is a beautiful facility which provides opportunities for a wide variety of daily recreational, wellness, social and educational activities. Activities include physical fitness classes and exercise equipment, crafts, week day lunches, health and consumer programs, legal aid, health screenings, social activities, games, trips and more.

LUNCH PROGRAM

Lunch is served Monday - Friday, at 12:00 noon. Donations are accepted. The Center partners with CICOA to provide the meals. **CICOA's paperwork must be completed** upon your first visit. Lunch is prepared by Hendricks Regional Health Hospital. **To make a lunch reservation, please call by 11:00 AM the day before at 317-910-5356. Please call as soon as possible to cancel lunch reservations.**

LIBRARY

Be sure to scan your HCSS card any time you visit our library, located in the Senior Center entry. **Please return our books when finished.** Due to limited space, we can only accept donations of gently used, current books.

PERSONAL CARE SERVICES

CAREGIVER SUPPORT

Many programs are available for family and friends who care for a loved one. Services include caregiver workshops, multiple support groups, a resource library, and individual meetings.

GUARDIAN MEDICAL MONITORING

We are a service representative of Guardian Medical Monitoring. We can offer many different types of personal emergency solutions to provide 24-hour personal safety monitoring. Services include life safety equipment designed to address the specialized needs of seniors.

ATTENDANT CARE

Our caring personal care attendants provide support that includes assistance with bathing, dressing, medication reminders, light house cleaning, meal preparation, errands and companionship. Services are provided according to set fees.

RESPIRE CARE/COMPANION

Our personal care attendants support family caregivers so they can have time for themselves and take a break from caregiving. The attendants offer companionship, supervision, and help with daily living activities such as food preparation, medication reminders and stimulating activities. Services are provided according to set fees.

HCSS FOOD PANTRY

Many seniors struggle with food insecurity. Any Hendricks County senior who would benefit from receiving perishable and non-perishable foods is encouraged to call for an appointment. Food donations are always appreciated.

TRANSPORTATION

Senior and public transportation services are available within Hendricks County only. Senior trips, for ages 60 and older are provided on a donation basis for most trips. Public trips for persons less than 60 are provided for a set fee. All transportation is ADA compliant and is scheduled as availability permits. The more prior notice you give us of your transportation needs, the better chance that you will be able to secure seating for your trip. Call 317-718-4474 for more information.

HENDRICKS GO!

Hendricks Go! provides shared-ride transportation to medical and wellness appointments. The program is a partnership between Hendricks Regional Health and HCSS for the benefit of patients served by Hendricks Regional Health Facilities. To reserve a ride, call 317-718-4476.

MEDICAL EQUIPMENT LOANING CLOSET

Walkers, wheelchairs, canes and rollators are available. If you need to borrow one of these items, just call the Senior Center to make arrangements to pick it up. This lending service is possible through the Danville Rotary Club. Donations are accepted.



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(800) 950-9952 x2633

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Chaggar & White REALTY

LIFESTYLE LEADERS



Preeti Chaggar 510-926-2125
Kim White 317-509-8793



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For ad info. call 1-800-950-9952 • www.lpicommunities.com Hendricks County Senior Services, Danville, IN D 4C 01-2081

APRIL LUNCH MENU

SERVED AT NOON. LUNCH RESERVATIONS MUST BE MADE 24 HOURS IN ADVANCE. CALL 317-910-5356

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 Austin Blues BBQ Pork on Bun Fresh Asparagus Four Bean Salad Peaches WW Bread & Margarine 2% Milk</p>	<p>2 Oven Baked Fried Chicken Baked Potatoes Buttered Collard Greens Coleslaw Fruit in Diet Red Gelatin WW Bread & Margarine 2% Milk</p>	<p>3 Broccoli Cheddar Cheese Soup Hot Sliced Ham w Bun Pineapple Chunks Oatmeal Raisin Cookie WW Bread & Margarine 2% Milk</p>	<p>4 Grilled Fresh Salmon Grain Blend Roasted Carrots Mediterranean Marinated Vegetables Cantaloupe WW Bread & Margarine 2% Milk</p>	<p>5 Spaghetti w/ Meat Sauce California Blend Veggies Fruit in Diet Orange Gelatin Brownie WW Bread & Margarine 2% Milk</p>
<p>8 Yankee Pot Roast Parslied Potatoes Steamed Carrot Slices Mandarin Oranges in Diet Orange Gelatin Pears WW Bread & Margarine 2% Milk</p>	<p>9 Cider Braised Pork Grain Blend Zucchini & Yellow Squash Cottage Cheese Pears WW Bread & Margarine 2% Milk</p>	<p>10 Sloppy Joe with Bun Roasted Broccoli Tossed Salad Fruit Medley WW Bread & Margarine 2% Milk</p>	<p>11 Hamburger on Bun Roasted Cauliflower Coleslaw Banana Rice Krispie Treat WW Bread & Margarine 2% Milk</p>	<p>12 Salmon Patty w/White Gravy Green Beans Veggie Relishes Peaches WW Bread & Margarine 2% Milk</p>
<p>15 Pot Roast Grain Blend Roasted Carrots Applesauce Coleslaw WW Bread & Margarine 2% Milk</p>	<p>16 Rosemary Pork Loin Smashed Red Potatoes Roasted Brussel Sprouts Fresh Fruit Cup Chocolate Pudding WW Bread & Margarine 2% Milk</p>	<p>17 Fried Chicken Tenders Steamed Broccoli Tossed Salad Pineapple Chunks WW Bread & Margarine 2% Milk</p>	<p>18 Balsamic & Shallot Glazed Chicken Orzo Grain w/Vegetables Zucchini Noodles Coleslaw Peaches WW Bread & Margarine 2% Milk</p>	<div style="border: 2px solid black; background-color: yellow; padding: 10px; text-align: center;"> <p>NO CICOA LUNCH</p> </div>
<p>22 Roast Pork Fresh Asparagus Garlic Mashed Potatoes Coleslaw Pineapple Chunks WW Bread & Margarine 2% Milk</p>	<p>23 Meatloaf Succotash Spinach w/Vinegar Peaches in Diet Red Gelatin Rice Krispie Treat WW Bread & Margarine 2% Milk</p>	<p>24 Salt Free Chicken & Noodles Mashed Potatoes Whole Green Beans Cinnamon Applesauce WW Bread & Margarine 2% Milk</p>	<p>25 Salisbury Steak California Blend Veggies Baked Potato Coleslaw Banana WW Bread & Margarine 2% Milk</p>	<p>26 Mac & Cheese Steamed Green Beans Tossed Salad Grapes Peaches WW Bread & Margarine 2% Milk</p>
<p>29 Cider Braised Chicken Breast California Blend Veggies Steamed Potatoes Fruit in Diet Red Gelatin Chocolate Pudding WW Bread & Margarine 2% Milk</p>	<p>30 Hamburger on Bun Roasted Broccoli Tossed Salad Applesauce WW Bread & Margarine 2% Milk</p>	<p>1 Beef Taco Salad w/ Lettuce, Tomato, Shredded Cheddar, Salsa Mixed Fruit Salad Pears WW Bread & Margarine 2% Milk</p>	<p>2 Roast Turkey Grain Blend Steamed Zucchini Cinnamon Applesauce WW Bread & Margarine 2% Milk</p>	<p>3 Grilled Fresh Atlantic Salmon Creamed Peas Roasted Cauliflower Fruit in Diet Red Gelatin Banana WW Bread & Margarine 2% Milk</p>

TRIPS & TOURS

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*PER PERSON, DOUBLE OCCUPANCY

**(Sat - Sun)
Aug 24 - Sep 1
2024**

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PRE-MARDI GRAS**

TOUR DATES: FEBRUARY 25 - MARCH 2, 2025

For Information, Contact Christa Miller: 317-910-4369
christa@hcseniors.org
OR Mayflower Groups Department: 630-435-8211
alexis@mayflowercruisesandtours.com

**For information
Contact
Christa
317-745-4303**

HENDRICKS COUNTY Senior Services

**AUTUMN IN NEW ENGLAND
AND CAPE COD**

TOUR DATES: OCTOBER 13 - 20, 2024

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OR Mayflower Groups Department: 630-435-8211
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Friendly Reminder:

Please be sure to scan your HCSS card every time you visit HCSS and be sure you are swiping the screen for all that you do while here: classes, lunch, library, support groups, etc. This helps when we apply for grants and other funding.

If you do not have a scan card or have lost yours, please see Christa.

A Hendricks County Senior Services membership is \$55 per year.

Please note, we are updating the "Blue Sheet" information so we may be reaching out to you. We always protect your private information.



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Don Pirtle moved to Westside in 2020 after losing his beloved wife of 61 years. His sister, Pat, already lived in the community, so he was very familiar with it. Don loves how friendly the residents and staff are. He keeps busy serving as Resident Council President and leading a euchre club twice a week. Don says he is very content, never lonely, and happy he chose Westside.



Norene Brown and her husband, Arnold, moved to Westside in 2016. Before moving in, they volunteered here for 12 years. Norene and Arnold moved to The Bridge at Garden Plaza (Assisted Living) when his health declined. When Arnold passed, Norene moved back to Independent Living. Norene always recommends moving to a senior living community sooner rather than later to truly benefit from all it has to offer.



Don and Dot Robinson, moved to The Bridge in 2020. They chose Westside because it was close to family and came highly recommended. Some of the things they love about this community include the peaceful setting, the activities offered and the marvelous staff. They said the employees are so sweet and hardworking, and the leadership team has longevity and stability. They are very happy to be here.



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Diabetes-Friendly Baking Tips

Managing and planning menus is an essential step for controlling diabetes. If you or a loved one has the disease, it's important to learn how to make substitutions, as well as monitor glucose levels, glycemic index, and carbs.

Many people with diabetes find baking to be especially challenging. These tips can help you find ways to bake diabetes-friendly foods without sacrificing taste.

Baking with Diabetes

By substituting healthy foods for butter, you can make old favorite recipes diabetes friendly. Here are a few suggestions for you to try when you are baking:

- **Avocado.** The creamy texture of avocado makes it a good substitute for butter. It also contains heart-healthy fats and fiber that contribute to a well-balanced diet. You can substitute equal amounts of avocado for butter.
- **Unsweetened applesauce.** Another option is substituting half the amount of butter and sugar with unsweetened applesauce. It helps cut not only the fat and sugar, but also the carbs.
- **Stevia.** This plant-based sugar substitute is often recommended by nutritionists. The chart at sweetleaf.com will help you determine the ratios for making substitutions.

Another option to try is to experiment with cutting some of the sugar out of a favorite recipe. According to the University of Michigan Comprehensive Diabetes Center, you can typically cut up to one-third or half of the sugar without affecting the finished baked good.

Other Diabetes-Friendly Baking Substitutions

There are other ways you can modify recipes to make it easier to stick to a diabetic diet. A few you might want to explore the next time you bake include:

- **Swap out white flour.** Nut flours are more stabilizing for blood sugar than baking with traditional white flour. But the taste can take some getting used to. If you can't make the transition all at once, swap out a little more each time you bake until you are accustomed to the flavor.
- **Opt for dark chocolate or coffee.** Instead of using milk chocolate in your baking, use dark chocolate that has a cocoa content of 70% or higher. Another alternative to try is adding a little coffee. It can give baked goods an interesting flavor without adding sugar and carbs. If neither of these is an option, simply decreasing the amount of milk chocolate will help.
- **Use vegetables instead of pasta.** Baking with carb-laden white pasta may also cause spikes in blood sugar. A healthier option is to substitute noodles made of vegetables, such as zucchini, carrots, or spaghetti squash.



UPCOMING EVENTS

GENTLE PILATES:

Tuesday 9:00 AM

Gentle Pilates will integrate breathing, core strengthening, flexibility, and balance for longevity of movement. We will utilize a chair and standing exercises for ease and functionality.

The class will be taught by Rebecca Cook, Owner/Master Pilates Teacher at Bela Pilates. At this time there will be a \$5 per session fee.



Stay Active & Independent for Life (SAIL)
a strength, balance, and fitness class

**Monday
Wednesday
Friday**

10:00 AM @

Hendricks County Senior Center

SAIL is an evidence-based fall prevention program with exercises specifically designed to help maintain and improve balance. Classes consist of exercises adapted for all levels of physical activity and can be done standing or sitting.



**Stay Active
& Independent
for Life (SAIL)**

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ACTIVE**

UPCOMING EVENTS

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**1ST THURSDAY
OF THE MONTH AT 1:00 PM**

**JOIN TRACY FROM
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GAMES, PRIZES, & FUN!**

**JOIN US:
Hendricks County
Senior Services Book Club!
10:45 AM
Dining Hall**

**April 29th: *The Women*
by Kristen Hannah**



If you would like to stay to have lunch with us, please call the Friday before, no later than noon, to make a reservation. 317-910-5356

**Let's Play
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**JOIN US EVERY 2ND THURSDAY
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**Hendricks County Parks & Recreation Programs
at the Senior Center
Wednesday, April 24
@ 12:30 PM in the Dining Hall**

Things That Are Furry & Go Bump in the Night

The night time creatures are frequently forgotten because we just don't see them as often. However, the mammals that are awake at night are important to our ecosystem too. Come learn from a Hendricks County naturalist about various nocturnal animals and how they are adapted for success when the sun goes down.





Joyous Yoga With Jan Dorsey

Chair Yoga:
Mondays & Wednesdays at 11:00 AM

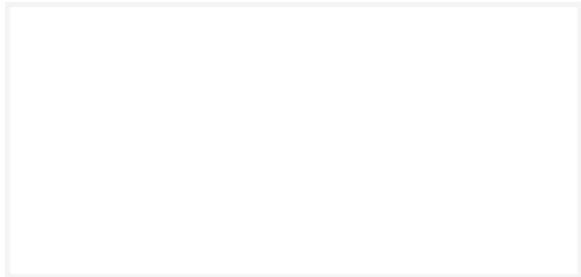
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