

LaGrange County COUNCIL on AGING The COA Reporter



Volume 24, Issue 11

NOVEMBER 2018

BOARD OF DIRECTORS

EXECUTIVE OFFICERS

President

Kevin Myers

Vice President

Joy Sharp

Interim Secretary/Treasurer

Deb Sills

MEMBERS

Ann Kadish

Callie McDougald

Mary Lee Mitchell

Karan Scigouski

Lorelei White

County Council Assignment:

Charles Ashcraft

County Commissioner Assignment:

Denny Kratz

Executive Director:

Cheri Perkins

cperkins@lagrangecoa.org

Mission Statement

The LaGrange County Council on Aging's mission is to be a provider and resource for services that improve the quality of life for older adults of LaGrange County and enable them to retain their independence, including providing safe accessible public transportation for all residents of the county.

LaGrange County Council on Aging Senior Expo

On October 9th, the LaGrange County Council on Aging held its sixth annual Senior Expo at the Farmstead Inn in Shipshewana. There were 36 vendors that were signed up for the expo. There was a lot of important information available for Seniors including; flu shots, hearing screenings, haircuts, breakfast, lunch, blood pressure checks, free living wills and health care power of attorneys, balance screening, drug drop and a chance to win a 43" television that was sponsored by Beers Mellers Backs and Salin.



The winner of the "Golden Tickets" was Terri Bennet

We will be having our Senior Expo next year in Shipshewana on October 8th. Call the LaGrange County Council on Aging for more information at 260-463-4161.

Thank you to Topeka Pharmacy, Veteran's Headstone Project, Firefly Home Care, LaGrange County Sheriff's Department, Parkview LaGrange Hospital, Life Care Center of LaGrange, Center for Hospice Care, LaGrange County Public Library, Parkview Home Health and Hospice, Senior Financial Solutions, Cancer Service of NE Indiana, Dana & Company, Ocie Kauffman, United Healthcare Medicare Solutions, Senior Life Newspaper, Three Rivers Health Inpatient Rehab, Miller's Merry Manor, Grossnickle Eye Center, Everdry Waterproofing, Aging & In Home Services, Shipshewana Fitness Center, Hearing Aid Service, LaGrange County AARP, The Hearing Center/Ear, Nose & Throat Associates, Beers Mellers Backs & Salin, Insurance & Financial Services, Indiana Donor Network, Leaffilter North of Michigan, LLC, Asera Care Hospice, Farmers State Bank, Ark Animal Rescue, The League of the Blind and Disabled, Clear Captions, State Health Insurance Program (SHIP).

Thank you from the bottom of my heart from the community support and to all those attended the expo.

Cheri Perkins
Executive Director





Congratulations to Terri Bennett on being our Golden Ticket winner!
Thank you to Beers Mellers Backs and Salin for sponsoring the Golden Ticket grand prize!



Thank you to Dana & Company along with Ocie Kauffman for providing free haircuts at Senior Expo



Thank you to Lippert Components employees for assisting us during the event! Pictured are Theo De La Garza and Wesley Taylor (not pictured Stephanie Frye)

Thank You To Our Sponsors

Thank you Foltz Bakery!

Every Thursday morning, rain, snow or shine, Foltz Bakery of LaGrange provides the Council on Aging with donuts for their weekly morning coffee and donut program. Thanks so much to Foltz Bakery for their thoughtfulness, generosity and delicious donuts.

Every Thursday morning, our clients come to the Council on Aging building for their Blood Pressure/ glucose testing. Thanks to Miller's Merry Manor for donating the time and professional nursing service for this very important weekly activity.



Thank You LA Express!

Thank you the LA Express, the BP Station in LaGrange, for donating pizza to our Euchre group once a month. We appreciate your kindness and support!

September 2018 Service Report

BP/Glucose Checks	60
BINGO	51
Volunteer Hours.....	34
Transportation Vehicle Miles.....	49,246
Total Transportation Trips	4,250
Total Transportation Hours.....	2,499.58
Clients unable to schedule	30
Home Assistant Clients	9
Home Assistant Miles	199
Phone Calls	3,290
Senior Mart Client/Trips	7/8

League of the Blind & Disabled

Miller's Merry Manor hosts the League of the Blind and Disabled Meeting on the third Wednesday of every month from 1:30—3:30 PM



Hidden Treasures in the Grocery Store

Presented by Sue Delagrange, MS, RD

Sue will introduce fresh, healthy and cost effective ideas for your grocery shopping trip and show you how to prepare them.

Location: LaGrange County Council on Aging
410 Central Avenue
LaGrange, IN

Date: Friday, November 30, 2018

Time: 10:30 a.m.-12:00 p.m.

This program is free and open to the public.

Please call 260-484-9560 or toll free at 1-866-484-9560 for more information or to reserve a seat.



Dementia Support Group

Have a loved one that is suffering from Dementia?
Are you overwhelmed and have questions?
We want you to know you are not alone.
Please join us!

When?

November 5, 2018
December 3, 2018
5-6 PM

Where?

LaGrange County Council on Aging
410 E. Central Ave.
LaGrange, IN 46761



For additional information on this group, please contact Joani at joanini@gmail.com.

NOVEMBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 BP/Glucose Checks 8—9 AM BINGO 9—10 AM	2 AARP Meeting 1:30 PM
5 Wii Bowling 8 AM Dementia Support Group 5 PM	6	7 Bible Study 9—10 AM Euchre Club 1—3:30 PM	8 BP/Glucose Checks 8—9 AM BINGO 9—10 AM	9
12 Footcare 9 AM—2 PM <i>Call to make appt.</i>	13 Walmart Shopping Trip 10 AM—12 PM	14 Bible Study 9—10 AM Euchre Club 1—3:30 PM	15 BP/Glucose Checks 8—9 AM BINGO 9—10 AM	16
19 COA Luncheon 11:30 AM <i>Call to RSVP</i>	20	21 Bible Study 9—10 AM Euchre Club 1—3:30 PM	22 COA Office Closed Council on Aging Thanksgiving Meal	23 COA CLOSED
26	27 Topeka Shopping Trip 10 AM—12 PM	28 Bible Study 9—10 AM Euchre Club 1—3:30 PM	29 BP/Glucose Checks 8—9 AM BINGO 9—10 AM	30 Hidden Treasures in the Grocery Store Workshop 10:30 AM—12 PM

Our Deepest Thanks

Donations

Jim Kennah
Ralph and Betty Nelson
Nancy Packer
David Perkins
Carolyn Vogel
Gertrude Weaver
Lorelei White

Beers Mallers Backs and Salin
Howe Lions Club
Pretty Prairie Church

If you are interested in including the Council on Aging in your year-end giving or estate plan, please contact us at 260-463-4161 for additional information.

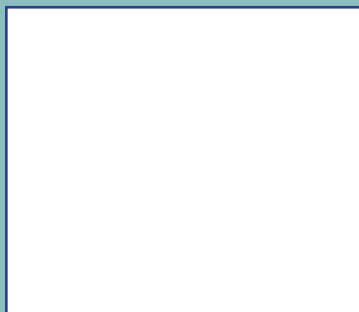
Thank You To Our Volunteers

Charlie Ashcraft
Debra Carter
Theo De La Garza
Stephanie Frye
Ann Kadish
Christine Kinsinger
Dennis Kratz
Callie McDougald
Cindi Miller
Mary Lee Mitchell
Kevin Myers
Cheri Perkins
David Perkins
Karan Scigouski
Joy Sharp
Myron Sharp
Deb Sills
Ren Sprunger
Wesley Taylor
Alice Tullos

SPREAD THE WORD
A Thriving, Vibrant
Community Matters



SUPPORT OUR ADVERTISERS



WE'VE MOVED
Arnold Parial, M.D.
BOARD CERTIFIED OPHTHALMOLOGIST/CATARACT SURGEON

New office location-Our LaGrange office has relocated to the Specialty Clinic in Parkview Lagrange hospital at 207 N. Townline Rd.

Our new phone number is (260) 463-9219.
ACCEPTING NEW PATIENTS

What sets Our Memory Care apart?

- Specific Color Palette
- Research Based Environment
- Individualized Engagement Activities
- Cognitive Assessment Process
- Functional Maintenance Plan
Designed by Certified Therapist
- Certified Dementia Practitioners
- Training That Exceeds Requirements

COME TOUR!



100% Employee Owned
Miller's
Merry Manor

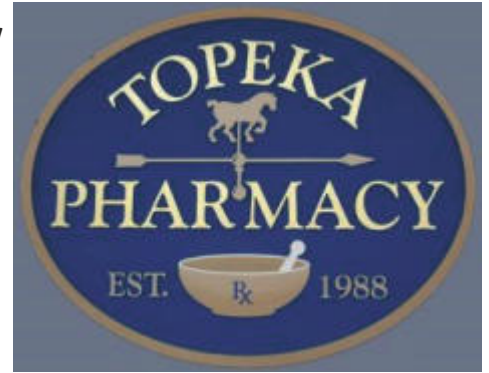
787 N. Detroit, LaGrange • 260-463-2172

ARE YOU AT RISK FOR DIABETES?

By Connie Lehman, RD, CDE, diabetes educator at Topeka Pharmacy

TRUE OR FALSE ? If I have diabetes (high blood sugar levels), I will know it.

FALSE. There are an estimated 7 million people in America who have diabetes right now and do not know it according to the American Diabetes Association. You may not feel sick in any way if you develop diabetes. Or you might often feel tired or thirsty, but attribute it to other causes. The only way to know if your blood sugar levels are high is to check them.



TRUE OR FALSE? Diabetes cannot hurt me if I have no symptoms and feel okay.

FALSE. If your blood sugar levels are elevated over a period of time, you will be at risk for damage to your eyes, kidneys, or nervous system which can lead to blindness, kidney disease and amputations. You may not know about this damage until it is too late to repair it. Ask your doctor about your Fasting Blood Sugar and A1C levels, and answer the following questions to see if you are at risk for diabetes:

TRUE OR FALSE? Being overweight is a risk factor for getting diabetes.

TRUE. Carrying extra weight, especially in the abdominal area, puts you at higher risk for developing diabetes.

TRUE OR FALSE? Having a family member with diabetes increases the risk for diabetes.

TRUE. Having a mother, father, brother or sister with diabetes increases your chances of getting this disease.

TRUE OR FALSE? There is little risk to develop diabetes for those under the age of 40.

FALSE. Although it is still uncommon for people to develop diabetes under the age of 20, about 1 out of every 10 adults over age 20 in America have diabetes. (The older you are, the higher the risk. 1 out of every 4 of all people over 65 have diabetes.)

TRUE OR FALSE? Having high blood pressure can increase the risk for having diabetes.

TRUE. Having high blood pressure, even if you control it with medication, puts you in a category of higher risk for developing high blood sugar levels also, if you have one other risk factor such as being overweight.

TRUE OR FALSE? Having diabetes during pregnancy increases the risk for getting diabetes.

TRUE. Once you have experienced gestational diabetes, you have a 20-50% chance of developing diabetes in the next 5-10 years.

IF THIS QUIZ SHOWS YOU ARE AT INCREASED RISK FOR DIABETES, ask your doctor if you should have your blood sugar levels tested on a regular basis. If you are diagnosed with diabetes, find a diabetes education program in your area to find out how to live well with this disease and avoid long term complications. Topeka Pharmacy is an accredited Diabetes Education Program. Medicare and other insurance companies usually help pay for the classes. Call today to find out more!



October Luncheon

On October 15th the LaGrange County Council on Aging hosted its monthly luncheon that was sponsored by Miller's Merry Manor (they have been busy sponsoring our food lately)! Deborah Sills from MMM spoke about the services that they offer and was the one that came up with the pizza luncheon.



The luncheon as supposed to include the Sheriff, but he had an important meeting to attend. In his place, Bill Morr, the Director of Communications was the guest speaker. He educated everyone on scams and how 911 works and Nixle. If you would like to receive important messages on your computer or your phone (the preferred method) just go to <https://local.nixle.com> to sign up. If you use your computer to sign up you can edit your settings easier. By using Nixle you can get important weather updates, emergencies, road closings etc.

For more information just call the Sheriff's Department and they will be happy to assist you with Nixle/911 questions you may have.

We had 59 people sign up for the luncheon and a total of 77 people attended the luncheon. We love to have everyone, but if you can please call the COA at 260-463-4161 and RSVP with Deb it would be greatly appreciated. Don't forget your non-perishable item for the food bank when you attend the luncheon as well.

Personalized healthcare is one call away.
1-877-PPG-TODAY



At Parkview Physicians Group, we make connecting with your care team easier than ever. Just call 1-877-PPG-TODAY to find a provider and location that's convenient for you. It's one more way we're working to provide seamless care for you and your family.

PARKVIEW
PHYSICIANS GROUP
ppg.parkview.com

Farmers State Bank
The Home of Blue Button Banking

888.492.7111
or 260.463.7111

www.GoFSB.com

FDIC

PRE-PLANNING & COMPLETE FUNERAL SERVICES

Professional Caring Quality Affordable



WE ARE HERE TO SERVE YOU!
260-463-3131

Brian H. May, Funeral Director
309 West Michigan St., LaGrange, IN 46761
WWW.FRURIPMAYFUNERALHOME.COM

Estate Planning



KURT R. BACHMAN

Veterans Affairs Accredited Attorney
and member of the National Academy
of Elder Law Attorneys, Inc.
[kreb@beersmallers.com](mailto:krb@beersmallers.com)

- ▶ Elder Law
- ▶ Estate Administration
- ▶ Living Wills & Powers of Attorney
- ▶ Guardianships
- ▶ Asset Preservation Planning
- ▶ Medicaid Planning
- ▶ Veterans Affairs
- ▶ Pensions/Benefits

BEERS SMALLERS
BACKS & SALIN, LLP
ATTORNEYS AT LAW

108 W. Michigan Street
LaGrange, IN 46761
260-463-4949

Offices in Fort Wayne, LaGrange, Syracuse and Warsaw • www.beersmallers.com





Become a Gas Sponsor of the Month

1 month for \$150 (additional months \$100)

- Your name on both sides of LCAT vehicle for each month you are a sponsor
- Your name published in our monthly newsletter
- Community recognition of your support

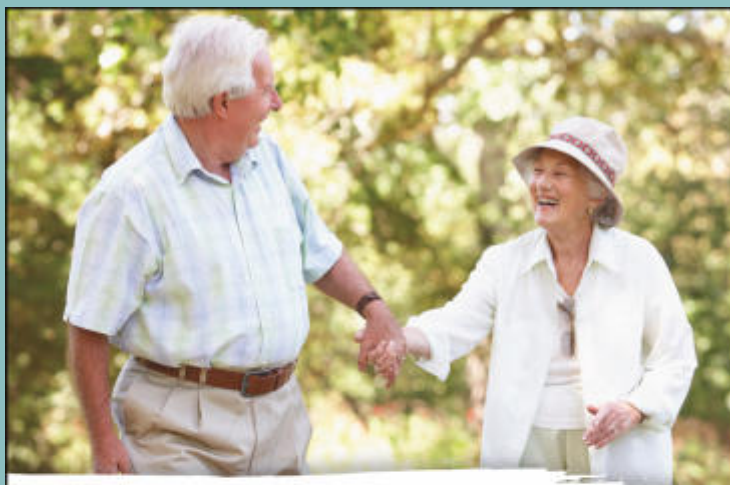
Gas Sponsors

- Goshen Health Systems
- Life Care Center of LaGrange
- Parkview LaGrange Hospital

Call 463-4161 for more information on how to become a gas sponsor

Wish List

Bingo Prizes
 Cold Weather Windshield Washer Fluid
 De Caffeinated Coffee
 De-Icer
 Frozen Turkeys For Thanksgiving Dinner (8 lbs)
 Large Ice Scrapers
 Lysol
 Items For Food Pantry
 Paper Towels
 Rural King Gift Cards
 The Works Toilet Bowl Cleaner
 Toilet Paper
 Turkey Fryer Oil
 Quarters For Van Washes
 (It's That Time Of Year)
 Splenda



LIVE

SHORT-TERM
THERAPY &
SKILLED NURSING

Vibrantly

260.463.7445

0770 N. 75 East
LaGrange, IN 46761

LifeCareCenterOfLaGrange.com



10789Z

visiting Nurse is Compassion

Palliative • Hospice Care • Hospice Home • Grief Support

Visiting Nurse provides compassionate care to alleviate suffering and ensure quality of life for those affected by serious illness.

5910 Homestead Road • Fort Wayne, IN 46814

260-435-3222 • 800-288-4111

www.vnfw.org



PROTECTING SENIORS NATIONWIDE MEDICAL ALERT SYSTEM

\$29.95/MO

BILLED QUARTERLY

PLUS
SPECIAL
OFFER



CALL NOW! 1.877.801.5055
WWW.24-7MED.COM



Thanksgiving Lunch - Thursday, November 22nd



*Council on Aging invites you to
Family and Friends Thanksgiving*

Join the COA for a Thanksgiving Feast!

The LaGrange County Council on Aging will be hosting a Thanksgiving lunch for the community on Thanksgiving Day, Thursday, November 22nd at the Council on Aging (410 E. Central Ave., LaGrange, IN 46761). Lunch will be served from 12 - 2 PM.

Please bring a dish to pass, or just yourself. There will be plenty of food, football on the TVs, and games.

If you would like to attend, or volunteer to help, please contact the Council on Aging at 463-4161.

November is American & National Diabetes Month. Below is an article taken from AARP.

12 Tips to Outsmart Diabetes

Robin Westen, AARP The Magazine

Over 29 million Americans have diabetes. Another 86 million have prediabetes. The resulting circulatory, heart and eye problems make life more difficult and, sadly, shorter. Here are 12 ways to prevent or manage the disease.

1. Seek Greek

We know you've heard this before, but the staples of a Mediterranean diet — vegetables, fruits, legumes, whole grains, fish and red wine — are a good idea anytime. And supplementing that diet with extra-virgin olive oil can reduce your risk for type 2 diabetes by 30 percent.

2. Don't just sit there

An extra two hours a day spent watching television increases your risk of developing type 2 diabetes by 14 percent, according to a report published in the Journal of the American Medical Association. Our suggestion: Exercise while watching, or run around the block between episodes.

3. Have a cuppa

Numerous studies show that drinking more than two cups of coffee (16 ounces) a day is associated with a 25 percent lower risk of developing type 2 diabetes. The FDA maintains that up to 400 milligrams per day of caffeine (about four cups) is safe for healthy adults

4. Stress less

Chronic worry and stress not only contribute to insulin resistance but also make it harder for your pancreas to move glucose out of your bloodstream. Techniques proven to help you relax and reduce stress include biofeedback, meditation and deep breathing.

5. Squeeze some citrus

Eating oranges, grapefruit, lemons and other citrus fruits can slow glucose uptake, helping keep your blood sugar levels under control, a study in the journal Preventive Medicine concludes.

6. Sprinkle with cinnamon

Studies find that people with type 2 diabetes who eat one gram (just a pinch or light sprinkle) of this tasty spice every day may experience a drop in blood sugar. Try cinnamon on your morning cereal, in your coffee or dusted on yogurt.

7. Fix it with food

These foods eaten daily can help you manage your blood sugar:

- Beans, peas and lentils: One cup of these protein-rich legumes can lower your blood sugar levels significantly.
- Dark chocolate: It contains nutrients called flavonoids, which can both drop insulin levels and limit your cravings for sweet and salty foods.
- Oatmeal: The magnesium in it helps your body secrete insulin properly.

8. Flex your muscles

A 2012 study in the Archives of Internal Medicine showed that men who lifted weights for at least 2 1/2 hours every week lowered their risk of diabetes by 34 percent.



9. Mind your meds

If you're already on medication for diabetes, it's important to take it as prescribed. Plus, free apps such as Mango Health and Pocket Pharmacist can alert you to possible side effects from other prescription and nonprescription drugs you might be taking. Plenty of medications can interfere with your blood glucose levels.

10. Limit red meat

An analysis of the diets of almost 150,000 people found that eating an extra half serving a day of red meat increases the risk of developing type 2 diabetes by 50 percent.

11. Keep your naps short

If you routinely doze for more than 60 minutes during the day, consider this a wake-up call. A 2016 study by Japanese researchers who looked at the data of more than 21 studies showed that snoozing longer than an hour a day could increase your risk of developing type 2 diabetes by 45 percent.

12. Opt for an App

Researchers at Cardiff University School of Medicine, UK, found that type 2 diabetes patients who used apps to monitor their condition had lower blood glucose levels when compared to the control group. More good news: There are plenty of iOS and Android diabetes apps to choose from: BG Monitor, Blue Loop and Diabetes in Check are a few of the most popular.

➤ Reach the Senior Market
ADVERTISE HERE

CONTACT

Contact Sheri Cisneros to place an ad today!
scisneros@4LPi.com or (800) 950-9952 x2566

SPREAD THE WORD
A Thriving, Vibrant
Community Matters



SUPPORT OUR ADVERTISERS

Care for you
on your journey

If you or a loved one needs care at home, we offer both home and hospice care. Our team of experts can provide a continuum of care ranging from specialized therapy to nursing to comfort care. Call us to find out how we can help you and your family on your unique journey.

 Goshen Home Care & Hospice

(574) 364-2700
(800) 446-4663

 WE HONOR VETERANS

LaGrange County Council on Aging
PO Box 107 • 410 E. Central Ave.
LaGrange, IN 46761



CURRENT RESIDENT OR



Need a Ride? Call 463-4161 weekdays 8:00 am - 4:00 pm

LCCOA Staff:

Executive Director:

Cheri Perkins
cperkins@lagrangecoa.org

Transportation Assistants:

Tina Hopper
thopper@lagrangecoa.org
Kasey Kauffman
kkauffman@lagrangecoa.org

Administrative Assistant: Deb Carter

Home Assistant: Linda Llera

Transportation Specialists: Steve Olinger, Byron Kline, Kevin Ramer, Eli Kinsinger, Dale Wentworth, Kevin Nelson, Mike Nelson, Deb Kline, Larry Feller, James Hendrix, Rose Lowe, Bill Griewank, Wendell Hardesty, Lee Richardson, Jerry Stansbury, Mont Arnold, Kenneth Redbird, Amy Edmondson, and Dennis Schlabach

Council on Aging services are provided without regard to race, age, color, religion, sex, disability, national origin or ancestry. Services offered by the Council on Aging are made available through various funding sources. Federal and State dollars are assigned to us through Aging & In Home Services of NE Indiana. Locally, dollars are received from Goshen Health System, REMC Operation Round-Up, LaGrange County Commissioners, Parkview LaGrange Hospital, LaGrange County Community Foundation, United Fund of LaGrange County, United Way of Elkhart County, and your very much appreciated



LaGrange County
COUNCIL on AGING

I would like to support the various programs offered by the LaGrange County Council on Aging

Please use my donation to support
___ Senior Activities ___ Building Fund ___ LCAT

This donation was made in memory of _____

Please send acknowledgement to:

Name: _____

Address: _____

City/State/Zip: _____

We ask that those receiving our newsletter donate \$5 a year to help cover the cost of printing and postage

