



FEBRUARY, 2025

By Joel Glassman

IGOT 2 STAY CONNECTED

"Independently Growing Older Together"

Mission

Health

Good health is always appreciated more when we seem to be losing what we once had in our more youthful days. "If only" becomes a common thought and phrase used as many seniors age and find themselves struggling with high blood pressure, heart disease, diabetes, cancer and so much more. Every day that we wake up can be a day of success or failure when it comes to improving our health. We can continue lifestyle patterns that have contributed to our current health woes, or we can take positive steps to improve ourselves. What will you do today to have a healthier tomorrow?

Everything we do through IGOT Communities is about connecting and thriving. We believe in challenging anything that makes life feel difficult for senior adults. The way we challenge these difficulties is by connecting, listening, educating, and empowering. Our mission is to create better, healthier, and happier places where senior adults thrive.



Open Enrollment Period, OEP, is a wonderful time of reassurance and change. After having made decisions regarding Medicare coverage, you may be asking, "Can I make changes to my coverage after December 7?" January 1 – March 31 each year, you can make these changes during the Medicare Advantage Open Enrollment Period:

- If you're in a Medicare Advantage Plan, you can switch to another Medicare Advantage Plan.
- You can drop your Medicare Advantage Plan and return to Original Medicare. In this event, you'll also be able to join a Medicare drug plan.
- You can only make one change during this period, and any changes you make will be effective on the first of the month after the plan gets your request.

IGOT works only with *best in class* providers. To get answers for your questions during this time, our direct Medicare help number for all IGOT Members is 606-682-3182

Attention: If you are in Kentucky and have an Anthem DSNP Advantage plan, you must choose another plan by Feb 28, 2025 as this plan will no longer be available in Kentucky.

Year in Review

Joel Glassman

It is hoped that 2024 was a great year for everyone and 2025 will be even better. However, we know that we are all getting older and some of us still have several hills to climb.

The IGOT Community had a fruitful 2024 with many activities, games, enlightening discussions and classes and, of course BINGO. We had some fun at the races during our Kentucky Derby contest with several participants who wore the fanciest outfits this side of Churchill Downs. We also had a wonderful Halloween bingo among others (with some scary people).



We look back at 2024 and see that our IGOT Communities family continues to grow and expand to several different states and countries. We continue to have great leadership and great sponsorship and hope this will continue throughout 2025.

Though I had promised to take on the Newsletter, I have not quite lived up to my promise. My goal was to have a quarterly publication but that has not happened. It has not happened, in part, because I was hopeful of more submissions from our community. However, that has not happened. So, I have made a resolution to improve on that and I have a method of doing so. I will be contacting individual members to interview and obtain submissions for the Newsletter. I will interview you via a private Zoom meeting (preferred) or through either a phone conversation or via emails (least preferred). In this way, I can have some copy for future newsletters. I have some names of people who have had interesting backgrounds or have had interesting careers or have won awards, etc. So I will be contacting you.

I am hoping that 2025 brings everyone good health and that it also brings peace to all in the world. I know both are mostly in God's hands but will try to do my part to help accomplish those goals.

WAYS WE CONNECT

IGOT Bible Study

At IGOT Communities we know the value of being healthy body, mind, and soul. For many seniors, obtaining spiritual fulfillment becomes a priority, even if it didn't seem important in earlier years. It can be overwhelming and confusing at times, and completely fulfilling at other times.

We have so many wonderful ladies who have led this study: Kim Kelley, Donna Morris, Judy Bruner, and Diane Jamison. They have studied Women of the Bible recently and are soon beginning a brand new study.

Spiritual health takes effort, and it is always better when done together. You may feel lost after retirement, but you are more than your work and there is meaning to life, greater meaning even after your career work has ended. Maybe you have lost your spouse or a child, and you wonder if life will ever have any real meaning. Grief is real, but so is hope. Achieving spiritual healing and wellness is possible.

Cultivating spirituality in social settings helps seniors feel supported as they handle daily ups and downs gracefully by making everyday choices rooted in their values rather than reacting impulsively under stressful situations or fear. Finally, spirituality provides people tools like forgiveness, gratitude, and altruism, all contributing significantly toward emotional resilience.

To join us go to www.igotcommunities.com/calendar and scroll to Monday 11 AM. You will find the zoom link, just click on the link and when it opens put in the passcode 1234. See you there.

JOIN US FOR BINGO AND BE A WINNER – MONDAY - FRIDAY



Every weekday, Monday through Friday at 10 AM, 2 PM and 5 PM, join us for Bingo. It's **FREE** to play and we love giving away prizes. You may request your bingo card by going to www.igotcommunities.com/join Joining IGOT is free. When you complete the registration form, simply type in the Message Box – Please send me a bingo card. It's that simple. Then, go to www.igotcommunities.com and click on the **Calendar** tab. Scroll until you see IGOT 2 Play Bingo and click on the Zoom link provided. The first time you play, you may have to download Zoom which is also free. **GIFT CARDS ARE GIVEN AWAY MONTHLY! All prizes are distributed during the first week of the following month. You may only play once a day and you must use the validated card that you are issued when you joined IGOT Communities. REMEMBER. BE KIND!**



IGOT YOGA WITH KIM KELLEY

Join Kim Kelley from Harlan KY on Monday – Wednesday – Friday at 8 AM for chair yoga. Stretching is an effective method to help improve mobility. Stretching helps to loosen up the joints and muscles that we use to move our bodies, which improves mobility in joints such as the hips,

knees, ankles, and shoulders. As we age, our muscles and joints become stiffer, making it more challenging to move freely. We also live in a world where many of us stare at screens for hours a day, wreaking havoc on the mobility of the muscles in our shoulders and hips. Stretching helps to lubricate these joints so they move more freely with less pain or stiffness. Stretching can also help to prevent joint issues such as arthritis by keeping joints flexible and strong over time.



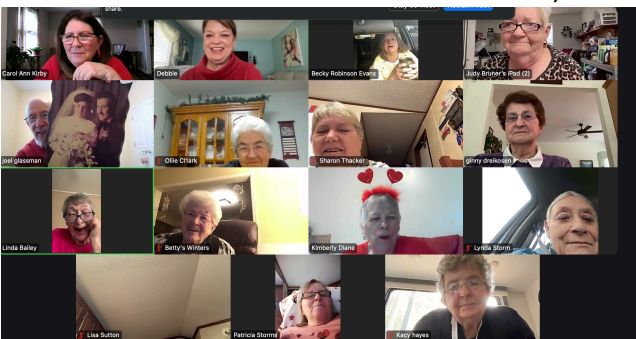
IGOT 2 WALK

Walking in place can be a great way to get exercise. Anything that gets. You are moving instead of just sitting or lying down is going to be beneficial for you in the long run as you age. By walking in place, you are raising your heart rate, causing your body to start pumping more oxygen and blood to your muscles and help them move more efficiently. The fact is, walking in place for 30 minutes can burn about 100 to 200 calories. The great thing about

participating on ZOOM from your living your living room is you can go at your own pace and take a break if you need to. Join Carol Kirby and Lynda Storms Monday – Friday at 9 AM for IGOT 2 WALK.

IGOT 2 TELL MY STORY with CAROL KIRBY THURSDAYS AT 11:00 AM EST

From butterflies to valentines, you can be sure to experience fun, education, travel, and tales as members and special guest share their adventures. We look forward to bringing on this years schedule, special guest from Edward Jones Financials to discuss all about finances, travel agents to help plan a Viking Tour Adventure, and members who just love spending an hour a week with our wonderful Zoom host, Carol Kirby. We look forward to seeing you there.



IGOT 2 READ

IGOT Communities is **looking for a special volunteer**, someone who loves to read and lead book discussions once or twice a month. Would that be YOU? Contact Debbie@igotcommunities.com if you are interested. Discussion will be held in person and on ZOOM using our Zoom platform.

IGOT 2 TRAVEL WITH JZ

IGOT 2 TRAVEL



**SUNDAY
MARCH 16
AND
MONDAY
MARCH 17**

DATE: MARCH 16 & 17
PLACE: PIGEON FORGE
HOTEL: THE INN @ CHRISTMAS PLACE
COST: \$120 PER PERSON, PER 2 IN A ROOM
 (includes travel, breakfast, hotel)

Please contact Debbie Gilbert if you would like to join this overnight trip!

Also, we are exploring the idea of a Viking Cruise so stay tuned to IGOT 2 Tell My Story for and upcoming Q & A with one of their Tour Directors

IGOT 2 EXERCISE MY MIND

SPRING JUMBLE TIME

Unscramble the words below. Then unscramble those letters that are found in the circles to solve the clue at the bottom. Enjoy sharpening your brain.

S E E T R A	— — <u>O</u> — <u>O</u> —
R T M A H W	<u>O</u> — — — — <u>O</u>
L I G S N E	<u>O</u> — — — — <u>O</u> —
L R O E F W	— — <u>O</u> — — — <u>O</u>
N S G I R P	— <u>O</u> — — <u>O</u> — —
N A D G E R	— <u>O</u> <u>O</u> — — — —

What May brides can look forward to

IGOT 2 GO TO THE MOVIES WITH MY IGOT FRIENDS

Socialization is one of the most healing aspects of aging. Each month last year we went to the movies. Our theater has recently sold and is undergoing a facelift. We hope to talk soon with the new owners and are so hoping we can work out the same deal that the previous owners offered our organization. We will keep you posted on Facebook!



64 going on

First of all.... Happy Birthday to those of you turning **65** this year! You have made it and we are here for you. It is who we are! It is what we do! Now it's time to sign up for **Medicare**, which can be confusing because there are several options. IGOT Communities is about educating and **empowering** senior adults so they can make the **best decisions** for their needs without feeling intimidated or pressured. Also, you may qualify for **extra help** with your prescription drugs. We can show you how to apply. You can learn more about what we do by watching videos on our website at www.igotcommunities.com Just click on the MORE tab to view videos, review vlogs, and read blogs. But the best way to find answers to your questions is to simply call us at **606-682-3182**. You are invited to join us via Zoom were we have Medicare 101 meetings the 1st Monday of each month at 6:00 PM We would love to talk with you and accompany you on this part of your journey. We are all in this together!



IGOT 2 Volunteer

We are looking for an IGOT Volunteer Coordinator



What would we ever do without this lady? I am certainly finding out! Kimberly Diane has been such a blessing to IGOT since our beginning, but now she is taking time away after being a phenomenal volunteer for several years now. We wish her the very best rest and enjoyment that she so richly deserves. Kim coordinated our monthly Bingo callers, board keepers, and works in tandem with Mitzi Kester one of our statisticians to make sure every winner is counted, Ashley Winters our computer guru, to make sure every member gets a welcome letter and bingo card, Linda Winters, our national member recruiter, and JZ our local program and travel planner. Most of our members knew her as the “Bingo Police” but I knew her as “a hero”! So, in the meantime, if you would like to become a volunteer, email me, Debbie@igotcommunities.com I am certainly not as organized as she was and I certainly would appreciate your help. In the meantime, I am so thankful for sisters, Mitzi and Jackie who are working hard at helping me keep daily bingo remain “daily” bingo! Remember, all volunteers are entered into a drawing for a gift card each month.

PEANUT BUTTER FUDGE

THIS IS A RECIPE THAT JUNE RAWLINGS MAKES THAT IS THE BEST EVER!

1 pound powdered sugar

1 pound brown sugar

1 stick of butter

½ cup milk

¾ cup peanut butter

1 tablespoon of vanilla

Melt butter on medium heat, stir in brown sugar and milk, bring to a boil 3 minutes.

Remove from heat and rapidly add peanut butter, powdered sugar and vanilla.

Beat with an electric mixer until smooth and pour into a lightly greased pan.

Cool and cut into squares. Finally, a recipe nobody can mess up!

Makes about 3 pounds.

SOME INTERESTING HOLIDAY STORIES

We recently held a discussion on the Thursday morning get together where participants were asked 3 questions. They included:

- 1- What was your most interesting Thanksgiving?
- 2- What holiday gift did you want as a child but never received
- 3- What New Year's resolution did you make that you actually kept (there weren't many of those)?

1- Cathy shared that her son got engaged back in 2016. She often invited several people for a Thanksgiving feast and did tons of cooking but there were times that not many showed up. Linda W. shared the time that she took her future husband to meet her family after they met. He proceeded to fill his plate with some great food but some of it wound up spilling after he sat down. Susan W. had received a Christmas angel pin as a child from a friend of her mother. However, it got lost and she was very sad. After placing an ad in the newspaper, she received a call from someone claiming to have found it. But, alas, it wasn't the same pin. Then, days later she received another call that a women's husband saw something glistening in the snow. That was the right pin. Susan has worn it every year (over 50) since. Kimberly D. spoke about her brother-in-law who was very tall and heavy. After piling his plate and proceeding to sit down, his chair broke. Family wasn't sure exactly what caused it. Debbie shared how it was a tradition for the men to go hunting on Thanksgiving morning and would occasionally bring home a squirrel. She remembers watching them clean and cut the squirrel. She told us you can always tell what the squirrel had digested if you dared to watch. Finally, Carol K. talked about how her mom would make a "trash can turkey". It involved buying a trash can and cooking the bird outside in the can. The kids would also enjoy posing for photos with the turkey. Some talked about inviting people they knew who did not have family members. This way they wouldn't be alone on the holidays.

2.- Pat M. always wanted bib overalls. Carol always wanted a bride doll but always got a bridesmaid doll. Linda remembered a doll that you could put in a bathtub and it would flash and swish. Was she talking about what she did in the tub? Debbie talked about how her mom disliked clingy things but once received a bright yellow/gold knit top that was very clingy. Sharon and Carol remembered giving toys to the kids but sometimes they didn't like the toys. Joel told about how he alway wanted a football but his parents didn't want him playing football. Well, at one of his father's company Christmas parties, he received a package that was, you guessed it, a football. Kimberly told how she would always be the mean granny by not getting something for the kids at the store checkout counter. Didn't she know we grandparents are supposed to spoil the grandkids?

3. Many shared their resolutions that didn't pan out but Sharon had done very well to lose weight. Kimberly says she makes goals for the year. We all agreed that we should make realistic goals. So what's yours for 2025?

We enjoyed sharing things with each other. On February 13th we will bring our wedding picture to the Thursday discussion and talk about our wedding days. After all it is Valentine's Day next.

SPRING JUMBLE ANSWERS

EASTER, WARMTH, SINGLE, FLOWER, SPRING, GARDEN

What May brides can look forward to: APRIL SHOWERS

TECH TIPS

We all use ZOOM for our activities and we are on several different devices. But how many of us really know how to use our devices when on ZOOM. The things we need to do are different- depending which device you are using.

On a computer, you can easily mute your device by clicking on the microphone icon on the bottom left of your screen. Just remember to “unmute” by hitting the microphone if you get close to a Bingo or you want to say something. You can also turn your camera on and off by clicking on the camera icon in the same place. If you want a virtual background that shows you on the beach, in the mountains or anywhere else, you can click on the “apps” button on the bottom of the screen, choosing virtual background and clicking on one from a sizeable list that comes up on the right side. Just know that if you wish to show something or call Bingo, you need to remove the virtual background by going to the apps, to the background and clicking on “remove virtual background”.

We need to make sure we have our full name in our picture box. If your full name is not there, you can click on the 3 dots in your picture box, click on “rename”, type in your full name and check the box that says “remember for future meetings” or similar. You should also be able to do this by clicking on “participants” at the bottom of your screen, finding your name and then making changes.

If you wish to see a large photo the person speaking (or calling), you need to click on “view” on the top right of the computer screen and click on “person”. Just know that you won’t see yourself when you speak. To get back to seeing everybody, go back to the view button and click on “gallery”.

Finally, make sure you click “leave meeting” on the bottom right corner when you leave any event. And try not to do this while someone is calling their numbers as this can cause a number to get blocked out. Hope this helps. We can look at iPhones, iPads, tablets, etc next. I just use my computer since the size and icons are easy to see and are always there.

IGOT Premier Partner

True Choice Agency

Medicare is complicated, but it's also one of the most important decisions a person can make. **True Choice Agency** is committed to help everyone make the right choice—one that will meet all their health needs. This is exactly why IGOT Communities has partnered with **True Choice Agency**. We want our members to be served by *best in class* partners. **True Choice Agency** is not an insurance carrier. They represent many carriers, which allows them to evaluate your needs and find the best healthcare plan for you, that has the most extra benefits, at the most affordable price. **True Choice Agency** understands that many of our IGOT members have limited incomes, and the more money they can save on healthcare benefits, the more money they have to thrive. If you are approaching 65 within the year, want to ask any Medicare question, or if you want to make an appointment to have one of our educators help you understand your Medicare options, call Debbie at 606-682-3182.

True Choice Development – Rustling Pines Campground



Great hookup capabilities with full sewer service



Triple the Fun!

Ride or hike the trails of the Daniel Boone National Forrest

We hope you will share the news that True Choice Development has been busy creating spaces and places for our 55+ population, as well as our families. There is just something about camping that calms the soul and brings us closer to our creator and this wonder earth we call home for now. Sitting around a campfire with friends and family is where stories are shared that make memories last a lifetime. We hope to see IGOT members at Rustling Pines Campground this year. The campground is located on Whiteoak Road across from the London Dragway. And while you are there, make sure you give IGOT member JZ a call as this is her “neck of the woods”.



A WORD FROM OUR FOUNDER

Debbie Gilbert

Time is not on our side, so don't let anyone fool you. Time is of the essences when it comes to living the best life we can. My challenge to you and to myself is to live every day in 2025 as though it may be your last. Let go of anything that is keeping you from ending well. Forgive everyone you can think of this year, and if you aren't sure there is anything to forgive, pretend there is and let it go. Find a place to give yourself away. Generosity changes lives, whether it is service, love, or personal goods. Give up anything that is destroying your health and robbing your energy, it is just one way you can love yourself and love your creator. Laugh until your cry at least once a day, and if you struggle to find something that makes you laugh, then laugh at yourself. Share your story with someone, they need help, and you need healing. Your story is worth telling because it is the fabric of who you are. Take a class at a local college...they are free for people over 65. Go through your closet and get rid of about half of everything you have, and you will still have two times too much. Shoes too. Read an article about becoming a minimalist. Read a fictional book, your brain will work harder. Take short walks and long baths to relieve stress. If you find yourself talking about someone in a negative way, end the conversation with, “and even with that, they are probably a better person than I am”. And finally, pray daily as often as you can. So let's make this year great, one to be proud of, one to remember! I love you all and it is my greatest pleasure to know you and serve you.



Obituary

Peggy Joyce Carter Kelley, 89, went to be with her Lord on Tuesday, February 11, 2025 at her home in Harlan, KY. She was born on June 2, 1935 to George and Octavia (Gates) Carter at Lenarue, Kentucky.

Dr. S.H. Rowland, who brought her into this world, laughingly told her he “found her in pink and blue blankets behind the Lenaure Commissary”.

She was preceded in death by her husband of 41 years, Bob Kelley; her stepmother, Katie Carter; and her Uncle Bill and Aunt Dorothy Carter, who raised her.

Peggy’s life revolved around her family, home and church. She was blessed with four children, two of whom preceded her in death, Melody Katherine and Paul Edwin Trospen. She is survived by daughters, Donna (Jerry) Blanton and Kimberly Carol Kelley.

She is also survived by two beloved grandchildren, Dee (Vince) Pack, and Nathan (Kelly) Blanton; four great-grandchildren, Easton Pack, Merrah Pack, Zoë Blanton and Mei Blanton; her sister, Melinda Carter Greer; as well as a host of nieces, nephews, and extended family members, special friends, church family and the “IGOT Communities” online group.

Peggy was a hard worker, wonderful mother and faithful church member. She served her Lord in many ways – teaching Sunday school, GA’s, Bible School, and actively involved in WMU at Evarts, Lenarue and Harlan Baptist Churches throughout her lifetime. She also enjoyed being a member of the Joy Sunday School Class.

After the passing of two of her children, she reached out to people through a card ministry, touching many lives, offering comfort and encouragement to others.

The family of Peggy Kelley is very appreciative of the doctors, nurses, healthcare professionals, caregivers Cindy Saylor and Marsha Schiff, for their care of our precious Mother. She was so loved by so many.

Per her wishes, Peggy’s life will be honored with a Graveside Service at the Resthaven Cemetery Chapel on Friday, February 14, 2025 at 1:00 PM with Pastor Josh Haywood and Associate Pastor Doug Herron officiating.

Serving as pallbearers are Vince Pack, Easton Pack, Nathan Blanton, Jerry Blanton, Johnny Saylor and Bobby Farley.

In lieu of flowers, the family suggests memorial contributions to Harlan Baptist Church, 102 West Mound Street, Harlan, KY 40831; Bluegrass Care Navigators, 2972 S. US Hwy. 25E, Barbourville, KY 40906; or IGOT Communities, 225 Substation St., London, KY 40741.

Harlan Funeral Home is entrusted with serving the family of Peggy Kelley.

The Senior Citizen Alphabet

Submitted by Joel Glassman

A is for apple, and B is for boat,
That used to be right, but now it won't float!
Age before beauty is what we once said,
But let's be a bit more realistic instead.

A's for arthritis; B's the bad back,
C's the chest pains, perhaps car-di-ac?
D is for dental decay and decline,
E is for eyesight, can't read that top line!
F is for fissures and fluid retention,
G is for gas which I'd rather not mention.
H for high blood pressure—I'd rather it low;
I for incisions with scars you can show.
J is for joints, out of socket, won't mend,
K for knees that crack when they bend.
L's for libido, what happened to sex?
M is for memory, I forgot what comes next.
N is neuralgia, in nerves way down low;
O is for osteo, bones that don't grow!
P for prescriptions, I have quite a few,
Just give me a pill and I'll be good as new!
Q is for queasy, is it fatal or flu?
R is for reflux, one meal turns two.
S is for sleepless nights, counting my fears,
T is for Tinnitus; bells in my ears!
U is for urinary; troubles with flow;
V for vertigo, that's 'dizzy,' you know....
W for worry, now what's going 'round?
X is for x-ray, and what might be found.
Y for another year I'm left here behind,
Z is for zest I still have – if only in my mind!

I've survived all the symptoms, my body's been deployed
And I'm keeping twenty-six doctors fully employed!

Have A Great Day!

IGOT 2 DONATE STAMPS

Please remember our Stamp Drive. We are asking each member donate 6 stamps per year. Send them to: IGOT Communities Resources INC. 225 Substation St. London. KY. 40741

IGOT Communities Resources Inc is a non-profit organization committed to helping senior adults thrive!

IGOT Communities Resources Inc

225 Substation Street
LONDON, KY 40741

www.igotcommunities.com

606-682-3182



Note to all our readers: With the much appreciated help of Joel Glassman, I put our newsletter together fairly quickly so please forgive any errors that you may find. I may add to this newsletter before the summer issue comes out and if I do, I will let you know on our Facebook page. If you have additional stories, info, games, or photos that you would like included, please email the information to me and I will add it.