



October 1, 2021
Volume 4, Issue 3

IGOT 2 STAY CONNECTED

"Independently Growing Older Together"

Mission

Health

The season of change has arrived! Leaves are changing. Temperatures are changing. Time is changing. But more importantly to senior adults, Medicare Plans, Extra Benefits, and Pharmaceutical Plans are changing for 2022! IGOT Communities is here to help you understand your Medicare and You 2022 publication so you can navigate those changes with confidence! You will be able to view and compare plan changes from Oct. 1st through the 14th. The Annual Enrollment Period (AEP) begins October 15 and ends December 7, 2021. During that time, you may make changes to your healthcare plan.

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.



IGOT Communities is a 1st Place organization because we have first class members and *Best In Class* partners like True Choice Agency. Thanks to True Choice Agency we can provide daily interactive programming for members across the United States. Yoga and exercise are offered Mon – Fri. Our members enjoy playing BINGO with each other 10 times weekly. Every Thursday members enjoy Storytelling as they celebrate their lived accomplishments and memories. From spiritual growth to healthcare education, our members are thankful for True Choice Agency and their commitment to caring for the aging.

Ways Caregivers Can Thrive



When someone we love has a stroke, terminal illness, or Alzheimer's, a multitude of feelings come to the surface: shock, fear, and the disbelief that someone who long seemed strong and capable has changed and is now weak or disabled in such a short span of time.

Consequently, we find ourselves thrust into the unexpected happenstance of caring for the one we love. Often this is a 24/7 job for which we are ill-prepared, but often expected to master.

Many of my clients have told me how overwhelmed they feel all the time. They feel resentment because of the never-ending drudgery that their life has become; frustration for having little or no time to themselves; grief because of what they have lost; anger at the "friends" who have distanced themselves; sorrow as they watch their once vibrant and capable partner struggling to do the simplest things; and the worry and fear of becoming ill themselves – *then* how will they survive?

The trap of loneliness and isolation ensnares the caregiver. Running on adrenaline yet lack of sleep; feeling anxious and on edge; having strained muscles from lifting and bending differently; and lack of proper nourishment because time and exhaustion are all the woes of the caregiver. Rather than ignoring these feelings or falling victim to them, it is important to recognize that these thoughts and feelings are not only normal for caregivers, but also serve as reminders and messages that selfcare is essential.

When every single moment of the caregiver's day is allocated for someone else, everyone is destined to suffer, the caregiver and the one being cared for. On a positive note, qualities that a caregiver is likely to cultivate over time are compassion and courage; discipline and flexibility;

vulnerability and strength; and a deep sense of humanity – but only if they avoid burnout and attend to their own needs as well as those of their patient. Here is a five-step guide on how to survive and thrive being a caregiver:

- **Sleep**

- Be sure to have enough sleep, 8 hours a night if possible
- If you struggle with sleep, seek help from a professional. There are non-addictive sleeping aids and supplements that help develop a pattern of regular good quality sleep
- Allow yourself 15-minute power naps in the daytime if you feel tired, overwhelmed or have to be awake a number of times during the night

- **Mind**

- Be mindful of your thoughts
- If they are overpowering and consistently negative, turn your mind to something or someone you love: or write your negative thoughts on a piece of paper and shred or burn it
- Begin a gratitude journal and write in it regularly, and read it to divert your mind from the negative

- **Body**

- Be sure to eat 3 nutritious meals a day: avoid rich food and excess sugar. Experiment with power green smoothies as a replacement for one or two meals if necessary.
- Begin the day with 15 minutes of yoga stretches (you can do these before you even get out of bed), followed by 15 to 30 minutes of walking sometime during the day.
- Sip on water throughout the day; avoid alcohol

- **Emotions**

- Find support: a group on Facebook, a local volunteer group (the library or your doctor may have info)
- Be prepared to make new friends who share and understand your challenges
- Ask for help when you need it; many people benefit from having someone come in once or twice a week to allow YOU TIME; out of the home, for a coffee with friends or alone, to walk, refresh and recover (NOT to be used for shopping, dental appointments and so forth)
- Love and value yourself for who you are

- **Spirit**

- Find at least one thing that is beautiful every day: a dandelion or a daisy, a butterfly or a bird, a piece of music etc.
- Imagine playing with a child, a puppy, or a kitten
- Lift your spirit with laughter; find the funny side of situations, watch a comedy on your iPad or smartphone (often)



Understanding the Pros & Cons of Medicare Advantage Plans

Medicare Advantage, also known as Medicare Part C, makes it possible for people with Medicare Part A (your hospital insurance) and Part B (your medical insurance) to receive their Medicare benefits in an alternative way. Medicare Advantage plans are offered by private insurance companies who contract with Medicare to provide at least the same level of coverage that Original Medicare Parts A & B provide. So, the question becomes, “Which is better, Original Medicare or Medicare Advantage?”

The answer to this question is not a simple one, because although Medicare Advantage plans have features that are very attractive, they may also have characteristics that may not match your personal preferences and current lifestyle. For this reason, it is important to take an in depth look at the pros and cons of Medicare Advantage plans.

Pros

Medicare Advantage plans are required to offer at least the same level of coverage as Original Medicare Part A and Part B, however most plans offer many added benefits. These may include coverage of routine vision care, hearing aids, routine dental care, fitness center memberships, prescription drug coverage, and even over the counter (OTC) drug coverage.

Medicare Advantage plans may cost you less. If you enroll in a Medicare Advantage plan, you continue to pay your Medicare Part B premium and you may pay an additional premium. Each insurer determines the premium amount for each plan and plans and premiums vary from insurer to insurer. Some plans may have a \$0 premium cost.

Additionally, cost sharing under a Medicare Advantage plan may be less. For example, you may visit your primary care physician and have a copayment of \$5 or \$10. In contrast, if you have Original Medicare, your coinsurance or copay would be 20% which could be much more than \$5 or \$10.

Another pro or advantage of having a Medicare Advantage plan is it limits the maximum annual out-of-pocket expense you pay. Once you have spent that maximum, you pay nothing for covered medical services for the remainder of the year. Original Medicare does not provide a maximum out-of-pocket cap, so your potential expenses are limitless and can be catastrophic.

Often a Medicare Advantage plan can be less expensive than comparable coverage you would receive if you stayed with Original Medicare. To get all the benefits of Medicare Advantage with Original Medicare, you would also need to enroll in a stand-alone Medicare Part D Prescription Drug Plan as well as a Medicare Supplement plan.

For some, having a plan that helps coordinate care among health care providers is a plus. Typically, Medicare Advantage plans are managed care and have networks of contracted health care providers. Health Maintenance Organizations (HMO) are examples of networks of providers. These HMO plans require you to select a Primary Care Physician (PCP) who helps to coordinate your care. Medicare Advantage plans that include prescription drug coverage may also have medication therapy management. This care coordination can be a convenience and a valuable asset to your health.

One of the greatest advantages of Medicare Advantage plans is the “one-stop” service center for all your health and prescription drug coverage needs. Most Medicare Advantage plans combine medical and Part D prescription drug coverage. Many also coordinate the delivery of added benefits, such as vision, dental, and hearing care. For many seniors working with one vendor feels so much simpler and preferable.

Cons

Many Medicare Advantage plans may limit your freedom of choice in health care providers. With the federally administered Medicare program, you can generally go to any doctor or facility that accepts Medicare and receive the same level of Medicare benefits for covered services. However, Medicare Advantage plans are more restrictive in terms of their provider networks. If you go out of network, your plan may not cover your medical costs, or your costs may not apply to your out-of-pocket maximum.

Doctor referrals and plan authorizations for some services and procedures may require by some Medicare Advantage plans. Medicare Advantage Plans try to prevent the misuse or overuse of health care through various means. This might include prior authorization for hospital stays, home health care, medical equipment, and certain complicated procedures. Medicare Advantage plans often also require your primary care doctor’s referral to specialist before the plan will pay for services.

Finally, Medicare Advantage plans have specified service areas. Most Medicare Advantage plans have regional networks of participating providers. To enroll, you must reside in the Medicare Advantage plan’s service area at least 6 months of the year. If you divide your time between homes located in different areas, this requirement may be difficult to meet.

The Bottom Line

Medicare Advantage plans may provide more affordable coverage than you would receive otherwise by providing many *extra benefits*. The trade-off is that you must follow the Medicare Advantage plan’s rules to receive payment for covered services.



JOIN US FOR BINGO AND BE A WINNER.

Every weekday, Monday through Friday, 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 WEEKLY! CHROMEBOOKS ARE GIVEN AWAY MONTHLY!**

64 going on



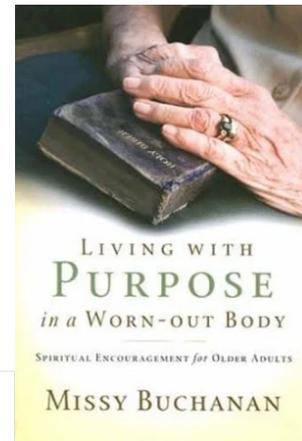
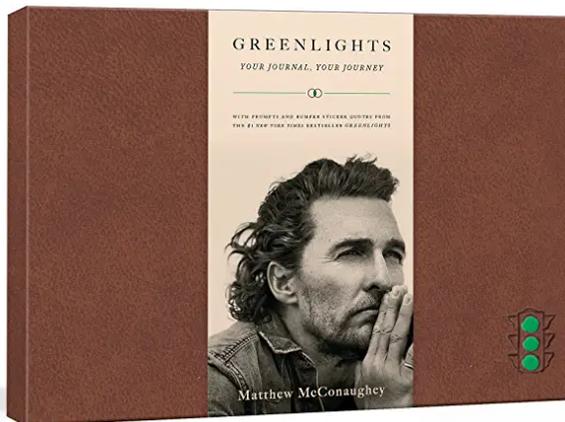
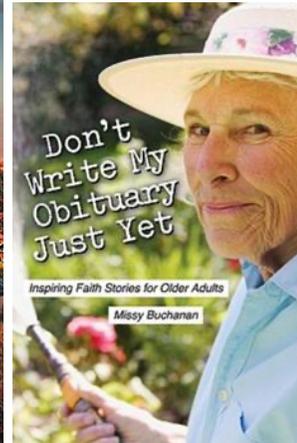
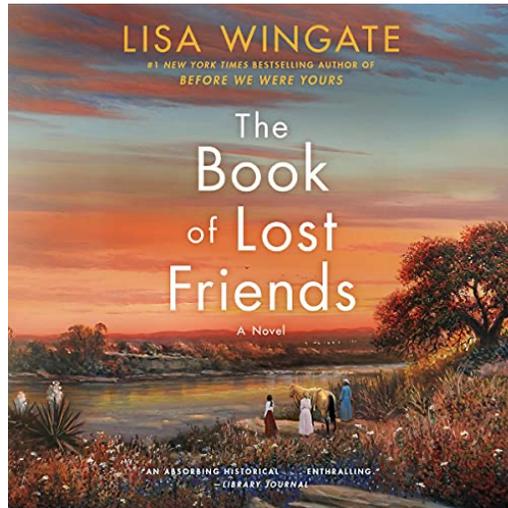
First of all....Happy Birthday to IGOT founder **Debbie Gilbert** and those of you turning **65** this year! You have made it and we are here for you. It is who we are! It is what we do! Now it's time to sign up for **Medicare**, which can be confusing because there are several options. IGOT Communities 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 **866-904-0114**. We would love to talk with you and accompany you on this part of your journey. We are all in this together! I

Traveling

Over time, one of the most important aspects of travel is that it is your best teacher when it comes to knowing and understanding yourself. You realize what you are comfortable with, but more so, you realize what makes you uncomfortable. You become more resilient, and you begin to re-evaluate your beliefs and even your dreams. You expand your spiritual and intellectual growth as you learn valuable lessons along your travels. You come across so many differences which in turn help to rethink your own ways of life. Traveling also enables you to realize your true potential and can help you discover what you really like to do with your time. Over time, travel has the power to reveal your true self, something you may never find if you are always in the same place following the same routine. Sometimes, you re-evaluate past decisions and make space and time to re-think how you want to spend your future. Travel can often provide a fresh start if you are going through a transition or recovering from a life event. The past 18 to 24 months has taken a toll on travel opportunities and plans, but as all things pass, eventually, COVID will too. So, if you could pack your suitcase and get "on the road again," where would you go that could produce a positive change in your life or the lives of others? I hear a few places calling my name; Haiti, Machu Picchu, Alaska, Canada, Naples, and the Outer Banks.



IGOT 2 Read



Bibliophilia – a person who collects or has a great love of books! Could this help you live longer and stay sharper?

In one study done by Yale University Public health found that individuals 50 and older who read regularly, as little as 30 minutes per day, lived on average two years longer than individuals who did not read at all. Other research found that engaging in intellectually stimulating activities such as reading is associated with better cognitive function later in life and could lower the risk of Alzheimer's disease. Other advantages of reading include lowering heart rate, reduces muscle tension, effectively reduces stress, and stimulates imagination and creativity. So, we can conclude that reading possesses anti-aging, brain-boosting, stress-relieving benefits.

Here are some reading tips:

- Focus on books rather than magazines or newspapers
- In the evening favor paper books rather than digital books; it's easier on the eyes and brain
- If holding books or tablets are difficult, consider audiobooks
- Broaden your horizons; try reading something you never thought you would enjoy
- Join a book club that discusses books; these are available online or at your nearest library
- Make a habit of journaling: let storylines, quotes, plots, inspire and challenge your thoughts
- Consider volunteering to start and lead a book club for IGOT Communities

IGOT Communities Volunteer Opportunities

As a nonprofit organization we understand how valuable volunteers are. Our volunteers are the heart and soul of what we can accomplish daily. They help directly every day by participating in the leadership of our membership. Volunteering helps every party involved as it gives much needed support to the operations of our organization. But more importantly, our volunteers support our membership by showing up, engaging, and encouraging each other, leaving an eternal impact. If you decide that volunteering with IGOT Communities is something you want to try, send an email to Kimberly Diane our “volunteer coordinator” at diane_kimberly@hotmail.com to see how you can get involved with our online senior community.

Check out 3 proven benefits of volunteering.

1. Decreases Your Stress

Looking for new ways to decrease the stress in your life? Try volunteering! We know that may sound a little odd, but volunteering has been proven to reduce stress as noted by the Mayo Clinic and many research efforts. Through interacting with new people and donating your time to help others you can develop a new sense of appreciation for yourself. Learning to appreciate all you’re doing for the community not only decreases your stress, but it teaches you healthy ways to manage your time and think about things that matter most in life. So, the next time you’re looking for ways to decrease stress, try volunteering with IGOT Communities and know that you’re not just helping those in need – you’re helping yourself as well.

2. Increases Your Confidence

Confidence helps with so much in your everyday life. It’s what gives you an extra push to speak up for yourself or to make bolder decisions with your future. However, confidence is a hard skill to develop because it’s really rooted in kindness. Having the courage to be kind and help others through volunteering is a great way to increase your confidence at work, with your family, and with your friends. When you volunteer, you learn to be confident which encourages others who may want to volunteer but feel inadequate. You exercise your speaking and presentation skills which again, builds greater confidence. The more practice you get at communicating with others, the more confident you’ll be no matter where you are. So, if you want to have the confidence to speak up for yourself, try volunteering. You’ll be sure to find great volunteer opportunities with IGOT Communities and in return you’ll find new ways to gain a little extra confidence.

3. Expands Your Connections

Networking is a great skill to have because it can further your connections and enrich your social life. Volunteering not only gives you confidence, but it also gives you skills you’ll need to connect in healthy and safe ways. Volunteering can connect you with a side of your community that you might not otherwise have a chance to meet. Every time you volunteer you expand your connections and expand yourself. So, try volunteering to open your heart and open new doors – you never know who you’ll meet.

While the benefits of volunteering are always evolving, there is one thing about it that will remain true: it changes lives. Your impact within IGOT Communities is needed on so many levels. Whether you have enough time to volunteer once a month or once a week, it will always be appreciated.

Nearly 10,000 people turn 65 every day. We all age, and we even slow down at some point, but we are all still living, and we all need to be engaged and serving others if we are able. If you love people and have a heart for senior adults, we would love to meet you also. We are looking for compassionate volunteers in every state. Come volunteer and partner with us! Visit www.igotcommunities.com/partner



A Note from IGOT Volunteer - Gayle Jones

I became aware of IGOT Communities through a dear friend, Jeannie Zanet. She helped me get connected with the IGOT website, coached me on how to navigate the website, helped me download Zoom, and BINGO.... Life has been more exciting ever since. From the first time I got on IGOT Communities, I have learned so much about so many different things. There are events you can take part in right on your computer and even win great prizes. It has just been so much fun to be a part of this organization. One of my favorite things about IGOT Communities has been meeting so many wonderful people, who are now friends, from so many different states. As a result, a void in my life has been filled and my day's have become more pleasant and full. Recently, one of my IGOT friends asked me to consider volunteering and at first, I tried to back away from the opportunity. Finally, I got the courage to try. About a month ago, I began helping with the Online Bingo games. Much to my surprise, I am loving it. I think there is more clarity in the different things I do. I always thought I was a reserved person with little to offer, and little did I know how much fun I have been missing. Relationships have become more meaningful and enjoyable. There are no words to describe what speaking up and taking part has done for me. I find myself taking part in so many other things that I didn't take part in before. My days are now more structured, and life is becoming more interesting every day. IGOT Communities has been one of the most positive things I have allowed into my life in a long time. Open your heart and let people in, then maybe like me, you can let your real self out.

An IGOT Salute to Volunteer- Joel Glassman.

Every member of IGOT Communities brings something unique and personal to our organization. Being a relatively new organization, we have had lots of needs. As a conglomerate of members, we can all look at our program and see things that need attention. Something we have learned through the process of growing is there are some brave people who just jump off the cliff – they act, and they take risk. Joel Glassman is that kind of a guy. He doesn't just look around and see things that need attention. He takes action. He sees possibilities. He sees opportunities and says, "I have a pretty busy schedule, but I'll take that on." Sometimes I wonder if he is really the Energizer Bunny running on a great set of batteries. Well, if he is, I hope they never drain. Joel we all hope you know how much you are loved and appreciated. We recognize that you are busier than most and we count it an honor and blessing that you make time for all of us at IGOT Communities! You're the BEST!



IGOT Bible Study

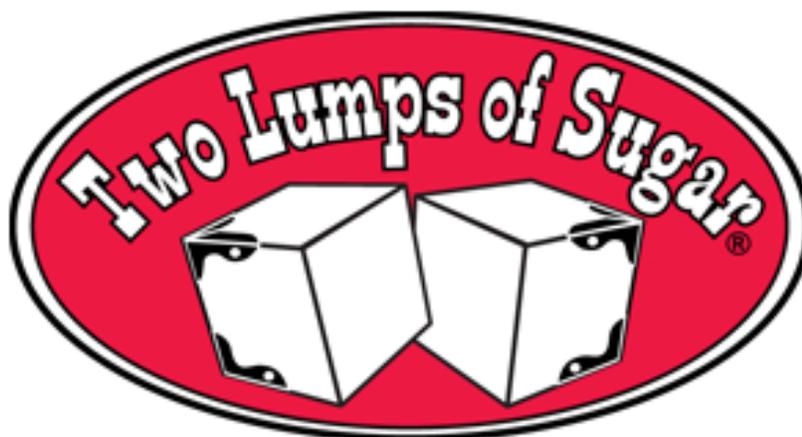


Each Monday at 11:00 AM, Diane Jamison leads a class: *Praying the Promises Found in Scripture*. During COVID 19 she has focused on praying for others and praying for our country. To join this group, go to www.igotcommunities.com/calendar scroll to IGOT Communities Bible Study with Diane Jamison and click on the ZOOM link. The passcode is 1234. We would love to meet you there. If you have not downloaded Zoom, you may be prompted to do so. It is easy and it's free.

“Why” is your spiritual health important?

A positive and hopeful attitude about life and illness, predicts improved health outcomes and lowers mortality rates. Additionally, faith in God provides a sense of meaning and purpose in life, which affects health behaviors and social and family relationships. Faith gives a greater ability to cope with illness and disability. Many older people report their spiritual belief is the most important factor enabling them to cope with physical health problems and life stresses (eg, declining financial resources, loss of a spouse or partner). In one study, > 90% of older patients relied on their spiritual beliefs, at least to a moderate degree, when coping with health problems and difficult social circumstances. For example, having a hopeful, positive attitude about the future helps people with physical problems remain motivated to recover. People who seek help from their higher power are less likely to develop depression and anxiety than those who do not; this inverse association is strongest among people with greater physical disability. Even the perception of disability appears to be altered by the degree of spirituality. Of older women with hip fractures, the most religious had the lowest rates of depression and were able to walk significantly further when discharged from the hospital than those who were less religious. People of faith also tend to recover from depression more quickly.

IGOT Partner —



The company began with a birthday wish that didn't happen, which was enough motivation to cause owner, David Schary to do something to make a dream become a reality. It took almost a year for his team to design patterns and products that fit the list of items on his birthday list. He did not want to duplicate existing products that were already a glut in the marketplace. The main ingredients were: practical for all households, imaginative and fun, excellent quality, and affordable. Today, 11 years after its inception, **Two Lumps of Sugar** brand is available in stores around the globe and possibly on other planets. And yes- some of the products are custom designed and manufactured under different brand names. Some are too challenging to pronounce! In 2010, their first catalog inside cover said, "Just Imagine....What a dream can turn into!" Their dedication to designing and manufacturing whimsical earth-friendly eco creations and niche products for all ages has never faltered. They stayed the course and refueled many times, learning that nothing comes without sacrifice. Two Lumps of Sugar has brought smiles to their customer's faces, worked successfully with countless charities and fundraisers, and guided other entrepreneurs to success. I can attest that David and his wife has remained humble and thankful to all who have supported them. With the help of their talented award-winning designers, incredible technicians, a team of dedicated people including a supportive family and his extraordinary partner he first met in fourth grade, David and his team is focused on their next journey- Project-Two Lumps of Sugar-2020- We Come In Peace.

Please join them! www.twolumpsofsugar.net

When looking for special gifts for the upcoming holiday season, check out the product line at

www.twolumpsofsugar.net

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 makes 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, have questions about Medicare or want to find out if you may qualify may for extra benefits, call the IGOT Member Medicare number **855-511-6319** today. Debbie Gilbert is a licensed agent with True Choice and her number is **606-682-3182**.

Important dates to remember:

October 1st True Choice Agents can share details of all plans contracted with Medicare for 2022.

October 15 – December 7. True Choice Agents can assist you with Medicare Advantage Plan changes and enrollments that will become effective January 1, 2022.

If you are dually eligible, meaning you have Medicare and Medicaid, your effective date may be before January 1, 2022.

Before you call for assistance, remember to make a list of all of you doctors, all medications you take, hospitals you prefer, and potential services you may need in the upcoming year, such as dental, vision, and hearing. You will also need information from your Social Security Award letter, as well as the information on your red, white, and blue Medicare card.

True Choice Development

We are building every day to create healthier, happier, and better places where seniors 55 and older can live. Within the next 3 years we will build over 300 apartments, condos, and single-family homes just for senior adults in the London area. A lovely, gated community will be a part of this development and will feature an activity/fitness center, swimming, tennis and pickleball, as well as golf privileges. We are currently taking applications for these properties. For more information contact Debbie at IGOT Communities. 866-904-0114 or 606-682-3182



IGOT Virtual Let's Get Active Harvest Craft Fair

October 2, 2021. 10 AM - 12 PM 3 PM - 5 PM 7 PM - 9 PM

Join us online as we get ready for a wonderful holiday season! Whether you want to be healthy and in better physical condition or want to do some early shopping for the holidays, this will be the place to be.

From 10 AM - 12 PM we will focus on exercise and nutrition, and we will be giving away some awesome prizes, but you must participate and interact to win! Did I mention we will be drawing for \$50 gift cards?

We will showcase the talents and wares of IGOT partners as they show their fashions, crafts, jewelry, and other items for sale for this holiday season from 3 PM - 5 PM. And we will give away a \$100 gift card.

And for all of you who have argued 8 AM is too early to be physical, we are dedicating 7 PM - 9 PM just for you. Again, our focus will be on wellness, exercise, and nutrition! It will be the place to spend the last two hours of your day to win \$50 gift cards in drawings just for those who get active and participate!

Bring a friend along who has never joined or participated in IGOT Communities, and you will be entered into the drawing for a \$100 gift card!

<https://us06web.zoom.us/j/87096601656>

Passcode is. 1234



I SPY ME... I SPY YOU! See how many of your IGOT friends you can find and name!

The Man Wearing the Tattered Hat

By

Debbie Gilbert

Today as I sat by the aqua blue sea,
A man in a tattered hat passed, not noticing me.
I wondered curiously for the next bit of time,
Does he know who you are Lord, for he's one of a kind.

His age I'm not sure, but somewhere over sixty,
Has his life been tough, easy or nifty?
These things I don't know and that is fine,
But does he know who you are Lord, for he's one of a kind.

Where is he from? Where has he been?
What has he accomplished? Does he have many kin?
Listen to me and my curious mind,
Does he know who you are Lord, for he's one of a kind.

This man who walks today by the sea,
He's one of a kind and forever will be.
Will I see him again in heaven, in time?
Because he knows who you are Lord, you're one of a kind.

Why Poetry and Older Adults

Evidence-based research shows that poetry and other forms of cultural expression offer myriad benefits for older adults:

- improves interpersonal and intergenerational relationships
- helps improve memory
- decreases stress, lowers blood pressure, and increases positive short- and long-term mood changes

IGOT members please send poems and short-stories that you have written and would love to have published in our quarterly newsletter. Who knows... they could become award winning, at least among your peers.

WORD SEARCH

A D V A N T A G E P L A N C V
 G N S O R G H U M W T O G I I
 E D T O C T O B E R F W S D B
 D E O H W M F S L E R I Y E R
 E N R U E L H N C K O N A R A
 R T Y M N M O I B N S E M S N
 A A T A R Q O K G D T R S E T
 C L I N O H D P H N E Y E V F
 I E M A C Q I M R A I E G A A
 D K E E A B E U P U P R N E L
 E A U Z W E I P E L P P A L L
 M R H A R V E S T E K I H E K
 T R A V E L N Y L L I H C M H

TRUE CHOICE
 TRAVEL
 ANTHEM
 ADVANTAGE PLAN
 MEDICARE
 DENTAL
 RAKE.

HEARING
 VISION
 PUMPKINS
 FROST
 CHANGES
 VIBRANT
 AGED

APPLE PIE
 CIDER
 WINERY
 STORYTIME
 HARVEST
 SORGHUM.

OCTOBER
 CHILLY.
 LEAVES
 HUMANA
 IGOT.
 FALL.

HOODIE
 ACORN
 OWL
 REAP
 YAMS
 HIKE

WHY WORD SEARCH?

Studies have shown that word search and other puzzles can help improve memory, focus, vocabulary, and your overall mental acuity. Word search puzzles emphasize pattern recognition, a key cognitive tool. Pattern recognition is the brain's ability to find order and create meaning from data around us. Likewise, studies have found that word search is effective in expanding vocabulary. Finally, each time you find a word, your brain produces dopamine which can also motivate other areas of your life.

FREE! FREE! FREE!
IGOT 2 PLAY BINGO EXPO 2021
ONLINE
OCTOBER 15TH

1:00 PM – 3:00 PM. THEME “BLAST FROM THE PAST”

4:00 PM. – 6:00 PM. THEME “SUPER HEROS”

SENIOR ADULT EVENT (55 and older)

TO RESERVE YOUR SEAT GO TO WWW.IGOTCOMMUNITIES.COM/BINGO

COME FOR FREE! WIN BIG! GIFT CARDS AND GREAT PRIZES!

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

IGOT Communities Resources Inc

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