



FALL, 2020

Volume 1, Issue 2

# IGOT 2 STAY CONNECTED

*“Independently Growing Older Together”*

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## Mission

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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.

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## Health

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*Fall is now upon us and the beauty of Fall reminds us that things are changing. Leaves are changing. Temperatures are changing. Time is changing. But most importantly to senior adults, Medicare Plans, Extra Benefits, and Pharmaceutical Plans are changing for 2021! IGOT Communities is here to help you navigate those changes!*



**Annual Enrollment Period, AEP**, has so quickly fallen upon us. It is the time of year when television and internet advertisements are flying all around us like crisp leaves blowing through the cool autumn air and piling annoyingly knee deep around the corners of our homes. We go to our mailboxes, only to find heaps of more confusing advertisements for plan after plan. All offering promises, but soon, the piles and the noise is too much to comprehend, stealing away the enjoyment of beautiful fall days.

IGOT Communities is committed to calming the fears that come along with making Medicare decisions, one of the most complicated decisions of a senior's life. Our commitment to our members is to provide answers to questions about Medicare Plans, extra benefits, and pharmaceutical plans to prepare you to make informed decisions that **keep more of your money in your pockets**, while providing the healthcare you deserve. Working only with *best in class* providers, our direct Medicare help number for all IGOT Members is **855-511-6319**.

## The Dangers of Social Isolation and Loneliness to the Brain and Body

Losing a sense of connection and community changes a person's perception of the world. Someone experiencing chronic loneliness feels threatened and mistrustful of others, which activates a biological defense mechanism, according to Steve Cole, Ph.D. *Loneliness acts as a fertilizer for other diseases," Dr. Cole said. "The biology of loneliness can accelerate the buildup of plaque in arteries, help cancer cells grow and spread, and promote inflammation in the brain leading to Alzheimer's disease. Loneliness promotes several different types of wear and tear on the body."* <https://www.nia.nih.gov/news/social-isolation-loneliness-older-people-pose-health-risks>



Human beings are social creatures. Our connection to others enables us to survive and thrive. Yet, as we age, many of us are alone more often than when we were younger, leaving us vulnerable to social isolation and loneliness—and related health problems such as cognitive decline, depression, and heart disease. Fortunately, there are ways to counteract these negative effects. IGOT Communities daily explore ways to keep senior adult connected through personal and teleconferencing platforms. Surviving without thriving simply isn't acceptable for our senior population.

## Ways to Connect and Thrive!



**Vera Pedigo** began playing Bingo at an IGOT Christmas Party held in her apartment complex in December 2019. Vera is 85. She has outlived three husbands, has two children, 2 grandchildren and 4 great grandchildren. Vera began playing Bingo online with IGOT Communities during the COVID-19 pandemic when invited to her neighbor's apartment. She is a faithful player. Monday through Friday, IGOT Communities give Kroger gift cards to the player who gets the first coverall in the Bingo game. Our hope is to supplement the senior adult diet with healthier food choices they might not otherwise be able to afford.

At the end of the Bingo month, IGOT Communities Resources Inc., has a drawing to give away a HP Chromebook. Our hope is to help senior adults have the means to stay connected to the outside world, even if they are unable to be with the outside world. Vera was the winner for the April giveaway. Since then, she had Internet installed in her apartment and now has friends from her apartment complex join her to play Bingo with the IGOT 2 Play Bingo live Zoom audience. At the end of the June Bingo Drawing, Vera won a second time. Since she had previously won a Chromebook, she was presented with \$180 worth of Kroger gift Cards. IGOT Communities congratulates Vera on her many winnings playing Bingo, but more importantly we want to congratulate Vera on making the effort to stay connected and thrive as she is approaching her 86<sup>th</sup> Birthday.

## 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](http://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](http://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!**

## Cooking Together

Over the past several months IGOT Communities members have been sending in their favorite recipes. We now have on our website the IGOT Communities Online Cookbook. We wanted to make our members effort rewarding, so IGOT Communities decided to have a drawing for a 5 in 1 Ninja Foodie Give Away. To be in the drawing, members received one ticket to enter the drawing for each recipe sent in. If they sent a short story about the recipe, they received 5 tickets. The drawing took place at 10:00 AM of the fourth of July. Meet our winner – Donna Morris from Harlan Kentucky.



**A Word from the Winner** - I have lived in Harlan, Kentucky most of my life. I earned my teaching degree from ECU and my masters from LMU. I was an elementary school teacher for 27 years; I taught every grade from 1st to 8th at some point. Retirement for me was a difficult transition, at first, I didn't know quite what to do with myself. I missed working with children so much I decided to tutor for a while. I tutored for three more years. Then I decided it was time to let it go. During my teaching years I sponsored the First Priority Christian Club for about 12 years, I loved being a part of the club, it was truly a blessing beyond measure.

I have been married for 33 years now; we have two grown children. My oldest son is a graphic artist in Lawrenceburg, Kentucky and my youngest son works for 5th 3rd Bank in Cincinnati, Ohio. We try to get together often, but it's been hard lately.

My hobbies are mostly craft related, painting, sewing, making jewelry, and knitting a little. I also love growing flowers and cooking. My whole family loves to cook and try new recipes. I can't believe I won the Ninja cooker! I am so excited to use it.

My friend Kim Kelley, invited me to the IGOT Communities Bingo. It is the highlight of my day. I don't always get to play because I have family obligations, but I love it. I want to thank the ladies that participate, I enjoy their company. It's been a big help during this time of isolation. I am looking forward to trying some of their recipes. Thank you so much! *Donna Morris*

## Traveling



### Beautiful Cades Cove

The Gilbert's recently traveled to Cades Cove in the beautiful Smokey Mountain National Park. Doug (65) and Debbie (63), looking for safe ways to travel, social distance, and enjoy life during the COVID 19, loaded up their bicycles and headed to the beautiful open air mountains for fun, relaxation, and exercise. They successfully road the 13-mile bicycle loop which took 3 hours. Taking plenty of time to stop along the way to take pictures, and view the many historical sites, they were able to see bears, horses, wild turkey in a breathtaking natural habitat, while learning the history of the early settlers. Prior to the Pandemic, the Gilbert's participated in IGOT Travel Tours and are excited and hopeful for the day when they will get to travel again with IGOT members to exciting destinations. Visit

<https://www.nps.gov/search/?affiliate=nps&query=cades%20cove%20bicycling>

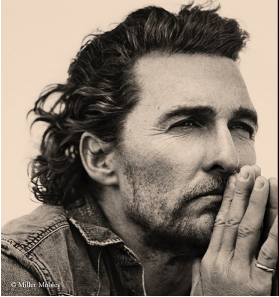
## IGOT 2 Read

Matthew McConaughey's new book

### GREENLIGHTS

JOIN  
McCONAUGHEY  
ON THE  
**GREENLIGHTS**  
BOOK TOUR

*All events are virtual*



**OCTOBER 19**  
BookPeople | 7 PM/CT  
*In conversation with Richard Linklater*


**OCTOBER 20**  
Barnes & Noble | 7 PM/ET  
*Special guest to be announced*

**OCTOBER 21**  
Live Talks Los Angeles | 6 PM/PT  
*In conversation with John Grisham*

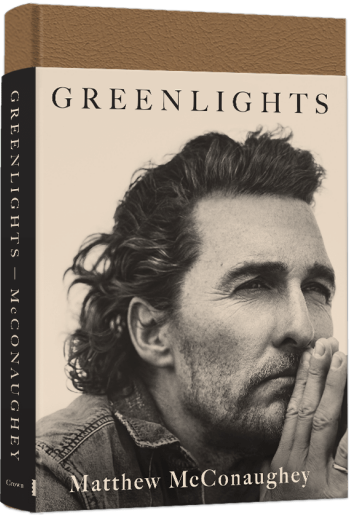
**OCTOBER 23**  
Community Bookstore  
with Murmrr | 7:30 PM/ET  
*Special guest to be announced*

**OCTOBER 26**  
Magic City Books | 7 PM/CT  
*Special guest to be announced*

**OCTOBER 30**  
Book Passage | 4 PM/PT  
*Special guest to be announced*



*For more information visit [Greenlights.com](http://Greenlights.com)*



**PREORDER THE AUDIOBOOK HERE**

Other Good Reads –

[The Gift of Forgiveness by Katherine Pratt](#)

[The Giver of Stars by Jojo Moyes](#)

[Where the Crawdads Sing by Delia Owens](#)

**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](http://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! If you are all ready to sign up for Medicare, the direct line to our Medicare Specialist is **855-511-6319**.



## IGOT Communities Volunteer Opportunities

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 as long as we are able. It is volunteers like **Jeannie Zanet** that make IGOT Communities one of the greatest non-profits serving senior adults today. Jeannie is involved in our online BINGO Games every day. She loves living and she loves the aging populations. Jeannie is also the founder of Hope & Joy Ministry. Hope & Joy teaches individuals how to make inspirational greeting cards. So if you are an IGOT member, don't be surprised if you go to your mail box and find a Hope & Joy card from Jeannie. Jeannie is married to David and they have two sons and two beautiful granddaughters. Jeannie and David also care for her mother in their home. Check out one of Jeannie's card-making videos one our website. 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](http://www.igotcommunities.com/partner)

## IGOT Bible Study

As important as physical and mental health is, so is spiritual well-being. Each Monday at 11:00 AM, Diane Jamison leads a class: *Prayer Based on the Promises Found in Scripture*. During COVID 19 she has focused on praying for others and praying for our country. To join this group, simply go to [www.igotcommunities.com/calendar](http://www.igotcommunities.com/calendar) scroll to the date and time listed as IGOT Communities Bible Study With Diane Jamison and click on the ZOOM link. 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

## 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 about extra benefits, or if you want to make an appointment to have your plan reviewed without any pressure to change or purchase, call **855-511-0319** today.



## IGOT Partner —

Words to express our gratitude to **David Schary**, founder of the company **Two Lumps of Sugar** would simply fall short of just how thankful we were the day we received a huge box of amazing items to be used as BINGO gifts for our IGOT 2 PLAY BINGO program. The company began with a birthday wish that didn't happen, which was enough motivation to cause David 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](http://www.twolumpsofsugar.net)

## WORD SEARCH

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

KIND	THRIVE	HUMOR	MUSICIAN	GAMES
MEDICARE	BINGO	TALENT SEARCH	BENEFITS	SCAM
WILL	GRACEFUL	QUILT	WINNER	GOAL
IGOT	LEGACY	CROCHET	COURAGE	HOPE
COMMUNITIES	SIXTY-FIVE	PHOTOGRAPHY	CRAFT	
TRUE CHOICE	GOLDEN GIRLS	CARVING	PRIZE	

### 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 2020**  
**LONDON COMMUNITY CENTER**  
**OCTOBER 15<sup>TH</sup>**

**1:00 PM – 5:00 PM**

**SENIOR ADULT EVENT (55 and older)**

**Temperatures will be taken – Mask are required – Social distancing will be in place**

**TO RESERVE YOUR SEAT GO TO [WWW.IGOTCOMMUNITIES.COM/BINGO](http://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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