



July 2022
Volume 5, Issue 2

IGOT 2 STAY CONNECTED

"Independently Growing Older Together"

Mission

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.

Health

The Games People Play!

Every day, Monday – Friday, IGOT members login to our website to play a game of bingo. Every day we give three \$10 Grocery Gift cards and we are very aware that although winning is a lot of fun, you can't put a price tag on the value of socialization and peer interaction. Today when health experts are sharing best practices and advice for wellness for active adults, socialization is like "the secret ingredient" that makes a healthy senior lifestyle come together.



Finding ways to connect our active adult membership can sometimes be challenging. We are a non-profit, working on an extremely small budget, with no paid employees. However, we are one of the most successful senior non-profits, maintaining a 93% retention of members. How does that happen when other retention rates are sometimes less than 48%. IGOT Communities understands the five main benefits of socialization and interaction. First, socialization combats depressive situations and allows people to feel loved and valued. Secondly, socializing creates a place where we feel like we belong. Thirdly, the more we socialize the more we have opportunities to serve others and contribute to our communities. Fourthly, socializing helps us be more accountable and gives us reasons to keep up with self-care and prioritize our own personal health. And fifthly, spending quality time with those we care about reminds us that life really is worthwhile.



The Sunflower Legend, a Folk Tale from Ukraine

By Patricia Furstenberg

Photo by Jeannie Zanet

Once upon a time, when trees still grew so tall that their tops bathed in the light of the stars, when rivers were so plentiful that fishes jumped from one stream to the next for fun, and when animals were all at peace... Once upon such a time each morning, after the Sun would rise, he would allow his daughters to drop unto earth. They would splash into cool streams, stroll through shady forests, and frolic among millions of different flowers. For on each hill, on each valley, on each piece of land a different kind of flower bloomed... And at the end of each day, when the Sun was readying his carriage for the road back home his daughters (all rosy-cheeks and arms filled with fragrant flowers) would return from their earthly strolls and join him, well behaved, heading home. The way it's always been.

But one day, ah, one day the Sun's youngest daughter remembered, just as the Sun was about to leave for the day, remembered that she had forgotten her wreath of flowers. 'I worked so hard on it, father,' she pleaded. 'It was a gift I'd made for you,' she sighed, looking down, the tip of her blue shoes drawing a little circle in the sand.

How could the Sun be upset when his youngest daughter was so sad herself? 'Very well, but be quick. Quick!' he demanded. The youngest girl dropped like a shooting star onto the earth and ran to the place where she'd left her flowery wreath. Only that it wasn't there. It wasn't there... yet, in its place, a fine young man stood. Smiling. Leaning against a birch tree, a blade of grass in the corner of his mouth... The flower crown tucked in his shirt (but the girl knew this not). All she knew, all she remembered, was the look in his eyes when he turned towards her – what color were they? Did it matter, they were... they looked at her... Making her forget what it was that she had return to earth for. Making her forget all about her sisters. And her father, the Sun.

And when the young man began to speak, the girl thought his voice was like the song of the first morning bird, soft and sweet. Promising. Only for her ears... and just as charming. And the more he spoke to her, the more enthralled she was.

How was her life even possible so far, without the knowledge of such a voice? How was she ever happy-perhaps she's never even been, before meeting him? Basking in his presence, drinking his words... And as he kissed her, and promised to love her, only her, all his life... and promised her a life better than she's ever known before, better the life she had lived as the daughter of the Sun-she believed him.

The young girl agreed to live on earth, where nightingales sing, where cherry trees blossom, where springs dance over fields... where there is love. His love.

Of course, the Sun called his daughter home, ordered her back, implored her to return. How angry she became. How could her father not understand how difficult it will be for her to live elsewhere

but on earth? And so, the girl turned her back on her family and stayed on earth. Among humans. With her beloved. With her husband.

After all, there were other young girls leading happy lives here. And, soon, life returned to normal. As life always does. Each day, the husband showered his young bride with words, till one day when he forgot, and another day when he forgot completely about her. She tried to catch his gaze and even told him that she rarely ever saw him, they barely spent time together, and she missed him. She missed “them”. A tear rolled down her silky cheek and fell, unnoticed, to the ground. Had he already fallen out of love with her? She choked with pain as she asked him this, and her voice was a whisper in the wind. Lost before it even reached his ears.

He looked at her-his eyes of a color she still adored were focused on her-but how different was the man watching her... saying that earthly people loved differently, because the happiness of love is united with the joy they get out of work. Doesn't she want him to be happy? Of course, of course she does... More than anything else. The girl wiped her wet cheeks ignoring the tears sipping in the dry ground. Then, could she work too? Could she, too, know the twin happiness he's embracing now, instead of her?

No words left his lips. His face even grew longer-or was it a shadow creeping over the sky? Over her life. Over her heart. No words left her lips either but a thousand words streamed through her mind... mostly of how her father always did everything in his power to keep her and her sisters happy. How laughter was the main sound in her father's home. How happy she'd been. There.

Things were different on earth. Life was different. Love was different. It was measured by a different scale. An unbalanced scale. How she missed her father, her family and the simple life they shared! How she cried for her loss. The girl turned and looked up, towards the sun. She forgot about pride and earthly love, instead she crept unnoticed towards her father's kingdom. No human noticed her leaving, not even her husband. And the closer she got, the straighter she stood, and the happier she felt. Till the Sun said NO. He could not take her daughter back. Can't she see? She'd grown roots into the earth. Roots she's nursed with her pain, with her tears.

And so, the girl remained rooted into the earth, neither willing to return to her husband's barren home, nor able to join her father's celestial kingdom. Forgotten by the other girls, just like her... Yet always looking up, through rain, and hail, and winds, following her father-her purpose-with her eyes, forever turning her head after the Sun. Hoping, knowing that one day she will return to her home. If only she was patient enough. One day. After all, she was a daughter, a flower of the Sun.



~ The Sunflower Legend, a Folk Tale from Ukraine, retold ~

The sunflower is Ukraine's Floral Symbol.

#StandWithUkraine

When I Was Young and In the Mountains

By Cynthia Rylant



When I was young in the mountains, Grandfather came home in the evening covered with the black dust of a coal mine. Only his lips were clean, and he used them to kiss the top of my head.

When I was young in the mountains, Grandmother spread the table with hot corn bread, pinto beans, and friend okra. Later in the night she walked through the grass with me to the Johnnie-house, and held my hand in the dark. I promised to never eat more than one-serving of okra again.

When I was young and in the mountains we walked through the cow pasture and through the woods, carrying our towels. The swimming hole was dark and muddy, and we sometimes saw snakes, but we jumped in anyway. On our way home, we stopped at Mr. Crawford's for a mound of white butter. Mr. Crawford and Mrs. Crawford looked alike and always smelled of sweet milk.

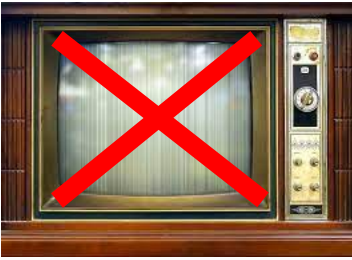
When I was young and in the mountains, we pumped buckets of water from the well, and heated it in big round tin tubs for our baths. Afterward, we stood by the old black stove, shivering and giggling, while grandmother heated cocoa on top.

When I was young and in the mountains we went to church in the schoolhouse on Sundays, and sometimes we walked with the congregation through the cow pasture to the dark swimming hole for baptisms. My cousin Peter was laid back into the water, and his shirt stuck to him, and my grandmother cried.

When I was young and in the mountains we listened to the frogs sing at dusk and awoke to cowbells outside our windows. Sometimes a black snake came in the yard, and my grandmother would threaten it with a hoe. If it did not leave, she used the hoe to kill it. Four of us once draped a very long snake, dead of course, across our backs for a photograph.

When I was young and in the mountains we sat on the porch swing in the evenings, and grandfather sharpened my pencils with his pocket knife, and grandmother sometimes shelled beans and sometimes braided my hair. The dogs laid around us and the stars sparkled in the sky. A bobwhite whistled in the forest, *Bob, Bob, Bobwhite!*

When I was young and in the mountains, I never wanted to go to the ocean, and I never wanted to go to the desert. I never wanted to go anywhere else in the world, for I was in the mountains. And that was always enough. **The End!** (Note****The picture of this old homeplace is the home of Debbie Gilbert's great grandparents Major and Virginia Ball located at Brush Creek, KY. The house has since burned.)



Whatever you do, **DO NOT** call the number on the screen - before you call your IGOT Medicare Educator!

In a MedicareAdvantage.com survey of over 1,000 beneficiaries, three out of four called Medicare "confusing and difficult to understand."

Things that sound too good to be true, are often too good to be true even when coming from the superstar you used to love to watch on TV. We

have trained Medicare educators who can help you understand your Medicare & You 2022 booklet. Once you understand, then it is safe to call. If you have questions, our number is 606-657-5031. We are here to help. We are on a mission to beat Medicare confusion and we are not going to let it get the best of our IGOT members!

If you're not automatically enrolled and don't sign up for Medicare Part A during your initial enrollment period, you'll incur a late enrollment penalty when you do sign up. The late enrollment penalty amount is 10 percent of the cost of the monthly premium. You'll have to pay this additional cost each month for twice the number of years you were eligible for Medicare Part A but didn't sign up.

If you're already receiving Social Security benefits, your monthly premium for Part B will be deducted from your monthly check. If you don't currently get Social Security benefits and don't sign up for Medicare Part B during this time, you'll be required to pay a late enrollment penalty along with each Medicare Part B monthly payment. You'll have to pay this additional fee for the rest of your life.

Your monthly premium will increase by 10 percent for each 12-month period in which you could have had Medicare Part B but didn't. If you're eligible for the Medicare Part B special enrollment period, you won't incur a late enrollment penalty, provided you sign up during that time. Special enrollment periods are provided for people who don't sign up for Medicare Part B during initial enrollment because they have health insurance through their employer, union, or spouse.

You're able to enroll in a Medicare Part D drug plan at the same time you become eligible to enroll in Original Medicare. You can enroll in Medicare Part D without incurring a late enrollment penalty during the 3-month period that begins when your Medicare parts A and B become active.

If you wait past this window to enroll, a late enrollment penalty for Medicare Part D will be added to your monthly premium. This fee is 1 percent of the average monthly prescription premium cost, multiplied by the number of months you were late enrolling. This extra cost is permanent and will be added to each monthly premium you pay for as long as you have Medicare Part D.

If you're eligible for a special enrollment period and sign up for Medicare Part D during this time, you will not incur a penalty. You will also not incur a penalty if you enroll late but are eligible for the Extra Help program.



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 **606-657-5031**. We would love to talk with you and accompany you on this part of your journey. We are all in this together!

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** and **CHROMEBOOKS** are given away monthly!



NEXT BINGO EXPO

This Will Be An In Person & Online Event
Earlier Registration Will Be Required For This Event

October 14, 2022
10 AM – 6 PM

Go to www.igotcommunities.com today and register by clicking on the BINGO EXPO tab. You must be registered by 11 PM

October 10th to play in the Expo on the 14th. On this day will showcase a variety of IGOT Programing Events!

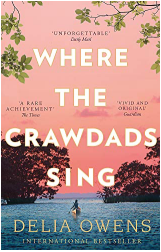
IGOT 2 TRAVEL WITH IGOT FRIENDS

BY JEANNIE ZANET

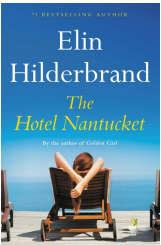




IGOT 2 Read

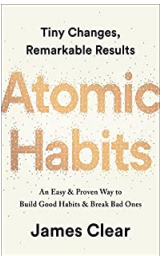


Last month we encouraged you to read this book *Where The Crawdads Sing*. Since, the movie has been released and it's very close to the story in the book. You are sure to find yourself feeling many emotions throughout the movie, fear, anger, love, compassion, resentment; just to name a few. If you are unable to go to a movie theater, it is sure to be available online very soon.



Fresh off a bad breakup, general manager Lizbet Keaton struggles to revive a Nantucket hotel – and to write her own second act

• **Genre:** General fiction



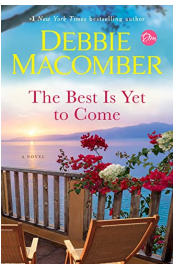
Subtitle: "An Easy & Proven Way to Build Good Habits & Break Bad Ones"

Genre: Business



Years after a falling out, two best friends reunite for one last road trip

- **Genre:** General fiction
- **Debuted:** May 20, 2021



Two souls who are starting over find a new love with each other

- **Genre:** Romance
- **Debuted:** July 21, 2022

Good Reads....Just READ



I want to express my gratitude to all of you who volunteer in our BINGO program. Whether you are calling the games, keeping attendance, or managing the masterboard, we could not do BINGO on a daily basis, multiple times a day, without you.

There are many benefits to volunteering. First and foremost, it gives you *purpose*. When you serve in this capacity, it is not so much to benefit Debbie, IGOT, or even yourself, but rather for those who look forward to playing BINGO each and every day as their only means of socialization.

Just think of all of the challenges people face when they are confined to their home or bed for 6-8 weeks or even for the remainder of their lives. As volunteers, we are a life-line to many and as that life-line, let's continue to reach out, be engaging, encouraging and kind.

New members may take a few minutes to get their name correctly on the screen, while others have device noise they are unaware of, or no audio at all, and others are simply nervous and full of questions when they first begin. We were all new at one time in the past, and what a blessing that members of IGOT Communities quickly embraced us as a part of a wonderful family that continues to grow.

So, thank you a million times over! We are still in the “blazing the path” milestone with this organization, but hang on, because we are going somewhere great, and you are a huge part of making it all happen!

Want to be one of our newest volunteers? We would love to have you!

Monthly Volunteer Drawing for a \$40 gift card					
January	February	March	April	May	June
1 Arlene Marcus	1. Arlene Marcus	1. Barbara Smith	1. Barbara Smith	1. Annette Fields	1. Shirley Landen
2 Barbara Smith	2. Barbara Smith	2. Beverly Smith	2. Beverly Smith	2. Barbara Smith	2. Kim Kelley
3 Beverly Smith	3. Beverly Smith	3. Carol Kirby	3. Brenda Merritt	3. Beverly Smith	3. Barbara Smith
4 Carol Kirby	4. Carol Kirby	4. Debbie Nichols	4. Carol Kirby	4. Carol Kirby	4. Shirley Patrick
5 Debbie Nichols	5. Debbie Nichols	5. Diane Jamison	5. Debbie Nichols	5. Diane Jamison	5. Bill Duncan
6 Diane Jamison	6. Diane Jamison	6. Dora Colwell	6. Diane Jamison	6. Gayle Jones	6. Carol Kirby
7 Jackie Voorhis	7. Dora Colwell	7. Dorothy Self	7. Evelyn Johnson	7. Jackie Voorhis	7. Jeannie Zanet
8 Janice Wesley	8. Jackie Voorhis	8. Evelyn Johnson	8. Jackie Voorhis	8. Janet McClure	8. Patricia Neal
9 Judy Bruner	9. Janice Wesley	9. Gayle Jones	9. Janice Wesley	9. Janice Wesley	9. Judy Bruner
10 Jeannie Zanet	10. Judy Bruner	10. Jackie Voorhis	10. Judy Bruner	10. Joel Glassman	10. Lois Alcorn
11 Kim Kelley	11. Kim Kelley	11. Janice Wesley	11. Julie Lopez	11. Judy Bruner	11. Mitzi Kester
12 Kimberly Diane	12. Kimberly Diane	12. Judy Bruner	12. Kim Kelley	12. Judy Taylor	12. Kimberly Diane
13 Lois Alcorn	13. Lois Alcorn	13. Julie Lopez	13. Kimberly Diane	13. Julie Lopez	13. Myrtle Williams
14 Lynda Storm	14. Lynda Storm	14. Kim Kelley	14. Lois Alcorn	14. Kim Kelley	14. Jackie Voorhis
15 Mable Hubbard	15. Mitzi Kester	15. Kimberly Diane	15. Lynda Storm	15. Kimberly Diane	15. Beverly Smith
16 Marjorie Jones	16. Ollie Clark	16. Lois Alcorn	16. Marianne Crawford	16. Lois Alcorn	16. Janet McClure
17 Mitzi Kester	17. Rhonda Brooks	17. Lynda Storm	17. Mitzi Kester	17. Lynda Storm	17. Sharon Thacker
18 Rhonda Brooks	18. Shirley Patrick	18. Mable Hubbard	18. Myrtle Williams	18. Marianne Crawford	18. Diane Jamison
19 Shirley Patrick	19. Toni Engle	19. Mitzi Kester	19. Patricia Neal	19. Mitzi Kester	19. Lynda Storm
20 Toni Engle		20. Myrtle Williams	20. Patsy Vandeventer	20. Myrtle Williams	20. Brenda Merritt
		21. Shirley Patrick	21. Rhonda Brooks	21. Nancy Cadiz	21. Julie Lopez
			22. Shirley Patrick	22. Pat Storms	22. Debbie Nichols
			23. Toni Engle	23. Patrick Neal	23. Arlene Marcus
				24. Patsy Vandeventer	24. Patsy Vandeventer
				25. Sharon Thacker	25. Debbie Maple
				26. Shirley Patrick	26. Dora Colwell
					27. Susan Downey



IGOT 2 Become the Woman I Was Fashioned To Be

By Debbie Gilbert



If you have never checked out IGOT Videos under the MORE tab on our website, please do.
<https://igotcommunities.com/igot-videos>

YOU MAY BE A POET AND DON'T KNOW IT!

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

IGOT 2 TELL MY STORY *with Carol Kirby*

What is your story? Where have you worked? Where have you traveled? Do you know someone who knows something that would benefit our members? Connect with Carol Kirby each Thursday at 11:00 EST for IGOT 2 Tell My Story.

IGOT BIBLE STUDY *with Diane Jamison*

Believe it or not, most of our members are in the fourth and final quarter of this game called life. We are also in the stage of life where we begin to take inventory of our life, ask for forgiveness, and make amends. For some, it is a time of spiritual awakening, searching, and growing their faith. IGOT Communities is blessed to have the great spiritual leader and prayer warrior, Diane Jamison leading our Bible study each Monday at 11 AM EST. Come join us!

IGOT YOGA & EXERCISE *with Kim Kelley*

Mon – Wed – Fri at 8 AM EST start your day stretching and doing chair exercises that are sure to get you off to a better start. These exercises are designed to have low joint impact and are adaptable to any fitness level. You will definitely fit in to this fitness class.

IGOT 2 Walk *with Kimberly Diane and Lynda Storm*

Walking is always better when doing it with a friend. This walking exercise connects you to your walking companions through ZOOM and only takes about 15 to 20 minutes to cover a healthy one mile walk right from your living room. Mon – Fri. 9 AM EST

IGOT 2 MAKE A LIST FOR ANNUAL ENROLLMENT PERIOD OCT 15 – DEC 7

List of doctors: Primary Care Physician, all specialists with addresses and phone numbers.

Pharmacy: Name, address, and phone number.

List of all medications: Drug Name (Generic name), dosage, and milligrams

IGOT 2 REVEAL A SECRET YOU DON'T KNOW ABOUT ME

Our sponsors are wanting to share some love through grocery gift cards and with the prices of groceries, we want them to share this love. So here is the plan in the form of a game.

Each member is to text or email Debbie Gilbert a statement about themselves that they think no one would ever guess. These secret statements with the members name must be received by Debbie no later than July 31st 11 PM EST.

The statements will be put into a word document along with a list of names. You will try to match the statement with the name of the person whom you think may have submitted it.

You should keep your secret to yourself. The first phase of the game will totally be a guessing game. There will be a second phase of the game that will be introduced later, so keep your secret protected. Only members who submit secrets will be included in the game and have an opportunity to win grocery gift cards, so send your secret today to:

debbie@igotcommunities.com or text it to 606-682-3182.

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.

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. The Hills at Emerald Greens, is a lovely, gated community that will be a part of this development and will feature an activity/fitness center, swimming, tennis and pickleball, as well as golf privileges. There will be approximately 60 private homes for sale and 40 patio homes that will be leased. We are currently taking applications for these properties. For more information contact Debbie at IGOT Communities. 866-904-0114 or 606-682-3182.



KENTUCKY'S PREMIERE 55+ ACTIVE/GATED COMMUNITY

TRUE CHOICE DEVELOPMENT PROPERTIES IN LONDON KY



AVAILABLE NOW FOR LEASE

1 Bedroom / 1 Car Garage Duplex

W 14th St., London, KY. 40741

Included:

Refrigerator Stove, Dishwasher, Microwave,
Washer/Dryer

Deposit: \$750

Monthly Rent: \$750

KU electric, City sewer, water, and garbage

Utilities NOT INCLUDED

TAKING APPLICATIONS FOR 2 BEDROOM /1 CAR GARAGE DUPLEXES ON MILL ST. AVAILABILITY IS DECEMBER 1ST.

\$850 DEPOSIT & \$850 MONTHLY RENT. ALL APPLIANCES ARE INCLUDED. UTILITIES ARE NOT INCLUDED. RESTRICTED TO 55+

TAKING APPLICATIONS FOR 1 BEDROOM HOUSE WITH OVERSIZED GARAGE THAT WOULD BE GREAT FOR EXTRA STORAGE OR EVEN A WORKSHOP! W 14TH ST. AVAILABILITY IS MID SEPTEMBER OR OCTOBER 1ST.

\$900 DEPOSIT & \$900 MONTHLY RENT. ALL APPLIANCES ARE INCLUDED. UTILITIES ARE NOT INCLUDED.

RESTRICTED TO 55+

WORD SEARCH

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

TRUE CHOICE
ANTHEM
MEDICARE
DUAL PLANS
MEDICAID
ENCOUNTER

KENTUCKY
JAKE
SENIOR LIVING
KRIS
UTAH
ENROLL

FUN
PDP
ORIGINAL
ADVANTAGE.
PART A
PART B

BE KIND
STORY
ZIP
CODE
SUPPLEMENTAL
OCTOBER

DOCTORS
WIN
BINGO
GAMES
CHANGE
DRUG PLAN

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 2022

IN PERSON AT THE LONDON COMMUNITY CENTER & ONLINE

OCTOBER 14TH

10 AM EST – 6 PM EST

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

225 Substation Street

London, KY 40741

www.igotcommunities.com

606-657-5031

debbie@igotcommunities.com

jz@igotcommunities.com

diane_kimberly@hotmail.com



GLENNA'S PEACH BATTER CAKE

In a cast iron skillet, combine

2 cups sliced fresh peaches
Juice of ½ lemon
1 cup sugar
1 tablespoon corn starch,
¼ teaspoon salt

Pour in:

1 cup boiling water and mix well.

Make a batter of:

1 cup self-rising flour
¾ cup sugar
3 tablespoons melted butter
½ cup milk

Drop batter over peaches by tablespoonful

Bake at 375 degrees for 1 hour.

Serve warm with vanilla ice cream.



IGOT Wristlet Key Chains

\$10 plus S/H

Made by IGOT member Rosemary Davenport of London, KY

Coming soon to our IGOT STORE

Taking orders now!