



Spring 2023  
Volume 6, Issue 1

# 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.

## 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. It was certainly a joy to connect in person with some of our members during our trip to the east coast.

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## A New Year- A New You- So Much Hope Lies Ahead

**Joel Glassman**

The calendar has turned to 2023 and people all over the world have celebrated the coming of the New Year. The holidays are over and it is time to start anew. Perhaps it is moving to a new place. Perhaps it is starting a new hobby. Perhaps it is learning a new skill or advancing on an old one. Whatever it is, people are looking towards improving their lives every time the calendar turns over.

In the spring, things begin anew. Flowers and trees renew themselves. Baseball teams are full of optimism as a new season begins. Newly elected and re-elected legislators strive for improvements in the lives of their constituents.

So too do the members of our IGOT community look towards improving their lives as they make decisions on what to do. Perhaps we decide to walk more and join our friends during the IGOT TO WALK sessions. Or maybe we will attend more YOGA classes to limber up our bodies. This author would bet that most of us will attend more BINGO sessions and hope to win more often than we did in 2022. Whatever it is that we decide, it will be for the joys of enriching our lives and the lives of those around us.

The New Year is a time to make resolutions, goals, or promises that we make to better our lives. Most people make similar resolutions to attempt to themselves every year like to lose weight or to exercise more. However, those may go by the wayside as soon as there are to go to or the muscles get weary. Others make resolutions to do the things they have been putting off for many years like to learn a new instrument. Still others make much more personal resolutions like making up with a family member where the relationship has gone astray or with a former friend where the relationship has been strained. Studies show that most resolutions are made to improve mental and physical health, diet, and finances.

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resolutions like making up with a family member where the relationship has gone astray or with a former friend where the relationship has been strained. Studies show that most resolutions are made to improve mental and physical health, diet, and finances.

My New Year's resolutions for 2023 is to spend less time in front of the computer, working harder on my family tree (which may go against the first one) and to finally make a serious attempt at learning to play the ukulele. Others in our group responded to an email that was sent asking for feedback.

Sharon T. wants to lose weight by watching what she eats, improve her health and take a couple of trips- including Branson, Missouri. While, as all of us, she has several doctor visits scheduled, hopefully they won't get in the way.

Tommie W. has 3 big resolutions and the plans to succeed. They include Resolution # 1- To exercise more! I plan to go to Heart Rehab. Maintenance at our local hospital

three times a week and exercise for one hour. Currently working out a schedule with my insurance company on a wellness program they offer through local facilities. So far I'm doing well!! Resolution #2- Spend more time reading my Bible. I plan to read daily. So far I've been reading every night before bedtime!! And Resolution # 3- Spend more time traveling. So far I have 2 trips planned- To Venice, FL in April with my granddaughter and Martha's Vineyard in July with members of my family I'm currently working on additional travel opportunities.

Carol K. has one major resolution and that is a weight loss goal of 5 lbs per month thru April. Total loss of 20 lbs by May 1st. Goal includes walking at 9 AM on the **IGOT to Walk** program.

We wish each of them and others who have made resolutions the best of success in reaching their goals.

If you find that you make a resolution and cannot keep it, you are not alone. In fact, there is a "ditch the resolutions day" on January 17<sup>th</sup> and a "quitters day" that also occurs in January. Studies have shown that 55% of people break their resolutions during the year. But have no fear because June 1 is unofficially known as "New Year's Resolution Recommitment Day" so you can start all over.

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### Who Will Step Up?

Submitted by Toni Engle

This is the story about four people:

Everybody, Somebody, Anybody and Nobody.

There was an important job, and Everybody was asked to do it.

Everybody was sure Somebody would do it.

Anybody could have done it, but Nobody did it.

Somebody got angry because it was Everybody's job.

Everybody thought Anybody could do it,

but Nobody realized that Everybody wouldn't do it.

It ended up that Everybody blamed Somebody when actually

Nobody asked Anybody.

## 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 30 private homes for sale, 30 private homes will be leased, and 80 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. These properties are not income-based properties.

#### **THINGS TO DO DURING YOUR IGOT WEEK**

##### **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!

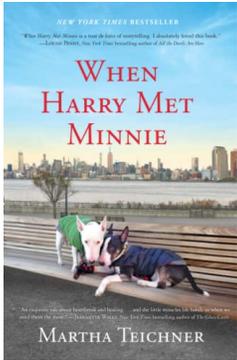
## **IGOT YOGA & EXERCISE with Kim Kelley**

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.

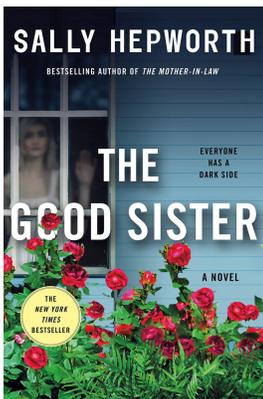
## **IGOT 2 Walk with Kimberly Diane and Lynda Storm**

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

## **LOVE TO READ?—HERE ARE SOME SUGGESTIONS**



**When Harry Met Minnie: A Story of Love and Friendship** is about dogs, people, and living in New York City. CBS correspondent Martha Teichner shares her love for the city and her companion Minnie, a bull terrier. Having a dog is a lifestyle, she reveals. When you walk a dog, you meet people. One day a fellow dog walker introduces her to a designer and a fellow bull terrier owner, Carol. Martha likes her immediately. They discover their common interests and develop a friendship circle which includes Harry, Carol's bull terrier. The breed is loyal and gentle with family members. Martha says, "Minnie and Harry were the loves of each other's lives....It's a fairy tale with New York as its vivid backdrop." Sadly, the story is set in New York post 9/11. Still, there's humor and heart, laughter and living, and most importantly, joy. Non-fiction.



**The Good Sister** by Sally Hepworth

Fern and Rose are fraternal twins. Rose is married and a successful commercial designer. Fern is a librarian on the autism spectrum, who loves the library and has little experience with romance. When Fern realizes Rose is trying for a baby, but is unable to conceive, Fern decides she will have a baby for her sister. With chapters alternating between the sisters' points of view, the reader begins to realize that something is desperately wrong. What really makes a good sister? The book is a suspenseful read.

All the titles above are available at the public library, local bookstores, or online.

## An Endearing Connection of IGOT Communities

By Kim Kelly



a Bingo card and she became more interested.

IGOT Communities is all about connections and endearing ones at that. One such delightful connection is the mother-daughter connection of Barbara (Babs) Westerfield and Thresa Duncan of London, Kentucky. Thresa heard of IGOT Communities through her small group at church, which includes Jeannie Zanet, Beverly Smith and Paula Douglas. They encouraged her to get on and play Bingo with them on the IGOT Communities website using Zoom. Thresa had been introduced to Zoom when taking a class through the Laurel County Health Department, so she got on and tried Bingo. She liked it. She then invited her mom, Babs, to play with her. Babs, who is 86 years old, at first would not play, but Debbie Gilbert, founder of IGOT Communities, sent her

At first, Babs was having to go over to Thresa's, in a back bedroom, to play Bingo and it wasn't that easy to get over there. (Babs lives in a condo that is connected by an inside door to Thresa and her husband Dexter's house). This did not last too long, as Babs won one of the first Chromebooks that IGOT Communities gives away at the end of each month for participation.

Babs and Thresa, then and now, play Bingo over at Babs and Babs can get on the activities whenever she chooses, Babs takes part in Yoga, Bingo, Prayer and Bible Study, Storytelling, Tea Time, the Bingo Expos and any extra online activities, while Thresa only has time to participate in Bingo, Yoga and the Bingo Expos, due to other family obligations.

When asked what she liked best about IGOT Communities, Babs said, "I love everything!" She said that she loves to play Bingo and take part in Prayer and Bible Study. She enjoys the activities on Storytelling. She mentioned the physical benefits from getting on Yoga on Mondays, Wednesdays and Fridays.

"The Bingo Expos are so much fun!" said Babs. Babs also stated that IGOT Communities was a Godsend during COVID, a time when no one could go out and everyone felt isolated. "It gave us someone to talk to and care about," she said. She recounted the many times that members have prayed for her and her them. God takes care of us through IGOT Communities. She said that IGOT Communities has helped her reconnect with her friend Linda Bailey who used to attend her church in London but lives in Atlanta now. Babs has also gotten her late husband's cousin, Herman House, to join IGOT Communities and play Bingo.

Thresa expressed many of the same sentiments. She mentioned being accountable to each other on Yoga and how great it is meeting people from all over the United States. Also, taking part in IGOT activities via Zoom has reunited her with old friends also. She and founder, Debbie Gilbert, attended the same high school and Thresa has seen other familiar faces from the London area on IGOT Communities.

Babs and Thresa are so glad they joined IGOT Communities and look forward to many upcoming events. Babs was married for 58 years to Oscar Westerfield, before his passing in 2000. Babs worked at the Contel Telephone Company for 34 and a half years and volunteered for 15 years at the Baptist Health Corbin Surgery Desk. She attends Faith Assembly Church in London, when possible.

Thresa worked at Appalachian Computer Services in Customer Services for 16 years and then 24 years as a nurse. As a nurse, she once traveled to Ecuador on a Medical Mission Trip which later opened the door to presentations of the Gospel. Thresa is a member of The Creek-London.

Babs and Thresa are hopeful they can continue to meet new people during future IGOT activities.

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### Laughter Will Soothe The Savage Beast



An 80 year old widower goes to his chaplain and tells him "I have this great desire to live forever". The chaplain tells him, "so go out and get married again". The man says "so getting married will help me live forever?". "No", says the chaplain, "but it will lower your desire to do so".

A husband walks in on his wife while she is taking her medicine and sees her with a dozen items in her hand. "Gosh. You sure take a lot of pills", he says. "Oh", she replies, "I only take 3 pills. The rest are M&Ms. I like to reward myself for taking my medicine".

I met a Magical Fairy yesterday who said she would grant me one wish. "*I wish to live forever,*" I said. "*Sorry,*" said the Fairy, "*That is the only wish that I'm not allowed to grant.*" "*Fine,*" I said, "*then I want to die the day after Congress is filled with honest, hard-working, bipartisan men and women who act only in the people's best interests!*" "*You crafty little stinker,*" replied the Fairy.

## What's New In IGOT Communities

There are several exciting things coming to IGOT Communities. March Madness is just around the corner and a March Madness contest is in the works.

We also have established a "Doodling Club" with some of our IGOT members. We learn and discuss some of our doodling on scheduled Storytelling programs at 11 am on Thursdays. We hope others will join us at any time when one is scheduled during 2023. Carol Kirby's storytelling hours are also discussing poetry where members share poems they would like to read. There may also be a session where we create our own poems or stories by taking turns creating the lines. It is sort of method of improvisation or inventing something on the spot.

Then there is the Kentucky Derby in early May and a now annual Kentucky Derby party and contest will take place online late in that week. This leads up to the...

# 2023 IGOT Spring Encounter

**May 5-6- London Community Center & Farmers Market. London KY.**

**IGOT Derby Celebration Events May 5th. 5 PM - 10 PM**

- Derby Cookout
- Derby Classic Car Show
- Derby Classic Music and Derby "Dirty Dancing"
- Derby Bingo Expo
- Derby Games

**The Janice Wesley Garden & Artisan Show May 6th 10 AM - 5 PM**

- Gardners
- Gardening Talks & Hands-on Planting Experience
- Landscape Artist
- Outdoor Home Decor
- Artist

Mark your calendar now for the two day event in the hometown of IGOT Communities! Scheduled events will be added as they are confirmed.

## Updates From The Founder

### Debbie Gilbert



Can you believe it is already March? Time is certainly flying and I am never disappointed when the daffodils bloom and the robins begin building their nest on my gutter beneath the eav of my house. But these winter months have really been pleasant for Doug and I. We began traveling the end of January, in part for a vacation and much needed rest, but for those of you who know me best, rest is not my strong suit. The trip took us 2,853 miles, 14 days and 60 hours of driving time. We first traveled to Boone NC, then on to Mt. Airy, spending one night at each location, before settleing in Cary NC for two nights. There we were able to meet with our Cary IGOT members and tour Carolina Preserve. Joel and Harriet treated us to a wonderful dinner, and the next day it was great to sit and talk in-person with Joel about IGOT Communities. Before we left, we played BINGO with some of our members at their clubhouse and it was just great to be with IGOT friends that we usually only connect with online.

From Cary we travelled on down to New Bern, a costal city in NC, then on down the coast stopping at many historical places and great diners to enjoy regional dishes. Our next “IGOT Friends” stop was actually with a husband and wife team who are agents with True Choice Agency, Donald Zebraski and his wife Kimi. There, I did an interview with Donald about Medicare Open Enrollment Period which is going on through the month of March. During this period, if you have a Medicare Advantage Plan and are not happy with your plan, you may make one change during this time. So if you want to make any change in your plan, make sure to call me for educational tips before you make changes. Remember, I always say, “Whatever you do, DO NOT call the number on your screen.” You can also view that video <https://www.youtube.com/watch?v=Ja1eBn80sng&t=35s> NOTE – you are reading this in a pdf form so you cannot click on this link to view the video, you will need to type it in your address line or brouser.

After leaving Don and Kemi, we spent the next moring with Ed and Arlene Marcus and took a tour of their 55+ community. Arlene and Ed are absolutely two of the kindest, genuine people I know. They are amazing hosts and we enjoyed a wonderful lunch prepared by Arlene. From that visit, we found Judy Schary (91), playing Rummy Tiles with her ninety-three and ninety-five year old friends, before

being introduced to her ninety-seven year old boyfriend. I will never ever forget this visit. Ever since I had met Judy's amazing son, David, I wanted to meet his mom. This family has been blessed beyond measure with personality, artistic ability, and love for people. After leaving Judy in Lauderhill FL, we drove Alligator Alley across to Naples, one of our favorite vacation spots where we rested a couple of nights. Then, we were back on the road, now on the west coast of Florida heading toward Kentucky. We stopped by and had the most amazing croissants and strawberries with Walt Vignault and Sandy Baxter in Venice. We toured their community, walked only a few hundred feet from their house to the beach where Sandy showed us where the baby turtles are born, that then crawl back into the ocean. I hated to leave Venice so soon, but we wanted to get on to Gainesville to visit a friend there, before heading on up to Marietta GA to play bingo with Linda Bailey and PJ, her new recruit to IGOT. And from there, we headed to the place we call home, London KY.

My short summary of this memorable trip is this – IGOT Communities is a God-thing, not a Debbie Gilbert thing. There are amazing people all over this globe; good, hardworking, fun, generous, kind, talented, and loving people. I am so thankful that I have a great husband who allowed me to make our time together more than just a vacation for us, but helped me make one more dream come true. Most of all, I am thankful that God has enriched my life with each of you. You are like family!

**FOR MORE EDUCATIONAL INFORMATION REGARDING OPEN ENROLLMENT PERIOD OR HOW TO SIGN UP FOR MEDICARE PLEASE GIVE ME A CALL.**



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## Saving Money Is All Around Us- Part 1

### Jeannie Zanet



There are multiple businesses out there that provide discounts for Seniors age 55 and over. Many of these are not published and **you must ask for your discount**. It is possible that not all stores in all locations will participate in giving you the discount and it is possible that designated discount days may be different in different states (ex- Harris Teeter gives a discount on Thursdays in NC).

#### **RESTAURANTS:**

Applebee's: 15% off with Golden Apple Card (60+)  
 Arby's: 10% off ( 55 +)  
 Ben & Jerry's: 10% off (60+)  
 Bennigan's: discount varies by location (60+)  
 Bob's Big Boy: discount varies by location (60+)  
 Boston Market: 10% off (65+)  
 Burger King: 10% off (60+)  
 Chick-Fil-A: 10% off or free small drink or coffee ( 55+)  
 Chili's: 10% off ( 55+)  
 CiCi's Pizza: 10% off (60+)  
 Denny's: 10% off, 20% off for AARP members ( 55 +)  
 Dunkin' Donuts: 10% off or free coffee ( 55+)  
 Einstein's Bagels: 10% off baker's dozen of bagels (60+)  
 Fuddrucker's: 10% off any senior platter ( 55+)  
 Gatti's Pizza: 10% off (60+)  
 Golden Corral: 10% off (60+)  
 Hardee's: \$0.33 beverages everyday (65+)  
 IHOP: 10% off ( 55+)  
 Jack in the Box: up to 20% off ( 55+)  
 KFC: free small drink with any meal ( 55+)  
 Krispy Kreme: 10% off ( 50+)  
 Long John Silver's: various discounts at locations ( 55+)  
 McDonald's: discounts on coffee everyday ( 55+)  
 Mrs. Fields: 10% off at participating locations (60+)  
 Shoney's: 10% off  
 Sonic: 10% off or free beverage (60+)  
 Steak 'n Shake: 10% off every Monday & Tuesday ( 50+)  
 Subway: 10% off (60+)  
 Sweet Tomatoes: 10% off (62+)  
 Taco Bell : 5% off; free beverages for seniors (65+)  
 TCBY: 10% off ( 55+)

Tea Room Cafe: 10% off ( 50+)  
 Village Inn: 10% off (60+)  
 Waffle House: 10% off every Monday (60+)  
 Wendy's: 10% off ( 55 +)  
 Whataburger: 10% off (62+)  
 White Castle: 10% off (62+) This is for me ... if I ever see one again.

### **GROCERY :**

Albertson's: 10% off first Wednesday of each month ( 55 +)  
 American Discount Stores: 10% off every Monday ( 50 +)  
 Compare Foods Supermarket: 10% off every Wednesday (60+)  
 DeCicco Family Markets: 5% off every Wednesday (60+)  
 Food Lion: 60% off every Monday (60+)  
 Fry's Supermarket: free Fry's VIP Club Membership & 10% off every Monday ( 55 +)  
 Great Valu Food Store: 5% off every Tuesday (60+)  
 Gristedes Supermarket: 10% off every Tuesday (60+)  
 Harris Teeter: 5% off every Tuesday (60+)  
 Hy-Vee: 5% off one day a week (date varies by location)  
 Kroger: 10% off (date varies by location)  
 Morton Williams Supermarket: 5% off every Tuesday (60+)  
 The Plant Shed: 10% off every Tuesday ( 50 +)  
 Publix: 15% off every Wednesday ( 55 +)  
 Rogers Marketplace: 5% off every Thursday (60+)  
 Uncle Guiseppe's Marketplace: 15% off (62+)

### **CELL PHONE PLANS, Etc. :**

AT&T: Special Senior Nation 200 Plan \$19.99/month (65+)  
 Jitterbug: \$10/month cell phone service ( 50 +)  
 T-Mobile has senior plans  
 Target- Consumer Cellular- Voted best for seniors  
 Verizon Wireless: Verizon Nationwide 65 Plus Plan \$29.99/month (65+).

### **MISCELLANEOUS:**

Great Clips: \$8 off hair cuts (60+)  
 Supercuts: \$8 off haircuts (60+)

NOW, go out there and claim your discounts - - and remember -- YOU must ASK for discount – no ask, no discount.

I Know everyone knows someone over 50 please pass the one on!!!!

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### **Did You Ever Wonder????**

If people *evolved* from monkeys, why are monkeys still around?  
 If money doesn't grow on trees, *how come banks have branches?*  
 Why are goods sent by ship called CARGO and those sent by truck SHIPMENT?  
 Why do we put cups in the dishwasher and the dishes in the cupboard?  
 If a vegetarian eats vegetables, *what does a humanitarian eat?*  
 100 years ago, everyone owned a horse and only the rich had cars. *Today everyone has cars and only the rich own horses.*  
 People are prisoners of their phones. *That's why they are called cell phones.*

## Did You Plan For Retirement? Kimberly Diane

AHH, RETIREMENT! It's finally here.

We've all seen the commercials which are centered around financial planning for the future. They show people finally taking that Dream Vacation, golfing, sailing, sightseeing in far off cities or countries or traveling in a RV. That was the plan, and some may have been fortunate to achieve it.

But then you return home and the reality of "THE REST OF YOUR LIFE" happens. You wake up automatically at the same time you have been for the past 20-30 years, even though the alarm clock is not set. Then you think to yourself, you don't need to get up but you can't seem to sleep in any longer. So, you get up, pour yourself a cup of coffee, sit down and ponder over what to do today. Clean out the garage or closets? Done that. Mow the lawn? Did that yesterday and the grass hasn't grown that much overnight. Touch up some painting around the house. Yes, that should take a couple of hours or maybe the whole day; but it didn't.

So, the real question is: Did you plan for all the "free" time you will have once you are no longer a slave to the alarm clock or time clock? Time is a precious commodity, and many say we have too little of it. However, it seems like that's all we do have, now that we have retired. If we don't take precautions regarding how we will spend our time, we could find ourselves in a place we never thought we would. If you find yourself slipping into that dark area of isolation, depression or hopelessness of what tomorrow may bring, consider volunteering. There are many benefits to it, and it will only cost you TIME.

Volunteering has been and always will be the backbone of any organization. Think about your own community. Many have Volunteer Fire Departments. Blood banks depend on those who donate their life-giving blood. When someone is lost, search parties of volunteers come together to help. Schools ask parents for their assistance with bake sales, concessions at games, props and costumes for play performances. And don't forget the sports coaches.

Start planning today. Whether it's volunteering to help an on-line organization or a local one in your neighborhood or community, make it a priority to invest in yourself and at the same time you'll be helping others. So have a second cup of coffee and then go out and enjoy the rest of your life. Take a walk and maybe ask a neighbor to join you. Check out the senior center, you may run into a former classmate. Call a school or library and ask if they would like someone to read to the children. Hospitals, nursing homes, your church/synagogue or many of the non-profit organizations would welcome the offer of help.

IGOT COMMUNITES RESOURCES offers many on-line opportunities to help fellow senior adult members remain physically, mentally and spiritually healthy. You don't need to leave the comforts of your recliner to enjoy a fun game of BINGO and you just may win a \$10 nutritional gift card.

Here are just a few more thoughts worth pondering and planning for the rest of retirement. Many of us have suffered illnesses and unfortunately some have lost loved ones. Prayer has been one focus that has held our small community together. Encouraging words bring peace and comfort to those hurting. Not many days go by when

someone doesn't have a prayer request. The prayer team is more than honored to receive those requests and pray. There is much rejoicing when we hear of miraculous healing. What about exercising. Exercise to some is a four-letter word. *It's not.* Most of the exercises are done while sitting in a sturdy, hard back, non-rolling chair. And yes, you do get a good sweaty workout.

Finally plan to keep learning something new every day Learning new technology and maneuvering through it without the help of a grandchild is another great aspect of IGOT. A Chromebook computer is given away each month to a member who has participated in any event offered throughout the month. Events are done via ZOOM. Many of the members didn't know how to get connected on their different devices. Through phone calls, other members have been able to walk a member through the process of getting connected. And what a connection it has been! From the east coast to the west coast, Wisconsin, Ohio near Pennsylvania, down to Florida, North Carolina and Texas and many states in between and growing. We may be called members of IGOT COMMUNITIES but for many we like to say, "We are family" and we are looking forward to you joining our family.

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## ARE YOU FEELING LUCKY?



Joel Glassman

With St. Patrick's Day just around the corner, many people are digging out their best green outfits and items that they believe will bring them the luck of the Irish. Although St. Patrick's Day is an important religious holiday to the Irish and has nothing directly related to luck, the original shamrock had 4 leaves- representing the Father, the Son, the Holy Spirit and God's Grace, people tend to think the day can be lucky for them.

So what is this thing called luck and what are some of the symbols of luck? Luck can be good and luck can be bad and there are symbols assigned to both. It may surprise you that the word swastika meant good luck in ancient India. Of course, it has a much different meaning today.

Luck and superstitions tend to go hand in hand. A ballplayer on a good streak may not change his underwear, may not change his routine for each day and/or may use the same equipment in playing his sport as long as the streak continues. Likewise, he will change anything and everything when the going goes bad.

Common symbols of good luck include a rabbit's foot, a horseshoe, a four leaf clover and the number 7. Bad luck is associated with black cats, broken mirrors, ladders and the number 13.

The rabbit's foot traces its roots back to the Celts who believed that, when a rabbit is burrowed underground, they were closer to the gods and underworld. Other cultures believe that the rabbit's foot is only lucky if the rabbit was killed in a certain way and in a certain place and even believe only one specific foot was lucky. A humorist once wrote that you may depend on the rabbit's foot for luck but it wasn't lucky for the rabbit.

**Horseshoe-** According to this legend, St. Dunstan who also worked as a blacksmith once nailed a horse-shoe in the hoof of the devil, which caused the devil to flee. Since then, horse-shoe has been used as a good luck charm to ward off bad spirits.

**Four Leaf Clover-** These are few in number and they are very to find. Many people today will wear amulets depicting the four-leaf clover symbol. The leaves represent faith, hope, love and luck.

**Wishbone-** The Estrucans believed in the clairvoyant powers of birds. If a bird was killed, its collarbone was dried in the sun. Anyone could have a wish granted if they stroked the bone (but not breaking it). The ritual was picked up by the Romans. Scholars believe the custom evolved into breaking the bone because Roman dinner guests would engage in a tug-of-war over that prized part of the bird.

**Alligator's Teeth-** For lovers of chance in Africa, wearing an alligator's tooth or an amulet with several teeth is a symbol of luck and can bring wealth as well.

**Cat's Eye- People from India believe in the powers of a Cat's Eye stone.** It is believed that one who carries this stone in their pocket will never have their good fortune leave them. Cat's Eye stones are also believed to protect individuals from unexpected loss and guard financial decision making.

**The Number Seven-** Japanese mythology calls upon the Seven Gods of Fortune. Judeo-Christian traditional texts demonstrate a strong influence in the number 7. It is no surprise to see red sevens throughout a casino. But whatever you do, don't say the word 'seven' around any craps players.

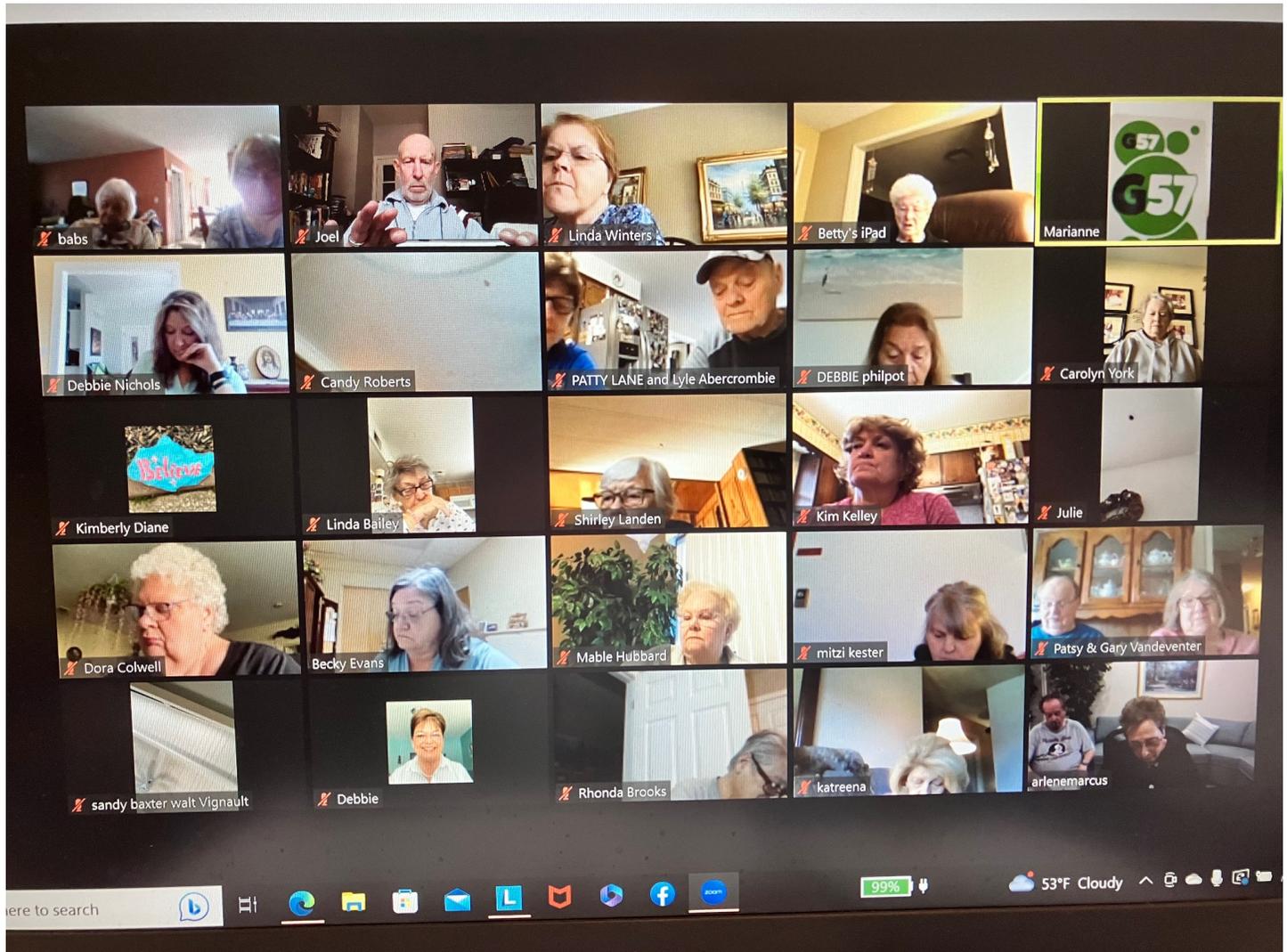
**Keys-** In Japan, three keys worn together are a very powerful good luck charm or amulet as they unlock the door that leads to love, health, and wealth. If you wear one key, you can unlock the door to whatever you seek. This is why dignitaries are given a key to cities, and no wonder that those who hold the key can unlock the doors to a kingdom or a treasure chest.

**A penny-** A penny can be a symbol of good or bad luck. Some believe that picking up a penny will bring you good luck. However, many believe that, if the penny is showing tails, it will bring bad luck if you pick it up.

Other good luck charms like turtles and other animals, rainbows, rubbing the belly of a Buddah's statue, dream catchers, acorns, and even pieces of a hangman's rope with a variety of stories behind them.

So the next time you are having a streak of lucky days, hang onto that lucky charm that you have and do not change your routine of the day. **But please, PLEASE, do change your underwear.**

## **IGOT PLAYERS TRYING THEIR LUCK DURING BINGO**



## Spring Quiz

See if you know the answers which relate in some way to the spring.

(answers below- don't peek)

- 1- Who starred as the pitcher in "It Happens Every Spring"?
- 2- Who starred as the mother on the program "Lost In Space"?
- 3- In what movie did Pat Boone sing "April Love"?
- 4- Who played the wife of Jimmy Stewart in The Glenn Miller Story and The Stratton Story?
- 5- Who did Henry Gross sing about in 1976?
- 6- Who performed a "mother and son" skit with her partner in the 50s and 60s?
- 7- What 60's singer always follows her man?
- 8- Who starred in "She Done Him Wrong"?
- 9- Who wrote "Silent Spring" which led to the ban of DDT and the creation of the EPA?
- 10- Who was once groomed to be "the next Betty Grable"?

Answers- 1- Ray Milland 2- June Lockhart (also starred in "Lassie") 3- April Love (Did I fool you?) 4- June Allyson 5- Springtime Mama 6- Elaine May 7- Little Peggy March (I Will Follow Him) 8- Mae West 9- Rachel Carson 10- June Haver

Hopefully you enjoyed going back in time. Danger-Will Robinson!

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## BUYING A COMPUTER CAN BE MINDBOGGLING

If Bud Abbott and Lou Costello were alive today, their infamous sketch, 'Who's on First?' might have turned out something like this:

### **COSTELLO CALLS TO BUY A COMPUTER FROM ABBOTT**

**ABBOTT:** Super Duper computer store. Can I help you?  
**COSTELLO:** Thanks. I'm setting up an office in my den and I'm thinking about buying a computer.  
**ABBOTT:** Mac?  
**COSTELLO:** No, the name's Lou.  
**ABBOTT:** Your computer?  
**COSTELLO:** I don't own a computer. I want to buy one.  
**ABBOTT:** Mac?  
**COSTELLO:** I told you, my name's Lou.  
**ABBOTT:** What about Windows?  
**COSTELLO:** Why? Will it get stuffy in here?  
**ABBOTT:** Do you want a computer with Windows?  
**COSTELLO:** I don't know. What will I see when I look at the windows?  
**ABBOTT:** Wallpaper.  
**COSTELLO:** Never mind the windows. I need a computer and software.  
**ABBOTT:** Software for Windows?  
**COSTELLO:** No. On the computer! I need something I can use to write proposals, track expenses and run my business. What do you have?  
**ABBOTT:** Office.  
**COSTELLO:** Yeah, for my office. Can you recommend anything?  
**ABBOTT:** I just did.

**COSTELLO:** You just did what?

**ABBOTT:** Recommend something.

**COSTELLO:** You recommended something?

**ABBOTT:** Yes.

**COSTELLO:** For my office?

**ABBOTT:** Yes.

**COSTELLO:** OK, what did you recommend for my office?

**ABBOTT:** Office.

**COSTELLO:** Yes, for my office!

**ABBOTT:** I recommend Office with Windows.

**COSTELLO:** I already have an office with windows! OK, let's just say I'm sitting at my computer and I want to type a proposal. What do I need?

**ABBOTT:** Word.

**COSTELLO:** What word?

**ABBOTT:** Word in Office.

**COSTELLO:** The only word in office is office.

**ABBOTT:** The Word in Office for Windows.

**COSTELLO:** Which word in office for windows?

**ABBOTT:** The Word you get when you click the blue 'W.'

**COSTELLO:** I'm going to click your blue 'w' if you don't start with some straight answers. What about financial bookkeeping? You have anything I can track my money with?

**ABBOTT:** Money.

**COSTELLO:** That's right. What do you have?

**ABBOTT:** Money.

**COSTELLO:** I need money to track my money?

**ABBOTT:** It comes bundled with your computer.

**COSTELLO:** What's bundled with my computer?

**ABBOTT:** Money.

**COSTELLO:** Money comes with my computer?

**ABBOTT:** Yes, no extra charge.

**COSTELLO:** I get a bundle of money with my computer? How much?

**ABBOTT:** One copy.

**COSTELLO:** Isn't it illegal to copy money?

**ABBOTT:** Microsoft gave us a license to copy Money.

**COSTELLO:** They can give you a license to copy money?

**ABBOTT:** Why not? THEY OWN IT!

**(A few days later)**

**ABBOTT:** Super Duper computer store. Can I help you?

**COSTELLO:** How do I turn my computer off?

**ABBOTT:** Click on 'START'...

\*\*\*\*\*

I hope you have enjoyed my first crack at doing your IGOT NEWSLETTER. I am learning as I go since I have not used WORD for very many things other than simple letters. I promise to try to do better next time. Formatting can take a long time.

Enjoy your days as the weather gets warmer and the flowers and trees begin to bloom. But remember to take care of yourself as it is also allergy season.

**SEE Y'ALL ON IGOT**

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