



Summer 2025

# 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

### YOUR BRAIN

Your brain has the ability to gather and take in new information every single day to help you manage every life event and deal with each daily task you face. In the medical and science world this is called brain neuroplasticity. In some ways, your brain is like the silly puddy that we used to play with. You can mold it, bend it, bounce it, manipulate it, and remember this, even copy words from printed sources with it. Neuroplasticity is about flexibility and adaptability of our brain throughout our life and how we grow as individuals. More inside this newsletter!



Local IGOT member at Spring Potluck

**Matters, Medication, Mobility, and Mentation.** Recently I attended a steering meeting for the aging population and the **4 M's** was the topic of discussion. As this was my first time to attend, I can say that I was amazed at how IGOT Communities has integrated the 4 M's into our daily programming. So here is a breakdown of the 4 M's. **MATTERS** – IGOT has always tried to consider that for our program to be successful and effective, what **MATTERS** to our members most, must matter to our leadership and the planning of our programs. **MEDICATION** – at IGOT we understand a lot about medication. First, our members must have access to the medication they need, so we are proactive in trying to find every resource to help, including Medicare Extra Help, Medicaid help for those who qualify, pharmaceutical help for those who don't qualify for government assistance, and other provisional resources. We also understand that educating our members about the effects of their medication is essential to their quality of life. **MOBILITY** – IGOT has led the way in keeping our members mobile through our Senior Stretch Program and In Home Walking Program. *Continued on Page 2*

**Finally – MENTATION** - Good mental health and healthy cognitive functioning are two reasons we even have our online community. IGOT is committed to staying connected with members on a daily basis because research indicates aging individuals who have a community of friends live healthier, happier, and longer lives. Likewise, strong mental health is an undergirding factor to stronger physical health. Below is a short survey that we would love for you to print (or copy if you don't have a printer), complete it, and mail or email back to our home office at IGOT COMMUNITIES RESOURCES, 225 SUBSTATION STREET, LONDON, KY. 40741 or email to [debbie@igotcommunities.com](mailto:debbie@igotcommunities.com) . If you will take the time to complete this survey, your name will go into a \$100 Amazon Gift Card drawing to take place the first week of December. You matter to us and what you think matters to us, so please participate for a chance to treat yourself at Christmas time.

**Your Name** \_\_\_\_\_

### **FIVE THINGS THAT MATTER MOST TO ME AT MY AGE**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**MOBILITY** – (on a scale of 0 – not at all, to 5 – daily flexible and mobile) please rate yourself

How mobile do you consider yourself      1      2      3      4      5

How many times have you fallen in the past month?      \_\_\_\_\_ In the past year? \_\_\_\_\_

Do you have a planned exercise routine? 1-Never      2      3      4      5 – daily

Do you have the equipment you need to be mobile?    Yes      No

What equipment do you need to make you more mobile? \_\_\_\_\_

Do you have transportation to get to the doctor, grocery, pharmacy, church, and social events?      Yes      No

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## MENTATION – Mental, Emotional, and Cognitive Health

What makes you happy? \_\_\_\_\_

What makes you sad? \_\_\_\_\_

What are some things you do when you are sad, that help you feel better? \_\_\_\_\_

\_\_\_\_\_

Have you had any significant losses in the past two years? Yes      No

Describe those losses \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Would you say that you are anxious?      Yes      No

Would you say that you are more:    Depressed      Sad      Happy      Melancholic

How would you describe your memory? \_\_\_\_\_

What are your current hobbies? \_\_\_\_\_

\_\_\_\_\_

Do you read on a daily basis?    Yes      No

When you do read, what do you mostly read? \_\_\_\_\_

Do you still travel?    Yes      No

How much TV do you watch daily in hours? \_\_\_\_\_ How much time are you on a digital device daily ( phone, tablet, computer) ? \_\_\_\_\_

If you travel, where did you go on your last trip? \_\_\_\_\_

Do you still do your own grocery shopping in a supermarket?    Yes    No

Do you purchase your groceries online and have them delivered?    Yes    No

Do you pay your own bills and balance your own checkbook, or do you have help? \_\_\_\_\_

\_\_\_\_\_

Do you raise flowers either in a garden or inside your home?    Yes    No



Do you have pets?    Yes                      No                      If you do, would you describe your pets and tell us their names \_\_\_\_\_

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In the box below:

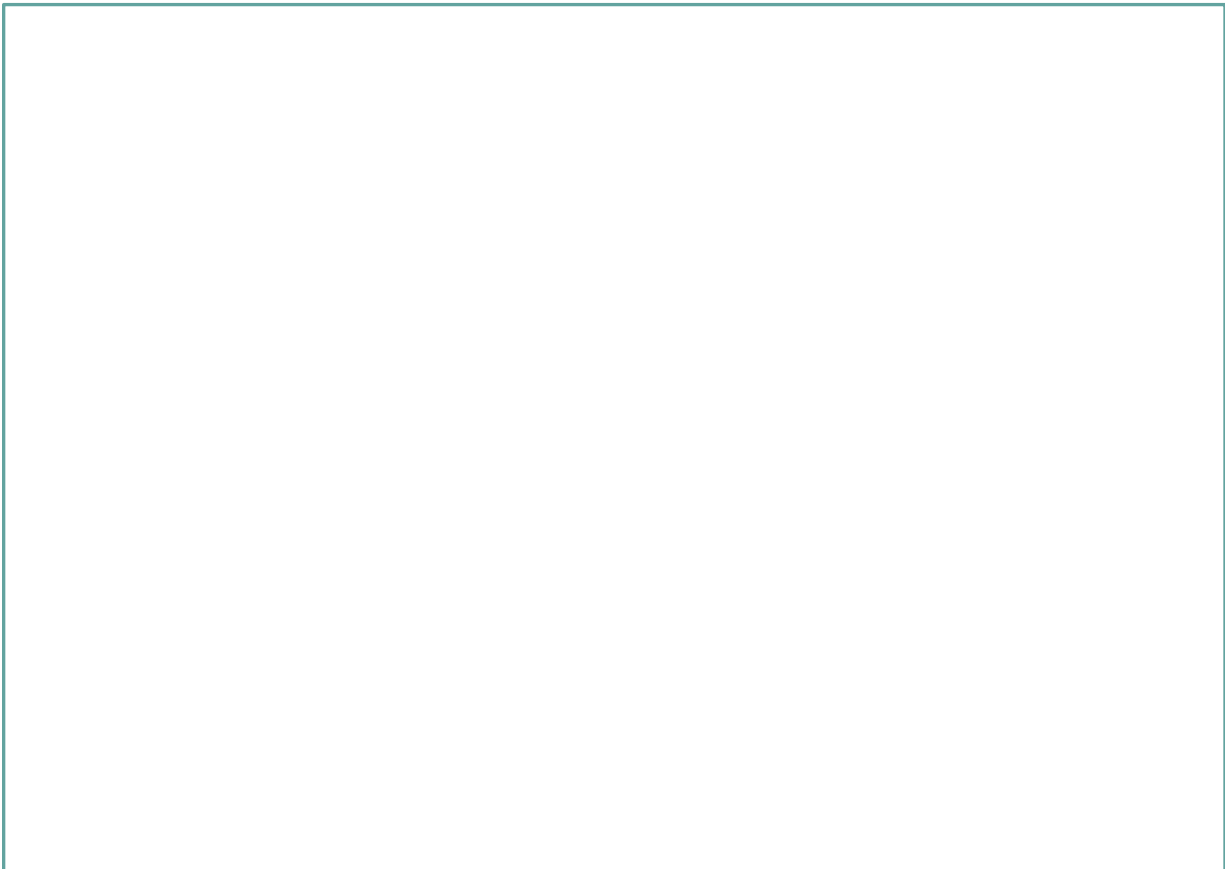
Draw 3 squares with a circle in two of them and a triangle in one of them,

Write what year it is in the top right corner of the box

Write the year you were born in the bottom left corner of the box

Draw a smiley face in the top left corner of the box

If you were born 10 years ago, how old would you be. Put answer in Bottom right corner of box.



***Thanks for participating and good luck when we have our drawing!***

## 10 Principles of Neuroplasticity for Optimizing Brain Function

1. **Use it or lose it** – Learning something once doesn't mean you'll know it forever. If you don't use a skill, odds are it will deteriorate and weaken over time.
2. **Use it and improve it** – To use an old phrase, practice makes perfect.
3. **Specificity** – Be tactical in your approach and focus on the skill you want to learn. You can teach old dogs' new tricks.
4. **Repetition** - Doing a task repeatedly can eventually make it feel second nature. Repetition is great extra practice for the brain.
5. **Intensity matters** – Like any muscle, great effort yields great results.
6. **Timing matters** – If you have a fall and concussion or if you have a stroke, don't delay on trying to rebuild pathways. Early action typically brings better results.
7. **Salience matters** – If you truly want to have a great brain and it really means the world to you, commit yourself to the effort.
8. **Age matters** – Anyone at any age can benefit from neuroplasticity, but the process goes a bit easier when you are younger. If you are older, it may take a bit more time, but do not grow weary in well-meaning brain activities.
9. **Transference** – Practicing well one skill usually always is improving other skills at the same time. For example, making your brain work even when you would rather be taking a nap, is also building character.
10. **Interference** – There are always things that interfere and cause us to take shortcuts...don't do it, it may cause you to develop bad habits. Say no to interruptions and put in the work to keep your brain functioning at it's optimal level.

**If you want a stronger brain, learn to challenge it regularly with new activities and new experiences. Look for new experiences in your day-to-day life by:**

1. Take a new route to the doctor, grocery, or friends house without using your GPS, but rather use your brain.
2. Listen to a new song, for example ask Alexia to play something from the 1990's and try to figure out what the meaning of the song is.... lol...good luck.
3. Find a new recipe in the IGOT Online Cookbook and try it.
4. Try a new exercise.
5. If you are right-handed, try today to use only your left hand all day, even if it is just wiping your tush.
6. Go to be an hour earlier tonight and try to get a minimum of 8 hours sleep every night. Sleep is when the information from the day is being consolidated in your brain. Sleep is also the only time toxins are flushed from the brain according to research.
7. Sign up for a class at your community college, library, or extension office.
8. Try to learn a new language.
9. Try to learn how to juggle three tennis balls at one time.
10. Learn to play an instrument or join a community or church choir.

## WAYS WE CONNECT on ZOOM and INPERSON

<b>SENIOR STRETCH</b>	<b>MON-WED-FRI</b>	<b>8:00 AM EST</b>
<b>IGOT 2 WALK</b>	<b>MON – FRI</b>	<b>9:00 AM EST</b>
<b>BINGO</b>	<b>MON – FRI</b>	<b>10 AM, 2 PM, 5 PM EST</b>
<b>IGOT BIBLE STUDY</b>	<b>MON</b>	<b>11:00 AM</b>
<b>IGOT 2 TELL MY STORY</b>	<b>Thursday</b>	<b>11:00 AM</b>
<b>TRAVEL</b>	<b>SEE CALENDAR</b>	<b><a href="http://WWW.IGOTCOMMUNITIES.COM">WWW.IGOTCOMMUNITIES.COM</a></b>
<b>LOCAL POTLUCK EVENTS</b>	<b>SEE CALENDAR</b>	<b><a href="http://WWW.IGOTCOMMUNITIES.COM">WWW.IGOTCOMMUNITIES.COM</a></b>
<b>OTHER UPCOMING EVENTS</b>	<b>SEE CALENDAR</b>	<b><a href="http://WWW.IGOTCOMMUNITIES.COM">WWW.IGOTCOMMUNITIES.COM</a></b>

## OVERVIEW OF SPRING 2025

It has been a great Spring for the IGOT family. We have had a few setbacks as some members and their family members have battled medical setbacks. However, we are a family that supports each other and has helped each other to get through the tough times that can come with growing older.

The great parts of the Spring were the continuing activities that our members take part in. We've had several interesting discussions during our Thursday morning sharing sessions that are run by Carol Kirby. Carol has been able to secure several speakers to discuss topics such as nutrition, travel, saving money and alternative medical treatments.

We have also had some fun contests such as March Madness and a Kentucky Derby contest that saw several members win prizes and show off their well decorated hats. All of this while continuing to grow physically and spiritually and maintaining our very important relationships with each other and our families. As the Rolling Stones say "we all need someone we can lean on" and we occasionally need to lean on each other.

Perhaps the event that was the most revealing was during Valentine's Day when we shared answers about how we met our significant others, where we spent our honeymoon and shared significant aspects of our lives up until today. It was fun to learn special secrets about our community members we had not known before. As Lisa Sutton stated, "I chased him (Craig) until he caught me". That is probably true about most couples though it might have been the other way around.

## WHERE IN THE WORLD IS KIM KELLY?

### Joel Glassman

Kim Kelly is our IGOT world traveler. Well, maybe just our USA traveler. Who knows!

Recently Kim took to the road to visit some friends and former basketball teammates in the Charlotte, NC area. Though that was a memorable experience for her, it may have paled in comparison to her visit to her IGOT friends in Carolina Preserve in Cary, NC.

Kim spent some time with me as we toured the CP community and clubhouse, went out to lunch at a local restaurant and played bingo online with those back home in Kentucky and with those who attended the 2 PM game in person plus a perspective newcomer, Elizabeth Johnson. Elizabeth enjoyed herself so much that she has now joined the IGOT clan and has played regularly since (and has even won at bingo and in the Derby contest).

We then next moved over to Ginny Dreikosen's house where we had a nice meeting with Sandi Colwell and Cathy Gottesman. We spoke about a number of things in our lives- both past and present- before we said "good-bye" to Kim as she hit the road to return to her old Kentucky home.

Stay tuned for Kim's next announcement as to where she will take her next adventure.



*The following exercise is a little late in the year, but great for every American to know!*

## AMERICAN FLAG QUIZ

With Flag Day and Independence Day occurring during this period of the year, how well do you know about our country's flag and its history. Take this quiz and find out.

1. In what year was the first US flag adopted by Congress?
2. How many stripes were on the flag when Francis Scott Key wrote the Star-Spangled Banner?
3. Who named the flag "Old Glory"?
4. What song contains the line "And forever in peace may you wave"?
5. Who designed the very first US flag?
6. Which President established Flag Day as the anniversary of the flag resolution?
7. How many US flags have been placed on the moon?
8. What is the procedure for displaying the flag at half-staff?
9. Can the US flag be displayed at night?
10. Who designed the current US flag?



Debbie's triplet granddaughters several years back





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 **606-682-3182** We would love to talk with you and accompany you on this part of your journey.



## 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 the IGOT Member Medicare number **606-682-3182** today.

## A GREAT WAY TO THINK

*This is the true joy in life, the being used for a purpose recognized by yourself as a mighty one; the being a force of nature instead of a feverish, selfish little clod of ailments and grievances complaining that the world will not devote itself to making you happy. I am of the opinion that my life belongs to the whole community, and as long as I live it is my privilege to do for it whatever I can. I want to be thoroughly used up when I die, for the harder I work the more I live. I rejoice in life for its own sake. Life is no "brief candle" for me. It is a sort of splendid torch which I have got hold of for the moment, and I want to make it burn as brightly as possible before handing it on to future generations.*

George Bernard Shaw



## ANSWERS TO AMERICAN FLAG QUIZ

1. 1777

2. 15. 2 were added to the original 13 when Vermont and Kentucky became the 14<sup>th</sup> and 15<sup>th</sup> states. They were removed in 1818.

3. William Driver owned a flag nicknamed Old Glory when he saw it flying on a ship's mast in 1831.

4. You're A Grand Old Flag

5. We don't have any real proof, but historians give credit to Francis Hopkinson. The flag was sewn by Betsy Ross.

6. Woodrow Wilson issued a proclamation in 1916 and Harry Truman signed an Act of Congress in 1949 that designated June 14<sup>th</sup> as National Flag Day.

7. Six. Flags were placed on the moon during Apollo 11, 12, 14, 15, 16 and 17 missions. All but the one Neil Armstrong placed are still standing. Armstrong's was blown over by wind.

8. Raise the flag to the very top then lower it halfway down. When taking it down, first raise it up.

9. The flag may be displayed at night only if it is "properly illuminated".

10. Robert G. Heft, age 17, of Lancaster, Ohio had his design chosen by President Eisenhower from among 1500 entries. Ironically, Heft had received a B- for his design by his teacher.



## **A WELLNESS WORKOUT SCHEDULE FOR A WEEK**

The doctor told me I should join IGOT Communities and start an exercise program. Not wanting to harm my old body, I've come up with the following.

### **MONDAY**

Beat around the bush  
Jump to conclusions  
Climb the walls  
Wade through the morning paper

### **TUESDAY**

Drag my heels  
Push my luck  
Make mountains out of mole hills  
Hit the nail on the head

### **WEDNESDAY**

Bend over backwards  
Jump on the band wagon  
Run around in circles

### **THURSDAY**

Advise the President how to run the country  
Toot my own horn  
Pull out all the stops  
Add fuel to the fire

### **FRIDAY**

Open a can of worms  
Put my foot in my mouth  
Start the ball rolling  
Go over the edge

### **SATURDAY**

Pick up the pieces

### **SUNDAY**

Kneel in prayer  
Bow my head in thanks  
Uplift my hands in praise  
Hug and encourage someone

**WHAT A WORKOUT! I'M EXHAUSTED!**

## Now For Some Humor

A kindergarten teacher gave her class a "show and tell" assignment. Each student was instructed to bring in an object that represented their religion to share with the class. The first student got up in front of the class and said, "My name is Benjamin and I am Jewish and this is a Star of David." The second student got up in front of the class and said, "My name is Mary. I'm a Catholic and this is a Rosary." The third student got in up front of the class and said, "My name is Tommy. I am Methodist, and this is a casserole."

\* \* \* \* \*

One Sunday morning, a mother went in to wake her son and tell him it was time to get ready for church, to which he replied, "I'm not going." "Why not?" she asked. "I'll give you two good reasons," he said. "(1), they don't like me, and (2), I don't like them." His mother replied, "I'll give you two good reasons why you SHOULD go to church: (1) You're 59 years old, and (2) you're the pastor!"

\* \* \* \* \*

One Sunday morning Sunday School Teacher Mrs. Jones is teaching about the parents of Jesus. She smiled and asked, "Who can tell me Jesus's mom's name?" Quickly hands go up and Mrs. Jones says, "Sally, what was Jesus's mom's name?" to which Sally happily replied, "Her name was Mary." "Very good," replied Mrs. Jones. Now tell me, "What was Jesus's dad's name?" The room grew quiet while some were whispering Joseph and others were quietly debating that it was God. Finally, Bobby's hand shot up and Mrs. Jones said, "So Bobby, what was Jesus's dad's name?" Proudly and without hesitation, Bobby blurted out, "Virge, it was Virge." "Virge, Bobby. Where did you come up with "Virge?" Without missing a beat and shaking his head, Bobby replied, "Gee, Mrs. Jones, everybody knows Virge "n" Mary!"

\* \* \* \* \*

An elderly couple, George and Mildred, began to notice that they were getting a lot more forgetful in their old age. Naturally, they thought it might be a good idea to discuss the problem with their doctor. The doctor reassured them that this was quite a common experience for people as they got older, and he suggested that they should start writing things down so they don't forget. When they got home, Mildred asked George to get her a bowl of ice cream from the kitchen refrigerator. "*Should I write that down for you, George?*" she said. "*No, Mildred. I'm sure I'll remember a bowl of ice cream,*" George responded, "*George,*" said Mildred "*but I want some whipped cream with my ice cream too. Should I write that down?*" "*No,*" said George. "*I'll remember. You want a bowl of ice cream with whipped cream.*" "*George, I'd love a cherry on top too,*" said Mildred. "*Should I write that down?*" "*No, I got it,*" said George. "*You want a bowl of ice cream with whipped cream and a cherry on top.*" So George disappears into the kitchen to get the ice cream and he then spends an unusually long time there before returning about 40 minutes later. He returns to the living room and hands Mildred a plate of eggs and bacon. Mildred stares at the plate momentarily and then she looks at George. "*Where's the toast?*" she asks.

A	E	T	N	A	N	A	M	U	H
C	O	S	T	N	O	I	S	I	V
T	R	I	C	A	R	E	R	O	M
R	D	Z	E	R	O	P	G	E	E
U	H	C	T	X	S	R	D	P	D
E	B	B	N	B	B	I	E	Z	I
C	O	P	A	Y	C	M	V	B	C
H	B	L	T	A	I	A	O	T	A
O	E	N	R	Y	G	R	T	R	T
I	N	E	A	T	N	Y	E	A	I
C	E	S	P	N	A	C	D	P	O
E	F	L	T	E	P	A	H	E	N
Q	I	A	I	M	A	R	E	L	L
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C	L	A	L	A	O	Z	I	D	I
E	P	V	A	U	M	A	N	A	D
L	P	E	U	N	T	O	G	I	E
E	U	L	D	N	Z	E	X	A	M
S	S	E	R	A	C	L	L	E	W
TRICARE TRUECHOICE MEDICARE WELLCARE ELEVANCE LABS	HUMANA AETNA MEDICATION LIST PRIMARY CARE DOCTOR. ANNUAL ENROLLMENT. COST			CIGNA. DEVOTED HEALTH. SELECT HEALTH. DEDUCTIBLE. COPAY. ZERO		SUPPLEMENT. MOLINA. UHC. MEDICAID. DUAL PLAN. MORE	PART A. PART D. PART B. VISION. BENEFITS. OEP	TIERS HEARING DENTAL IGOT EXAM	

## Neuroplasticity: Brain Health, Aging, and Word Searches

Regularly engaging in activities that challenge the brain, such as solving word searches, has been associated with a reduced risk of age-related cognitive decline and neurodegenerative diseases such as Alzheimer's. By keeping the brain active and stimulated, word searches can help maintain cognitive function and preserve memory as we age, ultimately promoting lifelong brain health

## ***IGOT ONLINE COOKBOOK***

In 2020 we began making an online cookbook. Since that time, we have had many new members join IGOT, thus we thought it would be a good time to update the cookbook with new recipes and stories. We are asking all members to submit some of their favorite recipes so we can add them. Please do not resubmit your recipe if it is already in the cookbook, but rather look for a different recipe that you think we might enjoy and submit it. Additionally, if there is a story behind the recipe, we would love to add that story to the cookbook as well. To submit the recipe, please type it out or take a picture of it and send it to [debbie@igotcommunities.com](mailto:debbie@igotcommunities.com) We will do this through August 31st. Everyone who submits recipes will have their name added to a drawing for a \$100 grocery gift card that we will give away during our [SENIOR EXPO & IGOT FISH FRY](#) on October 15th. If you submit a story with your recipe your name will go in the drawing twice.

### **IGOT 2 GROW SPIRITUALLY with Donna Morris**

The Monday group that meets at 11 AM on Zoom is truly growing and embracing what we all need, a lot more of the wisdom found in the Bible. This spring they have finished Oswald Chambers' book, "If You Will Ask" Reflections on the power of prayer and they are currently studying scripture on how to Let Go of Worry and Stress. It is really important to have a balanced life physically, mentally, and spiritually. You are invited to join this group every Monday morning at 11 AM. Additionally, IGOT Founder, Debbie Gilbert teaches a Sunday School Class at 10 AM at the Calvary Baptist Church. If you live in London, you are invited to join that class. If you do not live locally and are looking for a place to connect for spiritual growth, please join the class at <https://us02web.zoom.us/j/86438793473#success> passcode 1234



# IGOT 2 TRAVEL



Oh, what fun we have together with IGOT 2 Travel!! Oh, the places we see, the people we meet, the food that we eat!! We've been East, West, North and South and all in between! We have traveled to Harrogate Tn and toured the LMU Museum, Cumberland Gap TN, we have been to Paris.....KY that is, and shopped and toured the town, to Pigeon Forge multiple times for shopping, Dollywood, Country Tonight Theater. Louisville KY to the KY State Fair. We have visited Danville KY twice, once to the Pioneer Playhouse and once to Old Fort Harrod. We have been to Berea, Stanford, Nancy KY. To RM Brooks in Rugby, TN and Sgt. York. That's just to name a few! Come travel with us. The best way to know when and where we are going you must keep up with us on Facebook or contact

[JZ@igotcommunities.com](mailto:JZ@igotcommunities.com)

<https://www.facebook.com/profile.php?id=100068371074997>



## UPDATE ON LAST MONTHS SPEAKER – Pastor Jamie Maxey



Our speaker at last months IGOT Potluck was Pastor Jamie Maxey of the Calvary Baptist Church. He shared with our members, his journey with cancer.

When Jamie first learned of the tumor growing inside him, he said it was approximately 9.5"x9.5"x4.5" thick. It was inside and outside his stomach being a very rare cancer one of only about 1500 cases in the US. He reported that he had been taking Chemo pills daily for a year and that the tumor which had been reported as inoperable in the beginning, had shrunk to 4.5"x4.5"x1.5". He and his wife had been praying for a year that the tumor would shrink so it could possibly be removed. He told us that on July 29<sup>th</sup> he would go through approximately 12 hours of surgery to remove 70% of his stomach, his spleen, his gall bladder, a portion of his pancreas and a portion of his liver.

July 29<sup>th</sup> came this week on Tuesday and his surgery was in fact approximately 12 hours. But miracle after miracle happened all that day. The surgeons only had to

remove 5 percent of his stomach, they removed a small portion of his liver that contained the cancer spots, they removed his spleen and his gall bladder and approximately 50 to 60 percent of his pancreas. Additionally, they had to remove a portion of his colon, but did not have to install a colostomy appliance or a feeding tube. That night he was resting with minimal pain, but on a pain pump. On the 30<sup>th</sup>, he was up sitting, walking, and being introduced to physical therapy and occupational therapy. On the 31<sup>st</sup> our church secretary made a One Call to all members to let us know that he was doing well, he stated he felt stronger, and they were planning to move him to a regular room for further recovery. His expected stay is 7 to 14 days, then he will return home. He will be on shots for his immune system for the rest of his life due to the removal of his spleen and he will be taking Chemo medication for the rest of his life. Please feel free to send him a card of encouragement to 236 Harmony Lane, London, KY. 40741.

I hope as time goes on; this story will mean something to each of us. When we come to places in life when outcomes are unsure and unpredictable and hope is the best option we have, that we will all choose hope. I hope that we all learn the power of prayer and unified belief. One of the last questions Jamie was asked when he was with us was, "How do you want to be remembered at the end of your life?" He boldly answered it with only one word, "Selfless!" I hope that can become an answer for each of us.

How do you hope to handle adversity in this life?

Where do you place your hope?

What does prayer mean to you?

How do you want to be remembered at the end of your life?



# Senior Expo & Fish Fry

## OCTOBER 15<sup>TH</sup>

Calvary Baptist Church Shelter House  
McWhorter St, London, KY

11:00 AM – 5:00 PM

LUNCH 12 PM

BINGO GAMES INPERSON AND ONLINE FROM 3 PM – 5 PM

SENIOR ADULT EVENT (55 and older)

TO RESERVE YOUR SEAT GO TO <https://igotcommunities.com/senior-expo>

**BINGO** & **BOOTHS**

**PLAY FOR FREE! WIN BIG!**

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](http://www.igotcommunities.com)  
[606-682-3182](tel:6066823182)