



SPRING, 2024

# IGOT 2 STAY CONNECTED

*“Independently Growing Older Together”*

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## Mission

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Everything we do through IGOT Communities is about connecting and thriving. We believe in challenging anything that makes life feel difficult for senior adults. The way we challenge these difficulties is by connecting, listening, educating, and empowering. Our mission is to create better, healthier, and happier places where senior adults thrive.

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## Health

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Spring is now upon us and the beauty of this time of year reminds us that all things are changing once again. Change can be especially challenging as we navigate every birthday, especially as we get closer to 3 digits and further away from single digits. At IGOT Communities, we love the hope that comes with spring – warmer weather, gardening, the smell of fresh cut grass and the aroma of crabapple blossoms. IGOT Communities is here to help you navigate all of your life changes in beautiful and natural ways!



**Open Enrollment Period, OEP**, is a wonderful time of reassurance and change. After having made decisions regarding Medicare coverage, you may be asking, “Can I make changes to my coverage after December 7?” January 1 – March 31 each year, you can make these changes during the Medicare Advantage Open Enrollment Period:

- If you’re in a Medicare Advantage Plan, you can switch to another Medicare Advantage Plan.
- You can drop your Medicare Advantage Plan and return to Original Medicare. In this event, you’ll also be able to join a Medicare drug plan.
- You can only make one change during this period, and any changes you make will be effective on the first of the month after the plan gets your request.

IGOT works only with *best in class* providers. To get answers for your questions during this time, our direct Medicare help number for all IGOT Members is 606-682-3182

## Seasonal Affective Disorder (SAD)



Seasonal affective disorder (SAD) is a type of depression that's related to changes in seasons — SAD begins and ends at about the same times every year. If you're like most people with SAD, your symptoms start in the fall and continue into the winter months, sapping your energy and making you feel more moody or sad. Fall and winter SAD, sometimes called winter depression, may include oversleeping, appetite changes, especially craving for foods high in carbohydrates, weight gain, and tiredness or low energy. It is normal to have some

days when you feel down, however, if you feel down for days at a time and you can't seem to shake the feeling, it is time to see the doctor or call a mental health counselor. This is especially important if your sleep patterns and appetite have changed. We all find ways to self-soothe and escape feelings, so be especially aware of negative patterns such as turning to alcohol or drugs for comfort and relaxation, or if you begin feeling so hopeless you entertain thoughts of suicide. IGOT Communities now has a Sensory Relaxation Lab designed to help individuals who struggle with SAD. Light therapy and mindfulness techniques are helpful for individuals with SAD. The 45 min group sessions led by a clinical counselor addressing anxiety, depression, and grief related to aging and disease may be covered by your insurance plan.

## WAYS WE CONNECT

### IGOT Bible Study

At IGOT Communities we know the value of being healthy body, mind, and soul. For many seniors, obtaining spiritual fulfillment becomes a priority, even if it didn't seem important in earlier years. It can be overwhelming and confusing at times, and completely fulfilling at other times.

Achieving spiritual wellness isn't as complex as it seems and with guidance, you may find that growing your faith becomes vital for sustaining your body, mind, and soul.

Spiritual health takes effort, and it is always better when done together. You may feel lost after retirement, but you are more than your work and there is meaning to life, greater meaning even after your career work has ended. Maybe you have lost your spouse or a child, and you wonder if life will ever have any real meaning. Grief is real, but so is hope. Achieving spiritual healing and wellness is possible.

Cultivating spirituality in social settings helps seniors feel supported as they handle daily ups and downs gracefully by making everyday choices rooted in their values rather than reacting impulsively under stressful situations or fear. Finally, spirituality provides people tools like forgiveness, gratitude, and altruism, all contributing significantly toward emotional resilience.

To join us go to [www.igotcommunities.com/calendar](http://www.igotcommunities.com/calendar) and scroll to Monday 11 AM. You will find the zoom link, just click on the link and when it opens put in the passcode 1234. See you there.

## JOIN US FOR BINGO AND BE A WINNER – MONDAY - FRIDAY



Every weekday, Monday through Friday at 10 AM, 2 PM and 5 PM, join us for Bingo. It's **FREE** to play and we love giving away prizes. You may request your bingo card by going to [www.igotcommunities.com/join](http://www.igotcommunities.com/join) Joining IGOT is free. When you complete the registration form, simply type in the Message Box – Please send me a bingo card. It's that simple. Then, go to [www.igotcommunities.com](http://www.igotcommunities.com) and click on the **Calendar** tab. Scroll until you see IGOT 2 Play Bingo and click on the Zoom link provided. The first time you play, you may have to download Zoom which is also free. **CHROMEBOOKS AND GROCERY GIFT CARDS ARE GIVEN AWAY MONTHLY! All prizes are distributed during the first week of the following month. You may only play once a day and you must use the validated card that you are issued when you joined IGOT Communities. REMEMBER. BE KIND!**



## IGOT YOGA WITH KIM KELLEY

Join Kim Kelley from Harlan KY on Monday – Wednesday – Friday at 8 AM for chair yoga. Stretching is an effective method to help improve mobility. Stretching helps to loosen up the joints and muscles that we use to move our bodies, which improves mobility in joints such as the hips, knees, ankles, and shoulders. As we age, our muscles and joints become stiffer, making it more challenging to move freely. We also live in a world where many of us stare at screens for hours a day, wreaking havoc on the mobility of the muscles in our shoulders and hips. Stretching helps to lubricate these joints so they move more freely with less pain or stiffness. Stretching can also help to prevent joint issues such as arthritis by keeping joints flexible and strong over time.





### IGOT 2 WALK

Walking in place can be a great way to get exercise. Anything that gets you moving instead of just sitting or lying down is going to be beneficial for you in the long run as you age. By walking in place, you are raising your heart rate, causing your body to start pumping more oxygen and blood to your muscles and help them move more efficiently. The fact is, walking in place for 30 minutes can burn about 100 to 200 calories. The great thing about

participating on ZOOM from your living room is you can go at your own pace and take a break if you need to. Join Lynda, Carol, and Kimberly Diane Monday – Friday at 9 AM or 7 PM for IGOT 2 WALK.

### IGOT 2 TELL MY STORY with CAROL KIRBY THURSDAYS AT 11 AM

## IGOT 2 Tell My Story

Thur Mar 21 - 11 am

# Easter Fun

Decorate eggs - Boiled or plastic paint, markers, egg holder  
History of gourd eggs & What about those jellybeans!

### IGOT 2 Tell My Story

**Thur Mar 28 @ 11:00 am**

Join Tom Vicini, CEO of Operation Unite as he shares the many programs of UNITE and the benefits the organization provides our communities including seniors. Substance abuse effects everyone.

**Treatment Vouchers**  
Financial assistance provided to individuals in the UNITE service area for residential treatment of a substance use disorder.

**NOT DRUGS**  
Shoot Hoops Not Drugs Regional camps for school-aged youth utilizing basketball skills instruction to provide drug prevention messages. A brief informational program on a trending issue is conducted.

**Medication Drop Boxes & DEA Take-Back Days**  
Regional sites where expired or unused prescription pills and non-liquid over-the-counter medications may be dropped off for proper disposal.

To register go to... [igotcommunities.com](http://igotcommunities.com)



## IGOT 2 Tell My Story

Thurs. Feb 22nd 11 am

# Sharpies & Alcohol Art

Join us on IGOT Communities to try your talents at alcohol ink art.  
To register go to [igotcommunities.com](http://igotcommunities.com). We hope you will join us.



**Supplies Suggested**

- \*91 to 99% rubbing alcohol
- \*Colored permanent markers
- \*Paper towels
- \*Straw
- \*Plastic Wrap
- \*Art brush
- \*Canvas board or card stock
- \*Dropper or small squeeze bottle for alcohol

### IGOT 2 READ

IGOT Communities is **looking for a special volunteer**, someone who loves to read and lead book discussions once or twice a month. Would that be YOU? Contact [Debbie@igotcommunities.com](mailto:Debbie@igotcommunities.com) if you are interested. Discussion will be held in person and on ZOOM using our Zoom platform.



## IGOT 2 TRAVEL WITH JZ

We finally got our IGOT van and several members are enjoying day trips with JZ. Sightseeing,

### IGOT 2 GO SHOPPING

**DATE: SATURDAY MARCH 16**

**WHERE: HAMRICKS,  
SEVIERVILLE TN**



shopping, eating, are just a few of the enjoyable events using the van, but we have also used it to serve meals at the industrial park, and take children Christmas caroling to some of our members who are shut in. If you would like to travel with the IGOT members, keep an eye on our Facebook page where JZ will be posting all upcoming trips. Everyone who travels shares a small fee to cover the cost of gas and insurance and pays for meals and tickets for ticketed events such as museums, plays, and amusement events.

## IGOT 2 GO TO THE MOVIES WITH MY IGOT FRIENDS

**Wednesday March 6th @ 2:30PM**

**MOVIE: Ordinary Angels**

**COST \$5 w/ pop & popcorn**

**Ages 55+**

Socialization is one of the most healing aspects of aging. Each month we go to the movies. The cost is \$5 per person and that covers the movie, popcorn, and soda. JZ usually always puts together a raffle basket full of goodies and gift cards so you might want to bring a little extra cash. Raffle tickets are \$1.00 each of 6 for \$5.00. We draw for

the winner at the movies. Our March 6<sup>th</sup> movie Ordinary Angels was our best attended movie to date with IGOT members driving from 2 hours away to see this movie with us. You do not have to be an IGOT member to join us on movie day, but we do hope we impress you enough that you can't wait to join this fun group. Movie dates and times are always posted on our Facebook page as soon as they are set.







### Mary Compton – London Kentucky – True Choice Health Café - IGOT Volunteer

Since the ribbon cutting, before the ribbon cutting, Mary Compton has volunteered every day at the café. She comes in at 8 in the morning and leaves somewhere just before 3. You will know her in this picture because she is wearing her “I want to have fun....so I volunteer “

T-shirt. Four years ago this week, Mary lost an adult daughter who was born with spinal bifida and whom she had cared for daily since her daughter’s birth. Two years

later she lost her husband. In a very moving conversation with Mary, she thanked IGOT Communities for giving her a life she had never had. She brings joy and laughter to us each day and she is loved deeply. If you want to know what her volunteer hours are worth...if she were getting paid it would be around \$9,900 dollars. I consider that a substantial donation to IGOT Communities. True Choice Health Café donates all their tip money to IGOT Communities.



## IGOT 2 Talk with a Specialist

IGOT Communities is all about making connections that improve life. Every week we have been blessed to bring to our members *best in class* professionals who can educate, answer questions, and improve life. Doctors, nurses, respiratory therapist, pharmacist, counselors, educators and first responders from every field give their time to make this world a much better place. You can meet them face to face using our Zoom platform and ask questions

that have always wanted to ask without feeling intimidated. So make sure you daily check [www.igotcommunities.com/calendar](http://www.igotcommunities.com/calendar) to find out who will be visiting with us next.

## 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 any Medicare question, or if you want to make an appointment to have one of our educators help you understand your Medicare options, stop by the IGOT Communities Resources office located at 202 W 7<sup>th</sup> Street, London KY or call Debbie at 606-682-3182.

## True Choice Development – The Hills at Emerald Greens



Six homes are almost completed. Blacktop goes down in April. Sod goes down in May. First Residents will move in in July! The Medical Building is underway. The Maintenance/Shop Building is complete. The gates on the rear of the property are being installed. Mailbox pods are in waiting to be set. Ground will be broken on first of 10 patio homes in April. London's first gated 55+ community is becoming a reality. More pictures to follow!

### A Note from Debbie Gilbert, Founder of IGOT Communities

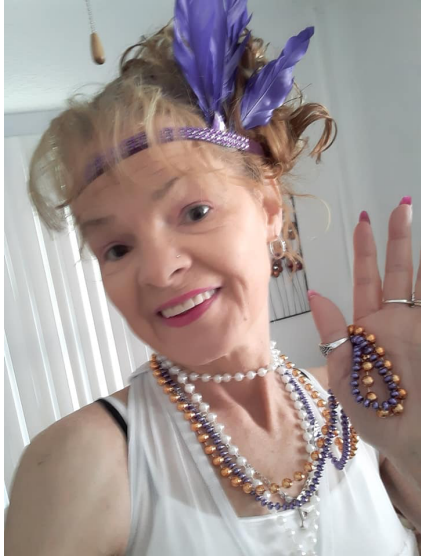


Every day I wake up and think, "I'm livin the dream!" I believe every second counts in this life. I believe that we have within us the power of life and death by the words we speak and the deeds we do. I believe that we have been created uniquely for each other, to make each other a little better, a little more comfortable, a little more lovable, and a little more hopeful. The thing I love most about IGOT Communities is I meet people every day who believe these things too, and they too, do what it takes to make life healthier, happier and better for others. Those people are YOU! You are our IGOT members, who make me want to "just keep livin!" You are the BEST! Spread the word! Invite others to join! Let's keep this movement going!



**Our New IGOT Communities  
Resources Home  
202 W 7<sup>th</sup> Street  
London. KY. 40741**





Julie Lopez, IL. Eileen Merrick, WA. Lois Alcorn, KY



Janice Wesley, KY



Judy Schary, FL



Jean Mitchell, KY

**FOREVER IGOT FRIENDS, FOREVER IN OUR HEARTS**

## WORD SEARCH – BUILDING OUR NETWORK & PROGRAMMING

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

KENTUCKY  
 NORTH CAROLINA  
 UTAH  
 TEXAS  
 OHIO  
 INDIANA

ILLINOIS  
 ALASKA  
 FLORIDA  
 SOUTH CAROLINA  
 TENNESSEE  
 NEW YORK

GEORGIA  
 INDIANA  
 SOUTH KOREA  
 DONATE  
 BENEFITS  
 OEP

BINGO  
 COOKING  
 WINNER  
 TEAS  
 YOGA  
 TRAVEL

STORYTELLING  
 TRUECHOICE  
 MEDICARE  
 VOLUNTEER  
 BIBLE STUDY  
 ELEVANCE

### 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 2024**

**IN PERSON & ONLINE**  
**COMING IN JULY**  
**TIME AND DATE TBA**

**COOK OUT**

**CAR SHOW**

**SWAP MEET**

**MUSIC**

**ENTERTAINMENT**

**GAMES**

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

**REGISTRATION WILL BEGIN SOON SO KEEP WATCHING OUR WEBSITE AT**  
**[WWW.IGOTCOMMUNITIES.COM](http://WWW.IGOTCOMMUNITIES.COM)**

**PLAY 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**  
202 W. 7TH STREET SUITE 104  
LONDON, KY 40741

[www.igotcommunities.com](http://www.igotcommunities.com)  
866-904-0114 OR 606-682-3182



*Note to all our readers: I put our spring newsletter together fairly quickly so please forgive any errors that you may find. I may add to this newsletter before the summer issue comes out and if I do, I will let you know on our Facebook page. If you have additional stories, info, games, or photos that you would like included, please email the information to me and I will add it.*