



WINTER, 2021
Volume 2, Issue 1

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

Winter is now upon us and the beauty of this time of year reminds us that all things are changing once again. Underneath the cover of clouds, snow, and cold temperatures things are dying that they may live and bring forth beauty once again. At IGOT Communities, we are reminded by watching the magical laws of nature in our created world, there is hope. Hope in something new and better that keeps us encouraged and moving forward. IGOT Communities is here to help you navigate these changes in beautiful 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 **855-511-6319**.

Seasonal Affective Disorder (SAD)

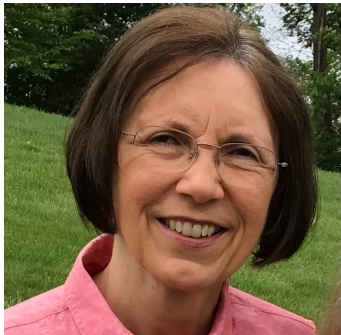
Seasonal affective disorder (SAD) is a type of depression that's related to changes in seasons — SAD begins and ends at about the same times every year. If you're like most people with SAD, your symptoms start in the fall and continue into the winter months, sapping your energy



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 is here to help in times like these. We care and want to connect with you during these SAD times. Visit www.igotcommunities.com to find many ways to be encouraged, connected and find resources that will help you navigate SAD in healthier ways so you can *just keep livin*.

IGOT Bible Study



Communication is essential for any relationship to deepen and be meaningful. Similarly, conversation with our Father God through prayer deepens one's intimacy with Him. Prayer is also the means to see change in circumstances in our lives and in the lives of those around us. Just as our natural conversations have various tones and purposes, prayer has many facets and purposes. Prayer is a means to know God, to worship the only One worthy of worship, to express gratefulness for all He has done, and to access resources of heaven to impact earth.

Praying with the Scriptures is an on-line opportunity to join together in studying the power of praying the Word of God. It is a time to grow in our understanding of prayer, to share prayer concerns on our hearts, and to have others agree with us. It is a time to share testimonies of prayers answered and to be encouraged to hold fast to His promises. The one thing the disciples asked Jesus to teach them was to teach them how to pray.

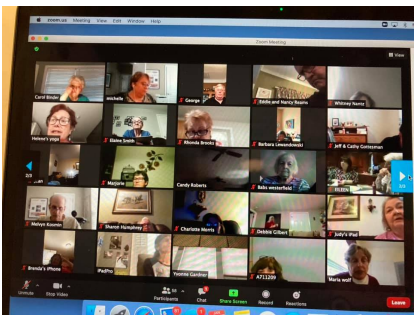
So we encourage anyone interested to join us at 11:00 on Monday for an hour of prayer and study of Beth Moore's book [Praying God's Word](#). This study is led by Diane Jamison of Williamsburg, Kentucky. A retired math professor from the University of the Cumberlands, Diane has been active in the United House of Prayer in Barbourville, Kentucky, served on the committee for the Global Day of Prayer in Cork, Ireland in 2012, participated in the Global Day of Prayer in Israel in 2015, and is presently involved in prayer ministry at the London House of Prayer as well as a volunteer in the pre-school ministry at The Creek in Williamsburg. To join us go to 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.

WAYS WE CONNECT

JANUARY BINGO EXPO



Five times a year we connect with senior adults across America playing their most beloved game – BINGO! Thanks to our amazing partners, our members play for free but have the opportunity to win thousands of dollars in prizes. Our goal is always to connect with as many seniors as possible, engage partners as our bingo game “callers” and give gifts that support health, nutrition, and connection. January 7th was our first 2021 Bingo expo. We use the Zoom platform, allowing anyone, anywhere to play. We choose afternoon hours so our members in Washington State and Alaska can easily play with our Florida and New York members.



Winners January 7th were:

Mitzi Kester – Kentucky – 32” Smart TV, Fitbit Inspire, Marcy Cardio Mini-Cycle

Patricia Neal – Kentucky – Fitbit Inspire, Kroger Card

Denise Schary – North Carolina - \$100 Walmart Grocery Card

Melissa Biggs – Kentucky- Sylvania 10”Tablet/DVD, Kroger Card, \$100 Gift Card

Barbara Lewandoski – North Carolina – Walmart Gift Card

Marjorie Jones – Indiana – Walmart Gift Card

Sharon Humphry – Kentucky- Kroger Gift Card

Kim Kelley – Evarts Kentucky – Walmart Gift Card

Paula Douglas – Kentucky – Kroger Gift Card

Gayle Jones – Kentucky – Kroger Gift Card

Helene Weiss – South Carolina – Walmart Gift Card

Bertha Hayer – Kentucky - Kroger Gift Card, Kroger Gift Card again

Ann Alt – Kentucky – Kroger Gift Card

Pat Storm – Kentucky – \$100 Kroger Gift Card

Barbara Smith – Kentucky – Stamina Cardio Exercise Bike

Walter Hulett – Kentucky – Stamina Cardio Exercise Bike

Phyllis Hulett – Kentucky – Kroger Gift Card

Stan Alt – Kentucky – 32” Smart TV, Kroger Gift Card

Judy Schary – Florida – Walmart Gift Card

Bunny O’bryan – Kentucky – Kroger Gift Card

Ruben Gardner –North Carolina– Sylvania 10” Tablet/DVD

Donna Huffman – Washington – Yetti Mug

Kimberly Diane Janicki – Kentucky – Marcy Cardio Mini-Cycle



Dates for 2021 BINGO EXPO’s

April 13th

September 14th

October 15th

December 1st

June Woodyard **GRAND PRIZE WINNER** – Kentucky – 65” Smart TV, Fitbit Inspire, \$100 Kroger Card, Stamina Cardio Exercise Bike, \$50 in gifts from Two Lumps of Sugar

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



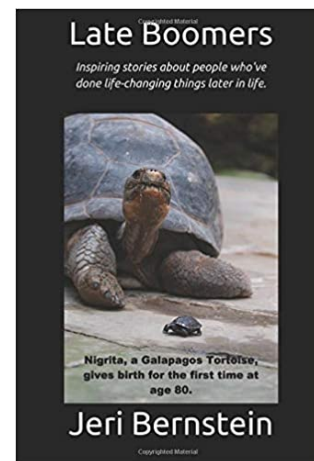
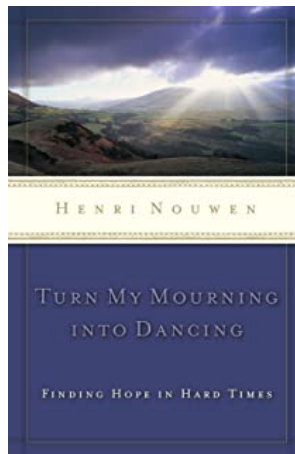
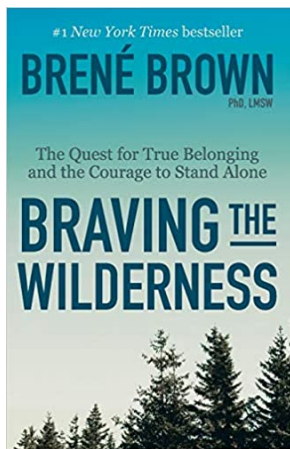
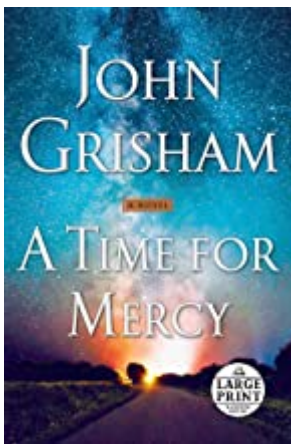
Every weekday, Monday through Friday, join us for Bingo. It's **FREE** to play and we love giving away prizes. You may request your bingo card by going to www.igotcommunities.com/join. Joining IGOT is free. When you complete the registration form, simply type in the Message Box – Please send me a bingo 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 ARE GIVEN AWAY DAILY!** **CHROMEBOOKS ARE GIVEN AWAY MONTHLY!** All prizes are distributed during the first week of the following month.

DECEMBER CHROMEBOOK WINNER



Rhonda Brooks was the December winner of the Chromebook. Each month every member is awarded points for attending IGOT online events, playing bingo, and referring family and friends to our organization. For every point earned, the member gets one entry into the drawing. Members can literally accumulate hundreds of points throughout the month. A computer randomized drawing is done during one of the bingo games to determine who will win the Chromebook. Rhonda is a faithful player who is certainly an overcomer. Recently, she had a portion of her leg amputated due to illness, and has learned to walk again using her new prosthesis. She comes daily to Bingo with a smile, a thankful attitude, and encouraging words for others. Congratulations Rhonda on your win and we hope this Chromebook keeps you connected to IGOT members all across America. Rhonda is now one of our newest IGOT Volunteers.

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 if you are interested. Discussion will be held using our Zoom platform.

IGOT 2 Travel

My Love for Life at Sea



Cathy and I have been on over 50 cruises and I am still amazed at how seamless the cruise lines run. Week after week, ships sail on a regular schedule providing passengers with the ultimate vacation. A wide range of dining, shows, activities, casinos, pool activities, or just relaxing on a chaise lounge, fitness, salons, and more are available to all passengers. I am excited to partner with IGOT Communities as we plan a wonderful member cruise for 2022.

We have sailed the **Caribbean** many times. While living in New Jersey, we traveled north to Canada and south to the Bahamas, Florida, and St. Thomas from local ports. Flying to Fort Lauderdale, Miami, or Tampa allows us to travel to ports including St Kitts, Aruba, Puerto Rico, and South America (Eastern Caribbean). The **Western Caribbean** is a destination trip that sails to New Orleans, Mexico, Cayman Islands, and the Panama Canal. Another cruise I recommend is traveling on the Pacific Ocean with stops all along **Mexico's Riviera coast**.

Continuing with our adventures, we also have experienced sailing the **Hawaiian Islands**. It is an excellent way to taste each island without flying, packing, and unpacking multiple times. On a cruise ship, you unpack only one time.

We sailed to **Alaska**, where the pristine beauty of nature is fantastic. Travel brochure photos do not compare to what the human eye sees- from wildlife to glaciers to old towns that still look like the Wild West. **Alaska** is a beautiful vacation.

Then there is **Europe**. The experience of visiting different countries on the same sailing is exhilarating. We have sailed from Barcelona, Spain, England, and Venice, Italy. For us, it was like being in a reality TV show. No words can describe the history, beauty, and culture of others who share our planet. We have been fortunate to see **London** as part of the trip, **Norway, Sweden for the Baltics, Rome, Pisa, Sorrento, Croatia, Turkey, Santorini Greece**, and more. Witnessing the different lifestyles, tasting new foods is a breath of fresh air. Sometimes it makes you appreciate what you have back at home, but traveling to us exceeds many material things in life as memories are priceless.

The past year has been upside down for travel worldwide, but with all the good news about vaccines, hopefully, those who choose to travel can eventually get back to doing what we love. The cruise industry has been working non-stop to provide a safe and healthy vacation experience for all passengers. New CDC medical-grade air filtration systems and enhanced medical protocols will provide cruisers with a safe vacation experience.

Having been involved in the cruise industry for 30 years, I know we are all looking forward to getting back to cruising. As our world returns to normal, I look forward to speaking with IGOT Community members who have travel questions, need guidance with bookings and arrangements. I am always available and would be thrilled to be your resource known for reliability and honesty.

Jeff Gottesman – **"I do the work; you have the fun."**

(732) 742 5522 (Cell)

(984) 219 7806 (Landline)

Jgcruzen@aol.com



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 **866-904-0114**. We would love to talk with you and accompany you on this part of your journey. We are all in this together! If you are all ready to sign up for Medicare, the direct line to our Medicare Specialist is **855-511-6319**.

A Note from JZ



I am so HAPPY YOU ARE HERE!!! I am JZ, short for Jeannie Zanet, and I want to encourage you to check out the IGOT Communities Resources Inc Facebook, Instagram, and Pinterest pages. I will be posting daily upcoming events along with links to connect you directly to the various events on our calendar. There you will find educational, fun, and engaging places where you can connect and play games. I invite you to interact with the pages, comment, ask questions, like, and share. Your thoughts, ideas, and comments are always welcome but remember to be kind when making comments. We are here to lift up each other, encourage one another, share laughs, and do life together.

Most importantly, connecting is what IGOT is all about. Besides social media, the IGOT organization continues to use card sending and letter writing to encourage our members. Please email jz@igotcommunities.com with your address, birthdate, and anniversary and it will be my pleasure to send REAL cards that you can touch and save. It's who we are! It's what we do!

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!



IGOT Communities Volunteers Meet the Kims



Kimberly Diane Janicki – Somerset, Kentucky I have lived in Kentucky 25 years, after moving from the beautiful shores of Lake Michigan. My “gift” is serving others. I enjoy volunteering and have done so for my church and several local and national organizations. IGOT COMMUNITIES is one of those organizations. I joked once, saying my middle name was Volunteer. The reply was, “We wouldn’t exist if it weren’t for volunteers. At first, I joined to have something to do occasionally. As time went on, I started looking forward to the daily BINGO game. Now with added events to the daily calendar, I find myself on ZOOM almost more than I’m off. I am involved in YOGA, Bible study, Bingo, Story time, Afternoon Tea and I especially enjoy the interesting topics and speakers that are a part of the IGOT daily and weekly programming. I recently made a three-month commitment to help with bingo games. I may never meet, in the flesh, many of the people I have had the sincere pleasure of getting to know, but that’s okay. I consider that my life has been deeply enriched by each of them. I am grateful for the founder of IGOT COMMUNITIES, Debbie Gilbert. Not in a million years would I have thought that I’d be playing BINGO with 75 plus people from across the nation in my living room. I am a better, happier and healthier “me” because of this organization.



Kim Kelley – Evarts, Kentucky My home is Evarts Kentucky. I taught school for 27 years and coached girl’s basketball 16 years in the Harlan County School System. I played college basketball for UNC-Charlotte and have a degree in Sociology from there. I gained my teaching credentials from the University of the Cumberland and Union College, which includes an Elementary Education Certification, a Masters of Arts in Education and a Rank 1 in Education. I love the Lord and love to read and study the Bible. I love to share Christ with others. I also enjoy volunteering at my church, reading other books, traveling, hiking, and walking for exercise. I learned about I GOT Communities through Debbie Gilbert, after I was introduced to her by a mutual friend, Lisa Cleary. Being a part of I GOT Communities has been a great experience for me. I have enjoyed getting to meet so many wonderful individuals and be involved in the I GOT activities with them.

Meet the Sisters – Barb & Shirley



Barbara Smith – London, Kentucky I grew up in Hammond, Indiana and moved to Kentucky at the age of 19. Since living in Kentucky, I raised three sons, owned and operated four businesses, and now I am very involved with my 15 grandchildren and one great-grandchild. I love God and enjoy sharing his love with others by my words and actions. I enjoy the connection with others through Zoom and learning from people from all walks life. I have been given an opportunity to meet people from different counties, states, and countries through IGOT Communities. As a volunteer with IGOT I have connected with the members on a more personal Level. Thanks IGOT Communities!!



Shirley Patrick – London, Kentucky I was born in Muhlenberg County in Western KY. My dad was a coal miner. When Caney Creek Coal mine shut down, we moved to Hammond IN. I retired from the school system of Hammond. Two years later I moved to London KY to be near my sister Barbara Smith. Barb introduced me to IGOT Communities pre-pandemic when Debbie and Jeannie would come to our housing complex to play Bingo and have potlucks. I also attended A Valentine's Day to Remember, a formal dining/dancing event sponsored by IGOT Communities. After the shutdown caused by the pandemic, being connected to IGOT Communities friends and family has helped me navigate the struggles of the pandemic. I love playing

bingo. I look forward each day to seeing and hearing people talk, tell stories and jokes. Recently I began volunteering with my sister Barbara facilitating the 2 PM Bingo Games. It gives me something to look forward to every day. A big thanks to Debbie and IGOT Communities for keeping us all connected.



IGOT 2 do Chair Yoga

Our gentle style of yoga is one that everyone can practice. It has been designed in such a way that anyone, no matter age, physical ability or experience level can participate and enjoy the many benefits that yoga offers. No previous experience is required. We learn to focus on the movements, and learn to quiet the mind. A chair is used as a prop to support

the body. Some floor poses are offered. To join us go to www.igotcommunities.com/calendar on Mon - Wed-Fri. Scroll down the calendar until you see the zoom link, click and join us. The passcode is 1234.



IGOT 2 Learn to be more Mindful

It's easy to get caught up in a pattern of swirling thoughts—thinking about a never-ending list of things that need to be done, ruminating on past events, or what-if situations of the past or future—and learning mindfulness can help. But what exactly is mindfulness? It can be defined as a mental state that involves being fully focused on "the now" so you can acknowledge and accept your thoughts, feelings, and sensations without judgment. Mindfulness meditation is a mental training practice that teaches you to slow down racing thoughts, let go of negativity, and calm both your mind and body. Mindfulness techniques can vary, but in general, mindfulness meditation involves a breathing practice and awareness of body and mind. To get started, all you need to is go to www.igotcommunities.com/calendar on Tuesday and Thursday. Scroll down the calendar until you see the zoom link, click and join us. The passcode is 1234.



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 to find out who will be visiting with us next.

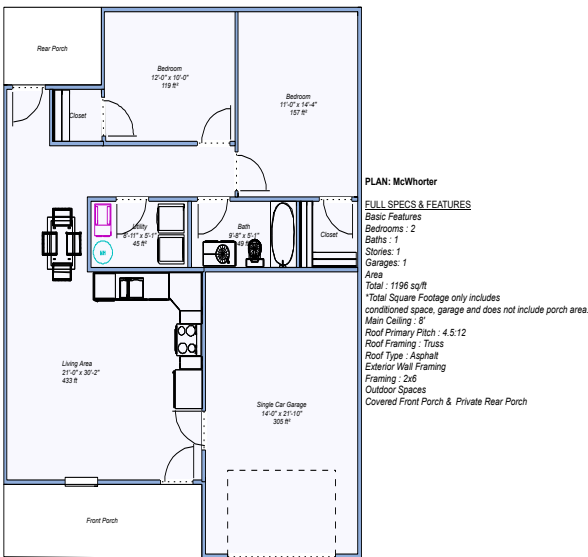
IGOT Premier Partner

True Choice Agency

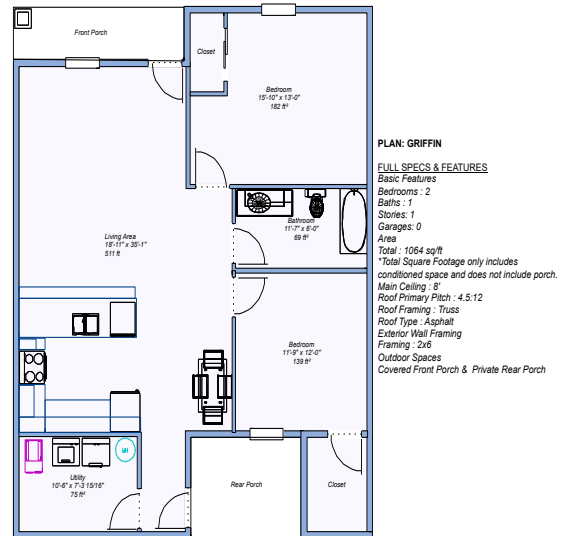
Medicare is complicated, but it's also one of the most important decisions a person can make. **True Choice Agency** is committed to help everyone make the right choice—one that will meet all their health needs. This is exactly why IGOT Communities has partnered with **True Choice Agency**. We want our 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 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 **855-511-0319** today.

True Choice Development – Kentucky Locations – Coming Soon

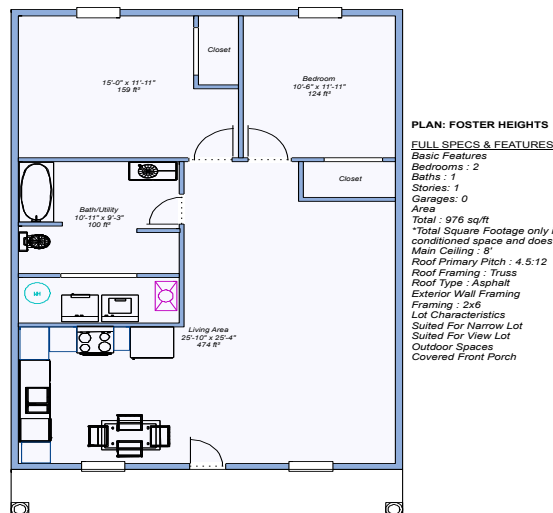
IGOT McWhorter Villas with Garage



IGOT Griffin Villas



Foster Heights Villas



IGOT Partner - Plaza Specialty Drug



Established in 2001, Plaza Drug and Plaza Drug Specialty Care have proudly served our community for two decades. We are located at 707 North Laurel Road, London, Kentucky, past the state police post in the two story building right before the green roof plaza. With the recent expansion of our prescription services, we are one of just a few pharmacies in the entire STATE that can meet ALL of the following healthcare needs:

Retail Prescriptions (**FREE local delivery!!!**)

Specialty Medications,
 Compounding Services,
 Specialty Blister Packaging,
 Diabetic Shoes,
 Oxygen,
 CPAP,
 BiPAP,
 Wheelchairs,
 Liftchairs,
 Walkers,
 Rollators,
 Maternity Supplies,
 Wound Care Supplies
 Scooters/Power chairs,
 Vaccinations,
 Over-The-Counter products and vitamins.



With over 50 years of experience, our team is dedicated to the well-being of our community. We strive to provide any and every service that benefits our patients and families. An important part of this is our commitment to avoiding poor practices that have allowed narcotics to pour into our community. We have personally experienced and witnessed far too many families ruined by the repercussions. If you want to support a local pharmacy that has strict policies to deter this activity, we would love to serve you. God Bless and we look forward to seeing you!

IGOT Communities programing "IGOT 2 Talk with the Pharmacist" is provided by Brian Cooke, PharmD

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
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 C T V E U C K A E G D N O T L O
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 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

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 2021
ONLINE
APRIL 13TH

1:00 PM – 3:00 PM BINGO GAMES - THEME “GREAT GATSBY”

3:00 PM – 4:00 PM - SNACK & NAP & FEATURE

4:00 PM – 6:00 PM BINGO GAME FINALS – THEME – “ANYTHING 60’s”

SENIOR ADULT EVENT (55 and older)

TO RESERVE YOUR SEAT GO TO WWW.IGOTCOMMUNITIES.COM/BINGO

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

225 Substation Street

London, KY 40741

www.igotcommunities.com

866-904-0114