



the SENIOR CALLER

WOODLANDS SENIOR ACTIVITY CENTER



VOL. 53 - ISSUE 8

710 N. Opportunity Dr. - Columbia City, IN 46725
Office Hours: Mon-Thu 8 am - 4 pm / Fri 8 am - 1 pm
260-248-8944 1-800-290-1697
TTY Relay 800-743-3333

www.whitleycountycouncilonaging.org



Woodlands Senior Activity Center



the.woodlands.wcco

OUR MISSION

To enable the senior citizens of Whitley County to live confident, dignified, independent and productive lives through education, programs and services.

OUR SERVICES

- | | | |
|--------------------------|-------------------------------------|---|
| * Transportation | * Senior Caller Newsletter | * Health Programs/Exercise |
| * Weekday Lunches | * Tax Assistance (Feb-Apr) | * Educational/Informational Programs |
| * Home Delivered Meals | * Social Gatherings & Entertainment | * Non-Perishable Food Pantry & Bread Pantry |
| * Lending Library | * Medical Equipment Rental Program | * Pet Food Pantry |
| * Information & Referral | * Incontinence Items | * Woodland Trips |
| * Food Share Programs | | |
| * Annual Senior Fair | | |

TITLE VI NOTICE TO THE PUBLIC: All programs and services are provided without regard to race, color, or national origin in accordance with Title VI of the Civil Rights Act. Any person who believes she or he has been aggrieved by any unlawful discriminatory practice under Title VI may file a complaint with WCCOA.

OUR PEOPLE

CORPORATION OFFICERS

Shelbi Brown/President	(260-610-8020)	Duane Janssen/Treasurer	(727-687-7958)
Larry Barr/Vice President	(260-229-5945)	Joan Western/Secretary	(260-229-9902)

BOARD MEMBERS

Larry Barr	(260-229-5945)	Sue Lewis	(260-441-6551)
Shelbi Brown	(260-610-8020)	Barb Overdeer	(260-609-5210)
Jennifer Esterline	(916-747-5003)	Chip Stephenson	(260-213-3089)
Clay Geiger	(260-609-9032)	Kaliebe VanEmon	(260-580-2647)
Dr. Christopher Grindrod	(260-481-6455)	Joan Western	(260-229-9902)
Duane Janssen	(727-687-7958)	Virginia Wright	(260-609-5249)
Marlin Leininger	(260-466-5231)	Jane Yohe	(260-248-8373)

STAFF DIRECTORY

Executive Director	-----	ext 300
Nancy Bledsoe	Office Manager	ext 400
Sheila Troyer	Nutrition Manager	ext 110
John Jones	Transportation Manager	ext 600
Aimee Ray	Activities Manager	ext 900
Gabby Gaff	Customer Service Specialist	ext 102

CONTACT US

Call 248-8944 for a ride! Toll Free: 1-800-290-1697

Hours: 7am - 5pm Monday - Friday. **A 48 hour notice (prior to 1 pm) is necessary.**

Senior Transportation Services are funded in part through Title III of the Older Americans Act and Social Service Block Grants distributed through Aging and In-Home Services of Northeast Indiana. We are a Medicaid transit provider.

INFORMATION WE NEED

Who: Name, address, phone number, birthday, any disabilities, and if the client has Medicaid.

When: Appointment date and time.

Where: Destination, including address.

Contact/Billing Information: Name and address of the responsible parties.

PRICING

Distance	Fees - One Way	Fees - Round Trip
1-4 miles	\$6	\$12
5-10 miles	\$8	\$16
11-15 miles	\$12	\$24
16-25 miles	\$15	\$30
Over 25 miles	\$17	\$34
Out of County	\$29	\$58



Stated mileage are for trips made within Whitley County.

- * Children under 12 ride free with an adult. Adults must provide car seats when necessary.
- * Veterans - \$20 Round Trip for trips outside of Whitley County.
- * Working Seniors 60+ - public rates apply.
- * Seniors 60+ - donation only; service is not denied to anyone who is not able to donate.

Exact payment is required. For your convenience, you may buy Transit Punch Cards for \$40 per card (a \$45 value).

CLIENTS MUST BE READY 15 MINUTES PRIOR TO SCHEDULED PICK-UP TIME

All vans are sanitized throughout the day for your safety.

WOODLAND TRIPS

UPCOMING TRIPS

contact trips@wccoa.biz for any questions!



Whitley County
Council on Aging

August 28th Tincaps Game

NOTE THIS IS A 7PM GAME

Enjoy a Friday night out to watch baseball with friends. Ticket comes with a hotdog, chips, & fountain drink. Following the game, Parkview Field will present a fabulous firework show to watch. This will be a late night, but oh what a blast!!

Cost is \$40, due by August 14th.

Sunday September 13th Sweet Breeze Boat Tour

Relax and enjoy a guided cruise on the Fort Wayne rivers. Sweet Breeze canal boat provides an opportunity to learn something new about Fort Wayne through its riverfront. Remember to eat a lite lunch prior to arriving as this will be our only stop on the trip!

Cost is \$50 due by September 1st!

September 15th Firekeepers Casino

Let's try a new casino!! Senior Tuesdays offers \$5 in Red Hot Credits!

Cost is \$30 due by September 4th!

WOODLAND TRIPS**October–November**

I am currently waiting for fall event schedules to be posted. I will get something planned in the next month or two!!

If you have any suggestions, stop into the office & share your ideas!

Monday December 7th 40th Annual Gingerbread Festival

First stop will be at IHop for a pancake breakfast. Then we are heading to downtown Fort Wayne for one of the community's holiday traditions. There will be over 100 gingerbread house creations to adore with designer's from age 10 to elite artist. While you're there you will have the opportunity to walk through the History Center of Fort Wayne. You will be learning and seeing all kinds of history about the city!

Cost is \$45, due by November 23rd!

NOTE BREAKFAST IS AT YOUR OWN EXPENSE

WORD SEARCH

SUMMER

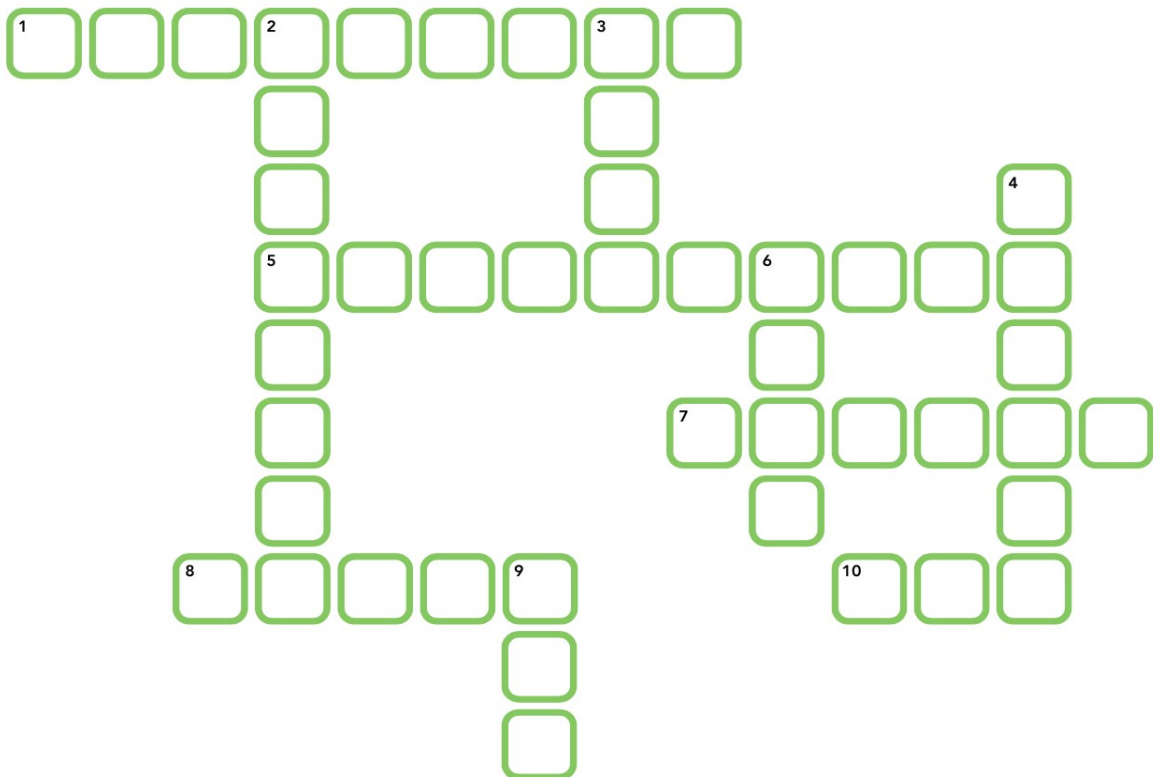
- SUNSHINE
- BEACH
- VACATION
- SWIMSUIT
- ICECREAM
- POOL
- SANDCASTLE
- SUNGLASSES
- FLIPFLOPS
- OCEAN
- PICNIC
- LEMONADE
- SURF
- SUNSCREEN
- FIREWORKS
- BARBECUE

S	U	N	G	L	A	S	S	E	S	B	F	I
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N	B	E	A	C	H	N	S	U	R	F	L	D



CROSSWORD

Summer



Across

1. Summer shoes for your feet
5. They protect your eyes
7. Eating food outside
8. A place with sand and sea
10. Very warm

Down

2. A frozen, sweet treat on a stick
3. A place to swim with clean water
4. It has short sleeves, you wear it
6. To move in water
9. You wear it on your head

AUGUST

THE WOODLANDS 260-248-8944
WALK-IN MEALS AVAILABLE
NO RESERVATIONS REQUIRED FOR DINE-IN

\$7 PER MEAL
\$10 FOR TENDERLOIN MEALS

Monday	Tuesday	Wednesday	Thursday	Friday
3 9:00 Line Dancing 10:00 Chair Exercise 11:00 Health Class with Darcy: "Fall Prevention" 11:30 Loaded Baked Potato 12:00 AIHS Respite Care 12:30 Movie	4 9:00 Euchre 9:00 Bible Study with Cheryl 11:30 BBQ Chicken 12:00 Dominoes 12:30 Bible Study w/Bob	5 9:00 Pixie Bingo: Partner <i>The Waters</i> <i>*Players must bring prizes!</i> 9:00 Line Dancing 10:00 Chair Exercise 11:30 Taco Salad 12:30 Painting w/Evie 12:30 Hand & Foot Game	6 10:00 Alzheimer's: "Reduce Your Risk Of Dementia" 11:30 Beef Bolognese over Pasta 12:30 Euchre 5:00 Cash Bingo	7 9:00 Euchre 9:00 Line Dancing 10:00 Chair Exercise 11:30 Lunch N Learn: YMCA Silver Sneakers Delivery Only: Pizza
10 9:00 Line Dancing 10:00 Chair Exercise 11:30 Grilled Cheese with Tomato Basil Soup 12:00 AIHS Respite Care 12:30 Movie 1:00 Mahjong	11 9:00 Euchre 9:00 Bible Study with Cheryl 11:30 Sweet & Sour Meatballs 12:00 Dominoes 12:30 Bible Study w/Bob	12 9:00 Line Dancing 10:00 Chair Exercise 10:45 Blood Pressure Ck 11:30 Chicken Salad Sandwich 12:30 Hand & Foot Game	13 BIRTHDAY WISHES 11:30 Swiss Steak 12:15 Entertainment: Chain O Lakes Chorus 12:30 Euchre 5:00 Cash Bingo 6:30 Grieving Friends Support Group	14 9:00 Euchre 9:00 Line Dancing 10:00 Chair Exercise 11:30 Lunch N Learn: Nicole Shoda from Paul Davis Delivery Only: Cheese-burger
17 9:00 Board Meeting 9:00 Line Dancing 10:00 Chair Exercise 11:30 Smoked Sausage with Green Beans & Potatoes 12:00 AIHS Respite Care 12:30 Movie	18 9:00 Euchre 9:00 Bible Study with Cheryl 11:30 Mexican Baked Spaghetti 12:00 Dominoes 12:30 Bible Study w/Bob 1:30 The League	19 9:00 Pixie Bingo: Partner <i>Oberlin Mrktg/Heidi Darley</i> <i>*Players must bring prizes!</i> 9:00 Line Dancing 10:00 Chair Exercise 11:30 Philly Cheesesteak 12:30 Hand & Foot Game	20 11:30 Tenderloins 12:15 Entertainment: Steve Douglas w/Music to My Ears 12:30 Euchre Tourney 1:00 Volunteer Center Project 5:00 Cash Bingo	21 9:00 Euchre 9:00 Line Dancing 10:00 Chair Exercise 11:30 Layered Salad

24 9:00 Line Dancing 10:00 Chair Exercise 11:30 Sloppy Joe on a Bun 12:00 AIHS Respite Care 12:30 Movie 1:00 Mahjong	25 9:00 Euchre 9:00 Bible Study with Cheryl 11:30 Cheeseburger Bowl 12:00 Dominoes 12:30 Bible Study w/Bob 6:00 Empower Whitley Women	26 9:00 Line Dancing 10:15 Drumming Class 11:30 Ham & Beans with Cornbread 12:15 Miller's Games 12:30 Hand & Foot Game	27 10:00 Book Club with Peabody Library 11:30 Beef Stew & Biscuit 12:30 Euchre 5:00 Cash Bingo	28 STAFF TRAINING DAY NO Activities NO Dine-In Lunch Delivery Clients Only: Deli-Style Lunch Center open for clients needing resources Transit will run as usual
31 9:00 Line Dancing 10:00 Chair Exercise 11:30 Sausage Gravy over Biscuit 12:00 AIHS Respite Care 12:30 Movie				

SEPTEMBER				
1 11:30 Sweet & Sour Meatballs	2 11:30 Chicken Cordon Bleu	3 11:30 Cheesy Ham and Potatoes	4 11:30 Tuna Noodle Casserole	

- * Take-Out & Delivery: Orders must be placed 2 business days in advance. The meal is \$7. There is a \$2 charge for meal delivery. Please note that shifting of food may occur during delivery; therefore, be cautious when opening the container(s). Evening dinners are not available for delivery.
- * A Garden Salad can be ordered in place of any meal.
- * This menu is subject to change at the discretion of our kitchen staff.

EQUIPMENT LOAN PROGRAM

SHORT-TERM LOANER EQUIPMENT

Walkers, canes, crutches, and shower chairs: \$10 rental fee.

Wheelchairs and knee scooters: \$25 rental fee.

* * * * *

Incontinence items are also available. Each recipient is allowed one package per month.

FOOD PROGRAMS

WEEKEND MEALS

Order as many weekend meals as you like by Wednesday at noon, then pick them up on Friday or have them delivered. Call the Woodlands for more details.

NON-PERISHABLE FOOD PANTRY

The senior food pantry is available to seniors **50+** who find themselves short on non-perishable grocery items. It can be used as a supplemental food source **one time per month**. Pantry days/hours: Monday and Thursday from 9 am - 11 am & 12 pm - 3 pm.

WOODLANDS FOOD SHARE PROGRAM

Seniors living on a limited income and in need of additional food items on an ongoing basis can apply for a supplemental food program. The program provides a 10 to 15 lb bag of shelf stable food items **one time per month**. Call the Woodlands for more details.

PET FOOD

PET PANTRY

Dog and cat food is available for pick up **once per month**. The Pet Food Pantry days/hours are Monday and Thursday from 9 am - 11 am & 12 pm - 3 pm. ***Pet food is available dependent on supply.***



FOOT CARE BY TIFFANY, RN

Thursday, August 6

Thursday, August 20

\$45 ~ Call 248-8944 x5 to schedule.



HAIRCUTS & EYEBROW WAXING BY LYNDAL

Wednesday, August 12

Call 248-8944 x5 to schedule.

Haircut \$10 / Cut & Style \$11 / Men's Haircuts \$5 / Eyebrow Waxing \$5



MANICURES BY LYNDAL

Wednesday, August 19

Call 248-8944 x5 to schedule.

Filing \$3 / Polish \$5 / Filing & Polish \$8

Please bring your own nail polish.



MASSAGE BY ANNETTE BEAR, LMT

Thursday, August 27

Enjoy a 15-minute chair massage!

\$15 ~ Call 248-8944 x5 to schedule.

Equipment will be sanitized prior to each appointment.



ONE ON ONE WITH DARCY

Darcy Hoopingartner, NP, from the Whitley County Health Dept. is offering confidential one-on-one sessions. Need to talk to someone about a personal, medical, or mental health issue? Come see Darcy at the Woodlands! Call 248-8944 x5 to schedule.



CELEBRATING SENIORS*Happy***SENIOR CITIZENS DAY***August 21***A Tribute to the Wisdom, Resilience, and Beauty of Senior Citizens.**

In the quiet corners where memories reside,
Soft chairs cradle stories, time cannot hide.
Wrinkles trace journeys of laughter and tears,
A tapestry woven through countless years.
Hands that have labored, hearts that have cared,
Eyes that have witnessed, souls that have shared.
Through love and through loss, through trials and delight,
Their spirits shine steadfast, a beacon of light.
Lessons of life, generously given,
Moments of grace, a life fully driven.
Each step a testament, each smile a song,
In their presence, we find where we belong.
Wisdom like rivers flows gentle and deep,
Guiding the young, their promises keep.
Though bodies may tire, their hearts remain strong,
In the dance of the years, they still belong.
So honor their journey, their laughter, their pain,
Celebrate the beauty that time cannot wane.
For in every elder, a story unfolds,
A treasure of life, more precious than gold.

~Author Unknown

ARTICLE

The Benefits of Age-Gap Friendship

Are your friends all around your own age? Many of us “seasoned” folks might likely answer “yes.” But, why? Probably because we feel a little hesitant about forging friendships with people from different generations. Probably because we think we won’t have anything in common.

When you stop and think about it, however, there really isn’t much logic behind the assumption that different ages have little in common. Plenty of interests are shared across generations. Besides that, there’s plenty of information and life experience that can be shared between people of different ages.



Age alone does not predict the quality or strength of a friendship. A good friendship of any kind adds something positive to our lives. Friends who are not exactly like us can bring a new perspective into our lives. They can enrich our lives in ways that someone who has lived a life similar to our own may not be able to do in quite the same way.

The truth is that a friendship of different ages can bring unexpected and welcome rewards for both people... younger and older. A friend of a different age can expand our horizons in much the same way as a friend with a different cultural background.

So, the next time you make a new acquaintance and feel like you really connect with the person, do not let an age gap stop you from pursuing and building a friendship. A random circumstance like age should never get in the way of what might become a deep and lasting relationship.

Here are a few benefits of an age-gap friendship...

- **An age-gap friendship may squash misconceptions.** It’s very easy for younger and older people to have inaccurate or misguided ideas about the other generation. Bridging the generation gap through friendship can be enlightening and change false impressions.
- **As an older friend, you can share your wisdom and experience.** You’ve got a lot to share with a younger friend whether you realize it or not. You have a range of experiences, accomplishments, and even missteps that have taught you lessons about lots of things, like career, relationships, and finances. You’ve gained insight over the course of your life that could benefit a younger friend.
- **You can learn from your younger friend.** Let’s face it age does not provide all the answers to life. For example, with the onslaught of technological advances taking place over just the past couple of decades, there seems to be something new to learn every day. A younger friend can teach you about all the new technologies and advancements like texting, social media, smartphones, tablets, etc.
- **It’s easier to stay current in our youth-driven society.** As we get older, it can be challenging to stay up on popular culture and trends of the day. A younger friend can help keep you in touch with what’s going on in the world around you. Just because we are seasoned doesn’t mean we should live in the past or in a bubble. Staying current can help keep us feeling vital and youthful.

ARTICLE

- **An age-gap friendship may open doors to new interests.** Friends from different generations can introduce each other to music, hobbies, people, and activities they might otherwise miss. For example, younger friends may not be familiar with music and performers from the past while an older friend may have no idea about today's latest hits and music genres. A younger friend may enjoy learning about something like knitting or fishing from a seasoned friend, and an older friend may like to learn about the hobbies and activities a younger friend enjoys.
- **You may embrace new outlooks and ideas.** Friends from different generations can open each other up to different perspectives and looking at things a fresh way. Whether young or seasoned, it's easy to become tied to specific beliefs and opinions. But, just because we harbor a certain view about something does not mean that the view is set in stone. No matter our age, we grow as people when we open up and allow our beliefs and attitudes to evolve and grow.
- **You may be inspired to be more active.** Maintaining a healthy lifestyle as we age is important. Part of a healthy lifestyle is staying as active as possible. Younger people tend to live a more "on the go" lifestyle than a lot of us seasoned folks. While we may not always be able to keep up, there's no reason not to join in when we can. An age-gap friendship may offer opportunities to be active in ways you might otherwise miss out on.



Work Cited:

Seasoned Times. (2026). *The Benefits of Age-Gap Friendship – Seasoned Times*. SeasonedTimes.Com; Seasoned Times. <https://seasonedtimes.com/the-benefits-of-age-gap-friendship/>

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1900 Carew Street, 46805



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Volunteer with SHIP and help others with THEIR Medicare questions!



SHIP

State Health Insurance
Assistance Program

Navigating Medicare

We need YOU to help your neighbors in Whitley County!

SHIP is driven by highly trained, certified volunteers who are committed to helping people with Medicare determine the best health insurance choices for their individual situations and to understand their Medicare benefits and options: Medicare Advantage, Medicare Supplement Plans, Part D drug coverage, long term care options, and financial assistance programs.

Learn more at
www.in.gov/ship/become-a-ship-volunteer
or call **(800) 452-4800.**



Whitley County
Council on Aging



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710 N Opportunity Drive
Columbia City, IN 46725

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The Waters

