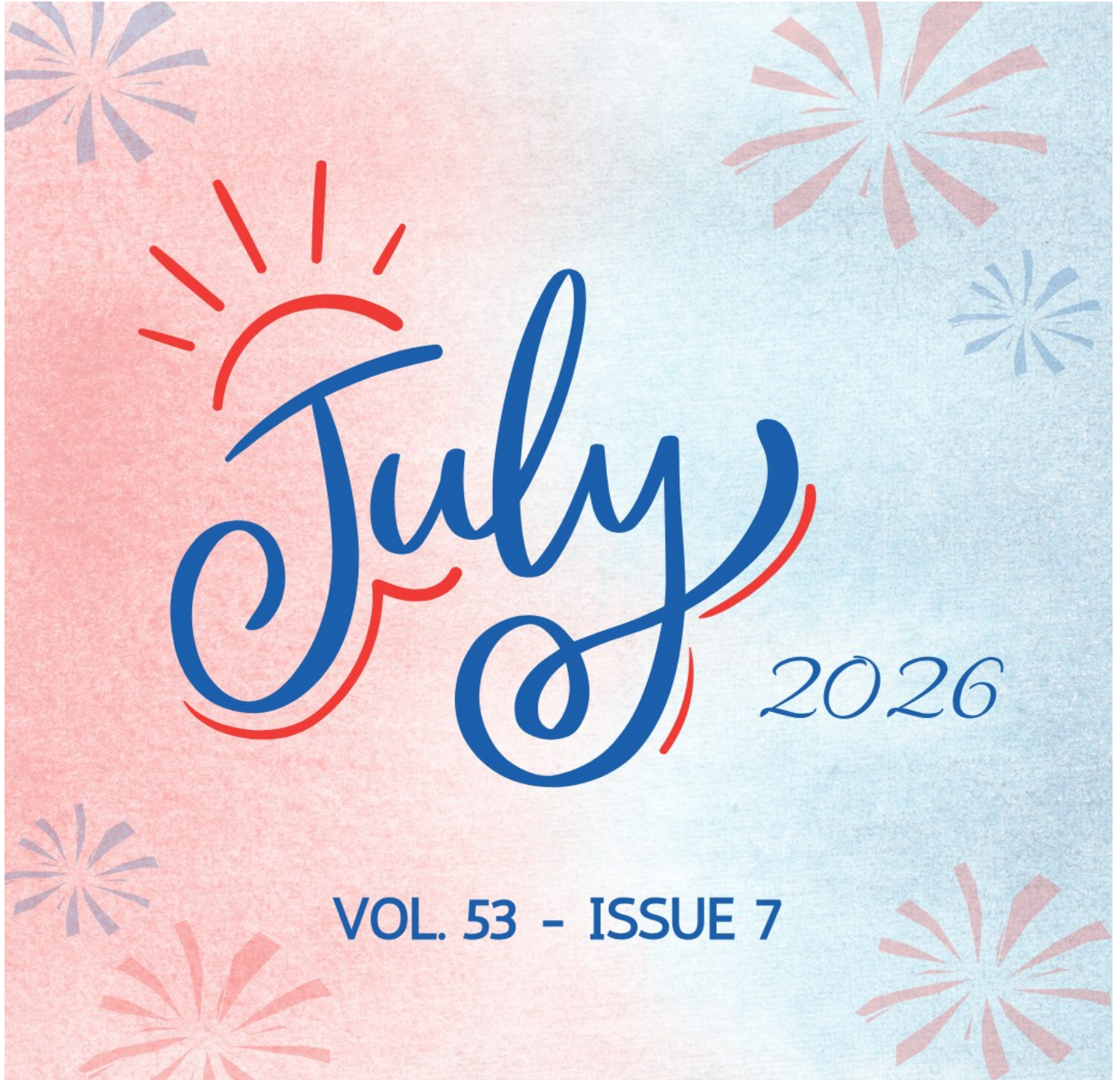




the SENIOR CALLER

WOODLANDS SENIOR ACTIVITY CENTER



VOL. 53 - ISSUE 7

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.wccoa

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 Loan 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.

RESOURCE FAIR

Continue to Grow

August 1st 2026 10 am to 2 pm
Indian Springs Middle School

Volunteers needed

**Be a part of the Whitley
Resource Fair! We are currently
looking for volunteers to help
with all subcategories.**

**Register by July 3rd and
you will receive a free t shirt!**



RESOURCE FAIR

   SCAN A QR & JOIN US AT THE WHITLEY RESOURCE FAIR

  SCAN THIS QR CODE TO REGISTER AS A VENDOR IN THE MARKETPLACE SECTION!

  SCAN THIS QR TO REGISTER AS A VOLUNTEER DURING THE WHITLEY RESOURCE FAIR

 SCAN THIS QR TO JOIN US AT THE NETWORKING MEETINGS HOSTED BY WOODLANDS

IMPORTANT INFORMATION REGARDING CURRENT ACTIVITIES AND THE WHITLEY RESOURCE FAIR!



 WE WILL NOT BE HAVING CASH BINGO ON THE FOLLOWING DATES DUE TO OLD SETTLERS, HOLIDAYS, AND 4H.

JUNE 18TH

JULY 2ND

JULY 16TH

JULY 23RD

DENTAL SCREENING

Brighten Your Smile with Confidence!



Please use this QR code to register for a free Dental Check at the Whitley Resource Fair on 8/1/26 from 10 am to 2 pm at Indiana Springs Middle School

FREE dental supplies available!



WORD SEARCH

★★★★★ FOURTH OF JULY ★★★★★

INDEPENDENCE DAY

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

RED
FLAG
LIBERTY
FIREWORK
CELEBRATION

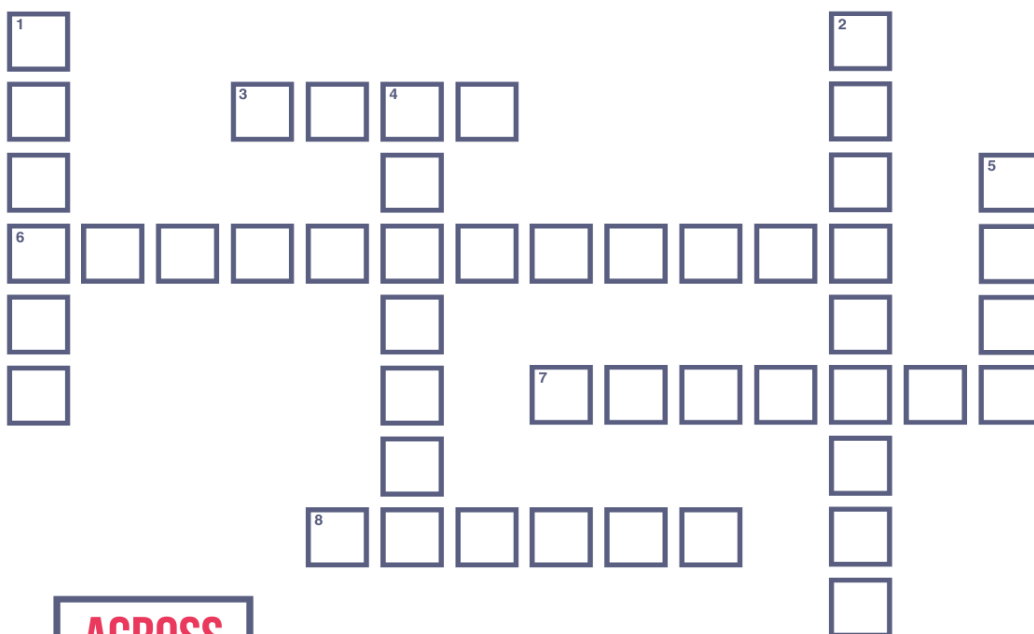
JULY
PARADE
AMERICA
FREEDOM
INDEPENDENCE

BLUE
HISTORY
COUNTRY
PATRIOTIC
DECLARATION

CROSSWORD

★ ★ ★ ★ ★ FOURTH OF JULY ★ ★ ★ ★ ★
INDEPENDENCE DAY

Read the clues below, find the words, and complete the grid.



ACROSS

- 3. A cloth with stars and stripes
- 6. Being free and not ruled by another
- 7. The story of what happened in the past
- 8. A line of people marching with music



DOWN

- 1. Another word for a country
- 2. Bright lights and loud booms in the sky
- 4. Another name for the United States
- 5. The month of Independence Day

JULY

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
		1 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 Tuna Salad Sandwich 12:30 Painting w/Evie 12:30 Hand & Foot Game	2 10:00 Alzheimer's: "The Ten Absolutes for Caregivers of People Living with Dementia" 11:30 Grilled Hot Dog 12:30 Euchre <i>**Cash Bingo will not take place this evening.</i>	3 CLOSED * * * * * <i>Enjoy your 4th of July</i>
6 9:00 Line Dancing 10:00 Chair Exercise 11:00 Health Class with Darcy: "Eggs: The Perfect Protein" 11:30 Pulled Pork Rice Bowl 12:15 Movie (call us for the movie title)	7 9:00 Euchre 9:00 Bible Study with Cheryl 11:30 Cube Steak with Gravy 12:00 Dominoes 12:30 Bible Study w/Bob	8 9:00 Line Dancing 10:00 Chair Exercise 10:45 Blood Pressure Ck 11:30 Honey Glazed Chicken 12:30 Hand & Foot Game	9 BIRTHDAY WISHES 11:30 BBQ Ribs 12:15 Entertainment by Emery Gamble 12:30 Euchre 5:00 Cash Bingo 6:30 Grieving Friends Support Group	10 9:00 Euchre 9:00 Line Dancing 10:00 Chair Exercise 11:30 Miller's Picnic (no charge!) <i>*For Delivery: Lunch is free, but the \$2 Delivery Fee still applies.</i>
13 10:00 Chair Exercise 11:30 Turkey Tetrazzini 12:15 Movie (call us for the movie title) 1:00 Mahjong	14 9:00 Euchre 9:00 Bible Study with Cheryl 11:30 Lemon Herb Chicken 12:00 Dominoes 12:30 Bible Study w/Bob	15 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 Cheeseburger Bowl 12:30 Hand & Foot Game	16 11:30 Chicken Pot Pie Pasta 12:30 Euchre Tourney <i>**Cash Bingo will not take place this evening.</i>	17 9:00 Euchre 9:00 Line Dancing 10:00 Chair Exercise 11:00 Dirty Soda Bar with Katie from Paradigm 11:30 Baked Fish

20 9:00 Board Meeting 9:00 Line Dancing 10:00 Chair Exercise 11:30 Beef Liver & Onions 12:15 Movie (call us for the movie title)	21 9:00 Euchre 9:00 Bible Study with Cheryl 11:30 Vegetable Lasagna 12:00 Dominoes 12:30 Bible Study w/Bob 1:30 The League	22 9:00 Line Dancing 10:00 Chair Exercise 11:30 Swedish Meatballs 12:00 AIHS Respite Care 12:30 Hand & Foot Game	23 10:00 Book Club with Peabody Library 11:30 Grilled Cheese and Lentil Soup 12:30 Euchre <i>**Cash Bingo <u>will not take</u> place this evening.</i>	24 9:00 Euchre 9:00 Line Dancing 10:00 Chair Exercise 11:30 Lunch N Learn: Tammy w/Indiana Donor Network <i>Delivery Only: Cheesy Chicken Rice Casserole</i>
27 9:00 Line Dancing 10:00 Chair Exercise 11:30 Tenderloins 12:15 Entertainment by Pat Murphy 12:15 Movie (call us for the movie title) 1:00 Mahjong	28 9:00 Euchre 9:00 Bible Study with Cheryl 11:30 Sloppy Joes 12:00 Dominoes 12:30 Bible Study w/Bob 6:00 Empower Whitley Women	29 9:00 Pixie Bingo: Partner <i>Miller's</i> <i>*Players <u>must bring prizes!</u></i> 9:00 Line Dancing 10:00 Chair Exercise 11:30 Johnny Marzetti 12:00 AIHS Respite Care 12:15 Miller's Games 12:30 Hand & Foot Game	30 11:30 Turkey Salad Wrap 12:30 Euchre 5:00 Cash Bingo	31 9:00 Euchre 9:00 Line Dancing 10:00 Chair Exercise 11:30 Salmon Patty

AUGUST				
3 11:30 Loaded Baked Potato	4 11:30 BBQ Chicken	5 11:30 Taco Salad	6 11:30 Beef Bolognese over Pasta	7 11:30 Bratwurst on Bun

- * 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.***



HAIR CARE

Haircuts & Eyebrow Waxing by Lyndah

Wednesday, July 8

Call 248-8944 x5 to schedule.

Haircut \$10
Cut w/style \$11
Men's Haircuts \$5
Eyebrow Waxing \$5

NAIL CARE

Manicures by Lyndah

Wednesday, July 15

Call 248-8944 x5 to schedule.

Filing \$3
Polish \$5
Filing & Polish \$8
Please bring your own nail polish.

MASSAGE

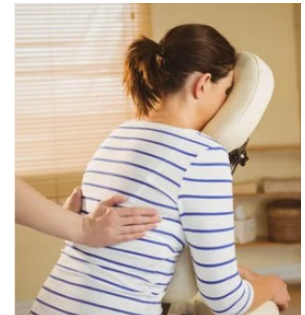
Massage by Annette Bear, LMT

Thursday, July 30

Enjoy a 15-minute chair massage!

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

All equipment will be sanitized prior to each appointment time.



ONE ON ONE WITH DARCY

Darcy Hoopingartner, NP, from the Whitley County Health Department 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.



ARTICLE**Heat and Chronic Illness: What Older Adults Should Know**

Terri L. Jones | June 10, 2026

Don't let the heat ruin your summer fun – or your health. By knowing that heat and chronic illness don't mix and knowing how to respond, you can keep the party going.

You're at a cookout on a hot summer day, enjoying the grilled chicken kebabs your son-in-law just cooked on the grill. Suddenly, you start to feel dizzy and a little nauseated. What's happening to you?

Regulating body temperature

"When it's very hot outside, your body has to work hard to stay cool. It does this by sweating and by moving more blood to the skin so heat can escape," explains CareMore Health's regional medical officer, Dr. Heather Swanson. However, as you age, your sweat glands and your circulation don't work as well as they used to, making it harder for your body to regulate its core temperature and potentially leading to heat exhaustion or heat stroke. And if you suffer from a chronic medical condition or take certain medications, it can put you in even greater danger when you're out in the heat.

Managing heat and chronic illness

Here's how some chronic conditions worsen the effects of heat and some precautions to mitigate the risks of mixing heat and chronic illness.

Heart disease

Heart disease can make it more difficult for your heart to pump blood to your skin to cool you off. This can put a dangerous strain on your heart and can increase your risk of a heart attack and other cardiovascular issues.

Precautionary measures: According to Harvard Health Publishing, it's important to drink 8 ounces of water every 20 minutes and don't wait until you're thirsty. (Avoid soda and fruit juice as it may slow the passage of water to the bloodstream and alcohol increases urination; some studies show that drinking an excessive amount of alcohol could even increase your risk for heat stroke.) However, if you have congestive heart failure that causes you to retain fluid, which can cause swelling, or if you take diuretics, consult your physician about how much water you should drink.

Diabetes

With diabetes, you'll sweat less, which hinders your body's ability to sustain its core temperature. Diabetics are also more likely to become dehydrated, which can lead to high blood sugar levels and an increase in urination, further accelerating dehydration. Plus, the CDC cautions that hot days can alter how your body absorbs insulin and cause dramatic swings in your blood sugar.

Precautionary measures: Keep a close eye on your blood sugar, especially before, during and after you're active, as you may need to adjust the amount of insulin you use. Also, keep insulin or oral diabetes medicine out of direct sunlight or in a hot car.

Kidney disease

When the weather is sweltering, losing too much fluid from perspiration can be extremely dangerous for those with kidney disease. These reduced fluid levels, or dehydration, can strain kidney function,

ARTICLE

Kidney disease (continued)

limiting blood flow to the kidneys and impeding waste removal. Fluid loss can also trigger an electrolyte imbalance, which can cause many complications including an irregular heartbeat, changes in blood pressure, and in more serious cases, heart attack or seizures.

Precautionary measures: Getting enough fluids on hot days can be a delicate balance if you have kidney disease. Too little can cause dehydration, especially if you're on diuretics; however, too much can result in swelling and high blood pressure because your kidneys have difficulty processing and getting rid of excess fluid. Work with your doctor to determine how much fluid to drink when you're out in the hot sun.

Respiratory diseases

For those with respiratory diseases, like COPD and asthma, breathing in hot, humid air can cause airways to become inflamed as well as narrow them. This can make you short of breath.

Precautionary measures: Use a dehumidifier in your home to keep humidity levels down. Always keep quick-relief medications, such as inhalers, with you and follow your Asthma Action Plan or COPD Action Plan.

Cognitive impairments

Cognitive impairments, such as Alzheimer's disease or other types of dementia, as well as Parkinson's and multiple sclerosis, may make it more difficult for you or someone you love to realize that they're overheating and therefore, take steps to cool off.

Precautionary measures: Those with cognitive impairments should stay out of the heat as much as possible, but if they go outdoors, they'll need to do so with caution and have someone keep an eye on how they respond to the heat. *See below for ways you can help them.*

Medications

Certain medications can impact how your body manages heat. These drugs "can reduce sweating, affect blood pressure, or make you less aware that you're overheating," says Swanson. For example, ACE inhibitors or ARBs, which control high blood pressure, can reduce your ability to sense thirst and potentially lead to dehydration, while beta blockers, another heart medication, can reduce blood flow to the skin as well as sweating. Diuretics, which increase urination, can also cause dehydration. Other medications have different or amplified side effects on a hot day, like opiates and antidepressants, which can result in sedation and cognitive impairment, and antibiotics and cholesterol drugs, which can cause sun sensitivity.

Precautionary measures: If you're experiencing symptoms that may be caused by the heat, consult your physician about possibly adjusting the dosage or frequency of your medications during the hot summer months, but never adjust or stop taking any medication on your own.

Helping high-risk seniors

Many seniors "don't recognize danger, don't take protective action, and don't get help until it's too late," explains Swanson. If your loved ones, especially those with physical and cognitive limitations, are going out in the heat, be sure to keep an eye on them and watch for signs of heat-related illness, such as fatigue, headache, dizziness, and confusion (if you're not there with them, check in with them regularly). "Having someone who will check in, notice changes, and intervene dramatically lowers risk," Swanson adds.

ARTICLE

Helping high-risk seniors (continued)

Below are some steps you should take to protect yourself or older family members, friends, and neighbors from adverse effects from the heat and chronic illness issues:

- Try to keep your loved one out of the sun and move them to shade such as a tree, porch, or umbrella whenever possible.

Make sure that they wear loose, lightweight clothing in light colors to reflect the sun as well as a broad-brimmed hat.

- Advise your family member to drink plenty of water (see cautions above for conditions that affect this guidance) and limit their activity in the heat.
- Watch carefully not only for obvious signs of overheating but also for more subtle symptoms, such as fatigue, confusion, and dizziness. If you notice these changes, move them to a cooler space immediately, loosen their clothing, and if that doesn't help, have them take a cool shower.

- Many heat-related senior deaths occur inside a person's home. Make sure your loved one has properly working air conditioning or fans, use room darkening shades or blinds on sunny days, and keep an eye on their indoor temperature. If the temperature gets too hot, move them to an air-conditioned public space like a senior center, a restaurant or mall, or a cooling center.

Be aware of the potential side effects of their medications during extreme heat and discuss any changes, like low blood pressure, decreased urination, and confusion, with their doctor right away.

When you think of summer, you may think of gardening, beach trips, taking your grandkids to the park, and other fun outdoor activities. However, if you're not careful, the heat of summer can quickly put an end to your fun. As the mercury climbs, take the necessary precautions for yourself and your loved ones so you can make this summer the best one yet.

Article reviewed and approved by Dr. Heather Swanson, explains CareMore Health regional medical officer.

Citation

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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

