

THE SILVER UPDATE

A Publication for
Active Senior
Citizens
Volume 2024
Issue 11



Huntington County Council on Aging/Senior Center

An affiliated Agency of United Way of Huntington County & partially funded by Aging and In-Home Services of Northeast Indiana, Inc.

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November 19th

Markle Health & Rehab
Invite you to
Thanksgiving lunch

11:30 at the
Senior Center

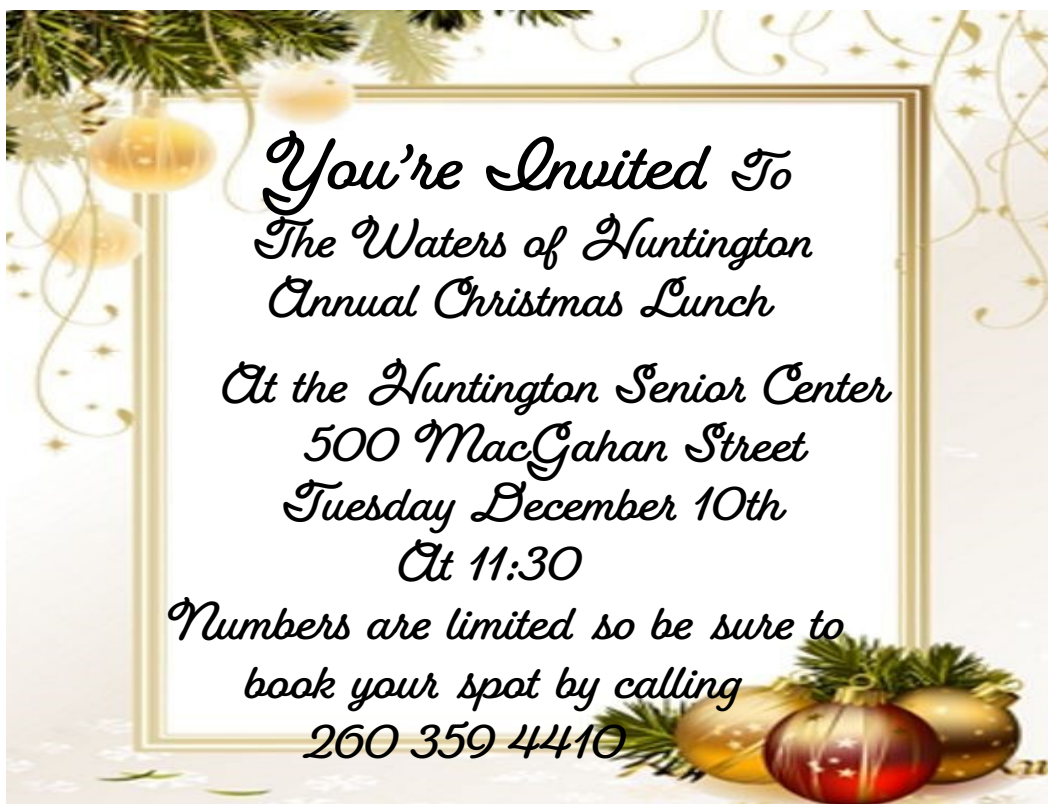
Numbers are limited so
book your spot



*You're Invited To
The Waters of Huntington
Annual Christmas Lunch*

*At the Huntington Senior Center
500 MacGahan Street
Tuesday December 10th
At 11:30*

*Numbers are limited so be sure to
book your spot by calling
260 359 4410*



Mission Statement: Huntington County Council on Aging mission is to help older and disabled residents of Huntington County to facilitate a lifestyle of dignity and independence

Visit Our Website: www.huntingtoncountycoa.org

THANK YOU

FOR YOUR GENEROUS DONATIONS

HAT & Van Fund

Dr Larry Ryan
Bill & Carmen Oswalt
Ivan & Sherry Secrest

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Senior Center

Andrew Schweller
Jacklyn Young
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Ethelind Mann
Michael & Susan Zahn
Jim & Carol Anderson

Olin Snyder
Janet Gordon
Barbara Wieging

Max Sell in memory
of Jo Ann
Phyllis Fordyce in memory
of Max



Lunch & Learn

November 6th

Estate Planning and Elder Law Basics

Troy Keifer

from Beers Mallers Attorney at Law
will discuss asset preservation, POA (Power of
Attorney), trusts, long-term care planning, and
Medicaid.

Troy will welcome questions and discussions.

December 4th

Know Your Rights as a Patient, Planning for Today and Tomorrow, and Compassion fatigue.

Come listen to Beth Planck from Stillwater Hospice
talk on this subject

*Lunch will be served at 11:30 followed
by the presentation*

Call **260 359 4410** to book your spot for *each* of the
topic you're interested in as numbers are limited.

LOANER EQUIPMENT

We have wheelchairs ,walkers, commodes and shower chairs for short term loan.

Our policy is to loan for three months at a time.

Renewals are accepted with a phone call.

There is a \$25 (CASH only) refundable deposit for wheelchairs and knee scooters.

If a wheelchair is not returned by the end of the 3-month agreement, the deposit is forfeited.

Contact the Senior Center at 359-4410 if you have a short-term need.

HOMEMAKER SERVICES

This service provides homemaker assistance to seniors and those with disabilities living in Huntington County.

Service may include help with general housekeeping, personal shopping, bill payment, prescription pickup, errand-running, and shopping assistance.

Please note: Someone must be present during the service.

There are no hands-on services: no lifting, bathing or assistance with medications.

For information or to schedule an appointment, call Dick on 260-359-4410. **Cost is \$12.50 per hour with a one hour minimum**

**You're invited
Tuesday Dec ember 31st**

11:30 AM at the

Senior Center

for a Pizza party

\$5.00 per person

**For catering purposes, please call
260-359-4410 to book.**

**Registration & money due by
23rd December.**

Thank you to our Amazing volunteers

Jeanne Chavis

Mandy Barrus

Chris Tester

Mary Ann Eller

Cindy Koch (CJ)

Shirley Koch



Coming soon

Watch this
space:
More info
to follow

Dancing is
the closest thing
to flying.



Friday
February 14th.

Save the date

Dinner Dance



Please note our policy.

Payment is required in full when registering for a trip.

We have a no refund policy. The only case when a refund is available, is if you find someone to take your spot or if there is a waitlist for a specific trip and someone else takes your spot. The senior center must be notified prior to the trip of any changes on who is attending. If a replacement is not found, no refund will be given or credits or exchanges for your cancellation.

If sufficient reservations are not received, the trip will be cancelled and you will be refunded.

Day Trips

Day Trips

Tuesday December 3rd Festival of Gingerbread at the Fort Wayne History Center.



Since 1986, the Festival of Gingerbread has become one of Fort Wayne's most Cherished holiday traditions, and one of downtown's most popular events. Each year, gingerbread creations by local artists are set up in the historic Shields Room in celebration of the holidays. Gingerbread artists range from Pre-K students to professionals.

Please arrive by **12:20pm**
Bus will leave the senior center at **12:30pm** returning by **4:30pm**.

Cost : \$25 per person includes admission and transportation.
Please note. Trip fee is due on registration.

Tuesday December 17th Trip to Glenbrook Mall

Be at the senior center by **8:45am**.
The bus will leave at **9am** and return by **4pm**.

Cost : \$25 per person includes transportation.
Please note. Trip fee is due on registration.

A minimum number of 8 people (maximum of 12) is required.
Registration is on a first come first serve basis.

Call the senior center 260 359 4410 to



The IRS states, (RMD) required minimum distributions are the minimum amounts you must withdraw from your retirement accounts each year. You generally must start taking withdrawals from your traditional IRA, SEP IRA, SIMPLE IRA, and retirement plan accounts when you reach age 73 or older.

Eligibility :

A qualified charitable distribution (QCD) may be made:
When the IRA holder is age 70 ½ or older
Directly from the IRA to a qualified charity
From a traditional or Roth IRA

Qualified charities:

Generally, a qualified charity includes most public charities that are eligible to receive tax-deductible contributions – including religious institutions, certain veterans' organizations, fraternal societies, community foundations, and **Huntington County Council on Aging**.

Limitations

Restrictions set on QCDs (qualified charitable distribution) include the following:

Distributions must be transferred to the charity no later than December 31 of the current tax year.

Deductible contributions made during or after the year an individual reaches age 70 ½ will reduce the amount that may be excluded.

QCD must be a direct IRA distribution from the IRA custodian or trustee to a qualified charity.

Not all charitable organizations qualify.

QCDs are applicable only for traditional and Roth IRA distributions (excludes SEP and Simple IRAs).

Making a QCD provides an opportunity to make a charitable contribution that you might otherwise not have been able to make and/or receive potential tax benefits for charitable contributions that you are already making. You should consult your tax advisor and estate-planning attorney about your situation.

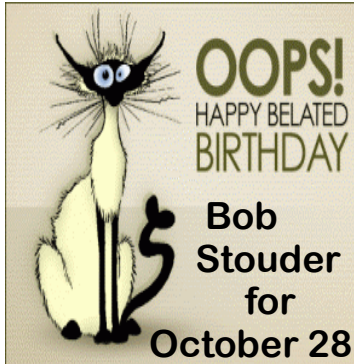


When asked if
my cup is Half-full
or Half-empty
My only response is
that I am
Thankful I have
a cup

CELEBRATING NOVEMBER BIRTHDAYS!

2 Loretta Stephens
5 Dick Murray
7 Paul Thompson
9 Wally Emley
10 Sharon Solloway
11 Connie Foreman

12 Nancy Thrasher
13 Cynthia Stinson
13 Jessica Houscher
15 Sheryl Vanner
15 Linda Campbell
15 Shirley Koch
15 Walter Westcott
17 Judy Frischman
22 Patsy Fields
27 Sarah Gamble
27 George Pieper
29 Virginia Pack
30 Myrtle Sallese



28 Alison Holm
29 Ruth Winkler
30 Jennifer Braun

From Terri Sees, the Vice President

of our board: At the meet & greet on September 19th, we were excited to introduce Jessica Huscher, our new Executive Director for the Huntington County Council on aging. We're thrilled to have someone with such a wealth of experience, passion, and dedication join us in this important role.

Jessica brings with her not only an understanding of the needs of our aging population but also a fresh vision for how we can continue to serve and support our seniors in even more meaningful ways.

We are confident that she will lead with compassion, integrity, and innovative thinking. Together, we will continue to strengthen our programs, advocate for our community, and ensure that every senior has access to the care and resources they deserve. Welcome Jessica. Here's to an exciting and impactful journey ahead.





We were recently approached about offering Chair volleyball as an activity. I did a bit of googling to find out more about it and discovered that it is becoming very popular in senior centers across the country. Why? because it is an activity that includes social interaction and physical activity for the fit or the wheelchair-bound. It is great at reducing stress, improving cardiovascular fitness, increasing flexibility and toning muscles. But, most of all, its lots of laughs! Chair Volleyball is played from chairs with a 20" beach ball. The beach ball is larger than a regular volleyball so it is easier to control.

Barry Cochran told us about a friend who moved to Florida. "He wasn't happy about doing so, but was pushed by his wife to sign up for chair volleyball. Begrudgingly he went along and later said he had a blast and had never laughed so hard. You simply sit on chairs and can use your head, hands or feet if you can. You just cannot get off of the chair. Even people with canes can enjoy the interaction and fun."

According to the National Health Service (NHS), adults over 65 who choose to remain active by playing chair volleyball, pose a lower risk of stroke, heart disease, and type 2 diabetes.

Please call the senior center - 260-359-4419- and put your name down if you'd like to give this a try and let's get this going in the new year.

The wearing of a red poppy

Poppy Day is celebrated in countries around the world. Here in the US, the red poppy is a nationally recognized symbol of sacrifice worn by Americans since World War I to honor those who served and died for our country in all wars. It reminds Americans of the sacrifices made by our veterans while protecting our freedoms.

Each year members of The American Legion Family distribute poppies with a request that the person receiving the flower make a donation to support the future of veterans, active-duty military personnel and their families with medical and financial needs.

In most commonwealth countries, Poppy Day is on Remembrance Day which is observed on **11 November**. First World War hostilities ended at the 11th hour of the 11th day of the 11th month of 1918, in accordance with the armistice signed by representatives of Germany and the Entente between 5:12 and 5:20 that morning.

In late 1914, the fields of Northern France and Flanders were ripped open as World War One raged through Europe. When the conflict was over, the once beautiful countryside was barren and bare. The bright red Flanders poppies, however, flourished amongst the chaos and grew in their thousands. Scientists attributed the growth to the soils in France and Belgium becoming enriched with lime from the rubble left by the war.

The Poppy should be worn on the left breast, close to the heart. The red represents the blood of all those who gave their lives, the black represents the mourning of those who didn't have their loved ones return home, and the green leaf represents the grass and crops growing and future prosperity after the war destroyed so much. The leaf should be positioned at 11 o'clock to represent the eleventh hour of the eleventh day of the eleventh month, the time that World War One formally ended.



In Flanders Fields, was written by Lt. Col. John McCrae, MD, while serving on the front line in World War I, to honor soldiers killed in battle.

In Flanders fields the poppies blow
Between the crosses, row on row
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below

We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved, and were loved, and now we lie
In Flanders fields.

Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.



Join us November 20th

for a morning at the
Movies for folk 50 years
and older

Huntington Theatre
350 Hauenstein Rd
Huntington
Doors open at 8:30
Movie starts at 9:30

Free donuts,
Juice/coffee.
Door
Prizes



THANK YOU TO ALL OUR SPONSORS

WILD WEDNESDAY PARTNERS

Huntington Senior Center (HCCOA)

Waters of Huntington

Markle Health & Rehab

MOVIE CO-SPONSORS

Campbell & Dye Insurance

The Hearing Center

Beers Mallers attorney at Law

Source One Insurance

DOOR PRIZE SPONSOR

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Paradigm Health

COFFEE SPONSOR

The Trading Post



THE BEST CHRISTMAS PAGEANT EVER is the story is a cheerful comedy about the annual Christmas program at a typical small town/small-city church. The Herdmans are absolutely the worst kids. They lie, they steal, they bully... and now they've hijacked the town Christmas pageant. They decided they wanted all the major roles--Mary, Joseph, the three Wise Men and the lead angel. The other children are so frightened of them that they don't try for these parts themselves, leaving the lead roles to the Herdmans. Grace (Judy Greer) is directing the performance for the very first time; she and her daughter Beth (Molly Belle Wright) and husband Bob (Pete Holmes) are in over their heads, especially against a town that wants them to kick the Herdmans out. But the play's mischievous stars might unwittingly teach a community the true meaning of Christmas.

Inclement Weather : When schools are cancelled due to inclement weather, the Senior Center will also be closed for general activities like Bingo, Line dancing

Need a ride to the movies? Rides must be scheduled by noon the day before pickup. Call HAT 260-356-3006.

ACTIVITIES



Walk in the gym at the Senior Center every morning from 8am to 9am

Tell you friends

Dominoes
Thursday 10am

BINGO Thursday 1:30

November

BINGO Sponsors

7th Markle Health & Rehab

14th Aetna

21st Majestic care of West Allen

28th NO BINGO Thanksgiving

Cost \$3 for 5 cards



EUCRE \$1
Friday at 1:00pm

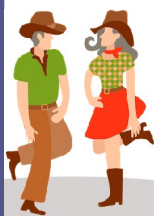
Challenge

Why not sign up for something new and bring a friend or neighbor?

Please support your senior center

Indoor Walking Class Every **TUESDAY** Classes 10am.
Join this group of walkers for a fun, interactive walking class

LINE DANCING AND CHAIR AEROBICS
Every **MONDAY, WEDNESDAY & FRIDAY**



Line Dancing: 10 to 10:30
Dyna Band Exercise in chairs 10:30 to 11:00

This is a low impact exercise that helps keep you active and healthy.

ALZHEIMER'S ASSOCIATION

Of Greater Indiana, Huntington support Group for caregivers of patients with all kinds of dementia meets the first **THURSDAY** of every month from 5-6pm at Christ The King Episcopal Church.
1224 N Jefferson St. Huntington.

Huntington County Council on Aging Board Meeting will be held **Tuesday 26** at 5pm in the Library at Central Christian Church.
500 MacGahan St.

Foot Care

Jeanne Lewis RN will be at the Senior Center 500 MacGahan St on **November 25 & 26**.

By appointment only - Call 260 359 4410

\$35

If you have a Kroger Plus card, Please sign up for the community rewards program. IT **COSTS YOU NOTHING** and doesn't affect your benefits.
Huntington County Council on Aging number is 20669.



November 3



Activities for November



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Walking Group 8:00—9:00 am Line Dancing 10:00-10:30 am Chair Aerobics 10:30—11:00 am Euchre 1:00 pm
4 Walking Group 8:00—9:00 am Line Dancing 10:00-10:30 am & Chair Aerobics 10:30—11:00 am	5 Walking Group 8:00—9:00 am Walk-A-Mile in 15 minutes 10:00 am	6 Walking Group 8:00—9:00 am Line Dancing 10:00-10:30 am & Chair Aerobics 10:30—11:00 am Lunch & Learn 11:30 Estate Planning and Elder Law Basics	7 Walking Group 8:00—9:00 am Dominoes 10:00am Bingo 1:30 Prizes by Markle Health	18 Walking Group 8:00—9:00 am Line Dancing 10:00-10:30 am Chair Aerobics 10:30—11:00 am Euchre 1:00 pm
11 Walking Group 8:00—9:00 am Line Dancing 10:00-10:30 am & Chair Aerobics 10:30—11:00 am	12 Walking Group 8:00—9:00 am Walk-A-Mile in 15 minutes 10:00 am	13 Walking Group 8:00—9:00 am Line Dancing 10:00-10:30 am & Chair Aerobics 10:30—11:00 am	14 Walking Group 8:00—9:00 am Dominoes 10:00am Bingo 1:30 Prizes by Aetna	15 Walking Group 8:00—9:00 am Line Dancing 10:00-10:30 am Chair Aerobics 10:30—11:00 am Euchre 1:00 pm
18 Walking Group 8:00—9:00 am Line Dancing 10:00-10:30 am & Chair Aerobics 10:30—11:00 am	19 Walking Group 8:00—9:00 am Walk-A-Mile in 15 minutes 10:00 am Markle Health & Rehab Thanksgiving Lunch 11:30	20 Walking Group 8:00—9:00 am 8:30 for 9:30 Line Dancing 10:00-10:30 am Chair Aerobics 10:30—11:00 am	21 Walking Group 8:00—9:00 am Dominoes 10:00am Bingo 1:30 Prizes by Majestic care of West Allen	22 Walking Group 8:00—9:00 am Line Dancing 10:00-10:30 am Chair Aerobics 10:30—11:00 am Euchre 1:00 pm
25 Walking Group 8:00—9:00 am Line Dancing 10:00-10:30 am & Chair Aerobics 10:30—11:00 am	26 Walking Group 8:00—9:00 am Walk-A-Mile in 15 minutes 10:00 am	27 Walking Group 8:00—9:00 am Line Dancing 10:00-10:30 am & Chair Aerobics 10:30—11:00 am	28	29
FOOT CARE				



November Sky is chill & drear
November's Leaf is red and sear—Sir Walter



HUNTINGTON COUNTY COUNCIL ON AGING, INC.



Jessica Huscher, Executive Director
500 MacGahan Street
PO Box 5204
Huntington, IN 46750
260-359-4410, 1-800-491-3006

PRSTD STD
U.S. POSTAGE PAID
PERMIT NO. 828
HUNTINGTON, IN. 46750

ADDRESS SERVICE REQUESTED

**"YOUR BEST LOCAL
RESOURCE FOR
SENIOR SERVICES IN
HUNTINGTON COUNTY"**



**Huntington County
Council on Aging**



Cut out this coupon, complete the information and mail
with donation to:

**Huntington County Council On Aging
PO Box 5204
Huntington IN 46750**

☐

I would like to support the various programs
offered by Huntington County Council on Aging

Please use my donation to support
_____ Senior Center _____ Building Fund _____ HAT

or

This donation was made in memory of

Please send acknowledgement to:

Name: _____

Address: _____

City: _____ State: _____ Zip: _____



Huntington County Council on Aging is a not-for-profit agency, receiving funds from the Older Americans Act, provided through Aging and In-Home Services of Northeast Indiana, Huntington County, United Way of Huntington County, Indiana Department of Transportation, fund-raising events, program donations, private donations and your generous contributions.

Your continued support allows this agency to serve the elderly and disabled citizens of Huntington County

☐