Discover historical Franklin

By ROBIN WALDRON
Feature Writer

Take a leisurely walk down Franklin’s Main and Jackson streets, and you will find everything from classic treasurer to country charm. Antiques, collectibles, fashions, flowers, furniture, jewelry, music, clothing and more line the quaintest streets in the area.

Franklin, population 23,712, is the Johnson County seat conveniently located off I-465 South, at exit 90. You can whiz out the interstate to get to Franklin, but once you enter be prepared to slow down and relax while you discover plenty to see and do on your visit to this charming little town steeped in history.

Begin your tour at the town square. There you will find the courthouse built in 1882 and is the fifth structure to be completed. The first one was a log cabin and the next three were temporary buildings of different types. This courthouse is the center of attention upon entering downtown town with its magnificent exterior, a monument to Franklin lives lost for America’s freedom and its appeal to landscaping.

Be sure to drop by restaurants like The Willard (with a haunted history all its own), Ann’s Restaurant, Court Street Café, Benjamin Coffee House and Bake Shop and Richard’s Brick Oven Pizza, to name a few all within walking distance of downtown Franklin.

Take “Strawberries in the Square” “Smoke on the Square,” or “Hops and Vines” for example. That is when the whole town throws a party including classic car cruising, a classic movie at the Artcraft Theatre and tons of fun things to do in downtown Franklin. The stores stay open later to help celebrate. See www.DiscoverDowntownFranklin.com for event information.

The historic Artcraft Theatre was built in 1922 in an Art Deco style and was used for vaudeville and silent movies. The theater was one of the first in the area to feature cool air when it installed a swamp cooler. It served as a full-time movie theater until 2000. The theater operated continuously for 75 years before closing due to the popularity of multiplex theaters.

Today, the theater is owned and administered by the non-profit, Franklin Heritage Inc. FHII purchased the building in 2004 and launched a $500,000 campaign to renovate the building.

Make sure to see the Johnson County Museum of History to take in the wonders of Franklin history. This building, which contains many historical treasures, was once the home of the Masonic Temple.

If outdoors is what you seek, Franklin has just the unique uniqueness. Franklin has just the unique place in the Blue Heron Park and Wetland. You could tour the first to offer cool air when a swamp cooler was installed. (Photo provided)

There are two bed and breakfasts, The Artcraft Theatre, built in 1922 in the Art Deco style. The theater operated continuously for 75 years and was one of the first to offer cool air when a swamp cooler was installed. (Photo provided)

HISTORIC MOVIE HOUSE — Shown is the Artcraft Theatre, built in 1922 in the Art Deco style. The theater operated continuously for 75 years and was one of the first to offer cool air when a swamp cooler was installed. (Photo provided)

Franklin, you might want to stay over. There are two bed and breakfasts, The Flying Frog and Ashley-Drake Historic Inn located in downtown Franklin. Also, just off the interstate entrance into Franklin, there are two national hotel chains.

Franklin invites you to come on down and enjoy fun, food, and historical uniqueness.

Come explore the community within your community.

Free events you won’t want to miss:

**“Slowing the Progression of Memory Loss Through Diet”**
Chef Tom Stieglitz and celebrity Chef Wendell Fowler present brain healthy recipes. Wednesday, April 5, 2-3 p.m.

**“From Overwhelmed to Organized”**
Want to pare down but don’t know where to start? Senior living expert Jackie Stone will guide you through the process. Tuesday, April 18, 12-1:30 p.m.

**“Parkinson’s Café”**
Enjoy a continental breakfast and learn more about care for Parkinson’s disease. Tuesday, April 25, 10-11:30 a.m.

Or, to make an appointment to tour the community and enjoy a delicious meal from the Memory Meals recipes, call Margaret at 317.826.6072.
**Key Positions**

The JCC is a beacon of inclusion and diversity

By MATTHEW J. SILVER

Feature Writer

“I like my boss, and I like all the people who work under me. I am the human resources director, and the entire department as well,” smiled Nancy Biddle-Mills. She is the first HR director at the Indianapolis Jewish Community Center in the center’s history. “It has been a delight to create the path. The JCC embodies everything I have been looking for in my career,” she said.

There are not often many staff openings at the JCC on Hoover Road because employees tend to stay. The current executive director, Ira Jaffee, is retiring after 33 years. Biddle-Mills, herself an employee of 14 years, noted the combined tenure of full and part-time staff amounts to more than 1,100 years of service. Many in managerial positions began their careers before graduation. A member of United Way, the JCC serves some 1,000 people daily through a range of activities beginning with 6-week-old infants in the Early Childhood Education program who may then feed into the soccer, tennis or martial arts programs at 3 years-old, to Rock Steady boxing for those with Parkinson’s disease and wheelchair tennis.

They instructor-led group exercise activities for one week cover a single 8.5 inch by 11 inch sheet of paper, as many as 20 in one day. Indoor cycling and sunrise yoga begin at 6 a.m., followed by cardio strength at 7:15 a.m., Pilates basics or Aqualog at 8 a.m., dance at 8:30 a.m. (ballet, Israeli, beginner and advanced tap), Zumba at 10:45 a.m., Silver Steakers yoga at 11:45 a.m., on through aqua Pilates and Aqua-joints at 6:30 p.m.

Much of the programming is targeted to developing young minds and bodies through an extensive variety of activities, including after school and overnight lock-ins, as well as parents night out, a program for children with special needs. Teens can become certified as a Red Cross water safety instructor, enjoy basketball pick-up games, take private tennis lessons and learn numerous types of dance. The 230 non-summer employees swell to 350 in the summer when the extensive water park is in full swing, and outdoor day camps and other recreational activities involve more participants. Said Biddle-Mills: “Our staff ranges in age from 15 to over 80. Their diversity is matched by the diversity of the people we serve who come from many backgrounds and ethnicities. That is what makes working here so enriching and fulfilling. We are a beacon of inclusion and diversity in the community.”

One hundred volunteers also who contribute to the wide-ranging programs.

Adults can partake of a multitude of fitness equipment and individual training programs, consult with a nutritionist, learn Russian, calligraphy, the world of politics, make scarves and paint pictures. An indoor pool has a floor that rises for elderly and disabled water enthusiasts to enjoy water therapy. Established programs include the annual Ann Katz Festival of Books, Earth Day community celebration and the year-round farmer’s market offering fresh produce. The Tiny House Roadshow of 15 homes drew nearly 8,000 people.

“It has been gratifying to create this HP path. I have always wanted to work in a position that enhances the greater good, and I have found it. It has been an amazing experience. You don’t work for a non-profit to get rich. And the kindred souls I work with all feel the same,” said Biddle-Mills.

SUMMER HIRING — Nancy Biddle-Mills, left, director of human resources at the Indianapolis Jewish Community Center, discusses hiring with Lisa White, director of marketing. The JCC adds 130 staff members each summer to accommodate the influx of participants to its swimming and camping programs. (Photo by Matthew J. Silver)

Making it a Pilgrimage of Hope

By SUSAN ALBERS

Executive Director

Magnolia Springs

I recently read an article about growing old and how we should make it “a pilgrimage of Hope.” Well, of course this caught my eye because many articles talk about the downsides of becoming older.

At the beginning, it stated “Among Cicero’s pieces of advice for us who would age calmly and wisely is that the mind is a muscle. Exercise it. Friends are a boon. See them. Old age brings limitations. Accept and work around them.” Our society embraces youth. Models in advertisements have grown younger because the image we have of ourselves is much younger. We’ve all heard the story about actors in Hollywood. It is much more difficult for them to get work after age 50. Just as I love living in a state with all four seasons, I love what Cicero had to say about our seasons of life. “Nature has but a single path and you travel it only once. Each stage of life has its own appropriate qualities — weakness in childhood, boldness in youth, seriousness in middle age and maturity in old age. These are fruits that must be harvested in due season.” Cicero then noted everyone hopes to live through to old age, but then complains about it when it arrives.

Assisted living is a fairly new concept for our society. Begin in the early 60’s, it has been a wonderful alternative to what used to be called “the old folks home.” Assisted living is a vibrant, exciting, fun place to spend your years as a senior. It has become part of the pilgrimage of millions of seniors in the U.S. From ballroom dancing to billiards, from college-level courses to gardening and book clubs, assisted living has much to offer. If you are getting older and looking for a great place to spend your mature years, I encourage you to check out an assisted living community. There is much to do and much fun to be had — allowing you to continue your Pilgrimage of Hope.
Sign In time 9am, play begins at 9:30am until 2:30pm

Bring your Bridge partner for an afternoon of food, fun and fellowship for our third year of Contract Bridge Tournaments. Brought to you by Community Touchpoint, American Senior Communities and regulated by The Indianapolis Bridge Center.

Various prizes will be awarded throughout the day!

Register today by calling 800-777-7775.

Tuesday, April 4th
Community Health Pavilion Washington
7910 E. Washington St., Indianapolis, IN 46219
Located in: 3rd Floor Community Room

This Card Tournament is brought to you by:

“Where caring people make the difference!”
Prepare for long term senior care before you need it

By ANGIE ANTONOPULOS
American Senior Communities

With more seniors living longer, planning for the future is more important than ever. Planning for your future now, while you’re still in good health, can give you time to learn about all your options, make your wishes known to family members and give you peace of mind.

Here are some recommended steps you should take now:

1. Have a conversation with loved ones. It’s reported 75 percent of adults never have a conversation about long term senior care with loved ones and almost the same percentage wouldn’t know what to do if a loved one needed care.

2. Assess your health care needs, now and in the future. Decide if downsizing and moving into a senior community would help provide peace of mind for you and your family all your future health care needs will be met.

3. Consider your financial situation and prepare for the cost of care. The cost of long-term senior care is on the rise and will continue to get more expensive. Know your options and be prepared.

Create a living will. Be prepared legally for the future, too. A living will, or advance directive, is a legal document that will spell out your wishes for end of life care should you become incapacitated and unable to express them yourself.

The sooner you begin planning for long term senior care, the sooner you’ll be prepared for any changes that may come.

American Senior Communities operates 30 communities that provide long-term care in the metro Indianapolis area. To learn more, visit www.ASCSeniorCare.com.

CIOS annual Orchid Show set for April

What Indianapolis event brings together six displays of orchid societies from Louisville, Cincinnati, Dayton, South Bend, Indy, Fort Wayne, as well as displays from nurseries, the IMA and Ball State to compete for honors from the American Orchid Society?

Garfield Park Conservatory will be alive with beautiful, blooming orchids. Orchid enthusiasts from across the Midwest will display their stunning orchid exhibits throughout the conservatory in hopes of winning a prized ribbon. Orchid vendors will also have plants and growing supplies for sale. Central Indiana Orchid Society hosts this annual juried event and society members will be on hand to answer the public’s orchid questions.

The show will be held from 10 a.m. to 5 p.m. Saturday and Sunday, April 22-23. Cost: $4 per person or $8 per family (two adults max). Garfield Park Conservatory and Sunken Garden is located on the near southeast side of Indianapolis at 2500 Conservatory Drive in the 2400 block of South Shelby Street.

For information on this or other conservatory events, call (317) 327-7183 or visit www.indygov.org/GarfieldConservatory.
Spotlight

There’s no place like home —

Susan Waschevski directs St. Francis PACE program

By JULIE YOUNG
Feature Writer

Susan Waschevski knows one doesn’t have to travel to Oz in order to appreciate all the comforts of home. Typically it only takes a few days in a foreign location before folks long to return to familiar surroundings.

Others never have to leave to know where they want to be and because an overwhelming number of older adults want to age in place, she is determined to help them do just that as the director of the Franciscan Senior Health & Wellness PACE.

PACE is a Program of All-Inclusive Care for the Elderly, a community-based Medicare and Medicaid program for individuals 55 and older who are determined by the state to qualify for nursing home care but who prefer to remain in their homes. “Through the PACE program, individuals are able to receive all of the care and services they would receive in a nursing or assisted living facility, while maintaining their independence,” she said.

Waschevski became the director of PACE in 2013 after serving as the deputy director of home and community-based services with the State of Indiana Division of Aging. Before that, she was a program manager for CICOA Aging & In-Home Solutions. At PACE, she oversees the comprehensive medical and social services programs that are supported by an interdisciplinary team of physicians, nurses, physical and occupational therapist and a wide range of other health professionals and transportation providers.

“It really is a one-stop shop,” she said. “When someone joins our program, they meet with the medical director, nurse practitioner and therapy personnel who evaluate their needs and determine what it will take for them to remain safe and comfortable at home. All of the decisions start with the patient and everything is in their control. If additional services are needed, we can provide them. PACE takes health care and makes sense out of it.”

Locally, the Franciscan Senior Health & Wellness has a location on the southeast side of Indianapolis Waschevski said is like an adult day service on steroids. Not only do they provide activities for patients to take part in and socialize with others, there is a clinic on site where patients can see their doctor and other health care professionals.

“PACE is true transitional care,” she said. “Unlike some Medicare programs that only allot a certain number of days for therapy, this program allows you to stay on it as long as you want. Should the time come for traditional nursing care or hospice, we can help coordinate that for you and stay with you for the duration.”

For someone with a background in sociology, Waschevski said PACE is the future of senior health and one patients and their families can feel good about. “There are a lot of complex situations out there and it is such a blessing to have people trust in our team for their coordinated care. In a way, we don’t only treat the whole patient, but the whole family as well, especially caregivers who are part of an exhausting journey. It’s nice to have a team that you can go to for support.”

PACE PROGRAM VISIT
— Physical therapist Carol Barnes, center, and Susan Waschevski, director of Franciscan Senior Health & Wellness PACE program, visit with a patient at their south side facility at Southport and Franklin roads. (Photo by Julie Young)
Bill Hays joins TPI family as new publications manager

By LAUREN ZEUGNER
Editor

Bill Hays has joined The Papers Inc., the family company for Senior Life, as its new publications manager. Vicky Howell, who served as publications manager for 15 years announced she is retiring March 31. Hays spent 33 years at the Times-Union newspaper in Warsaw, where for 21 years he served as advertising manager. A graduate of Wawasee High School in Syracuse, he attended Manchester College (now university) and never left. He and his wife, Jo, still live in North Manchester.

He graduated with a degree in speech communication and his first job was filling in at WBSW in Warsaw for a radio sales person on maternity leave. When that job ended, he moved to the newspaper in advertising sales. Hays’ wife, Jo, serves as a physical plant administrative assistant at Manchester University.

The couple have two sons, David and Brian. David is the circulation and IT manager at the Times-Union. He is married to Crystal and the couple have three daughters. A native of St. Louis, he is a huge fan of the St. Louis Cardinals.

He is active in North Manchester Kiwanis and serves on the North Manchester Redevelopment Commission. He also serves on the marketing committee of the Builders Association of Kosciusko and Fulton Counties. He and his wife attend First Brethren Church in North Manchester. Hays said he is very excited for the opportunity to work for The Papers Inc.

untreated hearing loss affects the brain

By VALERIE DEMPSEY
Community Hearing

Recent studies shed light on the importance of timely treatment of hearing loss. Most people believe hearing loss is a condition that only affects their ears. In reality, untreated hearing loss can affect so much more, including brain structure and function.

According to a 2011 John Hopkins Study, hearing loss may increase the risk of cognitive problems and dementia. A 2011 dementia study monitored the cognitive health of 639 people who were mentally sharp when the study began. The researchers tested the volunteers’ mental abilities regularly, following most for about 12 years, and some for as long as 18 years.

The results were striking. The worse the initial hearing loss, the more likely the person was to develop dementia. Researchers say there are plausible reasons for why hearing loss might lead to dementia — the brain’s hearing center, called the auditory cortex, is very close to the regions where Alzheimer’s first starts.

Hearing loss also has a noted link to the brain shrinkage. Although, the brain naturally shrinks as we age, the shrinkage seems to be faster tracked in older adults with hearing loss, according to the results of a study by Frank Lin, MD, Ph.D. through John Hopkins University and the National Institute of Aging.

The report revealed those with impaired hearing lost more than an additional cubic centimeter of brain tissue each year compared those with normal hearing. Those with impaired hearing also had significantly more shrinkage in the particular regions, including the superior, middle and inferior temporal gyrri, brain structures also responsible for processing sound and speech.

These studies indicate the urgency in which hearing loss should be treated. It is important to take control of your brain health and make sure your hearing is where it should be. “If you want to address hearing loss well,” Lin said, “you want to do it sooner rather than later.”

For more information stop by or call Valerie Dempsey, (317) 578-2300, 8202 Clearview Parkway Ste. 3A Indianapolis.
By WENDELL FOWLER  Feature Writer

Igorwing the proposition of age limitations, 50-year-old personal trainer/active older adults coordinator at the Benjamin Harrison YMCA, Terri Zoubul motivates seniors wishing to enhance their fitness level. The octogenarian shared, “Age turned out to be an asset. My availability at the Y has opened doors and transformed lives of seniors too intimidated to train one-on-one with others.”

As a youth, Zoubul did not play many sports as “female values were not encouraged to participate, so I just played girls volleyball in high school and didn’t become seriously interested in sports until I was married with two sons.” At 57, Zoubul was painfully introduced to the value of working out regularly to becoming physically fit. “Scared the daylight out of me — I was terrified when my husband, who was in good shape, succumbed to a heart attack 25 years ago. Losing him I launched my personal health journey. We were both embers with high cholesterol. I had to change. Had to get with it — there’s still so much life to live and family to nurture. I wouldn’t be in shape — maybe 10 or 15 pounds overweight. Then I joined the YMCA: the agent for my change. They helped and motivated me with their Chris- tian values. When I needed it the most, they reached out just as I’m helping other seniors today.”

When the Benjamin Harrison YMCA opened, Zoubul worked in child care. Considering Zoubul’s experience as an instructor in the center’s active older adults programs, a wellness director at the YMCA approached Zoubul about becoming a Silver Sneaker Instructor. Zoubul has become a respected, inspirational Silver Sneakers instructor. “It’s really a dream I’ve always wanted, but I needed somebody to tell me age wasn’t a factor.”

“At the age of 80, I became a certified personal trainer. Currently I’m a personal trainer for eight senior clients. Four days a week I instructs for Sneakers Classic, Cardio circuit and a simplified version of kick boxing for seniors. I teach four one-hour classes weekly, walking 2.64 miles three nights a week at Fort Harrison Duck Pond. Then I train with the Athletic Annex group in Broad Ripple Saturday mornings. I also have my own personal trainer. My individual training averages approximately 10 to 12 hours per week.”

The exemplary personal trainer’s awards are many: first place medal in the 2011 Indy Monumental for women over 75, first place in her age group at the 2016 Geist 5K and first place in her age group in the marathon at Fort Harrison St. Park. “I average about 50 miles for a 5K, but it’s not hard to get first place, because, unfortunately, there aren’t a lot of senior competition out there. I am a walker, jogger — that’s been my passion as an adult. I walked in the Indy Mini Marathon for 11 years, and that in itself is like winning a medal if you finish. Also, I am careful with my nutrition which is a must when I compete in these races.”

Zoubul’s gentle encourage- ment to seniors: “While you are still able, use it or you’ll lose it. Age is not a factor — training, dedication and motivation is.” The happy octogenarian lives her truth: an active senior life.

The Beatles
April 1967

Accompanied only by an acoustic guitar, John Lennon auditioned “Straw- berry Fields Forever” — a slow-talking blues song, for Beatles producer George Martin, who sat entranced in a dimly lit Abbey Road studio room while Lennon sang his complex and sophisticated tune. In the Beatles’ Anthol- ogy, Martin recalled, “It was magic. It was absolutely lovely. I love John’s voice anyway, and it was a great privilege listen- ing to it.” Such poignancy and intimacy were rare from the normally guarded Beatle, who had become lyrically more in- trospective after falling under the influence of American icon Bob Dylan.

Strawberry Field (no “s”) was a Liverpool orphanage young Lennon could see from his up- stairs window. The old residence was a sprawling 1870 Victorian home set in wooded grounds and converted by the Salvation Army in 1936. The name had come from the rows of straw- berries that grew in the lush gardens there.

John’s song “Strawberry Fields Forever” (he added the “s” as a stylistic choice), took Len- non back to his childhood and carefree summer mornings with his friends, who often scaled the orphanage walls to play in the trees that became their private playground and a sanctuary from annoying adults. His aunt Mimi (who raised him) some- times complained to her nephew about his trespassing onto private property. John would retort, “What are they going to do, hang me?” From that would later come his often-miscon- strued lyric line “Nothing to get hung about.” Lennon called his work “psychoanalysis set to music,” according to “The Beatles: The Biography.” It featured surreal images that helped him bring his emotional world alive, some lyrics revealing long-suppressed insecurities and feelings of being misunderstood as a child. “No one I think in my tree” shows his concern about being above or below everybody else— either a genius (“high”) or a madman (“low”).

With an open-ended record- ing budget, George Martin could grant Lennon the 45 hours he needed to create what would be- come the most complex Beatles single ever.

Experimentation became the key word as “Fields” developed. John added the sound of a mellotron, a synthesizer-type machine that played recorded instruments (in this case, flutes). He also played the added a little-noticed series of Morse Code beeps that spell out the letters J and L. George Har- rison contributed the sound of a zither-like Indian instrument called a swarmandal.

The song was actually recorded twice, in different keys, tempos, and moods, and with differing instrumentation, sound loops and reversed tape sections. This way, Martin man- aged to create an aural montage by speeding up one tape and slowing down the other, blending both onto a single tape with a distinctive “faraway” sound.

Released as the “B” side to the more commercial “Pennie Lane,” Lennon’s masterpiece became one of the defining works of the psychedelic rock genre and the one of his most personal works. A short promotional film shot for it became one of history’s first music videos and a fore- runner of MTV.

Some have deemed “Straw- berry Fields Forever” rock’s all-time greatest song. Period.
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Availability
We have accommodations available today for Independent or Assisted Living, Memory Care, Alzheimer’s and Dementia care, 24-hour nursing care, rehabilitation and hospice.

On Thursday, April 20, at Indoplus, 1070 W. Jefferson St., Franklin, Indiana.

NARFE’s mission is to support legislation beneficial to current and potential federal annuitants and to oppose legislation contrary to their interests. All meetings are open to all interested parties. The Cathedral is handicap accessible and has handicapp parking. For those who wish to join for lunch, the lunch line opens at 11:30 a.m. All inquiries may be directed to Chapter 151 officer, Leo J. Hahn, by phone at (317) 255-9577 or via email at lmchahn@att.net.

IS Dances — (Formerly Indianapolis Senior Dances) Ballroom group classes and parties at Bob’s, La Boca Studio, Second floor, 502 N. Capitol Ave. (northwest corner of Michigan Street and Capitol Avenue) with DJ Monica Long, professional instructor. For more information, contact Monica Lung at (317) 590-2655 or visit www.MonicaLung.com.

Coffee with the Curator — 8:30 a.m. first Friday of every month at the Truman room at the Scottish Rite Cathedral, 650 N. Meridian St., Indianapolis. Stick around for a holida, bag of chips and drink.

Open House and Bus Tour — Franklin United Methodist Community Cottage open house with guided bus tour from 10 a.m. to 2 p.m. Saturday, April 8, and Friday, April 28. For more information, call Dan Amari at (317) 736-1156.

Lecture on furniture styles — 6:30 p.m. Wednesday, April 5, at the Museum of Miniature Houses, 111 E. Main St., Carmel. Free admission. For more information, call (317) 575-0240.

Celebrations of Creativity and Craftsmanship — Noon Wednesday, April 12 and 26, at the Museum of Miniature Houses, 111 E. Main St., Carmel. Free admission. For more information, call (317) 575-0240.

Free Estate Planning and Asset Protection Workshop — 6-8 p.m. Wednesday, April 5, at the Community Health Pavilion, 9600 E. 146th St., Room 160, Noblesville, and 1-3 p.m. Friday, April 21, at MainSource Bank Community Room, 8740 S. Emerson Ave., Indianapolis. Presented by Hunter Estate and Elder Law Office. Workshops are free. Reservations are required. Call (317) 863-2030 to reserve your spot. Seating is limited.

Free Family Caregiver Support Groups — 5:30-7 p.m. Monday, April 17, at St. Mark Catholic School, 541 E. Edgewood Ave., Indianapolis, and Thursday, April 27, at St. Thomas Aquinas Church, 6810 N. Illinois St., Indianapolis. Catholic Charities Indianapolis sponsors monthly caregiver support groups for family members who are caregivers of older adults. Meetings are open to the community and are a way for caregivers to share and learn from each other as well as community professionals. To confirm attendance or for additional information, contact Monica Woodworth at (317) 201-3378 or monicaw@charitiesindy.org.

From Overwhelmed to Organized — Noon to 3:30 p.m. Tuesday, April 18, at Westminster Village North, 11050 Presbyterian Drive, Indianapolis. Call (317) 826-0080 to RSVP. Seating is limited.

BCSSI Theater Thursday — 8:30 a.m. Thursday, April 20, at Lebanon 7 Theater, 1600 N. Lebanon St., Lebanon. For individuals 60 and over. Cost is $12/person and includes a breakfast snack, along with the movie. April’s movie is “Joy” The breakfast snack is at 9 a.m. For more information, call (317) 826-0080 or RSVP to Barb Presley at barbpresley@charitiesindy.org.

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Send listings hosted by non-profit organizations and Senior Life advertisers to Senior Life, P.O. Box 188, 206 Main St., Milford, IN 46452 or lazensker@the
papers.com by April 10 for May listings. With listing, include contact number with area code.

Daily senior luncheon — 11:30 a.m. at The Social of Greenwood, 550 Polk St., Greenwood. Luncheon is open to the public and membership in the center is not required. A $2 donation is suggested for ages 60+, and $6 is charged per person for under 60. Diners are asked to call (317) 882-4810 by noon the day before to make a reservation. The luncheon is located in the new Center Cafe.

Bethany Village Goes Back to Seniors — 4-9 p.m. every Tuesday at Madison Grill, 3005 Madison Ave., Indianapolis, during their senior night. Seniors 62+ receive a half price entry and can register for a chance for Bethany Village to pay for their meal. Ten meals to be awarded. For more information, call Ben Porter at (317) 785-6042.

VA Lunch — Every Tuesday at Westside Garden Plaza, 8616 W. 10th St., Indianapolis. Call (317) 271-1028 for times.

Quilt Connection Guild — 7-9 p.m. the first Thursday at Greenwood United Methodist Church, 525 N. Madison Ave., Greenwood. Program features experienced quilters sharing their knowledge, workshops, new days to learn new skills, annual quilt challenges, bees (work on personal or charity projects), an annual auction and parties in July and December.

National Active and Retired Federal Employees Association — Meets on the first Friday of every month in the Truman room at the Scottish Rite Cathedral, 650 N. Meridian St., Indianapolis. A $2 donation is suggested for ages 60+, and $6 is charged per person for under 60. Diners are asked to call (317) 882-4810 by noon the day before to make a reservation. The luncheon is located in the new Center Cafe.

Church and still adhere to their values and principles. We are a faith-based organization founded by the Methodist Church. We have operated our ministry to older adults for 58 years, all at the same location. We are a non-for-profit that has no paid board members or corporate shareholders who benefit from our residents and families’ fees for service. We accept private pay for those who can pay, Medicaid and Medicare for those who cannot, and Medicare for those who qualify for rehab. We have accommodations available today for Independent or Assisted Living, Memory Care, Alzheimer’s and Dementia care, 24-hour nursing care, rehabilitation and hospice.
When It’s Not Alzheimer’s: The Story of a Family Living with a Rare, Genetic Disease

By DEBBIE S. Mother/Caregiver

There are many of us living with family members who have early onset, non-AD dementia and I am one of them.

My life as a caregiver started when I was 24. My 25-year-old husband was a tall, handsome man pursuing a master’s degree when our lives changed. Early onset, non-AD is hard to pinpoint at first. I began to notice little things that baffled me at the time, but later made total sense. Clumsy falls, math errors, reckless driving and forgetfulness. The first very real sign happened as we were shopping for our kids. At checkout, when the cashier told my husband the total, he turned to me in shock and said “I don’t know how to write anymore.”

As I see it, early onset, non-AD symptoms are mostly the same as a person with AD, but I feel there is a difference. When we think of Alzheimer’s, we think of a person with AD, but I feel there is a difference. When we think of Alzheimer’s, we think of the disease ravished them. In both, we say goodbye to the person they became before the disease and then again to the person they became after the disease ravished them.

I conclude in saying as a caregiver who has been asked “What’s it like when it’s not Alzheimer’s”? When it’s early onset? Well, I guess I would say it’s unfair, it’s tiring and it’s mostly unrecognized.

My hope is someday science will know more about all the young souls suffering too soon.

I am now watching the same decline with his brother, Kristopher. More heartbreak.

One commonality stands out. In both, we say goodbye twice.

One commonality stands out. In both, we say goodbye twice.

When it’s not Alzheimer’s: The story of a family living with a rare, genetic disease

By DEBBIE S. Mother/Caregiver

There are many of us living with family members who have early onset, non-AD dementia and I am one of them.

My life as a caregiver started when I was 24. My 25-year-old husband was a tall, handsome man pursuing a master’s degree when our lives changed. Early onset, non-AD is hard to pinpoint at first. I began to notice little things that baffled me at the time, but later made total sense. Clumsy falls, math errors, reckless driving and forgetfulness. The first very real sign happened as we were shopping for our kids. At checkout, when the cashier told my husband the total, he turned to me in shock and said “I don’t know how to write anymore.”

We would eventually be informed this disease was genetic and could pass down to our children. Heartbreak.

I have now spent many years caring for my two sons; watching their decline from being college graduates, married men, fathers... to living every day with the challenge of knowing how to get dressed, trying for hours to tie their shoes, remembering to eat and later even trying to speak.

As I see it, early onset, non-AD symptoms are mostly the same as a person with AD, but I feel there is a difference. When we think of Alzheimer’s, we think of an older person who has lived a long and full life. A person with early onset dementia has had their goals and dreams snuffed out too soon. My son, Kyle, was a promising artist. I watched him decline to the point where he lost his ability to sit up, swallow, talk and in his final days he lay in a bed, in my arms, until his brain could no longer tell him to breathe. He was 35.

I am now watching the same decline with his brother, Kristopher. More heartbreak.

One commonality stands out to me with these two diseases. In both, we say goodbye twice. We say goodbye to the person we knew before the disease and then again to the person they became after the disease ravished them.

I conclude in saying as a caregiver who has been asked “What’s it like when it’s not Alzheimer’s”? When it’s early onset? Well, I guess I would say it’s unfair, it’s tiring and it’s mostly unrecognized.

My hope is someday science will know more about all the young souls suffering too soon.
Early pathology sought physical causes of mental illness

By MATTHEW J. SILVER  Feature Writer

It is Jan. 26, 1909, at 2 p.m., and Dr. Jackson is giving a presentation on the pathology of gross lesions in the 100-seat amphitheater lecture hall at the Old Pathology Building, located on the grounds of the Indiana Hospital for the Insane, in Mt. Jackson. His lecture is in four parts: anemia, hemorrhage; brain tumors and syphilis, all part of research to determine the cause of insanity.

Now part of Indianapolis, the Indiana Medical History Museum at 3045 W. Vermont St., houses all the original laboratory equipment and furnishings used in researching the causes of mental illness, thought to be physiological rather than mental, emotional or environmental.

Built in 1896, its three clinical laboratories represent the beginning of scientific psychiatric laboratories and furnishes used in researching mental illness, thought to be physiological rather than mental, emotional or environmental.

Early pathology sought physical causes of mental illness, thinking that mental and emotional abnormalities could be diagnosed by physical examination. The causes of mental illness, thought to be physiological rather than mental, emotional or environmental.

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Early pathology sought physical causes of mental illness, thinking that mental and emotional abnormalities could be diagnosed by physical examination. The causes of mental illness, thought to be physiological rather than mental, emotional or environmental.
Don’t let your spring fever get too high before making plans to improve your yard and garden this year!

One of the best things you can do to have better annual flower or vegetable gardens is to improve the soil. This year make plans to add compost or other organic material to the soil prior to planting. Applying a 2 to 3-inch layer and mix it into the soil about 6 to 10 inches deep. Taking a soil sample for testing is another great idea. It can help you determine the best fertilizer to use and whether the soil is too alkaline for best nutrient uptake.

If you plan to add any trees to your yard, don’t make the same mistakes. Avoid planting too close to power lines or the house by finding out the mature size of the tree first. Planting too deep is another common mistake. The key to proper planting is to locate the root flare (where the trunk spreads out to meet the roots) at the soil surface or just above it. Finally, do not apply excessive mulch or pack it against the trunk. Generally, mulches should be applied so deep that it is 3 to 5 inches after settling.

To avoid or reduce disease problems on ornamental plants or food crops, select disease resistant plant species and cultivars (cultivated varieties). Select tomato cultivars that are resistant. You may have to be 62 to live here, but you can feel as young as you want!

Welcome to Wyndham Hall, an affordable housing community specially designed for seniors 62 or older who are looking to get more out of life. You may have to be 62 to live here, but you can feel as young as you want!

Make plans to improve the yard and garden

By STEVE MAYER
Extension Educator-Horticulture
Purdue Extension
Marion County

Early signs

Continued from page 10

• Difficulty in thinking/problem solving
• Problems completing regular tasks
• Vision issues and trouble with spatial relationships
• Writing/speaking problems – person may forget specific vocabulary or not know how to proceed talking about a subject
• Losing things and/or unable to recreate past steps
• Lack of good judgment when pertaining to themselves in up-keep/making decisions
• Decreased participation socially or professionally — often those affected withdraw when they realize changing behavior
• Personality/temperament changes

Taking Action When Experiencing Symptoms

Dementia usually occurs gradually. Because of this, it can be difficult to determine if one is experiencing signs of the disease or experiencing an illness of another sort. When signs occur regularly and even just one indicator is prevalent, there is a strong likelihood there are precursors to the disease. By being proactive and learning of early symptoms, you can seek immediate medical attention in order to delay and circumvent further symptoms from developing.

For more information about dementia and Alzheimer’s disease, as well as health care options for those living with this disease, visit Franklin United Methodist Community, located in Franklin. Stop by or call Long, director of admissions and care transitions, Franklin United Methodist Community, (317) 736-1194.

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FOREST CREEK COMMONS

6510 U.S. 31 South, Indianapolis, IN 46227

A. Gardeners who want to help others grow can register this summer for the next master gardener program. The 50-hour training program begins in mid-September. Participants also learn through 50 volunteer hours for master gardener certification.
A. Yes. City gardener classes (for inexperienced gardeners) are held on Wednesday evenings during April. The topics are growing flowers, lawn care, trees and shrubs and/or pest management. Monthly horticulture lunch & learn programs are available on a variety of gardening topics. Bring your lunch and listen to a free seminar over 50 volunteer hours for master gardener certification.
Q. Do you have other programs on gardening? A. Yes. City gardener classes (for inexperienced gardeners) are held on Wednesday evenings during April. The topics are growing flowers, lawn care, trees and shrubs and/or pest management. Monthly horticulture lunch & learn programs are available on a variety of gardening topics. Bring your lunch and listen to a free seminar over 50 volunteer hours for master gardener certification.
Q. Are there more new All-America Selections award-winning vegetable and flower varieties? A. Six additional 2017 AAS winners were announced that performed well in our region. They are: Sycamore pole bean, aji rico hot pepper, chili pie hot pepper, midnight snack tomato, gold in gold watermelon and evening scent. Winners are shown online at allamericaselections.org/ winners?product_count=24. Through the master gardener program in Marion County, To contact a master gardener, call (317) 279-9292, or e-mail: marioncountymg@gmail.com. Timely gardening-related tips are available online at www.seniorlifenewspapers.com.

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For more information about dementia and Alzheimer’s disease, as well as health care options for...
“Mom has fallen twice this month. What happens if she breaks her hip next time?”

In every situation, you need easy access to reliable information, resources and options to help you make the best decision for you or for a loved one.

Resources within your reach.
The INconnect Alliance is here for you. Located throughout Indiana, this 16-member network offers information and resources to help you piece together the care puzzle that can be complex and confusing.

Visit us online at www.INconnectAlliance.org for information and resources near you or your loved one.

INconnectAlliance.org

Cell mate

HI! Dick Wolfie’s cellphone, here. My earlier model wrote a column about 10 years ago to tell you how tough a job this is. Things have gotten no better since then.

He misplaced me 43 times in the past 18 months. Of course, I was never really lost. I knew exactly where I was, but have you ever tried to get this guy’s attention?

What a week I’ve had. On Sunday, we were at a boat show where Dick was doing a daily TV segment. First, I was in his back pocket, then he tossed me onto the hood of an RV. Then he shoved me under his coat on a bench. He started looking all over for me. He borrowed someone else’s phone to call me. I was totally charged up for this Success!

So, we headed home. He threw me in his car and I fell between the seats. He started looking for me while driving. This is more dangerous than texting. He found me. He also found his lost AARP card and a $100 expired Amazon gift card.

Monday morning, he took a shower and as he was drying off he put me in the pocket of his bathrobe. He walked around the house while he was waiting for a call that never came. There was no way he was going to remember where I was once he hung up the phone. I knew I was gonna spend the entire night in the bathroom.

Tuesday, 8 a.m., he started looking for me. He checked every drawer, under the bed, even the freezer (where he once left me for three days). He called me from his wife’s phone but my battery was dead again. I called up every ounce of energy. I even tried to vibrate a little. No luck.

Wednesday, Dick finally found me in his robe when he showered again, but then he threw me in his briefcase and I landed in one of those divider pockets. This meant big trouble. Sure enough, I was lost again. Since there is no land line phone in the house, there was no way to call himself. Didn’t matter. I was on silent mode, anyway.

By Saturday, he was despera-te. Dick headed to the cell-phone store to buy a replace-ment. His contract was almost expired, so they made him a deal on a sexy new model with a lot of extra bells and whistles. He fell for it. Men!

The salesperson destroyed me digitally through the store’s computer. I was cellular non grata.

Dick got back in the car and headed home. Suddenly, he had a flash of insight. He pulled over, grabbed the briefcase, turned it upside down and shook it back and forth. I managed to fall through the broken zipper and tumbled to the floor. I was OK, but being without a charge for a three days, I was spent.

Sunday: We headed back to the phone store. He told the clerk he didn’t want his new phone. He wanted his old friend back. I was touched. My circuits welled up.

Last night, Dick stuck me in his sweat pants pocket while he was exercising in the basement. I’m now in the bottom of the laundry basket. Don’t expect to reach Dick anytime soon. He only does the laundry once a week.
From communism, fascism to ‘seniorism’

By WENDELL FOWLER
Feature Writer

One instantly falls in love with Giselle Sharaf’s infec- tious sparkle and her deeply affectionate relationship with the divine.

The Hungarian immigrant describes being born during the emerging, dark and hateful time of Hitler’s Fascist occupa- tion. Hungarian villagers were seduced by Hitler’s promises, “Except my father who joined the Hungarian underground. This placed us in great danger. The village and our relatives hated us — threatened to kill us in the night with grenades.

“We kept changing hiding places, lying on straw in basements — too young to be aware of God’s word, prayer, the universe, or angels. I prayed to ‘upstairs,’ my word for heaven. There was a spirit who spoke to me from ‘upstairs.’ I always believed Christ’s teachings, except not in an organized ‘Ism.’

“Exposed to the ‘isms’ helped with different ‘isms;’ coping with different ‘isms;’ coping

I survived childhood living underground with different ‘isms,’ coping by talking to ‘upstairs to spirit.’ Exposed to the ‘isms’ helped me survive. It was not religion, but I found spirit within me.

Not the concept of God, Jesus, or Holy Spirit. But I knew there was a spirit who spoke to me from ‘upstairs.’ I always believed Christ’s teachings, except not in an organized ‘Ism.’ I needed to find my own truth. The ‘isms’ require you to follow their views and fit into their rigid organized ways.

“One night lying on a base- ment straw bed, I promised myself when I grew up; I’d live my life differently and only see the positive — the good in people. That’s the life lesson life ‘upstairs’ was teaching me.”

Several years ago on the even- ning news, Sharaf witnessed a dark entity threatening the world with a giant butcher’s knife. “I meditated asking ‘upstairs’; what can I do? What is larger than this darkness? How can this violence be stopped and healed? The an- swer: sound, positive vibrations of sound! Like the bells?”

Today Sharaf personifies Jesus and Buddha’s message of love, acceptance, and a peaceful heart. Sharaf practices yet one more “ism,” Seniorism. “Each moment I’m being uplifted and very eager to learn from my angels, orbs, unicorns and the vibrational healing power of sound. I ring my bells for peace every day at noon, not just Fridays.

“I could not have survived the continuous hardships without trusting and believing in the fairness and ultimate balance of the universe. I am 82. Mankind still has many grave uncertainties. But today mankind is more evolved and involved — we care and par- ticipate and have a powerful voice that is bringing positive changes for a more peaceful, happier world. Do Unicorns, the symbol of hope exist; yes, in the depths of my heart.”

PRAYERS FOR PEACE — Giselle Sharaf’s vision for bells to ring around the world at noon for world peace has manifested in bells for peace. Each Friday at the Playful Soul in Broad Ripple, gentle souls gather to participate in a guided meditation and gentle prayer for world peace energized by the power of sound, love and light through bells and vibrating quartz crystal bowls. (Photo pro- vided)

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Six activities that may help prevent Alzheimer’s disease

By CODY BAKER
Forest Creek Commons

With every passing year, researchers are working to find a definitive cure for Alzheimer’s disease. Until that day comes, the nearly 5.1 million Americans living with Alzheimer’s disease and their families continue to focus on treatments that may help slow the progression of the disease.

Since Alzheimer’s disease is usually associated with older age, people over the age of 60 who are interested in Alzheimer’s prevention, might find success with the six different activities listed below.

Each activity addresses a different pillar of risk factors that may contribute to the disease, including mental stimulation, regular exercise, stress management, healthy diet, social engagement, and quality sleep.

Six activities that may boost brain health.

1) Brain games. Engaging in activities that help to stimulate the brain have been proven to improve memory skills and reduce plaque in the brain. From crossword puzzles and Sudoku games to apps specially designed to improve memory and cognitive function, brain games may help to ward off Alzheimer’s in older adults.

2) Exercise. Physical activity is an essential component of Alzheimer’s prevention. In fact, the Alzheimer’s Research and Prevention Foundation has found exercise can reduce your risk of Alzheimer’s disease by 50 percent. Beginning an exercise routine that consists of a mixture of cardio and strength training for at least 30 minutes, five times a week (or 150 minutes per week), might help your brain maintain old connections and make new ones.

3) Meditation is one of the most effective methods of stress management.

4) Make dietary changes. Eating a well-balanced and nutritious diet is a vital element of maintaining overall health. Making certain dietary changes, however, may keep Alzheimer’s disease at bay for you. Researchers have found insufficient sleep is a risk factor for Alzheimer’s. By making an effort to get between seven to 10 hours of sleep every night, you can potentially lower your risk of developing Alzheimer’s disease.

She’s a 94-year-old grandmother who has been dedicated to her daily exercise regimen for no less than 91 years. She started at the age of 3, and is still going strong as she prepares for her 95th birthday. Don’t give up on that New Year’s resolution to get more exercise this year. Let Edna Sheppard be your inspiration.

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The “evil weed” is incredibly high in potassium and vitamin A, B, C and carotene. A drop of milky dandelion juice can be used to cure warts and the leaves can be dried and made into a tea to aid digestion. A traction brewed from the bright yellow flowers is believed to help with the liver and the root can be dried and brewed into a tea as well. The blow ball supports liver, spleen, skin and kidney function by acting as an excellent blood purifier. Naturopaths at Healthylinie.com assert dandelions remove radiations from the body. Many herbs are known to stimulate detoxification in the body. Dandelion root has been used in China for certain kinds of cancers for centuries. Mother Earth and the great creator of all that is, wept at this misunderstanding. Dominion of earth is subjective. These miraculous gifts of God were created to benefit humankind. Drop the unholy Round-Up! One man’s seasonal carpet of the “evil yellow weed” is a wise man’s budding, flowering miracle.

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April 2017 ■ SENIOR LIFE ■ 15
This month’s Take Us Along winner is Tom Bresko of Maunee, Ohio. With his wife, Robin, he traveled on a cruise to Central and South America, including a partial crossing of the Panama Canal. They are shown with a copy of Cincinnati Senior Life as they overlook the canal.

In the photo, their cruise ship sits in a lock on the canal waiting for the water, and their ship, to rise to the next level. Two ships, including one heavily weighted with containers, can be seen in the background.

Robin’s interest in history, especially that of Teddy Roosevelt, led them to one of TR’s most distinguished and yet criticized accomplishments — the Panama Canal. The canal opened under USA control in 1914, but today it operates under the country of Panama.

The couple also noted Tom’s interest in buffets frequently led him to the cruise ship’s lido deck. Needless to say, both were pleased with their experiences.

By JERI SIEELY
Editor In Chief

The story of how Paula Deen met her current husband is interesting. Ted, our trolly driver, told us she sold her house and bought one on an island in the Savannah River. She also purchased a boat but didn’t know how to run it.

Ted said she prayed for a neighbor to visit with. One day as she was walking her dogs they ran off and came up to a man on his cellphone. Paula described him as a cross between Santa Claus and Ernest Hemingway.

Two weeks later the same thing happened. However, this time when she caught up with the dogs he put his cellphone down and introduced himself as Michael Groover.

She wanted to know if he could drive her boat. The answer, of course, was yes. Groover had been a river master for Savannah for 44 years. He was more than qualified to take her for a boat ride. They were married in 2006.

Ted told us her first Food Network show was “Door Knock Dinners,” but it didn’t work. The TV crew and Paula went up to a house and offered to cook dinner with whatever food was in the house. Ted asked how many of us would allow a TV show to film in our house with no advanced notice?

“Paula’s Home Cooking” was next and she was on her way to stardom.

Just prior to 5 p.m. our trolley arrived at the side door of Lady and Sons. The driver passed out tickets and held a drawing prior to our leaving the trolley. Believe it or not, I won!

He gave me a bag that had Paula Deen’s name on it with the words “Put Some South In Your Mouth.” Inside the bag are seasoned. I also purchased the Random House cookbook with “A whole new world of Southern cooking,” a Random House publication.

Unable to run it, I both chose Paula’s wacky “butt massage” seasoning. I put it on two different pieces of meat and put them in the fridge to marinate. The next day I made barbecue pork roast and try the seasoning. Delicious.

He then took us to the third floor where we enjoyed the buffet and probably ate more than we should have.

We both enjoyed fried chicken, mashed potatoes, green beans, mac and cheese and salad. Bud added BBQ ribs to his plate. I added cabbage. Back at the table we served iced tea with lemon and mint and a roll and hoe cake. The waiters kept filling our tea glasses and then served dessert. Bud and I both chose Paula’s wacky cake. It was very sweet but very good. A super way to end a meal.

Then a must before getting back on the trolley was a visit to the gift shop. Since I have Paula’s pans and skillets in my kitchen I only made a few purchases. My kitchen now has two wooden spoons that are seasoned. I also purchased a spatula with “Butter Y’All” written on it and a smaller one with her famous “Hey Y’All.” And two towels with the “Hey Y’All” saying on them.

All too soon it was time to get back on the trolley for the return trip to the center and then to our hotel.

Jeri Sieely is editor in chief of Senior Life and has done extensive traveling with her husband, D. G. “Bud” Seely, not only in Indiana and Ohio but throughout the United States and in a number of foreign countries.

The ‘Take Us Along’ Contest

WLRQ EHUDQGSKRWRLGHQWLÀFDWLRQWR please with their experiences.

TREASURED PHOTO — This is the photo that was in my bag of goodies from the restaurant. Also in the bag was “The Lady & Sons Too,” cookbook and is signed “Happy Cookin’! Paula Deen.” Recipes range from party eye-of round steak to oven-fried potato wedges and caramel apple cheesecake. Yum!

TRAVEL TALK —

A visit to Paula Deen’s restaurant

By JERI SIEELY
Editor In Chief

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