

SHELBY SENIOR SERVICES, INC.

HORIZONS

Monthly Publication of Shelby Senior Services, Inc.

THE HORIZON CENTER

The Center of Senior Life

1504 S. Harrison Street

Shelbyville, IN 46176

Phone: 317-398-0127

ShelbyGo Transportation

Phone: 317-398-7614

www.shelbyseniorservices.org

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September 2019

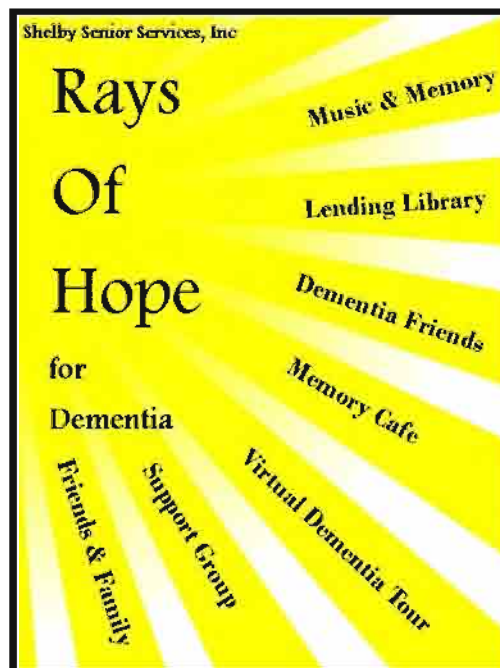
According to the Alzheimer's Association, as of 2019, there are 5.8 million Americans living with Alzheimer's Dementia. This number is projected to reach 16 million by the year 2050. A dementia diagnosis affects not just the person with the dementia; it affects their family, friends, and most certainly their community. While most of us do not have the ability to find a cure for dementia, we do have the ability to increase the quality of life as a community for everyone that is impacted. The key word to notice is community.

Shelby Senior Services, Inc. is proud to announce our efforts to lead Shelby County in a cultural movement to bring awareness and education about dementia to every aspect of our community. This movement seeks to increase the quality of life and remove the stigma often associated with a diagnosis of dementia.

Rays of Hope for Dementia brings partnership with CICOA's Dementia Friends Indiana providing information sessions and our Memory Café. We are working with Second Wind Dreams to bring Virtual Dementia Tour that will provide an experience that will reveal what it might be like to have dementia. We have opened the Caregivers, Friends & Family Lending Library. We have many helpful resource books for those with dementia and their loved ones caring for them. Our relationship with Music & Memory continues as we remain certified to keep this program to our community. Providing a personalized playlist with headphones and an MP3 player is a proven technique to positively impact those with dementia. The Alzheimer's Association remains active in our programming and facilitating our monthly Alzheimer's Support Group.

Our first Virtual Dementia Tour is scheduled for September 5th from 1:00 – 3:00 at Senior Services. The Memory Café will begin on September 12th from 2:00-3:00, also at Senior Services. Music & Memory and the Lending Library are available now. The Alzheimer's Association support group meetings every 2nd Tuesday at 2:00 at the Shelbyville Horizon Center. Contact Ralanda Smallfelt for information about any of these wonderful programs.

"We must not, in trying to think about how we can make a big difference, ignore the small daily differences we can make which, over time, add up to big differences that we often cannot foresee." Marian Wright Edelman



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Elly Bowling, Dir. of Transportation/Building Maintenance

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Morristown, Gretchen Hasler & Elaine Wilhelm
Shelbyville, Crystala' Evans
Waldron, Jeannetta Stickford

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Carol McDaniel, Travel Coordinator
Betsy Stephen, Food Pantry Coordinator
Ralanda Smallfelt, Coordinator of Family Caregiver Services

Will Mitchell, IT Coordinator
Gina Batton, Bookkeeping
Easter Hall Beyer, Receptionist, Dispatcher

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Board meetings are held the second Thursday of each month at 9 a.m. This meeting is for the purpose of conducting the corporation's business. It is not considered a public community meeting but there will be a time for public participation as indicated by the agenda.

Mission and Purpose

The Mission of Shelby Senior Services, Inc. is to respect and respond to the ever-changing needs of older adults and their families, to enhance their quality of life, to assist in maintaining their independence and to be an integrated and valued partner in Shelby County.

Vision Statement:

Serving Seniors...improving lives.

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Is There Something on Your Mind?

Please let the staff at Shelby Senior Services, Inc. know what activities you'd like to see brought to our Horizon Center locations, what services you or a loved one need, and what the staff might improve on to meet your needs and desires. Call 317-398-0127 or put it in writing to us.

ADVERTISING APPEARING
IN *THE HORIZON* HAS
BEEN PURCHASED AND
DOES NOT REPRESENT AN
ENDORSEMENT OF
PRODUCTS OR SERVICES
BY SHELBY SENIOR
SERVICES, INC.



Kim's Korner September 2019

WOW how times flies. We are looking at time where the temperatures are starting to get cooler, kids are back to school and it is getting closer to time for Open Enrollment for Health insurance. These are not my favorite thing to think about, but that time is upon us. At Shelby Senior Services you can sign up to be seen by a SHIP Counselor and they will help with you questions during this time. Please see the article below to have a better understanding of SHIP and how they can help with Open Enrollment.

Medicare Annual Enrollment 2020

Just around the corner ... It's that time again ...

Get prepared ... Be ready

Medicare Annual Enrollment dates are October 15 through December 7. Put these dates in your mind and on your calendar. Senior Services will have SHIP counselors available again this year at no cost to you. You will need to call and schedule an appointment. Your appointment time will be one hour per person. So, if you are a married couple or coming with your neighbor or friend allow one hour each. You can begin scheduling your appointments Monday, October 7 by calling Shelby Senior Services at 317-398-0127. *You will be required to bring your current Medicare Card and your complete list of prescription drugs. Your appointment will not be able to be done without these two items.*

How do I prepare for my appointment?

1. Be sure Medicare has your current address on file ... current zip codes are required.
2. Begin to consider what will be your upcoming medical procedures next year.
3. What treatment facilities will you be using next year? Clinic? Skilled Nursing? Hospital?
4. What prescription medications are you taking now? Will you be taking these same ones next year? Review with your physician.
5. Know your monthly income ... you might be eligible for subsidies to reduce your medical costs.
6. Consider if you want to change any of your plans ... you can change prescription drug plans, you can change from Traditional Medicare to Advantage Care Medicare Plans, and you may need to change your Supplemental or Medigap Policies. You can change from Advantage Plans to Traditional Medicare. Do you want Dental or Vision coverage?
7. What are your travel plans for 2020? ... you may need to review your insurance plan to be sure you will have coverage.
8. If you have questions about how to get prepared, call Shelby Senior Services and request to talk with a SHIP counselor.

Looking forward to seeing *the prepared* you!



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FAMILY CAREGIVER PROGRAMS



Stronger together...

**By: Ralanda Smallfelt,
Coordinator of Family
Caregiver Services**

I'm very excited to announce our new Dementia focused program. Rays of Hope for Dementia was created to combine our dementia efforts into one program to better assist those living with dementia and their loved ones caring for them. Our goal is to meet the family and loved one much earlier in the diagnosis and be able to walk alongside in the journey.

The Dementia Friends Indiana movement seeks to advance education and awareness of dementia, reduce the stigma associated with the disease, and create community environments that are welcoming and conducive for those living with dementia. We are holding Information Sessions all over Shelby County to change the way people think, act, and talk about dementia.

The Virtual Dementia Tour from Second Wind Dreams will now be held on a regular basis. The Virtual Dementia Tour enables people to personally experience the physical and cognitive challenges facing those with dementia by "walking in their shoes." Our first tour is scheduled for Thursday, September 5, from 1:00-3:00. Contact Ralanda to schedule your spot.

We will be starting our Memory Cafes in September as well. A memory café provides a social atmosphere for those with memory loss, along with their caregivers, family, and friends. Everyone is welcome. Bring your loved one and yourself and let's enjoy just being together. We will have activities for those with dementia and social time for everyone. Our first one will be held at Shelby Senior Services, Thursday, September 12, from 2:00 to 3:00. See you there!

The Caregivers Friends & Family Lending Library is open and well stocked. If you would like information about Alzheimer's and other related dementias in book form, stop by and see what we have. The library connects our community with information and resources to enhance the life of the person being cared for and also provide supportive material for caregivers.

We are still Music & Memory certified and this program continues to grow. Music & Memory helps people living with a wide range of cognitive and physical challenges to find renewed joy in life through musical favorites. Music reduces depression and anxiety and can also moderate pain. We offer music through personalized

play lists on an MP3 player with individual headphones.

Through our continued partnership with the Alzheimer's Association, we facilitate monthly Alzheimer's support groups. Participants receive emotional support, practical assistance in coping with the issues they face, and the latest information about research. All meetings are confidential and free of charge. Please join us the second Tuesday of each month from 2:00 pm to 3:00 pm.

While we cannot yet cure dementia, we can do everything possible to walk alongside everyone in this journey of life. Rays of Hope for Dementia is our walk alongside and we are here for you!



Shelby County Council on Aging

Our September 19th meeting will be held at Shelby Senior Services, 1504 S Harrison St in Shelbyville. If you would like to join us, please contact Ralanda at 317-398-0127. We are gearing up for the Holiday Bazaar and Holiday Hugs. Please plan to attend. This is a great opportunity to get involved and be a part of what's happening with older adults in our community.



The Hands at Home project via Shelby Senior Services, Inc. is ready for spring and providing small home repairs for those 60 years of age and older. Call Ralanda at 317-398-0127.

Shelby County Legal Aid Clinic

August 21, 2019

3PM—5PM

Where:

Blue River Foundation

54 W. Broadway St.

Shelbyville

*2nd Floor Conference Room

Free Legal Advice providing access to non-criminal legal services.

Gleaner's Senior Food Truck Locations and Schedules

The Senior Gleaner Food Truck is for only Shelby County Residents. You must be 55 or older. The truck is scheduled for the fourth Tuesday of each month depending on weather conditions and holidays.

The **NEW** truck location is at 350 N. Tompkins Street. Enter from Tompkins St. **ONLY**. A volunteer will be giving directions, **please park as requested**. Please do not arrive before 11:00 a.m. The items are available from the truck 1:00 p.m. to 2:30 p.m.

- You must have personal identification to go through line.
- May have someone assist in line 16 years or older.
- For safety on small lot please leave children at home.
- Bring a cart or wagon, etc. to help move products. They are not provided.
- Weather conditions rule. Rain or wet ground will not allow unloading of products.

For updated information go to Facebook or call Shelby Senior Services at 317-398-0127.

All workers are **volunteers**, they are sharing their time to help with this project.



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Senior Food Pantry

The Senior Food Pantry is open on Mondays, Wednesdays, and Fridays, 10 a.m. until noon, on the days that the Senior Center is open in Shelbyville. The pantry specializes in low-sugar and low-sodium items for those 60 years or older with hypertension or diabetes.

We also accept donations of food, paper and cleaning items for our pantry. Call Shelby Senior Services at 317-398-0127 for more information.

Be sure you are following doctors' instructions about proper diet for your particular health condition. MHP hospital nutrition staff is always available for assistance if needed.

Gleaners Food Truck for

Fairland and Morristown Schedule 2019

(Weather conditions determine trucks schedule.
Schedule is as follows, please verify each month)

Fairland (2nd Friday)

New Life Methodist
400 W. Road
Fairland, IN

Morristown (4th Friday)

Morristown Christian
209 S. Washington St
Morristown, IN

September 13th

September 27th

Note that the times are 1:00 p.m. to 2:30 p.m. at both locations.



Branson 2019
Carol McDaniel,
Travel Coordinator

Branson was as fun this visit as it was the last time we were there! Of course, this visit did not involve an ice storm that kept us overnight another day; however, we did experience 100 degree heat advisories. But considering we were in air conditioning most of the time, I prefer the warm weather.

Most enjoyable this trip for me included the stage production of SAMSON, Grand Country Jubilee Show, and Clay Cooper's Country Express. Actually, every show we saw was special in different ways, but these stood out for me.

SAMSON, as you know, is the Biblical story of the boy with the long hair and super strength. Delilah is the woman who rats him out to the Philistines, who want him dead. She, in return, gets her mortgage paid off. He loses his hair and his strength, and she leaves town with cash in her pocket! In the end, he brings down the Philistines when his hair grows and his strength returns. This might be a little oversimplified, but you get the meaning.

Stage sets are amazing! Most striking are the fake, towering rock formations that are moved back and forth to look like different places and buildings. Nearly 100 cast members never miss a beat or a note. Live animals, some of which enter and exit through the audience aisles include horseback riders, camels, goats and dogs. You could reach out and touch them, but of course, you didn't. Sound effects added to the performance, also. For example, lightning and thunder set the atmosphere for danger, etc.

The message was poignant. If God chooses you for a purpose, no matter how you mess up, He never leaves you. Samson had many character flaws, but realizes his mission when he finds his Savior. What a great lesson for us.

The Grand Country Jubilee, on the other hand, was country music at its best. Comedy relief punctuated the lineup as song after song had your toes tapping constantly. Old favorites made famous by Hank Williams, Glen Campbell, Roy Clark, and many more, performed by talented young artists, kept things hopping. Funny comedian Jim Dandy, dressed in his orange plaid suit, also demonstrated his exceptional talent playing many musical instruments.

One of the quartet members, Luke, hails from Crawfordsville, IN, so that made it more special for us.

Clay Cooper's Country Express combines some modern numbers with pure country, which is nice for younger attendees. More and more groups are adding diverse genres such as Broadway tunes and Rock and Roll to their repertoire. Entertainment destinations must evolve with the times to keep people coming. The most fun part for us, however, was when our coach driver, Dave, was chosen to assist in a ventriloquist act. He jumped right in and went right along with the act.

It amazes me how performers in Branson do their outstanding work night after night and still maintain their fresh approach with each audience. We saw an average of two shows a day. Each featured the best efforts of very talented singers, dancers and comedians. They all interacted with the audiences to make the show personal.

Finally, as usual, food is a big part of travel, and Branson boasts delicious cuisine such as fried chicken, pot roast, seafood, and all the trimmings!

For a fun and worry free travel experience, join us on a trip! Call for more information 317-398-0127. Or call Carol at 317-701-5984.

Shelby Senior Services, Inc.

The Horizon Center

2020 Travel Schedule

All prices based on double occupancy.

Single price additional.

Double per person Single

Feb 23-Mar. 1st Caribbean Cruise

\$2119 inside cabin

7 days. 2 promotions, See Flyer

\$2439 balcony

Including air from Indy

Take off \$700 per person w/o air

April 18-24th Virginia Beach

\$799

\$1078

6 days, 5 nights. Motorcoach Trip

May 14-23th Hawaii

\$4300 inside cabin

7 days. Includes air

\$4900 balcony

June 7-13th Savannah/Charleston

\$789

\$1048

6 days/5 nights. Motorcoach Trip

July 13-16th Biltmore

\$449

\$539

4 days/3 nights. Motorcoach Trip

Aug. Oberammergau, Germany

Passion Play, See me for availability

Aug. 9-15th Niagara Falls.

7 days /6 nights. Motorcoach Trip

\$719

TBA

Sept. Northern Ireland/Scotland

includes air TBA. Dates and price pending

Oct. 17-25th Costa Rica includes air

\$2649

\$3049

Keep up with latest news and happenings by following us on your favorite social networks!
Shelby Senior Services, Inc., The Horizon Center
Website: <http://www.shelbyseniorservices.org>
Facebook: @shelbyseniorservices
Twitter: @ShelbyCoSeniors
Remind App: text 81010 message; @horizonctr

Lifesteps Weight Management Program

Are you among the one in three American women or one in five American men today who are trying to lose weight? Most “dieters” spend a lot of time focusing on what they can’t eat or shouldn’t do. Many fall prey to the “latest, greatest” new thing, only to find themselves back at square one. Major Hospital is pleased to offer Lifesteps, a program that helps you emphasize what you are doing right.

The Lifesteps Weight Management Program teaches small groups to successfully take gradual steps toward changing their eating and physical activity behaviors. Week by week, participants learn about nutrient needs, portion sizes, the benefits of moderate physical activity, and how to manage high risk eating situations. Lifesteps is led by Lisa Schnepf, RD, CSOWM, CDE, a trained Lifesteps leader. Each participant will get assistance in designing eating and physical activity plans they can live with. In addition to weekly group sessions, each participant receives a workbook and other materials. Lifesteps is designed for individuals committed to taking positive steps toward better health and weight management based on sound nutrition principles—No special diet, no marathon exercise, no discouraging words.

If this program sounds like something you might be ready for, please plan to attend one of the orientation sessions. Sessions are scheduled for **Wednesday July 24th or August 7th**, both at 4:30pm in the Sycamore Room located at Major Hospital, via entrance 3. Classes start **August 14th**, but you must attend orientation first to learn more about the program. For more information contact Lisa via email, lschnepf@majorhospital.org, or at 317-398-5315.

Flu Shots

It's almost that time of year again. Flu season! Walgreen's will once again be providing us with free flu shots at each of our centers! Keep an eye out for the dates in next month's newsletter!

MEET SOME FRIENDS AT LUNCH

We are excited to announce that congregate meals have been changed to improve nutrition content and quality.



Shelby Senior Service's lunch program is provided through CICOA Aging & In-Home Solutions at the Horizon Center Monday thru Friday. Stop by and get a complete menu.



Reservations are made on Wednesday for the following week. Please call 317-398-0127 for further information.

Meals on Wheels: Fairland, Boggstown Area

Do you live in the Fairland/Boggstown area and need home delivered meals? Meals on Wheels has expanded into your area of Shelby County. Special diets are available.

Contact information:
Meals on Wheels
124 W. Franklin Street
Shelbyville, IN 46176
317-398-4470 or
Shelby Senior Services, Inc.
317-398-0127.

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By: *Liz Oeffinger,*
Health and Wellness
Coordinator



"Love each other, breathe, exercise daily and enjoy everyday life and its beautiful treasures."

Take Control of Your Health: 6 Steps to Prevent a Fall

Every **11 seconds**, an older adult is seen in an emergency department for a fall-related injury.

Many falls are preventable.

Stay safe with these tips!

- 

1 Find a good balance and exercise program
Look to build balance, strength, and flexibility. Contact your local Area Agency on Aging for referrals. Find a program you like and take a friend.
- 

2 Talk to your health care provider
Ask for an assessment of your risk of falling. Share your history of recent falls.
- 

3 Regularly review your medications with your doctor or pharmacist
Make sure side effects aren't increasing your risk of falling. Take medications only as prescribed.
- 

4 Get your vision and hearing checked annually and update your eyeglasses
Your eyes and ears are key to keeping you on your feet.
- 

5 Keep your home safe
Remove tripping hazards, increase lighting, make stairs safe, and install grab bars in key areas.
- 

6 Talk to your family members
Enlist their support in taking simple steps to stay safe. Falls are not just a seniors' issue.

ncoa
National Council on Aging

To learn more, visit ncoa.org/FallsPrevention.

NATIONAL COUNCIL ON AGING

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September Events

Line Dancing: Join us on Thursday Sept. 12th and 16th from 12:30 p.m. to 1:30 p.m. here at Shelby Senior Services. No cost.

Parkinson's Exercise and Support Group: This is a FREE event that meets at SportWorks at the Renovo Clinic on Wednesday Sept. 11th and 25th at 2:00 p.m. Instructed by Lisa Coppetelli.

Attention: Punch back against Parkinson's! Rock Steady Boxing Shelby County is a non-contact exercise program designed for those with Parkinson's. Each class helps to improve physical and mental health through boxing, exercises, and friendship. Stop by a class to see what it is all about! If you have **Parkinson's** and are interested in becoming a boxer with **ROCK STEADY BOXING**, please contact Liz Oeffinger at 317-398-0127 for more information. **Classes meet every Tuesday at 3:00 p.m. and 4:15 p.m.; Thursdays at 3:00 p.m. and 4:15 p.m.; as well as Saturday at 9:00 a.m. (call for Saturday availability) at the Briley Family Center located at 643 Fair Avenue, Shelbyville.**

Geri-Fit: Classes take place Tuesday afternoons at 1:00 p.m. There's no cost for this program, only healthy benefits and rewards! This is a chair exercise, strength training, and muscle building and maintaining class for seniors. This class helps prevent falls and reduces arthritic conditions. Please bring your water bottle and 2 lb. weights. Contact Liz Oeffinger if you are interested in joining the class or have any questions.

Yoga: Chair yoga Mondays at 12:30-1:00 p.m. Cost is \$5; regular yoga Mondays at 1:00 p.m. Cost is \$5. Class is led by certified instructor Jerrilee Lucas. Classes are helpful for balance, flexibility, and strength. Anyone is welcome to attend!

T'ai Chi Alumni: Thursdays at 11:00-11:30 a.m. No cost or reservation needed!

Walk with Ease: Every Monday, Wednesday and Friday at 1:00 p.m. We will meet at the Parks Department Paul Cross Gym. When weather permits, we will be meeting at Blue River Memorial Park. Contact Liz at Shelby Senior Services to check location or with questions (317)398-0127. Bring a water bottle and your walking shoes!

Diabetes Health Fair

September 14, 2019 from 9 a.m.-Noon
Shelbyville High School auxiliary
gymnasium

Enjoy free health screenings, healthy food samples, recipes, vendors, heart scan information, and more!
No registration required.

HEALTH & WELLNESS

T.O.P.S. - Taking Off Pounds Sensibly - Meets Tuesdays from 10-11 a.m. Have you thought about joining a weight loss program? Make 2019 your year towards a healthier lifestyle! Membership is \$32 for the year and \$5 per month. Your first meeting is FREE!!! Come check it out and learn about healthy eating and exercise. This is a great group of people who are tons of fun. This is a chance to meet others who are on their weight loss journey!

Bowling: Fridays 12:30 p.m. at Blue River Bowl. Cost is \$2 a game and \$2.50 for shoe rental. Anyone is welcome!

Chair volleyball Join us on Monday Sept. 9th and 23rd in the back room for volleyball. This is a free event open to everyone! All you need to bring is yourself and a little bit of competition! Contact Liz with any questions at 317-398-0127.

Interested in joining a Zumba Gold class? We need at least three people per class and scheduling is flexible. Contact Liz Oeffinger at 317-398-0127 and request a class in the near future!



TRYING TO LOSE WEIGHT?

It's difficult, but not impossible, to lose weight after you've reached a certain age and your metabolism has slowed down. Diets can be expensive, confusing, and downright dangerous. Doctors recommend that you begin with a few simple lifestyle changes. Come join us at the Horizons Senior Center for a one-hour power-point presentation by a Major Health Partners dietician on Nutrition and Weight Loss on Tuesday, September 10th at 9:30am. Questions regarding Eating on a Budget, Cooking for One or Two, Healthy Recipes and Exercise will be covered as well as the Benefits of Maintaining a Healthy Body Weight. This event sponsored by TOPS (Take Off Pounds Sensibly). Everyone welcome!

Meet Jane. Her favorite pastime is gardening. Her legacy continues at Ashford Place.

Tending to flowers; singing hymns; enjoying a cup of coffee with friends...

These simple, enjoyable pastimes are sometimes lost when an individual enters an Alzheimer's/ dementia journey. However, in the secure Legacy Lane memory care neighborhood at Ashford Place Health Campus, you will find our residents engaging in these activities and more. *Contact us today for information about our Move-In Special.*



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SOCIAL ACTIVITIES SHELBYVILLE HORIZON CENTER



Crystala' Evans,
Shelbyville Horizon Center
Activity Coordinator

ALL PROGRAMS that are PRE-PAID are Non-Refundable – unless we have to cancel due to low attendance. Items that have a cost must be pre-paid for in order to be signed-up.

SEPTEMBER is SENIOR CENTER MONTH The Key to Aging Well

Birthday Club – Do you want your birthday recognized on the rotating screen in the Horizon Center? If you do – please see me to discuss getting your birthday recognized on the Big Screen! We will have a September Birthday celebration – complete with cake on Friday, September 13, 9:00 a.m.

Monday, September 2nd Horizon Center CLOSED for Labor Day Holiday.

Thursday, September 5, 6:30 p.m. – Pre-Trip Meeting for Outerbanks.

Friday, September 6, 9:30 a.m. “Grandparents Day” Themed Bingo Please join us for some fun Grandparents Day themed Bingo. Join us as we celebrate Grandparents weekend. Our Bingo sponsor is Dave Cable with United Healthcare.

Saturday, September 7, 10:30 a.m. Murder Mystery Trip. We will be traveling to Boggstown Cabaret for The Murder Mystery Lunch Trip. Meeting at the center at 10:30 a.m.. Lunch to begin at 11:00 a.m. Cost is \$40 per person. This includes transportation, over 3 hours of entertainment and gratuity. Space for 54 guests.

Monday, September 9, 2:00 p.m. SHIP - What You Need To Know For Open Enrollment. Please join us as we meet in the Red Room to discuss Open Enrollment.

Monday, September 9, 3:00 – 5:00 p.m. Musical entertainment with the Shepperd Brothers. Dinner provided by Murphy Parks Funeral Home. No cost. Room for 50 guests.

Wednesday, September 11, 12:00 p.m., we will be doing a Lunch and Learn. There will be a presentation regarding the Therapeutic Benefits of the MagnaWave. You will be able to give it a try as the end of the presentation. Lunch is provided by the Conway's of Blue River Stained Glass. Cost is \$5. Limited to 20 guests.

Thursday, September 12, 1:00 p.m. Bookclub at the Horizon Center with Pam Weakley from the library. This month's book is “Before We Were Yours” by Lisa Wingate . All are welcome!

Friday, September 9, 9:00 a.m. – September Birthday Themed Fun Friday We will be celebrating our September Birthday's by having cake and ice cream..

Friday, September 13, 1:00 p.m. Movie at the Library with Pam Weakley This month's movie is “To Each His Own” (2 hours and 2 minutes). All are welcome to join the Library!

Monday, September 16, 1:30 p.m. Domino Craft with Mary Jo Arney. Come join us at 1:30 to create a fun craft. There is No cost, but a goodwill donation is appreciated. Room for 12 people.

Thursday, September 19, 3:00-5:00 p.m. Musical entertainment with the Over the Hill Gang Dinner following the music by Waldron Health and Rehab. No cost. Room for 50 guests.

Friday, September 20, 2:00 p.m. – “National String Cheese Day” Fun Friday Join us for National String Cheese Day. Barry from Humana will be bringing us a fun treat of String Cheese. Come for the cheese and stay for the games.

Monday, September 23, 1:00 p.m. Make Your Own Scented Spa Scrub with Morgan. Morgan Van Dyke is going to join us to make up some fun, scented body scrubs! Cost is \$3 and there is room for 10 people.

Wednesday, September 25, 1:00 p.m. Part One of Navigating the Generations. Join us as we partner with the Purdue Extension – Health and Human Sciences Department to discuss the topics of Difficult Conversations and Aging in Place. No cost and No limit to the number of guests.

Thursday, September 26, 1:00 p.m. Part Two of Navigating the Generations. Join us as we partner with the Purdue Extension – Health and Human Sciences Department to discuss the topics of Investment Fraud and Scams; and Navigating Healthcare. No cost and No limit to the number of guests.

Friday, September 27, 8:00 a.m. – “National Scarf Day” Fun Friday Wear your favorite Scarf as we celebrate National Scarf Day! You can wear it around your neck, on your head, as a belt or an accessory. Photos will be taken – so have some fun. #nationalscarfday.

October Events

Birthday Club – Do you want your birthday recognized on the rotating screen in the Horizon Center? If you do – please see me to discuss getting your birthday recognized on the Big Screen! We will have a October Birthday celebration – complete with cake on Friday, October 11, 9:00 a.m.

Friday, October 6, 9:30 a.m. “Handyman” Themed Bingo Please join us for some fun Handyman Themed Bingo. Our Bingo sponsor is Tim and Janice Conway.

Wednesday, October 9, 12:00 p.m., we will be doing a Lunch and Learn. There will be a presentation by Vicky Harris regarding Elder Abuse and Domestic Violence since it is Domestic Abuse Awareness Month. Lunch is provided by the Walker Place. Cost is \$5 per person. Limited to 20 guests.

Monday, October 14, 3:00 – 5:00 p.m. Musical entertainment with the Shepperd Brothers. Dinner provided by Murphy Parks Funeral Home. No cost. Room for 50 guests.

Thursday, October 10, 1:00 p.m. Bookclub at the Horizon Center with Pam Weakley from the library. This month's book is “Agatha Raisin and the Haunted House” by M.C. Beaton. All are welcome!

Tentative Date - Wednesday, October 16, 1:30 p.m. Decorate the Grover Tree. Come join us at the Grover Museum to decorate the Grover Museum Tree. Please join us as we create our “Traditional Christmas Tree” representing Shelby Senior Services and the activities we offer. We will meet at the Grover Museum. No cost.

Thursday, October 17, 2:00 p.m. Entertainment by Steve Jeffris. Come on out and listen to the lovely sounds of Steve Jeffris. No Cost. Room for 50 guests.

Saturday, October 26, 10:00 a.m. to 2:00 p.m. is the Holiday Craft Bazaar. Come shop over 23 booths filled with handmade crafts! CICOA will have soup available for purchase for lunch as well.

Thursday, October 31, Halloween Party at Fairland. Kathy and I have decided to travel to Fairland for a fun Halloween Party! Come dressed – there will be a Halloween Party, Ghost Bingo, costume contest and there will be a professional Story Teller there to share Scary Stories.

SEPTEMBER

SHELBYVILLE HORIZON CENTER

WEEKLY SCHEDULED EVENTS

THE HORIZON CENTER, SHELBYVILLE

Open Monday-Friday 8:00 a.m. - 4:00 p.m.

Activity	Time	Mon	Tues	Wed	Thurs	Fri
SOCIAL						
Drop-in	8:00 a.m.	X	X	X	X	X
CICOA Lunch	11:00 a.m.	X	X	X	X	X
Over The Hill Gang (3 rd Thursday of Every Other Month)	3:00 p.m.				X	
The Shepperd Bothers (2 nd)	3:00 p.m.	X				
Monthly B-day Celebration (2 nd)	9:00 a.m.					X
GAMES						
Puzzle Solving	8:00 a.m.	X	X	X	X	X
Open Cards and Games	9:00 a.m.	X	X	X	X	
Afternoon Open Cards	12:30 p.m.	X			X	
Euchre	12:30 p.m.		X			X
Hand & Foot Club (1 st & 3 rd)	12:30 p.m.			X		
Mah Jongg	12:30 p.m.	X				
Bingo	9:30 a.m.					X
Mexican Train Dominoes	1:00 p.m.	X				X
HEALTH AND FITNESS						
T.O.P.S.	10:00 a.m.		X			
Geri Fit	1:00 p.m.		X			
Yoga	1:00 p.m.	X				
Chair Yoga	12:30 p.m.	X				
Walk With Ease	1:00 p.m.			X		X
Tai Chi Chih Alumni Group	11:00 a.m.				X	
Line Dancing (2 nd & 4 th)	12:30 p.m.				X	
Bowling (Blue River Bowl)	12:30 p.m.					X
Chair Volleyball (2 nd & 4 th)	2:30 p.m.	X				
Rock Steady Boxing (Briley Center)	3:00 p.m.		X		X	
ARTS AND EDUCATION						
Learn to Knit	10:00 a.m.				X	
Quilters (2 nd & 4 th)	10:00 a.m.				X	
Lady's Crafty Creators	1:00 p.m.	X		X		X
Painting	1:00 p.m.		X			
Painters Social	1:00 p.m.				X	
Papercraft	9:30 a.m.		X			
Bible Study	9:15 a.m.			X		
Book Club (2 nd)	1:00 p.m.				X	

TRANSPORTATION

We're excited to announce that we have welcomed two brand new 2019 Dodge Grand Caravan's into our ShelbyGo fleet! Complete with many new and updated features, these Dodge Grand Caravans are equipped to make your next ride the best yet! We were able to purchase these vans with the help of IN-DOT, and matching funds through the Blue River Community Foundation Racino Grant in 2018. We are humbled by the generosity of the foundation and how they have and continue to help. The new 2019 Dodge Grand Caravans are already on the road, ready to take you on your next adventure! Please call ShelbyGo at 317-398-7614 or 317-398-0127 to schedule your ride!



Show your Horizon Center membership card and these businesses will give cardholder discounts:

Applebee's: 10% discount.

Bookmark Café Three Sisters Books & Gifts: 10% discount.

Denny's: 20% discount, except for the \$2, \$4, \$6, \$8 menu.

Sherry Talbert (In-Sight Realty): Free Market Analysis of Real Estate Value

Midwest Eye Consultants, Dr. Toppe: 20% discount for those 60 and older on services not billable to insurance; 15% military discount on services not billable to insurance; 30% off second set of eyeglasses (frames, lenses) purchased within 30 days of 1st pair. Proper ID must be shown for discounts and cannot be combined with other discounts.

Don's Pizza & Pasta: 10% discount.

Elegant L Formal Wear & Merle Norman Cosmetic Studio: 10% discount on Merle Norman Cosmetics.

Hughes Gathering of Flowers & Gifts: 10% discount on items.

Grandma's Pancake House: 10% discount on cardholders' meal only if 60 and over; available Mon-Sun; not valid on holidays.

Kopper Kettle Inn Restaurant: 20% discount on a chicken dinner served family style; not honored on a holiday or live entertainment events.

Mathias Landscaping: 15% discount on retail merchandise.

Paw Paws Pet Shop & Boutique: 15% discount; free pick up and return service.

Renew Body & Spirit LLC, massage, reflexology: 10% discount on any 1-hour service.

Sanders Jewelry: 10% discount on all regular priced merchandise, in stock only.

The Chicken Inn - 10% discount

The Texas Corral - 10% discount

Annual Memberships
available
for all ages: \$25.

Call 317-398-0127 for
more information
about memberships.

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With sincere appreciation, Shelby Senior Services accepted the following donations:

MEMORIALS

IN MEMORY OF

Lois Prust

Given by: Susan Blanner

Given by: David and Terrel Gagermeier

Elizabeth Hoffman

Given by: Susan Blanner

Given by: Raymond and Marilyn Sullivan

IN MEMORY OF

Michael Platt

Given by: David and Katherine Platt

Donna Wolfe

Given by: Ralanda Smallfelt

Given by: David and Charlene Strock

DONATIONS

American Legion: Victory Post No. 70

Nicholas Runnebohm

Friends of Fairland

DONATIONS

Joseph and Robert Landwerlen

Jane Sparks

THANKS TO THE FOLLOWING ORGANIZATIONS/INDIVIDUALS FOR DONATIONS THIS MONTH TO THE ACTIVITIES DEPARTMENT:

Purdue Extension of Shelbyville, Boggsdown Cabaret, Kopper Kettle, Dr. Howard, Indiana Hearing Aide Company, Morgan from Senior Helpers, Amanda of Greenfield Healthcare Center, Ashford Place, Heritage House, Morristown Manor/Cypress Run, McKay Manor, Walker Place, Aperia Care of Waldron, Morning Pointe of Franklin, Millers Mer-ry Manor in Hope, First Care, Great Lakes Hospice, First Light HomeCare, Dave Cable, United Health Care, Main Street Hospice, Kindred Hospice, Freeman Family Funeral Home, Murphy Parks Funeral Service, Glenn E. George Fu-neral Home, MHP Home Care, The Legacy Group, Serving with Liberty, Bowlby Wood Creations, Sheperd Brothers, Over The Hill Gang, Tim and Janice Conway, Jo Bartley, Helen Devoe, Betty Zoelzer Barb Campbell, Peggy Tillison, Jerry Thomas, Anna Marie Annewalt, Kara Zagar, Jane Sparks, Jane Huber, Jim Martin, Pam Weakley, Lisa Poynter, Lisa Thayer, Paula and Mary of Old Time Karaoke, Pam Meyer, Southwestern FFA, Kay Box, Shelbyville Central FFA, Grover Museum, Shelby Go, Horizon Center Committee Members, Stitchin' Sisters, and Dementia Friends of Indiana.

Have you been thinking about making funeral pre-arrangements, but just can't make that phone call?

What a great peace of mind it brings to know you've taken care of the pre-plans for you and your family. The comment we always hear, "That wasn't bad at all!"

We look forward to hearing from you!

**819 S. Harrison St.
Shelbyville, Indiana 46176
317-392-2555**

**124 E. North St.
Morristown, Indiana 46161
765-763-6321**

Senior Movie



sponsored monthly by
**Freeman Family Funeral Homes
and Crematory**

locally owned and operated

Second Wednesday of each month at Studio 10 Cinemas. Doors open 8:30 a.m.

WALDRON HORIZON CENTER

Waldron's Horizon Center is open Tuesday at Waldron Baptist Church 112 Grant Street, Waldron, IN. Hours 9:30 a.m. - 2:00 p.m. Jeannetta Faye Stickford is the center's new coordinator and may be reached at [317-431-3284](tel:317-431-3284). Please invite your neighbors and friends.

Every Tuesday:

9:30 a.m. Coffee and Bible Study (Optional)
 10:00 a.m. Coffee and Social time
 10:15 a.m. 1st and 3rd Tuesday of each month, Blood Pressure Screening by Aperion Care Waldron
 10:30 a.m. Wellness/Exercise with Liz
 11:30 a.m. Lunch \$5.00
 Afternoon games with Janet following lunch
 Please invite your Neighbors and Friends.

Sept. 3rd: 11:30 a.m. Lunch provided by: Aperion Care Waldron TBA.

Sept. 10th: 11:30 a.m. Lunch provided by: Ashford Place TBA.

Sept. 17th: 11:30 a.m. Lunch provided by: Walker Place TBA.

Sept. 24th: Come join us for our: "2019 "Amazing Waldron Senior Service Center Birthday Bash Party. 11:30 a.m. Lunch provided by: Jeannetta Stickford Baked Ham, green bean and mashed potatoes, rolls. Games and prizes. McKay Manor will provide: the "Birthday Cake".

A big special "Thank you" goes out to Aperion Care in Waldron and Studio Ten Cinemas in Shelbyville for providing our Bingo prizes for August 6th!!

On August 13 we had our meeting at Gladys Pike Home. We would like to especially thank Gladys Pike for allowing Waldron Horizon Center to come and tour her beautiful log cabin homestead. For allowing our group to spend the afternoon noon sitting on her beautiful porch playing our games and having lunch while overlooking the river. Again thank you Gladys for going above and beyond.

I would especially like to thank all those who provide our Monthly Lunches. I could not do it without your help!! I can't express how much we appreciate all that you do for Waldron Horizon Center!!

THANK YOU!! Jeannetta

FAIRLAND HORIZON CENTER

The Fairland Horizon Center is open each Thursday at 9 a.m. 12:00 p.m. Lunch \$4.00 please reserve by Monday eve for Thursday's lunch. If the "weather outside is frightful" please tune in to WSVX radio; 96.5FM or 1520 AM for a list of closings, or call Kathy at 317-398-4817. If Triton Schools are closed, so are we!

9:00-9:30 a.m.	Coffee Chat
9:30-10:30 a.m.	Chair Volleyball ~ Sept 5 & 19 Exercise with Liz ~ Sept 12 & 26
10:30-11:45 a.m.	Bible Study Board Games with Jan Hand and Foot/Bridge

Lunch \$4.00 Please reserve by Monday eve

This Month's Food Pantry Featured Item.....Low sugar whole grain cereals

Sept. 5th: First Thursday Euchre Tournament. 12:00 p.m. Lunch: Ed's Famous Smoked Pulled Pork Sandwiches, baked beans, chips, slaw & dessert. 1:00 p.m. 1st Thursday Euchre Tournament. Euchre tournament...prizes for High and Low Scores. If Euchre is not your game, please feel free to stay and play other board games, or just chat!

Sept. 12th: "How Are Things In Fairland?" 12:00 p.m. Kathy's Chicken Casserole, veggie, salad and dessert. 1:00 p.m. Join us for a town update by councilman, Jeremy Miller. He will let you know the latest on plans for the Fairland area. Please bring your questions and be prepared to share your hopes and dreams for our town. Advisory Council 2:00 p.m.

Sept. 19th: THE STRAND...a Shelby County Gem! 12:00 p.m. Lunch: Peggy's Garden Bonanza, stuffed peppers, corn, green beans, tomatoes and dessert. 1:00 p.m. "Thanks for the Memories" movies, concerts, lectures, comedy shows, musicals, plays...you name it, the Strand has been home to all of these art forms since 1916! David Finkel joins us to share the history and the future of this Shelby County treasure!

Sept. 22nd: Fairland's 5th Anniversary Bash!! Join us from 4:30 to 7:00 p.m. for music, fellowship and lots of fun at the Fairland Fire Dept=s. Bays.

Sept 26th: "The Party's Not Quite Over!" 12:00 p.m. Lunch Left Overs from the 5th Anniversary bash or whatever Kathy can whip up! 1:00p.m. bring your scissors and your scrap booking skills as we remember this past year and preserve those memories. If you have any photos or mementoes, poems, newspaper articles that you would like to include, please bring them. We will also work on Thank You cards for all of our 5th Anniversary contributors.

MORRISTOWN HORIZON CENTER

Morristown's Horizon Center is open on Wednesdays in the United Methodist Church, 221 S. Washington Street. Call coordinators Gretchen Hasler (317-431-0507) or Elaine Wilhelm (317-371-2168) to sign up for events, reserve lunch and for updates.

Weekly Schedule:

- 9:30 a.m. Bible Study (optional)
- 10:00 a.m. Coffee, Social Time, Puzzles
- 11:00 a.m. Wellness/Exercise with Liz
- 12:00 p.m. Lunch
- 1:00-4:00 p.m. Program and/or Euchre/Games with Janet.

Sept. 4th: BLT sandwiches, macaroni salad, cucumbers & onions, dessert.

Sept. 11th: Meatloaf and sides from the Bluebird, dessert. 12:45 p.m. Come join us and enjoy the music of Kathy Miller and Robin Hopkins.

Sept. 18th: Baked potato bar, dessert. After lunch-old fashion hymn sing.

Sept. 25: Ham & Beans, fried potatoes, cornbread, dessert. 1:00 p.m. craft with Mary Ann.

We would like to invite everyone to join us any Wednesday!



TITLE VI COMPLAINT PROCEDURE (GENERAL REQUIREMENT)

Any person who believes she or he has been discriminated against on the basis of race, color, or national origin by the Shelby Senior Services/*ShelbyGo* may file a complaint by completing and submitting the agency's Title VI Complaint Form. *ShelbyGo* investigates the complaint received no more than 180 days after the alleged incident. *ShelbyGo* will process complaints that are complete.

Once the complaint is received, Shelby Senior Services/*ShelbyGo* will review it to determine if our office has jurisdiction. The complainant will receive an acknowledgement letter informing her/him whether the complaint will be investigated by our office.

Shelby Senior Services/*ShelbyGo* has 60 days to investigate the complaint. If more information is needed to resolve the case, *ShelbyGo* may contact the complainant. The complainant has 10 business days from the date of the acknowledgement letter to send requested information to the investigator assigned to the case. If the investigator is not contacted by the complainant or does not receive the additional information within 10 business days, *ShelbyGo* can administratively close the case. A case can be administratively closed also if the complainant no longer wishes to pursue his or her case.

After the investigator reviews the complaint, she/he will issue one of two letters to the complainant: a closure letter or a letter of finding (LOF). A closure letter summarizes the allegations and states that there was not a Title VI violation and that the case will be closed. An LOF summarizes the allegations and the interviews regarding the alleged incident, and explains whether any disciplinary action, additional training of the staff member, or other action will occur. If the complainant wishes to appeal the decision, she/he has 15 days after the date of the letter or the LOF to do so.

A person may also file a complaint directly with the Federal Transit Administration (FTA)

Walker Place Senior Living where Friends become Family

Vada would like to share with you why she chose Walker Place for her Independent and Assisted living needs, Walker Place was the 1st place I looked at, I went home and told my daughter this is where I want to go and never regretted it. It is a friendly at home community where we do a lot of hands on crafts and activities with Brenda Smith. You feel at home as soon as you walk in the front door. I love the friendly and helpful staff and I feel like we are one big family. I have my own private apartment with a beautiful courtyard view, 3 home cooked meals, bistro is available throughout the day for snacks, housekeeping, bus transportation to and from Dr.'s appointments, or for errands, 24 hour on site nurse if I ever need it and we also have Physical therapy on-site and exercise program with Legacy! Come join the fun with Senior Stretchers our Walker Place Exercise Group! I definitely would recommend people to move in to Walker Place. There are great benefits, I referred a friend and I got \$1,000 check in the mail! I would encourage you to call today at 317-392-3370 and schedule a tour with Tracey Tucker and receive a complimentary lunch or dinner and learn about the senior living options available to you!
Walker Place Resident, Vada Crim



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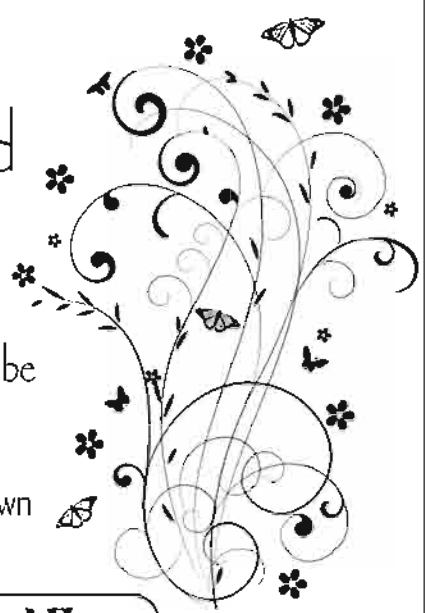
102 East Franklin Street
Shelbyville, IN 46176



* * *
 Healthy Grieving Tip
 ...as Observed

“Even when things are less than perfect, if we can think of the good, the beautiful, the hopeful, we’ll be more than sustained, we’ll conquer.”

Author Unknown



Glenn E. George & Son Funeral Home

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