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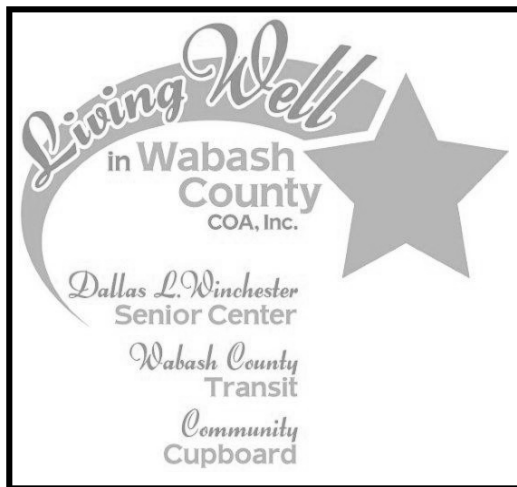
BRICK PILLARS
Bev Trantum

*With their September gifts, our
Pillars of Support
empower one in four
Wabash County residents to live well.*

Beauty is Ageless
Thank you to all who participated in our annual Beauty is Ageless event and especially to our professionals who made the event possible:

- Teri Ahlfeld and her Mary Kay Team - make up
- Susan Stewart - photography
- Heartland Career Center Cosmetology Class - hair stylists

Gifts to the Community Cupboard Food Pantry are not listed.



Dallas L. Winchester Senior Center
~Operated by~
Living Well In Wabash CoA, Inc.
260.563.4475



Open
Monday - Friday
8 a.m.—5 p.m.

October 2011



Family History Month	2
Looking for your Baby Photos	2
Cookbook/Recipe Drive	2
Annual Flu Shot Clinic	2
Fall Safety Tips	3
NAP Tax Credits	3

Annual Flu Shot Clinic offered October 25

The Winchester Senior Center's annual Flu Shot Clinic will be held on Tuesday, October 25, 2010 from 8:00 to 10:30 am. The flu vaccination will be free to seniors with Medicare, and you must present your card that day. If you do not have Medicare, the vaccination will cost \$25, and receipts will be available for individuals to submit to their insurance providers.

John Joy still "raising the bar" at 70!

In 2008, at the age of 66, John Joy won the title of World Champion from the International All Around Weightlifting Association (IAWA) for completing 70 reps with 70 pounds in the abdominal raise division. Now, at age 70, John will talk about his passion for weightlifting and will demonstrate several weight lifting techniques on October 27th at 1pm.

Lunch is on Miller's Merry Manor!

Join us October 6th at 11am for a free lunch and a game of Bingo (with great prizes) provided by Miller's Merry Manor. RSVP soon as seating is limited.

Local Performers Set to Entertain at Birthday Party

Trula Cramer, Bonita Kirtlan, Linda Snapp and Berti Huffs Schmidt will tickle your funny bone with their variety-type show on October 13th at 1pm. Please plan to join us!

October 20th
Sign up now for an all day trip to places of interest in Wabash County. The cost is \$25 per person which includes lunch and admission fees. RSVP by October 13th as space is limited!



Save the Date ~ 11/11/11 Veteran's Day celebration!

October is Family History Month

Have you always wanted to know more about your family history or lineage? The Wabash Carnegie Public Library has the following Genealogy collection and resources to help you trace your family history.

Online resources/databases: Ancestry.com, Fold3 (formerly Footnote), and Heritage Quest Online

Microfilm resources: Wabash Plain Dealer issues since 1866, Census information, too

Printed materials: Birth, Marriage, & Death Records; City & County Directories; Funeral Home records; Plat Books; Family Histories; Church Records; Cemetery Records; High School Yearbooks; Oral history Collection; etc.

Bring in Your Old Photos!

As part of Family History Month, we want to see your baby photos! Please bring in a childhood or baby photo for us, and we will scan it into our computer for use at a later date (it is a super secret)! Make sure we get your name when we copy your photo. Age and or date of the photo is up to you.

Donate Your Cookbooks and Recipes

In the spirit of Family History Month, we are collecting favorite family recipes, (those that are not guarded secrets!) and also any extra cookbooks you may have lying around. The recipe's will be copied and made available, along with the cookbooks, to food pantry participants. Your history will live on through your generosity as you mentor (through cooking) those generations that come along behind you.

Flu Shot Clinic

The Winchester Senior Center's annual Flu Shot Clinic will be held on Tuesday, Oct. 25, 2011 from 8:00am to 10:00am. Wabash-Miami Home Health Care will administer the vaccinations. The flu vaccination will be free to seniors that present their Medicare card so be sure to bring your card with you. If you do not have Medicare, the vaccination will cost \$25. Receipts will be provided if you would like to turn them in to your insurance provider. Miller's Merry Manor will also be on hand to administer free blood pressure screenings from 9:30am to 10:30am.

Fall Myth Busters

Many people think falls are a normal part of aging. The truth is, they're not. Most falls can be prevented—and you have the power to reduce your risk. Here are the first 5 of 10 common myths—and the reality—about older adult falls:

Myth 1: Falling happens to other people, not to me.

Reality: Many people think, "It won't happen to me." But the truth is that 1 in 3 older adults—about 12 million—fall every year in the U.S.

Myth 2: Falling is something normal that happens as you get older.

Reality: Falling is not a normal part of aging. Strength and balance exercises, managing your medications, having your vision checked and making your living environment safer are all steps you can take to prevent a fall.

Myth 3: If I limit my activity, I won't fall.

Reality: Some people believe that the best way to prevent falls is to stay at home and limit activity. Not true. Performing physical activities will actually help you stay independent, as your strength and range of motion benefit from remaining active. Social activities are also good for your overall health.

Myth 4: As long as I stay at home, I can avoid falling.

Reality: Over half of all falls take place at home. Inspect your home for fall risks. Fix simple but serious hazards such as clutter, throw rugs, and poor lighting. Make simple home modifications, such as adding grab bars in the bathroom, a second handrail on stairs, and non-slip paint on outdoor steps.

Myth 5: Muscle strength and flexibility can't be regained.

Reality: While we do lose muscle as we age, exercise can partially restore strength and flexibility. It's never too late to start an exercise program. Even if you've been a "couch potato" your whole life, becoming active now will benefit you in many ways—including protection from falls.

Myths 6 through 10 will follow in November's Newsletter, until then, for more information, visit www.NCOA.org (which stands for National Council on Aging)

NAP Tax Credit...What is That?

Living Well in Wabash County CoA, Inc. has NAP Tax Credits for Sale

Why purchase NAP Tax Credits?

1. Lower your 2011 Indiana state income tax burden by 50% of your gift.
2. Use the gift up to a possible 35% deduction on your itemized 2011 federal income tax.
3. The sale of NAP Tax Credits supports the programs and services of the Dallas L. Winchester Senior Center