

SPRING ACTIVITIES FOR SENIORS



When the winter weather finally breaks and those first signs of spring begin to show, everybody wants to be outside. Many senior citizens are confined to staying indoors during the harsh winter months due to the potential dangers posed by the extreme weather conditions, and once the sun starts shining, some fresh air is exactly what they need. Below are a list of some fun activities seniors can take part in this spring!

1. Take a walk. Stroll around the block and take in the scenery. Studies have shown that even ten minutes of walking a day can help senior citizens maintain their strength and agility. Walking, along with various other types of [physical activity](#), gets the blood pumping through the body and helps oxygen flow to the brain. Take a stroll this spring, and don't forget to stop and smell the flowers along the way!

2. Go to a sporting event. Whether it's catching a Major League Baseball game or a grandchild's soccer match, a sporting event can energize anyone. Attending a game also means time to socialize, which is great for senior citizens who have been stuck inside most of the winter.

3. Have a picnic. Enjoying a meal outdoors is a nice change of scene when the weather's appropriate. Make a plan with the family and have lunch outdoors. Enjoy watching the grandkids play and catching up with your children. If hosting a picnic seems like too much, plan a day out with your closest friends to a restaurant with outdoor seating. You'll still be enjoying the outdoors but without all the work!

4. Start a garden. The responsibility of maintaining the plants will keep you outside all season long! Plant some colorful flowers and watch them bloom, or try your hand at growing some vegetables. Once they've matured, you can use them in your cooking and share them with friends and loved ones.

5. Do some exercise. Many people think that senior citizens should avoid physical activity to help prevent injury. There are a lot of [misconceptions](#) revolving around this issue, but the fact of the matter is that [senior citizens need exercise](#) just as much as anyone else! When the weather's nice enough, go for a swim or participate in an outdoor fitness class, like yoga for seniors. It's especially important to stay physically active in your later years so that your body will remain functioning. As the old adage goes, if you don't use it, you'll lose it!

6. Play a game. Bring a board game or a deck of cards outside and challenge a friend or family member. [Engaging your brain](#) will help keep you sharp. If board games aren't in your wheelhouse, try participating in some friendly shuffleboard or tennis. Playing a sport can even double as your physical activity for the day.

7. Take a field trip. Whether you head out to a local tourist spot or to your favorite diner for a bite to eat, the spring weather is perfect to travel in. Visit a local park to take in the scenery and get your legs moving. Visit a museum to experience the arts, or attend an outdoor concert with your family. The [caregivers](#) at senior homes across the country recommend checking with your local visiting center or the activities board at your senior care facility to see what's currently happening in your town. Being outside is a natural stress re-

liever and always brings an increased sense of vitality and energy for seniors. With the season's shifting, longer periods of daylight, and warmer weather ahead, seniors and their families can enjoy the great outdoors these fun spring activities!



Benefits of an Active Lifestyle

National Institute on Aging

Engaging in social and productive activities you enjoy, like taking an art class or becoming a volunteer in your community, may help to maintain your well-being.

Research tells us that older people with an active lifestyle:

Are less likely to develop certain diseases. Participating in hobbies and other social and leisure pursuits may lower risk for developing some health problems, including dementia.

- **Have a longer lifespan.** One study showed that older adults who reported taking part in social activities (such as playing games, belonging to social groups, or traveling) or meaningful, productive activities (such as having a paid or unpaid job, or gardening) lived longer than people who did not. Researchers are further exploring this connection.

- **Are happier and less depressed.** Studies suggest that older adults who participate in what they believe are meaning-

ful activities, like volunteering in their communities, say they feel happier and healthier. One study placed older adults from an urban community in their neighborhood public elementary schools to tutor children 15 hours a week. Volunteers reported personal satisfaction from the experience. The researchers found it improved the volunteers' cognitive and physical health, as well as the children's school success. Researchers think it might also have long-term benefits, lowering the older adults' risk of developing disability, dependency, and dementia in later life.

Are better prepared to cope with loss. Studies suggest that volunteering can help with stress and depression from the death of a spouse or other loved one. Among people who experienced a loss, those who took part in volunteer activities felt more positive about their own abilities (reported greater self-efficacy).

May be able to improve their thinking abilities. Another line of research is exploring how participating in creative arts might help people age well. For example, studies have shown that older adults' memory, comprehension, creativity, and problem-solving abilities improved after an intensive, 4-week (8-session) acting course. Other studies are providing new information about ways that creative activities like music or dance can help older adults.

Myers Dinner Theater Pump Boys & Dinettes



- Hillsboro, Indiana
- Lunch included
- \$110 per person
- Cost includes motor-coach transportation, lunch and show

Wednesday, May 2, 2018

For more information or reservations, contact
Executive Travel in Vincennes at 812-882-4555 or
Hoosier Travel in Washington at 812-254-4000.

Beauty Shop Open Every Wednesday!**Senior Center Activities Calendar for APRIL**

| | | | | |
|--|---|---|--|---|
| 2 9a Current Events/Froggers 10a Exercise-Balls 11a Clearview Bingo 12p Lunch & Devotions 1p Swimming @ Y 1p International Children's Book Day | 3 9a Current Events/Word Search 10a Norma Keller 11a Willow Manor Bingo 12p Lunch & Devotions 1p Hans Christian Anderson -Author, B-day Show, Little Mermaid | 4 9a Current Events 9:30a Exercises 10a Handbells 11a Mayor Yochum Bingo 12p Lunch & Devotions 1p Balloon Play 1p Lodge of the Wabash Nails | 5 9a Current Events 10a Pastor Sloan 11a Arbys Bingo 12p Lunch & Devotions 1p Shopping @ Jayc's 1p Spring Flower Painting 1p Work a Puzzle | 6 9a Current Events 10a Exercises 11a Lincare Bingo 12p Lunch & Devotions 1p Bowling @ VU 1p Dilly Bar Friday \$1.75 Nice Cool Treat |
| 9 9a Current Events/Froggers 9:30a Color by Number 10a Chair Exercises 11a Hometown Hearing 12p Lunch & Devotions 1p Play Cards-War | 10 9a Current Events/Puzzle Pages 10a Let's make a Kite 11a Bridgepointe Bingo 12p Lunch & Devotions 1p Knox County Ext Cooking Class Fun and Healthy | 11 9a Current Events 9a Clabber Girl 9:30a Exercise 10a Handbells 11a Evansville Hearing Bingo 12p Lunch & Devotions 1p Let's Get Outside—Rotary Exercise Pavilion | 12 9a Current Events 10a Pastor Sloan 11a Inspirational Hour Bridget Miller 12p Lunch & Devotions 1p Shopping @ Wal-mart 1p Let's Fly a Kite | 13 9a Current Events 10a Exercises 11a United Methodist Village Bingo 12p Lunch & Devotions 1p Bowling @ VU 1p Popcorn & Movie: Anniversary of Titanic 1912 |
| 16 9a Current Events/Froggers 10a Exercise-Balls 11a Lodge of the Wabash Bingo 12p Lunch & Devotions 1p Swimming @ Y 1p Hand Massage Therapy 1p Donate Pots, Soil-4 | 17 9a Current Events 10a Hymns W/Paul 11a Avon Bingo 12p Lunch & Devotions 1p National Crossword Puzzle Day 1p Hair Styling Day | 18 9a Current Events 9:30a Exercises 10a Handbells 11a EMS Bingo 12p Lunch & Devotions 1p Learn about Gardening: How to Germinate Seeds 1p Clean Area | 19 9a Current Events/Hand Massages 10a Pastor Sloan 11a Van Go Birthday Bash/ Jayc's 12p Lunch & Devotions 1p Shopping @ Save-A-Lot 1p Find the Candy Game | 20 9a Current Events 10a Exercise/Walk Track 11a Candy Bingo 12p Lunch & Devotions 1p Bowling @ VU 1p Reminiscing—Lemonade on the Porch |
| 23 9a Current Events/Froggers 10a Exercise 11a Grocery Bingo 12p Lunch & Devotions 1p Earth Day-Let's Plant 1p Let's Spend Time Outside | 24 9a Current Events 10a Red Hats to Captain D's 10a Craft: Bird 11a State Farm Bingo 12p Lunch & Devotions 1p Put Container Garden Together 1p Water Plants | 25 9a Current Events 9:30a Exercises 10a Handbells 11a Gentlecare Bingo 12p Lunch & Devotions 1p Mani Pedi-Foot soaks 1p Foot Rubs | 26 9a Current Events 10a Pastor Sloan 11a Collett Bingo 12p Lunch & Devotions 1p Shopping @ Jayc's 1p John J Audubon's B-day-Birds 1p National Pretzel Day | 27 9a Current Events 10a Exercise 11a Hucks Bingo 12p Lunch & Devotions 1p Bowling @ VU 1p National Arbor Day-Plant a Tree 1p Johnny Applesed Story |
| 30 9a Current Events/Froggers 10a Exercises-Balls 11a Jewelry Bingo 12p Lunch & Devotions 1p Outdoors Nature Scavenger Hunt 1p Sprinkler Fun |  <p>MAKE A DIFFERENCE - VanGo drivers needed! Call 812-886-3381</p> | | <p>Birthday Bash is sponsored by</p>  <p>Jayc FOOD STORES 1024 Washington Ave, Vincennes</p> | |

Please reserve your meal at least 24 hours in advance by calling (812) 882-2285 or by signing the lunch list at our front desk.

The YMCA Bettye J. McCormick Senior Center patronizes registered disadvantaged businesses. Bids for materials and services are welcome. Please send catalogs, flyers and advertisements to: 2009 Prospect Ave, Vincennes IN 47591.

Equal Opportunity Employer

APRIL LUNCH MENU

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|--|--|--------|
| 2. Grilled Beef Hot dog on a WG bun, w/Mustard & Ketchup 260c, Calico Beans 80c, Macaroni & Cheese 150c, Applesauce 60c, Milk 122c | 3. Beef Stew 230c, WG Wheat Bread 59c, Cottage Cheese 81c, Mixed Fruit & Pudding Parfait 80c, Milk 122c | 4. Chicken & Dumplings 246c, Mashed Potatoes 150c, Mixed Vegetables 70c, Sliced Peaches 60c, WG Wheat Bread 59c, Milk 122c | 5. Chef Salad w/Lettuce, Tomato, Cucumber, Onion, Turkey, Ham, Egg, Cheese, Ranch Dressing 360c, Warm Apple Cobbler 90c, Milk 122c | 6. Vegetable Beef Soup 227c, Turkey & Cheese on WG White 150c, Tropical Fruit Salad 70c, Milk 122c | |
| Calories: 672 | Calories: 572 | Calories: 707 | Calories: 572 | Calories: 569 | |
| 9. Chicken Pot Pie 230c, Deviled Eggs 80c, Sliced Pears 75c, Milk 122c | 10. Chunky Potato Soup 262c, Ham & Cheese on WG White 150c, Fresh Banana 40c, Milk 122c | 11. Glazed Pork Loin 310c, Garlic Mashed Potatoes 150c, Stewed Tomatoes 80c, Mandarin Oranges 75c, Milk 122c | 12. Ham Salad Sandwich 150c, Pasta Salad w/ Cherry Tomatoes, Onions & Celery 155c, Chips 60c, Vanilla Pudding 75c, Milk 122c | 13. Ham & Great Northern Beans 230c, Cornbread Muffin 137c, Oven Fried Potatoes w/Onion & Peppers 122c, Spinach 50c, Milk 122c | |
| Calories: 507 | Calories: 574 | Calories: 737 | Calories: 562 | Calories: 661 | |
| 16 Chicken & Noodles 309c, Mashed Potatoes 150c, Green Beans w/Bacon & Onion 90c, WG Bread 59c, Milk 122c | 17. Tuna Salad on wheat 260c, Rotini Pasta Salad 110c, Cup of Tomato Soup 100c, Fruit Cocktail 70c, Milk 122c | 18 Pot Roast w/Potatoes, Carrots, Celery & Onion 350c, Macaroni Salad 110c, Hot Dinner Roll 70c, Milk 122c | 19. Biscuit w/Peppered Milk Gravy 160c, Egg Casserole w/Onion, Mushroom & Cheese 250c, Warm Cinnamon Apples 75, Milk 122c | 20. Beef Lasagna 330c, Garlic Bread 90c, Steamed Broccoli 80c, Angel Food Cake w/Fruit Compote 140c, Milk 122c | |
| Calories: 730 | Calories: 662 | Calories: 652 | Calories: 607 | Calories: 762 | |
| 23 Supreme Pizza w/ Sausage, Mushroom, Onion, Green Pepper, Cheese 275c, Garden Salad w/Lettuce, Tomato & Cucumber, Ranch Dressing 180c, Strawberry Jell-O Poke Cake 175c, Milk 122c | 24. Beef Chili w/Saltines 225c, Peanut Butter & Jelly on WG Wheat 137c, Carrot Sticks 40c, Butter-scotch Pudding 70c, Milk 122c | 25 Glazed Meatloaf 220c, Loaded Chucky Mashed Potatoes 170c, Brussels Sprouts w/Bacon 90c, WG Wheat Bread 59c, Sliced Pears 60c, Milk 122c | 26. Macaroni & Cheese w/ Ham 380c, Mixed Vegetables 60c, WG Wheat Bread 59c, Mixed Fruit Parfait 70c, Milk 122c | 27. BBQ Riblet 280c, Seasoned Hominy 80c, Au Gratin Potatoes 150c, Bread WG 59c, Cooked Apples & Raisins 80c, Milk 122 | |
| Calories: 752 | Calories 594 | Calories: 721 | Calories: 691 | Calories: 771 | |
| 30. Bacon Wrapped Chicken Thigh 250c, Yukon Gold Potatoes 155c, Glazed Honey Baby Carrots 90c, Sliced Peaches 60c, Warm Dinner Roll 70c, Milk 122c | | | | | |
| Calories: 747 | | | | | |

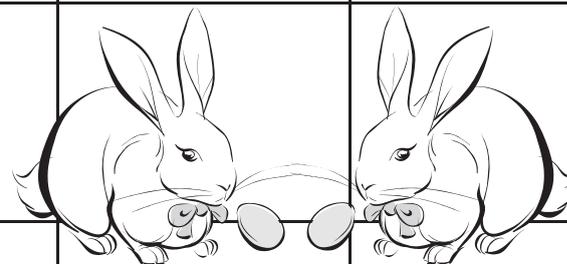


Table of Measurements

Breakfast:

-milk, juice, fruit, vegetable grain, bread

Lunch

Milk, fluid, meat, 1st fruit/vegetable, 2nd fruit/vegetable, grain, bread

P.M. Snack

Milk, fluid, meat/meat alternate grain, bread, juice, vegetable, fruit, bread

Key:

Bread— 2 slices

Veggies/fruit—1/2 cup

Protein—3 oz.

Entrée, Casserole, and/or soup—1 cup

Skim or Fat Free Milk/fluid - 8 oz.

ASK A LAWYER

I was just granted Power of Attorney by my mother. Do I have to act?

You are not required to act on the power of attorney. You should let your mother know if you do not want to serve as her attorney-in-fact. You should decline to serve if you are not able to make good decisions and keep good records.

Can I get in trouble for acting as Attorney in Fact?

Yes. You can be sued by your mother, your mother's heirs, your mother's guardian, or a successor attorney-in-fact. You can be required to repay money you cannot account for. If you fail to deliver an accounting within sixty days of a request, you can be required to pay costs and attorney fees. If you financially exploit your mother, you can be charged with a crime.

How do I do a good job as Attorney in Fact?

1. Be careful with your mother's money and avoid self-dealing.

The power of attorney may authorize you to be paid compensation or to be reimbursed for expenses. You should keep records related to expenses you incur in exercising your duties as power of attorney. If compensation is based on an hourly rate, you should invoice your hours monthly. If the power of attorney authorizes gifts to family and nonprofit organizations, strictly comply

with any limits on gifts. Avoid using your position at attorney-in-fact to get more than other heirs.

2. Keep your money separate from your mother's money. Do not put your name on your mother's assets.
3. Keep detailed, organized records (bank statements, receipts, invoices) for at least six years.
4. Deal openly with other family

members, especially if there is likely to be resentment, distrust, guilt or jealousy. You can relieve suspicions and concerns by being forthright and transparent.

(Lawyer Cont'd on Pg 4)



NOLA DAVIS

Director,

Senior Center & VanGo



I ran out to the store last night to find some Easter eggs to fill for my grandsons. It took only a few minutes to find the aisle filled with bright colored plastic eggs, hopping bunnies and chocolate. There were so many little Easter novelty items that I decided to grab a few of them for prizes before heading to the candy where I was sure to spend far more than I should.

I grabbed several bags of goodies before heading to the check out. The distinct smell of jellybeans mixed with the heady aroma of good chocolate was almost too much, but I put the items in the trunk to keep me from nibbling. I would not take a bite, no not even one.

I got home in plenty of time to fill the eggs and begin the potato salad and ham which would be the makings of a really good Easter dinner. With my kids all grown there was no baskets to fill or clothes to be laid out; making the holidays a whole lot easier than they were just a few years ago.

I can hardly imagine what it must have been like for my mom who had eight of us to outfit and make baskets for. In those days there was no running to the store for plastic eggs. Dear old mom had to boil and meticulously dye each and every egg a beautiful shade of red, green, yellow or blue. Once in awhile we got a slightly orange or pale purple egg when mom mixed a color a two. Those eggs were promptly put in the fridge for our breakfast the next morning. With the eggs put to rest, mom would collect eight paper milk cartons and snipped off the spout to make a nice neat little

box. By just adding a pipe cleaner handle and a few bunny stickers our basket was complete. In went the malt eggs, marshmallow bunnies and jelly beans that would nestle into the green grass that filled the bottom. The last thing in was a medium size white chocolate rabbit that was absolutely the most delicious thing we ever got.

Our Easter clothes were often homemade, but mom did find the nicest lace anklets and white patent leather shoes to round out the outfit. Unlike the girls, my brother's shirts and trousers were new and bought on the two for five racks. They always matched and she would buy the brightest colors for them she could. That lasted for awhile, but age has a way of bringing some semblance of manliness to ones attire and soon the boys rebelled against wearing anything that resembled a peacock. Man trousers soon took the place of short pants and they were far more satisfied with their attire in general.

I love Easter. I always have, but it is sure easier being AKA Nana bunny than mom and dad bunny. Getting older does have its advantages and I am happy to pass the torch on this one. These days I generally get a small basket myself that one of the kids drops off on Easter. I guess I am reliving my childhood because I look forward to it just about as much as the kids did. Yes sir folks I am looking forward to a bag of all red jelly beans and a big white chocolate rabbit. Old habits you know; or is that simply a tradition? Either way, Happy Easter!

SOCIAL SECURITY ADMINISTRATION

National Social Security Month is

celebrated in April and is dedicated to educating you about Social Security programs and services. From programs that help support you through life's journey, to services that help put you in control, to systems that help protect what's important to you, Social Security is committed to helping secure today and tomorrow for you and your family.

During National Social Security Month, we encourage people to take control of their future with *my Social Security* at www.socialsecurity.gov/myaccount. Create a *my Social Security* account to check your earnings history, confirm you have enough credits to retire, see an estimate of future benefits while still working, or manage your monthly benefits once you begin receiving them. You can also check the status of your claim or appeal, request a replacement Social Security card, and get an instant benefit verification letter. Our Retirement Estimator is another great tool that provides you with immediate and personalized benefit estimates based on your own earnings record. This allows you to receive the most accurate estimate of your future retirement benefits. Estimate your benefits now at www.socialsecurity.gov/estimator.

After you have viewed your earnings history for accuracy, confirmed you have enough work credits to retire, and determined the best age to retire, you can get started on the next phase of your life right away by retiring online! It's fast and easy at www.socialsecurity.gov/retireonline.

For more than 80 years, Social Security has changed to meet the needs of our customers. During National Social Security Month, and throughout the year, Social Secu-



rity puts you in control with secure access to your information anytime, anywhere. From estimating or managing your benefits, requesting a replacement Social Security card, to retiring online, visit SocialSecurity.gov today, and see what you can do online at www.socialsecurity.gov/onlineservices.

(Lawyer Cont'd from Pg 3)

- Plan for third party care, such as Medicaid, which may require you to account for funds. Medicaid will also ask about any transfers of assets. Transfers (other than small transfers totaling no more than \$1200.00 per year to family and nonprofits) may cause your mother to be denied Medicaid when she is in a nursing home.
- Understand that your responsibility will last until your mother's death unless you are replaced or removed. If something happens to you and you are unable to act, your records should enable someone to step in and understand your mother's financial status.

This information is provided as a public service by Indiana Legal Services, Inc. This is not legal advice. Indiana Legal Services, Inc., provides free legal services, including advice, to low income individuals and to individuals over the age of 60. New applications are accepted by telephone Monday through Friday between 9:00 a.m. and 1:00 p.m. CST at 844-243-8570. You may submit questions for future columns to katharine.rybak@ilsnet.net.