



THE BEACON



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Monthly Newsletter of the YMCA Bettye J. McCormick Senior Center
2009 Prospect Ave, Vincennes IN 47591 P 812 882 2285 A YMCA Program/Partners with Generations May 2018

ASK A LAWYER

How will Indiana's health care consent law change in July 2018?

Current law permits a spouse, parent, adult child, grandparent, sibling, or adult grandchild to consent to health care for an incapacitated person who does not have a health care representative or a guardian. There is no priority among the relatives qualified to make decisions. There is no provision for individuals who do not have a qualified relative.

Beginning July 1, 2018, consent to health care may be given in the following order of priority:

- Guardian or health care representative;
- Spouse;
- Adult child;
- Parent;
- Adult sibling;
- Grandparent;
- Adult grandchild;
- Nearest other adult relative;
- Adult friend who has had regular contact with the individual and is familiar with their activities, health, and religious or moral beliefs; and
- Religious superior if the individual is a member of a religious order.

If individuals at the same level of pri-

ority are unable to reach an agreement regarding health care, the majority controls.

Certain individuals may not make health care decisions, including:

- A spouse who is legally separated from or has filed a petition for divorce, separation or annulment from the person incapable of consent;
- An individual subject to a protective order directing that individual to avoid contact with the person incapable of consent; and
- An individual who is subject to criminal prosecution for a crime in which the person incapable of consent was a victim.

The new law clarifies who can consent to health care. An individual can provide even greater clarity by expressing their wishes in advance through the appointment of a health care representative and by excluding otherwise qualified individuals from the right to make health care decisions for them.

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.

SOCIAL SECURITY ADMINISTRATION

SOCIAL SECURITY HONORS THE NATION'S HEROES ON MEMORIAL DAY

On Memorial Day, we honor service members who have given their lives for our nation. Social Security acknowledges the heroism and courage of our military service members, and we remember those who have given their lives to protect our country. Part of how we honor these heroes is the way we provide Social Security benefits.

The loss of a family member is difficult for anyone. Social Security helps by providing benefits to protect service members' dependents. Widows, widowers, and their dependent children may be eligible for Social Security survivors benefits. You can learn more about Social Security survivors benefits at www.socialsecurity.gov/survivors.

It's also important to recognize those service members who are still with us, especially those who have been wounded. Just as they served us, we have the obligation to serve them. Social Security has benefits to protect veterans when an injury prevents them from returning to active duty or performing other work. Wounded military service members can also receive expedited processing of their Social Security disability claims. For example, Social Security will provide expedited processing of disability claims filed by veterans who have a U.S. Department of Veterans Affairs (VA) Compensation rating of 100 percent Permanent & Total (P&T). The VA and Social Security each have disability programs. You may find that you qualify for disability benefits through one program but not the other, or that you qualify for both. Depending

on the situation, some family members of military personnel, including dependent children and, in some cases, spouses, may be eligible to receive Social Security benefits. You can get answers to commonly asked questions and find useful information about the application process at www.socialsecurity.gov/woundedwarriors.

Service members can also receive Social Security in addition to military retirement benefits. The good news is that your military retirement benefit generally does not reduce your Social Security retirement benefit. Learn more about Social Security retirement benefits at www.socialsecurity.gov/retirement. You may also want to visit the Military Service page of our Retirement Planner, available at www.socialsecurity.gov/planners/retire/veterans.html. Service members are also eligible for Medicare at age 65. If you have health insurance from the VA or under the TRICARE or CHAMPVA programs, your health benefits may change, or end, when you become eligible for Medicare. Learn more about Medicare benefits at www.socialsecurity.gov/medicare. In acknowledgment of those who died for our country, those who served, and those who serve today, we at Social Security honor and thank you.

MAKE A DIFFERENCE NOW HIRING!
(812) 886-3381


the YMCA
VanGo
Public Transportation



ENHANCE FITNESS

Suffering from Arthritis? Join the EnhanceFitness exercise class, designed just for you, at the Y. Class meets Monday, Wednesday & Friday at 10 a.m.

Senior Center Activities Calendar for MAY

| | | | | |
|---|---|---|---|--|
| | <p>1 9a Current Events/Rhyme & Reason 10a Norma Keller 11a Willow Manor Bingo 12p Lunch & Devotions 1p Balloon Play 1p Craft: May Flower</p> | <p>2 9a Current Events 9:30a Exercises 10a Handbells 11a Mayor Yochum Bingo 12p Lunch & Devotions 1p Mani Pedi 1p Back Massages</p> | <p>3 9a Current Events/Puzzles 10a Pastor Sloan 11a Arby's Bingo 12p Lunch & Devotions 1p Shopping @ Wal-Mart 1p Short Story 1p Yahtzee</p> | <p>4 9a Current Events/Color by Number 10a Fireman's Appreciation Day 11a Mystery Bingo 12p Lunch & Devotions 1p Go for a Walk 1p Tend Garden 1p Bowling @ VU</p> |
| <p>7 9a Current Events/Frogger's 9:30a Exercises 10a Clearview Bingo 12p Lunch & Devotions 1p Water Garden 1p Ring Toss</p> | <p>8 9a Current Events/Search a Word 10a Craft-May Flowers 11a Bridgepointe Bingo 12p Lunch & Devotions 1p Knox Co. Ext Cooking Class</p> | <p>9 9a Current Events/Dot to Dot 9:30a Exercise 10a Handbells 11a Evansville Hearing Bingo 12p Lunch & Devotions 1p Patriotic Nails 1p Meditation Sound Therapy</p> | <p>10 9a Current Events/Color by Number 10a Pastor Sloan 11a Bridgett Miller Inspirational Hour 12p Lunch & Devotions 1p Baking Class: Blueberry Muffins 1p Clean up</p> | <p>11 9a Current Events/Brain Teasers 10a Mothers Day Celebration 11a Ladies Bingo 12p Lunch & Devotions 1p Bowling @ VU 1p Make Mothers Day Cards</p> |
| <p>14 9a Current Events/Frogger's 10a Exercises 11a Hometown Hearing Bingo 12p Lunch & Devotions 1p Magazine Hunt 1p Cards</p> | <p>15 9a Current Events/Fill in the Blank 10a Hymns with Paul 11a Avon Bingo 12p Lunch & Devotions 1p Hand Massages 1p Hair Styling</p> | <p>16 9a Current Events/Newspaper 9:30a Exercise 10a Hand Bells 11a EMS Bingo 12p Lunch & Devotions 1p Movie-Thor Raganok-Popcorn 1p Clean up</p> | <p>17 9a Current Events/Hand Massages 10a Pastor Sloan 11a Collett Bingo 12p Lunch & Devotions 1p Shopping @ JayC's 1p Patriotic Craft</p> | <p>18 9a Current Events/Ad Libs 10a Exercises 11a UMV Bingo 12p Lunch & Devotions 1p Bowling @ VU 1p Popcorn & a Movie: Daddy's Home 2</p> |
| <p>21 9a Currents/Frogger's 10a Exercise 11a LOW Bingo 12p Lunch & Devotions 1p Craft: Make Fans 1p Make a Cool Drink</p> | <p>22 9a Current Events/Radio Hour 10a Craft-Turtle Day 11a State Farm Bingo 12p Lunch & Devotions 1p Baking Class: Brownies 1p Clean up</p> | <p>23 9a Current Events/Color by Number 9:30a Exercises 10a Handbells 11a Gentlecare Bingo 12p Lunch & Devotions 1p St. Vincent -store 1p Craft: Flag</p> | <p>24 9a Current Events/Word Search 10a Pastor Sloan 11a VanGo Bingo/B-day Bash JayC's 12p Lunch & Devotions 1p Shopping @ Wal-Mart 1p House Hold Remedies Discussion</p> | <p>25 9a Current Events/Puzzles 10a Exercises 11a Hucks Bingo 12p Lunch & Devotions 1p Bowling @ VU 1p Multiple Sclerosis Day: Awareness-Make Cards</p> |
| <p>28 Closed Memorial Day</p> | <p>29 9a Current Events/Radio Hour 10a The Karaoke Microphone 11a Jewelry Bingo 12p Lunch & Devotions 1p Let's Read 1p Simon Says</p> | <p>30 9a Current Events/Trivia 9:30a Exercises 10a Handbells 11a Dis-n-Dat Bingo 12p Lunch & Devotions 1p Rotary Pavilion 1p Walk Track</p> | <p>31 9a Current Events/Poetry 9:30a Exercises 10a Pastor Sloan 11a Grocery Bingo 12p Lunch & Devotions 1p Cards: War 1p Board Games</p> | <p>Birthday Bash is sponsored by</p>  <p>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.

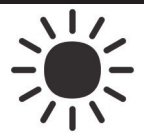
The YMCA Bettye J. McCormick Senior Center patronizes registered disadvantaged businesses. Bids for materials and services are welcome. Please send catalogs, flyers and advertisements to: 2009 Prospect Ave, Vincennes IN 47591.

Equal Opportunity Employer

MAY LUNCH MENU

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|--|--|
| | 1. Foil Pack Baked Fish/ California Vegetables 290c, Dinner Roll 70c, Tropical Sunshine Fruit Salad 80c, Milk 122c | 2. Grilled Beef Hot Dog on a WG Bun, w/ Mustard, ketchup 260c, Calico Beans 80c Creamy Cole slaw 80c, Apple-sauce 60c, Milk 122c | 3. Chicken Pot Pie 230c, Deviled Eggs 80c, Sliced Pears 75c, WG Wheat Bread 59c, Milk 122c, | 4. Beef Tostada w/ Cheese, Tomato, Refried Beans, Sour Cream, Mexican Corn 261c, Pineapple Tidbits 60c, Milk 122c |
| | Calories 562 | Calories 602 | Calories 566 | Calories 569 |
| 7. Baked Potato w/Bacon, Broccoli & Cheddar Cheese 245c, Dinner Roll 70c, Pear/Apple Bake 90c, Milk 122c | 8. Tuna Salad w/Lettuce on Hoagie Roll, 262c, Veggie Pasta Salad 90c, Fruit Cocktail 80c, Milk 122c | 9. Glazed BBQ Riblet 310c, Cheesy Mashed Potatoes 150c, Buttered Broccoli 80c, WG Wheat Bread 59c, Milk 122c | 10. Sweet & Sassy Chicken 240c, Roast Baby Bakers 100c, Brussels Sprouts 70c, Mixed Fruit 60c, WG Wheat Bread 59c, Milk 122c | 11. HAPPY MOTHERS DAY Fruit & Things Salad w/ Lettuce, Grapes, Strawberries, Pineapple, Feta Cheese Cranberries, Grilled Chicken Poppy Seed Dressing 380c, Cupcake 80c, Milk 122c |
| Calories 527 | Calories 554 | Calories: 621 | Calories: 651 | 582 |
| 14. Meatloaf w/Onion Gravy 220c, Mashed Potatoes 150c, Honey Glazed Carrots 80c, WG Wheat Bread 59c, Milk 122c | 15. Egg Salad on Wheat 260c, Bean Salad 110c, Potato Chips 75c, Mixed Fruit 70c, Peanut Butter No Bake Cookie 60c, Milk 122c | 16. Beef Lasagna 330c, Garlic Bread 90c, Corn 80c, Pineapple Tidbits 70c, Milk 122c | 17. Frost Top Coney Fog on Bun 280c, Oven Baked French Fries 150c, Baked Beans 80c, Butterscotch Pudding 75c, Milk 122 | 18. Pinto Beans w/Ham 230c, Cornbread Muffin 137c, Coleslaw 90c, Spinach 50c, Tropical Fruit Blend 60c, Milk 122 |
| Calories 631 | Calories 697 | Calories 692 | Calories : 707 | Calories: 689 |
| 21. Chicken & Dumplings 246c, Mashed Potatoes 150c, Mixed Vegetables 70c, Sliced Peaches 60c, WG Wheat Bread 59c, Milk 122c | 22. Oven Baked Chicken 210c, Baby Baker Potatoes 100c, California blend Veggie 70c, Apple Cobbler 90c, WG Bread & Butter 59c, Milk 122c | 23. Pulled Pork BBQ on WG Bun 280c, Scalloped Potatoes 150c, Seasoned Green Beans 60c, Fresh Banana 50c, Milk 122c | 24. Glazed Ham Slice 220c, Candied Sweet Potatoes 90c, Cauliflower w/Cheese 80c, Fruit Cocktail 60c, WG Wheat Bread 59c, Milk 122c | 25. Fish Sandwich on Bun w/Tartar Sauce & Pickle 340c, Cooked Cabbage w/ Potatoes 150c, Creamed Peas 80c, Sliced Pear 60c, Milk 122c |
| Calories 707 | Calories: 651 | Calories: 662 | Calories 631 | Calories: 752 |
| 28. CLOSED MEMORIAL DAY | 29. Sausage Patty 80c, Scrambled Eggs 90c, Milk Gravy & biscuit 160c, Cinnamon Apples 60c, Milk 122c | 30. Homemade Veggie Soup w/Crackers 220c, Ham Salad on WG Wheat 150c, Chunky Fruit Medley 70c, Milk 122c | 31. Supreme Pizza 280c, Garden Salad w/ Ranch 150c, Angel Food Cake w/Fresh Strawberries 90c, Milk 122c | |
| Calories 747 | Calories: 512 | Calories: 562 | Calories 642 | |

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.



GET OUT AND ENJOY THE SUMMER

A great way to get out and enjoy the Summer when grandkids visit, make and play with your own outdoor games. Make the games with them creating memories and then play along to help you stay fit and active! Here is some inspiration:
 Outdoor DIY games can be as simple or complex as you want. But most require very little money and few tools. Like commercially available lawn sets, they are a great way to get your family out of the house and away from cell phone and TV screens. Younger children will love simple games like Tic-Tac-Toe or ball toss games, and will really enjoy giant bubble wands.
 Older children will find outdoor twister or backyard Angry Birds both fun and challenging. There are even options that will appeal to teenagers and adults. Consider setting up a giant Jenga tower or Four In A Row game at your next barbecue or family get-together, and soon kids and adults alike will be enjoying the festivities.
 Don't spend your summer cooped up

- in the house. With a little time and creativity, you and your family can enjoy the DIY backyard games listed here.
1. DIY Giant Dice Backyard Yahtzee
 2. Homemade Tomato Cage Kerplunk
 3. Simple Outdoor Spray Paint Twister
 4. Jumbo DIY 2x4 Jenga Pieces
 5. Hand Painted Giant Outdoor Scrabble Tiles

6. DIY Pool Noodle Ring Toss Set
7. Rustic Stone and Wood Tic-Tac-Toe Board
8. Pallet and Bushel Basketball Toss Game
9. Giant Backyard Four in a Row
10. Easy DIY Ball Toss Game
11. Recycled Tin Can Bowling Set
12. Inexpensive Sticky DIFY Tic-Tac-Toe Board
13. Outdoor Squirt Gun Painting for Kids

14. DIY Koob Lawn Game Set
 15. Homemade Bean Bag Toss Game
 16. Inexpensive Squirt Gun Race Game
 17. Ring Toss DIY Backyard Game Idea
 18. Pack and Carry Tic-Tac-Toe Set
 19. Fun Summertime Giant Bubble Wands
 20. Pool Noodle and Frisbee Toss
- For instructions and more games go to: www.homebnc.com.

NOLA DAVIS

Director,

Senior Center & VanGo



Some people are good at everything or so it seems. Take my mom; she was like that. She was a great cook and master baker. She was crafty and had an imagination that could keep us kids busy from sunup to sundown. In the days when mothers had to actually iron their little girl's dresses, mom was a master. Not one wrinkle remained after mom laid the finishing touches to the fabric. In the fall she would preserve fruits and vegetables which would carry us through the long winter ahead. Holidays were just special. We never had a lot of money, but mom made up for that in love. She just had a way of making everything extra special. Evenings were spent huddled around mom for a story or to watch a favorite on the television. Mom was good at everything! Well, not everything. You see mom could not see well enough to be very good at driving. In fact, while dad was alive, mom didn't drive at all. After his passing and much fretting, mom went for a license only to be restricted to daytime driving only. It was quite a blow to her ego, but at least she could get to the grocer and make sure we got to school on time. Even with the restriction, mom never had an accident. Mom's driving was fairly short lived and when her second marriage produced a driver who could take over the duty, once again mom was happy enough to simply become what we gently called her; a backseat driver. I remember it well. I also remember all the trials and hardships that not having accessible transportation caused.

In those days there was no such thing as public transportation. With one taxi in town, it was almost impossible to get a same day ride and with six children; and the cost of said taxi was not even financially feasible so we walked. While that

had a lot of great health benefits, it was really hard to trudge through the snow bundled up against the wind and cold. Hot weather posed a hardship too. Who wanted to walk to town in ninety degree heat?

We were not the only people in our neighborhood that needed transportation either. Mrs. McCollum was practically housebound due to her mobility issues. She was near a prisoner in her own home. She sat on the porch waiting for others to come with groceries and to run her errands. When I think of her I can only imagine how much better her life would have been if she had only had some mode of public transportation. Vincennes is so lucky to have YMCA VanGo to help the public with their transportation needs. In 1999 YMCA VanGo was established to provide public transportation to the people of Knox County. In its infancy, it provided a mere 19,000 rides per year. We are now providing over 90,000 rides annually. VanGo is one of the 42 transportation providers in Indiana. The system is primarily funded through a 5311 grant from the Indiana Department of Transportation. This grant requires a dollar for dollar match. Each year we actively look for "match" money to be able to draw down every dollar allocated toward the program. We are lucky to get match from the city and county government, some local businesses and individuals who want to help make transportation available for those who need it the most.

Over the past few years, ridership has increased by up to 22%. INDOT has stated that YMCA VanGo is one of the top performers in Indiana and has one of the lowest costs per trip and per mile. The Indiana average cost per trip for rural systems is \$15.13 compared to VanGo's average of \$9.19. The state average per mile is \$2.59 compared to VanGo's \$2.37. While we strive to maintain these cost savings we need all the help we can get with our local match. The actual cost per trip to ride is

only \$2.00.

One might ask how they can help others while helping the YMCA VanGo program. We always need good drivers. If you are looking for a job, come by and see us. Secondly, if you would like to send a donation, we will use your donation as part of the local match requirement. That means your \$1.00 donation automatically becomes \$2.00.

All donations toward our local match are very much appreciated. Every dollar donated allows us to draw down a dollar from the grant. All donations are tax deductible. Would you please consider helping the program and helping others who are dependent on transit?



Noticing Memory Problems? What to Do Next

National Institute on Aging

We've all forgotten a name, where we put our keys, or if we locked the front door. It's normal to forget things once in a while. But serious memory problems make it hard to do everyday things. Forgetting how to make change, use the telephone, or find your way home may be signs of a more serious memory problem.

For some older people, memory problems are a sign of mild cognitive impairment, Alzheimer's disease, or a related dementia. People who are worried about memory problems should see a doctor. Signs that it might be time to talk to a doctor include:

- Asking the same questions over and over again
- Getting lost in places a person knows well
- Not being able to follow directions
- Becoming more confused about time, people, and places



- Not taking care of oneself—eating poorly, not bathing, or being unsafe.

People with memory complaints should make a follow-up appointment to check their memory after 6 months to a year. They can ask a family member, friend, or the doctor's office to remind them if they're worried they'll forget.

Tips for Dealing with Forgetfulness

People with some forgetfulness can use a variety of techniques that may help them stay healthy and deal with changes in their memory and mental skills. Here are some tips:

- Learn a new skill.
- Stay involved in activities that can help both the mind and body.
- Volunteer in your community, at a school, or at your place of worship.
- Spend time with friends and family.
- Use memory tools such as big calendars, to-do lists, and notes to yourself.
- Put your wallet or purse, keys, and glasses in the same place each day.
- Get lots of rest.
- Exercise and eat well.
- Don't drink a lot of alcohol.
- Get help if you feel depressed for weeks at a time.

Thoroughbred Horse Center & Henry Clay Estate

- **June 21, 2018 - Lexington Kentucky**
- **'Behind the Scenes' look at the horse farm**
- **Watch morning workout with the horses**
- **See horses up close at track side**
- **Talk with the professionals**
- **Tour of Henry Clay Estate mansion**
- **Museum store**
- **Formal Garden**
- **Civil War Monument**
- **Lunch at Cracker Barrel (on own)**
- **\$125 per person**



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