



# THE BEACON



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

June 2018



**NOLA DAVIS**  
Director,  
Senior Center & VanGo

**Dear Transportation Stakeholder,**  
I want to take this opportunity to catch up on some exciting changes that will be happening in transportation this summer. YMVA VanGo has selected a state of the art transportation software system. The company is named Ecolane. The system will allow real time interaction between the vans, reservationists and rider. We are excited about this change and look forward to the opportunities the new software will open up for our community. With that being said, anyone that has gone through a software implementation will understand when I say that we are hoping for the best but preparing for some possible hiccups along the way.

The new software has a dynamic scheduling system that will act as a virtual scheduler and shift transportation trips in live time throughout each day. Of course, nothing can replace a human who knows which road is under construction, so our scheduler will continue to oversee reservations and dispatch to ensure the same level of service. At first these changes may cause a rider to be picked up earlier or later than

they have become accustomed to. I apologize in advance for any inconvenience this may cause. Transportation staff will be spending a longer time on the phone verifying the trip destination address, appointment time and length, home address and phone number. Many of the same items our staff review when clients call for your services now. The visual changes of a new system may cause the reservationist to be a little slower. This change may translate to a longer hold time for someone waiting to speak to a staff member. The next person on hold will be transferred to the next available reservationist.

Drivers will be using electronic tablets and will no longer have paper manifests. The virtual aspect of the system means that neither staff nor drivers will know which bus a rider is assigned to until 60 minutes prior to the trip. Please be patient with the drivers, as this will be a big adjustment for them. It also means that drivers will not be able to accommodate special requests with regards to pickups and drop-offs. All riders must have a reservation. This means nobody can just "hop on" and get a ride. It will be important for riders to have the exact trip fare, know the address of their destination and schedule the appropriate length of time at their destination and limited grocery or carryon bags. Staff has already begun entering trips while speaking with callers in preparation for the new system. Because of availability that curb to curb service provides, there is a pick up window of 60 minutes (depending on locations) for the bus. From the outside, it may seem as simple as just taking a person home but we are charged with grouping riders from the same area together and that is how

schedules are designed. Therefore, the wait time is decreased when a rider communicates the length of time needed when the trip is scheduled. For example, if a consumer schedules to be at a medical office from 10:00 to 11:00, but is done at 10:15, the return trip is scheduled for 45 minutes later. We cannot go into the computer and change the pickup time, so in essence, that difference would increase the rider's wait time by 45 minutes.

During the month of May and June we will begin to implement some operational changes in anticipation of the Ecolane system. As we import data, we are removing inactive consumer information. This will result in the need for people who have not been active riders to complete or update information when scheduling service. Although this may cause a minor inconvenience, it also creates an excellent opportunity to educate riders about the many changes YMCA VanGo is undergoing.

We are aiming for the go live date to be the second or third week of July. I want to thank you ahead of time for your support and continued commitment to the welfare of the system. I would also like to personally apologize for any negative affects to you our customers might incur during the initial adjustment period. I am hoping that through this communication you will have a better understanding of our changes and will be able to relay that we are working nonstop to master the new system and provide the best possible transportation service. We are always open to respectful feedback and will be attempting to return any call, complaints, or inquiries in a timely manner. I can be reached at 812-882-2285 or by email at [nola@vincennesymca.org](mailto:nola@vincennesymca.org).

Sincerely,  
**Nola Davis, Director**



## SOCIAL SECURITY ADMINISTRATION

In 2018, more than a million people will be diagnosed with cancer around the world. This alarming statistic affects people and families everywhere. On June 3, 2018, we observe National Cancer Survivors Day in the United States. In support of this day, Social Security encourages getting checkups to provide early detection, raise awareness through education, and recognize the survivors who have gone through this battle or are still living with the disease. Social Security supports people who are fighting cancer. We offer support to patients dealing with this disease through our disability program. People with certain cancers may be eligible for a Compassionate Allowance. Compassionate Allowances are cases where individuals have medical conditions so severe they obviously meet Social Security's disability standards, allowing us to process the cases quickly with minimal medical information.

There's no special application or form you need to submit for Compassionate Allowances. Simply apply for disability benefits using the standard Social Security or Supplemental Security Income (SSI) application. Once we identify you as having a Compassionate Allowance condition, we'll expedite your disability application.

Social Security establishes Compassionate Allowance conditions using information received at public outreach hearings, from the Social Security and Disability Determination Services communities, from medical and scientific experts, and from data based on our research. For more information about Compassionate Allowances, including the list of eligible conditions, visit [www.socialsecurity.gov/compassionateallowances](http://www.socialsecurity.gov/compassionateallowances).

Some illnesses are more disabling than others and Social Security tries to treat everyone with equal compassion relative to their condition. If you think you qualify for disability benefits based on a Compassionate Allowances condition, please visit [www.socialsecurity.gov](http://www.socialsecurity.gov) to apply for benefits.

### Beef House Dinner Theater



- August 2, 2018
- Covington, IN
- Buffet Lunch
- Show "Million Dollar Quartet" - An extraordinary twist of fate bringing Johnny Cash, Jerry Lee Lewis, Carl Perkins & Elvis Presley together at Sun Records in Memphis.
- Round-trip motorcoach transportation
- \$118 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.

Beauty Shop Open Every Wednesday!

## Senior Center Activities Calendar for JUNE

**HAPPY FATHER'S DAY!**  
**June 17**

Birthday Bash is  
sponsored by



1024 Washington Ave,  
Vincennes

**1**  
9a Current Events/Word Search  
10a Exercise  
11a House Bingo  
12p Lunch & Devotions  
1p Bowling @ VU  
1p Movie: Dennis the Menace

**8**  
9a Current Events/Search a Word  
10a Exercise  
11a Mystery Bingo  
12p Lunch & Devotions  
1p Bowling @ V.U.  
1p Tend Garden

**15**  
9a Current Events/Search a Word  
10a Exercise  
11a United Methodist Village Bingo  
12p Lunch & Devotions  
1p Bowling @ VU  
1p Name That Tune

**25**  
9a Current Events/Search a Word  
10a Drums  
11a Candy Bingo  
12p Lunch & Devotions  
1p Bowling @ VU  
1p Stamp Art

**29**  
9a Current Events/Search a Word  
10a Drums  
11a Ron's Bingo  
12 Lunch & Devotions  
1p Red White & Blue Craft  
1p Cards: Poker

**7**  
9a Current Events/Fill in Blank  
10a Pastor Sloan  
11a Arby's Bingo  
12p Lunch & Devotions  
1p Shopping @ JayC's  
1p Foot Care

**14**  
9a Current Events  
10a Pastor Sloan  
11a Bridget Miller Inspirational Hour  
12p Lunch & Devotions  
1p Shopping @ Wal-Mart  
1p Father's Day Cards

**21**  
9a Current Events  
10a Pastor Sloan  
11a Collett Bingo  
12p Lunch & Devotions  
1p Shopping @ Save-A-Lot  
1p Yahtzee

**28**  
9a Current Events/Matching Games  
10a Pastor Sloan  
**11a VanGo Bingo/B-day Bash JayC's**  
12p Lunch & Devotions  
1p Shopping @ JayC's  
1p Water Fun

**6**  
9a Current Events/Mazes  
10a Exercise  
11a Mayor Yochum Bingo  
12p Lunch & Devotions  
1p Cards: War  
1p Water Fun

**13**  
9a Current Events/Poetry  
10a Exercise  
11a House Bingo  
12p Lunch & Devotions  
1p Father's Day Favor  
1p Board Games

**20**  
9a Current Events/Newspaper  
10a Exercise  
11a EMS Bingo  
12p Lunch & Devotions  
1p Bake Snack/Make a Drink  
1p Clean Up

**27**  
9a Current Events/Radio Hour  
10a Exercise  
11a Gentlecare Bingo  
12p Lunch & Devotions  
1p Let's Read  
1p Stamp Art

**5**  
9a Current Events/Color By Number  
10a Norma Keller in Song  
11a Willow Manor Bingo  
12p Lunch & Devotions  
1p Hand Massages  
1p Nails

**12**  
9a Current Events/Newspaper  
10a Craft: Bee's  
11a Bridgepointe Bingo  
12p Lunch & Devotions  
1p Knox Co. Ext. Cooking Class  
1p Rotary Pavilion

**19**  
9a Current Events/Radio Hour  
10a Craft: Fish Bowl  
11a Avon Bingo  
12p Lunch & Devotions  
1p Sewing Class  
1p Balloon Play

**26**  
9a Current Events/Find the Object  
10a Red Hats to Arby's  
11a State Farm Bingo  
12p Lunch & Devotions  
1p Simon Says  
1p Make Jewelry

**4**  
9a Current Events/Frogger's  
10a Exercise  
11a Applebee's  
11a Clearview Bingo  
12p Lunch & Devotions  
1p Swimming @ Y  
1p Craft: Ice Cream Cone

**11**  
9a Current Events/Frogger's  
10a Exercise  
11a Hometown Hearing Bingo  
12p Lunch & Devotions  
1p Magazine Hunt  
1p Swimming @ Y

**18**  
9a Currents/Frogger's  
10a Exercise  
11a Lodge of the Wabash Bingo  
12p Lunch & Devotions  
1p Swimming @ Y  
1p Ring Toss

**25**  
9a Current Events/Frogger's  
10a Exercise  
11 Grocery Bingo  
12 Lunch & Devotions  
1p Hair Day  
1p Trivia

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

# JUNE LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1. Taco Salad w / Lettuce, Tomato, Cheese, Taco Meat, Sour Cream, Corn Chips 261c, Fresh Fruit Salad 60c, Peanut Butter Cookie 60c, Milk 122c
				Calories: 503
4. Chicken & Noodles 309c, Mashed Potatoes 150c, Glazed Carrots 90c, WG Wheat Bread 59c, Applesauce 60c, Milk 122c	5. Honey Corn Dog 220c, Oven Fries 80c, Ketchup 20c, Bean Salad 90c, Sliced Peaches 60c, Milk 122c	6. Fish Sandwich on Bun w/Tartar Sauce & Pickle 340c, Macaroni Salad 90c, Chips 100c, sliced Pears 50c, Milk 122c	7. Glazed Pork Loin 310c, Garlic Mashed Potatoes 150c, Buttered Peas 60c, WG Wheat Bread 59c, Mixed Fruit 60c, Milk 122c	8. Egg Casserole w/ Sausage 250c, Milk Gravy and Biscuit 160c, Hot Cinnamon Apples 75c, Milk 122c
Calories: 790	Calories: 592	Calories: 702	Calories: 761	Calories: 607
11 Chef Salad w/ Turkey, Ham, Cheese, Eggs, Fresh Veggies, Salad Crackers & Ranch Dressing 390c, Fresh Banana 105c, Milk 122c	12. Meatloaf 220c, Loaded Chucky Mashed Potatoes 170c, Mixed Veggies Blend 80c, WG Wheat Bread 59c, Milk 122c	13. Tuna Salad on WG Bun 240c Fresh Fruit Plate w/Cottage Cheese, Cantaloupe, Pineapple, Orange Pieces & Grapes 175c, Milk 122c	14. Beef Manhattan w/Gravy & Mashed Potatoes 375c, Pea Salad 137c, Mandarin Oranges 60c, Milk 122c	15. <b>HAPPY FATHERS DAY</b> Grilled Hamburger on Onion Bun w/LTO, Pickle, Mustard & Ketchup 400c, Potato Salad 100c, Deviled Eggs 80c, Texas Sheet Cake 130, Milk 122c
Calories: 617	Calories: 651	Calories: 537	Calories: 694	Calories: 832
18. Oven Baked Chicken 210c, Baby Baker Potatoes 100c, Seasoned Green Beans 70c, Vanilla Pudding 40c, WG Bread & Butter 59c, Milk 122c	19. Beef Goulash 270c, Buttered Peas 60c, Garlic Bread 70c, Sliced Pears 60c, Milk 122c	20. Sloppy Joe on bun 270c, Pasta Salad w/ Veggies 150c, No Bake Peanut Butter Cookie 50c, Peaches 60c, Milk 122c	21. Cheesy Polish Sausage on Bun 300c, Baked Beans 80c, Oven Fries 80c, Ketchup 20c, Mixed Fruit 60c, Milk 122c	22. Ham and Great Northern Beans 230c, Cornbread Muffin 137c, Cole Slaw 80c, Spinach 50c, Milk 122c
Calories: 651	Calories: 522	Calories: 652	Calories: 662	Calories: 619
25. Chicken & Dumplings 246c, Mashed Potatoes 150c, Green Beans 70c, WG Wheat Bread 59c, Milk 122c	26. Open Face Tuna Melt on WG Wheat w/ Cheese Sauce 280c, Au gratin Potatoes, 150c, Sliced Tomatoes 12c, Angel Food Cake w/Fruit 140c, Milk 122c	27 Beef Tostada w/ Cheese, Lettuce, Tomato, Refried Beans, Sour Cream 261c, Mexican Corn 75c, Pineapple Tidbits 60c, Milk 122c	28. Glazed Ham Slice 220c, Candied Sweet Potatoes 90c, Cauliflower w/Cheese 80c, Fruit Cocktail 60c, WG Wheat Bread 59c, Milk 122c	29 Fresh Veggie Soup w/Crackers 220c, Ham Salad on WG Wheat 150c, Fruit Salad 70c, Milk 122c
Calories 647	Calories: 704	Calories: 518	Calories 631	Calories: 562

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.



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



## Ask SHIP

(State Health Insurance Assistance Programs)

**Q: The men in my family have a history of heart disease. Does Medicare cover any kind of screenings?**

**A:** June is Men's Health Month!

Let's take a look at ways Medicare helps you stay healthy, as well as what preventive care it covers especially for men!

### "Welcome to Medicare" preventive visit

Medicare covers a one-time preventive visit within the first 12 months that you have Medicare Part B (Medical Insurance). This visit is called the "Welcome to Medicare preventive visit." The visit is a great way to get up-to-date on important screenings and shots and to talk with your doctor about your family history and how to stay healthy.

This visit is only covered one time, and you must have the visit within the first 12 months you're enrolled in Part B. You pay nothing if your doctor accepts assignment.

### Yearly "Wellness" visit

If you've had Medicare Part B (Medical Insurance) for longer than 12 months, you can get a yearly "Wellness" visit to develop or update a personalized prevention plan based on your current health and

risk factors.

It is covered once every 12 months. You pay nothing for this visit if your doctor accepts assignment.

### Cardiovascular Screenings

Every five years, Medicare covers cardiovascular disease screenings that check your cholesterol and other blood fat (lipid) levels.

### Cardiovascular Disease (Behavioral Therapy)

Medicare covers one visit per year with your primary care doctor to help lower your risk for cardiovascular disease.

### Obesity screening & Counseling

Medicare covers behavioral counseling sessions to help you lose weight. This counseling may be covered if you get it in a primary care setting (like a doctor's office). All people with Medicare Part B (Medical Insurance) who have a body mass index (BMI) of 20 or more are covered. You pay nothing for this service if your primary care doctor or other qualified primary care practitioner accepts assignment.

### Prostate Cancer screenings

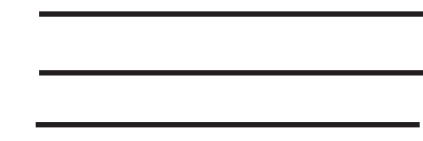
You will pay 20% of the Medicare-approved amount for a yearly digital rectal exam and for your doctor's services related to the exam. The Part B deductible applies. In a hospital outpatient setting, you pay a copayment. You will pay nothing for a yearly PSA blood test. If you get the test from a doctor that doesn't accept assignment, you may have to pay an additional fee for the doctor's services, but not for the test itself.

### Colorectal cancer screening

Medicare covers colorectal cancer screening tests to help find pre-cancerous polyps (growths in the colon), so polyps can be removed before they become cancerous and to help find colorectal cancer at an early stage when

treatment works best. All people with Medicare 50 and older are covered.

If you have questions about Medicare Preventive Care or your Medicare coverage, call SHIP at 1-800-452-4800, 1-866-846-0139 TDD or online at [www.medicare.in.gov](http://www.medicare.in.gov). SHIP is a free, impartial counseling program provided by the Administration on Community Living and the Indiana State Department of Insurance.



## ASK A LAWYER

### How can I get help with my prescription drug costs?

Medicare Part D and most Medicare Advantage Plans help cover the cost of prescriptions. You are eligible to enroll in a drug plan when you first become eligible for Medicare. You will have a late enrollment penalty if you do not get Medicare drug coverage when you are first eligible, unless you have comparable drug coverage through an employer or other source. You will not have to pay the penalty if you qualify for "extra help."

### How do I choose a Medicare drug or Medicare Advantage plan?

You can get unbiased help choosing a drug plan through the Senior Health Insurance Information program. You can talk to a counselor at the central office by calling 800-452-4800 or you can get help from your Area Agency on Aging. There is also an online plan finder at [www.Medicare.gov](http://www.Medicare.gov).

You can choose the plan with the pharmacies that are most convenient for you. You can also choose a plan with the lowest out-of-pocket cost for the drugs you usually take. Unfortunately, the insurance companies can change the list of drugs they cover after you have chosen a plan.

### How can I reduce my costs?

You may qualify for extra help with drug costs. If you are on Medicare and Medicaid, including the Medicare Buy In programs, you automatically qualify for extra help with drug costs. If you do not have Medicaid coverage, you can apply Medicaid or a Medicare Savings plan at the county Division of Family Resources. You can also apply online at [www.in.gov/fssa](http://www.in.gov/fssa). You will qualify for some help with Medicare costs if your income is less than \$1860 per month for a single individual or \$2504 for a married couple. Your assets, excluding your home and one vehicle, must be worth no more than \$7390 for a single person or \$11,090 for a couple. With lower income and fewer resources, you can qualify for a greater amount of help.

### Can I get extra help if I do not qualify for Medicaid?

If you do not qualify for Medicaid, you can still apply for extra help at your local Social Security office by phoning 800-772-1213, or online at [www.socialsecurity.gov/extrahelp](http://www.socialsecurity.gov/extrahelp). Individuals with low income, but resources up to \$14,100 for an individual or \$28,150 for a married couple can qualify for extra help.

*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 [katherine.rybak@ilsinc.net](mailto:katherine.rybak@ilsinc.net).*

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

the **VanGo** Public Transportation

**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.