Passionate preservationist: Gina Walsh volunteers at the Earth Discovery Center

By MATTHEW J. SILVER
Feature Writer

“I met a couple who came from China to enroll their son at Purdue, came to the Earth Discovery Center here in Eagle Creek Park because they had heard of it, and then returned to China,” said Gina Walsh, a volunteer at the Center.

Nestled in the quiet beauty of one of the largest city parks in the country, overlooking the 1,300 acre Eagle Creek Reservoir, the EDC drew nearly 75,000 visitors in 2017, 6,000 of whom were students on field trips learning about the state’s natural world. The park’s 3,900 acres of forest, ponds and meadows provide a great resource for recreation and wildlife.

At the geothermal pond students dip-net for frogs and aquatic insects. The exhibit hall displays a live variety of amphibians, reptiles and fish native to Eagle Creek for students to observe. The wet lab resembles a high school science classroom.

Mornings are often when much wildlife begins stirring (excluding the nocturnals), and every Sunday at 1:30 p.m. at feeding time, you can watch the critters lunch on defrosted mice, worms, crickets, bloodworms and salad.

“My primary duty is to greet people as they come in to the EDC,” said Walsh, “but I have also taken a series of classes to become a master naturalist and an advanced Indiana Master Naturalist. The staff here is as knowledgeable, dedicated and professional as you can find anywhere. I love working with them.”

She enlisted in the Continued on page 2
Marilyn Bachat a member of the Indianapolis Heartlands Sierra Club

By JULIE YOUNG
Feature Writer

Marilyn Bachat doesn’t mind the term “tree hugger.” In fact, she embraces it.

As a young girl growing up in a large Michigan family, she always had an affinity for the outdoors and enjoyed camping along various lakes and rivers during annual trips to Colorado. As an educator, she always incorporated nature into her classroom curriculum. As a parent, she raised her two sons to be conscientious environmental stewards and as an advocate, she has been a long-time member of the Sierra Club as well as other environmental organizations.

“I have been a member of the Sierra Club off and on since college,” noted Bachat. “It was a great organization to support and keep up with, but I did not become active in it until I was ready to retire.”

After leaving the classroom behind, Bachat became involved with the Indianapolis Heartlands group of the Sierra Club and was appointed to the Carmel Urban Forestry Committee where she is working to increase and maintain the city’s diverse canopy of street trees. Along with her husband, Greg Grant, she trained to monitor the water at Cool Creek Park and has gone on a number of hikes where she is quick to engage others and raise awareness.

During the past year, she has also volunteered with the grassroots outreach team of the Indianapolis Citizens’ Climate Lobby where she is always happy to help someone discover his or her power to make a difference. She believes care for the planet is inspired through shared wonder and she never turns down the opportunity to engage others, listen to their concerns and share research. Whether its filling out a constituent comment form or joining a rally at the state house, she believes it is important to raise awareness and stay involved.

“Frankly, there are so many concerns,” she said. “Indiana is number 46 in the nation in terms of air quality, we still have a coal plant and we have so many cars spewing pollutants into the air. We go on hikes and see the trees being clear cut and we have so much damage being done by the logging roads and we have so much opportunity for ecotourism, but we are doing nothing to promote it or protect these areas.”

Of course she also acknowledges sometimes the enormity of it all can be overwhelming and it is easy to get weighed down by what may seem (at times) like a futile endeavor. “Every day is a different set of challenges, but I am able to compartmentalize my fears and get satisfaction from the tiny successes.

“If I wasn’t doing any of the things I am doing, I would be really stressed out, but I have found that there is so much to learn and teach.”

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Passionate

Continued from page 1

Navy at age 37 for four years. “It was the only branch of the military that would take me,” she grinned, and was able to regain her job with AT&T as a service representative, retiring in 2010.

She had begun volunteering for USO a few years earlier while seeking veterans for AT&T, greeting incoming troops at the airport, providing them with reclinners and blankets, if they wanted to sleep, as well as refreshments. The goal was to make them comfortable, sometimes arranging for overnight accommodations. “Occasionally for foreign troops who were training at Camp Atterbury arrived. Once, Prince Harry came through with a group of 15 British soldiers,” Walsh noted. “They were there a couple of hours, mostly complaining that we did not have tea.

They were definitely deferential to him. He spoke to no one, no one spoke to him. He was looking for sore matches on his remote,” she said.

Her stint with USO lasted nearly six years, but she has been volunteering at the EDC since 2011. “I just absolutely love this park. I have been enjoying it since 1978 when I moved from Milwaukee. It has changed a lot. I came here when my daughter was five and Harry Fieldman had aquariums set up with all sorts of wildlife. This (EDC) used to be the ranger station. Volunteering is my way of supporting the mission of the park,” said Walsh.

The Eagle Creek Park Foundation’s website reads, “Promote, Preserve, Protect, Enhance.” Walsh unabashedly exemplifies those values at the Earth Discovery Center.
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ASCare.com
**Faith**

Be not afraid

By WENDELL FOWLER  
Feature Writer

Sometimes in life, we must walk away from a situation for a broader, purer perspective. Dads and grandfathers who walk through the darkness of faith.

My father is Jesus as our Lord and Savior is stronger today because of leaving for a short time. Apparently, I needed to experience religion from another pew to find that out.

In youth, Meuchel attended Mass with mom and brothers. Rick and Lisa. “As kids, we’d get dressed up and attend Easter and Christmas services. Dad wasn’t Catholic and stayed home. We’d return and Dad would be shirtless with a beer in his hand, cutting the grass on the riding lawnmower in our predominantly mid-’60s Southern Baptist neighborhood.”

Ten years ago, I wasn’t getting it. I wasn’t getting the church. Ten years ago, I wasn’t getting it. I learned heavily on my faith. I had just returned to the Catholic church. I knew God would get me through it and He did. My tumor was very small; required no chemo-therapy and I only had one radiation treatment. When we had the diagnosis, we heard the song, ‘Be Not Afraid’ the day we found out. I made a great decision for my child and I was still able to get through it without tears, it is comforting to hear those words.

Meuchel is still learning to lean more on her faith. “A friend posted a new chapter from Psalms on Facebook every day and that helps start my day and keeps positive thoughts going through stress.”

A friend posted a new chapter from Psalms on Facebook every day and that helps start my day and keeps positive thoughts going through stress. I love it when my friends post Psalms on Facebook because it helps me through tough times.

Today Meuchel has found her permanent pew and attends weekly mass at St. Jude Catholic Church.

What to do when a cough won’t quit

By CECIL SCAGLIONE  
Mature Life Features

When you “cough” during snow-and-ice-time, it’s attributed to a winter cold. Come spring, you blame it on allergies. In summer, it’s the dust. And fall is flu time.

But there’s much more to a cough, especially if it’s persistent.

Coughing is a simple mechanism. It’s meant to expel anything that might block your breathing.

A persistent cough can be serious. Any sign of a cough that won’t quit should be addressed by your doctor.

Allergies and sinus problems can cause postnasal drip, which will trigger coughing. Nasal sprays can help, but again: check with your doctor.

Acid reflux — when food you eat backs up into your esophagus — also causes coughing. A major lifestyle change may help quit eating three or four hours before going to bed, suggests the Mayo Clinic.

You might also review the foods you eat. Less spicy food, for example, is not as irritating as exotically spiced dishes.

Pay attention to when the coughing seems to happen, and whether conditions talk to your doctor. He or she can make a diagnosis and offer further tips to managing your coughing.

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Understanding Social Security —
Monitoring your earnings record

Y o u w o r k h a r d f o r y o u r m o n e y. Y o u 'v e b e e n s a v i n g a n d p l a n n i n g f o r s e c u r e t i m e r e t i r e m e n t. N o w you need to make sure you're going to get all the money you deserve.

Regularly reviewing your Social Security earnings record can really pay off, since every dollar counts in retirement. It's ultimately the responsibility of your employers, past and present, to provide accurate earnings information to Social Security so you get credit for the contributions you've made through payroll taxes. But you can inform us of any errors or omissions. You're the only person who can look at your lifetime earnings record and verify that it's complete and correct.

If an employer did not properly report just one year of your work earnings to us, your future benefit payments from Social Security could be close to $100 per month less than they should be. Over the course of a lifetime, that could cost you tens of thousands of dollars in retirement or other benefits to which you are entitled.

Sooner is definitely better when it comes to identifying and reporting problems with your earnings record. As time passes, you may no longer have easy access to past tax documents, and some employers may no longer be in business or able to provide past payroll information.

What to check

1. Visit. Go to socialsecurity.gov/myaccount to set up or sign in to your own My Social Security account.
2. View. Under the “My House” tab, select “Earnings Record” to view your online Social Security Statement and taxed Social Security earnings.
3. Compare. Carefully review each year of listed earnings and use your own records, such as W-2s and tax returns, to confirm them. Keep in mind that earnings from this year and last year may not be listed yet.
4. Contact. Notify us right away if you spot errors by calling 1-800-772-1213.

More detailed instructions on how to correct your Social Security earnings record can be found at socialsecurity.gov/pubs/EN-05-10081.pdf.

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CHECK BEFORE YOU COLLECT — To ensure that in retirement you'll receive the full amount you've earned, it pays to regularly check Social Security's record of your earnings matches your own records. You can do this online at socialsecurity.gov. (Photo courtesy of Social Security Administration.)

‘MacArthur Park’

Richard Harris
July 1968

In 1967 record producer Bones Howe was impressed with songwriter Jimmy Webb, who had composed the hits “Up, Up and Away” and “By the Time I Get to Phoenix.” Howe thought that the Oklahoma-born wunderkind (he was only 21) should really stretch himself on his next project. Webb: “Bones Howe … had asked me to a party to meet some classical elements, different movements and changing time signatures … more of a suite than a song.”

Webb first met actor-singer Richard Harris at a Hollywood anti-war pageant. The two lifted a few glasses backstage, and Webb played the piano while Harris warbled some old pub songs. Webb recalled that, by evening’s end, the binary-eyed Harris had suggested that the two do some recording some day. A few weeks later, Webb — to his surprise — received a telegram from Harris that simply stated: “Dear Jimmy Webb. Come to London and make a record. Love, Richard.”

Armed with a bruchoise stuffed with original sheet music, Webb jetted to London where, at Harris’s home, the two considered dozens of tunes. Near the bottom of his pile of offerings, Webb pulled up “MacArthur Park,” his elaborate and somewhat bizarre composition that had already been rejected by LA hitmaker the Association (“Cherish,” “Why,” “Never My Love”).

But when Webb played “MacArthur Park” for Harris, the 35-year-old slapped his piano and roared, “Oh, Jimmy Webb. I love that! I’ll make a hit out of it!”

During the recording session later, Harris kept mispronouncing “MacArthur Park” as “MacArthur’s Park,” with Webb trying—in vain—to get the inebriated Irishman to get it right. But the incorrectly stated title wasn’t Webb’s only issue: “MacArthur Park” clocked in at seven minutes, 20 seconds in length, overly long for tightly controlled Top 40 radio. Surprise! Harris’s Dunhill Records 45 became a smash hit and peaked at Number Two on Billboard’s Hot 100. A decade later, Donna Summer’s sizzling disco rendition of “MacArthur Park” on Casablanca Records topped the chart for three weeks, with the title again being misstated—why tamper with success?—as “MacArthur’s Park.”

Okay. A million-seller, not bad, Webb thought. But what was this opus really about? Webb explains, “In mid-1965, I was writing some songs at a life insurance company … also I wrote ‘By the Time I Get to Phoenix’ about her … But I lost her. She married some other guy.” An example of the often-Scotland based recording “MacArthur Park” offers images of striped pants, a rain-drenched cake, a lost recipe, a yellow dress, old men playing checkers. Listeners often end up scratching their heads about the story line. Yet Webb maintains, “I see it as a relatively simple love song with some very sad imagery and about things passing away and never being the same again. I’ve always been amazed that people find that such a mystery.”

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The sport of traveling the USA in an RV or motorhome

By ROBIN WALDRON
Feature Writer

Imagine getting away from the monotony of your everyday life. You can lie on a beach, hike down a nature trail, catch the "big one" in the lake or maybe read a book. Then, when the sun goes down, you can light a campfire and roast marshmallows and hotdogs. Sound good?

Lou Ellen and Ev Watt have been traveling by RV or motorhome for 50 years, and their vehicles have ranged from a reconstructed city bus to pull behinds, to truck campers gradually moving up to their current 34-foot motorhome.

“We have stayed in every state in the United States except Alaska, Hawaii, and North Dakota and met so many interesting people along the way (North Dakota is the next adventure!),” Lou Ellen said.

In the beginning, their trips centered around horse and dog shows traveling cross country in their RV from Tucson to Louisiana where their animals participated in the competition shows. They also stepped showing horses and dogs, and their travel took on a new life of leisure. They plan trips to see specific things. They recommend state and national parks to stay in.

They have hiked the Grand Canyon and Yellowstone Park, and Lou Ellen’s favorite place of all is the Redwood Forest National Park. Sometimes they hike on their own and observe nature while other times they go on guided tours such as in the Louisiana bayous. Going to and from their destination, they look for unusual places to stop such as abandoned gold and silver mines, and they have traveled Donner Pass in the Sierra Nevada which is a story in itself.

Lou Ellen said, “We decided a long time ago that camping in an RV is the best way to go. It is pet-friendly, less expensive, and you are in charge of your travels and not at the mercy of hotel or plane hopping. If I had it all to do over again, I wouldn’t change a thing.”

She offered some things to think about when deciding to travel by camper. If you are considering buying an RV or motorhome, try renting one and try different kinds before making the investment. Check out different sizes for the best fit for your crew. How often will you use it? Get road service information and travel guides such as Good Sam’s RV Travel Guide and Campground Directory, also rvbookstores.com. Plan ahead you can research the areas you plan to stop. Make reservations if available. Take time to pack appropriately, tools are essential: pliers, socket wrenches, screwdrivers, hammers and tie-downs.

There is a myriad of online sites to see. (Here are a couple: www.rv-camping.org, national park camping, www.rv-camping.org/state-parks/, state park camping). In Indiana start with the Department of Natural Resources site www.in.gov/dnr/. Getting away, even for a short period can do wonders for your wellbeing.

HITTING THE ROAD — Ev and Lou Ellen Watt with their 34-foot motorhome. The couple have been traveling by RV for years, first to show dogs and horses, now for leisure. (Photo by Robin Waldron)

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Shane Tyler, Account Executive

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Elder Law

Q. Will my parents’ poor planning cost me?

A. If you find yourself in the “Sandwich Generation” — caring for aging parents at the same time you are raising your own family – life can become very complicated.

Many of us are so busy with work, home, family, kids, etc., that we don’t really take the time to talk to our aging parents about their situations. But if you did take the time, you might be surprised. I see clients every day who say, “I have a Will, so everything will be fine,” only to discover that the Will was written 20 or 30 or more years ago, and has never been updated. I’ve even seen Wills that name guardians for “children” who are now in their 50’s and 60’s.

In today’s environment of frivolous lawsuits, spiraling health care costs, and the increased likelihood of time spent in a nursing facility, proper planning can devastating their life savings. Asset Protection planning ensures the assets they have built over their lifetime are not susceptible to being lost to the government, nursing homes, lawsuits, divorce, bankruptcy, or other predators.

Don’t assume that because your parents have a Trust, all will be well either. Many trusts are insufficient when it comes to protecting the family nest egg. While there are a multitude of different types of trusts, the most popular are Revocable Living Trusts, which are designed to avoid probate. These particular trusts offer no protection against the losses that can occur during life.

Planning for death is important, but planning for life is vital.

Hunter Law Office offers free educational workshops on estate planning and asset protection. For upcoming workshop dates, please call (317) 863-2030 or visit us online at www.hunterlawoffice.net.

To submit a question about estate planning or asset protection, please e-mail admin@hunterlawoffice.net. Hunter Law Office offers free educational workshops on estate planning and asset protection. For upcoming workshop dates, please call (317) 863-2030 or visit us online at www.hunterlawoffice.net.

Susan M. Hunter
Hunter Estate & Elder Law
Brain Health Tip: Developing a sense of purpose and setting daily goals goes a long way in keeping your brain healthy and reducing the risk of cognitive decline. According to a study conducted by Patricia Boyle, Ph.D at Rush University Medical Center, people lacking a strong sense of purpose in their daily lives are more than twice as likely to develop Alzheimer's or another form of dementia. (Boyle's study examined 951 men and women with age-appropriate cognitive function who had an average age of 80.4 years at the start of the study.)

Beets and other vegetables such as celery, cabbage and leafy green vegetables may improve blood flow to the brain, potentially contributing to a sharper mind and improved memory function. Phytonutrients are substances found in fruits and vegetables which are believed to aid in disease prevention. These nutrients give foods their vibrant colors, so when searching for the healthiest fruits and vegetables, go bold! A salad with green leafy vegetables plus at least one other vegetable everyday is recommended for optimal brain health. Beets are a significant source of fiber, Vitamin C, niacin and potassium, making them a healthy choice for those with high blood pressure, diabetes and those looking to lose weight. When choosing your salad base, always the darker, green, leafy vegetables are most beneficial. The walnuts add healthy omega-3 fats and protein while the pears are one of the best sources of dietary fiber of all fruits and provide high amounts of vitamin C and vitamin K to support your brain health.

INGREDIENTS
1 B. Beets / Washed and ends cut off
1/8 tsp. Black pepper
1/4 c. Walnuts / halved and lightly toasted
1/4 c. Feta cheese / crumbled
2 tsp. Balsamic vinegar
1 tsp. Extra virgin olive oil
1/2 c. quinoa / cooked (optional)
1 pt. Field Greens
1/2 tsp. Kosher salt
1 Large Pears / cored
2 tbsp. Walnut Oil
(can sub for light extra virgin olive oil)

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The Rockin’ National Anthem

July 2018

Bill Haley and His Comets recorded the first rock ’n roll hit—“Crazy, Man, Crazy,” a now-forgotten piece of swing-based fluff that employed teen-oriented catchphrases of the day ("solid," "crazy," "gum")...
Christian music from the north —

The Northmen & Cathy in concert

The Northmen & Cathy are celebrating 29 years in 2018, as a full-time Christian music ministry. They are busier than ever singing several concert dates per year, and sharing the gospel in venues across the country in 40 states, including Alaska and Hawaii.

They have sung in six foreign countries to date and sung on several cruise lines. Their upcoming cruise is to The Bahamas Feb. 3-7, 2019.

Alan Godsey and The Northmen & Cathy host the Northern Gospel Singing Convention, which will be held Aug. 2-4. Godsey, founder, is very excited as 2018 is the 19th year for the Northern Gospel Singing Convention. Dozens of gospel music artists from across the nation will be singing. The convention is one of the fastest growing national events in the country. The convention is held in Marion, annually.

The Northmen & Cathy also host their homecoming anniversary concert in March in Fort Wayne; and the annual Winter Singfest in January in Warsaw.

The brand new project of The Northmen & Cathy is “Select 10,” a collaboration of hymns, classics and variety gospel music of today. They are fortunate to be heard on radio stations across the country, including XM radio and Solid Gospel. The group has had 12 top 40 gospel music singles and three top 20 songs in the national Singing News charts along with other national charts.

The Northmen & Cathy consists of three members. The trio’s lead singer and manager Godsey who is from Cincinnati, Alan’s wife, Cathy sings alto and plays piano. She is from Marion. Singing harmonie is Brad Luzader who brings smiles to many is also from Marion.

The Northmen & Cathy are a ministry that entertains and uplifts the Christian as well as reaches out to a lost and dying world to let them know Jesus still saves.

For booking, special events or general information contact Alan Godsey at (260) 348-5164 or (260) 637-5184; email alan.godsey@gmail.com, Facebook: Alan Godsey, or visit the website www.thenorthmens.com. Mailing address P.O. Box 26634, Fort Wayne, IN 46825

Medically-tailored meals reduces health care costs, improves living

By MATTHEW J. SILVER
Feature Writer

(IN EDITOR’S NOTE: This is the second in a three-part series.)

As we noted last month, a collaboration involving mega Massachusetts General Hospital demonstrated medically-tailored meals provided to the chronically ill reduced two of their most expensive problems: emergency room visits and re-admissions, saving $220 per patient per month. A Philadelphia study of 200 diabetics signaled medically-tailored meals reduced their A1C (blood glucose level) by 26 percent. A subsequent study of 1,900 patients with a myriad of chronic illnesses, conducted by Health Partner’s Plans, revealed MTMs and nutrition counseling led to a reduction of 28 percent re-admissions and 15 percent fewer primary care visits.

The Community Partners Program in NYC, initiated by God’s Love We Deliver, is comprised of 35 different governmental programs, non-profits and for-profits. This collaboration helps people transition out of institutions to home or community settings, and includes MTMs.

While many studies come from large east and west coast metros, where the volume of...
Exercise program benefitting people with Parkinson’s disease

By EUNICE TROTTER
American Senior Communities

Symptoms started with body twitches, then came balance problems and tremors in her hands. Nina Youngblood soon learned the cause: it was Parkinson’s disease.

After fighting the disease for nearly 15 years, it took its toll. The tremors got worse. Her arms and legs began to fail. Youngblood needed long-term care for her safety. She moved to an American Senior Communities health care center.

Of course, there is good care and plenty of things to do, including lots of opportunities to socialize and participate at the community. There are also many activities to improve physical health, such as tai chi and golfing using a simulator. And there’s also boxing.

Boxing is now being offered at Coventry Meadows and several other ASC communities state-wide as a therapy that helps reverse some of the symptoms of Parkinson’s disease and improves fitness among those who don’t have the disease.

The Rock Steady Boxing Program is open to ASC residents and to the public on an out-patient basis. It was created by former Marion County Prosecutor Scott C. Newman specifically for people with Parkinson’s disease but also benefits those who just want to get into better shape.

The workout includes stretching to loosen muscles tightened by the disease. Participants also throw punches, which helps strengthen the upper body and improve balance. “We are targeting the limitations that each individual has because of Parkinson’s. My goal is to improve their overall functional fitness and their overall quality of life,” said Stephanie Linder, director of therapy at Coventry Meadows.

With boxing gloves strapped on, Youngblood does her routine while seated in a wheelchair, though she can get around with the assistance of a walker.

“When we leave classes, we’re tired,” said Youngblood. “But everyone is smiling. It’s been good.”

Interested in participating in the Rock Steady boxing program? Go to www.ASCCare.com to find the ASC community near you. The program is being started at communities state-wide.

What you need to know about heartburn, acid reflux and GERD

Unfortu-nately, as people age, they’re more prone to condi-tions such as heart-burn, acid reflux and GERD (aka gastro-esopha-geal reflux disease), but it can be difficult to tell the difference between the three and how to ease symp-toms.

By Dr. JAMIE ULRICH, Family Medicine Specialist, with Hendricks Regional Health

Heartburn
This is an irritated, burning sensation in the chest, not the throat.

Acid Reflux
Heartburn can be a symp-toom of acid reflux, which occurs when a valve in the esophagus doesn’t close all the way as food passes through. When the valve doesn’t close completely, stomach acid can come into the esophagus, which is the acid reflux some people expe-rience.

GERD
Symptoms of gastro-esophageal reflux disease can be easy to overlook and go untreated.

Heartburn and acid reflux are extremely common. Millions of people suffer with these symptoms every day. GERD occurs when the valve that prevents acid from the stomach from refluxing into the esophagus is defective. It affects men and women of all ages, from children to senior citizens.

Heartburn and acid reflux are common. About 40% of Americans experience heartburn at least once a month. The number of people seeking treatment for GERD is on the rise. GERD can lead to complicated effects, such as esophageal ulcers, esophageal strictures (narrowing) and cancer.

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The earth suit: God incarnate as man

“Your body is a temple of God.” — First Corinthians 3:16

In the mirror, other than an aged blob of melting cheese, I see the vehicle for my eternal spirit as I journey through life and see the evidence of many years of living. It’s what I refer to as my earth suit.

Your earth suit loves you and is always trying to keep you alive. Precious as it is, your earth suit is also an impermanent, disposable vehicle subject to vitamin deficiencies, mental and physical disease, aging and premature death. The more we learn about the earth suit, the more we discover how intricately designed it is — with features infinitely more elaborate than those of the Hadron Collider or skyscraper. Earth’s finest scientists and engineers can’t come close to replicating its mechanics, efficiency and complexity.

A sacred symbiosis exists between the body and spirit. Each of our trillions of cells contains the knowledge of the cosmos: truths Christ and teachers of kindness and compassion taught us and which we set out to use. Our perceptions are subjective. We see what we want to see, hear only what we want to hear and justify eating foods that diminish our earth suit simply because they taste good.

It’s not too late to show your earth suit some dietary love with healthier food choices resulting in a higher quality of senior life. Your plate should look like a rainbow — brightly-colored orange, red, green, and purple fruits and vegetables (no cans), lean local meats and eggs, seafood (not fried), beans, seeds, brown rice, quinoa, whole grains, pasta, probiotics, low-fat dairy and nut-milks, and foods high in fiber and low in salt and sugar. Also vitamin D-3 and Omega-3 EFAs as you age.

As a gift, do your spirit a favor and align your diet to accommodate your cellular dietary requirements. Take tender care of your aging earth suit: embody your alive.

What you need

Continued from page 10 include difficulty swallowing, chronic cough, constant feeling food is coming up or regurgitating, as well as acid reflux and heartburn. However, GERD does not always present a patient with clear symptoms, in fact, someone may only notice their voice getting hoarse and increased coughing or heartburn so painful it feels like a heart attack. Signs of GERD vary widely from mild to severe.

GERD Risk Factors
Many patients with GERD struggle with obesity, are smokers or have asthma. Certain dietary lifestyle factors can also contribute to the disease, such as drinking a lot of coffee, caffeine, alcohol, carbonated drinks or eating a lot of citrus or spicy foods. When To See A Doctor

If someone is experiencing GERD symptoms, signs of GERD, acid reflux or heartburn several times a week, and more than just after eating certain foods, they can try over-the-counter medications such as Pepcid. However, serious symptoms that need medical attention include a sudden loss of weight, difficulty swallowing liquids or solid foods or blood in the stool.

In many cases, a patient can prevent these conditions through lifestyle changes. By losing weight, stopping smoking, limiting coffee, caffeine and alcohol, not eating at bedtime and elevating the head of the bed can all help prevent or decrease the risk of GERD, acid reflux and heartburn.

Ulbrich is with Avon Family Health, part of the Hendricks Regional Health Medical Group. For appointments call (317) 271-0635. For more information visit avonfamilyhealth.com.
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Providing relief

Continued from page 12 of the same quality a family member would give. Independent Adult Day Care Centers were founded with the mission of maximizing the quality of life for our guests by providing medical and personalized care in a safe and home-like environment. We aim to give respite to caregivers and to strengthen families and communities in the process. Our holistic approach ensures each guest receives a program specifically designed to meet both their wants and needs. Services we offer include transportation to and from our centers, nutritious meals to meet special dietary restrictions, support with medications and doctor’s visits, physical therapy and more. Knowing a loved one is receiving the highest level of care during the day allows the entire family to focus on enjoyable and meaningful time together.

The responsibilities of the Sandwich Generation can certainly be stressful, but the caregiver does not have to do everything alone. With the peace of mind that your loved one has the right care to empower them to continue living at home, everyone will gain more independence.

Indianapolis and —

The story behind: ‘Take Me Out to the Ballgame’

By PASTOR GREG LAWSON M.Min., MSW

Guest Writer

(EDITOR’S NOTE: This is the second part of a two-part series.)

As we learned in part one, Albert Von Tilzer wrote the music for this now famous baseball song. His co-writer, Jack Norworth, wrote the words to the now famous baseball song. His co-writer, Jack Norworth, wrote the words to the now famous song. That inspiration, records show, came from a sign he noticed: Baseball Today — Polo Grounds.

Jack was somehow associated with Albert and together they created the song in 1908. During his lifetime, Jack was married to three women: Nora Bayes (1908-1913); Louise Dresser, an actress; and Dorothy Adelphia, who appeared in silent films. Bayes was a well-known singer in her time and she was the first one who publicly sang the song. Jack and Nora had a stormy marriage and divorced in 1913. Movie fans may learn about their lives by watching “Shine on Harvest Moon” (1944). Unfortunately, the Hollywood movie is part fact and part fiction. In the movie, Jack created the song of the same name. Albert and Jack’s song, as records reveal, was first played by a high school band at a game in Los Angeles in 1934. It was again played in the fourth game of the 1934 World Series. Ironically, Jack never attended a baseball game until 1940. Similarly, Albert never attended a baseball game for several decades after the song was created.

Unlike Albert, Jack was also an actor and appeared in numerous films such as “The Southerner” (1945), “Season’s Greetings” (1931), “Me and Mrs. Jack Norworth” (1929) and “The Crooked Dangler” (1919). Records reveal that Jack and Nora had at least one child: Lea Nora Bayes Root (b. 1919, d. 1995). It's unknown if she had children who may be alive today. Jack's former wife, Nora, died in 1928, Louise in 1965 and "Amy B. Archer in 1994." For some reason, one source claims Amy as the third wife of Jack instead of Dorothy Adelphia.

Jack died on Sept. 1, 1959, in Laguna Beach, Orange County, Calif. He now rests in Melrose Abbey Memorial Park in Anaheim. Their song, as records tell, is now traditionally played and sung in the middle of the seventh inning.

(Comments or memories to this writer are always welcome. Email intnycrrmu-seum@gmail.com.)
Travel talk —

Big Pink Trolley offers a view of Portland

By JERI SEELY
Editor In Chief

On our last day in Portland, Ore., we elected to climb on board the city’s Big Pink Trolley for a two-hour tour. The trolley offered a hop-on-hop-off sightseeing tour; however, in the interest of time we elected to stay on for the entire tour. The trolley makes a total of 14 stops around the city.

When we purchased our tickets we learned why the trolley is pink — 50 cents from each ticket sold goes to the Breast Cancer Research Foundation. And 50 cents goes to Eden Re-forestation Projects to restore healthy forests in a poverty stricken country. Each 50 cents represents five trees.

The trolley left from Pion-ner Square, called Portland’s “Living Room,” and headed for Washington Park. It’s a public park that includes a zoo, forestry museum, children’s museum, amphitheater, archery range, tennis courts, picnic area, rose garden, Japanese garden and acres of trails. In all, it covers some 410 acres.

From the trolley the roses were beautiful. I wish we had had the time to get off and stroll through the gardens. But, alas, time was not on our side. Our driver, who never did tell us her name, said in the mid-1880s a man by the name of Charles Meyers was hired to take care of the park. By 1900 there were a number of improvements made, including roads and lawns and flower gardens and the zoo. The area was called City Park. In 1909 the name was changed to Washington Park.

In 1922 some 180 acres were donated to the park and this became the Hoyt Arboretum. It offers 12 miles of trails that make their way through a natural habitat with more than 6,000 specimens.

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As we passed through Old Town we were told the area is home to the Saturday market and Voodoo Doughnuts. The drive then explained Voodoo Doughnuts is known for its unusual doughnuts and pink boxes featuring the company logo and illustrations of voodoo priests. She told us they were delicious but alas we never made it back to sample them. Besides...Voodoo!

On the other side of the road was Tom McCall Waterfront Park and the Willamette River. We learned Portland is a city Continued on page 15
300 year old New Orleans ready to celebrate

The “Big Easy” is 300 years old this year. Ever since its founding in 1718 by 19-year-old Frenchman Jean-Batiste le Moyne, Sieur de Bienville, the colony of Nouvelle Orleans (New Orleans) has been known as a raucous, wide-open, romantic, fun-loving town. And as most locals will say, they don’t need a special event, festival or celebration to party. Center for most of the activity, especially for tourists, is the French Quarter and Jackson Square, named in honor of General Andrew Jackson hero of the 1815 Battle of New Orleans. Here, St. Louis Cathedral rises above an earthy scene of horse-drawn carriages, Dixieland bands, tap and break dancers, bongo players, jugglers, magicians, unicyclists and face painters. Bourbon Street is the main entertainment drag in a city known to be a 24-hour town (no legal closing hours). Therefore, synchronized rhythms pour out of jazz clubs into the world-famous street at almost any hour of the day or night. It ranges from traditional jazz, honky-tong and rhythm and blues to Cajun, rock and even Irish music.

The French Quarter, covering 90 square blocks, is also famous for its wrought iron balconies that decorate the second and third floor galleries. Much of the lacy, fanciful ironwork made its way to New Orleans in the 1860s from foundries located in Madison, New Jersey.

New Orleans is situated between the Mississippi River and Lake Pontchartrain approximately six miles away. The city is defined by the curvature of the river and is the reason it’s known as the Crescent City. The “Sliver on the River,” which includes the French Quarter, the central business and garden districts, is on the highest and most desirable property in the city. On the river Jackson Square the natural elevation is around 10 feet above sea level. In the French Quarter it’s not uncommon to find the area crowded with tourists, which explains why tourism tops the city’s economy. You’ll find yourself mingling with a host of costumed characters, street performers, city workers, business men and women and some 7,000 residents. Take time to relax on benches to watch the river traffic or treat yourself to a two-and-a-half-hour cruise on the paddle-wheeler Natchez. To get a good feel of the city’s architecture, book a tour of the Garden District where the affluent resided in huge houses in the late 1800s and early 1900s. Of course you can walk it on your own, but to get the real story of the variety of styles, do the tour.

Another tour to consider is the cemeteries. Graves are above ground because of the high water table, giving them the look of miniature cities. There’s no shortage of fine restaurants here. As one resident extolled, “don’t eat at a fast food place. We cook with butter, lard and bacon grease and the only true way to experience New Orleans cuisine is to forget about those things and dive in and enjoy.”

CENTER OF THE ACTION — Jackson Square with St. Louis Cathedral in the background is the official focal point of the French Quarter. Here’s where tourists come to listen to sidwalk musicians, sample the city’s great cuisine and take a carriage ride through the “Quarter.”

ZANY BALCONY — Where else but in New Orleans would one find a balcony decorated with skeletons?

STREET MUSICIANS — Dixieland jazz is performed on numerous street corners and in clubs throughout the French Quarter.

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For more information: Golden Gardens is located at 2636 N. Mitthoeffer Rd., Indianapolis. Hours of operation are Monday thru Friday 7:00 a.m. - 6:00 p.m. Phone (317) 897-8551, Fax (317) 897-8561. E-mail: Kim@thegoldengardens.com or check them out at www.thegoldengardens.com, or on Facebook @ GoldenGardensIND.
Proper watering is important for healthy plants

The month of May was the warmest on record in Indianapolis, and May was also tied for the ninth driest on record. In early June it was still abnormally dry. Whether it has remained dry or is raining regularly, gardeners need to be prepared to water their plants due to Indiana’s variable weather.

Proper plant watering is an important step to maintaining healthy plants. Without rain, some plants may need to be watered every day such as flowers growing outside in containers. Irrigate trees and shrubs during periods of dry weather. Remember the “5 plus 5” rule for newly planted and young trees. Each week apply 5 gallons of water plus 5 gallons for every inch of trunk diameter. For example, a tree with a 4-inch diameter trunk will need 25 gallons of water.

For larger trees and larger landscape areas, you may need to apply 1.5 inches of water per week for optimum plant growth, depending on the soil type and weather conditions. If you are using a sprinkler, place a catch device (at least 1 inch deep) in the irrigated area to measure the amount of irrigation. Brief heavy rains may not provide as much benefit as you think. The water infiltration rate for a compacted clay soil may be less than one-quarter inch per hour. When irrigating, do not apply water faster than the soil can absorb to avoid runoff. It may be helpful to use drip irrigation, soaker hoses or other low-output watering devices to avoid water waste.

To soak the root ball of recently planted trees, some people drill holes in the side of a 5-gallon bucket near the bottom in several places, fill it with water, and place it near the trunk for slow watering. Refill as needed. This is not suitable for established trees that should be irrigated out to the dripline during periods of dry weather. Brief heavy rains may not provide as much benefit as you think. The water infiltration rate for a compacted clay soil may be less than one-quarter inch per hour. When irrigating, do not apply water faster than the soil can absorb to avoid runoff. It may be helpful to use drip irrigation, soaker hoses or other low-output watering devices to avoid water waste.

Get your hand watering device and a bucket. Mark the bucket at 1 gallon. Turn on the water to the desired pressure and time how long it takes to deliver 1 gallon of water into the bucket. This is the amount of time needed to deliver 1-inch of water to about 2 square feet or apply 1.5 inches of water to 1 square foot. Annual flowers and vegetables often need about 1 inch of water per week. Remember, do not apply water faster than the soil can absorb. Water at a slower rate or apply a smaller amount and come back.

Mulching is an important practice for healthy plant growth and water conservation. Do not apply too much. Keep many organic mulches to a depth of 2-3 inches or less and do not allow the mulch to touch the trunks and stems of woody plants. Consider applying mulch to the dripline of young trees.

Questions
Q. Where can I find more information?
A. Information on lawn watering is found here: turf.purdue.edu/homeowner.html. For tree irrigation, go to: www.extension.purdue.edu/extmedia/fnr/fnr-453-w.pdf. Steve Mayer is Extension Educator-Horticulture with Purdue Extension-Marion County. He coordinates the master gardener program in Marion County. To contact a master gardener, call (317) 275-9292, or email: marioncountymg@gmail.com. Timely gardening-related tips are available on Twitter @ purduehortandy.