

THE AREA VOICE

info@areafive.com | 800-654-9421



AREA FIVE QUARTERLY NEWSLETTER



From the Executive Director

Hello and Happy New Year. My name is Chuck LaDow and I am the Executive Director of Area Five Agency on Aging and Community Services. Our mission at Area Five is to provide programs and services that will benefit low income, disadvantaged and older persons. Our core values are Advocacy, Compassion, Problem Solving, and Teamwork. These along with our mission help to drive our Agency’s actions and decision-making. It is with great pride that I present to you *The Area Voice*, a newsletter published three times annually for you, our clients. This fulfills a two-year goal of the Agency to provide our clients with a print resource that will provide you with information on our programming, along with information to help improve your quality of life. I encourage you to read it and send any feedback to: **info@areafive.com**.

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IDA (Individual Development Accounts)

The IDA program, funded by IHCD, is a matched savings program intended to help increase low-income families to achieve financial independence and become self-sufficient by helping them to develop a budget, set achievable financial goals, have the ability to make an asset purchase, and to pass on the savings habit to future generations. A minimum monthly deposit of fifty dollars must be made for ten months annually. That money is matched with a 3-1 ratio. For every dollar saved, you will receive three dollars in match money.

This can continue for three years with a maximum contribution of \$500 dollars annually and a maximum payout of \$6,000. At the conclusion of the third year, the money must be spent on the purchase of a home or home improvement, the purchase of a vehicle, a business venture, or education and/or job training. To qualify your household income must be under 200% of the Federal Poverty Level. For questions, or to see if you qualify, call Area Five at 800-654-9421 and ask for Elaine.

Census 2020- Make sure you are Counted

With the New Year comes the US CENSUS, the Federal Government’s effort to get an accurate count of all the people in the US. Responding to the census helps our communities get the funding they need. Census data impact our daily lives. It does this by informing important decisions about funding for services and infrastructure in our community, including health care, senior centers, jobs, political representation, roads,

schools and businesses. More than \$675 billion in federal funding flows back to the states and local communities each year based on census data. You will receive a Census letter in the mail during the week of March 12-20th. You can respond online, by mail, or by phone. If you need help, please, don’t hesitate to call the informational number on the card. It is important that YOU ARE COUNTED.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
JANUARY 2020		1 HAPPY NEW YEAR MEAL SITES CLOSED	2 Smoked Sausage w/peppers & onions Roasted Sweet Potatoes Granola Bar Pears / bun / Milk	3 Turkey Slider Broccoli Cheese Soup Banana Oatmeal Crème Pie Milk
6 Pork Chop w/gravy Rice Pilaf Peaches Raisins Wheat Bread / Milk	7 Salisbury Steak Mashed Potatoes Corn Fruit Juice Moon Pie / Milk	8 Chicken Patty Cheesy Potatoes Green Beans Cookie Bun / Milk	9 Meat Loaf Baby Bakers Toss Salad Pudding Wheat Bread / Milk	10 Macaroni N Cheese topped with Broccoli Glazed Carrots Pineapple Milk
13 Cheeseburger Baked Beans Cal. Blend Veggies Nutty Bar Bun / Milk	14 Chicken/gravy Diced Potatoes Toss Salad Fruit Cocktail Roll / Milk	15 Ham N Beans Spinach Peaches Corn Muffin Milk	16 Smoked Sausage Potatoes & Green Beans Apple Cobbler Roll Milk	17 Meal Sites Closed
20 MARTIN LUTHER KING JR DAY MEAL SITES CLOSED	21 Chicken N Noodles Mashed Potatoes Broccoli Cupcake Milk	22 Hot Dog w/relish Vegetable Soup Pears Brownie Bun / Milk	23 Chicken Burger Sweet Potato Cubes Beets Mixed Fruit Bun / Milk	24 Meal Sites Closed
27 Tenderloin Cole Slaw Green Beans Pineapple Bun / Milk	28 Chicken Strips Broccoli Mixed Fruit Nutrigrain Bar Wheat Bread / Milk	29 Sloppy Joe Potato Wedges Peaches Cookie Bun / Milk	30 BBQ Pork Cheesy Potatoes Brussel Sprouts Cherry Crisp Bun / Milk	31 Beanie Weenies Potato Salad Strawberries Gingerbread Cookie White Bread / Milk



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Cass County Council on Aging, Inc.
115 South Sixth Street
Logansport, IN 46947
phone: 574.722.2424
fax: 574.739.2167



Cass Area Transit (CAT)
574-753-5555

Senior Center
574-722-2424

Our mission is to provide safe, reliable , affordable
and efficient public transportation in the

Cass County Area

Hours: 6am to 6pm

Monday– Friday

Rides are \$2.00 in town

\$3.00 in County

Senior Pass available 20 free rides per month.

City Bus rides are Free and also runs on Saturdays!

We operate under Title VI.

For a full list of our policies and procedures ,Visit our
website : WWW.Casstransit.com

Area Five Locations:

Cass County

1801 Smith Street
Logansport, IN 46947
Ph: 574-722-4451
800-654-9421

Fulton County

925 Main Street
Rochester, IN
Ph: 574-223-5830

Howard County

107 W. Taylor St.
Kokomo, IN 46901
Ph: 765-454-5562

Miami County

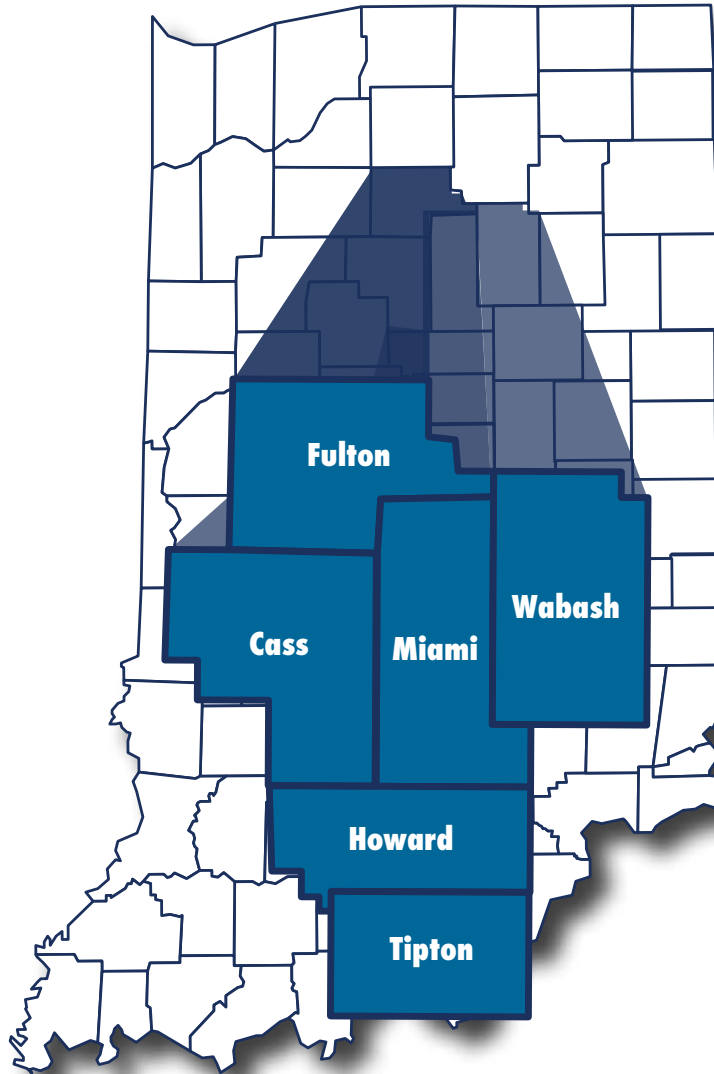
661 E. Main Street
Peru, IN 46970
Ph: 765-472-0713

Tipton County

341 W. Jefferson
Tipton, IN 46072
Ph: 765-675-4746

Wabash County

105 Olive Street
Wabash, IN 46992
Ph: 260-563-6860



WIC (Women, Infants, and Children) is a nutrition program that helps pregnant women, new mothers, infants, and children eat well and stay healthy.

WIC provides:

- Healthy foods designed to meet special nutrition needs
- Nutrition and health screening and assessment
- Nutrition education and counseling
- Breastfeeding support
- Referrals to other Indiana health, family, and social services

Board of Directors

Chad Higgins – Cass Co.

Jason Mitchell – Cass Co.

Terri Riley – Cass Co.

Michele Starkey – Cass Co.

Don Zehner – Cass Co.

Sherry Van Meter – Fulton Co.

Kayla Cook – Fulton Co.

Linda Hoff – Fulton Co.

Van Taylor – Howard Co.

Tony Campbell – Howard Co.

Berta Black – Miami Co.

Diane Skillen – Miami Co.

Virginia Baker – Tipton Co.

Joann Burke – Tipton Co.

Barb Lochner – Wabash Co.

Area Five will be closed on these Federal Holidays

January 1, 2020

New Year's Day

January 20, 2020

Martin Luther King Jr. Day

February 17, 2020

President's Day



Area Five Agency on Aging and
Community Services, Inc.

The difference between ordinary and extraordinary is that little extra!



Healthy Families

Healthy Families is to support and encourage parents, to assist in reducing the stress of parenting so that parents have time to experience the joys of parenting and to help parents as they provide a healthy start for their babies because **BABIES CAN'T WAIT!**

Healthy Families has the latest information on child development and what to expect as your baby grows and develops. We provide activities that will encourage your baby's healthy development, and up-to-date information about community resources for families.

Why should I choose Healthy Families? Because babies begin learning even before they are born, you are their first teacher. Parenting is an incredibly demanding job and all parents need some level of support.

What will it cost? Services are provided at no cost to parent. Your community recognizes that all parents need support and help fund Healthy Families through a variety of grants and donations.

How can I find out more about Healthy Families? You may reach us by calling the Healthy Families office nearest to you.

Cass County: 574-722-4451 or 1-800-654-9421

Fulton County: 574-223-8699

Miami County: 765-472-0713

Wabash County: 260-563-6860

Aging Gracefully

As we age, we all wish there was a fountain of youth that we could take a sip from to maintain our youthfulness forever. Unfortunately, the fountain of youth is just a myth. However, there are things you can do to help you stay young, healthy and to keep your mind sharp. Here are three to get you started.

The first thing you need to do is **get moving!** Every day you need to do some sort of exercise. Just six minutes a day will get you started in the direction of living longer and feeling better. Walking for as little as 15 minutes a day can have HUGE long-term advantages for your quality of life as you age. The worst thing you can do is NOTHING. Get up, get out, and get moving, every day!

Eat more fruits and vegetables. The less processed food you put into your body the better. Fresh fruits and veggies not only taste good, but they are a fantastic tool in your body's war against aging (And weight gain).

Stay connected! It is so important for the health of your brain and mind to stay engaged and connected with your friends and family. Area Five has congregate meal sites throughout our service area where you can have lunch, conversation, and fun with other people. So make that phone call, go play bingo, have a game of cards with your friends and family, but interact and use your mind.

Everything for your business



KEVIN DAVIS

(317) 617-3401 • kdavis@iccbpi.com

Are you a...grandparent raising grandchildren?
Over 55 raising a relative child under 18?
Raising children of a family member in jail?
Raising a child under 18 not born to you?
Raising someone else's children?

If you answered YES, we are here to help!

The grandparents group is designed to assist grandparents and others relatives who have taken on the role of a primary caregiver for related children. The group offers a wide range of services.

- Support Group for adults that offer a social network of grandparents and relatives
- Monthly meetings for participating families
- Education and training on parenting and coping skills
- Referral and access to appropriate resources and community based services



PASTA-Parenting a Second Time Around

Offering support, resources and education to individuals who are parenting again to a second generation. Being a primary caregiver for grandchildren and/or other children can be both a blessing and a challenge. The expectations for providing all that goes into the care of children, especially when one is older, can be overwhelming and exhausting. PASTA provides an ideal opportunity for older caregivers to receive reassuring, personal support specific to their circumstances and guidance for enriching the care-giving experience.

For more Grandparent Group Information Call: 1-800-654-9421 or 574-722-4451

Laying the ground work for tomorrow's communities

Head Start

Area Five Agency Head Start provides free preschool in Cass, Fulton and Wabash counties. Head Start accepts children regardless of race, gender, color, creed, national origin or special needs. Eligibility for enrollment is based on the child's age and the family's income. Parents must present official birth certificate documentation of family annual income and proof that the child is fully immunized at the time of application for enrollment.



Head Start follows the August-May school calendar as closely as possible, except some of our classrooms do not have class on Fridays. We provide free, nutritious breakfast and lunch, formal child development assessments, health screenings, speech and hearing evaluations, individualized teaching, qualified staff, school readiness skills, family support with community resources, parent engagement opportunities, and parenting education.

The Head Start curriculum is aligned with Indiana's Early Learning Development Framework and the Indiana Academic Standards. We also follow the federal Early Learning Outcomes Framework. Caregivers are encouraged to participate in the program at all levels and to donate time to help the program.



BUILDING BETTER HEALTH

For our Seniors



Logansport Memorial Hospital is committed to providing the high-quality care that seniors need, close to home. Our network of providers and specialists are ready to help you build your best life, full of health and happiness. We offer several programs and classes that can help you manage your health, with direct access to our physicians, nurse practitioners, and other clinical experts who can meet your individualized needs.

Senior Series Monthly Club

Join us on the third Wednesday each month when we feature a different speaker on various health topics. We discuss anything from total joint replacements to making healthier food choices during the holidays.

Support Groups for Cancer Care and Diabetes

These are just two of our support groups and classes that help you connect with others who may be experiencing similar health situations or conditions.

Care Coordination Services

Sometimes, it's difficult to manage your health and navigate the costs of medications, getting the refills you need, or addressing other issues that prevent you from focusing on your health. Our Care Coordinators are here to help.

If you are interested in joining the mailing list for Senior Series, support groups, and physician seminars, if you would like to be connected with Care Coordination, or if you would like more information about any of these offerings, please contact Beth Bertram, Business Development Coordinator, at **(574) 753-1763**.

Winter Wordsearch

T H A W S G R L D I D T N T G S
 F R O S T Y P S I N K S A Y N F
 G L X W O J M L A A E O O L I F
 P R H R O E C L O M C S Y L D U
 D O A A B I R E C W U I T I D M
 F E D I T E Y B O O V K W H E R
 T S R O D W C H C N O S I C L A
 E N C N A G M G T S W A N C S E
 T O O T A E O I S M I T T E N S
 I W L N L O W E H H U T E S K F
 H G D C I S B L I Z Z A R D C L
 W H I L L M O S B G L I F L S U
 S C T H G I N T N E L I S W E R
 I O F G L I S T E N I N G I A R
 B E K A L F W O N S P L A R G Y

WINTER
 SLEIGH BELLS
 WONDERLAND
 GLISTENING
 SNOW
 CHILLY
 HOT COCOA
 FROSTY
 SNOWMAN
 SLEDDING
 SNOWFLAKE
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