

THE MESSENGER

A PUBLICATION OF THE LEXINGTON SENIOR CENTER

COVID-19
edition of the
Lexington
Senior Center

OCTOBER
2020
Senior Center
Month

CHECK OUT WHAT'S INSIDE!

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14

Satellite Centers

Staff available

Monday – Friday
8 a.m. – 4:30 p.m.

*You've made it this far in 2020,
now hold on and....*

Don't Quit

by

John Greenleaf Whittier

When things go wrong as they sometimes will,
When the road you're trudging seems all up hill,
When the funds are low and the debts are high
And you want to smile, but you have to sigh,
Rest if you must, but don't you quit.
Life is strange with its twists and turns
As every one of us sometimes learns
And many a failure comes about
When he might have won had he stuck it out;
Don't give up though the pace seems slow—
You may succeed with another blow.
Success is failure turned inside out—
The silver tint of clouds of doubt,
And you never can tell just how close you are,
It may be near when it seems so far;
So stick to the fight when you're hardest hit—
It's when things seem worst that you must not quit.

You must keep moving ~ Sean



LEXINGTON
Senior Center

Lexington Senior Center activities are open to all independent Fayette County residents age 60 and over. New participants are always welcome! Simply stop by the reception desk to complete a registration form. A participant's handbook is available to you with more detailed information regarding the center activities and policies.

NEWS & ANNOUNCEMENTS



Staff are still available to take your calls!

**Monday - Friday
8 a.m. - 4:30 p.m.**



**Help your neighbors and improve your community-
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To learn more about driving for ITN, give us a call at 859-252-8665 or check us out online- itnbluegrass.org



EDUCATIONAL OPPORTUNITIES

Medicare Information Session

October 7 | 10 a.m.

Join Pete Alberti via Zoom to learn about the upcoming changes to Medicare coverage for 2021 as well as open enrollment dates.

Contact Amanda at 278-6072 for Zoom link.

Diabetic Jeopardy

Friday | November 13 | 10 a.m.

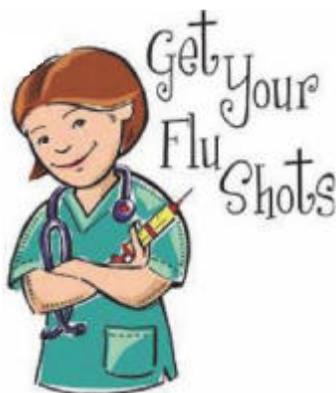
Enjoy this informational game all about diabetes. Open to anyone! Call Jennifer Garland to sign-up!

Drive-Thru Flu Shot Clinic Presented by Walgreens

October 5 | 9 - 11 a.m.

No appointment needed!

Bring your insurance card so Walgreens can bill your insurance company. In most cases, the flu shot will be free to you.



Brain Power!

Looking for fun activities to keep your mind sharp? Join us virtually for Brain Power, an exciting way to learn tips and tricks for a healthy brain through word games, number puzzles and fun factoids.

Call Amanda at 278-6072 for more information and to register for these Zoom classes!

Wednesdays | 11 a.m.

History Class

Thursdays | 11 a.m.

Enjoy history class with Professor Hossein Motamed available through Zoom and conference call.

We will be discussing European History.

Call Jennifer Garland to sign-up.

Aging Support Group

October 22 | 10 a.m.

Join us by phone or video. Connect with others to discuss how you are coping with the current situation, share ways you have found to stay busy and make some new friends.

If you are interested or want more information, call Amanda Patrick at 278-6072.

EDUCATION

End-of-life conversations are important for you and your family members. Sign-up for any or all of these Zoom conversations so you can learn the importance of end-of-life planning.

Call Justin Halvorson to register.

Start the Conversation: What you need to know about Advance Medical Directives and how to talk about them

Presenter: Laura Dake

Tuesday | October 6
11 a.m. – noon

Five Wishes: Helping you and your family plan for and receive the care you want and deserve

Presenter: Hazel Tiechen

Tuesday | October 13
11 a.m. – noon

Sooner or Later: Powers of attorney and guardianship as tools for handling changing scenarios in the lifespan

Presenter: Lindsey Burke

Tuesday | October 20
11 a.m. – noon

Who are you calling "Senior?!?"

You may be aging, but you are NOT old.

I hear a complaint from my patients every now and then. It is usually after they have had a conversation with a younger family member who points out that they are older and now need to slow down.

No one likes to be told what to do much less be told that they are "Old."

If you have ever had this experience you know exactly what I am talking about.

You are active, vibrant, and full of life.

You want to stay this way for as long as possible.

You still have things you want to do, places to go, and people to see.

You value your health and know it is getting harder to keep up at the pace you once ran, but at the same time you are doing as much now as you ever have.

Do NOT let someone else try to define you by your birthday.

Age is just a number!

At Titan Physical Therapy we specialize in helping you take advantage of life and stay healthy. I have written several guides on how to Fight Aging and invite you to visit us at

<https://www.titanptky.com/quickguidesforyourhealth>

October is Physical Therapy Month. To celebrate, I am offering you a FREE screening to learn more about how we can address YOUR SPECIFIC NEEDS, fight aging and continue to feel younger.

Space is limited. Call to schedule your screening at 859-303-6393

SENIOR
Does NOT mean OLD



Avery Schroyer
Physical Therapist &
Owner
Titan Physical Therapy

TITAN
PHYSICAL THERAPY



COMMUNITY RESOURCES

God's Pantry

If you are facing tough financial choices right now, know that going without food doesn't have to be one of them! Visit godspantry.org for more information on services.

Call 259-2308 for food assistance.



Friends of the Lexington Senior Center – Online grocery shopping assistance

The Friends of the Lexington Senior Center want to help support you being Healthy at Home! If you want to place an online click-list order but don't have the internet, you can work with a volunteer over the phone to complete an online grocery order.

For more information, call the Senior Center at 278-6072.



Donna Elder

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donnaelder@remax.net
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Cruise & Schmooze

Drive-thru for a wave, have a chat with staff and get a treat!

Happy Halloween!

Drive-thru Trick or Treat with us!
Costumes encouraged!

Friday | Oct. 30
11 a.m. - 12:30 p.m.
(Rain date: Nov. 2)



Virtual Fitness Classes

(50 minutes)

Join us live via ZOOM!

Mondays | 9:30 a.m.

Get Up & Go!

(seated/standing cardio & strength)

Tuesdays | 1:30 p.m.

SeatBeats!

(100% seated dancing)

Wednesdays | 9:30 a.m.

Move IT

(100% standing cardio & strength)

Thursdays | 1:30 p.m.

World of Dance!

(Dance to various types of music)

Email Wendy for your ZOOM link at
wjett@lexingtonky.gov

Check our Lexington Senior Center
FaceBook & YouTube channel
for more fitness videos!

We still have DynaBand resistance bands available to assist with your workouts. Call to request yours.

Virtual Craft Class

Fall Door Hanger

Friday
October 16 | 11 a.m.

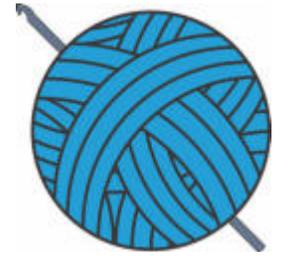
Join us via Zoom to make a fall themed Burlap Candy Corn door hanger.

All supplies provided.
Call or email Jode at rosrose@lexingtonky.gov to register.



CROCHET FOR A CAUSE

ZOOM CHAT WITH YOUR FRIENDS AS YOU CROCHET.
(We supply the items needed.)



Tuesday | October 20 | 10 a.m.
Call Jode for more information.

Lexington Senior Center fitness classes NOW available on LEX TV!



Mondays

9 a.m. | **SeatBeats!**
(seated dancing)

5 p.m. | **World of Dance**

Wednesdays

9 a.m. | **Active Aging**
(seated full body workout)

5 p.m. | **Line Dancing**
(learn line dances)



Fridays

9 a.m. | **Get Up & Go!**
(seated/standing full body workout)

5 p.m. | **Move IT!**
(standing active workout)



Ways to watch Lex TV:

Spectrum channel 185

MetroNet channel 3

Windstream channels 3 and 20

Livestream available on LEX TV YouTube channel



Don't miss the Tiny Dancers summer JAM performance.

Visit Lexington Senior Center Facebook today.



Virtual ART Class

via ZOOM!

"Dry Brush Techniques in Water Color"

Monday | October 19 | 1 – 4 p.m.

In this workshop, we will cover dry brush techniques such as scumbling, stippling and painting lines of various thickness onto paper with under drawing already applied. We will also cover mixing your own colors and how to determine your palette prior to painting. All levels welcome and all supplies will be provided.

**Call or email Jode Rose at
srose@lexingtonky.gov to register.**

Conversation Station!

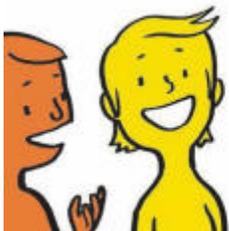
Join your friends for a virtual interactive discussion each Wednesday. We will pull fun topics out of our fishbowl **and chat about** them. (Topics such as "Where did you grow up?" "What was your first car?" "What's your favorite food?")

Call the center to register and receive your ZOOM link/number.

These events are also available via conference call, no video required.

**Wednesday | 2 p.m.
October 14**

Call or email Wendy to register
wjett@lexingtonky.gov.



Make this with Jode
on YouTube or
Facebook!

Cooking Made Easy

With Jode

Lasagna Soup!

- 1 lb. ground beef 1 large onion, chopped
- 3 garlic cloves minced or 2 tsp. garlic powder
- 1 TBL Italian seasoning 1-2 cartons chicken broth
- 1 (14.5 oz.) can diced tomatoes
- 1 (14.5 oz.) can crushed tomatoes
- 2 TBL tomato paste Salt-Pepper to taste
- 8 cooked lasagna noodles broken into bit size pieces
or bowtie/campanelle pasta

Cheesy Topping

- 1 1/4 C shredded mozzarella
- 1/2 shredded parmesan cheese
- 8 oz. ricotta cheese

Sauté ground beef and onion over medium high heat. (you can add 2 tsp. olive oil if beef is lean). Drain beef and set aside. Add chicken broth, all tomatoes, tomato paste and seasonings. Bring to boil and reduce to a simmer for 20 minutes. While the soup is simmering, cook the lasagna noodle pieces and drain (or can cook ahead). In a bowl, mix the 'cheesy topping' ingredients. Stir the cooked pasta into the soup. Add more broth if desired. Ladle soup in bowls and top with a TBL of the 'cheesy topping.' Stir and enjoy!

Virtual BINGO!

Join us for a fun game of BINGO via ZOOM!/conference calling on

Monday | October 26 | 1 p.m.

Call Justin to register, receive your BINGO card and instructions on how to join the event.
Register on or before October 16.





Offering in-person or virtual attendance options!

8:30 a.m. - 3 p.m.

4.5 CEUs are available for Social Workers, CRCs and ACVREP. You must participate in the full symposium to receive CEUs.

This event is FREE and open to anyone to attend!

Visit **BCKY.net** for information on the topics, speakers, vendors and sponsors. Registration now open at <http://fayette.ca.uky.edu/eos>.

For more information or assistance registering, contact the Fayette County Extension office at 257-5582.

Lemonade.

That's what we make when life hands us lemons. And we're busy doing that on Life Lane, working to help our seniors stay engaged and healthy in as many creative ways as possible.

A key task we're tackling during this down time is re-covering our fabric chairs with vinyl. Which will make them easier to sanitize quickly and thoroughly when the city and state allow us to reopen. Which will make us able to serve more people in a cleaner environment.

We're turning to our Friends to raise the money because its simply not in our budget. The cost is **\$65/chair x 495 chairs**. Many generous folks have donated so far, but we still have a ways to go.

Please help by mailing a check payable to the **Friends of the Lexington Senior Center**, to 195 Life Lane, 40502 or donating on our website **LexSeniorCenterFriends.org**.



Friends of the
Lexington Senior Center

Keeping things lively on Life Lane | lexseniorcenterfriends.org

Friends of the Lexington Senior Center is a 501c3 so your donations will be both fully tax deductible and greatly appreciated.

OLLI AT UK

Like everything else, OLLI has gone virtual, including the weekly Donovan Forum.

Go to uky.edu/olli/donovan-forum-series to see all that they are offering this semester.

To register for Donovan Forums:

- Go to uky.augusoft.net
- Click on "All Classes" (left side of screen)
- Select "Lexington Courses" and scroll down
- Click "Experiential Learning" category.
- You will select "add to cart" any forum(s) that you want to attend.

There is no cost and no membership fee to attend the Donovan Forum lectures. If you have any questions concerning OLLI, contact them directly at 257-2656.

Donovan Forum Series Thursdays | 2 – 3 p.m.

- 10/1 – Lexington's Town Branch Park
- 10/8 – LGBT History in the Bluegrass
- 10/15 – Gender differences in childhood: Science versus stereotypes and why we should care.
- 10/22 – IKARIA, Greece: Keys to well-being
- 10/29 – Meet your Muslim neighbor



Learn about diabetes in a whole new way. Join us for a free, nationally accredited, online diabetes workshop in July.

Led by a Certified Diabetes Care & Education Specialist, you will learn ways to manage your diabetes and prevent complications.

You can participate in the program using a phone, tablet or computer. All handouts and tools will be mailed to you.

To register or learn more about it, please email diabetes@lfchd.org or call 859-288-2344.



PENPAL OPPORTUNITIY

Staying home can get lonely but technology has allowed us to stay in touch with family and friends. However, sometimes a good old fashioned letter warms the heart and connects us to our past. So, if you are interested in receiving and writing letters to a pen pal, contact Amanda at the Senior Center to be paired with someone who shares your interests.



The advertisement features a large background image of the Richmond Place building, a multi-story brick structure with a prominent white portico. At the top center is the Richmond Place logo, a shield with a crown and the letter 'R'. Below the logo, the text 'RICHMOND PLACE' is written in a large, blue, serif font. In the top right corner, there is a gold award badge that reads '#1 IN CUSTOMER SATISFACTION AMONG SENIOR LIVING COMMUNITIES' and includes the Life Care Services logo. Two smaller inset images are present: one showing an outdoor walkway with a white fence and trees, and another showing a modern, well-lit living room with a sofa, coffee table, and large windows. At the bottom, a dark blue banner contains the text 'Independent Living • Personal Care • Memory Care'. Below this banner, white text on a dark blue background reads: 'Call 859-269-6308 to ask about our winter move in special and schedule a personal visit to our community today! 3051 Rio Dosa Drive, Lexington, KY 40509 | RichmondPlaceSeniorLiving.com'.

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4-D-5-5

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14-1670

HALLOWEEN WORD SEARCH

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

Autumn

Bats

Campfire

Cider

Fall

Halloween

Haunted

October

Pumpkin

Scary

Spooky

Sweaters

Witches



AUTUMN HOME TIPS

With the arrival of autumn, there are a few things you should do around your house:

1. Clean out your gutters – (We recommend hiring someone to do this for you.) If your gutters are clogged it could lead to flooded interior or damaged exterior of your home.
2. Check for drafts – Heat loss through windows is responsible for a large amount of energy use.
3. Drain your outdoor faucets – Drain and disconnect all water hoses to prevent any water from freezing. Not doing this could result in pipes bursting.
4. Bring your outdoor furniture in – If you don't have anywhere to store the items consider getting a waterproof furniture cover.
5. Change your filters – If your filters are clogged, it's harder to keep your home at the temperature you want.
6. Fertilized your lawn – If you want to keep your lawn looking great in the spring and summer, you need to prepare it for fall and winter. Applying fertilizer will prevent winter damage.
7. Test winter equipment – If you have a snow blower, test it out. Check your snow shovel and make sure you are prepared for the cold winter weather.
8. Change your batteries – This is a good time to change the batteries in smoke detectors and carbon monoxide detectors.

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MESSAGE FROM MARTHA MCFARLAND: SATELLITE CENTERS

October quotes of the month are:

****Not all storms come to disrupt your life, some come to clear your path.***

(Things are going to happen in life that you have no control over. So know that even on hard days, better days are coming.)

According to Sesame Street's Cookie Monster – *Today me will live in the moment unless it's unpleasant in which case me will eat a cookie.

(So if things get unpleasant, just have a cookie and it should make you feel better!)

I hope you are staying safe and are as happy as you can be with the current Covid-19 pandemic situation. I believe that a positive attitude helps make everything better. So I try to look at the upside of this situation, especially if I don't think about how long it has been since our paths have crossed. I will say that wearing a mask is not my favorite thing to do and the masks are very unattractive on my face. I kind of think my smile and dimples are great assets on my face but they are covered up by the masks.

I thoroughly enjoy all the cards, letters, emails and phone conversations we've shared. I hope we can continue with these practices after all is said and done. Some of the cards and comments have made me smile all day long. I do enjoy face-to-face visits the best, so it will be a happy day when we can visit again in person even if it is 6 feet apart with a mask.

I have enjoyed getting to know you better since I have extra time to do so. I truly hope we can continue that relationship when we are able to physical get together.

If you are so minded and want to chat, just give me a call at 233-0986 or send an email to mmcfarla@lexingtonky.gov.

Stay safe! Be happy! Remember the past days and great times we had together! And most of all, hope we can get together soon even if it is with social distancing.

Virtual Satellite Center Get-Togethers

Mondays | 11 a.m.

October 12 – What is the best food item you have ever eaten? Why? Do you have the recipe?

October 19 – What is your favorite song? Why is this song so special to you?

October 26 – Create a fall wreath – all supplies will be provided. Drive by the Bell House and pick up your supplies. Dates and times for pick-up will be available to those who sign up.

Call Martha McFarland at 233-0986 if you have questions, need more details and/or to sign-up for these unique opportunities to be interactive with your fellow seniors.



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Edward Jones - It's Time for Investing to Feel Individual.

Study based on responses from more than 4,629 investors who primarily invest with one of the 18 firms included in the study. The majority of the study was fielded in December 2018. Your experiences may vary. Rating may not be indicative of future performance and may not be representative of any one client's experience because it reflects an average of experiences of responding clients. Visit jdpower.com/awards.



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 sitting here.**



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Tom Dupree Jr.

Please call us at **(859) 233.0400**
 or email us at info@dupreefinancial.com
 for more information or to schedule a complimentary appointment.

We look forward to seeing you soon.

**And be sure to listen to the Tom Dupree Show on
 Saturdays from 8-9 am on Newsradio 630 WLAP.**

Let's stay in touch. Follow us on:



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Autumn greetings to all!!!!

I want to give a GREAT BIG shout out to my nutrition staff, as well as all the Lexington Senior Center staff, who have and continue to work diligently and faithfully in providing services to all our wonderful participants and clients in the community!!!

Business has not been as usual. There have been many adaptations and lots of flexibility from everyone contributing to keep things working effectively and smoothly.

I have much gratitude and appreciation for all who continue in valiant effort with kindness and patience.

I am proud to work with an outstanding group of men and women who are dedicated to the SENIORS in our community!

Emily

Drive-Thru Lunch

The Lexington Senior Center is offering a drive-thru lunch on Tuesdays, Wednesdays and Thursdays.

If you are interested in picking up a lunch, call and register with Emily Dahlman at 278-6072.



This information is made possible in part by state and/or federal funding provided by the Department for Aging and Independent Living.