At Briarwood Health and Rehab, our personalized rehabilitation services are designed not only to heal, but to help you get your Sizzle back! We feature quality individualized attention utilizing state-of-the-art rehabilitation tools and practices, designed to not only heal the pain, but to give you back your energetic Sizzle! You’ll be able to start living your dreams to the fullest again!

Call 317.920.7888 to find your Sizzle!
What are Adult Day Services?

Adult day services are community-based group programs designed to meet the needs of functionally and/or cognitively impaired adults through an individual plan of care.

These structured, comprehensive programs provide a variety of health, social, and other related support services in a protective setting during any part of a day, but less than 24-hour care. Adult day centers generally operate programs during normal business hours five days a week.

Some programs offer services in the evenings and on weekends.

Provided by the National Adult Day Services Association
Medical Identity Theft

Tips for Protecting Yourself and Medicare

Medical identity theft is serious business. According to one study, about 1.5 million Americans are victims of medical identity theft each year. The average cost to fix medical ID theft for someone is more than $20,000 per incident!

But medical ID theft is about more than losing time and money. Sometimes people are denied a Medicare service or equipment because their records falsely show they already received it, when in fact it went to someone posing as them.

What Is Medical Identity Theft?

Medical ID theft occurs when someone steals personal information—such as your name and Medicare number—and uses the information to get medical treatment, prescription drugs, surgery or other services and then bills Medicare for it.

Medicare ID theft is a form of Medicare fraud. It can affect your medical and health insurance records. Every time a thief uses your identity to get care, a record is created with incorrect medical information about you. That information might include:

- A different blood type
- An inaccurate history of drug or alcohol abuse
- Test results that are not yours
- A diagnosis of an illness, allergy or condition that you do not have

Any of these could lead to you receiving the wrong treatment and even being injured or getting sick due to an incorrect treatment.
All types of people, including doctors and medical equipment companies, have been caught stealing people’s medical identities. There have even been links to the mafia and thieves in other countries. Sadly, about one-third of the people who do it are family members.

**How Do People Learn They Are Victims?**

Here are some warning signs that your identity may be stolen:

- You get a bill for medical services you did not receive
- You are contacted by a debt collection company for money you do not owe
- Your insurance company says you’ve reached your limit on medical benefits
- You are denied insurance for a medical condition you do not have

**How to Avoid Medical Identity Theft**

- Review your Medicare Summary Notices (MSN), Explanations of Benefits (EOB) statements and medical bills for suspicious charges. If you find incorrect information in your records, insist that it be corrected or removed.
- Protect your Medicare and other health insurance cards in the same way you would protect a credit card.
- Only give personal information to Medicare-approved doctors, other providers and suppliers; your State Health Insurance Assistance Program or SMP program; or Social Security. [Call 1-800-MEDICARE (1-800-633-4227) if you aren’t sure if a provider is approved by Medicare.]
- Beware of offers of free medical equipment, services or goods in exchange for your Medicare number.
- Shred papers with your medical identity before putting them in the trash. Remove or destroy labels on prescription bottles and packages before you put them in the trash.

**How to Respond if You Suspect Identity Theft**

- Ask your health care provider for a copy of your current medical file. If anything seems wrong, write to your health plan or provider and ask for a correction.

- Contact the Senior Medicare Patrol through your local Area Agency on Aging at 1.800.986.3505.

**How Your Senior Medicare Patrol (SMP) Can Help**

Your local SMP is ready to provide you with the information you need to PROTECT yourself from Medicare errors, fraud and abuse; DETECT potential errors, fraud and abuse; and REPORT your concerns. SMPs use trained senior volunteers to help educate and empower seniors in the fight against health care fraud. Your SMP can help you with questions, concerns or complaints about potential fraud and abuse issues. It also provides information and educational presentations.

Editorial provided by the Senior Medicare Patrol Program. The SMP program in Indiana is supported in part by grant numbers 90MP0006 and 90MP0154 from the U.S. Administration on Aging, Department of Health and Human Services, Washington, D.C. 20201. For assistance, call your local SMP program 1.800.986.3505 or 317.205.9201. For more information visit www.iaaaa.org/smp.asp or www.smpresource.org.
Senior Health Screenings and Vaccinations

If you want to keep a car running at its optimal levels, then you have to bring it in for an occasional tune-up. That’s true for our bodies, too. Just like a car, regular maintenance keeps us running at our best.

Getting regular care is particularly important for seniors, who represent the “classic cars” of our population. But what is “preventive maintenance” for the body? It’s a variety of things, including regular screenings and vaccinations.

With cars and people, early detection can head off potential problems before they get worse. Following are some of the routine services that Medicare recommends seniors get to stay in tiptop shape:

**Annual Flu Vaccine**
According to www.flu.gov, more than half of flu-related hospitalizations occur in people age 65 and older.[i] As a result, it is recommended that seniors get the annual flu vaccine. Medicare generally covers this vaccine once a flu season in the fall or winter.

**Pneumonia Vaccine**
Even people who get the annual flu shot, often forget to get a pneumonia vaccine. According to www.flu.gov, seniors should really get both.[ii] Most people need to get the pneumonia vaccine only once in their lifetime and it is covered by Medicare.

**Cardiovascular Cholesterol Screening**
Cardiovascular cholesterol screening helps detect conditions that may lead to a heart attack or stroke, according to the Centers for Medicare and Medicaid Services (CMS) website [iii]. Medicare covers this service every five years to test cholesterol, lipid and triglyceride levels.

**Breast Cancer Screening (Mammograms)**
Aside from non-melanoma skin cancer, breast cancer is the most common cancer among women in the United States, according to the CDC website.[iv] It is also one of the leading causes of cancer deaths among women of all races. Medicare covers screening mammograms once every 12 months for all senior women members.

**Osteoporosis Screening (Bone Mass Measurement)**
Osteoporosis is a condition that causes bones to become more porous (less solid and less dense), gradually making them weaker and more brittle. It is most common in postmenopausal women, but can also affect men. According to the National Osteoporosis Foundation website, about one in two women and up to one in four men over age 50 will have an osteoporosis-related fracture in their remaining lifetime.[v] Osteoporosis can be diagnosed through bone mass measurement, which Medicare covers once every 24 months (more often if medically necessary) for people who have certain medical conditions or meet certain criteria.

**Colorectal Screening**
Of cancers that affect both men and women, colorectal cancer is the second leading cause of cancer-related deaths in the United States, according to the Centers for Disease Control and Prevention (CDC) website[vi]. Colorectal screening tests help find pre-cancerous polyps (growths in the colon) and remove them before they turn into cancer. Recommendations vary by age and risk factors. For instance, it is recommended that seniors get a fecal occult blood test every 12 months, but a colonoscopy only every 24 months to 48 months, depending on risks. Other colorectal screenings that may be recommended every 48 months include a flexible sigmoidoscopy and a barium enema. All these screenings, except the barium enema, are covered in full by Medicare.

**Glaucoma Testing**
Glaucoma is a disease that impairs vision. According to a 2009 study by the National Eye Institute, glaucoma affects approximately 4 million people in the United States and nearly half of those with glaucoma are not aware that they have the disease.[vii] Medicare covers glaucoma testing once every 12 months for people at high risk for developing the disease. Those at highest risk include people with diabetes or a family history of glaucoma, African-Americans age 50 or older and Hispanics age 65 or older.

Some other screenings your physician might request, depending on your sex, age and medical history, include an abdominal aortic aneurysm screening, diabetes screening, pap tests and pelvic exams, and prostate cancer screening. Additionally, Medicare covers the cost of smoking cessation services for smokers.
In addition, Medicare now covers the cost of a yearly wellness exam for its members. So there’s no excuse for not babying your body, just like you baby your car.

Editorial provided by Karen Amstutz, M.D., Medical Director for Anthem Blue Cross and Blue Shield in Indiana.

This information is intended for educational purposes only and should not be interpreted as medical advice. Please consult your health care provider for advice about treatments that may affect your health.

Resources

Discover Large Print Books
Many of the under fifty crowd are already aware of, and requesting, these easy on the eyes titles. Demand is up because baby boomers and beyond are avid readers – especially in bed. Once you try one, you might be addicted!

Benefits of Large Print Books
• Outside you may not even need your reading glasses with a large print book!
• Large print books are so easy on the eyes, you’ll be able to read much longer.
• In lower lighting situations you can use your readers without any eye strain.

Information provided by MJ Gheissi, Ancillary Services Coordinator at the Wickliffe Public Library.

Editorial provided by the National Cancer Institute, http://www.cancer.gov

Should You Take Part in a Cancer Clinical Trial?

POTENTIAL RISKS AND BENEFITS OF CLINICAL TRIALS

Potential benefits include:
• Health care provided by leading physicians in the field of cancer research
• Access to new drugs and interventions before they are widely available
• Close monitoring of your health care and any side effects
• A more active role in your own health care
• If the approach being studied is found to be helpful, you may be among the first to benefit
• An opportunity to make a valuable contribution to cancer research

Potential risks include:
• New drugs and procedures may have side effects or risks unknown to the doctors
• New drugs and procedures may be ineffective, or less effective, than current approaches
• Even if a new approach has benefits, it may not work for you

Say You Saw It in the Senior Citizen’s Guide to Indianapolis
Have you ever thought about what would happen if the transportation you use is no longer an option? How would you continue to maintain your independence so that you could continue with your daily routines? Who would you turn to for assistance? People often look to friends or relatives to assist with transportation—this may be a good option for you, but it is not always the most convenient for you or for them.

**Transportation Options**

- **Volunteer Driver Programs**: Local faith-based and nonprofit organizations frequently have a network of volunteers who offer flexible transportation for shopping, doctors’ appointments, recreation, and other activities.

- **Paratransit Service**: Public transit, aging organizations, and private agencies provide door-to-door or curb-to-curb transportation using mini-buses or small vans (vehicles for less than 25 passengers).

- **Door-through-Door (Escort) Service**: Private agencies provide drivers or escorts who offer personal, hands-on assistance by helping passengers through the doors of their residences and destinations, as needed.

- **Public Transit/Fixed Route Service**: Public transit agencies provide bus and rail services along established routes with set schedules on a non-reservation basis—also referred to as “public transportation” or “mass transit”.

- **Travel Training**: Public transit agencies and local aging organizations provide free, hands-on instruction to help older adults and persons with disabilities learn to travel safely and independently within public transit systems.

- **Taxi Service**: Passengers activate this service by calling a dispatcher to request a ride between locations of their choice. Trips usually can be scheduled in advance or on the spot.

Editorial provided by the National Center on Senior Transportation, www.seniortransportation.net.
Avoiding Heat Related Illnesses

Summer is upon us and that usually means record-high temperatures. The extreme heat can be especially dangerous to older adults causing sunburn, dehydration and even heat stroke. According to the U.S. Department for Health and Human Services, more than 6,000 Americans are hospitalized for heat exposure every summer. Severe heat exposure occurs when body temperatures rise to 106 degrees Fahrenheit or more.

To keep you and your family safe from heat related illnesses, follow these simple steps:

- Drink 8 ounces of fluid every half hour when in the sun. Avoid caffeine and alcohol.
- If possible, avoid going out during the hottest part of the day, typically between 10:00 – 2:00.
- Replace lost minerals such as sodium, chloride and potassium with food and drinks like bananas and quality sports drinks. These minerals are lost when people perspire.
- When feeling hot, head to the sink and run cool water over both your wrists to avoid heat stroke. Major veins are located in the wrists and the cool water can lower your temperature by three degrees.

Taking these simple steps will help to reduce your risk for heat related illnesses, making your summer a more enjoyable one! However, if you are ever in doubt and think you may be experiencing heat exhaustion or heat stroke, call 9-1-1 immediately.

Editorial provided by The Sanctuary at Wilmington Place, located near the suburbs of Kettering and Oakwood in Ohio.

Symptoms of heat exhaustion range from:
- Nausea and vomiting
- Weakness
- Headache
- Muscle cramps

More extreme heat stroke may cause:
- Rapid pulse
- Difficulty breathing
- Mental confusion
- Seizures
- Coma
Giving Back Keeps Them Going
Why Local Seniors Volunteer at Nursing Homes

Mike E. Tetrick and Dennis R. Krewson live in a multi-story apartment building for seniors on Shelby Street, next door to Bethany Village, where they spend most of their free time.

The men are at Bethany Village almost daily, helping as volunteers. They help people onto and off of Bethany Village’s bus, run errands for residents, accompany residents to restaurants or shopping, and help them inside of the nursing community when they need a hand. But most of all, they make residents smile.

“We care about every one of them and they know we care,” said Mr. Tetrick, 66, a retired cook, roofer and Quaker Oats factory worker. “The people here are so caring—the residents and the workers, and they appreciate everything you do.”

According to Senior Corps, an organization of volunteers age 55 and older, more than 26 million senior citizens in the U.S. volunteer, which gives them a sense of purpose, but also helps the organizations and people they serve. Multiple studies have shown a link between volunteer work and longevity.

When Nora Lacy moved to Zionsville from Connersville seven years ago, she wanted to get out and mingle, meet new friends and do things. At 88 years old, Lacy had not grown accustomed to sitting around the house all day. Her son suggested that she volunteer at Zionsville Meadows. That’s where she met another volunteer, then-83 year-old Andra Simmonds. Since then, the two ladies have become buds, spending a lot of time together.

“I like having something to do,” said Mrs. Lacy, now 95, a former bank accountant who lives in Zionsville next door to Zionsville Meadows. “My relatives and all my friends are gone. So this keeps me out among people. And besides, I’m going to be here one day, so I might as well get to know everybody.”

Mrs. Simmonds, who is now 90, has spent more than a decade volunteering at Zionsville Meadows. She was a patient in ASC’s Moving Forward Rehabilitation program after a surgery. After her recovery, she and her husband moved into Zionsville Meadows’ Garden Homes. After the death of her husband in 2002, Mrs. Simmonds became a Zionsville Meadows Gift shop volunteer.

As Tetrick and Krewson make their way to an activity at Bethany Village, multiple residents stop them to say hello or to chat. A few of the ladies flirt. The men throw up a hand to say hello. One of them is Mack Polston, 72, who also lived in the apartment building next door but is now receiving rehabilitative care at Bethany Village. Mr. Polston, Mr. Tetrick and Mr. Krewson joke with each other and laugh often about the things each other say.

“I guess they’re OK,” said Mr. Polston, joking about Mr. Tetrick and Mr. Krewson.

Mr. Tetrick and Mr. Krewson, who is 69, spent decades as family men, rearing their children and working. Both men are now divorced. When Mr. Krewson needed care after a serious surgery, he received rehabilitation at Bethany Village and that’s when he fell in love with the idea of becoming a volunteer there. After going through a background check and other screening, he was cleared to volunteer.

But he didn’t stop with himself. He recruited a neighbor, Mr. Tetrick, who also finds happiness in making others happy as a volunteer. “We try to do quite a bit with them,” said Mr. Tetrick, who also volunteers at his apartment building when people need transportation to the bank or to the grocery.

“People tell us all the time if it wasn’t for us, they probably wouldn’t go out. But we try to make them happy,” said Mr. Krewson, who worked for nursing homes and home care businesses before retiring.

Senior volunteers can be found in the schools, in organizations and in businesses across the state. They become valuable resources to the organizations they serve.

At Zionsville Meadows, staff and residents are in and out of the gift shop throughout the day, buying items they want. But the highlight of their visit is the chatting, joking and respectful flirting with each other.

“Hello, Mighty Mite,” a resident-customer said to Mrs. Lacy, jokingly teasing her about her petite frame and high energy level. “He always calls me that,” said Mrs. Lacy as she stacked cans of soda.

Mrs. Lacy participates in Zionsville Meadows’ exercise program, New Energy Wellness, which helps her remain spry. She and Mrs. Simmonds say they have always volunteered in the community and they encourage others to volunteer, too.

“If she hadn’t volunteered, I would have never known her,” Mrs. Simmonds said about Mrs. Lacy.

Editorial provided by Eunice Trotter, Communications Specialist for American Senior Communities, which operates Bethany Village, 3518 S. Shelby St., Zionsville Meadows, 675 S. Ford Road, and 60 other Senior Rehabilitation and Memory Care locations throughout the state of Indiana. Volunteers are welcome at all locations. For more information about becoming a volunteer, go to ASC’s website at ASCSeniorCare.com.
Music

Good for the Mind, Body, and Soul

While people of all ages may enjoy a symphony performance, senior citizens have proven to be a critical audience for symphonic music. Listening to music and attending concerts provides significant benefits as well as entertainment for older adults. Recent studies and discussions with two members of Indy’s senior community have revealed that music has the capacity to alleviate stress, evoke powerful memories, instill a sense of vitality, and afford socialization opportunities for senior citizens.

Symphonic music has been shown to induce relaxation in older adults. A recent study by the Journal of Advanced Nursing showed that listening to music releases endorphins, which alleviate stress, anxiety, and pain.

“Classical music is soothing for older adults,” said Peggy Jones, 71, longtime music lover and Head Usher for the Indianapolis Symphony Orchestra (ISO). “What a joy when you can come to the symphony, listen to music, and relax.”

Similarly, Indy native Francis Heavrin, 76, said, “The sound and the tranquility and the peace that you have when you’re exposed to a symphony orchestra just enriches my life immeasurably.” Heavrin, who has worked at the ISO for 25 years, first as an usher and then as Event Supervisor, continued, “I think that’s why we rock little babies to music. If music soothes little babies, why wouldn’t it have the same effect as you age as when you started the aging process?”

Jones also highlighted the capacity of music to soothe older adults by evoking strong memories. “Classical music brings back memories for older adults,” she said. “We grew up listening to classical music.”

While many pieces are soothing, other pieces energize older adults, allowing them to experience a strong sense of vitality.

“Certain pieces energize you, other pieces relax you,” said Jones. “Lots of pieces really lift you up. [Maurice Ravel’s] ‘Bolero’ really sends me to the moon.”

Jones also believes music has brain-boosting benefits. She emphasized how music aided her husband, a stroke victim, in his recovery.

“I know it’s a fact that music has brain benefits,” said Jones, whose husband worked to sing songs from his childhood as part of his treatment. “When you hear music, it brings back memories,” she said. “The rhythm and the beat of the music bring back memories. There are no words to remember, but you can concentrate on the melody.”

Heavrin agreed. “Music has a healing process to it because there’s such a peaceful calmness about it,” she said. “I could probably listen to ‘Clare de Lune’ until the day I die. If you could not speak or something, you would probably recognize that tune and maybe it would awaken your brain just a little bit.”

Recent neurological research has substantiated the belief in the benefits of music for the mind and body. According to an April 2011 article in the “International Business Times,” recent studies have revealed that listening to music stimulates brain cells and enhances focus, creativity, and concentration.

Perhaps most importantly, classical music concerts often serve as social occasions for senior citizens. “They get to hear the music, they get to see their friends, and they get to away and relax,” Heavrin said. When asked why she became an usher, Jones underlined the way in which concerts foster a sense of community for older adults.

“My husband and I have been coming to the ISO for many years,” said Jones. “When I found out about the usher position, I said to him, ‘Oh honey, let’s do this.’ I love people.” Jones has served as an usher for almost 20 years. “I get to hear the music and meet a lot of people,” she said. She continued, “I become part of the orchestra by being an usher and part of the audience.”

Editorial provided by Shannon Draucker, Communications Intern at the Indiana Symphony Orchestra.
Senior Oral Health

Almost 250 million people or about 40 percent of the adult population in Europe, USA and Japan are estimated to suffer from some form of edentulousness, or loss of natural teeth. While the National Institute of Dental and Craniofacial Research (NIDCR) reports the prevalence of both partial and total tooth loss in seniors has decreased from the early 1970s, seniors over age 65 have lost an average of 13 teeth (including wisdom teeth) and 26% of seniors over age 65 have no remaining teeth.

If you have arthritis or limited use of your hands, try adapting the toothbrush for easy use. Insert the handle into a rubber ball or sponge hair curler; or glue the toothbrush handle into a bicycle grip. Toothbrush handles can be lengthened with a piece of wood or plastic such as a ruler, ice cream bar stick or tongue depressor.

For people who have dexterity problems and cannot use a manual toothbrush, an electric toothbrush may be easier to use and increase effectiveness. Numerous studies confirm that electric brushes are excellent plaque removing devices and are extremely effective in stimulating gums.

Among other benefits, daily brushing and flossing protect older smiles from two common problems of getting older: Root decay—a condition that affects older adults if a great amount of root surfaces are exposed—and tooth decay caused by the weakening or chipping of older fillings.

Denture Care and Cleaning

Dentures—full or partial—should be brushed daily with a soft toothbrush or denture cleaning brush, using a commercially prepared denture powder or paste, hand soap, or baking soda. Toxic or abrasive household cleaners should never be used. Dentures should be brushed inside and outside, and rinsed with cool water. Remaining natural teeth and gums, especially those teeth supporting a partial denture, should also be brushed.

When not in use, dentures should be covered with water or a denture cleaning solution to prevent drying.

Editorial is reprinted with permission from The American Dental Hygienists Association.
Choosing a Doctor

As we age, chances increase that we will have some type of health challenge. It is important that you have a primary care doctor who knows you and all of your health history. So whether you are a person in great health or one with some health challenges, it’s time to consider if you have a relationship with a doctor you are comfortable with and trust.

Many of us don’t think about our doctor until we are confronted with an emergency. Most people do some research before buying a new car or appliance, yet the selection of your primary care doctor is much more important. It is extremely critical as they are one of many partners that will help you live a long healthy life.

If you already have a doctor you are comfortable with, congratulations. If you don’t have a primary care doctor, or are not happy with the one you have, the time to look around and make a decision is now, while you are healthy and have time to really think about your choices. The following ideas may help you in that process.

Step 1
Ask friends, family, co-workers, or other health professionals who they go to and what they like about the doctor.

A name that comes up frequently may be a strong possibility as a choice. It may be helpful to have several names to select from, as the doctor you select may not be taking patients or participate in your health care plan.

If none of this works, contact your hospital, local medical society, and local physician referral services or nearby medical schools or university medical centers in your area.

Follow the suggestions from you friends, family, co-workers, or health professionals. A name that comes up frequently may be a strong possibility as a choice.

Step 2
Call the doctor’s office.

Find out about the doctor’s education and training. A board certified physician is one that has extra training after medical school, such as family practice, internal medicine or geriatrics. The staff can also tell you about office policies, standard insurance the office accepts, payment methods and the doctor’s hospital admitting privileges. Also find out if they file insurance forms for you. If you are satisfied with the responses, let the staff know that you would like to schedule an appointment to meet the doctor before making a final choice.

Step 3
Schedule an appointment to meet the doctor in person.

Here are some very good questions from the National Institute on Aging that you may want to ask:
- What age groups make up most of your practice?
- How do you manage patients with a lot of health problems? Do you usually treat everything, do you refer patients, or are there some problems older people just have to live with?
- What do you think are the most important preventive care issues for older adults? How do you manage them?
- What’s the best way for me to prepare for an office visit with you? For example, should I bring my questions in writing?
- Would you provide your instructions in writing for me?
- May I bring a family member (spouse, daughter, or son) to my office visits with you?
- If I give you permission, are you comfortable talking with my family about my condition?
- How do you involve your patients in health care decisions?
- Do you see many patients with the same chronic health problem that I have (for example, diabetes?)

Step 4
After a meeting, ask yourself if you are comfortable and confident with this doctor.

Were you at ease asking questions? Did the doctor clearly answer the questions? If the answer is no, schedule an appointment with another doctor.

Editorial provided by Cheryl Hendrixson, RN, BSN, CMC, PGCM. Cheryl is a licensed RN, Certified Care Manager and a member of the National Association of Professional Geriatric Care Managers. She is Director of Age Navigation.
Local Animal Lovers Wanted

Wanted: are you an individual who enjoys the company of animals and has a flexible schedule, but doesn’t want the commitment of a year-round pet? Then you should consider becoming a foster parent for your local shelter or rescue!

The Humane Society of the United States estimates that 6 to 8 million cats and dogs wind up in shelters every year, and sadly 3 to 4 million will likely not find new homes. Many of these animals just need a little extra time and attention until their new family finds them. Most shelters and rescues rely on foster parents to give these animals the leg up they need. Foster parents open their homes temporarily to animals, one individual or one litter at a time, giving them a chance to spend time in a safe, quiet, loving environment rather than in a kennel. For many animals, this opportunity can literally mean the difference between life and death.

For example, kittens and puppies typically aren’t available for adoption until they are old enough for spay/neuter surgery, which is usually done at about 8 weeks of age. During all that time they can either sit in a cage at the shelter, or they can play, snuggle and explore in a loving foster home. Likewise, adult animals may be a bit overwhelmed by the shelter environment, particularly if they have come from a puppy mill or cruelty situation, or the facility may just be too crowded with youngsters to give the older animals a fair chance to show off their attributes. A few days or weeks with a foster parent can make all the difference.

What do current foster parents love about fostering?

No long-term commitment. Foster pets are generally returned to the shelter or rescue after just a few weeks or months, so fostering doesn’t interfere with travel plans, family get-togethers or other commitments.

Flexible schedule. Depending on what type of animals you choose to foster, the daily investment of time could be as little as feeding, litter box cleaning and play time—especially for older animals or for moms nursing puppies or kittens. Or it could be as much as round-the-clock nursing care for orphaned nursing kittens or puppies. Either way, as a foster parent you can choose what level of involvement is best for you.

Convenience. Most organizations provide their foster parents with all of the food, bedding, vet care and other basics their foster pets will need. Some will even deliver the supplies and the animals right to your door!

Sounds great. What’s the catch?

Most foster parents report that the hardest thing about fostering is knowing that eventually you’re going to have to let those bundles of joy go. But as hard as that is, seeing that you have given them the best possible chance at finding a wonderful new home makes it all worthwhile. And even if the worst happens, perhaps a foster pet passes away from an illness or injury (after all, these are living creatures, many of whom did not get quality care before they arrived at the shelter), foster parents can still take comfort knowing that they gave the animal the best possible chance at life.

I’m sold! How do I get started?

Contact your local shelter or rescue and ask if they have a foster program in place. Chances are they will, and they’ll be thrilled to have you participate! Remember, each organization runs its foster program a bit differently. Some will ask foster parents to undergo thorough training while others will be less formal. Some will expect foster parents to help in finding adoptive homes for the animals, while others prefer the shelter take on that task. Find a foster program that you think will work best for you and your household and follow the steps to become an approved foster parent. Then get ready for the unconditional love that pets bring and the joy of knowing that you are helping to save lives!

Editorial provided by Inga Fricke, Director for Sheltering and Pet Care Issues, The Humane Society of the United States. For more information about fostering, visit www.humanesociety.org/fostering_ferals.

Photo provided by Kristie Rae Sirakos.
As a physician who specializes in geriatric psychiatry, I have been privileged to learn some very important life lessons from my patients. Forget the antiquated notions of ageism—last chance, last round, last supper, last judgement, last breath, and last rose of summer. Instead, think of old age as that very special time when, like fine antiques, one is valued for the depth and layers of years of memories, emotions and events.

It may seem that we are a youth culture, but the fact is we are in the middle of a “longevity revolution.” Think of this: For most of human history, life expectancy was about eighteen or nineteen years of age. The life expectancy for a man in the United States today is 74 and for a woman, 78.

The truth is that there is a new kind of aging. Age is no longer associated with years, but rather with the vigor, strength and useful lifestyle a person enjoys at any given age. The following have been identified as the most significant predictors of good health in advanced years: 1) regular exercise 2) good nutrition 3) stress management 4) sense of purpose in life, and 5) meaningful relationships with family and friends.

Scientific advancements are contributing to this longevity revolution. Pharmaceutical companies are developing new medications, nutritional scientists are discovering ways to enhance the foods we eat, and even cloning has the potential to create new life and organs for life-saving transplants. Finally, geneticists are now unlocking the secrets of the nucleus of the cell, giving us the capability to prevent and treat illnesses more effectively.

When you think of it, the age at which a person is determined to be eligible to collect Social Security, 65, is more a political demarcation than a biological one. One does not really become “old” until one becomes so disabled that he can’t take care of himself anymore. It would seem that, until that point, everyone should be considered middle-aged. Verdi composed Ave Maria at the age of 85; Martha Graham, the dancer, performed on stage when she was 75; Michelangelo, the renowned sculptor was carving until six days before his death at age 89. John Glenn, the astronaut, who became a senator and became an astronaut again at the age of 78, exemplifies a life of meaning and purpose.

With all of this said, growing old gracefully means “don’t be afraid of the years ahead.” The majority of elderly people do not become demented. Most elderly people live in their own homes or in semi-independent living situations; only 5% of the elderly live in nursing homes. Aging does not have to mean physical deterioration, loss of sexuality or social isolation. On the contrary, retirement can be renewal; people discover new talents, go back to school, reinvent themselves, get involved in new activities, new adventures and find new friends. Sounds pretty good.

Editorial provided by the Oakland County Community Mental Health Authority of Oakland County, Michigan.
Baby Boomers and Injuries

Why are the number of doctor visits growing among baby boomers? One answer—sports injuries. The baby boomers are desiring to stay active longer. Is it due to denial of aging, or a need to maintain good physical health? For many, it’s both. I met a young lady who will be fifty years old on October 15, 2011. I asked what was important as she continues to age. Her response was pretty surprising. She stated she refused to believe that she will be a half century old in the month of October. I asked why. She answered, she didn’t feel like she was aging. She continued to say, “I weight train five times a week. I take Zumba class once a week, and run 2 to 3 miles daily. I asked if she was taking any type of medication, she, adamantly, answered “no”. She informed me she only takes vitamins, eats organic vegetables and fruits, eliminated sugar, salt, and caffeine from her diet, and gets plenty of rest. My last question pertained to injuries – she stated she had a knee injury three years ago, but it healed without surgical intervention due to her knowledge in the area of strengthening and flexibility training.

Unfortunately, the average baby boomer isn’t in the physical shape or have the physical fitness knowledge as this particular woman. According to the American Academy of Orthopedic Surgery, baby boomers with active lifestyles are becoming more susceptible to sports injuries as they age.

The “boomers” are the first generation that grew up exercising. Therefore, the expectation is to continue into their 60’s and 70’s. However, many of them know they cannot, necessarily, do at 50 what they did at 25. Many of their body parts will not react, they wear out and they break down. Knee and hip replacements, surgery for cartilage and ligament damage, and treatment for tendonitis, bursitis and stress fractures are just a few ailments that cause them to rush into the doctor’s office or the emergency rooms.

When the Consumer Product Safety Commission examined emergency-room visits in 1998, it discovered that sports-related injuries to baby boomers had risen by 33 percent since 1991 and amounted to 18.7 billion in medical costs.

It appears to be harmless, on the surface, to retain youthful vigor and appearance. However, unless the boomers are re-educated on fitness and obtain the assistance of fitness coaches or personal trainers, they are setting themselves up for a less pleasant future.


Editorial provided by A. Abby Allen, Director of Admissions, Personal Trainer, Fitness Coach, and Track & Field Coach at Briarwood Health and Rehab Center.

With hundreds of drug-dispensing websites in business, how can consumers tell which sites are legitimate ones, especially when it is very easy to set up a minimum of hassles?

If you buy medical products online, be aware of the following dangers:

• Purchasing a medication from an illegal website puts you at risk. You may receive a contaminated or counterfeit product, the wrong product, an incorrect dose, or no product at all.

• Getting a prescription drug by filling out a questionnaire without seeing a doctor poses serious health risks. A questionnaire does not provide sufficient information for a health-care professional to determine if that drug is for you or safe to use, if another treatment is more appropriate, or if you have an underlying medical condition where using that drug may be harmful.

The American Medical Association has determined that this practice is generally substandard medical care. FDA agrees.
Family History
What’s Your Story?

We’ve all heard someone say something like: “My uncle Joe was a great storyteller—I only wish he would’ve written some of those stories down.” These days, more and more seniors are doing just that. In these highly mobile times, distance often separates the generations as much as age does, and many folks who are unable to hand down their cherished memories to their younger loved ones by word of mouth are choosing instead to take up pen and paper. Stories serve a broader service as well. As remembrance-writing expert Denis Ledoux says in Turning Memories Into Memoirs, “When you tell your personal and family stories, you are filling a need that exists not only in your family but in the life of the larger human community to receive guidance and reassurance.”

What are some other benefits of writing our personal and family stories? Just as valuable as the passing down of wisdom is simply the joy of both the telling and the receiving; for it is by truthful remembrance, given as a gift to those we love and to others at large, that we allow them to celebrate with us the significant events of our lives and to make acquaintance with the many special people who have shaped and counseled us. Life stories, then, record narratives, and full-bodied stories. Often folks take up composing brief narratives, and full-bodied stories. Often stories also help us to better understand ourselves, for as memories grow into stories, which are then collected into memoirs, a person’s sense of who he or she has been, and still is, becomes clearer. And while honest remembrance-writing always involves memories of pain and grief, when we begin to write about such memories we discover something miraculous—healing is happening!

Perhaps you’ve considered writing some of your life stories but don’t know where to begin. The task may seem too deep and vast. A handy tool with which to start is an extended topic-list of those persons, events, places, circumstances, crises, milestones, and triumphs that mattered most in shaping you into the person you are. Once begun, such a list will grow long, but its topics will seem increasingly more obvious. For example, consider this list of influential topics—ancestors, parents, early childhood, family attitudes, your youth, your teen-age relationships, starting a family, work experiences, sorrows and heartaches, and so on. Attention to any one of these topics will yield up a treasury of memories, which will lead to at least a few good stories per topic—“good” being for you to decide. As you explore your extended topic list over time, you’ll find your stories connecting with each other in wonderful ways. You’ll also discover that you’ve gathered a set of memoirs!

Still hesitant to start writing? Consider that we all have on the tips of our tongues many stories we tell often—those “How about that time when...” stories. Sometimes these are little more than extended jokes, such as the tales about the family prankster. Usually, though, they center around joy, celebration, and laughter. Because these stories are so close to our hearts, they are also another obvious place to begin a collection of memoirs. They are also easier to write than something entirely new. We’ve told these stories so many times their tone is smooth and conversational. These are important things for the committed life-story writer to remember later on, when the going gets tough—and it certainly will. We all have an inner critic that tells us that whatever we attempt to write won’t be good enough. The inner critic expects from us Pulitzer Prize-winning material. Ignore that nagging voice and remember, as the saying goes, that “nobody ever erected a monument to a critic.” What we should hope to shine through in all of our writing, even the tales of tragedy and woe, is our own intimate relationship with the remembered past. After all, the showing of a life lived true to the heart and spoken with an authentic voice will be far more moving and recognizably you than anything you write to prove yourself to the inner critic. It’s perfectly fine, then, when contemplating your extended topic list, to begin small. A few lines of remembered conversation, a childhood memory, a word picture of a loved one doing something he or she enjoyed. Any of these little “truth-bites” will move you toward writing longer vignettes, narratives, and full-bodied stories. Often stories take up composing brief narratives—about 50 words—to accompany the pictures in their family photo albums. What a great way to start!

Nothing is more important to the would-be family historian, however, than the encouragement and appreciation of friends, loved ones, and peers. As remembrance-writing seminars and workshops are being offered more frequently these days at churches, senior centers, retirement communities, and funeral homes, why not explore the possibility of joining in? Find some friends, be a friend, and begin writing the stories of your lives together. Every life matters, and you have no idea how many people will treasure a written legacy of yours.

Editorial provided by Bill Breckenridge, a McKeesport, PA native. He is the founder of Remember the Time?, a service devoted to helping people—especially seniors—write personal and family histories.

what to do in case of a Heart Attack

The symptoms of a heart attack can include chest discomfort, discomfort in other areas of the upper body, shortness of breath, and other symptoms.

If blood flow in the blocked artery can be restored quickly, permanent heart damage may be prevented. Yet, many people do not seek medical care for hours or more after symptoms start.

Editorial provided by NIHSeniorHealth, http://www.nihseniorhealth.gov
Tips on Serving Wine
To Chill or Not to Chill...

Most people even vaguely familiar with wine appreciation know about the "red meat-red wine/white meat-white wine" rule. Correspondingly, temperature recommendations do make a difference in how wines are best enjoyed by most tasters.

Wine experts advise that white wines be served at 45 to 55 degrees Fahrenheit, light reds at about 60 degrees and more complex reds at "room temperature" or 65 to 70 degrees. (Remember, the phrase "room temperature" predates the days of central heat and air conditioning, so it generally refers to the "cellar" temperature of an earlier era).

Chilling helps preserve and highlight fresh, fruity flavors of varieties like Riesling, Pinot Gris and Gewürztraminer. Chardonnay, on the other hand, though white, is more complex, is fermented and aged in oak barrels and thus is usually served at the upper end of the 'white' scale.

Full-bodied Cabernets should be served in the 70 degree range. The warmer temperature allows the complexity of intense reds to come through as they are swirled, sipped and savored. Lighter reds like chambourcin or merlot are less complex, so are best appreciated just slightly chilled.

Again, there is logic behind these recommendations. Following picking and crushing, red grapes are fermented on their skins, primarily to extract color. [There is little or no color in the berry, rather the color exists in the skins of the grapes.] While color is extracted, so are a myriad of other components including tannin [which provides astringency, complexity and adds longevity to the finished wines.] Conversely, white grapes are picked, crushed and their juice is pumped directly to cold fermentation tanks. Different cellar techniques enhance the complexity of reds and help to preserve the light, fruity, refreshing characteristics of most regionally produced whites.

In planning a festive gathering, consider several ways to attain the "correct" wine temperature. Refrigeration will decrease a bottle's temperature 4 to 5 degrees each half hour in the first 60-90 minutes. After that, temperatures will drop 2-3 degrees per half hour. Riesling should be chilled for 4 or 5 hours, a chardonnay for 1-2 hours, merlot for an hour and cabernets for a half hour or less. If time is short, a freezer will drop the temperature about 6-8 degrees every fifteen minutes. However, it is best to set a kitchen timer in the event the party is so festive that you forget and find a broken bottle of very fine wine in your freezer the next morning. Adding a little water to a tableside ice bucket will chill the wine about three times as fast as using cubes straight out of the refrigerator. Choosing appropriate wineglasses will also help. Holding the stem will help maintain the temperature of chilled wines, cupping the bowl with a hand will warm too cold wine quickly. On warm summer days, serve smaller portions and refill glasses more often. Finally...some folks chill their wine by adding ice cubes or a splash of cold soda. The wine "experts" may cringe but for those who enjoy wine that way should "go for it." The most important rule is: wine that is most enjoyed is best enjoyed.

Editorial provided by Donniella Winchell, Executive Director, Ohio Wine Producers Association.

Sex After 60
A Natural Part of Life

What does sex after 60 make you think about? About being older, losing interest and leaving sex behind? Or about a vital, vibrant sexuality experienced by millions of older adults?

According to a landmark national survey of men and women older than 60, the truth is refreshingly positive. Sex after 60 is alive and well... just like today's older Americans.

Vital Information
Sex After 60: A Natural Part of Life
• Almost half are sexually active
• 39% want sex more often

Men 60+ say
• 61% are sexually active
• 39% want sex more often
• 61% find sex equal to or more physically satisfying than it was in their 40s
• 76% find sex at least as emotionally satisfying as it was in their 40s
• 72% consider sex important to their relationship with their partner

Women 60+ say
• 37% are sexually active
• 62% find sex equal to or more physically satisfying than it was in their 40s
• 69% find sex at least as emotionally satisfying as it was in their 40s
• 47% consider sex important to their relationship with their partner

Many of those surveyed were not entirely content with the amount of sex they were having. About 40% indicated they'd like to have sex more often than they currently do.

An equal number claimed that they're satisfied with how often they have sex. Only 4% of all respondents said they wanted less sex.

Finally, men were more than twice as likely as women to report wanting sex more frequently. This was true in all age segments—even in men 60 and older.

A Positive Outlook

The NCOA survey reveals a side of aging that's long been overlooked, and often misunderstood—the side of mature sexuality. It helps erase the long-held myth that aging inevitably damps the desire, and that older people are not interested in—or able to have—sex. In fact, the survey shows that older Americans—men and women alike—believe sex can and should remain a vital part of their lives long into older adulthood.
Where Mature Single Women Can Go To Meet Men

One of the biggest issues with mature single women is the lack of older single men to date. "Where are the men?" they ask.

Natalie, early 50s, Dana Point, California, says, "There aren't many places here for singles aged 50-60 to go." And it's not just in Dana Point or California, single men are lacking throughout the United States.

My answer: "There is no place in the United States that I'm aware of—where older men and women mingle in relatively equal numbers to meet members of the opposite sex" (if there were such a place, it'd be so packed, people wouldn't be able to get in the door).

Some women are discouraged because there is no easy way to meet men. To meet them requires an effort many are unwilling to make. And even if they make the effort, there is no guarantee of success, although their chances of meeting a potential mate will increase.

So, what can women do? They need to meet new people, which means they must get out of the house and get active. And when they meet new people, they will make new friends. An older single woman named Becky shared her story about the importance of meeting new people.

Becky, Philadelphia, met a man on an Internet dating site and agreed to meet him at a popular Philadelphia pub. Becky decided quickly he wasn't the man for her. But, because she had been willing to risk meeting someone new, she ended up meeting a potential mate.

A local band was playing at the pub. During an intermission, the lead guitarist circulated among the audience, handing out his card, and invited people to his next gig.

Becky and the guitarist started e-mailing and did so as friends-only for months, while both dated other people. During a dating lull for both, he asked her out.

"Friends first is great. He knew my values before we even went out on our first date," said Becky. "I usually can tell within two dates if a new relationship is going anywhere and we've made it past that 'two-date deadline.'"

Betty, 73, formerly of California, moved to Idaho. She says there aren't many single men in her age range there. To get out and get involved with new people, Betty signed up for a bus trip to attend an opera in a larger city and met a widower on the trip. They are now a couple.

How do women meet new people? By pursuing activities that interest them. It doesn't have to be an activity where men are present nor does it have to be a "singles function." In fact, the ratio of single women to single men at "singles functions" is usually unfavorable for women. And the older the group of people, the worse the ratio will be.

Sarah, of Indianapolis, says, "Just get out there and meet people, don't forget your women friends, they have brothers and male friends."

So where should women go to meet new people? Just about anywhere. Church groups, hiking clubs, bridge clubs, volunteer work, working part time are just a few places where single women might meet single men. But go for the fun and activities of being with new people. Don't worry about meeting a mate, it may not happen. But, your life will become less lonely and much more fun.

Editorial provided by Tom Blake, FindingLoveAfter50.com columnist.
Indiana State Capital Building ......................................... 317-233-5293
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Ball State Museum of Art ................................................... 765-285-5242
Ball State University Planetarium & Observatory ............. 765-285-8871
Columbus Indiana Philharmonic ........................................ 812-376-2638
Gruenewald Historic House .............................................. 765-648-6875
Historical Military Armor Museum .................................. 765-649-8265
Inland Aquatics .................................................................. 812-232-9000
Joseph Moore Museum of Natural History ....................... 765-983-1303
Mathers Museum ............................................................... 812-855-6873
Monroe County Historical Museum .................................. 812-332-2517
Native American Museum ............................................... 812-877-6007
Reardon Auditorium ......................................................... 765-641-4140
Wabash Valley Railroaders Museum ................................. 812-238-9958
Whitewater Canal State Historic Site ................................. 765-647-6512

adult daycare services
Indiana Association of Adult Day Services ......................... 317-340-3667

advocacy organizations
American Association of Retired Persons, Indiana Office .. 866-448-3618
Hamilton County Council on Aging ............................... 317-913-5535
National Council on Aging .............................................. 202-479-1200
Senior Medicare Patrol (SMP) – Indiana Association  See page 7
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The IAAAA mission is to help Indiana citizens age with dignity and maximum independence. They have 16 Area Agencies on Aging that provide Empowerment, Innovation, Lifelong Communities, Quality and East of Access-a single point for assistance in accessing all long-term care services.

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Indiana Department of Aging ........................................... 317-232-7020
Senior Medicare Patrol (SMP) – Indiana Association  See page 7
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dental care

The Indiana Dental Association .................. 317-634-2610 or 800-562-5646
Senior Smile Program ........................................... 503-513-5010

diabetes

American Diabetes Association .............................. 317-352-9226

American Association of Retired Persons Employment Program
Evansville .............................. 812-422-3910    Merrillville ...................... 219-980-2723
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American Red Cross of Greater Indianapolis ........................................... 317-684-1441
Boys and Girls Club ........................................................................... 765-482-5110
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Indiana Epilepsy Services ........................................... 317-278-0407

eye care

American Council for the Blind ........................................... 317-780-1444
Indiana Reading and Information Services, WFYI ...... 317-613-0423
EyeCare America ................................................................. 800-222-3937
National Eye Care Project for the Elderly .................. 800-222-3937
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Indiana Department of Revenue .................................... 317-232-2240
Internal Revenue Service - Federal ......................... 800-829-1040
friendly visiting

Friendly Visiting
Boone County Senior Services................. 765-482-5220 or 317-873-8939
Hendricks County Senior Services ..................... 317-745-4303

Friendly Visiting/Telephone Reassurance
Johnson County...... 317-738-4544   Mid-North Shepherd’s Ctr ..317-924-0959

Senior Companions Catholic Charities Indianapolis..... 317-236-1565
Volunteers to the Homebound .......................... 317-462-3758

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Medicare vs Medicaid

Medicare is the Federal health insurance program for people age 65 and older and for some disabled younger people. Medicare generally does not pay for long-term help with daily activities. Medicare pays for very limited skilled nursing home care after a hospital stay. If you need skilled care in your home for the treatment of an illness or injury, and you meet certain conditions, Medicare will pay for some of the costs of nursing care, home health aide services, and different types of therapy.

Medicaid is a Federal-State program that pays for health services and long-term care for low-income people of any age. The exact rules for who is covered vary by State. Medicaid covers nursing home care for people who are eligible. In some States, Medicaid also pays for some home and community services.

Article from the Agency for Healthcare Research and Quality (AHRQ), www.ahrq.gov.
hospitals / medical centers

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11700 North Meridian Street

Indiana University Health West
317-217-3000
111 N. Ronald Reagan Pkwy

Community Hospital East
317-355-5503
1500 North Ritter Avenue

Community Hospital North
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7150 Clearvista Drive

Community Hospital South
317-887-7400
1402 East County Line Road

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Eagledale Library
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5420 East 38th St.
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Flanner House Library  
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Franklin Road Library  
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5550 S. Franklin Rd.

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Pike Township Library  
317-269-1889  
6525 Zionsville Rd.

Shelby Street Library  
317-269-1878  
2502 Shelby St.

Southport Library  
317-269-1873  
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Spades Park Library  
317-269-1882  
1801 Nowland Ave.

Warren Township Library  
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9701 East 21st St.

Wayne Township Library  
317-269-1847  
198 S. Girls School Rd.

West Indianapolis Library  
317-269-1888  
1216 S. Kappes Street

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**medicaid**

**Family and Children**

*Boone County* .......... 765-482-1630

*Hamilton County* ........ 317-773-2183

*Hancock County* .......... 317-467-6360

*Hendricks County* ........ 317-272-4917

*Johnson County* .......... 317-738-0301

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**medicare / health insurance**

**National Medicare Hotline** ....................................................... 800-633-4227

**Social Security Administration** .............................................. 800-772-1213

**State Health Insurance** ......................................................... 800-452-4800 (in state only)

**Assistance Program - SHIP**

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**nursing home complaints**

Assisted Living Ombudsman .......................................................... 800-869-0212 x2238

Indiana Department of Health ....................................................... 317-233-1325

Long Term Care Division

Nursing Home Ombudsman ............................................................ 800-622-4484 or 317-631-9410

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**rehabilitation**

**Briarwood Health and Rehabilitation Center**

3640 Central Avenue, Indianapolis, IN 46205

317-920-7888 • www.briarwoodhrc.com

Briarwood specializes in respite care, hospice care and specialized wound care. If you had a stroke, or lost abilities to surgery they will customize a therapy to fit your needs with a goal to make you feel like a kid again!

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**Shelbourne Knee Center**

See page 1

1815 North Capitol Ave., Suite 600, Indianapolis, IN 46202

317-924-8636 • www.fixknee.com

The Shelbourne Knee Center is an orthopedic practice dedicated to the care, treatment and research of patients with knee injuries/conditions. Our onsite, fully equipped rehabilitation gym and x-ray department provide both efficiency and convenience during your appointments.

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**senior centers / programs**

**Beech Grove Senior Center**

317-788-4987

602 Main St., Beech Grove

**Christamore House**

317-635-7211

502 Tremont St., Indianapolis

**Brightwood Community Center**

317-546-8200

2410 N. Station St., Indianapolis

**Community Alliance of Far Eastside**

317-890-3288

8902 E. 38th St., Indianapolis

**Carmel Adult Senior Citizens Center**

323-789-2821

141 E. Main St., Carmel

**Concord Center**

317-637-4376

1310 S. Meridian St., Indianapolis
<table>
<thead>
<tr>
<th>Name</th>
<th>Phone</th>
<th>Address</th>
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<tr>
<td>Crooked Creek Multi-Service Ctr.</td>
<td>317-299-5354</td>
<td>2990 W. 71st St., Indianapolis</td>
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<td>Edinburgh Senior Center</td>
<td>812-526-5013</td>
<td>106 Holland St., Edinburgh</td>
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<td>Edna Martin Christian Center</td>
<td>317-637-3776</td>
<td>1970 Caroline Ave., Indianapolis</td>
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<td>Flanner House of Indianapolis</td>
<td>317-925-4231</td>
<td>2424 Dr. MLK St., Indianapolis</td>
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<td>Fletcher Place Community Ctr</td>
<td>317-636-3466</td>
<td>1637 Prospect St., Indianapolis</td>
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<td>Forest Manor Multi-Service Ctr</td>
<td>317-545-1204</td>
<td>5603 E. 38th St., Indianapolis</td>
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<tr>
<td>Franklin Senior Citizens Center</td>
<td>317-736-3696</td>
<td>160 E. Adams St., Franklin</td>
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<td>Greenfield Senior Center</td>
<td>317-477-4343</td>
<td>280 N. Apple St., Greenfield</td>
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<td>Greater Indianapolis YMCAs</td>
<td>317-266-9622</td>
<td>615 N. Alabama St. Suite 200, Indianapolis</td>
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<td>Greenwood Senior Center</td>
<td>317-882-4810</td>
<td>550 C Polk Ave., Greenwood</td>
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<td>Hawthorne Social Service Association</td>
<td>317-637-4312</td>
<td>2440 W. Ohio St., Indianapolis</td>
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<td>Hendricks County Senior Center</td>
<td>317-745-4303</td>
<td>1201 Sycamore Ln., Danville</td>
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<td>Heritage Place of Indianapolis</td>
<td>317-283-6662</td>
<td>4550 N. Illinois St., Indianapolis</td>
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<td>Indianapolis Senior Center</td>
<td>317-263-6272</td>
<td>708 East Michigan St., Indianapolis</td>
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<td>Jewish Community Center</td>
<td>317-251-9467</td>
<td>6701 Hoover Rd., Indianapolis</td>
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<td>John H. Boner</td>
<td>317-633-8210</td>
<td>23365 E. 19th St., Indianapolis</td>
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<td>Kennedy King Senior Center</td>
<td>317-327-7008</td>
<td>601 East 17th St., Indianapolis</td>
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<td>Martin Luther King Multi-Service Ctr</td>
<td>317-923-4581</td>
<td>40 W. 40th St., Indianapolis</td>
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<td>Martinsville Area Senior Center</td>
<td>765-342-5525</td>
<td>1369 Blue Bluff Rd., Martinsville</td>
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<td>Mary Rigg Neighborhood Center</td>
<td>317-639-6106</td>
<td>1920 W. Morris St., Indianapolis</td>
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<td>Mid-North Shepherd</td>
<td>317-924-0959</td>
<td>3808 N. Meridian St., Indianapolis</td>
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<td>Mooresville Area Senior Center</td>
<td>317-831-7510</td>
<td>4305 E State Rd. 144, Mooresville</td>
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<td>Nineveh Area Senior Citizens</td>
<td>812-526-0333</td>
<td>P.O. Box 264, Nineveh</td>
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<td>Noblesville and Fishers 55-ers</td>
<td>317-773-4275</td>
<td>9900 E. 191st St. Noblesville</td>
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<td>Perry Senior Citizens Service</td>
<td>317-783-9231</td>
<td>6901 Derbyshire Rd., Indianapolis</td>
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<td>PrimeLife Enrichment Center</td>
<td>317-815-7000</td>
<td>1078 3rd Ave. SW, Carmel</td>
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<td>St. Andrew UMC</td>
<td>317-784-4662</td>
<td>2560 S. Villa St., Indianapolis</td>
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<td>St. Paul Seniors</td>
<td>765-525-6306</td>
<td>102 E. Washington St., St. Paul</td>
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<td>Salvation Army Fountain Square</td>
<td>317-632-0156</td>
<td>1337 S. Shelby St., Indianapolis</td>
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<td>Salvation Army Eagle Creek</td>
<td>317-299-4454</td>
<td>4400 N. High School Rd., Indianapolis</td>
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<td>Shelby Senior Center</td>
<td>317-392-9727</td>
<td>320 Fourth St., Shelbyville</td>
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<td>Shepherd Center</td>
<td>317-873-5301</td>
<td>120 N. 9th St., Zionsville</td>
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<td>Southeast Community Services</td>
<td>317-236-7400</td>
<td>901 Shelby St., Indianapolis</td>
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<td>Sterrett Senior Center</td>
<td>317-549-4815</td>
<td>8950 Otis Ave., Indianapolis</td>
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<td>United Northwest Area</td>
<td>317-924-5786</td>
<td>3006 N. Clifton St., Indianapolis</td>
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<td>Waldron Seniors Waldron United Methodist Church</td>
<td>765-525-6727</td>
<td>105 N. Mulberry St., Waldron</td>
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<td>Whitestown</td>
<td>317-769-3232</td>
<td>American Legion Bldg.</td>
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### Senior Living

**American Senior Communities**  
See Inside Back Cover  
*Call 888-788-2501 to find a location near you.*  
[www.americansrcommunities.com](http://www.americansrcommunities.com)  

Our goal is to compassionately serve each resident with quality care and excellence through housing and health solutions that foster independence and self-esteem. And, to provide a continuum of care in a community setting that creates a sense of pride for residents, staff, family, and friends.

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**Park Square Manor**  
See page 2  
*6990 East County Road, 100 North, Avon, IN 46123*  
[317-272-7300](tel:3172727300) • [www.parksquareseniorliving.com](http://www.parksquareseniorliving.com)  

Park Square Manor is a quaint senior living option located in Avon with close proximity to shopping, restaurants and great movie theaters! They offer both independent living and assisted living services along with accommodations for both short-term or respite care. And by being owned by Five Star Senior Living Healthcare they stand by their Five Star Quality!
Thornbury Pointe
1055 Banham Court, Avon, IN 46123
877-360-3341 • www.thornburypointe.com
Senior apartment homes reserved for those 55 & better! Make yourself at home at Thornbury Pointe Senior Apartment Homes. With affordable living, desirable amenities and a great location, Thornbury Pointe is re-defining the idea of home. Why settle for an apartment that is too small for your needs or too big for your budget? At Thornbury Pointe you can choose from comfortably priced 1 or 2-bedroom apartment homes.

support groups
Arthritis Support Group, Arthritis Foundation ............. 317-879-0321
Crohn’s & Colitis Foundation of America ..317-259-8071 or 800-332-6029
Parkinson’s Support Groups ........................................... 317-255-1993
Stroke Support Groups Easter Seals Crossroads ........... 317-852-7604

Surgery
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1815 North Capitol Ave., Suite 600, Indianapolis, IN 46202
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transportation
megabus.com
Toll Free: 1-877-GO2-MEGA (1-877-462-6342)
Safe, convenient, and affordable travel. Offering service between Indianapolis and many other cities. Visit www.megabus.com for a list of cities.

veteran services
Indiana Department of Veterans Affairs .................. 800-400-4520
Veterans Benefits ............................................................. 800-827-1000

Caring People Make the Difference
When you walk into American Senior Communities, the difference is clear: there is a passion our people bring to their work that you simply won’t find in any other senior health-care community.

Our Services:
• Moving Forward Rehabilitation
• Auguste’s Cottage Memory Care
• Skilled Nursing
• Long Term Care
• Hospice
• Respite
• New Energy Wellness
• Garden Homes
• Assisted Living Apartments

We have 24 locations in the Indianapolis area,
visit our website for more information!
* services vary per location

ASC SeniorCare.com
St. Vincent Healthy Aging Services is designed to help adults age wisely. We’re meeting your unique needs and helping you maintain your independence. Whenever possible, we strive to provide personalized medical attention in the comfort of your own home.

Our services include a variety of care options — all with the singular goal of providing professional, quality and effective care while making families feel comfortable, too.

Services include:

- **Center for Healthy Aging**: An interdisciplinary geriatric and gerontological clinical practice
- **Home Health**: Skilled nursing and therapy services to improve the health of individuals
- **Private Duty Home Health Services**: Personalized care services
- **Medical Alert Services**: A personal emergency response service
- **Care Manager Program**: Navigational support services for seniors and families

We also offer Hospice, an end-of-life supportive care program.

The Spirit of Caring directs everything we do at St. Vincent. And nowhere is that spirit more evident than in how we care for seniors. Our mission is to support you and your family while promoting well-being, managing crises and providing guidance. For more information about St. Vincent Healthy Aging Services, call 317-338-7780.