



2023

Happy New Year!

*A community where older adults
are valued and never feel alone.*

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WEIGHT LOSS FOR OVER 60

New Year, New YOU? Take it easy now and only one day at a time. For many of us, life gets better—easier, even—as we get older. We get more comfortable and confident in our own skin. But unfortunately, some things, like losing weight, don't get easier with age. In reality, dropping unwanted pounds can feel harder than ever. Whether it's a busy schedule or stiff joints that's holding you back, you might be less inspired to go to the gym. Those 10 pounds you gained in your 40s can become an extra 20 pounds in your 50s and 60s. But experts agree that it's important to focus on achieving your healthy weight at any age. Listed below are the 7 steps to start your journey.

1. Focus on fat loss, not weight loss.
2. Add strength training to your workout routine.
3. Stay hydrated.
5. Be patient.
6. Stretch often.
7. Think positive.

Read the full article here:
<https://www.prevention.com/weight-loss/a20476245/lose-weight-after-60/>

BOAA CHRISTMAS PARTY!



THE 8 BEST PROTEIN BARS FOR OLDER ADULTS

In a perfect world, you'd meet all your nutritional needs with made-from-scratch meals. Enter the protein bar. These convenient bars are shelf-stable, individually wrapped, and easy to keep in your bag or pocket so you know you'll have something protein-packed when hunger strikes.

Protein Bar #1: Alani Nu Protein Bars

Protein per bar: 16 grams

Protein Bar #2: Aloha Plant-Based Protein Bars

Protein per bar: 14 grams

Protein Bar #3: Barebells Protein Bar

Protein per bar: 20 grams

Protein Bar #4: Built Bars

Protein per bar: 16–19 grams

Protein Bar #5: The Garden of Life Organic Fit Weight Loss Bars

Protein per bar: 14 grams

Protein Bar #6: Quest Protein Bar

Protein per bar: 20 grams

Protein Bar #7: NuGo Slim Bar

Protein per bar: 16–17 grams

Protein Bar #8: Silver Cuisine by Bistro MD Chewy Chocolate Peanut Butter Bar

Protein per bar: 15 grams



2022 BOAA Christmas Party at Bundy Lodge - Tom Lacey

BOAA hosted their annual Christmas Party on December 7 at Bundy Lodge. More than 75 guests gathered for this year's yuletide get-together. The afternoon was noted for a new venue for BOAA. After our party in 2021 we knew we were approaching our maximum capacity at the Well Connection. The board and planners looked for someplace with a little more room. Our Brownsburg partner in community service, The Lions Club, recommended we look at Bundy Lodge where they meet and host many of their activities. Our volunteer coordinator, Sandy Tolle, visited the lodge, inquired with the Brownsburg Parks Department, and made final arrangements. Thank you Sandy!

The afternoon was marked by cook-

ies and other holiday sweets and treats, provided by Excel Home Healthcare, and a tasty punch, specially made by Westside Gardens, and lots of socializing and catching up with BOAA friends. BOAA raffled off the table centerpieces of Poinsettias, sending 14 people home with a nice holiday flower. Tom Hanna of BOAA and Brenda Fisher of Excel Home Healthcare led the party with Christmas carols. The grand finale was a wonderful rendition of *The 12 Days of Christmas* sung by the guests, with the twelve tables each singing of the day they represented. The caroling was a huge part of the afternoon and was enjoyed by all.

Gifts were given to all who attended. This year our gift donors included the following: Chick-fil-A of

Avon who supplied the gift boxes; Lowe's of Brownsburg; Brownsburg Health Care; Harmony at Avon; Excel Home Healthcare; Mt. Tabor Baptist Church in Fayette; Clear Captions Inc; BOAA Board of Directors; Independent Village of Avon; Senior Helpers; Jan's Warriors; Tri Kappa Sorority; Girl Scouts of America; White Lick Presbyterian Church, and of course the wonderful volunteers of BOAA.

We thank every sponsor, donor, volunteer, and contributor for the best BOAA Christmas Party ever! Your help and kindness made for the best afternoon.

Check out the QR Code!



BROWNSBURG'S PUBLIC LIBRARY— Wilma Coggins

One of the many blessings of being part of Brownsburg Older Adult Alliance, BOAA, is that we have one Educational Wednesday each month with speakers from the community. Some are business people informing us about their services that we can use to better our lives. The school superintendent brought us up to date with all that the students get to experience in their 13 years at school. Other speakers—such as the local police, fire, one of the electric companies, an attorney with wisdom for seniors, physical therapists—have blessed us with information and answers to our questions. Each time we meet for this event we go away pleased that we learned something new about our community that we can incorporate into our daily lives.

On Dec. 14th Emily Fox was our guest; she presented the operations of our public library.

Did you know it first opened in 1918 in a

new building started by Andrew Carnegie with 400 books? The current estimate of options to check out and enjoy are now over 100,000. How fortunate we are that he chose Brownsburg as one of the cities to place a library.

There are about 25-30 employees working in thoughtfully attractive areas such as youth, teens, and adults. Emily explained that those areas are then divided up into books to hold and read, magazines, newspapers, and a great variety of electronic options. Staff are trained to serve us with our desires for those options.

Side rooms are included in the library for learning a new language, studying, and meetings of many kinds that the community requests. Some are used simply for fun, like Euchre each Friday, sewing clubs, and much more. We at BOAA would like to work together with the library staff to start a movie date once a

month in one of these rooms.

You can electronically receive all the scheduled services each month, information about the latest new books, and other new items that have been put out available to you. Ask for help setting this up on your devices.

There is so much available at the library for all of us. If you already have a library card, step out and use it more. If you don't have a card yet, just come get started and you'll be amazed at the available opportunities. The staff working there want to serve you with all you would like to learn and do. Bring your desires to them and see what can be accomplished.



ACTIVITY INFO

Bingo Sponsors: January 17 is Brownsburg Health Care and for January 31 is Westside Garden Plaza. We appreciate you and thank you very much.



PHASES

And just like the moon,
You shall go through phases
Of light
Of dark
And of everything in between.
And though
You may not always appear
With the same brightness,
You are always
Always
Whole.
- unknown

EDUCATIONAL WEDNESDAY

January 18 at 1:00pm – Chase Cottin from The Willows mental health group will be with us to inform us of programs and services that are available in Brownsburg to help keep us focused and positive in our lives. It is often in this time of the year, after the holidays and the long winter sets in, that we feel a little down. Chase will tell us how to combat those feelings and brighten up our lives.

I'm always amazed at the things I learn from attending our Educational Wednesday programs. Please make it part of your monthly plan. If you have not tried attending, you are missing out on some good Brownsburg information and resources to improve your lives.

DID YOU KNOW?

- Did you know it's illegal to feed pigeons on the sidewalks and streets in San Francisco?
- BOAA can help get you to your next appointment. Contact Tiffany at 317.840.8441 to submit a request.
- During the month of November 2022, a little over 262 hours of our volunteers' time was spent supporting the various activities that BOAA provides. Thank you, Volunteers; we couldn't do it without YOU!
- Did you know "Q" is the only letter that doesn't appear in any U.S. state name?
- Did you know "strengths" is the longest word in the English language with one vowel?
- Did you know there's a basketball court in the US Supreme Court building?
- January 4th is National Spaghetti Day
- January 19th is National Popcorn Day
- January 31 is Plan for Vacation Day!

JANUARY BOAA ACTIVITIES

Activities at The Well enter in Door #3. Doors will be open at 11:30 for activities at noon and 12:30 for activities at 1:00.

| SUN | MON | TUE | WED | THU | FRI | SAT |
|-----|-----|---|--|---|-----|-----|
| 1 | 2 | 3 NO ACTIVITIES | 4 NO ACTIVITIES | 5 NO ACTIVITIES | 6 | 7 |
| 8 | 9 | 10 1:00 Euchre 1:30 Chair Fitness | 11 Board Game Day 1:00 - 3:00 | 12 1:00 Hand & Foot Card Game | 13 | 14 |
| 15 | 16 | 17 12:00 Bingo 1:30 Chair Fitness | 18 1:00-2:00 Education Wednesday | 19 1:00 Hand & Foot Card Game RSVP FOR SOCIAL 317.440.5110 | 20 | 21 |
| 22 | 23 | 24 1:00 Euchre 1:30 Chair Fitness | 25 SOCIAL at The Well 12:00 - 2:00 | 26 1:00 Hand & Foot Card Game | 27 | 28 |
| 29 | 30 | 31 12:00 Bingo 1:30 Chair Fitness | Feb 1 Board Game Day 1:00 - 3:00 | 2 1:00 Hand & Foot Card Game | 3 | 4 |
| | | | | | | |

BOAA Board of Directors

Chairman: Tom Lacey
Vice Chairman: Vacant
Treasurer: Tom Kmetz
Secretary: Jenn Cox
Gen'l Member: Vacant



Please Welcome Mary Hayes Back To BOAA

- Tom Lacey

Effective January 1, 2023, Mary Hayes will be returning to help grow and guide BOAA to even bigger and better roles in our community. Late last summer two things happened that temporarily challenged our ability to properly market BOAA and all the great things we do in our community. Jenn Cox was offered a full-time, in-class teaching position in Okemos, Michigan. And Lindsey Lyngholm, our intern who had previously done our marketing campaigns, began law school in Indianapolis. These moves prevented both Jenn and Lindsey from devoting much marketing time to BOAA. Our board was obviously aware of our need and were having trouble finding the right person to do the job. In a board meeting in November it occurred to the board that right in front of them was the answer, Mary Hayes. Mary had done all types of work for BOAA in the past before she joined the Brownsburg Chamber of Commerce. So we are more than delighted and excited to once again have Mary on board. Her passion for BOAA is well known and her talents will help propel BOAA into 2023 and beyond. Please welcome back, Mary Hayes!!



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Contact us:

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*BOAA is dedicated to
enhancing the lives of
older adults and their
families in Brownsburg, IN.*

PLEASE
PLACE
STAMP
HERE

