



BOAA

BROWNSBURG OLDER ADULT ALLIANCE



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



August 2022

55+ Publication

Volume 7, Issue 8

BLAST OFF PARK RENOVATION

A fun and productive time was had by several BOAA volunteers who helped renovate Blast Off Playground at Williams Park on Wednesday, July 15. BOAA volunteers were Ken and Joan Hammel, the organizers of the BOAA group, David Moll, Rick and Marie Rarick, Tom and Shirley Hanna, Tray Hanna, Bill Worland, Tom Lacey, Joyce Cerny, and Sandy Tolle. This was a perfect opportunity for BOAA to give back to the community. Thanks to all who helped and a special thanks to Ken and Joan for organizing the group!



BLAST OFF PARK PICTURES!



FARMERS MARKET, SURVEYS AND THE SOCIAL

Each year BOAA and other non-profit groups are invited to have a booth at the Farmers Market Town Hall, held every Thursday throughout the summer. Our volunteers can educate members of the community who are not aware of the services BOAA provides to our senior citizens. Several contacts were made at the latest event, with newcomers signing up for the monthly newsletter. Thanks to Dorothy Sisson, Patsy Fleener, Bill Worland, Tom Lacey, and Sandy Tolle for spreading the word about BOAA!

A special thank you to those who helped with the 4 surveys conducted in the month of July. Volunteers for this task were Colleen Haddad, Marie McCracken, Karol Dodds, Leah Shanahan, Dorothy Sisson, Dee Ellis, and Darlene McWilliams. Thanks, ladies, couldn't do it without you!!

Thirty-five people attended the monthly social at The Well on Wednesday, July 13. Grilled hotdogs were served, along with chips and water. Thanks to Carole Likens for providing the yummy home-made cookies! A game of Price is Right was played, led by Vicky Byarley. These socials are a great time to get to know other seniors in the community and to visit with friends. Each participant enjoyed this time of socializing. Please join us in August!

YOUR FEET - Part 2



Walking gets the feet moving, the blood moving, the mind moving. And movement is life. - Terri Guillemets

5. Do Foot Exercises Daily

Foot exercises can help with arthritis related pain, by increasing blood flow to joints. They can also improve balance, which is decreased in older adults.

Three simple exercises:

Toe

grips: While seated, place marbles or other small objects on the floor in front of you and try to pick them up with your toes.

Single-leg balance: Stand near a wall, counter, or sturdy piece of furniture and balance on one leg. **Air-draw the letters of the alphabet:** While seated or standing (use support, if needed), use your big toe as the pointer. Move only your ankle, keeping the rest of your leg still.

6. Keep Your Feet Toasty Warm

Some people are prone to conditions that are related to temperature. Raynaud's syndrome is a condition where the blood vessels go into a temporary spasm, which decreases blood flow and causes the skin of your fingers and toes to change to white. Usually triggered by cold temperatures but can be experienced year-round.

Another condition related to cold temps is chilblains. A painful inflammation of small blood vessels in your feet that occurs in response to repeated exposure (or re-exposure) to cold. It can cause itching, red patches, swelling and blistering. Both conditions can happen even indoors wearing thicker socks, doubling up on socks, or wearing both socks and slippers to warm up your feet.

7. Don't Be Afraid to Ice

If you have an inflamed, painful bunion, or plantar fasciitis, use an ice pack or wrap for about 20 minutes two or three times a day for relief. Another trick to ease plantar

fasciitis pain is to roll your foot over a frozen water bottle for 15 to 20 minutes to stretch out the area and reduce inflammation.

8. Check Your Feet Daily if You Have Diabetes

More than a quarter of all adults over the age of 65 have type two diabetes, according to the Centers for Disease Control and

Prevention. If you're one of them, it's very important that you check your feet every day for cuts, redness, swelling, sores, blisters, corns, calluses, or any other change to the skin or nails. (You can use a mirror if you can't see the bottom of your feet.) It's also important to trim your toenails regularly and smooth any sharp edges with a nail file, to prevent cuts to your feet.

9. Consider an Orthotic

If you've tried some — or all — of the above tips, and still notice foot pain, you may want to consider an over the counter orthotic, recommends Brenner. These can often take pressure off of your feet by adding more support, especially if you're flat footed. Brenner recommends PowerStep orthotics. But if pain persists, see a podiatrist, who can fit you with a custom option.



Hacking scams targeting senior citizens!

The sad truth is that many senior citizens are sitting ducks for online fraud and identity theft. Americans over 60 lost a jaw-dropping \$650 million to online fraud in 2018.

1. When it comes to Covid-related information, be selective of your sources. One way to filter out as many COVID scams as possible in one fell swoop is by installing powerful antivirus software like Norton Security Online

2. Review your health statements closely—medical identity theft is real. They look to use your name and private personal information to visit doctors, have procedures done, get prescriptions filled, and even file claims with your health insurance provider

3. If your grandchild is asking for money over the phone, hang up.

Resist the urge to act immediately, no matter how compelling the so-called crisis. Verify your grandchild's identity by asking questions a stranger couldn't possibly know. And whatever you do, **don't send cash, gift cards, or money transfers.**

4. If "tech support" reaches out to you unsolicited, they're probably scammers. You get a call for someone to be from Apple or Microsoft saying that they've noticed there's a particular problem with your computer. If you could just go to this particular site and click on this link, **DO NOT DO THIS!** They'll get into your computer.

5. Don't befriend strangers online—and if you do, verify their identity. It's tempting to connect with interesting strangers on the internet, but senior citizens are a prime target for catfishers. Catfishers scan elder Americans' social media profiles for information about their interests.

KINDNESS

Kindness has a beautiful way of reaching down into a weary heart and making it shine like the rising sun.



ACTIVITY INFO

SOCIAL - RSVP - August 5
317.440.5110

BINGO - The sponsor on Aug 9 is Independence Village of Avon. Thank you & we appreciate you.

SOCIAL DAY - August 10 at The Well. Our sponsor will be Dave Holder from Assisted Living Locations. Come one, come all! Thank you Dave Holder!

EDUCATIONAL WEDNESDAY
August 17 from 1-2 at The Well. Our guest speaker will be Captain Amanda Goings from Hendricks County Sheriff's department. She will share information on current scams and frauds.

Thank YOU - To Vicky Byarley for taking care of our activities and all you have done for BOAA. You will be missed.



© Brian Crane.

DID YOU KNOW?

- From 01-Apr-2022 to 30-Jun-2022 from 33 households BOAA received a total of 63.15 in donations just from YOU shopping at Kroger!! Thank you for signing up to give to BOAA!
- Do you need a helping hand with minor repairs? Call 317.440.5110 & leave a message so we can help!
- How many grandchildren do you have going back to school soon? Remember when we returned to school AFTER Labor Day?
- Senior Discounts? Log in here to find what is available near you.
[Indiana, IN Senior Citizen Discount List to Local Restaurants, Retail Stores, and Travel](#)
- BOAA can help get you to your next appointment. Contact Tiffany at 317.840.8441 to submit a request.
- Call Kathy Arthur to join the Walking Club, she has all of your details . 765.481.1936
- We have so much fun all the time! Come and join us in all of our activities listed below.

FREE STATE FAIR TICKET

UNION CARPENTERS' DAY

Wednesday, August 10

Buy a copy of the IndyStar on August 4 for FREE admission ticket to the Fair on August 10!

AUGUST 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 1 PM Euchre 1:30 Chair Fitness Community Room	3 1 PM Jan's Warriors	4 1PM Hand & Foot Cards	5 RSVP FOR SOCIAL 317.440.5110	6
7	8	9 12 PM Bingo 1:30 Chair Fitness Community Room	10 12-2 PM SOCIAL AT THE WELL	11 1PM Hand & Foot Cards	12	13
14	15	16 1 PM Euchre 1:30 Chair Fitness Community Room	17 1-2 PM Educational Day Hend Co Sheriff Fraud & Scams	18 1PM Hand & Foot Card Game	19	20
21	22	23 1:30 Chair Fitness Community Room	24	25 1PM Hand & Foot Cards	26	27
28	29	30 1 PM Euchre 1:30 Chair Fitness	31	Sept 1 1PM Hand & Foot Cards		

BOAA Board of Directors

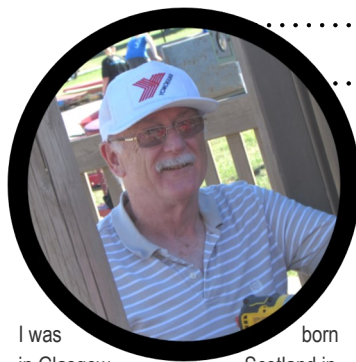
Chairman: Tom Lacey

Vice Chairman: Vacant

Treasurer: Tom Kmetz

Secretary: Jenn Cox

Gen'l Member: Vacant



I was born in Glasgow Scotland in 1950, the first boy after three girls, to my Scottish dad and English mother. Before I was 2 we moved to Hull in Yorkshire, England, to live close to my mother's family. (Hull was home to William Wilberforce who was instrumental in abolishing slavery in England.) In England my parents had three more girls, putting me as the sole boy in the middle of seven children. We grew up two blocks from the last place in England to be bombed by the Germans in World War II.

My parents, younger sisters, and I moved to Indianapolis in 1968 (my three eldest sisters were now married), when my dad was hired by an Indianapolis firm who were in the UK searching for experienced machinists. About 40 employees were hired from England and

Meet Your Volunteer...*Doug Gray*

Scotland. In Indy, a British-American club was formed that included a soccer team, which played in a league of teams from Indiana, Ohio, and Kentucky where we won many league and cup tournaments. I played into my thirties before moving to a Fishers travel team and to coaching a travel team in Hamilton Southeastern for three years. In early 1971 I met the love of my life, Karen Ann Rudicil, shortly after I turned 21. Karen and I were married on Christmas Eve 1974, making me the luckiest man in the world to be married to such a wonderful person.

In the '90s we moved to Brownsburg where Colin attended high school. Karen continued her sewing passion after selling her business in Noblesville, and I started to travel for my work. My work took me to 26 different countries where I met many great people. I went out to dinner with all kinds of people in many places and even had dinner in people's homes in places such as Korea, Japan, and China. I learned close up about other lifestyles and customs.

Three events stand out from my travels.

Northwest flight 41 from Mumbai, India, to Amsterdam, Netherlands, made an emergency landing in Tehran, Iran, at 3 am, after a suspected fire in the cargo hold. We were in Tehran for seven hours. The captain gave a televised interview, and then I was asked to represent the civilian passengers, a proud moment. The second event involved back-to-back assignments. I flew to an assignment in China via the Pacific and then on to Germany where I flew over mainland Asia and Europe. I then flew home via the Atlantic; I had now literally flown around the world. Finally, I was in Mexico on 9-11 and had to walk across the border at El Paso with my luggage, one surreal experience among many in my travels.

I lost Karen last year, short of our 47th anniversary, and I am devastated, as she was my everything. Our son Colin has helped me through this time, especially through that first winter without Karen. Since this loss, I have met many wonderful people through volunteering at BOAA and the senior center. With the help of Colin, new and old friends, neighbors, and BOAA, I am working to survive this time of grief and sorrow.

PLEASE
PLACE
STAMP
HERE

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

