

Senior Sentinel

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19TH ANNUAL

Holiday Bazaar

Saturday, December 2, 2023

8:00 a.m. to 2:00 p.m.

Heimach Center

1800 E. 7th St., Auburn, IN 46706

- CRAFTS, BAKED GOODS AND SO MUCH MORE!
- HOT CHOCOLATE BAR BY ASTRAL OF AUBURN
- STORY TIME
- TOUR THE MANY TREES THROUGHOUT THE CENTER BY LOCAL BUSINESSES AND ORGANIZATIONS
- COFFEE, TEA AND COOKIES BY SMITH FARMS MANOR
- GIFT WRAPPING BY DASH HOME SCHOOLS. (THIS WILL BE A FUNDRAISER FOR THEM.)

United
Way



A UNITED WAY FUNDED AGENCY



November 2023



NOVEMBER



Monday, November 6, 13, 20 & 27; 9:30 & 10:30 YOGA w/ Cathy

Tuesdays, November 7, 14, 21 & 28; Zumba w/ Auburn Parks Dept. 9-10 am

Tuesdays, November 7, 14 & 21 & 28; 9-2 SHIP (Medicare) w/John

Tuesday, November 28; 1:00 DCCOA Board of Directors Mtg.

Wednesday, November 1; Bingo @ 9:30; Astral at Auburn

Wednesday, November 15; Bingo @ 9:30; DCCOA Employees Giving Back

Wednesday, November 1, 8, 15, 22 & 29; 9:30 & 10:30 YOGA w/Cathy

Thursday, November 2, 9, 16 & 30; 10:00 Tai-Chi w/Greg

Thursday, November 16; Executive/Finance/Endowment Committee mtg. 9:00 am

Thursday, November 16; Education Series @ 1:00 presented by Sue/Miller's Merry Manor

Friday, November 3, 10 & 17; Zumba w/ Auburn Parks Dept. 9-10 am

Friday, November 3, 10, 17 & 28; 9-2 SHIP (Medicare) w/ Kathy & Ed



Closed Days

The Heimach Center Closed/ No Dart Transportation
November 23 & 24 Thanksgiving

December 22, 25, 26 & 29

January 1, 2024



In Memory of the following loved ones, a memorial has been made to the Heimach Center.

Peggy Didrick
Nadine Moore



FRIENDS

Please think of the DeKalb Co. Council on Aging for memorials made in memory of honoring a loved one. Such gifts allow our agency to better serve and one such gift can help to serve many! Please call 260-925-3311 for additional information in your gift giving.



HAPPY
THANKSGIVING
FROM OUR
DCCOA FAMILY
TO YOU AND
YOURS!



Energy Assistance

Low Income Home Energy Assistance Program

(LIHEAP) Households that are below 60% of the State Median Income may qualify for assistance. Please visit eapihcda.in.gov or call 2-1-1. Applications are taken through May 20, 2024.

Customer Assistance for Residential Energy (CARE) Discount Program.

This program is designed to provide further bill reductions to LIHEAP-approved customers. Once enrolled in LIHEAP, customers are automatically enrolled in this program.

Flexible Payment Plans: NIPSCO has expanded its payment plan agreements to offer its most flexible payment plans to customers that need financial support, including three, six and 12 month plans. You can learn more and enroll at NIPSCO.com/Payment/Plans. Customers may also contact NIPSCO Customer Care Center @ 800-4-NIPSCO

Brightpoint Energy Assistance Program (EAP) helps pay a portion of winter heating bills for households in Allen, DeKalb, LaGrange, Noble Steuben and Whitley Counties. Applications for program year 2024 are now available. Submit an application online at <http://eap.ihcda.in.gov> or call (800) 589-3506, press 1 and follow the prompts for utility assistance.

If you are up for disconnect, please reach out to your utility company, 2-1-1 or your local township trustee.

Join one of our Support Groups @ Heimach Activity Center 1800 E. 7th St., Auburn (Everyone is welcome)

Caregiver Support Group (New Group) Facilitator: Sue Cassel

Meet, Greet, and Learn @ the first meeting will be, November 1 @ 2:00 p.m. This group will meet for a 6 week series on Wednesdays, Together for Each Other: A Caregiver's Support Group. This community is open to all caregivers looking for encouragement, support and guidance. We are here to provide a helping hand and a listening ear. Sue is a registered nurse who has worked in medical and mental health settings.

Building Connections Grief Support Group

Meets on the first and third Monday of each month (November 6 & 20) at 1:00 p.m. Join Jonathan Jeran from ProMedica Hospice (formerly Heartland Home Health) in November. This group is open to all ages! Please call the Heimach Center @ 260-925-3311 or call or text Jonathan @ 260-442-2438 with any questions you might have.

Alzheimer's Caregiver Support Group

Meets 3rd Thursday of each month (November 16) at 2:00. Facilitator is Sue Daniels from Millers Merry Manor (Garrett) & Jill Headrick from the Alzheimer's Association of Fort Wayne. Merry Manor (Garrett); Helpline: 800.272.3900; The group is co-sponsored by Alzheimer's Association and the Heimach Center.

FOOTCARE with KEN (\$21)

Wednesday, November 15

Thursday, November 16

Friday, November 17

9:00 am - 2:30 pm



Call today for an appointment
260-925-3311

Veterans Day 2023

Veterans Day is observed on November 11, the anniversary of the armistice that ended World War I in 1918. This day gives us the opportunity to show our gratitude for the sacrifices they made to protect our freedoms. On Veterans Day, we honor their service, dedication, and valor and are forever grateful for their sacrifice.

DCCOA would like to recognize our employees that are Veterans.

John Cunningham

Charles Hagen

Shanon Moore

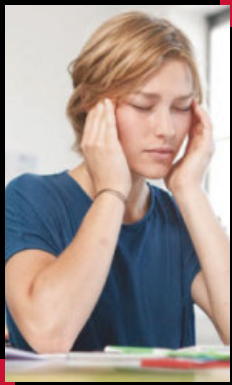
Darrell Ritter

Dale Watson



Thank you for serving our country and protecting our freedoms.

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DeKalb County Council on Aging, Auburn, IN

A 4C 01-1482

Caregiver: Handling Incontinence

While incontinence can create embarrassing situations for both patient and caregiver, there are some things you can do to handle the situation with grace and allow your loved one some dignity.

First, it's important to determine the cause of incontinence, whether it's physical or rooted in a mental impairment. When incontinence first occurs, consult your physician. Causes for incontinence include infection, constipation, medication, prostate enlargement and hormonal changes. If incontinence is caused by something physical, it can often be treated.

Incontinence is also caused by dementia stemming from illnesses such as Alzheimer's disease, the result of the brain not sending the message that your loved one has to go to the bathroom. Bodily sensations decrease and they may not realize they need to go, or they may have forgotten how to respond to such feelings. In this case, learning to manage incontinence is the best course of action. Caregivers may have trouble realizing that even the simplest things, the things that we do without thinking, will need to be addressed and considered for the incontinent loved one.

One of the things that makes incontinence difficult to deal with for the person affected is the loss of control of something we all take for granted, the ability to manage one's bodily functions. Try to empathize with how difficult it is for your loved one to suddenly need help with something so personal.

Dealing with a loved one's incontinence can be especially difficult for the grown child of an ailing mother or father. This role reversal can be traumatic. The important thing is to learn ways to deal with incontinence on a daily basis.

There are things a caregiver can do to manage incontinence effectively and efficiently.

Bathroom 101

Make the necessary changes to create a safe and manageable environment. Make sure the bathroom is well lit. Some patients have a hard time recognizing the toilet, so make sure it stands out. Try using a brightly colored toilet seat so it's easy to find. A raised toilet seat might help, as well as grab bars so your loved one has an easier time getting up and down. If the bathroom isn't close enough, try using a portable toilet near the bed. Most importantly, do what you can to help, but be sure to respect privacy as much as possible. Freely giving that respect can restore some dignity to your loved one.

Clothes Call

Re-examine your loved one's wardrobe. Turn this change into a happy experience by focusing on the idea of getting brand new clothes. Avoid tight-fitting, complicated clothing that could be difficult to get in and out of. Opt for loose fitting garments with elastic waists and Velcro closures instead of buttons and zippers.

Whenever your loved one does have an accident, change clothes as soon as possible. Protective undergarments can also help. Some patients want to avoid these because it makes their situation too real for them and escalates feelings of helplessness. Try to find protective undergarments that look as much like regular underwear as possible. Don't call attention to the fact that these are "special." Your loved one will be much more likely to accept this change if you don't call attention to it or make a big production out of it.

Dietary Detecting

Look at your loved one's diet. There are certain foods that exacerbate incontinence. These include alcohol, carbonated drinks, milk, citrus, tomatoes, chocolate, spicy foods and caffeine. Limiting these foods can help curtail episodes. Also, try keeping a food diary to monitor what other kinds of food triggers incontinence.

Avoiding Skin Problems

It's very important to keep your loved one's skin clean, especially after an accident. Stray waste matter can cause irritation and can result in rashes. Clean the skin thoroughly with a gentle, fragrance free cleanser or cream your doctor recommends. You can follow-up with baby powder to keep the area dry.

Keep a Positive Attitude

As with most things in the patient/caregiver relationship, communication is key. Remember that your loved one may have to be reminded to do what most of us do without thinking. Use simple language they can easily understand. Be gentle and non-judgmental, but not patronizing. Be up front about why you are doing what you are doing, but keep a positive attitude.

- Set a regular schedule to use the bathroom. Frequent and planned visits to the bathroom, usually every two to three hours, will help your loved one avoid soiling themselves and can assist with bladder retraining.
- If your loved one is living with incontinence due to a memory disorder, try replacing regular underwear in his or her dresser with protective pull-up underwear. It will lessen confusion and help make the adjustment to the protective undergarments easier.



November Luncheon

November 14, 2023 at 11:30 am
Heimach Center
1800 E. 7th St., Auburn, IN

Menu:



Thanksgiving Dinner



Sponsored By:
Astral at Auburn

Veteran's Day Program By:
Dash Home Schools



Sign up in the Center lobby or
by calling 260-925-3311

On Sale Starting November 10th

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- Mental Health Support

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Monday, 11/13 9A-4P see full listing

OR



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ChildrenFirstCenter.org
260-925-3865



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| ASHLEY Village Foods | |
| AUBURN Auburn Moose Lodge ACE Hardware Beacon Credit Unions Ben Davis Ford Campbell & Fetter Bank Carbaugh Jewelers Classic City NAPA Community State Bank Distinctive Design Salon & Spa F&M Bank Heimach Center Hicksville Bank Italian Grille | Joanna's Family Restaurant Little Sprouts Mettert's WaterCare Nature's Merchantile ProFed Credit Union Serenity House Shepherd's Sprinkling Can State Farm Joyce Hefty Taylor Rental The Evening Star The Paper Gourmet |
| AVILLA Community State Bank | |
| BUTLER Donaldson's Ace Hardware | NAPA-M&S Auto Parts |
| CORUNNA Albright's Supermarket | |
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| HAMILTON Farmers State Bank | Village Foods |
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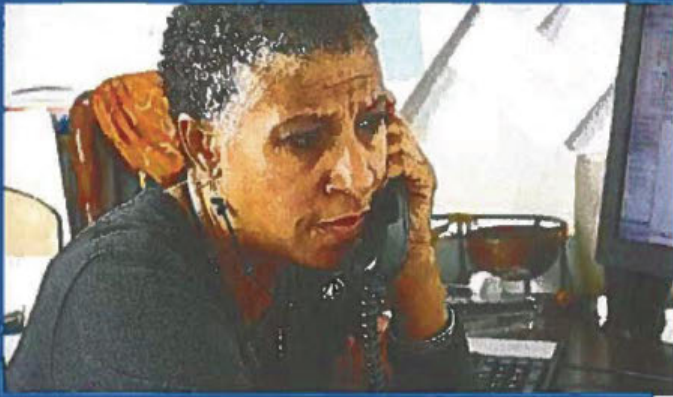
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DeKalb County Council on Aging, Auburn, IN

B 4C 01-1482



Navigating Medicare

VOLUNTEER

Help others with their Medicare questions.

State Health Insurance Assistance Program offers VOLUNTEER OPPORTUNITIES

SHIP offers gratifying volunteer opportunities for hundreds of people across Indiana. We provide services through many channels: seminars, local community training, one-on-one counseling, public speaking, publications, videos and more.

SHIP is driven by volunteers who are committed to helping people with Medicare determine the best healthcare choices for their individual situations and to be good consumers of Medicare, Medicare Advantage, Part D drug coverage, long term care financing, and low income assistance programs.

SHIP offers its volunteers choices on how they would like to volunteer.

SHIP is a national program of the Administration for Community Living, an operating division of the U.S. Department of Health and Human Services.

Personal Counseling - Direct discussion with Medicare beneficiaries about their individual situations and may include review of personal information, such as Medicare Summary Notices, billing statements, and other related financial and health documents. This can take place on-site, virtually, or by phone.

Special Events/Presentations - Educates through presentations, health fairs, and other events geared toward Medicare recipients.

Administrative Support Aide - This role involves such work as copying, filing, data entry, scheduling appointments, and placing phone calls in support of SHIP activities. Volunteers who work in this role do not field questions from the public.



(800) 452-4800 | www.Medicare.in.gov

Festive Cranberry Pineapple Salad

(This salad was served at our Thanksgiving Luncheon 2022)

Yield: 14 servings

Ingredients

1 (20 ounce) can Dole Crushed Pineapple, undrained

2 (3.25 ounce each) boxes or 1 (6 ounce) box Jell-O Brand Raspberry Flavor Gelatin

1 (16 ounce) can whole berry cranberry sauce

1 medium Dole Apple, chopped

2/3 cup chopped Planters Walnuts



Instructions

Drain pineapple, reserving liquid in 1 quart liquid measuring cup. Remove 1 tablespoon of the crushed pineapple; set aside for garnish.

Add enough cold water to reserved liquid to measure 3 cups; pour into large saucepan. Bring to boil; remove from heat.

Add gelatin; stir at least 2 minutes until completely dissolved.

Add cranberry sauce; stir until well blended. (Note: Due to the presence of whole berries in the cranberry sauce, the gelatin mixture will not be smooth.)

Pour into large bowl. Refrigerate for 1 1/2 hours or until slightly thickened (consistency of unbeaten egg whites.)

Stir in remaining pineapple, the apples and walnuts; stir gently until well blended.

Pour into medium serving bowl.

Refrigerate for 4 hours or until firm.

Top with reserved crushed pineapple and garnish with apple slices just before serving.

Store leftover gelatin in refrigerator.

Did you know?



Ninety Wampanoag Native Americans and 50 Plymouth colonialists (Pilgrims) celebrated the first-ever autumn harvest celebration in 1621. While this celebration lasted three days, only five women were present.



The first Macy's Thanksgiving Day Parade featured Central Park Zoo animals.

The Macy's Thanksgiving Day Parade was originally called the "Macy's Christmas Parade" to kick off the holiday shopping season. Held in 1924, the first parade included monkeys, bears, camels, and elephants borrowed from the Central Park Zoo instead of the traditional character balloons we know today.



The 1950's introduced the frozen, already prepared turkey to grocery store freezers.

Along with the Turkey, giblet gravy was served. Ambrosia salad is still popular in the South, but most have left it behind.



Americans eat a ton of turkey on Thanksgiving. About 46 million turkeys are consumed every year on this holiday.

"We must find the time to stop and thank the people who make a difference in our lives"

John F. Kennedy



| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|--|---|---|---|---|
|  | <h1>NOVEMBER 2023</h1> | | | | | |
| 5 Daylight Savings | 6 Chair Yoga w/Cathy 9:30 Trad'l Yoga w/Cathy 10:30 Euchre Bridge 12:30 Building Connections Grief Support Group 1:00 | 7 Ship (by appt) 9-2 Zumba Gold 9-10 CFSP Delivery (Afternoon) | 8 Chair Yoga w/Cathy 9:30 Trad'l Yoga w/Cathy 10:30 Mah Jongg 1:00 Caregiver Supp. Grp. 2:00 | 9 Tai Chi with Greg 10-11 Duplicate Bridge 12:15 | 10 Ship (by appt) 9-2 Zumba Gold 9-10 Scrabble 1:00 Euchre 6:30 | 11 Veteran's Day  |
| 12 | 13 Chair Yoga w/Cathy 9:30 Trad'l Yoga w/Cathy 10:30 Euchre Bridge 12:30 Building Connections Grief Support Group 1:00 | 14 Ship (by appt) 9-2 Zumba Gold 9-10 | 15 Bingo 9:30 Foot Care 9-2 Chair Yoga w/Cathy 9:30 Trad'l Yoga w/Cathy 10:30 Mah Jongg 1:00 Caregiver Supp. Grp. 2:00 | 16 Foot Care 9-2:30 DCCOA Exec/Finance Mtg. 9:00 Tai Chi with Greg 10-11 Duplicate Bridge 12:15 Education Series 1:00 Alzheimer's Supp Grp. 2:00 | 17 Foot Care 9-2:30 Ship (by appt) 9-2 Zumba Gold 9-10 Craft (\$5) 10:30 Scrabble 1:00 Euchre 6:30 | 18 |
| 19 | 20 Chair Yoga w/Cathy 9:30 Trad'l Yoga w/Cathy 10:30 Euchre Bridge 12:30 Building Connections Grief Support Group 1:00 | 21 Ship (by appt) 9-2 Zumba Gold 9-10 | 22 Chair Yoga w/Cathy 9:30 Trad'l Yoga w/Cathy 10:30 Mah Jongg 1:00 Caregiver Supp. Grp. 2:00 | 23 Happy Thanksgiving  | 24 Heimach Center Closed/ No DART Transportation Euchre 6:30 | 25 |
| 26 | 27 Chair Yoga w/Cathy 9:30 Trad'l Yoga w/Cathy 10:30 Euchre Bridge 12:30 DCCOA Board of Directors Mtg. 1:00 | 28 Ship (by appt) 9-2 Zumba Gold 9-10 DCCOA Board of Directors Mtg. 1:00 | 29 Chair Yoga w/Cathy 9:30 Trad'l Yoga w/Cathy 10:30 Mah Jongg 1:00 Caregiver Supp. Grp. 2:00 | 30 Tai Chi with Greg 10-11 Duplicate Bridge 12:15 |  | |

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Dr. Lindsey Koble is a native, and resident, of Garrett, IN. She completed her Bachelor of Science degree at Purdue University in West Lafayette, Boiler Up! She then attended the University of Illinois in Champaign to obtain her Doctor of Audiology degree.



Lindsey began her career working as a clinical audiologist for Ear, Nose & Throat Associates. She then went on to work for a global hearing aid manufacturer, Signia Hearing. Lindsey's combination of clinical and corporate experience give her a unique perspective on the hearing aid industry and the opportunities available to help those with hearing loss.

It was important to Lindsey for Audiology Always to be independently owned. This means the business has no financial ties to any hearing aid manufacturer allowing her to do what is best for her patients. Lindsey understands the desire for affordability and accessibility of hearing aids and is committed to helping you find a solution that meets your needs, expectations, and budget. You can count on individualized, and dependable, expert care at Audiology Always.



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Heimach News



Join Us along with Auburn Parks and Recreation for Easy Sew Hand Warmers

\$4 per participant; min of 12 and max of 25 participants

When: Friday, November 17
Time: 10:30 am
Where: The Heimach Center

Stop in and register and pay at the Heimach Center.



BINGO

Heimach Center
1800 E. 7th St., Auburn, IN
Starts at 9:30am

OCT. 18

Parkview Hospice
(Mindy)

NOV. 1

Astral At Auburn
(Amber)

NOV. 15

Heimach Center
(Beth)

DEC. 6

Astral At Auburn
(Amber)

DEC. 20

Miller's Merry Manor
(Sue)

BINGO will now be the first and third Wednesday every month at the Heimach Center



Party Bridge Anyone?

Our group is looking for new players! Party Bridge meets every Monday at the Heimach Center @ 1:00. Everyone is welcome!

Drop in and join us or call 260-925-3311, leave your name and phone number and someone will return your call.



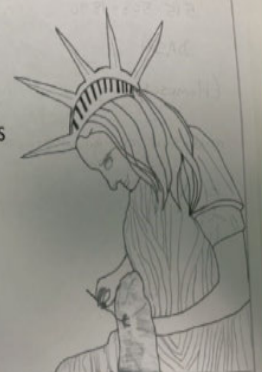
Do You Need Alterations?

Liberty from Dash Homeschools will be at the Heimach Center to pick up and deliver alterations as needed on Tuesdays. Please schedule an appointment with her and she will be happy to help you!



Liberty's Mobile Sewing Service

Alterations and repair services
in the lobby
Tuesdays
10:00 am to noon
Call or text Liberty Sherron
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Register Now

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**Annual Auburn Downtown Christmas Parade & Lighting of Frosty
Tuesday, November 21 @ 7 p.m.**



The lighted Christmas parade begins at the DeKalb County Fairgrounds and proceeds to Courthouse Park on the corner of 7th and Cedars Streets in downtown Auburn. Grab a cup of hot chocolate and enjoy the Christmas celebration gathering.

Sponsored by the Downtown Auburn Business Association & Auburn Main Street

Solutions **BEYOND BASICS** *Educational Series*

Heimach Center
1800 E. 7th St., Auburn, IN
November 16th at 1pm
Sign up in the Center lobby
or by calling 260-925-3311

Topic: Diabetic Management

Do you have diabetes, or have been told that if you don't change your diet and lifestyle you could get diabetes? Do you want to learn more about the disease and how to deal with it? We will talk about diet, exercise, and other lifestyle changes to help make your quality of life better.



SENIOR BASH



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your Laughing!**



THANKS FOR THE MEMORIES



**Get out there
and live a little!**



Employee Highlight

Mike Esselburn: DART Driver



Q: What do you like about your current job? **Helping people**

Q: Are you a morning person or night owl? **Morning**

Q: What is your favorite family vacation? **Relaxing somewhere in the sun!**

Q: If you could have any superpower what would it be? **X-Ray Vision**

Q: What's something about you (a fun fact) that not many people know? **I have had 6 broken arms between the ages of 2-12 years.**

Q: What chore do you absolutely hate doing? **Vacuuming**

Q: If you could choose to do anything for a day, what would it be?
Go to a baseball game

Q: What's the best advice you've ever heard?
Use your time wisely because you never know when you won't have any time left.



Employee Highlight

John Pepple: Dart Driver



Q: What is your favorite restaurant? **Mexican**

Q: What is one food you cannot resist? **Chocolate**

Q: If you could visit any place in the world, where would you go?
Some place warm.

Q: When you have 30 minutes of free time, how do you pass the time?
Ride my 4 - wheeler in the woods.

Q: If you won the lottery, what is the first thing you would do? **Help family & friends.**

Q: If you have any superpower what would it be?
My superpower would be fly so I don't get stuck in the airports.

Q: What's something about you (a fun fact) that not many people know?
I collect farm toys

Q: Do you have any pets? **2 Golden Retrievers**





Fort Wayne Civic Theatre
303 E. Main Street
Fort Wayne, IN 46802

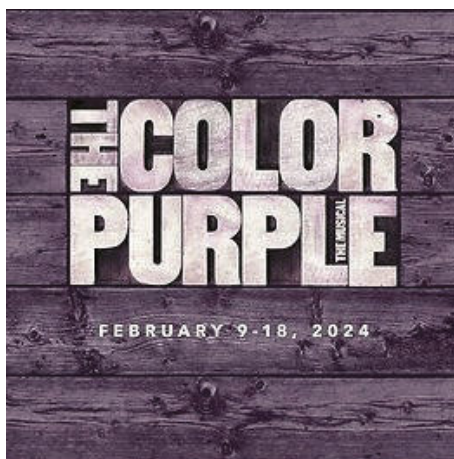
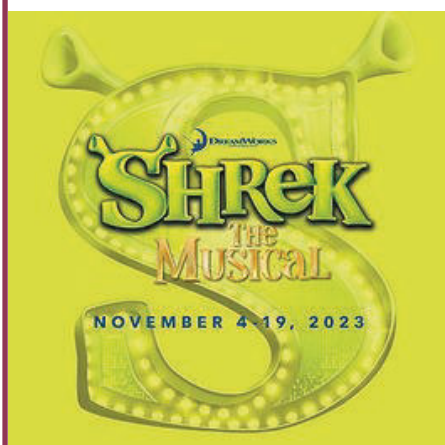
Fort Wayne Civic Theatre 2023-2024 Season

Order your free tickets online at fwcivic.org or call (260) 424- 5220

CODE: DCCOA

“IN THE WINGS PROGRAM”

These performances are a part of the educational outreach series. You will have the opportunity to enter a qualifying organization code in the “Coupon Code” box at checkout or call the Box Office at 260-424-5220.



This one is presented at the Parkview Physicians Group ArtsLab at Auer Center for Arts & Culture



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MEDICARE OPEN ENROLLMENT

Ends December 7th

Medicare plans are pretty confusing. Here are some key term definitions that will help you understand a little more:

PART A: Government insurance that covers hospital, rehab and hospice costs.

PART B: Government insurance that covers doctor visits, lab tests, screenings and outpatient services. PARTS A & B are often referred to as original Medicare.

PART C/Medicare Advantage: Private insurance approved by Medicare and largely funded by government payments that uses a network of providers to provide comprehensive health coverage.

PART D: Private insurance covering outpatient prescription drugs.

MEDICAID: Government insurance for low-income people.

MEDIGAP: Private insurance that helps pay out-of-pocket costs for people with Parts A and B. Also called Medicare Supplement plans.

RETIREE HEALTH INSURANCE: Private insurance provided to retirees by their former employers.

TRICARE FOR LIFE: Government insurance for retired veterans.

PREMIUM: The amount you pay for an insurance policy. Often paid monthly.

DEDUCTIBLE: The amount you must pay for care before insurance starts covering costs.

COPAY: A flat fee you pay for your share of a health care visit, service or product.

COINSURANCE: A payment for your share of a health care visit, service or product that is usually a percentage of the total charge.

HMO: Health maintenance organization, an insurance plan that mainly requires you to visit providers within a network.

PPO: A network-based insurance plan with fewer restrictions on care than an HMO.

For more information and help knowing what plans are best for you, call 925-3311 to make an appointment to see one of our four SHIP Counselors.

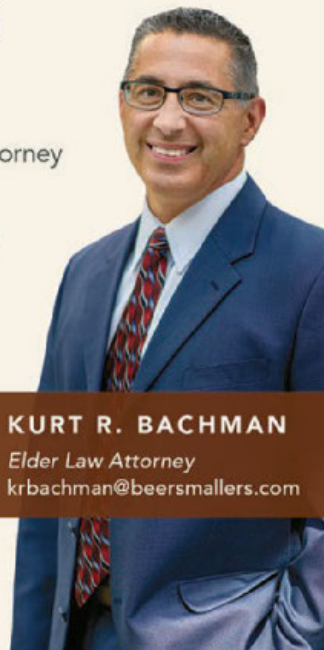
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- Living Wills & Powers of Attorney
- Guardianships
- Asset Preservation Planning
- Medicaid Planning
- Veterans Affairs
- Pensions/Benefits



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DeKalb County Council on Aging, Inc.

Heimach Center

'DART' (DeKalb Area Rural Transit)
1800 E. Seventh St., Auburn, IN 46706

ATTENTION ALL DEKALB COUNTY SENIORS AND OTHERS !

This is your Center for services, information and referral, activities, exercise, meals, indoor recreation, volunteer opportunities, etc.



**Center Service hours : - Monday through Thursday 8:30 a.m. to 4:30 p.m.
Friday 8:30 a.m. to 4:00 p.m.
Transportation Service 'DART' 6 a.m.—6 p.m.
Reservations: 7:30 a.m. - 3:30 p.m.**

**Call : 260-925-3311 or 260-925-3314 or 1-888-220-2242
for general information or reservations for transportation.**

Fax: 260-925-0071

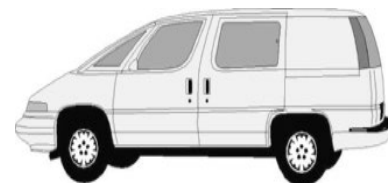
Email: dekalbcoa@dcco.net

Website: heimach.org

The DeKalb County Council on Aging is supported by Federal III-B Funds (resulting from the Older Americans Act and administered through Aging & In-Home Services of Northeast Indiana, Inc.); INDOT #5311 and #5310; Medicaid; various local resources i.e. city, town and county government, United Way, townships, foundations, memorials and general donations.

The Nutrition Program of Aging and In-Home Services of Northeast Indiana Inc. is for senior citizens age 60 and over, or married to someone age 60 and over. Information for homebound meals for seniors over age 60 is available by calling 1-800-552-3662.

DART (DeKalb Area Rural Transit) is proud to be involved with transportation in DeKalb County for seniors, disabled and others (all ages). Our pledge is SAFETY and the Best Service that we can provide.



Hours of operation: Monday-Friday (6 am - 6 pm). Please call 925-3311 or 1-888-220-2242 for more information and/or to schedule an appointment hopefully by 3:30, M-F.

FRIENDS : Please think of the DeKalb Co. Council on Aging for memorials made in memory of a loved one and/or as you consider any tax planning for the year. Such gifts allow our agency to better serve and one such gift can help to serve many!

Rights of Public Under Title VI

All services are provided without discriminating in any way in reference to race, color and national origin in accordance with Title VI of the Civil Rights Act. Any person who believes he or she has been aggrieved by any unlawful discriminatory practice under Title VI may file a complaint with DeKalb Area Rural Transit. For information on Section 5310/5311 transit provider (DeKalb Area Rural Transit, DART) system's civil rights' program and the procedures to file a complaint, contact Tracy Bell, 1-260-925-3311; TTY # 1-800-743-3333; email: tbell@dcco.net or visit our administrative office at 1800 E. 7th St., Auburn, IN. For more information visit our website: heimach.org. A complainant may file a complaint directly with the Federal Transit Administration to: Office of Civil Rights; Attention: Title VI Program Coordinator; East Building, 5th Floor, TCR, 1200 New Jersey Avenue, SE; Washington, DC 20590. If information is needed in another language or an alternate format, contact Tracy Bell, 1-260-925-3311, TTY at # 1-800-743-3333; email: tbell@dcco.net.