



If you would like to receive the Newsletter
in the mail, please fill out the form below and return it to

**Fulton County Community Resource
Centex and Council on Aging
625 Pontiac Street
Rochester, In. 46975**

Or you can check out our Newsletter online at
www.fultoncountycoa.com

NEWSLETTER

Name _____

Address _____

City _____ **State** _____ **Zip** _____



Medicare General Enrollment Period January 1 to March 31

Now that we are in the General Enrollment Period with Medicare, what changes can I make? When will my coverage for a new plan begin?

If you have a Medicare Advantage Plan, generally called a Plan C or a complete plan, you can change your plan once during this time. If you do not like the plan, you have now, you can make that change during this time. If you sign up for a new Medicare Advantage plan your coverage will begin the first day of the following month.

You can change from an Advantage Plan to Traditional Medicare. I would recommend that you have a supplement plan or if you qualify for the Medicare Savings Program QMB before making this change. Tradition Medicare pays 80% of the covered charges, leaving you to pay the remaining 20%.

Anyone that has lost their Medicare coverage for non-payment, disenrollment or did not sign up for coverage when they first became eligible for Medicare can sign up for coverage during this time. New Medicare rules for 2023 state that Medicare will begin the first day of the following month (in 2022 the rule was that you would not start your coverage until July 1). If you did not sign up for your Medicare when you first became eligible, you may be subject to paying a penalty.

Call the Community Resource Center at 574-223-6953 to make an appointment with a SHIP counselor. This is a free service; SHIP is not affiliated with any insurance company.

AREA 5 MENU

FOR MORE INFORMATION ON THIS SERVICE

CALL (574)-223-8170

March 2023



SENIOR MENU

Monday

Tuesday

Wednesday

Thursday

Friday

Did you know?

March babies are spoiled with two birthstones: aquamarine, and bloodstone which symbolize courage.

1
Lasagna Roll Up
Toss Salad
Grapes
Dessert
Garlic Bread
Milk

2
Hot Dog with
Relish
Potato Salad
Pear Cup
Dessert
Hot Dog Bun
Milk

3
Breaded
Tenderloin
Baked Beans
Juice Box
Dessert
Bun
Milk

6
Smoked Sausage
Sauerkraut
Fruit Cocktail
Dessert
Hotdog Bun
Milk

7
Hamburger
Sweet Potatoes
Applesauce
Dessert
Bun
Milk

8
Chili
Baby Bakers
Oranges
Dessert
Crackers
Milk

9
Sloppy Jo
Broccoli
Peaches
Dessert
Bun
Milk

10
Chicken Pot Pie
Toss Salad
Pineapple
Dessert
Roll
Milk

13
Goulash
Corn
Mixed Fruit Cup
Dessert
Wheat Bread
Milk

14
Breakfast
Casserole
Cubed Potatoes
Mandarin Orange
Cup
Dessert
Biscuit

15
Breaded Chicken
Patty
Peas
Diced Pears
Dessert
Bun
Milk

16
Fish
Coleslaw
Mango
Dessert
Roll
Milk

17
Grilled Chicken
Buttered Corn
Strawberries
Dessert
Bun
Milk

20
Chicken & Gravy
Mashed Potatoes
Fruit Cocktail
Dessert
Roll
Milk

21
Meatballs in
Sauce
White Rice
Broccoli
Pineapple
Roll
Milk

22
Pork Chops
Cheesy Potatoes
Brussel Sprouts
Dessert
Wheat Bread
Milk

23
**CHEFS
SPECIAL**

24
Chicken Strips
Cauliflower
Tropical Fruit
Dessert
Roll
Milk

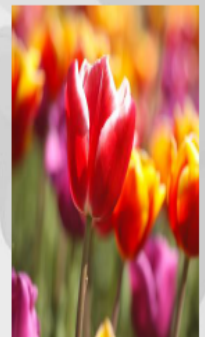
27
Chicken Burger
California BL Veg
Peaches
Dessert
Bun
Milk

28
Meatloaf
Mashed Potatoes
Carrots
Dessert
Wheat Bread
Milk

29
Chicken Fajitas
Salsa & Sour Cream
Toss Salad
Mixed Fruit Cup
Dessert
Tortilla
Milk

30
Macaroni &
Cheese with Ham
Green Beans
Strawberries
Dessert
Roll
Milk

31
Turkey & Cheese
Sandwich
Potato Soup
Blueberries
Dessert
Milk



Welcome
March!
Wishing
you a
month
filled
with
much
love, joy
and peace!



March 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	1 Exercise Class 9:30	2 Bridge 12:00	3 Exercise Class 9:30 Bingo 9:30	4
5	6 <i>Book Club (1)</i> <i>10:00</i> <i>Exercise Class</i> <i>9:30</i>	7	8 Exercise Class 9:30	9 <i>Bridge 12:00</i>	10 Exercise Class 9:30 Bingo 9:30	11
12	13 Exercise Class 9:30	14	15 Exercise Class 9:30 <i>Beacon Credit</i> <i>Union talking on</i> <i>Fraud 10:30-11:25</i>	16 <i>Bridge 12:00</i>	17 Exercise Class 9:30 Bingo 9:30	18
19	20 <i>Book Club (2)</i> <i>10:00</i> <i>Exercise Class</i> <i>9:30</i>	21 <i>Bakery Bingo</i> <i>9:30</i>	22 Exercise Class 9:30	23 <i>Crafting with</i> <i>Kathy 9:30</i> <i>Bridge 12:00</i>	24 Exercise Class 9:30 Bingo 9:30	25
26	27 Exercise Class 9:30	28	29 <i>Exercise Class</i> <i>9:30</i> <i>Movie</i> <i>12:15</i>	30 <i>Bridge 12:00</i>	31 Exercise Class 9:30 Bingo 9:30	1 HELLO MARCH
2	3	Notes	<p>Join us for different activities. Bingo M-W-F 9:30, Chair Volleyball daily, Piano by Isa every Wed. 11am,, Exercise classes M-W-F 9:30, Book Clubs, Crafting classes, Card playing and much more.</p>			



FRAUD PREVENTION WHAT YOU NEED TO KNOW

SCAMMERS WILL TRY TO GET YOUR PERSONAL INFORMATION

Someone from the social security office or your financial institution will never call and ask you for your full social security number or account number. If someone claims they are, hang up, and contact a local branch.

IF SOMEONE IS PRESSURING YOU, STOP AND CALL SOMEONE YOU TRUST

Scammers are cruel and prey on unsuspecting victims. They will put pressure on you to gain whatever it is they are after. Some common schemes are ones that try to convince you that a loved one is in trouble and you need to send money to help. Another is that they accidentally sent you too much money in a refund and you need to send it back to them so they don't lose their jobs, some companies they could claim to be with are Amazon and Ebay.

DO NOT CLICK ON LINKS IN EMAILS OR SOCIAL MEDIA FROM UNKNOWN PEOPLE OR COMPANIES

Once you click on a link that could allow access to your computer or mobile device without you realizing it. Scammers are then able to get your passwords and other personal information.

NEVER PAY SOMEONE WITH A GIFT CARD

If someone contacts you and states you owe them money and they want to be paid in gift cards STOP! Once you purchase a gift card and give the scammer the information on the card it is very difficult to impossible to get your money back.

ON WEDNESDAY, MARCH 15TH

10:30-11:25 am

at the Fulton County Senior Center

Erica Rude & Aine Willis of Beacon Credit Union will be sharing different red flags to look for in order to avoid being frauded and what to do if you feel you have already been scammed.

*Beacon Credit Union does not endorse or support any of the businesses listed above.
This article is provided only as a resource for information.*

St. Patrick's Day word scramble

1. dnulbl _____

2. hepanclreu _____

3. rlihs _____

4. shsocrmka _____

5. krpcalt _____

6. okeloflr _____

7. tansi _____

8. rpgnsi _____

9. ltecci _____

10. dypad _____

11. rgnee rbee _____

12. vrleoc _____

13. kucl _____

14. iepgbpa _____

15. aeedmlr _____

16. scnio _____

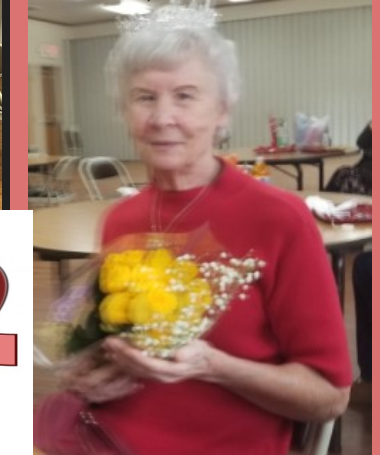
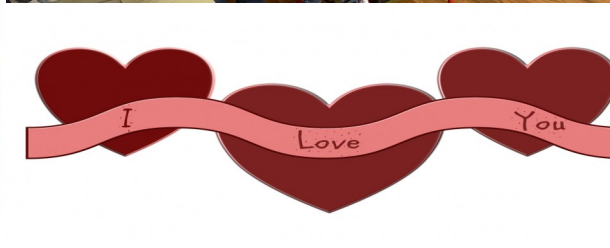
17. itlk _____

18. nrlyeab _____

19. odgl _____

20. rcamh _____

**CONGRADULATIONS VALENTINE KING, QUEEN & COURT
KING PHIL MILLER=
QUEEN BRENDA HARRELL
COURT
OCELIA, CINDY, JOHN, LARRY**



Recipe Corner



Homemade Irish Cream

TOTAL TIME: Prep/Total Time: 10 min.

YIELD: 3-1/3 cups.

Add some creamy goodness to your cup of joe with a splash or two of this nonalcoholic Irish cream. —Marcia Severson, Hallock, Minnesota

Ingredients

- 1 can (12 ounces) evaporated milk
- 1 cup heavy whipping cream
- 1/2 cup 2% milk
- 1/4 cup sugar
- 2 tablespoons chocolate syrup
- 1 tablespoon instant coffee granules
- 2 teaspoons vanilla extract
- 1/4 teaspoon almond extract

EACH SERVING:

- 1/2 cup brewed coffee

Directions

1. In a blender, combine the first eight ingredients; cover and process until smooth. Store in the refrigerator.
2. For each serving, place coffee in a mug. Stir in 1/3 cup Irish cream. Heat mixture in a microwave if desired.



Chocolate Guinness Cake

TOTAL TIME: Prep: 25 min. Bake: 45 min. + cooling

YIELD: 12 servings.

One bite and everyone will propose a toast to this silky-smooth chocolate Guinness cake. The cream cheese frosting reminds me of the foamy head on a perfectly poured pint. —Marjorie Hennig, Seymour, Indiana

Ingredients

- 1 cup Guinness (dark beer)
- 1/2 cup butter, cubed
- 2 cups sugar
- 3/4 cup baking cocoa
- 2 large eggs, room temperature, beaten
- 2/3 cup sour cream
- 3 teaspoons vanilla extract
- 2 cups all-purpose flour
- 1-1/2 teaspoons baking soda

TOPPING:

- 1 package (8 ounces) cream cheese, softened
- 1-1/2 cups confectioners' sugar
- 1/2 cup heavy whipping cream

Directions

1. Preheat oven to 350°. Grease a 9-in. springform pan and line the bottom with parchment; set aside.
2. In a small saucepan, heat beer and butter until butter is melted. Remove from the heat; whisk in sugar and cocoa until blended. Combine the eggs, sour cream and vanilla; whisk into beer mixture. Combine flour and baking soda; whisk into beer mixture until smooth. Pour batter into prepared pan.
3. Bake until a toothpick inserted in the center comes out clean, 45-50 minutes. Cool completely in pan on a wire rack. Remove cake from the pan and place on a platter or cake stand.
4. In a large bowl, beat cream cheese until fluffy. Add confectioners' sugar and cream; beat until smooth (do not overbeat). Frost top of cake. Refrigerate leftovers.



- 03/03 William Gordon
- 03/05 Diane Jones
- 03/05 Bill Willard
- 03/10 David Mygrant
- 03/11 Connie Walters
- 03/17 Sandy Sawyer
- 03/18 Gary Donaldson
- 03/18 Joe Moore
- 03/19 Patricia Shanklin
- 03/21 Nancy Murphy
- 03/22 Judy Taylor
- 03/22 Lisa Byers
- 03/25 Annette Young
- 03/27 Lloyd Walters
- 03/28 Wilma Graves
- 03/28 Sharon Stanfford
- 03/30 Jerry Lee



CASTLES OF NEW YORK

5 DAYS - 4 NIGHTS

OCTOBER 16 - 20, 2023

\$925.00 Per Person Double Occupancy

Your \$100 non-refundable deposit at the time of sign-up will hold your seat, with final payment due by September 15, 2023.



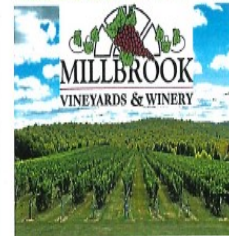
PACKAGE INCLUDES:

- 3 Nights lodging in New York state, including 2 nights at the Edgewood Resort on the St. Lawrence River
- Overnight lodging en route home
- 4 Breakfasts
- 1 Boxed lunch
- 3 Dinners
- **Boldt Castle** (located on Heart Island on the St. Lawrence River; it was built by George Boldt for his wife Louise as a monument of love and a remembrance of the magnificence of a bygone era.)
- **Singer Castle** (located on Dark Island on the St. Lawrence River. It was built in 1905 by the Bourne Family.)
- **Wing's Castle** (a unique architectural marvel which was built by Peter & Toni Wing using salvaged materials from antique buildings.)
- **Millbrook Vineyards & Winery Tour with sampling** (The Winery is located on the Hudson River and produces world-class wines, making it one of the top wineries in New York State.)
- **St. Lawrence River Cruise** (Travel through the very heart of the area's most scenic and historic route aboard a replica steamboat.)
- **Guided tour of the New York State Capitol Building** (a beautiful example of 19th century architecture)
- Souvenir gift
- Baggage handling in Upstate New York
- Taxes and standard gratuities
- Motorcoach transportation



Cancellation insurance available upon request; see reverse side

FOR INFORMATION AND RESERVATIONS CONTACT:



RSVP
Anne King
(574) 223-3716



or
DESTINATIONS BY DONNA
Donna Riddle
(574) 835-0400



26 E. Lancaster Avenue, Reading PA 19607
610-775-5000 800-437-2323 www.whitestartraveltours.com

Volunteer Needs = We need YOU!

RSVP Volunteers can help at the Recycling Center in 2023.

We have the following dates:

Sat June 10, Sat July 22, Sat Aug 12, Sat Sept 9

Contact Anne King if you would like to help out!





Green Carnations

It's time for RSVP's annual Green Carnation Sales fundraiser! RSVP will begin sales of green carnations in mid-February and continue through St. Patrick's Day, March 17. Flowers will be delivered on Friday March 17 or can be picked up at the Community Center as early as Thursday March 16. Send a flower to your honey, friend, or your lucky charm! They cost just \$1.50 each. We can deliver to homes, schools, and businesses in Fulton County. All proceeds go to support RSVP of Fulton County.

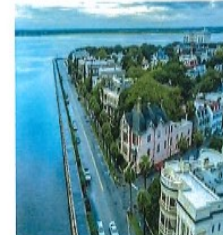
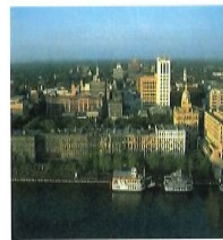
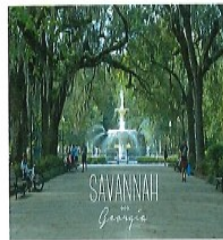


**AmeriCorps
Seniors**

R.S.V.P.

Anne King 574-223-3716

rsvpanne84@yahoo.com



**CHARLESTON, SC
& SAVANNAH, GA**

**6 DAYS - 5 NIGHTS
APRIL 30 - MAY 5, 2023**

\$990.00 Per Person *Double Occupancy*

Your \$100 non-refundable deposit at the time of sign-up will hold your seat, with final payment due by March 13, 2023.

PACKAGE INCLUDES:

- * 5 Nights lodging, including overnights
- * 5 Breakfasts
- * Family-style Lunch at Paula Deen's Lady & Sons
- * 2 Full Course Dinners
- * Guided Tours of Savannah, GA & Charleston, SC
- * Carriage Ride in Savannah
- * Charleston City Market
- * Tour of Ft. Sumter
- * Magnolia Plantation Home & Nature Tram Tour
- * Charleston Harbor Cruise
- * River Street District
- * Souvenir Gift
- * Luggage Handling (Charleston/Savannah)
- * All Taxes & Meal Gratuities
- * Motorcoach Transportation

Cancellation insurance available upon request; see reverse side.

FOR INFORMATION AND RESERVATIONS CONTACT:



RSVP
Anne King
(574) 223-3716

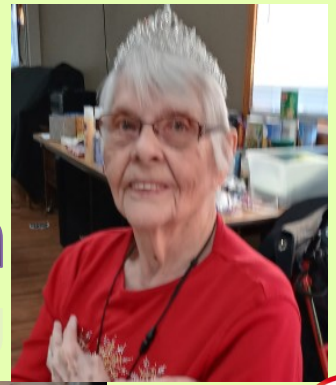


or
DESTINATIONS BY DONNA
Donna Riddle
(574) 835-0400

You are invited! Have you been thinking about volunteering? If you are age 55+, you are invited to join RSVP (Retired & Senior Volunteer Program). It's free and easy, and we have many opportunities in Fulton County for you to volunteer your time and talents. You will meet new friends and have fun at the same time! Stop in to see Anne, or call/email her for more information.



Ocelia's 100th Birthday Celebration





TRIVIA

1. Who wrote "The Star Spangles Banner"? _____
2. Which blood type is a universal donor? _____
3. What movie is "You had me at hello" from? _____
4. How many properties are on a Monopoly board? _____
5. What musician was awarded the first gold record? _____
6. When was diet Coke introduced in the U.S.A.? _____
7. What was America's first National Park? _____
8. Which of the 6 main characters on the TV show "Friends" never got married? _____
9. What year was the first "Batman" comic book published? _____
10. What fast food chain once used the slogan "Think outside the bun"? _____
11. Which country artist threw javelin while attending Oklahoma State U? _____
12. Which branch of the U.S. Armed Forces used the slogan "It's not just a job, it's an adventure"? _____
13. Actor Nicolas Cage is nephew of what famous director? _____
14. How many billboard #1 hits did Elvis have? _____
15. What TV series included the phrase "Go where no man has gone before" in its title sequence? _____
16. What are the first names of the five brothers that made up the Jackson 5? _____
17. When was the first Indy 500 held? _____
18. What year did MTV launch? _____
19. What was the name of the high school in "Grease"? _____
20. Which number does every Major League Baseball player wear on April 15th? _____
21. What President was a licensed Bartender? _____
22. What State has the longest freshwater shoreline? _____
23. What is the diameter of the average basketball hoop? _____
24. What year was Kodak founded? _____
25. What percentage of the Earth's wildlife is found in the Ocean? _____
26. Will March come in like a lion or lamb? _____



Ocelia's 100th Birthday Celebration



**Fulton County Resource
Center & Council on Aging
625 Pontiac Street
Rochester, In. 46975**

Non-Profit Organization
U.S. Postage
PAID
Rochester, In.
Permit # 161

- Trivia**
1. Francis Scott Key
 2. 0 Negative
 3. Jerry Maguire
 4. 28
 5. Perry Como
 6. Aug.9, 1982
 7. Yellowstone N.P.
 8. Joey
 9. 1939
 10. Taco Bell
 11. Garth Brooks
 12. The Navy
 13. Francis Ford Coppola
 14. 14
 15. Star Trek
 16. Jermaine, Marlon,
Jackie. Tito, Michael
 17. 1911
 18. 1981
 19. Rydell High
 20. 42
 21. Abraham Lincoln
 22. Michigan
 23. 18 inches
 24. 1892
 25. 94%
 26. ???????

- ANSWERS;**
1. dublin
 2. leprechaun
 3. irish
 4. shamrock
 5. patrick
 6. folklore
 7. saint
 8. spring
 9. celtic
 10. paddy
 11. green beer
 12. clover
 13. luck
 14. bagpipe
 15. emerald
 16. coins
 17. kilt
 18. blarney
 19. gold
 20. march

TO;

**First Day of Spring
March 20th, 2023**



RATES:
IN TOWN - \$2.00 PER TRIP
IN COUNTY - \$4.00 PER TRIP
SENIORS - DONATION ONLY



Important Numbers

- Community Center
574-223-6953
- Transpo
574-223-4213
- R.S.V.P.
574-223-3716
- Kitchen
574-223-8170
- Fax
574-223-4962
- Food Pantry
574-223-4802
- Energy Assistance
574-223-7649
- November – March