



Senior Sentinel

A monthly newsletter is published by COA staff. The purpose is to provide on-going and updated information regarding our agency's services, activities and programs, health, nutrition and safety issues, local events and other community activities and resources.

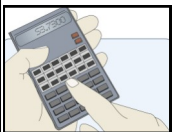
Information and Referral

Our agency operates as a 'clearing house' for answering questions and concerns from seniors, their families or support help and others seeking assistance.



If our agency does not have an answer or the needed service, we will follow up until any concern is satisfactorily addressed.

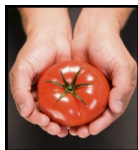
Tax Assistance



Volunteers, trained through the AARP and IRS, assist older adults with preparation of tax forms.

Food Assistance

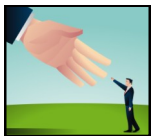
- * Senior Pak
 - * Farm Wagon
 - * Small food pantry (non perishables)
- Please call our agency for information on these



SHIP

State Health Insurance Assistance Program

The key word is "information". SHIP does not sell anything; instead, their counselors give FREE assistance to Medicare beneficiaries who have concerns with or questions about their health insurance.



Support Groups



- **Diabetic Support Group** — 2nd Thursday of even-numbered months (Feb., April, June, Aug., Oct. and Dec.) at 1:30 pm. (Co-sponsored with DeKalb Health)
- **Low Vision Support Group** - 3rd Thursday each month-1:15 p.m. (Co-sponsored with the League for the Blind and Disabled)
- **Alzheimer's Caregiver Support Group** - 3rd Thursday of each month-2:00 p.m. (Co-sponsored with Alzheimer's Association)

Volunteer Opportunities

Volunteers are essential to the multiple services and programs provided by the DeKalb County Council on Aging; the agency invites interested persons to contact them for volunteer opportunities.



The DeKalb County Council on Aging

Complies with Equal Opportunity Employment regulations and also offers equal opportunities for service to qualified persons without regard to race, color, religion, sex, sexual orientation, gender identity or 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 Co. Council on Aging.

Note: some services are subject to applicable age and income eligibility relative to specific funding categories. In reference to issues of confidentiality, our agency has both a Confidentiality Policy and a Confidentiality Notice of Privacy Practices for Protected Health Information. Our agency is an Equal Opportunity Employer and Service Provider.

DeKalb Co. Council on Aging, Inc.



Heimach Center

**1800 E. 7th St.
Auburn, IN 46706
260-925-3311
Toll Free 1-888-220-2242
Fax 260-925-0071**

**E-Mail:
dekalbcoa@dcco.net**

**Website:
Heimach.org**

**Service Hours:
Monday-Friday,
8:30 to 4:30**

**DART
Transportation:
Monday
through Friday
6:00 a.m.
to 6:00 p.m.**

**The DeKalb County Council on Aging/
Heimach Center**

A not-for-profit agency funded in part by the following:

INDOT 5311	INDOT 5310
Title III-B	United Way
Social Service Block Grant/Medicaid Waiver/CHOICE	
County Government, Cities, Towns and Townships	
Foundations	Private Donations
Agency Fund Raisers	Memorials



Heimach Center

Stop in and join the fun
and bring a friend!

Monday—Friday

8:30 a.m. to 4:30 p.m.

Yoga Classes	Enrichment Program
Tai Chi	Blood pressure checks
Exercise Equipment	Foot care
Massage Therapy	Tax assistance
Support Groups	Card groups
Flu shot program	Hearing screenings
Billiard tables	SHIP
Trips	Senior Bash
Health Fairs	Holiday Bazaar
Senior EXPO	

Outreach and Advocacy
Volunteer opportunities

Private Pay Referral File (for in-home assistance)
Food Assistance Programs

AARP Sponsored Safe Driving Classes
Medical Equipment Loan Program
Lending Library for Family Caregivers & others
Social Gatherings & Entertainment
Educational/Informational Programs

Note: The above opportunities represent both direct and indirect services.



DART Transportation

DeKalb Area Rural Public Transit

“Providing affordable transportation for all ages”

The DeKalb Co. Council on Aging offers specially designed vehicles to assist older adults, disabled persons and others of all ages with transportation needs in and out of DeKalb County.

Trip locations include but are not limited to: medical, senior center, nutrition site, schools, babysitters and after-school programs, youth centers, shelters, social service agencies, shopping, well-being trips (such as hairdresser, visiting nursing homes and hospitals, attorneys, bank, restaurants, utilities, post office, employment, etc.).

For in-county trips, suggested donations are requested from persons 60 years and over on federally reimbursed trips. No 'over 60' passenger on a III B federally reimbursed trip is denied service because of an inability to donate. Reasonable fares are set for Public Transit trips and suggested donations are asked from passengers of all ages for out-of-county trips. Our agency is also a Medicaid provider.

We schedule trips on a first call, first serve basis; calling as soon as possible for a trip will give you a better opportunity of assuring a ride. Please call 925-3311 or 1-888-220-2242 with as much advance notice as possible.

Relay Indiana for Hearing Impaired
1-800-743-3333



MISSION STATEMENT
(Purpose)

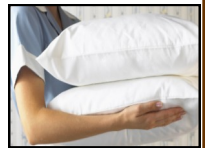


The purpose of the DeKalb County Council on Aging, Inc., a not for profit agency with its senior activity center as its focal point, shall be to assist seniors, disabled persons and others in maintaining their independence as long as possible; to assist seniors, disabled persons and others in being able to live in their own homes as long as possible; to provide services and programs that meet the physical, mental, emotional, intellectual and mobile needs of seniors, disabled persons and others and to do all things, directly and indirectly, pursuant to such

Our agency is governed by a volunteer Board of Directors whose expertise and oversight ensure the highest level of services, programming and opportunities for those we serve.

Homemaker Programs

Light housekeeping, laundry and shopping services for seniors, disabled and others who wish to remain in their homes but are unable to maintain all of their household tasks.



Homebound Meals Through
Aging & In-Home Services

The meals are provided by Aging and In-Home Services of N.E. Indiana, Inc. Arrangements for meals can be made by calling Aging & In-Home Services of Northeast Indiana at 1-800-552-3662..

