

# VIBRANT LIVING



Jackson R. Lehman Family YMCA

5680 YMCA Park Drive West

[www.fwymca.org](http://www.fwymca.org)

August 2019

## NEWSLETTER FOR ACTIVE ADULTS

### AUGUST IS NATIONAL IMMUNIZATION AWARENESS MONTH

#### BELOW ARE SOME OF THE RECOMMENDATIONS FROM THE CDC WEBSITE

- ♦ "Immunizations are not just for children. Protection from some childhood vaccines can wear off over time. You may also be at risk for vaccine-preventable disease due to your age, job, lifestyle, travel, or health conditions."
- ♦ "All adults need a [seasonal flu \(influenza\)](#) vaccine every year. Flu vaccine is especially important for people with chronic health conditions, pregnant women, and older adults."
- ♦ "Every adult should get the [TDAP](#) vaccine once if they did not receive it as an adolescent to protect against pertussis (whooping cough), and then a [TD](#) (Tetanus, Diphtheria) booster shot every 10 years."
- ♦ "Almost 1 out of every 3 people in the United States will develop shingles in their lifetime. Your risk of shingles increases as you grow older. Additionally, over 60 percent of seasonal flu-related hospitalizations occur in people 65 years and older."
- ♦ "As we get older, our immune systems tend to weaken over time, putting us at higher risk for certain diseases. This is why, in addition to seasonal flu (influenza) vaccine and Td or Tdap vaccine (tetanus, diphtheria, and pertussis), you should also get:  
[Shingles vaccine](#), which protects against shingles and the complications from the disease (recommended for healthy adults 50 years and older)



[Pneumococcal vaccines](#), which protect against pneumococcal disease, including infections in the lungs and bloodstream (recommended for all adults over 65 years old, and for adults younger than 65 years who have certain chronic health conditions)"

"SOME ADULTS WITH SPECIFIC HEALTH CONDITIONS SHOULD NOT GET CERTAIN VACCINES OR SHOULD WAIT TO GET THEM. TALK WITH YOUR DOCTOR OR OTHER HEALTHCARE PROFESSIONAL TO FIND OUT WHICH VACCINES ARE RECOMMENDED FOR YOU AT YOUR NEXT MEDICAL APPOINTMENT."

~ [WWW.CDC.GOV/VACCINES/ADULTS](http://WWW.CDC.GOV/VACCINES/ADULTS)

#### Jackson R. Lehman Senior Homecoming 2019, Fri, Sept 20, 12-3pm

We will have demonstrations (from cooking, to group exercise classes, to pickleball), as well as food and other vendors. Look for more details in the coming weeks!

#### Group Exercise change

**Drums Alive** will now be called **Bang the Drum**. This class meets Monday & Wednesday 11:00-11:45am in the Multi Purpose Room upstairs.

#### Aquatics Notice:

Mark your calendars: **August 11 through August 23rd** our pools (both Lap and Warm Water), Sauna, and Steam room will be closed for annual maintenance/cleaning. Each branch will take turns with their pool shut down. The good news is that only 1 branch at a time is down at any one time, so you can visit the other branches during our shut down. Thank you in advance for your understanding!

### Lunch 'n Learn

*Enjoy a luncheon with other active seniors and learn something new in the process!*

*We offer 2 monthly luncheons, per month (the same presentation). Please, sign up for only 1 luncheon.*

*Luncheons run 11am-12:15pm.*

*Join us after your workout or group exercise class or fuel up before!*

*There is a nominal fee of \$5, due at registration, to cover the cost of the meal. Guests may also attend for \$10.*

**This Month:**

**August 19 and August 22**

*Enjoy a meal of Pizza, Tossed Salad, and a Bottled Water, while*

*Jennie Lamberty, of Adaptive Nursing and Healthcare Services, will introduce you to this Veteran-owned agency and will also explain the differences between Medicare and Medicaid in home care.*

**Next Month: Sept 16 & 19**

*Chad Ford, independent fire investigator with EFI Global, will present*

*"Fire Prevention for the Adult" Just in time for the Holidays!*

*There may also be an opportunity for hands-on use of a fire extinguisher.*

# GET PLUGGED IN

All events take place at our Jackson R. Lehman Family Y unless otherwise noted. Registration is required.

**Senior Field Trip Fun** Registration required. Transportation is on your own. If you are interested in carpooling, leave your phone number and email with Denise Hentz, [denise\\_hentz@fwymca.org](mailto:denise_hentz@fwymca.org). You will be informed of others interested in carpooling.

## Fort Wayne Museum of Art, August 27, 10:00am-11:30am

We will be given a personal tour of the museum, including a photographic exhibit by Imogen Cunningham and the optical art of Julian Stanczak, as well as sculpture by Barbara Stanczak (Julian's wife). Behind the museum is a lot shared with Art United (access off Main street). 311 E. Main St.

**Cost: \$9\***, payable at registration. *\*Note: Y Rewards cannot be used, as all monies will go directly to the Museum of Art.*

## Allen County Public Library Genealogy Department, Sept 24, 10-11:30am

We will have a personal tour of the genealogy department and learn what resources to use to look up your family roots. This department in our own downtown library has one of the largest research collections available, incorporating records from around the world. After the tour, you will be allowed to start your own research. If you plan on making copies, you must bring \$1 bills. It is recommended to bring a flash drive. There is a Dunkin' Donuts within the library. You can purchase a snack or drink before or after the tour. 900 Library Plaza. Parking under the library; free for library card holders. **Cost: FREE**

## Cooking Classes

### Holiday Party Appetizers

Tasty and easy to fix appetizers are the perfect way to kick off the holiday season. Join freelance Food Writer and Taste of Home Magazine Volunteer Field Editor Kizmet Byrd for this fun appetizer cooking class featuring Taste of Home recipes. Each participant will receive recipe binders, party entertaining tips, and more!!!

Tuesdays, 6-8:00pm  
September 10-October 22  
Cost: \$45, members; \$90, program participants



### Taste the World on a Budget

Chef Isaac will transport you around the world as we make foods from different continents, all on a budget. You will learn different cooking techniques and eating new foods you would normally wouldn't eat. Join us in the kitchen as we explore this amazing world of food.

Wednesdays, 6-8:00pm  
September 11-October 23  
Cost: \$45, members; \$90, program participants



### Sensational Salads

Come expand your knowledge and eat healthier at the same time. You will learn to make a variety of salads. From fruit salads to salads that can be a full meal. Also, learn how to make your own croutons and salad dressings at a fraction of the cost you pay at the grocery store and without all the additives. This class will help you to be a healthier you.

Thursdays, 6-8:00pm  
September 12-October 24  
Cost: \$45, members; \$90, program participants



## Fueling Your Faith Retreat



Join staff, members, and friends from the community for this popular Christian Emphasis event designed to refresh you in spirit, mind and body. This overnight option includes family activities, Sunday morning chapel, a brief time of teaching, and lots of retreat time with different optional activities to choose from as well as snacks and breakfast, lunch, and dinner Sunday! A confirmation packet with more detailed information will be sent out through email closer to the event.

**When:** September 28-29 (Saturday-Sunday), 7pm-7pm  
**Cost:** \$25, \$30, or \$40 (Sunday afternoon, all day Sunday, or both days/overnight).  
**Location:** Camp Potawatomi, 7255 E 700 S, Wolcottville, IN 46795

## Did You Know?

Each year in the US, 1 Million people get shingles. Some will experience severe pain or other painful complications long after the rash clears up.

Source~ [cdc.gov/vaccines](http://cdc.gov/vaccines)

# FORT FUN & FITNESS

## Fort Wayne Railroad Historical Society Open House

Explore Fort Wayne's railroad history up close and personal and enjoy the 765 under steam and guest locomotive Lehigh Valley no. 126 pulling caboose trains. Admission is FREE. Train rides are available for \$7.

**August 16-18**  
Email [ticketagent@fwrhs.org](mailto:ticketagent@fwrhs.org) for questions.

For more information and to reserve tickets online, visit [fortwaynerailroad.org](http://fortwaynerailroad.org).

The museum is located at 15808 Edgerton Road New Haven, IN 46774



## Be a Tourist in Your Own Home Town



This year's annual event takes place on **September 8, 12pm-5pm**, allowing you to visit 16 museums and attractions for **FREE**.

Call 260.424.3700 for questions. For a complete listing of events and to download a passport, go to [visitfortwayne.com/beatourist](http://visitfortwayne.com/beatourist).

## Here are a few events:

### Allen County Courthouse

Visit the beautifully restored courthouse. On this day, between 12pm-4pm, guided tours will be ongoing and visitors are free to take photos.

### Monarch Festival

The Little River Wetlands Project is hosting this family-friendly event at Eagle Marsh Nature Preserve barn, 6801 Engle Road. (Parking is behind the barn.)

Event Highlights: displays of different stages in the life cycle, Monarch tagging, hands-on educational activities, hikes, plant giveaways, and a farmer's market.

Call The Little River Wetlands Project at 260.478.2515 visit [lrwp.org](http://lrwp.org) for more information.

### Riverfront Fort Wayne

Enjoy twenty minute guided tours of Fort Wayne's new Promenade Park! Tours depart from Promenade Park, corner of Superior and Harrison Streets.