

BOONE COUNTY SENIOR SERVICES, INC.

SENIOR SOUNDS

Volume XXXIX Number 1

January/February 2018



1978-2018

BCSSI is celebrating it's 40th Anniversary!

**Thank you to our supporters over
our 40 year history who have helped make
BCSSI a success!**

*40th Anniversary logo designed and created by:
Jessica Evans, Director of Outreach.*

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...And More

Boone County Senior Services, Inc.

2017 Board of Directors

(Board listing will be updated in
the March/April issue.)

Gina Middaugh, President

Don Barnett

Margaret Beesley

Roger Burrus

Angie Caldwell

Vicki Carr

Roger Henry

Pat Jones

Marilyn Neese

Ann Newsom

Alan Quick

Eric Ragsdale

Malli Sickels-Davis

Jayne Thompson

Rick Whiteman

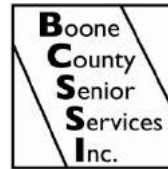
Anita Bowen

Executive Director

Sonya Shoup

Newsletter Editor,

Director of Development



Mission Statement:

*To promote independence and
provide enriching opportunities for
older adults in Boone County.*

Services include:

Homemaker & Personal Service

Guardianship

Respite

Transportation

Information & Assistance

Friendly Visitor & Volunteers

Activities & Workshops

Insurance Information

Legal Assistance

Prescription Counseling

Computer Classes

Caregiver Support & More!

Boone County Senior Services, Inc.

515 CrownPointe Dr.,

Lebanon, IN 46052

Monday-Friday, 8:00AM-4:30PM

BCSSI Satellite Office

Zionsville Town Hall, Rm. 215

Open Wednesday & Friday

9:00AM-4:00PM or by appointment.

765-482-5220 or 317-873-8939

www.booneseniors.org



twitter

@Bocoseniors

From the desk of our Executive Director Anita Bowen



I was so nervous when I said goodbye to my “work family and friends” in Tippecanoe County and embarked on the next leg of my career. Those people were **MY** people, and they lifted me up day in

and day out. I was really worried. What if my new Boone County workplace and work community wasn’t so warm and welcoming? Did they have room for a new friend?

It’s been five years this month since I joined this awesome village at Boone County Senior Services, Inc. (BCSSI), and I could not be more thankful for the way you all have welcomed me and made room for me in your circle of friends. It feels good to know names; to know what interests you; to hear your ideas and concerns; to strike up a conversation in one of our lobbies or out in the community; to have you ask about me and my family...even my dog. To truly know in my heart that I have new friends.

Relationships are what BCSSI has been built on for **40 YEARS!!** This isn’t just about me, but the way we do business is by getting to know each other. By building a trust that you can count on. It’s about continuing to communicate, and learn ways that we can improve and grow. By celebrating successes and carrying each other through difficult times. Literally tens of thousands of relationships have happened

thanks to BCSSI through our 40 years of service.



So, during 2018, our 40th Anniversary Year, we’re going to continue to stand true to our core values and to live out our mission, but

we’re also going to thank a lot of folks who have made us who we are today, and have given us the opportunity to be an intricate part of Boone County since 1978. In this issue, we start with a great big “thanks” to our founder Margot Corson for her forethought and dedication to bringing BCSSI to life. Her husband Carl continues to be involved with us to this day, and we thank him for his wonderful care through the years.

I hope you will mark your calendar right now for Wednesday, February 14th @ 8:30 a.m. for our Annual Celebration Breakfast with the theme ***Don’t Judge a Book by Its Cover***. It will be held at our Lebanon Office, 515 CrownPointe Drive. While we will be highlighting what took place during 2017, we’ll also use the event to kick-off the 40th year of service. More details are in this issue and all are invited!

It seems so fitting to have this Celebration on Valentine’s Day so that we can share the love that we have for what we do with all. I’ll see you there.

*Until Next Time,
Anita*



Every year Signature Healthcare at Parkwood celebrates A Hero's Journey. The Hall of Fame Cafe Community Leader Award goes to persons who have made **SIGNIFICANT** contributions to the community. **Who better than, our Executive Director Anita Chase Bowen!**

Anita was honored for her Community Involvement, Leadership, Public Service & Volunteerism. Many friends, family and BCSSI Staff & Board Members were present to

help celebrate this honor.

Anita is pictured with Signature Healthcare at Parkwood Director Susan McCollum (top photo).



Special thank you to Justin Blake for taking our Lunch & Learn crowd back to a simpler time with his beautiful music! Thank you to Signature HealthCARE at Parkwood for the presentation and lunch! Justin is pictured with his mom, Director of Outreach, Jessica Evans as well as his grandmothers Kay Martin and Karen Evans.



Another near perfect day for **Lunch and Learn on the Road to Elkhart!!!** Our senses were on overload from the incredible scenery at the Ruthmere Mansion and the delightful food at our lunch tea. We will add this destination to our list of treasured memories in 2017. Thank you to our sponsor Copper Trace for making this last trip of 2017 possible! **Turn to page 11 for details about the first Lunch and Learn on the Road for 2018!**





Thank you to the BCSSI Board of Directors for hosting a cheerful Christmas party, Bingo and a delicious meal for our staff.



Sharing their Christmas wishes with Santa during our staff party are our Personal Service Team members!

Thank you to the BCSSI Secret Santa for donating many beautiful personal items for several of our clients. Pictured is Asst. Director of Personal Services Deb Christian who is eagerly awaiting the opportunity to deliver the special Christmas gifts!



We love a good parade! Boone Area Transit “BATS” participated in the Lebanon Christmas Parade! Give us a call if you need a ride this winter!

Thank you to CICOA Aging & In-Home Solutions for delivering holiday care packages for our Boone County senior couples just in time for Christmas!





Thank you to Mary Pat McKee, Indy Boomer TV, Radio and Magazine for sharing your expertise at our BCSS Foundation Boomers and Breakfast event!

Thank you Chief VanGorder from the Zionsville Fire Department for the giving our Lunch & Learn attendees the grand tour of the new Town Hall! Thanks to The Stratford for the grab & go lunches! BCSSI has a satellite office at the new Zionsville Town Hall, Room #215. Open Wednesday and Friday from 9:00am-4:00pm or by appointment.



Thank you to Kay Martin who implemented the BCSSI bookshelf program in 2017.

818 new books have been

taken from the shelf and enjoyed by our Boone County seniors! **THANK YOU Kay** for your generosity! Kay also facilitates our very popular Book Club Cover-to-Cover.

Looking For A Good Read?

Stop in and select a book from our BCSSI bookshelf located in our Lebanon office lobby.



BCSSI Bookshelf Rules:

- Please take a book or books to enjoy.
- DO NOT return the books, pass them along or donate them to the library book sale.
- You DO NOT have to be a member of the BCSSI book club to take a book.
- Please share how you liked the book with other seniors.

At this time we are not taking book donations.



**Welcome to our
newest BATS
driver Dave Garver!**



**Happy Birthday and
congratulations to BATS driver
Russ Roberts who recently
celebrated his 93rd Birthday as
well as retirement from BCSSI!
Thank you Russ for your
dedication to BCSSI!**



Annual Celebration
"Don't Judge a Book By its Cover"
February 14, 2017

8:00AM Social Gathering
8:30AM Breakfast Buffet
9:00AM Program & Awards
BCSSI Community Room

Everyone is invited to come celebrate with us!
Breakfast Cost: \$15 per person, RSVP by February 7:
Catered by Poe's Country Garden Catering
765-482-5220 or 317-873-8939

----- Clip and Return RSVP Below -----



BCSSI Annual Meeting RSVP: _____
Number attending (\$15 per person): _____
Payment enclosed (Check payable to BCSSI): _____

Mail to: BCSSI, 515 CrownPointe Drive, Lebanon, IN 46052
Credit and Debit Cards accepted by calling BCSSI.



Jan./Feb. Classes & Activities

Call 482-5220 for Registration and Information

All Classes & Activities held at BCSSI, Lebanon



Tech Time Tuesday

Bring in your phones, tablets, eReaders, cameras or laptops, or use one of our computers, and get **free** independent instruction from Yvonne Frankewich. Work on your projects or pick one from the instructor. **Every Tuesday from 12:00-3:00PM. Must call BCSSI for an appointment.**

SHIP Counseling & CICOA Benefits

Kendra Purvis from CICOA will be available by appointment to provide seniors with unbiased information about Medicare, Nursing Facilities, Emergency Response Systems, Benefits, Nutrition, Social Security, and more on **January 24 and February 28. Call BCSSI for an appointment.**

Art Classes Resume

Art classes will resume Jan. 11 Every Thursday, 9:30AM-12:00PM with instructor Shirley Luttrell. Cost is \$5.00 per class. Shirley will work with beginner or intermediate students and any medium. **Contact BCSSI to register.**

Lunch & Learn

Join us for a **FREE** Lunch & Learn about current topics that affect seniors and their caregivers. The luncheon is the **first & third Wednesday of the month at noon** and is limited to 30 people.



- Jan. 3 What's Happening at BCSSI
- Jan. 17 Funeral Planning 101
- Feb. 7 Fraud & Scams
- Feb. 21 Arts and Crafts w/Shelby



Art instructor Shirley Luttrell (far left) with several of her BCSSI art students.



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Cover-to-Cover Book Club

The next book club meeting is
Tuesday, January 9 at 1:00PM.

The group will discuss “On Gold Mountain” by Lisa See. The club will also meet on **February 6**. The book to be discussed in February will be announced at the January meeting.

Coffee Connection 2 Community

The **second Thursday** of every month at **9:30AM**. Join us on **Jan. 11** with donations of books for ages 5 months –1st grade for the Reach Out and Read Program at Witham. Come on **Feb. 8** to make Valentines for Senior Shut-ins.

Sponsored By: Copper Trace

Legal Assistance Moves to Tuesday Afternoon

Free legal assistance will be offered **January 16 and February 20** beginning at **1:00PM**. BCSSI Legal Assistance is an opportunity for older adults to ask questions of a legal nature and for the attorney to give simple legal advice. **For more In-depth assistance, the attorney can make a referral or give the client other options. Call BCSSI for an appointment.**

Creative Kids at Heart Craft Club

The group will not meet in January or February.



Coffee Connection attendees recently met and donated items to create *Caregiver Support 5 Minute Vacation Baskets*. The baskets included soaps, lotions, books, teas, lip balm, journals and more!

Thank you for your generosity!



Jan./Feb. Activities Zionsville

Call 317-873-8939 for Registration and Information

Zionsville activities are held in various facilities



Caregiver Support Group

NEW LOCATION

The group will meet the 2nd Wednesday of each month from **6:00-8:00PM** at the Zionsville Town Hall, 1100 W Oak St. Rm., 203. Elizabeth Oberholtzer, Social Worker at Zionsville Meadows, will be the facilitator. **Contact BCSSI to register.**

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BCSSI Satellite Office

NEW Zionsville Town Hall, Rm. 215

Open Wednesday & Friday

9:00AM-4:00PM or by appointment.

765-482-5220 or 317-873-8939



Lunch and Learn

2nd and 4th Friday of the month at noon. Lunch is free to the first 30 registrants in the **Zionsville Town Hall Community Room.**



- Jan. 12 What's Happening at BCSSI
- Jan. 26 Meet our NEW L&L sponsor
- Feb. 9 Senior Heart Healthy Lifestyles
- Feb. 23 Dr. Nicole Fowler, caretaking

Join us for Coffee Clinic

Let's start the year off with a healthy outlook. Each month you are invited to join us in Room 203 of the Zionsville Town Hall to participate in a "come and go" health clinic.



BCSSI has partnered with the Zionsville EMT

Department to offer a variety of health awareness topics for seniors. The topics for Jan. 5: Stroke, Feb. 2: Diabetes

Coffee is sponsored by: Copper Trace Family-First Senior Living.

Get Out and Go with BCSSI!

Trips depart from: BCSSI Lebanon

Zionsville, Thorntown or Jamestown pick-up available for some trips



Shopping

Greenwood Park Mall and Old Time Pottery Tues. Jan. 30
9:00AM \$6.00

Tippecanoe Mall Thurs. Jan. 18
9:00AM \$6.00

Castleton Mall Tues. Feb. 13
9:00AM \$6.00

Special Interest

Civic Theatre: Thurs. Feb. 1
Jane Austen's Sense & Sensibility 4:45PM \$6.00

We will begin taking registrations for Civic Theatre on Wednesday, Jan. 10

Shopping at Hobby Lobby and Lunch at Charleston's Thurs. Jan. 25
9:00AM \$6.00

**FIRST LUNCH AND LEARN ON
THE ROAD OF 2018
Big Things in a Small Town Tour
Casey, IL
Wednesday, March 28
\$52/person**

Trip includes a home-style lunch buffet, free time to visit the main street shops and a presentation by creator Jim Bolin and tour of many of the world's largest items such as golf tee, rocking chair, and crochet hook.



Trip sponsored by: Homewood Health Campus

**REGISTRATION BEGINS
THURSDAY, FEBRUARY 1ST
765-482-5220 or 317-873-8939**



CORE VALUES:

- Choice for older adults and their families
- Enhance, protect and preserve the dignity of older adults
- Fiscal responsibility
- Cooperation with other agencies

BCSSI Travel Group Update—Since 2010, the group has been on 14 trips to 12 different locations. Branson and Cape Cod having been the duplicate trips. We have two more trips planned for 2018 Boston and Mount Rushmore. We have had 387 different people travel on these trips, about half of the travelers have been on just one trip but the other half are repeat adventurers. Twenty six people have been on 4 or more trips. Here are a few of our multi trip people. Betty Allen and Linda Phillips at 6 trips each; Patricia Shockley, Sue and Terry Bullington at 7 trips and Richard and Terry Dawson with 8 trips. If you have any questions about the upcoming trips, you need to talk to these folks or feel free to contact me.

~ Dan Warkentien, BCSSI Travel Group Leader , (7 trips)
765-894-2665 (mobile)



BCSSI Travel Group Announces 2018 Trips

Boston, Salem & Cape Ann—\$725, 7 days, 6 nights. Trip includes full day guided tour of Boston, Boston's world famous Faneuil Hall & Quincy Marketplace, John F. Kennedy Presidential Library and Museum, full day guided tour of scenic Coastal Massachusetts and more!

Mount Rushmore, the Badlands & Black Hills of South Dakota—\$858, 9 days, 8 nights. Trip includes visit to Mount Rushmore National Memorial, guided tour of Deadwood, gaming at Deadwood Casino, Unique Journey Museum, Crazy Horse Memorial, Badlands National Park, Wildlife Loop Road and more!

Trips include Motorcoach transportation and several meals. For more information contact Dan Warkentien, travel leader at 765-894-2665 or BCSSI at 765-482-5220 or 317-873-8939.



BCSSI Travel Group 2017
Washington DC Trip

Being Your Own Health Advocate: What That Means and Why It Is Important

When patients are active in their healthcare, they are more likely to get well. You know your body better than anyone else, and that knowledge can make a big difference.

Advocating for yourself is vital to a sense of control over your health. As we age, our health and care can feel like something we have less and less control over. The following are tips to follow to be a better advocate for yourself and to regain some control.

Be direct. – You scheduled your appointment for a reason. If there is something that was not addressed or covered, bring it up. Do not leave things unattended because your healthcare professional did not address them. You know your body, and your concerns are valid. Your healthcare professional will not know the context of your issue.

Don't be afraid to ask questions. – If you are curious about other medication options or need clarification on something ask. Your healthcare professional has experience and is likely to forget a few details. Know what you need before you leave. Your healthcare professional is there to help you. You are paying them to be there. It will not be a bother to ask them questions. Make sure that you are getting what you pay for, a full experience that will help you to feel better.

Write a list of questions and concerns to take with you to an appointment. – This will keep you from forgetting or neglecting what has been on your mind.

Review your medical bills. – An estimated 8 out of 10 medical bills contains an error. While this could work in your favor, it is always good to have errors corrected. Know your insurance and be sure to check for errors that could be costing you.

Explore your options. – With commercials on tv advertising medications, consumers are more able to know the options available to them than ever before. This can also make us question our healthcare professionals. Know that the professionals are trained, and they have your best interest in mind. A question regarding a medication that you believe would be better for your body is worth exploring. But if the healthcare professional disagrees, you should listen.

Being your own advocate is important. If you don't, then who will? The answer is no one. This does not only apply to your health. You know yourself best, and you should trust your gut. Apply these simple tips to other areas of your life as well, and you will likely feel better about other aspects as well. Prepared by: Jessica Kolanowski, Heritage Place of Indianapolis Intern for EAT.



EATCoalition.org Elders At The Table

**Boone County Senior Services is proud to
be a member of Elders At the Table (EAT)
Alleviating Senior Hunger
www.eatcoalition.org**



BCSSI...How We Got Started!

1978-2018

In 1978, Margaret (Margot) A. Corson saw a need to help older adults in Boone County.



Margaret A. Corson
Founder & Executive
Director 1978-2000

With a start up grant from Central Indiana Council on Aging (now CICOA--Aging & In-Home Services) she rented the 2 front rooms of a small blue house which was a realty company at 403 1/2 N Lebanon Street, Lebanon. Using a card table, chair, and phone she formed a Board of Directors, did the

paperwork to be a 501(c)(3) not-for-profit and began searching for ways in which Boone County Senior Services, Inc. could assist the elderly.

The first program was **Transportation**. Mildred Shanklin came in to see Margot and offered to take the "ladies to the wash house." That year 125 trips were given. During 2016 the agency provided 24,253 trips to 939 different people.

The **Friendly Visitor** program followed. Then a Social Worker was hired to assess needs and assign helpers. The BCSSI Social Workers eventually became Care Managers for CICOA to work in the entire Area 8 County Central Indiana region.

A Receptionist was hired, Senior Sounds began publication, and space was rented from the Senior Citizens Club at 707 S. Lebanon Street to provide a noon meal through CICOA as well as activities. When CICOA discontinued the noon meal at the site, BCSSI no longer rented the facility.

However, the Lebanon Senior Citizens Club still holds their meetings, card parties, rummage sales and dinners at their facility.

Margot worked with Doc Bailey to develop a **Home Health Program** in cooperation with the Boone County Health Department. This was a unique concept and one which was shared across the country by the Indiana State Department of Health. BCSSI hired an



RN to oversee the program four days a week and the county RN oversaw the program one day a week. Three Certified Nursing Assistants were

employees of the county and provided the in-home personal care. Today, BCSSI handles the entire program and is licensed as a Personal Service Agency which still provides the personal home healthcare (non-skilled) as well as homemaking and respite.

Homemakers provided light housekeeping for the elderly and **Volunteers** were recruited to assist with providing information. Through a grant, a computer was purchased and one-on-one instruction was given. Margot eventually purchased the house at 403 N. Lebanon, and as the staff grew she moved into the larger space and rented the 2 front rooms to an older adult. Finally she connected the entire house by adding a front entry.

Margot was a visionary who saw a great need and knew the needs of the older adults would only expand. She was tragically killed in an automobile accident in 2000, but the foundation she set into place was solid!



Remember When?...

BCSSI 40th Anniversary Photo Contest...

Contact BCSSI with any information about these photos below and you will receive a prize! 765-482-5220 or 317-873-8939 or sshoup@booneseniors.org

1.



2.



3.



4.



5.



THANK YOU to our 2017 Senior Sounds volunteers who help get our newsletters prepared to mail to YOU!

Anna Newman, Al Ping, Bonnie Kemna, Ellen Witte,
Jackie King, Jeannie Brandenburg, Kay Martin, Margaret
Donnolo, Shirley O'Neal, Sue Fields & Winnie Steiner
Proof Reader: Mildred Flanary

A special THANK YOU to Bonnie Kemna
who has assisted with the Senior Sounds
since the early 1980's!



2018 SUBSCRIPTION TO SENIOR SOUNDS

To continue receiving the Senior Sounds newsletter,
please mail this form with your \$5.00 annual donation to:

Boone County Senior Services, Inc.
515 CrownPointe Dr, Lebanon, IN 46052

Your Name: _____

Street Address: _____

City, Street, Zip: _____

Save \$5 and receive your newsletter by email:

Thank you!

Caregiver's Corner

A bi-monthly newsletter
filled with information
and resources for people
caring for others.

If you would like to be
placed on the mailing list
contact Jessica Evans at
jevans@booneseniors.org
or call 765-482-5220 or
317-873-8939.

**Do you or someone you know
need a little extra help?**

Try BCSSI Personal Services

Homemaker, Personal Care, Respite



**We have current job openings in
Personal Services!**

BCSSI is an equal Opportunity Employer

Contact:

Cindy Hickson

765-482-5220 or 317-873-8939

chickson@booneseniors.org

Agency Memorial & Honorarium Gifts

In Memory of Connie Hunt

Eunice Stephenson

In Memory of Marjorie Hine

Barbara Hine Koffel

In Memory of Sam & Maryetta Close

John, Arlene & Elizabeth Quinn

In Memory of Evelyn Bruce Smetora

Carol & Rick Nester

In Memory of Veterans and in Honor of Those Still Serving

Margie Niles

In Memory of Anna Mae Powell

Chuck & Sue Ritz

Barbara Hamke

Russ & Helen Roberts

Carole Hebron

Stanley & Ina Mae Cunningham

In Memory of Helen Wolf

Chuck & Sue Ritz

Patricia Shockley/Rex Princell

In Memory of Marvin McLaughlin

Devon & Rovene Woody

In Memory of Ernie Pyle Chapter of the WWII Roundtable Members:

- Charles Slaughter, Philippines/Okinawa/Purple Heart medal
- Jim Evans, Battle of the Bulge
- Marion Adams, Italy/France
- Russell Swisher, Marched in Paris Liberation parade/Huertgen Forest/Battle of the Bulge
- George Cox, Channel Crossing torpedo survivor/France
- Dr. Robert Coons, combat medic ETO/Purple Heart & Silver Star medals
- Marvin Bishop, Battle of the Bulge/early arrival liberation of Aachen, Germany
- Floyd Newkirk, Mediterranean/European theaters
- Phil Thrine, USN
- Note Truelock, USN Caribbean
- Odette Chase, Child in France under occupation
- Irwin Martin, Combat Infantry Korea
- Terry Bayles, Combat Infantry, Tet Offensive, Vietnam

BCSSI Memorial and Honorarium Donation Form

In Memory of: _____

In Honor of: _____

Please send notification card to: _____

Street Address: _____

City, State, Zip: _____

Thank you for your gift. Please mail form with payment to:

BCSSI, 515 CrownPointe Dr., Lebanon, IN 46052

**Let BATS take
you door to door!
Boone Area Transit System
County Wide, All Ages
482-5220 or 317-873-8939
Monday-Friday
7:30AM-4:30PM**



**Are you interested in becoming a
BATS driver? Give us a call!**

**BATS participated in the
Lebanon Christmas parade!**

Boone Area Transit System operates by appointments made in advance. We welcome calls for LAST MINUTE transportation for non-medical, unscheduled appointments! Please call to check the schedule and hopefully we can help you get where you need to go!

Boone Area Transit Pricing 2018

**Due to increasing demand please allow 2 weeks notice
to book your next transit appointment.**

SENIOR SUGGESTED DONATIONS	Cost:
Inside city limits (unlimited stops)	\$5.00
Outside city limits in Boone Co. (unlimited stops)	\$10.00
SENIOR OUTSIDE COUNTY COSTS	Cost:
Thorntown, Lebanon, Jamestown, Advance to Indy or any other city in the counties surrounding Boone round trip	\$20.00
Zionsville, Whitestown to Indy or any other city in the counties surrounding Boone round trip	\$15.00
Airport one-way mandatory pay per person	\$25.00
Any trip over 30 miles or more one way add \$5.00	\$5.00
PUBLIC	Cost:
Charge each time client boards	\$3.00
Drive-thru to drop off prescriptions only	N/C
Drive-thru to pick up medicine, bank, or fast food	\$3.00
Outside city limits in Boone Co.	\$5.00

Sausage and Spinach Soup

From myrecipes.com

10 oz. sweet Italian turkey sausage
1 c. chopped onion
2 tsp. minced garlic
1/2 c. water
1 15 oz. can cannellini beans, rinsed and drained

1 14.5 oz. can stewed tomatoes
1 14 oz.. can chicken broth
2 c. baby spinach
1 tsp. dried basil
1 tsp. dried oregano
Grated Romano or Parmesan cheese



Remove casings from sausage and brown in a large saucepan. Add onion and garlic and cook for 2 mins. Stir in water, beans, tomatoes, broth and seasonings. Cover and bring to a boil. Uncover and cook 3 mins., or until slightly thick. Remove from heat and stir in spinach. Ladle into bowls and sprinkle with cheese.

White Chili

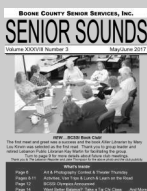
From allrecipes.com

1 tbsp. olive oil
4 skinless, boneless chicken breast halves, cubed
1 onion, chopped
1 1/4 c. chicken broth
1 4 oz. can diced green chilis
1 tsp. garlic powder
1 tsp. ground cumin

1/2 tsp. dried oregano
1/2 tsp. dried cilantro
1.8 tsp. cayenne pepper
1 15 oz. can cannellini beans, drained and rinsed
2 green onions, chopped
2 oz.. Monterey Jack cheese, shredded



Heat oil in a large saucepan over medium-high heat. Cook chicken and onion 4-5 mins. until onion is tender. Stir in chicken broth, chilis, and seasonings. Reduce heat and simmer for 15 mins. Stir in beans and simmer 5 mins., or until chicken is no longer pink. Garnish with green onion and shredded cheese.



***If you have an address change please
contact our office so we can continue
to mail your Senior Sounds!***

Thank you!

765-482-5220 or 317-873-8939



*Connecting Generations
since 1978*

We hope you have enjoyed this issue of Senior Sounds. It is a bi-monthly publication for all Boone County residents age 60 or older and family members and is published by Boone County Senior Services, Inc.

To change your address call (765) 482-5220 or (317) 873-8939. To add a name to the mailing list, please send your \$5 annual donation to defray printing and mailing costs to:

BOONE COUNTY SENIOR SERVICES, INC.
515 CROWNPOINTE DRIVE, LEBANON, IN 46052

To receive electronic copies of this newsletter email us at bcssi@booneseniors.org
www.booneseniors.org
Boone County Senior Services, Inc. is partially funded by the Boone County Commissioners, UWCI & CICOA.



BOONE COUNTY SENIOR SERVICES, INC.
515 CrownPointe Drive
Lebanon, IN 46052



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