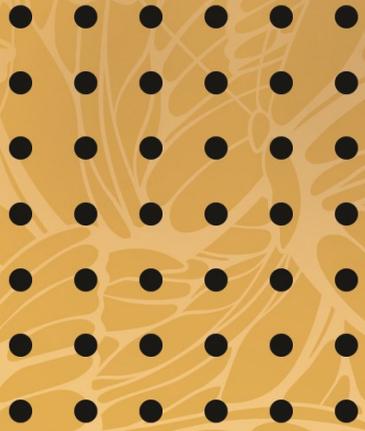
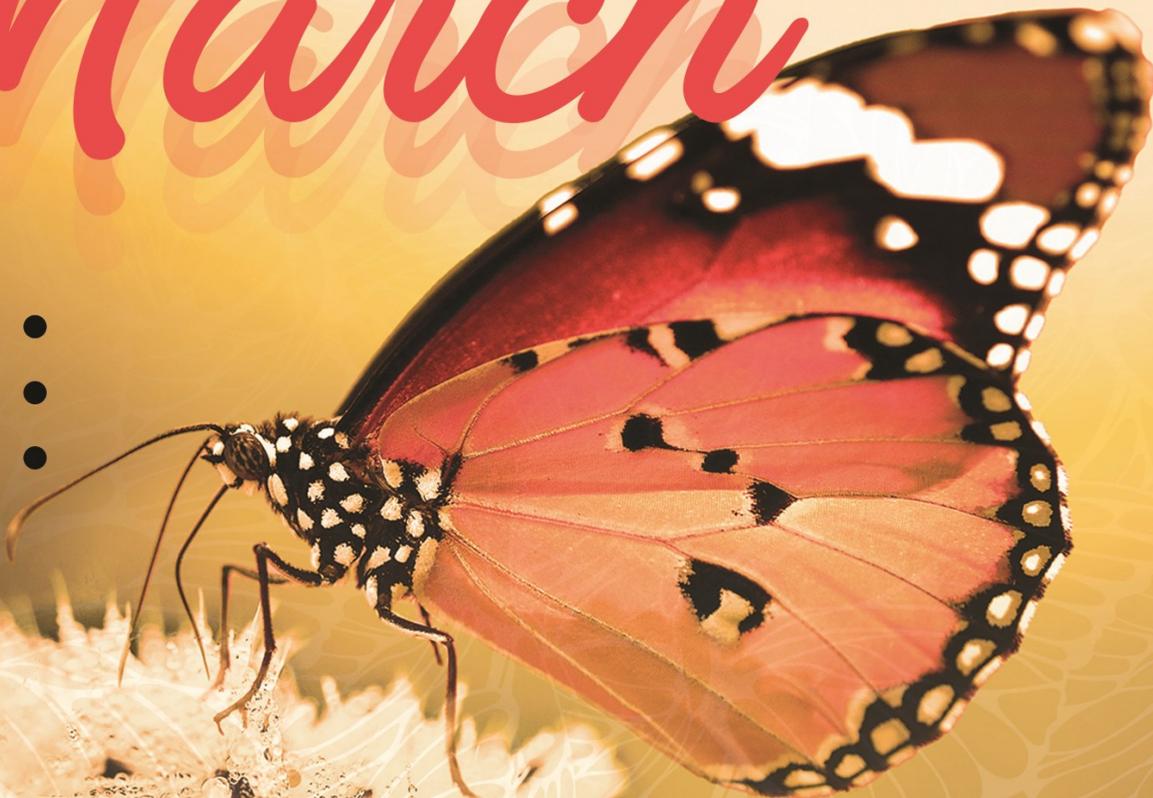




YMCA BETTYE J. MCCORMICK
CENTER
2009 Prospect Avenue
Vincennes, IN 47591
812-882-2285
www.vincennesymca.org

March



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DIRECTOR COMMENTS



Who is ready for spring? I can tell you that most everyone around the center is. I am ready too, but March is going to be a very busy time for us here. We have some special events coming up that you won't want to miss. Anthem will be hosting a kick off party and Care forth will join us in support of our area caregivers. Both of these presentations are sure to be very informative and full of fun.

We currently have openings on a trip to Beef and Boards to see Cinderella. This one is sure to sell out fast, so you might want to get your name on the rooster as soon as possible.

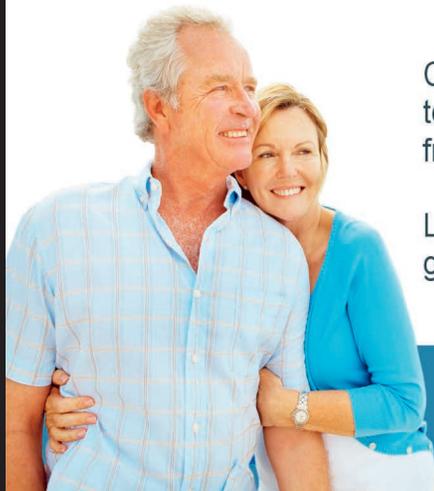
Another exciting event coming up soon is the YMCA fish fry. Open for both lunch and supper to fit your busy schedule.

The nicer temperatures will be perfect for our new biking club and those who enjoy outdoor activity.

Watch the upcoming calendars for more fun activities in the coming months. So grab our newsletter, sit down with a good cup of coffee and decide which ones might spark your interest.

Have you scheduled your free Medicare Annual Wellness Visit?

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Call 812-885-6766 to schedule your free visit.

Learn more at gshvin.org/visit.

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BEST Skilled Nursing and Rehab in Knox County 2024



ACTIVE ADULT PROGRAM –812-882-2285

March Lunch served Mon-Fri from noon to 1:00p.m. Cost: \$3.00

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Need a ride?						
1 Call Van Go 812-886-3381	2	3 Card Sharks— 1:00pm	4 Theater—10:00	5 Coffee chat—let's talk programs	6 BIBLE STUDY 9-11	7
8	9 Coffee Chat— 10:00am Bettye J. Cafe	10 Bingo (8 person minimum) 1:00pm	11 Nurse walk and talk—10:00am	12	13 BIBLE STUDY 9-11	14
15	16	17 Card Sharks— 1:00pm	18 ANTHEM SCHOL- ARSHIP KICK OFF 1-3	19 Committee mtg— 10:00a.m.	20 BIBLE STUDY 9-11	21
22	23 Hydro massage— 10:00am	24 Bingo—1:00 (8 player min)	25 CAREFORTH—1	26 Mini Health screen- ings with nurse— 10:00a.m.	27 BIBLE STUDY 9-11	28

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Bettye J McCormick Senior Center, Vincennes, IN

B 4C 01-2212

March 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Meatloaf, mashed potatoes, buttered corn, wheat bread and milk	3 Caprese pasta w/chicken, garlic bread, peaches, sliced cukes and milk	4 Chicken, cabbage soup, pimento cheese on wheat, spiced apples and milk, saltines	5 Oven roast, chicken, baked tomato/cheese, buttered peas, wheat bread and milk	6 Glazed ham, sweet potatoes, seasoned green beans, wheat bread and milk	7
8	9 Tomato, bacon tart/puff pastry, tomato basil soup, cottage cheese, pears and milk	10 BLT / wheat toast, baked potato, fruit cocktail and milk	11 Garlic tomato baked chicken, mashed potatoes, buttered corn, wheat bread and milk	12 Salami rollup / cream cheese, broccoli salad, grape tomatoes, cottage cheese bread and milk	13 Rattlesnake pasta/chicken, side salad/ ranch, cheesy garlic bread, mandarin oranges and milk	14
15	16 Oven baked cabbage burgers, roast potatoes, cherry tomatoes, dinner roll and milk	17 Reuben sliders, St. Paddy pasta/broccoli, spinach dip/warm baguette, and milk,	18 Chicken Pomodoro, rice, buttered broccoli, sliced peaches and milk	19 Beef chili, crackers, PBJ/ wheat, spiced apples and milk	20 Coney dog/ bun, Auggarten potatoes, glazed carrots and milk.	21
22	23 Oven fried chicken, mashed potatoes, green beans, wheat bread and milk	24 Chicken salad stuffed tomato, baby bakers, cinnamon applesauce, multi grain bread/milk	25 Polish sausage on bun, potato salad, broccoli and cauliflower and milk	26 Salmon Patty, cherry tomatoes, garlic mashed potatoes, wheat bread and milk	27—Ham & beans, creamy coleslaw, cornbread, cinnamon apples and milk	28
29	30 Taco stuffed tomato, corn chips, tater tots, mandarin oranges and milk	31 Stuffed bell pepper, mashed potatoes, glazed carrots, wheat bread and milk				

ADULT DAY SERVICES CALENDAR OF ACTIVITIES

March 2026

Sun

Mon

Tue

Wed

Thu

Fri

Sat



8- Sign In 9- Breakfast 30- Currents 10-Exercise 30-Fun time 12-Lunch 1-Relaxation 30- Bingo	2 Beautician Exercise Spring this or that Lunch Masons bingo swimming	3 Walk to the Oldies Math games& dominoes Lunch White elephant bingo	4 Exercise St. Paddy word search Lunch Bingo/Mayor	5 Walk to Oldies Bible movie/ Yahtzee Lunch Bingo/G Sam Shopping -5 below	6 Exercise Chair dancing Lunch Bingo/ Henderson TR Weight loss	7
2- Snack 30-ready for bus/sign out 3-board for home	9 Chair Exercise Facts about spring Lunch Bingo/ American Table swimming	10 Walk to oldies Simon says/OTL Lunch Bingo/Guardian Angels Handbells	11 Exercise He is my spring canvas Lunch Bingo/ Bridgepointe Grocery list	12 Walk to Oldies OTL/game time Lunch Spring nails, hand massage Snacks	13 Exercise CC/no bake key lime pie Lunch Bingo/K of C Weight loss mtg	14
15	16 Exercises Outdoor bucket list Lunch - Chapter reading Bingo/Eagles Swimming	17 walk to Oldies St Paddy's party Lunch Leprechaun bingo Handbells More shenanigans	18 Exercise/ROM St Paddy's maze Lunch Bingo/ Grocery List Goals	19 Walk to Oldies Science fun Lunch Bingo/Lydias Shopping-Ollies	20 Exercise Spring wreath class-\$5.00 Lunch- Bingo/ Colonial Weight loss mtg	21
22	23 Chair Exercise Spring Pictionary Lunch Bingo/Moose Swimming	24 Walk to Oldies Toilet paper roll bird craft Lunch Bingo/Nutrition Handbells	25 Exercise St. Paddy's tale Lunch Bingo/Piper Diamonds Grocery List Goals	26 Walk to Oldies Spring facials Lunch Bingo/ Goodwins Shopping	27 Exercise CC-picture pendants Lunch Bingo/VFW Weight loss mtg	28
29	30 Chair Exercise 50's day fun Lunch Bingo/Gentle care Swimming	31 Walk to Oldies Candlelight & music Lunch Bingo/Wabash Steele Handbells				

CALLING ALL TRAVELERS— WE ARE HEADING TO BEEF AND BOARDS!



Are you ready for a wonderful show and fabulous buffet lunch? Join us on July 8th as we head to Indianapolis Beef and Boards featuring their rendition of the famous Rodgers and Hammerstein's Cinderella.

We will depart the YMCA Bettye J. McCormick Center at 8:30a.m. on 7/8/26 by way of Journey travel coach-line. Fully equipped for your comfort, Journey travel has been providing excellent travel opportunities for us for many years. After dinner and the show we will depart the theater at approximately 3:30pm before heading back home to Vincennes.

The cost of the trip is \$95.00 per person which includes the show, lunch and transportation. A \$35.00 non refundable deposit will hold your spot! The trip must be paid in full by 6/10th.

For more information, please call us at 812-882-2285. Bring your friends and enjoy the day away watching this iconic classic from the 1960's.

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POSSIBILITY FOR FREE ADULT DAY SERVICES!

ADULT DAY SERVICES *Kickoff Party!*

Wed, March 18th
1 - 3 PM ET

Bettye J. McCormick Center
2009 Prospect Ave, Vincennes, IN

Join us for an afternoon of information, free gifts, and finger food snacks as we introduce this new partnership with Anthem designed to expand access to Adult Day Services.



Are you looking for some gentle assistance during the day or respite for your caregivers while they work? Adult day services may be for you. With a scholarship through Anthem we may be able to offer our services FREE of charge.

Are you often alone or lonely? Do you feel you are unsafe in your home while your loved ones are at work? Do you require any assistance with personal care, medications, meals or activities of daily living? Are you more forgetful than in the past? Would you benefit from talking with a nurse daily and regular health monitoring? Are you suffering from memory loss? Have you or your caregiver ever considered nursing home care, but you want to live as independently as possible? Does your caregiver ever need respite for an afternoon?

The YMCA Bettye J. McCormick Center may have an answer. Please join us for a very informative program on what our adult day service program can offer and see if you qualify for some free service.

The day will be informative and memorable. Ginny France and Dustin Ziegler will be speaking and answering any questions. All participants will be receiving a free gift as well as finger foods and drinks. Door prizes will be awarded. Don't miss this informative session.

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**YMCA BETTYE J. MCCORMICK
SENIOR CENTER**
2009 Prospect Avenue
Vincennes, IN 47591
812-882-2285
www.vincennesymca.org



GUIDE Model of Care

Guiding an Improved Dementia Experience
1-260-999-4106 • GUIDE@agingihs.org • www.agingihs.org

GUIDE is a Medicare program offered to individuals with dementia or who exhibit cognitive impairment and their caregivers. GUIDE participants receive ongoing clinical and social supports focused on improving the quality of life for both the participant and their caregiver(s).

Program Benefits:

- Access to long term care resources
- Improved health outcomes
- Reduced caregiver burden

The Nurse Practitioner will provide:

- An annual assessment
- Dementia symptom management
- Collaboration with the Primary Care Provider and Specialists

The Care Navigator will provide:

- Care coordination
- Person centered care planning
- Caregiver education and support

GUIDE is provided by Aging & In-Home Services of Northeast Indiana in partnership with Indiana Area Agencies on Aging and funded through the Centers for Medicare and Medicaid Services (CMS) for individuals who have Fee-for-Service Medicare (Part A & B). This program is currently not offered to individuals enrolled in Medicare Part C (Medicare Advantage Plans), PACE or receiving Hospice.



Suresh Jaiswal, M.D.
GUIDE Medical Director



Kelly Zolman
GUIDE Adult Gerontology
Nurse Practitioner



Amber Sixelove
GUIDE Care Navigator
ABC Community-GUIDE Certified

INTERESTED IN GUIDE?

Eligible participants must have the following:

- A potential diagnosis of dementia or exhibiting cognitive impairment
- Medicare Parts A & B

MAKE A REFERRAL



Scan the QR code or visit www.agingihs.org/make-a-referral and complete the online referral form.




**IN PARTNERSHIP WITH GENERATIONS VINCENNES
UNIVERSITY STATEWIDE SERVICES**

Aging & In-Home Services of Northeast Indiana, Inc. (AIHS) promotes independence, dignity, and advocacy for all older adults and persons with disabilities and their caregivers. AIHS partners with other Indiana Area Agencies on Aging to provide the GUIDE program to persons living with dementia and their caregivers across the state of Indiana.



You are Invited

Speaker Topic:
Compassion Fatigue

Wednesday March 25th 1:00 –2:00

YMCA -Bettye McCormick Senior Center
2009 Prospect Ave, Vincennes

Recognizing the signs of burnout is the first step toward meaningful support. Join us for an insightful session with Jen Wilson of Careforth, as she shares valuable resources and connections to help caregivers feel supported throughout every stage of their journey.

RSVP or just stop by
Jen Wilson
812-631-7057





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