

BOAA
BROWNSBURG OLDER
ADULT ALLIANCE

*A community where older adults
are valued and never feel alone.*

October 2020

55+ Publication

Volume 7, Issue 10

**BOAA SOCIAL #2
BIG SUCCESS!!**



**Corona Virus - Update
Stage 5**
Beginning September 26, 2020

- A mask mandate will continue.
- Size limitations will be removed for gatherings and meetings. Organizers of events with more than 500 people will need to submit a written plan to the local health department.
- Restaurants and bars that serve food can open at full capacity. Appropriate social distancing will need to be maintained. A bar section must have people seated.
- Bars and nightclubs can open at full capacity. Customers must be seated, and social distancing is required.
- Indoor and outdoor venues can open at full capacity.
- Senior centers and congregate nutrition sites may reopen according to FSSA guidance.
- Personal services, gyms, fitness centers and workout facilities may resume normal operations.
- Nursing homes and assisted living facilities are required to provide visitation opportunities.

**Let The
Fun Begin, Again!**

By Vicky Byarley

We are back! BOAA will have activities in October; our theme is to open up slowly and safely. You must wear a mask to attend activities at The Well Community building. A liability waiver must be signed monthly and a Covid status checklist filled out each time you attend an activity is required. We will be taking a non-contact temperature, and hand sanitizer is required. These requirements are in place to follow all CDC and our own Governor's safety guidelines. As everyone is aware, this is our new normal, and at BOAA we want to put, and keep, safety first for all our participants.

October Activities at the Well

All activities are on Thursday from 1-4
 Oct 1...Hand & Foot card game-Blue Room
 Oct 8...Bingo-Orange Room
 Oct 15...Hand & Foot card game-Blue Room
 Oct 22...Bingo-Orange Room
 Oct 29...Hand & Foot card game-Blue Room
 To register, call 317-440-5110

Important Dates:

Oct 14, 2020 BOAA Social #3
Starts at noon to 3 p.m. At Arbuckle Pavilion Shelter #3 Bring your face mask & lawn chairs.

Nov. 14 & 21, 2020 Fall Cleanup
Calling all rakes & sweepers! These are the two dates for yard clean up. Lots of fun and happiness too!

2020 Holiday Bazaar - Postponed
2021 Bazaar will be bigger & better. Safety & health is important for your holidays with family.

2020 Holiday Gift-Away
More information will be available soon.



Tom's Take

Tom Lacey
Chairman of the Board of Directors of BOAA

Ahhhhhh finally ... it's October--my favorite month of the year!

There's so much that's good about October that my editor will have to give me a little grace about my column's word count limit this month.

October is autumn leaves, warm days and cool nights, first frost, bonfires with hot cocoa, hot dogs on a pointy stick, s'mores, farmer's harvests, fall festivals, corn mazes, apple cider, homemade chili, hayrides, and Halloween. Really, is there another month that hosts so much? Other months may offer one or two bigger days, but none of 'em offer the volume of great times as October.

Central Indiana is particularly blessed to have Brown County State Park and Nashville to host great October outings. My family watches the news, weather reports, and online tree cams and checks with friends to pick the perfect day to see Brown County colors. We know the vistas where the best and most breathtaking colors can be seen; often we see out-of-state license plates of people who come here to take in our glorious colors. People come from afar with their lawn chairs to sit and visit and chat amidst the color of Indiana in October.

When I was a kid my family always had a bonfire outing every October. My older brother continues that tradition today on his farm outside Anderson. Homemade chili with unique ingredients (is there any other kind?) is a staple at Mike's October outing. He cuts his own timber for that special night weeks in advance. The children and grandchildren run and play with a special need to scare each other in the darkness beyond the glow of the fire. Talk is generally of football, the weather, the going price for a bushel of corn, or the kids' school activities. After the special chili and hot dogs it's time for s'mores and just plain ol' roasted marshmallows on a stick. Throughout the evening the drink of choice is apple cider. A couple of years ago Mike's boys rounded up an apple mill, and we made our own apple cider. We used local apples, mashed and smashed 'em, and the cider was actually pretty good. In October it's always a great evening around the fire with family at Mike's farm.

October closes out with Halloween. Is there a better kid holiday than Halloween? Maybe Christmas with Santa Claus and all, but a case can be made for Halloween. Ghosts and goblins and stories that make your skin crawl are the mark of a great Halloween. Costumes and disguises make for the best fun while trick or treating. Not much trickin' anymore ... I guess that's a good thing. It seems haunted houses, scary barns, and spook houses are everywhere. And the best part, Halloween ain't just for the kids! Man, what a great holiday!

So there you have it. I won't push my editor any further for additional words. My case for October ... the best month every year!

* * * * *

"Kindness is the language which the deaf can hear and the blind can see."
- Mark Twain



MEET YOUR VOLUNTEER

"Who Dis?"



**DAVID
MOLL!**

We may have forgotten your name, but
your smile will never be forgotten.
Our sincere apologies David!

REFLECTING

by Bonnie McKeown

I'm sitting in the carport
Swinging in the old porch swing.
God's earth is just beautiful
Though we could use some rain.
There are doves and pigeons
And rabbits all over.
They sure won't go hungry
With all this white clover.
I have geraniums and marigolds.
Had some petunias too.
But from the looks of them
I think they are about through.
There are birds everywhere,
Some of all kinds.

They peck in the dirt and grass
To see what they can find.
There is a spray plane spraying,
Glad it's him and not me.
I'd have the power lines down
And would top every tree.
I'm so blessed and thankful
To have my family all around.
Some of them work at home,
Some have jobs in town.
I love living here,
Enjoying it every day.
Thank you God for this corner
You gave me on double Aa.

Brain Teasers

SORROW RISK
SICKNESS
HAPPINESS
CROSSES SUN

1. I am in the beginning of sorrow and the end of sickness. You cannot express happiness without me yet I am in the midst of crosses. I am always in risk yet never in danger. You may find me in the sun, but I am never out of darkness.
2. I am a word of six; my first three letters refer to an automobile; my last three letters refer to a household animal; my first four letters is a fish; my whole is found in your room. What am I?
3. A time when they are green, a time when they're brown, but both of these times, cause me to frown. But just in between, for a very short while, they're perfect and yellow and cause me to smile. What am I talking about?



When? Where?

When should I get vaccinated?

"The best time to get vaccinated is from mid-September through the month of October," says William Schaffner, M.D., medical director of the National Foundation for Infectious Diseases.

Which flu shot is right for me?

Adults 65 and older should ask their health care provider for either the high-dose or adjuvanted flu vaccine, Schaffner says, both of which produce a stronger immune response (and therefore more protection against the flu) in older adults.

Where can I get the flu shot?

Pharmacies (CVS and Walgreens), doctors' offices and health departments around the country are still offering vaccines, which are typically free with insurance. Schaffner says that some medical practices in suburban areas are even planning to host drive-up flu shot clinics, which will allow people to get vaccinated without stepping foot in the office.

No matter where you go, be prepared to wear a face mask during your appointment and to observe other COVID-related precautions, like getting a temperature check and waiting 6 feet away from other patients.

The New 60



Answers: 1. The letter S. 2. Carpet 3. Banana



Do YOU know a team of volunteers?

It's that time of year, the leaves are falling and cleanup will be starting.

We need volunteers to help with our Fall Cleanup. The dates are November 14 and November 21.

If interested please call Sandy Tolle at 317-979-2099.

BOAA Board of Directors

Chairman: Tom Lacey

Vice Chairman: Vacant

Treasurer: Tom Kmetz

Secretary: Jenn Cox

Gen'l Member: Vicky Byarley

Contact us:

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*BOAA is dedicated to
enhancing the lives of
older adults and their
families in Brownsburg, IN.*



Maggie Hine, BOAA's Marketing Intern, last day was August 21st. She accomplished a lot in the short time she volunteered with BOAA. Maggie was engaged with her task from the first day. She not only completed the redesign of the logo and the website with documentation, but also preserved when issues came up along the way. Thank you Maggie for all your hard work!



ASH INTERACTIVE

Thank you Pete Brown, founder of ASH Interactive, for donating your time to teach our student interns, Maggie Hine, Jeffrey Auguste, and Heather Fields, about digital marketing strategy. The knowledge gained is helping BOAA to successfully connect with our virtual community.

Thank you Pete for your time and gift of knowledge.

ASH Interactive is a branding, marketing and content creation company. Founded in 2012 to help small businesses "freshen up" their digital presence, ASH's creative services have helped dozens of organizations clearly communicate with their consumers and reach out to new ones. Whether needs include photos, video, a new website, logos, fonts or virtual events, ASH can clearly and affordably lead organizations through the next stage of their journey.

PLEASE
PLACE
STAMP
HERE