

Bell Trace Newsletter

August 2017

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August Birthdays

Bonnie Waters	1st
Jenny Kander	1st
Jane Flinn	3rd
Dick Schutte	3rd
Ruth Holdcraft	4th
Ruth Sager	5th
Lois Hite	8th
Jean Harvey	10th
Bill Wiatt	12th
George Fortenberry	15th
Bill Portteus	15th
Bill Shetter	17th
Priscilla Briggs	20th
Nila Talbot	21st
Cynthia Davis	23rd
Armel Meadows	23rd
Ralph Winstanley	25th
JoAnn Eberly	25th
Tony Shipps	26th
Betty Boruff	28th
Julia Brown	28th

Birthday Party



Join us in wishing all those residents with August birthdays a Happy Birthday!

Friday, August 4, 2017
2:00 p.m., The Commons

ALL ARE WELCOME!

From the Desk of Joy Harter, Executive Director



July Apartment Chat Summary

Dead Trees on Campus: It was mentioned that there are several dead trees on campus that need to be removed. The removal of these trees has been accomplished.

Gaps Around Apartment Doors: Joy reported that she and Brian have looked into this concern brought up at a previous Monthly Chat. Joy is consulting with our maintenance contact at CarDon on this matter.

Fitness Center Relocation: The renovation to the Community Room will begin in the first week in August and will likely take two weeks to complete. The Community Room will then become the site of the relocated Fitness Center. More information to come on our new Fitness Center!

More Soup Spoons! The comment was made that more soup spoons are needed in the Bistro. Philippe has placed an order and we are just waiting on its arrival!

The Trace: The comment was made that certain portions of the Bell Trace path need cleaned up, particularly behind the Health and Living Center. Joy and Brian are looking into this matter.

July Cottage Chat Summary

Fire Extinguisher Use: Fire extinguishers were a subject of conversation. At next month's Cottage Chat, there will be an in-service on proper use of the cottage fire extinguishers.

Nails on Cottage Decks: There are some cottage decks that need nails pounded back in because they are exposed. Brian was present and took note of this concern.

Cleaning of Air Ducts: There were questions about the maintenance and cleaning of the heating and cooling air ducts. Brian will check with our HVAC company on this matter.

Mailboxes with Floppy Flags! Yes, this was a subject of conversation at the Cottage Chat! Please place a work order if your mailbox flag needs tightened/adjusted.

Please ask cottage resident Ivonne Vanderbilt about her Fig Tree!

A Reminder About Cell Phone Courtesy: Please speak softly when using your cell phone in public areas. Be courteous to those you are with, particularly in the Bistro Dining Room or during group events/activities. Turn your phone off or on vibrate when in the Bistro, at group activities, or any other public situation where your cell phone conversation might disturb those around you.

LifeSpan Home Health and Attendant Services

LifeSpan Home Health, LLC is an Indiana state-licensed home health agency that is conveniently located on the campus of Bell Trace Senior Living Community.

LifeSpan is a CarDon company providing nursing and attendant services to the Bell Trace community. If daily non-medical tasks become challenging, LifeSpan Personal Attendants can provide the following services to residents:

- Personal caregiving
- Assistance with bathing, dressing, hygiene, grooming, and other personal care
- Escort to meals and activities
- Transportation to the doctor or other appointments and outings
- Running errands and personalized shopping
- Light housekeeping
- Meal preparation
- Pet care and dog walking
- Companionship at home or for events and outings
- Move-in or move-out assistance

Our LifeSpan Nursing Services can provide:

- Medication management and injections
- Wound care
- Assessments of vital signs:
 - Blood pressure
 - Pulse
 - Respiratory status
 - Temperature
- Diabetic management
- Lab and x-ray coordination

For more information on what LifeSpan Home Health can do for you, please contact Kellie Self, RN Administrator of LifeSpan Home Health Services at 812-332-2355, ext. 220.

Famous 100-Year-Olds Share Their Secrets to Longer Lives

"There's no spare time, so I'm active all the time. I think that forces you to stay well. To be 90 and still be working — that's what I wouldn't have expected. I'm the luckiest broad on two feet."

-Betty White, 95, American actress

"I was lucky enough to find my soul mate 63 years ago, and I believe our wonderful marriage and our nightly 'golden hour' chats have helped me survive all things."

-Kirk Douglas, 100, American actor, producer, director, author

"My mantra is to wake up the morning and say, 'This is going to be the best day of my life.' That way I can face anything. My mantra for life is, 'There is nothing that you cannot do.'"

-Tao Porchon-Lynch, 98, yoga master and author

"The whole secret of life is moderation — a little bit of everything."

-Jessie Lichauco, 105, Cuban philanthropist

"It's wonderful to live long. Until one is 60 years old, it is easy to work for one's family and to achieve one's goals. But in our later years, we should strive to contribute to society. Since the age of 65, I have worked as a volunteer. I still put in 18 hours seven days a week and love every minute of it."

-Dr. Shigeaki Hinohara, 105, Japanese doctor, educator, and author

<http://www.healthline.com/health/secrets-longevity-tips-centenarians#1>

Resident Services

Banking Hours

First Financial Bank offers a courier service for their customers on Tuesdays, Thursdays, and Fridays. A bank representative will pick up transactions from the locked bank box outside the 2nd Floor Lounge at 10:00 a.m. and will return with a receipt between 2:00 and 3:00 p.m. (Tuesdays and Thursdays only).

A representative from First Financial will be available on Tuesdays from 1:30—3:00 p.m. in the Bistro Alcove to meet with customers and answer questions.

Bell Trace Beauty & Barber Shop

Located on the Lower Level, The Barber Shop / Beauty Salon is open Tuesday through Friday from 9:00 a.m.—3:00 p.m. Stop in or call for an appointment. Phone: 812-332-2355 ext. 218.

Instructional Help

Help is available if you are having problems or have questions regarding the use your cell phone, computer, tablet, etc. Please contact either Melissa Davis or Julie Hill to have your name placed on the Instructional Help Request List. Service-learning students will call you to set up a time to help.

Massage [\$]

Massages are available on Tuesdays. Be sure to provide your phone number when you sign up so that Lisa Prickel, the massage therapist, can call you to schedule your appointment.

The sign-up sheet is in front of the Activity Book in the Mail Room.

Chats

Chats are an opportunity to share your ideas and concerns regarding your experience living at Bell Trace. All are encouraged to attend!

Apartment Chat with Joy

Wednesday, August 23, 3:30 p.m.
The Commons

Assisted Living Chat with Joy

Friday, August 25, 4:00 p.m., Sunroom

Cottage Chat with Joy

Tuesday, August 29, 10:00 a.m., The Commons

Support Group

Parkinson's Support Group

Friday, August 25, 1:30 p.m., The Commons
Please note the new location!

Bell Trace Recycling Guidelines

There are large recycling totes in the Delivery Drive for apartment residents and totes in the north parking lot for cottage residents. The following items can be recycled: metal and aluminum cans, plastic containers and bottles, styrofoam, glass bottles and jars, newspapers, magazines, catalogs, office paper, cardboard, empty plastic grocery bags. PLEASE BREAK DOWN ALL CARDBOARD BOXES!

Please do NOT leave ANY bags of recyclables on the outside of the totes. All bags must fit into the inside of the tote. If the totes are full, you will have to return the following week to place your recycled items INSIDE the totes.



Resident Services

Resident Committee Meetings



Resident Council—All residents are welcome!

Tuesday, August 1, 1:30 p.m., The Commons

Library Committee

Friday, August 18, 1:30 p.m., Library

Hospitality Committee

Can you remember what a big adjustment it was for you when you first moved to Bell Trace? We are looking for friendly residents who would like to welcome our newest residents and help make their transition a little easier.

Wednesday, August 16, 2:30 p.m.

Community Room

Newcomers Meeting

This meeting is for all residents who have moved to Bell Trace within the past year. Headed up by Executive Director Joy Harter and Activities Coordinator Melissa Davis, this is an informal gathering where you can get answers to any questions that may have come up during your time here at Bell Trace. Each month it is a little different, so please come often!

Tuesday, August 22, 1:30 p.m., Location TBA

Give and Take Day

Tuesday, August 1, 9:00 a.m.—3:00 p.m.

The Commons

If you have items that you no longer need and want to get rid of, bring them down to Give and Take Day. Whatever is left at the end of the day will be taken to Goodwill. Coats, hats, and other winter attire will be taken to the homeless shelter. Please only bring your items to the Community Room the morning of Give and Take Day, and please do not bring undergarments or medication to Give and Take Day.

Wellness Checks

Blood Pressure Clinic

Tuesdays, 9:30—10:00 a.m.

2nd Floor Game Tables

Hearing Aid Checks & Cleaning

Wednesday, August 9, 3:30—4:30 p.m.

Religious Services

Church Services

Sundays, 4:00 p.m., Chapel

Fellowship follows in the Private Dining Room

Catholic Rosary

Wednesdays, 4:00 p.m., Chapel

Catholic Service

Fridays, 11:00 a.m., Chapel

Fellowship follows in the Private Dining Room

Dry Cleaning Service

Crosstown Cleaners will pick up your dry cleaning and deliver it back to your door on Monday, Tuesday, Thursday, and Friday.

A \$2.00 delivery charge will be added to your dry cleaning bill. Phone: 812-333-6600.

Monroe County Library

Bookmobile Visit

Wednesdays, 11:30 a.m.—12:00 p.m., Front Portico

The Bookmobile collection includes best-sellers; compact discs; DVDs; magazines; and books-on-CD. Materials not available on the Bookmobile may be requested from the Main Library and then delivered to you the next visit. **For more information, call the Library at 812-349-3050 ext. 2059.**

Life Enrichment

Discussions

Word Talk

Tuesdays, 11:00 a.m.—12:00 p.m., Sunroom
Back by popular demand! Each week participants will bring a word beginning with that week's letter (see the daily schedule). The group will then vote on which words to discuss during the hour. It's always interesting to see what one word can mean to several different people.

Coffee and Conversation

Monday—Saturday, 8:00 a.m.—7:00 p.m. and
Sundays 11:00 a.m.—2:00 p.m., Bistro Alcove

Christian Discussion Group

Monday, August 7, 2:30 p.m., 3rd Floor Lounge
Listen to a sermon by Tom Ellsworth from Sherwood Oaks Christian Church on CD, followed by a discussion. Hosted by Phyllis Mangun. All are welcome!

Lunch with Rabbi Besser [\$]

Tuesday, August 15, Bistro Alcove
There is a 10-person limit in the Alcove. Please sign up for a spot in the Mail Room.

Lunch with Chaplain Kurt Messick [\$]

Friday, August 18, 11:30 a.m., Bistro

Book Discussion Group

Sunday, August 20, 2:00 p.m., Library

Current Events

Thursdays, 11:00 a.m.—12:00 p.m., Sunroom

Bible Study

Saturdays, 10:00 a.m., 3rd Floor Lounge

Bell Trace Library News

Guest column written by Resident Betty Farr

New to our library this month are books by Tom Clancy, Jan Karon, Louise Penny, and Maeve Binchy. New best sellers include:

"The Girl On The Train"

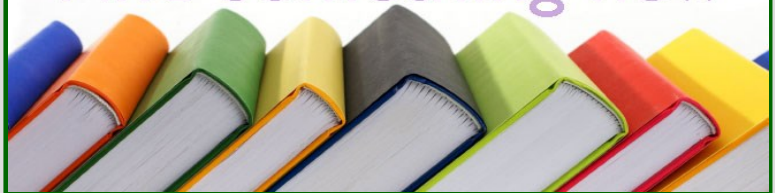
"My Name Is Lucy Barton"

"The Storied Life of A. J. Fikry"

Have you ever been to Mooreland, Indiana? If so, maybe you met Haven Kimmel, the author of two delightful books: "A Girl Named Zippy" and the story of Kimmel's mother, "She Got Up Off the Couch."

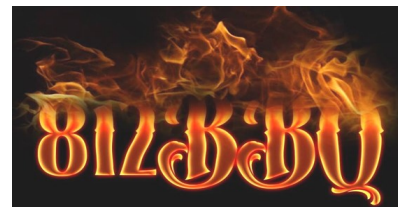
Do visit the Library for good reading these hot summer days!

Find something new



812 BBQ Food Truck is coming back to Bell Trace!

Sundays, August 6 and 20, the **812 BBQ** food truck will be parked on the Bell Trace campus from 5:00—6:30 p.m. Since the Bistro will not be open for dinner that evening, we encourage you to try their barbecue fare. Please see the menu in the Mail Room. Cash, credit, and debit cards are accepted.



Bell Trace Residents



Please do not park your car long term in our handicapped spots. These spots are for our visitors. Thank you.

Arts Programming

Arts & Crafts

Monday & Wednesday 1:30—3:00 p.m.
Arts Studio

We will continue working with clay. Please come down and join in the fun. Playing with clay is not just about the creative process—it is also about the actual manipulation of the clay. This provides tactile stimulation that works to stimulate the mind and create a soothing effect. Manipulating the clay also works the muscles and joints of the hand, strengthening them and conditioning them so that they are more capable of handling motor skills and daily activities, and can ward off the pain and stiffness of arthritis and other conditions.

Fiber Arts

Tuesdays, 2:00—4:00 p.m., 3rd Floor Lounge

This is an informal gathering of hand crafters. Bring a project or just come for the conversation.

Writing Group

Thursdays, 2:00—4:00 p.m., 3rd Floor Lounge

We talk about the prose and poetry of professionals and then we listen to the prose and poetry of our peers. This is a safe space for writers to both read and be heard. Beginners are welcome!

Ukulele Practice

Thursdays, 4:00—5:30 p.m., Front Lobby

Bloomington Peace Choir Practice

Wednesdays, 6:30—8:30 p.m., The Commons

This group is open to the general public. You are welcome to come and join the group in singing or just to listen to the four-part harmony.

International Folk Dancing

Thursday, August 10, 7:30—9:00 p.m., Lower Level
Thursday, August 24, 7:30—9:00 p.m., Lower Level

Exercise and Wellness Activities

Advanced Exercise

Mondays, Wednesdays, and Fridays
10:00—10:45 a.m., The Commons

Intermediate Exercise

Mondays, Wednesdays, and Fridays
10:45—11:30 a.m., The Commons

Qigong

Sundays, 2:00—3:00 p.m., The Commons

Qigong (Chi-Gong) is a form of tai chi. Qigong is specifically designed to work on all levels of life—balancing the body from head to toe, improving the flow of energy through your body, and calming the mind. This class will be taught by Jenny Yang.

Mindful Movement and Meditation

Tuesdays and Thursdays, 10:00—11:00 a.m.
Chapel

This activity is designed to provide the participant an opportunity to experience the mind, body, and spirit connection. It involves deep breathing, chair yoga, adaptive tai chi movements and a guided meditation.

Chair Yoga

Saturdays, 11:00 a.m., The Commons

Welcome New Residents!

Bob and Kathleen Sinn Apt. 324

Geneva Stevens Apt. 253

Nila Talbot Apt. 224

Lee Witt Apt. 212

Al Gallo Apt. 360

On the Big Screen

Saturday Movie Matinee

"Founding Brothers" Series
Saturdays, 1:00 p.m., Chapel



Saturday Night at the Movies

If there is a particular movie that you want to see, please let Melissa, Kurt, or Julie know.

"The Last Word"

Harriet Lauler (Shirley MacLaine), a once-successful businesswoman, works with young local writer Anne Sherman (Amanda Seyfried) to pen her life story. When the initial result doesn't meet Lauler's high expectations, she sets out to reshape the way she'll be remembered, dragging Anne along as an unwilling accomplice. As their journey unfolds, the two women develop a strong bond which not only alters Harriet's legacy but also Anne's future.

Saturday, August 5, 7:00 p.m., The Commons

"Driving Miss Daisy"

Daisy Werthan (Jessica Tandy), an elderly Jewish widow living in Atlanta, is determined to maintain her independence. However, when she crashes her car, her son, Boolie (Dan Aykroyd), arranges for her to have a chauffeur, an African-American driver named Hoke Colburn (Morgan Freeman). Daisy and Hoke's relationship gets off to a rocky start, but they gradually form a close friendship over the years, one that transcends racial prejudices and social conventions.

Saturday, August 12, 7:00 p.m., The Commons

"Million Dollar Baby"

Frankie Dunn (Clint Eastwood) is a veteran Los Angeles boxing trainer who keeps almost everyone at arm's length, except his old friend and associate Eddie "Scrap Iron" Dupris (Morgan Freeman). When Maggie Fitzgerald (Hilary Swank) arrives in Frankie's gym seeking his expertise, he is reluctant to train the young woman, a transplant from working-class Missouri. Eventually, he relents, and the two form a close bond that will irrevocably change them both.

Saturday, August 19, 7:00 p.m., The Commons

"Extremely Loud and Incredibly Close"

Oskar (Thomas Horn), who lost his father (Tom Hanks) in the 9/11 attack on the World Trade Center, is convinced that his dad left a final message for him somewhere in the city. Upon finding a mysterious key in his father's closet, Oskar sets out in search of the lock it fits. Feeling disconnected from his grieving mother (Sandra Bullock) and driven by a tirelessly active mind, Oskar has a journey of discovery that takes him beyond his loss and leads to a greater understanding of the world.

Saturday, August 26, 7:00 p.m., The Commons

Second Sunday Musical

"The Music Man"

Sunday, August 13, 7:00 p.m., The Commons

Special In-House Events

Musical Events

Music with Matt

Monday, August 7, 7:00 p.m., Front Lobby

The PBJ Trio Plays Memorable Tunes

Wednesday, August 9, 3:30 p.m., The Commons

An Evening of Music with Matt

Tuesday, August 15, 7:00 p.m., The Commons

Scott Lindroth* and Nicole Leone Sing Your Favorites

*Join Jay and Betty Farr's grandson and his wife, coming from NYC, for a special concert. Cookies and lemonade will be served after the concert.
Wednesday, August 16, 7:00 p.m.

Tom Wright Sings the Oldies

Monday, August 21, 7:00 p.m., The Commons

Other Events

Comcast Customer Service Event

Comcast representatives will be on hand to answer your questions. Refreshments and giveaways!

Friday, August 4, 1:00—4:00 p.m., The Commons

Wild Care Inc. Animal Visit

Meet several different kinds of animals. Refreshments will be served.
Saturday, August 19, 1:30—3:30 p.m.
Health and Living Center

Solar Eclipse Informational Talk by Kurt Messick—"Don't Get Left in the Dark!"

Sunday, August 20, 7:00 p.m., The Commons

It's HOT!!

Please help out your housekeepers by lowering your thermostat to 74° F or below on your scheduled cleaning day.

Cleaning is hard work!



Holidays and Celebrations

August Birthday Party

Friday, August 4, 2:00 p.m., The Commons
All residents are invited to come down and celebrate those whose birthdays fall within the month.



Solar Eclipse Viewing Party

Monday, August 21, 1:30—3:30 p.m., Sunroom
Bloomington is lucky enough to be able to see a partial solar eclipse (94% full)! The eclipse begins at 12:57 p.m., reaches its maximum at 2:25 p.m., then ends at 3:49 p.m. We will have lemonade and snacks available. Bell Trace has eclipse glasses for you to safely look at the eclipse. Only one pair per resident is available! Please see Melissa in the Activities Office for your pair. DO NOT look at the eclipse without these special glasses on! Please read the full safety warnings on Page 12 of this newsletter. Please stop by!

Games and Trivia

Trivia

Mondays, 1:00—1:30 p.m., Front Lobby
Thursdays, 1:00—1:45 p.m., Front Lobby
Have fun answering trivia questions or just stop by to hear some interesting and fun facts!

Bingo [\$]

Mondays, 3:00—4:15 p.m., Location TBA
Each game is a nickel per card. There is a limit of three cards per game and the winner gets the pot!

Dominoes

Fridays, 1:30—2:30 p.m., Private Dining Room
The group plays Mexican Train Dominoes, a game that takes a combination of luck and skill.

Scrabble

Tuesdays and Saturdays, 2:00—3:00 p.m.
Sunroom

Life Enrichment

Lifelong Learning Classes

Bloomington Humanities

"Reading Does God Exist? By Hans Küng"

This class continues from last month.

6 Tuesdays, July 18—August 22

7:00—9:00 p.m., Chapel

"Reading Shakespeare's Richard II"

This class continues from last month. 6

Wednesdays, July 26—August 30

7:00—9:00 p.m., Chapel

Ivy Tech Lifelong Learning [\$29]

"From Republic to Empire"

This class continues from last month.

6 Tuesdays, July 25—August 29

1:00—2:30 p.m., Chapel

Science with Melissa—"Modern Marvels"

Thursdays, 4:00 p.m., The Commons

"Coffee"

Thursday, August 4

"Machu Picchu"

Thursday, August 10

"Total Eclipse" (from How the Universe Works)

Thursday, August 17

"Beach Technology"

Thursday, August 24

"Acid"

Thursday, August 31

Coming Next Month:

Ivy Tech [\$29]

The Apogee of the Byzantine Empire

Bloomington Humanities

Four Great Films about World War I

The Crusades: Part Two



There are vending machines with water, soft drinks, iced tea, juice, candy, chips/pretzels, cookies, donuts, popcorn, and more! These are lo-

cated in the Employee Lounge on the Lower Level (across from the Housekeeping/Maintenance Office). Residents are welcome to walk in and use the vending machines! The machines take coins, dollars, and credit/debit cards.



An Update from the Bell Trace Resident Council

Employee Appreciation Fund Update

Thank you to those of you who have made contributions to the Employee Appreciation Fund in 2017. The balance this year is growing, although somewhat slowly. We want to remind you that you don't need to write just one large check at the end of the year. The way to do that is to spread out your contribution by giving monthly or quarterly. An easy way to remember to do that is to write a small check to the Fund each month when you are writing your larger rent check.

Thank you!

Bell Trace Resident Council

Out & About

On the Stage [\$]

Joe Schmoe Saves the World at IU Theatre
Wednesday, August 16, Depart at 7:00 p.m.

Va-Va-Va-Vaudville at the Buskirk-Chumley
Saturday, August 19, Depart at 1:15 p.m.

Free Musical Performances

"All the World's a Stage: The Show-within-a-Show in Broadway and Opera" at Fairview United Methodist Church
Baritone Richard Lewis and friends plunge you into a backstage world of overwrought emotion and egos with music by Cy Coleman, Mozart, Offenbach, and Verdi.
Sunday, August 27, Depart at 1:15 p.m.

Other Events

Pub Quiz at Players Pub [\$3 + dinner]
Monday, August 14 and 28, Depart at 5:15 p.m.

IU Football vs. Ohio State [\$]
Thursday, August 31, Depart at 7:00 p.m.

Dining Out [\$]

A minimum of four residents is required for all dining out excursions. See menus in the Mail Room.

Lunch Excursions

The Tap
Wednesday, August 2, Depart at 10:45 a.m.

O'Charley's
Wednesday, August 9, Depart at 11:15 a.m.

Bucceto's Smiling Teeth
Wednesday, August 23, Depart at 11:15 a.m.

Bob Evans
Wednesday, August 30, Depart at 11:15 a.m.

Men's Lunch Excursion
This lunch is for men only!

The Office Lounge
Wednesday, August 16, Depart at 11:15 a.m.

Dinner Excursion

The Wheel Restaurant and Bar
Thursday, August 17, Depart at 5:15 p.m.

Day Trips and Excursions

Indianapolis Museum of Art [\$18 + Lunch] (Expected return to Bell Trace is 5:00 p.m.)
Friday, August 11, Depart at 10:00 a.m. (expect to be back by 5:00p.m.)

Elegance from the East: New Insights from Old Porcelain explores the popularity and variety of Chinese porcelain objects made for export to Western consumers in the 17th and 18th centuries. This exhibit is displayed inside the historic Lilly House. We will tour the mansion and gardens that were once the home of J.K. Lilly Jr., the late Indianapolis businessman, collector, and philanthropist.

Indianapolis Zoo and White River Gardens [\$17.95] (Expected return to Bell Trace is 5:00 p.m.)
Friday, August 18, Depart at 10:00 a.m.

Your admission gets you into the zoo, the gardens, and the butterfly pavilion. Spend time with the animals and butterflies, or amble around the beautiful gardens.

Lake Monroe Picnic
Friday, August 25, Depart at 11:00 a.m.

Enjoy a lazy picnic by beautiful Lake Monroe., featuring hot dogs, chips, baked beans, and S'MORES! Take a book to read or just enjoy being outdoors. Weather permitting.

Out and About

General Transportation Notes

Bell Trace offers transportation on Tuesdays and Thursdays for medical appointments that are scheduled between **9:30 a.m.** and **4:30 p.m.** Please sign up at the Front Desk at least 24 hours before your appointment. If you use a wheelchair transportation system we can assist you in scheduling your transportation if needed. Bell Trace will cover the cost for those trips as long as they are on a Tuesday or Thursday.

Please remember to sign up for transportation to outside events in the Activity Book in the Mail Room. The deadline for signing up is noon the day before the event. After this time, the event is closed and additional residents may not be guaranteed a seat.

If you have any questions, please see Melissa Davis or Leisa McClure in the Activities Office.

Wheelchair Medical Transportation

If you are in a wheelchair and need transportation to a medical appointment, you no longer have to use BT Access. A driver from the Bell Trace Health and Living Center can take you Monday through Friday. Please call Debbie Beasley at 812-323-2858. Debbie will have to **make the doctor's appointment for you** in order to schedule your transportation. Please see Melissa if you have any questions about this procedure.

Senior Day at the Monroe County Fair!

There will be a style show at 10:00 a.m., followed by live music. Lunch is at 12:00 p.m. [\$5] and bingo with prizes starts at 2:00 p.m.! All will take place in an air-conditioned building!

Wednesday, August 2, Depart at 9:30 a.m.



Shopping/Banking Transportation

We will take you to a maximum of two different locations on any one shopping trip. **Please remember to limit your purchases to two bags.** Your opportunity to go to the bank will be on Mondays at 9:00 a.m. Please sign up with your destination in the Mail Room. Please remember that this is a shopping and errand trip only—no medical appointments.

Eastside Shopping and Banking

Monday Banking, Depart at 9:00 a.m.

Monday Shopping, Depart at 10:00 a.m.

Wednesdays, Depart at 2:00 p.m.

My Sister's Closet

Gently used ladies' clothing and accessories. The profits are used to provide workplace attire to at-risk and low-income women in the community. Friday, August 4, Depart at 10:00 a.m.

Bloomington Farmers' Market

Wednesdays, August 9 & 23, Depart at 10:00 a.m.

Saturdays, August 5 & 19, Depart at 10:00 a.m.

Garage Sales

One person's junk is another person's treasure! Saturdays, August 12 and 26, Depart at 9:00 a.m.

“Live life fully while you're here.”

Experience everything. Take care of yourself and your friends. Have fun, be crazy, be weird. Go out and screw up! You're going to anyway, so you might as well enjoy the process. Take the opportunity to learn from your mistakes: find the cause of your problem and eliminate it. Don't try to be perfect; just be an excellent example of being human.

Anthony Robbins

ZERODEAN.COM

Solar Eclipse Safety—August 21st

Watch the Solar Eclipse Safely!

Looking directly at the Sun is unsafe except during the brief total phase of a solar eclipse (“totality”), when the Moon entirely blocks the Sun’s bright face, which will happen only within the narrow path of totality. In Bloomington Indiana, the eclipse will be 94% full, meaning 94% of the surface of the sun will be covered by the moon.

The only safe way to look directly at the uneclipsed or partially eclipsed Sun is through special-purpose solar filters, such as “eclipse glasses” or handheld solar viewers. Homemade filters or ordinary sunglasses, even very dark ones, are not safe for looking at the Sun.

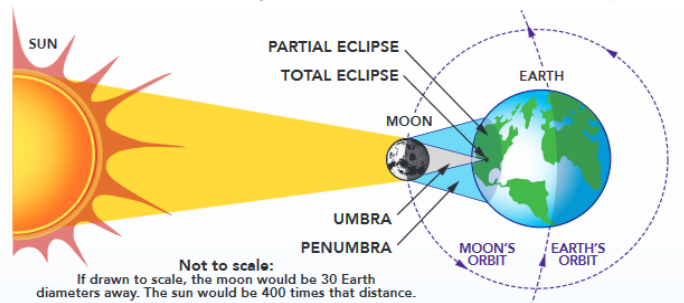
Instructions for safe use of solar filters/viewers:

- Always inspect your solar filter before use; if scratched or damaged, discard it. Read and follow any instructions printed on or packaged with the filter. Always supervise children using solar filters.
- Stand still and cover your eyes with your eclipse glasses or solar viewer before looking up at the bright Sun. After glancing at the Sun, turn away and remove your filter — do not remove it while looking at the Sun.
- Do **not** look at the uneclipsed or partially eclipsed Sun through an unfiltered camera, telescope, binoculars, or other optical device. Similarly, do **not** look at the Sun through a camera, a telescope, binoculars, or any other optical device while using your eclipse glasses or handheld solar viewer — the concentrated solar rays will damage the filter and enter your eye(s), causing serious injury. Seek expert advice from an astronomer before using a solar filter with a camera, a telescope, binoculars, or any other optical device.



TOTAL SOLAR ECLIPSE: Monday • August 21, 2017

This will be the first total solar eclipse visible in the continental United States in 38 years.



If you are within the path of totality, remove your solar filter only when the Moon completely covers the Sun’s bright face and it suddenly gets quite dark. Experience totality, then, as soon as the bright Sun begins to reappear, replace your solar viewer to glance at the remaining partial phases.

An alternative method for safe viewing of the partially eclipsed Sun is pinhole projection. For example, cross the outstretched, slightly open fingers of one hand over the outstretched, slightly open fingers of the other. With your back to the Sun, look at your hands’ shadow on the ground. The little spaces between your fingers will project a grid of small images on the ground, showing the Sun as a crescent during the partial phases of the eclipse.

A solar eclipse is one of nature’s grandest spectacles. By following these simple rules, you can safely enjoy the view and be rewarded with memories to last a lifetime.

