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# *The Shepherds' Voices*

*Mid-North Shepherd's Center for Adults 55+*

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VOLUME XXXVII

Number 2

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## *Happy Birthday!*

### February

Ruth Shaw 3 Emily Chenette 13  
Bernard Wurger 11 Loring Prosser 24

*God bless you on your February birthday. We will celebrate this month's birthdays on Wednesday, February 6, with cake and ice cream for everyone. A special thank you to Norma Arend and Marilyn Downey for volunteering to call our birthday folks for each month.*

Deadline for newsletter items is  
February 13th

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### Shepherd's Center Office Hours:

Monday: 9:00 a.m. to 1:00 p.m.  
Tuesday: 8:30 a.m. to 2:30 p.m.  
Wednesday: 8:30 a.m. to 3:00 p.m.  
Thursday: 1:00 p.m. to 5:00 p.m.  
Friday Closed

### February MNSC Mystery Member

Who is this month's Mystery Member?

- He and his wife will be celebrating their 60<sup>th</sup> wedding anniversary in 2019.
- He is originally from the Northeast U.S., but he and his family lived close to the University of Notre Dame for 25 years.
- He is a chemical engineer by training and worked in the rubber and plastics industries.
- He loves the game of golf and has played courses all over the country and up into Canada. He even worked on golf products like golf balls.

Look on the back cover for January's MNSC Mystery Member.

### Easy Way to Donate to MNSC

Would you like an easy, non-taxable way to donate to MNSC? The next time you have to take your required minimum distribution from your standard IRA, consider earmarking it to go to Mid-North Shepherd's Center. It can go directly to MNSC and will not affect your taxes at all. You don't even have to wait until the end of the year. You can do it now!

### Thank you to our Fall Appeal Donors

Joyce Bowman, Joan Barclay, Frances Cain, Victor Childers, Phil Coons, Carl Henn, Al and Jane Llewellyn, Katy Meredith, Jim and Carol Mutter, Donald and Gail Nelson, Jeanette Rowe, Bob and Rita Schilling and Ruth Shaw.

### Get Ready for your 2018 Tax Return!

Start gathering your receipts for your 2018 tax return and make your appointment to meet with either Joan Barclay or David Sedgley to get your taxes done for you. They will be taking appointments starting on Thursday, February 7<sup>th</sup> and continuing through April 11 on Tuesdays and Thursdays. Appointments are from 10 a.m. until 2:00 p.m. on those days and they will not accept walk-ins. Joan will be here on Tuesdays and David will be here on Thursdays. Call or stop into the MNSC office to schedule your appointment.



## Shepherd's Center Book Club

Our February book will be *The Alice Network* by Kate Quinn. This novel of suspense tells of two women – a female spy recruited in France during WWI and an American socialite searching for her cousin in 1947 - brought together in a story of courage and redemption.

In March, we will be reading *Killers of the Flower Moon* by David Grann. In the 1920's the richest people per capita in the world were the Osage Indians in Oklahoma. After oil was discovered beneath their land, the Osage began to be killed off; one of the most chilling conspiracies in American history.

Pick up your copy at the Indianapolis Public Library in regular print, large print or maybe even on CD's! Join us for our next session, Wednesday, February 6th at 1:15 p.m. upstairs in the NUMC library.

## Happy Travelers

Thanks go out to Andy Crawford for planning our first Happy Travelers trip for 2019. On Friday, February 8, our members will meet at North Church at 10:30 a.m. and carpool or caravan to the Indiana State Police Museum at 8660 East 21<sup>st</sup> Street. The museum is free but they do accept donations. After the museum tour, everyone is invited to have lunch on their own at Golden Corral. For more information, call Andy at 317/787-4458 or to sign up you can find the sign-up sheet in the MNSC office.

## Having Trouble Paying your Heat Bill this Winter? Here's where to go for help.

There are a couple of ways you can get help:

1. Energy Assistance Program – A government program that runs from November through May that can protect you from having your gas turned off.
2. Winter Assistance Fund – This program for Marion County residents runs from January to April and can help you if you don't qualify for the Energy Assistance Program to make sure your heat stays on.

For more information, call 211.

## Feeling Sad? It could be Seasonal Affective Disorder

Seasonal affective disorder (SAD) is a type of depression that's related to the change of seasons. Symptoms usually start in the fall and continue through the winter months. It saps your energy and makes you moody. Here are some SAD symptoms:

- Feeling sad most of the day, nearly every day.
- Losing interest in activities you once enjoyed.
- Having low energy.
- Having problems sleeping.
- Experiencing changes in your appetite or weight.
- Feeling sluggish or agitated.
- Having difficulty concentrating.
- Feeling hopeless, worthless or guilty
- Having frequent thoughts of death or suicide.

When should you see a doctor? If you feel down for days at a time and can't get motivated to do activities you normally enjoy, see your doctor. This is especially important if your sleep habits and appetite have changed, or you have turned to alcohol for comfort or relaxation, or you feel hopeless or think about suicide.

Treatment can include exposure to bright light within the first hour of waking up each day. Light therapy mimics natural outdoor light and appears to cause a change in brain chemicals linked to mood. It can also include antidepressants, psychotherapy and lifestyle and home remedies like making your home brighter, getting outside more and exercising regularly.

(Excerpted from information on the Mayo Clinic's website about Seasonal Affective Disorder.)

## **Will You Be Mine?**

Valentine, you make me silly;  
You make my heart beat willy-nilly;  
When I'm with you, the world is hazy;  
Valentine, you drive me crazy!

Valentine, when we're apart,  
My need for you goes off the chart.  
Will you be mine? Can I be thine?  
Say you'll be my Valentine!

*By Joanna Fuchs*