

**➔ TODAY'S VERSE**

John 3:16 "For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life."  
(NIV)



**➔ FACES OF HAMILTON COUNTY**

People who call our community their own. What makes Charlotte Brewer smile? "When people say mmmm. I love that so much." That's because she was found offering samples of her sweet Charlotte's Mississippi Mustard and Very Berry Vinaigrette (pictured), served with croutons, and displayed on a yellow-checked tablecloth, during the Kids Day in August at the Noblesville Farmers Market on Aug. 12. "It was my grandmother's recipe (from Mississippi)," she said. "It doesn't have to be refrigerated," is among the selling points. The 11-year-old was found wearing a sunhat and sundress pedaling her homemade sauces. The daughter of Megan Brewer and Matt Brewer, she said, "I'm earning money to go to a Lauren Daigo concert with my mom." Her brother, Gideon Brewer, 12, a seventh-grader, just a few yards away, talked about his fishing hobby as he showed off his custom painted fishing lures that he had for sale. The next Kids Day at the Noblesville Farmers Market is 8 a.m. to noon today (Saturday) at Federal Hill Commons. For more about the farmers market, visit [www.noblesvillemainstreet.org](http://www.noblesvillemainstreet.org)

**And Another Thing...**

**1. Sheridan Friends of the Library to hold Fall Book Sale**

Don't miss the Friends Fall Book Sale at the Sheridan Public Library from September 18-22. The sale offers a great selection of items including books, movies and more. The sale will be located in the community room, 103 W 1st Street, Sheridan. The book sale will be available during regular library hours. Gently used books will be on sale for 25¢, movies for 50¢, and a bag of books may be purchased for \$2.00. Bags will be supplied by Friends and are only for books. Friends accept cash or check only, and there is no tax. Proceeds from sales by the Friends, a non-profit volunteer group, fund free programs and events. For more sale information, call 317-758-5201.

**2. Fishers Man Sworn In**

A Fishers man was recently sworn in as an officer of the Indiana State Medical Association. Dr. Andrew Trobridge was one of eight officers elected at the organization's 174th annual convention. He is the speaker of the House of Delegates.

**3. Break out your rave gear and GLOW with us at 21+ night!**

GLOW with Fishers Parks and 315th Street Dance Academy at Glow in the Park: 21+ Night, presented by Centier Bank, on Friday, September 22 from 8 to 10 p.m.! Experience the neon rave vibes with Live DJs, neon splash zones, food trucks, and complimentary silipint commemorative cup for a discounted brew with Mascraft brewing. Book the sitter, and re-unite with friends for this annual spectacle in downtown Fishers. Pre-registration is required. Check out our GLOW page for all the details and Pro-tips!

**4. Our Twist on a Taste of the Chamber and Business Expo**

Join us for the Westfield Chamber's first annual Showcase and Taste of Westfield! We are less than two weeks away from this incredible event where guests will have the opportunity to enjoy the best of what Westfield has to offer all in one place! Exhibitors at the Showcase and Taste of Westfield will have the opportunity to put their businesses on display and connect with businesses and potential customers at one of our largest networking events of the year! Don't miss out on this unique opportunity to promote your business in Westfield! All types of businesses can participate in the event; exhibitors include restaurants, service and healthcare providers, legal professionals, entertainment venues, food providers, and more! Restaurants, caterers, wineries, breweries, and other food service establishments are invited to provide menu tastings as well.

# The TIMES

Hamilton County's Own Daily Newspaper

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## Boomer Bits

### Ask Rusty – Will Opening A Joint Account Affect My Disabled Father's "SSI?"

**Dear Rusty:** I live in Michigan and my senior disabled father lives in rural Kentucky. His income is part Social Security and part disability. I talked to a local credit union near his home and explained I would like to open a joint account. They said as long as he comes in with his ID it's possible. My question is - will adding money to our joint account affect his SSI and disability?  
**Signed: Caring Daughter**

**Dear Caring Daughter:** First, I need to clarify that there are two types of disability programs administered by the Social Security Administration – Social Security Disability Insurance (SSDI), and Supplemental Security Income (SSI). The acronym "SSI" normally refers to "Supplemental Security Income" which is a benefit for disabled senior adults (and children) who have very little income and very few assets. "SSI" is not Social Security income; rather it is a general benefit program jointly administered by the Social Security Administration and the State in which your father lives. In contrast, Social Security Disability (SSDI) benefits are earned from working and are not affected by the recipient's assets, as are "SSI" benefits.



ASK Rusty  
Social Security Advisor

**Social Security Matters**

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From what you've written, I assume that your father may have a small Social Security retirement benefit (because he has reached his full retirement age and SSDI isn't available after full retirement age), and he is also receiving Supplemental Security Income (SSI) disability benefits. If this is the case, although your father's Social Security retirement benefit would not be affected by opening a joint account at the credit union, his Supplemental Security Income (SSI) disability benefit likely will be. As co-owner of the joint account your assets would count towards your father's "SSI" asset limit, and your assets, as well as any "in kind" assistance you otherwise provide, would likely put your father over the SSI income/asset eligibility limit and result in his SSI benefits being terminated.

So, although the credit union may be willing to open a joint account for you and your father, I'm afraid that would

result in your father losing his SSI (Supplemental Security Income) benefits, leaving him with only his small Social Security retirement benefit. You may wish to review the SSI eligibility information at this link: [www.ssa.gov/ssi/eligibility](http://www.ssa.gov/ssi/eligibility) or you could contact the Social Security Administration and ask to speak with someone experienced with Supplemental Security Income matters. For clarity, "SSI" assistance is jointly administered by the Social Security Administration and each State's Human Services department, and assistance available varies somewhat depending on the recipient's state of residence. Thus, since your father lives in Kentucky, you might also contact that state's human services agency to discuss your options for providing remote assistance to your father without jeopardizing his Supplemental Security Income (SSI) benefit: [www.chfs.ky.gov/Pages/contact.aspx](http://www.chfs.ky.gov/Pages/contact.aspx).

## Manage Heart Health For Stronger Brain Health

(Family Features) The same risk factors that contribute to making heart disease the leading cause of death worldwide also impact the rising global prevalence of brain disease, including stroke, Alzheimer's disease and dementia.

The global death rate from Alzheimer's disease and other dementias is increasing even more than the rate of heart disease death, according to the American Heart Association's Heart Disease and Stroke Statistics 2022 Update.

Globally, more than 54 million people had Alzheimer's disease and other dementias in 2020, a 37% increase since 2010 and 144% increase over the past 30 years (1990-2020). Additionally, more than 1.89 million deaths were attributed to Alzheimer's disease and other dementias worldwide in 2020, compared to nearly 9 million deaths from heart disease.

"The global rate of brain disease is quickly outpacing heart disease," said Mitchell S.V. Elkind, M.D. M.S., FAHA,

the past president of the American Heart Association (2020-21), a professor of neurology and epidemiology at Columbia University's Vagelos College of Physicians and Surgeons and attending neurologist at New York-Presbyterian/Columbia University Irving Medical Center. "We are learning more about how some types of dementia are related to aging, and how some types are due to poor vascular health. It's becoming more evident that reducing vascular disease risk factors can make a real difference in helping people live longer, healthier lives, free of heart disease and brain disease."

According to the statistics update, people with midlife hypertension were five times more likely to experience impairment on global cognition and about twice as likely to experience reduced executive function, dementia and Alzheimer's disease. The risk for dementia associated with heart failure was nearly two-fold.

➔ See HEALTH Page A5

## Dispelling Common Misconceptions About Hospice Care

(StatePoint) Hospice is intended to provide comfort and support to patients at the end of their life so that they can experience their remaining time in the best ways possible. Experts say that unfortunately, misconceptions about hospice often lead people to make uninformed decisions at a critical, complex juncture in their lives.

"There is often an idea that hospice equates to giving up. But hospice is actually about taking control," says Paul Mastrapa, president and chief executive officer of Interim HealthCare Inc. "It's the job of the hospice team to understand what a patient's goals for end-of-life care are, and help them live that last trajectory of their life the way they want to."

To help patients, their caregivers and family members, and those in the healthcare industry better understand the services and benefits hospice provides, Interim HealthCare is dispelling some of the most common misconceptions:

➔ See CARE Page A5

**➔ INSIDE TODAY**  
Service Directory.....A5  
Home.....A6  
Travel.....A7

**➔ HONEST HOOSIER**  
Remember when IU used to go to bowls? Yeah, me neither.

**➔ TODAY'S QUOTE**  
"You are never too old to set another goal or to dream a new dream."  
-C.S. Lewis

**➔ TODAY'S HEALTH TIP**  
Parents need to set the example - everyone in the family needs to wear bike helmets.  
Today's health tip was brought to you by Dr. John Roberts. Be sure to catch his column each week in The Times and online at [www.thetimes24-7.com](http://www.thetimes24-7.com)

**➔ TODAY'S JOKE**  
My face in the mirror isn't wrinkled or drawn. My house isn't dirty. The cobwebs are gone. My garden looks lovely and so does my lawn. I think I might never put my glasses back on.

**➔ OBITUARIES**  
NONE

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## The Daily Almanac

Sunrise/Sunset  
RISE: 7:28 a.m.  
SET: 7:56 p.m.

**High/Low Temperatures**  
High: 78 °F  
Low: 55 °F



**Today is....**  
• Batman Day  
• Mayflower Day  
• Jewish New Year



**What Happened On This Day**

- **1982** Members of a right-wing Lebanese militia massacre 1500-3000 people in two Beirut-area refugee camps. The killings took over three days in the Palestinian refugee camps of Sabra and Shatila and were led by the Lebanese Christian Phalangist militia.
- **1920** A bomb explodes on Wall Street, New York killing 38 people. The Wall Street Bombing, as the incident is known, was the deadliest such act on American soil to that date. It is still not known who was responsible for the bombing.
- **1908** General Motors Corporation is founded in Flint, Michigan by William C. Durant and Charles Stewart Mott. The company, also known as GM, was one of the world's largest manufacturers of cars and trucks. Most notably, the company manufactured Buick, Cadillac, Chevrolet, Pontiac, and Hummer brand cars.

**Births On This Day**

- **1956** David Copperfield American magician
- **1925** B.B. King American singer-songwriter, guitarist, producer

**Deaths On This Day**

- **1980** Jean Piaget Swiss psychologist
- **1824** Louis XVIII of France

**7 DAY FORECAST**

SAT	SUN	MON	TUE	WED	THU	FRI
55/78 INCREASING CLOUDS	57/71 INCREASING CLOUDS POSSIBLE	54/75 UP SUNNY 30% CHANCE	53/78 MAINLY SUNNY	58/82 MAINLY SUNNY	60/84 MAINLY SUNNY	60/84 CHANCE OF STORMS LATE





Photo courtesy of Rob Slaven and Indy Ghost Light Photography

**Tim Long (from left), Lisa Warner, Ken Kingshill and Susan Hill** rehearse on a '70s-era set for The Belfry Theatre's "How the Other Half Loves," a comedy directed by Noblesville's Nicole Amsler, Sept. 22-Oct. 1 at Arts for Lawrence's Theater at the Fort, 8920 Otis Ave., Indianapolis. Hamilton County Theatre Guild's Belfry Theatre is based in Noblesville. For tickets, visit [thebelfrytheatre.com](http://thebelfrytheatre.com).



Photo courtesy of Rob Slaven and Indy Ghost Light Photography

**Michael Liphardt** stars as Sweeney Todd and Claire Slaven as Mrs. Lovett in Main Street Productions of "Sweeney Todd: The Barber of Fleet Street," a musical directed by Andrea Odle, Sept. 21-Oct. 1 at Basile Westfield Playhouse. For tickets, visit [westfieldplayhouse.org](http://westfieldplayhouse.org)

## Local Community Theaters Ready To Kick Off Seasons



**BETSY REASON**  
From The Desk  
Of The Editor

It's a busy community theater season in Hamilton County, with local theaters readying to kick off their live productions in just a few days.

Here's a roundup of local community theater based in the county with shows to be staged in and around Hamilton County.

-Main Street Productions, which operates Basile Westfield Playhouse, presents these shows this 2023-24 season: "Sweeney Todd: The Demon Barber of Fleet Street," Sept. 21-Oct. 1, a musical directed by Andrea Odle; "Inspecting Carol" a comedy directed by Kelly Keller, Nov. 30-Dec. 10; "Lost in Yonkers," Feb. 8-18, a comedy directed by Ka'lena Cuevas; "The Championship Season,"

(Artist's Choice Production: Shows that Celebrate Inclusion, Diversity and New Voices), April 4-14, a drama directed by Lori Raffel; "You Can't Take It With You," May 30-June 9, a comedy directed by Nicole Amsler; and "The Lion, The Witch and The Wardrobe," July 18-28, a summer youth production, directed by Brandi Davis, all at the Playhouse, 220 N. Union St., Westfield. Tickets at [westfieldplayhouse.org](http://westfieldplayhouse.org).

-Hamilton County Theatre Guild, which operates The Belfry Theatre, celebrates its 59th season, with these shows: "How the Other Half Loves," Sept. 22-Oct. 1, a comedy directed by Nicole Amsler, at Arts for Lawrence's Theater at the Fort, 8920 Otis Ave., Indianapolis; "The Man Who Came to Dinner," Nov. 24-Dec. 3, a comedy directed by Eric Matters, at Noblesville First United Methodist Church, 2051

Monument St., Noblesville; "One Man, Two Guvnors," Feb. 2-11, a comedy directed by Andrea Odle, at The Switch Theatre at Ji-Eun Lee Music Academy, 10029 E. 126th St., Suite D, Fishers; "Father of the Bride," April 26-May 5, a comedy directed by Barcia Miller Alejos, at Noblesville First United Methodist Church; Disney's "Beauty and the Beast Jr.," July 24-28, a Belfry Theatre Apprentice Players summer youth production directed by Tanya Haas, at Noblesville First United Methodist Church. Tickets at [thebelfrytheatre.com](http://thebelfrytheatre.com)

-Noblesville Cultural Arts Commission presents Noblesville Shakespeare in the Park featuring "As You Like It," directed by Noblesville's Jen Otterman, 8:30 p.m. Sept. 27-30 at Federal Hill Commons, with free admission. Visit [noblesvillearts.org](http://noblesvillearts.org).

-Hyperion Players presents "Waiting for

Godot," Sept. 28-Oct. 1, a tragicomedy directed by Molly Ballner, at The Switch Theatre; "Doubt: A Parable," Jan. 25-28, a drama directed by Daniel Maloy, at The Switch Theatre; "Grand Horizons," March 15-24, a drama directed by Nicole Amsler, at Arts for Lawrence's Theater at the Fort, 8920 Otis Ave., Indianapolis; "I Love My Zombie," June 6-9, a comedy by Brad Staggs and directed by Angela Staggs, at Arts for Lawrence's Theater at the Fort. Visit [hyperionplayers.com](http://hyperionplayers.com).

-The Attic Theatre presents "Winnie the Pooh," Sept. 28-Oct. 1, directed by Anna Mayhill; and "Gaslight," Oct. 26-28, directed by Bethany Worrell, both at True North Homeschool in Arcadia. Visit [theattictheatre.com](http://theattictheatre.com).

-Civic Theatre presents "The Prom," Oct. 6-21, a musical; "Elf, The Musical," Dec. 1-24; "Romeo & Juliet," Feb. 9-24, a drama;

"Driving Miss Daisy," March 15-30, a drama; "Anastasia," April 26-May 11, a musical; Dr. Seuss's "The Cat in the Hat," Feb. 27-March 7; Disney Pixar's "Finding Nemo Jr.," June 21-24; "Revue," June 24; Civic's YAP production of "Cats," July 25-28, at The Center for The Performing Arts, 1 Carter Green, Carmel.

-Carmel Community Players presents "Amused," Oct. 13-22, a comedy, at The Switch Theatre in Fishers; "Moon Over Buffalo," Dec. 8-17, a comedy, at The Cat, 254 Veterans Way, Carmel; "Violet," March 1-10, a musical, at The Switch Theatre; "The Dinner Party," April 26-May 5, a comedy, at The Cat; "Anne of Green Gables," June 28-July 7, a Rising Star youth production, at The Cat; "The Woman in Black," Aug. 16-25, drama, at The Cat. Visit [carmelplayers.org](http://carmelplayers.org).

-Grace Church in Noblesville presents

"The Music Man," Oct. 27-Nov. 5, a musical at Grace Church, 5504 E. 146th St., Noblesville. Visit [gracechurch.us](http://gracechurch.us).

-Firelight Theater Guild (previously Wisdom Builders Community Theater) presents "The Somewhat True Tale of Robin Hood," Nov. 9-11, a high school drama production at Indy Vineyard Church, 8383 Craig St., Suite 185, Indianapolis; and "Esther," March 7-9, a musical based on the Old Testament Book, at The Historic Paramount Theater and Ballroom, 1124 Meridian St., Anderson. Visit [wbtheater.com](http://wbtheater.com)

Another theater company to check out includes Improbable Fiction Theatre Co. at [iftheatrecompany.org](http://iftheatrecompany.org), under the Nickel Plate Arts umbrella.

-Betsy Reason writes about people, places and things in Hamilton County. Contact The Times Editor Betsy Reason at [betsy@thetimes24-7.com](mailto:betsy@thetimes24-7.com).

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# Lt. Gov. Suzanne Crouch Visits LittleStar ABA Center LittleStar

Today, Lt. Gov. Suzanne Crouch visited LittleStar ABA Therapy in Carmel to highlight the importance of Applied Behavior Analysis (ABA) therapy for those with autism. This is one of several visits Lt. Gov. Crouch has made to ABA therapy centers around the state.

"ABA therapies can have transformational outcomes for people with autism and their families," said Lt. Gov. Crouch, "It was an honor to visit LittleStar and meet with the professionals who make this therapy possible and are changing the quality of life for Hoosiers with disabilities across Indiana."

LittleStar ABA Therapy serves individuals and families across the state of Indiana that are affected by autism. Its services include testing and diagnosis, social skills training and other Board Certified Behavior Analyst monitored ABA therapy methods. LittleStar serves clients from 18 months to adulthood with specialized age group intervention trainings.

"LittleStar was the first ABA center in Indiana and over the past 21 years we have seen



Photo courtesy of the office of Lt. Gov. Suzanne Crouch

firsthand how important ABA therapy is to families every day," said Mary Rosswurm, CEO of LittleStar ABA Therapy. "This is especially true as autism rates continue to climb. We were honored and privileged to host the lieutenant governor today and truly appreciate her support of the autism community."

Also on the tour was Kim Dodson, CEO of The Arc of Indiana, an Indiana nonprofit committed to helping all Hoosiers with intellectual and developmental disabilities realize their goals of living, learning, working and fully participating in the community.

"The Arc of Indiana thanks Lieutenant Governor Crouch for

taking the time to learn about the difference applied behavior analysis can make in the lives of people with autism and other developmental disabilities," said Dodson, "At a time when the state is proposing a rate change that could negatively impact the availability of this important therapy, we appreciate that our lieutenant governor wants to understand how therapists, ABA centers and people with disabilities could be affected."

Lt. Gov. Crouch is currently meeting with business leaders across the state, along with The Arc of Indiana, who employ Hoosiers with disabilities, including those with autism.

# Riverview Health Launches CORI Surgical System

Riverview Health recently upgraded its robotics-assisted knee surgery offerings to include the CORI Surgical System.

The American Academy of Orthopedic Surgeons estimates knee replacement surgeries are expected to increase a staggering 180% between now and 2030 in United States.

To ensure that patients in Hamilton County who are at risk for osteoarthritis and may need surgical intervention are receiving the best care possible, Riverview Health continually introduces the latest technology to the operating room.

A recent survey conducted by global implant maker, Smith+Nephew and Kantar showed procedure fears and recovery time were the biggest concerns patients had about moving forward, but they expressed near unanimous interest in discussing robotics-assisted knee surgery with their physician.

Robotics-assisted knee replacement surgery using the CORITM Surgical System combined with the features and benefits of Smith+Nephew's implant portfolio can lead to the following patient benefits including



Photo courtesy of Riverview Health


a quicker, smoother recovery, regaining function faster and returning home sooner.

"If you are suffering from arthritic knee pain, CORI robotic surgery has become a game-changer," said Norman Mindrebo, MD, orthopedic surgeon at Riverview Health. "Robotic knee replacement surgery has become easier, quicker and better for the patient and the OR team. Bone preservation is now possible and functional results are much improved. We can now match the knee to the patient in ways that were not possible even five years ago."

The platform uses 3D digital modeling to get a surgical plan customized to the patient's unique anatomy. The surgeon can then perform the procedure more accurately than traditional

knee replacement surgery. Using these technologies, patients can keep more of their natural bone and ligaments, which helps maintain a more natural rhythm and step.


"At Riverview Health we believe that providing our already excellent providers with the latest tools and technology allows us to deliver unparalleled care for our patients," said Dave Hyatt, president & CEO of Riverview Health. "Our new orthopedic surgery robots are a prime example of investing in technology that will help get our patients out of the hospital faster and have a smoother recovery. We put patients at the center of every decision we make, any investment in providing better patient care is a great investment."



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# Mayor Fadness Announces Ross Hilleary As New Director Of Planning & Zoning

## Hilleary previously served as department's Assistant Director, City planner

Mayor Scott Fadness announced Ross Hilleary as the new Director of Planning & Zoning. Formerly the department's Assistant Director, Hilleary will lead the day-to-day operations and special initiatives for long-range planning of the city's parks, trails and greenways efforts and Unified Development Ordinance update. "Ross has been

instrumental in the success of our Planning & Zoning Department, and his efforts are crucial to elevating the quality of life in Fishers," said Mayor Scott Fadness. "I'm excited to collaborate with him as we continue investing in our community." Hilleary succeeds former director Megan Vukusich who resigned from her position in August. Hilleary will

continue to lead the team in their efforts to identify gaps and priorities in the City's trail network and potential funding sources; streamline and update the department's review processes; educate the public and development community on land use and zoning regulations; and gather local data to assist policy makers and community officials in making informed decisions regarding the City's

future. Hilleary also serves as the City of Fishers ADA Coordinator, the city liaison for the award-winning Fishers Advisory Committee on Disability, and a mayoral appointment to the Fishers Arts & Culture Commission. He also currently serves as the Vice President and Treasurer of the Fishers Arts Council. Joining the City of Fishers in 2017 as a City

Planner, Hilleary was later promoted to Assistant Director where he oversaw the continued growth of the Nickel Plate District, annual comprehensive plan updates and public art grant programs. "I am excited to work under leadership that is committed to finding ways to improve the built environment and community we live in today through sustainable measures, smart growth practices and community design standards,"

said Hilleary. "With an emphasis on data-driven decisions, our department's goal will be to plan for possible future scenarios with proactive planning efforts." Hilleary received his bachelor's degree in urban planning and development from Ball State University and is CNU-Accredited. Hilleary resides in Fishers with his husband and two dogs and enjoys spending time in Fishers Parks and long walks on the Nickel Plate Trail.

## Noblesville Lions Learn From Westfield Lions



Photo courtesy of Noblesville Lions

On the Sep 13th meeting, the Noblesville Lions Club learned about the Westfield Lions Poker-For-Sight Tournament. Westfield Lion Jeff Larrison visited the Noblesville club to speak about this fundraiser that the Westfield Lions use twice a year to fund their Lion causes. The Noblesville Lions are interested in learning about the work involved in doing a project like this. The project is very detailed and takes the help of the entire club. From left to right: Westfield Lion Jeff Larrison and Noblesville Lion Jeff Kozicki, Club Fundraising Chairman



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## CARE From Page A1

**Myth: Hospice means giving up.**

**Fact:** The primary goal of hospice is delivering comfort, support and specialized medical care to those ready to forgo curative treatment. Research has shown that a person who spends time on hospice has a greater quality of life at the end of their life. And while the goal is not to prolong life, there are statistics that show that hospice gives patients more time compared to patients who had the same disease trajectory and didn't receive hospice.

**Myth: Hospice is only appropriate for the last few days of life.**

**Fact:** Hospice can actually last for months, and entering hospice sooner rather than later translates to fewer hospitalizations, better symptom relief and greater comfort.

**Myth: You must give up all your medications.**

**Fact:** While the hospice care team will make recommendations about which medications are still beneficial to a patient at their stage of illness, patients and families get the final say.

**Myth: Hospice is a place.**

**Fact:** Hospice can entail in-patient care, but more typically, services are delivered wherever a patient calls home. The nurse, social worker, spiritual care provider, aide and other members of the hospice care team meet the patient where they are, be that in a residential home, an assisted living community or in another institutional setting.

**Myth: Hospice is only for patients with specific diseases.**

**Fact:** Anyone with

a life-limiting chronic disease, from congestive heart failure to pulmonary disease to Alzheimer's, can choose hospice.

**Myth: Hospice ends when the patient dies.**

**Fact:** Hospice providers often offer support to those who have lost a loved one. In the case of Interim HealthCare, bereavement services are offered for 13 months.

**Myth: Hospice work is draining.**

**Fact:** When done right, hospice work can be extremely rewarding. Hospice care workers help patients and families find peace of mind, and reach a place of acceptance during a complicated and emotional time in their lives. Hospice workers believe in the mission of providing compassionate, patient-centric medical care and support to those at the end of their life, and they're given a voice in the individualized care they provide.

The hospice market is the second-fastest growing healthcare segment nationwide, according to Bank of America research, which translates to a growing number of job opportunities. Hospice providers are currently recruiting candidates just starting out in their career and those looking to make a change. To learn more, visit [careers.interimhealthcare.com](https://www.interimhealthcare.com/services/hospice/).

For more information about hospice care services for yourself or a family member, visit <https://www.interimhealthcare.com/services/hospice/>.

"Although people don't always feel comfortable talking about end-of-life care, having these conversations can ensure one's final days are peaceful and fulfilling," says Mastrapa.

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## HEALTH From Page A1

Experts recommend maintaining a healthy weight, managing your blood pressure and following other heart-healthy lifestyle behaviors that can also support good brain health while studies show maintaining good vascular health is associated with healthy aging and retained cognitive function.

Optimal brain health includes the ability to perform tasks like movement, perception, learning and memory, communication, problem solving, judgment, decision making and emotion. Cognitive decline and dementia are often seen following stroke or cerebrovascular disease and indicate a decline in brain health.

Consider these steps to live a healthier lifestyle and protect your heart and brain health:

- Don't smoke; avoid secondhand smoke.
- Reach and maintain a

healthy weight. Be mindful of your eating habits; eat foods low in saturated fat, trans fat, sodium and added sugars.

• Be physically active. Start slowly and build up to at least 150 minutes of moderate physical activity (such as brisk walking) each week. As an alternative, you can do 75 minutes of vigorous physical activity, or a combination of the two, to improve overall cardiovascular health.

• Get your blood pressure checked regularly and work with your health care team to manage it if it's high.

• Have regular medical checkups and take your medicine as directed.

• Decrease your stress level and seek emotional support when needed. Learn more about the relationship between heart health and brain health at [heart.org](http://heart.org).



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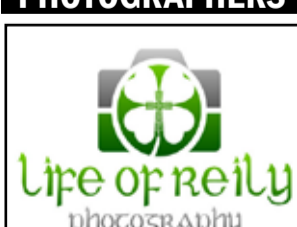
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# WEEKEND

## In The Home

TIM TIMMONS, Publisher @ JOE LARUE, Vice-President of Readership @ MELISSA MEME, Account Executive @ BETH HEDGE, Business Manager

## Strengthen the Family Connection with Nostalgic Activities

### FAMILY FEATURES

In spite of returning to busy school-day schedules and never-ending to-do lists, most families want to maintain a sense of connectedness all year round. Special moments with your family start by leaving behind that checklist, setting smartphones aside and saving responsibilities for tomorrow.

If you catch yourself reminiscing about the goodness you grew up on, turning back the clock and showing your kiddos what childhood was like for you is one way to foster a better connection with your kids. Throw it back to your childhood with these family-favorite activities to enjoy at the breakfast table, after school or over a weekend.

#### Read Favorite Books

Take it a more educational route and hook your children on a favorite novel, short story or book series. You can introduce them to favorite genres, popular characters or specific authors then head to the library to search the shelves. In fact, you could be giving them a leg up on English class; literature from your days in the classroom might still be read in schools today.

#### Share the Goodness You Grew Up On

Childhood in the '80s and '90s meant school-day mornings with cartoons and delicious breakfasts. Classics like Cinnamon Toast Crunch, Lucky Charms and Cheerios were good then and are even better now with 20% the daily recommended value of Vitamin D – twice the previous amount. Vitamin D is essential for building and maintaining strong bones but is often under-consumed, according to the National Health and Nutrition Examination Survey, with 96% of all Americans ages 2 years and older falling short on this key nutrient.

"Cereal has the same great taste as when parents were kids and now even better nutrition," said Amy Cohn, registered dietitian and senior nutrition manager at General Mills. "Affordable, accessible nutrition doesn't have to be complicated or break the bank – and it can be as easy as a bowl of cereal beloved by multiple generations."

#### Get Outside and Explore

Tech devices from tablets to video game consoles often dominate kids' free time, but you can open their minds to a whole new world with a little outdoor exploration. Climb aboard bicycles (and strap on those helmets) for a cruise around the neighborhood or enjoy bird watching from the comfort of the backyard. If you're on the adventurous side, gather a tent and s'mores supplies for a night or weekend in the great outdoors.

#### Watch Classic Movies

No VCR, no problem. A range of streaming services available at your fingertips means you can watch remastered classics just using a smart TV or casting device. Whether it's a Spielberg favorite, original superhero flick or comedy classic, an abundance of kid-friendly movies from the video rental days are ready to watch online.

## 5 ways to share childhood classics with your kids



Photo courtesy of Getty Images

#### Play Board Games

Another way to turn kids' attention from screens to the physical world is to dust off those old board games for some fun at the dining room table. Start with the basics like

checkers or, with older children, jump straight into strategy-based brain games like chess for a dose of friendly competition.

For more ways to share your childhood with the next generation, visit [GeneralMills.com](http://GeneralMills.com).

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# WEEKEND *Travel or stay! and Play*

A7

Weekend, September 16-17, 2023

TIM TIMMONS, Publisher @ JOE LARUE, Vice-President of Readership @ MELISSA MEME, Account Executive @ BETH HEDGE, Business Manager

## 5 Budget-Friendly Travel Tips

FAMILY FEATURES

For many people, traveling is about exploring new cultures, landscapes, cuisines and ideas. However, the cost of the trip is still one of the most important considerations when booking a vacation.

In fact, according to a survey conducted by Slickdeals, a one-of-a-kind online community of shoppers working together to shop smarter and save more, 81% of respondents listed total cost as their top consideration followed by a desire for kid-friendly experiences at the destination and discounts or deals on transportation and lodging.

Even amid reported concerns about inflation (56%), increasing flight costs (51%) and gas prices (49%), 84% of families plan to spend the same amount or more on travel this year as last. Among the respondents, 42% plan to spend between \$1,501-3,000 and 15% plan to spend \$5,000 or more on travel.

While traveling is undoubtedly an investment, it doesn't have to break the bank. Consider these tips from Pete King, deal expert for Slickdeals, to save money as you begin planning your next excursion.

**Set your budget with hidden costs in mind.** When setting budgets, many people stop at the basics like transportation, accommodations and entertainment. Make sure to factor in additional costs such as pet care, food, checked luggage fees and airport and hotel parking so there are no surprises at the end of the trip.

**Look for deals.** Being open to a variety of destinations and travel dates can help you score the best deals. If you're tired of switching between booking sites or searching online for bargains, consider browsing the latest travel deals on the Slickdeals Travel Page where community members share some of the best travel deals on the internet, which can save you time and effort when looking for savings on your trip. You can even set deal alerts to be notified when deals pop up for your desired destination.



Photos courtesy of Getty Images



**Bring an empty water bottle.** While Transportation Security Administration regulations don't allow you to bring most fluids through security checkpoints in airports, packing an empty water bottle in your carry-on or personal item can save you from high costs inside the terminal. Once you're through security, simply fill your bottle at the nearest water fountain. An added bonus: You can take the full bottle on the airplane to stay hydrated during the flight without having to rely on the small complimentary beverage on board.

**Pack less than you think you'll need.** Many people overpack, and that can be a costly mistake. A single checked bag can cost as much as \$50, and some airlines charge extra for a ticket that includes a carry-on. For a weekend trip, keep it simple with a carry-on or backpack, and for longer adventures, keep in mind nobody at your destination will likely know you wore the same jeans two days in a row.

**Find the right rewards credit card.** If you have a rewards credit card, you could get cash back when you make certain purchases. You could get a percentage back on groceries, travel, dining and more. For example, with a travel rewards credit card, you earn points or miles that can be redeemed for future travel plans. General travel cards earn points or miles on virtually every purchase, regardless of airline or hotel chain, while co-branded cards that align with a specific airline or hotel reward users with more points for loyalty spending and provide additional benefits like free checked bags or a free night's stay on your card anniversary.

Find deals on travel and more at [Slickdeals.com/travel](https://www.slickdeals.com/travel).



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