WHITE COUNTY
COUNCIL ON AGING
White County Public Transit

JANUARY 2026 116 E. MARION ST., MONTICELLO, IN 47960 574-583-9119

Tips for Winter Wellness

There are a number of techniques that can help keep your immunity high and your body in good condition to support wellness all season long so that you can enjoy the chillier months.

Get Up & Moving

Winter brings fewer hours of sunlight during the day, and per the National Sleep Foundation, darkness naturally causes the brain to release melatonin, a hormone that triggers sleepiness. Exercise can counteract this drowsiness.

Add Herbal Supplements

Herbal supplements can help support overall health. For example, the supplement turmeric, derived from root extracts of the Curcuma longa plant, is widely regarded to have numerous positive health implications.

Get Ample Rest

The National Sleep Foundation recommends older adults get at least 7-8 hours of sleep each night for optimal health.

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INSIDE THIS ISSUE

White County Public Transit

****Public Transit is available**

to ANYONE of ANY AGE

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Do you have difficulty finding transportation to your medical appointments, bank or grocery store, etc.

Call us for details on how we can help you get where you need to go!

Monday-Friday 8am-4pm

574-583-9119

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PH. 574-583-9119

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Boost Immunity

During the winter months, when fresh fruit can be harder to find, supplements like Echinacea & Vitamin C from Nature's Way can be another source of vitamin C.

Maintain Skin Health

You can take steps to minimize painful redness and flakiness or cracking by regularly moisturizing your skin with fragrance-free lotions and herbal oils.

Note: Always consult your healthcare provider when contemplating new ideas to promote better health.

(Courtesy of Family Features)

Health Conditions Related to Vitamin D Deficiency

What happens if you develop a vitamin D deficiency? It depends on how significant the deficit is and what other medical issues you may have. Here are a few common results of vitamin D deficiency:

Early-stage deficiency: Muscle pain, unexplained fatigue, and overall weakness are some of the early symptoms. Older adults often don't report these symptoms because they seem like a normal part of the aging process. According to the Endocrine Society and the Vitamin D Council, mild deficiency is between 10-20 ng/ml.

Advanced deficiency: If you are significantly low on vitamin D, with a score of less than 10 ng/ml, you are at higher risk for serious health issues, as well as deep bone pain and fractures. Vitamin D deficiency in this range has been linked to higher incidences of heart disease and vascular conditions, as well as prostate, breast, and colon cancers.

Fortunately, there are easy steps you can take to prevent a vitamin D deficiency this winter.

Vitamin D and Winter

- **Bundle up and go outside:** Small doses of sun exposure help you maintain a healthy level of vitamin D. Check with your physician for advice, but a common recommendation is about 40 to 60 minutes of sun a week. Check the weather report to determine what the warmest days will be during the winter months. Even five or 10 minutes of sun each day will help if the temperature isn't below freezing.

- **Make good food choices:** Consuming foods high in vitamin D might be a little trickier, but there are some options. Canned salmon, milk, tuna, beef liver, cheese, egg yolks, and mushrooms are a few. Another option is to look for foods that are enriched with vitamin D, such as yogurt, cereal, and orange juice.

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ACTIVITY CALENDAR

WHITE COUNTY COUNCIL ON AGING

January 2026

***- denotes sign-up in advance is required.**			1 **Center Closed** **No Lunch** **No Activities**	2 **Center Closed** **No Lunch** **No Activities**
5 **9-Euchre** **10-Racko** **1-BINGO**	6 **9-Euchre** **10-Farkle** **1-BINGO**	7 **9-Euchre** **9:30 Hand & Foot**	8 **9-Euchre** **10-Racko** **1-BINGO**	9 **12:30 Pay me w/ Candy**
12 **9-Euchre** **10-Bunco** **1-BINGO**	13 **9-Euchre** **10-Farkle** **1-BINGO**	14 **9-Euchre** **9:30 Hand & Foot**	15 **9-Euchre** **10-Bunco** **1-BINGO**	16 **12:30 Movie at Center**
19 **9-Euchre** **10-Racko** **1-BINGO**	20 **9-Euchre** **10-Farkle** **1-BINGO**	21 **9-Euchre** **9:30 Hand & Foot** **12:30 Skip Bo**	22 **9-Euchre** **10-Racko** **1-BINGO**	23 ***12:30 Craft w/ Select Therapy** **12:30 Pay me w/ Candy**
26 **9-Euchre** **10-Bunco** **1-BINGO**	27 **9-Euchre** **10-Farkle** **1-BINGO**	28 **9-Euchre** **9:30 Hand & Foot**	29 **9-Euchre** **10-Bunco** **1-BINGO BUY**	30 **12:30 Bunco**

Please call by 9:30am the day you plan to come for lunch!

LUNCH MENU

WHITE COUNTY COUNCIL ON AGING

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January 2026

			1 Center Closed No Lunch No Activities	2 Center Closed No Lunch No Activities
5 French Onion Chicken Baby Bakers Carrots Bread/ Margarine Cookie Milk	6 Hot Dog Potatoes Creamed Corn Pineapple Milk	7 Sloppy Joe Mac & Cheese Mixed Veggies Applesauce Milk	8 Chicken Alfredo Green Beans Spiced Peaches Bread Milk	9 BBQ Pork Baked Beans Broccoli Snack Cake Milk
12 Shepherd's Pie W/ Mashed Potatoe Broccoli Warmed Spice Apples Bread/Margarine Milk	13 Sausage Patty Biscuit Gravy Tater Tots Fig Newton Milk	14 Boneless Chicken Wings w/Honey Mustard Sauce Scalloped Potatoes Parmesan Zucchini Cookie Milk	15 Chicken & Noodles Mashed Potatoes Broccoli Mandarin Oranges Milk	16 Stuffed Pepper Casserole Sweet Potatoes Peas Bread/ Margarine Peaches Milk
19 No Lunch Martin Luther King, Jr. Day	20 Chicken Patty Sweet Potatoes Fruit Crisp HB Bun Milk	21 BBQ Meatballs Rice Pilaf Vegetable Blend Pineapple Milk	22 Swiss Mushroom Burger Tater Tots Corn Pears Milk	23 Country Fried Steak Garlic Mashed Potatoes California Blend Bread/ Margarine Milk
26 Polish Sausage Mashed Potato Sauerkraut Bread/ Margarine Applesauce Milk	27 Meatloaf Baby Bakers Green Beans Peaches Milk	28 Turkey Sausage Egg Hash browns Spiced Apples English Muffin Yogurt Milk	29 BBQ Chicken Baked Beans Chuckwagon Corn Bread/ Margarine Pudding Milk	30 Potato Crusted Fish Warm German Potato Salad Brussel Sprouts Bread/ Margarine Mandarin Oranges

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(Vitamin D Deficiency Cont'd)

Talk to your doctor about supplements: While most nutrition experts say it's better to get your essential vitamins and nutrients from a healthy diet, vitamin D is often an exception. If you are concerned you or a senior loved one's vitamin D level is too low, talk with your physician. They can perform a simple blood test to make that determination. If you do have a deficiency, they will order either a prescription dose of vitamin D or an over-the-counter supplement.

With careful monitoring and planning, you may be able to avoid developing a vitamin D deficiency this winter. If you are searching for ideas to make foods high in vitamin D, Recipes to Get More Vitamin D may be of interest.

What do you do to make sure you get enough vitamin D?

Nancy Billue 1/6

Jean Wallin 1/13

Steve Netser 1/19

Jo Ann Wiley 1/21

Carol Shelton 1/25

Gussie Smith 1/26

Helen Street 1/29

Roger Kelley 1/29

Calling all Euchre Players!!

Starting at 9am
Monday-Thursdays
at
the Senior Center!

ARTS & CRAFTS

Join us for craft time hosted by Select Therapy.

Friday, January 23 at 12:30
Please sign up by 1/16

Winter Wonderland

E F R B Y R E P P I L S C H I L L Y
P R E R S F F U M R A E F W D L O C
S O T T I N S Y B S L E Y Y D N I W
T Z N R O N L E C A L P E R I F O I
O E I B E C L H P S H O V E L V J E
O N W T O O A L M T Y R A U R B E F
B S T A W T O G L O V E S T D E L S
B I T Z O W C D Y R E T S U L B N S
M S E T A N R E B I H O R S S O E S
E R K A S E U R S B R E O N W I X K
O B N N T S E N H F V N O J R B F A
E T A J T V O P K E A W A R L H R T
L E L I I W S C F M S N U I Y E A I
C C B H S K A N W U U L Z T O A C N
I A S T I J I O I A F Z S T K T S G
C A O I G B N T R Z A O I C Y E F L
I R N A A S A Y G R R Y T S O R F J
M G A C N L R A D F T A O C O C Z Q

Word List:

BELOWZERO
BLANKET
BLIZZARD
BLUSTERY
BOOTS
CABINFEVER
CHILLY
COATS
COCOA
COLD
EARMUFFS
FEBRUARY
FIREPLACE
FLURRIES
FROSTY
FROSTY
FROZEN
GLOVES
HAT
HEATER
HIBERNATE
ICICLE
ICY
JANUARY
JACKFROST
MITTENS
PLOW
SCARF
SHIVER
SHOVEL
SKATING
SKIING
SLED
SLIPPERY
SNOW
SNOWMAN
SNOWSTORM
SNOWSUIT
WINDY
WINTER