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Warren Weekly

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Thought for the Week: There is nothing worse than aggressive stupidity. Johann Wolfgang von Goethe



EVA - A-7063

Join us for a viewing of Eva A-7063 Monday, January 27, 2020 in the Fults Recreation Room at Heritage Pointe. The movie will begin at 7 p.m. and is hosted by the Warren Public Library.

This story of an Auschwitz survivor's fight to heal the world is free to the public.

Samuel Jones Breakfast, Parade, Lego Build, SSF Art Show, Family Feud, Family Fun Freeway, Entertainment downtown, Movie on the Hill at Knight Bergman Center.

New event this year will be called ABC's of Salamonie Summer Festival and will start on Friday July 3rd and end with fireworks on Sunday, July 5th.

Saturday, July 4th activities so far are: 3 on 3 Basketball, Car-Truck-Bike Show from 9am-3pm downtown, Touch-A-Truck (new event) downtown from 5pm-8pm for Adults and Children of all ages, Lego Build, Porcelain Chariots Race, Family Feud, Family Fun Freeway, SSF Art Show, Bingo, Mark's Ark, Band at Riverside Park.

Sunday, July 5th activities so far are: Community Worship at Riverside Park, Potato Bake, Waterball Fight, Princess and Super Hero Party, Corn Hole Tournament, Band at Tower Park followed by Fireworks.

If you would like to see another event at the festival and would like to be in charge of that event, please come to our meetings the 2nd Tuesday of the month at Knight Bergman Center at 6:30pm.

We are always looking for Volunteers, it takes Teamwork to make it happen! We will be sending our letters sometime in June with the Town of Warren Utilities Bills to inform every one of the event.

MARK your calendars, Saturday, April 25, 2020 we will be having a Salamonie Summer Festival Fundraiser Dinner from 5pm-7pm at Knight Bergman Center with dinner being provided by Yergys BBQ from Bluffton and served by the SSF committee members and volunteers. We would like to ask all local churches and local organizations for pie and cake, cookie donations for the dinner. Our next meeting

HOMESPUN MARKET

We can't wait to see what the alcohol ink students create this Saturday! They are in Cheryl Alevizon's first class. There is still space for more of you to sign up for the second class being held next Saturday, February 2 from

CONTINUED PAGE 3



CO-SPONSOR HEARTSTONE CROSSING

The United Methodist Memorial Home Board of Trustees recently approved Heritage Pointe of Warren and Dogwood Glen Golf Course to co-sponsor HeartStone Crossing Band on June 26, 2020 at Riverside Park as part of the "Final Friday's Concert Series".

Rev. James D. Jones, President of the Board of Trustees, is shown presenting a check to Jeff Souder, President of the Warren Area Chamber of Commerce. Rev. Jones said we are extremely happy to be part of the Warren community and to be able to sponsor this event.

Pictured Left to Right: James D. Jones, President of the Board of Trustees of the United Methodist Memorial Home and Jeff Souder, President of the Warren Area Chamber of Commerce.

MARK YOUR CALENDARS FESTIVAL 2020

Huntington County Council on Aging will be hosting their annual all you can eat Fish and Chicken Supper. Dan's Fish Fry Service will be cooking on Friday, February 7, 2020 from 4 to 7 p.m at the Knight Bergman Center

Tickets now available at the Senior Center - Adults: \$10, Children 5-10 \$5 and kids under 5 eat free.

SSF meeting was held Tuesday, January 14, 2020. The schedule is getting full already, it is going to be so exciting.

There will be entertainment downtown on Friday night at the Stage area and Saturday night at Riverside Park by Post Office and we are having a band out at Tower Park before fireworks.

Some of the activities for Friday, July 3rd will include:

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WARREN WEEKLY • Owner/Publisher: Nicki L. Zoda
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Phone: (260)375-6290 **e-mail:** editor@warrenweeklyindiana.com
 WARREN WEEKLY is a free paper for the Warren, Indiana area. It is distributed every Friday to rural postal patrons of Warren, Liberty Center, and Van Buren, Indiana. The Warren Weekly is available at Warren Market, Dollar General, and next to the Post Office in downtown Warren, along with various other businesses. The Warren Weekly is also available at Circle K in Van Buren. Total circulation is 3000.
 It is sent anywhere in the Continental United States for three (3) months for \$12.50, six (6) months for \$24 or \$48 for one year. Mail name, address, and payment to WARREN WEEKLY at: PO Box 695, Warren, IN 46792. Or you can request a digital copy (by e-mail) at a cost of \$24 per year.
 Deadline for news and/or advertising is 10 a.m. Tuesday, for that week's edition. Call if you need something in but won't have it here on time.
 Leave news and/or advertising at Town Hall or mail to PO Box 695, Warren or email to editor@warrenweeklyindiana.com.
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 The publisher takes no responsibility for statements or claims made in any advertisement.

Kudos, Kicks & Karats

THANK YOU

Thank you customers of the Warren Dollar General Store for purchasing cashier suggested "kid items" at the cash area this past month. All of the items were donated to three non-profit organizations. Salamonie School Rebel Buck Program, Warren Boys and Girls Club, Bread of Life Food Pantry.

Some of the suggested items were match box cars, dolls, coloring books, craft items, puzzles, books, kids fleece blankets, games.

Thank you Deb and all of the employees of the Warren Dollar General Store for doing this extra work to help area children have Christmas presents. Items for Salamonie School students to choose at the Rebel Buck Store. Activity items for Warren Boys and Girls Club.

On behalf of all the children who have or will benefit from the generosity and support of Warren Dollar General Store customers and employees Thank you.

Rose Broyles
 Bread of Life Food Pantry

BRAIN FITNESS CAN HELP FIGHT MEMORY LOSS

from the American Counseling Association

It's a common problem many of us encounter as we age — we forget more things and it seems to happen more frequently. It can be a frustrating experience and even a frightening one as we worry that serious issues of dementia are just around the corner.

While researchers are only beginning to understand exactly why our brains seem to be more prone to memory issues as we get older, they have, however, begun to make real progress in finding ways to help fight memory problems as we age. And the latest advice is that we all ought to begin proactively working to keep maximum brain function at a much earlier age.

Many older folks try to keep mentally active through activities like crossword or Sudoku puzzles, and that's a good thing. But more recent research is finding that such activities simply may not be providing the level of stimulation needed for real "brain fitness."

Brain fitness starts with mental activities that truly engage your mental powers. They can take a variety of forms. Critical thinking, for example, requires you to think about a topic that you understand and agree with, and then to look at that same subject from the opposite point of view. Can you evaluate the strengths and weaknesses of that subject from a totally different side than the one you're normally on?

You want to stimulate your brain in ways that require it to

CONTINUED PAGE 8

 <p>Owner: Larry Highley 375-3477 or 260/359-2331 <i>Remodeling, Siding, Windows, General Contractor</i></p>	<p>This Space Available. Call the Warren Weekly for more info.</p>	 <p>Let's Have a MiTi Party! Check out all the details at www.mitiparty.com</p>
 <p>CITIZENS TELEPHONE CORPORATION 375-2111 <i>"Your Hometown Connection Partner"</i></p>	 <p>HERITAGE POINTE COMMUNITIES P O Box 326 801 Htgn Ave Warren, IN 46792 LifeAtHeritage.org 260-375-2201</p>	<p>This Space Available. Call the Warren Weekly for more info.</p>

ASBURY CHAPEL UNITED METHODIST
 8013W 1100S - 90, Montpelier
 Phillip Freel Jr, Pastor

Worship 9:30 a.m.
 Sunday School 10:30 a.m.
 Wed Carry-in & Fellowship .. 6:30 p.m.

BANQUO CHRISTIAN CHURCH
 8294S 900W 35
 Harold Smith, Pastor

Sunday School 9:30 a.m.
 Worship 10:30 a.m.
 Bible Study 6:00p.m.

BOEHMER UNITED METHODIST
 Chad Yoder, Pastor
 Denise Heiniger, S.S. Supt.

Sunday Worship 9:30a.m.
 Sunday School 10:45a.m.

CENTRAL CHRISTIAN CHURCH
 Van Buren, Indiana 765-934-2199

Worship 9:30 a.m.
 Youth Group 4:30-7:30pm at SwitchUp
 Handicap Accessible

Little Panther Preschool 765.934.2099
HEALING WATERS MINISTRY —
5811 W 600 S, MT ETNA
 Pastor Wayne Couch
 260/515-2517

Sunday Prayer 9:15 a.m.
 Sunday School 9:30 a.m.
 Worship Service 10:30 a.m.
 Wednesday Bible Study 6:00 p.m.
 Sunday Evening Service 6:00 p.m.
 Daycare provided during Worship

DILLMAN UNITED BRETHREN
 8888S 1100W-90, Warren 375-2779
 Matt Kennedy, Pastor

Worship Service 9:00a.m.
 Sunday School 10:00a.m.

HANFIELD UNITED METHODIST
 101 N 400 E - Marion 765/664-8726
 Timothy Helm, Senior Pastor
 1st Worship..... 8:30 a.m.
 Sunday School 9:45 a.m.
 2nd Worship..... 11:00 a.m.

THE NEW BEGINNING
 SR 218, 2 1/8 mile west of Poneto
 Steve Sutton, Pastor
 765/728-2065 for more info
 Sunday Worship..... 10:30a.m.
 Thursday Prayer Meeting..... 7:00 p.m.

HERITAGE POINTE
 Chaplains Gerald Moreland, Ginny Soultz & Dick Case
 Sunday Morning Worship 9:30 a.m.
 OTHER SERVICES BY ANNOUNCEMENT
 Monday thru Friday

Chapel Services 9:00 a.m.
WARREN 1st BAPTIST CHURCH
 727 N Wayne St, Warren
 260-375-2811
 office@warrenfirsbaptist.net
 Pator Rusty Strickler
 Youth Dir: Peter & Mindy Fairchild
 Sunday School 9:00 a.m.
 Sunday Worship 10:00 a.m.
 Youth Group: Grades 5-12 ..Sun 11:30
 Ekklesia Sun 6:30pm

HILLCREST CHURCH OF THE NAZARENE
 375-2510
 Bus Service 375-2510
www.hillcrestnazchurch.org

Sunday School 9:30 a.m.
 Worship 10:30 a.m.
 Evening Worship..... 6:00 p.m.
 Youth Group (Wed.)..... 6:00 p.m.
 Wed. Midweek Service..... 6:30 p.m.

SOLID ROCK UNITED METHODIST
 485 Bennett Dr, Warren, IN
 375-3873

Paul Burris, Pastor
 Sunday School 9:00 a.m.
 Worship Service 10:00 a.m.

LANCASTER WESLEYAN
 3147 W 543 S, Huntington
 468-2411

Doug Sharrard, Pastor
 Pam Thompson, S.S. Supt.

Sunday School 9:30 a.m.
 Worship 10:30 a.m.
 Wednesday:

CYC/Teen/Adult Meetings 7:00 p.m.
LIBERTY CENTER BAPTIST CHURCH
 694-6622

Aaron Westfall, Pastor
 Sunday School 9:15 a.m.
 Fellowship 10:00a.m.
 Worship 10:15a.m.
 Tues. Bible Study 7:00 p.m.
 Wed. Choir 6:30p.m.
 Monthly Meetings

1st Mon Ministry Team 7:00 p.m.
 3rd Sat Mens Prayer Breakfast 8:00 am

4th Mon ABW 1:30 pm
LIBERTY CENTER

UNITED METHODIST CHURCH
 Pastor Diane Samuels
 Morning Worship 9:30 a.m.
 Sunday School 10:45 a.m.

THE CHURCH AT MCNATT
 375-4359

Bill VanHaften, Pastor
 Lois Slusher, Supt.

Brittney Miller, Youth & Family Dir.
 Coffee Fellowship..... 8:30 a.m.
 Worship 9:15 a.m.
 Sunday School 10:30 a.m.
 Bible Study - Wed. 7:00 p.m.

MT. ETNA UNITED METHODIST
 260/468-2148 Sr 9 & 124

Rev. Michael Gallant - "Pastor Mike"
 Multi-Generational Worship 9:30 a.m.
 Fellowship 10:30 a.m.
 Sunday Youth 4-6 p.m.

Everyone is Welcome
SALAMONIE CHURCH OF BRETHREN
 468-2412

Mel Zumbrun, Pastor
 Worship 9:30 a.m.
 Church School 10:45a.m.

UNITED CHURCH OF CHRIST
 375-2102

Pastor Scott Nedberg
 Youth Pastor Troy & Mindy Drayer
 Sunday Worship..... 9:30 a.m.
 Contemporary Service - Wed 6:30 p.m.
 Sunday School all ages 10:45 a.m.
 Youth Group-Wed 6:30 p.m.
 Communion 1st Sunday of the Month

VB CHURCH OF THE NAZARENE
 765/934-3321 Parsonage
 Jeff Slater, Pastor

Jim Knight, Superintendent
 Sunday School 9:30 a.m.
 Adult Worship 10:30 a.m.
 Children's Church 10:30a.m.
 Evening Praise Hour..... 6:00p.m.
 Hour of Power (Wed) 7:00p.m.

VB UNITED METHODIST CHURCH
 765-934-1431
 Pastor Cindy Osgood

Worship Service 9:30 am
 Sunday School 10:30am
 Not Home Alone - Wed 3:00 pm
 Prayer-Bible Study (Thur) 7:00 pm
 UMW 2nd Wed 7:00 pm
 Little Ones Book Club 1st Tue 10:00 am
 Just Older Youth 3rd Tue 12:00 pm

www.vanburenumc.org
WARREN CHURCH OF CHRIST
 375-3022

Ethan T Stivers, Senior Minister
 Andrew Fisher, Youth Minister
 Liz Richardson, Childrens MinistryAsst.
 Tara Bower - Secretary
www.warrenchurchofchrist.org
 Fellowship 9:15 a.m.
 Worship & Communion 9:30 a.m.
 Sunday School 11 to 11:50 a.m.

Youth:
 K-6th grade, Mon 6:15-7pm
 Jr/Sr Hi, Sunday 6-8pm

WARREN WESLEYAN CHURCH
 375-2330 6th & Nancy Sts. Warren
 Rev. Allen Laws, Pastor
 Wesley Welch, Supt.

Sunday School 9:30 a.m.
 Worship 10:15 a.m.
 Wed Bible Study 6:00 p.m.

FARRVILLE COMMUNITY CHURCH
 11044 E 200 N, Marion, IN
 765-934-3609

Pastor Al Soultz
 Sunday Worship..... 10:30 am
 Sunday School Classes 9:30 am

Sunday Adult Bible Study..... 6:00 pm
 Thurs. Bible Study 7:00 pm



Please Attend The Church of Your Choice

AREA NEWS

MORE PAGE 1

12-2. Contact Cheryl at 260-917-0122 if you are interested. You are guaranteed to have a fun time making greeting cards and a bookmark.

Extended hours the week of Valentines' Day are as follows: Wednesday, February 12 from 10:00 a.m. – 5:00 p.m. Thursday, February 13 from 10-5, and Friday, February 14 from 10-5 with regular Saturday hours from 9-2.

At Homespun Market you can shop locally and treat(s) your Valentine on Friday, February 14. Items include caramels, turtles and pretzel bars, stained glass, gnomes, candy bouquets, festive bowls with prepackaged dips, women's clothing, homemade valentine's day cards, and a variety of home décor. There are also gnome wine toppers, wine bottle covers, heart leather clutch bags, bath bombs and lotions, candles and melts, earrings, scarves and quilted pieces.

Any of these items can be mixed or matched to put in a gift basket or bag for your special someone. A variety of Valentine fresh flowers will also be available for carry out. If you would like a specific arrangement please preorder with Tamara 260-228-0390.

It's Girl Scout Cookie Time! There will be a sweet girl scout at Homespun this Saturday with a table full of cookies!

If you live locally or far away we can deliver your purchase to a loved one in the city limits including

Heritage Pointe. We also deliver to funeral homes.

Visit our Facebook page as we share updated photos of our products.

Homespun Market at 427 North Matilda Street in Warren.....Hours are Wednesday and Friday from 10-5 and Saturday from 9-2. Phone 260-375-3200.

VISITOR RESTRICTIONS

Public health officials are recommending temporary visitation restrictions for area hospitals, healthcare facilities and nursing homes in response to recent increased flu activity.

Allen County Health Commissioner Dr. Deborah McMahan is advising healthcare facilities impose the following restrictions to help protect patients, visitors and staff:

- Anyone coming to a healthcare facility for treatment who has cold- or flu-like symptoms (such as fever, cough or muscle aches) should wear a mask while in public areas, including waiting rooms.

- No visitors under the age of 18 and no visitors of any age with flu-like symptoms should be allowed to visit patients.

- Visitors should be limited to two essential adults (at least 18-years-old) per patient – essential adults could include designated family members, spouse/domestic partner or spiritual counselors.

- Anyone not allergic to the flu vaccine should be vaccinated.

Recommendations were prompted by the continued uptick in influenza-like illness locally. The more common strains of the virus now being reported are influenza A/H1N1 and influenza B/Victoria, which seem to be covered well by this season's vaccine, Dr. McMahan said.

Restrictions are recommended to curb unintentional exposure of patients in hospitals, nursing homes or any other confined settings while the community is experiencing widespread influenza transmission. Influenza can spread during the incubation period – when a person has been exposed and no symptoms are present, but the virus is actively multiplying in his or her body.

Visitor guidelines are similar to those implemented in previous years, and healthcare facilities may have additional restrictions in certain areas as needed. Anyone with questions about restrictions should call the hospital, healthcare facility or nursing home they plan to visit before arriving. Flu activity will be monitored by health officials throughout the season to determine the best time to lift visitor restrictions.

In addition to the temporary restrictions on visitors, the Department also recommends all residents do

the following to minimize flu transmission:

- Get vaccinated. All residents 6 months and older should be vaccinated against influenza, as well as pneumonia and pertussis (if recommended) unless there are known allergies to these vaccines. Flu shots are available at many local pharmacies. Vaccines can also be obtained by scheduling an appointment at the Allen County Department of Health Medical Annex, or visiting local Super Shot locations, urgent care clinics or primary care providers' offices.
- Stay home if you are sick. All residents experiencing fever and muscle aches should stay home from school, work, shopping or other social gatherings until they have no fever for 24 hours without the benefit of fever reducing medications. Stock up on items needed for comfort and hydration before getting sick to avoid further flu spread. If you think you need treatment, consider contacting your primary care physician's office or healthcare facility of choice first to see if they have a telemedicine option available. Remember antiviral medications are most effective if given within the first 48 hours of symptoms.
- Wash your hands frequently. Use soap and warm water whenever

possible; if not available, use an alcohol-based hand sanitizer to clean hands.

- Cover your cough and sneeze with a tissue. If you don't have a tissue, cough or sneeze into your upper sleeve or elbow, not your hands.
- Wear a mask if needed. Patients with cough or fever seeking treatment at a healthcare facility should ask for a mask to wear.

Influenza can also exacerbate chronic health conditions – like lung or heart disease and diabetes – and easily morph into bacterial pneumonia. Anyone with chronic health conditions who develops a fever should contact their doctor immediately. And remember to check in frequently with elderly loved ones and neighbors, especially if they live alone.

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PESTICIDE WORKSHOP

A crop grower workshop is set for Huntington. The session is at First Merchants Heritage Hall at the Huntington Co. Fairgrounds on Tuesday January 28 from 10 a.m. to 2 p.m. (registration begins at 9:30 a.m.).

The sessions will cover the following topics:

- Data Driven Zones/Soil Profiles/Soil Sampling
- 2020 Dicamba Update (not the mandatory training that registrants must provide)
- Scouting for Profits Using Drone Technology and Ground "Truthing"
- Soil Biologicals

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Community Calendar

Items listed here are open to the public. If there is an admission charge or items are for sale or a donation is necessary, there is a one-time \$5 fee to be listed. Events can be listed for as long as 6 months. (If an event is canceled, please notify WW.) Only event, place, time, and sponsor, for events in Warren, and the surrounding area will be listed.

Feb 2	GROUNDHOG DAY
Feb 5 Noon	W - Chamber Luncheon at KBC
Feb 5 7 pm	V - Town Council Meeting
Feb 10 5 pm	W - Town Council Meeting
Feb 11 6:30pm	W - SSF Meeting at KBC
Feb 14	VALENTINE'S DAY
Feb 17	PRESIDENT'S DAY
Feb 19 7 pm	V - Town Council Meeting

Bread of Life Food Pantry - Wed 2 - 4:00pm & 6 - 8:00p.m. at KBC
Bargain Basement - Friday & Saturday 9 - 4 at KBC ; **Cancer Support Group** - 3rd Tuesday 6:30-8p.m. at Bluffton Regional South Campus
These Events Can Also Be Found at www.warrenweeklyindiana.com



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GOOD or BAD?



Wind farms are divisive and cause hatred among families, friends and neighbors.

Is it worth it?

PAID ADVERTISING

AREA NEWS CONTINUED

MORE PAGE 3

· Strategic Weather: Utilizing apps, tech tools and weather station data for decision making

· Transferring Risk

RSVP by January 21st @ 260-358-4826 or e-mail emfarris@purdue.edu

Sponsors are providing a meal for attendees.

However, RSVPs must be received by January 21 to receive a meal.

These workshops are approved Indiana Private Applicator Recertification Programs. A \$10 fee is required for those who wish to obtain recertification credit for attending the program. Attendees who wish to obtain credit are reminded to bring their Indiana Private Pesticide Applicator license number with them. Refreshments will be served at each location.

Individuals with an Indiana Private Pesticide Applicator license can find more information about scheduled recertification programs on-line by visiting this website: <https://ppp.purdue.edu/private-applicators/recertification-parp/>.

FREE CALENDARS FOR 2020

The Warren Pharmacy has received Calendars for 2020. There are two choices of the 2020 Appointment/Wall Calendar. The Art of the Holy Land and the Journey of Faith. They are available as a FREE GIFT at the Warren Pharmacy.

Each Calendar starts with December 2019 with room on each day to write the important events that affect you and your family. Each day has a Bible verse to meditate on, so you can start your day with one piece of Good News! These complimentary calendars are provided at NO CHARGE by your Healthcare professionals at the Warren Pharmacy.

FARMERS' ALMANAC 2020

The Warren Pharmacy still has some of the 2020 Farmers Almanac available. The Almanac contains tips for gardening, farming, cooking and recipes, along with weather predictions and many helpful insights for your family and home. Best of all, it is FREE when you fill a prescription at the Warren Pharmacy. Extra copies can be purchased for only \$1.00.

NEW LEADERSHIP

Staff changes and new faces are starting off the new year at the Huntington County Community Foundation. Newly appointed Executive Director Matt Ditzler has replaced Michael Howell, now retired, who served the past nine years in that position. Hired in 2012, Ditzler started out as the Director of Accounting for the Foundation, moving up to Associate Director in 2018. Now, with seven years under his belt, Ditzler is ready to take the helm.

"As a lifelong Huntington County resident, I'm honored to take on this new position," says Ditzler. "I am excited to carry out the mission of the Community Foundation and work alongside all of the people who call Huntington County home." Ditzler resides in Huntington with his wife, Karissa, and their two children, Ezra and Lucy.

Also joining the team is Jo Ellen Bradley who will serve as the new Program Officer. Her role will include managing the scholarship and grant processes through the Foundation. A native of Wabash, Bradley has a background in non-profit having worked previously at the Honeywell Foundation in

Wabash for nearly 11 years. Her experiences include development, marketing and grant writing.

"After years of procuring funds through grant writing, it will be a refreshing change of pace to be on its flip side. Now I will get to facilitate the process of awarding funds to deserving recipients." Bradley's experience with scholarships goes back further to her experiences at Manchester College. At that time, she worked through a Lilly grant-funded incentive program that provided scholarships to high school students to attend college. She and her husband Brian have lived in Huntington since 2010.

The Huntington County Community Foundation is a 501(c)(3) charitable organization that is built to be a funding hub for all charitable organizations and causes within Huntington County. Its mission is to connect people and resources with opportunities that enhance quality of life for all. For more information about the Huntington County Community Foundation, please visit huntingtonccf.org.

SLEEP LAB RELOCATES

Restful sleep is essential for good physical, mental and emotional health. And if you're not sleeping well, you're feeling it, even if you don't realize how much.

The Sleep Disorders Lab at Parkview Huntington Hospital (PHH) can help by identifying causes of, and solutions for, poor quality sleep. Following a primary care physician's referral for a sleep lab appointment, the investigation can begin with a sleep study, either at home

or in the lab, which has relocated.

Formerly housed in the Medical Office Building, the PHH Sleep Lab is now on the lower level of PHH, in the space previously occupied by pediatric therapy. The lab still encompasses a control room and two private bedrooms. Each of the bedrooms has a spacious en suite bathroom with grab bars and low-threshold shower, a flat-screen TV, an overhead fan and new furnishings. Soft lighting and comfortable mattresses create a cozy environment for an improved patient experience. One bedroom features an adjustable bed for patients who can benefit from being able to elevate their head or legs.

PHH's sleep lab team now includes two specially trained sleep technologists, who supply the device and instruction for patients performing a home study, conduct the in-lab studies at the hospital and prepare results for sleep medicine physicians for diagnosis.

Sleep studies provide measurement of breathing, pulse, blood pressure and other data that enable a physician to determine what may be impeding a person's ability to establish or maintain healthy sleep

patterns. The home study relies on a device that is worn overnight and then returned to the hospital. The in-lab study provides more extensive monitoring in a controlled environment, with a sleep tech facilitating the data-gathering while the patient sleeps.

Just as adults suffer from sleep apnea (interrupted breathing), sleepwalking, nightmares, restless leg syndrome and other sleep anomalies, children can, too. Currently, the lab can help sleepers age 14 and older discover why they're struggling to get a good night's rest. And later this year, the lab team will pursue certification to serve children as young as 7.

"We really want to be able to make this important service available to younger children, as well as adults, here in Huntington," says Juli Johnson, president of PHH. "Especially when an overnight sleep study is needed, it will be so much more convenient for parents to stay here in a comfortable room with their child instead of having to drive to Fort Wayne."

After a sleep study is completed, patients follow up with a physician to discuss treatment options related to their particular condition.

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Lisa M. Garrott

Attorney at Law
Estate Planning &
Business Law



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GENEALOGY REPORT

OYLER

Martha Oyler, age 89, Marion, went to be with the Lord on Thursday, December 26, 2019.



She was born on July 2, 1930, the youngest and last surviving child to Frank and Alta (Renbarger) Brown in Grant County, Indiana. She graduated from Sweetser High School in 1948 and married Maurice "Maury" Oyler on October 24, 1948. They raised their family on their family farm north of Sweetser and were married 65 years before his death on May 15, 2014.

Martha loved her family deeply and is the mother of two sons, Bruce Delan (Susie) Oyler and Ted Edwin Oyler, both of Sweetser, and one daughter, Nora Jane (Kent) McCracken of Van Buren.

Martha has six grandchildren and thirteen great-grandchildren: Aron (Tara) Oyler and their children, Taylor, Alex, Jacob, and Riley; Nathan (Nicole) Oyler and their children, Landon and Jackson; Meghan (Dan) Sadowski and their children, Carter, McKenna, and Ava; Tara (Eddie) Whittington and their children, Blake and Lauren; Brad (Ashly) McCracken and their children, Eli and Silas; and Kayla Oyler.

She was preceded in death by her parents; husband; brothers and sisters-in-law, Leicester (Jean) Brown and Robert (Christeen) Brown; sisters and brothers-in-law, Mary (Maynard) Wolfe, Wilma (Chet) Morris, and Betty (Myron) Oyler; and lifelong friend, Jane Jones.

Martha worked as a secretary for Oak Hill Sweetser Elementary School. She belonged to Current Opinion Club for 65 years. She was an active member of Richland Chapel Methodist Church for over 60 years teaching Sunday School, Junior Church, and Bible School. She was also a Youth Leader for many years.

Martha and Maury were charter members of Grace Community Church for 25

years and loved their friends there, especially Willard and Joanne Phillips and Paul and Violet Frazier. Martha was also very thankful for her helper and caregiver, Diane Tschannen.

Martha loved to cook and entertain, and she had many swimming pool parties at their home through the years. She loved people and enjoyed sending cards and notes to everyone. She also loved flowers. Martha loved music and always had it playing. Sweet Caroline was one of her and Maury's favorite songs. She and Maury sang duets for many years at many churches, weddings, and funerals.

The family will receive visitors from 11:00 am to 1:00 pm on Monday, December 30, 2019, at Grace Community Church, 1810 E. Bradford Pike, Marion, IN.

Immediately following the time of visitation, a service to celebrate Martha's life will begin at 1:00 pm with Rev. Dr. Tom Mansbarger officiating. Burial will follow at Maple Grove Cemetery.

Arrangements are entrusted to Needham-Storey-Wampner Funeral Service, North Chapel, 1341 N. Baldwin Ave., Marion, IN.

Memorial contributions may be directed to Grace Community Church.

SCHOEFF

Janet Ann Schoeff, 80, passed away Friday, January 17, 2020 at Bluffton Regional Medical Center in Bluffton, IN.

Janet was born February 22, 1939 to E. Carl Cash and E. Marguerite (Matson) in Wells County, IN., both parents preceded her in death.

She was a 1957 graduate of Rockcreek Center H.S., following graduation she married Roy D. Schoeff on June 14, 1964 in Bluffton, IN., he survives in Poneto, IN. Janet worked at State Farm Insurance and the News-Banner in Bluffton. After 21 years of service, Janet retired in 2001 from Southern Wells Schools as a secretary. She was member of Poneto United Methodist Church and a former member of Epworth

United Methodist Church in Bluffton. Janet was an active member with Poneto United Methodist Women and Rockcreek Loyal Neighbors Club.

Janet played the piano and organ at her church for many years. In her spare time, she enjoyed giving Accordion lessons, traveling with her husband, camping and spending time with her family and neighbors, canning the goods from her garden and attending monthly luncheon's with retired co-workers from Southern Wells Schools.

She is survived by three daughters; Cara Schoeff of Ft. Wayne, Shelley (Todd) Preston of Warren, IN and Sheryl (Carl) Lusher of Auburn, IN and one son; Brad (Abigail) Schoeff of Bluffton, seven grandchildren and three great grandchildren. In addition to her parents, she was preceded in death by a sister; Dixie Randol.

Visitation will be held on Wednesday, January 22, 2020 from 3:00 to 8:00 PM at Goodwin – Cale & Harnish Memorial Chapel. Funeral service will be held on Thursday, January 23, 2020 at 2:00 PM at the Funeral home with visitation one hour prior to the service. Rev. Roy Nevil will officiate services.

Burial will follow immediately at Woodlawn Cemetery, Warren, IN.

Memorials may be made to the Poneto United Methodist Church.

KAISER

William "Bill" Wallace Kaiser returned to his heavenly home on



January 15, 2020 at the age of 85 years.

Bill was born to the late Wallace George August and Emma Magdalene Hertel Kaiser on September 7, 1934 in Osceola, IN. Early in life he worked as a lifeguard, on the railroad yard, in a greenhouse, and even as a DJ on a local radio station. He earned his bachelor's degree at Evansville University and

went on to seminary for his Masters of Divinity at Drew Seminary in New Jersey. He found much joy in his ministry as an ordained elder in the United Methodist Church and served a total of 44 years in Fairmount, North Manchester, Hartford City, Nappanee, Kendallville, Yorktown, Michigan City, and Warsaw. As a student, he served Boonville Parish in IN and Teabo and Mt. Hope in NJ. He retired in 1999 only to be reappointed to Talma United Methodist Church, where he served for another five years.

Bill married his high school sweetheart, the late Betty Jean Perkey Kaiser. They were married for 62 years until her passing on November 5, 2015. Bill and Betty did everything together: ministry, entertainment, drama, family, traveling, camping, canoeing, backpacking, and more. In 2015, Bill received an award from the Masonic Lodge for 50 years of membership. He loved watching the wildlife in his backyard at their home on the Tippecanoe River. He fed the raccoons and chipmunks daily and was happiest with a cat on his lap.

He is preceded in death by his parents; his sister, Esther Herrli; his step-sister, Rosemary DeFerbrache; and his wife, Betty Kaiser.

He is survived by his sister, Ruth Boshart; his step-brother, Jerry Brides; two children, Corinne Boruff and Byron Kaiser (Candy); his eight grandchildren, Andrew Boruff (Jaimie), Rebecca Maiki (Sani), Benjamin Boruff (Lauren), Elyse Kaiser (Sam Lane), Diana Kaiser (Tara Hensle), Matthew Kaiser, Benjamin Robinson (Ashley), and Brad Robinson (Sascha Sprinkle); and his three great-grandchildren, Lily Robinson, Caley Robinson, and Nora Maiki.

A celebration of Bill's life will be held at 3:00 on Friday, January 24, at the Applegate Chapel at Heritage Point (801 Huntington Ave, Warren, IN) with visitation from 1:00-3:00.

Memorial donations in memory of Bill Kaiser may be given to Epworth Forest Conference Center, 8531 E Epworth Forest Rd, North Webster, IN 46555.

Arrangements are being handled by Glancy-H.Brown & Son Funeral Home, Warren, IN.

DENTZER

Tonya A. (Searles) Dentzer, age 50, of Andrews, died at 4:18 a.m. Saturday, January 18, 2020 at her home.

Visitation will be from 3 – 5 p.m. Wednesday, January 22, 2020 at Bailey-Love Mortuary, 35 West Park Drive, Huntington, Indiana. A memorial service will immediately follow at 5 p.m. Wednesday at Bailey-Love Mortuary with Pastor Michael Gallant officiating.

Preferred memorials are to the donor's choice, in care of Bailey-Love Mortuary, 35 West Park Drive, Huntington, Indiana, 46750.

Tonya was born on August 2, 1969 in Huntington, the daughter of Roger G. and Marylou (Buroker) Searles. She graduated from Huntington North High School in 1987 and earned an associate degree from Ivy Tech. She worked at Our Sunday Visitor in Huntington. Tonya enjoyed riding the Harley, watching football on Sundays, camping with Rich, and loved spending time with her family.

She is survived by a son, Zach (Brooke) Stell of Converse, a daughter, Gabby Stell of Warren, nephews Trace M. Searles of Warren and Hunter M. Searles of Huntington, great niece Katrina L. Searles of Huntington, a grandson Huxson Stell and lifelong partner, Rich E. Tyler of Andrews. She is preceded in death by her parents and a sister, Renita L. Searles.

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AREA NEWS CONTINUED

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PACE

Arlene Pace, 74, of Bluffton, IN, and having family in Warren, IN, died Tuesday evening, Jan. 14, 2020, at her residence.

Mrs. Pace was a homemaker.

She was born Jan. 2, 1946, in Harlan, KY, to Ben and Letisha Hall Pace. She married George "Cot" Pace, and he preceded her in death in 2005.


She is survived by three daughters, Susie (Ryan) Campbell, of Warren; Ruby F. (Frank) Davis, of Bluffton; and Lettie Vaughn, of Bluffton; a son, George (Crystal) Pace, of Arjay, KY; two sisters, Elizabeth (George) McKinney, of Big Stone Gap, VA, and Irene (Jack) Patterson, of Kenver, KY; a brother, George (Sheryl) Pace, of Kenver, KY; eight grandchildren; and 19 great-grandchildren.

She was preceded in death by a son-in-law, Kemp Vaughn.

Calling is Saturday, Jan. 18, 2020, at Disney Pentecostal Church in Disney, KY. A funeral service will be held Sunday, Jan. 19, 2020, at 2 p.m. at the church. Burial will take place at the Pace Family Cemetery, Kenver, KY.

Memorials are to the Friends of the Shelter.

ECKERT

 Robert Emmett Eckert Sr., 91, of Albion, IN, and formerly of Huntington, IN, died Wednesday, Jan. 15, 2020, at Miller's at Oak Pointe, Columbia City, IN.

Mr. Eckert graduated from Huntington Catholic High School in 1946. He served in the United States Army. He was a truck driver for many years. He was a member of the VFW Post 4717 in Wolf Lake and American Legion 7 and Moose Lodge 837, both in Huntington.

He was born May 7, 1928, in Huntington to Herman J. and Hazel M. Eltzroth Eckert. He married Bertha Rudy on June 24, 1977, and she preceded

him in death on Sept. 20, 1994.


Survivors include two sons, Robert E. (Charlene) Eckert Jr. and Richard Lee Eckert, both of Albion; two daughters, Susan (Bill) Forgey and Pamela (David) Shideler, both of Huntington; a brother, Bill Eckert, of Fort Wayne; 11 grandchildren; five step-grandchildren; 14 great-grandchildren; and a great-great-grandchild.

He was also preceded in death by a grandson.

Calling is Friday, Jan. 17, 2020, from 2 p.m. to 6 p.m. at McElhaney-Hart Funeral Home, 715 N. Jefferson St., Huntington, IN 46750. Recitation of the Rosary will be held at the funeral home at 4 p.m. Additional calling will be held on Saturday, Jan. 18, 2020, from 9 a.m. until the 10 a.m. Mass of Christian Burial at St. Mary Catholic Church, 903 N. Jefferson St., Huntington. Rev. Stephen Colchin will preside. Burial will be at Mt. Calvary Cemetery, Huntington.

Memorials are to St. Mary Catholic Church, in care of McElhaney-Hart Funeral Home, 715 N. Jefferson St., Huntington, IN 46750.

KEIFFER

 Larry Mason Keiffer, 78, of LaFontaine, IN, and having ties to Huntington County, IN, died Jan. 19, 2020 in Fort Wayne.

Mr. Keiffer graduated from Jefferson Township High School in 1959, and immediately began his farming career. He served as a member of the Indiana National Guard from 1963 to 1969. He received various recognitions and served on many organization boards, including Community State Bank board of directors, American Lung Association board, Huntington County 4-H Fair Board for two terms, 1988 Chief of the Flint Springs Tribe, Honorary Chapter FFA Degree recipient in 1991, Indiana Farm Management Association Officer from 1993 to 1997, Leadership Award recipient in 1997 and Huntington County Friend of Extension

Award recipient in 2012. He attended Mt. Etna United Methodist Church.

He was born March 11, 1941, in Huntington to Clyde and Eileen Keiffer. He married Joyce Wall on June 12, 1966, and she preceded him in death.

Survivors include two daughters, Jennifer (Kevin) Jackson and Stephanie (Michael) Long; a son, Terry (Natalie) Keiffer; a brother, Richard Keiffer; and five grandchildren.

Calling is Friday, Jan. 24, 2020, from 3 p.m. to 7 p.m. at Bailey-Love Mortuary, 35 W. Park Drive, Huntington. A funeral service will be held Saturday, Jan. 25, 2020, at 10 a.m. at the mortuary, with Gerald Moreland and Rev. Mike Gallant officiating. There will be one hour of visitation prior to the service. Burial will be in Mt. Etna Cemetery in Huntington County.

Memorials are to Hancock County 4-H Agriculture Association, Huntington County 4-H or Mt. Etna United Methodist Church, in care of Bailey-Love Mortuary, 35 W. Park Drive, Huntington, IN 46750.

BLINN

Betty Rosella Blinn, 97, Warren, passed away at 6:05 pm on Sunday, January 19, 2020, at Heritage Pointe in Warren.

She was born in Flat Rock, Illinois, on Friday, July 14, 1922, to Yearsley and Ethel (Chaney) Holmes. On June 22, 1941, she married Lawrence Blinn, and he preceded her in death.

Betty graduated from Jefferson Center High School (Huntington County) and assisted her husband in the real estate business for many years. She was a member of First Baptist Church in Marion and a former member of the Marion Women's Club. Betty's love for reading led her to volunteer at the Marion Public Library. She also enjoyed sewing.



Survivors include her daughter, Karen (Thomas) Hiemstra of Marion; brother, Dale Holmes of Lexington, OH; and several nieces and nephews.

In addition to her husband, she was preceded in death by her parents; brother, Donald Holmes; and sisters, Alene McGowan, Nondas Schafer, Isabelle Daugherty, and Martha Daugherty.

The family will receive visitors from 4:00-7:00 pm on Wednesday, January 22, 2020, at Needham-Storey-Wampner Funeral Service, North Chapel, 1341 N. Baldwin Ave., Marion, IN.

A funeral service to celebrate Betty's life will be held at 11:00 am on Thursday, January 23, 2020, at the funeral home. Pastor Mick Simpkins and Chaplain Gerald Moreland will be officiating with burial following at Estates of Serenity.

Memorial contributions may be directed to Marion Public Library, 600 S. Washington St., Marion, IN 46953.

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Depending on the severity of the sleep disorder, treatment options can range from simple changes in sleep hygiene (such as keeping the bedroom cool and completely dark) to use of a CPAP (continuous positive airway pressure) machine or other sleep appliance, medications or surgical procedures.

Evaluation and treatment of sleep disorders is covered by most insurance companies. PHH team members will help confirm insurance coverage and provide helpful information.

In-lab sleep studies are conducted overnight Monday through Thursday. If your primary care physician has recommended you have a sleep study, you can schedule your appointment at PHH by calling the Parkview Sleep Disorders Center at 260-373-yawn (9296).

5 TIPS TO HELP OLDER ADULTS BE HEALTHIER IN 2020

(StatePoint) For many, the new year is about establishing goals for the year ahead. But where should you start? As we age, an increasing number of us link our emotional and physical well-being to our overall health. After all, you

CONTINUED PAGE 8

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TRUSTEE MEETING

Warren Church of Christ will elect Church Trustees on Sunday, January 26, 2020. It is the duty of the WCC Trustees to represent the congregation in all legal matters pertaining to the affairs and program of this congregation, and the maintenance of all church properties. 0124

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AREA NEWS CONTINUED

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can't do the things you'd like if you aren't healthy.

With that in mind, Cigna and its Medicare Advantage (MA) fitness partner, the Silver&Fit Healthy Aging and Exercise Program, share these five tips to help older adults get fitter and stronger and be less stressed and happier in 2020:

1. Hit the gym. Exercise is a proven way to help you get fitter and stronger, improve balance, lose weight, reduce blood pressure, improve cardiovascular health, manage pain and even be more social. Many gyms offer such options as free weights, machines, pools, classes, private instructors and other amenities that can inspire you to try new things. Prefer working out with others? Group classes can help you discover a new exercise, stick to a schedule and find exercise buddies. If you're new to exercise, remember that slow and steady is the way to build good habits, avoid injury and achieve health goals. It's always a good idea to consult your doctor before starting any new exercise program.

Can't afford a gym membership? You may be surprised to learn that many MA plans offer exercise programs at top fitness centers and YMCAs for no extra cost. Check your plan for details.

2. Nourish your body. For optimal health, nourish your body with healthy, energizing foods, including fruits, vegetables, grains, fish and healthy oils, such as olive oil and sesame oil. Limit pre-packaged, processed foods. Set an achievable goal. Try cutting out one unhealthy food each month, such as sugary soft

drinks or chips. Your body will love you for it! Also, stay hydrated, especially when exercising.

At the same time, eliminate unhealthy habits, such as smoking or drinking alcohol in excess. With an MA plan, you may be able to get help with smoking cessation products or alcohol counseling at no extra cost.

3. Stress less. Stress can be toxic and debilitating. Develop a "PLAN" to deal with it. According to Cigna's Dr. Stuart L. Lustig, this includes identifying a Period of time to unwind, a Location to de-stress, an Activity to enjoy and the Name of someone with whom you can talk. Yoga, tai chi and meditation may help you cope with stress, as well as going for walks, listening to music, comedy or audio books -- or even coloring. If you're experiencing extreme stress, talk to your doctor. Remember, the mind and body are connected, and stress takes its toll on physical health.

4. Get social. According to a 2018 Cigna survey, loneliness in America has reached epidemic levels. Nearly half of Americans report sometimes or always feeling alone (46 percent) or left out (47 percent). Loneliness has been shown to negatively impact physical and mental health. Alleviate loneliness by taking one proactive step each week. For example, call or get coffee with friends or family, join a club or volunteer. You can also connect with other active adults on social media. Check out the inspirational health and fitness posts on the @SilverandFit Facebook page and join in the conversations.

5. Practice gratitude. Happiness comes with

thankfulness. Think about people and things you feel grateful for, and start a gratitude journal.

By doing your best to incorporate these five tips into your life, you'll kick-start your journey toward a healthier 2020.

GO AHEAD - TAKE A NAP!

(SPM Wire) Americans are notoriously sleep-deprived, which can have unpleasant and even dangerous effects. And while a nap can alleviate fatigue, increase alertness and improve mood, for years napping was considered to be a pastime more appropriate for little children and the sick than healthy adults.

But the tides are changing. National Sleep Foundation encourages napping, citing improvements in alertness, performance and mood as benefits. So here are a few tips on getting the most out of your daytime snooze:

Find a comfortable spot. A bed is the best, but is not always available. If napping in a chair or on a couch, make sure your neck is well-supported to avoid sore muscles.

Use a sleep mask and earplugs. Sometimes disconnecting from your surroundings can be difficult, even when you're tired. Cutting out noise and light can help.

Use a nap as a caffeine substitute. If you find yourself reaching for coffee because you can't stay awake, consider taking a nap instead. Close your eyes and get some shut-eye -- it will help relieve tiredness instead of

postponing it until the caffeine wears off.

But remember to keep your naps to a maximum of 20 to 30 minutes, lest they interfere with a much-needed good night's rest!

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really think about finding new solutions. Locating new recipes and then working out ways to improve them is such an activity. Learning and using new vocabulary words, tackling a foreign language, or taking up a new hobby like art or music, are all ways to maximize brain effort and increase brain stimulation.

Brain fitness also requires recognizing that the brain is a part of your body and is affected by your fitness. It requires exercising more, eating healthier and staying fit overall. It means staying on top of potential health risks, like your blood pressure and cholesterol levels.

Doing a daily crossword puzzle may be fun and provide some brain stimulation, but really working for brain fitness means doing things to improve your reasoning, problem-solving and memory abilities, activities that are a real mental stretch. At the same time, staying fit and managing health risks are the keys that can all add up to better mental health and long, positive brain function.

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