SATURDAY September 9, 2023

COUNTY OF MONTGOMERY

Montgomery County's oldest locally owned independent newspaper

CRAWFORDSVILLE, INDIANA

FACES OF MONTGOMERY People who call our community their own.

The Paper

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."

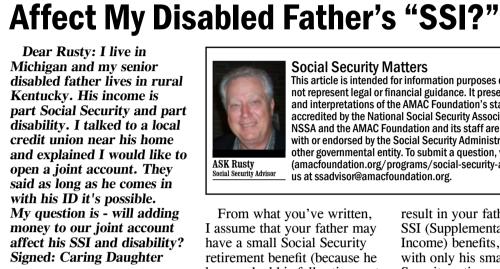
(NIV)

Shyanne, the manager at our local Goodwill, offered a winning smile to one of our roving photographers while accepting the Readers' Choice 2023 award. Thank you for your smile!

THREE THINGS You Should Know: The Indiana Department of

Transportation announces lane restrictions for State Road 32 from about a half mile east of I-65 to about a mile east of State Road 39 in Lebanon. Starting on or after Monday, September 28, crews will restrict the right lane in both directions of S.R. 32. Traffic control services will be onsite to allow traffic to pass without issues in the opposite lane. The purpose of this project is to collect pavement core samples for future road improvements. Work is expected to be complete by the beginning of October. All work is weather-permitting, and schedules are subject to change. Drivers should use caution, slow down, pay attention, and keep worker safety in mind while driving through the area.

The Montgomery County Relay for Life is dedicated to helping communities attack cancer. Through funds donated, time given, or awareness raised, communities are teaming up to make a difference. The annual event is scheduled for SATURDAY, from 12 pm - 8 pm in Crawfordsville. You can participate by forming a team, raising money and celebrating at the event while honoring survivors and remembering lives touched by purchasing a luminaria. Please help spread the word to help them grow the success of this event! Click the button to visit the website to register a team and for more information.



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 af-

Social Security Matters

Boomer Bits

Ask Rusty – Will Opening A Joint Account

This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association (NSSA). NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity. To submit a question, visit our website ASK Rusty Social Security Advisor (amacfoundation.org/programs/social-security-advisory) or email us at ssadvisor@amacfoundation.org.

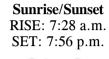
From what you've written, I assume that your father may have a small Social Security retirement benefit (because he has reached his full retirement age and SSDI isn't available after full retirement age), and he is also receiving Supplemental Security Income (SSI) disability benefits. If this is the 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

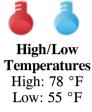
result in your father losing his SSI (Supplemental Security Income) benefits, leaving him with only his small Social Security retirement benefit. You may wish to review the SSI eligibility information at this link: www.ssa.gov/ssi/ eligibility or you could contact the Social Security Administration and 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.

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The Daily Almanac





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 2nd annual MoCo Kids Color Fun Run is scheduled to be on Saturday. The fun run will be at the Leland Cornett Nature Park in New Ross. Enjoy Breakfast from 8 a.m. to 10 a.m. at the New Ross Christian Church followed by the lunch at the Walnut Township Fire Department starting at 11 a.m. with concessions nearby. Registration at 9 a.m. and the run is from 9:30 a.m. to 11 a.m. Pre-registration is closed. Registration is \$13 per child and/or \$35 per family. COLORS GALORE! Art can be seen everywhere! YES! Artistic exploration can be exhibited in so many forms, including face painting, balloon creating, and color blasting a t-shirt! All proceeds go to Walnut Elementary PTO.

fected by the recipient's assets, as are "SSI" benefits.

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

See HEALTH Page A7

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 endof-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,

See CARE Page A7

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

HONEST HOOSIER

How can September be more than halfway over?



TODAY'S HEALTH TIP

Today's health tip was brought to you by Dr. John Roberts. Be sure to catch his column each week in The



Parents need to set the example everyone in the family needs to wear bike helmets.

Paper and online at www.thepaper24-7.com.

OBITUARIES

None



The Paper appreciates all our customers. Today, we'd like to personally thank **GEOFFREY ROBINSON** for subscribing!



THE MONTGOMERY MINUTE

Community Growers Orchard Tour TODAY!!

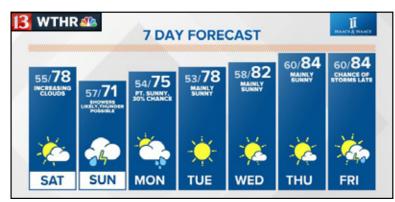
The Community Growers of Montgomery County have planned a free tour of Howard Orchards this Saturday from 3pm-5pm. Join us as owner Craig Howard takes us around his orchard and shares with us how to care for fruit trees including apple, pear, and peach trees to help ensure a successful harvest! The Community Growers seek to educate the public about soil health, local food, and sustainability and connect the Montgomery County community. The Community Growers also provide free site visit services if you or someone you know is interested in starting or improving your garden. Visits can be scheduled by calling 765-362-0405 or emailing programs@montgomerycoswcd.com.

🗢 TODAY'S QUOTE

"You are never too old to set another goal or to dream a new dream." -C.S. Lewis

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.



EDITION Service Directory...A6 Faith......A3, A4, A5

INSIDE **TODAY'S**

Classifieds.....A5



127 E. Main Street, Suite 103 P.O. Box 272 Crawfordsville, IN 47933 MAIN: 765-361-0100 CLASSIFIEDS: 765-361-8888 FAX: 765-361-5901 www.thepaper24-7.com twitter: @ThePaperNews @ThePaperSports

PAGE A2 🗉 SATURDAY, SEPTEMBER 16, 2023

PUBLIC NOTICES

Montgomery County Board of Zoning Appeals Notice of Public Hearing to Consider Variance to the Montgomery County

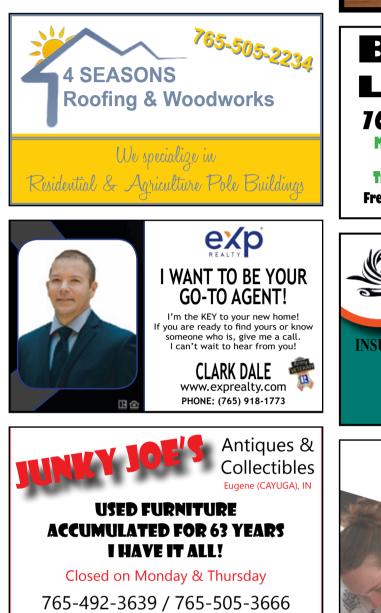
Zoning Ordinance Notice is hereby given the Montgomery County Board of Zoning Appeals will hold a public hearing on Wednesday, September 27th, 2023 at 10:00 am to consider a Variance, of Use standards, from the Montgomery County Zoning Ordinance. The meeting will be held in the Montgomery County Government Center Community Room, 1580 Constitution Row, Crawfordsville, Indiana 47933.

The proposed Variance (ZV2306), to the use standard, in 2.10 of the Montgomery County Zoning Ordinance Chapter 159 of Montgomery County Code. The request is for variance of use on a Residential property. The petitioner requests Commercial Use, of a small scale ,on the residentially zoned property. Parcel: 54-11-01-100-002.000-027

Citizens appearing at the public hearing will have an opportunity to provide comments concerning the proposed variance. All interested citizens are encouraged to attend. The Board of Zoning Appeals may continue the hearing from time to time as may be found necessary. Citizens may file written comments or objections with Marc Bonwell, 1580 Constitution Row, Crawfordsville, Indiana 47933 (marc.bonwell@montgomerycounty.in.gov) prior to the public hearing. All such written objections will be considered by the Board of Zoning Appeals. A copy of the proposed Variance is on file and may be examined at the Montgomery County Building and Zoning Department office at 1580 Constitution Row, Crawfordsville, Indiana 47933 (765-364-6490), office hours are 8:00-4:30 weekdays except holidays.

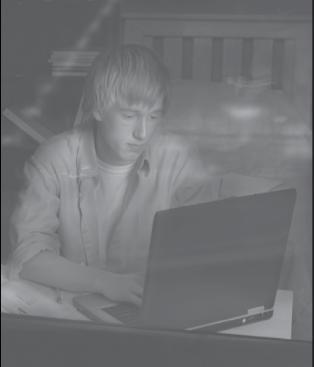
In accordance with the Americans with Disabilities Act, if anyone intending to attend the public hearing needs reasonable accommodation, please contact the Montgomery County Commissioners Office, 1580 Constitution Row, Crawfordsville, IN 47933, 765-361-2623 This notice dated September 12th, 2023

Marc Bonwell, Building/Zoning Administrator Montgomery County, IN PL4724 9/16 1t hspaxlp



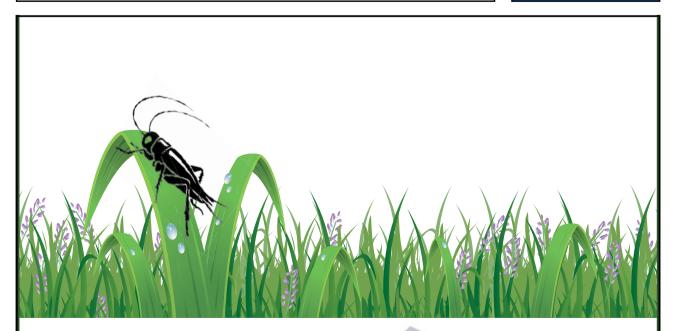






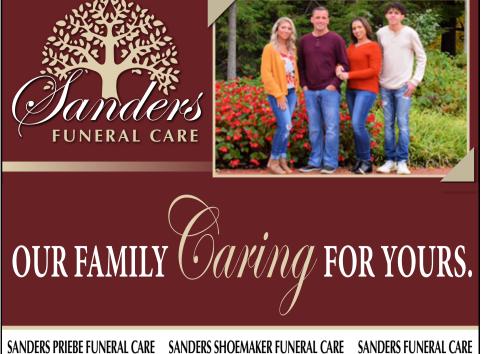
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315 S Washington St, Crawfordsville, IN (765) 362-6849

202 Bratton Rd, Waynetown, IN 765-234-2224

203 S. 1st Street Kingman, IN 765-397-3499

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AUCTION - SEALED BID ONLY FIND DETAILS AT RANCHANDFARMAUCTIONS.COM **BIDS DUE BY:** 10/11/23 AUCTION TIME: 5:00 PM CDT AUCTION LOCATION:

Go to Ranchandfarmauctions.com, call 217-922-0811 or email directors@ranchandfarmauctions.com to request an Information Packet & Sealed Bid Form.

•3± tillable acres

•16.8118± wooded acres

• Future food plot locations

• Mature Timber consisting of walnut, cherry, maple, oak & hickory

• Thick bedding cover providing additional wildlife habitat

Located between Crawfordsville and

- Lafayette •Good deer, turkey, pheasant, and morel mushroom hunting
- Gas Line Easement on the west edge of the property
- •25± acres enrolled in CRP through 2026 providing \$7,000 of annual income

IN COOPERATION WITH WHITETAIL PROPERTIES REAL ESTATE, LLC ANDREW MALOTT, AGENT: 574.225.2699

RANCHANDFARMAUCTIONS.COM



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INCLUDE YOUR INFORMATION The Paper of Montgomery County is asking churches to send us church news by noon on Thursday. Information can be e-mailed to: news@thepaper24-7.com

The following is a listing of church services and various programs that organizations around Montgomery County have sent The Paper. If you would like to have your church information included in this free listing, simply e-mail it to news@thepaper24-7.com by Monday for the Wednesday Print Edition.

FAITH BAPTIST CHURCH

Sunday's schedule will include Sunday School at 9:30 and morning worship at 10:30 followed by a pitch-in dinner. After dinner there will be a special service in which Pastor Roe will step aside and Bro. Keith Harris will become the pastor. Meetings will continue with the Danfords Monday through Thursday at 7 each evening.

The public is invited to all the services anytime but especially during our revival with the Danfords. The location is 5113 S 200 W, Crawfordsville. Or just five miles south of Crawfordsville on State Highway 47. For more information call 866-1273 or visit www.faithbaptistcville.com.

NEW MARKET CHRISTIAN CHURCH

THE SANCTUARY AS WELL AS THE DRIVE-IN PARKING LOT ARE OPEN FOR WORSHIP HELD AT 10:00 AM. GREG SMITH WILL BE THE GUEST SPEAKER.

SUNDAY SCHOOL BEGINS AT 9:00 AM. COFFEE & DONUT FELLOWSHIP IS AT 8:30 AM THE FIRST SUNDAY OF EACH MONTH. THE NEXT FELLOW-SHIP IS OCTOBER 1.

THE WORSHIP SERVICE AND SUNDAY SCHOOL ARE OPEN TO EVERYONE.

NEW MARKET FIRST BAPTIST

FIRST BAPTIST OF NEW MARKET WILL WORSHIP GOD THIS SUNDAY AT 10:00 A.M. HOLY GROUNDS WILL BEGIN AT 8:30 A.M WITH COFFEE AND HOME MADE TREATS. AT 9:00 A.M. SUNDAY SCHOOL CLASSES ARE OFFERED FOR ALL AGES. THEN AT 10:00 A.M. WE WILL WORSHIP IN SONG AND MESSAGE. WE WELCOME ALL TO JOIN US THIS SUNDAY! WE ARE LOCATED AT 200 S. FIRST ST. IN NEW MARKET.

YOUNG'S CHAPEL CHRISTIAN CHURCH

If contemporary worship is not your preference, then you Might want to visit us. A small country Bible based church made up of very friendly, compassionate, loving people. A church where everyone knows everyone's name. You will be warmly welcomed here. Why not try us out? 4527 North 200 East, Crawfordsville Bible Study 9:30 a.m. Worship 10:30 am.

FIRST CHRISTIAN CHURCH

Sundays: Worship (Casual Traditional/Family Friendly/Childcare) - 10:15 am, Adult Faith Learning/Sunday School - 9:15 am, Good News Cafe -9:15 am, Wednesdays: WOW! - Mid-week Youth Program (Grades 1-12) - 4:30 - 7 pm, Faith Learning and Dinner, Rev. Darla Goodrich, We are located at: 211 S. Walnut St. Crawfordsville IN 47933 Telephone: 765-362-4812

WOODLAND HEIGHTS CHRISTIAN CHURCH

468 N Woodland Heights Drive Crawfordsville IN 47933-9689 Telephone Number: 765-362-5284 Fax Number: 765-362-6641 Lead Minister: Tim Lueking Worship Minister: Wayne Wilkinson Youth Minister: Bryson Feese Worship Service Times for Sunday: Traditional service at 8:15a.m. & Contemporary service at 10:30a.m. All

Sunday School classes at 9:30a.m., Children's classes for birth to 5th grade at 10:30a.m. All services will be streamed live on our live whcc.us platform, Facebook, YouTube, and Twitter.

Attitude 101 "The Pursuit of the Pure Heart" Matthew 5:7-8 Tim Lueking

NEW MARKET UNITED METHODIST CHURCH

Reverend William "Bill" Pike Office: 765-866-0703 email: bill.pike@ inumc.org. Please come join our small town church for a friendly church service using hymnals and the rituals of church that you grew up with.

101 East Main Street, P.O. Box 326, New Market, IN 47965. Office Phone: 765-866-0703 www.newmarketumc.org

Facebook.com New Market United Methodist Church Indiana Open Hearts--Open Minds--Open Doors Sunday School 9:30 and Worship Service 10:45



Southside Church of Christ

153 E 300 South • Crawfordsville southsidechurchofchristindiana.com

> Sundays: Worship at 10:30 am

Wednesday Night Bible Study 7 pm





One Way Pentecostal **Apostolic Church**

802 Mill St. • Crawfordsville

Pastor Steve Lee and his wife, Tamara, invite you all to their spirit-filled church

> Services Sunday at 2 pm

Wednesday Evening Bible Study 7 pm

Saturday evening (speaking spanish service) at 7 pm



Saturday, September 16, 2023



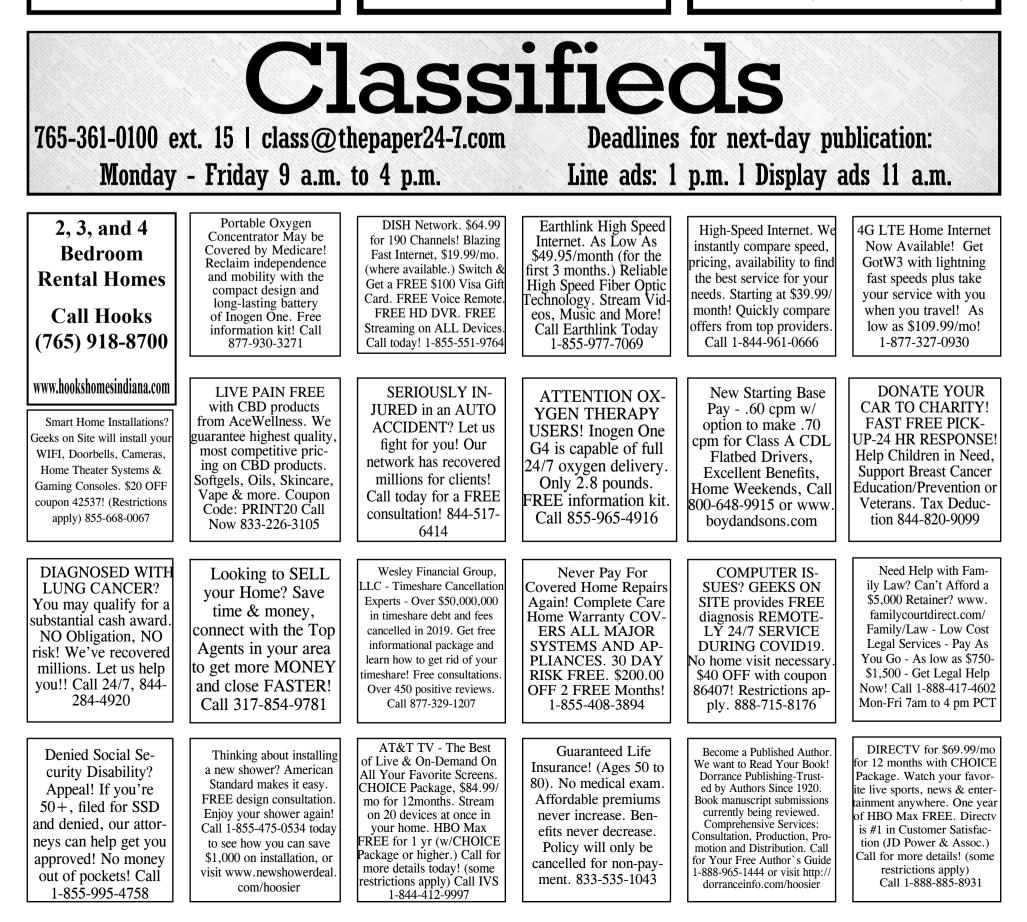
Woodland Heights Christian Church 468 N Woodland Heights Drive, Crawfordsville

"Know Jesus and Make Him Known"

Wednesday Night Bible Study 7 pm

Wednesday 6:30 Bible Study

11 a.m. Worship



Local Organizations Awarded Early Learning Funding



Committee on Public SPENCER Health. Behavioral DEERY Health, Guest Column and Human

As a member of

the Inter-

im Study

Services, which has been tasked with studying childcare access in Indiana this year, I was happy to see the Parke County Community Foundation receive a \$300,000 grant and West Lafayette's **STEAM** Academy receive a \$500,000 grant to help fund early learning centers for infants and toddlers.

The money was awarded through an Early Learning Indiana program.

The center in Parke County will have 32 seats for infants and toddlers and be operated by Head Start at their current building in Rockville. Many leaders in the county are hard at work to give Parke County parents more childcare options, and I am supporting them in every way I can.

STEAM Academy West Lafayette will add four classrooms, which will allow its capacity to increase by 44 infants and toddlers.

Congratulations to these organizations for receiving these important awards. I know it will benefit many families across Senate District 23. ***

Lowering Health Care **Costs for Hoosiers** Our state must have a strong, healthy workforce to prosper economically. Unfortunately, Hoosiers spend too much of their hard-earned money on health care.

To help drive costs down, the General Assembly passed a new law during the 2023 legislative session, which institutes "truth in billing" for Indiana's largest hospital systems to prohibit them from charging higher rates at doctors' offices. The same law also requires insurers and health plan administrators to share health care claims data with employers who sponsor employee health coverage so employers can negotiate better coverage for their workers.

However, given the complexity of the issue, we need to know more in order to enact policies that ensure Hoosiers can afford high-quality health care services and maintain healthy families. This is why the General Assembly created the new Health Care Cost Oversight Task Force to review and make recommendations concerning:

Indiana's health care costs in comparison to other states;

Reductions in health care costs to ensure that any cost reductions reach the health care payer;

The availability of value-based care and other health care models that emphasize prevention and cost avoidance; and

The market concentration of health care providers and contributing factors.

Our state is committed to improving health care accessibility for Hoosiers, and Senate Republicans look to further tackle this issue by considering policy that helps address Indiana's high health care costs. With this work, Indiana can continue to foster healthy communities and pave the road to economic prosperity.

BMV Sets New Hours The Indiana Bureau of Motor Vehicles (BMV) has set new hours for branches across the state beginning Monday, Oct. 2.

As a reminder, most BMV services like renewing a driver's license or registering a car can be done online at in.gov/bmv.

There are also BMV Connect kiosks, which allow many services to be done at anytime of the day. ***

Indiana Schools Awarded School Safety

Grants The Indiana Department of Homeland Security awarded Indiana schools nearly \$30 million in Secured School Safety Grants (SSSG).

During the 2023 legislative session, I was proud to support a \$11.2 million increase in SSSG funding in the new 2024-25 state budget and a new law that expands the SSSG program's qualified expenses to include threat detection equipment, safety-related training costs for staff and renovations to enhance school properties' physical safety.

Ensuring our students' safety at school is a top priority, and I will continue to support measures that help Indiana schools maintain a safe environment where students can learn and grow.

Special Enrollment Period Open for VA Health Care

Veterans who deployed to a combat zone, never enrolled in Veterans Affairs (VA) health care and left active duty between Sept. 11, 2001, and Oct. 1, 2013, are eligible to enroll directly in VA health care without first applying for VA benefits.

Veterans can apply online or in person at their local VA facility through Sept. 30.

- Spencer Deery is an Indiana State Senator serving District 23 which includes Fountain, Parke, Vermillion, Warren and portions of Montgomery and Tippecanoe counties.

Meeting Notes **Board Of Zoning Appeals Meeting Notice And Agenda**

September 20 at 7 PM Common Council Chambers

I. Call to Order & Roll Call

II. Presentation of Minutes

> A. June 28, 2023 **III.** Old Business

IV. New Business A. (SE 0060) Shantel Caudill requests a special exception from the City Zoning Ordinance to allow a boutique as a home occupation in an R-2, residential zoning district at 619 E Wabash Avenue (Parcel No. 54-10-05- 112-014.000-030)

B. (UV 0084) Ryan Richards of G Team Mechanical requests a use variance from the schedule of uses of the City Zoning Ordinance to allow an HVAC business in an R-3, residential zoning district at 605 E Market Street (Parcel No. 54-32-443-020.000-030)

C. (UV 0083 & DSV 0127) Joshua Baxter requests a use variance from the schedule of uses of the City Zoning Ordinance to allow an antique store and residence in an I-1, industrial zoning district at 108 E North Street. Additionally, Mr. Baxter requests a development standard variance from the parking requirements of

the City Zoning Ordinance (Parcel No. 54-07- 32-332-003.000-030)

The Paper of Montgomery County

D. (UV 0085) Donald and Brenda Stonebraker request a use variance from the schedule of uses of the City Zoning Ordinance to allow a roadside stand from April to October in an R-1, residential zoning district at 698 E 150 S (Parcel No. 54-10-08-100-032.000-030)

E. (DSV 0128) Arends Hogan Walker, LLC requests a development standard variance from the lot and yard requirements of the City Zoning Ordinance for the addition of a wash bay in a B-3, business zoning district at 2981 Industrial Drive (Parcel No. 54-07-19-100-006.002-028)

F. (UV 0086) Nathan and Michelle Chambers request a use variance from the schedule of uses of the City Zoning Ordinance to operate a pet boarding business in an R-1, residential zoning district at 1274 W Country Club Road (Parcel No. 54-06-36-400-045.000-030) V. Miscellaneous

A. Informational Update by City Administration

B. Next regularly scheduled meeting: October 18, 2023 at 7:00 PM VI. Adjournment



Automotive **Technical** Services







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A7

UCARE From Page A1

and those in the healthcare industry better understand the services and benefits hospice provides, Interim HealthCare is dispelling some of the most common misconceptions:

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.

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-oflife care, having these conversations can ensure one's final days are peaceful and fulfilling," says Mastrapa.

O HEALTH From Page A1

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.

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.

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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.

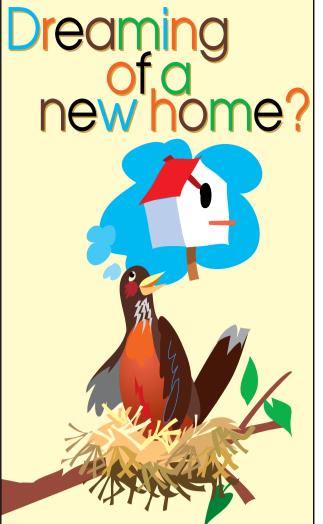
•Be physically active. Start slowly and build up to at least 150 minutes of moderate physical activity (such as brisk walking) each week. As an alternative, you can do 75 minutes of vigorous physical activity, or a combination of the two, to improve overall cardiovascular health.

•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.



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