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TODAY'S VERSE

Philippians 1:6 Being confident of this very thing, that he which hath begun a good work in you will perform it until the day of Jesus Christ.



Happenings

Friday, Dec. 29, 2023

CRAWFORDSVILLE SCHOOLS
Winter Break
NORTH MONTGOMERY SCHOOLS
Winter Break
WABASH COLLEGE
Offices closed

Saturday, Dec. 30, 2023

WABASH COLLEGE
Offices closed

Monday, Jan. 1, 2024

CRAWFORDSVILLE SCHOOLS
Winter Break
NORTH MONTGOMERY SCHOOLS
Winter Break
WABASH COLLEGE
Offices closed

Tuesday, Jan. 2, 2024

CRAWFORDSVILLE SCHOOLS
Winter Break
NORTH MONTGOMERY SCHOOLS
Winter Break
WABASH COLLEGE
Wabash College faculty meeting, 4:15 p.m.

Wednesday, Jan. 3, 2024

CRAWFORDSVILLE SCHOOLS
Winter Break
NORTH MONTGOMERY SCHOOLS
Winter Break
WABASH COLLEGE
Wabash College basketball vs. Denison, at Wabash, 7 p.m.

Thursday, Jan. 4, 2024

CRAWFORDSVILLE SCHOOLS
Winter Break
NORTH MONTGOMERY SCHOOLS
Winter Break

Friday, Jan. 5, 2024

CRAWFORDSVILLE SCHOOLS
Winter Break
NORTH MONTGOMERY SCHOOLS
Winter Break
WABASH COLLEGE
Wrestling at NWCA National Duals

Saturday, Jan. 6, 2024

WABASH COLLEGE
Wrestling at NWCA National Duals
Basketball at Wooster, 2 p.m.

Monday, Jan. 8, 2024

CRAWFORDSVILLE SCHOOLS
Staff Development, No school
NORTH MONTGOMERY SCHOOLS
Teachers Return

Tuesday, Jan. 9, 2024

CRAWFORDSVILLE SCHOOLS
Students return
NORTH MONTGOMERY SCHOOLS
Students Return
SOUTH MONT SCHOOLS
School Board at Corporate Office, 6 p.m.

Wednesday, Jan. 10, 2024

GOVERNMENT
Drainage Board at Government Center (US 231 North), 9:30 a.m.
WABASH COLLEGE
Wabash College basketball at Ohio Wesleyan

Thursday, Jan. 11, 2024

ATHENS ARTS
Learn how to paint a watercolor outdoor scene (1-3 p.m. or 6-8 p.m. - reservation required)

The Paper

OF MONTGOMERY COUNTY

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CRAWFORDSVILLE, INDIANA

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Boomer Bits

Ask Rusty – If My Wife Claims Now, Will It Hurt My Social Security Amount?



ASK Rusty
Social Security Advisor

Social Security Matters

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 (amacfoundation.org/programs/social-security-advisory) or email us at ssadvisor@amacfoundation.org.

Dear Rusty: I am 69 years old, and my wife turned 70 early this year. I am still working full time. My wife is not working, but she got a letter from Social Security saying she should take her Social Security as soon as possible.

My question is: since my wife has reached her full retirement age, can she take her SS without it affecting mine when I claim? I plan to work at least another year, depending on how the economy goes (I may have to work longer if it doesn't get better). I have IRAs and a 401k to pull from when I retire. Signed: Anxious Husband

Dear Anxious: The reason your wife received a letter from Social Security (SS) suggesting she claims now is because her benefit reached maximum some time ago at age 70. Thus, there is no reason for her to wait beyond age 70 to claim. By delaying past age 70 your wife is losing money so she should apply as soon as possible. I suggest your wife call Social Security at 1.800.772.1213 (or your local office) right away to request an appointment to apply for her benefits and she should be sure to request six months of

➔ See RUSTY Page A4

What to Know About RSV

North American Precip Syndicate

You may remember the old saying, "An ounce of prevention is worth a pound of cure." That's never been more true than it is right now about good health and older adults, especially when it comes to protecting yourself during what is commonly known as respiratory disease season (fall through early spring). Last year saw the devastating effects of an increase in COVID, flu, respiratory syncytial virus (RSV) and pneumonia on the wellbeing of older Americans. Fortunately, most people had access to vaccines for all but RSV last year. And in good news for this year, for the first time ever, there is a vaccine approved by FDA for preventing RSV in older adults.

The Problem
RSV is a serious respiratory

➔ See RSV Page A4

Movement is Medicine, Especially As You Age

North American Precip Syndicate

Because physical activity and healthy aging go hand in hand, getting started with a fitness program included in your health plan can do more than help you maintain your health as you age.

"Movement truly is medicine," says Dr. Jaynie Bjornaraa, physical therapist, fitness professional, adjunct professor, and senior vice president of rehabilitation services and digital fitness solutions at American Specialty Health (ASH). Dr. Bjornaraa oversees the

Silver&Fit® Healthy Aging and Exercise program for ASH, ensuring that its members get evidence-based recommendations when starting their fitness routines. She helped develop the program's onboarding feature, which

➔ See MOVEMENT Page A4

TODAY'S HEALTH TIP

If you're over 50, make sure to see your doctor for screening for colon cancer.



Today's health tip was brought to you by Dr. John Roberts. Be sure to catch his column each week in The Paper and online at www.thepaper24-7.com

THREE THINGS You Should Know

- Looking for a tax break? Look no further! The annual United Way fund drive is in its very final final hours and is pushing to hit the goal of \$375,000. The money is needed to support 19 non-profit agencies serving Montgomery County and your help is important. Every penny counts - and can not only benefit those in need but can help you at tax time! Won't you please consider a gift where a gift is most needed? Go to www.uwmontgomery.org or mail a check to United Way in Montgomery County, PO Box 247 Crawfordsville, IN 47933.
- Bundle up and start your year off the right way... by hiking Trail 1 at Shades State Park. Come prepared to see amazing views and take in the natural beauty of our ravines and dense vegetation. Hiking boots are recommended. Meet at 2 p.m. for this First Day Hike!
- It got pretty scary in Nashville and Indianapolis last week when pranksters posted photos on Facebook of lions on the loose in those two cities. The photos were shared "thousands of times." The posts were scary but "incredibly false," according to the authorities in each city. They noted that the pictures were eight years old and were taken in South Africa way back when. Hey, it seems to us this is just another reason to get your news out of your favorite LOCAL NEWSPAPER!!! Just saying!

The Paper appreciates all our customers. Today, we'd like to personally thank Eddie Ebaugh for subscribing!



TODAY'S QUOTE

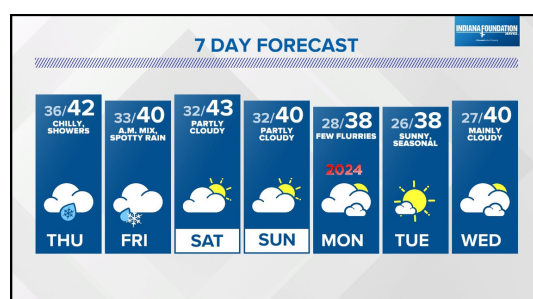
"New Year's resolutions anyone can keep: Read less, gain weight and spend more time at work." Unknown

TODAY'S JOKE

What do you call it when Santa's throat is red and inflamed? Tinsel-it is!

THE MONTGOMERY MINUTE

Remember that change is in the air at your favorite Montgomery County Online Edition. We're now e-malling The Paper piping hot and fresh at 4 a.m. on Mondays, Wednesdays and Fridays - except for holidays. The price is still \$42 and you can renew or buy a subscription at www.thepaper24-7.com. And since Monday is New Year's Day - you won't see us then, but we'll be back with your favorites like Butch Dale and Tim What's His Name on Wednesday!



Councilman Bohlander taking shot at commissioner seat



Jake Bohlander



John Frey

It might well be the passing of the torch.

Jake Bohlander, a current county councilman in his first term, has announced he is forgoing a re-election bid and instead will seek the county commissioner seat in District 1, a spot currently held by John Frey.

"I believe two terms are sufficient," Frey told The Paper. "I'm proud of the accomplishments we've achieved over the last seven years. I've said from the start that getting the next generation involved is critical and I couldn't be more proud of Jake for stepping up. He's shown initiative and passion for his role as a councilman. I see this transition being very positive.

"I also believe that it's more critical today than ever to have the city and the county working together. That collaboration is what's going to make us more successful

➔ See SEAT Page A2

Aren't they cute?



Aren't they cute? Meet Elbert and Maria Caldwell on their Golden Wedding Anniversary and they would go on to celebrate at

least their 55th before Elbert's passing, Maria leaving her earthly body ten years later, lacking a few hours to her 93rd birthday! Along with them are their children, Elbert Eugene; Clara Marie; Hattie Stokes and Mary Belle.



KAREN ZACH
Around The County

➔ See KAREN Page A4

SEAT

From Page A1

in growing our community and achieving the quality of place, way of life and retail options that our citizens have all said they want." Bohlander has served three years on the county council, including the past year in his role as the council vice president. Bohlander was elected in 2020 when he led a four-way race for three at-large seats with more than 28 percent of the votes. "I have thoroughly enjoyed serving our community on county council the last three years," Bohlander said. "It's a privilege to work for the people of Montgomery County and I take that responsibility very seriously. I look forward to continuing to serve, but in a new role as county commissioner. Through serving on the council, I have learned the value of the county council, commissioners and city working closely as a team. I have also learned the value that positive growth can provide for our community. We do that by providing an environment that is appealing to and supportive of business development and growth, and a place that is attractive to people who want to call rural Indiana home. I believe what I have learned in three years has prepared me to serve as county commissioner." While on council, Bohlander has sat on the county's budget workgroup, the regional sewer board district, the salary and compensation study group, the abatement committee, the ERPS committee and the

convention & visitors commission.

As county commissioner, Bohlander said he would focus on three things:

- Addressing residential development in a healthy way to help grow the community and fit employer needs.
- Being a leader who listens to constituents.
- Supporting the county's comprehensive plan encouraging controlled growth.

"Montgomery County has proven to be an excellent place for my wife, Morgan, and I to set our roots," said Bohlander, who owns a Pioneer Seed dealership and farms corn and soybeans. "I was born and raised on a small farm north of Darlington, and I have always appreciated the county and all it has to offer. That's why it was so important to me to come back home after graduating from Purdue University and become a small business owner. I continue to believe it is important to have a perspective from the next generation in public service. We have accomplished a lot in Montgomery County the last several years and there's important work still to do."

Frey also served on the county council (2006-14) and the convention and visitors board, Valley Oaks Mental Health board, county plan commission, opioid task force, redevelopment commission, drainage board and Leadership Academy board.

State Unemployment Rate at 3.7%

Indiana's unemployment rate in November stands at 3.7%, according to the Indiana Department of Workforce Development. By comparison, the national unemployment rate for November stands at 3.7%.

In addition, Indiana's labor force participation rate stands at 63.3% for November, remaining above the national rate of 62.8%. This rate is the percentage of Hoosiers 16 and older that are either working or actively looking for work.

Those not in the labor force include, primarily, students, retirees and other non-working populations, such as individuals unable to work due to a disability or illness, or adults responsible for their family's childcare needs.

Indiana's total labor force stands at 3,423,256 - an increase of 1,613 from the previous month.

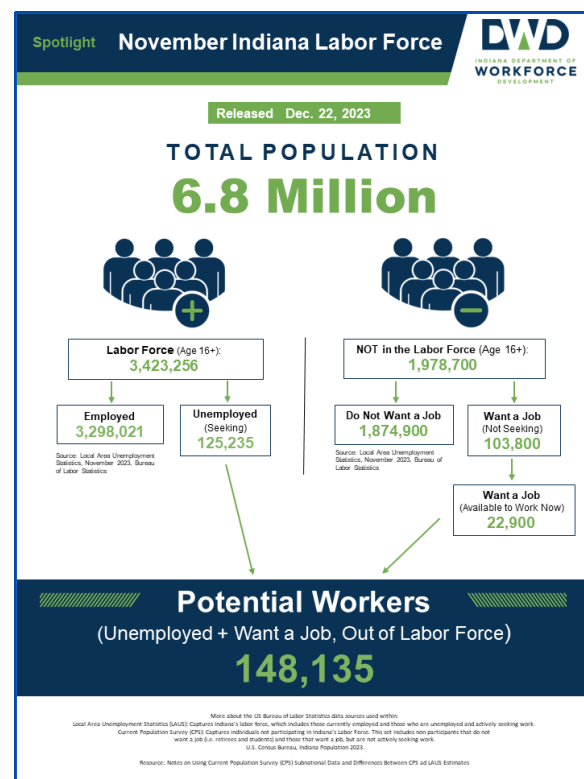
"Indiana's employment data for November shows the state remains in a strong position," said DWD Commissioner Richard Paulk. "Private employment has set state records for two consecutive months which shows

employers still have hiring needs and more individuals are landing new jobs. Whether it's job creation, talent acquisition or upskilling the labor force, Indiana is home to unprecedented opportunity for workers and employers."

Private sector employment in Indiana increased by 500 jobs over the last month, resulting in a gain of 40,800 jobs from this time last year. Indiana's November private employment stands at 2,859,100, which is a new private employment peak.

Industries that experienced job increases in November included Private Educational and Health Services, which grew by 2,300 jobs, and Trade, Transportation and Utilities, which increased by 1,200 jobs.

As of Dec. 18, 2023, there were 103,265 open job postings throughout the state. In November, 15,164 unemployment insurance claims were filed in Indiana. Individuals looking for work, training or career information are encouraged to visit in.gov/dwd/job-seekers.



FOR THE RECORD

CRAWFORDSVILLE COMMON COUNCIL

Committee Meetings

The Crawfordsville Common Council will meet for its committee meetings in 2024 at 6:00 PM on the following dates at the at the Crawfordsville City Building's Council Chambers, located at 300 East Pike Street, Crawfordsville, Indiana 47933:

- January 2, 2024
- February 5, 2024
- March 4, 2024
- April 1, 2024
- May 6, 2024
- June 3, 2024
- July 1, 2024
- August 5, 2024
- September 3, 2024
- October 7, 2024
- November 4, 2024
- December 2, 2024

Notice Date: December 27, 2023

If you have any questions, please call Mayor Barton's office at 765-364-5160. Also, in accordance with the Americans with Disabilities Act, if anyone wishes to attend, hear or speak at the public meeting and is in need of reasonable accommodation, please contact the Crawfordsville Department of Planning & Community Development so accommodation can be made. The Department may be contacted at 300 East Pike Street, Crawfordsville, Indiana 47933, Fax No. 765-364-1140, Telephone No. 765-364-5152. Brandy Allen, City of Crawfordsville ADA Coordinator; ballen@crawfordsville-in.gov.

All scheduled meetings are subject to change by special meeting notice or cancellation under the Open Door Law at the city's discretion.

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FOR THE RECORD

CRAWFORDSVILLE COMMON COUNCIL

Regular Meetings

The Crawfordsville Common Council will hold its regular meetings in 2024 at 6:00 PM on the following dates at the at the Crawfordsville City Building's Council Chambers, located at 300 East Pike Street, Crawfordsville, Indiana 47933:

- January 8, 2024
- February 12, 2024
- March 11, 2024
- April 8, 2024
- May 13, 2024
- June 10, 2024
- July 8, 2024
- August 12, 2024
- September 9, 2024
- October 14, 2024
- November 12, 2024
- December 9, 2024

Notice Date: December 27, 2023

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CRAWFORDSVILLE BOARD OF PUBLIC WORKS AND SAFETY

Annual Notice of Public Meetings—2024

The Crawfordsville Board of Public Works and Safety will meet for its regular meetings in 2024 at 10:00 AM on the following dates at the Crawfordsville City Building's Council Chambers, located at 300 East Pike Street, Crawfordsville, Indiana 47933:

January 3, 2024	May 1, 2024	August 28, 2024
January 10, 2024	May 8, 2024	September 4, 2024
January 17, 2024	May 15, 2024	September 11, 2024
January 24, 2024	May 22, 2024	September 18, 2024
January 31, 2024	May 29, 2024	September 25, 2024
February 7, 2024	June 5, 2024	October 2, 2024
February 14, 2024	June 12, 2024	October 9, 2024
February 21, 2024	June 19, 2024	October 16, 2024
February 28, 2024	June 26, 2024	October 23, 2024
March 6, 2024	July 3, 2024	October 30, 2024
March 13, 2024	July 10, 2024	November 6, 2024
March 20, 2024	July 17, 2024	November 13, 2024
March 27, 2024	July 24, 2024	November 20, 2024
April 3, 2024	July 31, 2024	November 27, 2024
April 10, 2024	August 7, 2024	December 4, 2024
April 17, 2024	August 14, 2024	December 11, 2024
April 24, 2024	August 21, 2024	December 18, 2024

If you have any questions, please call Mayor Barton's office at 765-364-5160. Also, in accordance with the Americans with Disabilities Act, if anyone wishes to attend, hear or speak at the public meeting and is in need of reasonable accommodation, please contact the Crawfordsville Department of Planning & Community Development so accommodation can be made. The Department may be contacted at 300 East Pike Street, Crawfordsville, Indiana 47933, Fax No. 765-364-1140, Telephone No. 765-364-5152. Brandy Allen, City of Crawfordsville ADA Coordinator; ballen@crawfordsville-in.gov.

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CRAWFORDSVILLE PARKS & RECREATION BOARD

The Crawfordsville Parks & Recreation Board will meet for its regular meetings in 2024 at 4:00 PM on the following dates at the Crawfordsville City Building's Council Chambers, located at 300 East Pike Street, Crawfordsville, Indiana 47933:

- Wednesday, January 10, 2024
- Wednesday, February 14, 2024
- Wednesday, March 13, 2024
- Wednesday, April 10, 2024
- Wednesday, May 8, 2024
- Wednesday, June 12, 2024
- Wednesday, July 10, 2024
- Wednesday, August 14, 2024
- Wednesday, September 11, 2024
- Wednesday, October 9, 2024
- Wednesday, November 13, 2024
- Wednesday, December 11, 2024
- Notice Date: December 27, 2023

If you have any questions, please call Mayor Barton's office at 765-364-5160. Also, in accordance with the Americans with Disabilities Act, if anyone wishes to attend, hear or speak at the public meeting and is in need of reasonable accommodation, please contact the Crawfordsville Department of Planning & Community Development so accommodation can be made. The Department may be contacted at 300 East Pike Street, Crawfordsville, Indiana 47933, Fax No. 765-364-1140, Telephone No. 765-364-5152. Brandy Allen, City of Crawfordsville ADA Coordinator; ballen@crawfordsville-in.gov.

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FOR THE RECORD FOR THE RECORD

FIRE MERIT COMMISSION

The Crawfordsville Fire Merit Commission will hold a meeting on the following dates at 6:30 PM in the Crawfordsville City Building's Council Chambers, located at 300 East Pike Street, Crawfordsville, Indiana 47933.

- Monday, March 25, 2024
- Monday, June 24, 2024
- Monday, September 23, 2024
- Monday, December 16, 2024

If you have any questions, please call Mayor Barton's office at 765-364-5160. Also, in accordance with the Americans with Disabilities Act, if anyone wishes to attend, hear or speak at the public meeting and is in need of reasonable accommodation, please contact the Crawfordsville Department of Planning & Community Development so accommodation can be made. The Department may be contacted at 300 East Pike Street, Crawfordsville, Indiana 47933, Fax No. 765-364-1140, Telephone No. 765-364-5152. Brandy Allen, City of Crawfordsville ADA Coordinator; ballen@crawfordsville-in.gov.

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CRAWFORDSVILLE FIRE PENSION BOARD

The Crawfordsville Fire Department Pension Board will hold its regular annual meeting for 2023 at 10:00 AM on Monday, February 2024 at the Crawfordsville City Building's Council Chambers, located at 300 East Pike Street, Crawfordsville, Indiana 47933.

If you have any questions, please call Mayor Barton's office at 765-364-5160. Also, in accordance with the Americans with Disabilities Act, if anyone wishes to attend, hear or speak at the public meeting and is in need of reasonable accommodation, please contact the Crawfordsville Department of Planning & Community Development so accommodation can be made. The Department may be contacted at 300 East Pike Street, Crawfordsville, Indiana 47933, Fax No. 765-364-1140, Telephone No. 765-364-5152. Brandy Allen, City of Crawfordsville ADA Coordinator; ballen@crawfordsville-in.gov.

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COPAYS AND DEDUCTIBLES MAY APPLY

↓ RUSTY

From Page A1

retroactive payments (SS will pay up to 6 months retroactively). If your wife has a “my Social Security” online account, she can also apply online at www.ssa.gov/apply, but she should be sure to request six months of retroactive benefits in the “Remarks” section of the online application. Because your wife is more than six months past age 70, getting 6 months retroactive benefits will not reduce her age 70 benefit amount. Nor will your wife claiming her benefits now negatively affect your Social Security when you later claim. Even though you plan to continue working, likely beyond 70 years of age yourself, you should not wait beyond age 70 to claim for the same reason – your benefit will reach maximum when you are 70. You can apply for your benefits up to 4 months in advance, and specify you want benefits to start in the month you turn 70. If you haven’t already done so, you may wish to create your own “my Social Security” online account now at www.ssa.gov/myaccount, which will make it easier for you to apply online at www.ssa.gov/apply when the time comes next year. Applying online is, by far, the most efficient way, but you need to have

your online account set up first to do so. Just so you know, there is no need to worry that you won’t get credit for work income earned after you have applied for your benefits. Even after you are collecting benefits, Social Security will automatically review your earnings each year when that info is received from the IRS (after you file your income tax return). If your most recent earnings are higher than those in any of the 35 years of lifetime earnings used to calculate your benefit when you claim, Social Security will automatically increase your monthly payment amount. In other words, you shouldn’t delay past age 70 to claim Social Security because you’re working – you’ll still get credit for those earnings, automatically. So, I suggest that your wife take fast action to apply for her Social Security benefits to avoid losing any more money, and that you plan to apply for your benefits to start when you turn 70. There is no financial advantage to waiting beyond age 70 to claim, even if you continue working.

- Russell Gloor is a National Social Security Advisor at the AMAC Foundation, the non-profit arm of the Association of Mature American Citizens

↓ KAREN

From Page A1

This couple’s descendent, Sande was generous to donate this and other Caldwell pictures to the Montgomery County GenWeb page and they are awesome ones, just inviting me to write their story! Maria’s tale is particularly interesting having been born in Decatur, Illinois on 17 Nov 1855 (Histories Vol 96 p 69). That family went on to Mercer County Kentucky, some of the earliest settlers there. He and his wife, Isabella had ten sons and three daughters and there are Durham marriages on his side of the family, as well. Elbert’s grandfather, John was in the War of 1812. Clara Maria Caldwell, first child of Elbert and Maria was born in Cameron, DeKalb Co MO and died in Louisville, Kentucky 21 July 1961. Cameron is interesting, lying in three counties, DeKalb, Clinton and this is nifty, Caldwell. Her husband, Frederick Bascom Hillis was great with money and Elbert bought in to an oil company with him, making good profits. Clara and Fred moved to Louisville and were parents of Jeanette, Dorothy and Henry Hillis. They are buried in Louisville. Harriet Stokes Caldwell (Hattie) was also born in Missouri

6 June 1884 married Frank Radford at age 27 and died in Ladoga 5 Oct 1960 from carcinoma, most of this family dying from heart problems. Don’t believe there were any children from Hattie and Frank – let me know if I’m wrong! Buried Roachdale Cemetery. Harold Asbury Caldwell was a farmer in the Ladoga area born 12 July 1890 there passing on Christmas Eve in 1949. He and wife Hallie had Marge; Dorothy; Nellie; Louise; Raymond; Joe and Harold Eugene who died at age 20. These children married into the Warner, Clampitt, Powers and Applegate families. He is buried at Meharry Cemetery. Mary Belle Caldwell, their youngest was born 21 May 1896 in Ladoga and died there 28 November 1975. She had boarders and never married (although one census said she was divorced). She passed of stomach cancer along with a coronary. Buried Ladoga. Maria was said to have been particularly unselfish, kind and was so “grateful for every kindness shown her.” (obit). Both lived good lives, loved their family and I’m sending blessings their way!



FOR THE RECORD

BOARD OF AVIATION COMMISSIONERS

2024 Regular Meeting Dates

- January 17, 2024
- February 21, 2024
- March 20, 2024
- April 17, 2024
- May 15, 2024
- June 12, 2024*
- July 17, 2024
- August 21, 2024
- September 18, 2024
- October 16, 2024
- November 20, 2024
- December 18, 2024

All meetings are held at the Crawfordsville Regional Airport Terminal at 4pm.

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FOR THE RECORD

BOARD OF WORKS

The Board of Works meeting on Wednesday, Dec. 27 was canceled because of a lack of an agenda

FOR THE RECORD is a regular feature in The Paper of Montgomery County. It is designed to tell you what is scheduled to happen and what actually does happen in meetings paid for with your tax dollars. The Paper encourages all citizens to take an active role in being involved in local government.



↓ MOVEMENT

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sets members on individual fitness journeys based on their needs. Fitness levels, exercise goals, and personal preferences all factor into a tailored 14-day workout plan. “Research has shown that active movement is the best way to prevent and improve chronic disease. And the great thing about exercise is that it benefits your cognitive health—memory and mood—as much as it affects your physical well-being,” according to Dr. Bjornaraa. She offers this short list of other benefits a thoughtful fitness program can provide:

- 1. Improved Health**
Being physically active can reduce your risk of disease, strengthen your bones and muscles, help you manage weight, and boost your mental well-being.
- 2. Preventive Care**
Physical fitness can help prevent certain high-risk scenarios such as serious injury from falls, which is the leading cause of accidental death in older adults.
- 3. Social Interaction**
Some programs offer links to connect with clubs and free group fitness classes online for various types and levels of workouts.

4. Health Rewards
Incentives for tracking your activity through a fitness program can earn various awards as well help you work with your medical provider to better manage any chronic disease.

5. Personal Coaching
Connecting with a health coach during regularly scheduled sessions through a fitness-focused plan can help you achieve a variety of wellness goals.

6. Cost Savings
Fitness-focused plans often include low-cost access to fitness centers and exercise videos for a wider variety of workout choices.

7. Quality of Life
A thoughtfully designed program will help members develop a workout plan, which can help you stay mobile and maintain their independence.

Even for individuals who don’t currently engage in fitness activities, Dr. Bjornaraa says it’s never too late to start. “You can be 80 years old,” she said. “Whenever you decide to start an exercise routine, you’ll notice the health improvements quickly add up. However, starting slow and

staying consistent is the key to building fitness levels and a good program can help you steadily reach your goals.” It’s important that your health plan supports your long-term health—and fitness. If you’re considering adding fitness to your routine, be sure to work with doctors before starting any new exercise regimen. Finally, once you’ve started a fitness plan, make the most of it. Stay committed to a lifestyle of fitness. Regular attendance in exercise classes and engaging in your wellness will go a long way to help you maintain and improve your health.

Dr. Jaynie Bjornaraa is a physical therapist, fitness professional, adjunct professor and senior vice president of rehabilitation services and digital fitness solutions at American Specialty Health



↓ RSV

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virus whose full toll on seniors is just now being recognized. Each year, RSV results in up to 160,000 hospitalizations among people aged 65 and over and leads to as many as 10,000 deaths in older people in the U.S., according to the Centers for Disease Control and Prevention (CDC). It can also prove serious for anyone with chronic conditions such as asthma, COPD, heart or other lung problems, certain autoimmune conditions and those receiving chemotherapy or radiation treatments. It is easily spread from contact with a contaminated surface as well as through the air (when someone infected sneezes or coughs), so anyone at any age can get it.

A Solution
RSV vaccines are now approved and available throughout the U.S. and the cost is covered fully for Medicare beneficiaries. These vaccines can truly protect your health across your lifespan as they are now available for adults aged 60 years or older, as well as for infants through

maternal immunization.

What Else You Should Know

It is always a good idea to review your health plan. When contacting Medicare, make certain that you are contacting the actual government agency itself. Only government agencies can use the .gov ending and the best number to use to reach trained Medicare experts is 1-800-633-4227. It’s easy to remember—it’s 1-800-Medicare. The National Association of Nutrition and Aging Services Programs (NANASP) created a resource outlining the five things to know about RSV to help get the word out about this important opportunity to protect the health of older adults. English and Spanish versions can be found at <https://www.nanasp.org/vaccines>.

It’s a good idea to talk to your pharmacist or healthcare provider about whether you should get the RSV vaccine, and any other recommended vaccines.

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