

# Community Center for Vital Aging



Fisher Institute for Wellness and Gerontology  
Ball State University · (765) 285-1639 · [www.bsu.edu/wellness/ccva](http://www.bsu.edu/wellness/ccva)

**JANUARY 2014 ISSUE**

**THE COMMUNITY CENTER FOR VITAL AGING** is an extension of the John and Janice Fisher Institute for Wellness and Gerontology at Ball State University. The Center opened in May of 2001. Our programs are primarily for adults 50 and over who are interested in lifelong learning and active lifestyles. Our mission is to enhance the lives of older adults in the community through creative, cultural, and intergenerational programs that promote wellness throughout the lifespan.

This year has been a year of change. In order to meet the needs of our members, the CCVA recently moved out of the Cornerstone Center for the Arts and relocated back to the Fisher Institute for Wellness and Gerontology in the Health and Physical Activity building on the Ball State campus.



The CCVA will be taking its show on the road this semester and will be conducting programs at various locations throughout the Muncie community. We will hopefully be moving into a more permanent and easily accessible location in 2014. We will keep you posted throughout the year on what is going to happen.

We encourage you to contact the Center at 285-1639 or at [vitalaging@bsu.edu](mailto:vitalaging@bsu.edu) to receive more information on what we have to offer or with any questions that you may have.

## ***Attention . . . Attention!***



Just as a reminder, if you have family or friends that would like to receive our newsletter, please have them e-mail us and provide us with their contact information!



***Help us spread the word!!***

*Thanks!*

### **CCVA Staff**

Kathy Segrist: Interim Director, Fisher Institute for Wellness and Gerontology  
Program Coordinator for Gerontology, School of Physical Education, Sport and Exercise Science

### **Graduate Assistants**

India Ballard-Bonfitto  
Hyeon Jung Kim  
Derek O'Neal

Courtney Roberts  
David Staggs

# Healthy Tips

## Financial Wellness Tips

### ***Recognize the reality of the role money plays in your life!***

Not having enough money to pay bills and buy the basic necessities can be exceedingly stressful. Stress kills! There are a host of illnesses that are a direct result of stress; so understanding that failure to manage your money can literally make you sick is critical to every aspect of your wellness.

### ***Limit debt!***

There are some things that most of us will not have enough disposable cash to outright buy and must therefore go into debt for; such as a new car or house. But don't get carried away with credit and spend money like a drunken sailor. Be judicious in your use of credit cards and loans. It's easy to get into debt and hard to get out! What does excessive debts you can't pay lead to? You guessed it: more stress.

### ***Want what you have instead of trying to have what you want!***

Forget trying to keep up with the Joneses. They're probably developing ulcers and battling insomnia every night due to the mountain of debts they've incurred in the process of seeming affluent, anyway. Money is nothing but a tool to help you get the things you need. The things you truly want like love, good health and happiness aren't for sale and if you were as rich as Donald Trump, you still wouldn't be able to buy those things!

### ***Have a budget!***

It is impossible to stress too soundly the importance of having a financial budget. A good, well planned budget will give you a track to run on and help you live within your means while keeping up with expenses and furnishing a birds eye view of where your money goes. Without this, you may end up in the red by the end of the month and have no idea whatsoever what happened to your money. It's like carrying all of your money around in a leaky bucket and not realizing it's disappearing through the holes. So, work at making a great budget and stick to it!



## LOOKING FOR COMPUTER ASSISTANCE?

The CCVA will still offer computer tutoring in the fall. Computer tutoring will be free, but sessions for each individual will be limited. We have several convenient locations throughout the community that have agreed to allow us access to their computer labs to provide one-on-one training sessions to our members.

Please call the CCVA at 285-1639 or send an e-mail to [vitalaging@bsu.edu](mailto:vitalaging@bsu.edu) to set up your appointment!



### **Community Center for Vital Aging**

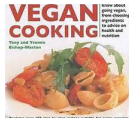
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# Programs and Seminars

## INFORMATIVE AND USEFUL

### VEGAN COOKING AT ELMCROFT!

Join Derek O'Neal as he makes a delicious entrée at Elmcroft. Derek will show you how to make the item as well as give you the recipe. He will answer questions related to eating vegan and questions about cooking.



DATE: Wednesday, January 15 from 2:00 — 3:30 p.m.

Elmcroft of Muncie is located at 1601 N. Morrison Road in Muncie.

**No admission fee**

### FESTIVALS OF KOREA AT THE ALPHA CENTER

Join Judith Kim as she talks about different festivals that occur in South Korea. Judith has many fun facts and a vast knowledge about the South Korean culture.



DATE: Friday, January 24 from 1:00 — 2:30 p.m.

LOCATION: The Alpha Center, 315 S. Monroe Street in Muncie

**No admission fee**

### Better Nights Sleep at the Woodlands

Join the graduate assistants of the CCVA as they talk about getting a better night's sleep.

You will learn about conventional ways to get a better night's sleep as well as



alternative ways. You won't want to miss out on this program!

DATE: Monday, January 27 from 10:00 — 11:30 a.m.

LOCATION: The Woodlands 3820 W. Jackson Street in Muncie

**No admission fee**

### Coffee Chat at the Kennedy Library

Join the CCVA as they launch their newest project, Community Coffee Chats. The graduate assistants will have coffee ready and a TED Talk waiting to be seen.



*Coffee & Chat*

TED Talks are video clips that are ideas worth spreading. Grab a cup and be ready to learn something fun and be engaged with other people from your community.

DATE: Wednesday, January 29 from 10:00 — 11:30 a.m.

LOCATION: The Kennedy Library 1700 W. McGalliard Road in Muncie

**No admission fee**

## JANUARY 2014 CALENDAR

### JANUARY

**Wednesday, January 15**

2:00 p.m. — Vegan Cooking at Elmcroft!

**Friday, January 24**

1:00 p.m. — Festivals of Korea at the Alpha Center

**Monday, January 27**

10:00 a.m. — Better Nights Sleep at the Woodlands

**Wednesday, January 29**

10:00 a.m. — Coffee Chat at the Kennedy Library

The Alpha Center — 312 S. Monroe, Muncie  
Elmcroft of Muncie — 1601 N. Morrison Road, Muncie

The Kennedy Library, 1700 W. McGalliard Road, Muncie  
The Woodlands, 3820 W. Jackson St., Muncie