

# 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)

**MARCH 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!

### ***We need your help!***

We would really appreciate your feedback on programs that you would like to attend, please feel free to call the CCVA and give us some ideas!

*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  
Diane Mitchell

Derek O'Neal  
Courtney Roberts  
David Staggs

# Healthy Tips

## Heart Healthy Tips

March is Colorectal Cancer Awareness Month

Colorectal cancer is the third most common cancer in the United States and a leading cause of death from cancer. Colorectal cancer affects all racial and ethnic groups and is most often found in people ages 50 and older.

The best way to prevent colorectal cancer is to get screened regularly starting at age 50. There are often no signs or symptoms of colorectal cancer which is why it's so important to get screened.

To increase awareness about the importance of colorectal cancer screening, The Community Center for Vital Aging is proudly participating in Colorectal Cancer Awareness Month. Locally, 11% are affected by colorectal cancer according to Ball Memorial Hospital Cancer Center.

People over age 50 have the highest risk of colorectal cancer. You may also be at higher risk if you are African American, smoke, or have a family history of colorectal cancer.

Everyone can take these healthy steps to help prevent colorectal cancer:

1. Get screened starting at age 50.
2. Quit smoking and stay away from secondhand smoke.
3. Get active and eat healthy.
4. Increase the intensity and amount of physical activity.
5. Limit intake of red and processed meats.
6. Get the recommended levels of calcium and vitamin D
7. Eat more vegetables and fruits.
8. Avoid obesity and weight gain around the midsection.
9. Avoid excess alcohol.

We hope these tips can help you live a healthier life! If you have any questions please consult your physician.



## LOOKING FOR COMPUTER ASSISTANCE?

The CCVA still offers computer tutoring. Computer tutoring is 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!



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and Gerontology  
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# Programs and Seminars

## INFORMATIVE AND USEFUL

### WALKING CLUB

Walking Club is back and in full force. Join India Ballard-Bonfitto as she leads the walking club around Worthen Arena. Make sure to get a parking pass from Parking Services. Tell them you are a member of the CCVA Walking Club and they will make sure you get a pass. India goes at a nice pace and tries to engage everyone in a great conversation! Put on your sneakers and come out for great exercise and new friends.

DAYS: Wednesdays,  
March 19 — April 30 from  
9:30 — 10:30 a.m.

LOCATION: Worthen Arena, BSU  
campus

**No admission fee**



### THE "WISECRACKS FOR WELLNESS" MOVIES NIGHTS

This month's feature is *Young Frankenstein* (1974). Starring Gene Wilder.

DATE: Friday, March 21 from  
5:30 — 8:00 p.m.

LOCATION: The Educational  
Resource Meeting Room 1 in  
Bracken Library on the Ball State  
campus.

**All are free events, appropriate for  
all ages, and open to the public.**

### COFFEE CHATS

Join Derek O'Neal and Courtney Roberts for another wonderful Coffee Chat. We will watch a TED Talk and have a discussion afterwards. Bring a friend and grab a cup of coffee as we engage in an exciting discussion.

DATE: Monday, 24  
from 8:30 — 9:30 a.m.

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

**No admission fee**



### ART HISTORY: TAKING A LOOK AT MONET

Join Derek O'Neal and Courtney Roberts as they explore art history. They will be discussing Monet. We will talk about various paintings and the style. If you have any knowledge, be prepared to share. This will be a wonderful discussion and a great learning opportunity for those who are not as familiar with Monet.

DATE: Monday, March 31 from  
10:00 — 11:00 a.m.

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

**No admission fee**



Coffee & Chat

## MARCH 2014 CALENDAR

### Wednesdays, March 19 — April 30

11:30 a.m. — Walking Club in Worthen Arena

### Friday, March 21

5:30 p.m. — Movie Night in Bracken Library at BSU

### Monday, March 24

9:30 a.m. — Coffee Chat at the Kennedy Library

### Thursday, March

10:00 a.m. — Art History: Taking a Look at Monet

The Kennedy Library, 1700 W. McGalliard Road, Muncie

Bracken Library, Ball State University Campus, Muncie