

PO Box 695, Warren IN 46792 • 260/375-6290 • Fax 260/247-2426 • email: editor@warrenweeklyindiana.com

Thought for the Week: If you don't know where you are going, any road will take you there. Lewis Carroll



STATUE OF JESUS DEDICATED AT HERITAGE POINTE OF WARREN

On April 15, 2023 the lord provided a beautiful day for Heritage Pointe of Warren to dedicate a seven foot solid granite Statue of Jesus to honor the 377 individuals that are laid to rest in Heritage Pointe of Warren's Spring Hill Cemetery.

A revitalization project began back in 2020 when Lennis Ternet- a Villa resident at Heritage Pointe of Warren, visited the cemetery and noticed that it needed some loving attention. A clean up call was issued and volunteers started the process of revitalizing the cemetery that was established in 1909. The vision by the volunteers was to install a new entrance sign, document and create a catalog of those buried in the cemetery, install an 18 foot cedar cross, install benches for visitors and loved ones to sit on- and raise the funds needed to accomplish these projects.

A greater and larger vision then came from the volunteers to install a statue of Jesus. A \$30,000 fund drive was organized to make the statue a reality. The volunteers thought it may take two to three years to raise the funds- but to their surprise the funds were raised within a few short months! By April 2022 the statue was ordered and delivered **CONTINUED PAGE 4** 

#### ANNUAL MEETING

The annual meeting for Knight Bergman Civic Center in Warren will be Monday May 15,2023 at 6:30pm with monthly meeting to follow.

#### SHIRT SALE

You may order Lightening 5 and Historic Warren Main Street T-Shirts, Sweatshirts and Hoodies online through the Bad-Apple Graphics Store. Find links on the Historic Warren Main Street FaceBook page.

https://bad-apple-graphics-483da1f4-cde6-4fec-ae2bd45f529d7304.printavo.com/ merch/historicwarren/

Stop by the Warren Pharmacy and look through the catalog which has been printed out for your viewing!

#### DAN'S FISH & CHICKEN

The Salamonie Summer Festival is sponsoring a Drive Through Only Dan's Fish & Chicken Dinner on Friday, May 19th 4:00-7:00 pm at the Knight-Bergman Center in Warren, IN.

Adults are only \$12, Children 6-12 are \$6 and 5 & Under are Free. Advance Tickets are available at DeWeese Appliance or the Warren Pharmacy.

All proceeds will support vour Salamonie Summer Festival Events! We hope to see you as you Drive Through and support our Festival Events!

#### S.R. 3 CONSTRUCTION

The Indiana Department of announces Transportation the closure of State Road 3 south of Markle.

begin bridge construction "America's Top States for between C.R. 500 S and C.R. Business" ranking.

200 S starting on or after May more 8. Work is expected to last in.gov/indot. until mid-June. All work is weather-dependent and schedules are subject to change.

During the closure, drivers should use the posted detour of State Road 124, State Road 5, I-69 and U.S. 224, or seek an alternate route.

INDOT encourages drivers to consider worker safety by slowing down, using extra driving caution and when distraction free traveling in and around all work zones.

Stay Informed

Motorists in Northeast Indiana can monitor road closures, road conditions, and traffic alerts any time via:

\* Facebook: facebook.com/ INDOTNortheast

@INDOT Twitter: Northeast

\* TrafficWise: 511in.org

\* Mobile App: iTunes App Store and the Google Play store for Android

About the Indiana Department of portation

INDOT continues to solidify the Hoosier State as the Crossroads of America by implementing Gov. Eric J. Holcomb's \$30 billion Next Level Roads plan. With six district offices and 3,500 employees, the agency is responsible for constructing and maintaining more than 29,000 lane miles of highways, more than 5,700 bridges, and supporting 4,500 rail miles and 127 aviation facilities across the state. INDOT was recently ranked #1 in the United States for Crews are scheduled to infrastructure in CNBC's 2022 Learn

about INDOT at

#### BOOK SALE

The Friends of the Warren Public Library will have a \$1.00 a bag used book sale, Saturday, May 6 from 10am -2pm. Bags will be provided by the Library.

There will be selections of non-fiction, fiction, children's books, tween books, teen books, graphic novels and DVDs.

The Library is located at 123 # 3<sup>rd</sup> St, Warren. The phone number of the Library is 375-3450.

#### **TENDERLOIN SUPPER**

The McMen of McNatt Church will be hosting a tenderloin supper Saturday, May 13 from 4:30 - 7pm.

Menu includes: Tenderloin sandwich, green beans, applesauce, chips, dessert and drink.

Free will offering. Proceeds go to community needs.

McNatt is located 1 mile Trans- west of St Rd 3 on 800 S Wells Co.

### **NOMINATIONS BEING** ACCEPTED

If you know someone who exhibited strong has participation, leadership, or cooperation with Purdue Extension activities, feel free to nominate them for the Huntington County Friend of Extension Award. The mission of Purdue Extension to deliver practical, is research-based information that enhances lives and livelihoods.

There are many individuals, who work closely with Purdue Extension programs **CONTINUED PAGE 3** 

## 2 WARREN WEEKLY Friday, May 5, 2023



**Flease Attend The Church of Your Choice** 

## AREA NEWS

#### MORE PAGE 1

including 4-H, Master Gardeners and Extension skills of reading, writing, members of the Homemakers. serve in many capacities to assist Extension staff in providing relevant, high- & Mothers, training our impact educational programs. children to be compassionate

Please call the Extension office at 260-358-4826 to Brothers & Sisters, Relatives, obtain a nomination form. family & personal devotions, Huntington Co. office is testimony. located in the Courthouse 1340 Annex at South Jefferson Street.

2023.

#### NATIONAL DAY OF PRAYER

The National Day of Prayer is the first Thursday of May. Find more information at www.NationalDayofPrayer. org

Take 15 minutes of your day **MATERIALS** to pray for our nation

Examples of things to pray about

Government

Pray for the President, Vice President, the Cabinet, Senators; Representatives; Supreme Court Justices, Attorney General; Our Military Serving everywhere, Indiana Governor, the staff, Attorney General; Senators; Representatives; Our National Guard, Local servants: Judges; County Attorney; Sheriff, Deputies; Police; State & Local Conservation Officer, Warren Town Clerk Morrison, Fire Chief Poulson, Town Marshall Spitler, Warren Town Council, and others who influence & make decisions affecting our World, Nation, State, County & Town Our Churches

Our Pastors, Elders, Deacons, SONday School Teachers, Music & Worship leaders, for wisdom & submission to the Spirit of God to teach, lead & direct their flock into a closer walk with God.

Church Revival & Spiritual Growth for people who attend a Church gathering (and those who cannot) , to be drawn into a closer relationship with our God. Our Schools

Superintendent, School Board, Principals, Teachers

and Faculty. Home Education. CONCERT AT TAYLOR Students to learn the basic Volunteers language and math. **Our Families** 

Husbands & Wives, Fathers contributing citizens; The Purdue Extension – personal commitments &

Our Community

Friends & Neighbors

Volunteers who choose to Nominations are due July 3, give so much time & energy to community projects to make sure things keep happening

These are only a few Examples pray without ceasing!

# FREE PACKING/SHIPPING

The Warren Pharmacy has plenty of extra materials for packing boxes and shipping your packages. Bubble wrap, bags of air, brown wrapping paper, Styrofoam peanuts and empty small, medium and large sized boxes are available Free at the Warren Pharmacy.

We even have some small and medium Styrofoam or insulated boxes, designed for refrigerated items, along with freezer packs.

The Taylor Chorale and Music, Theatre, and Dance Department are collaborating with Orchestra Indiana on the world premieres of two works by composers Ethan Watts (TU '25) and Rick Sowash. Watts' large-scale work for chorus and orchestra is entitled When Old Words Die Out, featuring faculty baritone soloist, Dr. Conor Angell. Sowash's new orchestration of his Clarinet Concerto will feature Taylor's Dr. Chris Bade as the soloist. The Concert will also feature selections from J.S. Bach's

Taylor University Sounds. This project was sponsored by the Faculty Mentored Undergraduate Scholarship summer grant program, supported which the collaborative composition of the piece between Ethan Watts and Dr. Reed Spencer, as well as the Women's Giving Circle, which is supporting the performance. The work represents the story of faith throughout a life, affirming the simple truth that God comes to us in every season.

Jesu, Meine Freude by the

Please join us for this exciting exploration of new music on Saturday, May 6 at 7:30 in Rediger Auditorium Taylor University's on campus.



### A BUS TRIP TO HHI, SAVANNAH, & CHARLESTON DAY # 2

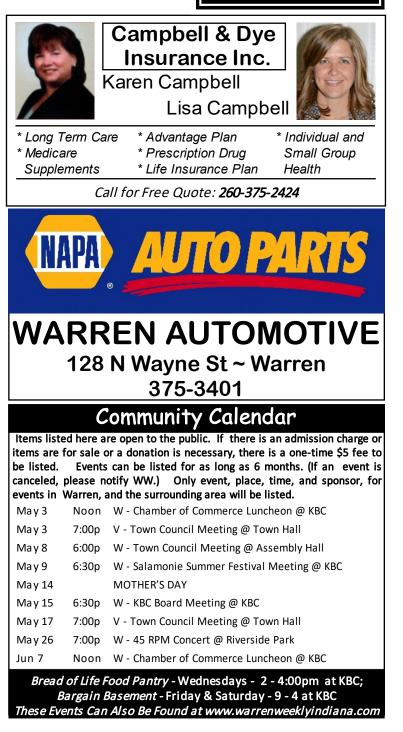
by Larry Ryan After a Grab-N-Go breakfast at the Holiday Inn, the bus left Spartanburg, SC at 7:30 am. and headed SE on I-26 towards the state capitol Columbia. The pine trees with their tall, straight trunks outnumbered the deciduous variety. The sun was shining as we passed exits for Cross Anchor, Enore, Prosperity, Irmo, and White Rock. The bus also zipped past a Buick Dealership where the preowner lot was empty. No trade-ins?

The bus avoided the exit to Augusta, GA, crossed the Saluda River, briefly joined US 378 before rejoining I-26 (the driver was apparently trying to confuse my notetaking), and skirted around the west side of Columbia. At

the 9 am. rest stop, the tour director announced that we were 107 miles from our final destination of Hilton Head Island. The bus turned onto I-95 South at 10:00 am. and a road sign indicated that

**CONTINUED PAGE 4** McNatt Church Tenderloin Supper Sat. May 13 4:30 - 7:30 pm Free Will Offering All proceeds for Community needs.

> Church location: On 800 South 1 mile West of State Road 3 in Wells County



# AREA NEWS CONTINUED

#### MORE PAGE 3

miles ahead. That created some spelling effort! Did Crazy Crab. Then I walked Hilton Head Island disappear from the map??

advertising Shoney's and Cracker Barrel. I wasn't even hungry yet. A sign read, Savannah: 86 Fortunately, it was still on the map. A corn field was spotted with 6 inch high plants while listening to a CD recording of "Davey Crockett." No connection! At 10:20, the bus passed another billboard suggesting that we stop at Dukes BBQ. Still not hungry!

Our entourage crossed the and Salkehatchie River passed the exit to Lake Warren State Park before bypassing the exits to Yemassee, Pocotaligo, and Beaufort. There will be a spelling test later. We were 75 minutes away from Hilton Head Island. Our driver maneuvered the bus to escape I-95. From there, the bus settled on Highways 462, 170, and US 278 before reaching the 5 by 12 mile, shoe-shaped island destination. It was 12 noon when we crossed the Charles E. Fraser Bridge to Hilton Head. A toll road fee was paid before crossing another river and onward to the Holiday Inn Beach Hotel in the Coligny district. After lunch and checking in the hotel, our group toured the

southern, Sea Pines area the prospect of the greater Coosawhatchie, SC was 55 around Harbour Town. We returned for dinner at the onto the 18th green where the recent Heritage Golf We passed billboard signs Tournament was held.

#### **HISTORY MATTERS**

A feature courtesy of miles. The Grateful American Book Prize Showing our children that their past is prelude to their future. By John Grimaldi and **David Bruce Smith** 

May 1 to May 15

One year after the start of the American Revolution, Rhode Island ramped up its status and became the first declare its colony to independence from England.

According to History.com, Rhode Island's seaside access allowed it to develop a 'lucrative" maritime shipping business with the West Indies and Africa, trading rum and slaves. Thus "because it had independent wealth and trade coming through the vibrant two ports of Providence and Newport, Rhode Island was the only small state that could theoretically survive independent of the proposed federal union in 1787. The state had no desire to lose income in the form of import duties to the new federal government. As a result, Rhode Island was the last state to ratify the Constitution in 1790, when it was finally confronted with

financial impositions would suffer from being Lady, Abigail, were the first the crimson furniture in it. It treated as a foreign country from the United States."

For more information, the Grateful American Book Prize William recommends History.

#### ####

For decades after the only method of bicoastal century that relationship was 1801. eclipsed by the Civil War, and Railroad traveling out of Sacramento, California on May 10, 1869, joined with the Union Pacific coming from Nebraska Omaha, Promontory, Utah.

"the Union Pacific and Central Pacific workers were able to finish the railroad-laying under budget. Journeys that had taken months by wagon train or weeks by boat now took only days. Their work had an immediate impact: The years following the construction of the railway were years of rapid growth and expansion for the United States, due in large part to the speed and ease of travel that the railroad provided." The Grateful American Book

Prize suggests David Haward Empire Express: First the Transcontinental Railroad.

it John Adams, and his First the drawing room, and has inhabitants of the White is a very handsome room House. Although President now; but, when completed, Adams demanded federal employees relocate twelve years, in which this from Philadelphia McLoughlin's Rhode Island: A Washington D.C. by May 15, the 1800, he and Abigail didn't government, occupy the mansion until November; have been if in New England, Revolution, horses were the they stayed four months— very many of the present through the inauguration of inconveniences would have mobility; then in the 19th Thomas Jefferson in March of been removed."

progress was stymied until letter to her daughter, Abigail Adams: America's the conflict ended in 1865. By "Nabby," Abigail wrote: "You First Political Couple by 1869 the Central Pacific must keep all this to yourself, Charles River Editors. and, when asked how I like it, say that I write you the situation is beautiful, which is true. The house is made at habitable, but there is not a **APPRECIATION MONTH** single apartment finished, (StatePoint) U.S. military "For all the adversity they and all withinside, except service members are ready suffered," says History.com, the plastering, has been done since [White House steward John] Briesler came. We have not the least fence, Appreciation Month, is the nearly 2,000 miles of track by yard, or other convenience, perfect 1869, ahead of schedule and without, and the great express gratitude for their unfinished audience room I made a drying room of, to hang up the clothes in ... Upstairs there is the oval

America's second President room, which is designed for that it will be beautiful. If the to place has been considered as future seat of had been presidential improved, as they would

The Grateful American Book In a November 21, 1800, Prize recommends John &

## **5 WAYS TO SHOW YOUR** SUPPORT THIS MILITARY

to be called upon at any time to protect the country, and May, which is Military opportunity to sacrifices

Military Appreciation Month was initially recognized by a U.S. Senate resolution in **CONTINUED PAGE 6** 

#### MORE PAGE 1

to the Warren campus in October 2022. The statue was paid in full by many generous donors and was dedicated on April 15, 2023.

The statue is seven feet tall, weighs 11,000 pounds, is 54 inches across and 28 inches deep. The base of the statue has the inscription, "Come Unto Me and I Will Give You Rest"-Matt.11:28. The base is 42 inches x 42 inches, 2 feet tall, and weighs 4,900 pounds. The statue is made from one solid rock of granite. It is a wonderful work of art made by one man in three weeks.

Donors and distinguished guests were present for the dedication. We invite the public to come and visit Heritage Pointe of Warren's Spring Hill Cemetery and see firsthand the beauty. The cemetery is located behind the campus.

Heritage Pointe Communities by the United Methodist Memorial Home in Warren which was founded in 1907. Heritage Pointe Communities has three campuses and does business as Heritage Pointe of Warren- located in Warren, Heritage Pointe of Huntington located in Huntington, and Heritage Pointe of Fort Wayne located in Fort Wayne. The Life Plan Communities provide independent, residential and assisted living, healthcare, memory care, and rehab-to-home options.

For information about any of our Life Plan Communities and the services offered, please contact us at (260) 375-2201 or visit our website at LifeAtHeritage.org



## **GENEALOGY REPORT**

#### Сауот

Glenna Cecile Cayot, 95, a resident of the Zanesville area, passed away at her home Sunday, April 23, 2023.

She was born Oct. 26, 1927. She was a graduate of August 3, 1943 to the late Lafayette Central High School and then worked as a homemaker while helping to and Heating.

member of the Zanesville Vietnam era. Church of God and had many honorably discharged on May Christmas Eve 1947. Soon until they closed, and then passions in life, including 23, 1965. On August 25, 1968 after they bought their farm transferred to Almco Steel gardening, sewing crafting, and playing games, especially playing Scrabble with General Motors and and was a member of the with her sisters.

children, Ellen Decker of an EMT and worked for retirement they became Bluffton, Zanesville, Brad (Julie) Cayot and retired at the age of 72 years. of Zanesville, and Carol Love from Able Ambulance. He of Fremont; a stepdaughter, always had a project, another by her husband of 75 years some Sandra (John) Wright of job or some sort of work to Jim Ferguson; her parents Roanoke; a sister, Rosemary be done, never letting the Joshua Kumfer of Ossian; three grass grow under his feet. Marie(Shultz) Schweikhardt; grandchildren, Jess (Nichole) When he did take a break he her son Jeff Ferguson; Rachel Decker, Villarosa, and Paige Cayot; a bird watching. He was known Ferguson; son-in-law Bill stepgrandson, Daniel Wright; for his quick one liners and Kalmes; two Danny Decker and Alana was a loving husband and Martha(Oren) Longardner; a stepdaughter- caring and structured father. Maxine(John)Plummer and Landess, IN & Matthew in-law, Lois Guerin of Van Buren; and many nieces and wife of 54 years, Dixie L. She is survived by her son IN, brother Harold (Linda) nephews that were special to Abston, her.

She was preceded in death Marion; by her parents, Ruthford and Abston, Bertha (Vollmar) Smuts; her (Dustin) Ball, Lake Worth, grandchildren Eric(Heather) husbands, Eugene John Cayot Florida; and Dale E. Guerin; a Tiffany (Matt) Lipetri, Cody Tom(Summer)Ferguson, daughter, Karen Cayot; two (Emily) Abston, Luke (Abby) Kristy(Jon)Colyer, sons-in-law, Jim Love and Abston, Dan Decker; a stepson, Terry Brady Abston, Brock Abston grandchildren Liam and Cloud, Van Buren, IN and her Guerin; and four sisters, and Joseph Ball; 3 great- Nolan Ferguson, Eli and Liz children, Chad (Kelly) Smith Jeanette Oldfield, Geringer, Barbara Peterson, Marie Lipetri, Jamie Grace Colyer, Lola and Logan Shook. and Sharon Chilcote.

Glenna will be held at 11 a.m. Rudy, Gas City. Friday, April 28, at the Hoverstock Zanesville.

Contributions in Glenna's Weilert-Duncan memory may be made to the Home, Marion Chapel, 2722 Zanesville Church of God.

#### ABSTON

79, Marion home.

He was born in Anderson on 27, 2023. Raymond W. and Aileen G. February 21, 1928 (Capps) Abston.

Raymond was a 1961 her care for her family. She later graduate of Van Buren High mother moved the family worked at Cayot Plumbing School and later enlisted in back to Van Buren in 1936. Lola M. Plasterer. Gary was a the United States Air Force She graduated from Van 1979 graduate of Huntington Glenna was a lifetime and served during and he married Dixie L. Roll.

retired in 2001 after 33 1/3 United Methodist Church of Surviving her are her years of service. He was also Van Buren. After their Les Cayot of various ambulance services winter Texans for several (Cyril) enjoyed fishing, hunting and granddaughter great-grandchildren, conservative opinions. He Catherine(Everett)

> Marion; David (Brenda) Michael Kokomo; 7 grandchildren, Ferguson, Gene grandchildren, Lipetri and Brinley Jordyn

> > The visitation will be held Funeral Buren. South Washington Street, Marion. The funeral will follow at 1pm with Pastor Tony Bye officiating. Burial with military honors will take place in Estates of Serenity, 2225 South Lincoln Boulevard, Marion, Indiana.

#### **F**ERGUSON

Raymond L. Abston, Betty L. Ferguson, passed away 95, of Van Buren, April 26, 2023 in his IN, passed away Thursday, April

Betty was born

in Garber, Oklahoma. After father's death the Buren High School in 1946. North. He formerly worked at He was She married Jim Ferguson on Active Products in Marion and raised their family in Van Products in Bluffton. He had Raymond was employed Buren. She enjoyed camping been employed at Almco for

She was preceded in death brother and father created Mellet and Nikki sisters Kreigh, Raymond is survived by his Marguerite (Earl)Cox.

> children, Greg(Ana) Ferguson; Abston, daughter-in-law

(Kristi) Ann(Doyle)Ferguson;

Annabelle Ferguson, Ella and Wade of Van Buren, IN, and Jamie A private burial will take Deborah's A graveside service for Abston; sister-in-law, Trixie place at Van Buren Cemetery Ethan, Alicia, Clay, Darren, in Van Buren, Indiana.

Arrangements have been grandchildren, Cemetery, from 11am-1pm on Monday, entrusted to Ferguson & Kendall, Charlie, Max, Jo, May 1, 2023 in Owen- Glancy Funeral Home in Van Bentley, and Addi.

> Warren Weekly archives can be found at www.warrenweekly indiana.com

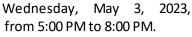
#### PLASTERER

Gary W. Plasterer, 62, of rural Van Buren (Milo), IN, passed away on Friday afternoon, April 28, 2023, at his home.

He was born on Saturday, her December 31, 1960, in Huntington, IN to Paul A. & over 20 years. Gary enjoyed fishing, coon hunting, and gardening, caring for his animals, and had always been a big advocate of 4-H. she had all she needed and Sheep shearing with his cherished very memories. Above all in life loved his grandkids, he whether they were blood or not he treated them all with the same never-ending love. Loving survivors include his mother Lola (Wilcoxson) Plasterer, Warren, IN, sons Duckwall, Kevin (Amber) Plasterer, (Jordan) Plasterer, Warren, Plasterer, Warren, IN, brother Roger Lisa daughter Linda Kalmes; (Steve) Redding, Huntington, good of shape when I am 88. IN, sister Kay Plasterer, Brandon Abston, Jasmine(Danny)Shook; great- time companion Deborah Smith of Van Buren, IN, grandchildren, great and Angel, and Raylan,

> He was preceded in death by father Paul A. Plasterer in 2004.

Family and friends may gather to share and Glancy-H. remember at Brown & Son Funeral Home located at 203 N. Matilda St Warren. IN 46792. on



A service to celebrate his life will be at Salamonie Church of the Brethren, located at 2662 W 600 S Warren, IN 46792, at 11:00 AM on Thursday, May 4, 2023, with Pastor Mel Zumbrun and Pastor Zack Working officiating. Burial will follow in the Gardens of Memory in rural Marion, Huntington County.

Preferred memorials: Huntington County 4-H 1340 S. Jefferson St. Huntington, IN 46750

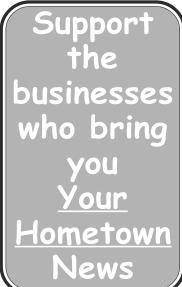


#### MORE PAGE 2

John had a supply of tools just in case she can't get the job done.

Her hobbies keep her very busy and at 88 she is still very active. She works in her flower beds, feeds her birds, makes quilts, volunteers in the sewing room at Heritage Pointe and still keeps up with all of us kids and messages us on messenger every morning on our family page to let us know she is up and what the plans of the day are, and likes to go shopping Plasterer, in house and on amazon. I Warren, IN, sister Carolyn can only hope I am in that

So with that being said, Encinitas, CA, 5 grandchildren Mom you're the best and Sean, Camaro, Landon, Kiara, Happy Mother's Day!! Love & Jon Wayne Plasterer, long- all of your kids, grands and great grands. We love you to the moon and back and thanks for all you do for us, it is very much appreciated.



# AREA NEWS CONTINUED

#### MORE PAGE 4

month is designated to sending honoring past and present packages, which can be military members and their complicated. You can support families, there are several this program by making a holidays throughout the month that USO. Another option is to honor including Loyalty Day, VE Day, where you can select a Military Spouse Appreciation symbolic gift, such as a USO Day, Mother's Day, Armed Care Package, from a catalog Forces Day and Memorial Day. to be sent to service

many more service members delivered 200,000 of these are overseas supporting care packages globally. NATO due to war in Ukraine. 3. Support Military Spouses. These deployments should Deployments are challenging be a reminder to all for military spouses. Aside Americans of the importance from being separated from of expressing our gratitude their loved ones, military to the men and women in spouses must also shoulder the military who sacrifice so much for us," says Christopher Plamp, United Service Organizations (USO) senior vice president of Operations, Programs, and Entertainment and an Air reaching out to ask how they Force veteran.

With its long history of keeping America's military service members connected many to family, home and country, rewarding the USO is providing five ideas for how to honor and men and women in uniform, support service members including with the USO, and their families.

simplest way to support firsthand. service members is to thank locations need volunteers them for their service. who can facilitate programs According to the Blue Star and events, and help ensure Families 2022 Military Family the military community has Lifestyle Survey, only one- the resources and support third of active-duty families they need to carry out their feel a sense of belonging to missions. their local civilian community.

support and encouragement USO T-shirt campaign, which to service members through raises funds for the USO's the USO's website.

"Acknowledging immense challenges military life can have a real, services and more. positive impact. The simple campaign act of thanks can show awareness military members that their understanding of military valued work is appreciated," says Plamp.

2. Send a Care Package. Sending care packages with gratitude items such as snacks and hygiene products lets service ways to let service members members know that the who selflessly put their lives American people are thinking on the line every day know them, of even thousands of miles away. The Plamp.

USO Care Package program 1999. Although the entire simplifies the process of military care sprinkled monetary donation to the service members, check out the USO Wishbook, "This year in particular, members. In 2022, the USO

> household responsibilities alone. For military families with children, this can be even more difficult. Offer to cook a family dinner or pick up groceries. Even simply are doing can make a difference.

4. Volunteer. There are challenging, but volunteer opportunities that serve the where you will see the 1. Say "Thank You." The impact of your support Many USO

5. Donate. Show your You can send a message of support through the annual mobile and center the operations, programs and of entertainment, transition The also builds and and families. To learn more, visit wellness tips: https://www.uso.org/tshirt.

"From simple words of to hands-on volunteering, there are many from we value their service," says

## **TIPS FOR NURSES** STRUGGLING WITH THEIR MENTAL HEALTH

(StatePoint) While the worst of the pandemic is behind us, if you're a nurse, you know its effects live on. Ongoing staffing shortages spurred by pandemicrelated layoffs and resignations have created conditions in many healthcare settings that are untenable for workers, inspiring nurses in some areas of the country to go on strike.

In this climate of high stress and tension, anxiety, depression and burnout are common, but industry experts say that if you're a nurse experiencing these mental health issues, there are steps you can take to feel better, including rethinking the way you deliver self-care and care for your patients.

"Nursing is largely about caring for others, but it's important to take time each day to focus on your own wellness," says Jennifer Sheets, president and chief executive officer of Interim Healthcare Inc. "While many traditional nursing jobs aren't able to offer the amount of time and space needed to recharge with self-care, careers in the home healthcare industry offer flexibility, good work-life balance and great iob satisfaction."

In an Interim Healthcare Inc. survey, 71% of licensed medical professionals reported that the COVID-19 pandemic has led them to consider a career shift to home healthcare as a way to reconnect with why they got into healthcare in the first place. Fortunately for patients and nurses alike, the home healthcare field is growing in size and scope. Once associated primarily with senior care, it now extends to many other facets of care -- from caring for acute illnesses like COVID-19, to complex medical care for children, to specialized care for chronic diseases, dementia and hospice. In fact, much of the technology and clinical capabilities of the hospital are available at home, making home care possible for more patients, and ultimately allowing for more nurses to make the switch.

Beyond rethinking your role in the nursing industry, Sheets offers these additional mental

• Understand the symptoms of mental health issues, like anxiety, depression and burnout. If you are living with these issues, talk to a trusted friend or family member about what you're experiencing and consider addressing your concerns with a mental health professional Telehealth is making it easier to fit counseling or therapy into a

weekly schedule, particularly one that changes from week to week.

 While depression and anxiety can feel lonely, know that you're not alone. Other nurses are feeling the same way right now. Lean on colleagues for support.

• Implement activities around self-care and set aside time for yourself. Breathing exercises, meditation and yoga can be powerful stress relievers, and studies consistently show that even just a few minutes of regular moderate or vigorous exercise can reduce your risk of depression.

• Simplify daily tasks to ease mental health symptoms. Whether it's relying on apps to help you check off items on your to-do list, or being more realistic about the social commitments you make, there are many ways to ensure your life outside of work doesn't unduly add to your stress.

**FRECKER AG** 

• Look for job opportunities that will make you happier. Those in home healthcare let you make your own schedule, match you with assignments that fit your needs and preferences, and offer variety, support, flexibility and better nurse-to-patient ratios. To explore these benefits, visit

careers.interimhealthcare.com.

During the ongoing challenges plaguing the nursing industry, it's important to focus on your wellness. Doing so can help you get back to focusing on making a difference in the lives of your patients.



**Specializing In:** 



# CLASSIFIEDS AND MORE

** NOTICE ** Personals type ads will not be accepted for the Warren Weekly BARGAIN BASEMENT 132 Nancy St - Warren Fri - Sat 9:00 a.m 4:00 p.m. Come check us out. T AMISH CREW will do all types construction - Additions, garages, homes, log homes, roofing, siding, pole	Things You Can Find at WWW.WARRENWEEKLYINDIANA.COM * Local Event Calendar * Forms * Archives of past Warren Weekly's * Classified & Subscription Forms * Event Registration Forms	WE ARE HIRING         1st SHIFT         COMPETITIVE WAGES         FULL TIME EMPLOYMENT         APPLY ONLINE AT:         HTTPS://ALH-BUILDING.COM         MUST PASS DRUG         SCREEN         MARKLE, INDIANA
barns, flooring, drywall, painting, windows, concrete 574-251-8180 T	<text><text><text><text><text><text><text><text><text></text></text></text></text></text></text></text></text></text>	<pre>     Bread of Life     Food Pantcy     Hours     Stop In For     Gas, Pizza &amp; Deli     zo N WAYNE WARREN     260-375-4766      Second Pantcy     Hours     Wednesday 2 - 4 p.m.     Drive thru only         at         Kinght Bergman     Center      This size ad is always     specially priced at     Tel everybody in Warren, Van Buren and     Liberty Center about your product or service. Give us the facts we'll layout the     ad! Call for prices on other size ads.      delitor@warrenweeklyindiana.com     D Box 695 • 260-375-6290      WARREN WEEKLY SUBSCRIPTION ORDER     Mare         Address         City, ST, Zip         Email or C kindle         New or Renewal         D the size adit of complete a size     Send Form &amp; Payment to: WARREN WEEKLY, VE Box 695, Warren     IN 46792 Or email info to editor@warrenweeklyindiana.com     All SUBSCRIPTIONS MUST BE PAID IN ADVANCE. </pre>
Please PRINT your ad and Pho Your Ad: Classified advertising will ru records) and number of time by 10 a.m. On Tuesday for th included. You may also subr Name:	one Number carefully (if phone number is to be included in ad, n at a cost of \$5 for 50 words per weekly insertion. Send in you es you wish ad to run. Mail to: Warren Weekly, PO Box 695, Wa e Friday edition. You may include your ad on a separate piece nit Classified advertising through the website at www.warrenv	r ad – include your name and phone number (for our rren IN 46792, or drop off at Town Hall, Downtown Warren of paper if you wish, as long as the information below is veeklyindiana.com. Click on the Forms tab. # Weeks to run: