



June 2018

# CENTER HIGHLIGHTS

MERCER COUNTY COUNCIL ON AGING

TELEPHONE: 419-586-1644

Our mission is to help older people live dignified and reasonably independent lives in their own homes for as long as possible.

## Director's Desk

Since it took so long for summer to get here, I think I am going to savor it even more. I love long, sunny days. They remind me of growing up in Virginia. My friends and I would spend all day outside, go in for dinner and be right back out again to make sure that we had time to watch the sun go down and catch a few fireflies. Summer at MCCoA means a lot more outside work for our Chore Crew. Our crew grows to three in the summer with the addition of Lloyd Sarasin and they are happy to come out and wash windows, power wash your home and trim your shrubs. However, I want to remind those of you who do use our services that we have limits as to what we can do. We are not a landscaping service, so we don't pull weeds, mow lawns, or create beautiful topiaries out of your shrubs (although how fun would that be?). They will, however, do the very best they can in a professional manner. In turn, if you are happy with their work, please remember to give a donation. The funds that we receive through the Levy do not fully cover the costs of our services and we rely on donations from our clients to continue to sustain the program. Donations also tell the Chore Guys that you appreciate the time and talent that they have given you. Your donation says, "thank you" and the funds make sure that we can keep them coming back to help.

Summer is also the time that many of us find ourselves traveling to new and familiar places. Mr. Green and I don't have our vacation plans in place yet, but for those of you who do, I want to wish you safe travels. And if you don't want to wander too far from home, please stop by the Senior Center for lunch or an activity as part of your summertime routine.

*Sharon M. Green*

## Trivia

What were the first names of the famous Dorsey brothers?

Tommy and Jimmy. Jimmy Dorsey played the clarinet and alto saxophone, while Tommy Dorsey played the trombone. They had a popular orchestra in the 1920s and '30s.

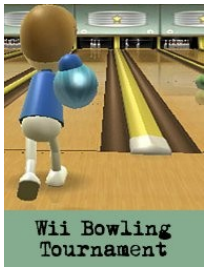
If you are interested in receiving your newsletter electronically give us your email address in the office or call us at 419-586-1644.

Find us on the web at [www.mccoa.net](http://www.mccoa.net)



**We have a wonderful loan program for durable medical equipment at the Council. If you find that you have equipment you are no longer using, please consider donating it so we can share it with others in need!!**





# Calling all Wii Bowlers!!!!!!

It is time to start practicing!!! Call Tash to get your team signed up!!! We will be joining the National Senior League for their fall season. Sign up now for league play beginning in August. The National Senior League (NSL) began in 2007 and is an internet bowling league. In 2017 there were 289 teams representing 85 communities!!! As in the past, all games will be bowled right here at MCCoA. Teams must have 4 members and 1 sub. Seniors 55 or older are eligible (please no staff.)

You will be required to bowl 2 games each week for 7 weeks. Four players bowl each game. Top teams advance to the playoffs at the end of week seven. Playoffs will be 3 weeks!!! This is sure to be a great time! If you are interested in getting a team together or have questions let Tash know!! 419-586-1644.



Check out our Menu Page!!!!



Bring someone new to lunch at the Gardens of St Henry and your friend will get their 1st meal FREE.

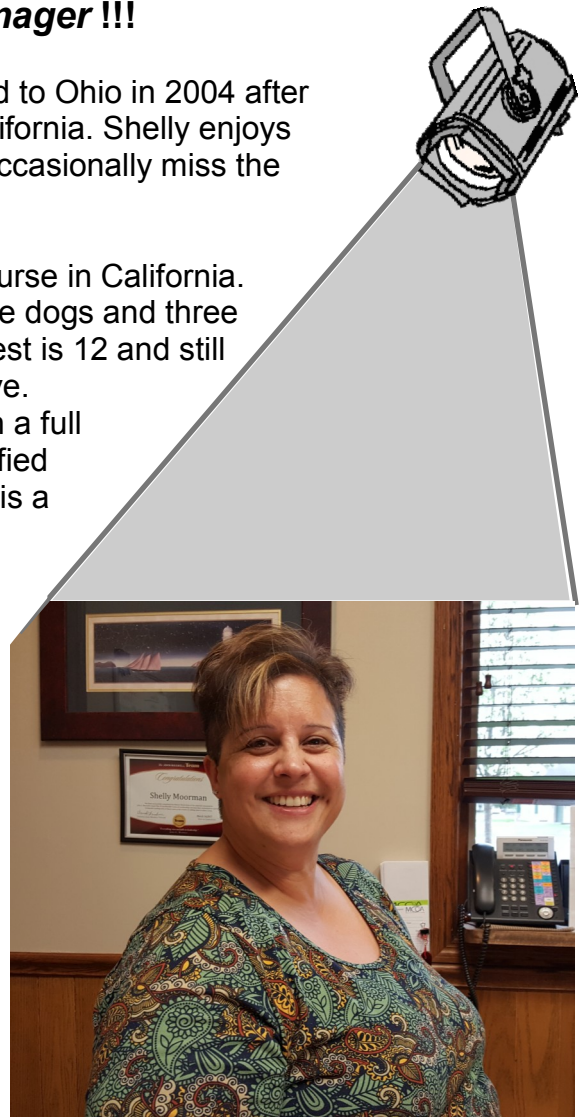
## Spotlight on our Office Manager !!!

Shelly "Shalimar" Moorman is a California native. She moved to Ohio in 2004 after meeting her husband Doug who was working on a job in California. Shelly enjoys living in Ohio because of the small town feel, but she does occasionally miss the beaches and the dirt bike riding.

Shelly is a proud mother of three. Her oldest is 30 and is a nurse in California. Her middle child is 25, married and lives with his wife and five dogs and three cats. He is a Sergeant in the U.S. Marine Corps. The youngest is 12 and still lives at home. Shelly says that he keeps her young and active.

When not working at MCCoA, Shelly keeps herself busy with a full schedule. She is active in 4-H as a coordinator and is a certified archery instructor. She is an active member of the NRA and is a certified range safety officer and has certification in home firearms, pistol safety, and in their "refuse to be a victim" program. Just recently, she became certified with the Ohio Division of Wildlife as a bow fishing instructor. She is currently working on becoming a hunter safety instructor, as well. She is also a Trustee for the Mercer County Sportsmen's Association where she helps to put programs together for families and children and share her passion for safety.

Ask Shelly what she likes about working for MCCoA and she says she loves it because "it's a place where people can come and find answers to help make their lives better." And on how she manages her very busy schedule, she says she gets through it by asking herself, "How do you eat an elephant? One bite at a time."





### Cards!

**Fridays** we play bridge, euchre, pinochle and sheep head at 12:30. If you like to play cards, join us for a great time!!

On **Thursdays and Sundays** we meet at 6:30. Let us know what games you would like to play. Currently we have several tables of Euchre, but that is not to say we can't have different games going on at the same time. We want to hear what you want. Let us know!!

**Toe nail trimming**, provided by Community Health Professionals, is the second Wednesday each month in the Annex. Cost is \$15.00 and begins at 1:00 pm.

### Sunshine Singers

We meet for practice at the Council on Aging at 2 pm on the first Monday of each month and at 3 pm on the others.



Have you seen us perform?

- June 4 3 pm Briarwood
- June 11 2 pm Gardens of Celina
- June 18 2 pm Celina Manor
- June 25 2 pm Miller Place

### Informational Presentations/Support Groups

The Council on Aging hosts several **informational presentations/support groups**. We encourage you to come and bring friends and families. See the schedule below:

Due to summer scheduling Food for Thought, 'grief support' will not meet in June or July.

**Wednesday, June 6, 6:30 pm - Medicare 101** at the St Henry Library. This course teaches the basics of Medicare and the options you have with health insurance as you retire. Amy Buening and Gloria Miller will walk you through eligibility, possible penalties and what to anticipate. If you are already on Medicare, they can address additional questions you may have, as well as potential cost savings options.

**Tuesday, June 12, 6:30 pm - Alzheimer's Support Group.** This group is for family, caregivers or friends of those diagnosed with Alzheimer's Disease. The support group is a safe place to ask questions, talk about challenges and learn more about this disease. Feel free to bring loved ones with Alzheimer's. Community Health Professionals will provide activities. This group meets from 6:30 p.m. to 7:30 p.m. on the second Tuesday of each month. For additional information, please contact Sharon or Amy at 419-586-1644.

**Wednesday, June 20, 10:00 am - Medicare 101** at MCCoA, 217 Riley Street in the Annex. See above for more details.

### MARK YOUR CALENDARS!!



- July 4 - Offices closed - 4th of July
- July 11 - Medicare 101 - MCCoA Annex
- July 23 - Labeling Newsletters
- July 25 - Medicare 101 - Mendon Library
- July 26 through 31 - Garage Sale
- July 31 - Senior Day at the Ohio State Fair
- August 1 - MOB at the Shrine
- August 6 - Art Class
- August 8 - Medicare 101 Rockford Library
- August 14 - Senior Day at Mercer County Fair
- August 30 - Dave Painter - Medicare - St Henry Library

More details to come...

### Find-A-Ride

Do you need a ride outside of the scope MCCoA transportation provides? Maybe you have a doctor in Dayton or Columbus or even Fort Wayne, but you have no way to get there. We have the answer! Area Agency on Aging 3 out of Lima has funds to provide the kinds of transportation services mentioned above. MCCoA has contracted to be a provider. We don't screen or schedule the rides, but if you call 1-800-653-7723, and ask for Find-A-Ride, a friendly voice will be able to help you. We may be the chosen transportation service or another Council on Aging might be, but they will do their best to make sure you get to where you need to be.



Wednesday, June 27 at 12:00 in the Annex - **Art Class:** a basic drawing and colored pencil class taught by Anna Fisher. Class cost is \$10 each. All supplies will be provided. Call to register 419-586-1644.

Friday, June 15 at 10:00 am - **Craft Class.** Join us as our very own Joan Counterman teaches us how to **Make**



**Bows.** Choose from our many different ribbons or bring your own favorite and learn the art of making a beautiful bow. Cost is only \$2.00. Call to sign up today 419-586-1644.



### Adventures in Music

Join us on the first and third Thursday each month as Brittany leads us on a free and fun musical adventure!

### Country Fest

It is that time again!! Tractor Square Dance & Lunch!! Thursday, June 21 we are planning a trip to the Maria Stein Country Fest. If you are interested in going, contact Tash at 419-596-1644 for more details!! Space is limited so call today!!!

We are very excited! Carla Niblick is offering **Chair Yoga** classes on Monday evenings from 6:30 to 7:30 and Thursday afternoons from 1:30 to 2:30. Each class is \$3.00 per person. These classes are suited for everyone.



### Free Hearing Aid

**Cleaning** - Dr. Meiring will be here at 9:30 am on Thursday, June 7.

Tuesday, June 19 - **Craft Class!!!** Join us at 1:45 to make Butterflies and Flowers. We will be taking clear 20 oz. and 2 liter pop bottles and making them into beautiful butterflies and flowers. The cost is \$2.00 and all materials will be provided. Call 419-586-1644 to sign up for this class.



Thursday, June 28 - Join Charlene Guingrich at 1:30 in the Annex for a **FREE Specimen workshop.** Bring 1 or 2 of your own flowers in a clear vase and learn how to display them for judging at the Mercer County Fair.



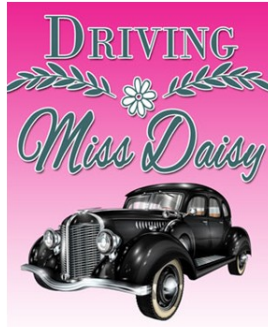


## Choice Travel

Make the best choice – travel with us!  
www.TravelWithChoice.com

### Sunshine Singers Fundraiser,

September 16. Trip includes the show, Driving Miss Daisy, buffet lunch, and a visit at America's Packard Museum. Cost is \$88.00 per person. Registration deadline is August 16. Call Choice Travel at 419-586-3144 to reserve your spot!!



### Neighborhood Nurse Schedule

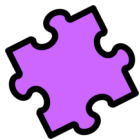
June 13 - Blood pressure and glucose testing.

The nurse will be available beginning at 10:00 am.



**Red Hats** will meet on Tuesday, June 19 - from 9:30 - 10:45. Join us for a morning of games and socializing.

Its FREE and open to any Lady! Stick around afterwards and join us for lunch at 11:00. Call ahead and reserve lunch for only \$3.00!!!



### Calling all Puzzle lovers!!

Our annual Puzzle Tournament is scheduled for Thursday, June 28!!! Join us at 10:00 am. Each person will receive the same puzzle (approx. 250 pieces) and will have two and a half hours to complete as much of the puzzle as possible. The winner will be the person who finishes first or has the least amount of pieces left. The cost is \$5.00. Each person will get to keep their puzzle. Registration is required by Monday, June 18, so call today. 419-586-1644.

Do you like quilting? We have an All Day - Quilt Day, Thursday, June 21 (the third Thursday each month) in the Annex from 8 am to 8 pm. Bring your projects and join us for a great day of fun and focus!! It is free but space is limited so call today to reserve your spot. 419-586-1644.



### Flowing Rivers

The words listed below can be found vertically, horizontally, diagonally,

AMAZON	NIGER
ARKANSAS	NILE
COLUMBIA	RHINE
CONGO	SEINE
DANUBE	THAMES
GANGES	YANGTZE
MISSOURI	YELLOW
NEGRO	YUKON

Z Y A S J E J E N I H R S Y S  
 K U A P E C L E Y N Q H A I E  
 M S M N S M G I Y O V Y S J G  
 Q M A O G R A E N I Y N N Z N  
 Q J Z S O T L H E B U N A D A  
 D N O B E L Z A T F Q B K M G  
 X U N B O I I E N I G E R D E  
 M V R W M B N J B N P E A O V  
 P T H F M W Z E S A P I B W L  
 B L E U G N P I J U G Q A H O  
 A U L G C P T P Q Q K O Y W K  
 S O M I S S O U R I G E U X V  
 C H Z V C K F R F N M V K O J  
 Q T X I D L G E O D Y R O O M  
 V J P C U L U C I B D M N P O

# June 2018 Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
An * denotes that there is a fee for this activity. <i>Italics/underlined will be held in the Annex.</i>					1	2
					12:30 - Cards*	
3	4	5	6	7	8	9
6:30 - Cards*	<u>1:00 - Matter of Balance</u> 2:00 - Sunshine Singers Practice 6:30 - Chair Yoga*	<u>12:30 - Bridge*</u> 12:45 - Line Dancing	12:30 - Bingo* 6:30 - Medicare 101 - St Henry Library	9:30 - Free Hearing Aid Cleaning 11:30 - Adventures in Music 1:30 - Chair Yoga* 5:30 - Dinner* 6:30 - Cards*	12:30 - Cards*	
10	11	12	13	14	15	16
6:30 - Cards*	<u>1:00 - Matter of Balance</u> 3:00 - Sunshine Singers Practice 6:30 - Chair Yoga*	<u>12:30 - Bridge*</u> 12:45 - Line Dancing 6:30 Alzheimer's Support Group	10:00 Neighborhood Nurse BP & Glucose Testing 12:30 - Bingo* <u>1:00 - Toe Nail Trimming*</u>	<u>1:00 - Board Mtg</u> 1:30 - Chair Yoga* 5:30 - Dinner* 6:30 - Cards*	10:00 - Craft Class - Bow Making 12:30 - Cards*	
17	18	19	20	21	22	23
 6:30 - Cards*	10:00 - Label Newsletter <u>1:00 - Matter of Balance</u> 3:00 - Sunshine Singers Practice 6:30 - Chair Yoga*	9:30 - Red Hats <u>12:30 - Bridge*</u> 12:45 - Line Dancing 1:45 - Craft Class - Butterflies & Flowers	<u>10:00 - Medicare 101</u> 12:30 - Bingo*	TBA - Country Fest at Maria Stein 8 am to 8 pm All Day - Quilt Group 11:30 - Adventures in Music 1:30 - Chair Yoga* 5:30 - Dinner* 6:30 - Cards*	12:30 - Cards*	
24	25	26	27	28	29	30
6:30 - Cards*	<u>1:00 - Matter of Balance</u> 3:00 - Sunshine Singers Practice 6:30 - Chair Yoga*	<u>12:30 - Bridge*</u> 12:45 - Line Dancing	<u>12:00 - Art Class - Drawing and Colored Pencil*</u> 12:30 - Bingo*	<u>10:00 - Puzzle Tournament</u> 1:30 - Chair Yoga* <u>1:30 - Flower Specimen Workshop - NO FEE</u> 5:30 - Dinner* 6:30 - Cards*	12:30 - Cards*	

Note: Menu items are subject to change.

# June 2018 Meals

Please RSVP at least 24 hours in advance: **419-586-1644**

## Senior Citizens Center, 217 Riley, Celina

Lunch is served at 11 am - donation \$3.00

Monday	Tuesday	Wednesday	Thursday	Friday	Thursday Dinner Served 5:30 pm \$5.00 donation
If you need transportation to a meal site, please let us know. 419-586-1644					7
4	5	6	7	8	14
Hamburger/Bun Tater Tot Potatoes Ice Cream Sandwich	Chef Salad Plate Hawaiian Rolls Dressing Choice Peanut Butter Cookie	Cheesy Cavatappi Stewed Tomatoes Dinner Roll Dessert	Vegetable Beef Soup Saltine Crackers Tuna Salad Sandwich Chilled Peaches	Spaghetti & Meat Sauce Tossed Salad Garlic Bread Chilled Pears	Smothered Chicken Herbed Penne Pasta Broccoli Florets Fruit
11	12	13	14	15	21
Hot Dog/Bun Baked Beans Fruit Cocktail	Shredded Chicken/Bun Potato Triangles Pudding Parfait	Ham & Cheese Slider Tri-Color Pasta Salad Mandarin Oranges	Fried Bologna Sandwich Spudsters Chilled Pears	Fish Brd/Bun Creamy Cole Slaw Fruited Gelatin	Sweet & Sour Chicken Rice Pilaf Broccoli Florets Mandarin Oranges
18	19	20	21	22	28
Philly Steak Sandwich Potato Wedges Chilled Apricots	Broccoli Cheese Soup Tuna Salad Sandwich Potato Chips Fruit	Pizza Burger Pizza Sauce Sweet Potato Fries Berry Cheesecake	Shredded Beef/Bun BBQ Potato Chips Creamy Cole Slaw Chilled Fruit Salad	Spaghetti & Meat Sauce Tossed Salad Garlic Bread Chilled Pears	Lasagna Tossed Salad Garlic Bread Mandarin Oranges
25	26	27	28	29	
Sloppy Joe/Bun Crispy Potato Cubes Brownie	BBQ Pork Ribette/Bun Creamy Cole Slaw Mandarin Lime Gelatin	Hamburger/Bun Baked Beans Fresh Watermelon	Chicken Tenders/Roll Green Beans Ranch Dressing Chilled Apricots	Beef Manhattan Mashed Potatoes Fresh Fruit Cup	

### Remote Sites

#### Fort Recovery Public Library

113 N Wayne Street  
Fort Recovery, OH 45846

**2nd & 4th Tuesdays**  
Served at noon  
\$3.00 donation

#### June 12

Shredded Chicken/Bun  
Potato Triangles  
Pudding Parfait

#### June 26

BBQ Pork Ribette/Bun  
Creamy Cole Slaw  
Mandarin Lime Gelatin

#### Maria Stein Shrine of the Holy Relics

2291 Saint Johns Road  
Maria Stein, OH 45860

**1st & 2nd Wednesdays**  
Served at noon  
\$3.00 donation

#### June 6

Cheesy Cavatappi  
Stewed Tomatoes  
Dinner Roll  
Dessert

#### June 13

Ham & Cheese Slider  
Tri-Color Pasta Salad  
Mandarin Oranges

#### THE GARDENS

ST. HENRY, OHIO at St. Henry  
419-678-9800

522 Western Avenue  
St Henry, OH 45883  
419-678-9800

**Every Thursday**

#### June 7

Swedish Meatballs  
Lemon Herb Penne Pasta  
California Blend  
Dinner Roll  
Brownie

#### June 14

Sloppy Joe Sandwich  
Onion Rings  
Coleslaw  
Strawberry Shortcake

Meals are served at noon in the community room. Please call **419-678-9800** at least 24 hours in advance. Seating is limited to 20.

#### June 21

Ham Steak/Maple Mustard Glaze  
Cheesy Mashed Potatoes  
Broccoli  
Red Gelatin Cake

#### June 28

Goulash  
Tossed Salad  
Garlic Toast  
Cookie Parfait

**Bring someone new to lunch at the Gardens of St Henry and your friend will get their 1st meal FREE.**

*Return Service Requested*

*Place label here*  
June 2018

June 2018

The Mercer County Council on Aging is a non-profit organization serving the needs of residents aged 60 and over. We offer a variety of services and programs designed to assist our seniors in maintaining as much independence as possible.

Funding for these services is provided by a county-wide levy, the Mercer County Health Fund, the Mercer County Civic Foundation, the PASSPORT program, Combined Drives, quarterly garage sales, client donations and the hard work of our volunteers.

Office Hours  
Monday through Friday  
8:00 am to 4:30 pm  
419-586-1644

The MCCoA serves clients without regard to race, color, national origin, religion, sex, or disability. We are an equal opportunity employer.

Find us at [www.mcco.net](http://www.mcco.net)

To reduce unnecessary postal costs, please let us know if you are going to be moving, going out of town for an extended period, or no longer wish to receive the newsletter. We also have the ability to email newsletters. Thank you.