



November 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

I can't believe that we are headed into the holiday season already. Only two months left and we will be ringing in 2019. But before I get ahead of myself, let's talk about November, the month that we fill ourselves full of family, friends and food. Growing up, Thanksgiving meant a house full of people. Sometimes it would be our immediate family plus a multitude of friends and their families. Other Thanksgivings would also include extended family on top of all those friends. As I have gotten older, the number of people at my mother's Thanksgiving table has dwindled. In fact, Mr. Green and I decided three years ago that Thanksgiving would be our holiday of solitude. It's not that we don't want to spend time with family and friends, it's just that we needed to establish some traditions of our own. For those of you who don't know, I'm vegetarian, so a feast that centers on a dead bird really isn't my cup of tea. So we choose to spend the day eating chips and dip and pizza and watching football. Last year, I don't think I even changed out of my pajamas! Then on Friday, we make the trip up to Fort Wayne and spend the day with my parents where Mr. Green can get his fill of left-over turkey, gravy and mashed potatoes. My mother isn't running around fussing over her guests, so that we can spend quality time together. My sister and niece usually come over too and we end up playing a board game, laughing and enjoying the time together. If you are a person who loves a lot of activity and noise and fellowship, MCCoA can give you that fix year round. Wednesdays and Fridays are our busiest days because of bingo and cards, but there are a variety of activities throughout the week that bring in groups of people. If you prefer a little more solitude, join us for chair yoga on Thursday afternoons or come in the morning to work a puzzle. And if eating with friends and family is a way for you to energize, we have you covered there too. We have daily meals at the Center in Celina and weekly meals in the southern part of the county. Holidays don't have to be the only time that we celebrate (and eat) and find the time to be with family and friends. At MCCoA, you can enjoy the company of friends (many or few) every Monday through Friday all year long.

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

Our offices will be closed
Thursday, November 22
 and
Friday, November 23
 for Thanksgiving

Find us on the web at
www.mcco.net

 Find us on:
facebook®





Christmas Craft - Join us on Monday, November 19 at 12:30 pm for a fun Christmas craft!!! Petrise Meyer will be teaching us how to make music book Christmas trees! Class is free, but space is limited so call today to register. 419-586-1644.



Craft Class - Join us Thursday, November 29 at 2:30 pm in the annex as we make Snowman or Christmas jars. Class cost is \$2.00. Call to register 419-586-1644.



Art Class - Join Anna Fisher Monday, November 12 at noon in the Annex for a great art class. Class will cost \$12.00 and will be an acrylic painting of a really cute snowman. Call 419-586-1644 to register.

Toe nail trimming

Community Health Professionals comes to MCCoA the second Wednesday of each month in the Annex. Cost is \$15.00 and begins at 1:00 pm. First come, first serve.

If this schedule doesn't work for you, another option is going to The Disease Management Clinic. They offer toe nail clipping on Wednesdays from 8:30 am - 9:30 am for \$20.00. An appointment is required, call 419-586-9657.

GARAGE SALE



Clean up from garage sale begins at 2 pm on Tuesday, November 13. Please stop in and lend a hand. We are usually finished around 5 pm.

Spotlight on Phone Calls!!!

With the cold weather, snow and ice; we don't always get out of the house as much, so we would like to remind everyone about the wonderful Daily Call Program. Do you know someone who would benefit by hearing a friendly voice in the morning? Tell them to give us a call. This great program is available to all the seniors of Mercer County! The purpose of this program is to make sure all seniors that live alone have contact with someone. The Daily Call Program is staffed by several very friendly volunteers that make calls Monday – Friday. You can have them call once a week, twice a week, or every day, whatever works for your schedule. Sign up is simple. Just let us know what days you would like to be called, give us an emergency contact person and sign a release form. Amy or Tash will be glad to answer any questions or help you get signed up!



Quilting for Hire

There are several individuals willing to quilt for you. Some things to know are: it takes from 9 to 12 months to complete one quilt. Deposit required is 50% of the rate for the size of the quilt. Batting and backing are required. If not provided a charge of \$25 for binding plus the cost of the fabric will be added. Elaborate or very close quilting may have an additional cost of \$25. Call Tash for more information.

Quilt Size	Cost	Deposit Required
Sizes up to crib	\$10 to \$20	50%
Crib 45 X 60	\$50	\$25
Twin 72 X 90	\$70	\$35
Double 81 X 96	\$100	\$50
Queen 90 X 108	\$140	\$70
King 120 X 120	\$190	\$95

Christmas Lights

Want to go see the Christmas lights? We will be taking a bus tour around town to see all the pretty lights. Then we will head back to the center for some hot cocoa and cookies. Plan on joining us on December 18 from 6 - 8 pm as we celebrate the season!!! Seating is limited so call and reserve your space. If you need transportation to and from the center, let us know when you call.



Auglaize County Council on Aging in St Marys is offering a Regional Veterans Conference for Veterans on Thursday, November 8 - from 11 am - 1:30 pm. There will be a Ceremony honoring Veterans and guest speakers sharing about issues or concerns of VA Benefits etc. A free lunch for attendees will be offered.

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:

Wednesday, November 7, 1 pm to 3 pm - Chat with Linda on the first Wednesday of each month. Linda Pollitz, program manager for the Northwest Ohio Chapter of the Alzheimer's Association, will be available to speak one-to-one with family members, friends and loved ones about specific questions and concerns about Alzheimer's and dementia related diseases. If you would like to schedule an appointment, please call 419-586-1644.

Tuesday, November 13, 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, but please let us know in advance so we can have Community Health Professionals provide activities. This group meets from 6:30 pm to 7:30 pm on the second Tuesday of each month. For additional information, please contact Sharon or Amy at 419-586-1644.

Tuesday, November 20, 4 pm & 6 pm - Linda Pollitz with the Alzheimer's Association will give a presentation on Understanding Alzheimer's and Dementia. Alzheimer's is not Normal Aging. It's a disease of the brain that causes problems with memory, thinking and behavior. Join us to learn more about: The impact of Alzheimer's, differences between Alzheimer's and dementia, Alzheimer's disease stages and risk factors, and current research and treatments available.



MARK YOUR CALENDARS!!

- December 5 - 10 Warning Signs of Alzheimer's
- December 6 - Are You a Holiday Energy Saver?
- December 10 - Christmas Carry In
- December 17 - Label Newsletter
- December 18 - Christmas Lights
- December 24, 25 & 26 - Offices Closed - Christmas
- December 31 - Offices Close at Noon
- December 31 - New Years Eve Party

More details to come...

2018 LIBRARY PART D COMPARES

Medicare open enrollment for 2018 is Oct 15 through Dec 7. Each year, seniors can review their insurance elections and select a new Medicare drug plan and/or consider switching to a Medicare Advantage plan for the following year. The Mercer County Council on Aging is staffed with OSHIIP (Ohio Senior Health Insurance Information Program) volunteers to help review their elections. Seniors may get a cost savings from this activity for the following year, so all are encouraged to review with our help or independently to ensure they are getting the best plan for their prescription requirements.

Day	Date	Time	Library
Thursday	Nov 1	3:00 - 7:00	Marion Township Library
Monday	Nov 5	1:00 - 5:00	Mendon Library
Wednesday	Nov 7	9:15 - 1:15	Coldwater Library
Wednesday	Nov 14	2:00 - 6:00	Coldwater Library
Friday	Nov 16	9:15 - 1:15	Fort Recovery Library
Tuesday	Nov 20	3:00 - 7:00	St. Henry Library
Wednesday	Nov 28	9:30 - 1:30	St. Henry Library



Christmas Carry In!!!!

Christmas Carry In - Monday, December 10 at noon. Off Stage Productions will present "Ou-Oh Here Comes Christmas". Tickets are \$1.00 each and will be available

from November 12 through December 3. Chicken, potatoes and drinks will be provided. So bring a dish to share, your own table service and join us for a great afternoon.



Remember to Vote -

November 6

If you need a ride to the polls, give Linda a call to arrange transportation. Our number is 419-586-1644.



GARAGE SALE

Set Up Oct 30 to Nov 7
Clean Up Nov 14

Garage Sale Set up continues November 1 – 7
As always we can use many hands!!!
We will be setting up the 6 bay garage on Monday, November 5 beginning at 9 am. Please stop in and help the guys move things around, it usually only takes a few hours. A FREE Lunch is included!! Call Tash if you have any questions 419-586-1644 ext. 120.

Garage Sale Hours			
Thursday	Nov 8	8:30	6:30
Friday	Nov 9	8:30	4:00
Saturday	Nov 10	9:30	4:00
Sunday	Nov 11	9:30	4:00
Bag Day \$3.00 (each bag) Clothing Only			
Monday	Nov 12	8:30	4:00
Bag Day \$2.00 (each bag) Clothing Only			
Tuesday	Nov 13	8:30	4:00
Bag Day \$1.00 each bag with a second bag FREE			

Note: Volunteers are available to accept donations every Tuesday and Thursday from 8:30 to 4:00 in the 4 bay garage (except during garage sale). As always we can use many hands during this donation time, please call Tash if you have a few hours you could help out!

Volunteer Appreciation Party!!!!



Country Cowboy

The words listed below can be found vertically, horizontally, diagonally, forward, and backward.

- | | |
|---|------------|
| BANDANA | CHAPS |
| BEDROLL | CHUCKWAGON |
| BOOTS | HORSESHOE |
| BRONCO | LASSO |
| BUCKAROO | RANGE |
| CATTLE | RODEO |
|  | SADDLE |
| | SLICKER |
| | SPURS |
| | WRANGLER |

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

November 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>For more information, please visit our web page: www.mcco.net</p>				<p>1</p> <p><u>1:30 - Chair Yoga*</u></p> <p>3:00 - 7:00 - Medicare Part D Compare - Marion Twp Library (by appt.)</p> <p><u>5:30 - Dinner*</u></p> <p><u>6:30 - Cards*</u></p> <p>Garage Sale Set Up</p>	<p>2</p> <p>Garage Sale Set Up</p>	<p>3</p>
<p>4</p> <p><u>6:30 - Cards*</u></p>	<p>5</p> <p>1:00 - 5:00 - Medicare Part D Compare - Mendon Library (by appt.)</p> <p>Garage Sale Set Up</p>	<p>6</p> <p><u>12:30 - Bridge*</u></p>  <p>Garage Sale Set Up</p>	<p>7</p> <p>9:15 - 1:15 - Medicare Part D Compare - Coldwater Library (by appt.)</p> <p><u>12:45 - Line Dancing</u></p> <p><u>1:00 - Chat with Linda Pollitz - Alzheimer's</u></p> <p>Garage Sale Set Up</p>	<p>8</p> <p><u>1:30 - Chair Yoga*</u></p> <p><u>5:30 - Dinner*</u></p> <p><u>6:30 - Cards*</u></p> <p>8:30 to 6:30 GARAGE SALE</p>	<p>9</p> <p>8:30 to 4:00 GARAGE SALE</p>	<p>10</p> <p>9:30 to 4:00 GARAGE SALE</p>
<p>11</p> <p><u>6:30 - Cards*</u></p> <p>9:30 to 4:00 GARAGE SALE</p>	<p>12</p> <p><u>12:00 - Art Class - Snowman Painting*</u></p> <p>TICKETS AVAILABLE for Christmas Carry In</p> <p>8:30 to 4:00 GARAGE SALE</p>	<p>13</p> <p><u>12:30 - Bridge*</u></p> <p><u>6:30 Alzheimer's Support Group</u></p> <p>8:30 to 4:00 GARAGE SALE</p>	<p>14</p> <p><u>10:00 Neighborhood Nurse BP & Glucose Testing</u></p> <p><u>12:45 - Line Dancing</u></p> <p><u>1:00 - Toe Nail Trimming*</u></p> <p>2:00 - 6:00 - Medicare Part D Compare - Coldwater Library (by appt.)</p> <p>GARAGE SALE CLEAN UP</p>	<p>15</p> <p><u>1:00 - Board Mtg</u></p> <p>1:30 - Chair Yoga*</p> <p>5:30 - Dinner*</p> <p>6:30 - Cards*</p>	<p>16</p> <p><u>8:00 - All Day Quilt Group</u></p> <p>9:15 - 1:15 - Medicare Part D Compare - Ft Recovery Library (by appt.)</p> <p>12:30 - Cards*</p>	<p>17</p>
<p>18</p> <p>6:30 - Cards*</p>	<p>19</p> <p>10:00 - Label Newsletter</p> <p>12:30 - Craft Class - Songbook Christmas Trees</p> <p>3:00 - Sunshine Singers Practice</p>	<p>20</p> <p><u>12:30 - Bridge*</u></p> <p>12:45 - Line Dancing</p> <p>3:00 - 7:00 - Medicare Part D Compare - St Henry Library (by appt.)</p> <p>4 & 6 pm - Linda Pollitz - Understanding Dementia & Alzheimer's</p>	<p>21</p> <p>12:30 - Bingo*</p>	<p>22</p>  <p>THANKSGIVING HOLIDAY</p> <p>OFFICES CLOSED</p>	<p>23</p> <p>THANKSGIVING HOLIDAY</p> <p>OFFICES CLOSED</p>	<p>24</p>
<p>25</p> <p>6:30 - Cards*</p>	<p>26</p> <p>3:00 - Sunshine Singers Practice</p>	<p>27</p> <p><u>12:30 - Bridge*</u></p> <p>12:45 - Line Dancing</p>	<p>28</p> <p>9:30 - 1:30 - Medicare Part D Compare - St Henry Library (by appt.)</p> <p>12:30 - Bingo*</p>	<p>29</p> <p>1:30 - Chair Yoga*</p> <p><u>2:30 - Craft Class - Snowman Glass Jars*</u></p> <p>5:30 - Dinner*</p> <p>6:30 - Cards*</p>	<p>30</p> <p>12:30 - Cards*</p>	

Lunch is served at 11 am
\$3.00 donation

Thursday Dinner - served at 5:30 pm
\$5.00 donation

November 2018

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

Senior Citizens Center, 217 Riley, Celina

Monday	Tuesday	Wednesday	Thursday	Friday
			Lunch 1	Dinner 1
			Hot Dog/Bun Baked Beans Chilled Peaches	Glazed Ham Scalloped Potatoes Vegetables Carrot Cake
				Lasagna Soup Saltine Crackers Sausage Slider Dessert
5	6	7	Lunch 8	Dinner 8
Ham Sandwich Potato Triangles Chilled Peaches	Loaded Potato Soup Grilled Cheese Pickle Spear Chilled Apricots	Bratwurst Mashed Potatoes Sauerkraut Dessert	Beef Stew Buttermilk Biscuit Fruit Trio	Sweet & Sour Chicken Fluffy Rice Far East Blend Mandarin Oranges
				Spaghetti/ Meatballs Salad/Dressing Pudding
12	13	14	Lunch 15	Dinner 15
Chicken Tenders/Roll Macaroni & Cheese Seasoned Green Beans Mandarin Oranges	Stuffed Pepper Soup Saltine Crackers Turkey/Provolone Slider Brownie	Creamy Potato Soup Saltine Crackers Fried Bologna Sandwich Chilled Peaches	Beef Marzetti Green Beans Garlic Bread Peanut Butter Tart	Garlic Herb Chicken Rice Pilaf Zucchini Parmesan Pineapple
				Tomato Soup Saltine Crackers Grilled Cheese Fruit Cocktail
19	20	21	Lunch 22	Dinner 22
BBQ Shredded Beef/ Bun Potato Triangles Chilled Diced Peaches	Ham & Bean Soup Cottage Cheese Cornbread Chilled Peaches	Sloppy Joe/Bun Sweet Potato Fries Chocolate Chip Cookie	Holiday No Meal	Holiday No Meal
				Holiday No Meal
26	27	28	Lunch 29	Dinner 29
Cheesy Cavatappi/ Roll Stewed Tomatoes Dessert	Italian Wedding Soup Saltine Crackers Ham & Swiss/Bun Chilled Peaches	Creamed Chipped Beef Green Beans Biscuit Snickerdoodle Cookie	Taco Salad/Chips Refried Beans Ice Cream	Oven Fried Chicken Sweet Potato Casserole Green Peas Grapes
				Tuna Noodle Casserole/Roll Mixed Vegetables Chilled Peaches

Remote Sites

Fort Recovery Public Library

113 N Wayne Street
Fort Recovery, OH 45846

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



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

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

November 1
Glazed Ham
Sweet Potatoes
Peas
Dinner Roll
Baked Apples

November 8
Beef Pot Roast
Mashed Potatoes
Carrots
Strawberry Cream Pie

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.

November 15
Chicken & Dumplings
Lima Beans
Tossed Salad
Dinner Roll
Chocolate Cream Pie

November 22
HAPPY THANKSGIVING!
(No senior lunch today)

November 29
Country Fried Steak
White Pepper Gravy
Mashed Potatoes
Broccoli
Cookie Parfait

Maria Stein Shrine of the Holy Relics

2291 Saint Johns Road
Maria Stein, OH 45860

Serving every Wednesday at noon
\$3.00 donation



Return Service Requested

Place label here
November 2018

November 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

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.