



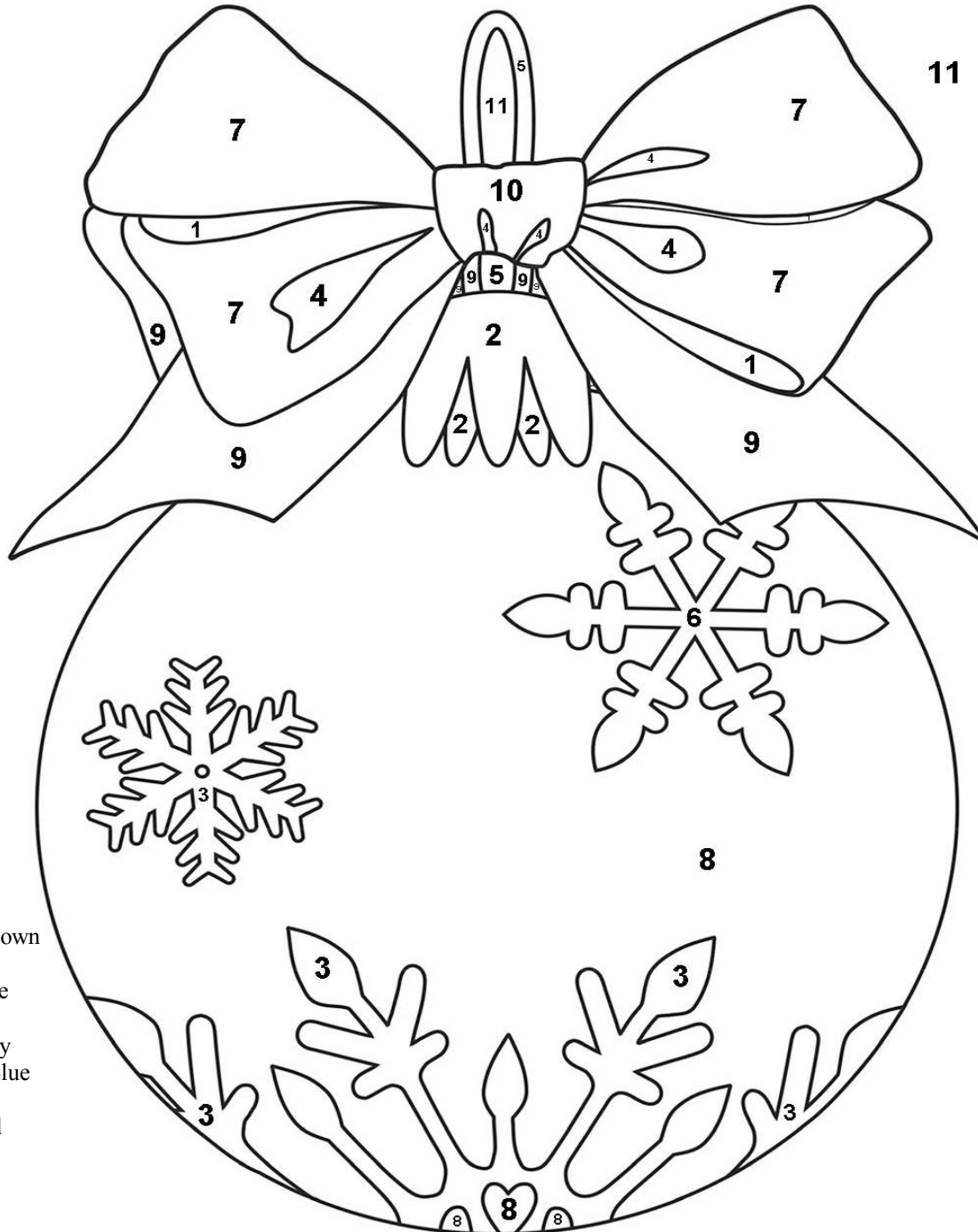
MERCER COUNTY COUNCIL ON AGING

www.mccoa.net



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.



- 1 = Dark Red-Brown
- 2 = Light Gray
- 3 = Medium Blue
- 4 = Red-Orange
- 5 = Medium Gray
- 6 = Dark Gray-Blue
- 7 = Burgundy
- 8 = Yellow-Gold
- 9 = Red-Brown
- 10 = Dark Red
- 11 = Light Blue

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

DECEMBER

From the Director's Desk:

When I was growing up, Christmas time meant a huge family gathering. We did not live close to each other, so my Oma and Opa would travel down to Virginia from Baltimore. My Great Aunt Emilie, who lived in Philadelphia, would catch a ride with my two cousins and aunt who lived in Lancaster, PA. Our house was already full with two parents and four kids (and a dog, two cats, a bird, some fish and two gerbils). It was blessed chaos. Christmas now looks nothing like the Christmas of my childhood. It is a monumental feat to get us all together. My brothers both live on the west coast, my nieces and nephews are young adults and have differing schedules, my cousins are married and have their own Christmas traditions. Perhaps if I had children I would feel differently than I do, but I'm okay with it. I like the peace and quiet. I like being able to wake up on the cats' schedule, have a cup of coffee, open gifts with Mr. Green then hop in the car to make the quick trip to Fort Wayne to be with Mom and Dad. My mother, on the other hand, struggles with the way Christmas Day has morphed. Her greatest joy is having her four children together under one roof. My sister and I have been standing in the kitchen helping with dinner when my mother has sighed deeply and lamented that she wished "the boys" were around. She doesn't mean that her daughters are not good enough company, but that it would be the best Christmas ever to have four grown adult children talking over each other, laughing at memories and playing board games together. The funny thing is we are both celebrating the same holiday. We are just experiencing it in different ways. Christmastime brings with it a range of emotions. There is the joy and excitement of sharing time with friends and family, of giving and receiving, of singing Christmas Carols and worshipping the birth of Christ. It can also bring sadness and isolation. I am pretty sure we all know someone who will be celebrating Christmas for the first time without someone they love. Illness does not take a break for the holidays and there will be people spending it in hospitals or by bedsides hoping and praying for miracles. The beauty of MCCoA is that there is room at the table for everyone no matter how you are feeling this Christmas. Our Center will be brightly decorated and we will be celebrating at both our annual Christmas Carry-In and New Year's Eve parties. You are welcome as your most cheerful self and/or with your heaviest heart. You can find companionship at a card game or quiet solitude visiting with a staff member. We will add to your circle of friends or fill in the holes where family and friends may be missing. No matter where your heart is this holiday season, I want to wish you peace, love and joy. Merry Christmas.



Sharon M. Green



Informational Presentations/Support Groups

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

Wednesday, December 4, 9:30 am - Effective Communication Strategies. Join Linda Pollitz and explore how communication changes when someone is living with Alzheimer's, learn how to interpret the verbal and behavioral communication, and identify strategies to help you connect and communicate at each stage of the disease. (See page 10 for more information.)

Wednesday, December 4, 11:00 am - WOCAP will be discussing the Lead Abatement Program.

Wednesday, December 4, 1:00 pm to 3:00 pm - Chat with Linda in the Annex. Linda Pollitz, speaks one-to-one about Alzheimer's and dementia related diseases. Please call 419-586-1644 to schedule an appointment.

Friday, December 20, 10:00 am - Alzheimer's Association caregiver support group. This group is conducted by trained facilitators and is a safe place for caregivers, family and friends of persons with dementia to develop a support system, exchange practical information on care giving challenges and possible solutions, talk through issues and ways of coping, share feelings, needs and concerns, and learn about community resources. Meetings are located at the Mercer Health Mercer County Community Hospital in the Luken Meeting Room. (located on the first floor in the East Wing) 800 W. Main Street, Coldwater. If you have questions contact Amy Buening 419-586-1644.

SEARCHING THE CHRISTMAS TREE

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

- ANGEL
- BAUBLE
- BELLS
- CANDLES
- CANDY CANES
- DECORATION
- GARLAND
- GREEN
- LIGHTS
- ORNAMENTS
- POPCORN
- PRESENTS
- STAR
- TINSEL
- SNOW
- TWINKLE

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

Looking for a gift idea?

Do you know that we have quilts for sale at the MCCoA? The Block Quilt measures 54 inches wide and 74 inches long and is available for only \$125.00. Grandma's Fan Quilt measures 72 inches wide and 92 inches long and is available for only \$200.00. They are both hand quilted and ready for pick up. You can see them in person at the office, just see Tash.



The Block Quilt



Grandma's Fan Quilt

MARK YOUR CALENDAR!!

- January 1 - Offices closed for New Year's Day
- January 6 - Elder Justice/Scams
- January 20 - Label Newsletter
- January 13 - Art Class
- January 16 - All Day Quilt Group
- January 23 - Texas Hold 'Em
- January 27—Craft Class—Macramé

Check next month's newsletter for more information.

Quilting for Hire

Do you have a quilt that needs finishing? Call Tash.

Things to know...

1. It can take 9 to 12 months to complete one quilt.
2. A 50% deposit of the rate for the size of the quilt is required.
3. Batting and backing are required.
4. A \$25 charge will be added for binding (if not provided).
5. The cost of the backing fabric will be added.
6. Elaborate or close quilting may have an additional cost.

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

**Our offices will be closed
December 24 & 25 for Christmas
and
December 31 (half day) & January 1
to celebrate the New Year**

Spotlight on our Loved Ones!!!



Do you know someone who would benefit by hearing a friendly voice in the morning? Please tell them about our Daily Call Program. Especially during this season, when the cold weather, snow and ice are present. it seems like we don't get out of the house as much as we would like to. This is a great time to remember the Daily Call Program. This great program is available to seniors of Mercer County! The purpose of this program is to make sure seniors who live alone have contact with someone. The Daily Call Program is staffed by several very friendly volunteers that make calls Monday – Friday. Calls can be made 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! Tell them to give us a call.



Calling all volunteers...

Do you like talking to people? Are you looking for a place to help out? If you have half an hour in the morning, we could use your help calling people on our daily call program. This program is fun to be part of!! Call Tash to get more information!!

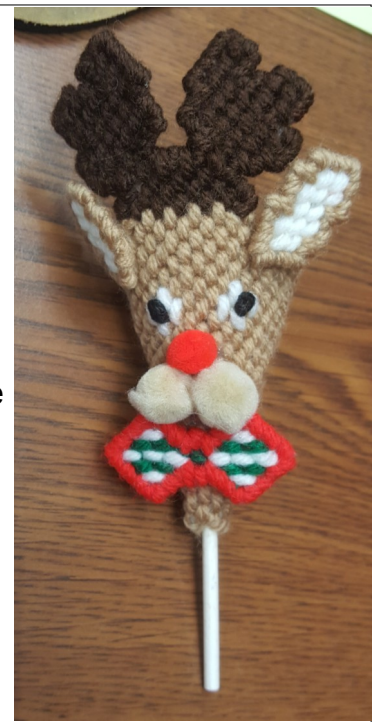


Floral Arrangement

Class - Wednesday, December 18 at 9:30. Charlene Guingrich will teach us to make a Christmas Floral Arrangement. All supplies will be provided. Cost is only \$10.00. Class size is limited, so call and register today.



Craft Class - Monday, December 2 at noon. Carolyn Arnold will teach us to make Reindeer Lollipop holders from plastic canvas. All supplies will be provided. Cost is only \$2.00. Class size is limited, so call and register today. Stop by the display wall beside the kitchen and see a sample!



New Year's Eve Party

It's that time again, Happy New Year!!! We will be hosting our annual New Years Eve Party Tuesday, December 31 at 5 pm. Bring a dish to share and your favorite game! We will eat at 5 pm and play games afterwards. Need a ride? Call 419-586-1644 to schedule transportation.



Christmas Lights & Cookies

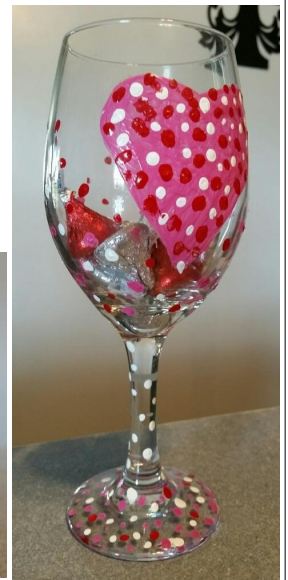
Christmas Lights!!!! Tuesday, December 17 from 6 to 8 PM view the Christmas light around town from the comfort of our bus. We will be decorating cookies, drinking hot chocolate and singing Christmas carols besides seeing all the beautiful Christmas lights!!! Call and reserve your place today. If you need a ride to the center please let us know when you call in. 419-586-1644.



Lunch Craft Class - Monday, December 23. Join us for lunch at 11:00 am and stay for a free fun art project at 11:30 am. We will be making a reindeer ornament. Just let us know you are staying for the craft when you order your meal. Remember, meal reservations are due no later than noon the day before. If you do not want to eat lunch but would like to join us for the craft project the cost will be \$2.00, just call and register. All supplies will be provided. A sample is located near the kitchen.



Art Class - Monday, December 16 at noon. We will be doing glass painting. The cost is only \$10.00 with all supplies provided. Call 419-586-1644 today to reserve your spot.



Come join the fun!!



THE GARDENS

ST. HENRY, OHIO at St. Henry

522 Western Avenue
St Henry, OH 45883
419-678-9800
Every Thursday
\$3.00 donation

Looking for a great meal?? The Gardens of Saint Henry serves meals every Thursday at noon in the community room. Please call **419-678-9800** at least 24 hours in advance. Seating is limited to 20.





Our **Matter of Balance** classes have been a huge success. We are planning two sessions in 2020. The first is scheduled to begin March 31. Watch future newsletters for more information!! The event is free for Mercer County seniors and open to the public but reservations are required.



CHRISTMAS CARRY IN

Monday, December 2 will be the last day to purchase tickets for the Christmas carry-in which will be held on Tuesday, December 10.

Make sure to get your ticket and join us for a fun filled afternoon. Bring your own table service and a dish to share.



December 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 6:30 - Cards*	2 11:00 - Lunch Bunch* 12:00 - Craft Class - Plastic Canvas - Reindeer* <u>12:30 - Chair Yoga*</u> 2:00 - Sunshine Singers Practice LAST DAY TO GET CHRISTMAS CARRY-IN	3 11:00 - Lunch Bunch* <u>12:30 - Bridge*</u> 12:45 - Line Dancing	4 9:30 - Alzheimer's Talk - Effective Communication Strategies 11:00 - Lunch Bunch* 11:00 - WOCAP Lead Abatement Presentation (12:00 - Lunch - Shrine - Maria Stein*) <u>12:30 - Bingo*</u> <u>1:00 - Chat with Linda Pollitz - Alzheimer's</u>	5 11:00 - Lunch Bunch* <u>1:30 - Chair Yoga*</u> 5:30 - Dinner* 6:30 - Cards*	6 11:00 - Lunch Bunch* 12:30 - Cards*	7
8 6:30 - Cards*	9 11:00 - Lunch Bunch* <u>12:30 - Chair Yoga*</u>	10 12:00 - CHRISTMAS CARRY IN <u>12:30 - Bridge*</u>	11 10:30 Neighborhood Nurse BP & Glucose Testing 11:00 - Lunch Bunch* (12:00 - Lunch - Shrine - Maria Stein*) <u>12:30 - Bingo*</u> <u>1:00 - Toe Nail Trimming*</u>	12 11:00 - Lunch Bunch* <u>1:00 - Board Mtg</u> <u>1:30 - Chair Yoga*</u> 5:30 - Dinner* 6:30 - Cards*	13 11:00 - Lunch Bunch* 12:30 - Cards*	14
15 6:30 - Cards*	16 9:30 - Label Newsletter 11:00 - Lunch Bunch* 12:00 - Art Class - Glass Painting* <u>12:30 - Chair Yoga*</u>	17 11:00 - Lunch Bunch* <u>12:30 - Bridge*</u> 12:45 - Line Dancing 6:00 - Christmas Lights & Cocoa	18 9:30 - Floral Arrangement* 11:00 - Lunch Bunch* (12:00 - Lunch - Shrine - Maria Stein*) <u>12:30 - Bingo*</u>	19 <u>8:00 - All Day Quilt Group</u> 11:00 - Lunch Bunch* <u>1:30 - Chair Yoga*</u> 5:30 - Dinner* 6:30 - Cards*	20 (10:00 Alzheimer's Support Group - Mercer Health - Luken Room) 11:00 - Lunch Bunch* 12:30 - Cards*	21
22 6:30 - Cards*	23 11:00 - Lunch Bunch* 11:30 - Lunch Bunch CRAFT 12:30 - Chair Yoga*	24 MERRY CHRISTMAS  OFFICES CLOSED	25 MERRY CHRISTMAS OFFICES CLOSED	26 11:00 - Lunch Bunch* <u>12:30 - Texas Hold 'Em*</u> <u>1:30 - Chair Yoga*</u> 5:30 - Dinner* 6:30 - Cards*	27 11:00 - Lunch Bunch* 12:30 - Cards*	28
29 6:30 - Cards*	30 11:00 - Lunch Bunch* 12:30 - Chair Yoga*	31 NEW YEAR'S EVE OFFICES CLOSE at noon 5:00 - New Years Eve Party	<p><i>Italicized and underlined</i> activities are held in the Annex. Activities marked with an * have a fee. Activities marked with () are off campus.</p>			

Lunch is served at 11 am
 \$3.00 donation
 Thursday Dinner - served at 5:30 pm
 \$5.00 donation

December 2019

Reservations are required
 by NOON one work day
 prior to the meal.
 Call 419-586-1644

Senior Citizens Center, 217 Riley, Celina

Monday	Tuesday	Wednesday	Thursday		Friday
2 Cheesy Cavatappi Stewed Tomatoes Dinner Roll Ice Cream	3 Vegetable Soup Saltines Hot Ham & Swiss on Bun Peaches	4 6 oz SOS (chipped beef) Biscuit Green Beans Molasses Cookie	Lunch 5 Taco Salad Tri color tortilla strips Refried Beans Salsa/Sour Cream 3 Cream Puffs	Dinner 5 <i>Minute Steak/Gravy</i> <i>Mashed Potatoes</i> <i>Corn</i> <i>Sweet Treat</i>	6 Tuna Casserole 5 way veggies Roll Pears
9 Butternut Squash Soup / crackers Roasted Turkey Sandwich Mandarin Oranges	10 CHRISTMAS CARRY IN	11 HOLIDAY MEAL	Lunch 12 Chicken Bacon Ranch Pizza Tossed Salad Dressing choice Pineapple	Dinner 12 <i>Ham</i> <i>Scalloped Potato</i> <i>Cole Slaw</i> <i>Sweet Treat</i>	13 Beef Manhattan Mashed potatoes Parsley Garnish Iced Pumpkin Cookie
16 BBQ Shredded Pork/bun Creamy Cole Slaw Peaches	17 California Blend Soup Fried Bologna Sand Cookie	18 Pizza Pasta Casserole Bread Stick Tossed Salad Ice Cream	Lunch 19 Hot Dog on Bun Baked Beans Pears	Dinner 19 <i>Baked Italian Chicken</i> <i>Garlic Bread</i> <i>Green Beans / Rice</i> <i>Sweet Treat</i>	20 Chili Soup Grilled cheese Éclairs
23 Two Stuffed Shells Marinara Plain Bread Stick Broccoli Peaches	24 MERRY CHRISTMAS OFFICES CLOSED	25 MERRY CHRISTMAS OFFICES CLOSED	Lunch 26 Beef Stew Biscuit Grapes	Dinner 26 <i>Sloppy Joes</i> <i>Chips</i> <i>Cold Broccoli Salad</i> <i>Sweet Treat</i>	27 Spaghetti & meatballs Tossed Salad Garlic Bread Tapioca Pudding
30 Breaded chicken tenders / Roll Green Beans Ranch dressing Mandarin oranges	31 HAPPY NEW YEAR OFFICES CLOSE at noon				

Remote Sites

Fort Recovery Public Library

113 N Wayne Street
 Fort Recovery, OH 45846

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

December 10

No Meal service at
 Ft. Recovery. Join us
 at the MCCoA for our
 Christmas Carry In
 (see page 4 for details.)

December 24

Merry Christmas
 Offices Closed

Maria Stein Shrine of the Holy Relics

2291 Saint Johns Road
 Maria Stein, OH 45860

Serving every Wednesday
 at noon
 \$3.00 donation

Refer to calendar
 above for menu
 items on
 Wednesdays

NOTE:
 No Meal service
 December 11 at
 Maria Stein. Join
 us at MCCoA for a
 lunch and BINGO.

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

522 Western Avenue
 St Henry, OH 45883
 419-678-9800
Every Thursday
\$3.00 donation

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.

December 5

Country Fried Steak
 White Pepper Gravy
 Scalloped Potatoes
 Brussels Sprouts
 Apple Crisp

December 12

Roast Beef
 Brown Gravy
 Baked Potato
 Cauliflower
 Peanut Butter Bars

December 19

Apple Pork Chop
 Whipped Sweet Potatoes
 Broccoli
 Southern Style Biscuit
 Chocolate Fudge Cupcake

December 26

Beef Pepper Patty
 Brown Gravy
 Asparagus
 AuGratin Potatoes
 Peaches

EFFECTIVE COMMUNICATION STRATEGIES

An education program presented by the Alzheimer's Association®

Communication is more than just talking and listening — it's also about sending and receiving messages through attitude, tone of voice, and body language. As the disease progresses, individuals living with Alzheimer's or other dementias lose the ability to use words, but families can find new ways to connect.

Join us to explore how communication changes when someone is living with Alzheimer's, learn how to interpret the verbal and behavioral communication, and identify strategies to help you connect and communicate at each stage of the disease.

Wednesday, December 4 at 9:30
Mercer County Council on Aging
217 Riley St.
Celina, 45822

Call Helpline at 1-800-272-3900 or register at online address below

Visit **alz.org/CRF** to register online and explore additional education programs in your area.

alzheimer's  association®



HOLIDAY COOKIES

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

CHOCOLATE
 GINGERBREAD
 ICED
 LINZER
 MACARON
 MADELEINES
 MERINGUE
 MOLASSES
 PECANS

SESAME
 SHORTBREAD
 SNICKERDOODLE
 SNOWBALLS
 SPRINKLES
 SUGAR
 THUMBPRINT
 TURTLE
 WALNUTS

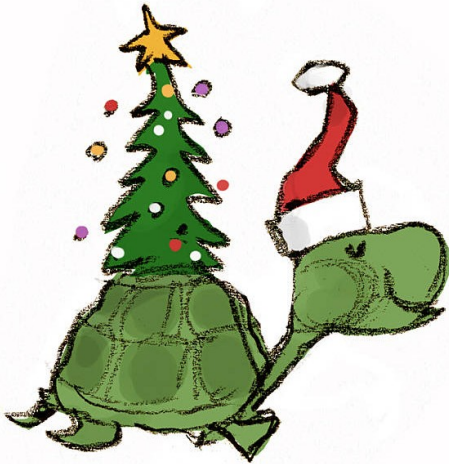
E	S	U	S	R	T	J	S	H	S	N	D	N	I	S
N	L	Y	Y	U	A	T	G	E	P	T	A	S	M	F
T	G	D	R	G	U	G	N	B	R	K	E	L	W	S
Y	H	T	O	N	L	I	U	C	I	Y	R	P	G	E
G	L	U	L	O	E	I	H	S	N	M	B	Q	H	S
E	X	A	M	L	D	O	N	M	K	D	R	V	E	A
R	W	Q	E	B	C	R	O	Z	L	W	E	O	U	M
Z	W	D	H	O	P	S	E	N	E	R	G	E	G	E
G	A	H	L	Q	V	R	E	K	S	R	N	H	N	O
M	T	A	P	N	K	C	I	S	C	J	I	A	I	T
T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

Outreach Reachin' Out:

MEDICARE OPEN ENROLLMENT is almost over.....

If you haven't already done your review... Medicare Open Enrollment ends on...

December 7th!



The time to review your health insurance and prescription drug plan for 2020 is quickly dwindling!

Please give us a call if you are still needing a compare. If you can't get an appointment with one of our Outreach Specialists, Gloria & Amy, you may contact **Ohio Senior Health Insurance Information Program (OSHIIP)** at 1-800-686-1578 to check your Health Care plan for 2020 until the 7th of December!



Tips for a

HAPPY NEW YEAR

Tip #1:

Remember, if you are enrolled in a Medicare Advantage plan, there is a **Medicare Advantage Open Enrollment Period (MA OEP)** from **January 1 - March 31**. Anyone in a Medicare Advantage Plan can switch to another Medicare Advantage Plan or return to Original Medicare.

Tip #2:

You can always change your **Medicare Supplement** to another Medicare Supplement at any time. You do not need to wait until next October to do this! Give your local insurance agent a call and see if he can get a better premium on your insurance plan if it's too high!

Tip #3 (MOST IMPORTANT-LY):

We **love** to see you here! Come visit us in the New Year and let us put a smile on your face!

Return Service Requested

December 2019

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.