



May 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

May is the month we celebrate mothers. I'm very fortunate that my mother is still alive and doing well. We don't talk on the phone as often as we probably should and we certainly don't see each other as often as we probably should, but we both know the other is there at a moment's notice. My mother was very instrumental in shaping me into the woman that I am today. My opinion of my mother has changed over the years. At thirteen, I thought she was mean, stubborn and obnoxious. Looking back, I was all of those things and more, and she actually managed to help navigate me toward kindness and understanding. So as I graduated into adulthood and she would say, "Wait until you have a daughter just like you," I decided that was a curse that I would never be prepared to handle. Interestingly enough, I am learning that "mothers" come in a matter of forms. I do not have children of my own, but I have played a very important nurturing role in the lives of my two nieces. Motherhood is the strength of women nurturing and loving and uplifting those around us. If you are a mother, thank you. If you still have your mother, please be sure to hug her tight not just on Mother's Day, but every day that you can. If your mother has passed away, please continue to honor her in the way you live. I would leave you with a bit of wisdom that my mother has imparted over the years, but honestly, she would simply tell you to be kind to others and remember to stand up straight!

*Sharon M. Green*

### Trivia

#### How many states touch the Canadian border?

**Thirteen:** These include: Alaska, Washington, Idaho, Montana, North Dakota, Minnesota, Michigan, Ohio, Pennsylvania, New York, Vermont, New Hampshire, and Maine.

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

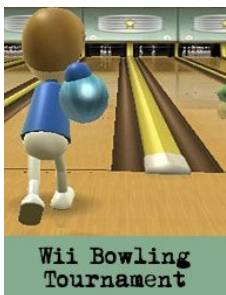
**Our offices will be closed on**  
**May 16 from 12 - 4:30**  
**for Staff Development**  
**May 28 for Memorial Day**

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



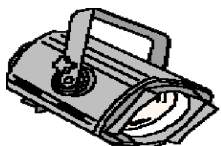
Find us on:  
**facebook®**





## Calling all Wii Bowlers!!!!!!

We will be joining the National Senior League for their fall season. Sign up will be in July with 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!!! How does this work you ask?? As in the past you will bowl all your games right here at MCCoA. There are 8 divisions. Each division is determined by the average score of the 4 bowlers making up the team. Each team has 4 members and can have up to 4 substitutes. You will be required to bowl 1 match (2 games) each week for 7 weeks and then there will be 3 weeks of playoffs!!! Here is a quick overview: Teams must have a minimum of 5 players and a maximum of 8 players. Four players bowl each game. 2 games = 1 Match. 1 match is bowled each week. Any resident 55 or older is eligible (please no staff). Your team has to have a set day each week to bowl and only bowl 1 match (2 games) that day. Top teams advance to the playoffs at the end of week 7. This is sure to be a great time so start getting those teams together. If you are interested and need help getting a team together, want to sign up your team or just want more information let Tash know!! 419-586-1644.



## Spotlight on our SPRING CARRY IN !!!

Fun!!!

Food!!!

Friends!!!!







### Cards!

Fridays we play euchre, pinochle, sheep head and bridge at 12:30. If you like to play cards, join us for a great time!! **Note: Fridays, May 11 and 18**, cards will be held at Miller Place, 1506 Meadowview Drive Celina, play time is 1 - 3 pm.

On **Thursday and Sunday** we meet at 6:30. Currently we have several tables of Euchre, however, we would like to open it up to other card and board games We want to hear what you want. Let us know!!! **Note: May 10, 13, 17, and 20 we will be in the Annex.**

Calling All Quilters!! On Thursday, May 24 we will have an all day quilting session. The day begins at 8:00 am in the Annex and runs to 9:00 pm. Bring your own machine & supplies. Space is limited so call soon. You can also reserve lunch and dinner too.

**We Do Not Stop Playing  
Because We Grow Old.  
We Grow Old Because  
We Stop Playing.**



### Sunshine Singers

Come see our new look  
at one of our performances!!!!

May 7	3 pm	Briarwood
May 14	2 pm	Gardens of Celina
May 21	2 pm	Celina Manor
May 29	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:

**Tuesday, May 1, 6:00 pm** - Due to summer scheduling Food for Thought, 'grief support' will not meet in May or June.

**Tuesday, May 8, 6:30 pm** - Alzheimer's Support Group (Annex). Beca Sheidler, mobility manager for Area Agency on Aging 3, will talk about driving issues. 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. We meet from 6:30 to 7:30 pm the second Tuesday of each month. For more information, please contact Sharon or Amy at 419-586-1644.

**Tuesday, May 8, 1:00 pm** - Medicare 101 at the Fort Recovery Library. This course teaches you the basics of Medicare and what options you have with your 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, May 22, 3:30 pm** - We are pleased to present Dave Painter from the Ohio Department of Insurance at the Marion Township Library. Dave works for The Ohio Senior Health Insurance Information Program (OSHIIP) to provide objective information on **Medicare** enrollment, benefits and options. He will also discuss ways to lower costs and offer resources for assistance. Get the answers you need at our Welcome To Medicare!

### MARK YOUR CALENDARS!!

June 6	- Medicare 101 (St Henry Library)
June 15	- Craft Class: Bowmaking
June 18	- Labeling Newsletters
June 19	- Craft Class: Butterflies & Flowers
June 20	- Medicare 101
June 27	- Art Class: Drawing & Colored Pencils
June 28	- Puzzle Tournament
June 28	- Floral Class: How to display your flowers at the County Fair
August 1	- MOB at the Shrine

More details to come...



## Adventures in Music

Join Brittany for this  
unique music  
experience! Each

session we will listen to a variety of live and recorded songs and have the opportunity to make music together, share memories and stories, and discover ways to use music to help us thrive! Music is an important part of life, helping us retain memories and feelings, decrease stress, and connect with others. Let Brittany help you live the beauty and benefits of music. No previous musical background is required, and all levels of involvement are welcomed. Sessions are the 2nd and 4th Thursday of the month, 11:30-12:15, unless otherwise noted. "All I want is having you and music, music, music!"



Carla Niblick leads us every Thursday from 1:30 to 2:30 pm for **Chair Yoga**. Classes are \$3.00. **We are happy to announce that beginning May 7, we will also be offering a Monday evening class at 6:30. Please mark your calendars and plan to join us!!**



## Free Hearing Aid

**Cleaning** - Dr. Meiring will be here at 9:30 am on Thursday, May 3.

Saturday, May 5 is the last day to donate items to the May garage sale. Donations will be accepted from 9:00 am - 1:00 pm.

Garage sale set up begins on Tuesday, May 8. We appreciate all the volunteers, and encourage anyone that has a little time to help to stop in! Set up continues daily until Wednesday, May 16.

I am always looking for help with check out stations during the garage sale. This consists of working a 4 hour shift, 8:30-12:00 or 12:00 – 4:00, at one of the checkout desks along with another volunteer. If you have a few hours to help out, please let Tash know, just call 419-586-1644.



Line dance will be in the Annex on Wednesdays during the garage sale May 9 and 23. There will be NO line dancing May 16<sup>th</sup>.

## GARAGE SALE

Daily Donations	Apr 23 to May 4	8:30 to 4
Saturday Donations	Apr 28 & May 5	9 to 1
Set Up	May 8 to 15	
Clean Up	May 23	

We are always looking for garage sale assistance from taking donations, sorting and setting up to running checkouts during sale. Call Tash at 419-586-1644 if you would like to help. Remember we are always looking for volunteers to clean up after the sale ends!

## Garage Sale Hours

Thursday	May 17	8:30	6:30
Friday	May 18	8:30	4:00
Saturday	May 19	9:30	4:00
Sunday	May 20	9:30	4:00
Bag Day \$3.00 (each bag) Clothing Only			
Monday	May 21	8:30	4:00
Bag Day \$2.00 (each bag) Clothing Only			
Tuesday	May 22	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 (except during the garage sale) from 8:30 to 4:00 in the 4 bay garage.



# Choice Travel

[www.TravelWithChoice.com](http://www.TravelWithChoice.com)

P.O. Box 109  
210 W. Market St.  
Celina, OH 45822  
(419) 586-3144

**June 7** - Broadway's Wicked performance, cost: \$129

**June 20** - Ark Encounter and Creation Museum, cost: \$115

**July 8** - Annie at LaComedia, cost: \$77

**Aug 7-9** - Chicago, Gangster Tour, and Wondering Tree Train Gardens and Museum, cost: \$TBA

**Aug 14** - Reds vs Indians Baseball game

**Aug 22-23** - Shipshewana Flea Market, Don't Kick the Turkeys performance at Essenhaus, & Stolen performance at Blue Gate, cost: \$259

**Aug 25** - Don't Kick the Turkeys performance at Essenhaus, cost: \$89

**Sept 6-11** - Jesus at Sight & Sound, Bible Museum & Monuments in Washington DC & Gettysburg, cost: \$2265

**Oct 12-15** - West Virginia Trains & Greenbrier Bunker, cost: \$784

**Neighborhood Nurse Schedule**  
Wednesday, May 9 - Blood pressure and Glucose Testing.

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



Thursday, May 3 join us at 11:30 for the **Red Hat party** as we welcome in May! We will be making a cute little craft project, playing some games and as always having a yummy snack! Call Tash to let her know you are going to come join the fun 419-586-1644.



Age is an issue of mind over matter. If you don't mind, it doesn't matter.

- Mark Twain

**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. First come, first served.



## Searching for May

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

ARMED FORCES DAY	EMERALD
BULL (Taurus)	MAY DAY
CINCO DE MAYO	RAMADAN
KENTUCKY DERBY	SHAVUOT
LILY OF THE VALLEY	SPRING
MEMORIAL DAY	TAURUS
MOTHERS DAY	TWINS
VICTORIA DAY	

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

# May 2018 Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>An * denotes that there is a fee for this activity.</p> <p><u>Italics/underlined will be held in the Annex.</u></p>		1	2	3	4	5
		<u>12:30 - Bridge*</u> 12:45 - Line Dancing Daily Garage Sale Donations Accepted	12:30 - Bingo*  Daily Garage Sale Donations Accepted	9:30 - Free Hearing Aid Cleaning 11:30 - Red Hats 1:30 - Chair Yoga* 5:30 - Dinner* 6:30 - Cards*  Daily Garage Sale Donations Accepted	12:30 - Cards*  Daily Garage Sale Donations Accepted	9 to 1 Garage Sale Donations Accepted
		6	7	8	9	10
		6:30 - Cards*	3:00 - Sunshine Singers at Briarwood 6:30 - Chair Yoga*	<u>12:30 - Bridge*</u> 1:00 - Medicare 101 - Ft Recovery Library <u>6:30 Alzheimer's Support Group</u>  Garage Sale Set Up	<u>10:00 Neighborhood Nurse BP &amp; Glucose Testing</u> <u>12:45 - Line Dancing</u> <u>1:00 - Toe Nail Trimming*</u>  Garage Sale Set Up	<u>11:30 - Adventures in Music</u> <u>1:00 - Board Mtg</u> <u>5:30 - Dinner*</u> <u>6:30 - Cards*</u>  Garage Sale Set Up
		11	12	13	14	15
		6:30 - Cards*	3:00 - Sunshine Singers at Gardens of Celina <u>6:30 - Chair Yoga*</u>  Garage Sale Set Up	<u>12:30 - Bridge*</u>  Garage Sale Set Up	<u>12-5 STAFF TRAINING</u>	<u>1:30 - Chair Yoga*</u> <u>5:30 - Dinner*</u> <u>6:30 - Cards*</u> 8:30 to 6:30 GARAGE SALE
		16	17	18	19	20
		 <u>6:30 - Cards*</u>	2:00 - Sunshine Singers at Gardens of Celina <u>6:30 - Chair Yoga*</u>  Garage Sale Set Up	<u>12:30 - Bridge*</u>  Garage Sale Set Up	<u>12-5 STAFF TRAINING</u>	<u>1:30 - Chair Yoga*</u> <u>5:30 - Dinner*</u> <u>6:30 - Cards*</u> 8:30 to 6:30 GARAGE SALE
		21	22	23	24	25
		<u>6:30 - Cards*</u> 9:30 to 4:00 GARAGE SALE	<u>10:00 - Label Newsletter</u> 2:00 - Sunshine Singers at Celina Manor <u>6:30 - Chair Yoga*</u> 8:30 to 4:00 GARAGE SALE	<u>12:30 - Bridge*</u> 3:30 - Medicare by Dave Painter Marion Twp Library - Chickasaw 8:30 to 4:00 GARAGE SALE	<u>12:45 - Line Dancing</u>  GARAGE SALE CLEAN UP	11:30 - Adventures in Music 1:30 - Chair Yoga* 5:30 - Dinner* 6:30 - Cards*
		26	27	28	29	30
		6:30 - Cards*	MEMORIAL DAY  OFFICES CLOSED	<u>12:30 - Bridge*</u> 12:45 - Line Dancing 2:00 - Sunshine Singers at Miller Place 3:00 - Sunshine Singers Practice	12:30 - Bingo*	1:30 - Chair Yoga* 5:30 - Dinner* 6:30 - Cards*
		31				



Note: Menu items are  
subject to change.

# May 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					Thursday Dinner Served 5:30 pm \$5.00 donation
Monday	Tuesday	Wednesday	Thursday	Friday	
	1 Shredded Chicken/Bun Potato Triangles Pudding Parfait	2 Ham & Cheese Slider Tri-Color Pasta Salad Mandarin Oranges	3 Fried Bologna Sandwich Spudsters Chilled Pears	4 Fish Brd/Bun Creamy Cole Slaw Fruited Gelatin	3 Smothered Chicken Herbed Penne Pasta Broccoli Florets Fruit
7 Philly Steak Sandwich Potato Wedges Chilled Apricots	8 Broccoli Cheese Soup Tuna Salad Sandwich Potato Chips Fruit	9 Pizza Burger Pizza Sauce Sweet Potato Fries Berry Cheesecake	10 Shredded Beef/Bun BBQ Potato Chips Creamy Cole Slaw Chilled Fruit Salad	11 Spaghetti & Meat Sauce Tossed Salad Garlic Bread Chilled Pears	10 Sweet & Sour Chicken Rice Pilaf Broccoli Florets Mandarin Oranges
14 Sloppy Joe/Bun Crispy Potato Cubes Brownie	15 BBQ Pork Ribette/Bun Creamy Cole Slaw Mandarin Lime Gelatin	16 Hamburger/Bun Baked Beans Fresh Watermelon	17 Chicken Tenders/Roll Green Beans Ranch Dressing Chilled Apricots	18 Beef Manhattan Mashed Potatoes Fresh Fruit Cup	17 Lasagna Tossed Salad Garlic Bread Mandarin Oranges
21 Chicken Salad/ Croissant Potato Chips Dessert	22 Creamy Potato Soup Saltine Crackers Fried Bologna Sandwich Fresh Cantaloupe	23 Homemade Pizza Tossed Salad Chilled Peaches	24 Chicken Fajita Refried Beans Rice Krispy Bar	25 Breaded Fish Bites Mac & Cheese Chilled Diced Pears	24 Pot Roast Mashed Sweet Potatoes Scandinavian Mix Veg Hot Spiced Apples
28 Memorial Day Office Closed	29 Beef Stew Biscuit Chilled Peaches	30 BBQ Shredded Pork/Bun Cheese Puff Creamy Cole Slaw Ice Cream	31 Minestrone Soup Saltine Crackers Sloppy Joe/Bun Fresh Strawberries		31 Pineapple Glazed Ham Baked Sweet Potato Green Beans Pineapple

## Remote Sites

### Fort Recovery Public Library

113 N Wayne Street  
Fort Recovery, OH 45846

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

#### May 8

Broccoli Cheese Soup  
Tuna Salad Sandwich  
Potato Chips  
Fruit

#### May 22

Creamy Potato Soup  
Saltine Crackers  
Fried Bologna Sandwich  
Fresh Cantaloupe

### Maria Stein Shrine of the Holy Relics

2291 Saint Johns Road  
Maria Stein, OH 45860

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

#### May 2

Shredded Chicken/Bun  
Potato Triangles  
Pudding Parfait

#### May 9

Pizza Burger  
Pizza Sauce  
Sweet Potato Fries  
Berry Cheesecake



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

#### May 3

Creamy Swiss Chicken  
Rice Pilaf  
Dilled Carrots  
Dinner Roll  
Apple Orchard Bars

#### May 10

Chicken Pot Pie  
Tossed Salad  
Cheese Biscuit  
Peach Crisp

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.

#### May 17

Ham Steak with Glaze  
Cheesy Mashed Potatoes  
Broccoli  
Red Gelatin Cake

#### May 24

Goulash  
Tossed Salad  
Garlic Toast  
Cookie Parfait

#### May 31

Beef Pot Roast  
Carrots  
Mashed Potatoes w/gravy  
Dinner Roll  
Chocolate Cream Pie

*Return Service Requested*

*Place label here*  
May 2018

May 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.mccoa.net](http://www.mccoa.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.