



October 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 have a confession. I love this time of year because it's all about the pumpkin spice. Starbucks? I am making as many trips as possible to get that magical deliciousness called Pumpkin Spice Frappuccino. Pumpkin spice bread from Pepperidge Farms? Check. Pumpkin spice pancakes? Check. Pumpkin Spice Dairy Queen Blizzard? Check. Pumpkin spice oreos? Check. Pumpkin spice beer? Check. Pumpkin spice lotion from Bath and Body Works? Check. Pumpkin spice lip balm? Check. Pumpkin spice just waiting to be invented? Check. It's an obsession that I am happy to feed every fall. Do you know what else I am obsessed about? Medicare Open Enrollment, which runs from October 15 to December 7. Unfortunately, open enrollment is not as flavorful or sweet smelling, but is much more important. Everyone who has Medicare should not ignore this time of year. You want to make sure that the Part D you had in 2018, will continue to work in your favor in 2019. The pharmacy you have been using may charge you more in 2019 than in 2018. If you are on a Medicare Advantage Plan, you will want to evaluate that, too. There could be significant savings if you are willing to take the time to review what you have. Lucky for Mercer County, MCCoA has staff that are OSHIP trained and willing to help. We can meet clients in our offices or during one of our visits to your local library. Or, if you feel comfortable, you can access the information on Medicare.gov and do your own comparisons. We want all Medicare recipients in Mercer County to head into 2019 knowing that they have made informed decisions about their healthcare options. This also gives me an opportunity to strongly encourage you not to make insurance decisions over the phone. Remember, sales people want to sell you something so they will make it sound as attractive as possible. Even though the plan may have all sorts of bells and whistles that are intriguing, it may not be the best plan for you based on your doctor preferences, medications, and health conditions. Get all the information and bring it in and we will help you sort it out. We are finding more and more people are saying yes on the phone and then finding themselves with a less than desirable outcome. So if pumpkin spice isn't on your October checklist, make sure that Medicare Open Enrollment is.

Sharon M. Green

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

**Monday, October 8
for Staff Training**

**Note: evening Yoga
will still be available**

Find us on the web at
www.mccoa.net



Find us on:
facebook®





Sewing Class - Wednesday, October 24 at 9:00 am. Join Toni Shema as she teaches how to make a fabric wreath. Class cost is \$10. Bring your sewing machine and fabric of your choice. (You will need 1/2 yard for the front, 1/2 yard for the back and 3/8 yard for

Appliqué.) Everything else you need will be provided. Call 419-586-1644 to register.



Craft Class - Join us Thursday, October 4 at 1:15 pm as we create a pumpkin, snowman or a wreath using mason jar rings. We will also be making a cute cross project! Cost is

\$5.00 but if you provide your own mason jar rings the cost is only \$2.00. Please let us know when you call to register if you will be providing your own mason jar rings. Call 419-586-1644 to register.



Art Class - Join Anna Fisher Monday, October 1 at noon in the Annex for a great art class. Class will cost \$12.00 and will be an acrylic painting of really cute pumpkins. Call 419-586-1644 to register.

Spotlight on Chair Yoga!!!

My name is Carla Niblick. I teach the Chair Yoga classes at the Center. Looking back I realize I always liked to move and play. When I was younger I played outside in the woods and the fields on our family farm with my two little brothers. When I grew older, I roller skated almost every weekend in the winter and played on the church volleyball team in the summer. When I became an elementary teacher and a mother I had lots of opportunities to still move and play and exercise at school and at home. Then the years rolled around and all of a sudden (LOL) I was on the edge of retirement. I had begun doing yoga at home with a tv program. I liked that it was stretchy and not jarring or too bouncy. And I always felt great afterwards. Then one day I was invited to a women's gentle yoga retreat workshop. I loved it!!! It felt so great. I actually thought "people need to know about this!" That's when I first had the idea to get some training and begin teaching others. I was retired by then and was able to dive in! Over the next 4 years I took 3 lengthy yoga teacher trainings in Columbus and attended classes and workshops besides. I began teaching in 2010 and kept on learning. I think continuing to learn, no matter what the subject, is one of the most important things we can do. Most recently I completed a teacher training in chair yoga and I love that too! We never know what's around the corner, but I'm planning to continue moving and playing and learning as long as I can! It's pretty fun! So I invite you to join me on Thursdays at 1:30 for an hour to enjoy the benefits of a Chair Yoga program and make some new friends. Classes are only \$3 each. Hope to see you there!!



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, October 3, 1:00 to 3:00 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, October 9, 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.

Thursday, October 11, 6:00 pm - **Dementia Friends...** is a global movement that is changing the way people think, act, and talk about dementia. Developed by the Alzheimer's Society in the United Kingdom, the Dementia Friends initiative is underway in Ohio and across the United States. By helping everyone in a community understand what dementia is and how it affects families, each of us can make a difference for people touched by dementia. Join us for a one-hour, relaxed, discussion to become a Dementia Friend! Please join your local Dementia Friends Champions - Janel Schulte of Celina Manor and Amy Buening of MCCoA at the Coldwater Library to learn how you can play a positive role in the lives of someone with dementia.

Monday, October 22, 1:30 pm - We are pleased to present Dave Painter from the Ohio Department of Insurance in our main building at the MCCoA. 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!



SAVE THE DATE

FLU SHOT DRIVE-THRU



TUESDAY, OCTOBER 2, 2018
9:30AM-6:00PM
AT THE MERCER COUNTY
FAIRGROUNDS
419-586-3251 EXT. 1270

www.mchdohio.org

220 W Livingston St-B 152, Celina, Ohio 45822
Phone: 419-586-3251 Fax: 419-586-3910
E-mail: healthdistrict@mchdohio.org
Website: www.mchdohio.org

Neighborhood Nurse

October 10 - 10:00 am to 12:00 pm
Blood pressure & Glucose testing.

and
Flu Shots will be available for \$35 for regular or \$45 for high dose. There is no charge for Medicare Part B enrollees but current card must be presented at time of vaccination.



MARK YOUR CALENDARS!!

November 8 - 13 Garage Sale
November 14 - Neighborhood Nurse
November 15 - All Day Quilt Group
November 19 - Label Newsletter
November 22 & 23 - Offices Closed - Thanksgiving
November 29 - Craft Class - Snowman Glass Jar

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 OSHIP (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
Tuesday	Oct 16	3:00 - 7:00	Rockford Library
Thursday	Oct 18	1:30 - 5:30	Marion Township Library
Monday	Oct 22	1:30 - ?	Ohio Department of Insurance – Ohio Senior Health Insurance Information Program Speaker (Dave Painter) will be at the Mercer County Council on Aging for presentation. Everyone invited to take advantage of the speaker's presentation.
Monday	Oct 22	4:30 - 8:30 PM	MCCOA AFTER HOURS
Tuesday	Oct 23	2:30 - 6:30	Fort Recovery Library
Tuesday	Oct 30	1:00 - 5:00	Rockford 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

GARAGE SALE

Daily Donations Oct 15 to 26 8:30 to 4
 Saturday Donations Oct 20 & 27 9 to 1
 Set Up Oct 30 to Nov 7
 Clean Up Nov 14

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	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 (except during set up & garage sale) from 8:30 to 4:00 in the 4 bay garage. As always we can use many hands during this donation time, please call Tash if you have any time you could help out!

Garage Sale set up!!!



Starting Tuesday, October 30. If you would like to help, please come on in. You can come for an hour or two or spend the whole day. Lunch and snacks are provided to volunteers. We appreciate any and all help!

Craft Class - Monday, October 15 at 11:30 am. We will once again be making Christmas Bulb Wreaths. This was so much fun last year we just had to do it again! Cost for the class is only \$5.00 and everything you need will be provided. You can bring your own Christmas bulbs if you wish. Space is limited, so please call to register 419-586-1644.



New Visions would like to teach some free educational classes. We would like to know what topics interest you!! They have classes about many topics and conditions, some include, Alzheimer's, COPD, Arthritis, Parkinson's, General Heart Health and Diet, Therapy and Home Health. Please let us know what topics you would be interested in! If there are other topics let us know that too!!

Volunteer Appreciation Party!!!!



Just a reminder....If you made a reservation, please join us Monday, October 1 at 4:30 pm for our Volunteer Appreciation Party.

Fun to be had by all!!!! We will have trivia and games for your entertainment. There will be pizza, meat & cheese, and veggie trays, fruit and cookies for your dining enjoyment. Thank You for all your help!



Gorgeous Gourds

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

BOWLS	GOURD
CLIMBING	HARD
DECORATION	LEAVES
DRIED	ORNAMENTAL
FLOWER	PLANT
FRUIT	SHELL
	STEM
	TRAILING
	UTENSILS
	VINES



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

October 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 <u>12:00 - Art Class - Acrylic Painting - Pumpkins*</u> 4:30 - Volunteer Appreciation Party	2 <u>12:30 - Bridge*</u> 12:45 - Line Dancing	3 12:30 - Bingo* <u>1:00 - Linda Pollitz - Alzheimer's Association (by appt.)</u>	4 11:30 - Red Hat Ladies 1:15 - Craft Class - Mason Jar Pumpkins/ Crosses* 5:30 - Dinner* 6:30 - Cards*	5 12:30 - Cards*	6
7 6:30 - Cards*	8 STAFF TRAINING OFFICES CLOSED 6:30 - Chair Yoga*	9 <u>12:30 - Bridge*</u> 12:45 - Line Dancing 6:30 Alzheimer's Support Group	10 10:00 Neighborhood Nurse FLU SHOTS* BP & Glucose Testing 12:30 - Bingo* <u>1:00 - Toe Nail Trimming*</u>	11 <u>1:00 - Board Mtg</u> 1:30 - Chair Yoga* 5:30 - Dinner* 6:00 - Friends of Dementia - Coldwater Public Library 6:30 - Cards*	12 12:30 - Cards*	13
14 6:30 - Cards*	15 11:30 - Craft Class - Wreaths* 3:00 - Sunshine Singers Practice 6:30 - Chair Yoga* Daily Garage Sale Donations Accepted	16 <u>12:30 - Bridge*</u> 12:45 - Line Dancing 3:00 - 7:00 - Medicare Part D Compare - Rockford Library (by appt.) Daily Garage Sale Donations Accepted	17 12:30 - Bingo* Daily Garage Sale Donations Accepted	18 8:00 - All Day Quilt Group 1:30 - Chair Yoga* 1:30 - 5:30 - Medicare Part D Compare - Marion Twp Library (by appt.) 5:30 - Dinner* 6:30 - Cards* Daily Garage Sale Donations Accepted	19 12:30 - Cards* Daily Garage Sale Donations Accepted	20 9 to 1 Garage Sale Donations Accepted
21 6:30 - Cards*	22 10:00 - Label Newsletter 1:30 - Dave Painter - MCCoA 3:00 - Sunshine Singers Practice 4:30 - 8:30 - Medicare Part D Compare - MCCoA (by appt.) 6:30 - Chair Yoga* Daily Garage Sale Donations Accepted	23 <u>12:30 - Bridge*</u> 12:45 - Line Dancing 2:30 - 6:30 - Medicare Part D Compare - Ft Recovery Library (by appt.) Daily Garage Sale Donations Accepted	24 <u>9:00 - Sewing Class - Fabric Wreath*</u> 12:30 - Bingo* Daily Garage Sale Donations Accepted	25 <u>12:30 - Texas Hold 'Em*</u> 1:30 - Chair Yoga* 5:30 - Dinner* 6:30 - Cards* Daily Garage Sale Donations Accepted	26 12:30 - Cards* Daily Garage Sale Donations Accepted	27 9 to 1 Garage Sale Donations Accepted
28 <u>6:30 - Cards*</u>	29 3:00 - Sunshine Singers Practice <u>6:30 - Chair Yoga*</u>	30 <u>12:30 - Bridge*</u> 1:00 - 5:00 - Medicare Part D Compare - Rockford Library (by appt.) Garage Sale Set Up	31 <u>12:45 - Line Dancing</u> Garage Sale Set Up	For more information, please visit our web page: www.mcco.net		

Lunch is served at 11 am
\$3.00 donation

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

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

October 2018 Meals

Senior Citizens Center, 217 Riley, Celina

Monday	Tuesday	Wednesday	Thursday		Friday
1 Chicken Tenders/Roll Macaroni & Cheese Green Beans Mandarin Oranges	2 Stuffed Pepper Soup Saltine Crackers Turkey/Provolone Slider Brownie	3 Creamy Potato Soup Saltine Crackers Fried Bologna Sandwich Chilled Peaches	Lunch 4 Beef Marzetti Green Beans Garlic Bread Peanut Butter Tart	Dinner 4 Garlic Herb Chicken Rice Pilaf Zucchini Parmesan Pineapple	5 Tomato Soup Saltine Crackers Grilled Cheese Fruit Cocktail
8 STAFF TRAINING OFFICES CLOSED	9 Ham & Bean Soup Cottage Cheese Cornbread Chilled Peaches	10 Sloppy Joe/Bun Sweet Potato Fries Chocolate Chip Cookie	Lunch 11 Sausage & Pepper Sub Corn Nuggets Fruit Cocktail	Dinner 11 Roast Turkey & Gravy Home Style Dressing Veggie Mix Pumpkin Pie	12 Cheeseburger/Bun BBQ Potato Chips Creamy Cole Slaw Rainbow Sherbet
15 Cheesy Cavatappi/ Roll Stewed Tomatoes Dessert	16 Italian Wedding Soup Saltine Crackers Ham & Swiss/Bun Chilled Peaches	17 Creamed Chipped Beef / Biscuit Green Beans Snickerdoodle Cookie	Lunch 18 Taco Salad/Chips Refried Beans Ice Cream	Dinner 18 Oven Fried Chicken Sweet Potato Casserole Green Peas Grapes	19 Tuna Noodle Casserole/Roll Mixed Vegetables Chilled Pears
22 Wisconsin Cheese Soup/Crackers Hot Ham Slider Mandarin Oranges	23 Cabbage Rolls Tomato Sauce Mashed Potatoes Butterscotch Pudding	24 Pork Fritter Sandwich Tator Tots Chilled Pineapple	Lunch 25 Chicken & Dumplings Mixed Vegetables Buttermilk Biscuit Chilled Apricots	Dinner 25 RESIDENT'S CHOICE	26 Beef Manhattan Mashed Potatoes Buckeye Brownie
29 BBQ Shredded Pork/ Bun Creamy Cole Slaw Chilled Peaches	30 California Blend Soup Fish Brd/Bun Saltine Crackers Oatmeal Raisin Cookie	31 Pizza Casserole Tossed Salad/Dressing Ice Cream			

Remote Sites

Fort Recovery Public Library

113 N Wayne Street
Fort Recovery, OH 45846

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

Refer to
calendar above
for menu items.

Oct 9
&
Oct 23

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.

Every
Wednesday

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

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

October 4
Beef Stroganoff
Egg Noodles
Green Beans
Dinner Roll
Peach Pie

October 11
Goulash
Tossed Salad
Wheat Bread
Butterscotch Pudding

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.

October 18
Lemon Pepper Tilapia
Rice Pilaf
Broccoli
Cookie

October 25
BBQ Chicken Breast
Garlic Mashed Potatoes
Mixed Vegetables
Dinner Roll
Brownie

Bring someone new to lunch at the Gardens
of St Henry in October, and you both will get a
FREE MEAL!!

Return Service Requested

Place label here
October 2018

October 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**

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.