



March 2019

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

From the sound of it, March is the most authoritative month of the year. Say it out loud, "March!" I envision a band in a parade or listening to John Philip Sousa (I can hear my father singing, "Be kind to your web-footed friends" to the tune of Stars and Stripes Forever). Did you also know that one of the definitions of march is "to make steady progress?" MCCoA is marching forward with some changes that will positively impact the way we do things. We will be utilizing a new registration software called MySeniorCenter at the end of next month. This software is designed to streamline reporting, track which programs we offer, monitor the number of clients that we are serving daily, and help create a better workflow for staff. Everyone who uses the center will be given a keytag to use for checking in. No more signing in on paper for the gym and, for example, if you are here to play cards you can also sign up for that art class you want to take. Progress can often times be unsettling, but I promise, while this is new and unfamiliar, MCCoA staff will help each and every one of you to make the transition seamless. And since it will be new to us, too, we will all be in this together. Additional information can be found on page 5 of the newsletter, and an official roll out date will be forthcoming. And remember, be kind to your web-footed friends, for that duck may be somebody's mother!

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.

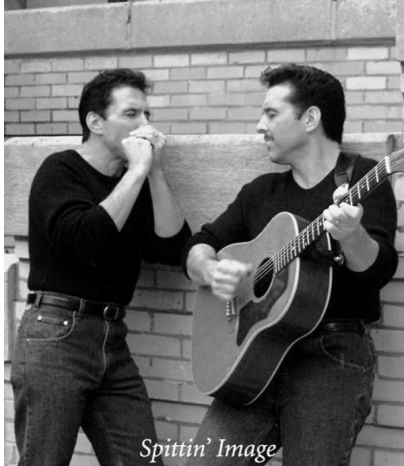
During the 2018 Open Enrollment for Medicare, MCCoA saved 301 clients more than \$143,990 in healthcare costs. The number of individuals who sought assistance was almost double the number from 2017.

Find us on the web at
www.mccoa.net



Find us on:
facebook®

MARCH



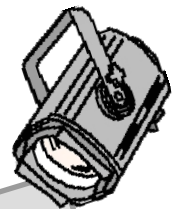
Spring Carry In will be Tuesday, April 2. Lunch is served at Noon followed by Spittin Image for entertainment! Blain and Brian Swabb, identical twins from Greenville, make up this musical comedy duo you are sure to enjoy! We will once again provide chicken, potatoes and drinks for everyone. We ask that you bring a dish to share and your own table service. Tickets are \$1.00 and will be available at the front desk Monday, March 4 until Friday, March 22 or until sold out!



Spotlight on Art Classes !!!

We try to offer one art class each month. If you haven't had the opportunity to try one, please plan on joining us soon. Anna Fisher is one of our regular instructors. She went to college in Britain for her social degree and earned a Bachelor of Art from Bluffton University. She has taught art in nursing homes and at art centers for over 15 years. She also teaches home schooled students and special needs individuals.

Anna sells her work at art shows and galleries. She specializes in painting, clay and weaving. Our next class is on Monday, March 11 at 12:00 pm. We will be painting on ceramic tile. More info on page 4.



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, March 6, 1 pm to 3 pm - Chat with Linda. Linda Pollitz, will be available to speak one-to-one about Alzheimer's and dementia related diseases. Please call 419-586-1644 to schedule an appointment.

Tuesday, March 12, 6:30 pm - Alzheimer's Support 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.

Wednesday, March 20, 6 pm - Ergonomic Gardening The Ohio State Extension Office will present a talk to help overcome difficulties with gardening jobs. See page 4 for more details.

Monday, March 25, 6 pm - Senior Passport to Fishing. Our very own Shelly Moorman, with the help of Steve Ewry and friends, will be going over fishing safety and techniques of fishing. Space is limited so call to reserve your spot today 419-586-1644. Find more information on page 5.

Wednesday, March 27, 5:30 pm - Healthcare Decision Day and a free meal. Please call to reserve your meal 419-586-1644 and learn about National Healthcare Decision Day. Herb Wilker will be here to talk and answer any questions you might have about Healthcare Decision Day. We are holding this informational meeting so you will have time to talk to your family or friends about your wishes. National Healthcare Decision Day is Tuesday, April 16, 2019. It is a day to help individuals learn more about Advance Directives and to have opportunities to complete the documents. It's not only important to have the documents but it is more important to have the conversations about what your health care wishes are. If in the event, you are unable to speak for yourself, the person you appoint knows how you want to be cared for and decisions are made that reflect your wishes. We will have someone here to help you fill out your Advanced Directives Tuesday, April 16 from 1:00 pm - 5:30 pm, walk – in no appointment



Medicare 101
An overview of Medicare benefits and options.

John R. Kasich
Governor

Jillian Froment
Director

insurance.chio.gov | 1-800-686-1578
Ohio Department of Insurance

Medicare 101

Discover the basics of Medicare and health insurance options at retirement. The Mercer County Council on Aging will walk you through eligibility, possible penalties and what to anticipate. If you are already on Medicare, Gloria and Amy can address additional questions, as well as potential cost savings options.

Find the class that best suits you!!

| | |
|--|---|
| <p>Wednesday, March 6, 6:00 pm (MCCoA Main Bldg)</p> <p>Wednesday, March 20, 10:00 am (MCCoA Annex)</p> <p>Wednesday, April 10, 6:00 pm (MCCoA Main Bldg)</p> <p>Wednesday, April 24, 10:00 am (MCCoA Annex)</p> | <p><u>If you have questions, please call 419-586-1644.</u></p> <p>To verify dates and times, visit our web page www.mccoa.net</p> |
|--|---|



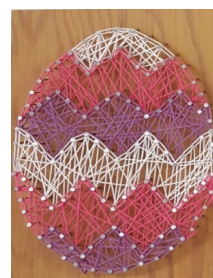
Wednesday,
March 20 at 6 pm
**Ergonomic
Gardening** with
The Ohio State

Extension Office will present a talk on how choosing the right tools, growing different plants, and techniques on pacing yourself, can help you overcome difficulties with gardening jobs. Find out what type of garden is suitable for you and learn some practical adaptations that can improve your gardening life. Presented by Laura Akgerman, Disability Services Coordinator.

Tuesday, March 26 - Craft Class!!!
Join us at 2:45 for **String Art**. Cost

for the class is only \$5.00, this includes everything you will need to create a beautiful egg or butterfly.

The boards will have the nails already hammered in so you will be ready to string away! If you have never done string art, or if you have experience, this is sure to be a fun class. **Note: The March 26 class is full. If there is enough interest, we will offer a second class on Thursday April 4 at 1 pm in the Annex.** Call to register 419-586-1644.



MARK YOUR CALENDARS!!

April 2 - Spring Carry In

April 3 - Alzheimer's One on One

April 4 - String Art* (Overflow)

April 10 - Medicare 101 - 6 pm

April 15 - Label Newsletter

April 16 - Advanced Directives - 1 pm

April 18 - All Day Quilt Group in the Annex

April 17 - Easter Flower Arrangement Class

April 23 - Craft Class - Mini Sock Stick Horse

April 24 - Medicare 101 in the Annex - 10 am

More details to come...

Art Class - Monday, March 11 at 12:00 pm. Join Anna Fisher as she teaches the art of **painting on a 6x6 ceramic tile**.

Cost is \$7.00 which includes two tiles and frames. This is sure to be a great afternoon so come and enjoy! Call 419-586-1644 to reserve your space today!



Please notice that the garage sale now ends on Monday. Sunday is \$3.00 a bag for items in main building (clothing, bedding, shoes, etc.) and ½ price on everything in the other buildings. Monday will be buy a bag for \$1 get a bag free and you can fill your bag in any building!

We are always looking for volunteers from taking donations, sorting and setting up to running checkouts during sale. Call Tash at 419-586-1644 if you would like to help.

| Garage Sale Hours | | | |
|--|--------|------|------|
| Thursday | Feb 28 | 8:30 | 6:30 |
| Friday | Mar 1 | 8:30 | 4:00 |
| Saturday | Mar 2 | 9:30 | 4:00 |
| Sunday | Mar 3 | 9:30 | 4:00 |
| \$3.00/Bag - Clothing only. Other Items 1/2 price | | | |
| Monday | Mar 4 | 8:30 | 4:00 |
| Bag Day \$1.00 each bag with a second bag FREE All items included. Out buildings close at 2 pm | | | |

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!



Soup Cook Off

On Wednesday, March 27, State of the Heart will host a Soup-off at 11:00 am at MCCoA. Several local agencies, including Briarwood, Miller Place, and the Gardens of St. Henry, will showcase a soup of their choice. Everyone in attendance will get a taste of each soup and then select a soup they would like for lunch. Lunch attendees will also vote for their favorite soup and prizes will be awarded to the top three soup makers. In addition to soup, bread, dessert and drinks will be provided. The event is **FREE**, but call ahead at 419-586-1644 to reserve your spot.

my seniorcenter™

MCCoA to Install Automated Check-in System

MCCoA will be rolling out a new, automated check-in system called MySeniorCenter. It is specifically designed to help our staff members manage the various sign-ups, sign-ins, and improve the way we report our services to various agencies. Because we will be able to quickly and accurately detail the services we provide, the system will increase our chances of receiving additional funding in the future. Also, it will greatly improve the efficiency of work flow for staff. MySeniorCenter is used by over 900 senior centers across the United States and Canada with much success.

MySeniorCenter is extremely easy to use. All visitors and volunteers will receive a small keytag (similar to a Kroger card). The card does not contain any personal information, but it will allow the new system to recognize you when the card is swiped at the keytag scanner. You will then be able to indicate which activity you plan to participate in on the supplementary touchscreen computer.

Even though MySeniorCenter is designed to be user-friendly, MCCoA staff will be available to help operate the new check-in system. We want to make the transition as seamless as possible for everyone, so we will be here for you every step of the way! MCCoA is targeting a roll out date at the end of April 2019. Keep your eyes and ears open for additional information as it becomes available.



Slide into Spring

The words listed below can be found vertically and horizontally.

| | | | | | | | | | | |
|-----------|---|---|---|---|---|---|---|---|---|---|
| BLOOM | S | U | N | S | H | I | N | E | S | E |
| BUTTERFLY | P | B | U | T | T | E | R | F | L | Y |
| FLOWERS | R | L | R | D | S | P | R | O | U | T |
| GRASS | I | O | P | I | E | L | U | B | P | R |
| PLANTS | N | O | H | A | E | A | T | A | L | A |
| RAIN | G | M | H | G | D | N | R | I | F | I |
| SEEDS | M | I | K | R | S | T | E | G | G | N |
| SPRING | G | G | R | A | S | S | U | F | R | L |
| SPROUT | H | E | I | A | H | L | E | P | E | W |
| SUNSHINE | V | F | L | O | W | E | R | S | G | A |

Senior Passport to Fishing on Monday, March 25, 6 pm, our very own Shelly Moorman, with the help of Steve Ewry and friends, will be going over fishing safety and techniques of fishing. This is the perfect time to get all your questions answered about fishing. Whether you are a seasoned fisherman or have never fished before this is the class for you. Space is limited so call to reserve your spot today 419-586-1644. Watch the newsletter for more information on fun fishing activities to come this summer.



March 2019

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|--|---|-------------------------------|
| | | | | | 1 <u>12:30 - Bridge*</u> 8:30 to 4:00 GARAGE SALE | 2 9:30 to 4:00 GARAGE SALE |
| 3 <u>6:30 - Cards*</u> 9:30 to 4:00 GARAGE SALE | 4 SPRING CARRY IN TICKETS AVAILABLE LAST DAY 8:30 to 4:00 GARAGE SALE | 5 <u>12:30 - Bridge*</u> GARAGE SALE CLEAN UP | 6 12:30 - Bingo* <u>12:45 - Line Dancing</u> <u>1:00 - Chat with Linda Pollitz - Alzheimer's</u> 6:00 - Medicare 101 | 7 1:30 - Chair Yoga* 5:30 - Dinner* 6:30 - Cards* | 8 12:30 - Cards* | 9 |
| 10 6:30 - Cards* | 11 12:00 - Art Class - Painting - Ceramic Tile* | 12 <u>12:30 - Bridge*</u> 12:45 - Line Dancing 6:30 Alzheimer's Support Group | 13 12:30 - Bingo* <u>1:00 - Toe Nail Trimming*</u> | 14 <u>1:00 - Board Mtg</u> 1:30 - Chair Yoga* 5:30 - Dinner* 6:30 - Cards* | 15 12:30 - Cards* | 16 |
| 17 6:30 - Cards* | 18 10:00 - Label Newsletter | 19 <u>12:30 - Bridge*</u> 12:45 - Line Dancing | 20 <u>10:00 - Medicare 101</u> 12:30 - Bingo* 6:00 - Ergonomic Gardening | 21 <u>8:00 - All Day Quilt Group</u> 1:30 - Chair Yoga* 5:30 - Dinner* 6:30 - Cards* | 22 12:30 - Cards* LAST DAY TO GET SPRING CARRY IN TICKETS | 23 |
| 24 6:30 - Cards* | 25 3:00 - Sunshine Singers Practice 6:00 - Senior Passport to Fishing | 26 <u>12:30 - Bridge*</u> 12:45 - Line Dancing 2:45 - Craft Class - String Art - Easter Egg* | 27 10:00 Neighborhood Nurse BP & BS 11:00 - Soup Cook-off FREE LUNCH 12:30 - Bingo* 5:30 - National Healthcare Decision Day - Herb Wilker FREE SUPPER | 28 <u>12:30 - Texas Hold 'Em*</u> 1:30 - Chair Yoga* 5:30 - Dinner* 6:30 - Cards* | 29 12:30 - Cards* | 30 |
| 31 6:30 - Cards* | | | | | | |

Lunch is served at 11 am
\$3.00 donation

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

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

March 2019

Senior Citizens Center, 217 Riley, Celina

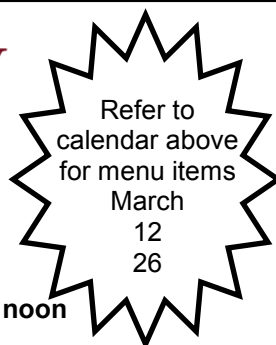
| Monday | Tuesday | Wednesday | Thursday | | Friday |
|---|---|--|---|---|---|
| | | | | | 1 |
| | | | | | Beef Manhattan Mashed Potatoes Buckeye Brownie |
| 4 | 5 | 6 | Lunch 7 | Dinner 7 | 8 |
| BBQ Shredded Pork/ Bun Creamy Cole Slaw Chilled Peaches | California Blend Soup Fish Brd/Bun Oatmeal Raisin Cookie | Pizza Casserole Tossed Salad/ Dressing Ice Cream | Hot Dog/Bun Baked Beans Chilled Pears | Glazed Ham Scalloped Potatoes Vegetables Carrot Cake | Lasagna Soup Sausage Slider Dessert |
| 11 | 12 | 13 | Lunch 14 | Dinner 14 | 15 |
| Ham Sandwich Potato Triangles Chilled Peaches | Loaded Potato Soup Grilled Cheese 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 Bread Stick Pudding |
| 18 | 19 | 20 | Lunch 21 | Dinner 21 | 22 |
| Chicken Tenders/ Roll Seasoned Green Beans Mandarin Oranges | Stuffed Pepper Soup Turkey/Provolone Slider Brownie | Creamy Potato Soup Fried Bologna Sandwich Chilled Peaches | Beef Marzetti Wax Beans Garlic Bread Peanut Butter Tart | Garlic Herb Chicken Rice Pilaf Zucchini Parmesan Pineapple | Tomato Soup Grilled Cheese Fruit Cocktail |
| 25 | 26 | 27 | Lunch 28 | Dinner 28 | 29 |
| BBQ Shredded Beef/ Bun Potato Triangles Chilled Diced Pears | Ham & Bean Soup Cottage Cheese Cornbread Chilled Peaches | SOUP COOK OFF!!! Free lunch - please register!! | Sausage & Pepper Sub Corn Nuggets Chilled Fruit Cocktail | Roast Turkey & Gravy Home Style Dressing Veggie Mix Pumpkin Pie | Cheeseburger/Bun BBQ Potato Chips Creamy Cole Slaw Rainbow Sherbet |

Remote Sites

Fort Recovery Public Library

113 N Wayne Street
Fort Recovery, OH 45846

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



Maria Stein Shrine of the Holy Relics

2291 Saint Johns Road
Maria Stein, OH 45860

Serving every Wednesday at noon
\$3.00 donation



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

March 7

Roast Turkey with Poultry
Gravy
Bread Stuffing
Capri Vegetable Blend
Cherry Pie

March 14

Meatloaf
Scalloped Potatoes
Cauliflower
Dinner Roll
Assorted Cookie

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.

March 21

Beer Battered Fish
Tater Tots
Creamy Coleslaw
Peanut Butter Bar

March 28

Crunchy Baked Ranch Chicken
Rosemary Roasted Potatoes
Cream Corn
Dinner Roll
Fresh Fruit Cup

Return Service Requested

Place label here
March 2019

March 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.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.