



April 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

Here's a personal piece of trivia – April 8 is Mr. Green's birthday. He's a quiet, no-fuss kind of guy, but I love the opportunity to spoil him. I usually make some gumbo and peanut butter cookies because those are two of his favorites and I rarely make them any other time. I want to make his day extra special because I want him to know how special he is to me. I'll confess, I have days where I take him for granted. I forget to thank him for taking care of the trash, paying the bills, feeding the cats in the morning and making sure that the yard is mowed and the cars are running. It reminds me of all the things that the MCCoA does – not for the recognition, but because we are here to help and glad to do it. I often take for granted that the services we provide don't just happen for the sake of it. They happen because there is a dedicated staff who come to work every day ready to provide a smiling face, a kind word, a helping hand. I take for granted that they do these things not simply to take home a paycheck, but to brighten the lives of all with whom they come in contact. I sometimes take for granted that people will come and eat meals with us, make crafts, play cards, attend music therapy. I forget that we are providing a service and that we need to continue to do it well, so that the parking lot is full and there is activity around us. I realize that I just don't say thank you enough. So here are my overdue thank yous: To my husband for being supportive and loving; to my staff for being so caring and welcoming; and to our friends and clients for continuing to trust us and spend time with us. May *your* April be filled with appreciation and thanks.

Sharon M. Green

Humor of the Day

What is the most frustrating thing about being a tree?

It's having so many limbs and still not being able to walk.

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

Find us on the web at
www.mccoa.net



Find us on:
facebook®





Welcome Spring!!

Thursday April 26 at 1:30 pm in the annex, Charlene Guingrich will lead us using fresh flowers and greens to make a **spring flower arrangement**.

Pre-register by April 19

to ensure adequate supplies are available. Cost is \$10. Please bring scissors or nippers for clipping flowers. Open to anyone. Class will be limited to 15 participants.

Thursday April 5 at 11:30 Join us for our **Red Hat party!!** Come play trivia, April (our version of Bingo), socialize, have a yummy snack and more! All are welcome. Call Tash to let her know you will be joining in the fun 419-586-1644.



Sunshine Singers

Practice is on Mondays. We meet at 2 pm on the first Monday and at 3 pm on the others. All singers are welcome!

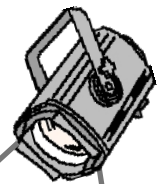
Toe nail trimming, provided by Community Health Professionals, is the second Wednesday each month in the Annex. Cost is \$15.00 and begins at 1:00 pm. First come, first served.

Spotlight on Chore Services !!!

Meet Doug Shema and Mike Ewry, the dynamic duo who head up the Chore program. In the summer, look for Lloyd Sarasin. He helps during June, July, and August when things are particularly busy.

They are here to help with minor household clean-ups and repairs to keep you safe in your home. Some examples of work they do are trimming shrubs, washing windows, shampooing carpets, installing grab bars, changing hard-to-reach light bulbs and more. They don't do light housework, lawn mowing, major home or appliance repair or anything involving reaching a second story. And while they don't perform electrical, plumbing or roofing repairs, they are willing to assess the situation and help you find the best way to resolve it.

Many factors go into scheduling chores, such as weather, previous commitments, and funding. They also help with keeping the Senior Center clean and running smoothly. Because chores are high in demand, especially during the warmer months, please understand that if you have additional items you'd like done during an already scheduled appointment, the guys will have to book those at a later date so that they can keep on schedule for the day.



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, April 3, 6:00 pm - Food for Thought is an opportunity to talk about grief experiences and enjoy the company of those around you, all while bonding over a potluck dinner. Please bring a dish to share with other participants. This event is free and open to the public. Anyone can attend. This group meets the first Tuesday of each month.

Tuesday, April 10, 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. Community Health Professionals will provide activities. This group meets from 6:30 p.m. to 7:30 p.m. on the second Tuesday of each month. For additional information, please contact Sharon or Amy at 419-586-1644.

Wednesday, April 11, 10:00 am - Medicare 101 in the Annex. 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.

Thursday, April 19, 11:00 am - Dalton with the Area Agency on Aging will present Nuts-What's the story? He will have great information on the good, the bad, how much, the whole story! This presentation will be given during lunch, so if you would like to join us please call by Wed. April 18 to order your meal. You do not have to eat with us to come listen to this great information.

Monday, April 23, Noon - State of the Heart Hospice will present a Lunch and Learn. They will be discussing what Hospice is, how it has changed and what types of services are available. Hospice offers more than end-of-life care. Please call us at 419-586-1644 by April 18 to reserve a spot.

Tuesday, April 24, 5:30 pm - Medicare 101 at the Coldwater Library. (See above for details)

Wednesday, April 25, 11:00 am - Renee Muhlenkamp from Mercer County Community Development will give a short presentation on Fair Housing.



Even if you don't know how, now is the time to learn!! Join us for **Line-Dancing** on Tuesdays at 12:45. It's FREE, it's FUN... it's FANTASTIC... hope to see you there!!!



MARK YOUR CALENDARS!!

May 17 - 22 GARAGE SALE
May 21 - Labeling Newsletters
June 28 - Puzzle Tournament
June 28 - How to prepare flowers to exhibit at the fair
August 1 - MOB at the Shrine
More details to come...

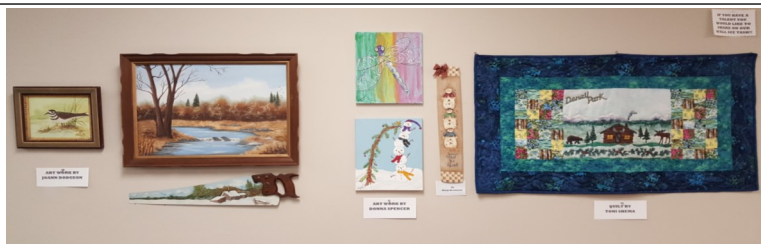


Cards!

Come and play with us. Every Thursday and Sunday we play euchre at 6:30. And on Fridays we play euchre, pinochle, sheep head and bridge at 12:30. If you like to play cards, join us for a great time!!



Free Hearing Aid Cleaning - Dr. Meiring will be here at 9:30 am on Thursday, April 5.



Art Display

DON'T BE SHY!!! Bring in your creations!!
Thank you to the **NEW** artists who are sharing their special talents!! We want to display your talent at the Council on Aging. Call Tash to get more information 419-586-1644.



CRAFT CLASS: Monday, April 16 at 12:00 pm. We will be making Bird Feeders. It is sure to be a day of laughter and fun. If you have a favorite mug you want to use feel free to bring it. Cost is \$2.00. Call and sign up at 419-586-1644.

Monday, April 30 at 12:00, **Art class with Anna Fisher**. You will be using water colors on an 8x10 canvas to create this beautiful lighthouse scene. Everything you need for this fun filled afternoon is provided. Cost is \$12.00. Registration is required 419-586-1644.



Adventures in Music

The 2nd and 4th Thursday of each month is Adventures in Music 11:30 - 12:15. Music is beneficial for any individual, both physically and mentally, through improved heart rate, reduced anxiety, stimulation of the brain, and improved learning. Join Brittany for a free, fun, and relaxing adventure. Call ahead to eat lunch with us before class.



Carla Niblick leads us every Thursday from 1:30 to 2:30 pm for **Chair Yoga**. Classes are \$3.00.



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

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

May 25 - Little Shop of Horrors at LaComedia, cost: \$77

May 30 - Snooty Fox, cost: \$69

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 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

Neighborhood Nurse Schedule

April 11 - Blood pressure and Glucose Testing.

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



A big THANK YOU to everyone who helped make the March Garage Sale a success!! We made \$13,700 this sale.

2018 Senior Farmer's Market

The 2018 Senior Farmer's Market Applications are now available. Contact the office at 419-586-1644 for more information.

We have many volunteer opportunities at the Senior Center. Such as teaching a class, providing entertainment, or helping serve lunches. We are always looking for garage sale volunteers to take donations, sort and set up, run checkouts and clean up after the sale!

Call Tash at 419-586-1644 to find out more.

Easter Sunday

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

BASKET

BOUQUET

BUNNY

CANDY

CHICK

CHOCOLATE

DYED

EASTER

EGGS

GRASS

GRATITUDE

HUNT

JELLY BEANS

LILY


PARADE

SUNDAY

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

April 2018

Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 6:30 - Cards* 	2 2:00 - Sunshine Singers Practice	3 <u>12:30 - Bridge*</u> 12:45 - Line Dancing 6:00 Grief Support Group	4 12:30 - Bingo*	5 9:30 - Free Hearing Aid Cleaning 11:30 - Red Hats 1:30 - Chair Yoga* 5:30 - Dinner* 6:30 - Cards*	6 12:30 - Cards*	7
8 6:30 - Cards*	9 3:00 - Sunshine Singers Practice	10 <u>12:30 - Bridge*</u> 12:45 - Line Dancing 6:30 Alzheimer's Support Group	11 10:00 Neighborhood Nurse BP & Glucose Testing <u>10:00 - Medicare 101</u> 12:30 - Bingo* <u>1:00 - Toe Nail Trimming*</u>	12 11:30 - Adventures in Music <u>1:00 - Board Mtg</u> 1:30 - Chair Yoga* 5:30 - Dinner* 6:30 - Cards*	13 12:30 - Cards*	14
15 6:30 - Cards*	16 12:00 - Craft Class - Bird Feeders* 3:00 - Sunshine Singers Practice	17 <u>12:30 - Bridge*</u> 12:45 - Line Dancing	18 12:30 - Bingo*	19 11:00 - Nuts - What's the Story? 1:30 - Chair Yoga* 5:30 - Dinner* 6:30 - Cards*	20 12:30 - Cards*	21
22 6:30 - Cards*	23 10:00 - Label Newsletter 12:00 - Lunch & Learn 3:00 - Sunshine Singers Practice Daily Garage Sale Donations Accepted	24 <u>12:30 - Bridge*</u> 12:45 - Line Dancing 5:30 - Medicare 101 at the Coldwater Library Daily Garage Sale Donations Accepted	25 11:00 - Fair Housing Presentation 12:30 - Bingo* Daily Garage Sale Donations Accepted	26 11:30 - Adventures in Music <u>1:30 - Floral Arranging*</u> 1:30 - Chair Yoga* 5:30 - Dinner* 6:30 - Cards* Daily Garage Sale Donations Accepted	27 12:30 - Cards* Daily Garage Sale Donations Accepted	28 9 to 1 Garage Sale Donations Accepted
29 6:30 - Cards*	30 12:00 Art Class - Water Color Painting* 3:00 - Sunshine Singers Practice Daily Garage Sale Donations Accepted	An * denotes that there is a fee for this activity. <u><i>Italics/underlined will be held in the Annex.</i></u>				

Note: Menu items are subject to change.

April 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	
2 Cheesy Cavatappi Stewed Tomatoes Dinner Roll Moose Track	3 Garden Vegetable Soup/Saltines Ham & Swiss/Bun Grapes	4 Chipped Beef SOS Biscuit Green Beans Cookie	5 Enchilada Casserole Refried Beans Salsa/Sour Cream Peaches	6 Tuna Casserole 5 Way Veggies Roll Pears	5 Oven Fried Chicken Sweet Potato Casserole Green Peas Cheesecake
9 Wisconsin Cheese Soup/Crackers Ham Slider Grapes	10 Cheeseburger Baked Beans Gelatin Jewels	11 Pork Fritter Sandwich Tator Tots Pineapple	12 Chicken Pot Pie (peas & carrots in it) Biscuit Apricots	13 Beef Manhattan Mashed Potatoes Brownie	12 Baked Pork Chop Scalloped Potatoes Green Beans Cupcake
16 BBQ Shredded Pork/ Bun Cole Slaw Peaches	17 Veggie Beef Soup Tuna Salad Sandwich Cookie	18 Taco Salad Salsa/Sour Cream Spanish Rice Ice Cream	19 Hot Dog/Bun Baked Beans Pears	20 Lasagna Soup Sausage Slider Pineapple	19 Chicken Breast/ Gry Hashbrown Casserole Peas & Onions Carrot Cake
23 LUNCH & LEARN FREE LUNCH PROVIDED AT NOON	24 Stuffed Pepper Soup Saltine Crackers Hot Turkey Slider Brownie	25 Potato Soup/ Saltines Fried Bologna Sandwich Peaches	26 Beef Marzetti Green Beans Garlic Bread Butterscotch Tart	27 Tomato Soup Saltine Crackers Grilled Cheese Spudsters Fruit Cocktail	26 Pot Roast/Au Jus Mashed Potatoes Capri Mix Vegetables Fruit
30 Shredded Beef/Bun Potato Wedges Pears					

Remote Sites

Fort Recovery Public Library

113 N Wayne Street
Fort Recovery, OH 45846

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

April 10

Cheeseburger
Baked Beans
Gelatin Jewels

April 24

Stuffed Pepper Soup
Saltine Crackers
Hot Turkey Slider
Brownie

Maria Stein Shrine of the Holy Relics

2291 Saint Johns Road
Maria Stein, OH 45860

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

April 4

Chipped Beef SOS
Biscuit
Green Beans
Cookie

April 11

Pork Fritter Sandwich
Tator Tots
Pineapple



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

April 5

Chicken Pot Pie
Tossed Salad
Cheese Biscuit
Peach Crisp

April 12

Parmesan Breaded
Pork
Spaghetti Noodles
Spinach
Garlic Bread
Tapioca Pudding

Meals are served at noon in the community room. Call at least 24 hours in advance. Please call **419-678-9800**. Seating is limited to 20.

April 19

Chicken & Dumplings
Lima Beans
Tossed Salad
Dinner Roll
Carrot Cake

April 26

Ham & Potato Au
Gratin
Green Beans
Dinner Roll
Cinnamon Maple Apple

Return Service Requested

Place label here
April 2018

April 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.