



November 2019

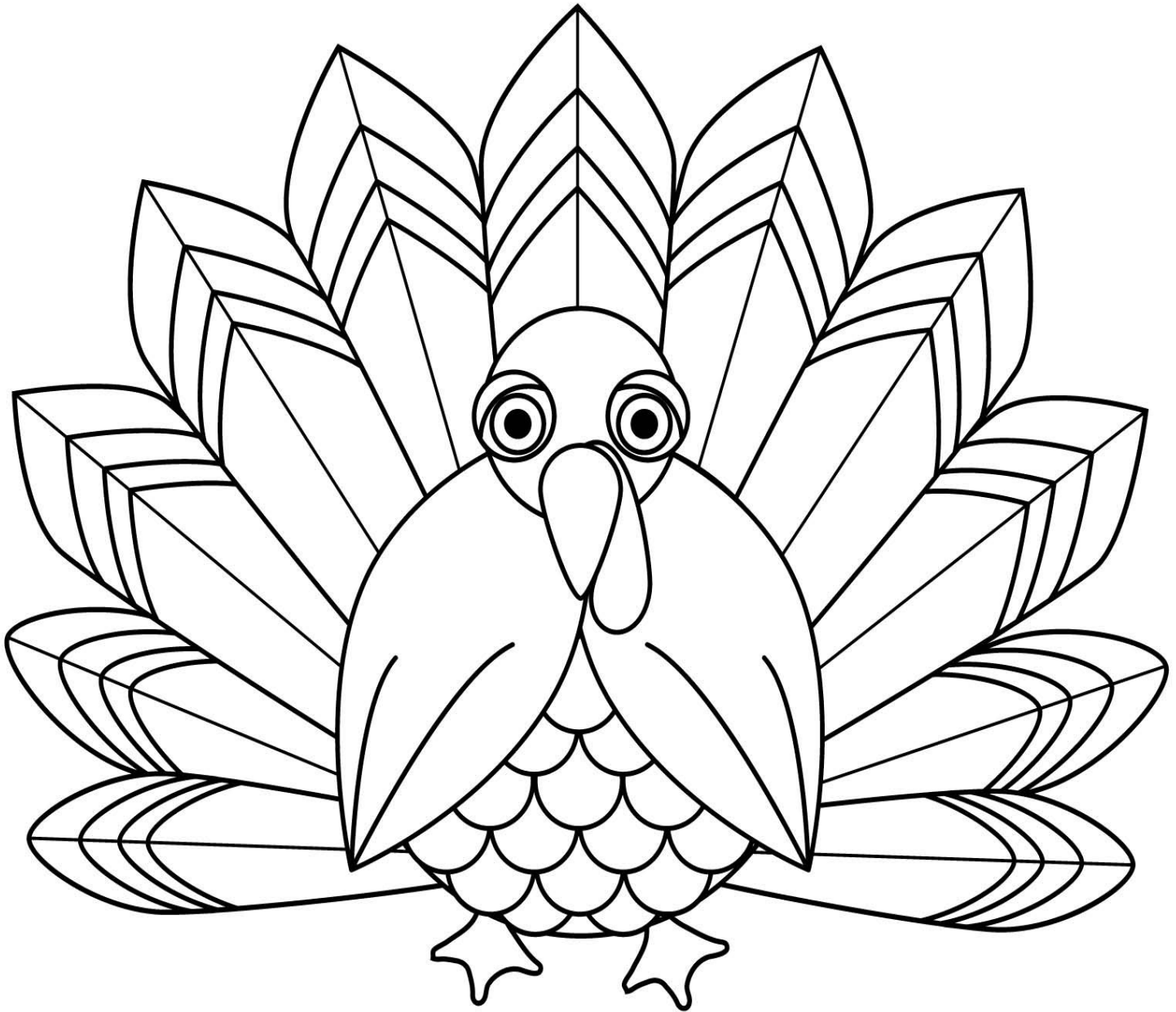
MERCER COUNTY COUNCIL ON AGING

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.



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



From the Director's Desk:

For two years in a row, I got the flu shot in the Fall and wound up with the flu in the Spring. And when I say flu, I am not talking about the 24 hour stomach bug that people often get and refer to as the flu. I am talking about full on 104 degree fever, shoot-me-now, doctor-diagnosed flu. Mr. Green was a good sport and nursed me back to health through all of my moaning and groaning. Yet, despite its recent track record with me, I will be getting my flu shot again this year. Why? Because I have a compromised immune system and I fully believe without the shot, those two episodes of the flu would have been significantly worse and life threatening. As we age, and for those of us with autoimmune diseases, we become more susceptible to catching whatever illness is going around. Where and how we pick them up varies, but there are ways in which we can protect ourselves and others. I worked for Fort Wayne Community Schools prior to moving to Celina and all of us were taught to cough or sneeze into the crook of our elbow. It takes some getting used to, but it goes a long way in making sure that germs don't get left on door knobs and pencils and other items people may pick up and use after you have touched them. But one of the best ways to protect others is to stay home if you are not feeling well. If you have a cold or a bug, take a day or two and rest. Cards, bingo and other activities at the Center will be here waiting for you when you are feeling better. If you receive homemaker services or have chore workers scheduled to come to your home, please reschedule. Exposing staff can have a ripple effect. If a homemaker gets sick then that could mean up to five or six other people who won't get their services and rescheduling that many people can get sticky. As we head into cold and flu season, remember to wash your hands often, and we will continue to disinfect tables out in the Center to prevent the spread of germs. Let's all do our part to keep each other healthy and happy this winter. Mr. Green will thank you.



Sharon M. Green



Garage sale set up will begin in the main building on Tuesday, October 29. Set up in the 6 bay (furniture building) is on Monday, November 4 starting at 9:00 am. If you have a couple of hours come join the guys and help move things around!

GARAGE SALE

Set Up Oct 29 to Nov 6
Clean Up Nov 12

Our last garage sale of the year will run Thursday, November 7 through Monday, November 11. If you are interested in helping with a check out station, packing up on last day or clean up on Tuesday, please give Tash a call. Every little bit of help sure makes a big difference!



Garage Sale Hours

Thursday	Nov 7	8:30 am	6:30 pm
Friday	Nov 8	8:30 am	4:00 pm
Saturday	Nov 9	9:30 am	4:00 pm
Sunday	Nov 10	9:30 am	4:00 pm
\$3.00/Bag - Clothing only. Other Items 1/2 price.			
Monday	Nov 11	8:30 am	4:00 pm
Bag Day \$1.00 each bag with a second bag FREE All items included.			

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!

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, November 6, 11:00 am - WOCAP will be here leading a discussion on Community Service Block Grants (CSBG).

CANCELLED for November - Chat with Linda.

Wednesday, November 6, 9:15 am to 4:15 pm - Medicare Part D Open Enrollment at the Coldwater Library. Let us help you find the best plans for your prescription needs and determine if there might be a pharmaceutical assistance program to help with your expenses next year! It will take approximately 30 minutes. Call today to schedule your appointment.

Saturday, November 9, 9 am to 11 am - Medicare Part D Open Enrollment at the Mendon Library. Let us help you find the best plans for your prescription needs and determine if there might be a pharmaceutical assistance program to help with your expenses next year! It will take approximately 30 minutes. Call today to schedule your appointment.

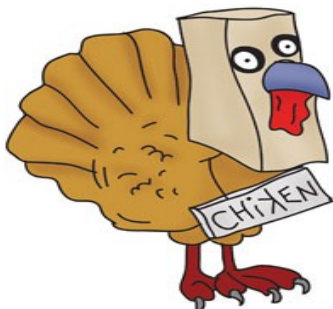
Tuesday, November 12, 1:00 pm to 6:30 pm - Medicare Part D Open Enrollment at the Fort Recovery Library. Let us help you find the best plans for your prescription needs and determine if there might be a pharmaceutical assistance program to help with your expenses next year! It will take approximately 30 minutes. Call today to schedule your appointment.

Wednesday, November 13, 9:15 am to 4:15 pm - Medicare Part D Open Enrollment at the St Henry Library. Let us help you find the best plans for your prescription needs and determine if there might be a pharmaceutical assistance program to help with your expenses next year! It will take approximately 30 minutes. Call today to schedule your appointment.

Friday, November 15, 10 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, 800 W. Main Street, Coldwater, in the Luken Meeting Room located on the first floor in the East Wing. If you have questions contact Amy Buening 419-586-1644.

Wednesday, November 20, 1:00 pm to 6:00 pm - Medicare Part D Open Enrollment at the Coldwater Library. Let us help you find the best plans for your prescription needs and determine if there might be a pharmaceutical assistance program to help with your expenses next year! It will take approximately 30 minutes. Call today to schedule your appointment.

Tuesday, November 26, 1:00 pm to 7:00 pm - Medicare Part D Open Enrollment at the St Henry Library. Let us help you find the best plans for your prescription needs and determine if there might be a pharmaceutical assistance program to help with your expenses next year! It will take approximately 30 minutes. Call today to schedule your appointment.



1. Can a turkey jump higher than the Empire State Building? Yes - a building can't jump at all.
2. Why didn't the Pilgrim want to make the bread? It's a crummy job.
3. What are unhappy cranberries called? Blueberries!
4. Why did the police arrest the turkey? They suspected it of fowl play!
5. Which side of the turkey has the most feathers? The outside
6. What's the sleepest thing at the Thanksgiving table? NAP-kins
7. How does a turkey drink her wine? In a gobble-let
8. Which Thanksgiving food has grandchildren? The Gran-berry sauce!
9. Why did the Indian chief wear so many feathers? To keep his wigwam.
10. Why do turkeys always go, "gobble, gobble"? Because they never learned good table manners!

MARK YOUR CALENDAR!!

December 2 - Craft - Plastic Canvas Reindeer

December 4 - Alzheimer's & Dementia - Effective Communication Strategies

December 4 - WOCAP - Lead Abatement Presentation

December 4 - Chat with Linda - Alzheimer's - One on One

December 10 - Christmas Carry In

December 11 - Neighborhood Nurse

December 16 - Label Newsletter

December 16 - Art Class

December 17 - Christmas Lights & Cookies

December 19 - All Day Quilt Group

December 24 & 25 - Offices closed for Christmas

December 26 - Texas Hold 'Em

December 31 - Offices close at noon for New Years

December 31 - New Year's Eve Party

Lending Library - Did you know that we have a wide range of books located in the main building at the center? Many of the books are large print and all are allowed to be borrowed. Stop by today and check out our selection!!



**Our offices will be closed
Thursday, November 28 & 29
to celebrate Thanksgiving!**

Spotlight on the MCCoA Newsletter!!!



You may not realize just how many people are involved in creating the newsletter for you each month. From everyone at the center doing our best to get pertinent and fun information gathered, to Tom Kirk of Designer Imaging, who does the printing, to our receptionist Mary and the volunteers prepping for mailing, and last but not least, the chore guys getting them to the Post Office.

We are happy to mail the newsletter to anyone who is interested in staying current with the events and opportunities we offer. All you need to do is to call us at 419-586-1644 and give our receptionists your current name and address. We will get you added to our list. You should receive your first newsletter by the next month. If you don't, please call and check in with us.

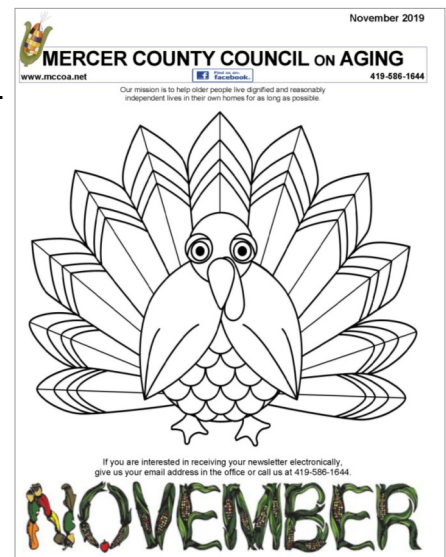
We also send the newsletter by email. If you would rather receive it that way, just make sure to give your working email address when you call in.

Current and older newsletters are also listed on our web page. Visit www.mccoa.net to find them. They are in full color and downloadable.

It is a big challenge to keep the address database current. In the effort to minimize postage costs, we have a favor to ask of you. If you know you are moving or going to be out of town please let us know in advance. We are happy to make updates and will add you again when you are ready!!



Did you know that Tom Kirk of Designer Imaging prints our monthly newsletters? Let's give him a big THANK YOU!!



CHRISTMAS CARRY IN



Mark your calendars!!!! It's Christmas carry-in time!!!! Tuesday, December 10 at noon we will celebrate Christmas together! Tickets are \$1.00 and will be available from Monday, November 11 through Monday, December 2. Don't delay! Last year we ran out of room and had to turn people away. Bring your own table service and a dish to share. Chicken, potatoes and drinks will be provided. Noah Back from West Alexandria will be our entertainment. He first started performing in public at the age of 12, so he has been delighting audiences for half his life. His major musical influences are John Denver, Elvis Presley, Johnny Cash and the Bee Gees. When asked what kind of music he likes to play, he always says, "Whatever you want to hear." His repertoire is made up of songs from the 20's to the present. Come join us for a great afternoon of good food, good friends, great entertainment and fun for all!!



Free Craft Class - Monday, November 25 at 11:30 am. We will be making a Thanksgiving decoration. This craft is free to everyone who eats with the lunch

bunch that day. Remember, meal reservations are due no later than noon the day before. If someone would like to take the class but not eat lunch the cost is \$2.00. All supplies will be provided. A sample is located near the kitchen.



Craft Class - Thursday, November 14 at 9:30 am Toni Shema will be teaching us to make **No Sew Christmas Ornaments**. All supplies will be provided. Cost is only \$6.00. Class size is limited, so call and register today. Stop by the display wall beside the kitchen and see samples of our upcoming craft projects!



Craft Class - Monday, November 18 at noon. Do you have loved ones you would like to send a personalized Christmas card

to this holiday season? Join Toni Shema and make 2 incredible Christmas cards. Class is only \$10.00. All supplies will be furnished. Space is limited so call and sign up today 419-586-1644.



In addition to our Thursday class, Carla Niblick has agreed to continue teaching Monday chair yoga classes. Classes will be scheduled at 12:30 on Mondays beginning November 4. This will alleviate traveling in the dark!! Classes are \$3.00. **Mark your calendars and plan to join us!!**



Volunteer Appreciation Dinner
Our Volunteer appreciation
dinner was wonderful!!
Thank you again to everyone who
volunteers at the Center!!





Come join
the fun!!



November 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><u><i>Italicized and underlined</i></u> activities are held in the Annex.</p> <p>Activities marked with an * have a fee.</p> <p>Activities marked with () are off campus.</p>					1	2
					<p><u>11:00 - Lunch Bunch*</u></p> <p><u>12:30 - Bridge*</u></p> <p>Garage Sale Set Up</p>	
3	4	5	6	7	8	9
<p><u>6:30 - Cards*</u></p>	<p><u>11:00 - Lunch Bunch*</u></p> <p><u>12:30 - Chair Yoga*</u></p> <p>Garage Sale Set Up</p>	<p><u>11:00 - Lunch Bunch*</u></p> <p><u>12:30 - Bridge*</u></p> <p>Garage Sale Set Up</p>	<p>(9:15 to 4:15 - Part D Compare - Coldwater Library)</p> <p><u>11:00 - Lunch Bunch*</u></p> <p><u>11:00 - WOCAP Community Service Block Grant (CSBG) Presentation</u></p> <p>(12:00 - Lunch - Shrine - Maria Stein*)</p> <p><u>12:45 - Line Dancing</u></p> <p>Garage Sale Set Up</p>	<p><u>11:00 - Lunch Bunch*</u></p> <p><u>1:30 - Chair Yoga*</u></p> <p><u>5:30 - Dinner*</u></p> <p><u>6:30 - Cards*</u></p> <p>8:30 to 6:30 GARAGE SALE</p>	<p><u>11:00 - Lunch Bunch*</u></p> <p><u>12:30 - Bridge*</u></p> <p>8:30 to 4:00 GARAGE SALE</p>	<p>(9 to 11 - Part D Compare - Mendon Library)</p> <p>9:30 to 4:00 GARAGE SALE</p>
10	11	12	13	14	15	16
<p><u>6:30 - Cards*</u></p> <p>9:30 to 4:00 GARAGE SALE</p>	<p><u>11:00 - Lunch Bunch*</u></p> <p><u>12:30 - Chair Yoga*</u></p> <p>8:30 to 4:00 GARAGE SALE</p>	<p><u>11:00 - Lunch Bunch*</u></p> <p>(12:00 - Lunch - Ft Recovery Library*)</p> <p><u>12:30 - Bridge*</u></p> <p><u>12:45 - Line Dancing</u></p> <p>(1 to 6:30 - Part D Compare - Ft Recovery Library)</p> <p>GARAGE SALE CLEAN UP</p>	<p>(9:15 to 4:15 - Part D Compare - St Henry Library)</p> <p>10:00 Neighborhood Nurse BP & Glucose Testing (Flu shots - if available - call ahead to check)</p> <p>11:00 - Lunch Bunch*</p> <p>(12:00 - Lunch - Shrine - Maria Stein*)</p> <p><u>12:30 - Bingo*</u></p> <p><u>1:00 - Toe Nail Trimming*</u></p>	<p><u>9:30 - NO Sew Christmas Ornaments*</u></p> <p>11:00 - Lunch Bunch*</p> <p><u>1:00 - Board Mtg</u></p> <p><u>1:30 - Chair Yoga*</u></p> <p><u>5:30 - Dinner*</u></p> <p><u>6:30 - Cards*</u></p>	<p>(10:00 Alzheimer's Support Group - Mercer Health - Luken Room)</p> <p>11:00 - Lunch Bunch*</p> <p><u>12:30 - Cards*</u></p>	
17	18	19	20	21	22	23
<p><u>6:30 - Cards*</u></p>	<p>9:30 - Label Newsletter</p> <p>11:00 - Lunch Bunch*</p> <p><u>12:30 - Chair Yoga*</u></p> <p><u>12:00 - Stamp Card Project*</u></p> <p>3:00 - Sunshine Singers Practice</p>	<p>11:00 - Lunch Bunch*</p> <p><u>12:30 - Bridge*</u></p> <p><u>12:45 - Line Dancing</u></p>	<p>11:00 - Lunch Bunch*</p> <p>(12:00 - Lunch - Shrine - Maria Stein*)</p> <p><u>12:30 - Bingo*</u></p> <p>(1 to 6 - Part D Compare - Coldwater Library)</p>	<p><u>8:00 - All Day Quilt Group</u></p> <p>11:00 - Lunch Bunch*</p> <p><u>1:30 - Chair Yoga*</u></p> <p><u>5:30 - Dinner*</u></p> <p><u>6:30 - Cards*</u></p>	<p>11:00 - Lunch Bunch*</p> <p><u>12:30 - Cards*</u></p>	
24	25	26	27	28	29	30
<p><u>6:30 - Cards*</u></p>	<p>11:00 - Lunch Bunch*</p> <p>11:30 - Lunch Bunch CRAFT - Thanksgiving decorations</p> <p><u>12:30 - Chair Yoga*</u></p> <p>3:00 - Sunshine Singers Practice</p>	<p>11:00 - Lunch Bunch*</p> <p>(12:00 - Lunch - Ft Recovery Library*)</p> <p><u>12:30 - Bridge*</u></p> <p><u>12:45 - Line Dancing</u></p> <p>(1 to 7 - Part D Compare - St Henry Library)</p>	<p>11:00 - Lunch Bunch*</p> <p>(12:00 - Lunch - Shrine - Maria Stein*)</p> <p><u>12:30 - Bingo*</u></p>	<p>HAPPY THANKSGIVING</p>  <p>OFFICES CLOSED</p>	<p>HAPPY THANKSGIVING</p> <p>OFFICES CLOSED</p>	

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

November 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
Note: Menu items are subject to change.				1 Beef Manhattan Mashed potatoes Parsley Garnish Iced Pumpkin Cookie
4 BBQ Shredded Pork/bun Creamy Cole Slaw Peaches	5 California Blend Soup Fried Bologna Sand Cookie	6 Pizza Pasta Casserole Whole Grain Bread Stick Tossed Salad Ice Cream	Lunch 7 Hot Dog on Bun Baked Beans Pears	Dinner 7 Spaghetti Garlic Bread Salad Sweet Treat 8 Chili Soup Grilled cheese Éclairs
11 Two Stuffed Shells Marinara Plain Bread Stick Broccoli Peaches	12 Cheeseburger on Bun Potato Triangles Pears	13 Bratwurst Mashed Potatoes Sauerkraut Wheat Bread Cranberry Velvet	Lunch 14 Beef Stew Biscuit Grapes	Dinner 14 Sausage/Sauerkraut Baked Beans Mashed Potatoes Lt. Gravy Dinner Roll Sweet Treat 15 Spaghetti & meatballs Tossed Salad Garlic Bread Tapioca Pudding
18 Breaded chicken tenders / Roll Green Beans Ranch dressing Mandarin oranges	19 Stuffed pepper soup Saltine crackers Hot turkey/Swiss slider Brownie	20 Creamy potato soup Saltine crackers Fried bologna sandwich Chilled peaches	Lunch 21 Beef Marzetti Green Beans Garlic bread PB cookie	Dinner 21 Baked Chicken Butter Noodles Cole Slaw Dinner Roll Sweet Treat 22 Tomato soup Saltine crackers Grilled cheese Fruit cocktail
25 Shredded beef on Bun Potato triangle Pears	26 Ham & Bean Soup Cottage cheese salad Cornbread Peaches	27 Sloppy Joe on bun Crispy Cubes Cookie	Lunch 28 HAPPY THANKSGIVING OFFICES CLOSED	Dinner 28 HAPPY THANKSGIVING OFFICES CLOSED 29 HAPPY THANKSGIVING OFFICES CLOSED

Remote Sites

Fort Recovery Public Library

113 N Wayne Street
Fort Recovery, OH 45846

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

Nov 12 - Tin Cupboard

Italian Grilled Chicken
Breast
Rice
Green Beans
Dessert

Nov 26 - IGA

Shredded Turkey Manhattan
Green Beans
Pumpkin Pie

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
\$3.00 donation

November 7

Pork Fritter
Brown Gravy
Capri Vegetable Blend
AuGratin Potatoes
Vanilla Pudding

November 14

Meatloaf
Mashed Potatoes
Sugar Snap Peas
Brown Gravy
Brownie

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.

November 21

BBQ Pork Ribette
Scalloped Potatoes
Green Beans
Cherry Pie

November 28

Turkey Pot Roast
Cheesy Mashed Potatoes
Peas & Carrots
Mandarin Oranges

Mercer County Caregiver Group

Presented by:

Alzheimer's Association

Northwest Ohio

3rd Friday of every month at 10 AM

Mercer Health Mercer County Community Hospital in the
Luken Meeting Rm. (located on the first floor in the East
Wing)
800 W. Main Street, Coldwater

Amy Buening 419-586-1644

Visit alz.org/nw ohio to learn more about caregiver programs
and resources. To further extend your network of support,
visit ALZConnected®, our online community, at

Build a support system with people who understand.

Alzheimer's Association® caregiver
support groups, conducted by
trained facilitators, are a safe place for
caregivers, family and friends of persons
with dementia to:

- Develop a support system.
- Exchange practical information
on caregiving challenges and
possible solutions.
- Talk through issues and ways
of coping.
- Share feelings, needs and concerns.
- Learn about community resources.

800.272.3900 | alz.org®



THANKSGIVING DAY

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

AMERICA
CORNBREAD
CORNUCOPIA
CRANBERRIES
DESSERT
FALL
FAMILY
GOBBLE
GRATTITUDE
HARVEST
HOLIDAY

MAIZE
MAYFLOWER
PIE
PILGRIM
PLYMOUTH
PUMPKIN
SQUASH
STUFFING
TURKEY
WISHBONE
YAMS

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

Outreach Reachin' Out:

Don't be a **TURKEY** this fall!



Every Fall Seniors start to receive tons of mail encouraging them to purchase this Medicare insurance plan or that insurance plan. One of the most important pieces of information you should have already received is an ANOC. "What in the world is an ANOC?" you say.

*"If you're in a Medicare plan, your plan will send you a **"Plan Annual Notice of Change" (ANOC)** each fall. The ANOC includes any changes in coverage, costs, or service area that will be effective in January."*

This is an important piece of mail that you do NOT want to miss! We are already seeing clients come in with prescription drug plans where the **premium has jumped practically \$20-30 per month!** Not sure if you saw your ANOC or mistook it for junk mail, but we encourage you to make an appointment so we can ensure you won't incur a new unwanted expense. Now is the time to make sure you don't have prescription co pays that will become hard to manage next year!

You have until **Saturday, December 7th** to make these changes, which means MCCoA staff will only be available until Friday, December 6th! After that time, you will be locked in to your current plan for 2020 and will not be able to change it until next fall, unless you meet low income standards.

So, come in and see the outreach staff - Gloria Miller or Amy Buening to make sure you won't be a turkey in 2020!

Plus.....we really like to see you!



2020 Prescription Drug Compare

Date		Time	Library	Address	City
Wed	Nov 6	9:15 am to 4:15 pm	Coldwater Library	305 W Main St	Coldwater
Sat	Nov 9	9 am to 11 am	Mendon Library	105 W Market St	Mendon
Tue	Nov 12	1 pm to 6:30 pm	Fort Recovery Library	113 N Wayne St	Ft Recovery
Wed	Nov 13	9:15 am to 4:15 pm	St. Henry Library	200 E Main St	St Henry
Wed	Nov 20	1 pm to 6 pm	Coldwater Library	305 W Main St	Coldwater
Tue	Nov 26	1 pm to 7 pm	St. Henry Library	200 E Main St	St Henry

Return Service Requested

November 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.