

February 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

February is one of my favorite months. My niece Meg (who will be graduating from college with a degree in music therapy) and my niece Emilie (who will be graduating from high school) were born on Valentine's Day. Matt and I celebrate the Day of Love with a tradition of putting a monetary limit on our Valentine's Day gifts (last year it was \$20.00), so it challenges us to be extra creative. My favorite gift that he got me years ago was a coffee mug with a picture of himself. The picture has faded, but it always brings a smile to my face and reminds me of how special he is to me.

February is also the shortest month, but here at the Center, we are squeezing as much in as possible. We have two support groups. Grief support is on the first Tuesday of the month and Alzheimer's support is on the second Tuesday of the month. Meal sites are going strong in Celina, St. Henry, Fort Recovery, and Maria Stein. Matter of Balance classes will be wrapping up, Garage Sale set up will be underway and there will continue to be craft classes, quilting, chair yoga, cards, Bingo and music therapy, and the gym is open five days a week. We will have some special speakers and our usual guests – Neighborhood Nurse, Dr. Meiring, and Community Health Professionals to clip toenails. Whew!

And did you know that February 11 is National Peppermint Patty Day? While this falls on a Sunday, I am happy to celebrate with you on Monday. Just pop in my office and we can share a treat and a smile.

Sharon M. Green

Humor of the Day

"Imagination was given to man to compensate him for what he is not; a sense of humor to console him for what he is."

~ Sir Francis Bacon

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®



Floral Arrangement Classes!!!!!! Charlene Guingrich will teach how to create a flower arrangement on Thursday, February 8 at 10:00. You must register by February 5. The cost for class is \$12.00. Registration is required and prepayment is suggested. Class will be limited to 15 participants. Please bring nippers or scissors for clipping flowers.

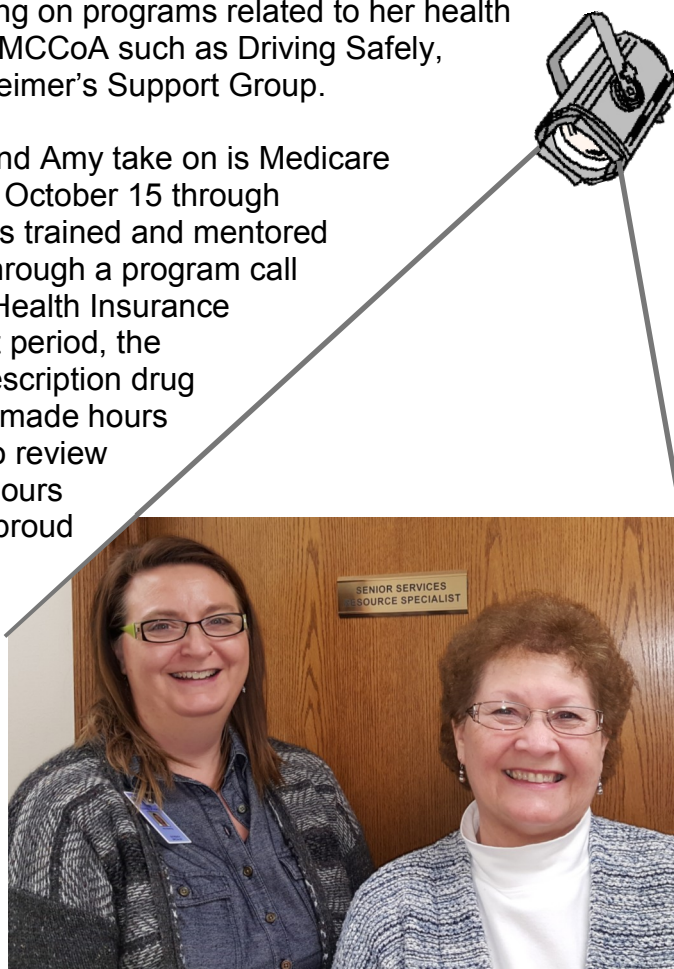



Red Hats will meet on February 1 at 11:30 am. Join us as we have a fun afternoon with games, food and good friends. Please call Tash at 419-586-1644 to let her know if you plan to attend.

Spotlight on Outreach!!!

Gloria Miller and Amy Buening are the outreach specialists here at MCCoA. The outreach specialists are at the center performing assessments and determining ways to assist seniors with their needs in a variety of ways. Gloria has been with the center for a “glorious” 34 years developing much of what the outreach program is today! Gloria has a rich knowledge on insurance related issues and is a true gem to our staff. Amy was added to the staff in October of 2015 on a part-time basis and then became full-time in January of 2017. Amy came to the center with experience in Occupational Therapy as an assistant in multiple health care environments. She is working diligently to learn the many responsibilities that Gloria has done throughout the years. In addition, Amy has been working on programs related to her health expertise to benefit the seniors here at MCCoA such as Driving Safely, CarFit, Matter of Balance, and the Alzheimer’s Support Group.

One of the responsibilities that Gloria and Amy take on is Medicare Annual Open Enrollment, which occurs October 15 through December 7. Each outreach specialist is trained and mentored by the Ohio Department of Insurance through a program call OSHIP, which stands for Ohio Senior Health Insurance Information Plan. During the enrollment period, the Center is bustling to review seniors’ prescription drug plans Medicare (Part D). This year, we made hours available at each library in the county to review plans, as well as continue to maintain hours here at MCCoA! The outreach team is proud to announce that we were able to meet individually with around 220 clients during the last quarter of the year **and were able to save seniors over \$103,000 in prescription drug costs!** We are thrilled to report these numbers to you and look forward to working with more seniors in 2018!






Cards!

During Garage Sale Set Up **Thursday and Sunday Cards** will be held in the Annex: Feb 22 & 25. Also, **Friday cards** on Feb 23 will be held at Miller Place, 1506 Meadowview Drive Celina with a later start time of 1:00 pm.

INTRODUCING “Play For Fun”

Every Monday from 1:30 to 3:30
Totally Free - Totally for Fun
Come and play pinochle, euchre or 500 for fun, someone will be available to help teach, or refresh your skills. Note: We will be in the Annex on Monday Feb 19 & 26.

Free Hearing Aid Cleaning.



Dr. Meiring will be here at 9:30 a.m. on Thursday, February 1.

Toe nail trimming, provided by Community Health Professionals, is the second Wednesday of each month at a cost of \$15.00. It is offered in the Annex beginning at 1:00 pm.

MARK YOUR CALENDARS!!

March 1 - 6 Garage Sale
March 12 - Art Class
March 19 - Labeling Newsletters
March 20 - Spring Carry In
March 26 - Craft Class
March 30 - Offices Closed

More details will be in the March Newsletter

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, February 6 at 6 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.

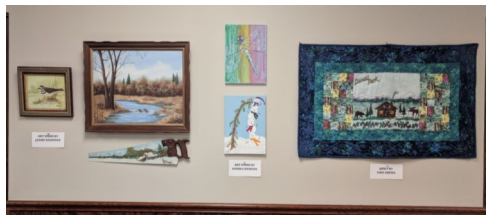
February 7 at 11:30 am - Dr. Jennalee Rauh with West Central Ohio Podiatry will give a presentation on *the importance of foot care*. She will discuss how to make sure you are taking the best care of your feet, things to look for that could be potential health risks and to answer any questions you may have.

Tuesday, February 13, 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.

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 if you would like to help.

NEW POLICY

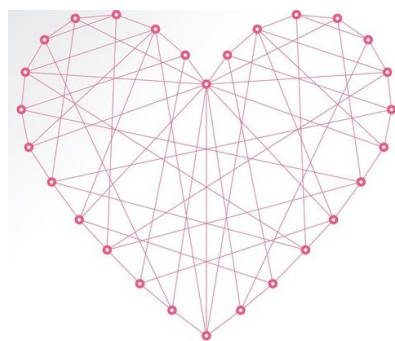
The MCCoA has instituted a new cold weather policy. If temperatures hit ten below zero with wind chill, MCCoA activities are cancelled and transportation services will be limited to medical only. This policy is to ensure the safety of our seniors as well as the safety of our drivers.



Art Display

A big thank you to the artists who are sharing their special talents!! Stop in to see the artistic talents on

display now. We invite others who enjoy painting, photography, crocheting, knitting, or other crafts to bring them in so we can showcase them!! We want to display your talent at the Council on Aging. Call Tash to get more information 419-586-1644.



CRAFT CLASS:

Tuesday, February 6 at 3:00 pm we will be making a String Art project! Class fee is \$12.00. All supplies will be furnished. Please register by January 30, just call 419-586-1644. Stop in the center to see an example.

Join us for **Line-Dancing** Tuesdays at 12:45 pm in the main building. Note: Line Dancing will be in the Annex on Wednesday February 21 & 28 due to the garage sale!!

Neighborhood Nurse Schedule

February 28 - Blood pressure and cholesterol.

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

Join us for **Music Therapy** the second and forth Wednesday of the month at 11:30. There is no charge, so come and enjoy!!



Carla Niblick leads us every Thursday at 1:30 pm for **Chair Yoga**. Classes are \$3.00 each and last an hour. Class will be in the Annex on Feb 22.



GARAGE SALE

Daily Donations	Feb 5 to 17	8:30 to 4
Saturday Donations	Feb 10 & 17	9 to 1
Set Up	Feb 20 to 27	
Clean Up	Mar 7	

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!

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.

Garage Sale Hours

Thursday	Mar 1	8:30	6:30
Friday	Mar 2	8:30	4:00
Saturday	Mar 3	9:30	4:00
Sunday	Mar 4	9:30	4:00
Bag Day \$3.00 (each bag) Clothing Only			
Monday	Mar 5	8:30	4:00
Bag Day \$2.00 (each bag) Clothing Only			
Tuesday	Mar 6	8:30	4:00
Bag Day \$1.00 each bag with a second bag FREE			

Remote Site Meals February 2018

Lunch is served at Noon for a \$3.00 donation.

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

Fort Recovery Public Library

113 N Wayne Street
Fort Recovery, OH 45846

**2nd & 4th Tuesdays
Served at noon**

February 13
Ham & Bean Soup
Cottage Cheese
Cornbread
Chilled Peaches

February 27
Cheeseburger on Bun
Baked Beans
Fall Gelatin Jewels

Maria Stein Shrine of the Holy Relics

2291 Saint Johns Road
Maria Stein, OH 45860

**1st & 2nd Wednesdays
Served at noon**

February 7
Creamy Potato Soup
Saltine Crackers
Fried Bologna Sandwich
Chilled Peaches

February 14
Sloppy Joe on Bun
Corn Nuggets
Chilled Apricots

THE GARDENS

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

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

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.

February 1
Parmesan Breaded Pork
Spaghetti Noodles
Spinach
Garlic Bread
Tapioca Pudding

February 8
Chicken & Dumplings
Lima Beans
Tossed Salad
Dinner Roll
Carrot Cake

February 15
Ham & Potato Au Gratin
Green Beans
Dinner Roll
Cinnamon Maple Apple
Cake

February 22
Swiss Chicken
Rice Pilaf
Dilled Carrots
Dinner Roll
Apple Orchard Bar

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

AMETHYST	MARDI GRAS
AQUARIUS	PISCES
CHINESE NEW YEAR	PRESIDENTS' DAY
FEBRUARY	SUPER BOWL
FISH (Pisces)	VALENTINES DAY
FLAG DAY	VIOLET
GROUNDHOG DAY	WATER BEARER

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

February 2018

Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 9:30 - Hearing Aid Cleaning 11:30 - Red Hats 1:30 - Chair Yoga* 5:30 - Dinner* 6:30 - Cards*	2 12:30 - Cards*	3
4 6:30 - Cards*	5 1:30 - Play For Fun Daily Garage Sale Donations Begin	6 <u>12:30 - Bridge*</u> 12:45 - Line Dancing 3:00 - String Art Class* 6:00 Grief Support Group	7 11:30 - Importance of Foot Care 12:30 - Bingo* <u>2:30 - Matter of Balance</u>	8 <u>10:00 - Floral Class*</u> <u>1:00 - Board Mtg</u> 1:30 - Chair Yoga* 5:30 - Dinner* 6:30 - Cards*	9 12:30 - Cards*	10 9 to 1 Garage Sale Donations Accepted
11 6:30 - Cards*	12 1:30 - Play For Fun	13 <u>12:30 - Bridge*</u> 12:45 - Line Dancing 6:30 Alzheimer's Support Group	14 11:30 - Music Therapy 12:30 - Bingo* <u>1:00 - Toe Nail Trimming*</u> <u>2:30 - Matter of Balance</u>	15 1:30 - Chair Yoga* 5:30 - Dinner* 6:30 - Cards*	16 12:30 - Cards* Daily Garage Sale Donations End	17 9 to 1 Garage Sale Donations Accepted
18 6:30 - Cards*	19 <u>10:00 - Label Newsletter</u> <u>1:30 - Play For Fun</u>	20 <u>12:30 - Bridge*</u> Garage Sale Set-Up	21 <u>12:45 - Line Dancing</u> <u>2:30 - Matter of Balance</u> Garage Sale Set-Up	22 <u>1:30 - Chair Yoga*</u> <u>5:30 - Dinner*</u> <u>6:30 - Cards*</u> Garage Sale Set-Up	23 1:00 - 4:00 pm Cards* at Miller Place Garage Sale Set-Up	24
25 <u>6:30 - Cards*</u>	26 <u>1:30 - Play For Fun</u> Garage Sale Set-Up	27 <u>12:30 - Bridge*</u> Garage Sale Set-Up	28 <u>10:00 Neighborhood Nurse BP & Cholesterol</u> <u>11:30 - Music Therapy</u> <u>12:45 - Line Dancing</u> <u>2:30 - Matter of Balance</u>	An * denotes that there is a fee for this activity. <u>Italics/underlined will be held in the Annex.</u>		

February 2018

On Site Meals

Lunch served at 11:00 am, donation \$3.00.
Dinner served at 5:30 pm, donation \$5.00.

Call 419-586-1644, 24 hours
 in advance to reserve your meal!

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Beef Stew Biscuit Fruit Trio Sweet & Sour Chicken Rice Veggies Oranges	2 Baked Spaghetti Salad/Dressing Breadstick Pudding
5 Chicken Tenders Mac & Cheese Ranch Dressing Mandarin Oranges	6 Stuffed Pepper Soup Saltine Crackers Hot Turkey Slider Brownie	7 Potato Soup/Saltines Fried Bologna Sandwich Peaches	8 Beef Marzetti Green Beans Garlic Bread Butterscotch Tart Garlic Herb Chicken Rice Pilaf Zucchini & Squash Pineapple	9 Tomato Soup Saltine Crackers Grilled Cheese Spudsters Fruit Cocktail
12 Shredded Beef/Bun Potato Wedges Pears	13 Ham & Bean Soup Cottage Cheese Salad Cornbread Peaches	14 Sloppy Joe/Bun Corn Nuggets Chilled Apricots	15 Italian Sausage Sub Fries Chilled Fruit Cocktail Roast Turkey/Gravy Dressing Mixed Veggies Pumpkin Dessert	16 Cheeseburger/Bun BBQ Chips Cole Slaw Sherbet
19 <u>Cheesy Cavatappi</u> <u>Stewed Tomatoes</u> <u>Dinner Roll</u> <u>Moose Track</u>	20 <u>Garden Vegetable</u> <u>Soup/Saltines</u> <u>Ham & Swiss/Bun</u> <u>Grapes</u>	21 <u>Chipped Beef SOS</u> <u>Biscuit</u> <u>Green Beans</u> <u>Cookie</u>	22 <u>Enchilada Casserole</u> <u>Refried Beans</u> <u>Salsa/Sour Cream</u> <u>Peaches</u> <u>RESIDENT'S</u> <u>CHOICE</u>	23 <u>Tuna Casserole</u> <u>5 Way Veggies</u> <u>Roll</u> <u>Pears</u>
26 <u>Wisconsin Cheese</u> <u>Soup/Crackers</u> <u>Ham Slider</u> <u>Grapes</u>	27 <u>Cheeseburger</u> <u>Baked Beans</u> <u>Gelatin Jewels</u>	28 <u>Pork Fritter Sandwich</u> <u>Tator Tots</u> <u>Pineapple</u>		<i><u>Italics/underlined will</u></i> <i><u>be held in the Annex</u></i>

Note: Menu items are subject to change.

Return Service Requested

Place label here

February 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.