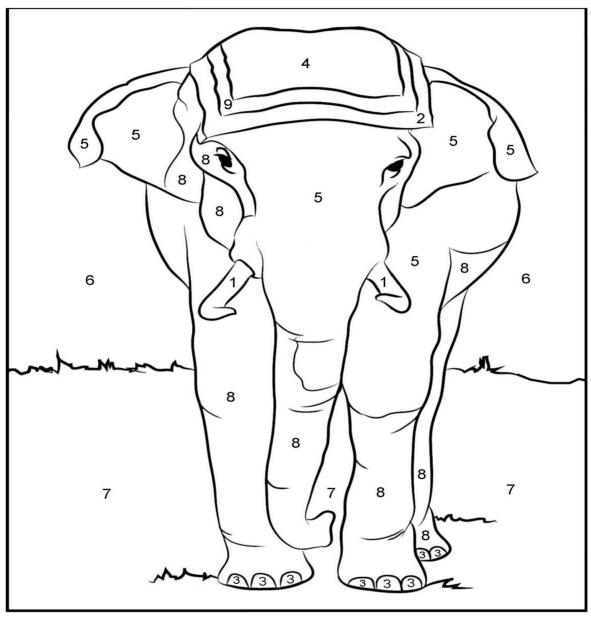


Our mission is to help older people live dignified and reasonably independent lives in their own homes for as long as possible.



1= Light Gray 2 = Orange 3 = Sand 4 = Dark Red 5 = Medium Gray 6 = Light Blue 7 = Chartreuse 8 = Dark Gray 9 = Dark Blue

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:

This year, Major League Baseball's annual All-Star game was played in Cleveland. Two things I love – baseball and Cleveland. I have loved baseball since I was a kid and my grandfather would take us to see the Orioles play. I have loved Cleveland since I fell in love with Mr. Green. He grew up in Parma and went to Cleveland State and I feel an obligation to embrace a city that has played such a big role in my husband's life. So I have combined my love of baseball and my love of Cleveland and I am now a huge Cleveland Indians fan (never mind that I actually promised in my wedding vows to root for Cleveland sports teams). We have a summer tradition of going to at least one game before the end of the season. Another tradition is to watch the Fourth of July fireworks together. We have done this every



year for the last 19 years—even when Mr. Green lived in North Carolina and I lived in Indiana, we made it happen. What are some of the summer traditions you have developed over the years? What are some that you'd like to start? What are some that have ended? Traditions are a hard thing to let go of. They become a fabric of who we are, what holds meaning and memories as we move forward in life. They provide comfort and stability in a sea of change. A tradition that has been a part of Senior Day at the Fair is coming to an end. Bingo will no longer be offered. This was not an easy decision and in some respects the decision was out of local hands. State regulators have frowned upon "games of chance" at county fairs for years, and Mercer County was one of the last hold outs. Last year, the new bingo cards that the fair had purchased didn't work well and created all sorts of problems. It just seemed a good time to try something new. This year we will host trivia. Everyone will have an opportunity to win and there will be plenty of prizes. I



promise, it will be fun. If you really want to play bingo, I invite you to the Senior Center the day after Senior Day at the Fair. Our bingo is airconditioned, you can hear well, you don't have to balance a bingo card on your lap, and we have lots of prizes to choose from.

Sharon M. Areen



If you are a Homemaker Client, we ask that you please turn on your air conditioning when your homemaker is in your home doing their work. Thank you.



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, August 7, 11 am - "WOCAP" will be here leading a discussion on the biggest needs in the community for seniors. They would love your feedback on any issues or concerns you are having. Please come and join in this very important discussion.

Wednesday, August 7, 1 pm to 3 pm - "<u>*Chat with Linda*</u>" in the Annex. 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.

Monday, August 12, 12:30 pm - Class 3 - Financial POA & More. You have options! Learn the ways someone you trust can help you manage your money by a Power of Attorney or other methods. Class includes the methods available and possible risks. You will also be able to have these documents written up after this class in the clinic portion of this class.

This is the 3rd class in a 4 part series presented by Legal Aid of Western Ohio, **Plan Ahead & Protect Yourself Legal Series for Seniors.** This series is about: Your legal rights, legal resources you can access and ways to handle legal issues. Legal Aid of Western Ohio will be here to present each of the classes and clinics. **Registration is required 419-586-1644 for all classes**. After you have registered with us, the Legal Aid office will call you to set appointments to write up your legal documents during the 3rd and 4th class clinics. This is all **FREE**! Space is limited so please call to register. The fourth class will be on Monday, September 9 covering Wills & Estates.

Thursday, August 15, 2 pm - Medicare 101 at the St Henry Library. *Dave Painter* from the Ohio Department of Insurance will provide objective information on **Medicare** enrollment, benefits and options. He will also discuss ways to lower costs and offer resources for assistance.

Friday, August 16, 10 am - Alzheimer's Support Group at Mercer Health in Coldwater. The group will meet the third Friday of every month in the Luken Room.

Wednesday, August 28, 10 am - <u>Medicare 101</u> 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, August 29, 10 am - Disaster Preparedness Event. Free training on being prepared for emergencies. Participants must preregister (space is limited) and will receive a free disaster preparedness kit. To register call the Area Agency on Aging 3 at 567-940-9751.



WE NEED YOUR HELP

Have you ever heard the statement "Many hands make the work light?" In my experience it is very true. I know you see this in almost every newsletter.... But we are putting it out once again. We need your help. As you probably know, we have five garage sales each year. Did you know that we use the funds raised from those sales to help the seniors in Mercer County? If you have even a spare hour or two each month that you could donate helping us prepare for the next sale, it would be so very appreciated. If you haven't had the chance to meet Tash Schulze you are missing a

wonderful opportunity. She works diligently and efficiently helping people find the perfect fit for their volunteer desires. I encourage you to take a moment today, look at your calendar, and give Tash a call. She is very busy so if she can't come to the phone, leave her a message. She will call you back. You will be glad you did. We have a lot of fun. Thanks for helping out!!!

MARK YOUR CALENDAR!!

September 2 - Offices closed in honor of Labor Day September 4 - Linda Pollitz - Alzheimer's - One on One September 9 - Legal Aid - Wills & Estates September 9, 10, & 11 - Garage Sale Set Up September 12 - Back Lot Garage Sale (8:30 to 6:30 4 & 6 bay only) September 12 - Medicare 101 - Coldwater Hospital -Dave Painter - ODI September 16 - Label Newsletter September 16 - Art Class September 17 - Craft - Fall color wreaths & leaves <u>September 19 - All Day Quilt Group</u> September 24 - Craft - No Sew Pine Cones September 24 - Medicare 101 - Marion Twp Library September 26 - Texas Hold 'Em

More details to come...



1st place winner- Marilyn Wendel 2nd place winner- Larry Kuhlhorst



Spotlight on our OFFICE MANAGER!!!

Hi, I'm Mike Fuller. Mercer County is my adopted home, having moved here after I married a Mercer County girl. My first contact with the Council on Aging came when my mother-in-law became ill and we started getting help with taking care of her. Thanks to the hard work of my wife, and the outstanding help we received at the Center, we were able to keep her in our home with us as long she needed. I thought then this place was special, and I am glad to get the chance to be part of that now. I'm sure I have met some of you in my travels as a Driver for Mercer County Council on Aging Transportation Department. I look forward to meeting the rest of you in my new position as Office Manager.

I am very grateful for this chance to be even more of a help to our team here at the

Senior Center. As a Driver, I always felt like I was on the front line helping folks get to all the places they needed to go. As Office Manager, I will be part of helping solve some of those same problems, but I will also have more time to help all the wonderful people here at the Council on Aging. Helping all the wonderful Seniors we call friends and clients, is the real reason we all work here.

I may be moving more in the background now, and I want to give all the credit due to the amazing people I work with, the ones that make the center a clean, bright place filled with good food, good company, and fun activities. Those of you that come here, know what I'm talking about. Those of you that don't know what I mean, come on in and see what all the buzz is about, we'd love to have you.

Let me close by saying to all my friends, old and new, please look me up when you are at the Center, I really do look forward to talking with you.







Senior Day at the Fair

Join us Tuesday, August 13 as the Mercer County Fair honors Seniors.

11:00 Lunch and entertainment by Rock Island Plows

12:30 King & Queen contest

3:30 Trivia

HELP!!! We need a few volunteers to help pick up door prizes for Senior Day at the Mercer County Fair. The Senior Fair board will have contacted all the venders all we need to do is just stop in the week before the fair to pick them up! Let Tash know if you can help out.



Art Class - Monday, August 19 at Noon. Join Anna Fisher as vou create a beautiful canvas beach scene painting. Cost is only \$10.00 which includes all supplies needed. Call 419-586-1644 to reserve your space!





Wii Bowling Tournament!!!!!! There is still time to get your team together and join the MCCoA Wii bowling league! Each team consists of 4 bowlers. Each team will bowl a total of 7 weeks, each time you

will bowl 2 games. You have

until Friday, October 4 to complete your games!!! Call and get your team signed up today!!!

Craft Class - Thursday, August 1 at 12:30 pm. Join Tash and Dawn as we make these fun and pretty pine cone flowers. Let your creativity flow as we paint and create some beautiful flower arrangements from all different kinds of pine







August 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<i>Italicized and unde</i> held in the Annex. Activities marked v			1 12:30 - Craft - Pine Cones* 1:30 - Chair Yoga* 5:30 - Dinner* 6:30 - Cards*	2 12:30 - Cards*	3
4	5	6	7	8	9	10
6:30 - Cards*	2:00 - Sunshine Singers Practice 6:30 pm - Chair Yoga*	<u>12:30 - Bridge*</u> 12:45 - Line Dancing	11:00 - WOCAP Presentation 12:30 - Bingo* 1:00 - Chat with Linda Pollitz - Alzheimer's	<u>1:00 - Board Mtg</u> 1:30 - Chair Yoga* 5:30 - Dinner* 6:30 - Cards*	12:30 - Cards*	
11	12	13	14	15	16	17
6:30 - Cards*	12:30 - Plan Ahead & Protect Yourself - Part 3 3:00 - Sunshine Singers Practice 6:30 pm - Chair Yoga*	<u>12:30 - Bridge*</u> SENIOR DAY AT MERCER COUNTY FAIR	10:00 Neighborhood Nurse BP & Glucose Testing 12:30 - Bingo* <u>1:00 -Toe Nail</u> <u>Trimming*</u>	8:00 - All Day Quilt Group 1:30 - Chair Yoga* 2:00 - Medicare 101 St Henry Library - Dave Painter 5:30 - Dinner* 6:30 - Cards*	10:00 Alzheimer's Support Group - Mercer Health - Luken Room 12:30 - Cards*	
18	19	20	21	22	23	24
6:30 - Cards*	9:30 - Label Newsletter 12:00 - Art Class - Painting - Beach Scene 3:00 - Sunshine Singers Practice 6:30 pm - Chair Yoga*	<u>12:30 - Bridge*</u> 12:45 - Line Dancing	12:30 - Bingo*	<u>12:30 - Texas Hold</u> <u>'Em*</u> 1:30 - Chair Yoga* 5:30 - Dinner* 6:30 - Cards*	12:30 - Cards*	
25	26	27	28	29	30	31
6:30 - Cards*	3:00 - Sunshine Singers Practice 6:30 pm - Chair Yoga*	<u>12:30 - Bridge*</u> 12:45 - Line Dancing	<u>10:00 -</u> <u>Medicare 101</u> 12:30 - Bingo*	10:00 - Disaster Preparedness 1:30 - Chair Yoga* 5:30 - Dinner* 6:30 - Cards*	12:30 - Cards*	

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

August 2019

Senior Citizens Center, 217 Riley, Celina

Monday	Tuesday	Wednesday	т	hursday	Friday
			Lunch 1	Dinner 1	2
Note: Menu items are subject to change.	5		Shredded Beef/Bun Potato Salad Chilled Fruit	Sausage/Kraut Mashed Potatoes White Gravy/Green Beans Dinner Roll Sweet Treat	Garlic Bread
5	6	7	Lunch 8	Dinner 8	9
Sloppy Joe/Bun Potato Cubes Brownie	Grilled Cuban Sandwich Cole Slaw Mandarin Orange Fluff	Hamburger/Bun Baked Beans Fruit	Chicken Tender Salad Grapes	Turkey/Stuffing Baked Beans Cole Slaw Sweet Treat	Beef Manhattan Mashed Potatoes Fruit Cup
12	13	14	Lunch 15	Dinner 15	16
Fruited Chicken Salad Plate Crackers Mousse	Creamy Potato Soup Fried Bologna Sandwich Fruit	Homemade Pizza Salad/Dressing Peaches	Meatball Sandwich Steak Fries Rice Crispy Bar	Chicken Tenders Macaroni & Cheese Peas & Carrots Ice Cream Bar	Cheese Plate
19	20	21	Lunch 22	Dinner 22	23
Egg Salad Sandwich Pasta Salad Peaches	Cream of Tomato Soup Grilled Cheese Fruit Trio	BBQ Shredded Pork/ Bun Cheese Puff Cole Slaw Ice Cream	Minestrone Soup Sloppy Joe/Bun Fruit	Potato Wedges Applesauce	BBQ Chicken Wings Loaded Potatoes Roll Fruit Cocktail
26	27	28	Lunch 29	Dinner 29	30
Hamburger/Bun Tater Tots Ice Cream	Chef Salad Plate/ Dressing Roll Cookie	Mac N Cheese Stewed Tomatoes Roll Grapes	Vegetable Beef Soup Tuna Salad Sandwich Peaches	Minute Steak Mashed Potato Brown Gravy/Corn Dinner Roll Sweet Treat	Salad/Dressing Garlic Bread



at St. Henry 419-678-9800

522 Western Avenue St Henry, OH 45883 419-678-9800 **Every Thursday** \$3.00 donation

Capri Vegetable Blend

Honey Glazed Pork Chop Mashed Potatoes Seasoned Carrots Rhubarb Crumble Pie

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.

August 15

Turkey Roast AuGratin Potatoes Peas & Carrots Cherry Pie

August 22

Chicken Noodle Soup Egg Salad Sandwich Broccoli Salad **Red Grapes**

August 29

Sweet & Sour Meatballs Rice Pilaf Sugar Snap Peas Wheat Bread Apple Pie

MEDICARE 101 CLASSES

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, they can address additional questions, as well as potential cost savings options.

Find the class that best suits you!!

If you have questions, please call 419-586-1644. To verify dates and times, visit our web page: www.mccoa.net



DATE - TIME	LOCATION	Address	City	INSTRUCTOR
Thu, August 15 2 PM	St Henry Branch Library	200 E Main St	St Henry	Dave Painter- ODI
Wed, August 28 10 AM	MCCoA (Annex)	217 Riley St	Celina	MCCoA Outreach
Thu, September 12 2 PM	Coldwater Hospital (Luken & Sanderell Meeting Rooms)	800 W Main St	Coldwater	Dave Painter- ODI
Tue, September 24 6 PM	Marion Township Library	5 E Franklin St	Chickasaw	MCCoA Outreach
Tue, October 22 3 PM	MCCoA (Main Building)	217 Riley St	Celina	Dave Painter- ODI

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Outreach Reachin' Out:

Spoofers, Scammers, and Robocalls Oh My!



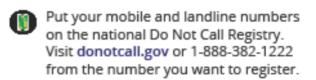
Well it may seem we are in Kansas these days, but there are some disasters at home that we can prevent with a little vigilance.

With vigilance and due diligence we can avoid new scam techniques that

might get us into some trouble by inadvertently giving out important information. The Federal Communications Commission (FCC) indicates that, "Scammers use a technique known as spoofing to mask their caller ID on your phone and disguise their identities to steal valuable personal information, including your bank account passwords and Social Security number." Recent scams that have been recognized in our county are people posing as Federal Emergency Management Agency (FEMA) agents and scammers calling stating they are with Medicare to sell durable medical equipment (which is Medicare fraud). For the most recent list, the FCC "post timely articles on the FCC Consumer Help Center website (https://www.fcc.gov/consumers) to alert you to the latest scams and amplify consumer warnings from Social Security and other government agencies." Also, "consumers can keep track of these alerts by following @FCC on Twitter."

The FCC gives us good advice in the FCC | Consumer Connections article about "What You Can Do" to help prevent a potential disaster; so take these tips into consideration to help fight the reductions in scams, spoofs, and robocalls!

FCC | CONSUMER CONNECTIONS What You Can Do



Research apps, services or devices that help block unwanted calls.

- Don't answer calls from unknown callers. That could verify you have an active line. Never call back an unfamiliar number - it may lead to a scam.
 - Spoofed caller ID numbers may trick you into answering. If you answer a spoofed call, hang up immediately. Do not respond to even simple questions or requests.

 - Scam callers may pretend to represent an organization, business or even a government agency. Never reveal any personal or financial information unless you can independently verify the caller.
 - FCC rules offer protection against unwanted calls and texts. File a complaint with the FCC to help us determine where to take action. Visit consumercomplaints.fcc.gov

Find web resources and learn more at www.fcc.gov/robocalls



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August 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.