



August 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

I got a new smart phone for my birthday, and I love it. It also makes me realize that the way we communicate with each other has changed drastically over the last 20 years. When Mr. Green and I first started dating 18 years ago, we had landlines and e-mail to keep in touch (he took a job in North Carolina while I stayed behind in Indiana). As the years progressed and phones got more advanced, we loved the ease of being able to text. I still love texting. I can let Mr. Green know if I'm working late and he can ask me to remember to pick up bananas on my way home from work. It's quick, it's not invasive and I don't have to worry about turning a quick "on my way" into a 15 minute conversation. My mother, on the other hand, hates texting. She says that it is impersonal and leaves out the touch of human contact. My mother is right. When we text, we are not talking. We don't get a clue as to what the other person might be feeling. We lose the inflection of voice so sometimes a text's true meaning can be lost and even cause unnecessary hurt feelings. Hearing someone's voice can have a positive effect on our day. It helps us know someone cares. It makes us feel connected when we might otherwise feel isolated. Did you know that MCCoA has a daily call program? We have wonderful volunteers that will make a morning call to anyone who would like that personal connection. The individuals who call are cheerful, great at conversation, and truly care about each person they are speaking with. If you or someone you know could benefit from this program, please call Tash Schulze at 419-586-1644 to get your name on the list.

Sharon M. Green

Trivia

What product used the slogan "A little dab'll do ya"?

Answer: Brylcreem.

Brylcreem has been around since 1928, but it was originally only sold to barbers. By the 1950s, it was one of the most popular hairstyling products for men.

The Home Energy Assistance Summer Crisis Program is now available through August 31, 2018. Individuals who are 60 and older with a household income at or below 175% of the poverty level are eligible for this bill assistance program. Call Western Ohio Community Action Partnership (WOCAP) at 844-221-9447 to see if you qualify, and to apply for the program.

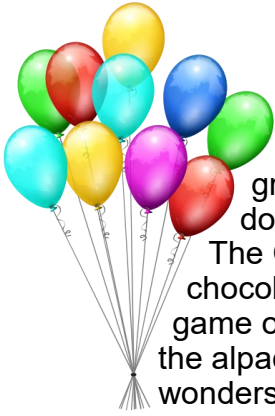
If you are interested in receiving your newsletter electronically give us your email address in the office or call us at 419-586-1644.

Find us on the web at www.mcco.net



Find us on:
facebook®





PARTY ON THE PATIO

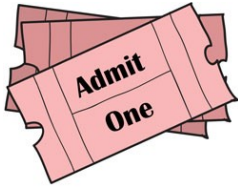
We are once again hosting our Party on the Patio from Noon to 4:00 pm on Monday, August 20th. Bring your kids and grandkids and enjoy an ice cream sundae donated by Briarwood, cookies donated by The Gardens of Celina, or dip some fruit in the chocolate fountain. Move outside and enjoy a game of corn hole or hillbilly golf! Meet and pet the alpaca. Watch Phil and Cheryl Fennig do wonders with wood as they create some wonderful animals for you to take home! At 2:00 pm, Jim Barron will amaze and entertain us with his Magic Show! Some of you might recognize Jim from the morning show on WBCL Radio! At 3:00 pm we will feature a drumming circle lead by Brittany Scheer. Door prizes will be awarded throughout the day. If you would like to eat lunch at the center before the party starts, just let us know. We will be happy to reserve your lunch at a cost of \$3.00.



JIM BARRON
Will present a hilarious performance of illusion and fun.



Spotlight on Senior Day at the Mercer County Fair!!!



Senior Day at the Fair is Tuesday, August 14. MCCoA staff are excited to be playing a greater role than in year's past. We don't expect major changes to the day's events –

there will still be a band 'New Outlook', followed by a free lunch.

(Please call 419-586-3239 to reserve your lunch.) However, we are looking to put a little more spark in the King and Queen activities. This year, anyone who is interested in representing Mercer County as Senior King or Queen will be asked to come on stage and answer some questions. We won't be asking anything that would require an answer of world peace, feed the children or cure cancer; but we might ask what your favorite childhood memory is or what piece of advice you live by. The winners will then be featured in the 2019 Lake Festival Parade. We will be adding a little trivia break during bingo just to mix things up a little bit. Note: the MCCoA west parking lot will be designated as Handicapped Parking and golf carts will take you to your various destinations throughout the day. Remember admission is free for Veterans and seniors age 65 and older!!



Art Class - Monday August 6, at 12:00 pm. An acrylic painting class will be taught by Anna Fisher. Class will cost \$10 each. Call to register 419-586-1644.



Informational Presentations/ Support Groups

The Council on Aging hosts various **informational presentations/support groups**. We encourage you to come and bring friends and families. See the schedule below:

Wednesday, August 8, 10:00 am - Falls & Balance Clinic. Otterbein will be here to teach a Falls & Balance Clinic from 10 to Noon. It will include a series of brief activities to test your balance as well as information about fall prevention. There is no cost to participate.

Wednesday, August 8, 6:30 pm - Medicare 101 at the Rockford Library. This course teaches the basics of Medicare and available health insurance options as you retire. Amy Buening and Gloria Miller 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.

Tuesday, August 14, 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, but please let us know in advance so we can have Community Health Professionals provide activities for them. This 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.

Thursday, August 30, 1:30 pm - We are pleased to present Dave Painter from the Ohio Department of Insurance at the St Henry Branch Library. Dave works for The Ohio Senior Health Insurance Information Program (OSHIIP) to provide objective information on **Medicare** enrollment, benefits and options. He will also discuss ways to lower costs and offer resources for assistance. Get the answers you need at our Welcome To Medicare!



2018 Annual Puzzle Tournament Winners



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



Way to
go!!!



Craft Class - Monday, August 27 - Join us at 12:00. We will be making coffee filter flowers. Everything will be provided. Cost is \$2.00. Call 419-586-1644 to register as space is limited!



MARK YOUR CALENDARS!!

Sept 3 - Offices Closed - Labor Day
Sept 6 - Medicare 101 - Marion Library
Sept 13 - 15 - Back Lot Garage Sale
Sept 20 - All Day Quilt Group
Sept 26 - Medicare 101 - Coldwater Library
Sept 26 - Craft - Pumpkin Pin Cushion
More details to come...

“I’m thinking of a number...”

1

Add up the following numbers out loud, starting at the top, and adding on each number as you go:

1000
40
1000
10
1000
40
1000
10

If you came up with 5,000
(as 99% of people do)
then try it again!!

2

Choose a number.
Add 5.
Double the result.
Subtract 4.
Divide the result by 2.
Subtract the number you started with.
The result is 3.

Pick 4 different starting numbers and prove that
the result will always be 3.



3

What occurs once in a second, once in a minute,
twice in a millennium, but never in a lifetime?

(Answer: The letter “N”.)

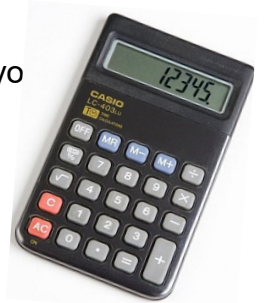
4

Weird things happen with 11.
For example,
in multiplying by 11...
 $111,111,111 \times 111,111,111$
equals
12,345,678,987,654,321.

5

Think of a number.
Add 3
Multiply by 2.
Add 4.
Divide by 2.
Subtract the number you
started with.

(The answer is 5.)



What’s happening?



Fishing with Grandpa and Grandma



Calling all grandparents!!!! Friday, August 17 at 11:30, gather up your grandkids ages 7 – 15 and come join us for a fun afternoon learning about fishing. Shelly Moorman will teach safety and techniques of fishing. Then we will go outside and test your casting skills. This is a free class and fishing equipment will be provided but registration is required as space is limited. Lunch (\$3.00 per person) is served at 11:00, if you would like to join us for lunch, please let us know when you register. Just call 419-586-1644.



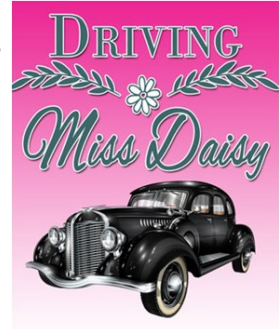
We have a variety of Hearing Aid batteries that have been donated to the Center. They are available FREE to whoever can use them. First come, first served.



Choice Travel

Make the best choice – travel with us!
www.TravelWithChoice.com

It is your last chance!! Sunshine Singers Fundraiser, September 16. Trip includes the show, buffet lunch, and a visit to America's Packard Museum. Cost is \$88.00 per person. Registration deadline is August 16 so call Choice Travel at 419-586-3144 to reserve your spot!!



WE NEED YOUR HELP!! PLEASE help pick up door prizes for Senior Day at the Mercer County Fair. Many businesses from all over the county have graciously donated many fun door prizes, but we need to stop by and pick them up. If you are interested in helping us pick up a few door prizes the week of July 30, call Tash or stop in the office to get more information! Thank you in advance!!

Searching for August

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

AUGUST	SENIOR CITIZENS (Day)
EIGHTH	SUMMER
GLADIOLUS	SUNSHINE
GOLF	SWIMMING
LEO	VACATION
LION (Leo)	VIRGIN (Virgo)
PERIDOT	VIRGO

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

August 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>For more information, please visit our web page: www.mcco.net</p>			1 <u>12:45 - Line Dancing</u> 1-3 MOB Shrine GARAGE SALE CLEAN UP	2 1:30 - Chair Yoga* 5:30 - Dinner* 6:30 - Cards*	3 12:30 - Cards*	4
			5 6:30 - Cards*	6 12:00 - Art Class Acrylic Painting* 2:00 - Sunshine Singers Practice 6:30 - Chair Yoga*	7 <u>12:30 - Bridge*</u> 12:45 - Line Dancing	8 10:00 Neighborhood Nurse 10:00 - Falls & Balance Clinic 12:30 - Bingo* <u>1:00 - Toe Nail Trimming*</u> 1-3 MOB Shrine 6:30 - Medicare 101 - Rockford
12 6:30 - Cards*	13 3:00 - Sunshine Singers Practice 6:30 - Chair Yoga*	14 SENIOR DAY AT FAIR <u>12:30 - Bridge*</u> 6:30 Alzheimer's Support Group	15 12:30 - Bingo* 1-3 MOB Shrine	16 <u>8-8 - All Day Quilt Group</u> 11:30 - Red Hats 1:30 - Chair Yoga* 5:30 - Dinner* 6:30 - Cards*	17 9:30 - Free Hearing Aid Cleaning <u>11:30 - Fishing with Grandpa & Grandma</u> 12:30 - Cards*	18
19 6:30 - Cards*	20 10:00 - Label Newsletter <u>12 - 4 PARTY ON THE PATIO</u> 6:30 - Chair Yoga* Wii Bowling Tournament Begins	21 <u>12:30 - Bridge*</u> 12:45 - Line Dancing	22 12:30 - Bingo* 1-3 MOB Shrine	23 1:30 - Chair Yoga* 5:30 - Dinner* 6:30 - Cards*	24 12:30 - Cards*	25
26 6:30 - Cards*	27 12:00 - Craft - Coffee Filter Flowers* 3:00 - Sunshine Singers Practice 6:30 - Chair Yoga*	28 <u>12:30 - Bridge*</u> 12:45 - Line Dancing	29 12:30 - Bingo* 1-3 MOB Shrine	30 1:30 - Medicare by Dave Painter - St Henry Branch Library 1:30 - Chair Yoga* 5:30 - Dinner* 6:30 - Cards*	31 12:30 - Cards*	

Note: Menu items are subject to change.

August 2018 Meals

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

Senior Citizens Center, 217 Riley, Celina

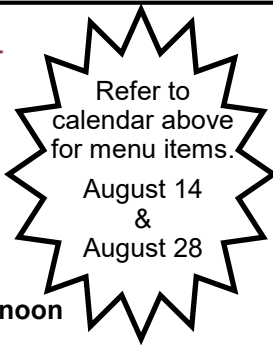
Monday	Tuesday	Wednesday	Thursday	Friday	Thursday Dinner Served 5:30 pm \$5.00 donation
Lunch is served at 11 am - donation \$3.00		1 Pizza Burger Pizza Sauce Sweet Potato Fries Berry Cheesecake	2 Shredded Beef/Bun BBQ Potato Chips Creamy Cole Slaw Chilled Fruit Salad	3 Spaghetti & Meat Sauce / Garlic Bread Tossed Salad Chilled Pears	2 Sweet & Sour Chicken Rice Pilaf Broccoli Florets Mandarin Oranges
6 Sloppy Joe/Bun Crispy Potato Cubes Brownie	7 BBQ Pork Ribette/Bun Creamy Cole Slaw Mandarin Lime Gelatin	8 Hamburger/Bun Baked Beans Fresh Watermelon	9 Chicken Tenders/Roll Green Beans Ranch Dressing Chilled Apricots	10 Beef Manhattan Mashed Potatoes Fresh Fruit Cup	9 Lasagna Tossed Salad Garlic Bread Mandarin Oranges
13 Chicken Salad/ Croissant Potato Chips Pina Colada Mousse	14 NO LUNCH SENIOR DAY AT MERCER COUNTY FAIR	15 Homemade Pizza Tossed Salad Chilled Peaches	16 Chicken Fajita Refried Beans Rice Krispy Bar	17 Breaded Fish Bites Mac & Cheese Chilled Diced Pears	16 Pot Roast Mashed Sweet Potatoes Scandinavian Mix Veg Hot Spiced Apples
20 Hot Dog/Bun Baked Beans Fruit Trio	21 Beef Stew Biscuit Chilled Peaches	22 BBQ Shredded Pork Cheese Puff Creamy Cole Slaw Ice Cream	23 Minestrone Soup Saltine Crackers Sloppy Joe/Bun Fresh Strawberries	24 BBQ Chicken Wings Loaded Potatoes Chilled Apricots	23 Pineapple Glazed Ham Baked Sweet Potato Green Beans Pineapple
27 Hamburger/Bun Tater Tot s Ice Cream Sandwich	28 Chef Salad Plate Hawaiian Rolls Dressing Choice Peanut Butter Cookie	29 Cheesy Cavatappi Stewed Tomatoes Dinner Roll Dessert	30 Vegetable Beef Soup Saltine Crackers Tuna Salad Sandwich Chilled Peaches	31 Spaghetti & Meat Sauce / Garlic Bread Tossed Salad Chilled Pears	30 Pot Roast/Au Jus Mashed Potatoes Capri Mix Vegetables Fruit

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

Now serving every
Wednesday at noon
\$3.00 donation



THE GARDENS ST. HENRY, OHIO at St. Henry

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

August 2
Country Fried Steak
White Pepper Gravy
Mashed Potatoes
Corn
Butterscotch Pudding

August 9
Baked Glazed Ham
Scalloped Potatoes
Green Peas
Wheat Bread
Peanut Butter Bar

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 16
Chicken Rice Casserole
Broccoli
Dinner Roll
Chocolate Cream Pie

August 23
BBQ Chicken Breast
Garlic Mashed Potatoes
Asparagus
Peanut Butter Brownies

August 30
Goulash
Tossed Salad
Wheat Bread
Banana Split Dessert

Return Service Requested

Place label here
August 2018

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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.mcco.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.