



April 2019

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

April is . . . Black Jelly Bean Month! Woo Hoo! For those of you who don't celebrate that, you can join me in wishing Mr. Green a happy birthday! This year, we are taking a little trip to Las Vegas to celebrate. He is a fan of Penn and Teller's magic, so I bought tickets to a show where I hope to be wowed and amazed! Do you know what else is designed to wow and amaze? MySeniorCenter! For some of you, the rollout will be exciting and for others of you it will create some anxiety. Either of those are a-okay. The process will be new and take some getting used to. There might even be some hiccups, but we will all get through this together as a team. Yes, you are part of the MCCoA team. And as a member of the team, we will need your help. There will be paperwork to be filled out – a brief form that allows us to register you into the system. There will be a learning curve – remembering to swipe your card when you come into the Center for activities or appointments. There will also come a time when the system becomes second nature. Remember, the staff is learning too, and we will be with you every step of the way. MySeniorCenter will open new and exciting doors for us. We will be able to see which activities are popular and what we need more of and which activities might need to be tweaked. We will be able to apply for grant dollars because we can track volunteer hours, exactly how many patrons come through our doors, and how many people use our facility. We can track trends in transportation, homemaking and chore services and use those tools to better serve you. The system will also enable us to know who is in the building at all times in case there is an emergency and we need to evacuate or find shelter. MySeniorCenter is no magic trick. There is no slight of hand or illusion involved, but it has a wow factor that will bring exciting change to the Center and we all have front row seats.

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

**Our offices will be closed
Friday, April 19
for Easter**

Find us on the web at
www.mccoa.net



Find us on:
facebook®

A P R I L

SPRING CARRY IN

Just a reminder for those who have already purchased their tickets, Spring Carry In will be Tuesday, April 2 at noon. Please bring a dish to share and your own table service.



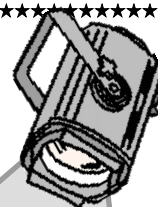
Coming June 12 - **Party on the Patio** - Mark your calendars today. Plan on bringing your family and grandchildren... the Renaissance is coming to MCCoA. You will not want to miss this one!!!



We want to shout out a big Thank You to the Friendship Quilters Group of Coldwater for donating aprons to be worn by volunteers at our garage sales!!! It is easy to see that many hours of work and love have been devoted to creating these fantastic aprons!!! Now when you come to our sales it will be easier to identify who will be able to give you a hand!! We also send a big Thank You to Toni Shema for coming up with this wonderful idea!! Thanks ladies!!!

Spotlight on MySeniorCenter!!!

MySeniorCenter is coming to MCCoA and we couldn't be more excited! MySeniorCenter is a software program that will enable us to track trends in services and activities, create a more efficient workflow for staff, and enable us to pinpoint better statistics for grants. Everyone who uses our services will be assigned a key tag (similar to a Kroger or CVS card). Patrons will swipe the card when they come see us to sign in for activities or appointments. This is also a way for us to know who is in the buildings at all times in case there is an emergency and we need to evacuate or seek shelter. During the month of April, we will be asking you to complete a brief form (name, address, emergency contact) so we can get you in the system before we officially roll it out on April 25. On that day, we will have an Open House from 9:00 to 11:00 to celebrate, sign people up and answer any questions you may have. There will be light refreshments and door prizes, too. Check out the lunch menu and join us for lunch while you are at it. And to provide you additional incentive to use the system, we will have monthly prize drawings May through October. Every swipe gives you a chance to win.



myseniorcenter™

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, April 3, 11 am - "WOCAP" will present the first Monday each month on various different topics. The topic in April will be the CHIP Program - Home repair program.

Wednesday, April 3, 1 pm to 3 pm - "Chat with Linda" 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.

Tuesday, April 9, 6:30 pm - "Alzheimer's Support 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.

Wednesday, April 10, 6:00 pm - Medicare 101. 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.

Tuesday, April 16, 1 pm to 5:30 pm - Healthcare Decision Day. Plan to stop in and have Herb Wilker help you fill out your healthcare Advanced Directives. It's not only important to have the documents but it's more important to have the conversation about what your health care wishes are. If in the event you are unable to speak for yourself, the person you appoint knows how you want to be cared for and decisions are made that reflect your wishes.

Wednesday, April 24, 10:00 am - "Medicare 101" in the Annex.

MEDICARE 101 CLASSES

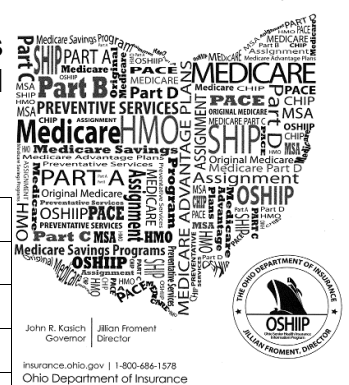
Discover the basics of Medicare and health insurance options at retirement. The Mercer County Council on Aging will walk you through eligibility, possible penalties and what to anticipate. If you are already on Medicare, they can address additional questions, as well as potential cost savings options.

Find the class that best suits you!!

DATE - TIME	LOCATION	Address	City	INSTRUCTOR
Wed, April 10 - 6 PM	MCCoA (Main Building)	217 Riley St	Celina	MCCoA Outreach
Wed, April 24 - 10 AM	MCCoA (Annex)	217 Riley St	Celina	MCCoA Outreach
Wed, May 8 - 2 PM	Coldwater Public Library	305 W Main St	Coldwater	Dave Painter-ODI
Wed, May 22 - 6 PM	Mendon Branch Library	105 W Market St	Mendon	MCCoA Outreach
Wed, June 5 - 10 AM	MCCoA (Annex)	217 Riley St	Celina	MCCoA Outreach
Mon, June 17 - 1 PM	Ft Recovery Library	113 N Wayne St	Ft Recovery	Dave Painter-ODI
Thu, July 11 - 2 PM	Rockford Library	162 S Main St	Rockford	Dave Painter-ODI
Wed, July 31 - 6 PM	MCCoA (Annex)	217 Riley St	Celina	MCCoA Outreach
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 (Lukens & 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

Medicare 101

An overview of Medicare benefits and options.



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

MCCoA
Mercer County Council on Aging

Just a reminder for those of you who have signed up. Our **NO Sew Easter Egg Class** is scheduled on Tuesday, April 9 at 12:00 pm. Start with a Styrofoam egg, straight pins and fabric. Simply fold fabric, pin and add whatever embellishments you desire. All craft supplies will be provided but if you have an iron please bring it with you. The cost of the class is \$6.00.



Art Class - Monday, April 15 at 12:00 pm. Join Anna Fisher as she teaches the art of **painting on canvas**. Cost is \$10.00 which includes all supplies needed. Call 419-586-1644 to reserve your space! Fun is sure to be had by all.



Craft Class - Tuesday, April 23 at 2:45 pm. **Sock pencil horse craft class**. Join us as we make these adorable sock horses in honor of the upcoming 145th running of the Kentucky Derby! The class is FREE as long as supplies (which are limited) last. Call today to reserve your space!! 419-586-1644.



Did you miss our March **String Art Class**? We are offering it again Thursday, April 4 at 1 pm in the annex. The cost is \$5.00. Call to register today 419-586-1644. When you call please specify if you would like to make a butterfly or Easter egg!



A Matter of Balance: Managing Concerns About Falls is a class designed to reduce the risk of falling and increase activity levels among older adults. During the eight two-hour sessions, participants will learn to view falls as controllable, set goals for increasing activity, make changes to reduce fall risk at home, and learn exercises to increase strength and balance. This is an evidence based class that will assist seniors in their ability to remain independent. The event is free for Mercer County residents and open to the public but reservations are required. The two remaining classes scheduled for 2019 are - Class 1: Mondays in June & July at 5:30 and Class 2: Mondays in August & September at Noon. Remember space is limited so call today, 419-586-1644, to reserve your spot.



Chair Yoga

Monday, April 1 at 6:30pm, we are excited to announce the return of evening chair yoga! Carla Niblick will be teaching chair yoga every Monday evening in addition to our regularly scheduled Thursday classes. Each class is only \$3.00 and will last 1 hour. There are many benefits of chair yoga, here are a few:



Improved flexibility - Flexibility allows us to do the activities we need and love to do, from twisting while driving to bending over to play with children.

Better concentration - Incorporating breath work with the various poses can help clear your brain of unwanted thoughts, improve mood and decrease stress.

Increased strength - Body strength enables us to withstand falls and injury and helps us with balance.

Reduced joint strain - Chair yoga reduces the strain on joints and muscles, which allows someone who is unable to stand for traditional yoga an opportunity to participate too.



Easter Flower Arrangement

Wednesday, April 17 at 1:30 pm, **Easter Flower Arrangement Class!** If you love flowers this is the class for you! Join Charlene Guingrich and let her teach you how to create a beautiful flower arrangement. All supplies will be provided. Cost is \$10.00. If you have nippers or scissors please bring them along. Space is limited so don't wait to call and register 419-586-1644.



MARK YOUR CALENDARS!!

April 27 - May 4 - Donations Accepted for Garage Sale

May 1 - Alzheimer's One on One

May 8 - Medicare 101 - Coldwater Library - Dave Painter, ODI

May 16 - 20 Garage Sale

May 20 - Label Newsletter

May 22 - Medicare 101 - Mendon Branch Library

May 23 - Texas Hold Em

May 24 - All Day Quilt Group in the Annex

May 27 - Memorial Day Offices Closed

More details to come...

my senior center™

OPEN HOUSE

Stop in Thursday, April 25 between 9:00 am and 11:00 am. Have a light snack and learn all about our new system. You can see how you will interact with it! If you have not filled out the brief information form (name, address and emergency contact information) you can do so then. There will be a short video about My Senior Center while you enjoy your snack. Staff will be available to walk you through the steps to get signed into the system!!!



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



DESIGNER
IMAGING

Digital and Wide Format
Printing Services

I Like Frogs

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



AMPHIBIAN

BULLFROG

COLORFUL

CROAK

DART

HIBERNATE

HOP

JUMP

LILY PAD

PAINTED

POND

SWIM

TADPOLE

TOAD

TONGUE

TREE

WARTS

WEBBED FEET

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April 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 <u>6:30 pm - Chair Yoga*</u>	2 SPRING CARRY IN AT NOON	3 11:00 - WOCAP Presentaton 12:30 - Bingo* <u>1:00 - Chat with Linda Pollitz - Alzheimer's</u>	4 <u>1:00 - Craft Class - String Art - Easter Egg*</u> 1:30 - Chair Yoga* 5:30 - Dinner* 6:30 - Cards*	5 12:30 - Cards*	6
7 6:30 - Cards*	8 3:00 - Sunshine Singers Practice 6:30 pm - Chair Yoga*	9 <u>12:30 - Bridge*</u> 12:45 - Line Dancing 12:00 - Craft - No Sew Easter Eggs* 6:30 Alzheimer's Support Group	10 10:00 Neighborhood Nurse BP & BS 12:30 - Bingo* <u>1:00 - Toe Nail Trimming*</u> 6:00 - Medicare 101	11 <u>1:00 - Board Mtg</u> 1:30 - Chair Yoga* 5:30 - Dinner* 6:30 - Cards*	12 12:30 - Cards*	13
14 6:30 - Cards*	15 10:00 - Label Newsletter 12:00 - Art Class Painting Flowers on Canvas* 3:00 - Sunshine Singers Practice 6:30 pm - Chair Yoga*	16 <u>12:30 - Bridge*</u> 12:45 - Line Dancing 1 to 5:30 - Advance Directives Assistance Available	17 12:30 - Bingo* <u>1:30 - Easter Flower Arrangement Class*</u>	18 <u>8:00 - All Day Quilt Group</u> 1:30 - Chair Yoga* 5:30 - Dinner* 6:30 - Cards*	19 GOOD FRIDAY OFFICES CLOSED	20
21 HAPPY EASTER 6:30 - Cards*	22 3:00 - Sunshine Singers Practice 6:30 pm - Chair Yoga*	23 <u>12:30 - Bridge*</u> 12:45 - Line Dancing 2:45 - Craft - Sock Pencil Horse Craft FREE	24 <u>10:00 - Medicare 101</u> 12:30 - Bingo*	25 9 to 11 - OPEN HOUSE - MySeniorCenter Roll Out <u>12:30 - Texas Hold 'Em*</u> 1:30 - Chair Yoga* 5:30 - Dinner* 6:30 - Cards*	26 12:30 - Cards*	27 9 to 1 - Garage Sale Donations Accepted
28 6:30 - Cards*	29 3:00 - Sunshine Singers Practice 6:30 pm - Chair Yoga* 8:30 to 4 - Garage Sale Donations Accepted	30 <u>12:30 - Bridge*</u> 12:45 - Line Dancing 8:30 to 4 - Garage Sale Donations Accepted	<p><u><i>Italicized and underlined</i></u> activities are held in the Annex.</p> <p>Activities marked with an * have a fee.</p>			

Lunch is served at 11 am
\$3.00 donation

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

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

April 2019

Senior Citizens Center, 217 Riley, Celina

Monday	Tuesday	Wednesday	Thursday		Friday
1 Cheesy Cavatappi/ Roll Stewed Tomatoes Dessert	2 SPRING CARRY IN AT NOON	3 Creamed Chipped Beef Green Beans Biscuit Snickerdoodle Cookie	Lunch 4 Taco Salad/Chips Refried Beans Ice Cream	Dinner 4 Sausage/Kraut Mashed Potato White Gravy / Peas Dinner Roll Sweet Treat	5 Tuna Noodle Casserole/Roll Mixed Vegetables Chilled Pears
8 Wisconsin Cheese Soup Hot Ham Slider Mandarin Oranges	9 Cabbage Rolls Tomato Sauce Mashed Potatoes Butterscotch Pudding	10 Pork Fritter Sandwich Tator Tots Chilled Pineapple	Lunch 11 Chicken & Dumplings Mixed Vegetables Buttermilk Biscuit Chilled Apricots	Dinner 11 Spaghetti Garlic Bread Salad Sweet Treat	12 Beef Manhattan Mashed Potatoes Buckeye Brownie
15 BBQ Shredded Pork/ Bun Creamy Cole Slaw Chilled Peaches	16 California Blend Soup Fish Brd/Bun Oatmeal Raisin Cookie	17 Pizza Casserole Tossed Salad/ Dressing Ice Cream	Lunch 18 Hot Dog/Bun Baked Beans Chilled Pears	Dinner 18 Meatloaf Potato Wedges Salad/Dinner Roll Sweet Treat	19 Lasagna Soup Sausage Slider Dessert
22 Ham Sandwich Potato Triangles Chilled Peaches	23 Loaded Potato Soup Grilled Cheese Chilled Apricots	24 Bratwurst Mashed Potatoes Sauerkraut Dessert	Lunch 25 Beef Stew Buttermilk Biscuit Fruit Trio	Dinner 25 People's Choice	26 Spaghetti/Meatballs Salad/Dressing Bread Stick Pudding
29 Chicken Tenders/ Roll Seasoned Green Beans Mandarin Oranges	30 Stuffed Pepper Soup Turkey/Provolone Slider Brownie				

Remote Sites

Fort Recovery Public Library

113 N Wayne Street
Fort Recovery, OH 45846

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

Refer to
calendar above
for menu items
April
9
23

Maria Stein Shrine of the Holy Relics

2291 Saint Johns Road
Maria Stein, OH 45860

Serving every Wednesday at noon
\$3.00 donation

Refer to
calendar above
for menu items.
Every
Wednesday

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

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

April 4
Spaghetti
Green Beans
Tossed Salad
Dinner Roll
Cherry Pie

April 11
Meatloaf
Scalloped Potatoes
Dilled Carrots
Choice of Cookie

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.

April 18
Chunky Vegetable Soup
Deli Sandwich
Potato Salad
Cream Pie

April 25
Tuna Salad on Croissant
Potato Soup
Fresh Fruit

Return Service Requested

Place label here
April 2019

April 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.