



March 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

Beware the Ides of March! Shakespeare penned it and we associate it with the death of Julius Caesar, but did you know that the Ides of March once signified the new year and a time of celebration and rejoicing? And why not rejoice? We are that much closer to Spring with its warmer temperatures, green grass and brightly colored flowers. We are only one month away from Easter with its message of birth and renewal. March is beginning to look like it could be one of my favorite months! And if you have hibernated during the colder months, now would be the time to "march" back over to the senior center and get involved with all of the programs we have to offer. I would encourage those of you who need some support to join one of our groups – we have Grief Support on the first Tuesday of the month and Alzheimer's Support on the second Tuesday of the month. Join us for lunch at the senior center or one of our satellite locations in St. Henry, Maria Stein or Fort Recovery. There are also plenty of opportunities to exercise, craft, and enjoy some fun and games. We have plenty to help you dust off the winter doldrums. Welcome the Ides of March!

Sharon M. Green



Just a note: If you are feeling under the weather, please let us know so we can reschedule your homemaker or chore services appointments!!
Thank you.

Humor of the Day

You know you're getting old when you stoop to tie your shoelaces and wonder what else you could do while you're down there.

– George Burns

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 on
Good Friday - March 30**

Find us on the web at
www.mcco.net



Find us on:
facebook®





Spring Carry In Tuesday, March 20. Kick off Spring at our Spring Carry In! Tickets will go on sale February 26 for \$1 each. Linda Youmans will be here to entertain us. Please bring your own table service and a dish to share. Chicken and potatoes will be provided along with coffee and punch!!

Join us for **Line-Dancing** Tuesdays at 12:45 pm in the main building. Note: Line Dancing will be in the Annex on Wed, March 7 due to the garage sale!!



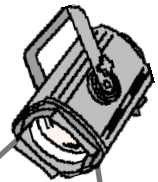
March 15 - Join **Red Hats** as we celebrate St. Patrick's Day and Easter!! It's sure to be a fun afternoon. The party begins at 11:30 am. Call Tash to let her know you will be joining the fun. 419-586-1644.

Art class with Anna Fisher is on Monday, March 12 at 12:30. Come paint these very cute owls!! Class cost is \$12 and everything you need will be provided. Call 419-586-1644 to sign up. Space is limited.



Spotlight on *Homemakers* - The "Fab" Four !!!

The Mercer County Council on Aging employs four FABULOUS homemakers: (from left to right) Lisa Maples, Della Snyder, Amy Jacobs, and Becky Sarasin! We are proud to say we have been able to retain each of these ladies on our staff for approximately 5 years or more! These ladies keep very busy, serving approximately 84 seniors in Mercer County in their homes to help maintain their living quarters. They see any given individual on a bi-weekly and or monthly basis for approximately 1-2 hours to give our clients a lending hand. Our homemakers' goals are to focus on the work that each of their clients cannot perform due to physical disabilities and to encourage their clients to continue to do the work that they can, such that they may remain as active as possible. In addition, the homemaker service is based on client need versus finances; there is no set fee for this service – however, *donations are always appreciated* in order to continue to reach more seniors in our county through our various programs. With only four part-time homemakers, space is limited to those most in need based on physical limitations, doctor recommendation and/or age. In order to be considered for this program, please contact an Outreach Specialist, Amy Buening or Gloria Miller, for a determination if these services would be appropriate to help keep you in your home longer!





Cards!

During Garage Sale
**Thursday and Sunday
 Cards** will be held in the
 Annex: March 4. Also,
Friday March 2, cards will be held at
 Miller Place, 1506 Meadowview Drive
 Celina, play time is 1 - 3 pm.



Sunshine Singers are back!!
 1st practice is Monday March 26 at
 2:00 pm. All singers are welcome!



Please Note:

There will be NO hearing aid
 cleaning in March.

Toe nail trimming, provided by
 Community Health Professionals, is
 the second Wednesday each month
 in the Annex. Cost is \$15.00 and
 begins at 1:00 pm. First come, first
 served.

MARK YOUR CALENDARS!!

April 16 - Craft Class
 April 30 - Art Class
 April 23 - Labeling Newsletters
 April 26 - Flower Arranging
 August 1 - MOB at the Shrine
 More details to come...

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.

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:

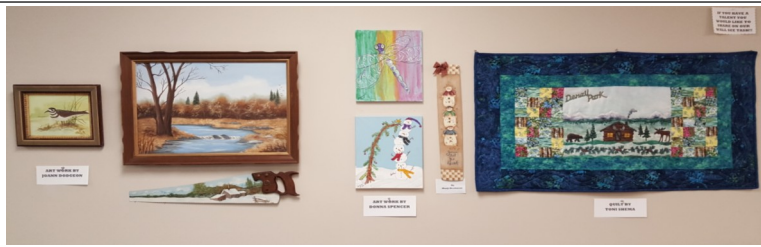
Tuesday, March 6, 6 pm in the Annex - *Food for
 Thought* is an opportunity to talk about grief
 experiences and enjoy the company of those around
 you, all while bonding over a potluck dinner. Please
 bring a dish to share with other participants. This
 event is free and open to the public. Anyone can
 attend. This group meets the first Tuesday of each
 month.

Tuesday, March 13, 11:30 am - Marcia Hearn from
 Home Instead will give a presentation entitled
"Attitude is Everything." Marcia will share an upbeat
 perspective on life using jokes, pick-me-ups and
 stories to help brighten your day.

Tuesday, March 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.

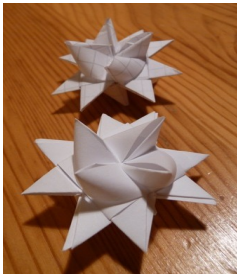
Wednesday, March 14, 6:30 pm - *Medicare 101*.
 This course teaches you the basics of Medicare and
 what options you have with your health insurance as
 you retire. Amy Buening and Gloria Miller will walk
 you through eligibility, possible penalties and what to
 anticipate. If you are already on Medicare, they can
 address additional questions you may have, as well
 as potential cost savings options.

Thursday, March 22, 10:00 am - *Medicare 101* in the
 Annex.



Art Display

DON'T BE SHY!!! Bring in your creations!!
Thank you to the NEW artists who are sharing their special talents!! We want to display your talent at the Council on Aging. Call Tash to get more information 419-586-1644.



CRAFT CLASS: Monday, March 26 at 12:00 pm. Learn how to take paper and turn it into an eight point German Star and more. Vicki Gossard will teach this fun class. Cost is only \$2.00 so call and sign up at 419-586-1644.



Calling all volunteers...

We are looking to help making our morning phone calls. If you have half an hour in the morning, we could use your help calling people on our daily call program. This program is fun to be part of!! Call Tash to get more info!!

Neighborhood Nurse Schedule

March 28 - Blood pressure and Colorectal test kits.

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

Join us for **Adventures in Music**

Thursday March 8th and 22 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 March 1.



GARAGE SALE

COME GET YOUR BARGAINS!!!

Clean Up is on March 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!

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			

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.

Remote Site Meals March 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**

March 13

Grilled Cheese
Sweet Potato Fries
Pickle Spear
Chilled Fruit Salad

March 27

Ham & Bean Soup
Cottage Cheese
Cornbread
Honey Butter
Chilled Peaches

Maria Stein Shrine of the Holy Relics

2291 Saint Johns Road
Maria Stein, OH 45860

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

March 7

Taco Salad/Chips
Spanish Rice
Salsa & Sour Cream
Cinnamon Crumb Cake
Ice Cream

March 14

Bratwurst
Mashed Potatoes
Sauerkraut
Wheat Bread
Apple Cobbler



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

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

March 1

Chicken Pot Pie
Tossed Salad
Cheese Biscuit
Peach Crisp

March 8

Parmesan Breaded Pork
Spaghetti Noodles
Spinach
Garlic Bread
Tapioca Pudding

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.

March 15

Chicken & Dumplings
Lima Beans
Tossed Salad
Dinner Roll
Carrot Cake

March 22

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

March 29

Creamy Swiss Chicken
Rice Pilaf
Dilled Carrots
Dinner Roll
Apple Orchard Bar

Nuts for Noodles

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

ANGEL HAIR	RAVIOLI
CANNELLONI	RIGATONI
EGG NOODLES	ROTINI
FETTUCCINE	SHELLS
LASAGNA	SPAGHETTI
LINGUINE	TORTELLINI
LO MEIN	UDON
MACARONI	VERMICELLI
ORZO	YAKISOBA
PENNE	ZITI
RAMEN	

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

March 2018

Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>An * denotes that there is a fee for this activity.</p> <p><i><u>Italics/underlined will be held in the Annex.</u></i></p>				<p>1</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>2</p> <p>1:00 - 4:00 pm Cards* at Miller Place</p> <p>8:30 to 4:00 GARAGE SALE</p>	<p>3</p> <p>9:30 to 4:00 GARAGE SALE</p>
<p>4</p> <p><u>6:30 - Cards*</u></p> <p>9:30 to 4:00 GARAGE SALE</p>	<p>5</p> <p>8:30 to 4:00 GARAGE SALE</p>	<p>6</p> <p><u>12:30 - Bridge*</u></p> <p>8:30 to 4:00 GARAGE SALE</p> <p><u>6:00 Grief Support Group</u></p>	<p>7</p> <p><u>12:45 - Line Dancing</u></p>	<p>8</p> <p>11:30 - Adventures in Music</p> <p><u>1:00 - Board Mtg</u></p> <p>1:30 - Chair Yoga*</p> <p>5:30 - Dinner*</p> <p>6:30 - Cards*</p>	<p>9</p> <p>12:30 - Cards*</p>	<p>10</p>
<p>11</p> <p>6:30 - Cards*</p>	<p>12</p> <p>12:30 - Art Class - Acrylic Paint*</p>	<p>13</p> <p>11:30 - Attitude is Everything</p> <p><u>12:30 - Bridge*</u></p> <p>12:45 - Line Dancing</p> <p>6:30 Alzheimer's Support Group</p>	<p>14</p> <p>12:30 - Bingo*</p> <p><u>1:00 - Toe Nail Trimming*</u></p> <p>6:30 - Medicare 101</p>	<p>15</p> <p>11:30 - Red Hats</p> <p>1:30 - Chair Yoga*</p> <p>5:30 - Dinner*</p> <p>6:30 - Cards*</p>	<p>16</p> <p>12:30 - Cards*</p>	<p>17</p>
<p>18</p> <p>6:30 - Cards*</p>	<p>19</p> <p>10:00 - Label Newsletter</p>	<p>20</p> <p>12:00 - Spring Carry In</p> <p><u>12:30 - Bridge*</u></p>	<p>21</p> <p>12:30 - Bingo*</p>	<p>22</p> <p><u>10:00 - Medicare 101</u></p> <p>11:30 - Adventures in Music</p> <p>1:30 - Chair Yoga*</p> <p>5:30 - Dinner*</p> <p>6:30 - Cards*</p>	<p>23</p> <p>12:30 - Cards*</p>	<p>24</p>
<p>25</p> <p>6:30 - Cards*</p>	<p>26</p> <p>12:00 Craft Class - German 8pt Star*</p> <p>2:00 - Sunshine Singers Practice</p>	<p>27</p> <p><u>12:30 - Bridge*</u></p> <p>12:45 - Line Dancing</p>	<p>28</p> <p>10:00 Neighborhood Nurse BP & Colorectal Tests Kits</p> <p>12:30 - Bingo*</p>	<p>29</p> <p>1:30 - Chair Yoga*</p> <p>5:30 - Dinner*</p> <p>6:30 - Cards*</p>	<p>30</p> <p>OFFICES CLOSED</p>	

March 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
<i><u>Italics/underlined will be held in the Annex</u></i>			1 <u>Chicken Pot Pie</u> <u>(peas & carrots in it)</u> <u>Biscuit</u> <u>Apricots</u> <u>Baked Pork Chop</u> <u>Scalloped Potatoes</u> <u>Green Beans</u> <u>Cupcake</u>	2 <u>Beef Manhattan</u> <u>Mashed Potatoes</u> <u>Brownie</u>
5 <u>BBQ Shredded Pork/</u> <u>Bun</u> <u>Cole Slaw</u> <u>Peaches</u>	6 <u>Veggie Beef Soup</u> <u>Tuna Salad Sandwich</u> <u>Cookie</u>	7 <u>Taco Salad</u> <u>Salsa/Sour Cream</u> <u>Spanish Rice</u> <u>Ice Cream</u>	8 Hot Dog/Bun Baked Beans Pears <u>Chicken Breast/Gravy</u> <u>Hashbrown Casserole</u> <u>Peas & Onions</u> <u>Carrot Cake</u>	9 Lasagna Soup Sausage Slider Pineapple
12 Hot Shaved Ham Sandwich Hashbrown Patty Peaches	13 Grilled Cheese Sweet Potato Fries Fruit Salad	14 Bratwurst Mashed Potatoes Sauerkraut Apple Cobbler	15 Beef Stew Biscuit Fruit Trio <u>Sweet & Sour Chicken</u> <u>Rice</u> <u>Veggies</u> <u>Oranges</u>	16 Baked Spaghetti Salad/Dressing Breadstick Pudding
19 Chicken Tenders Mac & Cheese Ranch Dressing Mandarin Oranges	20 Stuffed Pepper Soup Saltine Crackers Hot Turkey Slider Brownie	21 Potato Soup/Saltines Fried Bologna Sandwich Peaches	22 Beef Marzetti Green Beans Garlic Bread Butterscotch Tart <u>Garlic Herb Chicken</u> <u>Rice Pilaf</u> <u>Zucchini & Squash</u> <u>Pineapple</u>	23 Tomato Soup Saltine Crackers Grilled Cheese Spudsters Fruit Cocktail
26 Shredded Beef/Bun Potato Wedges Pears	27 Ham & Bean Soup Cottage Cheese Salad Cornbread Peaches	28 Sloppy Joe/Bun Corn Nuggets Chilled Apricots	29 Italian Sausage Sub Fries Chilled Fruit Cocktail <u>RESIDENT'S CHOICE</u>	30 OFFICES CLOSED

Note: Menu items are subject to change.

Return Service Requested

Place label here
March 2018

March 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.