

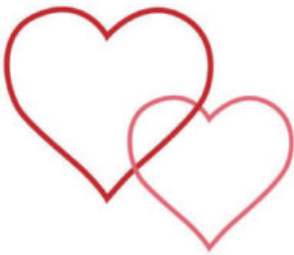


**Mercer County Council on Aging**

**March  
2023**

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

### Circle of Care



From the Director's Desk:

Hello Mercer County! It is so hard to believe that another month has gone by already. March is green in my mind. It is a month marked with good luck and pots of gold. It brings warmer weather which hopefully gets us out of the house again. We have a lot of great things happening up at the center and hope you plan on joining us.

Have you ever heard the phrase 'what you think about, you bring about?' What do you think about that statement? What happy things can you focus on? That may be harder some times than other ones. It might be a good idea to make a list of good things to refer to when the times get tough. I hope that the Mercer County Council on Aging is on that list. We have many staff members and volunteers that just love to hear your stories and help you in any way they can. Come play

some games with us, let us help you go to your appointments, clean your home if you aren't able or just join us for a cup of coffee. We are here for you. If you come in during March, come see me and I will give you a sweet treat to make your day!! (I have sugar-free for anyone avoiding sugar!)

Wishing you a pot o' gold,  
Dawn



A kind word is  
like a spring day.

Russian Proverb



## LUNCH



Lunch is served Wednesdays at 11:30 am. A \$4.00 donation is required for each meal. Reservations must be called in by noon on Tuesday to reserve your

### March 1

Bacon Cheeseburger  
Casserole  
Green Beans  
Black Cherry Ice Cream

### March 8

Bratwurst/Sauerkraut  
Mashed Potatoes  
Snickerdoodle Cookie

### March 15

Creamy Potato Soup  
Fried Bologna Sandwich  
Peaches

### March 22

Stuffed Shells & Sauce  
Tossed Salad/Dressing  
Garlic Bread  
Pineapple

### March 29

Garden Veggie Soup  
Grilled Cheese Sandwich  
Peaches

## WII BOWLING

It's that time of year again!!! It is time for the Spring Wii Bowling League!! Get your team together and sign up. A team consists of 4 players and can have 1 sub listed also. League play will begin Monday, March 20 and run through Friday, May 12. Each team is required to play 6 separate days and you will bowl two games each day you bowl. Your scores will be recorded. At the end of the league, prizes will be awarded to the high scoring team, high scoring person, lowest scoring person and one random draw will be awarded! Stop in and fill out a Wii bowling entry form with team name and members and get started today. Your team can come in and bowl whenever we are open, we just ask that you check the calendar and make sure that bowling will not conflict with any other events going on (like yoga or someone giving a presentation). New for this league - there will be a calendar at each Wii station to sign up with the time you will be in to play. If you would like to bowl and need a team call Tash (567-890-4120). She will do her best to get you on a team! Awards will be presented on Thursday, May 25 at 12:00.



### GARAGE SALE UPDATE

Donations Last Day	Thursday, March 2	8:30 to 12
Set Up	March 6 to March 15	9:00 to 3
Clean Up Begins	March 20	9:00

The first sale of the year is here!!! We are always looking for garage sale assistance from taking donations, sorting & setting up to running checkouts during the sale. Call Tash at 567-890-4120 if you would like to help. Don't forget you can help clean up after the sale ends if your schedule allows! We appreciate it.

### Garage Sale Dates/Hours

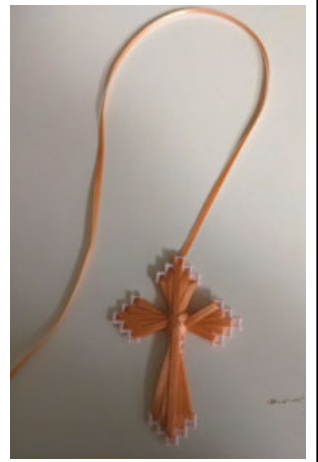
Thursday	March 16	8:30	6:30
Friday	March 17	8:30	4:00
Saturday	March 18	8:30	4:00
All Items 1/2 price.			
Sunday	March 19	12:00	4:00
Bag Day \$1.00 each bag with a second bag FREE All items included.			

Note: Volunteers are available to accept donations Tuesdays (12:00 to 4:00) and Thursdays (8:30 to 12) except during set up & garage sale. As always we can use many hands during donation time, please call Tash if you have any time you could help out!

## Crafty Corner

### Craft Class

Join Penny for a fun afternoon Thursday, March 23 at 1:00 pm as she helps you create a cute little bunny and shows you how to take plastic canvas and make a beautiful cross book mark. Cost is only \$5.00 call and register today! 419-586-1644.



### Art Class



Join Debby Gregory Monday, March 13 at 2:00 pm for a watercolor class. All supplies will be provided. The cost is only \$10.00. Space is limited so call 419-586-1644 and sign up today.



### Help Us Please!

Will you please help us make these cute paper flowers to decorate our 'Springs A Bloomin' lunch and party. We will be cutting, scoring, folding and gluing. Thursday March 2, at 1:00 in the Annex. Please call and let us know you are coming 419-586-1644. Thank you in advance.



## REGULARLY SCHEDULED ACTIVITIES!!

Regularly scheduled activities.

Check the calendar on page 7 for exceptions. Please sign in to MySeniorCenter for each activity.

### **Alzheimer's Care Consultations (FREE)**

Marybeth Torsel with Alzheimer's Association is available by appointment. Please call 419-419-5858. Care Consultation covers caregiver education, stress management, planning for the future, communication strategies, home & driving safely, & financial issues.

### **Alzheimer's Support Group (FREE)**

Brenda McGee will facilitate on the third Thursday every month 4:00 pm in the annex.

### **Bingo**

Every Wednesday at 12:30 pm. We use reusable cards and chips. Cards are 2 for \$1.00 with additional cards costing .50 each. The same cards are used for every game.

### **Blood Pressure Checks (FREE)**

The second Wednesday each month at 12:00 pm. Provided by Miller Place!

### **Cards**

We play **Bridge** on Tuesdays at 12:30 pm, **Euchre** on Thursday and Sunday evenings at 6:30 pm and **Bid Euchre, Pinochle,** and **Bridge** on Fridays at 12:30 pm. **Texas Hold 'Em** is scheduled the fourth Thursday at 6:30 pm. Cost \$1.00.

### **Chair Chi**

Mondays at 10:00 am. Chair Chi is a gentle exercise program developed to help people receive the benefits of traditional Tia Chi in the comfort and safety of their chair. Cost is \$3.00.

### **Chair Yoga**

Chair Yoga with Carla Niblick on Thursdays at 1:00 pm. Cost is only \$3.00 per person.

### **Coffee Time (FREE)**

Thursdays from 8:00 am to 10:00 am. Join us for coffee, juice, donuts and some great chatting time! Stop in for 5 minutes or stay for a while! Everyone is welcome!! Donations are appreciated.

### **Line Dancing (FREE)**

Tuesdays at 1:00 pm. Everyone is welcome! Come join the fun, enjoy some music and get some great exercise! If you have never danced before we will be glad to teach you!

### **Lunch**

Wednesdays 11:30 am at a cost of \$4.00. Reservations are required by noon on Tuesday each week. Space is limited.

### **Pickleball**

Pickleball Tuesdays at the Spiritual Center in Montezuma, 6731 SR 219. 9:00 am to 11:30 am. Cost is \$3.00 per person. It doesn't matter if you are an expert or just learning!

### **Sing A Long (FREE)**

The fourth Monday each month at 2:00 pm. Join us have fun singing with a group. It is free and there is no need to register.

### **Toe Nail Trimming**

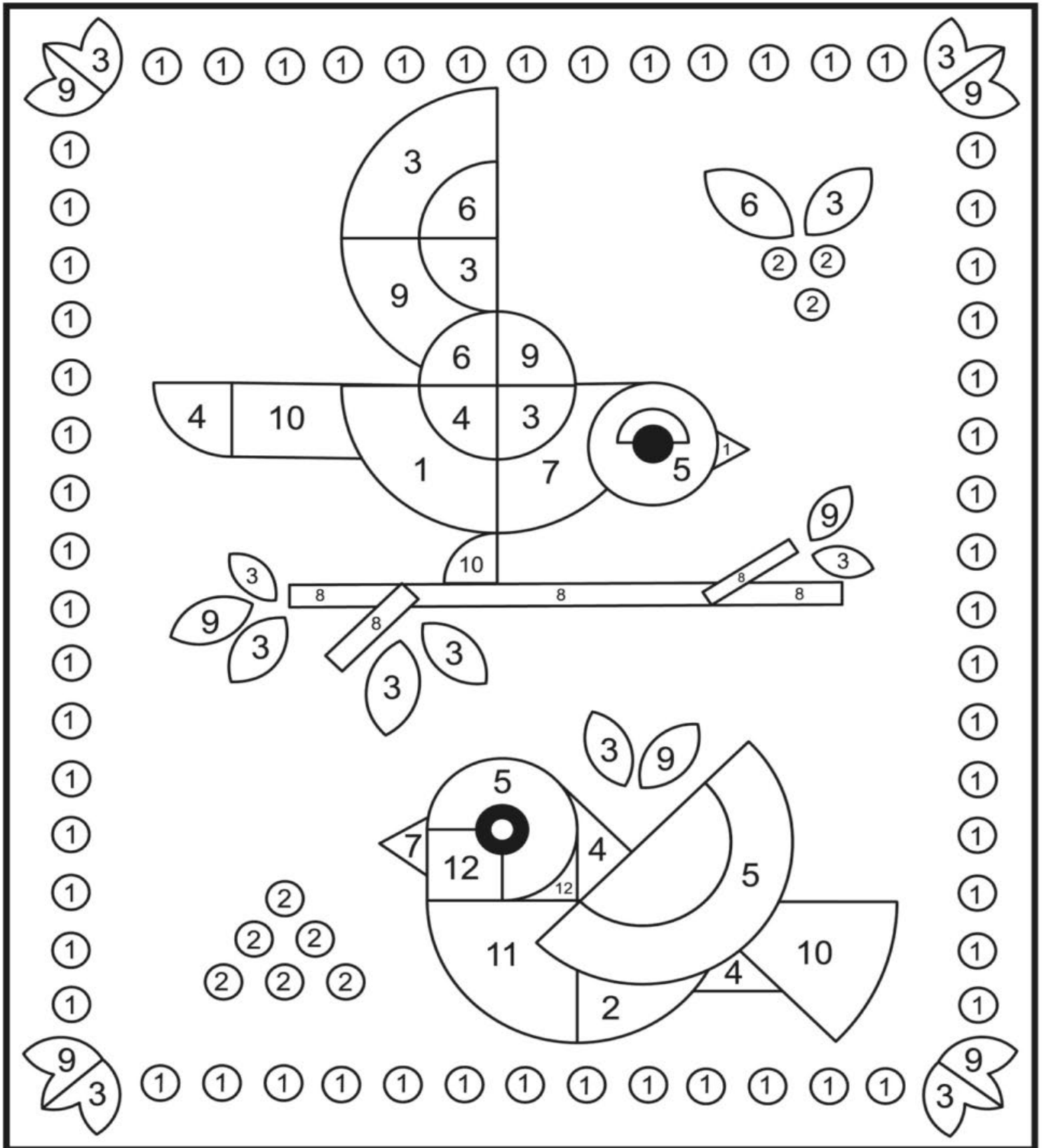
The first Wednesday each month at 1:00 pm in the Annex. cost of \$15.00. It is offered in the Annex beginning at 1:00 pm. First come, first served. Provided by CHP.



## **ALZHEIMER'S ASSOCIATION EDUCATION SERIES**

Join Yvonne Miller with the Alzheimer's Association on Thursday, March 2 at 2:30 pm as she talks on the subject "Healthy Living for the Brain and Body." Learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on-tools to help you incorporate these recommendations into a plan for healthy aging.





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- 1 = Orange    2 = Red    3 = Medium Green    4 = Blue  
 5 = Medium Gray    6 = Light Green    7 = Gold    8 = Brown  
 9 = Dark Green    10 = Dark Gray    11 = Pink    12 = Light Gray

# March 2023 Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday									
<p><b><i>Italicized and underlined</i> activities are held in the Annex.</b></p> <p><b>Activities marked with an * have a fee.</b></p> <p><b>Activities marked with ( ) are off campus.</b></p> <p><b>(MSC) - Montezuma Spiritual Center</b></p>			<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>									
			11:30 - Lunch*	12:30 - Bingo*	<u>1:00 - Toenail Clipping*</u>	8:00 - 10:00 Coffee Time	8:30 - 12:00 Donations (bldg 6)	1:00 - Chair Yoga*	<u>1:00 - Paper Flowers</u>	2:30 - Alzheimer Talk	6:30 - Cards*	12:30 - Cards*			
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>									
6:30 - Cards*	Garage Sale Set Up	10:00 - Chair Chi*	9:00 - 11:30 Pickleball* (MSC)	<u>12:30 - Bridge*</u>	1:00 - Line Dancing	11:30 - Lunch*	12:00 - FREE Blood Pressure Checks	12:30 - Bingo*	3:00 - Pollinator Habitat 101	8:00 - 10:00 Coffee Time	<u>10:30 - Board Mtg</u>	6:30 - Cards*	12:30 - Cards*		
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>									
6:30 - Cards*	10:00 - Chair Chi*	2:00 - Art Class - Watercolor*	9:00 - 11:30 Pickleball* (MSC)	<u>12:30 - Bridge*</u>	1:00 - Line Dancing	11:30 - Lunch*	12:30 - Bingo*	3:00 - Pollinator Habitat 101	8:00 - 10:00 Coffee Time	<b>GARAGE SALE 8:30 to 6:30</b>	1:00 - Chair Yoga*	<u>4:00 - Alzheimer's Support Group</u>	6:30 - Cards*	<b>GARAGE SALE 8:30 to 4:00</b>	<b>GARAGE SALE 8:30 to 4:00</b>
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>									
<b>GARAGE SALE 12:00 to 4:00</b>	6:30 - Cards*	Garage Sale Clean Up	10:00 - Chair Chi*	<b>Wii Bowling League Begins</b>	9:00 - 11:30 Pickleball* (MSC)	<u>12:30 - Bridge*</u>	1:00 - Line Dancing	11:30 - Lunch*	12:30 - Bingo*	3:00 - Pollinator Habitat 101	8:00 - 10:00 Coffee Time	1:00 - Craft Class - Bunny & Cross*	<u>1:00 - Chair Yoga*</u>	6:30 - Cards & Texas Hold 'Em*	12:30 - Cards*
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>										
6:30 - Cards*	<u>10:00 - Chair Chi*</u>	<b>STAFF TRAINING - OFFICES CLOSING AT NOON</b>	<u>12:30 - Bridge*</u>	1:00 - Line Dancing	10:00 - Milt the Piano Man	11:30 - Lunch*	12:30 - Bingo*	8:00 - 10:00 Coffee Time	1:00 - Chair Yoga*	6:30 - Cards*	12:30 - Cards*				







# News Release

Mike DeWine, Governor | Jon Husted, Lt. Governor | Judith L. French, Director

## Consumer Alert: "New Medicare Card" Telephone Scammers Posing as Government Employees to Steal Personal Information

COLUMBUS – Ohio Department of Insurance director Judith L. French is urging Ohioans on Medicare to be alert for telephone scammers posing as representatives of the government to steal their personal information.

Called the "New Medicare Card" scam, the scammers are posing as employees of the Social Security Administration, Medicare, and even the Ohio Department of Insurance. They call their intended victims and say the person needs a new Medicare card or they need to turn in their paper card for a plastic card. The scammers then request the person's personal information.

Government agencies, such as the Social Security Administration, Medicare, and the Ohio Department of Insurance do not cold call Ohioans on Medicare.

How Ohioans on Medicare can protect themselves:

- Never give personal information, including Medicare, Social Security, bank account, and credit card numbers, to anyone who contacts you unsolicited by telephone, email, text, or in person, such as door-to-door sales.
- Know that Medicare will never call you to sell anything, visit your home, or enroll you over the phone unless you called first.
- Keep in mind that Medicare or Medicare health plans will only call and request personal information if you are a plan member or you called and left a message.

Ohioans who suspect or have been victimized by a Medicare scam should contact the Ohio Senior Medicare Patrol at 800-488-6070 or [proseniors.org](http://proseniors.org).

Ohioans with Medicare questions can contact the Ohio Department of Insurance's Ohio Senior Health Insurance Information Program (OSHIIP) at 800-686-1578, [oshiipmail@insurance.ohio.gov](mailto:oshiipmail@insurance.ohio.gov), and [insurance.ohio.gov](http://insurance.ohio.gov). OSHIIP is the state's official Medicare educational and counseling program.

###

**Media Availability:** OSHIIP director Chris Reeg and a person who received a scammer call are available for Zoom and telephone interviews.

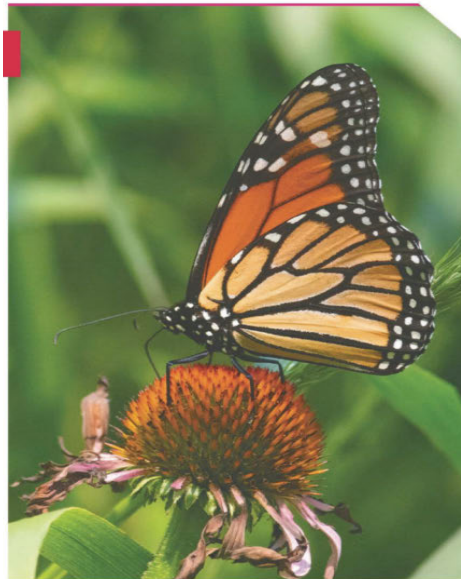
### Media Contact:

Robert Denhard  
[robert.denhard@insurance.ohio.gov](mailto:robert.denhard@insurance.ohio.gov)  
614-644-3366

**CFAES**

# POLLINATOR HABITAT 101 VIDEO SERIES

WEDNESDAYS  
3:00 p.m.–4:30 p.m.  
Mercer County Council on Aging  
217 Riley Street, Celina, Ohio



**MARCH 8, 2023**  
Creating and Managing Habitat  
for Native Bees

**MARCH 22, 2023**  
Deciding To Create a Pollinator  
Garden Is the Easy Step —  
What To Do Next?

**APRIL 12, 2023**  
Getting Started with Wildflower  
Patches, Flower Strips, and  
Meadows



## MILT THE PIANO MAN

Milt Howell the Piano Man will be here Wednesday, March 29 from 10:00 am to 11:00 am playing a variety of songs you can sit back and enjoy or sing along! Make a day of it, put in reservations for lunch and stay and play Bingo!



# Choice Travel

[www.TravelWithChoice.com](http://www.TravelWithChoice.com)

P.O. Box 109  
Celina, OH 45822  
419-204-6319  
Issue - April - 2022

**Thursday, May 25, 2023 - \$124**

Infield Box Seats in the shade for  
Reds vs St Louis Cardinals - 12:35 Game -  
Dinner Included

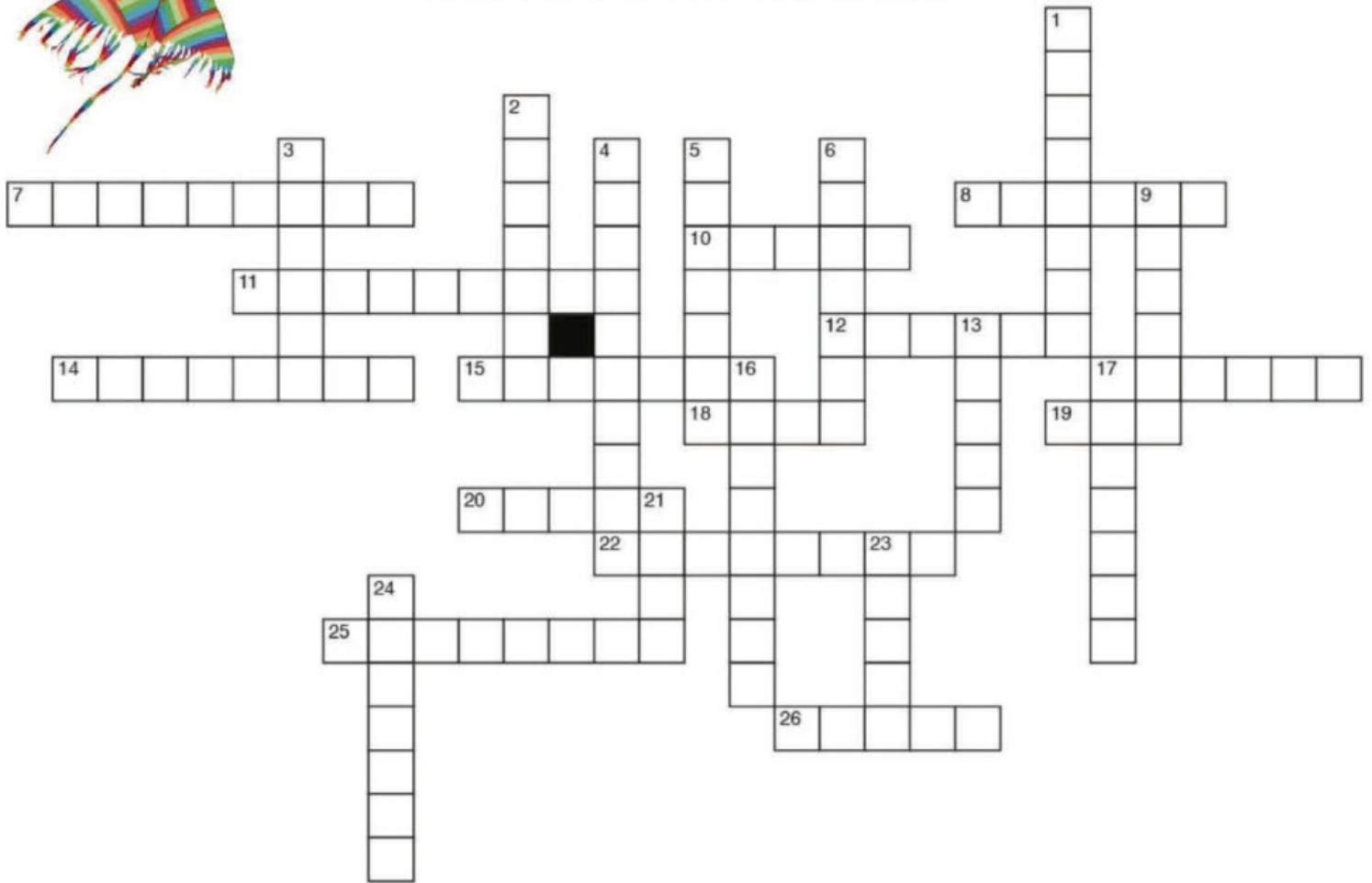


## MARK YOUR CALENDAR!!

- April 3 - Art Class - Pen & Wash
  - April 4 - Garage Sale Donations Resume
  - April 6 - Easter Floral Arrangement Class
  - April 6 - 10 Warning Signs of Alzheimer's
  - April 7 - Good Friday Office Closed
  - April 10 - Craft class - Beaded Necklace
  - April 12 - Pollinator Habitat 101 part 5
  - April 17 - Craft Class Brooch
  - April 22 - Saturday Garage Sale Donations 9:00-1:00
  - April 27 - Springs a Boomin' Lunch and Party
- Check next month's newsletter for more information.

# Spring Vacation

Use the clues to fill in the crossword.



## ACROSS

7. Disneyland, for one
8. The outdoors
10. Third month
11. Horticulture
12. Mexican resort
14. Beach activity
15. Montego Bay's island
17. Sea trip
18. Wind toy
19. Cap
20. Something to read
22. Wind-driven vessel
25. Day brightener
26. Take it easy

## DOWN

1. Time off
2. The Sunshine State
3. The Aloha State
4. Beachgoer's eyewear
5. Outdoor nap site
6. Two-wheeler
9. Vacation destination
13. Shoreline
16. Sky transport
17. Woodland activity
21. Fishing spot
23. Rainy month
24. Travel gear

# A Rainbow of Colors

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



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

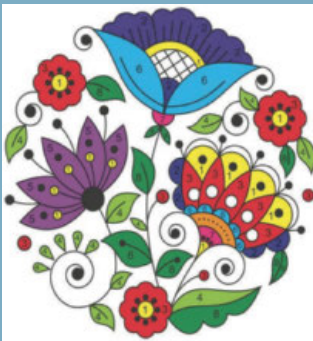
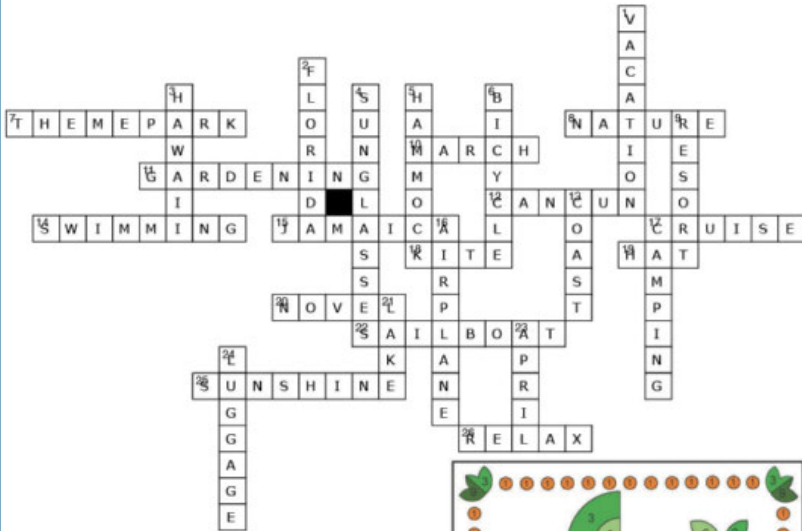
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APRICOT  
AQUAMARINE  
AUBURN  
BLUE  
CRIMSON  
FUCHSIA

GREEN  
HAZELNUT  
INDIGO  
LAVENDER  
MAUVE  
NAVY

ORANGE  
PURPLE  
SCARLET  
TEAL  
TURQUOISE  
YELLOW

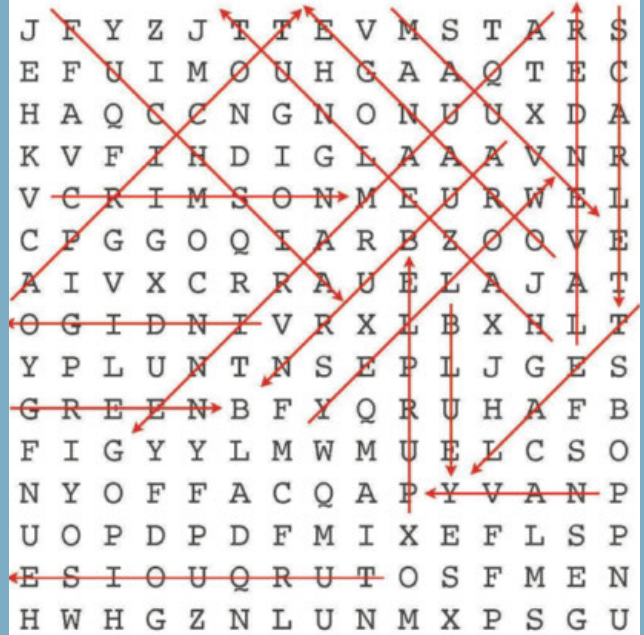
## Spring Vacation



## SOLUTIONS

### A Rainbow of Colors

(solution)



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14-1730

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 mcco@bright.net

 www.mcco.net

 Mon-Fri: 8 am – 4:30 pm

Sat & Sun: Closed

 Like us on Facebook!

## 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

### PHONE

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](http://www.mcco.net)

# March 2023

To reduce unnecessary postal costs, please inform us 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.**