

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

ALZHEIMER'S ASSOCIATION EDUCATION SERIES NORTHWEST OHIO CHAPTER



Mercer County Council on Aging | 217 Riley Street, Celina
2:30 p.m. – 3:30 p.m.
Presented by Yvonne Miller

Thursday, May 4 - Dementia Conversations

This program offers tips on how to have honest caring conversations to address some of the most common issues, such as going to the doctor, deciding when to stop driving and making legal and financial plans.

Thursday, June 1 - Understanding Alzheimer's and Dementia

This program explains the difference between Alzheimer's and dementia, stages and risk factors and current research and treatments available to address some symptoms.

Thursday, July 6 - Effective Communication Strategies

Explore how communication changes when someone is living with Alzheimer's, learn how to interpret the verbal and behavioral communication, and identify strategies to help you connect and communicate at each stage of the disease.

Thursday, August 3 - Understanding and Responding to Dementia Related Behavior

Learn to decode behavioral messages, identify common triggers, and learn strategies to help manage some of the most common behavioral challenges of Alzheimer's disease.

Thursday, September 7 - Managing Money: A Caregivers Guide to Finances

Join us to learn tips for managing someone else's finance, how to prepare for future care costs and the benefits of early planning.

There is no charge for these programs, but registration is appreciated.
Please call 419-586-1644 to register



Party on the Patio is coming Thursday, June 29, so mark your calendar. We will once again be holding a bake sale to raise money for the Alzheimer's Association, so start thinking about what yummy things you can make and donate and what delicious things you will be able to buy!!! We will have bounce houses for the kids, a services fair and much more. Look for full details in the June newsletter!



From the Director's Desk:

Happy May to you all! What is your favorite pastime? Do you like to color or play games, do you enjoy listening to music or maybe making music? My grandma used to whistle a happy little tune. I asked her one time the name of the song and she said it didn't have a name. It was just what came out of her when she was happy. What comes out of you when you are happy? Are you ever happy? Or are you just surviving right now? In a recent conversation, someone shared that they are finding it almost impossible to find focus or to finish a simple task. Are you finding it hard to focus, or has someone stolen your get up and go? It seems that everyone is fighting one battle or another. A phrase that I learned many years ago was this, "What you think about, you bring about!" For the month of May, let's spend more time thinking about things that make us happy. I guess I will be thinking about all of YOU! You all make me happy and I am excited that it has warmed up outside. Hopefully that will make each of you feel more like coming up to the center and joining us for some fun. We have a lot of fun things scheduled for the summer and look forward to seeing your smiling faces.

As always, we have transportation, chore, homemaker and outreach services for Mercer County residents 60 and over. We will have another garage sale in May as well as a Welcome to Medicare class by Dave Painter. There will be arts, crafts, dancing, cards, food, and Bingo too. We are having a house plant exchange, an Alzheimer talk and we host an Alzheimer's Support Group. Our calendar is on page 7. The only thing missing on our calendar is you. So thank you for filling in that blank.

Keep smiling!
Dawn

"All truly wise thoughts have been thoughts already thousands of times; but to make them truly ours, we must think them over again honestly, till they take root in our personal experience.

- Johann Wolfgang von Goethe



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 meal. Seating is limited. Menu is subject to change.

May 3

Stuffed Shells & Sauce
Tossed Salad / Dressing
Garlic Bread
Chilled Pineapple

May 24

Bacon Cheeseburger
Casserole
Green Beans
Black Cherry Ice Cream

May 10

Garden Veggie Soup
Grilled Cheese
Peaches

May 31

Bratwurst
Mashed Potatoes
Sauerkraut
Bread
Snickerdoodle Cookie

May 17

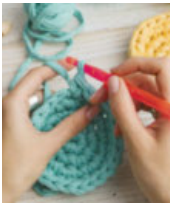
Hamburger / Bun
Tator Tots
Mandarin Oranges

WII BOWLING AWARDS



Prizes will be awarded to the high scoring team, high scoring person, lowest scoring person and one random draw will be awarded! Awards will be presented on Thursday, May 25 at 12:00.

CROCHET CLUB



Do you like to knit or crochet? Or would you like to learn? Then this new group is for you! This group will

be working on projects to be given out to folks in the nursing home for Christmas!! We will meet once a month in the Annex to work on projects, help each other and just enjoy each other's company! There will be some yarn available for you to use but you can bring your own too! We will hold an informational meeting Wednesday, May 31 at 2:30 in the Annex. If you cannot attend give Tash a call, 567-890-4120, and let her know you want to be part of this group!



GARAGE SALE UPDATE

Donations Last Day	Thursday, May 4	8:30 to 12
Set Up	May 8 to May 17	9:00 to 3
Clean Up Begins	May 22	9:00

The March garage sale was a huge success due to all the hard work of our great volunteers!! It is time to start getting ready for another sale. The last day for donations will be Thursday, May 4th. Set up will begin on Monday, May 8 and continue through May 16. We will be organizing and pricing items in all 3 buildings so feel free to stop in any time to help out. Feel free to give Tash a call at 567-890-4120 with any questions or to let her know you would like to help with the sale!

You're Invited! Welcome to Medicare

- Will you be eligible for Medicare soon?
- Are you on Medicare but still have questions?
- Do you help a family member with Medicare issues?

Then this **FREE** Welcome to Medicare Event is for you!

Where:



217 Riley Street, Celina OH

When: 45822

Learn about Medicare Part A and Part B benefits, the prescription drug benefit (Part D), Medicare Advantage plans, and Medicare supplement insurance.

This event, presented by the Ohio Senior Health Insurance Information Program (OSHIIP), is a service of the Ohio Department of Insurance. OSHIIP staff are trained by the state and do not sell or promote any insurance companies, policies or agents.

Questions?

Call the Ohio Department of Insurance's
OSHIIP Division at
800-686-1578

Garage Sale Dates/Hours

Thursday	May 18	8:30	6:30
Friday	May 19	8:30	4:00
Saturday	May 20	8:30	4:00
All Items 1/2 price.			
Sunday	May 21	12:00	4:00
Bag Day \$1.00 each bag with a second bag FREE All items included.			

Crafty Corner

Craft Class



Join Penny on Thursday, May 4 at 10:00 am as she helps you create one of these beautiful eagles made with clothes pins. Cost for the class is \$5.00 Space is limited so call and register today 419-586-1644.



Art Class



Join Debby Gregory for an acrylic painting class on Monday, May 22 at 2:00 pm in the Annex. All supplies are furnished. Cost for this class is only \$10.00. Call and register today 419-586-1644.

Fair Housing Presentation

The Mercer County Community Development Office is hosting a training program on Thursday, May 4, 2023 at 10:00 a.m. to provide Fair Housing information to the Council of Aging. The training will discuss Fair Housing Rights, Discrimination, and how to file a complaint. Residents who are unable to attend may request the information by contacting Renee Muhlenkamp, Fair Housing Coordinator at 419-586-4209 or WOCAP 419-227-2586. This meeting will be held in the Annex.

House Plant Exchange

Join us Monday, May 22 at 6:30 pm for our very first free house plant exchange / share event. We will begin the event with cookies and punch while we have a short Houseplants 101 discussion. Please bring pest free plants to swap or share, bring as many as you wish but we ask that the plants be in a container with the plant name and your name on it. We will have a post on our Facebook page, Mercer County Council on Aging, if you would like to show what plants you will be bringing. Please call 419-586-1644 to register so we know how many people to plan for. Everyone attending will have a chance to win a door prize!



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)

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

Toe Nail Trimming

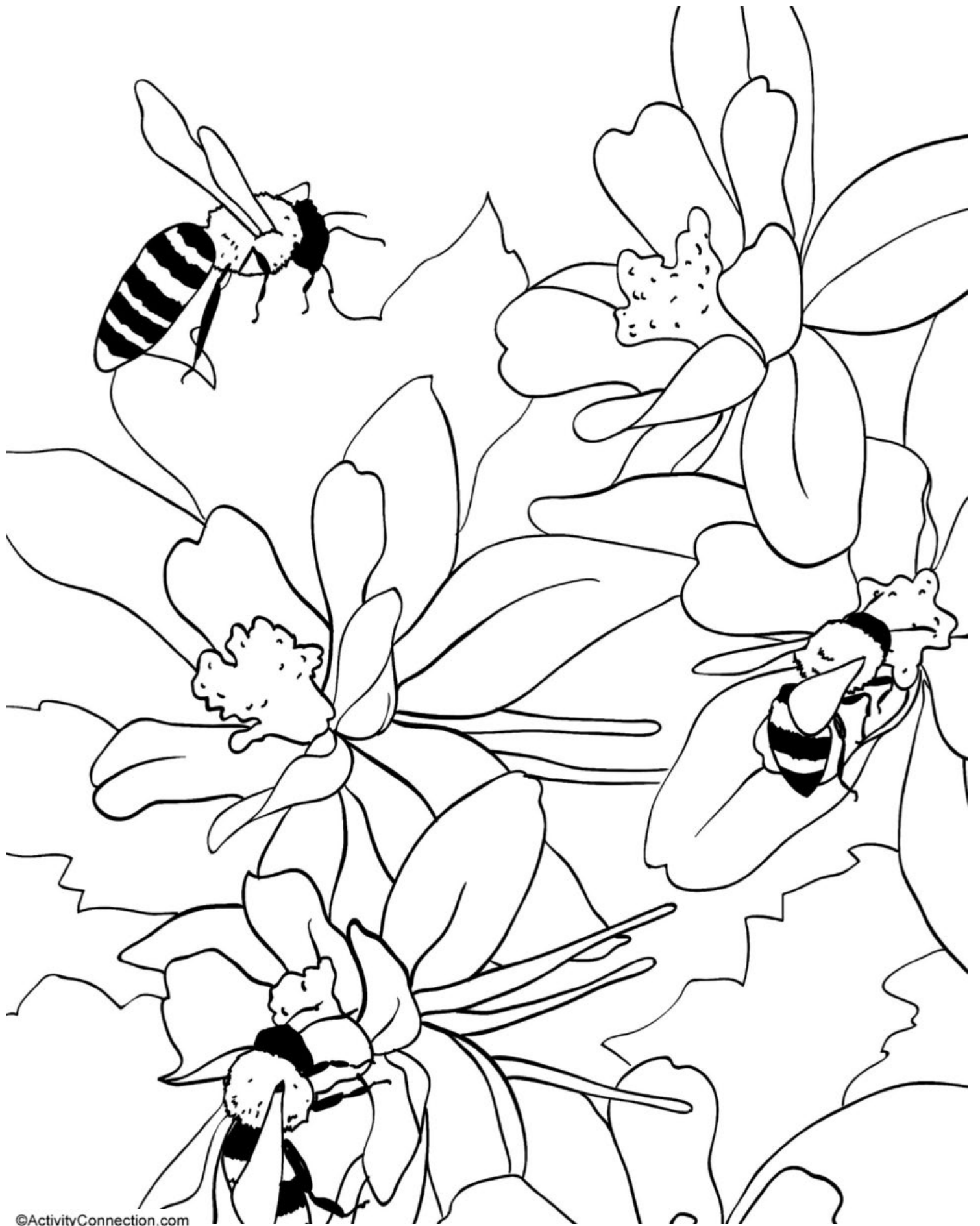
The first Wednesday each month at 1:00 pm in the Annex. Cost is \$15.00. It is offered in the Annex beginning at 1:00 pm. First come, first served. Provided by CHP.



ALZHEIMER'S ASSOCIATION EDUCATION SERIES

Join Yvonne Miller with the Alzheimer's Association on Thursday, May 4 at 2:30 pm as she talks on the subject of Dementia Conversations. This program offers tips on how to have honest and caring conversations to address some of the most common issues, such as, going to the doctor, deciding when to stop driving and making legal and financial plans.





May 2023 Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 10:00 - Chair Chi*	2 9:00 - 11:30 Pickleball* (MSC) 12:00 - 4:00 Donations (bldg 6) <u>12:30 - Bridge*</u> 1:00 - Line Dancing	3 11:30 - Lunch* 12:30 - Bingo* <u>1:00 - Toenail Clipping*</u>	4 8:00 - 10:00 Coffee Time 8:30 - 12:00 Donations (bldg 6) <u>10:00 - Fair Housing Talk - FREE</u> 10:00 - Craft - Clothes Pin Eagle* 1:00 - Chair Yoga* 2:30 - Alzheimer Talk 6:30 - Cards*	5 12:30 - Cards*	6
7 6:30 - Cards*	8 Garage Sale Set Up 10:00 - Chair Chi*	9 9:00 - 11:30 Pickleball* (MSC) <u>12:30 - Bridge*</u> 1:00 - Line Dancing	10 11:30 - Lunch* 12:00 - FREE Blood Pressure Checks 12:30 - Bingo* 6:00 - Welcome to Medicare - Dave Painter	11 8:00 - 10:00 Coffee Time <u>10:30 - Board Mtg.</u> 1:00 - Chair Yoga* 6:30 - Cards*	12 12:30 - Cards*	13
14 6:30 - Cards*	15 10:00 - Chair Chi*	16 9:00 - 11:30 Pickleball* (MSC) <u>12:30 - Bridge*</u> 1:00 - Line Dancing	17 11:30 - Lunch* 12:30 - Bingo*	18 GARAGE SALE 8:30 to 6:30 1:00 - Chair Yoga* <u>4:00 - Alzheimer Support Group</u> 6:30 - Cards*	19 GARAGE SALE 8:30 to 4:00 12:30 - Cards*	20 GARAGE SALE 8:30 to 4:00
21 GARAGE SALE 12:00 to 4:00 6:30 - Cards*	22 Garage Sale Clean Up 10:00 - Chair Chi* 2:00 - Sing a Long <u>2:00 - Art Class - Acrylic Painting*</u> 6:30 - House Plant Exchange	23 9:00 - 11:30 Pickleball* (MSC) 10:00 - Lunch 'n Learn - Health Care POA <u>12:30 - Bridge*</u> 1:00 - Line Dancing	24 11:30 - Lunch* 12:30 - Bingo*	25 8:00 - 10:00 Coffee Time 12:00 - Wii Awards 1:00 - Chair Yoga* 6:30 - Cards & Texas Hold 'Em*	26 12:30 - Cards*	27
28 6:30 - Cards*	29 MEMORIAL DAY OFFICES CLOSED	30 <u>12:30 - Bridge*</u> 1:00 - Line Dancing	31 11:30 - Lunch* 12:30 - Bingo* <u>2:30 - Crochet Club</u>	<i>Italicized and underlined activities are in the Annex. Activities marked with an * have a fee. Activities marked with () are off campus. (MSC) - Montezuma Spiritual Center.</i>		





Grand Lake Sound Waves Chorus

The Grand Lake Sound Waves Chorus's annual show is June 17, 2023 at 2:30 pm at the New Bremen High School Auditorium. The theme is "Feelin' Groovy" featuring music from the 1960s and 1970s. The chorus will also host a guest quartet "Buck 50", a young group from various locations in Ohio. Three quartets from the Sound Waves Chorus will also perform at the show. We hope you will join us for a fun afternoon of music, laughter, and entertainment. Tickets will be available at the MCCoA office until June 9 for \$5.00 each. At the door of the event Senior tickets will be \$10 each. Stop in and pick up your tickets today. Sorry, we can not hold tickets for pick up at the event.

Lunch & Learn

Join us on Tuesday, May 23 at 10:00 am. Legal Aid of Western Ohio (LAWO) will be teaching us about Health Advanced Directives. Learn how you can let someone else make your health care decisions when you cannot. Class will include

Health Care Power of Attorney and Living Will. Everyone is welcome to attend.

To be eligible for legal aid you must be 60+ and register with LAWO. They will need your name and phone number no later than Monday, May 15. To reserve your spot call 419-586-1644. Lunch will be served at 12:00 pm to the first 25 people who register.

As with any of our events, if you sign up but can not attend please let us know so someone on the waiting list can have that spot.



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Issue - April - 2022

Lunch and Classic Country Countdown Music Review – August 2

Amish family style lunch and 1:00 pm show at Blue Gate in Shipshewana. Guitar strumming, boot kickin country songs have told stories and have traveled with us through the backroads and



thoroughfares of this great land. Take a stroll down memory lane as you listen to the Billy Branson Singers deliver Classic Country with songs like Stand By Your Man, He Stopped Loving Her Today, I Walked The Line, I'm So Lonesome I Could Cry. King Of The Road, Friends in Low Places, Okie From Muskogee and many more.

Cost: \$121 Deposit: \$20

REGISTRATION DEADLINE

7/2/23

MARK YOUR CALENDAR!!

June 5 - Craft - Old Lady Flower Pots

June 6 - Garage Sale
Donations Begin

June 12 - Game Night - Dominos

June 17 - Saturday Garage Sale
Donation

June 19 - Craft Button Tree

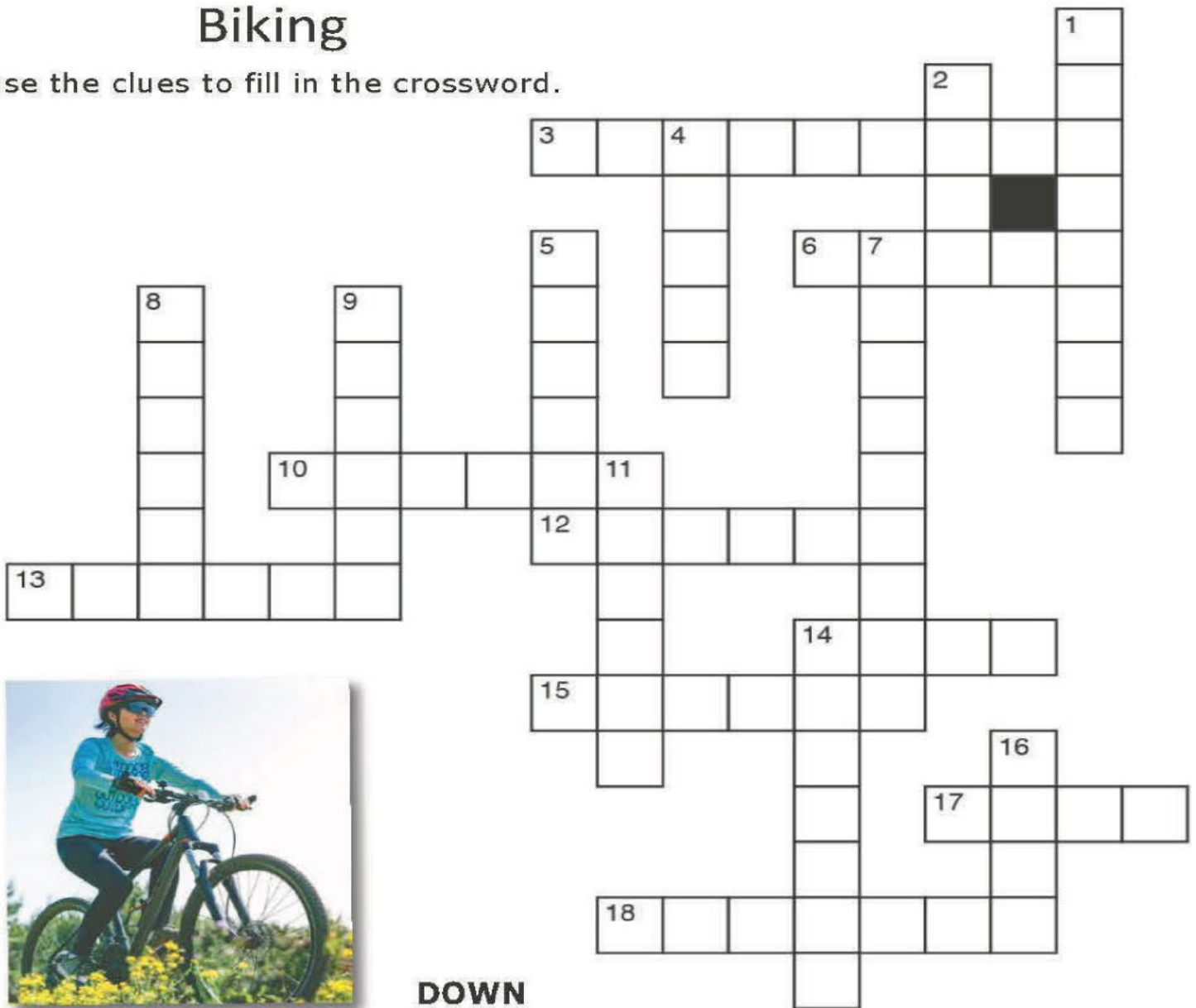
June 27 - Lunch and Learn
Financial Power of Attorney

June 29 - Party on the Patio /
Services Fair

Check next month's newsletter
for more information.

Biking

Use the clues to fill in the crossword.



ACROSS

- 3. Holds up a bike
- 6. Round object
- 10. Protective hat
- 12. Bike seat
- 13. Bike accessory
- 14. Recreation area
- 15. Wheel cover
- 17. Soil or earth
- 18. Rural area

DOWN

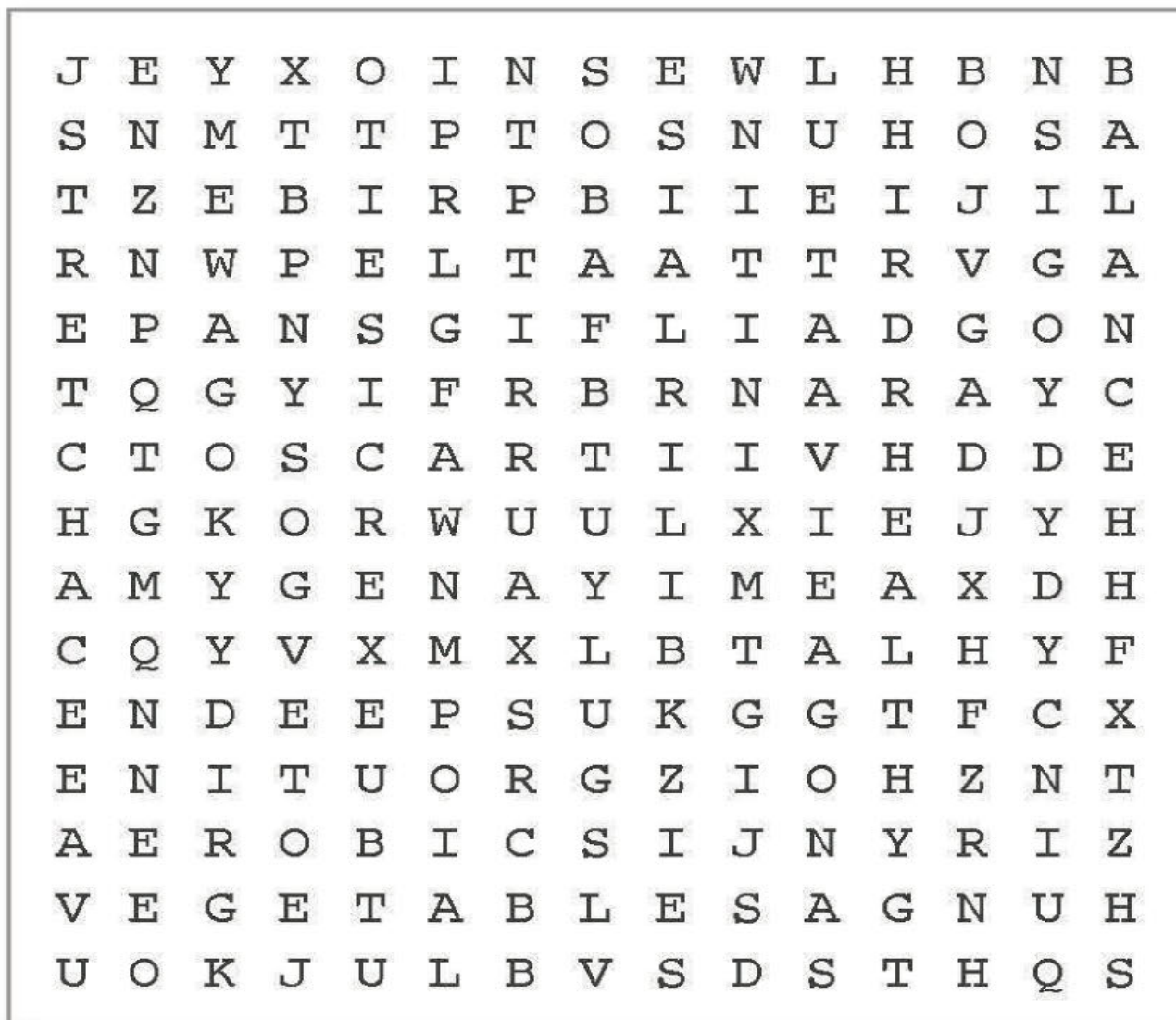
- 1. Action to propel a bike
- 2. Speed contest
- 4. Linkage
- 5. Rim supporters
- 7. Bicycle's gripper
- 8. Slows down a bike
- 9. City thoroughfare
- 11. Bicycle for two
- 14. Long flag
- 16. Metropolis



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Fit & Fun

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



AEROBICS
BALANCE
DAILY
ENERGY
EXERCISE
FLEXIBILITY

FRUIT
GYM
HEALTHY
HYDRATION
NUTRITION
ROUTINE

SPEED
STRENGTH
STRETCH
VEGETABLES
WALKING
YOGA

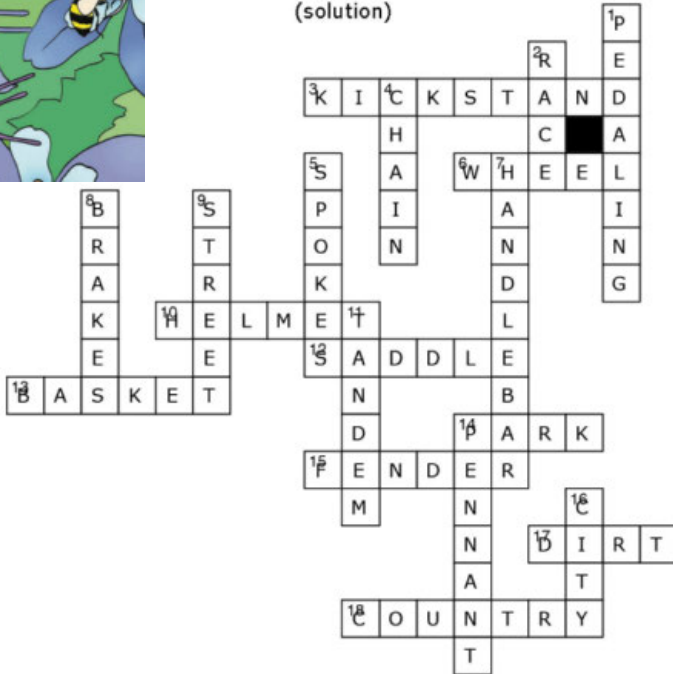
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SOLUTIONS



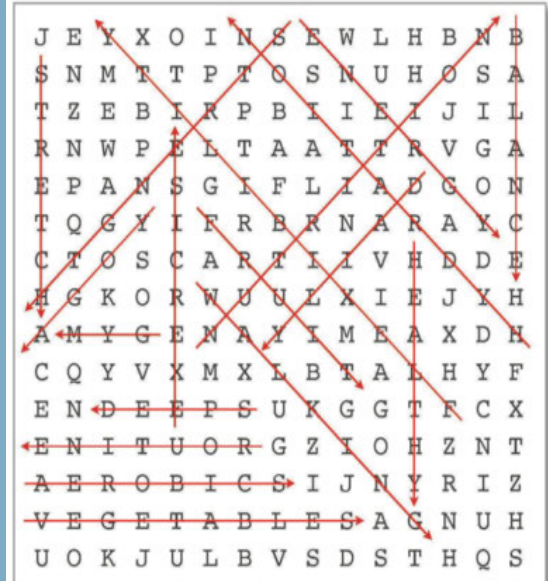
Biking

(solution)



Fit & Fun

(solution)



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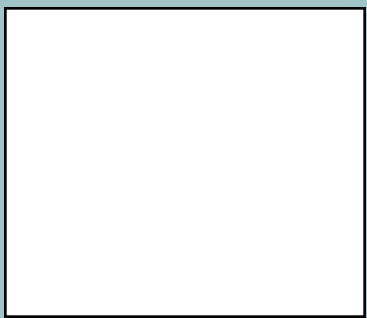
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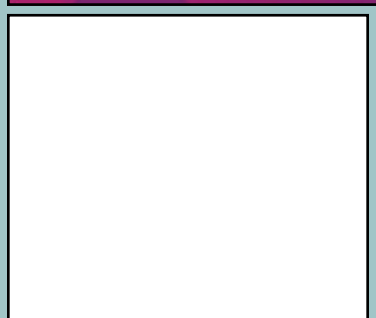
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 Mon-Fri: 8 am – 4:30 pm

Sat & Sun: Closed

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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

PHONE

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May 
2023

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