



Mercer County Council on Aging



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

Pollinator Flower Beds

THANK YOU to Ryan McMichael, Extension Educator with OSU Extension office of Mercer County, for getting the grant and picking up all of the plants for the three Pollinator Flower Beds that have been planted in front of our building. Thanks to Ryan, Charlene Guingrich, Janet Nelson and Patty Loughrige-Gelhaus for helping plant the flowers which will help support the pollinator species; bees, butterflies and moths in our community. These gardens are planted with native plants. A plant is considered native if it has occurred naturally in a particular region, ecosystem, or habitat without human introduction. Exotic plants that evolved in other parts of the world or were cultivated by humans into forms that don't exist in nature do not support wildlife as well as native plants. Stop by and check out each of these unique gardens. We have flyers that indicate how to identify each plant and give information on how to start your own native plant pollinator garden! Ask for one when you come in the office.

OHIO STATE UNIVERSITY EXTENSION
CFAES **Plant by Numbers**
Plants, growing steps, and sample designs to support Specialist Bees, Bumble Bees, and Butterflies & Moths

Specialist Bees

- Native solitary bees that depend on a very narrow range of plants to provide pollen for their young
- Adults emerge when their host plants bloom.
- These are very docile bees that usually nest in individual tunnels in the ground.

| | | | | | |
|---|---|--|---|--|---|
| Illinois sunlit bee (<i>Plebeia bombylifera</i>) on commonized monardella (<i>Plebeia mesochorea</i>) | Crawley's long horned bee (<i>Plebeocera drustellii</i>) on aster (<i>Symphoricarpos</i>) | Aster calliphore bee (<i>Colletes compactus</i>) on brown-eyed Susan (<i>Rudbeckia trilobis</i>) | Hairy-banded mining bee (<i>Andrena hirticincta</i>) on goldenrod (<i>Solidago</i>) | Golden-Alexanders mining bee (<i>Andrena zinnii</i>) on golden state (<i>Olea aurum</i>) | Centroclypeus long-horned bee (<i>Plebeocera denticulata</i>) on sunnyside (<i>Hieracium</i>) |
|---|---|--|---|--|---|

Bumble Bees

- These native social bees visit many different plants for nectar and pollen.
- The bumble bee colony nests in the ground or on the ground.
- Only the newly emerged mated queen survives the winter. She starts a new colony in spring.

| | | | | |
|---|--|--|---|---|
| Common eastern bumble bee (<i>Bombus impatiens</i>) on goldenrod (<i>Solidago</i> sp.) | Brown-belted bumble bee (<i>Bombus griseocollis</i>) on mountainmint (<i>Pycnanthemum muticum</i>) | Two-spotted bumble bee (<i>Bombus bimaculatus</i>) on wild bergamot (<i>Monarda fistulosa</i>) | Black and gold bumble bee (<i>Bombus auricomus</i>) on wild bergamot (<i>Monarda fistulosa</i>) | Golden northern bumble bee (<i>Bombus fervidus</i>) on blue wild indigo (<i>Baptisia australis</i>) |
|---|--|--|---|---|

Butterflies and Moths

- Most adult butterflies and some moths visit flowers for nectar.
- Adult female butterflies and moths will seek out specific plants to lay their eggs. These "host plants" provide food for developing caterpillars.
- Many bird species collect caterpillars and other insects as food for developing chicks.

| | | | |
|--|---|---|--|
| Monarch (<i>Danaus plexippus</i>) | Monarch caterpillar | Host plant: swamp milkweed (<i>Asclepias incarnata</i>) | Two of the many Ohio-nesting birds that depend on caterpillars to feed their young Black-capped Chickadee |
| Great spangled fritillary (<i>Speyeria cybele</i>) | Great spangled fritillary caterpillar | Host plant: prairie violet (<i>Vicia pedicularifolia</i>) | |

THE OHIO STATE UNIVERSITY EXTENSION

Plant by Numbers is funded by USDA NIFA 2021700635562.
 Learn more at: <http://u.osu.edu/plantbynumbers>



From the Director's Desk:

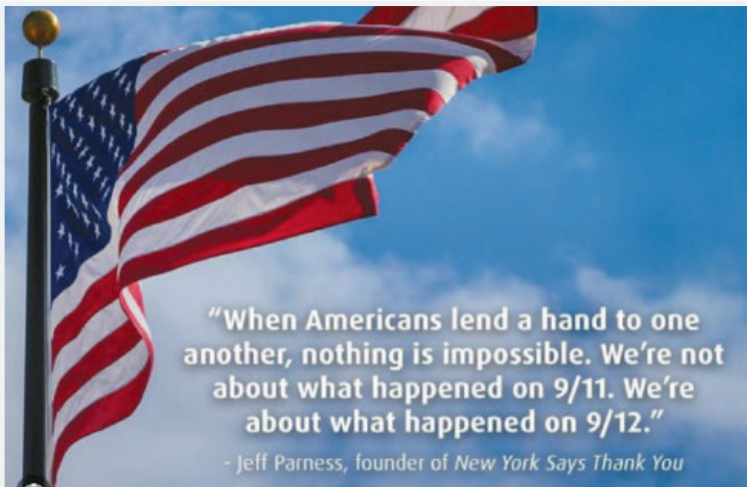
Happy July Mercer County (and other counties not Mercer)!!

I am simply amazed over and over by the love and support I see in Mercer County. Thank you.

Do you know what our mission is? It is to help older people live dignified and reasonably independent lives in their own homes for as long as possible. (hint: we have it on the front page of every newsletter.) That statement seems especially poignant in July. With America celebrating her independence, it is important to remember our goal is assisting the seniors of Mercer County in maintaining their independence on a daily basis. I am proud of the staff here at the MCCoA and the hard work they do every day. I am thankful for our volunteers who go out of their way helping in various ways, for example, baking, making phone calls, taking/sorting/pricing/selling donations, moving dirt, cleaning, teaching classes and so many other ways too! There is more need than you may be aware of. Activities that most people take for granted, such as, standing up or getting in and out of a car without mishap can be a major achievement for others. Sometimes, all a person needs is a smile and an ear to hear their story. I applaud everyone who helps.

I also applaud every senior in Mercer County. You guys 'rock!' You are setting a wonderful example of what we need to do to "keep on, keeping on." Thank you. I know it is not November and this is sounding more of "a list of blessings." But you need to know you are loved and appreciated. That is what we are about. Let us know if you want to help us help others. It truly takes all of us to make the impact and touch everyone out there who needs us. And if you need us, let us know that too. Strength is knowing when and being willing to get assistance when it is required.

Happy Independence Day!
Dawn



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.



July 5

Ham salad on plate
Crackers
Cucumbers/ranch
Mandarin oranges

July 19

Hamburger/bun
Potato salad
Lettuce/tomato/
Onion/pickle
Watermelon

July 12

French dip sandwich
French fries
Au jus sauce
Fruited gelatin/topping

July 26

Homemade Pizza
Salad/dressing
Fruit cocktail



GARAGE SALE UPDATE

| | | |
|--------------------|--------------------|------------|
| Donations Last Day | Thursday, July 6 | 8:30 to 12 |
| Set Up | July 10 to July 19 | 9:00 to 3 |
| Clean Up Begins | July 24 | 8:30 |
| Truck Pick Up | July 25 | 8:30 |

| Garage Sale Dates/Hours | | | |
|---|---------|-------|------|
| Thursday | July 20 | 8:30 | 6:30 |
| Friday | July 21 | 8:30 | 4:00 |
| Saturday | July 22 | 8:30 | 4:00 |
| All Items 1/2 price. | | | |
| Sunday | July 23 | 12:00 | 4:00 |
| Bag Day \$1.00 each bag with a second bag FREE All items included. | | | |

It's time to get ready for our July sale! Set up begins on Monday, July 10 and will continue until July 19 or until everything is priced, displayed and ready for the sale. Clean up begins on Monday, July 24 at 8:30. Clean up consists of packing up all the leftover items, washing shelves and sweeping floors. On Tuesday, July 25 the truck will be here at 8:30 to load all of the items that have been packed up. Loading the truck usually takes less than an hour. Thank you in advance for everyone's help. 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!

Crafty Corner

Craft Class

Penny will teach how to create a beautiful wreath made with decorative mesh! Class is Monday, July 31 at 1:00 pm. Cost is only \$5.00 call and register today, space is limited.



Art Class

Join Debby Gregory for an acrylic painting class on Monday, July 17 at 2:00 pm. All supplies are furnished. Cost is only \$10.00. Call 419-586-1644 and register today.



Crochet Club

Crochet Club will be meeting Monday, July 31 at 11:00 am in the Annex. Stop in and share ideas, work on a project or just see what this club is all about. Everyone is welcome.



Chess

Do you like to play Chess? We are looking for people who would like to play chess on a regular basis. If you are interested give Tash a call 567-890-4120.



Lake Fest Parade

Do you want to be part of the Lakefest parade Saturday, July 29? Join MCCoA and ride along in our van. Call the office to get details 419-586-1644.



Game Night - Corn Hole

Join us Wednesday, July 26 at 5:30 for dinner and corn hole. We will be grilling hot dogs with chips, watermelon, and a cookie for dessert! Then get ready for a fun time playing corn hole! If the weather is nice, we will set corn hole up outside, otherwise we can play indoors. No need to have a partner, we will do a random draw to set up who plays with whom. Whether you have never played or you play all the time, we encourage you to come be part of this fun evening. Cost is only \$5.00, call and register today 419-586-1644.



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, finances, communication, & safety 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

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 \$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

Tuesdays at the Spiritual Center in Montezuma, 6731 SR 219 from 9:00 am to 11:30 am. Cost is \$3.00 per person. No experience required!

Toe Nail Trimming

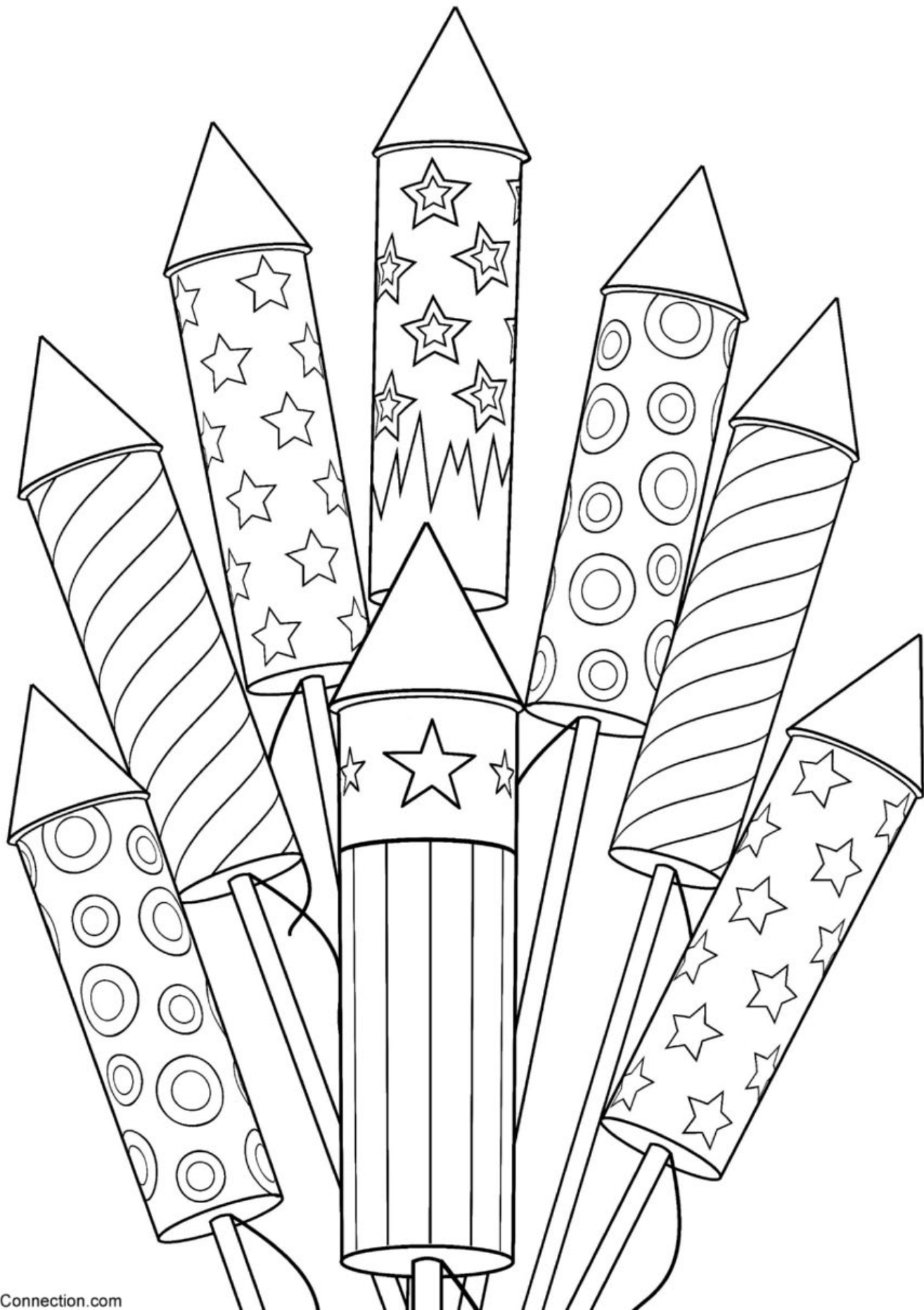
The first Wednesday each month at 1:00 pm in the Annex. Cost is \$15.00. It is offered in the Annex beginning at 1:00 pm. First come, first served. Provided by CHP.



ALZHEIMER'S ASSOCIATION EDUCATION SERIES

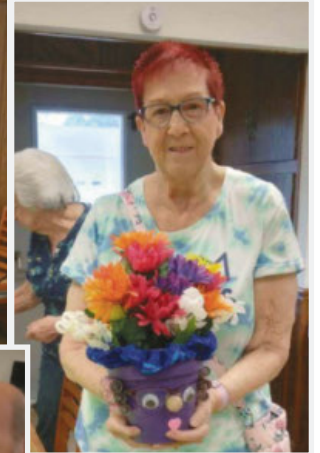
Join Yvonne Miller on Thursday, July 6 at 2:30 pm as she talks on the subject of Effective Communication Strategies. Explore how communication changes when someone is living with Alzheimer's, learn how to interpret the verbal and behavioral communication, and identify strategies to help you connect and communicate at each stage of the disease.



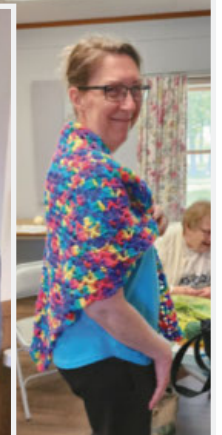


July 2023 Activity Calendar

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|--|---|--|--|--|
| | | | | | | 1 |
| 2 | 3 10:00 - Chair Chi* | 4 INDEPENDANCE DAY OFFICES CLOSED | 5 11:30 - Lunch* 12:30 - Bingo* <u>1:00 - Toenail Clipping*</u> | 6 8:00 - 10:00 Coffee Time 8:30 - 12:00 LAST DAY Donations (bldg 6) 2:30 - Alzheimer Talk 6:30 - Cards* | 7 12:30 - Cards* | 8 |
| 9 6:30 - Cards* | 10 Garage Sale Set Up (all week) 10:00 - Chair Chi* 11:30 - L&L - Funeral Planning - Presented by Cisco Funeral Home | 11 9:00 - 11:30 Pickleball* (MSC) 11:30 - Picnic Meal (see pg 9) <u>12:30 - Bridge*</u> 1:00 - Line Dancing | 12 11:30 - Lunch* 12:00 - FREE Blood Pressure Checks 12:30 - Bingo* | 13 8:00 - 10:00 Coffee Time <u>10:30 - Board Mtg.</u> 1:00 - Chair Yoga* 6:30 - Cards* | 14 12:30 - Cards* | 15 |
| 16 6:30 - Cards* | 17 10:00 - Chair Chi* 2:00 - Art class - Acrylic painting* | 18 9:00 - 11:30 Pickleball* (MSC) <u>12:30 - Bridge*</u> 1:00 - Line Dancing | 19 11:30 - Lunch* 12:30 - Bingo* <u>12:30 - Bridge*</u> | 20 GARAGE SALE 8:30 to 6:30 1:00 - Chair Yoga* <u>4:00 - Alzheimer Support Group</u> 6:30 - Cards* | 21 GARAGE SALE 8:30 to 4:00 12:30 - Cards* | 22 GARAGE SALE 8:30 to 4:00 |
| 23 GARAGE SALE 12:00 to 4:00 6:30 - Cards* | 24 8:30 - Garage Sale Clean Up 10:00 - Chair Chi* | 25 8:30 - Load truck - Garage Sale 9:00 - 11:30 Pickleball* (MSC) <u>12:30 - Bridge*</u> 1:00 - Line Dancing | 26 11:30 - Lunch* 12:30 - Bingo* 5:30 - Game Night - Corn Hole & Dinner* | 27 8:00 - 10:00 Coffee Time 1:00 - Chair Yoga* 6:30 - Cards & Texas Hold 'Em* | 28 12:30 - Cards* | 29 LAKE FESTIVAL PARADE - Find out how you can ride with us in the parade!! |
| 30 6:30 - Cards* | 31 10:00 - Chair Chi* <u>11:00 - Crochet Club</u> 1:00 - Craft Class - Decorative Wreath* | <p><i>Italicized and underlined</i> activities are in the Annex. Activities marked with an * have a fee. Activities marked with () are off campus. (MSC) - Montezuma Spiritual Center.</p> | | | | |



Look at what has been happening!!



Be sure to call 419-586-1644 by July 7 to reserve your spot!!

SUMMER

Picnic Meal

Tuesday, July 11th at 11:30am

AT MERCER COUNTY
COUNCIL ON AGING

217 Riley Street, Celina, Ohio 45822

MEAL

\$2

EACH

ANYONE 60+ IS ELIGIBLE

Call the Council on Aging
at 419-586-1644 to request a ticket
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Lunch & Learn

"Advanced Planning Workshop"

This workshop will take you through the planning process in a group setting. We will go through the entire process of:

The 4 steps of Advanced Funeral Planning

- Vital Statistical Information
- Funeral Service Options
- Funeral Merchandise Options
- Funeral Trust Options

WHEN: Monday, July 10th

TIME: 11:30 am - 1:00 pm

WHERE: Mercer County Council On Aging



Lunch served at 11:30 Limited space available
call 419-586-1644 and register by July 3.

As with any event, if you sign up but cannot attend, please let us know.



Choice Travel

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Issue - April - 2022

Tuesday, August 15, 2023 (\$128-Belterra) (\$135-Museum)

Go to Behringer Crawford Museum or Belterra Gaming Park in Cincinnati prior to 6:40 pm Battle of Ohio - Reds vs Cleveland Guardians Baseball Game - Infield

Option 1 - 4 hours to enjoy the casino. Dinner on your own at the casino or the ball park.

Option 2 - Museum - take a tour and see the infamous two-headed calf. This museum celebrates the unique arts, heritage and culture of Northern Kentucky. Examine a mammoth fossil, take a ride through time with the beautifully restored 1892 streetcar "Kentucky," activate the engines, lights and music of a miniature, mid-century community in the G-gauge train display and even watch a drive-in movie from the seat of a 1959 Buick Electra convertible and much more. Then dinner on your own at Newport on the Levee or the Hofbrauhaus.

Reunite group and go to the ball park. You can bring your own food and drinks (small soft sided coolers, no glass or cans) in the ball park. Ball

Park vendors accept credit/debit cards – no cash. No backpacks.

Enjoy reserved infield box seats for the always exciting Battle of Ohio – Reds vs Cleveland Guardians ball game!



MARK YOUR CALENDAR!!

Aug 3 - Alzheimer's Talk with Yvonne Miller

Aug 6 - Coldwater Parade

Aug 8 - garage sale donations begin

Aug 15 & 17 - No garage sale donations (due to fair)

Aug 15 - Senior Day at Fair

Aug 21 - Craft - Gourd Bird House

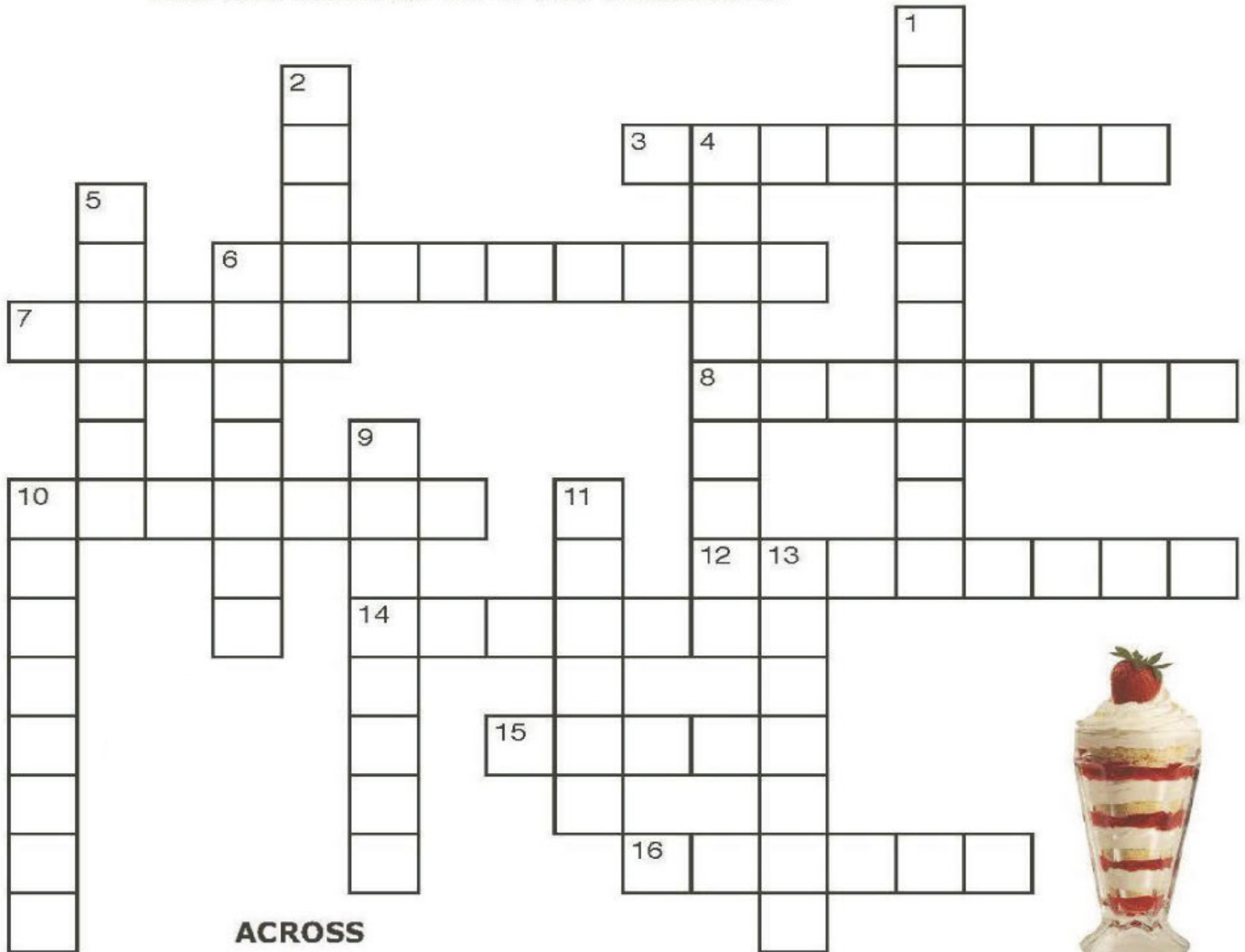
Aug 28 - Lunch & Learn - Falls Prevention with Ashlin Toland from Area Agency on Aging

Aug 31 - Alzheimer's Bingo & Lunch

Check next month's newsletter for more information.

Cool Treats

Use the clues to fill in the crossword.



ACROSS

- 3. Blended fruit drink with dairy
- 6. Hawaiian fruit export
- 7. Root beer _____
- 8. Southern sugary drink
- 10. Carbonated drink
- 12. Ice-cream novelty with a polar bear logo
- 14. 7-Eleven specialty, aka slushy
- 15. Jiggly treat
- 16. Vineyard fruits

DOWN

- 1. Seedy summer snack
- 2. Banana _____
- 4. Ice-cream drink
- 5. Italian ice cream
- 6. Dessert in a tall glass
- 9. Frozen treat on a stick
- 10. Paper cup carnival treat
- 11. Fruity water-ice
- 13. Sidewalk stand buy

Fourth of July Search and Solve

Find each of the items from the categories listed below.
Search vertically, horizontally, diagonally, forward, and backward.



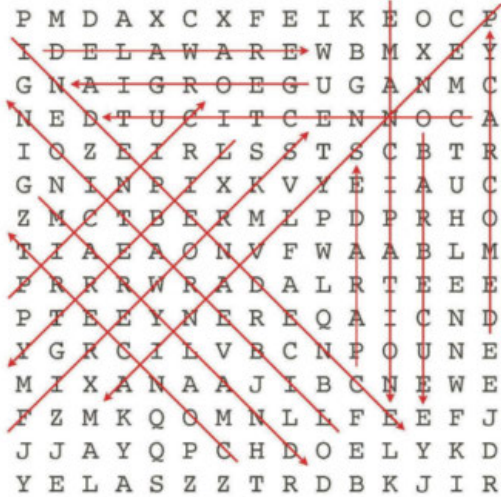
Find five words that are Independence Day activities.

Find five states that are part of the thirteen colonies.

Find five words synonymous with *freedom*.

Fourth of July Search and Solve

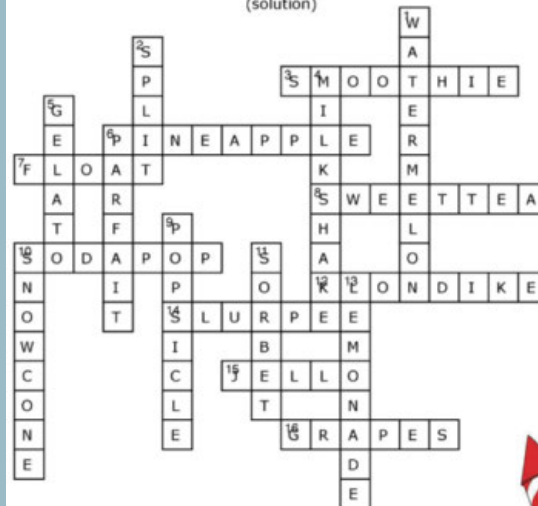
(solution)



SOLUTIONS

Cool Treats

(solution)



Find five words that are Independence Day activities.

barbecue, concert, fireworks, parade, picnic

Find five states that are part of the thirteen colonies.

Connecticut, Delaware, Georgia, Maryland, Pennsylvania

Find five words synonymous with *freedom*.

democracy, emancipation, independence, liberation, liberty



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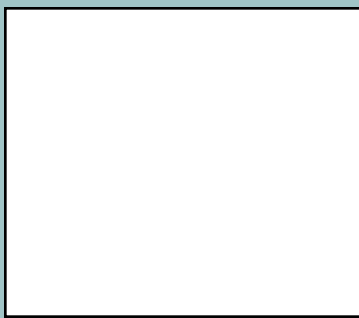
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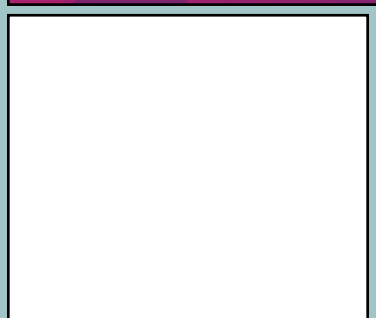
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THE MERCER COUNTY COUNCIL ON AGING

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

419-586-1644

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