



JANUARY
2024

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

Mercer County Council on Aging

You can have flaws, be anxious, and even be angry, but do not forget that your life is the greatest enterprise in the world. Only you can stop it from going bust. Many appreciate you, admire you and love you. Remember that to be happy is not to have a sky without a storm, a road without accidents, work without fatigue, relationships without disappointments. To be happy is to find strength in forgiveness, hope in battles, security in the stage of fear, love in discord. It is not only to enjoy the smile, but also to reflect on the sadness. It is not only to celebrate the successes, but to learn lessons from the failures. It is not only to feel happy with the applause, but to be happy in anonymity.

Being happy is not a fatality of destiny, but an achievement for those who can travel within themselves. To be happy is to stop feeling like a victim and become your destiny's author. It is to cross deserts, yet to be able to find an oasis in the depths of our soul. It is to thank God for every morning, for the miracle of life. Being happy is not being afraid of your own feelings. It's to be able to talk about you. It is having the courage to hear a "no." It is confidence in the face of criticism, even when unjustified. It is to kiss your children, pamper your parents, to live poetic moments with friends, even when they hurt us.

To be happy is to let live the creature that lives in each of us, free, joyful and simple.

It is to have maturity to be able to say: "I made mistakes."

It is to have the courage to say "I am sorry."

It is to have the sensitivity to say, "I need you."

It is to have the ability to say "I love you."

May your life become a garden of opportunities for happiness ...

That in spring may it be a lover of joy. In winter a lover of wisdom.

And when you make a mistake, start all over again.

For only then will you be in love with life. You will find that to be happy is not to have a perfect life. But use the tears to irrigate tolerance.

Use your losses to train patience.

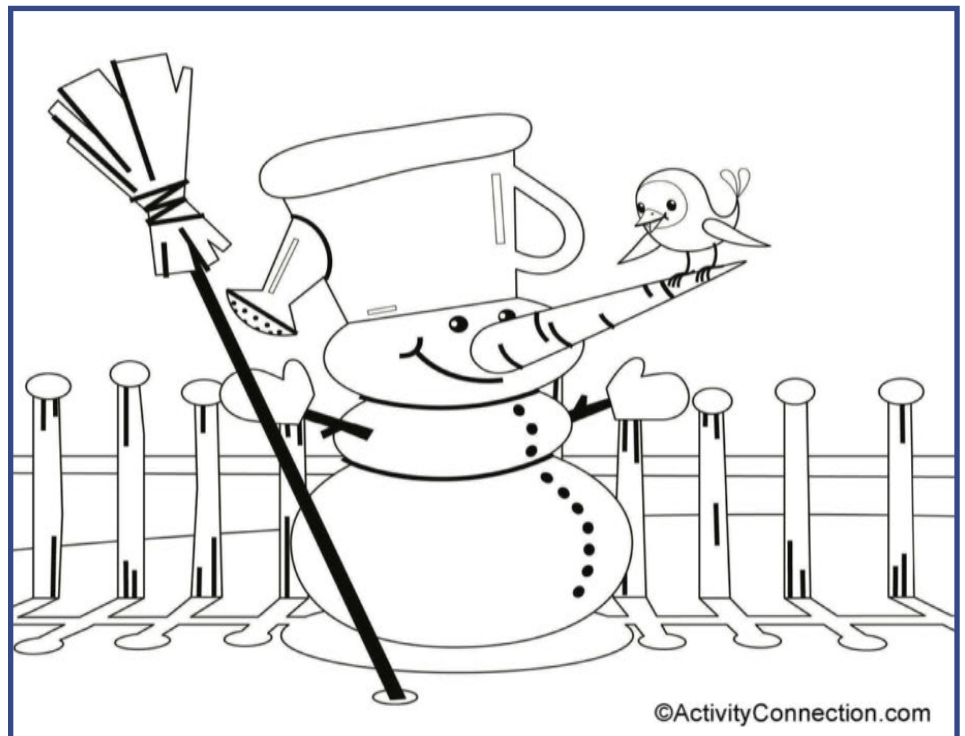
Use your mistakes to sculptor serenity.

Use pain to plaster pleasure.

Use obstacles to open windows of intelligence.

Never give up Never give up on people who love you. Never give up on happiness, for life is an incredible show."

- Pope Francis



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From the Director's Desk:

Hello Mercer County (and friends of Mercer County,)

Did you read the front page? Did it touch your heart? It sure did mine.

Everyone at the center is looking forward to things slowing down a bit. I wonder if that is even a possibility. It feels like we are rolling downhill gaining speed with every turn. Let's take time in January to slow down a bit. It seems as though the world supports that idea. The flowers and trees are storing up energy, getting ready to bloom again next spring. The roads and walkways are slippery causing us to drive slower and walk more intentionally. This might be a bit restrictive to some of the more active individuals in our circles, but I hope that you are able to embrace the chance to just... slow... down... Take time to watch the snowflakes (I would have said smell the roses, but they are sleeping right now too.)



My heart is sitting here trying to find the way to tell you how much we care. We care with every phone call we answer, every home we clean, every decoration we put up and put away carefully for next year. I am afraid my fingers aren't finding the letters to actually put on this paper. So please do me a favor, just close your eyes for a second. Let your heart reach out and find our heart up here. Know you are

loved and cared about. In this busy age it is really hard to make all the connections we want to. But if you ever doubt our sincerity, please have the understanding, we do care and we are doing our best to connect with you.

It would be wonderful if you would come in and have a coffee or some hot chocolate, read a book, or just say hello and see us. We love having you here.

Always,
Dawn

Mark your February calendar

- 6 Garage Sale Donations Resume
- 13 Fitness video class
- 19 Closed - Presidents' Day
- 27 Fitness class with Kathy

More information in next month's newsletter.

GARAGE SALE UPDATE

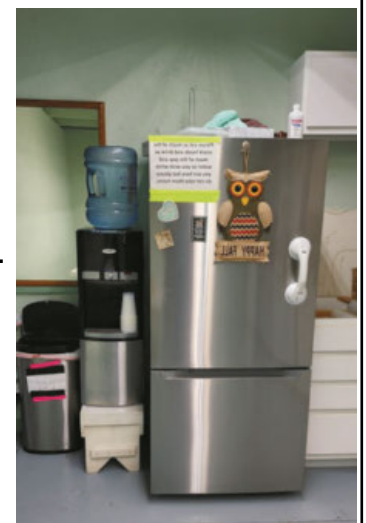


Although we miss seeing all of our wonderful volunteers, we hope that everyone is getting rested for 2024. Don't forget donations will begin again in February!

During the break there have been some dedicated volunteers who have made a great transformation in the break room in building 6. We have also

received an anonymous donation which provided us with a new refrigerator and new counter tops. Be sure to stop by and see it!

We would like to send out a BIG Thank You to everyone for making this such a nice space for the volunteers to use!



It's Snow Time

Use the clues to fill in the crossword.



ACROSS

1. Hit the slopes
2. Snow house
3. Speck of snow
4. Partially melted snow
6. Difficult to stand on
9. Snow's color
11. Design made by moving arms and legs, snow _____
12. Frigid
13. Husky's tow
14. Snow-clearing vehicle
15. Thaw

DOWN

1. Device that resembles a racket; used for winter walking
3. Slight fall of snow
5. Snowstorm
7. Loose snow; skier's delight
8. Walkway-clearing tool
10. Toss
13. Frosty, for one

Dates of Interest

To register call 419-586-1644.

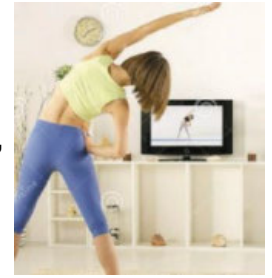
Art Class



Art Class with Debby Gregory will be Monday, January 29 at 2:00 pm. Learn pen/wash techniques. Cost is only \$10 and all supplies are provided. Registration required.

Fitness Video Class

Join us the second Tuesday of each month at 9:30 am for a free fitness class. This class will be lead by an instructor on television. We will be using a couple of videos that our fitness instructor, Kathy, has picked out. The focus is muscle strengthening and increasing range of movement for daily activities. Registration required.



Note: Kathy will continue teaching class on the last Tuesday of each month, at a cost of \$3 per class. Registration required.

Alzheimer's Association Northwest Ohio Chapter

Join us for a free program!

ALZHEIMER'S AND DEMENTIA: Reducing Your Risk & The Importance of Early Detection

Thursday, January 4, 2024

2:30 pm

Mercer County Council on Aging
217 Riley Street, Celina

Individuals experience aging in many different ways - many of which are difficult to change and are beyond our control. However, we do have some control over certain factors involving our health.

Join us as Yvonne Miller discusses current research on how to reduce your risk of developing Alzheimer's disease. Additionally, she will discuss the diagnostic process and why it is important.



REGISTRATION REQUESTED

Please call
419-586-1644



alz.org | 800.272.3900

REGULARLY SCHEDULED ACTIVITIES



Weather Announcement

Please register for all activities so we are able to send out a call informing you if an event is canceled.

Check the calendar on page 7 for exceptions.

Bingo

Wednesdays at 12:30 pm. Reusable cards and chips are 2 for \$1 with additional cards costing 50¢ each. The same cards are used for every game.

Blood Pressure Checks (FREE)

The first Thursday each month from 9 am to 10 am, provided by Heritage Health Care and on 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; **Bid Euchre, Pinochle, and Bridge** on Fridays at 12:30 pm. **Texas Hold 'Em** on the second and fourth Thursday at 6:30 pm. Cost \$1.

Chair Yoga

Chair Yoga with Carla Niblick on Mondays at 10:00 am. Cost is \$3 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.

Crochet Club (FREE)

Crochet club meets monthly in Bldg 3. See calendar for specific date and time. Everyone is welcome, from the person that has never crocheted before to the most experienced.

Fitness Class

The second Tuesday every month at 9:30 am join us for a FREE Video lead exercise class (picked out by Kathy G.)

The last Tuesday every month at 9:30 am Kathy G will lead a 45 minute fitness class that focuses on muscle strengthening and increasing range of movement for daily life activities. Wear comfortable shoes (like gym shoes) and loose-fitting clothing. The cost is \$3 per person.

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 are new to dancing, we will be glad to show you how.

Lunch

Tuesdays, Wednesdays, and Thursdays 11:30 am at a cost of \$4. Reservations are required by noon one day before. 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 per person. No experience required.

Toe Nail Trimming

The first Wednesday each month at 1:00 pm in Bldg 3. Cost is \$15. First come, first served. Provided by CHP.



ALZHEIMER'S ASSOCIATION

Alzheimer's Care Consultations

Marybeth Torsel with Alzheimer's Association is available by appointment. Please call 419-419-5858. Care Consultation covers caregiver education, stress management, planning, communication, finances, and safety issues.

Alzheimer's Support Group

Brenda McGee will facilitate on the third Thursday every month at 4:00 pm in Bldg 3.

Alzheimer's Education

Join Yvonne Miller on Thursday, January 4 at 2:30 pm for Reducing your Risk of Alzheimer's. Learn current research on how to reduce your risk of developing Alzheimer's disease. Additionally, gain an understanding of the diagnostic process and why it's important.

Upcoming classes include:

- 1/4/24 Reducing your Risk of Alzheimer's
- 2/1/24 Dementia Friendly Activities
- 3/7/24 The Different Types of Dementia
- 4/4/24 New Advances in Alzheimer's Treatment



A Matter of Balance

Overview:

Many older adults experience a fear of falling. People who develop this fear often limit their activities, which can result in physical weakness making the risk of falling even greater. A Matter of Balance is a program designed to reduce the fear of falling and increase activity in older adults.

Join Ashlin Toland from the Area Agency on Aging as she leads an eight (8) week class on learning how to improve your balance. Class will be held in Building 3 every Wednesday beginning March 20 through May 8, from 10 am to 12 pm. Registration required. Space is limited.

Workshop details:

- 8 two-hour sessions
- 8-12 participants
- Learn to view falls as controllable
- Set goals for increasing activity
- Make changes to reduce fall risk at home
- Exercise to increase strength and balance



Enrolling Now:



Mercer County Council on Aging
217 Riley St. Celina OH 45822
March 20th - May 8th
Wednesdays | 10 am-12 pm

PRE REGISTRATION REQUIRED!

Register today call 419-586-1644



January 2024 Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1  OFFICES CLOSED	2 9:00 - 11:30 Pickleball* (MSC) 11:30 - Lunch* <u>12:30 - Bridge*</u> 12:30 - Ladies Cards*	3 11:30 - Lunch* 12:30 - Bingo* <u>1:00 - Toenail Clipping*</u>	4 8:00 - 10:00 Coffee Time 9:00 - FREE Blood Pressure Checks 11:30 - Lunch* 1:00 - Chair Yoga* 2:30 - Alzheimers and Dementia Presentation 6:30 - Cards*	5 12:30 - Cards*	6
7 6:30 - Cards*	8 10:00 - Chair Yoga*	9 9:00 - 11:30 Pickleball* (MSC) 9:30 - Fitness Class - Video (FREE) 11:30 - Lunch* <u>12:30 - Bridge*</u> 1:00 - Line Dancing	10 11:30 - Lunch* 12:00 - FREE Blood Pressure Checks 12:30 - Bingo*	11 8:00 - 10:00 Coffee Time <u>10:30 - Board Mtg.</u> 11:30 - Lunch* <u>12:30 - Ladies Cards*</u> 1:00 - Chair Yoga* 6:30 - Cards & Texas Hold 'Em*	12 12:30 - Cards*	13
14 6:30 - Cards*	15  OFFICES CLOSED	16 9:00 - 11:30 Pickleball* (MSC) 11:30 - Lunch* <u>12:30 - Bridge*</u> 12:30 - Ladies Cards* 1:00 - Line Dancing	17 11:30 - Lunch* 12:30 - Bingo*	18 8:00 - 10:00 Coffee Time 11:30 - Lunch* 1:00 - Chair Yoga* <u>4:00 - Alzheimers Support Group</u> 6:30 - Cards*	19 12:30 - Cards*	20
21 6:30 - Cards*	22 10:00 - Chair Yoga*	23 9:00 - 11:30 Pickleball* (MSC) 11:30 - Lunch* <u>12:30 - Bridge*</u> 1:00 - Line Dancing	24 11:30 - Lunch* 12:30 - Bingo*	25 8:00 - 10:00 Coffee Time 11:30 - Lunch* <u>12:30 - Ladies Cards*</u> 1:00 - Chair Yoga* 6:30 - Cards & Texas Hold 'Em*	26 12:30 - Cards*	27
28 6:30 - Cards*	29 10:00 - Chair Yoga* 2:00 - Art Class - Pen & Wash* <u>2:00 - Crochet Club</u>	30 9:00 - 11:30 Pickleball* (MSC) 9:30 - Fitness Class - Live* 11:30 - Lunch* <u>12:30 - Bridge*</u> 1:00 - Line Dancing	31 11:30 - Lunch* 12:30 - Bingo*	<i>Italicized and underlined activities are in Building 3.</i> Activities marked with an * have a fee. Activities marked with () are off campus. (MSC) - Montezuma Spiritual Center.		

Commodity Supplemental Food Program (CSFP) 60+



The Commodity Supplemental Food Program (CSFP) is a United States Department of Agriculture (USDA) nutrition program that provides monthly food assistance specially targeted to low-income seniors. Seniors complete an application for the program and will receive notice of eligibility and approval. Participants will then be assigned to either pick up their monthly CSFP food package at a local sponsor, have an authorized person pick up their food package, or have the food package directly delivered to their home via a participating partner agency if available.

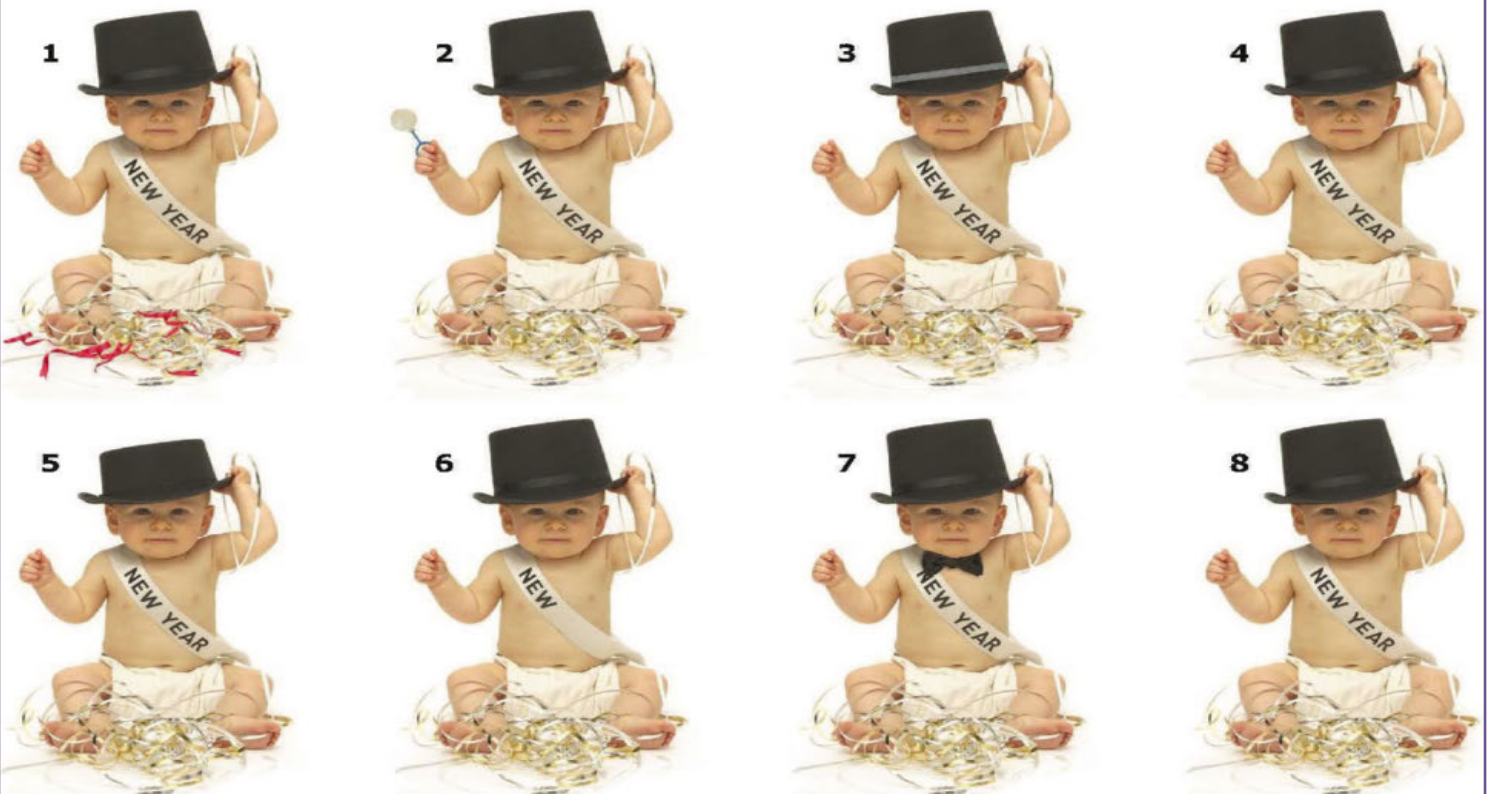
The program is designed to meet the unique nutritional needs of participants, supplementing diets with a monthly package of healthy, nutritious USDA food. Nationally, one in twelve senior households are at risk of hunger. CSFP helps prevent vulnerable seniors from having to choose between food and other basic needs, like medicine, housing, or utilities.

If you would like to apply, you can stop by our office and pick up an application or call us and we will mail you a copy. Or you can download the form from <https://www.westohiofoodbank.org/wp-content/uploads/2023/02/CSFP-Application.pdf>. Once it is filled out email it to end_hunger@wofb.org; mail it to: 1380 E. Kibby St. PO Box 1566 Lima, Ohio 45804; or bring it to the office and we will help submit it.



Matching Baby New Year

Find the two babies that are exactly alike.



Searching for January

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

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



AQUARIUS
 AUSTRALIA DAY
 CAPRICORN
 EARMUFFS
 FIRST
 GARNET

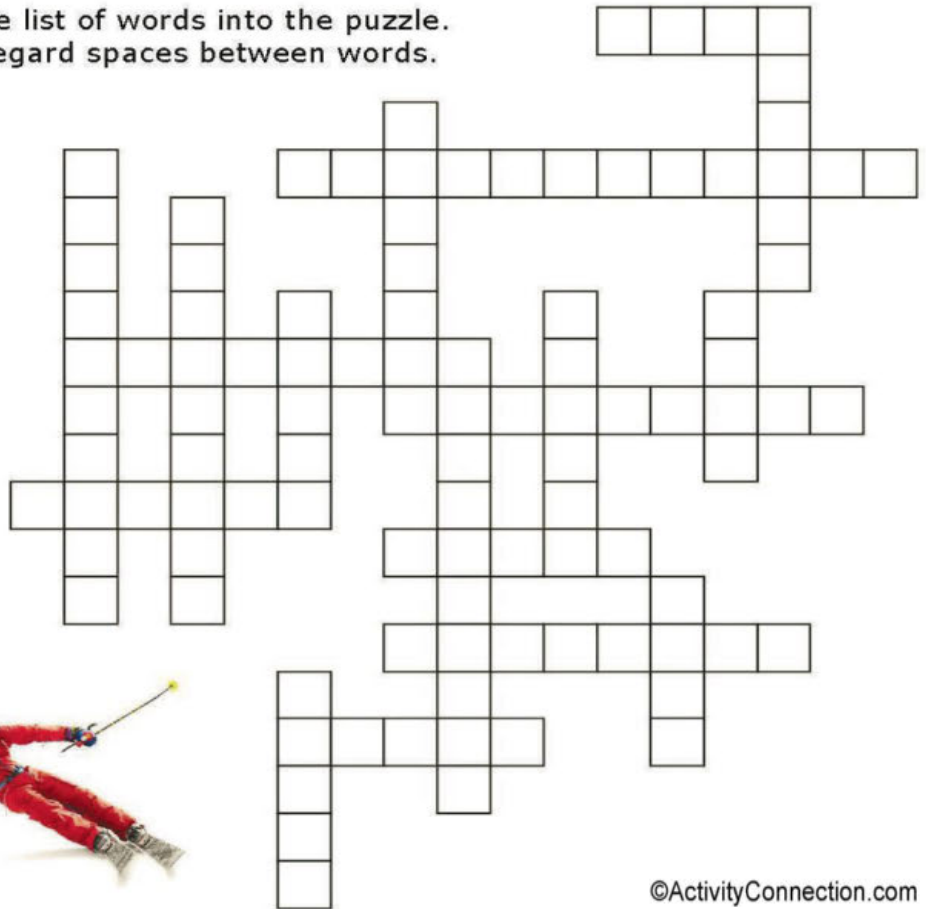
GOLDEN GLOBES
 HOT CHOCOLATE
 MARTIN L. KING
 NEW YEAR'S DAY
 SCARF
 SKIING

SLED
 SLIPPERY
 SNOWDROP
 SNOWMAN
 WINTERTIME
 WOLF MOON

Free to Ski

Fit the list of words into the puzzle.
Disregard spaces between words.

- FAST
- PEAK
- SNOW
- BOOTS
- LODGE
- SLOPE
- SPORT
- POWDER
- TRAILS
- WINTER
- GOGGLES
- MOUNTAIN
- SKI POLES
- TRANSVERSE
- CHAIRLIFT
- SNOWBOARD
- SNOW PLOUGH
- CROSS-COUNTRY



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January 2024 Lunch Menu

Lunch at the MCCoA

Lunch is served on Tuesdays, Wednesdays and Thursdays at 11:30 am. The cost is \$4 a meal and must be reserved by noon the day before. Celina Manor provides the meals. Come have lunch with friends and leave the cooking to us!



Tuesday	Wednesday	Thursday
2 Beef Cabbage Bake Mashed Potatoes Bread Scotcheroo	3 Hamburger/Bun Tator Tots Pickle Chip Chilled Mandarin Oranges	4 Homemade Pizza Tossed Salad/Dressing Chilled Pineapple
9 Creamy Potato Soup Fried Bologna Sandwich Onion/Pickle Chilled Peaches	10 BBQ Bacon Cheeseburger Seasoned Green Beans Black Cherry Ice Cream	11 Hotdog/Bun Baked Beans Chilled Mandarin Oranges
16 Mushroom Swiss Burger/Bun Potato Triangles Fresh Grapes	17 Bratwurst Mashed Potatoes Sauerkraut Snickerdoodle Cookie	18 Beef Stew Biscuit Ice Cream
23 Stuffed Pepper Casserole Mashed Potatoes Dinner Roll Reese's Brownie	24 Creamy Potato Soup Fried Bologna Sandwich Onion/Pickle Chilled Peaches	25 Homemade Pizza Tossed Salad/Dressing Chilled Pineapple
30 Ham & Bean Soup Cottage Cheese Cornbread/Butter Chilled Peaches	31 Stuffed Shells & Sauce Broccoli Florets Garlic Bread Chilled Pineapple	February 1 Creamed Chipped Beef Biscuit Seasoned Green Peas Chilled Fruit Cocktail

What's "New" with You?

Match the clues to the words that contain *new*.

- | | |
|--|-----------------|
| 1. Salamander _____ | A. renewal |
| 2. Sir Isaac _____ | B. Newman |
| 3. CNN bulletin _____ | C. newsstand |
| 4. Urban modernization _____ | D. newsletter |
| 5. In-house publication _____ | E. news flash |
| 6. Legendary actor Paul _____ | F. new moon |
| 7. Bride or groom _____ | G. New Delhi |
| 8. Infant _____ | H. newborn |
| 9. Paper vendor's kiosk _____ | I. Newfoundland |
| 10. <i>Post</i> or <i>Times</i> _____ | J. New Balance |
| 11. Rookie _____ | K. Newton |
| 12. First lunar phase _____ | L. newt |
| 13. Large dog _____ | M. newscaster |
| 14. Modern; different from what one is used to _____ | N. newel post |
| 15. Walter Cronkite for one _____ | O. newlywed |
| 16. A staircase support _____ | P. newfangled |
| 17. India's capital _____ | Q. newspaper |
| 18. Nike competitor _____ | R. newbie |





What's "New" with You?

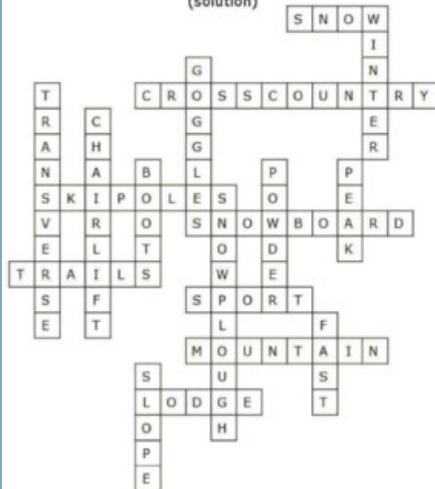
(solution)

- | | |
|--|-----------------|
| 1. Salamander | L. newt |
| 2. Sir Isaac _____ | K. Newton |
| 3. CNN bulletin | E. news flash |
| 4. Urban modernization | A. renewal |
| 5. In-house publication | D. newsletter |
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| 9. Paper vendor's kiosk | C. newsstand |
| 10. Post or Times | Q. newspaper |
| 11. Rookie | R. newbie |
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SOLUTIONS

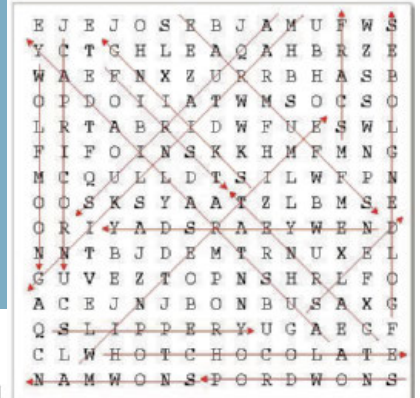
Free to Ski

(solution)



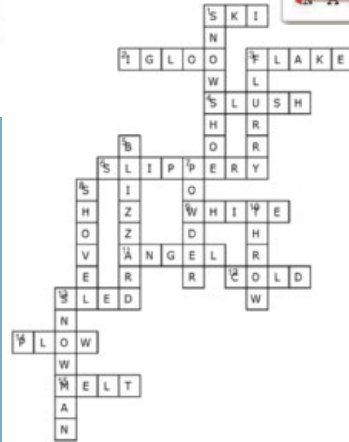
Searching for January

(solution)



It's Snow Time

(solution)



Matching Baby New Year

(solution)



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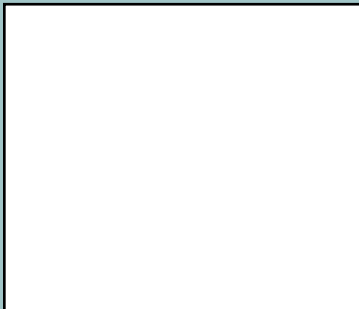
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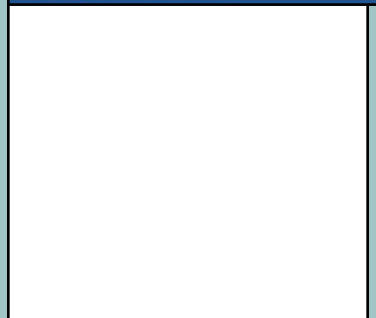
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- First Sunday of the month - Brunch Buffet

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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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