



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.

Lunch at the MCCoA

We are very excited to announce that our lunch program is expanding!! Beginning Tuesday, September 5 lunch will be served on Tuesdays, Wednesdays and Thursdays at 11:30 am! The cost will remain at \$4.00 a meal. You must reserve your meal by noon the day before. Celina Manor will be providing the meals. Come have lunch with friends and leave the cooking to us!!!



September 2023 Lunch Calendar

| Tuesday | Wednesday | Thursday |
|---|--|---|
| 5 Bologna Sandwich Potato Salad Onion Slice Fresh Cantaloupe | 6 Homemade Pizza Salad/Dressing Fruit Cocktail | 7 Sloppy Joe/Bun Seasoned Green Beans Pickle Slice Peach Chiffon Gelatin |
| 12 Philly Steak Sandwich Tator Tot Potatoes Ketchup/Mayo Chilled Peaches | 13 BBQ Shredded Pork/ Bun Creamy Cole Slaw Pickle Spear Moose Track Ice Cream | 14 Cream of Tomato Soup Grilled Cheese/Bacon Crackers Summer Fruit Salad |
| 19 Cold Ham/Bun Tri-Color Pasta Salad Sweet Pickles Peanut Butter Cookie | 20 Cheesy Cavatappi Stewed Tomatoes Dinner Roll Oreo Cookie Dessert | 21 Garden Vegetable Soup Tuna Salad Sandwich Lettuce Leaf/Carrot Sticks Watermelon |
| 26 Broccoli Cheese Soup Chicken Patty/Bun Lettuce/Tomato Crackers Choc Mint Ice Cream | 27 Ham Salad/Plate Crackers Cucumbers/Ranch Dressing Mandarin Oranges | 28 Homemade Pizza Salad/Dressing Caramel Ice Cream |

Fitness Class

Mark your calendars!! Knowing that regular exercise can help older adults stay independent and prevent many health problems, we are happy to introduce Kathy G to the MCCoA. Using a combination of music, movement and social interaction that will help boost participants' energy, Kathy will join us to teach a fitness class. The 45 minute class will focus on strengthening muscles and increasing range of movement for daily life activities. Resistance bands and balls will be provided. Although MCCoA has a few sets available, participants are asked to bring a light set of dumbbells (2-5 pounds). Wear comfortable shoes (like gym shoes) and loose-fitting clothing. The cost is \$3 and the class size is limited to 15 participants. Call to register 419-586-1644.

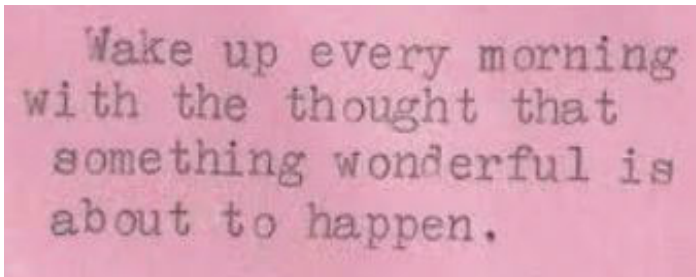
Kathy G is an Ace Certified Group Fitness Instructor. She lives in Fort Recovery and has taught senior fitness classes at Jeneration Fitness and Innergy Fitness. She is trained in several Silver Sneakers formats as well as other fitness programs like TRX, Pumped Up Strength and Barre Above. She loves being active, and she also bikes and runs in her free time.

Classes begin at 9:30 am
 Tuesday, September 19
 Tuesday, October 31
 Tuesday, November 28
 Tuesday, December 19

From the Director's Desk:

Hello Mercer County (and other counties not Mercer)!!

Happy September!! Can you believe that we are headed into fall already? It seems impossible. We have so many wonderful things happening up here and the best part of it is that we get to spend time with you. Fall is my favorite time of the year, other than winter, spring and summer, of course!!! I love the changing of the leaves and days that have a crispness in the air.



I have a question for you. You don't have to answer it out loud, but I would like for you to think about it for just a little while. Is it easy for you to make new friends? If it is, wonderful. If it is not, please think about the value of having good friends. There are a lot of benefits for having a healthy social life. Research shows that social isolation can actually harm our health and more social interaction can provide a lot of benefits, including: living longer, having better physical health, having better mental health (decreasing feelings of depression), and a lower risk of dementia.

Here are some ideas to help stay social and improve quality of life: volunteer, visit a senior citizen center and participate in scheduled activities, join a group focused on a topic or activity you enjoy, such as cards, chess, or a crochet club, join a gym or fitness center, play a group sport like pickleball. We have many of these activities available here at MCCoA.

Our Outreach team is gearing up for Medicare Part D compares (see page 8) and Activities has started working on holiday plans. Is there anything special you would like to see available at the center? We are here for you, you know. Life is so precious and time flies by, so please stop in and say hello. Have a donut, a cup of coffee, lunch, or just hang out at the puzzle table. We have a television on all the time so if there is something special you would like to watch, let us know. Do you just need a friendly ear? We have staff and volunteers who love to sit and chat for a while.

Yours truly,
Dawn

GARAGE SALE UPDATE



| | | |
|--------------------|--------------------|------------|
| Donations Last Day | Thursday, Sept 7 | 8:30 to 12 |
| Set Up | Sept 11 to Sept 19 | 9:00 to 3 |
| Clean Up Begins | Sept 25 | 9:00 |
| Truck Pick Up | Sept 26 | 8:30 |

| Garage Sale Dates/Hours | | | |
|---|---------|-------|------|
| Thursday | Sept 21 | 8:30 | 6:30 |
| Friday | Sept 22 | 8:30 | 4:00 |
| Saturday | Sept 23 | 8:30 | 4:00 |
| All Items 1/2 price. | | | |
| Sunday | Sept 24 | 12:00 | 4:00 |
| Bag Day \$1.00 each bag with a second bag FREE All items included. | | | |

We will be setting up and pricing items Monday, Sept 11 through Sept 19. Feel free to call to see what you can do to help. Call Tash at 567-890-4120. The garage sale runs Sept 21-24. We will be packing and cleaning up on Monday Sept 25 at 9:00 am. We will load the truck Tuesday, Sept 26 at 8:30 am. A BIG Thank You goes out to Chief Supermarket for donating the brown grocery bags we use on bag day!!!

Tickets for the Early Bird sale will go on sale Thursday, Sept 21 until sold out. Tickets are \$10 each. Every person must have a ticket to enter. The Early Bird Sale allows you to shop in all of the garage sale buildings on Wednesday evening (Nov 15) from 6 pm to 8 pm. The proceeds from the ticket sales go to the Senior Angel Tree Program. This program helps provide Christmas presents to seniors of Mercer County.

Grand Lake Area - Saturday, Sept. 16, 2023

WALK TO END ALZHEIMER'S

ALZHEIMER'S ASSOCIATION



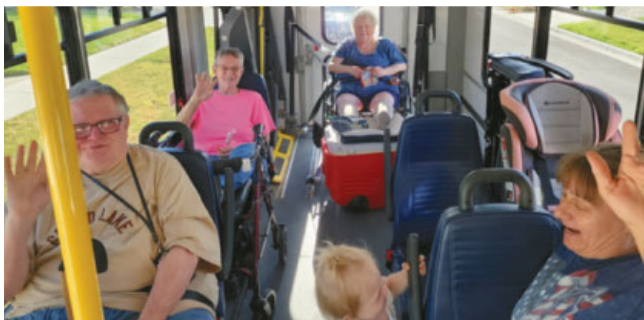
SAVE THE DATE
FLU SHOT DRIVE-THRU



**TUESDAY,
OCTOBER 17,
2023**

9:30AM-6:00PM

AT THE MERCER COUNTY FAIRGROUNDS



High Heating Bills? HEAP Can Help!

Home Energy Assistance Program (HEAP)

Households at or below 175% of the federal income level (see chart) may receive a credit once per winter heating season towards their primary heating source—electric, natural gas, or bulk fuel.

Three ways to apply until May 31, 2024:

- ▶ Online at www.energyhelp.ohio.gov
- ▶ Appointment with your local Community Action Agency
- ▶ Mail in an Energy Assistance application from www.energyhelp.ohio.gov

2023-2024 Income Guidelines

| Size of household* | Total Gross Annual Household Income |
|--------------------|-------------------------------------|
| | 175% |
| 1 | \$25,515 |
| 2 | \$34,510 |
| 3 | \$43,505 |
| 4 | \$52,500 |

* For families/households with more than 4 persons, please contact your local community action agency.

For more utility assistance information visit:
www.occ.ohio.gov/utilityassistance



Office of the Ohio Consumers' Counsel
www.occ.ohio.gov

AD-HEAP-06/23

Mark Your October Calendar!

- 2 Craft - Hyper-Tufa Pots
- 5 Craft Class
- 9 Office Closed - Staff Training
- 10 Medicare Part D Checkup - Dave Painter
- 16 Lunch and Learn
- 19 Volunteer Appreciation Party
- 30 Halloween Party with Circle of Care Team



Choice Travel

www.TravelWithChoice.com

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

Lunch & Bing Crosby/Andrew Sisters Christmas Show 12-15-23

Cost per person - \$120.00 Deposit - \$20 per person

REGISTRATION DEADLINE 11/12/23

Tuesday, December 12th depart Celina at 9:30 am. Buffet Lunch at the Eagles Theater in Wabash IN followed by a Bing Crosby & Andrew Sisters Christmas performance. 'Tis the season to be jolly as Broadway baritone Jared Bradshaw celebrates America's favorite crooner Bing Crosby. A Broadway veteran, Bradshaw appeared in Jersey Boys and Charlie and the Chocolate Factory. The crooner leads a swinging band featuring a talented trio singing the joyful harmonies of the Andrews Sisters. This concert is one humdinger of a good time! Unforgettable hits include "Jingle Bells," "Chattanooga Choo-Choo," "Mele Kalikimaka," and of course "White Christmas." Return time is approximately 6 pm to 7 pm.



Crafty Corner

Craft Class

Join Penny for this fantastic book art class. She will show you step by step how to fold the pages to make this beautiful heart! Class is Thursday, September 7 at 10:00 am. Cost is only \$5.00. Space is limited so call and sign up today, 419-586-1644.



Art Class

Join Debby Gregory Monday, September 11 at 2:00 pm for an acrylic painting class. All supplies are furnished. Cost is only \$10 call and register today, 419-586-1644.



Crochet Club

Crochet club will meet at 1:00 pm on Monday, September 25 in the annex. Stop in and share ideas and work on a project. Everyone is welcome, from the person that has never crocheted before to the most experienced!! We are working on making things to give away for the holidays!



Chess Club

Welcome to the chess club. If you have ever played or enjoy playing chess this is the club for you! Join us the 2nd Monday of each month starting September 11 in the Annex (bldg 3) at 12:30 pm and play chess. Please bring your chess board. This is a free event. Come check it out!!



Lunch & Learn

Lunch and Learn with Brad Harsha of First Financial Bank on Monday, September 25 at 11:30 am. Brad will be talking about protecting yourself from Identity Theft and Scams. During this presentation tips will be shared on

protecting your identity and protecting yourself from scams. Participants will learn about the methods used by identity thieves to steal personal information and how to protect themselves. They will also understand what information is at risk and red flags to watch out of for with regard to common scams. Call and sign up everyone is welcome to come for the talk but only the first 25 people to call in can get a free lunch!!!

Plant Exchange

Join us for a Perennial Plant Share on Monday, September 18 from 9:30 am to 3:30 pm. Weather permitting, it will be set up on the porch of the Annex (bldg. 3). In the case of inclement weather head to building 2. Bring a plant, take a plant. If you don't have a plant, you are free to take a few to get started. Please label your plants as much as possible, including the name and any particulars such as perennial, sun, shade, etc.



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 at 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 second and 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

Tuesdays, Wednesdays, and Thursdays 11:30 am at a cost of \$4.00. 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 \$3.00 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.

Special Coffee Time!!!

A big thanks to Celina Manor for supplying the donuts on Thursday, September 7 and

Miller Place who will host our morning coffee time on Thursday, September 28. They will serve freshly made biscuits and gravy from 8 am to 10 am!!! No need to register just come in and enjoy!



ALZHEIMER'S ASSOCIATION EDUCATION SERIES

Join Yvonne Miller on Thursday, September 7 at 2:30 pm for the final talk in our Alzheimer's Association education series, *Managing Money: A Caregivers Guide to Finances*. Learn tips for managing someone else's finances, how to prepare for future care costs and the benefits of early planning.

Watch your upcoming newsletter for the new education series that will begin in October.



Star Trek

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




| | | | | | | | | | | | | | | |
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| R | Z | A | D | C | Q | Q | H | I | E | I | C | K | R | X |
| A | Z | Z | T | E | L | U | M | F | F | X | L | E | K | F |
| N | N | K | U | P | R | U | J | M | M | I | D | H | K | K |
| S | A | A | R | A | A | A | V | L | N | N | N | C | C | Q |
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BONES
CAPTAIN
CHEKOV
DOCTOR
ENTERPRISE
FEDERATION

KIRK
KLINGON
PHASER
ROMULAN
SCOTTY
SPOCK

STARFLEET
SULU
TRANSPORTER
UHURA
UNIFORM
VULCAN

September 2023 Activity Calendar

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|--|---|--|--|---|
| <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> | | | | | 1 12:30 - Cards* | 2 |
| 3 6:30 - Cards* | 4 LABOR DAY OFFICES CLOSED  | 5 9:00 - 11:30 Pickleball* (MSC) 11:30 - Lunch* 12:00 - 4:00 Donations (bldg 6) <u>12:30 - Bridge*</u> 1:00 - Line Dancing | 6 11:30 - Lunch* 12:30 - Bingo* <u>1:00 - Toenail Clipping*</u> 5:30 - Game Night Dominos & Dinner* | 7 8:00 - 10:00 Coffee Time 8:30 - 12:00 Donations (bldg 6) LAST DAY 10:00 - Craft Class - Book Art* 11:30 - Lunch* 1:00 - Chair Yoga* 2:30 - Alzheimer Talk 6:30 - Cards* | 8 12:30 - Cards* | 9 |
| 10 6:30 - Cards* | 11 Garage Sale Set Up 10:00 - Chair Chi* <u>12:30 - Chess Club</u> 2:00 - Art Class - Acrylic Painting* | 12 9:00 - 11:30 Pickleball* (MSC) 11:30 - Lunch* <u>12:30 - Bridge*</u> 1:00 - Line Dancing | 13 11:30 - Lunch* 12:00 - FREE Blood Pressure Checks 12:30 - Bingo* | 14 8:00 - 10:00 Coffee Time <u>10:30 - Board Mtg.</u> 11:30 - Lunch* 1:00 - Chair Yoga* 6:30 - Cards & Texas Hold 'Em* | 15 12:30 - Cards* | 16 ALZHEIMER'S WALK WRIGHT STATE LAKE CAMPUS |
| 17 6:30 - Cards* | 18 10:00 - Chair Chi* <u>9:30 to 3:00 - Plant Exchange</u> | 19 9:30 - Fitness Class* 11:30 - Lunch* <u>12:30 - Bridge*</u> 1:00 - Line Dancing | 20 11:30 - Lunch* 12:30 - Bingo* <u>12:30 - Bridge*</u> | 21 GARAGE SALE 8:30 to 6:30 EARLY BIRD TICKETS ON SALE for November Garage Sale 11:30 - Lunch* 1:00 - Chair Yoga* <u>4:00 - Alzheimer Support Group</u> 6:30 - Cards* | 22 GARAGE SALE 8:30 to 4:00 12:30 - Cards* | 23 GARAGE SALE 8:30 to 4:00 |
| 24 GARAGE SALE 12:00 to 4:00 6:30 - Cards* | 25 9:00 - Garage Sale Clean Up 10:00 - Chair Chi* 11:30 - L&L - Identity Theft - Presented by Brad Harsha with First Financial Bank 1:00 - Crochet Club | 26 8:30 - Load Truck 9:00 - 11:30 Pickleball* (MSC) 11:30 - Lunch* <u>12:30 - Bridge*</u> 1:00 - Line Dancing | 27 11:30 - Lunch* 12:30 - Bingo* | 28 8:00 - 10:00 Coffee Time (Biscuits & Gravy) 11:30 - Lunch* 1:00 - Chair Yoga* 6:30 - Cards & Texas Hold 'Em* | 29 12:30 - Cards* | 30 |

Game Night - Mexican Train Dominos

Game Night!!!! Join us Wednesday, September 6 at 5:30 pm for lasagna and dominos! We will begin with a meal of lasagna, salad and garlic bread then play a few rounds of Mexican Train dominos. Don't worry if you have not ever played dominos or it's been a while, we will go over the rules! The object of the game is for a player to play all the tiles from their hand onto one or more trains emanating from a central hub. This is sure to be a fun evening! Call and register today, 419-586-1644, cost is only \$5.00. As usual the winner of the night and a random draw person will get a prize!!!



It is time to get ready for Medicare Part D Open Enrollment

1. Complete the form on pages 11 and 12.
2. Send it to the MCCoA.
3. Get appointment scheduled with one of our Outreach Specialists. Note: there are only a limited number of appointments available. So don't wait until the last minute to get yours scheduled.
4. We will need to know:
 - How many people will be coming to your appointment?
 - Will you be coming in to the office or would you rather have a telephone appointment? If you use the telephone, you will need to get all necessary documentation to the office prior to your scheduled appointment. Your specialist will use the first several minutes of your appointment time preparing—they will call you about 30 minutes into your scheduled time.
5. Please be available at the appropriate time and date for your appointment. If something comes up, call as soon as possible so we can schedule someone else.
6. Remember to bring the following items to your appointment:
 - Medicare Card
 - ALL Other Insurance Cards
 - Income Statements to see if you qualify for Medicare savings (see chart)
 - Any Jobs & Family Services (JFS) Statements regarding your insurance
 - Medicaid or QMB cards (if you have them)
 - Medicare.gov Login/Password if MCCoA has never done your compare



THANK YOU

MCCoA Medicare Part D Worksheet - 2024

The Ohio Senior Health Insurance Information Program (OSHIIP) from the Ohio Department of Insurance recommends that you review your Medicare options **EVERY** year. All Medicare beneficiaries can add, drop or change their health and drug coverage during the Annual Open Enrollment Period.


The Annual Medicare Open Enrollment Period (OEP) is from October 15 – December 7.

Any changes made during the OEP take effect January 1 of the following year.

This is an important time to make sure that your premiums and drug copays stay in check for 2024!

Mail, e-mail OR drop off your application. If the office is closed place it in the black box by door 1A.
A separate application is required for each person.

Once received, we will contact you to schedule your appointment with an Outreach Specialist.

| | | |
|---|--|--|
|  | Mercer County Council on Aging 217 Riley Street Celina, OH 45822 | E-mail: mccoa@bright.net Phone: 419-586-1644 Fax: 419-586-1645 |
|---|--|--|

Name: _____ Date of Birth: ____/____/____


Address: _____ Phone: ____-____-____

City/State/Zip: _____ E-mail: _____

Special Notes: _____ Are you a Veteran? (circle one) **Yes** **No**

Where did you find this form? (circle one)

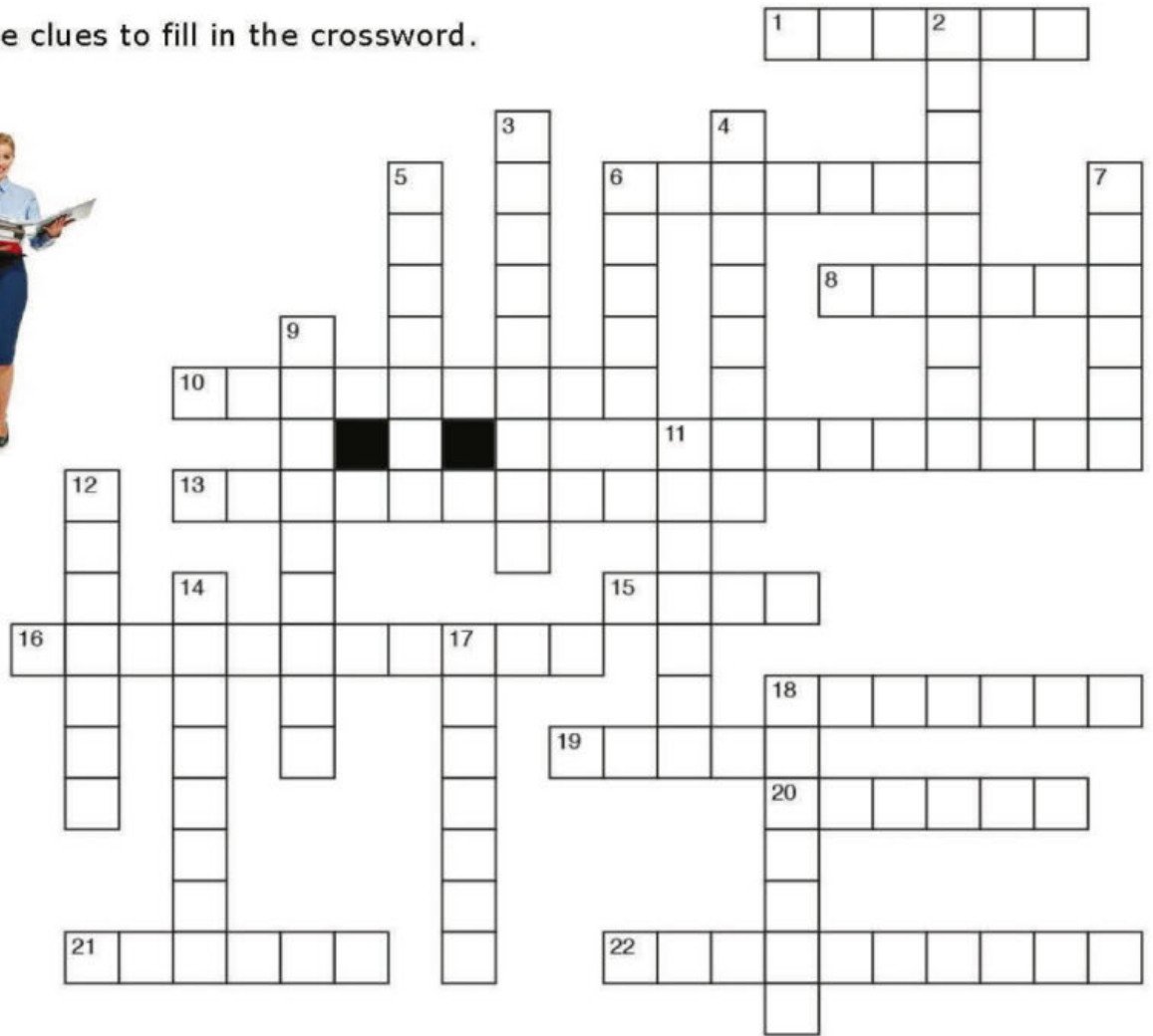
Newsletter Webpage Office Other

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|  | <p>Medicare #</p> <table border="1"> <tr> <td> </td><td> </td><td> </td><td> </td> <td>-</td> <td> </td><td> </td><td> </td><td> </td> <td>-</td> <td> </td><td> </td><td> </td><td> </td> </tr> <tr> <td> </td><td> </td><td> </td><td> </td> <td>-</td> <td> </td><td> </td><td> </td><td> </td> <td>-</td> <td> </td><td> </td><td> </td><td> </td> </tr> <tr> <td> </td><td> </td><td> </td><td> </td> <td>-</td> <td> </td><td> </td><td> </td><td> </td> <td>-</td> <td> </td><td> </td><td> </td><td> </td> </tr> </table> <p>Hospital (Part A)</p> <p>Hospital (Part B)</p> | | | | | - | | | | | - | | | | | | | | | - | | | | | - | | | | | | | | | - | | | | | - | | | | |
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| <p>Medicare Advantage Plan (HMO or PPO)</p> <p>Is D-SNP printed on your Medicare Advantage Card? Yes <input type="checkbox"/> No <input type="checkbox"/></p> | <p>Medicare Supplement</p> |
| <p>Preferred Doctor(s)</p> | <p>OR</p> <p>Medicare Prescription Drug Plan (PDP)</p> |
| <p>Preferred Hospital(s)</p> | |

Hard at Work

Use the clues to fill in the crossword.



ACROSS

1. Suit maker
6. Leak fixer
8. Waitperson
10. Designer of buildings
11. Furniture maker
13. Wiring tradesman
15. Professional cook
16. Red truck rider
18. Meat seller
19. Surgeon's assistant
20. Attorney
21. Physician
22. Bookkeeper

DOWN

2. Dewey-decimal expert
3. Ambulance VIP
4. Professional instrumentalist
5. Flower seller
6. Aviator
7. Person who grows crops
9. Biologist or physicist
11. Person who rings up shoppers
12. Custodian
14. Garage worker
17. Class leader
18. Hotel gofer

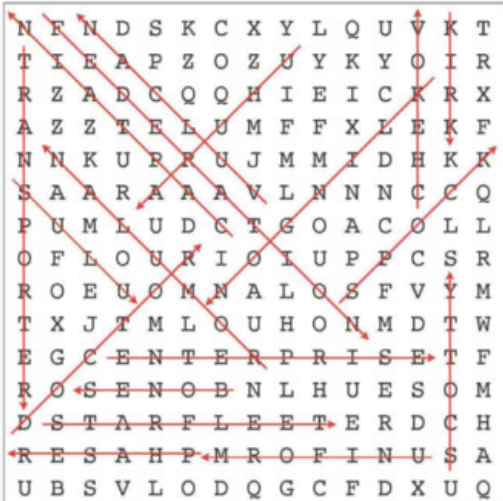


SOLUTIONS

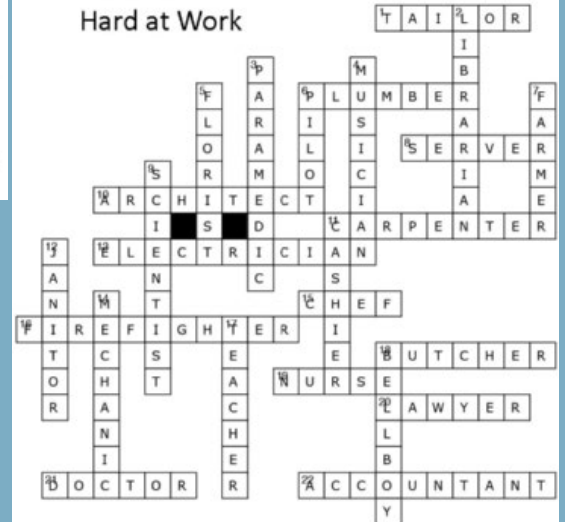


Star Trek

(solution)



Hard at Work



Ginny Bryan
REALTOR®
Associate Broker



Cell: 419-733-1015
Office: 419-586-6427 ext. 108
ginny@soldbylakeshore.com
909 E. Wayne St. | Ste. 107
Celina, OH 45822
www.soldbylakeshore.com



Josh Carrasquillo
Renee (Koesters) Carrasquillo
Licensed Health Agents

MEDICARE QUESTIONS?

WE CAN HELP!

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MEDICARE PLANS

Advantage Plans
Supplements
Prescription Drug Plans



We do not offer every plan available in your area. Any information we provide is limited to those plans we do offer in your area. Please contact Medicare.gov or 1-800-MEDICARE to get information on all of your options.



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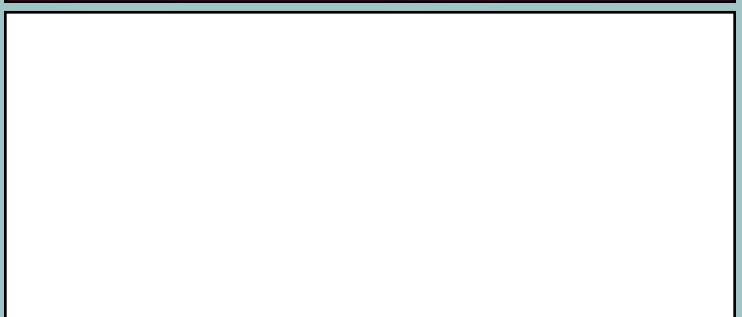
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THE MERCER COUNTY COUNCIL ON AGING

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

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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.mccoac.net



**SEPTEMBER
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.**