



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.



HEALTHY BLOOD PRESSURE.

HEALTHY BRAIN.

It is normal for your brain to change as you get older. Having healthy blood pressure can lower your risk for memory loss and confusion. Follow your healthcare provider's guidance to manage your blood pressure.

 Monitor your blood pressure	 Eat healthy meals
 Be physically active	 Maintain a healthy weight
 Do not use tobacco products	 Limit alcoholic beverages
 Practice good sleep habits	 Manage stress
 Take medications as prescribed	

For More Information

About Managing Your Blood Pressure



- **Mind Your Risks**
www.mindyourrisks.nih.gov
- **Take Brain Health to Heart**
scdhec.gov/health/diseases-conditions/cognitive-impairment-dementia-alzheimers-disease/take-brain-health-heart
- **High Blood Pressure**
www.cdc.gov/bloodpressure
- **Million Hearts**
millionhearts.hhs.gov

About Brain Health

- **CDC Alzheimer's Disease and Healthy Aging Program**
www.cdc.gov/aging
- **National Association of Chronic Disease Directors Healthy Aging Programs**
www.chronicdisease.org/page/HealthyAging
- **Alzheimer's Association**
www.alz.org



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From the Director's Desk:

Happy March Mercer County (and friends of Mercer County,)

How are you doing? It is our goal to provide activities that you will enjoy, get you to appointments, help keep your homes in good shape, and get you connected with agencies that assist with the needs in your lives. Is there something you require that we have not thought of?

Thank you to those who help us succeed in our mission! We have an awesome staff, dependable volunteers, fantastic patrons, and supercalifragilisticexpialidocious clients. Thank you for being who you are and thank you for being part of our world.

Do you do the activities in these newsletters? If so, please note, the one on the top of page 12 made me realize how quickly we can 'get rusty.' If you find it difficult, know you weren't the only one. If you need a clue, the answers are on page 13.

Please be kind to yourself. Life is hard. Bumps are coming from every direction these days and they are coming faster. It seems like every person has a problem (or several) in their life. So, please be gentle. Be gentle to yourself and to the other people you come into contact with. Sometimes people are facing a battle that they aren't ready to share with others. Maybe you are in that place too. That is okay. We are all at different places in our journeys. But we are all in this together. Be sure to hug each other and let everyone know just how much they mean to you. If you need a hug, please let me know.

YOU MEAN THE WORLD TO US here at MCCoA. You are why we are here every day. Thank you for coming and playing with us.



Hugs,
Dawn

**Be Who You Are
and say what
you feel,
because those who
mind don't matter
and those who
matter don't mind!**
- Dr Seuss

**Mark your
April calendar**

- 1 Lunch and Learn with Ryan McMichael OSU Extension
- 4 New Advances in Alzheimer's Treatment
- 8 Solar Eclipse - Office Closed
- 9 Donations Resume
- 10 Wii Bowling Awards
- 22 Staff Training - Office Closed at Noon
- 24 Game Night

More information in next month's newsletter.

GARAGE SALE UPDATE



Donations Last Day	Thursday, March 7	8:30 to 12
Set Up	Mar 11 to Mar 18	9:00 to 3
Clean Up Begins	Mar 25	9:00
Truck Pick Up	Mar 26	8:30

The first sale of the year is Thursday, March 21 – Sunday, March 24! We will start getting things organized for the sale starting Monday, March 11 and will work daily until set up is finished. (We hope to finish on Monday, March 18). If you are interested in helping organize or with checkout during the sale, give Tash a call, 567-890-4120 or let her know when you see her. For people who like to clean, we will be packing up left-over items, sweeping and mopping floors, as well as washing shelves on Monday, March 25 beginning at 9 am. Stop in for an hour, the morning or all day whatever works in your schedule. We appreciate all the hands that help with the sale in any way!! We couldn't do it without YOU!!!

Garage Sale Dates/Hours

Thursday	March 21	8:30	6:30
Friday	March 22	8:30	4:00
Saturday	March 23	8:30	4:00
All Items 1/2 price.			
Sunday	March 24	12:00	4:00

Bag Day \$1.00 each bag with a second bag FREE. All items included.

Jumping for Jelly Beans

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



BUBBLE GUM

GREEN APPLE

PEANUT BUTTER

CANTALOUPE

LEMON

PIÑA COLADA

CINNAMON

LICORICE

SOUR CHERRY

COCONUT

LIME

STRAWBERRY

COTTON CANDY

ORANGE

VANILLA

GRAPE

PEACH

WATERMELON

Dates of Interest

To register call 419-586-1644.

Lunch & Learn

It is time to resume the Lunch & Learn program. Each month we will feature a different speaker as well as serve a wonderful free lunch! To kick things off this year we welcome Detective Sergeant Chad Fortkamp with the Mercer County Sheriff's office. On Monday, March 4, lunch will be served at 11:30 and at 12:00 pm there will be an informative talk regarding scams and safety concerns. Call and sign up today. Everyone is welcome to come for the informative portion that begins at 12:00, but only the first 25 people to register will get a free lunch!!



Choice Travel

www.TravelWithChoice.com

You may have already heard, but we want to ensure you are aware that Choice Travel has been sold to Senior Services of Lima. As of April 1, 2024 there will no longer be a discount when showing the MCCoA cards. We are currently looking at other options for travel. Are you interested in taking day, weekend, or week-long trips? Please let Tash know what your thoughts are. Call 567-890-4120.

A Matter of Balance

Matter of Balance class begins Wednesday, March 20. This class is an 8-week series that requires pre-registration. This series is already full but we have a waiting list for another class which will be scheduled later this spring or early summer.



Craft Class



Join Cindy and create an adorable Easter Bunny Wreath! Monday, March 4 at 2 pm. Cost is \$8. All supplies will be furnished. Registration is required.

Art Class



Art class with Debby Gregory on Monday, March 11 at 2 pm for an acrylic art class. All supplies will be furnished. Cost is only \$10. Registration is required.

REGULARLY SCHEDULED ACTIVITIES

We ask that you register for all activities so we can notify you in the case of unexpected schedule changes. Thank you.

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.

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 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.

Fitness Class

On Tuesdays 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

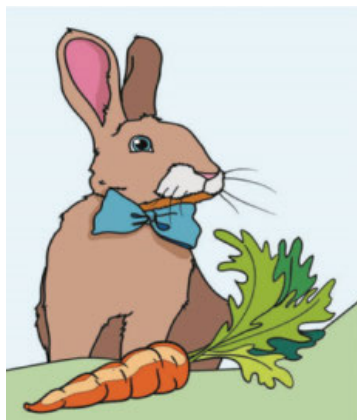
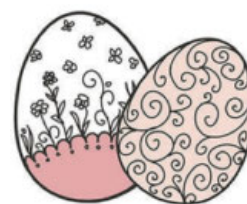
Brenda McGee will facilitate on the third Thursday every month at 4:00 pm in Bldg 3.

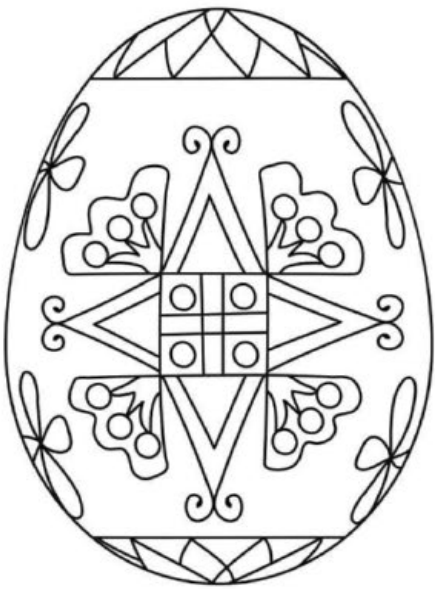
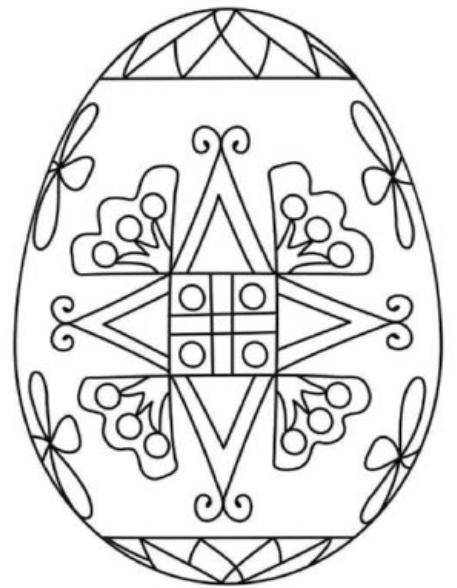
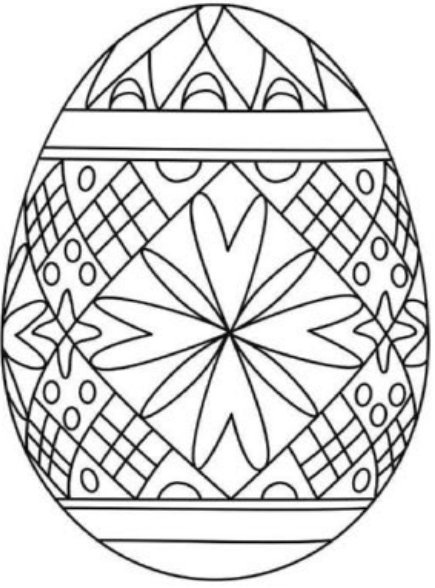
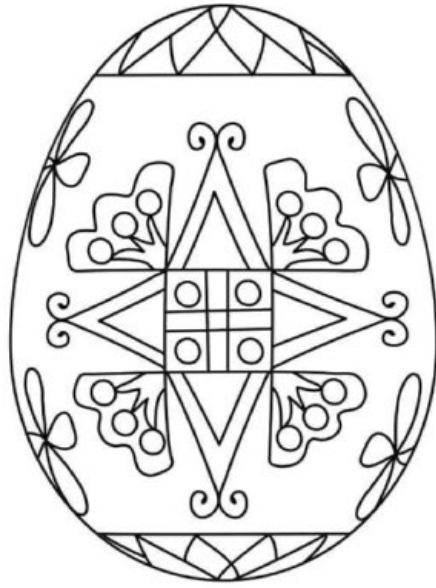
Alzheimer's Education

Join Yvonne Miller on Thursday, March 7 at 2:30 pm to learn about The Different Types of Dementia - This program will help you understand the different types of dementia and the challenges associated with each.



Upcoming classes include:

4/4/24 New Advances in Alzheimer's Treatment





March 2024 Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>Italicized and underlined</i> activities are in Building 3. 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 10:00 - Chair Yoga* 11:30 - Lunch & Learn 'Scams & Safety' presented by the Mercer County Sheriff Dept 2:00 - Craft Class - Bunny Wreath*	5 9:00 - 11:30 Pickleball* (MSC) 9:30 - Fitness Class - Video (FREE) 11:30 - Lunch* 12:00 - 4:00 Donations (bldg 6) <u>12:30 - Bridge*</u> 12:30 - Ladies Cards* 1:00 - Line Dancing	6 11:30 - Lunch* 12:30 - Bingo* <u>1:00 - Toenail Clipping*</u>	7 8:00 - 10:00 Coffee Time 8:30 - 12:00 LAST DAY for Donations (bldg 6) 9:00 - FREE Blood Pressure Checks 11:30 - Lunch* 2:30 - The Different Types of Dementia Presentation 6:30 - Cards*	8 12:30 - Cards*	9
10 6:30 - Cards*	11 Garage Sale Set Up 10:00 - Chair Yoga* 2:00 - Art Class - Acrylic Painting*	12 9:00 - 11:30 Pickleball* (MSC) 9:30 - Fitness Class - Video (FREE) 11:30 - Lunch* <u>12:30 - Bridge*</u> 1:00 - Line Dancing	13 11:30 - Lunch* 12:30 - Bingo*	14 8:00 - 10:00 Coffee Time <u>10:30 - Board Mtg.</u> 11:30 - Lunch* <u>12:30 - Ladies Cards*</u> 6:30 - Cards & Texas Hold 'Em*	15 12:30 - Cards*	16
17 6:30 - Cards* 	18 10:00 - Chair Yoga*	19 9:00 - 11:30 Pickleball* (MSC) 9:30 - Fitness Class - Video (FREE) 11:30 - Lunch* <u>12:30 - Bridge*</u> 12:30 - Ladies Cards* 1:00 - Line Dancing	20 <u>10:00 - Matter of Balance (Reservation Required)</u> 11:30 - Lunch* 12:30 - Bingo* <u>12:30 - Bridge*</u>	21 GARAGE SALE 8:30 to 6:30 11:30 - Lunch* <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 Garage Sale Clean Up 10:00 - Chair Yoga* <u>2:00 - Crochet Club</u>	26 9:00 - 11:30 Pickleball* (MSC) 9:30 - Fitness Class with Kathy* 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 11:30 - Lunch* <u>12:30 - Ladies Cards*</u> 1:00 - Chair Yoga* 6:30 - Cards & Texas Hold 'Em*	29 GOOD FRIDAY OFFICES CLOSED 12:30 - Cards*	30
31 6:30 - Cards* 						



Office of the Ohio
Consumers' Counsel

Your Residential Utility
Consumer Advocate

**CONSUMER
ALERT**

**Office of the Ohio
Consumers' Counsel**

65 East State Street
Suite 700, Columbus, OH
43215

TWITTER/X:
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E-MAIL:
occ@occ.ohio.gov

WEBSITE:
www.occ.ohio.gov

CONSUMER ALERT: **DOMINION ENERGY ASKS THE PUCO FOR A 30 PERCENT RATE INCREASE AND MORE**



Make Your Voice Heard at the PUCO

Dominion Energy is asking the Public Utilities Commission of Ohio (PUCO) for a 30% hike in what it charges consumers for natural gas distribution service. The increase, if approved, will cost a typical residential consumer more than \$100 a year. Plus, the utility is asking to charge its consumers even more – with add on monthly charges (riders) of \$8.78 per month this year, increasing to as much as \$29.69 per month in 2032.

The Ohio Consumers' Counsel (OCC), who represents residential consumers says it's too much for Dominion consumers who are already facing financial difficulties with higher energy prices and inflation.

Experts at OCC are analyzing Dominion's proposal. We are advocating for affordable and safe natural gas service for Dominion's nearly 1.2 million residential consumers.

But we need your help.

Let the PUCO know what you think about the rate increase. Voice your concerns to the PUCO, who will ultimately decide how much Dominion can charge consumers.

Your comments make a difference.

**DOMINION ENERGY
ASKS THE PUCO FOR A
30 PERCENT RATE
INCREASE AND MORE**

CONSUMER ALERT

The Office of the Ohio Consumers' Counsel (OCC), the residential utility consumer advocate, represents the interests of 4.5 million households in proceedings before state and federal regulators and in the courts.

The state agency also educates consumers about electric, natural gas, telephone and water issues.

For more information, please visit the OCC website at www.occ.ohio.gov.



The Office of the Ohio Consumers' Counsel is an equal opportunity employer and provider of services.

Three Ways to Make Your Voice Heard at the PUCO

- (1) Local public hearings (to be scheduled);
- (2) Commenting online through the PUCO website; and
- (3) Sending a letter by mail to the PUCO.

IN-PERSON LOCAL PUBLIC

HEARINGS: In-person local public hearings have not yet been announced. We will update this consumer alert, the media and through social media with dates and times of local public hearings when they are announced by the PUCO. Click for OCC tips on how to make your voice heard at local public hearings:

<https://bit.ly/occ-make-your-voice-heard>.

Virtual Public Hearing Requested

To provide consumers an additional opportunity to be heard on Dominion's rate increase, OCC and other consumer parties have asked the PUCO for a virtual public hearing. Dominion opposed our request. The PUCO has yet to rule on it. Jobs, mobility issues, childcare, transportation limitations and other everyday concerns may make it difficult for consumers to attend in-person local public hearings on Dominion's rate increase proposal. A virtual hearing would let consumers provide testimony to the PUCO virtually from the comfort of their home or by using a conveniently located phone or computer.

COMMENTING ONLINE THROUGH THE PUCO WEBSITE: Click on "File a Public Comment" at <https://bit.ly/dominion-rate-case-23>

SENDING A LETTER BY MAIL: Send a letter referencing Dominion Energy and PUCO Case 23-894 to:

Public Utilities Commission of Ohio
180 E. Broad St., 11th Floor
Columbus, OH 43215

Want to Know More?

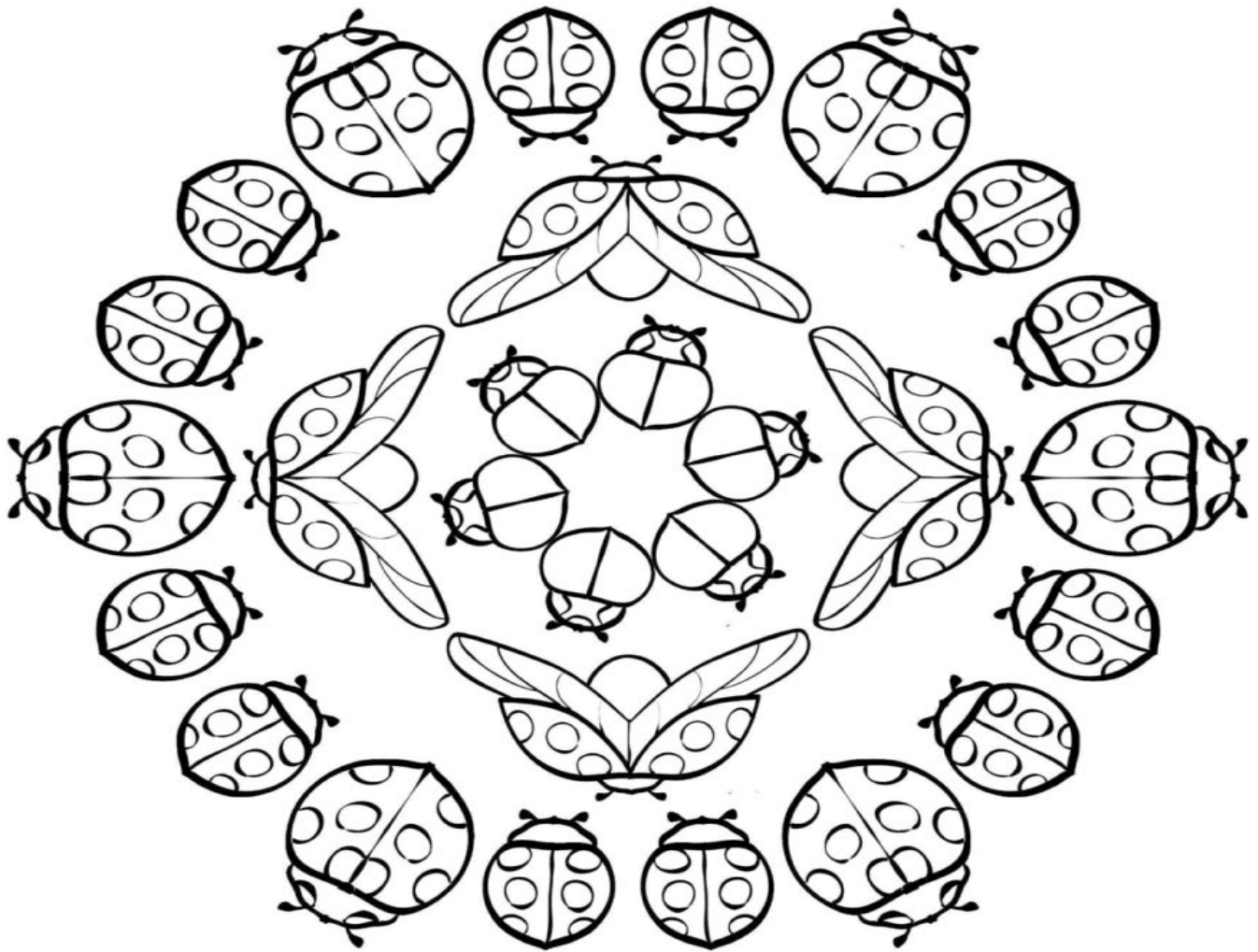
The Consumers' Counsel has filed a Motion to Intervene in the case. Here is a link: <https://bit.ly/occ-mti-dominion-23>

Here is a link to the PUCO docket with all the filings from the participants in the case: <https://bit.ly/dominion-rate-case-23>

Rate Case Questions?

Call or e-mail the Ohio Consumers' Counsel, your residential consumer advocate, at 1-877-742-5622 or socc@occ.ohio.gov.

To download this consumer alert: Click the folder with a down arrow icon. To print: Click the printer icon in the top right of the display.



March 2024 Lunch at the MCCoA

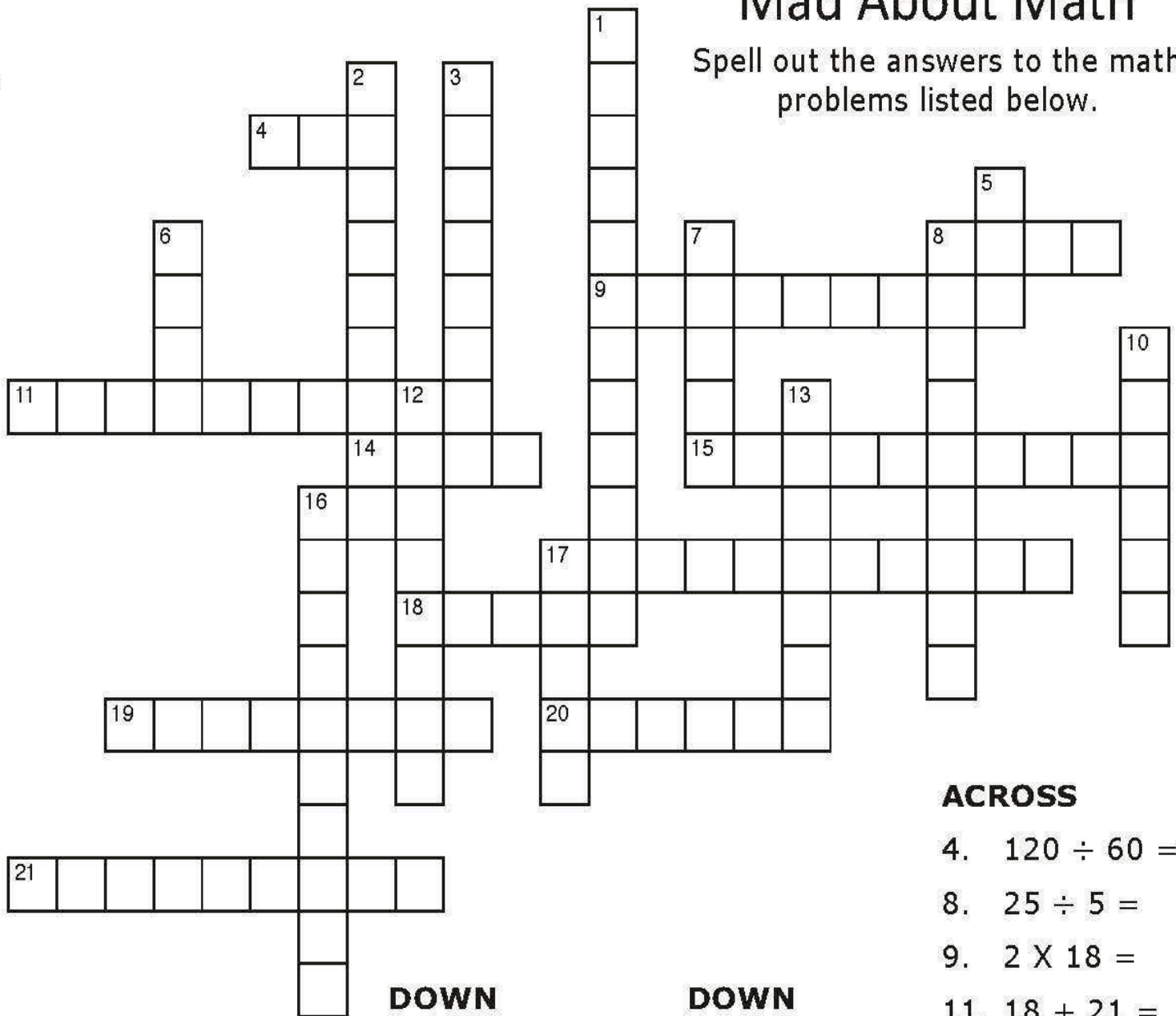
Lunch is served on Tuesdays, Wednesdays and Thursdays at 11:30 am. The cost is \$4 per meal and must be reserved by noon the day before. Celina Manor provides the meals. Come have lunch with friends and leave the cooking to us!



Tuesday	Wednesday	Thursday
5 Stuffed Pepper Casserole Mashed Potatoes Dinner Roll Reese's Brownie	6 Creamy Potato Soup Fried Bologna Sandwich Onion / Pickle Chilled Peaches	7 Homemade Pizza Tossed Salad/Dressing Chilled Pineapple
12 Ham & Bean Soup Cottage Cheese Cornbread/Butter Chilled Peaches	13 Stuffed Shells & Sauce Broccoli Florets Garlic Bread Chilled Pineapple	14 Creamed Chipped Beef Biscuit Seasoned Green Peas Chilled Fruit Cocktail
19 Brat/Bun Creamy Cole Slaw Onion / Ketchup Pumpkin Cookie	20 Garden Vegetable Soup Crackers Hot Ham & Swiss/Bun Chilled Peaches	21 Tater Tot Casserole Tossed Salad/Dressing Salsa & Sour Cream Rice Crispy Bar
26 Beef Cabbage Bake Mashed Potatoes Bread Scotcheroo	27 Hamburger/Bun Tator Tots Pickle Chip Mandarin Oranges	28 Homemade Pizza Tossed Salad/Dressing Chilled Pineapple

Mad About Math

Spell out the answers to the math problems listed below.



ACROSS

4. $120 \div 60 =$
8. $25 \div 5 =$
9. $2 \times 18 =$
11. $18 + 21 =$
14. $56 - 47 =$
15. $5 \times 7 =$
16. $6 + 4 =$
17. $15 \times 5 =$
18. $75 \div 25 =$
19. $42 \div 3 =$
20. $5 + 6 =$
21. $22 + 22 =$

DOWN

1. $84 - 11 =$
2. $7 \times 7 =$
3. $50 - 32 =$
5. $30 \div 5 =$
6. $89 - 85 =$
7. $64 \div 8 =$

DOWN

8. $5 \times 11 =$
10. $48 \div 4 =$
12. $36 - 17 =$
13. $9 + 7 =$
16. $19 + 5 =$
17. $19 - 12 =$
















Easter Egg Add-Up

Each egg represents a value in each row. Figure out the value for each egg.

1. If  +  = 10 and  -  = 6, then  = ____ and  = ____.

2. If  -  = 8 and  +  = 16, then  = ____ and  = ____.

3. If  +  = 14 and  -  -  = 5, then  = ____ and  = ____.

4. If  +  = 15 and  +  = 20, then  = ____ and  = ____.

5. If  +  = 8 and  +  +  = 14, then  = ____ and  = ____.

6. If  +  = 13 and  -  -  = 1, then  = ____ and  = ____.

Mini Sudoku Puzzles

Fill in the blank boxes so that each row, each column, and each 2 X 2 square contains the numbers 1 through 4.

Puzzle 1:

1	3	4	2
3	1	2	4
4	2	3	1

Puzzle 2:

1	3	4	
4	2		3
3		2	1
	1	3	4

Puzzle 3:

3	1		4
	4	3	1
4		1	2
1	2		3

Puzzle 4:

4			2
2	3	1	4
1	2	4	3
3			1

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14-1730

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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



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.**