

# MCCOA

Mercer County Council on Aging

May  
2024

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



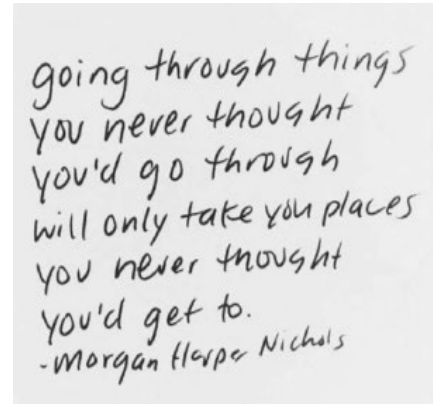
## PARTY on the PATIO

Party on the Patio is coming June 27, so mark your calendar!!! We will once again be holding a bake sale to raise money for the Alzheimer's Association, so be thinking about what yummy things you can make and donate and what delicious things you will be able to buy! Please take a moment to read "Why I walk on page 9. Perhaps you will be interested in participating in our Bake Sale. We will have bounce houses for the kids, a services fair, food truck and more!! Watch for more details in your June newsletter.

From the Director's Desk:

Hello Mercer County (and friends of Mercer County,)

How are you doing today? The sun is shining today but the grass I walked on a little while ago was 'crunchy.' Ohio is notorious for offering several seasons in a day. It makes me think of the seasons of our lives. What season are you in? People often refer to the period at hand being a chapter. Life always turns the page, whether we want it to or not. Some pages are happy, some are sad, and some are down right scary. If you are in a scary place, come see us and find out if there is anything we can do to help. If you are in a happy place, come see us and share your happiness. If you are sad, come see us so we can give you a shoulder. Where ever you are, we want to share that with you.



Every day we anticipate your smiles and are trying to find ways to reach out to meet your needs. One of the services we provide is transporting people 60 years old and older to their appointments. A limitation we face is the number of vehicles we have. The other day I learned that in the past there have been generous people who have donated a vehicle to the center that was no longer being used. If you happen to have a vehicle you are not inclined to drive, maybe you would consider blessing the seniors of Mercer County.

We have lots of things going on up at the center this month. We have a garage sale, a class on decorating adorable cupcakes, and our lunch and learn, to name a few. The other day someone shared their frustration at trying to sign up for an event that was 'full.' On one hand, I see this as a 'great' problem to have, that means you are all engaged and wanting to be part of our team. The bad part is that there may be times you do not get to participate in an activity you desire. Please be patient and understand that sometimes the people providing the activity are limited by staff and funding. Let us know of your interest and I promise you we will continue to reach out to the community to be able to offer as many programs as we (and they) are able to provide.

Happy May,  
Dawn

### Mark your June calendar

- 4 Garage Sale Donations Start
- 17 Lunch & Learn - Eric Pugh - Mercer County Veterans Office
- 27 Party on the Patio

More information in next month's newsletter.



### GARAGE SALE UPDATE

Donations Last Day	Thursday, May 2	8:30 to 12
Set Up	May 6 to May 15	9:00 to 3
Clean Up Begins	May 20	9:00
Truck Pick Up	May 21	8:30

Garage Sale Dates/Hours			
Thursday	May 16	8:30	6:30
Friday	May 17	8:30	4:00
Saturday	May 18	8:30	4:00
All Items 1/2 price.			
Sunday	May 19	12:00	4:00
Bag Day \$1.00 each bag with a second bag FREE. All items included.			

We are going to be getting ready for the 2<sup>nd</sup> sale of the year!! The last day we will be accepting donations will be Thursday, May 2. Set up for the sale will start Monday, May 6 and continue until complete (hopefully we will be set up by Friday, May 10 but it might take until Wednesday, May 15!!) If you would like to help with any aspect of the sale: set up, check out, bagging or boxing left over items, or cleaning the building give Tash a call 567-890- 4120 will ring right into her desk. Leave a message if no one answers.

# Memorial Day

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



E	L	A	Y	B	A	N	D	S	S	S	O	U	P	C
P	C	A	M	A	P	D	O	E	S	E	N	A	B	S
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D	E	T	K	U	J	I	W	M	A	E	K	S	U	S
C	F	L	O	W	E	R	S	S	E	X	R	V	N	B
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AMERICAN  
ARLINGTON  
BANDS  
CEREMONIES  
FLAGS  
FLOWERS

HALF-MAST  
LEGION  
MARCHING  
MAY  
MEMORIAL  
MONDAY

PARADES  
REMEMBRANCE  
SPEECHES  
TAPS  
WAR  
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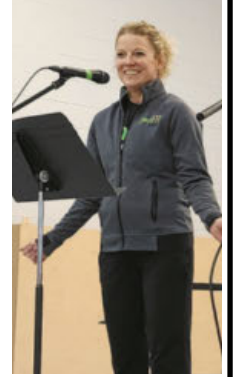
# Dates of Interest

To register call 419-586-1644.

## Lunch & Learn



Our May Lunch and Learn will feature Jen Thompson the exercise physiologist and owner of Jeneration Fitness of Ft. Recovery.



Join Jen on Thursday, May 23 at 11:30 am for a meal that she will be preparing to help teach us the importance of healthy eating and exercise and how they affect our bodies! Lunch will be served at 11:30 am and the program will begin at 12:00 pm. Everyone is invited to the program portion of the event, but only the first 25 people to register can join us for lunch. Call and register today.

### Craft Class

Join us Monday, May 20 at 1 pm as Bev Sanning shares how to create these adorable cupcakes. You will receive everything you need to create 2 cupcakes to take home with you! Cost is only \$3.00. Call and sign up today.



### Art Class

Art class with Debby Gregory on Monday, May 6 at 2 pm for an acrylic art class. All supplies will be furnished. Cost is only \$10. Registration is required.



**Ice Cream SUNDAY SOCIAL**

STOP IN AND LEARN ABOUT THE CELINA CIRCLE OF CARE AND ENJOY AN ICE CREAM SUNDAE!

NO RSVP'S REQUIRED!

**MAY 13TH • 1-2PM**

at **MCCA**

HOSTED BY: **CELINA CIRCLE OF CARE**

HERITAGE HEALTH CARE  
Quality Home Care Central/Annual Care

TRUSTWELL LIVING  
MILLER PLACE

CELINA MANOR  
a tradition of caring

CHP  
CARE HOME & HOSPICE

THE GARDENS AT CELINA

EverHeart  
HOSPICE

### WISE

Wellness Initiative for Seniors Education will begin May 15. This class is a 6-week series that requires pre-registration. This series is already full but we have a waiting list for another class which will be scheduled for early summer.

## REGULARLY SCHEDULED ACTIVITIES

Please 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 and Thursdays at 1:00 pm. 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 \$4/meal. 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.



PRESENTED BY:

Alzheimer's Association of Northwest Ohio

Meetings are held on the second Wednesday of every month

3:00 pm to 4:00 pm

**Mercer County Council on Aging  
Annex Building**  
217 Riley Street, Celina

Call 419.419.5858 with questions or to register for the group

Visit [alz.org/nw ohio](http://alz.org/nw ohio) to learn more about caregiver programs and resources

The Caregiver Support Group is for any individual who is caring for someone who has Alzheimer's or any other form of dementia

Build a support system with people who understand.

Alzheimer's Association support groups, conducted by trained facilitators, are a safe place for individuals caring for a loved one with dementia to:

- Develop a support system
- Exchange practical information on challenges and possible solutions
- Talk through issues
- Share feelings, needs and concerns
- Learn mindfulness techniques to bring some balance to challenging days

800.272.3900

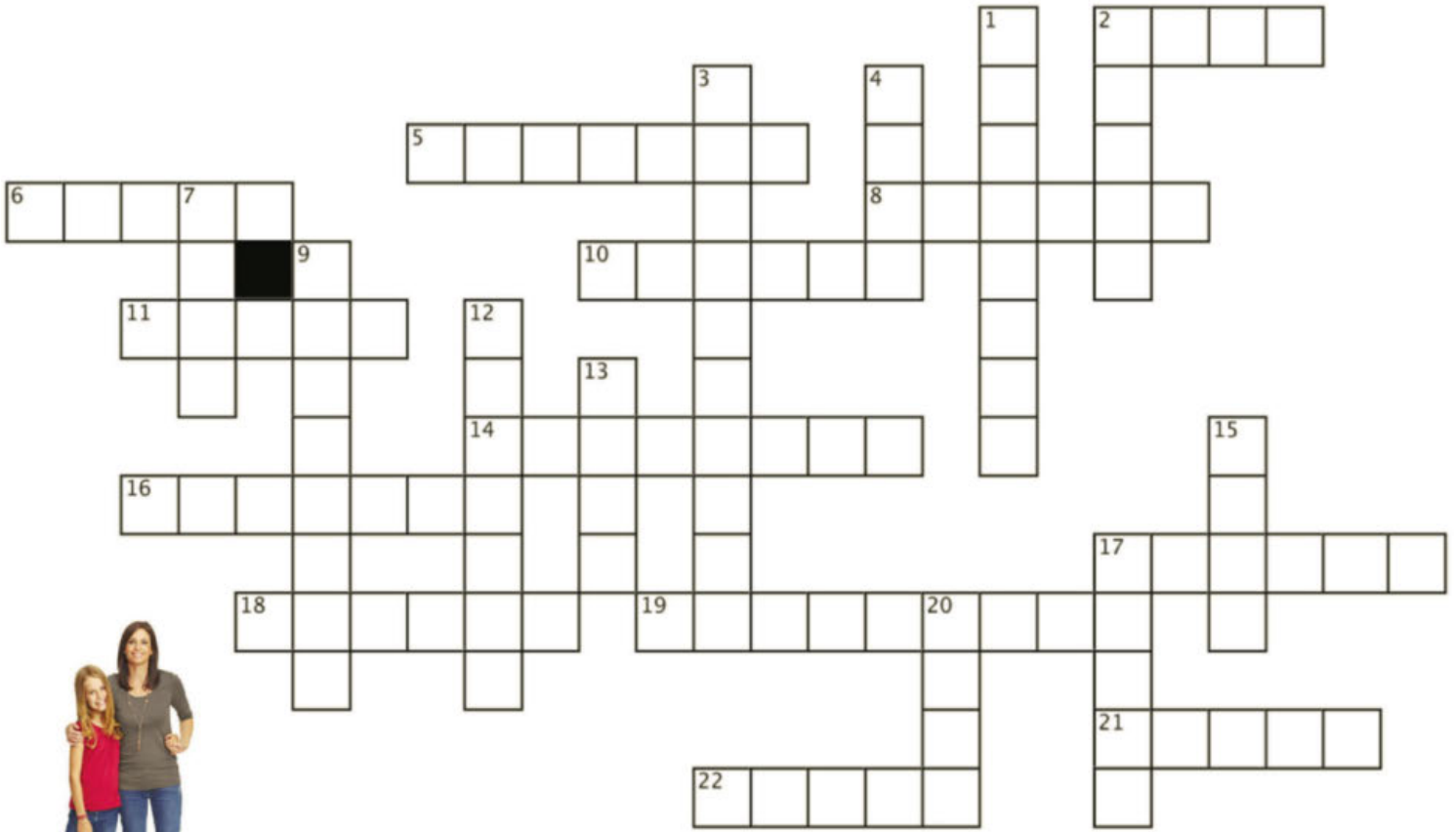
ALZ.ORG



# May 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>			<p><b>1</b></p> <p>SPRING PARTY AT ROMERS</p> <p><u>1:00 - Toenail Clipping*</u></p>	<p><b>2</b></p> <p>8:00 - 10:00 Coffee Time</p> <p>8:30 - 12:00 Donations (bldg 6) LAST DAY</p> <p>9:00 - FREE Blood Pressure Checks</p> <p>11:30 - Lunch*</p> <p>1:00 - Chair Yoga*</p> <p>6:30 - Cards*</p>	<p><b>3</b></p> <p>12:30 - Cards*</p>	<p><b>4</b></p>
<p><b>5</b></p> <p>6:30 - Cards*</p>	<p><b>6</b></p> <p>Garage Sale Set Up</p> <p>10:00 - Chair Yoga*</p> <p>2:00 - Art Class - Acrylic*</p>	<p><b>7</b></p> <p>9:00 - 11:30 Pickleball* (MSC)</p> <p>9:30 - Fitness Class - Video (FREE)</p> <p>11:30 - Lunch*</p> <p><u>12:30 - Bridge*</u></p> <p>12:30 - Ladies Cards*</p> <p>1:00 - Line Dancing</p>	<p><b>8</b></p> <p>11:30 - Lunch*</p> <p>11:30 - WOCAP - Fair Housing Presentation by Vince Cuthrell</p> <p>12:00 - FREE Blood Pressure Checks</p> <p>12:30 - Bingo*</p> <p><u>3:00 - Alzheimer Support Group</u></p>	<p><b>9</b></p> <p>8:00 - 10:00 Coffee Time</p> <p><u>10:30 - Board Mtg.</u></p> <p>11:30 - Lunch*</p> <p><u>12:30 - Ladies Cards*</u></p> <p>1:00 - Chair Yoga*</p> <p>6:30 - Cards &amp; Texas Hold 'Em*</p>	<p><b>10</b></p> <p>12:30 - Cards*</p>	<p><b>11</b></p>
<p><b>12</b></p> <p>6:30 - Cards*</p> <p></p>	<p><b>13</b></p> <p>10:00 - Chair Yoga*</p> <p>1:00 - 2:00 Free Ice Cream Social</p>	<p><b>14</b></p> <p>9:00 - 11:30 Pickleball* (MSC)</p> <p>9:30 - Fitness Class - Video (FREE)</p> <p>11:30 - Lunch*</p> <p><u>12:30 - Bridge*</u></p> <p>1:00 - Line Dancing</p>	<p><b>15</b></p> <p>11:30 - Lunch*</p> <p>12:30 - Bingo*</p>	<p><b>16</b></p> <p>GARAGE SALE 8:30 to 6:30</p> <p>11:30 - Lunch*</p> <p>1:00 - Chair Yoga*</p> <p>6:30 - Cards*</p>	<p><b>17</b></p> <p>GARAGE SALE 8:30 to 4:00</p> <p>12:30 - Cards*</p>	<p><b>18</b></p> <p>GARAGE SALE 8:30 to 4:00</p>
<p><b>19</b></p> <p>GARAGE SALE 12:00 to 4:00</p> <p>6:30 - Cards*</p>	<p><b>20</b></p> <p>Garage Sale Clean Up</p> <p>10:00 - Chair Yoga*</p> <p>1:00 - Craft Class - Cup Cakes*</p>	<p><b>21</b></p> <p>9:00 - 11:30 Pickleball* (MSC)</p> <p>9:30 - Fitness Class - Video (FREE)</p> <p>11:30 - Lunch*</p> <p><u>12:30 - Bridge*</u></p> <p>12:30 - Ladies Cards*</p> <p>1:00 - Line Dancing</p>	<p><b>22</b></p> <p>11:30 - Lunch*</p> <p>12:30 - Bingo*</p> <p><u>1:00 - Crochet Club</u></p>	<p><b>23</b></p> <p>8:00 - 10:00 Coffee Time</p> <p>11:30 - Lunch &amp; Learn - Jen Thompson - Jeneration Fitness</p> <p><u>12:30 - Ladies Cards*</u></p> <p>2:00 - Chair Yoga*</p> <p>6:30 - Cards &amp; Texas Hold 'Em*</p>	<p><b>24</b></p> <p>12:30 - Cards*</p>	<p><b>25</b></p>
<p><b>26</b></p> <p>6:30 - Cards*</p>	<p><b>27</b></p> <p></p> <p>OFFICES CLOSED</p>	<p><b>28</b></p> <p>9:30 - Fitness Class with Kathy*</p> <p>11:30 - Lunch*</p> <p><u>12:30 - Bridge*</u></p> <p>1:00 - Line Dancing</p>	<p><b>29</b></p> <p>11:30 - Lunch*</p> <p>12:30 - Bingo*</p>	<p><b>30</b></p> <p>8:00 - 10:00 Coffee Time</p> <p>11:30 - Lunch*</p> <p>1:00 - Chair Yoga*</p> <p>6:30 - Cards*</p>	<p><b>31</b></p> <p>12:30 - Cards*</p>	

# Momisms



## ACROSS

2. I am not your \_\_\_\_.
5. You'd lose your head if it wasn't \_\_\_\_ on.
6. Don't look a gift horse in the \_\_\_\_.
8. Just wait till your \_\_\_\_ gets home.
10. Don't make that face or it will \_\_\_\_ that way.
11. There's a \_\_\_\_ for everything and everything has its \_\_\_\_.
14. If I've told you once, I've told you a \_\_\_\_ times.
16. No \_\_\_\_ till you clean your plate.
17. A little \_\_\_\_ told me.
18. It's no use \_\_\_\_ over spilt milk.
19. Always wear clean \_\_\_\_ in case you're in an accident.
21. If your friends jumped off a \_\_\_\_, would you jump too?
22. You can't \_\_\_\_ a book by its cover.

## DOWN

1. If you can't say something nice, don't say \_\_\_\_ at all.
2. Do you think that I'm made of \_\_\_\_?
3. Don't sit too close to the \_\_\_\_ because it will ruin your eyes.
4. \_\_\_\_ isn't fair.
7. Don't \_\_\_\_ with your mouth full.
9. Don't run with \_\_\_\_.
12. Don't break your arm \_\_\_\_ yourself on the back.
13. As long as you're under my \_\_\_\_, you'll do as I say.
15. Close the door. Were you born in a \_\_\_\_?
17. Am I talking to a \_\_\_\_ wall?
20. \_\_\_\_ your feet.



## Why I Walk - by Brenda McGee



This past year was a hard one for me as I lost my Dad, Jim, who was the namesake of my Walk to End Alzheimer's team – "Jims Millions." I named the team this in honor of the millions of dollars that we want to raise to fight Alzheimer's and other dementia so no one else has to go through the struggles with this disease like my family did. I was lucky, my Dad recognized me most days when I visited him at the care facility where he lived, but it was a struggle watching him lose his battle with this devastating disease – and knowing that 1 in 3 seniors will die with Alzheimer's disease or other dementia. I'm hoping it hasn't impacted your family

or friends yet, but I'm afraid that the day is coming when everyone will have a loved one fighting this disease.

Do you know that Alzheimer's is a disease that impacts many people - in fact, right here in Mercer County, there are 800 individuals living with the disease.

The Alzheimer's Association is leading the fight against Alzheimer's and other dementia and is committed to helping those in our community. We offer many free and local resources including Education programs, Care Consultations, and Caregiver Support Group.

A support group is currently being held on the second Wednesday of each month at the Mercer County Council on Aging in building 3 from 3 pm to 4pm and is led by Brenda McGee the event chair for the Grand Lake Walk.

If you would like more information on these services, to schedule an education program, or be added to our email list of monthly programs, please contact Marybeth at 419-419-5858 or [matorsell@alz.org](mailto:matorsell@alz.org).

These services are offered free of charge, due to our Walk to End Alzheimer's, the world's largest fundraiser to fight the disease. This year the local, the **Grand Lake Walk to End Alzheimer's** is scheduled for Saturday, September 14, 2024 at Wright State University Lake Campus. Join the fight today by starting a Walk team. Visit [alz.org/nwohio/walk](http://alz.org/nwohio/walk) or contact either local Walk Chair, Brenda McGee at 419-953-5411 or Walk Manager, Karen Moore at 567-302-3611 or [krmoore@alz.org](mailto:krmoore@alz.org) for more information.

## Do you like to Travel?

### Lunch and Church Basement Ladies Plowin' Thru at LaComedia – May 30 – limited seats!

Buffet lunch followed by matinee performance of "Church Basement Ladies Plowin' Thru." The year is 1975 and your favorite characters are back in the 9th show of the popular Church Basement Ladies. It's been five years since

Pastor left and the church is struggling. As Pastor comes back to fill in, Karin has taken a leadership role in the church and Beverly, now a mother of three, wants a larger role in the kitchen. The ladies don their polyester pantsuits and sing, dance and laugh their way thru this hilarious new musical.

**Cost: \$118**

**Deposit: \$20**

**REGISTRATION DEADLINE 4/30/24**



### Lunch and Oak Ridge Boys Farewell Tour Performance – June 27

Amish style buffet lunch at Bluegate in Shipshewana followed by 1:00 pm Oak Ridge Boys Farewell Tour performance. "We are doing a farewell tour because we owe it to our fans to say goodbye," shares William Lee Golden. This tour is for you!" The Oak Ridge Boys have received many Country Music and Gospel awards. They are members of the Grand Ole Opry, the Gospel Music Hall of Fame, the Vocal Group Hall of Fame, and the Country Music Hall of Fame. They have achieved seventeen #1 hits, thirty-seven Top 20 country hits, twelve gold, three platinum, and one double-platinum album, The Oak Ridge Boys have made their mark in every facet of the gospel, pop, and country music industry.

**Cost: \$169**

**Deposit: \$20**

**REGISTRATION DEADLINE 5/27/24**

## 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!

## May 2024 Lunch Menu

Tuesday	Wednesday	Thursday
<b>April 30</b> Cold Ham Sandwich/Bun Italian Pasta Salad Sweet Pickles Pineapple	<b>1</b> SPRING PARTY AT ROMER'S	<b>2</b> Broccoli Cheese Soup/ Crackers Tuna Salad/Croissant Lettuce Leaf Watermelon
<b>7</b> Fish & Cheese/Hoagie Hushpuppies Lettuce leaf/Tartar Sauce Cherry Blue Raspberry Sorbet	<b>8</b> Ham Salad Sandwich Cucumber/Ranch Dressing Mandarin Oranges	<b>9</b> Homemade Pizza Tossed Salad/Dressing Moose Track Ice Cream
<b>14</b> French Onion Soup Tuna Salad Sandwich Pickle/Crackers Apricots	<b>15</b> Hot Roast Beef/Bun French Fries Ketchup/Horseradish Cherry Bar	<b>16</b> BLT Salad Warm Schubert Roll Dressing/Margarine Chilled Fruit Salad
<b>21</b> Brat/Bun Creamy Coleslaw Ketchup/Mustard/Onion/Pickle	<b>22</b> Chicken Salad/Wheat Potato Chips Pickled Beets	<b>23</b> LUNCH & LEARN
<b>28</b> Bologna Sandwich Potato Salad Onion/Mustard Fresh Cantalope	<b>29</b> Chicken Bacon Ranch Pizza Tossed Salad/Dressing Fruit Cocktail	<b>30</b> Sloppy Joe/Bun Seasoned Green Beans Pickles No Bake Chocolate Oatmeal Cookie





## ACP discounts are ending soon.

### What's happening?

Due to a lack of additional funding from Congress, the FCC must wind down the Affordable Connectivity Program (ACP).

Households enrolled in the ACP will continue to receive the full discount on their internet service through April 2024.

### What does this mean for me?

After the ACP ends, you will no longer get the monthly internet discount or save on a device.

### What do I do now?

- Please contact your internet company if you have questions about how the end of the ACP will affect your monthly bill and to ask about the options available to you.
- Check your email to see if you received a notice to recertify your existing benefit. If so, complete the process so you can keep your benefit until the ACP ends. If you don't respond, you may lose your benefit before the funding runs out.

Please visit [AffordableConnectivity.gov](https://AffordableConnectivity.gov) for more information and for further updates regarding your ACP benefit.

### Can I still save on internet service even after the ACP ends?

Yes, you may still qualify for the [Lifeline Program](#) to save on internet service. Lifeline is another federal program that makes phone and internet service more affordable.

If you qualify for Lifeline, you can get a monthly benefit of:

- Up to \$9.25 off the cost of phone, internet, or bundled services
- Up to \$34.25 off the cost of phone, internet or bundled services if you live on Tribal Lands

### ACP Support Center

Universal Service Administrative Co.

**Have Questions?** Visit [AffordableConnectivity.gov](https://AffordableConnectivity.gov), email us at [ACPQuestions@usac.org](mailto:ACPQuestions@usac.org), or call us at (877) 384-2575. The support center is open 7 days a week, from 9:00am to 9:00pm ET.



**CFAES**

Ohio State University Extension  
in Mercer County presents

## 2024 Lawn & Garden Talks

**When:** The last Wednesday of each month  
April through September  
Starting at 6:00pm

**Where:** The Mercer County Extension  
Office Conference Room  
4978 Mud Pike Rd., Celina

The Ohio State University Extension Office in Mercer County invites you to up your gardening game this year through education and discussion, using science-based information. Bring your curiosity and your questions. You could even bring insect and plant samples to inquire about! Come to whatever topic sounds interesting; attending all sessions is **not** required.

### April 24

Selecting Vegetable Plants  
and Seeds

With Ryan McMichael  
OSU Extension, Mercer Co.

### June 26

Making Annual Flowers Last  
All Season

With Kendall Robinson  
Unique Roots

### August 28

Utilizing Cover Crops in the  
Garden

With Ryan McMichael  
OSU Extension, Mercer Co.

### May 29

Drought Tolerant  
Landscapes

With Jacob Winters  
OSU Extension, Auglaize Co.

### July 31

Wildlife in Mercer County

With Brad Buening  
Wildlife Officer with Mercer  
County ODNR

### September 25

Success with Pollinators and  
Milkweed

With A Panel of Local Experts

**Pre-registration not necessary. All talks are free and open to the public.**

**For more information,** please call 419-586-2179 or visit [mercer.osu.edu](http://mercer.osu.edu).

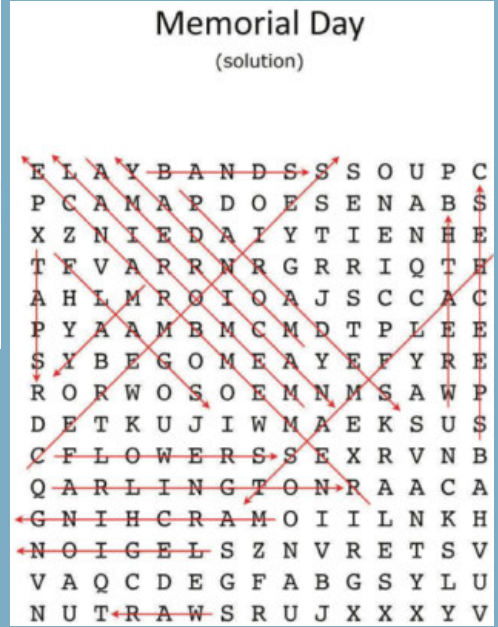
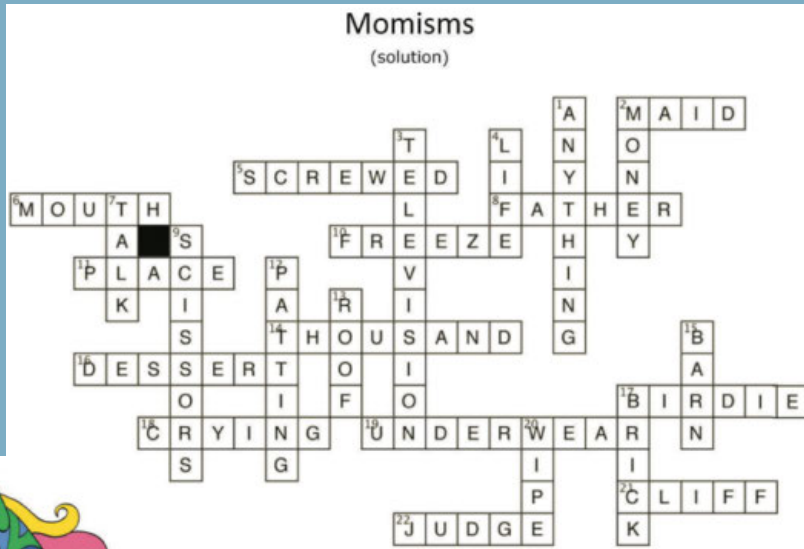


**THE OHIO STATE UNIVERSITY**  
EXTENSION

College of Food, Agricultural,  
and Environmental Sciences

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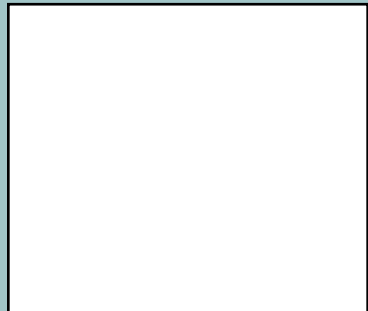
Josh Carrasquillo  
Renee (Koesters) Carrasquillo  
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