



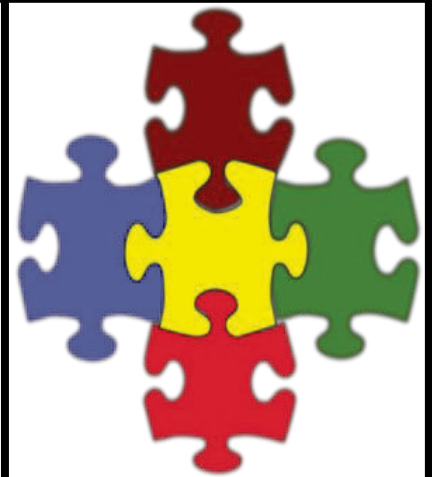
Mercer County Council on Aging

OCTOBER
2023

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

VOLUNTEER APPRECIATION

Volunteer appreciation party is here Thursday, October 19 beginning at noon!!! If you have volunteered in any way here at MCCoA please join us for lunch. We will be serving, chicken cordon bleu, sliced beef, mashed potatoes, gravy, noodles, scalloped corn, slaw, rolls and butter, beverage and a dessert. After lunch stick around for a fun filled afternoon of games and prizes!! Please give us a chance to say Thanks for the “Roll” you play each day! We appreciate your contributions far more than words can say!!! Please call and register by Thursday, October 5, 419-586-1644. This is a free event to all of our volunteers but we do need you to register so we have enough food ordered.



Puzzle Tournament

Join us for our annual puzzle tournament Thursday, October 26 beginning at 1:00 pm. Everyone gets the same 300 piece to 500 piece puzzle and the first one to complete it or the person that has the most pieces put together at the end of 2 hours is the winner. All participants get to keep their puzzle. Prizes will be awarded to 1st and 2nd place. Call and register by Friday, October 13 so we can get the puzzles ordered. Cost is only \$5.00, come be part of a fun afternoon!



**THANK YOU
FOR YOUR
ROLL
IN OUR LIVES!**

That's just how we roll!



From the Director's Desk:

Hello Mercer County (and friends of Mercer County)!!

A big thing is happening at the MCCoA right now. Mercer County Council on Aging is on the November 7th ballot for a levy renewal. Would you be willing to help us get the word out?

While garage sales, health and civic grants, and donations help maximize levy dollars, we rely on Levy funds to support our four core services:

Chore - help with seasonal yard work, cleaning windows, shampooing carpets, cleaning gutters and other small tasks to keep homes safe.

Homemaker - basic house cleaning including vacuuming, sweeping, cleaning bathrooms, changing bedding, laundry, and grocery shopping.

Outreach - specialists connect with clients to complete service assessments, answer Medicare questions and connect individuals with needed resources.

Transportation - rides to medical appointments, grocery stores, banks, beauty salons and meal/social activities. Vehicles are wheelchair accessible.



Services Provided	In 2022	So far in 2023
Chores completed	587	425
Homemaker services	3288	2349
Outreach consultations	1333	1115
Transportation trips	8342	7128

As you can see from the chart, we are working diligently to meet the increasing need of Mercer County seniors.

MCCoA also partners with various agencies including the Alzheimer's Association, in-home health, Mercer Health, nursing homes, and many others to provide educational opportunities, support groups and medical check-ups.

We also offer many social activities which include serving on-site lunches 3 days a week, lunch & learn classes, art and craft classes, puzzles, cards, line dancing, chair yoga, Wii bowling tournaments, bingo and a fitness center, to name a few.

In addition to all of these things, we want to hear what is going on in your lives. What are you doing, how are you feeling, and just be here for a hug or a smile.

We can't tell you how to vote. But we are asking that you do vote. And please consider all that we do to help older people live dignified and reasonably independent lives in their own homes for as long as possible. And remember we are here for you with our hearts on our sleeves.

As always,
Dawn

P.S. Please ask your family and friends to vote too!!



GARAGE SALE UPDATE

Garage sale update! A huge Thank You to everyone that helped make the September sale a great success! Donations for the last sale of 2023 will begin on Tuesday, October 3. We will accept items on Tuesdays from noon to 4:00 pm and on Thursdays from 8:30 am to noon. Saturday, October 21 we will be open for donations from 9:00 am till 1:00 pm. There will be NO DONATIONS THURSDAY, OCTOBER 19, due to the volunteer party. The last day for donations will be Thursday, November 2.



MERCER COUNTY
HEALTH DISTRICT

SAVE THE DATE
FLU SHOT DRIVE-THRU

TUESDAY,
OCTOBER 17,
2023

9:30AM-6:00PM

AT THE MERCER COUNTY
FAIRGROUNDS

Need a different day to receive your flu vaccine?
Try one of these dates at the health department!

- October 24th 9:30AM – 5:15PM, by appointment
- Walk-in Dates (no appt)
 - November 3rd 7:30AM – 3:30PM
 - November 7th 7:30AM – 3:30PM



**Mark your
November calendar!**

6	Lunch and Learn
15	Early Bird Sale
16-19	Garage Sale
23-24	Office Closed
28	Fitness Class
29	Pain management talk

More information in next month's newsletter.

Choice Travel

www.TravelWithChoice.com

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

Amish Style Lunch & Bluegate's New Musical
The Christmas Candy Caper 11-15-23

Cost per person - \$134.00 Deposit - \$20 per person. Registration Deadline is 10/15/2023. Arrive at Blue Gate in Shipshewana for an Amish style lunch at 11:00 am. Show at 1:00 pm. After years of playing pranks on her friends and family, candy shop owner, Lydia Miller experiences real life danger when two men break into her shop to steal her coveted candy recipe. But the burglary, quickly escalates into kidnapping when the burglars decide they can make more money in ransom pay. Unfortunately, since Lydia cried wolf and did so many pranks, the town believes it is just another one of her pranks. This leads to hilarious exchanges between the kidnapppers and many of the townspeople. Depart Shipshewana at approx. 3:30 pm. No dinner stop so you may want to bring some snacks. Return time is approximately 6 pm to 7 pm.

Crafty Corner

Craft Class

Craft time with Carolyn Arnold. Join Carolyn to create this cute snowman diamond dots work of art! Diamond Dots are sparkly little dots that you place on the sticky fabric using a stylus. Carolyn will teach how to work with the diamond dots and give you tips on the best way to make your picture turn out wonderful!! Class will be held Thursday, October 5 at 1:00 pm. The cost is only \$7.00 and everything you need will be provided. Call and sign up today space is limited 419-586-1644.



Art Class

Join Debby Gregory Monday, October 23 at 2:00 pm for an acrylic painting class. All supplies are furnished. Cost is only \$10 call and register today, 419-586-1644.



Lunch & Learn

Lunch and Learn with Amy Carles from the Ohio Consumers' Counsel. She will talk about how to deal with Rising Energy Prices. Learn why and ways for you to better manage energy bills. She will discuss energy efficiency tips, how to decide if choosing an energy supplier is right for you, and the utility assistance and disconnection protections that are available. Call and sign up today to join us Monday, October 16 at 11:30 for lunch and at 12:00 for the presentation. Please keep in mind even if the meal portion of this day is full you are always welcome to join us for the presentation. We do not want anyone missing all the great information that is given out at these events!



Craft Time

Craft time with Charlene! Join Charlene Guingrich on Monday, October 2 at 1:30 to make Hypertufa pots! Make your own design concrete pots. You will be mixing your own batch (it is similar to making mud pies) then use the mixture around a form to create some pots for planting next year. Please wear old clothes. You may want to bring a small garden tool to stir the ingredients and some forms to make your creation. Good forms are old plastic tubs, old baskets, any shape you would like. Don't worry, we will have supplies on hand if you do not have the items mentioned. Cost is only \$10. Call and register today 419-586-1644.



Halloween Bash

Are you ready for a spooky good time? Then join the Celina Circle of Care team as they host a Halloween Bash on Monday, October 30 from 1:30 pm to 3:00 pm here at MCCoA. Everyone is invited (costume or no costume) to come and join in the fun, snacks, music, karaoke, photo op and games. If you come dressed in a costume your name will be entered in a drawing for some great prizes!! Let's see if we can out do last year's costumes! A big thanks to HCF/Celina Manor, Everheart Hospice, Community Health Professionals, Celina Gardens and Miller Place for putting this fun event together!!!



REGULARLY SCHEDULED ACTIVITIES!!

Regularly scheduled activities. Check the calendar on page 7 for exceptions. Please sign in to MySeniorCenter for each activity.

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 first Thursday each month at 9 am to 10 am, provided by Celina Manor during coffee time. 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 and **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 \$1.00.

Chair Yoga

Chair Yoga with Carla Niblick on Mondays at 10:00 am. Cost is \$3.00 per person.

Chess Club (FREE)

You are welcome to join the chess club whether you have never played or enjoy playing chess. Join us the 2nd Monday of each month 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!!

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 the Annex (bldg 3) making things to give away for the holidays. See calendar for specific date and time. Everyone is welcome, from the person that has never crocheted before to the most experienced!!

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.

Fitness Class

Using a combination of music and movement, Kathy G leads a 45 minute fitness class. Class will focus 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 and the class size is limited to 15. Call to register 419-586-1644.

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



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, & safety issues.

Alzheimer's Support Group

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

Alzheimer's Education

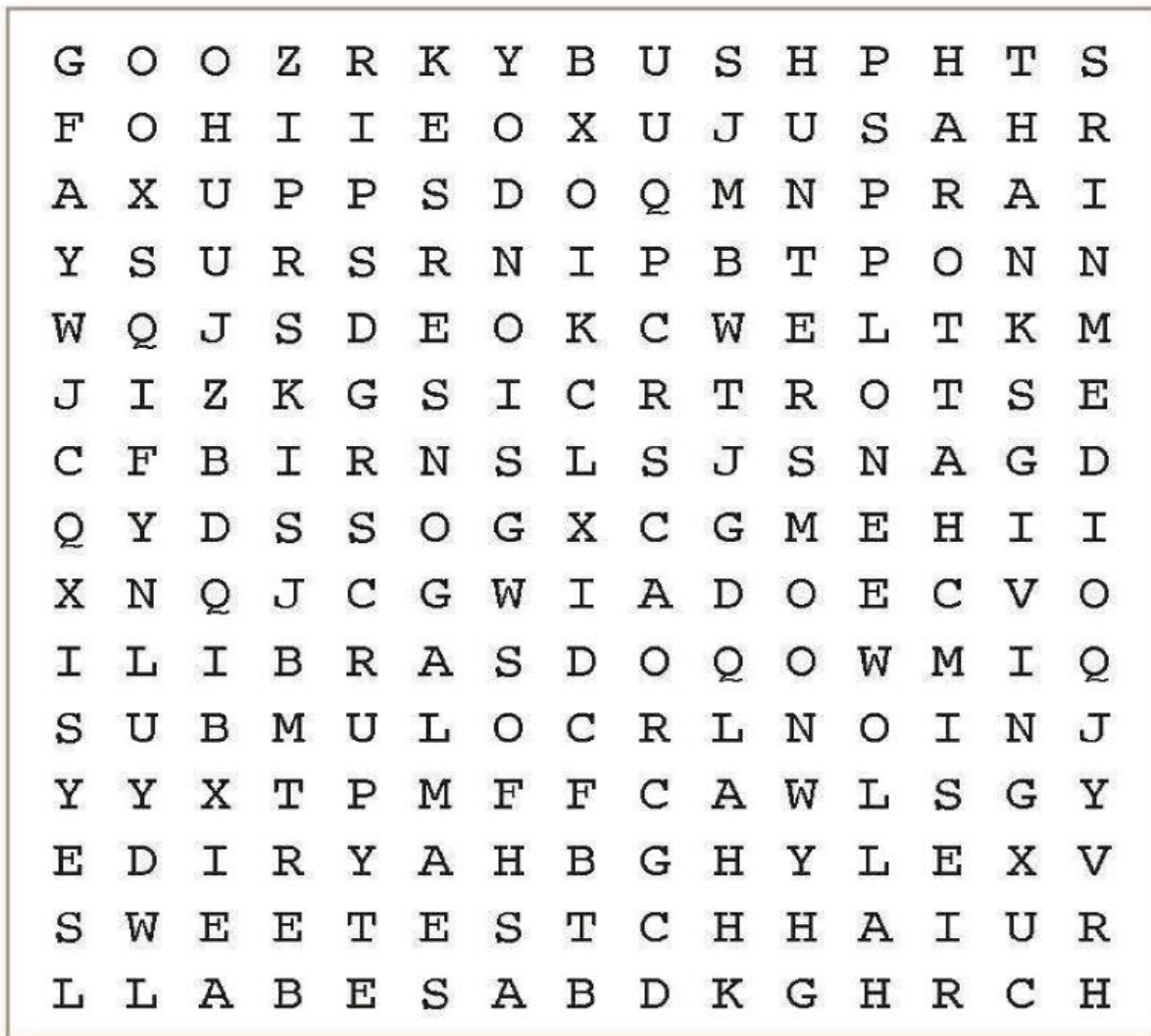
Join Yvonne Miller on Thursday, October 5 at 2:30 pm - Staying Safe: Steps to Take for the Person Living with Alzheimer's - Safety is essential for everyone, but the need for a comprehensive safety plan is particularly important for a person living with Alzheimer's or another dementia. Learn measures to improve safety, prevent injuries, and help a person living with dementia maintain their independence longer.

Upcoming classes include:

- 11/2/23 Strategies for Surviving the Holidays
- 12/7/23 Caring for the Caregiver -
- 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

Searching for October

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



BASEBALL
BOSS'S (Day)
CIDER
COLUMBUS (Day)
GOURDS
HALLOWEEN
HAYRIDE
HUNTER'S MOON



INDIGENOUS (Peoples' Day)
LIBRA
PUMPKINS
SCORPIO
SIMCHAT TORAH
SWEETEST (Day)
THANKSGIVING (Canada)
YARD WORK

October 2023 Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 6:30 - Cards*	2 10:00 - Chair Yoga* <u>1:30 - Craft - Hypertufa Pots* (bldg 3 back porch)</u>	3 11:30 - Lunch* 12:00 - 4:00 Donations (bldg 6) <u>12:30 - Bridge*</u> 12:30 - Ladies Cards* 1:00 - Line Dancing	4 11:30 - Lunch* 12:30 - Bingo* <u>1:00 - Toenail Clipping*</u> 5:30 - Game Night - Wii Bowling*	5 LAST DAY TO REGISTER FOR VOLUNTEER APPRECIATION 8:00 - 10:00 Coffee Time 8:30 - 12:00 Donations (bldg 6) 9:00 - FREE Blood Pressure Checks 11:30 - Lunch* 1:00 - Craft Class - Diamond Dots* 6:30 - Cards*	6 12:30 - Cards*	7
8 6:30 - Cards*	9 STAFF TRAINING OFFICES CLOSED NO SERVICES AVAILABLE	10 Wii BOWLING LEAGUE BEGINS 9:00 - 11:30 Pickleball* (MSC) 10:00 - Medicare Check Up - Dave Painter 11:30 - Lunch* 12:00 - 4:00 Donations (bldg 6) <u>12:30 - Bridge*</u> 1:00 - Line Dancing	11 11:30 - Lunch* 12:00 - FREE Blood Pressure Checks 12:30 - Bingo*	12 8:00 - 10:00 Coffee Time 8:30 - 12:00 Donations (bldg 6) <u>10:30 - Board Mtg.</u> 11:30 - Lunch* <u>12:30 - Ladies Cards*</u> 6:30 - Cards & Texas Hold 'Em*	13 12:30 - Cards*	14
15 6:30 - Cards*	16 10:00 - Chair Yoga* 11:30 - L&L - Rising Energy Prices - Presented by Amy Carles with Ohio Consumer's Council	17 9:00 - 11:30 Pickleball* (MSC) 11:30 - Lunch* 12:00 - 4:00 Donations (bldg 6) <u>12:30 - Bridge*</u> 12:30 - Ladies Cards* 1:00 - Line Dancing	18 11:30 - Lunch* 12:30 - Bingo* <u>12:30 - Bridge*</u>	19 NO COFFEE TIME NO DONATIONS 12:00 - Volunteer Appreciation <u>4:00 - Alzheimer Support Group</u> 6:30 - Cards*	20 12:30 - Cards*	21 9 to 1 - Donations (bldg. 6)
22 6:30 - Cards*	23 10:00 - Chair Yoga* <u>2:00 - Crochet Club</u> 2:00 - Art Class- Acrylic Painting*	24 11:30 - Lunch* 12:00 - 4:00 Donations (bldg 6) <u>12:30 - Bridge*</u> 1:00 - Line Dancing	25 11:30 - Lunch* 12:30 - Bingo*	26 8:00 - 10:00 Coffee Time 8:30 - 12:00 Donations (bldg 6) 11:30 - Lunch* <u>12:30 - Ladies Cards*</u> 1:00 - Puzzle Tournament* 6:30 - Cards & Texas Hold 'Em*	27 12:30 - Cards*	28
29 6:30 - Cards*	30 10:00 - Chair Yoga* 1:30 - Halloween Bash - Circle of Care	31 9:00 - 11:30 Pickleball* (MSC) 9:30 - Fitness Class* 11:30 - Lunch* 12:00 - 4:00 Donations (bldg 6) <u>12:30 - Bridge*</u> 1:00 - Line Dancing	<i>Italicized and underlined activities are in the Annex. Activities marked with an * have a fee. Activities marked with () are off campus. (MSC) - Montezuma Spiritual Center.</i>			

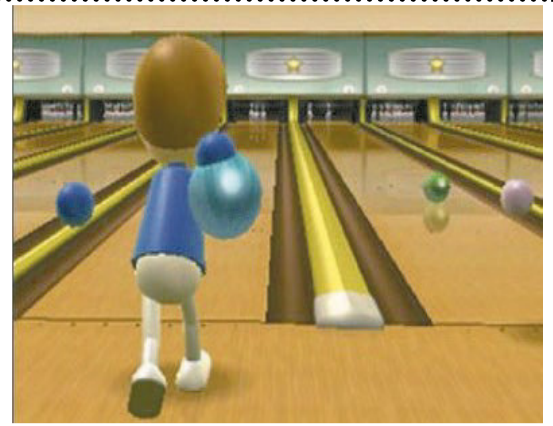
Wii Bowling

Game Night

Join us Wednesday, October 4 at 5:30 pm for Wii bowling night. We will have sloppy joe sandwiches, vegetable and fruit tray with chips and a cookie. Enjoy a fun evening of bowling with friends. We will have four Wii consoles set up for people to play on. If you are a pro bowler or you have never bowled on a Wii console before this is your time to come in and enjoy!! cost will be \$5 please call 419-586-1644 to register so we have enough food.

League

It's that time of year again!!! Get your team together and sign up. A team consists of 4 players and can have 1 sub. League play begins Tuesday, October 10 and runs through Friday, December 15. Each team is required to play 6 separate days and bowl two games each day you bowl. Scores will be recorded and at the end of the league prizes will be awarded to the high scoring team, high scoring person, lowest scoring person and one random draw! Awards will be handed out on Monday, December 18. Stop in and fill out a Wii bowling entry form with team name and members and get started today. We have 4 Wii game consoles available for you to use, each game console has a calendar for you to sign up on to schedule your bowling time. If you would like to bowl and need a team call Tash and let her know. She will do her best to get you on a team!



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.

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

Address: _____ Phone: ____-____-____

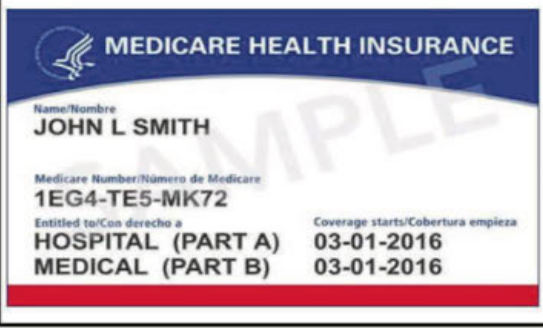
City/State/Zip: _____ E-mail: _____

Special Notes: _____

Are you a Veteran? (circle one) **Yes** **No**

Where did you find this form? (circle one)

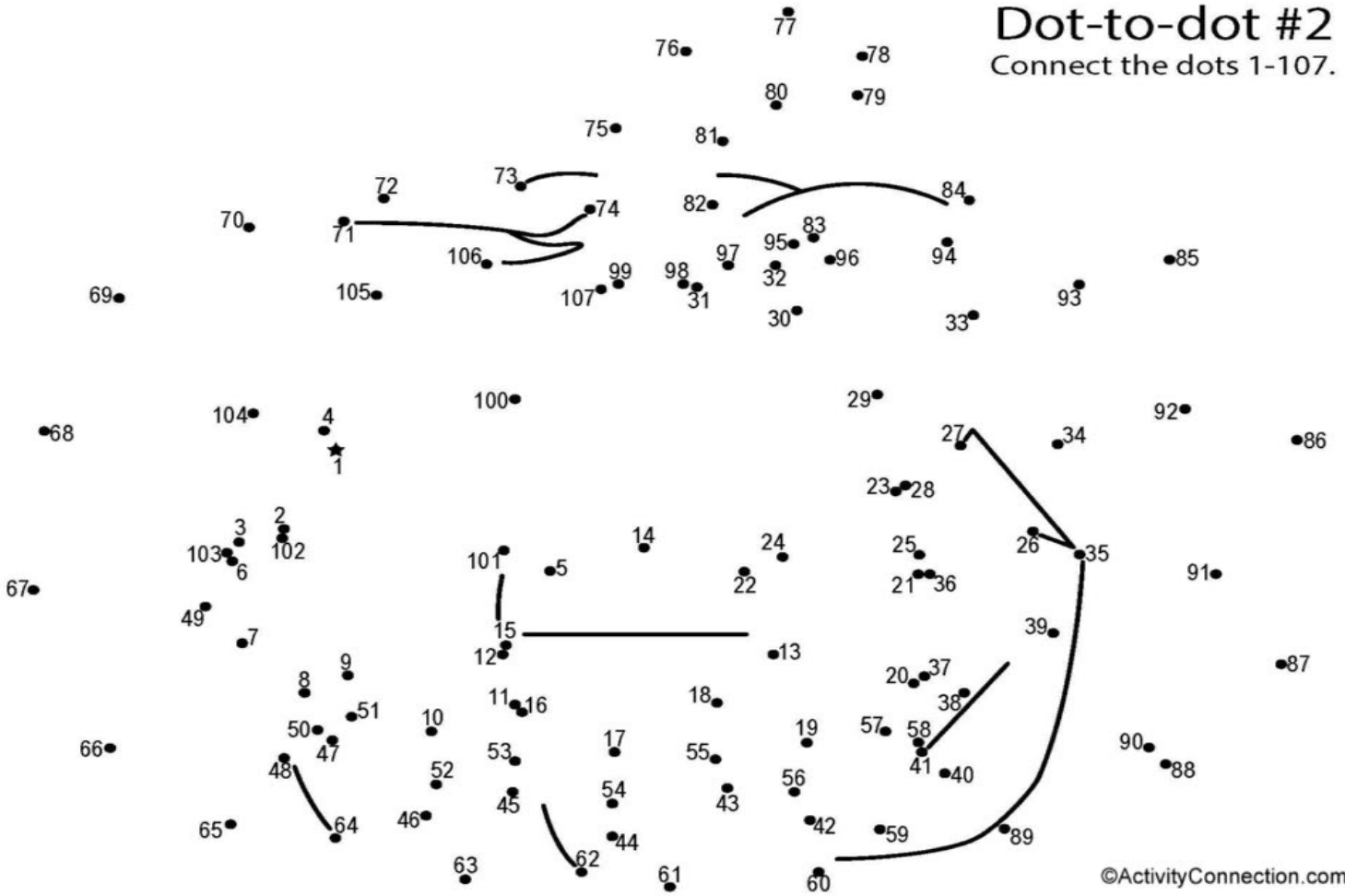
Newsletter
 Webpage
 Office
 Other

 <p>MEDICARE HEALTH INSURANCE</p> <p>Name/Nombre JOHN L SMITH</p> <p>Medicare Number/Número de Medicare 1EG4-TE5-MK72</p> <p>Entitled to/Con derecho a HOSPITAL (PART A) 03-01-2016 MEDICAL (PART B) 03-01-2016</p>	<p>Medicare #</p> <p> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> - <input type="text"/> <input type="text"/> <input type="text"/> - <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> </p> <p>Hospital (Part A)</p> <p> <input type="text"/> <input type="text"/> - <input type="text"/> <input type="text"/> - <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> </p> <p>Hospital (Part B)</p> <p> <input type="text"/> <input type="text"/> - <input type="text"/> <input type="text"/> - <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> </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>	

Dot-to-dot #2

Connect the dots 1-107.



Lunch at the MCCoA

Lunch is served on Tuesdays, Wednesdays and Thursdays at 11:30 am. The cost is \$4.00 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!!!



October 2023 Lunch Calendar

Tuesday	Wednesday	Thursday
<p>3</p> <p>Minestrone Soup Tuna Salad Sandwich Crackers Apricots</p>	<p>4</p> <p>French Dip Sandwich French Fries Beef Au Jus Sauce Fruited Gelatin/topping</p>	<p>5</p> <p>Chef Salad Plate Warm Schubert Roll Dressing Chilled Fruit Salad</p>
<p>10</p> <p>Brat/Bun Creamy Cole Slaw Diced Onions Mandarin Orange Fluff</p>	<p>11</p> <p>Hamburger/Bun Potato Salad Onion/Tomato/Pickle Watermelon</p>	<p>12</p> <p>Chef Salad Plate Dinner Roll Dressing Pay Day Bar</p>
<p>17</p> <p>Bologna Sandwich Potato Salad Onion Slice Fresh Cantaloupe</p>	<p>18</p> <p>Homemade Pizza Salad/Dressing Caramel Ice Cream</p>	<p>19</p> <p>VOLUNTEER APPRECIATION</p>
<p>24</p> <p>Philly Steak Sandwich Tator Tot Potatoes Ketchup/Mayo Chilled Peaches</p>	<p>25</p> <p>BBQ Shredded Pork/Bun Creamy Cole Slaw Pickle Spear Moose Track Ice Cream</p>	<p>26</p> <p>Cream of Tomato Soup Grilled Cheese/Bacon Crackers Summer Fruit Salad</p>
<p>31</p> <p>Stuffed Pepper Casserole Mashed Potatoes Reese's Brownie</p>	<p>Nov 1</p> <p>Creamy Potato Soup Crackers Onion/Pickle Chilled Peaches</p>	<p>Nov 2</p> <p>Homemade Pizza Tossed Salad/Dressing Chilled Pineapple</p>

Halloween Party

Use the clues to fill in the crossword.

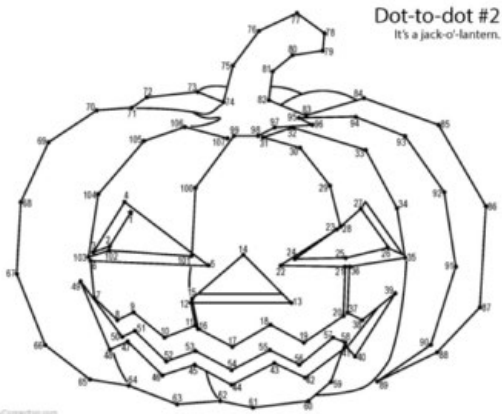


ACROSS

1. Spider's snare
5. Decorations that you blow up
7. Western guy
12. Dracula is one
14. Pixie or sprite
16. Front door ringer
17. Yellow, orange, and white treat
19. Frightening
21. Party drink
22. It's carved in October
23. Coating for an apple
24. Cinderella and Snow White

DOWN

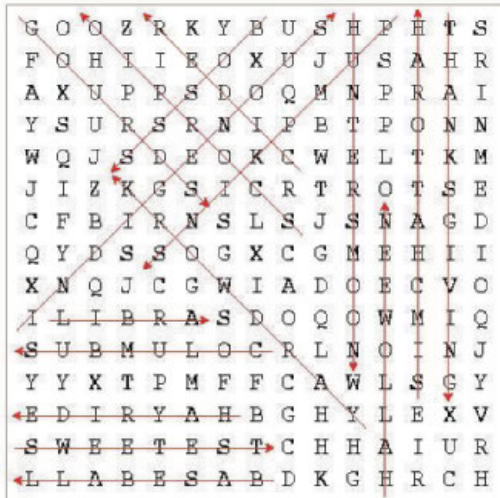
1. Hairy man-monster
2. Cave animal
3. Witch's laugh
4. Dark Halloween color
5. Halloween shout
6. Halloween set of bones
8. Wrapped monster
9. Witch's pot
10. Party adornments
11. Broom rider
13. Salty party snack
15. Bright Halloween color
16. Fog machine substance
18. Small frosted party treats
20. Witch's pet



Dot-to-dot #2
It's a jack-o'-lantern.

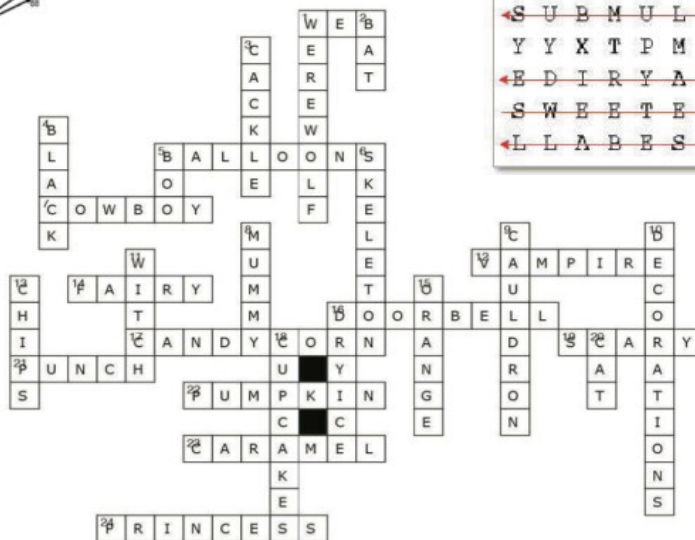
SOLUTIONS

Searching for October



Halloween Party

(solution)



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Associate Broker



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www.soldbylakeshore.com



Josh Carrasquillo
Renee (Koesters) Carrasquillo
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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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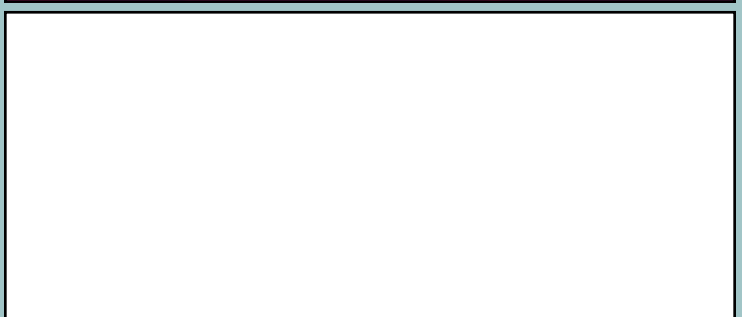
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THE MERCER COUNTY COUNCIL ON AGING

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

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.mccoa.net

OCTOBER
2023

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We also have the ability to email newsletters. **Thank you.**