



Mercer County Council on Aging

**MAY
2025**

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

**You might wonder, what's been going on...
here are a few of the things that have been happening!!**



From the Director's Desk:

Hello there Mercer County (and friends of Mercer County,)

How you are doing? It is my hope that life is treating you well. The reality I see most days is that life is pretty bumpy. One way to handle the bumps is to maintain a happy attitude. That may be harder than it seems to do. Here are a few things to try if you find yourself struggling to do so.

1. Accept the things you cannot change. There are things we just can not control. Don't waste time trying.
2. Know yourself and what your needs are. Pursue the things that bring you joy. Connectedness is often times a big need. You can do that by coming to the center and participating in our activities.
3. Recognize that you are a valuable, worthwhile person. Have self

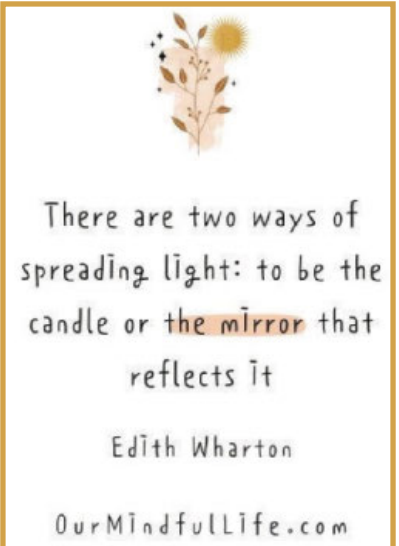
compassion and use positive affirmations to remind yourself of your good qualities.

4. Focus on the good things in life. Deliberately noticing the good things (and ignoring the bad ones) will improve your mental well being.
5. Look for the silver lining in tough situations. Find out what you can or have learned from struggles you have experienced.
6. Be grateful. Grateful thinking has been proven to improve moods.
7. Build relationships. Feel free to join us here at the center and make a new friend. Come on up. Say hello and stay for awhile!!

Be the light this month,
Dawn

Check out our new
meal program on
page 11!!

God
grant me
the **Serenity**
to accept the things
I cannot change,
the **Courage**
to change the things
I can, and
the **Wisdom**
to know the
difference.



GARAGE SALE UPDATE



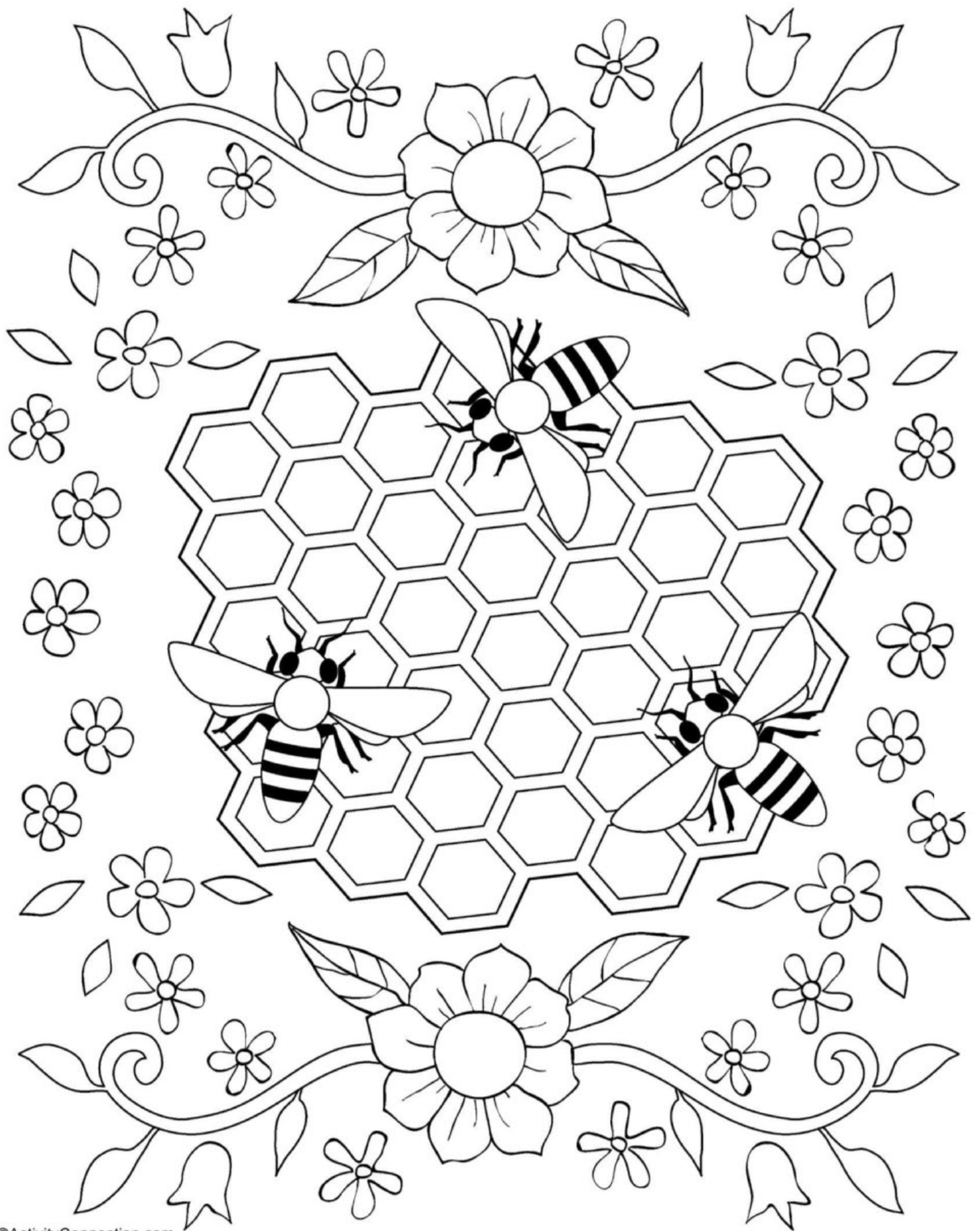
Donations Last Day	Thursday, May 1	8:30 to 12
Set Up	Monday, May 5	9:00 to 3
Sale	See the chart on right	
Clean Up	Monday, May 19	9:00
Truck Pick Up	Tuesday, May 20	8:30

It is sale time again! The last day for donations will be Thursday, May 1. We will set things up for the sale starting Monday, May 5 at 9:00 am. Hopefully everything will be ready for the sale by Friday, May 9. Feel free to call 567-890-4120, to check on the progress or volunteer to help with a checkout during the sale. If you have an hour or a day, we would love your help!

I've often been asked how many volunteers it takes to run the garage sale. My standard answer is "A LOT!!" It really does take an army to put the sale together, run the sale and clean up afterwards. On any given donation day, we can have up to 25 or more people helping. They unload cars, sort items into their proper building and locations, inspect clothes, price glassware, put shoes on racks, sort books and the list goes on! Normally on the first day of each sale, we have around 50 volunteers working over 3 shifts to handle the checkouts in each building! After the sale we pack everything up and ship it out. The buildings get cleaned and set up for the next round of donations. So, as you see, it really does take an army of GREAT volunteers to keep this thing, we call MCCoA garage sale up and running.

Garage Sale Dates / Hours

Thursday	May 15	8:30	6:30
Friday	May 16	8:30	4:00
Saturday	May 17	8:30	4:00
All Items 1/2 price.			
Sunday	May 18	12:00	4:00
Bag Day \$1.00 each bag with a second bag FREE. All items included.			



Dates of Interest

To register call 419-586-1644.

Craft Class

Join Tash and create a cute fairy garden wand to put in your favorite planter or flower bed! Class will be Thursday, May 29 at 2:00 pm. Cost is \$5.00 call to register.



Art Class

Join Debby Gregory Monday, May 19 at 2:00 pm for a watercolor class. Everything you need will be provided. The cost is \$10.00. Space is limited.



Monday, May 5 featuring Attorney Elizabeth Durnell-Maier of Durnell Maier Law. Liz will be presenting her seminar entitled "The Good, The Bad, and the Ugly of Estate Planning" The presentation will cover the following topics:

- How to protect your assets from Catastrophic Illness and Nursing Home Costs.
- Expanded Estate Recovery Law - Liens the government places on seniors' real estate.
- Pros and Cons of a Revocable Living Trust.
- How to avoid "Tax Traps" when transferring wealth to children.
- How to legally protect your assets, so your estate will pass to your family, intact.

Liz will also be available to answer questions after the presentation.

Lunch will be served at 11:30 am with the presentation beginning at 12:00. Only the first 25 people to sign up will be able to eat lunch with us but we invite everyone to attend the presentation.



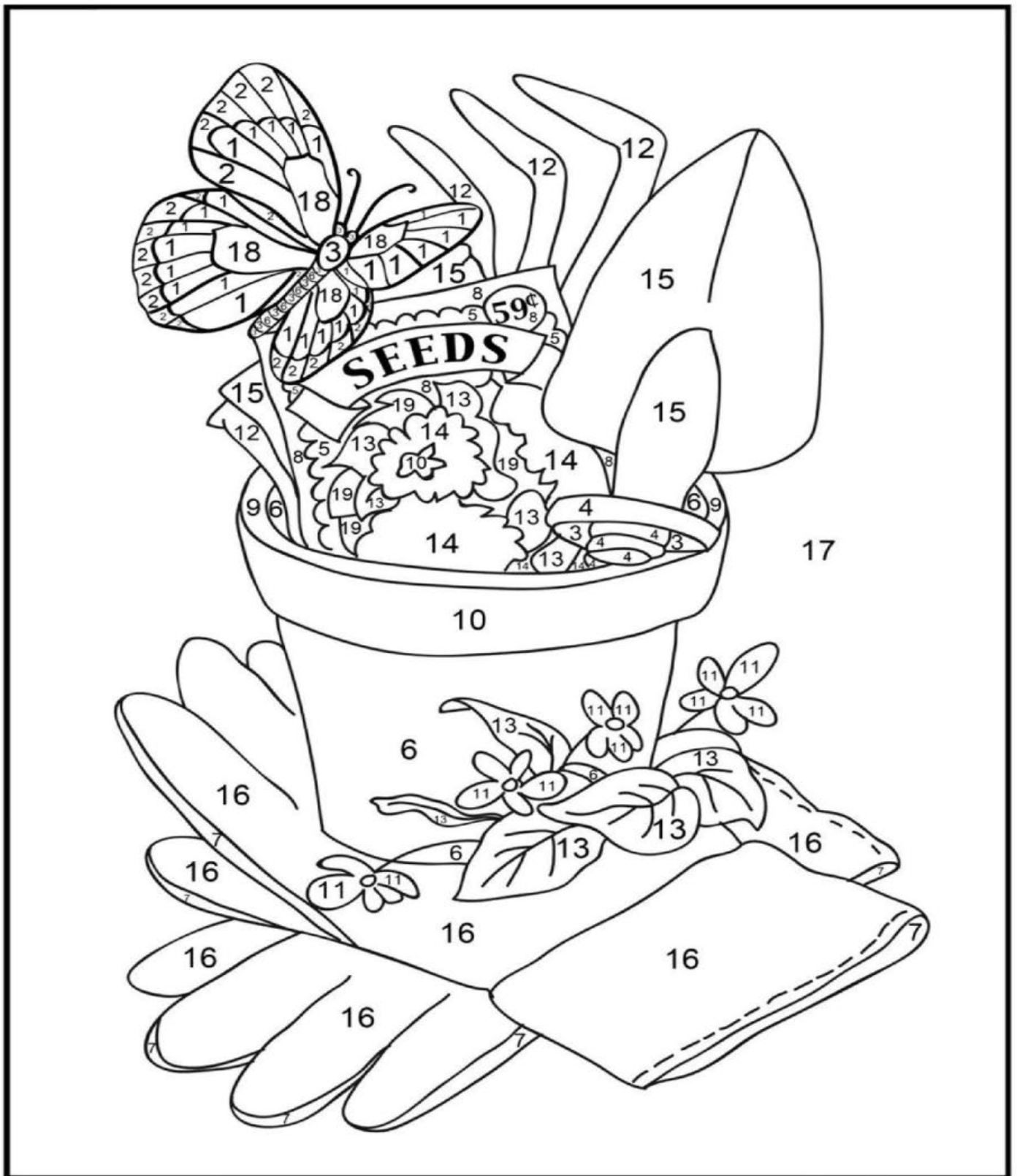
Lunch and Learn at Chickasaw held at the Zahn Marion Twp Branch Library 5 E Franklin St. will be Thursday, May 22 featuring Jen Thompson, health coach and owner of Jenfit and Fresh. She will be providing a fresh lunch and lecture. Jen is passionate about helping others live a happy, healthy life! She will share great info to help you make realistic lifestyle changes that can greatly impact your future health! Bring your questions and get ready for some good tips, fresh food and conversation! Lunch will be served at 11:30 am. The presentation beginning at 12:00 pm. Only the first 25 people to sign up will be able to eat lunch with us but we invite everyone to attend the presentation.

PARTY ON THE PATIO

HELP!!!! Would you like to help with our annual Party on the Patio that will be held on Wednesday, June 25 from

10:00 am – 2:00 pm. We will have 2 shifts, 10 to 12 and 12 to 2, so even if you volunteer to help, you will still have time to enjoy the party. We need help in many different areas, such as: greeters for the services fair, cashiers at the bake sale, baked goods for the sale, run a game outside (these will be carnival type games hoop shoot, ring toss, ping pong ball toss....), craft table. If you are willing to help, please let Tash know. You can stop in her office or give her a call or text at 567-890-4120.





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1 = Turquoise 2 = Gray-Green 3 = Brown 4 = Red 5 = Dark Gray
 6 = Brick 7 = Mauve 8 = Cream 9 = Flesh 10 = Ginger
 11 = Purple 12 = Medium Gray 13 = Yellow-Green 14 = Yellow
 15 = Putty 16 = Pink 17 = Robin's Egg Blue 18 = Denim Blue

Spotlight on the Alzheimer's Association

Are you aware of what the Alzheimer's Association has to offer? They have a **24/7 Helpline: 800-272-3900** that provides information, local resources, crisis assistance, and emotional support. They offer peer-led and professionally led groups as well as educational programs and workshops for caregivers and individuals living with Alzheimer's, and others dealing with the disease. Visit their website at alz.org to locate services in your area or find your local chapter for in-person support groups, educational workshops, and community resources.

Alzheimer's Roadmap:

Recognize, Prepare and Connect
May 22, 2025

Wright State University Lake Campus

Dicke Hall

7600 Lake Campus Drive

Celina

Doors open at 5:00 pm

Dinner at 5:15 pm

Presentations begin at 5:30 pm

Presentations Include:

Introduction to Alzheimer's - Alzheimer's Association

Diagnosing Alzheimer's - Dr. Alexander, DO

Estate Planning - Durnell Maier Law

Community Resources - Mercer County Council on Aging

Sponsored by:



There is no cost to attend this program but

REGISTRATION IS REQUIRED

Please register by calling 419.419.5858 or email matorsell@alz.org

Please register by May 19, 2025

The MCCoA partners with the Alzheimer's Association in a variety of ways.

1. **FREE Care Consultations** with Marybeth Torsel.

She is available by appointment to cover caregiver education, stress management, planning, communication, finances, and safety issues. Please call 419-419-5858.

2. Brenda McGee offers a **FREE Support Group** the second Wednesday of every month from 3 pm to 4 pm in building 3.

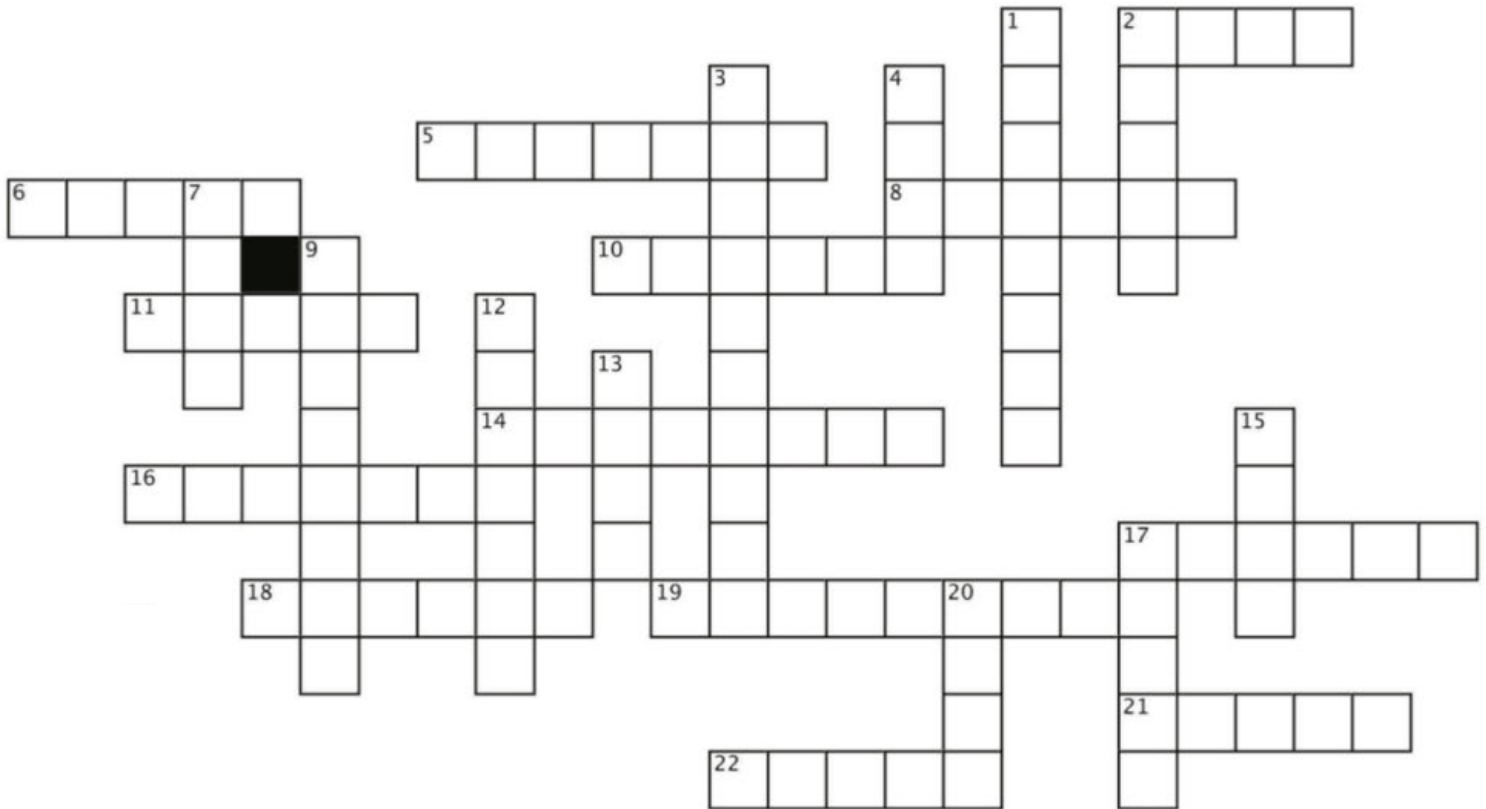
Caregiver Support Group is for any individual who is caring for someone who has Alzheimer's or any other form of dementia.

3. Yvonne Miller gives **FREE monthly talks** covering different topics that relate to coping with Alzheimer's.

800.272.3900

alz.org

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.

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 pages 9 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. **Cards for Fun** first Monday at 2:00 pm, play for free.

Chair Yoga

Chair Yoga on Mondays at 10:00 am and Thursdays at 12:30 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. This group is open to anyone that likes to crochet. We make a variety of items to give to people in nursing homes. Join us for a fun afternoon of crocheting. Everyone is welcome.

Fitness Class

Tuesdays at 9:30 am join us for a FREE video lead exercise class. The last Tuesday each month at 9:30 am Kathy G leads a 45 minute class that focuses on muscle strengthening and increasing range

of movement for daily life activities. 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 **\$5 per 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

Once again, this year Community Health Professionals will be at MCCoA the first Wednesday of each month beginning at 1:00 pm to do toenail clipping. The cost for this service is \$20 per person and will take place in Building 3 on a first come, first served basis.

Living with Loss:

GRIEF AND RESILIENCE IN ALZHEIMER'S CARE

Wednesday, May 7, 2025
10:00 am

Mercer County Council on Aging
217 Riley Street | Celina



NAVIGATING GRIEF AS A CAREGIVER FOR A LOVED ONE WITH ALZHEIMER'S



ALZHEIMER'S ASSOCIATION

FREE 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.

FREE Support Group

Meetings are held on the second Wednesday of every month from 3 pm to 4 pm in building 3. The Caregiver Support Group is for any individual who is caring for someone who has Alzheimer's or any other form of dementia.

FREE Alzheimer's Talk

Monthly Alzheimer's talk with Yvonne will start again the first Wednesday of each month at 10:00 am. The first talk will be Wednesday, May 7 at 10:00 am, discussing Living with Loss: Grief and Resilience in Alzheimer's care. Caring for someone with Alzheimer's disease often brings a unique, complex and deeply personal journey of grief. This program will explore the many types of grief caregivers encounter and provide strategies for coping, healing and finding moments of hope amidst the journey.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><i><u>Italicized and underlined</u></i> activities are held in the Annex. Activities marked with an * have a fee. Activities marked with () are off campus. (MSC) - Montezuma Spiritual Center</p>				<p>1</p> <p>8:00 - 10:00 Coffee Time 8:30 - 12:00 Last Donations (bldg 6) 9:00 - FREE Blood Pressure Checks 11:30 - Lunch* 12:30 - Chair Yoga* 6:30 - Cards*</p>	<p>2</p> <p>12:30 - Cards*</p>	<p>3</p>
<p>4</p> <p>6:30 - Cards*</p>	<p>5</p> <p>Garage Sale Set Up 10:00 - Chair Yoga* 11:30 - L&L - Estate Planning with Liz Durnell-Maier 2:00 - Cards for Fun</p>	<p>6</p> <p>Garage Sale Set Up 9:00 - 11:30 Pickleball* (MSC) 9:30 - Fitness Video (FREE) 11:30 - Lunch* <u>12:30 - Bridge*</u> 12:30 - Ladies Cards* 1:00 - Line Dancing</p>	<p>7</p> <p>Garage Sale Set Up 10:00 - Alzheimer's Talk - Living with Loss 11:30 - Lunch* 12:30 - Bingo* <u>1:00 - Toenail Clipping*</u></p>	<p>8</p> <p>Garage Sale Set Up 8:00 - 10:00 Coffee Time <u>10:30 - Board Mtg.</u> 11:30 - Lunch* <u>12:30 - Ladies Cards*</u> 12:30 - Chair Yoga* 6:30 - Cards & Texas Hold 'Em*</p>	<p>9</p> <p>Garage Sale Set Up 12:30 - Cards*</p>	<p>10</p>
<p>11</p> <p>6:30 - Cards*</p> 	<p>12</p> <p>10:00 - Chair Yoga* <u>2:00 - Crochet Club</u></p>	<p>13</p> <p>9:00 - 11:30 Pickleball* (MSC) 9:30 - Fitness Video (FREE) 11:30 - Lunch* <u>12:30 - Bridge*</u> 1:00 - Line Dancing</p>	<p>14</p> <p>11:30 - Lunch* 12:30 - Bingo* <u>3:00 - Alzheimer Support Group</u></p>	<p>15</p> <p>GARAGE SALE 8:30 to 6:30 11:30 - Lunch* 12:30 - Chair Yoga* 6:30 - Cards*</p>	<p>16</p> <p>GARAGE SALE 8:30 to 4:00 12:30 - Cards*</p>	<p>17</p> <p>GARAGE SALE 8:30 to 4:00</p>
<p>18</p> <p>GARAGE SALE 12:00 to 4:00 6:30 - Cards*</p>	<p>19</p> <p>Garage Sale Clean Up 10:00 - Chair Yoga* 2:00 - Art - Watercolor*</p>	<p>20</p> <p>8:30 - Garage Sale Truck Pickup 9:00 - 11:30 Pickleball* (MSC) 9:30 - Fitness Video (FREE) 11:30 - Lunch* <u>12:30 - Bridge*</u> 12:30 - Ladies Cards* 1:00 - Line Dancing</p>	<p>21</p> <p>11:30 - Lunch* 12:30 - Bingo*</p>	<p>22</p> <p>8:00 - 10:00 Coffee Time 11:30 - L&L - Health Coach Jen Thompson - Chickasaw Library <u>12:30 - Ladies Cards*</u> 12:30 - Chair Yoga* 6:30 - Cards & Texas Hold 'Em*</p>	<p>23</p> <p>12:30 - Cards*</p>	<p>24</p>
<p>25</p> <p>6:30 - Cards*</p>	<p>26</p> <p>Offices Closed Holiday</p> 	<p>27</p> <p>9:00 - 11:30 Pickleball* (MSC) 9:30 - Fitness with Kathy* 11:30 - Lunch* <u>12:30 - Bridge*</u> 1:00 - Line Dancing</p>	<p>28</p> <p>11:30 - Lunch* 12:30 - Bingo*</p>	<p>29</p> <p>8:00 - 10:00 Coffee Time 11:30 - Lunch* 12:30 - Chair Yoga* 2:00 - Craft - Fairy Garden Wand* 6:30 - Cards*</p>	<p>30</p> <p>12:30 - Cards*</p>	<p>31</p>

Here is a list of common text abbreviations, often used in digital communication, along with their meanings, to help navigate texting and online conversations:



Abbreviation	Meaning
ASAP	As soon as possible
ATM	At the moment
BRB	Be right back
BTW	By the way
FYI	For your information
GM	Good morning
GN	Good night
GR8	Great
HRU	How are you
IDC	I don't care
IDK	I don't know
IDRK	I don't really know
IKR	I know right
ILY	I love you
IMHO	In my humble opinion
IMO	In my opinion
IRL	In real life
IYKYK	If you know, you know
J4F	Just for fun
JK	Just kidding
LMK	Let me know
LOL	Laugh out loud
MU	Miss you
NBD	No big deal
NP	No problem
NVM	Never mind
OMG	Oh my God
OMW	On my way
PLS	Please
SMH	Shake my head
TBH	To be honest
TGIF	Thank God it's Friday
THX	Thanks
TTYL	Talk to you later
TY	Thank you
TYSM	Thank you so much
WYD	What you doing

June look ahead	
2	L&L MCCoA - Scams
3	Donations Resume
4	ALZ - Talk
14	Donations 9 am to 12 pm
16	Craft Class
25	POP/Service Fair
26	L&L Chickasaw - Sr Medical Patrol
Bus Trips	
May	
6	Ned & Nancy/ Shipshewana
6-7	Ned & Nancy/ Four Winds
18	A Beautiful Noise
28	TINA/Embassy Theater
June	
2-6	Mackinac Island/ Thunder Bay
19	Reds Game/Cincinnati
23-24	All American Tour
26	Gardens Galore
July	
17	Hamilton/Columbus
28-31	Noah/Lancaster PA
August	
17	Happy Together/Dinner
29	The Play/LaComedia
September	
4	Snooty Fox
8-17	California Wonders
October	
1-4	Noah/Lancaster PA
10	Legally Blonde/ LaComedia
14-17	West Virginia Trains
23-24	Four Winds/Fannie's Biscuits
24	Miss Fannie's Biscuits
November	
7	Doo Wop Project
9-12	Smoky Mountain/ Dollywood
December	
TBA	We are currently working on the December schedule. We are happy to see your excitement, but appreciate your patience as we work out all the details!!

Bus Trip Updates



New Trips

Garden Sights & German Delights – June 26 – Outdoor and indoor gardens at the Franklin Park Conservatory, a buffet lunch at the famous Schmidt's Sausage Haus German Restaurant, and visits to the Topiary Park, the Columbus Rose Garden and Oakland Nursery.

Dinner & Doo Wop Project Performance – November 7 - America's premiere group dedicated to Doo Wop has over 10 years of sold out shows! Featuring stars from the Broadway hits *Jersey Boys* & *Motown: The Musical*, The Doo Wop Project takes audiences on a journey featuring the tunes of Smokey Robinson, The Temptations, The Flamingos and The Four Seasons to "DooWopified" versions of modern hits from Michael Jackson, Garth Brooks, Adele, and many others!

Trips with limited seats or have fast approaching registration deadlines now – Register now!

Lunch and Ned & Nancy See America Musical Comedy– May 6 – very limited seats - New Musical at Blue Gate in Shipshewana.

Lunch & Ned & Nancy See America, Four Winds Casino, RV Museum & Flea Market – May 6-7 – overnight at Four Winds Casino.

Dinner and Broadway Show "TINA – The Tina Turner Musical" – May 28 - evening show at Ft Wayne, IN.

Reds Game – June 19 – very limited seats on the 2nd bus! – Choice of 2 seat locations!

Dinner and Broadway Show "Hamilton" – July 17 – Der Dutchman Dinner & excellent Award Winning Broadway Show!

Dinner and Happy Together Performance – August 17 – At Honeywell Center in Wabash IN – filing up fast!

Lunch and The Play That Goes Wrong at LaComedia – August 29 – limited seats!

California Wonders including Yosemite, Sequoia & Lake Tahoe – September 8-17 – Call for availability -This 10-day fly / bus trip takes you to Yosemite and Sequoia National Parks and the Beautiful Lake Tahoe Region.

May 2025 Lunch at the MCCoA

We would like to send a BIG thank you to Celina Manor for the many years of service preparing meals for our congregate lunches on Tuesdays, Wednesdays and Thursdays. The Manor will continue to provide meals for our monthly Lunch and Learn program and quarterly programs.

Thank you



At this time we would like to announce a new partnership with the MCCoA. The American Legion has offered to prepare meals for our congregate lunch meal. Meals will continue to be offered on Tuesdays, Wednesdays and Thursdays at 11:30 am. The cost is \$5 per meal.

Reservations and cancellations must be made by calling the MCCoA at 419-586-1644 prior to noon the day before. If you are unable to attend for any reason we need to be notified. Thank you for your understanding. All meals delivered must be paid for.



Tuesday	Wednesday	Thursday
		1
		Chicken Quesadilla Cheesy Potatoes
6	7	8
Cheeseburger French Fries Brownie	Spaghetti Breadstick Green Beans	Loaded Potato Soup Grilled Cheese
13	14	15
Chicken Salad on Lettuce Chips Cherry Cobbler	Ham Au Gratin Potatoes Cake	Pizza Tossed Salad
20	21	22
Turkey Wrap Cottage Cheese Cookie	Sloppy Joe Sandwich Macaroni & Cheese Peach Cobbler	Lunch and Learn in Chickasaw
27	28	29
Taco Salad Cherry Cobbler	Breaded Chicken Wrap Macaroni Salad Cookie	Sausage Kraut Mashed Potatoes Brownie

Patriotic Songs

Fill in the missing words from the patriotic songs listed below.



1. "This Land Is ____ Land" _____
2. "The Marine's ____" _____
3. "The Star-Spangled ____" _____
4. "____ Doodle Dandy" _____
5. "The Stars and ____ Forever" _____
6. "____ to the Chief" _____
7. "Off We Go into the Wild ____ Yonder" _____
8. "My ____, 'Tis of Thee" _____
9. "You're a ____ Old Flag" _____
10. "____ on the Range" _____
11. "This Is ____ Country" _____
12. "God ____ the USA" _____
13. "Anchors ____" _____
14. "When Johnny Comes ____ Home" _____
15. "____ the Beautiful" _____
16. "____ Hymn of the Republic" _____
17. "Over ____" _____
18. "The Army Goes ____ Along" _____

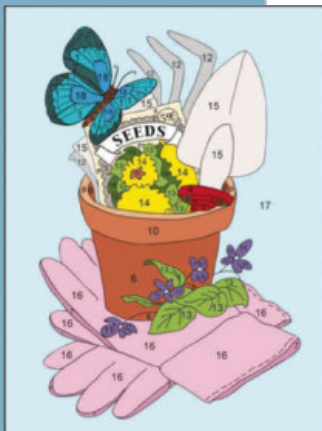
SOLUTIONS

Patriotic Songs

Momisms (solution)



1. Your
2. Hymn
3. Banner
4. Yankee
5. Stripes
6. Hail
7. Blue
8. Country
9. Grand
10. Home
11. My
12. Bless
13. Aweigh
14. Marching
15. America
16. Battle
17. There
18. Rolling



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WE CAN HELP!
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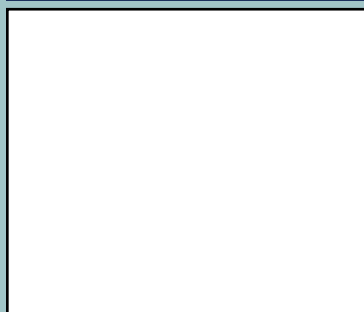
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New Hope Senior Village
 1150 Indiana Avenue
 St. Mary's

Carefree Living in the Neighborhood
(419) 300.4000

"I didn't know what I needed, but together we figured it out."

One call can make a difference.
800.272.3900 | alz.org/helpline

ALZHEIMER'S ASSOCIATION

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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

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