



February 2020

MERCER COUNTY COUNCIL ON AGING

www.mccoa.net



419-586-1644

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



If you are interested in receiving your newsletter electronically, give us your email address in the office or call us at 419-586-1644.

February

From the Director's Desk:

It's February so it seems like an appropriate time to tell you that I am in love. This is a new love for me and it is Mr. Green approved. My new flame is cookie decorating. I LOVE it. I find it to be relaxing and joyful. I started dabbling in it over a year ago and started fully embracing it last summer. Mr. Green has fully embraced it, too, as he is my number one taste tester. He has left the house many a morning having eaten a cookie for breakfast. It makes my heart proud. I can't exactly say why I have



taken up this hobby, but I have spent countless hours practicing, watching videos of experts, reading other people's trials and tribulations and I have taken a class from a well-known cookier in Fort Wayne. At the end of this month, I will be attending Cookie Con, a convention just for people who love to decorate cookies! There are only 900 slots and Mr. Green, being the good sport that he is, secured my ticket one evening while I was at a meeting. For three days, I will be submersed in all things cookies. I will even get to meet the woman whose cookie recipe I use and love. Learning new skills as we age is important to keeping healthy and happy. It's a great way to boost your self-esteem and become more confident. It can create a sense of pride, especially if individuals recognize the

hard work you have put in. Often when learning a new skill, you surround yourself with others who are either learning, as well, or sharing their expertise. It becomes a great way to meet people and expand your circle of friends. Learning a new skill has health benefits, too. In 2013, a study published in Psychological Science showed that seniors who learned a new skill have improved memory and can slow cognitive decline. At MCCoA, we try to offer as many new and exciting activities as we can, and I am always looking for suggestions from you. I'd also invite you to talk



to me if you have a skill you would like to share. Last year, we had several individuals donate their time and talent and we'd love to add more of you to the list. At any rate, I challenge you to develop a new skill. Your brain will thank you for it!

Sharon M. Green



GARAGE SALE

Daily Donations	February 10 to 14	8:30 to 4
Saturday Donations	February 8 & 15	9 to 1
Set Up	February 18 to 26	
Clean Up	March 3	

We are always looking for garage sale assistance from taking donations, sorting and setting up to running checkouts during sale. Call Tash at 419-586-1644 if you would like to help. Remember we are always looking for volunteers to clean up after the sale ends!

Garage Sale Hours			
Thursday	Feb 27	8:30	6:30
Friday	Feb 28	8:30	4:00
Saturday	Feb 29	9:30	4:00
Sunday	Mar 1	9:30	4:00
\$3.00/Bag - Clothing only. Other Items 1/2 price.			
Monday	Mar 2	8:30	4:00
Bag Day \$1.00 each bag with a second bag FREE All items included.			

Note: Volunteers are available to accept donations every Tuesday and Thursday (except during set up & garage sale) from 8:30 to 4:00 in the 4 bay garage. As always we can use many hands during this donation time, please call Tash if you have any time you could help out!

Informational Presentations/Support Groups

The Council on Aging hosts several **informational presentations/support groups**. We encourage you to come and bring family and friends. See the schedule below:

Wednesday, February 5, 1:00 pm to 3:00 pm - Chat with Linda in the Annex. Linda Pollitz, speaks one-to-one about Alzheimer's and dementia related diseases. Please call 419-586-1644 to schedule an appointment.

Wednesday, February 12, 10:30 am - Neighborhood Nurse - Free blood pressure and blood sugar testing. The nurse will be available beginning at 10:30 am.

Wednesday, February 12, 1:00 pm - Toe nail trimming - provided by Community Health Professionals, is the second Wednesday of each month at a cost of \$15.00. It is offered in the Annex beginning at 1:00 pm.

Friday, February 21, 10 am - Alzheimer's Association caregiver support group. This group is conducted by trained facilitators and is a safe place for caregivers, family and friends of persons with dementia to develop a support system, exchange practical information on care giving challenges and possible solutions, talk through issues and ways of coping, share feelings, needs and concerns, and learn about community resources. Meetings are located at the Mercer Health Mercer County Community Hospital in the Luken Meeting Room (located on the first floor in the East Wing) 800 W. Main Street, Coldwater. If you have questions contact Amy Buening 419-586-1644.

MARK YOUR CALENDAR!!

- February 27 to March 2 - GARAGE SALE
- March 3 - Garage Sale Clean Up
- March 3 - Lunch at Rockford
- March 4 - Linda Pollitz - Alzheimer's - One on One
- March 9 - Art Class - Wine Glass Painting
- March 11 - Neighborhood Nurse
- March 11 - Toenail Clipping
- March 16 - Label Newsletter
- March 16 - Craft Class - Let's Flamingo
- March 16 - Last Day to get Spring Carry In Tickets
- March 19 - All Day Quilt Group
- March 24 - Spring Carry In - Let's Flamingo
- March 26 - Texas Hold 'Em
- March 30 - Lunch Craft

Check next month's newsletter for more info.



Daily garage sale donations will be Monday, February 10 through Friday, February 14 from 8:30 am to 4:00 pm. Also, Saturday, February 8 and Saturday, February 15 from 9:00 am to 1:00 pm. If you are interested in sorting donations any of those days please give Tash a call at 419-586-1644. We can always use extra hands!

Remote Lunches in Rockford

**February 4
12:00 pm**

Meatloaf
Mashed Potatoes
Gravy
Green Beans
Dinner Roll

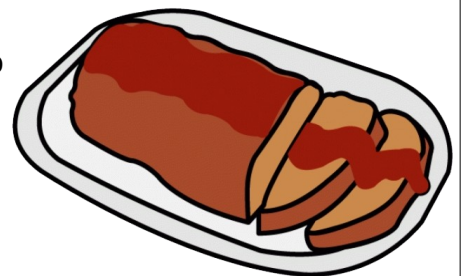
Don't forget. We will be serving lunch at Rockford starting Tuesday, February 4. And will continue the first Tuesday of every month. Meals will be prepared by Rockford Carry-Out and sponsored by The Laurels of Shane Hill. Lunch

will be served at **12:00 pm** at The New Shane Hall in Shane's Park, 420 Holly Drive.

February's guest speaker will be Deb Squire. She will be sharing personal stories and pictures of wildlife and landscape taken while visiting Montana. Although the program is geared towards seniors, community members of all ages are welcome.

Meals will be \$3/person and must be reserved at least 24 hours in advance. Just call MCCoA at 419-586-1644 and ask for Eileen. Mercer County seniors are eligible for free transportation. To schedule a ride, call 419-586-1644 and ask for Linda.

Hope to see you there!!!





Art Class - Monday, February 10 at noon. **Clay Class - Part 2**
 This is for people who attended the Clay class in January. We will be glazing the bowls. The cost is only \$10.00 and all supplies will be provided. Call 419-586-1644 today to reserve your spot.



SPRING CARRY IN!!!! Mark your calendars Tuesday, March 24 will be our Spring Carry In "Let's Flamingle"!!!! Tickets will go on sale from Monday, February 24 through Monday, March 16, at a cost of \$1.00 each. Last year we sold out so get your tickets early. Diana Rose from Coldwater is scheduled to be our entertainment! As usual, we ask you to bring your own table service and your favorite dish to share. We will provide chicken, potatoes, coffee and punch. It's sure to be a fun-filled day so make plans to join us! Watch for more details in the March newsletter.



Spotlight on Volunteers!!!



WE 
VOLUNTEERS

We are so happy every time someone walks through our front doors looking for help with something or a friendly ear that will listen to them. Do you get a feeling of joy when you are helping someone out? We have many perfect ways for you to fulfill that need. There are more volunteer opportunities at the Senior Center than we can count! We could use help serving meals at lunch time, especially since next month we begin serving lunch in Rockford. (See page 3 for more information.) A few other ways to help are teaching a class, labeling newsletters, or providing

entertainment. Still another way would be to help with garage sales. For example, we need help accepting donations, sorting and setting up, running a checkout and cleaning up after the sale! Time commitments are very flexible. You can help a couple hours a week or more if you would like. Call Tash or Dawn at 419-586-1644 if you are willing to help.



Lunch Bunch Craft Class - Monday, February 3. Join us for lunch at 11:00 am and stay for a fun free art project at 11:30 am. We will be making woven ribbon hearts and heart sachet. Please let us know that you will be staying for the craft class when you call to reserve your meal for lunch. If you want to join us for the fun craft but not for lunch the cost is only \$2.00 so call and register today.



Craft Class - Join Steven Garcia on Thursday, February 6 at 12:30 to create a beautiful hot glue tree-scape. The combination of paint and hot glue turns into a beautiful piece of art work! Cost is only \$5.00 and all supplies are furnished. Call and register today! 419-586-1644.

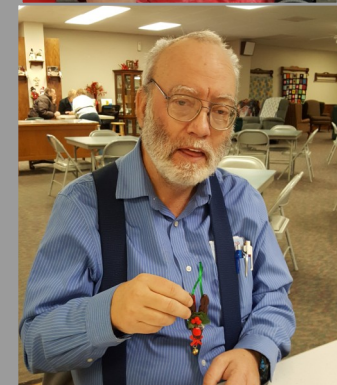


WINNERS!!!

Marjorie Beckstedt (left) and Myrna Wolfe (right) are the latest winners of \$10 Walmart gift cards for the swipe to win! It's easy to enter and win. Just swipe your MY Senior Center card each time you come in and join us for an activity. If you need a card or want to know more about the drawing, just ask. We will be happy to show you how it works!!!







February 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	 <p><i>Italicized and underlined</i> activities are held in the Annex. Activities marked with an * have a fee. Activities marked with () are off campus.</p> <p>(picture on the cover)</p>					1
2 6:30 - Cards*	3 11:00 - Lunch Bunch* 11:30 - Lunch Bunch Craft - Ribbon Weaving Hearts 12:30 - Chair Yoga*	4 11:00 - Lunch Bunch* (12:00 - Lunch - New Shane Hall - Rockford*) <u>12:30 - Bridge*</u> 12:45 - Line Dancing	5 11:00 - Lunch Bunch* (12:00 - Lunch - Shrine - Maria Stein*) <u>12:30 - Bingo*</u> <u>1:00 - Chat with Linda Pollitz - Alzheimer's</u>	6 11:00 - Lunch Bunch* 12:30 - Craft Class - Hot Glue Tree Scape \$5 <u>12:30 - Chair Yoga*</u> 5:30 - Dinner* 6:30 - Cards*	7 11:00 - Lunch Bunch* 12:30 - Cards*	8 9:00 TO 1:00 - Garage Sale Donations Accepted
9 6:30 - Cards*	10 11:00 - Lunch Bunch* 12:00 - Art Class - Clay - Part 2* 12:30 - Chair Yoga* 8:30 TO 4:00 - Garage Sale Donations Accepted	11 11:00 - Lunch Bunch* (12:00 - Lunch - Ft Recovery Library*) <u>12:30 - Bridge*</u> 12:45 - Line Dancing 8:30 TO 4:00 - Garage Sale Donations Accepted	12 10:30 Neighborhood Nurse BP & Glucose Testing 11:00 - Lunch Bunch* (12:00 - Lunch - Shrine - Maria Stein*) <u>12:30 - Bingo*</u> <u>1:00 - Toe Nail Trimming*</u> 8:30 TO 4:00 - Garage Sale Donations Accepted	13 11:00 - Lunch Bunch* <u>12:30 - Chair Yoga*</u> <u>1:00 - Board Mtg</u> 5:30 - Dinner* 6:30 - Cards* 8:30 TO 4:00 - Garage Sale Donations Accepted	14 <u>8:00 - All Day Quilt Group</u> 11:00 - Lunch Bunch* 12:30 - Cards* 8:30 TO 4:00 - Garage Sale Donations Accepted	15 9:00 TO 1:00 - Garage Sale Donations Accepted
16 6:30 - Cards*	17 <u>9:30 - Label Newsletter</u> <u>11:00 - Lunch Bunch*</u> <u>12:30 - Chair Yoga*</u>	18 <u>11:00 - Lunch Bunch*</u> <u>12:30 - Bridge*</u> Garage Sale Set Up	19 <u>11:00 - Lunch Bunch*</u> (12:00 - Lunch - Shrine - Maria Stein*) <u>12:45 - Line Dancing</u> Garage Sale Set Up	20 <u>11:00 - Lunch Bunch*</u> <u>12:30 - Chair Yoga*</u> <u>5:30 - Dinner*</u> <u>6:30 - Cards*</u> Garage Sale Set Up	21 (10:00 Alzheimer's Support Group - Mercer Health - Luken Room) <u>11:00 - Lunch Bunch*</u> <u>12:30 - Bridge*</u> Garage Sale Set Up	22
23 <u>6:30 - Cards*</u>	24 SPRING CARRY IN TICKETS AVAILABLE <u>11:00 - Lunch Bunch*</u> <u>12:30 - Chair Yoga*</u> Garage Sale Set Up	25 <u>11:00 - Lunch Bunch*</u> (12:00 - Lunch - Ft Recovery Library*) <u>12:30 - Bridge*</u> Garage Sale Set Up	26 <u>11:00 - Lunch Bunch*</u> (12:00 - Lunch - Shrine - Maria Stein*) <u>12:45 - Line Dancing</u> Garage Sale Set Up	27 <u>11:00 - Lunch Bunch*</u> <u>12:30 - Texas Hold 'Em*</u> <u>5:30 - Dinner*</u> <u>6:30 - Cards*</u> 8:30 to 6:30 GARAGE SALE	28 <u>11:00 - Lunch Bunch*</u> <u>12:30 - Bridge*</u> 8:30 to 4:00 GARAGE SALE	29 9:30 to 4:00 GARAGE SALE

February 2020

Lunch is served at 11 am
\$3.00 donation
Thursday Dinner - served at 5:30 pm
\$5.00 donation

Reservations are required
by NOON one work day
prior to the meal.
Call 419-586-1644

Senior Citizens Center, 217 Riley, Celina

Monday	Tuesday	Wednesday	Thursday	Friday	
Remote Lunches in Rockford (see page 3 for details)			Note: Menu items are subject to change.		
3	4	5	Lunch 6	Dinner 6	
Two Stuffed Shells Marinara Plain Bread Stick Broccoli Peaches	Cheeseburger on Bun Potato Triangles Pears	Bratwurst Mashed Potatoes Sauerkraut Wheat Bread/Marg Cranberry Velvet	Beef Stew Biscuit Grapes	<i>Lasagna</i> <i>Garlic Bread</i> <i>Tossed Salad</i> <i>Sweet Treat</i>	Spaghetti & meatballs Tossed Salad Garlic Bread Tapioca Pudding
10	11	12	Lunch 13	Dinner 13	
Breaded chicken tenders / Roll Green Beans Ranch dressing Mandarin oranges	Stuffed pepper soup Saltine crackers Hot turkey/Swiss slider Brownie	Creamy potato soup Saltine crackers Fried bologna sandwich Chilled peaches	Beef Marzetti Green Beans Garlic bread PB cookie	<i>Cream of Chicken</i> <i>Sandwich</i> <i>Cold Broccoli Salad</i> <i>Baked Beans</i> <i>Sweet Treat</i>	Tomato soup Saltine crackers Grilled cheese Fruit cocktail
17	18	19	Lunch 20	Dinner 20	
Shredded beef on Bun Potato triangle Pears	Ham & Bean Soup Cottage cheese salad Cornbread Peaches	Sloppy Joe on bun Crispy Cubes Cookie	Rueben Sandwich Spudsters Chilled fruit cocktail	<i>Meat Loaf</i> <i>Mashed Potato/Gravy</i> <i>Hot California Blend</i> <i>Veggie</i> <i>Sweet Treat</i>	Cheeseburger on Bun BBQ Chips Creamy cole slaw Rainbow Sherbet
24	25	26	Lunch 27	Dinner 27	
Cheesy Cavatappi Stewed Tomatoes Dinner Roll Ice Cream	Vegetable Soup Saltines Hot Ham & Swiss on Bun Peaches	Macaroni and Cheese Green Beans Molasses Cookie	Taco Salad Tri color tortilla strips Refried Beans Salsa/Sour Cream	<i>Fried Chicken</i> <i>Baked Potato/Toppings</i> <i>Corn</i> <i>Sweet Treat</i>	Tuna Casserole 5 way veggies Roll Pears

Remote Sites

Fort Recovery Public Library

113 N Wayne Street
Fort Recovery, OH 45846

Serving 2nd & 4th Tuesdays
at noon - \$3.00 donation

February 11 - IGA

Tenderloin
Cole Slaw
Dessert

February 25 - IGA

Fish Piece
Broccoli Cauliflower
Salad
Baked Beans
Dessert

Maria Stein Shrine of the Holy Relics

2291 Saint Johns Road
Maria Stein, OH 45860

Serving every Wednesday at
noon
\$3.00 donation

Refer to
calendar above
for menu items.
Every
Wednesday

THE GARDENS

ST. HENRY, OHIO at St. Henry
419-678-9800

522 Western Avenue
St Henry, OH 45883
419-678-9800
Every Thursday
\$3.00 donation

February 6

Pork Roast
Scalloped Potatoes
Corn
Biscuit
Peaches

February 13

Baked Glazed Ham
Scalloped Potatoes
Green Peas
Wheat Bread
Vanilla Pudding

Meals are served at noon in the
community room. Please call
419-678-9800 at least 24 hours
in advance. Seating is
limited to 20.

February 20

Chicken & Dumplings
Mixed Vegetables
Dinner Roll
Chocolate Cream Pie

February 27

BBQ Chicken Breast
Garlic Mashed Potatoes
Asparagus
Peanut Butter Brownies

Matter of Balance Classes for 2020

A Matter of Balance: Managing Concerns About Falls is a class designed to reduce the risk of falling and increase activity levels among older adults. During the eight two-hour sessions, participants learn to view falls as controllable, set realistic goals for increasing activity, make changes to reduce fall risk at home, and learn exercises to increase strength and balance. This is an evidence based class that will assist seniors in their ability to remain independent. The event is free but participants must be registered to attend.

The first class will held every Tuesday from March 31 to May 19. Class will be held in the annex from 5:30 pm to 7:30 pm.

The second class will held every Tuesday from June 23 through August 11. Class will be held in the annex from 9:00 am to 11:00 am.

Tash and Dawn will be leading the classes, feel free to call them with any questions. Class is free for Mercer County residents, but size is limited so register today by calling 419-586-1644 to reserve your spot. Once classes are full, we will place names on a waiting list for next year's schedule.



Garage sale set up begins on Tuesday, February 18 and will continue through Wednesday, February 26. We will set up the six-bay garage (the furniture garage) on Monday, February 24. The garage sale will run Thursday, February 27 through Monday, March 2. As always we really appreciate all the great volunteers that come out and help with the work of getting everything ready for the sale. If you have not joined us before, we encourage you to stop in and join the fun! There is something for everyone!



Superman

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

CAPE
CLARK KENT
DAILY PLANET
EYEGLASSES
FARM
FLIGHT
HEAT VISION
INVULNERABLE
JUSTICE

KRYPTON
LEX LUTHOR
LOIS LANE
METROPOLIS
SMALLVILLE
SPEED
STEEL
STRENGTH
SUPERHERO

B O S L H X I D L V N B R W L
T M B E O Z L X N V N O M E Z
R H K V S I G N E B H E E X Z
O R G C H S S F E T L T T S O
J J S I V L A L U B S N R T R
S D A I L Y P L A N E T O R E
D M K N H F X R G N K Q P E H
E K A J H E E K Z E E P O N R
E C J L L N R D H C Y S L G E
P O O C L Y F A R M A E I T P
S F N U P V T Q O S P P S H U
I K V T N O I S I V T A E H S
X N O Z K R C L A R K K E N T
I N Y U L O Q X L S Y Y S F V
E C I T S U J M S E N B G J K

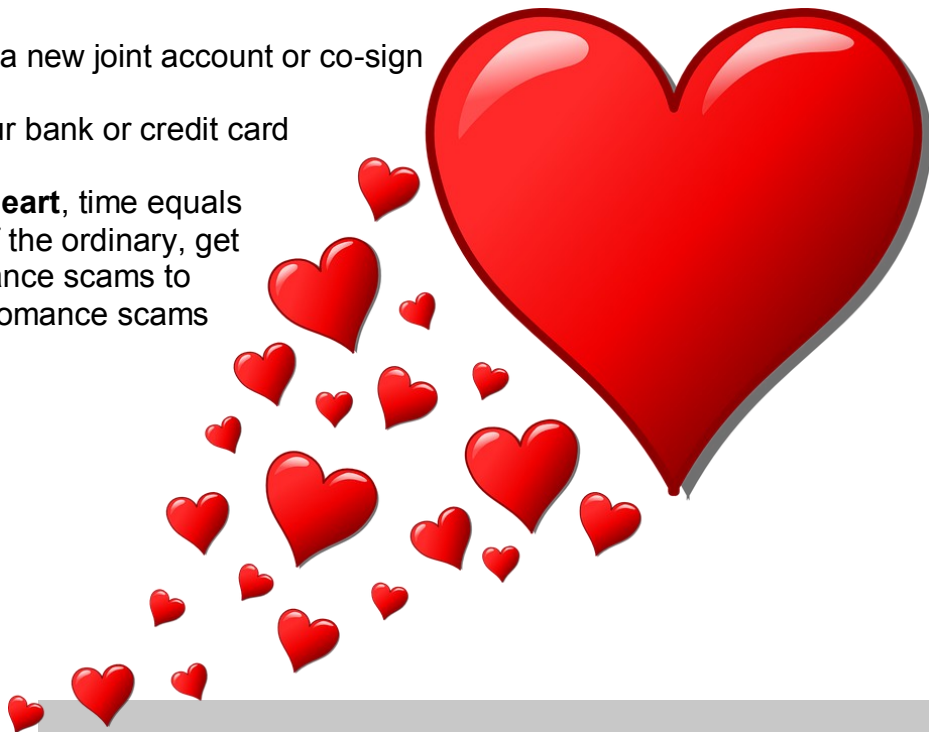
Outreach Reachin' Out:

In Matters of the Heart, you need to be Smart....

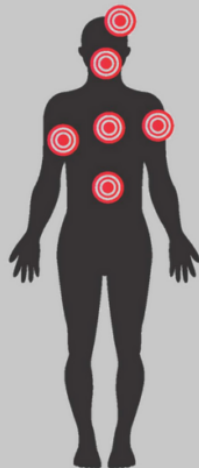
The Consumer Financial Protection Bureau (CFPB) defines a **romance scam** as “when a new love interest says they love you, but they really just love your money—and may not be who they say they are.” Feelings of loneliness may distort our view of what is really happening. The CFPB says to look out for these following signs:

- A new love who lives far away asks you to wire them money or share your credit card number with them.
- A romantic interest asks you to sign a document that would give them control of your finances or your house.
- A new sweetheart asks you to open a new joint account or co-sign a loan with them.
- A new darling asks for access to your bank or credit card accounts.

So, “When it comes to **matters of the heart**, time equals muscle, when you feel something out of the ordinary, get it checked out.” “Report in-person romance scams to local law enforcement. Report on-line romance scams to **FTC.gov/complaint**.”



KNOW THESE HEART ATTACK SYMPTOMS:



- Chest pain or discomfort
- Upper body pain or discomfort
- Shortness of breath
- Cold sweat
- Nausea
- Lightheadedness

If you enrolled in a Medicare Advantage plan during Medicare Open Enrollment there is a **Medicare Advantage Open Enrollment Period (MA OEP)** from **January 1 - March 31** where anyone in a Medicare Advantage Plan can switch to another Medicare Advantage Plan or return to Original Medicare.

AMERICAN HEART MONTH



Return Service Requested

February 2020

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
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 let us know 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.