



January 2019

CENTER HIGHLIGHTS

MERCER COUNTY COUNCIL ON AGING

TELEPHONE: 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.

Director's Desk

If you are anything like me, you spent the last week of December reflecting on 2018. You watched highlight reels of noteworthy news events and musical montages of celebrities who left us. You might have taken stock of what went right or what went wrong in your personal life and what you hope to do better in 2019. I looked back and realized there were many firsts for me in 2018. It was the first time that I ever painted a room without anyone's help. I painted my home office a deep purple, a color Mr. Green just recently warmed up to. It was the first time I lost a close friend, one who had an immense impact on my life. I am still trying to navigate the grief. It was the first time that I visited my little brother in California since he moved there eight years ago. It was the first time I ever attended a professional football game. Go Browns! MCCoA had some notable firsts in 2018, as well. It was the first time that a levy passed with over 70% voter approval – a thank you to all who supported it. It was the first year that MCCoA helped host Senior Day at the Fair – and 2019 will be the first year that we host the King and Queen in the Lake Festival Parade. It was the first time the Center hosted outdoor activities for grandparents and their grandchildren. It was also the first time that transportation services contracted to be able to transport outside of the 40 mile radius of Mercer County. I anticipate that 2019 will boast its own set of firsts, and I'm offering each of you a front row seat. Come and be a part of all that we offer at the Center. Utilize our services if you are in need. If you have neighbors or friends who could use some chore work, a ride, a meal, or a fun time out for bingo, cards or art class, invite them to make MCCoA a first for their 2019. And remember, no one is ever too old to never have a year of firsts, so if you would like to try chair yoga, take up line dancing or sing as part of a choir, we've got you covered, too!

Sharon M. Green

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

**Our offices will be closed
January 1
for New Years**

Find us on the web at
www.mcco.net



Find us on:
facebook

JANUARY

Quilting for Hire

There are several individuals willing to quilt for you. Some things to know are: it takes from 9 to 12 months to complete one quilt. Deposit required is 50% of the rate for the size of the quilt. Batting and backing are required. If not provided a charge of \$25 for binding plus the cost of the fabric will be added. Elaborate or very close quilting may have an additional cost of \$25. Call Tash for more information.

Quilt Size	Cost	Deposit Required
Sizes up to crib	\$10 to \$20	50%
Crib 45 X 60	\$50	\$25
Twin 72 X 90	\$70	\$35
Double 81 X 96	\$100	\$50
Queen 90 X 108	\$140	\$70
King 120 X 120	\$190	\$95

Did you know?

We have many volunteer opportunities at the Senior Center, such as teaching a class, providing entertainment, or helping serve lunches. We are always looking for garage sale volunteers to take donations, sort and set up, run checkouts and clean up after the sale! Call Tash at 419-586-1644 for more information.

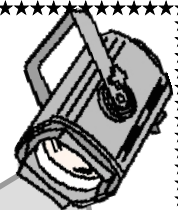


We have a wonderful loan program for Durable Medical Equipment at the Council. If you find that you have equipment you are no longer using, please consider donating it so we can share it with others in need!!



Spotlight on BINGO!!!

There was a farmer had a dog...
and BINGO was his name-o...
B - I - N - G - O



We play bingo every Wednesday beginning at 12:30. The cost is 2 cards for \$1.00 and .50 for each additional card. You will play the same cards for all the games that day. There are a wide variety of prizes for the winners of each game; canned goods, snack items, clothes, and much more! We have a great group of volunteers lead by LuAnn May that make sure we have prizes, volunteers to call the games and help on the floor during the games.



Have you heard about KEPRO's Patient Navigation program for people with Medicare?



This **free** program can help you figure out what care you need and to better understand your care.

KEPRO can:

- Coordinate your care
- Help you think about questions you may want to ask your doctor at your next scheduled appointment
- Give you tips on how to manage your medications
- Help you understand your treatment plan or diagnosis
- Provide resources and information to help keep you healthy

For more information or to apply for the program, call **855-408-8557** and enter extension 8770 when prompted.

Visit KEPRO online at www.keproqio.com.



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Red Hat Party



Thursday, January 31 at 11:45. Calling all Ladies that are looking for a fun afternoon!!!

Come join this great group of ladies as we will play games and eat some yummy snacks!!!

MARK YOUR CALENDARS!!

- February 4 - Craft Class - Heart Wreath
- February 9 - 16 - Daily Donations
- February 18 - Label Newsletters in the Annex
- February 19 - Garage Sale Set Up Begins
- February 28 - Texas Hold 'Em*
- February 28 - First Day of Garage Sale

More details to come...



Informational Presentations/Support Groups

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

Wednesday, January 2, 1 pm to 3 pm - Chat with Linda on the first Wednesday of each month. Linda Pollitz, program manager for the Northwest Ohio Chapter of the Alzheimer's Association, will be available to speak one-to-one with family members, friends and loved ones about specific questions and concerns about Alzheimer's and dementia related diseases. If you would like to schedule an appointment, please call 419-586-1644.

Tuesday, January 8, 6:30 pm - Alzheimer's Support Group. This group is for family, caregivers or friends of those diagnosed with Alzheimer's Disease. The support group is a safe place to ask questions, talk about challenges and learn more about this disease. Feel free to bring loved ones with Alzheimer's, but please let us know in advance so we can have Community Health Professionals provide activities. This group meets from 6:30 pm to 7:30 pm on the second Tuesday of each month. For additional information, please contact Sharon or Amy at 419-586-1644.

Social Security 101

Wednesday, January 16th
2:00 - 3:00pm

Richardson - Bretz Building

119 W. Fulton St.
Celina, OH 45822

Join Susan Bennett from the Social Security office, as she presents on Social Security.

FREE of Mercer County is a Forum of Resources for Elder Education with the mission to educate the aging community, their children and caregivers through their transition through life.

Find us on Facebook at Elder Education - Mercer County or at www.MercerFREE.care



Forum of Resources on Elder Education

— Mercer County —

**LEARN FROM YESTERDAY
LIVE FOR TODAY
HOPE FOR TOMORROW**
ALBERT EINSTEIN
HAPPY NEW YEAR

@S_M_HAROON

Just a reminder regarding Garage Sale Donations

It is the time of year when our Transportation vehicles need to stay in garages for protection from the weather which limits space for furniture. No furniture will be accepted without preapproval. Estates will only be accepted until we are full.

Normal donations will be accepted on Tuesdays and Thursdays from 8:30 am to 4 pm. Daily donations for our next garage sale will be from February 9 to 16.

GARAGE SALE

Daily Donations Feb 11 to 15 8:30 to 4
 Saturday Donations Feb 9 & 16 9 to 1
 Set Up Feb 19 to Feb 27
 Clean Up Mar 5

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 28	8:30	6:30
Friday	Mar 1	8:30	4:00
Saturday	Mar 2	9:30	4:00
Sunday	Mar 3	9:30	4:00
		\$3.00/Bag - Clothing only. Other Items 1/2 price	
Monday	Mar 4	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!



Craft Class - Join us on Monday, January 14 at 12:00 pm. Cost is only \$3.00 to make this adorable two-sided snowman/scarecrow door decoration! Call today to reserve your spot for this fun class 419-586-1644!

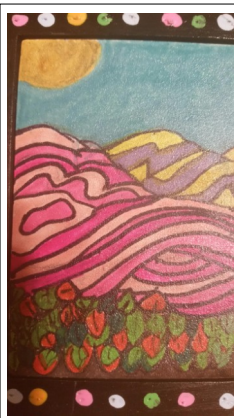


Q: What do snowmen take when the sun gets too hot?

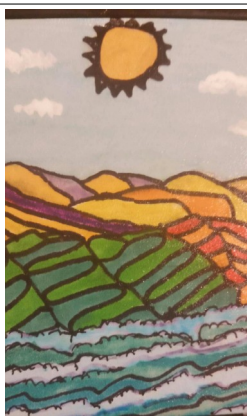
A: A chill pill.

Q: Where does a snowman keep his money?

A: In a snow bank.



Art Class - Monday, January 21 at 12:00 pm. Cost is \$7.00. Join Anna Fisher as she teaches the art of painting on a 6x6 ceramic tile. This is sure to be a great afternoon so come and enjoy! Call 419-586-1644 to reserve your space today!



Wii Bowling Tournament

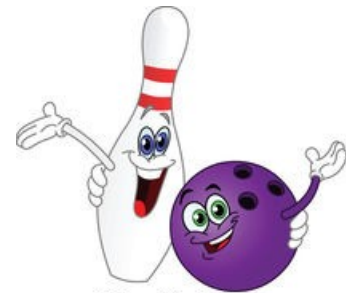
A BIG thank you to everyone who participated in our Wii Bowling Tournament!!

This year's winners are:

1st place: Lou's Crew
Lu*, Ed, Mike, & Mike Jr

2nd place: The Jackals
Charlene, Karen, Lu Ann, & Jerry

3rd place: The Four Roses
Barb, Donna, Joan, & Kay



© Can Stock Photo

*Lu Jefferies was the highest scoring bowler over all!!!

Tea for Two

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




BLACK
BREW
CHAI
CHAMOMILE
CINNAMON
DANDELION
EARL GREY
GINGER

GREEN
HIBISCUS
KETTLE
LEMON
OOLONG
ORANGE
PEACH
PEPPERMINT
SPICE
STEEP

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

January 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 NEW YEAR'S DAY  OFFICES CLOSED	2 12:30 - Bingo* 1:00 - Chat with Linda Pollitz - Alzheimer's	3 1:30 - Chair Yoga* 5:30 - Dinner* 6:30 - Cards*	4 12:30 - Cards*	5
6 6:30 - Cards*	7	8 12:30 - Bridge* 12:45 - Line Dancing 6:30 Alzheimer's Support Group	9 10:00 Neighborhood Nurse BP & Glucose Testing 12:30 - Bingo* 1:00 - Toe Nail Trimming*	10 1:00 - Board Mtg 1:30 - Chair Yoga* 5:30 - Dinner* 6:30 - Cards*	11 12:30 - Cards*	12
13 6:30 - Cards*	14 12:00 - Craft Class - Wooden Snowman*	15 12:30 - Bridge* 12:45 - Line Dancing	16 12:30 - Bingo*	17 8:00 - All Day Quilt Group 1:30 - Chair Yoga* 5:30 - Dinner* 6:30 - Cards*	18 12:30 - Cards*	19
20 6:30 - Cards*	21 10:00 - Label Newsletter 12:00 - Art Class - Painting - Ceramic Tile*	22 12:30 - Bridge* 12:45 - Line Dancing	23 12:30 - Bingo*	24 12:30 - Texas Hold 'Em* 1:30 - Chair Yoga* 5:30 - Dinner* 6:30 - Cards*	25 12:30 - Cards*	26
27 6:30 - Cards*	28	29 12:30 - Bridge* 12:45 - Line Dancing	30 12:30 - Bingo*	31 11:45 - Red Hat Ladies Party 1:30 - Chair Yoga* 5:30 - Dinner* 6:30 - Cards*		

Lunch is served at 11 am

\$3.00 donation

Thursday Dinner - served at 5:30 pm

\$5.00 donation

Please RSVP at least 24

hours in advance:

419-586-1644

January 2019

Senior Citizens Center, 217 Riley, Celina

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	Lunch 3	Dinner 3
	HOLIDAY OFFICES CLOSED	Sloppy Joe/Bun Sweet Potato Fries Chocolate Chip Cookie	Sausage & Pepper Sub Corn Nuggets Chilled Fruit Cocktail	Roast Turkey & Gravy Home Style Dressing Veggie Mix Pumpkin Pie
7	8	9	Lunch 10	Dinner 11
Cheesy Cavatappi/ Roll Stewed Tomatoes Dessert	Italian Wedding Soup Saltine Crackers Ham & Swiss/Bun Chilled Peaches	Creamed Chipped Beef Green Beans Biscuit Snickerdoodle Cookie	Taco Salad/Chips Refried Beans Ice Cream	Oven Fried Chicken Sweet Potato Casserole Green Peas Grapes
14	15	16	Lunch 17	Dinner 17
Wisconsin Cheese Soup Saltine Crackers Hot Ham Slider Mandarin Oranges	Cabbage Rolls Tomato Sauce Mashed Potatoes Butterscotch Pudding	Pork Fritter Sandwich Tator Tots Chilled Pineapple	Chicken & Dumplings Mixed Vegetables Buttermilk Biscuit Chilled Apricots	Baked Pork Chop Scalloped Potatoes Green Beans Cupcake
21	22	23	Lunch 24	Dinner 24
BBQ Shredded Pork/ Bun Creamy Cole Slaw Chilled Peaches	California Blend Soup Fish Brd/Bun Saltine Crackers Oatmeal Raisin Cookie	Pizza Casserole Tossed Salad/Dressing Ice Cream	Hot Dog/Bun Baked Beans Chilled Pears	Glazed Ham Scalloped Potatoes Vegetables Carrot Cake
28	29	30	Lunch 31	Dinner 31
Ham Sandwich Potato Triangles Chilled Peaches	Loaded Potato Soup Grilled Cheese Pickle Spear Chilled Apricots	Bratwurst Mashed Potatoes Sauerkraut Dessert	Beef Stew Buttermilk Biscuit Fruit Trio	Sweet & Sour Chicken Fluffy Rice Far East Blend Mandarin Oranges

Remote Sites

Fort Recovery Public Library

113 N Wayne Street
Fort Recovery, OH 45846

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

Refer to
calendar above
for menu items
Jan 8
Jan 22

THE GARDENS

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

522 Western Avenue
St Henry, OH 45883
419-678-9800
Every Thursday

January 3
Mustard Glazed Beef
Cheesy Mashed Potatoes
California Vegetable Blend
Pudding/Cookie Parfait

January 10
Baked Glazed Ham
Scalloped Potatoes
Green Peas
Dinner Roll
Cherry Crisp

January 17
Goulash
Tossed Salad
Wheat Bread
Butterscotch 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.

January 24
BBQ Chicken Breast
Garlic Mashed Potatoes
Prince Charles Vegetables
Dinner Roll
Brownie

January 31
Roast Beef with
Brown Gravy
AuGratin Potatoes
Carrots
Dinner Roll
Banana Cream Pie

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

Return Service Requested

Place label here
January 2019

January 2019

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.