

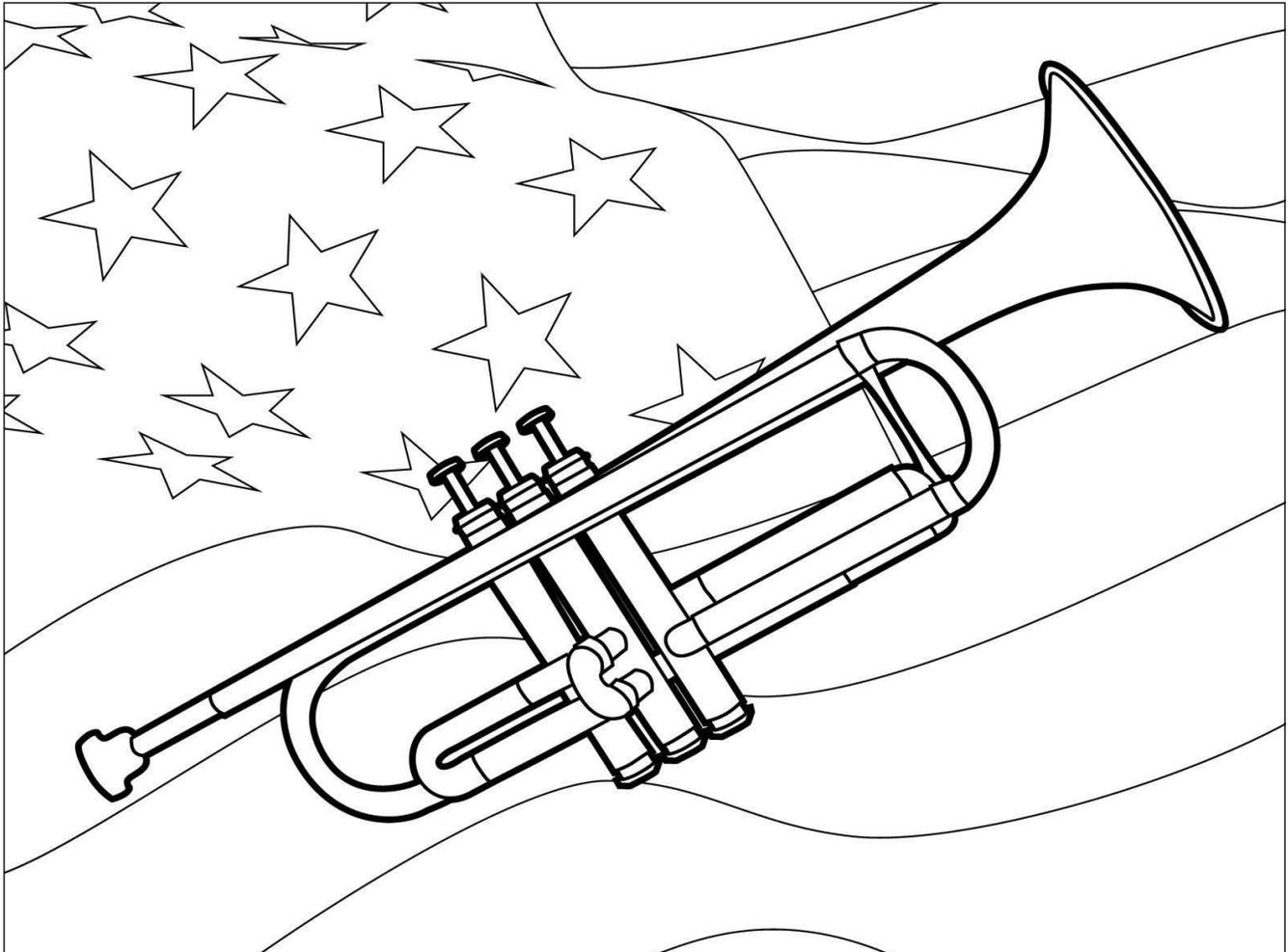


July 2019

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.



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
Thursday, July 4 and
Friday, July 5
for Independence Day**

Find us on the web at
www.mccoa.net



Find us on:
facebook®



From the Director's Desk:

As I am writing this, Celina is still reeling from the devastation left behind by the tornado. I personally have not seen the destruction firsthand, but from the pictures I have seen and the stories I have been told, my heart aches for those who were directly impacted. I cannot even begin to imagine facing the pain of sifting through rubble trying to reclaim important documents and items, or what it must feel like when another storm rumbles through the area. Mr. Green and I ignored the sirens. We sat in the dark for a few minutes before deciding to go to bed. Two days later, Mr. Green pointed out that the path the tornado took was eerily close to our home, but had lifted, so we had been spared. I point blank told him from now on when the sirens go off, we would grab the cats and head to the basement and not take our chances. That wasn't the first time we'd ignored the sirens. We ignored them when the tornado hit C-Town and Crown. We have ignored them. Every. Single. Time. We actually spend a lot of time ignoring the day to day "sirens" that pop up. Do you have a nagging pain that you know you should talk to your doctor about, but don't? Are you feeling sluggish? Are you lonely and sad? These are all sirens telling you to go to the doctor, eat better and exercise and to get out of the house and meet people. When we ignore these sirens, our health tends to deteriorate much more quickly and thus our quality of life is gravely impacted. I want you to look at MCCoA as the "basement." If these sirens are going off for you, come to us. We can help. If you don't know how to talk to your doctor or you aren't sure about your insurance coverage, please contact our outreach specialists, Amy Buening and Gloria Miller. If you need to make sure that you are getting at least one healthy meal a day, sign up for lunch. We are in four different locations. We even host dinner on Thursday evening. If you need to feel energized, come out and use our gym equipment or take a yoga class on either Thursday afternoon or Monday evening. And there is no reason to feel alone. The people who visit the center daily know our staff are friendly and welcoming. We want to see you. We want to know how your day is going. Whatever your siren is, please stop taking chances. Listen to what it is telling you and find your basement.



Sharon M. Green

GARAGE SALE

Daily Donations	July 8 to 12	8:30 to 4
Saturday Donations	July 13	9 to 1
Set Up	July 16 to 24	
Clean Up	July 30	

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	July 25	8:30	6:30
Friday	July 26	8:30	4:00
Saturday	July 27	9:30	4:00
Sunday	July 28	9:30	4:00
\$3.00/Bag - Clothing only. Other Items 1/2 price			
Monday	July 29	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, July 3, 9:30 am - Linda Pollitz, will speak about Alzheimer's and other dementia's that cause changes in memory, thinking and behavior that interfere with daily life. Join us to learn about the 10 common warning signs and what to watch for in yourself and others.

Wednesday, July 3, 11 am - "WOCAP" will talk about Financial Literacy.

Wednesday, July 3, 1 pm to 3 pm - "Chat with Linda" in the Annex. Linda Pollitz, will be available to speak one-to-one about Alzheimer's and dementia related diseases. Please call 419-586-1644 to schedule an appointment.

Thursday, July 11, 2 pm - Medicare 101 at the Rockford Library. *Dave Painter* from the Ohio Department of Insurance will provide objective information on **Medicare** enrollment, benefits and options. He will also discuss ways to lower costs and offer resources for assistance.

Friday, July 19, 10 am - Alzheimer's Support Group at Mercer Health in Coldwater. The group will meet the third Friday of every month in the Luken Room.

Monday, July 22, 12:30 pm - Class 2 - Keeping Seniors safe. Knowledge is power! Learn the skills you need to protect your personal information, safety and money. This is the second class in a 4 part series presented by Legal Aid of Western Ohio, **Plan Ahead & Protect Yourself Legal Series for Seniors** in the Annex. This series is about your legal rights and legal resources you can access and ways to handle legal issues. Legal Aid of Western Ohio will be here to present each of the classes and clinics. **Registration is required 419-586-1644**. After you have registered with us, the Legal Aid office will call you to set appointments to write up your legal documents during the 3rd and 4th class clinics. This is all **FREE!** Space is limited so please call to register.

Class 3 - Monday, August 12 - Financial POA & More.

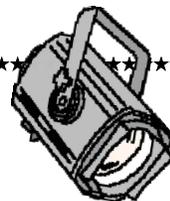
Class 4 - Monday, September 9 - Wills & Estates.

Wednesday, July 31, 6 pm - Medicare 101 in the Annex. This course teaches you the basics of Medicare and what options you have with your health insurance as you retire. Amy Buening and Gloria Miller will walk you through eligibility, possible penalties and what to anticipate. If you are already on Medicare, they can address additional questions you may have, as well as potential cost savings options.



DONATIONS

We will be accepting donations every Tuesday and Thursday in June as well as Tuesday, July 2. We will not accept donations on July 4 and July 6. Daily donations will start Monday, July 8 through Saturday, July 13. After the garage sale we will only be able to accept donations on August 6 and 8. We will NOT accept donations during the Fair (August 13 and 15). We will start again Tuesday, August 20. If you have any questions please give us a call at 419-586-1644.



Spotlight on the MCCoA Garage Sale!!!

Welcome to the Mercer County Council on Aging Garage sale! We hold 4 large and 1 small garage sales each year. I have often been asked how the money raised from the sales is used. It has been used for many wonderful improvements including the parking lot, roof, air conditioner, to automate the office doors and to renovate the Annex just to name a few. The garage sale takes A LOT of volunteers to make it happen. Volunteers spend many hours taking donations, setting up, selling items and cleaning up afterward. Let me tell you a little about each step of the process. Donations are dropped on Tuesdays and Thursdays between sales from 8:30 am – 4:00 pm. The week before we start setting up the sale we accept donations daily including Saturday morning from 9:00 am until 1:00 pm! If you would like to help accept donations we ask volunteers to work 8:30 to noon or noon to 4:00 so that we have someone in the building at all times to greet people dropping off donations! As donations come in things are sorted and stored in different areas until it is time to set up for the sale.

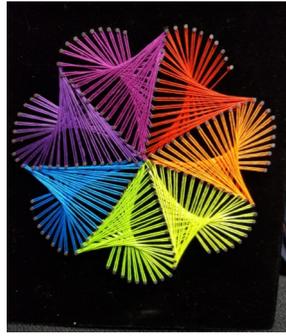
Set up begins 10 days prior to the first day of the sale. On Monday, the chore men and volunteers take down all the card tables and chairs in the main building and set up the long tables, clothing racks, and shoe racks. They bring in all the bags of clothing. We also set tables up in the glassware (2 bay) garage and move items and set tables in the 4 bay garage. On Tuesday it is the beginning of opening the hundreds of bags of clothing and putting them on the tables for shopping. We also price and set out items to be sold in the other buildings. This continues for several days. Some volunteers come and work all day, some work only a couple of hours, it is up to the volunteer. We encourage everyone to come in and help out. You can just show up during set up time, there is NO set schedule for working during set up! We always serve lunch and snacks to the volunteers each day during set up time. It is a great time to get to know some really wonderful people!! The Monday before the sale we set up the furniture building (the 6 Bay). The volunteers (mostly guys) who help do this do a fantastic job and usually have it ready to go in just a few hours. This is a great group of guys, if you have some time come join the fun, we are always happy to see new faces.

During the 5 days of the sale we have a total of 106 different check out stations that volunteer's man, each shift is four hours at a check out station in one of our 4 buildings. I call each volunteer to set this schedule up for each garage sale. As you can see this is a huge undertaking!

The clean-up process begins at 2 pm the last day of the sale in the 3 out buildings. It continues in the main building at 4 pm. We do not keep any items from one sale to the next. Everything is packed up and donated to Special Olympics. We appreciate any and all volunteers that show up to help pack up all the left over items. We are usually finished by 5 pm. This is also a time that is not scheduled. Volunteers can just come in if they have time. On Tuesday after the sale is over we take all the tables and racks down, scrub floors and set card tables and chairs back up in preparation for BINGO Wednesday!

As you can see this is a huge event and it takes a HERD of volunteers to make it happen. We are so fortunate we have the BEST volunteers ever! I cannot say enough about the wonderful community we live in and the way people are always willing to lend a hand to help others!! If you would like to get involved in any aspect of garage sale just stop in and ask for Tash!





Craft Class - Wednesday, July 10 - 6 pm. Join Tash and Dawn in making **black velvet string art**. When you register you will choose either a cross or an abstract design. The cost for the class is only \$6.00. Please



register by Wednesday, July 3 to allow time to make up the boards. Call 419-586-1644 to register today!!

UPCOMING CRAFT CLASSES

Stop by our office and see the display of upcoming craft classes on the wall. Mark your calendars for these great craft classes and watch your newsletter for registration times!

- August 1 - Pine Cone Flowers
 - September 17 - Fall colors Wreath and leaves
 - September 24 - No sew Pine Cones with Toni
 - October 15 - Picture window painting
 - November 14 - No sew Christmas ornament with Toni
 - November 18 - Stamp Cards
 - December 2 - Plastic Canvas creations
- More details to come...

MARK YOUR CALENDAR!!

- August 1 - Craft - Pinecone Flowers
- August 7 - Linda Pollitz - Alzheimer's - One on One
- August 12 - Legal Aid - Financial POA & more
- August 13 - Senior Day at the Mercer County Fair
- August 15 - All Day Quilt Group
- August 15 - Medicare 101 - St Henry Branch Library - Dave Painter - ODI
- August 19 - Label Newsletter
- August 19 - Art Class - Beach scene painting
- August 22 - Texas Hold 'Em
- August 28 - Medicare 101 - MCCoA Annex
- August 29 - Disaster preparedness event

More details to come...

Calling all Braves and Robin Hoods!!!

Did you make it to our Archery training class? We had such a great time!!!

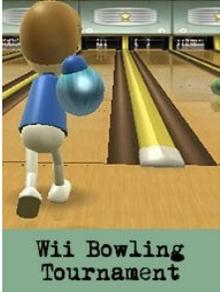


Flower Arranging



Looking ahead to August

Calling all Wii Bowlers!!!!!!



Wii Bowling Tournament

Our annual Wii Bowling tournament will begin in August!! So get your teams together. All games will be bowled right here at MCCoA. Teams must have 4 members. You will bowl 2 games each week for 7 weeks. This is sure to be a great time! If

you need help getting a team together or have questions let Tash know!! Call 419-586-1644 to get your team signed up!!!



Senior Day at the Fair - Mark your calendar - Tuesday, August 13 at the Mercer County Fair.

Art Class - Monday, August 19 at Noon.

Join Anna Fisher and create a beautiful canvas beach scene painting. Cost is \$10.00 which includes all supplies needed. Call 419-586-1644 to reserve your space!



My Senior Center Roll-Out



July 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 2:00 - Sunshine Singers Practice 6:30 pm - Chair Yoga*	2 <u>12:30 - Bridge*</u> 12:45 - Line Dancing	3 9:30 - 10 Warning Signs Alzheimer's & Dementia 11:00 - WOCAP Presentation - Financial Literacy 12:30 - Bingo* <u>1:00 - Chat with Linda Pollitz - Alzheimer's</u>	4 INDEPENDENCE DAY  OFFICES CLOSED	5 INDEPENDENCE DAY OFFICES CLOSED	6 NO DONATIONS
7 6:30 - Cards*	8 3:00 - Sunshine Singers Practice 6:30 pm - Chair Yoga* 8:30 to 4 - Garage Sale Donations Accepted	9 <u>12:30 - Bridge*</u> 12:45 - Line Dancing 8:30 to 4 - Garage Sale Donations Accepted	10 10:00 Neighborhood Nurse BP & Glucose Testing 12:30 - Bingo* <u>1:00 - Toe Nail Trimming*</u> 6:00 pm - Craft Class - Black Velvet String Art* 8:30 to 4 - Garage Sale Donations Accepted	11 <u>1:00 - Board Mtg</u> 1:30 - Chair Yoga* 2:00 - Medicare 101 Rockford Library - Dave Painter 5:30 - Dinner* 6:30 - Cards* 8:30 to 4 - Garage Sale Donations Accepted	12 <u>8:00 - All Day Quilt Group</u> 12:30 - Cards* 8:30 to 4 - Garage Sale Donations Accepted	13 9 to 1 - Garage Sale Donations Accepted
14 6:30 - Cards*	15 <u>9:30 - Label Newsletter</u>	16 <u>12:30 - Bridge*</u> Garage Sale Set Up	17 <u>12:45 - Line Dancing</u> Garage Sale Set Up	18 <u>1:30 - Chair Yoga*</u> <u>5:30 - Dinner*</u> <u>6:30 - Cards*</u> Garage Sale Set Up	19 10:00 Alzheimer's Support Group - Mercer Health - Luken Room <u>12:30 - Bridge*</u> Garage Sale Set Up	20
21 <u>6:30 - Cards*</u>	22 <u>12:30 - Plan Ahead & Protect Yourself - Part 2</u> Garage Sale Set Up	23 <u>12:30 - Bridge*</u> Garage Sale Set Up	24 <u>12:45 - Line Dancing</u> Garage Sale Set Up	25 <u>12:30 - Texas Hold 'Em*</u> <u>5:30 - Dinner*</u> <u>6:30 - Cards*</u> 8:30 to 6:30 GARAGE SALE	26 <u>12:30 - Bridge*</u> 8:30 to 4:00 GARAGE SALE	27 9:30 to 4:00 GARAGE SALE
28 <u>6:30 - Cards*</u> 9:30 to 4:00 GARAGE SALE	29 <u>6:30 pm - Chair Yoga*</u> 8:30 to 4:00 GARAGE SALE LAST DAY	30 <u>12:30 - Bridge*</u> 12:45 - Line Dancing GARAGE SALE CLEAN UP	31 12:30 - Bingo* <u>6:00 - Medicare 101</u>	<p><i>Italicized and underlined</i> activities are held in the Annex.</p> <p>Activities marked with an * have a fee.</p>		

Lunch is served at 11 am
\$3.00 donation

Please RSVP at least 24
hours in advance:
419-586-1644

July 2019

Thursday Dinner - served at 5:30 pm
\$5.00 donation

Senior Citizens Center, 217 Riley, Celina

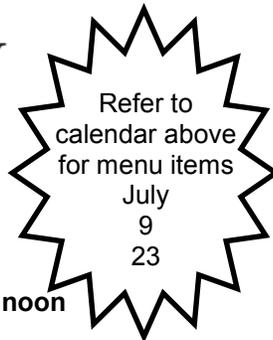
Monday	Tuesday	Wednesday	Thursday	Friday
1 Fruited Chicken Salad Plate Crackers Mousse	2 Creamy Potato Soup Fried Bologna Sandwich Fruit	3 Homemade Pizza Salad/Dressing Peaches	Lunch 4 OFFICES CLOSED	Dinner 4 OFFICES CLOSED
8 Egg Salad Sandwich Pasta Salad Peaches	9 Cream of Tomato Soup Grilled Cheese Fruit Trio	10 BBQ Shredded Pork/ Bun Cheese Puff Cole Slaw Ice Cream	Lunch 11 Minestrone Soup Sloppy Joe/Bun Fruit	12 Dinner 11 <i>Chicken Alfredo</i> <i>Garlic Bread</i> <i>Salad</i> <i>Sweet Treat</i> BBQ Chicken Wings Loaded Potatoes Roll Fruit Cocktail
15 Hamburger/Bun Tater Tots Ice Cream	16 Chef Salad Plate/ Dressing Roll Cookie	17 Mac N Cheese Stewed Tomatoes Roll Grapes	Lunch 18 Vegetable Beef Soup Tuna Salad Sandwich Peaches	19 Dinner 18 <i>Chester's Fried Chicken</i> <i>Potato Salad</i> <i>Green Beans</i> <i>Sweet Treat</i> Spaghetti/Meat Sauce Salad/Dressing Garlic Bread Pears
22 Hot Dog/Bun Baked Beans Fruit Cocktail	23 Chicken Tenders Potato Triangles Pudding Parfait	24 Ham Salad/Croissant Pasta Salad Mandarin Oranges	Lunch 25 Fried Bologna Sandwich Potato Cubes Pears	26 Dinner 25 <i>Spaghetti</i> <i>Garlic Bread</i> <i>Salad</i> <i>Sweet Treat</i> Fish Sandwich Cole Slaw Fruited Gelatin
29 Philly Steak Sandwich Potato Wedges Fruit	30 Broccoli Cheese Soup Tuna Salad Sandwich Apricots	31 Beef Enchilada Casserole Corn Chips Ice Cream		Note: Menu items are subject to change.

Remote Sites

Fort Recovery Public Library

113 N Wayne Street
Fort Recovery, OH 45846

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



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

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.

July 4
Cranberry Pork Chops
Scalloped Potatoes
Mixed Vegetables
Peanut Butter Bar

July 18
Country Fried Steak
White Pepper Gravy
AuGratin Potatoes
Brussels Sprouts
Dinner Roll
Apple Crisp

July 11
Honey Balsamic Chicken
Sweet Potato Fries
Prince Charles Veg Blend
Dinner Roll
Cheesecake w/ Cherries

July 25
Savory Baked Chicken Breast
Cheesy Mashed Potatoes
Sautéed Asparagus
Dinner Roll
Sugar Cream Pie

Maria Stein Shrine of the Holy Relics

2291 Saint Johns Road
Maria Stein, OH 45860

Serving every Wednesday at
noon



Outreach Reachin' Out:

Soon the dog days of summer will be upon us and maybe we will be able to put all the rain boots away.....we hope!

Did you know that for seniors heat can be an issue. Why, you ask? Well, here is what the Centers for Disease Control and Prevention says (www.cdc.gov):

Why are older adults more prone to heat stress?

- *Older adults do not adjust as well as young people to sudden changes in temperature.*
- *They are more likely to have a chronic medical condition that changes normal body responses to heat.*
- *They are more likely to take prescription medicines that affect the body's ability to control its temperature or sweat.*

So, it is pretty important that we stay cool as cucumbers over the summer months. Be sure to drink plenty of water! Actually, they recommend that you drink more than you usually do with the heat and try to keep the air conditioning running.

If air conditioning is an issue, I'd like to bring up a program that might be able to help you stay cool this summer.

The Home Energy Assistance Summer Crisis Program:

*The Home Energy Assistance Summer Crisis Program provides a one-time benefit to eligible Ohioans with cooling assistance during the summer months. The program runs **July 1 to August 31.***

The focus of the Summer Crisis Program is to provide assistance for persons 60 years of age and older or those with a certified medical condition.

Ohioans with a household income at or below 175 percent of the federal poverty guidelines (making less than \$1,821 per month for single or \$2,466 for couple) and have a member of the household who is at least 60 years old or can provide physician documentation that cooling assistance is needed for a household member's health may qualify.

Our local West Ohio Community Action Partnership (WOCAP) partner indicates that this program can help with:

- Utility assistance payment,
- Air conditioners,
- Fans, and
- Central Air repairs.

For more information see https://www.development.ohio.gov/is/is_heapsummer.htm) or visit WOCAP at 420 N. Brandon Avenue Celina, OH (located in the same building as the C.A.L.L Food pantry) or call (419) 227-2586.

So, stay cool my friends.....and have a great summer!



Return Service Requested

Place label here
July 2019

July 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.