

June 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

I'm a Daddy's Girl. I will be one of the first to admit it. My father has been and continues to be one of my biggest cheerleaders. Pops has always given me room to be me – he suggested I might want to major in theater in college (what parent suggests that as a career field?), and when I confessed that I probably wasn't ever going to get married, he just settled into the perpetual father role of continuing to help me any way he could. Well, I did get married and Mr. Green has "taken over" what my father has graciously relinquished – a free-spirited daughter who needs someone to keep her on track from time to time, fix her car, give her a shoulder to cry on, help her with math problems and love her for who she is. Mr. Green lost his father the year before we met, but I have watched as my father has wholeheartedly embraced his son-in-law. A month ago, they were in my dad's workshop swapping stories about projects as Mr. Green loaded up with tools and equipment that my dad will no longer need at the retirement community. My brothers never learned to fix cars, or tinker with electronics, so I think my father relishes finally having that company. I am blessed that the two most important men in my life love and respect each other. June 16 is Father's Day. Just like mothers, fathers come in all shapes, sizes and forms. They can be uncles, grandfathers, neighbors and other people's fathers. They may be living or dead, but no matter what, they continue to have an impact on the way we live our lives. Every time you hear me laugh loudly, tell a corny joke, or extend a hand in empathy, you are meeting my father. My father is an engaged father, grandfather, and friend. If he had little ones still running around, he would definitely join us for the Party on the Patio on June 12 (did you like how I snuck that plug in there???) This is an opportunity for you to enjoy an afternoon of activities with your grandkids, neighbor kids or some random kids you want to impress. We will have arts and crafts, a catapult, archery, food, face painting, a juggler and more. If you don't have any kids, we want you to come anyway and be a kid at heart – something my father is also very good at. Happy Father's Day!

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

**Party on the Patio
RENFEST
June 12 at NOON**

Find us on the web at
www.mccoa.net



Find us on:
facebook®



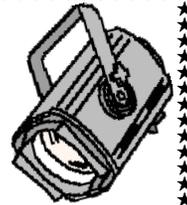
Party On The Patio!!!!

Wednesday, June 12 beginning at noon, join us for the biggest party of the summer, "Renfest at MCCoA". Go back in time and become a knight, king or queen for the day! There will be so many things to do and see - Archery, Fishing, Catapult, Pugil stick jousting, craft tables, door prizes, snow cones, cookies, popcorn, turkey legs and face painting! At 1:30, juggler, Craig Muhlenkamp will begin his show!! At 2:15, you can learn to juggle! Bring your family, grandkids and friends for an afternoon of fun and enjoyment. **Everything is FREE** so come out and experience the Renfest! Gery Thobe with the Mercer County Sheriff's Department will be available from Noon to 2 pm to offer a safe drug take back opportunity.

A BIG Thank You to everyone contributing to this event: Briarwood Village, Colonial Nursing Center, Logan Street IGA, and Cooper Farms.



Spotlight on Transportation!!!



MCCoA Transportation is a busy service. Our top priority is getting seniors to and from appointments safely. We have 6 vehicles: 2 transit buses that hold 9 clients each, 3 modified mini vans and one car. All vehicles are equipped with lifts or ramps. Most have been purchased with federal dollars administered through the Ohio Department of Transportation (ODOT) who supplied 80 percent of the cost. The grants are very competitive. The vehicles are used to transport clients to medical appointments, beauty and barbers shops, grocery stores, shopping, banks, meal site, activities at the center and various other places. The service is available for clients who are 60 and over and live in Mercer County. We also transport people under 60 with disabilities who are unable to drive. The acceptable appointment times are Monday - Friday 8:30 to 2:30 for in-county trips and 9:00 to 1:30 for out-of-county trips, such as Lima, Van Wert, etc. We need at least one day notice for in-county trips and one week notice for out-of-county trips.

We have 6 awesome drivers! They are (left to right) Dennis Strawn, Sam Engle, Linda Hoskins, Mike Fuller, Malena List and Linda Thomas. Our Transportation Supervisor, Linda Hoskins, has been with the center for 25 years. She says that looking back there have been some changes but the basic service of helping seniors has stayed the same and has been a real joy for her. She once had a lady tell her "old age ain't for sissies". She says they always keep us laughing. Some struggle every day and we are here to help them.



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, June 5, 11 am - "WOCAP" will present on Summer Crisis. The summer crisis program can assist with utility payments, air conditioners, fans and central air repairs for low income families at or below 175% of the Federal poverty guidelines. To be eligible households must have an individual who is 60 years or older, or a household member that can provide physician's documentation that cooling is needed for health reasons.

Wednesday, June 5, 10 am - 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.

Wednesday, June 5, 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.

Monday, June 10, 12:30 pm - Class 1 - Justice for Seniors. Learn the skills you need to handle legal issues before they become legal problems. We are excited to be able to offer a four part class presented by Legal Aid of Western Ohio, **Plan Ahead & Protect Yourself Legal Series for Seniors**. This series includes four legal classes about: Your legal rights, 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 for all classes**. 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 2 - Monday, July 22 - Keeping seniors safe.

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

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



Tuesday, June 11, 18, and 25, 10:00 to 10:45 am - Sarah Misiakiewicz with the Ohio State University Extension office will be here Tuesday June 11, 18 and 25 at 12:30 to present the **Snap-Ed Program**. Classes will each last 45 to 60 minutes and are provided at no cost, please plan to attend at least 2 classes. Sarah will be giving healthy food tips for you and your family, tips for making healthy choices on a limited budget, and lessons in line with Choose MyPlate. Learn about and taste new recipes and foods. Try basic chair or standing stretches and exercises, along with group discussion and activities. This will be a very informative class with lots of great tips!!!! **Please call to register 419-586-1644.**

Monday, June 17, 1 pm - Medicare 101 at the Ft Recovery 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.

Wednesday, June 12, Noon to 2 pm - Gery Thobe will be available at the Party on the Patio for a **drug take back day**.



Calling all puzzle lovers!!!! Our annual Puzzle Tournament is scheduled for Thursday, June 27!! Join us at 10:00 am in the main building.

Each person will receive the same puzzle (approx. 250 pieces) and will have two and a half hours to complete as much of the puzzle as possible. The winner will be the person who finishes first or has the least amount of pieces left. The cost is \$5.00 and each person will get to keep their puzzle. Registration is required by Friday, June 14. Call 419-586-1644 today.



Passport to Fishing!!

Class is open to everyone, grandparents, grandchildren and family members! Join instructor Shelly Moorman, Wednesday, June 19 at 11:30 in the Annex. You will learn to rig & bait your hook and how to handle fish so you can catch and release, or safely prepare for cooking. You'll also learn where to go to find local fishing rules, basic boat and water safety, what gear & tackle you should bring, how you can conserve water ways and learn your local habitats and waters.



Craft Class - Monday, June 24 at Noon. Join Tash and Dawn in making **Birdfeeders and Pockets.**

Cost is only \$4.00. Call

today to reserve your space!! 419-586-1644.



Then we will go outside and work on casting and, if weather permits, we will go to Westview Pond and fish! There are 20 FREE rods and reels for the first 20 people who register. (You must attend the class to get the rod and reel). The rods and reels are from a grant from the Ohio Division of Wildlife Passport to Fishing Program. Call to register today 419-586-1644. A Big Thank You to Shelly for providing us with this great opportunity!

Country Fest in Maria Stein

Thursday, June 20, one bus will leave from the MCCoA parking lot at 9:15 am. Another bus will pick up everyone who meets at the American Legion in Maria Stein starting at 10:00 am. The buses will take everyone right to the tent where you will be able to see the tractor square dance and have lunch! The event is free but you need to register by Friday, June 14. Call 419-586-1644. A BIG THANK YOU to Romer's Catering for the use of their shuttle bus, the MCCoA Bingo group for paying for the bus and mileage. And to Dan Thieman for driving!!!



Art Class - Monday, June 17 at Noon. Join Anna Fisher as you create a beautiful tile painting. Cost is \$10.00 which includes all supplies needed. Call 419-586-1644 to reserve your space!



MARK YOUR CALENDARS!!

- July 3 - WOCAP Financial Literacy Presentation
- July 4 & 5 - Offices Closed - Independence Day
- July 8 - 13 - Daily Donations for Garage Sale
- July 10 - Black Velvet String Art
- July 11 - Medicare 101 - Rockford Library - Dave Painter - ODI
- July 12 - All Day Quilt Group
- July 15 - Label Newsletter
- July 16 - 23 - Garage Sale Set Up
- July 25 - 29 - GARAGE SALE
- July 25 - Texas Hold 'Em
- July 31 - Medicare 101 - MCCoA Annex

More details to come...

June 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i><u>Italicized and underlined</u></i> activities are held in the Annex.</p> <p>Activities marked with an * have a fee.</p>						1
2	3	4	5	6	7	8
6:30 - Cards*	2:00 - Sunshine Singers Practice 6:30 pm - Chair Yoga*	<u>12:30 - Bridge*</u> 12:45 - Line Dancing	<u>10:00 - Medicare 101</u> 11:00 - WOCAP Presentation - Sumer Crisis 12:30 - Bingo* <u>1:00 - Chat with Linda Pollitz - Alzheimer's</u>	1:30 - Chair Yoga* 5:30 - Dinner* 6:30 - Cards*	12:30 - Cards*	
9	10	11	12	13	14	15
6:30 - Cards*	<u>11:30 - Archery Grandparents and kids</u> 12:30 - Plan Ahead & Protect Yourself - Part 1 3:00 - Sunshine Singers Practice 6:30 pm - Chair Yoga*	10:00 to 10:45 - Snap ED Class 1 - OSU Extension <u>12:30 - Bridge*</u> 12:45 - Line Dancing	PARTY on the PATIO NOON	<u>1:00 - Board Mtg</u> 1:30 - Chair Yoga* 5:30 - Dinner* 6:30 - Cards*	12:30 - Cards* LAST DAY TO REGISTER FOR JIG SAW PUZZLE TOURNAMENT	
16	17	18	19	20	21	22
Happy Father's Day 6:30 - Cards*	9:30 - Label Newsletter 1:00 - Medicare 101 Ft Recovery Library - Dave Painter 3:00 - Sunshine Singers Practice 6:30 pm - Chair Yoga*	10:00 to 10:45 - Snap ED Class 2 - OSU Extension <u>12:30 - Bridge*</u> 12:45 - Line Dancing	10:00 Neighborhood Nurse BP & Glucose Testing <u>11:30 - Passport to Fishing with Grandpa & ma</u> 12:30 - Bingo* <u>1:00 - Toe Nail Trimming*</u>	<u>8:00 - All Day Quilt Group</u> Maria Stein Country Fest 1:30 - Chair Yoga* 5:30 - Dinner* 6:30 - Cards*	12:30 - Cards*	
23	24	25	26	27	28	29
6:30 - Cards*	12:00 - Craft Class - Bird Feeders/ Pockets* 3:00 - Sunshine Singers Practice 6:30 pm - Chair Yoga*	10:00 to 10:45 - Snap ED Class 3 - OSU Extension <u>12:30 - Bridge*</u> 12:45 - Line Dancing	12:30 - Bingo*	10:00 - Puzzle Tournament* <u>12:30 - Texas Hold 'Em*</u> 1:30 - Chair Yoga* 5:30 - Dinner* 6:30 - Cards*	12:30 - Cards*	
30						
6:30 - Cards*						

Lunch is served at 11 am
\$3.00 donation

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

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

June 2019

Senior Citizens Center, 217 Riley, Celina

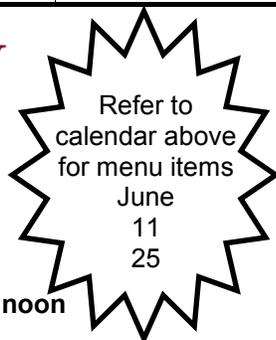
Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Hamburger/Bun Tater Tots Ice Cream</p>	<p>4</p> <p>Chef Salad Plate/ Dressing Roll Cookie</p>	<p>5</p> <p>Mac N Cheese Stewed Tomatoes Roll Grapes</p>	<p>Lunch 6</p> <p>Vegetable Beef Soup Tuna Salad Sandwich Peaches</p>	<p>Dinner 6</p> <p>Lasagna Garlic Bread Cole Slaw Sweet Treat</p> <p>Spaghetti/Meat Sauce Salad/Dressing Garlic Bread Pears</p>
<p>10</p> <p>Hot Dog/Bun Baked Beans Fruit Cocktail</p>	<p>11</p> <p>Chicken Tenders Potato Triangles Pudding Parfait</p>	<p>12</p> <p>Ham Salad/Croissant Pasta Salad Mandarin Oranges</p>	<p>Lunch 13</p> <p>Fried Bologna Sandwich Potato Cubes Pears</p>	<p>Dinner 13</p> <p>Fried Chicken Potato Salad Green Beans Dinner Roll Sweet Treat</p> <p>Fish Sandwich Cole Slaw Fruited Gelatin</p>
<p>17</p> <p>Philly Steak Sandwich Potato Wedges Fruit</p>	<p>18</p> <p>Broccoli Cheese Soup Tuna Salad Sandwich Apricots</p>	<p>19</p> <p>Beef Enchilada Casserole Corn Chips Ice Cream</p>	<p>Lunch 20</p> <p>Shredded Beef/Bun Potato Salad Chilled Fruit</p>	<p>Dinner 20</p> <p>Pizza Side Salad Hot Fudge Sundaes</p> <p>Spaghetti/Meatballs Salad/Dressing Garlic Bread Pears</p>
<p>24</p> <p>Sloppy Joe/Bun Potato Cubes Brownie</p>	<p>25</p> <p>Grilled Cuban Sandwich Cole Slaw Mandarin Orange Fluff</p>	<p>26</p> <p>Hamburger/Bun Baked Beans Fruit</p>	<p>Lunch 27</p> <p>Chicken Tender Salad Grapes</p>	<p>Dinner 27</p> <p>**Western Style Ribs** Loaded Mashed Potatoes / Corn Dinner Roll Sweet Treat</p> <p>Beef Manhattan Mashed Potatoes Fruit Cup</p>
<p>Note: Menu items are subject to change.</p>				

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.

June 6
Beef Pot Roast
Mashed Potatoes
Carrots
Dinner Roll
Strawberry Cream Pie

June 20
Veal Patty
Mushroom Gravy
Mashed Potatoes
Mixed Vegetables
Fresh Fruit

June 13
Bread Chicken Sandwich
Lettuce/Tomato/Onion
Pasta Salad
Succotash Vegetable Blend
Apple Pie

June 27
Roast Pork
Fried Potatoes
Capri Vegetable Blend
Cornbread
Lemon Cream Pie

Maria Stein Shrine of the Holy Relics

2291 Saint Johns Road
Maria Stein, OH 45860

Serving every Wednesday at
noon



Return Service Requested

Place label here
June 2019

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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
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.