## 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.



#### From the Director's Desk:

For two years in a row, I got the flu shot in the Fall and wound up with the flu in the Spring. And when I say flu, I am not talking about the 24 hour stomach bug that people often get and refer to as the flu. I am talking about full on 104 degree fever, shoot-me-now, doctor-diagnosed flu. Mr. Green was a good sport and nursed me back to health through all of my moaning and groaning. Yet, despite its recent track record with me, I will be getting my flu shot again this year. Why? Because I have a compromised immune system and I fully believe without the shot, those two episodes of the flu would have been significantly worse and life threatening. As we age, and for those of us with autoimmune diseases, we become more susceptible to catching whatever illness is going around. Where and how we pick them up varies, but there are ways in which we can protect ourselves and others. I worked



for Fort Wayne Community Schools prior to moving to Celina and all of us were taught to cough or sneeze into the crook of our elbow. It takes some getting used to, but it goes a long way in making sure that germs don't get left on door knobs and pencils and other items people may pick up and use after you have touched them. But one of the best ways to protect others is to stay home if you are not feeling well. If you have a cold or a bug, take a day or two and rest. Cards, bingo and other activities at the Center will be here waiting for you when you are feeling better. If you receive homemaker services or have chore workers scheduled to come to your home, please reschedule. Exposing staff can have a ripple effect. If a homemaker gets sick then that could mean up to five or six other people who won't get their services and rescheduling that many people can get sticky. As we head into cold and flu season, remember to wash your hands often, and we will continue to disinfect tables out in the Center to prevent

the spread of germs. Let's all do our part to keep each other healthy and happy this winter. Mr. Green will thank you.



Garage sale set up will begin in the main building on Tuesday, October 29. Set up in the 6 bay (furniture building) is on Monday, November 4 starting at 9:00 am. If you have a couple of hours come join the guys and help move things around!

#### **GARAGE SALE**

Set Up Clean Up Oct 29 to Nov 6 Nov 12

Our last garage sale of the year will run Thursday, November 7 through Monday, November 11. If you are interested in helping with a check out station, packing up on last day or clean up on Tuesday, please give Tash a call. Every little bit of help sure makes a big difference!



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Garage Sale Hours						
Thursday	Nov 7	8:30 am	6:30 pm			
Friday	Nov 8	8:30 am	4:00 pm			
Saturday	Nov 9	9:30 am	4:00 pm			
Sunday	Nov 10	9:30 am	4:00 pm			
\$3.00/Bag - Clothing only. Other Items 1/2 price.						
Monday	Nov 11	8:30 am	4:00 pm			
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, November 6, 11:00 am** - WOCAP will be here leading a discussion on Community Service Block Grants (CSBG).

**CANCELLED for November** - Chat with Linda.

**Wednesday, November 6, 9:15 am to 4:15 pm** - <u>Medicare Part D Open Enrollment at the Coldwater Library</u>. Let us help you find the best plans for your prescription needs and determine if there might be a pharmaceutical assistance program to help with your expenses next year! It will take approximately 30 minutes. Call today to schedule your appointment.

**Saturday, November 9, 9 am to 11 am -** <u>Medicare Part D Open Enrollment at the Mendon Library</u>. Let us help you find the best plans for your prescription needs and determine if there might be a pharmaceutical assistance program to help with your expenses next year! It will take approximately 30 minutes. Call today to schedule your appointment.

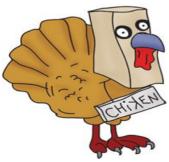
**Tuesday, November 12, 1:00 pm to 6:30 pm -** <u>Medicare Part D Open Enrollment at the Fort Recovery Library</u>. Let us help you find the best plans for your prescription needs and determine if there might be a pharmaceutical assistance program to help with your expenses next year! It will take approximately 30 minutes. Call today to schedule your appointment.

**Wednesday, November 13, 9:15 am to 4:15 pm -** <u>Medicare Part D Open Enrollment at the St Henry Library</u>. Let us help you find the best plans for your prescription needs and determine if there might be a pharmaceutical assistance program to help with your expenses next year! It will take approximately 30 minutes. Call today to schedule your appointment.

**Friday, November 15, 10 am** - <u>Alzheimer's Association caregiver support group</u>. 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, 800 W. Main Street, Coldwater, in the Luken Meeting Room located on the first floor in the East Wing. If you have questions contact Amy Buening 419-586-1644.

**Wednesday, November 20, 1:00 pm to 6:00 pm -** <u>Medicare Part D Open Enrollment at the Coldwater Library</u>. Let us help you find the best plans for your prescription needs and determine if there might be a pharmaceutical assistance program to help with your expenses next year! It will take approximately 30 minutes. Call today to schedule your appointment.

**Tuesday, November 26, 1:00 pm to 7:00 pm -** <u>Medicare Part D Open Enrollment at the St Henry Library</u>. Let us help you find the best plans for your prescription needs and determine if there might be a pharmaceutical assistance program to help with your expenses next year! It will take approximately 30 minutes. Call today to schedule your appointment.



- 1. Can a turkey jump higher than the Empire State Building? <u>Yes a building can't jump at all.</u>
- 2. Why didn't the Pilgrim want to make the bread? It's a crummy job.
- 3. What are unhappy cranberries called? *Blueberries!*
- 4. Why did the police arrest the turkey? They suspected it of fowl play!
- 5. Which side of the turkey has the most feathers? *The outside*
- 6. What's the sleepiest thing at the Thanksgiving table? NAP-kins
- 7. How does a turkey drink her wine? In a gobble-let
- 8. Which Thanksgiving food has grandchildren? The Gran-berry sauce!
- 9. Why did the Indian chief wear so many feathers? To keep his wigwam.
- 10. Why do turkeys always go, "gobble, gobble"? Because they never learned good table manners!

#### MARK YOUR CALENDAR!!

December 2 - Craft - Plastic Canvas Reindeer December 4 - Alzheimer's & Dementia - Effective Communication Strategies

December 4 - WOCAP - Lead Abatement Presentation

December 4 - Chat with Linda - Alzheimer's - One on One

December 10 - Christmas Carry In

December 11 - Neighborhood Nurse

December 16 - Label Newsletter

December 16 - Art Class

December 17 - Christmas Lights & Cookies

December 19 - All Day Quilt Group

December 24 & 25 - Offices closed for Christmas

December 26 - Texas Hold 'Em

December 31 - Offices close at noon for New Years

December 31 - New Year's Eve Party

Lending Library - Did you know that we have a wide range of books located in the main building at the center? Many of the books are large print and all are allowed to be borrowed. Stop by today and check out our selection!!



Our offices will be closed Thursday, November 28 & 29 to celebrate Thanksgiving!

## Spotlight on the MCCoA Newsletter!!!

You may not realize just how many people are involved in creating the newsletter for you each month. From everyone at the center doing our best to get pertinent and fun information gathered, to Tom Kirk of Designer Imaging, who does the printing, to our receptionist Mary and the volunteers prepping for mailing, and last but not least, the chore guys getting them to the Post Office.

We are happy to mail the newsletter to anyone who is interested in staying current with the events and opportunities we offer. All you need to do is to call us at 419-586-1644 and give our receptionists your current name and address. We will get you added to our list. You should receive your first newsletter by the next month. If you don't, please call and check in with us.

We also send the newsletter by email. If you would rather receive it that way, just make sure to give your working email address when you call in.

Current and older newsletters are also listed on our web page. Visit www.mccoa.net to find them. They are in full color and downloadable.

It is a big challenge to keep the address database current. In the effort to minimize postage costs, we have a favor to ask of you. If you know you are moving or going to be out of town please let us know in advance. We are happy to make updates and will add you again when you are ready!!



Did you know that Tom Kirk of Designer Imaging prints our monthly newsletters? Let's give him a big THANK YOU!!



#### **CHRISTMAS CARRY IN**



Mark your calendars!!!! It's Christmas carry-in time!!!! Tuesday, December 10 at noon we will celebrate Christmas together! Tickets are \$1.00 and will be available from Monday, November 11 through Monday, December 2. Don't delay! Last year we ran out of room and had to turn people away. Bring your own table service and a dish to share. Chicken, potatoes and drinks will be provided. Noah Back from West Alexandria will be our entertainment. He first started performing in public at the age of 12, so he has been delighting audiences for half his life. His major musical influences are John Denver, Elvis Presley, Johnny Cash and the Bee Gees. When asked what kind of music he likes to play, he always says, "Whatever you want to hear." His repertoire is made up of songs from the 20's to the present. Come join us for a great afternoon of good food, good friends, great entertainment and fun for all!!







Free Craft Class - Monday, November 25 at 11:30 am. We will be making a Thanksgiving decoration. This craft is free to everyone who eats with the lunch

bunch that day. Remember, meal reservations are due no later than noon the day before. If

someone would like to take the class but not eat lunch the cost is \$2.00. All supplies will be provided. A sample is located near the kitchen.



Craft Class - Thursday, November 14 at 9:30 am Toni Shema will be teaching us to make **No Sew Christmas** Ornaments. All supplies will be provided. Cost is only \$6.00. Class size is limited, so call and register today. Stop by the display wall beside the kitchen and see samples of our upcoming craft projects!





Craft Class - Monday, November 18 at noon. Do you have loved ones you would like to send a personalized Christmas card

to this holiday season? Join Toni Shema and make 2 incredible Christmas cards. Class is only \$10.00. All supplies will be furnished. Space is limited so call and sign up today 419-586-1644.





In addition to our Thursday class, Carla Niblick has agreed to continue teaching Monday chair yoga classes. Classes will be scheduled at 12:30 on Mondays beginning November 4. This will alleviate traveling in the dark!! Classes are \$3.00. Mark your calendars and plan to join us!!



Volunteer Appreciation Dinner
Our Volunteer appreciation dinner was wonderful!! Thank you again to everyone who volunteers at the Center!!







## **November 2019**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Januay	onday	. accuay	- Tourioudy	a.oudy	1	2
<u>Italicize</u>	11:00 - Lunch Bunch*	_				
Activitie	12:30 - Bridge*					
Activities marked with ( ) are off campus.					Garage Sale Set	
					Up	
3	4	5	6	7	8	9
6:30 - Cards*	<u>11:00 - Lunch</u> Bunch*	<u>11:00 - Lunch</u> <u>Bunch*</u>	(9:15 to 4:15 - Part D Compare - Coldwater	<u>11:00 - Lunch</u> Bunch*	<u>11:00 - Lunch</u> <u>Bunch*</u>	(9 to 11 - Part D
	12:30 - Chair Yoga*	12:30 - Bridge*	Library)	1:30 - Chair Yoga*	12:30 - Bridge*	Compare - Mendon
			<u>11:00 - Lunch Bunch*</u>	5:30 - Dinner*		Library)
			11:00 - WOCAP Community Service Block Grant (CSBG)	6:30 - Cards*		
			<u>Presentation</u>			
			(12:00 - Lunch - Shrine - Maria Stein*)			9:30 to
	Garage Sale Set		12:45 - Line Dancing	8:30 to 6:30	8:30 to 4:00	4:00 GARAGE
	Up	Garage Sale Set Up	Garage Sale Set Up	GARAGE SALE	GARAGE SALE	SALE
10	11	12	13	14	15	16
<u>6:30 - Cards*</u>	<u>11:00 - Lunch</u> Bunch*	<u>11:00 - Lunch</u> Bunch*	(9:15 to 4:15 - Part D Compare - St Henry Library)	9:30 - NO Sew Christmas	(10:00 Alzheimer's Support Group -	
	12:30 - Chair Yoga*	(12:00 - Lunch - Ft	10:00 Neighborhood Nurse	Ornaments*	Mercer Health -	
	12:00 Onan roga	Recovery Library*)	BP & Glucose Testing (Flu	11:00 - Lunch	Luken Room)	
		<u>12:30 - Bridge*</u>	shots - if available - call ahead to check)	Bunch* 1:00 - Board Mtg	11:00 - Lunch Bunch*	
		12:45 - Line Dancing	11:00 - Lunch Bunch*	1:30 - Chair Yoga*	12:30 - Cards*	
0.001.100		(1 to 6:30 - Part D Compare - Ft Recovery Library)	(12:00 - Lunch - Shrine - Maria Stein*)	5:30 - Dinner*		
9:30 to 4:00 GARAGE	8:30 to 4:00	GARAGE SALE	12:30 - Bingo*	6:30 - Cards*		
SALE	GARAGE SALE	CLEAN UP	1:00 -Toe Nail Trimming*			
17	18	19	20	21	22	23
6:30 - Cards*	9:30 - Label	11:00 - Lunch	11:00 - Lunch Bunch*	8:00 - All Day Quilt	11:00 - Lunch	
	Newsletter 11:00 - Lunch	Bunch* <u>12:30 - Bridge*</u>	(12:00 - Lunch - Shrine - Maria Stein*)	<u>Group</u> 11:00 - Lunch	Bunch* 12:30 - Cards*	
	Bunch*	12:45 - Line Dancing	12:30 - Bingo*	Bunch*	.2.00 00103	
	12:30 - Chair Yoga*		(1 to 6 - Part D Compare -	1:30 - Chair Yoga*		
	1:00 - Stamp Card Project*		Coldwater Library)	5:30 - Dinner*		
	3:00 - Sunshine			6:30 - Cards*		
	Singers Practice					
24	25	26	27	28	29	30
6:30 - Cards*	11:00 - Lunch Bunch*	11:00 - Lunch Bunch*	11:00 - Lunch Bunch*	HAPPY THANKSGIVING	HAPPY THANKSGIVING	
	11:30 - Lunch	(12:00 - Lunch - Ft	(12:00 - Lunch - Shrine - Maria Stein*)			
	Bunch CRAFT - Thanksgiving	Recovery Library*)	12:30 - Bingo*			
	decorations	12:30 - Bridge*				
	12:30 - Chair Yoga*	12:45 - Line Dancing (1 to 7 - Part D				
	3:00 - Sunshine Singers Practice	Compare - St Henry		OFFICES	OFFICES	
	2.119313 1 1401100	Library)		CLOSED	CLOSED	

## **November** 2019

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
Worlday	Tuesuay	Wednesday		1110	uisuuy	1 Huay
Note: Menu	items are subject to	change.				Beef Manhattan Mashed potatoes Parsley Garnish Iced Pumpkin Cookie
4	5	6	Lunch	7	Dinner 7	8
BBQ Shredded Pork/bun Creamy Cole Slaw Peaches	California Blend Soup Fried Bologna Sand Cookie	Pizza Pasta Casserole Whole Grain Bread Stick Tossed Salad Ice Cream	Hot Dog on Bun Baked Beans Pears		Garlic Bread	Chili Soup Grilled cheese Éclairs
11	12	13	Lunch 1	14	Dinner 14	15
Two Stuffed Shells Marinara Plain Bread Stick Broccoli Peaches	Cheeseburger on Bun Potato Triangles Pears	Bratwurst Mashed Potatoes Sauerkraut Wheat Bread Cranberry Velvet	Beef Stew Biscuit Grapes		Baked Beans Mashed Potatoes	Spaghetti & meatballs Tossed Salad Garlic Bread Tapioca Pudding
18	19	20	Lunch 2	21	Dinner 21	22
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		Cole Slaw	Tomato soup Saltine crackers Grilled cheese Fruit cocktail
25	26	27	Lunch 2	28	Dinner 28	29
Shredded beef on Bun Potato triangle Pears	Ham & Bean Soup Cottage cheese salad Cornbread Peaches	Sloppy Joe on bun Crispy Cubes Cookie	HAPPY THANKSGIVING OFFICES CLOSEI		HAPPY THANKSGIVING OFFICES CLOSED	HAPPY THANKSGIVING OFFICES CLOSED
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#### **Remote Sites**

## Fort Recovery **Public Library**

113 N Wayne Street Fort Recovery, OH 45846

#### Nov 12 - Tin Cupboard

Italian Grilled Chicken Breast Rice Green Beans Dessert

Shredded Turkey Manhattan

Refer to

calendar above

for menu items.

Every

Wednesday

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

**Nov 26 - IGA** 

Green Beans Pumpkin Pie

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.

#### November 7

ST. HENRY, OHIO

Pork Fritter Brown Gravy Capri Vegetable Blend AuGratin Potatoes Vanilla Pudding

#### November 14

Meatloaf **Mashed Potatoes** Sugar Snap Peas Brown Gravy **Brownie** 

#### November 21

**BBQ Pork Ribette** Scalloped Potatoes Green Beans Cherry Pie

#### November 28

Turkey Pot Roast **Cheesy Mashed Potatoes** Peas & Carrots Mandarin Oranges

Maria Stein Shrine 2291 Saint Johns Road

Maria Stein, OH 45860

Serving every Wednesday at noon \$3.00 donation

## **Mercer County Caregiver Group**

Presented by:

Alzheimer's Association

Northwest Ohio

3rd Friday of every month at 10 AM

Mercer Health Mercer County Community Hospital in the Luken Meeting Rm. (located on the first floor in the East Wing) 800 W. Main Street, Coldwater

Amy Buening 419-586-1644

Visit alz.org/nwohio to learn more about caregiver programs and resources. To further extend your network of support, visit ALZConnected®, our online community, at

Build a support system with people who understand.

Alzheimer's Association caregiver support groups, conducted by trained facilitators, are a safe place for caregivers, family and friends of persons with dementia to:

- · Develop a support system.
- Exchange practical information on caregiving challenges and possible solutions.
- Talk through issues and ways of coping.
- · Share feelings, needs and concerns.
- · Learn about community resources.

#### 800.272.3900 | alz.org\*



#### THANKSGIVING DAY

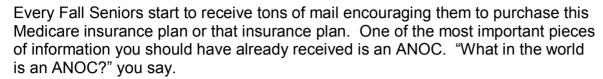
The words listed below can be found vertically, horizontally, diagonally, forward, and backward.

**AMERICA** MAI7F CORNBREAD **MAYFLOWER** CORNUCOPIA PIF **CRANBERRIES PILGRIM** DESSERT **PLYMOUTH FALL PUMPKIN FAMILY** SQUASH **GOBBLE STUFFING GRATTITUDE TURKEY HARVEST WISHBONE HOLIDAY** YAMS

PEVYQSJSDQAHCXM LTDOAYUATMIRBNI YUSULDENEUARIOR MRMNTRIRPNFKWSG UEYNECTEOMGU ADRAUHAUR HOPRYRWPRSXKEPG IPGCHG ISWQT CUXQ WNZEAIPOCUNROCR WISHBONEBQYSLAE UKSLEZIAMB LUGCLWWKXY FAMILYFEIZWIMID

## **Outreach Reachin' Out:**

### Don't be a **TURKEY** this fall!



"If you're in a Medicare plan, your plan will send you a **"Plan Annual Notice of Change" (ANOC)** each fall. The ANOC includes any changes in coverage, costs, or service area that will be effective in January."

This is an important piece of mail that you do NOT want to miss! We are already seeing clients come in with prescription drug plans where the **premium has jumped practically \$20-30 per month!** Not sure if you saw your ANOC or mistook it for junk mail, but we encourage you to make an appointment so we

can ensure you won't incur a new unwanted expense. Now is the time to make sure you don't have prescription co pays that will become hard to manage next year!

You have until **Saturday, December 7th** to make these changes, which means MCCoA staff will only be available until Friday, December 6th! After that time, you will be locked in to your current plan for 2020 and will not be able to change it until next fall, unless you meet low income standards.

So, come in and see the outreach staff - Gloria Miller or Amy Buening to make sure you won't be a turkey in 2020!

Plus.....we really like to see you!



# 2020 Prescription Drug Compare

	ate	Time	Library	Address	City
Wed	Nov 6	9:15 am to 4:15 pm	Coldwater Library	305 W Main St	Coldwater
Sat	Nov 9	9 am to 11 am	Mendon Library	105 W Market St	Mendon
Tue	Nov 12	1 pm to 6:30 pm	Fort Recovery Library	113 N Wayne St	Ft Recovery
Wed	Nov 13	9:15 am to 4:15 pm	St. Henry Library	200 E Main St	St Henry
Wed	Nov 20	1 pm to 6 pm	Coldwater Library	305 W Main St	Coldwater
Tue	Nov 26	1 pm to 7 pm	St. Henry Library	200 E Main St	St Henry



217 Riley Street, Celina, Ohio 45822

Return Service Requested

#### November 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.mccoa.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.