



October 2019

MERCER COUNTY COUNCIL ON AGING

www.mccoa.net

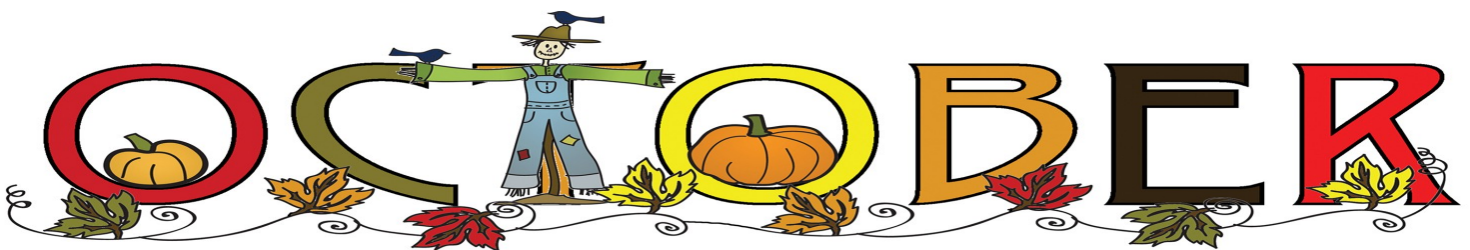


419-586-1644

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:

Last October, I shared with you my love for the month because of my obsession with all things pumpkin spice. That has not changed (she says as she pops a Werther's pumpkin spice caramel into her mouth). I actually have another reason to love the month of October. It is the month that four years ago on the 24th, Mr. Green and I tied the knot. Our proposal story is not a lavish nor a romantic one. We decided during some not so formal conversations that after 15 years of dating, it was probably time to get married and live in the same city. We did some ring shopping and I expressed an interest in three different ring styles. I told Mr. Green that he should pick one and surprise me. Did he get down on one knee? No. Did he hire someone to sky write "Will You Marry Me?" while he placed the ring on my finger? No. Did he hire a Mariachi Band to play love songs while he professed his undying love? Unfortunately, no. One evening, shortly after my move to Celina, as I was unpacking some stuff, I felt a tap on my shoulder. I turned around and there was Mr. Green with a box in his hand. He simply said, "I think this belongs to you." Our wedding was similarly simple. We got married in a hotel in Cleveland in front of 22 people who love and support us. There were no attendants, no special music, and only two vases of flowers to decorate the "alter". I think the ceremony itself lasted less than 10 minutes. We spent the next three hours eating, talking, and dancing (no DJ, just an iPod playing music). Yet, we still get compliments from our friends and family telling us it was one of the best weddings they ever attended. To the untrained eye it might look like Mr. Green and I co-exist and that's about it. That couldn't be further from the truth. Our relationship may not be full of bells and whistles and birds circling overhead singing Disney love songs, but that's okay. He still gets a twinkle in his eye when he comes home from work and sees me. I get butterflies in my stomach just thinking about how happy I am to be married to such a wonderful man. The point I'm trying to make here is just because it is shiny, loud, and over-the-top doesn't necessarily mean it is better. Sometimes modest is best. I want you to keep this in mind as we head into Open Enrollment. We are finding that several of you are receiving calls about switching to an Advantage Plan and may do so without really knowing what you are getting. The calls are slick. The plans sound unbelievably good and before you know it, you have signed up for something that may or may not be honored here locally. You don't have 15 years to make your decision, but you will have several weeks to do some homework before you commit. Get as much information as you can and then make an appointment with either Amy Buening or Gloria Miller to determine if the plan is right for you. We will also help review your Part D plans. You might be due for some savings or your plan may continue to be right for you, but you won't know unless you exam your options. We are here to help.



Sharon M. Green

GARAGE SALE

Daily Donations	October 21 to 25	8:30 to 4
Saturday Donations	October 19 & 26	9 to 1
Set Up	Oct 29 to Nov 6	
Clean Up	Nov 12	

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	Nov 7	8:30	6:30
Friday	Nov 8	8:30	4:00
Saturday	Nov 9	9:30	4:00
Sunday	Nov 10	9:30	4:00
\$3.00/Bag - Clothing only. Other Items 1/2 price.			
Monday	Nov 11	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:

Tuesday, October 1, 10:00 am to 2:30 pm - WCSM Senior Fair will be at Romer's Catering, 1100 S Main Street, Celina. Let us know if you need a ride.

Wednesday, October 2, 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, October 2, 11:00 am - "WOCAP" will be here leading a discussion on the winter crisis program.

Wednesday, October 2, 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.

Tuesday, October 8, 9:30 am to 6:00 pm - FLU Shot Drive Thru at the Mercer County Fairgrounds. More information on page 7.

Thursday, October 17, 1 pm to 7:00 pm - Medicare Part D Open Enrollment at Rockford Library. 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, October 18, 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 or Deliha Kremer 419-586-6645

Saturday, October 19, 9 am to 11 am - Medicare Part D Open Enrollment at Marion Township Library. 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, October 22, 3 pm - Medicare 101 at the MCCoA in the main building. *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.

Tuesday, October 22, 4:30 pm to 8:30 pm - Medicare Part D Open Enrollment at MCCoA. 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.



Garage Sale set up will begin on Tuesday, October 29. As always many hands make the job easier for all! Please join us if you have a couple of free hours, or spend the day. If you have never helped out before stop in and check things out. Tash or Dawn will be glad to show you around! We serve lunch at noon for free to all of our wonderful volunteers!!!

Garage sale begins Thursday, November 7 and runs through Monday, November 11. Stop in and shop in all four of our buildings. There is something for everyone at our sale! We are also always looking for help with check out stations in each of the buildings. Other volunteers tell me they really enjoy talking to all the people shopping!!!

MARK YOUR CALENDAR!!

October 29 to November 6 - Set up for garage sale
November 6 - Linda Pollitz - Alzheimer's - One on One
November 6 - WOCAP - Community Service Block Grant
November 6 - Part D Compare - Coldwater Library
November 7 to Nov 11 - Garage Sale
November 9 - Part D Compare - Mendon Library
November 12 - Part D Compare - Ft Recovery Library
November 13 - Neighborhood Nurse
November 13 - Part D Compare - St Henry Library
November 14 - Craft - No Sew Christmas Ornament
November 18 - Label Newsletter
November 18 - Craft - Stamped Greeting Card
November 20 - Part D Compare - Coldwater Library
November 21 - All Day Quilt Group
November 26 - Part D Compare - St Henry Library
November 28 & 29 - Offices closed for Thanksgiving
Check next month's newsletter for more information.



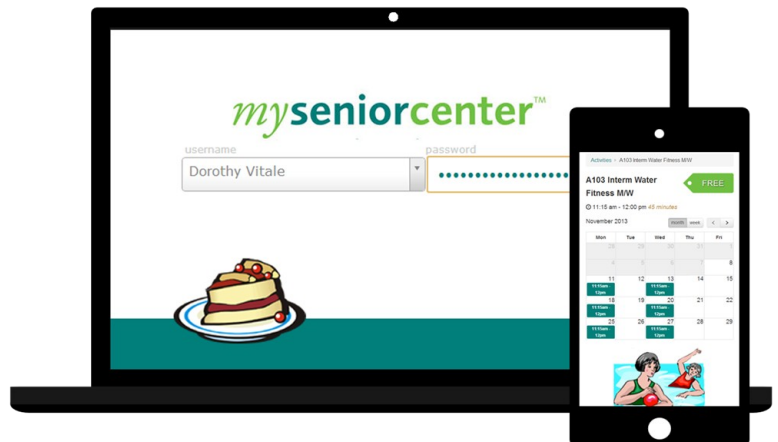
Volunteer Appreciation Dinner

Don't forget... our Volunteer appreciation dinner is Monday, October 7 at 4:30 pm. Tickets are free and available until Monday, September 30.

**Our offices will be closed
Monday, October 14
in honor of Columbus Day!**

Spotlight on My Senior Center!!!

MySeniorCenter, our new computer system, has been up and running for about five months now. Most of you have done a good job of signing up for your fob and signing in when you come to the Center to volunteer, eat lunch/dinner and participate in activities. This helps us track trends, see what is popular and what we need to offer more of and what holes might need to be filled. In addition, the new software has an office component, which enables the staff to work more efficiently. Our goal is to have everyone signed up and using the system by the first of the New Year. We need your help to get there. If you have not already done so, please sign up to get your fob. Mary Schoenleben at the front desk is a pro at getting you into the system. If you have a fob and haven't had your picture taken yet, please come see Mary. The picture does not show up when you sign into the system; however, it does help staff put names to faces. If you have a fob and are visiting the Center, please use it. If you forget your fob, you can still sign in using your phone number. Between now and the end of December, we are providing incentives for you to be a faithful user of MySeniorCenter. We will be hosting bi-weekly drawings. Each time you sign into MySeniorCenter, you will be entered in to win. We will be giving away gift cards from local merchants paired with MCCoA bucks, which allow you to participate in activities at a reduced rate or free of charge.





Art Class - Ohio Snowmen 2 - Monday, October 21 at noon. We have had such an overwhelming response to this class that we are offering it again in October. The cost is only \$10.00 with all supplies provided. Call 419-586-1644 today to reserve your spot.

Craft Class - Thursday, October 3 at 1 pm. Join Tash and Dawn and create this adorable cork pumpkin. The cost of the class is only \$3.00. Call and register today 419-586-1644.



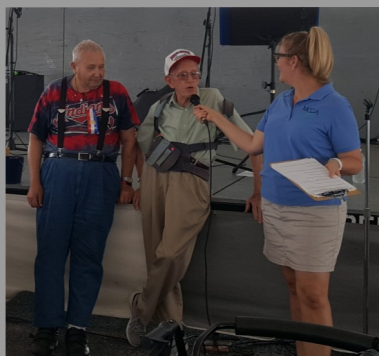
(picture on the cover)

Craft Class - Tuesday, October 15 at 9:30 am join Tash and Dawn for a fun craft morning! We will be making picture window decorations. All supplies will be provided. Cost is only \$3.00 so call and register today. Stop by the display wall beside the kitchen and see samples of our upcoming craft projects!



The Emergency Preparedness class was a huge success!! Much information was shared and awesome backpacks filled with emergency supplies were given to attendees.

Senior Day at the 2019 Fair





MERCER COUNTY

HEALTH DISTRICT

Get your Flu Shot! Ask about High Dose if you are 65 and over.

The Center for Disease Control recommends everyone 6 months and older receive a flu vaccine yearly. When more people get vaccinated against the flu, less flu can spread through the community. **Community Immunity is the goal.**

Unfortunately, the immune system becomes weaker with age, which places senior citizens at greater risk of severe illness from influenza. A higher dose of antigen in the vaccine **Fluzone High Dose**, has been documented to give older people a better immune response against the flu. The Mercer County Health Department has given the High Dose Influenza vaccine since 2011, to people 65 and older.

The goal is everyone who can be vaccinated against influenza get vaccinated. Especially important is vaccinating young children, older adults and anyone with chronic illnesses and also their family and caregivers that may spread the infection to them.

SAVE THE DATE FLU SHOT DRIVE-THRU



TUESDAY, OCTOBER 8, 2019

9:30AM-6:00PM

AT THE MERCER COUNTY

FAIRGROUNDS

419-586-3251 EXT. 1270

Paperwork found on our website www.mchdohio.org

Bring all insurance cards

220 W Livingston St - B 152, Celina, Ohio 45822

Phone: 419-586-3251- Fax: 419-586-3910 - E-mail: healthdistrict@mchdohio.org

Website: www.mchdohio.org An Equal Opportunity Employer

October 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
<p><i>Italicized and underlined</i> activities are held in the Annex.</p> <p>Activities marked with an * have a fee.</p> <p>Activities marked with () are off campus.</p>		(10:00 to 2:30 - WSCM Senior Fair at Romer's) 11:00 - Lunch Bunch* <u>12:30 - Bridge*</u> 12:45 - Line Dancing	9:30 - 10 Warning Signs Alzheimer's & Dementia 11:00 - WOCAP Winter Crisis Presentation 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>	11:00 - Lunch Bunch* <u>1:00 - Craft Class - Cork Pumpkins*</u> 1:30 - Chair Yoga* 5:30 - Dinner* <u>6:30 - Cards*</u>	11:00 - Lunch Bunch* <u>12:30 - Cards*</u>	
		6	7	8	9	10
<u>6:30 - Cards*</u>	11:00 - Lunch Bunch* 4:30 - VOLUNTEER APPRECIATION DINNER <u>6:30 - Chair Yoga*</u>	(9:30 to 6:00 - FLU Shot Drive-Thru at the Mercer County Fairground) 11:00 - Lunch Bunch* (12:00 - Lunch - Ft Recovery Library*) <u>12:30 - Bridge*</u> 12:45 - Line Dancing	11:00 - Lunch Bunch* (12:00 - Lunch - Shrine - Maria Stein*) <u>12:30 - Bingo*</u> <u>1:00 - Toe Nail Trimming*</u>	11:00 - Lunch Bunch* <u>1:00 - Board Mtg</u> 1:30 - Chair Yoga* 5:30 - Dinner* <u>6:30 - Cards*</u>	11:00 - Lunch Bunch* <u>12:30 - Cards*</u>	12
13	14	15	16	17	18	19
<u>6:30 - Cards*</u>	STAFF TRAINING OFFICES CLOSED	<u>9:30 - Craft Class - Picture Window Decorating*</u> 11:00 - Lunch Bunch* <u>12:30 - Bridge*</u> 12:45 - Line Dancing	10:00 Neighborhood Nurse - FLU Shots (If they are available.) 11:00 - Lunch Bunch* (12:00 - Lunch - Shrine - Maria Stein*) <u>12:30 - Bingo*</u>	<u>8:00 - All Day Quilt Group</u> 11:00 - Lunch Bunch* (1:00 to 7:00 - Part D Compare - Rockford Library) 1:30 - Chair Yoga* 5:30 - Dinner* 6:30 - Cards*	10:00 Alzheimer's Support Group - Mercer Health - Luken Room 11:00 - Lunch Bunch* <u>12:30 - Cards*</u>	(9:00 to 11:00 - Part D Compare - Marion Twp Library) <u>9:00 to 1:00 - Garage Sale Donations Accepted</u>
20	21	22	23	24	25	26
<u>6:30 - Cards*</u>	9:30 - Label Newsletter 11:00 - Lunch Bunch* 12:00 - Art Class - Painting Ohio Snowmen 2* <u>3:00 - Sunshine Singers Practice</u> <u>8:30 to 4:00 - Garage Sale Donations Accepted</u>	11:00 - Lunch Bunch* (12:00 - Lunch - Ft Recovery Library*) <u>12:30 - Bridge*</u> <u>12:45 - Line Dancing</u> 3:00 - Medicare 101 - Dave Painter 4:30 to 8:30 - Part D Compare - MCCOA AFTER HOURS <u>8:30 to 4:00 - Garage Sale Donations Accepted</u>	11:00 - Lunch Bunch* (12:00 - Lunch - Shrine - Maria Stein*) <u>12:30 - Bingo*</u> <u>8:30 to 4:00 - Garage Sale Donations Accepted</u>	11:00 - Lunch Bunch* <u>12:30 - Texas Hold Em*</u> 1:30 - Chair Yoga* 5:30 - Dinner* <u>6:30 - Cards*</u> <u>8:30 to 4:00 - Garage Sale Donations Accepted</u>	11:00 - Lunch Bunch* <u>12:30 - Cards*</u> <u>8:30 to 4:00 - Garage Sale Donations Accepted</u>	<u>9:00 to 1:00 - Garage Sale Donations Accepted</u>
27	28	29	30	31		
<u>6:30 - Cards*</u>	<u>11:00 - Lunch Bunch*</u> <u>6:30 - Chair Yoga*</u>	<u>11:00 - Lunch Bunch*</u> <u>12:30 - Bridge*</u> Garage Sale Set Up	<u>11:00 - Lunch Bunch*</u> (12:00 - Lunch - Shrine - Maria Stein*) <u>12:45 - Line Dancing</u> Garage Sale Set Up	<u>11:00 - Lunch Bunch*</u> <u>1:30 - Chair Yoga*</u> <u>5:30 - Dinner*</u> <u>6:30 - Cards*</u> Garage Sale Set Up		

October 2019

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	
	1 Cream of Tomato Soup Grilled Cheese Fruit Trio	2 BBQ Shred Pork/Bun Cheese Puff Cole Slaw Ice Cream	Lunch 3 Minestrone Soup Sloppy Joe/Bun Fruit	Dinner 3 Hamburger Loaded Mashed Potatoes Peas & Carrots Sweet Treat	4 BBQ Chicken Wings Loaded Potatoes Roll Fruit Cocktail
7 Breaded chicken tenders / Roll Green Beans Ranch dressing Mandarin oranges	8 Stuffed pepper soup Saltine crackers Hot turkey/Swiss slider Brownie	9 Creamy potato soup Saltine crackers Fried bologna sandwich Chilled peaches	Lunch 10 Beef Marzetti Green Beans Garlic bread PB cookie	Dinner 10 Chicken Alfredo Garlic Bread Salad/Dressing Sweet Treat	11 Tomato soup Saltine crackers Grilled cheese Fruit cocktail
14 Shredded beef on Bun Potato triangle Pears	15 Ham & Bean Soup Cottage cheese salad Cornbread Peaches	16 Sloppy Joe on bun Crispy Cubes Cookie	Lunch 17 Rueben Sandwich Spudsters Chilled fruit cocktail	Dinner 17 Sausage/Sauerkraut Mashed Potatoes/ White Gravy Green Beans/ Roll Sweet Treat	18 Cheeseburger on Bun BBQ Chips Creamy cole slaw Rainbow Sherbet
21 Cheesy Cavatappi Stewed Tomatoes Dinner Roll Ice Cream	22 Vegetable Soup Saltines Hot Ham & Swiss on Bun Peaches	23 6 oz SOS (chipped beef) Biscuit Green Beans Molasses Cookie	Lunch 24 Taco Salad Tortilla strips Refried Beans Salsa/Sour Cream Cream Puffs	Dinner 24 Spaghetti/Meat Sauce Garlic Bread Cole Slaw Sweet Treat	25 Tuna Casserole 5 way veggies Roll Pears
28 Butternut Squash Soup / crackers Roasted Turkey Sandwich Mandarin Oranges	29 Cabbage Roll Mashed potatoes Tomato sauce Scotcheroo	30 Pork Fritter Sandwich Tator Tots Pineapple	Lunch 31 Chicken Bacon Ranch Pizza Tossed Salad Dressing choice Pineapple	Dinner 31 Pepperoni Pizza Salad/Dressing Halloween Treat	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

October 8 - IGA

Mexican Casserole
BLT Pasta Salad
Garlic Toast
Dessert

October 22 - IGA

Fried Chicken
Cole Slaw
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

October 3

Pizza Casserole
Toss Salad
Buttered Breadstick
Fruit Cocktail

October 10

Braised Beef Tips
Egg Noodles
California Vegetable Blend
Southern Style Biscuit
Choice of Cookie

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.

October 17

Breaded Fish
Capri Vegetable Blend
Red Bliss Potatoes
Apple Pie

October 24

Roast Beef
Scalloped Potatoes
Carrots
Tropical Fruit Salad

October 31

Citrus- Glazed Turkey Breast
Baked Potato
Prince Charles Veggie Blend
Chocolate Cream Pie

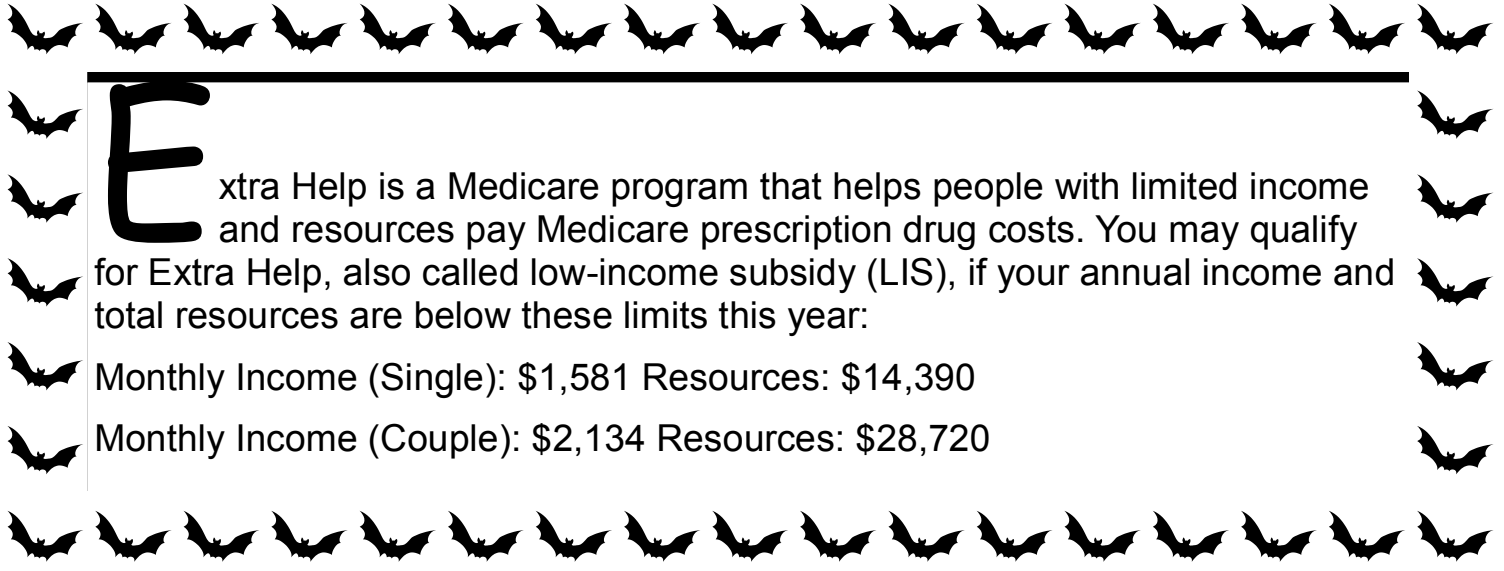
Final MEDICARE 101 CLASS for 2019

Medicare 101
An overview of Medicare benefits and options.

Discover the basics of Medicare and health insurance options at retirement. Ohio Department of Insurance – Ohio Senior Health Insurance Information Program Speaker (Dave Painter) will be at the Mercer County Council on Aging for presentation. Everyone is invited to take advantage of Dave's presentation.



DATE - TIME	LOCATION	Address	City	INSTRUCTOR
Tue, October 22 3 PM	MCCoA (Main Building)	217 Riley Street	Celina	Dave Painter-ODI



Extra Help is a Medicare program that helps people with limited income and resources pay Medicare prescription drug costs. You may qualify for Extra Help, also called low-income subsidy (LIS), if your annual income and total resources are below these limits this year:

Monthly Income (Single): \$1,581 Resources: \$14,390

Monthly Income (Couple): \$2,134 Resources: \$28,720



Chili Cook-off

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

BROTH
CAYENNE
CHEESE
CHIPS
CRACKERS
CUMIN
GARLIC
GROUND BEEF
JALAPENO

KIDNEY BEANS
ONION
OREGANO
PAPRIKA
PEPPERS
SALT
SAUSAGE
STEAK
TOMATOES

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

Outreach Reachin' Out:

Don't let.....

Prescription Drug Cost

...scare you away in 2020!



Just a reminder that **October 15th through December 7th** is the time to review your prescription drug plan for the upcoming year! This is the best time to get ahead of your cost before they catch up with you next year! We can help you see if you qualify for a program called Extra Help, 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!

We recommend that ALL Medicare beneficiaries do this annually!



2020 Prescription Drug Compare

Date	Time	Library	Address	City
Thu Oct 17	1 pm to 7 pm	Rockford Library	162 S Main St	Rockford
Sat Oct 19	9 am to 11 am	Marion Township Library	5 E Franklin St	Chickasaw
Tue Oct 22	3 pm to 4:30 pm	Ohio Department of Insurance – Ohio Senior Health Insurance Information Program Speaker (Dave Painter) will be at the Mercer County Council on Aging for presentation. Everyone is invited to take advantage of Dave's presentation.	217 Riley St	Celina
Tue Oct 22	4:30 pm to 8:30 pm	MCCOA AFTER HOURS	217 Riley St	Celina
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

Return Service Requested

Place label here
October 2019

October 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.