



September 2019

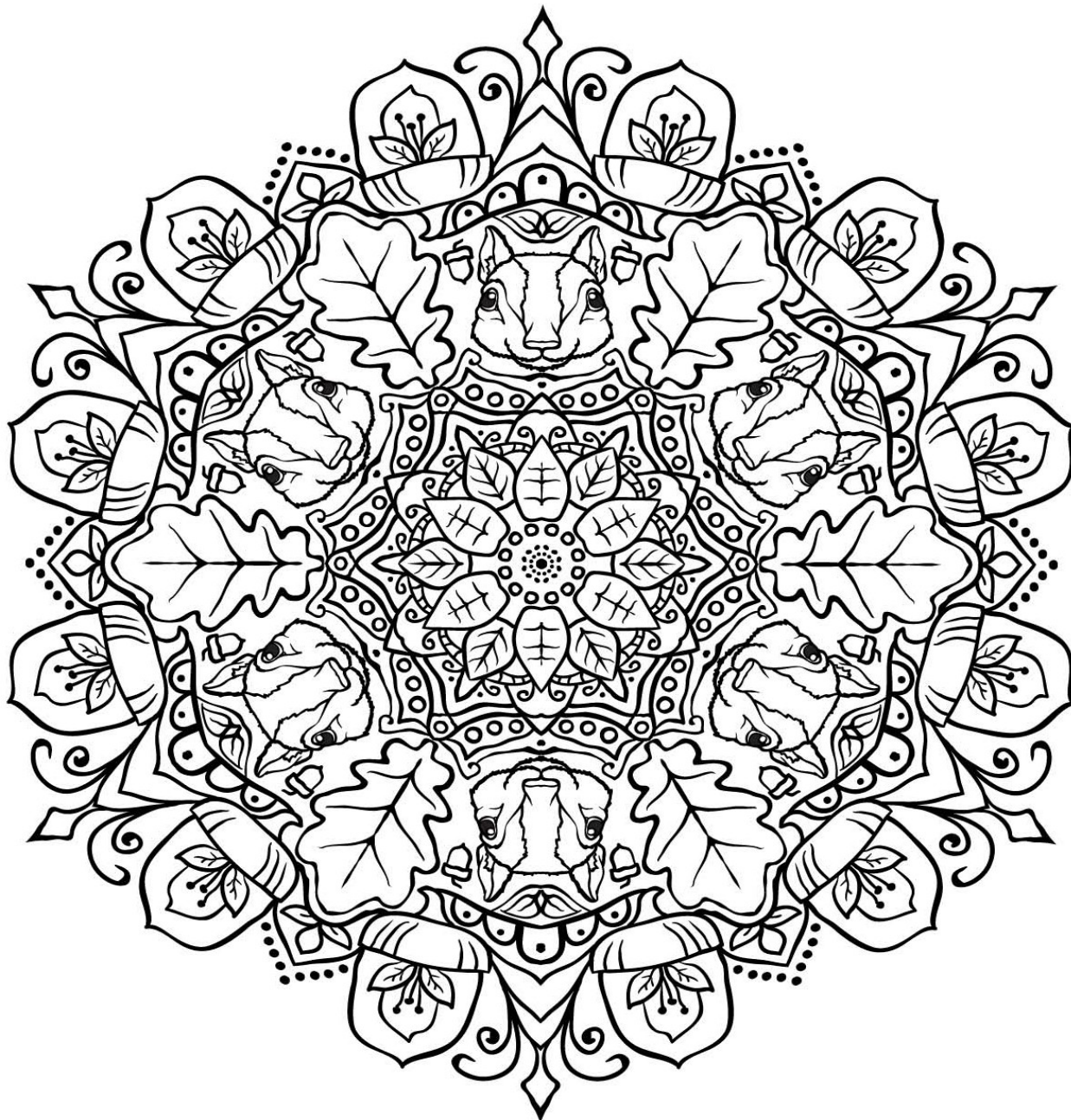
MERCER COUNTY COUNCIL ON AGING

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:

I always think of September as a transition month. Summer is technically over. Kids are back in school. Nobody talks about where they are going on vacation. Shorter days are on the horizon. It's as if we are putting our foot on the break before we crash head long into winter. As bleak as I have painted September, it really is a remarkable month. There are at least 20 songs and over 30 movies with September in the title. It is the ninth month and the only month with the same number of letters in its name. We celebrate Labor Day and Grandparents Day. Football season is in full swing, and for the first time in many, many seasons, Browns' fans will actually have a season to look forward to (yours truly included). At MCCoA, we are not putting on the breaks. In fact, we are moving full tilt toward the winter months to keep you engaged. We will be hosting the second annual Back Lot Sale. This is a one-day sale where we open up the four and six bays to sell glassware, furniture, puzzles, games, books and a variety of other treasures to make room for donations that will continue to come in for the November sale. We are offering several art and craft classes that will get you in the mood for fall including no sew pinecones, a fall wreath and an Ohio State snowman. More details on each of these activities can be found on page 5. WOCAP will be speaking on fair housing and I encourage you to sign up early for the Volunteer Appreciation dinner, which isn't until the first week of October. September at the Senior Center is full of the creature comforts you enjoyed during the summer months, including bingo, cards, line dancing and chair yoga. I want to start to think of September as the easy chair of fall. We start to settle in, relax and wait for the cold embrace of winter. I also want to say, "Go Browns!"



Sharon M. Green



One Day Garage Sale at the Senior Center

217 Riley Street, Celina, OH
Thursday, September 12, 2019

BACK LOT ONLY

8:30 to 6:30



**All proceeds benefit the Mercer
County Council on Aging**

The one day sale will include the 6 bay garage and the 4 bay garage in our back parking lot. Items included in the sale: furniture, household items, pots and pans, decorations, books, CD's, DVD's, VCR tapes, limited glassware, toys and more! (There will NOT be any clothing.)

HELP!!!! We need help setting up for the back lot garage sale. We will start on the 4 bay garage starting Friday, September 6 and will set up the 6 bay garage on Monday, September 9 beginning at 9:00 am.

**Our offices will be closed
Monday, September 2
for Labor Day**

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, September 4, 11 am - "WOCAP" will be here leading a discussion on Fair Housing for seniors. They would love your feedback on any issues or concerns you are having.

Wednesday, September 4, 1 pm to 3 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.

Monday, September 9, 12:30 pm - Class 4 - Wills & Estates. You have options! Learn how to transfer your property when you die. This class includes Last Will & Testament and other methods. This is the final class in a 4 part series presented by Legal Aid of Western Ohio, **Plan Ahead & Protect Yourself Legal Series for Seniors**. This series is 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**. After you have registered with us, the Legal Aid office will call you to set appointments to write up your legal documents. This is all **FREE!** Space is limited so please call to register.

Thursday, September 12, 2 pm - Medicare 101 at the Coldwater Hospital (Luken & Sanderell Meeting Rooms). *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, September 20, 10 am - **Alzheimer's Association caregiver support group**. A group conducted by trained facilitators, 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

Tuesday, September 24, 12 pm - **Wellness Initiative for Senior Education (WISE)** - Information can be found on page 7.

Tuesday, September 24, 6 pm - Medicare 101 at the Marion Township Library. Learn 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.



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

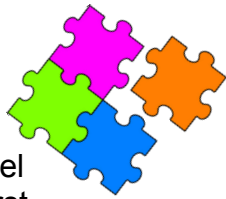
Bring all insurance cards

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

MARK YOUR CALENDAR!!

- October 2 - Linda Pollitz - 10 Warning Signs of Alzheimer's & Dementia
 - October 2 - Linda Pollitz - Alzheimer's - One on One
 - October 3 - Craft - Cork Pumpkins
 - October 7 - Volunteer Appreciation Party
 - October 14 - Office Closed - STAFF TRAINING
 - October 15 - Craft - Picture Window Painting
 - October 15 - Part D Compare - Rockford Library
 - October 17 - All Day Quilt Group
 - October 19 to 26 - Garage Sale Donations Daily
 - October 19 - Part D Compare - Marion Library
 - October 21 - Label Newsletter
 - October 22 - Medicare 101 - Dave Painter
 - October 22 - Part D Compare - MCCoA
 - October 24 - Texas Hold 'Em
 - October 29 - Set up for garage sale
- Check next month's newsletter for more information.

2019 Annual Puzzle Tournament



1st place winner- Marilyn Wendel
2nd place winner- Larry Kuhlhorst



Way to go!!!

Spotlight on our Meal Technician!!!



Please join us in welcoming Eileen Wilker as our New Meal Tech!! Eileen has been serving as a homemaker since May 2018. She has 4 children and 6 grandchildren who live in four different states!! She shares her home with two wonderful cats. When she is not in her flower gardens you might find her practicing her guitar. That is a big check mark off her 'bucket list.' She believes you are never too old to learn. Although helping our seniors with their housekeeping duties has been a great joy, she has agreed to a change in position that will allow her to help with our meal program and many of our activities. When asked what she would like to share she stated, "I moved to town in March from a lifetime in the country. You can take the girl out of the country, but you can't take the country out of the girl." She went on to say, "I love working at the Council on Aging and invite everyone to come in and eat with us. I love serving people!!" When you meet her you will surely agree. Please take a moment and say "WELCOME Eileen"!!!

We are not sure if you are aware that the Mercer County Council on Aging serves meals Monday through Friday in the main building at 11 am. Meals are also served at the Maria Stein Shrine of the Holy Relics at noon every Wednesday and on the second and fourth Tuesday each month at the Fort Recovery Public Library at noon. Also, an evening meal is served Thursdays at 5:30 in the main building at the Center. Lunch meals require a \$3 donation and the evening meal requires a \$5 donation. Please see the current menu on page 9. Please Note: **Reservations are required for all meals no later than NOON the day before. Thank you for understanding.**





Art Class - Monday, September 16 join Anna Fisher for art class at noon. The cost is only \$10 with all supplies provided. Learn how to paint OHIO snowmen!!! This is going to be so much fun!!



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
Deliha Kremer 419-586-6645

Visit alz.org/nw ohio 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®

Craft Class - Tuesday, September 24 at noon. Join Toni Shema as she teaches us to make **NO Sew Pine Cones**. All craft supplies will be provided, but if you have an iron, please bring it with you. Class cost is only \$6.00. Class size is limited, so call and register today.



Craft Class - Tuesday, September 17 at 9:30 join Tash and Dawn for a fun craft morning! Learn how to make a fall leaf door decoration and a wreath made from toilet paper rolls. 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!



What's been happening!!????!!





Celebrating healthy aging and educating older adults

Are you 60 or older and looking for an opportunity to learn how to stay healthy and meet new people? Join us, and bring a friend!

The educational program offers six lessons that cover a wide range of topics. Join us for this fun program, where you'll meet new people and:

- Learn about the aging process and how to make healthy lifestyle choices
- Celebrate this exciting stage of life and all the benefits that come with it
- Discuss risk factors and behaviors you should avoid to stay healthy
- Examine how alcohol, prescription medications and over-the-counter medications affect seniors differently and how you can avoid problems
- Learn how to use simple tools to help you feel more empowered about your health and the healthcare you receive

**Tuesdays, September 24 through October 29
12:00 pm to 2:00 pm**

The Partnership for Violence Free Families
www.pvff.org



Supported By:



Wellness Initiative for Senior Education (WISE)

We are partnering with the Auglaize County Council on Aging to be able to offer WISE. WISE is being held at the Auglaize County Council on Aging, 610 Indiana Ave, St. Marys every Tuesday at 12:00 pm to 2:00 pm beginning Tuesday, September 24. WISE is a six week program that provides older adults with information and resources needed to maintain a healthy lifestyle and become empowered in regard to both their health and the health care they receive. Each person that attends all six classes will receive a gift card for participation!!! Class is free but registration is required. Transportation will be available for anyone that cannot drive to the St. Marys location, just make sure to let us know when you call to sign up! Call 419-586-1644 today.



Annual Volunteer Appreciation

Have you been one of our many wonderful volunteers this year? If so, mark your calendar for our annual volunteer appreciation dinner. It will be begin on Monday, October 7 at 4:30 pm. Dinner will be served at 5:15 pm. This year we will be catering a meal from Friendly Market on Logan Street that will include minute steak, mashed potatoes, brown gravy, corn, dinner roll and dessert.

The theme this year will be the Wizard of Oz. Join Dorothy, the scarecrow, the tin man and the lion for a wonderful meal and see how all of our volunteers fit right in. You have the biggest hearts, unlimited courage, you dive in whenever and wherever we need you, and you have the brains to help us put together really great programs!!! It will be a great time to get to know some of the other volunteers and play some fun games too!

Please give us this opportunity to show our appreciation and say Thank You for all you have done to help us!!! We know we could not do what we do without ALL of our VOLUNTEERS. Tickets are free but required so we know how much food to order! Tickets will be available Monday, September 16 through Monday September 30.



September 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 6:30 - Cards*	2 LABOR DAY OFFICES CLOSED 	3 11:00 - Lunch Bunch* <u>12:30 - Bridge*</u> 12:45 - Line Dancing	4 11:00 - WOCAP Fair Housing Presentation 11:00 - Lunch Bunch* (12:00 - Lunch - Shrine - Maria Stein*) 12:30 - Bingo* <u>1:00 - Chat with Linda Pollitz - Alzheimer's</u>	5 11:00 - Lunch Bunch* 1:30 - Chair Yoga* 5:30 - Dinner* 6:30 - Cards*	6 11:00 - Lunch Bunch* 12:30 - Cards*	7
8 6:30 - Cards*	9 11:00 - Lunch Bunch* 12:30 - Plan Ahead & Protect Yourself - Part 4 3:00 - Sunshine Singers Practice 6:30 pm - Chair Yoga* Garage Sale Set Up	10 11:00 - Lunch Bunch* (12:00 - Lunch - Ft Recovery Library*) <u>12:30 - Bridge*</u> 12:45 - Line Dancing Garage Sale Set Up	11 11:00 - Lunch Bunch* (12:00 - Lunch - Shrine - Maria Stein*) 12:30 - Bingo* <u>1:00 -Toe Nail Trimming*</u> Garage Sale Set Up	12 11:00 - Lunch Bunch* <u>1:00 - Board Mtg</u> 1:30 - Chair Yoga* (2:00 - Medicare 101 Coldwater Hospital - Dave Painter) 5:30 - Dinner* 6:30 - Cards* 8:30 to 6:30 BACK LOT SALE	13 11:00 - Lunch Bunch* 12:30 - Cards*	14
15 6:30 - Cards*	16 TICKETS AVAILABLE FOR VOLUNTEER APPRECIATION PARTY 9:30 - Label Newsletter 11:00 - Lunch Bunch* 12:00 - Art Class - Painting OHIO snowmen* 3:00 - Sunshine Singers Practice	17 9:30 - Craft Class - Fall Colors Wreaths & Leaves* 11:00 - Lunch Bunch* <u>12:30 - Bridge*</u> 12:45 - Line Dancing	18 10:00 Neighborhood Nurse BP & Glucose Testing 11:00 - Lunch Bunch* (12:00 - Lunch - Shrine - Maria Stein*) 12:30 - Bingo*	19 <u>8:00 - All Day Quilt Group</u> 11:00 - Lunch Bunch* 5:30 - Dinner* 6:30 - Cards*	20 (10:00 Alzheimer's Support Group - Mercer Health - Luken Room 11:00 - Lunch Bunch*) 12:30 - Cards*	21
22 6:30 - Cards*	23 11:00 - Lunch Bunch* 3:00 - Sunshine Singers Practice 6:30 pm - Chair Yoga*	24 11:00 - Lunch Bunch* 12:00 - NO Sew Pine Cones* 12:00 - WISE - St. Marys Council on Aging 12:00 - Lunch - Ft Recovery Library* <u>12:30 - Bridge*</u> 12:45 - Line Dancing (6:00 - Medicare 101 Marion Twp Library)	25 11:00 - Lunch Bunch* (12:00 - Lunch - Shrine - Maria Stein*) 12:30 - Bingo*	26 11:00 - Lunch Bunch* <u>12:30 - Texas Hold 'Em*</u> 1:30 - Chair Yoga* 5:30 - Dinner* 6:30 - Cards*	27 11:00 - Lunch Bunch* 12:30 - Cards*	28
29 6:30 - Cards*	30 LAST DAY TICKETS AVAILABLE FOR VOLUNTEER APPRECIATION PARTY 11:00 - Lunch Bunch 3:00 - Sunshine Singers Practice 6:30 pm - Chair Yoga*	<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>				

Lunch is served at 11 am
 \$3.00 donation
 Thursday Dinner - served at 5:30 pm
 \$5.00 donation

September 2019

Reservations are required
 by NOON one work day
 prior to the meal.
 Call 419-586-1644

Senior Citizens Center, 217 Riley, Celina

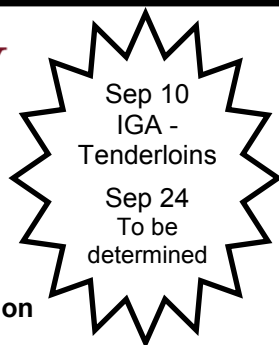
Monday	Tuesday	Wednesday	Thursday	Friday	
2 LABOR DAY OFFICES CLOSED	3 Chicken Tenders Potato Triangles Pudding Parfait	4 Ham Salad/Croissant Pasta Salad Mandarin Oranges	Lunch 5 Fried Bologna Sandwich Potato Cubes Pears	Dinner 5 Beef 'n Noodles Mashed Potatoes Green Beans Sweet Treat	6 Fish Sandwich Cole Slaw Fruited Gelatin
9 Philly Steak Sandwich Potato Wedges Fruit	10 Broccoli Cheese Soup Tuna Salad Sandwich Apricots	11 Beef Enchilada Casserole Corn Chips Ice Cream	Lunch 12 Shredded Beef/Bun Potato Salad Chilled Fruit	Dinner 12 Hamburgers Potato Wedges Baked Beans Sweet Treat	13 Spaghetti/Meatballs Salad/Dressing Garlic Bread Pears
16 Sloppy Joe/Bun Potato Cubes Brownie	17 Grilled Cuban Sandwich Cole Slaw Mandarin Orange Fluff	18 Hamburger/Bun Baked Beans Fruit	Lunch 19 Chicken Tender Salad Grapes	Dinner 19 Fried Chicken Loaded Mashed Potatoes Corn Dinner Roll Sweet Treat	20 Beef Manhattan Mashed Potatoes Fruit Cup
23 Fruited Chicken Salad Plate Crackers Mousse	24 Creamy Potato Soup Fried Bologna Sandwich Fruit	25 Homemade Pizza Salad/Dressing Peaches	Lunch 26 Meatball Sandwich Steak Fries Rice Crispy Bar	Dinner 26 BBQ Pulled Pork Cole Slaw Macaroni & Cheese Dinner Roll Sweet Treat	27 Fruit/Cottage Cheese Plate Muffin Cookie
30 Egg Salad Sandwich Pasta Salad Peaches					

Remote Sites

Fort Recovery Public Library

113 N Wayne Street
 Fort Recovery, OH 45846

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



Maria Stein Shrine of the Holy Relics

2291 Saint Johns Road
 Maria Stein, OH 45860

Serving every Wednesday at
 noon



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

September 5
 Beef Noodle Casserole
 Spinach Salad
 Chocolate Cream Pie

September 12
 BBQ Pork Ribette
 Scalloped Potatoes
 Green Beans
 Fruit Cocktail

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.

September 19
 Baked Ziti
 Scandinavian Vegetables
 Garlic Toast
 Vanilla Ice Cream

September 26
 Baked Glaze Ham
 Sweet Potatoes
 Broccoli
 Red Gelatin Cake

MEDICARE 101 CLASSES

Discover the basics of Medicare and health insurance options at retirement. The Mercer County Council on Aging will walk you through eligibility, possible penalties and what to anticipate. If you are already on Medicare, they can address additional questions, as well as potential cost savings options.

Find the class that best suits you!!

If you have questions, please call 419-586-1644.

To verify dates and times, visit our web page: www.mccoa.net

Medicare 101

An overview of Medicare benefits and options.



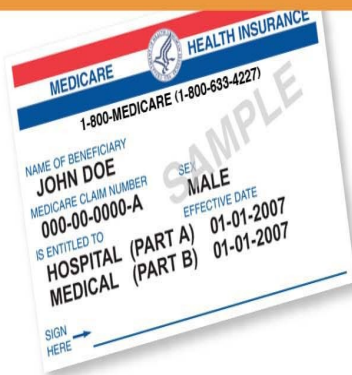
John R. Kasich
Governor

Allan Froment
Director

insurance.ohio.gov | 1-800-686-1578
Ohio Department of Insurance

DATE - TIME	LOCATION	Address	City	INSTRUCTOR
Thu, September 12 2 PM	Coldwater Hospital (Luken & Sanderell Meeting Rooms)	800 W Main St	Coldwater	Dave Painter-ODI
Tue, September 24 6 PM	Marion Township Library	5 E Franklin St	Chickasaw	MCCoA Outreach
Tue, October 22 3 PM	MCCoA (Main Building)	217 Riley St	Celina	Dave Painter-ODI

2019 2020 MEDICARE CONSUMER FACT FILE



**MEDICARE
ENROLLEES**

2017

59.0 MILLION

2018

60.7 MILLION

2020

64.3 MILLION

Know These Dates!

OCT. 15 - DEC. 7 - OPEN ENROLLMENT PERIOD for Medicare Advantage and Medicare Part D Prescription Drug coverage. All individuals with Medicare can change their Medicare health plan and prescription drug coverage for the next year.

JAN. 1 - FEB. 14 - MEDICARE ADVANTAGE DISENROLLMENT PERIOD. Those with MA plans (Part C) can leave the plan and switch to Original Medicare.

JAN. 1 - DEC. 31 - MEDICARE SUPPLEMENT (Medigap) plans can be purchased year-round but may require answering health questions to determine eligibility.

Source: American Association for Medicare Supplement Insurance

Outreach Reachin' Out:



It's hard to believe that summer is passing so quickly and we will soon start looking towards fall activities, like the Annual Medicare Open Enrollment period! The Annual Medicare Open Enrollment begins Thursday, October 17 and goes until Saturday, December 7. This is a busy time of year at the Center, as we help seniors review their Medicare Prescription Drug plans for cost effectiveness. Last year, we were able to save Mercer County residents over **\$140,000 dollars** by just sitting down with them for about 30 minutes to check-in on their plans.

We are hoping you will give us the opportunity to beat that number this year, or will at least take time to review it yourself at [Medicare.gov](https://www.medicare.gov)! If you are a first time user, we would be thrilled to show you how it works! If you are struggling with prescription drug costs, we'd love to take a look and see if you qualify for a Medicare Savings Program, Extra Help, or a pharmaceutical assistance program.

Schedule your **2020 Medicare Prescription Drug Plan** comparison today! We will be at the libraries, as listed below, or in our office. Call 419-586-1644 to reserve your time!

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
September 2019

September 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.