



**JUNE 2020**

Our mission is to help older people live dignified and reasonably independent lives in their own homes for as long as possible.

**Mercer County Council on Aging**



# Medicare!

## Upcoming Medicare Webinars

### STAY IN TOUCH!

 217 Riley Street  
Celina, Ohio 45822

 419-586-1644

 mcco@bright.net

 www.mcco.net

 Mon-Fri: 8:00 am – 4:30 pm  
Sat & Sun: Closed

 Like us on Facebook!

Turning 65? Need information on Medicare? Join OSHIIP for a Welcome to Medicare webinar at [insurance.ohio.gov](https://insurance.ohio.gov). Click on the Insurance and Medicare Consumers link and scroll down to view options and register. Classes are scheduled for Thursday, June 6; Wednesday, June 17 and Thursday, July 16.

Questions about Social Security?

The Social Security Administration will host the following webinars:

Social Security Retirement 101 for Those in Public Pension Systems on Monday, June 1 3:00 p.m. at <https://attendee.gotowebinar.com/rt/9207923205281298955>.

Social Security Retirement 101: What You Need to Know on Wednesday, June 17 at 9:00 a.m. at <https://attendee.gotowebinar.com/rt/408205090850319362>.

Disability 101- SSDI vs. SSI on Thursday, June 18 at 3:00 p.m. at <https://attendee.gotowebinar.com/rt/3806317247202746639>.

From the Director's Desk:

I was not a princess growing up. I preferred to be outdoors and getting dirty. My hair was cut short and I wasn't afraid of a stubbed toe. I enjoyed the Disney Princess movies, but never gave Prince Charming a second thought until I met Mr. Green when I was 35(!). I know this seems a little backwards, but now I want that Fairy Godmother and her magic wand. We are co-existing with a virus that we don't understand. We know it is dangerous and we know we are being inconvenienced by it and that our lives are topsy-turvy because of it. I would implore my Fairy Godmother to wave her magic wand and make it all go away, but because I can't, I have to do my best to navigate the situation at hand—just like you. I am not here to agree or disagree with how things are being handled or not being handled. I am here to help keep the senior citizens of Mercer County safe and to provide what services I can at this moment to keep them safe given the parameters I have to work with. As I write this, Governor DeWine is slowing opening up Ohio. We are not included in the first round nor do I think we will be included in the second round. It could be late June or July before we have the green light to open our doors again. When we do, there will be modifications on how we operate. I'd share those with you now, but I don't know fully what that looks like. I do know that I will rely on each and every one of you to be kind, understanding and gentle with one another as we navigate the changes. WE MISS YOU! We want to go back to Bingo and line dancing and carry-ins, but I suspect all of those things will look different and some may be put on hold for the foreseeable future. We miss you, but we want you to continue to be safe and to stay healthy, too. If someone with a case of COVID-19 comes through our doors, we will have to close for two weeks and then we will not be able to help anyone, so we must be thoughtful and calculated on how we make our grand return. So how are we helping now? We are providing transportation to medical appointments. We are delivering groceries, prescriptions and food boxes (if you need help with any of these, please let us know). We have staff making phone calls to check on people. Outreach is helping individuals with questions and concerns over the phone. Chore will be doing outside yard work as the weather warms up. We have loaned out durable medical equipment to those who have needed it. We are constantly working on new ways to keep you all engaged. If you are able to access either Zoom or Facebook, please e-mail us at [mcoa@bright.net](mailto:mcoa@bright.net) to let us know what your capabilities are. This will help us to plan activities that you might enjoy. If you don't have access to either of these computer



platforms or to a computer, we are coming up with ways to keep you in the loop, as well. Every night I tell Mr. Green that I just don't feel like we are doing enough and he tells me that right now enough means we are doing everything we can. So until we can do more, I ache for each of you who feel more isolated and lonely, for those of you who are worried about your health, for those of you who long to hug children and grandchildren. And if you just so happen to come across a Fairy Godmother, please, please, please send her my way.



Sharon M. Green

## Beware of Scams!

Remember, the IRS will NOT call, e-mail or text you to verify or request your financial banking or personal information.

Watch out for websites and social media attempts to request money or personal information.

IRS.gov is the official website.

And don't engage potential scammers.



# CORONAVIRUS DISEASE 2019 Ohio

Department of Health

Protect yourself and others from COVID-19 by taking these precautions.

## PREVENTION

For additional information call 1-833-4-ASK-ODH or visit [coronavirus.ohio.gov](https://coronavirus.ohio.gov).



STAY HOME



PRACTICE SOCIAL DISTANCING



GET ADEQUATE SLEEP AND EAT WELL-BALANCED MEALS



WASH HANDS OFTEN WITH WATER AND SOAP (20 SECONDS OR LONGER)



DRY HANDS WITH A CLEAN TOWEL OR AIR DRY YOUR HANDS



COVER YOUR MOUTH WITH A TISSUE OR SLEEVE WHEN COUGHING OR SNEEZING



AVOID TOUCHING YOUR EYES, NOSE, OR MOUTH WITH UNWASHED HANDS OR AFTER TOUCHING SURFACES



CLEAN AND DISINFECT "HIGH-TOUCH" SURFACES OFTEN



CALL BEFORE VISITING YOUR DOCTOR



PRACTICE GOOD HYGIENE HABITS

For more information, visit: [coronavirus.ohio.gov](https://coronavirus.ohio.gov)



### GARAGE SALE UPDATE

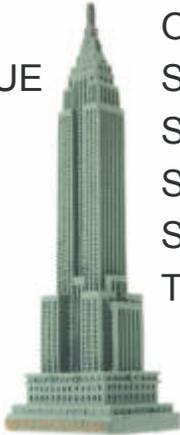
GARAGE SALE VOLUNTEER MEETINGS FOR JUNE CANCELED. We will hold these meetings as soon as we are able. If you have any questions, feel free to call.

I know many of you are wondering how COVID-19 and social distancing will impact how we handle garage sale. We are working to create new guidelines on our donation process and the garage sale itself. The one thing we are sure of right now is that things will look different. We are tentatively planning to start taking donations on Tuesdays and Thursdays beginning on June 2nd. At this time we will not be having any of our volunteers work taking donations. We want to do everything we can to keep all of our volunteers safe and healthy. Once we have guidelines in place for minimal person to person contact we will work on setting up a volunteer work schedule. As far as the July garage sale goes we know IF it happens it will not look like our usual sale. As this newsletter is going to press the beginning of May we are still waiting on the Governor to allow groups of people to gather. This may or may not happen this summer. We will do everything we can to open for some sort of sale this summer; we are just not sure what that will look like yet.

## Empire State Building

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

- |              |               |
|--------------|---------------|
| ART DECO     | MANHATTAN     |
| BRICKS       | MIDTOWN       |
| CONSTRUCTION | NEW YORK CITY |
| ELEVATOR     | OBSERVATORY   |
| FIFTH AVENUE | SKYSCRAPER    |
| ICON         | SPIRE         |
| LANDMARK     | STATELY       |
| LIMESTONE    | STEEL         |
| LOBBY        | TALL          |



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

## Spotlight on staying connected!!!



“Worry is like a rocking chair something to do but never gets you anywhere!”

Mary Fisher

“I miss all you beautiful people and I’m looking forward to the time when we can all meet again, face mask to face mask!!” Gloria Miller

“I miss all of my clients and hope to you soon.” - Nancy Fleming

We are looking for ways to stay connected with all of you. We miss doing all of our regular activities. So, we are going to try to connect with you online using Zoom and Facebook Live. We are looking into craft classes, chair yoga, line dancing, Bingo and anything else that we see an interest in! If you are interested in joining any of these activities please email us at [mccoa@bright.net](mailto:mccoa@bright.net) or message us on Facebook at Mercer County Council on Aging and we



will get you all the information and supplies you will need to join in. We look forward to hearing from all of you. - Tash Schulze

Cut out Coupon

### Stay Connected!

#### June 2020 Daily Activities

Mail to :Mercer County Council on Aging  
 217 Riley Street  
 Celina, OH 45822

Print Name: \_\_\_\_\_

# of days accomplished  
 the Daily Activity



Caring for a loved one during the COVID-19 (coronavirus) outbreak can add stress for dementia caregivers. We are here if you need us. Call our free, 24/7 Helpline at 800.272.3900 and visit [alz.org/COVID19](http://alz.org/COVID19) to learn how you and your loved one with dementia can stay healthy.



**Alzheimer's Association 24/7 Helpline (800.272.3900):** The Helpline is answered day or night by trained dementia specialists. We can offer support, information, referrals, or care consultations. We are able to speak with constituents in more than 200 different languages.



**Support Groups:** The Alzheimer's Association offers dial-in support groups and have shifted our preexisting groups to a virtual platform. To find a new support group to join, please call our 24/7 Helpline at 800.272.3900 for options and to obtain calling information.



**ALZConnected:** This online support group is available 24/7 at [alzconnected.org](http://alzconnected.org).



**Virtual education:** We will be offering a variety of free virtual webinars throughout April and May. Register online at [alz.org/CRF](http://alz.org/CRF). You will receive the sign in information via email once registered.



**On Demand Training:** You can start and stop our on demand training. They are available in English and Spanish at [training.alz.org](http://training.alz.org).



**Care consultations:** We can provide families with a personalized plan to help safely navigate Alzheimer's disease. Please contact us at 419.537.1999 to schedule a care consultation.



*The Alzheimer's Association leads the way to end Alzheimer's and all other dementia – by accelerating global research, driving risk reduction and early detection, and maximizing quality care and support. Our vision is a world without Alzheimer's and all other dementia.*

[alz.org](http://alz.org) | 800.272.3900

# Wild Times at the Zoo

Match the clues to the words associated with zoo animals.



- |                                      |                    |
|--------------------------------------|--------------------|
| 1. Pink wading bird _____            | A. Elephant        |
| 2. Treetop nibbler _____             | B. Dolphin         |
| 3. Big-beaked bird _____             | C. Monkey          |
| 4. Cute primate _____                | D. Leopard         |
| 5. Amphibious reptile _____          | E. Giraffe         |
| 6. Spotted wildcat _____             | F. Flamingo        |
| 7. "Laughing" beast _____            | G. Hyena           |
| 8. Bottle-nosed marine mammal _____  | H. Seal            |
| 9. Large pachyderm _____             | I. Parrot          |
| 10. Showy-tailed bird _____          | J. Toucan          |
| 11. North American bear _____        | K. Eagle           |
| 12. Chatty bird _____                | L. Boa constrictor |
| 13. Playful marine animal _____      | M. Grizzly         |
| 14. Large Aussie animal _____        | N. Rhino           |
| 15. Sly canine mammal _____          | O. Peacock         |
| 16. Thick-skinned horned beast _____ | P. Fox             |
| 17. Bird of prey _____               | Q. Alligator       |
| 18. Tropical snake _____             | R. Kangaroo        |

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## Cleaning and Disinfecting Tips

Make sure you clean high touch surfaces such as tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets and sinks. Use soap and water and then some type of disinfectant. You can also use a diluted bleach solution by mixing 1/3 cup of bleach per gallon of water. When doing laundry, use the warmest appropriate water setting and dry items completely. Do not shake dirty laundry and make sure you disinfect clothes hampers. Wash your hands often and avoid touching your face!



# Coronavirus Safety Tips:

## Face Covering Do's and Don'ts:

### DO:



- ✓ Make sure you can breathe through it
- ✓ Wear it whenever going out in public
- ✓ Make sure it covers your nose and mouth
- ✓ Wash after using

### DON'T:

- ✗ Use if under two years old
- ✗ Use surgical masks or other PPE intended for healthcare workers



If you need a mask  
OR want to donate  
masks - please contact  
the center. Call  
419-586-1644!

Post your picture  
wearing your mask  
on our Facebook  
page: Mercer  
County Council on  
Aging!



# June 2020 Activity Calendar

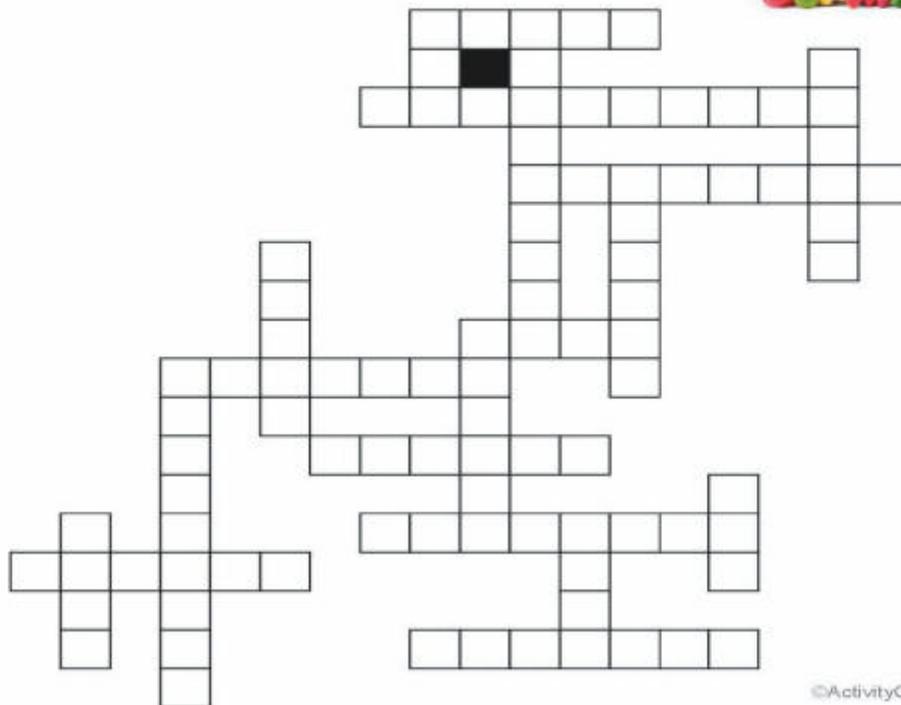
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> Pen Pal Day	<b>2</b> Radio Day	<b>3</b> "Egg"cellent Day	<b>4</b> Automobile Innovation Day	<b>5</b> Strawberry Moon Day	<b>6</b> Fishing and Boating Week
<b>7</b> National Garden Week	<b>8</b> World Oceans Day	<b>9</b> Strawberry Rhubarb Pie Day	<b>10</b> Fly A Kite Day	<b>11</b> Make Life Beautiful Day	<b>12</b> Gomer Pyle Day	<b>13</b> Weed Your Garden Day
 <b>14</b> FLAG DAY	<b>15</b> Learn A New Skill Day	<b>16</b> "Got milk?" Day	<b>17</b> Weather Watcher's Wednesday	<b>18</b> International Picnic Day	<b>19</b> Sauntering Day	<b>20</b> Spring into Summer
<b>21</b> Father's Day	<b>22</b> National Zoo & Aquarium Day	<b>23</b> National Pink Day	<b>24</b> Celebration of the Senses Day	<b>25</b> Catfish Day	<b>26</b> National Coconut Day	<b>27</b> Great American Backyard Camp Out
<b>28</b> Paul Bunyan Day	<b>29</b> Tropical Getaway Day	<b>30</b> Social Media Day	See page 9 for the corresponding activity!!			

## Fruits and Vegetables

Fit the list of words into the puzzle.



- FIG
- PEA
- CORN
- KALE
- PEAR
- ONION
- PEACH
- BANANA
- CELERY
- CHERRY
- POTATO
- TOMATO
- AVOCADO
- SPINACH
- BROCCOLI
- CUCUMBER
- ARTICHOKE
- ASPARAGUS
- CANTALOUPE



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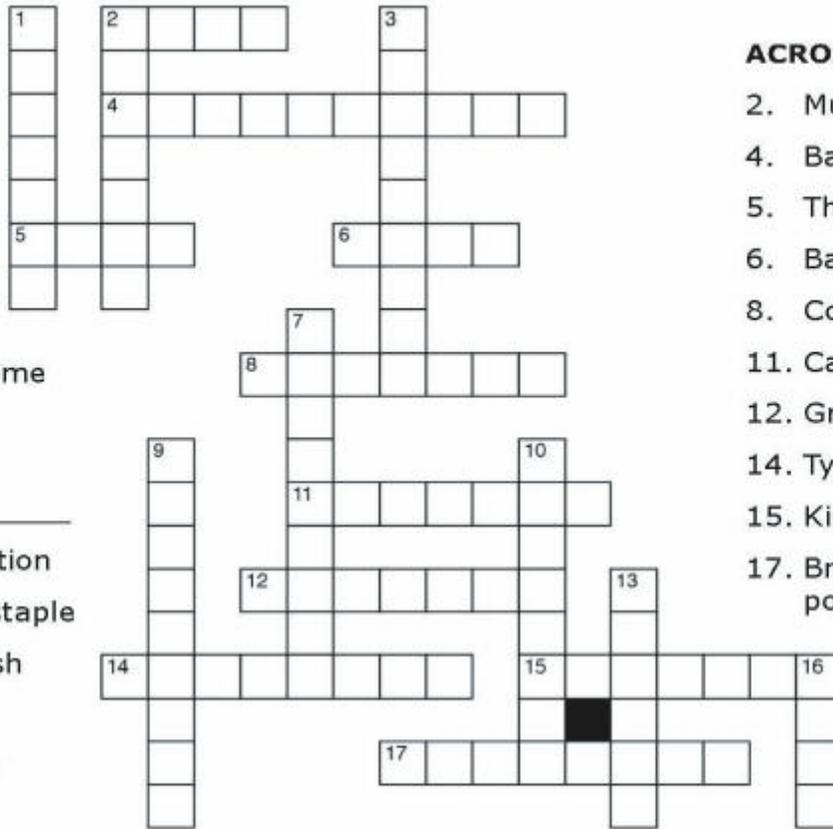
## June Activities

Here are the activities suggested for June. [Have fun doing these and share your pictures, stories, and ideas on Facebook.](#) If you need help finding the page, give us a call and we will try to help. Cut out the coupon on page 4 and mail it to our office telling us how many days you accomplished the daily activity! Everyone that joins in will be entered in a drawing to win a \$10 Wal-Mart gift card! Let's have fun and stay connected.

1. Pen Pal Day Worldwide. Write a letter to an old friend.
2. Radio Day!! On June 2, 1896 the first radio patent was issued. What is your favorite radio station?
3. It's "Egg"cellent Day - Tell us your favorite way to fix eggs!
4. Automobile Innovation Day - On this day in 1896 Henry Ford first test drove an automobile of his own design. It was called the Quadricycle. What was your first car?
5. Strawberry Moon Day! - June's full moon is called a strawberry moon because strawberries ripen at this time of year. What's your favorite way to eat strawberries?
6. Fishing and Boating Week begins today. Tell us your best fish story!!
7. National Garden Week begins today. What are your favorite things to grow?
8. World Oceans Day - How many times have you been to an ocean?
9. Strawberry Rhubarb Pie Day - Do you like strawberry rhubarb pie? What is your favorite pie?
10. Fly A Kite Day - Did you ever build your own kite? Did it fly well?
11. National Making Life Beautiful Day - Share what you think makes an individual beautiful. Is it their appearance, temperament, talents, or something else?
12. Gomer Pyle Day! - Jim Nabors was born June 12, 1930. Did you like his acting or his singing best?
13. National Weed Your Garden Day - Go outside and check out your garden or flowers. What kind do you have planted? Did you add any new ones this year?
14. Flag Day - Fly your flag this week. What kind of flag do you have?
15. Learn A New Skill Day! - Try a new puzzle. We have several types of puzzles in our newsletter try to do all of them! Use your computer to learn something new today. What new thing did you try today?
16. "Got milk?" Day - Drink milk or a milkshake. What is your favorite flavor of milkshake?
17. Weather Watcher's Wednesday! - What is the temperature today? Is it sunny, cloudy, rainy?
18. International Picnic Day - Have a picnic today. Tell us your favorite place to have a picnic.
19. Sauntering Day - Let's discourage jogging, sashaying, fast walking and trotting and revive the lost art of sauntering. Enjoy a "saunter", walking, strolling about in an idle or leisurely manner! Tell us where your saunter leads you today!
20. Spring into Summer! - Summer solstice occurs at 11:54 am. What are you planning to enjoy this summer?
21. Father's Day - Tell us your best Father's day memory.
22. National Zoo & Aquarium Day - June is National Zoo and Aquarium month. What is your favorite zoo or aquarium and why?
23. It's National Pink Day - Wear something pink today. What is your favorite pink thing?
24. Celebration of the Senses Day - This is celebrated annually during the week of Helen Keller's birthday. Use all of your senses today, smell, taste, touch, hear, and see! What is your most sensitive sense?
25. Catfish Day! - Go fishing or eat some fish today. Which do you like better catching or eating fish?
26. National Coconut Day - Celebrate the versatile coconut. Rich in fiber and minerals, coconuts are used in everything from food to beauty products. What is your favorite way to use coconut?
27. Great American Backyard Camp Out! - How many of you have been camping? Go outside and enjoy your backyard today.
28. Paul Bunyan Day - The giant lumberjack whose best friend was Babe the Blue Ox. Tell us about your "best friend"!
29. Tropical Getaway Day! - The tropics are home to many unique plant and animal species. Have you been on a tropical vacation? Put on your sunglasses and sit out on your beach chair today!
30. Social Media Day - Stop by our Facebook page and tell us what you are doing today or just say Hi!

# Old-Fashioned Country Cooking

Use the clues to fill in the crossword.



## ACROSS

- 2. Muffin ingredient
- 4. Batter ingredient
- 5. Thick soup
- 6. Barbecue fare
- 8. Corned beef source
- 11. Cast-iron pan
- 12. Gravy's partner
- 14. Type of slow cooker
- 15. Kind of porridge
- 17. Bread mixture put in poultry

## DOWN

- 1. Ingredient in some gumbos
- 2. Fruity dessert
- 3. Chicken and \_\_\_\_\_
- 7. Chicken leg portion
- 9. Potluck dinner staple
- 10. Ground-beef dish
- 13. Stew in a crust
- 16. Cooking grease

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## EASY SUDOKU #2

9	8	3	4		7		2	
	6	1						4
				6				
5				8	3	9		6
1		6		4		2		8
8		9	7	1				3
				9				
6						1	8	
	5		1		2	3	6	9

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## Outreach

### Reachin' Out:

Hopefully, by the time this letter reaches you, you will have already received your stimulus check.

We've had several calls regarding this topic, so want to reassure you on a couple of key points.

If you are unsure of your status, you may go to the IRS web page and use [Get My Payment](#) to understand your status:

<https://www.irs.gov/coronavirus/economic-impact-payments>.

However, the IRS does indicate that there may be a delay for some recipients, which may indicate the following:

**You are required to file a tax return**, but:

- ⇒ We haven't finished processing your 2019 return
- ⇒ The application doesn't yet have your data; we're working on it.

**You don't usually file a return**, and:

- ⇒ You used Non-Filers: **Enter Payment Info Here** but we haven't processed your entry yet
- ⇒ You receive SSI or VA benefits; information has not been loaded onto our systems yet for people who don't normally file a tax return.

**You're not eligible for a payment** (see Eligibility at the IRS website).

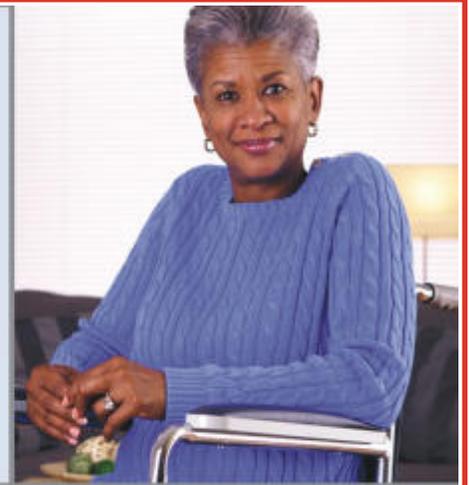
Note that "For security reasons, the **IRS plans to mail a letter** about the economic impact payment to the taxpayer's last known address **within 15 days** after the payment is paid. The letter will provide



Recipients of Social Security Disability Insurance not typically required to file tax returns will automatically get Economic Impact Payments.



[www.irs.gov/coronavirus](http://www.irs.gov/coronavirus)



information on how the payment was made and how to report any failure to receive the payment."

If you still haven't received your payment — do NOT call Social Security or the IRS. Your first course of action is to utilize the web site to find out your status and see if you need to supply any missing data!

Call us if you need help with this!

## Watch for Symptoms and Emergency Warning Signs

•Pay attention for potential COVID-19 symptoms including, fever, cough, and shortness of breath. If you feel like you are developing symptoms, call your doctor.

•If you develop emergency warning signs for COVID-19 get medical attention immediately.

In adults, emergency warning signs\*:

- \*Difficulty breathing or shortness of breath
- \*Persistent pain or pressure in the chest
- \*New confusion or inability to arouse
- \*Bluish lips or face

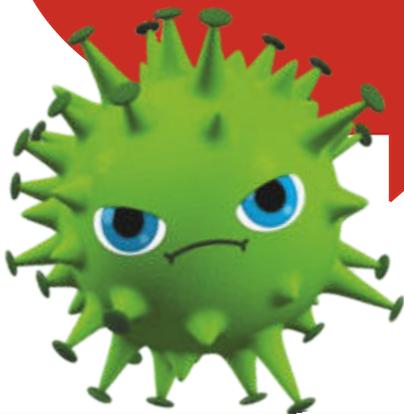
\*This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.



## IF Sick.....



Call your doctor. Be sure to call ahead to allow them to prepare for your arrival and prevent the virus from spreading!



## What to Do if You Live with Someone Who is Sick

The person who is sick should stay separated from other people in the home as much as possible, including keeping a separate bedroom and separate bathroom.

Only clean the area around the person who is sick when needed, such as when the area is soiled to limit contact. If the individual who is sick is able, ask them to clean their own space.

If sharing a bathroom, the person who is sick should clean and disinfect after each use. If this is not possible, the caregiver should wait as long as possible before cleaning and disinfecting.

The person who is sick should eat or be fed away from others.

Dishes and utensils should be cleaned using gloves and hot water, or cleaned in the dishwasher.

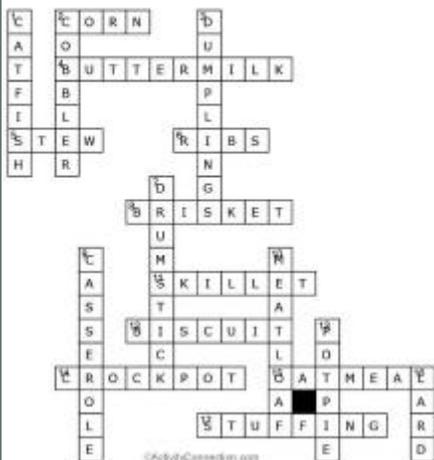
If possible, dedicate a lined trashcan for the person who is sick. Use gloves when removing garbage bags and handling and disposing of trash.

And of course, wash your hands often!



### Old-Fashioned Country Cooking

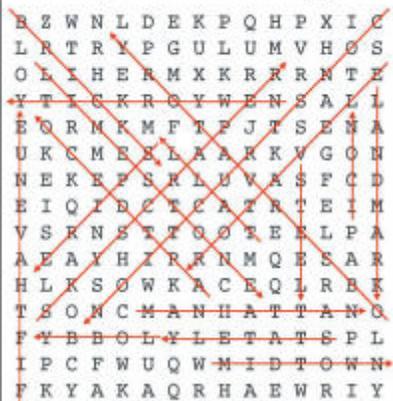
(solution)



## SOLUTIONS

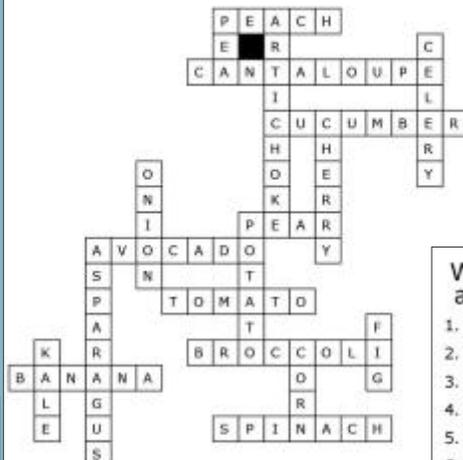


### Empire State Building



### Fruits and Vegetables

(solution)



### Wild Times at the Zoo

1. F. Flamingo
2. E. Giraffe
3. J. Toucan
4. C. Monkey
5. Q. Alligator
6. D. Leopard
7. G. Hyena
8. B. Dolphin
9. A. Elephant
10. O. Peacock
11. M. Grizzly
12. I. Parrot
13. H. Seal
14. R. Kangaroo
15. P. Fox
16. N. Rhino
17. K. Eagle
18. L. Boa constrictor

9	8	3	4	5	7	6	2	1
7	6	1	8	2	9	5	3	4
2	4	5	3	6	1	8	9	7
5	7	4	2	8	3	9	1	6
1	3	6	9	4	5	2	7	8
8	2	9	7	1	6	4	5	3
3	1	2	6	9	8	7	4	5
6	9	7	5	3	4	1	8	2
4	5	8	1	7	2	3	6	9

Ginny Bryan  
REALTOR



LAKESHORE

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ginny@soldbylakeshore.com  
www.soldbylakeshore.com

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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  
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### PHONE

419-586-1644

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