



Mercer County Council on Aging

Being Active as We Get Older

**Exercise
is Medicine®**

**AMERICAN COLLEGE
of SPORTS MEDICINE®**

JULY 2020

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

STAY IN TOUCH!



217 Riley Street
Celina, Ohio 45822



419-586-1644



mccoa@bright.net



www.mccoa.net



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



Like us on Facebook!

Our golden years can be powerful years. The older you are, the more you can benefit from physical activity. Experts now say that any physical activity counts toward better health – even just a few minutes!

Being active will help you feel better, move better and sleep better. It's never too late to start. Stamina, strength, balance and flexibility can be improved into the 80s, 90s and beyond. Regular physical activity:

- Reduces your risk of falling or having a fall-related injury
- Helps you stay independent
- Keeps your brain healthy by reducing your risk of developing dementia/Alzheimer's and helps improve your thinking
- Lowers your risk of developing new chronic health problems (such as diabetes, high blood pressure or heart disease) and reduces their risk of getting worse; and
- Decreases your risk of getting several types of cancer and helps prevent them from coming back.

Keep It Simple

Sit less and move around more! Walk to the mailbox. Walk the dog. Dance in the kitchen. Take the stairs. Find opportunities to move throughout your day. It all adds up!



Be Active with a Friend

Find an exercise buddy and get active together. Your partner could be a family member, neighbor or a friend at the senior center. You'll keep each other going.



Check Your Health

If you have health worries, talk with your health care provider before beginning a new activity routine. Muscle or joint problems? Ask about physical therapy. You'll learn specific exercises to strengthen and protect trouble areas.



Find Your Fun

Choose activities you enjoy because you'll be more likely to stick with it. Go easy at first. Walking, gardening, pickleball, sitting aerobics – everything helps in different ways!



From the Director's Desk:

When Mr. Green and I first met, we were both living in Fort Wayne. Five months later, Mr. Green was on his way to a new job in North Carolina. At that time, cell phones were not the norm and there was no such thing as video chatting. We talked over the phone and sent lengthy e-mails and looked forward to seeing each other every three months. Mr. Green and I didn't know it, but we were pioneers when it came to social distancing. I look back on that six years (yes, six years) that we engaged in a long distance relationship and I am grateful we were able to come out the other side still feeling connected and loved. This has been a long three months without seeing our MCCoA family. I hope that you are all safe and healthy and still feeling connected to the Center in some way despite your absence. We miss you, and I am pleased to report that discussions about how and when to start opening up Senior Centers across the state are taking place. I will stress right now that the implementation will be in baby steps. I don't have specifics that I can share, but expect social distancing, face masks, and smaller gatherings when gatherings are given the green light. Business as usual will look very different, but please understand that I am under obligation to follow the rules that will be set forth. We are already brainstorming ways in which we can provide activities to small groups of people, how to get a garage sale squeezed in and how to restart some of the services that have been put on hold.



I know that we are all Covid-weary, but I must stress that it is our responsibility to keep each other safe. You never know who you may be protecting when you are wearing a mask and/or standing at a distance, so let me take a moment to make this personal. You may or may not know that I fall into the immune-compromised category. I have several autoimmune issues that require some pretty powerful medication. That medication suppresses my immune system. One of my specialists stressed that I cannot get this virus. I'm doing everything I can to keep myself in low-risk situations; however, I am also ready to see you all again. I am personally asking you to do your part to protect me and others like me, no matter how inconvenient you feel it may be. We could all use some grace right now. Grace is what is definitely helping me and Mr. Green. After years of practicing social distancing, we are learning that being under foot (Mr. Green is working from home) isn't so bad either as long as we continue to acknowledge that there is more good than bad in accommodating the change. So let's acknowledge that there will be good in our restart no matter what the change looks like. Bigger and better things are coming our way. Stay safe and healthy.

**IT'S A START. FROM
HERE, WE GO ON TO
BIGGER AND BETTER
THINGS.**

Sharon M. Green



Upcoming Medicare Webinars

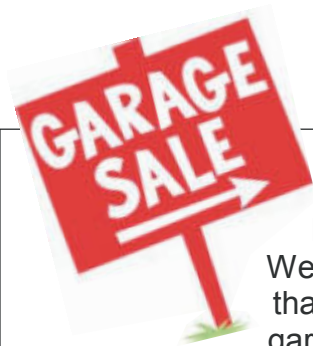
Join **OSHIIP** for a Welcome to Medicare webinar! To find a list of webinars available go to insurance.ohio.gov, click on "**Insurance and Medicare Consumers**," and then click "**OSHIIP Medicare Webinars**."

<u>Tuesday, June 30:</u>	2 PM - 3 PM
<u>Thursday, July 16:</u>	4 PM - 5 PM
<u>Monday, August 3:</u>	6 PM - 7 PM

Special Note:

Medicare beneficiaries are receiving calls from insurance agents to change their plans and are being placed in Medicare Advantage plans that DO NOT provide good coverage for the Mercer County Area. We STRONGLY recommend that you DO NOT change your medical insurance based on a phone call!

Please, please, please, call us to talk about what you are being offered OR contact a local insurance agent for more details! Your health insurance is so important - **so make informed decisions!**



GARAGE SALE UPDATE

Everyone is wanting to get back to some sort of normal and we want that as well. We are working on putting into place a new and improved version of our garage sale that will work in the crazy times that we live in these days. We will be accepting garage sale donations on Tuesdays from 8:30 – 12:00 and Thursdays from 12:00 to 4:00 until we are full. No volunteers are working yet. As soon as we are able to let volunteers work we will give you a call. Our volunteers are what make garage sales a success and we can't do them without you! Please know we want to get them up and running **safely** just as quickly as we can.

The Garage Sale we normally hold in July is being postponed. We hope to have something set up for late August or early September. We will put out information as soon as we have it available. We still do not have a date for our GARAGE SALE VOLUNTEER MEETINGS. As soon as we do, we will contact our volunteers. If you have any questions, feel free to call.



Beautiful Berries

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

BLACKBERRY

BLUEBERRY

BRIGHT

CRANBERRY

CURRENT

FARMED

FLOWERS

FRUIT

JUICY

PRESERVES

RASPBERRY

ROUND

SEEDS

SMALL

SOUR

STRAWBERRY

SWEET

WILD

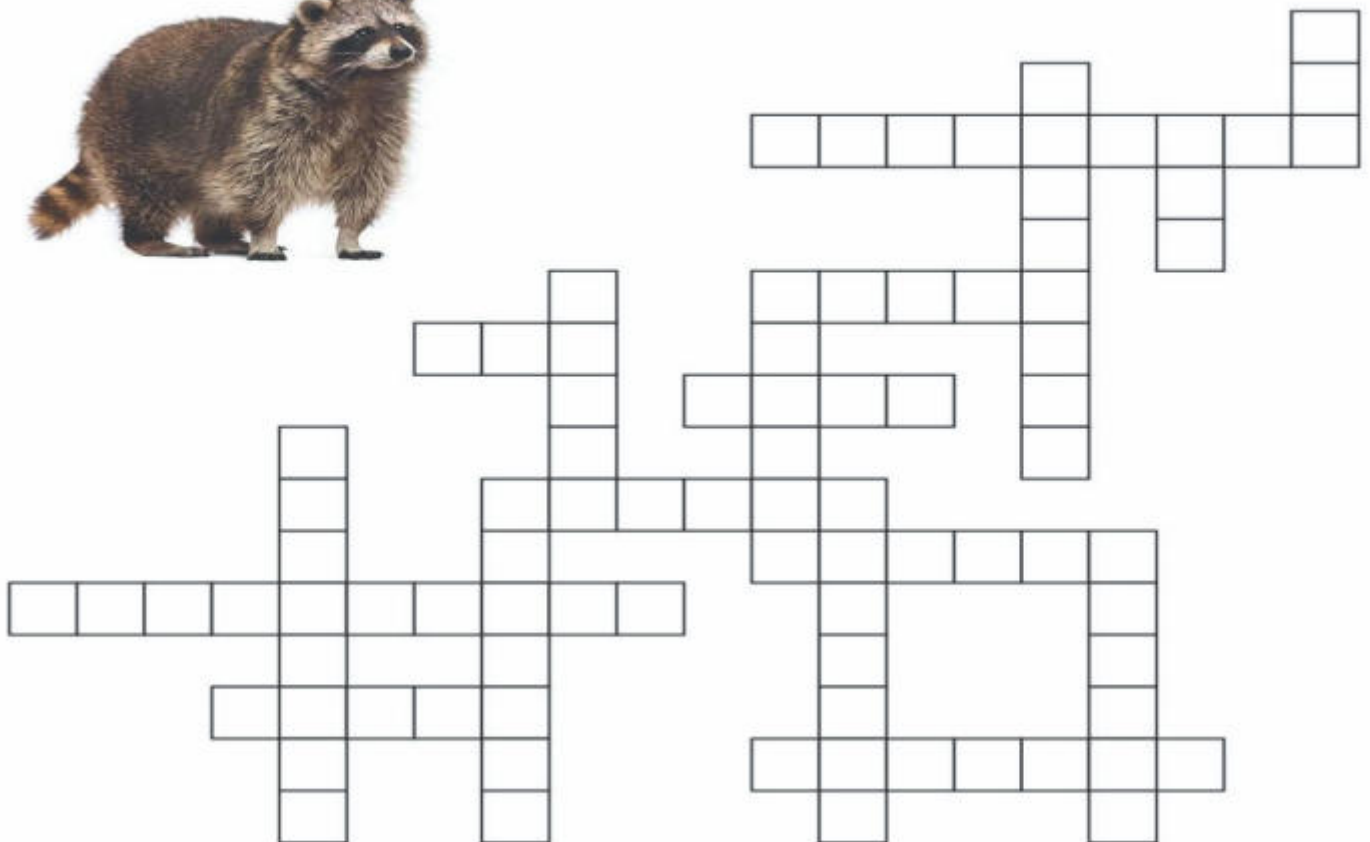


D	Y	C	Y	S	P	F	S	W	C	W	K	V	C	N
E	F	R	R	S	H	R	Q	W	J	E	C	T	K	U
M	R	A	R	B	L	U	E	B	E	R	R	Y	D	C
R	U	N	E	E	Q	T	S	S	R	E	W	O	L	F
A	I	B	B	Q	B	V	H	O	E	Y	T	A	I	B
F	T	E	K	R	E	W	U	G	R	R	Q	L	W	I
X	Z	R	C	G	U	N	A	R	I	C	V	V	B	U
B	U	R	A	W	D	O	E	R	U	R	I	E	R	N
S	H	Y	L	Q	F	B	S	R	T	T	B	W	S	X
R	W	K	B	Y	P	S	R	N	F	S	D	E	E	S
O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

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Wonderful Wildlife

Fit the list of words on page 5 into the puzzle.



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Spotlight on Activities!!!

We are in a hopeful waiting pattern to get activities started soon!! At this time, we do not have the green light to have any activities but we are making plans with the idea that as soon as the OK is given, we will be ready! Everyone here at MCCoA can't wait to see all your smiling faces again.



Things will have to be done a little differently, so just know when you do get to come in please be flexible with all the changes we are having to make. No matter what the activity, you will have to call in and sign up. Space will be limited. Some of the things we are working on include outdoor pickleball, outdoor corn hole, Jigsaw puzzle tournament, and craft classes. I know that all of you bingo and card players miss being here as much as we miss having you here but we must put these activities on hold a little longer. We will send out an official announcement with a description of activities, dates and times as soon as we are able. In the mean time, keep taking those walks and enjoy the beautiful summer weather we are having.

Wonderful Wildlife

EASY SUDOKU #3

FLY
FOX
OWL
BIRD
FAUNA
FLORA
SNAKE
BADGER
RABBIT
SPIDER
TURTLE
BUZZARD
GORILLA
RACCOON
ELEPHANT
HEDGEHOG
BUTTERFLY
CHIMPANZEE

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

Summer Vacation

Match the clues to the words associated with summer vacation.



- | | |
|-------------------------------------|----------------|
| 1. Swimming pool chute _____ | A. Boating |
| 2. Multiplex offering _____ | B. Fishing |
| 3. Mall activity _____ | C. Waterslide |
| 4. Spending time in a tent _____ | D. Fairgrounds |
| 5. Frozen dessert _____ | E. Camping |
| 6. Park outings _____ | F. Shopping |
| 7. Doing the breaststroke _____ | G. Drinks |
| 8. Rod and reel sport _____ | H. Island |
| 9. Popular volleyball setting _____ | I. Beach |
| 10. Where bellboys work _____ | J. Ice cream |
| 11. Casual eatery _____ | K. Movies |
| 12. Place to be pampered _____ | L. Picnics |
| 13. Land in water _____ | M. Sunbathing |
| 14. Shore sport _____ | N. Spa |
| 15. Sailing for pleasure _____ | O. Swimming |
| 16. Basking in the sunshine _____ | P. Bistro |
| 17. Thirst quenchers _____ | Q. Surfing |
| 18. Carnival's setting _____ | R. Hotel |



Summer Crisis Program

The Summer Crisis Program provides a one-time benefit to eligible Ohioans for cooling assistance during the summer months.

This program runs from July 1 to August 31.

The focus of the Summer Crisis Program is to provide bill payment assistance for persons 60 years of age and older or those with a certified medical condition.

Who is Eligible for the Summer Crisis Program?

Ohioans with a household income at or below 175 percent of the federal poverty guidelines, which is **\$22,330 for a single and \$30,170 for a couple**, and have a member of the household who is at least 60 years old OR can provide physician documentation that cooling assistance is needed for a household member's health.

How do I apply for the Summer Crisis Program?

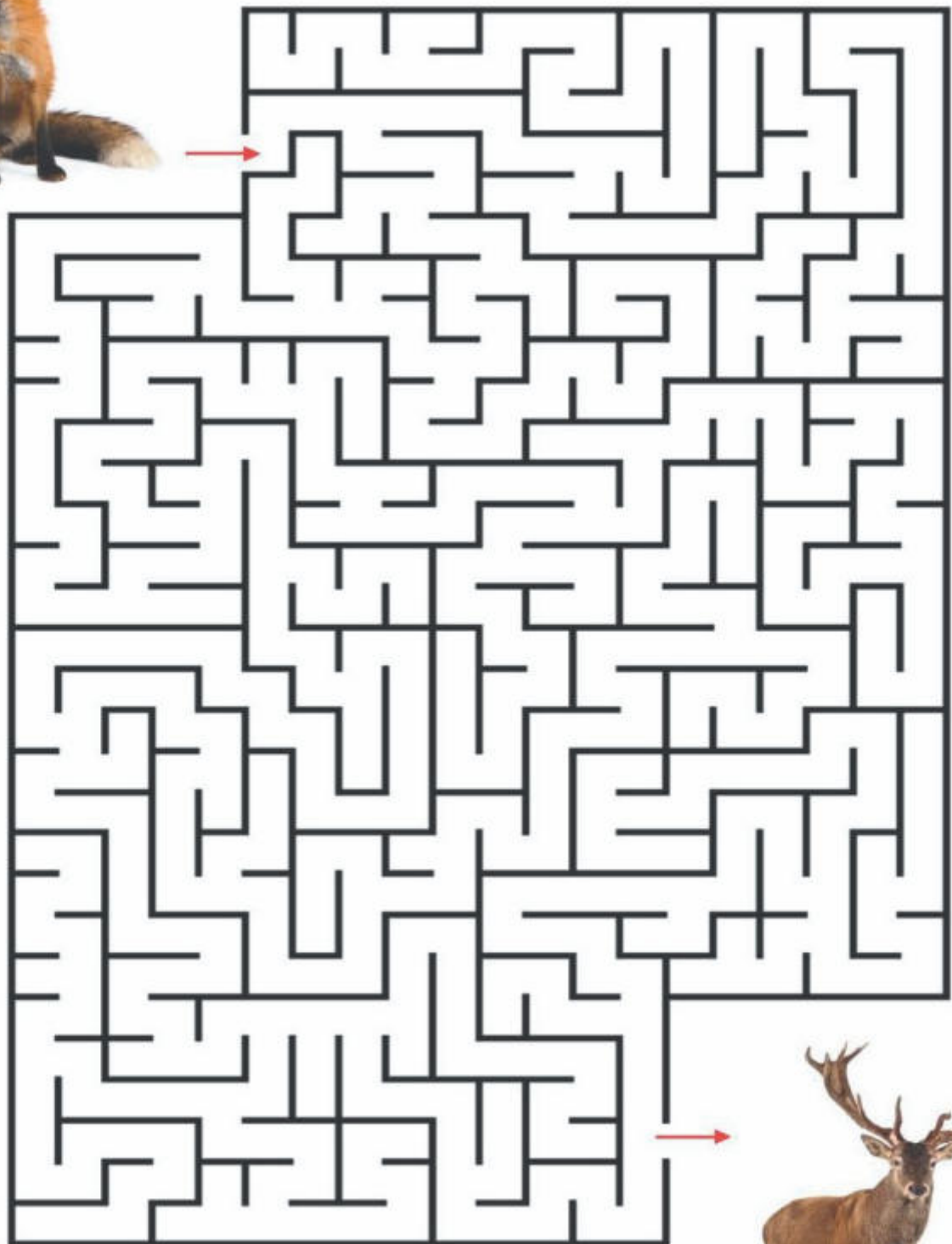
You can begin your application online at energyhelp.ohio.gov but will need to complete the application at your local Energy Assistance Provider, Western Ohio Community Action Partnership (WOCAP). When you apply, you will need to complete the Energy Assistance Application and submit copies of the following documents:

- a copy of your most recent **utility bill**
- **proof of income** for the last 30 days for each household member (12 months preferred)
- **proof of citizenship** or legal residency for all household members (**include birth dates and Social Security numbers**)
- proof of **medical condition** signed by a doctor or nurse practitioner, if under 60.



Mercer County
420 N. Brandon Ave.
Celina, OH 45822
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Fax: 567-279-9158

A-Mazing Wildlife



If you go on Summer



Protect yourself
and others during
travel in the US

COVID-19
LEARN MORE

CDC.gov



The COVID-19 outbreak in the United States is a rapidly evolving situation. The status of the outbreak varies by location.

State and local authorities are updating their guidance frequently.

The White House's Opening Up America Again plan means some parts of the country may have different guidance than other areas.

Check with state or local authorities where you are, along your route, and at your planned destination to learn about local circumstances and restrictions that may be in place for those locations.

Travel increases your chances of getting and spreading COVID-19.

CDC recommends you stay home as much as possible, especially if your trip is not essential, and practice social distancing if you are at higher risk of severe illness. **Don't travel if you are sick or travel with someone who is sick.**



In coordination with the **U.S. Food and Drug Administration (FDA)**, the **Red Cross** is seeking people who are fully recovered from the new coronavirus to sign up to donate plasma to help current or new COVID-19 patients!!!

People who have fully recovered from COVID-19 have antibodies in their plasma that can attack the virus. In order to donate you must:

- Have recovered from a prior, verified diagnosis of COVID-19, but are now symptom-free and fully recovered from COVID-19.

What is convalescent plasma?



Donated by people fully recovered from COVID-19, this plasma contains antibodies that attack the virus.

It's currently being used as a treatment for those seriously ill with COVID-19.



- Be at least **17 years old** and **weigh 110 lbs.** Additional weight requirements apply for donors age 18 or younger.

- Be in **good health**. You generally feel well, even if you're being treated for a chronic condition.

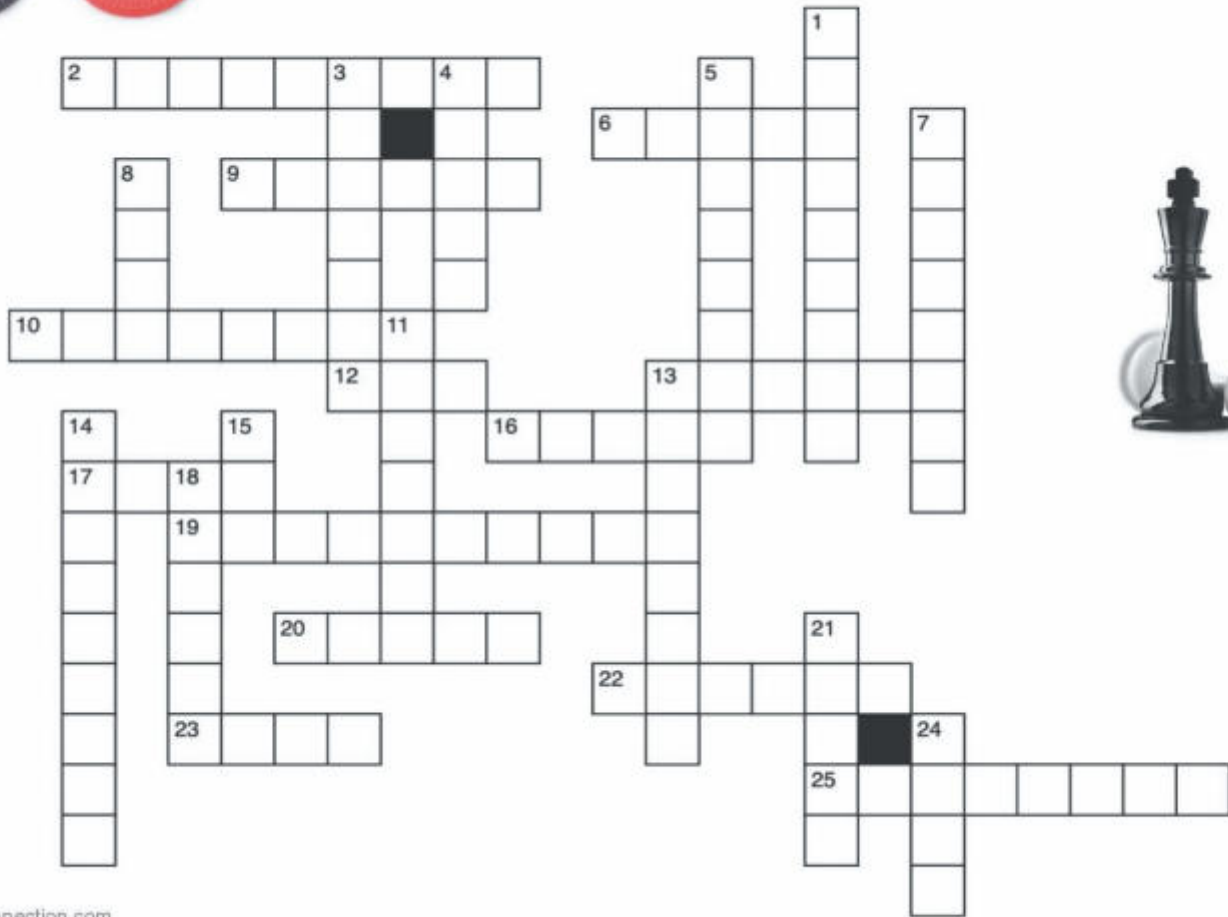
View blood donation FAQ's on the Red Cross web site, to learn more detailed requirements.

Consider donating to help fight COVID19!



Chess and Checkers

Use the clues to fill in the crossword.



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ACROSS

2. Give up
6. Chess color that moves first
9. Diagonal mover
10. Seized
12. Checkers side
13. Rook
16. Foe
17. Stalemate
19. Competition
20. Powerful chess piece
22. Chess horse
23. Double-decker checker
25. Overall winner

DOWN

1. Chess ending
3. Chess legend Bobby ____
4. Time keeper
5. Direction that checkers move
7. Plan of attack
8. Checkers move
11. Resistance against attack
13. Move involving king and rook
14. Upper hand
15. Number of players
18. Go on the offensive
21. Chess player's warning
24. Minor chess piece

OutreachReachin' Out:

Please keep in mind that we are still available to support you during the Coronavirus pandemic! Although we have limited staff in the office, messages are being forwarded to outreach staff who are working to assist you in any way we can! Hopefully, the governor will change this soon so we can schedule in-office appointments. We've had to get creative the last couple of months to help our clients during these crazy times! So, we'll figure out a way to make it happen if you need help!

Please be aware that many public offices are still not running at full capacity.



To contact the **Social Security Office** call 1-800-772-1213. Representatives are only available 8 am to 5:30 pm, Monday through Friday. Automated phone services are running 24 hours a day. **Local Social Security Offices** are **NOT open to the public** and are only manned weekdays from 9 am to 4 pm. However, they have released fax numbers if you need to send anything to them. We can help with any faxes you might need to send as well!

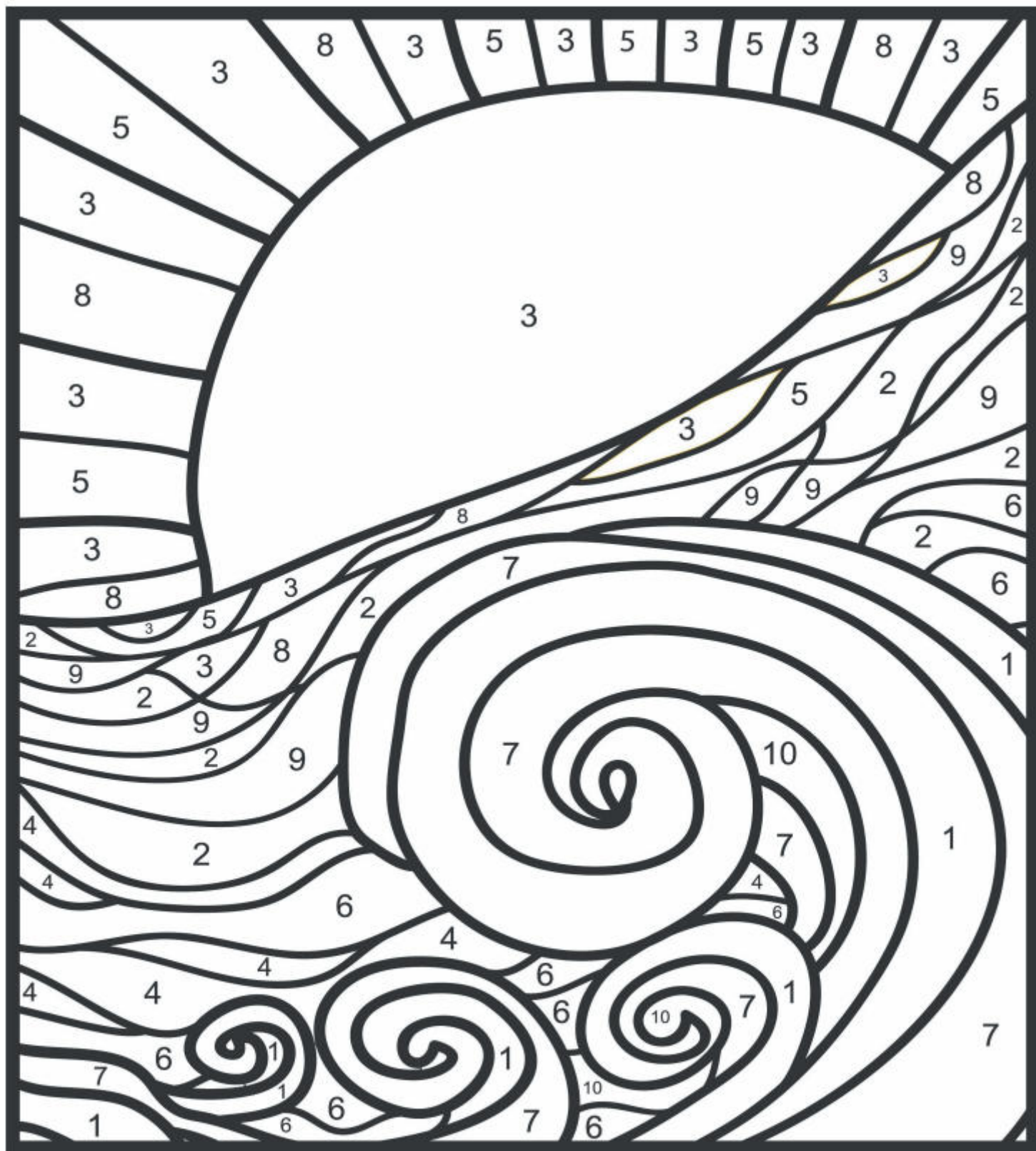
Lima Social Security Office

FEDERAL BLDG, Suite 101
401 West North Street
Lima, OH 45801
Office: 1-800-223-0288
TTY: 1-419-227-8262
Fax: 1-833-950-3089

The status of Social Security offices can always be found at **www.ssa.gov/locator**. Many of the Social Security functions can be completed on-line. Call us if you cannot find what you are looking for or if you are having issues with completing a task on-line. If you are still having issues with your Economic Stimulus please try the IRS website at www.irs.gov/EIP first and then you may try the **IRS Stimulus Hotline** at 800-919-9835!



Mercer County Job & Family Services office and lobby are not open; however, they are manning the phones. If you need to speak to JFS, please contact them at 419-586-5106! So, in short..... be patient..... hopefully, we'll all be back to normal before long! Take care..... stay safe..... hope to see you soon!



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1 = Light Turquoise 2 = Dark Purple 3 = Gold 4 = Blue-Purple
 5 = Light Mauve 6 = Light Blue-Purple 7 = Turquoise
 8 = Red-Orange 9 = Light Purple 10 = Dark Turquoise

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

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

1. Swimming pool chute	C. Waterslide
2. Multiple offering	K. Movies
3. Mail activity	F. Shopping
4. Spending time in a tent	E. Camping
5. Frozen dessert	J. Ice cream
6. Park outings	L. Picnics
7. Doing the breaststroke	O. Swimming
8. Rod and reel sport	B. Fishing
9. Popular volleyball setting	I. Beach
10. Where bedfellows work	R. Hotel
11. Casual eatery	P. Bistro
12. Place to be pampered	N. Spa
13. Land in water	H. Island
14. Shore sport	Q. Surfing
15. Sailing for pleasure	A. Boating
16. Basking in the sunshine	M. Sunbathing
17. Thirst quenchers	G. Drinks
18. Carnival's setting	D. Fairground

[illegible]

(solution)

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wants you to know that you are in
our hearts and minds
during these trying times.
Our world will shine bright again.
Be strong.

Stay safe and healthy.

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

PHONE

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