

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

HOW TO GET A REPLACEMENT SSN CARD

Social Security online application makes getting a replacement card easier than ever! You must be a U.S. citizen age 18 or older with a valid U.S. mailing address, not requesting a name change, and have a driver's license or state-issued identification card!

Create a **my Social Security** at www.ssa.gov/myaccount. Once you have a **my Social Security** account, follow the instructions to request a replacement Social Security card in your account.

To protect you from identify theft the Social

Security office uses information from your Credit Bureau account and eventually will use your BMV information.

STAY IN TOUCH!



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419-586-1644



mccoa@bright.net



www.mccoa.net



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



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**You Can Request a Replacement
Social Security Card Online Now!**

From the Director's Desk:

To say that we are all Covid-weary is probably an understatement. I get it. We are all tired of hearing no, of having to cancel plans, avoid people and places and of navigating the ever-changing do's and don'ts. However, I want to remind you that Covid-19 is still a serious illness that requires our vigilance, which is why the Ohio Department of Aging and Governor DeWine have not given Councils on Aging the green light to open their doors to the public. Let me reassure you that we are all working behind the scenes to put all of the pieces into place to make sure that we can do so safely. MCCoA has plans on how to begin to incorporate activities when given the okay. We are slowly expanding transportation, homemaker, chore and outreach services per the guidelines we have been given. You are always on our minds as we want to make sure that we can support you to the best of our abilities during these challenging times.



August 21 is National Senior Citizens' Day and on August 19, 1988, President Reagan made the following proclamation. It is the reminder we all need about the important and vital role each and every one of you has in making up the fabric of our Country.



In Witness Whereof I have hereunto set my hand this nineteenth day of August, in the year of our Lord nineteen hundred and eighty-eight, and of the Independence of the United States of America the two hundred and thirteenth.

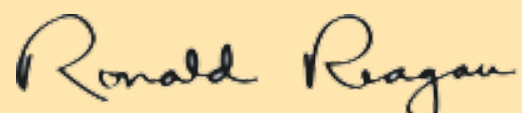
Throughout our history, older people have achieved much for our families, our communities, and our country. That remains true today, and gives us ample reason this year to reserve a special day in honor of the senior citizens who mean so much to our land.

With improved health care and more years of productivity, older citizens are reinforcing their historical roles as leaders and as links with our patrimony and sense of purpose as individuals and as a Nation. Many older people are embarking on second careers, giving younger Americans a fine example of responsibility, resourcefulness, competence, and determination. And more than 4.5 million senior citizens are serving as volunteers in various programs and projects that benefit every sector of society. Wherever the need exists, older people are making their presence felt—for their own good and that of others.

For all they have achieved throughout life and for all they continue to accomplish, we owe older citizens our thanks and a heartfelt salute. We can best demonstrate our gratitude and esteem by making sure that our communities are good places in which to mature and grow older—places in which older people can participate to the fullest and can find the encouragement, acceptance, assistance, and services they need to continue to lead lives of independence and dignity.

The Congress, by House Joint Resolution 138, has designated August 21, 1988, as "National Senior Citizens Day" and authorized and requested the President to issue a proclamation in observance of this event.

Now, Therefore, I, Ronald Reagan, President of the United States of America, do hereby proclaim August 21, 1988, as National Senior Citizens Day. I call upon the people of the United States to observe this day with appropriate ceremonies and activities.



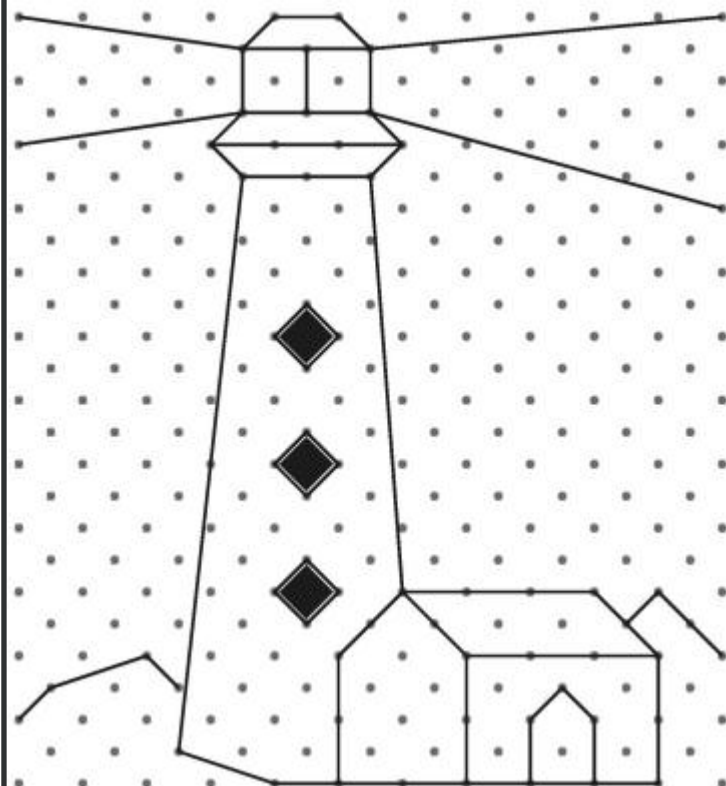


GARAGE SALE UPDATE

We are very excited to be able to say the new building is having its final inspections and we are expecting to be able to begin using it sometime in August. If you are healthy and feel comfortable volunteering, we welcome your help. If you are dealing with health issues that put you at risk, hold tight and we'll save you a spot down the road. As we move forward with garage sale activities things are going to look a little different than we had planned when this building project began. With the Covid pandemic we want to do our best to keep everyone safe and healthy. With that said, here are just a few things we will be doing to make that happen. We need to control the number of volunteers we have in the building and make sure we have the same people working together on a routine basis. So, we are asking you volunteers to work in small teams of 4 to 6 people. If there are people you would like to work with get together and let Tash know what time (morning, afternoon or all day) and day of the week your group would like to volunteer. All volunteers must wear a mask or face covering when social distancing is not in place. When we get the final go on the building, we will begin the set-up process. This will be setting up tables and racks so we can start bringing in all the items that are stored on the truck. Once the building is set up, we would like to have teams of volunteers ready to start putting items out. At the time of printing, volunteers are not accepting donations on Tuesday and Thursday, only staff. Our hope is that we can put safety measures in place in the future for volunteers to help with that area of the sale again also. If you have questions please feel free to call and we will be glad to answer as best as we can. Things can change from day to day in the uncertain times we are in, our hope is that everyone will understand the changes we are making and help us move forward in a positive way! We can't wait to see all of your happy faces back at the garage sale! Call Tash if you would like to help with any part of the new garage sale!! 419-586-1644.

Dot Doodles #2

Duplicate the drawing using the blank sheet of dots.



Beat the Heat

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

AIR CONDITIONER

BEACH

BREEZE

DRESS

HAND FAN

HYDRATE

ICED TEA

LAKE

LEMONADE

POPSICLES

SANDALS

SHADE

SHORTS

SMOOTHY

SUN HAT

SWIMMING

UMBRELLA

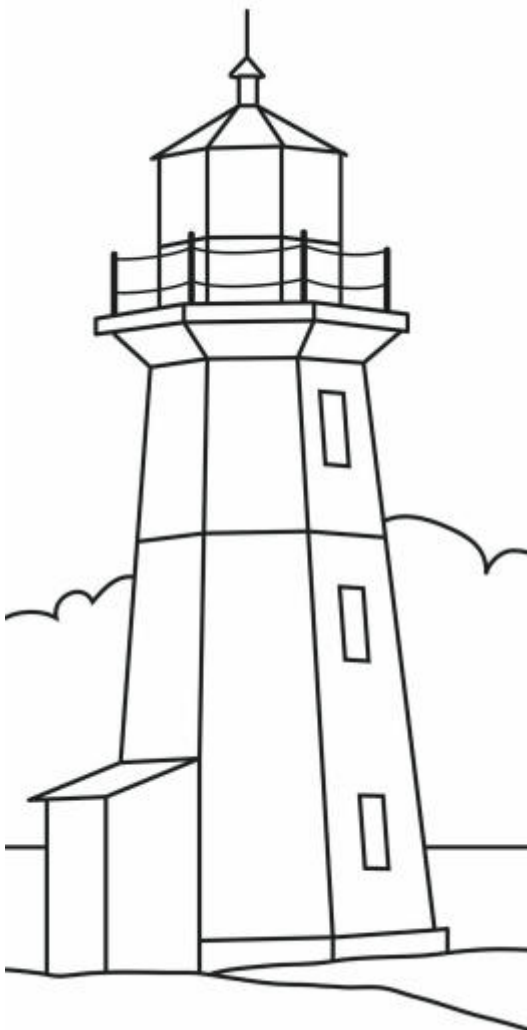
WATERMELON



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

EASY SUDOKU #4



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

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Mercer County Council on Aging

Garage Sale at the Senior Center

217 Riley Street, Celina, OH

July 28, 29 & 30, 2020

BACK LOT ONLY

Garage Sale Hours

Tuesday	July 28	9:00	6:30
Wednesday	July 29	9:00	4:00
Thursday	July 30	9:00	4:00



Proceeds benefit the MCCoA



Mercer County Council on Aging

NEWS RELEASE

FROM: MERCER COUNTY COUNCIL ON AGING (MCCoA)

CONTACT: SHARON GREEN, EXECUTIVE DIRECTOR – 419-586-1644

The Mercer County Council on Aging, located at 217 Riley Street, Celina, will no longer be accepting garage sale donations as space is now full. MCCoA will host a back lot sale Tuesday, July 28 through Thursday, July 30 from 9:00 a.m. to 4 p.m. (Tuesday we will remain open until 6:30 p.m.)

All shoppers must wear a mask and the number of people who are able to shop at any one time will be limited. Shoppers will purchase brown bags for \$5.00 each and can take whatever items will fit in those bags. Furniture and larger items will be priced separately. Some items that will be for sale include puzzles, books, games, toys, holiday décor, baskets, etc. Clothing, shoes, and glassware will be not be for sale.

MCCoA remains closed to the public due to the Governor's Covid-19 orders. Staff continue to provide transportation to medical appointments, grocery and prescription drop-off and Medicare consultations by phone. Individuals who are feeling isolated and lonely may request to be placed on the daily call list. Anyone sixty or older who needs assistance can call the offices at 419-586-1644.



Join **OSHIIP** for a **Welcome to Medicare Webinar!** To find these go to insurance.ohio.gov, click on “Insurance and Medicare Consumers,” and then click “OSHIIP Medicare Webinars”

Upcoming options are:



<u>Tuesday, August 3</u>	6 PM - 7 PM
<u>Thursday, August 20</u>	4 PM - 5 PM
<u>Wednesday, September 2</u>	4 PM - 5 PM

Your Evidence of Coverage (EOC) is Coming!



What is it?

If you're in a Medicare plan, your plan will send you an "Evidence of Coverage" (EOC) each year, usually in the fall. The EOC gives you details about what the plan covers, how much you pay, and more.

When should I get it?

In September 2020

Who sends it?

Your Medicare plan

What should I do if I get this notice?

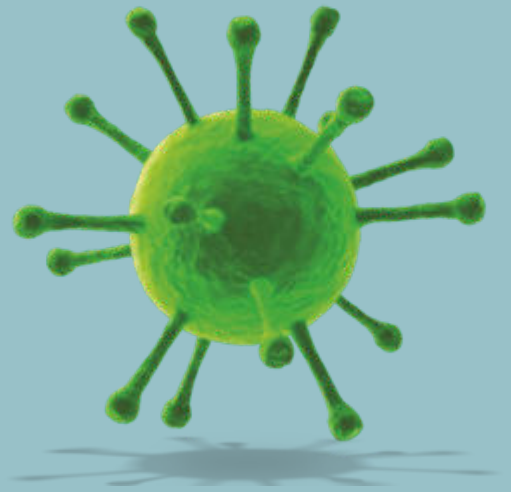
Review any changes to decide whether the plan will continue to meet your needs in the next year. Take special note of any premium changes or medicines that may no longer be covered!

If you don't get this important document be sure to contact your plan!

What will Medicare pay if I get COVID19?

Per the Medicare.gov website:

- Medicare covers the lab tests for COVID-19. You pay no out-of-pocket costs.
- Medicare covers FDA-authorized COVID-19 antibody tests if you were diagnosed with a COVID-19 infection or suspected current or past COVID-19 infection.
- Medicare covers all medically necessary hospitalizations. This includes if you're diagnosed with COVID-19 and might otherwise have been discharged from the hospital after an inpatient stay, but instead you need to stay in the hospital under quarantine. You'll still pay for any hospital deductibles, copays, or coinsurances that apply.
- At this time, there's no vaccine for COVID-19. However, it will be covered if one becomes available.
- If you have a Medicare Advantage Plan, you have access to these same benefits. Medicare allows these plans to waive cost-sharing for COVID-19 lab tests.
- Medicare Advantage Plans and Prescription Drug Plans may waive prior authorization requirements.
- During the COVID-19 pandemic, some people may be able to get renewed Skilled Nursing Facility (SNF) coverage without starting a new benefit period.
- If you're not able to be in your home during the COVID-19 pandemic, you may get Skilled Nursing Facility (SNF) care without a qualifying hospital stay.
- **Scammers** may use the coronavirus national emergency to take advantage of people while they're distracted. Guard your Medicare card like a credit card, check Medicare claims summary forms for errors, and if someone calls asking for your Medicare number, **hang up!**





HELP

Distress, anxiety, fear, and strong emotions are normal in times of distress or crisis. Remind yourself and others that these feelings will fade.

Get information from a trusted source, such as coronavirus.ohio.gov or by calling the Ohio COVID-19 call center at **1-833-4-ASK-ODH (1-833-427-5634)**.

Learn and follow tips for preventing, preparing, and responding to COVID-19.

Avoid excessive exposure to media coverage of COVID-19.

Eat nutritious food, exercise, get adequate sleep, stay hydrated, avoid alcohol and drugs, and make time to relax and unwind.

Incorporate stretching or meditation into your routine. Take deep breaths when feeling overwhelmed.

Stay connected with friends and family– discuss your concerns and be supportive.

Participate in hobbies/activities that limit close contact or confined spaces with others.



Here are some important resources:

Manage stress with simple steps:

Disaster Distress Helpline

Suicide Prevention Lifeline

Crisis Text Line

Ohio Dept of Mental Health & Addiction Services Helpline 1-877-275-6364

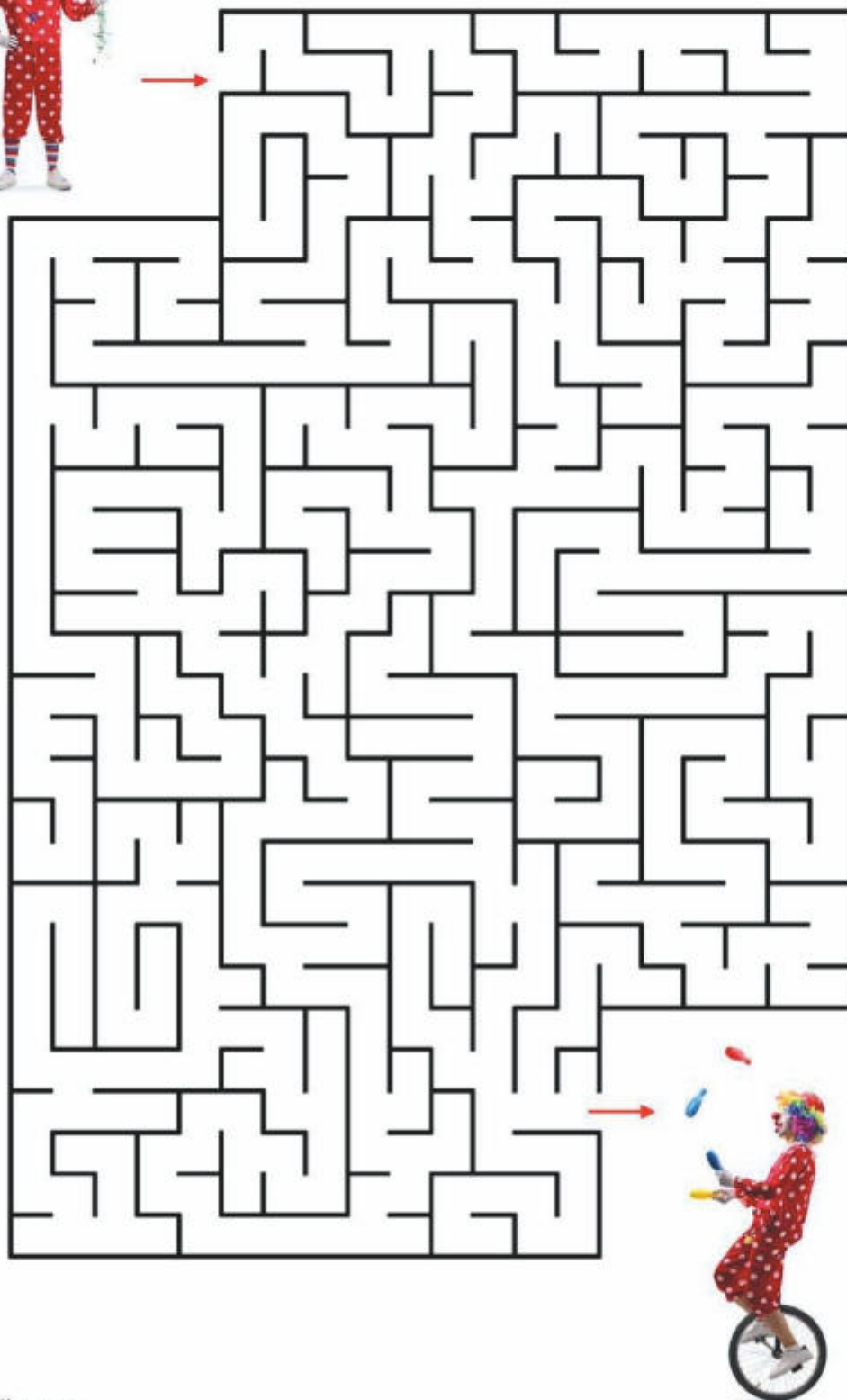
coronavirus.ohio.gov
mha.ohio.gov/coronavirus

<http://disasterdistress.samhsa.gov>

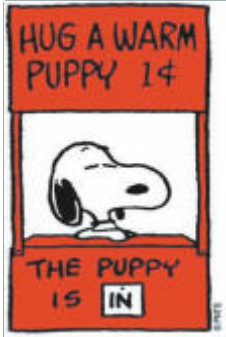
suicidepreventionlifeline.org
or call 1-800-273-8255

text 4HOPE to 741741

A-Mazing Clown



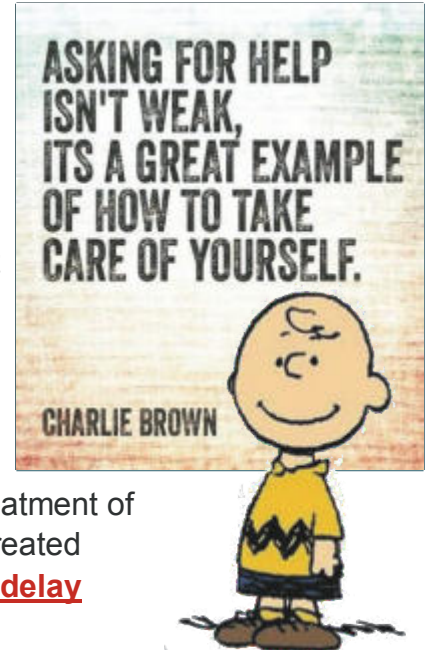
OutreachReachin' Out:



Hopefully, by the time this letter reaches you, we will be able to start meeting some of you in the office! The pandemic has been hard on many, so, more now than ever, we need to take into account the role our mental health can play in our overall well being—for ourselves, friends, and our loved ones! I recently received an e-mail from JTDMH Clear Passage Geriatric Psychiatric Unit that talked about depression and it's effects, which I thought was enlightening:

“Depression is not a normal part of aging. Yet depression is a widely under recognized and undertreated medical illness. Depression often co-occurs with other serious illnesses, such as heart disease, stroke, diabetes, cancer, and Parkinson's disease. Because many older adults face these illnesses as well as various social and economic difficulties, health care professionals may mistakenly conclude that depression is a normal consequence of these problems — an attitude often shared by patients themselves.

These factors together contribute to the under diagnosis and under treatment of depressive disorders in older people. Depression can and should be treated when it co-occurs with other illnesses, for **untreated depression can delay recovery from or worsen the outcome of these other illnesses.**”



This information is provided to you by the Clear Passage Geriatric Psychiatric Unit

To contact this program, call 419-394-9505

If several of the following are occurring, it may useful to follow up with a mental health professional.

- Dramatic **Sleep or appetite changes** or decline in personal care
- Mood changes** — Rapid or dramatic shifts in emotions or depressed feelings
- Withdrawal** — Recent social withdrawal and loss of interest in activities previously enjoyed
- Drop in Functioning** at home, work, or social activities, or difficulty performing familiar tasks
- Problems thinking** — concentration, memory or logical thought and speech that are hard to explain
- Increased sensitivity** to sights, sounds, smells or touch; avoidance of over-stimulating situations
- Apathy** — Loss of initiative or desire to participate in any activity
- Feeling disconnected** — from oneself or one's surroundings; a sense of unreality
- Illogical thinking** — beliefs about personal powers or “magical” thinking typical of childhood in an adult
- Nervousness** — Fear or suspiciousness of others or a strong nervous feeling
- Unusual behavior** – Odd, uncharacteristic, peculiar behavior

Source: *Warning Signs of Mental Illness*. (2018). American Psychiatric Association. Retrieved <https://www.psychiatry.org/patientsfamilies/warning-signs-of-mental-illness>

The Wizard of Oz Scrabble

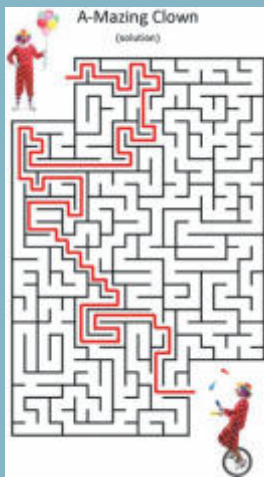
Use the clues to find words that are associated with the film. For each answer, cross off the lettered tiles that you use. All the letters should be crossed off when the puzzle is complete.

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

1. Cyclone _____
2. Judy's role _____
3. Oz's good witch _____
4. Where Dorothy travels to _____
5. Color of the brick road _____
6. Dorothy's dog _____
7. Rural place to live _____
8. Cowardly character _____
9. What the Scarecrow desired _____
10. The color of Dorothy's shoes _____
11. The Wicked _____ of the West _____
12. What the Tin Man desired _____
13. Lollipop Guild members _____
14. Oz ruler _____
15. Witch's vehicle _____
16. What Dorothy tosses on the Wicked Witch _____



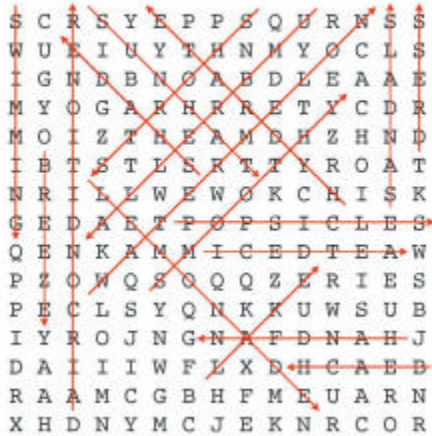




SOLUTIONS

Beat the Heat

(solution)



The Wizard of Oz Scrabble

(solution)

1. Cyclone
2. Judy's role
3. Oz's good witch
4. Where Dorothy travels to
5. Color of the brick road
6. Dorothy's dog
7. Rural place to live
8. Cowardly character
9. What the Scarecrow desired
10. The color of Dorothy's shoes
11. The Wicked ____ of the West
12. What the Tin Man desired
13. Lollipop Guild members
14. Oz ruler
15. Witch's vehicle
16. What Dorothy tosses on the Wicked Witch

tornado
Dorothy
Glinda
Oz
yellow
Toto
farm
Lion
brain
ruby
Witch
heart
Munchkins
Wizard
broom
water



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

419-586-1644

The MCCOA serves clients without regard to race, color, national origin, religion, sex, or disability. We are an equal opportunity employer.

Find us at www.mccoa.net

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We also have the ability to email newsletters. **Thank you.**