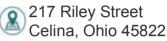


SEPTEMBER 2020

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

WE WANT TO HEAR FROM YOU

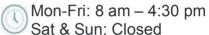
STAY IN TOUCH!













WE HOPE TO HEAR FROM ALL OF OUR NEWSLETTER SUBSCRIBERS!

In this issue of our newsletter we have put in several MCCoA logos. Your mission, if you choose to take it, is to report how many times you find the MCCoA logo!

To become eligible for a chance to win a great prize (\$10 Walmart cards and many others), just call 419-586-1644 by September 25 at 4:30 pm. Give us your count along with your name and phone number. We will do the drawings on September 30.

If you win we will call you. A list of the winners will be posted on our Web and Facebook pages.

This is sure to be a fun game!













From the Director's Desk:

If living through this pandemic has taught me anything, it is that I have no control over the big picture. I can't control the rules and regulations that government officials put into place whether I agree with them or not. I can't control who will and will not get sick and what that outcome might look like. I can't control how other people react to all of these things. What I can control is my own reactions to all of the above. In fact, it brings to mind the serenity prayer: God, grant me the serenity to accept the things I cannot change; the courage to change the things I can; and the wisdom to know the difference.

When Mr. Green first started working from home, I was not very happy. Our entire routine was off-kilter and the alone time I was once afforded between the time I got home from work and the time he got home was gone. I felt like my space was being invaded. Other



disappointments I have had to navigate include ditching plans for a big vacation to celebrate the 20 years Mr. Green and I have been together. I was looking forward to a trip to Europe (or ideally an African Safari to see some baby elephants). That definitely isn't going to happen this year or next. We have only been able to visit my mother-in-law (the original Mrs. Green) one time. She is in a long-term care facility in Indiana and has dementia. I have missed out on viewings and funerals because my doctor told me the risk attending is too great for my health. I know that you, too, have a list of heartaches and heartbreaks. But let's look at the list of positives. Since Mr. Green started working from home, he is more available to go with me to doctor appointments. He "gets home" earlier, which means we have more time to spend together. We are finding new ways to connect and bond. A postponed vacation has given us more time to save and plan. At work, I know that staff remains dedicated to serving each and every one of you to the best of our ability. We are talking about more ways to keep connected while also keeping safe. We had a garage sale of sorts in the back parking lot and enjoyed seeing both new and familiar faces. Briarwood Village held a goody bag drive through in our parking lot, which many of you participated in. One client drove by our front windows to show us her new dentures. Many of you have called to let us know that you have welcomed grandbabies, or new in-laws into the family. We have had joyful conversations through our window and over the telephone.

Please keep the faith. Find the small blessings. Start the day giving thanks for three things in your life instead of turning on the news. Call us if you need a pick-me-up. Remember, we see you and we are here for you, maybe not through open doors, but definitely through open hearts.



Sharon M. Areen



GARAGE SALE UPDATE

We had a great sale in July.
Thank you to everyone who participated!!

We will make announcements as soon as we know when the next sale will be.



Searching for September

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

ASTER
AUTUMN
GRANDPARENTS DAY
HARVEST
INDEPENDENCE DAY
(Mexico)
LABOR DAY
LIBRA
MORNING GLORY
OKTOBERFEST
ROSH HASHANAH

SAPPHIRE
SCALES
SEPTEMBER
VIRGIN
VIRGO
YOM KIPPUR



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

Spotlight on Uppie Berning!!!

We have a celebrity in our midst! On July 11, 2020, Uppie Berning from Maria Stein was featured on Cash Explosion, the official Ohio Lottery TV game show. When Uppie got the call from one of the show's producers, his first question was, "Is this a scam or is this real?" It turns out the call was real. Uppie was one of eight contestants selected for the show out of a possible 55,000.

The show was pre-recorded and a crew came into Uppie's home to shoot the live footage.



They brought in all of the equipment needed, which included bright lights and the ability to communicate with the studio in Cleveland. Uppie participated with three of his sons and a daughter-in-law by his side, and actually made it into the second round.

When asked what he plans to do with his winnings, he said that his family will have a nice Christmas this year and that he will donate to several organizations.

Best Kept Secrets of Mercer County

This month's adventure: Getting to know the parks in Celina

Want to take a drive and have some fun? Join us on Tuesday, September 22 from 10:00 a.m. to 2:00 p.m. as we get to know the parks in Celina. In order to participate, you must stop by MCCoA and pick up a map and instructions. You will then take a short drive around town to visit Celina's parks: Eastview, Mercelina, West Bank and Westview. At each park, you will need to locate our representative and get your map stamped. Stations will be set up as a drive through, but please feel free to get out and explore each park. We encourage you to pack a lunch and have a picnic, social distance style, of course. At least one station will have a free goodie bag!

After visiting every park, you will leave your map (don't forget to get all four stamps) at the last park you visit. Remember, you have from 10:00 a.m. until 2:00 p.m. to make all of the stops. Your name will then be entered in a drawing for a chance to win some great prizes! If you are a winner, we will contact you by phone. A list of winners will be posted on our website www.mccoa.net and on our Facebook page. We can't wait to see you!



Mercelina Park

East of Lakeshore Park between Lake Shore Drive and Warren Streets this park has:

Baseball/Softball Field Playground Equipment (10)Rental Docks

- (1) Boat Ramp
- (1) Basketball Court
- (1) Restroom
- (2) Shelter Houses
- (1) Concession Stand



Eastview Park

Located on Grand Lake Road (2nd entrance on East Livingston Street), this 51 acre park has:

- (6) Baseball/Softball Fields
- (8) Dugouts
- (3) Batting Cages
- (2) Football Fields (1) Press Box
- (4) Shelter Houses
- (4) Restroom Facilities
- (1) 11 acre Pond with Beach Area Playground Equipment
- (1) Walking Path
- (2) Maintenance Buildings



Lakeshore Park

(Formerly Northshore Park – Hawk Property)

At the intersection of Main Street, Lake Shore Drive, and South Ash Street, this 5 acre park has:

3/4 Mile of Shore Line

- (15) Courtesy Docks
- (3) Shelter Houses
- (1) Boat Docking Ramp
- (1) Restroom
- (1) Area designated to the Music In the Park Event with a Stage Under Tent Picnic area to enjoy the Lake View



Westview Park

Located on Fairground Road (may also enter from the intersection of Jill Avenue and Hierholzer Street), this 51 acre park has:

- (3) Baseball /Softball Fields
- (1) Press Box
- (2) Concession Stands
- (7) Soccer Fields
- (1) Walking Path
- (2) Sets of Playground Equipment
- (1) Shelter House with Restroom
- (2) Acre Pond and a Nature Preserve with 15.6 acres



MyHome A plan to stay safe at home



To continue your plan, schedule a time to go through the following home safety checklist to help prevent falls.

Check the FLOORS in each room and reduce tripping hazards:

- ☐ Keep objects off the floor.
- □ Remove or tape down rugs.
- Coil or tape cords and wires next to the wall and out of the way.

Check the KITCHEN:

- Put often-used items within easy reach (about waist level).
- For items not within easy reach, always use a step stool and never use a chair.

Check the BEDROOMS:

- ☐ Use bright light bulbs.
- ☐ Place lamps close to the bed where they are within reach.
- Put in night-lights to be able to see a path in the dark. For areas that don't have electrical outlets, consider battery-operated lights.

Check inside and outside STAIRS and STEPS:

- ☐ Check for loose or uneven steps. Repair if needed.
- Make sure carpet is firmly attached to every step, or remove carpet and attach non-slip rubber treads.
- Check for loose or broken handrails.
 Repair if needed.
- Consider installing handrails on both sides of the stairs.
- Use bright overhead lighting at the top and bottom of the stairs.
- ☐ Consider putting light switches at both the top and bottom of the stairs.

Check the BATHROOMS:

- Put non-slip rubber mats or self-stick strips on the floor of the tub or shower.
- Consider installing grab bars for support getting in or out of the tub or shower, and up from the toilet.

MyMobility Tip

Falls are more likely when wearing inappropriate footwear, such as flip flops that don't cover the heel.

Wear safe shoes that fit well, have a firm heel to provide stability, and have a textured sole to prevent slipping.

For more home modification information and resources: https://go.usa.gov/xUEs3



MySelf | A plan to stay independent



Staying healthy and managing chronic conditions help maintain your mobility.

To start building your plan, complete the checklist below.

	Get a	phy	ysical	checku	ıþ	each	ı y	ear.
--	-------	-----	--------	--------	----	------	-----	------

Some health issues may increase your risk of falling (such as leg weakness and balance problems).

Last Exam Date:	
Next Exam Date:	

☐ Review all your medicines with a doctor or pharmacist.

Certain medicines can have side effects that can change your ability to drive, walk, or get around safely. To learn more, go to:

https://go.usa.gov/xPADs

☐ Get a medical eye exam each year.

Eye problems can increase your risk of falling or being in a car crash.

Last Exam Date: _	
Next Exam Date:	

MyMobility Tip



Good eyesight is about more than 20/20 vision. For example, you need to see well in the dark to drive safely at night.

Get a medical eye exam each year and address any issues.

□ Follow a regular activity program to increase your strength and balance.

Strength and balance activities, done at least 3 times a week, can reduce your risk of falling. Other activities, like walking, are good for you, but don't help prevent falls. Visit the National Institute on Aging's website for suggestions: www.go4life.nia.nih.gov/exercises

Strengtl	n Activity	Balance Activity		
Exercise	Start Date	Exercise	Start Date	
Chair stand	Next Monday	Tai Chi	Next Monday	



Medicare



MCCoA Outreach Specialists will be available to help you during Open Enrollment. At this time, we are still working on the details. Keep your eyes and ears peeled for additional information.

Are you NEW TO MEDICARE?

Join *OSHIIP* for a Welcome to Medicare Webinar!

To find classes:

Go to: insurance.ohio.gov

Click: Insurance and Medicare Consumers And then click: OSHIIP Medicare Webinars

Upcoming webinars are:

Wednesday, September 2:	4 pm - 5 pm		
Thursday, October 8:	6 pm - 7 pm		
Tuesday, November 10:	4 pm - 5 pm		

Annual Notice of Change (ANOC)

Be on the lookout for your ANOC from your insurance plan! You should have this by the end of **September** to help you determine what changes will be occurring with your drug plans for this fall

for the 2021
Annual Enrollment
Period! It is
important to
review so you
don't OVERPAY!



2021 ANNUAL ENROLLMENT PERIOD DATES

Dates and deadlines you need to know





OCT. 15, 2020

ANNUAL ENROLLMENT PERIOD BEGINS

This is the first day you can enroll for 2021 health coverage.

DEC. 7, 2020

ANNUAL ENROLLMENT PERIOD ENDS

This is the last day you can enroll for 2021 health coverage.

JAN. 1, 2021

FIRST DATE COVERAGE CAN START

Even if you enroll in December 2020, your new Medicare plan won't go into effect until Jan. 1, 2021.

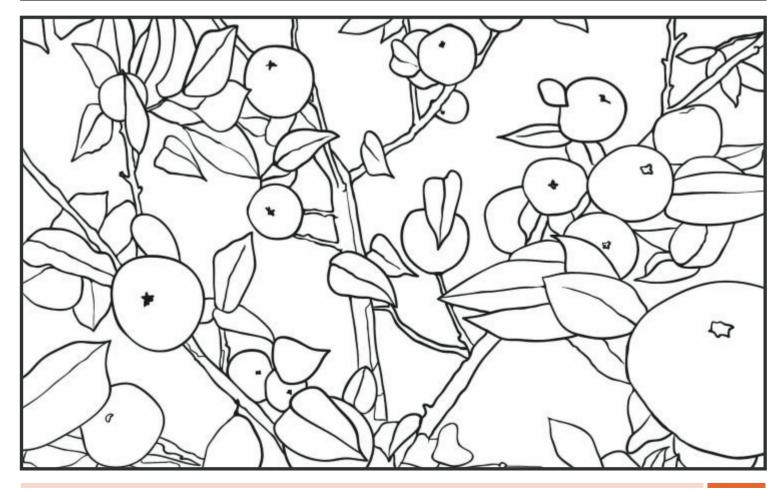
Car Bingo

ATTENTION ALL BINGO PLAYERS!!!!! We are happy to announce we are hosting a drive-in bingo in the back parking lot. We will only have 18 parking spots available, so you MUST PRE-REGISTER for your parking spot. When you arrive someone will show you where to park. You and whomever you

bring with you will be able to play from inside your car or you may bring lawn chairs and sit in front of your car. We ask that people stay in front of the car they arrived in at all times, so we can maintain social distance.

The cost is \$1.00 and you will get to play 10 games with 3 cards for each game. We will be using paper bingo sheets so bring something (a dauber, highlighter or pen) to mark your cards with. You will have a new sheet for each game. Like always there will be a prize for every Bingo! There will be 2 sessions on Wednesdays, September 16 and September 23. The first session is from 10:00 to 11:30 and the second session runs from 1:00 to 2:30. Sign ups are limited to only one session each day. Call and register for your parking spot today 419-586-1644.



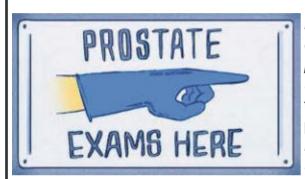


OutreachReachin' Out:

"Prostate cancer is the second most common cancer in men, and the second leading cause of cancer death in men. One in nine men will be diagnosed in his lifetime. African-American men and men with a family history of prostate cancer have a higher chance of getting the disease. Prostate cancer is different from many cancers because it often grows very slowly and may not cause problems." "Many men with prostate cancer will never know they have it unless they get tested."



2020 Free Prostate Cancer Screening offered by Joint Township District Memorial Hospital.



Prostate screening is one way for you and your doctor to determine if you might be at risk. Medicare will pay for a prostate screening once every 12 months for men over 50. Medicare covers a prostate specific antigen (PSA) blood test and 80% of cost associated if a digital rectal exam is performed. See your specific insurance plan for more details. Patients that do not currently have Medicare, may find Free Screenings from time to time, especially in September.

BEGIN SCREENING AT AGE:						
40	45	50	55-69	OVER 70		
If you have a family history	If you are African American	If you have no family history and are not African American	Discuss with your doctor	Screening is not recommended		

For more information, please visit: www.AUAnet.org

Tell your doctor if you have these urinary symptoms:

- Are passing urine more during the day
- * Have an urgent need to pass urine
- * Have less urine flow
- * Feel burning when you pass urine
- Need to get up many times during the night to pass urine



Veterans,

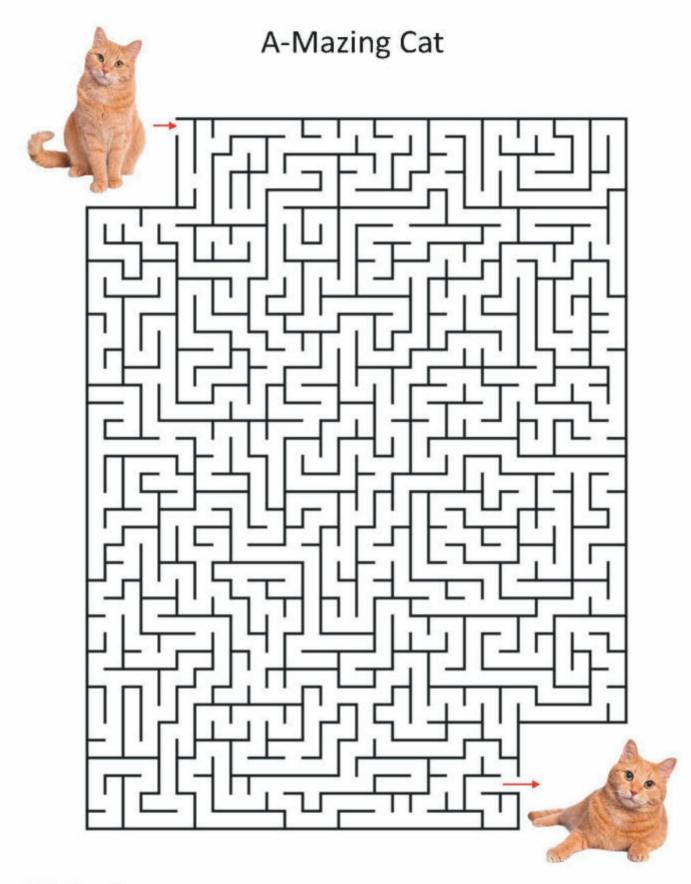
If you have been exposed to Agent Orange, herbicides, or other chemicals in the line of duty, you may want to read the brochure at https://www.ustoo.org/PDFS/Veterans_Brochure.pdf or call the US Department of Veteran's Affairs at (800) 827-1000.

Exposure means a higher risk of prostate cancer!



Happy Labor Day



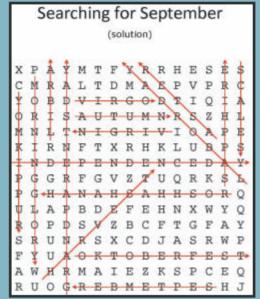


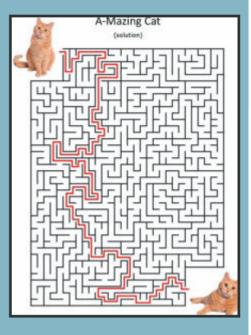
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Mercer County Council on Aging wants you to know that you are in our hearts and minds during these trying times.

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

SEPTEMBER 2020

To reduce unnecessary postal costs, please inform us 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**.