

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

Staying Connected

If you listen to the news, at all, you are sure to hear something along the lines of “people are so isolated.” This seems especially difficult through the holidays. If you know anything about the staff at MCCoA, you know that those words cut to the heart. We love our clients, that means YOU. For us to think that you are lonely is the worse torture you could put us through. It is our goal daily to figure out ways to connect with you. Lately that has been more of a challenge, but it is a challenge we take on gladly.

This month we are asking each of you to help connect with us. Please take the time to do one or more of the activities in this newsletter. You can color a picture, do the word search or the crossword. When you have finished please get a picture of it in to the office. You can fax it in, email a scanned copy, or you can drop it in the black

mailbox by the front door of the office. You can also ask your driver or homemaker to bring them in for you. We want to put them up on our Facebook page and on our website.

You are welcome to sign them but you don't have to. If you want to remain anonymous that is okay.

We are really looking forward to seeing everyone's creativity. There is no right or wrong. It is time to just have some fun!

Our email is mccoa@bright.net and our fax number is 419-586-1645.

It is okay, too, if you want to do all of the activities and send them in. The goal is to STAY CONNECTED. We miss each one of you and wish you the happiest of New Years.


Everyone who gets a picture to us will be entered for a chance to win a grand prize.


Pat Steinbrunner won November's Turkey Pardon. Their names are Pumpkin 'n Spice. Way to go Pat!!

Thank you in advance for helping us stay connected.




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!

From the Director's Desk:

For the last five years, I have written upbeat letters for the January newsletter inviting us all to look forward to a new year. I did so last year when I did a little play on 2020 and MCCoA's vision for the future. Too bad my crystal ball wasn't working, or I might have had a completely different message. Who could have imagined that a virus would dominate our lives? It may not have impacted us all the same and we may not have reacted the same, but it hung over our heads, regardless. In fact, it continues to hang around. While we now have a vaccine to help lift the veil, we still don't know how much longer we will be forced to live in its shadow. There might very well be some long-term changes as a result. For example, there are some routines that I have adopted that I don't intend to give up moving forward. Grocery pick-up at Wal-Mart is the bomb! Mr. Green and I grocery shop on the couch every Saturday evening and then bright and early on Sunday morning, I go pick it up. I'm usually there and back within a 15 minute or less window. Our family now holds Zoom meetings. Both my brothers live in California, so we don't see each other as much as we would like. Covid put Zoom right in our laps. Now we get to talk over each other, wave at each other's pets, and make jokes at my mother's expense on a regular basis. I can see my family without a car ride and I can wear my pajamas! I don't know if Mr. Green will go back to the office on a regular basis, but I hope not. I am probably one of the few married women who has actually enjoyed having her husband home. Okay, so I do go into work and we aren't tripping over each other. Now that he no longer has a commute when he does work late he is always "home" in time to watch the evening news and have a meal together on the couch.



I can't even begin to predict what 2021 will be like, but I suspect we will eventually find ourselves in each other's company. Until then, we wish you all a peaceful and hope-filled New Year.

Sharon M. Green





GARAGE SALE UPDATE

Our December garage sale was a huge success! Thank you for participating, whether you volunteered and/or shopped. We would like to thank everyone who has helped in anyway with the sale. During these very uncertain times, so many have stepped up and helped out!!! Without everyone's help MCCoA would not be able hold garage sales! With that being said, we will start the process all over again as we begin taking donations

Tuesday, January 19, 2021. Tuesday's from 8:30 till Noon and Thursday's from Noon – 4:00. All donations will be accepted in Building 6 (the new building) which is located in the back parking lot. To get to building 6, you must enter through the main entrance to the Fairgrounds on Market Street.

The date for the next garage sale has not yet been set. We are hoping for a Spring sale maybe late March or April. Watch your newsletter, www.mcco.net or friend us on Facebook for all the latest information.



Dot-to-dot #2

Connect the dots 1-107.



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Spotlight on COPD Screening

Chronic obstructive pulmonary disease (COPD) is a group of diseases that cause breathing problems, like emphysema, chronic bronchitis, and asthma. In the United States, tobacco smoke is a key factor in the development and progression of COPD. Having COPD significantly increases your risk of severe illness from coronavirus disease 2019 (COVID-19).



A test for COPD can help you detect it early, when treatment works best. It can also help you understand your risk for severe illness if you get COVID-19. Medicare Part B covers a lung cancer screening with Low Dose Computed Tomography (LDCT) once per year if you meet certain conditions. You pay nothing for this screening if your doctor accepts assignment. If you've already been diagnosed with moderate to severe COPD, Part B covers a pulmonary rehabilitation program. These services help you breathe better, make you stronger, and help you live more independently. You're covered as long as you have Part B and a referral from your doctor.

See <https://www.medicare.gov/blog/copd-screening-get-tested> or your doctor for more details!

Should You Be Screened for COPD?



Information found on Medicare.gov.

Pickleball!!

Pickleball is going great and everyone is having a wonderful time! So, if you are interested in trying it out give us a call and sign up for one or all of this month's sessions. We play in the gym at The Spiritual Center in Montezuma, 6731 State Route 219. We will be playing from 9:00 – 11:30 Tuesday, January 5, 12, and 26. You must call and register, 419-586-1644. The cost is only \$2 per person, which helps cover the use of the Spiritual Center's gym. We are going into the time of year when the weather does not always cooperate with us, so if Celina City Schools are canceled due to bad weather on the Tuesday you are to play pickleball we will be CANCELED also. If in doubt, please call before you head out.



Line Dancing at the Spiritual Center in Montezuma

Line Dancing will be held January 5, 12 and 26 from 1:00 – 3:00 at the Spiritual Center in Montezuma, 6731 State Route 219.



Everyone is welcome to join the fun, whether you have been dancing for years or you would like to give it a try! The cost is only \$2 per person. This helps cover the cost of using the Spiritual Center's gym. You must call to register 419-586-1644. If Celina City Schools are canceled due to bad weather, line dancing will be canceled also. If in doubt, please call before you head out.

Mercer County Council on Aging Virtual Alzheimer's Support Group

Virtual meetings via phone or computer.

To sign up for the next support group, please e-mail
Amy Buening at abuening@mccoa.net

or call

The Northwest Ohio's Alzheimer's Association
at 800.272.3900



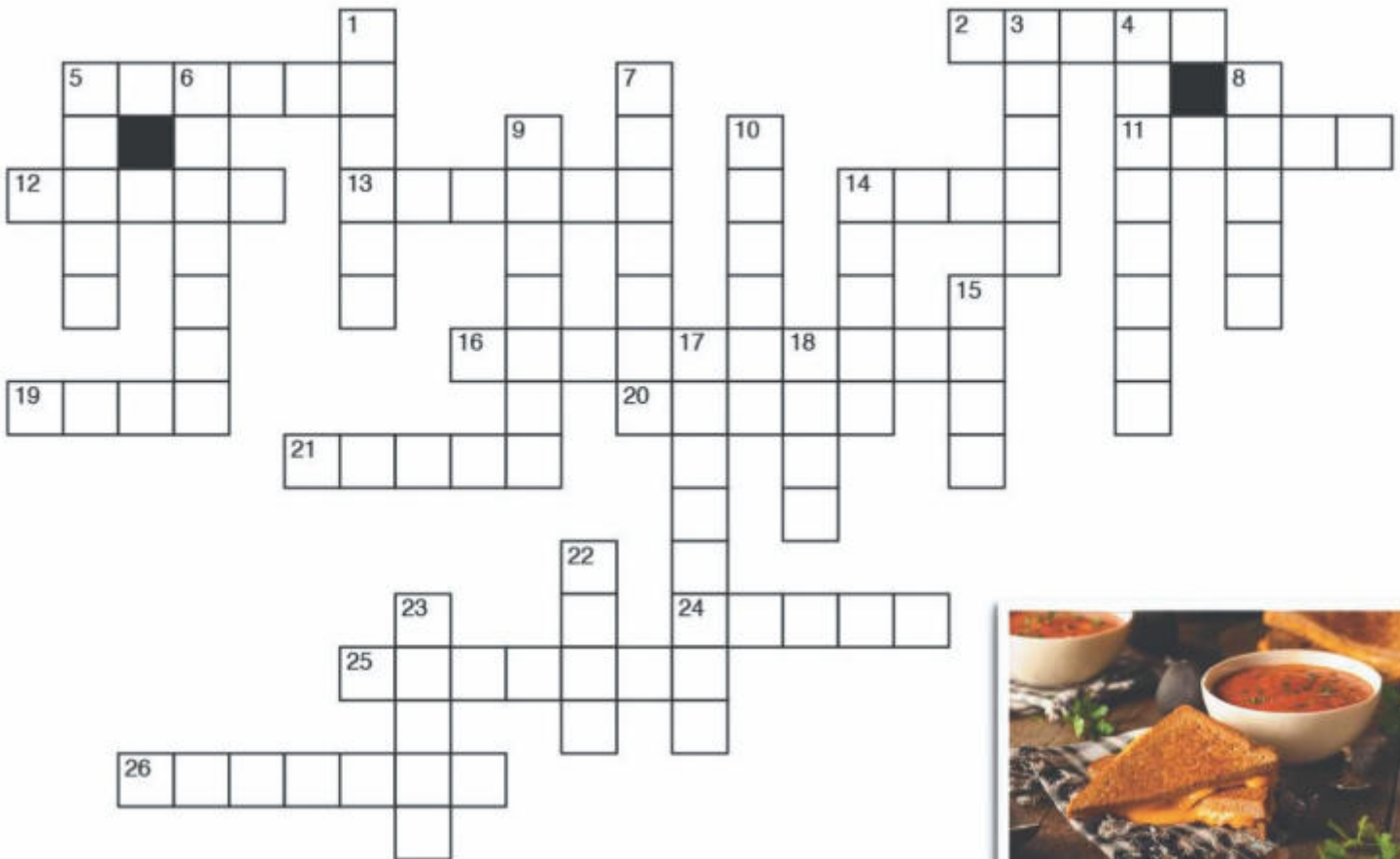
We look forward to having you there!

Check out <https://www.alz.org/nwohio> for classes and much more!



Hot Soup

Use the clues to fill in the crossword.



ACROSS

2. Chowder morsels
5. Seafood soup
11. Impolite dinner sound
12. Stew seasoning
13. Soup often served with grilled cheese sandwiches
14. Soup dish
16. Ristorante offering
19. Sea bass, for one
20. Eating utensil
21. Soup base
24. Put through a sieve
25. Savoy vegetable
26. Type of poultry

DOWN

1. Legume for soup
3. Soup-serving utensil
4. Edible fungus
5. Navy and kidney
6. Leafy green
7. Strands of pasta
8. Cajun soup
9. Decorate with parsley
10. Starchy staple
14. Pork product
15. Pungent bulb
17. Green soup variety
18. Flour mixture used to thicken soup
22. Lobster relative
23. Japanese soup

Your Medicare Initial Enrollment Period (IEP)



If you turn 65 in...

JANUARY	FEBRUARY	MARCH
the October before your birthday — <i>through</i> — the April after your birthday	the November before your birthday — <i>through</i> — the May after your birthday	the December before your birthday — <i>through</i> — the June after your birthday
APRIL	MAY	JUNE
the January before your birthday — <i>through</i> — the July after your birthday	the February before your birthday — <i>through</i> — the August after your birthday	the March before your birthday — <i>through</i> — the September after your birthday
JULY	AUGUST	SEPTEMBER
the April before your birthday — <i>through</i> — the October after your birthday	the May before your birthday — <i>through</i> — the November after your birthday	the June before your birthday — <i>through</i> — the December after your birthday
OCTOBER	NOVEMBER	DECEMBER
the July before your birthday — <i>through</i> — the January after your birthday	the August before your birthday — <i>through</i> — the February after your birthday	the September before your birthday — <i>through</i> — the March after your birthday

Source: Medicare Marketplace

Initial Enrollment Period (IEP)

When you're first eligible for Medicare, you have a 7-month Initial Enrollment Period to sign up for Part A and/or Part B. This IEP begins 3 months before the month you turn 65, includes the month you turn 65 and ends 3 months after the month you turn 65.

If you wait until the month you turn 65 (or the 3 months after you turn 65) to enroll, your Part B coverage will be delayed. This could cause a gap in your coverage.

Special Enrollment Period (SEP)

If you're covered under a group health plan based on current employment, you have a Special Enrollment Period to sign up for Part A and/or Part B anytime as long as:

You or your spouse (or family member if you're disabled) is working AND you're covered by a group health plan through the employer or union based on that work.

You also have an **8-month SEP** to sign up for Part A and/or Part B that starts the month after employment ends or the month after group health plan insurance based on current employment ends (whichever happens first).

Usually, you don't pay a late enrollment penalty if you sign up during a SEP.

General Enrollment Period (GEP)

You can sign up for Part A and/or Part B during the General Enrollment Period between January 1–March 31 each year if you didn't sign up when you were first eligible and you aren't eligible for a Special Enrollment Period.

You must pay premiums for Part A and/or Part B. Your coverage will start July 1. You may have to pay higher premiums for late enrollment.



Schedule an appointment with the Outreach Department, Amy or Gloria, to see how the rules apply to you! We'd love to help you through the process!



Across

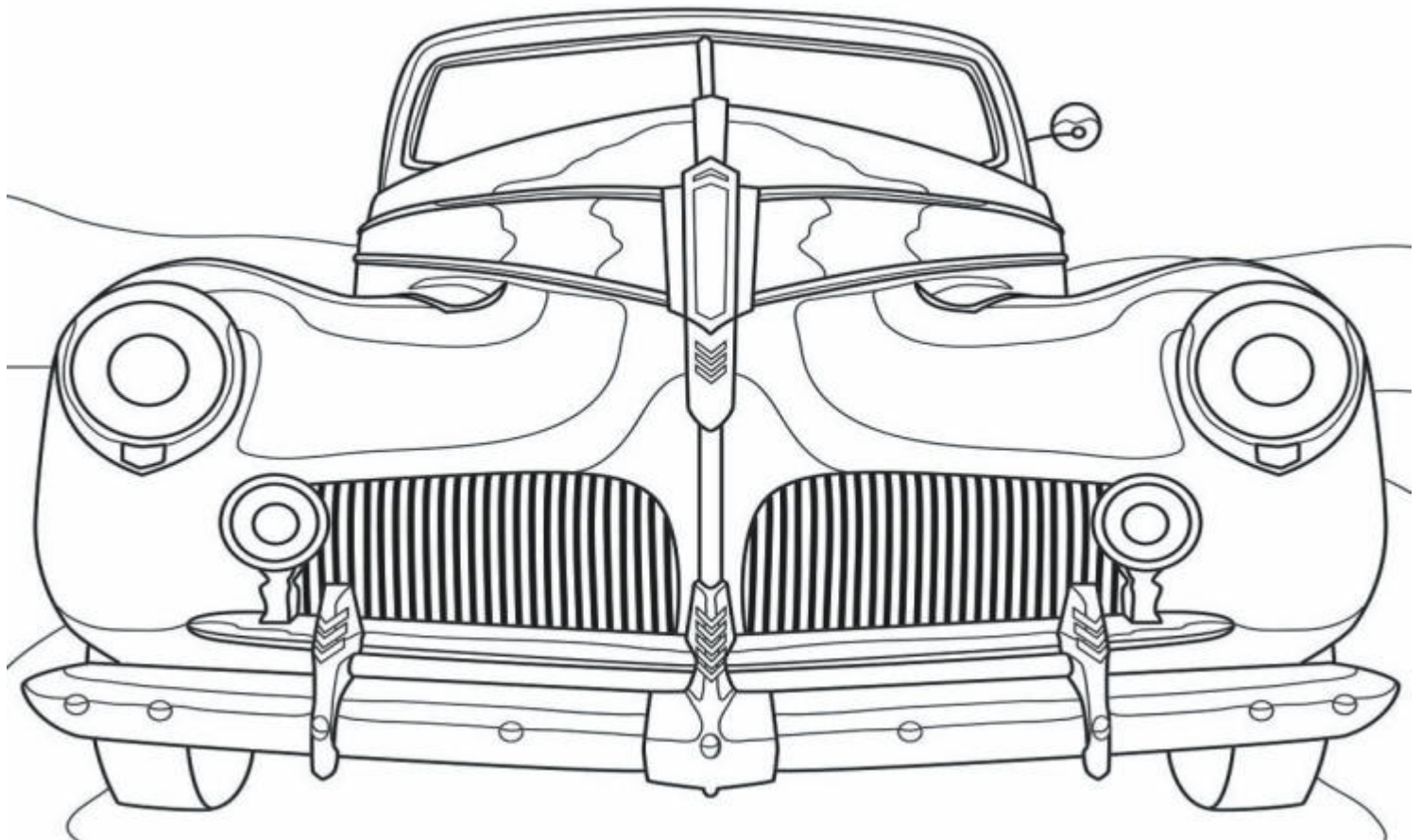
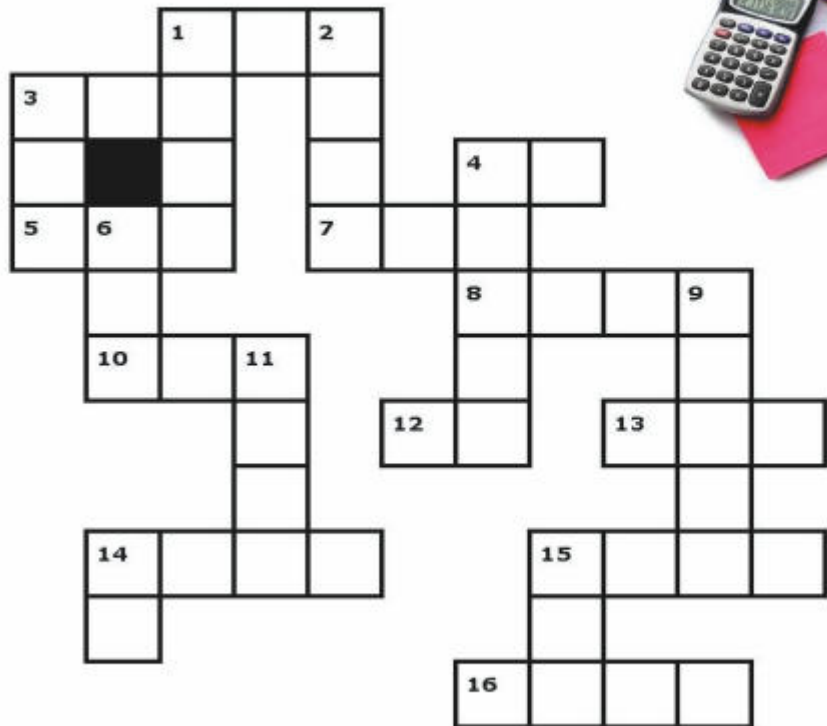
- $(76 \times 4) - (18 \times 9) =$
- $(962 - 357) + (45 \div 5) =$
- $(45 - 7) + (12 + 13) =$
- $4 \times 5 \times 6 \times 7 =$
- $27 + 9 - 16 + 81 =$
- $466 \times 4 =$
- $(333 - 216) + (861 - 416) =$
- $6 \times 2 \times 8 =$
- $(63 - 62) \times (870 + 2) =$
- $53 + (22,854 \div 6) + 28 =$
- $7(892 - 326) =$
- $8(654 - 168) =$

Down

- $1,653 - 600 + 357 =$
- $5,682 \div 2 =$
- $(2,763 \div 9) + (1,855 \div 5) =$
- $72,844 - 11,698 =$
- $(26 \times 17) - 37 =$
- $56,371 - 8,625 =$
- $8,596 \div 4 =$
- $(357 \div 21) + (682 \div 31) =$
- $(17 + 5) \times (8 + 6) =$

Calculation Crisscross

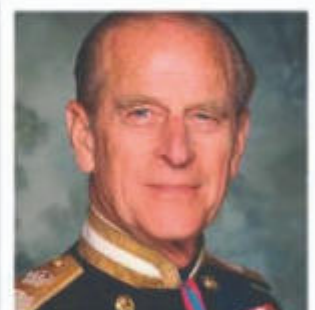
Solve the equations and fill in the puzzle.



100 Year Birth Anniversaries in 2021

The **bold** names listed below can be found vertically, horizontally, diagonally, forward, and backward.

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



GIANNI **AGNELLI**

HAZEL **MCCALLION**

GENE **RODDENBERRY**

STEVE **ALLEN**

YVES **MONTAND**

JANE **RUSSELL**

CHARLES **BRONSON**

PRINCE **PHILIP**

PETER **USTINOV**

JOHN **GLENN**

NANCY **REAGAN**

ABE **VIGODA**

ALAN **HALE JR.**

DONNA **REED**

ESTHER **WILLIAMS**

MONTY **HALL**

SUGAR RAY **ROBINSON**

WHITNEY **YOUNG**



OutreachReachin' Out:



You can only make one change during this period. Changes will take effect the first of the month after the plan gets your request.

January 1–March 31
During the Medicare Advantage Open Enrollment Period, you can make a change if you are enrolled in a Medicare Advantage Plan for 2021.

During this enrollment period

You can...

- *Switch to another Medicare Advantage Plan (with or without drug coverage), if you are currently enrolled in a Medicare Advantage Plan (with or without drug coverage)
- *Disenroll from your Medicare Advantage Plan and return to Original Medicare. If you choose to do so, you'll be able to join a Medicare drug plan.
- *Change to another Medicare Advantage Plan (with or without drug coverage) or go back to Original Medicare (with or without a drug plan) within the first 3 months you have Medicare if you are enrolled in a Medicare Advantage Plan during your initial enrollment period.

You can't...

- *Switch from Original Medicare to a Medicare Advantage Plan.
- *Join a Medicare drug plan if you're in Original Medicare.
- *Switch from one Medicare Prescription Drug Plan to another if you're in Original Medicare.



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To find classes:
Go to: insurance.ohio.gov
Click: Insurance and Medicare Consumers
And then click: OSHIIP Medicare Webinars

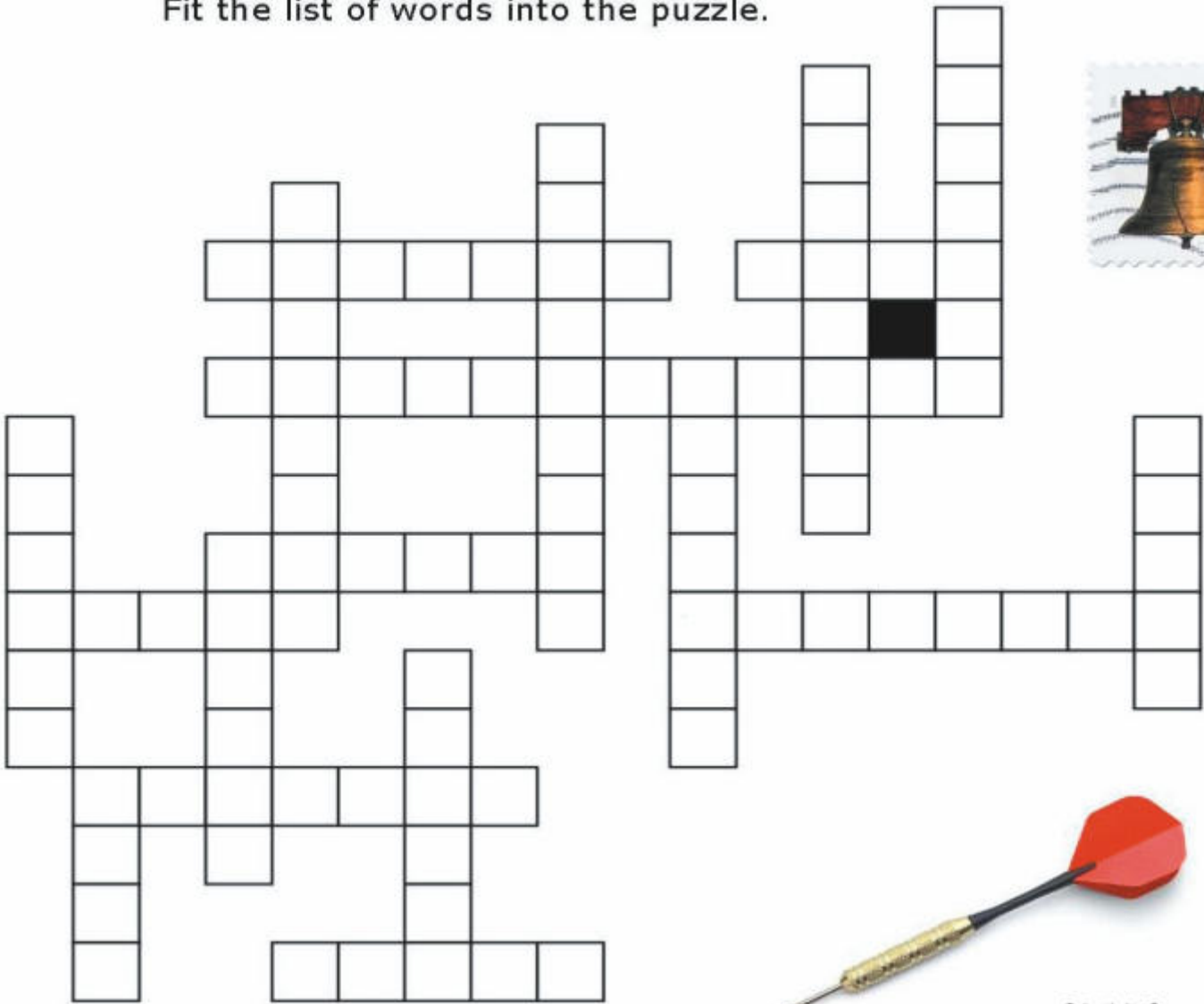
Upcoming webinars are:

Wednesday, January 13:	4 pm - 5 pm
Thursday, February 18:	6 pm - 7 pm
Tuesday, March 16:	4 pm - 5 pm



Hobby Time

Fit the list of words into the puzzle.



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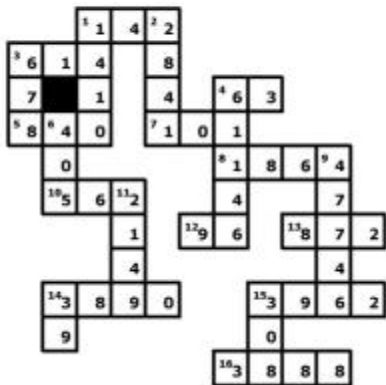
POLO
TOYS
CHESS
DARTS
DOLLS
BRIDGE
KARATE
SEWING
STAMPS

BOWLING
CROCHET
MAHJONG
TOPIARY
COLORING
DOMINOES
HANDBALL
GENEALOGY
BIRDWATCHING



Calculation Crisscross

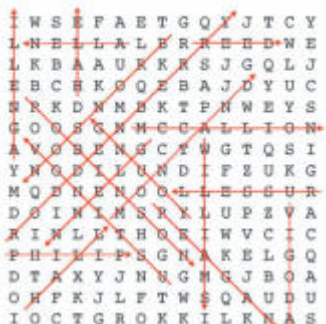
(solution)



SOLUTIONS

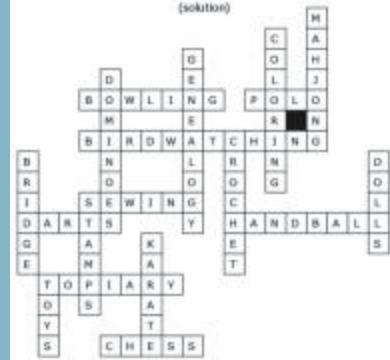
100 Year Birth Anniversaries in 2021

(solution)



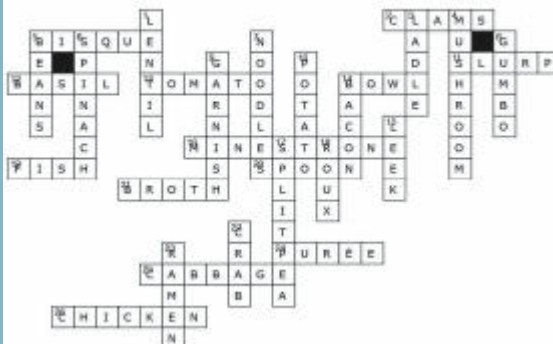
Hobby Time

(solution)

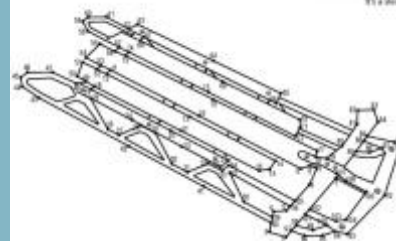


Hot Soup

(solution)



Dot-to-dot #2



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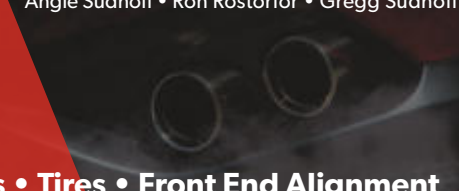
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Stay safe and healthy.



2021

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

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.**