

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

### Can you see the BIG picture?

Here are some pictures of items you have probably seen. Can you figure out what they are?

The photos on this page are taken very close up, giving only a few clues about the object. There are a second set of pictures on page 8, that give more clues.

Complete pictures can be found on page 12. After you play this game, give us a call at 419-586-1644 and tell us how many you were able to figure out. Everyone who calls in will be entered for a chance to win a grand prize.

Connie Jacoby won December's Christmas Scavenger Hunt game. Congratulations Connie!!

### STAY IN TOUCH!

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419-586-1644

mcco@bright.net

www.mcco.net

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

Like us on Facebook!

Picture #1



Picture #4



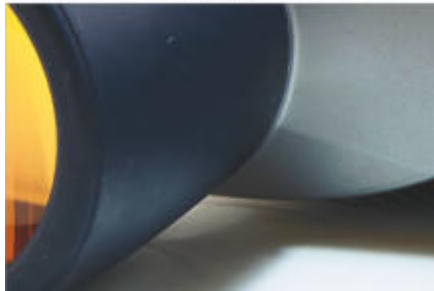
Picture #7



Picture #2



Picture #5



Picture #8



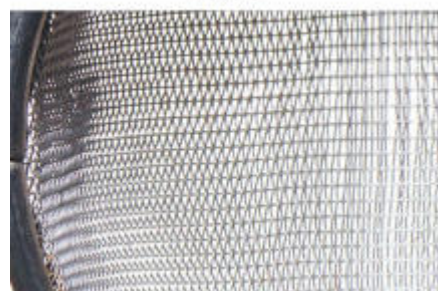
Picture #3



Picture #6



Picture #9



## From the Director's Desk:

All of my letters to you must be written a month before they are sent to the printer. That means in November, I'm musing about December or in June, I'm thinking ahead to July. So here I am in January, supposed to be thinking about February and all I can think about is January. We are barely out of the starting gate of 2021 and all I can think about is how life still feels so stagnant. When we closed our doors last March, I had absolutely no clue that we would remain that way into 2021. I must have at least four re-opening plans sitting in a folder waiting to be implemented. When the Ohio Department of Aging mandated that centers could not open without all staff being tested every two weeks, I stopped making any more of those plans. Our county and our center just don't have the resources to be able to pull that off. But please do not think that I have given up hope. I have not. The much anticipated vaccines are now available and while the roll-out has



been slow, it is happening. By the looks of it, people do want it and, in some states, are willing to wait all day in line to get one. I know that the vaccine will be our link to opening our doors again. If you are unsure about it, I encourage you to speak with a healthcare professional you know and trust, so you can make the best informed decision for you. I think that once we get to the second tier of people who can be vaccinated, I will have plans to make. Also, I don't want to leave you without giving some nod to February, so here is a reminder that February 6 is national Eat Ice Cream for Breakfast day. That, my friends, is definitely something worth celebrating.



*Sharon M. Green*

## GARAGE SALE UPDATE

Beginning January 19 we will be accepting donations every Tuesday from 8:30 to noon and Thursday from noon to 4:00 in Building 6 (the new building in the back parking lot). Donations will no longer be stored on the trailer or in boxes. They will be sorted and put in place as they come in. With that being said we will be sorting and putting items out more than just during the donation time. Tuesday afternoon, Wednesday all day and Thursday morning we will be working too!! If you are interested in helping any of these times please give Tash a call at 419-586-1644.



# Outreach Rocks!



Our Outreach Team is pleased to announce the completion of another successful Medicare Open Enrollment. This year we assisted approximately **318** clients and saved the seniors of Mercer County more than **\$81,214.40!**

With ALL Medicare Part D compares having taken place through telephone, mail and/or e-mail correspondence, this was a great feat! Gloria Miller and Amy Buening are ALWAYS excited to be able to help you through this process.

They would also like to shout out a big THANK YOU for your PATIENCE this year!



Unfortunately, MCCoA will be unable to host taxes this year. The volunteer base has dwindled due to COVID-19, and therefore are unable to accommodate our needs. See page 10 for other options.



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# Spotlight on Immune Systems



*“Nutrient deficiencies have been linked to higher levels of inflammation and longer periods of recovery from illness.” - AARP*

## HOW YOU CAN SUPERCHARGE YOUR IMMUNE SYSTEM

### 1) UP YOUR VITAMIN D

Vitamin D turns on an immune agent called ‘cathelicin’, which is your body’s first line of defense for your cells to kill off germs and viruses.

### 2) EAT YOUR FRUITS AND VEGGIES

Fruits and vegetables are crucial for a robust immune system because they provide fiber, vitamins and antioxidants that will help the body get rid of toxins.

### 3) KEEPING YOUR GUT HEALTHY

Did you know that most of your immune system is located in your gut? The body produces various immune compounds there, so making sure you have a good balance of beneficial bacteria there is essential for a healthy immune system. Probiotics are your best friend here!

### 4) HOW’S YOUR SLEEP?

During sleep, you experience a greater production of white blood cells that prevent disease and sickness. Individuals who sleep less than 7 hours a night are three times more likely to get sick than those who get more than 7 hours of sleep.

### 5) GO EASY ON THE CAFFEINE

Caffeine doesn’t appear to directly blunt the immune system, however, if you are elevating the stress hormone cortisol, your immunity will take a hit.

### 6) STAY HYDRATED

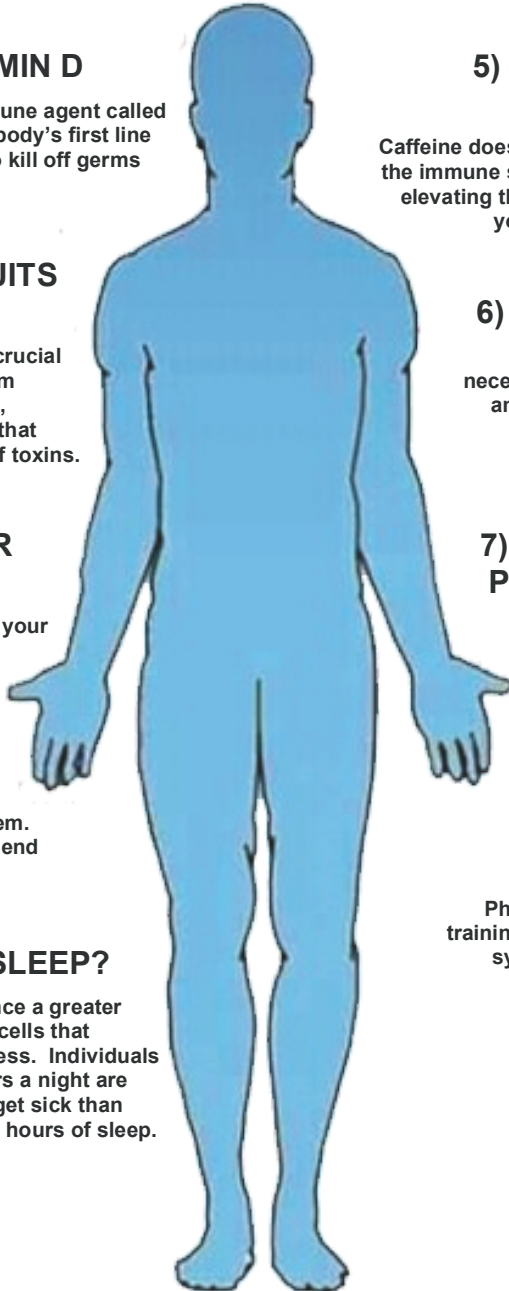
A healthy water intake is necessary for cellular hydration and avoiding illness. A good rule is to get a minimum of 8 glasses a day.

### 7) AVOID SUGAR & PROCESSED JUNK

The artificial additives and trans fats increase your toxic load, making the body work harder to eliminate these pollutants, blunting your immune response.

### 8) KEEP MOVING

Physical activity and strength training can elevate your immune system and protect you from cold and flu.



Amy Buening recently shared that when a family member was treated for Coronavirus, the healthcare system she visited recommended she take vitamins D and C, as well as Zinc and Melatonin. Although there are no vitamins or supplements known to prevent COVID-19, supplements may mitigate risk and boot your immune system. However, it is imperative that you speak with your doctor before taking anything as some supplements can impact the efficacy of prescription medications. Also, vitamins can be toxic if not managed in the proper doses. Therefore, if this is a route you choose to pursue, make an appointment to see your doctor before adding anything to your routine. The adjacent chart has some additional tips on how you can keep your immune system healthy.



## Pickleball!!

Pickleball is going great and everyone is having a wonderful time! 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 on Tuesday, **February 2, 9, 16 and 23**. You must call and register at 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 **February 2, 9, 16 and 23** 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 at 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, call  
The Northwest Ohio's Alzheimer's Association at  
800.272.3900

or

Mercer County Council on Aging at  
419-586-1644

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

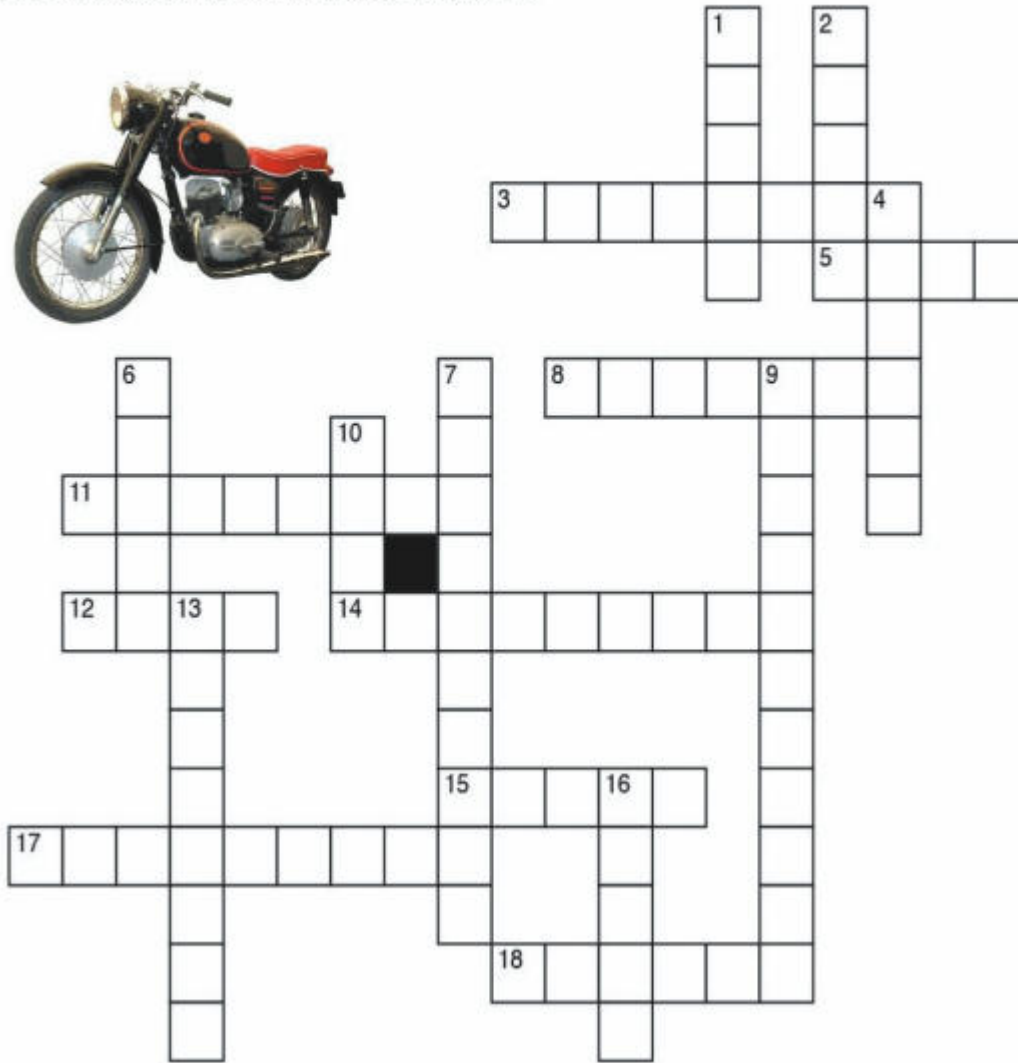
Alzheimer's  
Support Group  
*The journey is easier together*

10:00 am Virtual Meeting 3rd FRIDAY of each month



# Evel Knievel

Use the clues to fill in the crossword.



## ACROSS

- 3. Good at sports
- 5. Inclined plane
- 8. Courageous behavior
- 11. One-piece outfit
- 12. Celebrity
- 14. One putting on an act
- 15. Accident
- 17. Thrill seeker
- 18. Head covering

## DOWN

- 1. Large vehicles Knievel jumped
- 2. Distinctive style
- 4. A deep gorge
- 6. Daring feat
- 7. Two-wheeled vehicle
- 9. Official approval
- 10. Leap over
- 13. Group of spectators
- 16. Ability







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## FREE MEAL!!!

Free Meal!!! Thursday, February 11, Celina Manor will be providing free meals! The meal will include chicken parmesan, green beans, baked potato and cherry pie. All you have to do is call MCCoA at 419-586-1644 by Monday, February 8 to reserve your meal. On Thursday, February 11 come through our covered drive at the Mercer County Council on Aging between 11:00 am and noon and we will bring you your meal. No need to even get out of your car. There will also be a game for each person to take with them. Winners will need to take their card to Celina Manor to pick up their prize! A BIG THANK YOU to Celina Manor for this wonderful lunch!



# February 2021 Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b>	<b>2</b> 8:30 - 12:00 Donations (bldg 6) 9:00 - 11:30 Pickleball* - Montezuma Spiritual Center 1:00 - 3:00 Line Dancing* Montezuma Spiritual Center	<b>3</b>	<b>4</b> 12:00 - 4:00 Donations (bldg 6)	<b>5</b>	<b>6</b> National Eat Ice Cream for Breakfast Day 
<b>7</b> Superbowl Sunday 	<b>8</b> Last day to register for <b>FREE LUNCH</b> Drive Thru	<b>9</b> 8:30 - 12:00 Donations (bldg 6) 9:00 - 11:30 Pickleball* - Montezuma Spiritual Center 1:00 - 3:00 Line Dancing* Montezuma Spiritual Center	<b>10</b>	<b>11</b> 11:00 - 12:00 FREE LUNCH Drive Thru 12:00 - 4:00 Donations (bldg 6)	<b>12</b>	<b>13</b>
<b>14</b> <i>Happy Valentine's Day</i> 	<b>15</b> Offices Closed President's Day 	<b>16</b> 8:30 - 12:00 Donations (bldg 6) 9:00 - 11:30 Pickleball* - Montezuma Spiritual Center 1:00 - 3:00 Line Dancing* Montezuma Spiritual Center	<b>17</b> Random Acts of Kindness Day 	<b>18</b> 12:00 - 4:00 Donations (bldg 6)	<b>19</b> 10:00 Virtual Alzheimer's Meeting	<b>20</b> Love Your Pet Day 
<b>21</b>	<b>22</b>	<b>23</b> 8:30 - 12:00 Donations (bldg 6) 9:00 - 11:30 Pickleball* - Montezuma Spiritual Center 1:00 - 3:00 Line Dancing* Montezuma Spiritual Center	<b>24</b>	<b>25</b> 12:00 - 4:00 Donations (bldg 6)	<b>26</b>	<b>27</b>
<b>28</b>	An * denotes that there is a fee for this activity.					

# Can you see the BIG picture? (medium picture)

Picture #1



Picture #4



Picture #7



Picture #2



Picture #5



Picture #8



Picture #3



Picture #6



Picture #9



**Are you NEW TO MEDICARE?** Join **OSHIIP** for a **Welcome to Medicare Webinar!**

To find classes:

Go to: [insurance.ohio.gov](http://insurance.ohio.gov)

Click: Insurance and Medicare Consumers

And then click: OSHIIP Medicare Webinars

Upcoming webinars are:

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



OSHIIP now offers monthly **Social Security 101 Webinars** to coincide with

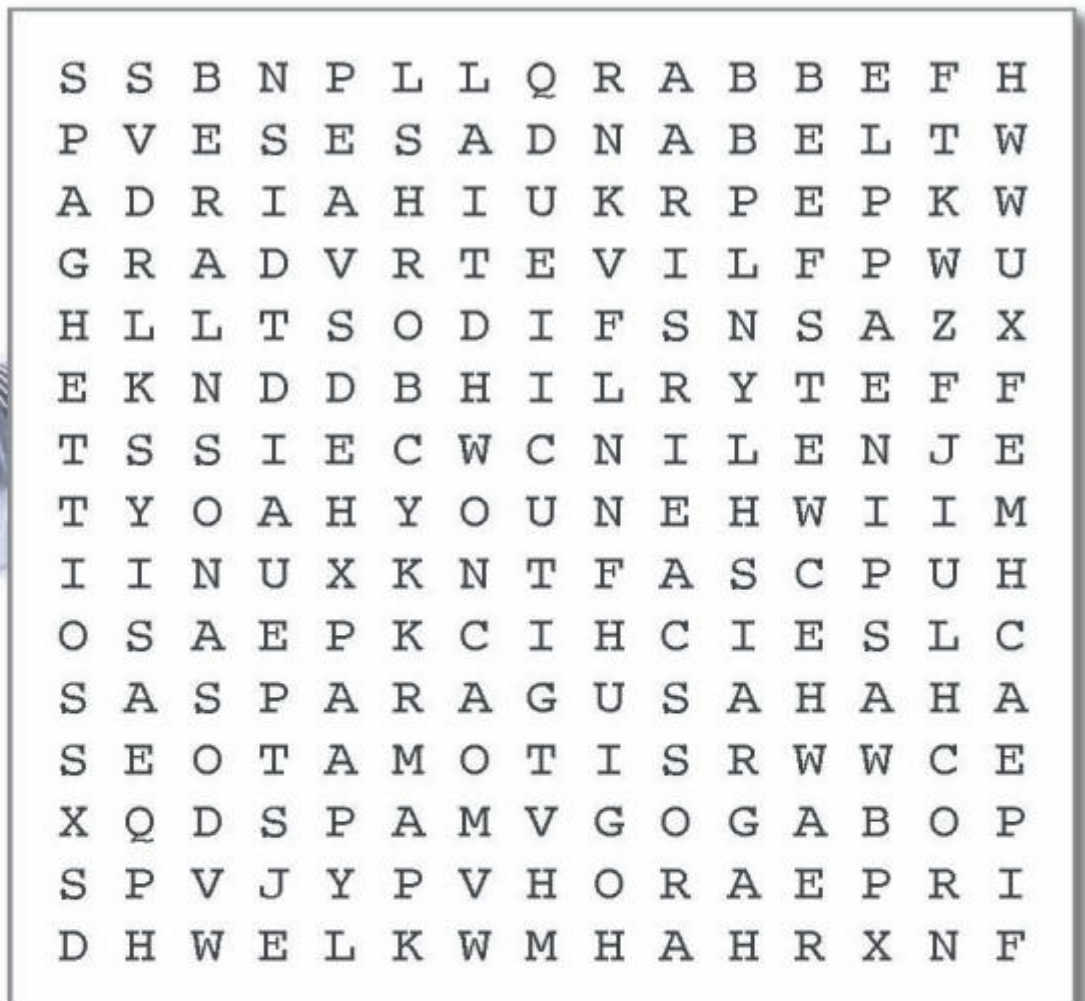
Welcome to Medicare Webinars!

*See Medicare Webinar link above to register!*



# Canned Foods

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



ANCHOVIES  
ASPARAGUS  
BAKED BEANS  
BEEF STEW  
CHICKPEAS  
CHILI

CORN  
MUSHROOM  
PEACH  
PEAR  
PEAS  
PINEAPPLE

SARDINES  
SOUP  
SPAGHETTIOS  
SPAM  
TOMATOES  
TUNA



## Outreach Reachin' Out: "All is Fair in love and Taxes..."

Tis' the season of love, and also the time to start thinking about the upcoming tax season. Yuck! This year with COVID, MCCoA will not be able to bring in AARP to assist clients with taxes. However, there may be additional resources available to help.

The **IRS's Volunteer Income Tax Assistance (VITA)** and **Tax Counseling for the Elderly (TCE)** programs offer free basic tax return preparation to qualified individuals.

The VITA program has operated for over 50 years, offering free tax help to:

- People who generally make \$57,000 or less
- Persons with disabilities; and
- Limited English-speaking taxpayers who need assistance in preparing their own tax returns.

In addition to VITA, the TCE program offers free tax help, particularly for those who are 60 years of age and older, specializing in questions about pensions and retirement-related issues unique to seniors. VITA and TCE sites are generally located at community and neighborhood centers, libraries, schools, shopping malls and other convenient locations across the country. To locate the nearest VITA or TCE site near you, use the **VITA Locator Tool** at <https://irs.treasury.gov/freetaxprep/> or call **800-906-9887**.

When looking for a TCE site, keep in mind that a majority of the TCE sites are operated by the AARP Foundation's Tax Aide program. To locate the nearest AARP TCE Tax-Aide site between January and April use the **AARP Site Locator Tool** at <https://secure.aarp.org/applications/VMISLocatorsearchTaxAideLocations.action> or call **888-227-7669**.

***The locators are updated regularly from February through April.***

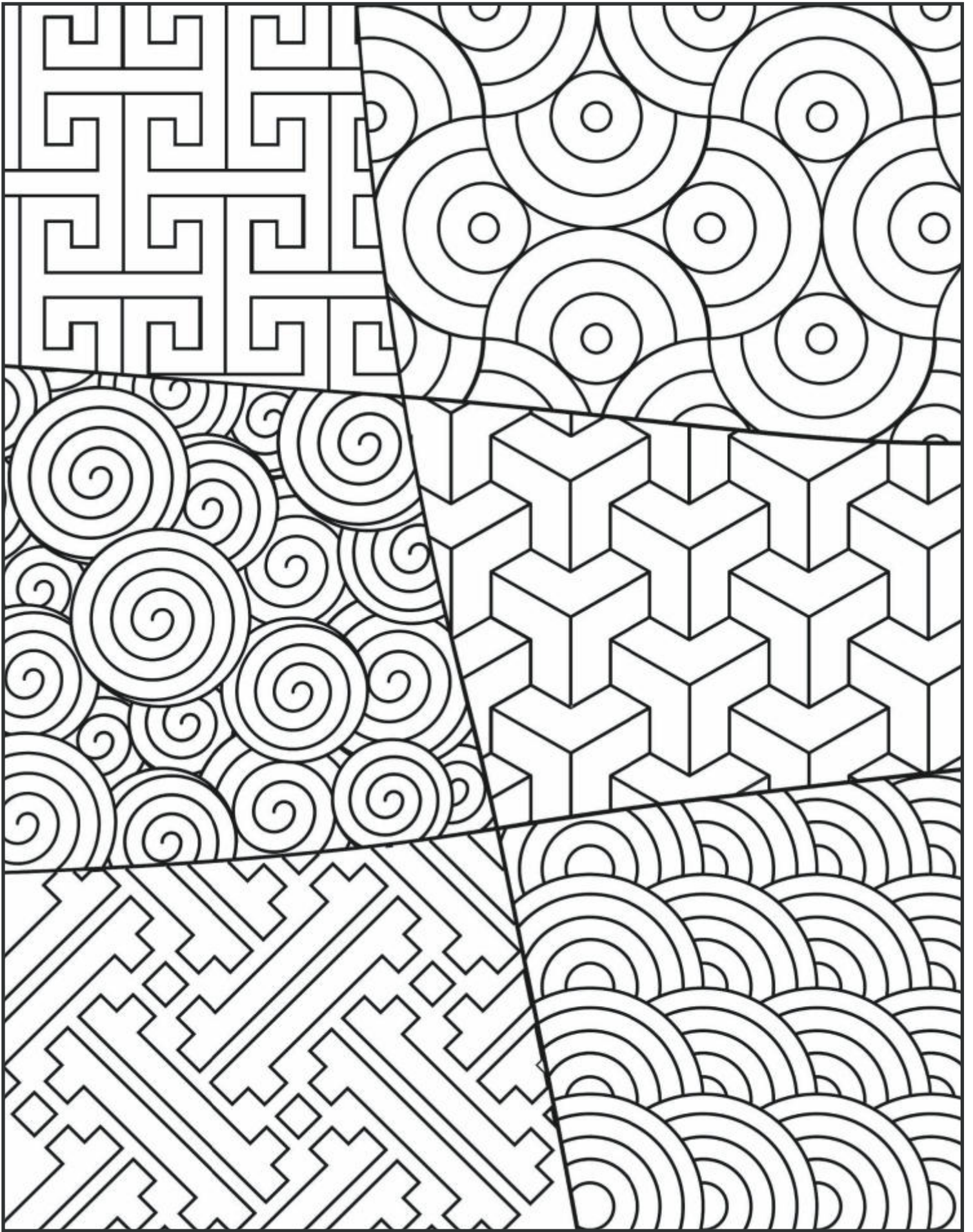
Please note: as of the printing of this newsletter, there were no sites in a 50 mile radius of Celina, OH nor can we guarantee anything will open up in the coming month.

For fastest service, visit [IRS.gov](https://www.irs.gov) for a variety of online resources and tax help including tax forms, instructions and publications, online payment options and to file with **IRS Free File** at <https://www.irs.gov/filing/free-file-do-your-federal-taxes-for-free>—which is free for most taxpayers!

**IRS will not call to request any personal or financial information for you to get an economic impact payment. If you get such a call HANG UP!**

See official details at:

**IRS** [www.irs.gov/coronavirus](https://www.irs.gov/coronavirus)



# Mini Sudoku Puzzles

Fill in the blank boxes so that each row, each column, and each 2 X 2 square contains the numbers 1 through 4.

Puzzle 1:

4	2	1	3
	3	4	
3		2	1
2	1		4

Puzzle 2:

	3	2	
2	1	4	3
3	2	1	4
	4	3	

Puzzle 3:

	2	4	3
4		1	2
2	1		4
3	4	2	

Puzzle 4:

3	2	1	4
1			2
4			3
2	3	4	1

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Can you see the BIG picture? (zoomed out picture)



It's a paintbrush.



It's a shopping basket.



It's goggles.



It's a box of chocolates.



It's binoculars.



It's a watch.



It's a hand mixer.



It's a birdhouse.



It's a sifter.

# SOLUTIONS



## Canned Foods

(solution)

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

## Evel Knievel

(solution)

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

## Mini Sudoku Puzzles

(solutions)

Puzzle 1:

4	2	1	3
1	3	4	2
3	4	2	1
2	1	3	4

Puzzle 2:

4	3	2	1
2	1	4	3
3	2	1	4
1	4	3	2

Puzzle 3:

1	2	4	3
4	3	1	2
2	1	3	4
3	4	2	1

Puzzle 4:

3	2	1	4
1	4	3	2
4	1	2	3
2	3	4	1

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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](http://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.**