

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

Lets play "WHAT AM I?"



For this month's newsletter game, we would like you to guess "What am I?" Below you will find 5 clues. There are 20 more scattered throughout this newsletter to help you figure it out! To enter for a chance to win a door prize, just call 419-586-1644 with your guess. Happy

hunting! Everyone who calls in will be entered for a chance to win the basket pictured to the left. The winner of the January's "Staying Connected" game was Nancy Leighner.

Do you know what I am?

Here are some clues:

1. My roots can be traced back to the 1880s.
 2. Advertisers love me.
 3. My invention came about due to a medical emergency.
 4. I am featured prominently in many movies and television shows.
 5. Throughout my youth, I spent a lot of time in hotels, restaurants, and transportation hubs.
- Be sure to look for more clues!

STAY IN TOUCH!

217 Riley Street
Celina, Ohio 45822

419-586-1644

mcco@bright.net

www.mcco.net

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

Like us on Facebook!



Important News:

Donations have been so generous, we are having a garage sale February 25 through 27. See page 3 for more details.



From the Director's Desk:

March means basketball, a sport for which I have never been a big fan. I think part of the problem is because the rules are so convoluted. I will never understand why LeBron James can run down half a court and only dribble the ball once and that's not traveling, but a lesser known basketball player can take one extra half step and whistles are blowing. Not that I'm trying to disparage LeBron. He did bring a championship to Cleveland, and watching Mr. Green's excitement over that alone still makes me smile. At any rate, I have lived in both North Carolina and Indiana and the excitement of March Madness never washed over me. Well, except that one time I won an office pool by randomly picking bracket winners. The gentleman who spear-headed it was so angry that I won, he had a hard time giving me my winnings. Apparently, I didn't take it seriously enough. And that folks is where the madness comes in. People literally go nuts over picking brackets, cheering on their favorite teams and coming in to work on only a few hours of sleep. What if I told you that March Madness didn't always refer to basketball? According to Dictionary.com, people in the mid-1900's used March madness to refer to uncharacteristic behavior that affected people during the month of March. It is thought that the expression may come from March's erratic weather. At any rate, I would like to add one more "event" to the madness of March and that is COVID-19. It was March 20, 2020 that Governor DeWine made the decision to close senior centers. Since then, we have had to navigate a change in the way we provide services, and we appreciate how understanding you have all been. I'd be lying if I said there weren't days where we all felt like we were going mad. As we continue to abide by the proper protocols, I honestly think that within the next several months, we will be moving toward opportunities to be in each other's company once again. Maybe we should start a pool to see which month will finally end this Madness!



Sharon M. Green



GARAGE SALE UPDATE

We are in full swing getting things ready for the first garage sale of 2021! The first sale this year will be February 25 through 27 with an early bird evening on Wednesday, February 24. See the picture on the next page. Hopefully you have seen our advertising and are passing the word along about the great sales we have! If I haven't been in touch with you and you would like to help, please call Tash at 419-586-1644. We will have more sales this year and can use your help!

Our last day to accept donations is February 16. We will begin accepting donations again starting Tuesday, March 9. Donations are accepted Tuesday mornings from 8:30 to noon and Thursday afternoons from noon to 4:00.



6. Privacy is very important to me.
 7. In my earlier days, I enjoyed being enveloped in rich décor.
 8. My earliest appearances were in Berlin, Germany, and Hartford, Connecticut.

9. I currently reside on the Upper West Side of New York City.

10. People say my greatest accomplishment is facilitating communication among people.

11. Collecting coins is my favorite hobby.

12. The under-20 demographic does not know me well.



Masks required
 No Exceptions

Early Bird Shopping
February 24 6 to 8 pm

Back by popular demand is the Early Bird shopping option for the MCCoA garage sale. Shoppers who purchase a \$10.00 ticket in advance will be admitted to shop on Wednesday, February 24 from 6:00 to 8:00 pm. The ticket allows recipients to shop before the sale officially opens to the general public. Tickets will be available first come, first served beginning February 16 until sold out. Call 419-586-1644 to arrange purchase and pick-up. Tickets must be paid for at the time of pick-up. Due to COVID-19 restrictions, there is a limit of 60 tickets available. All ticket proceeds will go toward the purchase of computer tablets for transportation and outreach to streamline the current processes to be in line with MCCoA's MySeniorCenter database.

Due to COVID restrictions, the number of shoppers will be limited in each building

Garage Sale
217 Riley Street, Celina, OH

Pricing - Most of building 6

Bag	Black	White	Brown	Red
Early Bird*	\$20	\$10	\$5	\$1
Thursday	\$20	\$10	\$5	\$1
Friday	\$10	\$5	\$3	\$1
Saturday	\$5	\$3	\$1	\$1

(Saturday - Buy a bag get one free)

Pricing - Special items & building 4

Early Bird*	Items individually priced
Thurs & Fri	Items individually priced
Saturday	Items included in bags

Hours

Thu	Feb 25	8:30	6:30
Fri	Feb 26	8:30	4:00
Sat	Feb 27	8:30	4:00



Car Bingo

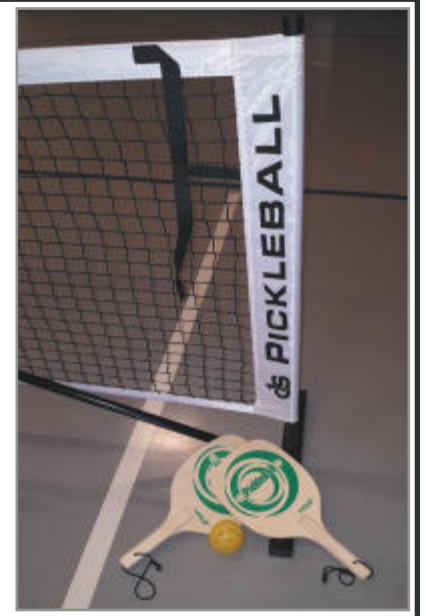
Car bingo is making a comeback!! We are happy to announce we are hosting drive-in bingo in the parking lot. We only have 15 spaces available, so you **must call to register** for your parking spot. You will be able to play bingo from inside your car or you can bring lawn chairs and sit in front of your car. To maintain social distance, we ask that people stay in front of the car they arrived in at all times.

The cost is \$1.00 and you will get to play 10 games with 3 cards each game. We will be using paper bingo sheets so bring something (a dauber, highlighter, or pen) to mark your cards. You will have a new sheet for each game. Like always there will be a prize for every bingo! Our first game will be Wednesday, March 31 starting at 1:00pm. We will only be offering an afternoon session for now but as weather warms up, we will add a morning session. **Call and register today at 419-586-1644.** With this being an outdoor activity, weather will factor into our ability to hold bingo. If we need to cancel you will receive a call by 11:00 AM.



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 am on Tuesday, **March 2, 9, 16, 23 and 30**. 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 **March 2, 9, 16, 23 and 30** from 1:00 – 3:00 pm 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.



Retiring soon? Or new 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

For a personal consult - feel free to call MCCoA and ask for Amy or Gloria!



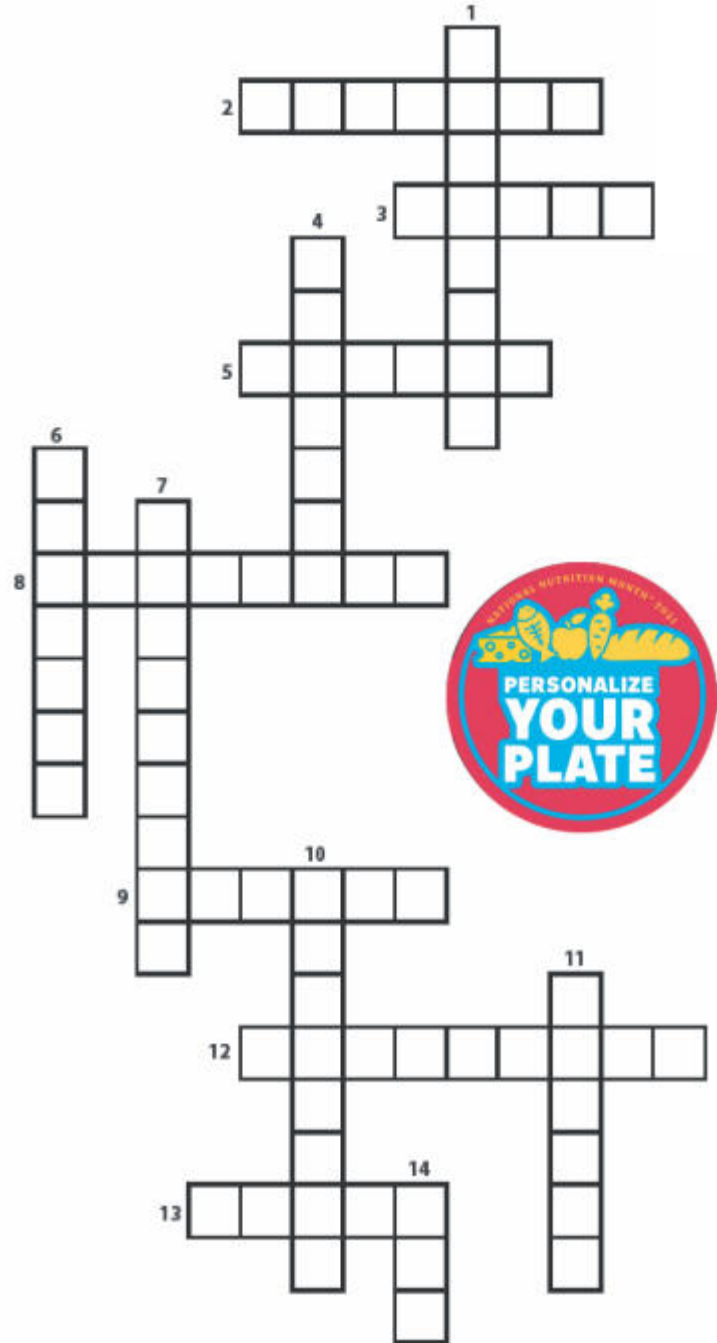
Crossword Puzzle

Across

2. Soups and dal are made with this legume.
3. A tropical fruit that is orange in color after the peel is removed and contains a large pit.
5. This dairy food is made with live cultures of helpful bacteria.
8. A tiny, round form of pasta that may be used in North African and Middle Eastern dishes.
9. A type of fatty fish that is a good source of omega-3 fatty acids.
12. Another name for garbanzo beans.
13. This term refers to grains that are not refined.

Down

1. This fresh herb is used as an ingredient or as a condiment in a variety of cuisines.
4. The main ingredient in guacamole.
6. A soft cheese used as a filling in lasagna and raviolis.
7. A dish made with lima beans and corn.
10. The name for a type of fungi that is part of the vegetable group.
11. A vegetarian source of protein made from fermented soybeans.
14. This protein food is a source of vitamin D.



13. My design has not always been accommodating to people with disabilities.
14. It is impossible to find me in Jordan.
15. My exterior is rugged and tough.
16. I enjoy being surrounded by windows.
17. When I am a part of large gatherings, I tend to get stuffed.
18. Later in my life, I have been less inclined to embrace new technologies.

March 2021 Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 World Compliment Day 	2 8:30 - 12:00 Donations (bldg 6) 9:00 - 11:30 Pickleball* - Montezuma Spiritual Center 1:00 - 3:00 Line Dancing* Montezuma Spiritual Center	3 Alexander Graham Bell's Birthday 	4 Pound Cake Day  12:00 - 4:00 Donations (bldg 6)	5 World Day of Prayer 	6
7 Love of Pets Week 	8 Peanut Cluster Day 	9 8:30 - 12:00 Donations (bldg 6) 9:00 - 11:30 Pickleball* - Montezuma Spiritual Center 1:00 - 3:00 Line Dancing* Montezuma Spiritual Center	10 First Telephone Call Day 	11 12:00 - 4:00 Donations (bldg 6)	12	13
14 Daylight Savings Potato Chip Day 	15 Act Happy Week 	16 8:30 - 12:00 Donations (bldg 6) 9:00 - 11:30 Pickleball* - Montezuma Spiritual Center 1:00 - 3:00 Line Dancing* Montezuma Spiritual Center	17 St. Patricks Day 	18 12:00 - 4:00 Donations (bldg 6)	19 10:00 Virtual Alzheimer's Meeting	20 1st Day of Spring 
21 Give Someone a Flower Day 	22	23 8:30 - 12:00 Donations (bldg 6) 9:00 - 11:30 Pickleball* - Montezuma Spiritual Center 1:00 - 3:00 Line Dancing* Montezuma Spiritual Center	24	25 12:00 - 4:00 Donations (bldg 6)	26	27
28	29	30	31 1:00 - Car Bingo*	An * denotes that there is a fee for this activity.		

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/nw ohio>
for classes and much more!

Alzheimer's Support Group

The journey is easier together

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

5 Tips for Talking to Someone with Alzheimer's



1 Diminish distractions
banish background noises.

2 Converse one-on-one
more people equals more confusion.

3 Keep things simple
stick to short, specific statements.

4 Avoid arguments
no one will win.

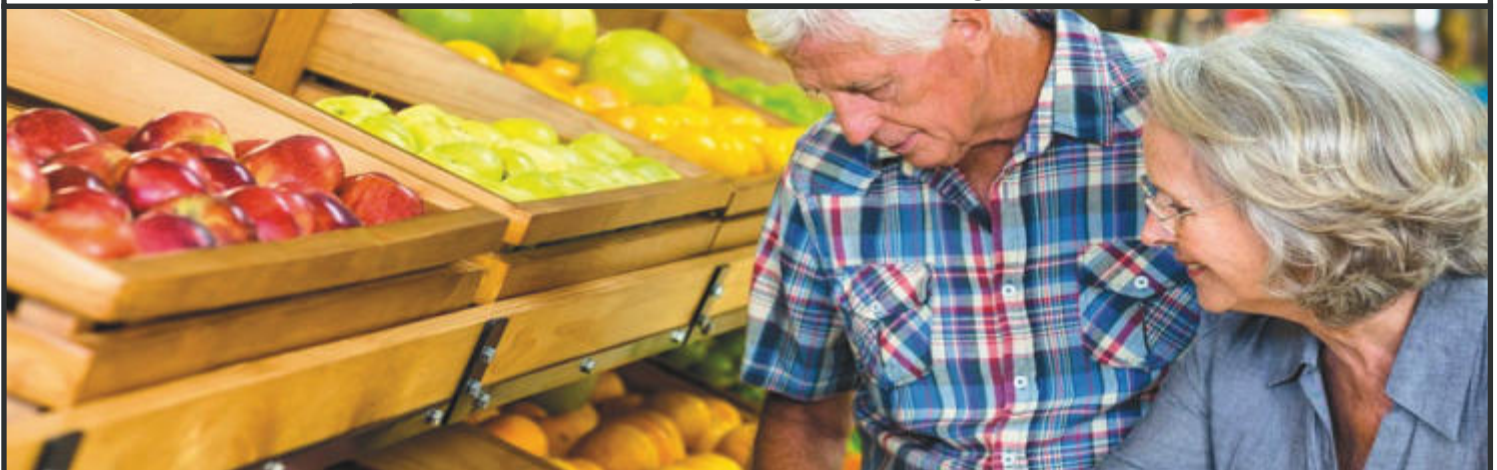
5 Just keep talking
even if they can no longer respond.

AgingCare.com Supporting Caregivers

See our website at mccoanet or call us at
419-586-1644 for more information on support
opportunities, one-on-one counseling, and
other learning opportunities!



19. Some people know me as a hotspot.
20. I am nearly extinct.
21. In England, I am painted red.
22. Some have learned how to reverse my charges.
23. My accordion door keeps others out of my space.
24. You typically find me wherever you find a pay phone.
25. I provide a private space for making phone calls.



The **Senior Farmers Market Nutrition Program** is found in 45 of Ohio's 88 counties and is funded by the US Department of Agriculture. Eligible individuals receive \$50 worth of coupons to redeem for fresh produce and honey at participating farmers markets and farm stands. Applicants must be 60 or older and meet income guidelines of 185% or less than poverty level.

If you would like to place your name on a list to be notified when 2021 applications are available at the Area Agency on Aging, please call us at 419-586-1644. We will be happy to notify you.

Searching for March

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



AQUAMARINE

MARCH

SPRING

ARIES

PASSOVER

ST. PATRICK'S DAY

DAYLIGHT SAVINGS

PISCES

THIRD

FISH (Pisces)

RAINBOWS

UMBRELLA

JONQUIL

RAM (Aries)

WIND

Outreach Reachin' Out:

Make Smart Food Choices for Healthy Aging

It's never too late to make smarter food choices. Healthy eating is an important part of staying healthy as you age.

Following these tips can help you maintain a healthy weight, get the nutrients you need, and lower your risk of chronic disease.



Try to eat and drink from these food groups each day: fruits, vegetables, grains, protein, and dairy.



Fruits



Vegetables



Grains



Protein



Dairy

Variety is an important part of eating healthfully!

Instead of:



High-calorie snacks



Fruit products with added sugars



Regular cola

Try these:



Nutrient-dense snacks



Fresh fruit



Water flavored with fruits or vegetables

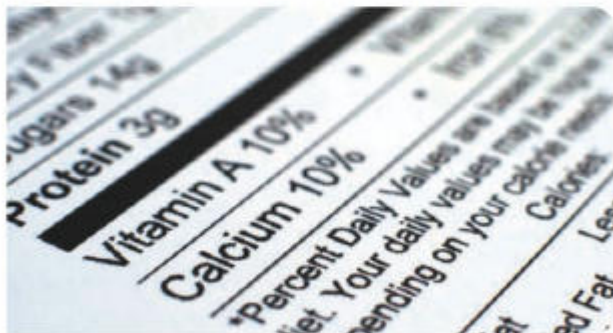
Cut back on foods and beverages that are high in calories and added sugars, sodium, and saturated fats. Shift to healthier options like fresh fruits and vegetables instead.



Use a food diary to help you keep track of your total daily calories, carbs, protein, etc., and see if you are making healthy choices. Understand how many calories you need based on your level of daily activity.



Choose a variety of foods that are packed with nutrients and low in calories. Check the food labels to understand what foods will meet your nutritional needs each day.



HOW MANY CALORIES DO YOU NEED EACH DAY?

WOMEN

Not physically active

1,600 cal.

Moderately active

1,800 cal.

Active lifestyle

2,000-2,200 cal.



MEN

Not physically active

2,000-2,200 cal.

Moderately active

2,200-2,400 cal.

Active lifestyle

2,400-2,800 cal.

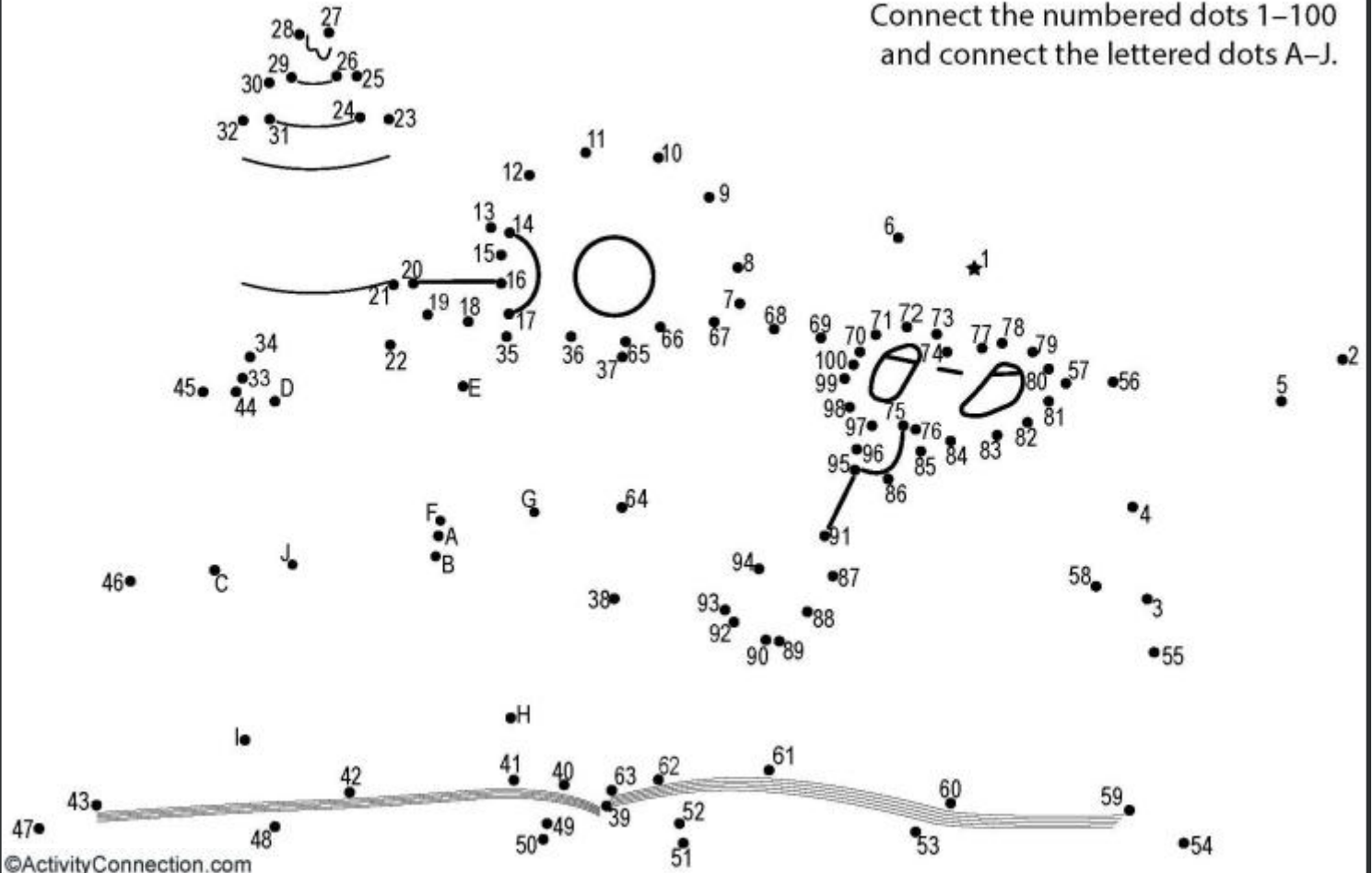


Visit www.nia.nih.gov/health/healthy-eating and www.choosemyplate.gov to learn more.



Dot-to-dot #2

Connect the numbered dots 1-100 and connect the lettered dots A-J.



©ActivityConnection.com

March is National Nutrition Month! So, it is only fitting that we discuss the importance of changes in nutritional needs as we age!

The National Institute of Diabetes and Digestive and Kidney Disease (NIDDK) indicates that “As you get older, your body begins to need fewer calories, but you need just as many nutrients. So, you will want to focus on eating nutrient-dense foods.

Nutrient-dense foods pack a lot of vitamins, minerals, and other nutrients your body needs into a smaller number of calories.”

Visit www.ChooseMyPlate.gov for more information on making healthy food choices or stop by the center to get a booklet for more details!



“Older adults should ‘consume foods from the rainbow’ because they are rich in nutrients!”

Per the US Food & Drug Administration (FDA), seniors should look for foods that are:



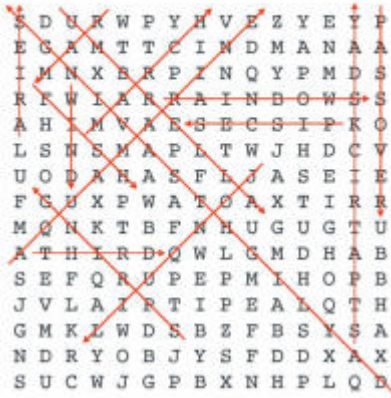
Higher in dietary fiber, vitamin D, calcium, and potassium.



Lower in saturated fat, sodium, and added sugars.

Searching for March

(solution)

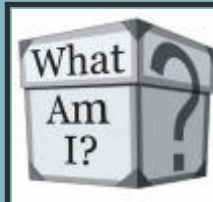
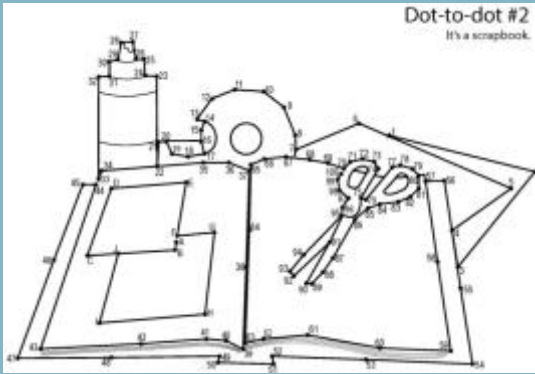
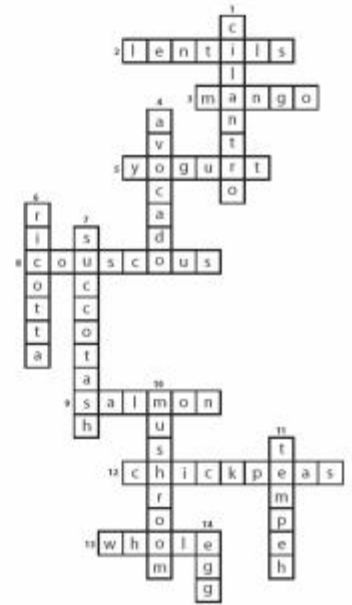


SOLUTIONS

eat right Academy of Nutrition and Dietetics
National Nutrition Month® 2021

Crossword Puzzle

Solution:



Can you guess what I am?

Don't hang up - I am a phone booth!
Don't forget to call 419-586-1644
to get entered for the drawing.

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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

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.**