

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

### Lets play “Three Truths and One Lie”

For this month’s newsletter game, let’s play “three truths and one lie.” Please see the director’s letter on page 2! Our winner for February’s “The Big Picture” game was Shelby Martin!!

**LIAR  
LIAR**



**PANTS  
ON FIRE**



**Craft Classes!!!!** We are very excited to announce we are holding craft class again! Join us in the annex for one of the four sessions we will be offering. All sessions will make the same Wooden Owl project. The cost is only \$5.00 per person and can be paid at the time of your class.

Class times are:

Monday, April 12 at 1:00 pm

Wednesday, April 14 at 9:00 am

Monday, April 19 at 1:00 pm


Wednesday, April 21 at 9:00 am

Each session is limited to 5 participants. All supplies will be provided. This is sure to be a fun class. You must call in to register, 419-586-1644.

### Important Dates for the Senior’s Farmer’s Market Program

- Mar 15: Applications available on-line at the Area Agency on Aging website: [www.aaa3.org](http://www.aaa3.org)
- Apr 15: Applications due for lottery
- Apr 30: Participating Farmer’s list finalized
- May 15: Coupons mailed out
- Jun 1: SFMNP program starts (locations to be announced)
- Nov 30: SFMNP program ends


### STAY IN TOUCH!

 217 Riley Street  
Celina, Ohio 45822

 419-586-1644

 [mccoabright.net](mailto:mccoabright.net)

 [www.mccoa.net](http://www.mccoa.net)

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

 Like us on Facebook!



From the Director's Desk:

As evidenced in previous letters, I like to take a look and see what weird "holiday" might fall in a particular month and talk about that. It just so happens that April 4 is National Tell a Lie Day. Why in the world we would even celebrate such a thing is beyond me when I am able to tell a lie just about every day. Some of my favorites include: "Today, I will start my diet." "I'm going to make a really nice meal for Mr. Green this weekend." "I'm going to go through the house and throw away everything I don't use anymore." I'd like to say that these lies really don't hurt anyone but me, but obviously I am depriving Mr. Green of delicious dinners frequently and my junk drawers are getting full.



At any rate, LET'S PLAY A GAME! Below I am going to list three truths and one lie. Call in at 419-586-1644 and let us know which one you think is the lie. If you call by Friday, April 16, you will be entered into a drawing to receive some of my delicious decorated sugar cookies. I will reveal the lie in my May letter. Here we go:



1. I had dinner with Barbara Bush.
2. My first major in college was Biology before I switched to Communications.
3. Mr. Green and I met on an on-line dating site.
4. My car broke down on the highway and I hitched a ride with an 18-wheeler.

Good luck!

We also celebrate Easter on April 4, which is obviously a more honest way to honor the day. Whether you are hunting colorful eggs and/or singing praises to the Glory of God, I hope that your day is filled with peace, love and joy. Happy Easter!

*Sharon M. Green*



### Spotlight on our Equipment Loan Program



Just a reminder that while our doors remain closed our Medical Equipment Loan Program is still available. We have a variety of equipment that can be loaned out from walkers and canes to transfer benches and wheelchairs. You must be 60 years or older and a Mercer County resident to take advantage of this program. Funding for equipment is provided by the Mercer County Civic Foundation's Health Fund, and we also accept donations of gently used items from the community. Equipment is available to use free of charge for up to 6 months. Please call to make sure that we have what you need, and if we do, we will have it ready and waiting to take out to your car when you arrive.





## GARAGE SALE UPDATE

We have held another successful sale! Thank you to everyone who helped out. We would not be able to hold our sales if we did not have all the support from volunteers and from shoppers! With that being said, we are again excepting garage sale donations on Tuesdays from 8:30 – noon and Thursdays from noon – 4:00. For people who cannot make it during the week there will be a Saturday drop off day on May 8 from 9:00 am – 1:00 pm.

**Volunteering:** As of now, we are still under COVID protocols which means only 10 people can work at a time in each building. Volunteers must sign up for certain times. Call 419-586-1644 ask for Tash or sign up on the calendar posted in building 6. Just write your name on the time slots that you would like to work. Please know that everyone is welcome to help. We will be having a volunteer meeting soon so we can explain all of the new ways of doing things and the new policies. This is a very exciting time as we move into a new era of MCCoA garage sales!



### **YOUR FAVORITE GARAGE SALE**

**2021**

**May 20 - May 23**

**July 29 - August 1**

**September 16 - September 19**

**December 8 Early Bird Sale (6-8pm)**

(Ticket money to benefit Senior  
Angel Tree Gift Program)

**December 9 - December 12**

#### **HOURS**

THU ..... 8:30 - 6:30

FRI ..... 8:30 - 4:00

SAT ..... 8:30 - 4:00

(Everything 1/2 price)

SUN ..... 12:00 - 4:00

(\$1 for 2 Bags - All items included)

# **MCCoA**

**Mercer County Council on Aging**

217 Riley Street  
Celina, OH 45822  
**419-586-1644**



### **MARK YOUR CALENDAR!!**

May 7 - Craft class - Vases

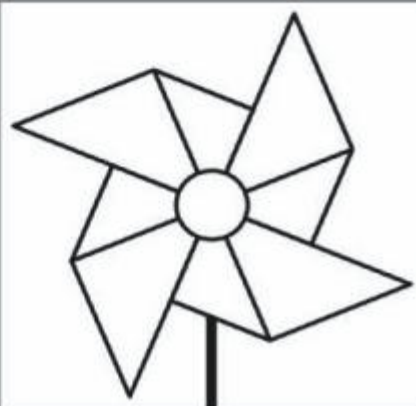
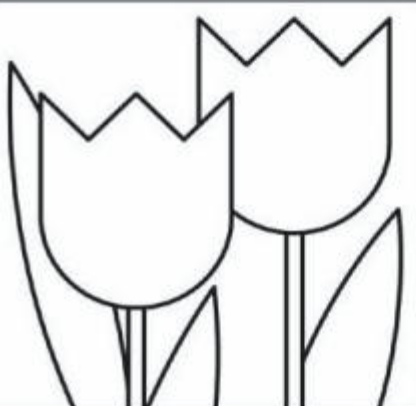
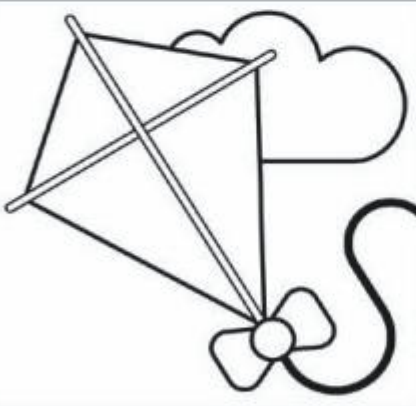
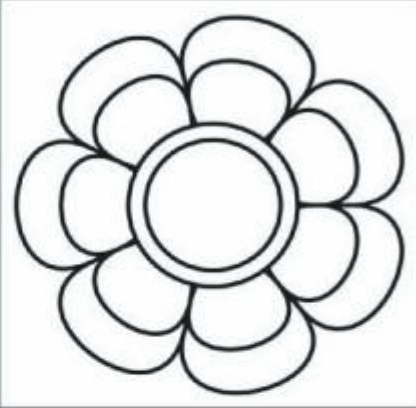
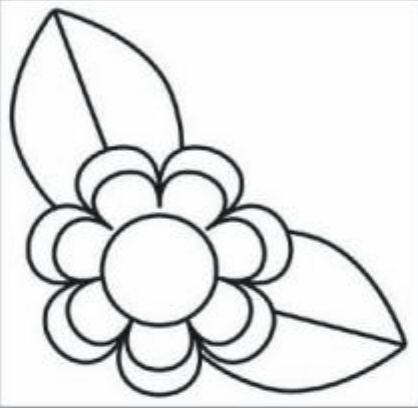
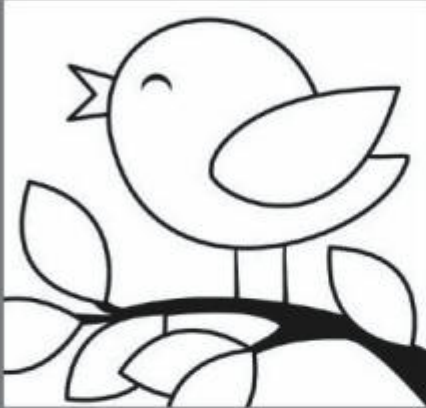
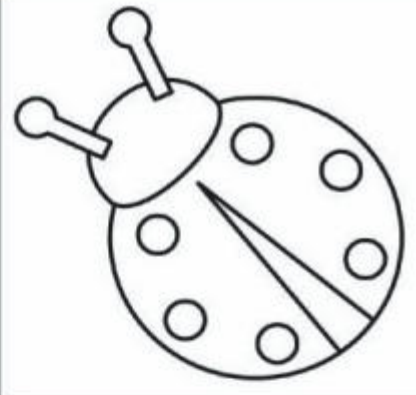
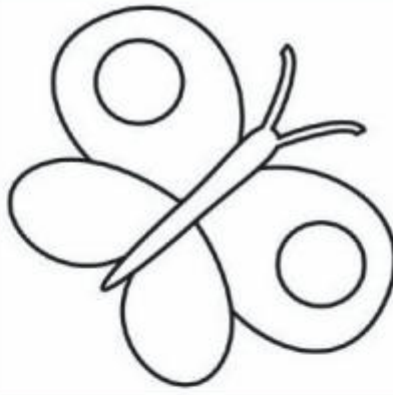
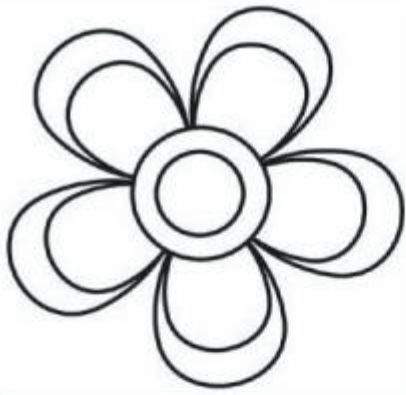


May 20 to 23 - Garage Sale

June 23 - Welcome to Medicare  
Webinar

Coming soon - Outdoor Chair Yoga

Check next month's newsletter for  
more information.



## 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, April 6, 13, 20 and 27**. 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.



## Line Dancing at the Spiritual Center in Montezuma



Line Dancing will be held **Tuesday, April 6, 13, 20 and 27** 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. Call to register at 419-586-1644.

## Car Bingo

Car bingo is scheduled for **Wednesday, April 7, 14, 21, and 28**. 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! We will hold Bingo every Wednesday in April beginning at 1 pm. We will only be offering an afternoon session for now but as weather warms up, we will add a morning session if we have interest. **Call and register today 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.



# Egg-spressions

Match the egg expression to its meaning.

1. A good egg \_\_\_\_\_
  2. A hard egg to crack \_\_\_\_\_
  3. All of one's eggs in one basket \_\_\_\_\_
  4. Egg on \_\_\_\_\_
  5. Egghead \_\_\_\_\_
  6. Nest egg \_\_\_\_\_
  7. Egg on one's face \_\_\_\_\_
  8. Can't boil an egg \_\_\_\_\_
  9. Chicken-and-egg situation \_\_\_\_\_
  10. Kill the goose that lays the golden egg \_\_\_\_\_
  11. Rotten egg \_\_\_\_\_
  12. You got to crack a few eggs to make an omelette \_\_\_\_\_
  13. Take eggs for money \_\_\_\_\_
  14. Walk on eggshells \_\_\_\_\_
  15. Goose egg \_\_\_\_\_
  16. Lay an egg \_\_\_\_\_
- A. To fail badly
  - B. Not knowing what happened first
  - C. Let oneself be cheated
  - D. Can't cook at all
  - E. Zero
  - F. A trustworthy and kind person
  - G. Urge someone to do something
  - H. Difficult to understand
  - I. Be cautious of one's actions
  - J. A bad person
  - K. To ruin something that brings one wealth
  - L. All hopes committed to one area
  - M. A person who is very smart
  - N. An allotment of money
  - O. Embarrassment resulting from failure
  - P. Sometimes you have to do something unpleasant in order to meet a goal



# April 2021 Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>Italicized and underlined</i> activities are held in the Annex.</p> <p>Activities marked with an * have a fee.</p> <p>Activities marked with ( ) are off campus.</p>				1 12:00 - 4:00 Donations-bldg 6	2 Office Closed Easter Holiday	3
4 Happy Easter  YOU ARE —some— BUNNY SPECIAL	5	6 8:30 - 12:00 Donations-bldg 6 (9:00 - 11:30 Pickleball* - Montezuma Spiritual Center) (1:00 - 3:00 Line Dancing* Montezuma Spiritual Center)	7 National NO Housework Day   1:00 - Car Bingo*	8 12:00 - 4:00 Donations-bldg 6	9	10 National Farm Animals Day  
11	12 <u>1:00 - Craft Class</u> <u>- Wooden Owl*</u>	13 8:30 - 12:00 Donations-bldg 6 (9:00 - 11:30 Pickleball* - Montezuma Spiritual Center) (1:00 - 3:00 Line Dancing* Montezuma Spiritual Center)	14 <u>9:00 - Craft Class</u> <u>- Wooden Owl*</u> 1:00 - Car Bingo*	15 12:00 - 4:00 Donations-bldg 6	16 (10:00 Virtual Alzheimer's Meeting)	17 Clean Out Your Medicine Cabinet Day  
18	19 <u>1:00 - Craft Class</u> <u>- Wooden Owl*</u>	20 8:30 - 12:00 Donations-bldg 6 (9:00 - 11:30 Pickleball* - Montezuma Spiritual Center) (1:00 - 3:00 Line Dancing* Montezuma Spiritual Center)	21 <u>9:00 - Craft Class</u> <u>- Wooden Owl*</u> 1:00 - Car Bingo*	22 National Jelly Bean Day   12:00 - 4:00 Donations-bldg 6	23	24
25	26	27 8:30 - 12:00 Donations-bldg 6 (9:00 - 11:30 Pickleball* - Montezuma Spiritual Center) (1:00 - 3:00 Line Dancing* Montezuma Spiritual Center)	28 1:00 - Car Bingo*	29 12:00 - 4:00 Donations-bldg 6	30 Adopt a Shelter Pet Day  	

## **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 COMMUNICATING WITH SOMEONE WHO HAS DEMENTIA



### **Be clear in your communications**

Use simple words and sentences when you talk to someone with dementia.



### **Get their attention softly**

Do you have the attention of the person you're talking to? Don't get upset when they fail to recognize you.



### **Make sure that they understand your questions**

Keep your questions simple. Ask one question at a time, and avoid open-ended questions.



### **Be patient. Don't point out their mistakes**

Dementia patients are generally confused and unsure of themselves.



### **Make sure that you don't put them in stressful situations**

People with dementia become anxious and frustrated very quickly. When this happens, redirect their attention.

### **Need more Support with Dementia....**

See the Mercer County Council on Aging website, [www.mcco.net](http://www.mcco.net), or call to ask for more information on: support opportunities, one-on-one counseling, and learning opportunities!



### **Retiring soon? Or new to Medicare? Join OSHIP for a Medicare Virtual Webinar!**

To find classes

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

Click: Insurance and Medicare Consumers

And then click: OSHIP Medicare Webinars

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

For more details see: <https://insurance.ohio.gov/wps/portal/gov/odi/about-us/divisions/ohio-senior-health-insurance-information-program/resources/medicare-virtual-counseling-webinars>





# Jumping for Jelly Beans

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



©ActivityConnection.com

BUBBLE GUM	GREEN APPLE	PEANUT BUTTER
CANTALOUPE	LEMON	PIÑA COLADA
CINNAMON	LICORICE	SOUR CHERRY
COCONUT	LIME	STRAWBERRY
COTTON CANDY	ORANGE	VANILLA
GRAPE	PEACH	WATERMELON

# Outreach Reachin' Out:

April 7th is marked by health professionals both globally and nationally to help the public consider ways that we can make the world a healthier place to live.

One way that seniors can do their part is by taking advantage of an **Annual Medicare Wellness Check**. Per Medicare.gov, the Annual Wellness check occurs “every 12 months to develop or update a personalized prevention plan to help prevent disease and disability, based on your current health and risk factors. Your provider may also perform a cognitive impairment assessment.” This includes several testing options, at the doctor’s discretion, based on a general risk assessment of you and your family’s health history.

If you are NEW to Medicare and/or have had Medicare for less than a year, you are entitled to even MORE testing. This first year testing is called the **Welcome to Medicare Wellness Check** in which Medicare allows your doctor to do significantly more testing than any year following. The beauty of this wellness check? It’s FREE, yes I said FREE! Or, I should say that Medicare COVERS IT! As quoted on Medicare’s website:

You pay nothing for the “Welcome to Medicare” or Annual Wellness Check preventive visits if your doctor or other qualified health care provider accepts assignment. The Part B deductible doesn’t apply.

So, think about your health this month, give your doctor a call and set up your Wellness Check, whether it be a “Welcome to” or an “Annual” wellness visit - it’s covered, so why not take this opportunity to prevent potential headaches in the future?



Two for the  
Annual Medicare  
Wellness Check-up!  
Please!

I’m so glad you  
called!  
We’ll see you in  
the office soon!



NATIONAL  
PUBLIC  
HEALTH  
WEEK

NATIONAL PUBLIC HEALTH WEEK  
Building Bridges to Better Health

April 5-11 2021

# TALKING WITH YOUR DOCTOR

[ TIPS FOR SENIORS ]



You only have  
**18 seconds** –  
that's the average time a  
doctor waits before  
interrupting a patient.

As a patient, it is important you are able  
to **obtain, communicate,  
process, and understand**  
basic health information.



## Be prepared for your visit:

- ✓ Make a list of concerns in order of their importance to you.
- ✓ Write down all your medications, vitamins, and supplements.
- ✓ Note all health and life changes since your last visit.



Use these tips, and learn more about talking with your doctor at [www.nia.nih.gov/doc-patient-communication](http://www.nia.nih.gov/doc-patient-communication).



# Matching Gnomes

Find the two gnomes that are exactly alike.

1



2



3



4



5



6



7



8

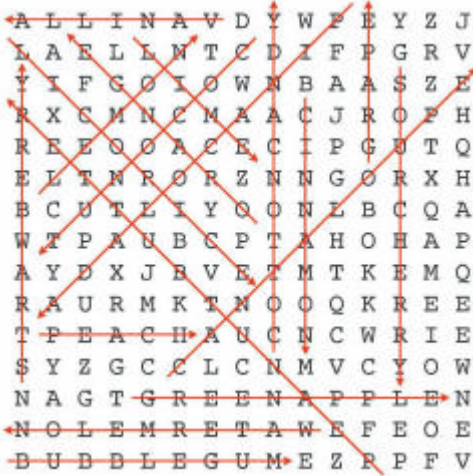




# SOLUTIONS

## Jumping for Jelly Beans

(solution)



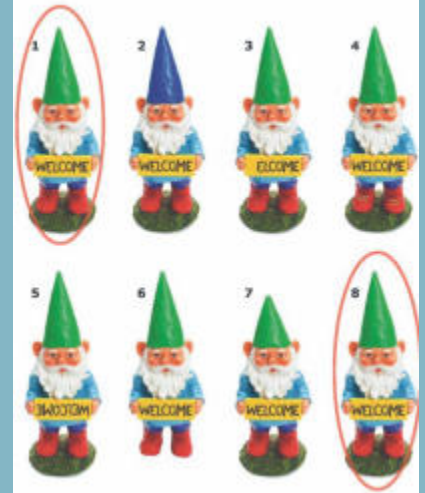
## Egg-spressions

(solution)

1. A good egg - F. A trustworthy and kind person
2. A hard egg to crack - H. Difficult to understand
3. All of one's eggs in one basket - L. All hopes committed to one area
4. Egg on - G. Urge someone to do something
5. Egghead - M. A person who is very smart
6. Nest egg - N. An allotment of money
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11. Rotten egg - J. A bad person
12. You got to crack a few eggs to make an omelette - P. Sometimes you have to do something unpleasant in order to meet a goal
13. Take eggs for money - C. Let oneself be cheated
14. Walk on eggshells - I. Be cautious of one's actions
15. Goose egg - E. Zero
16. Lay an egg - A. To fail badly

## Matching Gnomes

(solution)



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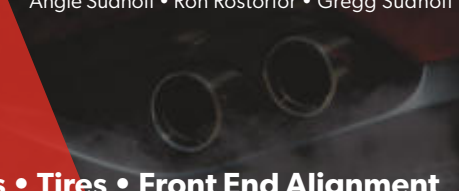
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 T: 419.586.6645  
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14-1730



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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.**