

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

Bakers ♥ gonna Bake



Bake Sale

For this month's newsletter game, we would like to invite you to help us in our efforts to support the Alzheimer's Association. We are planning a bake sale and need help. Please see page 4 for more details. It doesn't matter whether you decide to bring goodies to sell or help by purchasing and eating them to be eligible for the drawing. To enter for a chance to win a door prize, all you have to do is call 419-586-1644 and let us know what you plan to do. The winner for April's "Three Truths and a Lie" game was Nancy Craft!! Way to go Nancy!

Breaking News:

The Governor has issued a new order, which allows us to slowly reopen to activities. We are hard at work putting everything in place per the order. Keep your eyes and ears open for further updates!

10 WAYS TO LOVE YOUR BRAIN



1

BREAK A SWEAT

ALZHEIMER'S & BRAIN awareness month

alzheimer's association

MOVE YOUR BODY! Whether you walk, dance, swim, or cycle, the important thing is to exercise. Exercise has been associated with an increased blood flow and heart rate. This equals better performance on cognitive tests! Get that blood flowing to your brain!

STAY IN TOUCH!

-  217 Riley Street
Celina, Ohio 45822
-  419-586-1644
-  mccoabright.net
-  www.mccoabright.net
-  Mon-Fri: 8 am – 4:30 pm
Sat & Sun: Closed
-  Like us on Facebook!

From the Director's Desk:

I think it is fair to say that the COVID saga has produced some interesting storylines. I don't know if being cooped up with me had anything to do with Mr. Green recently purchasing a convertible sports car, but if so, I'm okay with it. One afternoon, he simply announced that he was going to buy a sports car just as matter-of-factly as if he said he just put on both shoes and tied them. I don't question Mr. Green's spending choices because he is an engineer – the kind of engineer that researches everything before making a final decision. When he decided that my 12 year-old RAV-4 needed to be replaced, I thought we were going to just hop in the car and do some window shopping that afternoon. My dream of owning a car with heated seats had arrived! However, my impulsive side was greatly disappointed when I had to wait several months until Consumer Reports came out with their annual car publication. There had also been months of internet research and reviews before finally going on an outing to the car dealer. So when Mr. Green let his sport car dreams known, I imagine he had been ruminating on this for quite some time before it became spoken word. It was two months after that when he finally pulled the trigger. The moral of these stories is that Mr. Green has a great fortitude for patience and his wife does not. I would like to say that COVID lockdowns and rule changes have given me more of it, but I cannot. At least I have retained my love of optimism, and am looking forward to seeing many of you at our Outdoor Concert at the end of this month. In fact, I can't wait! (See what I did there?)



And before I go, I want to give a big shout-out to all the fathers and father-figures as we celebrate you on June 20. Happy Father's Day!

Sharon M. Green



GARAGE SALE UPDATE

Donations will resume Tuesday, June 1. **We have new hours for donations. Tuesday's from Noon – 4:00 and Thursday's from 8:30 – noon.** We will also accept donations Saturday, June 19 from 9:00 – 1:00.

NEW Donation Hours

Tuesdays Noon 4:00

Thursdays 8:30 Noon

Our Next Garage Sale

Thursday	July 29	8:30	6:30
All items individually priced.			
Friday	July 30	8:30	4:00
All items individually priced.			
Saturday	July 31	8:30	4:00
Everything 1/2 price.			
Sunday	August 1	12:00	4:00
Buy a brown bag for a \$1 and get one FREE. All items included.			




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10 WAYS TO LOVE YOUR BRAIN

2

HIT THE BOOKS



ALZHEIMER'S & BRAIN awareness month

alzheimer's association

STIMULATE YOUR MIND! Read books, take a class at a local college, take an art class at MCCoA, take a gardening class with the local OSU extension, learn how to play an instrument, or try learning on-line. Give your mind new things to learn about and it will benefit you as you age!

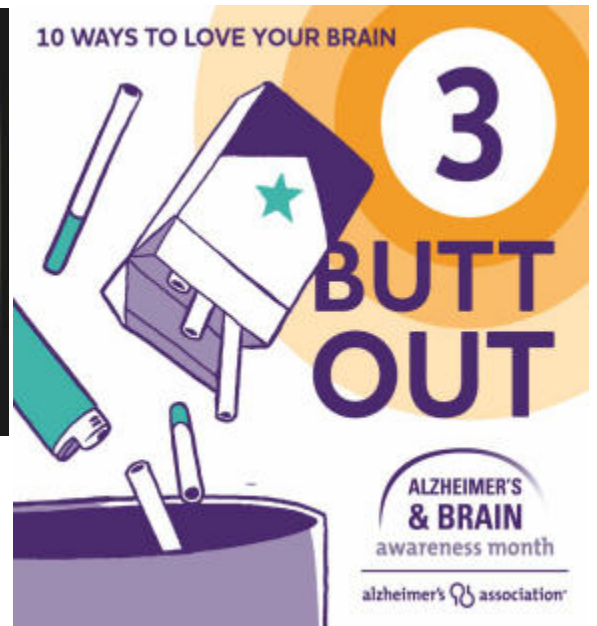
MARK YOUR CALENDAR!!

- July 5 - Office Closed
- Happy Fourth of July
- July 14 - FREE LUNCH
- July 29 to Aug 1 - Garage Sale

Check next month's newsletter for more information.

Bake Sale

Calling all bakers!!! We need cookies, brownies and other sweet treats to sell at our Bake Sale on June 24, during our Outdoor Concert. All proceeds will go to the Alzheimer's Association to support local programming and research. We know that many of you have been impacted by this disease, and we would like to see the day when there are better treatment options and ultimately a cure. If you are interested in donating some baked goods for this important cause, please call 419-586-1644 by June 16. Let us know what you will be donating and how much. If you aren't a baker, don't worry. We need eaters, too! Don't forget to bring your dollars for some delicious treats to eat. It's a great way to give your support, too.



QUIT BAD HABITS! Smoking causes poor blood circulation which causes poor vascular health that impairs circulation to the brain. Impaired circulation is responsible for two-thirds of dementia!

Alcohol can trigger other diseases to worsen such as: stroke, high blood pressure, diabetes, osteoporosis, memory loss, and mood disorders. Also, as you age you become more sensitive to the effects of alcohol. In addition, alcohol does not mix well with medications!



Alzheimer's and Dementia Support

See the Mercer County Council on Aging website: www.mccoa.net, or call 419-586-1644 to ask for

more information on support opportunities, one-on-one counseling, and other learning opportunities!

Outdoor Chair Yoga



Join Carla Niblick **Monday, June 7, 14, 21, and 28 (10 am) and Thursday, June 3, 10, and 17 (1 pm)** for chair yoga outdoors! You must call and register, space is limited! Class will cost of \$3.00 per class. Class will be held outside Building 2 as long as the weather is cooperating. With this being an outdoor activity weather will factor into our ability to hold yoga. If we need to cancel you will receive a call. So please call and register today at 419-586-1644. Note: There will be no class on June 24 due to our outdoor concert by Spittin Image.

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 the days you want to play. 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, June 1, 15, 22, and 29**. 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, June 1, 15, 22, and 29** 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, June 2, 9, 16, 23, and 30**. Bingo will be held in the back parking lot at 1:00 pm. Do not arrive more than 20 minutes before your start time. We only have 20 spaces available, so you must call to register 419-586-1644. Unfortunately, if you are not pre-registered you will not be permitted to stay and play.

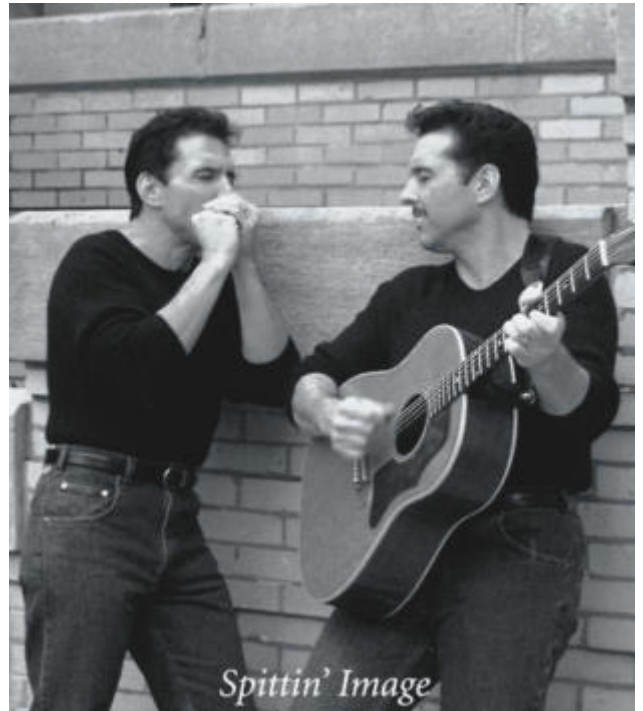
You will be able to play bingo from inside your car or you can bring a lawn chair and sit in front of your car. To maintain social distance, we ask that people stay in front of the car they arrived in at all times. The cost is \$1.00 and you will get to play 10 games with 3 cards each game. We will be 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! Call and register today 419-586-1644.

If you register and are unable to attend please call and cancel so someone else may take the space. 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.



OUTDOOR CONCERT WITH SPITTIN IMAGE!!!!

We will be hosting an outdoor concert Thursday, June 24 beginning at 1:00 pm with Spittin Image. Identical twins Blain & Brian Swabb will have you singing, laughing, and rocking the day away with their brand of homegrown music and comedy. The concert will be held on the Fairgrounds behind our Building 4. Bring your lawn chairs to sit in the shade and enjoy an afternoon of great music. We will ask you to park in one of our parking lots and make your way to the show area. We are asking people to please social distance as you set up your chairs. In the case that the weather does not cooperate with us on June 24 we will have a rain date of Tuesday, June 29 at 1:00 pm.



TAKE CARE OF YOUR HEART & YOUR BRAIN JUST MIGHT FOLLOW! Evidence shows that risk factors for cardiovascular disease & stroke—obesity, high blood pressure and diabetes—negatively impact your cognitive health.

Do Not Ask Me to Remember

Do not ask me to remember,
Don't try to make me understand,
Let me rest and know you're with me,
Kiss my cheek and hold my hand.
I'm confused beyond your concept,
I am sad and sick and lost.
All I know is that I need you
To be with me at all cost.
Do not lose your patience with me,
Do not scold or curse or cry.
I can't help the way I'm acting,
Can't be different though I try.
Just remember that I need you,
That the best of me is gone,
Please don't fail to stand beside me,
Love me 'til my life is done.
-Owen Darnell

June 2021 Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 9:00 - 11:30 Pickleball* - (MSC) 12:00 - 4:00 Donations (bldg 6) 1:00 - 3:00 Line Dancing* (MSC)	2 1:00 - Bingo*	3 8:30 - 12:00 Donations (bldg 6) 1:00 - Outdoor Chair Yoga*	4	5
6	7 10:00 - Outdoor Chair Yoga*	8 12:00 - 4:00 Donations (bldg 6)	9 1:00 - Bingo*	10 8:30 - 12:00 Donations (bldg 6) 1:00 - Outdoor Chair Yoga*	11	12
13	14 10:00 - Outdoor Chair Yoga*	15 9:00 - 11:30 Pickleball* - (MSC) 12:00 - 4:00 Donations (bldg 6) 1:00 - 3:00 Line Dancing* (MSC)	16 1:00 - Bingo*	17 8:30 - 12:00 Donations (bldg 6) 1:00 - Outdoor Chair Yoga*	18 10:00 Virtual Alzheimer's Meeting	19 9:00 - 1:00 Donations (bldg 6)
20 	21 10:00 - Outdoor Chair Yoga*	22 9:00 - 11:30 Pickleball* - (MSC) 12:00 - 4:00 Donations (bldg 6) 1:00 - 3:00 Line Dancing* (MSC)	23 1:00 - Bingo*	24 1:00 - OUTDOOR CONCERT & BAKE SALE 	25	26
27	28 10:00 - Outdoor Chair Yoga*	29 9:00 - 11:30 Pickleball* - (MSC) 12:00 - 4:00 Donations (bldg 6) 1:00 - 3:00 Line Dancing* (MSC)	30 1:00 - Bingo*	<p><i>Italicized and underlined</i> activities are held in the Annex. Activities marked with an * have a fee. Activities marked with () are off campus. (MSC) - Montezuma Spiritual Center</p>		

Outreach Reachin' Out:

June is Alzheimer's & Brain Awareness Month. In recognition of the month, the Alzheimer's Association has 10 tips to help keeping your brain active. The Dana Foundation (dana.org) also echoes those findings by indicating "about 30% of physical aging can be traced to our genes—the rest is up to us." "There is a lot we can do to take charge of our brain health and maintain our cognitive fitness, NO MATTER HOW OLD we are." Find the 10 Ways to Love Your Brain throughout the newsletter! See if you can find ways to LOVE your Brain!



10 WAYS TO LOVE YOUR BRAIN

5

FUEL UP RIGHT




FILL YOUR TANK WITH GOOD STUFF! When thinking about dietary habits that promote good brain health—think pick, dig, and catch! Don't get it from a pre-packaged box. Think of items that promote use of unsaturated fats, decrease in salt for improved blood pressure, diets high in omega-3 fatty acids to maintain better neurons and antioxidants to protect your brain & cardiovascular system from the effects of aging. Many health professionals point to two diets that do just this—*DASH (Dietary Approaches to Stop Hypertension)* and the *Mediterranean diet*. In fact, they have even developed a hybrid of these diets called MIND, which stands for *Mediterranean-DASH Intervention for Neurodegenerative Delay*! Ironic how that acronym worked out for this diet!

10 WAYS TO LOVE YOUR BRAIN

6

HEADS UP!




ALZHEIMER'S & BRAIN awareness month
alzheimer's association

PROTECT YOUR NOGGIN'! Goes with out saying that an injury to the brain will negatively impact cognition. So, buckle up! Wear helmets when riding on a bike or a motorcycle.

10 WAYS TO LOVE YOUR BRAIN

7




STUMP YOURSELF

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CHALLENGE YOUR MIND! Build or create something that you've never done with crafts, art, or woodwork! Play or learn strategic card games or board games; like bridge or chess.

10 WAYS TO LOVE YOUR BRAIN

8



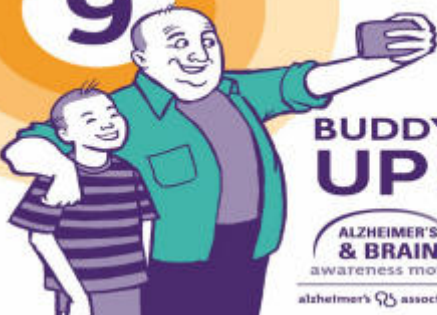
CATCH SOME ZZZ'S

ALZHEIMER'S & BRAIN awareness month
alzheimer's association

SLEEP IS GREAT! Sleep helps us consolidate things we learn. Taking consistent naps is not healthy - there are 70+ types of sleep disorders! Talk to your doctor to see if there is something to improve your sleep.

10 WAYS TO LOVE YOUR BRAIN

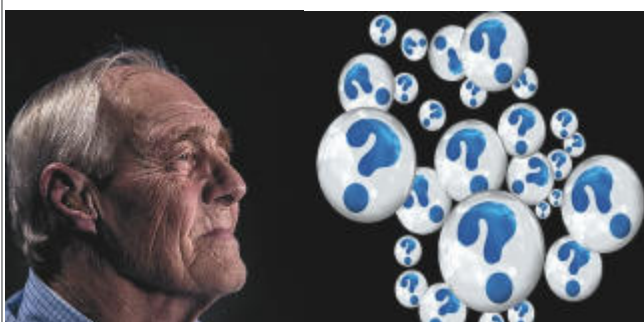
9



BUDDY UP!

ALZHEIMER'S & BRAIN awareness month
alzheimer's association

SOCIALIZE FOR YOUR HEALTH! Staying socially engaged with friends, family, neighbors, and others in the community will support brain and emotional health! Consider teaching a grandchild a new skill, doing a part-time job, joining a club, going to MCCoA to socialize, or to take advantage of the volunteers opportunities in your community!



Retiring soon? Or new to Medicare? Join OSHIIP for a Medicare Virtual 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!

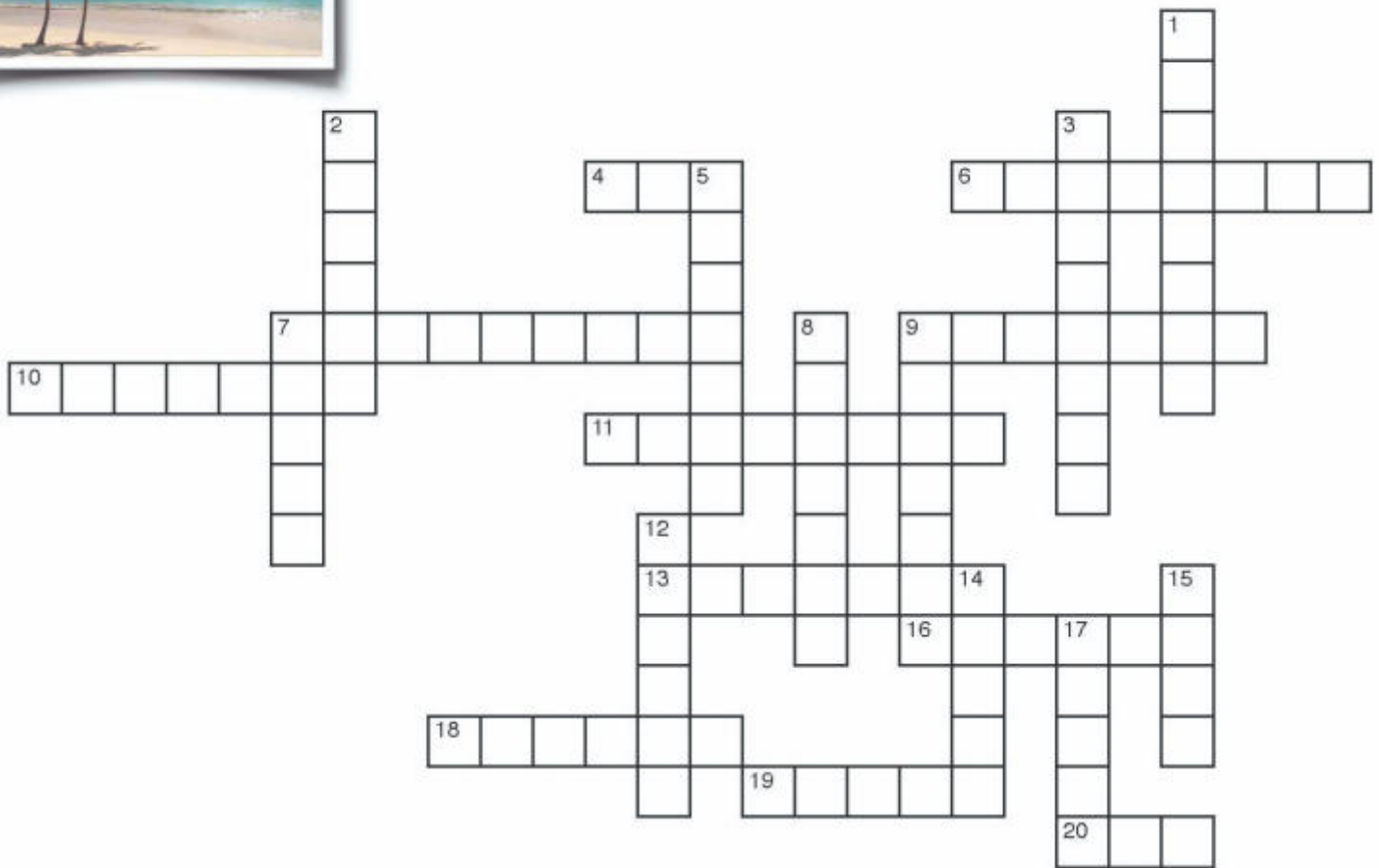
For more details see: <https://insurance.ohio.gov/wps/portal/gov/odi/about-us/divisions/ohio-senior-health-insurance-information-program/resources/medicare-virtual-counseling-webinars>





Trip to Jamaica

Use the clues to fill in the crossword.



ACROSS

4. Pirate's drink
6. Jamaica's climate
7. Scary-looking fish
9. Piña colada ingredient
10. Sea cow
11. Banana relative
13. Scuba gear
16. T-shirt coloring method
18. Plunging off cliffs
19. Chutney fruit
20. Fun in the _____

DOWN

1. Showy flower
2. Jamaican music
3. Ferret's cousin
5. Musical gourds
7. Sandy area
8. Earthenware
9. Game played with bats
12. Land surrounded by water
14. Party dance with a stick
15. Jamaican-style chicken
17. Percussion instrument

Start




Finish

10 WAYS TO LOVE YOUR BRAIN

10

TAKE CARE OF YOUR MENTAL HEALTH



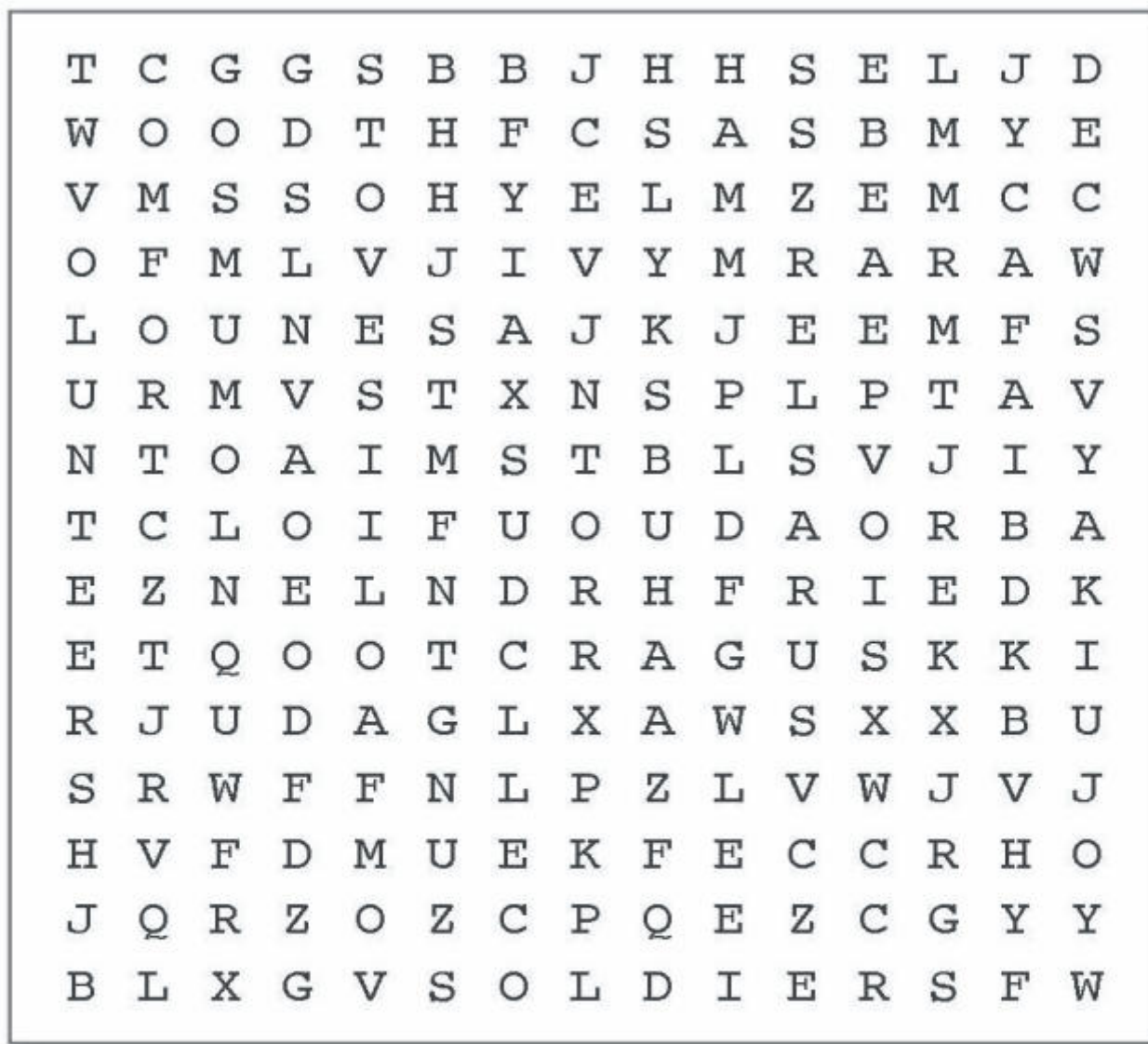
ALZHEIMER'S & BRAIN awareness month

alzheimer's association

NO ROOM FOR THE BLUES HERE! Depression & anxiety often mask and contribute to cognitive decline. Consider ways to unwind like yoga, meditation, deep breathing exercises, and spending time in nature! Drinking a cup of coffee, talking on the phone, walking, and reading a book can all be done outside! Seek professional help if you are unable to maintain with these tips.

Donut Girls

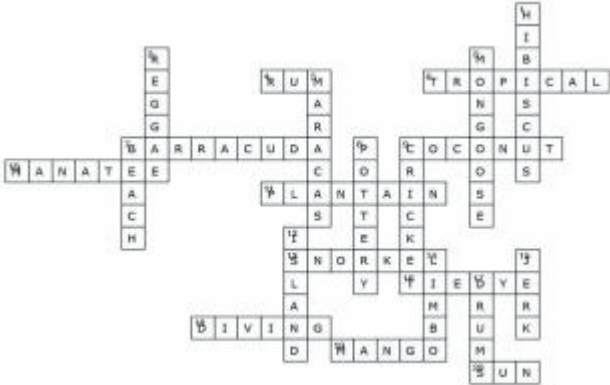
The words listed below can be found vertically, horizontally, diagonally, forward, and backward.



- | | | |
|---------|---------|------------|
| ABROAD | FLOUR | SALVATION |
| ARMY | FRESH | SOLDIERS |
| CAMPS | FRIED | STOVE |
| COMFORT | HOSTELS | SUGAR |
| CRULLER | LARD | VOLUNTEERS |
| DONUTS | LASSIES | WOOD |

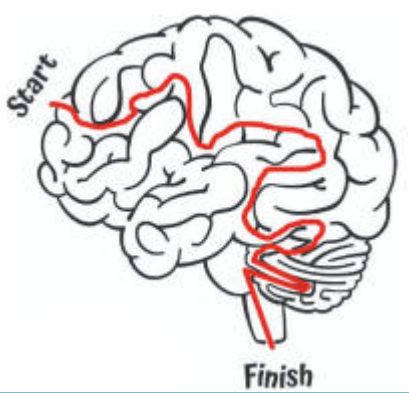
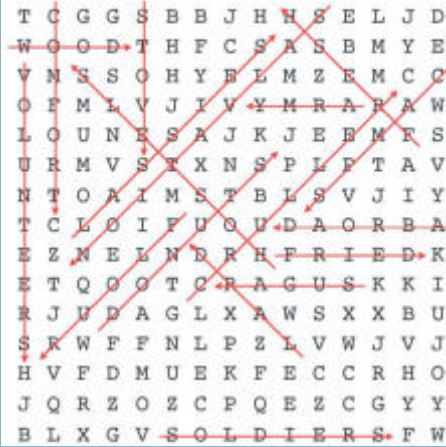
SOLUTIONS

Trip to Jamaica



Donut Girls

(solution)



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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

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Find us at www.mcco.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.**