



**Mercer County Council on Aging**


**JULY**  
**2021**

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

# Let's Celebrate!




## STAY IN TOUCH!

 217 Riley Street  
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 419-586-1644

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

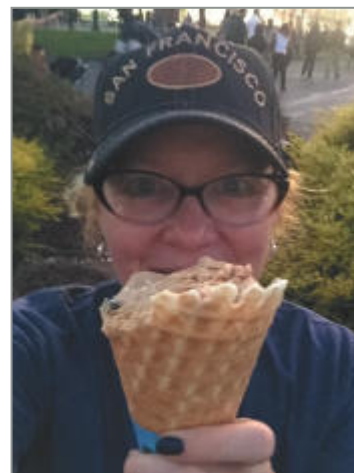
 Mon-Fri: 8 am – 4:30 pm  
Sat & Sun: Closed

 Like us on Facebook!

# We're back!!

From the Director's Desk:

July is probably my favorite month of the year. It's National Ice Cream Month (for real!). It's the month that, 21 years ago, Mr. Green and I decided we liked each other enough to start dating. It's the month I was born. And now it is the first full month that we have opened our doors to activity since the pandemic started. These are all things to celebrate! Amidst the celebration, there are still so many questions. I get it. Why did Mr. Green and I wait so long to get married? Why isn't every month National Ice Cream month? Why am I perpetually 29? Okay, kidding aside, I understand that some of you may wonder why we are not "completely back to normal." I will try to break it down as best I can.



We are getting guidance from six different agencies: The CDC, state and federal governments, Ohio Department of Health, Ohio Department of Aging and the Ohio Department of Transportation. It would make all of our lives a lot easier if we had one point of contact with one set of rules. Unfortunately, that has not been the case. Trying to navigate it has been funny on some days and pure madness on most. We have taken all of their rules, regulations, suggestions, etc. and tried to interpret it to the best of our ability. It may look different from one county to the next – different leadership, different interpretation. Please understand that the situation is always fluid, so as we push forward expect changes and tweaks that will hopefully get us closer to the restoration of "normal." And since our offices are open for appointment only, I will do my best to come out to greet as many of you as possible as we have a lot to catch up on!

And to answer the question as to what MCCoA is doing to celebrate National Ice Cream Month - we will be handing out free ice cream cups on Monday, July 19 between noon and 2:00 pm. It's a drive through so you don't even have to get out of your cars! Come over, grab some ice cream and take it over to one of our local parks to enjoy in the fresh air.

*Sharon M. Green*



### GARAGE SALE UPDATE

We accept donations on Tuesdays from noon to 4 and Thursdays from 8:30 to noon. Thursday, July 15 will be the last day we accept donations prior to our July garage sale. We will begin the final set up process in building 6 on Monday, July 19. We will be pricing and organizing the clothing, glass, candles, textiles, toys, holiday items, plastic items, etc. Please come in and help with this monumental

task! We will be working on it all week. Building 4 (the furniture building) will be set up on Monday, July 26 beginning at 9:00 am. If you have time, we can always use all the hands we can get to set this building up. If you have not helped with the garage sale but think you might be interested, come on in and try it out. Tash would love to show you around!

Clean up from garage sale will be Monday, August 2 beginning at 9:00 am. Come help us bag up clothes, pack glassware, sweep and wipe off shelves!

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

# Dot-to-dot #1

Connect the dots 1-90.



Just a reminder, our offices are open for appointment only. Please give us a call at 419-586-1644 if you need assistance. Thank you.

### MARK YOUR CALENDAR!!

August 1 - Garage Sale (Bag Day)

August 2 - Garage Sale Clean up

August 17 - Senior Day at the Fair

August 23 - Puzzle Tournament

Check next month's newsletter for more information.

## FREE DRIVE THRU LUNCH!!!!



Come one! Come all! Join us for a free drive thru lunch!! Wednesday, July 14 from 11:00 till noon, drive thru our covered drive and pick up a lunch consisting of a hamburger, baked beans, potato salad and a brownie. Call 419-586-1644 by Thursday, July 8 to reserve your meal. A huge THANK YOU to Celina Manor for providing this great meal!!



## CARDS ARE BACK

We are incredibly happy to have our card parties back in the main building! Join us as we play **Bridge** every Tuesday at 12:30 pm. We play **Texas Hold 'Em** the fourth Thursday each month in the Annex at 12:30 pm. We play **Bid Euchre** on Thursday and Sunday evenings at 6:30 pm. On Fridays join us for **Bid Euchre, Pinochle, Sheep head and Bridge** at 12:30 pm. It only costs \$1.00 to play. Everyone must sign in on My Senior Center upon arrival.

Please note: Doors open 30 minutes prior to the event.



## FREE ICE CREAM!!!!



In honor of National Ice Cream Day we are holding an ice cream drive thru!! Drive thru Monday, July 19 from noon till 2:00 pm and pick up your free ice cream cup! You do NOT have to call and order just drive thru and say, "Hi I'm here for ice cream!!"



## Pickleball

Join us for Pickleball Tuesday, July 6 and 20 at the Spiritual Center in Montezuma, 6731 Ste Rte 219. We will be playing from 9:00 am to 11:30 am at a cost of only \$2.00 per person. If you are an expert or just learning you are welcome to come have fun! Call and register today 419-586-1644.



## Line Dancing



Line Dancing is moving!!! Beginning July 7, line dancing will be held on Wednesday's at 10:00 am at the Council on Aging. There is no cost. Everyone is welcome, it doesn't matter if you have ever danced before or love dancing! The doors will open at 9:30 am. Everyone must sign in on My Senior Center. Tash will be available to help everyone sign in as they arrive.

## Chair Yoga

Chair yoga has moved back indoors! Join Karla Niblick on Mondays at 10:00 am and Thursdays at 1:00 pm. The cost for each class is \$3.00. There will not be class Monday, July 5 or Thursday, July 29. Please sign in on My Senior Center upon arrival.  
Please note: Doors open 30 minutes prior to the event.



## Bingo

Bingo has moved back into the main building (Bldg 1)! We will be playing bingo every Wednesday beginning at 12:30 pm. We will use our reusable cards and chips. Cards will be 2 for \$1.00 with additional cards costing 50 cents. You will play the same cards for all games. Doors will open at Noon. Everyone must sign in on My Senior Center when they enter the building. There will be a staff member at the door to help everyone sign in.



# 3 TIPS STOP

A PERSON WITH DEMENTIA  
FROM DRIVING WHEN  
REASONING DIDN'T WORK

Lose  
the  
keys

1

2

Keep car  
out of sight,  
out of mind



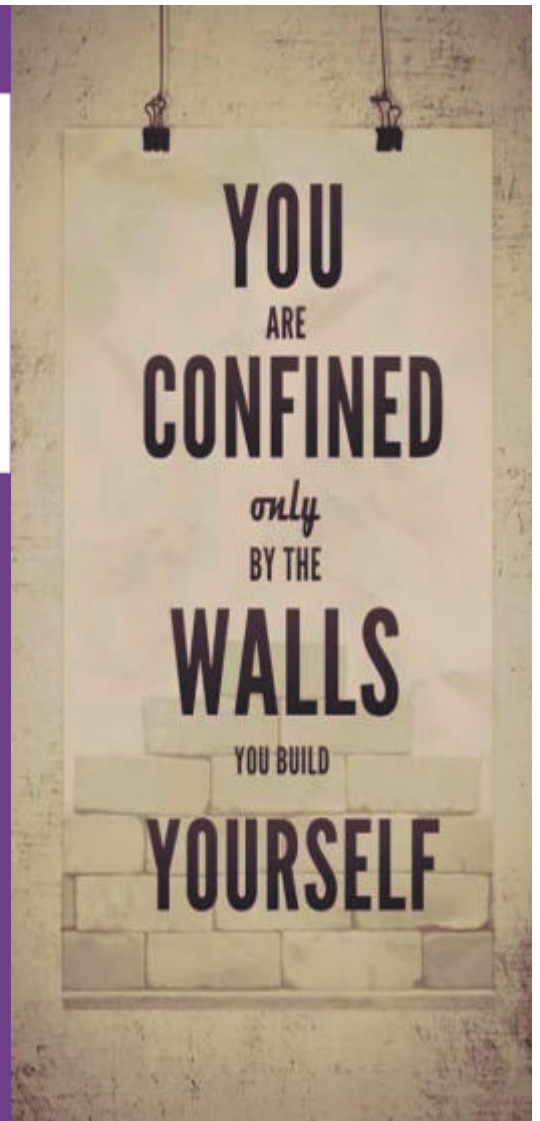
Disconnect the  
car battery

3

For more information, visit [www.alz.org/care/alzheimers-dementia-and-driving.asp](http://www.alz.org/care/alzheimers-dementia-and-driving.asp)

alzheimer's  association®

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## Alzheimer's and Dementia Support


See the Mercer County Council on Aging website:

[www.mccoa.net](http://www.mccoa.net), or call 419-586-1644 to ask for

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



# July 2021 Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<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>				<p><b>1</b>            8:30 - 12:00            Donations (bldg 6)</p> <p>1:00 - Chair            Yoga*</p> <p>6:30 - Cards*</p>	<p><b>2</b>            12:30 - Cards*</p>	<p><b>3</b></p>
<p><b>4</b>            6:30 - Cards*</p> 	<p><b>5</b>            4TH OF JULY            Offices Closed</p>	<p><b>6</b>            9:00 - 11:30            Pickleball* (MSC)</p> <p>12:00 - 4:00            Donations (bldg 6)</p> <p>12:30 - Bridge*</p>	<p><b>7</b>            10:00 - Line            Dancing</p> <p>12:30 - Bingo*</p>	<p><b>8</b>            LAST DAY TO            REGISTER FOR            FREE LUNCH (on            July 14)</p> <p>8:30 - 12:00            Donations (bldg 6)</p> <p>1:00 - Chair            Yoga*</p> <p>6:30 - Cards*</p>	<p><b>9</b>            12:30 - Cards*</p>	<p><b>10</b></p>
<p><b>11</b>            6:30 - Cards*</p>	<p><b>12</b>            10:00 - Chair            Yoga*</p>	<p><b>13</b>            12:00 - 4:00            Donations (bldg 6)</p> <p>12:30 - Bridge*</p>	<p><b>14</b>            10:00 - Line            Dancing</p> <p>11:00 to Noon -  <b>FREE DRIVE            THRU - LUNCH</b></p> <p>12:30 - Bingo*</p>	<p><b>15</b>            8:30 - 12:00            Donations (bldg 6)</p> <p>1:00 - Chair            Yoga*</p> <p>6:30 - Cards*</p>	<p><b>16</b>            10:00            Virtual            Alzheimer's            Meeting</p> <p>12:30 - Cards*</p>	<p><b>17</b></p>
<p><b>18</b>            6:30 - Cards*</p>	<p><b>19</b>            9:00 - SET UP            Building 6 for            Garage Sale</p> <p>10:00 - Chair            Yoga*</p> <p>Noon to 2:00 -  <b>FREE DRIVE            THRU - ICE            CREAM CUP</b></p>	<p><b>20</b>            9:00 - 11:30            Pickleball* (MSC)</p> <p>12:30 - Bridge*</p>	<p><b>21</b>            10:00 - Line            Dancing</p> <p>12:30 - Bingo*</p>	<p><b>22</b>  <u>12:30 - Texas            Hold 'Em*</u></p> <p>1:00 - Chair            Yoga*</p> <p>6:30 - Cards*</p>	<p><b>23</b>            12:30 - Cards*</p>	<p><b>24</b></p>
<p><b>25</b>            6:30 - Cards*</p>	<p><b>26</b>            9:00 - SET UP            Building 4 for            Garage Sale</p> <p>10:00 - Chair            Yoga*</p>	<p><b>27</b>            12:30 - Bridge*</p>	<p><b>28</b>            10:00 - Line            Dancing</p> <p>12:30 - Bingo*</p>	<p><b>29</b>            GARAGE SALE            8:30 to 6:30</p> <p>6:30 - Cards*</p>	<p><b>30</b>            GARAGE SALE            8:30 to 4:00</p> <p>12:30 - Cards*</p>	<p><b>31</b>            GARAGE SALE            8:30 to 4:00            Half Price Day</p>

# Outreach Reachin' Out:

Now that the worst of the COVID-19 pandemic is hopefully behind us, it's time to start thinking about returning to a normal daily life. Nothing could be more fitting than July being Social Wellness Month! Over the past year, you may have found yourself alone at home watching TV most days. That can spell disaster for your physical and emotional health. In various studies, there have been links indicating that "cognitive decline was 70% less in people with frequent social contact than those with low social activity." This helps keep our minds working, but there is also a link to social activity that is related to motor activity. Seeing a friend or relative requires getting up, getting out, and a likelihood of being a participant in playing games, doing physical activities together such as walking or biking, doing gardening, art, or crafts, etc. So it is so important for both our physical and mental health that we maintain that social activity. In addition, volunteering is powerful because your efforts give you a sense of purpose! A sense of purpose is still needed after we retire. It helps build social wellness and to redefine yourself once you have the time to do all those things that you might have been putting off while you worked. This also benefits us socially, which we can see in turn benefits us cognitively, physically, and emotionally. So, here is to Social Wellness Month - let's get back out there my friends! Wishing you a safe and happy return to normalcy!



**There is a difference between solitude and isolation. One is connected and one isn't.  
Solitude replenishes, isolation diminishes.**

**~ Henry Cloud ~**



## Summer Crisis Program

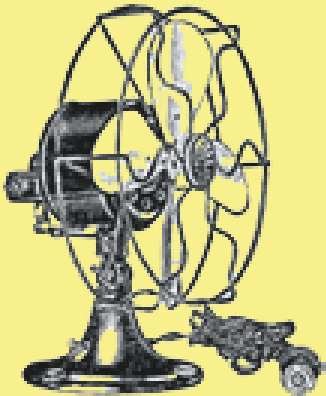


*Just a friendly reminder...*

The Home Energy Assistance Summer Crisis Program provides a one-time benefit to eligible Ohioans with cooling assistance during the summer months.

\*\*\* The program runs from July 1 to September 30.\*\*\*

The focus of the Summer Crisis Program is to provide assistance with electric utility bills, central air conditioning repairs, and air conditioning unit and/or fan purchases. Ohioans with a household income at or below 175 percent of the federal poverty guidelines (less than \$22,330 for single or \$30,170 for a couple) and have a member of the household who is at least 60 years old, has been diagnosed with COVID-19, or can provide physician documentation that cooling assistance is needed for a household member's health, or households who have a disconnect notice, have been shut off, or are trying to establish new electric service. Please contact Western Ohio Community Action Partnership at 419-227-2586 to complete your application.



**Retiring soon?**

**Or new to Medicare?**

Join **OSHIIP** for Webinars on Medicare and Social Security!

To find classes

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

Click: Insurance and Medicare Consumers

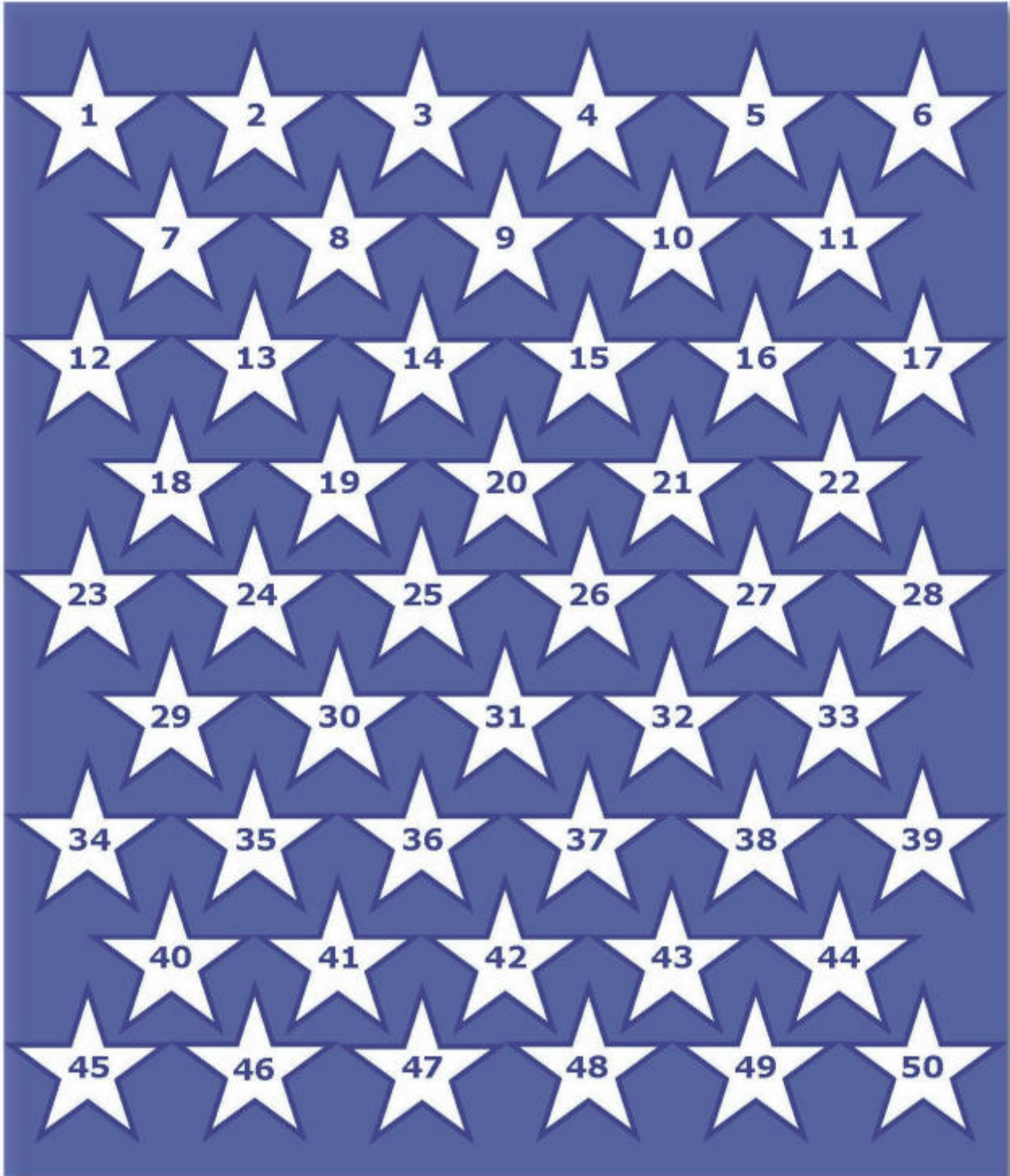
And then click: OSHIIP Medicare Webinars



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

# Star Search

No particular star on the American flag is officially associated with any particular state. However, just for the fun of it, we have assigned each star a number. In chronological order, number 1 was the first state to join the union and number 50 was the last. Can you find your state? What was the last state to join the union before Alaska and Hawaii? Did Ohio join before or after Maine? Can you name all the states and when they joined the union?





# Stay social. It's good for you.

*Older adults who are isolated and lonely tend to have worse physical and emotional health than those who are socially active.*

Studies show that social interaction could play an important role in your health.

## POTENTIAL HEALTH RISKS OF SOCIAL ISOLATION INCLUDE:

- Higher risk of heart disease
- Cognitive decline
- Higher risk of anxiety and depression

**Maintaining an active social life could help you stay healthy.**



## SO HOW CAN YOU STAY SOCIAL?

- Join a coffee group or book club
- Stay in touch with friends and family, and try to visit them regularly
- Volunteer in your community
- Take a class
- Join a gym or fitness center
- Schedule regular visits with grandkids, or volunteer at a school or children's organization
- Don't forget the importance of phone calls, snail mail and email



**Social interaction is most helpful to your well-being when coupled with an overall healthy lifestyle, including a nutritious diet and physical activity.**

Staying socially active and maintaining your relationships are important parts of healthy aging. So reach out to your loved ones – neighbors, friends, family members – and stay as vibrant, active and social as you've always been.



For more information on health and well-being, visit [good-sam.com/resources](http://good-sam.com/resources)

SOURCE: <https://www.nytimes.com/2016/12/22/upshot/how-social-isolation-is-killing-us.html>

# Fourth of July Search and Solve

Find each of the items from the categories listed below.  
Search vertically, horizontally, diagonally, forward, and backward.

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



©ActivityConnection.com

Find five words that are Independence Day activities.

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Find five states that are part of the thirteen colonies.

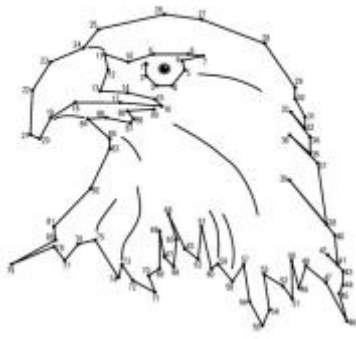
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Find five words synonymous with *freedom*.

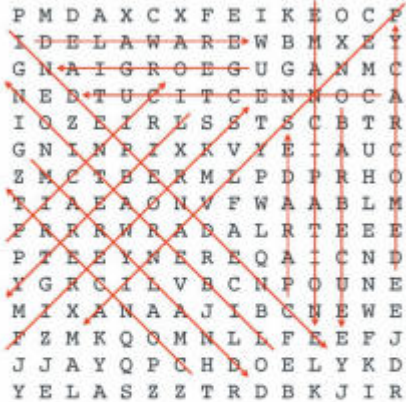
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Dot-to-dot #1  
It's a bald eagle.

# SOLUTIONS



## Fourth of July Search and Solve (solution)



Find five words that are Independence Day activities.  
barbecue, concert, fireworks, parade, picnic

Find five states that are part of the thirteen colonies.  
Connecticut, Delaware, Georgia, Maryland, Pennsylvania

Find five words synonymous with freedom.  
democracy, emancipation, independence, liberation, liberty



## Star Search

(solution)

- |                                    |                                   |
|------------------------------------|-----------------------------------|
| 1. Delaware - Dec. 7, 1787         | 26. Michigan - Jan. 26, 1837      |
| 2. Pennsylvania - Dec. 12, 1787    | 27. Florida - Mar. 3, 1845        |
| 3. New Jersey - Dec. 18, 1787      | 28. Texas - Dec. 29, 1845         |
| 4. Georgia - Jan. 2, 1788          | 29. Iowa - Dec. 28, 1846          |
| 5. Connecticut - Jan. 9, 1788      | 30. Wisconsin - May 29, 1848      |
| 6. Massachusetts - Feb. 6, 1788    | 31. California - Sep. 9, 1850     |
| 7. Maryland - Apr. 28, 1788        | 32. Minnesota - May 11, 1858      |
| 8. South Carolina - May 23, 1788   | 33. Oregon - Feb. 14, 1859        |
| 9. New Hampshire - Jun. 21, 1788   | 34. Kansas - Jan. 29, 1861        |
| 10. Virginia - Jun. 25, 1788       | 35. West Virginia - Jun. 20, 1863 |
| 11. New York - Jul. 26, 1788       | 36. Nevada - Oct. 31, 1864        |
| 12. North Carolina - Nov. 21, 1789 | 37. Nebraska - Mar. 1, 1867       |
| 13. Rhode Island - May 29, 1790    | 38. Colorado - Aug. 1, 1876       |
| 14. Vermont - Mar. 4, 1791         | 39. North Dakota - Nov. 2, 1889   |
| 15. Kentucky - Jun. 1, 1792        | 40. South Dakota - Nov. 2, 1889   |
| 16. Tennessee - Jun. 1, 1796       | 41. Montana - Nov. 8, 1889        |
| 17. Ohio - Mar. 1, 1803            | 42. Washington - Nov. 11, 1889    |
| 18. Louisiana - Apr. 30, 1812      | 43. Idaho - Jul. 3, 1890          |
| 19. Indiana - Dec. 11, 1816        | 44. Wyoming - Jul. 10, 1890       |
| 20. Mississippi - Dec. 10, 1817    | 45. Utah - Jan. 4, 1896           |
| 21. Illinois - Dec. 3, 1818        | 46. Oklahoma - Nov. 16, 1907      |
| 22. Alabama - Dec. 14, 1819        | 47. New Mexico - Jan. 6, 1912     |
| 23. Maine - Mar. 15, 1820          | 48. Arizona - Feb. 14, 1912       |
| 24. Missouri - Aug. 10, 1821       | 49. Alaska - Jan. 3, 1959         |
| 25. Arkansas - Jun. 15, 1836       | 50. Hawaii - Aug. 21, 1959        |

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Mercer County Council on Aging

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



Like us on Facebook!

## 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.

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