

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

Senior Day at the Mercer County Fair

Join Mercer County Council on Aging as we partner with the Mercer County Fair Board to bring you food and fun on Tuesday, August 17. The fun begins at 11 am with a free bag lunch and variety show by the Honey Bear Dancers. At 12:30 the 2021 Senior King and Queen will be crowned (read more about this in the Director's letter on page 2).

At 3:30 join us for 1950's trivia! Play as an individual or a team, you can have up to 4 people on a team! There will be prizes for first place for both the individual and team who get the most correct answers. We will spin the wheel to get the category and year for each question! Categories will include music, TV, movies, history, sports and business & slogans. Each question will have 4 answers to choose from. This is sure to be a lot of fun!!

These activities will all be held in the Cooper Farm's Entertainment Tent. Join us for one or for all. It is sure to be a very enjoyable day!

We are looking for volunteers to pick up door prizes for Senior Day at the Mercer County fair. The fair board has already contacted the businesses. We just need to pick up prizes August 9 -13 from assigned businesses and drop them off at MCCoA. If you are willing to help, give Tash a call at 419-586-1644. Thank you in advance!



Senior Day at the Fair Tuesday, August 17 Cooper Farm Entertainment Tent	
11:00 am	Free bag lunch & Honey Bear Dancers Variety Show
12:30 pm	Senior King & Queen Crowned
3:30 pm	1950's Trivia with prizes!

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!

From the Director's Desk:

One of the ways I know we are getting back to "normal" is the fact that we are making preparations for Senior Day at the Fair. As most of you know, I'm not a country girl, so the concept of going to the annual fair was foreign to me. In fact, I had never attended a county fair until I was in my late 40's when a friend of mine in Fort Wayne asked me to go with her to the Auburn County Fair. She was teaching in that county at the time and many of her students were showing animals. We had a great time. We ate plenty of unhealthy foods, enjoyed a few rides and got to see the animals on exhibit. So imagine my surprise when I learned that MCCoA actually sits on the fairgrounds. It's such a perfect fit that we get to run across the backyard on August 17 to help facilitate activities for Senior Day. One of the things I look most forward to is crowning the King and Queen. We have a little question and answer session and our judges make their choice for the winners after some deliberation. I want to encourage you to consider "running" for the crown. The questions I ask are not difficult. They are designed to learn fun facts about the participants and a chance for the participants to share snippets about their lives. Many of you will be able to reminisce and share your own stories with those sitting around you. If you've ever wanted to be King or Queen for a Day, this is your opportunity! We will also host trivia hour with a focus on the 50's. So come out and test your knowledge to win prizes. We are so excited to see so many of you in one place. Keep your fingers and toes crossed that the weather's not too hot and the rain stays away!



If the fair isn't your thing, check out all the fun things we have going on at the Senior Center. We are continuing to add more to get back up to speed, so if you have suggestions for things you'd like to see offered, give me a call.

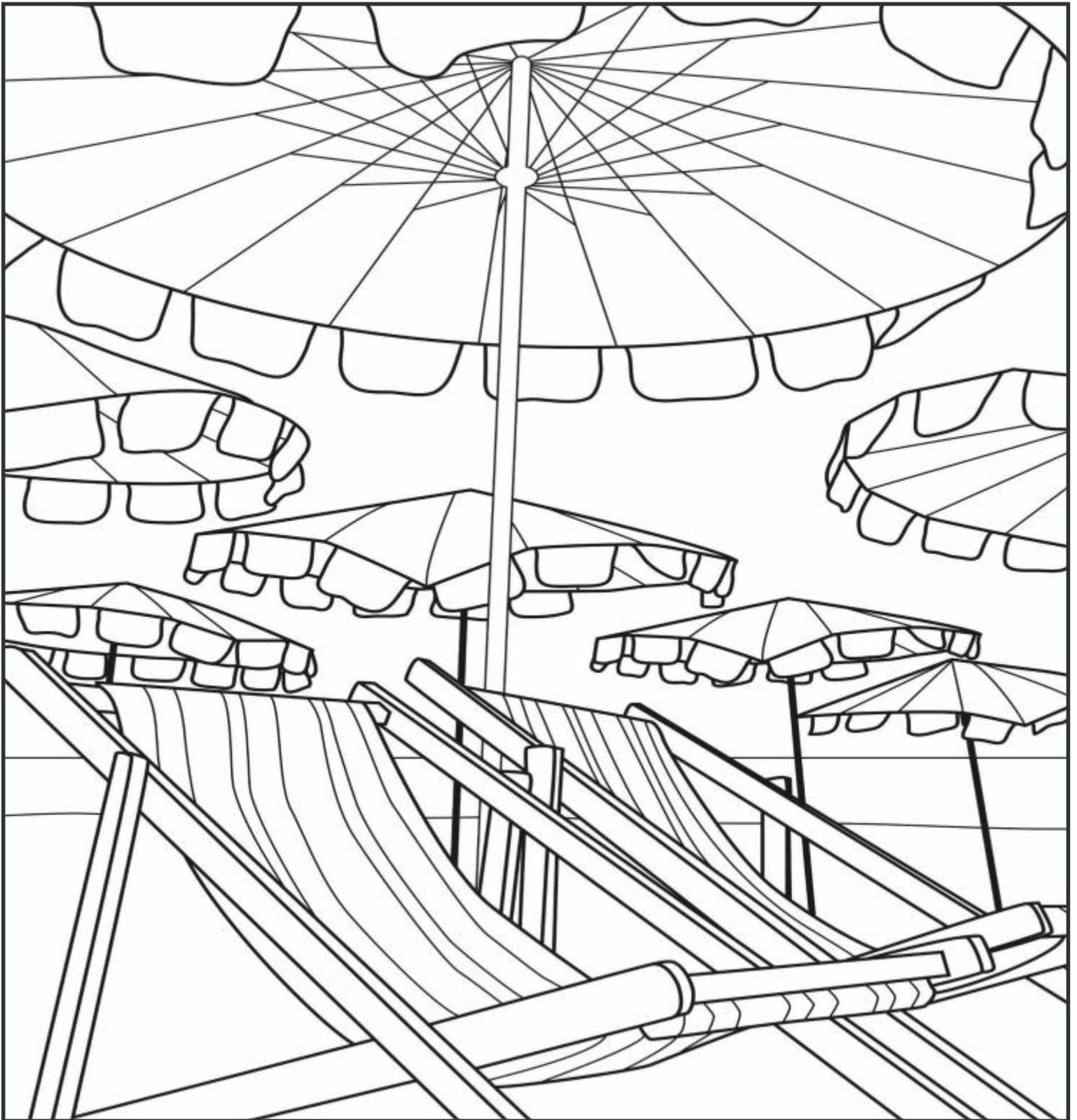
Sharon M. Green

GARAGE SALE UPDATE

Garage Sale runs Thursday, July 29 through Sunday, August 1. On Monday, August 2 beginning at 9:00 am join us as we clean up. We will pack up all the leftover items, wipe down shelves and sweep floors. We appreciate all of your help! We couldn't do any of this without all of our volunteers!

We will only accept donations on the following days: August 10, 12, 24, 26, 28, 31, and September 2. Tuesdays from noon to 4 pm, Thursdays from 8:30 am till noon, and Saturday from 9 am to 1 pm. Our next garage sale will be September 16 to 19.

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.			



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!!

September 2 - Last day for garage sale donations

September 16 to 19 - Garage Sale

September 18 - Walk to End Alzheimer's - 9 am

September 20 - Garage Sale Clean Up Day

Check next month's newsletter for more information.



Puzzle Tournament!!!

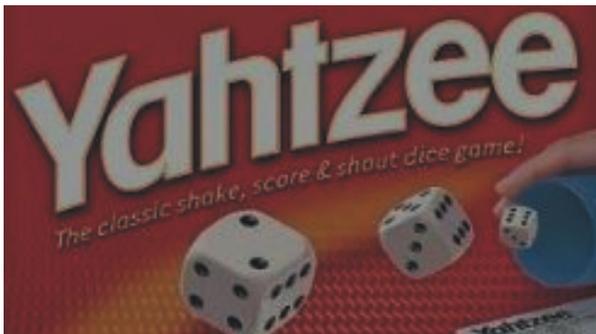
Its time again for our annual puzzle tournament. Join us Monday, August 23 at 12:30 for all the fun. Each person will have the same 300-piece puzzle to put together. You will have 2 hours to put as much of the puzzle together as you can. The winner is the person who completes the puzzle first or has the least pieces left at the end of the 2 hours.



The cost is \$6.00 per person. You must register by Friday, August 13 so there will be enough time to order the puzzles! Each participant will get to keep their puzzle. Call 419-586-1644 to register today.

Blood Pressure Checks

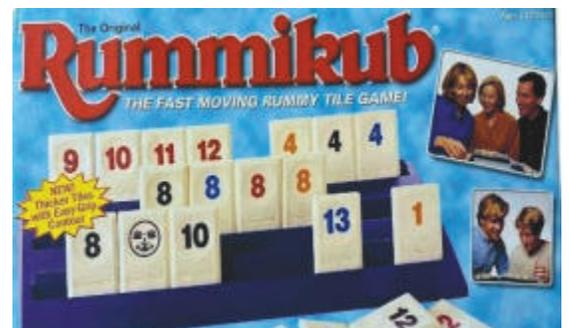
Blood Pressure checks will begin again Wednesday, August 11. Staff from Miller Place will be available to check your blood pressure for free at noon the second Wednesday of each month. A big thank you to Miller Place for making this service available.



Calling All Game Players!!

Beginning August 1st, every Thursday and Sunday at 6:30 pm we will be offering game time along with cards! So, get your friends together and come in and enjoy a fun game of Dominos, Yahtzee, Scrabble, Uno, or Rummikub to name just a few. You are welcome to bring in your favorite as well. There is no cost to play.

Doors open at 6:00 and play begins at 6:30. To celebrate this new game time we will be having a random drawing for a great prize basket for everyone that comes to try it out Sunday, August 1 and Thursday, August 5. Come join in the fun! We have plenty of space and lots of games so come in. It is sure to be a great time!



Pickleball

Pickleball is going great. Everyone is having a wonderful time! If you are interested in trying it out, give us a call. We play in the gym at The Spiritual Center in Montezuma, 6731 State Route 219. We play from 9:00 – 11:30 on Tuesday, August 10, 24 & 31. You must call and register, 419-586-1644. The cost is only \$2 per person, which helps cover the use of the Spiritual Center's gym.



Line Dancing

Line Dancing will be held every Wednesday beginning at 10:00 am at the Mercer County Council on Aging. There is no cost for this class and it is open to everyone! If you enjoy music this is the group for you!! Call to register today 419-586-1644.

Chair Yoga

Chair Yoga with Carla Niblick happens every Monday (10 am) and Thursday (1 pm) in August. You must call to register 419-586-1644, space is limited. Cost is \$3.00 per class.



Bingo

Bingo is scheduled every Wednesday beginning at 12:30. We use reusable cards and bingo chips. Cards are 2 for \$1.00 with additional cards .50 each. Come make some new friends and win prizes.

B I N G O				
5	30	36	46	68
2	17	35	58	67
9	27	☆	60	70
6	24	31	52	64
13	20	40	47	73

Cards

Cards are in the main building! We play **Bridge** every Tuesday at 12:30 pm and **cards/games** on Thursday and Sunday evenings at 6:30 pm. On Fridays join us for **Bid Euchre, Pinochle, and Bridge** at 12:30 pm. **Texas Hold 'Em** is the fourth Thursday each month in the Annex at 12:30 pm. It only costs \$1.00 to play. Everyone must sign in on My Senior Center upon arrival. Doors open 30 minutes prior to the event.





THANK YOU

A huge thank you to everyone who donated baked goods and/or raffle prizes, and purchased them at our Day of Fun. You all raised more than \$1,050 for the Alzheimer's Association!!! To continue our support of this agency and those who have been touched in some way by the disease, we would like to encourage you to join The Mercer County Council on Aging's

Walk to End Alzheimer team. The walk is scheduled for Saturday, September 18. The event starts at 9:00 am at Wright State – Lake Campus with the walk officially beginning at 10:15 am. If you would like more details on how to become a member of our team, how you can donate further or how to sign up your own team, please give Amy Buening or Sharon Green a call at 419-586-1644.



Alzheimer's and Dementia Support Group

The third Friday each month the Alzheimer's and Dementia Support Group will meet in the Annex at 10:00 am. Do you have questions? Please call 419-586-1644 or e-mail Amy Buening at abuening@mccoa.net We look forward to having you there!

August 2021 Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 GARAGE SALE 12:00 to 4:00 (Bag Day) 6:30 - Cards* & Games	2 9:00 - Garage Sale Clean Up 10:00 - Chair Yoga*	3 12:30 - Bridge*	4 10:00 - Line Dancing 12:30 - Bingo*	5 1:00 - Chair Yoga* 6:30 - Cards* & Games	6 12:30 - Cards*	7
8 6:30 - Cards* & Games	9 10:00 - Chair Yoga*	10 9:00 - 11:30 Pickleball* (MSC) 12:00 - 4:00 Donations (bldg 6) 12:30 - Bridge*	11 10:00 - Line Dancing 12:00 - FREE Blood Pressure Checks 12:30 - Bingo*	12 8:30 - 12:00 Donations (bldg 6) 1:00 - Chair Yoga* 6:30 - Cards* & Games	13 LAST DAY TO REGISTER FOR THE PUZZLE TOURNAMENT 12:30 - Cards*	14
15 6:30 - Cards* & Games	16 10:00 - Chair Yoga*	17 SENIOR DAY at the FAIR (see page 1) 11:00 - Free Sack Lunch 12:30 - Sr King & Queen Crowned 3:30 - 1950's Trivia NO DONATIONS 12:30 - Bridge*	18 10:00 - Line Dancing 12:30 - Bingo*	19 NO DONATIONS 1:00 - Chair Yoga* 6:30 - Cards* & Games	20 <u>10:00 Alzheimer's Meeting</u> 12:30 - Cards*	21 
22 6:30 - Cards* & Games	23 10:00 - Chair Yoga* 12:30 - PUZZLE TOURNAMENT*	24 9:00 - 11:30 Pickleball* (MSC) 12:00 - 4:00 Donations (bldg 6) 12:30 - Bridge*	25 10:00 - Line Dancing 12:30 - Bingo*	26 8:30 - 12:00 Donations (bldg 6) <u>12:30 - Texas Hold 'Em*</u> 1:00 - Chair Yoga* 6:30 - Cards* & Games	27 12:30 - Cards*	28 9:00 - 1:00 Donations (bldg 6)
29 6:30 - Cards* & Games	30 10:00 - Chair Yoga*	31 9:00 - 11:30 Pickleball* (MSC) 12:00 - 4:00 Donations (bldg 6) 12:30 - Bridge*	<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:

Keep your eyes peeled for your **Medicare Plan of Annual Notice of Change (ANOC)**. The Annual Notice of Change (ANOC) is a notice you receive from your Prescription Drug Plan by the end of September. This notice gives a summary of any changes in the plan's cost and coverage that will take effect January 1 of the next year.

This is important to review, because the following changes can occur;

- **Monthly Prescription Drug Plan Premium** cost can increase;
- **Prescription Drug Plan Formulary** can change (the plan might not cover a needed drug next year);
- **Prescription Drug Tiers** can change, which means a higher or lower copay at the pharmacy when you pick your prescription up;
- **Prescription Drug Plan Deductibles** may increase or lower which can effect the best utilization of your current plan; also
- **In-Network Providers** for Medicare Advantage Plans could have changed possibly causing doctors or hospitals that you want to use to either not be covered at all (HMO plan) or provide you with out-of-network prices at about 50% of coverage cost (PPO plan).

Last year alone, the outreach team saw a plan DOUBLE the monthly premium, benefits of **Insulin Price Policy** copays drop (so if this was not checked last year, insulin costs could still be high), tier changes that caused other plans to be more beneficial, and deductible prices that may not benefit you throughout the WHOLE year. So, please be sure that you **received your ANOC by September 30th and review it** so you know that all the sun, stars, and moons are aligned to keep your drug expenses down next year! **If you do not receive an ANOC, please call your plan's members services number to make sure you get it or have access to it!**

If you would like assistance reviewing your Medicare Part D in October we are starting to take applications. The application is on the following pages. Fill it out and call in to schedule your appointment so we can make sure to see you in October!



Drowning in Medicare questions?

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



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!

MCCoA Medicare Part D Worksheet

The Ohio Senior Health Insurance Information Program (OSHIIP) from the Ohio Department of Insurance recommends that you review your Medicare options **EVERY** year. All Medicare patients can add, drop or switch their health and drug coverage during the Annual Coordinated Election Period.

The Annual Open Enrollment Period (OEP) is from October 15 – December 7.

Any changes made during the OEP take effect January 1 of the following year.

This is an important time to make sure that your premiums and drug copays stay in check for 2022!

1. Do a 2022 Part D plan comparison:

Complete this sheet, then mail it, e-mail it OR drop it off in the black box outside the main office doors.



Mercer County Council on Aging (MCCOA)
 217 Riley Street
 Celina, OH 45822
 OR Fax: 419-586-1645 OR E-mail: mccoa@bright.net

Check preferred MCCoA Medicare Advisor (if you have one): Amy Buening or Gloria Miller

2. Check to see if you qualify for "Extra Help" to pay for some of your prescription costs:

Single:	Income	\$1,630	per	month;	Total Resources	\$14,790
Married:	Income	\$2,198	per	month;	Total Resources	\$29,520

Circle this section if you think you might qualify for "Extra Help" and want us to review!

Please print clearly and answer all questions

Name: _____ Date of Birth: / /

Address: _____ County: _____

City/State/Zip: _____ Phone #: _____ - _____ - _____

Preferred Appointment (Circle): *Office* | *Phone* and *AM* | *PM* E-Mail: _____

MEDICARE HEALTH INSURANCE

Name/Nombre
JOHN L SMITH

Medicare Number/Número de Medicare
1EG4-TE5-MK72

<small>Entitled to/Con derecho a</small>	<small>Coverage starts/Cobertura empieza</small>
HOSPITAL (PART A)	03-01-2016
MEDICAL (PART B)	03-01-2016

Medicare #: -

Medicare Effective Dates:

Part A: - -

Part B: - -

Are you on (Circle)? *Medicaid* *QMB* *SLMB* *QI* "Extra Help"

If enrolled in a Medicare Supplement, what is the plan name: _____ Plan: _____

If enrolled in a Medicare Advantage plan, what is the plan name: _____ HMO or PPO

If you are interested in a Medicare Advantage Plan please let us know preferred doctors and hospitals, as networks will apply:

Special Notes or Request (Please note if you are on an Employee Retirement system such as OPERS or using Veteran Benefits, etc.):

Once we receive this paperwork, we will contact you to make an appointment to review your options!
Please complete both sides of this form.

COPING WITH GRIEF

Grief can be emotionally exhausting

- Understand that you are different right now because you are healing
- Be gentle and patient with yourself; treat yourself as you would a good friend
- Lower your expectations of what you would normally be able to manage
- Give yourself a “pass” when something is too hard
- Take time alone when you are too tired or too sad to be with people
- Seek those you can trust to support you; avoid those who are draining

Grief can be physically exhausting

- Try to eat regular meals, and maintain an exercise and sleep routine
- Take it slowly; choose activities that replenish you
- Allow tears, which release stress-producing chemicals as well as emotions
- Consider time off from work; look for ways to share the load at work and/or home
- Create small getaways like a hot bath, an afternoon nap, a walk outdoors

Grief can make you feel out of control

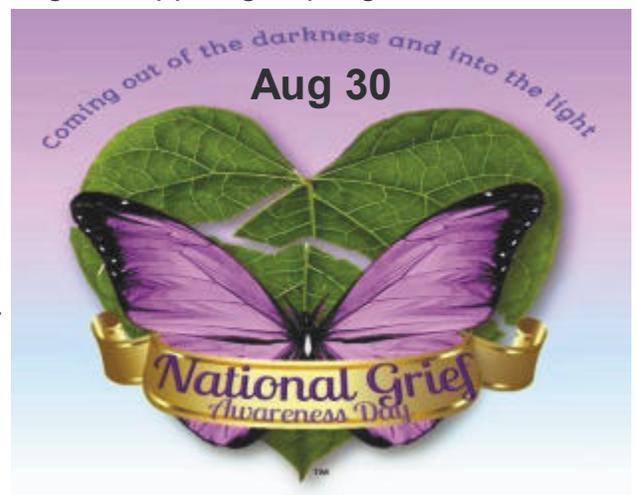
- Establish a routine of some kind, even if very different than before the loss
- Prioritize. When overwhelmed, ask: “What needs to be done today? What can wait?”
- Set small goals and focus on living one day at a time
- Notice what you *can* do: keep a “Done” list as well as a “To Do” list, and watch it grow
- Make a list of strengths that have helped you face challenges in the past
- Write your swirling thoughts in a journal to release and bring some order to them
- Pour your feelings out through art: paint, collage, write a poem
- Try brisk physical activity: work in the yard, sweep, scrub, walk fast, work out
- Explore relaxation practices such as breathing, meditation, yoga

Grief can be confusing to those who care about you

- Don't expect friends and family to be mind readers, even if they are close to you
- Communicate honestly instead of being “strong”
- Don't hide your tears; being open allows you to connect instead of isolate
- If support is being offered, allow yourself to accept help from others
- If support is not being offered, reach out instead of waiting in silent frustration
- Determine what you need and then who can help: do you need someone to help with overwhelming tasks or a good listener to let you talk freely
- Find people who “get it”: others with a similar loss, grief support groups, grief counselors

Grief is long, hard work

- Allow yourself to find respite in small pleasures: playing with children or pets, spending time in nature, walking with a friend, watching a good movie, gardening
- Pay attention to the activities you are still drawn to and let yourself do them
- Allow yourself to experience moments of humor and happiness when they come



Garage Sale Scrabble

Use the clues to find words that are associated with a garage sale. For each answer, cross off the lettered tiles that you use. All the letters should be crossed off when the puzzle is complete.

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

1. Plates, bowls, cups, etc.
2. Advertisement posters
3. Novels
4. Handyman's collection
5. Bargain or sale
6. Moola
7. Cubicle furnishing
8. Brightens your desk
9. Main dining room piece
10. Rockers and recliners
11. London Fog outerwear
12. Looking glass
13. Kid items
14. Fishing pole
15. Winter neckwear
16. Jigsaw items
17. Price stickers



SOLUTIONS



Garage Sale Scrabble

(solution)

- | | |
|------------------------------|---------|
| 1. Plates, bowls, cups, etc. | dishes |
| 2. Advertisement posters | signs |
| 3. Novels | books |
| 4. Handyman's collection | tools |
| 5. Bargain or sale | deal |
| 6. Moola | money |
| 7. Cubicle furnishing | desk |
| 8. Brightens your desk | lamp |
| 9. Main dining room piece | table |
| 10. Rockers and recliners | chairs |
| 11. London Fog outerwear | coat |
| 12. Looking glass | mirror |
| 13. Kid items | toys |
| 14. Fishing pole | rod |
| 15. Winter neckwear | scarf |
| 16. Jigsaw items | puzzles |
| 17. Price stickers | labels |

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CelinaManor.com



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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

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We also have the ability to email newsletters. **Thank you.**