

MCCOA

Mercer County Council on Aging


★ September ★

2021

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




STAY IN TOUCH!


 217 Riley Street
Celina, Ohio 45822

 419-586-1644

 mccoa@bright.net

 www.mccoa.net

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

 Like us on Facebook!

From the Director's Desk:

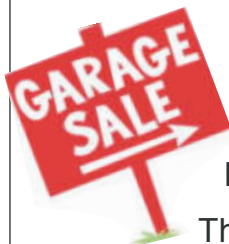
Normally, I try to keep my monthly letter light, but I would be remiss if I did not mention that September 11 marks the 20th anniversary of the attacks on the Twin Towers and Pentagon, and the flight that went down in Pennsylvania. I can remember that day so vividly because the woman I was working with at that time had a son (her only child) working at the Pentagon. She walked into work blissfully unaware of what was happening. I had to tell her. It took her to her knees. I spent most of that day fielding calls from friends and family wanting to know if her son Rob had made contact. She could not bear to have those conversations, so I had them for her. She remained glued to the television with her cell phone in hand waiting to hear from him. Eventually, Rob called late that afternoon to say that he was okay. It was years later that she learned he was not far from where the plane had hit and witnessed some horrific things. It is a day to remember those who were lost, the families they left behind, as well as the countless acts of bravery and kindness that ensued. It is also a reminder that life is fragile and can be lost in a moment's notice. Love, laugh and be present.



So as not to end on such a somber note, I want to point out that there was a Mr. Green sighting at the Grand Lake Festival Parade. Mr. Green, in his Honda Ridgeline, pulled the MCCoA Up-themed float. If you were lucky, he might have even waved or smiled at you. I also want to thank the staff and volunteers who helped put the float together. We may not have received an award, but it was definitely a winner in my heart!

Sharon M. Green

GARAGE SALE UPDATE



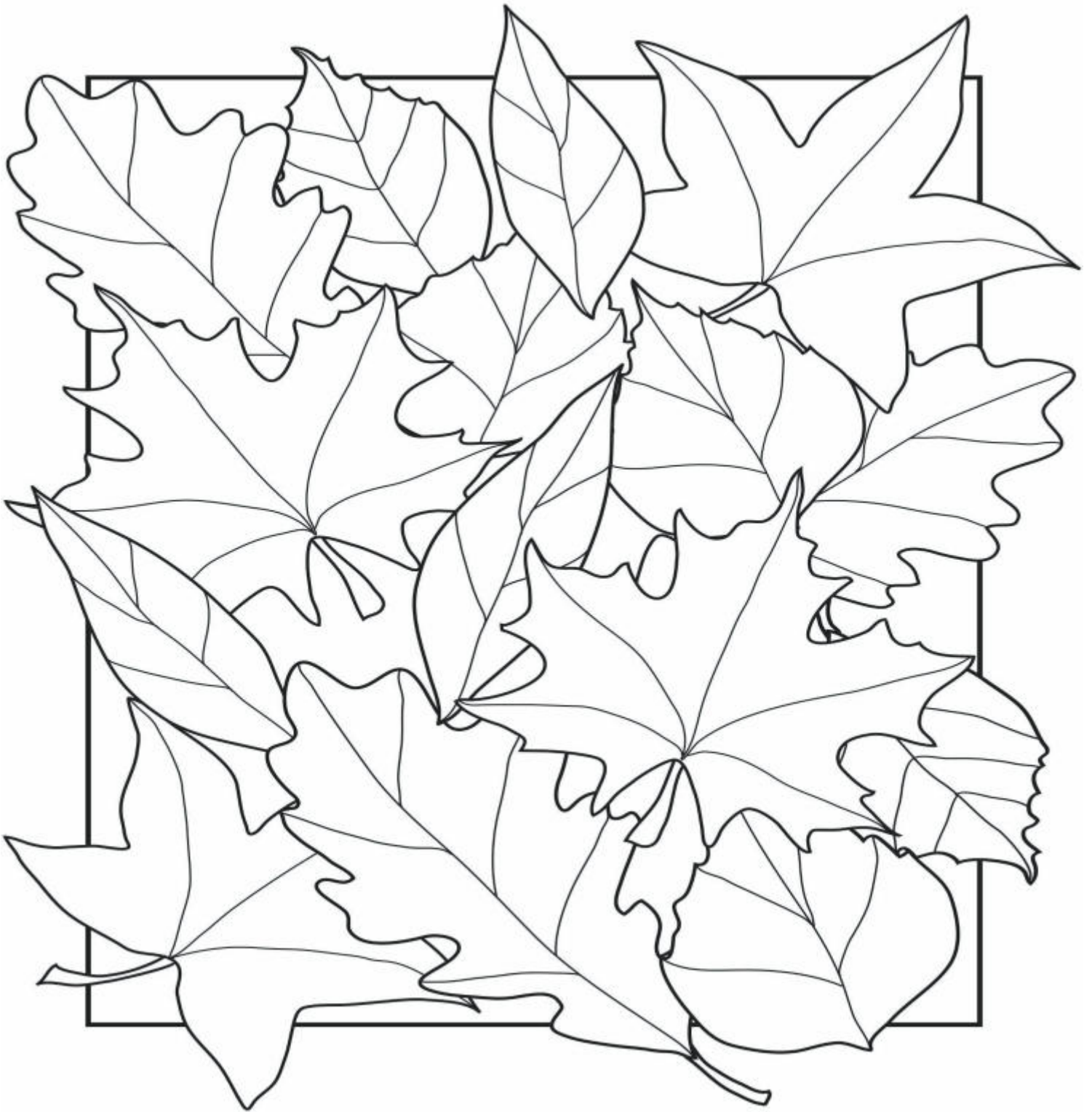
The July garage sale went very well, a BIG THANK YOU to all the volunteers that helped in any way with the sale. It really does take an army to make the sales happen!!

The last day we will be accepting donations is Thursday, September 2. We will be closed Monday, September 6 in observance of Labor Day, so our final clothing sort will start on Friday, September 3. The sort process includes pricing and tagging of bedding, towels, as well as, folding bags along with the final sort of all the clothing. We will be setting up building 4 (the furniture building) on Monday, September 13 beginning at 9:00 am. Everyone is welcome. There are many things to do such as, organizing furniture, pricing items, or lining things up in rows outside. Clean up is scheduled for Monday, September 20 at 9 am.

Our September garage sale will have an added bonus. Building 2 will be open and set up as Christmas Central. Come shop everything Christmas!!



Thursday	Sept 16	8:30	6:30
All items individually priced.			
Friday	Sept 17	8:30	4:00
All items individually priced.			
Saturday	Sept 18	8:30	4:00
Everything 1/2 price.			
Sunday	Sept 19	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!!

October 11 - Offices Closed - Staff Training

October 19 - FLU SHOT Drive Thru

Check next month's newsletter for more information.



Safety

With the uptick in COVID cases we encourage everyone to wear masks to keep everyone safe. At this time, it is not required unless you are unvaccinated.

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.



Toe Nail Clipping



Toe nail trimming, provided by Community Health Professionals, is the first Wednesday of each month at a cost of \$15.00. It is offered in the Annex beginning at 1:00 pm.

Blood Pressure Checks

Staff from Miller Place will be available to check your blood pressure for free on Wednesday, September 8 at noon. They will be here the second Wednesday each month. A big thank you to Miller Place for making this service available.



Sing-A-Long

Sing-a-Long-a

Sandy Rose Schwieterman will host her first Sing-A-Long September 13 from 1 to 2 pm at the Mercer County Council on Aging! Come join us as we sing the songs that brought us happy memories over the years. Some of you may remember the sing-a-longs at the Maria Stein Korner Kafe in the late 60's and early 70's led by her mother, Dorothy Schwieterman. Instead of paper pages of music, Sandy is bringing along colorful video presentations of the lyrics that you can see projected on the big screen. And don't be shy! The room will be dark so if your voice is a little flat, who would know? You could even whisper! The important thing is that you are among people who want to share the joy and laughter of music and exercise our lungs and memories. A list of songs will be presented at the start of the program but if you have requests, I may be able to get them during the program. Snacks and drink will be provided. Remember, this is not karaoke this is GROUP-E-oke!

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, September 7 & 28. 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 on Wednesdays 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 Mondays (10 am) and Thursdays (1 pm). You must call 419-586-1644 to register. Cost is \$3.00 per class. There will be no class Monday, September 6 due to Labor Day.



Bingo

It is with a heavy heart that we have to announce limitations to our Wednesday Bingo. We have enjoyed seeing the numbers grow with both familiar and new faces, but it is making it more difficult to keep a safe and healthy distance.

Starting September 1, we will limit the number of attendees to 50. In order to be able to do this, and make sure that we can serve our target audience, we must temporarily impose an age limit of 60 or older. You must also call 419-586-1644 to register. We will take reservations beginning on the Monday before the event. You can only register for the week, not the entire month. We also ask that you only sign up people living in the same household. If you have friends you'd like to bring, make sure to have them call and sign up. If we find that we are leaving out large groups of people, we will add another day for Bingo. Bingo is every Wednesday beginning at 12:30. We use reusable cards and bingo chips. Cards are 2 for \$1.00 with additional cards available for .50 each.

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

VOLUNTEER REVITALIZATION!!!!

Are you one of our fabulous volunteers? Read this:

If you have ever volunteered in any way with MCCoA or would like to begin volunteering, this is the place to get all the information on how to help and to find out what opportunities are available. We are asking **everyone** (even if you volunteer regularly) to please attend one of the three sessions being offered. If you cannot attend, please call Tash and she can schedule a time to go over the information with you. Volunteer revitalization meetings will be Monday, September 27 at 1:00 pm, Wednesday, September 29 at 6:30 pm and Thursday, September 30 at 10:00 am. We will be going over all the ways to volunteer at MCCoA, such as, Bingo, Cards, Garage Sale, Daily Call Program, Newsletter and so much more! Come learn about all the opportunities to help MCCoA. If you are a garage sale volunteer the last portion of the meeting will be dedicated to garage sale procedure, other volunteers do not have to stay.



MERCER COUNTY
HEALTH DISTRICT

SAVE THE DATE FLU SHOT DRIVE-THRU



**TUESDAY,
OCTOBER 19, 2021**

9:30AM-6:00PM

**AT THE MERCER COUNTY
FAIRGROUNDS**

220 W Livingston St - B 152, Celina, Ohio 45822
Phone: 419-586-3251 - Fax: 419-586-3910 - E-mail: healthdistrict@mchdohio.org
Website: www.mchdohio.org An Equal Opportunity Employer



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!



September 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>1</p> <p>10:00 - Line Dancing</p> <p>12:30 - Bingo*</p> <p><u>1:00 - Toenail Clipping*</u></p>	<p>2</p> <p>8:30 - 12:00 Donations (bldg 6)</p> <p>1:00 - Chair Yoga*</p> <p>6:30 - Cards* & Games</p>	<p>3</p> <p>12:30 - Cards*</p>	<p>4</p>
<p>5</p> <p>6:30 - Cards* & Games</p>	<p>6</p> <p>LABOR DAY Offices Closed</p>	<p>7</p> <p>9:00 - 11:30 Pickleball* (MSC)</p> <p>12:30 - Bridge*</p>	<p>8</p> <p>10:00 - Line Dancing</p> <p>12:00 - FREE Blood Pressure Checks</p> <p>12:30 - Bingo*</p>	<p>9</p> <p>1:00 - Chair Yoga*</p> <p>6:30 - Cards* & Games</p>	<p>10</p> <p>12:30 - Cards*</p>	<p>11</p>
<p>12</p> <p>6:30 - Cards* & Games</p>	<p>13</p> <p>10:00 - Chair Yoga*</p> <p>1:00 - Sing-A-Long</p>	<p>14</p> <p>12:30 - Bridge*</p>	<p>15</p> <p>10:00 - Line Dancing</p> <p>12:30 - Bingo*</p>	<p>16</p> <p>GARAGE SALE 8:30 to 6:30</p> <p>1:00 - Chair Yoga*</p> <p>6:30 - Cards* & Games</p>	<p>17</p> <p>GARAGE SALE 8:30 to 4:00</p> <p><u>10:00 Alzheimer's Meeting</u></p> <p>12:30 - Cards*</p>	<p>18</p> <p>GARAGE SALE 8:30 to 4:00</p>
<p>19</p> <p>GARAGE SALE 12:00 to 4:00</p> <p>6:30 - Cards* & Games</p>	<p>20</p> <p>9:00 - Garage Sale - Clean up</p> <p>10:00 - Chair Yoga*</p>	<p>21</p> <p>12:30 - Bridge*</p>	<p>22</p> <p>10:00 - Line Dancing</p> <p>12:30 - Bingo*</p>	<p>23</p> <p><u>12:30 - Texas Hold 'Em*</u></p> <p>1:00 - Chair Yoga*</p> <p>6:30 - Cards* & Games</p>	<p>24</p> <p>12:30 - Cards*</p>	<p>25</p>
<p>26</p> <p>6:30 - Cards* & Games</p>	<p>27</p> <p>10:00 - Chair Yoga*</p> <p>1:00 - Volunteer Revitalization Meeting</p>	<p>28</p> <p>9:00 - 11:30 Pickleball* (MSC)</p> <p>12:30 - Bridge*</p>	<p>29</p> <p>10:00 - Line Dancing</p> <p>12:30 - Bingo*</p> <p>6:30 - Volunteer Revitalization Meeting</p>	<p>30</p> <p>10:00 - Volunteer Revitalization Meeting</p> <p>1:00 - Chair Yoga*</p> <p>6:30 - Cards* & Games</p>		

Outreach Reachin' Out:



A turn of the calendar page and we are in September! There are several types of letters that you need to be looking for. You should receive an Annual Notice of Change (ANOC) letter with it's Evidence of Coverage (EOC) from your insurance plan by September 30. This will tell you about plan changes - this can be very important as it may tell you that your premium is going up! If you do not get this, you will want to contact your plan to have it sent to you. Also, if you qualify for Extra Help which provides you with savings on your prescription drug plan, you should see that by September 30, as well. This letter will be titled Plan LIS Rider and you should keep this for reference to ensure proper billing of medications. To qualify for Extra Help see the graph to the right.

There are a couple of letters that you may get regarding your Extra Help, they are titled: Social Security Notice to Review Eligibility for Extra Help or Loss OR Deemed Status Notice (this will be a notice on grey paper).

If you get either of these notices, you must respond to Social Security, otherwise you might loose your Extra Help. The first letter for review is a renewal of your Extra Help benefits. After that, you may get another colored letter indicating your Extra Help status. The chart to the right explains what each color means.

LIS - EXTRA HELP	
Most states - maximum income/ assets	
Income limits	\$1,630* –Individual \$2,198* –Couple
Asset limits	\$14,790** –Individual \$29,520** –Couple

* Income amounts reflect threshold with the \$20 monthly income disregard

** Asset limits include amount with \$1,500/person burial allowance

Did you receive a letter and color from Medicare?

Medicare will send you a color reflecting your Medicare Low-Income Subsidy qualification, such as:



Purple: receive Medicare and Medicaid; enrolled in a Medicare Savings Program; or receive Supplemental Security Income (SSI) benefits.



Green: receive SSI benefits; are enrolled in a Medicare Savings Program; or you applied for Extra Help.



Yellow: qualify for full Medicaid and Medicare benefits and are enrolled in Original Medicare.



Orange: automatically qualify for Extra Help, but your co-payment amounts will change for the upcoming year.



Gray: means you will no longer automatically qualify for extra help for the following year.

MedicarePlanFinder.com

Powered by MEDICARE Health Benefits

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!

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

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.**

My Prescription Drug List

Preferred Pharmacy: _____

<u>Drug Name</u>	<u>Dosage (mg strength)</u>	<u>Frequency (times / day)</u>
<i>Ex: Metoprolol Tartate or Succinate</i>	<i>50 mg TAB with/without ER</i>	<i>2 per day (one in AM & PM)</i>

Return to: Mercer County Council on Aging (MCCOA)
217 Riley Street
Celina, OH 45822
E-mail to: mccoabright.net or Fax to: 419-586-1645
Call 419-586-1644 for questions.

August 2021

Debunking the Myths of Older Adult Falls

Many people think falls are a normal part of aging. The truth is, they're not. Most falls can be prevented—and you have the power to reduce your risk. Exercising, managing your medications, having your vision checked, and making your living environment safer are all steps you can take to prevent a fall. To promote greater awareness and understanding here are 10 common myths—and the reality—about older adult falls.

Myth 1: Falling happens to other people, not to me. Reality: Many people think, “It won’t happen to me.” But the truth is that 1 in 4 older adults fall every year in the U.S.

Myth 2: Falling is something normal that happens as you get older. Reality: Falling is not a normal part of aging. Strength and balance exercises, managing your medications, having your vision checked and making your living environment safer are all steps you can take to prevent a fall.

Myth 3: If I limit my activity, I won’t fall. Reality: Some people believe that the best way to prevent falls is to stay at home and limit activity. Not true. Performing physical activities will actually help you stay independent, as your strength and range of motion benefit from remaining active. Social activities are also good for your overall health.

Myth 4: As long as I stay at home, I can avoid falling. Reality: Over half of all falls take place at home. Inspect your home for fall risks. Fix simple but serious hazards such as clutter, throw rugs, and poor lighting. Make simple home modifications, such as adding grab bars in the bathroom, a second handrail on stairs, and non-slip paint on outdoor steps.

Myth 5: Muscle strength and flexibility can’t be regained. Reality: While we do lose muscle as we age, exercise can partially restore strength and flexibility. It’s never too late to start an exercise program. Even if you’ve been a “couch potato” your whole life, becoming active now will benefit you in many ways—including protection from falls.

Myth 6: Taking medication doesn’t increase my risk of falling. Reality: Taking any medication may increase your risk of falling. Medications affect people in many different ways and can sometimes make you dizzy or sleepy. Be careful when starting a new medication. Talk to your health care provider about potential side effects or interactions of your medications.

Myth 7: I don’t need to get my vision checked every year. Reality: Vision is another key risk factor for falls. Aging is associated with some forms of vision loss that increase risk of falling and injury. People with vision problems are more than twice as likely to fall as those without visual impairment. Have your eyes checked at least once a year and update your eyeglasses. For those with low vision there are programs and assistive devices that can help. Ask your optometrist for a referral.

Myth 8: Using a walker or cane will make me more dependent. Reality: Walking aids are very important in helping many older adults maintain or improve their mobility. However, make sure you use these devices safely. Have a physical therapist the walker or cane to you and instruct you in its safe use.

Myth 9: I don’t need to talk to family members or my health care provider if I’m concerned about my risk of falling. I don’t want to alarm them, and I want to keep my independence. Reality: Fall prevention is a team effort. Bring it up with your doctor, family, and anyone else who is in a position to help. They want to help you maintain your mobility and reduce your risk of falling.

Myth 10: I don’t need to talk to my parent, spouse, or other older adult if I’m concerned about their risk of falling. It will hurt their feelings, and it’s none of my business. Reality: Let them know about your concerns and offer support to help them maintain the highest degree of independence possible. There are many things you can do, including removing hazards in the home, finding a **fall prevention program** in the community, or setting up a vision exam.

For more information: www.ncoa.org/FallsPrevention

Secret Autumn Quote

Follow the instructions to cross off words in the table.
What do the remaining words say?

1. Cross off all words that are fruits or vegetables.
2. Cross off all words that are types of clothing.
3. Cross off all words that are colors.
4. Cross off all words that are NFL teams.
5. Cross off all words that rhyme with *fall*.



jacket	grapefruit	every	red
mall	Ravens	hall	brown
Falcons	leaf	sweater	pumpkin
speaks	ball	squash	scarf
bliss	to	Jets	Rams
tall	me	fluttering	cabbage
gloves	amber	yellow	bronze
from	apple	the	socks
sprawl	Bengals	autumn	sienna
drawl	Bears	beanie	tree

Tickle the Ivories

The words listed below can be found vertically and horizontally.

EBONY
FLATS
GRAND
IVORY
KEYBOARD



NOTES
PEDALS
SCALE
SHARPS
UPRIGHT

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

SOLUTIONS

Secret Autumn Quote

(solution)

1. Cross off all words that are fruits and vegetables. (grapefruit, pumpkin, squash, cabbage, apple)
2. Cross off all words that are types of clothing. (jacket, sweater, scarf, gloves, socks, beanie)
3. Cross off all words that are colors. (red, brown, amber, yellow, bronze, sienna)
4. Cross off all words that are NFL teams. (Ravens, Falcons, Jets, Rams, Bengals, Bears)
5. Cross off all words that rhyme with fall. (mall, hall, ball, tall, sprawl, drawl)



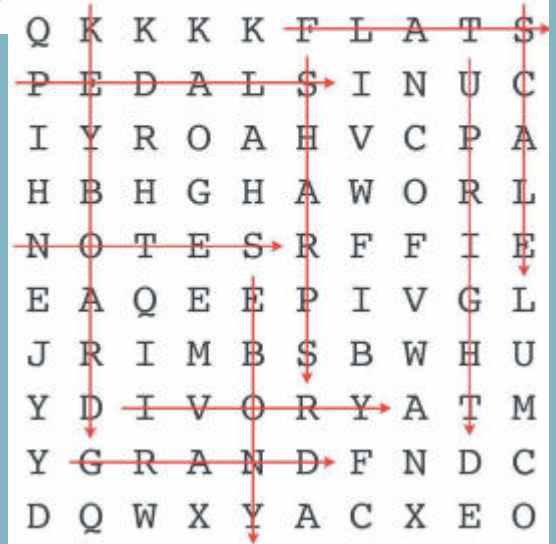
jacket	grapefruit	every	red
mall	Ravens	hall	brown
Falcons	leaf	sweater	pumpkin
speaks	ball	squash	scarf
bliss	to	Jets	Rams
tall	me	fluttering	cabbage
gloves	amber	yellow	bronze
from	apple	the	seeks
sprawl	Bengals	autumn	sienna
drawl	Bears	beanie	tree

Secret Quote:

"Every leaf speaks bliss to me, fluttering from the autumn tree."
~ Emily Brontë

Tickle the Ivories

(solution)



Ginny Bryan
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