

MCCOA

Mercer County Council on Aging



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



MERCER COUNTY
HEALTH DISTRICT

Fall Flu Vaccine Clinics 2021

Tuesday 10/19/219:30am-6:00pm  **Drive-thru at the Fairgrounds**
Use the Market St Entrance!

Tuesday 10/26/21 ...9:30am-5:15pm.....Walk In @ Health Dept.

If unable to make a walk-in clinic, call to make an appointment, 419-586-3251.

All contracted private insurance, Medicaid, and Medicare can be billed. Please bring all insurance cards. For clients not wishing insurance to be billed, a pay at the time of service discount will be offered: \$70 for High Dose, \$70 Flublok, \$32 for Standard quadrivalent. Cash or check will be accepted.

Clients 6 months and older that meet the criteria for federal funded vaccine will only be charged the \$15 administration fee. These clients will not be denied vaccine because of inability to pay.

All vaccines give protection against 2A strains and 2B strains and will be offered depending on availability. All vaccine is in prefilled syringes. *FluMist will not be available.*

For more information call (419) 586-3251 or visit our website at
www.mchdohio.org.

To save you time, screening forms are available at the Health Department and on the website **for completion prior to the clinics**. Forms can be completed at the time of service.

Please wear a mask to protect our staff!

MEDICARE

Thursday, October 28 at 3 pm Dave Painter from the Ohio Department of Insurance will provide objective information on **Medicare** enrollment, benefits and options. He will also discuss ways to lower costs and offer resources for assistance.



Sing - A - Long September 13, 2021

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:

While doing some research as to why we started celebrating Halloween, I learned that this time of the month marked a pivotal time of year when seasons changed. This seems particularly important to me as I am getting ready to experience my own change.

October 29, 2021 will be my last day as executive director of MCCoA. Unlike the ghouls and ghosts of Halloween, please do not let this news scare you.

First, I must confess that while I would like to share with you my intentions, when our newsletter goes to publication, a formal announcement by my next

employer is waiting in the wings. I do not want to steal their thunder and I am being respectful of that. Second, the opportunity that awaits me at the end of this month, found me. Mr. Green and I had thoughtful conversations, weighed the pros and cons, and decided that this career path was the right fit for this time in my life. Third, by the time you get this, I am hopeful that we will either have made an offer to your next executive director or one will be forthcoming shortly.

Although I am excited for my next adventure, I am equally sad to go. For the last six years, I have joyfully and wholeheartedly served MCCoA. When I look back to the very first day I walked through the office doors to now, I cannot believe how much has changed. I am grateful to the staff who believed in my vision and helped to carry it out. I am grateful to those of you who wanted to honor the past, but also embraced change. When I arrived, we had a campus of four buildings and now we are a campus of six. Our activities have grown, our numbers of participants have increased and more people in the County know who MCCoA is. I am very proud to have been a part of this growth, and I will definitely be excited to watch and see what is in store as the agency moves forward.



GARAGE SALE **UPDATE**

THANK YOU

to everyone that helped in any way with the September garage sale. I say it all the time but it takes a lot

of great volunteers to have a successful garage sale! And we have the BEST volunteers anywhere!

We will begin accepting donations Tuesday, October 5. Scheduled donation times are Tuesday's from noon to 4:00 pm and Thursday's 8:30 – noon.

Most of all, I want to say thank you. You did not have to welcome a city girl with no familial ties to the community. You shared yourselves with me and many of you feel like my family away from family. You embraced my quirkiness. You showered me with ice cream and black jelly beans. You shared pieces of yourself, and included me in the good times and the sad. I will miss you. Mr. Green will miss you, too. He would thank you all personally, if he could, for giving me this opportunity to serve you. I was waiting for the right job opportunity to leave my old life behind and come start a new life with him. I might still be waiting. He might still be waiting. If nothing else, you brought us together and for that there are no words. Take care. Be Kind. And think of me every time you take a bite of ice cream.

Sharon M. Green

10 WARNING SIGNS OF ALZHEIMER'S

FREE PRESENTATION

You are invited to a FREE presentation by the Alzheimer's Association on Thursday, October 21 from 2:30 pm to 3:30 pm at the Mercer County Council on Aging. Please call 419-586-1644 to register.

WHAT TO WATCH FOR IN YOURSELF AND OTHERS.

Alzheimer's causes changes in memory, thinking and behavior that are not normal aging.

Join us to learn about:

- » The difference between normal aging and Alzheimer's.
- » Common warning signs.
- » The importance of early detection and benefits of diagnosis.
- » Next steps and expectations for the diagnostic process.
- » Alzheimer's Association resources.

An education program presented by the Alzheimer's Association®

Matching Candy Bucket

Find the two candy buckets that are exactly alike.





Puzzle Tournament!!!

And the winners are.... 1st place Marilyn Wendel (center), 2nd place Cindy Miller (left), and 3rd place Larry Kulhorst (right).

Thank you to everyone who participated!! We had a great time.



Cards

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. All of these are held in the main building. **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.



Blood Pressure Checks

Blood pressure checks are available the second Wednesday of the month beginning at noon. This free service is provided by Miller Place!

OFFICES CLOSED

ALL DAY

Monday, October 11
ANNUAL STAFF TRAINING

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. First come, first served.



Sing-a-Long-a

Sing-A-Long

Come on in to the October Sing-a-long where we'll sing about autumn's falling leaves, football game pep rallies and maybe some scary Halloween tunes. This presentation uses videos to lead us in song, though a couple little ukulele solos may happen at this party. Join us Monday, October 18 at 1 pm.

Pickleball

Pickleball will be held Tuesday, October 12 at 9:00 am. We play in the gym at The Spiritual Center in Montezuma, 6731 State Route 219. The cost is \$2.00 per person, which helps cover the use of the gym. Everyone is welcome, if you have never played and just want to check it out come on over, we have all the equipment you will need!



Line Dancing

Join the Line Dance crew every Wednesday morning at 10 am for a fun morning of dancing, music and, of course, good conversation! There is no cost and all are welcome!!

Chair Yoga

Join Karla Niblick on Mondays at 10:00 am and Thursdays at 1:00 pm for chair yoga. The cost for each class is \$3.00. Doors will open at 9:30 on Mondays and 12:30 on Thursdays. Please sign in on My Senior Center upon arrival, there will be a staff person available to help you sign in. Masks are highly recommended for all indoor activities. There will be no chair yoga October 11 due to staff training.



Bingo

We will continue limit the number of attendees at each session to 50. You must 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.



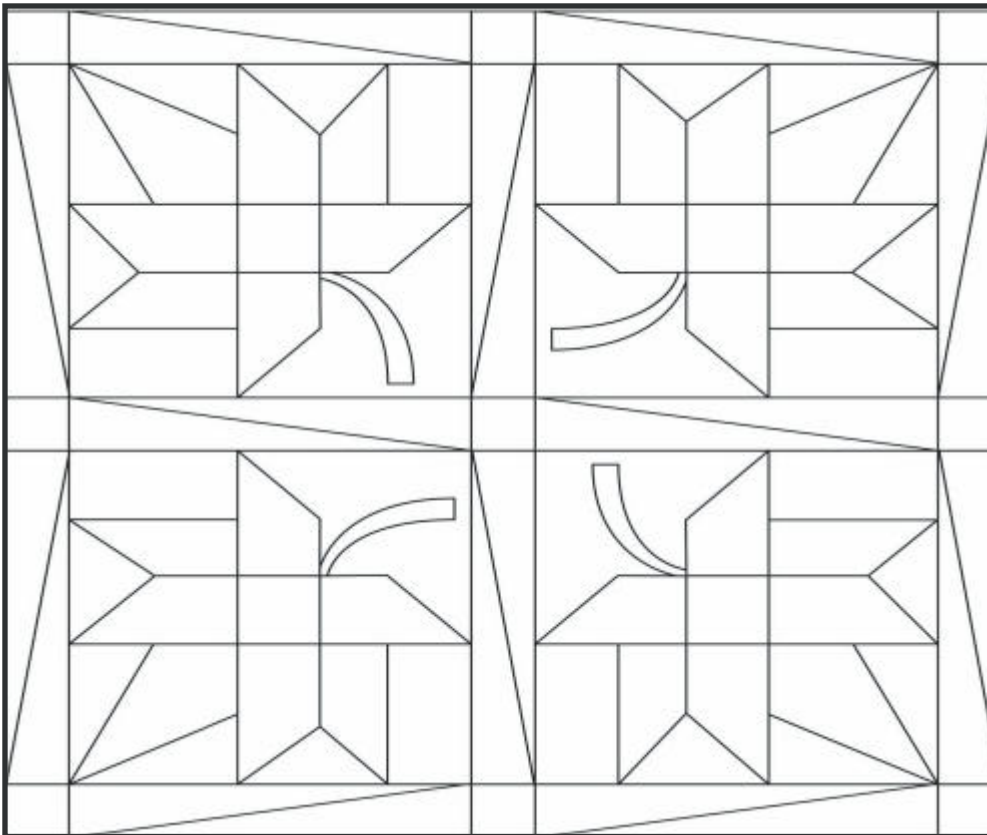
Safety

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.



MARK YOUR CALENDAR!!

Nov 11 - FREE Lunch Drive Thru
Nov 13 - Garage sale donations (9 to 1)
Nov 22 - Fresh cut floral arrangement class
Nov 23 - Last day for garage sale donations
Check next month's newsletter for more information.



**Pumpkin & Spice
FREE lunches are nice
AT CELINA MANOR!!**

Chili soup and
pumpkin dessert
on

Friday, October 15th
11am - 1pm

PLEASE NOTE: Drive
through lunch pick up is
at

**Celina Manor
1001 Myers Rd, Celina**



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!*



October 2021 Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<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					1 12:30 - Cards*	2
3 6:30 - Cards* & Games	4 10:00 - Chair Yoga*	5 12:00 - 4:00 Donations (bldg 6) 12:30 - Bridge*	6 10:00 - Line Dancing 12:30 - Bingo* <u>1:00 - Toenail Clipping*</u>	7 8:30 - 12:00 Donations (bldg 6) 1:00 - Chair Yoga* 6:30 - Cards* & Games	8 12:30 - Cards*	9
10 6:30 - Cards* & Games	11 STAFF TRAINING Offices Closed	12 9:00 - 11:30 Pickleball* - (MSC) 12:00 - 4:00 Donations (bldg 6) 12:30 - Bridge*	13 10:00 - Line Dancing 12:00 - FREE Blood Pressure Checks 12:30 - Bingo*	14 8:30 - 12:00 Donations (bldg 6) 1:00 - Chair Yoga* <u>1:00 - MCCoA Board Meeting</u> 6:30 - Cards* & Games	15 <u>10:00 - Alzheimer's Meeting</u> 11:00 to 1:00 - FREE LUNCH Drive Thru at Celina Manor 12:30 - Cards*	16
17 6:30 - Cards* & Games	18 10:00 - Chair Yoga* 1:00 - Sing-A-Long	19 9:30 FLU SHOT DRIVE THRU - Fairgrounds 12:00 - 4:00 Donations (bldg 6) 12:30 - Bridge*	20 10:00 - Line Dancing 12:30 - Bingo*	21 8:30 - 12:00 Donations (bldg 6) 1:00 - Chair Yoga* 2:30 - 10 Warning Signs of Alzheimer's Presentation 6:30 - Cards* & Games	22 12:30 - Cards*	23
24 6:30 - Cards* & Games	25 10:00 - Chair Yoga*	26 12:00 - 4:00 Donations (bldg 6) 12:30 - Bridge*	27 10:00 - Line Dancing 12:30 - Bingo*	28 8:30 - 12:00 Donations (bldg 6) <u>12:30 - Texas Hold 'Em*</u> 1:00 - Chair Yoga* 3:00 - Dave Painter OSHIP 6:30 - Cards* & Games	29 12:30 - Cards*	30
31 6:30 - Cards* & Games						

Outreach Reachin' Out:

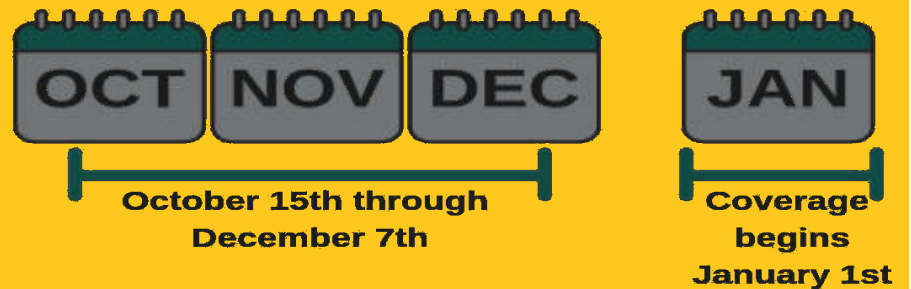
Medicare Open Enrollment Starts this Month!

Information regarding 2022 prescription drug plans becomes available on the www.medicare.gov website in October. It is time to review premiums, deductibles, formularies, medication tiers, and pharmacies to ensure you have the best prescription drug plan for 2022!

If you would like assistance reviewing your Medicare Part D fill out the application on the following pages and call 419-586-1644 to schedule your appointment!

Or you can call an Ohio Senior Health Insurance Information Program (OSHIIP) representative, or see your local insurance agent to make sure you do not get a fright in the new year!

ENROLLMENT PERIOD



WHAT'S UP WITH THE DONUT?

Most Medicare drug plans have a coverage gap (also called the "donut hole"). This means there's a temporary limit on what the drug plan will cover for drugs.

Not everyone will enter the coverage gap. The coverage gap begins after you and your drug plan have spent a certain amount for covered drugs. Once you and your plan have spent \$4,130 on covered drugs in 2021, you're in the coverage gap. This amount may change each year. Also, people with Medicare who get Extra Help paying Part D costs won't enter the coverage gap.

Phase 1: Deductible

The amount or deductible you must pay each year for your prescriptions before your Medicare drug plan pays its share. This can be \$0 to \$455 (max in 2021).

Phase 2: Initial Coverage

This phase ends when you and your plan have paid out \$4,130 in 2021; usually there is up to a 20% cost for beneficiary.

Phase 3: Coverage Gap

Beneficiary pays 25% of the cost for prescription drugs until their out-of-pocket spending is over \$6,550 in 2021!

Phase 4: Catastrophic Phase

Beneficiary pays 5% of drug cost until the end of the year!



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: mcco@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

Entitled to/Con derecho a
HOSPITAL (PART A)
Coverage starts/Cobertura empieza
03-01-2016

Entitled to/Con derecho a
MEDICAL (PART B)
Coverage starts/Cobertura empieza
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:

[illegible]

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

August 2021



Mercer County Caregiver Support Group

Presented by:

Alzheimer's Association

Northwest Ohio

3rd Friday of the month
10 a.m. - 11 a.m.

Mercer County Senior Center - Annex #3
217 Riley St
Celina, OH 45822

Registration is required, please call
800-272-3900
to register

Visit alz.org/nwo to learn more about caregiver programs and resources. To further extend your network of support, visit ALZ connected®, our online community, at alzconnected.org.

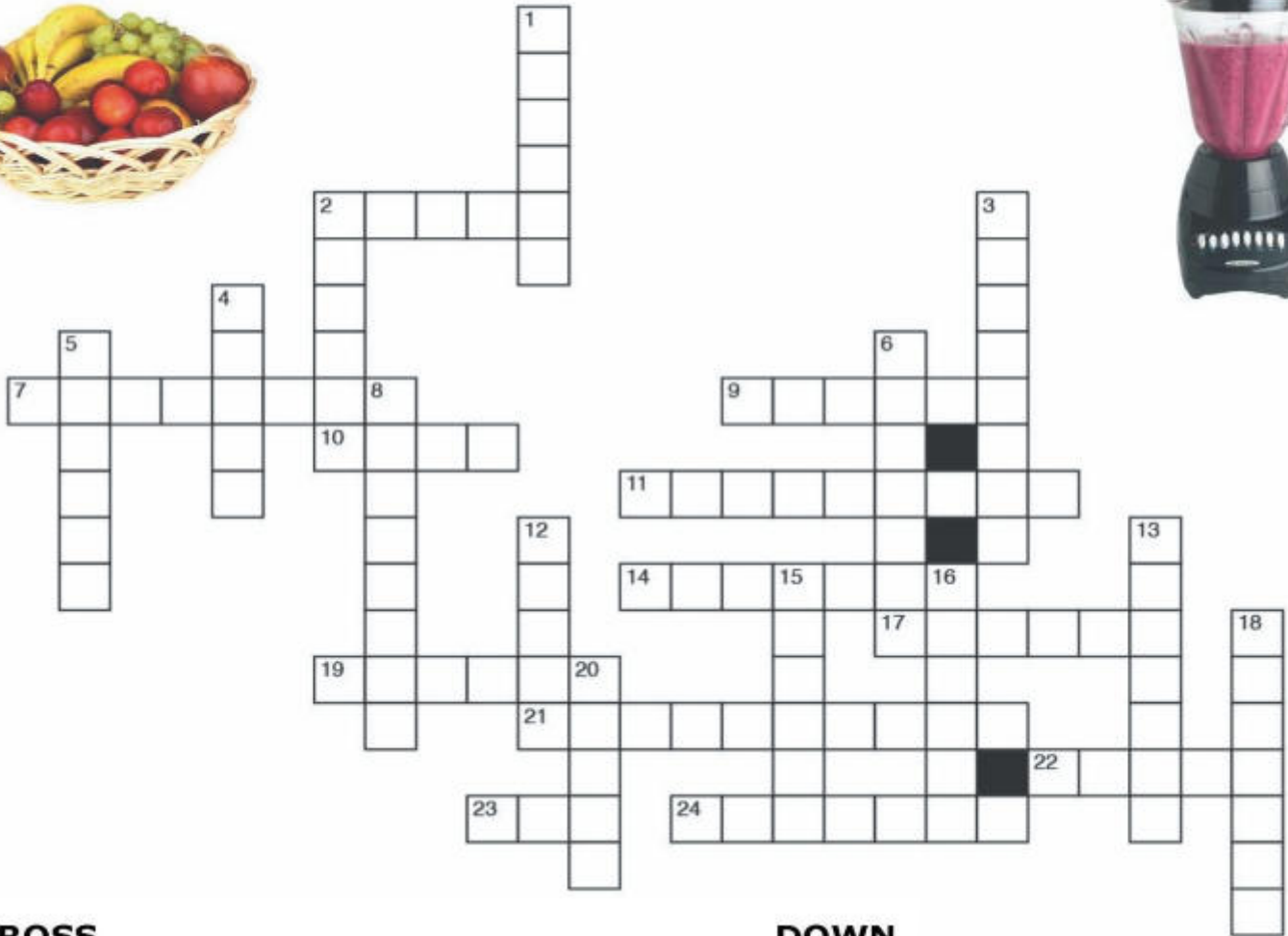
Build a support system with people who understand.

Alzheimer's Association® support groups, conducted by trained facilitators, are a safe place for people living with dementia and their care partners to:

- Develop a support system.
- Exchange practical information on challenges and possible solutions.
- Talk through issues and ways of coping.
- Share feelings, needs and concerns.
- Learn about community resources.

In the Kitchen

Use the clues to fill in the crossword.



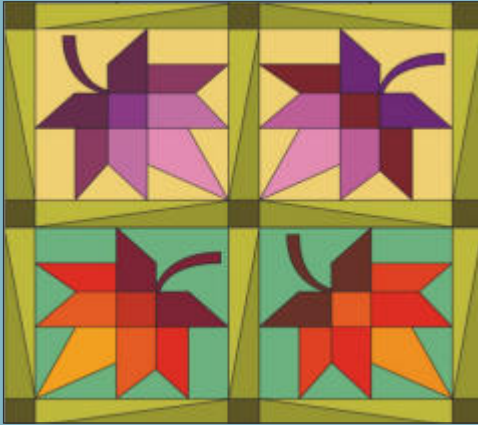
ACROSS

2. On top of the oven
7. Storage cabinet
9. Mealtime clothes protector
10. Kitchen basin
11. Used for handling hot pans
14. Bread browner
17. Kitchen whistler
19. Fruit holder
21. Dough-flattening tool
22. Kitchen garment
23. Java holder
24. Cold storage

DOWN

1. Seasonings, rack contents
2. Large scissors
3. Kitchen strainer
4. Sweeping tool
5. Dairy spread
6. Cast iron pan
8. Product to clean dinnerware
12. Device that dings when done
13. Table utensils
15. Dishwashing aid
16. Cookbook entry
18. Shake maker
20. Salad servers

SOLUTIONS

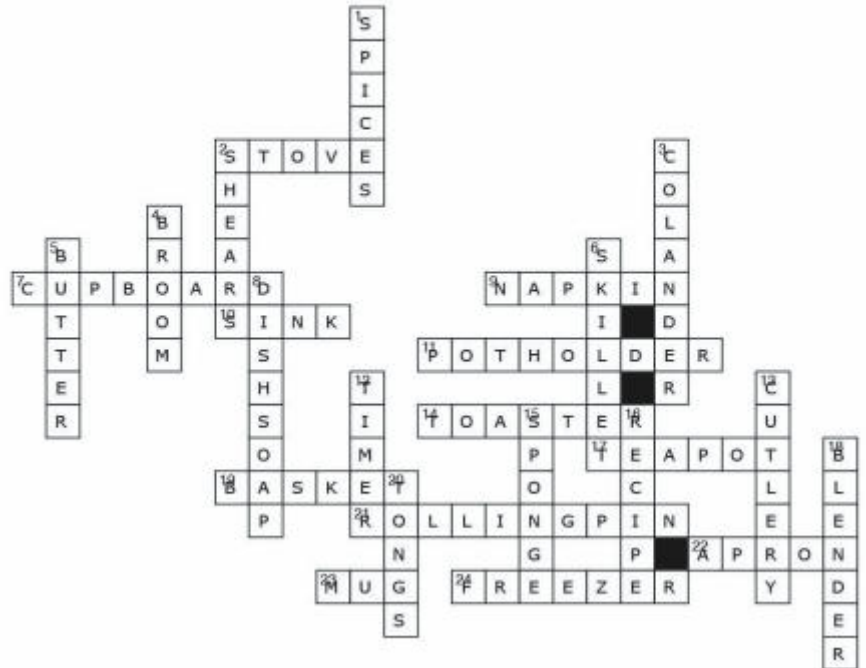


Matching Candy Bucket
(solution)



In the Kitchen

(solution)



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1-D-2-5

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14-1730

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 mcco@bright.net

 www.mcco.net

 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.

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.**