

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

### Christmas Party!!!!

It's Christmas Party time!!!! If you have not signed up for one of the 4 parties, time is running out. You have until Monday, December 6, to call and register!! To limit the number of people in the building we will register 50 people for each party. You may only register for 1 party. The menu will consist of ham, mashed potatoes with gravy, dressing, green beans and pie prepared by Friendly Market! Dates and times are listed below.



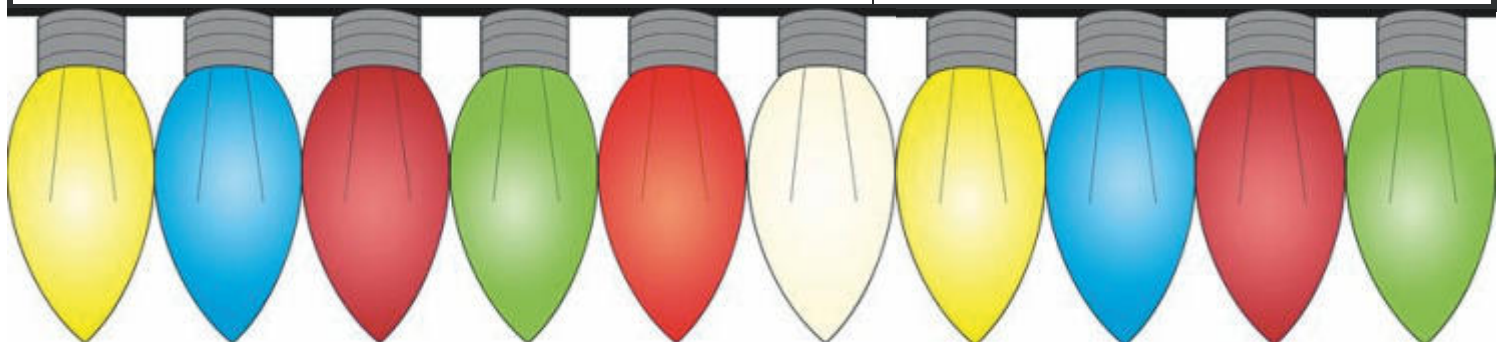
The lunch parties will begin at 11:00 am. The evening party will begin at 5:00 pm. Each party will start with Christmas Carols. Meals will be served 30 minutes after start time. Door prizes will follow the meal!

We invite you to join us for the regularly scheduled events after the party. Wednesday we play Bingo at 12:30 pm (\$1.00 for 2 cards), Thursday afternoon chair yoga begins at 1:00 pm (\$3.00). Thursday evening cards begin at 6:30 and Friday cards start at 12:30 pm (\$1.00 per player).

	<b>Date</b>	<b>Time</b>	<b>Qty</b>
<b>Wednesday</b>	<b>December 15</b>	<b>11:00</b>	<b>50</b>
<b>Thursday</b>	<b>December 16</b>	<b>11:00</b>	<b>50</b>
<b>Thursday</b>	<b>December 16</b>	<b>5:00</b>	<b>50</b>
<b>Friday</b>	<b>December 17</b>	<b>11:00</b>	<b>50</b>

Note: If you are interested in helping with this (or any other) event, give Tash a call at 419-586-1644! See you there.

**Note: You may register for only one meal.**



From the Director's Desk:

Is time moving as quickly for you as it is for us? Our team is diligently focusing on their day-to-day tasks as well as adjusting to the changes that life throws our way. We are looking forward to the holidays. Did I say holidays? I can't seem to absorb the fact that it is already nearing Christmas. It seems like we were just putting our winter clothes away and now it is time to be wearing them. Do you have all the winter clothes you need? Our next garage sale is scheduled from December 8 to 12. We have a great selection of warm items.

**"Christmas is forever, not for just one day. For loving, sharing, and giving are not to be put away."**  
— Norman Wesley Brooks

The Outreach team is busy helping reduce Medicare costs (December 7 is the last day for Part D) and our Transportation team is gearing up for winter weather. Homemakers are as busy as ever and continue to serve you in your homes.

Thank you for giving us the opportunity to serve you. Know that our team wishes you the best holiday season ever.

Merry Christmas!  
Dawn

**Spotlight on Our Activities!!**

Did you know there are many different ways we assist the residents of Mercer County? Transportation, Homemaker, Outreach and Activities are just a few.



Our transportation program is available to Mercer County residents age 60 or older who live in Mercer County. We will be happy to transport you to doctor appointments, hair dresser appointments, grocery shopping and more. We have a wonderful transportation staff that is waiting to take you out and about! Call to schedule your appointments today.

Our Homemaker program is set up to help with routine house cleaning and is open to Mercer County residents aged 60 years or older with physical or medical conditions that limit their physical activity.

Our Outreach team is very knowledgeable and can help with Medicare and insurance questions. They are a great resource to find help from the many different agencies in the community.

We host many different activities every month from chair yoga classes, playing cards or bingo, line dancing, pickleball and so much more! Call today to get more information if you or someone you know may benefit from any of these services.







## GARAGE SALE UPDATE

A big Thank You to everyone who attended one of our volunteer meetings. We had a great turnout. If you were not able to attend but would still like to volunteer, please contact Tash.

We are getting ready for the last sale of the year. So mark your calendar and plan to stop by December 8 - 12. The Early Bird sale is scheduled for Wednesday evening from 6:00 pm – 8:00 pm. Tickets are required and only 75 tickets will be sold. The money raised will be used for the Senior Angel Tree program. At

the time of print there were still a few tickets available. See the schedule below for sale hours. We hope to see everyone there.

We are always looking for garage sale assistance from taking donations, sorting and setting up to running checkouts during sale. Call Tash at 419-586-1644 if you would like to help. We also appreciate help when it comes time to clean up after the sale ends! Clean up day for the December sale is scheduled for Monday, December 13 at 9:00 am.

<b>Garage Sale Hours</b>			
Wednesday	December 8	6:00 pm	8:00 pm
<small>Early Bird Shopping (Limited tickets available (\$10.00 each) must be pre-purchased.)</small>			
Thursday	December 9	8:30 am	6:30 pm
Friday	December 10	8:30 am	4:00 pm
Saturday	December 11	8:30 am	4:00 pm
<small>All items 1/2 price.</small>			
Sunday	December 12	12:00 pm	4:00 pm
<small>Bag Day \$1.00 each bag with a second bag FREE All items included.</small>			

We have revised our Garage Sale **Save the Date Cards** to include the days we will be accepting donations during 2022. On the dates and times listed we have our fabulous volunteer team available and ready to accept your contributions which we greatly appreciate. Thank you.

Donations are accepted in the back lot at Building 6. Please mark your calendars and help us in this effort.

The 2022 **Save the Date Cards** will be available at the December sale.

Feel free to clip and post on your refrigerator for easy reference.

### YOUR FAVORITE GARAGE SALE

2022

March 17- 20

May 19 - 22

July 28- 31

September 22 - 25

November 16 Early Bird Sale\* (6-8pm)

November 17 -20

(\*Tickets \$10.00 each. Money is used for the Senior Angel Tree Gift Program)

#### SALE HOURS

THU..... 8:30 - 6:30

FRI ..... 8:30 - 4:00

SAT ..... 8:30 - 4:00  
(Everything 1/2 price)

SUN ..... 12:00 - 4:00  
(\$1 for 2 Bags - All items included)



Mercer County Council on Aging

217 Riley Street  
Celina, OH 45822  
419-586-1644

### 2022 Donation Schedule

*Jan 11, 13, 18, 20, 25, 27*

*Feb 1, 3, 8, 10, 12, 15, 17, 22, 24*

*Mar 1, 3,*

*Apr 5, 7, 9, 12, 14, 19, 21, 26, 28*

*May 3, 5*

*Jun 7, 9, 14, 16, 18, 21, 23, 28, 30*

*Jul 5, 7, 12, 14*

*Aug 9, 11, 20, 23, 25, 30*

*Sep 1, 6, 8*

*Oct 4, 6, 11, 13, 18, 20, 22, 25, 27*

*Nov 1, 3*

#### Donation Times

*Tuesdays 12:00 - 4:00*

*Thursdays 8:30 - 12:00*

*Saturdays 9:00 - 1:00*

**For more information visit**

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

or [Facebook.com/Mercer County Council on Aging](https://www.facebook.com/MercerCountyCouncilonAging)

**Weather Announcements on**

WKKI, WCSM Radio,

WLIO-Lima TV, and Facebook

## Crafty Corner

We had so much fun at our November Indian corn Decoration class. Thanks to everyone who came out and played with us. December is filled with parties and free meals so we plan to see you in January with our next fun craft class!



## 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.



## 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. **Texas Hold 'Em** is now going to be played the fourth Thursday each month at 6:30 pm. All cards are in the main building. 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.



### Is Medicare Giving You a Headache?

Join **OSHIP** 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: OSHIP Medicare Webinars

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





## Pickleball

Join us for Pickleball Tuesday, December 14 & 28 at the Spiritual Center in Montezuma, 6731 State Route 219. We will be playing from 9:00 am to 11:30 am at a cost of only \$2.00 per person. It doesn't matter if you are an expert or just learning, we invite you to come have some fun! Call and register today 419-586-1644.



## Line Dancing



Line dancing is held on Wednesdays from 10:00 am to 12:00 pm at the Council on Aging. Due to the Christmas Party, there will be NO line dancing Wednesday, December 15. There is no cost. Everyone is welcome, whether you have never danced before or love dancing! Doors open at 9:30. Everyone needs to sign in on My Senior Center.

## Chair Yoga

Join Karla Niblick on Mondays at 11:00 am and Thursdays at 1:00 pm for chair yoga. The cost for each class is \$3.00. Doors open 30 minutes before class begins. There will be no Chair Yoga December 27.



## Bingo

We will be playing **bingo** every Wednesday beginning at 12:30 pm. We will continue to 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 will be using our reusable cards and chips. Cards will be 2 for \$1.00 with additional cards costing .50. You will play the same cards for all games. Doors will open at Noon, and everyone must sign in on My senior Center.

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



### Blood Pressure Checks

**Blood pressure checks** are available the second Wednesday of the month beginning at

12:00 pm. This free service is provided by Miller Place!

### MARK YOUR CALENDAR!!

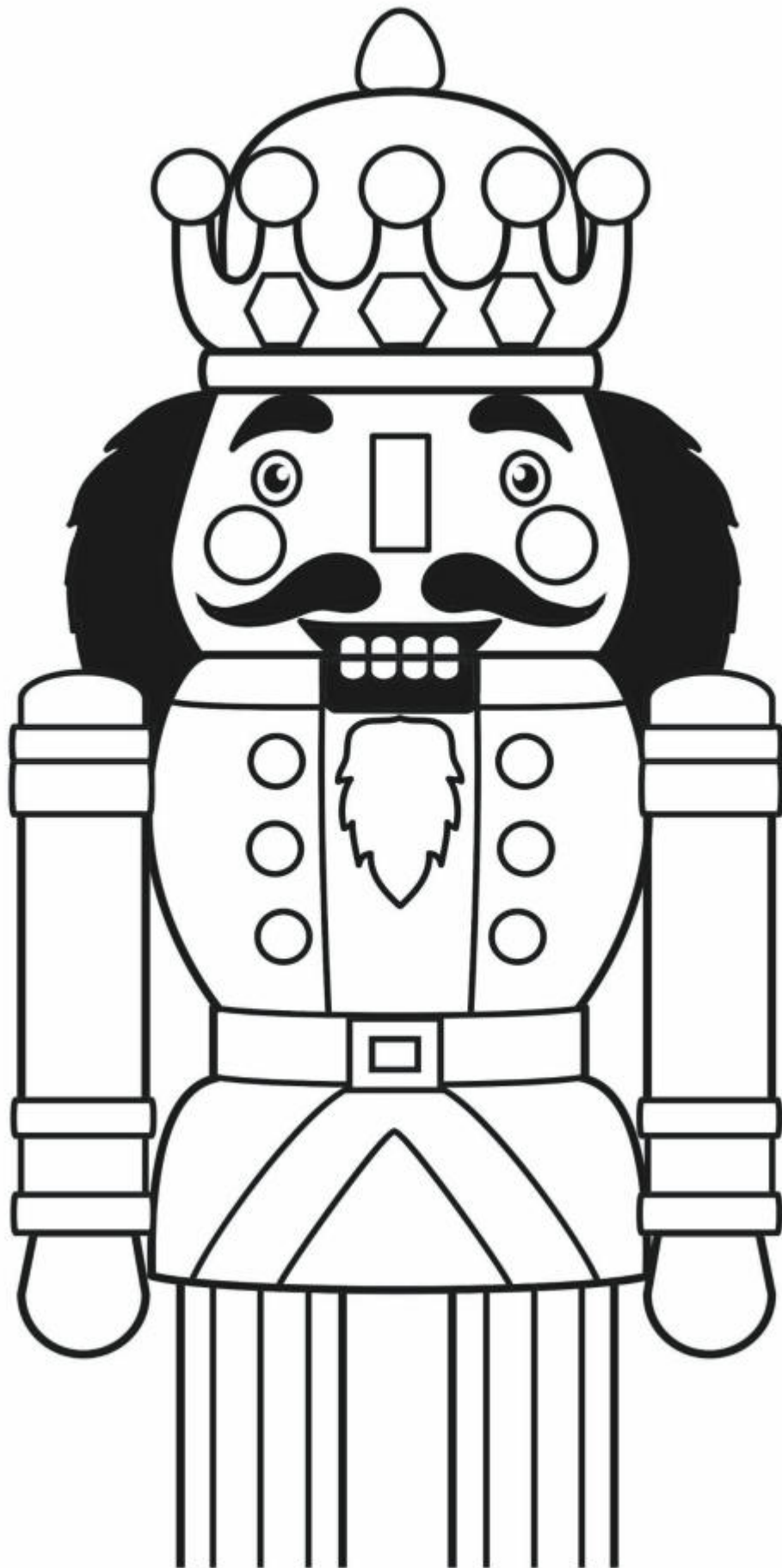
January 3 - Offices Closed (New Year's)

January 11 - Garage Sale Donations begin

January 11 - Alzheimer's Program

January 17 - Offices Closed (Martin Luther King Jr. Day)

Check next month's newsletter for more information.



# December 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></p> <p>10:00 - Line Dancing</p> <p>12:30 - Bingo*</p> <p><u>1:00 - Toenail Clipping*</u></p>	<p><b>2</b></p> <p>1:00 - Chair Yoga*</p> <p>6:30 - Cards* &amp; Games</p>	<p><b>3</b></p> <p>12:30 - Cards*</p>	<p><b>4</b></p>
<p><b>5</b></p> <p>6:30 - Cards* &amp; Games</p>	<p><b>6</b></p> <p>9:00 - Set up Bldg 4 - Garage Sale</p> <p>11:00 - Chair Yoga*</p>	<p><b>7</b></p> <p>11:30 to 12:30 - FREE DRIVE THRU LUNCH</p> <p>12:30 - Bridge*</p>	<p><b>8</b></p> <p>10:00 - Line Dancing</p> <p>12:00 - FREE Blood Pressure Checks</p> <p>12:30 - Bingo*</p> <p>EARLY BIRD SALE (ticket required) 6:00 to 8:00</p>	<p><b>9</b></p> <p>GARAGE SALE 8:30 to 6:30</p> <p>1:00 - Chair Yoga*</p> <p>6:30 - Cards* &amp; Games</p>	<p><b>10</b></p> <p>GARAGE SALE 8:30 to 4:00</p> <p>12:30 - Cards*</p>	<p><b>11</b></p> <p>GARAGE SALE 8:30 to 4:00</p>
<p><b>12</b></p> <p>GARAGE SALE 12:00 to 4:00</p> <p>6:30 - Cards* &amp; Games</p>	<p><b>13</b></p> <p>9:00 - Garage Sale Clean Up</p> <p>11:00 - Chair Yoga*</p>	<p><b>14</b></p> <p><u>8:30 to 11:30 - Alzheimer's Care Consultations</u></p> <p>9:00 - 11:30 Pickleball* - (MSC)</p> <p>12:30 - Bridge*</p>	<p><b>15</b></p> <p>11:00 - Christmas Party (ticket required)</p> <p>12:30 - Bingo*</p>	<p><b>16</b></p> <p>11:00 - Christmas Party (ticket required)</p> <p>1:00 - Chair Yoga*</p> <p>5:00 - Christmas Party (ticket required)</p> <p>6:30 - Cards* &amp; Games</p>	<p><b>17</b></p> <p><u>10:00 Alzheimer's Meeting</u></p> <p>11:00 - Christmas Party (ticket required)</p> <p>12:30 - Cards*</p>	<p><b>18</b></p>
<p><b>19</b></p> <p>6:30 - Cards* &amp; Games</p>	<p><b>20</b></p> <p>11:00 - Chair Yoga*</p>	<p><b>21</b></p> <p>12:30 - Bridge*</p>	<p><b>22</b></p> <p>10:00 - Line Dancing</p> <p>12:30 - Bingo*</p>	<p><b>23</b></p> <p>1:00 - Chair Yoga*</p> <p>6:30 - Cards* &amp; Games</p> <p>6:30 - Texas Hold 'Em*</p>	<p><b>24</b></p> <p>MERRY CHRISTMAS EVE Offices Closed</p>	<p><b>25</b></p>
<p><b>26</b></p> <p>6:30 - Cards* &amp; Games</p>	<p><b>27</b></p> <p>MERRY CHRISTMAS Offices Closed</p>	<p><b>28</b></p> <p>9:00 - 11:30 Pickleball* - (MSC)</p> <p>12:30 - Bridge*</p>	<p><b>29</b></p> <p>10:00 - Line Dancing</p> <p>12:30 - Bingo*</p>	<p><b>30</b></p> <p>1:00 - Chair Yoga*</p> <p>6:30 - Cards* &amp; Games</p>	<p><b>31</b></p> <p>HAPPY NEW YEARS EVE</p> <p style="background-color: #bbdefb;">Offices close at NOON</p>	



# Outreach Reachin' Out:

## ALZHEIMER'S DISEASE

&

## THE HOLIDAYS

While it's important to involve people with Alzheimer's disease and related illnesses in holiday celebrations, it's also important not to overdo it. Families should aim to strike a balance—so activities aren't too over-stimulating or too disruptive to routines for people with dementia.

**HERE ARE SOME WAYS  
TO HELP KEEP THE CHEER IN THE SEASON:**

**WALK DOWN MEMORY LANE**  
with intergenerational activities that everyone can enjoy!



Bake  
holiday treats



Listen to  
holiday songs



Look through  
old photos



Play games

## RE-THINK GIFT GIVING

- Find ways to involve loved ones in gift-giving - offer to bring them to the store and suggest gifts
- Be their "elf," by shopping for them and wrapping gifts together
- For someone with Alzheimer's disease, choose simple, personal and sentimental gifts, such as photos, heirlooms or handmade items
- Think about caregivers as well: offer to stay with their loved one so they can have time for themselves



©Alzheimer's Foundation of America, 2013.



## SAFETY FIRST!



Minimize holiday decorations



Keep walkways clear of clutter



Consider an artificial tree



Opt for battery-powered flameless candles



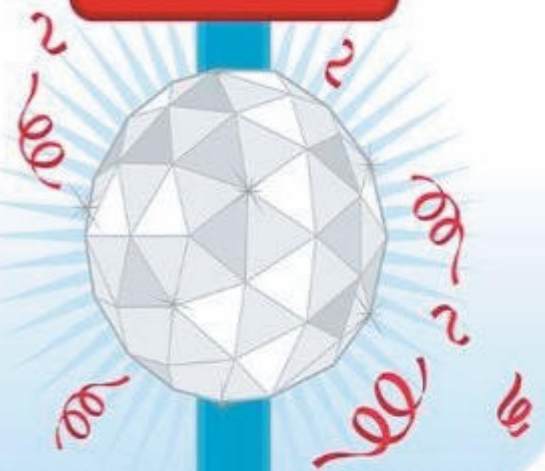
## MAKE REALISTIC PLANS

- ❄️ If traveling, make arrangements in advance - bring a companion, know the locations of public restrooms, and pack comforting items
- ❄️ If your loved one is in a long-term care residence, find out ahead of time if visitors can attend the facility's holiday events
- ❄️ Inform holiday guests, including young children if deemed appropriate, of your loved one's condition so they know what to expect

## ALTER TRADITIONS

- ❄️ Have a few smaller get-togethers instead of one large party
- ❄️ Attend early religious services
- ❄️ Eat the main meal earlier
- ❄️ Ensure loved ones steer clear of alcoholic beverages
- ❄️ Serve finger foods if loved ones have trouble using utensils

**HAPPY  
NEW YEAR!**



# CARE CONSULTATION DAY

AT THE MERCER COUNTY COUNCIL ON AGING

THE SECOND TUESDAY OF EVERY MONTH  
8:30 A.M. TO 11:30 A.M.



## COACHING AND SUPPORT

- Create an individualized action plan to guide caregiving
- Receive ongoing staff support and guidance
- Learn ways to reduce stress on the primary partner/caregiver and family

## HEALTH AND CARE INFORMATION

- Learn about the causes and treatments of dementia
- Establish an effective safety plan
- Discuss options in decision-making and planning for the future

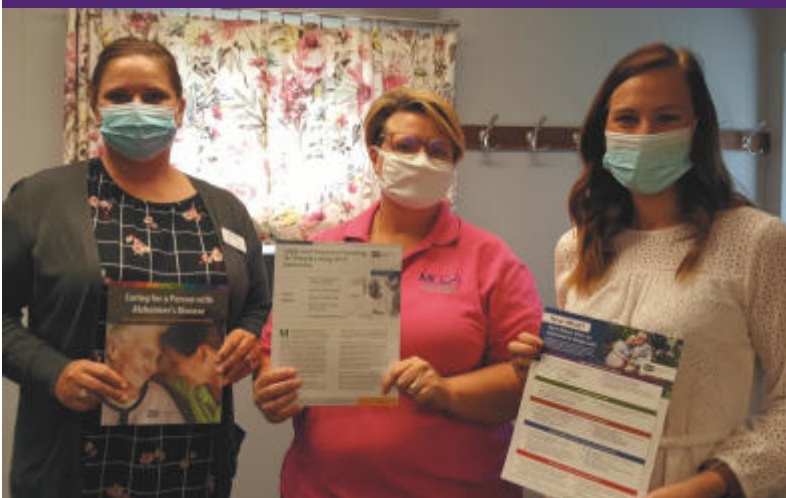
## COMMUNITY SERVICES

- Find, access and arrange for services

Care consultation is a **FREE** personalized service addressing the issues that arise from Alzheimer's disease or other related dementias.

## 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@mccoa.net](mailto:abuening@mccoa.net) We look forward to having you there!



## 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 care 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.



# Playing Games

Use the clues to fill in the crossword.



## DOWN

2. Surgical game
3. "King me!" game
5. Navy vessel game
7. Fun facts
8. Spotted cubes
9. Word-forming game
13. Game with college and retirement
14. Hints in a mystery game

## ACROSS

1. Real estate game
2. Game played with five dice
3. World map game
4. Spotted rectangular game pieces
5. Rotate a wheel fast
6. Game with rooks and pawns
7. Game played with stacked blocks
8. Mrs. Peacock's game
9. Word-finding dice game
10. Deck of 52



# Santa Claus

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

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



BEARD

ELVES

RED

BELLY

GIFTS

REINDEER

BELT

GLASSES

SACK

CHIMNEY

HAT

SLEIGH

CHRISTMAS

MILK

WHITE

COOKIES

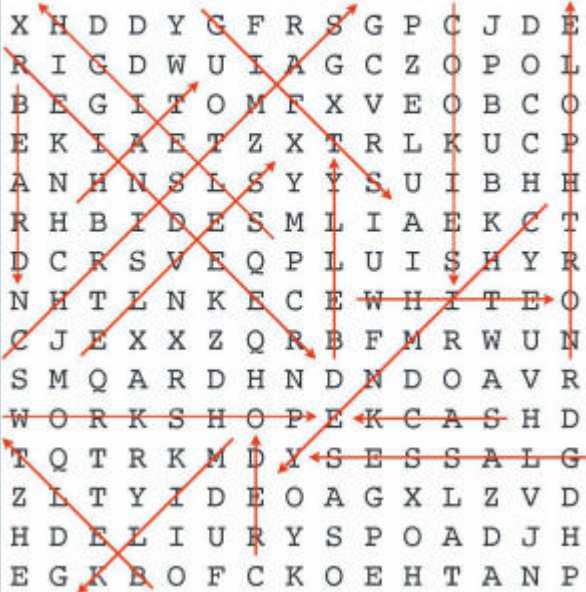
NORTH POLE

WORKSHOP

# SOLUTIONS

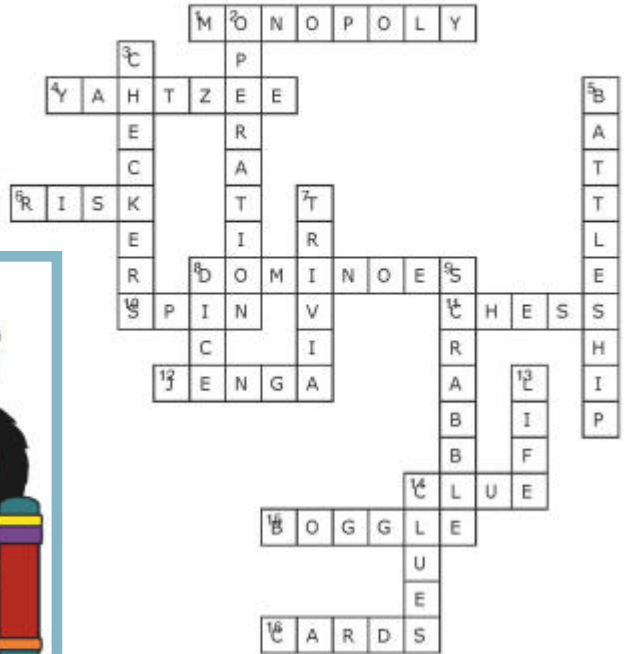
## Santa Claus

(solution)



## Playing Games

(solution)



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 Mon-Fri: 8 am – 4:30 pm  
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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

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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**DECEMBER**  
**2021**

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