

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

BLUE & PURPLE

- blackberries
- blueberries
- black currants
- dates
- eggplants
- grapes
- plums
- prunes
- purple figs
- raisins

RED & PINK

- beets
- cherries
- cranberries
- pink grapefruit
- pomegranates
- radicchio
- red radishes
- red apples
- red grapes
- red peppers
- red potatoes
- rhubarbs
- strawberries
- tomatoes
- watermelons



EAT MORE COLOR

The best way to get all of the vitamins, minerals and nutrients you need is to eat a variety of colorful fruits and veggies. Add color to your plate each day with the five main color groups.

GREEN

- artichokes
- asparagus
- avocados
- bok choy
- broccoli
- Brussels sprouts
- celery
- collard greens
- cucumbers
- green beans
- green cabbage
- green grapes
- green onions
- green peppers
- kale
- kiwis
- leeks
- limes
- mustard greens
- okra
- pears
- peas
- romaine lettuce
- snow peas
- spinach
- sugar snap peas
- watercress
- zucchini

ORANGE & YELLOW

- acorn squash
- butternut squash
- apricots
- cantaloupes
- carrots
- corn
- grapefruit
- lemons
- mangoes
- nectarines
- oranges
- orange peppers
- papayas
- peaches
- pineapples
- pumpkins
- summer squash
- sweet potatoes
- tangerines
- yams
- yellow apples
- yellow peppers
- yellow squash

WHITE

- bananas
- cauliflower
- garlic
- Jerusalem artichokes
- mushrooms
- onions
- potatoes
- parsnips
- shallots



From the Director's Desk:

Hello Mercer County (and surrounding areas)!

I hope that this letter finds you well. February is usually marked with hearts and flowers and all sorts of romantic gestures. Here at MCCoA we celebrate the love of our fellowman every day. The staff come to work, many with their hearts on their sleeves, and do everything in their power to help each person that calls or walks through our doors. We are happy to serve you. Thank you for giving us the opportunity.

"The purpose of life is to live it, to taste experience to the utmost, to reach out eagerly and without fear for newer and richer experience."

- Eleanor Roosevelt.

It seems that the time of uncertainty has not passed and 2022 has started out pretty bumpy. We recognize there are risks in life but we encourage everyone to KEEP LIVING!! It is our goal to continue being a place you can safely spend time with friends. We are in the season of cold and possible nasty weather so it is important to take note of travel conditions too. If you are uncertain if an event is still happening, give us a call to double check. If you aren't able to get out in the winter please see the Spotlight on Daily Calls Program on the next page. We would be happy to help you stay connected.



Have a happy, healthy February!!
Dawn



GARAGE SALE UPDATE

We have started accepting donations for our next garage sale. Donations are Tuesdays from 12:00 to 4:00 and Thursdays from 8:30 to 12:00. We will also accept donations Saturday, February 12 from 9:00 to 1:00. The last day for donations before the March sale is Thursday, March 3. The next sale is March 17 – March 20. As always, if you are looking for a way to volunteer and want to have some fun, come join us any donation day or call Tash and she will be glad to get you connected to a great volunteer opportunity!

Here are the earnings for each sale in 2021. Again, THANK YOU, to all our volunteers and shoppers for helping support the seniors of Mercer County!!!

2021 Garage Sale Earnings	
February 2021	3277.86
May 2021	7712.93
July 2021	6231.89
September 2021	7373.82
December 2021	9426.47
Total	34,022.97

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)



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

Weather Announcements on
 WKKI, WCSM Radio,
 WLIO-Lima TV, and Facebook



In memory of Jim



In memory of Marlene

We would like to send out our appreciation to everyone who has been supportive in our efforts to help the seniors of Mercer County. Many donations have been given as a gift of the heart, some in honor/memory of a loved one. Every donation, no matter how large or small, adds to our ability to touch one more life in Mercer County. Thank you for your generous heart and giving spirit.

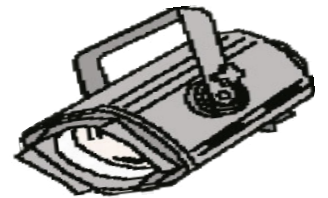
We couldn't do what we do without you.



Spotlight on our Daily Call Program



We have moved into the time of year when people may stay home more than they do in warm weather. Please take a moment to consider our Daily Call Program. We have a group of great volunteers who make calls each morning to check in with people. Would you or someone you know enjoy a cheerful hello each morning! Please feel free to call and ask about the program. We will be glad to send you all the information! Call Tash 419-586-1644.



Crafty Corner



Join Charlene Guingrich Wednesday, February 9 at 2 pm in the Annex and create a beautiful Valentine's floral arrangement. Cost is only \$12 (bring your \$ to class.) Space is limited so call and register today 419-586-1644.

Join us at the center for a Make 'n Take on Tuesday, March 22 sponsored by Celina Manor. More details in our March newsletter!



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.



Fitness Room

Are you looking for a place to exercise?
Have you considered the Fitness Room at the MCCoA??
It is free to residents of Mercer County over 60. Stop by today for a tour!!

Listed below are some benefits of regular exercise:



- Feel Happier
- Helps with Weight Loss
- Strengthens Muscles and Bones
- Increases Energy Levels
- Reduces Risk of Chronic Disease
- Helps Skin Health
- Helps Brain Health and Memory
- Increases Relaxation
- Better Sleep Quality
- Pain Reduction

Cards



We play **Bridge** on Tuesdays at 12:30 pm, **Cards & games** on Thursday and Sunday evenings at 6:30 pm and on Fridays **Bid Euchre, Pinochle, and Bridge** at 12:30 pm. **Texas Hold 'Em** is on the fourth Thursday every month at 6:30 pm. All cards are in the main building. Cost is \$1.00. Everyone must sign in on My Senior Center upon arrival.

Pickleball

Join us for Pickleball Tuesday, February 1, 8 and 22 at the Spiritual Center in Montezuma, 6731 State Route 219. We play from 9:00 to 11:30 am. Cost is only \$2.00 per person. It makes no difference 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 every Wednesday beginning at 10:00 am. There is no cost. Everyone is welcome, come join the fun! Everyone needs to sign in on My Senior Center.

Chair Yoga

Chair Yoga with Carla Niblick on Mondays at 11:00 am and Thursdays at 1:00 pm. Cost is only \$3.00 per person. Take advantage of this great class and our wonderful teacher!! Note: No chair yoga on Monday, February 21 in observance of Presidents Day.



Bingo

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

We play **bingo** every Wednesday at 12:30 pm. Only 50 people may attend each session. Call 419-586-1644 to register. Registrations are accepted one week in advance. You may not sign up for an entire month. We use reusable cards and chips. Cards are 2 for \$1.00 with additional cards costing .50 each. You play the same cards for every game. Everyone must sign in on My senior Center, please let us know if you need help.

Blood Pressure Checks

Blood pressure checks are available the second Wednesday of the month at 12:00 pm. This **FREE** service is provided by Miller Place!



MARK YOUR CALENDAR!!

March 8 - Understanding Alzheimer's & Dementia (2 pm)
 March 14 - Garage Sale (Set up Bldg 4 - furniture)
 March 17 to 20 - Garage Sale
 March 21 - Garage Sale (Clean Up)
 March 22 - Make 'n Take
 Check next month's newsletter for more information.



make
kindness
the norm.♥



February 2022 Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 9:00 - 11:30 Pickleball* - (MSC) 12:00 - 4:00 Donations (bldg 6) 12:30 - Bridge*	2 10:00 - Line Dancing 12:30 - Bingo* 6:00 to 8:00 <u>1:00 - Toenail Clipping*</u>	3 8:30 - 12:00 Donations (bldg 6) 1:00 - Chair Yoga* 6:30 - Cards* & Games	4 12:30 - Cards*	5
6 6:30 - Cards* & Games	7 11:00 - Chair Yoga*	8 <u>FREE Virtual Alzheimer Care Consultations (see below)</u> 9:00 - 11:30 Pickleball* - (MSC) 12:00 - 4:00 Donations (bldg 6) 12:30 - Bridge*	9 10:00 - Line Dancing 12:00 - FREE Blood Pressure Checks 12:30 - Bingo* <u>2:00 - Craft Class - Floral Arrangement*</u>	10 8:30 - 12:00 Donations (bldg 6) 1:00 - Board Mtg 1:00 - Chair Yoga* 6:30 - Cards* & Games	11 12:30 - Cards*	12 9:00 to 1:00 - Donations (bldg 6)
13 6:30 - Cards* & Games	14 11:00 - Chair Yoga*	15 12:00 - 4:00 Donations (bldg 6) 12:30 - Bridge*	16 10:00 - Line Dancing 12:30 - Bingo*	17 8:30 - 12:00 Donations (bldg 6) <u>12:30 - Bridge *</u> 1:00 - Chair Yoga* 6:30 - Cards* & Games	18 12:30 - Cards*	19
20 6:30 - Cards* & Games	21 PRESIDENT'S DAY OFFICES CLOSED	22 9:00 - 11:30 Pickleball* - (MSC) 12:00 - 4:00 Donations (bldg 6) 12:30 - Bridge*	23 10:00 - Line Dancing 12:30 - Bingo*	24 8:30 - 12:00 Donations (bldg 6) 1:00 - Chair Yoga* 6:30 - Cards* & Texas Hold 'Em	25 12:30 - Cards*	26
27 6:30 - Cards* & Games	28 11:00 - Chair Yoga*					

CARE CONSULTATION DAY AT THE MERCER COUNTY COUNCIL ON AGING



Alzheimer's Association meetings, support groups and events are available virtually. To schedule a meeting, call us, 419-586-1644. We will give your information Marybeth Torsell, who will call you and schedule a meeting. We will provide a place for you to meet (online) if needed.

Outreach Reachin' Out:

February marks Heart Health Month and this newsletter is

FULL of heart healthy tips - so we can keep you around as long as possible! Hopefully, you will learn something that you didn't know that may improve your health in 2022! I know when I was reading these - I wanted to post them on the refrigerator to remind me of what I "should" be eating!

The first Friday of the month, February 4th, is the National Wear Red Day for heart health—so we look to all of you sporting red that day and on Valentine's Day, which is on Monday, February 14th. BUT.....if you won't be here on those days thenwe'd love to see you in red any other day.....or any other color for that matter! Just as long as you get in here and see us! So, the first tip for strengthening your heart this February is a very easy one - Get your Blood Pressure and Cholesterol Numbers Checked!



American Heart Association

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Best Friend Fridays™ celebrate our pet companions who are always there for us — helping us handle stress and boosting our physical and mental health. Having a pet is a **Healthy Bond for Life™** that may help you live a longer, healthier life! (And we've got the science to prove it.)



PETS CAN HELP YOU:

- Deal with stress
- Get more exercise and meet fitness goals
- Feel less lonely and isolated
- Lose weight
- Lower blood pressure and cholesterol levels
- Recover after a health event



Owning a dog can help prevent chronic conditions such as **DIABETES** and **DEPRESSION**, and simply petting a dog **HELPS LOWER BLOOD PRESSURE.**

**BEST FRIEND
FRIDAYS**

**At work or at play,
pets are the best.**

Take time each Friday to celebrate your pets and all they add to your life and post a photo or video using **#BestFriendFridays!**

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Learn more about Healthy Bond for Life's
Best Friend Fridays at



heart.org/pets



Is Medicare Giving You a Headache?

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!*



Tax Time

We know it is the time to start thinking about the upcoming tax season. Although, MCCoA will not be able to bring in AARP to assist clients with taxes, there are other resources available to help.

The **IRS's Volunteer Income Tax Assistance (VITA)** and **Tax Counseling for the Elderly (TCE)** programs offer free basic tax return preparation to qualified individuals.

The VITA program has operated for over 50 years, offering free tax help to:

- People who generally make \$57,000 or less
- Persons with disabilities; and
- Limited English-speaking taxpayers who need assistance in preparing their own tax returns.

In addition to VITA, the TCE program offers free tax help, particularly for those who are 60 years of age and older, specializing in questions about pensions and retirement-related issues unique to seniors.

VITA and TCE sites are generally located at community and neighborhood centers, libraries, schools, shopping malls and other convenient locations across the country. To locate the nearest VITA or TCE site near you, use the **VITA Locator Tool** at <https://irs.treasury.gov/freetaxprep/> or call **800-906-9887**.

Please note: as of the printing of this newsletter, there were no sites in a 50 mile radius of Celina, nor do we know if any will.

For fastest service, visit [IRS.gov](https://www.irs.gov) for a variety of online resources and tax help including tax forms, instructions and publications, online payment options and to file with **IRS Free File** go to <https://www.irs.gov/e-file-providers/about-the-free-file-alliance>.

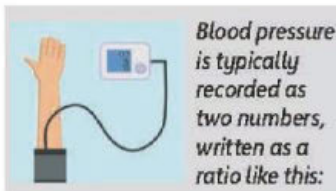




HOW TO MANAGE BLOOD PRESSURE

1 UNDERSTAND READINGS

The first step to managing blood pressure is to understand what the levels mean and what is considered normal, elevated, high blood pressure (hypertension) and hypertensive crisis. heart.org/BPlevels



Blood pressure is typically recorded as two numbers, written as a ratio like this:

117
76

Read as "117 over 76 millimeters of mercury."

Systolic

The top number, the higher of the two numbers, measures the pressure in the arteries when the heart beats (when the heart muscle contracts).

Diastolic

The bottom number, the lower of the two numbers, measures the pressure in the arteries when the heart is resting between heart beats.

BLOOD PRESSURE CATEGORY	SYSTOLIC MM HG (UPPER #)		DIASTOLIC MM HG (LOWER #)
Normal	Lower than 120	and	Lower than 80
Elevated Blood Pressure	120-129	and	80
High Blood Pressure (Hypertension) Stage 1	130-139	or	80-89
High Blood Pressure (Hypertension) Stage 2	140 or higher	or	90 or higher
Hypertensive Crisis (Consult your doctor immediately)	Higher than 180	and/or	Higher than 120

2 TRACK LEVELS



American Heart Association.
Check. Change. Control.*



Check.



Change.



Control.

Health care providers can take blood pressure readings and provide recommendations.

Check. Change. Control. helps you track your progress in reducing blood pressure.

LEARN MORE AT HEART.ORG/MYLIFECHECK AND HEART.ORG/HBP

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3 TIPS FOR SUCCESS



EAT SMART

Eat a healthy diet of vegetables, fruits, whole grains, beans, legumes, nuts, plant-based proteins, lean animal proteins and fish. Limit sodium, saturated fats and added sugars. Limit sugary foods and drinks, fatty or processed meats, salty foods, refined carbohydrates and highly processed foods. heart.org/EatSmart



MOVE MORE

Physical activity helps control blood pressure, weight and stress levels. heart.org/MoveMore



MANAGE WEIGHT

If you're overweight, even a slight weight loss can reduce high blood pressure. heart.org/Weight



DON'T SMOKE

Every time you smoke, vape or use tobacco, the nicotine can cause a temporary increase in blood pressure. heart.org/Tobacco



SLEEP WELL

Short sleep (less than 6 hours) and poor-quality sleep are associated with high blood pressure.



HOW TO CONTROL CHOLESTEROL

1 UNDERSTAND CHOLESTEROL

Cholesterol is a fat-like substance that comes from two sources: **FOOD** and **BODY**. It is found in foods from animal sources only. It travels in the body by lipoproteins (LDL and HDL).



HDL = GOOD

High-density lipoprotein is known as "good" cholesterol.



LDL = BAD

Low-density lipoprotein is known as "bad" cholesterol.

HDL helps keep LDL from sticking to artery walls and reduces plaque buildup. This process can lower the risk of heart disease and stroke. heart.org/Atherosclerosis

TRIGLYCERIDES

The most common type of fat in the body.

TOTAL CHOLESTEROL

HDL + LDL + 1/5th of triglyceride level = total cholesterol level.

2 TRACK LEVELS



A health care provider can measure blood cholesterol and help you understand what the levels mean.



Track your cholesterol levels over time and take steps to reduce high cholesterol.

LEARN MORE AT HEART.ORG/MYLIFECHECK AND HEART.ORG/CHOLESTEROL

3 TIPS FOR SUCCESS



EAT SMART

Eat a healthy diet of vegetables, fruits, whole grains, beans, legumes, nuts, plant-based proteins, lean animal proteins and fish. Limit sugary drinks and foods, fatty or processed meats, full-fat dairy products, eggs and tropical oils. heart.org/EatSmart



MOVE MORE

Physical activity helps improve cholesterol levels. heart.org/MoveMore



KNOW YOUR FATS

The fats you eat can affect your cholesterol levels. Replace saturated fats with unsaturated fats. heart.org/Fats



DON'T SMOKE

Smoking lowers good HDL cholesterol and raises your risk of heart disease. heart.org/Tobacco

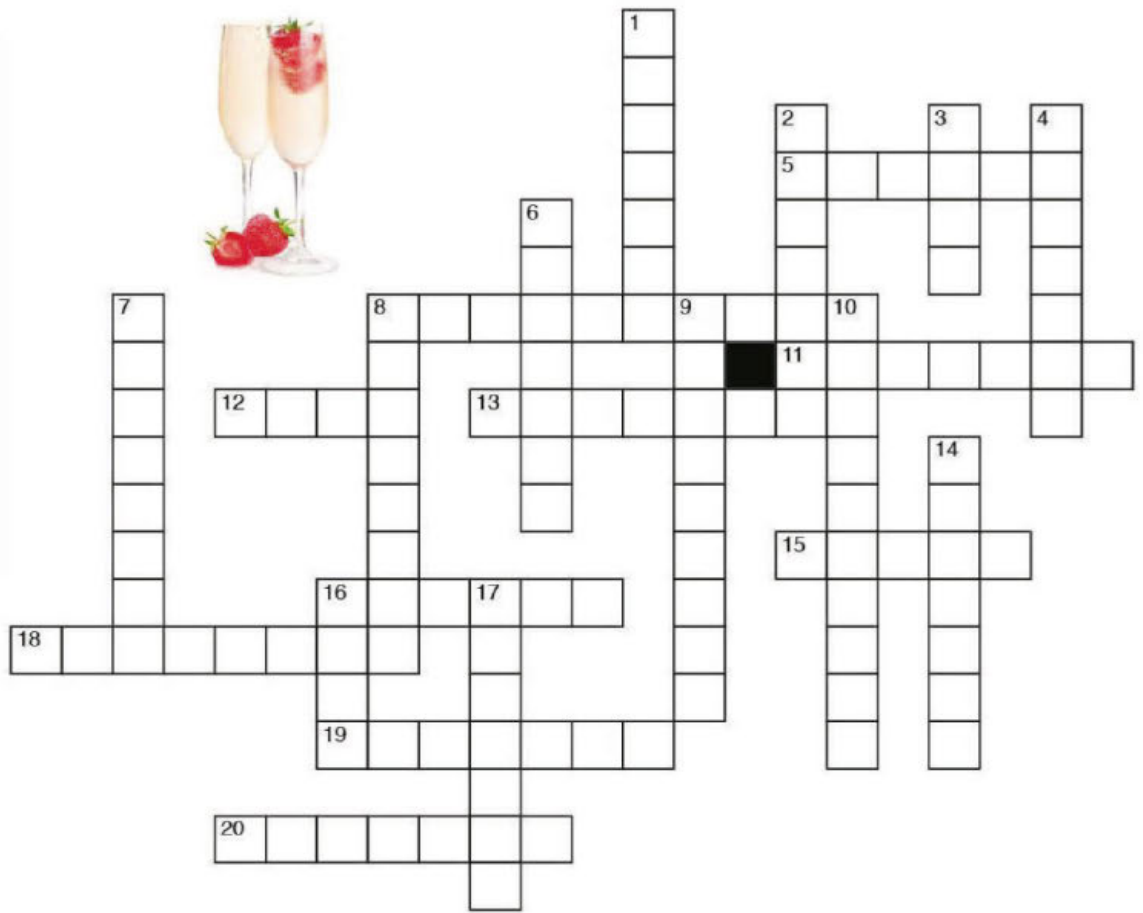


TAKE MEDICATION AS DIRECTED

Your doctor may prescribe statins or other medications to control your cholesterol levels.

Paint the Town Red

There are many ways to have fun and paint the town red this month. Use the clues to fill in the crossword.



ACROSS

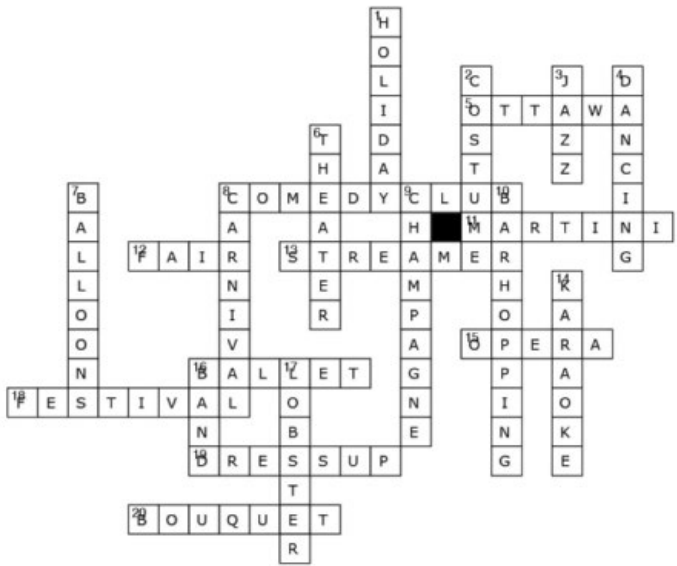
5. Canadian city that hosts Winterlude
8. Place to watch stand-up
11. Served in a V-shaped, long stem glass
12. Public gathering with exhibits
13. Decorative party ribbon
15. Musical drama
16. Dance with tutus
18. Cultural event
19. Put on fancy clothes
20. Bunch of flowers

DOWN

1. Day when banks are closed
2. Masquerade necessity
3. Club that plays Coltrane
4. Disco activity
6. Catch a new movie here
7. Helium-filled decorations
8. Rio's festival
9. Bubbly drink
10. Going from pub to pub
14. Sing-along offering at some bars
16. Musical group
17. Fancy dinner crustacean

SOLUTIONS

Paint the Town Red



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1-D-2-5

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14-1730

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1-D-2-5

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14-1730





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 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

February
2022

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.**