



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

Volunteer Appreciation

Calling all of the Wonderful Volunteers that help make MCCoA what it is. It's time to let us show you a fun day and tell you how much we appreciate all that you do! If you have volunteered in any way, we invite you and a guest to join us for lunch and an afternoon of fun filled games and prizes Thursday, October 3 beginning at 11:30 am. We will be serving beef & noodles, mashed potatoes, and corn from Friendly Market. Dessert will be a 'build your own' ice cream sunday! Following the meal there will be an afternoon of playing games to win prizes! Plan to get your picture taken with Alpaca Allie the Amazing Volunteer Mascot. This is a free event but be sure to call in and register by Monday, September 30 so we order enough food.



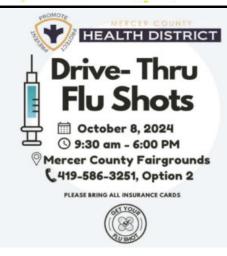
VOLUNTEER APPRECIATION!

Disaster Preparedness Event

Do you think you are prepared in the case of a disaster? Join us on Thursday, October 31 at 10:00 am to learn how to be prepared for the unexpected. Jennifer Sexton from the Red Cross will be here to give you some great information about how to prepare. Miranda van Rooyen from the Area Agency on Aging 3 will have "starter"

Emergency Preparedness disaster back packs for the first 50 people to register. We encourage everyone to come and receive this great information.

The Health
Department is
hosting a Drive
Thru Flu Shot
clinic at the
Mercer County
Fair Grounds
on Tuesday,
October 8 from
9:30 am to 6:00
pm. There is a
form that will



need to be completed prior to receiving your shot. We have copies in the office. If you have yours completed prior to getting in line, you won't have to lose your place. Pick one up today and have it ready to go. From the Director's Desk:

Hello Mercer County (and friends of Mercer County,)

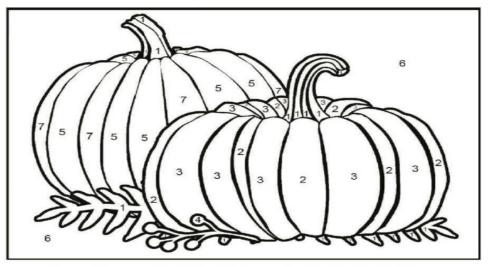
Happy October wonderful people! October is going to be another busy month. How many activities are you involved with? Or are you one of the many who are nervous about coming up to the center? Are you afraid you won't fit in? Or that time has slowed you down too much? IF that is you, may I ask you to look at it with a different perspective? I would ask that you recognize that is part of the reason we are here. The MCCoA is a center for the people to come and be 'who they (yes, that means you) are.' Young, not so young, quick, not so quick, smart,



not so smart, happy, not so happy. Do you get my point? We are here for you. One of the saddest things I hear is that someone is just staying home, alone. If we don't have the activity you find interesting, I urge you to come up and let us know what sounds good to you.

A quote I read the other day by Mel Robbins is really sticking with me. "It's not the big moves that change everything—it's the smallest ones in your everyday life that do." Are you willing to make just a small change today? It may be the most important thing you can do for yourself, your family and your friends.

Hope to see you soon, Dawn



1 = Leaf Green 2 = Daffodil Yellow 3 = Gold 4 = Red-Brown 5 = Burnt Orange 6 = Sky Blue 7 = Brown

Mark your November calendar

4 Craft - Christmas Cards 8 Wii Bowling Awards

11 Office Closed Veterans Day

12 Garage Sale Set Up Begins

20 Early Bird Garage Sale (ticket required)

21-24 Garage Sale

25 Garage Sale Clean Up

28-29 Office Closed Happy
Thanksgiving

Look for more information in next month's newsletter.

GARAGE SALE UPDATE

Donations First Day Tuesday, Oct 8 12:00 to 4:00 Saturday Donations Saturday, Oct 19 9:00 to 1:00 Donations Last Day Thursday, Nov 7 8:30 to 12:00

We only have one more sale in 2024! We will resume accepting donations on Tuesday, October 8 and will accept donations on Tuesdays from 12 pm to 4 pm and Thursdays from 8:30 am to – 12 pm. Our Saturday donation day will be on October 19 from 9 am to 1 pm. The last day for donations in 2024

will be Thursday, November 7. If you would like to help with the garage sale in any way stop in or give Tash a call 567-890-4120.

Country Music Stars

The **bold** words listed below can be found vertically, horizontally, diagonally, forward, and backward.

Y BG T W R P т NU B X C I F G R M 0 V N L E Ι R G Ρ N Y Ν L N S A X P Е W R R J X L V X P B S D G F V R R R T E E W E J N V S R D U т V M B L H J R W 0 0 Μ 0 A S Ρ E J Y S N т Η C N F M N Z B G P L E P M W I D 0 D N L A N J L N A I W N F T T K A A C 0 V H I N zI F W D S K K I P I A K R B R P 0 0 U E Т W S N N Y L Х E K Z G G X C N E S E т L N





GARTH BROOKS
GLEN CAMPBELL
JOHNNY CASH
PATSY CLINE
JOHN DENVER

MERLE HAGGARD
LORETTA LYNN
REBA MCENTIRE
WILLIE NELSON
DOLLY PARTON
KENNY ROGERS

GEORGE STRAIT

RANDY TRAVIS

SHANIA TWAIN

CARRIE UNDERWOOD

HANK WILLIAMS

BLAKE SHELTON

Dates of Interest

To register call 419-586-1644.

Craft Class

Join Cindy on Monday, October 28 at 1:00 pm to make a Salt Shaker Angel! Everything you need will be provided. Cost is only \$5.00. Call and register today!



Fitness Class with Kathy

During the month of October, we will have 2 classes with our favorite fitness instructor Kathy!! Join her on Tuesday, October 8 and 29 at 9:30 for a 45-minute class that focuses on muscle strengthening and increasing range of movement for daily life activities. Cost is \$3.00 per person. We will also have the



free video class on October 1, 15, and 22.

Art Class

Art class with Debby Gregory on Monday, October 7 at 2:00 pm. Join us for a pen & wash

class. All supplies are furnished. Cost is \$10. Registration is required.



Annual Puzzle Tournament

Join us for our annual puzzle tournament Monday, October 21 beginning at 1 pm. Everyone gets the same 300-to-500-piece puzzle. The first one to complete it or the person that has the most pieces put together at the end of 2 hours is the winner. All participants get to keep their puzzle. Prizes will be awarded to 1st and 2nd place.

Call and register by Friday, October 11 so we can order the puzzles. Cost is only \$5.00. Come and be part of a fun afternoon.





This is not a mistake, SMP is coming in October too! They had too much to share in just one session!



Have you been offered a free knee brace? Do you, or someone you know, get telephone calls where someone tries to get your personal information or to switch Advantage Plans?

The Ohio Senior Medicare Patrol (SMP) will provide a very important Lunch-n-Learn at 11:30 am on Monday, October 7, 2024. Come hear an informative presentation on recognizing and reporting Medicare fraud and scams, as well as helpful tips to protect yourself from Medical Identity Theft and marketing misinformation. Lunch will be served at 11:30 am with the presentation starting at 12:00 pm. Everyone is invited to the presentation portion, but only the first 25 people to register will be able to join us for lunch. Call and register today.

REGULARLY SCHEDULED ACTIVITIES

Please register for all activities so we can notify you in the case of unexpected schedule changes. Thank you.

Check the calendar on page 7 for exceptions.

Bingo

Wednesdays at 12:30 pm. Reusable cards and chips are 2 for \$1 with additional cards costing 50¢ each. The same cards are used for every game.

Blood Pressure Checks (FREE)

The first Thursday each month from 9 am to 10 am, provided by Heritage Health Care.

Cards

Bridge on Tuesdays at 12:30 pm; Euchre on Thursday and Sunday evenings at 6:30 pm; Bid Euchre, Pinochle, and Bridge on Fridays at 12:30 pm. Texas Hold 'Em on the second and fourth Thursday at 6:30 pm. Cost \$1.

Chair Yoga

Chair Yoga on Mondays at 10:00 am and Thursdays at 1:00 pm. Cost is \$3 per person.

Coffee Time (FREE)

Thursdays from 8:00 am to 10:00 am. Join us for coffee, juice, donuts and some great chatting time. Stop in for 5 minutes or stay for a while. Everyone is welcome. Donations are appreciated.

Crochet Club (FREE)

Crochet club meets monthly in Bldg 3. See calendar for specific date and time. This group is open to anyone that likes to crochet. We make a variety of items to give to people in nursing homes. Join us for a fun afternoon of crocheting. Everyone is welcome.

Fitness Class

Tuesdays at 9:30 am join us for a FREE video lead exercise class. The last Tuesday each month at 9:30 am Kathy G leads a 45 minute class that focuses on muscle strengthening and increasing range of movement for daily life activities. Cost is \$3 per person.

Line Dancing (FREE)

Tuesdays at 1:00 pm. Everyone is welcome. Come join the fun, enjoy some music, and get some great exercise. If you are new to dancing, we will be glad to show you how.

Lunch

Tuesdays, Wednesdays, and Thursdays 11:30 am \$4/meal. Reservations are required by noon one day before. Space is limited.

Pickleball

Tuesdays at the Spiritual Center in Montezuma, 6731 SR 219 from 9:00 am to 11:30 am. Cost is \$3 per person. No experience required.

Toe Nail Trimming

The first Wednesday each month at 1:00 pm in Bldg 3. Cost is \$15. First come, first served. Provided by CHP.

ALZHEIMER'S ASSOCIATION

Care Consultations

Marybeth Torsel with Alzheimer's Association is available by appointment. Please call 419-419 -5858. Care Consultation covers caregiver education, stress management, planning, communication, finances, and safety issues.

Support Group

Meetings are held on the second Wednesday of every month from 3 pm to 4 pm in Bldg 3. The Caregiver Support Group is for any individual who is caring for someone who has Alzheimer's or

Alzheimer's Association Northwest Ohio Chapter Join us for a free program!

The Empowered Caregiver: Supporting Independence

This program focuses on helping the person living with dementia take part in daily activities. It will also explain how to provide the right amount of support and balance safety and independence while managing expectations.

Thursday, October 3, 2024 2:30 pm to 3:30 pm

Mercer County Council on Aging 217 Riley Street | Celina

There is no charge for this program, but registration is requested.

Please call 419.586.1644 to register

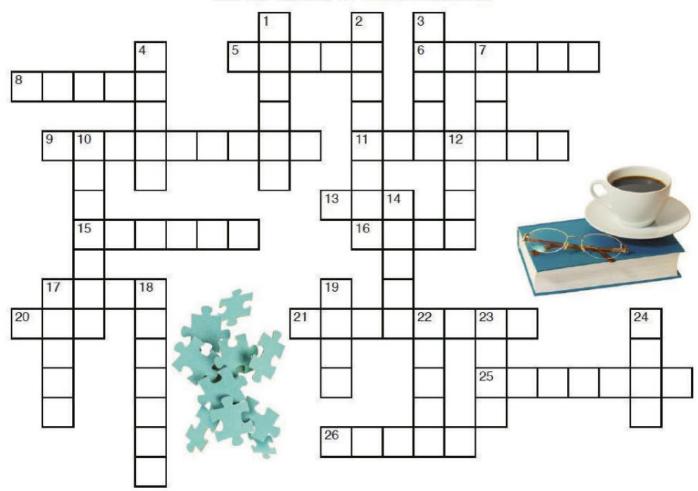


ALZHEIMER'S

alz.org | 800.272.3900

At the Bookstore

Use the clues to fill in the crossword.



ACROSS

- DIY book (two words)
- Novel creator
- 8. Video's counterpart
- 9. What Huckleberry Finn went on
- 11. Whodunit
- 13. Wall hanging
- 15. Jigsaw ____
- 16. Youngsters
- 17. Travel aids
- 20. Purchase
- 21. Great literary works
- 25. Harry Potter genre
- 26. Book's front

DOWN

- 1. Shelley's forte
- 2. Place keeper
- 3. Chess and checkers
- 4. Book of fiction
- 7. Carryall bag
- 10. Arrangement to promote sales
- 12. Kid playthings
- 14. New York Best Sellers list
- 17. Orchestra output
- Book promotional event with an author
- 19. Storyline
- 22. Place for a book title
- 23. Coffee shop
- 24. Credit alternative

October 2024 Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Italicized activities 3. Activities * have a Activities are off care	s marked with () ampus. Montezuma	Tuesday 1 9:30 - Fitness Class - Video (FREE) 11:30 - Lunch* 12:30 - Bridge* 12:30 - Ladies Cards* 1:00 - Line Dancing 8 9:00 - 11:30 Pickleball* (MSC) 9:30 - Fitness Class with Kathy*	## Wednesday 2 11:30 - Lunch* 12:30 - Bingo* 1:00 - Toenail Clipping* 9 11:30 - Lunch* 12:30 - Bingo*	Thursday 3 8:00 - 10:00 Coffee Time 9:00 - FREE Blood Pressure Checks 11:30 - VOLUNTEER APPRECIATION & FUN TIME 2:30 - Alzheimer's Talk: The Empowered Caregiver 6:30 - Cards* 10 8:00 - 10:00 Coffee Time 8:30 - 12:00 Donations (bldg 6)	### Cards* Friday	Saturday 5
	11:30 - L&L - Pro Seniors 2:00 - Art Class - Pen & Wash* 2:00 - Crochet Club	11:30 - Lunch* 12:00 - 4:00 Donations (bldg 6) 12:30 - Bridge* 1:00 - Line Dancing	3:00 - Medicare 101 - with Dave Painter 3:00 - Alzheimer Support Group	10:30 - Board Mtg. 11:30 - Lunch* 12:30 - Ladies Cards* 1:00 - Chair Yoga* 6:30 - Cards & Texas Hold 'Em*		
13 6:30 - Cards*	OFFICES CLOSED STAFF TRAINING Columbus Day	9:00 - 11:30 Pickleball* (MSC) 9:30 - Fitness Class - Video (FREE) 11:30 - Lunch* 12:00 - 4:00 Donations (bldg 6) 12:30 - Bridge* 12:30 - Ladies Cards* 1:00 - Line Dancing	16 11:30 - Lunch* 12:30 - Bingo*	8:00 - 10:00 Coffee Time 11:30 - Lunch* 1:00 - Chair Yoga* 6:30 - Cards*	18 12:30 - Cards*	9 to 1 - Donations (bldg. 6)
20 6:30 - Cards*	21 10:00 - Chair Yoga* 1:00 - Puzzle Tournament*	9:00 - 11:30 Pickleball* (MSC) 9:30 - Fitness Class - Video (FREE) 11:30 - Lunch* 12:00 - 4:00 Donations (bldg 6) 12:30 - Bridge* 1:00 - Line Dancing	23 11:30 - Lunch* 12:30 - Bingo* 6:30 - TRIP INFO meeting - 2025 trip to California's Natural Wonders	8:00 - 10:00 Coffee Time 8:30 - 12:00 Donations (bldg 6) 11:30 - Lunch* 12:30 - Ladies Cards* 1:00 - Chair Yoga* 6:30 - Cards & Texas Hold 'Em*	25 12:30 - Cards*	26
27 6:30 - Cards*	28 10:00 - Chair Yoga* 1:00 - Craft Class - Salt Shaker Angel*	9:00 - 11:30 Pickleball* (MSC) 9:30 - Fitness Class with Kathy* 11:30 - Lunch* 12:00 - 4:00 Donations (bldg 6) 12:30 - Bridge* 1:00 - Line Dancing	30 11:30 - Lunch* 12:30 - Bingo*	8:00 - 10:00 Coffee Time 8:30 - 12:00 Donations (bldg 6) 10:00 - Disaster Preparedness Presentation 11:30 - Lunch* 1:00 - Chair Yoga* 6:30 - Cards*		

OSHIIP Medicare Information Meeting

A Medicare & Open Enrollment Period informational meeting will be held Wednesday, October 9 beginning at 3:00 pm. The meeting will be hosted by David Painter, OSHIIP Community Liaison with Ohio Department of Insurance. Those already enrolled in Medicare and those who will soon be turning 65 are encouraged to attend. This meeting will also cover changes in Medicare in 2025. Medicare Open Enrollment period is from October 15, 2024 through December 7, 2024. Medicare can be complicated, so let our specialists guide you through the process. No need to call and register for this meeting. For more information or questions about Medicare call us at 419-586-1644.



It is time to prepare for Medicare Part D Open Enrollment

- 1. Complete the form on pages 9 and 10 and send it to the MCCoA.
- 2. Get your appointment scheduled with one of our Outreach Specialists. Note: there are only a limited number of appointments available. So don't wait until the last minute.
- 3. We will need to know:
 - How many people will be coming to your appointment? (If there are two compares, the appointment will take longer.)
 - If you have a telephone appointment, necessary documentation must be in the office prior to your scheduled appointment. Your specialist will use the first several minutes of your appointment preparing—they will call you about 30 minutes into your scheduled time.
- 4. Please be available at the appropriate time and date for your appointment. If something comes up, call as soon as possible so we can schedule someone else.
- 5. Bring the following items to your appointment:
 - · Medicare, Medicaid and/or QMB Cards
 - ALL Other Insurance Cards
 - Income Statements to see if you qualify for Medicare savings (see chart)
 - Any Jobs & Family Services (JFS) Statements regarding your insurance
 - · Medicare.gov Login/Password

MCCoA Medicare Part D Worksheet - 2025

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 beneficiaries can add, drop or change their health and drug coverage during the Annual Open Enrollment Period.

The Annual Medicare 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 2025!

Mail, e-mail OR drop off your application. If the office is closed place it in the black box by door 1A.

A separate application is required for each person.

Once received, we will contact you to schedule your appointment with an Outreach Specialist.

E-mail: mccoa@bright.net Phone: 419-586-1644



Mercer County Council on Aging 217 Riley Street Celina, OH 45822

Fax: 419-586-1645 Phone: _____-___-Address: City/State/Zip: E-mail: Are you a Veteran? (circle one) Yes Special Notes: No Where did you find this form? (circle one) Newsletter Webpage Office Other Medicare # MEDICARE HEALTH INSURANCE JOHN L SMITH Hospital (Part A) 1EG4-TE5-MK72 HOSPITAL (PART A) 03-01-2016 MEDICAL (PART B) 03-01-2016 Hospital (Part B) Medicare Advantage Plan (HMO or PPO) **Medicare Supplement** Is D-SNP printed on your Medicare Advantage Card? Yes OR Preferred Doctor(s) Medicare Prescription Drug Plan (PDP) Preferred Hospital(s)



My Prescription Drug List

	ons from Pharmac	eutical A	Assistance Pro	ograms			
Medication Example: Metoprolol Tartate or Succinate	50 mg TAB with/ without ER	# per day	Monthly Cost	1	maceutical nce Progran		
				1			
				-			
				-			
Typically you can get a copy of all	your medications fr	om your	pharmacist or	doctor's	office.		
Bring the follow	wing items to y	our ap	pointment	:			
Medicare Card & ALL Insurance Cards							
Medicare Card & ALL Insurance	Cards				as care masses to		
All medicine currently taking			2024 'Ext	ra Help' (Guidelines		
All medicine currently taking Income Statements to see if you		ire	2024 'Ext	ra Help' (Annual Income	Total		
All medicine currently taking	qualify for Medica	ire		Annual			
All medicine currently taking Income Statements to see if you savings (see chart)	qualify for Medica	ire	Single	Annual Income	Total Resources		
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Travel With Us to California's Natural Wonders in 2025

In September of 2025, We will be offering a fly/bus trip to the California Wonders of Yosemite and Sequoia National Parks and the Beautiful Lake Tahoe Region. Enjoy the enchantment of Lake Tahoe, this magnificent pristine gem is surrounded by towering peaks of the Sierra Nevada mountains. Travel to Yosemite National Park and view its majestic landmarks such as the towering El Capitan, Half Dome, Yosemite and Bridal veil Falls and the famous tunnel view drive. In Sequoia, learn the story of the General Sherman Tree and be in awe of the grandeur of the Giant Forest and the beautiful vistas

from Moro Rock. This 10 day trip will include bus transportation to the airport, airfare, lodging, motorcoach transportation in California and numerous meals. We will be having a free information meeting about this wonderful trip on Wednesday, October 23, 2024 at 6:30 pm at the Senior Center. We recommend anyone who may be interested in going on this trip, attend this meeting. You must register for the meeting so we have an

idea how many people to prepare for. Don't miss this amazing trip to some of the most beautiful natural wonders of California.

We are busy planning many other 2025 trips and we hope to begin accepting reservations in October. Please make sure you check our website or stop in at the center during October to get more information about some of the 2025 trip.

For the remaining 2024 trips, we want to remind you that we are taking names for a possible 2nd bus for both the December 4th trip to Shipshewana for an Amish style lunch & afternoon holiday performance by the Texas Tenors and the December 20th trip to Wabash IN for the dinner and evening Farewell performance by The Oak Ridge Boys. We will have to make a decision about the 2nd buses soon so if you are interested in going on either one of these trips, please call us soon!

Tuesday

Tuna Salad Sandwich

Crackers

Apricots



Schubert Roll Margarine

Fruit Salad

Thursday

Lunch at the MCCoA

Lunch is served on Tuesdays, Wednesdays and Thursdays at 11:30 am. The cost is \$4 per meal and must be reserved by noon the day before. Celina Manor provides the meals. Come have lunch with friends and leave the cooking to us!



Bologna Sandwich Potato Salad Onion/Mustard Fresh Cantaloupe	Chicken Bacon Ranch Pizza Tossed Salad/Dressing Fruit Cocktail	Sloppy Joe/Bun Seasoned Green Beans Pickles No Bake Chocolate Oatmeal Cookie
8	9	10
Cottage Cheese/Fruit Plate Muffin Cookie	BBQ Shredded Pork/Bun Creamy Cole Slaw Ice Cream	Cream of Tomato Soup Grilled Cheese/Pickle Chip Summer Fruit Salad
15	16	17
Cold Ham Sandwich Italian Pasta Salad Sweet Pickles Pineapple	Chef Salad Plate Breadstick Dressing Fruited Gelatin	Broccoli Cheese Soup/Crackers Tuna Salad Croissant Watermelon
22	23	24
Fish & Cheese/Hoagie Hushpuppies Tartar Sauce Blue Raspberry Sorbet	Ham Salad Sandwich Cucumber/Ranch Dressing Mandarin Oranges	Homemade Pizza Tossed Salad/Dressing Moose Track Ice Cream
29	30	31
French Onion Soup	Hot Roast Beef/Bun	BLT Salad/Dressing

French Fries

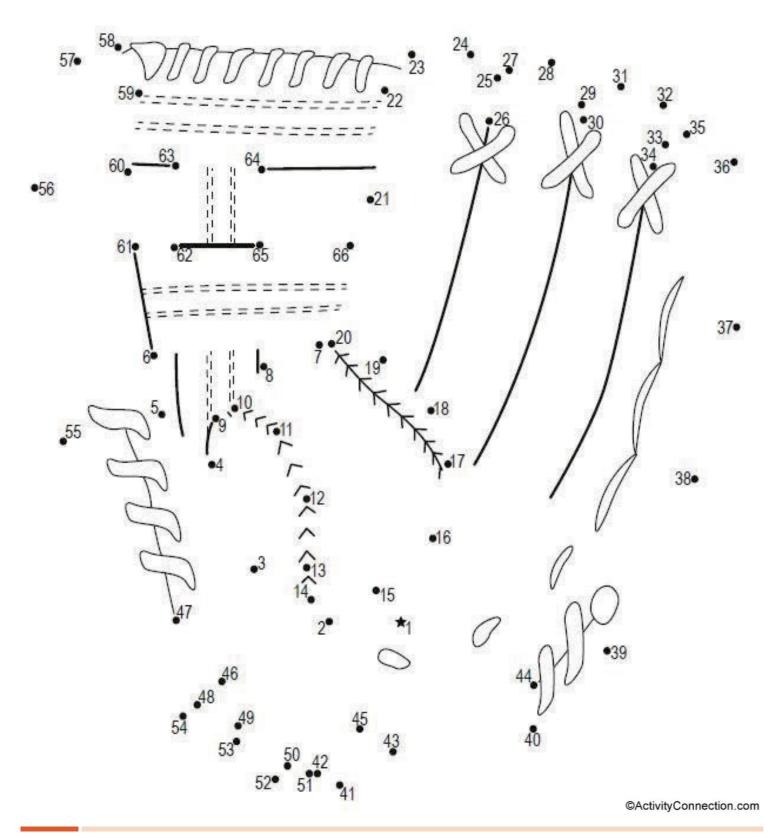
Cherry Bar

October 2024 Lunch Menu

Wednesday

Dot-to-dot #1

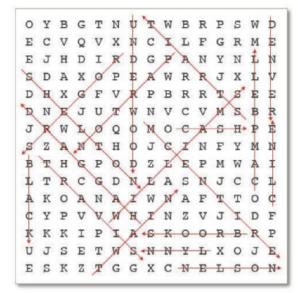
Connect the numbered dots 1–66.

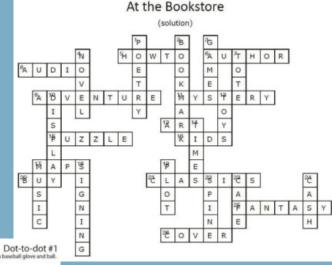


SOLUTIONS

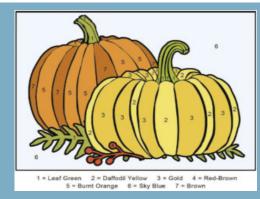
Country Music Stars

(solution)









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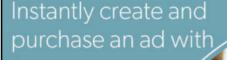
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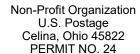
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www.mccoa.net



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



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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.

Find us at www.mccoa.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**.