

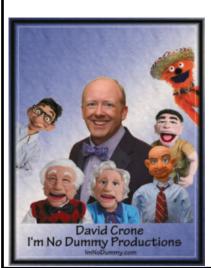


Our mission is to help older people live dignified and reasonably independent lives in their own homes for as long as possible.

#### **SPRING FLING**

We are looking forward to our annual Spring party Wednesday, April 23. Tickets will be available at \$15.00 each until Friday, April 11 or until sold out. Come join us for a fun afternoon, starting with a wonderful lunch that will be followed by a show put on by David Crone with I'm No Dummy Productions. Please be respectful of the businesses at the Galleria and do not park next to the building.

Please join us in giving a huge Thank You to the following sponsors:







#### **Understanding Social Security: Separating Fact from Fiction**

In the age of social media, it's easy to get swept up in the whirlwind of information—and misinformation. When it comes to Social Security, many of us are eager to hear updates about benefits and potential increases. However, it's essential to recognize that not everything on social media is accurate.



What You Should Know About Social Security Increases:

- 1. Verify Sources contact SSA, other reputable sources, or staff at MCCoA to confirm such information.
- 2. Understand the Limits: Social Security benefits primarily adjust according to inflation trends, which means any increases may not be as significant as often claimed on social media. It's important to have realistic expectations about these benefits for effective financial planning.
- 3. Beware of Scams: Always remember, the SSA will never ask for sensitive information over the phone or through email. If you receive a suspicious message, report it immediately.

In conclusion, while social media can be a helpful tool for community support and information sharing, it is vital to approach news about Social Security with a critical eye. Ensure you rely on verified sources and stay informed to protect yourself from scams. For accurate updates, always refer to the SSA and other reputable resources.

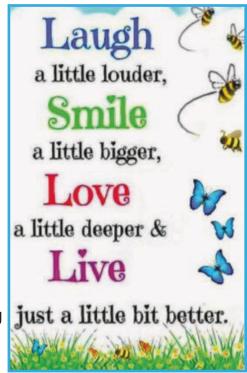
Call us today if you have any questions! (419) 586-1644 or contact your local SSA (800) 223-0288.

From the Director's Desk:

Hi there Mercer County (and friends of Mercer County,)

Thank you for being you. Do you know the most common thing I hear up here at the center? I hear laughter. I wish you could know how that makes my heart feel. Yes there are tears sometimes too. Life does that to us (it has been pretty relentless these last several weeks.) But there are many people up here that understand how important it is to connect. That is mostly what we do here - simply connect. It would be wonderful if you joined us.

How much time do you spend worrying about things that you really don't have any control over? I could throw out a bunch of antidotes about worry, but it really is a waste of time, energy, and power. Find something you like to do and spend time doing that. It will make your life better. Stop worrying about making everything be perfect (including yourself.)



I encourage you to take time today to call a friend. If you don't have anyone to call, that is a sign you need to get up here to the center and make some friends. Life will continue to throw curve balls. Trying to navigate life is hard. Trying to navigate it alone is almost impossible. There is no need to do it alone. There are so many ways to get connected here at the MCCoA. If you don't see something you like to do here, then you need to come and talk to me. Let's find what interests you, lets see if we can find other people who feel the same way.

You are my sunshine, (thank you) Dawn

## GARAGE SALE UPDATE



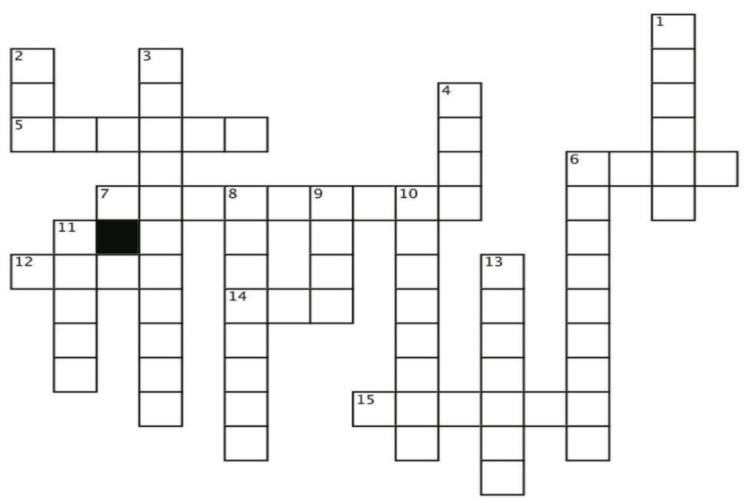
Donations First Day Tuesday, April 8 12:00 to 4:00 Saturday Donations Saturday, April 12 9:00 to 1:00 Donations Last Day Thursday, May 1 8:30 to 12:00

We have had our first sale of the year. Thank you to everyone who volunteered in any way and to those that shopped too! We will begin accepting donations for our next sale on Tuesday, April 8. We will also accept donations on Saturday, April 12. The last day for donations will be Thursday, May 1.

As we continue to celebrate the 40<sup>th</sup> anniversary of the MCCoA garage sale, here are a few more interesting facts. Originally the sale ran for 6 days, starting on Thursday and ending on Tuesday! In 2018 the September sale was added because we kept running out of space, this made 5 sales a year! In 2019 it changed to a 4-day sale. In 2021 we added the Early Bird Sale, (on the Wednesday evening before our November sale) to help raise money for the Senior Angel Tree program. It has been a great success. Feel free to stop in or call and tell us about your favorite garage sale memories!

#### Silly Jokes

Use the clues to fill in the crossword.



#### ACROSS

- 5. How does NASA organize a party? They
- 6. What is the color of the wind?
- 7. What does a shark like to eat with peanut butter?
- 12. What often falls but never gets hurt?
- 14. What did the lawyer name his daughter?
- 15. What country is the slipperiest?

#### DOWN

- What kind of key opens a banana A \_\_\_\_\_
- What type of music are balloons afraid of?
- 3. What nails do carpenters hate to hit?
- 4. What sound do porcupines make when they kiss?
- 6. What do you call a sleeping bull?
  A
- 8. What do lawyers wear to court?
- 9. How many golfers does it take to screw in a lightbulb?
- 10. What kind of shoes do all spies wear?
- 11. What did the hamburger name his daughter?
- 13. What kind of nut always seems to have a cold?

©ActivityConnection.com

#### **Dates of Interest**

To register call 419-586-1644.

#### **Craft Class**

Craft time!! Join Tash on Monday, April 28 at 1:00 pm and create some whimsical mushroom garden art. These mushrooms are made from vases, bowls and a variety of decorative



items! The cost is only \$5.00 with everything you need provided. Call to register.

#### **Craft Class**

Join Bev Sanning at 1:00 pm on Monday, April 7 for a fun cookie decorating class. You will each have 3 Easter cookies to

decorate.

Everything you need will be provided. The cost of the class will be \$3.00. Space is limited.



#### **Craft Class**

Easter Cards with Lynne, join us on Thursday, April 10 at 2:00 pm to create 2 beautiful Easter cards. The cost for the class is only \$6.00 and everything you

need is provided. Space is limited.



#### **Art Class**

Art class with Debby Gregory, Monday, April 14 at 2:00 pm. Join Debby for an acrylic painting class. Everything you need

will be provided. Cost of the class is \$10.00. Space is limited.



#### **Floral Class**

Thursday, April 17 at 2:00 pm. Join Charlene Guingrich and create a beautiful easter flower arrangement. The cost of the class is only \$12.00 with everything provided.

Space is limited.

#### **WOCAP Presentation**

Wednesday, April 2 Vance Cuthrell with West Ohio Community Action Partnership will be here at 11:30 am to present on Fair Housing Laws and Rights during lunch. This presentation will provide valuable information on housing protections, rights, and resources available to the community. Lunch is only \$4.00, call and reserve a lunch or just come in and listen to the presentation.

#### WELCOME TO MEDICARE





Join Olivia Koenig, a University of Findlay occupational therapy student, and learn about aging in place on Monday, April 14. Olivia will discuss how to create a safe living environment, modifications and adaptive equipment options as well as how

occupational therapists can work in your home. Additionally, she will teach how to use various pieces of adaptive equipment and techniques to live safely and independently in your home! Lunch will be served at 11:30 am with the presentation beginning at 12:00

pm. Only the first 25 people to sign up will be able to eat lunch with us but we invite everyone to attend the presentation.



Occupational Therapy





Library, 5 E Franklin Street in Chickasaw. Join Yvonne Miller with the Alzheimer's association as she presents Understanding Alzheimer's and Dementia on Thursday, April 24. The first 25 people to sign up will be able to join us for lunch at 11:30 am but we invite everyone to attend the free presentation at 12:00 pm. This presentation is designed to provide you with the basic information that everyone needs to know about memory loss issues and what thev

mean for us all.



#### Understanding Alzheimer's and Dementia

Sponsored by:

#### The Mercer County Council on Aging

Thursday, April 24, 2025 Lunch served at 11:30 am

Presentation begins at Noon

#### **Zahn Marion Twp Branch Library**

5 E Franklin Street | Chickasaw

#### FREE LUNCH PROVIDED TO THE FIRST 25 PEOPLE TO REGISTER

This program is designed to provide you with the basic information that everyone needs to know about memory loss issues and what they mean for us all.

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

Please call 419.586.1644 to register.

#### **Spotlight on REAL ID Compliance**

On May 7, 2025, U.S. travelers must be REAL ID compliant to board domestic flights and access certain federal facilities.



The federal government has implemented a program that no longer considers standard driver licenses and identification cards as sufficient forms of identification for air travel.

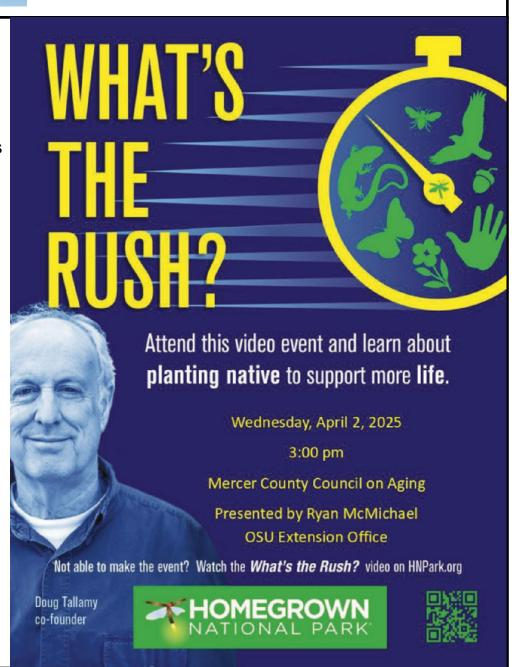
Requesting a Real ID can be done at Ohio Bureau of Motor Vehicles offices. The REAL ID meets domestic flight identification regulations.

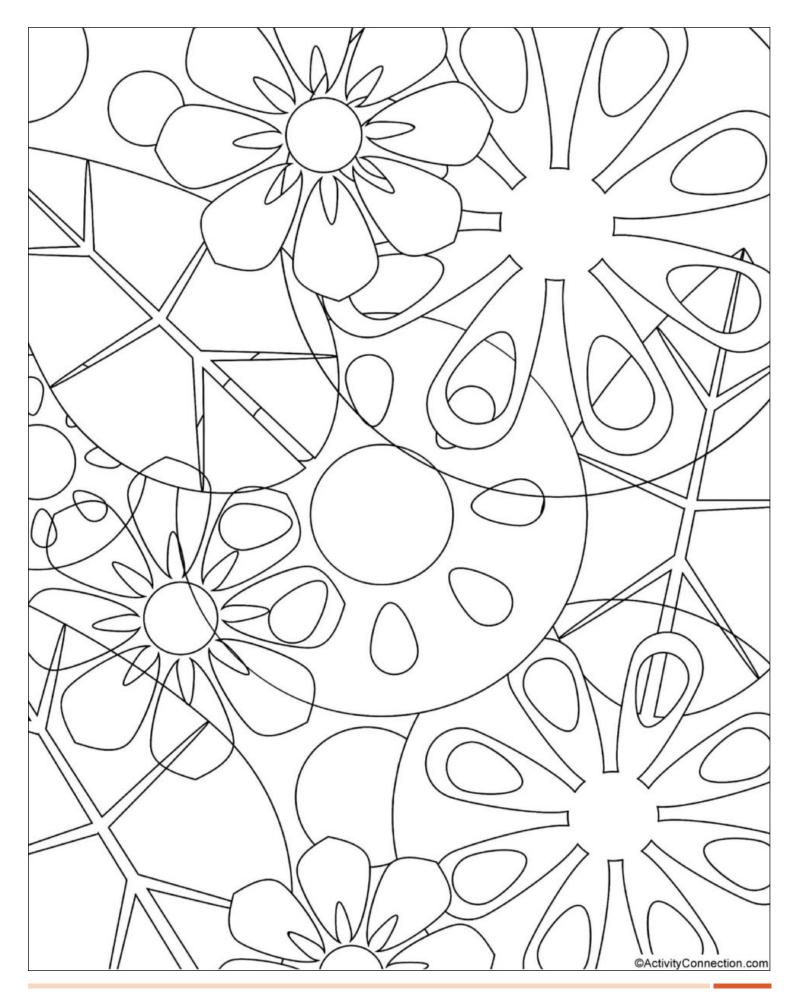
## Planting Natives To Support Life

Are you concerned about our environment? You can make a difference – it starts at home

Join Ryan McMichael from OSU Extension office and view "What's the Rush" a video presentation by Dr. Doug Tallamy on Wednesday, April 2 at 3:00 pm. You will learn about planting natives to support more life. There are things that all of us can do to promote healthy nature in the places we live and promote a healthy environment. This includes planting natives, removing invasives, reducing pollution and more. It all starts with you.

Refreshments will be served.





#### 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 pages 9 for exceptions.

#### **Bingo**

Wednesdays at 12:30 pm. Reusable cards and chips are 2 for \$1 with additional cards costing  $50\phi$  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. Cards for Fun first Monday at 2:00 pm, play for free.

#### **Chair Yoga**

Chair Yoga on Mondays at 10:00 am and Thursdays at 12:30 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**

Once again, this year Community Health Professionals will be at MCCoA the first Wednesday of each month beginning at 1:00 pm to do toenail clipping. The cost for this service is \$20 per person and will take place in Building 3 on a first come, first served basis.

## ALZHEIMER'S ASSOCIATION

#### **FREE 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.

#### **FREE Support Group**

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

#### **FREE Alzheimer's Talk**

Alzheimer's talks will resume on the first Wednesday at 10:00 am each month beginning in May.

#### **Plinko Dementia**

Marybeth Torsell will be here Wednesday, April 16 from 11:00 am to 12:30 pm. Join her and play Dementia Drop

a Plinko-style game where, instead of aiming for cash prizes, the falling chip lands on questions about dementia. It's a fun way to test knowledge, spark discussion, and spread awareness about dementia!





## **April 2025**

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

Mercer County (	Council on Aging	April 2020			419-586-1644	
Sun	Mon	Tue	Wed	Thu	Fri	Sat
6:30 - Cards*	7 10:00 - Chair Yoga* 1:00 - Decorate Easter Cookies*	19:00 - 11:30 Pickleball* (MSC) 9:30 - Fitness Video (FREE) 11:30 - Lunch* 12:30 - Bridge* 12:30 - Ladies Cards* 1:00 - Line Dancing  8 9:30 - Fitness Video (FREE) 11:30 - Lunch* 12:00 - 4:00 Donations (bldg 6) 12:30 - Bridge*	11:30 - Lunch* 11:30 - WOCAP Fair Housing 12:30 - Bingo* 1:00 - Toenail Clipping* 3:00 - OSU Plant Presentation  9 11:30 - Lunch* 12:30 - Bingo* 3:00 - Alzheimer Support Group	3 8:00 - 10:00 Coffee Time 9:00 - FREE Blood Pressure Checks 11:30 - Lunch* 12:30 - Chair Yoga* 2:30 - Welcome to Medicare - David Painter 6:30 - Cards*  10 8:00 - 10:00 Coffee Time 8:30 - 12:00 Donations (bldg 6) 10:30 - Board Mtg. 11:30 - Lunch* 12:30 - Ladies Cards*	12:30 - Cards*  11 12:30 - Cards*	12 9 to 1 - Donations
13	2:00 - Cards for Fun	1:00 - Line Dancing	16	12:30 - Chair Yoga* 2:00 - Craft - Easter Cards* 6:30 - Cards & Texas Hold 'Em*	18	19
6:30 - Cards*	10:00 - Chair Yoga* 11:30 - L&L Durable Medical Equipment 2:00 - Art - Acrylic*	9:00 - 11:30 Pickleball* (MSC) 9:30 - Fitness Video (FREE) 11:30 - Lunch* 12:00 - 4:00 Donations (bldg 6) 12:30 - Bridge* 12:30 - Ladies Cards* 1:00 - Line Dancing	11:00 - Dementia Plinko Drop - Marybeth Torsell 11:30 - Lunch* 12:30 - Bingo*	8:00 - 10:00 Coffee Time 8:30 - 12:00 Donations (bldg 6) 11:30 - Lunch* 12:30 - Chair Yoga* 2:00 - Easter Flower Arrangement* 6:30 - Cards*	Office Closed  Good Friday  12:30 - Cards*	.,
Happy Easter 6:30 - Cards*	21 10:00 - Chair Yoga* 12:30 - Crochet Club	9:00 - 11:30 Pickleball* (MSC) 9:30 - Fitness Video (FREE) 11:30 - Lunch* 12:00 - 4:00 Donations (bldg 6) 12:30 - Bridge* 1:00 - Line Dancing	SPRING FLING 11:00 at Opulence	8:00 - 10:00 Coffee Time 8:30 - 12:00 Donations (bldg 6) 11:30 - L&L - ALZ Awareness - Chickasaw Library 12:30 - Ladies Cards* 12:30 - Chair Yoga* 6:30 - Cards & Texas Hold 'Em*	25 12:30 - Cards*	26
<b>27</b> 6:30 - Cards*	28 10:00 - Chair Yoga* 1:00 - Craft - Garden Mushroom Art*	9:00 - 11:30 Pickleball* (MSC) 9:30 - Fitness with Kathy* 11:30 - Lunch* 12:00 - 4:00 Donations (bldg 6) 12:30 - Bridge* 1:00 - Line Dancing	30 10:00 - WISE (Session 1 of 6) 11:30 - Lunch* 12:30 - Bingo* 3:45 - Office Close - Staff Mtg	Italicized and underline held in the Annex. Activities marked with Activities marked with campus. (MSC) - Montezuma S	an * have a fo	ee.





# JOIN US for a FREE Six-week wellness program for people 55 and over.

## Session Begins April 30th 10:00 AM - 11:30 AM

To register contact the Mercer County

Council on Aging at 419-586-6144

Week 1	April 30	Understanding the Changes Associated with Aging
Week 2	May 7	Aging Sensitivity
Week 3	May 14	Valuing Cultural and Generational Diversity
Week 4	May 21	Medication and the Older Adult
Week 5	May 28	Substance Abuse, Addiction, and Older Adults
Week 6	June 4	An Enhanced Quality of Life

Participants will receive grocery goodie bags throughout the program!

**The WISE program** is designed to help older adults celebrate healthy aging, make healthy lifestyle choices and avoid substance abuse.

#### LOCATION

Mercer County Council on Aging

217 Riley Street Celina, Ohio



For more information about WISE, contact Emily Upshaw at 419-549-8530 x102 or email eupshaw@passaah.org.





#### May look ahead

- L&L Durnell Maier Law
- 5 Garage Sale Set Up
- 7 ALZ Living with Loss
- 15 Garage Sale 830 to 630
- 16 Garage Sale 830 to 400
- 17 Garage Sale 830 to 400
- 18 Garage Sale 1200 to 400
- 19 Garage Sale Clean Up
- 26 Office Closed Memorial Day

#### **Bus Trips**

#### April

- 9 Mrs Wicks/RESPECT
- 12 Amy Grant
- 24 Into the Woods/ LaComedia
- 28-5/1 Noah/Lancaster PA

#### May

- 6 Ned & Nancy/ Shipshewana
- 6-7 Ned & Nancy/ Four Winds
- 18 A Beautiful Noise
- 28 TINA/Embassy Theater

#### June

- 2-6 Mackinac Island/ Thunder Bay
- 19 Reds Game/Cincinnati
- 23-24 All American Tour

#### July

- 17 Hamilton/Columbus
- 28-31 Noah/Lancaster PA

#### August

- 17 Happy Together/Dinner
- 29 The Play/LaComedia

#### September

- 4 Snooty Fox
- 8-17 California Wonders

#### **October**

- 1-4 Noah/Lancaster PA
- 10 Legally Blonde/ LaComedia
- 14-17 West Virginia Trains
- 23-24 Four Winds/Fannie's Biscuits
- 24 Miss Fannie's Biscuits

#### November

9-12 Smoky Mountain/ Dollywood

#### December

TBA

#### **Bus Trip Updates**

#### **New Trip**

**Dinner & Happy Together Performance – August 17 -** Featuring your favorite artists from the 60s and 70s: The Turtles, Jay and The Americans, Little Anthony, Gary Puckett & The Union Gap, The Vogues, and The Cowsills. Their hits include "Happy Together," "This Magic Moment," "Goin' Out Of My Head," "Young Girl," "Five O'Clock World," "Hair," and many more!



#### Trips with limited seats or have fast approaching registration deadlines now - Register now!

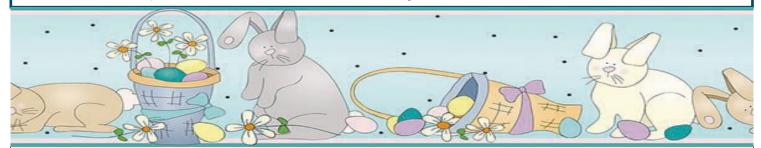
Lunch & Into the Woods at LaComedia – April 24 - Fairy Tale characters unite as they learn life lessons
 Lunch and Ned & Nancy See America Musical Comedy – May 6 – New Musical at Blue Gate in Shipshewana
 Lunch & Ned & Nancy See America, Four Winds Casino & RV Museum & Flea Market – May 6-7 – overnight at Four Winds Casino.

**Dinner and Broadway Show "TINA – The Tina Turner Musical" – May 28 -** evening show at Ft Wayne, IN. **Reds Game – June 19 -** 1st bus is sold out – just need a few more to take a 2nd bus! – Choice of 2 seat locations!

All American Tour – Lee Greenwood at Soaring Eagle Casino, Henry Ford Museum & Truck Tour – June 23-24 – Lee Greenwood Concert, Overnight Soaring Eagle Casino, Henry Ford Museum, Ford Truck Tour, Toledo Mudhens game.

Dinner and Broadway Show "Hamilton" - July 17 - Der Dutchman Dinner & Award Winning Broadway Show!

California Wonders including Yosemite, Sequoia & Lake Tahoe – September 8-17 - This 10-day fly / bus trip takes you to Yosemite and Sequoia National Parks and the Beautiful Lake Tahoe region.



#### April 2025 Lunch at the MCCoA

Come have lunch with friends and leave the cooking to us! Lunch is served on Tues, Weds and Thurs at 11:30 am. The cost is \$4 per meal. Reservations and cancellations must be made prior to noon the day before. If you are unable to attend for any reason we need to be notified. Thank you for your understanding. All meals delivered must be paid for. Celina Manor provides the meals.



Tuesday	Wednesday	Thursday	
1	2	3	
Hot Dog/Bun Baked Beans Double Chocolate Chip	BBQ Bacon Cheeseburger Casserole Green Beans Black Cherry Ice Cream	Crunchy Chicken Wrap Potato Salad Chilled Mandarin Oranges	
8	9	10	
Mushroom Swiss Burger Potato Triangles Grapes	Bratwurst Mashed Potatoes/Gravy Sauerkraut Snickerdoodle Cookie	Beef Stew Biscuit Ice Cream	
15	16	17	
Cream of Tomato Soup Saltine Crackers Texas Grilled Cheese	Creamy Potato Soup Saltine Crackers Fried Bologna Sandwich	Homemade Pizza Tossed Salad/Dressing Chilled Pineapple	
22	23	24	
Ham & Bean Soup Cottage Cheese Cornbread Peaches	SPRING FLING	Lunch & Learn Zahn Marion Twp Library Chickasaw	
29	30	May 1	
Brat/Bun Creamy Cole Slaw Peanut Butter Cookie	Garden Vegetable Soup Crackers Grilled Ham & Cheese	Broccoli Cheese Soup Crackers Fall Cottage Cheese Fruit Plate	

#### **Famous Astronomers**

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



P B K E B B N H R A L I R U K E L IJ A 7 E F. A K A R B H R B L G P L G K G N L B I R F X N C T G B A Y A S S H S J A T IJ E E F K L M G H P Τ, 0 Y F D R H F E 0 M R J S X F G T D A L G F T Y C N N H W J W E E D 0 G H S H I N T IJ G A W K G M N N N T. K N U A D H Y P 0 E S S T E T E S M R B P A B M T S U H F H P I P M W L N A 0 G T I E J N T L J R P E N W N L S R N U P K T E K A X R N R S F D A R A B E

Edward Emerson
BARNARD

Jocelyn Bell BURNELL
Annie Jump CANNON
Neil DEGRASSE TYSON
Williamina FLEMING
Galileo GALILEI
George Ellery HALE

Edmond HALLEY
Stephen HAWKING
William HERSCHEL
Helen Sawyer
HOGG

Edwin HUBBLE
Johannes KEPLER
Charles MESSIER
Isaac NEWTON
Vera RUBIN
Carl SAGAN
Carolyn S.
SHOEMAKER

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#### Famous Astronomers APBLIKEBB KRUU RB G **SOLUTIONS** J 0 GR ONNACLK UHFH PT Silly Jokes LSNK ESARNUP KRO <sup>1</sup>M BVXPDRANRABE 0 0 N O U K N ET C G E W Е 18 Н U Υ L L L R Ν A A W R N E L S U E Т Α D T 1 U K S 0 Z Е Н L S T Ġ E E R E C S W R S S





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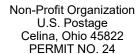
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Mon-Fri: 8 am-4:30 pm Sat & Sun: Closed



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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.

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