



Mercer County Council on Aging

AUGUST 2023

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

## Senior Day at the Mercer County Fair

Senior Day at the Mercer County Fair is Tuesday, August 15. There will be free admission for Seniors 65 & older and veterans with proper ID. A free sack lunch will be served at 11 am while you listen to "The One-Man Band," Marc Dobson. At 12:30 come and be part of the Senior King and Queen contest. After the contest be entertained by SupaFun Band. At 1:30 it's Trivia time!!! Come in and play with a team or play as a single player.



Trivia questions this year will come from "Memories in the Making." All questions will have something to do with making memories at the Fair. Topics included will be agriculture, animals, camping, entertainers, food, games, and rides all found at the Mercer County fair! We will spin the wheel to see what category the questions will come from and as is our tradition all the questions will be multiple choice! Prizes will be awarded to the highest scoring individual and team. This is sure to be a really fun day so plan on joining us!!!

- Fair Line-Up**
- 11:00 - Free Sack Lunch
  - 12:00 - Entertainment
  - 12:30 - King & Queen Contest
  - 1:30 - Trivia Time

HELP!!! We are looking for people to pick up door prizes for the Mercer County Fair. Door prizes are to be picked up between August 5 and August 11 and dropped off at MCCoA. Call Tash if you are willing to help 419-890-4120.

From the Director's Desk:

Hello Mercer County (and other counties not Mercer)!!

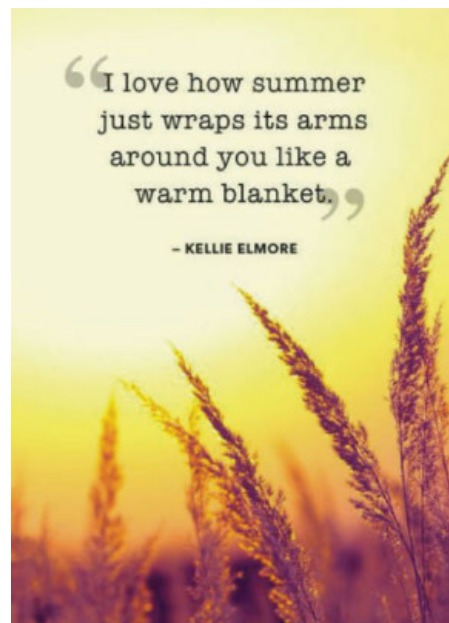
Have you noticed that life has a way of doing its own thing? We spend time getting everything situated and all of a sudden everything is different, and we have to start at ground zero again!! I guess that is one of the things that I enjoy about life. It never gets boring. We never know what tomorrow (or the next minute) is going to bring. It is also one of the things that makes life hard. We hope you know we are here for you. Our goal is to provide activities and programs, to be a part of your everyday life, especially when times get tough. If there is something you need that you aren't seeing, please let us know, we will do our best to connect you with the right source.

It is hard to believe that we are already headed into August.

Summer is in full swing and so are we. This month is going to be a busy one. We have Senior day at the fair, a new Chess club, a pain management presentation, Dementia Bingo, as well as coffee time, Lunch and Learn, crochet club, cards, craft, art, and exercise classes. We hope to see your smiling face. Stop in for a while and tell us about what is happening in your corner of the world. You are the reason we are here!!

WE CAN'T  
DIRECT  
THE WIND.  
BUT WE CAN  
ADJUST  
THE SAILS.

Happy summer,  
Dawn



### GARAGE SALE UPDATE

Thank You to all the volunteers that helped with the July Garage sale. It was a huge success due to all of

your hard work and dedication!! It is time to start getting things ready for the September sale! Donations will resume on Tuesday, August, 8. Due to the Mercer County fair, we will not be accepting donations August 15 & 17. Saturday, August 26 from 9:00 am to 1:00 pm is our Saturday donation day. The last day for donations will be Thursday, September 7. If you would like to help give Tash a call at 567-890-4120.

### LUNCH

Lunch is served Wednesdays at 11:30 am. A \$4.00 donation is required for each meal. Reservations must be called in by noon on Tuesday to reserve your meal. Seating is limited. Menu is subject to change.

#### August 2

- BBQ Pork/Bun
- Creamy Cole Slaw
- Pickle Spear
- Moosetrack Ice Cream

#### August 9

- Cheesy Cavatappi
- Stewed Tomatoes
- Dinner Rolls
- Oreo Cookie Dessert



#### August 16

- Ham salad on plate
- Crackers
- Cucumbers/ranch
- Mandarin oranges

#### August 23

- French dip sandwich
- French fries
- Au jus sauce
- Fruited gelatin/topping

#### August 30

- Hamburger/bun
- Potato salad
- Lettuce/tomato/
- Onion/pickle
- Watermelon



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# FALLS PREVENTION

## LUNCH & LEARN

**Presented by: Area Agency on Aging 3**

**MONDAY**

**August 28, 2023**

**Mercer County Council on Aging**

*Lunch served at 11:30am*

*Presentation to follow!*

Limited space available! For free lunch call (419) 586-1644 to register

Presentation that follows is open to everyone!

Join us to learn about fall risks and ways to prevent falls among older adults. Topics discussed will include:

Falls Prevention Education

Home Safety

Lifestyle Habits

Health Care & Falls Prevention

Community resources

& More!

## Crafty Corner

### Craft Class

Monday, August 21 at 1:00 pm join Penny and make a wonderful gourd bird house! Cost is only \$5.00 and all supplies will be provided. Space is limited so call and sign up today 419-586-1644.



### Art Class

Join Debby Gregory Monday, August 14 at 2:00 pm for a pen and wash class. All supplies are furnished. Cost is only \$10 call and register today 419-586-1644.



### Crochet Club

Crochet club will meet Thursday, August 31 at 2:00 pm in the annex. Stop in and share ideas, work on a project or just see what this club is all about. Everyone is welcome from the person that has never crocheted before to the most experienced!



### Chess



**NEW!!!!** Welcome to the Chess Club!! If you have ever played or enjoy playing chess this is the club for you! Join us the second Wednesday of each month in the

Annex (Building 3) at 12:30 and play chess. Please bring your chess board. This is a free event. Please call and let us know you are coming 419-586-1644.

### Coldwater Parade

Join us Sunday, August 6 and be part of the Coldwater parade! We will be driving our vans in the parade, so if you would like to ride along let us know!!! We would love to have your smiling faces greeting everyone on the parade route! Call today 419-586-1644.



We are happy to offer you a new talk series. Amber Ball CNP, with New Day Pain Management Center, will be here each month to talk about different forms of pain along with management and treatment options. Join Amber on Monday, August 14 at 11:30 as she talks about symptoms and treatment of back pain. Amber Ball is a certified nurse practitioner with over 15 years of experience. She received her bachelor of science in nursing from OSU and her masters degree with a Family Nurse Practitioner specialty. Amber's approach focuses on improving the quality of life of individuals in the community.





## REGULARLY SCHEDULED ACTIVITIES!!

Regularly scheduled activities.

Check the calendar on page 7 for exceptions. Please sign in to MySeniorCenter for each activity.

### **Alzheimer's Care Consultations (FREE)**

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

### **Alzheimer's Support Group (FREE)**

Brenda McGee will facilitate on the third Thursday every month 4:00 pm in the annex.

### **Bingo**

Every Wednesday at 12:30 pm. We use reusable cards and chips. Cards are 2 for \$1.00 with additional cards costing .50 each. The same cards are used for every game.

### **Blood Pressure Checks (FREE)**

The second Wednesday each month at 12:00 pm. Provided by Miller Place!

### **Cards**

**Bridge** on Tuesdays at 12:30 pm, **Euchre** on Thursday and Sunday evenings at 6:30 pm and **Bid Euchre, Pinochle,** and **Bridge** on Fridays at 12:30 pm. **Texas Hold 'Em** is scheduled the fourth Thursday at 6:30 pm. Cost \$1.00.

### **Chair Chi**

Mondays at 10:00 am. Chair Chi is a gentle exercise program developed to help people receive the benefits of traditional Tia Chi in the comfort and safety of their chair. Cost is \$3.00.

### **Chair Yoga**

Chair Yoga with Carla Niblick on Thursdays at 1:00 pm. Cost is \$3.00 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.

### **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 have never danced before we will be glad to teach you!

### **Lunch**

Wednesdays 11:30 am at a cost of \$4.00. Reservations are required by noon on Tuesday each week. Space is limited.

### **Pickleball**

Tuesdays at the Spiritual Center in Montezuma, 6731 SR 219 from 9:00 am to 11:30 am. Cost is \$3.00 per person. No experience required!

### **Toe Nail Trimming**

The first Wednesday each month at 1:00 pm in the Annex. Cost is \$15.00. It is offered in the Annex beginning at 1:00 pm. First come, first served. Provided by CHP.



## **ALZHEIMER'S ASSOCIATION EDUCATION SERIES**

Thursday, August 3 at 2:30 pm Yvonne Miller will talk on the subject of Understanding and Responding to Dementia Related Behavior. Learn to decode behavioral messages, identify common triggers, and learn strategies to help manage some of the most common behavioral challenges of Alzheimer's disease.



# August Zodiac

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



ANALYTICAL INTELLIGENT

PRACTICAL

CREATIVE

LEO

RELIABLE

EARTH

LION

SUN

EXPANSIVE

LOVING

VIRGIN

FAITHFUL

MERCURY

VIRGO

FIRE

MODEST

WARMHEARTED



Leo



Virgo



# August 2023 Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b> <u>12:30 - Bridge*</u> 1:00 - Line Dancing	<b>2</b> 11:30 - Lunch* 12:30 - Bingo* <u>1:00 - Toenail Clipping*</u>	<b>3</b> 8:00 - 10:00 Coffee Time 1:00 - Chair Yoga* 2:30 - Alzheimer Talk 6:30 - Cards*	<b>4</b> 12:30 - Cards*	<b>5</b>
<b>6</b> 1:00 - Coldwater Parade 6:30 - Cards*	<b>7</b> 10:00 - Chair Chi*	<b>8</b> 9:00 - 11:30 Pickleball* (MSC) 12:00 - 4:00 Donations (bldg 6) <u>12:30 - Bridge*</u> 1:00 - Line Dancing	<b>9</b> 11:30 - Lunch* 12:00 - FREE Blood Pressure Checks 12:30 - Bingo* <u>12:30 - Chess Club</u>	<b>10</b> 8:00 - 10:00 Coffee Time 8:30 - 12:00 Donations (bldg 6) <u>10:30 - Board Mtg.</u> 1:00 - Chair Yoga* 6:30 - Cards*	<b>11</b> 12:30 - Cards*	<b>12</b>
<b>13</b> 6:30 - Cards*	<b>14</b> 10:00 - Chair Chi* 11:30 - Pain Management Talk 2:00 - Art - Pen & Wash Painting*	<b>15</b> <b>SENIOR DAY AT THE FAIR</b> 9:00 - 11:30 Pickleball* (MSC) <u>12:30 - Bridge*</u>	<b>16</b> 11:30 - Lunch* 12:30 - Bingo* <u>12:30 - Bridge*</u>	<b>17</b> 8:00 - 10:00 Coffee Time 1:00 - Chair Yoga* <u>4:00 - Alzheimer Support Group</u> 6:30 - Cards*	<b>18</b> 12:30 - Cards*	<b>19</b>
<b>20</b> 6:30 - Cards*	<b>21</b> 10:00 - Chair Chi* 1:00 - Craft - Gourd Bird House*	<b>22</b> 9:00 - 11:30 Pickleball* (MSC) 12:00 - 4:00 Donations (bldg 6) <u>12:30 - Bridge*</u> 1:00 - Line Dancing	<b>23</b> 11:30 - Lunch* 12:30 - Bingo*	<b>24</b> 8:00 - 10:00 Coffee Time 8:30 - 12:00 Donations (bldg 6) 1:00 - Chair Yoga* 6:30 - Cards & Texas Hold 'Em*	<b>25</b> 12:30 - Cards*	<b>26</b> 9 to 1 - Donations (bldg. 6)
<b>27</b> 6:30 - Cards*	<b>28</b> 10:00 - Chair Chi* 11:30 - Lunch & Learn	<b>29</b> 9:00 - 11:30 Pickleball* (MSC) 12:00 - 4:00 Donations (bldg 6) <u>12:30 - Bridge*</u> 1:00 - Line Dancing	<b>30</b> 11:30 - Lunch* 12:30 - Bingo*	<b>31</b> 8:00 - 10:00 Coffee Time 8:30 - 12:00 Donations (bldg 6) 11:00 - Dementia Bingo 1:00 - Chair Yoga* <u>2:00 - Crochet Club</u> 6:30 - Cards*	<b><i>Italicized and underlined activities are in the Annex. Activities marked with an * have a fee. Activities marked with ( ) are off campus. (MSC) - Montezuma Spiritual Center.</i></b>	

# PARTY ON THE PATIO

We had so much fun. Thank you for joining us for a great day!!





# It is time to get ready for Medicare Part D Open Enrollment

***The 'Medicare' Annual Notice of Change will be coming to you via your mail box (snail mail). Please don't confuse it with all the 'junk' mail that comes your way!***



Per [www.medicareinteractive.org](http://www.medicareinteractive.org), —The Annual Notice of Change (ANOC) is a notice you receive from Medicare Advantage or Part D plan in late September. The ANOC gives a summary of any changes in the plan's costs and coverage that will take effect January 1 of the next year. Review this notice to see if your plan will continue to meet your health care needs in the following year. If you do not receive an ANOC, you should contact your plan. The ANOC is typically mailed or emailed with the plan's Evidence of Coverage (EOC), which is a more comprehensive list of the plan's costs and benefits for the upcoming year. This is your first step to a successful Medicare Open Enrollment Period for 2024!

We are starting to gear up for the Part D enrollment season. More information will be in the September newsletter.



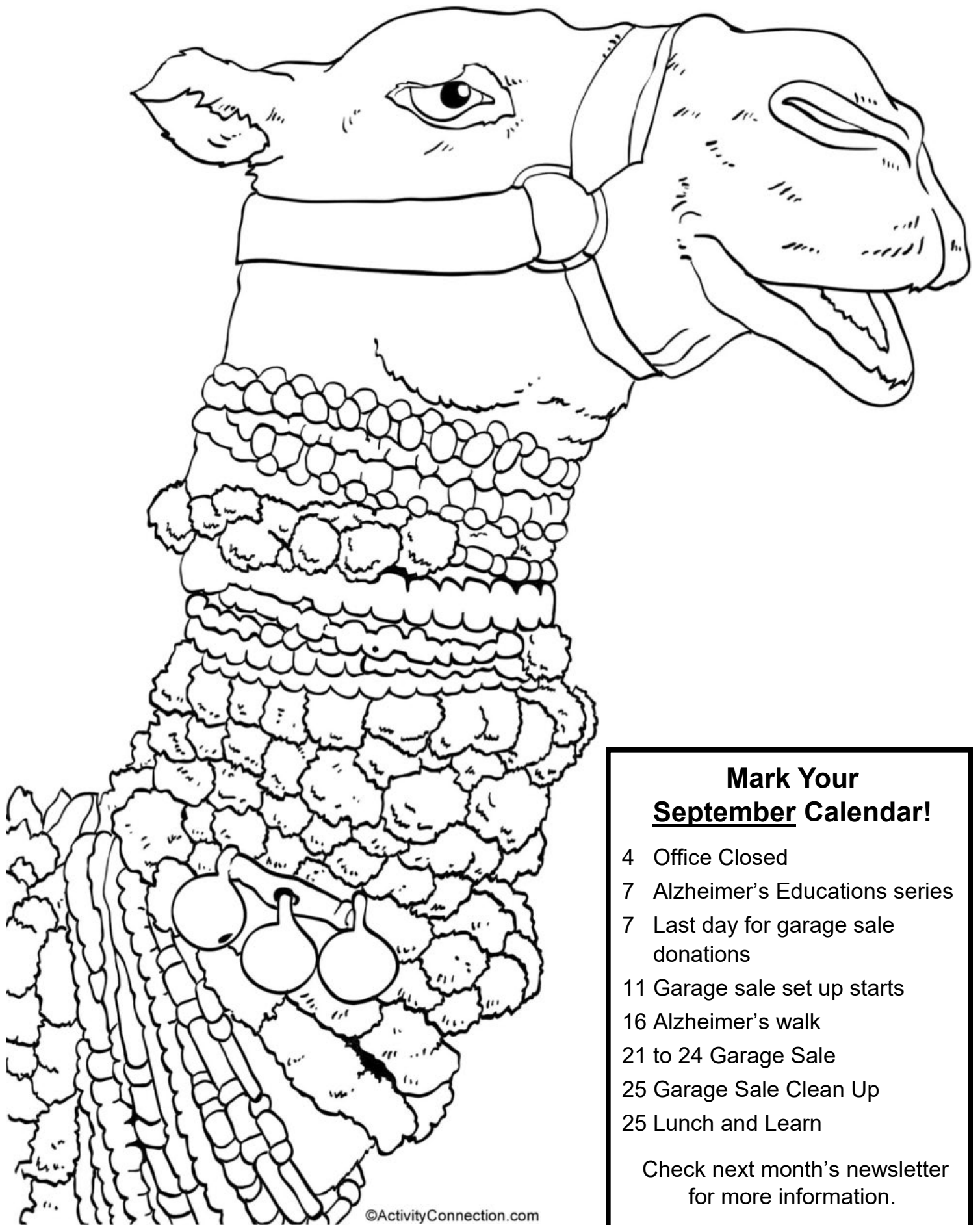
Many of you may be unaware that Doug and Jennifer Smith joined our team in June to help for the summer. It was a pleasure seeing the joy they felt in assisting our seniors. It is with heavy hearts we join the community in feeling the loss of Doug.



## Doug Smith

*No farewell words were spoken,  
No time to say good-bye.  
You were gone before we knew it,  
And only God knows why.  
Our hearts still ache in sadness,  
And secret tears still flow,  
What it meant to loose you,  
No one will ever know...*





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### **Mark Your September Calendar!**

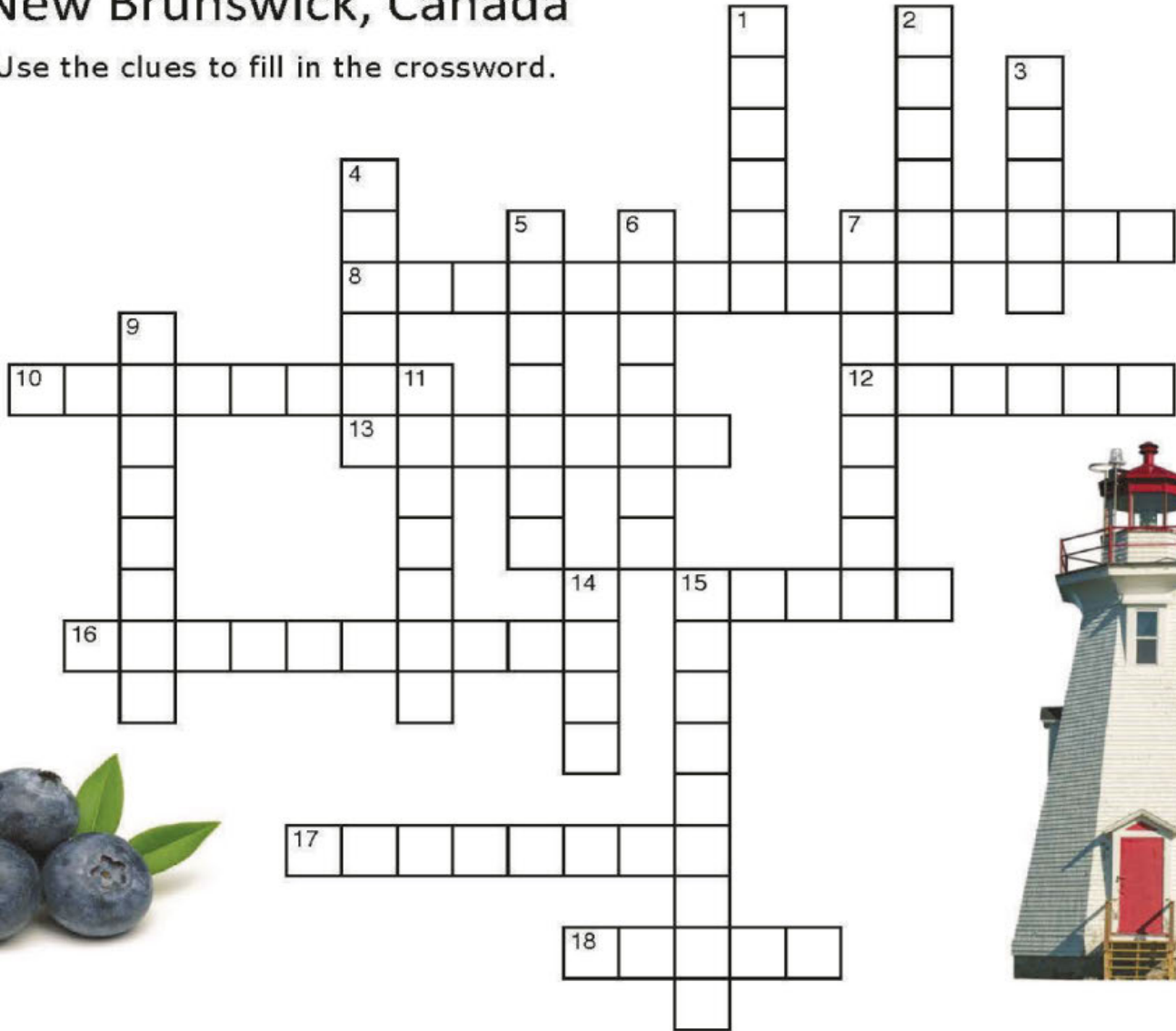
- 4 Office Closed
- 7 Alzheimer's Educations series
- 7 Last day for garage sale donations
- 11 Garage sale set up starts
- 16 Alzheimer's walk
- 21 to 24 Garage Sale
- 25 Garage Sale Clean Up
- 25 Lunch and Learn

Check next month's newsletter  
for more information.



# New Brunswick, Canada

Use the clues to fill in the crossword.



## ACROSS

7. Woods
8. New Brunswick's mountain range
10. Starchy vegetables
12. Extracting from the earth
13. Kelp
15. Osprey and black-capped chickadee
16. Seafarer's beacon
17. Territorial division in Canada
18. Commuter boat

## DOWN

1. One of New Brunswick's official languages
2. Waterfall-jumping fish
3. Ocean currents
4. Large oceanic mammals
5. Train system
6. Low regions
7. Agricultural area
9. New Brunswick's ocean
11. Scallops, clams, etc.
14. Black, shaggy beast; likes honey
15. Popular muffin fruit



**Learn about Alzheimer's disease, have lunch and  
win prizes while playing BINGO!**

**Thursday, August 31, 2023**

11:00 a.m. to 12:30 p.m.

**Mercer County Council on Aging**

217 Riley Street, Celina

**Lunch is provided**

LEARN MORE ABOUT:

- Alzheimer's and Dementia
- Warning signs of Alzheimer's
- Risk Factors of Alzheimer's
- Resources available through the Alzheimer's Association



**Space is Limited!**

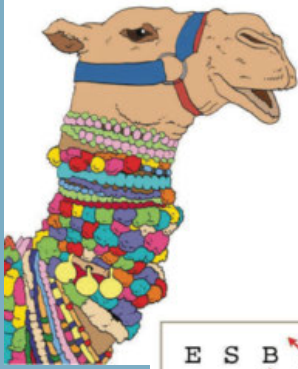
Reserve your spot  
by August 24th

Call  
**419.586.1644**  
to register

**Connect with us [alz.org/nwohio](http://alz.org/nwohio)**

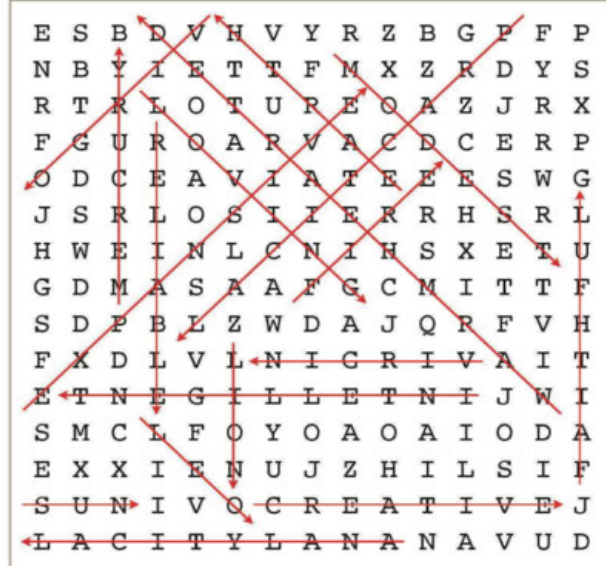
**[alz.org](http://alz.org) | 800.272.3900**





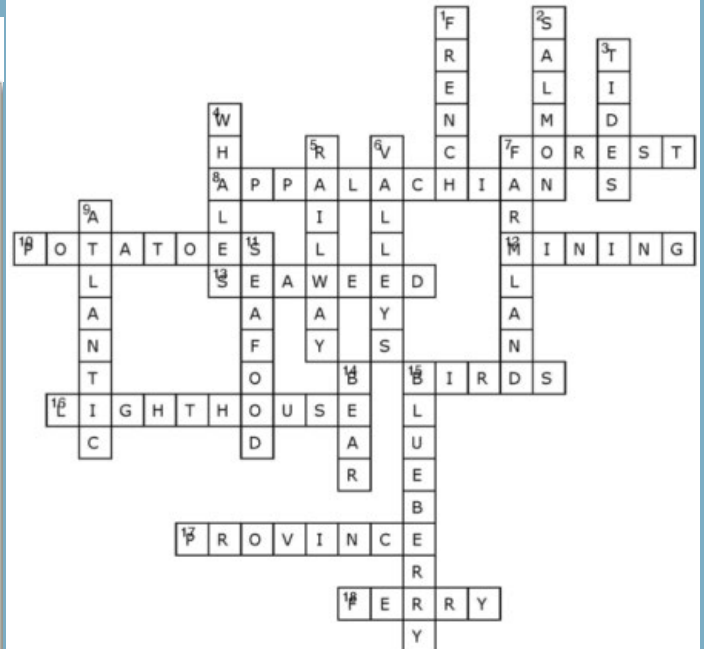
# SOLUTIONS

## August Zodiac



## New Brunswick, Canada

(solution)



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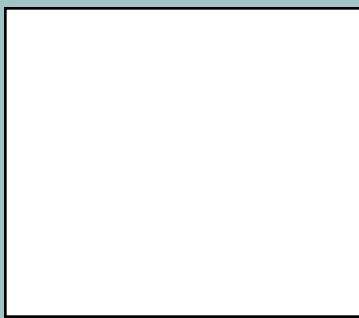
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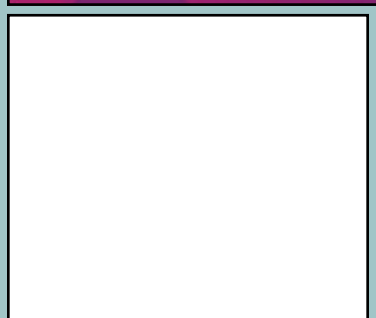
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## STAY IN TOUCH!

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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.mccoac.net](http://www.mccoac.net)

# AUGUST

## 2023

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.**