

September 2024

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

Wii Bowling League



Wii Bowling begins Monday, September 9. Get your team together and sign up. Teams consist of 4 players and can have 1 sub listed. League play runs from Monday, September 9 through

Thursday, November 7. Each team is required to play 6 different days; playing two games each day you bowl. Record your scores and turn them in to Tash. At the end of the league prizes will be awarded to the highest scoring team, highest scoring person, lowest scoring person and one random draw will be awarded! Awards will be handed out on Friday, November 8 at 11:00 am in building 3. Stop in and fill out a Wii bowling entry form with team name and members and get started today.

We have 4 Wii game consoles available for use. To reserve your bowling time sign up on calendars found next to each Wii console. Call Tash 567-890-4120 if you don't have a team and she will do her best to get you on one!



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



From the Director's Desk:

Hello Mercer County (and friends of Mercer County,)

Do you enjoy the month of September? I sure do. When the leaves begin to change colors and the air starts turning crisp, I feel invigorated. We know that change is inevitable so try to remember that change can be beautiful. It is also a great comfort knowing that when you are facing a difficult time, that too will change. During the difficult times, please let us know. May I share a quote from Mother Teresa? She said, "As far as I am concerned, the greatest suffering is to feel alone, unwanted, unloved. The greatest suffering is also having no one... not knowing what it means to be loved, not having a family or friends." Let me tell you this, as long as we are here at the MCCoA, you are not alone. Come up and spend

time with us, even if that only means you want to sit and read a book. We are happy to be your friends.

I hope you have a chance to take a walk this month and enjoy the leaves changing colors. If you want to come and get me, we can take a walk in the fairgrounds!

"I have come to believe that caring for oneself is not selfindulgent. Caring for oneself is an act of survival."

- Audre Lorde

Have a fabulous day,

Mark your October calendar

- 3 Volunteer Appreciation Party
- 7 L&L with Susan Marshal part 2
- 8 Garage Sale Donations
- 8 Annual Drive-Thru Vaccination Clinic at the Fairgrounds
- 9 Dave Painter Medicare 101
- 14 Office Closed Staff Training
- 21 Craft Class

Look for more information in next month's newsletter.



GARAGE SALE UPDATE

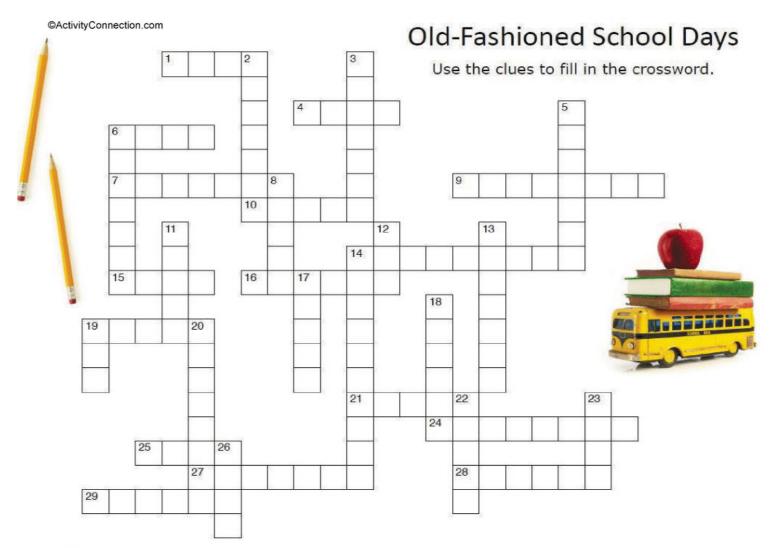
Donations Last Day Set Up Clean Up Truck Pick Up Thursday, Sep 5 8:30 to 12 Monday, Sep 9 - 13 9:00 to 3 Monday, Sep 23 8:30 Tuesday, Sep 24 8:30

The last day for accepting donations will be Thursday, September 5. Set up for the sale will begin on Monday, September 9 and continue all week until

Garage Sale Dates/Hours Thursday Sep 19 8:30 6:30 Friday Sep 20 8:30 4:00 4:00 Saturday Sep 21 8:30 All Items 1/2 price. 12:00 4:00 Sunday Sep 22 Bag Day \$1.00 each bag with a second bag FREE. All items included.

finished. For set up we will be finishing sorting clothes, organizing shelves, pricing items and much more!! Feel free to stop in if you have a day or just a couple of hours the extra hands are greatly appreciated!!

The Garage sale opens on Thursday, Sept. 19 and runs through Sunday, Sept. 22. We will be selling EARLY BIRD TICKETS for the November 20 Early Bird Sale starting Thursday, Sept. 19 in building 6. We will be selling 100 tickets at \$15 each. Everyone that attends the Early Bird Sale must have a ticket. The Early Bird Sale will be open November 20 from 6 to 8 pm. All the money raised from the ticket sales will be used for the Senior Angel Tree Christmas Project.



ACROSS

- 1. A slide rule was used in this class
- 4. Pop
- 6. After-school chess group, for one
- 7. Book-related activity
- 9. After-school assignment
- 10. Chalkboard-like writing tablet
- 14. Head of the school
- 15. Long test
- 16. Semester grade list, ____ card
- 19. Before the 1930s, students used leather straps to carry these
- 21. Singing group
- 24. Kid's meal carrier
- Marching
- 27. Class leader
- 28. Pencil part
- 29. Playground time

DOWN

- 2. Dance where the girls invite the boys, Sadie ____
- 3. Lab subject
- 5. Place to dip a quill
- 6. Flowing handwriting
- 8. Model of Earth
- 11. Blackboard accessory
- 12. Class with paints and clay
- 13. Study of the past
- 14. Angle measurer
- 17. Kindergarten adhesive
- 18. Graphite writing tool
- 19. One way to get to school
- 20. Pupils
- 22. Measuring stick
- 23. Number of high school years
- 26. Classroom furniture

Dates of Interest

To register call 419-586-1644.

Craft Class

Join Cindy
Koester and
make these
adorable ghosts!!
This will be a 2part class. The
first class is
Thursday,
September 26 at
3:00 pm to shape
your ghost! Then
it will set and dry



until the second class on Monday, September 30 at 1:00 pm. At that time we will put on the creative touches and you will be able to take your ghosts home! Everything you need will be provided. Cost is \$5.00 call and sign up today!

AUTUMN

Art Class

Art class with Debby Gregory on Monday, September 9 at 2:00 pm. Join us for an

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



Fall Floral Class

Floral Class with Charlene!! Join Charlene Guingrich Monday, Sept. 16 at 2:00 pm to create this wonderful "Everlasting Pumpkin." Everything you need will be provided. Class will be held in building 3. Space is limited so call and register today. Cost is only \$10.00.







Preventing Medicare Fraud

Did you know Medicare will NEVER call you? Do you, or someone you know, get call after call trying to get your personal information? Susan Marshal with the Ohio Senior Medicare Patrol (SMP) will provide a very important Lunch-n-Learn on Monday, September 9, 2024. Come hear an engaging presentation on recognizing and reporting Medicare fraud and scams, as well as helpful tips to protect yourself from Medical Identity Theft. Lunch will be at 11:30 am. The presentation starts at 12:00 pm. Everyone is invited to the presentation portion of the event, but only the first 25 people to register can join us for the 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. Wear

comfortable shoes (like gym shoes) and loose-fitting clothing. The 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

Alzheimer's 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.

Alzheimer's 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 any other form of dementia.

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

The Empowered Caregiver Building Foundations of Caregiving

Explore the role of a caregiver and changes they may experience. This program will explain the importance of building a support team and managing caregiver stress.

Thursday, September 5, 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.

To register, please call 419.586.1644



ALZHEIMER'S ASSOCIATION

alz.org | 800.272.3900

Columbo

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

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T	X	P	0	F	P	S	P	Н	D	E	I	Q	F	R
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BLUE-COLLAR	EVIDENCE	LIEUTENANT		
CHILI	FALK	LOS ANGELES		
CIGAR	FRIENDLY	PEUGEOT		
CRIME	FRUMPY	RAINCOAT		
DETECTIVE	HOMICIDE	SHREWD		
DRAMA	INTELLIGENT	SUSPECTS		

September 2024 Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Junuay	Wionday	Tuesday	Wednesday	inuisuay	Tilday	Outurady
1	2	3	4	5	6	7
6:30 - Cards*	OFFICES CLOSED ABOR AY	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	11:30 - Lunch* 12:30 - Bingo* 1:00 - Toenail Clipping*	8:00 - 10:00 Coffee Time 8:30 - 12:00 Donations (bldg 6) LAST DAY 9:00 - FREE Blood Pressure Checks 11:30 - Lunch* 1:00 - Chair Yoga* 2:30 - Alzheimer's Presentation 6:30 - Cards*	12:30 - Cards*	-
8	9	10	11	12	13	14
6:30 - Cards*	Garage Sale Set Up 10:00 - Chair Yoga* 11:30 - L&L - Medicare Fraud 2:00 - Art Class - Acrylic Painting* Wii Bowling League Begins	Garage Sale Set Up 9:00 - 11:30 Pickleball* (MSC) 9:30 - Fitness Class - Video (FREE) 11:30 - Lunch* 12:30 - Bridge* 1:00 - Line Dancing	Garage Sale Set Up 11:30 - Lunch* 12:30 - Bingo* 3:00 - Alzheimer Support Group	Garage Sale Set Up 8:00 - 10:00 Coffee Time 10:30 - Board Mtg. 11:30 - Lunch* 12:30 - Ladies Cards* 1:00 - Chair Yoga* 2:30 to 4:00 - Pie Social 6:30 - Cards & Texas Hold 'Em*	Garage Sale Set Up 12:30 - Cards*	
15	16	17	18	19	20	21
6:30 - Cards*	10:00 - Chair Yoga* <u>2:00 - Fall Floral</u> <u>Class*</u>	9:00 - 11:30 Pickleball* (MSC) 9:30 - Fitness Class - Video (FREE) 11:30 - Lunch* 12:30 - Bridge* 12:30 - Ladies Cards* 1:00 - Line Dancing	11:30 - Lunch* 12:30 - Bingo*	GARAGE SALE 8:30 to 6:30 11:30 - Lunch* 1:00 - Chair Yoga* 6:30 - Cards*	GARAGE SALE 8:30 to 4:00 12:30 - Cards*	GARAGE SALE 8:30 to 4:00
22	23	24	25	26	27	28
GARAGE SALE 12:00 to 4:00 6:30 - Cards*	Garage Sale Clean Up 10:00 - Chair Yoga* 12:00 - 4:00 Mental Health 1st Aid Class - Part 1	8:30 - Garage Sale Truck Pick Up 9:00 - 11:30 Pickleball* (MSC) 9:30 - Fitness Class with Kathy* 11:30 - Lunch* 12:30 - Bridge* 1:00 - Line Dancing	11:30 - Lunch* 12:30 - Bingo*	8:00 - 10:00 Coffee Time 11:30 - Lunch* 12:30 - Ladies Cards* 1:00 - Chair Yoga* 3:00 - Ghost Craft Class - Part 1* 6:30 - Cards & Texas Hold 'Em*	12:30 - Cards*	
29	30			•		-
6:30 - Cards*	10:00 - Chair Yoga* 12:00 - 4:00 Mental Health 1st Aid Class - Part 2 1:00 - Ghost Craft Class - Part 2*					

Mental Health First Aid

Class will be held Monday Sept 23 and 30, you need to attend both classes. Class will be held in building 3 beginning at 12:00 and run until 4:00 pm each day.



CC

A review of the evaluations showed that those who completed the training found it to be an extremely positive and valuable experience. This partnership with the National Council for Mental Wellbeing and Allergan to provide the Mental Health First Aid: Older Adults curriculum throughout the state of New Jersey has helped us build a case for the need to increase mental health literacy and reduce stigma within this population."

- Ruth Kaluski,

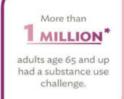
Director of Career Connection Employment Resource Institute at the Mental Health Association in New Jersey

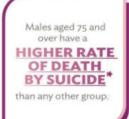
WHY MENTAL HEALTH FIRST AID?

Improve quality of life and learn how to assist and support older adults who may be experiencing a mental health or substance use challenge by getting certified in an evidence-based, early intervention training program. Older adults have high rates of late-onset mental health challenges, like anxiety and depression, and low rates of identification and treatment.

Whether you need to assist today or years from now, this certification gives you the confidence you need to have the conversations that will allow older adults to live as comfortably and independently as possible.







*the original research for the displayed statistic is linked

WHAT IT COVERS

- The unique impacts of mental health and substance use challenges on older adults.
- · Risk factors and protective factors specific to older adults.
- Applying the MHFA Action Plan (ALGEE) in scenarios designed to reflect the unique needs and experiences of older adults.
- National, regional and community mental health resources for older adults and their caregivers.

WHO SHOULD TAKE IT

 Individuals who are a part of, connected to or support older adults and their families. The course will teach you how to apply the MHFA Action Plan (ALGEE):

- · Assess for risk of suicide or harm.
- · Listen nonjudgmentally.
- Give reassurance and information.
- Encourage appropriate professional help.
- Encourage self-help and other support strategies.

GET CERTIFIED

Find a course at MentalHealthFirstAid.org

Class will be held in building 3 on Monday, September 23 and 30, from 12 pm to 4 pm each day. You need to attend both classes. Class size is limited. Call 419-586-1644 to register.

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	:	
	0 1				
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	
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Travel Updates

In July we enjoyed the Twitty & Lynn performance in Wabash IN. The grandkids of Loretta Lynn and Conway Twitty put on a lively show with great music and wonderful stories about their famous grandparents!

The remaining 2024 trips are filling up so you may want to register soon.

Sept 5 – Reds Baseball game – \$124 - Afternoon game with infield box seats in the shade-taking 2 buses!

Sept 15 – Dinner & Daniel O'Donnell Performance –\$156 - very limited seats!

Sept 17-18 – Either Firekeepers Casino or Lunch and Million Dollar Quartet Performance

at Turkeyville, Overnight at Soaring Eagle Casino and Lunch and Rockin' Oldies Performance at Zehnders in Frankenmuth, MI – Taking 2 buses!

Oct. 25 – \$118 – Lunch and Saturday Night Fever Performance at LaComedia – taking 2 buses!

Nov 7 – Menopause the Musical 2 – \$143 – Brand new show - taking 2 buses – very limited seats!

Dec 4 – Lunch and Texas Tenors at Shipshewana - \$154 – taking names for possible 2nd bus!

Dec 5-6 – Motown Christmas show at Zehnders, Soaring Eagle and Firekeepers Casinos, and Song of the Seasons Holiday Show in Shipshewana – limited seats!

Dec 12 – Dinner and Midtown Men Performance - \$143 – Stars from the Broadway show "Jersey Boys" sing Frankie Valli & Holiday Hits

Dec 20 – Dinner and Oak Ridge Boys Farewell Holiday Performance - \$162 – limited seats!

Get more information about all our trips by visiting our website: www.mccoa.net Click on Activities, scroll down and click on Travel Motorcoach or stop in or call us at the office.



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!



September 2024 Lunch Wend								
Tuesday	Wednesday	Thursday						
3	4	5						
Cold Ham Sandwich/ Bun Italian Pasta Salad Sweet Pickles Pineapple	Chef Salad Plate Breadstick Dressing Fruited Gelatin	Broccoli Cheese Soup Crackers Tuna Salad/Croissant Lettuce Leaf Watermelon						
10	11	12						
Fish & Cheese/Hoagie Hushpuppies Lettuce leaf/Tartar Sauce Cherry Blue Raspberry Sorbet	Ham Salad Sandwich Cucumber/Ranch Dressing Mandarin Oranges	Homemade Pizza Tossed Salad/Dressing Moose Track Ice Cream						
17	18	19						
French Onion Soup Tuna Salad Sandwich Pickle/Crackers Apricots	Hot Roast Beef/Bun French Fries Ketchup/Horseradish Cherry Bar	BLT Salad Warm Schubert Roll Dressing/Margarine Chilled Fruit Salad						
24	25	26						
Brat/Bun Creamy Coleslaw Ketchup/Mustard Onion/Pickle Mandarin Orange Fluff	Chicken Salad/Wheat Bread Potato Chips Pickled Beets Fresh Grapes	Chef Salad Plate Dinner Roll Dressing Pay Day Bar						

Sentember 2024 Lunch Menu

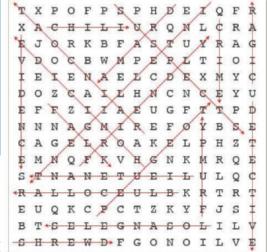




SOLUTIONS

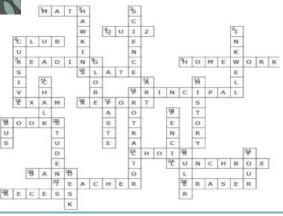
Columbo

(solution)



Old-Fashioned School Days

(solution)









419-852-1390 fortkampfoam@hotmail.com www.energysavingsprayfoam.com

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1150 Indiana Avenue St. Mary's



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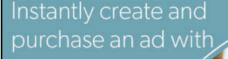
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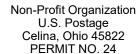
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