



Mercer County Council on Aging



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

SPRING FLING

It's that time of year to celebrate spring. We are once again hosting our Spring Fling Wednesday, April 23 at Opulence Event Center, 909 Wayne St., Celina. The doors will open at 11:00 am and lunch will be served at 12:00 pm. We are very excited to have ventriloquist/comedian, David Crone, with I'm No Dummy Productions to entertain us. Along with his cast of characters, David will have you laughing all afternoon! The meal will be turkey ribs, scalloped potatoes, dressing, corn, broccoli cauliflower salad, and cherry & blueberry delight. Tickets will be on sale for \$15.00 each from Monday, March 10 through Friday, April 11 or until sold out. We will be handing out door prizes too!



WIN FREE TICKETS TO SPRING FLING

In order to keep ticket prices affordable for our special events, we are reaching out to local businesses for sponsorship. Tickets to the event sponsored are part of the perk package obtained, depending on the level of donation. If the company that has earned the tickets do not need them, they have the option of giving the ticket away as a prize! Durnell Maier Law Office and Caresurance happen to be companies willing to do this. For a chance to win one of these tickets be sure to sign into MSC on the computer when you come into MCCoA. Eligible entries will be from Sunday, March 2 until Friday, March 28 at 12:30 pm. If you have any questions about how to enter see a staff member, we will be happy to show you how!



From the Director's Desk:

Hello Mercer County (and friends of Mercer County,)

Do you have a shoe full of slush? I love when people use words to paint pictures. The word picture I got from the quote to the right made me laugh. There are many times when it feels like my shoes feel full of 'something' and slush is a really nice way to say it. Can you relate?



I am happy to know spring is on its way. Time moving forward is a gentle reminder that everything in life is for a season. Lets use the month of March to find beauty in both the journey and the destination.

If you look at our calendar on page 9, you will see that we have gone back to the one page format. We have had quite a bit of feedback stating this is the preferred layout. If you are one of the people who liked the bigger size, please give us a call. We can print a copy on 11x17 paper and send it to you.

As you may or may not know, we are always looking for volunteers here at the center. There are so many different ways you can help, if that is something you would consider doing, please let us know. We will find a place for you to help. I was asked to find a new helper for the library in building one. It is not a difficult job, we need someone to put the returned books back on the shelves once a week or so. We try to keep the books in a loose alphabetical order and separated by type, for example, there is a section that is all Large Print. From time to time we like to refresh the selection from the garage sale offering. If that sounds like something you would be interested in, please let Tash know.

I hope the spring puts a 'spring' in your step,
Dawn



GARAGE SALE UPDATE

Donations Last Day	Thursday, Mar 6	8:30 to 12
Set Up	Tuesday, Mar 10-18	9:00 to 3
Sale	See the chart on right	
Clean Up	Monday, Mar 24	9:00
Truck Pick Up	Tuesday, Mar 25	8:30

Garage Sale Dates/Hours			
Thursday	Mar 20	8:30	6:30
Friday	Mar 21	8:30	4:00
Saturday	Mar 22	8:30	4:00
All Items 1/2 price.			
Sunday	Mar 23	12:00	4:00
Bag Day \$1.00 each bag with a second bag FREE. All items included.			

It's time for the first garage sale of 2025! The last day to donate items for the sale is Thursday, March 6. We will begin the set up process on Monday, March 10. Please feel free to stop in any time to help

with the organizing and pricing of garage sale items, all help is greatly appreciated! We will work daily until set up is finished. (We hope to be done by Tuesday, March 18)

If you would like to help with a checkout station during the sale make sure to let Tash know, 567-890-4120. She will be happy to get you on the schedule. After the sale we will start the pack up and clean up process on Monday, March 24 at 8:30 am. We will pack up all the leftover sale items, wash all the shelves, sweep the floors and get things set up to start taking donations again. As always, any help, whether for an hour or all day is greatly appreciated!

Ohio

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

C	B	G	Q	B	T	Z	C	X	N	C	G	C	F	I
L	U	T	D	P	U	N	Z	O	O	X	I	O	O	N
E	C	H	S	I	M	A	I	L	R	N	P	O	O	O
V	K	P	S	Q	O	T	U	O	C	N	G	K	T	R
E	E	A	M	V	A	M	P	I	P	S	B	C	B	K
L	Y	W	D	I	B	E	N	X	W	R	K	E	A	A
A	E	P	V	U	K	N	R	N	H	S	A	Z	L	N
N	S	A	S	I	A	O	T	A	M	O	T	D	L	T
D	B	W	W	T	M	I	D	W	E	S	T	E	E	L
I	O	D	I	I	J	A	K	G	L	Y	S	F	E	C
Z	M	B	P	O	T	C	E	S	Y	D	D	R	S	L
H	O	C	K	I	N	G	H	I	L	L	S	O	I	O
G	N	B	W	P	Z	I	L	I	Q	H	K	W	O	D
R	O	C	K	A	N	D	R	O	L	L	D	S	O	G
I	F	Z	K	V	B	A	Q	C	F	I	R	Q	V	J



AKRON

AMISH

AVIATION

BUCKEYES

CEDAR POINT

CHILI

CINCINNATI

CLEVELAND

COLUMBUS

CORN BELT

FOOTBALL

GOODYEAR

HOCKING HILLS

MIDWEST

PAWPAW

ROCK AND ROLL

STEEL

TOMATO

Dates of Interest

To register call 419-586-1644.

Craft Class

Join Tash and create a cute mod podge plate. You will have several different types of fabric to choose from to create your dish. Make a special plate for Easter, Spring or any special occasion. It is a fun and easy craft. The class will be held on Monday, March 31 at 1:00 pm with all supplies provided, the cost is \$5.00. Plan on being here until 4:00 as there is drying time involved in this project.



Art Class

Art class with Debby Gregory, Monday, March 24 at 2:00 pm. Join Debby for a pen and wash class. Everything you need will be provided. Cost of the class is \$10.00. Space is limited so sign up today.



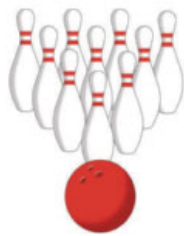
Craft Class

Thursday, March 13 at 2:00 pm Join Tash and help make pretty flowers from pipe cleaners! We will be using the flowers on the tables for our Spring Fling Wednesday, April 23! These are easy and fun to make. We need to make over 400 flowers so please come in and join the fun. We will have all the supplies and will show you everything you need to create these fun flowers!



Wii Bowling Awards

Wii bowling awards will be handed out on Monday, March 10 at 3:00 pm in the main building. We have 7 teams vying for that top spot!



Lunch & Learn

Lunch will be served Monday, March 3 at 11:30 am. Donna Dickman will present about Mental Health First Aid beginning at 12:00 pm. Only the first 25 people to register can eat lunch with us but EVERYONE can join

us for the presentation. Donna will be sharing some great information on the importance of mental health and how to assist and support adults who may be experiencing a challenge.

We are happy to announce that starting in April we will be hosting a 2nd lunch and learn every month at the Zahn-Marion Branch Library, 5 E Franklin St in Chickasaw. The new L&L will run very similarly to the L&L we host at MCCoA. In April Yvonne Miller will be giving a program on Understanding Alzheimer's and Dementia. 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. Watch the April newsletter for more information.



MENTAL HEALTH FIRST AID FOR OLDER ADULTS

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.

Mercer County Council on Aging
March 10th & 17th
10am – 2:30pm
Lunch will be provided!

Call 419-586-1644 to register today!

**The original research for the disolved statistic is linked*

Mental Health First Aid for Older Adults

This two-day class will be held on Monday, March 10 and Monday, March 17 from 10:00 am to 2:30 pm in Building 3. It is important to attend both classes. The class is designed to 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. Call and sign up today. Lunch will be included both days.

Spotlight on Fitness!

Do you know that we offer an array of ways to stay fit? We have a fitness center that is open Monday - Friday 8:00 am to 4:30 pm. There are 14 different machines that include a

rowing machine, elliptical stepper, treadmill, recumbent bicycle, Step one seated stepper, Pro 2 Total Body Trainer and eight individual muscle group machines (from Curves.) The Fitness Center is free to use, all we ask is that the first time you use the center you allow us to show you how the machines work and sign a release form.



We also offer several activities that help keep you in shape. Chair yoga is lead by Carla Niblick on Monday's at 10:00 am and Thursdays at 12:30 pm, cost is \$3.00. The exercises can be done seated in a chair or using a combination of seated and standing.



Fitness class is taught on the last Tuesday of every month by Kathy at a cost of \$3.00. This class can be done standing or seated and helps maintain and improve

cardiovascular health, strength, balance and flexibility. We also offer an exercise video class on all other Tuesday mornings for free!

Joining the free line dance class on Tuesday afternoons is a great way to get moving while enjoying the music!! Everyone is welcome to join in whether you have danced for years or have never danced before.



We play pickleball every Tuesday beginning at 9:00 am at the Spiritual Center, 6731 SR 219 Montezuma. The cost is \$3.00, and everyone is welcome.

We hope that you will try our fitness classes and the fitness center soon!





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¢ 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 (new time.)** 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 return again in April.

4 Reasons to Volunteer

- 1 Explore your interests.
- 2 Meet new friends.
- 3 Do more good.
- 4 Help your community.



- People can use the "Make a Plan" feature to create an emergency plan for their household, so everyone knows what to do and where to go if a disaster strikes.
- The Emergency App is available for free in app stores for smartphones, tablets and wearables and can also be found by searching for American Red Cross or by going to redcross.org/apps.

The American Red Cross Emergency App gives people instant access to customizable weather alerts, safety tips and preparedness information for different types of emergencies, all in one free and easy to use app.

- Family members and friends across the country can help each other stay safe and connected through the app's customizable emergency alerts and content on what to do before, during and after disasters - regardless of where they live.
- The app provides expert advice on what to do in case of a tornado, hurricane, earthquake, flood, thunderstorm, wildfire, winter storm and other disasters.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2 6:30 - Cards*	3 10:00 - Chair Yoga* 11:30 - L&L Mental Health First Aid 2:00 - Cards for Fun	4 9:00 - 11:30 Pickleball* (MSC) 9:30 - Fitness Video (FREE) 11:30 - Lunch* 12:00 - 4:00 Donations (bldg 6) <u>12:30 - Bridge*</u> 12:30 - Ladies Cards* 1:00 - Line Dancing 6:30 - TRIP INFO meeting California's Natural Wonders	5 11:30 - Lunch* 12:30 - Bingo* <u>1:00 - Toenail Clipping*</u>	6 8:00 - 10:00 Coffee Time 8:30 - 12:00 Donations (bldg 6) 9:00 - FREE Blood Pressure Checks 11:30 - Lunch* 12:30 - Chair Yoga* 6:30 - Cards*	7 12:30 - Cards*	8
9 6:30 - Cards*	10 Garage Sale Set Up 10:00 - Chair Yoga* <u>10:00 - Mental Health First Aid Class Part 1</u> 3:00 - Wii Awards <u>3 to 4 - Crochet Club Drop Off</u>	11 9:00 - 11:30 Pickleball* (MSC) 9:30 - Fitness Video (FREE) 11:30 - Lunch* <u>12:30 - Bridge*</u> 1:00 - Line Dancing	12 11:30 - Lunch* 12:30 - Bingo* <u>3:00 - Alzheimer Support Group</u>	13 8:00 - 10:00 Coffee Time <u>10:30 - Board Mtg.</u> 11:30 - Lunch* <u>12:30 - Ladies Cards*</u> 12:30 - Chair Yoga* 2:00 - Craft - Pipe Cleaner Flowers 6:30 - Cards & Texas Hold 'Em*	14 12:30 - Cards*	15
16 6:30 - Cards*	17 10:00 - Chair Yoga* <u>10:00 - Mental Health First Aid Class Part 2</u>	18 9:00 - 11:30 Pickleball* (MSC) 9:30 - Fitness Video (FREE) 11:30 - Lunch* <u>12:30 - Bridge*</u> 12:30 - Ladies Cards* 1:00 - Line Dancing	19 11:30 - Lunch* 12:30 - Bingo*	20 GARAGE SALE 8:30 to 6:30 11:30 - Lunch* 12:30 - Chair Yoga* 6:30 - Cards*	21 GARAGE SALE 8:30 to 4:00 12:30 - Cards*	22 GARAGE SALE 8:30 to 4:00
23 GARAGE SALE 12:00 to 4:00 6:30 - Cards*	24 Garage Sale Clean Up 10:00 - Chair Yoga* 2:00 - Art - Pen & Wash*	25 8:30 - Truck Pick Up 9:00 - 11:30 Pickleball* (MSC) 9:30 - Fitness with Kathy* 11:30 - Lunch* <u>12:30 - Bridge*</u> 1:00 - Line Dancing	26 11:30 - Lunch* 12:30 - Bingo*	27 8:00 - 10:00 Coffee Time 11:30 - Lunch* <u>12:30 - Ladies Cards*</u> 12:30 - Chair Yoga* 6:30 - Cards & Texas Hold 'Em*	28 12:30 - Cards*	29
30 6:30 - Cards*	31 10:00 - Chair Yoga* 1:00 - Craft - Mod Podge Plate*	<p><i>Italicized and underlined</i> activities are held in the Annex. Activities marked with an * have a fee. Activities marked with () are off campus. (MSC) - Montezuma Spiritual Center</p>				



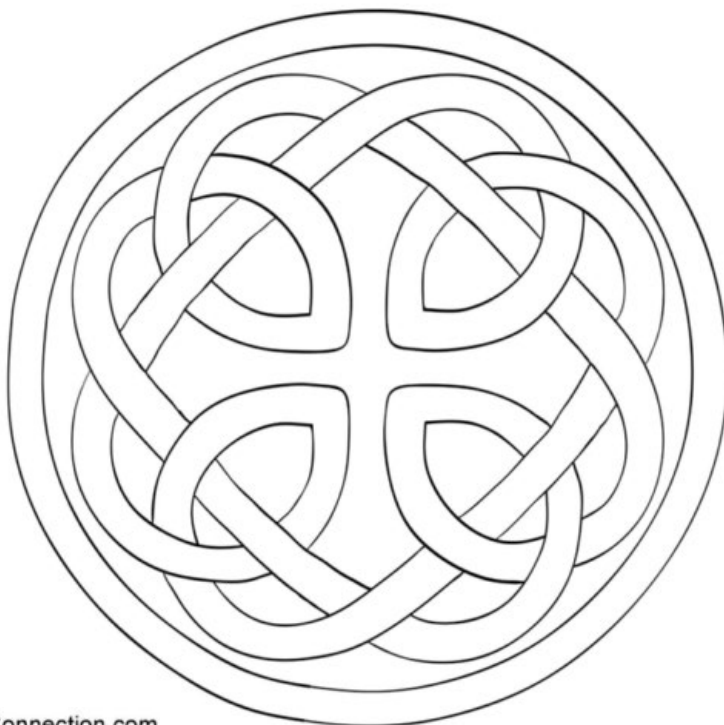
California Wonders of Lake Tahoe, Yosemite & Sequoia

September 8-17, 2025
Limited seats Available!!!



Information Meeting
Tuesday 3/4/25 at 6:30 pm at MCCoA
Call to register for the meeting to learn more about this amazing trip!

This 10-day fly / bus trip takes you to the California Wonders of Yosemite and Sequoia National Parks and the Beautiful Lake Tahoe Region with Premier World Discovery. 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. 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. Some of the inclusions of this amazing trip are Lake Tahoe Paddle Wheeler Cruise, Virginia City Tour, Mark Twain Museum, Yosemite Valley Tram Tour, El Capitan & Half Dome, Yosemite Falls, Sequoia National Park, General Sherman Tree, Giant Forest Museum and so much more! You will be spending 3 nights in Lake Tahoe, 2 nights at Yosemite, and 2 nights at Sequoia so you will have plenty of time to enjoy all the beauty of these areas! Cost includes motorcoach transportation from this area to the airport, roundtrip airfare to Sacramento, CA, 9 nights hotel accommodations, 14 meals, professional tour director, sightseeing & admissions per Itinerary, motorcoach transportation during tour and baggage handling. Come to the meeting to learn more about this wonderful tour!!



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April look ahead

- 7 Craft - Easter cookies
- 8 Garage Sale donations begin
- 11 Last day to get tickets for Spring Fling (Unless sold out earlier)
- 12 Garage Sale donations 9 - 1
- 14 L&L - Home modifications & adaptive equipment
- 18 Office Closed Good Friday
- 23 Spring Fling
- 24 L&L Chickasaw Understanding Alzheimer's and Dementia
- 28 Craft - Garden Art Mushroom
- 30 Offices Close at 3:45 for staff meeting

Bus Trips

March

20-21 Firekeepers/Shipshewana

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

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

NOAH & More in Lancaster PA – October 1-4 - Includes all the attractions included in the previous 2 sold out trips! However, due to a slight schedule change this trip includes one additional meal and one additional attraction resulting in a slight price increase.

Trips with March or early April registration deadlines – Register now!

Mrs Wicks Pies & Broadway show RESPECT – The Aretha Franklin Musical – April 9 – limited seats -evening show at Muncie IN.

Lunch & Into the Woods at LaComedia – April 24 - Fairy Tale characters unite as they learn life lessons.

Lunch and Ned & Nancy See America – May 6 – limited seats - New Musical at Bluegate in Shipshewana.

Lunch and Ned & Nancy See America Musical, Four Winds Casino & RV Museum & Flea Market – May 6&7 – very limited seats - overnight at Four Winds Casino.

Dinner and Broadway Show “TINA – The Tina Turner Musical – May 28 - evening show at Ft Wayne IN.

California Wonders including Yosemite, Sequoia & Lake Tahoe – September 8-17 - limited seats available – Repeating the Information meeting on March 4, at 6:30 pm at the center. Call to register. This 10-day fly / bus trip takes you to the California wonders of Yosemite and Sequoia National Parks and the Beautiful Lake Tahoe Region with Premier World Discovery. Enjoy 3 nights in Lake Tahoe, 2 nights at Yosemite, and 2 nights at Sequoia, giving you plenty of time to enjoy all the beauty of these areas! Cost includes motorcoach transportation from this area to the airport, roundtrip airfare to Sacramento, CA, 9 nights hotel accommodations, 14 meals, professional tour director, sightseeing & admissions per Itinerary, motorcoach transportation during tour and baggage handling.

Trips that are filling up!

Reds Game – June 19 - 1st bus is sold out – taking names for a 2nd bus! – Choice of 2 seat locations!

Smoky Mountain Christmas including Dollywood & Biltmore Estate – November 9-12 - taking 2 buses - limited seats available!

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.

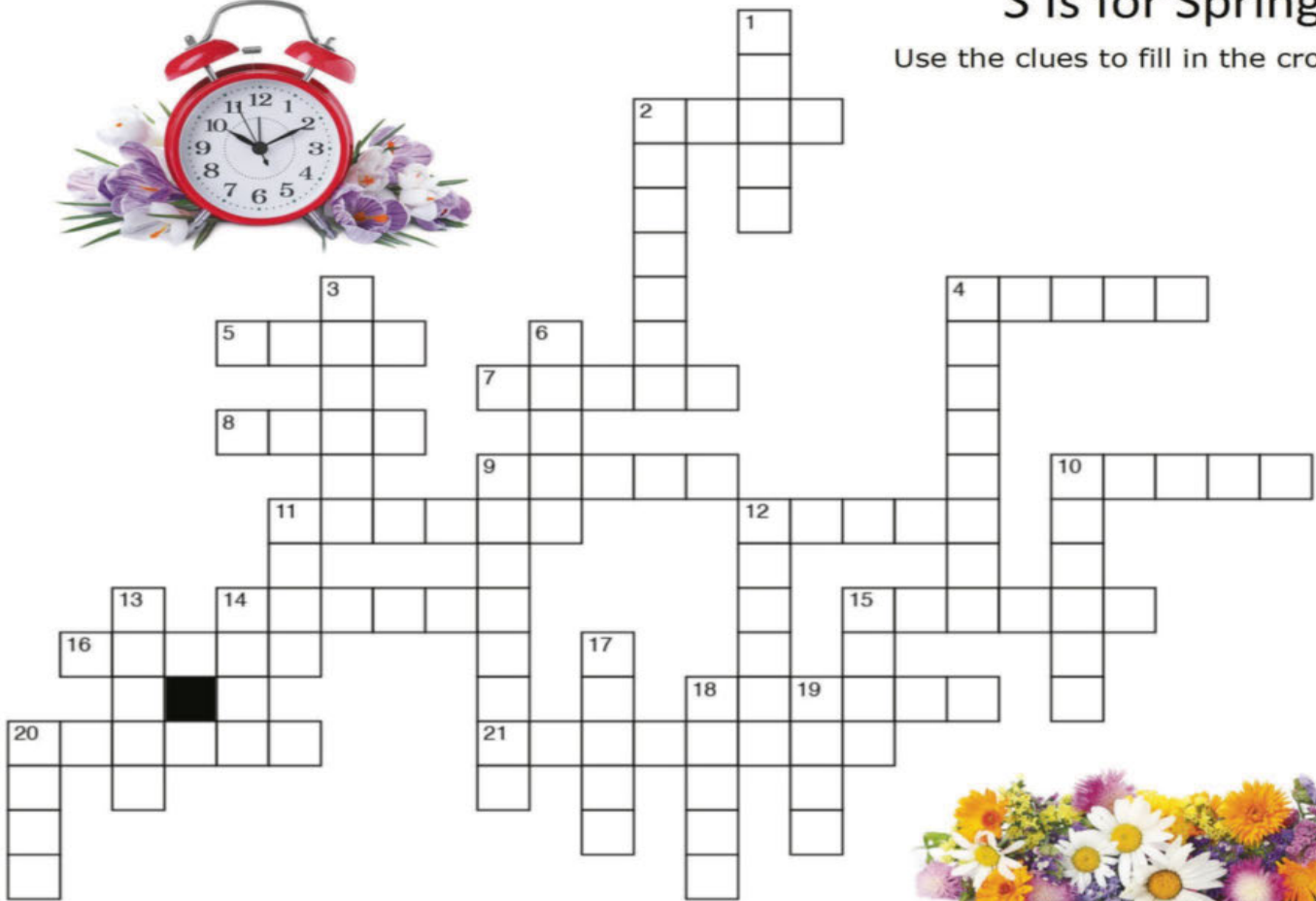


March 2025 Lunch Menu

Tuesday	Wednesday	Thursday
4	5	6
Cream of Tomato Soup Saltine Crackers Texas Grilled Cheese	Creamy Potato Soup Saltine Crackers Fried Bologna Sandwich	Homemade Pizza Tossed Salad/Dressing Chilled Pineapple
11	12	13
Ham & Bean Soup Cottage Cheese Cornbread Peaches	Stuffed Shells & Sauce Broccoli Florets Garlic Bread Pineapple	Creamed Chipped Beef Seasoned Peas Texas Toast Apricots
18	19	20
Brat/Bun Creamy Cole Slaw Peanut Butter Cookie	Garden Vegetable Soup Crackers Grilled Ham & Cheese Chilled Peaches	Broccoli Cheese Soup Crackers Fall Cottage Cheese Fruit Plate Rice Krispy Bar
25	26	27
Sloppy Joe/Bun French Fries Scotcheroo	Hamburger/Bun Baked Beans Mandarin Oranges	Chicken Bacon Ranch Pizza Salad/Dressing Chilled Pineapple

S Is for Spring

Use the clues to fill in the crossword.



ACROSS

2. Footwear
4. Shoulder gesture
5. Hourglass filler
7. Hairdresser's shop
8. Winter precipitation
9. Quick bite
10. Pancake topping
11. Whispered words
12. Weighing device
14. Miss Marple or Sherlock Holmes
15. Cowboy's seat
16. Crude cabin
18. Bun seed
20. Italian sausage
21. Stone-carving artist

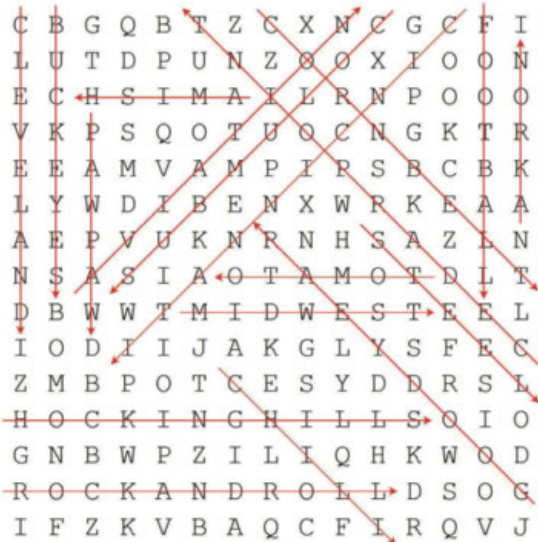
DOWN

1. "Darn it!"
2. Hair cleanser
3. Alarm clock button
4. Person who tends to sheep
6. Peter or Paul
9. Fish that swims upright
10. Popeye, for one
11. Lustrous fabric
12. Boulevard
13. Place for knickknacks or books
14. Bamboozle
15. Five-pointed shape
17. Tree trunk remainder
18. Asparagus unit
19. Bath bar
20. Slimy garden pest

SOLUTIONS

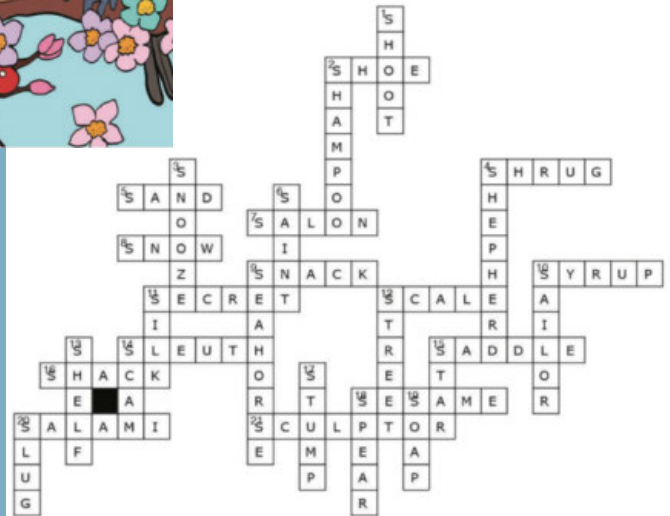
Ohio

(solution)



S Is for Spring

(solution)



Ginny Bryan
Associate Broker/Realtor



Cell: 419-733-1015
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909 E. Wayne St. | Ste. 107
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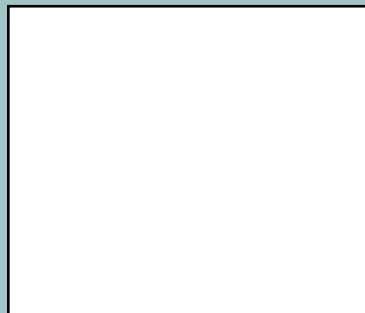
Josh Carrasquillo
Renee (Koesters) Carrasquillo
Licensed Health Agents

We do not offer every plan available in your area. Any information we provide is limited to those plans we do offer in your area. Please contact Medicare.gov or 1-800-MEDICARE to get information on all of your options.

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