

SERVING CITIZENS OF FULTON COUNTY 60 YEARS & OVER

SENIOR B-zz

MARCH 2016

Fulton County Senior Center
240 Clinton St., Wauseon, Ohio 43567
Phone: 419-337-9299 • Fax: 419-337-9289

SENIOR NEWS

GOOD FRIDAY BREAKFAST

Fulton County seniors are invited to the Wauseon site on Friday, March 25 at 8:30 am for the Good Friday Breakfast. Enjoy a menu of egg/bacon/cheese casserole, sausage links, fruit, doughnuts and beverages. Suggested donation \$2.00 for Fulton Co. seniors age 60 and over; \$3.50 all others. Please call to sign up at 419-337-9299.

UPCOMING EVENTS & DAY TRIPS - ALL SITES

- March 9, 16, 23** – Alzheimer's Association Programs
- March 10** – Day Trip to Cabela's Outdoor World, Dundee, MI
- March 25** – Good Friday Breakfast at Wauseon Dining Room
- March 25** – Archbold & Swanton Sites Closed; No Meal Delivery
- April 15, 22, 29** – Painting Classes with Nora Sallows
- April 27** – Joe LaConey Band at Wauseon site gym
- May 31** – Day Trip to Shipshewana, IN

DID YOU KNOW?

The Senior Center is offering frozen yogurt or ice cream out of a soft-serve machine on specified days at the Wauseon site.

SENIOR SPOTLIGHT



Meet Clarise Burkard. This sharp-minded, enthusiastic senior has been attending the Swanton Senior Center for at least ten years. Clarise, who is in her eighties, likes to fully participate in Senior Center special events and programs. "Why act old when you can act young? You don't have to act old even if you are old!" Clarise said with a smile. "If you keep acting young, you think young and you have a more positive attitude that spreads," she added.

Clarise said she dresses in costumes for Senior Center events because it is fun and helps to create a fun atmosphere. Her children and grandchildren help her. "What I don't think of, they do," she said, adding "I love everything about the Senior Center! I go as much as I can." Here is Clarise dressed for Senior Center events including Wacky Wednesday, a Hawaiian luau, Roaring 20s party, and Tacky Christmas Sweater Day.

• FULTON COUNTY SENIOR CENTER SERVICES •

Home Delivered Meals • Congregate Meals • Education & Socialization • Monthly Newsletter (The Senior B-zz) • Information & Referral
Transportation Service for Medical Appointments • Housekeeping • Legal Services • Lending Libraries • Exercise Classes
Grocery Shopping & Bill Paying Transportation as Scheduled • Volunteer Opportunities
Blood Pressure Checks Available Daily at Wauseon Site and Scheduled at Other Sites • Computer Lab at Wauseon Site
Assistance With Completing Applications and Forms • Gym Available at Wauseon Site to Exercise During Regular Business Hours

ALZHEIMER'S PROGRAMS TO BE HELD

You are invited to join us for three educational programs provided by Marilyn Ward of the Alzheimer's Association. Programs begin at 11:00 am at the Wauseon site. On Wednesday, **March 9**, learn more about the Basics of Alzheimer's Disease. The title for Wednesday, **March 16**, is "My family member has Alzheimer's; Now what?" and the program for Wednesday, **March 23**, will be "Healthy Lifestyle for a Healthy Brain." Feel free to stay for lunch at noon. Please make your lunch reservation at least 24 hours in advance with Karen at 419-337-9299. Suggested lunch donation for Fulton County seniors age 60 and over is \$2.00. All others, \$3.50.

APRIL PAINTING CLASSES OFFERED

Artist Nora Sallows plans to return in April. She will provide acrylic painting classes at the Wauseon site on Friday, April 8, 15, 22 and 29. This series of four classes will take place from 9:30 – 11:30 am. Nora provides the paint, canvases, easels, brushes and expertise and you pay only \$75 for the series (due at the first class). She must receive your commitment to this four-part class by March 16. Call Beth at 419-337-9299 to register.



SHIPSEWANA TRIP PLANNED FOR MAY

Join us for a day trip to Shipshewana, Indiana. We will browse the famous Flea Market, dine at the Blue Gate restaurant and shop at the Guggisberg Cheese Factory. This trip is planned for Tuesday, May 31. Please note this trip requires a lot of walking. Some walking will be on unpaved ground. Suggested transportation donation is \$8.00 via charter bus. Please pay when you sign up. Meet at the Wauseon Senior Center site at 7:45 am and return around 4:00 pm. Travelers who, for any reason, are not able to travel without assistance must be accompanied by a companion who is responsible for caring for their needs. The Senior Center staff is responsible for the welfare of all that are on the day trip and cannot be a caregiver for one. Call Beth at 419-337-9299 to sign up.

WHERE'S VAL?

On Thursday, April 21, Valerie Edwards, Information & Referral Specialist, will take appointments from 10 to noon at the Swanton Library. Get help understanding insurance bills, Medicare, completing applications, and more. On Tuesday, April 26, Val will be at the Evergreen Library in Metamora from 10 to noon. Thursday, April 28 is your opportunity to meet with Val in the Wyse Commons Library on the Fairlawn campus, Archbold, from 10 to noon. Val's services are offered at no cost to seniors in partnership with Wyse Commons and the local libraries. Please make an appointment in advance with Val for any of these dates by calling 419-337-9299.

VALUABLE VOLUNTEER

Congratulations to Tracey Wanner who was recently awarded a Certificate of Appreciation by Brian Banister, Fulton County Dog Warden for her selfless dedication to Fulton County and its dogs. Tracey has a passion for rescuing and fostering animals. Tracey and her husband Steve have saved hundreds of dogs while networking with various shelters and rescues. Tracey and Steve have personally fostered 50 dogs and 30 cats out of their home in the past three years. "My favorite part is when we match the animals with the right home for them. It is fun to see the photos and hear the stories of the happy families with their pets," Tracey said. When Tracey is not volunteering on behalf of local animals, she is the Site Aide at the Archbold and Fayette Senior Center sites.



WAUSEON HIGHLIGHTS

Line Dance: Monday pm

Shopping: every Tues. pm

Tai Chi: every Tuesday & Thursday

Food & Fitness: Tuesday at 10:00 am

Choir Practice: Tuesday pm

Pepper: Wednesday pm

Bingo: Thursday mornings

Birthday Party: 1st Friday

Toe Nail Clinic: March 22. Call early for appointment; \$10.00 fee; soak feet for 30 minutes before you arrive.

Check the calendar for these Wauseon events

- Music by Gene Zenz
- Coloring for Grown Ups
- Book Making with Judy Kahle
- Good Friday Breakfast

ARCHBOLD HIGHLIGHTS

Bingo: every Friday

Blood Pressure Check: March 7

Birthday Lunch: 1st Friday

Bible Study: Monday mornings

Toenail Clinic: April 20. Call early for appointment; \$10.00 fee; soak feet for 30 minutes before you arrive.

Check the calendar for these Archbold events

- Lent meditations by local pastors
- Music by Elwyn Bates
- Music by Norbert Rohrs
- Good Friday Breakfast at the Wauseon Site Dining Room

SWANTON HIGHLIGHTS

Bingo: every Wednesday

Birthday Lunch: 1st Wednesday

Blood Pressure Check: 2nd Monday

Toenail Clinic: April 15. Call early for appointment; \$10.00 fee; soak feet for 30 minutes before you arrive.

Check the calendar for these Swanton events

- Performance by the Senior Center Choir
- Musical Strings & Things
- Coloring for Grown Ups
- Good Friday Breakfast at the Wauseon Site Dining Room

FAYETTE HIGHLIGHTS

Bingo: every Thursday

Blood Pressure Check: every 3rd Tuesday

Birthday Lunch: first Thursday

Bible Study: 8th and 22nd

Toenail Clinic: April 26. Call early for appointment; \$10.00 fee; soak feet for 30 minutes before you arrive.

Check the calendar for these Fayette events

- Performance by the Senior Center Choir
- Guitarist Michael Buck
- Latest News from Hands of Grace
- Good Friday Breakfast at the Wauseon Site Dining Room

DELTA HIGHLIGHTS

Bingo: every Thursday

Blood Pressure Check: 2nd Tuesday

Birthday Lunch: 3rd Tuesday

Toenail Clinic: April 5. Call early for appointment; \$10.00 fee; soak feet for 30 minutes before you arrive.

Check the calendar for these Delta events

- Music by Jerry Eicher
- Hand Pampering
- The Dish on Diabetes
- Good Friday Breakfast at the Wauseon Site Dining Room

MARCH, 2016

LUNCH CALENDAR

Whole grain bread or an alternate and 2% milk are offered with each meal. Luncheon reservations are required. Menu is subject to change. The Fulton County Meal Program is financed with meal donations, local levy funds, and AOOA grant funding. Ingredient information is available upon request.

Meal Reservations: 419-337-9299

SUGGESTED MEAL DONATION: \$2.00

LS Alt = Low Sodium Alternative (items must be ordered at least one week in advance)
LF Alt = Low Fat Alternate (items must be ordered at least one week in advance)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>Please notify us by March 2 of your entrée choice for March 4</i>				
7 Sausage Biscuit Hash Brown Casserole Succotash Pineapple Chunks	1 Lasagna Italian Green Beans Steamed Cauliflower Grapes	2 Smoked Sausage w/Sauerkraut (LS Alt=Pork Loin) Smashed Red Potatoes Winter Squash Apple Juice	3 Pot Roast Boiled Potatoes Carrots Tropical Fruit Cookies	4 Liver & Onions or Salisbury Steak Mashed Potatoes Brussels Sprouts Apple Sauce
14 Pork Roast Rice Pilaf Seasoned Spinach Apple Sauce Cranberry Juice	8 Goulash Summer Squash Tossed Salad Fruit Crisp	9 Swiss Steak Mashed Potatoes Green & Wax Beans Fresh Fruit	10 Potato Soup Ground Bologna Sandwich (LS Alt=Chicken Salad) Pea Salad Jell-O w/Fruit	11 Pub Burgers w/Cheese Seasoned Potato Wedges Baked Beans Fresh Orange Segments Yogurt
21 Rib Patty Sandwich Roasted Potatoes Ranch Style Beans Malibu Fruit Salad	15 Beef & Noodles Mashed Potatoes Steamed Broccoli Peaches Iced Cake	16 Steamed Franks (LS Alt=Chicken Breast) Macaroni & Cheese California Blend Vegetables Mixed Fruit Pineapple Juice	17 Corned Beef & Cabbage (LS Alt= Pot Roast) Redskin Potatoes Carrots Dark Sweet Cherries	18 Baked Chicken Savory Bread Dressing Green Peas Cranberry Sauce Orange Juice
28 Chicken Fried Steak w/Country Gravy Mashed Potatoes Green Beans Apricots	22 Beef Stroganoff Buttered Noodles Brussels Sprouts Peach Cobbler Apple Juice	23 Stuffed Chicken Breast Long Grain & Wild Rice Cook's Choice Vegetables Fresh Grapes Tomato Juice	24 Biscuits & Gravy Hash Brown Casserole Buttered Beets Mandarin Oranges	25 8:30AM GOOD FRIDAY BREAKFAST AT WAUSEON SITE NO MEAL DELIVERY SITE CLOSED AT NOON
	29 Ham Loaf (LS Alt=Meat Loaf) Sweet Potatoes Butter Beans Pineapple Chunks	30 Pasta w/Meat Sauce Steamed Broccoli Cream Style Corn Bananas Pie	31 Hot Chicken Sandwich Seasoned Potato Wedges Tossed Salad Fruit Crunch	

WAUSEON ACTIVITIES

MONDAY THRU FRIDAY

FULTON COUNTY SENIOR CENTER
240 CLINTON ST. / WAUSEON, OH 43567
419.337.9299

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>Wear Pink, National Pig Day 1</p> <p>10:00 Food & Fitness 11:00 Senior Center Choir Sings at Fayette Site (Leave at 10:15) 11:00 Tai Chi On Your Own (Gym) 12:00 Lunch 1:00 Tai Chi On Your Own (Gym) (No Choir Practice)</p>	<p>9:30 Gentle Movement (Gym) 11:00 Preventing Falls, Promedica 12:00 Lunch 1:00 Pepper (Bingo Room)</p>	<p>10:15 Bingo 11:00 Tai Chi On Your Own 12:00 Lunch 1:00 Tai Chi On Your Own (Gym)</p>	<p>11:00 Site Council 12:00 Lunch 12:30 Birthday Party 1:00 Shuffleboard 1:00 Bible Study</p>
<p>9:30 Gentle Movement (Gym) 10:30 Free Hearing Aid Cleaning with Todd 11:00 Left Right Center Dice Game 12:00 Lunch 1:00 Line Dancing (Gym)</p>	<p>8</p> <p>10:00 Food & Fitness 11:00 Healthy Spine, Healthy You 11:00 Tai Chi On Your Own (Gym) 12:00 Lunch 1:00 Tai Chi On Your Own (Gym) 1:00 Choir Practice</p>	<p>9:30 Gentle Movement (Gym) 11:00 Alzheimer's Association, Marilyn Ward, Basics of Alzheimer's Disease 12:00 Lunch 1:00 Pepper (Bingo Room)</p>	<p>Day Trip to Cabela's 10</p> <p>10:15 Bingo with Fulton Manor, Guest Caller from Aetna 11:00 Tai Chi On Your Own 12:00 Lunch 1:00 Tai Chi On Your Own (Gym)</p>	<p>11</p> <p>11:00 Senior Center Choir Sings at Swanton Site (Leave 10:15) 12:00 Lunch 1:00 Pool (Gym)</p>
<p>11:00 Coloring For Grown Ups, 14 Wauseon Public Library 12:00 Lunch 1:00 Line Dancing (Gym) 1:00-3:00 Book Making with Judy Kahle (Bingo Room)</p>	<p>15</p> <p>10:00 Food & Fitness 11:00 "Just So You Know," Fulton Co. Health Dept. & Free BP Check 11:00 Tai Chi On Your Own 12:00 Lunch 1:00 Tai Chi On Your Own (Gym) 1:00 Choir Practice 1:30 OPERS Meeting (Bingo Room)</p>	<p>11:00 Alzheimer's Association, Marilyn Ward, My Family Member Has Alzheimer's; What Now? 12:00 Lunch 1:00 Pepper (Bingo Room)</p>	<p>Wear Green Today 17</p> <p>10:15 Shamrock Bingo 11:00 Tai Chi On Your Own 12:00 Lunch 1:00 Tai Chi On Your Own (Gym) 1:00 SERO (Bingo Room)</p>	<p>18</p> <p>Attorney Rebecca Steinhauser takes appointments 11:00 Music by Gene Zenz 12:00 Lunch 1:00 Cards & Games 1:00 Bible Study</p>
<p>11:00 Wits & Wagers 12:00 Lunch 1:00 Line Dancing (Gym) 1:00 Dominoes</p>	<p>22</p> <p>10:00 Food & Fitness 10:30 Toe Nail Clinic (by appointment) 11:00 News from Hands of Grace 11:00 Tai Chi On Your Own 12:00 Lunch 1:00 Tai Chi On Your Own (Gym) 1:00 Choir Practice</p>	<p>11:00 Alzheimer's Association, Marilyn Ward, Healthy Lifestyle & Alzheimer's Disease 12:00 Lunch 1:00 Pepper (Bingo Room)</p>	<p>10:15 Bingo with Fulton Suites 11:00 Tai Chi On Your Own 12:00 Lunch 1:00 Tai Chi On Your Own (Gym)</p>	<p>25</p> <p>8:30AM GOOD FRIDAY BREAKFAST CLOSED AT NOON</p>
<p>11:00 Brain Teasers 12:00 Lunch 1:00 Line Dancing (Gym) 1:00 Hand & Foot Card Game</p>	<p>29</p> <p>10:00 Food & Fitness 11:00 Country Music Guitarist Phyllis Page 11:00 Tai Chi On Your Own 12:00 Lunch 1:00 Tai Chi On Your Own (Gym) 1:00 Choir Practice</p>	<p>11:00 Corn Hole 12:00 Lunch 1:00 Pepper (Bingo Room)</p>	<p>Wear Brown 31</p> <p>National Tater Day 9:45 Tater Extended Bingo 11:00 Tai Chi On Your Own 12:00 Lunch 1:00 Tai Chi On Your Own (Gym)</p>	

DELTA / SWANTON ACTIVITIES

**DELTA-MEMORIAL HALL
TUES. & THURS.**

**SWANTON
210 N. MAIN ST.
MON., WED., & FRI**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Wear Pink National Pig Day 11:00 Hand Massages, Hand Pampering, Nail Polish with Americare 12:00 Lunch 1:00 Cards & Games	10:00 Site Council 10:30 Bingo 12:00 Lunch & Birthday Cake from Swanton Healthcare 1:00 Wii Games	10:00 Site Council 10:30 Bingo 12:00 Lunch 1:00 Puzzles	11:00 Music with Hannah, Fulton Co. Health Center 12:00 Lunch 1:00 Word Games
11:00 Monday Mystery Program 12:00 Lunch 1:00 Cards & Games	11:00 "Just So You Know," Fulton Co. Health Dept. & Free BP Check 12:00 Lunch 1:00 Puzzles	10:30 Bingo 12:00 Lunch 1:00 Cards & Games	10:30 Bingo 12:00 Lunch 1:00 Word Games	Wear Your Senior Center Shirt / Hat Today 11:00 Music by Senior Center Choir 12:00 Lunch 1:00 Puzzles
11:00 "Just So You Know," Fulton Co. Health Dept. & Free BP Check 12:00 Lunch 1:00 Wii Games	11:00 Music by Jerry Eicher 12:00 Lunch & Birthday Cake from Swanton Valley 1:00 Word Games	Wear Green Today 10:30 Shamrock Bingo 12:00 Lunch 1:00 Word Games	Wear Green Today 10:30 Shamrock Bingo 12:00 Lunch 1:00 Puzzles	11:00 Music by Musical Strings & Things 12:00 Lunch 1:00 Cards & Games
10:30 Free Hearing Aid Cleaning 11:00 Coloring For Grown Ups with Susan Bach 12:00 Lunch 1:00 Word Games	11:00 Bart Ankney, "The Power of Positive Thinking" 12:00 Lunch 1:00 Puzzles	0:30 Bingo 12:00 Lunch 1:00 Wii Games	Wear Your Senior Center Shirt / Hat Today 10:30 Bingo 12:00 Lunch 1:00 Cards & Games	25 8:30AM GOOD FRIDAY BREAKFAST SERVED AT WAUSEON SWANTON SITE CLOSED
11:00 News from Hands of Grace 12:00 Lunch 1:00 Puzzles	11:00 The Dish on Diabetes, Fulton Co. Health Center 12:00 Lunch 1:00 Word Games	Wear Brown National Tater Day 10:30 Tater Bingo 12:00 Lunch 1:00 Cards & Games	Wear Brown National Tater Day 10:30 Tater Bingo 12:00 Lunch 1:00 Cards & Games	

ARCHBOLD / FAYETTE ACTIVITIES

**ARCHBOLD - SCOUT CABIN
MON., WED., & FRI.**

**FAYETTE - OPERA HOUSE
TUES., & THURS.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1</p> <p>Wear Pink National Pig Day</p> <p>11:00 Music by Senior Center Choir 12:00 Lunch 1:00 Word Games</p>	<p>2</p> <p>11:00 Lent Meditation with Jim Nathan 12:00 Lunch 1:00 Card Games</p>	<p>3</p> <p>10:00 Site Council 10:30 Bingo 12:00 Lunch & Birthday Treat 1:00 Puzzles</p>	<p>4</p> <p>10:00 Site Council 10:30 Bingo 12:00 Lunch & Birthday Treat 1:00 Wii Games</p>
<p>7</p> <p>10:30 Bible Study 11:00 "Just So You Know," Fulton Co. Health Dept. & Free BP Check 12:00 Lunch 1:00 Word Games</p>	<p>8</p> <p>10:30 Bible Study 11:00 News From Hands of Grace 12:00 Lunch 1:00 Puzzles</p>	<p>9</p> <p>11:00 Lent Meditation with Steve Heatwole 12:00 Lunch 1:00 Wii Games</p>	<p>10</p> <p>10:30 Bingo 12:00 Lunch 1:00 Card Games</p>	<p>11</p> <p>10:30 Bingo 12:00 Lunch 1:00 Puzzles</p>
<p>14</p> <p>10:30 Bible Study 11:00 The Dish On Diabetes, Fulton Co. Health Center 12:00 Lunch 1:00 Card Games</p>	<p>15</p> <p>11:00 "Just So You Know," Fulton Co. Health Dept. & Free BP Check 12:00 Lunch 1:00 Card Games</p>	<p>16</p> <p>11:00 Lent Meditation with Jess Engle 12:00 Lunch 1:00 Puzzles</p>	<p>17</p> <p>Wear Green Today</p> <p>10:30 Shamrock Bingo 12:00 Lunch 1:00 Wii Games</p>	<p>18</p> <p>Wear Green Today</p> <p>10:30 Shamrock Bingo 12:00 Lunch 1:00 Word Games</p>
<p>21</p> <p>10:30 Bible Study 11:00 Bingo (note date change) 12:00 Lunch 1:00 Puzzles</p>	<p>22</p> <p>10:30 Bible Study 11:00 The Truth About Hospice & Home Health Care 12:00 Lunch 1:00 Wii Games</p>	<p>23</p> <p>11:00 Lent Meditation with Jesse Kahler 12:00 Lunch 1:00 Cards & Games</p>	<p>24</p> <p>10:30 Bingo 12:00 Lunch 1:00 Word Games</p>	<p>25</p> <p>8:30AM GOOD FRIDAY BREAKFAST SERVED AT WAUSEON ARCHBOLD SITE CLOSED</p>
<p>28</p> <p>10:30 Bible Study 11:00 Music by Norbert Rohrs 12:00 Lunch 1:00 Card Games</p>	<p>29</p> <p>11:00 Michael Buck, Guitarist 12:00 Lunch 1:00 Word Games</p>	<p>30</p> <p>11:00 Music by Elwyn Bates 12:00 Lunch 1:00 Puzzles</p>	<p>31</p> <p>Wear Brown National Tater Day</p> <p>10:30 Tater Bingo 12:00 Lunch 1:00 Cards & Games</p>	



Forwarding and return postage guaranteed
Address service requested
Postmaster: Send address changes to:
Fulton County Senior Center
240 Clinton Street
Wauseon, OH 43567-1109

Icon of an envelope in a circle. Text: If you or a family member would like to receive this newsletter by e-mail, please contact us at kschoeder@fultoncountyoh.com.

DATED MATERIAL - DELIVER BEFORE MARCH 1, 2016

FULTON COUNTY SENIOR CENTER STAFF

Table listing staff members and their roles: Director (Sheri Rychener), Administrative Assistant/Coordinator of Volunteers (Peggy Rupp), Receptionist (Karen Schroeder), Vehicle Maintenance Supervisor (Wes Green), Housekeeping Program Manager (Laura Ankney), Head Cook (Kyle Wilcoxon), Assistant Cook (Deb Villalovos), Food Program Manager (Deb Myers), Kitchen Aides (Sherry Bittinger, Sandy Lemley, Leslie Gype), Activity Coordinator (Vicki Hoylman), Activity Support Staff (Beth Ricker-Flory), Information & Referral Specialist (Valerie Edwards), Site Manager, Archbold/Fayette (Bill Rose), Site Aide, Archbold/Fayette (Tracey Wanner), Site Manager, Delta/Swanton (Jeanne Ortiz), Site Aide, Delta/Swanton (Claudia Overmyer), Meal Delivery & Custodian (Dave Smith, Andrea Coburn), Meal Delivery (Judy Thourot, Kim Machinski, Jerry Lighthill, Juan Avina, Chris Sager, Bill Sigg, Naaman Thomas, Brenda Hauck, James Mapes), Substitutes (John Moden, Peggy Wilson, Leland Good, Joe Sutton, Maryann Griffin, Jim Moden, James Baldwin, Pam Miller, Melissa McKeever).

The Fulton County Senior Center is a program of the Fulton County Commissioners, funded through levy money, donations, and under a grant, administered by the Ohio Department of Aging and the Area Office on Aging.

Please direct all calls/inquiries to our main number at 419-337-9299.