

SERVING CITIZENS OF FULTON COUNTY 60 YEARS & OVER

# SENIOR

B-zz

**MAY 2016**

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

## SENIOR NEWS

### UPCOMING EVENTS & DAY TRIPS - ALL SITES

- May 31** – Day Trip to Shipshewana, Indiana (FULL)
- June 10** – Cruise In (Bring your classic vehicle)
- June 17** – Day Trip to National Museum of the Great Lakes
- July 19** – Day Trip to Rutherford B. Hayes Presidential Home & Museum
- August 23** – Day Trip to Auburn Cord Duesenberg Automobile Museum

### IMPORTANT REQUEST

If you receive home-delivered meals, we thank you in advance for keeping your dog(s) restrained. This courteous act keeps our meal drivers safe and ensures that you receive your meal in a timely manner.

### CALLING ALL CLASSIC VEHICLES

Rev up memories at the third annual Cruise In June 10. Bring your restored or antique car, truck, motorcycle or bicycle to the Wauseon site and invite your friends to bring theirs, too. Vehicles may start rolling in at 8:00 am and roll out around 1:30 pm. Enjoy ice cream as you walk around and view the rides. You are welcome to join us for lunch. Please make your lunch reservations by June 7 with Karen. Register your vehicle with Beth so we allow for enough parking spaces.

## SENIOR SPOTLIGHT



Our May spotlight falls on Harlan and Joan Lawrence of Wauseon. On May 25, these sweethearts will celebrate 69 years of marriage! “We’re going for 70!” Joan said with a chuckle. The Lawrences have been attending the Wauseon Senior Center going on

two years. “We come for the fellowship,” Joan explained. “We really enjoy it. We think we have a wonderful Senior Center.” They were pleasantly surprised by what they found when they started attending. “You don’t need to wait until you think you are old to go to the senior center. They do so many things,” she said. The Lawrences both enjoy singing in the Senior Center Choir and enjoy dressing up for Senior Center events, such as Halloween, as pictured. At home, Joan and Harlan enjoy cooking, playing card games and board games as well as visits from family.

## • 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

## PHYSICAL ACTIVITY, THE UNIVERSAL LIFE PRESERVER

Here is a list of reasons to try Tai Chi, Gentle Movement or Line Dancing at the Senior Center. According to Dr. Ann Kulze, physical activity/exercise is the closest thing we have to the magic bullet for broad-spectrum disease protection. Regular physical activity has been scientifically documented to provide the following health benefits:

- Increases longevity
- Enhances brain function and protects against dementia
- Improves quality of sleep and increases energy
- Enhances immune function and decreases the risk of infections
- Lowers the risk of all forms of cardiovascular disease to include high blood pressure, heart attacks, strokes, and elevated cholesterol
- Protects against cancers of the colon, breast, and uterus, (likely others)
- Reduces stress and anxiety
- Reduces inflammation in the body and boosts the bodies innate antioxidant enzymes
- Elevates mood – prevents and treats depression
- Increases strength, proprioception, balance, and endurance
- Protects against type II diabetes and helps regulate blood sugar levels in diabetics
- Protects against osteoporosis and builds bone density
- Improves appearance and self-esteem
- Helps develop character through fostering self-discipline, determination, and resolve
- Aids in weight loss and weight maintenance
- Improves quality of life and overall functionality

- See more at: <http://www.DrAnnWellness.com/article157.cfm#sthash.vyLGdWa2.dpuf>

## TOUR THE GREAT LAKES MUSEUM & FREIGHTER

Friday, June 17 is the date set for an exciting and educational tour of the National Museum of the Great Lakes in Toledo, Ohio. This year's trip will include an optional tour of the 'Schoonmaker' freighter which is permanently docked next to the Museum. Meet at the Wauseon site at 9:45 am. Lunch is on your own at Spaghetti Warehouse. Please note the freighter is not walker or wheelchair friendly. It was recently renovated back to its original colors, etc. and includes some tight spots, turns and low door frames. If you need a caregiver while on this trip, please bring one along to provide for your needs. Suggested donation is \$15 which covers admission and transportation. Space is limited. Sign up with Beth at 419-337-9299.

## WHERE'S VAL?

On Wednesday, June 8, Val Edwards, Information & Referral Specialist, will take appointments at the Delta Public Library from 10 to noon. Get help understanding insurance bills, Medicare, completing applications, and more. Val will be at the Swanton Library on Thursday, June 16 from 10 to noon. On Thursday, June 23, Val will be at the Evergreen Library in Metamora from 10 to noon. Tuesday, June 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

Barb Pfost of Archbold has been serving as a volunteer for the Fulton County Senior Center since spring of 2013. She joined our group of volunteers after hearing Administrative Assistant Peggy Rupp talk about the program.

Driving seniors to local medical appointments has been a very positive experience for Barb. "I get just as much of a blessing from being of service to them as they get the benefit of somebody taking them (to their medical appointment)," she said. Barb said she enjoys talking with seniors and making connections with them. She also likes the fact that volunteering adds structure to her day. "It is a wonderful thing to do! If you have that nudge that maybe you should do something, you should try it!" Barb said. Barb also enjoys volunteering at the Fulton County Health Center and at her church. When she is not volunteering, Barb likes to travel with her husband Tim, read, and walk. Thank you for your faithful service, Barb!



## WAUSEON HIGHLIGHTS

**Line Dancing:** Monday pm

**Shopping:** every Tuesday 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

**Gentle Movement:** See Calendar

**Toe Nail Clinic:** May 25. Call early for appointment; \$10.00 fee; soak feet for 30 minutes before you arrive.

- Mini Canvas Painting, no experience needed
- Music by Just Us 2
- Local Music Group "Nostalgia"
- Updates from American Red Cross, Ohio Gas, Fulton Co. Health Dept.

## ARCHBOLD HIGHLIGHTS

**Bingo:** every Friday

**Blood Pressure Check:** every 1st Wed.

**Birthday Lunch:** 1st Friday

**Bible Study:** Monday mornings

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

- Music by Just Us 2, Marc & Ellen Pember
- Chat with Chuck Lugbill
- An update from Red Cross
- Fulton County Health Department

## FAYETTE HIGHLIGHTS

**Bingo:** every Thursday

**Blood Pressure Check:** every 3rd Tuesday

**Birthday Lunch:** 1st Thursday

**Bible Study:** 10th and 24th

**Toenail Clinic:** June 28. Call early for appointment; \$10.00 fee; soak feet for 30 minutes before you arrive.

- Chair Exercises with Americare
- Veterans' Services Information
- Healthy Spine, Healthy You
- Fulton County Health Department

## SWANTON HIGHLIGHTS

**Bingo:** every Wednesday

**Birthday Lunch:** 1st Wednesday

**Blood Pressure Check:** 2nd Monday

**Toenail Clinic:** June 17. Call early for appointment; \$10.00 fee; soak feet for 30 minutes before you arrive.

- Music by Senior Center Choir
- Senior Sue Saltzman, Ventriloquist
- Hand Chimes with Gail Zenz
- Friendship Tea Party

## DELTA HIGHLIGHTS

**Bingo:** every Thursday

**Blood Pressure Check:** 2nd Tuesday

**Birthday Lunch:** 1st Thursday

**Toenail Clinic:** June 7. Call early for appointment; \$10.00 fee; soak feet for 30 minutes before you arrive.

- American Cancer Society
- Ability Center of Toledo
- Fulton County Health Department
- Gold Rush Bingo

May 8 is Mother's Day. We can all find bits of our mother in our personality, in the way we treat people or in our looks. We asked Fulton County seniors what trait or skill they inherited from their mother. Here are some of their responses.

- My mom taught me to treat another person the way you want to be treated.
- I look like my mom.
- I learned the importance of being thankful.
- She taught me how to decorate a home, to plan and cater parties and how to make useful things out of nothing.

- Mom always said, "Be kind to others."
- My sense of humor is like my mom's.
- Mom taught me the value of respect.
- Honesty is a trait I inherited from Mom.
- I am a good cook thanks to my mom.
- Mom told me and showed me how to be faithful.
- I got my wit from my mom.
- Don't whine or complain – wise words from my mom.
- She encouraged me to accept people as they are; everyone has a heart, so be friendly to everyone.
- I know how to iron my clothes thanks to Mom.

**MAY, 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 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
2 Cream of Broccoli Soup Roast Beef Sandwich Three Bean Salad Cranberry Orange Relish	3 Swedish Meat Balls Egg Noodles Cooked Cabbage Crumb Topped Peaches Fresh Apple	4 Lasagna Italian Green Beans Steamed Cauliflower Fresh Grapes	5 <b>Cinco de Mayo menu</b> Wet Burrito Mexican Style Rice Refried Beans Mandarin Oranges Grape Juice	6 Beef Pot Roast Boiled Potatoes Carrots Tropical Fruit Iced Cake
9 Liver & Onions or Salisbury Steak Mashed Potatoes Brussels Sprouts Apple Sauce	10 Sausage Patty Sandwich Hash Brown Casserole Seasoned Corn Pineapple Chunks	11 Goulash Summer Squash Tossed Salad Fruit Crisp	12 Swiss Steak Mashed Potatoes Green & Wax Beans Fresh Fruit	13 Cream of Potato Soup Ground Bologna Sandwich (LS Alt= Chicken Salad) Pea Salad Jell-O w/Fruit
16 Pub Burgers w/Cheese Oven Fries Baked Beans Fresh Orange Segments	17 Roast Pork Rice Pilaf Seasoned Spinach Apple Sauce Cranberry Juice	18 Creamed Chipped Beef Mashed Potatoes Mixed Vegetables Peaches	19 Steamed Franks (LS Alt=Chicken Breast) Macaroni & Cheese California Blend Vegetables Mixed Fruit Pineapple Juice	20 Beef & Noodles Mashed Potatoes Steamed Broccoli Pears Cookies
23 Baked Chicken Savory Bread Dressing Green Peas Cranberry Sauce Orange Juice	24 Rib Patty Sandwich Roasted Potatoes Ranch Style Beans Mandarin Oranges Pie	25 Chicken Fried Steak w/ Country Gravy Mashed Potatoes Green Beans Apple Slices w/Dip	26 Chicken Cordon Bleu Long Grain & Wild Rice Seasoned Corn Peaches Apple Juice	27 Sausage Gravy & Biscuits Hash Brown Casserole Green Salad Fruit Crunch
30 <b>CLOSED</b> <b>MEMORIAL DAY</b>	31 Beef Stroganoff Buttered Noodles Brussels Sprouts Fruit Cobbler Tomato Juice			

**WAUSEON ACTIVITIES**  
MONDAY THRU FRIDAY

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9:30 Gentle Movement (Gym) 10:30 Free Hearing Aid Cleaning 11:00 Games &amp; Cards 12:00 Lunch 1:00 Line Dancing (Gym) 1:00 Tripoley</p>	<p>10:00 Food &amp; Fitness 11:00 Brain Teasers 11:00 Tai Chi On Your Own (Gym) 12:00 Lunch 1:00 Choir Practice (Dining) 1:00 Tai Chi On Your Own (Gym)</p>	<p>9:30 Gentle Movement (Gym) 11:00 Word Puzzles 12:00 Lunch 1:00 Pepper</p>	<p><b>Wear Orange Today</b> <b>National Orange Juice Day</b> 10:15 Bingo with Fulton Manor 11:00 Tai Chi On Your Own (Gym) 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</p>
<p>9:30 Gentle Movement (Gym) 11:00 Ohio Gas Update 12:00 Lunch 1:00 Line Dancing (Gym) 1:00 Dirty Marbles</p>	<p>10:00 Senior Center Choir Sings <b>10</b> at Fulton Manor (Leave at 9:45) 10:00 Food &amp; Fitness 11:00 Tai Chi On Your Own (Gym) 12:00 Lunch 1:00 Choir Practice (Dining) 1:00 Tai Chi On Your Own (Gym)</p>	<p>9:30 Gentle Movement (Gym) <b>11</b> 11:00 American Red Cross Update 12:00 Lunch 1:00 Pepper</p>	<p>10:15 Bingo <b>12</b> 11:00 Tai Chi On Your Own (Gym) 12:00 Lunch 1:00 Tai Chi On Your Own (Gym)</p>	<p>11:00 Piano Music, <b>13</b> Linda Burkholder 12:00 Lunch 1:00 Pool (Gym)</p>
<p>9:30 Gentle Movement (Gym) <b>16</b> 11:00 Monday AM Euchre 12:00 Lunch 1:00 Line Dancing (Gym) 1:00 Special Program: Keep Your Hearing Sharp</p>	<p>10:00 Food &amp; Fitness <b>17</b> 11:00 "Just So You Know," Fulton Co. Health Dept. 11:00 Tai Chi On Your Own (Gym) 12:00 Lunch 1:00 Choir Practice (Dining) 1:00 Tai Chi On Your Own (Gym) 1:30 OPERS (Bingo Room)</p>	<p><b>Wear Your Senior Center 18</b> <b>Shirt/Hat Today</b> 9:30 Gentle Movement (Gym) 11:00 Delay The Disease (Parkinson's) 12:00 Lunch 1:00 Pepper</p>	<p>10:15 Bingo with Fulton Suites <b>19</b> 11:00 Tai Chi On Your Own (Gym) 12:00 Lunch 1:00 Tai Chi On Your Own (Gym)</p>	<p>Attorney Rebecca Steinhauser, <b>20</b> by appointment 11:00 Dominoes 12:00 Lunch 1:00 Shuffleboard</p>
<p>NO Gentle Movement <b>23</b> 11:00 Junk Drawer Detective 12:00 Lunch 1:00 Line Dancing (Gym)</p>	<p>10:00 Food &amp; Fitness <b>24</b> 11:00 "Nostalgia" Music Group 11:00 Tai Chi On Your Own (Gym) 12:00 Lunch 1:00 Choir Practice (Dining) 1:00 Tai Chi On Your Own (Gym)</p>	<p>NO Gentle Movement <b>25</b> <b>10:30 Mini-Canvas Painting</b> with Americare 10:30 Toe Nail Clinic (by appt.) 12:00 Lunch 1:00 Pepper</p>	<p><b>Gold Rush Day 26</b> <b>Wear Something Sparkly or Gold</b> 9:45 Extended Bingo 11:00 Tai Chi On Your Own (Gym) 12:00 Lunch 1:00 Tai Chi On Your Own (Gym)</p>	<p>11:00 Music by Just Us 2, <b>27</b> Marc &amp; Ellen Pember 12:00 Lunch 1:00 Dominoes</p>
<p><b>CLOSED</b> <b>MEMORIAL DAY</b></p>	<p><b>Day Trip to Shipshewana, IN 31</b> <b>Meet at Wauseon site at 7:45 am</b> 10:00 Food &amp; Fitness 11:00 Tai Chi On Your Own (Gym) 12:00 Lunch 1:00 Choir Practice (Dining) 1:00 Tai Chi On Your Own (Gym)</p>			

# DELTA / SWANTON ACTIVITIES

**DELTA-101 NORTHWOOD DR.  
UNITED METHODIST CHURCH  
TUES. & THURS.**

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>2</b></p> <p>11:00 Hand Pampering, Nail Polish by Americare 12:00 Lunch 1:00 Wii Games</p>	<p><b>3</b></p> <p>11:00 The Truth About Hospice &amp; Home Health 12:00 Lunch 1:00 Puzzles</p>	<p><b>4</b></p> <p><b>Wear Orange Today National Orange Juice Day</b> 10:00 Site Council 10:30 Bingo 12:00 Lunch &amp; Birthday Treat by Swanton Health Care 1:00 Cards &amp; Games</p>	<p><b>5</b></p> <p><b>Wear Orange Today National Orange Juice Day</b> 10:00 Site Council 10:30 Bingo 12:00 Lunch &amp; Birthday Treat 1:00 Word Games</p>	<p><b>6</b></p> <p>11:00 Senior Sue Saltzman, Ventriloquist 12:00 Lunch 1:00 Puzzles</p>
<p><b>9</b></p> <p>11:00 "Just So You Know," Fulton Co. Health Dept. &amp; Free Blood Pressure Check 12:00 Lunch 1:00 Cards &amp; Games</p>	<p><b>10</b></p> <p>11:00 "Just So You Know," Fulton Co. Health Dept. &amp; Free Blood Pressure Check 12:00 Lunch 1:00 Word Games</p>	<p><b>11</b></p> <p>10:30 Bingo 12:00 Lunch 1:00 Wii Games</p>	<p><b>12</b></p> <p>10:30 Bingo 12:00 Lunch 1:00 Puzzles</p>	<p><b>13</b></p> <p>11:00 Friendship Tea 12:00 Lunch 1:00 Word Games</p>
<p><b>16</b></p> <p>10:30 Free Hearing Aid Cleaning 11:00 PoKeNo by request 12:00 Lunch 1:00 Word Games</p>	<p><b>17</b></p> <p>11:00 Ability Center of Toledo 12:00 Lunch 1:00 Cards &amp; Games</p>	<p><b>18</b></p> <p>10:30 Bingo 12:00 Lunch 1:00 Puzzles</p>	<p><b>19</b></p> <p>10:30 Bingo 12:00 Lunch 1:00 Word Games</p>	<p><b>20</b></p> <p>11:00 Play Hand Chimes with Gail Zenz 12:00 Lunch 1:00 Wii Games</p>
<p><b>23</b></p> <p>11:00 Music by Senior Center Choir 12:00 Lunch 1:00 Cards &amp; Games</p>	<p><b>24</b></p> <p>11:00 American Cancer Society 12:00 Lunch 1:00 Word Games</p>	<p><b>25</b></p> <p><b>Wear Something Sparkly or Gold Gold Rush Day</b> 10:30 Gold Rush Bingo 12:00 Lunch 1:00 Wii Games</p>	<p><b>26</b></p> <p><b>Wear Something Sparkly or Gold Gold Rush Day</b> 10:30 Gold Rush Bingo 12:00 Lunch 1:00 Puzzles</p>	<p><b>27</b></p> <p>11:00 Music by Gene Eckley 12:00 Lunch 1:00 Cards &amp; Games</p>
<p><b>30</b></p> <p><b>CLOSED MEMORIAL DAY</b></p>	<p><b>31</b></p> <p><b>Day Trip to Shipshewana, IN</b> Meet at Wauseon site at 7:45 am 11:00 Cards &amp; Games 12:00 Lunch 1:00 Puzzles</p>			

# ARCHBOLD / FAYETTE ACTIVITIES

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>2</b></p> <p>10:30 Bible Study 11:00 Hidden Images &amp; Junk Drawer Detective 12:00 Lunch 1:00 Word Games</p>	<p><b>3</b></p> <p>11:00 Healthy Spine, Healthy You with Dr. Spiers 12:00 Lunch 1:00 Cards &amp; Games</p>	<p><b>4</b></p> <p>11:00 "Just So You Know," Fulton Co. Health Dept. &amp; Free BP Check 12:00 Lunch 1:00 Wii Games</p>	<p><b>5</b></p> <p><b>Wear Orange Today</b> <b>National Orange Juice Day</b> 10:00 Site Council 10:30 Bingo 12:00 Lunch &amp; Birthday Treat 1:00 Cards &amp; Games</p>	<p><b>6</b></p> <p><b>Wear Orange Today</b> <b>National Orange Juice Day</b> 10:00 Site Council 10:30 Bingo 12:00 Lunch &amp; Birthday Treat 1:00 Wii Games</p>
<p><b>9</b></p> <p>10:30 Bible Study 11:00 Corn Hole 12:00 Lunch 1:00 Card Games</p>	<p><b>10</b></p> <p>10:30 Bible Study 11:00 Chair Exercises with Americare 12:00 Lunch 1:00 Word Games</p>	<p><b>11</b></p> <p>11:00 Chat with Chuck Luginbill 12:00 Lunch 1:00 Wii Games</p>	<p><b>12</b></p> <p>10:30 Bingo 12:00 Lunch 1:00 Games</p>	<p><b>13</b></p> <p>10:30 Bingo with Pam 12:00 Lunch 1:00 Puzzles</p>
<p><b>16</b></p> <p>10:30 Bible Study 11:00 Zingo by request 12:00 Lunch 1:00 Word Games</p>	<p><b>17</b></p> <p>11:00 "Just So You Know," Fulton Co. Health Dept. &amp; Free BP Check 12:00 Lunch 1:00 Card Games</p>	<p><b>18</b></p> <p>11:00 Jack Dawson, wood carver 12:00 Lunch 1:00 Puzzles</p>	<p><b>19</b></p> <p>10:30 Bingo 12:00 Lunch 1:00 Wii Games</p>	<p><b>20</b></p> <p>10:30 Bingo 12:00 Lunch 1:00 Word Games</p>
<p><b>23</b></p> <p>10:30 Bible Study 11:00 Music by Just Us 2, Marc &amp; Ellen Pember 12:00 Lunch 1:00 Puzzles</p>	<p><b>24</b></p> <p>10:30 Bible Study 11:00 Veterans' Services Info 12:00 Lunch 1:00 Games</p>	<p><b>25</b></p> <p><b>Gold Rush Day</b> <b>Wear Something Sparkly or Gold</b> 11:00 American Red Cross Update 12:00 Lunch 1:00 Card Games</p>	<p><b>26</b></p> <p><b>Gold Rush Day</b> <b>Wear Something Sparkly or Gold</b> 10:30 Bingo with Pam 12:00 Lunch 1:00 Word Games</p>	<p><b>27</b></p> <p>10:30 Bingo 12:00 Lunch 1:00 Cards &amp; Games</p>
<p><b>30</b></p> <p><b>CLOSED</b> <b>MEMORIAL DAY</b></p>	<p><b>31</b></p> <p><b>Day Trip to Shipshewana, IN</b> <b>Meet at Wauseon site at 7:45 am</b> 11:00 Current Scam &amp; Fraud Info with Val Edwards 12:00 Lunch 1:00 Puzzles</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 MAY 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, Tim Gorsuch).

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.