

SERVING CITIZENS OF FULTON COUNTY 60 YEARS & OVER

SENIOR

DECEMBER 2016

Fulton County Senior Center

240 Clinton St., Wauseon, Ohio 43567

Phone: 419-337-9299 • Fax: 419-337-9289 • Hours: 8am-4pm

B-zz

SENIOR NEWS



UPCOMING EVENTS - ALL SITES INVITED

December 5 – Morning Trip to Victoria's Gifts & More, Swanton

December 6 – Christmas Concert by Nostalgia, Wauseon Senior Center

December 13 – Senior Center Choir Sings at Fayette Senior Center

December 13 – Evening Trip to Lights Before Christmas at Toledo Zoo & Pizza Party

December 16 – Concert by Circle of Friends, Wauseon Senior Center

December 19 – Senior Center Choir Sings at Archbold Senior Center

December 26 – Closed

January 2 – Closed

SENIOR SPOTLIGHT

If you know Paul Barnaby of Metamora, you know he values education and agriculture and has greatly enjoyed serving as Fulton County commissioner since January 2001. Paul graduated from Metamora High School and Ohio State University with a degree in Agriculture. He has been married to Ruth Ann, a Fayette native, for 53 years. The Barnabys have two grown children and seven granddaughters. He has been a dairy farmer, a fireman, and a teacher. If your community has a tornado siren, you can thank Paul, Dean Genter and Jack Graf as they were instrumental in getting 31 sirens installed in Fulton County. Paul was elected to the Agriculture Hall of Fame, as well as awarded Honorary State Farmer, Honorary American Farmer, and Associate Farmer of the Year. Perhaps you have seen Paul volunteering at various Senior Center events, including the annual Veterans Breakfast, as well as the Aging Consortium's Road to Wellness event for seniors. Thank you for your service to our community, Paul. "Staying active is the most important thing," Paul said.



• FULTON COUNTY SENIOR CENTER SERVICES •

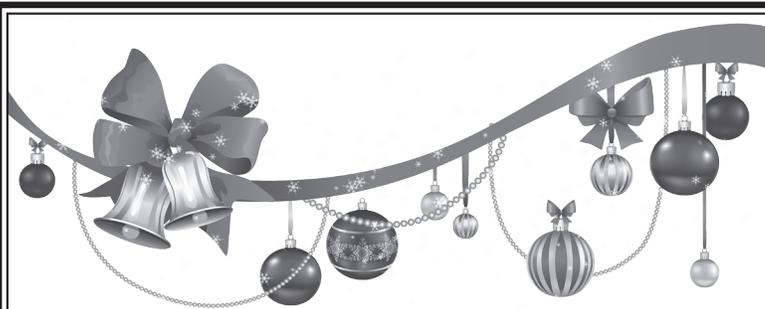
Home Delivered Meals • Congregate Meals • Education & Socialization • Monthly Newsletter (The Senior B-zz) • Information & Referral
Transportation Service for Medical Appointments • Housekeeping • Legal Services • Lending Libraries • Exercise Classes
Grocery Shopping & Bill Paying Transportation as Scheduled • 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

WINTER WEATHER ALERTS

Have you taken action and stocked up on a few shelf-stable meals in your kitchen in the unlikely event that our Senior Center would be closed due to bad weather? Also, we thank you in advance for providing a safe way to bring your meal to your door. Your meal delivery driver appreciates it when you make their safety a priority and arrange to keep your driveway and sidewalks clear of snow and ice. If Senior Center activities or meals are canceled due to bad weather, you can expect to receive a phone call from our automated phone system. One Call Now will provide you with instructions in the event of a Level 2 or Level 3 snow emergency. Level 2 means meals, activities and transportation are canceled. Level 3 means all sites are closed.

VALUABLE VOLUNTEERS

Special thanks to members of the Wauseon Middle School National Junior Honor Society and Mrs. Joy Hutchinson who volunteered at the Veterans Breakfast. This is the third year that Wauseon students have helped make the event a success.



HOLIDAY TIPS

Stress and depression can ruin your holidays and hurt your health. Being realistic, keeping up with healthy habits and reaching out can help ward off stress and depression. MayoClinic.org suggests the following tips for a calmer Christmas season.

Acknowledge your feelings. If someone close to you has recently died or you can't be with loved ones, realize that it's normal to feel sadness and grief. It's OK to take time to cry or express your feelings. You can't force yourself to be happy just because it's the holiday season.

Reach out. If you feel lonely or isolated, seek out community, religious or other social events. They can offer support and companionship. Your local senior center is a great place to start. Volunteering your time to help others is also a good way to lift your spirits and broaden your friendships.

Be realistic. The holidays don't have to be perfect or just like last year. As families change and grow, traditions and rituals often change as well. Choose a few to hold on to, and be open to creating new ones. For example, if your adult children can't come to your house, find new ways to celebrate together, such as sharing pictures, emails or videos.

Don't abandon healthy habits. Don't let the holidays become a free-for-all. Overindulgence only adds to your stress and guilt. Get plenty of sleep. Incorporate regular physical activity into each day.

Source: <http://www.mayoclinic.org>

THANK YOU

Thank you to the many volunteers who helped make the November Veterans Breakfast a huge success. Thank you to Bob Lehman for providing morning treats and chocolate syrup for the ice cream. Thank you for Bob and Sara Short for the microphone stand.

GOOD NEWS FOR WINTER SPORTS FANS

Many high schools in Fulton County offer a senior citizen pass to athletic events. If you are a high school sports fan, contact your local high school to ask about discounted or free admission season passes for seniors.

WHERE'S VAL?

On Thursday, December 1, Val Edwards, Information & Referral Specialist, will take appointments from 10:00 am to 3:00 pm at the Swanton Library. Get help understanding Medicare and Social Security issues, insurance bills, completing applications, and more. On Tuesday, December 27, Val will be at the Evergreen Library in Metamora from 10 a.m. 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.

WAUSEON HIGHLIGHTS

Golden Drummers: Friday am

Shopping: Tuesday pm

Tai Chi: every Tues. and Thurs.

Food & Fitness: Tuesday at 10:00 am

Choir Practice: Tuesday pm

Pepper: Wednesday pm

Bingo: Thursday mornings

Birthday Party: first Friday

Gentle Movement Resumes: January 2017

Toe Nail Clinic: January 25, 2017.

Call early for appointment; \$10.00 fee;
soak feet for 30 minutes before you arrive.

- Golden Drummers and Tai Chi On Your Own continue
- Paint a Mini Canvas with Americare; \$3.00 per person
- Circle of Friends Christmas Concert
- Christmas Concert by Nostalgia



ARCHBOLD HIGHLIGHTS

Bingo: Fridays

Blood Pressure Check: first Wednesday

Birthday Lunch: first Friday

Bible Study: Monday mornings

Toenail Clinic: December 21.

Call early for appointment; \$10.00 fee;
soak feet for 30 minutes before you arrive.

- Archbold Choral Group
- Senior Center Choir
- Christmas Music by Susan Johnson

SWANTON HIGHLIGHTS

Bingo: every Wednesday

Birthday Lunch: first Wednesday

Blood Pressure Check: second Monday

Toenail Clinic: December 16.

Call early for appointment; \$10.00 fee;
soak feet for 30 minutes before you arrive.

- Bell Choir from Sunshine Community
- Visit from Santa
- Bring Your Grandkids to Bingo

FAYETTE HIGHLIGHTS

Bingo: every Thursday

Blood Pressure Check: third Tuesday

Birthday Lunch: first Thursday

Bible Study: 13th and 27th

Toenail Clinic: December 20.

Call early for appointment; \$10.00 fee;
soak feet for 30 minutes before you arrive.

- Music from Fayette School students
- Senior Center Choir
- Wii Games

HEATING BILL HELP

Winter weather and cold temps are on the way! Do you need assistance with your heating bill? Northwestern Ohio Community Action Commission continues to offer help with heating costs. If you are a resident of Fulton County and meet income and other guidelines, you might qualify. The Winter Crisis Program provides help to customers that are threatened with disconnection, have already been disconnected, need to establish new service or are in need of propane, fuel oil or any other bulk fuel. Certain documentation is required. The program runs until March 31, 2017. Please call this appointment hotline number: 1-844-493-1193.

DELTA HIGHLIGHTS

Bingo: every Thursday

Blood Pressure Check: December 27

Birthday Lunch: first Thursday

Toenail Clinic: December 6. Call early for appointment;
\$10.00 fee; soak feet for 30 minutes before you arrive.

- Performance by the Del-Aires from Delta High School
- Christmas Concert by Circle of Friends
- Bring Your Grandkids to Bingo

DECEMBER, 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
			1 Beef Vegetable Soup Ground Bologna Sandwich (LS Alt=Chicken Salad) Pea Salad Jell-O w/Fruit	2 Pork Roast Rice Pilaf Seasoned Spinach Apple Sauce Cranberry Juice
5 Creamed Chipped Beef Mashed Potatoes Mixed Vegetables Peaches	6 Simmered Franks (LS Alt=Chicken Breast) Baked Beans California Blend Vegetables Mixed Fruit	7 Beef Stroganoff Buttered Noodles Brussels Sprouts Fruit Cobbler	8 Chicken Breast Sandwich O'Brien Potatoes Buttered Beets Malibu Fruit Salad	9 Chicken Alfredo Pasta Steamed Carrots Peas Pineapple & Bananas
12 Country Fried Steak Mashed Potatoes Green Beans Apricots	13 Stuffed Chicken Breast Long Grain & Wild Rice Cook's Choice Vegetables Fresh Grapes Asst. Juices	14 Sausage Gravy & Biscuits Hash Brown Casserole Tossed Salad Fruit Crunch	15 Beef & Noodles Mashed Potatoes Steamed Broccoli Peaches Cookies	16 Ham Loaf (LS Alt=Meatloaf) Sweet Potatoes Sugar Snap Peas Pineapple Chunks
19 Pasta w/Meat Sauce Steamed Broccoli Cream Style Corn Diced Fruit	20 Hot Chicken Sandwich Potato Wedges Creamy Cole Slaw Baked Apples	21 Goulash Cooked Cabbage Mixed Vegetables Peaches	22 Broccoli Cheese Soup Turkey Sandwich Cucumber Salad 5 Cup Salad	23 Beef Pot Roast Boiled Potatoes Sliced Carrots Orange Segments Yogurt
26 CLOSED MERRY CHRISTMAS	27 BBQ Pork Sandwich Macaroni & Cheese Succotash Creamy Cole Slaw Pineapple Juice	28 Steamed Hot Dogs (LS Alt=Chicken Breast) Baked Beans Seasoned Corn Fruit Salad	29 Roast Turkey Dressing Green Beans Baby Carrots Orange Cranberry Relish	30 Sausage & Sauer Kraut (LS Alt=Pork Roast) Smashed Red Potatoes Peas w/Onions Bananas

WAUSEON ACTIVITIES
MONDAY THRU FRIDAY

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>11:00 Visit from Santa & Mrs. Claus & Decorate Christmas Cookies 12:00 Lunch NO Line Dancing (Gym)</p> <p>5</p>	<p>10:00 Food & Fitness 11:00 Free Christmas Music Concert by Nostalgia 11:00 Tai Chi On Your Own (Gym) 12:00 Lunch 1:00 Choir Practice 1:00 Tai Chi On Your Own (Gym)</p> <p>6</p>	<p>Wear Red & White Today 10:30 Mini Canvas Painting, Holiday Theme with Danae of Americare, \$3.00 12:00 Lunch 1:00 Pepper (Bingo Room)</p> <p>7</p>	<p>National Tie Day; Wear a Tie 10:15 Bingo 11:00 Tai Chi On Your Own (Gym) 12:00 Lunch 1:00 Tai Chi On Your Own (Gym)</p> <p>8</p>	<p>10:30 Golden Drummers 11:00 Site Council 12:00 Lunch 12:30 Birthday Party 1:00 Music by Evergreen Viking Voices</p> <p>2</p>
<p>10:30 Free Hearing Aid Cleaning with Todd (Note date change) 12:00 Lunch 12:30 Wauseon Chorale NO Line Dancing (Gym)</p> <p>12</p>	<p>11:00 Choir Sings at Fayette Senior Center, Fayette Family Life Center (Leave at 10:15) 11:00 Tai Chi On Your Own (Gym) 12:00 Lunch 1:00 Tai Chi On Your Own (Gym) Meet at 2:45 Evening Trip to Toledo Zoo Lights</p> <p>13</p>	<p>11:00 Bell Choir, Sunshine Community 12:00 Lunch 1:00 Pepper (Bingo Room)</p> <p>14</p>	<p>Grinch Day; Wear Green 10:15 Bingo with Fulton Suites 11:00 Tai Chi On Your Own (Gym) 12:00 Lunch 1:00 Tai Chi On Your Own (Gym)</p> <p>15</p>	<p>10:30 Golden Drummers 11:00 Music Concert by Circle of Friends 12:00 Lunch 1:00 Gym Walking</p> <p>16</p>
<p>11:00 Senior Center Choir Sings at Archbold Site (Leave 10:30) 12:00 Lunch NO Line Dancing</p> <p>19</p>	<p>10:00 Food & Fitness 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 1:00 Tai Chi On Your Own (Gym) 1:30 OPERS (Bingo Room)</p> <p>20</p>	<p>Tacky Sweater or Socks Day 11:00 Music by Jim Roos & Deb Schmitkey 12:00 Lunch 1:00 Pepper (Bingo Room)</p> <p>21</p>	<p>10:15 White Elephant Bingo (Bring a White Elephant Gift, Wrapped or Bagged) 11:00 Tai Chi On Your Own (Gym) 12:00 Lunch 1:00 Tai Chi On Your Own (Gym)</p> <p>22</p>	<p>10:30 Golden Drummers 12:00 Lunch 1:00 Gym Walking</p> <p>23</p>
<p>CLOSED MERRY CHRISTMAS</p> <p>26</p>	<p>10:00 Food & Fitness 10:00 Un-decorate Christmas 11:00 Tai Chi On Your Own (Gym) 12:00 Lunch 1:00 Choir Practice 1:00 Tai Chi On Your Own (Gym)</p> <p>27</p>	<p>11:00 Un-decorate Christmas 12:00 Lunch 1:00 Pepper (Bingo Room)</p> <p>28</p>	<p>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>29</p>	<p>10:30 Golden Drummers 12:00 Lunch 1:00 Gym Walking</p> <p>30</p>

DELTA / SWANTON ACTIVITIES

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

**SWANTON
217 CHESTNUT ST.
MON., WED., & FRI**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 10:00 to 3:00 <i>Val at Swanton Library</i> 10:00 Site Council 10:30 Bingo 12:00 Birthday Lunch 1:00 Games	2 11:00 Piano Music by Jimmy Stewart 12:00 Lunch 1:00 Cards & Games
5 10:00 Morning Trip to Victoria's Gifts & More 12:00 Lunch 1:00 Puzzles	6 10:30 Toe Nail Clinic (by appointment) 11:00 Free Concert by Circle of Friends 12:00 Lunch 1:00 Word Games	7 10:00 Site Council 10:30 Bingo 12:00 Lunch & Birthday Cake by Swanton Health Care 1:00 Games	8 Wear Red & White Today 10:30 Bingo with Delta School Caller 12:00 Lunch 1:00 Cards & Games	9 Wear Red & White Today 11:00 Sunshine Community Bell Choir 12:00 Lunch 1:00 Puzzles
12 11:00 "Just So You Know" by Fulton Co. Health Dept. 12:00 Lunch 1:00 Word Games	13 11:00 Del-Aires from Delta High School 12:00 Lunch 1:00 Games	14 10:30 Bingo 12:00 Lunch 1:00 Cards	15 Tacky Sweater or Socks Day 10:30 Bingo 12:00 Lunch 1:00 Puzzles	16 Tacky Sweater or Socks Day 10:30 Toe Nail Clinic (by appointment) 11:00 Swanton High School Choral Ensemble 12:00 Lunch 1:00 Word Games
19 10:30 Free Hearing Aid Cleaning 11:00 Enjoy a Visit from Santa & Mrs. Claus & Bring a Wrapped, White Elephant Gift for the Left-Right Game; Cookie Decorating 12:00 Lunch 1:00 Games	20 11:00 Enjoy a Visit from Santa & Mrs. Claus & Bring a Wrapped, White Elephant Gift for the Left-Right Game Cookie Decorating 12:00 Lunch 1:00 Cards & Games	21 Grinch Day; Wear Green 10:30 Bingo 12:00 Lunch 1:00 Puzzles	22 Grinch Day; Wear Green 10:30 Bingo 12:00 Lunch 1:00 Word Games	23 11:00 Old-Fashioned Christmas Show & Tell (Bring an item), Gingerbread House Decorating 12:00 Lunch 1:00 Cards
25 CLOSED MERRY CHRISTMAS	27 <i>10 to Noon Val at Evergreen Library</i> 11:00 "Just So You Know" & Free Blood Pressure Checks by Fulton Co. Health Dept. (Note Date Change) 12:00 Lunch 1:00 Puzzles	28 10:30 Bring Your Grandkids to Bingo 12:00 Lunch 1:00 Word Games	29 10:30 Bring Your Grandkids to Bingo 12:00 Lunch 1:00 Cards	30 11:00 Bunco By Request 12:00 Lunch 1:00 Games

ARCHBOLD / FAYETTE ACTIVITIES

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

FAYETTE - FAMILY LIFE CENTER
TUES., & THURS.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>5</p> <p>10:30 Bible Study 11:00 Archbold School Choral Group 12:00 Lunch 1:00 Cards</p>	<p>6</p> <p>11:00 Fayette School Music Students 12:00 Lunch 1:00 Wii Games</p>	<p>7</p> <p>11:00 "Just So You Know," Fulton Co. Health Dept. & Free BP Checks 12:00 Lunch 1:00 Games</p>	<p>National Tie Day; Wear a Tie 1</p> <p>10:00 Site Council 10:30 Bingo 12:00 Lunch & Birthday Treat 1:00 Cards & Games</p>	<p>National Tie Day; Wear a Tie 2</p> <p>10:00 Site Council 10:30 Bingo 12:00 Lunch & Birthday Treat 1:00 Puzzles</p>
<p>12</p> <p>10:30 Bible Study 11:00 Decorate Christmas Cookies 12:00 Lunch 1:00 Games</p>	<p>Wear Senior Center Shirt or Hat</p> <p>10:30 Bible Study 11:00 Concert by Senior Center Choir 12:00 Lunch 1:00 Cards & Games</p>	<p>14</p> <p>11:00 Piano Music by Susan Johnson 12:00 Lunch 1:00 Puzzles</p>	<p>Wear Red & White Today 8</p> <p>10:30 Bingo 12:00 Lunch 1:00 Puzzles</p>	<p>Wear Red & White Today 9</p> <p>10:30 Bingo 12:00 Lunch 1:00 Word Games</p>
<p>19</p> <p>Wear Senior Center Shirt or Hat</p> <p>10:30 Bible Study 11:00 Concert by Senior Center Choir 12:00 Lunch 1:00 Cards & Games</p>	<p>20</p> <p>10:30 Toe Nail Clinic (By Appointment) 10:45 Decorate Christmas Cookies 11:00 "Just So You Know," Fulton Co. Health Dept. & Free BP Checks 12:00 Lunch 1:00 Puzzles</p>	<p>21</p> <p>10:30 Toe Nail Clinic (By Appointment) 11:00 Enjoy a Visit from Santa & Mrs. Claus 12:00 Lunch 1:00 Word Games</p>	<p>Tacky Sweater or Socks Day 15</p> <p>10:30 Bingo 12:00 Lunch 1:00 Word Games</p>	<p>Tacky Sweater or Socks Day 16</p> <p>10:30 Bingo 12:00 Lunch 1:00 Cards</p>
<p>26</p> <p>CLOSED MERRY CHRISTMAS</p>	<p>27</p> <p>10:30 Bible Study 11:00 Wii Games 12:00 Lunch 1:00 Word Games</p>	<p>28</p> <p>11:00 Games 12:00 Lunch 1:00 Cards</p>	<p>Grinch Day; Wear Green Today 22</p> <p>10:30 Bingo 12:00 Lunch 1:00 Cards</p>	<p>Grinch Day; Wear Green Today 23</p> <p>10:30 Bingo 12:00 Lunch 1:00 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

 If you or a family member would like to receive this newsletter by e-mail, please contact us at kschroeder@fultoncountyoh.com.

DATED MATERIAL - DELIVER BEFORE DECEMBER 1, 2016

FULTON COUNTY SENIOR CENTER STAFF

Director	Sheri Rychener
Receptionist	Karen Schroeder
Administrative Assistant/Volunteer Coordinator	Brandi Nafziger
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	Kim Machinski, Jerry Lighthill, Juan Avina, Chris Sager, Bill Sigg, Naaman Thomas, Brenda Hauck, James Mapes, Tim Gorsuch
Substitutes	Judy Thourot, John Moden, Peggy Wilson, Leland Good, Joe Sutton, Maryann Griffin, Jim Moden, James Baldwin, Pam Miller, Angela Johnston, Sharon McCabe, James Davis, Chad Hayward, Karen James, Abigail Rodriguez

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.
Hours of Operation: 8:00am-4:00pm