

SERVING CITIZENS OF FULTON COUNTY 60 YEARS & OVER

SENIOR

FEBRUARY 2017

Fulton County Senior Center

240 Clinton St., Wauseon, Ohio 43567

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



SENIOR NEWS

PAINTING CLASSES OFFERED

Artist Nora Sallows plans to return to the Fulton County Senior Center in March. She will provide acrylic painting classes at the Wauseon site on Fridays, **March 17, 24, 31 and April 7**. This series of four classes will take place from 1:00 – 3:00 pm. Nora provides the paint, canvases, easels, brushes and expertise and you pay only \$80 for the series or \$25 each if you'd like to take one or two classes only. Payment due March 17. She must receive your commitment to these classes by **March 8**. Call Beth at 419-337-9299 to register.

UPCOMING EVENTS - ALL SITES INVITED

- February 8** – Day Trip to Magic Show & Museum, Wauseon
- February 20** – Closed for Presidents' Day
- March 8** – Day Trip Salon / Spa Day at Four County
- March 17, 24, 31, April 7** – Painting Class with Nora Sallows
- April 21** – “Senior” Prom, Wauseon Senior Center Gym
- April 26** – Joe LaConey Band, Wauseon Senior Center Gym

SENIOR SPOTLIGHT

Observing 70 Valentine's Days with your sweetheart is a rare gift. That is exactly what Carlton and Wilma Lemons of Wauseon will get to do this year. Their story began in 1946 in their hometown of Bryan, Ohio. Carlton returned from World War II and friends introduced him to Wilma, a high-school senior. “We dated five months and then we eloped!” explained Wilma, who returned to her senior-year classes as a married woman. On January 31, 2017, Carlton and Wilma celebrated 70 years of marriage. Wilma said their faith has sustained them through the decades and daily Bible devotions have always been a priority. For many years, Carlton and Wilma ran competitively and completed races as long as 15k (just over 9 miles). These days you can find the Lemons pair exercising daily at Elm Street Rehab. Carlton and Wilma enjoy lunches at the Wauseon Senior Center site. They have attended Senior Center day trips and say the housekeeping service has been a tremendous help. Happy anniversary, Carlton and Wilma!



• 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

February is Heart Health Month. How healthy is my heart? Am I physically active every day? Do I eat a heart-healthy diet? Do I maintain a healthy weight? Are my blood pressure and blood sugar levels healthy? **Join Fulton County Health Center's Jamin Torres for Heart Health tips and news on Feb. 15 at 11:00 am at the Archbold Senior Center or on Feb. 22 at 11:00 am at the Fulton County Senior Center, Wauseon.**

CONGRATULATIONS

Congratulations to Ken Brink. February 2017 marks Ken's ten-year anniversary of serving as a volunteer driver for our medical transportation program. Thank you for your years of service, Ken! We appreciate it.

TAX PREPARATION ASSISTANCE

Northwest Ohio Community Action Commission (NOCAC) offers assistance with tax preparation. Call 419-784-2150 ext. 1108. Free tax help at the Detwiler Building in Wauseon on Wednesdays from February 1 until April 12. Tax assistance also available at the Fayette Opera House February 9 and March 23 from 9 am to 4 pm; and at Clay Meadows Apartments on February 22 or the Archbold Library on February 15 and March 15. Or sign up for an appointment at Delta Library on February 23, March 9 or March 30 from 10 am to 5 pm. By appointment only.

2016 MEDICARE OPEN ENROLLMENT RECAP

The 2016 Medicare Open Enrollment period was very successful here in Fulton County. Many seniors were assisted in finding a Prescription Drug Plan or a Medicare Advantage Plan that helped save them money and get more coverage for their needs. This is especially important for those whose medications may have changed throughout the year and their current drug plan was not covering the changes. Other reasons to check your drug plan/advantage plan annually include increases in premiums, deductibles, and co-pays. The average appointment time to receive a plan comparison is 30 minutes per person. This time can really pay off as a total of over \$75,000 was saved for Fulton County Seniors this year. Medicare Open Enrollment is each year from October 15th - December 7th. Appointments are mandatory during this time and go fast, so please mark your calendars and remember to give us a call in September to schedule your comparison. Thank you to all who helped make this year's Open Enrollment such a success and as always please keep in mind that Val is available to assist you with questions on Medicare and related topics. She can be reached at 419-337-9299 to schedule an appointment.

VALUABLE VOLUNTEER

Mike and Linda Reetz of Wauseon started attending the Fulton County Senior Center in Wauseon in the fall of 2015. "We started attending Bingo one day a week. It was a really good time and we looked forward to it," Linda explained. After several weeks, the Reetz's involvement grew. They started playing cards, then joined in on several day trips. Linda tried line dancing and the Golden Drummers' class. A Bingo caller was needed, and after several weeks of calling, Linda's doctor noticed an improvement in her health. "He asked me if I was walking more, and I told him I was calling Bingo. He told me to keep doing what I was doing!" Linda said. Mike and Linda enjoy the meals and look forward to Swiss steak and chicken & noodles, especially. The Reetz's are willing to help out wherever they are needed, including set-up for the November Veterans Breakfast and with Christmas decorations. We appreciate your faithful attendance and for volunteering your time at the Senior Center!



We have a unique opportunity to expand our day and multi-day trip options for you. Tour host and Excursions tour bus driver, Randy Nafziger, with R & R Tours of rural Pettisville, has scheduled a line-up of fun and educational trips for 2017. Popular destinations include The Ark Encounter & Creation Museum with dinner cruise on June 21 and 22. Visit Turkeyville, Michigan in July. In November, R & R Tours has planned an overnight trip to Frankenmuth, Michigan, with shopping at Birch Run. For details, registration and payment information, call Diane Nafziger at 419-445-3486. Trip fliers are also available at Fulton County Senior Center sites. With R & R Tours providing these trips, it will allow time for the Senior Center to plan monthly closer-to-home outings using Senior Center transportation.

DELTA HIGHLIGHTS

Bingo: every Thursday

Blood Pressure Check: second Tuesday

Birthday Lunch: first Thursday

Toenail Clinic: February 14. Call early for appointment; \$10.00 fee; soak feet for 30 minutes before you arrive.

- Valentine craft with Mary
- Beach Day Bingo
- Update from Delta Chamber of Commerce

SWANTON HIGHLIGHTS

Bingo: every Wednesday

Birthday Lunch: first Wednesday

Blood Pressure Check: second Monday

Toenail Clinic: February 13. Call early for appointment; \$10.00 fee; soak feet for 30 minutes before you arrive.

- Currier & Ives by Jim
- Beach Day Bingo
- Valentine craft with Mary

GENTLE MOVEMENT

Give yourself a reason to keep moving! Join Gentle Movement classes in the Wauseon Senior Center gym on Monday and Wednesday mornings at 9:30 am.

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.

WAUSEON HIGHLIGHTS

NO Choir Practice in Feb.

Golden Drummers Exercise: Friday am

Shopping: Tuesday pm

Tai Chi on DVD: every Tues and Thurs

Food & Fitness: Tuesday at 10:00 am

Pepper: Wednesday pm

Bingo: Thursday mornings

Birthday Party: first Friday

Gentle Movement Exercise: Mon & Wed am

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

- Valentine Canvas Painting, \$3
- Heart Health Update with Jamin
- Learn about the Fulton Co. app with Toni

ARCHBOLD HIGHLIGHTS

Bingo: Fridays

Blood Pressure Check: first Wednesday

Birthday Lunch: first Friday

Bible Study: Monday mornings

Toenail Clinic: February 1. Call early for appointment; \$10.00 fee; soak feet for 30 minutes before you arrive.

- Music by Hannah, Fulton Co. Health Center
- Heart Health Update with Jamin
- Family Feud

FAYETTE HIGHLIGHTS

Bingo: every Thursday

Blood Pressure Check: third Tuesday

Birthday Lunch: first Thursday

Toenail Clinic: February 21. Call early for appointment; \$10.00 fee; soak feet for 30 minutes before you arrive.

- The Dish on Sugar
- "How Do You Handle It?"
- Movie Trivia

FEBRUARY, 2017

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 Sausage Patty Sandwich Hash Brown Casserole Succotash Pineapple Chunks	2 Goulash Summer Squash Tossed Salad Fruit Crisp	3 Swiss Steak Mashed Potatoes Green & Wax Beans Fresh Fruit
6 Cheeseburgers Oven Fries Baked Beans Orange Segments Cookies	7 Minestrone Soup Ground Bologna Sandwich (LS Alt=Chicken Salad) Pea Salad Jell-O w/Fruit	8 Roast Pork Rice Pilaf Seasoned Spinach Applesauce Cranberry Juice	9 Creamed Chipped Beef Mashed Potatoes Mixed Vegetables Peaches	10 Steamed Hot Dogs (LS Alt=Chicken Breast) Macaroni & Cheese California Blend Vegetables Mixed Fruit Pineapple Juice
13 Beef Stroganoff Buttered Noodles Brussels Sprouts Peach Cobbler	14 Chicken Patty Sandwich O'Brien Potatoes Buttered Beets Fruit Salad	15 Pasta w/Meat Sauce Cream Style Corn Peas Fresh Orange	16 Country Fried Steak Mashed Potatoes Green Beans Apricots Iced Cake	17 Breaded Chicken Strips Seasoned Potato Wedges Malibu Blend Vegetables Pears
20 CLOSED PRESIDENTS' DAY	21 Sausage Gravy & Biscuits Au Gratin Potatoes Tossed Salad Fruit Crunch	22 Beef & Noodles Mashed Potatoes Sugar Snap Peas Peaches Yogurt	23 Ham Loaf (LS Alt=Meatloaf) Sweet Potatoes Butter Beans Pineapple Chunks	24 Chicken Alfredo Pasta Steamed Carrots Broccoli Florets Bananas
27 Hot Chicken Sandwich Oven Fries Cole Slaw Baked Apples	28 Kraut & Sausage (LS Alt=Pork Roast) Smashed Red Potatoes Peas w/Onions Diced Fresh Fruit			

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 Exercise (Gym)</p> <p>10:30 Free Hearing Aid Cleaning</p> <p>11:00 Learn about the Fulton Co. Website & App with Toni S.</p> <p>12:00 Lunch</p> <p>1:00 Tripoley</p>	<p>10:00 Food & Fitness</p> <p>11:00 Tai Chi On Your Own (Gym)</p> <p>12:00 Lunch</p> <p>NO Choir Practice</p> <p>1:00 Tai Chi On Your Own (Gym)</p>	<p>9:30 Gentle Movement Exercise (Gym)</p> <p>10:30 (Note Time) Valentine Mini Canvas Painting, \$3</p> <p>12:00 Lunch</p> <p>1:00 Pepper (Bingo Room)</p>	<p>10:15 Bingo with Fulton Manor Guests</p> <p>11:00 Tai Chi On Your Own (Gym)</p> <p>12:00 Lunch</p> <p>1:00 Tai Chi On Your Own (Gym)</p>	<p>Go Red for Women Day Wear Red</p> <p>10:30 Golden Drummers</p> <p>11:00 Site Council</p> <p>12:00 Lunch</p> <p>12:30 Birthday Party</p>
<p>9:30 Gentle Movement Exercise (Gym)</p> <p>11:00 Family Feud</p> <p>12:00 Lunch</p> <p>1:00 Dirty Marbles</p>	<p>Wear Red or Pink</p> <p>10:00 Food & Fitness</p> <p>11:00 Photo Booth</p> <p>11:00 Tai Chi On Your Own (Gym)</p> <p>12:00 Lunch</p> <p>NO Choir Practice</p> <p>1:00 Tai Chi On Your Own (Gym)</p>	<p>Wear a Senior Center Shirt or Hat</p> <p>9:30 Gentle Movement Exercise (Gym)</p> <p>Trip: Kenneth Ladd's Magic Show & Magic Museum</p> <p>12:00 Lunch</p> <p>1:00 Pepper (Bingo Room)</p>	<p>10:15 Bingo</p> <p>11:00 Tai Chi On Your Own (Gym)</p> <p>12:00 Lunch</p> <p>1:00 Tai Chi On Your Own (Gym)</p>	<p>10:30 Golden Drummers</p> <p>12:00 Lunch</p> <p>1:00 Walk the Gym</p>
<p>CLOSED PRESIDENTS' DAY</p>	<p>10:00 Food & Fitness</p> <p>11:00 "Just So You Know," Fulton Co. Health Dept.</p> <p>11:00 Tai Chi On Your Own (Gym)</p> <p>12:00 Lunch</p> <p>NO Choir Practice</p> <p>1:00 Tai Chi On Your Own (Gym)</p>	<p>9:30 Gentle Movement Exercise (Gym)</p> <p>11:00 Music by Jim Roos & Deb Schmitkey</p> <p>12:00 Lunch</p> <p>1:00 Pepper (Bingo Room)</p>	<p>10:15 Bingo with Fulton Suites Guests</p> <p>11:00 Tai Chi On Your Own (Gym)</p> <p>12:00 Lunch</p> <p>1:00 Tai Chi On Your Own (Gym)</p>	<p>10:30 Golden Drummers</p> <p>12:00 Lunch</p> <p>1:00 Walk the Gym</p>
<p>9:30 Gentle Movement Exercise (Gym)</p> <p>11:00 Brain Builder, "Use It or Lose It"</p> <p>12:00 Lunch</p> <p>1:00 Hand & Foot</p>	<p>10:00 Food & Fitness</p> <p>11:00 Tai Chi On Your Own (Gym)</p> <p>12:00 Lunch</p> <p>NO Choir Practice</p> <p>1:00 Tai Chi On Your Own (Gym)</p>	<p>9:30 Gentle Movement Exercise (Gym)</p> <p>11:00 Heart Health with Jamin Torres</p> <p>12:00 Lunch</p> <p>1:00 Pepper (Bingo Room)</p>	<p>9:45 Extended Bingo</p> <p>11:00 Tai Chi On Your Own (Gym)</p> <p>12:00 Lunch</p> <p>1:00 Tai Chi On Your Own (Gym)</p>	<p>10:30 Golden Drummers</p> <p>12:00 Lunch</p> <p>1:00 Walk the Gym</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 Site Council 10:30 Super Bowl Bingo (Wear a jersey) 12:00 Lunch & Birthday Cake from Swanton Health Care 1:00 Games	2 10:00 Site Council 10:30 Super Bowl Bingo (Wear a jersey) 12:00 Lunch & Birthday Treat 1:00 Cards & Games	3 Go Red For Women Day Wear Red 11:00 Update from Swanton Chamber of Commerce, Neil Toeppe 12:00 Lunch
6 11:00 Valentine Crafts with Mary Buckmiller 12:00 Lunch 1:00 Cards	7 11:00 Valentine Crafts with Mary Buckmiller 12:00 Lunch 1:00 Games	8 10:30 Valentine Bingo (Wear Red or Pink) 12:00 Lunch 1:00 Cards & Games	9 10:30 Valentine Bingo with Delta School Caller (Wear Red or Pink) 12:00 Lunch 1:00 Puzzles	10 11:00 Valentine's Day Program Evergreen Student Council 12:00 Lunch 1:00 Wii Games
13 10:30 Toe Nail Clinic (By Appointment) 11:00 "Just So You Know" & Free Blood Pressure Checks, Fulton Co. Health Dept. 12:00 Lunch 1:00 Games	14 10:30 Toe Nail Clinic (By Appointment) 11:00 "Just So You Know" & Free Blood Pressure Checks, Fulton Co. Health Dept. 12:00 Lunch 1:00 Cards & Games	15 10:30 Beach Day Bingo 12:00 Lunch 1:00 Puzzles	16 10:30 Beach Day Bingo 12:00 Lunch 1:00 Wii Games	17 11:00 Bring an item from a wedding for "Wedding Show & Tell" 12:00 Lunch 1:00 Cards
20 CLOSED PRESIDENTS' DAY	21 11:00 Music by Elwyn Bates 12:00 Lunch 1:00 Puzzles	22 10:30 Bingo with Mystery Caller 12:00 Lunch 1:00 Wii Games	23 Wear a Senior Center Shirt or Hat 10:00 Extended Bingo 12:00 Lunch 1:00 Cards	24 11:00 Bunco 12:00 Lunch 1:00 Cards
27 Wear a Senior Center Shirt or Hat 10:30 Free Hearing Aid Cleaning 11:00 Currier & Ives, Jim Adams 12:00 Lunch 1:00 Puzzles	28 11:00 Update from Delta Chamber of Commerce 12:00 Lunch 1:00 Wii Games			

ARCHBOLD / FAYETTE ACTIVITIES

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

**FAYETTE - FAMILY LIFE CENTER
TUES., & THURS.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 10:30 Toe Nail Clinic (By appointment) 11:00 "Just So You Know," Fulton Co. Health Dept. & Free Blood Pressure Check 12:00 Lunch 1:00 Wii Games	2 10:00 Site Council & Nutrition Education 10:30 Bingo 12:00 Lunch & Birthday Treat 1:00 Cards & Games	3 Go Red For Women Day Wear Red 10:00 Site Council & Nutrition Education 10:30 Bingo 12:00 Lunch & Birthday Treat 1:00 Puzzles
6 10:30 Bible Study 11:00 Family Feud with Vicki 12:00 Lunch 1:00 Games	7 11:00 The Dish on Sugar with Fulton Co. Diabetes Educator 12:00 Lunch 1:00 Wii Games	8 11:00 Games 12:00 Lunch 1:00 Cards & Games	9 10:30 Bingo 12:00 Lunch 1:00 Puzzles	10 10:30 Bingo 12:00 Lunch 1:00 Word Games
13 10:30 Bible Study 11:00 Frosty Word Search 12:00 Lunch 1:00 Games	14 11:00 Game, "How Do You Handle It?" with Vicki 12:00 Lunch 1:00 Cards & Games	15 Wear a Senior Center Shirt or Hat 11:00 Heart Health with Jamin 12:00 Lunch 1:00 Puzzles	16 10:30 Bingo 12:00 Lunch 1:00 Word Games	17 10:30 Bingo 12:00 Lunch 1:00 Games
20 CLOSED PRESIDENTS' DAY	21 10:30 Toe Nail Clinic (By appointment) 11:00 "Just So You Know," Fulton Co. Health Dept. & Free Blood Pressure Check 12:00 Lunch 1:00 Puzzles	22 11:00 Music by Hannah 12:00 Lunch 1:00 Word Games	23 Wear a Senior Center Shirt or Hat 10:30 Bingo 12:00 Lunch 1:00 Games	24 10:30 Bingo 12:00 Lunch 1:00 Cards & Games
27 10:30 Bible Study 11:00 Zingo 12:00 Lunch 1:00 Puzzles	28 11:00 Movie Trivia 12:00 Lunch 1:00 Word Games			



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 green 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 FEBRUARY 1, 2017

FULTON COUNTY SENIOR CENTER STAFF

Table listing staff members and their roles: 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, 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.

- Wauseon Site Hours of Operation: 8:00am-4:00pm
Archbold Site Hours of Operation: 9:00am-2:00pm
Delta Site Hours of Operation: 9:00am-2:00pm
Fayette Site Hours of Operation: 9:00am-2:00pm
Swanton Site Hours of Operation: 9:00am-2:00pm