

SERVING CITIZENS OF FULTON COUNTY 60 YEARS & OVER

SENIOR B-zz

SEPTEMBER 2017

Fulton County Senior Center
240 Clinton St., Wauseon, Ohio 43567
Phone: 419-337-9299 • Fax: 419-337-9289 • Hours: 8am-4pm

SENIOR NEWS

UPCOMING EVENTS - ALL SITES INVITED

- Sept. 6** – Senior Center Choir sings at Fulton Co. Fair
- Sept. 19** – Day Trip, Toledo Zoo
- Sept. 25** – Trip to Victoria's Gifts & More; Card Making
- Sept 26** – Nostalgia at Delta Senior Center
- Oct. 3** – Road to Wellness, Senior Health Care Conference
- Oct. 9** – CLOSED
- Oct. 12** – Afternoon trip, Sara's Garden, Wauseon
- Oct. 18** – AARP Driver Safety Course, Wauseon
- Oct. 19** – Day Trip, Hudson Dairy Farm, Michigan
- Nov. 9** – Veterans Breakfast, held at St. Caspar Parish

NEW MEDICARE NUMBERS

Medicare will be sending every Medicare beneficiary a new Medicare card with a new identifier that is not tied to a Social Security number. You will not receive your card before April 2018. The new Medicare card will have a completely different and randomly assigned identifier (a mix of 11 characters -- numbers and letters). The change to this new card will not change your Medicare benefits. Your benefits will stay the same. Be aware that scammers are already trying to confuse seniors by asking for a current Medicare number plus mailing address to send the seniors' new card. Do not give out your personal information over the phone. Medicare will not call you and ask you for your personal information. They already have it. If you have questions about this, call Val at 419-337-9299.

SENIOR SPOTLIGHT

September is National Senior Center Month! Here are three photos showing ways our seniors are staying active and having a wonderful time at our Senior Center sites.



• 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

VALUABLE VOLUNTEER

September's Valuable Volunteer is Dennis Linehan of Wauseon. Dennis has served as a medical transportation driver for nearly one year, and he enjoys visiting with the seniors that he transports. When he is not volunteering, Dennis stays fit by walking outdoors and participating in Tai Chi classes at the Fulton County Senior Center. He also enjoys attending local festivals. Thank you for your dedication to the volunteer medical transportation program, Dennis!



FREE HEALTH CONFERENCE FOR SENIORS

Tuesday, October 3 is the 9th annual Road to Wellness Health Care Conference for adults and caregivers in and around Fulton County. The theme for the 2017 event is "The Journey to Health & Relaxation" and will take place from 9:30 am to 2:30 pm at Wauseon's St. Caspar Parish Life Center on Shoop Avenue. Back by popular demand: complete a registration form and receive a **complimentary hot lunch provided by Fulton County Senior Center**. This is the same delicious lunch you would enjoy at the Wauseon Senior Center, just in a different location. You can expect information that applies to nearly all aspects of a senior's life, along with entertainment, current Northwest Ohio events, information on mental health and cardiovascular health and obesity, health screenings and flu shots, freebies, and much more. Registration forms are available at local Senior Center sites and Fulton County Health Department. Or call in your registration to the Health Department at 419-337-0915.

WHERE'S VAL?

On Wednesday, September 13, Val Edwards, Information & Referral Specialist, will take appointments from 10 am to noon at the Delta Library. Get help understanding Medicare and Social Security issues, insurance, bills, completing applications, and more. On Thursday, September 21, Val will be at the Swanton Library from 10 am to noon. Meet with Val at the Evergreen Library in Metamora from 10 am to noon on Tuesday, September 26. Thursday, September 28 is your opportunity to meet with Val in the Wyse Commons Library on the Fairlawn campus, Archbold, from 10 am to noon. Val is also available most weekdays to meet with seniors at the Fulton County Senior Center, 240 Clinton Street, Wauseon. 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 by calling 419-337-9299.

No noon meal will be served at the Fulton County Senior Center, 240 Clinton Street, Wauseon, on Tuesday, October 3 since our kitchen staff will be serving the hot meal at the Road to Wellness Health Care Conference for Mature Adults and Caregivers at St. Caspar. Please register to join us for lunch and information at Road to Wellness.

MEDICARE OPEN ENROLLMENT

Here is what can be done during Open Enrollment, October 15th - December 7th:

- Switch from one Medicare Prescription Drug Plan to another Medicare Prescription Drug Plan
- Drop your Medicare prescription drug coverage completely
- Change from Original Medicare to a Medicare Advantage Plan
- Change from a Medicare Advantage Plan back to Original Medicare
- Switch from one Medicare Advantage Plan to another Medicare Advantage Plan
- Switch from a Medicare Advantage Plan that doesn't offer drug coverage to a Medicare Advantage Plan that offers drug coverage
- Switch from a Medicare Advantage Plan that does offer drug coverage to a Medicare Advantage Plan that doesn't offer drug coverage
- Join a Medicare Prescription Drug Plan

Any changes made will take effect on January 1, 2018. To schedule an appointment, contact Valerie Edwards at the Fulton County Senior Center 419-337-9299. Don't delay! Appointment times fill up quickly.



CELEBRATE SEPTEMBER

September is National Senior Center Month, and we want to celebrate you! If you bring a friend to the Senior Center for lunch, you will receive a lunch ticket. If you try an exercise class for the first time or attend a day trip for the first time or participate in a 11:00 am program for the first time, you will receive a lunch ticket. Help us spread the word about how wonderful our five Fulton County Senior Centers are by trying something new. And invite a friend to come along!

WAUSEON HIGHLIGHTS

Golden Drummers: Wed am & Friday am
(Cardio drumming exercise class, led by an instructor, all fitness levels welcome)

Shopping: first Tuesday

Tai Chi: every Tues and Thurs

(This exercise class promotes balance & flexibility and is led by an instructor on DVD, all fitness levels welcome)

Food & Fitness: Tuesday at 10:00 am

(Join others as they talk about their food & fitness goals, tips & struggles)

Choir Practice: Tuesday pm

(new singers welcome anytime)

Pepper: Wednesday pm (card game)

Bingo: Thursday mornings

Birthday Party: first Friday

Gentle Movement: Mon & Wed am

Line Dancing: Monday pm

Toe Nail Clinic: September 27. Call early for appointment; \$15.00 fee; soak feet for 30 minutes before you arrive.

- Visit the Senior Center booth at the Fulton Co. Fair for a lunch ticket
- Gentle Movement Exercise returns on Sept. 18
- Comedy Day

FLU IMMUNIZATIONS SCHEDULED

Two flu clinics will be offered at Fulton County Senior Centers. On Thursday, October 12th from 10:00 am to noon at the Fulton County Senior Center, 240 Clinton Street, Wauseon. Or on Tuesday, October 17th from 2:00 to 5:30 pm, you may attend the flu clinic at the Fayette Senior Center in the Family Life Center, across the street from 305 E. Main Street, United Methodist Church. This service is provided by the Fulton County Health Department. The Affordable Care Act has instituted a requirement for insurances to pay for immunizations and other preventive care as a "first dollar" service, meaning the member does not have to provide co-pays or meet deductibles. As a result, the Health Department will be billing contracted insurance plans for the service; many individuals will not pay "out of pocket" at the time of service. The Health Department is contracted with seven insurance plans. Medicare and Medicaid are also accepted as payment. Want to find out if your insurance plan is accepted? Call the Health Department at 419-337-0915.

ARCHBOLD HIGHLIGHTS

Birthday Lunch: first Friday

Bingo: Fridays

Blood Pressure Check: first Wednesday

Toenail Clinic: October 4. Call early for appointment; \$15.00 fee; soak feet for 30 minutes before you arrive.

- Visit the Senior Center booth at the Fulton Co. Fair for a lunch ticket
- Crafters' Corner with Lindsay
- Office of the Ohio Consumers' Counsel, Amy Carles

DELTA HIGHLIGHTS

Birthday Lunch: first Thursday

Bingo: every Thursday

Blood Pressure Check: second Tuesday

Toenail Clinic: October 10. Call early for appointment; \$15.00 fee; soak feet for 30 minutes before you arrive.

- Visit the Senior Center booth at the Fulton Co. Fair for a lunch ticket
- Free Concert by Nostalgia
- Crafters' Corner with Lindsay

FAYETTE HIGHLIGHTS

Birthday Lunch: first Thursday

Bingo: every Thursday

Blood Pressure Check: third Tuesday

Toenail Clinic: October 17. Call early for appointment; \$15.00 fee; soak feet for 30 minutes before you arrive.

- Visit the Senior Center booth at the Fulton Co. Fair for a lunch ticket
- Crafters' Corner with Lindsay
- Fun & Games

SWANTON HIGHLIGHTS

Birthday Lunch: first Wednesday

Bingo: every Wednesday

Blood Pressure Check: second Monday

Toenail Clinic: October 16. Call early for appointment; \$15.00 fee; soak feet for 30 minutes before you arrive.

- Visit the Senior Center booth at the Fulton Co. Fair for a lunch ticket
- Focus on Fashion with owner of Swanton's You-Nique Bou-Tique
- Dulcimer Music

LUNCH CALENDAR

SEPTEMBER, 2017

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
4	5	6	7	8
CLOSED LABOR DAY	Beef & Noodles Mashed Potatoes Midori Blend Vegetables Peaches Yogurt	Ham Loaf (LS Alt=Meat Loaf) Sweet Potatoes Succotash Pineapple Chunks	Pasta w/Meat Sauce Steamed Broccoli Cream Style Corn Bananas	Hot Chicken Sandwich Potato Wedges Sugar Snap Peas Fruit Salad
11	12	13	14	15
Sausage & Kraut (LS Alt=Pork Loin) Smashed Red Potatoes Peas w/Onions Fresh Fruit	Beef & Barley Soup Chicken Salad Sandwich Broccoli Salad 5 Cup Salad	Beef Pot Roast Boiled Potatoes Carrots Fresh Oranges Cookies	BBQ Pork Sandwich Potato Salad Baked Beans Apple Sauce	Steamed Franks (LS Alt=Chicken Breast) Macaroni & Cheese Seasoned Corn Plums Assorted Juices
18	19	20	21	22
Roast Turkey Dressing Brussels Sprouts Wax Beans Orange Cranberry Relish	Goulash Cooked Cabbage Mixed Vegetables Peaches	Potato Soup Ham & Cheese Sandwich Kidney Bean Salad Orange Segments	Shepherd's Pie Summer Squash Green Salad Fruit Crisp	Pub Burgers Seasoned Potato Wedges Seasoned Spinach Pears
25	26	27	28	29
Baked Chicken Long Grain & Wild Rice Stewed Tomatoes Tropical Fruit Cranberry Juice	Beef Stew Tossed Salad Cottage Cheese Mandarin Oranges Biscuits	Chicken & Noodles Mashed Potatoes Malibu Blend Vegetables Mixed Fruit Iced Cake	Country Fried Steak w/Country Gravy Mashed Potatoes Green Beans Apricots	Ham Salad (LS Alt=Chicken Salad) Lettuce & Tomato Pea Salad Cheese Cubes Fruit Punch

WAUSEON ACTIVITIES
MONDAY THRU FRIDAY

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				10:30 Golden Drummers (Gym) 1 11:00 Site Council 12:00 Lunch 12:30 Birthday Party 1:00 Tripoley
4 CLOSED LABOR DAY	10:00 Food & Fitness 11:00 Tai Chi (Gym, DVD Instruction) 12:00 Lunch 1:00 Choir Practice 1:00 Tai Chi (Gym, DVD Instruction)	Senior Day at Fulton Co. Fair 6 10:45 Golden Drummers (Gym) 11:00 Senior Center Choir Performs at Fulton Co. Fair 12:00 Lunch 1:00 Group Card Game: Pepper (Bingo Room)	10:15 Bingo with Guests from Fulton Manor 11:00 Tai Chi (Gym, DVD Instruction) 12:00 Lunch 1:00 Tai Chi (Gym, DVD Instruction) 1:00 Wii Games	10:30 Golden Drummers (Gym) 8 11:00 Card Party; Hand & Foot; (Bingo Room) 12:00 Lunch 1:00 Dirty Marbles
10:30 Free Hearing Aid Cleaning (Walk-in) 11:00 K-9 Handler Justin with Fazzo 12:00 Lunch 1:00 Line Dancing (Gym)	10:00 Food & Fitness 11:00 Tai Chi (Gym, DVD Instruction) 12:00 Lunch 1:00 Choir Practice 1:00 Tai Chi (Gym, DVD Instruction)	10:45 Golden Drummers (Gym) 13 11:00 Comedy Day 12:00 Lunch 1:00 Group Card Game: Pepper (Bingo Room)	10:15 Bingo 11:00 Tai Chi (Gym, DVD Instruction) 12:00 Lunch 1:00 Tai Chi (Gym, DVD Instruction) 1:00 Wii Games	10:30 Golden Drummers (Gym) 15 11:00 Card Party; Euchre; (Bingo Room) 12:00 Lunch 1:00 Games
9:30 Gentle Movement Starts 18 Today! (Gym) 11:00 Card Party; Euchre; (Bingo Room) 12:00 Lunch 1:00 Line Dancing (Gym)	Day Trip: Toledo Zoo 19 10:00 Food & Fitness 11:00 "Just So You Know," Fulton Co. Health Dept. & BP checks 11:00 Tai Chi (Gym, DVD Instruction) 12:00 Lunch 1:00 Choir Practice 1:00 Tai Chi (Gym, DVD Instruction) 1:30 OPERS Meeting	9:30 Gentle Movement (Gym) 20 10:45 Golden Drummers (Gym) 11:00 Dulcimer Music, Vickie Halsey 12:00 Lunch 1:00 Group Card Game: Pepper (Bingo Room)	10:15 Bingo with Guests from Fulton Suites 11:00 Tai Chi (Gym, DVD Instruction) 12:00 Lunch 1:00 Tai Chi (Gym, DVD Instruction) 1:00 Wii Games	10:30 Golden Drummers (Gym) 22 12:00 Lunch 1:00 Dominoes
Card-Making Trip, Victoria's Gifts & More 25 9:30 Gentle Movement (Gym) 11:00 Card Party; Hand & Foot; (Bingo Room) 12:00 Lunch 1:00 Line Dancing (Gym)	10:00 Food & Fitness 11:00 Tai Chi (Gym, DVD Instruction) 12:00 Lunch 1:00 Choir Practice 1:00 Tai Chi (Gym, DVD Instruction)	9:30 Toe Nail Clinic (By Appointment) 9:30 Gentle Movement (Gym) 10:45 Golden Drummers (Gym) 11:00 Dogs and Fulton Co. Kennel Club 12:00 Lunch 1:00 Group Card Game: Pepper (Bingo Room)	9:45 Extended Bingo 11:00 Tai Chi (Gym, DVD Instruction) 12:00 Lunch 1:00 Tai Chi (Gym, DVD Instruction) 1:00 Wii Games	10:30 Golden Drummers (Gym) 29 12:00 Lunch 1:00 Games

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

DELTA / SWANTON
ACTIVITIES

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				11:00 Dulcimer Music, Vickie Halsey 12:00 Lunch 1:00 Word Games
4	9:45 Walking in Parking Lot (weather permitting) 11:00 "Crafters' Corner" with Lindsay of Whitehouse Country Manor 12:00 Lunch 1:00 Wii Games	Senior Day at Fulton Co. Fair 10:30 Bingo 11:00 Senior Center Choir Performs at Fulton Co. Fair 12:00 Lunch with Birthday Cake from Swanton Health Care 1:00 Cards	10:00 Site Council & Nutrition Education; Determine Your Nutritional Health 10:30 Bingo 12:00 Lunch with Birthday Cake 1:00 Word Games	11:00 Focus on Fashion with owner of Swanton's You-nique Bou-tique 12:00 Lunch 1:00 Puzzles
CLOSED LABOR DAY	9:45 Walking in Parking Lot (weather permitting) 11:00 "Just So You Know" & Free BP Checks, Fulton Co. Health Dept. 12:00 Lunch 1:00 Cards	10:00 Site Council & Nutrition Education; Determine Your Nutritional Health (Note date change) 10:30 Bingo 12:00 Lunch 1:00 Word Games	10:00 Free Hearing Aid Cleaning 10:30 Bingo 12:00 Lunch 1:00 Puzzles	11:00 PoKeNo, bring pennies 12:00 Lunch 1:00 Wii Games
9:45 Walking on Outdoor Path (weather permitting) 11:00 "Just So You Know" & Free BP Checks, Fulton Co. Health Dept. 12:00 Lunch 1:00 Games	Day Trip, Toledo Zoo 9:45 Walking in Parking Lot (weather permitting) 11:00 PoKeNo (Bring Pennies) 12:00 Lunch 1:00 Word Games	Senior Citizen Day at Four County 10:30 Bingo 12:00 Lunch 1:00 Puzzles	21 10:30 Bingo 12:00 Lunch 1:00 Wii Games	10:15 Make an Autumn Wreath (Note start time) 12:00 Lunch 1:00 Games
9:45 Walking on Outdoor Path (weather permitting) 9:45 Bus leaves for Card-Making Trip to Victoria's Gifts & More 11:00 Games 12:00 Lunch 1:00 Word Games	9:45 Walking in Parking Lot (weather permitting) 11:00 Free Music Concert by "Nostalgia" 12:00 Lunch 1:00 Puzzles	10:30 Bingo 12:00 Lunch 1:00 Wii Games	10:00 Extended Bingo 12:00 Lunch 1:00 Games	11:00 Show & Tell; Bring something from a vacation or trip you took 12:00 Lunch 1:00 Cards

ARCHBOLD / FAYETTE ACTIVITIES

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 10:00 Site Council & Nutrition Education; Determine Your Nutritional Health 10:30 Bingo 12:00 Lunch & Birthday Cake 1:00 Puzzles
4 CLOSED LABOR DAY	5 11:00 Left / Center / Right Dice Game 12:00 Lunch 1:00 Cards	6 11:00 "Just So You Know" & Free BP Checks, Fulton Co. Health Dept. 12:00 Lunch 1:00 Games	7 10:00 Site Council & Nutrition Education; Determine Your Nutritional Health 10:30 Bingo 12:00 Lunch & Birthday Cake 1:00 Puzzles	8 10:30 Bingo 12:00 Lunch 1:00 Word Games
11 11:00 Left / Center / Right Dice Game 12:00 Lunch 1:00 Games	12 11:00 "Crafters' Corner" with Lindsay of Whitehouse Country Manor 12:00 Lunch 1:00 Games	13 11:00 Zingo 12:00 Lunch 1:00 Puzzles	14 10:30 Bingo 12:00 Lunch 1:00 Word Games	15 10:30 Bingo 12:00 Lunch 1:00 Cards
18 11:00 Energy Game, Ohio Consumer Counsel, Amy Carles 12:00 Lunch 1:00 Games	19 Day Trip, Toledo Zoo 11:00 "Just So You Know" & Free BP Checks, Fulton Co. Health Dept. 12:00 Lunch 1:00 Puzzles	20 Senior Citizen Day at Four County 11:00 Games 12:00 Lunch 1:00 Word Games	21 10:30 Bingo 12:00 Lunch 1:00 Cards	22 10:30 Bingo 12:00 Lunch 1:00 Games
25 Day Trip, Victoria's Gifts 11:00 Zingo 12:00 Lunch 1:00 Puzzles	26 11:00 Music by Michael Buck 12:00 Lunch 1:00 Word Games	27 11:00 "Crafters' Corner" with Lindsay of Whitehouse Country Manor 12:00 Lunch 1:00 Cards	28 10:30 Bingo 12:00 Lunch 1:00 Wii Games	29 10:30 Bingo 12:00 Lunch 1:00 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 SEPTEMBER 1, 2017

FULTON COUNTY SENIOR CENTER STAFF

Table listing staff roles and names: 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), Support Staff (Chris Sager), 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, Bill Sigg, Naaman Thomas, James Davis, Brenda Hauck, James Mapes, Tim Gorsuch, Angela Johnston), Substitutes (Judy Thourot, Peggy Wilson, Joe Sutton, Maryann Griffin, Jim Moden, James Baldwin, Pam Miller, Sharon McCabe, Chad Hayward, Karen James, Brooke Bosco, Jeffrey Waidelich).

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