

SERVING CITIZENS OF FULTON COUNTY 60 YEARS & OVER

SENIOR

DECEMBER 2017

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

Merry
Christmas

UPCOMING EVENTS - ALL SITES INVITED

- Dec. 4** – Christmas Concert by Nostalgia, Fulton Co. Senior Center
- Dec. 5** – Day Trip to Christmas at the Manor House, Toledo
- Dec. 6** – Afternoon Trip to Lights before Christmas at Toledo Zoo
- Dec. 12** – Christmas Concert by Nostalgia, Fayette Senior Center
- Dec. 21** – Senior Center Choir Sings at Montpelier Senior Center
- Dec. 25** – Closed. Merry Christmas!

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.

SENIOR SPOTLIGHT



Lois and Jim Smith have been attending the Senior Center for five years. If it's Tuesday, you're sure to find them at the Wauseon site. Lois attends the Food & Fitness group in the morning, then after enjoying lunch, both attend choir practice.

Jim volunteers at the Senior Center, the Fulton Co. Health Center, Fulton Manor and Fulton Suites. Lois enjoys sewing clothes for herself and her great-grandchildren. Once, Lois sewed the fabric interior of a fuselage for one of Jack Dawson's airplanes!

In their spare time, they play cards with friends and family and both enjoy reading. Jim and Lois have three children, six grandchildren and three great-grandchildren.

The Smiths met at church in Morenci and have been married for 56 years.

• 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 • Lending Libraries • Exercise Classes • 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

HEATING BILL HELP

Winter weather and cold temps are on the way. Northwestern Ohio Community Action Commission continues to offer help with heating costs.

Winter Crisis Program (WCP) (also called 'Emergency HEAP' or E-HEAP) – provides a benefit once per heating season to an income-eligible customer's main and/or electric accounts. The benefit can be used by eligible households that are disconnected (or have a pending disconnection notice), need to establish new service, need to pay to transfer service or have 25 percent (or less) of bulk fuel supply remaining. The program can also assist with fuel tank placement, fuel tank testing and furnace repair. Households must be within 175% of the Federal Poverty Guideline. Certain documentation is required. The program runs until March 31, 2018. Please call this appointment hotline number 1-844-493-1193.

The Home Energy Assistance Program (HEAP) (also called 'Regular HEAP') is a federally funded program designed to help income-eligible households with their winter heating bills. Eligible customers receive a benefit in the form of a direct payment toward their energy-heating bill. HEAP benefits are typically credited directly towards the eligible customer's energy heating bill beginning in the month of January. No disconnect notice or other emergency need is required to receive a HEAP credit, but households must be within 175% of the Federal Poverty Guideline. Call 419-337-8601. This program runs until June 30, 2018.

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>

VALUABLE VOLUNTEERS

Special thanks to members of the Wauseon 8th grade National Junior Honor Society, Mrs. Joy Hutchinson, and Mrs. Stacy Beaverson who volunteered at the Veterans Breakfast. This is the fourth year that Wauseon students have helped make the event a success.



WHERE'S VAL?

Medicare Open Enrollment continues until December 7. Val Edwards, Information & Referral Specialist, will be available for extended hours at the following location to focus on Medicare Open Enrollment. Please make an appointment well in advance with Val for this date by calling 419-337-9299.

- Wednesday, December 6, from 10:00 am to 3:00 pm at the Delta Library

Val is 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.

WAUSEON HIGHLIGHTS

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

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 Exercise: see calendar
(led by an instructor)

Line Dancing: see calendar

Toe Nail Clinic: January 24, 2018. Call early for appointment; \$15.00 fee; soak feet for 30 minutes before you arrive.

THANK YOU

Thank you to the many individuals who helped make the November Veterans Breakfast a huge success.

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.

ARCHBOLD HIGHLIGHTS

Bingo: Fridays

Blood Pressure Check: first Wednesday

Birthday Lunch: first Friday

Toenail Clinic: December 6. Call early for appointment; \$15.00 fee; soak feet for 30 minutes before you arrive.

DELTA HIGHLIGHTS

Bingo: every Thursday

Blood Pressure Check: second Tuesday

Birthday Lunch: first Thursday

Toenail Clinic: December 12. Call early for appointment; \$15.00 fee; soak feet for 30 minutes before you arrive.

FAYETTE HIGHLIGHTS

Bingo: every Thursday

Blood Pressure Check: third Tuesday

Birthday Lunch: first Thursday

Toenail Clinic: December 19. Call early for appointment; \$15.00 fee; soak feet for 30 minutes before you arrive.

SWANTON HIGHLIGHTS

Bingo: every Wednesday

Birthday Lunch: first Wednesday

Blood Pressure Check: second Monday

Toenail Clinic: December 11. Call early for appointment; \$15.00 fee; soak feet for 30 minutes before you arrive.

DECEMBER, 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 = Lower 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 Savory Baked Chicken Long Grain & Wild Rice Stewed Tomatoes Cranberry Juice Bananas
4 Chicken & Noodles Mashed Potatoes Green Beans Mixed Fruit	5 BBQ Rib Patty Sandwich Tater Tots Succotash Mandarin Oranges	6 Chicken Fried Steak w/Country Gravy Mashed Potatoes Peas Peaches	7 Tomato Basil Soup Chicken Salad Sandwich Three Bean Salad Jell-O	8 Baked Ham (LS Alt=Pork Roast) Scalloped Potatoes Steamed Broccoli Fruit Cobbler
11 Cabbage Rolls Mashed Potatoes Cook's Choice Vegetable Apple Slices w/Dip	12 Minestrone Soup Egg Salad Sandwich Garden Salad Tropical Fruit Salad	13 Lasagna Steamed Cauliflower Italian Green Beans Fresh Grapes	14 Ham Loaf (LS Alt=Meatloaf) Sweet Potatoes Cole Slaw Spiced Apple Sauce	15 Sloppy Joe Sandwich Oven Fries Malibu Blend Vegetables Fruit Salad
18 Split Pea Soup (LS Alt=LS Vegetable Soup) Cold Cut Sandwich Broccoli Salad Jell-O	19 Swedish Meatballs Egg Noodles Cooked Cabbage Crumb Topped Peaches Fresh Apple	20 Beef & Noodles Mashed Potatoes Green Beans Apricots	21 Sausage & Kraut (LS Alt=Pork Roast) Smashed Red Potatoes Winter Squash Fruit Punch	22 Beef Pot Roast Boiled Potatoes Carrots Orange Segments
25 CLOSED MERRY CHRISTMAS	26 Salisbury Steak (Alt=Liver & Onions) Mashed Potatoes Peas & Mushrooms Apple Sauce	27 Sausage Patty Sandwich Hash Brown Casserole Butter Beans Pineapple Chunks	28 Goulash Summer Squash Tossed Salad Fruit Crisp	29 Swiss Steak Mashed Potatoes Green & Wax Beans Fresh Fruit Pie

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)</p> <p>10:30 Free Hearing Aid Cleaning</p> <p>11:00 Christmas Concert by Nostalgia</p> <p>12:00 Lunch</p> <p>1:00 Line Dancing (Gym)</p>	<p>Day Trip, Christmas at Wildwood Manor House</p> <p>10:00 Food & Fitness</p> <p>11:00 Tai Chi (Gym, DVD Instruction)</p> <p>12:00 Lunch</p> <p>1:00 Tai Chi (Gym, DVD Instruction)</p> <p>1:00 Choir Practice</p>	<p>9:30 Gentle Movement (Gym)</p> <p>10:45 Golden Drummers (Gym)</p> <p>12:00 Lunch</p> <p>1:00 Pepper (Bingo Room)</p> <p>Evening Trip, Lights Before Christmas, Toledo Zoo</p>	<p>10:15 Bingo; Guests from Fulton Manor</p> <p>11:00 Tai Chi (Gym, DVD Instruction)</p> <p>12:00 Lunch</p> <p>1:00 Tai Chi (Gym, DVD Instruction)</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>1:00 Music by Evergreen Viking Voices</p>
<p>9:30 Gentle Movement (Gym)</p> <p>11:00 Music with Lauren, Fulton Co. Health Center's Music Therapist</p> <p>12:00 Lunch</p> <p>NO Line Dancing</p> <p>1:00 Walk the Gym</p>	<p>10:00 Food & Fitness</p> <p>11:00 Concert by Senior Center Choir</p> <p>11:00 Tai Chi (Gym, DVD Instruction)</p> <p>12:00 Lunch</p> <p>1:00 Tai Chi (Gym, DVD Instruction)</p> <p>NO Choir Practice (Sing at 11:00)</p>	<p>9:30 Gentle Movement (Gym)</p> <p>10:45 Golden Drummers (Gym)</p> <p>11:00 Piano Music, Linda Burkholder</p> <p>12:00 Lunch</p> <p>1:00 Pepper (Bingo Room)</p>	<p>Wear Green Today</p> <p>10:15 Bingo</p> <p>11:00 Tai Chi (Gym, DVD Instruction)</p> <p>12:00 Lunch</p> <p>1:00 Tai Chi (Gym, DVD Instruction)</p>	<p>10:30 Golden Drummers</p> <p>11:00 Christmas Around the World</p> <p>Share Your International Experiences</p> <p>12:00 Lunch</p> <p>1:00 Group Card Party; Euchre; (Bingo Room)</p>
<p>Wear Red & White Today</p> <p>NO Gentle Movement</p> <p>11:00 Sunshine Community Bell Choir Concert & Have Your Photo Taken with Santa & Mrs. Claus</p> <p>12:00 Lunch</p> <p>1:00 Line Dancing (Gym)</p>	<p>Choir to Delta Senior Center</p> <p>10:00 Food & Fitness</p> <p>11:00 Tai Chi (Gym, DVD Instruction)</p> <p>11:00 "Just So You Know," Fulton Co. Health Dept.</p> <p>12:00 Lunch</p> <p>1:00 Tai Chi (Gym, DVD Instruction)</p> <p>NO Choir Practice</p> <p>1:30 OPERS Meeting (Bingo Room)</p>	<p>Wear a Senior Center Shirt or Hat Today</p> <p>NO Gentle Movement</p> <p>10:45 Golden Drummers (Gym)</p> <p>10:45 Decorate Christmas Cookies</p> <p>12:00 Lunch</p> <p>1:00 Pepper (Bingo Room)</p>	<p>Senior Center Choir to Montpelier</p> <p>Senior Center (Leave at 9:00)</p> <p>10:15 Bingo</p> <p>11:00 Tai Chi (Gym, DVD Instruction)</p> <p>12:00 Lunch</p> <p>1:00 Tai Chi (Gym, DVD Instruction)</p>	<p>10:30 Golden Drummers</p> <p>11:00 Games</p> <p>12:00 Lunch</p> <p>1:00 Cards & Games</p>
<p>CLOSED MERRY CHRISTMAS</p>	<p>10:00 Food & Fitness</p> <p>11:00 Tai Chi (Gym, DVD Instruction)</p> <p>12:00 Lunch</p> <p>1:00 Tai Chi (Gym, DVD Instruction)</p> <p>NO Choir Practice</p>	<p>NO Gentle Movement</p> <p>10:45 Golden Drummers (Gym)</p> <p>11:00 Cards & Games</p> <p>12:00 Lunch</p> <p>1:00 Pepper (Bingo Room)</p>	<p>9:45 Extended Bingo</p> <p>11:00 Tai Chi (Gym, DVD Instruction)</p> <p>12:00 Lunch</p> <p>1:00 Tai Chi (Gym, DVD Instruction)</p>	<p>10:30 Golden Drummers</p> <p>11:00 Games</p> <p>12:00 Lunch</p> <p>1:00 Group Card Party; Hand & Foot; (Bingo Room)</p>

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

DELTA / SWANTON
ACTIVITIES

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 11:00 Christmas Concert, Circle of Friends 12:00 Lunch 1:00 Cards
4 11:00 Christmas Craft with Diana York 12:00 Lunch 1:00 to 3:00 pm Cards & Games	5 Day Trip, Christmas at Manor House 10:15 Make a Wreath from a Tablecloth (note start time) 12:00 Lunch 1:00 Word Games	6 Wear a Senior Center Shirt or Hat Today 10:00 Site Council 10:30 Bingo 12:00 Lunch & Birthday Cake from Swanton Health Care 1:00 Puzzles Afternoon Trip, Lights Before Christmas, Toledo Zoo	7 Wear a Senior Center Shirt or Hat Today 10:00 Site Council 10:30 Bingo & Birthday Treat 12:00 Lunch 1:00 Cards	8 11:00 Christmas Sing A Long with Gene Eckley 12:00 Lunch 1:00 Cards & Games
11 10:00 Toe Nail Clinic 11:00 "Just So You Know," & Free BP Checks, Fulton Co. Health Dept. 12:00 Lunch 1:00 Word Games	12 10:00 Toe Nail Clinic (By Appointment) 11:00 Christmas Concert, Circle of Friends 12:00 Lunch 12:15 Free Blood Pressure Checks, Fulton Co. Health Dept. 1:00 Puzzles	13 Wear Red & Green Today 10:30 Bingo; Guest Caller, Sandi Dennis of Story Point 12:00 Lunch 1:00 Cards	14 Wear Red & Green Today No Hearing Aid Cleaning 10:30 Bingo 12:00 Lunch 1:00 Cards & Games	15 11:00 Music by Sunshine Bell Choir 12:00 Lunch 1:00 Word Games
18 10:30 Hearing Aid Cleaning 11:00 Christmas Sing A Long with Lauren, Music Therapist, Fulton Co. Health Center 12:00 Lunch 1:00 Puzzles	19 11:00 Christmas Concert by Senior Center Chior 12:00 Lunch 1:00 Cards	20 Wear a Tacky Christmas Sweater or Socks Today 9:45 to 10:30 Decorate Cookies 10:30 White Elephant Bingo, Bring an appropriate, wrapped gift 12:00 Lunch 1:00 Cards & Games	21 Wear a Tacky Christmas Sweater or Socks Today 9:45 to 10:30 Decorate Cookies 10:30 White Elephant Bingo, Bring an appropriate, wrapped gift 12:00 Lunch 1:00 Word Games	22 11:00 Show & Tell — Music Box and/or Snow Globe 12:00 Lunch 1:00 Puzzles
25 CLOSED MERRY CHRISTMAS	26 11:00 Game Day 12:00 Lunch 1:00 Cards & Games	27 10:30 Bingo 12:00 Lunch 1:00 Word Games	28 10:00 Extended Bingo 12:00 Lunch 1:00 Puzzles	29 11:00 Bunco 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
				1 10:00 Site Council 10:30 Bingo 12:00 Lunch with Birthday Treat 1:00 Word Games
4 11:00 Zingo 12:00 Lunch 1:00 Puzzles	5 Day Trip, Christmas at Manor House 11:00 Fayette Choir- Students 12:00 Lunch 1:00 Games	6 9:30 Toe Nail Clinic (By Appointment) 11:00 "Just So You Know," Fulton Co. Health Dept. 12:00 Lunch 1:00 Cards & Games Afternoon Trip, Lights Before Christmas, Toledo Zoo	7 10:00 Site Council 10:30 Bingo 12:00 Lunch with Birthday Treat 1:00 Word Games	8 10:30 Bingo 12:00 Lunch 1:00 Puzzles
11 Wear a Senior Center Shirt or Hat Today 11:00 History of Archbold with Lisa V. from Fairlawn 12:00 Lunch 1:00 Games	12 Wear Red & Green Today 11:00 Christmas Concert by Nostalgia 12:00 Lunch 1:00 Cards & Games	13 11:00 Decorate Christmas Cookies 12:00 Lunch 1:00 Word Games	14 10:00 Decorate Christmas Cookies 10:30 Bingo 12:00 Lunch 1:00 Puzzles	15 15 10:30 Bingo 12:00 Lunch 1:00 Cards
18 11:00 Left Center Right Dice Game 12:00 Lunch 1:00 Cards & Games	19 9:30 Toe Nail Clinic (By Appointment) 11:00 "Just So You Know," Fulton Co. Health Dept. 12:00 Lunch 1:00 Word Games	20 Wear Red & Green Today 11:00 Games 12:00 Lunch 1:00 Puzzles	21 10:30 Bingo 12:00 Lunch 1:00 Cards	22 10:30 Bingo 12:00 Lunch 1:00 Games
25 CLOSED MERRY CHRISTMAS	26 11:00 Games 12:00 Lunch 1:00 Puzzles	27 11:00 Interactive Program with Lindsay of Whitehouse Country Manor 12:00 Lunch 1:00 Cards	28 Wear a Senior Center Shirt or Hat Today 10:30 Bingo 12:00 Lunch 1:00 Games	29 10:30 Bingo 12:00 Lunch 1:00 Cards & 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

 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, 2017

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
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, Brooke Bosco, James Davis, Brenda Hauck, James Mapes, Tim Gorsuch, Angela Johnston
Substitutes.....	Judy Thourot, Peggy Wilson, Joe Sutton, Maryann Griffin, James Baldwin, Pam Miller, Robert Shaw, Erin Cheesbro, Sharon McCabe, Chad Hayward, Karen James, Jeffrey Waidelich, Naaman Thomas
Custodian.....	Danni Smith

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