

SERVING CITIZENS OF FULTON COUNTY 60 YEARS & OVER

SENIOR B-zz

JANUARY 2018

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

January 1 – Closed for New Year's Day

January 15 – Closed for Martin Luther King, Jr. Day

January 18 – Day Trip, New Henry Co. Senior Center

January 25 – Day Trip, Main Street Bakery & Bingo at Delta Site

January 31 – Day Trip, The Sight Center, Toledo

Feb 7 – Day Trip, Ronald McDonald House, Toledo

Feb 14 – Music Concert by Bloomer Bunch, Archbold Site

April 27 – "Senior" Prom at Wauseon Senior Center Gym

SENIOR SPOTLIGHT

Hundreds of seniors enjoyed the Veterans Breakfast on November 9.



• 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

HOME DELIVERED MEALS

If you receive a home-delivered meal, please understand that we value your flexibility. Your meal might arrive slightly behind schedule at times. Weather and road construction are factors. The number of meals being delivered by one driver on a particular day often varies and might create a delay for you. We encourage our drivers to take a few moments to make sure the senior receiving a meal is at home and well. Families rely on our meal delivery drivers to check on the welfare of senior family members. In most cases, the driver is simply running behind and has not forgotten you. Please wait to call our Senior Center until 1:00 pm to report that your meal has not yet arrived.

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.

FOCUS ON PREVENTING FALLS

One in every three older adults falls each year — and falls are a leading cause of injuries and death among older adults. Exercises such as walking or working out with an elastic band can increase your strength, balance, and flexibility and help you avoid falls. Also, ask your healthcare provider to check that you're not taking any pills that can make you more likely to fall. Eliminate items in your home that are easy to trip over, like throw rugs. Insert grab bars in your bathtub or shower, and install night-lights so it's easier to see at night.

Source: HealthInAging.org

PHONE TIPS FOR SENIORS

- Start a buddy system. You and a friend or relative can set a special time when you phone each other every day. It's an easy way to check in and make sure you're both safe and healthy.
- Use an answering machine to keep potential burglars guessing about who's home and who's not. Women living alone may ask a male friend or relative to make the recording mentioning the telephone number only (no name).
- Seniors who live alone, especially women, can list only first and middle initials in the telephone directory to avoid harassing calls.

VALUABLE VOLUNTEERS

Thank you to Colonel Randall Ortiz with the 180th Fighter Wing, who volunteered his time and provided a history of the 180th Fighter Wing at the Veterans Breakfast in November.



WHERE'S VAL?

On Wednesday, January 10, 2018, Val Edwards, Information & Referral Specialist, will take appointments at the Delta Library from 10:00 am to noon. Get help understanding Medicare and Social Security issues, insurance bills, completing applications, and more. Thursday, January 18, meet Val at the Swanton Library from 10:00 am to noon. Tuesday, January 23 is your chance to meet with Val at the Evergreen Library in Metamora from 10:00 am to noon. On Thursday, January 25, Val will be at Wyse Commons on Archbold's Fairlawn campus. 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: Wed & Friday am

NO Choir Practice in January

Tai Chi: every Tues. and Thurs.

Food & Fitness: Tuesday at 10:00 am

Pepper: Wednesday pm

Bingo: Thursday mornings

Birthday Party: first Friday

Gentle Movement Resumes: see calendar

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.

ARCHBOLD HIGHLIGHTS

Bingo: Fridays

Blood Pressure Check: first Wednesday

Birthday Lunch: first Friday

Toenail Clinic: February 7. 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: February 13. Call early for appointment; \$15.00 fee; soak feet for 30 minutes before you arrive.

HELP US HELP YOU

Has your phone number changed? Have you moved? Has your email address changed? Is information for your contact person out of date? Please contact us with your up-to-date information. Also, if you currently receive the Bzz newsletter by mail and have an email address, would you consider receiving the newsletter via email instead of regular mail to help us save money on postage?

FAYETTE HIGHLIGHTS

Bingo: every Thursday

Blood Pressure Check: third Tuesday

Birthday Lunch: first Thursday

Toenail Clinic: February 20. Call early for appointment; \$15.00 fee; soak feet for 30 minutes before you arrive.

DID YOU KNOW

Simply taking a brisk 30-40 minute walk most days offers the following stunning rewards:

- A 35% reduction in the risk of Alzheimer's and other dementias.
- A 30 - 50% reduction in the risk of premature death.
- A 35% reduction in the risk of heart attacks and strokes.
- A 30% reduction in arthritic knee pain.
- Relief from mild to moderate depression on par with prescription antidepressants.
- Significant protection from cancers of the breast, colon, and uterus, along with significant improvement in the survivorship of breast, prostate, and colon cancers.

Above information is from Dr. Ann's Wellness Bulletin, Dr. Ann Kulze, M.D.

The gym at the Fulton County Senior Center is available for walking when no other gym programs are taking place.

SWANTON HIGHLIGHTS

Bingo: every Wednesday

Birthday Lunch: first Wednesday

Blood Pressure Check: second Monday

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

JANUARY, 2018

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 CLOSED NEW YEARS DAY	2 Pub Burgers Oven Fries Baked Beans Orange Segments	3 Potato Soup Ground Bologna Sandwich (LS Alt=Turkey Sandwich) Pea Salad Jell-O w/Fruit	4 Pork Roast Rice Pilaf Seasoned Spinach Cranberry Juice Applesauce	5 Creamed Chipped Beef Mashed Potatoes Mixed Vegetables Apricots Ice Cream
8 Steamed Franks (LS Alt=Chicken Breast) Macaroni & Cheese California Blend Vegetables Mixed Fruit Grape Juice	9 Beef Stroganoff Egg Noodles Brussels Sprouts Baked Apples Cookies	10 Sausage Gravy & Biscuits Hash Brown Casserole Tossed Salad Fruit Crunch	11 Chicken Alfredo Pasta Steamed Carrots Peas Pineapple & Bananas	12 Chili w/ Beans Mexican Style Rice Calico Corn Tropical Fruit
15 CLOSED MARTIN LUTHER KING JR. DAY	16 Stuffed Pepper Soup Pasta Salad Cucumber Salad Sunshine Salad	17 Chicken Breast Sandwich O'Brien Potatoes Buttered Beets Fruit Salad	18 Beef & Noodles Mashed Potatoes Winter Blend Vegetables Peaches Pudding	19 Ham Loaf (LS Alt=Meatloaf) Sweet Potatoes Green Beans Pineapple Chunks
22 Oriental Pepper Steak Brown Rice Midori Blend Vegetables Apricots	23 Hot Chicken Sandwich Potato Wedges Cole Slaw Baked Apples	24 Sauer Kraut & Sausage (LS Alt=Pork Loin) Smashed Red Potatoes Peas w/Onions Fresh Fruit Yogurt	25 Ham & Bean Soup (LS Alt=Vegetable Soup) Garden Salad Pickled Beets Five Cup Salad Corn Bread	26 Pot Roast Boiled Potatoes Carrots Orange Segments
29 BBQ Pork Sandwich Tater Tots Succotash Tropical Fruit Salad	30 Goulash Cooked Cabbage Peas & Mushrooms Peaches	31 Roast Turkey Dressing Green Beans Spiced Apple Sauce Assorted 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>1</p> <p>CLOSED NEW YEARS DAY</p>	<p>2</p> <p>10:00 Food & Fitness 11:00 What's In The Bag? 11:00 Tai Chi (Gym) 12:00 Lunch NO Choir Practice 1:00 Tai Chi (Gym)</p>	<p>3</p> <p>10:45 Golden Drummers 11:00 How I Thrive with Severe Vision Impairment, Tim Tegge 12:00 Lunch 1:00 Pepper Card Game (Bingo Room)</p>	<p>4</p> <p>10:15 Bingo with Fulton Manor Guests 11:00 Tai Chi (Gym) 12:00 Lunch 1:00 Tai Chi (Gym)</p>	<p>5</p> <p>10:30 Golden Drummers 11:00 Site Council 12:00 Lunch 12:30 Birthday Party 1:00 Walk The Gym</p>
<p>8</p> <p>9:30 Gentle Movement (Gym) 10:30 Free Hearing Aid Cleaning 11:00 Defensive Driving Tips, Bob Lehman 12:00 Lunch 1:00 Line Dancing</p>	<p>9</p> <p>10:00 Food & Fitness 11:00 How Well Do Your Friends Know You? Bring 3 Small Objects From Home That Best Describe You 11:00 Tai Chi (Gym) 12:00 Lunch NO Choir Practice 1:00 Tai Chi (Gym)</p>	<p>10</p> <p>9:30 Gentle Movement (Gym) 10:45 Golden Drummers 11:00 How Will EMS Reach Me Without Breaking Down My Door? Knox Box Info, Fire Chief Sluder 12:00 Lunch 1:00 Pepper Card Game (Bingo Room)</p>	<p>11</p> <p>Crazy Hat Day Wear a Hat Today</p> <p>10:15 Bingo 11:00 Tai Chi (Gym) 12:00 Lunch 1:00 Tai Chi (Gym)</p>	<p>12</p> <p>10:30 Golden Drummers 12:00 Lunch 1:00 Shuffleboard</p>
<p>15</p> <p>CLOSED MARTIN LUTHER KING JR. DAY</p>	<p>16</p> <p>10:00 Food & Fitness 11:00 Get To Know Fulton Co. Commissioner Jon Rupp 11:00 Tai Chi (Gym) 12:00 Lunch NO Choir Practice 1:00 Tai Chi (Gym) 1:30 OPERS (Bingo Room)</p>	<p>17</p> <p>State Day; Wear a Shirt from a Trip/Vacation</p> <p>9:30 Gentle Movement (Gym) 10:45 Golden Drummers 11:00 3-D Printer Demonstration, Delta Library 12:00 Lunch 1:00 Pepper Card Game (Bingo Room)</p>	<p>18</p> <p>Day Trip; New Henry Co. Senior Center, Lunch & Tour</p> <p>10:15 Bingo 11:00 Tai Chi (Gym) 12:00 Lunch 1:00 Tai Chi (Gym)</p>	<p>19</p> <p>10:30 Golden Drummers 11:30 Humane Society Animals and Tracey Wanner 12:00 Lunch 1:00 Walk The Gym</p>
<p>22</p> <p>9:30 Gentle Movement (Gym) 11:00 "Just So You Know," & Free BP Checks, Fulton Co. Health Dept. 12:00 Lunch 1:00 Line Dancing</p>	<p>23</p> <p>10:00 Food & Fitness 11:00 Bucket List Show & Tell 11:00 Tai Chi (Gym) 12:00 Lunch NO Choir Practice 1:00 Tai Chi (Gym)</p>	<p>24</p> <p>9:30 Gentle Movement (Gym) 9:30 Toe Nail Clinic (By Appointment) 10:45 Golden Drummers 11:00 Music by Just Us 2, Marc & Ellen Pember 12:00 Lunch 1:00 Pepper Card Game (Bingo Room)</p>	<p>25</p> <p>Bakery & Bingo Day Trip; Visit Delta's Main Street Bakery and Play Bingo at the Delta Site</p> <p>9:45 Extended Bingo 11:00 Tai Chi (Gym) 12:00 Lunch 1:00 Tai Chi (Gym)</p>	<p>26</p> <p>Wear a Senior Center Shirt or Hat Today</p> <p>10:30 Golden Drummers 12:00 Lunch 1:00 Shuffleboard</p>
<p>29</p> <p>9:30 Gentle Movement (Gym) 10:00 Craft Day; Make a Valentine Wreath (Please Sign Up) (Note Time) 12:00 Lunch NO Line Dancing</p>	<p>30</p> <p>10:00 Food & Fitness 11:00 Easy Stretches & What to Do if I Fall at Home, Fairlawn Staff 11:00 Tai Chi (Gym) 12:00 Lunch NO Choir Practice 1:00 Tai Chi (Gym)</p>	<p>31</p> <p>Snowman Day; Wear a Snowman Shirt or Wear White Day Trip; Sight Center Toledo</p> <p>9:30 Gentle Movement (Gym) 10:45 Golden Drummers 12:00 Lunch 1:00 Pepper Card Game (Bingo Room)</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
<p>1</p> <p>CLOSED NEW YEARS DAY</p>	<p>2</p> <p>11:00 Game Day 12:00 Lunch 1:00 Word Games</p>	<p>3</p> <p>10:00 Site Council 10:30 Book Bingo 12:00 Lunch; Birthday Cake Provided by Swanton Health Care 1:00 Cards</p>	<p>4</p> <p>10:00 Site Council 10:30 Book Bingo 12:00 Lunch & Birthday Treat 1:00 Games</p>	<p>5</p> <p>11:00 Bucket List Show & Tell; Bring an item that shows a place you want to visit, activity you want to try, and/or food you want to sample some day. 12:00 Lunch 1:00 Cards & Games</p>
<p>8</p> <p>11:00 "Just So You Know," Fulton Co. Health Dept. & Free BP Checks 12:00 Lunch 1:00 Word Games</p>	<p>9</p> <p>11:00 "Just So You Know," Fulton Co. Health Dept. & Free BP Checks 12:00 Lunch 1:00 Cards</p>	<p>10</p> <p>10:30 Bingo 12:00 Lunch 1:00 Games</p>	<p>11</p> <p>10:00 Free Hearing Aid Cleaning 10:30 Bingo with Delta School Caller 12:00 Lunch 1:00 Cards & Games</p>	<p>12</p> <p>11:00 Toledo MetroParks Speaker, Black Swamp History 12:00 Lunch 1:00 Puzzles</p>
<p>15</p> <p>CLOSED MARTIN LUTHER KING JR. DAY</p>	<p>16</p> <p>11:00 "Crafters Corner" with Lindsay of Whitehouse Country Manor 12:00 Lunch 1:00 Games</p>	<p>17</p> <p>10:30 Snow Day Bingo & Hot Cocoa Bar; Wear Robe/ PJs & Slippers 12:00 Lunch 1:00 Cards & Games</p>	<p>18</p> <p>Day Trip; New Henry Co. Senior Center, Lunch & Tour 10:30 Snow Day Bingo & Hot Cocoa Bar; Wear Robe/ PJs & Slippers 12:00 Lunch 1:00 Puzzles</p>	<p>19</p> <p>11:00 Sustain Your Brain, Lynn Ritter, Alzheimer's Association 12:00 Lunch 1:00 Cards</p>
<p>22</p> <p>10:00 Euchre Tournament (Note Start Time) 10:30 Free Hearing Aid Cleaning 12:00 Lunch 1:00 to 3:00 Euchre Tournament Continues</p>	<p>23</p> <p>11:00 Sustain Your Brain, Lynn Ritter, Alzheimer's Association 12:00 Lunch 1:00 Cards & Games</p>	<p>24</p> <p>10:30 Bingo 12:00 Lunch 1:00 Puzzles</p>	<p>25</p> <p>9:45 Bakery & Bingo Day Trip; Visit Delta's Main Street Bakery and Play Bingo at the Delta site 12:00 Lunch 1:00 Cards</p>	<p>26</p> <p>11:00 PoKeNo 12:00 Lunch 1:00 Word Games</p>
<p>29</p> <p>11:00 "Crafters Corner" with Lindsay of Whitehouse Country Manor 12:00 Lunch 1:00 Cards & Games</p>	<p>30</p> <p>11:00 Cooking Demo with Jenny of Kingston 12:00 Lunch 1:00 Puzzles</p>	<p>31</p> <p>Day Trip; Site Center of Toledo 10:30 Bingo 12:00 Lunch 1:00 Cards</p>		

ARCHBOLD / FAYETTE ACTIVITIES

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>CLOSED NEW YEARS DAY</p>	<p>2</p> <p>11:00 Game Day 12:00 Lunch 1:00 Word Games</p>	<p>3</p> <p>11:00 "Just So You Know," Fulton Co. Health Dept. & Free BP Checks 12:00 Lunch 1:00 Cards</p>	<p>4</p> <p>10:00 Site Council 10:30 Bingo 12:00 Lunch & Birthday Treat 1:00 Games</p>	<p>5</p> <p>10:00 Site Council 10:30 Bingo 12:00 Lunch & Birthday Treat 1:00 Cards & Games</p>
<p>8</p> <p>11:00 Get To Know Fulton Co. Commissioner Jon Rupp 12:00 Lunch 1:00 Word Games</p>	<p>9</p> <p>11:00 Left, Center, Right 12:00 Lunch 1:00 Cards</p>	<p>10</p> <p>11:00 Zingo 12:00 Lunch 1:00 Games</p>	<p>11</p> <p>10:30 Bingo 12:00 Lunch 1:00 Cards & Games</p>	<p>12</p> <p>10:30 Bingo with Guest Caller from Fairlawn 12:00 Lunch 1:00 Puzzles</p>
<p>15</p> <p>CLOSED MARTIN LUTHER KING JR. DAY</p>	<p>16</p> <p>11:00 "Just So You Know," Fulton Co. Health Dept. & Free BP Checks 12:00 Lunch 1:00 Games</p>	<p>17</p> <p>11:00 How Will EMS Reach Me Without Breaking Down My Door? Knox Box Info, Local Fire Dept. staff person 12:00 Lunch 1:00 Cards & Games</p>	<p>18</p> <p>Day Trip; New Henry Co. Senior Center, Lunch & Tour 10:30 Bingo 12:00 Lunch 1:00 Puzzles</p>	<p>19</p> <p>10:30 Bingo 12:00 Lunch 1:00 Cards</p>
<p>22</p> <p>11:00 Easy Exercises, Stretching; What to Do if You Fall at Home, Lisa from Fairlawn 12:00 Lunch 1:00 Games</p>	<p>23</p> <p>11:00 How Will EMS Reach Me Without Breaking Down My Door? Knox Box Info, Local Fire Dept. staff person 12:00 Lunch 1:00 Cards & Games</p>	<p>24</p> <p>11:00 "Crafters Corner" with Lindsay of Whitehouse Country Manor 12:00 Lunch 1:00 Puzzles</p>	<p>25</p> <p>9:45 Bakery & Bingo Day Trip; Visit Delta's Main Street Bakery and Play Bingo at the Delta site 10:30 Bingo 12:00 Lunch 1:00 Cards</p>	<p>26</p> <p>10:30 Bingo 12:00 Lunch 1:00 Word Games</p>
<p>29</p> <p>11:00 Defensive Driving Tips, Bob Lehman 12:00 Lunch 1:00 Cards & Games</p>	<p>30</p> <p>11:00 Get To Know Fulton Co. Commissioner Jon Rupp 12:00 Lunch 1:00 Puzzles</p>	<p>31</p> <p>Day Trip; Site Center of Toledo 11:00 Left Center Right 12:00 Lunch 1:00 Cards</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 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 JANUARY 1, 2018

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, 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, Vicki Kline, 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