

SERVING CITIZENS OF FULTON COUNTY 60 YEARS & OVER

SENIOR B-33

FEBRUARY 2020

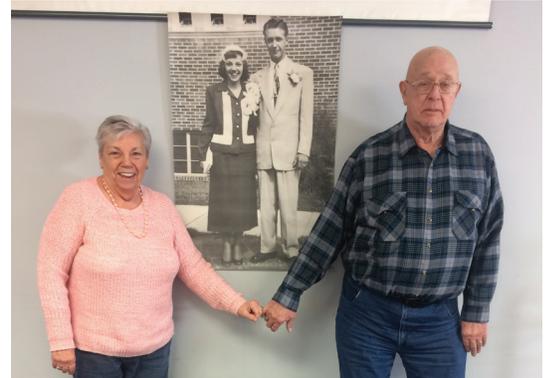
Fulton County Senior Center
240 Clinton St., Wauseon, Ohio 43567
Phone: 419-337-9299 • Fax: 419-337-9289 • Hours: 8am-4pm

SENIOR SPOTLIGHT

Pat and Van (Floyd) Van Alstine's love story began in elementary school. "We were in the fourth grade, and we got called out in the hall for writing love notes to each other. We were nine years old. And we have been together since then. We got engaged and got married right after high school. We've been married 64 years. It's been a good life, a hard life, but a good life," Pat explained. Pat spent her career in retail, while Van spent his in trucking and transportation. They enjoyed many years of camping together.

Now in 2020, you will find Pat and Van spending a lot of time with their sizeable family. "We had 5 children, right now we have 14 grandchildren, 8 of them are married; we are expecting our 14th great-grandchild any day, and a granddaughter is getting married in May," Pat said. The Van Alstines are very active in their church and enjoy watching college football. "We're in the minority as Michigan fans. That was our Halloween costume this year, our Michigan outfits," Pat said.

Pat started going to the Swanton Senior Center in 1999 when a friend invited her to BINGO. "I have been going there ever since. I just love it. It's good for us. It gives Van something to do, too. He REALLY enjoys playing Euchre with the guys. I know when we go out there, we're going to be welcomed, and I know that we both are going to enjoy ourselves. And it's just a good atmosphere," Pat explained.



SENIOR NEWS

UPCOMING EVENTS - ALL SITES INVITED

- February 13** – Day Trip, Archbold, Church Stained Glass, Mancino's, Shopping
- February 17** – Closed for Presidents' Day
- February 27** – Day Trip, Toledo Glass Pavilion, Glass Blowing Demonstration



• FULTON COUNTY SENIOR CENTER PROGRAMS & SERVICES •

Information and Referral • Congregate Nutrition Site • Home Delivered Meals • Skill Development Programs
Fitness & Wellness Programs • Social & Recreation Programs • Transportation • Housekeeping • Education
Monthly Newsletter • Support Groups • Health Screens and Services • Volunteer Opportunities

YOUR RESERVATION IS VITAL

If you are making a reservation for lunch at a Senior Center site or for home delivery, please note we require at least one business day's notice to add your reservation. Please do not leave meal reservation additions on the Senior Center voice mail system over a weekend for Monday's meal or for days following holidays, as we cannot accommodate your request. We also ask for your consideration if you are not able to keep your Senior Center lunch reservation. Please notify us right away of your cancelation. Our kitchen staff strives to be accurate in the amount of food it prepares. Accurate lunch reservation numbers result in much less food waste.

TAX HELP OFFERED

Northwest Ohio Community Action Commission (NOCAC) offers seniors assistance with tax preparation.

New in 2020, NOCAC is now an Internal Revenue Service (IRS) Volunteer Income Tax Assistance (VITA) partner. The VITA program allows NOCAC to provide free preparation services for federal, state, and school districts taxes. Consumers will be responsible for filing their city taxes as in previous years.

If you are interested in making an appointment, call the designated tax line (419) 990-5134. Or, you may send an email to Taxes@nocac.org.

The start of a new year often brings with it a desire to get organized. How organized are your important papers? Use this checklist from Area Office on Aging of Northwest Ohio to keep track of your key paperwork. Gather them together (or make note of their location) and place in a safety deposit box, or give to a trusted family member who can retrieve them in an emergency.

Insurance

Medicare card
Secondary health
Life
Special care
Long Term Care
Catastrophic illness
Auto
Home
Other

Life Events

Birth certificate
Burial plot
Funeral arrangements
Immigration/naturalization papers
Marriage/ divorce papers
Military papers
Social Security card

Financial

Bank notes
Bank savings accounts
Bonds
Broker name/ phone
Certificates of deposit
Checking account
Credit card list
IRAs
Mortgage papers
Mutual funds
Safety deposit key/combination
Stock certificates
Tax records

Legal

Auto title
Deeds
Living Will
Living trust
Power of attorney
Power of attorney
for health
Trust papers
Will

WHERE'S VAL?

On Wednesday, February 12, 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, February 20, meet Val at the Swanton Library from 10:00 am to noon. On Thursday, February 27, Val will be at Wyse Commons on Archbold's Fairlawn campus. Tuesday, February 25 is your chance to meet with Val at the Evergreen Library in Metamora from 10:00 am to noon. Also, Val is available most weekdays to meet with seniors by appointment 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 for any of these dates by calling 419-337-9299.

SENIOR CENTER HAM LOAF RECIPE

1 ½ LB GROUND HAM

1 LB GROUND BEEF

½ LB GROUND PORK

3 EGGS

2 CUPS CRUSHED SALTINE CRACKERS

½ CUP MILK

1. In a large bowl combine all ingredients. Mix well and form into a loaf. Place loaf into a lightly greased 9x13 baking dish.
2. Bake at 350 degrees F for 90 minutes or until a thermometer inserted into the thickest part reads 165 degrees F.
3. While the loaf is baking, make a glaze of 1 cup catsup, ¼ cup plus 1 TBS brown sugar and 1 TBS mustard.
4. Mix well and spread over the loaf for the last 15 minutes of baking.
5. Let the loaf rest for 10 minutes before cutting and serving.

WAUSEON HIGHLIGHTS

Golden Drummers: Monday (note new Monday time of 10:15 am) & Friday am

Choir Practice: Tuesdays at 1:00 pm

Pickleball: Tuesday, Wednesday & Friday

Line Dancing: Monday pm

Tai Chi: Tuesdays & Thursdays

Pepper: Wednesday pm

Bingo: Thursday mornings

Birthday Party: first Friday

Gentle Movement: (sponsored by American Physical Rehabilitation Network & FCHC Rehab Department) Mondays (note new Monday time of 9 am) & Wednesdays

Toe Nail Clinic: March 18, 2020. Call early for appointment; \$15.00 fee; soak feet for 30 minutes before you arrive.

ARCHBOLD HIGHLIGHTS

Bingo: Fridays

Blood Pressure Check: Third Tuesday

Birthday Lunch: First Friday

Toenail Clinic: February 18.

Call early for appointment; \$15.00 fee; soak feet for 30 minutes before you arrive.

FAYETTE HIGHLIGHTS

Bingo: every Thursday

Blood Pressure Check: February 24

Birthday Lunch: First Thursday

Toenail Clinic: February 24.

Call early for appointment; \$15.00 fee; soak feet for 30 minutes before you arrive.

2019 MEDICARE OPEN ENROLLMENT RECAP

The 2019 Medicare Open Enrollment period was very successful here in Fulton County. Val met with 282 seniors during Open Enrollment to review Medicare drug and advantage. With Val's help, many seniors found 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. Appointments can really pay off, as a total of over \$88,500 was saved for Fulton County Seniors this year. Medicare Open Enrollment is each year from October 15 to December 7. 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. Call her at 419-337-9299 to schedule an appointment.

SWANTON HIGHLIGHTS

Bingo: every Wednesday

Birthday Lunch: First Wednesday

Blood Pressure Check: Second Monday

DELTA HIGHLIGHTS

Bingo: every Thursday

Blood Pressure Check: Second Tuesday

Birthday Lunch: First Thursday

WINTER WEATHER ALERTS

Winter weather is unpredictable. 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.

LUNCH CALENDAR

FEBRUARY, 2020

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. LUNCH SERVED AT NOON.

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
Goulash Cooked Cabbage Tossed Salad Fruit Crunch 3	Swiss Steak Mashed Potatoes Green & Wax Beans Fresh Fruit Granola Bars 4	Chicken Breast Sandwich O'Brien Potatoes Winter Blend Vegetable Dark Sweet Cherries Wauseon Only: Fish Sandwich 5	Minestrone Soup Turkey Sandwich Pea Salad Fruit Salad 6	Creamed Chipped Beef Mashed Potatoes Mixed Vegetables Peaches Biscuits 7
Turkey Burgers Seasoned Potato Wedges Summer Squash Orange Sections Cookies 10	Pork Roast Rice Pilaf Spinach Applesauce Juice 11	Chicken Alfredo Pasta Steamed Carrots Peas Pineapple & Bananas 12	Beef & Broccoli Stir Fry Steamed Brown Rice Midori Blend Vegetables Tropical Fruit 13	Butternut Squash Soup Ham & Cheese Sandwich Cucumber Salad Sunshine Salad 14
CLOSED FOR PRESIDENTS' DAY 17	Steamed Franks (LS Alt=Chicken Breast) Macaroni & Cheese Stewed Tomatoes Pears Juice 18	White Chicken Chili Celery & Carrot Sticks Corn & Frito Salad Jell-O Brownies 19	Beef & Noodles Mashed Potatoes Green Beans Fresh Grapes 20	Biscuits & Gravy Hash Brown Casserole Green Salad Fruit Crisp 21
Country Fried Steak w/Country Gravy Mashed Potatoes Sugar Snap Peas Apricots 24	Hot Chicken Sandwich Roasted Potatoes Cole Slaw Baked Apples Yogurt 25	Sausage & Kraut (LS Alt=Pork Roast) Smashed Red Potatoes Peas w/Onions Pineapple 26	Beef & Vegetable Soup Pasta Salad Broccoli Salad Cheese Cubes Ambrosia 27	Ham Loaf (LS Alt=Meatloaf) Sweet Potatoes Malibu Blend Vegetable Mixed Fruit 28

WAUSEON ACTIVITIES

MONDAY THRU FRIDAY

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

FEBRUARY, 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9:00 Gentle Movement (Sponsored by American Physical Rehabilitation Network & FCHC Rehab Department) 3</p> <p>10:15 Golden Drummers</p> <p>10:30 Free Hearing Aid Cleaning</p> <p>10:30 Sketching Class (Bingo Room)</p> <p>11:00 Free Blood Pressure Check, Health Dept.</p> <p>12:00 Lunch</p> <p>1:00 Line Dancing</p>	<p>8:00 to 10:30 Pickleball (Gym) 4</p> <p>11:00 Easy Chair Exercises, Myndi, Swanton Health Care</p> <p>11:00 Tai Chi (Gym)</p> <p>12:00 Lunch</p> <p>1:00 Tai Chi (Gym)</p> <p>1:00 Choir Practice</p>	<p>8:00 to 9:30 Pickleball (Gym) 5</p> <p>10:00 Gentle Movement (Sponsored by American Physical Rehabilitation Network & FCHC Rehab Department)</p> <p>11:00 Word Pictures (JA3, J2)</p> <p>12:00 Lunch</p> <p>1:00 Pepper (Bingo Room)</p>	<p>9:30 Brain Game Box 6</p> <p>10:15 Bingo</p> <p>11:00 Tai Chi (Gym)</p> <p>12:00 Lunch</p> <p>1:00 Tai Chi (Gym)</p>	<p>Wear Red for Heart Health Today 7</p> <p>10:00 Golden Drummers</p> <p>11:00 Site Council & Nutrition Education</p> <p>12:00 Lunch</p> <p>12:30 Birthday Party</p> <p>1:00 to 3:00 Pickleball</p> <p>1:00 to 3:00 Bingo (Bingo Room)</p>
<p>9:00 Gentle Movement (Sponsored by American Physical Rehabilitation Network & FCHC Rehab Department) 10</p> <p>10:15 Golden Drummers</p> <p>10:30 Sketching Class (Bingo Room)</p> <p>11:00 Hidden Pictures (Dogs Fishing, Splash Bunnies)</p> <p>12:00 Lunch</p> <p>1:00 Line Dancing</p>	<p>8:00 to 10:30 Pickleball (Gym) 11</p> <p>11:00 Music by Will Hinton</p> <p>11:00 Tai Chi (Gym)</p> <p>12:00 Lunch</p> <p>1:00 Tai Chi (Gym)</p> <p>1:00 Choir Practice</p>	<p>8:00 to 9:30 Pickleball (Gym) 12</p> <p>10:00 Gentle Movement (Sponsored by American Physical Rehabilitation Network & FCHC Rehab Department)</p> <p>11:00 Word Picture (F1, M2)</p> <p>12:00 Lunch</p> <p>1:00 Pepper (Bingo Room)</p> <p>1:00 Craft with Linda & Cindy</p>	<p>Day Trip, Archbold; Stained Glass, Mancino's 13</p> <p>9:30 Brain Game Box</p> <p>10:15 Bingo</p> <p>11:00 Tai Chi (Gym)</p> <p>12:00 Lunch</p> <p>1:00 Tai Chi (Gym)</p>	<p>Wear Pink & Or Red for Valentine's Day 14</p> <p>9:30 Sequence</p> <p>10:00 Golden Drummers</p> <p>11:00 Valentine Photos & Fun!</p> <p>12:00 Lunch</p> <p>1:00 to 3:00 Pickleball</p> <p>1:00 to 3:00 Bingo (Bingo Room)</p>
<p style="text-align: center;">17</p> <p style="text-align: center;">CLOSED FOR PRESIDENTS' DAY</p>	<p>8:00 to 10:30 Pickleball (Gym) 18</p> <p>11:00 Buzz Word Game</p> <p>11:00 Tai Chi (Gym)</p> <p>12:00 Lunch</p> <p>1:00 Tai Chi (Gym)</p> <p>1:00 Choir Practice</p> <p>1:30 OPERS (Bingo Room)</p>	<p>8:00 to 9:30 Pickleball (Gym) 19</p> <p>10:00 Gentle Movement (Sponsored by American Physical Rehabilitation Network & FCHC Rehab Department)</p> <p>11:00 Spot the Difference Game with Beth</p> <p>12:00 Lunch</p> <p>1:00 Pepper (Bingo Room)</p>	<p>9:30 Brain Game Box 20</p> <p>10:15 Bingo</p> <p>11:00 Tai Chi (Gym)</p> <p>12:00 Lunch</p> <p>1:00 Tai Chi (Gym)</p> <p>1:00 Painting with Ann (Sign Up Required)</p>	<p>9:30 Dominoes 21</p> <p>10:00 Golden Drummers</p> <p>12:00 Lunch</p> <p>1:00 to 3:00 Pickleball</p> <p>1:00 to 3:00 Bingo (Bingo Room)</p>
<p>9:00 Gentle Movement (Sponsored by American Physical Rehabilitation Network & FCHC Rehab Department) 24</p> <p>10:15 Golden Drummers</p> <p>11:00 Boggle with Beth</p> <p>12:00 Lunch</p> <p>1:00 Line Dancing</p>	<p>Wear a Sweatshirt Today 25</p> <p>8:00 to 10:30 Pickleball (Gym)</p> <p>11:00 Treasure Chest & Family Picnic Detectives Game</p> <p>11:00 Tai Chi (Gym)</p> <p>12:00 Lunch</p> <p>1:00 Tai Chi (Gym)</p> <p>1:00 Choir Practice</p>	<p>8:00 to 9:30 Pickleball (Gym) 26</p> <p>10:00 Gentle Movement (Sponsored by American Physical Rehabilitation Network & FCHC Rehab Department)</p> <p>11:00 Hidden Pictures (Spring Pony, Pony & Puppy)</p> <p>12:00 Lunch</p> <p>1:00 Pepper (Bingo Room)</p>	<p>Afternoon Trip; Glass Pavilion, Toledo 27</p> <p>9:30 Brain Game Box</p> <p>10:15 Bingo</p> <p>11:00 Tai Chi (Gym)</p> <p>12:00 Lunch</p> <p>1:00 Tai Chi (Gym)</p>	<p>9:30 Cards 28</p> <p>10:00 Golden Drummers</p> <p>12:00 Lunch</p> <p>1:00 to 3:00 Pickleball</p> <p>1:00 to 3:00 Bingo (Bingo Room)</p>

SENIOR B-33

**ARCHBOLD - SCOUT CABIN
INSIDE RUIHLEY PARK,
W. WILLIAMS ST.
TUES. & FRI.**

ARCHBOLD / FAYETTE ACTIVITIES

**FAYETTE - FAMILY LIFE CENTER
306 E. MAIN STREET
MON., WED., & THURS.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:00 Coffee & Conversation 3 11:00 Hidden Pictures (Morning Rush, Snowflake Mice) 12:00 Lunch 1:00 Cards	10:00 Left, Center, Right Dice Game 4 11:00 Music by Jaclyn O'Neil, Fulton Co. Health Center 12:00 Lunch 1:00 Word Games	10:00 LCR & Other Games 5 11:00 Buzzword Game 12:00 Lunch 1:00 Puzzles	Wear Red for Heart Health Today 6 9:30 Cards 10:00 Site Council & Nutrition Education 10:30 Bingo 12:00 Lunch with Birthday Cake 1:00 Cards & Games	Wear Red for Heart Health Today 7 10:00 Site Council & Nutrition Education 10:30 Bingo 12:00 Lunch with Birthday Cake 1:00 Games
10:00 Cards 10 11:00 Qwirkle and Blokus from the Brain Game Box 12:00 Lunch 1:00 Word Games	10:00 Coffee & Conversation 11 11:00 Simple Chair Exercises with Myndi of Swanton Health Care 12:00 Lunch 1:00 Puzzles	10:00 Skip Bo & Other Games 12 11:00 Music by Phyllis Page 12:00 Lunch 1:00 Cards & Games	Day Trip, Archbold Stained Glass, 13 Shopping 10:00 Cards 10:30 Bingo 12:00 Lunch 1:00 Games	Wear Pink & Or Red for Valentine's Day 14 10:00 Cards 10:30 Bingo with Guest Caller, Ashley of Aetna 12:00 Lunch 1:00 Word Games
17 CLOSED FOR PRESIDENTS' DAY	9:30 Toe Nail Clinic 18 (By Appointment) 11:00 "Just So You Know," & Free Blood Pressure Screening, Fulton Co. Health Dept. 12:00 Lunch 1:00 Cards & Games	10:00 Left, Center, Right Dice Game 19 11:00 Hidden Pictures (Coffee Shop, Sidewalk Art) 12:00 Lunch 1:00 Games	Wear a Sweatshirt Today 20 10:00 Cards 10:30 Bingo with Guest Caller, Ashley of Aetna 12:00 Lunch 1:00 Word Games	Wear a Sweatshirt Today 21 10:00 Cards 10:30 Bingo 12:00 Lunch 1:00 Puzzles
10:00 Games from the Brain Game Box 24 10:30 Toe Nail Clinic (By Appointment) 11:00 "Just So You Know," & Free Blood Pressure Screening, Fulton Co. Health Dept. 12:00 Lunch 1:00 Cards & Games	10:00 Zingo 25 11:00 More Zingo 12:00 Lunch 1:00 Games	10:00 Games from Brain Game Box 26 11:00 Name 10 Game 12:00 Lunch 1:00 Word Games	Afternoon Trip; 27 Glass Pavilion, Toledo 9:30 Cards 10:00 Extended "Book Bingo" (Bring used books to give away as prizes) 12:00 Lunch 1:00 Puzzles	10:00 Cards 28 10:30 "Book Bingo" (Bring used books to give away as prizes) 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 FEBRUARY 1, 2020

FULTON COUNTY SENIOR CENTER STAFF

Director.....	Sheri Rychener
Receptionist.....	Karen Schroeder
Information & Referral Specialist.....	Valerie Edwards
Administrative Assistant.....	Chris Sager
Vehicle Maintenance Supervisor.....	Wes Green
Housekeeping Program Manager.....	Laura Ankney
Head Cook/Kitchen Manager.....	Kyle Wilcoxon
Assistant Cook.....	Deb Villalovos
Food Program Manager.....	Deb Myers
Kitchen Aides.....	Sherry Bittinger, Sandy Lemley, Maryann Griffin
Activity Coordinator.....	Vicki Hoylman
Activity Support Staff.....	Beth Ricker-Flory
Volunteer Coordinator.....	Brooke Bosco
Site Manager, Archbold/Fayette.....	Linda Holly
Site Aide, Archbold/Fayette.....	Dorothy Bock
Site Manager, Delta/Swanton.....	Jeanne Ortiz
Site Aide, Delta/Swanton.....	Claudia Overmyer
Custodian.....	Danni Smith, Andrea Coburn
Meal Delivery.....	Dave Smith, Kim Machinski, Juan Avina, Bill Sigg, Jeffrey Waidelich, Aimee Roth, Sherilyn Meiring James Davis, Brenda Hauck, James Mapes, Angela Johnston, Andrea Coburn
Substitutes.....	Judy Thourot, Alice Smallman, Peggy Wilson, Joe Sutton, James Baldwin, Robert Shaw, Vicki Kline, Butch Kline Dennis Peabody, Tim Gorsuch, Sharon McCabe, Chad Hayward, Karen James, Deb Gabel, Anita Ehrsam

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	M – F	8:00 am – 4:00 pm
Archbold Site	T and F	9:00 am – 2:00 pm
Delta Site	T and Th	9:00 am – 2:00 pm
Fayette Site	M, W, Th	9:00 am – 2:00 pm
Swanton Site	M, W, F	9:00 am – 2:00 pm