

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 Is information for your contact person out of date?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 B-zz 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?

TASTY TRIVIA

Hostess Twinkies were originally filled with banana-cream filling. The filling was changed to vanilla during WWII when the United States experienced a banana shortage.

Nolan Bushnell, co-founder of Atari, also founded what pizza chain?

Answer: Chuck E. Cheese

What does the "E" stand for in the name of the American restaurant chain Chuck E. Cheese?

Answer: Entertainment

About how many boxes of cookies do Girl Scouts sell each year?

Answer: 200 million boxes

What fast food chain once offered bubblegum flavored broccoli in an attempt to offer a healthy option on their kids' menu?

Answer: McDonald's

The Carolina Reaper, Dorset Naga, and Trinidad Scorpion are varieties of what kind of edible plant?

Answer: Chili pepper (Capsicum annum)

DID YOU KNOW?

The monthly issue of the Senior Center B-zz is available for free via email. Anyone may join our email list, including family and friends. Simply call our senior center to sign up at 419-337-9299 or send an email to Karen at kschroeder@fultoncountyoh.com

AVOID CORONAVIRUS SCAMS

Here are some tips to help you keep the scammers at bay:

- Hang up on robocalls. Don't press any numbers. Scammers are using illegal robocalls to pitch everything from scam Coronavirus treatments to work-at-home schemes. The recording might say that pressing a number will let you speak to a live operator or remove you from their call list, but it might lead to more robocalls, instead.
- Ignore online offers for vaccinations and home test kits. Scammers are trying to get you to buy products that aren't proven to treat or prevent the Coronavirus disease 2019 (COVID-19) — online or in stores. At this time, there also are no FDA-authorized home test kits for the Coronavirus. Visit the FDA to learn more.
- Fact-check information. Scammers, and sometimes well-meaning people, share information that hasn't been verified. Before you pass on any messages, contact trusted sources. Visit <https://www.usa.gov/coronavirus> "What the U.S. Government is Doing" for links to federal, state and local government agencies.
- Know who you're buying from. Online sellers may claim to have in-demand products, like cleaning, household, and health and medical supplies when, in fact, they don't.
- Don't click on links from sources you don't know. They could download viruses onto your computer or device.
- Watch for emails claiming to be from the Centers for Disease Control and Prevention (CDC) or experts saying they have information about the virus. For the most up-to-date information about the Coronavirus, visit the Centers for Disease Control and Prevention (CDC) and the World Health Organization (WHO).
- Do your homework when it comes to donations, whether through charities or crowdfunding sites. Don't let anyone rush you into making a donation. If someone wants donations in cash, by gift card, or by wiring money, don't do it.

COUPONS FOR LOCAL FARMERS' MARKETS

If you are age 60 or over and a resident of Fulton County, you may be eligible to receive coupons from the Senior Farmers' Market Nutrition Program. Eligible seniors receive ten \$5 coupons and a list of more than 130 participating farmers' markets and roadside stands. Coupons can be redeemed for fresh vegetables and fruits plus herbs and honey. You will automatically receive an application in the mail for 2020 if you received coupons for local farmers' markets in 2019. The 2020 applications were mailed to seniors the second week in May. If you are homebound, you may assign a proxy to shop for produce for you. If you are new to the program and would like to apply for farmers' market coupons for the 2020 season, the application is now available online at www.areaofficeonaging.com. You can click on "Apply Now" to begin that process. Look for your coupons to arrive sometime in July. Each household must complete an application every year. Certain income guidelines apply. All applications are processed on a first-come, first-served basis. The Senior Farmers' Market Nutrition Program is made possible by funding from the United States Department of Agriculture and state and local funding.

RECOGNIZE ELDER ABUSE

Every year on June 15, World Elder Abuse Awareness Day (WEAAD) is commemorated in America and around the world. What is Elder Abuse? The Ohio Department of Aging defines Elder Abuse as follows:

- Neglect: failure through own action or inaction (or that of others) to meet basic needs
- Exploitation: improper use of another person's resources for personal benefit.
- Physical Abuse: intentional use of force that results in injury, pain or impairment
- Emotional Abuse: actions that threaten, humiliate, intimidate or otherwise psychologically hurt someone
- Sexual Abuse: rape or unwanted, nonconsensual sexual contact, nudity, exhibition and other sexual situations

B	I	N	G	O
List 3 things you love about your favorite TV show.	Complete 20 arm curls.	Stimulate your mind. Complete a crossword, word search, Sudoku or other puzzle	Pay it forward! Give someone a compliment.	Sketch a simple scene with a sun, tree, house & dog.
Describe yourself in 3 words.	Phone a senior center friend.	How many words can you come up with in 2 minutes using the letters from: CORONAVIRUS	Take 3 deep breaths! <ul style="list-style-type: none"> • In through your nose, count 1...2...3... • Hold, count 1...2...3... • Out through your mouth, count 1...2...3 	Write about a positive & memorable time in your life.
Write down a piece of advice you would give to younger generations.	Name all 50 States. NO CHEATING.	FREE SPACE!	Drink 64 oz. of water in one day! Daily Suggestion Source: webmd.com	Clean out your junk drawer. Throw away garbage & wash the drawer.
Listen to music that makes you happy.	Share with us the weird items you found while cleaning out your junk drawer.	Take a Walk.	Complete 20 knee lifts.	List 3 things that you are grateful for today.
Complete 20 ankle rolls.	Reminisce. Look through old photos.	Clean out your pantry/cupboards. How many expired items do you have?	Phone a family member.	List 3 things you love about your local Senior Center.

We know many of you miss playing BINGO at the Senior Center.

Here is a BINGO card you can complete at home.

HOW TO PLAY: Complete a row vertically, horizontally or diagonally.

Let us know when you have achieved a BINGO and we will enter one ticket into our raffle with your name on it!

Contact us via email at vhoylman@fultoncountyoh.com or by phone, 419-337-9299.

Include your name AND phone number.

For this month, FIVE BINGO MAXIMUM = 5 RAFFLE TICKET MAXIMUM

Prize winner will be drawn on June 30.

BOGGLE WORD GAME, "HORSE"

O	L	I	F	A
P	L	T	L	O
E	Y	R	O	P
M	A	N	E	T
G	L	L	O	P

Boggle Game Instructions

Object: make words by using the letter cubes shown. The letters must be adjoining in a 'chain'. (Letter cubes in the chain may be adjacent horizontally, vertically, or diagonally, touching each other.)

Words must contain at least three letters. Not all words will go with the "horse" theme.

No letter cube may be used more than once within a single word. Special Covid-19 Rule: No time limit.

Can you beat Ava Hoylman? (Vicki's daughter Ava is a 2020 graduate. She found 76 words in the HORSE Boggle puzzle. One six-letter word; six five-letter words; 49 four-letter words).

Here is an example of how to find words, using the word SUPER from another Boggle puzzle:



NAME TEN

"Name Ten" is a simple list game to keep your mind sharp.

1. Name Something a Cowboy Would Hate to Have Happen

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

2. Name Something You Fill with Air

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

3. Name Something You Do Not Learn in School

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

LUNCH CALENDAR JUNE, 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
 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)
SUGGESTED DONATION: \$2.00. LUNCH SERVED AT NOON.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Seafood Salad Sandwich Potato Salad Pineapple	2 Ravioli w/Meat Sauce Italian Green Beans Carrots	3 Creamed Chipped Beef Mashed Potatoes Mixed Vegetables	4 Baked Ham Sweet Potatoes Sugar Snap Peas	5 Turkey Sandwich Cranberry Relish Pudding
8 Submarine Sandwich Macaroni Salad Peaches	9 Braised Beef Tips Egg Noodles Green Beans Applesauce	10 Oriental Pepper Steak Fried Rice Asian Blend Vegetables	11 Breaded Salmon Patty Rice Pilaf Peas	12 Sloppy Joe Sandwich Macaroni & Cheese Succotash
15 Beef Franks Baked Beans Seasoned Corn	16 Teriyaki Chicken Steamed Brown Rice Midori Blend Vegetables	17 Ground Bologna Sandwich Cauliflower Salad Dark Sweet Cherries	18 Meatloaf Mashed Potatoes Beets	19 Cheese Burgers Seasoned Potato Wedges Butter Beans
22 Turkey Salad Lettuce & Tomato Cheese Cubes Jell-O	23 Sausage, Egg & Cheese Sandwich Hash Brown Casserole Baked Apples	24 Baked Fish Macaroni & Cheese Stewed Tomatoes	25 Roast Beef Sandwich Cole Slaw Pudding	26 Italian Cold Cuts Pasta Salad Cottage Cheese
29 Cabbage Rolls Mashed Potatoes Peas & Carrots	30 Hot Chicken Sandwich Roasted Potatoes Mixed Vegetables			



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 JUNE 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.....	Kim Machinski
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, Jeffrey Waidelich
Meal Delivery.....	Dave Smith, 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 Ehram

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