

SERVING CITIZENS OF FULTON COUNTY 60 YEARS & OVER

# SENIOR



**JULY 2020**

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

July 3 – Closed for  
Independence Day



### EARN A FREE LUNCH

We have seen many new seniors utilizing our weekday drive-thru lunches. Help us spread the word about this valuable service. Feel free to invite friends and neighbors, age 60 and over, who are Fulton County residents, to make a lunch reservation for any of our five drive-thru lunch sites. If the new senior tells Karen that you referred them, you will receive a lunch ticket. At \$2.00 per meal (suggested donation), this is the most delicious, nutritious lunch option around.

## SENIOR SPOTLIGHT



2020 has been the year for unusual Graduations. High school and college graduates had to adjust their expectations along with their Commencement exercises and Grad parties due to restrictions from COVID-19. Dennis Peabody, substitute for the Fulton County Senior Center, has an unusual Graduation story to add. At the age of 64, Dennis received his Pettisville High School diploma. As a student, Dennis attended Pike and Delta schools, but has family connections to Pettisville.

Dennis completed 22+ Adult HSD, which is a no-cost diploma program for Ohio residents over age 22, that do not have a diploma or a GED. Dennis was originally set to graduate in 1974, when, days before the ceremony, he was “involved in an incident,” and the Delta High School principal told Dennis he would have to complete 200 hours of detention in exchange for his diploma.

In June 2020, Dennis celebrated his Graduation with a party attended by close family and friends. “At my party, we got a photo of me, my wife and my two daughters; all Pettisville graduates,” Dennis said. “My mom had a Graduation party all planned back in 1974. It didn’t happen then; it only took me 46 years longer than it should have!” he said.

As a substitute for the Fulton County Senior Center, Dennis enjoys running into “old” friends on the meal-delivery routes. He has driven school buses for Wauseon schools for nearly 20 years, where he is a two-time winner of the Regional School Bus Safety Competition. In his spare time, Dennis enjoys watching dirt track racing, gardening and yard work, and visiting his three grandchildren.

B	I	N	G	O
Try this tongue twister. "The sixth sick sheik's sixth sheep's sick"	List as many words as you can that rhyme with "dream."	Listen to music that makes you smile.	Let go of something: one possession that no longer brings you joy.	Give a compliment. Thank someone who recently did something nice for you.
Practice Range of Motion. Lift your arms straight in front of you, out to your sides and over your head.	Answer this: Corona Quarantine has taught me ...	Ask "What? Where? When?" Replace the W with a T and get your answer.	Be silly. Smile at yourself in the mirror and say, "Hello, Gorgeous!"	Stimulate your mind. Complete a crossword, word search, Sudoku or other puzzle
Eat at least one vegetable every day this week.	What is a smell/ odor/ fragrance that reminds you of summer?	<b>FREE SPACE!</b>	Find four things that are your favorite color.	Pay it forward! Write a letter.
Consider: Which invention from your lifetime are you most amazed by? What was life like before?	Drink 64 oz. of water in one day! Daily Suggestion Source: webmd.com	Name your favorite Senior Center sandwich.	List three things that you enjoy about mornings.	Take a walk.
Sketch a simple scene with butterflies and flowers.	Write a list of words that rhyme with "fruit."	List as many Fulton County, Ohio, towns, villages, cities as you can, from memory.	Practice Range of Motion. Slowly, turn your head to your right, then slowly to your left.	Enjoy a Joke: "Why do bees have sticky hair? Because they use a honeycomb."

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](mailto: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 July 31.

**FREQUENTLY ASKED QUESTIONS****When will seniors be allowed inside Fulton County Senior Center sites?**

We are not sure when restrictions will be lifted. All Fulton County Senior Center buildings will remain closed at this time in accordance with the directives set by Governor DeWine and the Ohio Department of Health.

**How will we know when the Senior Center is open again?**

The monthly B-zz newsletter will inform you when seniors may participate in activities and congregate meals, etc. Read re-opening announcements on the "Fulton County Senior Center" Facebook page, as well. You might also receive a phone message via our One Call phone message system.

**May we continue to get weekday lunches via drive-thru?**

Yes, we continue to offer drive-thru lunch pick up at all five Senior Center sites. Lunches are available for you to drive through and pick up at noon at all five Fulton County Senior Center sites, Wauseon, Archbold, Delta, Fayette and Swanton. If you would like a lunch for drive-thru pick up, you must order by calling the Wauseon site, 419-337-9299. Please be aware, you must order your lunch at least 24 hours in advance on business days. If you want to order lunch for a Monday, you must call no later than the Friday before.

If the receptionist does not answer, you can leave a message to order a lunch if it is before 3:00 pm Monday through Friday. Remember to specify at which location you will pick up your meal.

All Fulton County seniors age 60 and over are eligible. Suggested donation per meal is \$2.00 and can be mailed to Fulton County Senior Center; 240 Clinton St; Wauseon, Ohio 43567.

**Are new seniors allowed to get a lunch?**

Yes! We have welcomed a lot of new seniors to our drive-thru lunches. Feel free to invite friends and neighbors, age 60 and over, who are Fulton County residents, to make a lunch reservation for any of our five drive-thru lunch sites. If the new senior tells Karen that you referred them, you will receive a lunch ticket.

**Where do I look online for Corona Virus updates?**

Check out <https://governor.ohio.gov> for the latest updates as well as a list of testing locations.

**LOCAL COOLING CENTERS**

As summer temperatures rise, take note of these Fulton County cooling center locations.

Crossroads Evangelical Church – 845 E. Leggett Street Wauseon, Ohio  
M-TH 8:30 am to 5:00 pm and Friday 8:30 am to 3:00 pm

North Clinton Church – 831 W. Linfoot Street, Wauseon, Ohio  
M-F 8:00 am to 4:00 pm

St. John's Christian Church – 700 S. Defiance Street, Archbold, Ohio  
M-F 8:00 am to 9:00 pm; call first, (419) 446-2545

Wauseon Public Library – 117 E. Elm Street, Wauseon Ohio  
Mon, Tues, & Thur. 10:00 am to 8:00 pm,  
Wed. and Fri. 10:00 am to 5:00 pm, and Sat. 10:00 am to 2:00 pm

Trinity Lutheran Church – 410 Taylor St. Delta, Ohio  
M-F 9:00 am to 5:00 pm with the doors unlocked from 9 to noon;  
call first, (419) 822-4579

**SKETCHING CONTEST**

You are invited to submit an original black and white drawing to the Senior Center. Minimum size 5 inches by 7 inches, and no larger than 9 inches by 11 inches. Theme for this contest: nature. Submit your artwork at the drive-through lunch pick-up at a Senior Center site or give it to your home-delivery meal driver. Be sure to include your name and phone number on the back of your artwork. Originals will be returned to you. Creations will be considered for a future issue of the B-zz newsletter.

### 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](http://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.

### SUMMER COOLING TIPS

Now that summer heat is here to stay, consider the following tips from the National Institute on Aging, to lower your risk of heat-related illness.

- Drink plenty of liquids, such as water or fruit or vegetable juices. Stay away from drinks containing alcohol or caffeine. If your doctor has told you to limit your liquids, ask what you should do when it is very hot.
- If you live in a home or apartment without fans or air conditioning, try to keep your house as cool as possible. Limit your use of the oven. Keep your shades, blinds, or curtains closed during the hottest part of the day. Open your windows at night.
- If your house is hot, try to spend time during mid-day some place that has air conditioning, for example, go to a store, the movies, library, or a friend's house.
- If you need help getting to a cool place, ask a friend or relative.
- Dress for the weather. Some people find natural fabrics, such as cotton, to be cooler than synthetic fibers.
- Don't try to exercise or do a lot of activities outdoors when it's hot.
- Avoid crowded places when it's hot outside. Plan trips during non-rush-hour times.

### SENIOR CENTER MENU SCRAMBLE #1

1. BQB SCANWHID \_\_\_\_\_

2. IEC REMAC \_\_\_\_\_

3. AALSAGN \_\_\_\_\_

4. GERRBU \_\_\_\_\_

5. MHA FLAO \_\_\_\_\_

6. AUSOLGH \_\_\_\_\_

7. EBFE DAN DNSEOLO \_\_\_\_\_

8. DKEBA AESKT \_\_\_\_\_

9. AOCT RAB \_\_\_\_\_

10. IUSSCIBT AND RVAYG \_\_\_\_\_

**WALKING CHALLENGE**

During the month of July, keep track of the number of minutes you walk for exercise. Or, if you have a device that tracks your steps, record the number of steps you walked. Submit the total amount (time or steps) on August 1 to be eligible for a prize. Call Beth or Karen at 419-337-9299 with your total. Remember to stay hydrated and to avoid the warmest times of the day. Get permission from your doctor if walking for exercise is new to you.

**BUZZWORD GAME**

Complete each blank. The correct answer (phrase or word) will include the Buzzword in it.

**Buzzword: Catch**

1. Do this, and put it in your pocket  
\_\_\_\_\_
2. Start to sneeze and wheeze  
\_\_\_\_\_
3. What the coach says to the center fielder  
\_\_\_\_\_
4. A darned if you do, darned if you don't situation  
\_\_\_\_\_
5. Come from behind & challenge the leader  
\_\_\_\_\_
6. To sleep  
\_\_\_\_\_
7. Do you understand what I'm getting at?  
\_\_\_\_\_
8. The early bird will do this  
\_\_\_\_\_
9. You do this with honey as opposed to vinegar  
\_\_\_\_\_
10. J.D. Salinger's cynical adolescent novel  
\_\_\_\_\_

**Buzzword: Party**

1. In-home sales of food storage containers  
\_\_\_\_\_
2. Phone connection with many participants  
\_\_\_\_\_
3. What are hats and horns?  
\_\_\_\_\_
4. A celebration of the date you were born  
\_\_\_\_\_
5. TV drama about a family of orphans  
\_\_\_\_\_
6. The Sons of Liberty protest of British taxes  
\_\_\_\_\_
7. Center of attention  
\_\_\_\_\_
8. "...And I'll cry if I want to!"  
\_\_\_\_\_
9. Hide until the guest of honor arrives  
\_\_\_\_\_
10. Both Presidents Bush belong  
\_\_\_\_\_

**FACEBOOK FOLLOWERS WANTED**

The Fulton County Senior Center has its own Facebook page, titled Fulton County Senior Center. Follow our page and invite your Facebook friends to follow our page. When we reach 250 followers, we will draw a name for a prize. Our Facebook followers will be treated to trivia, fun photos, surveys and throwback videos. Plus, our Facebook friends will be among the first to learn of Senior Center updates and news.



**FUNNY BENEFITS FOR BEING A SENIOR**

- You no longer look at speed limits as a challenge.
- Your joints are more accurate meteorologists than the National Weather Service.
- No one expects you to run – anywhere.
- Your number of brain cells is finally down to a manageable size.
- You can eat supper at 4 pm.
- Your secrets are safe with your friends, because they can't remember them either.
- Call it a "Senior Moment," and you can get away with almost anything.
- Someone calls you at 9 pm and asks, "Did I wake you?"
- In a hostage situation, they are likely to release you first.
- You quit trying to hold your stomach in, no matter who walks into the room.
- Remember, the older you get, the better you get, unless you are a cookie.
- You know that if you can't laugh at yourself, you've learned nothing from experience.

**ALZHEIMER'S ASSOCIATION OFFERS SUPPORT**

The Alzheimer's Association, Northwest Ohio Chapter is still providing services to Fulton County Residents! The Alzheimer's Association can provide support, guidance, coaching, and education for individuals and families impacted by Alzheimer's Disease and all Dementias. The Alzheimer's Association's helpline (800-272-3900) is taking calls 24/7 to help provide support to individuals with the disease, caregivers, and family members. We also have virtual education programs, virtual/ telephonic caregiver support groups, and virtual/ telephonic care consultations. If interested in registering for a caregiver support group or if you want more information on the education programs, please call the helpline at 800-272-3900. If interested in a care consultation, please reach out to Dakota Stone at 567-302-3608.

**GAME ANSWERS:**

- MENU SCRAMBLE
1. BBQ sandwich
  2. Ice cream
  3. Lasagna
  4. Burgers
  5. Ham loaf
  6. Goulash
  7. Beef and noodles
  8. Baked steak
  9. Taco bar
  10. Biscuits and gravy

- BUZZWORD: PARTY
1. Tupperware party
  2. party line
  3. party favors
  4. birthday party
  5. Party of Five
  6. Boston Tea Party
  7. life of the party
  8. It's My Party
  9. surprise party
  10. Republican Party

- BUZZWORD: CATCH
1. Catch a falling star
  2. catch a cold
  3. good catch!
  4. Catch-22
  5. catch-up
  6. catch some Zs
  7. catch my drift
  8. catch the worm
  9. catch more flies
  10. Catcher in the Rye

# LUNCH CALENDAR JULY, 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
<p><b>6</b></p> <p>Smoked Sausage Sauer Kraut Roasted Potatoes Brussels Sprouts</p>	<p><b>7</b></p> <p>Goulash Peas Diced Beets</p>	<p><b>1</b></p> <p>Beef Stew Summer Squash Baked Apples</p>	<p><b>2</b></p> <p>Chicken Salad Sandwich Broccoli Salad Cookies &amp; Cream Dessert</p>	<p><b>3</b></p> <p style="text-align: center;"><b>CLOSED FOR INDEPENDENCE DAY</b></p>
<p><b>13</b></p> <p>Breaded Fish Fillet Macaroni &amp; Cheese Stewed Tomatoes</p>	<p><b>14</b></p> <p>Turkey ala King Mashed Potatoes Sugar Snap Peas Biscuits</p>	<p><b>8</b></p> <p>Roast Beef Sandwich Cole Slaw Pudding</p>	<p><b>9</b></p> <p>Ham Salad Sandwich 3 Bean Salad Green Salad</p>	<p><b>10</b></p> <p>Chili w/Beans Mexican Style Rice Seasoned Corn</p>
<p><b>20</b></p> <p>BBQ Beef Roasted Potatoes Succotash</p>	<p><b>21</b></p> <p>Egg Salad Sandwich Pasta Salad Kidney Bean Salad</p>	<p><b>15</b></p> <p>Grilled Bratwurst w/Peppers &amp; Onions Red Potatoes Cook's Choice Vegetable</p>	<p><b>16</b></p> <p>Ravioli w/Meat Sauce Steamed Broccoli Zucchini</p>	<p><b>17</b></p> <p>Braised Beef Tips Egg Noodles Green Beans Applesauce</p>
<p><b>27</b></p> <p>Chicken &amp; Dumplings Mixed Vegetables Baked Apples</p>	<p><b>28</b></p> <p>Sub Sandwich Macaroni Salad Peaches</p>	<p><b>22</b></p> <p>Stuffed Peppers Steamed Cauliflower Italian Green Beans</p>	<p><b>23</b></p> <p>Creamed Chipped Beef Mashed Potatoes Peas &amp; Onions</p>	<p><b>24</b></p> <p>Tuna Salad Sandwich Potato Salad Pudding</p>
<p><b>31</b></p> <p>Salisbury Steak Mashed Potatoes Carrots</p>	<p><b>30</b></p> <p>Corned Beef Sandwich Cole Slaw Apricots</p>	<p><b>29</b></p> <p>Sloppy Joes Macaroni &amp; Cheese Succotash</p>	<p><b>31</b></p> <p>Salisbury Steak Mashed Potatoes Carrots</p>	<p><b>31</b></p> <p>Salisbury Steak Mashed Potatoes Carrots</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

 If you or a family member would like to receive this newsletter by e-mail, please contact us at [kschroeder@fultoncountyoh.com](mailto:kschroeder@fultoncountyoh.com).

**DATED MATERIAL - DELIVER BEFORE JULY 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