

SERVING CITIZENS OF FULTON COUNTY 60 YEARS & OVER

SENIOR

OCTOBER 2020

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



SENIOR NEWS

**NOTE: ALL SITES & HOME DELIVERY
October 12 – Closed for Columbus Day**

SENIOR CENTER BUILDINGS TO REMAIN CLOSED

“We hate keeping the Senior Center closed,” said Jon Rupp, Fulton County Commissioner. “We miss having our facilities open and active and anxiously await the return of our seniors, but priority will always be providing the best experience for them. To provide the best experience at this time means we must consider their health and the environment they will be in when at our facilities. Knowing at this time we can’t meet some of the mandated guidelines without some additional clarifications from the State Department of Aging and the potential risks that are at stake because of COVID-19, tells us we can’t offer that best experience for our seniors. Therefore we will remain closed at this time.”

The Center currently serves 3,000-3,500 seniors in various ways. In August, the Center served 11,000 meals through their home delivery and drive thru meal services.

The Fulton County Commissioners will continue to monitor the reopening guidelines for changes.

SENIOR SPOTLIGHT

Opal Davis, an octogenarian from Delta, has a song in her heart. “I sang all the time when I was a student in school. When I was in the first grade, I had a small singing part in the high school play. I inherited my singing voice from my mother,” Opal said. She was born,



raised and educated in Delta and graduated with the class of 1951. “I sang in the church choir for many years. In high school, I participated in vocal contests,” Opal recalled. Then as a working mother of two young children, Opal secured a spot with the Sweet Adelines, a worldwide organization of women singers that perform in barbershop harmony. Opal spent many years working as a fraud investigator for Fulton County, and enjoyed traveling with the singing group.

Opal was a member of the Sweet Adelines for 25 years, until asthma forced her to give it up. Now the great-great grandmother enjoys reading and visits from friends and family. “I used to attend the Delta Senior Center when the group met at Memorial Hall. It was wonderful. Everyone was so friendly. The staff were marvelous. You couldn’t ask for any better. Now I enjoy the Senior Center’s home-delivered meals. My meal driver has become my friend,” Opal said.

FLU IMMUNIZATIONS OFFERED

Contact the Fulton County Health Department to schedule your flu shot at one of their upcoming drive-through clinics. Call the Health Department at 419-337-0915 for dates, times and to find out if your insurance plan is accepted.

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?

TAKE ME HOME HELPS LOST SENIORS

The Take Me Home program is sponsored by Fulton County Prosecutor Scott Haselman, Sheriff Roy Miller and the Fulton County Board of Developmental Disabilities. The program consists of a database of individuals who may have trouble communicating their name and where they live – such as individuals with autism, Down syndrome, non-verbal individuals with cognitive disabilities or senior citizens with dementia or Alzheimer's.

The Take Me Home database is maintained and accessed at the Sheriff's office and contains a photo, identifying characteristics and contact information. It is a valuable tool for law enforcement agencies as well as families and caregivers.

In the event a person is lost or separated from their loved ones, a search of the database based on the individual's name, phone number or physical characteristics will allow law enforcement personnel to match their Take Me Home record to their contact information.

Registration is free and simple. For more information, contact the Take Me Home Coordinator at takemehome@fultoncountyoh.com or you may complete a registration form (available at all Fulton County Senior Center sites) and turn it in with a current photograph to the Sheriff's office or the Board of DD. If a current photograph is not available, a photo can be taken free of charge at the Sheriff's office or at the Board of DD.

A FEW FAMOUS MUSICIANS WITH OHIO ROOTS

From Henry County: Chip Davis is a founding member of Mannheim Steamroller, an American musical group that's sold 28 million albums in the United States. He was born in Hamler.

From Jefferson County: Dean Martin was effortlessly cool, exuding an almost super human aura of grace and charm. His music career spanned more than 50 years and he appeared in several films alongside his friend Frank Sinatra as a member of the Rat Pack. Martin was also part of a popular comedy team, Martin and Lewis, with partner Jerry Lewis. He was born in Steubenville.

Doris Day -- Before becoming one of the biggest stars in Hollywood during the 1950s and 1960s, Cincinnati native Doris Day was a big band singer and built a career that would go on to earn the Grammy Lifetime Achievement Award.

John Legend -- International singing sensation John Legend began his piano-playing career at a young age while attending school in Springfield, Ohio. His big break came when he played piano for Lauryn Hill on her hit "Everything Is Everything." Since that time, Legend has won 10 Grammys and an Oscar for his stellar R&B recordings.

The Isley Brothers -- The Cincinnati group first earned acclaim with its massive hit "Should" in 1959, and has since released an endless number of classics, while influencing every R&B act to follow in the proceeding decades.

The Moonglows -- One of the first Cleveland-native acts to score a No.1 hit on the R&B charts, The Moonglows made waves with "Sincerely" in 1954, a song co-written by Alan Freed. The group's influential harmonies rightfully earned them induction into the Rock & Roll Hall of Fame in 2000.

Tracy Chapman -- Few artists made such a major impact in such a short period of time as Cleveland native Tracy Chapman. The folk/blues standout became one of the most critically acclaimed artists in the world during the late 1980s with back-to-back releases of her self-titled debut and its platinum follow up "Crossroads." She followed that up in the mid-1990s with her biggest single to date, "Give Me One Reason."

Source for all: Cleveland.com

M	U	S	I	C
What musical keys do cows sing in? Beef flat.	Sing "Happy Birthday" while you wash your hands.	Complete this lyric: "My country, 'tis of thee, sweet _____."	Listen to a fast, upbeat song to lift your spirits.	Warm up your vocal cords. Imitate a siren sound. Start low & slide up to the highest note you can sing, then back to low.
Trivia: Like humans, birds can learn music while they are still in the egg stage.	Drink water while listening to the radio.	Sing the ABCs while you practice range of motion. Lift your arms in front of you, to the sides and over head.	Consider: with which famous singer, musician or band would you like to meet?	Why is a piano so hard to open? Because the keys are on the inside.
Complete this lyric: "O Lord, my God, when I in awesome wonder _____"	What kind of music are balloons afraid of? Pop music!	FREE SPACE!	March in place while singing or saying words to "The Itsy Bitsy Spider" nursery rhyme.	Take a walk. Bonus points if you sing while walking.
Listen to a country music song.	Complete this lyric: "Twinkle, Twinkle, Little Star. How I _____"	Tongue Twister: Singing Sammy sang songs on slimy, shifting, shimmery, sinking silver sand.	What type of songs do planets sing? Nep-tunes.	Listen to a classical music piece.
Vocal exercise: Inhale through your nose. Then, exhale through your nose as if you are sighing. This relaxes your vocal chords & improves range.	Do arm circles while you list as many musicals as you can.	Why couldn't the athlete listen to her music? Because she broke the record.	Complete this lyric: "Chestnuts roasting on an open fire, Jack Frost nipping at _____"	Fun Fact: If you feel like you are going to vomit, start humming. It is nearly impossible to gag while humming.

This month, our newsletter focus is on music.

Here is a BINGO card you can complete at home.

HOW TO PLAY: Complete a row vertically, horizontally or diagonally, 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 October 30.

19 MUSIC TRIVIA TIDBITS

1. In 1978, Loretta Lynn & Conway Twitty released the song, "You're the Reason Our Kids Are Ugly."
2. The only guy in ZZ Top who doesn't have a beard is Frank Beard.
3. None of Elvis's films got nominated for an Oscar, but he did win three Grammy Awards – for his gospel recordings.
4. John Lennon wrote *Good morning, good morning* after hearing a Corn Flakes commercial.
5. Marilyn Monroe got a white poodle named Mafia from Frank Sinatra.
6. The airplane that Buddy Holly died in was named *American Pie*. Don McLean wrote a song with the same name about the accident.
7. Some flutes dating to about 40,000 years ago have been found in present day Germany.
8. The first CD that was pressed in the U.S. was Bruce Springsteen's *Born in the USA*.
9. Before composing, Beethoven dipped his head in cold water.
10. There are 14 different types of saxophones, but only 6 types in widespread use.
11. Mozart was five years old when he wrote his first piece.
12. The first pop video was released in 1975. It was *Video Killed the Radio Star*, by The Buggles
13. In 1976 Barry Manilow sang a chart topping song named *I write the songs*. The song wasn't written by him. The song was actually written by Bruce Johnston, best known as a member of the Beach Boys.
14. Termites will eat wood two times faster when listening to heavy metal music.
15. When Madonna was 15 years old, she got grounded for the whole summer, for sneaking out to see David Bowie in concert.
16. In the year 1988, tenor Luciano Pavarotti received a record 165 curtain calls at a Berlin opera house.
17. Make music not war : Monaco's national orchestra is bigger than its army.
18. Wham!'s hit single *Wake me up before you go go* was written by George Michael who was inspired by the note that was left to his hotel room by another band member Andrew Ridgeley. The note was mistakenly written as "Don't forget to wake me up up before you go go, George".
19. When Billy Crystal was a child, his babysitter was the legendary Billie Holiday.

TEN FACTS ABOUT THE GRAMMY AWARDS

1. Who holds the record for the most Grammy nominations? Quincy Jones with 80 nominations.
2. The record most Grammys won by a female artist in one night is six. Beyoncé and Adele each won six in 2010 and 2012, respectively.
3. Who holds the record for the most Grammy nominations in ONE night? Michael Jackson (in 1984) and Babyface (in 1997) with 12 nominations each.
4. The most awards awarded to an album in one night is nine. At the 42nd Annual Grammy Awards in 2000 Santana's *Supernatural* was awarded nine awards.
5. Who has received the most Grammy nominations without winning? Zubin Mehta, an Indian conductor of Western and Eastern classical music. He is music director emeritus of the Israel Philharmonic Orchestra (IPO) and conductor emeritus of the Los Angeles Philharmonic.
6. Aretha Franklin holds the record for winning the most consecutive Grammys in the same category. She won the Best Female R&B Vocal Performance every year from 1968 to 1975, for an eight-year winning streak. She also won in this category in 1982, 1986, and 1988, giving her 11 wins in the category.
7. The record for most Grammy nominations without a win in one night is 9, held by Paul McCartney. The record was set in 1966.
8. Pat Benatar won Best Female Rock Vocal Performance four years in a row (1981, 1982 1983, 1984).
9. Lenny Kravitz won the Best Male Rock Vocal Performance award four years in a row (1999, 2000, 2001, 2002).
10. Alison Krauss and Union Station and The Manhattan Transfer have won seven consecutive awards for seven consecutive studio albums.

LUNCH CALENDAR

OCTOBER, 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
			Roast Beef Sandwich Kidney Bean Salad Pudding 1	Turkey Burgers Seasoned Potato Wedges Summer Squash 2
Cabbage Rolls 5 Mashed Potatoes Carrots	Salmon Patties 6 Au Gratin Potatoes Creamed Peas	Pasta w/Meat Sauce 7 Broccoli Fruit Crisp	Grilled Bratwurst 8 (LS Alt=Turkey Franks) Grilled Peppers & Onions Red Potatoes Cook's Choice Vegetable	Meatloaf 9 Mashed Potatoes Beets
SITES CLOSED FOR COLUMBUS DAY 12	Roast Turkey 13 Dressing Green Beans	BBQ Rib Sandwich 14 Macaroni & Cheese Succotash	Country Fried Steak 15 w/Country Gravy Mashed Potatoes Sugar Snap Peas	Lasagna 16 Winter Blend Baked Apples
Sausage, Egg & Cheese 19 Breakfast Sandwich Hash Brown Casserole Cherry Crunch	Chicken Enchiladas 20 Mexican Style Rice Seasoned Corn	Seafood Salad Sandwich 21 Tossed Salad Pickled Beets	Beef Franks 22 (LS Alt=Chicken Breast) Baked Beans Mixed Vegetables	Hot Chicken Sandwich 23 Roasted Potatoes Peas
Stuffed Pasta Shells 26 Winter Blend Vegetables Pineapple Casserole	Tuna Salad Sandwich 27 Cauliflower Salad Fruit Compote	Baked Fish 28 Macaroni & Cheese Stewed Tomatoes	Deli Chicken Sandwich 29 Three Bean Salad Jell-O	Turkey & Gravy 30 Mashed Potatoes Green Beans



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 OCTOBER 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.....	Jeanette Gorsuch, Donna Loar, 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