

SERVING CITIZENS OF FULTON COUNTY 60 YEARS & OVER

# SENIOR

*BJ-33*

**NOVEMBER 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 INVITED

**Nov 1** – Daylight Savings Time  
(Time to change smoke detector batteries?)

**Nov 11** – Closed for Veterans Day

**Nov 26 & 27** – Closed for Thanksgiving

### IMPORTANT MEDICARE NOTICE

All appointment times with Val Edwards for Medicare Open Enrollment this year have been filled. If you need assistance checking your current Medicare health and drug plans, please contact OSHIP (Ohio Senior Health Insurance and Information Program) at 800-686-1578.

## SENIOR SPOTLIGHT



As BJ and Dave Hamilton of Wauseon celebrate 64 years of marriage this month, they marvel at how their story has unfolded. "What are the chances that an adventurous Pennsylvania country boy, who went to college in Chicago, and a shy Ohio country girl, who went to college in Georgia, met in New York City where they both went to the same Bible Study at a church on 57th street across from Carnegie Hall!? It's a miracle, and that's us!" BJ said.

"A year after we were married, I was drafted into the Army. After basic training in Alabama, I took a nauseating long trip on the last military transport ship to Germany during the Vietnam War era. During my two years of service, I became a Sergeant and received various awards including a medal for being a 'sharp shooter'," Dave said.

"To be nearer to Dave, I moved to Germany where I became the Christian Ed Director and the Choir Director of the Army Protestant Chapel on base," BJ said.

Later, the Hamiltons lived in several US states due to Dave's work as an engineer, until they returned to live near family in Wauseon.

"We will miss the opportunity of getting together at the Senior Center Veterans Day Breakfast this year because of the pandemic. There's nothing like sharing similar military stories with other veterans," BJ said.

The couple is active at Crossroads Church and with the 60+ group. They have two adult children and seven grandsons.

## WINTER WEATHER IS JUST AROUND THE CORNER

It's not too early to start planning for Ohio's unpredictable fall and winter weather. Take action now to keep a few shelf-stable meals in your kitchen in the unlikely event that our Senior Center closes. Also, once the snow starts to fly, remember to keep your driveway and sidewalks clear. Your meal delivery driver thanks you in advance for providing a safe way to bring your meal to your door. If we cancel meals, 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.

## SENIOR CENTER PARTNERS WITH DAS ESSEN HAUS

**WHAT:** Staying Healthy program offers restaurant meals via voucher to seniors, served with limited contact to maintain safety.

**WHO:** Seniors age 60 and over in the Pettisville school district only.

**WHERE:** Das Essen Haus restaurant, 4986 County Road 19.

**MEALS:** Two vouchers per person per week. A meal voucher will cover one breakfast, lunch or dinner. Meals may be hot or cold. Vouchers cover a meal, not extras. Extra items such as salads, pies, breads, etc. are available for additional cost. No dine-in meals at this time. Hand in your voucher to a Das Essen Haus employee when you receive your meal.

**VOUCHERS:** Eligible seniors may pick up their vouchers in person at the Fulton County Senior Center, 240 Clinton Street, Wauseon, Ohio, between 8 am and 4 pm, Monday through Friday (closed for county holidays). Each participant will complete an intake form upon receipt of first vouchers.

**CONTACT:** Call Das Essen Haus at 419-445-8456 to request a meal from available menu items. Orders must be called in to Das Essen Haus at least 24 hours in advance. Specify carry-out or delivery. Each meal not to exceed \$10 value. Buffet not included. Delivery available on Mondays, Wednesdays and Fridays, from 11:00 am to 1:00 pm only.

This program was made possible through a grant, and donations will be accepted to Fulton County Senior Center via mail or in person. For general questions, call Fulton County Senior Center at 419-337-9299.

## PREPARE YOUR PANTRY FOR BAD WEATHER

Ready-to-eat Breakfast Items:

- Cereal
- Dry milk (use bottled water if threat of contamination exists)
- Fresh fruit (apples, oranges, grapefruit, and bananas stay fresh for days to weeks)
- Canned or dried fruits
- Granola bars
- Protein bars

Ready-to-eat Lunch/Dinner Items

(Don't forget a hand-held can opener):

- Canned meats (tuna, chicken, Vienna sausages, Spam)
- Canned soups, broths
- Canned vegetables, beans

Ready-to-eat Snack Items:

- Nuts
- Nut butters (peanut butter, almond butter, etc.)
- Snack crackers (saltines, goldfish)
- Pre-packaged cookies
- Trail mix
- Bottled or boxed juices
- Bottled water

## WATCH OUT FOR CORONAVIRUS SCAMS

Scammers are using the Coronavirus to create new ways to cheat seniors out of money and information. Don't be fooled. The U.S. Federal Trade Commission offers the following tips:

- Be cautious with 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. Currently, 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. Visit 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.
- Watch for emails claiming to be from the Centers for Disease Control and Prevention 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 and the World Health Organization.
- Do your homework when it comes to donations. 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.

B	E	A	S	T
What goes 'Tick Tock, Bow Wow, Tick Tock, Bow Wow'? A Watch Dog	Complete: Five little _____ jumping on the bed. One fell off & bumped his head. Mama called the _____. The doctor said, "No more _____!"	Do arm circles while saying as many zoo animals that you can think of.	Complete the cat puzzle on Page 4.	Polar bear fur is translucent. It appears white because it reflects light. Beneath all the fur, their skin is jet black.
Practice Range of Motion. Wave your arms like a lizard. Sway your head like an elephant.	Drink water while you jot a list of sounds animals make.	Complete: See you later, _____. After while, _____. Pretty soon, baboon!	What do you call an animal you keep in your car? A carpet.	Consider: would you rather have the strength of a gorilla or the memory of a dolphin?
A group of rhinoceros is called a 'herd' or a 'crash'.	How do you catch a unique rabbit? Unique up on it.	<b>FREE SPACE!</b>	Practice Range of Motion. Move your arms up and down slowly like a bird. Open & close your hand grip, like a panda.	What does a fish say after sharing a new idea? Let minnow what you think.
Consider: would you rather have the speed of a cheetah or the night vision of a fox?	Practice Range of Motion. Turn your head slowly left then right, like an owl. Open & close your mouth like a hippo.	Why does a flamingo lift up one leg? Because if it lifted up both legs, it would fall over.	Average meerkat mobs (families) have about 20 members in them & "super families" have as many as 50 members.	March in place while reciting the Itsy Bitsy Spider Nursery Rhyme.
Baboons use 30 different sounds to communicate. They grunt, scream and bark. They also yawn & shrug their shoulders.	Do arm curls while naming as many different kinds of fish as you can.	List 15 animals you would likely see in a zoo.	Sketch a simple zoo scene with a bear, an alligator, a peacock & a ZOO sign.	What do you call an alligator who solves mysteries? An investigator.

This month, our newsletter focus is on animals.  
Here is a BINGO card you can complete at home.

**HOW TO PLAY: Complete a row vertically, horizontally or diagonally. Tell us 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 November 30.

### COUNTY SENIORS SHOW ART SKILLS

Three seniors responded to our call to share some of their sketches. The zebra and bird sketches were created by Margie Seeman. Jim Adams sketched the two birds & flowers. More art will be shared in future newsletter issues.



### CAT CONTEST

Complete this word puzzle. All answers begin with "cat".

1. A wish book  
\_\_\_\_\_
2. Group of bovines  
\_\_\_\_\_
3. A "cloudy" eye disorder  
\_\_\_\_\_
4. A large church  
\_\_\_\_\_
5. Instruction in religion  
\_\_\_\_\_
6. Woolly worm  
\_\_\_\_\_
7. A sudden calamity  
\_\_\_\_\_
8. A tree with a cigar-like pod  
\_\_\_\_\_
9. To serve food to a large group  
\_\_\_\_\_
10. To capture, seize or grab  
\_\_\_\_\_

### ANIMAL JOKES

- Q: A rabbit and a duck went to a restaurant for dinner. Who paid?  
A: The duck; he had the bill.
- Q: Why did the farmer stand behind the horse?  
A: He thought he might get a kick out of it.
- Q: What do you get if you cross an angry sheep and a moody cow?  
A: An animal that's in a baaaaaaad mooooooood.
- Q: Where do cows go on the weekends?  
A: To the mooooooo-vies.
- Q: What did the bird watcher say when she mistook a hawk for an eagle?  
A: Well, this is hawkward.
- Q: What did the dolphin say after he accidentally swam into another sea creature?  
A: I didn't do it on porpoise.
- Q: What is every whale's favorite greeting?  
A: Whale hello there!
- Q: What kind of bird works at a construction site?  
A: A crane.
- Q: Why are snakes difficult to fool?  
A: You can't pull their leg.

### ANIMAL TRIVIA

- Cat fish have 27,000 taste buds
- A dung beetle is not only the world's strongest insect but also the strongest animal on the planet compared to body weight. A dung beetle can pull 1,141 times its own body weight. This is the equivalent of an average person pulling six double-decker buses full of people.
- Cuttlefish, a type of cephalopod, have eyes that are just as functional as normal human eyes. They even have eyelids that can close and open, depending on light intensity. They hide themselves during the day and hunt crabs and fish at night.
- A hedgehog's heart beats 300 times a minute.
- Tiny leafcutter ants can lift and carry in their jaws something 50 times their own body weight of about 500mg. That's the same as a human lifting a truck with its teeth.
- Some snakes, like pit vipers, prefer to hunt at night. Pit vipers use their eyes as well as pits found near their nostrils to detect heat. The senses work together to help the snake collect images faster and more accurately at night.
- A gorilla can lift something 2,000 kg (as heavy as 30 humans), over 10 times their body weight.
- Macaroni penguins mate for life. These adorable couples dance when they see each other, called "an ecstatic display." They puff up their chests, swing their heads side to side, and make a gurgling-like sound. Once their baby is born, the father looks after the chick while the mother hunts for food.
- An eagle is the strongest bird, able to lift something four times its own body weight during flight.

Answers for Cat Contest: 1. Catalog 2. Cattle 3. Cataract 4. Cathedral 5. Catechism 6. Caterpillar 7. Catastrophe 8. Catalpa 9. Cater 10. Catch

# LUNCH CALENDAR

NOVEMBER, 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
Cheese Burgers Baked Beans California Blend <b>2</b>	Beef Stew Summer Squash Baked Apples <b>3</b>	Ground Bologna Sandwich (LS Alt=Chicken Salad) Three Bean Salad Tossed Salad <b>4</b>	Ravioli w/Meat Sauce Steamed Broccoli Italian Green Beans <b>5</b>	Chili w/Beans Mexican Style Rice Seasoned Corn <b>6</b>
Turkey Salad Green Salad Cranberry Orange Relish <b>9</b>	Braised Beef Tips Egg Noodles Carrots Brussels Sprouts <b>10</b>	<b>SITES CLOSED FOR VETERANS DAY</b> <b>11</b>	Ham & Cheese Sandwich Pea Salad Jell-O <b>12</b>	Salisbury Steak Mashed Potatoes Green Beans <b>13</b>
Smoked Sausage w/ Sauer Kraut (LS Alt=Turkey Franks) Red Skin Potatoes Normandy Blend Vegetables <b>16</b>	Creamed Chipped Beef Mashed Potatoes Mixed Vegetables <b>17</b>	Teriyaki Chicken Fried Rice Midori Blend <b>18</b>	Italian Cold Cuts Pasta Salad Marinated Vegetables <b>19</b>	Grilled Salmon Au Gratin Potatoes Sugar Snap Peas <b>20</b>
Chicken Salad Sandwich Tossed Salad Jell-O <b>23</b>	Goulash Peas w/Mushrooms Baked Apples <b>24</b>	Roast Turkey Dressing Green Beans Cranberry Relish <b>25</b>	<b>SITES CLOSED FOR THANKSGIVING HOLIDAY</b> <b>26</b>	<b>SITES CLOSED FOR THANKSGIVING HOLIDAY</b> <b>27</b>
Italian Sausage w/ Peppers & Onions (LS Alt=Turkey Franks) Seasoned Potato Wedges Italian Blend Vegetables <b>30</b>				



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 NOVEMBER 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