

SERVING CITIZENS OF FULTON COUNTY 60 YEARS & OVER

# SENIOR

**DECEMBER 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

**Dec 24 & 25** – Closed. Merry Christmas!

**Jan 1** – Closed. Happy New Year!

## SENIOR SPOTLIGHT

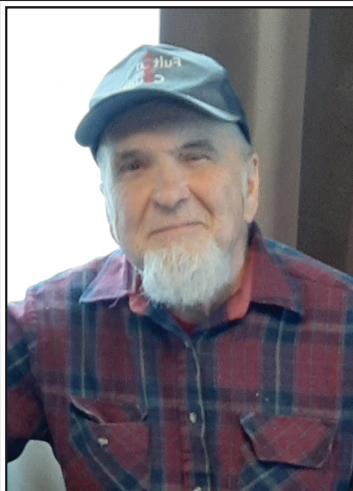
### CONGRATULATIONS

Congratulations to the following Senior Center staff members for receiving service awards in 2020. Thank you for your dedication to the Senior Center.

- Sandy Lemley, 40 years; Laura Ankney, 20 years; Kyle Wilcoxon, 15 years; Sherry Bittinger, 10 years.
- Five Year Awards: Jim Mapes, Jim Baldwin, Brenda Hauck, Judy Thourot and MaryAnn Griffin

### RECORD NUMBER OF MEALS

Did you eat a meal from the Fulton County Senior Center in October? If so, you were part of setting a record! Our Wauseon kitchen provided a record number of meals in the month of October. Lunches provided to home-delivery clients, as well as meals picked up by seniors in the drive-thru at all five of our sites totaled 11,180. The new partnership between the Senior Center and Das Essen Haus in Pettisville resulted in 762 meals for the month of October. If you would like to make a meal reservation for noon lunch pick-up at one of our sites, call 419-337-9299.



We often find comfort in traditions. That's especially true during an unusual year like 2020. Alan Joughin of Fayette has a Christmas candy-making tradition. "I make a lot of fudge; plain, no nuts. I make enough to share with some other people," he explained.

Before the COVID-19 pandemic shut down our Senior Centers, Alan was a regular attendee. "I enjoyed

going on day trips to the Mud Hens baseball game and Toledo Zoo," Alan said. "I have missed playing cards with my friends at the Fayette and Wauseon sites!" he said. "I learned to play Pepper from my parents when I was young," Alan explained.

Alan was born and raised in Munson, Michigan, and graduated from Morenci High School with the class of 1964. In school, participating in FFA soil judging and sheep projects was a natural step thanks to growing up on his family's farm. After high school, Alan served in the Air Force as a flight control mechanic stationed in England. "I went on quite a few different TDYs (Temporary Duty Travel) to different countries to work on planes. It was quite interesting to see different places," he said. Later, he worked for Koncor Steel Processing in Wauseon. Alan has three children and three grandchildren.

While the Senior Center has been closed, Alan raised a garden. "I had tomatoes, beans, peas, beets and peppers," he said. "Lila (Dopp) and I also played cards, and I did a lot of fishing. Fishing was pretty good before the weather turned cold," Alan said.

Alan looks forward to returning to the Senior Center as soon as he can. "It can't open soon enough," Alan said.

## FLU VS. COVID WHAT'S THE DIFFERENCE?

### Covid:

- New loss of taste
- New loss of smell
- Symptoms may take up to 14 days after you're infected

### Flu:

- Symptoms typically appear one to four days after you're infected

### Both:

- Fatigue (tiredness)
- Runny or stuffy nose
- Shortness of breath or difficulty breathing
- Muscle pain or body aches
- Cough
- Headache
- Fever or feeling feverish/ chills
- Sore throat
- Vomiting
- Diarrhea

### How to Stop the Spread

Both flu and COVID-19 can be spread before symptoms appear. The viruses are most often spread by sneezing, coughing or talking, physical touch (shaking hands) or by touching a surface that has the virus on it and then touching your mouth, eyes or nose.

You can prevent these viruses from spreading by doing the following:

- Stay home if you feel ill or have symptoms
- Wear a mask in public settings
- Cover your cough and sneezes
- Stay at least 6 feet from other people
- Wash your hands often
- Don't touch your eyes, nose or mouth
- Clean and sanitize surfaces often
- Get a flu vaccine

Not sure if you have the flu or COVID-19?  
Contact your doctor and get tested if necessary.

*Source: Buckeye Health*

## CHRISTMAS DONATIONS

Many of you generously want to give gifts to your meal delivery driver, site manager, etc. during the Christmas season. This is a friendly reminder that Fulton County Senior Center employees are not allowed to accept gifts at Christmas time (or throughout the year). Donations to the Senior Center are welcome. Please mail to 240 Clinton Street, Wauseon, OH 43567.

## HEATING BILL HELP

Winter weather and cold temps are on the way. Northwestern Ohio Community Action Commission continues to offer help with heating costs.

Winter Crisis Program provides a benefit once per heating season to an income-eligible customer's main and/or electric accounts. The benefit can be used by eligible households that are disconnected (or have a pending disconnection notice), need to establish new service, possible furnace repair up to \$500 or have 25 percent (or less) of bulk fuel supply remaining. If you or a household member have been diagnosed with COVID, no disconnection notice is needed. Households must be at or below 175% of the Federal Poverty Guidelines. Certain documentation is required. The program runs until March 31, 2021. Please call this appointment hotline number 419-219-4641. You will need social security number and utility account information when scheduling an appointment.

## SANTA JOKES

How much did Santa's sleigh cost? *It was on the house.*

What nationality is Santa Claus? *North Polish*

What's Santa's favorite type of music? *Wrap*

Why is Santa so good at karate? *He has a black belt.*

What do you call a kid who doesn't believe in Santa?

*A rebel without a Claus.*

Why was Santa's little helper so sad? *He had low elf-esteem.*

What's big and jolly and says, "Oh, oh, oh"?

*Santa Claus walking backwards.*

Why does Santa have trouble spelling?

*He thinks the alphabet has Noel.*

## THE WEATHER OUTSIDE IS FRIGHTFUL

The summertime temperatures at the North Pole in the Indian Ocean tend to hit an average of 32 degrees Fahrenheit, while the holiday season sees temperatures go down to about -40 degrees Fahrenheit. Due to the tilt of the Earth's axis, the North Pole experiences one sunrise during the March equinox and one sunset during the September equinox, making winter forever dark, and summer always sunny. The South Pole, located in Antarctica, averages a bone-chilling -76 degrees Fahrenheit in the winter.

<b>A</b>	<b>N</b>	<b>G</b>	<b>E</b>	<b>L</b>
Tongue Twister: How many deer would a reindeer reign if a reindeer could reign deer?	What memory does the scent of fresh evergreen bring to mind?	How many words can you make from the word "Christmas"?	Perform a random act of kindness today.	I'm ___ of a white ___ Just like the ones I ___ Where the treetops ___ & children ___
The Christmas tree in Rockefeller Center is usually a Norway spruce, 69 to 100 feet tall.	Drink water while you jot a list of gifts you might find in a Christmas stocking.	Eat some raw carrots (or another veggie) & try not to think about Frosty's nose.	What does a gingerbread man put on his bed? A cookie sheet!	While seated, pretend your toes are a pencil. Write "Yuletide" in the air 10 times per foot.
Would you rather... have Christmas tree tinsel for hair or fingernails that light up like Christmas lights?	Practice Gratitude. List at least 12 reasons to like December.	<b>FREE SPACE!</b>	Reminisce: think about a memorable Christmas.	Phone a family member or friend & wish them a "Merry Christmas!"
List as many words as you can that rhyme with "star."	Practice Range of Motion. Turn your head slowly left then right ten times each, as if watching for Santa.	What did Santa name his pet frog? Mistletoad.	Eat fresh fruit while being thankful it's not "figgy pudding."	March in place while considering the many steps Rudolph took for "reindeer games".
Did you know? The average annual snowfall for Syracuse, New York is 123.8 inches.	Do arm curls while singing the song "Jingle Bells."	List 15 Christmas carols.	Sketch a simple angel, Christmas tree & fireplace mantle with stockings.	Would you rather... visit the North Pole or visit Bethlehem? Why?

This month, our newsletter focus is on Christmas.

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 December 31.

## YULETIDE MILESTONES

- Annually, an estimated 125 million people visit the Christmas tree in Rockefeller Center. The tree, usually a Norway spruce 69 to 100 feet tall, has been an annual, national tradition since 1933. *Source: Wikipedia*
- The largest display of nativity sets contained 2,150 unique sets and was achieved by Oasis Church in Pembroke Pines, Florida, on December 11, 2010. The sets were from personal collections of the church's members.  
*Source: GuinnessWorldRecords.com*
- The largest nativity scene (creche) in the world was created in 1998 by Tomáš Krýza (in Czech Krýzovy jeslicky). It was 55-feet long with 1389 figures of humans and animals, of which 133 were mechanical.  
*Source: Wikipedia*
- Residents of Bethel, Maine, and surrounding towns, built a snow woman measuring 122 feet, 1 inch tall, over a period of one month, completing her on February 26, 2008. Thirteen million pounds of snow were used to build Olympia the snow woman. She was only a few feet shorter than the Statue of Liberty. The snow woman featured eyelashes made from eight pairs of skis and a 48-foot-wide fleece hat.  
*Source: GuinnessWorldRecords.com*
- The Guinness World Records indicates that North Dakota holds the world record for most snow angels made simultaneously in one place. A total of 8,962 snow angels were created on the state Capitol grounds in Bismarck on February 17, 2007.
- Buffalo has the highest December snowfall average of US cities with 27.4 inches. The snowiest Christmas Day the city has seen in recorded history occurred in 2002 with a snowfall total of 8.4 inches.  
*Source: AccuWeather.com*
- According to the Guinness Book of World Records, "White Christmas" by Bing Crosby is not only the best-selling Christmas/holiday single in the United States, but also the best-selling single of all time, with estimated sales in excess of 50 million copies worldwide. *Source: Wikipedia*

## A SPARKLY SEASON

- The idea of tinsel dates back to 1610 to Nuremberg, Germany. Here, they used thin strands of real silver in their Christmas trees to reflect the candlelight from actual candles adorning their trees.
- Tinsel gets its name from the Old French word *estincele*, meaning sparkle.
- You can also use the word "tinsel" to refer to things that look fancy but are actually worthless, which is where Hollywood's nickname, Tinseltown, comes from.
- Tinsel was originally made from lead to make it tarnish-proof. Declared a poisoning risk in August 1971 by the FDA, it was off the shelves by Christmas 1972. Today, tinsel is made from far lighter plastic or mylar. *(Sources: bbc.co.uk, theAtlantic.com, vocabulary.com, metv.com)*

## THE GRINCH & A CHRISTMAS CAROL

- When Dr. Seuss (real name: Theodor Seuss Geisel), the beloved writer and illustrator brought to life the grumpy Mount Crumpit resident with a heart "two sizes too small" in his 1957 holiday classic, *How the Grinch Stole Christmas*, he didn't have to look far for inspiration. "I was brushing my teeth on the morning of the 26th of last December when I noted a very Grinchish countenance in the mirror. It was Seuss!" said Geisel in a 1957 interview with *Redbook*. "Something had gone wrong with Christmas, I realized, or more likely with me. So I wrote the story about my sour friend, the Grinch, to see if I could rediscover something about Christmas that obviously I'd lost." Geisel spent mere weeks creating the story of the holiday-hating (but, later, reformed) Grinch. *Source: Biography.com*
- Theodor Seuss Geisel had vanity license plates that spelled out the word "GRINCH."
- The highest-grossing Christmas film was "The Grinch" in 2018. This animated film stars Benedict Cumberbatch, Cameron Seely, Rashida Jones and Pharrell Williams.
- Facts about Charles Dickens' story, *A Christmas Carol: He wrote the story in six weeks in the autumn of 1843.... The story contains fewer than 30,000 words..... At the time, he needed money, as he and his wife's fifth child was on the way, and his father was in financial distress..... He wanted to represent the less fortunate, as he had worked in a factory as a boy due to his family's strained finances, and always felt a kinship with those who were struggling, particularly children.*  
*Source: Biography.com*



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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 DECEMBER 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 Meredith Grime, 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



**For Immediate Release:**

Contact Information: Lauren Lester  
419-337-9255  
laurenlester@fultoncountyoh.com

**Fulton County Senior Center  
Closes for the week beginning 11/24/2020**

**November 23, (WAUSEON, OH)** The Fulton County Senior Center will deliver home meals for the week of November 30<sup>th</sup> on Wednesday, December 2<sup>nd</sup>, 2020 only. Drive-thru meals for the week of November 30<sup>th</sup> are canceled. All home deliveries will receive 5 meals.

The Fulton County Commissioners announced on November 23<sup>rd</sup> the closing of the Fulton County Senior Center. The closing will continue to remain in effect for the week of November 30<sup>th</sup> due to the amount of staff in quarantine.

The Fulton County Senior Center Facebook page can be found at @fultoncountyseniorcenteroh and <https://www.fultoncountyoh.com/1353/Senior-Center>.

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