

SERVING CITIZENS OF FULTON COUNTY 60 YEARS & OVER

# SENIOR

B-33

**JANUARY 2021**

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

**January 1** – Closed for New Year's Day

**January 18** – Closed for Martin Luther King Jr. Day

### DID YOU TEST POSITIVE?

Do you have COVID-19? Are you quarantined? If so, please notify us at 419-337-9299. You can still receive your Senior Center meal. If you are a home-delivered meal client, we will make sure the delivery of your meal is completely contactless. If you usually drive-through at a Senior Center site to pick up your meal, we will arrange to temporarily deliver your meal to your home. We appreciate your transparency, so we can make every effort to keep you, our drivers and staff safe.

## SENIOR SPOTLIGHT



For Howard and Judy Warncke of Wauseon, celebrating their 53rd wedding anniversary (socially-distanced, of course) was a highlight of 2020. "The most challenging thing for us these past months was not being able to be with our family," Judy said. The Warnckes have two adult children and five grandsons. "Also, we enjoy traveling, and we had to cancel our trips. However, we were able to enjoy time at our lake cottage near the Michigan/ Indiana border. We have both done a lot of reading during the pandemic. We finally learned how to watch Netflix. And I hand-stitched some fabric masks," Judy said. Howard also completed several jigsaw puzzles. Like most couples, the Warnckes, who met in high school, were not used to spending all day, every day with each other when the pandemic started. "We found out we still needed our own space now and then, so one of us would take a walk or venture to the grocery store," Judy explained. As far as goals for the new year, they both plan to maintain healthy diets, stay hydrated and keep moving. "Now that 2021 is here, we are looking forward to when we can be "socially active." And we hope that Covid-19 is conquered and life becomes "normal" again!" Judy said.

## SIMPLE EXERCISES FOR SENIORS

### Wrist Curls

1. Place your forearm on a chair's armrest with your hand hanging over the edge.
2. Hold a full water bottle or a canned good with your palm facing upward.
3. Slowly bend your wrist up and down, then repeat 10 times.
4. Switch sides, and perform 10 reps with your other hand. Repeat one more set of 10 on each side.

### Knee Extensions

1. Begin seated in a chair with your back straight and knees bent.
2. Slowly extend your right leg forward and hold for a few seconds before lowering back to starting position.
3. Repeat with your left leg.
4. Do 10 reps per leg.

### Arm Circles

While standing straight with your feet flat on the ground and arms extended out to the side at a 90-degree angle to your body, start moving your arms in small, fast circles forward. Do as many rotations as you can and then reverse the motion, doing as many circles as you can in the reverse direction. If you sit for this exercise, make sure your feet are flat on the ground and your back is straight.

## CRAFT, SKETCH & PAINT

Many of our seniors are artistic. Sketching, crafting and painting are excellent ways to keep your creative juices flowing during winter weather. Here are two examples of sketches by one of our seniors, Lucille Smith.



Check out our Facebook page (Fulton County Senior Center) for three videos by Black Swamp Arts Council. The videos feature three easy crafts you can make with items you might already have on hand.

## THANK YOU CRAFTERS

Thank you to Beth Wyckoff and Girl Scout Troop 10248, as well as residents of Thompson Total Home Care of Sylvania, for crafting 245 ribbon paper clip angels for distribution to our seniors.

## WINTER WEATHER ALERTS

Have you taken action and stocked up on a few shelf-stable meals in your kitchen in the unlikely event that bad weather closes our Senior Center kitchen? In addition, we thank you in advance for providing a safe way to bring your meal to your door. Your meal delivery driver appreciates it when you make their safety a priority and arrange to keep your driveway and sidewalks clear of snow and ice. If bad weather cancels Senior Center 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. Level 2 and Level 3 will cancel meals.

S	N	O	W	Y
Tongue Twister: A skunk sat on a stump and thunk the stump stunk, but the stump thunk the skunk stunk.	Complete the Wrist Curls exercise as explained on Page 2.	Feeling cold? Go stand in the corner. It's always 90 degrees there!	Perform a random act of kindness today.	What is a penguin's favorite salad? Iceberg lettuce.
Drink 64 oz of water in one day.	Practice Gratitude. List 15 things you like about January.	Winter Pun: "When my ice house falls apart, igloo it back together."	Make something creative (new recipe, craft, art, etc.)	Complete Knee Extensions exercise as explained on Page 2.
Tap your hands and toes in rhythm to one song on the radio.	Deep thought: "Those who experiment with thin ice will achieve a breakthrough."	<b>FREE SPACE!</b>	While seated, pretend your toes are a pencil. Write "Happy New Year" in the air 10 times per foot.	Sketch a simple scene with two snowmen, an evergreen tree and three cardinals.
How do you make Anti-freeze? You take away her blanket.	Phone a friend or family member today.	Practice range of motion. Turn your head slowly from left to right 10 times, as if you are watching for snow plows.	Stimulate your mind. Complete a word search, Suduko or crossword puzzle.	Eat one piece of fresh fruit today.
Did you know? The song title Auld Lang Syne literally means "Old Long Since"?	Do arm circles while singing the song "Auld Lang Syne."	Look at yourself in the mirror and smile.	Eat a fresh vegetable today.	Why do polar bears have fur coats? Because the seals laughed at them when they wore parkas.

This month, our newsletter focus is on health & a new year.

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 January 31.

## NEW YEAR GOALS

The American Geriatrics Society's Health in Aging Foundation recommends these top 10 healthy New Year's resolutions for older adults to help achieve your goal of becoming and staying healthy. The Fulton County Senior Centers would like to help you meet your New Year's goals.

1. Eat fruits, vegetables, whole grains, fish, low-fat dairy and healthy fats. In later life, you still need healthy foods, but fewer calories.
2. Consider a multivitamin. Consult your healthcare provider about any nutrition issues that may need over-the-counter vitamins or nutrition supplements.
3. Be active. Take a walk outside when the weather is good. Stroll around the inside of your home if winter weather is howling outside. Remember, if you get up and move during commercials, that's better than nothing.
4. See your provider regularly. Schedule an annual wellness visit with your healthcare provider around your birthday month to discuss health screenings and any changes in your advance directives.
5. Toast with a smaller glass. Excessive drinking can make you feel depressed, increase your chances of falling, cause trouble sleeping, interact with your medications, and can contribute to other health problems.
6. Guard against falls. One in every three older adults falls each year; falls are a leading cause of injuries and death among older adults.
7. Give your brain a workout. The more you use your mind, the better it will work.
8. Quit smoking. Did you know that cigarette smokers are twice as likely to develop heart disease as non-smokers? It is never too late to quit.
9. Speak up when you feel down or anxious; many seniors feel anxious or depressed. Reach out if these feelings linger longer than two weeks.
10. Get enough sleep; at least 7 to 8 hours of sleep a night.

Source: <https://www.healthinaging.org/tools-and-tips/top-10-healthy-new-years-resolutions-older-adults>

## JOKE CORNER

What song do you sing at a snowman's birthday party?  
Freeze a Jolly Good Fellow

Every day at breakfast, I announce I am going for a jog. Then I don't go. This is my longest running joke.

This morning I jogged around the block 15 times. Then I picked it up and returned it to my grandkids' toy box.

Americans love frozen fruit so much, they wrote it into The Constitution. The First Amendment is the Right to Freeze Peach.

What do you get when you make a vampire snowman?  
Frost-Bite!

## HOME DELIVERED MEALS

If you receive a home-delivered meal, please understand that we value your flexibility. Your meal might arrive slightly behind schedule at times. Weather and road construction are factors. Delays might also happen due to the fact the number of meals a driver delivers on a particular day often varies. We encourage our drivers to take a few moments to make sure the senior receiving a meal is at home and well. Families rely on our meal delivery drivers to check on the welfare of senior family members. In most cases, the driver is simply running behind and has not forgotten you. Please wait to call our Senior Center until 1:00 pm to report that your meal has not yet arrived.

## WALK TO HEALTHY STREET

Simply taking a brisk 30-40 minute walk most days offers the following stunning rewards:

- A 35% reduction in the risk of Alzheimer's and other dementias.
- A 30 to 50% reduction in the risk of premature death.
- A 35% reduction in the risk of heart attacks and strokes.
- A 30% reduction in arthritic knee pain.
- Relief from mild to moderate depression on par with prescription antidepressants.
- Significant protection from cancers of the breast, colon, and uterus, along with significant improvement in the survivorship of breast, prostate, and colon cancers.

Above information is from Dr. Ann's Wellness Bulletin, Dr. Ann Kulze, M.D.

# LUNCH CALENDAR

JANUARY, 2021

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
				<b>1</b>  <b>CLOSED FOR NEW YEAR'S DAY</b>
BBQ Rib Sandwich <b>4</b> Seasoned Potato Wedges Succotash	Beef Pot Roast <b>5</b> Red Skin Potatoes Carrots	Seafood Salad Sandwich <b>6</b> Tossed Salad Jell-O	Chili w/Beans <b>7</b> Mexican Style Rice Sweet Corn Casserole	Breaded Fish <b>8</b> Macaroni & Cheese Stewed Tomatoes
Sloppy Joe Sandwich <b>11</b> Roasted Potatoes Mixed Vegetables	Creamed Chipped Beef <b>12</b> Mashed Potatoes Peas	Teriyaki Chicken <b>13</b> Fried Rice Midori Blend	Italian Sausage <b>14</b> w/Peppers & Onions (LS Alt=Turkey Franks) Potato Wedges Normandy Blend	Beef Stew <b>15</b> Summer Squash Baked Apples Biscuits
<b>18</b>  <b>CLOSED FOR MARTIN LUTHER KING JR. DAY</b>	Beef Franks <b>19</b> (LS Alt=Chicken Breast) Baked Beans Capri Blend Vegetables	Salmon Patties <b>20</b> Au Gratin Potatoes Creamed Peas	Braised Beef Tips <b>21</b> Egg Noodles Brussels Sprouts Beets	Chicken Salad Sandwich <b>22</b> Tossed Salad Pea Salad
Lasagna <b>25</b> Steamed Broccoli Carrots	Biscuits & Gravy <b>26</b> Hash Brown Casserole French Toast Bake	Meat Loaf <b>27</b> Mashed Potatoes Sugar Snap Peas	Turkey Burgers <b>28</b> Ranch Style Beans Seasoned Corn	Cabbage Rolls <b>29</b> Mashed Potatoes Fruit Crunch



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 JANUARY 1, 2021**

**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