

SERVING CITIZENS OF FULTON COUNTY 60 YEARS & OVER

# SENIOR BINGO

**FEBRUARY 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 EVENT

**February 15**

Closed for Presidents' Day

### RECORD NUMBER SERVED

12,643 meals were served to Fulton County seniors in December, including home-delivered meals, drive-thru meals and the Das Essen Haus restaurant initiative.

## SENIOR SPOTLIGHT



Max and Connie Johnston miss friends and activities while the Delta Senior Center is closed due to the Coronavirus, but they are grateful for drive-thru lunches. “We miss our BINGO big time!” Connie said. “Having BINGO was so much fun. I miss seeing all the people at the Senior Center. We made good friends there. Now, we wave when we pass in the drive-thru lunch line. I have visited with some on the phone, but it’s not the same as when you see them in person,” Connie said.

During warmer months, you will find the couple working outside. “I like to work in the vegetable garden, and we both like to mow grass.” Connie explained. “Besides yard work, we also use a splitter to prepare wood for our burner. In the evening, we often

watch sports on TV. Max likes all sports. I like to read since my sister got me hooked on Fern Michael’s books a few years ago,” Connie added. Connie has a photo album of Senior Center day trips. “The trips were so interesting! I went to places I never even knew existed, right here in this area,” Connie said.

Max and Connie’s love story began among the noise of machines at Koncor Industries, a precision steel factory. “We both ran machines,” Connie said. “And that’s how we met. We will celebrate our 52nd wedding anniversary in May.” Max and Connie have three sons, three daughters-in-law, ten grandchildren and one great-grandson.



**CUPID'S ARM EXERCISES**

Hold your arms at shoulder level. Bring your right hand in to your collarbone, then move it back to its original position. Bring your left hand in to your collarbone, then move it back to its original position. Repeat 20 times.

**SENIOR CENTER HAM LOAF RECIPE**

- 1 ½ LB GROUND HAM
- 1 LB GROUND BEEF
- ½ LB GROUND PORK
- 3 EGGS
- 2 CUPS CRUSHED SALTINE CRACKERS
- ½ CUP MILK

In a large bowl combine all ingredients. Mix well and form into a loaf. Place loaf into a lightly greased 9x13 baking dish.

Bake at 350 degrees F for 90 minutes or until a thermometer inserted into the thickest part reads 165 degrees F.

While the loaf is baking, make a glaze of 1 cup catsup, ¼ cup plus 1 TBS brown sugar and 1 TBS mustard.

Mix well and spread over the loaf for the last 15 minutes of baking.

Let the loaf rest for 10 minutes before cutting and serving.

**VACCINE SCAMS**

Avoid COVID-19 vaccine scams by knowing the facts. Source: aarp.org

- The vaccine is in short supply, so rely on trusted resources (e.g., doctor, health dept.) for info and access.
- Do not buy any kind of Coronavirus vaccine or treatment online.
- Government-provided vaccines are offered at no cost.
- Do not respond to any solicitations (e.g. phone, door-to-door, social media) about the vaccine.
- Do not give cash or personal information to callers you were not expecting.

**HEATING BILL HELP**

Winter weather and cold temps are here. 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.

**TAX HELP OFFERED**

Northwest Ohio Community Action Commission (NOCAC) offers seniors assistance with tax preparation. NOCAC is an Internal Revenue Service (IRS) Volunteer Income Tax Assistance (VITA) partner. The VITA program allows NOCAC to provide free preparation services for federal, state, and school districts taxes. Consumers will be responsible for filing their city taxes as in previous years. If you are interested in making an appointment, call the designated tax line (419) 990-5134. Or, you may send an email to Taxes@nocac.org.

**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 or 3 will cancel meals.

C	U	P	I	D
Eat at least one fresh vegetable today. It cancels out Valentine candy!	Write down at least 10 words you can make from the words "Valentine's Day".	Do the Cupid Arm Exercise explained on Page 2.	Drink 64 ounces of water today; world's longest underwater kiss (3 min 24 sec; the couple held their breath).	Q: How do you dish out ice cream on Valentine's Day? A: You sCupid out.
Long-stemmed red roses continue to be the most popular flower for Valentine's Day.	Q: What did Cupid name his pet pig? A: Valenswine.	Pay it forward. Write a note or letter to someone, telling them what you appreciate about them.	Name your favorite Senior Center side dish.	Complete. "Roses are _____. Violets are _____. Sugar is _____. And so are _____."
Think about: What is your favorite sweet thing to eat?	While seated, pretend your toes are a pencil. Write "Happy Valentine's Day" in the air 10 times with your foot.	FREE SPACE!	Eat at least one fresh fruit today. "Orange you glad we're friends?"	Tongue Twister: If cute, cuddly cats could crunch colored candy, what colored candy would cute, cuddly cats crunch?
Walk inside your home or march in place during TV commercials.	Practice Gratitude: List 15 things you love.	Over 70 million Hershey's Kisses chocolates are produced DAILY at 2 factories.	Call a friend or family member to wish them "Happy Valentine's Day!" Why do you appreciate them?	Declutter! Gather 15 items you can donate. Arrange to get them to a local thrift store..
Gather 15 items of trash from inside your home and throw away the trash.	Answer: One thing I for sure want to accomplish this week is: _____	Write a list of words that rhyme with "sweet"" and "heart."	Sketch a simple scene of a cupid's arrow, 5 hearts, a box of chocolates and a sign that reads "LOVE."	Practice range of motion. Turn your head slowly from left to right 10 times, as if you are looking for cupid.

This month, our newsletter focus is on Valentine's Day.

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 you into our raffle.** 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.

Winners will be drawn on February 26.

## SWEET TRIVIA

Source: GuinnessWorldRecords.com

- Richard Cadbury (UK), the eldest son of John Cadbury, founder of the world famous chocolate company, created the first known heart-shaped box of chocolates for Valentine's Day 1868. He was a pioneer in chocolate box design and often used his own paintings to make the lids of the boxes more appealing.
- The largest box of chocolates is a Thorntons Moments box weighing 3,725 pounds. It was produced by Thorntons and Russell Beck Studios, and weighed in Bethnal Green, London, UK, on April 2, 2008. The box was 16 ft 6 in long, 11 ft 2 in wide and 3 ft 3 1/2 in deep.
- The largest chocolate truffle weighs 2,368 lb 8 oz, and was achieved by Sweet Shop USA (USA) in Mount Pleasant, Texas, USA, on April 21, 2017. Sweet Shop USA is a family-owned chocolate manufacturer dedicated to preserving the craft of American handmade chocolates.

## RUSSELL STOVER TRIVIA

Source: delish.com

- Russell Stover's wife, Clara Stover, is the actual founder. The company was first known as "Mrs. Stover's Bungalow Candies." It all started and was run by Clara in her own kitchen way back in 1923 with just seven employees. Not until 1943 was the now iconic Russell Stover name used to represent the brand. Clara's original bungalow still exists today. It's located in Denver, CO.
- Russell Stover Candies are all still handcrafted in small batches. The candies are created in each factory's "Candy Kitchen," where the company's sweets specialists create the candy centers from scratch. From there, the centers are shaped by machines and enrobed, via a chocolate waterfall, in chocolate.
- Remember the iconic "I Love Lucy" scene? No one stuffs their uniforms with chocolate, but there are factory workers who stand at the moving chocolate conveyor belt, placing chocolates in frilly wrappers and holiday-themed boxes.
- Russell Stover employs 2,900 people to produce its chocolates. Many of these people come from a long line of family members who've done the same. Daily, they craft the 250 different candies Russell Stover produces.
- Employees get to take part in chocolate tastings. Many times throughout the year, employees are invited to partake in chocolate tastings to test out new products. All of the indulgence happens in a room Russell Stover likes to call "Chocolate Heaven."
- There are four Russell Stover factories in the U.S. They're in Abilene, KS; Iola, KS; Coriscana, TX; and Montrose, CO. In an hour, they churn out a total of 900,000 candy pieces. That's 18 million candies in a single day. 90 million pounds of candy in a whole year.

## MORE TRIVIA

Source: insider.com

- The biggest teddy bear in the world weighed over 8,000 pounds. The stuffed animal was 63 feet, 8 inches long.
- The largest artificial flower bouquet consisted of 41,249 flowers. The bouquet took 20 people and six hours to create.
- The world's largest chocolate nut bar weighed 5,943 pounds. Reese's Take 5 set the record in Hershey, Pennsylvania, on January 31, 2020.
- Taisto Miettinen and Kristiina Haapanen of Finland have won the most Wife Carrying World Championships. Wife Carrying is a 19th-century sport where men haul a female partner across a 250-meter obstacle course. Miettinen and Haapanen have won the World Championship six times.
- The longest kiss lasted 58 hours, 35 minutes and 58 seconds, achieved by Ekkachai Tiranarat and Laksana Tiranarat (both Thailand) at an event organized by Ripley's Believe It or Not! Pattaya, in Pattaya, Thailand, on 12-14 February 2013. Nine couples entered the annual competition, including a married couple in their 70s. However, it was previous record holders Ekkachai and Laksana Tiranarat who came out on top. Their rewards? A cash prize and two diamond rings, as well as another Guinness World Records title.

# LUNCH CALENDAR FEBRUARY, 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  
 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
<b>1</b> Turkey & Gravy Mashed Potatoes Normandy Blend	<b>2</b> Breaded Chicken Breast Rice Pilaf Midori Blend Juice	<b>3</b> Salisbury Steak Mashed Potatoes Green Beans	<b>4</b> BBQ Beef Sandwich Roasted Potatoes Succotash	<b>5</b> Grilled Bratwurst w/ Peppers & Onions (LS Alt=Turkey Franks) O'Brien Potatoes Capri Blend Vegetable
<b>8</b> Chicken Enchiladas Mexican Style Rice Refried Beans Juice	<b>9</b> Beef Pot Roast Boiled Potatoes Sliced Carrots	<b>10</b> Chicken Alfredo Pasta California Blend Tossed Salad Baked Apples	<b>11</b> Submarine Sandwich Macaroni Salad Three Bean Salad	<b>12</b> Sausage, Egg & Cheese Croissant Hash Brown Casserole Fruit Crunch
<b>15</b> <b>CLOSED FOR                      PRESIDENTS' DAY</b>	<b>16</b> All Beef Franks (LS Alt=Chicken Breast) Baked Beans Normandy Blend	<b>17</b> Cheese Ravioli w/ Tomato Sauce Steamed Cauliflower Sliced Zucchini	<b>18</b> Baked Ham (LS Alt=Pork Roast) Sweet Potatoes Sugar Snap Peas	<b>19</b> Baked Fish Macaroni & Cheese Stewed Tomatoes Juice
<b>22</b> Sausage & Sauerkraut (LS Alt=Turkey Franks) Smashed Red Potatoes Peas w/Mushrooms	<b>23</b> Goulash Cooked Cabbage Winter Squash	<b>24</b> Braised Beef Tips Egg Noodles Green Beans Fruit Crisp Juice	<b>25</b> Cheese Burgers Seasoned Potato Wedges Mixed Vegetables	<b>26</b> Tuna Salad Sandwich Potato Salad Jell-O



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 FEBRUARY 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 JoÚston, 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 Ehram, Becky Peabody

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