

SERVING CITIZENS OF FULTON COUNTY 60 YEARS & OVER

SENIOR B-zz

MARCH 2021

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

SENIOR NEWS

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 Is information for your contact person out of date?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. Provide updated information to your meal delivery driver or Site Manager, if that is convenient. 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?

SENIOR SPOTLIGHT



Have you ever celebrated your birthday while floating 1,500 feet above the ground? For Millie Norris of Swanton, it is a birthday she'll never forget. "I had a hot air balloon ride in mind as something I had always wanted to do. I was able to go on the ride in June before I turned 80 in August. They sang 'Happy Birthday' to me while we floated along in a balloon. It was exciting. I really enjoyed it!" Millie said. "Afterward, we had a party, but it was on the ground," she added. Now that she is 91 and in a pandemic, life looks different. Millie has been practicing social distancing, driving through the Swanton Senior Center site to pick up her lunch and spending time at home reading, coloring, doing word puzzles and watching some television.

Millie, whose maiden name was O'Brien, has Irish ancestors, and always enjoyed the Senior Center's Jiggs Dinner, as well as dressing up for St. Patrick's Day programs at the Swanton site. "I miss fellowship at the Senior Center. I also appreciated the monthly nurse's visit to check blood pressure. I enjoyed playing games and especially the laughter. Oh, how we would laugh!" Millie said.

Millie is thankful her adult children are in northwest Ohio. "Five of my seven children are living. I also have twenty grandchildren, thirty-one great-grandchildren, six great-great grandchildren, plus one more to be born in April. You never think about how old you are until you realize your own children are senior citizens," Millie said with a laugh.



SHAMROCK SHAKE RECIPE**INGREDIENTS**

- 2 cups vanilla ice cream
- 3/4 cup whole milk
- 10 drops green food coloring
- 1/4 teaspoon mint extract
- Whipped cream, sprinkles and cherries for serving

INSTRUCTIONS

- Place the ice cream, milk, food coloring and mint extract in a blender.
- Blend until smooth.
- Pour into two glasses. Top with whipped cream, sprinkles and cherries, then serve.

Source: DinnerAtTheZoo.com

LEPRECHAUN LEG 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.

CHANGE CLOCKS & BATTERIES

Daylight Savings Time ends at 2:00 am on Sunday, March 14, 2021, and our clocks "spring ahead" one hour. It is a good idea to ask a family member, neighbor or property owner to replace the batteries in your smoke detectors when you change your clocks.

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.

RESTRAIN DOGS

If you receive home-delivered meals and have a dog, please restrain the dog or put it in another room when your meal driver delivers your meal. The driver will not deliver if the dog is loose. Thank you for working with us to ensure safe delivery of your home-delivered meal.

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.

I	R	I	S	H
Eat at least one green vegetable today.	Write down at least 10 words you can make from the words "Saint Patrick's Day".	Practice the Leprechaun Leg Extensions Exercise explained on Page 2.	Drink 64 ounces of water today.	Q: Why shouldn't you iron a four leaf clover? A: You don't want to press your luck.
Learn a new word: Ubiquitous yoo' bikwədəs Adjective. Meaning: present, appearing, or found everywhere.	Q: What do you call a fake Irish stone? A: A shamrock.	Give a compliment. Thank someone who recently did something nice for you.	Name your favorite Senior Center dessert.	Complete the Leprechaun Leg Step Ups on Page 4.
Think about: What is the most unusual food you have eaten?	While seated, pretend your toes are a pencil. Write "St. Patrick's Day" in the air 10 times with your foot.	FREE SPACE!	Eat at least one fresh fruit today. "Irish you a fruitful day!"	Tongue Twister: Little leprechaun laughed loudly while leaping over lucky London lovebirds.
Daylight Savings Time Ends. Did you update your clocks on March 14?	Q: What kind of bow can't be tied? A: A rainbow!	Smile a "wee bit" at yourself in the mirror.	Call a friend, tell them: "Friends are like four leaf clovers. Tough to find, lucky to have."	Tap your hands and toes in rhythm to one song on the radio.
Listen to a fast, upbeat song to lift your spirits.	Answer: My favorite thing about Spring is: _____	Did you hear Ireland is the fastest-growing country in Europe? Its population is always Dublin.	Sketch a simple scene of a four leaf clover, a pot of gold and a rainbow.	Practice range of motion. Turn your head slowly from left to right 10 times, as if looking for where the rainbow ends.

This month, our newsletter focus is on St. Patrick'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 or by phone, 419-337-9299.

Include your name AND phone number. For this month, FIVE BINGO MAXIMUM = 5 RAFFLE TICKET MAXIMUM.

Prize winners will be drawn on March 31.

MORE JOKES

Q: What do you call a big Irish spider?

A: Paddy long legs.

Q: What's Irish and stays out all night?

A: Paddy O'furniture.

Q: How do you know if an Irishman is having a good time?

A: He's Dublin over with laughter.

Q: Why do people wear shamrocks on St. Patrick's Day?

A: Because real rocks are too heavy.

Q: What happens if you cross poison ivy with a four leaf clover?

A: You get a rash of good luck!

IRELAND FACTS

- The three most famous symbols of Ireland are the green Shamrock, the harp, and the Celtic cross.
- Ireland is a snake-free island. Due to its isolation from the European mainland, Ireland lacks several species common elsewhere in Europe, such as moles, weasels, polecats or roe deer.
- The astronomer William Edward Wilson (1851–1908) took some of the earliest photographs of the stars, the moon, the sun and a solar eclipse. In 1889, he became the first person to measure the temperature of the sun, reaching an estimation of 6590°C, remarkably close to the modern value of 6075°C.
- In the late 18th century, Cork was the largest exporter of butter in the world, mostly to Britain and the British Empire.
- The Irish consume in average 131.1 liters of beer per year - the 2nd highest per-capita consumption after the Czech Republic.
- Ireland's oldest pub is Sean's Bar in Athlone. It was founded some 900 years ago. The country's oldest licensed pub, though, is Grace Neill's Bar in Donaghadee, established in 1611.
- The world's first recorded open yacht race was held in Dublin Bay in 1663.
- About half of the population of Australia can claim Irish ancestry.

LEPRECHAUN LEG STEP-UPS

1. Begin at the bottom of a set of stairs. Step on the first stair with your left foot.
2. Then, lift your right foot slightly off the floor and hold it in the air for a count of fifteen.
3. Step down to the floor with your right leg, then the left.
4. Repeat on the opposite side and repeat 10 times per side.

ARE YOU IRISH?

- Many Irish family names start with "Mac" or "O'...", which means respectively "son of ..." and "grandson of ..." in Gaelic.
- Roughly 34 million Americans reported Irish ancestry in the 2000 US Census, which makes it the second largest ethnic group after the German Americans. The highest concentration of Irish Americans is in the Northeast (New York and New England).
- It is estimated that over 80 million people of Irish descent live outside Ireland, in countries such as the United States, the United Kingdom, Canada, Australia, Argentina, New Zealand, Mexico, South Africa and states of the Caribbean and continental Europe. This is 14 times more than the population of Ireland (including Northern Ireland) itself! 3 million of these emigrants still hold Irish nationality.

WHY IS IT CALLED JIGGS DINNER?

A Jiggs dinner, also called a boiled or cooked dinner, is a Newfoundland tradition that dates back to the early 20th century. The name comes from George McManus' comic strip 'Bringing Up Father,' whose main character is an Irish immigrant named Jiggs, living in America.

LUCKY LEAVES

Four leaf clovers can crop up anywhere, so it's just luck if you find a four leaf clover.

To find one, you need good searching skills and good eyes. People say that finding a four leaf clover is a luck omen as there is only 1 four leaf clover in 10,000 three leafers!

Always bring a book with you in case you find one, then you can press (or flatten) the clover between the book's pages.

LUNCH CALENDAR

MARCH, 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
Pasta w/Meatballs Steamed Cauliflower Italian Green Beans 1	Sweet & Sour Chicken Fried Rice Midori Blend Vegetables Juice 2	Sloppy Joe Sandwich Roasted Potatoes California Blend 3	Breaded Chicken Strips Redskin Potatoes Butter Beans 4	Salmon Patties Au Gratin Potatoes Creamed Peas 5
Beef Stew Summer Squash Spiced Applesauce 8	Roast Turkey Dressing Green Beans Juice 9	Chicken Ala King Peas & Onions Fruit Crisp 10	Cabbage Rolls Mashed Potatoes Mixed Vegetables 11	Baked Fish Macaroni & Cheese Stewed Tomatoes Juice 12
Beef Pot Roast Boiled Potatoes Sliced Carrots 15	Chili w/Beans Mexican Style Rice Seasoned Corn Juice 16	Stuffed Pasta Shells Steamed Broccoli Baked Apples 17	Meatloaf Mashed Potatoes Brussels Sprouts 18	Seafood Salad Sandwich Tossed Salad Jell-O 19
Creamed Chipped Beef Mashed Potatoes Winter Blend 22	Ground Bologna Sandwich (LS Alt=Chicken Salad) Pasta Salad Pickled Beets 23	Salisbury Steak Mashed Potatoes Green Beans 24	Beef Franks (LS Alt=Chicken Breast) Baked Beans Peas & Carrots 25	Baked Fish Rice Pilaf Winter Squash Juice 26
Turkey Burgers Seasoned Potato Wedges Succotash 29	Swedish Meatballs Egg Noodles Cooked Cabbage Crumb Topped Peaches 30	BBQ Rib Sandwich Scalloped Potatoes Capri Blend Vegetables 31		



Forwarding and return postage guaranteed
Address service requested
Postmaster: Send address changes to:
Fulton County Senior Center
240 Clinton Street
Wauseon, OH 43567-1109

Icon of an envelope in a green circle. Text: If you or a family member would like to receive this newsletter by e-mail, please contact us at kschoeder@fultoncountyoh.com.

DATED MATERIAL - DELIVER BEFORE MARCH 1, 2021

FULTON COUNTY SENIOR CENTER STAFF

Table listing staff roles and names: 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 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.

Table with 3 columns: Site Name, Days, and Hours. Rows include 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), and Swanton Site (M, W, F, 9:00 am - 2:00 pm).