

SERVING CITIZENS OF FULTON COUNTY 60 YEARS & OVER

SENIOR



APRIL 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

April 2

Good Friday; No Meals Served

RESTRAIN DOGS

If you receive home-delivered meals and have a dog, please restrain the dog 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.

SENIOR SPOTLIGHT

Dave and Kathleen Grieser of Pettisville are looking forward to warmer weather so they can spend more time outdoors. Dave enjoys motorcycling and Kathleen enjoys sporting events and going for walks. They both enjoy reading and serving as community and church volunteers.

Both were born in Fulton County. Dave grew up in southern Ohio and later returned to Pettisville to work at Liechty Motors. Kathleen grew up in Pettisville and graduated with the class of 1966.



Their first date was July 21, 1969, when Dave, who'd "had his eye on" Kathleen, spotted her at Archbold's car wash and stopped to chat.

Dave started Dave's Sand & Stone (now Grieser Transportation) in 1978 with two dump trucks and a loader. He's still active with the business today.

The Griesers celebrated their 50th wedding anniversary with their son, daughter-in-law and grandson in March 2020 right before Ohio's stay-at-home order went into effect. Regarding the months when we all spent more time at home, Kathleen said, "I learned I had to have something to do each day. I had to keep my schedule going."

The Griesers recognize the value of the Senior Center. "Many seniors do not have family living in the area. When seniors receive home-delivered meals, this gives the Senior Center a chance to check on them," Kathleen said.

The Griesers have participated in the partnership with Das Essen Restaurant since October. "I appreciate the ease of ordering and picking up the meals. The variety of food is very good," Kathleen explained. Dave agreed. "It's real handy since we're a mile away (from the restaurant)," he said.

ORGANIZE VITAL INFO

The start of Spring often brings with it a desire to "Spring clean" and "get organized." How organized are your important papers? Use this checklist from Area Office on Aging of Northwest Ohio to keep track of your key paperwork. Gather them together (or make note of their location) and place in a safety deposit box, or give to a trusted family member who can retrieve them in an emergency.

Insurance

- Medicare card
- Secondary health
- Life
- Special care
- Long Term Care
- Catastrophic illness
- Auto
- Home
- Other

Legal

- Auto title
- Deeds
- Living Will
- Living trust
- Power of attorney
- Power of attorney for health
- Trust papers
- Will

Life Events

- Birth certificate
- Burial plot
- Funeral arrangements
- Immigration/ naturalization papers
- Marriage/ divorce papers
- Military papers
- Social Security card

Financial

- Bank notes
- Bank savings accounts
- Bonds
- Broker name/ phone
- Certificates of deposit
- Checking account
- Credit card list
- IRAs
- Mortgage papers
- Mutual funds
- Safety deposit key/ combination
- Stock certificates
- Tax records

TALL WEED KICK EXERCISE

- Begin seated in a chair with your back straight and knees bent.
- Slowly extend your right leg forward, as if you are "kicking" tall weeds out of your path.
- Hold for a few seconds before lowering back to starting position.
- Repeat with your left leg. Do 10 reps per leg.

ROSE & DAISY ARM EXERCISES

- Hold your arms at shoulder level.
- Bring your right hand to your nose, as if to smell a fragrant flower you are holding in your hand.
- Move your right hand back to its original position.
- Bring your left hand to your nose, again, as if to smell a fragrant flower you are holding in your hand.
- Move your left hand back to its original position. Repeat 20 times

DON'T ANSWER ROBOCALLS

Helpful information from the Ohio Attorney General's Office.

A list of DOs:

- Register your phone number(s) with the Do Not Call Registry online at www.DoNotCall.gov or by phone at 1-888-382-1222.
- Research services offered by your phone provider to block unwanted calls.
- Install a trusted and reliable app on your cellphone to block or warn of suspicious calls.
- Add trusted phone numbers to your cell phone contacts.
- Limit the people and businesses with whom you share your phone number.

Simply ignore Robocalls. What is a "robocall"? A robocall is a phone call that uses a computerized auto-dialer to deliver a pre-recorded message, as if from a robot. Robocalls are often associated with political and telemarketing phone campaigns, but can also be used for public-service or emergency announcements.

What Is Spoofing? Spoofing is a technique that robocallers use to hide the real phone number that they are calling from, and mask it as a familiar number, a local number or an official number (a number of a well-known company or a government agency). Spoofing is why we can't always rely on Caller ID.

In short, if you don't recognize the phone number or aren't expecting a call, don't answer. Let the answering machine take the call. If you receive unwanted robocalls, you can report them to the Ohio Attorney General's Robocall Enforcement Unit, by texting "ROBO" to 888111, calling 1-800-282-0515 or visiting www.OhioProtects.org.

A list of DON'Ts:

- Don't answer an incoming phone call when you don't recognize the number.
- Don't provide personal or financial information over the phone.
- Don't interact with the caller in any way. Don't press numbers or speak to anyone.
- Don't call back unfamiliar phone numbers.
- Don't always rely on Caller ID, due to spoofing.

T	U	L	I	P
Tongue Twister: Forty-five fragrant forest flowers flowed freely, following fascinating, frolicking frogs	Practice the Tall Weed Kick Exercise as explained on Page 2.	Answer: My favorite flower is _____ because _____	Imagine you are a thirsty flower garden. Drink 64 ounces of water today.	Eat at least one fresh fruit today and be thankful warmer weather is on the way.
Range of motion. Gently sway from side to side as you slowly wave your arms up and down, as if you're a flower moving in the breeze.	Q: What kind of flower grows on your face? A: Tulips.	Walk around inside your house during commercials of 60 minutes of TV shows.	Sketch a simple scene of a tree, some flowers and a sunshine.	Smile at yourself in the mirror. You are as unique as a Chocolate Cosmos flower!
Did you know? A sunflower head can contain as many as 1000 to 2000 seeds.	List at least 2 reasons you love the Senior Center. Bonus point if you tell a Senior Center employee.	FREE SPACE!	Q: What do you get if you cross a sheep dog with a daisy? A: Collie-flower.	Write down at least 10 words you can make from the words "Spring Flower Garden."
Practice Rose & Daisy Arm Exercises explained on Page 2.	Q: How does a flower whistle? A: Through its tulips.	Eat at least one vegetable today.	Perform a random act of kindness for someone.	While seated, pretend your toes are a pencil. Write "Ten Tall Tulips" in the air 10 times with your right foot, then left.
Call a friend, tell them "Friends are like flowers. A pleasure to gather & a treasure to keep."	Answer: My favorite thing about Spring is: _____	Practice range of motion. Turn your head slowly from left to right 10 times, as if looking at long rows of lovely flowers.	Learn a new word, Plethora. a large or excessive amount of (something). /'pleTHərə/	Q: How do two flowers greet each other? A: Hey bud, how's it growing?

This month, our newsletter focus is on tulips & flowers.

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 April 30.

FLOWER PUNS

What do you call a flower that glows in the dark? A light bulb.

What do you call Dracula with hay-fever? The pollen count.

I was going to catalogue my dried flowers, but I realized I have more pressing problems to deal with.

What do you get if you cross a monkey with a flower? A chimp-pansy.

Stealing flowers is an awful crime. It's de-flora-ble.

I was asked to choose my number-one houseplant when three of my favorites were in the room. It put me in a really orchid situation.

Did you know there's a country where everyone drives the same color vehicle? It's a red car nation.

What did the bee say to the flower? "Hello, honey!"

I wasn't all that interested in flowers, but I planted a few seeds, and they grew on me.

I decided to plant some flowers in my garden. Then I realized I haven't botany.

Did you know there's an insurance company for flower businesses? It's called "Oopsie Daisies".

I'm not very good at making flower jokes. But thistle do.

TULIP ART

Enjoy this art by Fulton County Seniors James Adams, Margie Seeman and Lucille Smith.



TULIP FACTS

Cook With Tulips -- Like many other flowers, tulips are edible! In fact, during World War II, tulips and tulip breads were often eaten by those who couldn't afford other foods. The flowers can be used to replace onions in many recipes and are even used to make wine.

Holland's Exports -- The Netherlands are the largest producer and exporter of tulips worldwide, growing and exporting nearly three billion bulbs each year. At one point in Holland's history, tulips were its fourth biggest export, behind cheese, gin and herring.

Origins -- Tulips didn't originate in Holland. Tulips originate from the Himalaya area, they were brought to Turkey from there. Around 1560 they were brought from the Ottoman Empire (present day Turkey) to the Netherlands.

The Lily Family -- The beautiful flowers are actually related to another popular spring flower: the lily. Tulips are a part of the Liliaceae family, which also contains lilies, onions, garlic and asparagus.

The Price of a Flower -- At one point in history, tulips were the most expensive flower. In fact, in the 1600s the flowers were more valuable than most people's homes, and cost almost 6 times what an average working-class man earned in a year.

No Blue -- tulips come in pretty much every color of the rainbow, except blue. Pure blue tulips only exist by paint or Photoshop. Several tulips have 'blue' in their name but they are actually more purple than blue.

LUNCH CALENDAR

APRIL, 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
			Beef Stew Summer Squash Baked Apples 1	2 GOOD FRIDAY CENTER CLOSED AT NOON NO MEALS SERVED
Chicken & Dumplings 5 Mashed Potatoes Scandinavian Blend	Goulash 6 Brussels Sprouts Sliced Carrots	Sausage Patty Sandwich 7 Red Skin Potatoes Mixed Vegetables	Salmon Patties 8 Au Gratin Potatoes Creamed Peas Fresh Carrots & Celery	Braised Beef Tips 9 Egg Noodles Green Beans Pineapple Casserole
Salisbury Steak 12 Mashed Potatoes Green Beans	Lasagna 13 Steamed Broccoli Corn Pudding	Sausage & Sauerkraut 14 (LS Alt=Turkey Franks) Garlic Mashed Potatoes Beets	Turkey Salad Sandwich 15 Green Salad Broccoli Salad	Baked Fish Fillet 16 Macaroni & Cheese Stewed Tomatoes Juice
Hot Chicken Sandwich 19 Baked Potato Succotash	Beef Pot Roast 20 Yukon Gold Potatoes Carrots	Baked Ham 21 (LS Alt=Roast Pork) Sweet Potatoes California Blend	Turkey & Gravy 22 Mashed Potatoes Green Beans Cranberry Relish	Cheeseburgers 23 Seasoned Potatoes Mixed Vegetables
Meatloaf 26 Mashed Potatoes Sugar Snap Peas	Biscuits & Gravy 27 Hash Brown Casserole French Toast Bake Orange Juice	Corned Beef & Swiss 28 on Rye Bread Marinated Carrots Cole Slaw	Beef Franks 29 (LS Alt=Chicken Breast) Baked Beans Seasoned Corn	Teriyaki Chicken 30 Fried Rice Midori Blend Vegetable Juice



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 APRIL 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).