

SERVING CITIZENS OF FULTON COUNTY 60 YEARS & OVER

SENIOR B-zz

MAY 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

May 31

Closed for Memorial Day
(No Meals Served)

DID YOU KNOW?

The monthly issue of the Senior Center B-zz newsletter is available for free via email. Anyone may join our email list, including family and friends. Simply call our senior center to sign up at 419-337-9299 or send an email to Karen at kschroeder@fultoncountyoh.com

SENIOR SPOTLIGHT



Florence Salsberry of Delta will celebrate her 79th Mother's Day this month. Her son, LaRay, made her a mom in 1942. Two more sons and a daughter completed the family. Alice, Florence's daughter, has worked for the Senior Center since 2018. "I was born nearly 13 years after my parents' third son. Mom was 39 years old and was shocked to be expecting me! But also considered me a blessing. Mom has been there for me my entire life. And now, when she needs more care, I am here for her," Alice said.

Additionally, Florence and her husband, Lyle, cared for several foster children. "Some of them still stay in contact with mom, and consider her 'their mom'," Alice said.

Florence receives home-delivered meals from the Senior Center. She was still cooking for herself in her late nineties, when her children encouraged her to take a break. The meals give Florence time and energy to continue her decades-old hobby of sewing quilt tops. "My parents were deeply involved in the

church, as well as missions. Together they made and gave away over 2,300 quilts!" Alice said.

Florence celebrated her 100th birthday with a card shower in March. She still resides on the Ohio Century Farm where she grew up and returned to raise her family. "Mom and dad were farmers, along with my brother Wilford. Mom was always right there, helping farm. She is a remarkable lady. Ours is a most special relationship that I thank God for often," Alice said.



"THE TODDLER & SOCKS" EXERCISE

Begin seated in a chair with your back straight and knees bent. Slowly extend your right leg forward, as a cooperative toddler would, allowing mom or dad to slide your sock onto your right foot. Hold for a few seconds (long enough to convince Mom or Dad that you are actually cooperating). Then lower your foot back to the starting position, before mom actually got your sock onto your foot. Repeat with your left leg. Do 10 reps per leg, to sufficiently exasperate your imaginary parents, because toddlers are ornery like that.

BEWARE OF SENDING MONEY

If you receive a letter in the mail from "Meals on Wheels," be sure to check the address. Likely, the letter is from a "Meals on Wheels" organization located out of state. If the letter asks for a money donation, don't be fooled into thinking your donation will benefit home-delivered meals of Fulton County Senior Center.

Do not provide your personal information to charities. Be certain you understand to whom you are donating money.

The Fulton Center Senior Center will never send you a letter asking for money. Additionally, if you choose to submit a donation to cover the meals you receive from the Fulton County Senior Center, please make your check payable to Fulton County Senior Center and mail to 240 Clinton Street, Wauseon, OH, 43567.

Call us at 419-337-9299 if you receive a confusing donation request and have questions. We're happy to help.

"REACH THE TOP SHELF" ARM EXERCISE

Begin seated in a chair with your back straight and knees bent.

Slowly extend your right arm above your head. Reach as high as you are able.

Hold it for a slow count of three. Lower it to your side.

Slowly extend your left arm above your head. Reach as high as you are able.

Hold it for a slow count of three. Lower it to your side.

Repeat, ten times per arm.

SOCIAL SECURITY WON'T CALL YOU

Don't be fooled by this common scam. Seniors sometimes receive phone calls from someone claiming to be with the Social Security Administration (SSA). The callers usually state that, due to improper or illegal activity with a citizen's Social Security number (SSN) or account, a senior will be arrested or face other legal action if they fail to call a provided phone number to address the issue. These calls are scams. The SSA does NOT threaten citizens for information. They will NOT say you face legal action or arrest if you do not comply with their requests, and most importantly, they normally only contact someone by phone with whom they have ongoing business. Some scammers have even gone as far as to "spoof" phone numbers to appear as though they come from the SSA. Simply hang up.

Source: Farmers & Merchants State Bank

6 THINGS TO KNOW ABOUT YOUR MEDICARE CARD

1. Your card has a Medicare Number that's unique to you, instead of your Social Security Number. This helps to protect your identity.
2. Your card is paper, which is easier for many providers to use and copy.
3. If you're in a Medicare Advantage Plan (like an HMO or PPO), your Medicare Advantage Plan ID card is your main card for Medicare—you should still keep and use it whenever you need care. And, if you have a Medicare drug plan, be sure to keep that card as well. Even if you use one of these other cards, you also may be asked to show your Medicare card, so keep it with you.
4. Only give your Medicare Number to doctors, pharmacists, other health care providers, your insurers, or people you trust to work with Medicare on your behalf.
5. Medicare uses the name and address you have on file with Social Security. To change your name and/or address, contact Val Edwards at the Senior Center for assistance or visit your online Social Security account.
6. Val Edwards, Information & Referral Specialist at the Fulton County Senior Center is available by appointment to answer your Medicare questions, 419-337-9299.

C	H	I	L	D
Tongue Twister: Toy boat. Toy boat. Toy boat. Toy boat.	Practice the "Ornery Toddler And Socks" Exercise as explained on Page 2.	Answer: My favorite food as a child that I no longer like as an adult is _____ because _____	Imagine you are a mom of young kids. No one is interrupting you while you drink 64 ounces of water today.	Eat some fresh fruit today and be thankful you're not a strawberry whose mom was in a jam!
Nothing is really lost... until mom can't find it.	Son: "Mom, can I get \$20?" Mom: "Does it look like I'm made of money?" Son: "Isn't that what M.O.M stands for?"	Take a walk in the sunshine today.	Sketch a simple scene of your childhood home, family members & pets. (Stick people are allowed!)	Make a crazy face at yourself in the mirror. Your face WON'T actually freeze that way!
Whoever wrote the song "Easy Like Sunday Morning" did not have kids.	List at least 5 foods you remember your mom making for you when you were young.	FREE SPACE!	Mother to son: "I'm warning you. If you fall out of that tree and break both your legs, don't come running to me!"	What are three qualities/ attributes/ mannerisms you got from your mother?
Range of motion. Practice the "Reach the Top Shelf" Arm Exercise as explained on Page 2.	You know you're a mom when you understand why Mama Bear's porridge was too cold.	Eat at least one vegetable today. Because no parent is insisting you must!	Perform a random act of kindness, in honor/ memory of your mother.	While seated, pretend your toes are a pencil. Write "You Crazy Kids" in the air 10 times with your right foot, then left.
Call a friend, tell them "Mothers are like glue. Even when you can't see them, they are still holding the family together."	Answer: My favorite candy as a child was: _____	Practice range of motion. Turn your head slowly from left to right 10 times, as if you're a parent telling your child "No."	Did you know? The collective noun for a group of mothers is a consternation.	Why did the cookie cry? Because his mother was a wafer so long!

This month, our newsletter focus is on mothers and children.

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 May 28.

QUOTES

- You can learn many things from children. How much patience you have, for instance. – Humorist Franklin P. Jones
- When your mother asks, 'Do you want a piece of advice?' it is a mere formality. It doesn't matter if you answer yes or no. You're going to get it anyway. – Humor Columnist Erma Bombeck
- "The most remarkable thing about my mother is that for 30 years she served the family nothing but leftovers. The original meal has never been found." — Writer & Humorist Calvin Trillin
- "I want my children to have all the things I couldn't afford. Then I want to move in with them." — Phyllis Diller
- "I love when the kids tell me they're bored. As if the lady standing in front of a sink full of dirty dishes is where you go to get ideas about how to have a good time." – Just Surviving Motherhood
- "You know you're a grandparent when you laugh when your grandkids do the same things that made you so angry when your kids did them." – author unknown
- "Grandmas are moms with lots of frosting." – author unknown
- "A grandfather is someone with silver in his hair and gold in his heart." – author unknown

TRIVIA ABOUT NEWBORNS

A report published in the Journal of Pediatrics studied the prevalence of crying, fussing, and colic in babies for the first 12 weeks of life. According to the findings, babies in the UK, Canada, and Italy cry the most, while Danish, Japanese, and German babies cry the least. The United States was not included in the study.

Source: RedTricycle.com

An old Irish custom held that at the end of the wedding reception, the couple saved the top tier of the wedding cake for their first child. The newborn's parents served the cake at the christening reception and sprinkled crumbs on their baby's head as a symbolic wish for a long and prosperous life.

Source: baby-shower.com

An ancient custom on the Indonesian island of Bali says an infant's feet should not touch the ground for the first 105 days after birth. The practice derives from a belief that newborns are still close to the sacred realm from which they came and therefore deserve to be treated with veneration.

Source: NYTimes.com

PINK OR BLUE?

Before WWI, parents typically dressed girls in blue and boys in pink. A June 1918 article from the trade publication Earnshaw's Infants' Department said, "The generally accepted rule is pink for the boys, and blue for the girls. The reason is that pink, being a more decided and stronger color, is more suitable for the boy, while blue, which is more delicate and dainty, is prettier for the girl."

Source: SmithsonianMag.com

FRESH AIR & ELECTRICITY?

According to a study in a 1878 book, Dr. Napheys told mothers that in order for their children to be healthy, they should always make sure a baby's sleeping position has the child's head pointing north. The reason? Great electrical currents always coursing in one direction around the globe. Source: TheList.com

In the 1884 book, "The Care and Feeding of Children," Dr. Luther Emmett Holt carefully described how babies needed to be "aired". "Fresh air is required to renew and purify the blood, and this is just as necessary for health and growth as proper food," he wrote. "The appetite is improved, the digestion is better, the cheeks become red, and all signs of health are seen." Some parents took this a step further and used "baby cages." A baby cage was a bed in a wire cage suspended from city apartment windows. Initially called the "health cage," it was invented by Mrs. Robert C. Lafferty to provide babies with fresh air and sunshine while living in crowded cities.

LUNCH CALENDAR

MAY, 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
Cheese Ravioli w/Meat Sauce Steamed Broccoli Cauliflower 3	Sloppy Joe Sandwich Roasted Potatoes Seasoned Corn 4	Ham Salad Sandwich (LS Alt=Chicken Salad) Tossed Salad Fruit Compote 5	Turkey Ala King Peas w/Onions Fruit Crunch 6	Baked Fish Macaroni & Cheese Stewed Tomatoes Juice 7
Braised Beef Tips Egg Noodles Green & Wax Beans Beets 10	Sausage, Egg & Cheese Croissant Hash Brown Casserole Spiced Applesauce 11	Submarine Sandwich Potato Salad Marinated Carrots 12	Cabbage Rolls Mashed Potatoes Sugar Snap Peas 13	Italian Sausage w/Peppers & Onions (LS Alt=Turkey Franks) Rosemary Potatoes Capri Blend Vegetables 14
BBQ Beef Sandwich Roasted Potatoes Summer Squash 17	Chicken Enchiladas Mexican Style Rice Refried Beans Vegetable Juice 18	Turkey & Swiss Burgers Seasoned Potato Wedges Mixed Vegetables 19	Salisbury Steak Mashed Potatoes Green Beans 20	Tuna Salad Sandwich Tossed Salad Broccoli Salad 21
Meatloaf Mashed Potatoes Brussels Sprouts 24	Beef Franks (LS Alt=Chicken Breast) Baked Beans California Blend 25	Chili w/Beans Seasoned Corn Fruit Cobbler 26	Sweet & Sour Chicken Fried Rice Midori Blend Vegetables 27	Pot Roast Yukon Gold Potatoes Sliced Carrots 28
31 SENIOR CENTER CLOSED FOR MEMORIAL DAY				



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 MAY 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 Ehrsam, Becky Peabody, Michael Mangas).

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).