

SERVING CITIZENS OF FULTON COUNTY 60 YEARS & OVER

SENIOR

JUNE 2021

Fulton County Senior Center

240 Clinton St., Wauseon, Ohio 43567

Phone: 419-337-9299 • Fax: 419-337-9289 • Hours: 8am-4pm

B-33

SENIOR NEWS

UPCOMING EVENT

July 5 - Independence Day Holiday Observed (No meals served)



SENIOR SPOTLIGHT

What are your memories of roller skating as a teen? For Butch Rupp of Wauseon, skating led to matrimony. "I was from Pettisville and didn't get out much," Butch said with a chuckle. "I went skating at the Wauseon rink, and Janet was there. My first impression of her was that she was a good skater, and I thought 'I've got to get to know her!' I was not as good of a skater as she was. She had been skating all her life, and I was kind of new at it. We met that night, dated and later married on May 9, 1959. We just celebrated 52 years," he said. "After we got married, we kind of hung up the skates," he added.

Janet graduated from Delta High School, class of 1955. Butch, class of 1956, from Pettisville High School. Butch spent his working career as an over-the-road truck driver. Janet was a well-loved babysitter for grandchildren and neighbor kids. "I like to say I think she babysat for everybody in Wauseon!" Butch said. "After retirement, we traveled a lot in our motor home, including trips to California to visit our son," he added.

"These days, we don't get out a whole lot. We spend a lot of time at home. When Janet was still getting around easily, our entertainment was going out to eat," Butch said. They like to visit their grandkids whenever they can, and now that warm weather is here, Butch enjoys mowing the lawn.

Butch is a regular in the lunch drive-thru line at Wauseon. "I like it. It's convenient, but I am really looking forward to the day we can eat hot meals inside the Senior Center again. I miss that," he said.

The Rupps have three adult children, six grandchildren and four great-grandchildren.



YOUR DRIVER'S LICENSE

Is it time to renew your driver's license? This task can easily slip our minds since it is not an annual event. Make a note on your calendar or in your phone to remind you of the date your license needs to be renewed. You'll need to renew your Ohio driver's license every three or four years. If the expiration date is not this year, place a reminder sticky note on December's calendar page, then you can transfer it to the appropriate month when you get next year's calendar.

Your license can be renewed anytime before its expiration date, but the expiration date will vary depending on when you do it. If you renew it more than 90 days before it expires, you'll have an expiration date of three years from issuance. If you wait until 90 days before expiration, you'll get a four-year expiration date.

The Fulton County BMV is located at 152 S Fulton St, #105, Wauseon, OH, in the Fulton County Administration Building. Their hours are 8 am to 5 pm on weekdays and 8 am to noon on Saturdays. The phone number is 419-335-8808.

COUPONS FOR LOCAL FARMERS' MARKETS

If you are age 60 or over and a resident of Fulton County, you may be eligible to receive coupons from the Senior Farmers' Market Nutrition Program. Eligible seniors receive ten \$5 coupons and a list of more than 130 participating farmers' markets and roadside stands. Coupons can be redeemed for fresh vegetables and fruits plus herbs and honey. Income is based upon the income of the total number of people living in the household.

You will automatically receive an application in the mail for 2021 if you received coupons for local farmers' markets in 2020. Coupons will be sent monthly. If you are homebound, you may assign a proxy to shop for produce for you. If you are new to the program and would like to apply for farmers' market coupons for the 2021 season, pick up an application at the Wauseon site or at the drive-through lunch lines at Archbold, Delta, Fayette or Swanton.

Each household must complete an application every year. Submit your completed application to Laura Ankney at the Wauseon site or to Area Office on Aging, Toledo.

The application is also online at www.areaofficeonaging.com and click on the "Apply Now" button.

All applications are processed on a first-come, first-served basis. The Senior Farmers' Market Nutrition Program is made possible by funding from the United States Department of Agriculture and state and local funding.

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?

FIVE MINUTES MATTERS

If you are busy, chronically tired, ill or deal with limitations, give yourself permission to spend only five minutes on a project. Whether it is housekeeping, paying bills, yard work, studying, cleaning your vehicle, exercise or decluttering, five minutes is better than zero minutes. Working for a shorter amount of time is much less intimidating than trying to find energy and motivation to spend an entire day on a project. Pro tip: take a "before" photo of an area of your home you are working on, so you can view the visual progress in the "after" photo. Several five-minute work sessions throughout the day feels empowering, inspiring and gives us reasons to celebrate, according to Mayo Clinic online. Regarding decluttering, Dawn Madsen, the Minimal Mom on YouTube, reminds us that items don't come into our homes all at once, so it's okay to get rid of clutter slowly but consistently.

C	L	E	A	N
Deep Thought: When you clean out a vacuum cleaner, you become a vacuum cleaner.	Eat at least one vegetable today. The vitamins give us energy for household jobs.	Write at least 12 words that rhyme with "clean."	Drink 64 ounces of water today.	List at least 5 chores you remember doing as a child/ teenager.
Smile! Our face muscles send feedback to our brains & help to boost our mood.	I am full of holes, yet I still hold water. What am I? Answer: a sponge.	Read the declutter tips on Page 4 of this newsletter.	Sketch a simple scene of a window, a mop, a feather duster and a bucket.	Reach your right hand high above your head, then left hand, 10 times each, as if reaching to clean away cob webs.
Line your refrigerator shelves with Press n' Seal food wrap for easy clean up.	Eat some fresh fruit today and be thankful for summertime produce.	FREE SPACE!	Find 21 pieces of trash in your house or vehicle & dispose of them.	While seated, pretend your toes are a pencil. Write "Housekeeping" in the air 10 times with your right foot, then left.
Turn your head as far as you can from the left to the right, ten times, as if you're watching someone vacuum a long room.	Pro Tip: Use a lint roller to remove dust from your lamp shades.	Take a walk in the sunshine today.	I'm weightless, but you can see me. Put me in a bucket, and I'll make it lighter. What am I? A: a hole.	Perform a random act of kindness today.
Call a friend. Chat about what IS or is NOT getting cleaned in your house this week.	Answer: My least favorite household chore is: _____	Is it time for someone to change your furnace filter or clean the dryer lint trap?	If you wear rubber gloves & rub your hands over furniture, pet hair will stick to the gloves.	Tongue Twister: Does your sport shop stock short socks with spots?

This month, our newsletter focus is on cleaning & decluttering.

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 June 30.

WHY DECLUTTER?

American adults lose or misplace up to nine items every day. That's 198,743 items in an average lifetime. Lost. That means the average American will spend 153 days of their life searching for things they've lost.

While it's always difficult to purge, decluttering is especially important for seniors. Some reasons for seniors to declutter include:

- **Efficiency:** With time, it can become more and more difficult to find items you need. Decluttering cuts down on searching and saves you time.
- **Safety:** Clutter is a tripping hazard. Decluttering enables you to move about your home with peace of mind.
- **Focus:** Because messy environments affect cognitive thinking, it's important to have a clean space where you can process information. Source: junk-360.com

MAKE A LIST OF HEIRLOOMS

As a senior, document your specific wishes for heirlooms and valuable items. Do you want to donate them to a museum? Leave them to a relative? Be sure that these wishes are added to your will so that there are no hard feelings or discrepancies down the road. Source: <https://www.caringseniorservice.com/blog/how-to-help-your-senior-reduce-clutter>

HOW TO DECLUTTER WITHOUT MAKING A BIGGER MESS

As you look at a cabinet, countertop, room or any space you would like to declutter, start by taking the emotion out of the project and focus on trash. Look for anything that is obvious trash and place those items in a garbage bag or recycling bin. You'll notice a visual improvement to the space after this first step.

Next, start with "Easy Stuff," which are items that already have a designated home in your house, they simply need to be returned to their homes. Save yourself some steps, if you can. If you see some items that need to be returned to the kitchen, look around for other kitchen items in this space, so you can return several items to the same room at once.

Third, remove "Duh Clutter," which are items you obviously do not need or want or use. Place these in a donate-able donate box.

Ask the two decluttering questions. If I needed this item, where is the first place I would look for it? Take that item there now. Second question: If I needed this item, would it occur to me that I already had one? If not, you might want to donate it.

By taking items to their home right away, instead of creating piles, there is no new mess when you get interrupted or run out of time or energy and stop.

Source: Dana K. White's book, *Decluttering at the Speed of Life*. See also, blog & podcasts, *A Slob Comes Clean*.

THE 90/90 RULE

Whenever we attempt to simplify our lives, we often get stuck before we get started. When faced with a hoard of possessions—some useful, others not—it is difficult to determine what adds value and what we're holding on to just in case, which makes letting go nearly impossible without some sort of rules to move us in the right direction.

Here's one that has worked for us: Look at a possession. Pick something. Anything. Have you used that item in the last 90 days? If you haven't, will you use it in the next 90? If not, then it's okay to let go.

Maybe your rule isn't 90 days. Maybe it's 120. Maybe it's six months. Whatever your rule, be honest with yourself. If your material possessions don't serve a purpose or bring you joy, then they are likely in the way of a more meaningful life. Source: <https://www.theMinimalists.com/ninety/>

IS GRATITUDE KEY?

Cas the Clutterbug, professional organizer and TV show host of *Hot Mess House*, says her most asked question is: "How can I get my spouse to help around the house?" There is still an expectation that women are in charge of cleaning and organizing everything, which can cause negative and resentful feelings about housework. She does housework and organizes for herself because she likes a clean home and it makes her life easier. "I focus on what I can do without putting expectations on others, which leads to disappointment and resentment," she reveals. Once she started being grateful for all good things in her life, her family saw her attitude and the benefits and wanted to help. Remember, the only person you can control, is you. Source: <https://bizmagazine.com/staying-organized-cas-clutterbug/>

LUNCH CALENDAR

JUNE, 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
	Chicken Alfredo Pasta 1 Malibu Blend Vegetables Baked Apples	Creamed Chipped Beef 2 Mashed Potatoes Peas w/Onions	Swedish Meatballs 3 Egg Noodles Cooked Cabbage Fruit Crunch	Seafood Salad Sandwich 4 Tossed Salad Jell-O
Rib Patty Sandwich 7 Scalloped Potatoes Capri Blend Vegetables	Goulash 8 Winter Blend Vegetables Carrots	Ham & Cheese Sandwich 9 Potato Salad Three Bean Salad	Chicken & Dumplings 10 Mashed Potatoes Peas & Mushrooms	Braised Beef Tips 11 Egg Noodles Green Beans Crumb Topped Peaches
Cheeseburgers 14 Seasoned Potato Wedges Succotash	Hot Chicken Sandwich 15 Baked Potatoes Ranch Style Beans	Meatloaf 16 Mashed Potatoes Mixed Vegetables	Smoked Sausage w/ Sauer Kraut 17 (LS Alt=Turkey Franks) Smashed Red Potatoes Fruit Crisp	Sausage Gravy & Biscuits 18 Hash Brown Casserole Baked Apples Juice
Lasagna 21 Steamed Broccoli Cauliflower	Chicken Salad Sandwich 22 Pea Salad Tossed Salad	Roast Turkey 23 Mashed Potatoes Green Beans	Pot Roast 24 Boiled Potatoes Carrots	Beef Franks 25 (LS Alt=Chicken Breast) Baked Beans Seasoned Corn
Beef Stew 28 Summer Squash Spiced Applesauce	Baked Fish 29 Macaroni & Cheese Stewed Tomatoes Juice	Sloppy Joe Sandwich 30 Roasted Potatoes Beets		



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 ks Schroeder@fultoncountyoh.com.

DATED MATERIAL - DELIVER BEFORE JUNE 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), Swanton Site (M, W, F, 9:00 am - 2:00 pm).