

SERVING CITIZENS OF FULTON COUNTY 60 YEARS & OVER

SENIOR



JULY 2021

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

SENIOR NEWS

HOT MEALS TO RETURN

Hot meals will return on July 6! All Senior Center sites will resume pre-COVID operation hours (see below). Come inside and eat lunch with your friends.

If you have been driving through to pick up your meal at our sites, you are invited to dine-in with us or make a reservation and take-out your hot meal **in the building** at noon. Please note the new inside take-out option is replacing the drive-thru option. We are no longer offering the drive-thru lunch option at our sites. All sites will offer the take-out lunch option on the days they are open. When you call to reserve your meal, indicate whether you are reserving a meal for dine-in or take-out. If you are a home-delivered meal client, the time your meal arrives might be slightly later or different from the past months.

It is also important to note the weekdays that each site is open. Starting July 6, open hours for our five Senior Center sites will be as follows.

Wauseon: each weekday, 8 am to 4 pm

Archbold: Tuesday and Friday, 9 am to 2 pm

Delta: Tuesday and Thursday, 9 am to 2 pm

Fayette: Monday, Wednesday and Thursday, 9 am to 2 pm

Swanton: Monday, Wednesday and Friday, 9 am to 2 pm

Please plan accordingly. We look forward to seeing you inside our Senior Center buildings again!

As always, we must receive your meal reservation on a business day at least 24 hours in advance at 419-337-9299.

UPCOMING EVENTS

July 5 – Closed for Independence Day

July 6 – Hot meals return for dine-in

SENIOR SPOTLIGHT



It's been more than five years since Pam Boyers of Wauseon saw a notice in the Senior Center that volunteer medical transportation drivers were needed. She had driven some local senior ladies to their various appointments and enjoyed helping them. "I knew there were others who don't drive, don't own a car or their families are busy, so I signed up to volunteer at the Senior Center," Pam said. "The seniors I transport are so appreciative. And I'm glad the Senior Center is finally open again. I know the seniors have really missed it," she added.

Pam recently made and donated a pile of blankets for children at Toledo's Ronald McDonald House. "I like to make fleece blankets to give as baby gifts and for other occasions. I had some extra fleece and heard that RMH was low on blankets sized for babies and older children. RMH has such a good program," she said. Ronald McDonald House programs offer a home away from home with comfort, support and resources for families when their child is receiving medical care at a nearby hospital.

Pam enjoys time outdoors, especially tending her flower gardens. Weekly, she sews with other church members. "The quilts we make are sent overseas for people who need them," she said. Also, Pam and her husband enjoy attending the events of their eight grandsons and six granddaughters.

SUMMER COOLING HELP

The 2021 Summer Crisis Program (SCP) will provide eligible households with a one-time benefit to assist with electric utility bills up to \$500 for regulated & \$800 for non-regulated, central air conditioning repairs up to \$500, and provide a window air conditioning unit and/or fan. This year the program will be open July 1 – September 30, 2021. Household income must be at or below 175% of the Federal Poverty Guidelines and households must have at least one additional eligibility criteria listed below:

- A household member who is age 60 or older.
- A household member has a documented medical condition verified by a licensed medical professional.
- A household member that was diagnosed with COVID-19 in the last 12 months.
- Percentage of Income Payment Plan Plus (PIPP) customers are eligible for assistance towards their default PIPP payment, first PIPP payment, central air conditioning repairs, or may receive an air conditioning unit and/or fan.
- A household's electric utility has a disconnect notice, has been shut off, or new electric service is being established for the household. These households may also receive an air conditioning unit and/or fan or central air conditioning repairs, if the household can maintain electric service for 30 days.

Please call the appointment hotline number 1-419-219-4641 to schedule an appointment. For additional questions, call 419-337-8601.

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.

LOCAL COOLING CENTERS

As summer temperatures rise, take note of these Fulton County cooling center locations.

Crossroads Evangelical Church, 845 E. Leggett Street Wauseon, Ohio, - Monday through Thursday 8:30 am to 5:00 pm and Friday, 8:30 am to noon

North Clinton Church – 831 W. Linfoot Street, Wauseon, Ohio, Monday through Friday, 8:00 am to 4:00 pm

St. John's Christian Church – 700 S. Defiance Street, Archbold, Ohio, Monday through Friday, 8:00 am to 9:00 pm; call first, (419) 446-2545

Wauseon Public Library – 117 E. Elm Street, Wauseon, Ohio, Monday through Friday, 10:00 am to 6:00 pm, (closed weekends).

Trinity Lutheran Church - 410 Taylor St. Delta, Ohio - M-F 9:00 am to 5:00 pm with the doors unlocked from 9 to noon; call first, (419) 822-4579

JOIN US

The Wauseon Senior Center gym is open now for limited activities from 8am - 4pm. Please bring your own water bottle. Beginners are welcome. Call 419-337-9299 with questions.

Pickleball -- Mondays: 8:30 to 10:30 am, Tuesdays & Thursdays: 8:00 am to 9:30 am, Fridays: 1:00 to 3:00 pm

Line dancing – Mondays at 1:00 pm

Cardio drumming – Fridays at 11:00 am

Tai Chi – Tuesdays & Thursdays at 9:30 am (see article below).

ACTIVITIES & PROGRAMS COMING SOON

We will steadily add programs and activities to the calendars at all five of the Senior Center sites.

Stay tuned for more information in the August newsletter.

The card game, Pepper, will return to the BINGO room at 1:00 pm on Wednesdays in August.

BINGO will return on Thursdays in August from 10:15 am to 11:45 am, with some COVID-friendly changes. No extended BINGO. We will no longer be playing for pennies/quarters (any money). Prizes will be provided. Donations for prizes will be accepted.

DID YOU KNOW?

The Rarest bird in Ohio, the inconspicuous Henslow's sparrow, was first discovered right across the Ohio River from Cincinnati, Ohio. John James Audubon shot the first specimen in 1820 in Kentucky. This drab sparrow is thought to be one of the rarest sparrows in the eastern U.S., but it is often overlooked.

TAI CHI

Tai Chi with Robert Sullivan of Area Office on Aging will return to the Wauseon site. This is a free twelve-week class, on Tuesdays and Thursdays, June 29 to September 16, 2021 from 9:30 to 11:00 am. The gym at the Wauseon site, 240 Clinton Street, will allow seniors to social distance, if desired. No charge for the class, but you may buy or rent a DVD for in-home use for \$10. Please bring your own water bottle. Beginners are welcome. Sign up by calling Beth at 419-337-9299.

VISIT SAUDER VILLAGE

Bus day trips will slowly be added to the schedule. We are currently planning a day trip to Sauder Village, Archbold. This will be your opportunity to view the new 1920 Main Street attraction.

From SauderVillage.org, “few decades had the same impact on the American way of life as the 1920s. It was an era filled with exciting advancements in travel and communication, tremendous social change and of course, roaring good times! Now you can experience the twenties for yourself in a family-friendly environment at our 1920s Main Street. See how people in a typical Northwest Ohio town worked, how they spent their hard-earned leisure time, and how it’s all brought to life through personal stories, authentic reproduction buildings, historic artifacts, and immersive experiences.”

Check out the Model T at the service station, visit an old-time bank, office, barbershop and doctors office. Explore the jewelry store stocked with watches, clocks, dishes and jewelry, and the hardware store filled from floor to tin ceiling. Also, view Wiederkehr Dry Goods Clothing Store, Main Street Confections and Soda Fountain/Pharmacy for an “egg cream,” a phosphate or a sundae.

Suggested donation for this trip will be \$10 per person. Please note a lot of walking will be required of seniors on this day trip. Date to be announced soon. If you would like to participate, call Beth at 419-337-9299.

WATER & FANS

Here are some tips from the Consumers' Fact Sheet, provided by Office of the Ohio Consumers' Counsel, your residential utility consumer advocate.

Water -- Drink lots of water and wear short sleeved, loose, light-colored clothing. Take cooler showers, and if you cannot get to a lake or local swimming pool, let a sprinkler water you and your plants. Don't send cool air up the chimney. If your fireplace has a glass door, shut it. A basement, which is often cooler than the rest of a house, might be the place to take refuge from the heat.

Fans -- You may be able to enhance your air conditioning with the use of fans. Fans create breezes and move air from one area to another. They also move heat away from your body and help cool you by evaporating sweat. To save energy, turn off fans when leaving a room. Using fans during mild weather and at night, instead of an air conditioner, can save up to 50 percent in cooling costs.

Whole house fans -- You can reduce the indoor temperature 3 to 8 degrees, depending on the outside temperature, by using a whole house or attic fan. It is best to use whole house fans during cooler times of the day or at night. A whole house fan pulls in air from open windows and exhausts warm air out through the attic and roof vents. You should not use whole house fans while an air conditioner is in use. For the whole house fan to work properly the house must have large attic vents and windows must be open for pressure relief.

Ceiling fans -- Ceiling fans are most effective in large rooms. They produce higher air speeds with less noise than box or oscillating fans. When using a ceiling fan with air conditioning, you can set the thermostat higher than normal while maintaining a comfortable temperature. Make sure the fan blades are moving in a counterclockwise direction so air blows toward the floor to cause a cooling effect.

MORE SUMMER COOLING TIPS

Now that summer heat is here to stay, consider the following tips from the National Institute on Aging, to lower your risk of heat-related illness.

- Drink plenty of liquids, such as water or fruit or vegetable juices. Stay away from drinks containing alcohol or caffeine. If your doctor has told you to limit your liquids, ask what you should do when it is very hot.
- If you live in a home or apartment without fans or air conditioning, try to keep your house as cool as possible. Limit your use of the oven. Keep your shades, blinds, or curtains closed during the hottest part of the day. Open your windows at night.
- If your house is hot, try to spend time during mid-day some place that has air conditioning, for example, go to a store, the movies, library, or a friend's house.
- If you need help getting to a cool place, ask a friend or relative.
- Dress for the weather. Some people find natural fabrics, such as cotton, to be cooler than synthetic fibers.
- Don't try to exercise or do a lot of activities outdoors when it's hot.
- Avoid crowded places when it is hot outside. Plan trips during non-rush-hour times.

THE 80/20 RULE

The 80/20 rule is about clothes. This rule states that most people tend to spend 80 percent of their time wearing only 20 percent of what's in their closet.

Organizer Andrea Dekker thinks this rule also applies pretty well to other belongings. If you're ever feeling overwhelmed by getting rid of a lot of things, remind yourself that 80 percent of the time, you only use about 20 percent of the things you own. Source: AndreaDekker.com

July 2021, Fulton Co. Senior Center

Mon	Tue	Wed	Thu	Fri
			1 8 to 9:30 Pickle Ball (Wauseon Gym) 9:30 to 11 Tai Chi with Robert Sullivan (Wauseon Gym) 12:00 Lunch (Drive-Thru All Sites)	2 11:00 Golden Drummers Cardio Drumming (Wauseon Gym) 12:00 Lunch (Drive-Thru All Sites) 1 to 3 pm Pickle Ball (Wauseon Gym)
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LUNCH CALENDAR

JULY, 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
			Ravioli w/Meat Sauce Steamed Broccoli Cauliflower 1	Salisbury Steak 2 Mashed Potatoes Capri Blend Vegetables
CLOSED FOR INDEPENDENCE DAY 5	Chicken Breast Sandwich 6 Au Gratin Potatoes Peas w/Mushrooms Pineapple	Goulash 7 Cooked Cabbage Baked Apples Juice	Beef & Noodles 8 Mashed Potatoes Green Beans Pears Pudding	Minestrone Soup 9 Turkey Sandwich Pea Salad Sunshine Salad
Oriental Pepper Steak 12 Steamed Brown Rice Far East Blend Vegetable Tangerine	Ham Loaf 13 (LS Alt=Meat Loaf) Sweet Potatoes Brussels Sprouts Peaches Cookies	Sausage, Egg & Cheese 14 Breakfast Sandwich Hash Brown Casserole Spiced Applesauce Orange Juice	Shepherd's Pie 15 Winter Squash Fruit Crisp	Cheese Burgers 16 Seasoned Potato Wedges Mixed Vegetables 5 Cup Salad
Grilled Bratwurst 19 w/Peppers & Onions (LS Alt=Turkey Franks) Rosemary Potatoes Ranch Style Beans Pineapple & Bananas	Tomato Basil Soup 20 Tuna Salad Sandwich w/Lettuce & Tomato Broccoli Salad Dark Sweet Cherries	Baked Chicken 21 Mashed Potatoes Peas & Carrots Fruit Compote	Breaded Pork Chops 22 Rice Pilaf Midori Blend Vegetable Applesauce Vegetable Juice	Swiss Steak 23 Mashed Potatoes Green Beans Fresh Fruit Cake
Pot Roast 26 Boiled Potatoes Carrots Mandarin Oranges	Beef Franks 27 (LS Alt=Chicken Breast) Baked Beans Seasoned Corn Tropical Fruit Yogurt	Beef & Cabbage Soup 28 Tossed Salad Kidney Bean Salad Cheese Cubes Jell-O	Chicken Fried Steak 29 w/Country Gravy Mashed Potatoes California Blend Vegetable Fruit Salad	Baked Fish 30 Macaroni & Cheese Stewed Tomatoes Cole Slaw 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 JULY 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, 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).