

SERVING CITIZENS OF FULTON COUNTY 60 YEARS & OVER

SENIOR



SEPTEMBER 2020

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

SENIOR NEWS

UPCOMING EVENTS - ALL SITES INVITED
September 7 – Closed for Labor Day

BOOK JOKES

I just finished this book about Mount Everest. It was a cliff-hanger.

A second glance is all that's needed for a book re-view.

I had plans to begin reading a book about sinkholes, but they fell through.

Q: Why does the ghost always need more books?
A: She goes through them too quickly.

Is there a word that contains all the vowels, including 'Y'? Unquestionably!

Q: What is the difference between a cat and a comma?
A: A cat has claws at the end of its paws. A comma is a pause at the end of a clause.

Why did the Romanian stop reading for the night? To give their Bucharest!

SENIOR SPOTLIGHT

Storytelling has been a part of Will Hinton's life since he was a boy on a small farm in the foothills of southeastern Ohio's Appalachian Mountains. His mother taught him a verbal role-playing game. "My mother learned it from her mother while my mom cared for my ailing grandmother. They created a family of characters, then they role-played those characters verbally through stories they made up as they went throughout their day. "Many of the characters I created in childhood can be found in the westerns I wrote," Will explained. Will is the published author of three traditional westerns, a Christian fiction novel and an autobiography.

A United States Navy veteran, serving as an electronics technician, Will has pursued a variety of roles including crop-dusting pilot, flight instructor, musician, competitor of precision aerobatics with model airplanes, and an industrial electrician. He is also widely known for his custom built guitars and basses, which he considers a ministry.

Will and his wife Dorothy enjoy attending lunch at the Wauseon site. "Chef Kyle's food is fantastic. The kitchen staff does a great job," Will said. He has two children, five grandsons and five great grandchildren.



CONGRATULATIONS

The following seniors participated in the July Walking Challenge. Diane Krajicek, 186,301 steps; James Winhoven, 1,810 minutes; Karen Foster, 668 minutes; Dave Kimpel, 22 miles.

ART CONTEST WINNERS

Congratulations to our winners of the July Sketching Contest, Margie Seeman, Lucille Smith and Jim Adams. Their sketches will be featured in upcoming newsletter issues.

FACEBOOK SEMINARS

Chris Cremean, Resource Specialist for Caregiver Resource Group, LLC, will share three educational seminars. We will broadcast the sessions live on our Facebook page. Our page is titled, "Fulton County Senior Center." If you miss the live broadcast, simply check our page and watch the video anytime, at your own convenience.

On Wednesday, August 26 at 11:00 am, Chris will present an overview session, "Facing Change / Making Choices in the New Reality". Then on Wednesday, September 23 at 11:00 am, join us for the second session about Financial and Legal Issues. Chris will share the final session on Wednesday, October 21 at 11:00 am, Medical Info / Benefits.

Seniors and their support teams are invited to tune in. The purpose of these offerings is to reach seniors and their support team, provide education on the important aspects of life planning to achieve successful outcomes and reach needed services.

SIMPLE POEM EXERCISE

Try writing a simple acrostic poem for the word FLOWER. Acrostic poems are simple poems in which the first letter of each line forms a word or phrase. There are no right or wrong answers.

An example using
the word TREE is

Tall

Rough bark

Enjoy its shade

Evergreen

F _____

L _____

O _____

W _____

E _____

R _____

SCAM ABOUT COVID TESTING

The following conversation is an example of a current scam against seniors. Remember, never give bank account and personal information over the phone, unless you initiate the call.

Caller: 'Good morning, According to our system, you are likely to have been in close proximity to someone who has tested positive for COVID-19. This means that you now need to self-isolate for 7 days and take a COVID-19 test.'

Senior: 'OK. Can you tell me who that person was?'

Caller: 'I'm not able to tell you that. That is confidential information.'

Senior: 'Right. Um... so'

Caller: 'But you do need to be tested within the next 72 hours. So can I just get the best mailing address so that we can send a kit to you?'

Senior: 'Ok (gives address)'

Caller: 'Thank you - and I just need to take a payment card so that we can finalize this and send the kit to you.'

Senior: 'Sorry - a payment card? I thought this was all free?'

Caller: 'No - I'm afraid not. There is a one-time fee of \$50 for the kit and test results. Could you read off the long card number for me, please, when you're ready.'

Senior: 'No - that's not right.'

Caller: 'I'm afraid it is. Can you give me the card number please - this is very important, and there are penalties for not complying.'

Senior: (Hangs up).

You might receive a call if someone you know has been diagnosed with COVID-19 and listed you as someone with whom they recently had contact. You would be asked to stay home, monitor yourself for symptoms, quarantine and be referred to a health center for a test. Quarantine separates and restricts the movement of people who were exposed to a contagious disease to see if they become sick. These people may have been exposed to a disease and do not know it, or they may have the disease but do not show symptoms.

If you are diagnosed with COVID-19, an employee (case investigator) from the health department might call you to check-in on your health, discuss who you've been in contact with and ask you to stay at home to self-isolate. Isolation separates sick people with a contagious disease from people who are not sick.

You will not be asked to purchase a COVID-19 testing kit. Again, do not give bank account information over the phone. It's a scam.

W	O	R	D	S
Yesterday, a book fell on my head. Well, I only have my shelf to blame.	Eat a piece of fruit in honor of books like "Grapes of Wrath" or "James & The Giant Peach"	Read a news article.	Move around your neighborhood & read street signs.	Read the lyrics to your favorite song.
Read a children's book or story.	Release some junk mail or paper clutter.	Write a simple poem. See page 2.	Read a menu.	I'm reading a book about helium. It's impossible to put down!
Drink water as you read a recipe.	Smile as you read a comic strip or cartoon.	FREE SPACE!	Did you know? Poet William Wordsworth walked nearly 175 thousand miles during his lifetime.	Read a magazine article.
Why does an elephant use his trunk as a bookmark? So he NOSE where he stopped reading.	Memories. My favorite teacher was _____ .	Read a poem.	Say aloud this tongue twister 5 times: How can a clam cram in a clean cream can?	Answer: My favorite book as a child was _____.
Read a map to find Vinton County, Ohio's least populated.	Stimulate your mind. Complete a word search, Suduko or crossword puzzle.	Read a fiction book during the month of September.	Read the ingredients on an item in your cupboard or pantry.	I just finished a book about the sun. It was enlightening!

This month, our newsletter focus is on words and reading.

We know many of you miss playing BINGO at the Senior Center. 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 one ticket into our raffle with your name on it! 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 winner will be drawn on September 30.

BOOK QUOTES

The great thing about books is there are no commercials.

I divide all readers into two classes; those who read to remember and those who read to forget.

—*William Lyon Phelps*

Reading a good book in silence is like eating chocolate for the rest of your life and not getting fat. —*Rebecca Fitzpatrick*

Read the best books first, or you may not have a chance to read them at all. —*Henry David Thoreau*

I did a DNA test and found out I am 100% bookworm.

You know you've read a good book when you turn the last page and feel a little as if you have lost a friend.

—*Paul Sweeney*

You can't buy happiness, but you can buy books, and that's kind of the same thing.

Once you learn to read, you will be forever free.

—*Frederick Douglas*

MAGAZINES & NEWSPAPERS

Here is a list of 7 of the strangest magazines ever published in the United States.

Croquet Gazette

Emu Today & Tomorrow; the magazine for emu farmers

Miniature Donkey Talk; the talk of the donkey world

Private Islands Magazine

PRO (Portable Restroom Operator)

Sheep!

Spudman, the most trusted voice in the potato industry

The circulation figures for daily newspapers in the United States reveal that USA Today distributed the most papers as of January 2019, with a daily circulation of over 1.62 million.

The first issue of what was then the Toledo Blade was printed on December 19, 1835. It has been published daily since 1848 and is the oldest continuously run business in Toledo.

For what is The Toledo *Blade* named? It was named for the famed swordsmithing industry of the original city of Toledo, Spain. Its motto, on the nameplate below the title, is "One of America's Great Newspapers."

WORD ODDITIES

At seven letters long, billowy is the longest non-scientific word in the English language to have its letters in alphabetical order. Aegilops, the name of both a type of ophthalmic ulcer and a genus of grass, is one letter longer but much more obscure. Other self-alphabetizing words include accept, almost, chimps, effort, glossy, and knotty. The longest word with its letters in reverse alphabetical order is spoonfeed.

Source: MentalFloss.com

In the standard English counting system (so no googols, googolplexes or myriads included), every single number higher than 88 has an N in its name. Put another way, eighty-eight is the highest number spelled without a letter N. Incidentally, you'd have to count all the way to a billion before you'd need to use a letter B; and no matter how high you counted you'd never need a J, a K, or a Z.

Source: MentalFloss.com

Like teammate, froufrou, intestines, couscous, horseshoer, and signings, every letter of the word happenchance is used twice, with none left over—so there are precisely two Hs, two As, two Ps, two Es, two Ns and two Cs. This makes it the longest non-scientific dictionary word comprised entirely of repeated letters in English, although the longest overall is probably esophagographers. Source: MentalFloss.com

POETRY

According to www.flocabulary.com, many words have no rhyme in the English language. "Orange" is a famous one. Other words that have no rhyme include silver, purple, month, ninth, pint, wolf, opus, dangerous, marathon and discombobulate.

"Lines on the Antiquity of Microbes," also known simply as "Fleas," is a couplet commonly cited as the shortest poem ever written, composed by American poet Strickland Gillilan in the early 20th century. The poem reads in full:

Fleas.

Adam

Had 'em.

Another notable example of a very short poem was composed by boxer Muhammad Ali. On June 4, 1975, after giving a speech at Harvard University, Ali was discussing poetry on stage with journalist George Plimpton. When asked for the shortest poem of all time, Plimpton recited "Fleas" as above, and Ali responded, "I've got one: Me. We."

According to the Guinness Book of Records, the world's shortest poem is a one-letter poem by Aram Saroyan comprising a four-legged version of the letter "m".

LUNCH CALENDAR SEPTEMBER, 2020

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
 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)

SUGGESTED DONATION: \$2.00. LUNCH SERVED AT NOON.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
* August 31* BBQ Beef Sandwich Roasted Potatoes Succotash	1 Pub Burgers Baked Beans California Blend	2 Creamed Chipped Beef Mashed Potatoes Peas	3 Italian Cold Cuts Pasta Salad Cottage Cheese	4 Beef Ravioli Italian Green Beans Carrots
7 SITES CLOSED FOR LABOR DAY	8 Beef Stew Summer Squash Baked Apples	9 Smoked Sausage (LS Alt=Turkey Franks) Sauer Kraut Smashed Red Potatoes	10 Chicken Ala King Mashed Potatoes Broccoli	11 Egg Salad Sandwich Green Salad Pickled Beets
14 Salisbury Steak Mashed Potatoes Green Beans	15 Sub Sandwich Potato Salad Dark Sweet Cherries	16 Grilled Salmon Au Gratin Potatoes Sugar Snap Peas	17 Chili w/Beans Mexican Style Rice Seasoned Corn	18 Chicken Salad Sandwich Broccoli Salad Apricots
21 Ham Salad Sandwich (LS Alt= Seafood Salad) Tossed Salad Three Bean Salad	22 Goulash Cooked Cabbage Beets	23 Chicken & Dumplings Mixed Vegetables Spiced Applesauce	24 Sausage Gravy & Biscuits Hash Brown Casserole Fruit Crunch	25 Corned Beef Sandwich (LS Alt=Turkey) Cole Slaw Pudding
28 Braised Beef Tips Egg Noodles Brussels Sprouts Wax Beans	29 Tuna Salad Sandwich Macaroni Salad Pea Salad	30 Sloppy Joes Roasted Potatoes Midori Blend Vegetable		



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

 If you or a family member would like to receive this newsletter by e-mail, please contact us at kschroeder@fultoncountyoh.com.

DATED MATERIAL - DELIVER BEFORE SEPTEMBER 1, 2020

FULTON COUNTY SENIOR CENTER STAFF

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.....	Dave Smith, 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 Dennis Peabody, Tim Gorsuch, Sharon McCabe, Chad Hayward, Karen James, Deb Gabel, Anita Ehram

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.

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