Ottawa County Senior Resources

Senior Moments

ISSUE 2 Volume 14 February 2021

Welcome

FEBRUARY

Wishing you a month filled with *love, peace & joy.*

February 2021

To access ingredient content, call Senior Resources at 419-898-6459
REHEATING MEALS: If the tray is still sealed, puncture a hole in section to vent. Heat for 1.5 to 2 minutes.
Depending on your appliances power level.

Mon	Tue	Wed	Thu	Fri
1 Beef Stew over Biscuit Coleslaw Applesauce	2 **Groundhog Day** Pot Roast Mashed Potatoes w/Gravy Prince Charles Blend Tropical Fruit Wheat Roll	3 Macaroni& Cheese w/Ham **Alt: No Ham** Stewed Tomatoes Italian Green Beans Ambrosia Salad - White Roll	4 Spaghetti w/Meatballs Parmesan Cheese Lettuce Salad/Dressing Mandarin Oranges Garlic Toast	5 Chicken Marsala Garlic Mashed Potatoes Broccoli Apricots Wheat Roll
8 Cabbage Roll Mashed Potatoes/Gravy Buttered Corn Cheese Cubes Peaches White Roll	9 Chicken Noodle Casserole Carrots BLT Salad/Dressing Strawberries & Angel Food Cake	10 Sausage Gravy & Biscuit **ALT: Yogurt instead of Gravy** Scrambled Eggs - Hash Browns Oranges Wedges Pear Berry Crisp	11 Meatloaf Mashed Potatoes/Gravy Southern Green Beans Grapes Wheat Roll	12 **Chinese New Year** Crispy Lemon Chicken Potato Medley Sugar Snap Peas Fresh Fruit Cup Wheat Roll
15 **Closed** No Home Delivered Meals No Grab n Go Meals	16 Cheesy Turkey Casserole Broccoli Orange Wedges Bacon Ranch Pea Salad Wheat Roll	17 **Ash Wednesday** Turkey & Cheddar Sandwich **Alt: Egg Salad Sandwich** Lettuce/Tomato/Onion/Mayo Cream of Vegetable Soup Pickled Beets - Pears– Crackers	18 Crunchy Ranch Chicken Mashed Potatoes/Gravy Prince Charles Blend Fruit Cocktail Wheat Roll	19 **Lent** Glazed Ham Slice **Alt: Tiapia Almondine** Au Gratin Potatoes Brussel Sprouts Fruited Gelatin White Roll
22 Cranberry Turkey w/Gravy Whipped Sweet Potatoes Green Bean Casserole Cranberry Gelatin Salad Wheat Roll	23 Hot Roast Beef Sandwich Mashed Potatoes & Gravy California Blend Fruit Cocktail	24 Beef & Noodles Italian Green Beans Dilled Carrots Banana Wheat Bread Genoa/Oak Harbor Bday Treat	25 Purim Begins Oven Fried Chicken Mashed Potatoes & Gravy Creamed Corn Pineapple Wheat Roll Elmore/ Bday Treat	26 Baked Ziti Tossed Salad/Dressing Minestrone Soup/Crackers Fresh Fruit Cup Breadstick HDM/Danbury Bday Treat

Due to the COVID-19 pandemic some items are not available so we may have to make a substitution to a daily menu.

Mardi Gras · Year of the Ox · Happy Purim · Friendship International Friendship Month · Black History Month

Groundhog Day
February 2nd

Groundhog Day can be traced to German settlers in Pennsylvania. These settlers celebrated February 2nd as Candlemas Day. (On this day if the sun came out then there would be six more weeks of wintry weather.) At some point people began to look to the groundhog to make this prediction. The earliest reference to the groundhog is in an 1841 journal entry. In 1886 the Punxsutawney newspaper declared February 2nd as Groundhog Day and named the local groundhog as Punxsutawney Phil. Since then, the day and tradition has spread throughout the United States.

President's Day

What does President's Day celebrate?
This holiday is most commonly called President's Day, but the federal holiday is officially called Washington's Birthday. The day honors all of the previous presidents of the United States.

When is President's Day celebrated?
The third Monday in February

Who celebrates this day?

Washington's Birthday is a national federal holiday. Many states celebrate Washington's Day while other states officially call the day President's Day. The holiday is held on or around President George Washington's birthday, which is on February 22nd. President Abraham Lincoln's birthday, February 12, is also near this date and is often honored on

What is *Ash Wednesday?*

Ash Wednesday is the first day of Lent. Its official name is "Day of Ashes," so called because of the practice of rubbing ashes on one's forehead in the sign of a cross. Ash Wednesday and Lent are observed by most Catholics and some Protestant denominations.

Crispy Fruit & Nut Squares

Ingredients

- Nonstick cooking spray
- **1/2 lb** packaged phyllo dough, thawed
- **3 cups** crushed macadamia nuts
- **3** egg whites, beaten
- **1 tablespoon** sugar
- **3** peaches
- **1 pint** fresh strawberries, hulled
- **3/4 cup** apple jelly, heated and whisked smooth

February is National Snack Month. It doesn't mean it can't be good for

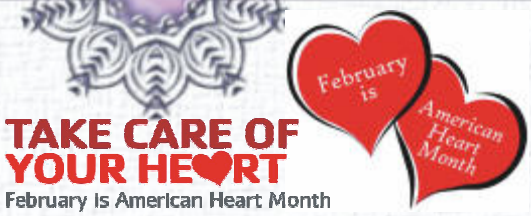
Preparation

- Preheat oven to 350-degrees F. Grease a 9 x 13-inch pan with nonstick cooking spray. Unravel phyllo dough carefully and lift off the plastic packaging and place on greased pan.
- In a bowl, stir well the crushed nuts, egg whites, and sugar. Evenly spread over dough.
- Peel, pit, and thinly slice peaches. Decoratively layer on top of nut mixture. Slice strawberries and layer over peaches.
- Drizzle whisked jelly evenly over the top and bake 20-25 minutes, or until the phyllo dough is well browned and the fruit is tender with the strawberries beginning to darken around the edges.
- Remove from oven to cool completely. Slice into desired sizes and serve.

Prevent Falls in Snow and Ice

- Take slower, shorter steps with weight over your front leg.
- Take your time and do not rush.
- Carefully and continually scan the conditions in front of you.
- Walk with a buddy or carry a cell phone.
- Bundle up, but ensure you can see clearly and move freely.
- Wear boots with more traction than tennis or dress shoes.
- Carry a small bag of sand or rock salt in your coat pocket.
- Check that rubber tips on canes and walkers are in good repair.

www.steadyu.ohio.gov



PURIM

Purim is the most festive Jewish holiday. It is also called the Feast of Lots. The holiday celebrates a time when Jews in Persia (now Iran) escaped a plot to harm them. Purim usually falls in late February or early March.

In the 400s BCE Haman, the Persian king's adviser, plotted to kill all the Persian Jews. To choose a day for the killings, he drew lots (which means that he picked a day by chance). But the Persian queen, a Jewish woman named Esther, convinced the king to stop Haman. This story is told in the Book of Esther in the Bible.

On Purim Jews go to a synagogue and listen to a reading of the Book of Esther.

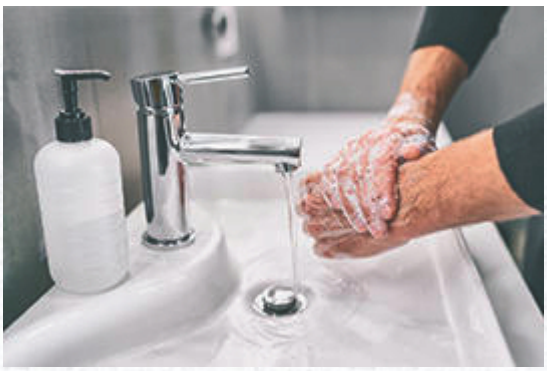
Afterward family and friends have a festive meal. The celebration often includes acting out the story and playing games. People exchange gifts of food and give to the poor. They also eat pastries called hamantaschen, which means "Haman's pockets." The pastries are supposed to resemble Haman's three-cornered hat.

Black History Month

For more than 40 years, February has been Black History Month.

The precursor to Black History Month, however, is a lot older. Black leaders in 1926 dedicated the second week in February to the recognizing the history of African-Americans—a week chosen to coincide with the birthdays of Abraham Lincoln (Feb. 12) and Frederick Douglass (Feb. 14).

Consider activities where social distancing can be maintained, like socially distanced walks in the neighborhood or facility, use technology (e.g. laptop, mobile devices) to keep in touch and play digital games with friends and family, or start enjoying a new hobby.



Everyone should wash their hands or use hand sanitizer before preparing, serving or eating food.

Valentine's Day isn't just about humans. Almost 9 million people in the U.S. buy their dogs gifts or cards for Valentine's Day.

2021
Winter Weather Closing Information

Winter Weather **Advisory**

Potentially dangerous winter weather is expected within the next **12 to 36 hours** or is occurring. **Travel difficulties** are expected.

be aware.

Winter Storm **Warning**

Dangerous winter weather is expected within the next **12 to 36 hours** or is occurring. **Considerable travel problems** are expected.

take action.

Watch your local TV stations for closing information Look for:

"Ottawa County Senior Centers Closed"

"Ottawa County Home Delivered Meals Closed"

Ottawa County **Senior Resources**

1-877-898-6459

419-898-6459

Home Delivered Meal Information

If Ottawa County is under a **Level III Emergency** or weather and road conditions are deemed to be hazardous, there will be **NO DELIVERY** of meals for that day.

Grab & Go Meal Information

If Ottawa County is under a **Level III Emergency** or weather and road conditions are deemed to be hazardous, there will be **NO PICK-UP** of meals for that day.

Under no circumstance should you venture out if you do not feel comfortable with the weather conditions, even if the Grab & Go meals are available

Danbury Senior Center – 419-798-4301 Put-in-Bay Senior Center – 419-285-5501
Genoa Senior Center – 419-855-4491 Oak Harbor Senior Center – 419-898-2800
Port Clinton Senior Center – 419-734-3481 Elmore Golden Oldies – 419-862-3874

Making Time, Making Memories

By,
Kari Kramer
AmeriCare Home Health

This picture is of my Mom and me. 2020 was a hard year physically, mentally, and even financially for most. Lots of retirees are finding out that carefully guarded nest eggs and financial plans have gone caput, even if their financial planners are saying it is only temporary. We are now in 2021, but that doesn't mean everything is sunshine and rainbows.

Christmas of 2020 is behind us, but during the holiday season, I realized that my mom, even though I don't like it, is actually considered a senior citizen. She didn't get Covid, but 2020 did wreak havoc on her retirement. She had to cut back on a lot of things, even Christmas. Now, as a 43 year old woman, what gift do I actually NEED from my mom? I was actually more concerned with getting her something epic and to show her how much I love her.

Then, something dawned on me, like being hit by lightning or a board to the face. My mom doesn't need or want anything that she cannot go and buy herself. Now, she would love anything I gave her, but I really had to ask myself, "What does she actually WANT in her life?" All she has ever wanted was my time.

As her Christmas gift in 2020, I decided we were going to do day trips once a month. We will go through Ohio and travel to weird and wonderful locations right in our state. My mom always wanted to go to the "Castles of Ohio" and that is planned soon (most are closed in January.) We are going to spend one day a month together; traveling, talking and enjoying new experiences. This is a gift to each other that keeps on giving every month and I can't wait. It's like Christmas happens every month. And it going to cost me a tank of gas.

In this Covid time, I have realized how important time actually is. You might say that you can't see your loved ones because they are in a nursing home. You might say you want to stay away from your loved ones because you don't want to put them in danger. You might say that you are waiting to get vaccinated before you go back out into the public. That is absolutely fine. I am not telling you to put you or your loved ones in danger. I am saying that we have to use the time we have while we have it.

Is there someone in your life that you love and just don't see enough? Is there someone in your life you wish you could spend time with and just don't have the time to do it? If there is, I would strongly recommend that you put away the excuses and make that time. It doesn't matter if you are 25 or 85 years old. It doesn't matter if you drive or how much money you have. If it is important, you will do it.

How about pulling out your calendar and making that time right now. Call your best friend and tell them that you want to schedule a time to meet for lunch once a month. Call your sister and schedule a movie night every other week. Call your old buddy from the senior center and ask them if they want to get a card club started. No money? Invite that person you want to come over to your house and make them some Ramen Noodles and ask them to watch the Price is Right. Also, we have LAKE ERIE in Ottawa County. Walking the beach costs nothing and you can find some beach glass too.

We all have 24 hours in a day and how we use them is up to us. If you have someone in your life that you want to spend your time with, plan it. Spend your time wisely because, just like life, it can be gone at any time.

I am so looking forward to the time I am planning to spend with my mom. I have never seen her seen her so excited about anything. We might just end up in Dublin, Ohio at the field of giant cement corn cobs and I think that sounds AMAZING.

We both have something to look forward to every month. I never realized how much I needed this time with my mom too. Something deep inside me also tells me how vitally important this New Year is for making memories. I don't know how or when Covid is going to end, but I do know that I still need to live. I still need to let my loved ones know how much I love them. And I still only get those 24 hours a day and that is when I am lucky. Use your time wisely.

Dr. Stone's Pet Corner

OAK HARBOR VETERINARY HOSPITAL, INC.
ohvh@ohpetcenter.com

Dental Care is So Important!

Let's face it: No matter how much you adore your pup or kitty, her breath can be downright gross at times. That may mean that she needs more than a good brushing. Bad breath can be a sign that your pet is suffering from gum disease (also known as periodontal disease), which can lead to serious health concerns, ranging from tooth loss to organ damage.

1. Visit Your Veterinarian for Teeth Cleaning

Dental care for dogs and cats should start at your veterinarian's office. Pets need to be regularly evaluated for the presence of dental tartar and disease and be treated if necessary. The fact is, about 80 percent of dogs and 70 percent of cats over the age of 3 suffer from significant oral disease that requires treatment. Such treatment might include a tooth or multiple teeth being pulled to stop infection and prevent additional health problems. Just like in human medicine, a thorough dental cleaning involves cleaning your pet's teeth with a scaler and checking the gums for periodontal "pockets" (areas where the gums have pulled away from the teeth). But unlike people, cats and dogs don't lay still for their dentist. Therefore, dental cleanings are performed while pets are under general anesthesia. Today's pet anesthesia is extremely safe and, most often, the health threats of avoiding dental cleanings far outweigh the threat of anesthesia complications.

2. Brush Your Pet's Teeth Every Day

Another important component to staving off dental disease is at-home care. While it's critical to follow your veterinarian's recommendations for getting your pet's teeth cleaned in the clinic, the best thing you can do at home to promote good oral hygiene is to brush your pet's teeth daily. Doing it every few days or once a week isn't enough, because the bacteria that cause dental disease can recolonize on the tooth surface in a period of 24 to 36 hours. Daily brushing may sound daunting, but it's completely doable, even on finicky cats. If you haven't brushed your pet's teeth before, you may need to start by simply getting your cat or dog used to having her mouth touched. Then you can gradually work up to longer brushing sessions. While most pets eventually can be acclimated to enjoying (or at least not resisting) having their teeth brushed, some pets are more resistant than others.

3. Feed Your Pet a Special Dental Diet if Recommended

There are several commercial diets that have been shown to improve your pet's periodontal health compared to regular dry food diets. These dental foods work by using a specialized kibble to provide better mechanical cleansing of the teeth. Ask your veterinarian if a special dental diet is right for your pet.

4. Offer Appropriate Chew Treats

Some treats are designed to help keep your cat's or dog's teeth cleaner. Look for products that carry the Veterinary Oral Health Council (VOHC) seal. This seal signifies products that meet pre-set standards of effectiveness when it comes to controlling plaque and tartar in dogs and cats.

Keeping your pet's teeth cleaner requires a commitment on your part. Your veterinary healthcare team will do its part by performing regular oral examinations and recommending dental cleanings as needed. As for you, about one minute of tooth brushing a day and the right food and treats will help keep your pet's pearly whites a shining example of health — so the rest of her body will be, too.

Dr. Michael Stone

Oak Harbor Veterinary Hospital, Inc.
1386 S. State Route 19
Oak Harbor, OH 43449
419-898-3411
email: ohvh@ohpetcenter.com
www.oakharborvethospital.com

Oak Harbor Pet Haven, LLC.
1358 S. St. Rte. 19
Oak Harbor, OH 43449
419-898-2466

OTTAWA COUNTY VETERANS SERVICE OFFICE

Benefit Briefing

BURIAL AND MEMORIAL AFFAIRS BENEFITS

Burial Flags

The VA shall furnish a United States flag, at no cost, for burial or memorial purposes in connection with the death of an eligible veteran who served honorably in the US Armed Forces. After the burial of the veteran, the flag shall be given to their next of kin.

The law allows the VA to issue one flag for a veteran's funeral. The VA cannot replace if it's lost, destroyed, or stolen.

Burial flags may not be furnished on behalf of a deceased veteran who committed capital crimes.

Headstones and Markers in Private Cemeteries

The VA will provide a headstone or marker for the grave of any eligible deceased veteran in private or local government cemeteries regardless of whether or not the grave is marked with a privately purchased headstone or marker if the veteran passed away on or after November 1, 1990.

The VA will provide a headstone or marker for the unmarked grave of any eligible deceased veteran if the veteran passed away on or before November 1, 1990.

Requests for Gravesites in National Cemeteries

An eligible veteran or family member may be buried in a VA national cemetery of their choice, provided space is available. A veteran may not reserve a gravesite in their name prior to their death.

Burial at Sea

The National Cemetery Administration cannot provide burial at sea. For information, contact the United States Navy Mortuary Affairs at 866-787-0081.

Presidential Memorial Certificates

A Presidential Memorial Certificate is an engraved paper certificate, signed by the current president, to honor the memory of veterans discharged under other than dishonorable conditions.

HOW TO REQUEST INFORMATION FOR VA BENEFITS

A veteran may inquire about the above benefits by contacting the Ottawa County Veterans Service Office at 8444 W State Route 163, Oak Harbor OH 43449 or (419)898-2089.

Community Support Services
419-734-9494

The VITA Tax Program

VITA has no age restrictions and is capable of preparing more advanced returns.

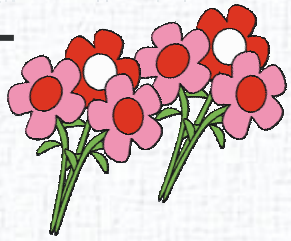
Services are free.

Community Support Services
1854 E. Perry St., Port Clinton
419-734-9494

We are unable to accept "walk-in" appointments but folks can use the "drop off" option without an appointment. All instructions are included with the drop off kit. Drop off kits can be picked up at Community Support Services.

"Drop off" returns are usually completed within 1-2 days. Taxpayers will be contacted when their return is completed and ready for pick-up. A brief appointment for quality review is required at the time of pick-up and we will coordinate these when we do the call back.

Put-in-Bay Senior Center
195 Concord Ave
Put-in-Bay, Ohio 43456
419-285-5501



Hi everyone, hope you all are staying healthy! The Ottawa County Commissioners along with the County Health Department & Senior Resources continue to monitor the spread of the virus and have decided to keep the senior centers closed until further notice due to the ongoing pandemic.

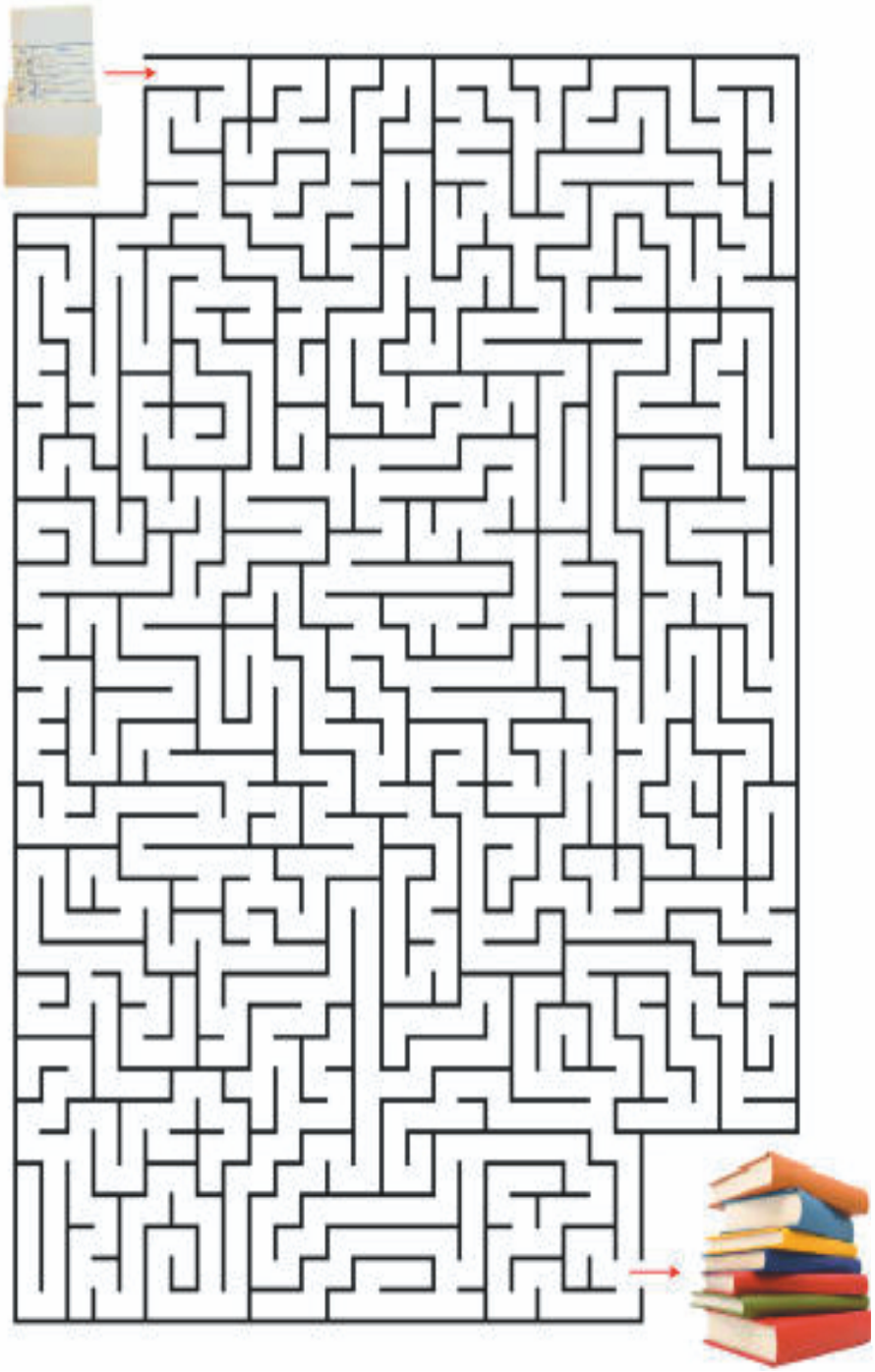
Hopefully now that Covid-19 vaccines are starting to be administered, we'll begin to see light at the end of the tunnel. As soon as we hear from the Health Dept. as to when the general senior population gets the ok to start being vaccinated, we will get the word out.

Until then, keep on social distancing, wearing your masks, & washing your hands.

I miss you all! Enjoy a piece or two of Chocolate on Valentine's Day!

Chris Joyce– Site Manager

A-Mazing Library Books



Searching for February

The words listed below can be found vertically, horizontally, diagonally, forward, and backward.

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P	E	C	I	D	T	C	F	E	B	R	U	A	R	Y
S	V	A	L	E	N	T	I	N	E	S	D	A	Y	O

AMETHYST
AQUARIUS
BLACK HISTORY (Month)
CHINESE NEW YEAR
FEBRUARY
FISH (Pisces)
FLAG DAY (Mexico and Canada)
GROUNDHOG DAY
MARDI GRAS
PISCES
PRESIDENTS' DAY
SUPER BOWL
VALENTINE'S DAY
VIOLET
WATER BEARER (Aquarius)
WINTER

Puzzle Solution on Page 14

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9400 North Shore Blvd.
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4th Tuesday of each month
Office Hours: **9am-12pm**

Home Instead Senior Care
205 SE Catawba Rd.
Port Clinton, OH 43452
1st Friday of each month
Office Hours: **9am-12pm**

The Commons of Providence
5000 Providence Drive
Sandusky, OH 44870
3rd Tuesday of each month
Office Hours: **9am-12pm**

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Pro Seniors

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Ohio SMP

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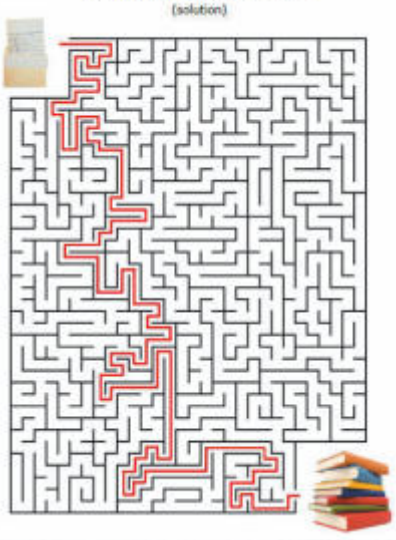
You can request a Personal Health Care Journal by contacting **Senior Resources at 419-898-6459.**

During the Middle Ages men and women would pick names out of a bowl and the person's name they drew would be considered their Valentine. They would wear that person's name on their sleeve for a week. This is where the saying wear your heart on your sleeve comes from.

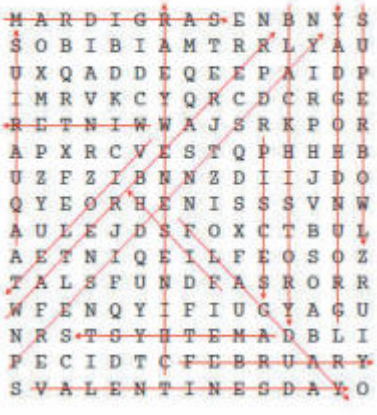
A-Mazing Library Books

(solution)



Searching for February

(solution)



Masks prevent people from getting and spreading the virus, especially those who may not know they have it.

MAGRUDER HOSPITAL
It's How We Care

What's Happening?

MAMMOGRAM

Magruder Hospital is excited to announce the arrival of Genius 3D Mammography and Horizon DXA system DEXA Scan technology for 2021. Magruder's current Mammography and DEXA services are currently closed to prepare for minor room renovations, as well as installation of the new imaging systems and training of the technologists. Mammography services are planned to reopen on Wednesday, January 20, 2021 and DEXA services are planned to start again on Tuesday, January 26, 2021. For more information about the technology, contact the Magruder Imaging Department at 419-734-3131 ext. 3435. For an appointment, call Magruder Central Scheduling at 419-301-4330.

Magruder Hospital will no longer be collecting Holiday cards as we have done in the past.

American Red Cross

Upcoming 2021 American Red Cross blood drives in the Magruder Hospital Conference Center: Friday, January 8th and Friday, January 22nd from 11:00am to 4:00pm. Appointments are required and can be made by calling 1-800-RED-CROSS, or visit RedCrossBlood.org and enter sponsor code: MAGRUDERHOSP, or call Rachel at 419-732-4061. Community donors should enter the hospital through the Outpatient Entrance where they will be screened and escorted to the conference center.

VIRTUAL - Caregiver Support Program
CAREGIVER EDUCATIONAL SERIES

Did you know now you can attend our monthly Caregiver Educational Series via **Free Video-conference** or by **Telephone**?
You can access these Educational Series by phone (audio only) or by (live-stream video) on a computer, tablet, or smartphone.

To RSVP and obtain access instructions: Please Call or Email:

Jennifer Forshey, LSW at 419-725-6983
jforshey@areaofficeonaging.com
or
Tracie Fountain, BSN, RN at 419-725-6984
tfountain@areaofficeonaging.com

TIME: 6:15 p.m. – 7:45 p.m.

Tuesday, February 23, 2021 - Teleconference or Video-Conference
Topic: Funeral Planning Information
Speaker: Megan Coyle-Stamos, Director/Prearrangement Specialist, Coyle Funeral Home

Tuesday, March 23, 2021 -Teleconference or Video-Conference
Topic: How Hospice Works: Everything You Need to Know
Speaker: Deborah Schaffer, Stein Hospice

Check our monthly newsletter for upcoming dates each month.

TIME: 1:00 p.m. – 2:00 p.m.

Tuesday, February 9, 2021 – Teleconference or Video-Conference
Topic: What You Should Know About Dementia
Speaker: Diana Waugh, Waugh Consulting, LLC

Tuesday, March 9, 2021 – Teleconference or Video-Conference
Topic: Senior Emotional Health
Speaker: Karen Dipofi RN, MBA Community Liaison, Kobacker Center & Senior Behavioral Health

QUICK TIPS

HOW TO ACCESS CAREGIVER EDUCATIONAL SERIES VIA TELECONFERENCE OR FREE VIDEO-CONFERENCE

Here's how it works:

To rsvp and obtain access instructions: Please Call or Email:
Jennifer Forshey, LSW at 419-725-6983 or jforshey@areaofficeonaging.com
Tracie Fountain, BSN, RN at 419-725-6984 or tfountain@areaofficeonaging.com

- **(TELECONFERENCE OPTION) Rsvp by phone**: *Caregiver Support Program staff* will provide you a **phone number to call** and **access code** to enter, at a designated time. ***Success!*** *Now you are able to hear the Caregiver Support Program staff member, presenter and ask questions, at designated times during the presentation.*

- **(VIDEO-CONFERENCE OPTION) Rsvp by e-mail:** *Caregiver Support Program staff* will **e-mail** you **a link** to click on at a designated time. ***Success!*** *Now you are able to **hear** and **see** Caregiver Support Program staff member, presenter and any other family caregiver's attending via **video-conference**. You will be able to ask questions, at designated times during the presentation and by typing in the Chat box.*

***** Special Note: Video-Conference Option attendees can utilize a computer, tablet, or smartphone.*****

Danbury Senior Center
8470 E. Harbor Rd., Marblehead, Ohio 43440
419-798-4101

Thought we would start with a story….

My life's work has always had something to do with taking care of those in need, whether in a nursing home or home care. And so it continues…

Fifteen years ago I was working at The Commons of Providence as a nurse's aide in the Assisted Living and Alzheimer's buildings. I loved this job, helping take care of the elderly and those with memory loss. Then one day I was offered the Assistant Activities Director's position which meant I would be doing the afternoon/evening shift to make sure we kept everyone served during these times. This included: bingo, trivia, crafts, cards and discussion groups. Sometimes, when other aides called off, guess who filled in? LOL. I even spent 3 days straight at work during Christmas one year. I didn't mind, as long as the residents were cared for.

One day I was reading the newspaper and saw an ad for Site Manager's position at one of the senior centers in Ottawa County. Hmmm, I thought, this may be good, as driving over the Edison Bridge every night during the winter was the worst. So I applied and thought I could only hope. The phone call came that they wanted to interview me for a position. Oh, how happy that made me feel. I could only hope I would do a good job and they would like what they see. At that time, it was Kendra German who was Executive Coordinator of Senior Resources. She was a cute little thing, I thought. I thought the interview went well, so here is the rest of the story…

I became the Site Manager for the Danbury Senior Center; a job just like the nursing home job; The Good, The Bad, and The Ugly…that's how I've always seen it. The first time I came to see the place was on January 1st. I thought to myself, what a nice big center. I didn't want to disturb anything so just walked around and checked it out.

On my first day, January 2nd, I came in early to get myself situated. In walks a lady I'd seen before. I introduced myself to her and we chatted for a while. In a not to nice voice, she says. "Don't know who you're trying to impress but you don't have to dress fancy for us old people." Ok, I thought to myself, she's a happy camper. As more seniors started to enter, I noticed some of these seniors were people I knew and had grown up knowing all my life. Funny how it just seemed so right being here at that time; and still, after 15 years still feels like the right thing.

I'm sure you are all wondering what I meant earlier in this story about: The Good, The Bad and The Ugly. It has always been my way of thinking about the different jobs I did with the nursing homes or in-home care; and now with the Senior Center. See, if you care and love what you do, you get attached to the job at the heart. You always try to make sure you are there when someone needs you, good or bad. You lend that ear to listen to their problems or worries; you lend that shoulder if they need it to cry on, and yes, you laugh with them like no one has laughed before.

I am where I'm supposed to be. My heart knows and feels it. I love each and every one of my seniors that have passed through those doors these last 15 years and I will continue to be here for them for some years to come. I don't want you to think it will be 15 more years, since starting here, I too have become one of you, a Member in the Senior Society, lol. I'm sure you are all still asking about The Good, The Bad and The Ugly. Well let's get that out of the way now.

First - The Good—getting to know each and every one I have come to meet here at the center or other places I have worked in the senior care program.

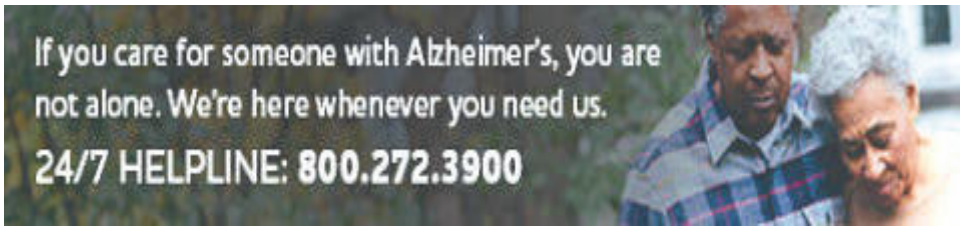
Second - The Bad---the breaking of my heart when someone becomes ill or passes. One of the hardest parts of this job is losing those you have come to love and respect.

Third - The Ugly—well let's just say working in nursing homes and home care and here, sometimes it's the yucky part of the job, but you got to help with accidents when they happen. LOL

I'm so happy to be here and will continue till I can't anymore.
With Love and respect to you all - Paula
May God Bless
All Those That Have
Walked Thru Our Doors
Past, Present and Future

The Alzheimer's Association, Northwest Ohio Chapter is still providing services to Ottawa County Residents! The Alzheimer's Association can provide support, guidance, coaching, and education for individuals and families impacted by Alzheimer's Disease and all Dementia's. The Alzheimer's Association's helpline (800-272-3900) is taking calls 24/7 to help provide support to individuals with the disease, caregivers, and family members. The caregiver support group that usually meets on the 2nd Monday of the month at 9am at Magruder Hospital is meeting virtually until further notice. We also have telephonically education programs and virtual/ telephonic care consultations. If interested in registering for the Port Clinton Caregiver support group or you want more information on the education programs please call the helpline at 800-272-3900. If interested in a care consultation please reach out to Dakota Stone at 567-302-3608.

Dakota Stone, LSW, MSSA | Program Coordinator | Alzheimer's Association, Northwest Ohio Chapter | 24/7 Helpline 800-272-3900 | Cell: 567-302-3608 | dlstone@alz.org | alz.org/nwohio



We offer free Helpline, Caregiver Support Groups, Early Stage Support Groups, Education programs, and Care Consultations. These services are available by phone or online during the COVID-19 pandemic.

Know the 10 Signs

It can be hard to know the differences between age-related change and Alzheimer's disease. Identify problems early by learning the warning signs of Alzheimer's and other dementias. If you or someone you care for is experiencing any of these signs, please see a doctor to find the cause

1. Memory loss that disrupts daily life
2. Challenges in planning or solving problems
3. Difficulty completing familiar tasks at home, at work or at leisure
4. Confusion with time or place
5. Trouble understanding visual images and spatial relationships
6. New problems with words in speaking or writing
7. Misplacing things and losing the ability to retrace steps
8. Decreased or poor judgment
9. Withdrawal from work or social activities
10. Changes in mood and personality

www.alz.org/greaterdallas

alzheimer's association

Alzheimer's Communication

1. Never **Argue**. Instead **Agree**.
2. Never **Reason**. Instead **Divert**.
3. Never **Shame**. Instead **Distract**.
4. Never **Lecture**. Instead **Reassure**.
5. Never say **"Remember."** Instead **Reminisce**.
6. Never say **"I Told You."** Instead **Repeat**.
7. Never say **"You Can't."** Instead say what they **Can Do**.
8. Never **Demand**. Instead **Ask**.
9. Never **Condescend**. Instead **Encourage**.
10. Never **Force**. Instead **Reinforce**.

DEMENTIA

My eyes do see,
My ears do hear,
I am still Me, so let's be clear,
My memory may fade,
My walk may slow,
I am ME inside,
Don't let Me go.

For more information
please call the helpline at 800-272-3900

alzheimer's association
Northwest Ohio Chapter

DEMENTIA CONVERSATIONS

When someone shows signs of dementia, it's time to talk. Often, conversations with family about changing behaviors can be challenging and uncomfortable. This program offers tips on how to have honest and caring conversations to address some of the most common issues.

Topics covered in the program include:

- Going to the doctor
- Deciding when to stop driving
- Making legal and financial plans

Tuesday, February 2
2:30 p.m. - 3:30 p.m.

Monday, February 8
11 a.m. - 12 p.m.

Tuesday, February 16
2:30 p.m. - 3:30 p.m.

To register, please call helpline at 800-272-3900

Visit **alz.org/CRF** to explore additional education programs in your area.

ALZHEIMER'S ASSOCIATION EDUCATION PROGRAMS

Understanding Alzheimer's and Dementia
Wednesday, February 3 11 a.m.-12 p.m.
Virtual Education Program

10 Warning Signs
Tuesday, February 9 2:30 p.m.-3:30 p.m.
Virtual Education Program

Understanding Alzheimer's and Dementia
Tuesday, February 16 4 p.m.-5 p.m.
Virtual Education Program

Understanding Alzheimer's and Dementia
Tuesday, February 23 5 p.m.-6 p.m.
Virtual Education Program

To register,

please call Helpline
at 800-272-3900

Understanding Alzheimer's and Dementia
Monday, February 8 3 p.m.-4 p.m.
Virtual Education Program

10 Warning Signs
Wednesday, February 10 4 p.m.-5 p.m.
Virtual Education Program

10 Warning Signs
Thursday, February 18 3 p.m.-4 p.m.
Virtual Education Program

10 Warning Signs
Wednesday, February 24 11 a.m.-12 p.m.
Virtual Education Program

Genoa
Senior Center
514 Main St, Genoa, Ohio 43430
419-855-4491

Elmore Golden Oldies
Senior Center
19225 Witty Road, Elmore, Ohio 43416
419-862-3874

Hello February - 2021

So far, the weather seems to be cooperating as of the middle of January when I am writing this. But time will tell. I guess I would like a little snow. I promised the next door neighbor kids I would help them build a snowman, and they keep reminding me of it.
I am not going to harp on about covid-19. We are all aware of it and know what is going on. Hopefully by the time you receive this newsletter things will be in place for you to get your vaccination shot. If not, as I become aware of this whole process, I will keep you informed.
Keep a sharp eye out for Cupid; you never know when and where he will show up. Take some time and send a Valentine card to someone. It just might help brighten their day.
This is also the month they wake up the Ground Hog to find out how many more weeks of winter there will be. I tell you what; if they woke me up from my hibernation there would be heck to pay. Unless they woke me up to give me a Valentine card and a box of chocolates.
Reminder:
February 15th – Closed for President's day
February 17th – Ash Wednesday - *Non meat meals will be offered on Ash Wednesday and every Friday until Good Friday which is April 2nd.*
HAPPY VALENTINE'S DAY
Tom Pfouts & Jo Petersen

Port Clinton Senior Center
320 East Third Street
Port Clinton, Ohio 43452
419-734-1481

Oak Harbor "Harbor Lights" Senior Center
8180 West State Route 163
Oak Harbor, Ohio 43449
419-898-2800

Well hello again! I hope everyone had a good start to your New Year 2021. Mine was very quiet, stayed home and safe. We will get back to our normal life soon I am praying. I miss you all so much.

Fortunately, I see many of the Oak Harbor Seniors on Mondays & Wednesdays, 11:30 to 12:00pm for Grab & Go Meals. Anyone is welcome to call and sign up for our Grab & Go Meals. We love to have new people coming for our meals.
Call Senior Resources at 419-898-6459 if interested.

On Monday, December 28, 2020, Port Clinton Seniors lost a dear friend of the Port Clinton Senior Center, Mr. Bill Smith. He and his wife, Rose, were very involved with the Port Clinton Senior Center for years. He was the Site Council President for many years and he and his wife Rose did many great things for the senior center. Our prayers are with Rose & her family.

"Everyone you meet is fighting a battle you know nothing about. Be kind. Always."

From the Director

Valentines Vaccines and Vigilance

For such a short month, February brings us many events and causes to celebrate. February is Black History Month. February also marks American Heart Month, along with some other "months" you might not recognize: Bird Feeding Month, Friendship Month, Snack Food Month, Library Month, and our favorite, Return Shopping Carts to the Supermarket Month.

February also celebrates some long stand special days including President's Day, Ground Hog Day and of course probably the most famous…Valentine's Day.

It is also the month of Vaccines and Vigilance. As of this writing, Ohio Governor DeWine announced those in Phase 1B will be able to receive vaccinations beginning on January 19. Those 80 years of age and older are prioritized first in this next phase with new five-year age groups phased in each week. However this timeline is extremely dependent on the availability of the vaccine. Not all phase 1B providers will be allocated the vaccine initially. Allocations will be made on a rolling basis as vaccines become available. It is anticipated that you will have the vaccine by the time you read this. If you have not or are still waiting for the vaccine, the Ottawa County Health Department has created the Ottawa County, Ohio COVID-19 Vaccine Pre-Registration for all 1B Individuals. This is an online registration form found on the Ottawa County Health Department website: www.ottawahealth.org.

If you are unable to get to the website for the pre-registration, simply call Senior Resources and we will help you navigate the pre-registration form. This will take about 10 minutes of your time, as we will be asking questions on the form that we will need to be completed.

The Ottawa County Health Department has received several hundred calls since the beginning of 2021 regarding the COVID 19 vaccine and people are eager to receive it. They will do everything in their power to vaccinate quickly and efficiently

When the Health Department receives the vaccines for phase 1B, they will schedule clinics across the county to better serve our residents. These clinics will be advertised on the Health Department website: ottawahealth.org, their Facebook page, and with local newspapers and media outlets.

OCHD wants the residents of Ottawa County to remain Vigilant about continuing to follow all the guidelines regarding COVID 19 protection. While the vaccine is a huge step toward eradicating this pandemic, we need to continue to be watchful, cautious, alert and open-eyed to the realities of this virus and the vaccine.

As we move into 2021, take heart in knowing that February is also the month of spring-cleaning and purification. Let's all do our part to get rid of this virus as soon as possible.

Stay Safe, Stay Healthy, Stay Strong!

Dianne Mortensen, Director

Dianne Mortensen, Director
Senior Resources

Senior Centers

Danbury Senior Center
8470 E. Harbor Rd.
Marblehead, OH 43440
419-798-4101
Grab n' Go pick up
Monday-Friday
11:30 am-Noon

Elmore Golden Oldies
19225 W. Witty Rd.
Elmore, OH 43416
419-862-3874
Grab n' Go pick up
Tuesday & Thursday
11:30 am-Noon

Genoa Senior Center
514 Main St.
Genoa, OH 43430
419-855-4491
Grab n' Go pick up
Monday/Wednesday/Friday
11:30 am-Noon

Oak Harbor "Harbor Lights" Senior Center
8180 W. State Rt. 163
Oak Harbor, OH 43449
419-898-2800
Grab n' Go pick up
Monday & Wednesday
11:30 am-Noon

Port Clinton Senior Center
320 E. Third St.
Port Clinton, OH 43452
419-734-1481
Grab n' Go pick up
Tuesday/Thursday/Friday
11:30 am-Noon

X
Not available

Ottawa County Seniors Centers Offer GRAB n' GO meals to seniors.

- These meals can be ordered through the county senior centers.
- GRAB n' GO meals follow the regular monthly menu.
- To make a reservation for meals, you must call the senior center of your choice by 9:00 am ONE day prior to the day you wish to pick up the meal.
- All Seniors 60 & over are welcome to join the GRAB n' GO program for any senior center.
- The suggested donation is $3 a meal. "Suggested Donation" means that you can pay whatever you feel you can financially afford.

Find more information at www.co.ottawa.oh.us
On the left side click
SENIOR RESOURCES
to find complete menus, ingredients & updates.
Or by calling
Ottawa County Senior Resources at 419-898-6459.

Ottawa County Senior Resources
8180 West State Route 163
Oak Harbor, Ohio 43449
419-898-6459

MAIN OFFICE CONTACTS

Dianne Martin Mortensen
Director
dmortensen@co.ottawa.oh.us

Kim Sedlak
Program Coordinator
ksedlak@co.ottawa.oh.us
(Newsletter)

Amy Simkus
Licensed Social Worker
asimkus@co.ottawa.oh.us

Tom Leaser
Fiscal Clerk
tleaser@co.ottawa.oh.us

Senior Center Contacts

Danbury Senior Center
Paula Shenkel - Site Manager
419-798-4101

Elmore Golden Oldies
Tom Pfouts - Site Manager
419-862-3874

Genoa Senior Center
Tom Pfouts - Site Manager
419-855-4491

Oak Harbor Senior Center
Rose Snyder- Site Manager
419-898-2800

Port Clinton Senior Center
Rose Snyder- Site Manager
419-734-1481

Put-in-Bay Senior Center
Chris Joyce - Site Manager
419-285-5501

No Home Delivered Meals
No Grab n Go Meals

Monday, February 15, 2021
Presidents Day

SEMINARS PRESENTED BY

BRUMBAUGH
LAW FIRM
ELDER CARE AND ESTATE PLANNING
COMPASSIONATE • DEDICATED • KNOWLEDGEABLE

Get your Ducks in a Row

9 Things you Need to Know for the 2nd Half of Life

One of the biggest fears that many people have today is the fear of having their life savings wiped out if they end up in a nursing home. What a shame to see someone's life savings of 30, 40 or 50 years wiped out in a matter of months. Whether you or a family member is in a crisis or not, it is important that you understand what you can do to protect your hard-earned assets! Most of the public does not yet realize that the laws on asset protection and long-term care planning changed. It is extremely important that you know about these changes and how they may affect your long-term care planning!

- How to avoid having your life savings wiped out by a nursing home spend down.
- How the new law restricts protection of assets and the steps you should take now to protect your loved ones. The asset protection language that most people don't have in their power of attorney documents, which can help protect their life's savings.
- How Medicaid works and the steps you need to take now to protect your family under the new rules.
- How to protect assets even if a family member is already in a nursing home.
- How to avoid government liens placed on a senior's real estate.

Call 419-504-6116 to Register
January 6th, February 3rd, & March 3rd
2pm Attend virtual or live at Sandusky Yacht Club
6pm Virtual only

MORE EDUCATIONAL OPPORTUNITIES! SPECIALTY SEMINARS, JOIN US ON:

JANUARY 20th or MARCH 16th @ 1PM-
7 Actions to Take in the Face of Dementia
FEBRUARY 17th @ 1PM -
5 Things you MUST Know When Someone You Love may Need Nursing Home Care

We host VIRTUAL Webinars. For topics & dates call our office 419-504-6116 or visit www.BrumbaughElderLaw.com

Brumbaugh Law Firm - 419-504-6116 - 310 E Boalt Street Suite E - Sandusky, Ohio - www.brumbaughelderlaw.com