Ottawa County Senior Resources

Senior Moments

ISSUE 4 Volume 14 April 2021

Happy April.

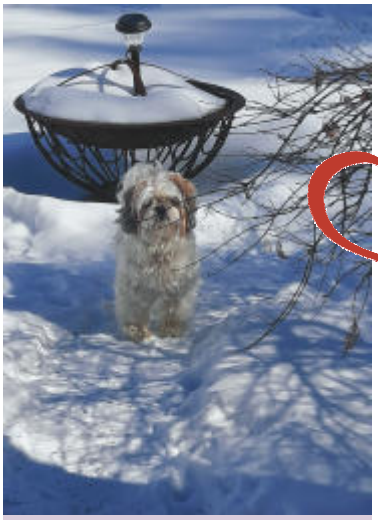
It's a new month,
meaning new opportunities.
Stay positive,
confident and patient.
Work towards your goals
and smile more.

April 2021

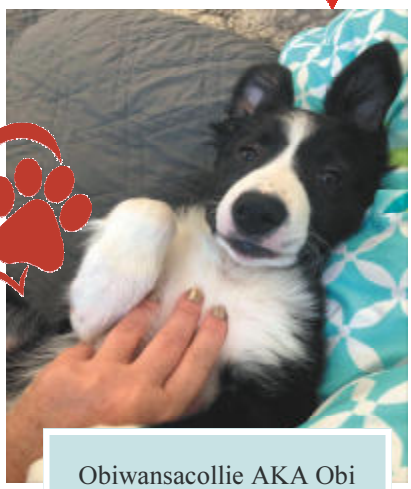
To access ingredient content, call Senior Resources at 419-898-6459
REHEATING MEALS: If the tray is still sealed, puncture a hole in section to vent.
Heat for 1.5 to 2 minutes, depending on your appliances power level.

Mon	Tue	Wed	Thu	Fri
			1 APRIL FOOLS' DAY Chicken Marsala Garlic Mashed Potatoes Broccoli Apricots Wheat Roll 	2 GOOD FRIDAY Fish Sandwich w/Cheese Potato Wedges Coleslaw Applesauce
5 EASTER (SUNDAY) Crispy Lemon Chicken Potato Medley Sugar Snap Peas Fresh Fruit Cup Wheat Roll 	6 Sausage Gravy & Biscuit **ALT: Yogurt instead of Gravy** Scrambled Eggs - Hash Browns Oranges Wedges Pear Berry Crisp	7 Meatloaf Mashed Potatoes/Gravy Southern Green Beans Grapes Wheat Roll 	8 Cabbage Roll Mashed Potatoes/Gravy Buttered Corn Cheese Cubes Peaches White Roll 	9 Chicken Noodle Casserole Carrots BLT Salad/Dressing Strawberry Shortcake
12 Apple Pork Chop Roasted Red Potatoes Baby Carrots Pineapple White Roll 	13 Turkey & Cheddar Sandwich Lettuce/Tomato/Onion/Mayo Cream of Vegetable Soup Pickled Beets - Pears–Crackers	14 Crunchy Ranch Chicken Mashed Potatoes/Gravy Prince Charles Blend Fruit Cocktail Wheat Roll 	15 Glazed Ham Slice **Alt: Tilapia** Au Gratin Potatoes Brussel Sprouts Fruited Gelatin White Roll	16 Cheesy Turkey Casserole Broccoli Orange Wedges Bacon Ranch Pea Salad Wheat Roll
19 Pizza Casserole Tossed Salad/Dressing Minestrone Soup/Crackers Fresh Fruit Cup Breadstick	20 Beef & Noodles Italian Green Beans Dilled Carrots Banana Wheat Bread 	21 Oven Fried Chicken Mashed Potatoes & Gravy Creamed Corn Pineapple Wheat Roll	22 **Earth Day** Hot Roast Beef Sandwich Mashed Potatoes & Gravy California Blend Fruit Cocktail 	23 SPRING FLING! **BOX LUNCH FROM WALDO PEPPERS'** Chicken Salad Wheat Wrap Loaded Potato Salad Mixed Fruit Cup Brownie WE'RE TOGETHER Ohio CARES Act Funding
26 Citrus Glazed Turkey Baked Potato/Sour Cream Baby Carrots Pears Wheat Roll	27 Smothered Pork Chop Macaroni & Cheese Broccoli Bettys Salad Strawberries - Wheat Bread	28 Taco Salad w/Black Beans Salsa & Tortilla Chips Fruited Gelatin Sour Cream Oak Harbor & Genoa Bday Treat	29 Deli Sandwich w/Cheese **Alt: Turkey Sandwich** Lettuce/Tomato/Onion/Pickle Dill Pickle Soup/Crackers Pineapple Elmore/ Bday Treat	30 Bourbon Chicken Redskin Mashed Potatoes Tarragon Green Beans Cantaloupe Wheat Dinner Roll HDM/Danbury Bday Treat

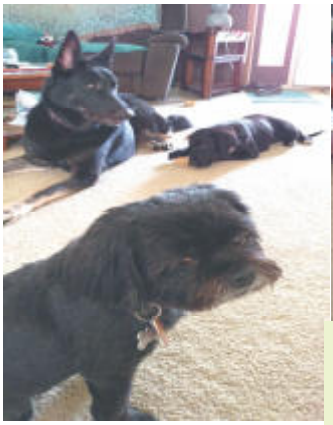
Puppy Love

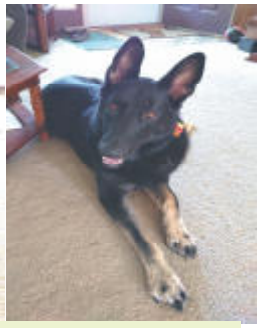


Senior Resources Volunteer Mary babysits *Buddy* daily



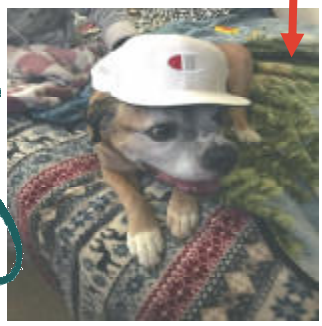
Obiwansacollie AKA Obi
Myndi Dawes
Genoa Retirement Village



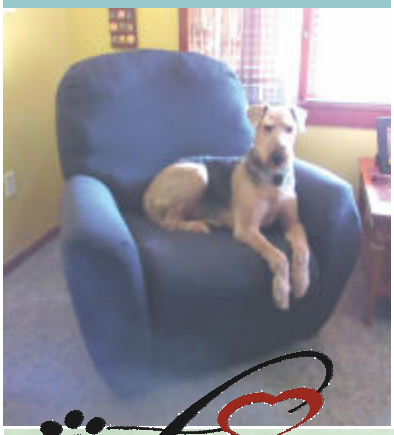


Gary & Sandy Mohrman puppies Mazie, Lyla & Katy

Rose Snyder-Site Manager for the Oak Harbor & Port Clinton Senior Centers found ***Goodwill*** at the Goodwill store when he was a puppy & brought him home 10 years ago.



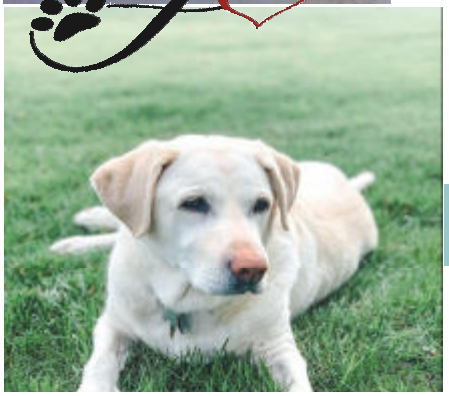
Tucker owns Danbury Senior Center Site Manager Paula



Maizie enjoys playing UNO with Shelby. Maizies family members are Chad, Kendra (Riverview Healthcare Campus Administrator), Trace & Shelby

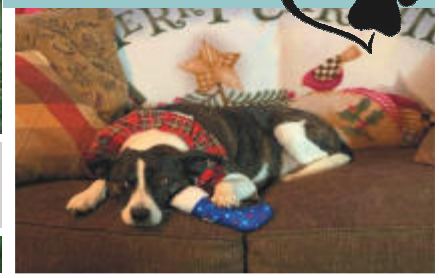
Roger & Dianne Mortensen's puppy Stella

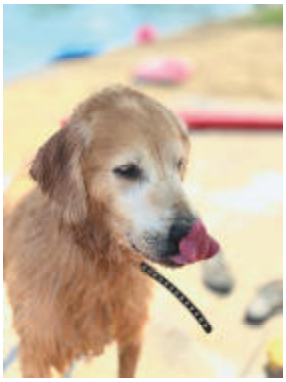
Leo & Cali are Amy Simkus niece & nephew

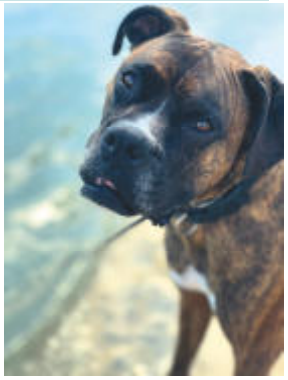


Senior Resources Amy Simkus LSW baby Lacie

HDM Driver Scott, Furbaby, Coco.







U.S. Department of Health & Human Services
Office of Inspector General

Fraud Alert: COVID-19 Scams

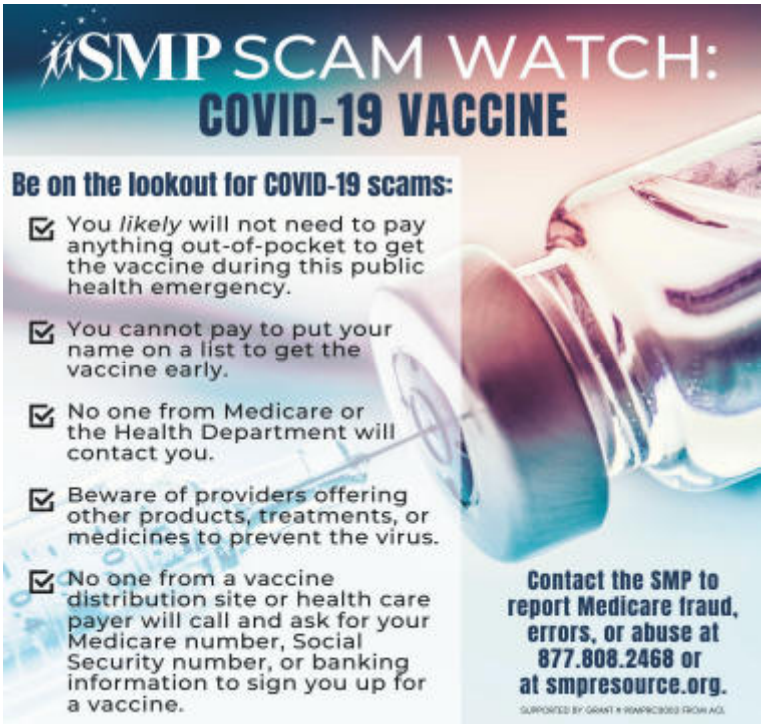
The U.S. Department of Health and Human Services Office of Inspector General is alerting the public about fraud schemes related to the novel coronavirus (COVID-19). Scammers are using telemarketing calls, text messages, social media platforms, and door-to-door visits to perpetrate COVID-19-related scams.

Fraudsters are offering COVID-19 tests, HHS grants, and Medicare prescription cards in exchange for personal details, including Medicare information. **However, these services are unapproved and illegitimate.**

These scammers use the coronavirus pandemic to benefit themselves, and beneficiaries face potential harm. The personal information collected can be used to fraudulently bill federal health care programs and commit medical identity theft.

Protect Yourself

- Offers to purchase COVID-19 vaccination cards are scams. Valid proof of COVID-19 vaccination can only be provided to individuals by legitimate providers administering vaccines.
- Photos of COVID-19 vaccination cards should not be shared on social media. Posting content that includes your date of birth, health care details or other personally identifiable information can be used to steal your identity.
- Be vigilant and protect yourself from potential fraud concerning COVID-19 vaccines. You will not be asked for money to enhance your ranking for vaccine eligibility. Government and state officials will not call you to obtain personal information in order to receive the vaccine.
- Beneficiaries should be cautious of unsolicited requests for their personal, medical, and financial information. Medicare will not call beneficiaries to offer COVID-19 related products, services, or benefit review.
- Be suspicious of any unexpected calls or visitors offering COVID-19 tests or supplies. If you receive a suspicious call, hang up immediately.
- Do not respond to, or open hyperlinks in, text messages about COVID-19 from unknown individuals.
- Ignore offers or advertisements for COVID-19 testing or treatments on social media sites. If you make an appointment for a COVID-19 test online, make sure the location is an official testing site.
- Do not give your personal or financial information to anyone claiming to offer HHS grants related to COVID-19.
- Be aware of scammers pretending to be COVID-19 contact tracers. Legitimate contact tracers will never ask for your Medicare number, financial information, or attempt to set up a COVID-19 test for you and collect payment information for the test.
- If you suspect COVID-19 health care fraud, report it immediately online or call 800-HHS-TIPS (800-447-8477).



Area Office on Aging of Northwestern Ohio, Inc.

RSVP Lead with Experience

Ohio Department of Insurance

Confused about Medicare?

Call the Area Office on Aging of NW Ohio For unbiased information regarding all of your Medicare questions. 419-382-0624

You may also qualify for benefits assistance programs.

Extra Help: A Medicare program that helps people with limited income and resources pay Medicare prescription drug costs - including all or most of the Part D monthly premium, all or most of the annual deductible, most of the copayments/co-insurance and provides full coverage during the donut hole

Medicare Savings Programs (MSP): Medicare clients with limited finances that are above Medicaid income requirements, may still qualify for various Medicare Savings Programs that pay the Medicare Part B premium, deductibles and coinsurance that are not covered under straight Medicare.

HEAP: Home Energy Assistance Program that can help you pay your heating bills during the winter months.

This project was supported, in part by grant numbers 1801OHMIDR and 1801OHMIAA, *from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.*

Have you scheduled your appointment for the COVID-19 Vaccine?

You can schedule your appointment online at **www.ottawahealth.org**

If you do not have access to a computer, call Senior Resources and we will assist you with scheduling your appointment. **419-898-6459**

Oak Harbor Senior Center
8180 W St Rt 163
Oak Harbor, Ohio 43449
419-898-2800

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

Well, as I sit here doing the April Senior Moments article, thinking about all that everyone has missed, including me; we sure have missed a lot. But we also have a lot to be thankful for in our health, family and friends. I know everyone is missing the senior centers, playing cards, dominos, doing puzzles and just hanging out with their friends.

I hope everyone is registered for their Covid-19 vaccine. If you need help in getting registered, please call Senior Resources and someone will help you. The vaccine put us one step closer to being safe for ourselves and our family & friends.

I miss everyone at both seniors centers very much and can't wait to open again!!!!!

As some of you may know, we lost a great lady, June Kwiatkowski, just a month ago. June was so loved by her family and friends. I would sit and have lunch with her and Ray and talk about all the things they did at the Port Clinton Senior Center. June loved the Port Clinton Senior Center. She was the driving force behind the start of the Port Clinton Senior Center Chili Cook-Off. June will be missed very much by all her friends here at the Port Clinton Senior Center. RIP June

Rose Snyder—Site Manager

When You've Been Fully Vaccinated

As of 3-8-2021

COVID-19 vaccines are effective at protecting you from getting sick. Based on what we know about COVID-19 vaccines, people who have been fully vaccinated can start to do some things that they had stopped doing because of the pandemic.

If you've been fully vaccinated, you can:

- **Gather indoors with fully vaccinated people without wearing a mask.**
- **Gather indoors with unvaccinated people from one other household without masks, unless any of those people or anyone they live with is at increased risk for severe illness from COVID-19.**
- **Refrain from quarantine and testing following a known exposure if asymptomatic**

In public you should still wear a mask, stay at least 6 feet apart from others, and avoid crowds & poorly ventilated spaces.

Quick and Easy Hot Cross Buns

Ingredients:

1 cup whole wheat of white flour
2 teaspoons baking powder
1/2 teaspoon salt
2 tablespoons shortening (such as butter)
1 tablespoon honey
1/2 teaspoon cinnamon
1/4 cup raisins
1/3 cup milk
Frosting:
1/2 cup confectioners sugar
2 teaspoons milk
1/4 teaspoon vanilla

The Hot Cross Bun marks the end of Lent and different parts of the hot cross bun have a certain meaning, including the cross representing the crucifixion of Jesus, and the spices inside signifying the spices used to embalm him at his burial. They are now available all year round in some places.

Directions:

- Mix flour, baking powder, and salt together in a bowl. Cut in the shortening with a fork until it looks like coarse crumbs. Add honey, cinnamon, and raisins; toss lightly.
- Make a well in the middle and pour in the milk. Stir it around quickly with a fork and form a ball.
- Divided the ball into 6 small ones. Grease a baking sheet and place the 6 ball on it, about 2 inches apart.
- Cut a deep cross through the top of each ball with a knife.
- Bake at 400 degrees for 15-20 minutes.
- When the rolls are slightly cook, dribble the frosting mixture of confectioners sugar, milk and vanilla over each. Serves 6

Tornado Safety

D - Go **DOWN** to the lowest level
U – Get **UNDER** something
C – **COVER** Your head
K — **KEEP** in shelter until the storm has passed

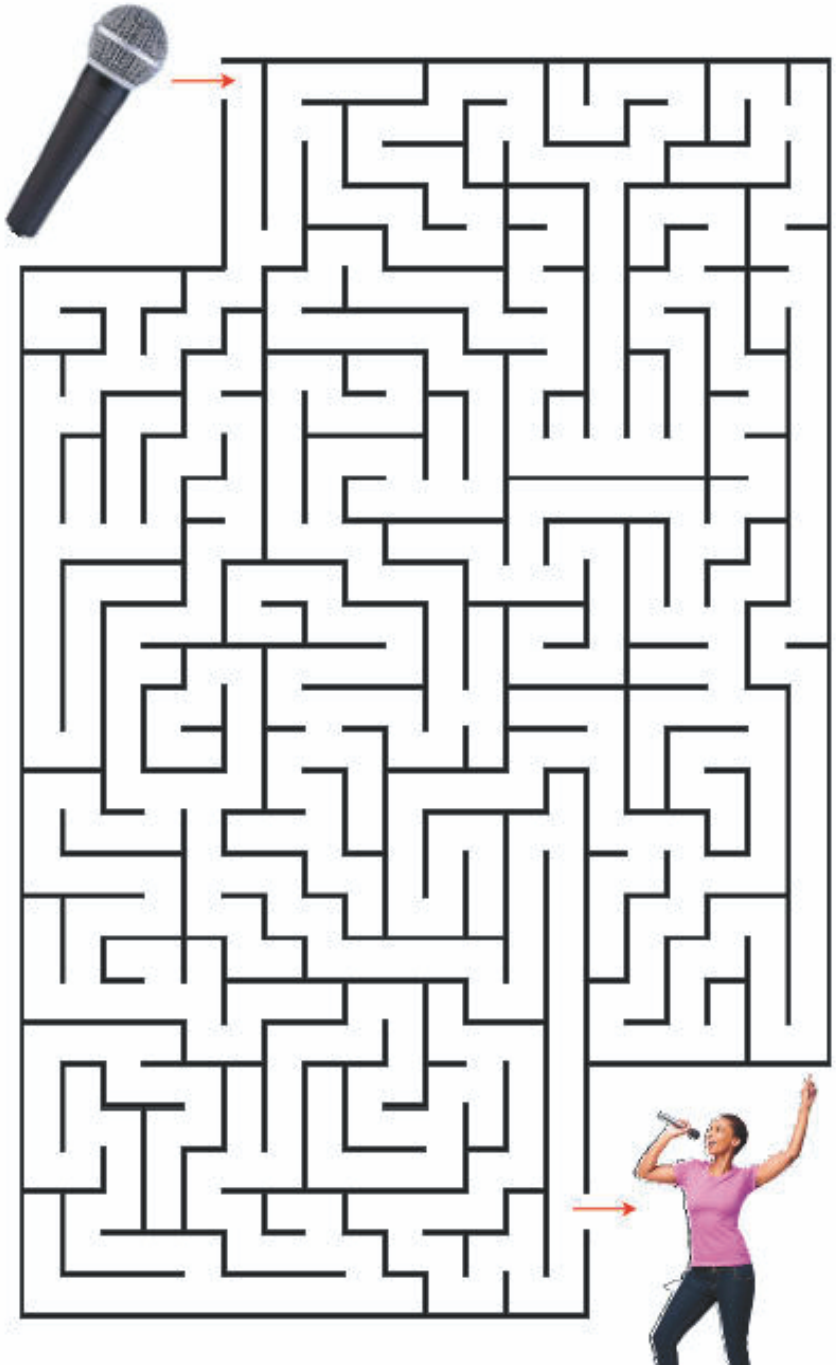
Searching for April

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

D	A	G	N	I	R	P	S	P	L	R	R	F	H	K
I	Z	P	P	F	Z	A	S	H	R	A	B	O	V	E
L	S	V	R	A	M	A	D	A	N	M	R	U	S	T
G	J	H	W	I	A	L	T	S	T	X	D	R	L	T
N	U	P	O	G	L	D	N	Y	W	N	V	T	A	L
I	Y	H	H	W	H	F	B	P	O	N	K	H	R	Z
T	X	V	R	T	E	A	O	M	E	T	J	H	B	E
N	Z	A	W	E	S	R	A	O	T	E	P	S	O	U
A	P	Y	E	E	T	I	S	A	L	V	R	E	R	M
L	Y	A	B	P	D	S	U	B	V	S	Y	I	D	V
P	Y	A	D	H	T	R	A	E	A	S	D	R	A	C
Q	L	S	V	S	U	E	W	E	I	Z	D	A	Y	S
L	O	Z	A	S	M	F	E	A	N	G	P	O	Y	R
T	A	X	E	S	M	Z	D	W	M	D	V	A	F	K
T	H	W	Q	B	A	A	F	G	S	L	T	I	H	U

APRIL FOOLS' DAY
ARBOR DAY
ARIES
BASEBALL
BULL (Taurus)
DAISY
DIAMOND
EARTH DAY
EASTER
FOURTH
PLANTING
RAM (Aries)
RAMADAN
SHOWERS
SPRING
SWEET PEA
TAURUS
TAXES

A-Mazing Karaoke



Puzzle Solution on Page 18

Personal Health Care Journal

We can provide you with a useful tool calledthe **Personal Health Care Journal**, that you can use to record your medical appointments.

Carry the journal to all your health care visits. Take the journal when you travel, in case of an emergency.

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

What is Lucky in April?

Lucky Color---Orange

Lucky Animal---Fox

Lucky Letter—H

Lucky Day—Saturday

Lucky Plant—Snapdragon

Spring Fling

Lets celebrate **SPRING** this month and support the Small Business Restaurant Initiative. Through the CARES Act Program, we are supplying a box lunch to our county seniors & helping a local restaurant at the same time.

Friday, April 23, 2021

Meals will be prepared by Waldo Pepper's Restaurant
Port Clinton

Menu: Chicken Salad Wheat Wrap
Loaded Potato Salad, Mixed Fruit Cup & Brownie

Pick up a Boxed Lunch at your Senior Center!

call your closest senior center to make a reservation

Port Clinton Senior Center
419-898-6485 Pick up time 11:30 am to Noon

Oak Harbor Senior Center
419-898-6459 Pick up time 11:30 am to Noon

Genoa Senior Center
419-855-4491 Pick up time 11:30 am to Noon

Danbury Senior Center
419-798-4101 Pick up time 11:30 am to Noon

Elmore Senior Center
419-862-3874 Pick up time 11:30 am to Noon

All Home Delivered Meal Clients will also be receiving the boxed lunch. Must be 60 years of age and older to receive the boxed lunch. Donations are accepted but not required.

Our planet is an amazing place, but it needs our help to thrive! That's why each year on April 22, more than a billion people celebrate Earth Day. Earth Day is a time to come together and support our environment's protection from things like pollution and deforestation. By taking part in activities like picking up litter and planting trees, we're making our world a happier, healthier place to live.

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

Hello spring 2021 … I hope most everyone has received the first dose & hopefully the 2nd dose of the vaccine & are staying healthy! The Ottawa County Commissioners along with the County Health Department & Senior Resources continue to monitor the spread of the virus, and the new variants, and have decided to keep the senior centers closed until further notice due to the ongoing pandemic. Hopefully now that Covid-19 vaccines are being administered, we'll be able to safely reopen the Senior Centers in the near future. Please stay patient & know that the decision as to when to reopen will be based on what is safest for all the senior center participants.

I want to give another huge shout out to the Ottawa County Health Department for coming to the island to hold the 1st & 2nd dose vaccine clinic for our seniors! What a blessing that the weather cooperated for both clinics & most did not have to travel to the mainland to get vaccinated.

To sign up to receive the vaccine go to the Ottawa County Health Department website at www.ottawahealth.org where you can pick an available date & time to be vaccinated. The Ottawa County Health Department 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.

I hope everyone can get outside & enjoy the blessings of springtime!

Senior Farmers' Market Nutrition Program

Area Office on Aging of Northwestern Ohio, Inc.

The 2021 Senior Farmers' Market Nutrition Program is moving forward and information will be shared soon.

We look forward to the new season in the Spring of 2021.

This program provides $50 worth of coupons to eligible adults 60 years of age or over to purchase locally grown, fresh fruits, vegetables, herbs and honey from local farmers.

This national program serves the counties in our Northwest Ohio service area of: Defiance, Erie, Fulton, Henry, Lucas, Ottawa, Paulding, Sandusky, Williams, and Wood counties. We provide over 18,000 older adults with coupons.

For address changes and/or to be added to the mailing list to receive the 2021 application, contact the AOoA office at 419-382-0624.

It is required that you fill out a new application

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

Dr. Stone's Pet Corner

Get Ready for Spring

Spring has sprung, and with the change of season, our thoughts turn to spring cleaning and much needed home improvement projects. Before you embark on seasonal chores or outdoor revelry, take inventory of potential springtime hazards for your furry friends.

Screen Yourself

Many pet parents welcome the breezy days of spring by opening their windows. Make sure your pets are safe from a fall risk by installing snug and sturdy screens in all of your windows.

Buckle Up!

While most dogs love to feel the wind on their furry faces, allowing them to ride in the beds of pick-up trucks or stick their heads out of moving-car windows is dangerous. Flying debris and insects can cause inner ear or eye injuries and lung infections, and abrupt stops or turns can cause major injury, or worse! Pets riding in cars should always be secured in a crate or wearing a seatbelt harness designed especially for them.

Spring Cleaning

Spring cleaning is a time-honored tradition in many households but be sure to keep all cleaners and chemicals out of your pets' way! Almost all cleaning products, even all-natural ones, contain chemicals that may be harmful to pets. The key to using them safely is to read and follow label directions for proper use and storage.

Home Improvement 101

Products such as paints, mineral spirits and solvents can be toxic to your pets and cause severe irritation or chemical burns. Carefully read all labels to see if the product is safe to use around your furry friends. Also, be cautious of physical hazards, including nails, staples, insulation, blades and power tools. It may be wise to confine your dog or cat to a designated pet-friendly room during home improvement projects.

Let Your Garden Grow—With Care

Pet parents, take care, fertilizers, insecticides and herbicides keep our plants and lawns healthy and green, but their ingredients may be dangerous if your pet ingests them. Always store these products in out-of-the-way places and follow label instructions carefully. Many popular springtime plants, including rhododendron and azaleas, are also highly toxic to pets and can prove fatal if eaten.

Ah-Ah-Achoo!

Like us, pets can be allergic to foods, dust, plants and pollens. Allergic reactions in dogs and cats can cause itching, minor sniffling and sneezing, or life-threatening anaphylactic shock to insect bites and stings. If you suspect your pet has a springtime allergy, please visit your veterinarian as soon as possible.

Pesky Little Critters

April showers bring May flowers, and an onslaught of bugs! Make sure your pet is on year-round heartworm preventive medication, as well as a flea and tick control program. Ask your doctor to recommend a plan designed specifically for your pet.

Dr. Michael Stone

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
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magruderhospital.com

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Lakeside-Marblehead, OH 43440
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**

HearingLife
formerly HEARWRIGHT

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Sandusky, OH 44870
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Office Hours:
Monday-Friday - 9am-5pm

Gabrielle Jeffries, Au.D., Lic. #02223

hearinglife.com

*See office for details

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MemoryLane
CARE SERVICES

Care Coaching
Meaningful help when caring for a loved one

MemoryLane Care Services is a non-profit organization serving older adults in northwest Ohio and southeast Michigan. MemoryLane Care Services is offering a free program to those residing in Ottawa County called Care Coaching. Providing care to a loved one with memory challenges can be overwhelming, especially when you juggle other responsibilities like work and family. Our Care Coaches help you to identify issues that are causing stress, provide you with proven, useful information, and give you the support you really need.

Care Coaching is a telephone-based service for older adults who have health challenges and their family or friend caregivers. Care Coaching provides information, ongoing support and helps find practical solutions to meet your needs, adjust to changes, or plan for the future. Through personalized consultation, Care Coaches can assist with decisions, identifying resources, and managing daily activities in ways that are best for you.

Care Coaching is being delivered by trained, experienced staff, who are dedicated and interested in serving as a resource to you. Your personal Care Coach is trained to provide quality information, organize help from family and friends, assist with finding and using services, and suggest approaches to care.

Care Coaching helps find simple and practical solutions to improve care. If you need help finding services; understanding insurances; communicating with a doctor; involving family and friends in care; improving home safety; managing medications; knowing when to go to the emergency department; coping with stress; or planning for the future, Care Coaching may be right for you.

Conversations take place via phone or email, so you can take calls, send questions in an email at your home or on the go. There is no charge to you for Care Coaching. The Care Coaching program is funded through a multiyear federal grant from the Department of Health and Human Services, Administration for Community Living **(#90ADPI0008-01-00).**

Questions about Care Coaching?
Please contact Lyndi Winzeler, Care Consultant, at **419-720-4940** or **Lwinzeler@memorylanecare.org.**

Check out our website!
www.memorylanecareservices.org

MAGRUDER HOSPITAL
It's How We Care

What's Happening?

Magruder Hospital will restart the updated monthly lab screening, which includes a Basic Metabolic Panel (glucose, BUN/ Creatinine, calcium, potassium, sodium, chloride, CO2, etc.), a Lipid profile (Total Cholesterol/LDL/HDL/Triglycerides), and a COVID antibody IgG test. The screening will be by appointment only and will be offered twice in April: Wednesday, April 7, 2021 and Saturday, April 24, 2021 starting at 8am. Cost is $20 and appointments can be made by calling 419-732-4061.

Here is our latest episode of Time for Health. Our Pain Management Physician, Dr. Vimal Kumar, does a great job explaining the ins and outs of pain, what's normal and what's not, and the spectrum of ways to help alleviate pain - from Vicks VapoRub to the latest surgical technology. https://youtu.be/JhlLQV7h2VY

American Red Cross

The March 19, 2021 blood drive previously scheduled at Magruder Hospital will be held at the Elks on Buckeye Blvd. in Port Clinton. It will run 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.

As always, you can find this information and more on our website www.magruderhospital.com and on our Facebook page https://www.facebook.com/MagruderHospital

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, April 27, 2021 - Teleconference or Video-Conference
Topic: Saving Money on Utility Bills
Speaker: Amy Carles, Ohio Consumers Council
Tuesday, May 25, 2021 -Teleconference or Video-Conference
Topic: Medicines and Medication Management
Speaker: Ireatha Hollie, Pharmacist/Director of Medical Education, Area Office on Aging

Check our monthly newsletter for upcoming dates each month.

TIME: 1:00 p.m. – 2:00 p.m.

Tuesday, May 11, 2021 – Teleconference or Video-Conference
Topic: How to Obtain Home Medical Equipment
Speaker: Tim Ryan, Ryan Pharmacy
Tuesday, July 13,, 2021 – Teleconference or Video-Conference
Topic: How to maintain good oral health
Speaker: Christian Delong, Practice Manager Dental Center of Northwest

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.*

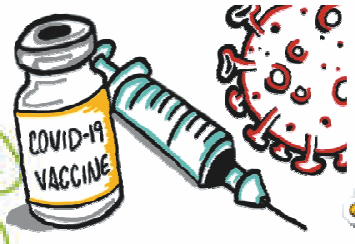
Danbury Senior Center
8470 E. Harbor Rd., Marblehead, Ohio 43440
419-798-4101

Oh Happy Day, the sun has started to shine more and the air feels a bit warmer. But don't be fooled!
So, here we are in April, one year later and still waiting for the word as to when we will open our senior center. All I can say is I'm hoping we can open soon. I know each one of you are feeling the same way. We need to make sure that everyone that wants a vaccine is getting it. I feel, the more quickly we can get everyone vaccinated, the sooner this whole thing ends, the sooner we can get back to normal.

The Ottawa County Health Department and Magruder Hospital have been doing an excellent job getting those seniors that pre-registered in for the vaccine. They have worked very hard each day to make sure the vaccines sent to Ottawa County have been used and none wasted. Vaccine Clinics have run throughout the county in different places to accommodate the numbers and to be centrally located within the county. They have been held at Camp Perry CMP, Oak Harbor High School and Job and Family Services in addition to Magruder Hospital.

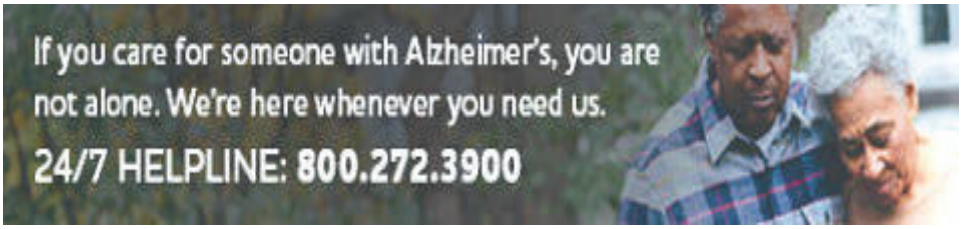
This is where you will find me. I have been coming into the center and making sure our seniors get their Grab and Go meals. During the week, usually 2 -3 days per week, there is a vaccine clinic and I have been going to help out. It is an amazing process that the county has set up, making sure you are taken care of in a quick and careful manner. I have enjoyed being involved with this process. I love to meet people, as you know, so this was just perfect for me. The best part has been seeing how many seniors wanted the vaccine. It was a little overwhelming, but I love seeing them come in, smiling and leave smiling and tell us how great it was and telling us we all are doing an awesome job! Yes, we sometimes break out in laughter when all of a sudden you hear, "Charlie, they want to know if I'm pregnant." Oh, how the room erupts into laughter to hear that coming from an 86 year old woman! LOL
I'm very thankful to be able to do this for our community and the lovely people in it. I pray one day we will all be vaccinated and back to our normal lives, but in the meantime please still follow the rules and Be Safe and Stay Healthy.

Until May, Happy Easter to You and Yours,
Your Little Cottontails
Paula and Deanna



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



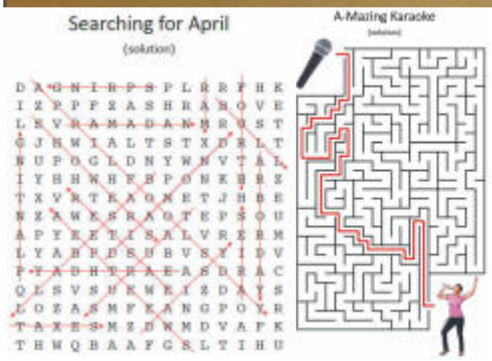
We offer free Helpline, Caregiver Support Groups, Early Stage Support Groups, Education programs, and Care Consultations. These services are available by phone or online during the COVID-19 pandemic.

Remember When...?

April 4, 1968 - Civil Rights leader Rev. Dr. Martin Luther King was shot and killed by a sniper in Memphis, Tennessee. As head of the Southern Christian Leadership Conference, he had championed non-violent resistance to end racial oppression and had been awarded the Nobel Peace Prize in 1964. He is best remembered for his *I Have a Dream* speech delivered at the 1963 Civil Rights March on Washington. That march and King's other efforts helped the passage of the Civil Rights Act of 1964 and the Voting Rights Act of 1965. In 1986, Congress established the third Monday in January as a national holiday in his honor.

April 22, 1864 - "In God We Trust" was included on all newly minted U.S. coins by an Act of Congress.

April 8, 1952 - President Harry S. Truman seized control of America's steel mills to prevent a shutdown by strikers. However, on April 29th, the seizure was ruled unconstitutional by a U.S. District Court. Workers immediately began a strike lasting 53 days, ending it when they received a 16-cents per-hour wage increase and additional benefits.



OTTAWA COUNTY VETERANS SERVICE OFFICE

Benefit Briefing

HEALTHCARE BENEFITS

Individuals are encouraged to contact the nearest VA benefits or healthcare facility to obtain the latest information regarding healthcare benefits. Legislation changes the specific regulations regarding healthcare and nursing home care.

HEALTH ID CARDS

The VA announced the rollout of secure veterans' health identification cards. The new cards are designed to have additional security features. The card is called the Veterans Health Identification Card, which is similar to the traditional health insurance ID card. It displays the veterans' member and plan ID, and demonstrates their enrollment in VA healthcare.

CHOICE PROGRAM

If you are already enrolled in VA healthcare, the Choice Program allows you to receive healthcare within your community. Using this program does NOT impact your existing VA healthcare, or any other VA benefit.

AM I ELIGIBLE?

If you are already enrolled in VA healthcare, you may be able to receive care within your community, instead of waiting for a VA appointment or traveling to a VA facility.

You are eligible if any of these situations apply to you:

- You have been (or will be) waiting more than 30 days for VA medical care.
- You live more than 40 miles away from a VA medical care facility or face one of several excessive travel burdens.

ADDITIONAL PROGRAM INFORMATION

The Choice Program does not impact your existing VA healthcare or any other VA benefit.

If you did not receive a Choice Card or if you cannot find you card, please call 866-606-8198 to learn more about eligibility for the Veterans Choice Program. If you are satisfied with your wait time at a VA facility and wish to continue waiting for VA care, there is nothing you need to do at this time.

Care in the community is only covered by VA for medical needs which have been approved by your VA physician. The VA can schedule an appointment for medical needs, but we can only cover the cost of care related to your VA approved health needs. The Veteran Choice Program is part of the Veterans Access, Choice, and Accountability Act of 2014 (VACAA).

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.

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

Spring has finally arrived, and hopefully the warm weather will stay. The flowers are coming up and it's time to start planting the garden, or at least start thinking about it.

It is so nice to see that everyone has been getting or received their shots. Keep up the good work, and we are one step closer to getting back together again.

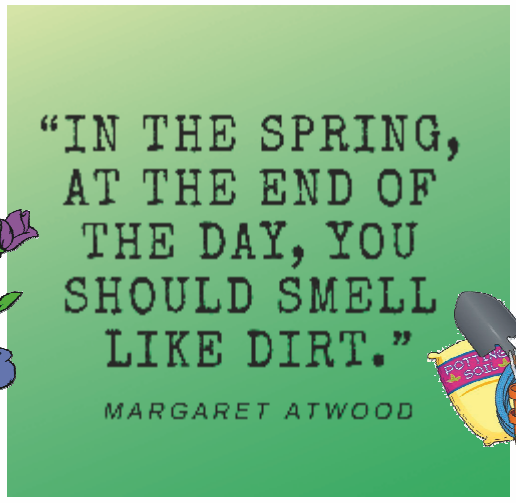
I hope you enjoyed your little ice cream social we passed out to you. Jo and I partnered with Sherri Bourne from Stein Hospice to make this happen. This was the best treat we could come up with. I hope you also enjoyed our little Easter Egg surprise that was passed out the last week of March . Jo as I have been busy putting things together, which was very enjoyable for us.

Thank you to the Residents of Genoa Retirement Village for decorating Shamrocks to hang up in our front windows at Genoa Senior Center. Thank you Myndi Dawes.

Upcoming events:

- April 1st – Parking lot Car Bingo with Sherri Bourne-Stein Hospice. Elmore Senior center parking lot. 10:30-11:30am.
- April 5th – Genoa Library – Parking lot Bingo, Genoa Quarry Parking lot (Behind Big Dipper) 12:30pm (Weather Permitting) Park in the gravel lot near the Genoa Quarry Shelter house.
- April 7th- Parking lot Car Bingo with Sherri Bourne-Stein Hospice. Genoa Town Hall parking lot. 10:30-11:30am.
- April 12th – Elmore Library-Parking lot Bingo, Elmore Historical Society Parking Lot 6:00pm (weather permitting) Park in gravel lot facing Elmore Historical Society.
- April 13th – Senior Executive Club at 2:00pm. Please make reservations by April 9th by calling Myndi or Kelsey at 419-855-7755.
- April 30th – Genoa Retirement Village at 3:00pm. Wear your favorite hat and have it judged to win amazing prizes at the free Kentucky Hat Derby Parade. RSVPs are required. Please contact Myndi or Kelsey at 419-855-7755.

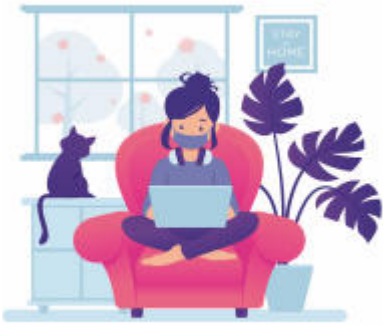
Wishing everyone a Happy Easter!
Tom & Jo



Social Distancing Birthday Cake For Ned Ammons.
He is 98!

From the Director

Dianne Mortensen



Wow, so hard to believe that we have been dealing with this pandemic for over a year. While the country marked the anniversary of the new world which we now live in as March 11th, Senior Resources started its adventure on lucky Friday the 13th. It was on that special day that we closed the senior centers and the Home Delivered Meal drivers could only leave the meal at the door. While it seems like light years away, it hard to believe it has been a whole year.

So where do we go from here? When do we open the senior centers? When can we stop wearing these stupid masks? How do I get a vaccine?
So many questions, and unfortunately, very few good answers.

The President and the Governor are moving fast to restore our country and our state back to normal - what this means for us is still a guess. As of this writing, we have still not been given any changes to our current procedures. Drivers still do not enter homes, senior centers are still closed and we are still wearing masks. It is hard to remain calm as the weather gets nicer and people are just plain tired of being cooped up in their homes for over a year!

"NEVER in the history of calming down has anyone ever calmed down by being told to calm down!"

The good news is, it is getting better, and as the country and our state continue to move towards opening up more of our programs, we will keep you in the loop and notify you as soon as possible. As we have heard from everyone, this will be a GRADUAL process, so things may open slower than you may want it to. But rest assured it will open.
Please watch our Facebook Page, our website and watch for messages with your meals.

Every Test in our life makes us bitter or Better
Every Problem comes to break us or Make Us.
The Choice is Yours to be the victim or the Victor.
Let's make it better! Be the Victor!

Wear your masks, Get vaccinated, Keep your distance!
Happy Spring!

Dianne

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.
You can also call
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

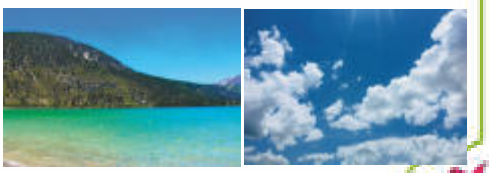
Port Clinton Senior Center
Rose Snyder- Site Manager
419-734-1481

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

THE OLD FARMER'S ALMANAC

WEATHER LORE

- If it thunders on All Fools' Day, it brings good crops of corn and hay.
- Moist April, clear June.
- Cloudy April, dewy May.



Snow in April is manure.

DON'T LET YOUR LIFE SAVINGS BE DIMINISHED BY THE HIGH COST OF PROBATE OR DESTROYED FROM THE EVER INCREASING COST OF LONG TERM CARE.

BRUMBAUGH LAW FIRM CAN HELP YOU PROTECT YOUR LEGACY.

We handle a great deal of probate cases in my office. In fact, if someone has passed away in your family, we can probably help you. However, when I work on these cases, I often wonder why so many people allow their assets to go through probate. Did they not know there were so many other choices? Did they not know how expensive probate can be? I am often saddened when I see a person's Will that leaves assets equally to all the children, but the assets pass outside the Will and do not follow the person's wishes. Below, I will address some of the common misconceptions many people have.

FALSE BELIEF #1: I HAVE A WILL SO MY ASSETS WILL AVOID PROBATE.

TRUTH: If an asset passes through the Will, the assets will go through probate. You should think of your Will as a fancy letter to the probate judge giving instructions to the judge on who you want the court to appoint to be in charge (your executor) and who you want your assets to go to once the debts are paid.

FALSE BELIEF #2: MY WILL CONTROLS WHERE ALL MY ASSETS PASS UPON MY DEATH.

TRUTH: Your Will only controls those assets in your name at death where you have not named a beneficiary or where there is no surviving co-owner who has survivorship rights. If you put a child on an account or on real estate, it is generally as joint owner with survivorship rights. This means even though your Will says your assets are to be divided equally between your children, this isn't what happens. Instead, your bank account or real estate that you have added a child to will pass to that child only. Additionally, by adding your child to your accounts or real estate, you have now potentially made your assets part of your child's divorce case. You have also put your assets at risk if a child gets in a car wreck and gets sued. In addition, when you add a child to real estate, you have made a gift for Medicaid purposes and caused unintended tax consequences through partial or total loss of a stepped up tax basis upon death.

Going through probate is expensive and generally not necessary. A house worth $100,000 going through probate can create fees between $4,000 and $8,000. In order to avoid probate while maintaing a plan that gets your assets where you truly want them to go without risking your assets to your child's creditors or to divorce proceedings or to unexpected tax consequences takes a bit of planning. However, this planning doesn't have to be complicated.

Please call us to schedule a **FREE CONSULTATION** to discuss ways to avoid probate. If you want to go further than just avoiding probate, we can discuss ways to protect your assets from the high cost of long term care.

CALL NOW FOR YOUR FREE APPOINTMENT!

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

CALL NOW!
419-370-3799

Are you worried about future nursing home costs?

Get Our FREE BOOK

...on protecting your assets from the nursing home. It is not too late!

To Get your FREE copy call 419-370-3799

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