

Ottawa County
Senior Resources

Senior Moments

ISSUE 6 Volume 14 June 2021



WORLD ELDER ABUSE AWARENESS DAY
Building Strong Support for Elders



June 15th

The Ottawa County Task Force on Aging invites you to join the Ottawa County Commissioners, Ottawa County Service Agencies and community members in recognition of World Elder Abuse Awareness Day.

Tuesday, June 15, 2021 WORLD ELDER ABUSE AWARENESS DAY (WEAAD*)

Turn Ottawa County Purple!

- * Wear purple clothes, jewelry or a purple ribbon.
- * Fly purple balloons.
- * Wrap mailboxes, trees & poles with purple yarn or ribbon.
- * Use purple lighting.
- * Learn the signs of elder abuse, self-neglect, neglect & exploitation.

TO REPORT ELDER ABUSE
CALL THE 24 HOUR OHIO REPORTING LINE AT:
1-855-644-6277

TO REACH OTTAWA COUNTY
DIRECTLY CALL: 419-707-8639

FOR EMERGENCIES/
IMMEDIATE ASSISTANCE CALL
9-1-1

THERE'S NO EXCUSE FOR ELDER ABUSE.



June 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
 <p>7 Smoked Sausage & Sauerkraut Alt: Breaded Fish German Potato Salad Orange Wedges Wheat Roll</p>	<p>1 Ham & Cheese Quiche Alt: Cheese Quiche Fried Potatoes Berry Applesauce Tomato Juice - Muffin</p>	<p>2 Homemade Lasagna Buttered Peas Lettuce Salad Fresh Fruit Cup Garlic Toast</p> 	<p>3 Dijon Chicken Potato Medley Herb Glazed Carrots Pears Wheat Roll</p>	<p>4 Pork Chop w/Gravy Mashed Sweet Potatoes Creamed Spinach Pineapple White Roll</p>
<p>8 Baked Ziti Cauliflower Caesar Salad Fruited Gelatin Garlic Toast</p> 	<p>9 Chicken Cordon Bleu Alt: No Ham Duchess Potatoes Brussels Sprouts Peaches - White Roll</p>	<p>10 BBQ Pork Chop Mashed Potatoes/Gravy Sautéed Zucchini Grapes Wheat Roll</p> 	<p>11 Sloppy Joe Cheesy Potatoes Coleslaw Fruit Medley</p> 	<p>18 Fire Braised Pork Mashed Potatoes & Gravy California Blend Mixed Melon White Roll</p>
<p>14 Herb Marinated Chicken Oven Roasted Potatoes Capri Blend Fruit Cocktail Wheat Roll</p>	<p>15 Italian Sub Sandwich Lettuce/Tomato/Onion Alt: Turkey Sub Roasted Red Pepper Soup Creamy Cucumber Salad Pears - Crackers</p>	<p>16 Beef Teriyaki with Veggies Over Brown Rice Sugar Snap Peas Pineapple Wheat bread</p> 	<p>17 Chicken Tenders w/Honey Mustard Dipping Sauce Potato Wedges Pickled Beet Fresh Fruit - Wheat Roll</p>	<p>25 Deli Sandwich w/Cheese Alt: Turkey Sandwich Lettuce/Tomato/Onion/Pickle Dill Pickle Soup/Crackers Creamy Cucumber Salad Pineapple HDM/Danbury Bday Treat</p> 
<p>21 Father's Day (Sunday) Bourbon Chicken Redskin Mashed Potatoes Tarragon Green Beans Cantaloupe Wheat Dinner Roll</p> 	<p>22 Smothered Pork Chop Macaroni & Cheese Broccoli Betty's Salad Strawberries - Wheat Bread</p>	<p>23 Citrus Glazed Turkey Baked Potato/Sour Cream Baby Carrots Pears Wheat Roll Oak Harbor & Genoa Bday</p>	<p>24 Taco Salad w/Sour Cream w/Black Beans & Corn Salsa & Tortilla Chips Fruited Gelatin Elmore/Bday Treat</p> 	<p>30 Ham & Cheese Sandwich Alt: Turkey & Swiss Potato Salad Tomato Basil Soup Mandarin Oranges Crackers</p> 
<p>28 Cabbage Roll Mashed Potatoes/Gravy Succotash Peaches Cheese Cubes - Wheat Roll</p>	<p>29 Meatball Sub Potato Wedges Green Beans Pineapple</p>	<p>30 Ham & Cheese Sandwich Alt: Turkey & Swiss Potato Salad Tomato Basil Soup Mandarin Oranges Crackers</p>	<p>24 Taco Salad w/Sour Cream w/Black Beans & Corn Salsa & Tortilla Chips Fruited Gelatin Elmore/Bday Treat</p>	<p>25 Deli Sandwich w/Cheese Alt: Turkey Sandwich Lettuce/Tomato/Onion/Pickle Dill Pickle Soup/Crackers Creamy Cucumber Salad Pineapple HDM/Danbury Bday Treat</p> 



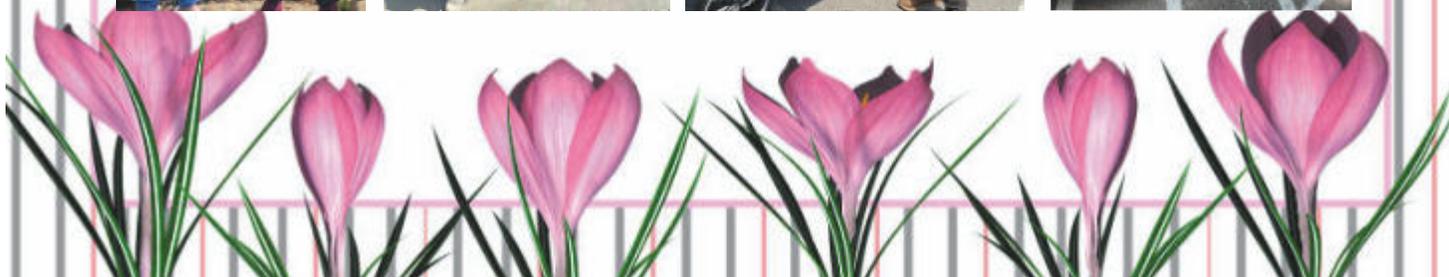
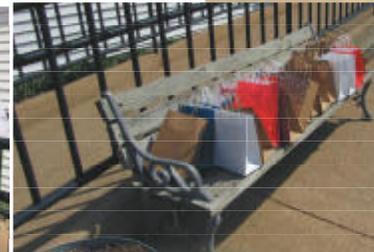
Congratulations Paula!

Paula Shenkal, Site Manager for the Danbury Senior Center celebrated 15 years with Ottawa County Senior Resources, at the Danbury Senior Center, in December of 2020. Paula has given heart and soul to the Seniors of our county, especially to her seniors at the Danbury Senior Center.

On behalf of Ottawa County and seniors of the Danbury Senior Center, we want to thank her for her dedication to our program. We are looking forward to her leadership at the senior center for many more years to come.

Small Business Restaurant Initiative through the CARES Act

From support from the Small Business Restaurant Initiative through the CARES ACT program., we were able to supply box lunches to our seniors in March, April & May and support Waldo Peppers Restaurant in Port Clinton at the same time!
1,450 box lunches were given to county seniors through this program.





WEST END
Social Distancing



PRIZE CAR BINGO

Hosted by Stein Hospice & the Genoa Senior Center
Held at the Genoa Town Hall Parking Lot
Downtown Genoa



Monday, June 21, 2021
10:30 - 11:30 am



**Must RSVP for BINGO to the Genoa
or Elmore Senior Centers**
Genoa - 419-855-4491 Elmore - 419-862-3874

Hosted by Stein Hospice & the Elmore Senior Center
Held at the Grace Lutheran Church Parking Lot
19225 W. Witty Rd, Elmore, Ohio 43416



Thursday, June 24, 2021
10:30 - 11:30 am



**Must RSVP for BINGO to the Genoa
or Elmore Senior Centers**
Genoa - 419-855-4491 Elmore - 419-862-3874

60 Plus Nursing Assessment Clinic

A service provided by:

The Ottawa County Health Department.

*The 60 Plus Clinic is made possible through the
Community Development Block Grant Program
& Ottawa County Senior Resources.*



What is the 60 Plus Clinic?

The 60 Plus Nursing Assessment Clinic is a **FREE**, supplemental program to your regular physician's care. The clinic provides basic services to people age 60 and over, such as blood pressure screening, cholesterol screening and health education at no charge. 60 Plus does not take the place of your regularly scheduled visits with your doctor. If

needed, 60 Plus simply provides an extra resource for your medical needs.

Through a comprehensive assessment, a nurse will answer any questions and provide education or referrals. Clinic sites are located throughout Ottawa County, which makes travel easier and saves you time and money.

**Call the Ottawa County Health Department
to schedule your appointment.**

419-734-6800

Or toll free in Ottawa County at 1-800-788-8803



What is Provided During 60 Plus Clinic?

- Health assessment
- Medication counseling
- Blood pressure check
- Blood test for anemia
- Blood test to measure blood sugar
- Urine Analysis
- Cholesterol Screening
- Weight
- Diet information
- Health education
- Referrals to private physician for evaluation if needed



All 60 Plus Nursing Assessment Clinic services are provided by a Registered Nurse

**Call the Ottawa County Health Department
to schedule your appointment.**

419-734-6800

Or toll free in Ottawa County at 1-800-788-8803

HDL
Cholesterol
Glucose

Clinic Sites

By Appointment Only

For your convenience, the 60 Plus Clinic is offered at many sites across Ottawa County. Sites for the monthly 60 Plus Clinic include:

- Elmore Retirement Village, Elmore
1st Tuesday of each month
- Danbury Senior Center, Marblehead
1st Wednesday of each month
- Port Clinton Senior Center, Port Clinton
Tuesday & Thursday of the 2nd full week of each month
- Riverview Healthcare Campus, Oak Harbor
2nd Wednesday of each month
- St. John's Elderlife Apartments, Genoa
4th Tuesday of each month
- Put-in-Bay Senior Center, Put-in-Bay
4th Thursday of each month

**Call the Ottawa County Health Department
to schedule your appointment.**

419-734-6800

**Or toll free in Ottawa County
at 1-800-788-8803**

Who Benefits From 60 Plus?



Any Ottawa County resident age 60 and over is eligible to attend clinics. There is no charge for the visit (**FREE**). Call the Ottawa County Health Department to schedule an appointment at the clinic site most

convenient for you. On the day of your appointment, be sure to bring your medications that you are currently taking so the nurse can help you understand why they were prescribed for you.



**Call the Ottawa County Health Department
to schedule your appointment.**

419-734-6800

Or toll free in Ottawa County at 1-800-788-8803

Oak Harbor Senior Center
8180 W St Rt 163
Oak Harbor, Ohio 43449

Port Clinton Senior Center
320 East Third Street
Port Clinton, Ohio 43452

Well June is here and that means warmer weather (I hope), a lot more sunny days and being able to be outside in my yard. I hope that everyone has gotten the vaccine that they wanted to get or have their appointment set. We need to stay safe!

We have a tentative date for opening soon. Just remember there are going to be changes that will impact us as a senior center, but we need to keep in mind that this is for everyone's health, as well as your own.



BINGO

Social Distancing

Ottawa County
**Senior
Resources**



PLEASE, PLEASE understand that this is the best way for us to open and be able to see each other; as I know how much we all miss our friends and family at the centers! I know change is hard but as a group, we got this! We here at Senior Resources are working hard to make the opening possible. We just want to keep you and the staff safe and healthy as well.

Please join us for Prize Bingos. RSVP to 419-898-6459.

Till next time....looking forward to seeing everyone (back home). I have missed you all!
Rose

PRIZE CAR BINGO

Hosted by Stein Hospice & the Oak Harbor Senior Center

Held at the Riverview Healthcare Campus - Back Parking Lot
(Behind the Assisted Living—Watch for Parking Area Blocked off)
8180 West State Route 163, Oak Harbor



Wednesday, June 16, 2021
10:00 - 11:00 am



Must RSVP for BINGO to Senior Resources at 419-898-6459

ON THE PATIO PRIZE BINGO

Hosted by Stein Hospice & the Port Clinton Senior Center

Held at the Port Clinton Senior Center
320 East Third Street, Port Clinton



Friday, June 18th, 2021
10:00 - 11:00 am



Must RSVP for BINGO to Senior Resources at 419-898-6459

KINDNESS
begins with

ME



Senior Helping Hands

Household help for Ottawa County seniors age 60-plus

Ottawa County's senior home repair program funded by the 2020 CARES Act and provided by GLCAP



Independent living improvements

- Grab bar, handrail and hand-held shower wand installation
- Modifications for handicap toilets and kitchen/bathroom faucet access

Health and safety repairs

- Window air conditioning units installation
- Removal of clutter; heavy cleaning and scrubbing for mildew control
- One-time pest control for infestations such as fleas, bedbugs or rodents
- One-time intervention for health- and safety-related house cleaning and waste removal
- Deadbolt lock repair or installation
- Window screen repair
- Light bulbs changes, drain unclogging, and fixing pilot lights

No cost for eligible seniors

- Available at no cost to seniors at or below 200% of Federal Poverty Guidelines (e.g. \$2,147 per month/household of one; \$2,903 per month/household of two)

Call 419-898-6459 for details

Services listed above are limited based on insurance liability and risk.

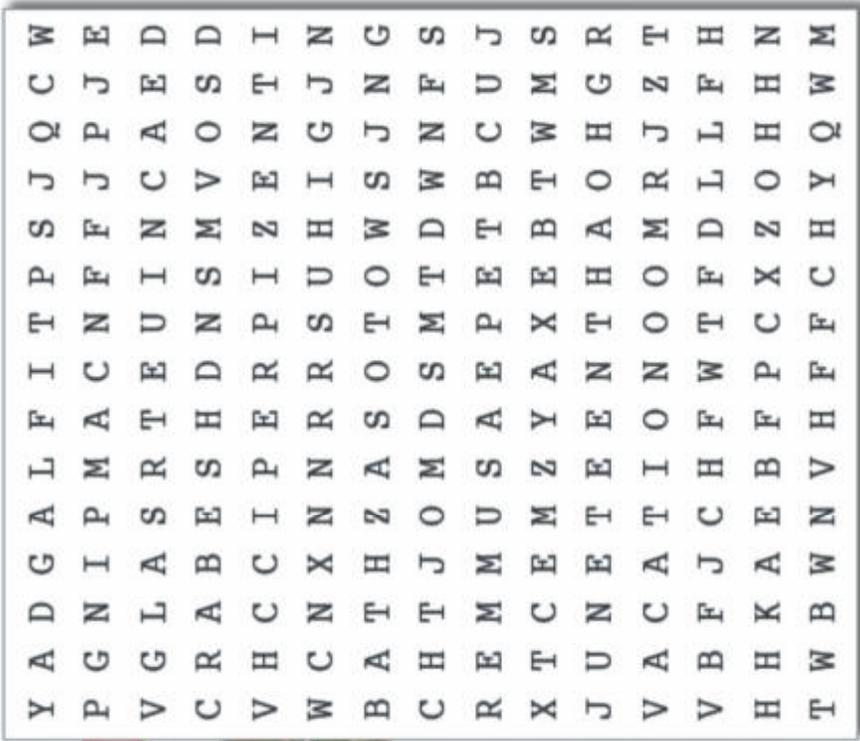
This program does not provide lawn care or leaf raking. Details on other GLCAP services are available at www.glcap.org

Ottawa County
**Senior
Resources**

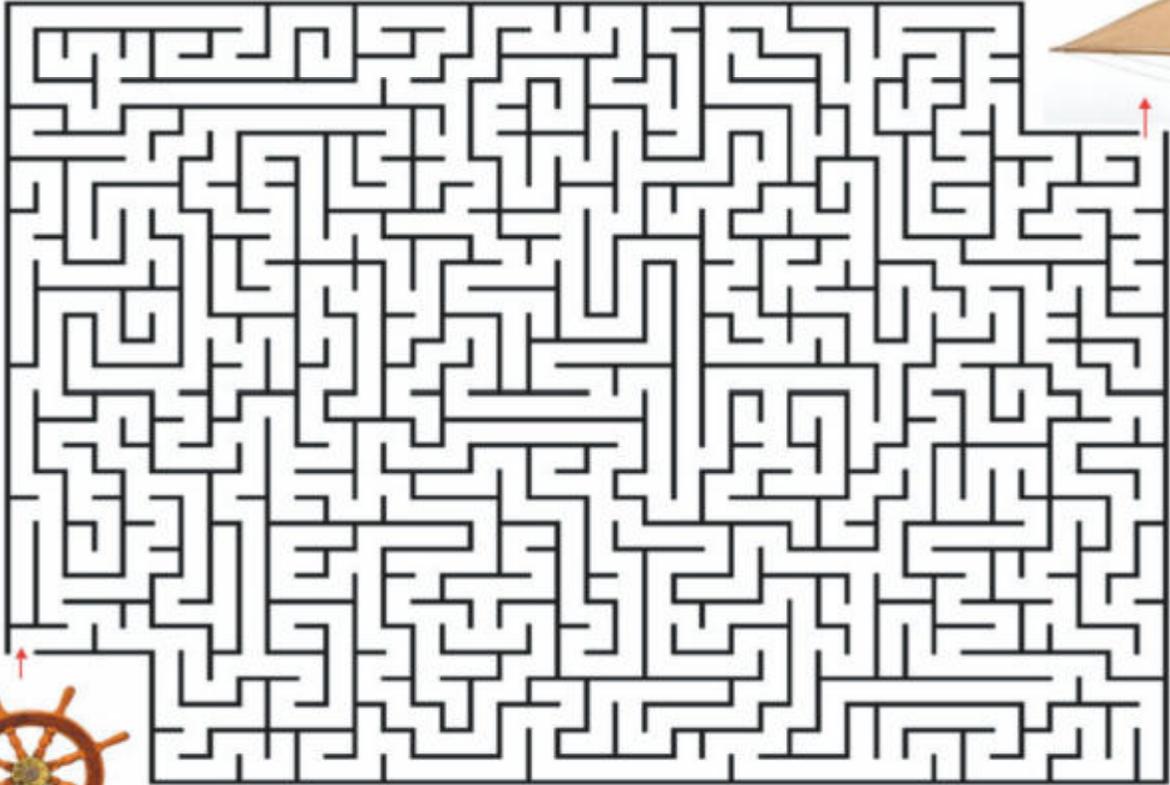
**Great Lakes
COMMUNITY ACTION
PARTNERSHIP**

Searching for June

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



A-Mazing Boat



CAMPING

GEMINI

SUMMER

CANCER

JUNETEENTH

SUNSHINE

CRAB (Cancer)

PEARL

TWINS (Gemini)

FATHER'S DAY

ROSE

VACATION

FLAG DAY

SIXTH

WEDDINGS



Personal Health Care Journal

We can provide you with a useful tool called the **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**.



FILE OF LIFE

What is "File of Life"?



File of Life is a form containing important medical information that is helpful to paramedics and emergency responders in the event you must receive emergency care or need transport to a healthcare facility. The **File of Life** form enables all first responders to obtain a quick medical history when you are unable to offer any. The form eliminates the risk of you forgetting to mention something important if in a confused or incapacitated state. The form, which is kept in a red plastic pocket labeled **FILE OF LIFE**, lists your name along with other pertinent health information that may be needed by the first responder. The entire pocket is designed to be attached to your refrigerator with a magnet.

To receive a **File of Life**,
call **Senior Resources at 419-898-6459**.

Do you already have a File of Life? Is the information on the card outdated? Call us for a replacement card so that your information is up to date!

SUMMER SAFETY TIPS

-  Stay hydrated.
-  Don't stay out for too long.
-  Check the forecast beforehand.
-  Keep sunscreen nearby and use it.
-  Check your prescriptions' side effects.
-  Turn on the A/C.
-  Beware of heat-related illnesses.

how long does it take for a car to get **hot?**



outside F°	vehicle temperature	
	10 mins	30 mins
70°	89°	104°
75°	94°	109°
80°	99°	114°
85°	104°	119°
90°	109°	124°
95°	114°	129°

Even in the shade, the temperature in the car can still soar quickly to **dangerous levels**.

Leaving the windows open has **little effect** on how hot it is inside the car.

www.petplan.org Petplan GoPetplan.com

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



Woohoo, the countdown has begun!!! Starting June 7th, the Ottawa County Senior Centers will begin reopening! As most of the seniors, as well as, younger people have received both doses of the vaccine many positive changes are happening quickly including the lifting of many covid related health orders. As of this writing, all senior center staff & participants will still be required to wear masks & social distance while at the Senior Center. Please stay patient & know that the county is following the state & ODA guidelines & will adjust requirements as the orders are updated & all guidelines will be based on what is safest for all senior center staff & participants.

Let the summer fun begin! All the island businesses are now open! Everyone will be enjoying the warm sunshine & blue waters here on Put-in-Bay! After over a year of following stay at home orders, I'm sure we will see a definite increase in island tourists & participation at the senior center especially with all the summer residents back on the island.



As we start to build up our weekly activities again, please be sure to check out the monthly calendars which show when various activities will be happening.

The calendars will be posted sometime after we reopen the Senior Center, you can find one at the General Store, Post Office, Twp. Office, Library, Senior Center & our website: www.PIBseniorcenter.org.

Don't forget staying active is a key part of enjoying your retirement. Some seniors have found exercising outside a safe & enjoyable way to stay in shape. At the time of this writing, the plan is to meet at the pavilion behind TJ's on M-W-F's at 9am. As we get closer to reopening, I'll have a better understanding of what other activities are 'allowed' under Covid guidelines for the Senior Centers.



Your health matters! The plan is to have the PIB EMS restart their weekly BP clinics as soon as feasible. They will be here on Mondays @ 10am to take Blood Pressures. ***The 60+ clinic is definitely restarting in June! The date for PIB is Thursday, June 24th.*** If you would like to take advantage of the Senior 60+ Clinic, which is a free supplemental program to your regular physician's care, please call 419-734-6800 to make your appointment. This

free program is provided by the Ottawa County Health Department for those 60 & over & is held at the Senior Center every 4th Thursday of the month, this makes travel easier & saves you time & money. It provides basic services to people age 60 and over such as blood pressure screening, blood tests for anemia, blood sugar & cholesterol screening, weight & diet information, health & medication counseling/education at no charge. Through a comprehensive assessment, a nurse will answer any questions and provide education or referrals to private physicians if needed.

The "season" is upon us, we are reopening, so here's wishing everyone a safe & happy summer. Take some long-awaited time to relax & enjoy being with family & friends!





Dr. Stone's Pet Corner

Summer Precautions



We all love spending the long, sunny days of summer outdoors with our furry companions, but being overeager in hot weather can spell danger. Even the healthiest pets can suffer from dehydration, heat stroke and sunburn if overexposed to the heat. Here are a few simple precautions to help keep your pet happy and healthy for all your summer adventures.

Made in the Shade

Pets can get dehydrated quickly, so give them plenty of fresh, clean water when it's hot outdoors. Make sure your pets have a shady place to get out of the sun, be

careful to not over-exercise them, and keep them indoors when it's extremely hot. Animals with flat faces, like Pugs and Persian cats, are more susceptible to heat stroke since they cannot pant as effectively. These pets, along with the elderly, the overweight, and those with heart or lung diseases, should be kept cool in air-conditioned rooms as much as possible.

Make a Safe Splash

Do not leave pets unsupervised around a pool, not all dogs are good swimmers. Introduce your pets to water gradually and make sure they wear flotation devices when on boats. Rinse your dog off after swimming to remove chlorine from his fur and try to keep your dog from drinking pool water, which contains chlorine and other chemicals that could cause stomach upset.

Screen Test

During warmer months it is so nice to be able to have our windows open to help get some fresh air in the house. Keep all unscreened windows or doors in your home closed and make sure adjustable screens are tightly secured. Curious cats and dogs can easily fall out of an unsecured window, potentially causing severe injuries.

Street Smarts

When the temperature is very high, don't let your dog linger on hot asphalt. Being so close to the ground, your pooch's body can heat up quickly, and sensitive paw pads can burn. Keep walks during these times to a minimum.

Avoid Chemicals

Lawn and garden insecticides can be harmful to cats and dogs if ingested, so keep them out of reach. When walking your dog, steer clear of areas that you suspect have been sprayed with insecticides or other chemicals. Keep citronella candles, oil products and insect coils out of pets' reach as well.

Dr. Michael Stone

Oak Harbor Veterinary Hospital, Inc.

1386 S. State Route 19

Oak Harbor, OH 43449

419-898-3411

email: ohvh@ohpetcenter.com





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9400 N. Shore Blvd., Lakeside-Marblehead, OH 43440
www.otterbein.org/marblehead

For more information,
call (419) 798-8254



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4-D-5-5

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14-1434

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www.4lpi.com/careers

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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

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Sandusky, OH 44870

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

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*See office for details



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4-D-5-5

For ad info. call 1-800-477-4574 • www.lpiconmunities.com

14-1434



IRS Impostor Scam

IRS Imposter Scams are aggressive and sophisticated phone scam targeting taxpayers. Callers claim to be employees of the IRS, but are not. They use fake names and bogus IRS identification badge numbers. Victims are told they owe money to the IRS and it must be paid promptly through a wire transfer or stored value card such as a gift card. Victims who refuse to cooperate are threatened with arrest, deportation, or suspension of a business or driver's license. IRS Imposter Scams operating from abroad often use U.S.-based money mules to receive victim payments and transmit proceeds to perpetrators.



Source: *Internal Revenue Services*

Social Security Administration Impostor Scam



Social Security Administration imposters contact prospective victims by telephone and falsely claim that the victim's Social Security number has been suspended because of suspicious activity, or because it has been involved in a crime. They ask to confirm the victim's Social Security number, or they may say they need to withdraw money from the victim's bank and to store it on gift cards or in other unusual ways for "safekeeping." Victims may be told their accounts will be seized or frozen if they fail to act quickly.

Perpetrators often use robocalls to reach victims. Victims may be told to "press 1" to speak to a government "support representative" for help reactivating their Social Security number. They also use caller ID spoofing to make it look like the Social Security Administration is calling. With such trickery, perpetrators convince victims to give up their Social Security numbers and other personal information. Social Security Administration imposters operating from abroad often use U.S.-based money mules to receive victim payments and transmit proceeds to perpetrators.

Source: *Social Security Administration Office of the Inspector General*

Tech Support Scam

Fraudsters make telephone calls and claim to be computer technicians associated with a well-known company or they may use internet pop-up messages to warn about non-existent computer problems. The scammers claim they have detected viruses, other malware, or hacking attempts on the victim's computer. They pretend to be "tech support" and ask that the victim give them remote access to his or her computer. Eventually, they diagnose a non-existent problem and ask the victim to pay large sums of money for unnecessary – or even harmful – services. Tech Support Scams operating from abroad often use U.S.-based money mules (including legitimate-seeming businesses registered in the U.S.) to receive victim payments and transmit proceeds to perpetrators.



Refund scheme: After victims make payments, perpetrators often call back and offer refunds to victims, claiming their tech support services are no longer available. Perpetrators claim to send refund money to the victim's bank account but falsely claim that too much money was refunded. Perpetrators then induce victims to send payments (often through stored-value cards such as gift cards), purportedly to reimburse the tech support company for its "over-refund." Victims have lost hundreds or thousands of dollars to this refund scheme.

Source: *Federal Trade Commission*



What's Happening

On Monday, June 21, 2021 at noon, Magruder Hospital will host a virtual educational program. Brianna Missler, M.A., CCC-SLP will present a program on VitalStim therapy for swallowing, testing for Alzheimer's, and the LSVT LOUD program for Parkinson's Disease. For more information or to sign up, please call 419-732-4061 or email rfall@magruderhospital.com and a link to the program will be emailed to participants.



Magruder Hospital will continue to offer the monthly lab screening on the 2nd Thursday each month between 8am and 11:30am. The \$20 screening has been updated and includes a Comprehensive Metabolic Panel, a Lipid profile, and a COVID antibody IgG test. As an added bonus, individuals can add on a PSA test for an additional \$5 and/or a Hemoglobin A1C test for an additional \$5. Appointments are required and can be made by calling 419-732-4061.

The Magruder Hospital VIP Club is planning some great trips for later in 2021. These trips are not limited to just VIP members - friends and family of VIP members, as well as the general public, may participate in the trips. Due to popular demand a second date for Cleveland 2 has been added to the trip schedule August 4, 2021 as well as multi-day trips to Mt. Rushmore September 25 -October 3, 2021, Vermont June 21-26, 2021, Canyon Country August 20-27, 2021 and Italy October 2-14, 2021. For more information, please call Marty at 419-265-2479 or email Michele at mmueller@magruderhospital.com

The Historic and Ethnic Tour of Cleveland - Part 2 With Magruder VIP's on the Go Wednesday, August 4, 2021 Cost is \$94 per person

*7:00 AM Depart City/County complex 1868 E. Perry Street
Approximate Return time at City/County complex 6:45 PM*

Part history and part mystery, we'll continue exploring Planet Cleveland and its fascinating neighborhoods & unique areas to discover what makes them special.

Personally escorted by JOHN from JKL TOURS, our Historic and Ethnic Tour **Part II** will pick up where Part I left off, as we travel to see places of interest to the Greater Cleveland area.

We'll start by seeing the site of the very first filming of a Bank Robbery in the World and it happened in Cleveland, Ohio! Next, we'll learn the history about a private, inner-city high school where all the students HAVE to work one day a week while still going to school the other 4 days.



Next we'll see Cleveland's very own inner-city vineyard – Chateau HOUGH! And that is right around the corner from where we'll see the wonderfully restored **League Park**, original home of the 1891 Cleveland Spiders and where Babe Ruth hit his 500th home run. We'll have a chance to experience Cleveland's answer to New York's Greenwich Village at **Coventry-on-the-Heights** and then take in the specialties of one of the oldest Kosher grocery store & bakeries in Cleveland.

You won't need your bathing suit, but we will visit an inland lake, whose stream provided power to the first flour mills of the area on its six-mile journey to Lake Erie. We'll see the suburban legacy and reason behind the building of the Terminal Tower and enjoy a delightful lunch at an authentic Hungarian Restaurant

We will tour a spectacular Shrine Church that is in the heart of Slavic Village, and see a special 9 hole golf course built on reclaimed Steel Mill land overlooking Cleveland's Steel Valley. We'll see the tremendous turnaround from vacant and decaying steel mill warehouses to retail development at **Steelyard Commons** that brought shopping to that area.

We'll complete our day sightseeing Cleveland's hip neighborhood, trendy **Tremont**, which was one of Cleveland's first neighborhoods, created as an elitist Connecticut Yankee area and home to Cleveland University of 1853, the first college in Cleveland

Just like Part I, we will combine history, surprises (and lunch) to give you a view of the culture and heritage that makes Cleveland a unique mosaic of people and places.

This tour will also include a stop at the world famous Westside Market!

**For Information & Reservations Contact: Marty Willis 419-265-2479 or
Michele Mueller 419-734-3131 ext. 3147
mmueller@magruderhospital.com**



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, June 22, 2021 -Teleconference or Video-Conference

Topic: Decluttering Tips and Tricks

Speaker: Rose Toth, Owner/Interior designer

Tuesday, July 27, 2021 - Teleconference or Video-Conference

Topic: Library Services (digital Offerings)

Speaker: Rebecca Roberts, Adult Services Heatherdown Library

TIME: 1:00 p.m. – 2:00 p.m.

Check our monthly
newsletter for
upcoming dates
each month.

Tuesday, July 13,, 2021 – Teleconference or Video-Conference

Topic: How to maintain good oral health

Speaker: Christian Delong, Practice Manager Dental Center of Northwest

Tuesday, September 14, 2021 – Teleconference or Video-Conference

Topic: Transferring, safe use medical equipment

Speaker: Erica Reid, Business Development Rehabilitation Hospital of NW Ohio



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



At this time we have no news to report as to when we will be opening up the senior centers. When word does come in, Senior Resources and each of our Senior Centers will find a way to make sure you are contacted. We will all just sit and wait until then.

Danbury still is providing Grab-n-Go lunches every day from 11:30- 12:00. If you are interested in reserving a lunch, please call me here at the center at 419-798-4101.

As we wait, we still are trying to find ways to keep everyone busy with puzzles, word finds and now, since warmer weather is upon us, we will be doing Parking Lot Bingos. Information on these activities can be found on the Senior Resources website or by calling the centers for info on the Bingos.



I hope soon, we can get back to our normal schedule but until then, please stay safe and wear a mask when in public, social distance, and wash your hands.

June bugs - Paula and Deanna



Social Distancing

PRIZE CAR BINGO



Hosted by Stein Hospice & the Danbury Senior Center

Held at the Danbury Senior Center

8470 E. Harbor Road, Marblehead, Ohio 43440

Friday, June 18, 2021

12:30 - 1:30 pm

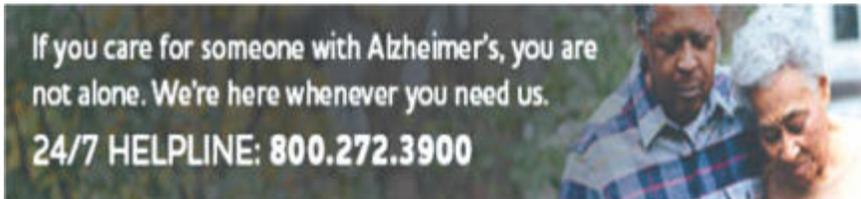
**RSVP for BINGO to the Danbury Senior Center
at 419-798-4101**





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 is not currently meeting due to lack of interest, if there becomes more of an interest, we will bring it back, virtually for the time being. Other support groups are available. We also have virtual education programs and virtual/ telephonic care consultations. If interested in registering for a 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. The Walk to End Alzheimer's will be in person this year, if anyone wants to register a team for the Tiffin or Sandusky Walk, please call Erica Parnisari at 419.216.2973 or email elparnisari@alz.org

Dakota Stone, LSW, MSSA | Program Coordinator | Alzheimer's Association, Northwest Ohio Chapter | 24/7 Helpline [800-272-3900](tel: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.



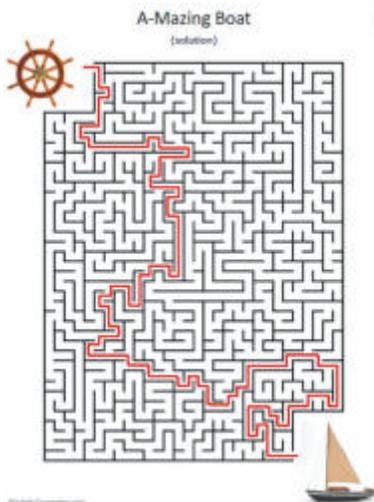
Senior Farmers' Market Nutrition Program

The Senior Farmers' Market Nutrition 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.

The applications for the 2021 Senior Farmers' Market Nutrition Program are available now. Every individual is required to complete an application at the start of each season.

For address changes and/or to receive the 2021 application, contact the AOoA office at 419-382-0624. Or Call Senior Resources at 419-898-6459. It is required that you fill out a new application each year.





**June 18th is
GO FISHING
DAY!**





Flag Day – June 14, 2021

Flag Day is celebrated on June 14. It commemorates the adoption of the flag of the United States on June 14, 1777, by resolution of the Second Continental Congress. The Flag Resolution, passed on June 14, 1777, stated: "Resolved, That the flag of the thirteen United States be thirteen stripes, alternate red and white; that the union be thirteen stars, white in a blue field, representing a new constellation."

The week of June 14 (June 13–19, 2021) is designated as "National Flag Week." During National Flag Week, the president will issue a proclamation "urging the people to observe the day as the anniversary of the adoption on June 14, 1777, by the Continental Congress of the Stars and Stripes as the official flag of the United States of America." The flag should also be displayed on all government buildings.



8444 West State Route 163, Suite 102, Oak Harbor, Ohio 43449 ♦ Telephone (419)898-2089 ♦ Fax (419)898-3067
 Within Ottawa County (800)610-8872 ♦ Website: www.co.ottawa.oh.us/veterans ♦ E-mail: veterans@co.ottawa.oh.us
 "Like" us on Facebook: Ottawa County Veterans Service Office

D-DAY

D-day ~ June 6, 1944

D-Day is a military term designating the start of a military operation. The term "D-Day" has been used for many different operations, but in modern history it refers to what happened on **June 6, 1944** - the day on which the **Battle of Normandy** began.

On June 6, 1944, thousands of Allied troops landed on the beaches of Normandy, in northern France, at the start of the battle to liberate mainland Europe from Nazi occupation. A total 75,215 British and Canadian troops and 57,500 US troops were landed by sea on D-Day. Another 23,400 were landed by air. By the end of 11 June, 326,547 troops, 54,186 vehicles and 104,428 tons of supplies had been landed on the beaches.

According to the US National D-Day Memorial Foundation, **4,414 Allied soldiers died on D-Day** and many more were wounded. The total German casualties on D-Day are not known, but are estimated as being between 4000 and 9000 men.

When the Battle of Normandy was over, more than **425,000 Allied and German troops had been killed**, wounded or were missing in action. Allied casualties totaled around 209,000, including 37,000 dead from the ground forces and almost 17,000 from the airborne forces.

Codenames

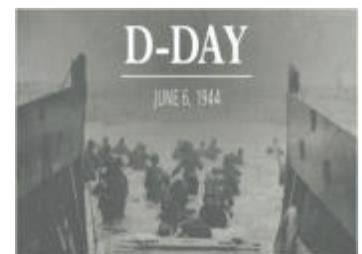
The armed forces use codenames to refer to the planning and execution of specific military operations.

There were two codenames used on D-Day:

Operation Overlord - codename for the Allied invasion of north-west Europe. Operation Overlord began on D-Day, and continued until Allied forces crossed the River Seine on August 19, 1944.

Operation Neptune - codename for landing the troops on the beaches, and all other associated supporting operations required to establish a beachhead in France. Operation Neptune began on D-Day (6 June 1944) and ended on June 30, 1944.

The fighting at the **Battle of Normandy** took place between D-Day and the end of August 1944.





PLEASE WEAR A MASK

Fun in the
SUMMER SUN 50^{YRS & UP}

FREE SENIOR DRIVE THRU EVENT

June 9 | 9:30am - 11:30am
Rain Date June 16

Location:
St. Timothy's Episcopal Church
871 E. Boundary St. Perrysburg, OH 43051

Bags
Hand Sanitizer
Gift Cards
Water Bottles
Treats
and MUCH MORE!

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 N.W.O. CarePatrol
 Encompass Health Rehabilitation Hospital of Toledo
 Elara Caring
 Comfort Keepers of Perrysburg
 D.A.R.T
 The Cocoon
 Medical Mutual of Ohio

Genoa Senior Center

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

Elmore Golden Oldies Senior Center

19225 Witty Road, Elmore, Ohio 43416

HELLO JUNE,
I can't believe it's June already, and I am getting tired of mowing grass every other day. My Rhubarb has really produced this year, along with the pies I made from the Rhubarb patch. Yum Yum.



This year has been quite challenging for me, having to deal with both of my parents. I am getting through it and will bounce back just fine.



Thank you to all for your support and cards and gifts during this time. It has meant so much to me that there are always people who care.

Dates of interest:

- June 16– Genoa Senior Center-Visit from Heartland Hospice
- June 20- Father's Day
- June 21- Summer begins, Car Bingo with Stein Hospice at Genoa Senior Center - 10:30-11:30am
- June 22– Elmore Senior Center-Visit from Heartland Hospice
- June 24– Elmore Senior Center -Car Bingo with Stein Hospice 10:30-11:30am

We are getting closer and closer to opening. I for one cannot wait to see everybody in person again.. Stay Safe and Healthy,

Tom & Jo



Grab-n-Go Meals

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

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 these 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.**



From the Director

Dianne Martin Mortensen

At the time of this writing, the world of Covid is changing rapidly. But we will continue to forge ahead.

- ⇒ **For those interested in the Senior Center re-openings:** We are planning to **gradually** re-open senior centers beginning Monday, **June 7th**. Since rules for masking and activities in senior centers has not been decided at this writing, your Site Manager will be letting you know what will be expected as we get closer to that date. If you have any questions—please contact DIANNE at Senior Resources—**419-898-6459**.
- ⇒ **60+ clinics will resume on June 1st:** Please check the flyer in this newsletter for more information about your location. Call the Health Dept at 419-734-6800 to schedule your appointment.
- ⇒ **Vaccination Opportunities:** If you have not received a vaccine, but would like to, please contact the Ottawa County Health Department to find out where you can go to receive the vaccine.
- ⇒ **Great Lakes Community Action Partnership SENIOR HELPING HANDS:** GLCAP along with Senior Resources will be offering the Senior Helping Hands program to Ottawa County Seniors. This project is funded through the CARES Act and is designed to help seniors get much needed maintenance and repairs to help seniors maintain their independence.
- ⇒ **Elder Abuse Awareness Day:** June 15th, serves as a call-to-action for individuals, organizations, and communities to bring attention to the issue of **elder abuse**, neglect, and exploitation .

Should you have any questions regarding the information provided above, do not hesitate to contact me at 419-898-6459. Remember to ask for Dianne, and if I am not available, I will get back with you as soon as I can.

Let's make this a great summer by staying safe and getting vaccinated.





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

ON THE ROAD TO REOPENING SENIOR CENTERS!

OAK HARBOR
GENOA
 PORT CLINTON

PUT-IN-BAY
ELMORE
 DANBURY



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 maintaining 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!



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

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