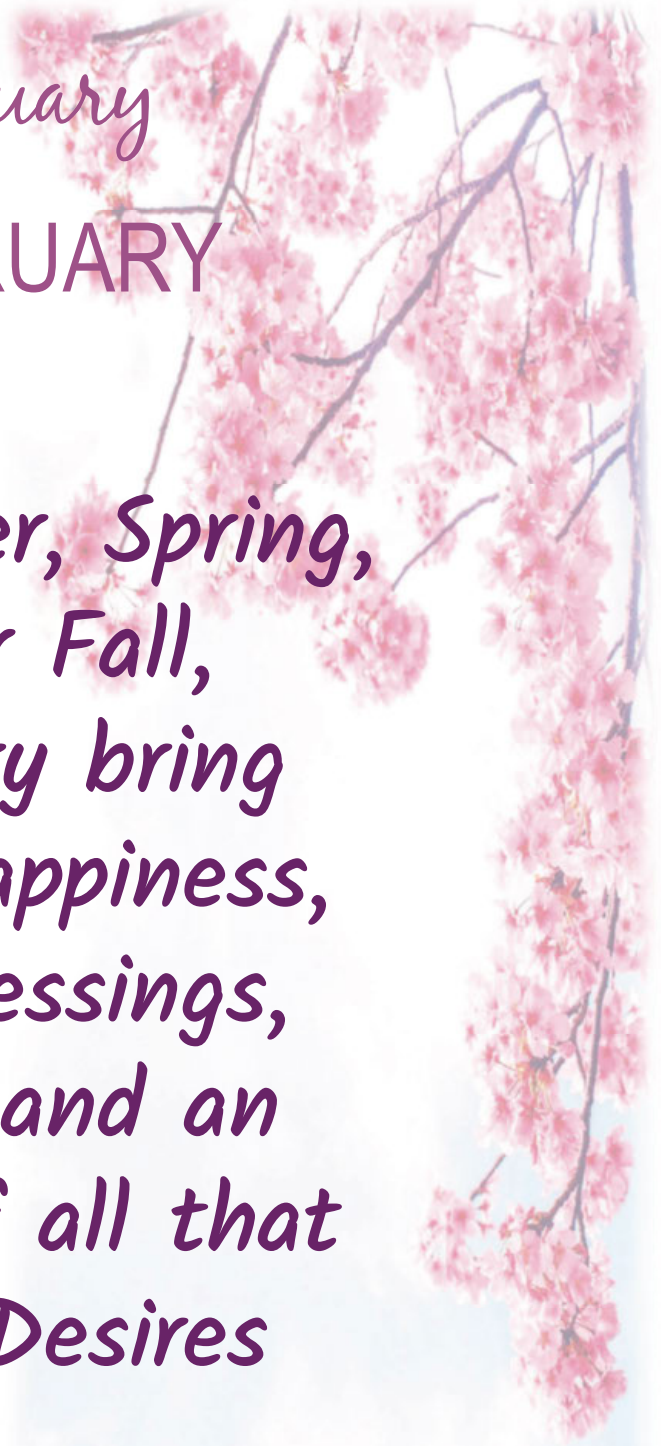











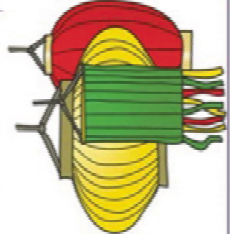

goodbye *January*
hello FEBRUARY

*Whether Winter, Spring,
Summer or Fall,
May February bring
you LOVE, Happiness,
Beautiful Blessings,
Huge Hugs, and an
Abundance of all that
your Heart Desires*



February 2022

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>HAPPY GROUNDHOG DAY February 2nd</p> <p>1 Pot Roast w/Gravy Mashed Potatoes w/Gravy Baby Carrots Peaches White Roll</p>	<p>2 Groundhog Day Baked Chicken Sweet Potato Casserole Green Beans Grapes Wheat Roll</p> 	<p>3 Sloppy Joe Sandwich Potato Wedges Three Bean Salad Tropical Fruit</p>	<p>4 Winter Olympics Begin Veal Parmesan over Spaghetti California Blend Tossed Salad Pears Wheat Bread</p> 	
<p>7 Beef & Broccoli over Brown Rice Glazed Sugar Snap Peas Pineapple Wheat Bread</p>	<p>8 Spinach Artichoke Chicken Mashed Potatoes w/Gravy Lima Beans Strawberry Shortcake</p>	<p>9 Spaghetti and Meatballs Italian Green Beans Tossed Salad Peaches Garlic Toast</p> 	<p>10 Glazed Ham Alt: Baked Chicken Red Bliss Potatoes Brussel Sprouts Fruit Cocktail - Wheat Roll</p>	<p>11 Salisbury Steak w/Gravy Mashed Potatoes w/Gravy Malibu Blend Banana Wheat Roll</p> 
<p>14 Valentine's Day Maple Glazed Chicken Baked Potato w/ Sour Cream Broccoli Berry Applesauce Wheat Roll</p> 	<p>15 Roast Beef & Cheddar Sandwich Lettuce/Tomato/Onion Chunky Vegetable Soup/Crackers Fresh Fruit Cup</p>	<p>16 Goulash Buttered Peas Betty Salad Fruited Gelatin Garlic Toast</p>	<p>17 Open Face Turkey Sandwich Mashed Potatoes/Gravy Mixed Vegetables Pineapple & Oranges</p>	<p>18 Fire Braised Pork Oven Roasted Potatoes California Blend Fruit Cocktail Wheat Roll</p>
<p>21 Presidents Day No Home Delivered Meals Senior Centers Closed</p> 	<p>22 Honey Mustard Chicken Red Skin Mashed Potatoes Prince Charles Blend Fruited Gelatin White Roll</p>	<p>23 Kielbasa & Cabbage Alt: Chicken Breast German Potato Salad Grapes Wheat Roll <i>Genoa & Oak Harbor Bday</i></p>	<p>24 Roasted Turkey w/Gravy Homemade Stuffing Sweet Potatoes Green Bean Casserole Peaches <i>Port Clinton/Ehmore Bday</i></p>	<p>25 Stuffed Peppers Mashed Potatoes w/Gravy Buttered Corn Cinnamon Apples Wheat Roll <i>HDM & Danbury Bday Treat</i></p>
<p>28 Chicken Chili/Crackers Baked Potato/Sour Cream Tossed Salad Fruit Cocktail Combread Muffin</p>	<p>CHINESE NEW YEAR</p> 	<p>YEAR Of The TIGER</p>  	 <p>BLACK HISTORY MONTH</p>	

Christmas Blessings

Despite all the effort COVID spent to disrupt our Holidays, the staff and community helpers of Ottawa County Senior Resources worked just as hard to make the Holidays go off without a hitch.

After a one year hiatus, 2021 brought back our favorite Socks and Blankets for Seniors, where the collections were so large, we had to move them to another building for space to sort and pack the goodies. Thanks to everyone who donated to our cause; the seniors love the treasures they receive each year and it is because of our community that we are able to provide this holiday cheer.

It was all hands on deck as volunteers and staff stepped up to the plate to pack our Christmas socks & blankets and our bamboo Christmas mugs filled with goodies (Senior Resources' little gift to all of our wonderful seniors and helpers throughout the year). A big Thank You goes out to our 3rd grade friends at RC Waters for making our wonderful bags to pack everything into & to our area community agencies supplying information and goodies for the bags.

Our Senior Centers were also able to have parties this year, a little more subdued but still a blessing to be able to share the holidays with friends. It really means the world to all of us. Some had gift exchanges, some had big Bingo games, and some just enjoyed the time shared with good food and good fellowship.

Even the staff of Senior Resources was able to have a meeting/get-together to enjoy each others' company, sharing important information, recognizing our staff accomplishments, sharing gifts with one another and enjoying a bite to eat.

Till next year, when we hope that our so called friend COVID will decide he has stayed way too long. Welcome 2022; so long to 2021, it's a WRAP!



A special "Thank YOU" goes out to Creative Gifts for sharing a new fundraiser to provide Holiday Candy Bouquets many of the Home Delivered Meal seniors. This fundraiser project helped 70 senior enjoy the holiday a little bit more, especially during this time of Covid. Each year, we look forward to providing positive holiday memories for our seniors and Creative Gifts owner Kristina Tilson helped to make this happen. We can't wait to see what's next with our partnership with Creative Gifts!



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

Well, we are another month closer to Spring, which cannot come soon enough. The older I become, the more I am not a fan of winter. I also am joining the 60+ club in March of this year. Where did the time go? It just keeps marching on like always.



It is now that we come to that special day in February where we can express our love for one another. The whole world needs more of this. A little appreciation goes a long way. Be kind to one another.

There is not a lot scheduled this month. Our programs keep getting shut down because of the virus. We do have a few things going on though. Please read your newsletter for dates and times.

Abby Sullivan from Harris/Elmore-Genoa public libraries stops by Genoa to craft with the Genoa & Elmore Seniors and to help make Bird Feeder Ornaments. Kathy Withrow visits Genoa & Elmore with Chair Exercises. Sherri Bourne has a Valentines theme event cooked up for both the Genoa & Elmore Senior Centers. Jo and I have been cooking up some ideas of our own which we will present to you when we have them ready. Be patient & hang in there. We will get through this wave of the virus and move on.

Stay Safe & Healthy & Wear Your Mask.
HAPPY VALENTINES DAY,
Tom & Jo



Whatever
makes your soul
happy.
do that.



Puzzle Solution on Page 115 Matching Football Items

Find the two football items that are exactly alike.



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

Port Clinton Senior Center

So here we are in February; seems like these days are going by way too fast. At the Port Clinton Senior Center, Dominoes are still going strong with the seniors playing every day. We also have the 60+ clinics twice a month here at Port Clinton. The 60+ clinic starts at 9:00 am on Tuesday February 8th and Thursday February 10th. Please call the Ottawa County Health Department to schedule your 60+ appointments at 419-734-6800.

We will have Sherri Bourne with Stein Hospice visiting us on Tuesday, February 15th at 12:00 pm. In addition, we have Dave Kimmel with the IDA Rupp Library bringing us new books to read.

We look forward to seeing all of you at the Port Clinton Senior Center.

Happy Valentine's Day ,

Rose Snyder, Site Manager & Mary Carrisalez, Site Assistant

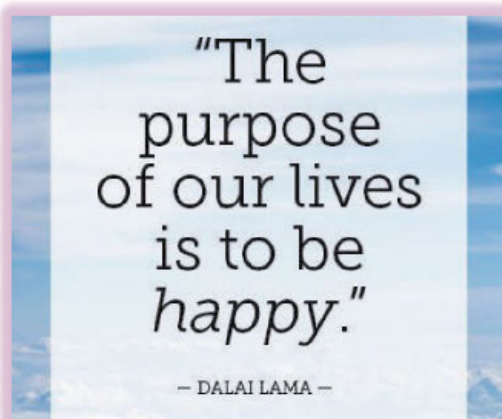
Oak Harbor Senior Center

Oak Harbor Senior Center is hosting only Grab & Go meals for the month of February. Please call by 9:00 am to **419-898-2800** or **419-898-6459** the day prior to the day you wish to pick up a meal.

Pickup is on Monday & Wednesday between 11:30 am and 12:00 pm. For more information, please do not hesitate to contact Senior Resources at 419-898-6459.

THANK YOU & HAPPY VALENTINE'S DAY!

Rose Snyder, Site Manager



Scam Prevention

3 Ways to Protect Elderly Family Members



Be open about finances

Discuss bills and spending with older relatives.



Keep track of workers

Make sure elderly parents have a trusted list of workers like plumbers and electricians who charge transparent, reliable rates for jobs.



Watch for changes

Watch for changes in memory or math skills, which can signal seniors are vulnerable to scams.

Searching for February

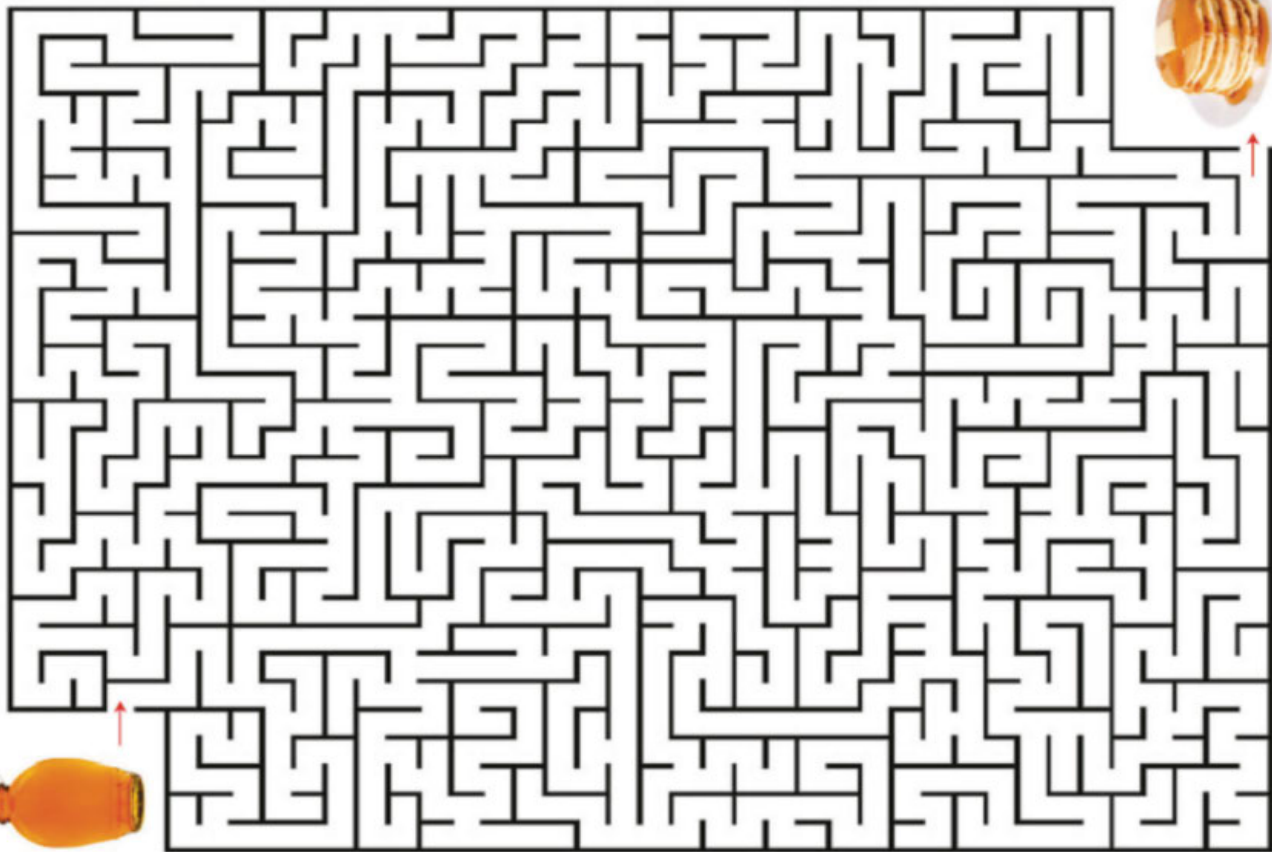
The words listed below can be found vertically, horizontally, diagonally, forward, and backward. Disregard spaces between words.

Z	M	X	C	Y	G	X	S	R	F	I	F	K	F	C
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A	R	F	B	H	T	Y	C	R	C	I	P	F	W	N
J	B	J	K	A	E	H	G	M	H	E	V	O	E	
E	Z	E	P	L	M	U	Q	Y	N	J	S	Y	B	W
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- AMETHYST
- AQUARIUS
- BLACK HISTORY (Month)
- CHINESE NEW YEAR
- FEBRUARY
- FISH (Pisces)
- FLAG DAY (Canada and Mexico)
- GROUNDHOG DAY
- PISCES
- PRESIDENTS' DAY
- SUPER BOWL
- VALENTINE'S DAY
- VIOLET
- WATER BEARER (Aquarius)
- WINTER

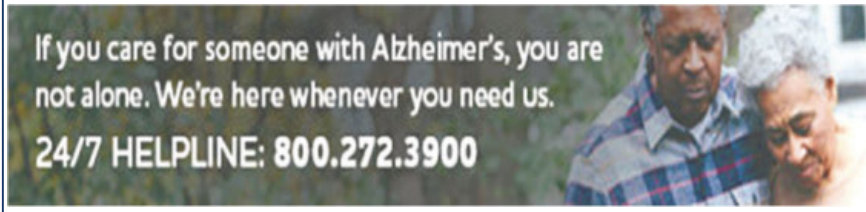
A-Mazing Maple Syrup





The Alzheimer's Association, Northwest Ohio Chapter provides services to Ottawa County Residents!

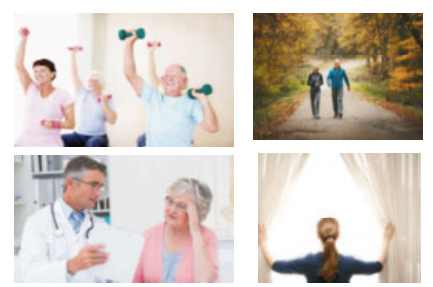
The Alzheimer's Association, Northwest Ohio Chapter provides services to Ottawa County Residents! The Alzheimer's Association can provide support, guidance, coaching, and education for individuals and families impacted by Alzheimer's Disease and all Dementias. The Alzheimer's Association's helpline (800-272-3900) is taking calls 24/7 to help provide support to individuals with the disease, caregivers, and family members. **We have in-person and virtual education programs, please call helpline or go to Alz.org/nwohio to find these, we ask that participants pre-register to get any updates, as things can change. Participants of any in-person Alzheimer's Association programs must wear a mask and will be asked to social distance as we are following the CDC COVID recommendations.** Care consultations will continue to be virtual/ telephonic at this time. 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](tel:800-272-3900) | Cell: 567-302-3608 | dlstone@alz.org | alz.org/nwohio



*Take Walks
Let the Sunshine in!
(Open curtains)
Exercise
Talk to your doctor*



Great Lakes Community Action Partnership HOME ENERGY ASSISTANCE PROGRAM

Great Lakes Community Action Partnership provides utility assistance services throughout the year for residents of Wood, Sandusky, Ottawa, and Seneca counties through the Home Energy Assistance Program (HEAP), which provides a one - time credit paid to a resident's main heating utility in the winter months (November through March).

We also offer other utility assistance including: Payment Plans, Winter Heating Help and Summer Cooling Help.

2020-2021 Income Guidelines (annual income)		
Household Size	PIPP	HEAP and SCP
1	\$19,140	\$22,330
2	\$25,860	\$30,170
3	\$32,580	\$38,010
4	\$39,300	\$45,850
5	\$46,020	\$53,690
6	\$52,740	\$61,530

Great Lakes Community Action Partnership
1-800-775-9767 or visit www.glcap.org



Cancellations

Do you need to cancel your Home Delivered Meal?

Call: 419-898-6459

Please leave your name, address, telephone number, & the days you wish to cancel delivery.

You can call anytime day or night & leave a message.

If you have appointments please feel free to call them in ahead of time.



2022

Winter Weather Closing Information

Home Delivered Meal Information

If Ottawa County is on a Level 3 Emergency or weather and road conditions are deemed to be hazardous, there will **NO DELIVERY** of meals for that day.

Please remember your Shelf-Stable Food items on those days!

SENIOR CENTERS

YOUR SENIOR CENTER IS CLOSED WHEN OTTAWA COUNTY IS ON A LEVEL 3 EMERGENCY

Senior Centers remain OPEN if your school is delayed 2 hrs

Call your Senior Center or Senior Resources to check if your senior center is OPEN when:

Your school is closed after a posted 2 hour delay

Under NO circumstance should you venture out if you do not feel comfortable with the weather conditions, EVEN if the Senior Center is open.

Watch your local TV stations for closing information

Look for: Ottawa County Senior Centers Closed

Ottawa County Home Delivered Meals Closed

OTTAWA COUNTY SENIOR RESOURCES

419-898-6459

Danbury Senior Center-419-798-4101

Elmore Senior Center - 419-862-3874

Genoa Senior Center - 419-855-4491

Oak Harbor Senior Center - 419-898-2800

Port Clinton Senior Center - 419-734-1481

Winter Weather Advisory

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

be aware.



Winter Storm Warning

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

take action.

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

I hope everyone had a wonderful start to the New Year! During January, the PIB Seniors enjoyed a “Soup & Show” evening together and a “Senior Social” at Topsy’s in addition to all our regularly scheduled activities.



We have a couple special events planned for February as well: On Feb. 13th we’ll be getting together for a “Snacks & Super Bowl Tailgate & on the 19th we’ll have a Soup & Show evening. Finally, on Thursday, Feb. 24th we’ll be enjoying our winter monthly Senior Social at Topsy Turvey’s!

Remember during the off season, a “Soup and a Show”, “Wii Bowling” or similar activity is added at least once a month but are often not planned far enough in advance to make this publication. Check out the calendars posted at the Senior Center, Post Office, Twp. Office, for any extra last-minute activities in February! The Put-in-Bay Senior Center loves to see new faces attending our activities, & we welcome you to stop by & join in the fun anytime!

Our Senior Lunches continue every Monday at Topsy’s @ 12:00 noon. **Please make your reservation by 12pm on the prior Friday** by signing up at the Senior Center or calling the center at (419) 285-5501. A very special “Thank-You” goes out to the staff at Topsy’s for keeping the senior lunches running smoothly!

The wonderful people at the EMS continue to take Blood Pressures every Monday at 10:00am. This is a great free service they provide, so come in & get yours checked. The “60+ Clinic” is scheduled for Thursday Feb. 24th. This free health clinic is put on by the Ottawa County Health Dept. for those 60 and older. If you’d like to take advantage of this wonderful program, please call 419-734-6800 to make your appointment.

As we enter the heart of the winter season, many here on the island are keeping their fingers crossed that Mother Nature cooperates so we can enjoy some ice fishing & other fun winter sports! Keeping active is vital for both our mental & physical health. If we’re moving & it doesn’t matter how fast or hard whether doing housework or ice fishing just keep it up & you’ll begin to enjoy all the wonderful health benefits that come with being active!! Wishing all a safe winter. Please remember to be extra careful when you venture outside; the ice & ground are harder than they look when your feet slip out from underneath you!



Check On Your Neighbors

- During extreme weather (including very cold days) ensure they are safe and healthy.
- Do they have safe food and water?
- Is the temperature in their home comfortable and conditions safe?
- Do they need medical attention?
- Do they have medical equipment that requires electricity?
- Who will help if they need it?



www.aging.ohio.gov

Ohio
Department of Aging



Dr. Stone's Pet Corner

Pet Dental Disease



Dental disease is more than just a cosmetic issue. When your canine companion or feline friend has red gums, yellow teeth, and stinky breath, it could be a sign of serious oral disease that could, if left untreated, lead to devastating effects on your pet's quality of life. That's why National Pet Dental Health Month, observed all through February, is so important! Here are some things to keep in mind this month and all throughout the year.

The American Veterinary Medical Association (AVMA) reports 80% of dogs and 70% of cats have some kind of oral disease by the age of 3. It's one of the most common

problems faced by our four-legged family members.

Take this month to check your pet's oral health, and make sure you know how to care for their teeth. National Pet Dental Health Month is the perfect time to call your veterinarian and schedule a dental checkup for your furry family members. Oral disease can lead to serious consequences for pets, including infection, severe pain and even organ damage. With regular oral health maintenance and check-ups, most of these problems can be avoided.

Symptoms And Prevention of Pet Dental Disease

Pets with developing gingivitis and periodontal diseases often paw at their faces or mouths frequently, have excessive drool, and may also exhibit unwillingness to eat harder foods. As with many health issues, prevention is always the best medicine. One way you can take a proactive role in preventing oral disease in your pet is by using an important tool that many pet parents neglect to purchase for their four-legged friends: a toothbrush. You should use a soft-bristled toothbrush to clean your pet's teeth daily in order to remove any food particles and prevent the build up of tartar and plaque deposits. Also, make sure to only use toothpaste specially formulated for use on pets.

Ask Your Vet About Professional Teeth Cleaning

Your veterinarian may recommend a professional teeth cleaning for your dog or cat once or twice a year or as needed. Performing a thorough oral exam can sometimes require the use of general anesthesia. Your veterinarian will use instruments to scale and polish your pet's teeth, removing tartar and plaque buildup that could otherwise lead to dental issues. In cases of serious oral disease, your veterinarian may additionally recommend a tooth extraction. Keeping on top of your pet's dental health has lasting, positive effects. Some studies suggest that maintaining oral health can add up to five years to your pet's life!

Dr. Michael Stone



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



Valentine's Day isn't just about humans.

Almost 9 million people in the U.S. buy their dogs gifts or cards for Valentine's Day.



Isolation/Quarantine Guidelines

Updated: 12/29/2021

If You Test Positive for COVID-19 (Isolate)

Everyone, regardless of vaccination status.

- Stay home for 5 days
- If you have no symptoms or your symptoms are resolving after 5 days, you can leave your house.
- Continue to wear a mask around others for 5 additional days.

If you have a fever, continue to stay home until your fever resolves.

If You Were Exposed to Someone with COVID-19 (Quarantine)

If you:

Have been boosted

OR

Completed the primary series of Pfizer or Moderna vaccine within the last 6 months

OR

Completed the primary series of J&J vaccine within the last 2 months

- Wear a mask around others for 10 days
- Test on day 5, if possible

If you develop symptoms get a test and stay home

If you:

Completed the primary series of Pfizer or Moderna vaccine over 6 months ago and are not boosted

OR

Completed the primary series of J&J over 2 months ago and are not boosted months

OR

Are unvaccinated

- Stay home for 5 days. After that continue to wear a mask around others for 5 additional days
- If you can't quarantine you must wear a mask for 10 days
- Test on day 5, if possible

If you develop symptoms get a test and stay home.



Call for a
Complimentary
Initial Consultation
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Veterans Serving Veterans

OUR SERVICES
FREE OF CHARGE
Assisting Veterans &
Their Dependents

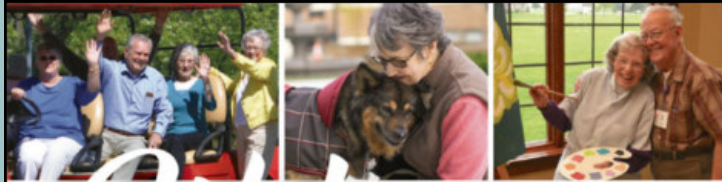
- VA Benefits
- Financial Assistance
- Transportation

419-898-2089

8444 West State Route 163, Suite 102 • Oak Harbor, OH



Oak Harbor 419-898-4455
Elmore-Genoa 419-862-3331



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- Rated Five Star



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

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call (419) 798-8254

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419-734-3131
magruderhospital.com

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419.898.2851 • Port Clinton - 419.732.3163
www.riverviewhealthcare.com



4-D-5-5

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

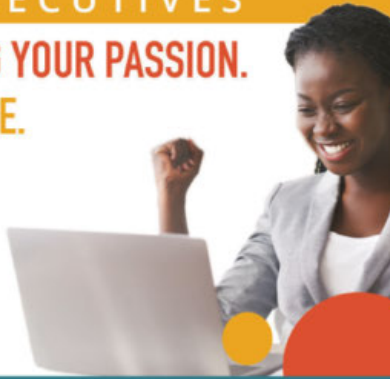
14-1434

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www.4lpi.com/careers

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Care Coaching- Our free over the telephone program is tailored to each individual family situation. Care Coaches address immediate concerns, provide information and advice on what matters most to families caring for an older adult with memory loss, and help plan for the future.

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Give us a call or visit our website to learn more about our many services.



www.memorylanecareservices.org
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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

(567) 998-3151

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

hearinglife.com

*See office for details



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4-D-5-5

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14-1434



What's Happening



Magruder Hospital will continue to offer the monthly lab screening on the 2nd Thursday each month between 8am and 11:30am at the Magruder Community Clinic 730 Jefferson Street in Port Clinton. Appointments are required and can be made by calling 419-301-4304. The \$20 screening includes a Basic Metabolic Panel (glucose, BUN/Creatinine, calcium, potassium, sodium, chloride, CO2) and a Lipid profile (Total Cholesterol/LDL/HDL/Triglycerides), as well as a Blood Pressure check. 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.



Regular and High Dose Flu Shots will be available at The Pharmacy at Magruder (located in the same building as Urgent Care). No appointment required. The Pharmacy is open Monday through Friday 9am to 6pm and Saturday/Sunday 9am to 5pm. We can bill insurances – bring your cards. The Pharmacy will be closed Thanksgiving Day, Christmas Day and New Years Day. If you plan to receive your flu shot from your Magruder Medical Group Primary Care Provider, please call their office to make an appointment.

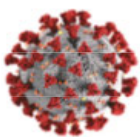


American Red Cross

The American Red Cross will host a blood drive at Magruder on Friday, March 25, 2022 from 11am to 4pm. To schedule an appointment call 1-800-REDCROSS, visit www.redcrossblood.org or call 419-732-4061. You can always find nearby blood drives by going to that same website and entering your zip code.

Magruder is taping our Time for Health show again which can be found on our homepage www.magruderhospital.com. Episodes are 15 minutes long or less and cover a variety of health related topics.

COVID TESTING:



- All COVID testing is done at the Magruder Community Clinic 730 Jefferson Street, Port Clinton. We offer COVID testing for pre-operative (regardless of where surgery is being done) with a provider order as well as symptomatic and exposure testing with a provider order. Providers can fax orders to 419-732-2864.

- Magruder also offers Self-Pay COVID testing for travel, return to school, and events that require COVID test results. Patients can pay via credit card when scheduling and results are available within 72 hours. The PCR COVID test costs \$165 and must be scheduled by calling 419-301-4304. No walk-ins will be accepted.

COVID BOOSTERS:

- Magruder offers Moderna COVID Boosters by appointment only at The Magruder Community Clinic (730 Jefferson St in PC), as well as The Pharmacy at Magruder (at the end of the building after the ER). To schedule an appointment go to <https://www.magruderhospital.com>
- The Ottawa County Health Department also offers COVID Boosters. Check their facebook page and their website at ottawahealth.org for dates and times.

Black History Month

BY KAY BOATNER

Every February, people in the United States celebrate the achievements and history of African Americans as part of Black History Month.

HOW IT STARTED



In 1915, in response to the lack of information on the accomplishments of Black people available to the public, historian Carter G. Woodson co-founded the Association for the Study of Negro Life and History. In 1926, the group declared the second week of February as “Negro History Week” to recognize the contributions of African Americans to U.S. history. Few people studied Black history and it wasn't included in textbooks prior to the creation of Negro History Week.

This week was chosen because it includes the birthdays of both Frederick Douglass, an abolitionist (someone who wanted to end the practice of enslaving people), and former U.S. president Abraham Lincoln. President Lincoln led the United States during the Civil War, which was primarily fought over the enslavement of Black people in the country. Many schools and leaders began recognizing the week after its creation.

The week-long event officially became Black History Month in 1976 when U.S. president Gerald Ford extended the recognition to “honor the too-often neglected accomplishments of Black Americans in every area of endeavor throughout our history.” Black History Month has been celebrated in the United States every February since.

WHAT IT HONORS

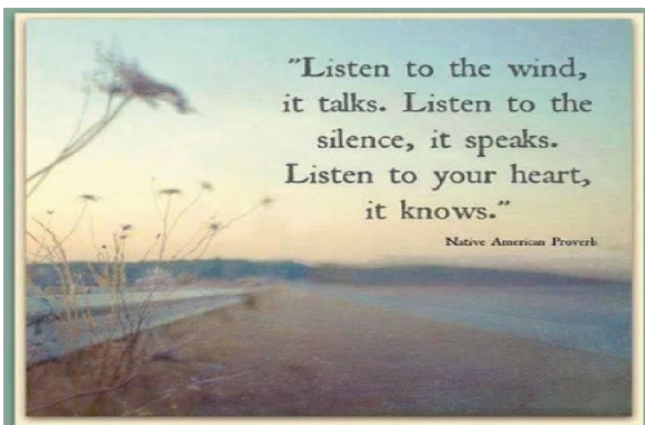
Black History Month was created to focus attention on the contributions of African Americans to the United States. It honors all Black people from all periods of U.S. history, from the enslaved people first brought over from Africa in the early 17th century to African Americans living in the United States today.

Among the notable figures often spotlighted during Black History Month are Dr. Martin Luther King, Jr., who fought for equal rights for Blacks during the 1950s and '60s; Thurgood Marshall, the first African-American justice appointed to the United States Supreme Court in 1967; Mae Jemison, who became the first female African-American astronaut to travel to space in 1992; and Barack Obama, who was elected the first-ever African-American president of the United States in 2008.



BLACK HISTORY MONTH TODAY

Since the first Negro History Week in 1926, other countries have joined the United States in celebrating Black people and their contribution to history and culture, including Canada, the United Kingdom, Germany, and the Netherlands. Today Black History Month continues the discussion of Black people and their contributions through activities such as museum exhibits and film screenings, and by encouraging the study of achievements by African Americans year-round.



Presidents' Day History, Folklore, and More

This year, Presidents' Day is Monday, February 21! Which presidents do we celebrate on Presidents' Day? And why do we commonly call it "Presidents' Day" when the observed federal holiday is officially called "Washington's Birthday"?



Is This Holiday Called Presidents' Day or Washington's Birthday?

Although the holiday is most often referred to as "Presidents' Day," the observed federal holiday is officially called "Washington's Birthday." Neither Congress nor the President has ever stipulated that the name of the holiday observed as Washington's Birthday be changed to Presidents' Day. Additionally, Congress has never declared a national holiday that is binding in all states; each state has the freedom to determine its own legal holidays. This is why there are some calendar discrepancies when it comes to this holiday's date.

So why is Washington's Birthday commonly called Presidents' Day?

In a sense, calling the holiday Presidents' Day helps us to reflect on not just the first president, but also the founding of our nation, its values, and what Washington calls in his Farewell Address the "beloved Constitution and union, as received from the Founders." Additionally, Abraham Lincoln's birthday is in February (on the 12th), so by calling the holiday "Presidents' Day," we can include another remarkable president in our celebrations as well.

Today, many calendars list the third Monday of February as Presidents' Day, just as quite a few U.S. states do, too. Of course, all of the 3-day retail store sales are called "Presidents' Day" sales and this vernacular has also been influential in how we reference the holiday.

When Is Presidents' Day?

Presidents' Day is observed annually on the third Monday in February. In 2022, Presidents' Day will be celebrated on Monday, February 21.

Presidents' Day History

Historically, Americans began celebrating George Washington's Birthday just months after his death, long before Congress declared it a federal holiday. It was not until 1879, under President Rutherford B. Hayes, that Washington's Birthday became a legal holiday, to be observed on his birthday, February 22.



Groundhog Day-February 2nd



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



Chocolate-Covered Cherry Cookies

Ingredients

- 1-1/2 cups all-purpose flour
- 1/2 cup unsweetened cocoa powder
- 1/4 teaspoon salt
- 1/4 teaspoon baking powder
- 1/4 teaspoon baking soda

- 1/2 cup butter, room temperature
- 1 cup sugar
- 1 egg
- 1-1/2 teaspoons vanilla extract
- 1 10-ounce jar maraschino cherries (about 48),
with juice reserved

- 1 6-ounce package semisweet chocolate pieces
- 1/2 cup sweetened condensed milk



Instructions

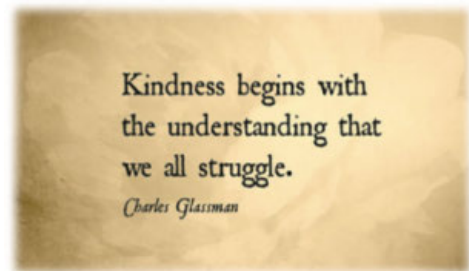
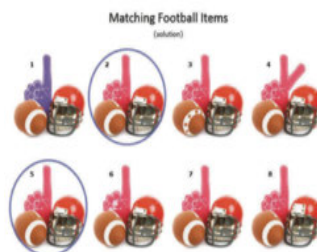
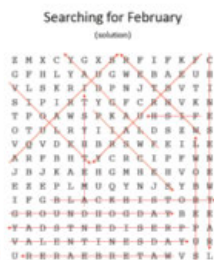
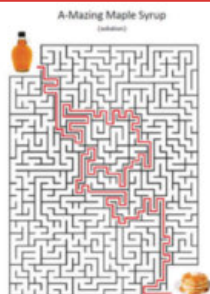
Preheat oven to 350 degrees. In a large bowl, stir together flour, cocoa powder, salt, baking powder, and baking soda. In another mixing bowl, beat butter and sugar on low speed until fluffy. Add egg and vanilla extract; beat well.

Gradually add dry ingredients to creamed mixture; beat until well blended. Shape dough into 1 inch balls; place on an ungreased cookie sheet. Press down center of dough with thumb. Drain maraschino cherries, reserving juice. Place a cherry in the center of each cookie.

In a small saucepan, combine chocolate pieces, and sweetened condensed milk; heat until chocolate is melted. Stir in 4 teaspoons of the reserved cherry juice. Spoon about 1 teaspoon frosting over each cherry. Frosting may be thinned with additional juice, if necessary. Bake about 10 minutes, or until done. Remove to wire racks and let cool.



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





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



Happy Valentine's Day Month. What will you do for that person you love? Sometimes, it's just the little things that matter the most, especially at our age.

Now that we have our new site assistant (Welcome, Christal) at the center, I will be taking more time in doing some short programs with you.

Remember to check out the calendar for our monthly activities.

In addition, it is very important to remember to sign up for your meals. We want to make sure you have one reserved for you on the days you prefer. We have extra copies of the menu so that you can take time to mark the days for the month and turn it in to us. Then we will get your name on the reservation sheet to make sure your meal is reserved. We have found it to be very convenient to do it this way for you and for us.

Please remember we are still having a very high number of Covid-19 cases in our area.

We all need to make sure we wash our hands, use sanitizer, and mask when out in public.

If you are in need of any supplies, let us know. We will do our best to get what you need.

Until next month, Be Safe,

Be Happy, Stay Healthy.

Your Valentines!

Paula and Christal

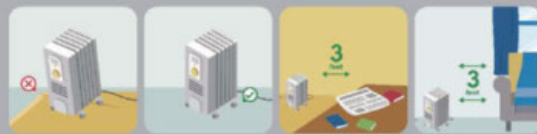


Portable Heater Fire Safety

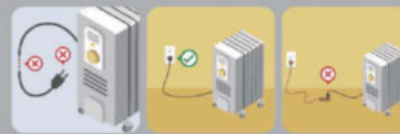


Follow these portable heater tips to help prevent winter fires and to stay safe this winter season.

Place space heaters on a solid, flat surface. Keep them at least three feet from things that can burn.



Check your space heater for cracked or damaged cords and plugs. Plug space heaters directly into wall outlets, don't use an extension cord or power strip.



For more information and free fire-safety resources, visit
www.usfa.fema.gov.



Click here to
add image.





SENIOR NUTRITION PROGRAM

CELEBRATE • INNOVATE • EDUCATE

For the last 20 years, the Meals on Wheels network has claimed the month of March as its time to join forces to strengthen the impact of its efforts and rally communities around what you all do. This year, we hope you'll join Meals on Wheels America and programs across the country in a special March for Meals celebration honoring the 50th anniversary of the Older Americans Act Nutrition Program.



Ottawa County Senior Resources participates in the national March for Meals campaign, which is an annual month-long event, led by Meals on Wheels America. It is designed to generate public awareness about senior hunger and isolation and to celebrate the invaluable services provided by the Meals on Wheels programs – both home-delivered and congregate – in virtually every community across the country. This annual campaign is also intended to help recruit new volunteers from our community and to increase fundraising from local businesses and supporters. For more information, visit www.marchformeals.com.



FEBRUARY | 2022

Port Clinton Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p>Activities at the Port Clinton Senior Center (AFTER HOURS)</p> <p>Cards – Every Tuesday & Thursday & Friday 1-3 pm</p> <p>Bingo – Every 2nd and 4th Wednesday 1-3 pm</p> <p>Cards – Every Friday 5-8 pm</p> <p><i>ALL EVENTS SUBJECT TO CHANGE</i></p> <p>These activities made available by the City of Port Clinton.</p>	<p>1 9 AM DOMINOES LUNCH @ 11:30</p> <p>After hours Euchre With Sandy</p>	<p>2</p>	<p>3 9 AM DOMINOES LUNCH @ 11:30</p> <p>After Hours: Pinochle with Marty</p>	<p>4 9 AM DOMINOES 11:30 AM LUNCH</p> <p>After Hours: Pinochle with Marty</p>	<p>Site Manager Rose Snyder Site Assistant Mary Carrisalez</p> <p>Lunch is served at 11:30 am Tuesday Thursdays & Fridays</p> <p>PLEASE Call by 9 am the day prior to your reservation</p> <p>Suggested Donation is \$3.00-60 years of age & older \$8 for those under the age of 60</p> <p>PC Senior Center 320 E. Third St Port Clinton, OH 43452 419-734-1481</p>
	<p>8 9 AM DOMINOES LUNCH @ 11:30 60+ clinics start at 9</p> <p>After Hours: Euchre with Sandy</p>	<p>9 AFTER HOURS BINGO 1 PM TO 3 PM</p>	<p>10 9 AM DOMINOES LUNCH @ 11:30 60+ clinics start at 9</p> <p>After Hours: Pinochle with Marty</p>	<p>11 9 AM DOMINOES 11:30 AM LUNCH</p> <p>After Hours: Pinochle with Marty</p>	
	<p>15 9 AM DOMINOES LUNCH @ 11:30 SHERRI BOURNE Stein Hospice</p> <p>After Hours: Euchre with Sandy</p>	<p>16</p>	<p>17 9 AM DOMINOES LUNCH @ 11:30 Dave Kimmel Ida Rupp Library</p> <p>After Hours: Pinochle with Marty</p>	<p>18 9 AM DOMINOES 11:30 AM LUNCH</p> <p>After Hours: Pinochle with Marty</p>	
	<p>22 9 AM DOMINOES LUNCH @ 11:30 Let's play Trivia</p> <p>After Hours: Euchre with Sandy</p>	<p>23 AFTER HOURS BINGO 1 PM TO 3 PM</p>	<p>24 9 AM DOMINOES LUNCH @ 11:30</p> <p>After Hours: Pinochle with Marty</p>	<p>25 9 AM DOMINOES 11:30 AM LUNCH</p> <p>After Hours: Pinochle with Marty</p>	
	<p>1</p>	<p>2</p>	<p>3</p>	<p>4</p>	



FEBRUARY | 2022

Oak Harbor Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p>31</p>	<p>1 <i>National Dark Chocolate Day</i></p>	<p>2 11:30 TO 12PM GRAB-N-GO MEALS</p>	<p>Due to the reduction of seniors attending the senior centers, we will continue with</p> <p>GRAB & GO ONLY</p> <p>for the month of February. As the current spike lessens and we get more interest, we will explore the option to re-open the senior center for activities.</p> <p>Thank you for your patience.</p>		<p>Site Manager Rose Snyder</p> <p>Lunch is served at 11:30 am Mondays & Wednesdays Call by 9 am the day prior to your reservation</p> <p>Suggested Donation is \$3.00 for those 60 years of age & older, \$8.00 for those under the age of 60</p> <p>Oak Harbor "Harbor Lights" Senior Center 8180 W SR 163 Oak Harbor, OH 43449 419-898-2800 or 419-898-6459</p>
<p>7 11:30 TO 12PM GRAB-N-GO MEALS</p>	<p>8 <i>Boy Scouts Day</i></p>	<p>9 11:30 TO 12PM GRAB-N-GO MEALS</p>			
<p>14 11:30 TO 12PM GRAB-N-GO MEALS <i>Happy Valentine's Day</i></p>	<p>15 <i>Singles Awareness Day</i></p>	<p>16 11:30 TO 12PM GRAB-N-GO MEALS</p>			
<p>21 <i>Presidents Day</i> All County Offices Closed – No Meals</p>	<p>22 <i>Cook A Sweet Potato Day</i></p>	<p>23 11:30 TO 12PM GRAB-N-GO MEALS</p>			
<p>28 11:30 TO 12PM GRAB-N-GO MEALS</p>					



FEBRUARY | 2022

Danbury Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31 1030 - Coffee/Chat 1130 - Lunch 12 - Puzzle Time	1 1030 - Puzzle 1130 - Lunch 12- Bingo	2 9am-60+ clinic Game Night 5pm Dinner Game Night	3 1030 - Paper Games 1130 - Lunch <i>Ida Rupp Library</i> 12 - Bingo	4 5pm Dinner <i>Be My Love Bingo</i> w/ <i>Sherri Bourne</i> from <i>Stein Hospice</i>
7 1030 - Coffee/Chat 1130 - Lunch 12 - Puzzle Time	8 1030 - Puzzle 1130 - Lunch 5 Things About Shingles 12 - Bingo	9 Game Night 5pm Dinner Game Night	10 1030 - Paper games 1130 - Lunch 12 - Bingo	11 5pm Dinner 6pm Bingo
14 1030 - Coffee/Chat 1130 - Lunch 12 - Puzzle Time	15 1030 - Puzzle 1130 - Lunch Trivia w/ <i>Jennifer M</i> 12 - Bingo	16 Game Night 12 - Friend Chat 5 pm Dinner	17 1030 - Paper games 1130 - Lunch 12 - Bingo	18 5pm Dinner 6pm Bingo
21 1030 - Coffee/Chat 1130 - Lunch 12 -Puzzle Time	22 1030 - Puzzle 1130 - Lunch A good Nights Sleep 12 - Bingo	23 Game Night 5 pm Dinner 6pm Bingo White Elephant Night (Personal Hygiene)	24 1030 - Paper games 1130 - Lunch 12 - Bingo	25 5pm Dinner 6pm Bingo
28 1030 - Coffee/Chat 1130 - Lunch 12 - Puzzle Time	1	2	3	4

Site Manager
Paula Shenkel
Site Assistant
Christal Booher

Lunch will be served
at 11:30 am
Monday - Friday
Bingo follows Lunch
every Tuesday and
Thursday.

Suggested Donations
is \$3.00 for those 60
and older. Those
under 60: \$8.00

Please call by 9 am
the day prior to make
your reservations.
Meals may not be
available unless a
reservation is made in
advance.

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



FEBRUARY | 2022

Put-In-Bay Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31 8:15am Aerobic Dance/Walk 9am Strength Training 10am Coffee Social 10am Blood Pressures 12p Sr. Lunch/Topsy's	1 1 pm Bridge	2 8:15am Aerobic Dance/Walk 9am Strength Training 10am Coffee Social	3 1pm Mah Jongg	4 9am Strength Training 10am Coffee Social 1pm Bridge
7 8:15am Aerobic Dance/Walk 9am Strength Training 10am Coffee Social 10am Blood Pressures 12p Sr. Lunch/Topsy's	8 1 pm Bridge Soup & Show 5:30 pm	9 8:15am Aerobic Dance/Walk 9am Strength Training 10am Coffee Social 10A. Sr. Ctr. Monthly Meeting	10 1pm Mah Jongg	11 9am Strength Training 10am Coffee Social 1pm Bridge
14 8:15am Aerobic Dance/Walk 9am Strength Training 10am Coffee Social 10am Blood Pressures 12p Sr. Lunch/Topsy's	15 1 pm Bridge	16 8:15am Aerobic Dance/Walk 9am Strength Training 10am Coffee Social	17 Legion Meeting 1pm Mah Jongg	18 9am Strength Training 10am Coffee Social 1pm Bridge
21 PRESIDENT'S DAY 9am Strength Training 10am Coffee Social 10am Blood Pressures 12p Sr. Lunch/Topsy's	22 1 pm Bridge 5PM Sr. Social at Topsy's	23 8:15am Aerobic Dance/Walk 9am Strength Training 10am Coffee Social	24 60+ Clinic 1pm Mah Jongg	25 9am Strength Training 10am Coffee Social 1pm Bridge
28 8:15am Aerobic Dance/Walk 9am Strength Training 10am Coffee Social 10am Blood Pressures 12p Sr. Lunch/Topsy's	1	2	*SPECIAL EVENT* SUN. FEB. 13nd @ 6PM SNACKS & SUPERBOWL	

Site Manager
Christine Joyce

Senior Lunches
Mondays @ Topsy's @
12pm
Suggested Donation \$4.00

**CUT OFF TIME FOR LUNCH
RESERVATIONS:**
Fri. @ 12 pm for Monday's
Lunch ... Reserve your lunch
by signing up at the Senior
Center or call: 419-285-5501

60+ CLINIC:
**For Reservations call
the Health Dept. @
(419) 734-6800**

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

***Don't forget to check
out this month's
highlighted "Special
Programs/Events"**



FEBRUARY | 2022

Elmore Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31	1 <i>Dine In or Carry Out meals available at the Genoa Senior Center 60+ Clinic-Elmore Dark Chocolate Day</i>	2 GROUND HOG DAY	3 <i>Dine In or Carry Out meals available at the Genoa Senior Center 12:00pm Bird feeder Ornament Abby Sullivan Genoa Library</i>	4 <i>Homemade Soup Day</i>
7 <i>Send a Card To A Friend Day</i>	8 <i>Dine In or Carry Out meals available at the Genoa Senior Center Boy Scouts Day</i>	9 <i>Bagel And Lox Day</i>	10 <i>Dine In or Carry Out meals available at the Genoa Senior Center 12:00pm Valentine Activity Sherri Bourne, Stein Hospice</i>	11 <i>Shut – In Visitation Day</i>
14 HAPPY VALENTINE'S DAY	15 <i>Dine In or Carry Out meals available at the Genoa Senior Center 12:00 pm Chair Exercise Kathy Withrow, Hrtld Hos</i>	16 <i>Do A Grouch A Favor Day</i>	17 <i>Dine In or Carry Out meals available at the Genoa Senior Center Random Acts Of Kindness Day</i>	18 <i>National Caregivers Day</i>
21 Presidents Day <i>Senior Centers Closed</i>	22 <i>Dine In or Carry Out meals available at the Genoa Senior Center 60+ Clinic- Elderlife Genoa Cook A Sweet Potato</i>	23 <i>Banana Bread Day</i>	24 <i>Dine In or Carry Out meals available at the Genoa Senior Center National Chili Day</i>	25 <i>Skip The Drinking Straw Day</i>
28 <i>Floral Design Day</i>	1	2	3	4

Site Manager
Tom Pfouts
Site Assistant
Joyce Petersen

Lunch Served at 11:30 am Tuesday & Thursday

Suggested Donation For those 60 and older is \$3.00
For those under 60, the cost is \$8.00/meal

Please call by 9 am the day before To make your lunch reservation

Elmore Golden Oldies

Temporarily Moved to Genoa Senior Center

Please call 419-855-4491
elmcoregenoseniors@co.ottawa.oh.us



FEBRUARY | 2022

Genoa Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31	1 National Dark Chocolate Day <i>60+ Clinic - Elmore</i>	2 GROUND HOG DAY	3 National Missing Persons Day	4 <i>Homemade Soup Day</i>
7 <i>10:00am- 11:15am Bingo Send A Card To A Friend Day</i>	8 Boy Scouts Day	9 <i>National Bagel And Lox Day 12:00pm Tammy Myers OSU Ext. Office</i>	10 Giving Hearts Day	11 <i>Shut – In Visitation Day 12:00pm Valentine Activity Sherri Bourne Stein Hospice</i>
14 <i>10:00am-11:15am Bingo</i> HAPPY VALENTINES DAY	15 Singles Awareness Day	16 <i>Do A Grouch A Favor Day</i>	17 Random Act Of Kindness Day	18 <i>12:00pm Chair Exercise Kathy Withrow, Hrtld Hospice National Caregivers Day</i>
21 PRESIDENTS DAY <i>Senior Centers Closed</i>	22 Cook A Sweet Potato Day <i>60+ Clinic Elderlife Genoa</i>	23 <i>Banana Bread Day 12:00pm Bird Feeder Ornament Abby Sullivan Genoa Library</i>	24 National Chili Day	25 <i>Skip The Drinking Straw Day</i>
28 <i>10:00am-11:15am Bingo Floral Design Day</i>	1	2	3	4

Site Manager
Tom Pfouts
Site Assistant
Joyce Petersen

Lunch Served at 11:30 am Monday, Wednesday & Friday

Suggested Donation For those 60 and older is \$3.00
For those under 60 the cost is \$8.00

Please call by 10 am the day before (10 AM on Friday for Monday) To make your lunch reservation

Genoa Senior Center
514 Main St.
Genoa, OH 43430
elmcoregenoseniors@co.ottawa.oh.us
419-855-4491



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

*All County Offices will be Closed
No Home Delivered Meals - Senior Centers Cosed*

*All Senior Centers are Closed
No Home Delivered Meals*



Monday, February 21, 2022

President's Day



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.

We 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.

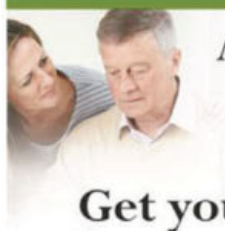
Please call us to schedule a **FREE Consultation** to discuss ways to avoid probate. If you want to go further than just avoiding probate, we can discuss ways to protect your assets from the high cost of long term care.

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