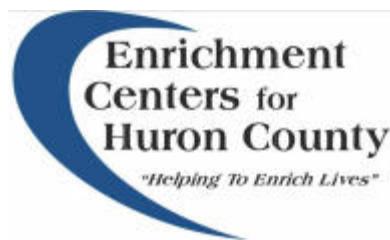


# THE Connection



JANUARY 2021



130 Shady Lane, Bldg. C Norwalk, OH 44857  
419-668-6245  
and  
315 E. Tiffin Street Willard, OH 44890  
419-933-4701

**Senior Express**  
419-668-8821

**Huron County Transit**  
419-663-3340

**ECHC Board Members**  
Janice Knadler- President  
Ellen Simmons- Vice President  
Nancy White- Secretary  
Tom Fries-Treasurer  
Jim Grover, Ben Kenny,  
Patricia Moffatt, Jane Nottke,  
Ralph Seward, Sharon Wingert  
Mike Stewart

[www.sfaconnection.org](http://www.sfaconnection.org)  
Find us on Facebook, too!



We are a Certified Senior Center of Excellence  
through the Ohio Association of Senior Centers.

The beginning of a new year is always exciting. You know, 2021 might just be the most anticipated year any one of us could imagine. We are ready to close the book on 2020 so we can focus on better beginnings and making more happy moments. We are looking to create a new normal in which we can live comfortably.

*In 2021 we will hold our friends and family closer. Hold thoughts and memories of them dearer.*

Once again, the Internet comes to the rescue. Social media platforms are filled with happy positive thoughts for 2021 and it feels good to see that. We do not know what the new year holds for us but by sending positive energy surely we can make some positive happen.

**WEATHER RELATED**

**CLOSING INFORMATION**

Please refer to these sources to find out if the offices are open, if transportation is running, or if meals will be delivered.  
**95.3 FM, 96.1 FM, 101.3 FM, Facebook, [www.sfaconnection.org](http://www.sfaconnection.org)**

# 2 Transportation

## Congratulations to our amazing team of drivers.

While many of us were quarantining at home this group just did **not** stop. And even though we all had some apprehensions about being in public they all kept on driving. Transportation kept the routes open to the doctors' offices, dialysis, pharmacies, banks, the grocery and so many other essential destinations.

We want to give a big thank you to our driver, Ryan for making sure that all of the vehicles are thoroughly sanitized on a regular basis. He made great use of the electrostatic sanitizing sprayer obtained through the County Commissioners' office.



A big virtual hug to our mood-boosting drivers as well. Betsy and Michelle have kept us in great spirits with food and fun. If these girls have a minute or two between runs they are first to think of a way to add a smile to our day. It may be homemade cookies or festive decorations in the buses but their crazy is lifting our spirits.



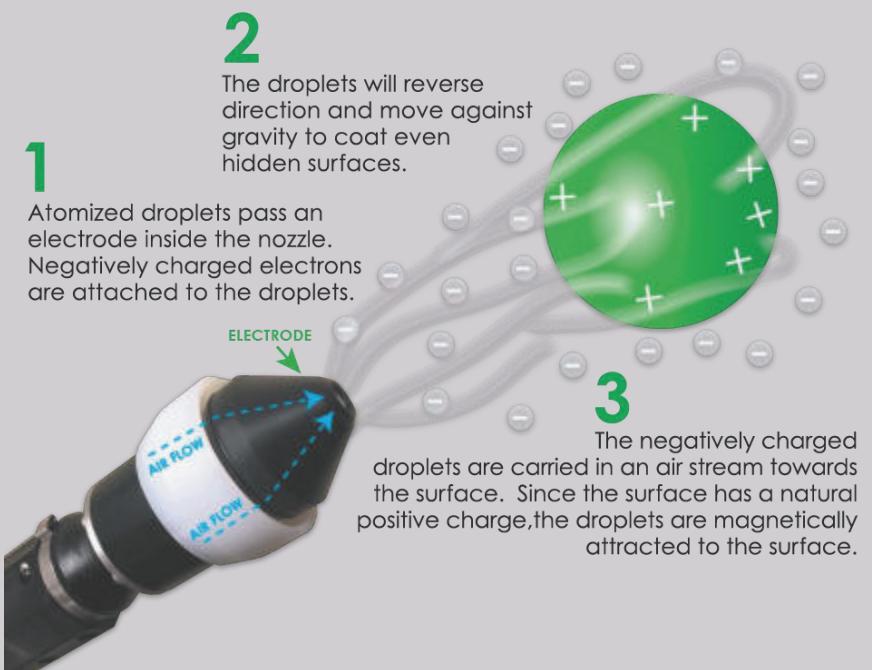
Thanks, we could all use more happy!

## About our cleaning procedures *How we're cleaning during the coronavirus pandemic*

Our top priority during the coronavirus pandemic is keeping essential workers, our employees, and everyone riding with us healthy and safe. To do this, we've ramped up our cleaning procedures for our Huron County Transit and Senior Express vehicles. Frequent touchpoints on vehicles are disinfected after every client run. Buses that were in service get a more comprehensive cleaning each night with the use of an Electrostatic sprayer.

### What is an Electrostatic sprayer?

An electrostatic sprayer positively charges a disinfecting solution, atomizes it, and disperses it in tiny particles across a negatively-charged surface. The "opposites attract," and the atomized disinfecting solution spreads out evenly across the entire surface, even hard-to-reach areas.



# Transportation

3

# HURON COUNTY TRANSIT

**Office hours are Monday thru Friday 8 A.M. - 4:30 P.M. Booking is as easy as a phone call. 419-663-3340**

- Transit services are open to the general public, to anywhere in Huron County.
  - Riders must be at least 12 years old or accompanied by an adult.
  - Minimum 24– 48 hour reservations are required but do not guarantee availability. Scheduling is easiest and most accommodating with as much advanced notice as possible.
  - Fees are \$3 one way in Huron County.
  - It is possible in many circumstances to extend service up to 50 miles outside our county. Fees increase \$4 - \$40 depending on distance. See below for destinations.



Monday through Friday, 8 A.M.—3:00 P.M. to Erie County

- 1st and 3rd Tuesday—Cleveland, Elyria
- 2nd and 4th Wednesday—Cleveland, Elyria
- 1st and 3rd Wednesday—Akron
- 1st and 3rd Thursday—Toledo
- 2nd and 4th Wednesday—Mansfield

# **What you can do to stop the spread?**

- You **must** cover your nose and mouth with a covering or mask while on any of our vehicles.
  - Clean your hands often, especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
  - Use an alcohol-based hand sanitizer.
  - Avoid touching your eyes, nose and mouth.
  - Stay home when you are sick.
  - Avoid crowds when you can.

If you prefer not to drive in winter weather call

# Senior Express

Reservations are required, so plan ahead.

Monday thru Friday 7 A.M. -4:30 P.M.  
Saturday (Norwalk only) 9 A.M.-2 P.M.

24 hour notice required 419-668-8821  
Residents age 60+ anywhere in the county.



## Feeling blue?

Some foods can actually boost your mood by helping reduce stress,

ease anxiety and fight depression. Try adding some more fruits and vegetables, complex carbohydrates, fish, coconut, tea and saffron to your diet. Here are some recipes to get your happy back.

Serve this refreshing **PURPLE FRUIT SALAD** featuring juicy plums, grapes and berries on its own or with other colorblock fruit salads (like red, green and orange) for a fun, crowd-pleasing rainbow side dish.



### Ingredients:

2 cups halved seedless black grapes  
2 cups blueberries or halved blackberries  
2 cups diced plums (about 2)  
2 tablespoons chopped purple basil (Optional)  
1 cup Lime Yogurt Fruit Salad Dressing

### Healthy Dark Chocolate "Puppy Chow" Snack Mix



#### Ingredients:

5 cups whole-grain cereal squares  
2 cups bittersweet chocolate chips  
 $\frac{1}{3}$  cup smooth natural peanut butter  
1 tablespoon vanilla extract  
2 tablespoons confectioners' sugar



1. Line a baking sheet with wax paper or a nonstick baking mat. Place cereal in a large bowl.
2. Heat chocolate chips in a medium saucepan over medium-low heat, stirring frequently, until melted. Add peanut butter and stir to combine. Remove from heat and stir in vanilla. Pour the mixture over the cereal; gently stir until evenly coated. Transfer to the prepared baking sheet and spread in an even layer. Refrigerate until the chocolate has hardened, about 30 minutes.
3. Gently break the puppy chow into bite-size pieces. Place the confectioners' sugar in a fine-mesh sieve and sprinkle over the mixture.
4. Toss to coat.

# From the Kitchen

5



1. Preheat oven to 375 degrees.
2. Place the chicken on a cutting board and drizzle with oil.
3. Combine paprika, 1/2 teaspoon salt, garlic powder, and onion powder. Sprinkle evenly over both sides of the chicken.
4. Use a sharp knife to cut a pocket into the side of each chicken breast. Set chicken aside. Add cream cheese, Parmesan, mayonnaise, spinach, garlic, red pepper and remaining 1/2 teaspoon of salt to a small mixing bowl and stir well to combine. Spoon the spinach mixture into each chicken breast evenly.
5. Place the chicken in a 9x13 baking dish. Bake, uncovered, for 25-30 minutes or until chicken is cooked through.



## Meeting Information

For up-to-date information on the Enrichment Centers reopening, continue to check out our Facebook page and our website: <https://sfacconnection.org>.

We will update as soon as we find out when we will be able to reopen.

The next board meeting will be on January 21, at 5 p.m.

The board meetings are being held using conference calling. To participate call the toll free: 1-800-459-3813 Conference Code: 156010 Any changes will be posted on our Facebook page and website.



[Enrichment Centers for Huron County](#)

Page · Nonprofit Organization · [EnrichmentCentersforHuronCounty](#)



# Holiday Heroes

We are very grateful to everyone who helped make our Homebound Senior Christmas event so successful. Each of our county residents currently receiving Home Delivered Meals or Meals On Wheels were presented with a joyful gift to bring the spirit of Christmas into their homes. The picture shows some of the items the seniors received. We have received many, many phone calls from recipients expressing their sincere gratitude!



Immaculate Conception Church, Bellevue  
 Firelands Federal Credit Union, Bellevue  
 The Laurels of New London  
 Pepperidge Farms  
 Green Circle Growers  
 St. Peter Lutheran Church, Monroeville  
 Firelands Dulcimer Club  
 Eastman's Funeral Home, New London  
 Peacock Water, Marion  
 Freedom Ministries, Norwalk  
 The Foundation Church, Norwalk  
 First Presbyterian Church, Norwalk

The overwhelming generosity  
 of these contributors brought  
 abundant joy to so many.  
 Thank you for your help!

Gerald & Joan Ackerman  
 Karyl Lee Allen  
 Linda Beveridge  
 Luetta Brutsche  
 Bill & Sue Brutsche  
 Patty Bryant  
 Linda Carino  
 Lynette Crum  
 Christina Cummings  
 Mickey Doerner  
 Michael & Cynthia Dorion  
 Marilyn Evenson  
 Dianne Ewell  
 Jean Frederick  
 Gayleen Geer  
 Deborah Gelvin  
 Carol & Ray Gough  
 Wm & Louise Hammersmith  
 Phyllis Hanick  
 Dennis & Gladys Hauler  
 Lynne Hemenway  
 Vern & Carol Hostettler  
 Myra Jenkins  
 Ben Kenny & Linda Williams  
 Bill & Jan Knadler  
 Ron & Karen Kelbley  
 Kay Kersey  
 Anne & Alan Koontz  
 Sophie Koszalkowski  
 Robert & Evelyn Langjahr  
 Mary Lippert  
 Judy Lohbauer  
 Pam & Gene Marquart  
 EJ McPherson  
 Janet McPherson  
 The James Meyer Family  
 Donald & Nancy Odell  
 John & Jackie Overmeyer  
 Marilyn & William Pierce  
 Carolyn & Jerome Proctor  
 Rebecca Ralston  
 Sharon Renneckar  
 Duane & Marilyn Ringle  
 Raymond & Erma Ross  
 Christine Routh  
 Martha Ryan  
 Sally Ryan  
 Joanne Sanders, Ralph Kies  
 Janet Santana  
 Michael & Karen Schaffer  
 Deborah Seaman  
 Rod & Linda Shaw  
 Bonnie Sheerer  
 Nancy Skinner  
 Florene Sloan  
 John & Jeanne Stieber  
 Dwight & Patricia Tkach  
 Ken & Jan Tkach  
 Judy & Jack Trushel  
 Gary & Paula Underwood  
 Rebecca & Frank Van Dresser  
 Madeline Ventline  
 Russell & Sharlene White  
 Darryl & Kail Young

# Social Services & Activities

7



## Bingo again!

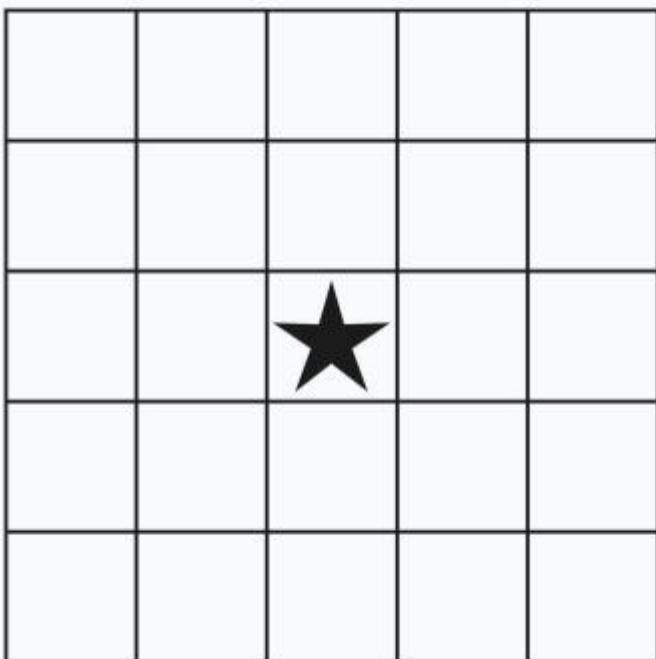
Join us for Live events on Facebook every Tuesday and Thursday from 11 to noon. Featuring Diane Metarko. No Prizes. It's just for fun.

1. Make your card. Fill in the grid with the numbers indicated at the top of the columns.
2. Go to "Enrichment Services for Huron County" on Facebook and join.

*"Please come join us! I have missed you all." –Diane Metarko*



1-15    16-30    31-45    46-60    61-75



## DIY Greeting Cards:

We have some pre cut, ready to assemble card kits to keep your crafty hands busy. You will need your own adhesive for assembly. \$2.00 per card.

Call Deanie 419-668-6245 ext 34 to make arrangements for delivery and see the available kits.



## Announcements from the Social Services Department

The social security office is closed (ufn). Individuals can sign up online or call 800-772-1213. The hours are 8-5:30

Call us for information...

- If you need a ramp built
- Senior Apartments
- Need Meals
- Application for Golden Buckeye Card
- Need Number for other Thing we can look them up
- Need repairs
- List of Numbers for Home Health care
- Looking for Nursing home

Look for Virtual Zoom Training  
by Steve Beal  
some time next month!



# Age Exchange

**Happy and Healthy New Year from Age Exchange!!!**

The Age Exchange program has been busy putting together bags of Christmas Cheer for the children. Thanks for the donations from the caring individuals who helped with making this possible. We are fortunate to be able to stay connected with our young friends via pen pal and phone calls. We are blessed to be able to find ways to stay connected with each other. Looking forward to a brighter 2021 and hope to see each of you in person when it is safe for everyone to gather in our circle of friends.



Age Exchange volunteers, it was great seeing all of you drive thru the parking lot at the centers. I appreciate all of you so much and hope you are putting your green thumbs to work, by making your flowers flourish. It is important for all of you to have something around you to remind you of the little children that love and miss you. I hope that your flower will grow and become beautiful in the same way you help the children grow. Please remember that I am just a phone call away if you need a friend.

**Smile and be Happy!!!**

Happy New Year, Pam

**STRIDE MOBILITY**  
LIFE DOESN'T STOP MOVING & NEITHER SHOULD YOU.  
*LIVING LIFE IN MOTION.*

**(419) 616-6017**  
**stridemobility.net**  
Visit our Showroom  
in Huron, Ohio

**Enjoy Your Golden Years...**

  
**THE CARRIAGE HOUSE**

and leave the rest to us.

Carriage House residents have the freedom from the burden of home maintenance and ability to remain independent, while receiving some level of assistance with daily activities if needed.

For more information or to take a virtual tour, visit [fishertitus.org/carrige-house](http://fishertitus.org/carrige-house)

# Menu 9

Monday

Tuesday

Wednesday

Thursday

Friday

				1 <b>Closed- no meals.</b>
4 Cream potatoes w/ ham Peas Mandarin oranges	5 Roasted chicken & veggies Potato wedges Fruit cocktail	6 Philly sandwich Sweet potato puffs Salad Grapefruit	7 Scrambled eggs Fried potatoes Mandarin oranges Juice Bagel	8 Goulash Cauliflower Side salad Peaches
11 Turkey w/ stuffing Mashed potatoes Carrots Country apples	12 Pork loin Red potatoes Normandy blend Fruit cocktail	13 Summer meatball soup Warm apples Orange	14 Rib patty Texas fries Lima beans Citrus salad	15 Aloha chicken Acorn squash Peas Pineapple
18 Sausage gravy Hash browns over biscuits Banana Pineapple	19 Chicken chow mein w/ cabbage Broccoli Applesauce	20 Pork steak Sweet potatoes Green beans Peaches	21 Beef stew Baked potato Tropical fruit	22 Creamed chicken Mashed potatoes Corn Plums
25 Stuffed cabbage soup Corn Pineapple	26 BBQ chicken leg Parsley potatoes Baked beans Tropical fruit	27 Pork chop Mashed potatoes Brussels sprouts Country apples	28 Beef & noodles Broccoli Peas & carrots Pears	29 Turkey medallions Root veggies Asparagus Apricots

**Menu subject to change.**

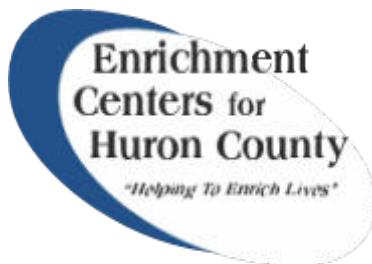
This menu is for all Home-Delivered Meals, MOW

and the lunches served at the

Norwalk Center (419-668-6245)

And at the Willard Center (419-933-4701)

**You must be signed up by 12:30 the day before  
by calling your nearest center.**



**MEALS on WHEELS  
AMERICA**

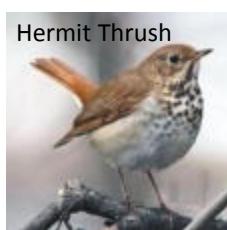
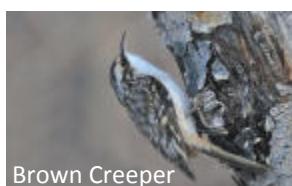


# Happy Birthday

11

1st	Janet McPherson Judy Papp Ester Schnellinger Charlene Zaebst	10th	Ken Barber Charlotte Boucher Sandra Dean Marlene Frisch Patricia Sexton Christine Vandenberg Gerald Waliser Ashley Ward	19th	Karen Brightman Barb Churchill Karen Crawford Margaret Dixon Daniel Fox Peggy Jarrett Beverly Ommert Joyce Williams	Sandy Powers Beth Schnellinger Doug Schoewe Karen Stewart Barbara Vaith
2nd	John Anthony Mary Ann Hawk Paul Kaple Owen Tussing	11th	Linda Kamann Bob Messersmith Carolyn Meyer	20th	Cindy Casselberry Mary Dreschel Ronda Hughes Brian Pflieger Jan Tkach Lois Whitman	26th Lois Baltes Dennis Foltz Joyce Hauke Jim Henney Kameron Kuhl Al Lesch Shirley Nickoli Marjorie Ours Rachel Piller Jewel Stugill
3rd	John Borgia Chester Collins Sharon Hixon Larry Truchon	12th	Paul Hammersmith Dena Herlick	21st	Connie Courtright Arthur Good Janet Heald Don Hoffman Sue Lesch Dee Morlock Joyce Myers Roger Thompson	27th John Alt Eugene Bilton William Frey Susan Lindenberger Joann Miller Gloria Syverson Robert Vanbuskirk James Wasniak
4th	Rosemary Tanner	13th	Karen McDaniel Dale Stewart	22nd	Roger Holzwart Elaine Ray Karen Sexton Bill Smith	28th Jackie Baum Don Hansberger Peggy Heydinger Dennis Randleman Shirley Schmuhl
5th	Rhea Dixon Jim Enderby Barbara Good Mary Lippert Ulrich Mangold Jean Rock	14th	Judy Ackerman Tom Crecelius Chandos Gose Jill Roberts Joan Roth	23rd	Marcia Beamer John Churchill Gregory Johnson Patty Lukas Stacy Munos	29th Sandra Barnett Jane Bradley Fran Thayer Sally Twitchell
6th	Della Nelson Norma Schafer	15th	Nancy Brown Susan Richards Theodore Schaffer	24th	AnnZette Carpenter Cheryl Cleland Erika Ehler Charles Sommers Harold Wittstruck	30th Gary Felter Ruth Stackhouse Henry Timman
7th	Carolyn Burson Pauline Faulhaber Bill Manahan Gertrude McGinn Mickey Okasinski	16th	Alice Alberts Sharon Fundak Phyllis McClintock Holly Shelly	25th	Creta Allen B.A. Butke Kathy Francisco William Hartley Sandra Myers	31st Alice Carpenter Jim Heffley Jennera Ortiz Yvonne Jump Karen Streng
8th	Charlie Christian Barbara Farrar Albert Sima Kelly Spehar	17th	Patrick Corcoran Richard Gross Juriene Hall Ann Herner			
9th	Mary Bower Bill Claus Sharon Dahm Bill Killian Becky Lorcher Jean Marin Gay Tappel Donna Weaver	18th	Carol Daniel Charles Estep Mary Newland Joi Stewart			

# 12 Hobbies



**Winter Birds of Ohio**—While this season is not the most popular among many outdoor enthusiasts because of the snow, cold temperatures, and short days, winter bird watching in Ohio can be fantastic, and like every season, it offers birding that can't be had at any other season. While bird numbers and diversity are probably at their lowest this season, those that are around are often some of our most interesting species.

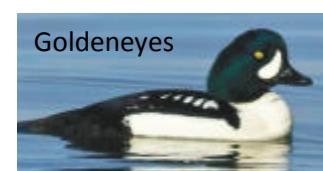
**Raptors** are some of the most obvious birds of winter, in part because they are more conspicuous against the naked trees and barren winter landscapes, but also because there are more of them, in some cases. Red-tailed hawks are common and easily seen, as their bright white underparts shine like beacons from the bare trees and roadside fence posts. As we gear up backyard feeding operations, a steady stream of small birds delight us with their antics. To the Cooper's hawks, they are small delicacies, however, and feeder raiding by this bird-loving raptor becomes more commonplace in winter months.

An easy and interesting way to sample Ohio's midwinter bird life is to bundle up and take a stroll through a large urban cemetery. Not only are they easy walking, but cemeteries usually have a nice diversity of trees and shrubs, including many that bear fruit, and there are always ornamental conifers about. If there are **winter finches** around, cemeteries are often where they hang out, and crossbills and siskins in particular are drawn to conifers like moths to flames. It's always smart to inspect the ornamental taxus and other evergreens closely for northern saw-whet or long-eared **owls**, which sometimes overwinter. More common birds are easily found and observed, such as roving bands of tree gleaners that tend to fraternize closely in the winter months, such as nuthatches, titmice, chickadees, yellow-rumped warblers, and brown creepers. Finding some Washington hawthorns or other berry-bearing trees often produces interesting birds like cedar waxwings, American robins, or even a hermit thrush.

**Our hardiest ducks** are best observed along Lake Erie in winter, and they offer a pleasant distraction from the hordes of gulls. American goldeneyes and greater scaup frolic in the near freezing waters, and normally a few redhead, canvasback, and bufflehead accompany them.



[www.birdwatchersdigest.com](http://www.birdwatchersdigest.com)



Redhead

Canvasback

Bufflehead

Goldeneyes

## Tips for Feeding Backyard Birds in Winter

With little vegetation to provide camouflage, bird activity is more visible. And with fewer food sources available, birds will flock to reliable feeders. Not all birdseed is created equally, however. To make the most out of your feeding experience, it's important to choose the right food:



- Black-oil sunflower seeds will attract just about any bird including blue jays, cardinals, chickadees, finches, nuthatches and titmice. It's a better choice than the white or gray-striped variety, as it is higher in oil content and easier to crack. The seed inside the shell is also bigger than its counterpart. Those birds that can't crack the shell will pick up the bits that fall to the ground.
- De-shelled, dry-roasted and unsalted peanuts are also a crowd favorite. Red-bellied, downy and hairy woodpeckers love this high-protein, high-energy food, as do songbirds. While high quality birdseed mixes usually do include peanut pieces, you can purchase a tube-shaped feeder specifically for this purpose.

- Suet is a formulation of animal fats and other ingredients. And while it can be used year round, it is a quick source of heat and energy for birds in the wintertime. Offering suet cakes in a wire cage will surely lure woodpeckers to your feeding operation. You can even make a suet holder from an onion bag.
- Blackbirds, doves and sparrows are a few amongst the many species attracted to cracked corn. The advantage of "cracked" corn is its manageable size versus whole kernels that are still on the cob. Mallard ducks, rabbits, squirrels and wild turkeys also love this winter treat and are a reliable clean up crew beneath the feeder.
- Niger seed, otherwise known as thistle, is an oily seed adored by goldfinches, house finches and the like. But buyers beware! Niger is not only expensive, but it has a tendency to get moldy in wet weather which means birds will turn up their beaks and not eat it.
- As mentioned previously, mixed birdseed can be a mixed bag. While it is usually the least expensive option, don't be fooled by the price tag. Mixed seed from grocery stores, etc. is comprised mostly of filler—junk seeds the birds will toss aside while looking for all of the good stuff. Instead, look for mixed varieties comprised of black-oil sunflower, peanuts, cracked corn and suet pieces.



**Bird Feeder Cam**  
[WATCH NOW!](#)



- No food list is complete without mentioning the importance of water. In fact, birds often suffer more from lack of water than food. When temperatures plunge below freezing, providing a consistent source of water guarantees a steady stream of backyard visitors. Heated bird-baths are reasonably priced and available at specialty bird stores.



If you are looking for something fun and non-controversial to watch, go to YouTube and search for live bird feeding videos! Other similar searches: Trail cam, eagle nest, funny wildlife...

# 14 Healthy Home

## January 10th is National Houseplant

**Here Ye, Here Ye, Here Ye.** The Gardener's Network proclaims henceforth, that January 10th of each year will be known and dedicated as Houseplant Appreciation Day. We hereby endeavor to make this a very special day for growing, caring for, and loving houseplants.

If nothing else, this day will serve as a reminder that you need to give your houseplants a little attention. We want to encourage you to grow and keep houseplants, especially in the winter months. And, we want to celebrate the beneficial aspects of houseplants in our lives.

By the 10th of January, the holidays are a distant, happy memory. We have put the decorations away. Now, our houses all look kinda plain, and drab inside. As you look around the house, something catches your eye. It's over there, in the corner of the room. It's still green, but it sure looks dry. And, its drooping a bit. Why, it's a houseplant! Funny, but with all of the holiday hubabuloo, you've all but forgotten your plants.

**What plants qualify as a houseplant?** Well, there are plenty of plants that we think of as houseplants. Spider Plants, Rubber Plants, Aloe Vera, Bamboo, and African Violets are just a few that come to mind. In reality, a houseplant is any plant that can be grown indoors in lower light, low humidity, and cooler temperature conditions.

Houseplants brighten up your home or office. Caring for indoor plants, makes for a great hobby during long, inclement winter month, and even throughout the year. Growing houseplants is rather easy.

The benefits of indoor gardening are numerous. Most mentioned the clean air provided by indoor plants that take in carbon dioxide and in turn release oxygen for you. Indoor plants also brighten the room, providing a cheerful sight for those grey and often dreary winter days.

Indoor plants are an important part of decor in homes, offices and other buildings. I am sure you will agree, that plastic indoor plants and shrubbery, are just no substitute for the real thing. Another benefit of indoor gardening, is there is nothing more relaxing to many than gardening.



# For Your Information 15

## Tips on how you can avoid Covid-19 Vaccine Scams:



- It is likely you will not need to pay anything out of pocket to get the vaccine during this public health emergency.
- You cannot pay to put your name on a list to get the vaccine.
- You cannot pay to get early access to the vaccine.
- No one from Medicare or the Health Department will contact you.
- No one from a vaccine distribution site or health care payer, like a private insurance company, will call you asking for your Social Security number, your credit card, or bank account information to sign you up to get the vaccine.
- Beware of providers offering other products, treatments, or medicines to prevent the virus. Check with your health care provider before paying for or receiving any COVID-19 related treatment.
- If you get a call, text, email — or even someone knocking on your door — claiming they can get you early access to the vaccine, STOP. That's a scam.



## Enrichment Centers for Huron County

130 Shady Lane, Norwalk, OH 44857  
419-668-6245

315 E Tiffin St., Willard, OH 44890  
419-933-4701

Date: \_\_\_\_\_

Name: \_\_\_\_\_

DOB: \_\_\_\_\_

Name: \_\_\_\_\_

DOB: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State \_\_\_\_\_ Zip: \_\_\_\_\_

Email: \_\_\_\_\_ Phone: \_\_\_\_\_



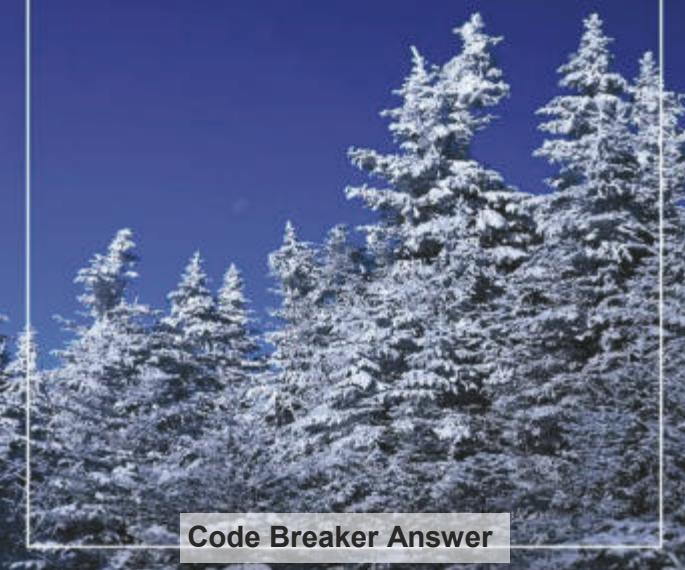
"The Connection" is our *FREE* monthly newsletter that keeps you informed of what's going on at the Norwalk & Willard Enrichment Centers. Subscriptions run from January to December. Complete a form & drop it off at the Willard or Norwalk

All images that are taken by the Enrichment Center staff at any Enrichment Center function or event may be used in any of our publications.



**"To appreciate the beauty  
of a snowflake it is  
necessary to stand out  
in the cold."**

- ARISTOTLE



Code Breaker Answer

Find all of the hidden words and the letters that remain spell out a funny saying about our feathered friends.

BLUE JAY	HERON	QUAIL
CANARY	IBIS	QUETZAL
CRANE	KINGFISHER	RAVEN
CROW	KIWI	ROBIN
DOVE	LARK	STORK
DUCK	LOON	SWALLOW
EAGLE	MACAW	SWAN
EGRET	MAGPIE	TERN
EMU	ORIOLE	TOUCAN
FALCON	OWL	TURKEY
GOOSE	PELICAN	WREN
GULL	PENGUIN	
HAWK	PUFFIN	

“

**WHEN IT SNOWS,  
YOU HAVE  
TWO CHOICES:  
SHOVEL OR MAKE  
*snow angels.***

UNKNOWN

Fallen Letters Answer

**Final Phrase:**

1. woodpecker
2. duck
3. sunbird
4. cuckoo
5. ostrich
6. humming
7. bat
8. emu
9. prey
10. crane

“Birds of a feather  
flock together”

2	1	5	3	7	9	8	6	4
9	8	6	1	2	4	3	5	7
7	3	4	8	5	6	2	1	9
4	5	2	7	8	1	6	9	3
8	6	9	5	4	3	1	7	2
3	7	1	6	9	2	4	8	5
5	2	7	4	1	8	9	3	6
6	4	8	9	3	7	5	2	1
1	9	3	2	6	5	7	4	8



# SEMINARS PRESENTED BY



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## **Get your Ducks in a Row 9 Things you Need to Know for the 2nd Half of Life**

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

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# Director's Notes



New Years Ponderings: I have kept a life journal for the past 35 years. I don't have an entry for every single day, but I do for most of them. I used notebooks for most of those years and then went to a computer program. About 6 years ago I started using an app called DayOne. I like this one because I can add pictures, have multiple journals like daily life, prayer, health, etc. and I can search for entries.

Here is what I noticed as I look back over my reflections on each past year and the hopes for each new year. I tend to always find things that were great about the past year and I always believe that there will be things in the new year that will be even better.

It would be real easy to look back at 2020 with good riddance. However, I heard a wise man say years ago that you shouldn't say "things can't get any worse, because they always can". 2020 was definitely a tough year, but I have had worse years and I had some awesome things happen in 2020 that I will forever treasure. I also think I learned some things that will make me a better person, like having more compassion and doing things I don't like for the sake of others well being. I believe that many will look to 2021 with sadness as they realize there are some things that will never be like they used to be. Like sand through and hour glass, we can't stop time or change. So I'm choosing to look at 2021 with optimism. I believe we are going to find new ways to do things and new things to get excited about this year. One of the biggest things will be when we can open the doors of our Centers again and welcoming you back. Hopefully that will be soon. So cheers to 2021 and what it will hold for us. I hope to have a chance to see all of you this year!



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