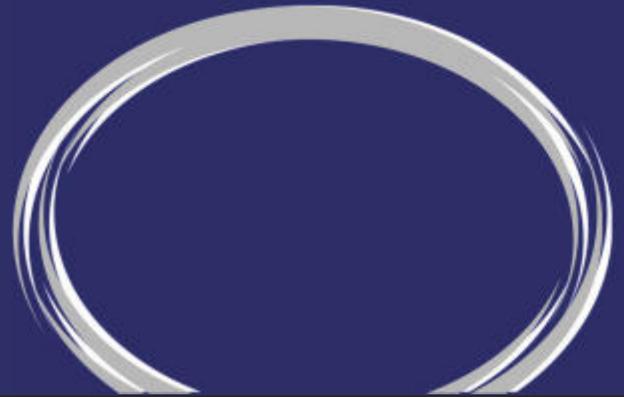


# THE Connection



**FEBRUARY 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!



**FEBRUARY:** You know it as the shortest month of the year—or, depending on where you live, the coldest. But, do you know where the name *February* came from?

### **When in Rome...**

Well, first, some calendar-related history. The original Roman calendar only had ten months, because, curiously, the Romans didn't track winter. (Sometimes, we wish we could do the same.)

In the 700s b.c., the second king of Rome, Numa Pompilius, changed that, adding January and February to the end of the calendar in order to conform to how long it actually takes Earth to go around the sun. The two new months were both originally 28 days long. It is lost to history why January acquired more days, though there are various unverifiable hypotheses.

At that time, March 1 became New Year's Day, but later, in 153 b.c., the beginning of the year was moved to January 1.

### **February used to be called *cabbage month*?**

Before we adopted the Latin name for our second month, Old English used much more vibrant names to describe the month now known as *February*. The most common Old English name was *Solmonath*, which literally means "mud month."

A lesser-used term was *Kale-monath*, which meant "cabbage month." Perhaps, the medieval English were eating a lot of cabbage in February? Strange.

### **Where did the word *February* come from?**

Since other months, like January, are named after Roman gods, you'd be forgiven for thinking February was named after the Roman god *Februus*. But, the word *February* comes from the Roman festival of purification called *Februa*, during which people were ritually washed. In this case, the god was named after the festival, not the other way around.

Must have been a pretty good festival.

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

**Find Closings/Cancellations on Facebook, 95.3 FM  
96.1 FM, 101.3 FM, [sfaconnection.org](http://sfaconnection.org),**

# 2

# For Your Information

Our goal is to be the most informative, responsive, and dependable organization serving the needs of Huron County senior citizens. It is our aim to provide services, activities, programs and information designed to enrich and enhance the quality of life for our seniors, and to help them enjoy independent living.

**Holiday Heroes:** Our community friends continue to support us through the holidays and into the new year. Special thanks to...

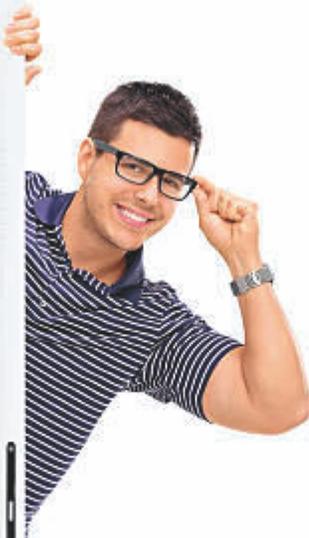
Gretchen Landoll  
Willard Care Center  
Dorothy Hokes

...who care about our communities and have used their resources and talents to make our Huron County communities better for all of us.

**HELLO!!**

While we cannot allow the public into our buildings yet we are here daily answering phones to assist you and others in our communities with transportation, home delivered meals, and social service support.

Please know we are eager to see you in person again. We are ready with all the current requirements and just await the go ahead from our local health department.



## WEATHER RELATED

### CLOSING INFORMATION

**95.3 FM, 96.1 FM, 101.3 FM,  
Facebook, [sfaconnection.org](https://sfaconnection.org)  
Or call our office for updated  
recorded messages.**

Please refer to these sources to find out if the centers are closed, if transportation is running, or if meals will be delivered.

For up-to-date information on the Enrichment Centers reopening, continue to check out our Facebook page and our website: <https://sfaconnection.org>. We will update as soon as we find out when we will be able to reopen.

Our board usually meets at 5 p.m. on the third Thursday monthly.

The next scheduled meetings are February 18 and March 18. To participate in the meeting please call toll free 1.800.459.3813 Meeting code: 156010 Any changes will be posted to our Facebook page and website.



## PHASE 1B VACCINATIONS

Governor DeWine announced Phase 1B vaccinations which began on January 19. Those 80 years of age and older are prioritized first in the phase, roughly totaling 420,000 Ohioans. Ohio expected to receive 100,000 doses during the first week of distribution to Phase 1B.

Vaccines will be administered by physicians, local health departments, hospitals, federally qualified health centers, in-home health service providers, and some retail pharmacies. The Ohio Department of Health has over 1,700 providers registered to distribute vaccines.

Governor DeWine anticipated vaccinations would be available to Ohioans 75+ years of age beginning January 25. The following week, vaccinations should be available to those 65 years of age and older.

“As we include other age ranges, please know that does not mean vaccinations will be complete for the previous age range,” said Governor DeWine.

The week of January 25 also included vaccinations for Ohioans with severe congenital, developmental, or early onset medical disorders. Additional details will be forthcoming.

Governor DeWine announced that during the week of February 1, vaccinations will be available for personnel in Ohio schools. The Ohio Department of Health will send forms to Ohio superintendents to indicate their school plans to go back to full in-person and hybrid learning by March 1, as well as indicate the number of staff they believe will choose to take the vaccination. Superintendents will also be asked if a community partner has been identified to help with the administering of the COVID-19 vaccines to school personnel.

Additional information about vaccinations can be found at [coronavirus.ohio.gov](https://coronavirus.ohio.gov).



### How Can We Help You?

**Enrichment Centers for Huron County** was grateful to be able to organize intake information for the initial rounds of Covid immunizations. We were asked to field the requests, collect your contact information, and submit reported information to the Huron County Health Department.

**Call us 419-668-6245**

Information required for vaccine

- Name
- Phone Number
- Age

If you need a ride to get your vaccine call

**Senior Express**

for your transportation needs.

**419-668-8821.**

Reservations are required and based on availability, so plan ahead.

# 4 Books

Three cheers for our Senior Express Driver,  
**Kathy Hohler**. Hip, Hip, Hooray!!

She is working hard to get brand new books to many of the Little Library boxes around the county. She has been very lucky winning books on the website GOODREADS.COM. Many of the books are pre-released by the publishers to build the book's popularity. Look for a Free Little Library in neighborhoods all across Huron County. You'll likely find great kid's books as well as books for adults.

## Little Free Libraries in our area...



- Bellevue - 126 E. Main St.  
322 Castalia St.
- Monroeville - 29 Chapel St.
- Milan - 139 S. Main St.  
6 East St.
- New Haven - 2644 Prarie St.
- Norwalk - 52 Chapel Dr.  
59 Benedict Ave.  
32 E. Elm St.  
35 Courtland St.
- New London - 51 Park Ave.

### Little Free Library Stats

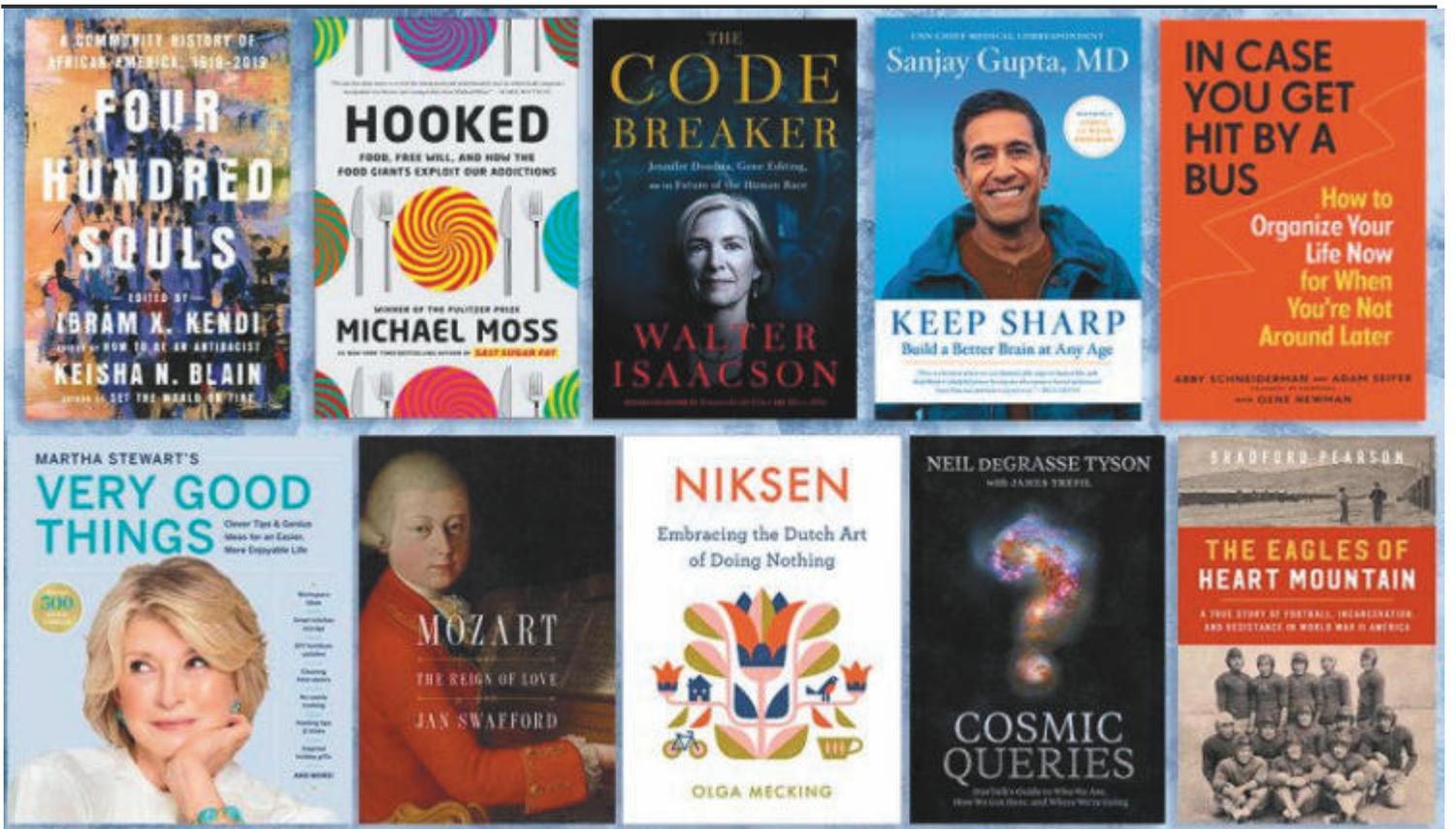
*It would be great to see one pop up in Willard or Wakeman!*



**3 out of 4 people report they've read a book they normally would not have read because of a Little Free Library**

**73% of people say they've met more neighbors because of a Little Free Library**

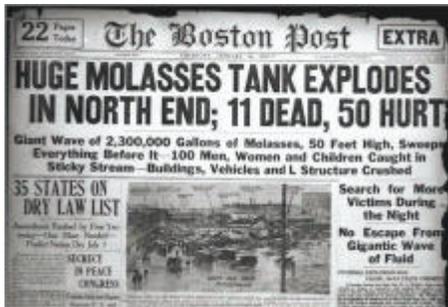
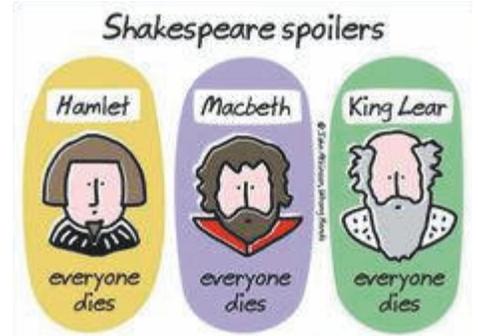
**92% of people say their neighborhood feels like a friendlier place because of a Little Free Library**



**Best reads for 2021 as suggested by aarp.com**

## Ridiculously True Stories from History

1. The first knock-knock joke is attributed to Shakespeare. It appears in Macbeth and it's told by a very hungover porter.
2. Whoever invented the fire hydrant deserves a lot of credit, but we'll never know who to give it to. The patent for the lifesaving device burned in a fire.
3. German U-boat U-1206 was sunk by its own toilet. The complex toilet required a special technician to flush it, when a sailor flushed it himself, it flooded the compartments, forcing the sub to the surface where it was promptly torpedoed and sunk.



4. In 1919, a 2.3-million-gallon tank exploded, turning the streets of Boston into rivers of molasses. According to some reports, the initial wave of syrup that hit the city was 40 feet high.

5. Andrew Jackson's parrot cursed so loudly and for so long during the former president's funeral that the wicked bird had to be removed from the service as shocked mourners watched. The real question though is who gave him his colorful vocabulary?

6. General Antonio López de Santa Anna, President of Mexico, held an elaborate funeral for a leg he had lost while fighting. This wasn't the end for the prized leg, though. Illinois soldiers would later discover the burial site and carry the leg home as a spoil of war. It's still displayed today in an Illinois museum despite numerous appeals from the Mexican government to return it.
7. When the invading Turks began to tear apart the columns of the Parthenon for bullets in a battle against the Greeks, the horrified Greeks actually sent them bullets along with a note that read "here are bullets, don't touch the columns."



8. After the Lichtenstein army's last battle in 1866, 81 of its soldiers returned unharmed. The problem was they had only sent 80. Apparently, they brought an Italian "friend" back with them. The army was disbanded shortly after.

9. In the 14th century, a group of young men from Modena stole a bucket from Bologna. The outraged Bolognese declared war to get the bucket back. With 2,000 casualties, the war was one of the bloodiest of the middle ages. It is actually known today as "The War of the Bucket." The Bolognese never got their bucket back.

10. Notorious pirate Benjamin Hornigold and his second in command Edward Teach, the soon-to-be-infamous Blackbeard, once captured a merchant ship just to steal the crew's hats. In a drunken salute, Hornigold and his entire crew had tossed all of their hats into the sea the day before.



# 6

# February Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 Pork loin Red potatoes Normandy blend Fruit cocktail	2 Summer meatball soup Warm apples Orange	3 Rib patty Texas fries Peas Citrus salad	4 Aloha chicken Acorn squash Lima Beans Pineapple	5 Turkey Mashed potatoes Carrots Country apples
8 Chicken chow mein w/ cabbage Broccoli Peaches	9 Pork steak Sweet potatoes Green beans Applesauce	10 Beef stew Baked potato Tropical fruit	11 Creamed chicken Mashed potatoes Corn Pears	12 Sausage gravy Hash browns Biscuits Banana Pineapple
15 BBQ chicken leg Parsley potatoes Baked beans Tropical fruit	16 Pork chop Mashed potatoes Brussel sprouts Country apples	17 Beef & noodles Broccoli Peas & carrots Pears	18 Turkey medallions Root veggies Asparagus Apricots	19 Stuffed cabbage soup Corn pineapple
22 Roasted chicken & veggies Potato wedges Fruit cocktail	23 Philly sandwich Sweet potato puffs Salad Grapefruit	24 Scrambled eggs Fried potatoes Mandarin oranges Juice Bagel	25 Goulash Cauliflower Side salad Peaches	26 Cream potatoes w/ ham Peas Mandarin oranges

**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**



We are here for you. Huron County Transit and Senior Express are making great strides during these trying times. We have made riding with us as safe as we can. We would like to give the credit to dispatchers Tracy Quillen (Senior Express) and Kathy Oney (Huron County Transit). They have been taking trip calls and making adjustments since the beginning of this pandemic. I am grateful to have them on my team.

On the road are the kindest, most courageous group of individuals; the drivers! They are on the frontlines, Monday through Friday, transporting clients to their doctor appointments, hair appointments, and shopping. There are days these drivers are the only people our clients see or even talk to. With masks on, they make the trip as pleasant as possible. To these brave individuals we would like to say *Thank You* for all that you do.

The drivers:

### Senior Transportation

Mike Wetzel  
Lou Reda  
Betsy Feaga  
Kyle Shrader  
Kathy Holher  
Earl Jenkins  
Ryan Dubsy

### Huron County Transit

Michelle Van der Waarden  
Mike Babcock  
Dennis Hartley  
Ron Hammersmith  
Reggie Jackson  
Wayne Appleby  
Patty Ezell

*Carlos Vazquez*

Carlos Vazquez, Supervisor

## Car Care Checklist



**Oil Change** Many motorists believe their cars' oil should be changed every 3,000 miles, however most late-model vehicles now can go 5,000 to 7,000 miles between oil changes. Check your owner's manual and get on a routine to good car care.



**Tires** Check tire pressures and tread depth. Check the pressure on all the tires—including the spare—with a quality gauge when the tires are cold. Be sure to look for recommended pressure on the driver's door jamb and NOT the tire wall!



**Battery** Ensure the battery cable connections are tight, and the terminals are free from corrosion. If the battery is more than three years old, it's a good idea to have it tested to determine how much life it has left.



**Wiper Blades** Wiper blades should completely clear the glass with each swipe. Make sure the windshield washer reservoir is filled.



When in doubt, visit  
[www.AAA.com/repair](http://www.AAA.com/repair)

## Warmest Regards on a Cold Winter Day!!!

We are off to a great New Year at Age Exchange and hoping that each of you are having a wonderful start to 2021 also. It is so rewarding when you look for positive thoughts and things happening around you each day. When I make a mental list of the positive things I am thankful for each day, it can quickly become a long list. One of the items that is always at the top would be all the amazing volunteers that contribute their time to make our program a success. I am so thankful for every one of our Age Exchange volunteers for their friendship and kindness that they give to our little children. Thank you for your continued involvement with our children. Although we are not together in person, just being in each other's thoughts makes your heart feel warmer.

One volunteer helps our children in a truly unique way. Jackie Miller works as a behind the scenes volunteer by creating and donating holiday goodies for the children. Her creative gifts have been a part of many holidays over the last 12 years. Jackie, you have gone over and beyond, and it is with sincere gratitude that we thank you.

Stay Happy and Positive,

Pam Schaffer



**(419) 616-6017**  
[stridemobility.net](http://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.

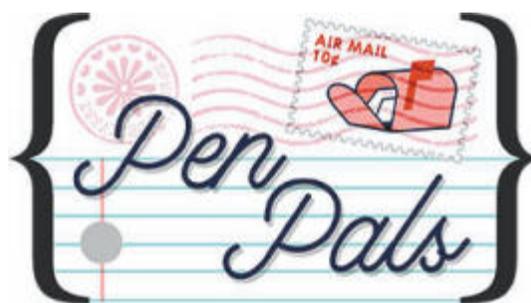
For more information or to take a virtual tour, visit [fishertitus.org/carriage-house](http://fishertitus.org/carriage-house)



CRAFT ONLINE LIVE      February 26      cost \$7

- Register by Feb. 19 - Call Diane at 419-668-6245
- Pick up kit by Feb. 24 - at Enrichment Center
- Watch and work with Diane on Feb. 26

Would you like to brighten someone's day without much effort or any money, all from the convenience of your home? ECHC is implanting a Pen Pal program where there is a chance to connect with residents residing in local nursing homes. You can share ideas, make each other laugh and learn from each other. It's easy to do: Simply write a letter, and drop it off in the mailbox located outside the doors of the Norwalk Center. Every Friday, your letters will be dropped off to a local nursing home. Once letters have been returned to us, we will get them to you.



Any questions, please call Diane at  
419-668-6245 ext. 21.

## Here are some historic Pen Pals!



**J. R. R. Tolkien and C.S. Lewis**

The two literary giants were close friends and sent each other regular letters: from witty one-liners to more detailed thoughts on future projects. In one, Lewis asks "Tollers" if God exists, to which he simply replies, "I think you'll find that God, naturally, exists." Although their friendship waned in later years, on hearing of Lewis' death, Tolkien said it "feels like an axe-blow near the roots."



**George H.W. Bush and Timothy Villalba**

The late president used to send hand-written letters to a young Filipino child he was secretly sponsoring. His letters never spoke of his actual job but he did speak of the White House. The schoolboy he sponsored only discovered who had been his pen pal and generous benefactor when he graduated.

The only letters you need to solve this **Crossword** are found in the phrase, "Valentine's Day."

**Across**

- 2. mouth watering.
- 6. not hard.
- 11. kismet, fate.
- 12. chocolate brand.
- 14. Isolate, detach.
- 20. deliberate damage.
- 22. NBC news program
- 23. in love with the tramp.
- 24. Topnotch, select few.
- 25. dark shade of blue.

**Down**

- 1. refers to teeth
- 3. from Asia
- 4. racquet sport
- 5. park assist
- 7. to buy into.
- 8. covers your eyes
- 9. best scenario
- 10. to an extreme degree.
- 13. prove accuracy.
- 15. furthest from the beginning.
- 16. slimy and slow.
- 17. Prince of newspaper comics
- 18. superman, man of \_\_\_\_.
- 19. pretty Duke.
- 21. picnic crasher.
- 22. sandwich shop.

**Code Breaker:**

Substitute letters for numbers to solve the puzzle. One has been given to you. There's more hints below the Sudoku if you need more help.

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
				24																					

				E				E						E					E						E
22	7	17	12	9	24	7	9	2	24	11	21	24	17	5	7	13	6	24	25	10	5	24	23		
				E																					
12	5	24	19	8	26	23	25	7	3	12	5	7	10	20	11	25	26	11	22						
								E	E																
11	17	11	23	24	2	24	13	12	21	26	13	26	11	23											

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

Code Breaker Hints 1=A, 10=T, 17=M

**Fallen Letters:** The letters have fallen out the bottom of the game grid. The letters are still in the correct column but you decide which space above they belong.


O M A I  
 D O N S M M F Y T T  
 G A T I E N Q D T S E R  
 D O E S T I A I N O V T O I  
 A M E F T N R T D I U E E R U O N

**A man buys a parrot and brings him home.** But the parrot starts insulting him and gets really nasty, so the man picks up the parrot and tosses him into the freezer to teach him a lesson. He hears the bird squawking for a few minutes, but all of a sudden the parrot is quiet. The man opens the freezer door, the parrot walks out, looks up at him and says,

"I apologize for offending you, and I humbly ask your forgiveness."

The man says, "Well, thank you. I forgive you."

The parrot then says, "If you don't mind my asking, what did the chicken do?"



**Hospital regulations require a wheelchair for patients being discharged.**

However, while working as a student nurse, I found one elderly gentleman--already dressed and sitting on the bed with a suitcase at his feet--who insisted he didn't need my help to leave the hospital. After a chat about rules being rules, he reluctantly let me wheel him to the elevator. On the way down I asked him if his wife was meeting him. "I don't know," he said. "She's still upstairs in the bathroom changing out of her hospital gown."

**An elderly woman had just returned to her home from an evening at church service when she was startled by an intruder.** As she caught the man in the act of robbing her home of its valuables, she yelled, "STOP! ACTS 2:38!" (Repent and be baptized, in the name of the lord, so that your sins may be forgiven.)

The burglar stopped in his tracks. The woman calmly called the police and explained what she had done. As the officer cuffed the man to take him in, he asked the burglar, "Why did you just stand there? All the old lady did was yell scripture at you."

"SCRIPTURE?!" replied the burglar, "She said she had an AXE and TWO 38's!"



**A man is dining in a fancy restaurant and there is a gorgeous redhead sitting at the next table.** He has been checking her out since he sat down, but lacks the nerve to talk with her. Suddenly she sneezes, and her glass eye comes flying out of its socket towards the man. He reflexively reaches out, grabs it out of the air, and hands it back.



"Oh my, I am so sorry," the woman says as she pops her eye back in place. "Let me buy your dinner to make it up to you," she says.

They enjoy a wonderful dinner together, and afterwards they go to the theater followed by drinks. They talk, they laugh, she shares her deepest dreams and he shares his. She listens. After paying for everything, she asks him if he would like to come to her place the next morning for a full breakfast. They had a wonderful, wonderful time.

The next morning, she cooks a gourmet meal with all the trimmings. The guy is amazed! Everything had been SO incredible!!! "You know," he said, "you are the perfect woman. Are you this nice to every guy you meet?"

"No," she replies... "You just happened to catch my eye."

# 12 Outdoors

## [Cold Weather Exercise Tips | The Jackson Clinics](#)

Cold temperatures and decreasing daylight hours do not mean that your outdoor walking routine has to go into hibernation for the winter. In fact, cold weather exercise has been shown to have a number of positive impacts on overall health! For instance, staying active through the cold weather can ease the winter doldrums, improve your energy level and help you to be in better shape for the spring/summer. However, it is important to follow these weather exercise tips through wintry weather:

- **Pay attention to temperature and wind chill:** If the temperature drops below zero F or the wind chill is below -20F, you should hit the treadmill.
- **Protect your hands and feet:** It is estimated that as much as 30% of your body heat escapes through your hands and feet.
- **Dress in layers:** It is important to start with a thin layer of synthetic material such as polypropylene, which wicks sweat away from your body. Stay away from cotton as a base layer as it holds moisture and will keep you wet. If it's really cold out, you will need a middle layer, such as polar fleece for added insulation.
- **Avoid overdressing:** You should feel a slight chill off your body the first 5 minutes of winter running; after that, you should warm-up.
- **Protect your head:** It is estimated that 40% of body heat is lost through your head. Wearing a hat that will help prevent heat loss is very important.
- **Do not stay in wet clothes:** If you get wet from rain, snow, or even from sweat in chilly temperatures, you are at risk for hypothermia. It is important that you change wet clothing immediately and get to a warm shelter as quickly as possible.
- **Stay hydrated:** Despite the cool weather, you will still heat up and lose fluids through sweat. The cool air also has a drying effect, which can increase the risk of dehydration. Make sure you drink water or sports drinks before, during, and after you run.
- **Remember sunscreen:** Sunburn is still possible in the winter. It is also important to protect your lips with lip balm.
- **Take it easy when it is frigid:** The colder the temperature becomes, the greater your risk for a pulled muscle when running in the cold. So warm up slowly and run easy on very cold days.

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### **Ice Festival is free on the historic square in downtown Medina February 19-21, 2021**

If you have “cabin fever” and want to spend some time outside in the middle of a northeast Ohio winter, you need to stop in the historic town square in Medina for their annual Ice Festival.

You will see a small downtown seemingly from a Norman Rockwell painting. Even more, you will see beautiful artwork made from ice as carvers compete in crafting ice sculptures. Don't worry, there are plenty of nice little shops to duck in and warm up a bit.





## Stop the Stress from Social Media

The internet and social networking are wonderful opportunities now more than ever. We connect with family and friends via technology. In addition to social benefits, on-line connections also provide regular chances for family and friends to “check in” on each other’s physical, mental, and emotional well-being that would otherwise not be possible. Connecting on the internet does not replace the physical intimacy and emotional closeness that comes with face to face interactions. However, many older adults would feel much more alone without social networking. Studies show that social networking platforms that were at one time populated primarily by young people are now increasingly embraced by older adults.

Although social media is a convenient way to maintain friendships across great distances, network, and share important events in your life with people who care about you, the convenience comes at a cost. In addition to being linked to depression and anxiety, social media can also be an abundant source of stress if not kept in check.

Probably the most obvious way social media brings stress into our lives is by providing us the opportunity to compare ourselves to others. Despite the fact that we spend so much time

curating our social media presence, it's hard to remember that everyone else is doing that too. This will have you worrying that you're not good enough in no time.

Even if you're not stressed now, social media posts can change that quickly. Stress spreads into your network, meaning if somebody you don't even know is having a bad day, it could still make its way to you and ruin your day too.

A perfect example is our current political atmosphere, right? Many friendships were strained, and many family dinners were ruined thanks to the political "discussions" people were having online. For most people, arguing with a stranger is pretty stressful. But arguing with your loved ones is definitely worse.

## Tips to limit stress from social media...

- Choose to follow friends that keep posts positive.
- Don't compare your level of happiness to other's posts.
- Limit the time you spend reading random posts, just check in on family and friends.
- Avoid using social media as your personal soapbox.
- Check the accuracy of “news” posts before reposting.
- Turn off all electronics 30 minutes before bedtime.

Social networks like Facebook were designed to be addictive, so don't be surprised if you find yourself hooked. Unfortunately, part of addiction is withdrawal, which means that in addition to social media stressing you out, not having access to social media can also stress you out. So don't rely on Facebook/Instagram for your entertainment.

In addition to low quality friends, too much social media can cause low quality sleep, making it harder to deal with day-to-day issues, and increasing your stress level.

# 14 Birthdays

1st	Florence Beck Mary Cutnaw Kathy Miller Kelsey Solberg	10th	Bob Langjahr Tom Woodruff	16th	Doris Bolen Shirley Doughty Edith Kilgo Rita Thayer	22nd	Nancy Doerner James Fisher Larry Holmer Nancy Magill Dee Riley Rodney Shaw
2nd	Michelle Beck Larry Clark Paul Stang	11th	Evelyn Baum Larry Coe Ken Ritchey Dale Seaman Dale Tanner	17th	Beverly Byars Patti Jackson Rhonda Montgomery Mike Todd	23rd	Deb Brown Mary Fries Pauline Quillen Jim Westerhold
3rd	Bob Gainok Mona Manhart Brian Myers	12th	Donna Coe James Draper Kathleen Miller Jeani Nelson Pat Targett	18th	Sonja Ball Larry Beals Dennis Dahm Jean Greenless Helena Heydinger Barbara Kreger Barbara Labonte Mel Miller	24th	Marlene Algood Nancy Alt Hilda Barnett Nancy Laface Dixie Waldron
4th	Joan Ghrist Linda Grosswiler Mary Sallee Barb Truchon	13th	Fredreca Anderson Louise Boyd Delores Charville Beverly Knueppel Anita Kraft Carol Schubert Carol Sweeting Juanita Tucker Mary Wiseman	19th	Willard Bores Rae Colahan Vivan Eberly Caroline Miller Janice McClain Robert Yelensky	25th	Tam Opper Robert Ingersol Theresa Titus Beth Weisenberger
5th	Mary Jean Collier Dorothy Robey Josephine Shenal	14th	Mary Louise Alto Kay Fletcher James Javorsky Kim Manahan Malcolm Pearce George Zybly	20th	Russ Deeble Karen Martin Martha Meade Vickie Patterson Ellen Simmons Mary Stoner Sally Stein	26th	Mark Spaar Nancy Lindenberger
6th	Dorothy Bauer Norbert Gates Margaret Rogers	15th	Roger Alto Keith Foster Robert Fry Tom Gerrity Gail Hughes Thomas Kerr Donald McCoy Deb Morrow Betty Smith	21st	Doris Bell Nancy Felter Jerold Hartman Denise Monske Rita Stark David Warner	27th	Marcella Killian Donna Klaholz Dennis Robinson Carol Sima Mike Wenner Elaine Young
7th	Dave Brady Pat Canfield Philomena Fisher Jessica Grimm					28th	Cheryl Hanko Gerald Hipp Karen Wagner Lamar Zieber
8th	Peggy Albright Linda Camp Kay Hartz Ruth Hosack Shirley Lane Claudette Snook					29th	Larry Meyer
9th	Cliff Cobb Judy Houpt Harold Snyder						



# Be Kind To Your Mind

15

BY STEVEN REINBERG

Moderate-to-vigorous physical activity in middle age and beyond might help keep your brain healthy, a new study suggests.

"Our study suggests that getting at least an hour and 15 minutes of moderate-to-vigorous-intensity physical activity a week or more during midlife may be important throughout your lifetime for promoting brain health and preserving the actual structure of your brain," said study author Priya Palta, an epidemiologist at Columbia University Irving Medical Center in New York City.

"In particular, engaging in more than 2.5 hours of physical activity per week in middle age was associated with fewer signs of brain disease," she said.

For the study, published online Jan. 6 in the journal *Neurology*, Palta's team collected data on more than 1,600 people (average age: 53) who had five physical exams over 25 years and rated their weekly activity levels.

Participants also had brain scans at the end of the study to measure their gray and white brain matter and areas of injury or disease in the brain.



While the researchers only found a correlation, those participants who didn't do moderate-to-vigorous intensity physical activity in midlife had 47% greater odds, on average, of developing small areas of brain damage compared to people who engaged in high levels of moderate-to-vigorous intensity physical activity.

Higher activity levels were also associated with more intact white matter. White matter is tissue composed of nerve fibers that link different areas of the brain.

"Our research suggests that physical activity may impact cognition in part through its effects on small vessels in the brain," Palta said in a journal news release. "This study adds to the body of evidence showing that exercise with moderate-to-vigorous intensity is important for maintaining thinking skills throughout your lifetime."

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"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.

# 16 Recipe



## Instapot Corn Chowder

### Ingredients

- 4 medium red potatoes, peeled and cut into 1/2-inch cubes (about 2-1/2 cups)
- 2 cans (14-1/2 ounces each) chicken broth
- 3 cups fresh or frozen corn
- 1 medium onion, chopped
- 3 garlic cloves, minced
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 2 tablespoons cornstarch
- 1 cup half-and-half cream
- 1 cup shredded cheddar cheese
- 6 bacon strips, cooked and crumbled
- Chopped fresh parsley

### Directions

1. Place first 7 ingredients in a 6-qt. electric pressure cooker. Lock lid; close pressure-release valve. Adjust to pressure-cook on high for 15 minutes. Quick-release pressure.
2. Select saute setting and adjust for low heat. Mix cornstarch and cream until smooth; stir into soup. Cook and stir until slightly thickened, 6-8 minutes. Stir in cheese and bacon. Heat through until cheese is melted. Press cancel. Sprinkle servings with parsley and, if desired, additional cheese and bacon.

Recipe photo by Taste of Home

# Puzzle Answers :

### Crossword

#### Across

2. saliva
6. easy
11. destiny
12. Nestle
14. alienate
20. vandalise
22. dateline
23. lady
24. elite
25. navy

#### Down

1. dental
3. asian
4. tennis
5. valet
7. invest
8. eyelids
9. ideal
10. intensely
13. validate
15. end
16. snail
17. valiant
18. steel
19. daisy
21. ant
22. deli

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

### Fallen Letters Answer

Age is a question of  
mind over matter.  
If you don't mind, it  
doesn't matter.  
~Satchel Paige

### Code Breaker Answer

Most people are shocked when they find out how bad I am as an electrician.





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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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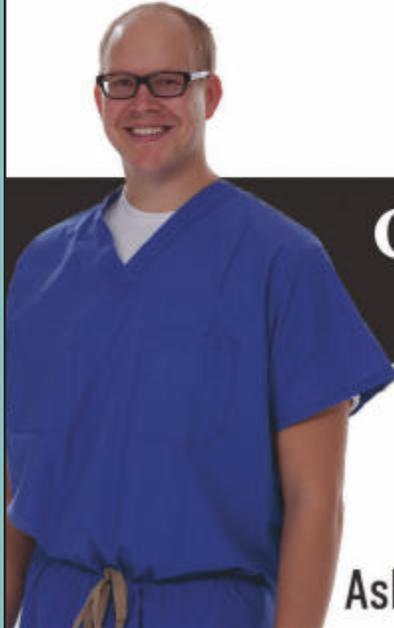
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# Director's Notes



What a first year! As I write this out I have been here for a year. I started on January 15 last year and the honeymoon was pretty short. It lasted until March 22, when we had to close the centers. Ironically, I was scheduled to attend a conference that week where I would have been able to make some connections and attend seminars that would have given me a lot of information on how to run a Senior Center. That obviously never happened so I'm kind of learning as I go.

I'm proud to say that through every change and mandate that affected my staff in 2020, they never stopped serving the seniors in Huron County. Here are some numbers for you. On the front lines 5 days a week were our transit drivers. They went the extra mile to protect our riders. Huron County Transit gave 10,513 rides and Senior Express 7,403 rides. A big majority of these were essential rides. Our meal delivery drivers and meals on wheels drivers were very diligent to protect our clients as well. They delivered hot meals 5 days a week without a break in service for a total of 78,156 meals. Adventure Travel was obviously grounded for the year. Deanie and Melisa did a great job of keeping travelers informed of the canceled and rescheduled trips. What made it really hard is that a lot of the travel companies we worked with had people working from home. Oh yeah, and they had to coordinate and initiate the writing of 504 refund checks. Age exchange never was able to restart after the shutdown. But those of you that know Pam know that she was staying busy and upbeat. She helped with a lot of work at the centers and coordinated communication with and between the kids and senior volunteers. Our front office made calls to see how seniors were doing, signed up new clients for meals and did a little entertaining on Facebook for our followers there. I can't say enough about how dedicated and passionate my staff is when it comes to serving the seniors of our county. Thank you for being a friend and we look forward to serving you in 2021.

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