

THE Connection



MARCH 2021

Enrichment Centers for Huron County

130 Shady Ln, 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, Mike Stewart

Sharon Wingert

www.sfaconnection.org

Find us on Facebook, too!



6 Things I learned during the pandemic...

1. How to spell "QUARANTINE"
2. 100+ places in my home to hide from my dog.
3. "Knock on wood" comes with no guarantees.
4. Everyone should wear pants for a Zoom meeting.
5. The reason I don't workout is evidently not because I'm too busy.
6. I am clearly an extrovert and dearly miss all my travelers!

—Deanie

Inside this issue

For Your Information

Humorous Health Notes

A Bit About Travel

Wellness

March Menu

Hot Italian Soup

Easter Traditions

Games & Puzzles

Activities

Age Exchange

Indoor Gardening

March Birthdays

Message to Caregivers

Humor

Director's Notes

**Just Wondering:
Would you sign up for
online cosmetology
classes!?**



Not again.

“**The sooner you
can laugh at
yourself,
the easier your
life will be.**”

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,
Or call our office for updated recorded messages.**

For Your Information

Please note: *The next scheduled Board of Trustees meeting is March 18 at 6:00 p.m.*

Our board has moved the regular start time for their meetings to 6 p.m. it will still be held on the third Thursday monthly.

To participate in the meeting please via phone call toll free 1.800.459.3813 Meeting code: 156010

Or join through Zoom: Meeting: 886 240 208 19 Code: 530229

Any changes will be posted to our Facebook page and website.

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.

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 various sites providing the vaccine.

Call us 419-668-6245

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.

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
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.

You may have heard the expression that laughter is the best medicine. It turns out that might be true, especially for seniors. Discover why you should surround yourself with people who make you laugh.



Social Benefits of Laughter

There's nothing better than sharing a good joke with a friend or family member, but laughing with someone comes with some other benefits as well. Seniors laughing together tend to improve their communication skills and form closer bonds with those around them.

People often take a less confrontational approach with those they laugh with, and laughter can break down cultural barriers as well. Laughter can also help us talk about uncomfortable or embarrassing health issues by defusing the tension or embarrassment with a joke. This is especially true for men who can have a more difficult time discussing health issues.

For women, laughter is a way to deal with stress and to feel as if they are being supported in social situations. Not to mention, a little laughter tends to go hand-in-hand with flirting, so for couples, laughing is a great way to keep the spark alive between them.

Laughter
is an
instant
vacation.
- Milton Berle

The Importance of Laughter

While laughing can certainly brighten one's day, it can also do a lot more. For seniors, laughing can be serious business when it comes to our overall health. Some of the benefits of laughing include the following:

- **Improving your immune system** – Laughing can actually boost the immune system.
- **Lowering cholesterol and blood pressure** – As we age, our chance of having high blood pressure and high cholesterol increases. However, laughing can help us reduce both. When we laugh, more oxygen gets into our bloodstream which has a positive effect on circulation.
- **Working your muscles** – When we laugh, both our abdominal muscles and our diaphragm get a workout. Exercising these muscles is a great idea for anyone but super important if you happen to suffer from chronic bronchitis or asthma.
- **Increasing endorphin levels** – Endorphins are our body's painkillers, so when we laugh, we are increasing these natural pain reducers. When you laugh you might notice that any pain you are dealing with is decreased slightly.
- **Decreased depression** – Many of us suffer from depression and anxiety, but for seniors, depression can lead to more serious ailments. Anything we can do to decrease anxiety, stress, or depression is a good thing. When we laugh, we increase the dopamine levels in our body, which is nature's way of lifting our overall mood.

4 Travel

Adventurers Travel Club Members, WE MISS YOU!

Here is a very tentative list of some of the trips we are hoping to offer as soon we are allowed to reopen.

June

6-16 Danube (rescheduled from 2020)
1 Indians vs. White Sox
13 Indians vs. Mariners
30 Indians vs. Tigers



July

1 Indians vs. Astros
11 Indians vs. Royals
25 Indians vs. Rays
27 Indians vs. Cardinals
31- 8/11 Alaskan Cruise and wilderness lodges tour
pending the opening of Canadian sea ports.



August

8 Indians vs. Tigers
10 Indians vs. A's
24 Indians vs. Rangers
28-9/9 Ireland

September

18-24 Foxwoods

October

11-15 Nashville

November

3-5 Soaring Eagle
7-12 Biltmore at Christmas



Here's What To Expect at the Ballpark this Summer!

A sign that MLB is serious about moving ahead with spring training and the regular season: Commissioner Rob Manfred issued health and safety guidelines for fans attending spring-training and regular-season games. In a memo issued to teams, Manfred laid out the minimum requirements from his office for hosting fans, provided local health guidelines allow it.

The health and safety guidelines will not be surprising to many observers of outdoor professional sports. For instance, fans will be seated in pods six feet apart, and ballpark entrances will be opened on a scheduled basis. Masks will be required. As of mid February no ballpark has put single-game tickets on sale.



Fans will not be allowed to seek autographs nor will they view workouts, unless they are held in the ballpark with fans limited to their assigned seats. And in fact there will be a mandated six-foot buffer between players and fans (save the area around the dugouts, where there will be a 12-foot buffer between fans and players). That will take the first three rows of the grandstand out of play. These are minimum standards; local authorities may mandate more protective measures.



One thing that won't happen, despite some chatter, is that MLB will not mandate proof of vaccination or a negative COVID-19 test. Of course, the best-laid plans may be altered based on circumstances:

"The Office of the Commissioner understands the need for clubs to plan for next season," wrote Manfred, "but MLB's policies ultimately will depend on the public health situation in the United States, which is difficult to predict this far in advance of the season. In particular, the current uncertainty surrounding COVID-19 vaccine production and distribution rates is preventing our experts from making predictions about the spring and summer with specificity. As such, MLB's guidance on fan attendance may change in the coming weeks as circumstances change, and may also be modified later as the season progresses and conditions improve."

“Oh, That is NO excuse not to try Yoga!”



Too Busy? We know that yoga reduces stress, improves focus and improves energy. ... Employees don't need to be a yoga expert to take advantage of the exercise. They don't even need much room, with many stretches easily done at the desk. Nope, sorry you are never too busy for yoga. Yogajournal.com



Wrong Size? Any physical activity will improve your mobility and general health. Doing yoga decreases stress, improves flexibility, and increases muscle tone and strength. People with larger bodies often have trouble with joint pain; yoga can help by improving the body's alignment to reduce strain on joints by allowing the frame to bear more of the body's weight. Verywellfit.com



Too Old? If you've reached senior status and you're not already practicing yoga, now's a good time to begin. Yoga is a great form of exercise for seniors. There are many yoga postures that can increase flexibility, mobility and strength through low-impact movement. Psychologically, it can help keep your mind sharp and increase positive emotions, mindfulness, and awareness of Self. You don't age out of yoga's benefits. Yogajournal.com



No Balance? So start with Chair Yoga. Yoga also develops your balance, which helps you feel grounded and increases longevity. Yoga helps to bring the mind-body connection to the fore, which can improve self-image and acceptance of your body. Most importantly, yoga can help you feel better by both improving your physical fitness and elevating your mood. Healthline.com



Yoga is for Girls? If, like many men, you spent a lot of your youth playing sports like football, running or weight-training, chances are high you'll have developed or stretched some muscles more than others, leaving you feeling quite inflexible in places. Similarly, if you spend a lot of your working day sitting hunched at a desk, you're unknowingly training your body to default to a certain position. Whichever of these applies to you, yoga is your passport to addressing your imbalances, and leading you to feeling human again through head-to-toe attention and restorative movements like inversions. Manbodyspirit.com



You can't go anywhere without your pet goat? While that is just ridiculous, there is a craze that started in Oregon in 2016. Lowering your blood pressure and improving your lipid profiles are two cardiovascular benefits from yoga that lead to stress-relief. ... Furthermore, there are many mental benefits of practicing yoga with goats nearby, as the animals will lift your spirit, lessen any feelings of sadness or grief, and enhance communication. Still think it's a joke? There are consistently over 1,000 yogis waiting for their turn to participate in existing goat yoga programs. Got goats? Goatyoga.net

6

March Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 Pork steak Sweet potatoes Green beans Applesauce	2 Beef stew Baked potato Tropical fruit	3 Baked chicken & Root veggies Asparagus Pears	4 Sausage gravy Hash browns Over biscuits Banana Pineapple	5 Sautéed Chicken w/ cabbage Broccoli Peaches
8 Pork chop Mashed potatoes Brussel sprouts Country apples	9 Beef & noodles Broccoli Peas & carrots Pears	10 Creamed chicken Mashed potatoes Corn Apricots	11 Stuffed cabbage soup Corn Pineapple	12 BBQ chicken leg Parsley potatoes Baked beans Tropical fruit
15 Philly sandwich French fries Green peppers Grapefruit	16 Scrambled eggs Fried potatoes Applesauce Juice Bagel	17 Goulash Cauliflower Side salad Peaches	18 Cream potatoes w/ ham Peas Mandarin oranges	19 Roasted chicken w/ carrots and celery Potato wedges Fruit cocktail
22 Summer meatball soup Warm apples Orange	23 Hamburger patty Texas fries Lima Beans Citrus salad	24 Turkey Mashed potatoes Carrots Apricots	25 Aloha chicken Acorn squash Peas Pineapple	26 Pork loin Red potatoes Normandy blend Fruit cocktail
29 Beef stew Baked potato Tropical fruit	30 Baked chicken & Root veggies Asparagus Apricots	31 Sausage gravy Hash browns Over biscuits Banana Pineapple		

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 center.

Tortellini Soup with Italian Sausage and Kale *in 30 minutes and only one pot!*



Ingredients:

- | | |
|-----------------------------------|---|
| 1 lb Mild Italian sausage, ground | 1 tsp Salt |
| 1 Onion, minced | 1 bunch Kale, stems removed |
| 6 Garlic cloves, minced | 10 oz bag Tortellini, fresh (not dried) |
| 1 quart Chicken stock | 1 cup Heavy cream |
| 14 oz Crushed tomatoes | Parmesan cheese (optional) |
| 2 Tbsp Tomato paste | ¼ tsp Red pepper flakes (optional) |

Makes 6 servings

Directions:

- Heat a large soup pot over medium-high heat.
- Add the sausage, onions and garlic to the pot and sauté until the onions are soft and translucent, about 5 minutes. (Drain off any excess fat.)
- Add the chicken stock, crushed tomatoes and tomato paste. Whisk until tomato paste is fully incorporated.
- Bring to a boil, season with salt then simmer for 15 minutes.
- Add kale, tortellini and heavy cream a few minutes before serving. Add cream slowly to keep it from curdling.
- Simmer for 3-5 minutes until the kale is wilted and the pasta is tender.
- Serve with parmesan cheese and red pepper flakes if desired.

This soup is delicious as is but you can try adding zucchini, chicken sausage, spinach tortellini... Just mix it up!

Green Chicken Enchiladas



Ingredients:

- | | |
|---------------------------------|-------------------------------------|
| 4 cups Cooked, shredded chicken | 3 cups Monterey jack, shredded |
| 2 tbsp Taco seasoning | 1 cup Sour cream |
| 3 cups Mozzarella, shredded | 10 (10") Corn tortillas |
| | 1 (28 oz) can Green enchilada sauce |

Makes 6 servings

Directions:

- Preheat oven to 375°F.
- In a large bowl combine shredded chicken, 2 cups of the mozzarella and 2 cups of the Monterey jack cheese, sour cream and taco seasoning. Mix until well incorporated.
- Wrap tortillas in a damp paper or tea towel and microwave for 1 minute.
- In a skillet, warm the enchilada sauce. Working with one tortilla at a time, dip it in the enchilada sauce until lightly coated. Scoop ⅓ cup of the enchilada filling into the tortilla and roll tightly. Arrange (seam side down) in a 9 x13 baking dish and repeat with remaining tortillas.
- Pour remaining enchilada sauce over the prepared enchiladas followed by the remaining cheese.
- Bake for 25 minutes, until cheese is bubbling.



8 Holiday Fun

How adorable are these Easter Bunny Shaped Rolls?

Your family will love to see these cute bunnies on the Easter dinner table this year. Use your favorite bread recipe to make these super cute Easter rolls. It's a great project to try with the grandkids. The secret to shaping the ears is kitchen shears! See picture at right.



Photo of professional chef's work.

Please note that you will probably want to practice the ear shaping technique ahead of time because the photo to the left is from a professional chef. The photos below better represent the result I would get if I even attempted this! Your results may vary. If they turn out well for you send us a picture, better yet if they don't—send us a pic!



Do not use M&Ms for the eyes!



First attempt may be more suitable for Halloween.

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

4-D-5-5

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



Countries all over the world celebrate the Easter season differently.

- **Italy** holds reenactments of the Easter story held in the public squares.
- **Cyprus** holds bonfires in the yards of schools and churches.
- In **Germany**, eggs are set in trees, called Easter egg trees, similar to the Christmas tree.
- In the **United Kingdom**, observers participate by rolling eggs downhill and in some areas by performing the Pace Egg play, a traditional local event.
- A big part of **Jamaican** celebration is to eat a spiced bun that may contain raisins with cheese.
- In **Scandinavian** countries like Norway, celebrators ski and relax at cabins in the mountains. Some areas may feature children in costumes going door to door for candy or flowers. Many Nordic countries include salmon or another type of fish with the feast.
- In **Australia**, the Easter Bilby delivers eggs rather than the Easter Bunny, as bunnies are viewed as an agricultural pest.
- On the island of **Corfu** in Greece, residents toss pots of water out of windows. They also bake cakes in the shape of doves, called kolompines.
- **Guyana** flies homemade kites, a tradition often participated in by citizens of all religions.



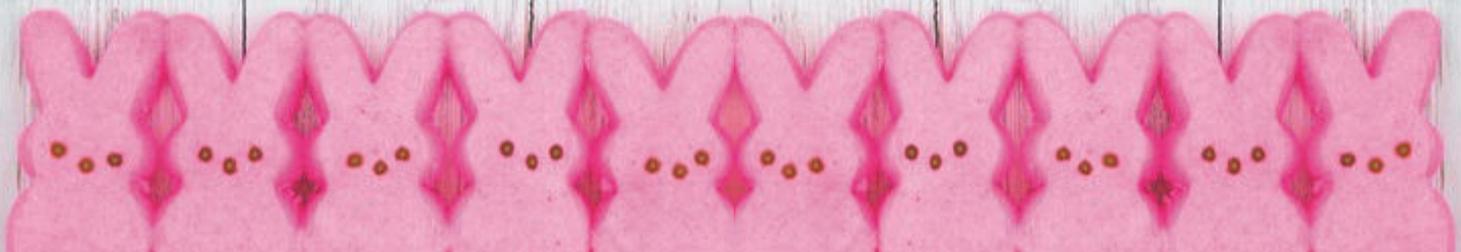
Egg Tapping, a common Easter game, goes by lots of different names — egg fighting, egg knocking, egg pacqueing, egg boxing, egg picking, or egg jarping, just to name a few — and involves two people knocking the pointed ends of the eggs together until one egg cracks. The winner is the person whose egg has cracked the most eggs.

Egg tapping has origins in Medieval times, where it was practiced during the Easter festival in Poland. Egg-tapping competitions are still held in many areas of the world, including England, and Louisiana takes the event very seriously — every year Marksville, Louisiana hosts an official egg tapping competition, complete with strict rules and regulations. Winners must prove their eggs are not fake by breaking them and eating them at the end of the event.

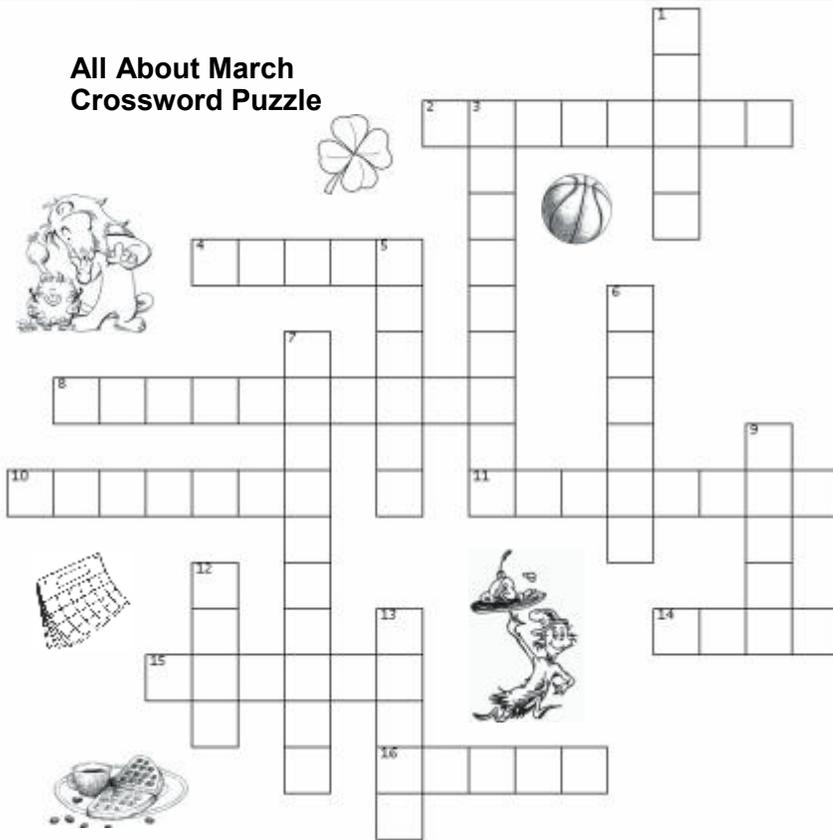


Those sugary, sweet marshmallow candies were created in the 1950s by Russian immigrant Sam Born, founder of Just Born candy company. He set up shop in Bethlehem, PA, making these treats especially appropriate for Easter. It initially took 27 hours to create a single Peep, but over time the process has become more efficient — it now takes only six minutes.

Peeps are available in a variety of seasonal shapes and flavors, but Easter chicks are by far the most popular ones, according to the maker. But a surprising number of people aren't actually eating the sweet treats. The company estimates that about one-third of Peeps sold are being used for decoration, not consumption.



All About March Crossword Puzzle



ACROSS

2. Get your _____ orders
4. March of _____ for healthy babies.
8. Traditional March birthstone
10. March 17-St. _____'s Day
11. _____ saving begins March 14
14. Out like a _____
15. March 14-National _____ chip day
16. March 2-Dr. _____'s Birthday

DOWN

1. _____ month of the year.
3. March 11-Johnny _____ Day
5. March 20-First day of _____
6. March 25-International _____ Day
7. Sport of March madness
9. March anagram
12. In like a _____
13. American composer of marches

Word ladders: Can you change one word into another? At each step along the way, change only one letter to make a new word. At the end, you have the final word.

1. Work	A. Soup
2. Small animal with no backbone	B. Cleaner
3. Slightly hot	C. Sharp, crackling sound
4. Where plants and animals are raised	D. To cut or clip
5. The cost of a ticket	E. An irritated state
6. Close attention	F. A matched set
7. Autos	G. Beef fat
8. Glass containers	H. Instigates legal proceedings against
9. Pokes	I. Hints
10. Jobs	J. Slices
	K. Nuts



How many words can you make out of the word "Spring"?
If you can find more than 30 you are a genius!

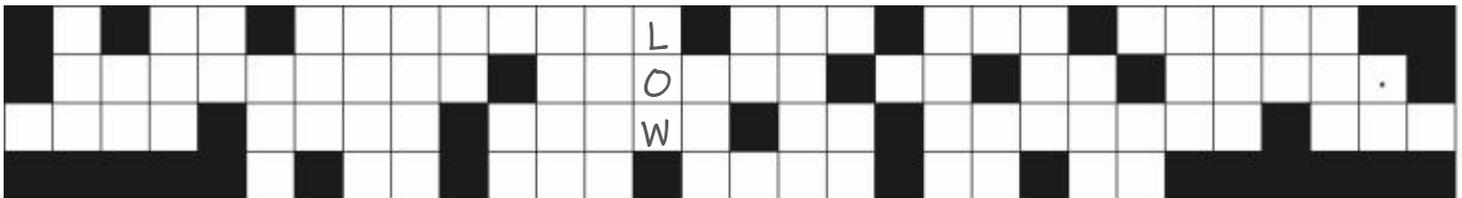
Code Breaker:

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

21	9	15	23	13	16	6	5	14	25	9	5	14	9	3	15	6	12			
25	13	2	16	17	15	25	10	15	6	5	1	26	2	15	20	13	21	9	22	
26	12	2	16	17	15	25	17	5	1	12	6	25	13	3	15	2	19	17	15	10

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
									—	—			5			—				—		16	—		—

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. *Hint: Fill in the single letter columns first then try to solve the shorter words next. We got you started, good luck!*



H O H E N T
 I A I A D E S O U ~~W~~ A M E A O A Y T L Y E
 H I F M I T U A T K F T ~~W~~ P F O T E X L B E L O F E
 T D E Y F H C V L N N P O ~~φ~~ N L E R I N L M C T H I S W H O

Fill in the missing numbers.

The missing values are the whole numbers between 1 and 9. Each number is only used once. Each row is a math equation. Each column is a math equation. **Remember multiplication before addition or subtraction!*

	+	3	+		15
+		+		+	
	+	6	+		9
+		+		+	
	+	7	+		21
A.>	14	16	15		

	-	4	+		6
-		-		+	
	+		-	9	-3
-		+		+	
3	+		+		16
4		5			18

4	x		+		33
+		+		x	
	+	1	x		12
+		x		+	
6	+		+		16
19		9			23

Sudoku: Fill in the grid so that every row, every column, and every 3x3 box contains the numbers 1 - 9. There is only one solution to the puzzle.

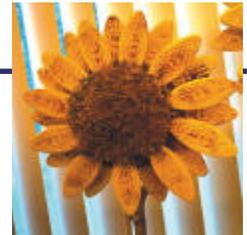
		6	7		2	3	1	
8				9			2	7
7		5			8		9	
		9	3	6		8		2
4	7			1				3
2	6				9			1
	9	7				1		
	8		9		1	4	3	5
3	1				6	2	7	9

12 Activities



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

Would you like to brighten someone's day without much effort or any money, all from the convenience of your home? ECHC is implementing a Pen Pal program where there is a chance to connect with residents 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.



Wooden Flower Craft

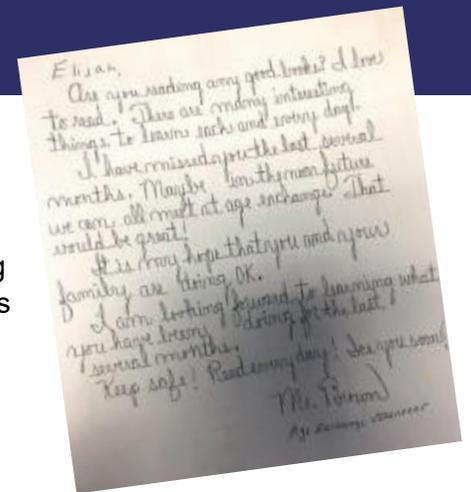
Supplies provided except for hot glue and paint.
Cost \$12 pre pay and pick up at Norwalk Center by 3/17.
Instruction will be live on Facebook on 3/24 @1 PM

Age Exchange

The Benefits of Bringing Generations Together

We've probably all heard about the challenges of the "generation gap," which tends to emphasize the differences between and among different age groups. Programs like Age Exchange recognizes the value and importance of bringing generations together. Here are just a few of the many benefits these programs are bringing to participants of all ages!

1. Energizes volunteers and strengthens sense of purpose, especially when they're sharing their experiences and skills.
2. Working with children can have health benefits. Adults who regularly volunteer with children burn more calories per week, experience fewer falls, and do better on memory tests than their peers.
3. Increases social contact for the volunteers and potentially helps keep depression at bay. We know that seclusion and depression are a big concern in recent times. By providing a venue for an older age group to interact with younger generations, they afford the opportunity to build lasting relationships.
4. All generations learn new skills. Adults can learn new technologies from the younger generation and youth can benefit from mature mentoring from their wise friends.
5. For children and youth who don't have grandparents or other close senior family members, engaging with older adults fills a social gap. According to [Forbes](#), intergenerational programs may be "our kids' best chance to learn from a caring older adult who not only has 'been there and done that,' but has a biological and instinctive need to give the next generation the best opportunity to succeed."



These are just a few of the benefits that our Age Exchange program offers.

Forcing Bulbs in winter is a wonderful way to bring some spring into the house a little early. Forcing bulbs indoors is easy to do whether you are forcing bulbs in water or in soil. Keep reading to learn about how to force a bulb inside your home.

Choosing and Preparing Bulbs for Forcing

Almost any spring blooming bulb can be forced to bloom indoors, but some spring blooming bulbs are more popular for bulb forcing. Some popular spring bulbs to force are: Daffodils, Amaryllis, Paperwhites, Hyacinth, Tulips and Crocus.

Choose flower bulbs for forcing that are plump and firm. The larger the flower bulb is, the bigger the bloom will be.



With the exception of amaryllis, unless you have bought flower bulbs that have been specifically prepared for forcing, you will need to prepare them. Place them in a cold place between 35 and 45 F for 10-12 weeks. Many people use either their refrigerator in the vegetable drawer or an unheated garage to do this. This is called prechilling. Once your flower bulbs have been prechilled, you can start forcing bulbs indoors in either water or soil.

How to Force a Bulb to Bloom in Water

When forcing bulbs in water, first choose a container to use for forcing. You can buy specific vases called forcing vases to grow your flower bulb indoors. These are vases that have a short, narrow necks and wide mouths. They allow the flower bulb to sit with only its roots in the water.

You do not need a forcing vase to force a bulb to bloom in water. You can also use a pan or bowl filled with pebbles. Bury the bulbs halfway into the pebbles, with the points facing up. Fill the pan or bowl with water so that the lower quarter of the flower bulb is in the water. Make sure that the pan or bowl always has water.

How to Force a Bulb Inside in Pots and Soil



Flower bulbs can also be forced inside in pots filled with soil. Fill the pot with a light potting mix. Do not use soil from your garden. Plant the flower bulbs you will be forcing half to three-quarters of the way deep into the pot. The pointy tops of the bulbs should be out of the soil. Water the bulbs and keep the soil moist.

Caring for Forced Bulbs

Keep your planted bulbs in a cool, 50-60 F. place until it starts to form leaves. This will help it to form a more compact flower stem, which is less likely to fall over. Once leaves appear, you can move the flower bulbs to a warmer location. They prefer bright, indirect light. Make sure to keep your forced bulbs watered. The roots should always have moisture.

Once your forced bulbs have finished blooming, you can cut the spent flowers off and plant the bulbs outside. The only exception to this is the amaryllis which cannot survive outdoors year round.



Amaryllis

March Birthdays

1st	Bob Marksbury Yolanda Schnell Diane Walcher	9th	Gordon Brown Robert Dann William Ewell James Funk Frank Johnson Leonard Kessler Cindy Leonhart Diane Skiver Josefine Vogel Ernestine Walliser	17th	Lorin Brown Patricia Armannsson Patricia Corcoran Lynne Hemenway Sheila Myracle Mary Ringlein Joan Stewart	23rd	Linda Shaw Brenda Soblesky Pat Westerhold
2nd	Cindy Bach Arvella Charlier Mike Gfell Delores Missler Tom Wingate			18th	Norma Bilton Sandra Like Carol Rush Patricia Tkach Abraham Weaver	24th	Randy Eschen Rahul Mukerjee Pat Timman
3rd	Gene Austin Luann Kunisch Deanna Miller Adele Murray	10th	David Dixon Pam Woodruff			25th	Robert Aumend Claudette Bennett Barb Hanna M. L. Knowlden Patricia Makowski Mary Oney Elsie Schuller
4th	Nettie Arndt Jayne Battle Ron Ours Irene Rosales Rainbow Shaffer Rebecca Taylor Pat Wilson	11th	Virginia Clouse Laura Coffman Janet Detwiler Betty Farnsworth Louise Hammersmith Emilie Long Margarete Mangold Ken Schreiner Earl Tanner Carl Weber	19th	Norma Bakewell Joan Barkhurst Norma Bauer Bob Bement Gwen Bores Kyle Case Norma Coke Nancy Eier Nancy Patten Carl Veith	26th	Steve Austin Larry Geary Linda Moran MaryAnne Crawford Julie Reed
5th	Teresa Bettac Mary Frances Egle Basil Elliot Darrell Shirley Ann Sitterly	12th	Carol Hostetler James McClain Jack Vetter	20th	Gladys Cantiberry Shrley Luksik Mary Lou Mack Vicki Palencia Joyce Pearce Patricia Romell	27th	Richard Brooks Marlene Duffield
6th	Don Beck Isa Bement Vicki Cronk Jim Ebert Arlayne Mischler	13th	Gerald Eberly Sandra Haas Gerald Hanko Jim Miller Dottie Staley	21st	Eugene Beamer Jeffrey Ciffman Jan Garner Mary Myrick-Coles Helen Oney Charrlee Richtarsic Lois Wolshuck	28th	Charles Bauer Dayle Flesher Rita Jaworski Dorothy Lichoff Ervin Pitcher Loretta Spears Phyllis Taylor
7th	Tom Fries Marilyn Knoll John Pothorski Jonna Rowland	14th	John Patrick Charles Piller			29th	Anita Guiher Linda Markel Nancie Meeker Kathy Miller Susan Sheidler
8th	Will Benz Susan Dellinger Daniel Schuller Ruth Wood	15th	Don Bercheck Marie Church Dick Kline James Schafer	22nd	Lynda Bungard Nancy Stallkamp	30th	Tim Crooks Daniel Green Mary Jean Hammann Bruce Wiles
		16th	Mary Armstrong Betty Campbell Ann Geary Margaret Kromer Jim Soisson	23rd	Linda Bache Joni Dufresne Estella Flynn Diana Hauler Don O'Dell	31st	Danet Riedy Jane Schreiner Ralph Seward



A Very Important Message to Caregivers

And to everyone who is currently struggling!

It's time to stop being so hard on yourself. If you are anything like me, setbacks, lapses, and mistakes can come with a fair amount of self-flagellation. Somehow I think that if I'm really hard on myself, I'll be less likely to make the same mistake again, or I'll motivate myself towards better performance in the future. Admitting our failings does not need to come with commensurate self-criticism. Here's why: **self-criticism doesn't work**. It doesn't actually motivate us. Instead, self-criticism is associated with decreased motivation and future improvement.

Try Self-compassion — being warm and supportive towards ourselves, and actively soothing ourselves—does help matters when we make a mistake or the going gets rough. It leads to less anxiety and depression, greater peace of mind, and, importantly, it makes us feel more motivated to make the improvements we need to.

The next time you flub-up, take a deep breath and soothe yourself: use kind, reassuring words to ease yourself out of a self-deprecating response, which will only make you feel worse.

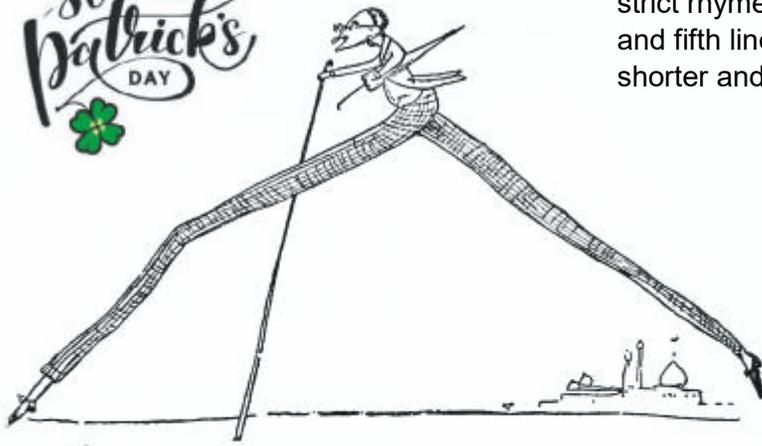
It's time to stop feeling guilty for doing what's best for you once in a while. Stop denying yourself so many things in order not to offend or upset other people. Live for yourself and do what makes your heart happy, too. You've been trying to keep everyone happy and everything together until you realize that you're the one in danger of falling apart. It's okay to be flawed and make mistakes and let people down because you're human and you tried.

Realize that you won't have all the answers and you're not supposed to. Stop comparing your life to others who seem to have it all together because they don't either. Life takes a lot of work. Each person's life comes with its own unique set of joys, and disappointments. Focus on the joy.

Don't be your own worst enemy. Life is already hard on you. It doesn't really care if you're tired or if you had a bad day. It just keeps going. But if you don't know how to be compassionate and patient with yourself, you'll stop half-way. You won't be able to appreciate your journey. Indifference will get you temporary satisfaction because it's short-lived, but compassion lives forever. Learning to be easier on yourself will be the difference between dwelling and moving on.

Love Yourself!

16 Humor



How to write a Limerick: A limerick is a form of verse, usually humorous and frequently rude, in five-line, with a strict rhyme scheme of AABBA, in which the first, second and fifth line rhyme, while the third and fourth lines are shorter and share a different rhyme.

**Melissa once studied ballet,
And liked to show off her pli e
Which got some attention
For she failed to mention
She quit the class after one day.**

**There was an Old Man of Coblenz,
The length of whose legs was immense;
He went with one prance from Turkey to France,
That surprising Old Man of Coblenz.**



You should give it a try and send us your best Limerick!



Puzzle Answers :

Crossword Answers

- | | |
|---------------|---------------|
| 1. Third | 8. Aquamarine |
| 2. Marching | 9. Charm |
| 3. Appleseed | 10. Patrick |
| 4. Dimes | 11. Daylight |
| 5. Spring | 12. Lion |
| 6. Waffle | 13. Souse |
| 7. Basketball | 14. Lamb |
| | 15. Potato |
| | 16. Seuss |

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

Fill in the Numbers

- | | | |
|-----------------|-----------------|-----------------|
| A. 8 3 4 | B. 8 4 2 | C. 4 7 5 |
| 1 6 2 | 1 5 9 | 9 1 3 |
| 5 7 9 | 3 6 7 | 6 2 8 |

Fallen Letters Answer



Words

Spring, Pings, Grips, Prigs, Sprig, Pirns, Girms, Grins, Rings, Ping, Gips, Grip, Pigs, Prig, Nips, Pins, Pirn, Snip, Spin, Gins, Girm, Grin, Pirs, Pris, Ring, Rips, Sign, Sing, Snig, Rigs, Rins, Gip, Pig, Nip, Pin, Gin, Pir, Pis, Psi, Rip, Sip, Gis, Rig, Ins, Rin, Sin, Sir, Sri

Word Ladders

1. Work
 2. Worm
 3. Warm
 4. Farm
 5. Fare
 6. Care
 7. Cars
 8. Jars
 9. Jabs
 10. Jobs
-
- A. Soup
 - B. Soap
 - C. Snap
 - D. Snip
 - E. Snit
 - F. Suit
 - G. Suet
 - H. Sues
 - I. Cues
 - J. Cuts
 - K. Nuts

Code Breaker Answer

“ March winds and April showers bring forth May flowers.”

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

BRUMBAUGH LAW FIRM CAN HELP YOU PROTECT YOUR LEGACY.

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

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

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

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

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

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

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

CALL NOW FOR YOUR FREE APPOINTMENT!



**BRUMBAUGH
LAW FIRM**

ELDER CARE AND ESTATE PLANNING.
COMPASSIONATE • DEDICATED • KNOWLEDGEABLE

CALL NOW!

419-370-3350



Are you worried about future nursing home costs?

Get Our FREE BOOK

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

Get your **FREE** copy at: ProtectYourFamilyHuron.com

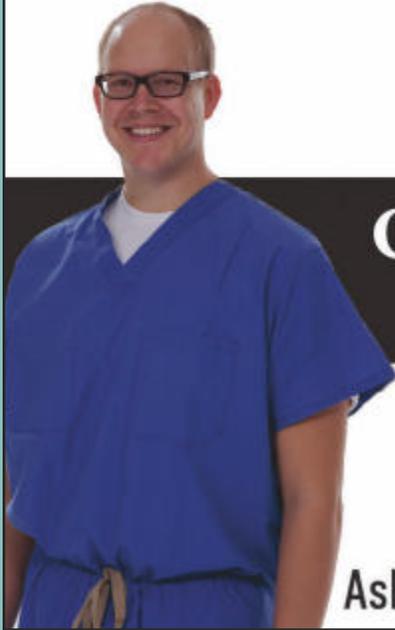
The Law Office of Michael L. Brumbaugh • 310 E Boalt Street Suite E • Sandusky, Ohio 44870 PAID ADVERTISEMENT



North Central Eye

A S S O C I A T E S

Clearly Focused!



**CATARACT EXPERTS
IN NORWALK**

NorthCentralEye.com
419.668.3295

Ask Your Friends, Family, ~~Fisician~~, Physician

Schild's
IGA MARKETPLACE
(419) 668-5156
171 Milan Road • Norwalk
ONLINE ORDERING NOW AVAILABLE
THROUGH mercator
Go to www.schildsga.com
It is safe and secure!

Linda R. Van Tine, Co. L.P.A.
Estates | Guardianship | Probate
Medicaid | Estate Planning
1410 Central Avenue
Sandusky, Ohio 44870
419-625-4010



**WHERE INNOVATIVE PLANNING
MEETS FINANCIAL EXPERTISE**

True Alpha Wealth Management is a team of experienced wealth managers and investment specialists who advise families and individuals, helping them design, implement, and follow plans to address their current needs and legacy plans.

TA | TRUE ALPHA
WEALTH MANAGEMENT

5004 Timber Commons Dr. Sandusky, OH 44870
3130 Executive Parkway Toledo, OH 43606

Contact Us: **855.246.3747**
info@truealphawm.com
truealphawm.com



Miracle-Ear®

Sandra Reyes, BC-HIS



- **Free Personalized Programming** that customizes your hearing aids to your individual needs.
- **Free Office Visits**, cleaning and adjustments anytime to ensure your hearing aids are always working at peak performance.
- **Free Annual Hearing Evaluations**, so we know immediately if your hearing aids need to be adjusted due to any changes in your hearing.
- **An Industry-Leading 3-Year Warranty*** on nearly every Miracle-Ear hearing solution.

Call Today for a FREE Hearing Evaluation!

4920 Milan Rd. (Outback Plaza) Sandusky
419-624-0336 • www.miracle-ear.com

†If you are not completely satisfied, the aids may be returned for a full refund within the stated days of the completion of fitting in satisfactory condition. Fitting fees may apply. See store for details. *Not valid on Audiotone® Pro.

Expert care,
just a phone call or click away.

Call 419-964-5000
or schedule online
at mercy.com



Ohio Hearing Professionals
421 A E. Walton St., Willard • 1500 S.CR.1, Tiffin



A locally owned hearing practice
providing hearing services,
including repairs & working seamlessly
to provide you with superior care.

Call for your appointment:
Willard Office: (419) 933-4327
Tiffin Office: (419) 443-0710

Visit us at: www.ohiohearing.info



Call today about our Veterans Benefit

(419) 935-6511

[www.trilogyhs.com/browse-locations/
item/the-willows-at-willard](http://www.trilogyhs.com/browse-locations/item/the-willows-at-willard)

WILLARD, OH



TWILIGHT GARDENS

NURSING & REHABILITATION

Specializing In Respiratory
And Ventilator Care

Onsite Pulmonology Program
With 24/7 Respiratory Therapy

**Offering Short Term
Rehabilitation
and Long Term Care**

(419) 668-2086 • www.twilighthc.com



A DESTINATION FOR *all* AGES

www.huroncolib.org



55+ INDEPENDENT LIVING

2 Bedrooms Available

Single Level Living • Washer and Dryer Connections

419.871.5863

bennettpointeapartments.com



Director's Notes



Why do I live in Ohio? I tend to always ask this question in February. I kind of thought it might pop in my head today as I spent about 2 hours shoveling my drive from the biggest snow storm in years last night. (2/16/2021) But I never really thought about it. I did however, have the thought that I should have listened to my wife and bought a snowblower. Next year for sure!

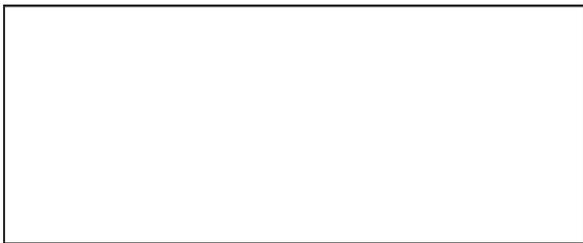
February is the shortest month of the year, but seems like the longest most years. Sometimes we head south for a week or so to make it even shorter. But the

truth is, I love Ohio and I love a snowstorm that shuts the whole northern part of the state down. I love the seasons and would be totally bored if I had the same weather every day all year long.

So cheers to the cold, snow, wind, rain, heat, humidity and falling leaves. I live in Ohio because it is where my family lives and it is home. I love to visit warm places in the winter, but I am always glad to get home.



A PLACE WHERE FRIENDS MEET!



DATED MATERIAL

Sponsored by Title III Grants under the Older Americans Act, Administered through the Ohio Department of Aging, Inc., District 5 Area Agency on Aging, Inc., 1-800-860-5799, Huron County Senior Services tax levy, the Huron County MHAS Board, Willard United Fund, Norwalk United Fund and local donations. Administered through Services For Aging, Inc., serving Huron County and the surrounding areas. Services For Aging, Inc., and its programs are open to persons 60 years of age and older and their spouses, regardless of their sex, race, color, national origin, handicap or religion.

Enrichment Centers for Huron County
130 Shady Lane, Bldg. C
Norwalk, OH 44857

Non Profit Org.
US Postage Paid
Norwalk OH
Permit No. 29