

THE Connection



APRIL 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!



Ending the Loneliness Pandemic:

Sometimes, we just need some ideas for what can help us combat loneliness. With the pandemic still active in our communities, these are a few socially distant possibilities for all ages:

1. Learn something new. YouTube videos are an excellent source to learn everything from the tango to tattooing.
2. Take photos. Use your smartphone to see the world around you from a new perspective. Share your pics with us.
3. Create surprise care packages for others. You may get some in return.
4. Sightsee in your own town. Take a drive to see what's changed in the area.
5. Agree to watch the same movie as a friend and meet afterwards on Zoom or FaceTime to discuss.
6. Write to someone you haven't talked to in years. Get reacquainted by letter.
7. Keep a gratitude journal and list everything that makes you thankful.
8. Plant a variety of flower bulbs this year so that spring is a colorful surprise.

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**We
know
that
sometimes
you forget
you are
awesome,
so this is
your
reminder.**

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 April 15 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.

Post-Vaccine

What Hasn't Changed

Everyone — even people who've had their vaccines — should continue taking basic prevention steps.

For now, if you've been fully vaccinated:

- You should still take steps to protect yourself and others in many situations, like wearing a mask, staying 6 feet apart from others, and avoiding crowds and poorly ventilated spaces. Take these precautions whenever you are:
 - * In public
 - * Gathering with unvaccinated people from more than one other household
 - * Visiting with an unvaccinated person who is at increased risk of severe illness or death from COVID-19 or who lives with a person at increased risk
- You should still avoid medium or large-sized gatherings.
- You should still delay domestic and international travel. If you do travel, you'll still need to follow CDC requirements and recommendations.
- You should still watch out for symptoms of COVID-19, especially if you've been around someone who is sick. If you have symptoms of COVID-19, you should get tested and stay home and away from others.
- You will still need to follow guidance at your workplace.

What We Know and What We're Still Learning

- **We know** that COVID-19 vaccines are effective at preventing COVID-19 disease, especially severe illness and death.
- **We're still learning** how effective the vaccines are against variants of the virus that causes COVID-19. Early data show the vaccines may work against some variants but could be less effective against others.
- **We know** that other prevention steps help stop the spread of COVID-19, and that these steps are still important, even as vaccines are being distributed.
- **We're still learning** how well COVID-19 vaccines keep people from spreading the disease. Early data show that the vaccines may help keep people from spreading COVID-19, but we are learning more as more people get vaccinated.
- We're still learning **how long** COVID-19 vaccines can protect people.
- CDC will continue to update our recommendations for both vaccinated and unvaccinated people.

4 Travel

A schedule of day trips will be available in the May Connection. All trips are contingent on the state of the covid pandemic at the time the final arrangements are required. We will take names but are not taking deposits at this time. All suggested safety protocol will be followed.

June

6-16 Danube (from 2020) *with Globus*

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

August

8 Indians vs. Tigers

10 Indians vs. A's

24 Indians vs. Rangers

28-9/9 Ireland *with Globus*

September

18-24 Foxwoods *with Diamond*

October

11-15 Nashville *with Diamond*

November

3-5 Soaring Eagle

7-12 Biltmore at Christmas

with Diamond

*We miss you all so much!!
Deanie & Melisa*



Participation on these trips is contingent upon the following:

- Being fully vaccinated for COVID-19 (including a second dosage, if required) at least 15 days prior to the departure of this trip.
- Providing a copy of my COVID-19 Vaccination Record Card (front and back) to the Group Leader who will then submit it to Diamond Tours, Inc.
- Face masks must be worn when required.



- Gates open one hour before first pitch.
- Social distancing will be encouraged throughout all queuing locations.
- No bags allowed – exceptions for medical bags, diaper bags and clutch purses.
- Food and beverage consumption confined to ticketed seating or ticketed designated standing space.
- Cashless transactions encouraged at all food and retail locations.
- Increased hand sanitation stations around the ballpark.
- Frequent cleaning of high-touch surfaces.
- Outdoor air circulation pumped in to all indoor areas.
- Tickets available in pods of 2 or 4.
- Face masks required to enter. Medical exceptions will be evaluated on site, a face shield may be required.

April Birthdays

5

1st	Ruth Lewis Carol Stieber Gerry Williams	13th	Ramona Andolsek Allen Austen Ron Dennison Paul Fry Trenda Geller John Hooker Tom Lane Carol Lange Cathy Marksbury Dale Newmeyer Judith Sommers	20th	Julie Cowin Sharon Martin Larry McLaughlin Joyce Nation Florence Sloan Ruth Snay Barbara Waggoner	27th	Violet Back Jim Beck Linda Johns Terry Ruffing
2nd	Joan Ackerman George Austin Darius Gough Art Greenless Dorothy Hokes Mike Meinke	14th	Dick Landis Carol Lassen Nancy Wallace Doris Walsh Mary Weatherbie	21st	Karen Delong Brenda Landoll Connie Shepherd Sharon Stoner Nancy Terpening JoAnne Warner Jane Whittington Gerry Wilhelm	28th	Jerri Miller Mary Miller Sally Niedermier Allen Ruggles
3rd	Leona Henry Cynthia Hooker Betty Oblender	15th	Judith Eastman Jim Geller Dorothy Hauler Nancy Sharfenberg Sharon Ward Marlene Wilson Marc Yetter Phyllis Zieber	22nd	Ruth Euton Peggy Klahn Donald Perry Larry Reilly Barb Spino	29th	Joyce Ditz Vernon Hostetler Robin Hughes Jackie Miller Shelley Murray Hattie Perry Glady Toler
4th	Larry Mesnard Barbara Mesnard Sandy Wilhelm	16th	Susan Brutsche Catherine Clouse Lynn Szabo	23rd	Linda Futch Shirley Leonard Gerald Volcheck	30th	Lynn Horning Becky Kimball Micki Makepeace E J McPherson Martha Tansay
5th	Neena Beck Marilyn Dillon Carrie Resor Mary Stoll	17th	Easter Callahan Sandy Meinen Rosalie Perry Mike Poyer Calvin White	24th	Susie Felts Patrick Grady Diane Hammersmith Carol Harpst Betty Hatala Paul Hill Marie Jarrett Anne Johnson Kathleen Shepherd Paul Slack Margaret Tackett Marilyn Ringle		
6th	Fran Cline Garnetta Daniel Debe Gelvin Herschel Honeycutt	18th	Carol Bell Barb Jones Parketta Meggitt Mary Roth Helen Searl Judy Trushel	25th	Tony Leimeister Norma Newsome Nancy Volker		
7th	Mark Finnegan Esther Hauler Cheryl Slone	19th	Marge Enlow Carol Gough Wilma Hammersmith Marianne Landoll Paul Stieber	26th	Betty Pothorski Sam Predieri Donald Roth		
8th	Jerry Beck David Graves Marilyn Lau Karen Schuller						
9th	Barb Dalton Sharon Frey						
10th	Susan Demaria Ruth Duryea Marie Frazier Mary Jo Larick Lois Mills						
12th	Judy Back Betty Cady Kay Kersey Chuck Ware						

6

April Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Sautéed Chicken w/ cabbage Broccoli Peaches	2 Pork steak Sweet potatoes Green beans Applesauce
5 Goulash Cauliflower Side salad Peaches	6 BBQ chicken leg Parsley potatoes Baked beans Tropical fruit	7 Country fried steak Mashed potatoes Peas & Carrots Apricots	8 Fire roasted chicken Penne pasta salad Grape tomatoes Apple Grapefruit	9 Sausage gravy over biscuits Hash browns Banana Pineapple
12 Tuna salad Tomato wedges Juice Tropical fruit	13 Meatballs & Pasta Salad Green beans Orange	14 Chicken stew over biscuit Asparagus Applesauce	15 Pork loin Red potatoes Normandy blend Fruit cocktail	16 Hamburger patty Texas fries Lima Beans Citrus salad
19 Meatloaf Red potato Corn Pears	20 Chef salad Tomatoes Peas Tropical fruit	21 Mac & cheese w/ ham Broccoli Peaches	22 Open face Turkey Mashed potatoes Carrots Apricots	23 Hawaiian chicken Peppers & onions Squash Rice Pineapple
26 Vegetable strata Fried potatoes Country apples Bagel	27 Pork chop Mashed potatoes Brussel sprouts Peaches	28 Beef stew Baked potato Tropical fruit	29 Roasted chicken Carrots and celery Potato wedges Fruit cocktail	30 Beef strip salad Green peppers Pears

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)





Ingredients

- 1/2 cup maple syrup
- 1/4 cup water
- 2 tbsp white or rice vinegar
- 1 tbsp cornstarch
- 1 small garlic clove grated
- 1 tsp salt
- 1/2 tsp red chili pepper flakes

Directions

In a small saucepan, whisk all ingredients until combined. Bring to a boil, reduce heat to low and simmer for 7-10 minutes or until thickened.

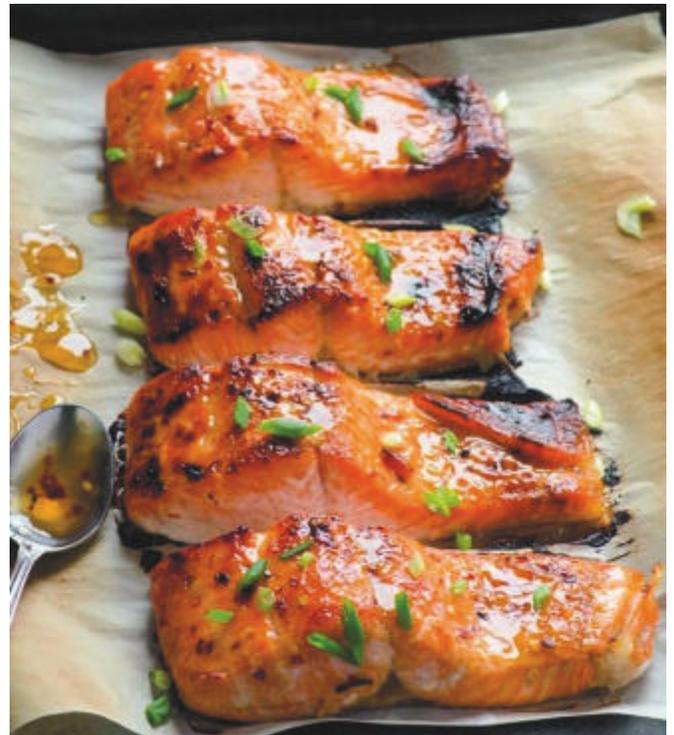
Transfer to a glass jar and use with meat, fish, vegetables and for dipping.

Highly recommend to make Thai Salmon that everyone will rave about for weeks!

Thai Broiled Salmon

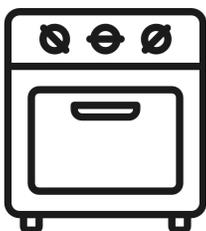
Ingredients

- 6 (6 oz) wild salmon fillets skin on or off
- Pinch of salt
- 1/2 cup + 1/4 cup Thai sweet chili sauce divided recipe above or try...
- 2 - 3 tbsp green onions finely chopped



Directions

1. In a large baking dish, add salmon in a single layer. Sprinkle each fillet with a pinch of salt and top with Thai sweet chili sauce. Brush to coat fish with (1/2 cup) sauce evenly on all sides. Cover and let marinate in the fridge for at least 2 hours or overnight is the best.
2. Turn broiler on High and position top oven rack 5" - 6" below the heat source. Line large baking sheet with foil or silicone mat, spray with cooking spray and place salmon fillets skin side down (if any).
3. Broil for 8 minutes, rotating baking sheet once. Remove to brush top of each fillet with (remaining 1/4 cup) Thai sweet chili sauce. Return to the oven and broil for another 5 minutes or until salmon has caramelized.
4. Serve hot, garnished with green onions, extra sauce and brown rice or quinoa.



How Do You Know When Salmon Is Done?

The best way to check is with a fork. If salmon flakes easily when poked and its flesh is opaque, it is ready to eat. I would check as soon as cooking time has elapsed as per the recipe and a nice caramelized crust has formed on top. You'll know whether or not to keep it in a bit longer. Stick around and keep an eye on it though, you don't want the opposite problem. Watch for burning!

Caregiver Support

Isolating from
FRIENDS

Changes in
SLEEP

Changes in
APPETITE

Feelings of
DEPRESSION

Getting
SICK OFTEN

10 SIGNS

Caregivers play an important in the wellness journey of our loved ones. With so much going on in a person's life, it can be easy to miss the warning signs of caregiver burn out.

Are you noticing any of these signs?

Caregivers may not realize they need help or may not feel comfortable asking for it. Reach out and let them know you care.

IRRITABILITY
with the person you care for

OVERUSING
tobacco or alcohol

IGNORING
your own health

BLAMING
the person you care for

PUTTING OFF
things you used to enjoy



(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/carriage-house

Caring for YOU: Nutrition

Are you a family caregiver? You may not think of yourself that way, but if you spend time tending to the needs or concerns of a person with an ongoing illness, injury or disability you are considered a caregiver.

Approximately 85% of people with dementia and chronic illness are cared for exclusively in their own homes. On average, their loved ones provide 12 hours of assistance a day. That can be difficult to juggle with work and other responsibilities, and it often takes an economic and physical toll. As a result, caregivers often report significant stress, depression, anxiety and fatigue.



Caregiving also can take its toll on caregiver nutrition. Limited time to cook or shop may result in reaching for sweets or picking up fast food, which don't need a lot of preparation or advance planning. Nutrients that can fall short include protein and fluids, as well as fiber, vitamins and minerals from fruits and vegetables that may not be present in convenience items.

That leaves the caregiver at risk of malnutrition, and, in turn, more susceptible to the physical effects of stress. The good news is that eating a healthful diet can reduce the negative effects of stress. So, while caregivers are often rightfully focused on making sure they provide healthy meals for those they care for, it is very important for caregivers to keep their own nutrition and hydration at the top of their priority list.

How can you add this to your full list of items on your "to do" list? A good way to start a new habit is to just take a few steps at a time. For hydration begin with drinking beverages at each meal and 2-3 times between meals. Examples of healthy drinks include: water, milk, juice (for those fruits/vegetables you may be missing), or non-sweetened drinks. Next, focus on protein, a key nutrient that builds strength and provides important minerals. Ways you can add protein to your day include:

- At meals, eat your protein first
- Snack on cheese
- Replace cereal with eggs
- Choose Greek yogurt
- Have a protein shake
- Eat low/no fat dairy products
- Top your food with chopped almonds
- Include a high-protein food like fish, chicken, beef, eggs with every meal
- Pair peanut butter or yogurt with fruit
- Try a variety of plant proteins like nuts, peanut butter, beans and tofu
- Drink a liquid supplement like Ensure or Glucerna

To find more ideas for high protein foods, increasing fluids and other ways to prevent malnutrition, review the National Institute on Aging resource, consult your healthcare provider, contact a dietitian, or go to reliable websites like the Academy of Nutrition and Dietetics, US Department of Agriculture and the National Council on Aging.

How many times can you find the phrase....

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



... in the crossword puzzle?

And what else did we hide in there!?

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. town		A. fire
2.	Pulls behind	B.
3.	A large amount	C.
4.	Male heirs	D.
5.	Evil actions	E.
6.	Rests	F.
7.	A place	G.
8.	To reference	H.
9. city		I. heat

Sudoku rules:

1 - 9 appear once in each row, column, 3x3 box. Using the process of elimination and other strategies to identify the unique solution for the following puzzles.

Easy

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

Medium

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

Single letters are usually A or I. 22=T, 12=E

12 Humor



NEW! REI Adventure Kitten Gear



Burly Wool Kitten Socks
Keeps little paws cozy in extreme cold.

\$10.50 [add to cart](#)



Rugged Kitten Boots
Superior traction for treacherous traverses.

\$130.00 [add to cart](#)



"Wild Cat" Kitten Pack
Carries 100 cubic inches of kibble and catnip.

\$169.00 [add to cart](#)



Lil' Bandana
Doesn't do anything. Looks cute in photos, however.

\$11.00 [add to cart](#)

Your Kitten Might Also Like:

All-Weather Ball of Yarn \$3.99	Premium Freeze-Dried Catnip \$5.99	Laser Pointer \$13.99	Titanium Bowl and Milk \$22.99	Te-Dye Field Mouse \$13.99	Tiny Little Machete \$44.99
★★★★★	★★★★★	★★★★★	★★★★★	★★★★★	★★★★★



LEGO VacuSort

REVOLUTIONARY BRICK SORTING VACUUM

FEATURES

- Sort by color
- Sort by brick
- Separates dust
- Easy empty
- 5 speeds



NEW



COMING SOON IN 2018

April 1, 1878: After Thomas Edison invented the phonograph in 1877, Americans firmly believed that there were no limits to his genius. So when the New York *Graphic* announced on this day that Edison had invented a machine that could transform soil directly into cereal and water directly into wine, thereby ending the problem of world hunger, it found no shortage of willing believers. Newspapers throughout America copied the article, heaping lavish praise on Edison. The conservative Buffalo *Commercial Advertiser* was particularly effusive in its praise, waxing eloquent about Edison's brilliance in a long editorial. The *Graphic* subsequently took the liberty of reprinting the *Advertiser's* editorial in full, placing above it a simple, two-word headline: "They Bite!"

April 1, 1961: In Milan, in 1961, many people from the surrounding countryside still rode their horses into the city. So *La Notte* newspaper announced that city authorities, in order to make sure the horses could continue to co-exist with motor traffic, had passed a law making it mandatory for horses to be outfitted with signaling and brake lights while being ridden through the streets. Many people subsequently brought their horses into car mechanics to have them outfitted with the necessary lights.

April 1, 1982: The *Daily Mail* reported that a local manufacturer had sold 10,000 "rogue bras" that were causing a unique and unprecedented problem, not to the wearers but to the public at large. Apparently the support wire in these bras had been made out of a kind of copper originally designed for use in fire alarms. When this copper came into contact with nylon and body heat, it produced static electricity which, in turn, was interfering with local television and radio broadcasts. The chief engineer of British Telecom, upon reading the article, is said to have immediately ordered that all his female laboratory employees disclose what type of bra they were wearing.

April 1, 1998: Burger King published a full page advertisement in *USA Today* announcing the introduction of a new item to their menu: a "Left-Handed Whopper" specially designed for the 32 million left-handed Americans. According to the advertisement, the new whopper included the same ingredients as the original Whopper but all the condiments were rotated 180 degrees. The following day Burger King issued a follow-up release revealing that although the Left-Handed Whopper was a hoax, thousands of customers had gone into restaurants to request the new sandwich. Simultaneously, according to the press release, "many others requested their own 'right handed' version." Left-handed products of various kinds are actually an old joke on April first, but Burger King's announcement quickly became, by far, the most famous version of the joke.

April 1, 1996: The Taco Bell Corporation took out a full-page ad that appeared in six major newspapers announcing it had bought the Liberty Bell and was renaming it the Taco Liberty Bell. Hundreds of outraged citizens called the National Historic Park in Philadelphia where the bell was housed to express their anger. Their nerves were only calmed when Taco Bell revealed, a few hours later, that it was all a practical joke. The best line of the day came when White House press secretary Mike McCurry was asked about the sale. Thinking on his feet, he responded that the Lincoln Memorial had also been sold. It would now be known, he said, as the Ford Lincoln Mercury Memorial.

April 1, 2010: Online retailer ThinkGeek announced an exciting new product — canned unicorn meat, which it described as "the new white meat" and an "excellent source of sparkles." It's unlikely that many people believed ThinkGeek was really selling unicorn meat, but the concept proved popular enough that a few months later the company started selling the product for real. Customers who ordered it received a stuffed unicorn toy inside a can. Except for customers in Germany who complained that they weren't receiving their orders. Eventually the reason for the delay was traced back to the shipments being halted by German customs officials — who apparently believed that unicorns were real and had therefore decided that the product fell afoul of regulations banning the importation of meat from "rare" animals.

To all of the volunteer **Meals on Wheels** drivers who continued to deliver through the difficult year.

Thank You!



Vera Albright



David Podvoiskis



Don and Neena Beck



Marilyn Lau



Jill Mynarsky



Deb Lucal



Phyllis and Lemar Zieber
Nancy Doerner



Linda and Rod Harris



Carol Owens



Laura Coffman



Carol Mauter



Ron and Marilyn Pechuta



Larry Lepard



Jon and Pat Stofira

You're
the
best



Kail and Darryl Young



Carole Adkins



Jim and JoAnne Grover



Jack and Judy Trushel



Frank and Linda Eckler



Kay Fletcher
Margie Cassidy



Sharon Rennekar



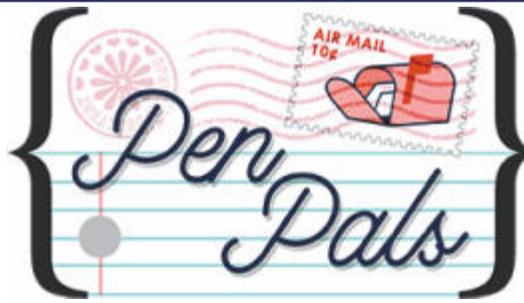
Mary Lou Englert

16 Programs



Good News Health Update:

Recent studies show that most senior women who carry a little extra weight in their hips and thighs can expect to live happier and longer lives than their friends that mention it to them. 😄



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 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'll get them to you.

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

Puzzle Answers:

Easy

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

Medium

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

Word Ladders

- Town
- Tows
- Tons
- Sons
- Sins
- Sits
- Site
- Cite
- City

- Fire
- Fare
- Hare
- Hale
- Halt
- Malt
- Melt
- Meat
- Heat

Fallen Letters Answer

Any fool can criticize, complain, and condemn, and most fools do.

But it takes character and self-control to be understanding and forgiving.

Dale Carnegie

Which One Does Not Belong?

- Green is not a primary color.
- December has 31 days.
- Calculus is not a type of cloud.
- Cabbages are not root veggies.
- Shovels don't have tines/prongs.

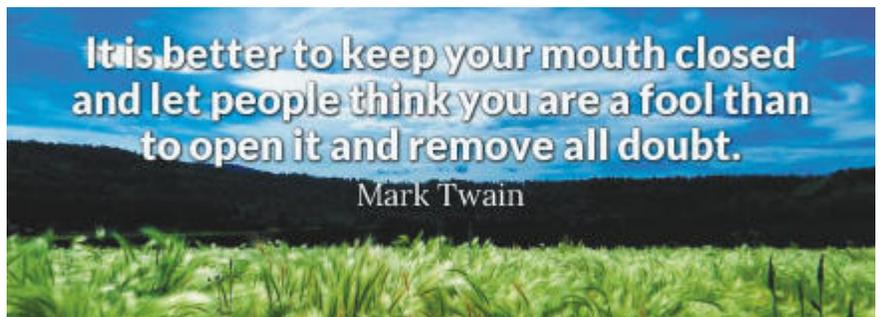
Word Search: The phrase ... appears once in the puzzle but we threw in over 20 red herrings. That was fun wasn't it!?



Code Breaker Answer

It is better to keep your mouth closed and let people think you are a fool than to open it and remove all doubt.

Mark Twain



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.

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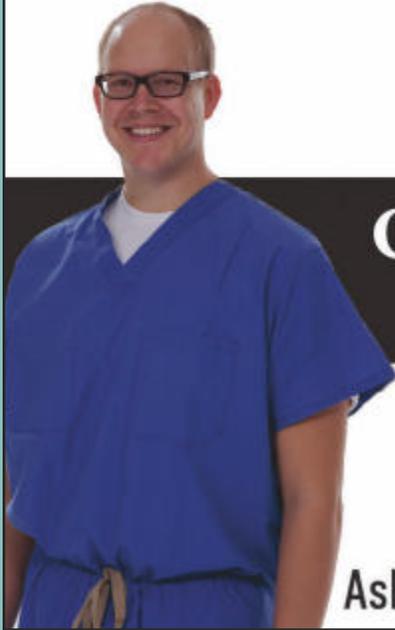
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Director's Notes

As you read this we are gearing up to **re-open the centers**. The excitement level of our employees is off the charts. When I told them that the last hurdles were out of our way and we would be able to re-open soon, they said it was the best news they had received in a long time. We love serving the seniors in our community and we are hoping you are excited to come back as well.



any changes that may occur. It has been a really long year and I think we are all ready to do a little socializing, at a distance of course.

As the weather warms up a bit, please watch for news on a special "welcome back" outside party we are planning for each center.

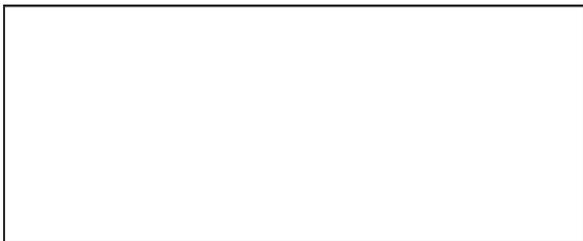
Thank you for your understanding and patience throughout the past year. I'm looking forward to seeing many of you soon!



Steve Beal, Director

Your safety continues to be our highest priority, so some things will be different than they were before Covid. We will do our best to make you aware of the new protocols and ask that you also check our website and Facebook page (if you have access to those) for

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