

THE Connection



MAY 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

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www.sfaconnection.org

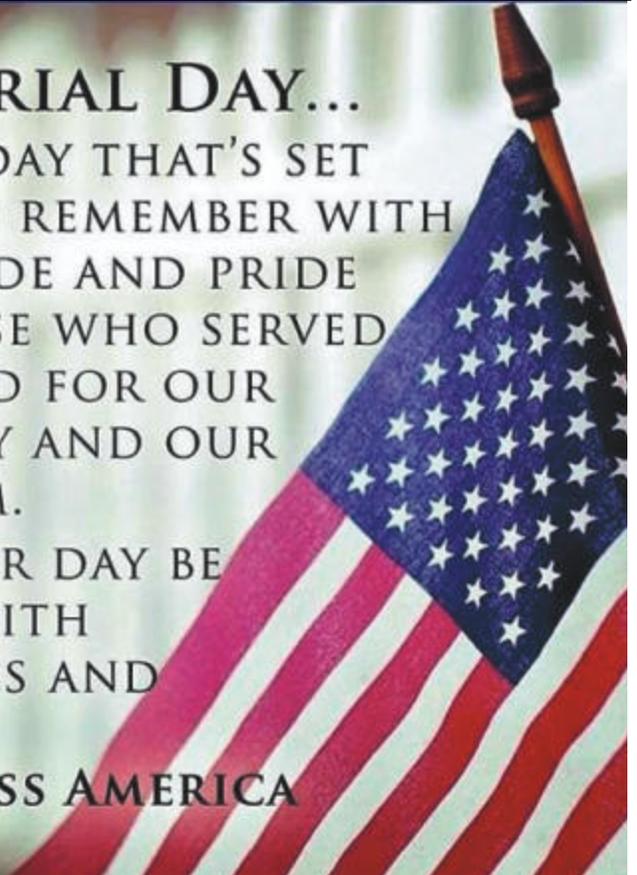
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MEMORIAL DAY...
...IS THE DAY THAT'S SET
ASIDE TO REMEMBER WITH
GRATITUDE AND PRIDE
ALL THOSE WHO SERVED
AND DIED FOR OUR
COUNTRY AND OUR
FREEDOM.

MAY YOUR DAY BE
FILLED WITH
MEMORIES AND
PEACE.

GOD BLESS AMERICA



**DRIVE-THRU
CHICKEN BBQ
FRIDAY, JUNE 25**

Details page 14

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 May 20 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.



Steve Beal, Director

To participate in the meeting via phone please 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
Huron County Transit

for your transportation needs.

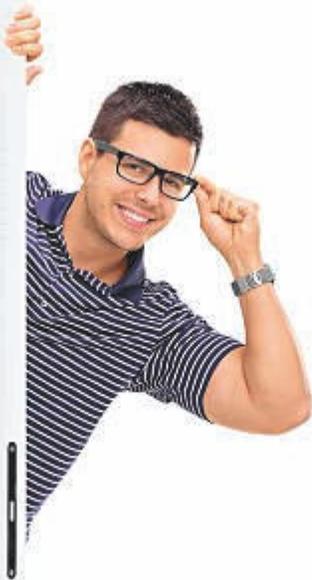
419-663-3340.

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.



Emergency

INFORMATION SOURCE

**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.

Chances are you've used a home remedy at some point:

herbal teas for a cold, essential oils to dull a headache, plant-based supplements for a better night's sleep. Maybe it was from your grandma or you read about it online. It's not clear exactly what makes a home remedy do the trick. Is it an actual physiological change in the body or more of a placebo effect? Thankfully, in recent decades, scientists have been asking the same questions in a lab, and are finding that some of our plant-based remedies aren't just old wives' tales. And so, for the skeptic who needs more than a placebo to feel well, we got your back. Here are a couple home remedies backed by science:

Shiitake mushrooms for the long game Lentinan is an extract of shiitake mushrooms. It promotes antioxidant and anti-inflammatory effects at a cellular level. Lentinan can help with *inhibiting breast cancer cells*, and its interaction with the immune system might help fight cancer by improving chemo-weakened immune systems. If you've found bone broth to be comforting, throw in a few chopped shiitake mushrooms next time. One study found that eating 5 to 10 g of shiitake mushrooms every day *helped boost human immune systems* after four weeks.

Mint for muscle pain and digestion Mint, as common as it sounds, isn't simple. Depending on the type, it can provide different uses and benefits.

For pain, you'll want to look for **wintergreen**, which has methyl salicylate, a compound that may work similarly to capsaicin. Applying it can feel like a cool "burn" before the numbing effect takes place. This effect helps with joint and muscle pain.

The other mint type that's commonly used in folk medicine is **peppermint**. An ingredient in many different cures, peppermint has been found to be especially effective in helping treat *irritable bowel syndrome (IBS)* symptoms.

Studies show that along with fiber, it helps reduce spasms, as well as diarrhea and abdominal pain associated with IBS. Peppermint activates an anti-pain channel in the colon, which *reduces inflammatory pain* in the digestive tract. This most likely accounts for its effectiveness in treating IBS. Beyond digestion and stomach troubles, a peppermint oil capsule or tea may also help with *headaches, colds, and other body discomforts*.

Make sure to use home remedies correctly While most of these natural remedies don't have any significant side effects, they may be harmful if used in excess amounts.

Certain people may also be more sensitive to dosage amounts, so if you're on any medication or live with a condition that's affected by your diet, talk to a doctor before consuming these foods regularly. And if you have an allergic reaction or worsening symptoms from any home remedy, speak to a doctor right away.

Keep in mind that home remedies may not always be safe and effective for you. While these are backed by scientific studies, a single study or clinical trial doesn't always cover diverse communities or bodies. What research notes as beneficial may not always work for you.

Many of the home remedies, and the ones we listed above are ones we grew up with, ones that families have passed down and brought us up on since we were children, and we look forward to falling back on them when we need the comfort.

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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

- 1 Indians vs. White Sox Tue 6:10 p.m.
- 13 Indians vs. Mariners Sun 1:10 p.m.
- 30 Indians vs. Tigers Wed 7:10 p.m.

July

- 1 Indians vs. Astros Thru 7:10 p.m.
- 11 Indians vs. Royals Sun 1:10 p.m.
- 25 Indians vs. Rays Sun 1:10 p.m.
- 27 Indians vs. Cardinals Tue 7:10 p.m.

August

- 8 Indians vs. Tigers Sun 1:10 p.m.
- 10 Indians vs. A's Tue 7:10 p.m.
- 24 Indians vs. Rangers Tue 7:10 p.m.

September

18-24 Foxwoods *with Diamond*

October

11-15 Nashville *with Diamond*

November

- 3-5 Soaring Eagle
- 7-12 Biltmore at Christmas *with Diamond*

Looking at Theater



- Choir of Man July 2021
- Frozen August 2021
- Jesus Christ Superstar 2022
- Pretty Woman 2022
- My Fair Lady 2022
- To Kill A Mockingbird 2022



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.

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



Self-care for the Caregiver

Caregiving can be physically and emotionally exhausting. Whether you are in the profession of caregiving or taking care of a loved one, it is important to remember to recharge your batteries. For family members, caregiving can also lead to additional pressures, such as financial strain, family conflict, and social withdrawal. Over time, caregiver stress can lead to burnout, a condition marked by irritability, fatigue, problems with sleep, weight gain, feelings of helplessness or hopelessness, and social isolation.

Caregiver burnout is an example of how repeated exposure to stress harms mental and physical health. Chronic stress triggers a release of stress hormones in the body, which can lead to exhaustion, irritability, a weakened immune system, digestive distress, headaches, pains, and weight gain, especially in the midsection of the body.

Your body does have a natural way to combat stress. The counter-stress system is called the “relaxation response,” regulated by the parasympathetic nervous system. You can purposefully activate the relaxation response through mind-body practices like yoga, tai chi, meditation, and deep relaxation techniques.

Self-compassion is essential to self-care. Being kind to yourself builds the foundation to self-care. Self-compassion means giving yourself credit for the tough, complex work of caregiving, stepping away from the self-critical, harsh inner voice, and allowing yourself time — even if it’s just a few minutes a day — to take care of yourself.

Lack of time or energy can make getting that time away particularly challenging. You may even feel guilty or selfish for paying attention to your own needs. What you need to know is this: *in fact, practicing self-care allows the caregiver to remain more balanced, focused, and effective, which helps everyone involved.*

Practice simple breath awareness for 10 minutes a day. One of the simplest deep relaxation techniques is breath awareness. Here is one you can try:

- Find a comfortable seated position on a chair or cushion.
- Close your eyes and begin to notice your breath. It is common to have distracting thoughts come and go, but just let them pass, and gently bring your attention back to your breath.
- Breathe in slowly through your nose for five counts, hold and pause for five counts,* and exhale for five counts.
- Continue for 10 minutes.

For deeper relaxation, gradually extend your exhalation, until you reach an exhalation twice the length of the inhalation (10 counts).

**Breathing exercises should not be painful or uncomfortable; if holding your breath is uncomfortable, eliminate the pause between the inhalation and exhalation.*



[Marlynn Wei, MD, JD](#)

Contributing Editor, www.health.harvard.edu/blog

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Meals Pickup & Delivery

Grab & Go

These meals are available to all county residents 60+. Call your nearest center by noon the previous day to have your order waiting for you at 11:30 for pickup.

Monday	Tuesday	Wednesday	Thursday	Friday
3 Meatballs & Pasta Salad Green beans Orange	4 Chicken stew Over biscuit Asparagus Applesauce	5 Pork loin Red potatoes Normandy blend Fruit cocktail	6 Hamburger patty Texas fries Lima Beans Citrus salad	7 Tuna salad Tomato wedges Juice Tropical fruit
10 Chef salad Tomatoes Peas Tropical fruit	11 Mac & cheese w/ ham Broccoli Warm apple slices Peaches	12 Open face Turkey Mashed potatoes Carrots Apricots	13 Hawaiian chicken Peppers & onions Squash Rice Pineapple	14 Meatloaf Red potato Corn Pears
17 Pork chop Mashed potatoes Brussel sprouts Peaches	18 Beef stew Baked potato Tropical fruit	19 Roasted chicken w/ carrots and celery Potato wedges Fruit cocktail	20 Beef strip salad Green peppers Pears	21 Vegetable strata Fried potatoes Country Apples Bagel
24 BBQ chicken leg Parsley potatoes Baked beans Tropical fruit	25 Country fried steak Mashed potatoes Peas & Carrots Apricots	26 Fire roasted chicken & penne pasta salad Grape tomatoes Apple Grapefruit	27 Sausage gravy Hash browns Over biscuits Banana Pineapple	28 Goulash Cauliflower Side salad Peaches

Closed May 31 in observance of Memorial Day.

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.

Sweet & Sticky Baked Chicken Drumsticks

are the perfect appetizer! An easy drumsticks recipe that makes crispy, juicy dark meat chicken legs. The sticky Asian glaze makes these so addicting! This just might be the BEST baked chicken drumsticks recipe ever.



INGREDIENTS:

- 1/4 cup balsamic vinegar
- 1/4 cup honey
- 1/4 cup light brown sugar, packed
- 2 tablespoons low-sodium soy sauce
- 3 garlic cloves, minced
- 1 tablespoon minced fresh ginger
- 1/2 teaspoon fresh cracked black pepper
- 6 chicken drumsticks, about 1.25 pounds
- 1 tablespoon sesame seeds, lightly toasted
- a few pinches chopped fresh parsley

INSTRUCTIONS :

In a medium bowl, whisk together balsamic vinegar, honey, brown sugar, soy sauce, garlic, ginger and cracked black pepper. Pour into a large ziplock bag and add chicken drumsticks. Shake to coat chicken and refrigerate for 8 hours, or overnight, giving the bag a shake whenever you think about it.



Preheat oven to 400°F. Line a rimmed baking sheet with foil and place a Cooling Rack on top.

Remove the chicken from the bag, reserving the marinade, and place the drumsticks on the rack. Bake the drumsticks, on the middle oven rack, for 25 minutes.

While the chicken is baking, place the leftover marinade in a small saucepan. Bring the marinade to a boil, then reduce the heat to a slow simmer. Cook over low heat, stirring as needed, for about 15 minutes or until thickened.

Remove drumsticks from oven (after first 25 minutes of cooking) and heavily coat with the thickened marinade, using a silicone pastry brush. Return to the oven and cook for 10 more minutes. Coat the drumsticks again and return to oven to cook for 5 more minutes, or until an internal temperature of 160°F is reached.

Coat the drumsticks one last time, with any remaining sauce, and sprinkle with sesame seeds and parsley. Serve immediately.



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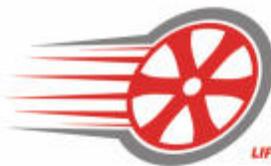


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14-1470

May Birthdays

9

1st	Violet Arnold William Bermudez Jeanne Haab Sue Mills	8th	Donna Enderby Lawrence Furlong Marilyn Lau Margaret Riedy Jack Whitright	16th	Sally Adelman Barbara Greer Etta Hamons Ruth Joyce Jerrie White Loden Don Miller Nancy Swanson	24th	Lorie Church Bill Hauler Marlene Henry Marcy Jones Patricia Kelley Denise Stiert
2nd	Jayne Bock Leonard Playko Dan Rood	9th	Marilyn Baker Stephen Oblender David Singer Pat Stofira Ben Wheeler	17th	Sue Black	25th	Jane Gerrity Judith King Patricia Laser Jim Lindenberger Randy Romeis Rocky Rossini
3rd	Ray Back Barbara Doughty Mary Fleming Harold Fries Marjean Hohler	10th	Florence Cesa Dave Dalton Karen Shellhammer	18th	Janet Anderson Jan Heitsche Gary Pagnard Jane Randleman	26th	Patricia Albright Martha Dise Micheline Kerr Emma Lewis Judy Libbee Claude Smith David Targett
4th	Rebecca Fratta Lou Ann Seaman Ruth Vogel Carol Wheeler	11th	Leslie Kaple Carol Reynolds	19th	Phyllis Kucinic Christine Milks Mari Grace Reesman Lyle Rhoad		
5th	Beverly Brown Lester Chase Charles Grose Jude Keener Jane Kluding Doris Nestor Frances Ringlein Mary Jane Warchol Pat Wilbur	12th	Janos Perry Darlene Polewiartek Betty Wise	20th	Vincent Foos Debbie Partlow Crista Rigsby Ron Wise Ann Yetter	27th	Joe Church Susan Englert Mona Hauler Judy Herbkersman Nancy Hicks Glenn Johns Shari Smith Peggy Wright
6th	Ray Beat Leslie Casper Andy Dannemiller Patricia Holzwart Peggy Cook Kline Thomas Meehan Larry Muller Judy Pagnard Theresa Schafer Mary Alice Schuller Gene Stoner	13th	Mary Gregory Susan Rew Wilma Schuh Jules Willacker	21st	Howard Graffice Norman Sommers Steve Wilhelm		
		14th	Howard Keiser Kenneth Magill Rita Schild Barbara Sheets Pat Sullivan	22nd	Mary Ayres Barbara Hay Susie Hippler Edward Stoner Terri Wade Mollie Wetherill	28th	Randal Kilgo Indrani Mukerjee Shari Smith Joyce Shirley
		15th	Barb Annon Yvonne West Bailey Terry Bell Brad Bischoff Delbert Hass Jean Moehl Ellen Schibley	23rd	Jean Chapin Nancy Fries Patricia Goodrich	29th	Anita Stotz
7th	Audrey Starbuck					30th	Deborah Edwards Carol Yelensky
						31st	Jack Blankenship Joan Hipp

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.

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

20	8	20	21	10	19	16	18	3	4	16	10	4	25	13	21	20	4	11	20	4		
23	20	8	16	5	3	7	13	21	10	13	13	16	4	13	20	3	4	20	8	16	16	23
17	15	7	16	13	21	10	13	20	20	4	21	16	7	20	13	16	18	13	21	16		
18	20	17	9	3	17	20	13	20	3	4	8	7	3	24	24	25	24	3	13	21	16	7
12	3	3	1	16	7	13	5	10	17	21	20	4	11	13	3	4						

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.

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. brave		A. blank
2.	A serious situation	B. Walk the ____
3.	A fruit on a vine	C. Air transportation
4.	Complaint	D. Flat dish
5.	Holds tightly	E. Flat grey rock
6.	Vacations	F. USA has 50
7.	Several attempts	G. Not fresh
8.	Cooked potatoes	H. Pressed clay rock
9. flies		I. Marine mammal
		J. while

1.

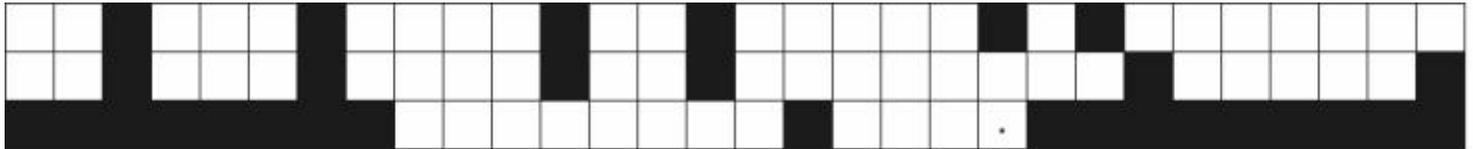
		2		6	1			9
8		5	4				7	6
6		4						
		3		5	2			
			8		7			
			9	3		2		
						1		2
3	6				8	4		7
2			1	4		9		

2.

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

Single letters are usually A or I. 10=A, 25=Y, 20=I

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. Good luck!*



I N T O O T A N R

B F T H U W F I D T I G M E R K A W O D I E

I E Y O E K A N G H T F N A H F O I C A N S O L R T H R

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

2021 Kentucky Derby Horses' Names

- Essential Quality
- Hot Rod Charlie
- Super Stock
- Like the King
- Known Agenda
- Rock Your World
- Bourbonic
- Medina Spirit
- Concert Tour
- Midnight Bourbon
- Mandaloun
- Caddo River
- Highly Motivated
- Helium
- Panadol
- Soup and Sandwich
- Dynamic One
- Crowded Trade
- Sainthood
- Rombauer



We are excited to tentatively offer these classes.

If you're interested in any of the activities or classes we offer here please call Diane, our activities coordinator, at 419-668-6245 ex. 21 to find out the most current policy regarding registration, class size, and attendance. With any luck, by June, we will have a clear vision on what the new mandated policies will be.



If you have a talent to share or an idea for a new class please contact Diane with detailed information.
dmetarko@sfaconnection.org

Card Club (greeting cards)
 Tuesdays at 10 a.m. at Willard Center
 Wednesdays at 10 a.m. at Norwalk Center
 Bring your own supplies, on-your-own, no fee.



Designs will vary.

Greeting Card Class with Deanie Berry
 June Thursdays at 10 a.m.
 Paper, tools and embellishments included for multiple cards. Fee \$10
 Kits-to-go available as supplies allow.

Bingo with Gaymont's Kate Koons
 Win prizes and share snacks
 First Thursdays monthly at Willard Center
 11:45 a.m.—12:45 p.m.
 Third Mondays monthly at Norwalk Center
 11:30 a.m.—12:30 p.m.

Yoga with Christina Cummings
 at 9 a.m. at Norwalk Center
 \$25 for 6 week session, \$5 drop ins



Exercise with Joan Schaffer
 Mondays & Wednesdays beginning June 7
 10-11 a.m. at Willard Center
 \$14 for 12 sessions.

Watercolor Painting with Molly March
Mondays beginning June 7
9:30 a.m. at Norwalk Center
\$22 for 6 week session



Stein Hospice 60's Music with Sherry Borne
Tuesday, June 8 at Norwalk Center 11:30 a.m.
Thursday, June 17 at Willard Center 11:45 a.m.

Jewelry Class with Sally Twitchell
Tuesday, June 8 at Norwalk Center 2 p.m.

Donuts and Conversation
Tuesday, June 8
10 a.m. at the Norwalk Center
Heather Peterson from Twilight Gardens will bring donuts to share during a morning of light conversation.
No cost. Call by June 3 to register.



Bingo and Cake with The Lural's Gretchen
June 10 at 11:30—12:30 at Norwalk Center

Chair Massage with Jessica Grimm
Monday, June 14
\$12 for 10 minutes

Acrylic Painting w/ Terry Anderson Sr.
Tuesday, June 15 at 9 -11:30 a.m.
\$12



Book Club
with Marcia Roth
Monday, June 28
at Norwalk Center 10 a.m.



The **Age Exchange** program has the most wonderful volunteers! This year was a challenge but what a success we made of it. Your dedication and willingness to support our youth has been a highlight this year.

Even while we are writing our last letters and receiving the last of our friends hand-drawn greetings we are also eager to begin again fresh and new next school year.

The summer will go by quickly. I hope to see your smiling faces again soon.

Love to all,

Pam Schaffer

If you are interested in being a volunteer with the Age Exchange Program please contact us directly.
419-668-6245 ext. 28

Monroeville



BOOKS ON WHEELS

The Monroeville Public Library is offering home delivery of library books, movies, music cd's, magazines, large print books for residents of the Monroeville Local School District. Please call the library to receive a home delivery application.
419-465-2035

DRIVE-THRU CHICKEN BBQ

HOSTED BY **ENRICHMENT CENTERS FOR HURON COUNTY**
 FRIDAY, JUNE 25TH, 2021 AT 11:30-1 OR TILL IT'S GONE!

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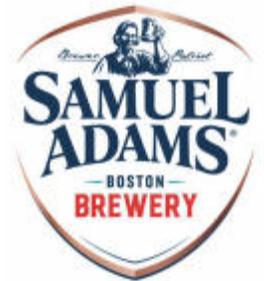
Special Thanks to Doug Long and crew for their support.



A Shot at Savings: *Vaccine Inspired Freebies and Deals*

More Americans are getting their COVID-19 vaccination every day, hopefully bringing us closer to the pandemic's end. And while that should be incentive enough to get the shot, some large companies and local businesses are starting to sweeten the deal with freebies, discounts, and other perks for the inoculated. Here are some places where flashing your vaccine card might get you more than a thumbs-up.

We hope your arm isn't too sore from your shot, because you'll want to raise it in a toast to this deal. **Samuel Adams** will send \$7 through Cash App to the first 10,000 people who post their vaccination card or sticker on Twitter or Instagram. You'll have to tag @samueladamsbeer and use the hashtag #shotforsam. The deal starts April 12.



How's this for a sweet reward? Show your vaccination card at **Krispy Kreme** and you can get one free original glazed donut every day from now until the end of the year. You must show up in person to get your freebie — online orders or deliveries aren't eligible.

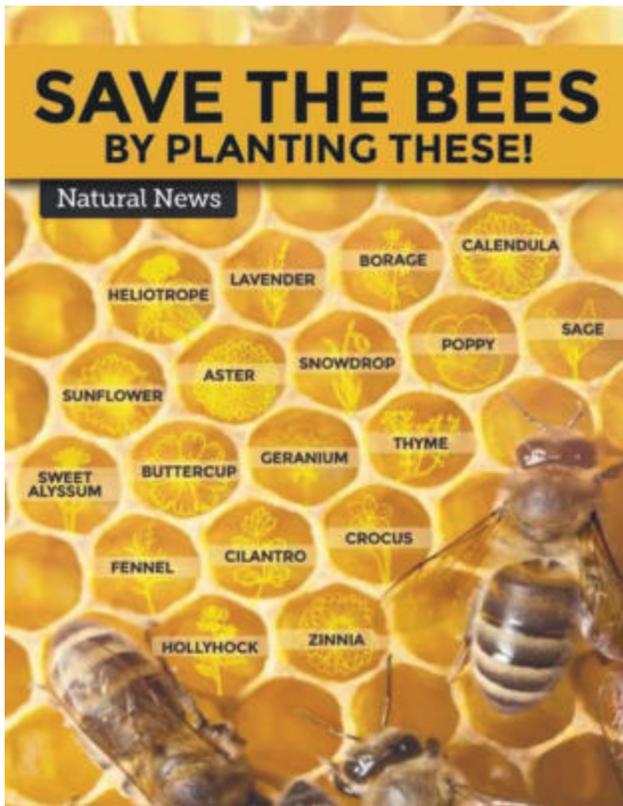
It's hard to say where and when we'll need to flash proof of COVID-19 vaccination in the future, but the nation's major office-supply chains are pitching in to keep your card in top shape. You can take it in for free lamination through May 1 at **Staples** and through July 25 at **Office Depot** and at **OfficeMax**.



It remains to be seen whether many national chains will get on board with vaccine discounts, but some local restaurants are embracing the idea. Here are just a few: **Market Garden Brewery**: How's a 10-cent beer sound? This Cleveland brewery will give the ultra-cheap brewskis to the first 2,021 customers to show their complete COVID-19 vaccination cards.

Take yourself out to the ballgame more safely and cheaply with this deal from the **Cincinnati Reds**: The team is offering \$10 tickets to fans who show proof of at least one COVID shot. The deal is good for games in April and May, Mondays through Thursdays only. Fans have to show up at the Great American Ball Park in person and can purchase six tickets with each vaccine card.





A COMPREHENSIVE GUIDE TO YELLOW STRIPEY THINGS



CARPENTER BEE

- ACTS LIKE IT'S TOUGH, BUT CAN'T ACTUALLY HURT YOU
- HAS NO CONCEPT OF WHAT GLASS IS
- LIVES IN YOUR FENCE
- FLIES AGGRESSIVELY TO TRY AND SCARE YOU AWAY



HONEYBEE

- IS THE BEE THAT NEEDS HELP THE MOST
- EXCELLENT POLLINATOR
- VERY FRIENDLY
- CAN ONLY STING ONCE



BUMBLEBEE

- ALSO POLLINATES STUFF VERY WELL
- SO FAT IT SHOULDN'T BE ABLE TO FLY
- WILL LET YOU PET IT WITHOUT GETTING AGITATED
- ACTUALLY A FLYING PANDA



HOVERFLY

- WEARS YELLOW STRIPEY UNIFORM TO SCARE YOU
- ACTUALLY CAN'T DO ANYTHING TO YOU
- HANGS OUT IN FIELDS
- FOLLOWS YOU IF IT LIKES YOU



PAPER WASP

- LOOKS SCARY, BUT WILL ONLY ATTACK IF PROVOKED
- STING HURTS LIKE THE DEVIL
- WILL CHASE YOU IF YOU SWAT AT IT
- HAS NO CONCEPT OF PERSONAL SPACE

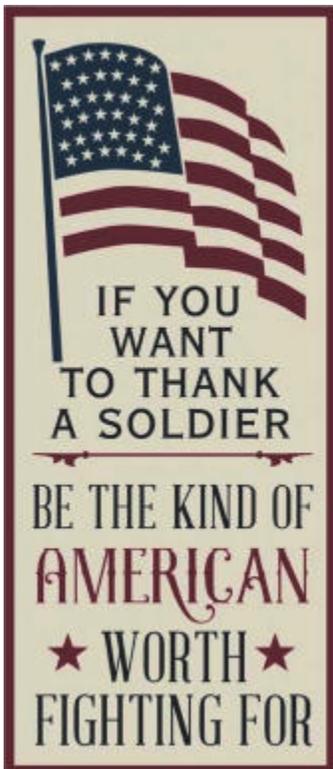


YELLOW JACKET

- WANTS YOUR FOOD AND WILL FIGHT YOU FOR IT
- NEVER LEAVES YOU ALONE
- WILL STING YOU JUST FOR THE HECK OF IT
- IS JUST A JERK

Puzzle Answers:

Fallen Letters Answer



Word Ladders

1. Brave
2. Grave
3. Grape
4. Gripe
5. Grips
6. Trips
7. Tries
8. Fries
9. Flies

- A. Blank
- B. Plank
- C. Plane
- D. Plate
- E. Slate
- F. State
- G. Stale
- H. Shale
- I. Whale
- J. While

Sudoku

1.

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

2.

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

Code Breaker Answer
IF I HAVE DONE ANYTHING IN LIFE WORTH ATTENTION, I FEEL SURE THAT I INHERITED THE DISPOSITION FROM MY MOTHER.

- Booker T. Washington

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!



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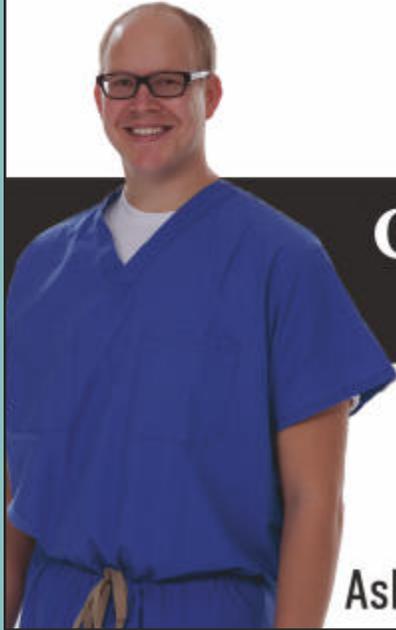
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Why Aren't We Open Yet!?

We have seen schools reopen. Our local recreation center is open. We have seen nursing homes once again accepting visitors. You can enjoy a meal together in local restaurants. **So WHY aren't we open?** It is hard to understand even for our staff who sit through conference calls and video conferences with various state and local health officials. It boils down to the testing requirement.

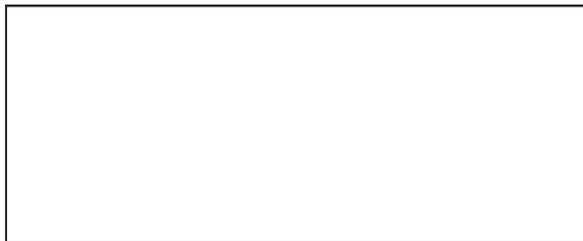
Because we would have to either rely on the accuracy tests (causing uninfected employees to leave work) or attempt the impossible logistics of testing everyone at the same time and place, the requirement to test all employees, volunteers, and some clients entering our facility could interrupt our core services. Meal delivery and transportation are vital to so many in our communities and need to continue even if we remain closed to the public. There is a plan promising to allow us to reopen and welcome everyone back. We were so sure it was going to happen in April. We were told some of the current barriers would be lifted, finally. In mid-March, The Ohio Department of Health hosted a webinar that included lifting the COVID testing requirements for senior centers. We got so excited about the idea and immediately began to prepare to reopen. Unfortunately, the timeline for action is moving at a slow pace as the state has not yet changed the order.

There is an obvious effort to move ahead and make reopening possible. We feel a strong need for social interaction, mind stimulating activities, and reconnecting with friends from the center. We are so very ready to open our doors and welcome you back. It just isn't time yet. So what do we do? Let's skip the doors. With the change in our seasons and warmer temperatures outside... let's gather outdoors. Look for fitness classes and picnics...anything that will allow us to reconnect. **We hope to see you all soon.**

Sincerely,

Steve Beal, Executive Director

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.

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