Auglaize County Council on Aging

ACCA

Senior REFLECTIONS

AUGLAIZE COUNTY COUNCIL ON AGING QUARTERLY NEWSLETTER

From the Desk of the Director 2021

Greetings:

Thank you everyone that supported our Levy renewal, which is so vital for us to continue providing services to the county seniors. Your vote was sincerely appreciated.

I wish everyone a **Happy New Year**, with the hopes that we will never experience a year like 2020 ever again. I never thought the COVID virus would be around for the length of time that it has been, with no idea when things will be back to "normal". We must not dwell on all the horrific things that happened in 2020, but reflect on the good things.

Here at the center, we had to adapt quickly to meet the needs of our clients. We have had to modify some of the services, even though the center has been closed to the public. We have been very busy delivering hot meals twice a week, picking up groceries and prescriptions, delivering food boxes, building ramps and outside chores, medical transportation, and the Outreach Specialists are still assisting with numerous insurance issues, and other outreach services. We miss everyone of you, and are anxiously awaiting news as to when we can reopen.

We are so grateful for all the support we have received during these trying times. I want to say a special thanks to the churches and businesses that provided meals, and other support for our clients. The Ohio State Patrol Post #6, Auglaize County Sheriff's Office and the St. Marys Police Department should be recognized for helping with the delivery of hot meals, along with the Ohio National Guard for delivery of food boxes. There were numerous organizations that donated supplies, meals and money to help underwrite the cost of supplies and meals. Lastly, I want I thank all the **anonymous** people that donated money and supplies. The clients are especially grateful for all your generosity.

With all the cold winter weather coming up, please check on all your neighbors and friends. Keep your eyes open for signs of depression. This concerns me because of all the isolation due to social distancing. If you know anyone that is depressed or suicidal, please call 1-800-567-HOPE (4673) or text 741 741, or you can contact us. We can make a referral to an agency that can help.

Enclosed you will find our yearly service survey questionaire. Please take a few minutes and return it to us. Thank you.

Robert Warren,
Executive Director

JANUARY/FEBRUARY/MARCH, 2021

CHECK OUT WHAT'S INSIDE!

02 Yearly Survey
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2 YEARLY SURVEY (CONSIDER A NORMAL YEAR)

AUGLAIZE COUNTY COUNCIL ON AGING CLIENT SERVICE SATISFACTION SURVEY

NEWSLETTER

1. Are the newsletter articles of interest to you? YES NO
2. Do you save some of your newsletters for reference? YES NO
3. Do we give too much repeat information? YES NO

COMMENTS:

_____

_____

TRANSPORTATION

1. Do you use Auglaize County Council on Aging transportation? YES NO
2. Was the van clean and in good repair? YES NO
3. Did the driver assist you to and from the van? YES NO
4. Did the driver observe traffic rules? YES NO
5. Did you arrive at your appointment on time? YES NO
6. Was your driver courteous? YES NO

COMMENTS:

_____

_____

CHORE/HOMEMAKER SERVICES

1. Have you used our chore or homemaker services? YES NO
   (Outside work, small repairs, errands, light house cleaning)
2. Were the workers polite and careful in their work? YES NO
3. Was the work completed to your satisfaction? YES NO

COMMENTS:

_____

_____

SENIOR OUTREACH SPECIALISTS/INFORMATION AND REFERRAL

1. Did you feel comfortable explaining your service to our specialists? YES NO
2. Was the staff member able to assist you with information and/or suggestions to help you? YES NO
3. Was the staff member polite and understanding? YES NO

COMMENTS:

_____

_____

GENERAL QUESTIONS

1. Was the office staff courteous to you while making appointments or asking for information? YES NO
2. Do you feel comfortable dealing with the agency? YES NO
3. Do our services help you feel more secure about staying in your own home? YES NO
4. Is the agency helping meet your service needs? YES N0
5. What additional services do you need that are not offered by the Auglaize County Council on Aging at this time

_____

_____

Thank you for completing this survey! When you have answered the questions, you may mail it to our office, turn it in to our office in person, or give to one of the Transportation, Chore, or Homemaker workers. **(PLEASE RETURN BY FEBRUARY 1ST)**

EXPLORING THE HISTORY OF NEW YEAR'S RESOLUTIONS

Each January, thousands of people across the world ring in the New Year by setting a goal. But how did this tradition begin? We will look at the history of New Year's resolutions.

How did New Year's resolutions start?

The first New Year's resolutions date back over 4,000 years ago to ancient Babylon. The Babylonians are said to have started the tradition during Akitu, a 12-day New Year celebration. During the Akitu festival, the ancient Babylonians would plant crops, crown a new king (or pledge their loyalty to the reigning king), and make promises to the gods to pay their debts and return any borrowed items. They believed that if they kept their word, the gods would look favorably on them for the year ahead. If the Babylonians broke their promises, they would fall on the bad side of their gods.

The history of New Year's resolutions continued in ancient Rome. Emperor Julius Caesar introduced a new calendar in 46 B.C. which declared January 1st as the start of the new year. This new date honored Janus, a two-faced god who symbolically looked back into the previous year and forwards into the new year. The Romans would offer sacrifices to Janus and make promises of good behavior for the year ahead.

New Year's resolutions were also made in the Middle Ages. Knights would renew their vow to chivalry by placing their hands on a live or roasted peacock. The annual "Peacock Vow" would take place at the end of the year, as a resolution to maintain their knighthood values.

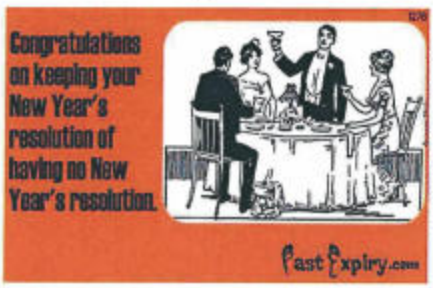
New Year's resolutions appeared to be common by the 17th century. In 1671, New Year's Scottish writer Anne Halkett wrote a diary entry that contained several pledges such as "I will not offend anymore". Anne wrote the entry on January 2nd and titled the page "Resolutions".

By 1802, the tradition of making (and failing to keep) New Year's resolutions was common enough that people satirized the practice. Walker's Hibernian Magazine wrote a series of joke resolutions such as "Statesmen have resolved to have no other object in view than the good of their county..."

A Boston newspaper from 1813 featured the first recorded use of the phrase 'New Year resolution'. The article states: **"And yet, I believe there are multitudes of people, accustomed to receive injunctions of new year resolutions, who will sin all the month of December, with a serious determination of beginning the new year with new resolutions and new behavior, and with the full belief that they shall thus expiate and wipe away all their former faults".**

Modern New Year's resolutions are a largely secular practice, with most people making resolutions to themselves rather than promising gods. The focus of the tradition is on self-improvement, with people taking time to reflect on their goals. Today's resolutions are often health focused, driven by the indulgence of the Christmas period. The symbology of the New Year also makes it a great time to wipe the slate clean and start fresh after December 31st.

At least 40% of people in the United States set New Year's resolutions, while 22% of people in the UK aim for self-improvement with a resolution. Yet, research shows that 80% of people break their resolutions by the first week of February, and only 8% are successful in achieving their goals at all.



Despite having over 4,000 years of practice, these figures aren't likely to improve any time soon We set lofty goals that quickly become overwhelming, and we fail to make a plan to achieve these goals. The key to completing your resolution is to break it down into small, tangible steps. Instead of saying, "I want to get fit", set a specific goal like going to a gym class every Monday and Wednesday. www.trafalgar.com

4 INTERESTING FACTS ABOUT WINTER

Whether you enjoy bundling up in your coziest gear or are already counting down the days until spring, here are some interesting facts about winter that you may find interesting.

1. IT SOMETIMES SNOWS WHERE YOU LEAST EXPECT IT

You wouldn't be shocked to see snow on the ground of Siberia or Minnesota when traveling to those places during the winter months But northern areas don't have a monopoly on snowfall—the white stuff has been known to touch down everywhere from the Sahara Desert to Hawaii. Even the driest place on Earth isn't immune. In 2011, the Atacama Desert in Chile received nearly 32 inches of snow, thanks to a rare cold front from Antarctica,

2. SNOWFLAKES COME IN ALL SIZES

The average snowflake ranges from a slightly smaller than a penny to the width of a human hair. But according to some unverified sources they can grow much larger. Witnesses of a snowstorm in Fort Keogh, Montana in 1887 claimed to see milk-pan sized crystals fall from the sky. If true, that would make them the largest snowflakes ever spotted, at around 15 inches wide.

3. A LITTLE WATER CAN ADD UP TO A LOT OF SNOW

The air doesn't need to be super moist to produce impressive amounts of snow. Unlike plain rainfall, a bank of fluffy snow contains lots of air that adds to it bulk. That's why what would have been an inch of rain in the summer equals about 10 inches of snow in the colder months.

4. YOU CAN HEAR THUNDERSNOW WHEN THE CONDITIONS ARE RIGHT

If you've ever heard the unmistakable rumble of thunder in the middle of a snowstorm, that's not your ears playing tricks on you. It's likely thundersnow, a rare winter weather phenomenon that's most common near lakes. When relatively warm columns of air rise from the ground and form turbulent storm clouds in the sky in the winter, there's potential for thundersnow. A few more factors are still necessary for it to occur, namely air that's warmer than the cloud cover above it and wind that pushes the warm air upwards. Even then it's entirely possible to miss thundersnow when it happens right over your head—Lightning is harder to see in the winter and the snow sometimes dampens the thunderous sound.

5. SNOW FALLS AT 1 TO 6 FEET PER SECOND

At least in the case of snowflakes with broad structures, which act as parachutes. Snow that falls in the form of pellet-like grapple travels to Earth at a much faster rate.

6. IT DOESN'T TAKE LONG FOR THE TEMPERATURE TO DROP

Don't take mild conditions in the middle of January as an excuse to leave home without a jacket. Rapid City, South Dakota's weather records from January 10, 1911, show just how fast temperatures can plummet. The day started out a pleasant 55 degrees, then over the course of 15 minutes a wicked cold front brought the temperature down to 8 degrees. That day still holds the record for quickest cold snap in history.

7. THE EARTH IS CLOSEST TO THE SUN DURING THE WINTER

Every January the Earth reaches the point in its orbit that's nearest to the Sun. Despite some common misconceptions, the seasonal drop in temperature has nothing to do with the distance of our planet to the Sun. It instead has everything to do with which direction the Earth's axis is tilting, which is why the two hemispheres experience winter at different times of the year.

8. MORE THAN 22 MILLION TONS OF SALT ARE USED ON U.S. ROADS EACH WINTER

That comes out to about 127 pounds of salt per person.

9. THE SNOWIEST CITY ON EARTH IS IN JAPAN

Aomori City in northern Japan receives more snowfall than any major city on the planet. Each year citizens are pummeled with 312 inches, or about 26 feet, of snow on average.

10. SOMETIMES SNOWBALLS FORM THEMSELVES

Something strange happened in northwest Siberia—mysterious, giant snowballs began washing up on a beach along the Gulf of Ob. It turns out the ice orbs were formed naturally by the rolling motion of wind and water. With some spheres reaching nearly 3 feet in width, you wouldn't' want to use this frozen ammunition in a snowball fight.

11. WIND CHILL IS CALCULATED USING A PRECISE FORMULA

When the weatherman reports a "real feel" temperature of –10 degrees outside, it may sound like he's coming up with that number on the spot. But wind chill is actually calculated using a complicated equation devised by meteorologists.

12. CITIES ARE FORCED TO DISPOSE OF SNOW IN CREATIVE WAYS

When snow piles up too high for cities to manage, it's usually hauled away to parking lots or other wide-open spaces where it can sit until the weather warms up. During particularly snowy seasons, cities are sometimes forced to dump snow in the ocean, only to be met with criticism from environmental activists. Some cities employ snow melters that use hot water to melt 30 to 50 tons of snow an hour. This method is quick but costly—a single machine can cost $200,000 and burn 60 gallons of fuel in an hour of use.

13. WET SNOW IS BEST FOR SNOWMAN-BUILDING, ACCORDING TO SCIENCE

Physics confirms what you've likely known since childhood—snow on the wet or moist side is best for building you own backyard Frosty. One scientist pegs the perfect snow-to-water ratio at 5:1.

14. SNOWFLAKES AREN'T ALWAYS UNIQUE

Snow crystals usually form unique patterns, but there's at least one instance of identical snowflakes in the record books. In 1988, two snowflakes collected from a Wisconsin storm were confirmed to be twins at an atmospheric research center in Colorado.

15. THERE'S A DIFFERENCE BETWEEN FREEZING RAIN AND SLEET

Freezing rain and sleet can both have scary effects on driving conditions, but their formations differ in some key ways. Both types of precipitation occur when rain formed in warm air in the sky passes through a layer of cold air near the ground. Thicker layers of cold air create sleet, a slushy form of water that's semi-frozen by the time it reaches the Earth. Thinner layers don't give rain enough time to freeze until it hits the surface of the ground—it then forms a thin coat of ice wherever it lands.

www.mentalfloss.com

MORE LOONEY LINES

During these stressful times, we have little to laugh about. In this issue, I am adding several pages of jokes. Hopefully, one or two will tickle your fancy, and lighten the mood.

This is something that happened at an assisted living center. The people who live there have small apartments, but they all eat at a central cafeteria. One morning one of the residents didn't show up for breakfast, so my wife went upstairs, and knocked on his door to see if everything was OK. She could hear him through the door. He said that he was running late and would be down shortly, so she went back to the dining room.

An hour later he still hadn't arrived, so she went back up towards his room, but found him on the stairs. He was coming down the stairs, but was having a hard time. He had a death grip on the hand rail, and seemed to have trouble getting his legs to work right. She told him she was going to call an ambulance ,but he told her no, he wasn't in any pain and just wanted to have his breakfast. So, she helped him the rest of the way down the stairs so he could have his breakfast. Later, when he tried to return to his room, he was completely unable to get up even the first stair step, so an ambulance was called.

A couple of hours later she called the hospital to see how he was doing. The receptionist there said he was just fine. **"He just had both of his legs in one side of his boxer shorts".**

My wife texted me a selfie in a new dress and asked, "Does this make my butt look big?"

I texted back "Noo!"

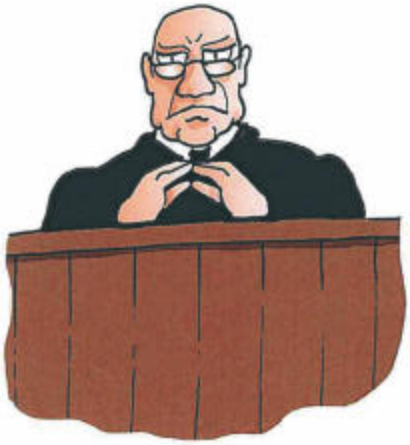
My phone autocorrected my response to "Moo!"

Please send help!

My wife yelled from upstairs and asked, "Do you ever get a shooting pain across your body, like someone's got a voodoo doll of you and they're stabbing it?"

I replied "No..."

She responded: "How about now?"



In a trial, a Texas small-town prosecuting attorney called his first witness, a grandmotherly, elderly woman to the stand. He approached her and asked, "Mrs. Jones, do you know me?" She responded, "Why, yes, I do know you, Mr. Williams. I've known you since you were a boy, and frankly you've been a big disappointment to me. You lie, you cheat on your wife, and you manipulate people and talk about them behind their backs. You think you're a big shot when you haven't the brains to realize you'll never amount to anything more than a two-bit paper pusher. Yes, I know you".

The lawyer was stunned. Not knowing what else to do, he pointed across the room and asked, "Mrs. Jones, do you know the defense attorney?"

She again replied, "Why, yes, I do. I've known Mr. Bradley since he was a youngster, too. He's lazy, bigoted, and he has a drinking problem. He can't build a normal relationship with anyone, and his law practice is one of the worst in the entire state. Not to mention, he cheated on his wife with three different women, one of them was your wife. Yes, I know him!" The defense attorney nearly died of embarrassment.

The judge asked both counselors to approach the bench, and if a very quiet voice, said, **"If either of you idiots asks her if she knows me, I'll send you both to the electric chair!"**

An eight year old girl went to the office with her father on "Take Your Kid to Work Day".

As they were walking around the office, the young girl started crying and getting very cranky. Her father asked her what was wrong.

As the staff gathered around, she sobbed loudly: "Daddy, where are all the clowns that you said you worked with?"

A duck, a skunk and a deer went out to dinner at a restaurant one night. When it came time to pay, the skunk didn't have a scent, the deer didn't have a buck, so they put the meal on the duck's bill!

Six year old Annie returns home from school and says that today she had her first family planning lesson at school. Her mother, very interested, asks, "Oh...How did it go?"

I nearly died of shame!" she answers. "Sam from down the street says the stork brings babies. Sally, next door, said you can buy babies at the orphanage. Pete in my class says you can buy babies at the hospital."

Her mother answers laughingly, "But that's no reason to be ashamed."

"No....but I can't tell them that we are so poor that you and daddy had to make me yourselves!"

It seems a farm boy accidentally overturned his wagon-load of hay. The farmer who lived nearby heard the noise. "Hey Willis!!" the farmer yelled. "Forget your troubles. Come in for a few minutes.. Then I'll help you get the wagon up." "That's mighty nice of you," Willis answered, "but I don't think Pa would like me to." "Aw, come on," the farmer insisted. "Well okay," the boy finally agreed, and added, "but Pa won't like it." After a hearty dinner, Willis thanked his host. "I feel better now, but I know Pa is going to be real upset." "Don't be foolish!" the neighbor said with a smile. "By the way, where is he?" **'Under the wagon!!"**

A friend of mine recently told this story about the pastor of his church.

The pastor discovered that a kitten had climbed up a tree in his backyard, and then was afraid of come down. The pastor coaxed, offered warm milk, etc. The kitty would not come down. The tree was not sturdy enough to climb, so the pastor decided that if he tied a rope to his car and pulled it until the tree bent down, he could then reach up and get the kitten. That's what he did, all the while checking his progress in the car. He then figured if he went just a little bit further, the tree would be bent sufficiently for him to reach the kitten. But as he moved the car a little further forward, the rope broke. The tree went 'boing!' and the kitten instantly sailed through the air—out of sight.

The pastor felt terrible. He walked all over the neighborhood asking people if they'd seen a little kitten. No. Nobody had seen a stray kitten. So he prayed, "Lord, I just commit this kitten to your keeping, and went on about his business.

A few days later he was at the grocery store, and met one of his church members. He happened to look into her shopping cart and was amazed to see cat food. This woman was a cat hater and everyone knew it, so he asked her, "Why are you buying cat food when you hate cats so much?" She replied, "You won't believe this", and then told him how her little girl had been begging for a cat, but she kept refusing. Then a few days before, the child had begged again, so the Mom finally told her little girl, "Well, if God gives you a cat, I'll let you keep it. She told the pastor, "I watched my child go out in the yard, get on her knees, and ask God for a cat. And really, Pastor, you won't believe this, but I saw it with my own eyes. **A kitten suddenly came flying out of the blue sky, with its paws outspread, and landed right in front of her."**

FACING COVID-19 AND WINTER

Winter weather, COVID-19, and political uncertainty may amplify seasonal mental health difficulties for people this year. Here are a few mental health and coping tips from Psychiatric C. Sophia Albott, MD, MA.

Connect virtually with friends and family

Catch up with loved ones virtually or outdoors in a socially distant setting. "Even talking with someone on the phone can be helpful," Albott said. Schedule a digital social hour, or bring your friends together to participate in trivia sessions, movie screenings, and other activities through via video conferencing tools. It's OK to ask for help, too. Talking with people you trust about your concerns, and how you are managing them can help you build mental and emotional strength.

Prioritize sleep and healthy eating

Get a good night's sleep. Lack of sleep is associated with increased risk for depression and other negative mental health effects. Studies suggest getting a healthy amount of sleep improves mental and emotional resilience. Albott also recommends paying attention to your diet and eating as healthfully as you can. Diets high in processed foods and refined sugars have been linked to worsening of mood disorders, including depression.

Try light therapy

Seasonal affective disorder (SAD) may be caused by the lack of sunlight exposure in the winter. If you notice that seasonal changes have caused trouble sleeping, a poor appetite, or anxiety, try using a light box. Albott recommends a minimum of 30 minutes of light box usage daily, preferably in the morning, to make things easier. People can get a prescription for a device from a doctor, or purchase a light box online. Make sure that you choose a light box that is rated for 10,000 lux, and that the light source is placed within two feet of your face when in use.

Stay active—inside and outside

Get as much exercise as possible. While going to the gym may be challenging or impossible due to COVID-19 risk, Albott suggests using online videos to guide your at-home workouts. Outdoor workouts are still possible in the winter, too. Snowshoeing, cross-country skiing, or even a short winter walk outside can help you relax and reduce your stress load.

Take a break from your smartphone or social media

Constant exposure to the news media and on your social media feeds can amplify anxiety and stress. Though it's important to stay informed, Albott says breaks are necessary. Try disabling social media apps or limiting your news consumption to help manage stress. Find reliable, fact-based news sources and avoid sensationalized coverage. "Studies have shown that even looking at your phone can cause a person's level of cortisol—a stress hormone—to go up." Albott said.

MHealth.org

RECIPE 9

THE ULTIMATE GRILLED CHEESE

INGREDIENTS:

3 ounces cream cheese, softened
3/4 cup mayonnaise
1 cup shredded part-skim mozzarella cheese
1 cup shredded cheddar cheese
1/2 tsp. garlic powder
1/8 tsp. seasoned salt
10 slices Italian bread (1/2 inch thick)
2 tbsp. butter, softened

TASTE OF HOME

DIRECTIONS:

1. In a large bowl, beat cream cheese and mayonnaise until smooth. Stir in cheese, garlic powder and seasoned salt. Spread 5 slices of bread with the cheese mixture, about 1/3 cup of each. Top with remaining bread.
2. Butter the outsides of sandwiches. In a skillet over medium heat, toast sandwiches for 4-5 minutes on each side or until bread is lightly browned and cheese is melted.

(These gooey grilled cheese sandwiches taste great for lunch, and are really fast to whip up). A different but delicious spin on grilled cheese sandwiches.

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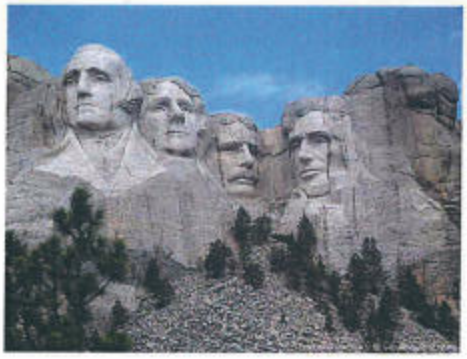
TRIPS & TOURS

THESE TRIPS WERE ORIGINALLY SCHEDULED FOR 2020. THEY HAVE BEEN RESCHEDULED FOR 2021, AT APPROXIMATELY THE SAME TIME. IF YOU ARE INTERESTED IN ANY OF THESE TRIPS, CALL DOROTHY AT 419-394-8252. ALL TRIPS ARE SUBJECT TO CHANGE! HOPEFULLY WHEN ALL THE RESTRICTIONS ARE LIFTED, SHE MAY BE ABLE TO SCHEDULE SOME ADDITIONAL TRIPS.



Mount Rushmore, the Badlands & Black Hills

Saturday, July 17th through Sunday, July 25th, 2021

This 9 days/8 nights Mount Rushmore trip is scheduled for July 17th—25th for a cost of $913.00 per person, double occupancy. Included in this cost are 14 meals, and 8 nights lodging with 4 consecutive nights in South Dakota. The trip will include visits to Crazy Horse Memorial, Mount Rushmore National Memorial, and Badlands National Park. Also included is a tour of Deadwood and Custer State Park, and much more. There are also many extras included on these tours. If you have not seen this beautiful monument, now is the time to go. **The last payment is due 5/10/2021.**

NEW YORK CITY

Thursday, September 9th through Wednesday, September 15th, 2021

This 7 days/6 nights New York City trip is scheduled for September 9th—15th, for a cost of $809.00 per person, double occupancy. Included in this cost are 10 meals, and lodging for 4 consecutive nights in the NYC area. You will have a guided tour of New York City; visit the National 911 Museum; One World Observatory; Ellis Island and Liberty Island—home of the Statue of Liberty. Many more sites are included in the New York City tour such as: Central Park; Rockefeller Center; Times Square; Wall Street and much more. **The last payment is due 7/2/2021.**

BEAUTIFUL VERMONT

Sunday, October 3rd through Saturday, October 9th, 2021

This 7days/6 nights trip is scheduled for October 3rd—9th, for a cost of $883.00 per person double occupancy. Included in this trip 10 meals and 6 nights lodging. Scheduled tours are of Morse Farm Maple Sugarworks and Ben & Jerry's Ice Cream Factory. You will enjoy a dinner cruise on Lake Champlain, with visits to Shelburne Museum, Cold Hollow Cider Mill and Stowe Village. The world's largest Rock of Ages Granite Quarry is quite spectacular. The cost of this stunning fall trip is $883.00 per person, double occupancy. **Final payment date is 7/27/21.**

DAY TRIPS

Dorothy is starting to schedule activities and trips for next year, hoping for a lifting of travel restrictions. Let us hope that the New Year will be a new beginning. **A tentative trip to the Henry Ford Museum is scheduled for March 25th.** If you are interested call 419-394-8252. She will keep everyone informed of any future trips in the upcoming newsletters. If you have any ideas of good day trips, she is always happy to hear from you.

Two elderly gentlemen were traveling together when they stopped at a restaurant in Kissimmee, Florida. They thought the town's name was interesting but disagreed on how to pronounce it. One said it was pronounced "Kiss im me", and the other said it was "Kiss a me". They decided to ask the cashier. They went up to her and asked "Can you settle an argument for us? Tell us how to pronounce where we are right now, and say it slowly." She looked at them and said, **"Buuuurrrrgerrr Kiiiinnng!"**

CALORIES (noun) Tiny creatures that live in your closet and sew your clothes a little bit tighter every night.

A single guy decided life would be more fun if he had a pet. So, he went to the pet store and told the owner that he wanted to buy an unusual pet. After some discussion, he finally bought a centipede that came in a little white box, which served as the bug's house. He took his purchase home, and found a good location for the box . He decided to he would start off by taking his new pet to church with him. So, he asked the centipede in the box, "Would you like to go to church with me today? We will have a good time." But there was no answer from his new pet. This bothered him a bit, but he waited a few minutes and then asked him again, "How about going to church with me and receive blessings?" But again, there was no answer from his new friend and pet. So, he waited a few minutes more, thinking about the situation. He decided to ask him one more time; this time, putting his face up against the centipede's house and shouting, "Hey, in there! Would you like to go to church with me?" A little voice came out of the box and said, **"I heard you the first time. I'm putting on my shoes!"**

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www.otterbein.org

7 STRANGEST NEW YEAR TRADITIONS AROUND THE WORLD

1. Scarecrow Burning—Ecuador

To banish any ill fortune or bad things that happened in the past year, Ecuadorians set fire to scarecrows filled with paper at midnight on New Year's Eve. They also burn photographs of things that represent the past year, which leads us to believe that New Year is just a thinly veiled excuse for Ecuadoran pyromaniacs to set things on fire. (No, actually they have a reserved area to burn the monigotes).

2. Round Things—Philippines

In the Philippines New Year is about one thing, and one thing only; cold hard cash. Hoping to bring prosperity and wealth for the year ahead. Filipino people try to use as many round things as possible to represent coins and wealth. Round clothes, round food, you name it; it's round, they want it.

3. Broken Plates—Denmark

If you're ever in Denmark and wake up to find a pile of smashed crockery outside your door, it's probably New Year's Eve. Unused plates are saved up all year, until the 31st of December when they are hurled at the front doors of their friends and family in a strangely vandalistic display of affection.

4. Eating 12 Grapes—Spain

As the clock counts down to 12 and people around the world are preparing to watch fireworks and drunkenly kiss each other, Spaniards are staring at bunches of grapes with a steely gaze. This challenge involves stuffing your face with 12 grapes, one for every ring of the bell. Succeed and you've got good luck for the year ahead.

5. Takanakuy Festival—Peru

This annual Peruvian festival held at the end of December is all about people beating the living daylights out of each other. Competitors face off in a ring for a round of bare-knuckle brawling, which is overseen by local policemen. Takanakuy literally means "when the blood is boiling", but apparently all of the fights are friendly, and represents a fresh start for the year.

6. 108 Rings—Japan

Think the countdown of 12 rings takes too long? Try 108 on for size. In Japan, bells are rang 108 times in Buddhist tradition that is believed to banish all human sins. It's also good luck to be smiling or laughing going into the New Year, but who knows how you can be in a good mood after having to sit through that prolonged ringing.

7. Colored Underwear—South America

In South American countries such as Mexico, Bolivia and Brazil, your fortunes for the year ahead are all decided by your underpants. Those who want to find love, wear red underwear for New Year, whilst gold diggers should opt for yellow, which brings wealth and luck. If you're just after a bit of peace for the New Year, some white pants should do the trick nicely.

realbuzz.com

Sorry, but I need to vent!!!

I experienced the WORST customer service today at a local store. I don't want to mention the name of the store, because I'm not sure how I'm going to proceed. Yesterday I bought something from the store. I paid cash for it. I took it home, and found out it didn't work. So today, less than 24 hours later I took it back to the store, and asked if I could get a refund? The girl working at the store told me "NO" even though I still had a receipt. I asked if I could get a replacement instead. Again this person told me "NO". I asked to talk to the manager. I told him that I was really not happy, and explained that I had just bought the item, had got it home and it didn't work. The manager just smiled and told me to my face that I was "OUT OF LUCK"! No refund. No FREE replacement. Grrrrrrrrr!

I'll tell you what....**I am NEVER buying another lottery ticket at that store again!**

Two elderly women were out driving in a large car. Both could barely see over the dashboard. As they were cruising along they came to an intersection. The stoplight was red, but they just went on through. The woman in the passenger seat thought to herself, "I must be losing it. I could have sworn we just went through a red light". After a few more minutes they cam to another intersection and the light was red again, and again they went right through. This time the woman in the passenger seat was sure that the light had been red, but was really concerned that she was losing it. She was getting nervous and decided to pay very close attention to see what was going on. At the next intersection, sure enough, the light was definitely red and they went sailing right through. She turned to the other woman and said, "Mildred! Did you know we just ran three red lights in a row? You could have killed us!"

Mildred turned to her said, "Oh, am I driving?"

Time is a great healer, but it's a lousy beautician!

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14 CENTER INFORMATION

WHO WE ARE

The Auglaize County Council on Aging's first mission is to assist the elderly, age 60+, of Auglaize County by providing direct services to aid the elderly in remaining independent and a resourceful part of the community.

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AUGLAIZE COUNTY COUNCIL ON AGING

610 Indiana Ave. St. Marys, OH 45885
Phone: 419-394-8252
Fax: 419-394-4217
Toll-free: 1-866-244-6401
Email: geninfo@auglaizeseniorservices.com

Hours of Operation

Monday-Friday | 8:30 am - 4:30 pm
(Other Coordinated Hours Available. Emergency Hours as Needed)

WAPAKONETA BRANCH SITE

25 East Auglaize St. Wapakoneta, Ohio 45895
Phone: 419-738-2438

Hours of Operation

Monday, Wednesday, and Fridays | 9:00 am – 3:00 pm

The ACCA does not discriminate on the basis of race, color, sex, religion, national origin, or disability. Facility/programs accessible. Persons with disabilities subject to reasonable accommodations.
An Equal Opportunity/Affirmative Action Employer/LEP Compliant. | Ohio Relay Service #1-800-750-0750. | Information is available in alternative formats "upon request."

HELP US TO HELP OTHERS

Your donations to the Auglaize County Council on Aging Endowment Fund at the St. Marys Community Foundation help senior adults in Auglaize County in a myriad of ways. Our mission is to help and support seniors in retaining their independence and vitality as long as possible.

Please complete this form & mail it with your check or money order, payable to:
Auglaize County Council on Aging | 610 Indiana Ave. P.O. Box 215, St. Marys, OH 45885

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The ACCA continues to recognize all these people and organizations that have helped us in any way during this trying time. We are greatly indebted for all their help.

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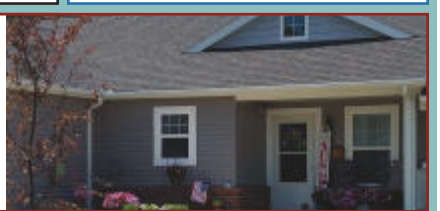

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