

Auglaize County Council on Aging



AUGLAIZE COUNTY COUNCIL ON AGING QUARTERLY NEWSLETTER



We finally have some news that everyone has been waiting on for over a year!

We are pleased to announce that we will be opening to the public on Wednesday, July 7th. We have developed new procedures that will allow us to follow the guidelines required, and expand our services. Things will not be like they were before our closing.

We will be opening in stages. During the first stage we will be open on Monday, Wednesday and Fridays at the St. Marys office, for meal site clients. We will have a limited capacity of 25 clients per day. While in the center social distancing will be maintained, and masks must be worn. All clients coming into the center will be prescreened before they can enter.

The meal site clients will be able to attend on a rotation basis. All regular attendant's names, from both meal sites, will be drawn at random. When 25 names have been chosen, they will be notified that they will be able to attend for one day. Everyone will not be able to attend on the same day. Another drawing will be done for the next day, and so forth, until all the regular meal site clients have had a chance to attend. Then the procedure will start over.

This is on a trial basis. If everything goes well and everyone adheres to the attendance guidelines, we will be able to further expand the attendance. At this time we cannot accommodate card clubs as they will not be able to maintain social distancing. We will let everyone know when this changes (hopefully soon).

We appreciate your patience during this new process, as we work together to keep everyone safe!

WE HOPE TO SEE ALL OF YOU SOON. WE HAVE MISSED EVERYONE!!!

JULY/AUGUST/SEPTEMBER, 2021

**CHECK OUT
WHAT'S INSIDE!**

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2 ACCA HAPPENINGS



Christine Chambers has started seeing clients at the YMCA—1100 Defiance St. in Wapakoneta. Enter by using the 501 entrance.

Appointments for people living in the western part of the county can be made by calling 419-394-8252, and ask for Trena. If you live in the eastern part of the county, you can call 419-305-2618.

The days set for **Western Auglaize County** is July 29th, August 26th and September 30th.

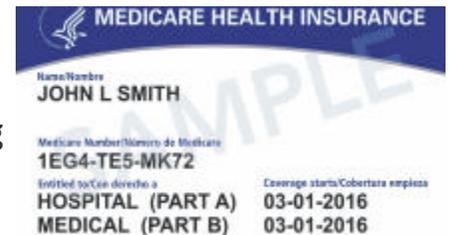
The days set for **Eastern Auglaize County** is August 4th and September 8th. (No July appts.)

The cost of trimming the nails will be \$20.00.

If you are in need of Depends, give Trena a call. We have quite a few on hand.

MEDICARE CHECK-UP DAYS/OPEN ENROLLMENT 2021

A presentation will be held at the Auglaize County Council on Aging (610 Indiana Ave.) on October 5, 2021 from 12:00 noon—2:00 PM by the Ohio Department of Insurance. This program will enable you to learn about recent changes to Medicare, and find out how the October 15th—December 7th Medicare Open Enrollment Period can work for you. You can also get tips on how to enroll for the 2022 coverage in a Medicare prescription drug plan (Part D) and/or a Medicare health plan.



This presentation is open to the public. If you have any concerns, feel free to attend, or call 419-394-8252 and ask for Trena or Christy for information.

Wellness Wednesdays



Trena will once again strive to hold wellness classes on Wednesdays, as she did in the past. She has several activities scheduled, but things may change as we slowly open back up. Any questions, give her a call at 419-394-8252.

July 14: REUNITE!!

August 11: Improve Mental Wellness

September 8: Let's Not FALL Into Fall

Friends
Reunited



Going outside in the fresh summer air is a wonderful way for elders and caregivers to spend their time together doing great outdoor activities for seniors. Going outside encourages light exercise, and promotes socializing, which are both important parts for a healthy senior lifestyle. Here are some easy activities.

1. Gardening

Gardening is one of the most popular outdoor activity for seniors. This is a great way for seniors to stay active and maintain strength and flexibility. The light aerobic activity is very beneficial, and can be incorporated easily into a daily routine.

2. Walks

A great way to stay active is through walks. Whether it be long hikes or walks around the neighborhood, walking helps to maintain cardio in a senior's lifestyle. It's also a great way to get some fresh air and see the sights of nature around you.

3. Bird Watching

While birdwatching can sometimes be seen as a less exciting activity, it is a great activity for seniors who wish to enjoy and connect with nature. It's very soothing and therapeutic.

4. Outdoor Theatre/Music

Many local organizations will put on small music events, or outdoor theatre showings, that you or your loved one may really enjoy. Bring some snacks and a blanket and enjoy the sounds and scenery.

5. Fruit Picking

Fruit picking is a great way to get out and get some fresh air while partaking in mild exercise. Plus you get a nice snack from your fruit picking efforts.

6. Outdoor Craft Shows

Outdoor activities for the elderly can definitely include art. Outdoor craft shows are filled with fun scenery, lively activities, and great opportunities to see some pretty neat art.

7. Picnic

A classic outdoor activity. Whether it be an extravagant and well prepared meal, or a simple sandwich with a healthy side, picnics serve as a great way to get out and soak up some Vitamin D. Fresh air and good conversation are great for both seniors and/or caregivers.

8. Photography

An easy and enjoyable activity, photography can be enjoyed in the moment as well as later on. Grab a digital camera and capture some memories!

Outdoor and Indoor Activities for Seniors with Dementia

A. Exercise

Ideally if a senior suffers from dementia, they should begin their day with a simple physical exercise. There are many chair exercises that you can do. Show them the exercise to perform, and have them mimic your movements. You can also take a short walk.

B. Play Music and Sing Alongs

Unlike most TV programs, music helps seniors affected by dementia to relax and cheer up. Try playing music with an easy to follow rhythm, especially songs they remember, and have a sing a long.

C. Kitchen

Helping out in the kitchen, doing things like mashing potatoes, mixing, pouring or measuring ingredients are very good neural activities that help physically too. These simple activities spark memories and can help foster conversations.

D. Folding, Sorting, and Smelling

In patients with more advanced forms of dementia, activities like folding clothes or sorting them, smelling food aromas, or going through old photographs help boost brain activity.

4 HOT WEATHER SAFETY FOR OLDER ADULTS

Too much heat is not safe for anyone. It is even riskier if you are older or have health problems. It is important to get relief from the heat quickly. If not, you might begin to feel confused or faint. Your heart could become stressed and stop beating.

Being hot for too long can be a problem. It can cause several illnesses, all grouped under the name *hyperthermia*.

- **Heat syncope** is a sudden dizziness that can happen when you are active in hot weather. If you take a heart medication called a beta blocker or are not used to hot weather, you are even more likely to feel faint. Rest in a cool place, put your legs up, and **drink water** to make the dizzy feeling go away.
- **Heat cramps** are the painful tightening of muscles in your stomach, arms, or legs. Cramps can result from hard work or exercise. Though your body temperature and pulse usually stay normal during heat cramps, your skin may feel moist and cool. Find a way to cool your body down. Rest in the shade or in a cool building. Drink plenty of fluids, but not those with alcohol or caffeine.
- **Heat edema** is a swelling in your ankles and feet when you get hot. Put your legs up to help reduce swelling. If that doesn't work fairly quickly, check with your doctor.
- **Heat exhaustion** is a warning that your body can no longer keep itself cool. You might feel thirsty, dizzy, weak, uncoordinated, and nauseated. You may sweat a lot. Your body temperature may stay normal, but your skin may feel cold and clammy. Some people with heat exhaustion have a rapid pulse. Rest in a cool place and get plenty of fluids. If you don't feel better soon, get medical care. Be careful—heat exhaustion can progress to heat stroke.

Heat Stroke—A Medical Emergency

If you have heat stroke, you need to get medical help right away. Older people living in homes or apartments without air conditioning or fans are at most risk. People who become dehydrated or those with chronic diseases or alcoholism are also at most risk. Signs of heat stroke are:

- Fainting (possibly the first sign) or becoming unconscious
- A change in behavior—confusion, agitation, staggering, being grouchy, or acting strangely
- Body temperature over 104 degrees
- Dry, flushed skin and a strong, rapid pulse or a slow, weak pulse
- Not sweating even if it is hot

Who Is At Risk?

Each year, most people who die from hyperthermia are over 50 years old. Health problems that put you at greater risk include:

- Heart or blood vessel problems
- Poorly working sweat glands or changes in your skin caused by normal aging
- Heart, lung, or kidney disease, as well as any illness that makes you feel weak all over or results in a fever



- Conditions treated by drugs, such as diuretics, sedatives, tranquilizers, and some heart and high blood pressure medicines; they may make it harder for your body to cool itself
- Taking several prescription drugs; ask your doctor if any of your medications make you more likely to become overheated.
- Being very overweight or underweight
- Drinking alcoholic beverages



How Can I Lower My Risk?

Things you can do to lower your risk or heat-related illness:

- Drink plenty of liquids, such as water or fruit or vegetable juices. Stay away from drinks containing alcohol or caffeine. If your doctor has told you to limit your liquids, ask what you should do when it is very hot.
- If you live in a home or apartment without fans or air conditioning, try to keep your house as cool as possible. Limit your use of the oven. Keep your shades, blinds, or curtains closed during the hottest part of the day. Open your windows at night.
- If your house is hot, try to spend time during mid-day some place that has air conditioning—for example, go to the shopping mall, movies, library, senior center, or a friend's house.
- If you need help getting to a cool place, ask a friend or relative. Some religious groups and senior centers provide this service. If necessary, take a taxi or call for senior transportation. Don't stand outside in the heat waiting for a ride.
- Dress for the weather. Some people find natural fabrics, such as cotton, to be cooler than synthetic fibers.
- Don't try to exercise or do a lot of activities outdoors when it's hot.
- Avoid crowded places when it's hot outside. Plan trips during non-rush-hour times.

Listen to Weather Reports

If the temperature or humidity is going up or an air pollution alert is in effect, you are at increased risk for a heat-related illness. Play it safe by checking the weather report before going outside.

A Senior Watch

During hot weather, think about making daily visits to older relatives and neighbors. Remind them to drink lots of water or juice, as long as their doctor hasn't recommended otherwise because of a pre-existing condition. If there is a heat wave, offer to help them go someplace cool.

What Should I Remember?

Older people can have a tough time dealing with heat and humidity. The temperature inside or outside does not have to reach 100 degrees to put them at risk for a heat-related illness. Headache, confusion, dizziness, or nausea could be a sign of a heat-related illness.

To keep heat-related illnesses from becoming a dangerous heat stroke, remember to:

- Get out of the sun and into a cool place and drink lots of fluids.
- Shower, bathe, or sponge off with cool water and lie down and rest.
- Visit your doctor or go to the ER if you do not cool down quickly.

Since everything is still changing daily, we do not have any definite activities planned, I will again supply you with a few jokes. Hopefully they will help relieve your frustration during these trying times.

A 3rd grade school teacher had twenty-six students in her class. She presented each child in her classroom the 1st half of a well-known proverb and asked them to come up with the ending. Here are their answers and some are quite amusing.

1. Don't change horses _____ until they stop running.
 2. Strike while the _____ bug is close.
 3. It's always darkest before _____ Daylight Savings Time.
 4. Never underestimate the power of _____ termites.
 5. You can lead a horse to water but _____ how?
 6. Don't bite the hand that _____ looks dirty.
 7. No news is _____ impossible.
 8. A miss is as good as a _____ Mr.
 9. You can't teach an old dog new _____ math.
 10. If you lie down with dogs, you'll _____ stink in the morning.
 11. Love all, trust _____ me.
 12. The pen is mightier than the _____ pigs.
 13. An idle mind is _____ the best way to relax.
 14. Where's there's smoke there's _____ pollution.
 15. Happy the bride who _____ gets all the presents.
 16. A penny saved is _____ not much.
 17. Two's company, three's _____ the Musketeers.
 18. Don't put off till tomorrow what _____ you put on to go to bed.
 19. Laugh and the world world laughs with you, cry and _____
_____ You have to blow your nose.
 20. There are none so blind as _____ Stevie Wonder.
 21. Children should be seen and not _____ spanked or grounded.
 22. If at first you don't succeed _____ get new batteries.
 23. You get out of something only what you _____
_____ see in the picture on the box.
 24. When the blind lead the blind _____ get out of the way.
 25. A bird in the hand _____ is going to poop on you.
- And the WINNER and last one!
26. Better late than _____ pregnant.

Operator: "911, what's your emergency"?

Man: "A guy just got hit by a car, I need an ambulance".

Operator: "What's your location"?

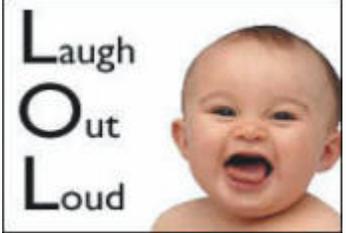
Man: "I'm on Eucalyptus Street".

Operator: "Can you spell that for me"?

Man: (long awkward pause)

Operator: "Sir? Are you there"?

Man: "I'm gonna drag him over to Pine Street and call right back".



My son asked me, "Where does poo come from?" I was a little uncomfortable, but gave him an honest explanation. He looked a little perplexed and stared at me in stunned silence for a few seconds, and then asked, "And Tiger?"

A pastor giving a children's sermon on vestments asked: "Why do you think I wear this collar"? One kid answered: "Because it kills ticks and fleas up to 30 days"!

My 8 year old granddaughter was riding between her grandpa and I in the truck, when she noticed a mole under my chin. She randomly asked me, "Nannie, are you a witch? You have a wart under you chin." We giggled as I explained to her it wasn't a wart, but it was a mole. Then she asked me if frogs can really give you warts. I told her that it's not true, it was an old wives tale. She thought about that a few seconds, then asked me, "Nannie, have you ever kissed a frog?" I decided to play her little game and teased her by saying, "Yes...I did....once." Her eyes got big and she said "Really??? What happened?" I gave a little wink and giggled to my husband and replied, "When I kissed a frog, I got your Poppy!" She looked at her grandpa, then back at me, then back at her grandpa, then she finally looked back at me and said, "Nannie....it must have been a really old frog!"

We'd finally built our dream home, but the contractor had a concern; the placement of an atrium window for our walk-in shower. "I'm afraid your neighbors might have a good view of you au naturel," he said. My middle-aged wife put him at ease. "Don't worry," she said. *"They will only look once."*

Daughter: "What is marriage?"
Mom: "Marriage is just a fancy word for adopting an overgrown male child who cannot be handled by his parents anymore."



A MAN WENT TO THE MOVIES AND WAS SURPRISED TO FIND A WOMAN WITH A BIG COLLIE SITTING IN FRONT OF HIM. EVEN MORE AMAZING WAS THE FACT THAT THE DOG LAUGHED IN THE RIGHT PLACES ALL THROUGH THE COMEDY. "EXCUSE ME," THE MAN SAID TO THE WOMAN, "BUT I THINK IT'S ASTOUNDING THAT YOUR DOG ENJOYS THE MOVIE SO MUCH." "I'M SURPRISED MYSELF," SHE REPLIED. "HE HATED THE BOOK."

THE FOLLOWING STATEMENTS ABOUT THE BIBLE WERE WRITTEN BY CHILDREN. THEY HAVE NOT BEEN RETOUCHEDED OR CORRECTED. INCORRECT SPELLING HAS BEEN LEFT IN.

1. In the first book of the Bible, Guinnessis, God got tired of creating the world so he took the Sabbath off.
2. Adam and Eve were created from an apple tree. Noah's wife was Joan of Ark. Noah built an ark and the animals came on in pears.
3. Lots wife was a pillar of salt during the day, but a ball of fire during the night.
4. The Jews were a proud people and throughout history they had trouble with unsympathetic genitals.
5. Sampson was a strongman who let himself be led astray by a Jezebel like Delilah.
6. Samson slayed the Philistines with the axe of the Apostles.
7. Moses led the Jews to the Red Sea where they made unleavened bread, which is bread without any ingredients.
8. The Egyptians were all drowned in the dessert. Afterwards, Moses went up to Mount Cyanide to get the Ten Commandments.
9. The First Commandments was when Eve told Adam to eat the apple.
10. The Seventh Commandment is thou shalt not admit adultery.
11. Moses died before he ever reached Canada. Then Joshua led the Hebrews in the Battle of Geritol.
12. The greatest miricle in the Bible is when Joshua told his son to stand still and he obeyed him.
13. David was a Hebrew king who was skilled at playing the liar. He fought the Finkelsteins, a race of people who lived in biblical times.
14. Solomon, one of Davids sons, had 300 wives and 700 porcupines.

Since summer is upon us, here are some cool and fun things you might not have known about the warmest season of the year. Enjoy!

- 1. The first modern Olympic Games were held in the summer in 1896 in Athens, Greece.
- 2. One of the craziest summer fun fact is Americans eat a lot of hot dogs during the summer. July 4th is one of the biggest consumption days, and we eat enough to stretch from Washington, D.C. to Los Angeles, five times. That's more than 150 million hot dogs, or 818 every second.
- 3. The last day of summer is September 20th.
- 4. Watermelon is one of summer's best treats. Did you know that watermelons are not a fruit, but a vegetable instead? They belong to the cucumber family of vegetables. There are more than 300 varieties of watermelon.
- 5. The Eiffel Tower actually grows in the heat of summer. Due to the iron expanding, the tower grows about 6 inches every summer.
- 6. If you love ice cream, the summer season should be your favorite. July is National Ice Cream Month.
- 7. Another interesting fact about summer is that television shows used to only be reruns during the summer months. The idea being that everyone was outside enjoying the weather.
- 8. A June fun fact is that the month of June is named after the Roman goddess Juno.
- 9. The first women's bathing suit was created in the 1800's. It came with a pair of bloomers.
- 10. The "dog days of summer" refer to the dates from July 3rd to August 11th. They are named after Sirius the Dog Star. This star is located in the constellation of Canis Major.
- 11. Frisbee's were actually invented in the 1870's as a pie plate, but in the 1940's, the college students began throwing them around. They have since stopped being used for pie plates, and are now a summertime staple.
- 12. A July fun fact, Roman General Marc Anthony named the month of July after Julius Caesar.
- 13. July is Blueberry Month.
- 14. Mosquitos are most prevalent during the summer months. Mosquito's have been on Earth for more than 30 million years.
- 15. Most theme and water parks are on a summer seasonal schedule. Most amusement parks have a full time season from Memorial Day to Labor Day.
- 16. August was named after Julius Caesar's nephew. He had received the title of "Augustus" which means "reverend".
- 17. The first National Spelling Bee was held on June 17, 1825.
- 18. More thunderstorms occur during summer than any other time of year. They also take place more commonly in the south east of England.
- 19. Ice pops were invented in 1905 by an 11 years old boy.
- 20. Scientifically, humans are happier in the summer.
- 21. Americans drink crazy amounts of iced tea each year. Iced tea became popular after the 1904 World's Fair in St. Louis. Hot tea was poured over ice that year to help cool down over-heated fair attendees.



Have a
great
summer!

PEACHES—A SUMMERTIME TREAT

FIZZY PEACH SHAKE: (Taste of Home)

Ingredients:

3 medium peaches, pitted
 1/3 cup ginger ale, chilled, plus additional
 topping if desired
 2 Tbsp. honey
 1 quart vanilla ice cream
 Optional: Whipped cream and peach
 slices

Directions:

Place peaches, ginger ale and honey in a blender; cover and process until smooth. Add ice cream; cover and process until combined. Pour into serving glasses. If desired, top with whipped cream or additional ginger ale, and garnish with peach slices. Serve immediately.

PEACH DUMP CAKE:

Ingredients:

2 (15 oz.) cans sliced peaches in syrup
 1 tsp. ground cinnamon
 1 box yellow cake mix
 3/4 cup (1 1/2 sticks) butter, very thinly sliced
 Ice cream for serving



Directions:

1. Preheat oven to 350 degrees and grease a 9" x 13" baking dish with cooking spray. Combine peaches along with syrup and cinnamon in prepared baking dish and stir to combine.
2. Pour cake mix over peaches in an even layer. Layer butter evenly on top.
3. Bake until fruit is bubbly and cake is baked through, 50 to 55 minutes.
4. Serve with ice cream.

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NEVER MISS A NEWSLETTER!

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THESE TRIPS WERE ORIGINALLY SCHEDULED FOR 2020. THEY HAVE BEEN RESCHEDULED FOR 2021. IF YOU ARE INTERESTED IN ANY OF THESE TRIPS, CALL DOROTHY AT 419-394-8252. SHE IS IN HER OFFICE ON TUESDAY AND THURSDAY AFTERNOONS. 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, September 18th—26th, 2021 (THIS TRIP IS DEFINITE)

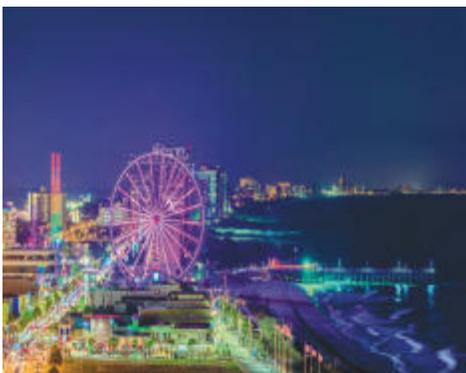
This 9 days/8 nights Mount Rushmore trip is scheduled for September 18th-26th, for a cost of \$913.00 per person, double occupancy. Included in this cost are 14 meals, and 8 nights lodging with 4 consecutive nights in South Dakota. The trip will include visits to Crazy Horse Memorial, Mount Rushmore 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 7/11/2021**



BEAUTIFUL VERMONT

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

This 7days/6 nights trip is scheduled for October 3rd—9th. Included in this trip is 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.**



MYRTLE BEACH HOLIDAY SHOW TRIP

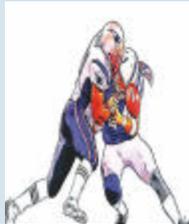
Monday, November 29th—Saturday, December 4th

This 6 days/5 nights trip is scheduled for November 29th—December 4th. There are 5 nights lodging, 8 meals included in this package. The three evening shows are “Legends in Concert”, “Carolina Opry”, and “Alabama Theatre”; plus daytime shows of “Pure Magic Show at the Calvin Gilmore Theatre” and “The Man of a Thousand Voices” at Asher Theatre. Shopping at Barefoot Landing, and visits to Myrtle Beach Boardwalk and Promenade, and the L.W. Paul Living History Farm are additional attractions. The cost of this musical trip is \$671.00 per person, double occupancy. **Final payment is 9/22/2021.**

DAY TRIPS

At this time Dorothy is unable to plan any day trips until all restrictions are lifted. If you would like to be put on a call list (to be called when she has some day trips planned) call 419-394-8252 and ask for Dorothy. She will keep a list of people interested in day trips, and alert them when she has a trip planned. As restrictions change daily it is hard to make definite plans. **The Mount Rushmore trip is a definite go, if she can get enough people.** So do not hesitate to call if you are interested. The final payment is due July 11th.

A guy took his blond girlfriend to her very first football game. They had great seats behind their teams bench. After the game, he asked how her first experience was. "Oh, I really liked it," she replied, especially the tight pants and all the big muscles. But, I just don't understand why they were killing each other over 25 cents!" Dumbfounded, her date asked, "What do you mean by that?" "Well," she replied, they flipped a coin, one team got it and then for the rest of the game, all they kept screaming was, **GET THE QUARTERBACK!**"



A woman was flying from Seattle to San Francisco. Unexpectedly, the plane was diverted to Sacramento along the way. The flight attendant explained that there would be a delay, and if the passengers wanted to get off the aircraft, the plane would re-board in 50 minutes. Everybody got off the plane except one lady who was blind. The flight attendant noticed her as he walked by, and could tell the lady was blind because her "Seeing Eye" dog lay quietly underneath the seats in front of her throughout the entire flight. He could also tell she had flown this very flight before because the pilot approached her, and called her by name. The pilot said, "Kathy, we are in Sacramento for almost an hour. Would you like to get off and stretch your legs?" The blind lady replied, "No thanks, but maybe Buddy would like to stretch his legs."

Picture this:

All the people in the gate area came to a complete standstill when they looked up and saw the pilot walk off the plane, wearing sun glasses and walking a "Seeing Eye" dog! People scattered. They not only tried to change planes, but they were trying to change airlines!!! **TRUE STORY—THINGS AREN'T ALWAYS AS THEY APPEAR!**

A day without laughter is a day wasted.

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HISTORY OF INDEPENDENCE DAY

The Fourth of July—also known as Independence Day or July 4th—has been a federal holiday in the United States since 1941, but the tradition of Independence Day celebrations goes back to the 18th century and the American Revolution. On July 2nd, 1776, the Continental Congress voted in favor of independence, and two days later delegates from the 13 colonies adopted the Declaration of Independence, a historic document drafted by Thomas Jefferson. From 1776 to the present day, July 4th has been celebrated as the birth of American independence, with festivities ranging from fireworks, parades and concerts to more casual family gatherings and barbecues.

When the initial battles in the Revolutionary War broke out in April 1775, few colonists desired complete independence from Great Britain, and those who did were considered radical. By the middle of the following year, however, many more colonists had come to favor independence, thanks to growing hostility against Britain, and the spread of revolutionary sentiments. On June 7, when the Continental Congress met at the Pennsylvania State House in Philadelphia, the Virginia delegate Richard Henry Lee introduced a motion calling for the colonies independence. Amid heated debate, Congress postponed the vote on Lee's resolution, but appointed a five-man committee to draft a formal statement, justifying the break with Great Britain. On July 2nd, the Continental Congress voted in favor of Lee's resolution for independence in a near-unanimous vote. On July 4th, the Continental Congress formally adopted the "Declaration of Independence", which had been written largely by Jefferson.

During the summer of 1776, some colonists celebrated the birth of independence by holding mock funerals for King George III, as a way of symbolizing the end of the monarchy's hold on America, and the triumph of liberty. Festivities including concerts, bonfires, parades and the firing of cannons and muskets usually accompanied the first public readings of the "Declaration of Independence", beginning immediately after its adoption. Philadelphia held the first annual commemoration of independence on July 4, 1777. George Washington issued double rations of rum to all of his soldiers to mark the anniversary of independence in 1778, and in 1781. Massachusetts became the first state to make July 4th an official state holiday.

The tradition of patriotic celebration became even more widespread after the "War of 1812", in which the United States again faced Great Britain. In 1870, the U.S. Congress made July 4th a federal holiday; in 1941, the provision was expanded to grant a paid holiday to all federal employees. www.history.com

HISTORY OF LABOR DAY

Labor Day: What it Means

Labor Day, the first Monday in September, is a creation of the labor movement, and is dedicated to the social and economic achievements of American workers. It constitutes a yearly national tribute to the contributions workers made to the strength, prosperity, and well-being of our country.

Labor Day Legislation

The first governmental recognition came through municipal ordinances passed in 1885 and 1886. From these, a movement developed. The first state bill was introduced into the New York legislature, but the first to become law was passed by Oregon on February 21, 1887. On June 28, 1894, Congress passed an act making the First Monday in September of each year a legal holiday.



The vital force of labor added materially to the highest standard of living and the greatest production the world has ever know, and has bought us closer to the realization of our rational ideals of economic and political democracy. It is appropriate therefore, that the nation pays tribute on Labor Day to the creator of so much of the nations strength, freedom, and leadership—the "American Worker". U.S. Department of Labor

A man goes to the doctor with a swollen foot. After a careful examination, the doctor gives the man a pill big enough to choke a horse.

"I'll be right back with some water," the doctor tells him

The doctor has been gone a while, so the man loses his patience. He hobbles out to the drinking fountain, forces the pill down his throat, and gobbles down water until the pill clears his throat. He hobbles back into the examining room.

Just then the doctor comes back with a bucket of warm water. "Okay," he says, "after the tablet dissolves, **soak that foot for about 20 minutes.**"



Teacher: "Give me a sentence which includes the words, Defense, Defeat, and Detail".

Charlie: "When a horse jumps over defense, defeat go first, and then detail"

A little boy opened the big family Bible, and was fascinated as he fingered through the old pages. Suddenly, something fell out of the Bible. He picked up the object and looked at it. What he saw was an old leaf that had been pressed in between the pages.

"Mama, look what I found," the boy called out.

"What have you got there, dear?" she mother asked.

With astonishment in the young boy's voice, he answered, "I think it's Adam's underwear!"

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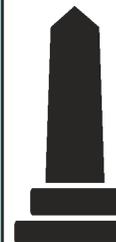
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14 CENTER INFORMATION

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.

STAFF

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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

Name _____

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Phone _____ Email _____

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_____ Other _____

_____ (Optional) Also acknowledge this gift to:

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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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<p><i>Career Opportunities</i></p>  <p>Fort Recovery Industries, Inc. 419.375.4121 2440 State Rte. 49 P.O. Box 638 Fort Recovery, OH 45846 www.fortrecoveryindustries.com</p>	<p>Honoring life with trusted care</p>  <p>EverHeart HOSPICE Formerly State of the Heart Care</p>	<p>Willmann Dental <i>Where every smile counts</i></p> <p>Ted Willmann, DDS Sarah Willmann, DDS 1304 Meadowview Dr., Celina 419-586-4738 www.willmandental.net</p>	<p>FORTKAMP FOAM</p> <p>Cellulose & Foam Insulation Services for New & Existing Homes & Buildings 3226 Wabash Rd., Ft. Recovery 419.852.1390 fortkampfoam@hotmail.com www.EnergySavingSprayFoam.com</p>
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