



Senior REFLECTIONS

AUGLAIZE COUNTY COUNCIL ON AGING QUARTERLY NEWSLETTER

Hello everyone,

It is hard to believe that summer is over and autumn is upon us. It is so upsetting that we are still in a state of upheaval, as to when we will be able open up the next phase of allowing seniors to return to normal activities in the center. We partially opened on July 7th, by allowing 24 seniors into the center for lunch and bingo, three days a week. They have been coming in on a staggered basis. We are following the safety guidelines as proclaimed by the Auglaize County Health Department.



We have not received any updates as to when we can proceed further. With the increase of virus reports, we are praying that we will be able to continue what we are doing.

Without knowledge that we will be able to proceed further, we still do not have any planned activities or menus that we can print ahead of time. Currently, we are having meals catered in from various restaurants, and the Activities Coordinators try to plan extra activities weekly. The Homemakers have started doing limited homemaking again, and our regular clients are so relieved to have them back. We are sorry that we cannot do any more, but we must follow the county guidelines. We are hoping to be able to open up the Wapak mealsite in the next phase, whenever we get the word. We are doing the best that we can. **Hang in there, this too will pass!**



Winter weather will soon be upon us, and we may be facing severe weather that could cause us to cancel transportation and the mealsite. In the event that inclement weather forces the center to cancel a days activities, the closings will be announced on **WLIO TV (Lima)** and **WCSM radio**.

With the holidays right around the corner, the ACCA Board of Trustees and Staff pray for your health and safety, and wish you precious time with family and friends. We pray this virus is soon gone, and we can get back to normal, and open up fully to fulfill your needs. We are still available for you, just call us at 419-394-8252 if you have any concerns. We are here for you!

OCTOBER/NOVEMBER/DECEMBER, 2021

**CHECK OUT
WHAT'S INSIDE!**

- 02** ACCA Happenings
- 03** Autumn Safety Tips
- 04-05** Amazing Christmas Facts
- 08** Fun Facts
- 10** Trips & Tours
- 12** Helping Seniors Stay Healthy

2 ACCA HAPPENINGS



Christine Chambers is 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 November 11th and December 20th.

The days set for **Eastern Auglaize County** is November 17th and December 15th.

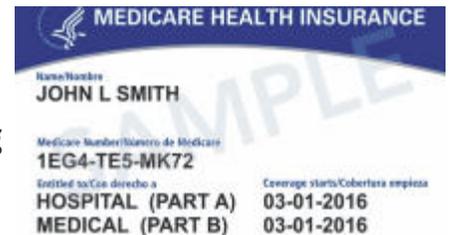
The cost of trimming the nails will be \$20.00.

If you are in need of XXL 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.



Trena has scheduled wellness classes for the 2nd Wednesday of each month through the end of this year. As with all activities, these are subject to change as we continue through these uncertain times. Any questions, give her a call at 419-394-8252.

**October 13: Physical Therapy Month
Drug Take Back Day**

November 10: Hospice, presented by Grand Lake Hospice

December 8: Driving Awareness



September is upon us, and the first day of fall is right around the corner. With milder weather and falling leaves, safety hazards to seniors become much more prevalent. Here's an autumn safety checklist to help you and your loved ones prepare for the possible dangers brought on by the colder weather.

1. Rake the leaves and maintain your home.

Fall is gorgeous in its own right, but falling leaves and winter weather can make outdoor spaces dangerous for unsteady seniors. Be sure to rake up any lawn debris or fallen leaves to prepare for the winter season and prevent accidental falls. Gutters, walkways, roads, and sidewalks may also need attention. Additionally, installing handrails and non-skid surfaces to exterior stairs makes it easier to prevent a tumble from slipping on ice or leaves. Inside, be sure to test your furnace, fireplace, and chimney to ensure that your home has heat.

2. Remember daylight savings time.

Daylight savings time ends Sunday, November 7th. The days are getting shorter, and by November, it'll be dark outside very early. Be sure to be mindful of this time change as driving at night can be dangerous. If you're a caretaker and your loved one still drives, be sure to talk to them about the dangers. If you feel their eyesight is too poor to drive at night, be sure to discuss it with them.

3. Test and replace batteries and light bulbs.

As the days become shorter, you'll need to rely on sources of artificial light. Before autumn takes full effect, be sure to stock up on candles, light bulbs, and batteries. You should also check and replace the batteries in your smoke and carbon monoxide detectors twice a year. Testing them twice a year is a great way to ensure they're always working. It may also be a good idea to install smart lights that turn on automatically when they sense motion to help prevent accidents or falls in the dark. Remember, poor lighting is a key contributor to senior falls.

4. Stock up on warm clothes.

Socks, warm house shoes, wool hats, coats, and sweaters are all great articles to keep at home during the fall. It's also a good idea to keep warm clothes in your vehicle just in case your car breaks down while it's cold or wet outside. Like Mom always said, it's better to have it and not need it than to need it and not have it.

5. Exercise and sleep.

A great way to prevent getting sick is to regulate and maintain a healthy activity and sleeping routine. Fall and winter are the most important seasons to keep your body moving. Moderate exercise, such as taking a walk, can lower your chances of getting sick, and help you sleep better. It can also reduce your risk of falling by promoting strong muscles and healthy joints. Sleep is a crucial part of keeping your immune system healthy, and keep your mind sharp and leave you feeling happier and more refreshed for your daily routine.

6. Don't leave candles unattended.

There's nothing cozier during the fall than a clean house and a vanilla-scented candle. However, during autumn there is a noticeable uptick in fires caused by improper candle use. Never leave a candle burning if you leave the house or fall asleep.

7. Use a PERS device.

If you don't use a personal emergency response system or other medical alert devices, now is the time to start looking into them. PERS devices make it possible for seniors to safely age in their own homes and call for help if they need it.

8. Use waterproof, non-slip shoes.

Autumn is notorious for slippery leaves and icy rain. To prevent falls outside, it's a good idea to invest in a solid pair of waterproof, slip-resistant outside shoes. No-skid shoes are also great for in the house.

Overall, autumn is a beautiful season to enjoy, but just be prepared for it, so you can stay safe and comfortable.

4 42 AMAZING CHRISTMAS FACTS YOU DIDN'T KNOW

1. The tallest Christmas tree ever displayed was in Seattle, Washington. It measured 221 ft. tall.
2. Buying all the gifts from the "12 Days of Christmas" would cost you a ton of money. The most expensive being "Swans a Swimming" - about \$6,300.
3. When the Candy Cane was invented in Germany, it was made into a **J** for Jesus. The red stripes symbolize his blood. The white represents Jesus' purity.
4. "Black Friday" is not the busiest day of the year. The two days right before Christmas are.
5. 1/3 of the 20 highest grossing movies were released during Christmas season, proving that going to the movies after opening gifts is a popular tradition.
6. It is a tradition in Japan to eat KFC for Christmas. Orders must be placed two months in advance.
7. "Jingle Bells" was originally a song about Thanksgiving in 1857. It was also the first song ever played in space by astronauts Walter Schirra, Jr. and Thomas P. Stafford.
8. 1 in 3 men wait until Christmas Eve to do their shopping.
9. Christmas came from the words Cristes Maesse meaning "Mass of Christ"
10. Christmas trees usually grow for close to 15 years before they can be sold.
11. "Rudolph the Red-Nosed Reindeer" got his start as an advertising gimmick for Montgomery Ward in 1839.
12. Paul McCartney earns \$400,000 a year from his "Wonderful Christmastime" song, which is widely regarded as the worst song he ever recorded.
13. More than 400,000 illnesses are caused by spoiled Christmas left overs.
14. Christmas used to be illegal. Oklahoma was the last U.S. state to declare Christmas a legal holiday in 1907.
15. Christmas is not Christ's birthday as many believe. According to the Bible, Christ was actually not even born in the winter.
16. The original location for the 1947 "Miracle on 34th St." movie was the N.Y. Macy's in Herald Square. However, for the remake in 1994, Macy's refused to participate, therefore the fictional store Cole's was created.
17. "Toys for Tots" was founded in L.A. 5,000 toys were collected during the first drive in 1947. A handmade doll was the first donation.
18. Bing Crosby's version of "White Christmas" is the highest-selling single of all time.
19. It only took six weeks for Charles Dickens to write "A Christmas Carol".
20. Americans purchase 1.6 billion Christmas cards every year.
21. Visa cards are used 6,000 times every minute during the Christmas season.
22. Franklin Pierce was the first president who put up an official White House Christmas tree.

23. December 25th was likely chosen because it coincides with the pagan festival Saturnalia where there was partying, gambling and gift giving.
24. Christmas lights were so expensive that they used to be rented rather than sold. An electrically lit tree was a status symbol in the early 1900s.
25. "Treasure Island" writer, Robert Louis Stevenson, willed his November 13 birthday to the daughter of a friend who hated her Christmas birthday.
26. The first Salvation Army collection kettle took place in San Francisco's Oakland Ferry at the foot of Market St. It was a large crab pot with a sign that read "Keep the Pot Boiling".
27. A Facebook study in 2010 revealed that two weeks before Christmas is the most popular time for couples to break up.
28. In Asia, white elephants were considered holy, but pricey to keep. Ezra Cornell adapted that term to gifts at Christmas gatherings—no value to the owner, but may have value to others.
29. In 2012, there were more than 15,000 holiday injuries during November and December. The most common being falls, 34% of all injuries.
30. The biggest display of lights ever made is in Australia. It has 1,194,380 LED's and cover 3,865 sq. meters.
31. The top six Christmas tree producing states are Oregon, North Carolina, Pennsylvania, Michigan, Washington and Wisconsin.
32. The city of Vancouver, Canada claims to be the birthplace of the first "Ugly Christmas Sweater" party.
33. From performers to maintenance workers, approximately 220 people are hired for the "Disneyland Christmas Parade".
34. The first Christmas celebrated on American land was in 1539, in Tallahassee, FL. There were no trees or presents, just a religious mass.
35. The word "Merry" in Merry Christmas was not always accepted because being merry used to signify slight intoxication.
36. In 1980, the highest selling Christmas toy was a Rubik's cube for \$1.99. It now retails for \$10.
37. The abbreviation X in X-Mas is not an abbreviation. It actually stands for "Chi", meaning Christ in Greek.
38. The first batch of eggnog originated from medieval Britain's drink "Posset" - a hot milky ale-like drink.
39. The most popular theory of why we leave cookies and milk out for Santa is because Dutch children would leave food and drink out for St. Nicholas on his feast day.
40. The tradition of caroling has nothing to do with Christmas. Medieval carols were liturgical songs in the 12th century, which were sung while traveling to different homes in England, wishing good fortunes to their neighbors in exchange for gifts.
41. The ancient Greeks considered the mistletoe an aphrodisiac, which is probably why kissing under the mistletoe will bring you luck in your love life.
42. The reason we give presents during Christmas is to symbolize the gifts given to Jesus by the three wise men.

Merry
Christmas

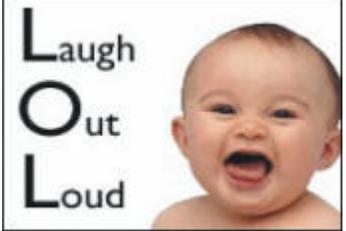
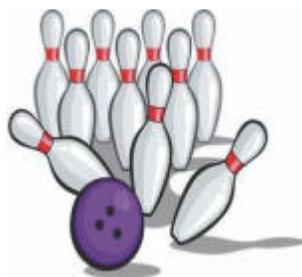
Since we still don't know what the future holds, and cannot make definite plans, we can only forge ahead, day by day. I hope you enjoy these jokes to help make your day better.

Winston Churchill loved paraprosdokians, figures of speech in which the latter part of a sentence or phrase is surprising or unexpected.

1. Where there's a will, I want to be in it.
2. The last thing I want to do is hurt you, but it's still on my list.
3. Since light travels faster than sound, some people appear bright until you hear them speak.
4. If I agreed with you, we'd both be wrong.
5. War does not determine who is right—only who is left.
6. Knowledge is knowing a tomato is a fruit. Wisdom is not putting it in a fruit salad.
7. They begin the evening news with "Good Evening", and then proceed to tell you why it isn't.
8. To steal ideas from one person is plagiarism. To steal from many is research.
9. I thought I wanted a career. Turns out, I just want pay checks.
10. In filling out an application, where it says, 'In case of emergency notify' I put "DOCTOR".
11. I didn't say it was your fault, I said I was blaming you.
12. Women will never be equal to men until they can walk down the street....with a bald head and a beer gut, and still think they are sexy.
13. Behind every successful man is his woman. Behind the fall of a successful man is usually another woman.
14. A clear conscience is the sign of a fuzzy memory.
15. You do not need a parachute to skydive. You only need a parachute to skydive twice.
16. Money can't buy happiness, but it sure makes misery easier to live with.
17. There's a fine line between cuddling and ...holding someone down so they can't get away.
18. I used to be indecisive. Now I'm not so sure.
19. You're never too old to learn something stupid.
20. To be sure of hitting the target, shoot first and call whatever you hit, the target.
21. Nostalgia isn't what it used to be.
22. Change is inevitable except from a vending machine.

**Why did the bowling pins
refuse to get up after
being knocked down?**

**BECAUSE THEY WERE
ON STRIKE!!**



TRUE STORY:

While helping my three year old granddaughter in the bathroom, she proceeded to tell me, "I have girl parts. Do you have girl parts?" I told her, "No, I just have old lady parts." She then tells me, "My brother doesn't have girl parts, he just has a dangle!"

**I got my wife to help me
put some posts in the
ground for our new fence.
I gave her the new ham-
mer and I said, "When I
nod my head you hit it".
I don't remember much
after that**

A Sunday School class of boys are told by their teacher that he is going to describe something to them, and he wants them to tell him what it is. He begins. It has a bushy tail and gathers nuts. Nobody answers. It has a bushy tail, gathers nuts and likes to climb trees. Nobody answers. It has a bushy tail, gathers nuts, likes to climb trees, and runs along telephone wires. Nobody answers. Finally he says, "Come on guys, I've given you every clue I can think of. I can't believe you guys can't get this." Eventually, little Billy puts up his hand. The teacher says, "Yes, Billy." Billy says, "Well, sir. I know the answer is supposed to be Jesus, but it sure sounds like a squirrel to me."

Four year old Billy was sitting with his parents at the dinner table. His older brother comes from a party with his friend, who is heavily tattooed, and are invited to eat with them. Billy just stares at the man's tattoos. Thinking the boy is interested in his tattoos, the brother's friend sits closer to Billy and asks, "What do you think of my tattoos?" Billy replies, "Sir, doesn't your Mom give you a sheet of paper to write on?"

One day a teacher was talking about marriage in class.

Teacher: "What kind of wife would you like, Johnny?"

Johnny: "I would want a wife like the moon."

Teacher: "Wow, What a choice...Do you want her to be beautiful and calm like the moon?"

Johnny: "No, I want her to arrive at night and disappear in the morning!"

MY KID: "I FEEL LIKE YOU'RE ALWAYS MAKING UP RULES AND STUFF."

ME: "LIKE WHAT?"

MY KID: "LIKE IF I DON'T CLEAN MY ROOM A PORTAL WILL OPEN AND TAKE ME TO ANOTHER DIMENSION."

ME: "WELL THAT'S WHAT HAPPENED TO YOUR OLDER BROTHER."

MY KID: "WHAT OLDER BROTHER?"

ME: "EXACTLY!"



ACTUAL QUOTES FROM SCIENCE EXAMS, BY 11 YEAR OLD'S

When you breathe, you inspire. When you do not breathe, you expire.

To collect fumes of Sulphur, hold a deacon over a flame in a test tube.

Nitrogen is not found in Ireland because it is not found in a free state.

Water is composed of two gins, Oxygin and Hydrogin. Oxygin is pure gin. Hydrogin is gin and water.

Three kinds of blood vessels are arteries, vanes and caterpillars.

Respiration is composed of two acts, first inspiration, and then expectoration.

A super-saturated solution is one that holds more than it can hold.

Germinate: To become a naturalized German.

Magnet: Something you find crawling all over a dead cat.

The body consists of three parts—the brainium, the borox and the abominable cavity. The brainium contains the brain, the borax contains the heart and lungs, and the abominable cavity contains the bowels, of which there are five—a,e,i,o and u.

The pistol of a flower is its only protection against insects.

The alimentary canal is located in the northern part of Indiana.

Vacuum: A large, empty space where the pope lives.



BOY AGED 4: "DAD, I'VE DECIDED TO GET MARRIED."

DAD: "WONDERFUL, DO YOU HAVE A GIRL IN MIND?"

BOY: "YES...GRANDMA! SHE SAID SHE LOVES ME. I LOVE HER, TOO...AND SHE'S THE BEST COOK AND STORY TELLER IN THE WHOLE WORLD."

DAD: "THAT'S NICE, BUT WE HAVE A SMALL PROBLEM."

BOY: "WHAT PROBLEM?"

DAD: "SHE HAPPENS TO BE MY MOTHER. HOW CAN YOU MARRY MY MOTHER?"

BOY: "WHY NOT? YOU MARRIED MINE!!"



- The first Thanksgiving was celebrated in 1621 over a three day harvest festival. It included 50 Pilgrims, 90 Wampanoag Indians, and lasted three days. It is believed by historians that only five women were present.
- Turkey wasn't on the menu at the first Thanksgiving. Venison, duck, goose, oysters, lobster, eel, and fish were likely served, alongside pumpkins and cranberries (but not pumpkin pie or cranberry sauce).
- Abraham Lincoln proclaimed Thanksgiving a national holiday on October 3, 1863. Sara Josepha Hale, the woman who wrote "Mary Had A Little Lamb", convinced Lincoln to make Thanksgiving a national holiday after writing letters for 17 years.
- The history of U.S. presidents pardoning turkeys is patchy. Harry Truman was the first president to receive a ceremonial turkey from the National Turkey Federation—and he had it for dinner. John F. Kennedy was the first to let a Thanksgiving turkey go, followed by Richard Nixon who sent his turkey to a petting zoo. George H. W. Bush is the president who formalized the turkey pardoning tradition in 1989.
- There are four towns in the United States named "Turkey". They can be found in Arizona, Texas, Louisiana and North Carolina.
- The average number of calories consumed on Thanksgiving is 4,500.
- The tradition of football on Thanksgiving, began in 1876 with a game between Yale and Princeton. The first NFL games were played on Thanksgiving in 1920.
- Butterball answers more than 100,000 turkey-cooking questions via their Butterball Turkey hotline each November and December.

FUN FACTS ABOUT HALLOWEEN

- The origins of Halloween date back 2,000 years to the ancient Celtic festival of Samhain, which was celebrated on October 31, on the eve of their new year. The Celts believed that the dead returned to earth each night, and so they lit bonfires and donned costumes to ward off the ghosts.
- During the mid-1800's, a flood of Irish immigrants fled from the potato famine to the U.S., bringing the tradition of Halloween with them.
- The name Jack-o'-Lantern is rooted in an Irish folktale about a man named Stingy Jack who fooled the devil and in turn was forced to walk the Earth with only a burning coal in a hollowed turnip to light his way. The Irish began to call him "Jack of the Lantern," and then just "Jack o' Lantern."
- Trick-or-treating was inspired by the medieval English tradition of "souling", which involved children going door-to-door on All Souls Day, offer prayers for residents' deceased loved ones in exchange for food.
- Halloween simply wouldn't be the same without those fun (and king) size candy bars to sweeten the day. But there was a time when trick-or-treaters didn't receive candy at all, but rather pieces of cake, fruit, nuts, coins, and little toys. It wasn't until the 1950's, when candy makers began to promote their goods for Halloween, that candy became a staple on the trick-or-treating circuit. Today, one quarter of all the candy sold in the U.S. each year is purchased for Halloween.

SLOW-COOKED CHUNKY CHILI

Ingredients:

1 pound ground beef
 1 pound bulk pork sausage
 4 cans (16 oz. each) kidney beans, rinsed and drained
 2 cans (14-1/2 oz. each) diced tomatoes, undrained
 2 cans (10 oz. each) diced tomatoes and green chilies, undrained
 1 large onion, chopped
 1 med. green pepper, chopped
 1 envelope taco seasoning
 1/2 tsp. salt
 1/4 tsp. pepper
 Shredded cheddar cheese, optional
 Chopped red onion, optional
 Sour cream, optional

Nothing says “Fall” like a big bowl of chili!

**Directions:**

1. In a large skillet, cook beef and sausage over medium heat until meat is no longer pink; drain. Transfer to a 5-qt. slow cooker. Stir in the remaining ingredients.
2. Cover and cook on high for 4-5 hours or until vegetables are tender. If desired, serve with shredded cheese, chopped onions and sour cream.
3. **Freeze option:** Before adding toppings, cool chili. Freeze chili and toppings separately in freezer containers. To use, partially thaw in refrigerator overnight. Heat through in a saucepan, stirring occasionally and adding a little water if necessary. Sprinkle with toppings.

Taste of Home

NEVER MISS A NEWSLETTER!

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DOROTHY IS CHECKING INTO POSSIBILITIES OF DIAMOND TOURS, AND DAY TRIPS FOR 2022, BUT AT THIS TIME NOTHING IS SCHEDULED. YOU CAN CALL HER IF YOU HAVE QUESTIONS, OR GET ON A CALL LIST. WHEN ALL RESTRICTIONS ARE LIFTED, SHE WILL AGAIN BE MAKING PLANS TO ARRANGE SOME FUN TRIPS. ALL THE LATEST INFORMATION WILL BE ANNOUNCED IN THE NEWSLETTER, OR ON FACEBOOK. HER PHONE NUMBER IS 419-394-8252, AND CAN BE REACHED THERE ON TUESDAY AND THURSDAY AFTERNOONS.

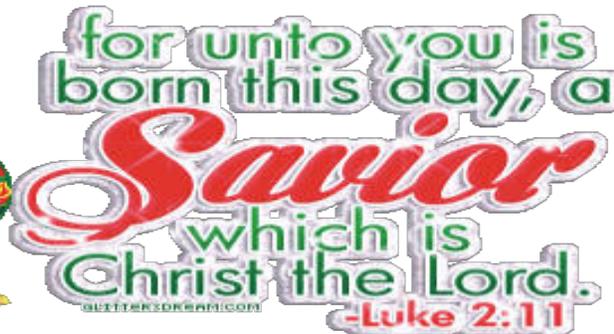
There is one day trip still scheduled for 2021:

RALPHIE'S CHRISTMAS ADVENTURE

THURSDAY, DECEMBER 9, 2021

This day trip will take you to Medina, Ohio and a travel back in time. Included with this tour is admission to the "Christmas Story" House and Museum, which has been restored to its movie splendor. Across the street is "Christmas Story Museum", which holds all forms of memorabilia from the movie. An elegant luncheon at Miss Molly's Tea Room (a lavishly decorated Victorian Tea Room) is also included. A visit to the Legendary "Castle Noel" is the next stop of the day. "Castle Noel" houses the world's largest privately owned collection of Hollywood Christmas movie props and costumes from your favorite Christmas movies. The castle is filled with thousands of toys from the 50's through the 80's, and many more features that are a must see activity.

The cost of this amazing day trip is only \$145.00 per person. FOR INFORMATION AND RESERVATIONS, call Dorothy at 419-394-8252. Deposit of \$29.00 is due upon reservation, with the balance due by November 1st.



TWELVE COMMANDMENTS FOR SENIORS

1. Talk to yourself. There are times you need expert advice.
2. In Style are the clothes that still fit.
3. You don't need anger management. You need people to stop making you mad.
4. Your people skills are just fine. It's your tolerance for idiots that needs work.
5. The biggest lie you tell yourself is, I don't need to write that down. I'll remember it.
6. On time is when you get there.
7. Even duct tape can't fix stupid—but it sure does muffle the sound.
8. It would be wonderful if we could put ourselves in the dryer for ten minutes, then come out wrinkle-free and three sizes smaller.
9. Lately, you've noticed people your age are so much older than you.
10. Growing old should have taken longer.
11. Aging has slowed you down, but it hasn't shut you up.
12. You still haven't learned to act your age, and hope you never will!!

AND ONE MORE:

'One for the road' means going to the bathroom before you leave the house.

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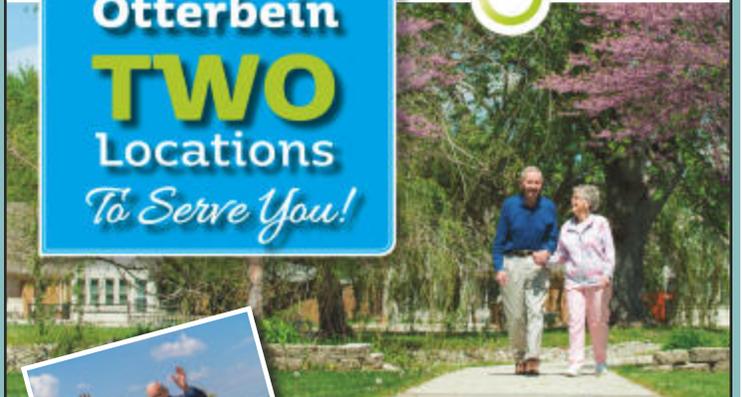
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While the holidays are a time of gatherings with family and friends, they can also be a source of stress. Staying healthy can be a challenge during this time of year, especially for seniors. To help seniors stay healthy during the holidays, reduce their stress and avoid the holiday blues, by keeping the following tips in mind.

- **Make healthy choices**

From rich meals to tempting and tasty homemade snacks, the holidays are a time for many to indulge in food—or overindulge. Consider serving a lighter lunch of salad or soup.

- **Stay hydrated**

Drinking water is one way you can stay healthy during the holidays. Senior citizens need to drink plenty of fluids. To make it easier to stay hydrated, have water easily accessible at home and keep bottled water in purse or bag when running errands.

- **Follow dietary restrictions**

Some seniors must follow special diets. It can be difficult to adhere to a diet during busy, stressful times. To make it easier to follow dietary guidelines, keep healthy options like fresh-cut vegetables and fruit on hand.

- **Drink in moderation**

Drinking too much can impair functions, and for some senior citizens, drinking alcohol with certain medications can have adverse side effects. Consider offering fun, alcohol-free drinks so everyone can celebrate.

- **Keep exercising**

To stick to an exercise schedule, bundle up and invite your parents for a walk around the block if the sidewalks are dry. If it's snowing or icy outside, drive to an indoor shopping mall and walk a few laps while window shopping.

- **Shake up traditions**

Hosting a big holiday meal can be a source of stress. If an older relative traditionally hosts a big holiday meal, consider passing the tradition on to the younger generation of family members. If the senior relative insists on hosting, volunteer to clean and prepare part of the meal.

- **Decrease gifts**

For many seniors, especially those on a fixed income, the holidays can be a financial challenge due to purchasing gifts for many family members. To reduce stress from paying for gifts, consider having a Family grab bag, where everyone contributes one gift.

- **Rest after traveling**

For some seniors, the holidays are a time to travel long distances to visit family and friends. However they travel, keep in mind that an older relative might want to rest upon arrival. Give them time to rest before assuming planned activities.

- **Make homes accessible**

If older relatives are visiting your home for the holidays, ensure your home is safe and accessible. For instance, someone with a cane could trip over area rugs. If possible, let them sleep on the first floor of the home, or close to a bathroom. Also nightlights would be a help so they do not stumble in the dark.

- **Take breaks**

Save some time for naps or relaxation. Little kids, seniors and everyone in between will appreciate it.

- **Stay involved**

Seniors still want to feel that they are part of the holidays. With some preventative measures, seniors can stay healthy, while having fun with their family members.

At the end of their first date, a young man takes his favorite girl home. Emboldened by the night, he decides to try for that important first kiss. With an air of confidence, he leans with his hand against the wall, and, smiling, he says to her, "Darling, how 'bout a goodnight kiss?" Horrified, she replies, "Are you mad? My parents will see us!" "Oh, come on! Who's gonna see us at this hour?" "No, please. Can you imagine if we get caught?" "Oh come on, there's nobody around, they're all sleeping!" "No way. It's too risky!" "Oh please, please, I like you so much!!" "No, no and no. I like you too, but I just can't!" "Oh yes you can. Please?" "No, no. I just can't." "Pleeeeeeease?"

Out of the blue, the porch light goes on, and the girl's sister shows up in her pajamas, hair disheveled. In a sleepy voice the sister says: "Dad says to go ahead and give him a kiss. Or I can do it for you. Or if need be, Dad will come down himself and do it. But for crying out loud, **tell him to take his hand off the intercom button!**"

Husband: My wife is missing. She went shopping yesterday and has not come home!"
 Officer: "Age?"
 Husband: "I'm not sure. Around 40"
 Officer: Height?"
 Husband: "I'm not sure. A little over five-feet tall."
 Officer: "Weight?"
 Husband: "Don't know. Not slim, not really fat."
 Officer: "Color of eyes?"
 Husband: Sort of brown I think."
 Officer: What kind of car did she go in?"
 Husband: "She went on my motorcycle."
 Officer: "What kid of motorcycle was it?"
 Husband: A 2018 Harley Davidson Roadglide, Twisted Cherry with 14" apes, stage 2 kit, Vance and Hines fishtail pipes, Klock Werks windshield, JP Cycles foot boards, highway pegs and crash bars".
 At this point, the husband started choking up.
 Officer: **Take it easy sir, we'll find your motorcycle!**"



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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

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Donation Amount \$ _____ Check # _____ Date _____

This gift is made:

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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.

Stacy Martin/
Gardens/Celina

Denise Borger/
Community Health
Professionals



Don Schroeder

Angie Glass

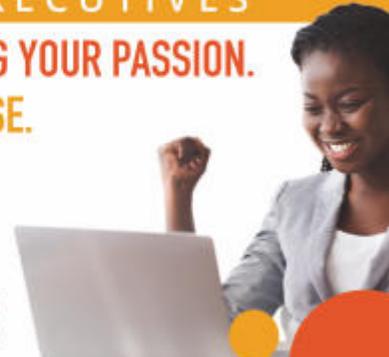
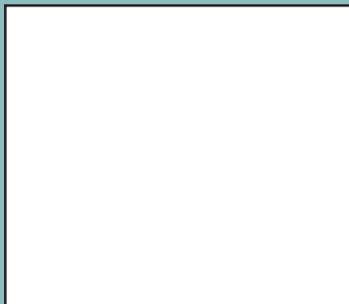
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