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**BEST WISHES FOR A SAFE AND HAPPY SPRING
FROM THE STAFF
AND BOARD MEMBERS
OF ALLEN COUNTY COUNCIL ON AGING
AND THE ELDERLY DAY CARE CENTER!**

OFFICE HOURS

Monday through Friday
8:00am – 5:00pm

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We Are On www.accoa.org the Web!

THOUGHTS FOR SPRING



All through the long winter, I dream of my garden.
On the first day of spring
I dig my fingers deep into the soft earth.
I can feel its energy and it feeds my spirit.
Helen Hayes

Far away there in the sunshine are my highest aspirations.
I may not reach them, but I can look up
and see their beauty, believe in them,
and try to follow where they lead.
Louisa May Alcott



I am only one, but still I am one.
I cannot do everything, but still I can do something,
and because I cannot do everything, I will not
refuse to do the something that I can do.
Edward Everett Hale

MISSION STATEMENT

The purpose of Allen County Council on Aging, Inc. is to provide person-centered services which enhance the quality of life of Allen County residents age 60 and older so that they may remain living independently in their own homes with dignity and choice as long as possible.

A Message from The Executive Director

Just a brief update on the goings on at Allen County Council on Aging, Inc. during this challenging time:

- * Staff have shopped for, scheduled, purchased from grant funds and delivered over 600 food/personal hygiene/cleaning supply boxes to Allen County seniors in approximately the last six months.**
- * Staff have scheduled, purchased from grant funds and delivered over 2000 hot lunches from several area restaurants to seniors all over Allen County in approximately the last six months.**
- * Staff continue to make hundreds of trips monthly transporting Allen County seniors to medical/dental/vaccination appointments.**
- * Staff continue to shop for and deliver groceries, prescriptions and other supplies to Allen County senior's homes.**

Our Elderly Day Care Center remains closed due to state mandated COVID 19 testing restrictions, although we anticipate being able to reopen in the not so distant future, as soon as restrictions are lifted.

We have received several very generous donations in the past year from individuals and organizations, for which we are extremely grateful.

The vast majority of the staff members at the agency have been fully vaccinated against COVID 19, but we continue to maintain strict social distancing and mask/glove wearing guidelines, as well as hand washing and vehicle sanitizing.

Here's hoping for better days ahead. In the meantime, we remain dedicated to the excellent service of Allen County seniors.

Respectfully,

**Michael K. Hensley, MPA
Executive Director**

SENIOR FARMERS' MARKET NUTRITION PROGRAM

The Senior Farmers' Market Nutrition Program is provided to help older persons increase consumption of fresh, nutritious, unprepared, locally grown fruits, vegetables, herbs and honey through farmers' markets and roadside stands. Eating a diet rich in fruits and vegetables as part of an overall healthy diet can help protect against a number of serious and costly chronic diseases, including heart disease, type 2 diabetes, some cancers and obesity.

- This program is provided through Area Agency on Aging 3.
- Applications are accepted by mail, fax, online (aaa3.org) or via email to Nutrition@psa3.org. They prefer that applications not be dropped off at the agency due to still being closed to the public.
- Applications can be downloaded off of the AAA3 website or another person can complete one online on behalf of the applicant.
- The program is not on a first come first serve basis but will run as a lottery system per each individual county.
- Individuals who are eligible but are unable to be enrolled due to funding will be placed on a waitlist. The agency will continue to take applications after the lottery closes until close of business July 31, 2021 for those interested in being placed on the waitlist.
- All individuals will be notified by mail as to whether they are enrolled, placed on a waitlist or ineligible.
- Coupons should be distributed around mid-May. Individuals receive \$50 in coupons, 10 coupons of \$5 each.
- All coupons expire November 30th; however it is recommended that shoppers use coupons by the end of September.
- Customers can assign a proxy shopper for them if they are homebound.



CRIME VICTIM SERVICES OBSERVES INCREASE IN EMAIL AND TEXT SCAMS

Elder Victim Ministry, a program of Crime Victim Services, is seeing an increase in “Phishing Scams,” where con artists fish for your personal information using email or texts. Elder Victim Ministry has helped victims who thought they were responding to Amazon, their bank or security company. These messages seem to make a legitimate request to get people to respond and enter their Social Security Number, bank account information or passwords.

Protect yourself with these steps:

- 1) Use security software and keep it updated. Set your device to update automatically.
- 2) Take advantage of “two-factor authentication” where you enter a password sent by text or fingerprint scan. This is especially important for software that accesses your financial account.
- 3) Test any seemingly legitimate request by looking up the company number and calling them to check first. Run it by someone you trust before taking action.

If you think that you gave away important personal information, report it to law enforcement. Elder Victim Ministry has steps to follow based on the information given out: 419-222-8666 (Lima) or 419-523-1111 (Ottawa). The Federal Trade Commission recommends forwarding a phishing email to reportphishing@apwg.org and a phishing text to **SPAM (7726)**.

PROTECT YOURSELF FROM SOCIAL SECURITY SCAMS

Telephone and email scammers are pretending to be government employees. They may threaten you and demand immediate payment to avoid arrest or other legal action. Do not be fooled!

If you receive a suspicious call:

1. Hang up.
2. Do not give money or personal information.
3. Report the scam at oig.ssa.gov.



What to look out for:

The caller says there is a **problem** with your Social Security number or account.

Any call asking you to pay a fine or debt with retail gift cards, wire transfers, pre-paid debit cards, internet currency, or by mailing cash.

Scammers **pretend** they're from Social Security or another government agency. Caller ID or documents sent by email may look official but **they are not**.

Callers threaten you with arrest or other legal action.

Be alert.

Social Security may call you in some situations but will **never** threaten you, suspend your Social Security number, demand immediate payment from you, require payment by cash gift card, pre-paid debit card, or wire transfer, or ask for gift card numbers over the phone or to wire or mail cash.

Be active.

Protect yourself, friends and family!

If you receive a questionable call, hang up and report it to oig.ssa.gov.

Don't return unknown calls.

Ask someone you trust for advice before making any large purchase or financial decision.

HAPPY OLDER AMERICAN'S MONTH

Every May, the Administration for Community Living leads our nation's observance of Older Americans Month. The theme for 2021 is "Communities of Strength."

Older adults have built resilience and strength over their lives through successes, failures, joys, and difficulties. Their stories and contributions help to support and inspire others. This Older Americans Month, we will celebrate the strength of older adults and the Aging Network, with special emphasis on the power of connection and engagement in building strong communities.

There are many things we all can do to nurture ourselves, reinforce our strengths, and continue to thrive. Connecting with others is one of the most important—it plays a vital role in our health and well-being, and in that of our communities. From finding joy in small things and sharing our stories, to looking at the big picture and giving to others, join us in promoting the ways we are connected and strong.



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DIET AND EXERCISE: CHOICES TODAY FOR A HEALTHIER TOMORROW

Eating a healthy diet and exercising often can help control or delay health issues associated with aging, like high blood pressure or diabetes. Set short-term goals to achieve and maintain a healthy diet and exercise routine.

Make these 5 tips a priority every day:

Try to be physically active for at least 30 minutes on most or all days of the week.

Eat plenty of fruits and vegetables.

Choose foods that are low in added sugars, saturated fats and sodium.

Pick whole grains and lean sources of protein and dairy products.

Practice all 4 types of exercise - endurance, strength, balance and flexibility.



5 TIPS TO HELP YOU STAY MOTIVATED TO EXERCISE

Being physically active is one of the most important things you can do each day to maintain and improve your health and keep doing things as you age.

Make exercise a priority with the following tips:

- 1) Find ways to fit exercise into your day. You are more likely to get moving if exercise is a convenient part of your day
- 2) Do activities you enjoy to make it more fun. Be creative and try something new!
- 3) Make it social. Find a virtual “exercise buddy” to help keep you going and provide emotional support.
- 4) If there’s a break in your routine, get back on track. Start slowly and gradually build back up to your previous level of activity. Ask your family and friends for support.
- 5) Keep track of your progress. Make an exercise plan and don’t forget to reward yourself when you reach your goals.

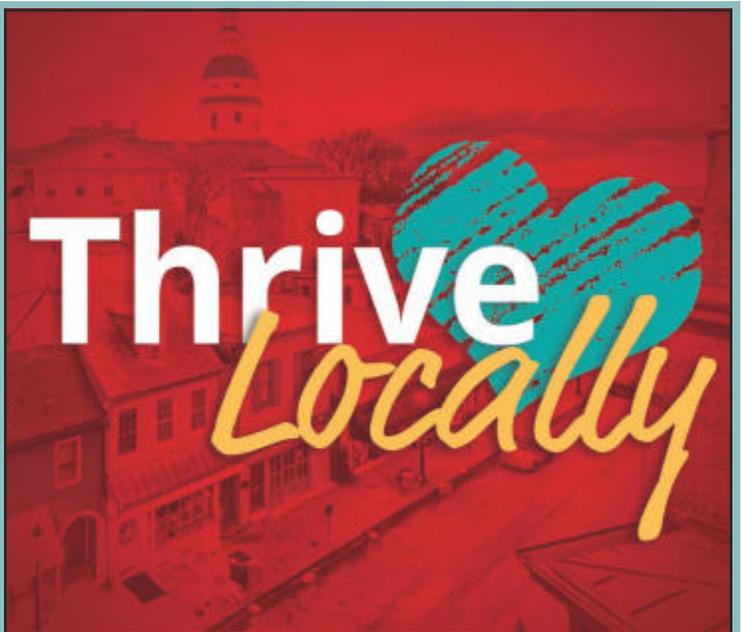
LOOKING FOR INFORMATION ON MEDICARE CHOICES?

If you will soon be age 65, on Medicare due to a disability or retiring, there are many choices you need to consider about your health insurance benefits.

Our senior services resource specialists are trained by the Ohio Department of Insurance to help persons understand many Medicare-related topics, including applying for Medicare, Medicare Parts A and B, key deadlines, Medicare costs, Medicare Part D prescription drug coverage, Medicare supplement insurance, Medicare Advantage plans and help to pay for Medicare costs.

Our staff can communicate with you by phone or email to provide information and answer questions. We also have printed materials we can mail to you.

For more information for yourself or a family member, contact the Council on Aging at 419-228-5135 and ask to speak with Gerry, Pam, Tammy or Judy.



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ELDERLY DAY CARE CENTER

700 N. MAIN STREET

LIMA, OHIO 45801

PHONE: (419)228-2688 FAX: (410)228-3812 E-MAIL ACCOA@ACCOA.ORG

We have been preparing and delivering food boxes to senior citizens in Allen County during this difficult time. We have been able to distribute over 600 boxes to date. These boxes not only contain food items but also much needed paper products, cleaning supplies and personal hygiene products. If you or someone you know could use one of these boxes please contact us at 419-228-2688. A special thank you to the United Way of Greater Lima for your understanding during the Covid-19 pandemic. This endeavor could not have been possible without you.

Thank you to Tanya Best for her donation of Depends and personal care products.



TIPS FOR A HEALTHY AND ACTIVE LIFESTYLE **FOR PEOPLE WITH DEMENTIA**

Eating healthy and staying active is good for everyone and is especially important for people with Alzheimer's and related dementias. As the disease progresses, finding ways for the person to eat healthy foods and stay active may be increasingly challenging. Here are some tips that may help:

- Consider different activities the person can do to stay active, such as household chores, cooking and baking, exercise and gardening. Match the activity to what the person can do.
- Help get the activity started or join in to make the activity more fun. People with dementia may lack interest or initiative and can have trouble starting activities. But, if others do the planning, they may join in.
- Add music to exercises or activities if it helps motivate the person. Dance to the music if possible.
- Be realistic about how much activity can be done at one time. Several short "mini-workouts" may be best.
- Take a walk together each day. Exercise is good for caregivers, too!
- Buy a variety of healthy foods, but consider food that is easy to prepare, such as premade salads and single portions.
- Give the person a choice about what to eat, for example, "Would you like yogurt or cottage cheese?"

www.alzheimers.gov





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COVID VACCINATION UPDATE

A successful COVID - 19 vaccination program is critical to help stop the pandemic. The COVID vaccines are safe and effective. In Ohio, we can already see the impact of vaccinating our most vulnerable residents. COVID cases in nursing homes have decreased significantly and the number of hospitalizations for COVID has also dropped.

Beginning Thursday, March 18, Allen County Public Health began using the Get The Shot (<https://gettheshot.coronavirus.ohio.gov/>) online scheduling tool for COVID - 19 vaccine appointments. For assistance with the online scheduling, please call 1-833-4-ASK-ODH (1-833-427-5634). For more information, please call their vaccination appointment line at 419-228-4636. As of March 29, Ohioans age sixteen and older are eligible to receive the vaccine.

Where can I get vaccinated?

Allen County Public Health Contact: 419-228-INFO (4636)

Bluffton Hospital (for Bluffton Community members) Contact: 419-369-2323

CVS Pharmacy (Bluffton, Lima) Contact: 888-300-4419 (Bluffton) 419-227-7970 (Lima)

Health Partners of Western Ohio Contact: 567-825-0226

Mercy Health - St. Rita's Medical Center Contact: 419-996-5000

Rite Aid Pharmacy (Delphos) Contact (Delphos): 419-695-8055

(Lima) Bellefontaine Avenue - 419-228-2296

West Elm - 419-221-3679

West Market - 419-227-7797

West Robb - 419-229-5846

Shawnee Road - 419-991-2867

Walmart Pharmacy (Lima) Contact: 419-222-6828

Need a ride to a vaccine appointment?

Allen County RTA is offering FREE rides to vaccination clinics through April 30, 2021.

(Limit of 2 round trips per person). You must tell the driver that you are going to an approved site to be able to ride for free.

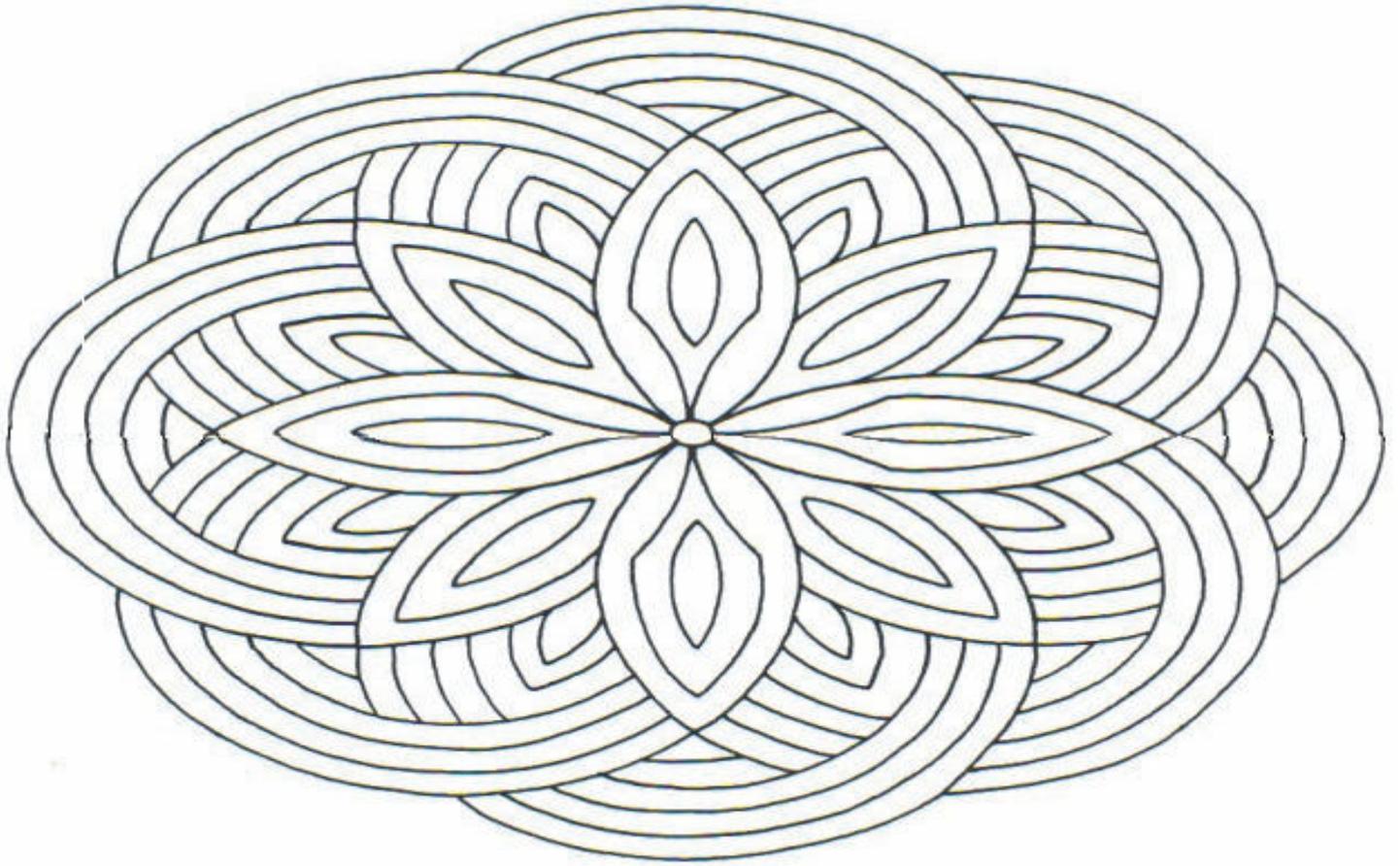
For Up-lift/ADA services, call the ACRTA office with appointment time and location at least 24 hours in advance of appointment. To schedule an appointment, please call ACRTA at 419-222-2782.

Allen County Council on Aging will also transport our clients to vaccination appointments.

We ask that you call us at 419-228-5135 at least 24 hours ahead of your appointment time.

The above information was provided by Allen County Public Health.





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to you at www.ourseniorcenter.com



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- Change name and address as shown on address label.
- Duplicate copy - remove enclosed.

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**Allen County Council on Aging Inc.
is supported by the Senior
Services Tax Levy, PASSPORT, Care
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donations from local businesses,
clients, community groups and
individuals.**

*Thank
You*