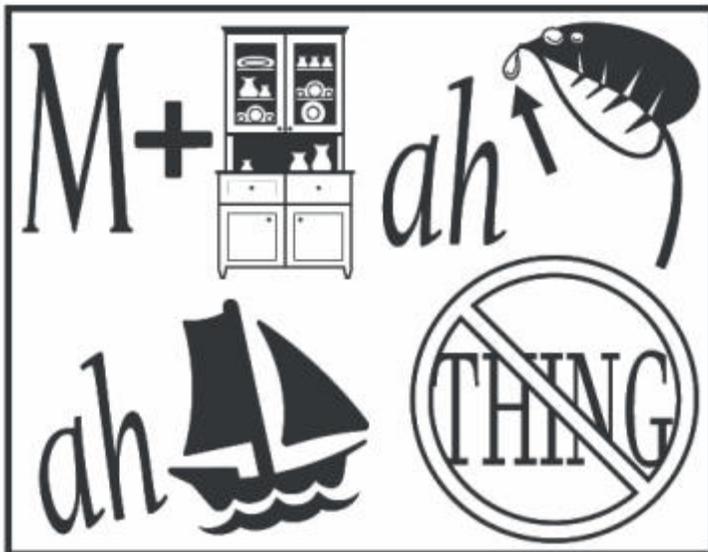


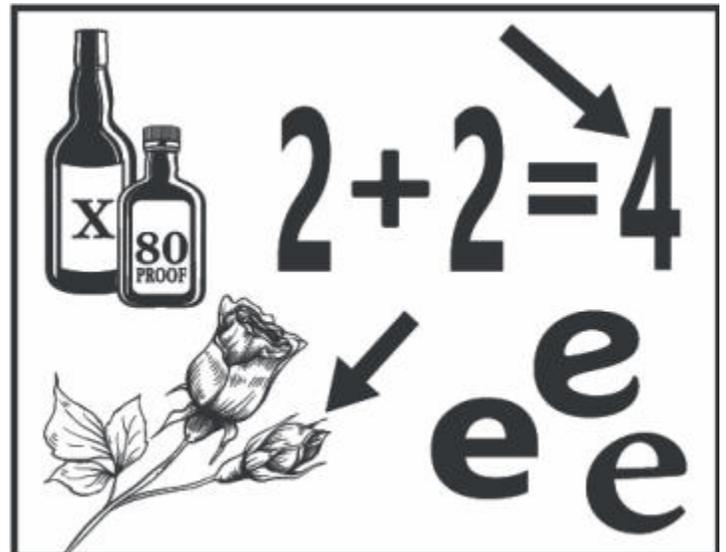
Our mission is to help older people live dignified and reasonably independent lives in their own homes for as long as possible.

## Concentration Puzzles

For this month's newsletter game, we would like to challenge you with the following concentration puzzles. Below you will find 4 different puzzles. Use the visual cues to figure out what each says. To enter for a chance to win a door prize, just call 419-586-1644 and let us know that you accepted the challenge. The winner for March's "What Am I" game was Fran Sapp!! Congratulations Fran!



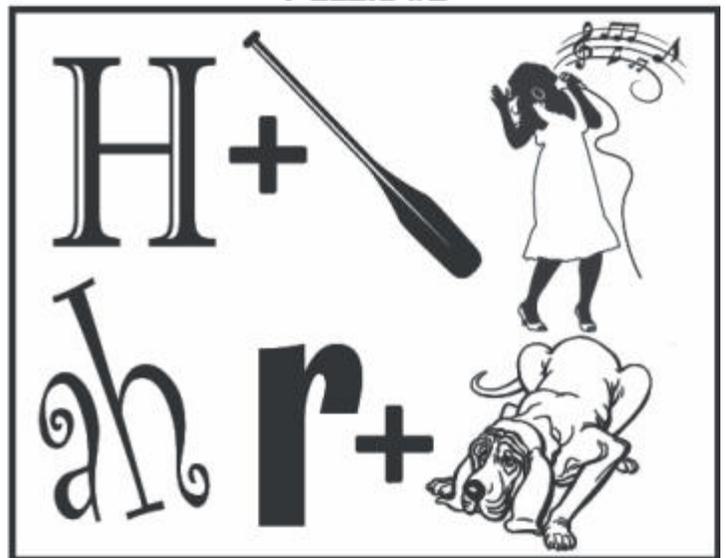
Puzzle #1



Puzzle #2



Puzzle #3



Puzzle #4

From the Director's Desk:

Last month I invited you to play three truths and a lie. The majority of you thought maybe I was not telling the truth when I said that I had dinner with Barbara Bush. I did! She was the guest speaker for an event I helped plan. Afterward, my co-workers and I had dinner with her at the Fort Wayne Country Club. She was down-to-earth and such a joy to be around. I also want to let you know that Mr. Green and I did meet on-line. The method was still in its infancy and we had no clue what each other looked like before making a date to meet in a coffee shop. Fifteen years later, we finally decided we liked each other enough to get married. I'm not proud to admit that the third truth involves me getting into an 18-wheeler on the side of a highway in the middle of nowhere, but here we are. My car broke down and cell phones were non-existent. Luckily, the trucker was not a serial killer, but a rather friendly gentleman who was happy to get me to a location where I could call a tow truck and wait for a friend to come get me. That leaves Biology as a major as the lie. My roommate was actually the Biology major. Thank you to everyone who played and we will let you know the winner in the next newsletter.



As of right now, we are STILL waiting for the Governor to allow us to open the Senior Center to activities. In the meantime, we are trying to plan as much outside, as possible. We hope you will take advantage of those offerings and if not, I would encourage you to get out and enjoy the sunshine. Meet with neighbors and friends in safe ways and keep your eyes and ears peeled for that announcement we are all waiting for. Also, I would encourage you to celebrate National Eat What You Want Day on May 11 where I encourage you to join me in trading in the bowl of cereal for breakfast for a bowl of ice cream.

And Happy Mother's Day!

*Sharon M. Green*



### **GARAGE SALE UPDATE**

**Our next garage sale is scheduled** on Thursday, May 20, 8:30 am to 6:30 pm, Friday, May 21, 8:30 am to 4:00 pm, Saturday, May 22, 8:30 am to 4:00 pm, and Sunday, May 23, noon to 4:00 pm. Saturday everything is half price and Sunday is bag day. Buy a brown bag for \$1.00 and get one free, everything is included.

Set up and pricing of the furniture and items in Building 4 is scheduled on Monday, May 17 beginning at 9 am. If you have some free time come help get things ready! Garage sale clean up day will be Monday, May 24 beginning at 9 am. We will be bagging and boxing up all left-over items and sweeping and wiping off the shelving units. Every set of hands is greatly appreciated!!!

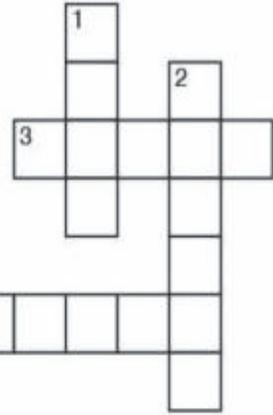
Donation dates to remember: Saturday, May 8 donations will be accepted from 9:00 a.m. to 1:00 p.m.; Tuesday, May 11 is the last day items will be accepted before the May 20 sale; Tuesday, June 1 donations will resume. Beginning June 1, there will be a change in times on donation days. On Tuesdays, donations will be accepted from noon to 4:00 p.m. and on Thursdays, donations will be accepted from 8:30 a.m. to noon.

# Mother's Day Brunch

## ACROSS

3. Compote ingredient
5. Sweet quick breads
7. Food fountain contents
9. Java
11. Meal starter
12. Breakfast side
14. Frosted treat
15. American or Swiss
16. Mother's Day offerings
17. Eggy dish

Use the clues to fill in the crossword.



## DOWN

1. Small pie
2. Brunch cocktail
4. Self-serve meal
6. Greeting \_\_\_\_\_
7. Rich dessert
8. Seafood selection
10. Blooms
13. Pancake alternative

©ActivityConnection.com

HAPPY  
*Mother's Day*

### MARK YOUR CALENDAR!!

June 1 - SFMNP program starts

June 23 - Welcome to Medicare Webinar

June 24 - An Afternoon of Fun Spittin' Image will be here for an outdoor concert. Stay tuned for details!

Check next month's newsletter for more information.



### Alzheimer's and Dementia Support

See the Mercer County Council on Aging website: [www.mccoa.net](http://www.mccoa.net), or call 419-586-1644 to ask for more information on support opportunities, one-on-one counseling, and other learning opportunities!

# Secret Hamburger Quote

Follow the instructions to cross off words in the table.  
What do the remaining words say?

1. Cross off all words that are condiments.
2. Cross off all words that start with Z.
3. Cross off all words that are drinks.
4. Cross off all words that are hamburger toppings.
5. Cross off all words that rhyme with *fry*.



lettuce	i'll	buy	tomato
gladly	mustard	iced tea	try
sigh	pay	zoom	zesty
soda pop	you	aioli	ginger ale
Tuesday	pickles	lemonade	tie
ketchup	for	rye	horseradish
milkshake	onion	a	zero
zap	bacon	mayonnaise	coffee
cheese	hamburger	juice	avocado
sty	zing	today	zeal

## Outdoor Chair Yoga



Join Carla Niblick Thursday, May 6 as she once again teaches chair yoga, outdoors.

Classes are every Thursday but you must call and register, space is limited! Class will begin at 1:00 PM at a cost of \$3.00 per class. Class will be held outside building 2 as long as the weather is cooperating. With this being an outdoor activity weather will factor into our ability to hold yoga. If we need to cancel you will receive a call by 11:00 am. So please call and register today at 419-586-1644. Note: There will be no class on May 20.

## Pickleball

Pickleball is going great and everyone is having a wonderful time! If you are interested in trying it out, give us a call and sign up for one or both of this month's sessions. We play in the gym at The Spiritual Center in Montezuma, 6731 State Route 219. We will be playing from 9:00 – 11:30 am on **Tuesday, May 4 and May 11**. You must call and register at 419-586-1644. The cost is only \$2 per person, which helps cover the use of the Spiritual Center's gym.



## Line Dancing at the Spiritual Center in Montezuma



Line Dancing will be held **Tuesday, May 4 and May 11** from 1:00 – 3:00 pm at the Spiritual Center in Montezuma, 6731 State Route 219. Everyone is welcome to join the fun, whether you have been dancing for years or you would like to give it a try! The cost is only \$2 per person. This helps cover the cost of using the Spiritual Center's gym. Call to register at 419-586-1644.

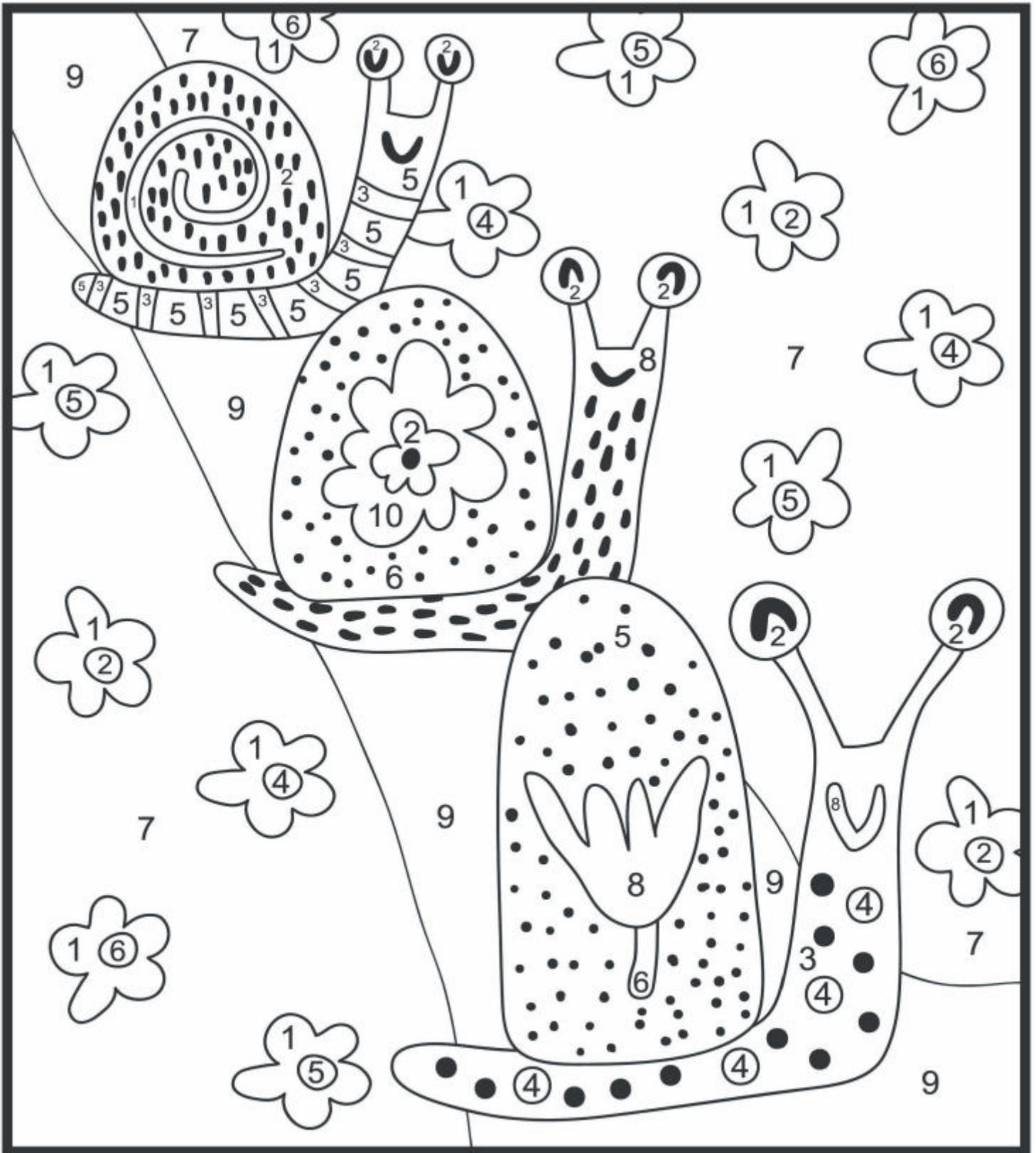
## Car Bingo

Car bingo is scheduled for **Wednesday, May 5, 12, and 26**. We will offer 2 sessions, the first at 10:00 am and the second one at 1:00 pm. Bingo will be held in the back parking lot, do not arrive more than 15 minutes before your scheduled start time. You must call to register and we ask that you only register for 1 session each day, 419-586-1644. Unfortunately, if you do not pre-register, you will not be permitted to play and must leave.

We only have 20 spaces available, so you **must call to register** for your parking spot. You will be able to play bingo from inside your car or you can bring lawn chairs and sit in front of your car. To maintain social distance, we ask that people stay in front of the car they arrived in at all times. The cost is \$1.00 and you will get to play 10 games with 3 cards each game. We will be using paper bingo sheets so bring something (a dauber, highlighter, or pen) to mark your cards. You will have a new sheet for each game. Like always there will be a prize for every bingo! **Call and register today 419-586-1644.** add if you registered and are unable to attend please call and cancel so someone else may take the space. With this being an outdoor activity weather will factor into our ability to hold bingo. If we need to cancel you will receive a call by 8:30 am.

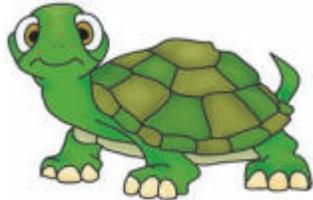
Note: There will be NO bingo on May 19.

B I N G O				
5	30	36	46	68
2	17	35	58	67
9	27	☆	60	70
6	24	31	52	64
13	20	40	47	73



1 = Gray-Blue    2 = Gold    3 = Green    4 = Orange  
 5 = Light Purple    6 = Light Blue    7 = Yellow-Green    8 = Red-Purple  
 9 = Brown    10 = Salmon

# May 2021 Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>Italicized and underlined</i> activities are held in the Annex.            Activities marked with an * have a fee.            Activities marked with ( ) are off campus.            (MSC) - Montezuma Spiritual Center</p>						1
2	3	4	5	6	7	8
		8:30 - 12:00 Donations (bldg 6)  9:00 - 11:30 Pickleball* - (MSC)  1:00 - 3:00 Line Dancing* (MSC)	10:00 - Car Bingo*  1:00 - Car Bingo*  	12:00 - 4:00 Donations (bldg 6)  1:00 - Outdoor Chair Yoga*		9:00 - 1:00 Donations (bldg 6)
9	10	11	12	13	14	15
HAPPY MOTHER'S DAY  		National Eat What You Want Day  8:30 - 12:00 Donations (bldg 6)  9:00 - 11:30 Pickleball* - (MSC)  1:00 - 3:00 Line Dancing* (MSC)	10:00 - Car Bingo*  1:00 - Car Bingo*	1:00 - Outdoor Chair Yoga*		
16	17	18	19	20	21	22
	9:00 - Set Up & Price Furniture - bldg 4			GARAGE SALE 8:30 to 6:30	GARAGE SALE 8:30 to 4:00  10:00 Virtual Alzheimer's Meeting	GARAGE SALE 8:30 to 4:00
23	24	25	26	27	28	29
GARAGE SALE 12:00 to 4:00	9:00 - Garage Sale Clean Up		10:00 - Car Bingo*  1:00 - Car Bingo*	1:00 - Outdoor Chair Yoga*		
30	31					
	MEMORIAL DAY Offices Closed  					

# 2021 Lawn & Gardening Talks

Answering the public's questions about gardening using science-based information is an important objective of the Ohio State University Extension Master Gardener Volunteer program.

The Mercer County Extension Office welcomes folks to bring landscape, yard and garden questions.

Feel free to bring in insects and plant samples when you have questions about them!

**OSU Extension, Mercer County**  
220 W. Livingston Street, Room B252  
Celina, OH 45822  
Phone: 419-586-2179  
Fax: 419-586-3367

Please pre-register so we have enough handouts.  
email: [riethman.24@osu.edu](mailto:riethman.24@osu.edu)  
[ellis.301@osu.edu](mailto:ellis.301@osu.edu)  
Phone: 419-586-2179

Visit us online at: [mercer.osu.edu](http://mercer.osu.edu)

## All Talks begin at 6:00 P.M. Lawn & Garden Talks are IN-PERSON

Central Services Building  
1<sup>st</sup> Floor Conference Room  
(Enter on Sugar Street entrance)  
220 W. Livingston Street – Celina, OH

### MAY 26, 2021

- Eco-Friendly Vegetable Gardening
- Denny Riethman – OSU Extension, Mercer County

### JUNE 30, 2021

- Plants That Attract Beneficials
- Dave McPheron – Horticulturist and owner of Star Farms Native Plants in Kenton, OH, Master Gardener, Hardin Co.

### JULY 28, 2021

- Selecting, Planting & Care of Evergreens
- Alex Uhlenhake, ISA – Uhlenhake Landscaping

### AUGUST 25, 2021

- Dividing Perennials, Planting & Selecting Bulbs
- Steve Stone – Natures Green

### SEPTEMBER 29, 2021

- Hardy Mums & Overwintering Patio Plants
- Kendall Gilmore – Unique Roots, Celina

*Pre-Registration is REQUESTED. Class size could be limited due to COVID restrictions. All necessary sanitization will be done in addition to following mask mandates of the governor.*

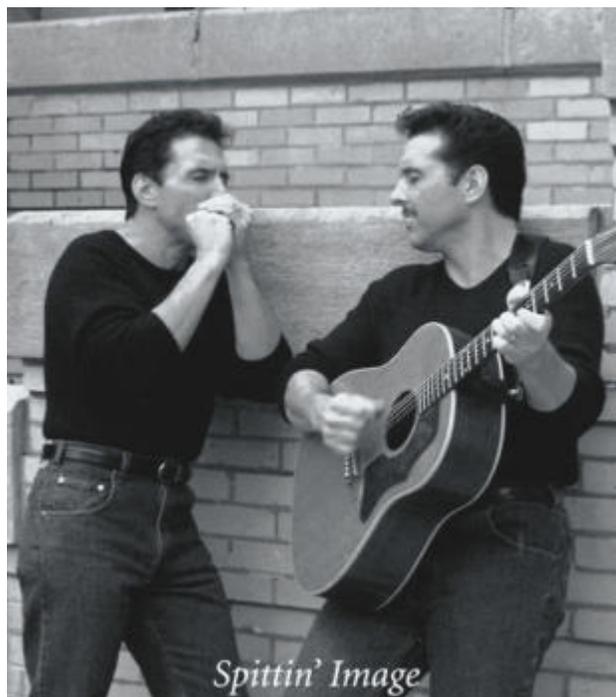


## An Afternoon of Fun - June 24

Join us on Thursday, June 24 for a fun and relaxing afternoon! Everything will be held outdoors so bring a picnic and make a day of it!

We will have Spittin Image here to entertain us. Blain and Brian Swabb, are identical twins from Greenville who make up this musical comedy duo you are sure to enjoy! We will also have a bake sale and basket raffle to raise money for the Alzheimer's Association!!!

This great afternoon is still being planned so watch your June newsletter for all the details!



# BE HEALTHY FOR GOOD WITH **LIFE'S SIMPLE 7**

Making small changes every day can add up to big improvements in your overall health. Life's Simple 7 outlines a few easy steps you can take to live a healthier lifestyle.

Two of these steps, Get Active and Eat Better, can help jump-start your whole health journey. Making choices that help you eat smart and move more can also help you lose weight, control cholesterol, manage blood pressure, reduce blood sugar and stop smoking!



## GET ACTIVE

Try to get at least 150 minutes per week of moderate aerobic exercise or 75 minutes per week of vigorous exercise (or a combination of both), preferably spread throughout the week. Even short bursts of exercise can be beneficial, and all those little steps will lead to big gains in the long run!

## EAT BETTER

Eat a colorful diet full of fruits, vegetables, whole grains, low-fat dairy products, poultry, fish and nuts. Try to limit sugary foods and drinks, fatty or processed meats, and salt.



## LOSE WEIGHT

Maintaining a healthy weight is important for your health. To lose weight, you need to burn more calories than you eat. Learning to balance healthy eating and physical activity can help you lose weight more easily and keep it off.

## CONTROL CHOLESTEROL

Cholesterol comes from two sources: your body (which makes all the cholesterol you need) and food made from animals. Eating smart, adding color and moving more can all help lower your cholesterol!



## MANAGE BLOOD PRESSURE

Blood pressure is the force of blood pushing against blood vessel walls. Sometimes the pressure in arteries is higher than it should be, a condition known as high blood pressure. Stress and poor diet have both been linked to high blood pressure, so it's important to be well and eat smart to help positively influence your blood pressure numbers!

## REDUCE BLOOD SUGAR

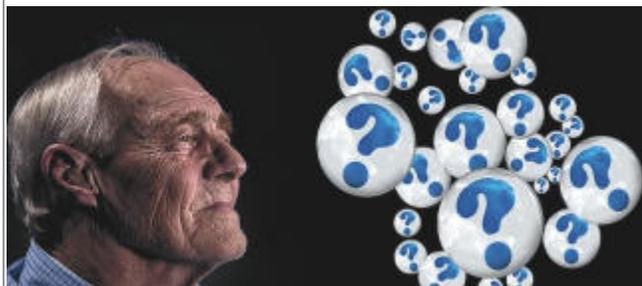
Blood glucose (aka sugar) is an important fuel for your body. It comes from the food you eat, so it's important to eat smart. Cut out added sugars by checking nutrition facts labels and ingredients, limiting sweets and sugary beverages, choosing simple foods over heavily processed ones and rinsing canned fruits if they are in syrup. And you can move more, because moderate-intensity aerobic physical activity can also help your body respond to insulin.



## STOP SMOKING

Not smoking is one of the best things you can do for your health. Smoking damages your circulatory system and increases your risk of multiple diseases, but the good news is that your lungs can begin to heal themselves as soon as you stop. Moving more can help you on your journey, since physical activity can help you manage stress.

LEARN MORE AT  
[HEART.ORG/MYLIFECHECK](http://HEART.ORG/MYLIFECHECK)



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Click: Insurance and Medicare Consumers

And then click: OSHIP Medicare Webinars

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For more details see: <https://insurance.ohio.gov/wps/portal/gov/odi/about-us/divisions/ohio-senior-health-insurance-information-program/resources/medicare-virtual-counseling-webinars>



# Outreach Reachin' Out:



**“Time is Brain”** .... is a phrase that you often hear medical professionals use. What does this mean? It’s an easy way to convey the message that “stroke is a medical emergency.” Per safestroke.eu this simply means “the more time passes before a stroke patient receives treatment, the worst the repercussions will be.” On the flip side though, it also “means that if a stroke is treated immediately, brain damage will be minimized!

In the last 10 years we have gained ways to prevent the devastating aftermath of a stroke, but it is all about time. Stroke.org indicates that “stroke patients who are treated with the clot-busting drug IV r-TPA Ateplase within 90 minutes of their first symptom were almost 3 times

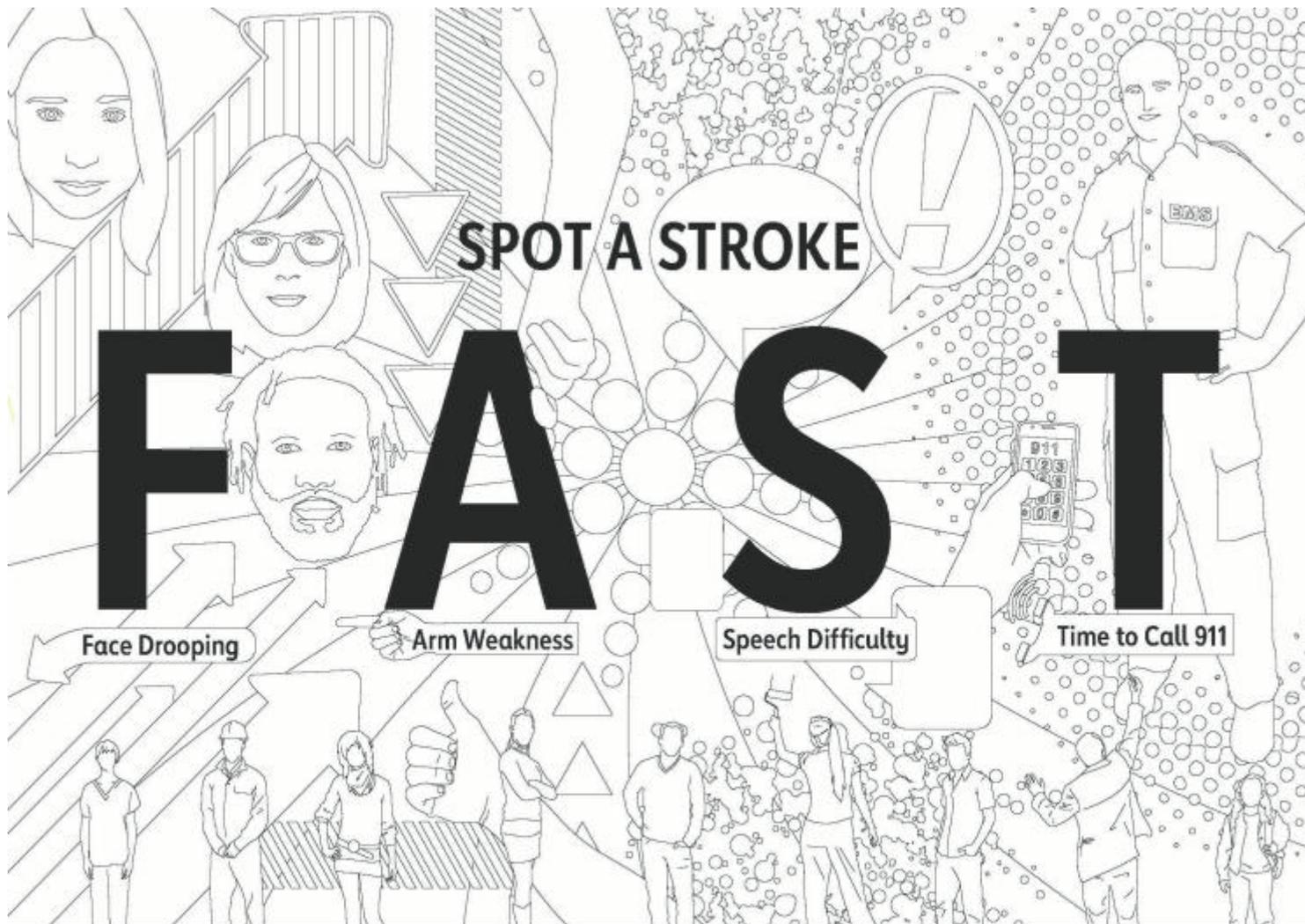


more likely to recover with little or NO disability.” In addition, “91% of stroke patients who were treated with a stent retriever (tiny mesh tub that grabs and extract blood clots in arteries) within 150 minutes of the first symptom recovered with little or no disability” too. So, the acronym **B.E. F.A.S.T.** which is a reminder of the effects of stroke can have on: “Balance,” “Eyes,” “Face,” “Arm,” “Speech,” followed by “Time” to remind us to get their fast - “time is brain.”

## Spot a stroke – B.E. F.A.S.T.

<b>B</b>		<b>BALANCE</b> SUDDEN DIZZINESS, LOSS OF BALANCE OR COORDINATION
<b>E</b>		<b>EYES</b> SUDDEN TROUBLE SEEING OUT OF ONE OR BOTH EYES
<b>F</b>		<b>FACE</b> FACIAL WEAKNESS, UNEVEN SMILE
<b>A</b>		<b>ARM</b> WEAKNESS, UNABLE TO RAISE BOTH ARMS EVENLY
<b>S</b>		<b>SPEECH</b> IMPAIRED, SLURRED, DIFFICULTY REPEATING SIMPLE PHRASES
<b>T</b>		<b>TIME</b> CALL 911 IMMEDIATELY

Speaking of time, one thing that is amazing in its on right is that” 80% of strokes are preventable.” That’s INCREDIBLE....to be able to control never putting yourself in a predicament that has the potential to change your life forever! See, the infographic for information on ways to prevent a stroke from happening. One other that is gaining more traction, is sleep apnea—keep that brain from losing oxygen while at sleep will also help reduce your risk for stroke AND dementia! The CDC recommends 7 hours of “quality sleep” and that more than that can increase your risk of stroke by causing High Blood Pressure, Type 2 Diabetes, and Obesity.



Stroke.org/warning signs

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## Alzheimer's Fundraiser

MCCoA would like you to be a part of our efforts to support the good work of the Alzheimer's Association. You can help in one of two ways:

1. Alzheimer's Walk: We will be putting together a team to participate in the annual walk, which is scheduled for Saturday, September 18, 2021. You can help by becoming a team member or supporting a team member with a donation. Team members will receive a special t-shirt that will let everyone know that they are a part of the MCCoA team. If you are an artist, we need help designing a shirt. Submit your ideas and we will vote on a design in a later issue.
2. Bake Sale: At our "Afternoon of Fun" in June, we will host a bake sale and a basket raffle to raise funds for Alzheimer's research. We need bakers. If you have a cookie or a brownie that no one can resist, we would love you to showcase your talents for a good cause. Call us and let us know what you are able to donate and we will add you to the list. We will give more details as we get closer to the event.

# Gardening for Wildlife

The words listed below can be found vertically, horizontally, diagonally, forward, and backward. Disregard spaces between words.



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

ARBOR

BEES

BERRIES

BIRD BATH

BUTTERFLY

FROG

FRUIT

GROUNDCOVER

HONEYSUCKLE

HUMMINGBIRD

MILKWEED

MOTH

NATIVE

ORGANIC

POND

TRELLIS

TURTLE

VINES

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# SOLUTIONS



## Concentration Puzzles

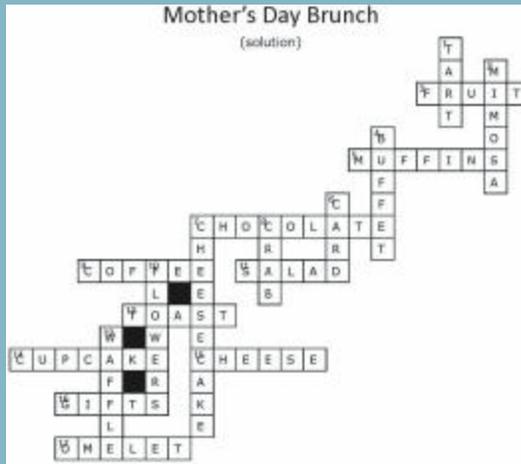
(solutions)

Puzzle #1 Much ado about nothing

Puzzle #2 Bosom buddies

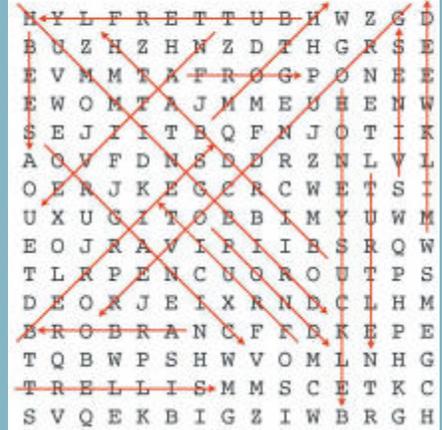
Puzzle #3 Batting a thousand

Puzzle #4 Horsing around



## Gardening for Wildlife

(solution)



## Secret Hamburger Quote

(solution)

### Secret Quote:

"I'll gladly pay you Tuesday for a hamburger today."  
~ J. Wellington Wimpy

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*Return Service Requested*

## STAY IN TOUCH!

 217 Riley Street  
Celina, Ohio 45822

 419-586-1644

 mccoac@bright.net

 www.mccoac.net

 Mon-Fri: 8 am – 4:30 pm  
Sat & Sun: Closed

 Like us on Facebook!

## THE MERCER COUNTY COUNCIL ON AGING

is a non-profit organization serving the needs of residents aged 60 and over. We offer a variety of services and programs designed to assist our seniors in maintaining as much independence as possible.

Funding for these services is provided by a county-wide levy, the Mercer County Health Fund, the Mercer County Civic Foundation, the PASSPORT program, Combined Drives, quarterly garage sales, client donations and the hard work of our volunteers.

### OFFICE HOURS

Monday through Friday  
8:00 am to 4:30 pm

### PHONE

419-586-1644

The MCCOA serves clients without regard to race, color, national origin, religion, sex, or disability. We are an equal opportunity employer.

Find us at [www.mccoac.net](http://www.mccoac.net)



To reduce unnecessary postal costs, please inform us if you are going to be moving, going out of town for an extended period or no longer wish to receive the newsletter.

We also have the ability to email newsletters. **Thank you.**