



**Mercer County Council on Aging**



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



## Snowflakes

We had so much fun!!! We missed you...



From the Director's Desk:

I am constantly impressed by how awesome people are. It seems that every time someone needs help, several people and/or organizations materialize and get the job done. Although we try to be happy, we realize some things in life are hard and sad. I hope everyone realizes how much your help means. The typical response when trying to thank someone goes something like this... "I really didn't do anything," or "I didn't do much." That is just the point. Maybe it didn't seem like much to you - but it meant the world to the person you helped. As an individual we may not be able to accomplish much, but together, we can move mountains. And let me tell you, when you are at the bottom of a mountain you think you have to climb all by yourself, it is overwhelming. But when someone comes alongside you and helps you for a step, or a mile, the whole journey changes.

Thank you. Please keep being the wonderful people you are. Come and play with us. We are always looking for new things to add to our calendar. Do you have a skill or a talent you would like to share? Or is there is something that interests you? Let us know. We are here for each of you and would like nothing more than to serve you. Although we don't have the pot of gold, we do have many gems (our staff) and they sparkle anytime they have the opportunity to serve you (our GOLD)!! Again, thank you.

Happy March!!  
Dawn



### GARAGE SALE UPDATE



The last day to make donations before our March garage sale is Thursday, March 3. Please note: Building 4 (the furniture building) is full. We will start accepting donations again - including furniture - Tuesday, April 5.

Set up for the sale begins on Monday, March 7 at 8:30 am. We will be working on Building 6 all week. Feel free to stop in and help out!

Tash will be making calls to set up checkout schedules for the sale. If you want to volunteer and don't hear from her, please call and let her know you would like to help!

Garage Sale Clean Up begins Monday, March 21 at 9:00 am. We pack up everything that is left over, clothing, glassware, books, etc. And we will be cleaning shelves and sweeping floors too! Please stop in if you are able to help even if it's just for an hour or two!

<b>Thursday</b>	<b>Mar 17</b>	<b>8:30</b>	<b>6:30</b>
All items individually priced.			
<b>Friday</b>	<b>Mar 18</b>	<b>8:30</b>	<b>4:00</b>
All items individually priced.			
<b>Saturday</b>	<b>Mar 19</b>	<b>8:30</b>	<b>4:00</b>
Everything 1/2 price.			
<b>Sunday</b>	<b>Mar 20</b>	<b>12:00</b>	<b>4:00</b>
Buy a brown bag for a \$1 and get one FREE. All items included.			



## Sing-A-Long

Sing a long with Sandy Schwieterman. As Spring time comes closer, it is a time to think about airing out your house AND your lungs! Come enjoy a sing a long on Monday, March 14 at 1:30 pm and celebrate Spring with songs of the season.

### VOLUNTEER OPPORTUNITY!!!

Beginning March 1, volunteers will start making calls to everyone in our data base to wish them a happy birthday.

We are looking for people who are willing come in and help make those calls. A script will be provided and we ask that you be willing to volunteer 1 to 2 hours a month. Please call Tash if you are interested 419-586-1644.

We hope you look forward to your birthday call.



\*\*\*\*\*



### Spotlight on our Chore Program

Meet Colt Burnett and Glenn Roser, our Chore team. They help with minor household clean-ups and repairs to help keep you safe in your home.

Examples of work they do are trimming shrubs, washing windows, shampooing carpets, installing grab bars, changing hard-to-reach light bulbs and more. They don't do housework, lawn mowing, major home or appliance repair or anything involving reaching a second story. Although they don't perform electrical, plumbing or roofing repairs, they are willing to assess the situation and help you find the best way to resolve it. They also keep the Senior Center clean and running smoothly.

To schedule a chore, call Mary at 419-586-1644. Many factors go into scheduling chores, such as weather, previous commitments, and funding. There is no fee for our services, but we do ask clients who are able, to pay for necessary materials. To keep the guys on schedule, additional projects cannot be added to existing appointments. New requests will be placed in the queue in the order they are received and will be booked for a later date. Thank you for your understanding.



\*\*\*\*\*

## Crafty Corner

Join us Tuesday, March 22, as we partner with Celina Manor and Heritage, for a fun Learn with Friends Make & Take Cookie Jar. At 10:30 am we will make mason jars full of the dry ingredients to make cookies! These are wonderful gifts! After making the jars lunch will be served! This is a FREE event but registration is required and space is limited so call today, 419-586-1644.

# Learn with Friends

## Make & Take Spring Cookie Jar

### Tuesday, March 22nd at 10:30am

Luncheon To Follow  
Event at: The Mercer County Council on Aging  
217 Riley St. Celina, OH 45822



\*Limited spaces available



Tuesday, March 29 at 1:00 pm we will make this adorable 3-owl hanging decoration! The cost is only \$5.00 and all supplies will be provided. Space is limited so call today! 419-586-1644.

RSVP to the Council on Aging: 419-586-1644  
Presented by:



## Cards



We play **Bridge** every Tuesday at 12:30 pm, **Cards & games** on Thursday and Sunday evenings at 6:30 pm and on Fridays **Bid Euchre, Pinochle, and Bridge** at 12:30 pm. **Texas Hold 'Em** is on the fourth Thursday every month at 6:30 pm. All cards are in the main building. Cost is \$1.00.

Join us the first and third Tuesday of each month to play Skip Bo! Skip Bo is a fun and easy to play card game that is sure to make for a fun afternoon! The object of the game is to be the first to play of all your cards in your Stock Pile by laying them all down in the Building Piles. There is no cost to come in and play. If you don't know how to play, we will be glad to teach you. Cards begin at 12:30 pm, come in and spend a couple hours playing and enjoying the company of other seniors!



## Pickleball

Join us for Pickleball Tuesday, March 1, 8, 15 and 29 at the Spiritual Center in Montezuma, 6731 SR 219. We play from 9:00 am to 11:30 am. Cost is \$2.00 per person. It makes no difference if you are an expert or just learning, we invite you to come have some fun! Call and register today 419-586-1644.

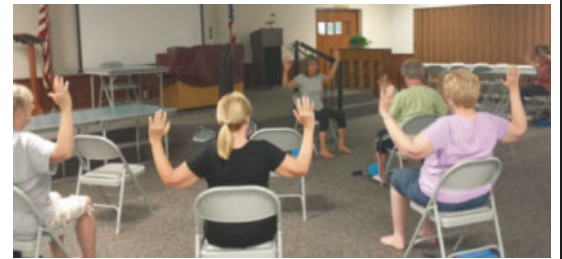


## Line Dancing

Line dancing is held every Wednesday beginning at 10:00 am. There is no cost. Everyone is welcome, come join the fun!

## Chair Yoga

Chair Yoga with Carla Niblick on Mondays at 11:00 am and Thursdays at 1:00 pm. Cost is only \$3.00 per person. Take advantage of this great class and wonderful teacher!!



## Toe Nail Clipping

**Toe nail trimming**, provided by Community Health Professionals, is the first Wednesday of each month at a cost of \$15.00. It is offered in the Annex beginning at 1:00 pm. First come, first served.



## Bingo

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

We play **bingo** every Wednesday at 12:30 pm. Only 50 people may attend each session. Call 419-586-1644 to register. Registrations are accepted one week in advance. You may not sign up for an entire month. We use reusable cards and chips. Cards are 2 for \$1.00 with additional cards costing .50 each. You play the same cards for every game. Everyone must sign in on My senior Center, please let us know if you need help.

## Blood Pressure Checks

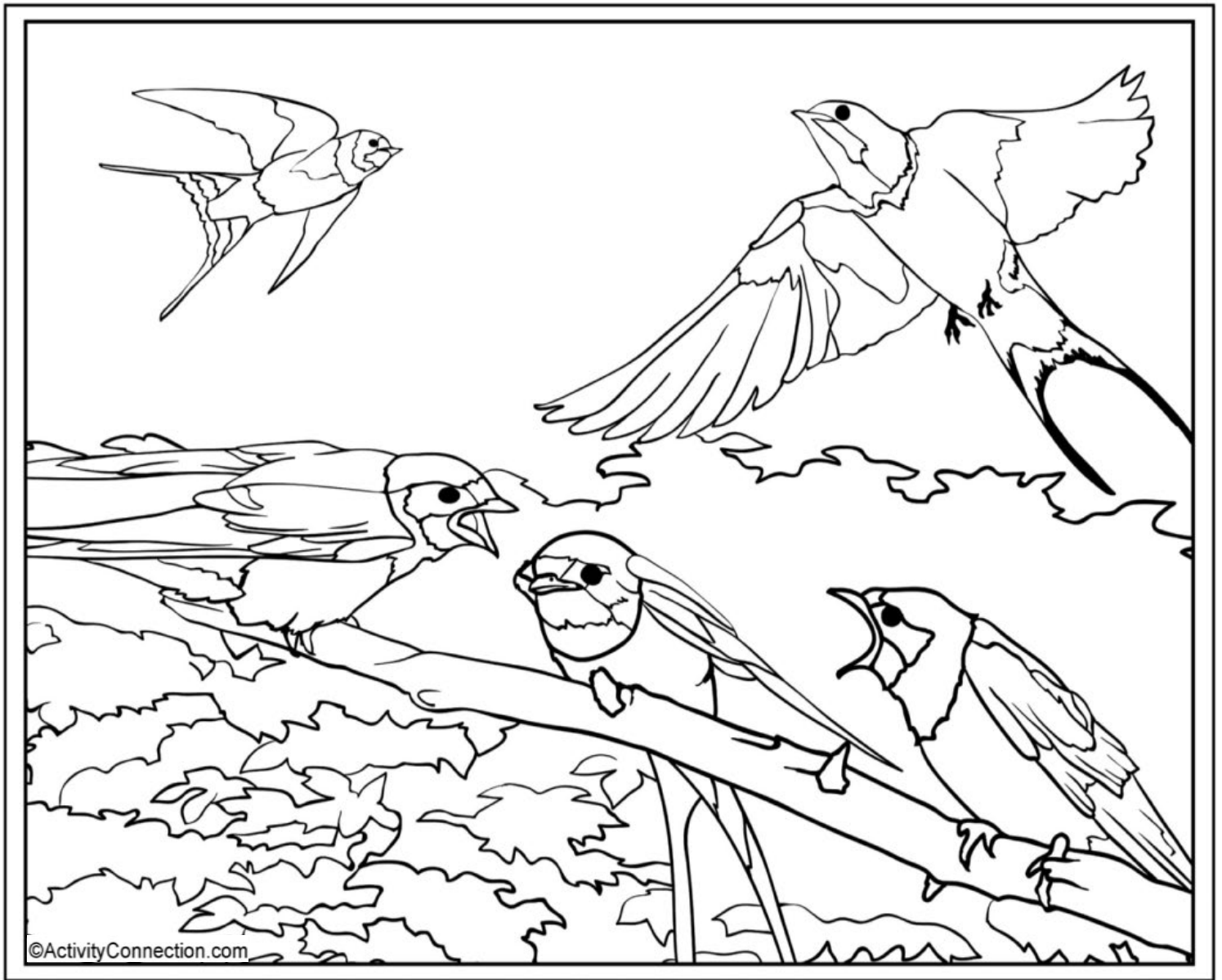
**Blood pressure checks** are available the second Wednesday of the month at 12:00 pm. This **FREE** service is provided by Miller Place!



## MARK YOUR CALENDAR!!

April 5 - First day of Donations  
April 9 - Saturday Donations 9 to 1  
April 15 - Offices Closed - Good Friday  
April 28 - Spring Party  
May 2 - Clothes Pin Wreath

Check next month's newsletter for more information.



# Care Consultation

## Virtual Meeting at the MCCoA




Marybeth Torsell from the Alzheimer's Association will be available Tuesday, March 8 from 8:30 am to 11:30 am for care consultations. Please call 419-586-1644 to schedule a time. Currently all meetings are virtual but the hope is that in person meetings will begin again soon.

Tuesday, March 8 at 12:00 pm, Yvonne Miller will present,

**Understanding Alzheimer's and Dementia:** Learn about the impact of Alzheimer's disease, the difference between Alzheimer's and dementia, Alzheimer's disease stages and risk factors, current research and treatments available and Alzheimer's Association resources. Call 419-586-1644 to register.

# March 2022 Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b> 9:00 - 11:30 Pickleball* (MSC) 12:00 - 4:00 Donations (bldg 6) 12:30 - Bridge* 12:30 - Skip Bo	<b>2</b> 10:00 - Line Dancing 12:30 - Bingo* <u>1:00 - Toenail Clipping*</u>	<b>3</b> 8:30 - 12:00 Donations (bldg 6) LAST DAY before garage sale 1:00 - Chair Yoga* 6:30 - Cards* & Games	<b>4</b> 12:30 - Cards*	<b>5</b>
<b>6</b> 6:30 - Cards* & Games	<b>7</b> 9:00 - Bldg 6 Garage Sale Set Up - All Week 11:00 - Chair Yoga*	<b>8</b> <u>8:30 - 11:30 - Virtual Alzheimer Care Consultations</u> 9:00 - 11:30 Pickleball* (MSC) 12:00 - VIRTUAL Understanding Aztzheimer's & Dementia 12:30 - Bridge*	<b>9</b> 10:00 - Line Dancing 12:00 - FREE Blood Pressure Checks 12:30 - Bingo*	<b>10</b> 1:00 - Board Mtg 1:00 - Chair Yoga* 6:30 - Cards* & Games	<b>11</b> 12:30 - Cards*	<b>12</b>
<b>13</b> 6:30 - Cards* & Games 	<b>14</b> 9:00 - Bldg 4 Garage Sale Set Up 11:00 - Chair Yoga* 1:30 - Sing-A- Long	<b>15</b> 9:00 - 11:30 Pickleball* (MSC) 12:30 - Bridge* 12:30 - Skip Bo	<b>16</b> 10:00 - Line Dancing 12:30 - Bingo*	<b>17</b> 1:00 - Chair Yoga* 6:30 - Cards* & Games GARAGE SALE 8:30 to 6:30	<b>18</b> 12:30 - Cards* GARAGE SALE 8:30 to 4:00	<b>19</b> GARAGE SALE 8:30 to 4:00
<b>20</b> 6:30 - Cards* & Games GARAGE SALE 12:00 to 4:00	<b>21</b> 9:00 - Garage Sale Clean Up 11:00 - Chair Yoga*	<b>22</b> 10:30 - Learn with Friends - Make & Take 12:30 - Bridge*	<b>23</b> 10:00 - Line Dancing 12:30 - Bingo*	<b>24</b> 1:00 - Chair Yoga* 6:30 - Cards* & Games	<b>25</b> 12:30 - Cards*	<b>26</b>
<b>27</b> 6:30 - Cards* & Games	<b>28</b> 11:00 - Chair Yoga*	<b>29</b> 9:00 - 11:30 Pickleball* (MSC) 12:30 - Bridge* 1:00 - Craft Class - 3 Owls*	<b>30</b> 10:00 - Line Dancing 12:30 - Bingo*	<b>31</b> 1:00 - Chair Yoga* 6:30 - Cards* & Games		

# Outreach Reachin' Out:



***Don't be So Salty!*** is a new saying that you may hear your

grandchildren or youth say that means “don’t be so upset or mad!” Well, in this case maybe we should be “salty” about how salt is added to the food that we eat. Per the US Food & Drug Association, “most dietary sodium (over 70%) comes from eating packaged and prepared foods - not from table salt added to food when cooking or eating.” As a part of **Salt Awareness Week, March 14th through 20th** we will discuss this issue a little more! This awareness week was started in the UK by a program called **World Action on Salt and Health (WASH)**. The program is a world-wide effort to reduce the sodium in our food. America’s USDA is working with the US food industry to reduce the amount of salt added to food in conjunction with this effort! Yet, there are things that we can do that will also help keep our salt intake in check.

When there’s extra sodium in your bloodstream, it pulls water into your blood vessels, increasing the amount of blood inside your blood vessels. With more blood flowing through your blood vessels, blood pressure increases. In some people, this may lead to or raise high blood pressure.

You can lower your daily sodium intake by using the Nutrition Facts label. The Nutrition Facts label is a great tool to make informed decisions, as indicated by the FDA!

- Know the Daily Value. Daily Values are reference amounts of nutrients to consume or not to exceed each day. **The Daily Value for sodium is less than 2,300 milligrams (mg) per day.**
- Use % Daily Value (%DV) as a tool. The %DV is the percentage of the Daily Value for each nutrient **in a serving of the food** and shows how much of a nutrient contributes to a total daily diet.

Use %DV to determine if a serving of the food is high or low in sodium. Compare and choose foods to **get less than 100% DV** of sodium each day.

*As a general guide: 5% DV or less of sodium per serving is considered low, and 20% DV or more of sodium per serving is considered high.*

- Pay attention to servings. The nutrition information listed on the Nutrition Facts label is usually based on one serving of the food. **Check the serving size and the number of servings you eat or drink to determine how much sodium you are consuming.**

*Diets higher in sodium are associated with an increased risk of developing high blood pressure, which is a major cause of stroke and heart disease. So, this is why it is so important to “Not be so Salty!”*





# 7 SALTY MYTHS **BUSTED**

## 1 ELIMINATE sodium COMPLETELY for GOOD HEALTH **BUSTED**



**SODIUM** is an **ESSENTIAL NUTRIENT** that **CONTROLS BLOOD PRESSURE** and is **needed** to make nerves and muscles work properly, but you need the **RIGHT AMOUNT**.

Institute of Medicine. 2004. Dietary Reference Intakes for Water, Potassium, Sodium, Chloride, and Sulfate. Washington, DC: The National Academies Press.

## 2 SEA SALT has LESS SODIUM than TABLE SALT **BUSTED**



Sea salt has boomed in popularity, but it usually isn't any **less salty**. Just like table salt, it typically **contains 40% sodium**.

Institute of Medicine. 2010. Strategies to Reduce Sodium Intake in the United States. Washington, DC: The National Academies Press.

## 3 I usually don't SALT my FOOD, so I DON'T EAT too MUCH SODIUM **BUSTED**



of **SODIUM** Americans **consume** is estimated to come from **processed foods** – not the salt shaker.

That's why it's so important to compare **NUTRITION FACTS** labels and serving sizes.

Mattes, R. D., and D. Donnelly. 1991. Journal of the American College of Nutrition 10(4):383-393.

## 4 HIGH levels of SODIUM are FOUND only in FOOD **BUSTED**

Some over-the-counter medications contain high levels of sodium. Carefully read drug labels, and remember that some companies produce low-sodium, over-the-counter products.



## 5 LOWER SODIUM foods have NO TASTE **BUSTED**



There is a rich world of creative and flavorful alternatives to salt.

Experiment with **spices, herbs** and **citrus** to **enhance** the natural **flavor** of your **food!**

## 6 My BLOOD PRESSURE is NORMAL, so I don't NEED to WORRY about how much SODIUM I eat **BUSTED**

THE AMERICAN HEART ASSOCIATION recommends **CONSUMING LESS THAN**

**1500mg** daily

Even for people who don't have high blood pressure, less **sodium** will significantly blunt the rise in blood pressure that occurs as we age and will also reduce the risk developing other conditions, such as **kidney disease**, associated with eating too much **sodium**.

Appel LJ, Frohlich ED, Hall JE, Pearson TA, Sacco RL, Seale DR, Sacks FM, Smith SC, Vafidis DK, Van Horn LV. Circulation. 2011;123:1138-1143.

## 7 I don't EAT a lot of SALTY FOOD so I DON'T EAT too much SODIUM **BUSTED**

WATCH OUT FOR:



**POULTRY**



**CHEESE**



**BREAD**

These foods can have excess sodium that can increase your risk for heart disease and stroke.

Centers for Disease Control and Prevention. 2012. Vital Signs: Food Categories Contributing the Most to Sodium Consumption — United States, 2007–2008. Morbidity and Mortality Weekly Report (61), February 7, 2012.



# Medicare Open Enrollment

We made it through another successful Medicare Open Enrollment. Gloria Miller and Amy Buening assisted approximately **330** clients and saved the seniors of Mercer County more than **\$118,545!** As ALWAYS they are thankful to have been able to help you through this process.



### A Program for Renters Tenant Based Rental Assistance

Mercer County has Tenant Based Rental Assistance (TBRA) funds available to income-eligible people living in Mercer County. The funds can be used as a subsidy to make your rent affordable for the first year. The apartment or house must pass inspection. You need to be able to afford the rent once assistance ends.

### A Program for Homeowners Utility Assistance Plus Program

WOCAP can assist with the following:  
Electricity  
Gas  
Water  
Bulk Fuel  
Property Taxes  
Lot Rent (if you own your mobile home)  
And much more!

To apply or inquire about either program please contact WOCAP at 419-227-2586  
Or get an application at:

420 N. Brandon St.  
Celina, Ohio

\*income guidelines are different for these programs. The guidelines listed are for the Mercer CHIP Rehab Program.

## Mercer County Community Housing Impact & Preservation Program



### Up to \$58,000

### Rehabilitation Program

- Repairs to foundation
- Roofs/Gutters
- Electrical upgrades
- Plumbing
- Furnaces
- Hot water heaters
- Insulation
- Windows
- Doors
- Accessibility improvements
- Lead-based paint abatement

### SERVICES AVAILABLE

### Rehabilitation Program

The purpose of this program is to rehabilitate a one family housing unit, which are owned and occupied by low-to- moderate income households.

\* Applications are considered on a first-come first-served basis. The applicant cannot be a delinquent or in default on present mortgage payment, homeowners insurance payments.

### Income Guidelines

1 person	2 persons	3 persons	4 persons	5 persons	6 persons	7 persons	8 persons
\$40,800	\$46,600	\$52,450	\$58,250	\$62,950	\$67,600	\$72,250	\$76,900

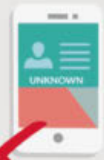
For more information contact:

West Ohio Community Action Partnership, 420 N Brandon Ave, Celina, OH 45822 Tel 419.227.2586 Fax 419.227.7626

CHIP Funds Available: If you or someone you know are in need of housing repairs or a home rehab, Mercer County has CHIP funds available to those that are income qualified. Applications are available at West Ohio Community Action Partnership (WOCAP), 420 N. Brandon Ave., Celina 419-227-2586 or you may call Renee at 419-586-4209 for more information and/or the Income Guidelines.

## HOW TO STOP SPOOFING CALLS

Don't answer calls from unknown numbers. If you mistakenly answer one, hang up immediately.



Press 2 to Stop



If you answer the phone and the caller (or a recording) asks you to hit a button to stop getting calls, you should hang up.

Don't respond to any questions, especially those that require a "Yes" or "No" answer.



Never give out personal information or other identifying information in response to unexpected calls.

If you get an inquiry from someone who says they represent a company or a government agency, hang up and call the phone number on your account statement.



Set a password for your voicemail.

Google

(555) 123-4567



Use Google to reverse lookup a phone number to see if it is associated with a known scam.

Report phone scams and any suspected spoof calls to the FCC.



Install call-blocking tools on your mobile.

We are seeing a lot of frustration from our seniors in regards to the NUMEROUS phone calls and text they receive from marketing companies. Here are a few tips to minimize those ANNOYING CALLS:

**Use tools on your Cell Phone to reduce the amount of SPAM calls:**

Many cell phones offer a “whitelisting” tool that will allow calls only from numbers in your contact list. Here’s how to install the whitelist tool:

**For iPhones (iOS 13 and later):** To turn on Silence Unknown Callers, go to Settings > Phone, then scroll down, tap Silence Unknown Callers, and turn on the feature. Calls from unknown numbers are silenced and sent to your voicemail, and will appear in your recent calls list.

**For Android phones:** To turn on Block Calls From Unidentified Callers, tap the phone icon usually found at the bottom of your home screen, then at the top right corner of the screen, tap the three dots > Settings > Blocked Numbers. Enable Block Calls From Unidentified Callers by tapping the toggle switch on the right.

*Note: This may block calls that you do want if they are not listed, but will allow them to leave a message.*

**Check out your Cellular, VOIP, or LAN line’s providers services, as there may be options for you to utilize there:**

Last year big phone carriers like AT&T, T-Mobile, and Verizon installed call-filtering technology that recognizes most legitimate phone numbers while weeding out or warning about suspicious numbers.

For the most part, consumers don’t have to do anything to get these free services to work. Numbers not recognized as legit will either be blocked or allowed to ring with an alert indicating that the call is suspected to be spam or a scam.

These services might not be automatically enabled for all phones on all carriers. You may have to activate the basic robocall blocking features on your phone. Contact your service provider or review their website for more information.

**Add your phone number to the Do-Not-Call registry:** Add your wireless devices and/or landline numbers to [www.donotcall.gov](http://www.donotcall.gov) which prohibits telemarketers from calling your registered numbers.

**Log a complaint with the Federal Trade Commission or Federal Communications Commission:**

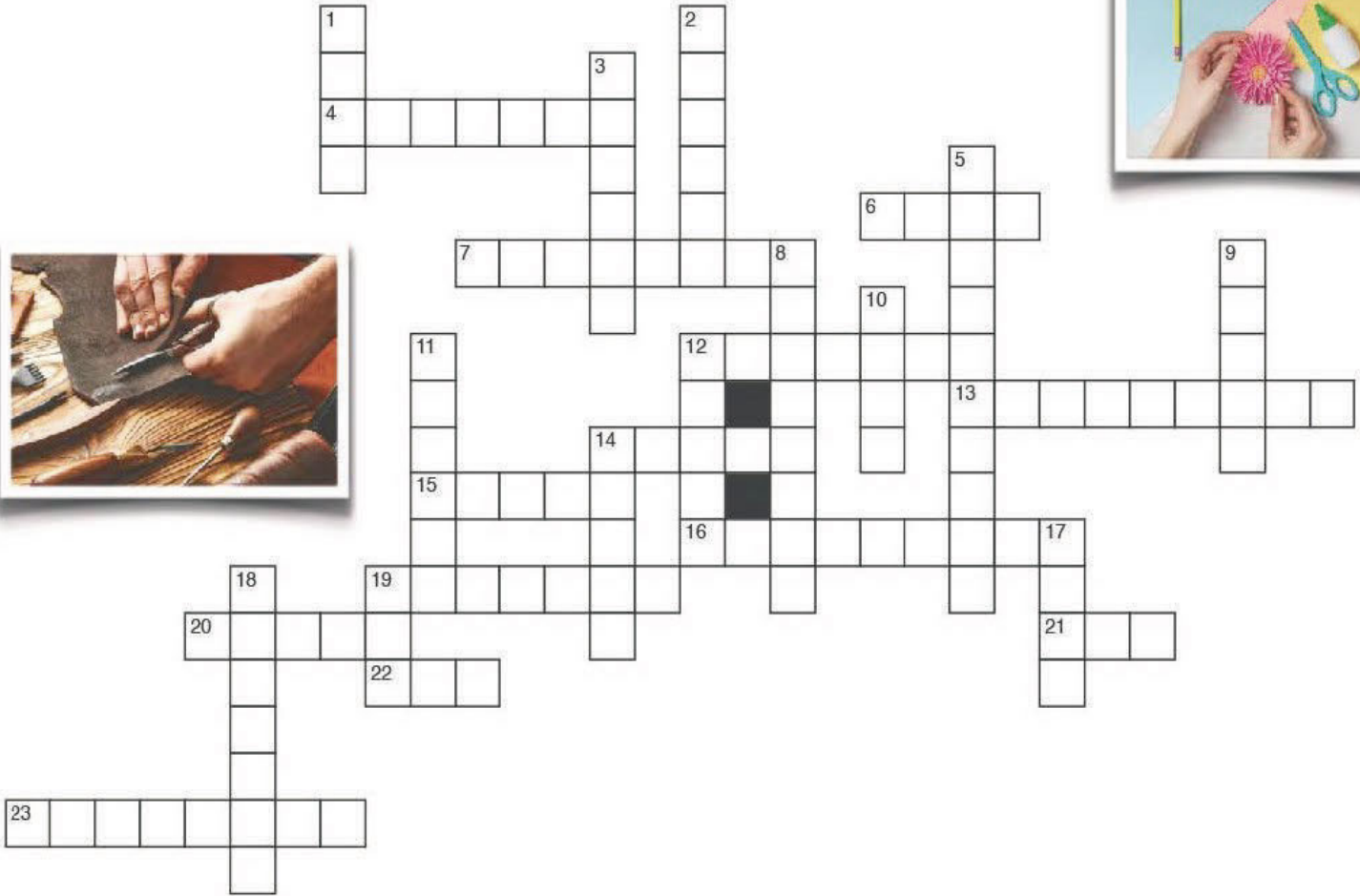
Call FTC at 1-877-FTC-HELP or the FCC at 1-888-CALL-FCC. You can also log complaints at both of these government entities through their websites: [www.consumer.ftc.gov](http://www.consumer.ftc.gov) or [www.fcc.gov](http://www.fcc.gov).

Also, you can **forward SPAM text messages to 7726 (or SPAM)** to report SPAM numbers to your wireless carrier without any charge.

For more information on how the wireless industry is fighting illegal robocalls, visit <https://fightingrobocalls.ctia.org/>

# Let's Get Crafty

Use the clues to fill in the crossword.



## ACROSS

4. Belt material
6. Earthy pottery material
7. Plumage
12. Bits of sparkly stuff
13. Thick, sturdy paper
14. Necklace components
15. Origami need
16. Album with clippings
19. Apply ink or paint through the holes of this
20. Shape by cutting
21. Calligrapher's need
22. Candle material
23. Initials

## DOWN

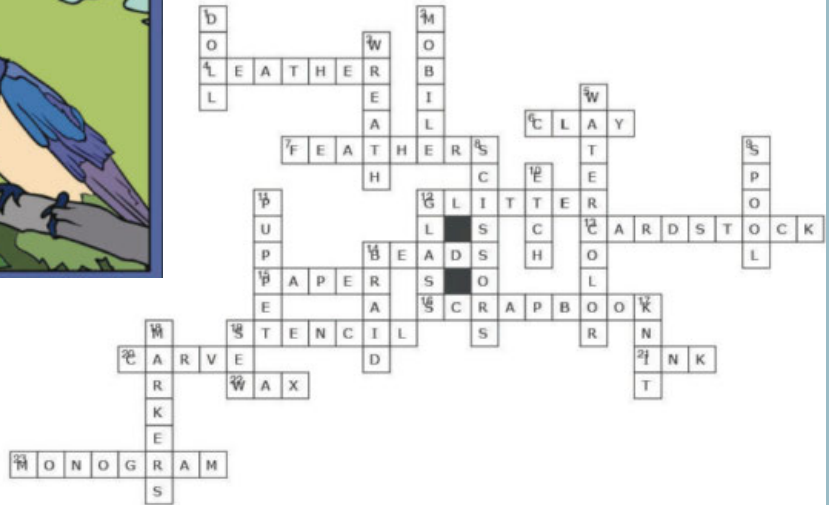
1. Young girl's toy
2. Moving sculpture, often found above a baby's crib
3. Door decor
5. Liquid-based painting method
8. Cutting tool
9. Thread holder
10. Scratch the surface
11. Marionette's kin
12. Window material, stained \_\_\_\_\_
14. Weave together like hair
17. Make a sweater with needles and yarn
18. Felt-tip pens
19. Stitch together

# SOLUTIONS



## Let's Get Crafty

(solution)



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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  
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