



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

Mercer County Council on Aging

Spring Fling - Let's Flamingle!!

Thursday, April 28 is our spring party!! Join us at the Montezuma Spiritual Center, 6731 State Route 219 in Celina for our Spring Fling. Enjoy a wonderful lunch of chicken in cream sauce, scalloped potatoes, green beans, cup of fruit, dinner roll, and poke cake for dessert! After lunch, sit back and enjoy entertainment provided by the band, Loco.

Doors open at 10:30, lunch will be served at 12:00, and entertainment begins at 1:00. Tickets are on sale (\$5.00 per person) until Monday, April 18 or until they sell out. Stop in to get your ticket today.

As always, we will have door prizes to give away too!!!



It's Coffee Time!!!



Every Tuesday and Thursday
8:00 am in the main room.

Come in and talk, play cards,
read the newspaper, or just hang out!!

Stay for 10 minutes or an hour,
whatever you have time for!

Coffee, juice, cookies and donuts
will be served at no charge.
Donations are appreciated.



From the Director's Desk:

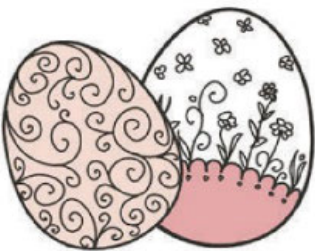
I thought this letter was going to be all about spring and new beginnings. Turns out I was wrong. My heart is being pulled to those who are missing someone (I'm guessing that is most of us). The heart of MCCoA is with you today and every day. If you haven't stopped in for a while, I encourage you to do so. We are here for you. Come in and spend some time with us. You can relax by working on the jigsaw puzzle, work on your body in our fitness room, work on your mind playing cards or just have a cup of coffee. I ask you to bring your grief and share it with us, but as you do, focus on the good things life has to offer.

"Grief, I've learned, is really just love. It's all the love you want to give but cannot. All of that unspent love gathers up in the corners of your eyes, the lump in your throat, and in that hollow part of your chest. Grief is just love with no place to go."

Although spring has not sprung yet, I trust that it is on the way. It feels like spring here at MCCoA. We have many new things sprouting up everywhere. New craft classes and new programs, for example Chair Chi and Coffee Time. It is so exciting for us to think of new ways to do things with all of you.

The office staff are diligently working on preparing applications for the 2022 Farmer's Market, so if you haven't heard from us, give us a call so we can be sure to add your name to the lottery. We don't know how many individuals will be awarded in Mercer County but we want to give as many people the chance as possible.

With the coming of nicer weather we expect chore requests to increase. If you have chore needs, please be understanding of the limitations we face; weather, quantity of requests, staffing, and available hours are some of the factors that influence what chores we are able to handle and how quickly we get to them. Know that we will do as much as we can, as quickly as we can, but we ask that you be patient with us.



Happy Spring everyone!!
We hope you hop on in today.
Dawn

GARAGE SALE UPDATE



A **HUGE THANK YOU** to all the volunteers that helped make the March sale a great success. We could not do it without you!! Look for totals in May's newsletter!

We will begin accepting donations on Tuesdays (12 to 4) and Thursdays (8:30 to 12) on April 5. If you need to come on a Saturday mark your calendar for

April 9 (9 to 1). Volunteers will be available to assist you. The last day for donations before the May sale will be Thursday May 5. If you would like to volunteer with any part of garage sale just give Tash a call!

Thursday	May 19	8:30	6:30
All items individually priced.			
Friday	May 20	8:30	4:00
All items individually priced.			
Saturday	May 21	8:30	4:00
Everything 1/2 price.			
Sunday	May 22	12:00	4:00
Buy a brown bag for a \$1 and get one			



1.800.4PD.INFO (473.4636)
Helpline@Parkinson.org

What is the Parkinson's Foundation Helpline?

The Helpline is a toll-free number for people with Parkinson's disease, their families, friends and healthcare professionals to connect with a Parkinson's disease information specialist and receive:



CURRENT INFORMATION ABOUT PARKINSON'S



REFERRALS TO HEALTHCARE PROFESSIONALS



A WIDE VARIETY OF FREE PUBLICATIONS



EMOTIONAL SUPPORT



COMMUNITY RESOURCES

When is the Helpline open?

The Helpline is open Monday through Friday from **9:00 a.m. to 6:00 p.m.** eastern time. You can also email us at **Helpline@Parkinson.org** any time.

Who will I be talking to if I call?

Compassionate, trained Parkinson's disease information specialists from various health professions staff the Helpline.



200 SE 1ST STREET, SUITE 800
 MIAMI, FLORIDA 33131

1359 BROADWAY, SUITE 1509
 NEW YORK, NEW YORK 10018

PARKINSON.ORG



Agency on Aging 3
Senior Farmers' Market Nutrition
Program Important Dates

- March 15-Applications available online
- April 15-Applications Due for Lottery
- May 15-Coupons Mailed Out
- July 31-Last Day for Waitlist Applications
- June 1-SFMNP Program Starts
- October 31-SFMNP Program Ends

How to Apply

If able, please apply directly online at aaa3.org or call MCCoA 419-586-1644 for assistance with your application!



Crafty Corner



Join us Monday, May 2 at 1:00 pm to make a patriotic clothespin wreath! All supplies are provided. The cost is only \$5.00 per person, space is limited so sign up today. 419-586-1644.

Join us Monday, May 9 at 2:00 pm to make a Silk flower decorative frame! All supplies are provided. The cost is only \$5.00 per person, space is limited so sign up today. 419-586-1644.



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We are very excited to announce that Deb Gregory will be joining us to teach water color and acrylic painting classes. Deb is really looking forward to meeting all of you and finding out what type of art projects you are interested in. If you would like to see her work check out her website at debbyagregoryfineart.com. These classes are great for the beginner or the experienced painter. Join her Monday, April 4 at 2:00 pm for an acrylic painting class or on Monday, April 25 at 2:00 pm for a water color class. All supplies will be furnished for each class. Classes are \$10.00 each. Sign up for one or for both! Stop in to see a sample of the paintings.

WATERCOLOR

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! There is no cost to 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, April 5, 12, 19 and 26 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.

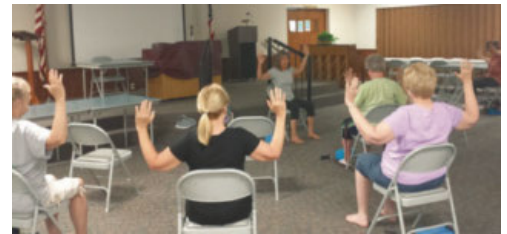


Line Dancing

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 Thursdays at 1:00 pm. Cost is only \$3.00 per person. This is a great class and wonderful teacher!! Carla will teach Chair Chi on Mondays (see page 11 for more information). No Chair Yoga on Thursday April 28.



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.



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

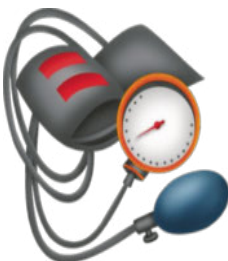
Bingo

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.

We will offer FREE bingo on Thursday, April 7 at 11:00 am. (See page 11 for more info!)

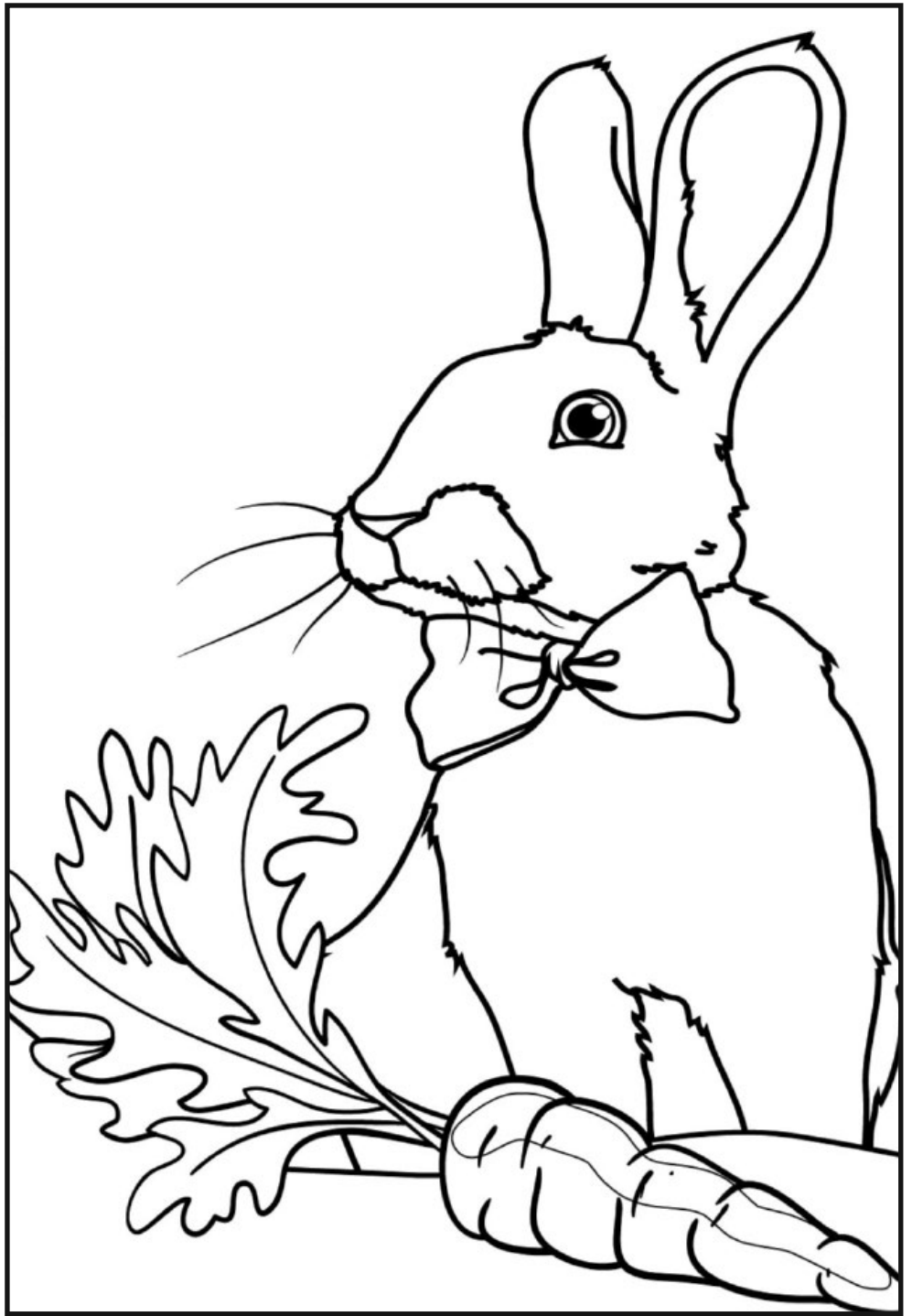
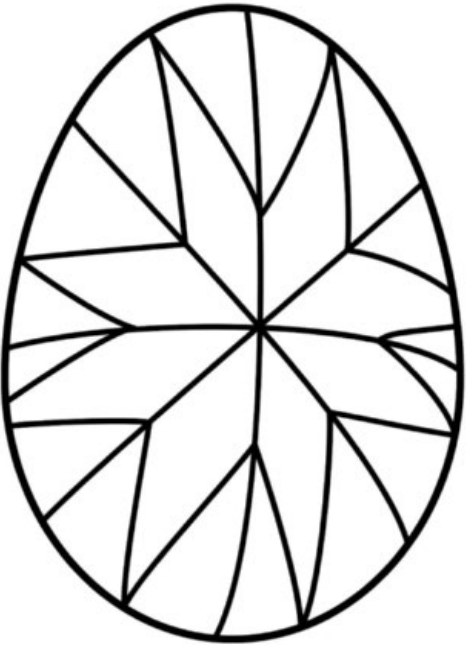
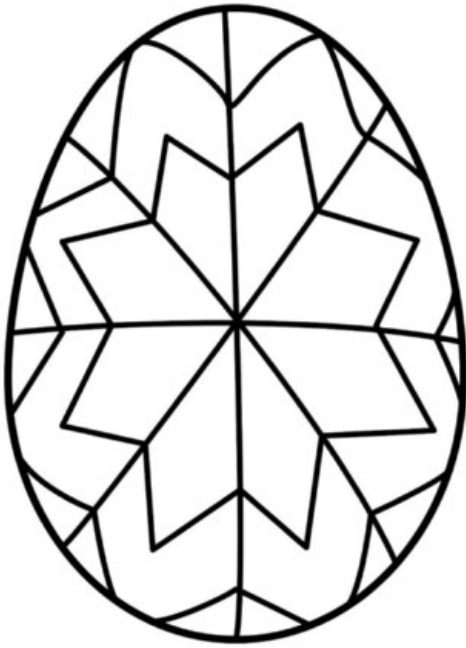
Blood Pressure Checks

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!!

- May 2 - Craft class - Patriotic Clothespin Wreath
 - May 5 - last day for garage sale donations
 - May 9 - set up begins for garage sale
 - May 9 - Craft class - Silk Flower Frame
 - May 10 - Effective Communication Strategies (Yvonne Miller)
 - May 19 to 22 - Garage Sale
 - May 23 - Garage Sale Clean up
 - May 30 - Memorial Day, Office Closed
- Check next month's newsletter for more information.





Care Consultation

Virtual Meeting at the MCCoA

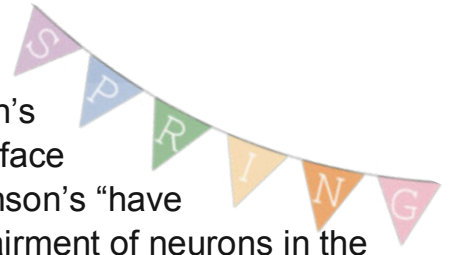


Marybeth Torsell from the Alzheimer's Association will be available IN PERSON in the Annex, Tuesday, April 12 from 8:30 am to 11:30 am for care consultations. Please call 419-586-1644 to schedule a time.

April 2022 Activity Calendar


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 12:30 - Cards* 	2
3 6:30 - Cards* & Games	4 11:00 - Chair Chi* 2:00 - Acrylic painting class*	5 9:00 - 11:30 Pickleball* (MSC) 12:00 - 4:00 Donations (bldg 6) 12:30 - Bridge* 12:30 - Skip Bo	6 10:00 - Line Dancing 12:30 - Bingo* <u>1:00 - Toenail Clipping*</u>	7 8:00 - Coffee Time 8:30 - 12:00 Donations (bldg 6) 11:00 - Emotional Well-Being BINGO 1:00 - Chair Yoga* 6:30 - Cards* & Games	8 12:30 - Cards*	9 9 to 1 - Donations (bldg 6)
10 6:30 - Cards* & Games	11 11:00 - Chair Chi*	12 8:00 - Coffee Time <u>8:30 to 11:30 - FREE Alzheimer Care Consultations</u> 9:00 - 11:30 Pickleball* (MSC) 12:00 - 4:00 Donations (bldg 6) 12:30 - Bridge*	13 10:00 - Line Dancing 12:00 - FREE Blood Pressure Checks 12:30 - Bingo*	14 8:00 - Coffee Time 8:30 - 12:00 Donations (bldg 6) <u>1:00 - Board Mtg</u> 1:00 - Chair Yoga* 6:30 - Cards* & Games	15 HAPPY EASTER OFFICES CLOSED	
17 6:30 - Cards* & Games 	18 11:00 - Chair Chi*	19 8:00 - Coffee Time 9:00 - 11:30 Pickleball* (MSC) 12:00 - 4:00 Donations (bldg 6) 12:30 - Bridge*	20 10:00 - Line Dancing 12:30 - Bingo* 1:30 - Fair Housing by WOCAP	21 8:00 - Coffee Time 8:30 - 12:00 Donations (bldg 6) 1:00 - Chair Yoga* 6:30 - Cards* & Games	22 12:30 - Cards*	23
24 6:30 - Cards* & Games	25 11:00 - Chair Chi* 2:00 - Watercolor painting class*	26 8:00 - Coffee Time 9:00 - 11:30 Pickleball* (MSC) 12:00 - 4:00 Donations (bldg 6) 12:30 - Bridge*	27 10:00 - Line Dancing 12:30 - Bingo*	28 LETS FLAMINGLE Spring Party in Montezuma 8:00 - Coffee Time 8:30 - 12:00 Donations (bldg 6) 6:30 - Cards* &	29 12:30 - Cards*	30

Outreach Reachin' Out:



April is Parkinson's Awareness Month. When we think of Parkinson's we might think of the associated tremors and maybe the mask-like face that is present. Per the Parkinson's Foundation, people with Parkinson's "have low levels or are missing dopamine in the brain, mainly due to impairment of neurons in the substantia nigra." The substantia nigra is a small structure in the midbrain that helps control and coordinate smooth movements by generating dopamine. The loss of dopamine causes the movement issues that are associated with Parkinson's: tremors, slowness, stiffness, difficulty with smaller movements, posture changes, and imbalance. What people don't normally understand is that dopamine also plays a big factor in functions of the body like speech, sleep cycles, bowel issues, cognitive issues and mood changes. It is important to know that these issues do NOT occur for everyone and some cases are more mild in nature.

Medications for Parkinson's act in increasing the level of dopamine in the brain. You may have also heard about dopamine in regards to exercise. Dopamine is considered one of the "Happy Hormones" that is increased through exercise, ironically! Studies are showing that being active can actually slow the progression of Parkinson's! So, think about ways that you can put this into motion—the fitness center at MCCoA, walking, weight training, etc. Also, there are programs that are specific to helping with the impacts of Parkinson's: BIG and LOUD therapy, Rock Steady Boxing (RSB), Tai Chi (classes starting April 4), Peddling for Parkinson's, Yoga (hey we have that here), and various programs that may be found on-line! For more information, feel free to come in and let Outreach help find those resources, in addition to local support groups!

	Early PD		Mid-stage PD	Advanced PD	
Stage of Parkinson's Disease	1	2	3	4	5
Severity of Symptoms	MILD Symptoms of PD are mild and only seen on one side of the body (unilateral involvement)	MILD Symptoms of PD on both sides of the body (bilateral involvement) or at the midline	MODERATE Symptoms of PD are characterized by loss of balance and slowness of movement	SEVERE Symptoms of PD are severely disabling	SEVERE Symptoms of PD are severe and are characterized by an inability to rise
	SYMPTOMS Tremor of one hand Rigidity Clumsy Leg One side of the face may be affected, impacting the expression	SYMPTOMS Loss of facial expression on both sides Decreased blinking Speech abnormalities Rigidity of the muscles in the trunk	SYMPTOMS Balance is compromised Inability to make the rapid, automatic and involuntary adjustments All other symptoms of PD are present	SYMPTOMS Patients may be able to walk and stand unassisted, but they are noticeably incapacitated Patient is unable to live an independent life and needs assistance	SYMPTOMS Patients fall when standing or turning May freeze or stumble when walking Hallucinations or delusions.



Parkinson's Disease

SIGNS AND SYMPTOMS

Four major symptoms of Parkinson's disease



TREMORS



STIFFNESS



POSTURAL
INSTABILITY



SLOWED
MOVEMENT

There's more to Parkinson's disease
than what you see on the surface

WHAT YOU CAN SEE

Tremors



WHAT YOU HAVE TO LOOK CLOSELY TO NOTICE

Change in balance

Weakness in voice

Postural instability:
posture may become
stooped and shoulders
may become rounded

Bradykinesia: slowed movement

Mask-like expression

Micrographia: small,
cramped handwriting

Difficulty with fine motor
movement: picking up
change, buttoning a shirt

Gait changes: shuffling or
taking smaller steps

WHAT YOU CAN'T SEE

Stiffness and muscle rigidity

Constipation due to the slowing
of involuntary muscular
movement

Change in sleep patterns

Pain due to muscle rigidity

Loss of smell

Depression

Anxiety

Bladder problems

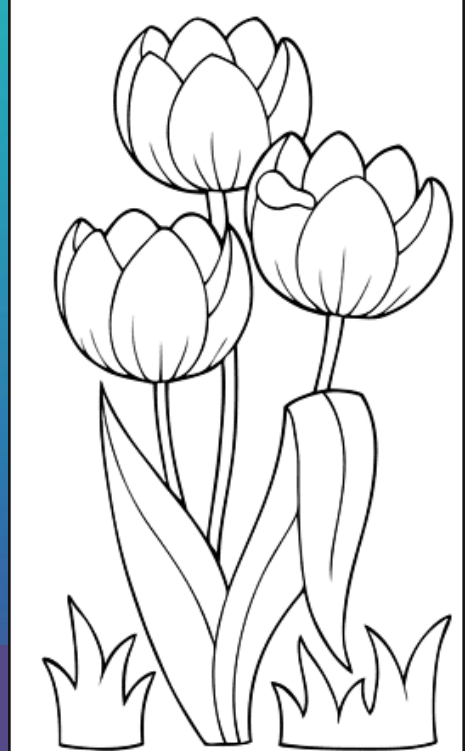
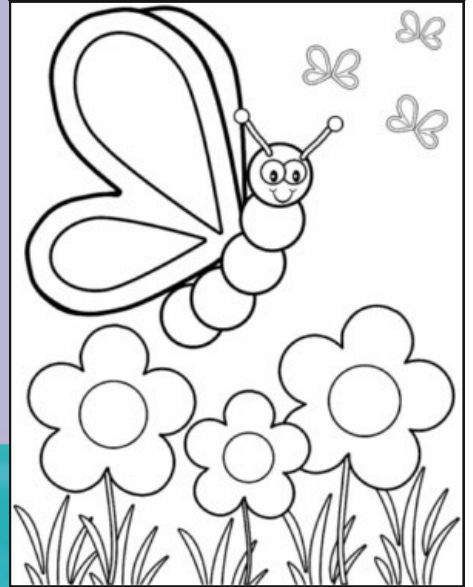
Memory loss

Changes in vision:
blurred or double vision,
trouble reading, decreased
sensitivity to color and
brightness, hallucinations

Dizziness



Welcome Spring



PRESS RELEASE

FOR IMMEDIATE RELEASE: 3.1.2022

CONTACT: Jolene Molaski, Marketing Director
Area Agency on Aging 3
2423 Allentown Road, Lima, OH 45805
jmolaski@psa3.org
Direct: 567-940-9747
Cell: 419-296-8811

Area Agency on Aging 3 Recruiting Advisory Council and Board Members AAA3 seeks new members of governing boards

The Area Agency on Aging 3 is recruiting new members for their Advisory Council and Board of Directors. Potential members must reside in the Area Agency on Aging 3's service area, which includes, Allen, Auglaize, Hancock, Hardin, Mercer, Putnam, and Van Wert Counties. Minority and older individuals living in rural areas are encouraged to apply for a member position. There are several positions available for both the Advisory Council and Board of Directors.

The Board of Directors consists of 11 members, 1 from each of our 7 counties and 4 who are considered at-large. Appointments are for 3-year terms. The board directs the business of the agency and represents the employees and individuals. AAA3 is looking for Board members who serve and have a background in the hospital/health care setting, physicians, physician assistants, and accounting/banking. The Board of Directors meets monthly on the 4th Tuesday at 9:30 a.m.

The Advisory Council members meet the third Wednesday, every other month at 10:00 a.m. They serve to represent lifestyles and cultures of each county AAA3 serves and assists in meeting the needs of this area's seniors. Each county in the AAA3 service area is represented by 4 individuals. AAA3 is looking for Advisory Council members who have experience serving seniors or experience in senior citizens organizations.

"If you follow our Mission Statement: To provide life-span resources that inspire, educate, and empower older adults, persons with disabilities and family caregivers, then we would like to hear from you. Our Advisory Council and Board of Directors provide invaluable insight to all areas our organization serves," Chief Executive Office, Jacqi Lucke said.

Lucke also stated, "We are guided by the belief that all individuals have the right to person-centered care in the setting of their choice and we strive to provide that with the help of our governing bodies."

If you are interested in serving on either the Board of Directors or Advisory Council, please contact Steph Lane at AAA3 by calling 419-222-7723 ext. 215 or email slane@psa3.org. You can also download an application from the website at www.aaa3.org/about-us under the Board of Directors information.

###

To provide life-span resources that **INSPIRE, EDUCATE & EMPOWER** older adults, persons with disabilities and family caregivers.

2423 Allentown Road. • Lima, Ohio • 45805 • 419-222-7723 • Toll Free: 1-800-653-7723 • Fax: 419-222-6212

Emotional Well-Being BINGO

"One guarantee in life is change, which can sometimes lead to

Can you ever get enough BINGO? Do you have STRESS?? Here is a chance to play BINGO for FREE. What can help stress better than that?

Jacqui Carver from the Area Agency on Aging 3 will be here on Thursday, April 7 at 11:00 am to lead us in some bingo games that will share some much needed information while playing! This is a fun way to learn a variety of positive techniques to reduce stress and worry."

This is a free event but we ask you to register. Call 419-586-1644 today to reserve your space.

B	I	N	G	O
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13	20	40	47	73








































Chair Chi

Chair Chi is a gentle exercise program developed to help people receive the benefits of traditional Tia Chi in the comfort and safety of their chair. Benefits include; improved balance, flexibility, range of motion, increase in strength, energy, pain relief and stress reduction. Carla Niblick has received certification and is now ready to offer this great class. For the months of April and May class will be every Monday at 11:00 am. Come in and try out this great form of exercise. Cost will be \$3.00 per person per class.



Easter Egg Add-Up

Each egg represents a value in each row. Figure out the value for each egg.

- If  +  = 10 and  -  = 6, then  = ____ and  = ____.
- If  -  = 8 and  +  = 16, then  = ____ and  = ____.
- If  +  = 14 and  -  -  = 5, then  = ____ and  = ____.
- If  +  = 15 and  +  = 20, then  = ____ and  = ____.
- If  +  = 8 and  +  +  = 14, then  = ____ and  = ____.
- If  +  = 13 and  -  -  = 1, then  = ____ and  = ____.

Searching for April

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



ARIES

DIAMOND

RAMADAN

APRIL FOOLS' DAY

EARTH DAY

SHOWERS

ARBOR DAY

EASTER

SPRING

BASEBALL

FOURTH

SWEET PEA

BULL (Taurus)

PASSOVER

TAURUS

DAISY










RAM (Aires)

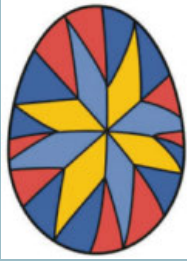
TAXES

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SOLUTIONS

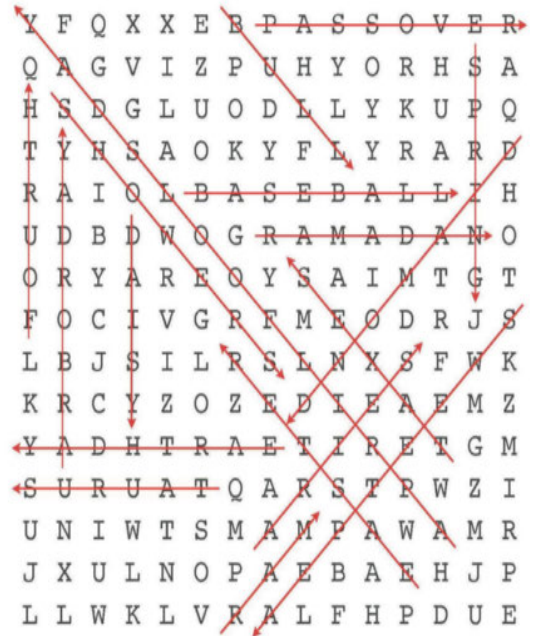
Easter Egg Add-Up

1.  = 8 and  = 2
2.  = 12 and  = 4
3.  = 11 and  = 3
4.  = 10 and  = 5
5.  = 2 and  = 6
6.  = 9 and  = 4



Searching for April

(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.

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