



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.

WII BOWLING



Join us Tuesday, July 12 at 5:30 pm for Bowling, Beer & Pizza (that's Root Beer of course!!). We will serve pizza at 5:30 pm and then move on to Wii Bowling!! Prizes will be awarded to the winners. Every participant will receive a MCCoA coupon.

We will have several TVs set up with 4 people at each one. Even if you have never bowled on a Wii game system, this is a great time to start. It is easy

and a lot of fun. You can bowl either standing or sitting.

If you want to see how, stop in anytime and we will be glad to show you! You can even come in and practice ahead of time. Please avoid Chair Chi and Chair Yoga. Times can be found on the calendar on page 7. The cost is only \$4.00 for this fun filled evening. Call and register today 419-586-1644. (We need to know how much pizza to order!)



UNDERSTANDING & RESPONDING TO DEMENTIA BEHAVIOR



Join Yvonne Miller Tuesday, July 12 at 1:00 pm as she speaks on Understanding and Responding to Dementia Behavior. Behavior is a powerful form of communication. As the ability to use language is lost, it is one of the primary ways people living with dementia communicate their needs and feelings. However, some behaviors can present real challenges for caregivers to manage. Join us for this free opportunity to learn to decode behavioral

messages, identify common triggers, and learn strategies to help manage some of the most common behavioral challenges of Alzheimer's disease.

From the Director's Desk:

Summer time is here, in full force. Swimmers are swimming and the boaters are out on the lake, bikers are biking and walkers are out walking!! Can you believe I just saw a notice informing every one how many Saturday's are left until Christmas. Really? May I make a suggestion? Let's all make a conscious effort to STOP and truly enjoy today. Life is going by so quickly.

Let's live our lives being intentional about slowing down, taking time to say 'hello' and 'I love you.' I need to hear that every day. Do you? Many of you come to the center or just call. You speak with Amy B, Amy J, Jennifer, Linda, Mary, or Terri and ask about something you need or just to say hello. Whenever I hear the laughter from those calls or visits my heart is happy! Thank you.

HAPPINESS
is not perfected
until it is
SHARED.
- Jane Porter



I wonder if I am being a bit hypocritical here, because this newsletter is all about letting each of you know what is coming in the next month. And I am asking you all to stop worrying about the future and LIVE TODAY. But I ask that you recognize that we can plan for the future so we can enjoy the NOW more. So make your plans, and I truly hope you put some of the things we have up here at the center on your calendars. But mostly, try to live each moment and enjoy every day as it comes.

Yours truly,
Dawn

LAUGHTER IS AN INSTANT VACATION.
- Milton Berle

GARAGE SALE UPDATE



We are once again gearing up for another garage sale July 28 - 31. The last day to drop off donations will be Thursday, July 14.

Set up starts Monday, July 18.

There are always lots of things to organize, set up, and price in all the buildings so feel free to stop in and help!!!! If you would like to help with a checkout make sure to let Tash know.

We will resume accepting donations Tuesday, August 9 at 12:00 pm. Call Tash with any questions!

Thursday	July 28	8:30	6:30
All items individually priced.			
Friday	July 29	8:30	4:00
All items individually priced.			
Saturday	July 30	8:30	4:00
Everything 1/2 price.			
Sunday	July 31	12:00	4:00
Buy a brown bag for a \$1 and get one			



PICNIC LUNCH

Join us at the MCCoA for a picnic lunch sponsored by Celina Manor and Heritage Health Care. The meal will be served Tuesday, July 19 at 11:30 am. We invite anyone 60 years old or over to join us for a lunch of hamburgers, potato salad and baked beans. The cost is only \$2.00. Space is limited to the first 40 people to call. (Please if you call and register and can not attend call and let us know so someone else can enjoy this great meal.)

Chore, Homemaker, & Transportation Services

As you may know, our services are provided free of charge to Mercer County residents 60 or older.

You may not know that we accept donations which go back into the fund to continue to provide more services. With raising costs, we ask that people who benefit from these services please consider making donations. Know that your support is greatly appreciated.

Alzheimer's and Dementia Support Group

We continue to look for a volunteer (or two) who would be willing to facilitate an Alzheimer's and Dementia Support Group. This is an excellent program that provides a place to share experiences and connect with other people dealing with Alzheimer's and/or Dementia issues. It is open to anyone dealing with these concerns.

The meetings would take place once a month at the MCCoA. The schedule will be determined depending on the availability of the new volunteer. If you are interested, please call Dawn 419-586-1644. There is online training and a support team that will give any person who is interested in helping the tools necessary.

Thank you in advance!!

LUNCH

Lunch is served Wednesdays at 11:30. A \$4.00 donation is required for each meal. Reservations must be called in by noon on Tuesday each week to reserve your meal. Seating limited to 25 people.

July 6

BBQ Pork/Bun
Cole Slaw
Pickles
Moose Track Ice Cream

July 20

Ham Salad/Croissant
Cheese Puffs
Creamy Cucumbers
Mandarin Oranges

July 13

Macaroni & Cheese
Stewed Tomatoes
Dinner Roll
Oreo Cookie Dessert

July 27

French Dip Sandwich
Beef Au Jus Sauce
Potato Wedges
Red Gelatin/Topping



Crafty Corner



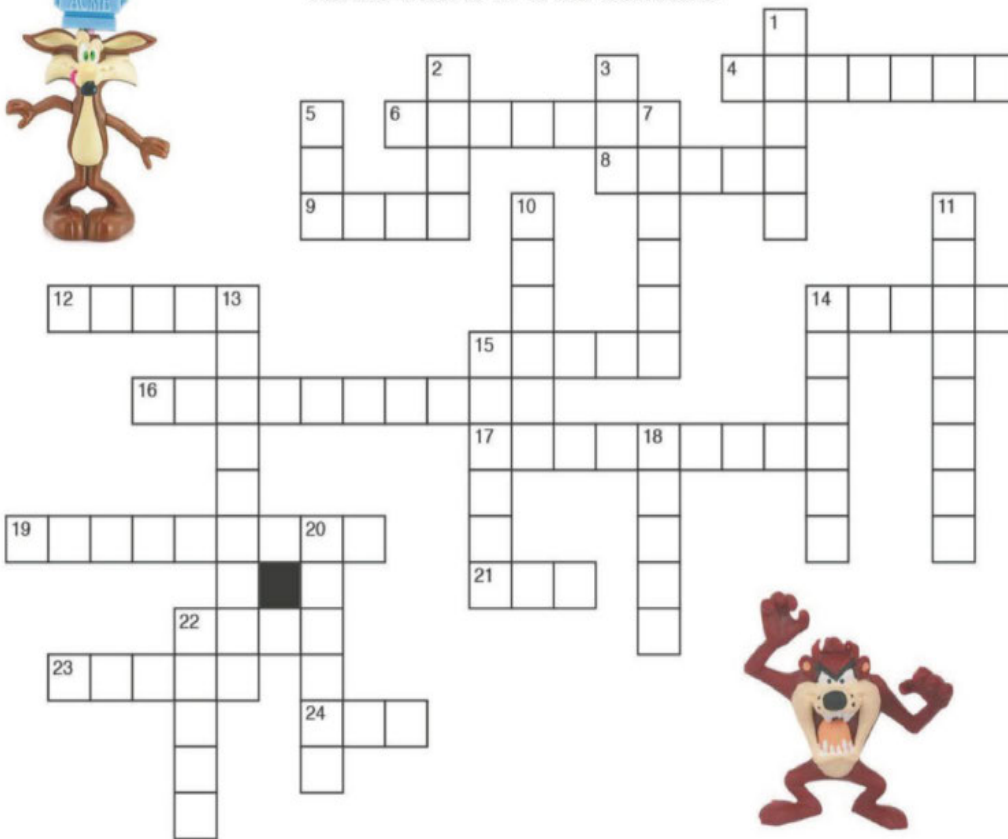
Craft Class with Charlene Guingrich Wednesday, July 13 at 2:00 pm in building 3 (the annex) and make a fun Sun Catcher! All supplies will be provided. The cost is only \$5.00. Space is limited so call and register today 419-586-1644.

Art Class with Debby Gregory Monday, July 18 at 2:00 pm. Join Debby for a fun Pen and Wash water color class. All supplies are provided, cost is only \$10 each. Space is limited so call and register today 419-586-1644.



Looney Tunes

Use the clues to fill in the crossword.



DOWN

1. Stuttering pig
2. Bunny with a Brooklyn accent
3. A type of explosive
5. Yosemite _____
7. Tweety's owner
10. Tweety is this type of bird
11. Identity-hiding garb
13. Pie-throwing comedy
14. Bugs' favorite food
15. Roadrunner setting
18. Mr. Fudd
20. _____ Gonzales
22. A heavy steel iron block



ACROSS

4. *Looney Tunes* rooster's first name
6. Pastime that Elmer enjoys
8. To deceive
9. Marvin is from this planet
12. "That's all _____!"
14. Pursuit
15. Porky's pal
16. Wile E. Coyote can never catch him
17. Tweety's nemesis
19. "Sufferin' _____!"
21. *Looney Tunes* devil's nickname
22. Wile E. Coyote's supplier
23. Pepé Le Pew is this type of animal
24. "What's up, _____?"

REGULARLY SCHEDULED ACTIVITIES!!

Here are our regularly scheduled activities. Please see the monthly calendar for exceptions to the regular schedule. We ask everyone to sign in to MySeniorCenter for each activity.

Alzheimer's Care Consultations (FREE)

The second Thursday each month from 8:00 am to 11:00 am, Marybeth Torsell from the Alzheimer's Association is available for care consultations.

Bingo

Every Wednesday at 12:30 pm. We use reusable cards and chips. Cards are 2 for \$1.00 with additional cards costing .50 each. The same cards are used for every game.

Blood Pressure Checks (FREE)

The second Wednesday each month at 12:00 pm. Provided by Miller Place!

Cards

We play **Bridge** on Tuesdays at 12:30 pm, Euchre on Thursday and Sunday evenings at 6:30 pm and Bid Euchre, Pinochle, and Bridge on Fridays at 12:30 pm. Texas Hold 'Em is scheduled the fourth Thursday at 6:30 pm. Cost \$1.00.

Chair Chi

Mondays at 10:00 am. 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 and energy, pain relief and stress reduction. Cost is \$3.00.

Chair Yoga

Chair Yoga with Carla Niblick on Thursdays at 1:00 pm. Cost is only \$3.00 per person.

Coffee Time (FREE)

Thursdays from 8:00 am to 10:00 am. Join us for coffee, juice, donuts and some great chatting time! Stop in for 5 minutes or stay for a while! Everyone is welcome!! Donations are appreciated.

Line Dancing (FREE)

Tuesdays at 1:00 pm. Everyone is welcome! Come join the fun, enjoy some music and get some great

exercise! If you have never danced before we will be glad to teach you! **NOTE: Line Dancing will be held from 2PM to 3:30 on July 12 due to a scheduling conflict. We are very sorry for any inconvenience.**

Lunch

Wednesdays 11:30 am at a cost of \$4.00. Reservations are required by noon on Tuesday each week. Space is limited.

Pickleball

Pickleball Tuesdays at the Spiritual Center in Montezuma, 6731 SR 219. 9:00 am to 11:30 am. Cost is \$3.00 per person. It doesn't matter if you are an expert or just learning, we invite you to come have some fun!

Toe Nail Trimming

The first Wednesday each month at 1:00 pm in the Annex. cost of \$15.00. It is offered in the Annex beginning at 1:00 pm. First come, first served. Provided by Community Health Professionals.

MARK YOUR CALENDAR!!

August 8 - Art Class

August 9 - Garage Sale Donations Resume

August 11 - Fall Prevention Talk

August 16 - Senior Day at the Mercer County Fair

August 20 - Saturday Garage Sale Donations

August 23 - Yahtzee Tournament

Check next month's newsletter for more information.

VOLUNTEER OPPORTUNITY!!!

Do you have a free hour once a week or once a month? How about volunteering to make Birthday Calls!? This is a fun way to connect with people and wish them a happy birthday. If interested call Tash or stop in and she will be glad to show you how the program works.





1 = Orange 2 = Yellow 3 = Red 4 = Turquoise
5 = Yellow-Green

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July 2022 Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<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					1 12:30 - Cards*	2
3 6:30 - Cards*	4 HAPPY 4TH OF JULY OFFICES CLOSED	5 9:00 - 11:30 Pickleball* (MSC) 12:00 - 4:00 Donations (bldg 6) <u>12:30 - Bridge*</u> 1:00 - Line Dancing	6 11:30 - Lunch* 12:30 - Bingo* <u>1:00 - Toenail Clipping*</u>	7 8:00 - 10:00 Coffee Time 8:30 - 12:00 Donations (bldg 6) 1:00 - Chair Yoga* 6:30 - Cards*	8 12:30 - Cards*	9
10 6:30 - Cards*	11 10:00 - Chair Chi* 1:00 - Puzzle Tournament*	12 9:00 - 11:30 Pickleball* (MSC) 12:00 - 4:00 Donations (bldg 6) <u>12:30 - Bridge*</u> 1:00 - Understanding Dementia 2:00 - Line Dancing (Note: time change) 5:30 - Wii Bowling Tournament* & Meal	13 11:30 - Lunch* 12:00 - FREE Blood Pressure Checks 12:30 - Bingo* <u>2:00 - Craft - Sun Catcher*</u>	14 8:00 - 10:00 Coffee Time 8:00 - 11:00 - Alzheimer's Care Consultations 8:30 - 12:00 Donations (bldg 6) <u>1:00 - Board Mtg</u> 6:30 - Cards*	15 12:30 - Cards*	16
17 6:30 - Cards*	18 9:00 - Garage Sale - Set Up 10:00 - Chair Chi* 2:00 - Art - Pen & Wash water color	19 9:00 - Garage Sale - Set Up 11:30 - Picnic Lunch (limited space)* <u>12:30 - Bridge*</u> 1:00 - Line Dancing	20 9:00 - Garage Sale - Set Up 11:30 - Lunch* 12:30 - Bingo*	21 8:00 - 10:00 Coffee Time 9:00 - Garage Sale - Set Up 1:00 - Chair Yoga* 6:30 - Cards*	22 9:00 - Garage Sale - Set Up 12:30 - Cards*	23 LAKE FESTIVAL PARADE
24 6:30 - Cards*	25 9:00 - Garage Sale - Set Up 10:00 - Chair Chi* 2:00 - Sing A Long	26 9:00 - 11:30 Pickleball* (MSC) <u>12:30 - Bridge*</u> 1:00 - Line Dancing	27 11:30 - Lunch* 12:30 - Bingo*	28 1:00 - Chair Yoga* 6:30 - Cards & Texas Hold 'Em* GARAGE SALE 8:30 to 6:30	29 12:30 - Cards* GARAGE SALE 8:30 to 4:00	30 GARAGE SALE 8:30 to 4:00
31 6:30 - Cards* GARAGE SALE 12:00 to 4:00						

Outreach Reachin' Out:



Office of the Ohio
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Consumer Advocate

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43215

TWITTER:
@OCC4Consumers

E-MAIL:
occ@occ.ohio.gov

WEBSITE:
www.occ.ohio.gov

SUMMER CRISIS PROGRAM

Summer electric assistance available for low-income households

Help is available for eligible Ohioans working to cope with the summer heat. The Summer Crisis Program allows eligible consumers of regulated utilities to a benefit amount up to \$500, while customers of unregulated utilities may receive a benefit not to exceed \$800. These benefits can help pay an electric utility bill, pay towards a central air conditioning repair, and/or an air conditioning unit or fan.

To be eligible for assistance, households must have a gross annual income that is at or below 175 percent of the federal income guidelines. In addition to the income guidelines, households must meet at least one of the following additional eligibility requirements:

- ▶ A household member is 60 years of age or older;
- ▶ A household member has a medical necessity documented by a qualified medical professional;
- ▶ A household member has a documented COVID-19 diagnosis within the last 12 months;
- ▶ The household has a disconnection notice, has been disconnected, or is establishing new electric service; or
- ▶ The household is enrolling in the Percentage of Income Payment Plan (PIPP Plus) for the first time or has a PIPP default.

New for 2021: The utility assistance benefit is separate from the additional benefit for central air conditioner repair and receiving an air conditioner unit or fan.

Additional information

To apply for the Summer Crisis Program, consumers need to contact their local community action agency. The community action agency determines the benefits that can be provided. The program is available from July 1 until September 30, 2021.

For additional information on the Summer Crisis Program, and to locate the nearest community action agency, contact the Ohio Department of Development (ODOD) at 1-800-282-0880 (TDD 1-800-686-1557) or online at https://development.ohio.gov/is/is_heapsummer.htm.

For information on other utility assistance available, visit: www.occ.ohio.gov/utilityassistance.

2021 Income Guidelines

Size of household*	Total Gross Annual Household Income
	175%
1	\$22,540
2	\$30,170
3	\$38,010
4	\$45,850
5	\$53,690
6	\$61,530
7	\$69,370
8	\$77,210

* For families/households with more than 8 persons, please contact your local community action agency.

Fantastic Firefly

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



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

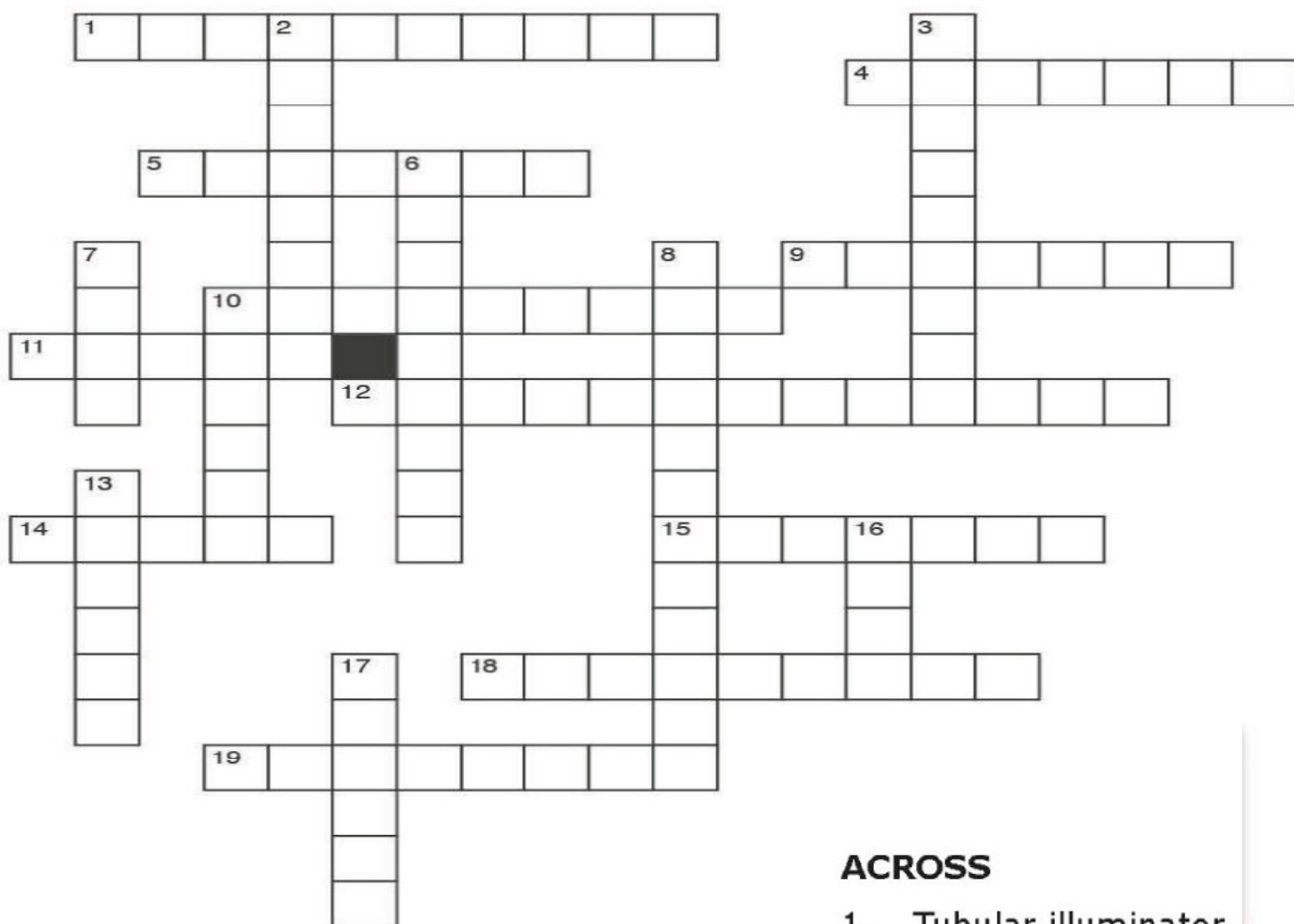
ATTRACT
BACKYARD
BEAUTIFUL
CATCH
EVENING
FLASHING

GLOW
GRASS
INSECT
JAR
LARVAE
LEGS

LIGHT
POND
SPRING
SUMMER
TREES
WINGS

Light Up the Night Sky

Use the clues to fill in the crossword.



DOWN

- Handheld firework
- "What a Little ____ Can Do"
- Pyrotechnic display
- Shine softly
- These turn on at dusk
- Type of firework, Roman ____
- Type of firework, bottle ____
- Polynesian torch
- Corded lights

ACROSS

- Tubular illuminator
- Large outdoor fire
- Lightning bug
- Sparkle synonym
- Throw a party
- Sun-powered
- Stars in a pattern
- Celestial streaker
- Camper's light
- Thunder's partner
- Aurora ____

Let the Sun Shine!!!

Do you like to sing? At this time, the Sunshine Singer's are not scheduling performances. But they would like to invite everyone to a Sing-A-Long. You don't have to be part of the group to come, you just have to want to sing. Mark your calendars for Monday, July 25 at 2:00 pm. Come to the center and enjoy singing with a group. A piano player will be present and word sheets will be available (just in case you don't know/remember all the words!) It is free and there is no need to register. If we get



good participation, maybe we can make this a regular activity.

Lake Festival Parade

We are going to be in the parade again this year. Would you like to ride on the float or in an air-conditioned vehicle? The parade is scheduled for Saturday, July 23 and we are looking for a few volunteers to help represent the MCCoA to the community. Please contact Dawn for more information. Refreshments will be made available. Thank you in advance!!!



Choice Travel

www.TravelWithChoice.com

P.O. Box 109
Celina, OH 45822
419-204-6319
Issue -April - 2022

We are very excited to announce we have teamed up with Choice Travel. Choice Travel is a local agency that offers travel to fun destinations and is operated by Connie Boeke! Connie has agreed to offer a discount to anyone who mentions the MCCoA. To receive the discount, you must give her the number on your MySeniorCenter swipe in card!!! It is the 7-digit number that begins with an X on the back of the card. There is a \$5 discount on day trips and \$10 discount on overnight trips!!! If you don't have one of our swipe cards, stop in and we will be happy to sign you up! Note: We don't give out personal information. The swipe card helps us know what events are popular!

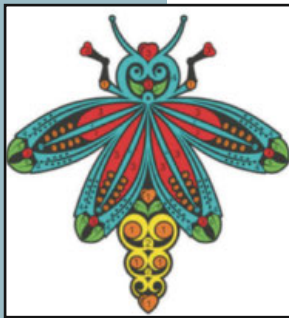
There are many more trips available on the Choice Travel web page www.TravelWithChoice.com.

Cincinnati Reds vs Phillies Ballgame Wednesday, August 17, 2022 Wednesday, August 17th 8:30 - 9:30 am Approximate time to depart depending upon pickup location. Pickups will be in either Celina or Coldwater, St Marys, Wapak, and Sidney. Exact pickup times and locations will be determined approximately 30 days prior to trip departure. 11:35 am Arrive at Great American Ball park. Lunch on your own at the ball park. You can bring your own food and drinks (small soft sided coolers, no glass or cans) into the ball park. Ball park vendors will only accept credit / debit cards – no cash. No backpacks 12:35 pm Enjoy a reserved infield box seats (in the shade) for the afternoon game against the Philadelphia Phillies 4:15 pm Approximate time to depart the ballpark. 5:30 pm Dinner included at Cracker Barrel (\$10 Gift card included) 6:45 pm Depart Cracker Barrel 8:00 – 9:00 pm Approximate time to return home depending upon your pickup location Cost includes motor coach transportation, reserved seat at the game, and one meal. Cost per person: \$122.00 Deposit: \$20.00 REGISTRATION DEADLINE 07/17/22



Fantastic Firefly

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



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 CONSTELLATION
 LANTERN
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Looney Tunes

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 MARS
 TRICKY
 ANN
 ANN
 CHASE
 GUY
 ISSE
 FOLK
 L
 WOADRUNKER
 BAFFY
 AARR
 SYLVESTER
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