

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

PARTY ON THE PATIO

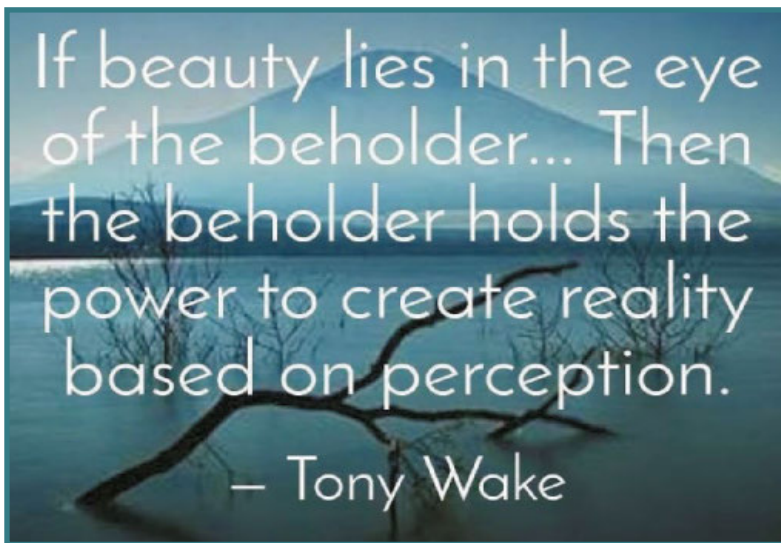
The weather was perfect, the food delicious, and the people were phenomenal!! We had such a great time. A big thank you to all the vendors and participants that made our 2022 Party on the Patio a huge success!!! Hope to see you again next year!!



From the Director's Desk:

Hello wonderful people of Mercer County!! How are things going in your world? What makes you happy? It would be wonderful to know that every person we interact with is happy, but every person has their own bumps to deal with in life. It is amazing me how resilient people are. Your determination is amazing!!

I read something the other day. "One day at a time - this is enough... Live in the PRESENT and make it so beautiful that it will be worth remembering." - Ida Scott Taylor. Will you take a moment to think on this? Let me know how you feel about it. Maybe that is why I like to take pictures so much, they help me remember the good times. It has been said that a picture is worth 1,000 words, so if I have 20 pictures... imagine how much is being said in a short amount of time. My favorite pictures are of you, all, up here playing with us. We had our party on the patio with the senior services fair, bingo, crafts, cards, line dancing, yoga, chair chi, lunch, transportation, chore, homemaker, outreach, garage sale preparations, the list goes on and on. What a great month July has been and August is going to be wonderful too.



What is something you have always wanted to do but have never taken the time? I challenge you to do that this month. After you have done it, give me a call or stop by and let me know what it is that you did. If you take a picture of it, send it to me!!! Even if you don't, send me a picture of you (or maybe your pet)!

Yours truly,
Dawn

GARAGE SALE UPDATE



Please help us clean up after the July sale. Mon, Tues & Wed - August 1, 2 and 3 we will be cleaning up so we can be ready to accept donations on Tuesday, August 9. Tables and shelves need wiped down, floors need swept. You can help a little or a lot, we will certainly appreciate it!!

Note: No donations Mercer County Fair week. Saturday, August 20 we will accept donations from 9:00 am to 1:00 pm.

A big thank you to all the volunteers who donate so many hours to make garage sale possible!! If you are looking for a fun way to spend a couple hours feel free to stop in and lend a hand!!!

Thursday	Sep 22	8:30	6:30
All items individually priced.			
Friday	Sep 23	8:30	4:00
All items individually priced.			
Saturday	Sep 24	8:30	4:00
Everything 1/2 price.			
Sunday	Sep 25	12:00	4:00
Buy a brown bag for a \$1 and get one FREE. All items included.			



SENIOR DAY AT THE MERCER COUNTY FAIR

Senior Day at the Mercer County Fair will be Tuesday, August 16. Seniors 65-years-old and older will have free admission to the Fair. There will be 2 trains going around the grounds to help you see everything the fair has to offer. A free lunch will be handed out at 11:00 am in the Cooper Farms Entertainment Tent followed by entertainment by the Banjo Man and Supa Fun Band. Make sure to stop in at 12:30 pm and take part in the King and Queen contest. Any one 60 or over and living in Mercer County is eligible to run for the King and Queen, just show up at 12:30 pm and join in the fun. The King and Queen win a nice prize pack and will be able to ride in the Lakefest Parade with the MCCoA float or van. At 2:00 pm join the staff of MCCoA for a fun hour of trivia. Get a team together or play as a single player!!! Teams will be up to four people; everyone is welcome to join in the fun. Test your knowledge and win prizes. Prizes will be awarded to the high scoring team and single player!!

We are looking for volunteers to pick up door prizes for Senior Day at the Mercer County Fair. The Fair Board has already contacted the business and lined up the donations, all we need to do is go pick them up! To get your list of businesses, call Tash. We ask that you pick the prizes up between August 1 – 6 and drop them off at MCCoA. Call Tash if you are able to help out. 567-890-4120. Thank you in advance!

Fair Line-Up

11:00 - Free Lunch
 12:00 - Entertainment
 12:30 - King & Queen Contest
 2:00 - Trivia

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.

August 3

Hamburger/Bun
 Potato Salad
 Sweet Pickles
 Watermelon

August 24

Cheesy Cavatappi
 Stewed Tomatoes
 Dinner Roll
 Oreo Cookie Dessert

August 10

Homemade Pizza
 Salad/Dressing
 Fruit Cocktail

August 31

Ham Salad/Croissant
 Cheese Puffs
 Creamy Cucumbers
 Mandarin Oranges

August 17

BBQ Pork/Bun
 Creamy Cole Slaw
 Pickles
 Moose Track Ice Cream



Crafty Corner

Craft Class - Monday, August 29 at 1:00 pm. Join Tash and create some beautiful sea shell art. Using sea shells we will make a heart or cross wall hanging. All supplies are provided. Cost is \$6.00. Space is limited so call and register today. 419-586-1644.



Art Class - Join Debby Gregory on Monday, August 8 at 2:00 pm for a fun water color class. All supplies will be provided, cost is only \$10.00. Space is limited so sign up today. 419-586-1644.



MARK YOUR CALENDAR!!

Wii Bowling League begins in September

Sep 1 - Yvonne Miller - Healthy Living: Brain and Body

Sep 5 - office closed - Labor Day

Sep 12 - Art Class - Watercolor

Sep 15 - Self Defense Talk - Hot Brass Self Defense

Sep 12 to 21 - Garage Sale set up

Sep 17 - Alzheimer's Walk - Wright State Campus

Sep 22 to 25 - Garage Sale

Check next month's newsletter for more information.

REGULARLY SCHEDULED ACTIVITIES!!

Regularly scheduled activities. Check the calendar on page 7 for exceptions. Please 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. 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!

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, 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.

FALL PREVENTION PRESENTATION

Falls are a main reason why many older adults lose their independence.

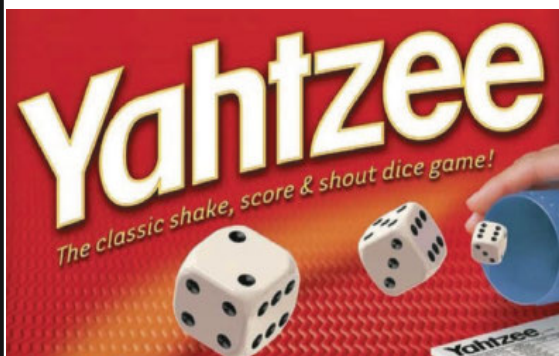


There are many contributing factors that can increase your fall risk including a decrease in strength, unsteadiness, poor vision, and much more. The good news is there are many things that you can do to help *decrease* your risk for falling!

Lori Likens, PTA with Community Sports and Therapy Center will be at the Mercer County Council on Aging speaking to help educate you on what you can do to keep yourself safe **Thursday, August 11 at 10:00 am**. 1 in 5 falls causes a serious injury such as a broken bone or head injury. Don't live in fear of falling and injuring yourself.

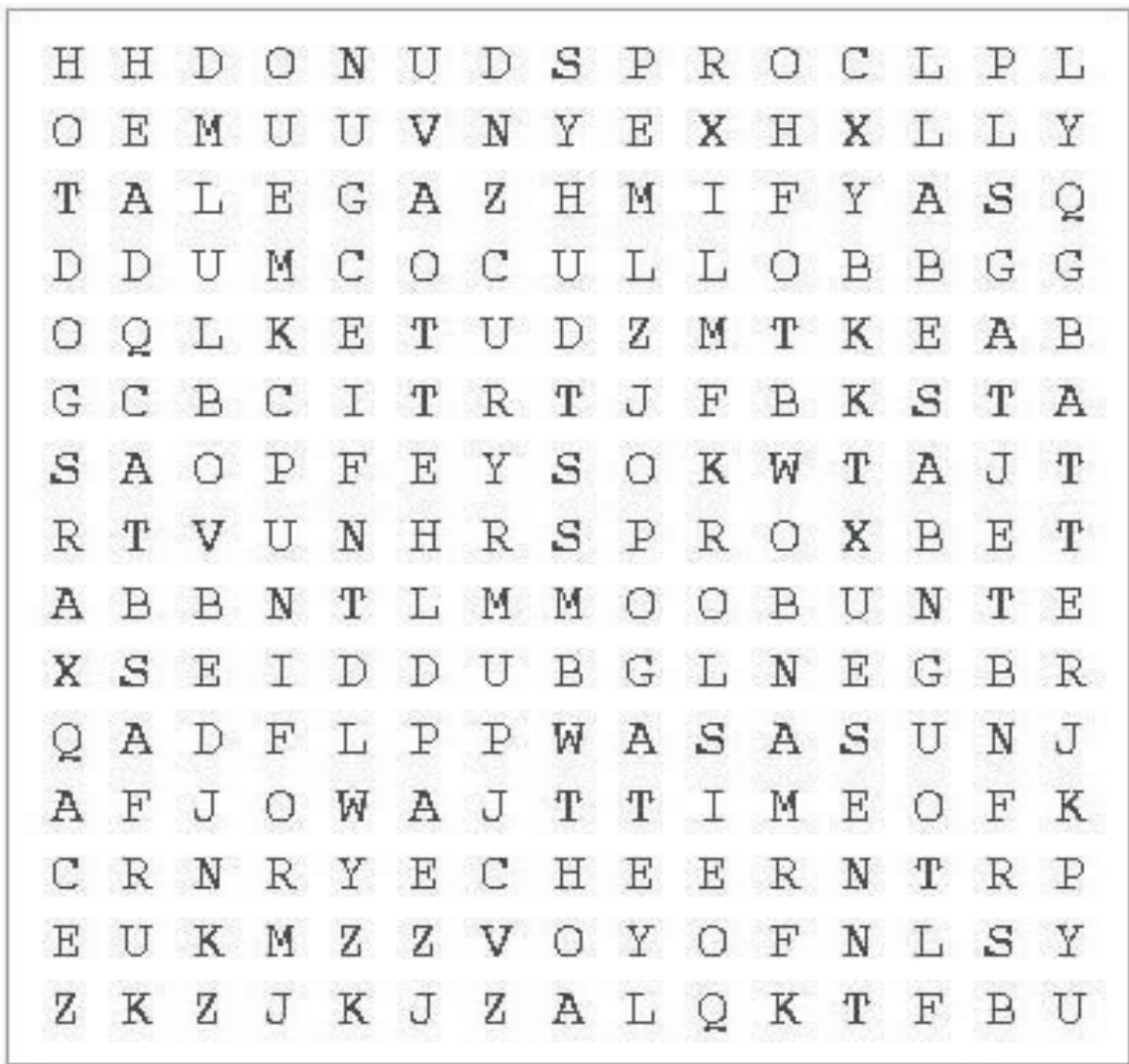
YAHTZEE!! Tuesday, August 23 we will be hosting another **Yahtzee Tournament**. The evening will begin at 5:30 pm with Spaghetti and meatballs, garlic bread, salad and desert with water & coffee followed by some great Yahtzee fun!!

Yahtzee is a simple dice game. The objective is to score points by rolling five dice to make certain combinations. We will play several rounds and the High scorer will win! The cost for this evening of fun is only \$5.00. Call and register today 419-586-1644!!!



Little League

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



BASEBALL

BATTER

BUDDIES

BUNT

CHEER

CHILDREN

DUGOUT

HELMET

HOT DOGS

LOCAL

MITT

PITCHER

SNACK BAR

SOFTBALL

SPONSOR

STEAL

TAG

UNIFORM



August 2022 Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9:00 - Garage Sale Clean Up 10:00 - Chair Chi*	2 9:00 - Garage Sale Clean Up 9:00 - 11:30 Pickleball* (MSC) <u>12:30 - Bridge*</u> 1:00 - Line Dancing	3 9:00 - Garage Sale Clean Up 11:30 - Lunch* 12:30 - Bingo* <u>1:00 - Toenail Clipping*</u>	4 8:00 - 10:00 Coffee Time 1:00 - Chair Yoga* 6:30 - Cards*	5 12:30 - Cards*	6
7 6:30 - Cards*	8 10:00 - Chair Chi* 2:00 - Art Class - Watercolor Painting*	9 9:00 - 11:30 Pickleball* (MSC) 12:00 - 4:00 Donations (bldg 6) <u>12:30 - Bridge*</u> 1:00 - Line Dancing	10 11:30 - Lunch* 12:00 - FREE Blood Pressure Checks 12:30 - Bingo*	11 8:00 - 10:00 Coffee Time 8:00 - 11:00 - Alzheimer's Care Consultations 8:30 - 12:00 Donations (bldg 6) 10:00 - Fall Prevention Presentation 1:00 - Chair Yoga* <u>1:00 - Board Mtg</u> 6:30 - Cards*	12 12:30 - Cards*	13
14 6:30 - Cards*	15 10:00 - Chair Chi*	16 SR DAY AT FAIR - see page 3 9:00 - 11:30 Pickleball* (MSC) <u>12:30 - Bridge*</u>	17 11:30 - Lunch* 12:30 - Bingo*	18 8:00 - 10:00 Coffee Time 6:30 - Cards*	19 12:30 - Cards*	20 9 to 1 - Donations (bldg 6)
21 6:30 - Cards*	22 10:00 - Chair Chi* 1:00 - Craft Class - Sea Shell Art*	23 9:00 - 11:30 Pickleball* (MSC) 12:00 - 4:00 Donations (bldg 6) <u>12:30 - Bridge*</u> 1:00 - Line Dancing 5:30 - Dinner & Yahtzee Tournament*	24 11:30 - Lunch* 12:30 - Bingo*	25 8:00 - 10:00 Coffee Time 8:30 - 12:00 Donations (bldg 6) 1:00 - Chair Yoga* 6:30 - Cards & Texas Hold 'Em*	26 12:30 - Cards*	27
28 6:30 - Cards*	29 10:00 - Chair Chi* 2:00 - Sing A Long	30 9:00 - 11:30 Pickleball* (MSC) 12:00 - 4:00 Donations (bldg 6) <u>12:30 - Bridge*</u> 1:00 - Line Dancing	31 11:30 - Lunch* 12:30 - Bingo*	<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>		

Outreach Reachin' Out:

Knock, Knock,.....

Who's there?

ANOC.

ANOC who?

ANOC, as a 'Medicare' Annual Notice of Change is knocking on your doorstep!

Per www.medicareinteractive.org, "The Annual Notice of Change (ANOC) is a notice you receive from Medicare Advantage or Part D plan in late September. The ANOC gives a summary of any changes in the plan's costs and coverage that will take effect January 1 of the next year. Review this notice to see if your plan will continue to meet your health care needs in the following year. If you do not receive an ANOC, you should contact your plan. The ANOC is typically mailed or emailed with the plan's Evidence of Coverage (EOC), which is a more comprehensive list of the plan's costs and benefits for the upcoming year." This is your first step, to a successful Medicare Open Enrollment Period for 2023!



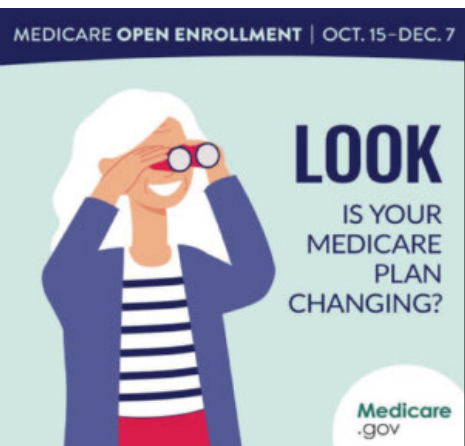
It is time to get ready for Medicare Part D Open Enrollment.

1. Complete the form on pages 9 and 10.
2. Send it to the MCCoA.
3. Get appointment scheduled with one of our Outreach Specialists. Note: there are only a limited number of appointments available. So don't wait until the last minute to get yours scheduled. We will need to know: How many people will be coming to your appointment? Will you be coming in to the office or would you rather have a telephone appointment? If you use the telephone, you will need to get all necessary documentation to the office prior to your scheduled appointment. Your specialist will use the first several minutes of your appointment time preparing—they will call you about 30 minutes into your scheduled time.
4. Please be available at the appropriate time and date for your appointment. If something comes up, call as soon as possible so we can put someone else in that time slot. Thank you.

ANNUAL NOTICE OF CHANGE LETTER



A document you receive in the mail that explains the changes that your Medicare Plan has made.



Remember to bring the following items to your appointment:

- *Medicare Card
- *ALL Insurance Cards
- *Income Statements to see if you qualify for Medicare savings (see chart)
- *Any Jobs & Family Services (JFS) Statements regarding your insurance
- *Medicaid or QMB cards (if you have them)
- *Medicare.gov Login/Password if MCCoA has never done your compare

MCCoA Medicare Part D Worksheet

The Ohio Senior Health Insurance Information Program (OSHIIP) from the Ohio Department of Insurance recommends that you review your Medicare options **EVERY** year. All Medicare patients can add, drop or switch their health and drug coverage during the Annual Coordinated Election Period.


The Annual Medicare Open Enrollment Period (OEP) is from October 15 – December 7.

Any changes made during the OEP take effect January 1 of the following year.

This is an important time to make sure that your premiums and drug copays stay in check for 2023!

In order to assist you with a plan comparison, complete a separate application per person!

Mail, e-mail, fax or bring to the office. Once received, we will contact you to schedule your appointment with one of our Outreach Specialists.

 <p>MCCoA Mercer County Council on Aging</p>	<p>Mercer County Council on Aging 217 Riley Street Celina, OH 45822 419-586-1644</p>	<p>E-mail: mccoa@bright.net OR Fax: 419-586-1645</p>
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Name: _____ Date of Birth: ____/____/____

Address: _____ County: _____

City/State/Zip: _____ Phone: _____ - _____ - _____

Special Notes:

E-mail: _____


MEDICARE HEALTH INSURANCE

Name/Nombre
JOHN L SMITH

Medicare Number/Número de Medicare
1EG4-TE5-MK72

Entitled to/Con derecho a
HOSPITAL (PART A) Coverage starts/Cobertura empieza **03-01-2016**
MEDICAL (PART B) **03-01-2016**

Medicare #

[] [] [] []	-	[] [] [] []	-	[] [] [] [] [] []
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Hospital (Part A)

[] []	-	[] []	-	[] [] [] []
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Hospital (Part B)

[] []	-	[] []	-	[] [] [] []
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Medicare Advantage Plan Name: <input style="width: 100%; height: 20px;" type="text"/>	Medicare Supplement Name: <input style="width: 100%; height: 20px;" type="text"/>	Plan: <input style="width: 100%; height: 20px;" type="text"/>
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Plan Type: PDP HMO PPO

Be sure to complete BOTH sides of this form.

Assistance Level:	<input type="checkbox"/> Medicaid	<input type="checkbox"/> QMB	<input type="checkbox"/> SLMB	<input type="checkbox"/> QI	<input type="checkbox"/> Extra Help	<input type="checkbox"/> Full Help	<input type="checkbox"/> or (circle one)	<input type="checkbox"/> Partial Help
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Employee Insurance Program:	<input type="checkbox"/> OPERS	<input type="checkbox"/> SERS	<input type="checkbox"/> Police & Fire	<input type="checkbox"/> Good Year	Other Employer Insurance:	<input style="width: 100%; height: 20px;" type="text"/>
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My Prescription Drug List

Preferred Pharmacy: _____

DRUG NAME	DOSAGE (mg strength)	FREQUENCY (time/day)
<i>Ex: Metoprolol Tartate or Succinate</i>	<i>50 mg TAB with/without ER</i>	<i>2 per day (one in AM & PM)</i>

Typically you can get a copy of all your medications from your pharmacist or doctor's office.

Bring the following items to your appointment:

- * Medicare Card
- * ALL Insurance Cards
- * Income Statements to see if you qualify for Medicare savings (see chart)
- * Any Jobs & Family Services (JFS) Statements regarding your insurance
- * Medicaid or QMB cards (if you have them)
- * Medicare.gov Login/Password if MCCoA has never done your compare

2023	'Extra Help'	Guidelines
Circle box if you think you may qualify.	Monthly Income	Total Resources
Single	\$1,719	\$15,510
Married	\$2,309	\$30,950

Be sure to print clearly and answer all the questions!

Be sure to complete BOTH sides of this form.

Questions? Call 419-586-1644

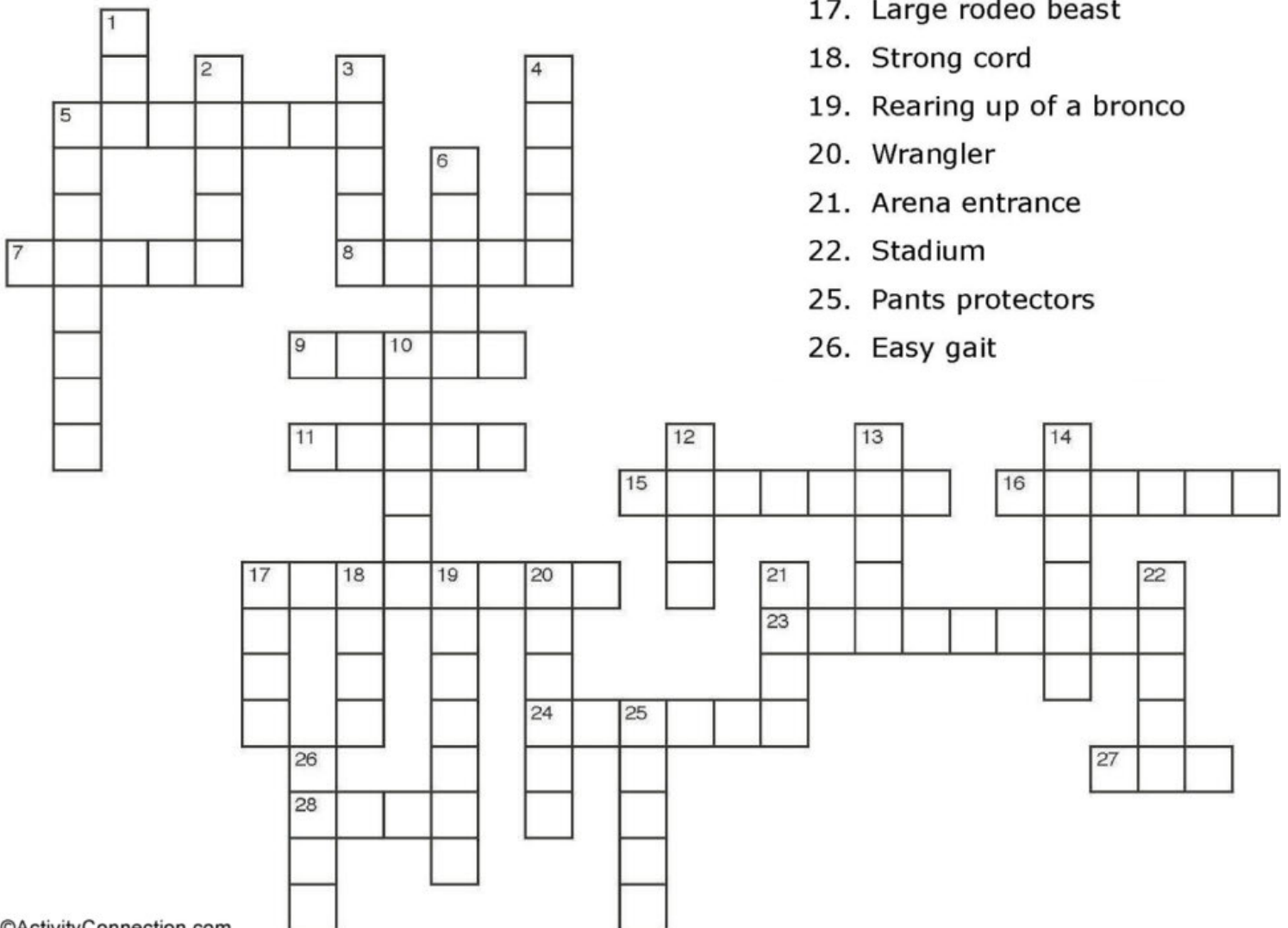
At the Rodeo

ACROSS

5. Rider's foot support
7. Time keeper
8. Number of points
9. Lariat
11. Rodeo official
15. Rodeo props
16. Horse's fancy moves
17. Without a saddle
23. Person on a mic
24. Ornate part of a belt
27. Barn bundle
28. Harness part

DOWN

1. Head covering
2. Highway hauler
3. Boot attachments
4. Trophy or money
5. Grown-up colt
6. Footwear
10. Riding seat
12. Baby cow
13. Funny performer
14. Unbroken horse
17. Large rodeo beast
18. Strong cord
19. Rearing up of a bronco
20. Wrangler
21. Arena entrance
22. Stadium
25. Pants protectors
26. Easy gait





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Issue - April - 2022

Choice Travel offers a \$5 discount on day trips and \$10 discount on overnight trips to anyone who show their MySeniorCenter swipe in card!!! If you don't have one, stop in and we will be happy to sign you up!

Check out www.TravelWithChoice.com for more amazing trips.

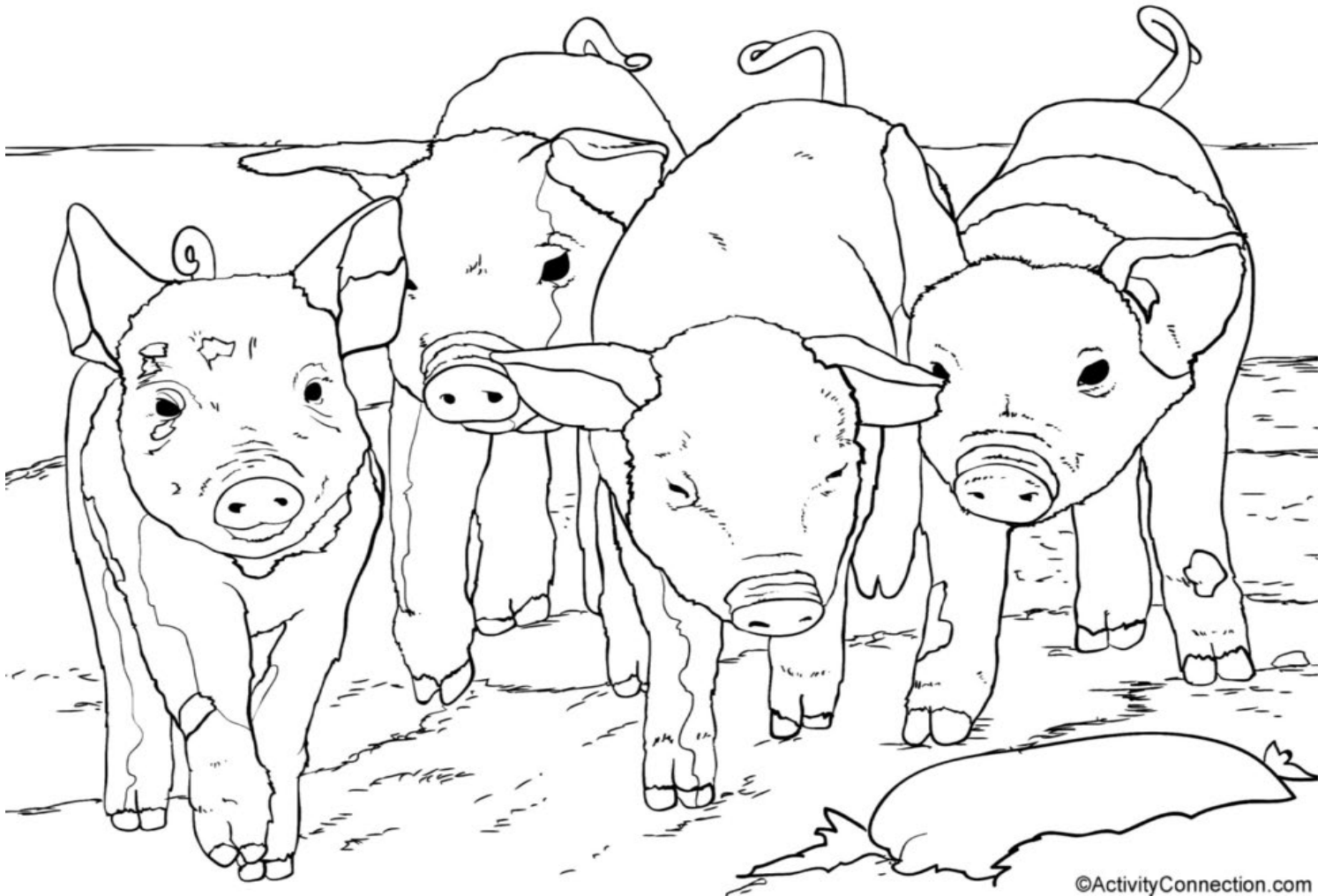
French Lick, Belterra & La Comedia – October 5-7

Mid afternoon arrival and check in at the historic French Lick Hotel and casino with time to take the optional guided West Baden tour and do a little gaming prior to this evening's dinner and musical variety show at the former estate of Larry Bird. Day 2 enjoy breakfast at French Lick with time for gaming or optional tour of French Lick Hotel prior to a lunch cruise on the beautiful Patoka Lake. This evening overnight at Belterra Casino where you will receive dinner & breakfast vouchers and \$10 casino cash. Day 3 – enjoy lunch and matinee show of "Do Black Patent Leather Shoes Really Reflect Up" at La Comedia, prior to coming home.

**Cost: \$495 Optional hotel tours - \$15 for one or \$25 for both
Deposit: \$75 Registration Deadline: 9/05/22**

Sing - A - Long

Do you like to sing? Everyone is welcome. Mark your calendars for Monday, August 29 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.

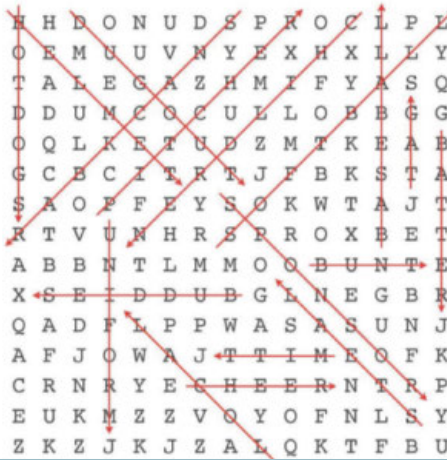


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SOLUTIONS

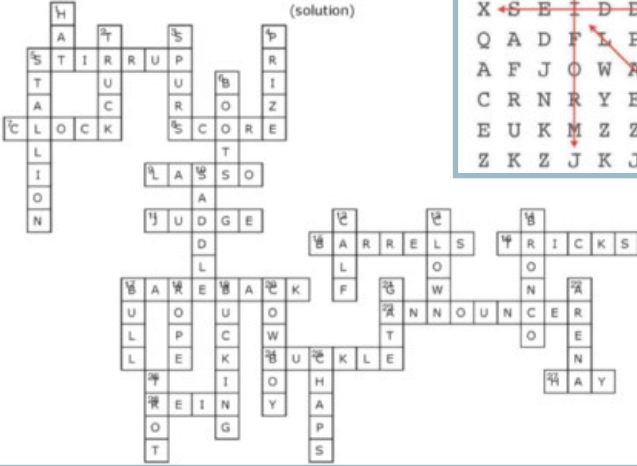
Little League

(solution)



At the Rodeo

(solution)



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-  217 Riley Street
Celina, Ohio 45822
-  419-586-1644
-  mcco@bright.net
-  www.mcco.net
-  Mon-Fri: 8 am – 4:30 pm
Sat & Sun: Closed
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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.mcco.net



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