

© Senior Hi-Lites

VAN WERT COUNTY COUNCIL ON AGING NEWSLETTER

220 Fox Rd
Van Wert, OH 45891
419-238-5011
Email: info@coavw.org
Website: www.coavw.org

Hours

Monday through Friday
8:00 a.m. to 4:00 p.m.

Contacts

Executive Director
Kevin Matthews
Administrative Assistant
Samantha Turnwald
Program Services Manager
Jenny Lichtenberger



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Council on Aging

FEBRUARY
MARCH
2022

Do you have a Living Will in Place?

In our last article, we highlighted the importance of preparing for your older years. Again this month we want to reinforce how important preparedness is. Think of how many times you are having a medical procedure and they ask if you have a living will in place? Most people probably just respond yes, but do they really have one in place and do they know where the document is located. A living will is a written statement detailing a person's desires regarding their wishes for end of life care. It is important to memorialize this in a document and to fully convey your end of life desires to the person entrusted with the document. While the Council on Aging is not able to prepare living wills or to provide other legal guidance, we can certainly refer you to an attorney that could assist in preparing a living will for you. For those with limited resources contact our office, as there may be low or no cost options for the service.



Income Tax Filing

Due to new regulations set by the Internal Revenue Service the Van Wert County Council on Aging regrets that the income tax filing program that has been offered in the past will no longer be a service that the COA can offer.



Daylight saving time begins March 13, 2022. Be sure to set your clocks ahead one hour before you go to bed on Saturday March 12th. Remember spring ahead one hour.

Winter Safety

With winter here it is important to remember if the Council on Aging is transporting you it is very important for you to have your sidewalks and driveway cleared. If the sidewalk and driveway are ice covered or snow covered we may not be able to transport you. Your safety is our number one priority. If we close due to weather it will be announced on the major TV channels.

AN ADVOCATE OF INDEPENDENT LIVING IN LATER YEARS

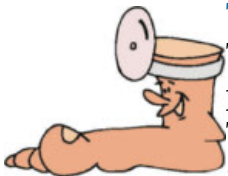
Should I discuss my finances with my adult children?

Someone recently asked me a question about discussing their money with their children. Their thought was that they probably should, but the whole idea of talking to their kids about their money just felt really awkward. My response back to them was that it was probably not a good idea to avoid this discussion. Looking back at other seniors we have worked with, it seems the great majority of them say this conversation only happened after a major medical problem. Waiting until this time may be too late and may leave your children scrambling to locate information.

Here are some basic questions you may want to ask yourself. Do your children know where you bank, and can they access your funds in an emergency. Do they know where you keep all of your financial records and passwords to access accounts if they need to? Do your children understand your financial investments and if you have a financial planner, do they know who this person is and are they able to communicate with the planner.

If you decide to have a conversation with your children, it is probably best to start with the basics. Let them know what your monthly income is and where the money comes from. If you feel that your level of personal debt has become excessive, work with them to help you sort through the problems. If you have a long term health care policy that covers assisted living or nursing home care, provide them with a copy of the policy. If you have the expectation that your children will serve as your caregiver in your later years, make sure everyone is on board regarding this plan. If you have a will in place and your children intend to receive an inheritance, it might be important to discuss this with them as well. There certainly are other areas specific to each individual that they will want to discuss with their children. For guidance you can speak to a financial planner or contact the Council on Aging who can refer you to a person with expertise in this area. Lastly, think of these conversations as something that must occur on a regular basis with your children. As time passes and the conversations continue to occur, the process will be much easier for you and your children.

Toe Nail Clinic

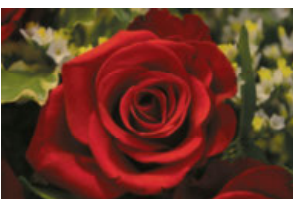


The Van Wert County Council on Aging along with Community Health Professionals, is pleased to offer the Toe Nail Clinic. The toe nail clinic is offered once a month on the 3rd Thursday of each month. Spots are limited and service is by appointment only. If you are in need of assistance for clipping your toe nails give the Council on Aging a call at 419-238-5011 to make an appointment. The fee for this service is \$10.00 and paid directly to the nurse that cuts your toenails. **Month of February and March date has changed to February 24th and March 24th.**

How do I get Free Covid at home test?

This is one question we get asked a lot here at the COA. The government has created a website where you can order free at home covid test. Go to covidtest.gov click on order free at home test, fill out the required information and you will be sent 4 at home test kits per household at no charge. If you do not have internet service, stop at the center and we can assist you.

Did you know: The mouth of the Statue of Liberty measures three feet in width.



Did you know: On November 20, 1986 President Ronald Reagan declared the rose the National Flower of the USA.



Zumba Chair and Zumba Gold

One of the popular classes here at the COA has been Zumba Chair and Zumba Gold. What is Zumba you ask? Zumba is an exercise program to music. Zumba Chair is where you exercise while sitting in a chair and Zumba Gold is exercising while standing and moving to music. All Zumba classes are now being held in sessions. Most sessions will be 6 weeks long with classes being held twice a week on Tuesday at 12:15-12:45 for chair with standing to follow and Thursday at 9:30-10:00 for chair with standing to follow. There will be a 2 week break between sessions.

The potential schedule for the Zumba sessions are:

Session 3 Starting 1/4/2022 Ending 1/27/2022

Session 4 Starting 2/22/2022 Ending 3/31/2022 (dates have changed for session 4)

Session 5 Starting 4/12/2022 Ending 5/19/2022 (no class on April 28th)

Session 6 Starting 6/7/2022 Ending 7/14/2022

All schedules and times are subject to change.

Zumba is now an approved Silver Sneaker Flex class. Not sure if you are a Silver Sneaker call us.

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2022 COA DINNER EVENTS

MEAL TICKETS ARE \$9.00 EACH

ALL PROCEEDS FUND

SENIOR PROGRAMMING AT THE SENIOR CENTER

MONDAY, APRIL 4, 2022

- LIGHTLY BREADED, BONELESS PORK CHOPS WITH GRAVY
- MASHED POTATOES WITH GRAVY
- SEASONED GREEN BEANS
- HOMESTYLE NOODLES
- DINNER ROLL AND COOKIE

LAST DAY TO BUY MEAL TICKETS-3/25/2022

MONDAY, MAY 2, 2022

- ROAST BEEF & GRAVY, WITH CARROTS & ONIONS
- MASHED POTATOES WITH GRAVY
- BUTTERED CORN
- HOMESTYLE NOODLES
- DINNER ROLL AND COOKIE

LAST DAY TO BUY MEAL TICKETS-4/22/2022

MONDAY, JUNE 6, 2022

- TWO BRATWURSTS WITH SAUERKRAUT
- MASHED POTATOES
- SEASONED GREEN BEANS
- SOFT PRETZEL STICKS AND COOKIE

LAST DAY TO BUY MEAL TICKETS-5/27/2022

MONDAY, JULY 11, 2022

- BARBECUED PORK
- AU GRATIN POTATOES
- BAKED BEANS
- DINNER ROLL
- APPLESAUCE AND COOKIE

LAST DAY TO BUY MEAL TICKETS-7/1/2022

MONDAY, AUGUST 1, 2022

- LIGHTLY BREADED, BONELESS PORK CHOPS WITH GRAVY
- MASHED POTATOES WITH GRAVY
- SEASONED GREEN BEANS
- HOMESTYLE NOODLES
- DINNER ROLL AND COOKIE

LAST DAY TO BUY MEAL TICKETS-7/22/2022

MONDAY, SEPTEMBER 12, 2022

- TWO BRATWURSTS WITH SAUERKRAUT
- MASHED POTATOES
- SEASONED GREEN BEANS
- SOFT PRETZEL STICKS AND COOKIE

LAST DAY TO BUY MEAL TICKETS-9/2/2022

MONDAY, OCTOBER 3, 2022

- BEEF & NOODLES
- MASHED POTATOES
- BUTTERED CORN
- DINNER ROLL
- APPLESAUCE AND COOKIE

LAST DAY TO BUY MEAL TICKETS-9/23/2022

MONDAY, NOVEMBER 7, 2022

- BAKED PENNE PASTA WITH MARINARA SAUCE
- ITALIAN MEATBALLS
- BUTTERY GARLIC BREADSTICKS
- APPLESAUCE AND COOKIE

LAST DAY TO BUY MEAL TICKETS-10/28/2022



Cheeseburger Pasta

- 1-1/2 cups uncooked penne pasta
- 3/4 ground beef
- 2 Tablespoon chopped onion
- 1 can (14 oz) diced tomatoes

2 Tablespoon dill pickle relish

2 Tablespoon prepared mustard

2 Tablespoon ketchup

1 teaspoon steak seasoning

1/4 teaspoon seasoned salt

3/4 cup shredded cheddar cheese

Chopped green onion optional

Cook pasta according to package directions.

In a large skillet cook beef and onion over medium heat until meat is no longer pink, drain. Drain pasta, add pasta to meat. Stir in tomatoes, relish, mustard, ketchup, steak seasoning and seasoned salt. Bring to a boil. Reduce heat, simmer uncovered for 5 minutes.

Sprinkle with cheese. Remove from heat, cover and let stand until cheese is melted. Garnish with green onion if desired.

Caregiver's Support Group Meeting

The Van Wert County Council on Aging offers a caregivers support group meeting every month.

The Caregivers Support Group meets the 2nd Wednesday of each month at 2PM. This is an open group for anyone that is a caregiver. We get together to discuss concerns, give each other hints, or just to listen. If you are a caregiver for a person with Alzheimer's, stroke victim, cancer, or looking after someone who needs extra care please join us. We are here for you and want to help support you.

Alzheimer's Care Consultation Day

The Council on Aging has been notified that due to the high number of COVID cases the Alzheimer's Care Consultation has been canceled until further notice. Marybeth Torsell with the Alzheimer's Association would be glad to talk with you over the phone.

Marybeth can be reached at 419-419-5858. They hopefully plan on in person meeting in the near future.

Can you Give your Dog Fruits and Vegetable as a Treat?

Everyone wants to spoil their dog. They are so cute and precious and so good at begging for just a little nibble of our people food. In general it is not good to give dogs human food, especially if it is food that is not even healthy for us. But there may be a few healthy fruits or vegetables you can offer your four legged friend. For items they can have, they should be served in moderation and if you are unsure, your veterinarian can provide additional guidance. The American Kennel Club (AKC) offers a list of fruits and vegetables a dog can or cannot have. Also, remember the list below refers to actual fresh fruit and vegetables and not the frozen, canned or processed type. The AKC also states that these items should be given as a treat and not as part of a dog's main diet. All of the ones on the "do not give" list can be toxic to a dog.

Fruits and Vegetables They Can Have: apples, bananas (limited amounts), blueberries, cantaloupe, fresh cranberries, cucumbers, mango, oranges, peaches, pears, pineapple, raspberries, strawberries, watermelon, broccoli, brussel sprouts, carrots, celery, green beans, peas and spinach

Fruits and Vegetables They CANNOT have: avocados, cherries, grapes, tomatoes, asparagus, mushrooms and onions.

1st COA Day Trip of 2022 Holmes County

It's travel time and our team of travel experts has created a one day excursion on April 11th to Holmes County Amish Country. This trip will certainly be just what you need after the long winter season. The day's trip will be guided by the renowned Troyer's Amish Tours. The trip will take you on a journey to the most unique and interesting places Holmes County has to offer. The day's travel will include a visit to the Victorian House in Millersburg, followed by a stop in the heart of Amish country in Downtown Berlin. The tour will then stop for a proper lunch in one of the local Amish homes. After lunch the tour will travel to Coblentz Chocolates, which is known as the finest chocolatier in Walnut Creek. No time for rest after the chocolate stop as the tour will then travel to the Cabin Store, which offers some of the most incredible rustic furniture you will find. To end the day, the tour will stop at the Basket Shop located at Troy Acres. Price for the trip is \$130.00 and spots are limited. Meal is included in the price.

COA Day Trips

"Where are we going in 2022?" We are still in the planning stage of the trips for 2022. We hope to have everything planned out and pricing set by March 2022. All trips are subject to change.

April 11, 2022 Holmes County \$ 130.00 Walking level 3

Back roads tour, shopping at downtown Berlin, lunch at an Amish home, tour Victorian House a 28 room Queen Ann style home, stop at Troy Acres, Coblentz Chocolates, Cabin Store Furniture.

May 16, 2022 Holland Michigan Walking level 4

Visit Windmill Island, Nels Dutch Village, lunch on your own (not during the Tulip Festival)

June 22, 2022 Covered Bridge Tour of Union County Walking level 3

Enjoy lunch on a covered bridge, stops at Der Dutchman, Purple Plains Lavender Farm, Dutchmill Greenhouse.

August 4, 2022 SS Lillypad Lake Wawasee Walking level 2

2 hour cruise with picnic style lunch, shop at Village at Winona Lake

September 14, 2022 Cleveland Walking level 4 Rock and Roll hall of Fame still in the planning stage

October 14, 2022 Hocking Valley Fall Foliage Train Ride Walking level 2

December 9, 2022 Dinner Show LaComedia Walking level 1

This will be a lunch dinner theater showing White Christmas

**Feel free to check with us in March, also watch our Facebook page, and our website coavw.org for announcements.

Walking level 4 being the highest of walking, with level 1 the lowest of walking.

What is the Council on Aging Transportation Service?

We receive lots of inquiries regarding the Council on Aging transportation service, so we wanted to list a few of the most frequently asked questions about the service

Who is eligible for the transportation service? Anyone 60 years and older that resides in Van Wert County. For those under 60 they can call the Find-a Ride service at 1-800-653-7723 and request the Council on Aging for their trip. Find a Ride is a program that will fund under 60 transportation.

Is the service limited to just medical transportation? Yes and No- out of town transportation is limited to medical appointments within a 50 mile range. In town or county transportation includes any type of trip that is essential to an individual remaining independent. Some examples would be grocery store, banking and pharmacy.

Can I get same day service if I call in? Out of town appointments must be scheduled in advance and spots fill quickly and are limited to what our budget can accommodate. For in town appointments it is best to call ahead but sometimes same day appointments can be accommodated.

How much does it cost for transportation? It is a donation based service. Consumers understand their own personal finances and can contribute at the level they would like. As a charity we do rely on donations.

Are there other consumers on the vehicle? There may be, as the service is similar to public transportation which tries to accommodate as many consumers as possible.

Does the driver wait on me while I am in my appointment or the store? Out of county appointments the driver waits at the location. In town locations, the consumer contacts the Council on Aging when they are finished and the driver will be back in around 20 to 30 minutes to pick you up.

My caregiver needs to come along to assist me, can they ride as well? Yes if you need someone to assist you at your appointment, they are welcome to ride.

Do I have to wear a mask on the vehicle? Yes under Federal TSA guidelines, all drivers and passengers must wear masks on public transportation through May of 2022.

Did you have one of these?



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FLOUR Country Club, 2 1/2 can 3 each 21c; 3 for 61c			
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PEACHES 3 67c			
ENGLISH WALNUTS 35c		COUNTRY CLUB PINEAPPLE 3 79c	
COUNTRY CLUB MINGE MEAT 10c		PANCAKE FLOUR 27c	
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SALMON 19c		STANDARD BRAND CORN 10c	
GLOVES 10c		SUNMAID RAISINS 25c	
CAULIFLOWER 23c		ICEBERG—4 Size 23c	
LETTUCE 23c		ORANGES 200 or 216 Size DOZ. 33c	
CALIFES 15c		BACON 20c	
CHUCK ROAST 19c			

Who remembers ?



**Thank
YOU!**

Thank you to all those that donated to the Senior Snowflake Program.

Thank you to all the volunteers and to Vantage Career Center for your help. This year 175 baskets were delivered to Senior Citizens.

Holidays

February 21, 2022 COA closed Presidents' Day
March 13, 2022 Daylight Saving's Time begins

Riddle: A girl throws a ball as hard as she can. It comes back to her, even though nothing and nobody touches it. How ???

Riddle: What can you hold without touching it at all ???



**Northwestern Ohio Community Action Control
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Pipp Plus
HEAP

Rent Assistance

Call to see if there is a program that could help you.

Calling for Transportation

When you call for transportation you will need to know :

*Complete address of where you are going including suite number

*Date & Time of your appointment

*Name of Dr. or who you are seeing

This will ensure we can get you to where you need to be.

 <p>Westwood Senior Apartments 1051 Westwood Drive • Van Wert</p>  <p><i>Carefree</i> Living in the Neighborhood 419.605.6224</p>  	<p>VAN WERT SHOWROOM</p> <p>Delphos Granite Works</p>  <p><i>"Where Quality is Etched in Stone"</i></p>  <p>See Carey Mathew for all your monument needs</p> <p>1198 Westwood Dr. VAN WERT, OH 419-623-5573</p>
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FEBRUARY 2022 EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
	1 10:00 Line Dancing 12:30 Pinochle	2 9:30 – 10:30 Bingo 12:30 Euchre	3 12:30 Pinochle	4 9:30—10:30 Bingo 12:30 Hand & Foot
7 9:00 Mahjong 9:30 – 10:30 Bingo 12:30 Hand & Foot	8 10:00 Line Dancing 12:30 Pinochle	9 9:30 – 10:30 Bingo 12:30 Euchre 2:00 Caregivers Support Group Meeting	10 12:30 Pinochle	11 9:30—10:30 Bingo With Van Crest 12:30 Hand & Foot
14 9:00 Mahjong 9:30 – 10:30 Bingo 12:30 Hand & Foot Valentine's Day	15 10:00 Line Dancing 12:30 Pinochle	16 9:30 – 10:30 Bingo With Manor 12:30 Euchre 12:30—2:00 American Legion Nickel Bingo	17 12:30 Pinochle	18 9:30—10:30 Bingo With Everheart Hospice 12:30 Hand & Foot
21 <b style="color: red;">COA closed Presidents' Day	22 10:00 Line Dancing 12:15—12:45 Chair Zumba 12:30 Pinochle 1:00—1:45 Zumba Gold	23 9:30—10:30 Bingo 12:30 Euchre	24 8:30 CHP Toe Nail Clinic Call for reservation 9:30-10:00 Zumba Chair 10:15– 11:00 Zumba Gold 12:30 Pinochle	25 9:30—10:30 Bingo with Thrivent 12:30 Hand & Foot
28 9:00 Mahjong 9:30 – 10:30 Bingo 12:30 Hand & Foot				

New Regulations on Surprise Medical Billing

The Consolidated Appropriations Act of 2021 (better known as the No Surprise Act) was enacted on December 27, 2020 and contains many provisions to help protect consumers from surprise medical bills. Starting on January 1, 2022, consumers will have new billing protections when getting emergency care and non-emergency care from out of network providers at in network facilities. At times this occurs when having medical procedures done at a facility and one of the medical professionals involved in the procedure is out of network and bills separately. This new act aims to protect consumers from excessive out-of-pocket costs with consumers only being responsible for their in-network cost-sharing in these situations. As well, all emergency services must continue to be covered without any prior authorization, and regardless of whether or not a provider or facility is in-network. As a consumer it is important prior to a procedure to ask questions regarding costs and whether the facility and providers involved in your care are "in network". For more information regarding the No Surprise Act visit www.cms.gov.

Did you know: If you installed a new roof, windows, or heating system in your primary residence in 2021 you may be eligible for a tax credit. Be sure to ask your tax preparer.

Did You Know: All bananas are picked green. They are not fit to eat if permitted to ripen on the plants.

Did You Know: According to a recent study the average allowance for kids is \$30.00 per week. Question did you receive an allowance as a kid and if so how much?



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MARCH 2022 EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
	1 10:00 Line Dancing 12:15—12:45 Chair Zumba 12:30 Pinochle 1:00—1:45 Zumba Gold	2 9:30—10:30 Bingo 12:30 Euchre	3 9:30-10:00 Zumba Chair 10:15- 11:00 Zumba Gold 12:30 Pinochle	4 9:30—10:30 Bingo 12:30 Hand & Foot
7 9:00 Mahjong 9:30 – 10:30 Bingo 12:30 Hand & Foot	8 10:00 Line Dancing 12:15—12:45 Chair Zumba 12:30 Pinochle 1:00—1:45 Zumba Gold	9 9:30 – 10:30 Bingo 12:30 Euchre 2:00 Caregivers Support Group Meeting	10 9:30-10:00 Zumba Chair 10:15- 11:00 Zumba Gold 12:30 Pinochle	11 9:30—10:30 Bingo With Van Crest 12:30 Hand & Foot
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Van Wert COA Memorial Fund

When a loved one passes, keeping their memory alive is a way of honoring their life and finding comfort in your own life as a survivor. Your gift toward the Memorial Fund helps to ensure that additional services for older generations are able to be provided. Monies raised by our memorial funds help to ensure the longevity of the COA.

Please Consider Your Gift to the Van Wert COA Memorial Fund. No gift is too large or too small. The Memorial Fund is managed by the VW COA Board of Directors and is held in trust with Edward Jones Investments. Gifts can be made directly to the Van Wert COA or can be bequeathed in one's will or trust. For more information contact Kevin Matthews, Executive Director at the Van Wert County Council on Aging.



AN ADVOCATE OF INDEPENDENT LIVING IN LATER YEARS

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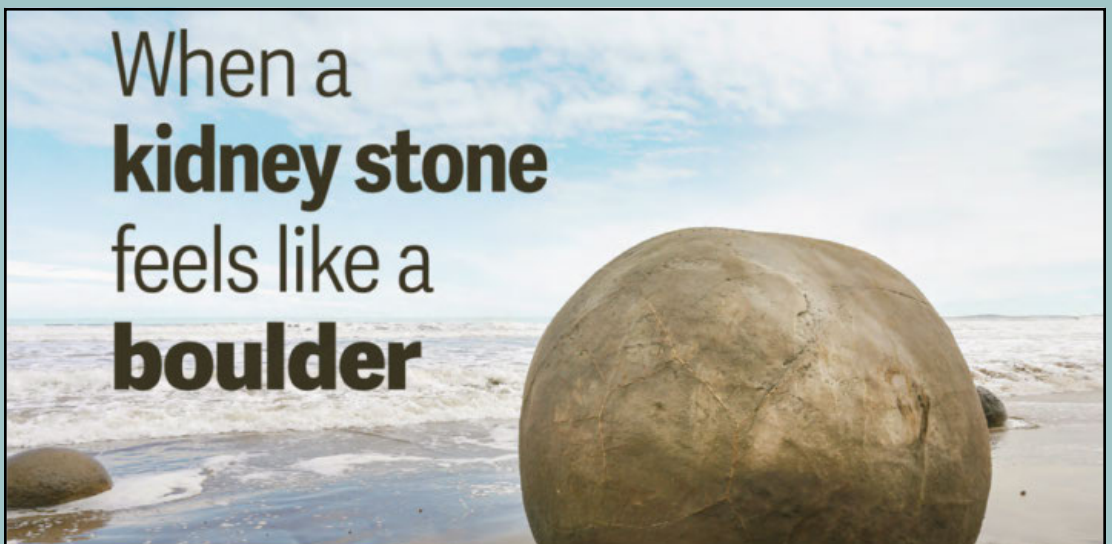
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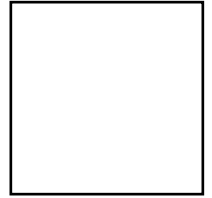
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15-0781

Van Wert County Council on Aging

220 Fox Road

Van Wert, OH 45891



The mission of the Van Wert County Council on Aging is to assist older adults, age 60 and over, to live their lives with independence and dignity for as long as possible in the environment of their homes. The Van Wert County Council on Aging operates the Van Wert Senior Center. All services are donation based for our consumers.

The Van Wert County Council on Aging is supported by the Senior Services Tax Levies from Van Wert County, Title IIIB of the Older Americans Act administered by PSA3 Area Agency of Aging, United Way of Van Wert County, the Van Wert County Foundation, Transportation Contracts, Donations and Contributions.

The Van Wert County Council on Aging serves clients without regard to race, color, national origin, religion, sex or disability. We are an Equal Opportunity Employer.

Services provided by the Van Wert County Council on Aging include: Chore Services, Outreach, Information & Referral, Socialization, and Transportation and operation of the Senior Center.