

© 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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Van Wert County
Council on Aging

APRIL
MAY
2022



Senior Day

The Van Wert County Council on Aging will be hosting "Senior Day Celebration" to honor all Senior Citizens of Van Wert County. The theme for 2022 will be "Senior Stars." The event will be Wednesday May 11, 2022 doors will open at 11:30 with music by Melvin Mullins starting at 12:00. Recognition of Senior Stars will be at 1:00 with more music, dancing and fellowship to follow. This is a day to recognize those seniors who continue to volunteer their time to various causes throughout the Van Wert community. Seniors who volunteer really make or break many charitable organizations, as without Senior volunteerism these organizations would not have the necessary individuals to help out. The Board of Directors and Staff of the Council on Aging are asking you to nominate individuals you know that fit this profile. The volunteerism would need to be work that has occurred after a person has turned 60 or a project that was started and continued after they turned 60. Volunteerism can be anything from reading to children, to heading up a major event; no act of volunteering is too small or too large. If you know of a Senior that fits this profile and you would like to nominate them, please pick up an application at the front office, or they can be downloaded from our website coavw.org. Nomination form can also be found in this newsletter.

Designer Purse Bingo is Back!



Mark your calendars for Friday, June 10, 2022 the Council on Aging will hold their annual Designer Purse Bingo. This event is the biggest fund raisers that the COA holds. Tickets are \$25.00 each. Doors will open at 4:30PM with bingo starting at 6:00PM. All prizes will be designer purses. There will be food, raffles, 50/50, Wheel of Riches, instant tickets along with loads of fun. Get your friends together, get your tickets early as this event will sell out. All attendees must be at least 18 years of age. All proceeds from this event go towards program services for Van Wert County senior citizens. Any questions please call 419-238-5011. The Van Wert County Council on Aging thanks you for your support. With your help we can make this the best year yet. Can't attend but want to contribute contact COA 419-238-5011.

AN ADVOCATE OF INDEPENDENT LIVING IN LATER YEARS

Van Wert County Council on Aging



“Senior Stars” Nomination Form

Please use this form to nominate one individual who exemplifies the best in character, service, and dedication. The “Senior Stars” program will take place May 11, 2022. The criteria would be any individual that is 60 years of age and older that not only is a role model to other Seniors, but has shown an active investment in making a difference in the lives of others, as well as an overall impact on their community. The volunteerism would need to be work that has occurred after the nominee had turned 60 or a project that was started and continued to occur after the nominee turned 60.

Name: _____

Address: _____

Phone: _____

Service or Volunteerism that meets criteria above (if more space is needed attach paper):

Submitted by: _____

Address: _____

Phone: _____ email: _____

Please return your completed nomination to the Van Wert County Council on Aging located at 220 Fox Road, Van Wert, OH 45891 or email your nomination to info@coavw.org
All nominations are due by April 22, 2022.



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

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

No classes in August 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.

Do You Remember: Pulling onto a gas station and the lane marked Self Service or Full Service? If you chose full service the gas was 2 to 5 cents more and the attendant pumped your gas for you.

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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



Quick Tater Tot Bake

- 1 pound ground beef or turkey
- 1 small onion chopped
- Salt and pepper to taste
- 1 package (16oz) frozen tater tots
- 2/3 cup milk or water

1 can (10-3/4 oz) condensed cream of mushroom soup undiluted

1 cup shredded cheddar cheese

Preheat oven to 350 degrees. In a large skillet, cook beef and onion over medium heat until meat is no longer pink; drain. Season with salt and pepper.

Transfer to a greased 2 quart baking dish. Top with tater tots. Combine soup with milk or water; pour over potatoes. Sprinkle with cheese. Bake uncovered 30 to 40 minutes or until heated through.

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.

Northwestern Ohio Community Action Control NOCAC 1-419-219-4641

Offers programs to help with various needs:

Utility Payment Assistance

Winter Crisis Program

Pipp Plus

HEAP

Rent Assistance

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

COA Activities

Be sure to check out all the activities here at the Council on Aging. The COA calendar is in this newsletter you can cut it out and post it on your refrigerator or bulletin board. The weather is getting warmer so come out and join the fun. We hope to see you soon.

COA Day Trips Come Travel with Us



April 11, 2022 Holmes County \$ 130.00 per person 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, Coblantz Chocolates, Cabin Store Furniture. Price includes travel, bus driver tip, tour and lunch at an Amish home.

May 16, 2022 Holland Michigan \$130.00 per person Walking level 4

Visit Windmill Island, Nels Dutch Village, lunch on your own, plus downtown Holland to see the tulips. (not during the Tulip Festival)

Price includes travel, bus driver tip, admissions to Nelis' Dutch Village and Windmill Island

June 22, 2022 Covered Bridge Tour of Union County \$135.00 per person Walking level 3

Enjoy lunch on a covered bridge, stops at Der Dutchman, Purple Plains Lavender Farm, Dutchmill Greenhouse. Price includes travel, bus driver tip, lunch, admission to all stops, guide for covered bridges.

August 4, 2022 SS Lillypad Lake Wawasee Walking level 2 still in the planning stage

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

September 14, 2022 Cleveland \$130.00 per person Walking level 4

Rock and Roll Hall of Fame lunch on your own, tour Lakeview Cemetery see President Garfield Memorial, Wade Chapel, then go to West Side Market, and Malley's Chocolate

Price includes travel, bus driver tip, admission to Rock & Roll Hall of Fame, Lakeview Cemetery tour

October 14, 2022 Hocking Valley Fall Foliage Train Ride \$135.00 per person Walking level 2

Start the day with lunch at Olde Dutch Restaurant, enjoy a fall foliage train ride on Hocking Valley Railway. We will stop at downtown Logan to shop and browse.

Price includes travel, bus driver tip, lunch, fall foliage train ride.

December 9, 2022 Dinner Show LaComedia \$125.00 per person Walking level 1

This will be a lunch dinner theater showing White Christmas

Price includes travel, bus driver tip, lunch and the show.

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

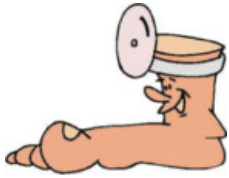
All trips are subject to change

Trivia Time

If you can answer all 7 of the questions correct, you just might be a Genius?

1. In www.coavw.org what does the www stand for?
2. What is the largest state by area?
3. What is the largest organ in the body?
4. Who was the first President to live in the White House?
5. What was the first US state?
6. What is the largest bone in the body?
7. What is the loudest animal in the animal kingdom?

Did you Know: Abraham Lincoln was the tallest president of the United States. He was 6 foot 4 inches tall.



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.

Welcome to Medicare Information Event

Ohio Senior Health Information Program (OSHIP) will hold a “Welcome to Medicare” event at Van Wert County Council on Aging on May 17, 2022 at 5-7PM. David Painter, OSHIP Community Liaison from the Ohio Department of Insurance will give a presentation about benefits provided by Medicare, deadlines, Medicare Advantage plans, supplemental insurance and prescription coverage. For more information or questions about Medicare call the Van Wert County Council on Aging at 419-238-5011 or OSHIP at 1-800-686-1578. You can also visit the website at www.insurance.ohio.gov

Tips for Older Drivers

According to the CDC there are more than 45 million licensed drivers aged 65 and older. Driving helps older adults stay mobile and independent. Here are a few driving tips.

- Wear your seatbelt
- Try to do most of your driving during daylight and in good weather
- Plan your route before you drive
- Leave plenty of room between you and the vehicle in front of you
- Avoid distractions while driving like talking on your phone, eating or listening to loud music
- Discuss any medical issues with your doctor to see if they may affect your ability to drive
- Have your vision checked at least once a year, wear glasses or corrective lenses as prescribed
- Consider calling the COA for your transportation needs 419-238-5011

Riddle: What invention lets you look right through a wall????

Riddle: I go around all the places, cities, towns and villages but never come inside. What am I????

Hand puppet of Ronald



What was your favorite?



Who remembers ?



**Thank
You!**

Thank you to all of our volunteers.
Words can not express what you mean to us here at the COA.
Without your help we could not do what we do. Thank You Thank You Thank You !

Holidays & Dates to Remember

- April 4, 2022 COA Drive Thru Meal
- April 11, 2022 COA Day Trip Holmes County
- April 15, 2022 COA closed Good Friday
- April 17, 2022 Easter Sunday
- May 2, 2022 COA Drive Thru Meal Presale Tickets
- May 11, 2022 Senior Citizen Day Dance
- May 16, 2022 COA Day Trip Holland Michigan
- May 17, 2022 Welcome to Medicare 5PM
- May 30, 2022 COA closed Memorial Day



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.

TV Jingles How Many do You Know

- “Ring around the collar! Ring around the collar!”
What laundry detergent was this for?
- “I’d like to teach the world to sing.”
- “Everyone knows it’s slinky”
- “Ho Ho Ho it’s Green Giant”
- “Plop Plop Fizz Fizz”
- “Double your pleasure, Double your fun”
- “A little dab’ll do ya”
- “Nothing says lovin’ like something from the oven”

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APRIL 2022 EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
				1 9:30—10:30 Bingo 12:30 Hand & Foot
4 9:00 Mahjong 9:30 – 10:30 Bingo 12:30 Hand & Foot	5 10:00 Line Dancing 12:30 Pinochle	6 9:30 – 10:30 Bingo 10:00 Sign Language 12:30 Euchre	7 12:30 Pinochle	8 9:30—10:30 Bingo 12:30 Hand & Foot
11 9:00 Mahjong 9:30 – 10:30 Bingo 12:30 Hand & Foot	12 10:00 Line Dancing 12:15—12:45 Chair Zumba 12:30 Pinochle 1:00—1:45 Zumba Gold	13 9:30 – 10:30 Bingo 10:00 Sign Language 12:30 Euchre 2:00 Caregivers Support Group Meeting	14 9:30-10:00 Zumba Chair 10:15– 11:00 Zumba Gold 12:30 Pinochle	15 <div style="color: red; text-align: center; font-weight: bold;"> COA Closed Good Friday </div>
18 9:00 Mahjong 9:30 – 10:30 Bingo 12:30 Hand & Foot	19 10:00 Line Dancing 12:15—12:45 Chair Zumba 12:30 Pinochle 1:00—1:45 Zumba Gold	20 9:30 – 10:30 Bingo With VW Manor 10:00 Sign Language 12:30 Euchre 12:30—2:00 American Legion Nickel Bingo	21 8:30 CHP Toe Nail Clinic Call for reservation 9:30-10:00 Zumba Chair 10:15– 11:00 Zumba Gold 12:30 Pinochle	22 9:30—10:30 Bingo with Thrivent 12:30 Hand & Foot
25 9:00 Mahjong 9:30 – 10:30 Bingo 12:30 Hand & Foot	26 10:00 Line Dancing 12:15—12:45 Chair Zumba 12:30 Pinochle 1:00—1:45 Zumba Gold	27 9:30 – 10:30 Bingo 10:00 Sign Language 12:30 Euchre	28 9:30-10:00 Zumba Chair 10:15– 11:00 Zumba Gold 12:30 Pinochle	29 9:30—10:30 Bingo 12:30 Hand & Foot

Are there Phantoms Lurking in your Home?

We're not really talking about actual Phantoms, we are talking about what is known as "phantom or vampire energy". In short this refers to items in your house that are plugged in and consuming electricity even though you may not even be using them. Many, many years ago, this probably was not that big of an issue as most houses had very few electronically controlled items plugged in. Back in the day, houses had one television or maybe 2 if you were lucky. Today, people have televisions in just about every room in the house. Most of today's televisions are consuming electricity even though you're not using them. Besides, televisions, here is a list of the most common items in your house that are probably using electricity even when they are not being used: power strips, microwaves, coffee machines, mixers, smart speakers, DVD players, Roku devices, desktop computers, monitors, printers, lamps, cell phone chargers and anything with a digital display. While it is not practical to go around the house and unplug everything when you leave the room or house, you may want to consider putting the most common things on one power strip that you can quickly turn off. For other things like televisions in spare bedrooms or the DVD you haven't used in a year, just plug it in when you want to use it. According to the local energy company, if you leave your computer printer on all the time, your power bill will increase around \$3.50 for the month. If you do the math just on the printer $\$3.50 \times 12$ months is \$42.00. Hopefully this helps everyone to save a few dollars each month.



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MAY 2022 EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p>	<p>3</p> <p>10:00 Line Dancing 12:15—12:45 Chair Zumba 12:30 Pinochle 1:00—1:45 Zumba Gold</p>	<p>4</p> <p>9:30—10:30 Bingo 10:00 Sign Language 12:30 Euchre</p>	<p>5</p> <p>9:30-10:00 Zumba Chair 10:15– 11:00 Zumba Gold 12:30 Pinochle</p>	<p>6</p> <p>9:30—10:30 Bingo 12:30 Hand & Foot</p>
<p>9</p> <p>9:00 Mahjong 9:30 – 10:30 Bingo 12:30 Hand & Foot</p>	<p>10</p> <p>10:00 Line Dancing 12:15—12:45 Chair Zumba 12:30 Pinochle 1:00—1:45 Zumba Gold</p>	<p>11</p> <p style="color: red;">Senior Day Celebration Senior Stars Ceremony And Senior Dance Doors open at 11:30</p>	<p>12</p> <p>9:30-10:00 Zumba Chair 10:15– 11:00 Zumba Gold 12:30 Pinochle</p>	<p>13</p> <p>9:30—10:30 Bingo 12:30 Hand & Foot</p>
<p>16</p> <p>9:00 Mahjong 9:30 – 10:30 Bingo 12:30 Hand & Foot</p>	<p>17</p> <p>10:00 Line Dancing 12:15—12:45 Chair Zumba 12:30 Pinochle 1:00—1:45 Zumba Gold 5:00 Welcome to Medicare</p>	<p>18</p> <p>9:30 – 10:30 Bingo With Manor 10:00 Sign Language 12:30 Euchre 12:30 to 2:00 American Legion Nickel Bingo</p>	<p>19</p> <p>8:30 CHP Toe Nail Clinic Call for a reservation 9:30-10:00 Zumba Chair 10:15– 11:00 Zumba Gold 12:30 Pinochle</p>	<p>20</p> <p>9:30—10:30 Bingo With Everheart Hospice 12:30 Hand & Foot</p>
<p>23</p> <p>9:00 Mahjong 9:30 – 10:30 Bingo 12:30 Hand & Foot</p>	<p>24</p> <p>10:00 Line Dancing 12:30 Pinochle</p>	<p>25</p> <p>9:30 – 10:30 Bingo 10:00 Sign Language 12:30 Euchre</p>	<p>26</p> <p>12:30 Pinochle</p>	<p>27</p> <p>9:30—10:30 Bingo with Thrivent 12:30 Hand & Foot</p>
<p>30</p> <p style="color: red;">COA Closed Memorial Day</p>	<p>31</p> <p>10:00 Line Dancing 12:30 Pinochle</p>			

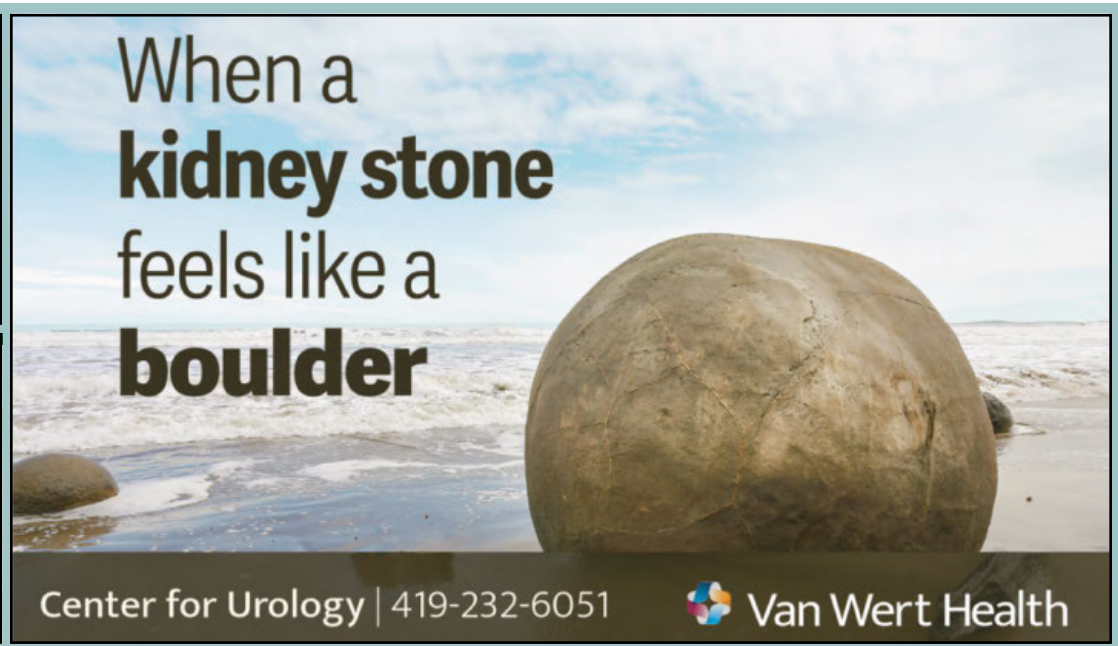




Van Wert COA Memorial Fund

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

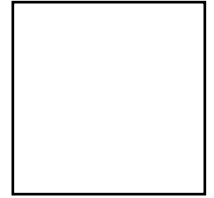
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Van Wert County Council on Aging

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/Homemaker Services, Outreach, Information & Referral, Transportation and operation of the Senior Center.