

© 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

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Kevin Matthews

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Jenny Lichtenberger



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Council on Aging

JUNE
JULY
2022

Thinking of Moving- It's Probably Time to Downsize

As you age, your housing needs may change and a smaller residence may be more practical to your lifestyle. For most people the thought of moving can be extremely stressful as they think to themselves, "what am I going to do with all of this stuff?". Whether your move is going to be in a couple of months or next year, the best approach is to probably start the downsizing process as soon as possible to give yourself time to properly sort through your house without feeling overwhelmed.

Probably the first step is to develop a strategy that works for you. Make sure the strategy will get you down to the level of items you will be able to bring to your next home. If you live in a very large home and are planning on moving to a small apartment, then you may need to maximize your strategies, so you can downsize quicker. Maybe your strategy could be to get rid of one item a day, or maybe it is to fill 2 boxes every week or maybe it is to liquidate items in your closet that you have not worn in the last year. Whatever works best for you to declutter is perfect, just stay committed to the process.

When your developing your strategy, it might be best to focus on one room at time. Start with the room needing the least amount of work and build up from there. For the larger rooms divide those rooms into smaller sections. Probably one of the greatest challenges of getting rid of things is that many of the items have memories attached to them and these items are a real challenge to part with. Set ground rules for your process and stick to them. A few categories you may want to have as part of your ground rules might be: items to keep, items to donate, items to sell, items to pass on to relatives/friends and items to recycle or put in the trash.

If you begin to feel overwhelmed by the process, it probably is natural. If you feel like giving up, reach out to a friend or family member to help. After all, two sets of hands can sometimes be better than one.

AN ADVOCATE OF INDEPENDENT LIVING IN LATER YEARS

VAN WERT COUNTY COUNCIL ON AGING SENIOR CENTER SURVEY

The survey is for the center to evaluate potential activities and services that may be of interest to Van Wert County Seniors.

-Have you been to the Senior Center for activities or services? YES or NO -If yes, how many times do you think you have been to the center during the past 6 months? _____

The Senior Center has had suggestions from the public for the following activities. Please circle any of these activities you would be interested in:

- | | | |
|--|--|-----------------------------|
| Knitting/Crocheting | Walking Group | Monthly Lunch n' Learn |
| Sewing club | Grief and Loss Group | Medical Health Screenings |
| Ballroom Dancing Classes | Needlepoint Classes | Potluck Meals |
| Book Clubs | Movies Time at Sr. Center | Crafting Activities |
| Yoga Classes | Educational Classes on Various Topics | Senior Volunteer Group |
| Balloon Volleyball | Afternoon Bingo (multiple days a week) | Bible Studies |
| Pickleball Outdoor Courts | Senior Citizen Singing Group | Corn Hole |
| Computer Classes | Rug Hooking Group | Painting/Drawing Classes |
| Smartphone Classes | Personal Finance Classes | Musical Instrument Classes |
| Walking Group that meets at spots around Van Wert | | Daily Lunches at the Center |
| Exercise Wellness Center with Machines/Walking Track | | |
| Classes to Learn a Foreign Language | | |
| Wellness/Disease Management & Health Promotion Classes | | |

Card Games (list game) _____

Other Physical Activity Classes _____

Other General Activities _____

If you had to pay a small fee for some of these activities, what would be a reasonable fee? _____

Would you like to volunteer to lead an activity or class? Yes or No. If YES, what activity or class would you like to volunteer to lead? _____

The Senior Center has had suggestions from the public for the following services. Please check which of these services you would be interested in:

- Home repair
- Assistance in helping to manage your finances and bills
- Home delivered meals
- Home ramps
- Legal Assistance with Elder Issues (such as wills, power of attorney)
- Home Visitation for Socialization
- Weekly Calls to Socialize
- Housing Locator Assistance
- Other _____

**RETURN TO VW COUNCIL ON AGING SENIOR CENTER, 220 FOX RD., VAN WERT, OH 45891
419-238-5011**



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 6 Starting 6/7/2022 Ending 7/14/2022 (no class 6/9 and 6/23)

No classes in August 2022 Summer Break

Fall Session

Session 1 Starting 9/13/2022 Ending 10/20/2022

Session 2 Starting 11/8/2022 Ending 12/15/2022

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, 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

Tips for Keeping Cool

- Wear loose fitting lightweight clothes
- Drink plenty of water to stay hydrated
- Monitor medication as some medication increases your sensitivity to the sun
- Know when to stay indoors, the sun is most intense between 10AM to 4PM
- Fans help to circulate the air
- If needed seek out air conditioning, such as going to the movies, store, your local Council on Aging
- Use sunscreen to protect your skin
- Wear sunglasses to protect your eyes
- Wear a hat to protect your head
- Avoid using your oven to help keep your house cool



Ultimate Chicken Casserole

- 2 cups egg noodles, cooked
- 2 cups chicken cooked and shredded
- 2 cups corn frozen or canned
- 1 cup milk

2 cans of cream of chicken soup 10oz cans

1 onion diced

1 TBSP garlic powder

Salt and pepper to taste

1/2 cup shredded cheddar cheese

1/2 cup bacon cooked and crumbled

3/4 cup French Fried Onions

Mix cooked noodles with cooked chicken, cream of chicken soup, corn, milk, onion garlic powder, salt and pepper. Put in an 8X10 baking dish, top with the shredded cheese, bacon and French Fried Onions.

Back at 350 35 to 45 minutes or until heated thru.

Need Help with a Legal Issue?

Did you know if you are an Ohio resident and at least 60 years old, you can call the Legal Hotline at Pro-Seniors for no cost help with a legal problem.

While they may not be able to solve all of your legal issues, it is a great starting point to ask general legal questions. You can reach Pro Seniors' Legal Hotline at 1-800-488-6070.

Exercise Your Brain

It is never too late to learn something new.

Exercising your brain is just as important as exercise for your body. Here are some ideas:

- Take a class through the local college.
- Study something you have always wanted to study. Online classes offer a great variety.
- Learn a new language
- Read a book
- Go to a museum
- Write a memoir or write out your favorite recipes
- Learn a new dance
- Work in your garden, plant something new
- Organize your pictures
- Join your local Senior Center

COA Day Trips Come Travel with Us



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 \$95.00 per person Walking level 2

First stop in Ft Wayne to tour DeBrand Chocolate. Then we will enjoy a 2 hour cruise with a picnic style lunch on the SS Lilly Pad, followed by shopping at Village at Winona Lake. Price includes travel, bus driver tip, admission to DeBrand, lunch and cruise.

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.

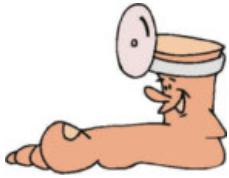
All trips are subject to change

*****Please check out the SS Lilly Pad trip scheduled for August 4, 2022 the trip has been planned*****

MySeniorCenter Kiosk

In March the Council on Aging installed a new MySeniorCenter Kiosk in the front lobby as you come into our building. The kiosk will replace a person having to sign the attendance book when they come in for an activity. Now you will sign in on the kiosk. To use the kiosk to sign in a person will need to have a keycard. If you need a key card just stop at the front office and we will be happy to set you up. After swiping your card the attendee will just click the activity you are going to do that day at the center. This system will also allow the Council on Aging to send out text or a call to alert you if the center is closed due to inclement weather, or if an activity has been canceled. In time we will use this system to send our reminders for transportation clients. We will need to have your correct phone number of where to send a text or a reminder call. This system will allow the Council on Aging to track the number of participants that attend activities, which in turn will help us to bring you activities that you enjoy the most. If you have any questions on the MySeniorCenter Kiosk call us at 419-238-5011 or stop by the Council on Aging office located at 220 Fox Rd Van Wert.

Did you know: Twin popsicles were created during the Great Depression so two children could share a treat for just a nickel.



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.



Another genius quiz, answer them all correctly and you might be a genius!!

- What is the world's tallest mountain?
- Which state has the largest population of people?
- How many ounces are in a pint?
- What is sodium bicarbonate?
- In what state did the Golden Girls live in?

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.

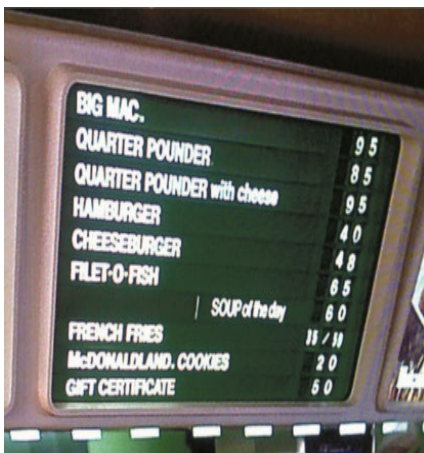
Riddles:

What question can you never answer yes to ?????

What has many needles, but does not sew ?????

Did You Know: Squirrels habitually and naturally come down trees head first.

Remember these prices?



Let's go back to the 70's

1970 COST OF LIVING	
New House:	\$23,450
Average Income:	\$9,400
New Car:	\$3,450
Minimum Wage:	\$2.10/hour
Movie Ticket:	\$1.55
Gasoline:	36 cents/gallon
Postage Stamp:	6 cents
Sugar:	39 cents/5 lbs
Milk:	62 cents/gallon
Coffee:	\$1.90/pound
Eggs:	59 cents/dozen
Bread:	25 cents

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

June 10, 2022 COA Purse Bingo
June 14, 2022 Flag Day
June 19, 2022 Father's Day
July 4, 2022 Independence Day COA Closed

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.

Welcome to Medicare



A welcome to Medicare event was held at the COA to explain Medicare and the different parts of Medicare. A representative from OSHIP was on hand to answer any questions. If you have questions or are new to Medicare the COA has trained staff to answer your questions. The next Medicare information event will be Oct 6, 2022 at 1pm.





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JUNE 2022 EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
		1 9:30 – 10:30 Bingo 10:00 Sign Language 12:30 Euchre	2 12:30 Pinochle	3 9:30—10:30 Bingo 12:30 Hand & Foot
6 9:00 Mahjong 9:30 – 10:30 Bingo 12:30 Hand & Foot	7 10:00 Line Dancing 12:15—12:45 Chair Zumba 12:30 Pinochle 1:00—1:45 Zumba Gold	8 9:30 – 10:30 Bingo 10:00 Sign Language 12:30 Euchre 2:00 Caregivers Support Group Meeting	9 COA closed to activities to get ready for Purse Bingo	10 COA closed to activities Purse Bingo Doors open at 4:30 Bingo starts at 6:00 Presale tickets only
13 9:00 Mahjong 9:30 – 10:30 Bingo 12:30 Hand & Foot	14 10:00 Line Dancing 12:15—12:45 Chair Zumba 12:30 Pinochle 1:00—1:45 Zumba Gold	15 9:30 – 10:30 Bingo With VW Manor 10:00 Sign Language 12:30 Euchre 12:30—2:00 American Legion Nickel Bingo	16 8:30 CHP Toe Nail Clinic Call for reservation Blood Pressure Checks 9:30-10:00 Zumba Chair 10:15– 11:00 Zumba Gold 12:30 Pinochle	17 9:30—10:30 Bingo With Everheart Hospice 12:30 Hand & Foot
20 9:00 Mahjong 9:30 – 10:30 Bingo 12:30 Hand & Foot	21 10:00 Line Dancing 12:15—12:45 Chair Zumba 12:30 Pinochle 1:00—1:45 Zumba Gold	22 9:30 – 10:30 Bingo 10:00 Sign Language 12:30 Euchre	23 No Zumba 12:30 Pinochle	24 9:30—10:30 Bingo with Thrivent Financial 12:30 Hand & Foot
27 9:00 Mahjong 9:30 – 10:30 Bingo 12:30 Hand & Foot	28 10:00 Line Dancing 12:15—12:45 Chair Zumba 12:30 Pinochle 1:00—1:45 Zumba Gold	29 9:30 – 10:30 Bingo 10:00 Sign Language 12:30 Euchre	30 9:30-10:00 Zumba Chair 10:15– 11:00 Zumba Gold 12:30 Pinochle	7/1 9:30—10:30 Bingo 12:30 Hand & Foot

Senior Stars 2022

On May 11, 2022 the Council on Aging celebrated Senior Day. During the event the COA recognized 8 Senior Stars. These people volunteer their time at several organizations in the Van Wert area. Without volunteers several non-profits would not be able to do what they do. This year the Senior Stars were Tom Craig, Carol Craig, Debra Hardeman, Brenda DeLong, Rita Adam, Penny Shindeldecker, Mary Minnig and Frank Minnig. The Council on Aging would like to thank each of the Senior Stars, the time you give is from your heart. The afternoon was spent dancing to music by Melvin Mullins and refreshments by Thrivent Financial. The Council on Aging would like to congratulate all of the Senior Stars and say thank you for a job well done.



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JULY 2022 EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
4 COA closed 4th of July	5 10:00 Line Dancing 12:15—12:45 Chair Zumba 12:30 Pinochle 1:00—1:45 Zumba Gold	6 9:30—10:30 Bingo 10:00 Sign Language 12:30 Euchre	7 9:30-10:00 Zumba Chair 10:15– 11:00 Zumba Gold 12:30 Pinochle	8 9:30—10:30 Bingo with Van Crest 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 9:30—10:30 Bingo with Everheart Hospice 12:30 Hand & Foot
18 9:00 Mahjong 9:30 – 10:30 Bingo 12:30 Hand & Foot	19 10:00 Line Dancing 12:30 Pinochle	20 9:30 – 10:30 Bingo With Manor 10:00 Sign Language 12:30 Euchre 12:30 to 2:00 American Legion Nickel Bingo	21 8:30 CHP Toe Nail Clinic Call for a reservation Blood Pressure Checks 12:30 Pinochle	22 9:30—10:30 Bingo with Thrivent Financial 12:30 Hand & Foot
25 9:00 Mahjong 9:30 – 10:30 Bingo 12:30 Hand & Foot	26 10:00 Line Dancing 12:30 Pinochle	27 9:30 – 10:30 Bingo 10:00 Sign Language 12:30 Euchre	28 12:30 Pinochle	29 9:30—10:30 Bingo 12:30 Hand & Foot

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

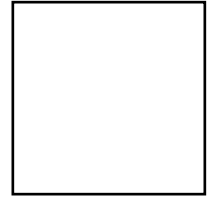
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Van Wert County Council on Aging

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. Many of our services are donation based for our consumers.

The Van Wert County Council on Aging is partially funded by each of the following sources: 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.