

SENIOR NEWS

SENIOR SPOTLIGHT



Meet Lowell & Diann Roth. These high school sweethearts celebrated 65 years of marriage in April. "We met when we were 14 and 16," Diann said. You might remember them from the 25 years they owned and operated the Sears Catalog Store on Fulton Street in downtown Wauseon. The Roths started attending activities and lunch at the Wauseon site in December 2015 to maintain friendships and enjoy nourishing meals. "It gives us a reason to get out of the house," Diann explained. What are their favorite things about the Senior Center? "Fellowship, food and fun. The three Fs," Lowell said with a chuckle. The Roths have been active at First Christian Church for more than 60 years. When they are not visiting the Senior Center, they enjoy spending time with family and caring for their grandchildren.

SWANTON OPEN HOUSE CELEBRATION

All Fulton County Seniors age 60 and over are invited to an Open House Celebration at the new location of the Swanton Senior Center on Friday, August 26 at 11:00 am. Enjoy musical entertainment by local singing group, Nostalgia, along with cookies and coffee. You are welcome to stay for lunch at noon. Lunch reservations can be made by Friday, August 19 with Karen at 419-337-9299. Location: Swanton Community Center, 217 Chestnut Street, down the street from Swanton Public Library, Swanton, Ohio. Your RSVP is helpful for our planning. Thanks in advance.

UPCOMING EVENTS - ALL SITES INVITED

August 9 – Day Trip, Andrew Tuttle Memorial Museum, Defiance

August 23 – Day Trip, Auburn Cord Duesenberg Automobile Museum

September 7 – Senior Center Choir Performs at Fulton Co. Fair

September 13 – Group Medicare Presentation, Wauseon Site Bingo Room

September 21 – Senior Center Choir Performs at Wayne Senior Center

September 22 – Trip to \$5 Jewelry Sale at Fulton Co. Health Center

October 4 – Road To Wellness; Special Event for Seniors

October 11, 12 – Overnight Trip to Ohio Amish Country (FULL)

October 12 – Joe LaConev Band, Wauseon Gym

October 18 – Medicare Check Up Day, Wauseon Site

October 19 – Music by Bloomer Bunch, Wauseon Gym

November 1 – Music by Bloomer Bunch, Delta Site

• FULTON COUNTY SENIOR CENTER SERVICES •

Home Delivered Meals • Congregate Meals • Education & Socialization • Monthly Newsletter (The Senior B-zz) • Information & Referral Transportation Service for Medical Appointments • Housekeeping • Legal Services • Lending Libraries • Exercise Classes Grocery Shopping & Bill Paying Transportation as Scheduled • Volunteer Opportunities

Blood Pressure Checks Available Daily at Wauseon Site and Scheduled at Other Sites • Computer Lab at Wauseon Site

Assistance With Completing Applications and Forms • Gym Available at Wauseon Site to Exercise During Regular Business Hours

VIEW LOCAL HISTORY AT TUTTLE

On Tuesday, August 9 the Fulton County Senior Center will host an afternoon trip to Andrew Tuttle Memorial Museum in Defiance, Ohio. Meet at the Wauseon Senior Center at 11:45 am. We will eat lunch at the Wauseon Senior Center then gather at 12:45 to board the bus and travel to Defiance. We plan to arrive back at the Wauseon Senior Center by 4:15 pm. Andrew L. Tuttle, a lifelong resident of Defiance, bequeathed his extensive collection of Native American artifacts, coins, documents, stamps, military memorabilia and other artifacts to the city of Defiance. The items were cataloged and put on display in the museum named for Tuttle in 2013. The museum is dedicated to preserving the history of the city of Defiance and the surrounding area. Sign up with Beth at 419-337-9299.

WHERE'S VALP

On Wednesday, August 10, Val Edwards, Information & Referral Specialist, will take appointments at the Delta Library. Get help understanding insurance bills, Medicare, completing applications, and more. Thursday, August 18 from 10 to noon meet Val at the Swanton Library. Tuesday, August 23 is your opportunity to meet with Val at the Evergreen Library in Metamora from 10 to noon. On Thursday, August 25, Val will be in the Wyse Commons Library on the Fairlawn campus, Archbold, from 10 to noon. Val's services are offered at no cost to seniors in partnership with Wyse Commons and the local libraries. Please make an appointment in advance with Val for any of these dates by calling 419-337-9299.

VALUABLE VOLUNTEER

This month, our spotlight shines on Susan Henry of Archbold. Before serving at the Senior Center, Susan had volunteered in other capacities over the years and thought driving seniors to medical appointments might be something fun to do. "I got tired of sitting home all the time. Once you retire, you have this time, but you don't have to do things because you are retired and you can do things tomorrow. I noticed I was playing on my computer a lot," she said. Susan thinks it is important to put yourself into the position of the people for whom you volunteer. "I don't really feel that special. I am paying it forward, so when it is my turn, there will be someone there to take me (to medical appointments)," Susan said.

IT'S NOT TOO EARLY TO THINK ABOUT MEDICARE OPEN ENROLLMENT

Medicare open enrollment for 2016 will be from **October 15th to December 7th**. Even though August seems early to be talking about it, appointment times fill up very quickly. During Open Enrollment you can enroll in a Part D drug plan or change your current drug plan. Many seniors save hundreds, sometimes thousands of dollars over the course of a year by doing a drug plan comparison. Other changes that can be made during open enrollment are listed below. If you are interested in scheduling an appointment, call Val Edwards at (419) 337-9299.

Changes that can be made during Open Enrollment:

- Change from Original Medicare to a Medicare Advantage Plan
- Change from a Medicare Advantage Plan back to Original Medicare
- Switch from one Medicare Advantage Plan to another Medicare Advantage Plan
- Switch from a Medicare Advantage Plan that doesn't offer drug coverage to a Medicare Advantage Plan that offers drug coverage
- Switch from a Medicare Advantage Plan that does offer drug coverage to a Medicare Advantage Plan that doesn't offer drug coverage
- Join a Medicare Prescription Drug Plan

CHANGE ONE LIGHT TO GREEN

The Fulton County Veteran Services Office is giving green light bulbs to Fulton County residents who want to show their support for veterans. Those interested must provide verification of county residence, driver's license, mail, etc. Limit one bulb per household. Visit the Veteran Services Office at 604 S. Shoop Ave. Suite 270 Wauseon (Detwiler Building) or call with questions 419-337-9266.

DID YOU KNOW?

August 21 is National Senior Citizens Day. On August 19th, 1988, a proclamation was made by President Ronald Reagan that deemed August 21st as a national day to give older United States citizens thanks and a heartfelt salute.

DELTA HIGHLIGHTS

Bingo: every Thursday

Blood Pressure Check: August 23 **Birthday Lunch**: first Thursday

Toenail Clinic: August 2. Call early for appointment; \$10.00 fee; soak feet for 30 minutes before you arrive.

· Music by Hannah

• Tips for Following Your Family Tree

· Healthy Spine, Healthy You

SWANTON HIGHLIGHTS

Bingo: every Wednesday

Birthday Lunch: first Wednesday **Blood Pressure Check**: second Monday

Toenail Clinic: August 19. Call early for appointment; \$10.00 fee; soak feet for 30 minutes before you arrive.

• "Wacky World of Woodstock!" Dress in your best hippie clothes. You might win a prize!

• Open House Celebration on August 26 with Music Group, "Nostalgia"

· Duke Wheeler of Wheeler Farms

· Hand Chimes with Gail Zenz

FREE MEDICATION

Many pharmaceutical companies make some medications available free of charge to persons with low income through prescription assistance programs. Your doctor must make the request to the company. Not all medications are included in the programs. If you need additional assistance, call PASSPORT Screening at the Area Office on Aging at 419-382-0624 or 1-800-472-7277 and request a Long Term Care Consultation. There is no charge for this visit.

THANK YOU

Thank you to Marie Hale for donating a bicycle rack. Thank you to Lowell Roth for donating numerous hard cover books, soft cover books and jigsaw puzzles.

WAUSEON HIGHLIGHTS

Line Dance: Monday pm **Shopping**: every Tuesday pm

Tai Chi: every Tuesday and Thursday **Food & Fitness**: Tuesday at 10:00 am

Choir Practice: Tuesdays **Pepper**: Wednesday pm **Bingo**: Thursday mornings **Birthday Party**: first Friday

Golden Drummers: Friday mornings

Toe Nail Clinic: September 28, 2016. Call early for appointment; \$10.00 fee; soak feet for 30 minutes before you arrive.

• Golden Drummers, Line Dancing, Tai Chi On Your Own

3D Images of Local Buildings with Scott Yoder
Music by Young Jazz Pianist, Ian Armstrong

FAYETTE HIGHLIGHTS

Bingo: every Thursday

Blood Pressure Check: third Tuesday

Birthday Lunch: first Thursday **Bible Study**: resumes in September

Toenail Clinic: August 23. Call early for appointment; \$10.00 fee; soak feet for 30 minutes before you arrive.

Music by Michael Buck

Update from Habitat for Humanity

Update from American Red Cross

ARCHBOLD HIGHLIGHTS

Bingo: every Friday

Blood Pressure Check: every first Wed.

<u>Birthday Lunch</u>: first Friday <u>Bible Study</u>: Monday mornings

Toenail Clinic: August 17. Call early for appointment; \$10.00 fee; soak feet for 30 minutes before you arrive.

· Music by Michael Buck

Update from Habitat for Humanity

· Bow Tie Bingo

4*UGUST, 2016*

LUNCH CALENDAR

Whole grain bread or an alternate and 2% milk are offered with each meal. Luncheon reservations are required. Menu is subject to change. The Fulton County Meal Program is financed with meal donations, local levy funds, and AOoA grant funding. Ingredient information is available upon request.

Meal Reservations: 419-337-9299

SUGGESTED DONATION: \$2.00

S Alt = Low Sodium Alternative (items must be ordered at least one week in advance)
F Alt = Low Fat Alternate (Items must be ordered at least one week in advance)

FRIDAY Pasta w/ Meat Sauce **Breaded Pork Chops BBQ Pork Sandwich** Chicken Fried Steak Pineapple Chunks Steamed Broccoli Redskin Potatoes **Cream Style Corn** Sugar Snap Peas Mashed Potatoes w/Country Gravy Fresh Melon Green Peas Succotash **Tater Tots** Bananas Apricots 4 <u>π</u> THURSDAY (LS Alt=Meatloaf) Mandarin Oranges Mandarin Oranges Pineapple Chunks Summer Squash **Boiled Potatoes** Cottage Cheese Sweet Potatoes Beef Pot Roast Shepherds Pie Sliced Carrots **Tossed Salad Butter Beans** Green Salad Fruit Crisp **Beef Stew** Ham Loaf **Biscuits** Yogurt 0 24 (LS Alt= Turkey Sandwich) Cook's Choice Vegetables Minestrone Soup Ham & Cheese Sandwich **WEDNESDAY** Chicken & Noodles Apple Slices w/Dip Mixed Vegetables **Buttered Noodles** Brussels Sprouts Steamed Carrots **Mashed Potatoes** Mashed Potatoes Cooked Cabbage Beef Stroganoff **Broccoli Salad** Cabbage Rolls Jell-O w/Fruit Green Beans Apple Sauce Diced Fruit Peaches Goulash 0 ဖ 30 3 Sausage Gravy & Biscuits Orange Cranberry Relish Long grain & Wild Rice Smashed Red Potatoes Hash Brown Casserole Savory Bread Dressing Steamed Broccoli TUESDAY (LS Alt= Pork Roast) Savory Baked Chicken (LS Alt=Roast Pork) Scalloped Potatoes Mixed Vegetables Stewed Tomatoes Peas w/Onions Diced Fresh Fruit Kielbasa w/Kraut **Sranberry Juice Broccoli Florets** Fresh Orange Roast Turkey Fruit Crunch Fresh Apple Wax Beans Baked Ham Cookies (LS Alt= Végetable Soup) Chicken Salad Sandwich Seasoned Potato Wedges (LS Alt=Chicken Breast) Chicken Salad Sandwich Hot Chicken Sandwich Beef & Barley Soup MONDAY Creamy Cole Slaw Seasoned Spinach Lettuce & Tomato Three Bean Salad **Cucumber Salad** Steamed Franks Fresh Tangerine Seasoned Corn Potato Wedges Baked Apples Baked Beans Potato Salad **Fropical Fruit** Pub Burgers Brownies Pears Jell-O SENIOR B-33

WAUSEON ACTIVITIES MONDAY THRU FRIDAY

FULTON COUNTY SENIOR CENTER 240 CLINTON ST. | WAUSEON, OH 43567 419.337.9299

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11:00 First Monday Trivia 12:00 Lunch 1:00 Tripoley 1:00 Line Dancing	10:00 Food & Fitness 11:00 Hand & Foot 11:00 Tai Chi On Your Own (Gym) 12:00 Lunch 1:00 Choir Practice 1:00 Tai Chi On Your Own (Gym)	11:00 View 3D Images of a Local Buildings Via Computer with Scott Yoder 12:00 Lunch 1:00 Pepper (Bingo Room)	National Dahlia Month 4 Wear Floral Print Today 10:15 Bingo 11:00 Tai Chi On Your Own (Gym) 12:00 Lunch 1:00 Tai Chi On Your Own (Gym)	No Golden Drummers 11:00 Site Council 12:00 Lunch 12:30 Birthday Party 1:00 Gym Walking
11:00 Knock Knock Jokes 12:00 Lunch 1:00 Shuffleboard 1:00 Line Dancing	(Board Bus at 12:45) 10:00 Food & Fitness 11:00 Music by Jim Roos & Deb Schnitkey 11:00 Tai Chi On Your Own (Gym) 12:00 Lunch 1:00 Choir Practice 1:00 Tai Chi On Your Own (Gym)	11:00 Dominoes 12:00 Lunch 1:00 Pepper (Bingo Room)	10:15 Bingo 11:00 Tai Chi On Your Own (Gym) 12:00 Lunch 1:00 Tai Chi On Your Own (Gym)	10:30 Golden Drummers (Gym) 12 12:00 Lunch 1:00 Dirty Marbles
11:00 Word Picture Brain Teasers 12:00 Lunch 1:00 Corn Hole (Dining Area) 1:00 Line Dancing	11:00 Food & Fitness 16:00 *Just So You Know," Fulton Co. Health Dept. 11:00 Tai Chi On Your Own (Gym) 12:00 Lunch 1:00 Choir Practice 1:00 Tai Chi On Your Own (Gym) 1:30 OPERS (Bingo Room)	11:00 Music by Jazz Pianist 17 lan Armstrong 12:00 Lunch 1:00 Pepper (Bingo Room)	10:15 Bingo 11:00 Tai Chi On Your Own (Gym) 12:00 Lunch 1:00 Tai Chi On Your Own (Gym)	10:30 Golden Drummers (Gym) 19 12:00 Lunch 1:00 Shuffleboard
11:00 Special Senior Center Day Word Search 12:00 Lunch 1:00 Cards & Games 1:00 Line Dancing	Museum, Indiana (Meet at 8:15) 10:00 Food & Fitness 11:00 Tai Chi On Your Own (Gym) 12:00 Lunch 1:00 Choir Practice 1:00 Tai Chi On Your Own (Gym)	11:00 Tripoley and Dirty Marbles 12:00 Lunch 1:00 Pepper (Bingo Room)	9:45 Extended Bingo 25 11:00 Tai Chi On Your Own (Gym) 12:00 Lunch 1:00 Tai Chi On Your Own (Gym)	National Bow Tie Day 26 Wear A Bow Tie Today 10:30 Golden Drummers (Gym) 12:00 Lunch 1:00 Dominoes
11:00 Candy Bar Quiz 12:00 Lunch 1:00 Tripoley 1:00 Line Dancing	National Lemon Juice Day 10:00 Food & Fitness 11:00 Music by Michael Buck 11:00 Tai Chi On Your Own (Gym) 12:00 Lunch 1:00 Choir Practice 1:00 Tai Chi On Your Own (Gym)	11:00 Healthy Ideas, by Maumee Valley 12:00 Lunch 1:00 Pepper (Bingo Room)		

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DELTA / SWANTON ACTIVITIES

DELTA-101 NORTHWOOD DR. UNITED METHODIST CHURCH TUES. & THURS.

SWANTON 217 CHESTNUT ST. MON., WED., & FRI

FRIDAY	11:00 Hand Chimes, Gail Zenz; 5 Play and Listen 12:00 Lunch 1:00 Cards	11:00 Get To Know Duke 12 Wheeler of Wheeler Farms & Butterfly House, Whitehouse 12:00 Lunch 1:00 Puzzles	10:30 Toe Nail Clinic (by appointment) 11:00 Bring out your 1960s Hippie Clothes & Join Us for "The Wacky World of Woodstock" Fun, Games & Prizes 12:00 Lunch 1:00 Word Games	11:00 Free Concert by 26 "Nostalgia," Local Music Group & Open House Celebration at New Site Location 12:00 Lunch 1:00 Cards & Games	
THURSDAY	National Dahlia Month Wear Floral Print Today 10:00 Site Council 10:30 Bingo 12:00 Lunch & Birthday Cake 1:00 Games	10:30 Bring Your Grandkids 11 to Bingo 12:00 Lunch 1:00 Cards	10-Noon Val at Swanton Library 18 10:30 Bingo 12:00 Lunch 1:00 Puzzles	National Bow Tie Day 25 Wear a Bow Tie Today 10:00 (Extended) Bow Tie Bingo 12:00 Lunch 1:00 Word Games	
WEDNESDAY	Mear Floral Print Today 10:00 Site Council 10:30 Bingo 12:00 Lunch & Birthday Cake by Swanton Health Care 1:00 Cards & Games	10-Noon Val at Delta Library 10 10:30 Bring Your Grandkids to Bingo 12:00 Lunch 1:00 Games	10:30 Bingo 12:00 Lunch 1:00 Cards	National Bow Tie Day 24 Wear a Bow Tie Today 10:00 (Extended) Bow Tie Bingo 12:00 Lunch 1:00 Puzzles	Wear Yellow 31 National Lemon Juice Day 10:30 Bingo 12:00 Lunch 1:00 Word Games
TUESDAY	10:30 Toe Nail Clinic by appointment) 11:00 Healthy Spine, Healthy You 12:00 Lunch 1:00 Word Games	11:00 "Follow Your Family Tree," 9 Basic Genealogy; Fulton Co. Genealogical Society 12:00 Lunch 1:00 Cards & Games	11:00 Music Therapist, Hannah 16 12:00 Lunch 1:00 Games	Day Trip, Auburn Cord 23 Duesenberg Museum 10-Noon Val at Evergreen Library 11:00 "Just So You Know" by Fulton Co. Health Dept. and free BP checks 12:00 Lunch 1:00 Cards	Wear Yellow 30 National Lemon Juice Day 11:00 The Dish on Diabetes, Fulton Co. Health Center Diabetes Educators 12:00 Lunch 1:00 Puzzles
MONDAY	11:00 Estate Planning Tips with Attorney Rebecca Steinhauser 12:00 Lunch 1:00 Puzzles	11:00 "Just So You Know" by Eulton Co. Health Dept. and free BP checks 12:00 Lunch 1:00 Word Games	10:30 Free Hearing Aid Cleaning 15 11:00 Learn How to Access the Senior Center Menu, Activities, etc. with the new Fulton Co. App 12:00 Lunch 1:00 Cards & Game	11:00 Golden Drummers 22 (A Demonstration by 2-3 members) 12:00 Lunch 1:00 Games	11:00 Be Wise to Scams 29 & Fraud; Update with Val Edwards 12:00 Lunch 1:00 Cards

SENIOR B-33

ARCHBOLD / FAYETTE ACTIVITIES

ARCHBOLD - SCOUT CABIN MON., WED., & FRI.

A TELLE FAMILY LIFE CENTER

TUES., & THURS.

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FRIDAY	National Dahlia Month Wear Floral Print Today 10:00 Site Council 10:30 Bingo 12:00 Lunch & Birthday Cake 1:00 Word Games	10:30 Bingo with Pam 12:00 Lunch 1:00 Cards & Games	10:30 Bingo 12:00 Lunch 1:00 Cards	National Bow Tie Day Wear a Bow Tie 10:30 Bow Tie Bingo 12:00 Lunch 1:00 Games	
	4	11	8	25	
THURSDAY	National Dahlia Month Wear Floral Print Today 10:00 Site Council 10:30 Bingo 12:00 Lunch & Birthday Cake 1:00 Puzzles	10:30 Bingo 12:00 Lunch 1:00 Word Games	10:30 Bingo 12:00 Lunch 1:00 Cards & Games	National Bow Tie Day 2: Wear a Bow Tie 10 to Noon Val at Wyse Commons 10:30 Bow Tie Bingo with Pam 12:00 Lunch 1:00 Cards	
WEDNESDAY	11:00 "Just So You Know," Fulton 3 Co. Health Dept. & Free BP Checks 12:00 Lunch 1:00 Cards	11:00 A look at Friendship 10 "Calling Cards" with Fulton Co. Historical Society 12:00 Lunch 1:00 Puzzles	10:30 Toe Nail Clinic (By Appoint 4 7 ment) 11:00 A look at Lausanne, Switzerland, with Jordyn Pursel 12:00 Lunch 1:00 Word Games	11:00 Music by Michael Buck 24 12:00 Lunch 1:00 Cards & Games	Wear Yellow 31 National Lemon Juice Day 11:00 Habitat For Humanity Update 12:00 Lunch 1:00 Puzzles
TUESDAY	11:00 Corn Hole 12:00 Lunch 1:00 Games	11:00 Music by Michael Buck 9 12:00 Lunch 1:00 Cards	11:00 "Just So You Know," 16 Fulton Co. Health Dept. & Free BP Checks 12:00 Lunch 1:00 Puzzles	10:30 Toe Nail Clinic 23 (By Appointment) 11:00 Habitat For Humanity Update 12:00 Lunch 1:00 Word Games	Wear Yellow 30 National Lemon Juice Day 11:00 American Red Cross Update 12:00 Lunch 1:00 Cards & Games
MONDAY	10:30 Bible Study 11:00 Corn Hole 12:00 Lunch 1:00 Cards & Games	10:30 Bible Study 11:00 Americare 12:00 Lunch 1:00 Games	10:30 Bible Study 11:00 Zingo 12:00 Lunch 1:00 Cards	10:30 Bible Study 11:00 Bible Book Paragraph Word Game 12:00 Lunch 1:00 Puzzles	10:30 Bible Study 29 11:00 Youth For Christ, Luke Nagy 12:00 Lunch 1:00 Word Games



Forwarding and return postage guaranteed
Address service requested
Postmaster: Send address changes to:
Fulton County Senior Center
240 Clinton Street
Wauseon, OH 43567-1109



DATED MATERIAL - DELIVER BEFORE AUGUST 1, 2016

FULTON COUNTY SENIOR CENTER STAFF

rector	Sheri Rychener
dector	Peggy Rupp
peptionist	Karen Schroeder
phicle Maintenance Supervisor	Wes Green
pusekeeping Program Manager	Laura Ankney
ad Cook	Kyle Wilcoxon
sistant Cook	Deb Villalovos
ood Program Manager	Deb Myers
chen Aides	andy Lemley, Leslie Gype
tivity Coordinator	Vicki Hoylman
tivity Coordinator	Beth Ricker-Flory
ormation & Referral Specialist	Valerie Edwards
e Manager, Archbold/Fayette	Bill Rose
e Aide, Archbold/Fayette	Tracey Wanner
e Manager, Delta/Swanton	Jeanne Ortiz
e Aide, Delta/Swanton	Claudia Overmyer
eal Delivery & Custodian	ve Smith, Andrea Coburn
eal Delivery Kim Machinski, Jerry Lighthill, Juan Avina, Chris Sager, Bill Sigg, Naaman Thomas, Brend	da Hauck, James Mapes
ıbstitutesBudy Thourot, John Moden, Peggy Wilson, Leland Good, Joe Sutton, Maryann Griffin, Jim	Moden, James Baldwin,
Pam Miller, Tim Gorsuch, Carol Duvall, Angela Jo	hnston, Sharon McCabe

The Fulton County Senior Center is a program of the Fulton County Commissioners, funded through levy money, donations, and under a grant, administered by the Ohio Department of Aging and the Area Office on Aging.

Please direct all calls/inquiries to our main number at 419-337-9299.