

SERVING CITIZENS OF FULTON COUNTY 60 YEARS & OVER

SENIOR

AUGUST 2020

Fulton County Senior Center
240 Clinton St., Wauseon, Ohio 43567
Phone: 419-337-9299 • Fax: 419-337-9289 • Hours: 8am-4pm



SENIOR NEWS

TIPS FOR SENIORS STAYING HOME

Experts agree on the following tips for seniors who are spending more time at home during this worldwide pandemic. Consider the following ways to improve yourself mentally and physically.

- Move, Stretch, Exercise
- Learn Something New
- Try Armchair Travel
- Nutrition, Regular Meals, Fresh Foods
- Reach Out, Keep in Touch
- Look for Some Humor Daily
- Use Music to Uplift Your Mood

SENIOR SPOTLIGHT



"I've always kept busy," Ruth Shelt said as she listed some of the myriad roles she has had in her nine decades of life in northwest Ohio. She grew up in Swanton, graduated Class of 1946, then married Keith and moved six miles to a Delta farm.

Ruth was a caterer and hosted many events at the family farm. Among other things, Ruth served as Girl Scout leader, 4-H advisor, and she baked and decorated wedding cakes with ornate staircases and arches. She worked at Fulton Manufacturing flashlight factory for 20 years. In 2020, Ruth received a pin for her 70-year membership with the Legion Auxiliary. Still an active Legion member, Ruth organized numerous casino trips before the Coronavirus hit.

While sheltering at home, Ruth has enjoyed reading, completing word search puzzles and checking in with family members from a distance. This was not her first quarantine. "We were still in grade school, and we were quarantined at home with the measles. They placed a red sign on the house that read "quarantine" and nobody was supposed to go in or out," Ruth recalled.

"I miss the Senior Center. We are very fortunate that Fulton County has such a good program for seniors! My daughter and I have attended some day trips, and we enjoyed playing BINGO at the Delta site," Ruth said.

Keith and Ruth were married for 64 years until Keith's death in 2012. They raised seven children and the Shelt family now has 15 grandchildren, 31 great-grandchildren and 12 great-great-grandchildren. "We had a good life. We were very fortunate," Ruth said.

LOCAL COOLING CENTERS

As summer temperatures rise, take note of these Fulton County cooling center locations.

Crossroads Evangelical Church – 845 E. Leggett Street Wauseon, Ohio
M-TH 8:30 am to 5:00 pm and Friday 8:30 am to 3:00 pm

North Clinton Church – 831 W. Linfoot Street, Wauseon, Ohio
M-F 8:00 am to 4:00 pm

St. John's Christian Church – 700 S. Defiance Street, Archbold, Ohio
M-F 8:00 am to 9:00 pm; call first, (419) 446-2545

Trinity Lutheran Church – 410 Taylor St. Delta, Ohio
M-F 9:00 am to 5:00 pm with the doors unlocked from 9 to noon; call first, (419) 822-4579

Wauseon Public Library – 117 E. Elm Street, Wauseon Ohio
Mon, Tues, & Thur. 10:00 am to 8:00 pm, Wed. and Fri. 10:00 am to 5:00 pm, and Sat. 10:00 am to 2:00 pm

SIMPLE EXERCISES FOR SENIORS

Wrist Curls

1. Place your forearm on a chair's armrest with your hand hanging over the edge.
2. Hold a full water bottle or a canned good with your palm facing upward.
3. Slowly bend your wrist up and down, then repeat 10 times.
4. Switch sides, and perform 10 reps with your other hand. Repeat one more set of 10 on each side.

Knee Extensions

1. Begin seated in a chair with your back straight and knees bent.
2. Slowly extend your right leg forward and hold for a few seconds before lowering back to starting position.
3. Repeat with your left leg.
4. Do 10 reps per leg.

Step-Ups

1. Begin at the bottom of a set of stairs. Step on the first stair with your left foot.
2. Then, lift your right foot slightly off the floor and hold it in the air for a count of fifteen.
3. Step down to the floor with your right leg, then the left.
4. Repeat on the opposite side and repeat 10 times per side.

Arm Circles

This arm exercise targets your triceps, biceps, and shoulders. You will feel this exercise in your shoulders. You'll be able to do more revolutions if you keep your abdominal muscles pulled in and tight.

1. While standing straight with your feet flat on the ground and arms extended out to the side at a 90-degree angle to your body, start moving your arms in small, fast circles forward.
2. Do as many rotations as you can and then reverse the motion, doing as many circles as you can in the reverse direction.
3. Take a break and repeat two more times.
4. If you need to sit for this exercise, make sure your feet are flat on the ground and your back is straight.

B	I	N	G	O
Read a good book.	Complete the Wrist Curls exercise as explained on Page 2.	Eat a fresh vegetable today.	Make something creative (new recipe, craft, art, etc.)	Interact with your pet or a friend's pet.
Range of motion: Using your big toe & moving from the ankle joint, "trace" the alphabet in the air 3 times per foot.	Make a gratitude list.	Complete the Arm Curls exercise from Page 2.	Tap your hands and toes in rhythm to one song on the radio.	Phone a friend or family member.
Enjoy this "Dad Joke." What do you call someone with no body and no nose? Nobody knows.	Drink 64 oz of water in one day.	FREE SPACE!	Tongue twister: A tutor who tooted the flute tried to teach two young tooters to toot. Said the two to the tutor, "Is it harder to toot, or to tutor two tooters to toot?"	Of what does the scent of freshly cut grass remind you?
List as many words as you can that rhyme with the word "best."	Let go of something: a grudge	Did you know? What's the largest tire manufacturer in the world? LEGO! (318 million tires in 2011)	Take a walk.	Complete the Step Up Exercise as described on Page 2.
Answer: Living through this pandemic has taught me THIS about myself. _____	Reminisce: where is the most beautiful place you have visited?	Complete Knee Extensions Exercise as described on Page 2.	Eat one piece of fresh fruit today.	Think about it: what is the first thing you will do at the Senior Center when it re-opens?

We know many of you miss playing BINGO at the Senior Center. Here is a BINGO card you can complete at Home.

HOW TO PLAY: Complete a row vertically, horizontally or diagonally. Tell us you have achieved a BINGO and we will enter one ticket into our raffle with your name on it! Contact us via email at vhoylman@fultoncountyoh.com or by phone, 419-337-9299 Include your name AND phone number. For this month, FIVE BINGO MAXIMUM = 5 RAFFLE TICKET MAXIMUM. Prize winner will be drawn on August 31.

ALZHEIMER'S ASSOCIATION OFFERS SUPPORT

The Alzheimer's Association, Northwest Ohio Chapter is still providing services to Fulton County Residents. The Alzheimer's Association can provide support, guidance, coaching, and education for individuals and families impacted by Alzheimer's Disease and all Dementia's. The Alzheimer's Association's helpline (800-272-3900) is taking calls 24/7 to help provide support to individuals with the disease, caregivers, and family members. We also have virtual education programs, virtual/ telephonic caregiver support groups, and virtual/ telephonic care consultations. If interested in registering for a caregiver support group or you want more information on the education programs please call the helpline at 800-272-3900. If interested in a care consultation please reach out to Dakota Stone at 567-302-3608.

SENIOR CENTER MENU SCRAMBLE #2

1. DESTMEA KSRAFN _____
2. TNAU SAADL _____
3. OPT SRATO _____
4. SSISW AKETS _____
5. BAEKD ECICKHN _____
6. AECAGBB SROLL _____
7. AGSUAES AND TRKAU _____
8. TOTPAO OUPS _____
9. CEEDMAR PDIECPH EBEF _____
10. LHCII _____

HOW TO FREEZE APPLES

If you find yourself with a surplus of apples, freezing them might be a good option for you. Having a stash of frozen apples makes it extra easy to throw them into baked goods or smoothies. After thawing, frozen apples can have a different texture, and are best used either pureed or in baked goods rather than eaten raw. Source: AllRecipes.com

1. Peel and core the apples. Cut apples into eighths, or if you want thinner slices for something like an apple pie, then cut them even smaller.
2. Soak the apple slices in a lemon juice bath for 5 minutes. 4 cups water + 2 tablespoons lemon juice.
3. Drain. Either dump the apples into a colander or let them sit on a baking sheet propped up on one end.
4. Arrange on a parchment-lined baking sheet.
5. Freeze for 4 hours or overnight.
6. Transfer to a freezer bag, labelled with the contents & date. To remove extra air from the bag, you can use a straw to suck it out.
7. Use in the next year. As long as you do a good job of draining the apples and remove as much air as possible from the freezer bags, frozen apples are good in the freezer for a whole year.

SCRAMBLE ANSWERS:

- | | |
|--------------------|-------------------------|
| 1. Steamed frank's | 6. Cabbage rolls |
| 2. Tuna salad | 7. Sausage and kraut |
| 3. Pot roast | 8. Potato soup |
| 4. Swiss steak | 9. Creamed chipped beef |
| 5. Baked chicken | 10. Chili |

LUNCH CALENDAR

AUGUST, 2020

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. LUNCH SERVED AT NOON.

LS Alt = Lower Sodium Alternative **(Items must be ordered at least one week in advance)**

LF Alt = Low Fat Alternate **(Items must be ordered at least one week in advance)**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Seafood Salad Sandwich 3 Broccoli Salad Fruit Compote	Turkey Burgers 4 Seasoned Potato Wedges Summer Squash	Cabbage Rolls 5 Mashed Potatoes Carrots	Turkey Sandwich 6 Cranberry Relish Pudding	Breaded Salmon Patty 7 Rice Pilaf Creamed Peas
Turkey & Gravy 10 Mashed Potatoes Green Beans	Chicken Alfredo Pasta 11 Malibu Blend Vegetables Baked Apples	Ground Bologna Sandwich 12 Cauliflower Salad Dark Sweet Cherries	Breaded Fish Fillet 13 Macaroni & Cheese Stewed Tomatoes	Meatloaf 14 Mashed Potatoes Beets
Ham & Cheese Sandwich 17 Marinated Carrots Jell-O	Beef Franks 18 Baked Beans Seasoned Corn	Teriyaki Chicken 19 Fried Rice Midori Blend Vegetables	Baked Ham 20 Sweet Potatoes Sugar Snap Peas	Goulash 21 Zucchini Pineapple Casserole
Tuna Salad Sandwich 24 Macaroni Salad Peaches	Sausage, Egg & Cheese 25 Sandwich Hash Brown Casserole Cherry Crunch	Braised Beef Tips 26 Egg Noodles Green Beans Applesauce	Turkey Salad Sandwich 27 Green Salad Irish Fluff Dessert	Hot Chicken Sandwich 28 Roasted Potatoes Mixed Vegetables
31				



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

Icon of an envelope in a green circle. Text: If you or a family member would like to receive this newsletter by e-mail, please contact us at kschoeder@fultoncountyoh.com.

DATED MATERIAL - DELIVER BEFORE AUGUST 1, 2020

FULTON COUNTY SENIOR CENTER STAFF

Table listing staff roles and names: Director (Sheri Rychener), Receptionist (Karen Schroeder), Information & Referral Specialist (Valerie Edwards), Administrative Assistant (Chris Sager), Vehicle Maintenance Supervisor (Wes Green), Housekeeping Program Manager (Laura Ankney), Head Cook/Kitchen Manager (Kyle Wilcoxon), Assistant Cook (Deb Villalovos), Food Program Manager (Kim Machinski), Kitchen Aides (Sherry Bittinger, Sandy Lemley, Maryann Griffin), Activity Coordinator (Vicki Hoylman), Activity Support Staff (Beth Ricker-Flory), Volunteer Coordinator (Brooke Bosco), Site Manager, Archbold/Fayette (Linda Holly), Site Aide, Archbold/Fayette (Dorothy Bock), Site Manager, Delta/Swanton (Jeanne Ortiz), Site Aide, Delta/Swanton (Claudia Overmyer), Custodian (Danni Smith, Jeffrey Waidelich), Meal Delivery (Dave Smith, Juan Avina, Bill Sigg, Jeffrey Waidelich, Aimee Roth, Sherilyn Meiring, James Davis, Brenda Hauck, James Mapes, Angela Johnston, Andrea Coburn), Substitutes (Judy Thourot, Alice Smallman, Peggy Wilson, Joe Sutton, James Baldwin, Robert Shaw, Vicki Kline, Butch Kline, Dennis Peabody, Tim Gorsuch, Sharon McCabe, Chad Hayward, Karen James, Deb Gabel, Anita Ehrsam).

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.

Table with 3 columns: Site Name, Days, and Hours. Rows include Wauseon Site (M-F, 8:00 am - 4:00 pm), Archbold Site (T and F, 9:00 am - 2:00 pm), Delta Site (T and Th, 9:00 am - 2:00 pm), Fayette Site (M, W, Th, 9:00 am - 2:00 pm), Swanton Site (M, W, F, 9:00 am - 2:00 pm).