

# Senior Savvy

A Publication of the  
HANCOCK COUNTY AGENCY ON AGING, INC.

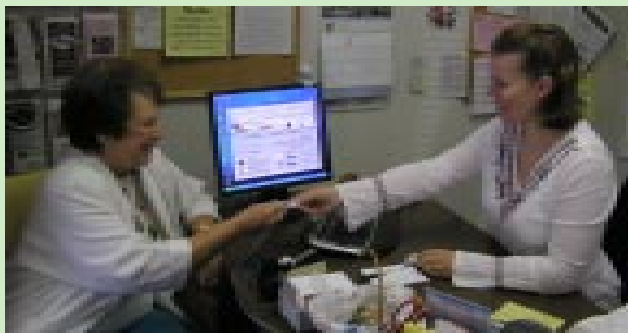
For Senior Adults in Hancock County, Their Family, and Friends



July-September 2007

## Introducing "My Senior Center"

Over the last few weeks, visitors to The Senior Center have been introduced to "My Senior Center" a new computer system which will help us track the usage of The Senior Center facility and services.



*It's easy and quick to get your "My Senior Center" card*

Tracking the usage of our services and facility has become a necessity in today's world. Often, our funding sources request that we demonstrate how many people we serve in our various programs. Our funders, whether they are the county tax payers, grant making organizations or PSA-3 need to be good stewards of their funds. They want to know how much need there is before committing and once they've provided funding, they need to track how their money is being used.

Up until now, these statistics have been kept by hand, not always the most accurate process. For example, with activities and events, we do this through sign-in sheets. At times, when we have a lot of guests, this method can be time consuming and inefficient. As a result, some people decide to just skip the sign-in process all together, leaving us with inaccurate counts. Thus, tracking these statistics has depended more on "guesstimating" than on actual, verifiable counts.

As with anything new, it may take awhile to make "My Senior Center" an efficient and workable tool. We

certainly appreciate the patience and cooperation of our seniors who have already been logged in. For those of you who have yet to become a part of "My Senior Center," here's what to expect:

You'll be asked to complete a registration sheet which asks for basic identification information. One of our staffers will then log your information into our computer and take your picture with our computer camera. The whole process takes just a few minutes and is done at your convenience when you visit us at The Senior Center.

Once you are logged into the system, we'll give you a mini-ID card you can keep in your wallet or on your keychain, just like the cards issued by grocery stores and gas stations. Then, each time you visit The Senior Center, all you'll need to do is scan your card at the scanner and choose your activities on the convenient touch-sensitive computer screen. Our goal is to eventually be able to eliminate the need to use sign-in sheets. And of course, one of our staffers or volunteers will be happy to show you how to do this.

*See page 5 or answers to Frequently Asked Questions (FAQ's) about My Senior Center...*

**Mark Your Calendars for**  
**The 2007 Caregivers Series**  
*A community resource for persons caring for*  
*Older Adults*  
**September 20, 27, October 4, 11 and 18**  
**7:00-9:00 pm**  
**The Senior Center**  
**423 Trenton Avenue, Findlay**

*See page 6 for details.*

## Director's Message

Summer is here in full swing and so are Senior Center activities and services. It is amazing and fulfilling to see all the hustle and bustle of our seniors actively participating and volunteering in programs and services provided.

I am not usually one that likes to bore people with statistics, but I believe our current situation warrants a few brief numbers. Through the first five months of this year:

- Mobile Meal deliveries are up 24% from 2006,
- Chore Service units (jobs performed) are up 36%,
- Volunteer Hours have nearly tripled from an average of 500 hours per month to over 1,500 hours of service per month.
- Activities have increased 34% overall
- Senior Café is up a whopping five times the number of seniors served last year. So far this year we have served 8,736 lunches, averaging 84 people per day, compared with 1,816 lunches in the same timeframe last year.

We have tried to achieve these increases without cutting the quality of service to all of you. I know that occasionally people have been a little frustrated if we cannot get to them as quickly as they may prefer or get a room changed over at the Senior Center as seamlessly as we would like. Generally, everyone has been very understanding as we work within the logistical framework we currently have. As I stated in April, we are bursting at the seams in both space and parking, but we are always striving to make sure that every senior is cared for and treated in a friendly, upbeat and compassionate manner.

If you have been in the center any time in the last six weeks you have probably been “subjected” to our introduction of

our new My Senior Center computer program. I say “subjected” rather tongue in cheek because the program is an exciting new way for us to track our services to know what people want and who we are serving. Further explanation will follow in another article in this edition of the Savvy.

We had a great tribute to all our volunteers in April at our annual Volunteer banquet. The Agency on Aging could not function without all the hours of service provided by the many volunteers who give of their time and talents in such a positive energetic manner. **Thank You!!**

I would be remiss if I left out an introduction and welcome to two new staff members at the Agency. Pearl Cuffey has taken on joint duties of Custodian and Chore Worker. Sandy August has taken over the duties as Bill’s assistant in the kitchen. Both are doing a wonderful job and are playing a vital role maintaining the quality of service I alluded to earlier.

I also wish to thank Lela Coppus for all of her years of service. We’ll enjoy having Lela with us as one of our seniors.

Finally, I would simply like to say thank you to all of you for all the positive responses we get from you. I am proud of the staff we have and their continuing efforts to provide excellent service to the seniors of Hancock County.

Feel free to call or email me with any questions, comments or concerns. I always enjoy visiting with each and every one of you. My email is [jurbanski@hancockseniors.org](mailto:jurbanski@hancockseniors.org).

Have a great summer,

*John*

Senior Savvy - Issue 11

Leni Mueller, Editor

**Senior Savvy is a quarterly publication of the Hancock County Agency on Aging (The Senior Center) who’s mission is to *enhance the quality of life of older adults by empowering them to maintain and create independence through advocacy, education, support and fellowship.***

Hancock County Agency on Aging  
423 Trenton Avenue ~ Findlay, OH 45840  
419.423.8496  
[www.HancockSeniors.org](http://www.HancockSeniors.org)

## Building Upgrades Under Way

If you've visited The Senior Center lately, you've probably noticed a number of improvement projects going on. In May, the Millstream Career Cooperative Class from Findlay High School, under the supervision of instructor Marvin Miller, began the process of replacing our roof. Unfortunately, the unpredictability of spring weather hampered the progress and it could not be completed before school let out for the summer. The project is slated to be finished when classes resume in the fall.

The other big project has been the installation of new heating and air conditioning equipment, including ductwork. For quite some time now the office side of our building has been plagued with under-performing air conditioning and heating due to aging equipment and collapsed ductwork.



Once this project is completed, everyone should be comfortably cool in the summer and toasty warm in the winter.

Executive Director John Urbanski observes, "We know there have been times during this process when our guests and staff have had to endure disruption of hammering on the roof or construction dust on the carpets. We appreciate your patience as we make improvements to your Senior Center."

## Snow List Starts October 1

Here's a cool thought for these broiling hot summer days—by the time the next issue of Senior Savvy is printed it will be time to sign-up for snow removal with our Chore Services. Mark your calendar now for Monday, October 1, the first sign-up day for snow removal service. "Everyone who would like the service must call us to sign up, even if you had snow removal service last year," emphasizes Chore Services Coordinator Joe Stoner. "We are limited to the number of people we can accommodate and the list fills up fast." He adds, "We take names on a first-come first serve basis, so mark your calendars to give us a call on October 1." Suggested donation for each snow removal service is \$15, but any amount is accepted.

In addition to snow removal, our chore workers are available to assist anytime with indoor and outdoor chores, minor repairs, heavy-duty cleaning and home maintenance.

## Sharing the Garden's Bounty

A number of our gardener friends have asked if we could use fresh garden produce in our Mobile Meals and Senior Café menus. Chef Bill Conine responds to this question with an enthusiastic "YES!"

Bill adds, "We love to be able to include garden fresh produce in the meals we prepare here. So many of our Mobile Meals clients and Senior Café guests can remember when they had gardens. They really appreciate the opportunity to savor once again those wonderful flavors that you can only get with home grown fruits and vegetables. It's really a special treat!"

If you want to share some of your garden goodies, just bring them in to The Senior Café kitchen. We'll use what we can in our cooking here. Then, if there are any leftovers, we'll put them out to share with other seniors.

## Last Call for Lost and Found

Our Lost & Found collection is growing and we're running out of room. A number of these items have been here for several months, including some nice jackets and other items. If you think one of these items might be yours, stop by and check it out. **Items not claimed by Friday, July 20 will be donated to charity.**

## Volunteer Opportunities Abound

Volunteer Coordinator Mike Noggle and Mobile Meals Coordinator/Sr. Cafe Coordinator Stacy Nungester are looking for a few (well, actually more than just a few) good volunteers to help with a wide variety of programs at The Senior Center and at our events.

Volunteering at The Senior Center is fun and flexible. You can arrange a schedule that suits your life, whether it's once a month, once a week or as often as you are able. All new volunteers will receive an orientation and on-the-job mentoring. For more information on our volunteer opportunities, call Mike at 419-423-8496. Contact Stacy if you would like more information about volunteering for Mobile Meals. Volunteer Application forms are available at The Senior Center or online at [www.HancockSeniors.org](http://www.HancockSeniors.org).

**Senior Café Volunteers** - The Senior Café has become a very popular dining spot. As a result, we always need volunteers for a variety of duties. Senior Café volunteers are needed weekdays between the hours of 10:00 am and 2:30 pm. Each duty requires about 1 ½ hours. We need people to help with set-up, serving food, rolling silverware, wiping tables, bussing tables, loading the dishwasher, putting dishes away and various other tasks.

**Mobile Meals Delivery Drivers** deliver meals to homebound seniors. Meals are prepared and packaged here at the Agency and delivered late morning. Volunteers should allow for 1-1/2 hours per route. Each route averages 6 to 12 client stops. Routes are arranged by area of the city and average 10-15 miles per trip, depending upon what part of town the volunteer is coming from.

**Mobile Meals Packers** help package the meals and then pack them into specialized hot or cold carrying cases. Packers should plan on about 1 ½ hours in the mid-morning. Packers are urgently needed for Tuesday and Thursday mornings.

**Bingo Night** – On the 4<sup>th</sup> Wednesday evening of each month, the Agency provides the volunteers to host the

weekly Bingo night at the Center. We need volunteers to call Bingo, help with the refreshments, sell instant game tickets or call back numbers.



*Mike Noggle nominated Nancy Siferd for the Med Mutual Volunteer Award.*

**Grocery Delivery Service** - This program makes weekly grocery deliveries to homebound seniors. Groceries are delivered every Wednesday between the hours of 10:00 am and 2:00 pm. Volunteer drivers pick up the pre-bagged orders at Great Scot, deliver them to the seniors' homes and then return their payments to the store. This program has been a project of the Findlay Service League (FSL) for several years; however the number of clients in this program has grown beyond what the FSL membership can accommodate on their own.

**Hancock County Fair** - Once again, the Agency will have a booth at the Hancock County Fair. We are seeking volunteers able to work two hour shifts hosting our booth. The Agency will pay your admission to the Fair on the days that you volunteer at least one 2-hour shift. This year, the fair is August 29 to September 3.

**Harvest Ball at Riverbend Lodge** - On September 6, we're hosting a dinner and dance at Riverbend Lodge (see page 7 for more details on the event). We'll need help with set-up, decorating, serving food and clean-up.

## DC Trip Deadline Is July 16

While the Hancock County Veterans' Trip to Washington, D.C. is proving to be very popular, there is still room available. "We seem to have struck a chord with this trip," says trip coordinator Mike Noggle. "The response has been tremendous. We are thrilled that so many of our area veterans will be able to join us on this journey." For more information on the tour, see page 14 or call us at 419-423-8496.

**Donations Sought:** "We are also still accepting donations to help reduce the cost of the trip to our vets," adds Noggle. Donations should be made payable to Hancock County Agency on Aging and sent to 423 Trenton Avenue, Findlay, Ohio 45840.

## My Senior Center FAQ's

The following are some of the *Frequently Asked Questions (FAQ's)* about "My Senior Center"

### ***Do I need to know how to use a computer to use "My Senior Center"?***

No. All you need to be able to do is pass your card with the barcode in front of the scanner. Then, lightly touch the items on the screen that pertain to your visit. When you have selected all of your activities, you touch "I'm done" and the unit will record your choices. It's that easy!



***Just Scan...***

### ***How secure is my information?***

Your information is very secure. We guard your privacy according to the same HIPPA guidelines by which we keep all of our records. There is no way for the public to access your information and only four key

Agency staffers have access to anything beyond your basic contact information. In addition, the company which provides "My Senior Center" employs state of the art computer security systems to safeguard our files.

### ***How will you use my personal information?***

"My Senior Center" is not another instance of Big Brother watching over you. For the most part, your information will be used in a *statistical* format where we group information *without* personally identifiable characteristics.

### ***Why do you need to know my date of birth?***

Knowing your date of birth helps us track the number of people we serve by age group. This information is important for the purpose of planning and funding. People of different age groups often have different service needs. For example, it is useful to know how many of our seniors are age 60-70, 71-80 or 85 and older. Not

having accurate counts of the age groups we serve hampers our ability to plan for appropriate services.

### ***Why do you need my picture?***

Having your photo in our database along with your other information enables our staff to serve you more personally. For example, if you call in to register for a service, we can match a name with a face. And, who among us hasn't occasionally needed a little help with that?



***Touch...***

### ***Why do you need to know my emergency contact information?***

While it doesn't happen often, we do from time to time have a guest become ill or have some other emergency where it would be very beneficial to be able to quickly locate who we should call for assistance. There have been occasions where there was no

emergency contact information in the person's wallet and none of the other seniors or staff knew who they were. If you don't already carry emergency contact and medical information with you, we have convenient wallet size cards available for this purpose—just ask.



***And you're done!***

### ***Will it track my volunteer hours for me?***

For volunteers, it will make tracking your volunteer time almost effortless. Just scan your card when you leave and punch in what you did and how much time. Once again, just ask if you need help.

We are working with the "My Senior Center" computer programmers to custom-tailor the program to our needs. This process may take some time, so we ask for your continued patience. Once the programming is complete, we anticipate that "My Senior Center" will be an invaluable tool which will enable our staff to better serve you.

If you haven't yet registered with "My Senior Center," we invite you to do so the next time you visit. To those of you who have already done so, we extend a sincere "Thank You." If you have further questions, please don't hesitate to ask.

## Caring for Caregivers 2007

Caring for an aging or ill family member or friend is a labor of love. While it's often rewarding, sometimes the responsibilities of caregiving seem overwhelming. Often, learning where to turn for help can relieve some of the stress.

The Caregivers Series is a five-week series which offers a wealth of information and an overview of the resources to assist the caregiver in accessing the help they need. The series is presented by the Hancock County Agency on Aging, The Alzheimer's Association (NW Ohio Chapter), Hancock County Office of the Ohio State University Extension and the University of Findlay Occupational Therapy Program. Funding for the series is through a grant from the PSA-3 Agency on Aging, Lima, Ohio.

The Caregivers Series is free and open to the public. Classes are from 7:00 to 9:00 pm on Thursdays, September 20 to October 18. The series concludes with a FREE Caregiver Dinner which begins at 6:00 pm. ***RSVP for the dinner is required by October 11.***

Participants are encouraged, but not required to attend all five sessions. ***Pre-registration is requested by calling The Senior Center at 419-423-8496.***

## September 20

***“Medication Management for Older Adults” and “Medication Review Clinic”***

Tracey Pierce, RPH, CGP--Blanchard Valley Hospital & Students from Ohio Northern University School of Pharmacy

Studies show that older adults use more prescription and over-the-counter medications than any other age group. Tracey will discuss the problems that medication reactions can cause in older patients.

Following her presentation, Tracey and her students will offer a clinic to review participants' medications of participants for possible interactions or adverse side effects. Persons wishing to have a medication review should bring a list showing the full drug name, strength and dosage for all of their prescription and non-prescription medications including supplements.

## September 27

***“e-He@lth for Caregivers”***

Cyndy Goodwin, MS/OTR/L— The University of Findlay Occupational Therapy Program

“e-Health” refers to the use of the internet to improve or enable health. Most older Americans have never used the internet and as a result are at a disadvantage as health resources rely increasingly on the World Wide Web. Cyndy will provide participants with an overview on how to identify credible internet health resources and become more actively involved in managing their health care and the care of their loved ones.

***“Who Gets Grandma’s Yellow Pie Plate?”***

Barbara Brahm, BS, MS— Ohio State University Extension, Hancock County

Barb will offer insight and helpful strategies which will aid families in communicating about end of life issues and provide creative ways of planning for disbursement of personal property, down-sizing, getting records together and collecting family stories. Her tips can turn a potentially stressful process into an opportunity for family enrichment.

## October 4

***“Financing Care: Medicare, Medicaid and Passport”***

Sharon Lewis— Hancock County Job & Family Services

As costs for healthcare continue to escalate, senior adults and their caregivers need to understand the healthcare financing programs available. Sharon give an overview of Medicare, Medicaid and Passport and how these programs impact the financial aspects of care.

***“Ask the Lawyer: Legal Issues in Eldercare”*** Mike Noggle, JD — Hancock County Agency on Aging.

Caregivers should be aware of the legal issues surrounding caregiving and the end of life. Mike will give an overview of the use of Financial and Healthcare Powers of Attorney, Living Wills and other important documents. The session will close with a question and answer session covering pre-submitted questions from participants. Questions should

be submitted at the first two sessions or by calling 419-423-8496 by Tuesday, October 2.

### October 11

#### ***“Understanding and Utilizing Reverse Mortgages for Senior Income Needs”***

Ruth White— Reverse Mortgage Specialist, Wells Fargo Home Mortgage

Reverse mortgages are an often-overlooked and under utilized tool for helping seniors access the equity in their homes for purposes of supplementing income, home maintenance or to make modifications to the home which will enable a senior to remain in the home. Ruth will explain the advantages and disadvantages of reverse mortgages.

#### ***“Home Safe Home: Creating a Safe and Accessible Home”***

Presenters: Mark Miller—Guardian Medical; Cyndy Goodwin, MS, OTR/L—University of Findlay and Students from the U of F Occupational Therapy Program

Having a safe and accessible environment can enable seniors to live independently. This session will offer strategies for improving the safety and accessibility of the home, with emphasis on fall prevention and universal design concepts. *Universal design or inclusive design*

refers to the design of products, services and environments to be as usable as possible by as many people as possible regardless of age, ability or situation.

### October 18: Caregivers Dinner & Community Resource Panel

#### ***Keynote Address: “Caring for the Caregiver”***

Lynn Ritter, Ph.D.— Education Coordinator, Alzheimer’s Assn., NWO Chapter

In this upbeat and entertaining presentation, Lynn will offer insight and inspiration to caregivers, reminding them to not neglect themselves in the process of caring for others.

#### ***“Community Resource Panel”***

Beth Wechta, MSW, LISW— Geriatric Therapist, Century Health Inc.

Marianne Bradshaw— Director, Long Term Care Ombudsmen Program, Region 3

Amanda Schroeder, LSW, BA— Community Resource Center Director, PSA-3 Agency on Aging

Kim Simmonds, RN— Marketing Director, Bridge Home Health and Hospice

Martha Williman, RN, BSN— Education Coordinator, Alzheimer’s Association NWO Chap.

Tammie Mattis, L.S.W.— Outreach Coordinator, Hancock County Agency on Aging;

Sue Myers— Adult Protective Services Officer, Hancock County Job & Family Services.

## Join Us At The Harvest Dinner Dance on September 6

If you like good food, good music and fun, then plan on attending the Harvest Dinner Dance at Riverbend Lodge on Thursday, September 6 from 5:00 to 10:00 pm. The event is open to the public; you don’t have to be a senior to attend.



A great big THANK YOU goes to Ellen Schindler for sponsoring the band’s performance at our event.

The Harvest Dinner Dance should prove to be a night filled with fun.

Dinner will be served from 5:00 until 6:30 pm. The menu will feature an elegant pasta buffet, salad, breadsticks, dessert and beverage.

Music and dancing will begin at 7:00 pm. Dancers will enjoy tripping the light fantastic to the big band sounds of the ever-popular “Al Best Band”.

The cost for the dinner and dance is just \$10 per person in advance or \$12.50 at the door. Advance tickets are available at the Senior Center, 423 Trenton Avenue, Findlay.

For more information, call Betty at 419-423-8496.

We offer a variety of activities designed to enhance and enrich your life. All activities are open to Hancock County Seniors first (and friends of all ages if space allows). Unless indicated, all activities are held at the Senior Center. **Call Betty at 419-423-8496 for details, appointments or reservations.**

### SPECIAL EVENTS & PROGRAMS

#### Summer Salute to Hancock County Villages

Senior residents of Hancock County are invited to join us and find out all the activities and services the Hancock County Agency on Aging and The Senior Center have to offer. Events will be from noon to 2:00 pm at The Senior Center located at 423 Trenton Avenue in Findlay.

If you are a resident of one of the following villages, watch your mailbox for an invitation postcard with a special offer. If you don't receive your card, be sure to identify yourself as a village resident on the day of your Village's Salute:

July 9 ..... Rawson  
 July 23 ..... Mt. Cory  
 July 30 ..... Vanlue  
 August 6 ..... Benton Ridge  
 August 13 ..... Van Buren  
 August 20 ..... McComb



We'd like to thank our friends from Arcadia, Jenera, Mt. Blanchard and Arlington who have already joined us for their village salutes.

*(See April 2007 Savvy for details)*

### Arthur Treacher's All-U-Can-Eat Fish Fry

**July 19 4:30-7:30 pm**

**Adults: \$7.00 in advance / \$7.50 at the door**

**Kids: \$4.00**

**Menu: Fish, fries, hush puppies, slaw & beverage**

**Open to the public.**

**Tickets available at The Senior Center**

**Proceeds benefit The Senior Cafe**

**Hancock County Fair:** August 29-September 3  
 Stop by our booth in the Merchants' Building. We need volunteers to host our booth. We provide free admission

to the Fair for volunteers. Call Mike at 419-423-8496 to volunteer.  
*See page 4 for details.*

#### Senior Olympics at Riverbend Lodge

Thursday, September 13 (rain date September 20)

*See page 11 for details.*

#### Harvest Dinner & Dance at Riverbend Lodge featuring the Al Best Band

September 6 - Dinner 5:00-10:00 pm

Open to the public. \$10 pp in advance, \$12.50 at the door.

*See page 7 for details.*

#### Memory Walk for Alzheimer's Association

Sunday, September 16 at Riverbend Lodge

*See page 12 for details.*

#### Bette's Polka Band

Friday, July 13 and October 26: \$3.50 per person

Open to the public. Snacks & Beverages provided.

#### Caregivers' Series

Thursdays, September 20 - October 18.

Anyone who is presently caring for or anticipates caring for an older adult will find invaluable resources in this five week series. Free and open to the public.

All sessions are held at The Senior Center. RSVP is requested at 419-423-8496. *See page 6 for details.*

### LIVELY LUNCHES

Join us at The Senior Café for these special theme lunches.

Lunch is \$3 per person, served from 11:30 -1:00 pm.

Please RSVP in advance for groups of 8 or more at 419-423-8496.

#### Independence Day: Tuesday, July 3

Join us at the Senior Cafe for an All American buffet. Get in the spirit by wearing Red, White & Blue.



*Brenda Roethlisberger shared tips on raising kids at the Mother's Day Lively Lunch*

## SENIOR CINEMA

Join us the 3rd Thursday at 1:30 for an afternoon at the movies with your friends. Movies and popcorn are FREE.

**July 19:** *Night At The Museum* (comedy--PG) Ben Stiller plays a down-on-his-luck night guard at the Museum of Natural History where everything comes alive at night.

**August 16:** *Flushed Away* (animated comedy--PG) A spoiled pet mouse is swept out of his pampered life and into the world of underground sewer rats.

**September 20:** *Casino Royale* (James Bond action thriller - PG-13 - contains adult themes) Some say this new Bond is the best-ever...*see for yourself.*

## HEALTH & WELLNESS

**Blood Pressure Clinics** (*FREE - walk-in basis*)

Wednesdays from 10:00-11:00 am

Clinics are also *usually* available on the 1<sup>st</sup> & 3<sup>rd</sup> Friday from 1:00-2:00 pm.

**Reflexology:** *Appointment required* 419-423-8496. *Donation greatly appreciated.* This ancient healing art applies pressure to core nerve points on the hands and/or feet to promote relaxation and healing.

**Toe Nail Clinic:** *Appointment required* 419-423-8496. Fee \$12. Service is provided by a Registered Nurse (RN). *Bring your own clippers or purchase a set at your appointment for \$1*

**Hearing Aid Cleaning Clinic:** *Free, no appointment needed.* 2nd Tuesday, 11:00 am to 1:00 pm Amplifon Hearing Aid Center will be on hand to inspect & clean hearing aids; new batteries available.

**Senior Fitness at Jim's Gym:** Seniors enjoy a discounted membership fee when they work out during Senior Fitness times, M-F from 10:00am to 11:00 am.



*On Senior Fitness Day, Jim shared the JOY!*

**Water Exercise at Hampton Inn: NEW TIME - Tuesdays & Thursdays 10:00-11:00 am.** Donations appreciated to help cover cost.

**Yoga at Open Circle - 200 W. Lima St.:** Thursdays 1:00-2:00 pm. Fee: \$8 per session

**Tai Chi at Ki Haku Dojo - 108 E. Front St.:** Call for schedule & pricing information: 419-424-3200.

## ENRICHMENT & EDUCATION

**Bible Study:** Mondays 12:30 -2:00 pm

**TRIAD:** First Thursday each month at 1:30 pm TRIAD is a partnership of area professionals in the fields of law enforcement, crime prevention & consumer protection. Each month we'll have an informative program followed by light refreshments. Mark your calendars: July 5, August 2, September 6 & October 4.

**Computer Classes:** Each month we offer a beginners' computer class. Special Thanks to Ruthann Fenimore, our new volunteer computer instructor. Advanced registration is required at 419-423-8496.



**Senior Computer Lab:** HCAOA's free computer lab is available for seniors' use most weekdays from 8 am to 4 pm. We have a very basic, teach-yourself-to-use-a-computer software program available for *use in our computer lab.* See Leni Mueller if you would like to use it.

## OWENS COMMUNITY COLLEGE

*We are presently working on our fall schedule of fun and informative classes for seniors with our partners at Owens Community College. We would love your suggestions for topics!* Call Leni at 419-423-8496 with your requests.

Once again, classes will be offered at both The Senior Center and at Owens Findlay Campus. After August 10, watch The Courier and future Senior Savvy's for details.

**CRAFTY CORNER**

**Open to Adults of any age!** Whether you're a novice or experienced, you'll find friends willing to teach and to share their favorite crafts. Bring your current project or let one of our crafty friends get you started on a hobby you can enjoy for life. *Please Note:* All of our instructors are volunteers and may not be able to attend all sessions.

**NEW! Painting on Fabric with Martha****Jane:**

Easy to use embroidery paints let you create designer home fashions and clothing. If you can write with a pen you can paint with ballpoint embroidery tube paints. Martha Jane will teach the techniques that will make your creations look professional.

Paints and iron-on transfer patterns will be provided for each class. Additional classes will be scheduled in the fall.

**Tuesday, July 10 - Placemats:**

9:00-10:30 am. Kit \$6 includes 2 placemats, pattern & paints.



**Tuesday, August 14 - Pillowcases:**  
9:00-10:30 am. Bring 2 white or pale colored pillowcases. Class fee of \$5 will cover cost of pattern and paints.

**NEW! Plastic Needlepoint Canvas with Nancy:**

Wednesdays 1:00-3:00 pm

Plastic canvas is a versatile craft material that lets you create all sorts of decorative, three dimensional projects. Bring your own supplies or purchase a kit at the class. Kits vary in price, usually no more that \$5.

**Knit & Crochet with Jane:**

Wednesdays 10:00-11:00 am

Knitting and crocheting are "in" again! Whether you're accomplished with the needles or want to learn how, join us for fun, inspiration and sharing.

**Counted Cross Stitch with Marilyn:**

Fridays 10:00-11:00 a.m.

Discover the many ways this popular needle art can enhance your home or accessories.

**Beading with Marsha:**

Thursdays 10:00-11:00 am

Bring your own project or purchase a kit from Marsha (usually about \$3 to cover materials). For all skill levels, beginner through advanced.

**FUN & FELLOWSHIP****The Millstream Rhythm Band Needs YOU!**

Do you like music? Do you like to have fun? If you answered "YES" to these questions, you are qualified to join the Millstream Rhythm Band.

Practices are held from 1:30 to 2:30 pm at The

Senior Center on the first and third Wednesday of each month. The band also performs throughout the community as goodwill ambassadors of The Senior Center.

**SCO - Senior Center Organization**

3<sup>rd</sup> Friday at 1:30 pm

Each month, this lively group of seniors meets for an entertaining or informative program and to plan upcoming events for The Senior Center. Refreshments served.

Mark your calendars: July 20, August 17 & September 21.

**Young At Heart: 1<sup>st</sup> & 3<sup>rd</sup> Saturday at 6:00 pm**

Share fellowship and a good carry-in dinner, and then relax while playing cards, billiards & board games. Beverages provided.

**Tuesday Nite Dance:** Tuesdays 7:00-9:00 pm, \$2.50 at the door. We'll spin your favorite tunes while you dance down memory lane. Open to the public. Please bring a snack to share.

**Line Dance Classes:** classes are on summer vacation and will resume on Tuesday, September 11 at 5:00 pm. Open to the public.

**Community Bingo** 1<sup>st</sup> Monday at 10:00 am  
(FREE—sponsored by Grand Court)

**Brown Bag Bingo** Last Monday at 10:00 am  
(FREE—sponsored by Primrose)

**Bingo:** Every Wed. Night (\$ to play)  
Doors open at 5:30 pm. Games start at 6:30 pm.

**Billiards:** Daily 8:30-11:00 am



**Card Clubs:** Call  
*Betty for details:*  
419-423-8496

**Bridge:**  
Tues. 1:00-3:30 pm

**Pinochle & Euchre:**  
Tues. 1:30-3:30 pm

**Laid-back Fridays:** 1:00-3:30 pm  
Summertime Fridays are pretty laid-back at The Senior Center. It's a great time to get together a table of your friends for cards, dominoes, Ma Jong, your favorite board games or crafts.

## HOLIDAY CLOSINGS

The Hancock Co. Agency on Aging will be closed on the following holidays. Mobile Meals and Senior Café are cancelled.



**Independence Day:** Wednesday, July 4

**Labor Day:** Monday, September 3

**Columbus Day:** Monday, October 8

## Inclement Weather Cancellations or Closings:

When foul or threatening weather is in the forecast, tune into Findlay area radio stations for updates on cancellations or closings. There will be no Mobile Meals delivery, Senior Café or regularly scheduled HCAOA/ Senior Center activities on days when we are closed due to inclement weather.

## Senior Olympics: Cheering Fans Needed

Do you like to see people strive to achieve? Do you like to cheer people on to do their best? Do you like to help in ways that leave a mark on your heart?

If you answered yes, then the 3<sup>rd</sup> Annual Senior Olympics needs you!

The Senior Olympics are sponsored by Findlay area independent, assisted living and skilled care communities. It will be held on September 13 from 10:00 am to 3:00 pm at Riverbend Lodge. In case of rain, the event will be held on September 20. According to Senior Olympics Coordinator Deborah Spero, the purpose of the event is to give those who reside in retirement care communities the opportunity to compete in ability appropriate events. "It's heart warming to see how our competitors really come alive; you can see it in their faces and in how they hold

themselves just a little straighter. And we can never underestimate what this event means to the participants. One lady last year wore her medal everywhere and proudly told people that she had won it in the Senior Olympics."

In addition to cheering fans, the Senior Olympics needs volunteers to help set-up events, spotters, timers, and transport assistants.

The event is open to the public; a picnic lunch will be provided. Special thanks to Hancock Parks District, City Barbeque, Hanco, and The Senior Center.

To volunteer or for more information, contact Deborah Spero at 419-422-6200.

**Memory Walk 2007**

**Sun., September 16 at Riverbend Lodge**

More than 4.5 million Americans, 32,000 of whom reside in NW Ohio are affected by Alzheimer's; by 2050 that number could grow to 16 million. The Alzheimer's Association, Northwest Ohio Chapter is a key provider of support and services to individuals and families affected by this insidious disease.

The Memory Walks are an important revenue source for the Alzheimer's Association, Northwest Ohio Chapter. Money raised by the Walks helps to provide education, support groups, care counseling, a Safe Return program and other services.

Once again, Cheryl Phillips has volunteered to captain the HCAOA/Senior Center Team. She is looking for walkers and donors to join the cause. The walking route is just under one mile and is on paved, handicapped accessible trails at Riverbend Park. All walkers will enjoy entertainment, refreshments and lunch compliments of the event's generous sponsors. For more information on the Walk or to volunteer to be a walker for The Senior Center Team, contact Cheryl Phillips at 419-422-6730 or Betty at 419-423-8496. For more information on Alzheimers disease, visit the Alzheimer Association's website at [www.alz.org](http://www.alz.org).



*Occupational Therapy students from the University of Findlay have fun with Buttons the Clown at the 2006 Memory Walk*

**DAY TRIPPIN'**

Contact Betty Rozelle at 419-423-8496 for more information or to place reservations. Payment is required to confirm and hold your reservation. Additional flyers are available at the Senior Center (Hancock County Agency on Aging) located at 423 Trenton Ave., Findlay or by going online to our website at [www.HancockSeniors.org](http://www.HancockSeniors.org). *Travelers are asked to arrive at least 15 minutes prior to departure time to allow for check-in and boarding.*

**Shopping at Levis Commons, Perrysburg**

*Friday, July 6, 2007*

Levis Commons is a newer, upscale, open air, village-style shopping mall. You'll be able to shop at your leisure and enjoy a lunch break at one of the unique dining spots which offer something for every taste, including sandwiches, pizza, Italian, seafood, stir-fry, sushi, ice cream and more. Most meal choices \$8 and up. Paid reservations are due by Thursday, July 5; \$20 per person. Departs 9:00 am, return 4:00 pm.

**Crafts 2000, Monroe, MI**

*Tuesday, August 7, September 4, 2007*

Crafters will enjoy this jaunt to one of the largest craft stores in the area. Crafts 2000 features supplies for almost any craft you can imagine...all at substantial discounts from what you would pay at specialty stores.

The tour will leave the Senior Center parking lot at 8:00 am and return around 4:00 pm. The trip is \$20.00 per person, transportation only. Lunch is on your own at a moderately priced eatery. Seating is limited. Paid reservations are due by August 3 and August 31 respectively.

**The Toledo Zoo**

*Tuesday, July 10, 2007*

The Toledo Zoo is ranked as one of the best zoos in the country. This summer visitors will be treated to a live butterfly exhibit and will be able to view three polar bear cubs in the Arctic Encounter. Other



outstanding permanent exhibits include the African Savannah with Sigfried & Roy's famous white lions, the Hippoquarium and the Primate Forest.

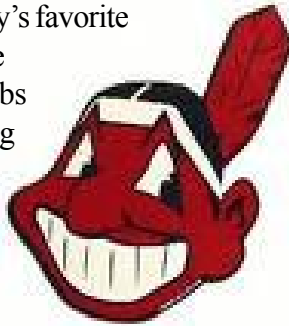
The tour will leave at 9:00 am and return at 4:00 pm. Paid reservations are due by Friday, July 6--\$25 per person includes transportation and zoo admission.

## Cleveland Indians vs Texas Rangers

*Jacobs Field, Cleveland*

*Thursday, August 2, 2007*

Baseball is America's summer pastime and the Cleveland Indians is one of Findlay's favorite teams. Join Mike Noggle and the Travelin' Seniors for a trip to Jacobs Field to see the play-off contending Tribe battle the Rangers. We'll leave The Senior Center at 8:00 am. The game starts at 12:05 pm; we anticipate returning home in time for supper, providing there are not rain delays, extra innings or traffic jams.



Paid reservations are due by July 27; \$50 pp which includes motorcoach transportation, game admission and \$5 Indians Fun Money which can be used to purchase food or merchandise inside the ballpark.

**Note:** *Our seating will be along the first base line, under the club seat level, so there will be some shade from the sun. Sunscreen & hat still recommended.*

Come join us for a fun day at the ballpark!



## Shipshewana Flea Market & Historic Downtown

*Wednesday, September 5, 2007*

Join us for a trip to the Amish countryside. We'll visit the famous Shipshewana Flea Market where you'll find everything from soup to nuts. Then you'll have plenty of time to stroll through the picturesque downtown filled with quaint shops, including quilt shops, gifts, apparel, furniture, crafts and eateries. Seating is limited. Paid reservations are due by August 31; \$30 per person, transportation only.

## "Salute to Seniors"

### Featuring the Guy Lombardo Orchestra

*Thursday, September 6, 2007*

*Flint, Michigan*

If you ever toasted in the New Year as the Guy Lombardo Orchestra played "Auld Lang Syne" or danced the night away with your sweetheart to their distinctive sound, then you won't want to miss Salute To Seniors 2007.

Join us on this trip, where in addition to the Guy Lombardo Orchestra, you'll also have the opportunity to enjoy the many entertaining highlights of the Flint Cultural Center, including the Sloan Museum, the Buick Gallery & Research Center, the Longway Planetarium and more...



Paid reservations are due by Friday, August 31. \$79 per person includes transportation, a catered luncheon and admission.

We will leave The Senior Center at 8:00 am and return mid-evening.



## The Geritol Follies Christmas Show

*Thursday, November 15, 2007*

*Stranahan Theater, Toledo, Ohio*

The "Geritol Follies" are returning to Toledo for a spectacular Christmas Extravaganza! The world's largest senior professional musical comedy troupe, ranging in age from 60 to 86 years young, will dazzle you with their creative and energetic productions. With hilarious comedy skits, a powerful 60 member choir, shimmering costumes, high-tech lighting and a live band...this show is packed full of holiday dazzle.

Paid reservations are due by Wednesday, November 7. \$59 per person includes transportation, a catered luncheon and admission to Follies. We will leave The Senior Center at 10:45 am and return around 5:00 pm.



**Christmas from Dublin**  
with the  
**Three Irish Tenors**  
and **Three Irish Divas**  
Tues., Nov. 27, 2007  
Villa Milano, Columbus

Celebrate the holidays with a genuine Irish Christmas filled with songs of the season.

“Christmas from Dublin” is full of the warmth, charm and music of the Emerald Isle, and has delighted audiences around the world. Now on their eighth American tour, the journey for this young troupe is proving to be not only a great success, but also a great joy.

Paid reservations are due by Tuesday, November 20. \$65 per person includes transportation, a catered luncheon and admission to the show. We will leave The Senior Center at 9:00 am and return around 5:00 pm.



### RAMBLIN' & GAMBLIN'

Casino trips depart The Senior Center parking lot at 8:00 am and return around 6:00 pm. Please arrive at 15-30 minutes before departure.

#### **GreekTown Casino**

*Monday, July 16, 2007*

Paid reservations due by July 12. Pay \$25 per person and get a \$20 voucher for coin upon arrival.

#### **Motor City Casino**

*Monday, September 17, 2007*

Paid reservations due by September 13. Pay \$25 pp and get back \$20 in coin and \$5 food voucher upon arrival.

#### **Windsor Casino**

*Monday, November 5, 2007*

Paid reservations due by November 1. Pay \$30 per person and get \$15 back upon arrival. Valid photo ID and birth certificate or passport required for travel to Canada.

## Hancock County Veterans' Tour of Washington, D.C.

*Friday, September 21 through Monday, September 24*

Mike Noggle is spearheading a trip to Washington DC for area veterans. According to Mike, “Many of our vets are getting up there in years, especially those who served in World War II and Korea. We’d like to make this trip while as many of them as possible are still able to travel.”

The trip will be scheduled for autumn to avoid the spring tourist crush as well as the oppressive summer heat and humidity. The itinerary includes visits to all of the major war memorials, including the new World War II Memorial, The Korean War Memorial, The Viet Nam Wall, and



Arlington National Cemetery. In addition to the memorials, the tour will include other popular Washington DC highlights. The trip will be planned with a slower pace in mind, so that it is senior friendly.

*All* area veterans and their traveling companions are invited, regardless of age, branch of service or duty tour. Persons with health or mobility issues should plan to have a spouse, family member or care giver accompany them to provide needed assistance. We are presently seeking donations to help with the cost of the trip *for veterans only*, therefore, veterans *may* receive a rebate for some of the cost of the trip.

\$345 per person and includes transportation, 3 nights lodging, 6 meals and admissions. \$75 per person is due upon signing. Price per person is based on double occupancy. Add \$120 for single occupancy. **Final payment is due by July 16.**

## PACK YOUR BAGS

Looking for a chance to really get away? Then join The Traveling Seniors of Hancock County for one of these great tours. Please call us for details at 419-423-8496 or visit us online at [www.HancockSeniors.org](http://www.HancockSeniors.org).

### Introduction to Ireland

October 6-13, 2007

Dublin and the scenic best of the Irish Republic await you on this beautiful eight-day journey. Highlights include Dublin and Trinity College, Kildare where you'll tour the world-famous Irish National Stud (thoroughbred farm), Limerick, the spectacular Cliffs of Moher, a marble factory, Shannon, the Ring of Kerry, the woolen and handweaving mills of Blarney and Avoca, a tour of the Waterford Crystal factory and much more.



*Globus Tours* from \$2131 per person double occupancy includes land tour, sightseeing, air travel from Detroit, (incl. air taxes & fuel surcharges), lodging, 6 full breakfasts and three 3-course dinners. Please note, a current passport is required. Call Betty at 419-423-8496 for all of the details.

### Trip Policy

- When you are interested in a trip, please sign up on time and pay by the date due. This will ensure that the trip can go and that you have a seat.
- Reservations for trips are not confirmed until fully paid. Seats are on a first come first served basis. Unpaid reservations will not be held.
- If there is a waiting list and you do not pay in a timely manner, your seat may be sold to someone else.
- HCAOA reserves the right to cancel a trip for any reason. In the event that HCAOA cancels a trip, money will be refunded in a timely manner.
- Cancellations made by a guest BEFORE the final payment date will be refunded.
- Guest Cancellations AFTER the final payment date WILL NOT BE REFUNDED unless the seat is sold to another.
- HCAOA will not be held liable for delays caused by acts of God, public enemies, riots, strikes, authority of law, accidents, break downs, bad road conditions or other causes beyond our control and does not guarantee to arrive at or depart from any point at a specified time.
- No alcohol, drugs, smoking, or weapons are allowed in the Senior Center or on the Senior Center's bus.
- When traveling with another tour company, their trip policy takes precedence.



### Help Us To Help Others

Your donations to Hancock County Agency on Aging (The Senior Center) aid us in our mission to support senior adults in maintaining their independence and vitality. *Thank You!*

#### Donor Information:

Name(s): \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: (\_\_\_\_) \_\_\_\_\_

Donation Amount \$ \_\_\_\_\_

This gift is made (optional, check all that apply):

In Honor Of: \_\_\_\_\_

In Memory Of: \_\_\_\_\_

Other: \_\_\_\_\_

Please call me to discuss including HCAOA / The Senior Center in my planned giving or estate planning.

*Please return completed form with your check or money order payable to: Hancock Co. Agency on Aging, 423 Trenton Ave., Findlay, OH 45840 HCAOA is a non-profit organization; donations may be tax-deductible.*



# Senior Savvy

Issue 11

Hancock County Agency on Aging, Inc.  
423 Trenton Ave.  
Findlay, Ohio 45840

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We hope you enjoy your Senior Savvy. If you are not interested in receiving this publication, please call the Hancock County Agency on Aging at 419-423-8496.

## HCAOA Staff Directory

### Administration

**Executive Director** ..... *John Urbanski*  
Program Development Coordinator ..... Leni Mueller  
Fiscal Services Coordinator ..... Dianne Kirchner  
Data Management Clerk ..... Heather Powell

### Activities

Activities Coordinator ..... Betty Rozelle

### Chore Services

Chore Services Coordinator ..... Joe Stoner  
Chore Services Staff: ..... Greg Clark, Tiffany Day,  
Ed Jones, Eric Powell, Pearl Cuffy

### Mobile Meals & Senior Cafe

Mobile Meals/Senior Cafe Coordinator ..... Stacy Nungester  
Dietary Services Coordinator ..... Bill Conine  
Food Service Staff ..... Sandy August  
Don Mompher, Roy Paniagua

### Outreach

Outreach Coordinator ..... Tammie Mattis  
Outreach Caseworker ..... Amy Krantz

### Volunteer / Guardianship

Volunteer / Guardianship Coordinator ..... Mike Noggle

**Serving Seniors Since 1970**

<b>Enriching Lives</b>	<b>Supporting Independence</b>
Fellowship	Chore Services
Education	Mobile Meals
Wellness	Volunteer Guardianship
Trips	Outreach
Fun	Advocacy & Referral

**419-423-8496**  
**www.HancockSeniors.org**