

Senior Savvy

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

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



October-December 2008

Train Your Brain At THE COGNASTICS CHALLENGE

Just as physical exercise will improve the health and fitness of your body, mental exercises will improve the function of your brain, leading to better memory and overall healthy cognitive function. **"Cognastics"** is a term which has been coined to describe activities intended to enhance a person's cognitive function—essentially gymnastics for the brain.

A 2007 study published in the New England Journal of Medicine, entitled *Changing the Trajectory of Cognitive Decline*, looked at the "use it or lose it" theory of brain power. The researchers found that people over the age of 75 who either read frequently, participate in board games, play musical instruments or dance exhibit lower incidences of dementia, including Alzheimer's, than those who do not engage in such brain stimulating activities. Current research also demonstrates that mental gymnastics (or "cognastics") can slow or actually reverse age-related memory loss.

SENIOR CENTER HEALTH FAIR

Friday, November 7 from 8:00 am -2:00 pm
at Primrose Retirement Community
8580 Twp Rd. 237, Findlay

Join Activities Coordinator Betty Rozelle at our annual health fair for a variety of health screenings, informational displays and workshops. Plans are still under way, but this year's health fair is shaping up to be a really fun and educational event.

We discovered with last year's health fair that we had outgrown our space. We'd like to thank Primrose for making their facility available for our event.

Watch for further details or call Betty for an update at 419-423-8496.

If you'd like to learn some fun ways that you can maintain and stimulate your brain or help a loved one deal with memory loss, then join us for our first annual **Cognastics Challenge**. Developed by the students of Dr. Cynthia Goodwin of the University of Findlay's Occupational Therapy program, the *Cognastics Challenge* will offer



Learning new activities, like Wii, improves body and BRAIN

participants a variety of opportunities to try fun brain-building exercises, games and activities. You'll also learn strategies to compensate for memory loss.

The Cognastics Challenge will be held November 13 from 9:00 -11:00 am at The Senior Center.

The event is offered in observance of National Alzheimer's Disease Awareness Month and National Family Caregivers Month. Participation is FREE and open to the public; pre-registration is requested by November 11—just call Jane Ickes at the University of Findlay at 419-434-6936.

Director's Message

We had just been through the flood when I wrote my article for this issue last year. To many, a lot of progress has been made. To others it still remains a slow, arduous process. I hope that the vast majority of you have recovered from the flood. If not, we are still working as an agency and community to try to help make you whole again.

I hope you all read the recent insert we had in the Courier (September 9). It tells our story of the services we are providing seniors along with our judicious usage of your levy dollars. In the midst of so much turmoil around us, we can still celebrate the successes we have had in the last year and a half. If you missed the insert, we have extra copies here at the Agency; just stop by to pick one up.

We continue to develop new programming while working to provide consistent, caring solutions to the needs of the seniors of Hancock County. The Senior Café, dances, trips and Nintendo Wii continue to be highlights of our activity programs along with many others too numerous to list here

Our Outreach and Chore programs continue to help seniors remain independent and in their homes. I envision even greater service to the seniors in the future as we have just been approved as a PASSPORT provider for chore service and minor home repairs. Additional information about the PASSPORT program is provided elsewhere in this newsletter.

We are constantly working to adhere to our mission, *to enhance and support the quality of life of and respect for older adults by promoting independence, personal*

growth and social connections. With these thoughts in mind, I would like to inform you of some staff changes at the agency.

First of all, Mike Noggle, our Volunteer Coordinator/ Volunteer Guardianship Coordinator, has recently been named the Assistant Director of the Hancock County Agency on Aging. He will continue in his current duties but will also be responsible for overseeing the Activities, Outreach and Chore programs.

Secondly, Eric Powell has recently been named the Chore Coordinator. Eric has been a chore worker with the agency for a year and a half. He has a commitment to senior service and will do everything in his power to be consistent and compassionate in taking care of the needs of seniors. Kevin Rooney, Rob Scasny and Bob Verhoff have also joined the ranks of our chore workers. I am proud of the current staff and welcome our new members.

As always, feel free to contact me any time you have a question or concern. We have many exciting days ahead of us.

Stay tuned,

John



New Chore vehicles help get the job done

Senior Savvy - Issue 16

Leni Mueller, Editor

Senior Savvy is a quarterly publication of the Hancock County Agency on Aging (The Senior Center). Our Mission: *to enhance and support the quality of life of and respect for older adults by promoting independence, personal growth and community connections.*

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

Chore Services Approved for PASSPORT

The Hancock County Agency on Aging has recently been approved as a PASSPORT provider for Chore Services and Minor Home Modification with the PSA 3 Agency on Aging out of Lima. PASSPORT, which stands for Pre Admission Screening System Providing Options and Resources Today, provides services which enable seniors to continue living in the home rather than moving to an institutional care setting.

The advantage to being a PASSPORT provider is that it provides funding which allows the Agency's Chore Services to provide a higher level assistance to eligible seniors than would normally be available. This helps other seniors as well in that the PASSPORT funding lets us stretch our other resources further.

To be eligible for PASSPORT, an individual must meet the requirements set out by the Ohio Long Term Care Department and Medicaid. These requirements include being at least 60 years of age and meeting certain financial and other criteria.

To see if you or a loved one might be eligible for PASSPORT services, contact our Outreach program at 419-423-8496 or PSA 3 Agency on Aging in Lima at 1-800-653-7277.

What is PSA 3?

PSA 3 is one of twelve private non-profit corporations founded for the purpose of administering Title III funds allocated from the Older Americans Act (federal), through the Ohio Department of Aging (ODA). The state is divided into twelve regions or Planning & Service Areas (PSAs). Hancock County is a part of PSA 3 which also serves Allen, Auglaize, Hardin, Mercer, Putnam and Van Wert Counties.

PSA 3 programs are designed to support older adults who want to remain independent in their own homes and community.

"My Senior Center"

Just a reminder, *please* use your *My Senior Center* key card anytime you visit us rather than just signing the guest log. If you don't yet have your *My Senior Center* card, be sure to see Heather Powell the next time you visit. Registering takes just a few moments. ***Remember, using My Senior Center is as easy as "Scan, Touch & Done."*** Thank you for your cooperation!

Volunteer Guardians Sought

The Volunteer Guardianship Program here at the Agency on Aging is in need of caring individuals who are willing to be trained and to serve as a guardian for an adult whom the Hancock County Probate Court has determined is incompetent to make their own medical, housing and other decisions. The need for volunteer guardians in Hancock County has grown steadily in recent years.

To help fill this need, the Hancock County Volunteer Guardianship Program was established in the fall of 2005 to recruit, screen, train and support persons who will be assigned as volunteer guardians by the Court. The program is coordinated by the Hancock County Agency on Aging under the authority of the Hancock County Probate Court. The program coordinator is Michael C. Noggle, a local attorney on the Agency on Aging staff.

Prospective volunteer guardians must complete a two part, five hour training course to become familiar with the duties and responsibilities of a court-appointed volunteer guardian. The next training course is scheduled for consecutive Thursdays, November 6 and 13, 2008 from 6:30-9:00 pm at The Senior Center, located at 423 Trenton Avenue in Findlay. There is no charge for the training or the background checks for those who choose to become involved with the program.

In addition to attending the training session, all prospective volunteer guardians will be interviewed and must complete an application as well as pass background and reference checks. The application may be obtained at Hancock County Agency on Aging/The Senior Center or downloaded from the Agency's website at <http://www.hancockseniors.org/guardianship.htm>. The website contains additional information about the program. Application forms will also be available at the first training session.

For more information about the Volunteer Guardianship training or to register for the class, please contact Mike Noggle at 419-423-8496.

Volunteer Mobile Meals Drivers Urgently Needed

For some Hancock County seniors, the Mobile Meals program provided by the Hancock County Agency on Aging is the one of the key factors which enables them to remain in their own homes. Mobile Meals provides for daily delivery of prepared meals to area homebound seniors who are no longer able to prepare their own meals or who need some help with their meals. Service is available be on a temporary or long term basis.

Volunteer drivers are crucial to keeping the Mobile Meals service affordable. Often, the delivery volunteer may be the only other person the senior sees during the day, providing much needed contact. Volunteers are each assigned a route which makes deliveries to an average of 6 to 12 clients within the city. (Agency on Aging staff members make deliveries outside of the city limits.) Routes are arranged as efficiently as possible by area of the city and average 10-15 miles per trip, including the drive to and from the Agency.

Mobile Meals are prepared daily at The Senior Center where they are then picked-up in the late morning by volunteer drivers. Deliveries are generally all completed before noon and most routes can be completed in 1 to 1 ½ hours. After completion of the route, the drivers return to The Senior Center to turn-in the specialized hot & cold meal carriers.

Mobile Meals volunteer drivers are encouraged to arrange a volunteer schedule that meets their particular needs. Drivers can choose to drive as often as weekly or as little as once per month.

“Drivers often tell me how rewarding it is for them to provide this simple service,” says Mobile Meals Coordinator Stacy Nungester. “In fact, many find that the satisfaction they get from helping others far outweighs the minimal time commitment they make each month.”

According to Nungester, there are presently eight routes without regular drivers. “Our substitute drivers have been marvelous about filling in when needed, but as we move into the winter driving season, the need will only grow greater.”

Anyone interested in learning more about becoming a volunteer Mobile Meals driver should contact Stacy Nungester or Volunteer Coordinator Mike Noggle at 419-423-8496. Volunteer drivers must hold a valid driver’s license, be insured and provide their own vehicle. In

addition to mobile meals drivers, the Agency offers a variety of other fulfilling volunteer opportunities.

Volunteer applications may be picked up at the Agency, located at 423 Trenton Avenue in Findlay or accessed online through the Agency’s website at www.HancockSeniors.org under the Volunteers tab.

*Mobile Meals drivers
deliver hot food and
warm smiles*



*You'll enjoy service
with a smile at The
Senior Cafe*

Junior Achievement Looking for Senior Volunteers

Junior Achievement of Hancock County is looking for a few good senior volunteers! Actually, JA is looking for 10 – 20 senior volunteers who are needed to teach anywhere from 4 to 8 one-hour sessions at local elementary schools or middle schools during the 2008-2009 school year.

As a volunteer, you can choose the school and class level you feel most comfortable with and will be working from a structured curriculum developed by JA. The programs are very basic informational sessions such as Ourselves, Our Families, Our Community, Our Nation, etc. A one hour instructor orientation session helps prepare volunteers for their service. The teachers remain in the classroom during the presentation to assist in “crowd control” and to help promote discussions. It is often easy to criticize the younger generation, but what are *you* willing to do about it?

If you enjoy being around young people and want to offer your time and talent to make a difference in their lives, contact Mike Noggle at the Senior Center, phone 419-423-8496 or JA volunteer Charles A. Miller at Knueven, Schroeder & Co., phone 419-422-8111.

Join Us for a Rootin', Tootin' Good Time at...

The Red Ribbon Round-Up

Looking for a fun way to spend a Friday night? Then join us for the **Red Ribbon Round-up on Friday, October 24.** The Red Ribbon Round-up is an evening of fun, food and live music offered by The Senior Center and the Hancock County Community Partnership in conjunction with National Red Ribbon Week.

Red Ribbon Week is held each October to raise awareness of the toll that alcohol and substance abuse exact, not just on individuals, but also on society. The Community Partnership is a coalition of individuals and organizations which work together to promote prevention and to encourage individuals to make healthy lifestyle choices.

The Red Ribbon Round-up is open to the public of any age. There won't be any preaching, just an evening of good food, fellowship and fun. The evening will start off with a "red repast," a casual buffet which, just to get into the spirit of Red Ribbon Week, will feature an assortment of "red" foods, including barbeque sandwiches, baked beans, red cabbage slaw, red velvet cake and beverages. Dinner will be served from 5:30-6:30.

The highlight of the evening will be a performance by *Classic County* from 6:30-9:30 pm. The band plays a variety of music ranging from country to country rock, perfect for listening and dancing.

Admission to the Red Ribbon Round-up is just \$6.50 which includes dinner, beverages and snacks. Advance reservations are required by Wednesday, October 22; call us at 419-423-8496.



Once again, Mel & Myron Wilcox served up gallons of fun at The Senior Center Ice Cream Social

Red Hat Christmas Luncheon

ALL Red Hatters are invited to join the Red Hat Strutters for their annual Christmas Event. This year, we are pulling out all the stops and presenting an elegant luncheon on Saturday, **December 6 from noon until 2:00 pm.** Special entertainment is being planned and we'll have door prizes galore. Hatters are encouraged to dress in their best holiday hat and finery. This is a popular event, so gather your friends and RSVP early (by December 4 at the latest). The luncheon is \$7.50 per person payable at the door.



Pantasia transported us to sunny shores, despite the rain clouds outside.

Veterans' Day Celebration

The Hancock County Agency on Aging will host a Veterans Day Celebration on Monday, November 11. The Veterans Day celebration is free and open to the public. The program will be held at The Senior Center, located at 423 Trenton Avenue in Findlay.

The event will begin with registration and a social period at 9:00 am. Coffee and Donuts will be available during the social period. Attendees are invited to bring service pictures and/or memorabilia for a sharing and remembering during the social hour.

Don Stout, one of our senior veterans is arranging for a special program which will be presented at 10:00 am. We will also introduce our second Veterans' Trip to Washington, D.C. being planned for September of 2009.

All are encouraged to stay for a delicious buffet style lunch at our Senior Café. Lunch is served from 11:30 to 1:00. Veterans will receive a \$1.00 discount off of the regular \$4 lunch price.

For planning purposes, RSVP's are requested (but not mandatory) by November 8. For more information or to RSVP, stop by The Senior Center or call 419-423-8496.

In observance of Veteran's Day, The Senior Center and Hancock County Agency on Aging offices will be closed on Tuesday, November 12.

Are you sick & tired of being sick & tired?

Healthy U Is 4 U!

Healthy U teaches practical skills for living a healthier life for people with an ongoing health condition such as diabetes, asthma, arthritis, high blood pressure, emphysema, heart conditions, MS or others. The six week program will meet on **Monday evenings, from 6:30-9:00 pm beginning October 6 and concluding on November 10.**

The program is free and open to anyone living with a chronic health condition who would like to pursue a healthier lifestyle by learning:

- How to work and communicate with your doctor
- Medication “how to’s”
- How to personalize a fitness and exercise program
- Relaxation techniques
- Managing symptoms and negative emotions
- How to eat well
- Goal setting and problem solving

Each participant will receive a comprehensive workbook which covers all of the topics of the six week course. The curriculum for Healthy U was developed by and licensed through the Stanford University School of Medicine. This program is made possible through a joint program with Ohio Department of Aging, PSA-3, Administration on Aging, and National Council on Aging.

Class size is limited; **advance registration is required by Friday, October 3.** For more information or to make your registration, please call Betty Rozelle at 419-423-8496.

October is Lupus Awareness Month

Here are a few facts about lupus, a chronic inflammatory auto immune disease affecting children and adults. Lupus is not contagious, yet more than 1.5 million Americans have the disease, including an estimated 375 people right here in Hancock County. Of those, 90% are women. Lastly, it takes on average 4 years of medical exams, lab tests and investigation into family history to come to a diagnosis of lupus.

To learn more about lupus, the Lupus Foundation of America invites you to join them for the “2008 Walk for Lupus Now” on Saturday, October 11 at the Findlay Village Mall. Registration begins at 9:00 am with the walk starting at 10:00 am. Additional information is also available online at www.lupusnow.org or by calling 419-423-9313 or toll-free at 888-335-8787. The Lupus Foundation’s Findlay office is located in the Family Center at 1800 N. Blanchard Street, suite 102.

Flu Shot Clinics

In an effort to make getting a flu shot as convenient as possible, the Findlay Health Department is once again offering flu shot clinics at The Senior Center. Flu shots will be available on a walk-in basis on October 23 from 9:00-11:00 am and 2:00-4:00 pm. The cost of the vaccine is \$25 which is covered by Medicare; your Medicare card is required. Health officials recommend flu shots for older adults as well as anyone with health issues that could be impacted by a bout of the flu. Flu shots will also be available from area pharmacies, health departments and other organizations. For additional information, Findlay residents should call the Findlay Health Department at 419-424-7105; county residents should contact the Hancock County Health Department at 419-424-7869.



Friends, family, foolishness, fun and “antennas” were in fashion this summer.

November 20 is Medicare Check-Up Day

The month of November is always a busy month for our Outreach social workers because it is the month in which Medicare announces all of the changes and updates to its plans for the following year. To help our seniors keep up with the changes that may affect them, we have once again invited Chrissy Devine with the Ohio Department of Insurance’s OSHIIP (Ohio Senior Health Insurance Information Program) to provide us with an update on Medicare.

So join us here at The Senior Center for **Medicare Check-Up Day on Thursday, November 20 at noon or 2:00 pm.** The noon session will be offered as a “Lunch and Learn” where you can enjoy a tasty lunch from The Senior Café (optional) while you listen to the program. Both sessions are free and open to the public (optional Café lunch is the usual \$4 per person).

Help with HEAP Applications

The Ohio Department of Development (ODOD) offers several programs to help low-income Ohioans pay for their utility bills and improve the energy efficiency of their homes. The Hancock County Agency on Aging /The Senior Center helps coordinate this program for seniors age, 60 or better, in Findlay and Hancock County.

The HEAP Program (Home Energy Assistance Program) offers participants a discount on their home heating bill. The discount is sent directly to the heating company, so once you qualify, there's no additional paperwork.

Who may qualify for HEAP?

- Homeowners or renters who have their heating utility in their name. Your heat CANNOT be included in your rent payment.
- Any type of primary heat source qualifies: natural gas, propane, wood, coal, or electric.
- Your GROSS household income is at or below 175% of the federal poverty guidelines.
- Households which have a member who is totally and permanently disabled will be evaluated for an increased benefit.

Additional assistance programs offered by Ohio Department of Development include PIPP (Percentage of Income Payment Plan) and HWAP (Home Weatherization Assistance Program). Households at or below 150% of the federal poverty guidelines may be eligible for PIPP or HWAPP.

For more information or to receive a HEAP application, contact our Outreach social workers at 419-423-8496.

October 15 is the deadline to file for Economic Stimulus Payments.

For help with filing, contact our Outreach program at 419-423-8496 or Erin Rodabaugh with the Community Action Commission (CAC) at 419-423-3755, ext. 205

Is a Reverse Mortgage Right for You?

For most people, their home is the biggest "egg" in their financial basket. But how do you access this huge nest egg without putting your future security at risk? For some seniors, a reverse mortgage may be the solution.

Reverse mortgages allow senior homeowners (age 62+) to borrow cash from the equity value of their homes. However, unlike a traditional home equity loan, a reverse mortgage does not need to be repaid as long as you continue to live in the house. The cash from a reverse mortgage can be paid to you as a lump sum, as a series of payments, a line of credit or any combination of these methods. You do not have to repay the loan until you die, move out of the home or sell it.

While a reverse mortgage may sound like an ideal financial solution, like any loan product, it has its advantages and disadvantages and may not be right for everyone.

On November 17, Ruth White, a reverse mortgage specialist, will present an overview of reverse mortgages. The program will begin at 6:30 pm. Ruth will explain the advantages and disadvantages of HUD/FHA reverse mortgages to help attendees determine whether or when a reverse mortgage might be an appropriate financial tool for them. The program is free and open to the public.

Medicare D Enrollment Help Available

The open enrollment period for Medicare D Prescription Benefit Plans runs from November 15 to December 31 each year. For most Part D beneficiaries, this is the only time each year when plan changes can be made.

Since changes are frequently made to prescription plans, it is recommended that ALL Medicare Part D beneficiaries review their coverage annually during the open enrollment period. To assist in this process, The Senior Center's Outreach program is offering free, unbiased Medicare Part D Plan Reviews. These plan reviews are impartial and utilize the Medicare website to ensure that all possible plans are considered. **Reviews are offered by appointment**— call 419-423-8496 to schedule a review. You will need to bring your Medicare card and a list of all of your current medications, including strength and number of pills or doses you take each day.

More information and do-it-yourself reviews are also available by calling 1-800-MEDICARE or going online to www.Medicare.gov. You can also contact the Ohio Senior Health Insurance Information Program (OSHIIP) at **1-800-686-1578**. Make sure you have your Medicare card and medication list available when you call or log on.

We offer a variety of activities designed to enhance and enrich your life. All activities are open to Hancock County Seniors (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

Red Ribbon Round-Up: October 24

5:30-6:30 pm--Red Buffet

6:30-9:30: Music & dancing with "Classic Country"

\$6.50 pp. RSVP required by October 22.

See page 5 for details.

Halloween Booffet in The Senior Cafe: October 31

Join us for a frightfully fun lunch. Costumes encouraged.

Halloween Dance with Bette's Polka Band:

October 31 from 7:00-9:00 pm

\$3.50 pp. Snacks & Beverages provided. Get in the spirit and wear a costume (optional).

Veterans' Day Celebration: November 11

Begins at 10:00 am. See page 5 for details.

Border Battle Buffet: November 21

Join us for a tail-gate style lunch in the Senior Cafe. Be sure to wear your team colors.

Fall Fling with Al Best Band

November 21 from 7:00-9:00 pm

\$5.00 pp. Snacks provided.

Christmas Dinner & Dance with Bette's Polka Band:

December 5 from 5-9 \$3.50 pp

Carry-in dinner (meat furnished) from 5-6 pm

Dance from 6-9 pm

Red Hat Christmas Luncheon: December 6

noon until 2:00 pm. \$7.50 pp. RSVP by December 3.

See page 5 for details.

Red Cross Blood Drive: December 13

from 9:00 am to 2:00 pm

This holiday season, give the gift of life, *Give Blood!*

Christmas Luncheon in The Senior Cafe:

December 18--Join us for your holiday favorites.

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

October 16 from 4:00-7:00 pm.

Open to the Public.

Adults \$7.50 / Kids \$4.00

Menu: fish, fries, hush puppies, slaw & beverage.

Proceeds benefit The Senior Café

Special Entertainment by Youth Theater,

performing numbers from their upcoming show,

"All Aboard for Broadway,"

featuring favorites by George M. Cohen.

Youth Theater will perform from 5:30-6:00

Don't miss the fun!

A free will offering will be collected for Youth Theater

SENIOR CINEMA

Join us the 3rd Thursday of each month at 1:15 pm for an afternoon at the movies with your friends. Movies are FREE.

October 16: *Monsters Inc.* (animated comedy, rated G)

If you liked *Shrek* and *Toy Story*, then this tale is sure to delight. Mike (little green monster) and his pal Sully (fuzzy purple & blue monster) capture children's screams for their employer, Monsters, Inc., which then turns them into energy. Things go topsy-turvy when one little girl follows them through the closet into their world.

November 21: *Bruce Almighty* (comedy) Bruce Carrey plays Bruce Nolan, a television reporter who is unsatisfied with his normal life. When he curses God for a particularly bad day, God responds by challenging him to take over and see if he can run things better. After a day of hysterically disastrous decisions, Bruce learns that a human can't fill God's shoes.

December 18: *Deck the Halls* (comedy) This slapstick holiday heart-warmer is about a small town optometrist who has always been known as the town's "Christmas Guy." All is well until his new neighbor out does him by setting out to create a Christmas lights display that can be seen from outer space. The rivalry goes to ridiculous extremes until both begin to understand the meaning of Christmas.

HEALTH & WELLNESS

Emergency Medical Inventory (EMI):

1st & 3rd Tuesdays from 11:00 am-1:00 pm.

Kris Napier, RN, will help record your vital medical information in a convenient, easy to update format. *(FREE—walk-in basis).*

AmeriCare Screening: 1st & 3rd Tuesday from 11:00 am-1:00 pm. Screen for weight, blood pressure and blood oxygen level. *(FREE—walk-in basis)*

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

Wednesdays from 10:00-11:00 am

Carol Windau, retired RN is here on Wednesdays. Clinics are also *usually* available on the 1st & 3rd 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.

Toenail Clinics: Cost \$12. Provide your own clippers or purchase a pair for \$1. ***By appointment only, call 419-423-8496.***

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

FITNESS

Senior Fitness at Gym by Jamie: Seniors enjoy a discounted membership fee when they work out during Senior Fitness times, M-F from 9:00 am to 3:00 pm.

Water Exercise at Hampton Inn: 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

ENRICHMENT & EDUCATION

Bible Study: Fridays 9:00 am — All are welcome!

TRIAD: First Thursday each month at 1:30 pm
TRIAD is a partnership of seniors and area professionals in the fields of law enforcement, crime prevention and consumer protection. Each month we'll have an informative program.

Computer Classes: *Instructor Ruth Fenimore*
These classes are held once a week for 4 consecutive weeks. Class size is small, one student per computer. Use one of our lab computers or bring your own wireless equipped laptop. Class fee \$10.

Advanced registration is required. Call Betty at 419-423-8496 for dates and times.

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 the tutorial.



Students in the Beginners' Beading class create beaded beauties



Join the fun with the Millstream Rhythm Band; new members welcome

FUN & FELLOWSHIP

Morning Mixer: Join us to meet old friends and new over coffee and conversation. Wednesdays 9:30-11 am.

Wii-Bowling League: We already have one team ready to go and Captain Lenny Hobbs is looking for more. Come enjoy some friendly competition and get in on the gaming craze that's sweeping the nation. Tuesdays from 9:30-11:00 am. Later in the fall we hope to start competing against other area senior teams.

Open Wii-cess: Open time Wii play is available most weekdays, 8:00 to 10:30 am and 1:30-4:00 pm. Please note that the Wii is now located in the East Multi-purpose Room.

The Millstream Rhythm Band Needs YOU!
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 performs throughout the community as goodwill ambassadors of The Senior Center.

Young At Heart: 1st & 3rd Saturday at 6:00 pm
Share fellowship and a carry-in dinner, then relax while playing cards, billiards & board games. Beverages provided.

Dance Club

Our Tuesday Nite Dances are one of the most popular of our of our activities and on the grow. Much of the credit for the continued success of the dance club is due to the tireless efforts of Alice Conine and Martha Unruh. These two dynamos make sure everything is set up and ready to go, whether it's for the regular Tuesday Nite Dance or one of the special evenings featuring a popular dance band.

If you enjoy dancing, or even just listening to good dance music, then The Senior Center Dances are for you.

Tuesday Nite Dance: Tuesdays 7:00-9:00 pm, \$2.00 at the door. We'll spin your favorite tunes while you dance the evening away. Open to the public. Please bring a snack to share.

See page 8 for the dates and times of our Halloween Dance, Fall Fling and Christmas Dinner Dance.

Community Bingo 1st Monday at 10:00 am
(FREE—sponsored by Grand Court)

Brown Bag Bingo Last Monday at 10:00 am
(FREE—sponsored by Brookdale Sterling House)

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

Tuesday Card Clubs: *Details, call Betty: 419-423-8496*

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

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

Cards & Games Time: Join the fun. There's always a variety of things to do, including card games, dominoes, pool and games or activities for your enjoyment.

Fridays 1:00-4:00 pm

2nd & 4th Saturdays 6:00-9:00 pm. *Starting Dec. 13, winter hours for Saturday cards will be 2-6 pm.*



Senior Olympics at Riverbend Lodge

HOLIDAY CLOSINGS

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

Columbus Day: October 13

Veterans' Day: November 11

Thanksgiving: November 27-28

Christmas: December 25-26

New Year's Day: January 1

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 weather.

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. **Travelers are asked to arrive at least 15 minutes prior to departure time to allow for check-in and boarding.**

Red...Hot...& Blue "White Christmas"

*A Hilarious 1950's Christmas Party
Villa Milano Ballroom, Columbus, Ohio
Wednesday, November 19, 2008*

Once in a great while a show comes along with a message that all want to hear. It makes you want to laugh, applaud and cry. Red...Hot...& Blue "White Christmas" is one of those shows with dancing, multiple costume changes and a variety of Christmas songs. So come, and celebrate a classic Christmas through the decades.

\$69 per person includes transportation, lunch and the show. Paid reservations are due by November 17.

Amish Country Christmas

*Holmes County, Ohio
Thursday, November 20, 2008*

Christmas-time in Holmes County offers a journey to a simpler era. We'll start our day with a horse drawn wagon ride and warm-up with some hot chocolate. Lunch will be on our own, including time to shop the bulk food store. Then, we'll visit an Amish homestead where we'll each make our own pie.

Once we've dusted off the flour, we'll visit the beautiful display of Christmas Trees and intricately carved trains at the Warther Museum. The craftsmen at Warther also hand produce some of the best knives in the world. Then it's on



to the Reeves Mansion, elegantly decked out for the holidays.

Finally, we'll top off our day with a button-busting holiday meal back at the Amish homestead. Each guest will receive a handmade

Christmas card from the Amish and take home the pie that they made earlier in the day.

\$99 per person includes transportation, tours, admissions and dinner. Lunch is on your own.

Footloose--The Musical

*Stranahan Theater, Toledo
Saturday, January 17, 2009*

Based on the 1984 film, *Footloose* features classic hits of the 80's, including the mega-hit theme song "Footloose." This story of youth versus the establishment speaks to a whole new generation and teaches that one person can create change...and to have fun and dance!

\$79 per person includes transportation, lunch and the show. Paid reservations are due by January 9.



Spelling Bee

*Stranahan Theater, Toledo
Saturday, March 21, 2009*

What began as an improv experiment has become a Broadway treasure and Tony-award winner. *The 25th Annual Putnam County Spelling Bee* tells the story of six teens from a fictional county who compete in a spelling bee. They revisit a time of awkward uncertainty and the craziness of adolescence while in the process learn that winning isn't everything and losing doesn't necessarily make you a loser. The music is playful and the show is funny, offbeat and heartwarming.

\$79 per person includes transportation, luncheon and the show. Paid reservations are due by March 13.

Mamma Mia

*Stranahan Theater, Toledo
Wednesday, June 17, 2009*

The music of ABBA comes to life in this musical celebration of mothers, daughters, life-long friends and family rediscovered. This Broadway hit tells the story of Sofie, who on the eve of her wedding, brings together the great loves of her mother's past in hopes of finding the father she longs to know.

\$89 per person includes transportation, luncheon and the show. Paid reservations are due by June 10.



Daniel O'Donnell

*Stranahan Theater, Toledo
Sunday, August 16, 2009*

Irishman Daniel O'Donnell is wildly popular on both sides of the Atlantic. His entertaining show blends the best of Irish folk tunes, American country and popular standards.

\$99 per person includes transportation, luncheon and the show. Paid reservations are due by August 7.

**RAMBLIN' & GAMBLIN'**

Casino trips depart from the Broad Avenue Great Scot Supermarket. Please arrive by 7:30 am; we usually return around 6:00 pm.

GreekTown Casino

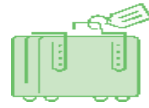
Monday, November 3, 2008

Paid reservations due by October 31. Pay \$25 per person and get a \$20 voucher upon arrival.

Motor City Casino

Monday, January 12, 2009

Paid reservations due by January 9. Pay \$25 per person, get \$25 back upon arrival.

**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.

**2009 Hancock County
Veterans' Tour of Washington, D.C.**

September 25- 28, 2009

Last year's trip was so well received we've had numerous requests to plan another trip to our nation's capital. Once again, our resident history buff Mike Noggle will lead our group.

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.

\$395 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 20, 2009.**



The Korean War Memorial

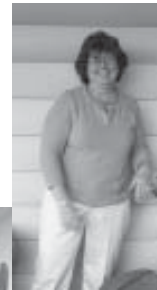
Colorado Rockies and Rails

*Featuring 4 Rail Experiences and 2 National Parks
July 11-19, 2009*

Your tour includes many of the most treasured locales of the American West, including Denver, Rocky Mountain National Park, Estes Park, Vail, Durango, Colorado Springs and the U.S. Air Force Academy, Pikes Peak and Garden of the Gods. You'll ride the Georgetown Loop Railroad, through the mountains, marveling at the engineering feats which allow it to snake through the mountains and cross breath-taking gorges. At Mesa Verde National Park you'll visit the largest and best preserved Indian cliff dwellings in the Southwest. You'll also ride the cog railway to the top of Pikes Peak for unparalleled views of the area. Finally, you'll visit the Garden of the Gods, home to towering sandstone formations and fabulous floral displays.

\$2399 per person double/\$700 single supplement.
Includes round trip airfare, 8 nights first class hotels, 13 meals, professional tour director, motorcoach transportation, rail transportation, admissions and more.
Final payment is due by April 27, 2009.

**Join us for a Colorado Trip Preview
Friday, November 14 at 1:15 pm**



Hancock County Agency on Aging / The Senior Center Trip Policy

The following policies were developed to assure a smooth and enjoyable travel experience for all who participate in our trips. They apply to all trips offered by or through The Senior Center.

- 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. ***Trips will be cancelled if there are not enough paid reservations to cover the cost of the trip***
- A 50% down payment is required when making a reservation. 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. If you are concerned about the possibility of a last minute cancellation, we recommend purchasing trip cancellation insurance when available.
- HCAOA will not be held liable for delays caused by acts of God, public enemies, riots, strikes, authority of law, accidents, break downs, 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 any Senior Center sponsored trip.
- When traveling with another tour company, their trip policy takes precedence.

Santas 4 Seniors

Hancock County Agency on Aging (The Senior Center) is once again coordinating the annual *Santas 4 Seniors* program which matches area “Santas” with needy or homebound seniors to provide some Christmas cheer. With these tough economic times, a little cheer may be called for more than ever. The purpose of the program is to provide a Christmas gift to seniors who otherwise might not have anything under the tree to open.

HCAOA Outreach workers identify area seniors for the program based on financial and social needs. Seniors may also submit their own request by submitting a *Santas 4 Seniors Wish List*. Submission boxes and Wish List Forms will be available from November 10th to December 1st in the lobbies of the following participating facilities:

- The Senior Center: 423 Trenton Avenue, Findlay
- Senior Towers: 806 Bright Road, Findlay
- Kiwanis Village: 1200 Croy Drive, Findlay
- Blanchard House: 2000 N. Blanchard Street, Findlay
- Legacy Village at St. Catherine’s: 8345 County Road 140, Findlay

Beginning November 21, ornaments bearing these wishes will be hung on the *Santas 4 Seniors Trees* located in the Findlay Village Mall and The Senior Center. “Santas” should select one or more ornaments, purchase one or more of the items requested and deliver the gift(s) to the Mall Customer Service Desk or to The Senior Center **no later than closing time on Friday, December 12.**

Gifts may be delivered wrapped or unwrapped. To ensure that the gifts get delivered to the intended senior, the ornament with the number should be firmly attached to the package. If multiple packages are intended for the same senior, each should be securely marked with the Ornament Number and bound together via ribbon, a shopping bag or other means to keep the gifts together.

Other ways you can help include volunteering to assist with wrapping or delivering gifts. You can also donate money to purchase gifts for seniors not otherwise adopted. Checks should be made out to “Hancock County Agency on Aging” at 423 Trenton Avenue, Findlay, Ohio 45840. Indicate “*Santas 4 Seniors*” on the memo line. Your donation may be tax-deductible.

We thank you for helping to make the season brighter for some of our area seniors. For more information, contact Leni Mueller or Mike Noggle at 419-423-8496.



Preparedness Day--September 20, 2008



Hancock Cares outreach workers made a difference to many who were impacted by the flood.

Lock in Your Heating Cost

Did you know that if you are a Columbia Gas customer that you have a choice in who supplies your natural gas? Did you know that you may even be able to find a supplier who will lock in the price for up to three years? Locking in a natural gas contract can reduce the fright of riding the roller coaster of home heating energy prices.

The Public Utilities Commission of Ohio (PUCO) offers an “*Apples to Apples*” comparison chart which lists prices and terms for suppliers authorized (certified) to serve your area. You can get this free chart by calling the PUCO at 1-800-686-PUCO (7826) or visit online at www.PUCO.ohio.gov. They also offer a brochure outlining how to find a new supplier as well as important questions to ask before signing a contract with a new supplier.

If you choose a different supplier, Columbia Gas will still provide the *transmission* (delivery) of your gas, so you will still receive a bill from Columbia Gas. Some suppliers may bill separately, others may have their costs included on your Columbia Gas bill.

We are extremely grateful for all of the support we receive throughout the year from our many friends. We endeavor to ensure that our list is accurate, however, if we inadvertently omit someone, please contact us so that we may list it in the next Savvy. Thank you!

Donations Received June 10-September, 2008

Mel Wilcox
Dorothy Lawrence
Elmer & Joan Wilch
Jeanetter Busick
Joe Crowley
Dolores Adams
Jerry Lauer

New Building Fund

Jean Holmes

In Memory of Norm Rozelle

Donald & Elizabeth Rozelle

In Memory of Cretoria VanStronder

Dorothy Armstrong

Senior Center Lobby Furnishings

Rettig Brothers Furniture
Bennett Brothers Furniture
Metro Housing

Halloween Coloring Contest

Mother Hubbard's Learning Cupboard

Alzheimer's Memory Walk--Senior Center Team

Best Buy
Flag City Auto Wash
Heritage Health
Bonworth
Primrose Retirement Communities
Anthem
Americare
Macklin Intergenerational Institute
Painter's Pottery
Cracker Barrel
McDonald's
Family Video

South Dakota Trip

Fifth Third Bank-North
Findlay Fire Department
Findlay Hancock County Public Library
Bigelow Glass
WFIN
Sunrise Assisted Living
The Heritage
The Sterling House
Primrose
LaRiche
Jim May Automotive
Consolidated Biscuit Company
Hancock County Agency on Aging
The UPS Store
Fox Run Manor

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 16

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

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Assistant Director.....Mike Noggle, JD
Public Relations & Fundraising Coordinator Leni Mueller
Fiscal Services Coordinator Tracy Dunn
Administrative Assistant Heather Powell

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Activities Coordinator Betty Rozelle

Chore Services

Chore Services Coordinator Eric Powell
Chore Services Staff: Greg Clark, Terry Gerker,
Kevin Rooney, Rob Scasny, Bob Verhoff

Food Service

Mobile Meals/Senior Cafe Coordinator Stacy Nungester
Mobile Meals Staff.....Betsy Kreidler, Roy Paniagua
Dietary Services Coordinator Bill Conine
Kitchen Assistant Sandi August
Kitchen Staff Rick Miller
Custodian Terry Gerker

Outreach

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Outreach Caseworker Amy Krantz, LSW



Serving Seniors Since 1970

Enriching Lives

Fellowship
Education
Wellness
Trips
Fun

Supporting Independence

Chore Services
Mobile Meals
Volunteer Guardianship
Outreach
Advocacy & Referral

419-423-8496

www.HancockSeniors.org