

# Senior Savvy

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

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



April-June 2010

## West Wing Premier Gets Rave Reviews



*Over 200 of our friends joined us for the grand re-opening of The Senior Café in the newly renovated West Wing.*

- Windows—new, larger windows utilize some of the latest window technology for energy efficiency and comfort, and while saving on heating and air conditioning costs.
- Ceiling tiles—these are not just fresh, clean and more elegant than the old tiles, they also enhance the acoustics, helping to reduce extraneous noise and echo, making the space more pleasant for conversation, music and more.
- Sound system—a state-of-the-art sound system enables the use of public address or music for different functions simultaneously in each of the individual rooms.

On March 5th we celebrated the re-opening of our beautifully renovated west wing. A ribbon-cutting ceremony at The Senior Café officially marked the resumption of service in the space after nearly two months of construction.

The new décor features an inviting color palette with warm gold tones and earthy accents. While all of this is very nice to look at, there is much more to the finishes than meets the eye:

- “Floating Walls”—the new, moveable walls enable the space to be divided into up to three separate spaces, providing more flexibility in activities with room size tailored to activity need. Plus, sound-deadening insulation in each panel assures that what happens in each room, stays in the room (in other words, it’s less likely you’ll hear your neighbor).
- Flooring—it may look like hardwood, but it is really a high-tech vinyl product designed to withstand high traffic and for ease of cleaning. For a softer touch, carpet squares rather than broadloom allows for easy and inexpensive replacement in the event of stains or damage.
- Lighting—all new, energy efficient light fixtures not only look attractive, they provide better quality light, save energy and reduce operating costs. Variable controls allow lighting levels to be adjusted to meet the needs of the activity.

The hall has already been the site of a variety of activities and has surpassed every expectation for comfort, flexibility and ease of use, including Senior Café, O’Malley’s dinner theater, the Dementia Coalition Conference, Bingo, dances, card clubs and a host of meetings. We’d like to thank everyone who helped make this project run so smoothly, including our contractors, designers and architects. We would especially like to thank our Chore workers and volunteers...and especially our seniors for your patience and flexibility during the construction period.

So, if you haven’t seen the new space yet, please visit soon! We are looking forward to many more wonderful opportunities to serve our seniors and our community in this new and improved space.

### Save the Date!

**We hope to see you at the following events:**

**April 27--Agency Annual Meeting**

**May 19--Older Americans Day Celebration  
with *Pantasia***

*See inside for complete details...*

## Director's Message

Happy Spring to all of you! We have an early Easter with a welcome promise of springtime weather.

Exciting news continues to abound at your Senior Center. We completed our first phase of remodeling of the upper level this February with the gracious help of many contributors and our contractor, Alvada Construction. If you have not stopped in to see your Senior Café and multi-purpose room you must do so. I am sure you will be favorably impressed and as excited as all who are already using the facility. We have the café daily and have already used the rooms for events such as a Dementia Coalition Conference, dinner theater, and flood mitigation meeting, along with our regular daily and weekly events.

We will also be adding some nice new furniture to the East side thanks to a grant from the Fraternal Order of the Eagles and a new library is being developed and contributed by the Altrusa Club.

Our new fitness center has over 250 members already and we will soon be adding some strength building equipment thanks to grants from Hancock Leadership Class of 2009 and a generous local individual.

Our Silver Sneaker® program continues to blossom. We started with two classes and now provide seven fitness and two Silver Splash aquatic classes! Wellness and fitness are two key components to healthy aging. We will continue to provide programs through the senior center and in conjunction with other area partners to better serve the seniors of Hancock County.

Before you know it the weather will allow us to utilize our wonderful green space as we move into spring and summer.

We will have numerous outdoor activities throughout the season. Outdoor PickleBall will soon be back. Look for information in this edition of the Savvy. Also, you may want to start a walking club or some other outdoor activity. If so, feel free to contact Activities Coordinator, Betty Rozelle, or my assistant, Heather Powell.

As always, we are here to serve you. Feel free to contact myself or any member of the staff at any time. Have a great spring,

*John*

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Senior Savvy - Issue 22

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  
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419.423.8496  
[www. HancockSeniors.org](http://www.HancockSeniors.org)

*Join us on May 19<sup>th</sup> as we*  
**Celebrate Older Americans Day  
 with Pantasia**

This year, we'll transport you to the tropics by way of Memory Lane as we celebrate the many contributions seniors have made to our society. Below is a brief overview of just some of the things we are planning. There's more fun in the works, so stay tuned to The Courier, local radio stations and Senior Café announcements for more details as they become available.

***Three C's***

We'll start the day with pastries and the three C's—coffee, conversation and competition. Friendly tournaments in Wii Bowling and Cornhole are sure to get the day off to a lively start.

***Roll Down Memory Lane***

From 10:00 am -1:00 pm we'll have a unique display of "rolling stock" from yesteryear, including high wheelers, quirky bikes, antique cars and new this year...vintage motorcycles. A big Thank You goes out to Del Nichols and Bill Reynolds for once again arranging this special show for our enjoyment. If you have a vintage car, bike or motorcycle you would like to display, call Betty Rozelle for details.

***Slippin' into Summer with Tunes of the Tropics***

*Pantasia*, Findlay High School's steel drum band, has been a community treasure since its inception in 1997. This award-winning ensemble has played to rave reviews at concerts and competitions throughout the eastern U.S. and the Caribbean. Under the direction of Tim Mattis, this lively group of students presents a varied playlist which ranges from island favorites like Yellowbird and Dayo to Jimmy Buffet, lullabies...even Christmas tunes.

*Pantasia* will take the stage following lunch service at The Senior Café. Chef Bill Conine will offer up an extra special meal in celebration of Older Americans Day. The cost for the meal is \$4.00 per person.



*Wii bowling  
 generates  
 competition and  
 friendships--our team  
 went against North  
 Baltimore Senior  
 Center in March.*

**HCAOA Annual Meeting**

*April 27 ~ 5:30 pm*

2009 was quite a year at Hancock County Agency on Aging and The Senior Center--a year with a lot of firsts and continued growth in participation and service. It started with the move to a long-awaited larger facility and then the opening of the Senior Fitness Center, the first Hancock Senior Leadership class and much more. And, so far...2010 and beyond is looking even better and busier.

***We invite you to join us*** in celebrating our accomplishments and in looking forward to ongoing progress in service and activities to our seniors and our community. On April 27th the public is cordially invited to join us for the 2009 Annual Meeting and 2010 Forecast. The event will begin with a social period and refreshments at 5:30 followed by the meeting at 6:30 pm. RSVP's are requested by calling 419-423-8496.

**Going from Wii to WE**

*Attention Grandparents*-- On Saturday, July 31, The Macklin Intergenerational Institute and the Hancock County Agency on Aging invite you to spend the day growing closer to your grandchildren as we explore "Going from Wii to WE..."

The harried pace of life today makes it increasingly difficult to find time to spend together as family. Combine this with the competition for attention from video games and cell phones, not to mention after school activities and friends, and it's tough to carve out time to build and strengthen those very important intergenerational family connections. This is why we've partnered with Macklin to present the first ever GrandsDay...to provide an opportunity for Grands to focus solely on each other.

GrandsDay will be hosted at the Macklin Institute located in Birchaven Retirement Village on Saturday, July 31<sup>st</sup> from 8:30am to 3:00pm. The cost is \$25.00 per person. Local sponsors will be providing lunch and snacks as well as many giveaways and door prizes--including a beautiful journal filled with photos and mementos from the day.

For more details be sure to read the July issue of *Senior Savvy* or contact Stephanie Davis at the Macklin Intergenerational Institute at 419-425-3150 or by e-mail at [sdavis@macklininstitute.org](mailto:sdavis@macklininstitute.org).

## Ohio TRIAD Conference

*April 19-20 at Findlay Inn & Conference Center*

Once again, Ohio Attorney General Richard Cordray has honored Hancock County Sheriff Michael E. Heldman and the local TRIAD organization by selecting Findlay as the host site for the statewide TRIAD Conference. The conference is open to anyone interested in becoming better equipped to respond to the incidence of violent and financial crimes against older adults, including law enforcement professionals, community leaders and seniors from throughout the state. Topics include elder abuse, identity theft, veterans' benefits and more.

Keynote speakers for the event are Ohio Attorney General Richard Cordray and motivational speaker Bruce Boguski.

Conference tuition includes Continental Breakfast, lunch both days and dinner on April 19.

Seniors (age 60+): \$30 both days or \$15 for one day

General: \$60 both days or \$30 for one day

Registration forms are available at The Senior Center. For additional information, contact Lorrel Filliater at 419-422-8657 or [lfilliater@brookdaleliving.com](mailto:lfilliater@brookdaleliving.com).

## Jump Start for Memory Walk

Each October the volunteers who make up The Senior Center's Memory Walk team join with thousands of walkers from across the country in walking to raise awareness and money for the Alzheimer's Association. The money raised will help fund the many programs which help support individuals with Alzheimer's disease, their families and caregivers.

This year, we are proud that our very own Executive Director, John Urbanski, has been named the Honorary Memory Walk Chairman for the Hancock County Walk. In support of this, Betty Rozelle and Cheryl Philips, the Co-Captains for The Senior Center's team are calling all Savvy Seniors to help make a difference in the fight against Alzheimer's Disease and other Dementias. If you would like to help, either by walking or sponsoring a walker or by helping with a fundraiser event, please contact Betty Rozelle at 419-423-8496.

## OSHIIP Volunteers Needed

The Ohio Senior Health Insurance Information Program (OSHIIP) is a program of the Ohio Department of Insurance dedicated to helping Ohio citizens understand health insurance coverage and options and assisting them in making informed decisions about this very important aspect of our lives. One-on-one assistance is offered through OSHIIP-certified volunteers. Unfortunately, there are not enough certified volunteers to serve the needs of Hancock County.

In April, OSHIIP will offer a volunteer certification course at The Senior Center, 339 E. Melrose Ave. The five part, course will be held from 9:00 am to 3:00 pm on Mondays and Thursdays, April 12, 15, 19, 22 and from 10:00 am to noon on May 27. Upon certification volunteers will be assigned to assist area residents with health insurance questions and concerns. You must complete all five sessions to be certified.

**CEU's area available** for Registered Nurses, Licensed Practical Nurses and Licensed Social Workers. Licensed insurance agents, those affiliated with an insurance company, a claims filing service or financial planning service are not eligible.

There is no charge to enroll in the program; seating is limited. To register or for additional information, please call Becky at OSHIIP at 1-888-686-8657 or register online at [www.insurance.ohio.gov](http://www.insurance.ohio.gov), click on "Medicare Services," then scroll down to "Volunteer Services" and click on "Training Registration."



*Executive Director John Urbanski and Dr. Karen Eubanks were on hand to greet attendees of the Dementia Coalitions Care Conference on March 19.*

## Caregivers Spring Series

Life seems to always be throwing curveballs at us. Just when we think we've got a handle on it, something changes. One of the biggest curveballs anyone can face is becoming a caregiver for a friend or family member. And, as with any change in life, knowing where to turn for help can keep the overwhelming feelings from becoming, well, overwhelming.

The *Family Caregivers Series* is open to anyone who is presently caring for or who anticipates the need to care for an older adult in the future. The sessions offer a wealth of information and resources to assist the caregiver in maintaining balance in their lives while ensuring that their loved one receives the best possible care. The series is presented by the Hancock County Agency on Aging. Additional funding for the series is provided through an initiative of the Hancock County Community Partnership/ADAMHS Board.

The Family Caregivers Series is free and open to the public. Reservations are appreciated, but not required. Each session begins at 7:00 pm; light refreshments will be served. *Highlights of the series include:*

### April 15:

#### ***Drug Side Effects and Cognitive/Memory Decline***

*Dr. Stuart Edmiston, DO—Geriatrician—Senior Care Physicians*

Your parent or spouse is having trouble with memory or seeming more confused lately. Is this just what we have to accept with aging or is something else going on? Often, the symptoms that we think are just "age" are really due to medication side effects which might be reversed with appropriate changes in prescriptions.

#### ***Communicating with your Aging Parents***

*Marty Williman, Education Coordinator—Alzheimer's Association, NW Ohio Chapter*

Intergenerational communication is often a challenge due to differing viewpoints from one generation to the next. However, if you're an adult child concerned with the welfare of aging parents, the stakes can escalate. How do you, the adult child, get your parent(s) from a generation that was raised to never discuss money, politics or religion to open up about these crucial topics? Marty Williman will offer some helpful strategies that can help you accommodate possible physical or cognitive changes in communications abilities and may lead to important discussions about how your parent(s) would like to handle any number of future situations.

### May 20:

#### ***Corralling Clutter: Beth Wechta, LISW, Geriatric Therapist—Century Health***

Clutter can be nothing more than an indication of too much stuff or a lack of organizational skills. Too much clutter can be a safety hazard and it *may* indicate that something else is wrong. How do you help a loved one get organized or work through the process of parting with precious symbols of their life? And, what are the signs that it might be time to seek professional assistance? Beth Wechta will share tips for helping your senior loved one, minimize the potential for upset and teach you the signs that indicate there may be something more going on than just clutter.

#### ***Moving Matters: Ivy Maria—Senior Move Specialist and Professional Organizer***

So, you've made the decision that it's time for you or a loved one to downsize or at least start clearing out that lifetime of accumulation. Now we have to decide what to do with all that "stuff"—those cherished mementos, family heirlooms, furniture and more. Do you give it to the kids? Charity? Sell it? This session will offer practical tips you can use in any move or downsizing, whether it's for yourself or to help a loved one.

### June 17:

#### ***Nutrition for Better Aging***

*Barb Brahm, OSU Extension Educator—Family & Consumer Sciences*

Americans are blessed with one of the most abundant food supplies in the world, yet at the same time, we are cursed by some of the worst nutritional habits. Learn how what you eat can impact your well-being, what's really in some packaged foods, beverages and fast food meals and which "super foods" can improve overall health and assist in the management of various health conditions. She'll also include tips for introducing these foods to your loved one.

#### ***Fit for Independence***

*Stephanie Parsons, BSES, Health & Wellness Coordinator—Findlay YMCA*

Strength, balance and flexibility are crucial to our ability to remain independent and prevent dangerous falls. Numerous studies have shown that we can maintain or rebuild our strength and ability at any age, enhancing our independence and lifestyle. Stephanie will provide us with the latest updates on senior fitness as well as providing strategies for motivating ourselves or our loved ones to get moving towards improved strength, flexibility and balance. The evening will include a tour of the Senior Fitness Center and a demonstration of senior friendly exercises.

## Spring into Fitness

SilverSneakers® is a fitness program created to meet the fitness needs of senior adults. Participation in SilverSneakers® is free to seniors with participating health insurance plans and members of the Senior Fitness Center (\$50/year for individuals, \$75/year for couples). We have a variety of SilverSneakers® classes to keep you movin' right into summer:

### **Muscle Strength and Range of Movement (MSROM):**

Monday & Wednesday at 9:30 and 10:30 am.

Utilizing a variety of resistance tools and set to lively music, this class can help improve overall strength, flexibility and balance. With the instructor's guidance, participants are able to set their own pace. A chair is available for seated and/or standing support, stretching and relaxation making this class an excellent choice for all fitness levels, especially those who need to start gradually.

### **Cardio Circuit (CC):**

Monday, Wednesday & Friday at 1:00 pm

This is an advanced class for those wishing to further improve their cardiovascular and muscular endurance conditioning. Cardio Circuit offers non-standing, non-impact choreography alternated with standing upper body strength work using hand-held weights, elastic tubing with handles and a ball. Before taking this class, participants should be able to transfer weight without support, demonstrate good balance, and have sufficient muscular strength and endurance to exercise from a standing position for a minimum of 30 minutes.

### **SilverSplash®:**

Tuesday & Thursday 12:30 pm at The Hampton Inn

Lots of fun with shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required. A SilverSneakers® kickboard is used to develop strength, balance and coordination. SilverSplash® is held in the pool at The Hampton Inn, located at 921 Interstate Drive near the Outback Steakhouse. Persons with diabetes must wear aquatic footwear during SilverSplash® classes.

### **NEW! YogaStretch:**

**Starts May 4**—Tuesday & Thursday at 10:00 am  
SilverSneakers® offers a special yoga class in which you learn gentle, effective stretching that can help maintain joint flexibility and prevent injury. Stretching can also help improve muscle tone and help you relax, both physically and mentally.

**Remember:** *It is important to stay well-hydrated during exercise, so bring a water bottle to class.*



*SilverSplash® & Water Exercise  
Classes meet at Hampton Inn*

*It has been so much fun, the others involved all seem to care for each other in a special way. I feel like it has helped me in more ways than I can describe. Thanks for all the help and encouragement. I feel so much improvement.*

*SilverSplash®  
participant*

## Outdoor PickleBall Returns

Outdoor pickleball returns to the Senior Center on Tuesday, April 20, weather permitting. Scheduled play will be Tuesdays and Thursdays at 10:00 am. Newly sealed, striped and fenced-in courts will be available at that time. Contact Dick and Nancy Heebsh at 419-424-0535 or Heather Powell at 419-423-8496 for further information.

This spring the City of Findlay will also be installing a pickleball court at Riverside Park, behind the fire station. Further information and dates will follow soon.

## Check us out on Facebook

These days, it seems like almost everyone has a Facebook page...in fact, the fastest growing age groups are Baby Boomers and Seniors! And now, you can help show your support of The Senior Center and Hancock County Agency on Aging by becoming one of our Facebook Fans and inviting your friends and family to do the same.

If you already have your own Facebook page, becoming one of our fans couldn't be easier. Just log on and search for *Hancock County Agency on Aging, Inc.* Once you're a fan, you can check in to see what's happening and invite your friends to become fans, too.

Not on Facebook? Then stop by the computer lab on Tuesdays, April 6, 13, 20 from 1:00-2:00 pm where one of the Computer Mentors would be happy to help you set-up a page. It's fun, easy and you'll have a hip new way to keep in touch with the grandkids.

## GPS\* for Seniors

Are you going through a life change or transition like retirement, downsizing, health concerns, financial stress, loss of independence or the death of a spouse or loved one? No matter what kind of curves life's road presents, there's no need to feel lost. *GPS for Seniors* can help you find the way. Beth Wechta, LISW, leads this new program designed to teach people tips and tactics for navigating life's changes.

GPS will meet the 2<sup>nd</sup> and 4<sup>th</sup> Wednesday each month at 12:30 pm in the east TV lounge. Each session will offer a short workshop on dealing with change followed by a question and answer period. GPS is FREE and open to the public. Walk-ins are welcome. There will be a door prize drawing each meeting. For more information, call Beth at 529-535-5050.

\*GPS stands for *Guide for Practical Solutions*



*Join The Senior Fitness Center for a hoppin' good time*



*Have a Ball  
with  
SilverSneakers®*

## Spring into Sense-a-tional Snacking

Who says food has to taste bad to be good for you? Not *The Food Lady*! Join Patti Koester, aka "The Food Lady" as she presents "*SPRING into Sense-a-tional Snacking*," a short series of fun and tasty workshops designed to cook-up a healthier lifestyle for seniors. Not only will Patti bust the myths that there is no room for snacks in a healthy diet and that nutrition has to be boring...she'll bring the snacks to prove it! The Food Lady, Patti Koester, is a program assistant with the Family Nutrition Program of the Hancock County OSU Extension office.

"*SPRING into Sense-a-tional Snacking*" will be offered on April 14, 21 and 28 from 12:30 to 1:00 pm at The Senior Center. It is **FREE** and open to all Hancock County Seniors. **Pre-registration is requested**; please call Patti at 419-422-3851 or sign-up at The Senior Center receptionist window.

## Calling All Volunteers--We Need YOU!

There are lots of ways you can help and we do our best to fit your schedule...volunteer as little or as often as you like. Volunteers will receive training/orientation for their duties. Applications are available at The Senior Center or can be downloaded from the Agency's website at [www.hancockseniors.org](http://www.hancockseniors.org). **Call us at 419-423-8496** for more information about the various opportunities listed below.

**Fitness Center Hosts** provide Fitness Center members and guests with an orientation to the proper use of equipment, monitor use and cleaning of equipment. Active Hosts receive free use of the Fitness Center and all Fitness Center classes in return for serving a minimum of six hours per month. Call Heather for details.

**Bingo Night Volunteers** keep our Wednesday night bingo games running smoothly; proceeds benefit The Senior Center. Call Betty for more details.

**Craft Instructors**—Are you an experienced crafter who would like to share your knowledge and help others learn a new hobby? Call Betty to discuss possibilities.

**Laundry**—The kitchen, café and fitness center generate lots of laundry. We need volunteers who would be willing to do a couple loads a week using our laundry facility on the lower level. The time commitment is around 4 hours, but of course, while you're waiting on the wash and dry cycles you can visit, play pool, read, use the computer lab, work out in the fitness center, etc. Call Betty for details.

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

**VITA Tax Prep Clinics:** M, W, F from 9:00 am to 12:20 ending Wednesday, April 14. **Tax preparation is BY APPOINTMENT—call 419-423-8496.**

**Medication & Mercury Collection:** April 10 from 9:00 am to noon at the Findlay Municipal Building Parking Lot (off W. Crawford St.) *See page 10 for details.*

**OSHIP Volunteer Training:** April 12, 15, 19, 22 and May 27. *See page 4 for details.*

**European Sampler Preview:** April 15 at 2:00 pm  
Join Diane Hagen with Globus for highlights of what you can expect on the European Sampler trip. Free. RSVP with Betty.

**Talking with The Food Lady—Spring into Sensational Snacking:** April 14, 21, 28 at 12:30. RSVP requested; sign-up at the receptionist. *See page 7 for details.*

**Ohio TRIAD Convention:** April 19-20 at the Findlay Inn & Conference Center. Details will be in the April-June Senior Savvy. *See page 4 for details.*

**Dance with Bette's Polka Band:** April 23 & June 18. Light supper served at 5:30 (donation for food), Dance from 6:00-9:00 pm. Bette and Dan play more than just polka, so plan on giving those dancing shoes a workout. Public Welcome; \$3.50 per person at the door.

**HCAOA Annual Meeting:** April 27. Social period and refreshments at 5:30; meeting at 6:30. *See page 3 for details.*

**Older Americans Day:** May 19. Lots of Fun! Vintage vehicle display 10:00 am to 1:00 pm; lunch 11:30-1:00; *Pantasia* in concert 1:00 pm. *See page 3 for details.*

**Senior Health & Fitness Day Is May 26**  
**At the YMCA—8:00 am – 1:00 pm—a morning full of demonstrations, health screenings, displays, snacks and more.** Call Renee Chaskel at the Y for details.

**We also are making plans for Senior Fitness Day at The Senior Center—**We're planning some fun fitness activities—watch for details.

**Dance with ABS Band:** July 16 from 7:00-10:00 pm. This band is as well-known for their comedy and hi-jinx as they are for their lively blend of music. Come join the fun. Public Welcome; \$3.50 per person at the door.

**GrandsDay at Macklin Institute:** July 31. Reservations required. *See page 3 for details.*

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

Thursday, June 10 ~ 4-7 pm

Menu: Fish or chicken, fries, hush puppies,  
cole slaw & beverage

Adults \$7.50 Kids 12 & under \$4.00

### Renew Your Kroger Rewards

Kroger Community Rewards program makes a contribution to The Senior Center based on the amount of purchases made by shoppers who have connected their Kroger Rewards card to our account. The program is FREE and really adds up for us. In just eight months, our sixty-six friends in the Kroger Community Rewards program have donated \$845.65 to benefit The Senior Center...and it didn't cost them a cent! Please be aware, **Kroger has announced that Community Rewards members must RENEW their commitment beginning April 1 in order for us to continue receiving funding from this free program.**

Kroger now requires you to enroll/renew online—just go to [www.krogercommunityrewards.com](http://www.krogercommunityrewards.com), click on Ohio and follow the instructions. You will need to have your Kroger card (for the numbers on the back), our **organization number which is 83834**, and your e-mail address.

It's easy and free. Don't have a computer? Don't worry! We can help you get signed-up in the computer lab. Just see Leni Mueller or one of the Computer Lab Mentors for help. Computer Lab Mentors will be available on Tuesdays from 1:00-2:00, April 6, 14, and 20.

## FUN & FELLOWSHIP

**Tuesday Night Dance:** Tuesdays, 7:00-9:00 pm. The Senior Center Tuesday Night Dances are for anyone who enjoys dancing, or even just listening to good dance music. We'll spin your favorite tunes so you can dance the evening away. Open to the public; \$2.00 at the door.

**Circle of Friends:** Usually 2<sup>nd</sup> Tuesday at 7:00 pm in the East Activities Center, however, time and location may change depending upon activity—call Bev Rarey for details at 419-422-4411.

**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.

**Morning Mixer:** Wednesdays, 9:30-11:00 am. Join us in the east activity center and let's get acquainted over coffee and conversation.

**Wii-Bowling League:** The Gang is looking for more folks to join the fun! Wii is for everyone—it's easy on the joints and can be played standing up or sitting down. "Practices" are Tuesdays from 9:30-11:00 am in the east activity center. Additional times will be added as needed to accommodate additional players.

**Open Wii-cess:** There's more to Wii than just bowling... including golf, tennis, baseball, target practice and more! Open time Wii play is available most weekdays. See Heather to check out the Wii unit and receive instructions for its use.

**The Millstream Band Needs YOU!** Practices are Wednesdays from 1:30 to 2:30 pm at The Senior Center; practices alternate with performances throughout the community. The band performs throughout the community as goodwill ambassadors of The Senior Center. The band includes traditional instruments like the trumpet, snare drum, ukulele and mountain dulcimer as well as rhythm instruments like maracas, and tambourine and just for fun, kazoos and "bones." They are looking for other musicians who play other instruments to widen their repertoire, including guitar, banjo, fiddle, mouth harp and others.

New members always welcome regardless of whether you are a trained musician or just like to have fun! Come check out a practice to see if the Millstream Band is for you.

**Community Bingo** 1st Monday at 10:00 am  
(FREE—sponsored by Brookdale Senior Living)

**FUNdraiser Bingo:** Every Wed. Night (\$ to play)  
Our bingo puts the "FUN" in fundraising—proceeds benefit The Senior Center. Join us for an exciting mix of NEW Games and old favorites. There's plenty of room to spread out in our spacious new facility. Doors open at 5:30 pm. Games start at 6:30 pm.

*Bingo volunteers needed—call Betty for details.*

**Billiards & Air Hockey in the East Activities Area:**  
Available most weekdays from 8:00-4:00 pm, except when another scheduled activity precludes play.

**Tuesday Card Clubs:** *Details, call Betty:*

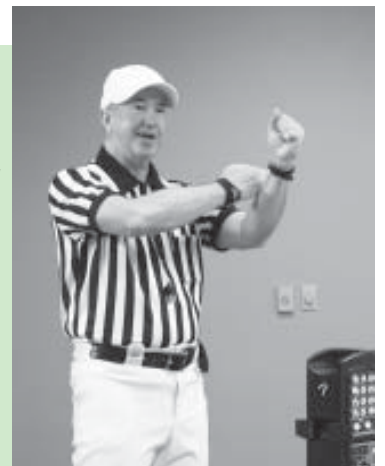
**Bridge:** Tues. 1:00-3:30 pm

**Pinochle & Euchre:** Tues. 1:00-3:30 pm

**Cards & Games:** Fridays 1:00-4:00 pm. Join the fun. There's always a variety of things to do, including card games, dominoes, pool and other games available for your enjoyment.

*Local attorney and professional football official Bill Alge instructed The Senior Café fans on how to interpret official hand signals.*

*TOUCHDOWN!  
The Café crowd practices their officiating.*



## FITNESS

**Senior Fitness Center:** New Hours beginning May 1—Monday-Friday 6:30 am to 6:30 pm; closed Saturdays. Fitness Center Volunteers needed. *See pages 6 & 7 for details.*

**SilverSneakers®:** *See page 6 for details*  
Muscular Strength & Range Of Movement (MSROM)—Monday & Wednesday 9:30 & 10:30 am.  
Cardio Circuit—Monday, Wednesday, Friday 1:00 pm.  
SilverSplash(R)—Tuesday & Thursday at 12:30 pm at the Hampton Inn pool.  
**NEW!** Yoga Stretch—beginning May 4—Tuesdays & Thursdays at 10:00 am.

**Pickleball:** Outdoor play resumes at The Senior Center on April 20. Open play will be Tuesday and Thursday at 10:00 am. *See page 6 for details.*

**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: \$8.00 per session

## HEALTH & WELLNESS

**NEW! GPS for Seniors:** 2<sup>nd</sup> & 4<sup>th</sup> Wednesday from 12:30-1:30 pm in the east lounge. *See page 7 for details.*

**Blood Pressure Clinics:** (*FREE—walk-in basis*) Carol Windau, retired LPN is here on Wednesdays from 10:00-11:00 am. Clinics are also *usually* available on the 1st & 3rd Friday from 1:00-2:00 pm.

**Reflexology:** This ancient healing art applies pressure to core nerve points on the hands and/or feet to promote relaxation and healing. *By donation; appointment required, call 419-423-8496.*

**Hearing Aid Cleaning Clinic:** 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. *Free; walk-in basis.*



*Careful planning, skilled workers, the right equipment and cooperation kept the west wing renovation right on schedule.*

## Medication & Mercury Collection

**Saturday, April 10 ~ 9:00 am-noon**

Findlay Municipal Building Parking Lot ~W. Crawford St.

Do you have unwanted, expired or un-needed medicine or mercury around your home? Help to protect your family, your community and the environment by properly disposing of them. Just bring the medications or mercury to the drive-thru drop-off collection location; no need to leave your car. Please keep medications in their original containers if possible.

This FREE event is sponsored and supported by: Hancock County ADAMHS Board/Community Partnership; City of Findlay Health Department, Water Pollution Control, Police Department; University of Findlay College of Pharmacy; and Rader Environmental Services, Inc.

For more information, including a list of items which can and cannot be returned for safe disposal, contact the Community Partnership at 419-424-1985 or go online to [www.paragonapproved.org](http://www.paragonapproved.org).

## ENRICHMENT & EDUCATION

**Bible Study:** Fridays, 9:00-10:30 am — Everyone is welcome!

**TRIAD:** 1<sup>st</sup> Thursday of each month at 1:00 pm. **TRIAD** is a partnership of seniors and area law enforcement, crime prevention and consumer protection agencies.

**PERI** (*Public Employees Retirees, Inc., Dist. 5 Hancock Co. Chapter #54*): 1<sup>st</sup> Wednesday of February, April, June, October & December at 12:00 pm. *Optional—lunch in The Senior Café before meeting, \$4 pp.* For additional information, contact PERI President Mark Metzger at 419-894-6274.

**Senior Computer Lab:** HCAOA's computer lab is available for seniors' use most weekdays from 8 am to 4 pm. The lab is not available for open use during scheduled computer classes.

**Computer Mentors** from the University of Findlay will continue to be available Tuesdays from 1:00-2:00 pm through April 20.

## SENIOR CINEMA

Join us the *Second Thursday* of each month at 1:00 pm for an afternoon at the movies with your friends. Movies are FREE. Viewing is in the east TV lounge area.

**April 8:** **G-Force** (*animated comedy—rated PG—88 minutes*). Ever since carrier pigeons in the Civil War, the government has trained animals for espionage. The latest of these experiments is G-Force, a band of ultra-intelligent guinea pigs who share 98.7% of their DNA with humans. When a deranged billionaire threatens to take over the planet, the G-Force is called in to stop him.

**May 13:** **Glory** (*war drama—rated R—122 minutes*). This is the heart-stopping true story of the first black regiment to fight for the North in the Civil War. Despised by the South, distrusted by the North, the 54<sup>th</sup> Regiment of Massachusetts overcame seemingly insurmountable odds in their fight to join the war for freedom. Stars Matthew Broderick, Denzel Washington and Morgan Freeman.

**June 10:** **27 Dresses** (*romantic comedy—rated PG13—105 minutes*). Jane (Katherine Heigl) is the selfless young woman who probably inspired the expression, “Always a bridesmaid, never a bride.” She even races back and forth to be in two weddings and receptions on the same evening. Then she meets the writer of the newspaper's wedding column and becomes the subject of his curiosity and story. Things really start to get tangled when her sister gets engaged to the man Jane loves.



*O'Malley's was a delight for all of the senses-- an engaging story, memorable music, outstanding talent and delectable food.*



## HOLIDAY & WEATHER CLOSINGS

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

**New Year's Day:** January 1

**Martin Luther King Day:** January 18

**President's Day:** February 15

**Good Friday:** April 2

### **Inclement Weather Cancellations or Closings:**

When foul or threatening weather is in the forecast, tune into Findlay area radio & TV stations or [www.TheCourier.com](http://www.TheCourier.com) 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. Our trips are organized to be senior-friendly, but are open to everyone (age 18+ unless otherwise noted). Payment is required to confirm and hold your reservation. Additional details are available at The Senior Center/Hancock County Agency on Aging located at 339 E. Melrose Ave., Findlay, or by going online to our website at [www.HancockSeniors.org](http://www.HancockSeniors.org).

**Amish Country (Holmes County)**

May 13, 2009

Ohio Amish Country is one of our most requested destinations. The first stop is Millersburg where we'll have the opportunity to explore the historic downtown, lined with shops filled to the brim with the unique and antique. Then it's on to Berlin where we will dine at Boyd and Wurthman, a favorite dining spot of the locals. Later we'll stop by the Amish Flea Market, Bulk Food Store, Heini's Cheese House and for the crafters and quilters, Fabric Barn Outlet. If time permits, we'll also make a side trip to Coblentz Chocolate Co. in Walnut Creek.

The cost is \$89 per person and includes round-trip transportation and lunch. *Paid reservations are due by April 30.*

**Walleye Fishing on Lake Erie**

May 18, 2010 (rain date May 20)

Join Eric Powell for a day of fishing, fellowship and fun with Shore Nuf Charters on Lake Erie. Last year's fishing trip was a big hit, so we're doing it again. We'll also bring our own "guides" to assist you with your gear and fish as needed. Space is limited to 17 guests (first come, first serve). Additional trips will be scheduled as needed. We are also open to scheduling a perch trip later in the season. Plan to arrive at The Senior Center at 5:00 am.

The cost is \$79 per person and includes transportation, bait, tackle, rods (if you prefer, you may bring ONE of your own) and lunch. Additional details will be provided at registration. *Paid reservations are due by April 30.*

**Cleveland Indians vs. Chicago White Sox**

May 26, 2010

Mike Noggle is our resident Indians fan and he wants to *take you out to the ballgame* at Progressive Field in Cleveland. This is a special early start game, so, we should be home for supper. In addition, he's arranged for great,

accessible seating along the first base line (not the outfield) and the bus will deliver and pick us up near the entrance gate, reducing the amount of walking required. This is always a popular trip, so be sure to reserve your seat early. \$55 per person includes transportation, admission and \$5 Indians Fun Money. *Paid reservations are due by May 17.*

**RAMBLIN' & GAMBLIN'**

Casino trips depart from and return to The Senior Center parking lot. Please arrive 15-30 minutes before departure. Advance reservations are required to confirm your seat; walk-ons permitted if space allows.

**Firekeepers Casino**

May 10, 2010

This is Michigan's newest casino featuring five restaurants and over 2,600 of the latest gaming machines plus tables of your favorite games of skill. \$35 per person—upon arrival receive \$20 gaming credit and \$5 credit for anything. *Paid reservations due May 7.*

**Hoosier Park Casino**

July 12, 2010

This casino offers a day's worth of entertainment...even for those who choose not to gamble, including shops, boutiques, lounges and eateries. \$35 per person; upon arrival receive \$10 gaming credit and \$10 credit for food. *Paid reservations due by July 9.*

**GreekTown Casino**

September 13, 2010

With its International Buffet and gift shops, this recently renovated and expanded casino offers more than just gaming. \$25 per person; receive \$20 back upon arrival. *Paid reservations are due by September 9.*

**Motor City Casino**

November 1, 2010

Mark your calendars now—you don't want to miss this trip to one of Detroit's most luxurious and opulent casinos. \$25 per person; receive \$10 credit for gaming and \$10 credit for food back upon arrival. *Paid reservations are due by October 27.*



## PACK YOUR BAGS

Our extended excursions are booked with reputable tour companies that specialize in quality senior travel. Prices quoted are for double occupancy; single occupancy and trip insurance are extra. Most companies offer optional excursions within the tour at an additional cost.

### New Orleans

*September 19-25, 2010*

On this tour you'll experience the best that the New Orleans area has to offer and discover why it continues to be a favorite destination. In addition to a guided tour of New Orleans, you'll view the bayou on a swamp tour, visit an historic Louisiana plantation, relax on a Mississippi riverboat cruise and have some playtime at Harrah's Casino. The itinerary includes dining at local restaurants and plenty of free time to enjoy some of New Orleans' many attractions like music in the French quarter, shopping and historic places. \$579 per person includes luxury motorcoach transportation, 6 nights lodging, 10 meals, tours, admissions and riverboat cruise. \$75 due at signing; final payment due July 14, 2010.

### European Sampler Preview

*April 15 ~ 2:00 pm*

Join Diane Hagen with Globus for highlights of what you can expect on the European Sampler trip. Free. RSVP with Betty.

## Great Trains & Grand Canyons

*October 17-22, 2010*

Your home base for this tour will be a resort in the upscale area of Sedona. Set amongst the red-hued rocks of Oak Creek Canyon, this area is a popular home for artists. You'll view scenic natural wonders by bus, train and trolley, including the south rim of the Grand Canyon and Montezuma Castle National Monument where the Sinagua Indians built their amazing cliff-dwellings in the 12<sup>th</sup> and 13<sup>th</sup> centuries, Airport Mesa, Verde Canyon and more. You'll also visit the Spanish-Mexican Village of Tlaquepaque, famous for its art galleries, shopping and eateries, the restored mining town of Jerome, Old Town Scottsdale, dinner at Black Bart's Steakhouse & Saloon in Flagstaff and enjoy a chuck wagon supper and western stage show at the Blazin' M Ranch. *Premier: \$1,999 per person includes air, 5 nights lodging, 8 meals, admissions, tours and more. \$300 due at signing; final payment due by August 2.*

## European Sampler

*September 15-25, 2010*

There's so much to see and do on this sampler tour we can't describe it all in this short space. This trip will give you an overview of places you are sure to want to revisit in the future. Highlights include London, Amsterdam, the Rhineland area of Germany, a steamer cruise along the Rhine, Lucerne, the Swiss Alps, the French countryside and all the best that Paris has to offer. *Cosmos: \$2,449 per person plus taxes, includes air, land, hotels, transfers and some tours (many optional tours and activities available). \$250 due at signing; final payment due by July 12, 2010.*

## 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.

## Guardianship Program Tidbits

Volunteer Guardianship Program Coordinator Mike Noggle has been elected Vice-President of the Board of the Ohio Guardianship Association for 2010. Mike has served as a member of the Board of Trustees since 2007. The statewide organization serves to promote the highest quality of values, standards and ethics for guardianship services in Ohio.

**Save the Date:** The 5<sup>th</sup> Annual Ohio Guardianship Association Educational Conference will be held right here at the Hancock County Agency on Aging on Wednesday, September 15, 2010. This all day event is titled “Lighting the Way to Good Guardianship Practice” and will have a number of speakers from around the state covering a number of topics relating to guardianship practice. More details will follow in the next issue of the Senior Savvy. In the meantime you may visit the OGA website at [www.guardianshipohio.org](http://www.guardianshipohio.org)

## It's Time to Spring Clean

Spring has finally sprung, and while it's wonderful to see the crocus, tulips and daffodils peeking out of the ground, the litter of sticks, matted leaves and other mess which reappeared after the snow melted was not such a welcome sight. And, while we're happy to see the sun, we may not be quite as happy with the streaky windows and the winter grime that it spotlights.

Chore Services Coordinator Eric Powell says now is the time to schedule both indoor and outdoor spring cleaning jobs. “We can help with washing walls, shampooing carpets, raking yards, laying mulch and more...we even do windows!”

Chore Services are available to all Hancock County residents, age 60 or better, regardless of income. We ask that our clients pay for any supplies or building materials needed for a task and then make a donation towards labor in accordance with income; no one is denied if they can't afford to make a donation for labor. In addition, all of our Chore Workers have passed a background check and can present an Agency photo ID upon request.

## Homestead Property Tax Exemption

The Homestead Exemption allows seniors and permanently and totally disabled Ohioans to reduce their property tax burden by allowing qualifying homeowners to exempt \$25,000 of the market value of their home from all local property taxes, regardless of income. Applications are must be submitted to the Hancock County Auditor's Office by June 7. For more information, call the Auditor's Office at 419-424-7015.

## Be Census Savvy

The 2010 U.S. Census will count all U.S. residents, citizens and non-citizens alike. While the 2010 Census is one of the shortest and simplest in U.S. history, asking just 10 basic questions, it provides important information which the government uses in planning for programs and services many people depend on...especially seniors.

By now you should have received your form which will include a pre-paid return envelope. If you do not complete and return your census form, a Census worker will be knocking on your door sometime in May or June. The Better Business Bureau advises seniors to be cooperative but cautious as there will certainly be con artists and identity thieves who will masquerade as census workers and prey upon seniors. The best way to protect your privacy and your identity is to complete your form and return it promptly.

Here's how to tell the difference between a U.S. Census worker and a con artist:

- Census workers will have a badge, handheld device, a Census Bureau canvas bag and a confidentiality notice. Ask to see identification and NEVER invite anyone into your home you do not know.
- Census workers are knocking on doors to verify address information only.
- The Census Bureau will NEVER contact you by e-mail. NEVER click on a link or open any attachments in an e-mail that claims to be from the Census Bureau.
- While the Census may ask for basic financial information, such as salary range, they will NEVER ask for Social Security, bank account or credit card numbers, nor will employees solicit donations.

Any personal data collected is kept confidential; penalties for employees sharing that information are severe. For more information about the 2010 Census, visit [www.census.ohio.gov](http://www.census.ohio.gov).

## Donations January-March 2010

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

Ladies Auxiliary VFW #5645

Phyllis Putnam

William & Mary Lou Drake

Janet Purdy

Rachel Musgrave

*In Memory of Edward S. Brown:*  
Harold & Alberta Durnwald

*In Memory of Thurman Stoner*  
Robert Rudisill  
Dr. Rick & Debra Watson

*Special thanks to*  
Long Term Recovery Committee  
of Hancock County, Ohio



*Chore workers Bob & Rob put finishing touches on the west wing renovation*



### ***Does Your Employer Match Your Donations?***

Many businesses match the charitable donations of their employees. Is yours one of them? Some even make contributions to correspond with employees' volunteer time. Check with your HR department to see if your company helps you make a difference...and please consider making a contribution to the Hancock County Agency on Aging to help us continue making a difference in the lives of Hancock County seniors.

*Thank You!*

### **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, 339 E. Melrose Ave., Findlay, OH 45840. HCAOA is a non-profit organization; donations may be tax-deductible.*



# Senior Savvy

Issue 22

Hancock County Agency on Aging, Inc.  
 339 E. Melrose Ave..  
 Findlay, Ohio 45840

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We hope you enjoyed this issue of Senior Savvy. To subscribe, update your mailing address or to cancel your subscription, please call the Hancock County Agency on Aging at 419-423-8496.

## HCAOA Staff Directory

### Administration

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

### Activities, Fitness & Volunteers

Activities & Volunteer Coordinator.....Betty Rozelle  
 Fitness Center Assistant.....Nancy Siferd

### Chore Services

Chore Services Coordinator ..... Eric Powell  
 Chore Services Staff ..... Rob Scasny, Bob Verhoff

### Food Service

Dietary Services Coordinator ..... Bill Conine  
 Kitchen Assistant ..... Sandi August  
 Kitchen Staff ..... Rick Miller  
 Food Service/Rental Coordinator ..... Stacy Nungester  
 Mobile Meals Staff.....Betsy Kreidler, Julie Routson  
 Custodian ..... Terry Gerker, Jim Wilcox

### Outreach

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

### Guardianship

Guardianship Coordinator.....Mike Noggle, JD



## Serving Seniors Since 1970

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