

Senior Savvy

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

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

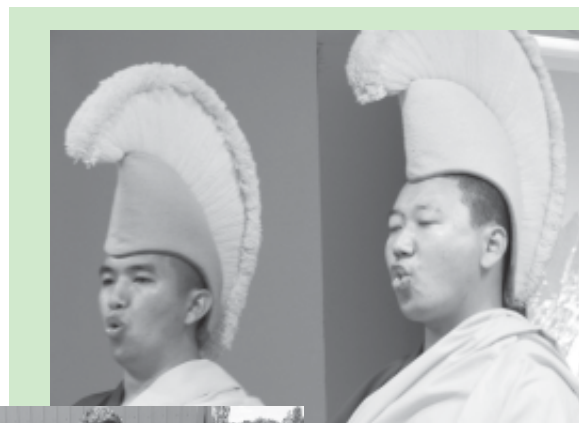


October-December 2010

Memories of a Very Busy Summer



The annual Ice Cream Social was fun for all ages.



The visit by the Tibetan monks transported us to far away lands.



The Ohio Guardianship Association's conference drew from across the state.



The Senior Olympics was filled with friendly competition.



Despite the rain, everyone had buckets of fun at the Family Fun Fest

SilverSneakers® participants kicked-up their heels at The Fitness Center's first anniversary Open House



Welcome to our fall edition of the Savvy. You will find updates on all our services, programs and activities, as well as an update on our Capital Campaign.

Many of you who receive this newsletter may not be regular users or even occasional users of the Senior Center activities and services we provide. I would bet though, that you do know friends and/or relatives who do participate in one of our many programs offered.

There are a little over 13,000 seniors in Hancock County. As of December 2008, just prior to our move, we had served 3,900 seniors in some manner. As of June this year we have served over 6,200 seniors! That is almost 48% of the senior population!

This year, we are averaging over 1,000 more participants in activities per month than last year. That will translate into roughly 50,000 visits for social activities to go along with all our social service and chore clients. We are able to maintain this growth with your levy dollars and program service fees. We will also realize approximately \$40,000 in rentals due, in part, to our remodeling of the West side. Those revenues cover our increased operating expense of the larger facility and help with current and new programming.

Our partnerships in the community continue to grow. We are in the midst of the creation of additional fitness programming in collaboration with the YMCA. And, as mentioned earlier this year, we are working with the University of Findlay on our Medication Therapy Management program. By the time you receive this our Oktoberfest will be history, another collaborative effort with the Findlay Flag City Morning Rotary club. We are also working on fitness partnerships with the Blanchard Valley Health System and Owens Community College.

This October we will add a new member to our team. We are in the process of hiring a part time fitness/wellness coordinator to effectively manage our area fitness partnerships and increased fitness programming. This area of service is a self sustaining program due to the variety of revenues we are able to generate; another example of the responsible fiscal management of your community dollars.

Finally, I simply want to continue to encourage you to become a part of our Capital Campaign. Many have contributed, but much more is needed to reach our goal. I would be happy to speak with any of you at any time to further discuss the vision for your Hancock County Agency on Aging /Senior Center. ***Together we can provide a facility and services the seniors of Hancock County deserve!***

John

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Senior Savvy - Issue 24

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.**

Please contact us to subscribe, unsubscribe or correct subscription information:

Hancock County Agency on Aging
339 E. Melrose Ave. ~ Findlay, OH 45840
419.423.8496
contact@hancockseniors.org

...and be sure to visit us online at [www. HancockSeniors.org](http://www.HancockSeniors.org)

The members of our Building Fund Committee lead by Co-Chairs Barbara Deerhake and Tim Brugeman have been very busy this year. So far, a total of \$722,809 in pledges and gifts have been committed by generous individuals, local businesses and organizations. While this is a good start, we still have a long way to go before we reach our ambitious goal of \$2.5 million which represents \$1.2 million for renovations and \$1.3 million for paying off the mortgage.

While we are asking our seniors, friends, neighbors, businesses and supporters to make a commitment to The Senior Center, we want to pledge to you that we are committed to being good stewards of your donations and your trust. It is our earnest intention to be financially prudent with the campaign and our renovations, moving onto the next project only as we have funds available. Yet, renovations will not proceed unless we also raise enough money to maintain our debt service as we do not want to pull levy funding away from services for seniors to pay for bricks and mortar.

So, what have we accomplished thus far and what is still to be done? Here is a summary of all the changes we have made to better serve our seniors and our community:

- West Hall renovations—everything is new, including flooring, walls, ceiling, sound system and lighting. Plus, the space is much more flexible with the new moveable divider walls which enable the space to be divided into up to three rooms. The result is that attendance at The Senior Café is projected to increase by nearly 4,000 guests compared to 2009. That's a jump from 23,000 to 27,000! It has also allowed us to utilize the space for a variety of purposes, including educational conferences like the Dementia Coalition Conference and the Ohio Guardianship Association Conference, events like the O'Malley's Dinner Theater, the Record Hop and lots of wedding receptions and other special occasions—making it a true community center.
- The Senior Fitness Center has become a very active place. We have 370 members who regularly work out using the cardio and resistance equipment. Plus, our SilverSneakers® classes are regularly filled with seniors improving their health and having FUN
- Lower Level Office Suite—the convenient layout of our new offices enables our professional staff to meet with clients in an atmosphere which enhances service, communication and confidentiality. Client service requests have increased dramatically since our move and the new offices have helped our staff meet the demand.

However, we are only part way to our goal of having one of the best senior centers anywhere. In the works are the following renovation projects:

- Accessible Entry & Elevator: \$257,000. Automatic doors and elevators are more than just a convenience for many of our guests who rely upon mobility assistance devices like canes, walkers, wheelchairs and scooters... they offer a level of independence that everyone deserves.
- Restroom Renovations: \$56,000. Once again, the plan is to go beyond just clean and new and to provide restrooms that are accessible to all. A new spacious "family restroom" will enable a spouse or caregiver to assist their loved one with personal needs while preserving their dignity.
- East Hall Renovations: \$477,000. Now for the fun stuff—game room, art room, lounge, library and more.

We need YOUR help to make all of this possible. How can you help? Lean more. Tell your friends. And, make a contribution.

If you would like to further discuss how you can help, please contact Executive Director John Urbanski to arrange an appointment with a member of the Building Campaign Committee. John can be reached at 419-423-8496, ext. 110 or jurbanski@hancockseniors.org.



The reception hall has become a true asset for the whole community, whether for events like the Senior Olympics or private receptions.



Gifts Large and Small are Needed and Appreciated.

Help us put the power of community to work toward our goal. For example, if everyone who reads this Savvy were to pledge just \$10 per month for five years, we would meet our goal. However, we realize that some are able to give more and some less. So, we ask everyone to consider making a one-time gift or a longer term pledge that is generous, yet appropriate to their personal circumstances.

Even a small amount given periodically over time can amount to a large gift. An amount that may seem impossible to give is quite manageable when broken into small steps.

For example:

- \$5 per month—about the cost of one “value meal”—for five years (or \$15 per quarter) amounts to \$300.00
- \$10 per month (or \$30 per quarter) for five years amounts to \$600.00
- \$25 per month (or \$75 per quarter) for five years amounts to \$1,500.00

Gifts may be made by check or credit card. Please enclose the form printed below with your gift. Or, call our Fiscal Services Coordinator Tracy Dunn at 419-423-8496 to arrange an automatic payment on a **quarterly** basis from your credit card, checking or savings account; a minimum draft of \$20 is required for automatic credit card payments. Also, many online banking programs permit customers to set up their own automatic payment plans.

To set-up online banking auto-payments

The following is the information needed by most banks to set-up an new online banking payee:

Company: Hancock County Agency on Aging, Inc.
Address: 339 E. Melrose Avenue
Findlay, Ohio 45840
Memo line: Capital Campaign

It is very important that you indicate “*Capital Campaign*” on the memo line so that we know how to credit your donation when it comes in to our office.

Building Campaign Donation & Pledge Form

*Please complete this form and return it to 339 E. Melrose Ave., Findlay, OH 45840. Contributions are tax deductible.
If you are enclosing a donation, checks should be made payable to Hancock County Agency on Aging*

Name(s) _____

Address _____

City _____ State _____ Zip Code _____

Phone (_____) _____ e-mail _____

Yes No *You may use my/our name(s) for public relations/fundraising purposes*

I / we hereby pledge \$ _____ (total pledge amount). This pledge will be fulfilled as follows:

One-time gift

Annual payments over 5 years

Quarterly payments over 5 years

Other (please describe) _____

This gift is made in honor of in memory of

Check Enclosed Please bill me

MasterCard Visa

Account # _____

Amount \$ _____ Exp. Date _____

Signature _____

(signature required if using credit card)

This fall, you can “leaf” it to us

The economy remains sluggish, which means that the City of Findlay not pick up leaves again this year. This leaves many seniors wondering how they will manage their fall clean-up. Not to worry, our Chore Services program is available once again to help haul the problem away.

According to Chore Coordinator Eric Powell, “We will do everything we can to see that our seniors’ leaves get cleaned-up and hauled away. We anticipate having a lot of requests for help. Plus, the weather can have a big impact on the situation, so we ask for everyone’s patience.”

“We are committed to picking up BAGGED leaves for all seniors who need their leaves picked-up. We have City approved, bio-degradable leaf bags available free to Hancock County seniors who are able to do their own yards or who have a friend or family member to do the raking and bagging. Once your leaves are raked and bagged, call us and we’ll pick them up.”

Due to limited manpower, we will only be able to do raking and bagging on a limited, first come, first serve basis. Volunteers are being sought to rake and bag leaves for area seniors. To volunteer or to request raking or pick-up service, contact Eric at 419-423-8496 or epowell@hancockseniors.org.

OGA State Conference Held Here

On September 9, The Agency on Aging hosted the state-wide Ohio Guardianship Association’s 5th Annual Educational Conference. This was the first time the event was held in Northwest Ohio and the first time it was held in an actual agency on aging facility. Over 90 guardianship program administrators, staff, volunteer guardians, social workers, nursing home administrators, judges and lawyers were in attendance for this day long event aimed at encouraging good guardianship practices in the state of Ohio.

Eleven of our own volunteer guardians from the Agency on Aging’s Volunteer Guardianship Program attended. Hancock County Probate Judge Allan H. Davis participated in a three judge panel presentation. Mike Noggle, our Assistant Director and Coordinator of our Volunteer Guardianship Program, is a member of the OGA Board of Directors and Co-Chaired the committee that organized this year’s conference. By all accounts, those in attendance were impressed by our facility and thought that the program was valuable to them.

Volunteer Opportunities

Fitness Center Hosts greet members and guests, provide an orientation to the proper use of equipment, monitor fitness center usage and sanitize equipment. Active Hosts receive free use of the Fitness Center and all Fitness Center/SilverSneakers® classes and are expected to serve a minimum of two 3-hour shifts per month to maintain their Active status. For more information about becoming a Fitness Center Host contact Heather Powell at 419-423-8496, ext. 106 or hpowell@hancockseniors.org.

Senior Café Volunteers serve food and help clear tables and dishes in The Senior Café. The Senior Café serves lunch daily from 11:30 am until 1:00 pm. Volunteers are needed from 11:15 am until 1:30 pm. Senior Café scheduling is flexible. Volunteers who are willing to work a set day each week are especially needed.

Bingo Volunteers The Senior Center currently hosts bingo on the second, fourth and fifth Wednesday evenings. Volunteers perform a number of functions, including call back, recorder, runner, cashier, instant game ticket sales and helping with the refreshments counter.

For more information about volunteering in the Senior Café or Bingo, contact Betty Rozelle at 419-423-8496, ext. 104 or brozelle@hancockseniors.org.

Winterize Your Home

Fall is the best time to winterize to ensure a comfortable home and to reduce energy costs this winter. Chore Services is available to assist seniors with preparing their homes for winter by performing tasks like caulking, weather stripping and installing storm windows or mounting plastic on windows. Mobile home residents should consider installing heat tape now to avoid frozen pipes later.

Once the weather turns wintry, it’s a good time to schedule those indoor chores you’ve been putting off, like inside painting or heavy duty cleaning. Our chore workers are also available to help you get those holiday decorations down from the attic or up from the basement.

To arrange for any service, call the Agency’s Chore Services at 419-423-8496.

The Volunteer Guardianship Program needs YOU:

Be a Friendly Visitor

The Volunteer Guardianship Program (VGP) here at the Agency on Aging is instituting a pilot program in conjunction with Fox Run Manor of Findlay. This program, under the working title of “Friendly Visitor Program,” seeks to match up nursing home residents who receive few if any visitors, with volunteer visitors. We are excited about the impact this program can have and hope to have it up and running by November 1, 2010. The only commitment on the part of the volunteer is to visit at least monthly, providing companionship and the knowledge that there is someone who cares about them.

Unlike the guardianship program, there is no formal appointment from the Court and no responsibilities or decision making that a volunteer is taking on. While the VGP is setting up this program, the residents we are seeking to reach are not in need of a guardian but simply have no family or friends visiting them on any regular basis.

Anyone in the community, regardless of age, can apply to be a Friendly Visitor. The commitment would be to visit the resident at least once a month and be willing to serve at least one year, barring circumstances beyond your control. Whether it be reading to the resident, playing games, listening to music or simply sitting and talking with them, you can be their connection with the outside world and a reminder to them that their existence still means something to someone.

The pilot phase of the program will be with Fox Run Manor. Then, depending on the number of volunteers and requests for visitors that we receive, we may add additional long-term care facilities to the program in the future, with the possibility of eventually reaching into all 12 such facilities in Hancock County. If you are interested in participating in this rewarding new program, call VGP Coordinator Mike Noggle, at 419-423-8496 for additional information and an application.



Welcome to the Altrusa Library

*Altrusa members
Beth Wenner,
Sue Nichols &
Nancy Beers
look over a book
in the new
library Altrusa
has created for
The Senior
Center.*

Family Caregivers Series

The *Family Caregivers Series* offers a wealth of information and resources to assist caregivers in maintaining balance in their lives while ensuring that their loved one receives the best possible care. The series is designed for family caregivers, however, professional caregivers are encouraged to attend and broaden their knowledge base. The series is presented by the Hancock County Agency on Aging. The Family Caregivers Series is free and open to the public. Each session begins at 7:00 pm. Look for details on our spring series in the next Senior Savvy.

October 14 at 7:00 pm:

Wrapping-up Holidays without the Guilt or Stress

Lynn Ritter, PhD—Education Coordinator, Alzheimer’s Association, NW Ohio Chapter

The sentiment, “May your days be merry and bright,” are not just words to a popular holiday song, they are the basis of this lively and entertaining pre-holiday workshop. Lynn will help us shift the focus to *us* with tips and strategies to help us lower the stress level of the holiday season, while still enjoying it to the fullest. Leave Grinch and Scrooge on the doorstep, and enter the holiday season filled with ideas to help make your days “merry and bright!”

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. Additional assistance programs offered by Ohio Department of Development include PIPP (Percentage of Income Payment Plan) and HWAP (Home Weatherization Assistance Program).

Our Outreach workers can provide you with the eligibility guidelines. ***For more information or to receive a HEAP application, contact one of our Outreach workers at 419-423-8496.***

Library Wish List

Altrusa is looking for donations of the following:

Books (hardback or paperback) in good, clean condition.

Audio books on CD in good, playable condition

Closed Circuit TV (CCTV) Magnifier Reader Machine

Call Nancy at 419-957-2786 if you can help. Thank you!

Medicare Update

On November 4, Christine Moeller with OSHIIP (Ohio Senior Health Insurance Information Program of the Ohio Department of Insurance) will present two Medicare Update Sessions at 1:30 and 7:00 pm. Both sessions are free and open to the public.

As costs for medical and healthcare continue to escalate, it is more crucial than ever for senior adults and their caregivers to understand the healthcare financing programs available. *Medicare*, which for most seniors is the key payer for medical care, changes annually. This program will help seniors understand the changes to Medicare

Medicare D Enrollment Help

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 ONLY—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.

Chow Now Winner for September is The Senior Center!

We'd like to extend a big thank you to *Findlay Living Magazine* and to all our friends who voted for us at the recent *Findlay Living Magazine's* Chow Now event at The Findlay Inn. Thanks to your support, The Senior Center was presented with a check for \$350 which will go into our Building Fund. **Thank you Findlay Living and Friends!**

A New Partnership with University of Findlay

Medication Therapy Management

A new partnership between The University of Findlay College of Pharmacy and The Hancock County Agency on Aging will match faculty pharmacists and pharmacy students with seniors to help seniors better manage their medications. Through this program, the College of Pharmacy will offer a variety of screenings, workshops and one-on-one consultations.

The new program is called Medication Therapy Management or MTM. MTM is a chance for you to talk directly to a pharmacist about your medications. It is also a chance for your pharmacist to make sure you are getting the most out of your medications as well as identify or prevent any problems your medications might cause.

If you take any medication, including prescription, over-the-counter, herbal, or even dietary supplements, MTM may be right for you. If you are interested in learning more about MTM, please call John Stanovich, RPh at 419-434-4441.

Upcoming MTM Workshops and Screenings

October 28: Cholesterol and You

Learn more about your personal health risk with regards to cholesterol by having your blood cholesterol tested, followed up with a short educational workshop about what the test results indicate. *The screening is \$20; a reduced rate is available for those who meet financial guidelines.* The educational workshop is free and open to the public; the screening is optional. Pre-registration is requested; contact John Stanovich at 419-434-4441

Cholesterol screenings 11:00 am – 12:00 pm screenings should be done before eating lunch; fasting not required. Lunch is available from The Senior Café for \$4.

Cholesterol workshop 12:30 - 1:00 pm

November (date to be determined—watch for announcements): “Brown Bag” Medication Review

Do you have more than one doctor prescribing medications for you or a loved one? Do you get your prescriptions from more than one pharmacy? Is there a medication you have taken for many years? If you answered “Yes” to any of these questions, then it's probably time for a medication safety review to determine whether you have any drugs that interact, to review possible side effects or to see if you should talk to your doctor about adjusting your dosage. For a free review with a registered pharmacist, please plan to attend. You will need to bring all of your prescription and over the counter medications as well as vitamins or herbal supplements *in their original containers.*

Santas 4 Seniors

The purpose of the Santas 4 Seniors program is to bring some holiday cheer to area seniors who may otherwise not have much to look forward to on Christmas morning. Each year, our Outreach workers identify area seniors for the program based on financial and social needs. Seniors may also submit their own request to receive a gift from Santa by submitting a *Santas 4 Seniors Wish List*. Submission boxes and Wish List Forms will be available from November 1-17 at The Senior Center, Senior Towers, Kiwanis Village, Blanchard House and Legacy Village.

The wishes are recorded on ornaments which will be placed on the *Santas 4 Seniors Tree* located in the Findlay Village Mall beginning November 19. To be a “Secret Santa” just pick an ornament, purchase one or more of the items indicated and **deliver the gift(s) to the Findlay Village Mall Customer Service Desk or to The Senior Center no later than closing time on Friday, December 10.**

Gifts may be delivered wrapped or unwrapped. To ensure that the gifts get delivered to the intended senior, the numbered ornament should be firmly attached to the package. If multiple packages are intended for the same senior, each should be clearly marked with the Ornament Number and grouped together with ribbon, a shopping bag or some other method to ensure that the gifts stay together.

Santas may also help by:

- Volunteering to wrap or deliver gifts.
- Donate money to purchase gifts for seniors not otherwise adopted. Checks should be made out to “Hancock County Agency on Aging” at 339 E. Melrose Ave., Findlay, Ohio 45840. Please indicate that it is for “*Santas 4 Seniors*” on the memo line. Your donation may be tax-deductible.

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.

Toys for Tots & FFE

The Agency on Aging and the award-winning Findlay High School show choir, Findlay First Edition, are sponsoring the second annual Christmas Party to benefit the Toys for Tots program of the U.S. Marine Corp and Marine Corp Reserves. This party will take place on Monday, December 6, 2010 from 7:00 – 8:00 pm in the West Activity Room at The Senior Center. In addition to holiday refreshments, and a rumored appearance by Santa himself, the FFE show choir will perform their entertaining Christmas show at 7:30 pm. *The price of admission is one new, unwrapped toy* which will be donated to the local Toys for Tots effort. A free-will offering to benefit Toys for Tots will also be collected. Bring your children and grandchildren and come to this worthwhile charitable event. We are confident that it will add joy to your holiday season.

It's a Grands Christmas Party

On December 12 from 2:00-5:00 pm Santa and friends will be ushering in the Christmas season in “Grands” style. Bring the grandkids or great-grandkids for an afternoon of good old-fashioned, intergenerational fun. You and the young ones (ages 10 yrs and under) can try your hands at traditional holiday crafts or settle in for a holiday movie. Santa will be available to listen to wishes and lead the merriment. Refreshments will be served. **RSVP required by Friday, December 10**—call Betty at 419-423-8496.

Christmas Lights Tours

December 2, 9 & 16, 2010

Join Betty and Nancy as they take merry travelers on the Christmas bus to see the sights of the season. All tours depart from The Senior Center at 6:00 pm. Seating is limited; paid reservations are required to hold your place—\$10 per tour or \$25 for all three evenings.

- December 2: Upper Sandusky
- December 9: Ottawa
- December 16: Findlay-Van Buren area

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:

Columbus Day: October 11

Thanksgiving: November 25-26

Christmas: December 24

New Year's: December 31

Inclement Weather Cancellations or Closings:

When foul or threatening weather is in the forecast, tune into Findlay area radio and TV stations or 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.

Social Networks: Get Connected

On Wednesday and Thursday, October 27 and 28, from 6:30-8:30 pm, The Senior Center will offer a basic online social networking class for seniors. A social network is an online (Internet-based) social communication network utilized by individuals and organizations that are connected to one another by various types of associations, including friendship, hobbies, interests, social causes, likes, dislikes, or knowledge.

Social networks are used by individuals, families, small business owners, corporations and non-profit organizations. Five of the most popular social networks are MySpace, Facebook, LinkedIn, Twitter and Skype.

The class will offer a quick overview of the five social networks, including which communication purposes are best suited for each network. Participants will have the opportunity to see what each of the networks looks like, learn how to speak the language of social networks, and understand what they should know before using them.

Andrew Patterson will be the instructor for the class. He is an independent IT consultant and has a decade of experience as an IT professional. Andrew holds a Bachelor of Science in Network and Communications Management from DeVry University and holds the Microsoft Certified Professional and CompTIA Security+ certifications.

The class is open to all Hancock County Seniors age 60 or better. You should have basic computer skills and an accessible e-mail address. FREE--class size limited; **pre-registration is required**; call Betty Rozelle at 419-423-8496.

Learn to Knit with Connie

Fall is a great time to learn to knit—the yarns are cozy and people really appreciate hand-knit items as holiday gifts. If you would like to learn to knit, join Connie Rooney for a beginners knitting class on Tuesdays starting October 12 and continuing through November 16 from 9:30 - 11:00 am.

In this beginners course, students will learn the basics of knitting while creating a child's stocking cap. The stitches and techniques learned in this class can then be applied to a variety of other projects. Yarn and patterns will be provided. Students must bring a set of knitting needles size 7, 8 or 9 (straight or circular). FREE. **Pre-registration required by October 11—call Connie Rooney at (419) 422-1985.**

Honoring Those Who Served

As has been the tradition here at the Agency on Aging, we will be honoring our local veterans with a program in November. We will be open for business on Veteran's Day, Thursday, November 11, however, ***we holding our celebration here on Friday, November 12*** in order to give our veterans the opportunity to participate in the many other community programs offered on Veterans Day.

The day will open with a social hour at 9:00 am. Veterans are encouraged to bring photos, scrapbooks, medals, uniforms and other memorabilia from their time in the service to share. At 10:00 am, we will have a program to honor all of our veterans who served this country faithfully whether it was in time of war or in peace.

Veterans and their guests are then invited to stay for a delicious lunch in our Senior Café from 11:30 am – 1:00 pm, with veterans receiving a \$2.00 discount on the regular \$4.00 cost of lunch.

To cap off the day, our monthly Senior Cinema is being moved from its normal Thursday time slot to the Friday afternoon of our celebration. At 1:00 pm we'll show "*Salute to the Troops: Bob Hope—The Viet Nam Years*" which will be shown in the East Activity Room. We hope you all can join us to celebrate the service of our Veterans.

Come to Crafty Corner

As the weather cools, we start to look for indoor activities to keep us busy. And, with the holidays on the way, what better activity than to get together with friends to make something?

All crafters are invited to join Marsha Bibler on Wednesday or Thursday mornings to get inspired, get some projects done, catch-up with old friends and make some new. Bring a project to work on while getting acquainted with fellow crafters--maybe even share some patterns, or help each other with project problem solving. While these workshops are not formal how-to classes, beginners are still encouraged to come as there is likely to be someone who can help you with your craft. FREE and open to the public. Groups will meet in the east hall. Starts October 13 and 14.

Wednesdays, 9:30 - 11:00 am: Needle Arts—bring your favorite needle art, whether it's knitting, crochet, needlepoint, cross-stitch, etc.

Thursdays, 9:30 - 11:00 am: Beading Buddies—bring your bead projects and get inspired to create something new.

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

Talking with The Food Lady—FALL into Fabulous Fruit!: October 13, 20 & 27. Patti Koester, Food Nutrition Program Assistant with OSU Extension will be bringing another round of tasty tips to The Senior Center. All classes will begin at 12:30 pm. **Pre-registration is requested** by calling Patti at 419-422-3851 or by registering on the sign-up sheet at The Senior Center receptionist.

Arthur Treachers

All-U-Can-Eat Fish Fry

Thursday, October 21 ~ 4-7 pm

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

At the door: Adults \$7.50 Kids 12 & Under \$4.00

Halloween Dance with Bette's Polka Band: October 29. Dance from 6:00-9:00 pm. A light supper will be served at 5:00 (\$2 suggested donation for food), 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.

Halloween Parade: October 26, 7:00 pm in downtown Findlay. Bring the grandkids and watch for The Senior Center bus.

Election Day is November 2—Get out and VOTE! Polls for Precincts 1A, 1B, 5E and 5F will be open in the east hall.

Dance with ABS Band: November 19 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. Sandwiches, snacks and soft drinks available for purchase.

Caregivers Information Series: 7:00 pm on October 14 and November 4. FREE, Open to the public. *See page 6 for details*

MTM Cholesterol Screening and Workshop: October 28 beginning at 11:00 am. *See page 7 for details.*

Medicare Update with OSHIP: November 4 at 1:30 and 7:00 pm. FREE and open to the public. *See page 7 for details.*

Veterans' Day Celebration: Friday, November 12 starting at 9:00 am. Join us in honoring and remembering those who served. **Vets receive \$2 off the price of their lunch in The Senior Café.** *See page 9 for details.*

Thanksgiving in The Senior Café: November 24 from 11:30 am - 1:00 pm. Join us for a traditional Thanksgiving feast with all the trimmings. \$4 per person.

Christmas Dance and Potluck Supper with Bette's Polka Band: December 3 from 5:00 - 9:00 pm 5:00 pm Potluck supper—bring a dish; ham furnished. 6:00 pm Dance. Public Welcome. \$3.50 per person at the door.

Toys for Tots and FFE: December 6 from 7:00 - 8:00 pm. Join the Marine Corps, Findlay First Edition (FFE) and of course Santa in collecting toys for kids in need. Visits with Santa from 7:00-7:30. FFE Christmas Music Program at 7:30. Open to the public—admission is a new, unwrapped toy for Toys for Tots. *See page 8 for details.*

It's a Grands Christmas Party: December 12 from 2:00 - 5:00 pm. RSVP required by Friday, December 10—call Betty at 419-423-8496. *See page 8 for details*

Christmas Lights Tours: December 2, 9 & 16
Join Betty and Nancy as they head out to see some of the best Christmas Light displays in the area including Upper Sandusky, Ottawa and the Findlay/Van Buren area. *See page 8 for details. Departs Senior Center at 6:00 pm.*

Veterans & Seniors Health Fair

Saturday, November 13

9:00 am to noon at The Senior Center

Join us for FREE Health Screens and lots of information about Health, Wellness and Benefits

Sponsored by

Hancock County Agency on Aging/The Senior Center
Hancock County Korean War Veterans Association #172
Hancock County Veterans Services

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 2nd 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 5:00 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.

NEW! Sequence: Mondays, 1:00 pm—Join our receptionist Jerry Lauer & the gang to play Sequence, a fun and easy to learn cards & board game. Beginners welcome.

Wii-Bowling League: Tuesdays from 9:30 - 11:00 am. Wii is for everyone! Come enjoy some friendly competition and fellowship. Wii can be played standing up or sitting down. "Practices" are in the North Room on the west side. Additional times will be added as needed to accommodate additional players.

Congratulations to Ray Zeiter who Wii bowled a perfect 300 on July 6; record high for the series was 744.

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. *Check-out the Wii console and remotes from the receptionist.*

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. 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: 419-423-8496*

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

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

New players welcome!

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.



Senior Cinema

Join us on the following dates at 1:00 pm for an afternoon at the movies with your friends. Movies are *FREE*.

Viewing is in the North room of the West Hall on the big screen TV.

Thursday, October 14: *My Fellow Americans* (comedy; rated PG-13; 101 minutes)

Friday, November 12: *Salute to the Troops: Bob Hope—The Viet Nam Years* (documentary)

Thursday, December 9: *Christmas with the Kranks* (comedy; rated PG; 99 minutes)

ENRICHMENT & EDUCATION

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

TRIAD: 1st Thursday of each month. TRIAD program at 1:30 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*): 1st 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.

Social Networking Computer Class: October 27 & 28 from 6:30 - 8:30 pm. Learn the basics of Facebook, Linked-In, and Twitter. *FREE.* Class size limited—Pre-registration required—call Betty at 419-423-8496. *See page 9 for details.*

Crafty Corner with Marsha: Make progress on your favorite needlework or beading projects, share craft tips, patterns and more. *FREE*—bring your own project and supplies. *See page 9 for details.*

Needle Arts: Wednesdays 9:30 - 11:00 am

Beading Buddies: Thursdays 9:30 - 11:00 am

Learn to Knit with Connie Rooney: October 12, 19, 26, November 2, 9, 16 from 9:30-11:00 am. *FREE*—class size limited, pre-registration required—Call Connie at (419) 422-1985. *See page 9 for details.*

Can't Afford Your Yearly Mammogram?

Low-to-middle income men and women now have local access to *FREE* screening mammograms.

- Breast cancer is the most frequently diagnosed cancer among women.
- Risk increases with advancing age.
- The five-year relative survival rate for women with localized breast cancer was 98% in 2007.

For eligibility requirements and more information, visit www.bvhealthsystem.org, keyword: HCMSI or call the Breast Health Nurse at Woman Wise, located in Eastern Woods Outpatient Center on the Birchaven campus at 419-425-3170.



Here some friends compare fitness moves while checking out some of the new exercise equipment at the Fitness Center Open House on September 8. Over 100 members and guests enjoyed sample classes, workouts and of course, refreshments.

HEALTH & WELLNESS

Toenail Clinics: *by appointment only*—call Senior Center receptionist at 419-423-8496. Service is provided by a registered nurse. Fee \$12; bring your own clippers or purchase a set at your appointment.

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

- Wednesdays from 10:00 - 11:00 am. With volunteer Carol Windau, retired LPN (in the East Hall).
- 4th Tuesday from 11:00 am – 1:00 pm. Courtesy of Americare (in the Café entrance hall)

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.*

Dining with Diabetes

Dining with Diabetes is a cooking school and nutrition education program for people with diabetes and their family members or caregivers. In this series, cooking demonstrations will help you learn healthy techniques to use in your own kitchen. The program includes sampling healthy foods and discussion with a dietitian or certified diabetes educator, plus a follow-up reunion class to be held at a later date.

Dining with Diabetes is presented and coordinated by OSU Extension Hancock County in cooperation with Blanchard Valley Regional Health Center. Classes will be held at Blanchard Valley Hospital in Findlay. Classes are from 6:00 - 9:00 pm on Tuesdays, November 2, 9 and 16. Class size is limited to 25. Class fee is \$25; paid registration is due by November 1. Contact Barbara Brahm at OSU Extension for additional details and registration—419-422-3851.

SilverSneakers® Instructors Needed

Applicants must be CPR certified and hold a current SilverSneakers® certification or be willing to complete an approved instructor training/certification class. Each Certification class takes just 3-4 hours to complete. Trainees may choose to become certified to teach one or more of the following classes: Muscular Strength and Range of Movement (MSROM), CardioCircuit, YogoStretch or SilverSplash®. HCAOA pays for SilverSneakers® instructor certification training. Instructors are expected to teach at least one class per week. An instructor fee of \$12 is paid for each class taught; instructor fees are paid by Healthways (SilverSneakers®).

For more information, contact Heather Powell at 419-423-8496 ext. 106 or hpowell@hancockseniors.org.

FITNESS

Senior Fitness Center: Open M-F 6:30 am to 6:30 pm.

Fitness Center Memberships: \$50/year individuals and \$75/year couples. Free for those with the SilverSneakers® benefit on their insurance.

SilverSneakers® Classes

Muscular Strength & Range Of Movement (MSROM)—Monday & Wednesday at 9:30 & 10:30 am.

CardioCircuit—Monday, Wednesday & Friday 1:00 pm.

SilverSplash—Tuesday & Thursday at 8:00 am *at the Birchaven Pool*.

YogaStretch—Tuesdays & Thursday at 10:00 am.

Water Exercise at Hampton Inn: Tuesdays & Thursdays 10:00-11:00 am. Donations appreciated to help cover cost. *Does not require Fitness Center or SilverSneakers® membership*

Pickleball: Outdoor play at The Senior Center will continue until the weather turns cold. Watch for announcements about location and times for indoor winter play. *Does not require Fitness Center or SilverSneakers® membership.*

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.

Yoga at Open Circle (200 W. Lima St.): Thursdays 1:00-2:00 pm. Fee: \$8.00 per session

Coming in January:

EnhanceFitness

This is a comprehensive fitness program for seniors. Based on solid research and tested at over 100 sites around the country, *EnhanceFitness* focuses on stretching, flexibility, balance, low impact aerobics, and strength training exercises — everything health professionals say we need to maintain health and function as we grow older. *EnhanceFitness* is for seniors who are looking for a more challenging group exercise program than *SilverSneakers®*. Participants will be able to track their progress through periodic testing and measurements.

Watch for details in the next issue of Senior Savvy.

New in the Fitness Center

In July we received three pieces of Keiser Resistance Equipment: a bi-axial chest press, bi-axial upper back and leg press. Use of the Keiser equipment can be incorporated into an overall strength building routine. Keiser Equipment operates on compressed air. The resistance level (“weight”) can be adjusted in one pound increments, making it very senior-friendly. The equipment was purchased with grant funding from Agency on Aging 3 and the Ohio Department of Aging as well as donations from the Hancock Leadership Class of 2009 who designed and funded the Fitness Center as their class project.

Have You Re-registered Your Kroger Rewards Card?

As a Community Rewards member, you can provide Hancock County Agency with valuable donations every time you shop just by using your Kroger Rewards Card. However, Kroger requires their customers to renew their rewards registration online each year in April. If you have not yet done this and you have an e-mail account and Internet access (at home, work or at our computer lab) you can do the renewal yourself. Just log on to www.krogercommunityrewards.com and follow the prompts. You will need to input our organization number which is 83834.

Don't use computers? No problem! Just fill out this form and turn it in to Leni Mueller or call her at 419-423-8496 and provide the following information. We'll keep things confidential. Thanks!

Name _____

Address _____

City _____ State _____ Zip _____

Phone (_____) _____

Kroger Rewards Card Number *(see back of card)*

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.

Fabulous Food Show The Premier Consumer Culinary Event

International Expo Center, Cleveland
November 14, 2010

If you like to cook or eat or just like to watch the Food Channel on TV, you will LOVE the Fabulous Food Show. Everything imaginable about food will be here with over 200 vendors, the opportunity to sample hundreds of confections, spirits and more. Highlight of the trip will be a performance by a celebrity chef (we are requesting tickets for either Giada DeLaurentis and Michael Symon). *\$69 per person includes transportation and admission.*

3 Redneck Tenors Christmas Spec-tac-YULE-ar!

Stranahan Theater, Toledo
November 23, 2010

Are they real rednecks or Broadway/Opera stars? Does it really matter when you're having such a great time? You're invited to take a magical, musical Christmas journey with our singin' cousins, Billy Joe, Billy Bob, Billie Billee and company. It's foot-stomp'n, toe-tapp'n, bell ringin' fun for the whole family. The cost is \$79 per person and includes transportation, luncheon and show. *Paid reservations due November 12.*

Geritol Follies at 35!

Stranahan Theater, Toledo
September 22, 2011

The incomparable Geritol Follies Variety Show is a rip-roaring variety extravaganza that features the music, dance and comedy of our times. Audiences everywhere are captivated by this international troupe of over 80 entertainers who prove that life is renewed at 60! The world's largest senior professional musical comedy show is better than ever with shimmering costumes, high-tech lighting and a live band...FUN! The cost is \$79 per person and includes transportation, luncheon and show. *Paid reservations are due by November 1, 2011.*



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.

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.*

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.



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.

San Antonio, Texas

April 30 - May 8, 2011

San Antonio offers a variety of historic, cultural and inspirational attractions and you'll have 4 days to visit the best, including: a scenic cruise along the River Walk, the San Fernando Cathedral, El Mercado, the Institute of Texan Cultures, the National Museum of the Pacific War, the "Texas White House" and LBJ's ranch and of course, THE ALAMO—"The Shrine of Liberty" and so much more. Stops enroute include the Bass Pro Shops' Outdoor World, the Cowgirl Hall of Fame and the Will Rogers Memorial Museum. *Diamond Tours: \$729 per person includes motorcoach transportation, 8 nights lodging, 14 meals, tours, admissions, entertainment and more. \$75 due on signing. Final payment due February 22, 2011.*

Boston

September 29 - October 4, 2011

Steeped in history, yet totally modern, Boston offers something for everyone. On this trip, you'll explore our country's roots as you follow the Freedom Trail, visit Lexington and Concord, known as the Birthplace of the American Revolution, see the U.S.S. Constitution ("Old Ironsides") and stroll the shops and eateries of historic Quincy Market/Faneuil Hall Marketplace. You'll also visit the JFK Library & Museum, Cambridge (home of Harvard) and much more. On the return trip, you'll enjoy a night at the Turning Stone Casino in Verona, NY. *Diamond Tours: \$475 per person includes motorcoach transportation, 5 nights lodging, 8 meals, tours, admissions, entertainment and more. \$75 due on signing. Final payment due July 24, 2011.*

HATS Shuttle Trial

HATS is conducting a 3-6 month trial to test the demand for a regular route running to various stops around town. No reservations are needed. The fare is \$.50. Shuttle service is from 11:00 am-4:18 pm weekdays.

For more information about stops, routes and schedules call HATS at 419-423-7261 ext. 22.

Donations June-September 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!

In Memory of Norma Jane Shaull

Alice Bowman
Beth Baird
Kelly Wolfarte

In Memory of Donna Timmons Ickes

Melford & Lou Wilcox

In Memory of Edward Haynes

In Memory of Mary Kovac

Bruce & Cindy Haynes

In Memory of Virginia Alleman

Evadean Rybak
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Jerry & Deana Reedy
Ken & Eileen Bame
Michael A. Peak
Roger Berger
William & Hope McCleave

In Memory of Elizabeth Snively

The Lunch Bunch (Alice Bowman)

In-Kind Donations

Rich Bedell

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 then consider making a contribution to the Agency to help us continue making a difference in the lives of Hancock County seniors. *Thank You!*



Senior Savvy

Issue 24

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.

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Assistant Director.....Mike Noggle, JD
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Fiscal Services Coordinator Tracy Dunn
Administrative Assistant Heather Powell

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Fitness Center Assistant.....Nancy Siferd

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