



# Our Times

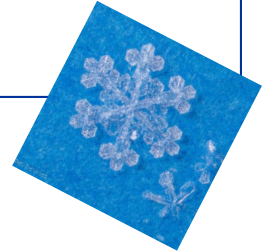
## Defiance County Senior Services

419-782-3233

January 2021

<https://www.defiance-county.com/senior-services>

Email: [dcss@defiance-county.com](mailto:dcss@defiance-county.com)



### Welcome 2021

Do you remember last January when we were all so excited and hopeful for 2020? Who would have guessed that in 3 short months we would be dealing with a once in lifetime world wide pandemic. We CAN'T WAIT to see YOU in 2021!!

In 1918 the Spanish flu was first noted at Ft. Riley, Kansas during WWI and was spread by troop movement both domestically and internationally. There were 3 waves noted with the one in the summer of 1918 being more lethal and social distancing began to be enforced. In the winter and spring of 1919 there was a third wave that seemed to have run its course by summer of 1919. Some researchers actually think there was a fourth wave in the winter of 1920.

Who would have thought we would all know about social distancing in 2020? The reason that Covid 19 has been so hard to figure out is because nothing like this has been seen in over 100 years! When you have a novel (new) virus it takes time to figure things out. While none of us like wearing masks, it is important to do so. It is a way to protect yourself and to protect others. It is a simple easy way to decrease the spread. Social distancing is a little tougher. We are social creatures, we do not like to be alone. It is important at this time that we not let up on the guidance the medical community is giving us. Community spread has increased, what can you do to help us keep those who we really need, working?

- ⇒ Wear your mask over your nose, mouth and chin anytime you are with someone who does not live with you.
- ⇒ Stay 6 feet away from those who live outside of your household
- ⇒ Only visit in groups of 8-10 people from your 'bubble'
- ⇒ Wash your hands, wash your hands, wash your hands (use sanitizer if water is unavailable but wash as soon as you return home)



- ⇒ Don't touch your face

**We know you've heard it all before, this is just a reminder, we can see a light at the end of the tunnel and we can't wait to see you all back at our centers as soon as it is safe for YOU, our seniors, and our staff!**



# GRAB and GO

## Congregate and New Participants

Join us for Grab and Go Meals

EVERY DAY Monday through Friday

Pick up 11:30 am-Noon

### Reservation Required

Call Dennis @

419-782-3233 by Noon the day before.

You may reserve for the entire week by calling by Noon on Friday of the week prior

**Area Office On Aging rules REQUIRE EVERYONE for whom a meal is being picked up MUST BE PRESENT!**

We hope you are enjoying them. We love seeing you in person!!

## Home Delivered Meals

**REMINDER: YOU MUST BE HOME AT TIME OF DELIVERY.**

Area Office Rules require you to be home for delivery, and you **MUST** call if you will not be home the day before delivery or **no later than 7 am the day of delivery** (if you have forgotten to call)

We provide nutritious meals, meeting all requirements of the Area Office on Aging home delivered meal program but, due to supply shortages you may see substitutions. Thank you for your patience and understanding during this trying time!

***NON CONTACT Delivery has been implemented for your safety and the safety of our drivers. PLEASE continue to follow these rules so we may continue to serve you. Speak with Ginny if you have concerns.***

To cancel your meal or for questions, please contact:

**Ginny Wiseman at 419-782-3321**

*(The Hicksville location is not always available to pass a message on.)*

## Commodity Supplemental Food Program— Senior Food Boxes

**January 27**



The food box pick up will be from:

1-2:30 in Defiance

12:30-2 in Hicksville

Please come to the east end of the Defiance Center or the parking lot at the Hicksville location for your food box.

There is an application to complete for this food box which includes: fruits, grains, vegetables, dairy and protein.

Questions?? Please contact Sue Weller @ 419-782-3233.

**Reminder: No PETS in your car at pickup**

The registration for the 2021 Winter Crisis Program has started. The Northwestern Ohio Community Action Commission may provide a one time payment toward a utility bill or bulk service (propane, fuel oil, wood or coal)

Household income of 175% of the poverty level.

Please contact NOCAC at: 419-219-4641 or [www.nocac.org](http://www.nocac.org) to set up an appointment

You must provide proof of income for all people who are living in the home, copy of electric and gas bills, proof of disability (if applicable) Social Security Cards for all members of the household, health insurance premium paid and child support paid.

**If you or a household member has Covid 19 no disconnect order is needed!**

**HEAP**  
Home Energy Assistance Program

## BAD WEATHER TRANSPORTATION POLICY

In the event transportation is cancelled due to weather, you will receive a phone call from a member of our team. If you have questions about the weather or wish to reschedule an appointment due to weather conditions, please call Dennis in Defiance at 419.782.3233 or Linda in Hicksville at 419.542.5004.

Reminder, if you are currently served by the home delivered meal program and we are not able to deliver, you will receive a phone call in advance of your usual drop off time.



**Cabin Fever Beaters are AVAILABLE!**

Do you need a puzzle, book to read or a coloring book/pages to occupy your time? Give us a call and we'll see that the requested material is delivered to you with your home delivered meals or you may stop at either center. Please call ahead so you will have it ready for you. We have a wide selection of books in our library and we are happy to loan those out to you. Just let us know your favorite author or size of puzzle you when you call.

Defiance 419-782-3233

Hicksville 419-542-5004



Please follow us on Facebook.



Search: **Defiance County Senior Services** to find our page.

Watch for updates to our current newsletters, monthly menu and more!

*Note: if you search Defiance County Senior Center you will not find us!*

*Ask your family to follow us on Facebook also!!*

Each participant may determine what they can comfortably contribute toward the cost of a meal.

No senior adult will be denied a nutrition service due to inability to contribute.

**Our suggested donation for a lunch is \$3.00 per meal.**

Meal Deal coupons Are available from your home delivered meal driver or Robin.

For a \$50 donation you receive 20 coupons lowering your cost to \$2.50 per meal.



### Alzheimer's Association Virtual Education Opportunities

*Call 1-800-272-3900 to register for any of the classes below:*

10 Warning Signs of Dementia: 1/19

Effective Communication 1/7, 1/13, 1/19, 1/22, 1/28

Dementia Conversations 1/26

Dementia Related Behaviors 1/5, 1/21, 1/28

Understanding Alzheimer's and Dementia 1/5, 1/6, 1/11, 1/20, 1/26, 1/29

Healthy Living for Brain and Body 1/8, 1/27

Legal and Financial Planning for Alzheimer's Disease 1/8

**Defiance County Senior Services and The Alzheimer's Association offers a virtual support group for caregivers on the first Thursday each month. 1:30-2:30**

All support group meetings will be via zoom meetings, to register please contact:  
1-800-272-3900

# NEW YEAR'S EVE

## WORD SCRAMBLE

utwdcnono \_\_\_\_\_

ebeltreca \_\_\_\_\_

idgitmhn \_\_\_\_\_

ecfotitn \_\_\_\_\_

hserec \_\_\_\_\_

sinoerustol \_\_\_\_\_

rpyta \_\_\_\_\_

apelssrkr \_\_\_\_\_

kinsamereo \_\_\_\_\_

nlaboslo \_\_\_\_\_

sogla \_\_\_\_\_

rkwesifro \_\_\_\_\_

aajrnyu \_\_\_\_\_

uemtrieasqs \_\_\_\_\_

eirsmome \_\_\_\_\_

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Complete word  
scramble

Send to Dawn 140  
E Broadway Ave.

Defiance OH  
43512

to be entered into  
prize drawing!!

Return form by  
January 21st.

**Need to chat?** The DCSS staff has enjoyed speaking with you over the phone in the past several weeks. However, don't feel you have to wait for us to call you! We're here and working at both locations Monday through Friday if you would like to have someone to chat with or get a few things off your mind. Sometimes just a new person to speak with can make your day just a little brighter!

In Defiance 419-782-3232 Dennis, Sheri or Sue

In Hicksville 419-542-5004 Linda





Name \_\_\_\_\_ Phone \_\_\_\_\_

<b>B</b>	<b>I</b>	<b>N</b>	<b>G</b>	<b>O</b>
Drink some Hot tea	Take down Christmas decorations	Pack up and store Christmas decorations	Reorganize a drawer	Watch it SNOW OR RAIN!!!
Eat three servings of fruit	Write a note or letter to a friend	Call a relative you don't often see	Throw out Christmas leftovers	Make soup Homemade or a can
Sign up for a grab and go meal	Watch the inauguration	FREE SPACE	Read or watch a TV program about Martin Luther King	Organize greeting cards and notes for the year
Update your phone contacts	Put all your appointments On 2021 calendar	Choose and perform an act of kindness	Draw or color a Picture of warm weather	Schedule any "preventative maintenance" medical or dental appointments
Watch a movie	Eat three servings of vegetables	Make a shopping list for your care provider	Spend an hour on "your" hobby	Gather tax and other important papers and locate in one place

**Complete the BINGO Card with 2 BINGO's in any direction**

Once it is completed, mail it to Dawn Knox to be included in a drawing for:

**\$25 Meijer Gift Card**

Return by January 21<sup>st</sup>, 2021. Drawing January 22<sup>nd</sup>, 2021 at 8:00 am

Defiance County Senior Services, Attention Dawn Knox

140 East Broadway Avenue, Defiance, OH 43512

*Thank you for playing BINGO at home with us!!*



### Word Scramble Solution

1. Groceos \_\_Scrooge\_\_
2. Naclorig \_\_Caroling\_\_
3. Rats \_\_Star\_\_
4. Scunttshe \_\_Chestnuts\_\_
5. Porduhl \_\_Rudolph\_\_
6. Naast \_\_Santa\_\_
7. Skagceap \_\_Packages\_\_
8. Dressephh \_\_Shepard\_\_
9. Gramen \_\_Manger\_\_
10. Galen \_\_Angel\_\_
11. Limesotte \_\_Misteltoe\_\_
12. Vaniyitt \_\_Nativity\_\_
13. Gotscink \_\_Stocking\_\_
14. Virasou \_\_Savior\_\_
15. Traweh \_\_Wreath\_\_
16. Gisehl \_\_Sleigh\_\_
17. Wamsonn \_\_Snowman\_\_
18. Ejuss \_\_Jesus\_\_

### HOLIDAY CLOSURE

Both Defiance County Senior Center and Hicksville Satellite Site will be closed on the following holiday:  
Monday, January 18<sup>th</sup>, 2021 –  
Martin Luther King Jr. Day  
No Home Delivered or Grab N Go meals or transportation will be available.



### Christmas Carol Solution

- 14 \_\_O Little Town of Bethlehem
- 6 \_\_What Child Is This?
- 18 \_\_Love Came Down at Christmas
- 23 \_\_Go, Tell It on the Mountain
- 21 \_\_Jolly Old Saint Nicholas
- 1 \_\_We Wish You a Merry Christmas
- 24 \_\_Of the Father's Love Begotten
- 29 \_\_Carol of the Bells
- 4 \_\_God Rest Ye Merry Gentlemen
- 28 \_\_Bring a Torch Jeanette Isabella
- 22 \_\_Pat-a-Pan
- 10 \_\_Sweet Little Jesus Boy
- 2 \_\_O Holy Night
- 15 \_\_Silver Bells
- 5 \_\_It Came Upon a Midnight Clear
- 19 \_\_Hark! The Herald Angels Sing
- 3 \_\_I'll Be Home for Christmas
- 26 \_\_Away in the Manger
- 13 \_\_Sing We Now of Christmas
- 11 \_\_Angels, We Have Heard on High
- 27 \_\_Silent Night
- 16 \_\_Mary, Did You Know?
- 8 \_\_We Three Kings
- 9 \_\_O Come All Ye Faithful
- 25 \_\_Joy to the World
- 7 \_\_Little Drummer Boy
- 30 \_\_The Holly and the Ivy
- 12 \_\_Fum, Fum, Fum
- 17 \_\_Jingle Bells
- 20 \_\_White Christmas

### **2021 Participation Forms**

The 2021 participation forms have been mailed. Please watch for yours and return it to:

Defiance County  
Senior Services

140 E. Broadway Ave.

Defiance OH 43512

This allows us to serve you and be paid by our grant for part of your service.

**THANK YOU**

For promptly returning them.

**Thank you** for utilizing our Medicare Open Enrollment services. We appreciate the difficulties 2020 presented and hope that you were able to get the information you desired for the coming year. If you require assistance at other times throughout the year with your Medicare questions, please let us know.

**Need help paying for Medicare Part B?** Give Linda a call at 419.542.5004. We can explain options which may be available to our low income clients to assist with paying Part B Medicare costs on a monthly basis. Medicare recipients may apply for this assistance any time through-out the year NOT just during Open Enrollment.



## Senior Story Swap      Keep those stories and thoughts coming!



### Who Do We Miss?

You can be sure that each time you visit the senior center for your Grab and Go meals, you are told by the staff that you are missed. They miss the chatter and the noise and they miss seeing us there each day. But I am wondering what we are missing. As for me, I miss many things. Just think about these as you read along with my thoughts.

I miss the excitement of going through the doors and being greeted by everyone with a "Good Morning". I miss taking the meal tickets down and dropping them into that wooden box to pay for "our daily bread". I think about the yarn in the storage room waiting for the crafters to grab and create another afghan. I wonder if that puzzle is still on the table waiting for our fingers to move the pieces around and put them into the correct placement to create a beautiful picture. I wonder if the books in the library are lonesome for someone to come in and choose one to take home. I think about all the cooks in the kitchen preparing the food with no one requesting "no jelly on my sandwich" or "no broccoli on my plate". I wonder if the candy bowl is still in Dawn's room and how fast that candy disappears without us being there. I wonder if the cards are lonesome for Euchre players or the pool table sighs at the loss of players. And how many of us miss yelling "BINGO"?



Yes I miss many things but I wonder who misses who most. And I wonder when we will be able to get back to normalcy and stop missing things that we all need most like togetherness. If we ever get back to those times I may just hug the first person I see there.

Jequeta "Jackie" Briskey

<b>Defiance County Senior Services</b>	419-782-3233
Amy Francis, <b>Executive Director</b>	419-782-3232
Robin Murray, <b>Operations Manager</b>	419-783-4850
Dennis Vajen, <b>Transportation Manager</b>	419-782-3233
Sheri Schliesser, RN <b>Staff Nurse</b>	419-783-4812
Ginny Wiseman, <b>Nutrition Manager</b>	419-782-3257 or 419-782-3321
Dawn Knox, <b>Activities Manager</b>	419-782-3233
Penny Cryer, <b>Maintenance Manager</b>	419-782-3233
Linda McMahon, <b>Hicksville Satellite Site Manager</b>	419-542-5004
Kitchen Staff— Barb Davis, cook; Mary Mansfield, cook; Jamie Blank, cook; Lori Linebrink, dishwasher	
Transportation Staff-Ray Rangel, driver; Ed Porter, driver; Rhetta LaFountain, driver; Kate Webb, driver	
Home Delivered Meal Staff— Tom Sheets, driver; John Sheets, driver; Doug Tadsen, driver; Stacey Schlosser, driver; Sandy Kaufman, driver; Bob Federinko, driver; Jennifer Lero, substitute driver	
Sue Weller, Nutrition Assessor and CSFP Coordinator 419-782-3233	
<b><i>Defiance County Senior Services programs are funded by: Defiance County Senior Services Tax Levy;</i></b>	
<b><i>The Defiance County Commissioners; The Area Office on Aging of N.W.O.; Defiance County Senior Services Auxiliary and YOUR Generous Donations</i></b>	