



Our Times

Defiance County Senior Services

January 2022

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

Email: dcss@defiancecounty.oh.gov

Happy New Year!



Sheri Schliesser, RN RETIRES!

After 25 years of public service, Sheri Schliesser has retired at Defiance County Senior Services. Sheri has been with DCSS since 2005 and prior to that worked as a home health, hospice and public health nurse at the Defiance County Public Health Department.

Sheri, thank you for sharing your health care knowledge with all of us! We all will miss your caring spirit to help others and your friendship. Your love of nursing showed in the way you assisted all of us each day. You will be missed!

Let's all wish Sheri well as she moves into the next chapter of her life.

Congratulations Sheri!



DEFIANCE COUNTY SENIOR SERVICES

ACTIVITY CHALLENGE!

Join the fun!

\$50.00 Activity Gift Card Drawing!

November Gift Card Winners:

Hicksville:

Phyllis Timbrook

Defiance:

Gale Frederick

Congratulations Winners!

Participating at YOUR senior center is a great way to stay active and engaged with others.

GET OUT AND HAVE SOME FUN! Beat the cold weather in our warm facilities.

Please contact Dawn at Defiance or Linda at Hicksville if you have questions.

A huge thank you to all of our donors:

1st Church of Christ—Hicksville

Karen Oskey of Kingsbury

Dawn Ludwig of SKLD

Jennifer Ramsier of Antwerp Manor

Brookview Healthcare Center

The Laurels ** Beltone

Community Health Professionals

CSFP and Senior Center Volunteers

St. Mary's Catholic Church Volunteers

Jim Schmidt Family of Dealerships

Carolyn Pahl Memorial

HICKSVILLE CENTER'S GOOD NUTRITION CHALLENGE

STARTS JANUARY 3!

Kick off 2022 with a resolution to "lunch with us"!

A \$25.00 Gift Card Drawing will be held on January 31st at noon in Hicksville. To enter, all contestants MUST each eat lunch with us at least once during the month of January at Hicksville Senior Center only. See our menu for the delicious, balanced meals Senior Services serves.

Sorry. No meal substitutions can be offered.

Due to availability of some products, our menu may change without prior advance notice.

Reservations are required one business day in advance for lunch (Friday and Wednesday). Or, why not make a standing reservation all month!

Call Linda at 419.542.5004

Suggested donation just \$3.00 per meal. Or, see us for our "Meal Deal" coupons.

Defiance County Senior Services is funded by:

Defiance County Senior Services Tax Levy

The Defiance County Commissioners

The Area Office on Aging

Defiance County Senior Services Auxiliary

and your generous donations.

Thank you for your continued support!

Without you, we couldn't do all that we do to make life a little more pleasurable and special for our clients!

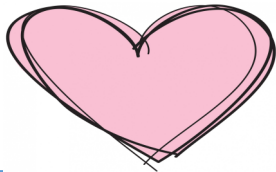


Each participant may determine what they can comfortably contribute toward the cost of a meal. No senior adult will be denied a nutrition service due to inability to contribute. **Our suggested donation for lunch is \$3.00 per meal. See Robin, Dennis, Linda, or your meal route driver for our "Meal Deal Coupons".**

Twenty coupons for \$50.00 reduce your cost to just \$2.50 per meal.

NOW THAT'S A DEAL!

Great food prepared with love!



Foot Care Clinic



Defiance Foot Care Clinic

Wednesday, January 5, 2022

Call 419-782-3233 for an appointment

Hicksville Foot Care Clinic

Thursday, February 17, 2022

Call Linda at 419.542.5004 for appointments

Starting at 12:30 pm

Diabetics please continue to see your physician or podiatrist for foot care.

Make your appointment today!



Need a book to read?



Stop by and visit our Library at the Defiance Center. Just check out the books of interest to you and ENJOY. We also have books available at the Hicksville Center. If you would like a particular book or author, the Hicksville staff will be happy to check the selection at the Defiance location. Home-delivery clients may call us and we'll send books out with your driver.

Defiance County Senior Services

Will be **CLOSED**

for Martin Luther King Jr Day

Monday, January 17th

No transportation, home-delivered meals or activities.

The Defiance center will reopen Tuesday, January 18th

while the Hicksville center will reopen Thursday, January 20th.

WINTER IS A GREAT TIME FOR SOUP!

Have a great soup recipe? Let's hear about it for our February newsletter. Please submit your recipes to Amy Francis or Dawn Knox at the Defiance Center or lmcmahon@defiancecounty.oh.gov. We can't wait to try your recipe. YUM!



STOPPING BY WOODS ON A SNOWY EVENING

BY ROBERT FROST

Whose woods these are I think I know.

His house is in the village though;
He will not see me stopping here
To stop and watch his woods fill up
with snow.

My little horse must think it queer
To stop without a farmhouse near
Between the woods and frozen lake
The darkest evening of the year.

He gives his harness bells a shake
To ask if there is some mistake.
The only other sound's the sweep
Of easy wind and downy flake.

The woods are lovely, dark and deep,
But, I have promises to keep,
And miles to go before I sleep
And miles to go before I sleep.



COMMODITIES

40 pounds of shelf-staple food
and 2 pounds of cheese
available for those over 60
years of age.



WEDNESDAY, JANUARY 26, 2022

Defiance 1 – 2:30 pm

Hicksville 12:30 – 2:00 pm

Approved applicants only. Call Sue at
419.782.3233 if you would like to apply.





Honoring the late Dr. Martin Luther King, Jr.

Following are some of his quotes to think about....

"Forgiveness is not an occasional act; it is a constant attitude."

"Darkness cannot drive out darkness: only light can do that. Hate cannot drive out hate: only love can do that."

"Faith is taking the first step even when you can't see the whole staircase."

"If you can't fly then run, if you can't run then walk, if you can't walk then crawl, but whatever you do you have to keep moving forward."

About Dr. Martin Luther King, Jr:

The civil rights icon was born on January 15, 1929, Atlanta, Georgia, USA. King enrolled in college at the young age of 15! He was a bright lad who skipped grades and in 1944 enrolled in Morehouse College! King received a Bachelor of Arts degree in sociology in 1948 from Morehouse, a BD in theology from Crozer Theology in Pennsylvania in 1951, and a Ph.D. in theology from Boston College in 1955.

Martin Luther King, Jr. became the youngest person to receive the Nobel Peace Prize in 1964. He turned over the \$54,123 prize over to further the civil rights movement. Dr. King played a key role in passing civil rights act's which outlawed racial segregation in the United States. He gave his famous "I Have a Dream" speech in 1963 at rally named 'March on Washington' in front of 250,000 people.

On the evening of April 4, 1968, Dr. King was assassinated while standing on the balcony of his motel room in Memphis, Tennessee. He was in Memphis to lead a protest march in sympathy of striking garbage workers. Some of us may remember the assassination of Dr. King and the riots of that time. (Later that year another famous civil rights activist, Bobby Kennedy, was assassinated.).



For these reasons and many more, the third Monday of January was named a national holiday in celebration of Dr. King's birthday.

DEFIANCE ACTIVITIES—JANUARY 2022

Mon	Tue	Wed	Thu	Fri
				Wishful Thinking? 
3 9– Sweets and Coffee with the Laurels of Defiance 9:30 Pepper 10–Farkle 12:30 Crafts with SKLD	4 9:30 Pepper 10–Bible Study 10–Tai Chi 12:30 Moving with Mozart: a DVD for exercising to the classics in gym	5 9-10:45 Foot Care Clinic by appt only 9:30 Pepper 10– Dominoes 12:20 Corn Hole 12:30– 2:15 Foot Care Clinic by appt. only	6 9:30 Pepper 10– Boggle 12:30– Alzheimer’s Support Group 12:30 Bingo by Brookview	7 9:30 Pepper 10– Tai Chi 10:30 Beltone Hearing Aid Cleaning 11:30 Birthday Lunch 12:30 Moving to Mozart exercise
10 9– Sweets and Coffee by Senior Center 9:30 –Pepper 10– Dominoes 12:30 Bingo by Lutheran Home	11 9:30 Pepper 10– Bible Study 10– Tai Chi 12:30 Moving to Mozart DVD t/gym	12 9:30 Pepper 10– Yahtzee 12:30 Lawn Darts	13 9:30 Pepper 10– Farkle 12:30 Bingo with Antwerp Manor	14 9:30 Pepper 10– Tai Chi 12:30 Moving to Mozart -a n exercise DVD in gym
17  Closed for Martin Luther King, Jr. Holiday	18 9:30 Pepper 10– Bible Study 10– Tai Chi 10– Blood Press. by Brookview 12:30 Moving to Mozart/DVD in gym	19 9:30 Pepper 10– Farkle 12:30 Corn hole	20 9:30 Pepper 10– Dominoes 12:30 Bingo by SKLD	21 9:30 Pepper 10– Tai Chi 12:30 Moving to Mozart Exercise DVD/ in gym
24 9– Sweets & Coffee 9:30 Pepper 10– Nails & Tales with SKLD 12:30 Bingo with Senior Center	25 9:30: Pepper 10– Bible Study 10– Tai Chi 12:30 Moving to Mozart DVD in gym	26 9:30 Pepper 10– Chinese Checkers 12:30 Lawn Darts 1-2:30 Senior Food Box Pick-up	27 9:30 Pepper 10– Yahtzee 12:30 Bingo by CHP	28 9:30 Pepper 10– Tai Chi 11:30 Drawing for Activity Gift card 12:30 Moving to Mozart/gym
31 9 Sweets & Coffee 9:30 Pepper 10– Chinese Checkers	**Just a note: Line Dancing will resume in the Spring!			

HICKSVILLE ACTIVITIES

JANUARY 2022

<u>MONDAY</u>	<u>THURSDAY</u>
3 9—11 am Healthy Treats & Hot Drinks 10 am—Chair Exercises 1 pm—BINGO with Antwerp Manor	6 10 am NEW for '22 -Dance to the Beat THURSDAY! 10 am Coloring or Crafts 1 pm Corn Hole* Special Visitors from Hicksville Middle School
10 9—11 am Healthy Treats & Hot Drinks 10 am Spoons* 1 pm Valentine Craft OR Bowling*	13 10 am Dance to the Beat THURSDAY! 10 am Penny Pitch* 1 pm “The Price is Right”
17  MARTIN LUTHER KING DAY. Senior Services will be closed.	20 10 am Dance to the Beat THURSDAY! 10 am Coloring or Crafts 1 pm NEW Game: “Ticket to Ride”
24 9—11 am Healthy Treats & Hot Drinks 10 am Yahtzee* 1 pm Jeopardy!*	27 10 am Dance to the Beat THURSDAY! 10 am Coloring or Crafts 1 pm Yahtzee*
31 9—11 am Healthy Treats & Hot Drinks 10 am FARKLE* 1 pm BINGO with Senior Center	NOTES FROM LINDA - *= Prize cards awarded to game winners. Collect 10 prize cards and get a \$10 Dollar General Gift Card.
<u>SAVE THE DATE REMINDERS:</u> <u>THURSDAY, FEBRUARY 3</u> BRING A FRIEND FOR LUNCH WHO HAS NOT BEEN AT THE CENTER IN 2021 or 2022 AND RECEIVE A FREE MEAL DEAL COUPON.	See our February newsletter for Information on the February 14 Valentine’s Day Party! Or, give us a call the week of January 31—419.542.5004. 

Brain teaser: Hourglass

Starting in the middle, each word in the top half has the letters of the word below it, plus a new letter, and each word in the bottom half has the letters of the word above it, plus a new letter.

(1) small army unit

(2) tease

(3) made from dough

(4) lyric poet

(5) short for Abraham

(6) deep yellow color

(7) sculpture rock

(8) pedestrian



INCLEMENT WEATHER

*A note from our Transportation and
Home-delivered meal managers
Dennis & Ginny*

It's that time of the year again. As the weather gets colder. We must be ready for weather emergencies.

Please remember that our Transportation and Meal Route drivers are not a snow removal service. You will need to make arrangements to have your driveway and sidewalks cleared before your scheduled meal delivery or transportation run. This is for your safety and the safety of our staff. Also, please remember that we will not be doing transportation or meal delivery if there is a Level 3 snow emergency declared by the Defiance County Sheriff. For other hazardous road conditions, we will call you to let you know if we have to cancel transports or meal delivery. Thank you!

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 the day before if you will not be home for delivery or **no later than 7 am the day of delivery** (if you have forgotten to call)

To cancel your meal or for questions, please contact:

Ginny Wiseman at 419-782-3321
(The Hicksville location is not always available to pass on a message)

NEED HELP PAYING RENT?

Henry County Metropolitan Housing

Authority (HCMHA) provides rental assistance in the form of a housing voucher to low to moderate income families, seniors and disabled persons. The Housing Authority covers Defiance county and will be open for applications on Wednesday, December 1st, 2021 at 9:00 a.m.

The applications are online but you may also request a paper application by phone by calling **419.592.1735**. You may direct any questions you have regarding the rental assistance program to the same phone number. Applications will be open until further notice on a first come, first serve basis.

The website for applications is:

nwohousing.org

SENIOR CENTER BUSINESS HOURS

Due to Defiance County Senior Services staff shortage, business hours at both centers will remain the same through January. As with many businesses, we are working as diligently as possible to fill open positions within the organization.

Defiance—Monday thru Friday

8:00 am—2:00 pm

Hicksville—Monday & Thursday

9:00 am—2:30 pm

Thank you for your patience as we continue to evaluate staffing and keep key services such as home-delivered meals and medical transportation operational.

60's Songs

Find and circle all of the 1960's song titles that are hidden in the grid.
The remaining letters spell the title of an additional 1960's song.

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M S E D U J Y E H R R E X O B E H T Y
S S W I L D T H I N G W I P E O U T K
T I M Z B C E C Y L E G N A N E E T O
H K Y Z R C R N E E Y A W A N U R O O
E T G Y D V A Y O P S B U S S T O P P
S S I W O A L R I T S T E L P A S O S
E A R N W L O Y A N S E E O M Y G U Y
E L L S N L V U V M G E R R K E R G H
Y W H I T E R A B B I T V R D F O P S
E B B H O R T F P N A A A L C A U N I
S L A P W I E E I T G P Y I A P Y I R
L U B M N O O V S N O Y T A P G S V E
E E Y E V P O I A O G Y R Y D O E O H
L V L M L O W G C W Z E L R U I S L C
E E O E R T N Y E A T O R L E D L D L
N L V G E I H Y R R V A M T R H D O A
O V E H A C U C G E I A E O I I S O H
R E T H T W I N D Y N F W H H P A G T
E T C I E B L U E M O O N Y A T S H R
  
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BABY LOVE
BLUE MOON
BLUE VELVET
BUS STOP
CARA MIA
CHAIN GANG
CHERISH
CRAZY
CRYING
DIZZY
DOWNTOWN
EL PASO

ELENORE
FINGERTIPS
FIRE
GALVESTON
GOOD LOVIN'
GROOVIN'
HAIR
HEATWAVE
HEY JUDE
HOLIDAY
ITCHYCOO PARK
LAST KISS

MEMPHIS
MY GIRL
MY GUY
PEOPLE
PUPPY LOVE
RESPECT
RUNAWAY
SHERRY
SOUL MAN
SPOOKY
STAY
SURF CITY

TEEN ANGEL
THE BOXER
THE TWIST
THESE EYES
VALLERI
VOLARE
WHITE RABBIT
WILD THING
WINDY
WIPEOUT
WORDS
YESTERDAY

Her Name is Rose

The first day of school our professor introduced himself and challenged us to get to know someone we didn't already know. I stood up to look around when a gentle hand touched my shoulder.

I turned around to find a wrinkled, little old lady beaming up at me with a smile that lit up her entire being. She said, 'Hi handsome. My name is Rose. I'm eighty-seven years old. Can I give you a hug?' I laughed and enthusiastically responded, 'Of course you may!' and she gave me a giant squeeze.

'Why are you in college at such a young, innocent age?' I asked. She jokingly replied, 'I'm here to meet a rich husband, get married, and have a couple of kids...' 'No seriously,' I asked. I was curious what may have motivated her to be taking on this challenge at her age. 'I always dreamed of having a college education and now I'm getting one!' she told me.

After class we walked to the student union building and shared a chocolate milkshake. We became instant friends. Every day for the next three months we would leave class together and talk nonstop. I was always mesmerized listening to this 'time machine' as she shared her wisdom and experience with me.

Over the course of the year, Rose became a campus icon and she easily made friends wherever she went. She loved to dress up and she reveled in the attention bestowed upon her from the other students. She was living it up.

At the end of the semester, we invited Rose to speak at our football banquet. I'll never forget what she taught us. She was introduced and stepped up to the podium. As she began to deliver her prepared speech, she dropped her three by five cards on the floor. Frustrated and a little embarrassed she leaned into the microphone and simply said, 'I'm sorry I'm so jittery. I gave up beer for Lent and this whiskey is killing me! I'll never get my speech back in order so let me just tell you what I know.'

As we laughed, she cleared her throat and began, 'We do not stop playing because we are old; we grow old because we stop playing.'

There are only four secrets to staying young, being happy, and achieving success. You have to laugh and find humor every day. You've got to have a dream. When you lose your dreams, you die. We have so many people walking around who are dead and don't even know it!

There is a huge difference between growing older and growing up. If you are nineteen years old and lie in bed for one full year and don't do one productive thing, you will turn twenty years old. If I am eighty-seven years old and stay in bed for a year and never do anything I will turn eighty-eight.

Anybody! Can grow older. That doesn't take any talent or ability. The idea is to grow up by always finding opportunity in change. Have no regrets. The elderly usually doesn't have regrets for what we did, but rather for things we did not do. The only people who fear death are those with regrets.'

She concluded her speech by courageously singing 'The Rose.'

She challenged each of us to study the lyrics and live them out in our daily lives. At the year's end Rose finished the college degree she had begun all those years ago.

One week after graduation Rose died peacefully in her sleep. Over two thousand college students attended her funeral in tribute to the wonderful woman who taught by example that it's never too late to be all you can possibly be. (*Lyrics to the song "The Rose" are printed on page 12.*)

Lyrics to "The Rose" from page 11

The Rose **Bette Midler**

Some say love, it is a river
That drowns the tender reed
Some say love, it is a razor
That leaves your soul to bleed
Some say love, it is a hunger
An endless aching need
I say love, it is a flower
And you, its only seed
It's the heart, afraid of breaking
That never learns to dance
It's the dream, afraid of waking
That never takes the chance
It's the one who won't be taken
Who cannot seem to give
And the soul, afraid of dying
That never learns to live
When the night has been too lonely
And the road has been too long
And you think that love is only
For the lucky and the strong
Just remember in the winter
Far beneath the bitter snows
Lies the seed that with the sun's love
In the spring becomes the rose

Songwriters: Mc Broom Amanda



January's word for better living

R-E-S-P-E-C-T

**It's not just a song by Aretha Franklin, it is
how we conduct ourselves on a daily basis.**

Affirm people's opinions;

**Empathize with different
perspectives;**

listen to others.

**You can learn something everyday when you
practice RESPECT with others.**



volunteer opportunities

Choir Director for a senior choir?

**Fitness instructor for cardio
drumming or dancing?**

**Help in the café over lunch?
(11:30 a.m.—12:30 p.m.)**

Book club moderator?

**Call us! We would love for you to
share your talents!**

419-782-3233 Defiance

or

419-542-5004 Hicksville