



Our Times *Defiance County Senior Services* *July 2022*

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

Email: dcss@defiancecounty.oh.gov



Day of glory! welcome day!
Freedom's banners greet thy ray;
See! how cheerfully they play
With thy morning breeze,
On the rocks where pilgrims kneel'd,
On the heights where squadrons wheel'd,
When a tyrant's thunder peal'd,
O'er the trembling seas...
O let freemen be our sons;
And let future Washingtons
Rise, to lead their valiant ones,
Till there's war no more.
~John Pierpont (1785–1866), "Independence"



DEFIANCE COUNTY SENIOR SERVICES WILL BE CLOSED

MONDAY, JULY 4, 2022

IN CELEBRATION OF INDEPENDENCE DAY.

No home-delivered meals or transportation.

Enjoy your day!

COFFEE WITH A COP

9:00 am – Thursday, July 28

DEFIANCE SENIOR CENTER

140 East Broadway Defiance

*Get updates from local law enforcement
& answers to your questions.
No reservations required.*



Word of the Month

INDEPENDENCE

Self-dependence, self-reliant, self-sufficient

Everyone's goal as we age with dignity and grace.



Do you like to save money & have an enjoyable meal with friends?

Come to YOUR Senior Center for a great meal deal!

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 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.

Please remember to make reservations

Great food prepared with LOVE!



High food costs got you scratching your head?

Check out the commodity program at the Senior Center!

An application needs to be completed for the food box which includes fruits, grains, vegetables, dairy and protein and a 2-lb. box of cheese. Income limits do apply. Call Sue at 419.782.3233 for an application or stop by either Defiance County Senior Center..

WEDNESDAY, July 27 (NO PETS, PLEASE)

1—2:30 PM DEFIANCE

12:30-2 PM HICKSVILLE

SENIOR CENTER BUSINESS HOURS

DEFIANCE
MONDAY – FRIDAY
8 am – 2 pm

HICKSVILLE
MONDAY & THURSDAY
9 am – 2:30 pm*

**Other times available by appointment*

Home Delivered Meal Clients

IF YOU ARE ILL

Your meal route driver is happy to serve you each and every day. However, if you are ill, please call Ginny in order that we can make arrangements for your meal delivery. For the health of our staff, it is important that you make special arrangements with the nutrition office to prevent viruses, etc. from spreading. For your health, it is important that we deliver to you a nourishing meal to help you on your way to recovery. Thanks for your help in this matter as we continue to serve you AND REMAIN HEALTHY!

419.782.3321

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.

Without you, we could not
do all that we do to make
life a little more pleasurable
and special for our clients.

*Thank you for your
continued support.*

Thank you for your
support donors &
volunteers at our
senior centers,

HW Ohio Alzheimer's Association

Antwerp Manor

Commodity, Café, Newsletter and
Library Volunteers

Community Health Professionals

Brookview Health Care

Hicksville Middle School

North Crest of Napoleon

Kingsbury Place

Lutheran Home of Napoleon



CSFP Recertification time is again coming up!

Be sure to complete your paperwork to recertify **for the period October 1, 2022 through September 30, 2023** timely to ensure you will continue to receive a box. **The deadline for 2022-2023 paperwork is Friday, September 2.** Watch for your paperwork on distribution day, complete it, and get it back to one of our senior centers. With rising food costs, this is a great way to supplement your food budget.

New applications welcome.

2022 Federal income guidelines do apply.

Questions?

Defiance: Sue 419.782.3233

Hicksville: Linda 419.542.5004

*Program eligibility determined by Toledo Seagate Food Bank.
Defiance County Senior Services serves as a point of distribution only.*

Foods high in water content

In our June newsletter, we discussed dehydration. Following are a list of fruits and vegetables which are high in water content. If you need to boost your fluid consumption, summer is a great time to get these fresh produce items into your diet.

Vegetables:

Cucumbers
Celery
Carrots
Radishes
Tomatoes
Jicama
Iceberg Lettuce
Green Peppers
Watercress
Zucchini

Fruits:

Watermelon
Grapes
Citrus fruits such as oranges, grapefruit
Cantaloupe
Blueberries
Apricots
Peaches
Pineapple
Plums
Raspberries
Apples
Pears

Cucumbers contain 95% water making them an excellent choice for hydration and they are low in calories!



July 1 is National Joke Day! Tell a joke or be a prankster!

Senior Farmers' Market Nutrition Program

Applications are still available if you did not already apply and would like to participate in this great program. Contact the Area Office on Aging of Northwest Ohio Office for an application

This program provides \$50 worth of coupons to eligible adults 60 years of age or over to purchase locally grown, fresh fruits, vegetables, herbs and honey from local farmers.

Area Office on Aging—419-382-0624

Sustainable swaps for your home!

As we hear more about the landfills reaching capacity and the need to recycle more to help with this effort, we've come up with some sustainable items you can easily swap out in your every day living.

Glass or stainless steel water bottles

Beeswax food wrap

Reusable straws

Cloth grocery bags

Reusable coffee cups, cutlery, and tableware

Bar soap (No plastic bottle)

Natural cleaners such as vinegar, baking soda and lemon

Silicone mats for baking (instead of parchment paper)

Dryer balls rather than dryer sheets



Let's all try and be better stewards of our environment for future generations!

**With *freedom*
comes
responsibility.**

ELEANOR ROOSEVELT

“
**To plant
a garden is to believe
in tomorrow.**

AUDREY HEPBURN

GH

JULY - DEFIANCE ACTIVITIES

<p>HAVE A GREAT 4TH OF JULY WEEKEND! AND, BE SAFE!</p>	<p>Looking for a fun time to spend a few hours an day? Come and volunteer at the DefianceSenior Center! Please call Dawn at (419) 782-3233!</p>	<p>AM & PM APPOINTMENTS FOOT CARE CLINIC JULY 6. CALL DAWN 419.782.3233</p> 		<p>1 9:30 Pepper 10– Tai Chi 11:30 Birthday Lunch sponsored by North Crest of Napoleon 12:30 Stretching to Mozart by DVD</p>
<p>4 Closed for the 4th of July Holiday</p>	<p>5 9:30 Pepper 10– Bible Study 10– Tai Chi 12:30 Line Dancing</p>	<p>6 9:30 Pepper 9:30 Yahtzee Tournament 10-11 Cardio Drumming 12:30 Stretching to Mozart</p>	<p>7 9:30 Pepper 12:30 Alzheimer's Support Group 12:30 Bingo with Brookview</p>	<p>8 9:30 Pepper 10– Tai Chi 12:30 Stretching to Mozart a Exercise DVD</p>
<p>11 9:30 Pepper 10-Cardio Drumming 12:30 Bingo by Lutheran Home of Napoleon</p>	<p>12 9:30 Pepper 10– Bible Study 10– Tai Chi 12:30 Line Dancing</p>	<p>13 9:30 Pepper 9:30– Yahtzee Tournament 10-11-Cardio Drumming 12:30 Stretching to Mozart</p>	<p>14 9:30 Pepper 9:30 Canvas Painting with Chris Johnson 12:30 Bingo with Antwerp Manor</p>	<p>15 9:30 Pepper 10– Tai Chi 12:30 Stretching to Mozart</p>
<p>18 9:30 Pepper 10- Cardio Drumming 10 –2pm Euchre Tournament 12:30 Bingo by Kingsbury Place</p>	<p>19 9:30 Pepper 10– Bible Study 10– Tai Chi 12:30 Line Dancing</p>	<p>20 9:30 Pepper 9:30 Yahtzee Tournament 10– Cardio Drumming 12:30 Stretching to Mozart</p>	<p>21 9:30 Pepper 11-11:30 Music with Heidi Paxton 12:30 Bingo with North Crest</p>	<p>22 9:30 Pepper 10– Tai Chi 12:30 Stretching to Mozart by DVD</p>
<p>25 9:30 Pepper 10 Cardio Drumming 10– 12:30 Bingo by Senior Center Center</p>	<p>26 9:30 Pepper 10– Bible Study 10– Tai Chi 12:30 Line Dancing</p>	<p>27 9:30 Pepper 9:30– Yahtzee Tournament 10– 11 Cardio Drumming 12:30 Stretching to Mozart</p>	<p>28 9:00 Coffee with a Cop in Cafe 9:30 Pepper 10– Rock Painting with Chris Johnson 12:30 Bingo by CHP</p>	<p>29 9:30 Pepper 10– Tai Chi 12:30 Stretching to Mozart</p>

HICKSVILLE ACTIVITIES – JULY 2022

Tuesday, July 5

Open 11 am—1:30 pm

ALAN SEIBERT 11:30 am

LUNCH 12:00 NOON

RESERVATIONS, PLEASE

THURSDAY

7

10:00—2:30 pm

EUCHRE

TOURNAMENT

Open Monday & Thursday mornings at 9:00 AM for crafts, card games, checkers, etc.

Come on in!

+++NOW—BINGO every Monday at 1:00 pm. WIN BINGO BUCKS!

Monday, July 11

1—BINGO with Senior Center



14

10:00—2:30 pm

EUCHRE

TOURNAMENT

SAVE THE DATE

SENIOR DAY AT THE DEFIANCE COUNTY FAIR

WEDNESDAY,

AUGUST 24



18

1—BINGO with Senior Center



21

10:00—2:30 pm

EUCHRE

TOURNAMENT

EUCHRE TOURNAMENT EVERY THURSDAY!

10 AM—2:30 PM

Winner gets \$15 Dollar General Gift Card

LUNCH BREAK

NOON—12:30 PM

MAKE YOUR RESERVATION TODAY!

419.542.5004

11:30 NOCAC Summer Cooling Sign-up with Virginia



25

1—BINGO with Senior Center

28

10:00—2:30 pm

EUCHRE

We'll be closed July 4.

Happy Independence Day!



How Countries Celebrate Independence Day Around The World

Posted by Up with People on June 28, 2018

Throughout the world, countries celebrate their independence through national holidays and other cultural celebrations. From fireworks in the United States to flying kites in India, let's take a look at how independence day is celebrated around the world.

Bolivia – August 6th

Bolivia throws a two-day party packed with marches, gun salutes, fireworks, music, parades and carnivals. The main event of the celebrations are the military parades on August 6th. The day is a national holiday of Bolivia locally known as Dia de la Patria. The celebrations continue for a full day especially in the capital city of Bolivia 'La Paz.'

Cambodia – November 9th

Cambodian Independence Day is celebrated with festivals, parades, and firework displays across Cambodia. The main gathering point is Phnom Penh's Independent Monument, which was built to mark Cambodia's 1953 liberation from French rule.

India – August 15th

To symbolize its freedom from British rule, saffron, white and emerald-green kites evoking the young country's tri-colored flag are flown. It is also typical in most parts of the country for a ceremony and unfurling of the national flag.

Norway – May 17th

This day celebrates the signing of the Constitution of Norway. In Norway, children play a special part in the celebration of their independence day. Several children's parades are held during the day, where the children march with flags and school banners led by marching bands. In the capital city of Oslo, the children will pass the Royal Palace, where the royal family will wave to the parade participants from the balcony. In most cities, local schools arrange games, activities and lotteries with nice prizes, as well as selling cakes, soda, ice cream and candies. In the evening, people gather with family and friends to have dinner or barbecues together.

Parades, flags, and family mark these celebrations as well as those in the United States. Enjoy your holiday weekend!

PASTA SALAD

This is an easy, ingredient interchangeable, delicious recipe that's sure to be a crowd pleaser at your next potluck or picnic! Serves a group of 6 to 8 people with very large portions.

2 cups cooked pasta (I use tri-color rotini for additional color and texture)

2 packages of Good Season salad dressing prepared according to package directions

1 teaspoon each salt and garlic powder or to taste

1/2 teaspoon black pepper or to taste

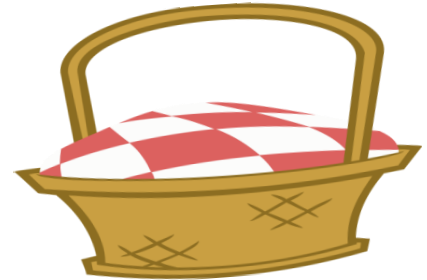
1 can drained black olives

1 can or fresh sliced mushrooms

1 small onion, chopped

Seasonal vegetables such as cucumbers, tomatoes, carrots, radishes, red, green, orange, yellow peppers, broccoli, cauliflower, green beans or fresh asparagus (blanched), or anything you may have on hand that is a favorite.

Mix all ingredients in large bowl adding dressing last. Cover bowl and it's best after the salad sits overnight in the refrigerator. Just pick up your dish & PICNIC! (if you have leftovers, add some grilled chicken for your next meal!) *Submitted by a Hicksville senior.*



Foot Care Clinic

Let's keep those feet in top shape!

Defiance Foot Care Clinic

Wednesday, July 6, 2022

**Call Dawn 419-782-3233 for an
appointment —morning or afternoon times**

Hicksville Foot Care Clinic

Thursday, August 18, 2022

**Call Linda 419.542.5004—Appointments start at
12:30 pm**

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

JOKES FOR JULY GIGGLES

1. How come there aren't any knock-knock jokes about America?

Because freedom rings.

2. What kind of tea did the American colonists want?

Liber-tea.

3. What's the difference between a duck and George Washington?

One has a bill on his face, and the other has his face on a bill.

4. What did the colonists wear to the Boston Tea Party?

Tea-shirts.

Are we missing something in our programming?

If you have an interest you would like to see at your Senior Center, please contact

Amy 419.782.3232

Dawn 419.782.3233

Linda. 419.542.5004

We'll do our best to see if your idea is feasible within our budget and facilities.

Thank you for your continued support of Defiance County Senior Services.

SUMMER COOLING PROGRAM SIGN-UP

NORTHWEST OHIO COMMUNITY ACTION

**Thursday, July 21, 2022 –
11:30 am**

Hicksville Senior Center
No appointment necessary.

Stay cool—Protect your health!



NEED HOME FURNISHINGS OR APPLIANCES?

Dependent upon donations they receive, the Defiance County Furniture Bank may be able to help.

Furniture, beds, stoves, microwaves, tables, lamps, and refrigerators are just a few of the items the Furniture Bank accepts and may have available for your use.

Just call Senior Services for a referral.

Defiance: Sue 419.782.3233

Hicksville: Linda 419.542.5004.

(You must have a referral from a Defiance County social service agency to receive goods through the Furniture Bank.)



SAVE THE DATE!

SENIOR DAY AT THE DEFIANCE COUNTY FAIR

Wednesday, August 24
Coffee & Donuts and Registration
9:00 am
Lunch 12 noon

**See August newsletter for more
details and schedule of events.**

Care Consultation Day

Caregiver consultation is a FREE personalized service addressing the issues that arise from Alzheimer's disease or other related dementias.

Third Monday of Each Month

Defiance Senior Center

140 East Broadway

July 18, 2022

9:00 a.m. to Noon

No appointment necessary!

Call 1-419-419-5858 for questions

Coaching and Support:

Individual action plan to guide caregiving,

Ongoing staff support and guidance,

**Learn ways to reduce stress on primary partner/
caregiver and family.**

Health and Care Information:

**Learn about causes and treatments of dementia,
establish an effective safety plan, discuss options
in decision-making and planning for the future, find
access and arrange for services.**



Family Caregiver Support Program

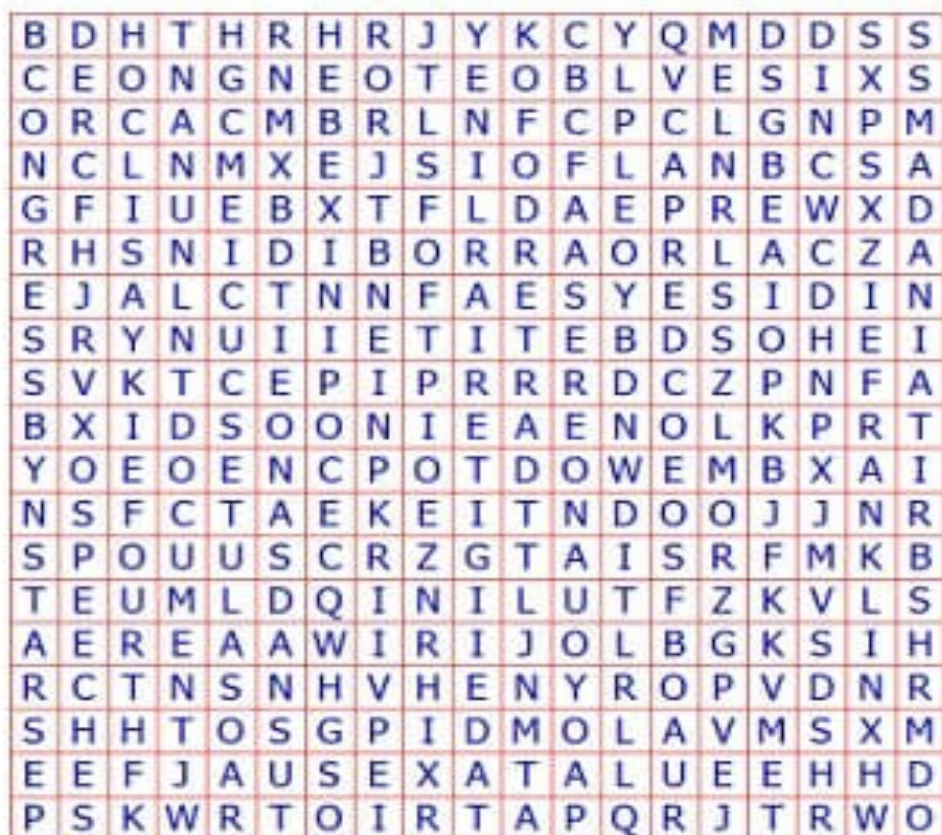
Families, not social service agencies, nursing homes or government programs, are the main providers of long-term care for older persons in Northwestern Ohio. The National Family Caregiver Support Program, implemented as a part of the Older Americans Act of 2000 recognizes the monumental role caregivers play in caring for older family members. Under this program five basic services are available: information to caregivers about available services; assistance to caregivers in gaining access to services; counseling, support groups, and caregiver training; respite care to enable caregivers to be temporarily relieved from their caregiving responsibilities; and supplemental services, to complement the care provided by family caregivers.

For more information about this program, you can contact the Area Office on Aging at 419-382-0624.





Fourth of July Word Search



(John) ADAMS
AMERICA
BOSTON
CELEBRATE
COLONIES
CONGRESS
CONSTITUTION
DECLARATION
DOCUMENT
FIREWORKS
FLAG
FOURTH

(Benjamin) FRANKLIN
FREEDOM
(Great) BRITAIN
(John) HANCOCK
HOLIDAY
INDEPENDENCE
(Thomas) JEFFERSON
JULY
LIBERTY
PARADE
PATRIOT
PHILADELPHIA

PICNIC
REVOLUTION
SALUTE
SIGN
SPEECHES
STARS
STRIPE
SUMMER
TAXES
TEA
(George)
WASHINGTON



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DEFIANCE COUNTY SENIOR SERVICES INFORMATION GUIDE

Business hours: Defiance M-F 8 am—2 pm; Hicksville* Monday & Thursday 9 am—2:30 pm

(*Hours may vary based on staffing.)

<u>SERVICE</u>	<u>STAFF MEMBER</u>	<u>PHONE NUMBER/E-MAIL</u>
Transportation: Medical , Grocery shopping, Pharmacy pick-ups, errands	Dennis Vajen Transportation Manager	419.782.3233 dvajen@defiancecounty.oh.gov
Home-delivered Meals Cancellations/delivery changes	Ginny Wiseman Nutrition Manager	419.782.3321 gwiseman@defiancecounty.oh.gov
Home-delivered Meals— NEW client assessments	Nurse/Social Services Manager (position open) Sue Weller	419.783.4812 419-782-3233
Commodities/CSFP Food & Cheese Boxes	Sue Weller CSFP Coordinator	419.782.3233 sweller@defiancecounty.oh.gov
Congregate Meal Reservations Defiance : M-F 11:30 –12:30 Hicksville: Mon & Thurs 12 noon	Defiance Café Hicksville Satellite Center	419.782.3233 419.542.5004
Activities—Schedule & sponsors Volunteer Opportunities	Defiance: Dawn Knox Activities Manager Hicksville: Linda McMahon Satellite Site Manager	419.782.3233 dknox@defiancecounty.oh.gov 419.542.5004 lmcmahon@defiancecounty.oh.gov
Newsletter Submissions	Amy Francis, Executive Director Linda McMahon Satellite Site Manager	419.782.3232 afrancis@defiancecounty.oh.gov 419.542.5004 lmcmahon@defiancecounty.oh.gov