

# *Our Times* *Defiance County Senior Services* *June 2022*

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

Email: [dcss@defiancecounty.oh.gov](mailto:dcss@defiancecounty.oh.gov)

**Have a fabulous FATHER'S DAY!**

## Happy Retirement

### **Robin Murray, Operations Manager (23 years)**

Thank you Robin for your dedication and years of service to the Defiance County Senior Services. Your knowledge and contagious laugh will be missed. Best wishes in your future!

### **Jamie Blank, Cook (6 years)**

Thank you Jamie for your assistance in cooking of the wonderful meals served to seniors. Your creative kitchen skills and jovial manner will be missed. Enjoy your new job as a personal assistant to your wife!



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 couldn't do all that we do to make life a  
 little more pleasurable and special for our clients.  
*Thank you for your continued support.*

### ARE YOU LOOKING FOR A REAL DEAL IN FOOD DOLLARS?

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.

### 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  
 June 20, 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,  
 On going 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.

### Thank you for your support donors!

Antwerp Manor  
 Commodity, Café and  
 Library Volunteers  
 Community Health Professionals  
 Brookview Health Care



shutterstock - 414569646



Need more nutritional food in your diet? Need a boost to your food budget?

### Try 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, June 22**  
**1—2:30 PM DEFIANCE**  
**12:30-2 PM HICKSVILLE**

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

Questions? Please call  
 Sue Weller 419.782.3233

**REMINDER: No PETS in your car at pick-up.**



"Tom, this is Kate from the office. Boy, you're a hard person to reach when you're on vacation!"

DEFIANCE COUNTY SENIOR  
SERVICES WILL BE **CLOSED**

**MONDAY, June 20 &**

**MONDAY, JULY 4**

IN OBSERVANCE OF

**Federal holidays**

ENJOY THE LONG WEEKEND  
WITH FAMILY & FRIENDS.

No home-delivered meals or transportation.

Defiance County Senior  
Center

**Cardio Drumming**

Come join the fun with  
Lisa Little

Monday and Wednesdays

10:00-11:00.

Fun and up-beat exercise  
that you can do standing or  
sitting.

\$5 fee per class or \$30 per  
month. Call Dawn for info  
419.782.3233.

**ALZHEIMER'S SUPPORT**

Do you or your family need  
support in caring for a  
loved one with  
Alzheimer's?

**In person sessions**



Defiance Senior  
Center on  
Thursday, June 2,  
2022.

12:30—2:00 p.m.

**SENIOR CENTER BUSINESS  
HOURS**

**Defiance**—Monday thru Friday

8:00 am—2:00 pm

**Hicksville**—Monday & Thursday

9:00 am—2:30 pm\*

\*Other days and times available by appoint-



**Foot Care Clinic**

Let's keep those feet happy & healthy  
for summer!

**Hicksville Foot Care Clinic**

**Thursday, June 16, 2022**

Call Linda at 419.542.5004 for

Appointments starting at 12:30 pm

**Defiance Foot Care Clinic**

**Wednesday, July 7, 2022**

Call Dawn 419-782-3233 for an

appointment - morning or afternoon times

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

**Make your appointment today!**



**Meet our NEW team members!**

**Meal Route Drivers:**

Steve Hall

Myra Emmons

Suzi Mack

Vicky Healy

**Kitchen Assistant/Dishwasher**

Deb Vajen

**Transportation Driver**

Dennis "Scottie" Scott

**WELCOME!**

We continue to have positions OPEN.  
Please be patient as we hire new staff and  
continue their training.

**Interested in a job?** Call Amy Francis at  
419.782.3232 or see "employment" drop down at:

**[www.defiance-county.com](http://www.defiance-county.com)**

## Why do we celebrate the Juneteenth holiday?



Known to some as the country's "second Independence Day," Juneteenth **celebrates the freedom of enslaved people in the United States at the end of the Civil War**. For more than 150 years, African American communities across the country have observed this holiday.

The name "Juneteenth" is a **blend of two words: "June" and "nineteenth."** It's believed to be the oldest African-American holiday, with annual celebrations on June 19th in different parts of the country dating back to 1866.

How is Juneteenth celebrated? What exactly does a Juneteenth celebration look like? For some, it's **eating barbecue, shooting fireworks, gathering at a cookout and sipping on red drinks**, a tradition that symbolizes perseverance and honors the blood that was shed of African-Americans .

**Just say 'Happy Juneteenth!'** The easiest way to wish someone a Happy Juneteenth is by messaging them and wishing them a fulfilled day. Similar to Black History Month, and other important anniversaries to Black Americans, it is important to acknowledge it as an American holiday, even if you do not celebrate it.

**The holiday is celebrated in Ohio and Defiance County offices will be closed on Monday, June 20, 2022 as Juneteenth falls on Sunday this year. There will be no transportation or meal delivery.**

### Senior Farmers' Market Nutrition Program

**We look forward to a new season in the Spring and Summer of 2022 to boost YOUR nutrition.**

Applications were scheduled to be mailed by late April. For address changes and/or to be added to the mailing list to receive the 2022 application, contact the Area Office on Aging of Northwest Ohio Office. 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. This national program serves the counties in our Northwest Ohio service area of: Defiance, Erie, Fulton, Henry, Lucas, Ottawa, Paulding, Sandusky, Williams, and Wood counties. The Area Office on Aging provides over 18,000 older adults with coupons.

**Area Office on Aging—419-382-0624.**





## Red, White & Blue Layered Jell-O

1 box red Jell-O Strawberry, Raspberry or Cherry

1 box blue Jell-O Blue Raspberry

Water

1 container Cool Whip

Clear cups for individual servings

**Instructions:** Prepare Jell-O according to box directions using the "Quick Set"

Directions. Add each color to its own separate 8 x 8 cake pan to set. Once set, cut into cubes. Next layer in red Jell-O cubes. Next layer in Cool Whip. Finally top with blue Jell-O cubes.



Word of the month:

## COMPASSION

**Sympathetic consciousness of others' distress together with a desire to alleviate it.**



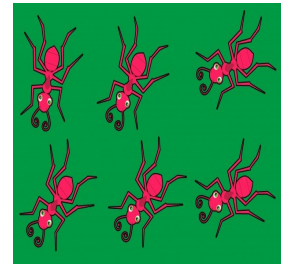
"WHY CAN'T YOU JUST TAKE A **PENALTY** SHOT LIKE **EVERYONE** ELSE?!"

## Ants

Did you know that ants can lift 10-50 times their body weight? Ants don't have ears but their "hear" by feeling vibrations in the ground through their feet. They attack and defend themselves by biting and stinging. Ants benefit the ecosystems by dispersing seeds, pollinating plants and improving the quality of the soil.

Thank you ants for all your talents, but how do we keep them from being pesky in our homes.

To get rid of ants inside or out, you have a few options:



- **Essential oil spray:** Combine a  $\frac{1}{4}$  cup of water with 5 drops of peppermint, 5 drops of tea tree, and 7-10 drops of a citrus oil of your choice. Shake thoroughly and spray the mixture around your kitchen baseboards.
- **Vinegar spray:** Ants hate vinegar. Mix equal parts water with white or apple cider vinegar to spray around windows and doors, anywhere the ants use to get into your home. Include 5-10 drops of an essential oil you love to off-set the vinegar smell.

Also remember that ants are attracted to sugary and other food substances. Keep counters and pet food bowls clean to minimize their appearance in your home.

See you later ants!

Mon

Tue

Wed

Thu

Fri



# JUNE

<p><b>Looking for Volunteers to work in the café. If Interested, please contact Dawn at 419-782-3233</b></p>		<p>1 9:30 Pepper 9:30 Yahtzee Tournament 10– Cardio Drumming <b>11:30 Alzheimer's Forum</b></p>	<p><b>2</b> 9:30 Pepper 12:30 Bingo with Brookview <b>12:30 Alzheimer's Support Group</b></p>	<p>3 9:30 pepper 10– Tai Chi 10:30 Beltone Hearing AideCleaning <b>11:30 Music by Alan Siebert</b> <b>11:30 Birthday Lunch</b> 12:30 Stretching to Mozart by DVD</p>
<p>6 9– Sweets and Coffee 9:30 –Pepper <b>10– Cardio Drumming Class</b></p>	<p>7 9:30 Pepper 10– Bible Study 10– Tai Chi <b>12:30 Line Dancing</b></p>	<p>8 9:30 Pepper 9:30 Yahtzee Tournament <b>10-11 Cardio Drumming Class</b> 12:30 Stretching to</p>	<p>9 <b>9:30 Pepper</b> <b>11:30 Music with Heidi Paxton</b> 12:30 Bingo with Antwerp Manor</p>	<p>10 9:30 Pepper 10– Tai Chi <b>12:30 Stretching to Mozart a Exercise DVD</b></p>
<p>13 9:30 Pepper 10-Cardio Drumming Class <b>12:30 Bingo by Lutheran Home of Napoleon</b></p>	<p>14 15 9:30 Pepper 10– Bible Study 10– Tai Chi <b>12:30 Line Dancing</b></p>	<p>15 9:30 Pepper 9:30 Yahtzee Tournament <b>10-11-Cardio Drumming Class</b> 12:30 Stretching to</p>	<p>16 9:30 Pepper  <b>10 Rock painting for Facebook followers (Led by Chris Johnson)</b></p>	<p>17 9:30 Pepper 10– Tai Chi <b>12:30 Stretching to Mozart</b></p>
<p><b>20</b> Closed Federal Holiday</p>	<p>21 9:30: Pepper 10– Bible Study 10– Tai Chi <b>12:30 Line Dancing</b></p>	<p>22 9:30 Pepper 9:30 Yahtzee Tournament 10– Cardio Drumming 12:30 Stretching to Mozart</p>	<p>23 9:30 Pepper <b>11:30 Music by Heidi Paxton</b> <b>12:30 Bingo by CHP</b></p>	<p><b>24</b> 9:30 Pepper 10– Tai Chi <b>12:30 Stretching to Mozart by DVD</b></p>
<p>27 9 Sweets &amp; Coffee 9:30 Pepper <b>10–Cardio Drumming</b> <b>10– 12:30 Bingo by Senior Center</b></p>	<p>28 29 9:30 Pepper 10– Bible Study 10– Tai Chi <b>12:30 Line Dancing</b></p>	<p>29 9:30 Pepper <b>10– 11 Cardio Drumming</b> 12:30 Stretching to Mozart</p>	<p>30 9:30 Pepper <b>10 Canvas Painting by Chris Johnson!</b> <b>(You can take the painting Home. It's free!)</b></p>	

## Hicksville Activities – June 2022

<p style="text-align: center;"><u><b>MONDAY</b></u></p> <p style="text-align: center;"><i>Open Monday &amp; Thursday mornings AT 9:00 AM for crafts, card games, checkers, etc.</i></p> <p style="text-align: center;"><i>Join us!</i></p> <p style="text-align: center;">+++++</p> <p style="text-align: center;"><b>NOW—BINGO every Monday at 1:00 pm. WIN BINGO BUCKS!</b></p>	<p style="text-align: center;"><u><b>THURSDAY</b></u></p> <p style="text-align: center;"><u>2</u></p> <p style="text-align: center;">10:00—2:30 pm EUCHRE TOURNAMENT. Winner gets at \$15 Dollar General Gift card!</p> <p style="text-align: center;">(We'll break for lunch 12 noon—12:30 pm)</p>
<p style="text-align: center;">6</p> <p style="text-align: center;">9—10:30 am Glue and baking soda on canvas artwork—<u>Call to reserve your canvas in advance</u></p> <p style="text-align: center;">1—BINGO with Antwerp Manor</p>	<p style="text-align: center;">9</p> <p style="text-align: center;">10:00—2:30 pm EUCHRE TOURNAMENT. Winner gets at \$15 Dollar General Gift card!</p> <p style="text-align: center;">(We'll break for lunch 12 noon—12:30 pm)</p>
<p style="text-align: center;">13</p> <p style="text-align: center;">1—BINGO with Senior Center</p> <div data-bbox="209 1136 553 1457" data-label="Image"> </div>	<p style="text-align: center;">16</p> <p style="text-align: center;">10:00—2:30 pm EUCHRE TOURNAMENT. Winner gets at \$15 Dollar General Gift card!</p> <p style="text-align: center;">(We'll break for lunch 12 noon—12:30 pm)</p> <p style="text-align: center;">12:30 pm Foot Care Clinic By appointment only</p> <p style="text-align: center;"><b>GIFTS FOR ALL FATHERS!</b></p>
<p style="text-align: center;">20</p> <p style="text-align: center;"><b>CLOSED JUNETEENTH HOLIDAY</b></p> <p style="text-align: center;">*****</p> <p style="text-align: center;"><b>Monday, June 27</b></p> <p style="text-align: center;">1—BINGO with Senior Center</p>	<p style="text-align: center;">23</p> <p style="text-align: center;">10:00—2:30 pm EUCHRE TOURNAMENT. Winner gets at \$15 Dollar General Gift card!</p> <p style="text-align: center;">(We'll break for lunch 12 noon—12:30 pm)</p> <div data-bbox="703 1848 1032 2009" data-label="Image"> </div>

### TUNES ON TUESDAY!

**TUESDAY, JUNE 7**

**CENTER OPEN**

**11 AM—1:30**

*Concert with Alan Seibert—*

**THE MUSIC MAN**

**11:30 AM**

**CONGREGATE MEAL 12 NOON**

*You just need a lunch reservation!*

**419.542.5004**

### EUCHRE TOURNAMENT EVERY THURSDAY!

**10 AM—2:30 PM**

LUNCH BREAK

NOON—12:30 PM

**MAKE YOUR RESERVATION  
TODAY!**

**419.542.5004**



### **THURSDAY, June 30**

10:00—2:30 pm EUCHRE TOURNAMENT. Winner gets at \$15 Dollar General Gift card.

(We'll break for lunch 12 noon—12:30 pm. Lunch reservations 419.542.5004)

## The Origins of Flag Day

Flags are used as **representation of places and people**. Today, every country in the world flies a flag of representation. The flag goes further to represent sports teams and families even have their own specially designed flags.

The origin of Flag Day was the resolution adopted by the Continental Congress on June 14, 1777. The resolution was made following the report of a special committee which had been assigned to suggest the flag's design. A flag of this design was first carried into battle on September 11, 1777, in the Battle of the Brandywine. The American flag was first saluted by foreign naval vessels on February 14, 1778, when the Ranger, bearing the Stars and Stripes and under the command of Captain Paul Jones, arrived in a French port. The flag first flew over a foreign territory in early 1778 at Nassau, Bahama Islands, where Americans captured a British fort. Observance of the adoption of the flag was not soon in coming, however. Although there are many claims to the first official observance of Flag Day, all but one took place more than an entire century after the flag's adoption in 1777. The first claim was from a Hartford, Conn., celebration during the first summer of 1861. In the late 1800s, schools all over the United States held Flag Day programs to contribute to the Americanization of immigrant children, and the observance caught on with individual communities.

The most recognized claim, however, comes from New York. On June 14, 1889, Professor George Bolch, principal of a free kindergarten for the poor of New York City, had his school hold patriotic ceremonies to observe the anniversary of the Flag Day resolution. This initiative attracted attention from the State Department of Education, which arranged to have the day observed in all public schools thereafter. Soon the state legislature passed a law making it the responsibility of the state superintendent of public schools to ensure that schools hold observances for Lincoln's Birthday, Washington's Birthday, Memorial Day and Flag Day. In 1897, the governor of New York ordered the displaying of the flag over all public buildings in the state, an observance considered by some to be the first official recognition of the anniversary of the adoption of the flag outside of schools. Another claim comes from Philadelphia. In 1893, the Society of Colonial Dames succeeded in getting a resolution passed to have the flag displayed on all of the city's public buildings. Elizabeth Duane Gillespie, a direct descendant of Benjamin Franklin and the president of the Colonial Dames of Pennsylvania, that same year tried to get the city to call June 14 Flag Day. Resolutions by women were not granted much notice, however, and it was not until May 7, 1937, that Pennsylvania became the first state to establish the June 14 Flag Day as a legal holiday. Flag Day is a nationwide observance today, but Pennsylvania is the only state that recognizes it as a legal holiday. Bernard J. Cigrand, a school teacher in Waubeka, Wisconsin, reportedly spent years trying to get Congress to declare June 14 as a national holiday. Although his attempts failed, the day was widely observed. "Father of Flag Day" honors have been given to William T. Kerr, who was credited with founding the American Flag Day Association in 1888 while still a schoolboy in Pittsburgh, Pennsylvania. Both President Wilson, in 1916, and President Coolidge, in 1927, issued proclamations asking for June 14 to be observed as the National Flag Day. But it wasn't until August 3, 1949, that Congress approved the national observance, and President Harry Truman signed it into law.

**Proudly fly your flag!**





## Honoring all Father's!

*Submitted by: Linda McMahon*



Some of us have the privilege of having our fathers still with us. I think back many years ago as I watched my dad working hard to repair many items around the house and totally renovate our family home on weekends and during his vacation time. Dad worked very hard to make sure we always had what we needed—maybe not exactly what we wanted—but what we needed.

Dad also set the example of caring for his aging parents and in-laws as best he could with his work schedule and what needed to be done at home. These lessons have impacted me to this day as I see to my dad's daily needs and try to make life more pleasant.

From his love of repair and renovation, I learned many valuable lessons that carried me into the professional world of property management for many years. Many maintenance men got frustrated when I explained how something could be repaired and remain serviceable over the years. After all, I was a woman, what did we know! Those skills and knowledge weren't learned in textbooks but by standing in the garage many a night just watching.

Dad encouraged me to learn typing, participate in band, and attend college. I later put together from our conversations these were all things he never learned to do or had the desire or opportunity. During summers in high school, he encouraged me to work in a pickle factory. Not because I needed money but because he wanted me to see what hard work it was to remain employed in a factory. Dad wanted me to make the best of my life that I could and pursue what was of interest to me. He never persuaded me to take the easy way out!

Whether it be balancing a checkbook or making sure my car is serviced, the basic knowledge goes back to my dad. While I'll never be as perfect about these things as he is, I do give it a great effort to be timely and accurate.

While we love our parents, we usually have one of them that has a greater impact in our life. For me, that was Charlie. I value his advice yet today and try to be patient as he explains how things around the house should be handled or repaired. I'm still learning those valuable lessons and will cherish that knowledge.

Stop a moment to honor what you learned from your father this Father's Day. I bet you'll be surprised how far some of that knowledge has carried you through life.

## Happy Father's Day to all our Dad's!

## American Stroke Association

[www.stroke.org](http://www.stroke.org)

Stroke is the No. 5 cause of death and a leading cause of disability in the U.S. Stroke can happen to anyone — any age, any time — and everyone needs to know the warning signs.

On average, 1.9 million brain cells die every minute that a stroke goes untreated. Stroke is an EMERGENCY. Call 911 immediately.

Early treatment leads to higher survival rates and lower disability rates. Calling 911 lets first responders start treatment on someone experiencing stroke symptoms before arriving at the hospital.

**Acting fast** is critical if you suspect that someone may be having a stroke. Immediate treatment of a stroke can minimize long-term effects of the stroke and can even help reduce a person's risk of death from stroke. **FAST** is an acronym that can **help you quickly recognize the warning signs and symptoms of stroke**.

### F.A.S.T. Warning Signs

Use the letters in F.A.S.T to spot a Stroke

- **F = Face Drooping** – Does one side of the face droop or is it numb? Ask the person to smile. Is the person's smile uneven?
- **A = Arm Weakness** – Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?
- **S = Speech Difficulty** – Is speech slurred?
- **T = Time to call 911**

### Other Stroke Symptoms

Watch for Sudden:

- **NUMBNESS** or weakness of face, arm, or leg, especially on one side of the body
- **CONFUSION**, trouble speaking or understanding speech
- **TROUBLE SEEING** in one or both eyes
- **TROUBLE WALKING**, dizziness, loss of balance or coordination
- **SEVERE HEADACHE** with no known cause

### How can I make my lifestyle healthier?

Here are steps to take to be healthier and reduce your risk of stroke:

Don't smoke and avoid second-hand smoke. • Improve your eating habits. Eat foods low in saturated fat, trans fat, sodium and added sugars. • Be physically active. • Take your medicine as directed. • Get your blood pressure checked regularly and work with your healthcare provider to manage it if it's high. • Reach and maintain a healthy weight. • Decrease your stress level. • Seek emotional support when it's needed. • Have regular medical checkups.

Answers to Baseball Word Scramble –  
Page 12

Spitball  
World Series  
Glove  
Grounder  
Diamond  
Bullpen  
Mound  
Dugout  
Batter  
Ball  
Walk  
Home run



Seventh inning song:

**“Take me out to the ball game”**

Congratulations to our Yahtzee  
Winner Nancy Swingle and runner  
up Janet Elliott.

Thanks for playing in our  
tournament!

**Yahtzee Tournament every**  
**Wednesday**



**Line Dancing is back!!!!!!**

**Tuesday 12:30-1:30 pm**  
**Defiance Senior Center Gym**  
**Come and enjoy music and**  
**exercise.**

Questions? Give Dawn a call. 419.782.3233



## Baseball Word Scramble

Unscramble the words, then use the highlighted letters to form the phrase below. Watch out: the phrase is scrambled too!

pabsiltl

drlwo sierse

gvoel

ornegdru

aodidnm

Ipbneul

dnmou

gtoudu

ttreab

allb

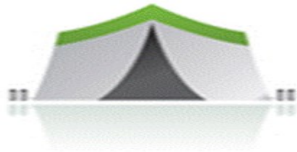
lakw

mhoe nur



(Sung during the seventh inning.)

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# Let's Go Camping

Find all of the camping related words from the list below. The words can be up, down, forward, backward, or diagonal.



J	D	G	E	F	I	S	H	I	N	G	P	O	L	E	B	F
K	L	L	D	S	E	J	E	R	M	F	P	M	A	C	U	D
J	C	D	F	Z	R	W	M	R	M	Y	S	O	O	U	G	M
E	K	A	L	I	A	R	T	S	O	C	O	M	P	A	S	S
W	M	P	P	N	P	D	Y	H	S	M	U	T	B	S	P	L
H	K	T	F	K	O	P	P	M	M	Q	S	U	U	A	R	E
C	N	I	S	Y	C	P	Q	H	I	K	E	N	B	F	A	P
Y	R	T	N	E	T	A	L	R	L	L	B	Z	L	S	A	P
E	E	K	S	B	R	I	B	F	A	L	J	A	A	A	S	I
K	T	N	T	I	O	O	U	F	O	C	S	U	E	N	W	N
U	N	I	R	V	U	E	F	C	N	H	C	Q	X	L	I	G
H	A	F	E	Z	B	F	K	P	L	A	T	O	G	P	M	B
M	L	A	A	Q	F	K	L	I	K	O	P	G	O	M	S	A
B	P	J	M	R	A	C	G	E	R	F	V	K	I	N	U	G
L	J	I	C	E	C	H	E	S	T	N	I	P	M	A	I	U
Z	D	S	O	O	T	I	U	Q	S	O	M	B	K	N	T	E
W	Y	Q	X	D	P	X	K	W	B	L	B	X	N	B	S	S

BACKPACK  
BUG SPRAY  
CAMPFIRE  
COMPASS  
FIRE  
FISHING POLE  
FLASHLIGHT

FOREST  
HIKE  
ICE CHEST  
KNIFE  
LAKE  
LANTERN

MAP  
MOSQUITOES  
NAPKINS  
RACCOON  
RANGER  
SLEEPING BAG

SMORES  
STREAM  
SUNBLOCK  
SWIMSUIT  
TENT  
TRAIL



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

*We'd love to serve you!*

*Just give us a call!*

