



Summit Sentinel

MONTHLY NEWSLETTER

JUNE 2024 EDITION

SUMMIT 60 SOCIAL CENTER & SENIOR SERVICES HEADQUARTERS

140 E. Broadway St.
Defiance, OH 43512
Phone: 419-782-3233
Monday—Friday
7:00am—3:00pm

SUMMIT 60 SOCIAL CENTER OF HICKSVILLE

708 E. High St.
Hicksville, OH 43526
Phone: 419-769-8046
Monday & Thursday
9:00am—2:00pm



THANK YOU!

Thank you to everyone that joined us for the Senior Gala; Moonlight on the Mississippi!

Our staff and volunteers had an absolute blast being able to spend the evening with you all, dancing, socializing and obviously eating!

Seeing everyone enjoy themselves is why we do what we do!

Another huge thank you to our sponsors who, as always, are a huge help in making this event possible especially:

The Eagles of Defiance,
All Occasions LLC, Martha Kaup,
GlennPark of Defiance,
ServiceMaster by McCann &
all of our other great sponsors
listed on page 5!



"SUMMIT SENTINEL"

IS PUBLISHED BY:

Defiance County Senior Services 140 E. Broadway St. | Defiance, OH 43512

Save your seat!

We love to see that our events and trips are filling up very fast! To best serve you we set up these trips by reservation only & first come, first serve.

We will not be taking any reservations until the first of every month. You must prepay your non-refundable transportation fee/ ticket cost to make reservations for events and trips.

If you are driving yourself, you must still make your reservations with Dawn or Jenn! *Call today at 419-782-3233!*

Thank you for your understanding & lets have some fun!!



LUNCH & LEARN

Tue. June 4th | 11:30a-12:30p

See Page 4 for more details!

FORT WAYNE ZOO TRIP

Wed. June 5th | 10am

\$15 - ticket and transportation

Join us at the Ft. Wayne Zoo for a fun day with all of the animals. Lunch will be on your own.

LUNCH & LEARN

Tue. June 11th | 11:30a-12:30p

See Page 4 for more details!

SENIOR NITE OUT

Tue. June 11th | 4pm

Auburn, IN - \$5 Transportation

Join us for this month's Senior Nite out at Texas Roadhouse!

PICNIC IN THE PARKS

Thurs. June 13th | 4pm

\$10 - Bronson Park in Defiance

See to the left for more details!

SHIPSHEWANA TRIP

Tue. June 18th | 9am

\$5 Transportation

See to the left for more details!

MYSTERY LUNCH

Thurs. June 27th | 10am

Ft. Wayne, IN-\$5 Transportation

We will be heading to the veterans memorial in Ft. Wayne and a Mystery Lunch to follow!

DAY AT THE MOVIES

Fri. June 28th 10:00a |

Sponsored by Kingsbury Place

Join your friends for a great movie, popcorn and pop at Phoenix Theater in Defiance. The 1st 24 people signed up are free, only \$10 for anyone after.



Only \$10!

Bronson Park—Defiance
Thursday June 13th, 4:00pm

Get your tickets today and come on out to Bronson Park and join us for friends, fun and a delicious picnic meal including:

- Cheeseburgers
- Potato Salad
- Baked Beans
- Strawberry Shortcake

Dawn will be calling BINGO! With all your summer prize needs and of course there will be giveaways and 50/50 raffles!

Shipshewana Trip



Tuesday, June 18th - \$5 Transportation Fee
Bus leaving from Summit 60 In Defiance at 9:00am

Join us for a Trip to the Amish county of LaGrange County, IN best know for Shipshewana! We will be checking out the market, shops and of course eating that amazing food!

SUMMIT 60 SOCIAL CENTER OF DEFIANCE ACTIVITIES

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
03	04	05	06	07
9- Cardio Drumming 9:30 Pepper 9-3 - Pac-Man, Pinball and Pool 10- Cardio drumming 12-3 - Puzzles 12:30- Pie Bingo with GlennPark	9- 10:30 Shopping at Kroger's 9:30- Pepper 10- Bible Study 10- Tai Chi 11:30-12:30 Lunch & Learn with the Health Dept. 12-3pm Puzzles 1-3pm Pac-Man, Pinball and Pool	9- Cardio Drumming 9-3pm Pac-Man, Pinball and Pool 9:30 Yahtzee Tournament 10am Trip to the Ft. Wayne Zoo 10- Cardio Drumming 12-2pm- Uno 1- 3pm-Scrabble 3:45-5pm- yoga with Heather (cost \$5)	9:30-Pepper 10- 11 Snack & Chat with Brookview 10:30 Domino's 11:30 Trivia in the cafe 11:30 Blood Pressures by Health Dept. 12-2pm-Uno 12:30- Bingo by Vancrest Hicksville 1-3pm- Alzheimer's Support Group	9-Cardio Drumming 9:30 Pepper 10- Tai Chi 10:30—2: 30 - UNO 11:30 Birthday Celebration 11:30 Yoga with Heather - Cost \$5.00 12:30- 2:00- Puzzles 1:30- 3 Scrabble 2-3 Boggle
10	11	12	13	14
9- Cardio Drumming 9:30 Pepper 10- Cardio Drumming 9-3pm - Pac-Man, Pinball and Pool 12:30 Bingo with North Crest 1-3pm Puzzles	9-10:30 Shopping at Meijer's 9:30- Pepper 10- Bible Study 10- Tai Chi 10:30-Puzzles 11:30-12:30 Lunch & Learn—Local Scams 12:30- 2:30 Scrabble 12-3pm- Pac-Man, Pinball and Pool 1:30-3pm UNO 4pm Senior's Nite Out	9- Cardio Drumming 9:30-Yahtzee Tournament 10-Cardio Drumming 10:30-2pm- Pac-Man, Pinball and Pool 12-2pm Scrabble 1-3pm- Boggle 3:34 Yoga with Heather (cost \$5)	9:30- Pepper 10:30 - UNO 11- Blood Press. With Lexie 11:30 Trivia in the Cafe 11-3pm- Scrabble 12-3pm Boggle 12:30 Bingo By Antwerp Manor 4:30 Picnic In the Park!	9-Cardio Drumming 9:30 Pepper 10-Tai Chi 10:30 Boggle 11:30 Yoga with Heather - Cost \$5 12:00 Scrabble 12:30 -3pm-UNO 12:30-3pm -Pac-Man, Pinball and Pool 1:00pm - Puzzles
17	18	19	20	21
9—Cardio Drumming 9-3pm Pac-Man, Pinball and Pool 9:30 Pepper 10- Cardio Drumming 10:30-2pm -UNO 10:30 Euchre Tournament 12:30 Bingo with Kingsbury Place 1-3pm -Puzzles	9-10:30 Shopping at Walmart 9am Trip to Shipshewana 9:30- Pepper 10- Bible Study 10- Tai Chi 10:30 UNO 12-3pm- Pac-Man, Pinball and Pool 12:30 -3pm-Scrabble	<p>CLOSED For Juneteenth</p> 	9:30 Pepper 10:30-2pm UNO 11- Scrabble 11:30 Trivia In the Café 12-3pm Pac-Man, Pinball and Pool 1-2pm Creative crafts with Dawn Ludwig 1-3pm - Puzzles	9- Cardio Drumming 9:30 Pepper 10- Tai Chi 10:30 Boggle 11:30 Yoga with Heather - Cost \$5 12:00 Pac-Man, Pinball and Pool 1-3pm Puzzles
24	25	26	27	28
9- Cardio Drumming 9:30 Pepper 9-3pm Pac-Man, Pinball and Pool 10 Cardio Drumming 10-3pm Puzzles 11- Penny Pitch with Meadows of Kalida 12:30 Summit 60 BINGO!	9-10:30-Shopping at Ald's 9:30 Pepper 10-Bible Study 10- Tai Chi 11-1pm Puzzles 12-3pm Pac-Man, Pinball and Pool 1:30 3pm - UNO	9- Cardio Drumming 9:30-2:30 Yahtzee Tournament 10-Cardio Drumming 10:30 UNO 12- Scrabble 1-3pm Puzzles 2-3pm Boggle 3:45 Yoga with Heather (Cost \$5.00) 1 - Commodity Boxes	9-2 Pepper 10—Mystery Lunch to Veterans Memorial! 10:30 Scrabble 11- Boggle 11-3pm- Pac-Man, Pinball and Pool 12:30 Bingo by CHP 1-2:30 UNO	9- Cardio Drumming 9:30 Pepper 10- Movie Day! 10-Tai Chi 10:30 Pac-Man, Pinball and Pool 11:30 Yoga with Heather - cost \$5 12:30- Scrabble 1-3pm Puzzles 1:30 2:30-Boggle



**TUESDAY, 6/4
HOSTED BY: THE
DEFIANCE HEALTH
DEPARTMENT**

The Health Department will be here to share different tricks and tips for older adults to keep their drivers licenses safer and longer! Lunch will be served in the gym on this day at the normal \$3 donation.

**TUESDAY, 6/11
HOSTED BY:
DEFIANCE JOB &
FAMILY SERVICES**

Job and Family Services of Defiance County will be here to educate us on scams that are targeting older adults in our area. Lunch will be served in the gym on this day at the normal \$3 donation.

WE WANT YOUR IDEAS!

We have a lot more ideas for activates, trips and events in the works, but we want to know what you want! If you have any suggestions please let our Activities Coordinator, Dawn or our Community Outreach Manager, Jenn know at 419-782-3233!



The Defiance County Veterans Office
WE CONNECT VETERANS TO BENEFITS

**VA CLAIMS, APPLY FOR VA HEALTHCARE,
VA TRANSPORTATION, EMERGENY ASSISTANCE**

**Veterans Crisis Line - Confidential, Free,
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Veterans Crisis Hotline

1-800-273-8255 Press 1 or text 838255

OFFICE: 419-782-6861 | FAX: 419-782-6713

📍 1300 E Second St., Suite 102, Defiance, OH

✉ veterans@defiancecounty.oh.gov

🌐 www.defiance-county.com/veterans-office/

Defiance County Ohio Veterans Office



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CONTACT ME
Jayne Pandey

jpandy@lpicommunities.com
(800) 477-4574 x6401

2024 EVENT SPONSORS

Thank you to this years event sponsors, with your support we are able to bring great events to the seniors of Defiance County!

2024 Premier Events Sponsor: Sam Hornish

- Event Sponsors:
- Moose Lodge of Defiance
 - Jim Schmidt Dealerships
 - VFW of Defiance
 - Arc Solutions
 - General Motors Defiance
 - Nemco Food Equipment
 - The Wholesale House



TRANSPORTATION

We offer transportation to doctors appointments, haircuts, medication pick-ups and more to anyone in Defiance County 60+! Suggested donation is \$0.50 a mile, however we do not turn away anyone who cannot afford the donation.

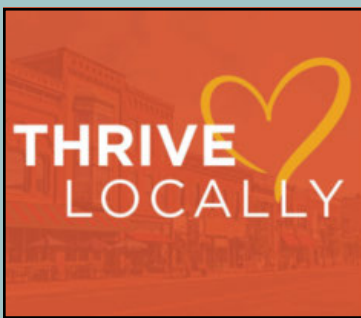
We also offer transportation to and from BOTH Defiance and Hicksville Centers!

Give us a call and schedule today at 419-782-3233!

GAME ROOM



Did you know we have a game room open from 7a-3p daily for our friends 60 years and better? Our game room is being renovated and added to but at this time we have a billiards table, Pacman arcade game and a digital pinball machine for you to enjoy! Check it out today and see if you can beat the high scores!



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1101 Ralston Ave., Ste. A • Defiance



Amanda Nigh



Stephanie Wagner



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CARDIO DRUMMING 9:00 AM & 10:00 AM MON & WED | FREE

BONUS CARDIO DRUMMING 9:00 AM FRIDAY | FREE

Join us for this fun filled exercise class with upbeat music and great company!

AFTERNOON YOGA 3:45 PM WEDNESDAYS | \$5

Join Heather for a yoga experience for all skill levels!

MORNING YOGA 11:30 AM FRIDAYS | \$5

Join Heather for a yoga experience for all skill levels!

TAI CHI 10:00 AM TUE & FRI | FREE

Join this relaxing video class!

THE FITNESS CENTER AT SUMMIT 60 DAILY 7 AM - 3 PM | FREE



A Healthy Heart is a Happy Heart.

Do you have a home blood pressure monitor or monitor your blood pressure at the local pharmacy or here at Summit 60? If so, you are on your way to staying on top of your heart health. According to the American Heart Association, Health threats associated with uncontrolled High Blood Pressure include Stroke, Vision Loss, Heart Failure and Heart Attacks.

Know your numbers and what they mean:

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120 – 129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130 – 139	or	80 – 89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120


Starting this month, I will be doing Blood pressure clinics over the lunch hour the 2nd and 4th Thursday of the month at the Defiance Center and the 1st and 3rd Thursday at our Hicksville Center.

This will be in addition to the Blood pressure clinic offered at the Defiance Center on the 1st Thursday of the month by the Defiance County health department.

You also can stop by my office anytime to have it checked.

SUMMIT 60 SOCIAL CENTER OF HICKSVILLE ACTIVITIES

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
03	04	05	06	07
10am– Skip-Bo 1pm– Bingo with Vancrest	Center Closed. Please reach out to Jenn to schedule Transportation to Summit 60 in Defiance!	Center Closed. Please reach out to Jenn to schedule Transportation to Summit 60 in Defiance! Fort Wayne Zoo \$15, Lunch on your own.	10:00am– Cardio Drumming 11am-12pm- Free Blood Pressure Checks 1:00pm– Skip-Bo	Center Closed. Please reach out to Jenn to schedule Transportation to Summit 60 in Defiance!
10	11	12	13	14
10am– Rummy 1pm– Bingo with Antwerp Manor	Center Closed. Please reach out to Jenn to schedule Transportation to Summit 60 in Defiance! Senior Nite Out to Texas Roadhouse in Auburn, IN.	Center Closed. Please reach out to Jenn to schedule Transportation to Summit 60 in Defiance!	10:00am– Cardio Drumming 1:00pm– Skip-Bo Picnic in the Park! 4:30pm	Center Closed. Please reach out to Jenn to schedule Transportation to Summit 60 in Defiance!
17	18	19	20	21
10am- Skip-Bo 1pm– Bingo with Smith Farm Manor	Center Closed. Please reach out to Jenn to schedule Transportation to Summit 60 in Defiance! Trip to Shipshewana, IN. Leave Hicksville at 9:30am	CLOSED For Juneteenth 	10am-Cardio Drumming 11am-12pm Free Blood Pressure Checks 1pm– Rummy Toenail Clinic \$15	Center Closed. Please reach out to Jenn to schedule Transportation to Summit 60 in Defiance!
24	25	26	27	28
Birthday Celebrations!! 10:00am—Rummy 11:00am—Singing with Allie 1:00pm—BINGO with Select Medical Rehab	Center Closed. Please reach out to Jenn to schedule Transportation to Summit 60 in Defiance!	Center Closed. Please reach out to Jenn to schedule Transportation to Summit 60 in Defiance! Commodity Pick up 12:30pm-2pm	10am-Cardio Drumming 1pm– Skip-Bo Veterans Memorial and Mystery Lunch	Center Closed. Please reach out to Jenn to schedule Transportation to Summit 60 in Defiance! Movie Day!
				KEY: Green: Trip or Event Red: Theme of the day Orange: Grocery Trip Blue: Activities with a low cost to them!



NO MEALS ON WHEELS DELIVERIES

We will not be delivering meals on the following dates:

Wednesday, June 19th

Defiance County Senior Services will not be delivering Meals on Wheels services to observe Juneteenth.

COMMODITY BOX PICK UP

40LBS OF SHELF STABLE FOOD AND 2LBS OF CHEESE!

Wed. June 26th

Summit 60 Defiance Center:
1:00pm-2:30pm

Summit 60 Hicksville Center:
12:30pm-2:00pm

This is a free program!
For an application please contact Sue at 419-782-3233!

DCSS
140 E. Broadway St
Defiance, OH 43512
Attn: Sue

Please no pets at pick up.
Thank you!



NEED TO CANCEL YOUR HOME DELIVERED MEAL?

Did you have an appointment that ran over, spur of the moment trip with friends, or just not going to be home today? Please give Ginny in our kitchen a call as soon as possible so we can take you off our delivery route that day at 419-782-3321!



SUPPORT THE ADVERTISERS
that Support our Community!



DID YOU KNOW WE ARE A NATIONAL MEMBER OF MEALS ON WHEELS OF AMERICA?

If you or someone you know is interested in receiving our home delivered meals please give us a call at 419-782-3233!



WHERE ELSE ARE YOU GOING TO GET A MEAL FOR JUST \$3.00?!

The answer is nowhere! Suggested donations for our dine in lunches and home delivered meals are only \$3, but we can get you an even better deal! If you purchase our [20 for \\$50 Meal Deal Coupons](#), that makes each meal only \$2.50!!

Please note that no patron, 60 years or better will be denied meals due to inability to pay.



MAKE YOUR RESERVATIONS TODAY!

Lunch is served from 11:30am - 12:30pm, Mon - Fri at the Defiance Center.

To best serve you, please call in by 8:00am the day of to reserve your spot. An alternative meal will be available for those without a reservation.

You can make a reservation in person or by calling us at 419-782-3233!

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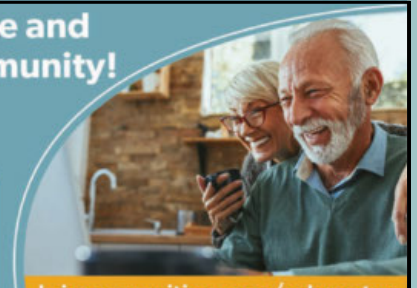
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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

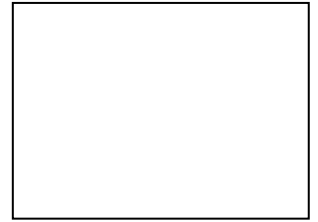
FRIDAY

3	Hot Beef Sandwich Sweet Potato Fries European Blend Vegetables Grapes	4	Pork Chop Rice and Tomatoes Broccoli Diced Peas Dinner Roll	5	Swedish Meatballs Noodles Cole Slaw Mixed Vegetables Mandarin Oranges Dinner Roll	6	Chef Salad Ambrosia Salad Bran Muffin	7	Meat Loaf Garlic Mashed Potatoes Corn Peaches Dinner Roll Birthday Cake
10	Sloppy Joe Succotash Tater Tots Fruit cocktail	11	Stuffed Peppers California Blend Peach Crisp Apple Juice Dinner Roll	12	Beef Stroganoff Noodles Peas Carrots Pineapple Dinner Roll	13	Taco Salad Apricots Corn Bread	14	Pancakes Hash Browns Sausage links Hard Boiled Egg V8 juice Orange
17	Grilled Chicken Breast Broccoli 3 Bean Salad Blueberry Crisp Dinner Roll	18	Goulash Butter Beans Corn Grape Juice Dinner Roll	19	Closed for Juneteenth Holiday	20	Chicken Salad Sandwich Potato Salad Apple Slices with Peanut Butter V-8 Juice	21	Salisbury Steak Mashed Potatoes Green Bean Casserole Tropical Fruit Dinner Roll
24	Chili Dog Sweet Potato Fries Baked Beans Grapes	25	Sweet and Sour Pork Stir Fry Vegetables Brown Rice Egg Roll Raisins	26	Pepperoni Pizza Green Beans Tossed Salad Peaches and Pears Blueberry Muffin	27	Turkey and Swiss Sandwich Tossed Salad Strawberries Pound Cake	28	Baked Potato with Broccoli Cheese Sauce V8 Juice Ambrosia Salad Dinner Roll

News

Home delivered meals must be consumed within 30 minutes of delivery or refrigerated and reheated 350 degrees for 15 minutes

To cancel a meal, or inquire about ingredients, call
Ginny
419 782-3321



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SUMMIT 60 SOCIAL CENTER & DEFIANCE COUNTY SENIOR SERVICES!

WE ARE HERE FOR YOU, GIVE US A CALL TODAY!

Nick Wichman

Director
(419) 782-3232

Jessica Osborn

Business Manager
(419) 783-4850

Lexie McKeen, LPN

Client Resource Specialist
(419) 783-4812

Ginny Wiseman

Nutrition Manager
(419) 782-3321

Jenn Nelson

Community Outreach Manager
(419) 769-8046

Senior Services

Main Line
(419) 782-3233

Sue Weller

*Administrative Assistant/
Commodities*

Dennis Vajen

*Transportation & Safety
Coordinator*

Dawn Knox

Activities Coordinator

Penny Cryer

Custodian

Kitchen Team

*Mary Mansfield, Barb Davis,
Sandy Kaufman, Deb Vajen*

Meals on Wheels Team

*Bob Federinko, Jennifer Lero,
Mike Rychener, Myra Emmons,
Suzy Mack, Vicky Healy,
Samantha Kent, Jeff Rode*

Transportation Team

*Dennis Scott, Keith Ashbacher,
Oline Hill*



Defiance County
SENIOR SERVICES



FUNDING SOURCES FOR DEFIANCE COUNTY SENIOR SERVICES:

**Defiance County Commissioners, Area Office on Aging, Defiance County Tax Levy,
Defiance County Senior Services Auxiliary Board and generous donations from patrons like you!**

Thank you for your continued support!