



All Defiance Senior Services Locations will be closed May 31st in observation of Memorial Day.

Our Times

Defiance County Senior Services

May 2021

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

Email: dcss@defiance-county.com

Hi All,

Spring! What a lovely time of year. Each day nature is blooming more and more reminding us that life is beautiful and full of promise.

Many of you have received your vaccines and that is a positive step to moving forward in this pandemic. I wish I could tell you that we are ready to open but we need more guidance to make sure that we keep you all as safe as possible. I know that many of you are tired of this message but we are making progress and a reopen will happen in the future. We will send out information as that time nears.

We are still here for you. Don't hesitate to call us if you need anything! Enjoy the warm sunshine, rain showers, allergy sneezes and all things spring.

Amy



GRAB and GO

Congregate and New Participants

Join us for Grab and Go Meals

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 love seeing you in person!!



Commodity Supplemental Food Program— Senior Food Boxes

May 26

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

Once upon a time there was a cat that died. When she got to heaven, God asked her how she liked being on earth. She told the Lord it was awful. She had to sleep in cold, dark alleys where there was no food and life was hard. God told her he was sorry it turned out that way but in heaven she would be happy and he would give her the most comfortable, warm pillow to sleep on. The cat lay down upon the pillow and was happy. A few days latter about a dozen mice came to heaven them how they liked earth. The earth was no better for God that it was tough and exhausting and their feet running from cats, dogs and people. God felt bad for them roller skates. One day God sees the cat again and heaven. She explained that it was absolutely gave her was the most comfortable place to sleep, but pillow was the **MEALS ON WHEELS!**



Submitted by, Sandy Kaufman

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!

NO-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.)

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.

See Robin or your meal route driver for our 'Meal Deal' coupons. \$50 for 20 coupons reduces your cost to \$2.50 per meal. Now that's a deal!

Six Little Stories with Lots of Meanings

1. Once all villagers decided to pray for rain. On the day of prayer, all the people gathered, but only one boy came with an umbrella. **That is faith**
2. When you throw babies in the air, they laugh because they know you will catch them. **That is trust.**
3. Every night we go to bed with out any assurance of being alive the next morning, but still we set alarms to wake up. **That is hope.**
4. We plan big things for tomorrow in spite of zero knowledge of the future. **That is confidence.**
5. We see the world suffering, but still, we get married and have children. **That is love.**
6. On an old man's shirt was written a sentence. "I am 80 years old; I am sweet 16 with 64 years of experience" **That is attitude.**

Have a happy day and live your life like these six stories. Remember-Good friends are the rare jewels of life, difficult to find and impossible to replace!!



Looking for a recipe swap!

Do you have a favorite recipe you would like to share? Please send it to Dawn at the Senior Center by e-mail at dknox@defiance-county.com or by mail at: 140 East Broadway Ave. Defiance, Ohio 43512.

Spicy Beef Dip

1lb. Ground beef

1/2 cup onion, chopped

1 clove garlic, minced

1/4 cup Ketchup

3/4 teaspoon dried oregano

3/4 teaspoon cumin

1 teaspoon sugar

1 8 oz. can tomato sauce

1 8 oz. package cream cheese

1/3 cup parmesan cheese



Cook ground beef, spices and onions. Stir in tomato sauce & ketchup and cook for 10 minutes. Add Cheeses and stir. Serve warm with tortilla chips or vegetables. Makes 3 cups.

Submitted by: anonymous

Carma's Goulash serves 2-3

1# Ground Chuck

1 small onion, diced

Brown Ground chuck with onion

Add to meat mixture:

8 oz. tomato sauce

14.4 oz. chili style diced tomatoes

1 can tomato soup

4-6 oz. V-8 juice

1 cup macaroni, cooked

Cook on Medium low 15-20 minutes

Enjoy with salad, cottage cheese or green beans on the side!

Submitted by: Carma DeCair

Black & White Television Classics

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

Lassie

Howdy Doody

Danny Thomas Show

Dennis the Menace

Zorro

Lone Ranger

I Love Lucy

Ozzie and Harriet

Addams Family

Leave It to Beaver

Donna Reed Show

Munsters

Andy Griffith Show

Dick Van Dyke Show

My Three Sons

Betty White Show

Mickey Mouse Club

Make Room For Daddy

Mister Ed

Alfred Hitchcock Presents

To answer the trivia question, look for a word or phrase that is hidden in the puzzle, but not in the word list.

Trivia: This popular sitcom received excellent ratings when it first aired in 1956, yet only a total of 39 episodes were made before the show was cancelled in 1957. What is the name of the show?

Answer: _____

Super Word Search Puzzles - www.superwordsearchpuzzles.com

Name _____ Phone _____

Return Trivia Answers to Dawn Knox at 140 E Broadway Ave. Defiance OH 43512
Or dknox@defiance_county.com by May 28th to be entered into the drawing.
Winner will be the one with the most correct answers. If more than one person gets them all correct they will be entered into a drawing to determine the winner.

1950's Trivia

History

1. Which president of the United States was in office from Jan. 20, 1953 to Jan. 20, 1961?
2. What was the name of the first satellite launched into orbit by Russia in 1957?
3. What year did Disneyland open?
4. What famous explorer first climbed Mount Everest in 1953?
5. What is the name of the woman who refused to give up her seat on a bus in Montgomery, Alabama in 1955?

Music

1. Which famous song sung by Doris Day was introduced in the 1956 Hitchcock thriller, *The Man Who Knew Too Much*?
2. Which famous song sung by Doris Day was introduced in the 1956 Hitchcock thriller, *The Man Who Knew Too Much*?
3. Which smoky-voiced singer sang *Too Young* in 1951?
4. Who recorded *Rock Around the Clock* in 1955?
5. Who originally sang *That'll Be the Day?* in 1957?

Pop Culture

1. Which aspiring rock-and-roll singer appeared on the Ed Sullivan Show in 1956, but could only be shown from the waist up?
2. Which rising young star from the movie *Rebel Without a Cause* died in an automobile accident in 1955?
3. What famous baseball player married Marilyn Monroe in 1954?
4. What piece of women's clothing, named after a dog, became popular in the 1950s?
5. Eating what type of live fish became popular in the 1950s?

March Game Winners:

Bingo Winner

Carma DeCair-

\$25 Gift card

Create words game

1st place

Edith Ott –Candy Bar with 3
Free meal tickets

2nd place

Barb Miller– Candy Bar with
2 Free meal tickets

3rd place

Ketta Keller

Candy Bar with 1 Free Meal
ticket

How Many Shamrocks?

Ketta Keller won with 107
which was the exact amount.
Ketta received 1 Free Meal
ticket!

Congratulations to
all of you and thank
you for playing !!



**What do you get
when two plants
kiss?**

[Tulips!](#)

**What did the dirt
say to the rain?**

If this keeps up my
name [will be mud.](#)

**What kind of garden
does a baker have?**

[A flour garden.](#)

**Why are frogs so
happy?**

[They eat whatever
bugs them.](#)

The Hands Of A Warrior



© PATRICIA A. FLEMING

Published: December 2018

Purple veins strain against the skin.
Pale, translucent, paper thin.
Skinny fingers clawed in monstrous shapes,
Brown spots from years that she can't erase.

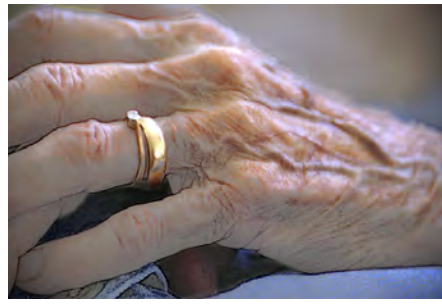
Now wrinkled and fragile, weak and sore,
So many things she can't do anymore.
Some days she feels she's been betrayed
By the cruelty of her advancing age.

She rubs her hands to ease the ache
And recalls the life they helped to make.
She looks at them and feels the loss,
Living a life bears a very high cost.

These hands that held her children near,
That gently dried their salty tears.
Hands that held her husband's tight,
That never let go against the fight.

Miraculous hands that protected and soothed.
Hands, they conveyed her every mood.
Hands so strong they could carry the weight,
That would never give up and never forsake.

Those hands that took little but always gave,
Hands that applauded each achievement made.
Those soft, sweet hands that gently cared,
For those sick or lost in dark despair.



Happy
Mother's Day to all
of our seniors!

Hands that fussed and fumbled that day
Her husband gave their daughter away.
Those hands holding tight as he slowly died,
Caressing his brow as she stood by his side.

Hands that rocked her grandson to sleep,
That gladly took over when others grew weak.
Hands that once held everyone that she loved,
And prayed for strength to our God above.

Hands that were always so willing to give,
Hands that reveal a life fully lived.
Small, feeble hands, now empty and cold,
These hands that each day will keep growing old.

These hands she now tends to hide away,
These hands that at times make her feel ashamed.
Grotesque and useless in her eyes,
They rest in her lap as she quietly cries.

But I see the hands of a hero so true,
A woman who survived what this life put her through.
A woman whose heart still shimmers like gold,
With the hands of a warrior who made her mark on
this world.

**NOTE: Defiance County Senior Services will be
CLOSED on May 7th and 14th for staff training,
And May 31st for Memorial Day**



Attention Seniors:

We have been notified by the Area Office on Aging that the Senior Farmers Market Nutrition Program applications will be mailed out on April 23rd. They will be mailing your coupons to you each month as your applications are received. Please complete and return as soon as possible.

If you need assistance, please call Sheri Schliesser RN @419-783-4812 and she will assist you by completing the application online for you! It just takes a few minutes!

50 years ago

Cost of Living 1971

How Much things cost in 1971



Average Cost of new house \$25,250.00

Average Income per year \$10,600.00

Average Monthly Rent \$150.00

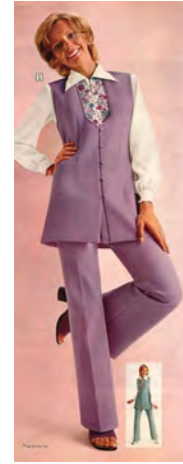
Cost of a gallon of Gas 40 cents

United States postage Stamp 8 cents

Ladies 2 piece knit suites \$9.98

Movie Ticket \$1.50

<http://www.thepeoplehistory.com/1971.html>



Why is May Older Americans Month?

Older Americans Month is an annual event dating back to 1963, when President John F. Kennedy designated May as Senior Citizens Month. It was later renamed Older Americans Month, honoring older Americans and celebrating their contributions to our communities and our nation. Volunteering and donating to a charitable cause are closely linked

Did you ever wonder...Where did it come from?

Fair to middling is a term that dates back to the early 1800s, while **fair to midland** is an improper rendering of the phrase. We will examine the definition of *fair to middling* and *fair to midland*, where the terms came from and some examples of their use in sentences.

Fair to middling describes something that is average or only slightly above average. The term is an American phrase, used as early as the 1820s. The term *fair to middling* originally referred to gradations of quality in cotton, sheep and other farm goods. Such goods may be designated into categories such as fine, good, fair, middling and poor. By the 1860s the phrase *fair to middling* evolved into common speech to mean something average or slightly above average.

<https://grammarist.com/phrase/fair-to-middling-vs-fair-to-midland/>

It is with thankful hearts we accept memorial donations in memory of: Paul Warnimont by: Richard & Peggy Evans

We cherish the memories we have of the seniors who have passed recently and thank their family and friends for thinking of Defiance County Senior Services.

Thank you to the following businesses and individuals for donations to our programming:

1st Church of Christ Young Disciples Sunday School Class - Hicksville
Brookview Healthcare Center-Defiance

Finally!
My winter fat
is gone...
now I have
spring rolls.

I've received my Covid-19 Vaccine, why do I still need a mask?

Hang in there, we are getting close but it is still very important to wear your mask and continue with social distancing. Why, if we've been vaccinated, do we still need to do this? Well, the answer is because no vaccine is 100% effective and vaccines don't provide immediate protection. The Pfizer and Moderna vaccine are close to 95% effective in clinical trials and the Johnson & Johnson is 66% effective. There are those who receive a vaccine who can still be infected. We need to have 70%-80% of our population to have been vaccinated or have had the disease for us to obtain herd immunity. The new variants are now in Ohio and are 50% more contagious than the original infection. There is some protection from the UK, South African and Brazil variants in all 3 current vaccines. The effectiveness may, however, not be as high at 95%. Further testing is being conducted. The other reason we should continue to mask is because not enough is known about whether we can still carry and spread the virus after vaccination. There are people who cannot receive the vaccine; those with allergies to vaccine components, those who had a severe allergic reaction to their first dose, infants and young children. Also those with compromised immune systems may not develop as high of immunity from the vaccine. Wearing a mask helps to protect them.

What can I do without wearing a mask?

- Visit in small groups, indoors with only other fully vaccinated people who have passed the waiting period.
- Be with unvaccinated people from a single household if they are at low risk for the disease (grandkids)
- No quarantine if exposed but fully vaccinated, however, you should monitor for symptom for 14 days.
- Visit outside with social distancing of at least 6 feet. If you cannot social distance outside then you should continue to wear your mask.

Steps to take even though I am vaccinated:

- Wear a mask and social distance when in public
- Avoid medium and large crowds of people
- Avoid poorly ventilated spaces
- Continue to wash your hands frequently



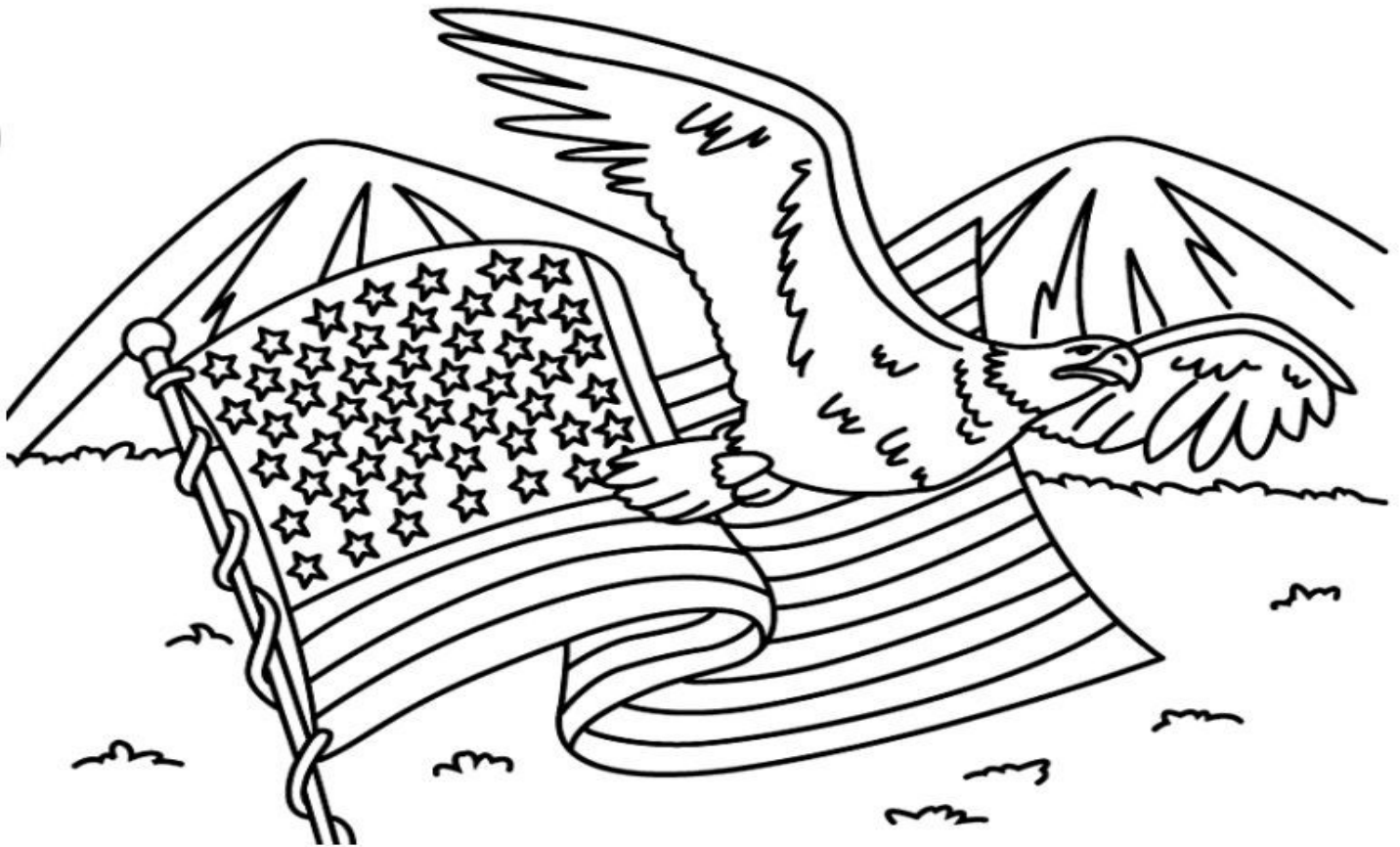
Are you a gardener with no place to plant your garden?

Defiance Senior Services has raised garden beds on the west end of our building. These garden beds are looking for gardeners. Whether you want to plant flowers, vegetables or a combination we have the space for you.

The available spaces are first come first served. You must maintain the space, you must plant, weed and water it. In the fall you must harvest it and clean it out. We love being able to provide you with an area to get your green thumb on!!

Call Dawn Knox at 419-782-3233 to reserve your space.





Defiance County Senior Services 419-782-3233

Amy Francis, **Executive Director** 419-782-3232

Robin Murray, **Operations Manager** 419-783-4850

Dennis Vajen, **Transportation Manager** 419-782-3233

Sheri Schliesser, RN **Staff Nurse** 419-783-4812

Ginny Wiseman, **Nutrition Manager** 419-782-3257 or 419-782-3321

Dawn Knox, **Activities Manager** 419-782-3233

Penny Cryer, **Maintenance Manager** 419-782-3233

Linda McMahon, **Hicksville Satellite Site Manager** 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; Kate Webb, driver

Home Delivered Meal Staff– Tom Sheets, driver; John Sheets, driver; Doug Tadsen, driver; Sandy Kaufman, driver; Bob Federinko, driver; Jennifer Lero, driver, Rhett LaFountain, substitute driver

Sue Weller, Nutrition Assessor and CSFP Coordinator 419-782-3233

***Defiance County Senior Services programs are funded by: Defiance County Senior Services Tax Levy;
The Defiance County Commissioners; The Area Office on Aging of N.W.O.; Defiance County Senior Services
Auxiliary and YOUR Generous Donations***