Our Tímes

Defíance County Seníor Servíces

May 2022

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

Email: dcss@defiancecounty.oh.gov

Have a GREAT Senior's Month!

You can tell spring in here because the spring peepers are singing their frog chorus. Did you know that spring peepers are small tree frogs about one inch in length? They live in moist, wooded areas, fields, and grassy lowlands near ponds and wetlands. They eat beetles, ants, flies, and spiders. These little frogs are one in five species of frogs in North America that can freeze and survive. When temperatures are below 32 degrees, these frogs start producing their own "antifreeze" to help preserve their most essential organs. 70% of the frog's body can freeze and the frog will appear dead. Scientists aren't sure how frozen frogs thaw out and wake up to live. Isn't life amazing!

What can we learn from the spring peepers? No matter how cold the winter is, we call all thaw out and sing again. May you all enjoy the sounds of spring and their reminder to us that we all have a chance of renewal.





So Blessed by You, Mom

A mother who always cares, A mother who's always there, A mother who always prays, A mother who always stays, When things gets rough, When life gets tough, When all is just too much to bear, God's Word she shares, God's light she shines, So blessed God made this mother mine.

Summer Road Construction

Road construction will effect our drive time for meal delivery and transports to appointments. Times may delayed slightly. Please be patient with us as we navigate the road construction during the summer months. Thank you!



Need more nutritional food in your diet?

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 Defi-

ance County Senior Center.

WEDNESDAY, May 25 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.



Lunch and Music

Defiance Center: Alan Seibert May 6th Heidi Paxton May 12 and 26 Hicksville Center: Alan Seibert May 3rd

Come and enjoy music while you eat lunch at 11:30-12:30

NEED A BOOST TO YOUR BUDGET?

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.

Please remember to make reservations

Thank you for donating to Defiance

County Seniors!

Bob Estle Chevrolet

Independence United Methodist Women

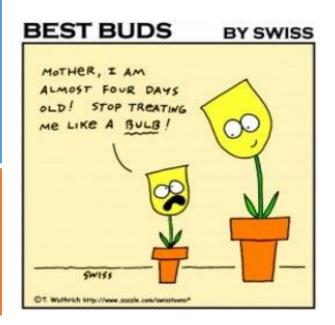
Commodity, Café and Library Volunteers

Kingsbury Place, Antwerp Manor,

Lutheran Home of Napoleon, and

Brookview Health Care

John Briskey Memorial



Foot Care (Toe Nail) Clinic



Let's get those feet ready for sandal season! Defiance Foot Care Clinic

Wednesday, May 4, 2022 Call Dawn 419-782-3233 for an appointment - morning or afternoon time

Hicksville Foot Care Clinic

<u>Thursday, June 16, 2022</u> 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!

ALZHEIMER'S SUPPORT GROUP

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

Defiance Senior Center on

Thursday, May 5, 2022.

12:30 p.m.-2:00 p.m.

Congratulations to our Hicksville St. Patrick's Day Prize Winners

Door Prizes: Peter Kennerk Sandy Zimmerman Zelda Zimmerman Coloring Contest Winner: Darlene Rex



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 Please call 419-782-3233 to sign up.

Equipment provided Maximum 22 per class. The fee pays for the cost of the equipment and instructor for the activity.





In observance of

Memorial Day,

Defiance County Senior Services will be closed

Monday, May 30th.

No home-delivered meals OR transportation. Have a great holiday weekend! THANK YOU VETERANS!

WORD OF THE MONTH "CARING"

Feeling or showing kindness toward others

Euchre Tournament Returns

Third Monday of each month 10:00-2:00 Starts May 16th Eat Lunch in the Café 11:30-12:30 Win Prizes All Are Welcome! Partners not required



Alzheimer's Community Forum

Hear a brief overview on Alzheimer's, dementia and memory loss. Bring a friend who has been affected by the disease and share your thoughts about how we can help people in our community.

Wednesday, June 1, 2022 Defiance County Senior Center 140 East Broadway, Defiance, OH 11:30 a.m. to 1:00 p.m. Lunch is provided

Space is limited, so register today by emailing Marybeth Torsell at <u>matorsell@alz.org</u> or calling 419-419-5858.

Defiance County Senior Services will be closed Friday, May 20. No transportation or home-delivered meals.

TEX MEX CHICKEN SALAD In celebration of Cinco de Mayo

Cumin Dressing

- 1/4 cup white vinegar
- 2 tablespoons sugar or sweetner
- 2 tablespoons vegetable oil
- 1/2 teaspoon salt
- 1/2 teaspoon ground cumin

Salad

- 3 cups chopped deli rotisserie chicken (from 2- to 2 1/2-lb chicken)
- 2 tablespoons finely chopped onion
- 1/4 teaspoon salt
- 1 can (4.5 oz) Old El Paso™ chopped green chiles, drained
- 6 cups bite-size pieces lettuce (1 medium head)
- 2 medium tomatoes, cut into thin wedges

Steps for Dressing:

In a tightly covered container, shake all dressing

ingredients

Steps for Salad:

In a large bowl, mix chicken, chilis, onion, salt and

dressing. Add lettuce and tomatoes. Toss and

and sprinkle with cheese. ENJOY!

Inspiring Story of One of our Veterans

The 89-year-old veteran who finally learned to read

Ed Bray stormed the beach at Normandy during World War II, earning two purple hearts. And yet, the toughest thing the 89-year-old said he had to face in his life was his illiteracy. For decades, Bray went to extraordinary efforts to keep his inability to read or write a secret. While on the job at an Air Force base, he had a coworker help him with documents. At home, his wife did the same for 62 years until her death in 2009. Finally, the determination to shed the shame and learn how to read broke through. "I want to read one book," he said. "I don't care if it's about Mickey Mouse. I want to read one book

In early 2013, Bray found Professor Tobi Thompson at Oklahoma's Northeastern University. Her patient and dedicated attitude helped Bray accomplish what he never thought possible. In February the veteran read his first book, a grade-school biography of George Washington. "It just makes me feel good," Bray said. He's since gone on to read three books, and has no plan to stop now.

Senior Farmers' Market Nutrition Program

We look forward to a new season in the Spring of 2022

Applications scheduled to be mailed by late April.

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. We provide over 18,000 older adults with coupons.

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

at 419-382-0624.



Care Consultation Day

Care giver 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 May 16, 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.

Mon	Tue	Wed	Thu	Fri
7		23		
2 9:00 Sweets & Coffee 10-Cardio Drumming	3 10-Bible Study Election Day Gym Closed to all activities today.	4 9- Toe Nail Clinic 10– Cardio Drumming 10:30-2pm—(new) Yahtzee Tournament 12:30 Toe Nail Clinic by Appt. Only	5 12:30 Bingo with Brookview 12:30-2pm Alzheimer's Support Group 12:30-2pm	6 10-Tai Chi 10:30 Hearing Aide Cleaning by Beltone 11:30 Birthday Lunch & Music by Alan Seibert 11:30 Mother's Day Celebration Sponsored by Brookview Health Care
9 10– Cardio Drumming Class 10– pool and puzzles 12:30 Bingo by Lutheran Home of Napoleon	10 10– Bible Study 10– Tai Chi 12:30 Stretching to Mozart DVD	11 10-Cardio Drumming Class 10:30 (New) Yahtzee Tournament	12 11:30 Music By Heidi Paxton 12:30 Bingo by Antwerp Manor	13 10– Tai Chi 12:30 Stretching to Mozart a Exercise DVD
16 10-Carido Drumming Class 12:30 Bingo by Kingsbury Place 9-Noon Care Consultation Euchre Tournament	17 10– Bible Study 10– Tai Chi 12:30 Stretching to Mozart DVD	18 10-Cardio Drumming Class 10:30 (New) Yahtzee Tournament	19 Game Day 9-2 Play your Favorite board or card game Fun give aways available	20 Closed for Staff Training!
23 Sweets & Coffee 10-Cardio Drumming Class 12:30 Bingo by Senior Center	24 10– Bible Study 10– Tai Chi 12:30 Stretching to Mozart DVD	25 10– Cardio Drumming 10:30 (New) Yahtzee Tournament 1-2:30 Senior Food Box Pick-up	26 11:30 Lunch and Memorial Day Celebration in the Gym with: Music by Heidi Paxton Poem by Paul Seiment! 12:30 Bingo by CHP	27 10– Tai Chi 12:30 Stretching to Mozart by DVD
30 Closed for Memorial day	31 10– Bible Study 10– Tai Chi 12:30 Stretching to Mozart	Cards, Pool, Puzzles, Exercise Room Available Daily!	Come check out our books at the library!	

HICKSVILLE ACTIVITIES – MAY 2020

MONDAY	THURSDAY	TUNES ON TUESDAY!
2	5	TUESDAY, MAY 3
9—11 Healthy Treats, Juice & hot drinks	9—11 Healthy Treats, Juice & hot drinks	CENTER OPEN 11 AM—1:30
10—Bowling*	CELEBRATE MOTHER'S DAY &	Concert with Alan Seibert—
1—BINGO with Antwerp Manor	CINCO DE MAYO WITH US!	THE MUSIC MAN
	GIFTS FOR MOTHERS!	11:30 AM
	CONCERT WITH THE ELECTRIC	CONGREGATE MEAL 12 NOON
	BALLADEER 1 PM	You just need a lunch reservation!
	Reservations, please	
9	12	*Prize cards to winners.
9—11 Healthy Treats, Juice & hot drinks	9—11 Healthy Treats, Juice & hot drinks	Collect 10 prize cards and get a \$10 Dollar General gift card!
10 Yahtzee*	10—Penny Pitch*	++++++++++
1—BINGO with Senior Center	11—Cards, Checkers, Dominoes* 1—Corn Hole*	NOW—BINGO every Monday at 1:00 pm. WIN BINGO BUCKS!
		+++++++++++++++++++++++++++++++++++++++
		Open Monday & Thursday mornings for crafts, card games, checkers, etc.
		Join us!
16	19	
9—11 Healthy Treats, Juice & hot drinks 10 Inspirational Reading/Bible Study	9—11 Healthy Treats, Juice & hot drinks	Memorial Day
1—BINGO with Senior Center	10—Board Games & Cards*	
	11—Chair Exercises	REMEMBER
	1—Corn Hole*	AND HONOR
23	26	CLOSED MONDAY, MAY 30
9—11 Healthy Treats, Juice & hot drinks	9—11 Healthy Treats, Juice	HAVE A GREAT MEMORIAL DAY
11—Coloring & Crafts	& hot drinks	******
1—BINGO with Senior Center	10—Phase 10/Skip-bo/Rummy*	Special Memorial Day presentation
	1—SPECIAL MEMORIAL DAY	1:00 pm May 26
	PRESENTATION	Bill Zimmerman will be our speaker.
7		

History of Older Americans Month—We know it as "Senior's Month"

"When Older Americans Month was established in 1963, only 17 million living Americans had reached their 65th birthday. About a third of older Americans lived in poverty and there were few programs to meet their needs. Interest in older Americans and their concerns was growing. A meeting in April 1963 between President John F. Kennedy and members of the National Council of Senior Citizens led to designating May as 'Senior Citizens Month,' the prelude to 'Older Americans Month.'

"Historically, Older Americans Month has been a time to acknowledge the contributions of past and current older persons to our country, in particular those who defended our country. Every President since Kennedy has issued a formal proclamation during or before the month of May asking that the entire nation pay tribute in some way to older persons in their communities. Older Americans Month is celebrated across the country through ceremonies, events, fairs, and other such activities." Happiness is being an Older Adult! Have a great month!

5 Tips to Spring-Clean Your Diet

- #1: Slash the sugar
- #2: Add vegetables
- #3: Pulse up and Exercise
- #4: Choose highly processed foods carefully
- #5: Minimize alcohol





New Activity!

Yahtzee Tournament

Come roll the dice and enjoy some fun and win a prize. Every Wednesday Defiance Senior Center 10:30 a.m.-2:00 p.m. (with a break for lunch at 11:30 a.m.-12:30 p.m.)

> Everyone Welcome! Questions: call Dawn

Dear God,

So far today I've done all right. I haven't gossiped or lost my temper. I haven't been greedy or grumpy or nasty or selfish or overindulgent. And I'm thankful for that. But God, in a few minutes , I 'm

going to get out of bed-and from then on, I'm probably going to need a lot more help! Amen!



Submitted by a witty senior in the café!

Would you like to honor the memory of a loved one or recognize a birthday or anniversary? Just fill out this form and return it to your senior center – Defiance or Hicksville – along with your check payable to "Defiance County Senior Services Auxiliary". Donations help fund activities and programs at both centers through our 501 © 3 volunteer organization. You may designate either center to receive your gift. IN MEMORY OF:				
IN HONOR OF:				
	ACKNOWLEDGEMENTS TO BE SE			
ADDRESS:				
	DONATIONS MADE BY:			
	ledge your gift in our newsletter?YesNo			
Mail to: Defiance County Senior Services at Defiance 140 East Broadway, Defiance, OH 43512				
<u>OR</u>	Defiance County Senior Services at Hicksville 708 East High Street, Hicksville, OH 43526			
<text></text>		Do you shop at Chief Supermarkets? If you do, please keep you r Chief receipts and give them to Dawn , Dennis or put them in our Chief box at the Defiance Senior Center . We are able to get a small percentage of reimbursement from these receipts that helps with our activity fund . Thanks for your support!		
		Your mind is a garden. Your thoughts are the seeds You can grow flowers Or you can grow weeds		



FACTS ABOUT CINCO DE MAYO

Cinco de Mayo is a holiday that celebrates the date of the Mexican army's May 5, 1862 victory over France at the Battle of Puebla during the Franco-Mexican War. As a result, it's probably one of the most celebrated days in the world. However, it may be one of the least understood holidays, too. So let's get the facts straight about this holiday. Cinco de Mayo is more than an excuse to eat tacos and drink margaritas. It is an important

day - not just in Mexican history, but also in the history of the world. Let's not forget that this holiday has true

meaning and importance.

1. **Cinco de Mayo is NOT Mexican Independence Day.** It is a popular misconception that Cinco de Mayo is Mexican Independence Day. However, Mexican Independence actually falls on September 16th.

2. Cinco De Mayo celebrates The Battle of Puebla. In 1861, Mexico was in a financial crisis. As a result, the new president Benito Juárez was forced to default on debt payments to European governments. In response, France, Britain, and Spain sent naval forces to Veracruz, Mexico, demanding repayment. Britain and Spain negotiated with Mexico and withdrew their forces. France, however, ruled by Napoleon III, decided to use the opportunity to carve an empire out of Mexican territory.

3. The Mexican army was the underdog. France sent out well-armed, 6,000 French troops to attack Puebla, a small town in east-central Mexico. President Juárez rounded up a ragtag force of 2,000 loyal men and sent them to Puebla. The Mexican army was outnumbered and poorly supplied, but they were ready to battle. They were led by General Ignacio Zaragoza and prepared for the French assault. <u>On May 5, 1862</u>, the battle lasted from daybreak to early evening until the French troops retreated.

4. Cinco De Mayo is not a national holiday in Mexico. President Benito Juárez declared the "Battle of Puebla Day" or "Battle of Cinco de Mayo" a national holiday on May 9, 1862. However, it's no longer considered a national holiday in Mexico. Within Mexico, this holiday is primarily observed in the state of Puebla, where the victory occurred. Nevertheless, other parts of the country also take part in the celebration.

5. President Franklin Roosevelt helped bring the celebrations to the U.S. In case you were wondering why Cinco the Mayo is celebrated in the US, it is because the holiday started to be celebrated in the US after President Roosevelt created the <u>"Good Neighbor Policy"</u> in 1933 to improve relations with Latin American countries.

6.. Los Angeles, CA was the first U.S. city that celebrated this holiday. In 1863, Mexicans miners broke into celebration when they received the news that people were resisting French occupancy back home.

7. The largest celebration today is in Los Angeles. Los Angeles' Fiesta Broadway has been the largest celebration in the world, attracting crowds of 500,000 or more. The tradition includes military parades, recreations of the Battle of Puebla, and other festive events.

8. Cinco De Mayo is more popular in the U.S. than in Mexico. In the United States, this holiday is more popular than in Mexico. It has evolved into a commemoration of Mexican culture and heritage.

9. Cinco de Mayo is a National Holiday in the United States. President George W. Bush recognized this day as a national holiday in 2005.

10. Cinco de Mayo is top U.S. drinking day. This holiday is a heavy drinking day for Americans. Many people visit local restaurants to drink beer, tequila, and margaritas.

11. This holiday is celebrated in other countries too. Interestingly enough, Cinco de Mayo festivities are extending across the globe to places like Canada, Spain, Cayman Islands, and Japan.

<u>Health Tip</u>

Reasons to Remain Hydrated



Besides regulating the basic systems of the body, here are other reasons why you should remain hydrated.

• Good for the Brain. Many studies show that drinking water and remaining hydrated help to increase your cognitive function.

• Protects from Illness. Proper hydration helps you to stay healthy. It prevents you from falling

victim to conditions like kidney stones, asthma, urinary tract infections, and constipation.

• Helps You Perform Better. It is essential to keep your body hydrated before and throughout all exercise. This lowers fatigue and heightens your endurance.



Word Search

WORD LIST

X J N W G K N C Z X K Z A E N U S O J X M L J ALABAMA PW IFGTSCDZNRLPAVGMAOEK ALASKA ESNJE ARIZONA NOQIWSIOWASZAIAPIWFOXJDZL ARKANSAS N U E S M C P N S C N T H R L G Z Z M V D G H S Z CALIFORNIA S T W E E O N V C Q N S N O R T H C A R O L 1 NA COLORADO YHYOXNIPKOPNSOUTHCAROL 1 NA CONNECTICUT LDORISEEMMATEWLMAINEDRNXM DELAWARE V A M H C I W C A I X G Y X T A N U S Z T G F κz FLORIDA A K I O O N M H N P B B B B E C K E N T U C K Y S A GEORGIA N O N D Z M W R G F D B R M S K F C C C O X A T Y HAWAII ITGEFEOXCOLORADOOIUVRNOEA IDAHO A A N I N F X Y U T A H J X Y O T K Q I A K S M L ILLINOIS VHUSIMISSOURIKXCRSI 1 AROMQ INDIANA OXMLCGGWAHWVSWEOTA SDEHEFN IOWA K H A A A M P I V G C D W N Y T W I H J A G O L X KANSAS NC INRTKANSASNWEAUTWL ĸ O J OR KENTUCKY ELSDKHBYBACOESHOREKV тні RM LOUISIANA BXMJLXITSRCNUJLONOZK ZHC 1 . MAINE R Z F C H H V W E C O H Q E N N J U F Z HCZDS MARYLAND AGOZVIIMNNCWESTVI RG 1 N 1 AAS MASSACHUSETTS SGRRZYTZIANHALASKATW С v 1 AI MICHIGAN **KOELMMVYSCSEGJZYLTEXASLMS** MINNESOTA AKGRIABSCIHDSWUANEVADAL 1 s MISSISSIPPI T B O D W D A U R N X I U S N R L K Z T Q N I NI MISSOURI U E N W P M B E H D T O G O E C O A Q H R T N N P MONTANA Z Y F U K I P S E I B J P A M E G H B A K X O E P NEBRASKA RNIDAHOHYARIZONAGGIA SPI s . 1 NEVADA DELAWAREUNVIRGINIAKOMHSOP **NEW HAMPSHIRE** ERMONTRAAPWASHINGTONACTT NEW JERSEY S A R K A N S A S L T Z F E M A R Y L A N D E A M NEW MEXICO NEW YORK OKLAHOMA RHODE ISLAND TENNESSEE VERMONT WEST VIRGINIA NORTH CAROLINA OREGON SOUTH CAROLINA TEXAS VIRGINIA WISCONSIN NORTH DAKOTA



UTAH

WASHINGTON

WYOMING

OHIO

SOUTH DAKOTA

PENNSYLVANIA

The Baby Ring



By Jackie Briskey

Being the youngest of eleven children, I have been told that I was spoiled. One of my sisters had told me that I called her Mammie and called my mother Mommy. Mammie used to cut up her dresses and make dresses for me, so she says. Mammie is no longer with us, but I still feel her love for me. I know that when I was old enough to realize value, I was gifted with a gold child's bracelet that had been found and given to me when I was very young. This bracelet had a heart shape on the front with an initial G on it. I don't recall ever wearing the bracelet, but I still have it.

But the object of this story is a baby ring. That was shown to me also when I had reached the age to know value. This ring was tiny and had a red stone (possibly a ruby) on it. I am told that I would wear that ring and admire it and after awakening from a nap, I would look at my hands to make sure the ring was still there.

Eventually the ring was too small for my growing fingers, so it was wrapped in a small piece of paper and placed behind the columns of our old mantel clock. From time to time as I got older, I would take the ring out and admire it again. I knew that when I left home, I would be permitted to take the ring.

But when I did get married, I failed to take the ring with me when I moved to Ohio. Later when inquiring about it, it had come up missing. No one knew where it was. I was devastated. My beautiful little ring was gone. But what could I do about it? I was no private investigator. I would just chalk it up to an item lost forever.

Several years after that, my parents moved to Ohio. They had stayed with my brother in Marion for several years, and then moved to a farmhouse in Clyde, Ohio. My husband, kids and I visited them often, since they were only two hours away, instead of 9 hours away in Virginia.

Dad loved farming in Ohio. The soil, he said, was much more fertile and much softer. He spent most of his time working the soil and raising a garden. One day while we were visiting them and dad was toiling in the soil, he came upon a rare find. He was amazed when, after the dirt was washed off, there in his hands was a tiny baby ring.

No, this was not my ring. This one had a blue stone but was just as tiny as the one I had as a child. I asked him what he was going to do with it and he said he would wash it up and put it away.

Away...!! Away for what? Your kids are all grown, so who gets that ring? A grandchild? Which one? You have 44 grandchildren. How do you choose? These were all my thoughts. But as I had been taught, I don't beg, though I wanted to.

A year or two later, my mother died while they still lived in Ohio. We took her back to Virginia to bury her in the beautiful mountains as Dad wanted. Then he came back to Ohio. But he was lonely, and Mom was so far away. He thought long and hard and finally came to the decision that he would move back there to be near Mom.

It was up to my sister Thelma and I to take care of getting things packed up, and or sold, so he could make the trip back. Going through our mother's things was the hardest thing we have ever had to do. With Dad's help, we decided what to keep, what to sell, and what to throw away. While going through some of her papers, I came upon some cards and photos. One of the cards was still in the envelope and it had my return address on it. It seemed pretty thick, and I wondered what she had put in it. Sliding the card out of the envelope. I found, to my amazement, the baby ring that Dad had found in the soil. It had the blue stone, the one I saw him look at as it was covered with dirt. Apparently, my mother wanted me to have it and by putting it in a card I had previously sent to her. She must have felt assured that it would fall into my hands.

Oh, the wisdom of Mother's. They see without looking. They know without seeing. They have clever ways about them, and they provide treasured memories far beyond their years on earth with us. They speak to us daily from heaven above.

Thank you, Mother, for my baby ring and thank you Dad for finding it. And for whoever took my original ring, I hope it has brought you as much pleasure as this one has for me. But I doubt that it ever could.

Happy Mother's Day!

DEFIANCE COUNTY SENIOR SERVICES

Defiance-Monday thru Friday 8:00 am-2:00 pm

Hicksville-Monday & Thursday 9:00 am-2:30 pm *hours may vary depending on staffing*

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

We are here to better serve YOU!