



# Our Times

## Defiance County Senior Services

March 2020

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

**March  
2020**

# Lunch & Learn

Starting March 11, 2020 Join us every 2nd Wednesday for  
Lunch and Learn!

An educational series with topics important to you!

Wednesday March 11, 2020

Speaker: Jilene Richards, Elder Care Attorney

Topic: Financial Planning for Long Term Care

@ Defiance County Senior Services

Speaker starts at 1pm in the Auditorium

Please join us for lunch in the café at 12:30

Lunch Sponsor: SKLD Medical Residence with Dawn Ludwig on hand to discuss their services.

RSVP to Dennis at 419-782-3233 by March 6th.

Questions call Sheri Schliesser RN 419-783-4812

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### Our Sponsors

- The Defiance County Senior Services Tax Levy
- The Defiance County Commissioners
- The Area Office on Aging of Northwest Ohio
- The Defiance County Senior Services Auxiliary
- Generous Donations from people like you!!

**Thank you!**

### Stand up and be counted!



It is time for the 2020 US Census. Your participation matters to our community. Census questions will be mailed to every household starting mid-March. Every household will have the option of responding by mail, phone or online. Please read the insert "Why We Ask". You will need your current address, phone number and date of birth. The US Census will not ask for your social security number.



## For Your Health

**M**ay the road rise up to meet you,  
the wind be always at your back.  
**M**ay the sun shine warm upon your face,  
the rains fall soft upon your fields.  
**A**nd until we meet again,  
**M**ay God hold you in the  
palm of His hand.

--old irish blessing--

Welcome Spring  
March 19th



Are you caring for a loved one with Alzheimer's or dementia? We understand this is not an easy road to travel. Join us at our monthly **support group** meeting for **caregivers**. Dawn, Karen and Sandy will educate and support you on your journey.

Please Join us in the Reflections Room on the first Thursday of each month. The next meeting is March 5th from 1:30-3pm.

Did you know 1 in 4 people age 65 and older falls each year?

Falls can lead to a loss of independence and they are preventable.

What can you do??

Speak up-tell your healthcare provider that you have had falls

Ask your doctor or pharmacist to review your medications

Get an annual eye exam

Remove clutter from your home

Pick up throw rugs

Use the walker or cane as your provider suggests

Begin an exercise and education program to improve leg strength and balance

Join A Matter of Balance being held in April



Toe Nail Clinic

\$15.00 March 4th

Payable to nurses

Please call Dawn for

Appointments.

419-782-3233

Turn Clocks ahead 1  
hour on Sunday  
March 8th



### Meet the staff

**Sue Weller** is our new nutrition assessor. Sue joined us as a substitute meal driver in 2017 after retiring from EMS for 30 years. Twenty five of those years she and her husband owned their own EMS company.

After 2 years of subbing Sue started her own route in the Ney and Sherwood area. Sue now assists Sheri Schliesser, RN with nutrition assessments for our home delivered meal clients and coordinates the CSFP program. Welcome Sue to her new job duties!

Our staff consists of 6 meal route drivers and 2 sub meal route drivers.

**John Sheets**– Worked for 43.5 years at GM before retiring and moved on to delivering the Crescent News and magazine. He started at DCSS in January 2009 as a meal route driver where he continues today.

**Gary Schnipke**– Worked at GM for 36.5 years before retiring. He then drove bus for special needs clients for 8.5 years before being hired as a home delivered meal driver in 2018. Gary was a sub driver until recently taking over Sue's route when she changed positions.

**Doug Tadsen**– Served in the United States Navy from 1965-1969 and then worked as a Maintenance Engineer at GM for 38 years. After retiring he restored antique cars for 10 years before starting 1 year ago with Defiance County Senior Services as a substituted meal route driver.



# Hicksville Happenings

Linda 419-542-5004

## Join us for lunch

Monday—Friday 11:45  
Call for Reservations one  
day in advance



Wear your GREEN on  
Tuesday March 17th  
For St. Patrick's Day!

Get those 'winter' joints  
moving!

Chair exercises, dancing  
and stretches at 10 am

March 3rd

March 19th

March 24th

March 27th



Do YOU have time to give?

Linda could use some help at the Hicksville  
Location with commodities on the 4th  
Wednesday, monthly.

She also could use extra hands with service  
and clean up of meals.

If you have time to donate please call Linda  
419-542-5004



## Commodity Supplemental Food Program

**Don't Forget to  
pick up your food  
box!**

Wednesday  
**March 25th, 2020**

1pm-2:30pm

This box of food  
contains  
approximately 40  
pounds of nutritious  
foods, including  
fruits, vegetables,  
protein, grains and a  
2# block of cheese.  
You must apply and  
there are income  
guidelines.  
Please call Sue in  
Defiance  
419-782-3233 or  
Linda in Hicksville  
419-542-5004 for  
applications.

## Seniors Night Out

Thursday March 26th

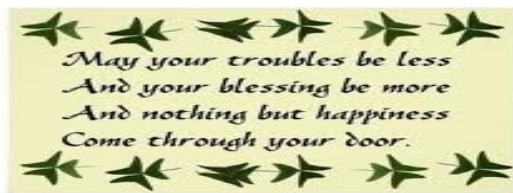
2:30pm transportation begins

We will be traveling to Continental to spend  
the evening with Len Collier Band

Transportation fee \$5

Dinner available at your own expense

Call Linda for reservations 419-542-5004



## Live Music in March at Hicksville Location of Defiance Senior Services

Wednesday March 4th 10-11 am

Alan Seibert "The Music Man"

And

Tuesday March 17th 10-11 am

Brad Keplar "The Electric Balladeer"

Irish Music

Both events are Free

compliments of Jim Schmidt Family of Dealerships

Call Linda for Lunch reservations at least 24 hours in advance



**March 6th** sponsored by  
Antwerp Manor

**March 10th** sponsored by  
Hickory Creek

**March 13th Irish Bingo**  
sponsored by First Church  
of Christ

# March 2020 Hicksville

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For more information contact Linda @ 419-542-5004

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
<p>2 10 Aggravation or Skipbo  12:15 Euchre</p>	<p>3 10 Chair Exercises  12:30 Euchre</p>	<p>4 10 Alan Seibert The Music Man  12:15 Euchre</p>	<p>5 10 Phase 10  12:30 Seniors choice</p>	<p>6 10 BINGO with Antwerp Manor 12:15 –2:15 Euchre 11:45 Birthday Lunch</p> 
<p>9 10 Farkle  12:15-2:15 Euchre</p>	<p>10 10 Bingo with Hickory Creek  12:15-2:15 Euchre</p>	<p>11 10 The Price is Right  12:15-2:15 Euchre</p>	<p>12  Senior's Choice All Day St. Patrick's Day word search or Coloring</p>	<p>13 10 Irish BINGO First Church of Christ  12:15 –2:15 Euchre</p>
<p>16 10 Ladder Ball –prize cards  12:15 Euchre</p>	<p>17 10 The Electric Balladeer Irish Music  12:15 Euchre</p> 	<p>18  10 Let's Make a Deal  12:15 Euchre</p>	<p>19 10 Chair Exercises  12:15 Euchre</p>	<p>20 10 –Inspire Me– Spring Forward   12:15 Euchre</p>
<p>23 10 Yahtzee  12:15 Euchre</p>	<p>24 10 Chair Exercises  12:15 Euchre</p>	<p>25 10 Seniors Choice  12:15 Euchre  1-2:30 Food Box Pick up</p>	<p>26 10 Cards &amp; Games  2:30 Senior's night out to Continental Len Collier Band Dinner on your own \$5 transportation fee</p>	<p>27 10 Music and Dancing to the Oldies  12:15-2:15 Euchre</p>
<p>30 10 Monday Wake up and Stretch  12:15 Euchre</p>	<p>31 10 Jeopardy  12:15 Euchre</p>	<p>April 1st  Toe Nail Clinic Call Linda for Reservations</p>		



# March 2020 Defiance

For more information contact Dawn @ 419-782-3233

Mon	Tue	Wed	Thu	Fri
<p>2 Zumba 10 Crochet &amp; knitting bee 10-2 Board Games</p> <p>3 Yoga</p>	<p>3 10 Tai Chi 10 Bible Study 10-2 Board Games 12:30 Line Dance Practice</p> <p>4 Yoga</p>	<p>4 9:30 Cards 9 Toe nail Clinic 10 Crafts w/ Viviane-St. Patrick's Day favors 10-2 Board Games 12 Shop at Kroger 12:30 Toe nail clinic 5 Open Mic Night</p>	<p>5 9:30 Cards 9:45 B/P Brookview 10 Stretch Band 10 Bible Study 10 Zumba 10-2 Board Games 12:30 Bingo-Brookview 12 Shop at Meijer 1:30 Alzheimer Support Group</p>	<p>6 9:30 Cards 10 Crafts w/ Viviane St Patrick's Favors 10 Tai Chi 10-2 Board Games 11:30 Birthday Lunch by GlennPark <b>Oreo Cookie Day</b></p> 
<p>9 10 Zumba 10-2 Board Games 12:30 BINGO with Kingsbury</p> <p>3 Yoga</p>	<p>10 10 Tai Chi 10 Bible Study 10-2 Board Games 12:30 <b>NO</b> Line Dance 4 Seniors Night Out Bob's in Woodburn 4 Yoga</p>	<p>11 9:30 Cards 10 Blood Pressures-AllCaring 10 Easter Wreaths with Dawn SKLD <b>12:30 Lunch &amp; Learn w/speaker Jil Richards</b> 12 Shop at Kroger</p>	<p>12 9:30 Cards 10 Stretch Band 10 Bible Study 10 Zumba 10-2 Board Games 12:30 BINGO with Van Crest 12 Shop at Meijer 4 Yoga</p>	<p>13 9:30 Cards 10 Crafts w/ Viviane St. Patrick's favors 10 Tai Chi 10-2 Board Games Popcorn lovers Day</p> 
<p>16 10 NO Zumba 10-2 Board Games 1 pm Euchre Tournament 3 NO Yoga Gym closed for Voting Set up</p>	<p>17 <b>St Patrick's Day</b> 10 NO Tai Chi 10 Bible Study 10-2 Board Games <b>NO</b> Line Dance Practice 4 No Yoga Gym Closed for Voting</p> 	<p>18 9:30 Cards 10 Crafts with Viviane 10-2 Board Games 12 Shop at Kroger</p>	<p>19 9:30 Cards 10 Zumba 10 Bible Study 10 Stretch Band 10:45 B/P by CHP 10-2 Board Games 12:30 Bingo w/ SKLD 12 shop at Meijer 4 Yoga</p>	<p>20 9:30 Cards 10-2 Board Games 10 Crafts w/ Viviane Snow Globes 10 Tai Chi</p>
<p>23 24 10 Zumba 10 Nails &amp; Tails with Dawn from SKLD 10-2 Board Games 3 Yoga</p>	<p>24 10 Tai Chi 10-2 Board Games 10 Bible Study 12:30 Line Dance Practice 4 Yoga</p>	<p>25 9:30 Cards 10 Crafts w/ Viviane Snow Globes 10-2 Board Games 12 Shop at Kroger 1-2:30 Pick up Food Box 4 Mystery Seniors night out</p>	<p>26 9:30 Cards 10 Bible Study 10 Zumba 10:45 Stretch band 10-2 Board Games 12 Shop at Meijer 4 Yoga</p>	<p>27 9:30 Cards 10 Crafts w/ Viviane Snow Globes 10-2 Board Games 10 Tai Chi</p>
<p>30 10 Zumba 10-2 Board Games 12:30 Bingo with Dawn from Senior Services 3 Yoga</p>	<p>31 10 Tai Chi 10-2 Board Games 10 Bible Study 12:30 Line Dance Practice 4 Yoga</p>			



# Dawn's Bulletin Board @ Defiance

## 419-782-3233

### Red Hat Society

Are you interested in starting a Red Hat Society? The Red Hat Society supports and encourages women to pursue fun, friendship, freedom, fulfillment of lifelong dreams and fitness

Please call Dawn Knox if interested. 419-782-3233

**Thank you for your sponsorship at both locations for the month of March!**

Kingsbury Place

Antwerp Manor

AllCaring

Community Health Professionals

SKLD

Hickory Creek

Brookview Healthcare

Toledo Seagate Foodbank

First Church of Christ

Jim Schmidt Dealerships

Van Crest Healthcare

Defiance High School Athletes and Jerry Buti

Believers Church

GlennPark

Area Office on Aging

DCSS Auxiliary

Defiance County General Health District

Elara Caring



### Seniors Night Out

Tuesday March 10

4pm

Bob's Place, Woodburn Indiana

Call Dawn for transportation starting March 2nd -seats fill up fast!

419-782-3233

If you would like to join us but don't need a ride, call for a reservation

### Open Mic Returns!

Join us every 1st Wednesday each month from 5-8pm

Bring your instruments and play for us or join us in listening and dancing to the music.

Light meal is served at 5pm

Suggested \$3 donation

Dawn is looking for desserts to be donated. Please call her if you would be able to help out!

419-782-3233

### Upcoming Craft projects:

St. Patrick's Day decoration for Café

3/6 & 3/13 10 am

Easter Wreaths with SKLD 3/11 @ 10am

### Calling all Volunteers

We NEED YOU!!

We need some volunteers to work in our café to assist with serving meals, drinks, set up and clean up from 11-1 Any day M-F. Pick your day or days!!

We also need volunteers for Open Mic night on the 1st Weds of the month from 3-8pm to assist with food prep, service and clean up. Flexibility is our forte! Call us with any hours you have available!



Join the Bible Study Tuesday and Thursday at 10:00 in the Reflection Room as we walk through the Bible. We are currently in the book of Chronicles. **All are Welcome**



### A Matter of Balance by:

Defiance County Health Department

Sponsored by: Elara Caring

Every Monday and Friday beginning April 3rd

At Defiance County Senior Services 10 am -12pm

Call Dawn for Reservations 419-782-3233

### Make a Day of it!!

Join us for Broadway Brew Crew before class and Lunch after class



# Eyes on Nutrition

Any  
friend  
of  
Coffee  
is a  
friend  
of  
mine.

©celaniArt

## New Event

Join the ***Broadway Brew Crew***

Beginning March 2nd

Every Monday and Friday

7 am to 9 am















In the Café at DCSS

Coffee ~ Conversation ~ Sweet Treats

Join old friends and form new friendships!

Reminder: We strive to serve you a nutritious meal. 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 whether at the center or in the home is \$3.00 per meal. Evening Meals and events may be more.

## Size up your servings

1	3 ounces of meat is about the size and thickness of a deck of playing cards or an audiotape cassette.		=	
2	A medium apple or peach is about the size of a tennis ball.		=	
3	1 ounce of cheese is about the size of 4 stacked dice.		=	
4	½ cup of ice cream is about the size of a racquetball or tennis ball.		=	
5	1 cup of mashed potatoes or broccoli is about the size of your fist. 1 serving = 1/2 cup or 1/2 baseball		=	
6	1 teaspoon of butter or peanut butter is about the size of the tip of your thumb.		=	
7	1 ounce of nuts or small candies equals one handful.		=	

## Food For Seniors Food Box Pick up

4th Wednesday each month from 1:00-2:30pm

**February 26, 2020**

40# of nutritious foods including, fruit, vegetables, grains and protein. You must be 60 and meet income guidelines to qualify. Please stop in or call Sue for an application.

419-782-3233



## Home Delivered Meal Clients Please Note

For best food quality and safety, home delivered meals must be consumed within 30 minutes of delivery or placed in a refrigerator and reheated for 15 minutes at 350°.

Also remember that you **MUST** be home at time of delivery or call to notify us of your absence or to cancel by 8 am.

Call Ginny @  
**419-782-3321**





Does Dennis have 6 arms??

Guess who Dennis is hiding and be entered into a drawing for a FREE lunch with Defiance County Senior Services.

Stop in and give Dennis your guess by Monday March 9th and we will enter you into a drawing for a FREE lunch!

Hicksville Location please give Linda your guess.

## St. Patrick's Day Puzzle

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

BLARNEY

CHARMS

CLOVER

GOLD

GREEN

GREETING

HAT

IRISH

KISS

LEPRECHAUN

LUCK

MONEY

PIPE

POT

RAINBOW

SAINT

SHAMROCK

SMALL

SMOKE

STONE

TRADITION