

Defiance
County
Senior
Services

December
2018

**OUR
SPONSORS**

The Defiance
County Senior
Services Tax Levy

The Defiance
County
Commissioners

The Area Office on
Aging of NWO

The Defiance
County Senior
Services
Auxiliary

And through your
generous donations
- We Thank you

Our Times

From Our Senior Services family to you
May the blessings of peace, the beauty of hope,
the comfort of faith and the spirit of love
be yours this Christmas.

Merry Christmas



We invite you to join us for our

Christmas Luncheon

Thursday, December 13th
at Defiance County Senior Services

Enjoy a delicious holiday meal of Pork Roast, Mashed Potatoes, Green Bean Casserole, Coleslaw, Baked Cinnamon Apples and Cherry Cheese Cake.

Our Holiday music will be provided by Bill and The Boys.

We're also hoping for a visit from the BIG GUY - *(so you can make sure you're on his NICE list!)*

We ask a \$5.00 suggested donation for the luncheon.

Seating is limited. Tickets will be available starting December 1st at both Senior Centers.

Transportation is available, so call Kathy at 419-782-3233.

If you live in the Hicksville area, please call Linda at 419-542-5004.

Happy Holidays from Defiance County Senior Services.

Healthy You!

Toe Nail Clinic

**Wednesday, December 5th at
The Hicksville Senior Center**

The session begins at 12:30pm and continues until completed. There is a \$15.00 charge for the toe nail clinic.

Please call Linda at 419-542-5004 to set your appointment time. Thanks!

Alzheimer Support Group

We'll meet:

**Thursday, December 6th at 1:30pm for
our holiday gathering!**

Meetings are held at Defiance County Senior Services - 140 E. Broadway St.

Private consultations and information are also available. Please contact Sheri at 419-783-4812.

Your 2019 Participation and "Our Times" Newsletter Form



Your 2019 Senior Services Participation form will be mailed to you in early January. Please take time to fill it out and return it to us. Please also NOTE: If you would like the "Our Times" Newsletter mailed or emailed to you, FREE OF CHARGE, please fill out this information on the participation form.

Why?? This is one way we receive operating funds from The Area Office on Aging. The form also provides vital emergency information.

If you need assistance filling out the participation form, please contact Robin at 419-782-3233 or Linda at 419-542-5004. Thanks very much!



A Big Thank You

to the many businesses, organizations and agencies that volunteer their time and talents to benefit Senior Services.

Our Thanks to:

Our Defiance Co. Commissioners

Americare - Kingsbury Place - Brookview

The Alzheimer's Association - Smith Farms

Community Health Professionals - Allcaring

Genesis - Twin Rivers - Seagate Food Bank

The Hicksville Middle School - Glenn Park

Community Action - Antwerp Manor

The Hearing Aid Center of NW Ohio - AARP

Defiance Tourism Bureau - The DCCC

Defiance County Fair Board - Van Crest

UAW local 211 - Defiance Co. Health Dept.

Defiance Eagles - Hicksville EMTs

Defiance Police Dept. (DPOA) - Ohio Living

Defiance Co. Sheriff's Dept. - OSHIIP

The Area Office on Aging of NWO

The State Highway Patrol - Bud Widmer Rube Band

The Mayor's Offices of Hicksville & Defiance

A special Christmas Blessing to our wonderful Volunteers!

We are so grateful to those who donate goods or monetarily to Defiance County Senior Services. Your donations are used for enhancing our programs and activities.

And our special wish of peace and love for our those who share their time and talents. God Bless you all.

Hicksville Happenings - December



Join Us
**Christmas Card
Exchange & Pizza Party**
Monday,
December 17th
4:30pm
At The Hicksville Senior Center
RSVP to Linda - 419-542-5004
**Enjoy Music with Jennifer
and Allie Nelson!!** -
Free will donation appreciated.

Come on in!

Toe Nail Clinic - Wednesday, December 5th at 12:30pm.
Make your appointment with Linda - 419-542-5004. There is a \$15.00 charge payable to the **CHP Nurse** at the time of service. (Medicare, Medicaid and supplemental insurance cannot be billed). Thank you, CHP for this service.

Learn a NEW Game - Phase 10 - starting Wednesday, December 5th at 10:00am! Phase 10 is a lot like rummy, but sequences of runs and sets are required in an established pattern. GREAT FUN!!

The Hearing Aid Center will be at The Hicksville Center on Tuesday, December 18th at 12:30am offering complimentary cleanings. No appointments are needed.

Bingo with Antwerp Manor - Friday, December 7th at 10:00am with Jennifer Ramsier. Great Prizes and plenty of fun!

Friday, December 14th - Alan Seibert, The "Music Man" will join us with his happy, upbeat music - you won't want to miss Alan Seibert!

Bingo on Tuesday, December 18th at 12:30pm with Rhonda from Community Health Professionals

Free Hearing Aid Cleaning and Check from The Hearing Aid Center in Bryan will be available Wednesday, December 26th at 12:30pm.

Christmas Luncheon

Tickets are now available for our Christmas Luncheon at the Defiance Senior Center. The delicious Christmas Luncheon is scheduled for 11:30am on Thursday, December 13th, for a suggested donation of just \$5.00. Transportation is available, but seating is limited, call Linda 419-542-5004.



*Happy
Holidays!*



It was The Night Before Christmas

Join us Friday, December 21st at 10:30am and be part of our Christmas tradition for our annual reading of "The Night Before Christmas". Come enjoy this cherished short story.

for more information, please call Linda at 419-542-5004

December - Hicksville Center

Monday	Tuesday	Wednesday	Thursday	Friday
3 10:00 Chair Exercise 12:30 Aggravation	4 10:00 Cards & Games 12:30 The Price is Right	5 10:00 Phase 10 12:30 Corn Hole 12:30 Toe Nail Clinic For your apt. time call us 419-542-5004	6 10:00 Skipbo 12:00 Grocery Shopping	7 10:00 Bingo with Antwerp Manor 11:45 Birthday Celebration 12:30 Senior's Choice
10 10:00 Cards and Games 12:30 Yahtzee	11 10:00 Ladderball 12:30 Coloring & Crafting	12 10:00 Chair Exercise 12:30 Let's Make a Deal	13 8:30 Transportation begins for the Christmas Dinner at The Defiance Senior Center. <i>After Dinner - we'll shop at Aldi's</i>	14 10:00 Alan Seibert The Music Man!! 12:30 Penny Pitch
17 3:00 Christmas Card Exchange and Pizza Party Music with Jennifer & Allie Nelson!!	18 10:00 Phase 10 12:30 Bingo with CHP 12:30 The Hearing Aid Center - Complimentary Cleanings	19 10:00 Coffee & Conversation 12:30 Cards & Games	20 10:00 Chair Exercises 12:00 Grocery Shopping	21 10:00 Christmas Music and Caroling 10:30 "Twas The Night Before Christmas" 12:30 Senior's Choice
Defiance County Senior Services will be Closed December 24th and 25th for Christmas		26 10:00 Adult Coloring 1:00 - 2:30 CSFP Food for Seniors Commodities	27 10:00 Cards & Games 1:00 - 2:00 Corn Hole	28 10:00 Coffee and Conversation - our topic - New Year's Resolutions
31 Senior's Choice of activities throughout the day		Join us throughout the Month for lots of Holiday Fun!!		

for information, please call Dawn at 419-782-3233

December - DCSS Activities

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
3 10:00 Zumba 12:30 Bingo by Glenn Park 3:00 Yoga	4 9:45 Shop at Aldi's 10:00 Tai Chi 10:00 Bible Study 4:00 Yoga	5 9:30 Cards 10:00 Crafts 12:30 Shop at Kroger	6 9:30 Cards 9:45 Blood Pressure Checks 10:00 Band Stretch 10:00 Zumba 12:30 Shop at Meijer 12:30 Bingo with Brookview 1:30 Alzheimer Support Group	7 9:30 Cards 10:00 Tai Chi 10:30 Crafts 11:30 Birthday Celebration
10 10:00 - Zumba 12:30 Bingo with Kingsbury Place 3:00 - Yoga	11 9:45 Aldi Shop 10:00 Bible Study 10:00 Tai Chi 4:00 Yoga 4:00 Senior's Nite Out - Dinner & Lights in Archbold	12 9:30 Cards 10:00 Crafts 12:30 Kroger Shop	13 11:30am - 1:00pm Our Christmas Luncheon Music with Bill and The Boys	14 9:30 - Cards 10:00 Tai Chi 10:00 Crafts
17 10:00 Zumba 1:00 Euchre Tournament 3:00 Yoga with Sue	18 9:45 Aldi shop 10:00 Tai Chi 10:00 Bible Study 4:00 Yoga	19 9:30 Cards 10:00 Crafts 12:30 Kroger Shop	20 Holiday Bazaar & Bake Sale - 9am - 2:00pm 9:30 Cards 10:00 Band Stretch 10:00 Zumba 10:45 Blood Pressure Checks 12:30 Shop at Meijer 12:30 Bingo with Twin Rivers	21 Holiday Bazaar & Bake Sale 9am - 12noon 9:30 - Cards 10:00 Tai Chi 10:00 Crafts
Defiance County Senior Services will be Closed December 24th and 25th for Christmas		26 9:30 Cards 10:00 Hearing Aid Checks by The Hearing Aid Center of NWO 10:00 Crafts 1-2:30 CSFP Food for Seniors Commodities 12:30 Kroger Shop	27 9:30 Cards 10:00 Band Stretch 10:00 Zumba 12:30 Bingo with Allcaring	28 9:30 - Cards 10:00 Tai Chi 10:00 Crafts
31 10:00 - Zumba 12:30 Bingo with Senior Center Dawn 3:00 - Yoga	Holiday Bazaar & Bake Sale December 20th - 9:00am to 2:00pm December 21st - 9:00 am to 12:00 noon			

DCSS Bulletin Board - with Dawn - 419-782-3233



Thursday, December 6th - The Alzheimer Support Group
will meet at 1:30pm.

Friday, December 7th - enjoy a delicious Birthday Lunch at 11:30am.

Seniors Night Out - Tuesday, Dec 11th -
we'll leave the Defiance Center at 4:00pm and take a short ride to Archbold, Ohio to the Barn Restaurant for supper. After we eat, we'll visit their park for the beautiful Christmas Lights display. Seating is limited, so please call Dawn to make your reservation after December 1st. - 419-782-3233.

December Bingo Dates

Monday, December 3rd
with Glenn Park

Thursday, December 6th
with Brookview

Monday, December 10th
with Kingsbury Place

Thurs., December 20th
with Twin Rivers

Thurs., December 27th
with Allcaring

Monday, December 31st
with The Senior Center

***Our thanks to these
fine facilities for
supplying the great
prizes and plenty of
smiles!***

Thursday, December 13th - *Join us for our Christmas Luncheon.*

Our musical entertainment The Bill and The Boys. Transportation is available, but seating is limited for our delicious meal. The Pre-sale tickets will be available starting December 1st. Please see the front page of this newsletter for complete details.

**Join us Thursday, December 20th from 9:00am to 2:00pm
and Friday, December 21st, from 9:00am to 12:00noon for
Our 2 day *Christmas Bazaar & Bake Sale.***

Monday, December 24th and Tuesday, December 25th -

Defiance County Senior Services will be closed for Christmas. We wish you all a Very Happy Holiday Season.

Wednesday, December 26th - The Food for Seniors Commodities Program
is available from 1:00 to 2:30pm Please call Ginny for details - 419-782-3257

Thank you

It is time to wish **Delinda Chavez and Kathy Brown** a very happy retirement. Kathy has worked at Senior Services for 18 years and is our Transportation Manager. Delinda has worked in Nutrition for more than 20 years, serving as our Kitchen Manager. Both of these wonderful ladies will be terribly missed by us all. We wish both Kathy and Delinda much happiness !



Nutrition News = 419-782-3321

Join us for our **Christmas Luncheon**

Thurs., December 13th at Defiance Co. Senior Services

Come enjoy a delicious holiday meal, music, door prizes and more!

We ask a \$5.00 suggested donation. Tickets will be available starting December 1st at both Senior Centers.

Enjoy a delicious dinner of Pork Roast, Mashed Potatoes, Green Bean Casserole, Coleslaw, Baked Cinnamon Apples and Cherry Cheesecake.

Transportation is available, in Defiance and surrounding areas - please call 419-782-3233 and if you live in the Hicksville area, please call us at 419-542-5004.



Please welcome **Ginny Wiseman** in her new job as Nutrition Manager for Senior Services. Ginny brings more than 20 years experience in the field of nutrition and with Senior Services. We are so excited to have Ginny overseeing all aspects of the Nutrition department.

To speak with Ginny about your nutrition needs, please call her at 419 - 782-3321.

NEW! A Carb Controlled Menu at Senior Services

Over the next few months you will see some subtle changes to our menu. We are implementing an exciting new program to better control our carb intake. We will still serve the 1/3 RDA (recommended daily allowance) but now all of the menus will be carbohydrate controlled. This will eliminate the need for those who are diabetic to have different foods from those who are not. Also over the week, the average sodium content will be less than 800mg and will be suitable for all participants. Because of these changes, we are hopeful to be able to provide a wider variety of foods for those who are more restrictive diets while still serving an excellent source of vitamins, minerals, nutrition and great taste! Happy & Healthy Eating!!

It's time to think about having some of our delicious and nutritious frozen meals on hand for the winter days ahead. 419-782-3321

Commodities Supplemental Food Program

Food for Seniors - Touching Lives, Filling Needs.....

The C.S.F.P. Program provides eligible seniors, age 60 and older, a monthly package of approximately 50 pounds of USDA basic nutrient-rich food.

**The next distribution date is
Wednesday, December 26th**

1:00 pm -2:30 pm.

If you have questions or to apply for the commodities, please contact Ginny at 419-782-3257 - thank you



Our December
Birthday Celebration is

**Friday,
December 7th**

*A Happy Birthday
to all of you born in the
month of
December*

Defiance County Senior Services

December Menu 2018

Monday	Tuesday	Wednesday	Thursday	Friday
3 Beef and Noodles Sweet Peas Sliced Carrots Diced Peaches Whole Wheat Bread	4 Dinner Ham Alt = Chicken Red Skin Potatoes Lima Beans Mandarin Oranges Wheat Dinner Roll	5 Cheeseburger Baked Beans Steak Fries Mixed Fruit Pudding ncs = SF Pudding Salad Bar in Café	6 Pork Chop with Gravy Scalloped Potatoes Brussels Sprouts Applesauce Wheat Dinner Roll	7 BBQ Chicken Winter Blend Vegetables Mashed Potatoes Pineapple Wheat Dinner Roll Birthday Cake ncs= angel food cake
10 Country Fried Steak AuGratin Potatoes Broccoli Normandy Apricots Wheat Dinner Roll	11 Spaghetti & Meatballs Green Beans Peach Crisp Grape Juice Garlic Bread Brownies ncs= SF Cookie	12 Chicken Noodle Soup 3 Bean Salad Pea Salad Banana Crackers Wheat Bread Salad Bar in Café	Christmas Luncheon Pork Roast Mashed Potatoes Green Bean Casserole Cole Slaw Baked Cinnamon Apple Wheat Dinner Roll Cherry Cheesecake	14 Baked Fish Alt = Grilled Chicken Tater Rounds Broccoli Ambrosia Salad Wheat Dinner Roll
17 Salisbury Steak Mashed Potatoes Stewed Tomatoes Peaches Wheat Dinner Roll	18 Chicken & Dumplings Steamed Cabbage Broccoli Salad Cherry Crisp Wheat Dinner Roll	19 Chili & Cheese Tossed Salad Celery Sticks with Peanut Butter Orange Crackers Salad Bar In Café	20 Beef Pot Roast Diced Potatoes Baby Carrots Mint Pears Apple Pie ncs = SF Pie Wheat Dinner Roll	21 Turkey Manhattan Peas & Onions Raisins Fruit Cocktail Wheat Dinner Roll Rice Krispie Treat
<p><i>Defiance County Senior Services will be closed for Christmas</i></p> 		26 BBQ Pork Sandwich Sweet Potatoes Fries Succotash Grape Juice Granola Bar Salad Bar in Café	27 Potato Soup Chicken Salad on a Croissant Applesauce Orange Juice Crackers Cookie ncs = SF Cookie	28 Meatloaf Hash Brown Bake Asparagus Pineapple Tidbits Wheat Bread
		31 Sloppy Joe Sandwich Ranch Diced Potatoes Peas and Carrots Apricots Cookie ncs = SF Cookie	Our breads and rolls are whole wheat unless specified. NCS= No concentrated sweets sf = sugar free	For questions regarding your meals, please contact Nutrition Manager, Ginny at 419-782-3321