

Our Times Defiance County Senior Services November 2021

https://www.defiance-county.com/senior-services Email: dcss@defiancecounty.oh.gov

The definition of *thankful* is showing *appreciation* or *gratitude*.

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Defiance County Senior Services is *thankful* this year that our buildings have you in them! We love to hear the laughter of people and the opportunity to see you in person. We enjoy each of you in all of our programs from home delivery meals to transportation.

I am *grateful* to the staff who have been willing to be flexible during the pandemic to continue to serve seniors in our community.

I am *appreciative* to those in the community who have donated, volunteered, and offered support to our seniors.

Thank you to veterans who have served and those currently serving our great country keeping us safe.

I hope as we mark off the calendar days in November, each day we will remember to be thankful for what we have in our lives. Let's celebrate November by being thankful.

Amy

#### Thank you to the following businesses and individuals who made donations to Defiance County Senior Services and put a little sunshine in our lives!

1st Church of Christ -Hicksville Dawn Ludwig of SKLD

Karen Oskey of KingsburyBrookview Healthcare CenterSt. Mary's Catholic Church VolunteersCSFP VolunteersAntwerp ManorBeltoneDCSS volunteersDonations were received in loving memory of :

Paul Warnimont Roger Herrett

It is time to think about getting your FLU SHOT. Remember, even if you are vaccinated against COVID-19 you can still get influenza and should still get your traditional flu shot.

If you are not vaccinated against Covid-19 you can get that anytime also! Covid-19 boosters are available for those who had the Pfizer vaccine and are over age 65.

#### Med D and Medicare

Open enrollment has started. As we learned last month from OSHIP representative, David Painter, reviewing your Medicare Supplement and Med D policies every year is a good idea.

Call your insurance representative or OSHIIP @ 1-800-686-1578 to set up your telephone or virtual counseling session to review your plan and options.

You can also call Medicare for assistance at 1-800-686-1578.

Open enrollment starts October 15 and runs until December 7th.



1.Who needs a flu vaccine? a) You b) You c) You d) All of the above

# Foot Care Clinic



Your feet will be happy to know...

the Foot Care Clinic is in DEFIANCE November 3rd

Call for Appointments starting at 9 am

419-782-3233

Diabetics-please continue to see your physician or podiatrist

Hicksville Next Date

December 16 by appointment only

Call Linda at

419-542-5004



Any senior age 60+ is welcome to join us for lunch M-F at our Defiance location or Monday and Thursday at our Hicksville location. We suggest a \$3 donation for meals but no one is denied services for an inability to pay.

Please call for reservations by 1 pm the day before you plan to join us to assist our staff in preparing enough meals and having less waste

### **Defiance Dining**

Monday thru Friday 11:30-12:30

#### Call for reservations 419-782-3233

**Hicksville Location** 

Hicksville Dining at Noon on <u>Monday and Thursday only</u> Call Linda at 419-542-5004 for Reservations

#### **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 the day before if you will not be home for 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. However, due to supply shortages you may see substitutions. Thank you for your patience and understanding during this trying time!

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.)

Home Delivered Meals are for those who have difficulty getting out of their home or standing to prepare meals.

We LOVE seeing those are able to join us in person for lunch and good conversation at the centers.

#### Commodity Supplemental Food Program

November 24th

#### **NOTE: Day before Thanksgiving**

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

# 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, Linda or your meal route driver for our 'Meal Deal' coupons.

Twenty coupons for \$50 reduces your cost to \$2.50 per meal. Now that's a deal!

# Would you like to give back to your community?

# WE NEED YOU!!

If you are willing and able, DCSS is in need of volunteers. We have various positions and times available. One of our greatest needs in in the Café assisting with lunch. If you have a favorite activity we would love to have you lead others in this activity. Please contact Dawn Knox or Linda McMahon if you can help with a few hours or a few days per week!

419-782-3233 Dawn 419-542-5004 Linda



**Reminder:** Due to staff shortages we regret we are unable to transport seniors to our buildings at this time. This policy will continually be re-evaluated and will be changed as soon as possible.

If you need transportation to a **medical** appointment, please call us as soon as possible to make arrangements for transportation. <u>All medical transports are</u> <u>now scheduled through Dennis</u>.

419-782-3233

### Alzheimer's Support Group

The Alzheimer's Support Group is meeting in person! Our next meeting is November 4, 2021.

The Alzheimer's Support Group meetings are held on the first Thursday of each month.

PLEASE NOTE: New Time is now 12:30-2pm

The Alzheimer's Association *requires* masks to be worn by all participants.

Join support group leaders Karen Haaser and Dawn Ludwig for meetings in the Reflections Room. The support group meetings are designed for caregivers of those who have Alzheimer's or any form of dementia. There is an education component and plenty of time to talk with others walking your same path. Remember this is for caregivers only and not for those with dementia.

You do not have to walk this journey alone! Join us. No reservations required.

### Help us to stay fiscally efficient! Save a stamp



If you are receiving the newsletter by mail and are able to pick one up at Defiance or Hicksville center please have us remove you from our mailing list.(419-782-3232/419-542-5004) We added many to the mailing list while we were closed during the pandemic and are trying to clean up the list. If you are on the home delivered meal program, your driver will now give you a newsletter and you will no longer receive one in the mail.

If you would like to be removed from the list of those receiving it in mail and would like it via email, send Dennis a message @ dcss@defiancecounty.oh.gov

The Defiance County Auxiliary has made the difficult decision to CANCEL the upcoming craft show previously scheduled for November due to Covid-19 concerns.

NOVEMBER CRAFT SHOW

CANCELLED



2

Treasures in the Attic (Part 1) by Jackie Briskey

Many people store up treasures that for them bring back pleasant memories from their past. These treasures may be worth a fortune or they may be the simplest little article worth pennies in price but millions in memories. And these treasures may be stored away in an attic or proudly displayed prominently in the home for everyone to see and admire. As for myself, I have some of these items that once belonged to my parents and family and when I see them, I lovingly remember the person who once owned them. Some are on display, but most are hidden away for safe keeping.

Wool Carders are wooden paddles with coarse or fine wire teeth, much like a dog brush. The fine wire teeth are for delicate fibers such as cotton or angora. The coarse wire teeth are for wool, mohair and other coarse fibers. I own a set of these wool carders which once belonged to my maternal grandmother who was born in 1879. They are no longer in a condition to be used but the memory related to them is part of my treasure.

A Wash Board once used by my Mother shows it's age. The words printed on the wood above the rough metal surface is worn away by the constant use of her hands as she scrubbed our clothes on it. However, on the back, the name "*National Washboard Company*", is still visible as well as the phrase "*Made in USA*". This washboard is only a reminder of the hard work it once required just to get the laundry done, so unlike the ease of doing the laundry we have today.

Two War Ration books came into my possession. One of them contains the name of a cousin, David Ray, who was born in 1933. The other book contains a name that I don't recognize, but must have been someone in our family. This book has the date 5-28-45 written on it. Stamps for various rations are still attached to the insides of both books. They are yellowed with age but in good condition.

#### HEAP

**Have you ever heard of HEAP?** HEAP stands for Home Energy Assistance Program, and it is a federallyfunded program managed by the Ohio Department of Development. It is designed to assist income-eligible consumers with winter heating or summer cooling costs.

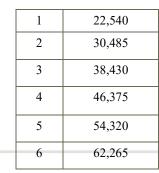
There are 2 different components to the funding: HEAP and the Winter Crisis Program (WCP). To qualify for the programs your TOTAL household income must be below 175% of the federal income level.

HEAP provides credit one time per winter towards the primary heating source (gas, electric, fuel oil, wood). The benefit amounts vary depending on the following: household income, number of people in the household, type of primary heating source, someone in the home age 60+ or disabled, if you are enrolled in PIPP, federal funding levels and the region of Ohio you live in.

You can apply by going to: www.energyhelp.ohio.gov or you can schedule a telephone or virtual consultation by calling Northwest Ohio Community Action Commission (NOCAC) at 419-219-4641 to set up an appointment.

You will need the following to complete the application: Names and Social Security numbers of all members of the household; proof of income for all members age 18 or older for the last 30 days; proof of citizenship or legal residence; copy of recent utility bill and disability verification, if applicable.

2021-2022 Total Gross Income guidelines and household size



# Defiance Activities November 2021 Call Dawn for Information 419-782-3233

Mon	Tue	Wed	Thu	Fri
1 9 Senior Sweets and Coffee with <b>The</b> <b>Laurel's</b> 9:30 Pepper or Bid Euchre 10:00 Farkle 12:30 Crafts with SKLD	2 9:30 Pepper or Bid Euchre 10– Bible Study 10-Tai Chi 12:30 Line Dancing	3 9am-10:45am Morning Foot Care Clinic By Appt. only 9:30– Pepper or Bid Euchre 10-Dominoes 12:30 Corn Hole 12:30-2:15 Afternoon Foot Care Clinic by Appt.	4 9:30 Pepper or Bid Euchre 10– Boggle 12:30-2pm Alzheimer's Support Group 12:30 Bingo by Brookview	<ul> <li>5 9:30 Pepper or Bid Euchre</li> <li>10-Tai Chi</li> <li>10:30 Hearing Aide</li> <li>Cleaning by Beltone</li> <li>11:30 Birthday Lunch</li> <li>12:30 Trivia</li> <li>with Dawn</li> </ul>
8 9 Senior Sweets & Coffee by Senior Center 9:30– Pepper or Bid Euchre 10-Yahtzee 12:30 Lawn Darts	9 9:30 Pepper 10 Bible Study 10 Tai Chi 12:30 Line Dancing	10 9:30 Pepper 10 Checkers 12:30 Lawn Darts	11 Closed for Veterans Day	12 9:30 Pepper 10 Tai Chi 12:30 Corn Hole
15 9:30 Pepper or Bid Euchre 10– Dominoes 12:30 Bingo with Kingsbury Place	<ul> <li>16</li> <li>9 Senior Sweets</li> <li>&amp;Coffee by Senior</li> <li>Center</li> <li>9:30- Pepper</li> <li>10- Bible Study</li> <li>10- Tai Chi</li> <li>10- Blood Pressure</li> <li>checks By Brookview</li> <li>12:30 Line Dancing</li> </ul>	<ul> <li>17 9:30 Pepper</li> <li>10- Yahtzee</li> <li>10:30 Speaker</li> <li>Auditorium Defiance</li> <li>Police Dept. SCAMS</li> <li>Call for reservations</li> <li>419-783-4812</li> <li>12:30 Bowling in the Gym</li> </ul>	18 It's a Thanksgiving Bingo 9:30 Pepper 10– Boggle 12:30 Thanksgiving Bingo Celebration by The Defiance Senior Center & SKLD	19 9:30 Pepper 10– Tai Chi 11:30 Drawing for Gift card for Activity Give away 12:30 Lawn Darts
22 9 Senior Sweets & Coffee with <b>The</b> <b>Laurel's</b> 9:30 Pepper 10-Checkers 10– Nails & Tales by SKLD 12:30– Corn Hole	23 9:30 Pepper 10– Bible Study 10– Tai Chi 12:30 Line Dancing	24 9:30 Pepper 10-Boggle 12:30 Lawn Darts	25 Closed	26 Closed for Thanksgiving Holiday
29 9:30 Pepper 10-Farkle 12:30 Bingo with The Senior Center	30 9:30– Pepper 10– Tai Chi 10– Bible Study 12:30 Line Dancing	Brown! Come in and Join		

On Nov. 18th It's a Thanksgiving Bingo Charlie Brown! Come in and Join us for Lunch in the Café, And Join SKLD and The Senior Center for a fun filled Bingo Celebration at 12:30-1:30pm with treats for everyone, a Turkey and Ham cover all, and some special prizes during Bingo to celebrate the Thanksgiving Holiday. Come and join us for the Fun!!

# Hicksville Activities November 2021 Call Linda for Information 419-542-5004

#### NOTE:

Hicksville Location open Monday & Thursday temporarily due to staffing issues and is reevaluated monthly.

#### **MONDAY**

1

9:00 am "Cup of Joe" FREE Coffee and Donuts
10:00 am Basketball
12:15—2:15 pm Cards—YOUR Choice!
1:00 pm BINGO with Antwerp Manor

#### 8

9:00 am "Cup of Joe" FREE Coffee and Donuts
10:00 am Yahtzee and Board Games
12:15—2:15 pm Cards—YOUR Choice!
1:00 pm BINGO with Linda

#### 15

9:00 am "Cup of Joe" FREE Coffee and Donuts
10:00 am Trivia Game
12:15—2:15 pm Cards—YOUR Choice!
1:00 pm "The Price is Right"

22 9:00 am "Cup of Joe" FREE Coffee and Donuts 10:00 am Shuffleboard 12:15—2:15 pm Cards—YOUR CHOICE 1:00 pm "Jeopardy"

29 9:00 am "Cup of Joe" FREE Coffee and Donuts 10:00 am Penny Pitch 12:15—2:15 pm Cards—YOUR CHOICE 1:00 pm Corn Hole

Hicksville Lunch Reservation: Call –419-542-5004 by 1pm one day in advance THURSDAY 4

9:00 am Inspirational Reading and Discussion 10:00 am Spoons 12:15—2:15 pm Cards—YOUR Choice! 1:00 pm Corn Hole



#### HONORING ALL VETERANS

18

9:00 am Inspirational Reading and Discussion—
"What we are thankful for"
10:00 am Thanksgiving BINGO
Noon Door Prize Drawing
12:15—2:15 pm Cards—YOUR Choice
1:00 pm FARKLE!



#### 25

Closed Thursday & Friday to allow staff time with family for Thanksgiving.



#### Veterans Day

#### https://www.history.com/topics/holidays/veterans-day-facts

Have your ever wondered when we started observing Veterans Day? According to *History.com* Veterans day was originally "Armistice Day". It was celebrated on November 11, 1919 which was the first anniversary of the end of World War 1. In 1926, Congress passed a resolution to observe this date annually. In 1938 it became a national holiday. Veterans Day celebrates all veterans, living or dead, who served their country during war or peace.

Facts about Veterans day:

- $\Rightarrow$  Veterans Day is always observed on November 11th each year. This honors the 'eleventh hour of the eleventh day of the eleventh month' of 1918.
- ⇒ President Dwight D. Eisenhower changed the name from Armistice Day to Veterans Day in 1954.
- ⇒ Under the Uniform Holidays Bill, the day was moved to the fourth Monday in October in 1971 but in 1975 President Ford moved it back to November 11th. This was due to the historical significance of the date.
- ⇒ Veterans Day commemorates veterans of all wars.
- ⇒ The United States is not the only country to celebrate their veterans. France, Australia and Canada also commemorate veterans of World War I and World War II on or near November 11th.
- ⇒ Europe, Great Britain and Commonwealth countries observe 2 minutes of silence at 11 am every November 11th.
- ⇒ Arlington National Cemetery is home to the graves of over 400,000 people and on Veterans and Memorial Day they hold services every year.
- ⇒ Today's veterans are men and women from all walks of life. They are parents, grandparents, children and friends.
- $\Rightarrow$  There are 18.2 million living veterans who have served during at least 1 war.
- $\Rightarrow$  Women make up 9% of veterans.
- $\Rightarrow$  7 million veterans served during the Vietnam war.
- $\Rightarrow$  3 million have served in support of the War on Terrorism.
- $\Rightarrow$  16 million Americans served during World War II and about 325,000 were still living as of 2020.

- $\Rightarrow$  2 million veterans served during the Korean War.
- ⇒ The top 3 states with highest percentage of veterans (as of 2019) are Virginia, Wyoming and Alaska.
- ⇒ Major U.S. Wars include: Revolutionary War, The War of 1812, Mexican-American War, Civil War, Spanish American War, World War I, World War II, Korean War, Vietnam War, Persian Gulf War, Afghanistan War, Iraq War.
- $\Rightarrow~$  Twenty-six U.S. Presidents have been veterans.
- ⇒ During peacetime our veterans provide humanitarian aid and disaster relief; 70,000 troops assisted during Hurricane Katrina.



<u>Thank you Veterans!</u>

#### Did you know??????

The green bean casserole was first created in 1955 by the **Campbell Soup Company**. The inspiration for the dish was to create a quick and easy recipe around two things most Americans always had on hand in the 1950s: green beans and Campbell's Cream of Mushroom Soup.



"Jingle Bells" was originally composed for children to sing in a Boston Sunday School celebration. It was meant for the Thanksgiving season and had no connection to Christmas.

Pilgrims ate the first Thanksgiving meal with a knife, a spoon, and their fingers. The **fork** was introduced 10 years later by Governor Winthrop of Massachusetts, but didn't really catch on until the 18th century.

In 1980, the average turkey weighed 19 lb. Today the average is 31 lbs.



Pumpkin Pie was not a part of the first Thanksgiving, but is now America's favorite Thanksgiving pie.

Campbell's<sup>r</sup> Green Bean Casserole 1 Can (10.5 oz) Campbell's<sup>r</sup> Condensed Cream of Mushroom Soup 1/2 Cup Milk 1 tsp. soy sauce

4 Cups cooked cut green beans

1 1/3 cups French's<sup>r</sup> French Fried Onions (divided)

1. Preheat oven to  $350^{\circ}$ . Stir the soup, milk, soy sauce, beans and 2/3 cup of onions.

2. Bake for 25 minutes or until hot. Stir the bean mixture. Sprinkle the remaining 2/3 cup onions on top.

3. Bake another 5 min or until the onions are golden brown.

Serves 6 231 calories per serving

Have a Flag that needs retired?



American Flags can now be retired by dropping them off at either the Defiance or Hicksville location of the Senior Center. 2021 Caregiver Expo

You are invited to the AOoA Virtual 2021 Caregiver Expo, featuring keynote speaker, **Dr. Jeremy Holloway,** Founder of Tellegacy: *University Students Serving Isolated Older Adults.* Please join us on Wednesday, November 10th at 4:00 p.m., as he presents:

"Social Isolation and Loneliness & The Power of Resiliency". To register, go to https://areaofficeonaging.com/event/6612 or call Jessica Drouillard at 419-725-7037. Zoom login for attendees: 3:30 – 4 p.m.

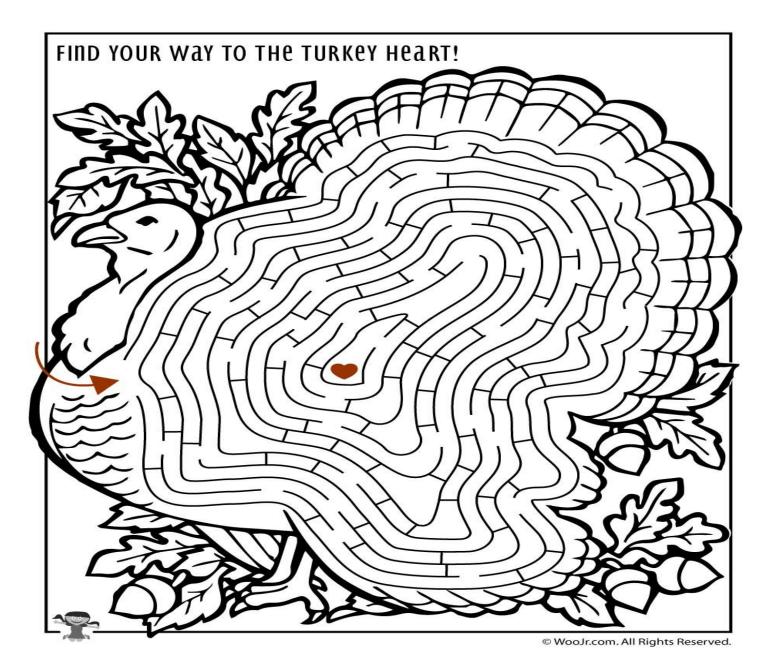


# Don't Be Scammed!

**WHO: Defiance Police Department** 

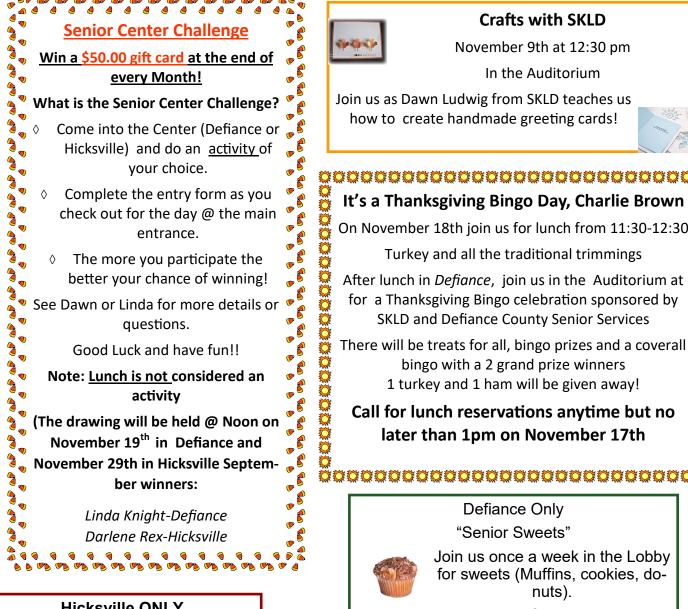
WHAT: Speaker, Scams and How to avoid them
WHEN: November 17, 2021
TIME: 10:30 am to 11:30 am
WHERE: Defiance County Senor Services Auditorium
RSVP: Reservations not required but recommended
Call Sheri Schliesser RN 419-783-4812

Join us for lunch after the speaker, just let Sheri know when you call for reservations.



## New Activities Available





# **Hicksville ONLY**



"CUP OF JOE" & FREE DONUTS! Every Monday 9 - 11 am **Hicksville Center** 

or

just come in and relax a bit.

No reservations required unless you would like to "lunch" with us!

# **Crafts with SKLD**

November 9th at 12:30 pm

In the Auditorium

Join us as Dawn Ludwig from SKLD teaches us how to create handmade greeting cards!



# 

On November 18th join us for lunch from 11:30-12:30

Turkey and all the traditional trimmings

After lunch in Defiance, join us in the Auditorium at for a Thanksgiving Bingo celebration sponsored by SKLD and Defiance County Senior Services

There will be treats for all, bingo prizes and a coverall bingo with a 2 grand prize winners 1 turkey and 1 ham will be given away!

Call for lunch reservations anytime but no later than 1pm on November 17th

**Defiance Only** 

"Senior Sweets"

Join us once a week in the Lobby for sweets (Muffins, cookies, donuts).

Watch the Defiance activities calendar each week for the day of this activity

9-11 am

Enjoy coffee and conversation with fellow seniors and enjoy a sweet treat compliments of the Defiance Activity Program and The

Join us for a Thanksgiving Lunch at the Hicksville location on November 18th at NOON

Door prize at lunch.

Thanksgiving Bingo to follow with a \$25 gift card as grand prize!

# CLOSED

Both locations of Defiance County Senior Services will be closed on the following dates:

Thursday November 11 in honor of Veterans Day



#### Thursday November 25th & Friday November 26th In honor of Thanksgiving



A word about masks: Masks are not required but are encouraged to be worn by all while indoors due to Covid 19 and the delta variant.

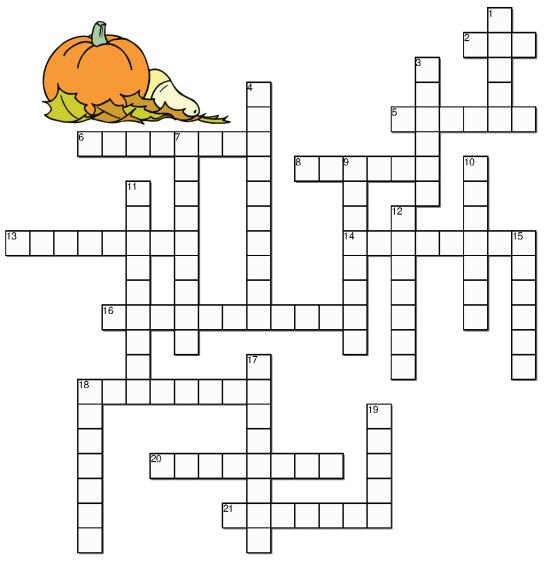
If you are not fully vaccinated, it is strongly suggested you wear a mask unless consuming food or drink.

#### Please do not come to DCSS if showing any Covid-19 symptoms.

Defiance County Senior Services	419-782-3233 dcss@defiancecounty.oh.gov			
Amy Francis, Executive Director	419-782-3232 afrancis@defiancecounty.oh.gov			
Robin Murray, Operations Manager	419-783-4850 rmurray@defiancecounty.oh.gov			
Dennis Vajen, Transportation Manager	419-782-3233 dcss@defiancecounty.oh.gov			
Sheri Schliesser, RN Staff Nurse	419-783-4812 sschliesser@defiancecounty.oh.gov			
Ginny Wiseman, Nutrition Manager	419-782-3321 gwiseman@defiancecounty.oh.gov			
Dawn Knox, Activities Manager	419-782-3233 dknox@defiancecounty.oh.gov			
Penny Cryer, Maintenance Manager	419-782-3233 pcryer@defiancecounty.oh.gov			
Linda McMahon, Hicksville Satellite Site Manager 419-542-5004 Imcmahon@defiancecounty.oh.gov				
Sue Weller, Nutrition Assessor and CSFP Coordinator 419-782-3233 sweller@defiancecounty.oh.gov				
Kitchen Staff– Barb Davis, cook; Mary Mansfield, cook; Jamie Blank, cook; Kitchen assistant/ Dishwasher				
Transportation Staff-driver; Kate Webb, driver; Dick Healy, driver				
Home Delivered Meal Staff– Doug Tadsen, driver; Sandy Kaufman, driver; Bob Federinko, driver; Jennifer Lero, driver; Rhetta LaFountain, driver; Mike Rychener, driver				
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				

# Thanksgiving

Complete the crossword below



#### Across

- 2. Turkey alternative
- 5. Thanksgiving bird
- 6. Month
- 8. Internal organs of a fowel
- 13. Sport commonly watched
- 14. Seasoned bread or fillings inside poultry
- 16. Special activities that commemorate something
- 18. one of the oldest towns in SE Massachusetts
- 20. Sauce for salads etc.
- 21. Season when crops are collected

#### <u>Down</u>

- 1. Synonym for corn; pale yellow
- 3. Plenty
- 4. Horn stuffed with foods, berries etc.
- 7. Name of ship that sailed to the New World (1620)
- 9. Valued praise, favor or benefit
- 10. Term also meaning Native American
- 11. Small, sour and dark red berry
- 12. Orange vegetable used in pie
- 15. Distinct cry of the male trukey
- 17. Day of the week
- 18. One of the band of Puritans who journeyed to America

19. Unusually abundant meal