



Summit Sentinel

MONTHLY NEWSLETTER

NOVEMBER 2024 EDITION

SUMMIT 60 SOCIAL CENTER & SENIOR SERVICES HEADQUARTERS

140 E. Broadway St.
Defiance, OH 43512
Phone: 419-782-3233
Monday—Friday
7:00am—3:00pm

SUMMIT 60 SOCIAL CENTER OF HICKSVILLE

708 E. High St.
Hicksville, OH 43526
Phone: 419-769-8046
Monday & Thursday
9:00am—2:00pm

2024 EVENT SPONSORS

Thank you to this years event sponsors, with your support we are able to bring great events to the seniors of Defiance County!

2024 Premier Events Sponsor: **Sam Hornish**

Event Sponsors:

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The Wholesale House

"SUMMIT SENTINEL"

PUBLISHED BY: DEFIANCE COUNTY SENIOR SERVICES
140 E. BROADWAY ST. | DEFIANCE, OH 43512



How to make Trip & Event Reservations

We love seeing all of you excited for our events and trips!

To best serve everyone fairly, we have set up the following guidelines:

1- Reservations can only be made after 9am on the 1st Monday of the month.

Unless another date is noted in the newsletter

2- We are only accepting in person reservations at both centers.

No more than 2 tickets per person at a time.

3- Your non-refundable fee / ticket must be paid in order to reserve a spot.

If you are driving yourself, you must still make your reservations with Dawn or Jenn, as we can only accommodate a set amount.

Thank you for your understanding & lets have some fun!!

Veterans Luncheon

Fri. Nov. 8th | 11:30am



Tickets only \$5

VETERANS EAT FOR FREE!

I would like to take a moment and thank all of our United States Veterans for putting their lives on the line to give us the freedoms and liberties we have today!

Lets join together in celebrate these brave men and women for a special luncheon just for them!

Guest Speaker is Tonya Brunner
Director of Defiance County
Veterans Services!

Menu Includes:

BBQ Ribs, Scalloped Potatoes,
California Blend Vegetables, Fruit
Cocktail and Dinner rolls!

Thanksgiving Celebration

Thurs. Nov. 14th | 11:30am



Tickets only \$10

Who doesn't love a home cooked Thanksgiving meal? Even better for you, no clean up!!!

Join us for our Annual
Thanksgiving Celebration at
Summit 60 in Defiance!

Entertainment Provided by:
Gene Zenz
For all of your old-time country and
rock music!

Menu Includes:

Roasted Turkey, Dressing, Mashed
Potatoes, Green Bean Casserole,
Cranberry Salad, Dinner rolls and
Pumpkin Dessert!



HOLIDAY CRAFT SHOW

Sat. Nov. 2nd | 9:00 am

See to the left for more details

SENIOR NITE OUT #1

Wed. Nov. 6th | 4:00pm

Wauseon, OH | \$5 Transportation

Lets start the month off right at
Sullivan's Restaurant for Good food
with good friends and of course
50/50!!

VETERANS LUNCHEON

Fri. Nov. 8th | 11:30am

See to the left for more details

THANKSGIVING CELEBRATION

Thurs. Nov. 14th | 11:30am

See to the left for more details

MYSTERY LUNCH

Tues. Nov. 19th | 10:00am

\$5 Transportation

We will be heading to out of Summit
60 in Defiance at 10am for this
month's Mystery Lunch!

SENIOR NITE OUT #2

Thurs. Nov. 21st | 4:00pm Wauseon,
OH | \$5 Transportation Take Two!!!

Head over with us to Sullivan's
Restaurant for Good food with good
friends and of course 50/50!!

DAY AT THE MOVIES

Fri. Nov. 22nd 10:00am |

Sponsored by Kingsbury Place

Join your friends for a great movie,
popcorn and pop at Phoenix Theater
in Defiance. The 1st 24 people signed
up are free, only \$10 for anyone after.

December Senior Nite Out

Thurs. December 5th at 4:00pm
Christkindl Market and Dinner at
Jackie Blue's

\$5 for Transportation

**Tickets on sale: Monday November 18th
at 9:00am**

Lets Kick off Christmas Season with the
shops in the Square of Bryan, OH!



Defiance County Senior Services Auxiliary
Holiday Craft and Vendor Show

Sat. November 2nd, 9am - 3pm
at Summit 60 Defiance; 140 E. Broadway St.

SUMMIT 60 SOCIAL CENTER OF DEFIANCE ACTIVITIES

NOVEMBER 2024 NEWSLETTER | PAGE 03

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				BIRTHDAY DAY!! 1
<u>Reminder:</u> Toe Nail Clinic will be Nov. 6th at Summit 60 in Defiance Please call Dawn for an Appt.	KEY: Green: Trip or Event Red: Theme of the day Orange: Grocery Trip Blue: Activities with a low cost to them!			9-Cardio Drumming 9-3- Shoot Pool, Pin ball, Pac-Man 9:30 Pepper 9:30 11:30 Stepping On Class by Health Dept. 10- Tai Chi 11:30 Birthday Lunch 12:30- 2:00- Puzzles 1 -Zumba w/ Sandy-\$5
4	GYM CLOSED 5	6	7	8
9- Cardio Drumming 9:30 Pepper 9-3pm Pac-man & Pinball and Shoot pool 10- Cardio Drumming 10:30 Uno 12:30-Pie Bingo with Glen Park 1-3 Domino's	9-10:30 Shopping at Meijer's 9-3 Shooting pool, Pac-man, Pinball 9:30- Pepper 10- Bible Study 12:00- 2:30 Scrabble 12:30-3pm Puzzles 1:30-3pm UNO	9- Cardio Drumming 9:30-2:30- Yahtzee Tournament 10-Cardio Drumming 10:30-2pm- UNO 12-2pm Scrabble 1-3pmPuzzles 3:45-Yoga with Heather (Cost \$5) 4pm Senior's Nite Out	9:30- Pepper 10:30 UNO 10-11 Creative crafts with Dawn Ludwig 11:30: Blood Pressures by the Health Dept. 12-3pm Puzzles 1- Alzhiemer's support group 1-3pm-Shoot pool & Play Pac-Man & Pinball	9- Cardio Drumming 9-3 Shooting pool, Video games and Pinball 9:30 Pepper 10- Tai Chi 10:30 Scrabble 11:30-Veterans Day Celebration in the Gym Speaker Tonya Brunner 1 -Zumba w/ Sandy-\$5
11	12	13	14	15
 <u>Closed for Veterans Day</u>	9-10:30 Shopping at Walmart 9:30- Pepper 10- Bible Study 10- Tai Chi 11-3 Puzzles 12-3pm- Shoot Pool & Play Pac-Man & Pinball 12:30 -3pm-Scrabble 1 -Zumba w/ Sandy-\$5 1-3 UNO	9-Cardio Drumming 9-3pm- Shoot Pool, Play Pac-Man & Pinball 9:30 Yahtzee Tournament 10- Cardio Drumming 12:30 -2pm- Scrabble 1:30 Domino's 2-3 Boggle 3:45 Yoga w/Heather-\$5	9:30 Pepper 10:30-2pm UNO 11- Scrabble 12-3pm Shoot Pool & Play Pac-Man & Pinball 11:30 Thanksgiving Luncheon 1-2pm Creative crafts with Dawn Ludwig	9-1pm Stephanie Wagner Appts Only On Medicare D 9- Pepper 9- Cardio Drumming 10- Tai Chi 9:30 11:30 Stepping on Program By Health Dept. Sign -up with Dawn 1 -Zumba w/ Sandy-\$5
18	19	20	21	22
9- Cardio Drumming 9:30 Pepper 9-3pm Pac- Man, Pinball & shoot Pool 10 Cardio Drumming 11-3 Boggle 10:30 Euchre Tournament 11:45- Utility Scams Speaker at Lunch 12:30 Bingo with Kingsbury Place 1-3 Puzzles	9-10:30-Shopping at Aldi's 9:30 Pepper 10-Bible Study 10- Tai Chi 11-3 Puzzles 12-3pm Shoot pool & play Pac-Man & Pinball 1 -Zumba w/ Sandy-\$5 1-3pm-UNO	9- Cardio Drumming 9-3-shoot pool, Pac-man, Pinball 9:30 Yahtzee Tournament 10 -Cardio Drumming #2 12:30 -Scrabble 1:30 ONO 2-3 Boggle 3:45 Yog with Heather Cost \$5	9-2 Pepper 9;30 11:30 Grief support Group 10:30 Scrabble 11- Boggle 11:30 BP by Lexi 11-Pool Pacman & Pinball 12:30 Bingo by Antwerp Manor 1-2:30 UNO 4- Senior Nite out #2	9- Cardio Drumming 9-3- Shoot Poll, Pac-Man, Pinball 9:30-11:30-Stepping On Class with the Health Dept. (Please sign-up with Dawn) 9:30 Pepper 10- Movie Day 10-Tai Chi 12:30- Scrabble 1 -Zumba w/ Sandy-\$5 1:30 2:30-Boggle

25	26	27	28	29
9- Cardio Drumming 9:30 pepper 9-3pm Pac- Man , Pinball, and Shooting Pool 10- Cardio Drumming 11- Penny Pitch with Meadows of Kalida 12:30 Summit 60 BINGO! 1-3pm Putting Puzzles together	9-10:30- Shopping at Aldi's 9:30-3- Shooting Pool, Video games and Pinball 9:30 Pepper 10 Bible Study 10- Tai Chi 11-3 -Puzzle 1-2 Zumba with Sandy Hall Cost \$5	9- Cardio Drumming 9-3pm Shooting Pool. Video Games, Pinball 9:30-Yahtzee Tournament 10- Cardio Drumming #2 10:30 UNO 1-2:30 Commodity Box Pick-up 3:45- Yoga with Heather Cost \$5	Closed for Thanksgiving Holiday	Closed for Thanksgiving Holiday
				

WE WANT YOUR IDEAS!

We have a lot more ideas for activates, trips and events in the works, but we want to know what you want! If you have any suggestions please let our Activities Coordinator, Dawn or our Community Outreach Manager, Jenn know at 419-782-3233!



The Defiance County Veterans Office

WE CONNECT VETERANS TO BENEFITS

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Veterans Crisis Hotline

1-800-273-8255 Press 1 or text 838255

OFFICE: 419-782-6861 | FAX: 419-782-6713

📍 1300 E Second St., Suite 102, Defiance, OH

✉ veterans@defiancecounty.oh.gov

🌐 www.defiance-county.com/veterans-office/

Defiance County Ohio Veterans Office

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THS-9129-24



GET OUT AND VOTE!

Election Day is Tuesday
November 5th! Find your local
precinct and let your voice be
heard!

Our Gym will be closed on
Election Day to host the local
precinct. Thank you for your
understanding.



If you look you may see
The Defiance County
Senior Services Levy
on there too!



TRANSPORTATION

We offer transportation to
doctors appointments,
haircuts, medication pick-ups
and more to anyone in
Defiance County 60+!

**Suggested donation is only
50¢ a mile!**

Please note we do not turn away anyone who
cannot afford the donation.

We offer transportation to and
from Summit 60 Social Centers
in Defiance & Hicksville!

Give us a call and schedule
today at 419-782-3233!

GAME ROOM



Did you know we have a game
room open from 7a-3p daily
for our friends 60 years and
better? Our game room is
being renovated and added to
but at this time we have a
billiards table, Pacman arcade
game and a digital pinball
machine for you to enjoy!
Check it out today and see if
you can beat the high scores!

THRIVE
LOCALLY

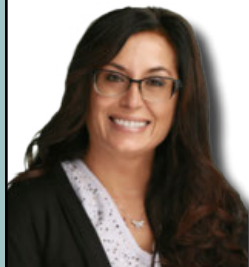


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Stephanie Wagner

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9:00AM FRIDAY | FREE

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Join Heather for a yoga experience for all skill levels!

TAI CHI

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Come in and try this relaxing video class!

ZUMBA WITH SANDY

1:00PM TUE & FRI | \$5

Join us for this fun new dance exercise class!

THE FITNESS CENTER AT SUMMIT 60

DAILY 7:00AM - 3:00PM | FREE



Big Medicare Changes in 2025!

Call today to schedule your
FREE review!

Summit 60 Social Center/Defiance

Free reviews with NO obligation to sign up!

New 2025 Plans, are you on the right plan for 2025?



Where: Summit 60 Social Center/Defiance

When: ~~Thursday Oct. 31st 9am to 1pm~~

Friday Nov. 15th 9am to 1pm

Monday Dec. 2nd 9am to 1pm

Call Dawn to schedule your time on one of these dates before they fill up @ 419-782-3233

Stephanie Wagner
419-783-0302

Unavailable these days, call Stephanie to arrange another time to meet. In home appointments are available.

WORLD DIABETES DAY

14 NOVEMBER 2024

Diabetes and Well-Being

Know the warning signs and symptoms
of Diabetes:

- Urinating often
- Feeling very thirsty
- Feeling very hungry—even though you are eating
- Extreme fatigue
- Blurry vision
- Cuts/bruises that are slow to heal
- Weight loss—even though you are eating more (type 1)
- Tingling, pain, or numbness in the hands/feet (type 2)



Early detection and treatment of diabetes can decrease the risk of developing the Complications of Diabetes. Talk to your Medical provider about annual Diabetes screenings.

You can find more information from the American Diabetes Association by visiting:
<https://diabetes.org>

Are you facing a utility disconnection?

The Special Reconnect Order can help!*

- Available one-time per utility from Oct. 14, 2024, through April 18, 2025
- Available to any household regardless of income level
- A reconnection fee of no more than \$36 upfront may be charged if the service has been disconnected, any remaining amount over \$36 will appear on the following bill
- The \$175 may be split between electric and natural gas if used for both at the same time
- Municipal utilities and rural co-ops are not required to offer the Special Reconnect Order

*Authorized by the Public Utilities Commission of Ohio (PUCO)

For more utility assistance information visit:
www.occ.ohio.gov/utilityassistance



Office of the Ohio
Consumers' Counsel
www.occ.ohio.gov

SUMMIT 60 SOCIAL CENTER OF HICKSVILLE ACTIVITIES

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				Center Closed 01
KEY: Green: Trip or Event Red: Theme of the day Orange: Grocery Trip Blue: Activities with a low cost to them!	When Summit 60 of Hicksville is Closed, Please reach out to Jenn to schedule Transportation to Summit 60 in Defiance!	 Big Medicare Changes in 2025! Call today to schedule your FREE review! Summit 60 Social Center/Hicksville Free reviews with NO obligation to sign up! New 2025 Plans, are you on the right plan for 2025?  Where: Summit 60 Social Center/Hicksville When: Monday November 18th 9am to 12 pm Call Jennifer to schedule your time on one of these dates before they fill up @ 419-769-8046 Unavailable this day, call Stephanie to arrange another time to meet. In home appointments are available.		
04	05	06	07	08
10:00am—Cards, Crafts, Puzzles 1:00pm—BINGO with Antwerp Manor	Center Closed.	Center Closed. Senior Nite Out	10:00am—Cards, Crafts, Puzzles 11am—Blood Pressure Checks 1pm— Penny Pitch	Center Closed. Veterans Lunch-in
11	12	13	14	15
 Closed for Veterans Day	10am— Cards, Crafts, Puzzles 1:00pm— BINGO with Jenn	10am—Cards, Crafts, Puzzles 1:00pm— Face or Fiction	Center Closed. Thanksgiving Lunch in at Summit 60 of Defiance	Center Closed.
18	19	20	21	22
9am—Ohio Senior Insurance 10:00am—Cards, Crafts, Puzzles 1:00pm—BINGO with Select Medical Rehab	Center Closed. Mystery Lunch	Center Closed.	10am— Cards, Crafts, Puzzles 11am—Blood Pressure Checks 1pm— Skip-Bo Tournament 2nd Senior Nite Out	Center Closed. Movie Day!
25	26	27	28	29
10:00am—Rummy 1:00pm—BINGO with Vancrest Birthday Celebrations!!	Center Closed.	Center Closed. Commodity Pick up 12:30pm-2pm	Closed for Thanksgiving 	Closed for Thanksgiving



NO MEALS ON WHEELS DELIVERIES

We will not be delivering meals on the following dates:

**Thursday Nov. 28th and
Friday Nov. 29th**

Defiance County Senior Services & Summit 60 Social Centers will be closed and not delivering Meals on Wheels to observe Thanksgiving. We will resume normal operations Monday December 2nd.

COMMODITY BOX PICK UP

40LBS OF SHELF STABLE FOOD AND
2LBS OF CHEESE!

Wed. November 27th

Summit 60 Defiance Center:
1:00pm-2:30pm

Summit 60 Hicksville Center:
12:30pm-2:00pm

This is a free program!
For an application please
contact Sue at 419-782-3233!

**DCSS
140 E. Broadway St
Defiance, OH 43512
Attn: Sue**

**Please no pets at pick up.
Thank you!**



NEED TO CANCEL YOUR HOME DELIVERED MEAL?

Did you have an appointment that ran over, spur of the moment trip with friends, or just not going to be home today? Please give Ginny in our kitchen a call as soon as possible so we can take you of our delivery route that day at 419-782-3321!



TRUSTWELL LIVING
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<https://www.trustwellliving.com/senior-living/oh/defiance/kingsbury-place/>

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**DID YOU KNOW WE ARE A
NATIONAL MEMBER OF
MEALS ON WHEELS OF
AMERICA?**

If you or someone you know is interested in receiving our home delivered meals please give us a call at 419-782-3233!



**WHERE ELSE ARE YOU GOING TO
GET A MEAL FOR JUST \$3.00?!**

The answer is nowhere!
Suggested donations for our dine in lunches and Meals on Wheels are only \$3, but we can get you an even better deal! If you purchase our [20 for \\$50 Meal Deal Coupons](#), that makes each meal only \$2.50!!

Please note that no patron, 60 years or better will be denied meals due to inability to pay.



**MAKE YOUR RESERVATIONS
TODAY!**

Lunch is served from 11:30am - 12:30pm, Mon - Fri at the Defiance Center.

To best serve you, please call in by 8:00am the day of to reserve your spot. An alternative meal will be available for those without a reservation.

You can make a reservation in person or by calling us at 419-782-3233!



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14-1829

November 2024

Home Delivered Meals 419 782-3321

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

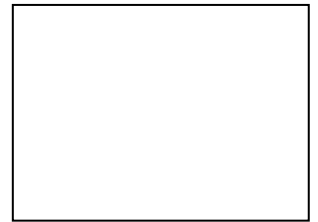
Menu is subject to change based upon product availability

1 Meatloaf Garlic Mashed Potatoes Green Beans Orange Juice Birthday Cake Dinner Roll	8 BBQ Ribs Scalloped Potatoes California Blend Fruit Cocktail Dinner Roll	7 Hamburger Gravy Mashed Potatoes 3 Bean Salad Peach Crisp Dinner Roll	6 Beef Stew Tossed Salad Craisins Apple Juice Biscuit	5 Parmesan Chicken Cauliflower Glazed Carrots Apricots Garlic Bread	4 Pulled Pork Sandwich Hashbrown Casserole Broccoli Normandy Ambrosia Salad
15 Cheese Omelet Mushrooms and Onions Stewed Tomatoes Orange Juice Bagel	14 Turkey and Dressing Mashed Potatoes Green Bean Casserole Cranberry Salad Dinner Roll Pumpkin Dessert	13 Cabbage and Ham Hash Broccoli Salad Apple Slices w/Peanut Butter Bran Muffin	12 Hot Beef Sandwich Potato Wedges Cauliflower with Cheese Sauce Grapes	Closed For Veteran's Day	Closed For Veteran's Day
22 Country Fried Steak Mashed Potatoes Green Beans Apricots Dinner Roll	21 Stuffed Pasta Shells Carrot Raisin Salad Peas Cherry Crisp Bread Stick	20 Chicken and Dumpling Soup Tossed Salad V-8 Diced Peaches	19 Beef tips Buttered Noodles Brussel Sprouts Red Beets Mandarin Oranges Dinner Roll	18 Pizza Burger Oven Fries Coleslaw Baked Apples	25 Creamed Chicken Sandwich Tater Tots Stewed Tomatoes Tropical Fruit
29 Closed For Thanksgiving	28 Closed For Thanksgiving	27 Ham and Bean Soup Tossed Salad Cinnamon Pears Corn Bread	26 Salisbury Steak Corn Au Gratin Potatoes Pineapple Dinner Roll		

News

Home delivered meals must be consumed within 30 minutes of delivery, or refrigerated and reheated at 350 degrees for 15 minutes

To cancel a meal, or inquire about ingredients, please call Ginny 419 782-3321



 **FOLLOW US ON FACEBOOK AT**

SUMMIT 60 SOCIAL CENTER & DEFIANCE COUNTY SENIOR SERVICES!

WE ARE HERE FOR YOU, GIVE US A CALL TODAY!

Nick Wichman

Director
(419) 782-3232

Jessica Osborn

Business Manager
(419) 783-4850

Lexie McKeen, LPN

Client Resource Specialist
(419) 783-4812

Ginny Wiseman

Nutrition Manager
(419) 782-3321

Jenn Nelson

Community Outreach Manager
(419) 769-8046

**Senior Services
Main Line**

(419) 782-3233

Sue Weller

*Client Concierge
& Commodities Coordinator*

Dawn Knox

Activities Coordinator

Penny Cryer

Custodian

Suzy Mack

Staff Assistant

Kitchen Team

*Mary Mansfield, Barb Davis,
Sandy Kaufman, Deb Vajen*

Meals on Wheels Team

*Jennifer Lero, Mike Rychener,
Myra Emmons, Vicky Healy, Jodi
Cocke, Karen Fitzwater, Isaiah
Almanza, Michael Imber*

Transportation Team

*Dennis Scott, Keith Ashbacher,
Oline Hill, Don Heffner*



FUNDING SOURCES FOR DEFIANCE COUNTY SENIOR SERVICES:

**Our Senior Services Tax Levy, Area Office on Aging, Defiance County Commissioners,
Defiance County Senior Services Auxiliary Board and generous donations from patrons like you!**

Thank you for your continued support!