



Our Times

October 2019

419-782-3233

Defiance County Senior Services

SPOOKTACULAR HALLOWEEN PARTY
WEDNESDAY OCTOBER 16 4:30-7
MULTI-PURPOSE BUILDING @ HICKSVILLE FAIRGROUNDS
(Enter at the Hicks St. and Maple St. Entrance)
Doors open @ 4:30 Dinner @ 5
Music @ 5:30 Costume Contest @ 6:30

Please purchase advanced tickets by October 4th at either Defiance or Hicksville Location. Transportation available from both locations!
Tickets \$5 for an evening of dinner and entertainment

Menu

Meatloaf	Baked Potato	Tossed Salad
Peas & Onions	Hot Cinnamon Apples	Dinner Roll
Chocolate Lush		

October 2019

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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!



L-R Commissioner Ryan Mack, Senior Center Director Tina Hiler, Veterans Office Manager Tanya Brunner, Commissioner Gary Plotts, Commissioner Mick Pocratsky



For Your Health

Defiance County Senior Services transportation departments at Defiance and Hicksville are happy to assist with your transportation needs to the doctor, grocery, therapy & hair appointments! Please donate what you are comfortably able to give!

There are openings in Heather Klingler's Monday afternoon Yoga class. We meet at 3pm in the auditorium. Please call Dawn for details.



SAFELY DISPOSE OF UNUSED MEDICATIONS

MedSafe is a specially-designed drug disposal system. It provides a safe and convenient way to dispose of expired or unused medications and controlled substances.

There is a MedSafe disposal unit located in the hallway leading to the emergency room at ProMedica Defiance Regional Hospital.

Patients, family members and visitors can drop off prescription and over the counter medications at anytime, 24/7!

Please DO NOT place the following in the MedSafe:

No sharps containers, needles, syringes, batteries, aerosol spray cans, trash, medical devices, chemicals or other hazardous materials. No liquid containers with more than 4oz. Please place in plastic bag before depositing.

By disposing of properly, you will reduce the risk of theft, misuse or accidental pain medications. You can help by removing drugs or are no longer taking.



medications reduce the risk of access by children of left in your cabinet - reduce confusion strengths that you

THANK YOU PROMEDICA FOR THIS VALUABLE SERVICE TO THE DEFIANCE COMMUNITY!



Meet the Staff

Penny Cryer is our manager of Janitorial and Maintenance. She has been with Defiance County Senior Services for 7 years. She started as a volunteer and then became a home delivered meal and transportation driver before transitioning to her current job duties. You can find Penny in the business office or cleaning our building at any given time. We appreciate Penny's passion for freestyle decoration as she beautifies our center for the holidays.

Penny has been married to Robert for 35 years, they have 3 children, 6 grandchildren and 4 great grandchildren. Penny challenges herself to learn new skills and was in retail, restaurant work and was a full time Fire Captain and EMT in Defiance. She also trained as an arson investigator. She attended Northwest State Community College. Penny loves spending time with her dog, Racheal.



Hicksville Happenings

Trick or Treat

The preschoolers from
St. John's will join us on
Wednesday October 30th
At 11am. We will supply the candy,
Please join us as our youth entertain us!!



Wear your Costumes and join in the fun!

Do YOU have the gift of time?? Linda could
use some volunteers at the Hicksville Location!

If you have time to give and would like
to volunteer ~whether it be 1 hour or 4~
we would love to have your help.

Please call 419-542-5004



Commodity Supplemental Food Program

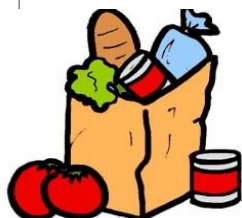
**Don't Forget to pick
up your food box!**

**Wednesday
October 23**

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.



Commodity Supplemental
Food Program

Toe Nail Clinic
Wednesday
October 2nd by
appointment
ONLY starting at
12:30 Fee \$15
Call Linda at
419-542-5004
\$15 payable to
the nurse.



Defiance County
Senior Services
will be **CLOSED**
On October 14th
In Observance of
Columbus Day

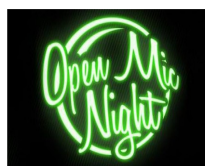
Seniors night out

Join us for Open Mic
Night at the Defiance
Center on Wednesday
October 2nd.

Departure time is
2:30pm.

Free Transportation
Call Linda to reserve
your spot on the bus.
419-542-5004

Free will donation
419-542-5004 (6+
needed to make the
trip)



**October 4th sponsored
by Antwerp Manor
and**

**October 8th sponsored
by Hickory Creek**

*Leaves ARE
Falling
AUTUMN
IS Calling*

Alan Seibert

**The Music Man
will entertain us on
October 11th from
10:00-11:00 am**

Sponsored by Jim Schmidt
family of Dealerships



October 2019 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>1 10-11 Spoons 2:15-2:15 Euchre</p>	<p>2 10 "Price is Right" 11 12:30 Toe nail clinic 12:15-2:15 Euchre 2:30 Leave for Open Mic @ Defiance</p>	<p>3 10 Adult Coloring 12:30 Cards and games</p>	<p>4 10 Bingo w/ Antwerp Manor 11:45 Birthday Lunch  12:15 -2:15 Euchre</p>
<p>7 10 Skipbo 12:15-2:15 Euchre</p>	<p>8 10 BINGO with Hickory Creek 12:15-2:15 Euchre Last day to purchase tickets for the Halloween Party</p>	<p>9 10 Penny Pitch 12:15-2:15 Euchre</p>	<p>10 10 Cards & games 12:15 Senior's Choice</p>	<p>11 10:30 Alan Seibert "The Music Man" 12:15 -2:15 Euchre</p>
<p>14 CLOSED </p>	<p>15 10 Jeopardy 12 The Hearing Aid Center for Free cleaning and hearing aid checks. 12:15-2:15 Euchre</p>	<p>16 10 "Let's make a Deal" 12:15-2:15 Euchre 4:30 Doors Open for Halloween Party and Evening Meal </p>	<p>17 10 Skipbo 12:30 Coloring or Crafts YOU choose</p>	<p>18 10 Puzzle/ word search day 12:30 Euchre</p>
<p>21 10 Aggravation 12:15-2:15 Euchre</p>	<p>22 10 Chair Stretches 12:15-2:15 Euchre</p>	<p>23 10 Senior's Choice 12:15 Euchre 1:00-2:30 Food Box distribution</p>	<p>24 10 Corn Hole 12:30 Cards & Games</p>	<p>25 10 Singing and Dancing to the Oldies 12:15-2:15 Euchre</p>
<p>28 10 Aggravation 12:15-2:15 Euchre</p>	<p>29 10 Spoon for Apples and Pin the tail on the Donkey- PRIZES 12:15 Euchre</p>	<p>30 11 Trick or Treaters from St. John's Preschool Wear your Costumes  12:15 Euchre</p>	<p>31 All Day Seniors Choice </p>	

October 2019 Defiance

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For more information contact Dawn @
419-782-3233

Mon	Tue	Wed	Thu	Fri
	<p>1 10 Tai Chi</p> <p>10 Bible Study</p> <p>4 Yoga</p>	<p>2 9:30 Cards</p> <p>10 Crafts</p> <p>12:30 Shop at Kroger</p> <p>5-8 Open Mic Night</p>	<p>3 9:30 Cards</p> <p>9:45 B/P w Brookview</p> <p>10 Stretch band</p> <p>10 Zumba</p> <p>12:30 Shop At Meijer</p> <p>12:30Bingo w/ Brookview</p> <p>1:30 Alzheimer's support group</p> <p>4 Yoga</p>	<p>4 9:30 Cards </p> <p>10 Tai Chi</p> <p>10 Crafts</p> <p>11:30 Birthday Lunch</p> <p>10-12 A Matter of Balance Last Class</p>
<p>7 10 Zumba</p> <p>10 Crochet & knitting bee</p> <p>3 Yoga</p>	<p>8 10 Tai Chi</p> <p>10 Bible Study</p> <p>1:00 New ACTIVITY LINE DANCING</p> <p>4 Senior's Night Out Dick's Steakhouse</p> <p>4 Yoga</p>	<p>9 9:30 Cards</p> <p>10 Blood Pressure with Allcaring</p> <p>10 Crafts</p> <p>12:30 Shop at Kroger</p>	<p>10 9:30 Cards</p> <p>10 Stretch Band</p> <p>10 Zumba</p> <p>12:30 Shop at Meijer</p> <p>4 Yoga</p>	<p>11 9:30 Cards</p> <p>10 Crafts</p> <p>10 Tai Chi</p>
<p>14 CLOSED</p> <p></p>	<p>15 10 Tai Chi</p> <p>10 Bible Study</p> <p>1:00 Line Dancing</p> <p>4 Yoga</p>	<p>16 9:30 Cards</p> <p>10 Crafts</p> <p>12:30 Shop at Kroger</p> <p>4-7 Halloween Evening Meal At Fairgrounds </p>	<p>17 9:30 Cards</p> <p>10 Stretch Band</p> <p>10 Zumba</p> <p>10:45 B/P by CHP</p> <p>12:30 Shop at Meijer</p> <p>12:30 Bingo w/ SKLD</p> <p>4 Yoga</p>	<p>18 9:30 Cards</p> <p>10 Crafts</p> <p>10 Tai Chi</p>
<p>21 10 Zumba</p> <p>10 Crochet & knitting bee</p> <p>1:00 Euchre Tournament</p> <p>3 Yoga</p>	<p>22 10 Tai Chi</p> <p>10 Bible Study</p> <p>1:00 Line Dancing</p> <p>4 Yoga</p>	<p>23 9:30 Cards</p> <p>10 Crafts</p> <p>12:30 Shop at Kroger</p> <p><u>1-2:30 Senior food</u> <u>Box Pick up</u></p>	<p>24 9:30 Cards</p> <p>10 Stretch Band</p> <p>10 Zumba</p> <p>12:30 Shop at Meijer</p> <p>4 Yoga</p>	<p>25 9:30 Cards</p> <p>10 Crafts</p> <p>10 Tai Chi</p>
<p>28 10 Zumba</p> <p>10 Nails and Tails</p> <p>12:30 Bingo with Senior Center</p> <p>3 Yoga</p>	<p>29 10 Tai Chi</p> <p>10 Bible Study</p> <p>1:00 Line Dancing</p> <p>4 Yoga</p>	<p>30 9:30 Cards</p> <p>10 Crafts</p> <p>12:30 Shop at Kroger</p>	<p>31 9:30 Cards</p> <p>10 Stretch Band</p> <p>10 Zumba</p> <p>12:30 Shop at Meijer</p> <p>4 Yoga</p> <p></p>	<p></p>
<p></p>	<p>We Will have Tickets available for the Thanksgiving luncheon</p>	<p>Starting on October 1st. \$5 suggested donation. Turkey! YUM!</p>	<p>Save the Date: November 14 11:30-1:00</p>	



Dawn's Bulletin Board @ Defiance

419-782-3233



Chief Good Neighbor Receipts restarted in September!

If you have Chief Good Neighbor receipts please bring them in to Dawn.

Chief will donate a percentage of your total to our Defiance County Senior Services Auxiliary!

From 2012 to 2018 they have donated \$975!!

Thank you to all for helping by bringing in receipts and to Larry Zartman for organizing them! That's what Good Neighbors are for!

THANK YOU

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

Kingsbury Place

Antwerp Manor

AllCaring

Hearing Aid Center

Community Health Professionals

SKLD formerly Twin Rivers

Hickory Creek

Brookview Healthcare

Defiance County Health Department

Toledo Seagate Foodbank

First Church of Christ

Jim Schmidt Dealerships

Line Dancing has arrived at Defiance County Senior Services.

Line Dancing Lessons 1-2pm Every Tuesday

Join us Starting October 8th!

Instructor: Marianne Yoder



Open Mic Night

Wednesday October 2nd

5-8pm

Join us at Defiance County Senior Services Auditorium for good music and fun with friends. Light dinner served, free will donation.



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**. Pat, 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 October 3rd from 1:30-3pm.



Defiance County Senior Services will be **CLOSED** On October 14th In Observance of Columbus Day

Tickets available October 1st for the Thanksgiving Luncheon.

Suggested \$5 donation-get yours before they are gone!

Seniors Night Out

A Great way to go to dinner with friends! Join us for seniors night out at **Dicks Steakhouse in Kalida on** October 8th.

Transportation available but with limited seats.

Did you know? You can join us by following or meeting us there also. Just call Dawn to reserve you a seat at the restaurant and let her know you will be following or meeting the rest of the group there.

For reservations Call 419-782-3233



Eyes on Nutrition



**Do you need to cancel or make a change to
your Home Delivered Meal?**

Please Call

419-782-3321

Farm to Fork

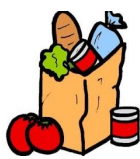
How many bees does it take to make 1 tablespoon of Honey? 12 bees and 2,000 flowers!

How many pounds of tomatoes does each American average per year? 22 pounds; half is ketchup and tomato sauce!

How many Turkeys do Americans eat at Thanksgiving? 45 million!

How many glasses of milk does one cow produce each year? 46,000-A cow can produce 2,100 pounds per month

What crop is grown in all 50 states? Potatoes! The average person eats 140 pounds per year



Commodity



Rental Assistance

The Henry Co Housing Authority provides rental assistance. They serve Defiance County low income families and elderly or disabled on a first come, first served basis. You may complete an application to be put on the waiting list during the month of October~

Tuesday 10/8 /2019 from 9-11 am

Wednesday 10/9/2019 from 1-3pm

Friday 10/11/2019 from 9-11am

At Oberhaus Park

750 W. Maumee Avenue Napoleon

If you have trouble paying your rent due to your income you are encouraged to apply.

Bring and ID, a piece of mail to verify your current address and the social security card of all household members

Food For Seniors

Food Box Pick up

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

October 23, 2019

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



Have you seen our salad bar?

Every Wednesday we have a salad bar in addition to our menu. Come check it out!

Reminder:

All seniors shall determine for themselves what they can comfortably afford to donate. Might we suggest \$3 per meal.

We also have our meal deal available. \$50 will buy you 20 meals at a cost of \$2.50 per meal.

Please see Dawn at the front desk or ask your meal route driver for the meal deal coupons!

Calling all Volunteers

The Café could use **YOU!**

Please see Dawn Knox or

Call 419-782-3233

Are you prepared for an emergency?

Defiance County General Health District offers the following suggestions:

Be Informed—by preparing for a hazard, you will be prepared for any disaster

- Listen to local radio
- Sign up for Nixle alerts through the Defiance County Sheriff's Website
- Contact Family, friends and neighbors before and after disaster about your safety

Get a Kit— for your safety and comfort, have a disaster supply kit packed and ready

- Assemble supplies to last at least 3 days
- Store Supplies in easy to carry container such as backpack or duffel bag
- Be sure your bag has an ID tag on it
- Label all equipment such as wheelchairs, canes or walkers with name, address and phone number

What should I include?

Water—1 gallon per person, per day

Food—that does not need cooked

Manual can opener

Flashlight and extra batteries

Battery operated or hand crank radio

First Aid kit

Medications (7 days supply) and medical items

Sanitation and personal hygiene items (toilet paper, plastic garbage bags)

Copies of personal documents, medication lists and medical information

Cell phone with charger (solar powered if possible)

Cash

Emergency contact information for family and friends

Whistle

Pet supplies (if needed)

Make a Plan—thinking ahead can make it less confusing when the emergency strikes

- Carry family contact information in your wallet
- Choose an out of town contact person. After a disaster, it is often easier to make a long distance call than a local call from the disaster area
- Plan for those with disabilities
- Plan for your pets or service animal
- Keep copies of vital family records and other important documents
- Maintain your kit and practice your plan

Take responsibility to protect your life by preparing for a sudden emergency !

