



Our Times
Defiance County Senior Services
October 2021

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

Email: dcss@defiancecounty.oh.gov

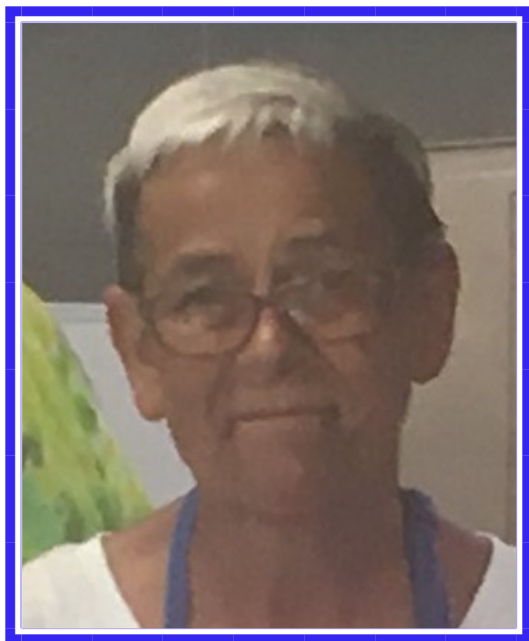
Congratulations and **Happy Retirement**
to

Ramon (Ray) Rangel

Ray has been with Defiance County
Senior Services since February 2011.

Many of you may have seen Ray's
smiling face as he transported you to
appointments! Ray blessed Defiance
Seniors with 10 years of service.

Thank you!



Congratulations and **Happy Retirement**
to Lori Linebrink. Lori joined Defiance
County Senior Services in May of 2019.

You may or may not have seen Lori's
smiling face. She worked as a kitchen
assistant and our dishwasher.

Thank you for your 2 years of service to
Defiance County seniors!

**Thank you to our sponsors & volunteers in
making
Senior's Day 2021 at the Defiance County
Fair**

**a great success!
We could not have done it without you!**

Defiance and Hicksville Eagles
Jim Schmidt Family of Dealerships
Community Memorial Hospital
Antwerp Manor
Glenn Park
Brookview Health Care Center
Defiance County Commissioners
Defiance County Sheriff's Office
Defiance City Police
Defiance Fire Department
Hicksville Police Department
Hicksville Fire and Rescue
Ohio State Highway Patrol
Defiance County Senior Fair Board
Boy Scout Troop 216
Hicksville Mayor Ron Jones, Councilman Mike Barth
Community and Defiance County Senior Services Staff and
Volunteers



Foot Care Clinic

**Your feet will be happy to
know...**

the Foot Care Clinic is in
Hicksville October 21st

Call for Appointments
starting at 12:30pm

419-542-5004

***Diabetics-please continue to
see your physician or
podiatrist***

Defiance Next Date

November 3rd by
appointment only

9-11:00 and 12:30-1:30

Call 419-782-3233



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!



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 Kingsbury
Brookview Healthcare Center	St. Mary's Catholic Church Volunteers	AllCaring
Community Health Professionals	Antwerp Manor	Smith Farms
DCSS volunteers		Beltone
Defiance Eagles Aerie 372		
In Loving Memory of Paul Warnimont and Marlene Ganoe		

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 Monday and Thursday only

Call Linda at 419-542-5004 for Reservations

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. \$50 for 20 coupons reduces your cost to \$2.50 per meal. Now that's a deal!

Commodity Supplemental Food Program— Senior Food Boxes

October 27, 2021



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

REMINDER

September was recertification month. If you have not turned in your new application please do so ASAP or you may not have a box in October!!

Return these to Sue Weller

140 E Broadway Ave.

Defiance, OH 43512

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 if you will not be home the day before 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.

Calling ALL Volunteers!

WE NEED YOU!!

If you are willing and able we are in need of volunteers. We have various positions and times available, from assisting in the café with serving meals, drinks and clean up, helping in the library, leading groups in your favorite activity (new or old) or greeting other seniors at the door as they enter and exit our buildings. 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. All medical transports are now scheduled through Dennis.

419-782-3233

Alzheimer's Support Group

The Alzheimer's Support Group is meeting in person! Our next meeting is October 7, 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.



Do you enjoy jigsaw puzzles?

Have we got a deal for you...

You can 'check out' one of our puzzles to enjoy at home. Once you are done you can return it and take another. Come and look at our selection. If you are home bound ask your meal driver to bring one to you!

Do you like doing them online? Check out

www.thejigsawpuzzles.com
www.jigsawplannet.com &
www.jigidi.com

Coffee with a Cop

Join us for Coffee with a Cop on

October 28th

9 am

In the Café

Visit with Defiance Police, Defiance County Sheriff, Defiance Fire Department, Defiance Mayor and Ohio State Highway Patrol officials as they discuss issues important to you.

This is your time to ask questions and get answers in person!

Join us for donuts and coffee while talking with officials!!



Mountain Voices by Jackie Briskey

On top of a mountain in Clintwood

I hear voices calling my
name.

And though I'm in another
state

I hear them just the same.



They're begging me to come back home

They're begging me to stay

In the Appalachian mountains

Where childhood memories play.

The voices stir inside my thoughts

For a time I become a child.

I roam the hills I've always loved.

The voices make me wild.

On top of a mountain in Clintwood

I'm longing once more to be.

Now any time my heart desires

I let these voices lead me.

Today I am thankful for Mommas and corn. Last night for supper I made some corn off the cob. I boiled the corn then put them in cold water to cool so I could cut the corn off the cob. And that is such a messy job. It reminded me of my momma. As a young child, I remember her doing the same thing. But while I did only 4 ears of corn, she did probably hundreds a day.

Now when you cut the corn off, the juices splatter all over the place. On the sink, on your arms and hands, on your clothing, on your face, on your glasses !!

I can remember mom's glasses being splattered with the juices from all the corn she worked with. Her glasses would be covered. I wondered how she could see out of them. I wondered why she didn't stop and clean them off. And as I did the same chore last night and my glasses were splattered, I knew if I stopped to clean them off, they would just get splattered again. That's why momma didn't stop to clean hers till the job was over. She worked with "handicaps" like that to keep all of us fed over the winter and the next summer she would do the same thing all over again, dirty glasses and all. That's just what they do.

So yes, today I'm thankful for mommas and corn.

Jackie Briskey



Halloween Hallway Carnival

When: October 29th

Where: Main Hallway

Time: 10:30 am—12:30 pm

What: Carnival games, Goodie Bags for all, Costume Contest





Prizes for Costume Contest


1st-\$25 gift card, 2nd- \$15 gift card, 3rd \$10 gift card

Special thanks to SKLD and Brookview for their sponsorship

Don't forget to make your lunch reservations!



<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
<p>There's Puzzles in the Exercise size room every day. Just waiting to be put together, come in and join the fun!</p> <p> If you have some new ideas for some fun Activities you would enjoy at the Senior Center come see Dawn or call me at 782-3233!!</p> <p>Please sign –up with Dawn for Crafts with SKLD to help plan supplies</p>			<p>Join us on October 29th for our Halloween Party and costume contest. Door prizes and 1st, 2nd and 3rd prize for best costume.</p>	<p>1 9:30 Pepper 10 Tai Chi 10:30 Hearing Aude Cleaning by Beltone by Appt. only 11:30 Birthday Lunch  12:30 Lawn Darts in Gym</p>
<p>4 9 Senior Sweets & Coffee in Activity Room 9:30 Pepper 10 Yahtzee 10 Knitting Bee 12:30 –2pm Crafts with SKLD Making Snow Flakes</p>	<p>5 9:30 Pepper or cards of your Choice 10 Bible Study 10 Tai Chi 12:30 Line Dancing</p>	<p>6 9:30 Pepper or cards of your Choice 10 Boggle 12:30 Lawn Darts in the Gym</p>	<p>7 9:30 Pepper 10 Domino's 12:30 2pm-Alzheimer's Support Group 12:30 Bingo with Brookview</p>	<p>8 9:30 Pepper 10 Tai Chi 10 Knitting Bee 12:30 Trivia with Dawn</p>
<p>11 Closed for Columbus Day!!</p> <p></p>	<p>12 9:30 Pepper 10 Bible Study 10 Tai Chi 12:30 Line Dancing</p>	<p>13 9-Senior Sweets & Coffee. 9:30 Pepper 10 Farkle 12:30 Corn Hole</p>	<p>14 9:30 Pepper 10 Boggle 12:30 Bingo SKLD</p>	<p>15 9:30 Pepper 10 Tai Chi 12:30 Trivia with Dawn</p>
<p>18 9– Senior Sweets and Coffee in Activity room 9 Pepper 10 Domino's 12:30 Bingo with Kingsbury Place</p>	<p>19 9:30 Pepper 10 Bible Study 10 Tai Chi 10 Blood Pressure checks by Brookview 12:30 Line dancing</p>	<p>20 9:30 Pepper 10 Yahtzee 12:30 Bowling in the Gym</p>	<p>21 9:30 Pepper 10 Farkle 12:30 Bingo Antwerp Manor</p>	<p>22 23 9:30 Pepper 10 Tai Chi 12:30 Trivia with Dawn</p>
<p>25 9:30 Pepper 10 Boggle 12:30 Bingo with Senior Center</p>	<p>26 9:30 Pepper 10 Bible Study 10 Tai Chi 12:30 Line Dancing</p>	<p>27 9:30 Pepper 10 Domino's 12:30 Lawn Darts 1-2:30 Senior Food Box Pick-up</p>	<p>28 9 Senior Sweets & Coffee with a cop in Café 10 Farkle 12:30 Bingo with CHP</p> <p></p>	<p>29 9:30 Pepper 10 Tai Chi 11:30 Halloween Celebration in the Café 12 Drawing for \$50.00 'activity participation' Gift card</p>
HAPPY HALLOWEEN				

MONDAY	THURSDAY
<p><u>4th</u></p> <p>9 am– ”Cup of Joe” and FREE Donuts 10 am Basketball* 12 noon Congregate Lunch 12:15 – 2:15 Euchre & cards* 1 pm BINGO with Antwerp Manor*</p>	<p><u>7th</u></p> <p>9 am Board Games* 10 am Bowling* 12:00 noon Congregate Lunch 12:15 – 2:15 pm Euchre and cards* 1 pm Corn Hole*</p>
<p><u>11th</u></p> <p>CLOSED – COLUMBUS DAY</p> <p>On Columbus Day, head straight for a great time!</p> 	<p><u>14th</u></p> <p>9 am Penny Pitch* 10 am Chair Exercises* 12 noon Congregate Lunch 12:15 – 2:15 pm Euchre and cards* 1 pm Trivia Game – “I Should Have Known That”*</p>
<p><u>18th</u></p> <p>9 am– ”Cup of Joe” and FREE Donuts 10 am Shuffleboard* 12 noon Congregate Lunch 12:15 – 2:15 Euchre and cards* 1:00 “The Price is Right”</p>	<p><u>21st</u></p> <p>9 am Spoons* 10 am Board Games* 12 noon Congregate Lunch 12:15 – 2:15 pm Euchre and cards* 12:30 pm Foot Care Clinic – <i>reservations, please</i> 1 pm BINGO with Linda</p>
<p><u>25th</u></p> <p>9 am– ”Cup of Joe” and FREE Donuts 10 am Corn Hole* 12 noon Congregate Lunch 1 pm Yahtzee*</p>	<p><u>28th</u></p> <p>11 am ‘til close Halloween Celebration – Seniors Trick or Treat, the Hokey Pokey, wear a costume if you would like and be a part of our Costume Contest,</p> <p>Treats all day!* DOOR PRIZE! LUNCH 12:00 NOON</p>
<p><u>November Holiday Closures:</u></p> <p>Thursday, November 11th – Veterans Day Thursday, November 25th – Thanksgiving Friday, November 26th – Thanksgiving Holiday</p>	<p><u>October Commodity Pick Up Date</u></p> <p>Wednesday, October 27th 12:30 – 2:30 pm Hicksville Center parking lot</p> <p>* Play and Enter our \$50 gift card drawing! Drawing on October 28th at Noon</p>



IT's Time to Prepare for Winter

Information from : www.MyLifeSite.net Preparing for the Cold: Home Winterizing tips for seniors & www.sunriseseniorliving.com 6 tips for preparing a senior's home for winter

There are some tips that are crucial to preparing for winter. As we age it becomes harder to do some of these things on our own but it is still an important part of home ownership.

1. Prepare for snow and ice removal. Check to make sure you have an ice scraper in your car. Make sure you have salt or ice melter to put on your sidewalks and driveway. Make arrangements with someone to remove snow and ice if you are unable to shovel, paying a neighbor is better than having a slip and fall which can be lethal to elderly.
2. Have your heating system checked and furnace filters replaced. Turn on your heat to make sure warm air is blowing. Better yet, schedule an HVAC technician to come and check your system as unmaintained systems use more power and therefore increase heating bills. Cover exterior AC units with a cover or piece of plywood to keep debris out of them.
3. Insulate windows and doors. There are sealable plastic kits to use on windows or on doors that are not frequently used. There is also temporary caulk you can use to seal windows. Hang insulated curtains to keep cold out and heat in.
4. Protect your pipes by disconnecting outdoor hoses and draining. Shut off and drain outdoor faucets to prevent pipes from rupturing. Burst pipes are expensive and messy!
5. Periodically have 5-6 gallons of water drained from the bottom of the water heater to remove sediment and help to save money.
6. Prepare for power outages by having a kerosene or propane heater available. Propane tanks need to be stored outside so kerosene may be a better option. A 5000-5500 watt generator can be connected to your home to start automatically during a power outage. A professional needs to install a generator.
7. Check your smoke detectors and carbon monoxide detectors to make sure batteries are fresh and they are working properly.
8. Have your gutters cleaned and debris removed to prevent ice jams from winter weather.
9. Stock up on the basic in case of power outage or snow storm. This should include non perishable foods such as peanut butter, crackers, canned meats such as tuna or chicken, granola bars, bottled water and food for pets. Blankets, flashlights, battery-operated cell phone charger, can opener, emergency weather radio and extra batteries are all important to have on hand. Another good tip, keep an eye on prescription medications so you do not run out during inclement weather

If doing all of the above is just too much for you or you feel anxious and afraid during the winter, consider a respite stay at a senior living community. Many of them allow a stay of a month or so to through the winter months and can help you to stay active, healthy and safe.

Pumpkin Trivia: facts about the plant associated with Halloween!

October 26, 2017 By [Anastasia Chronopoulou](#) [Pumpkin Trivia:](#)

1. The word “pumpkin” showed up for the first time in the **fairy tale Cinderella**.
2. A French explorer in 1584 first called them “**gros melons**,” which translates into Latin as “pepon,” which means large melon. It wasn’t until the 17th century that they were first referred to as pumpkins.
3. Pumpkins are grown on **every continent except Antarctica**. Which makes quite a bit of sense considering, oh you know, Antarctica is a 24-7 icy tundra.
4. Morton, Illinois, calls itself the “**Pumpkin Capital of the World**.”
5. The largest pumpkin pie ever baked weighed **2,020 pounds**.
6. There are more than **45 different varieties of pumpkin**. They range in color like red, yellow and green, and have names like Hooligan, Cotton Candy and Orange Smoothie.
7. Pumpkins are **technically fruit**. More specifically, they are a winter squash in the family Cucurbitaceae, which includes cucumbers and melons. But because they’re savory, many people just call them vegetables anyway.
8. **Every single part of a pumpkin is edible**. You can eat the skin, leaves, flowers, pulp, seeds and even the stem!
9. Each pumpkin has about **500 seeds**.
10. They take between **90 and 120 days to grow**.
11. Pumpkins are **90% water**.
12. One cup of canned pumpkin only has 83 calories and only half a gram of fat and they also have more fiber than kale, more potassium than bananas and are full of heart-healthy magnesium and iron.
13. **Pumpkin seed oil is full of phytoestrogens**, which research shows are beneficial for preventing hypertension. When researchers fed rats a diet supplement with the oil, they found that it helped lower both systolic and diastolic blood pressure in just 12 weeks.

Columbus Day

Did you ever wonder how Columbus day became a holiday? Columbus Day is a U.S. holiday to commemorate Christopher Columbus landing in the Americas. Remember the old saying “In 1492 Columbus sailed the ocean blue”? The holiday is a way of honoring and his achievements and celebrating Italian-American heritage.

Columbus was Italian born and set sail bound for Asia with financial backing from Spanish King Ferdinand and Queen Isabella. He had 3 ships, the Nina, the Pinta and the Santa Maria. He was headed to China, India and the gold and spice islands of Asia. Instead he landed in the Bahamas and became the first European to explore the Americas. The Vikings had colonized Greenland and Newfoundland in the 10th century.

Contrary to popular belief, Europeans did know the world was round but didn’t know the Pacific Ocean existed and that let Columbus to believe only the Atlantic separated Europe from the East Indies. In late October, Columbus saw Cuba and thought it was China. By December he found Hispaniola and thought it was Japan. He established his first colony there with 39 men.

By March of 1493 he had returned to Spain with gold, spices and Indian captives. He made multiple trips across the ocean before he died in 1506. It wasn’t until his third trip that he realized he had not found Asia but had stumbled upon an unknown continent.

In 1892, Benjamin Harrison, our President, encouraged Americans to mark the 400 anniversary of Columbus voyage with patriotic celebrations. In 1937, Franklin D. Roosevelt proclaimed Columbus Day and national holiday after intense lobbying from the Knights of Columbus. It is observed on the second Monday in October as a Federal Holiday.

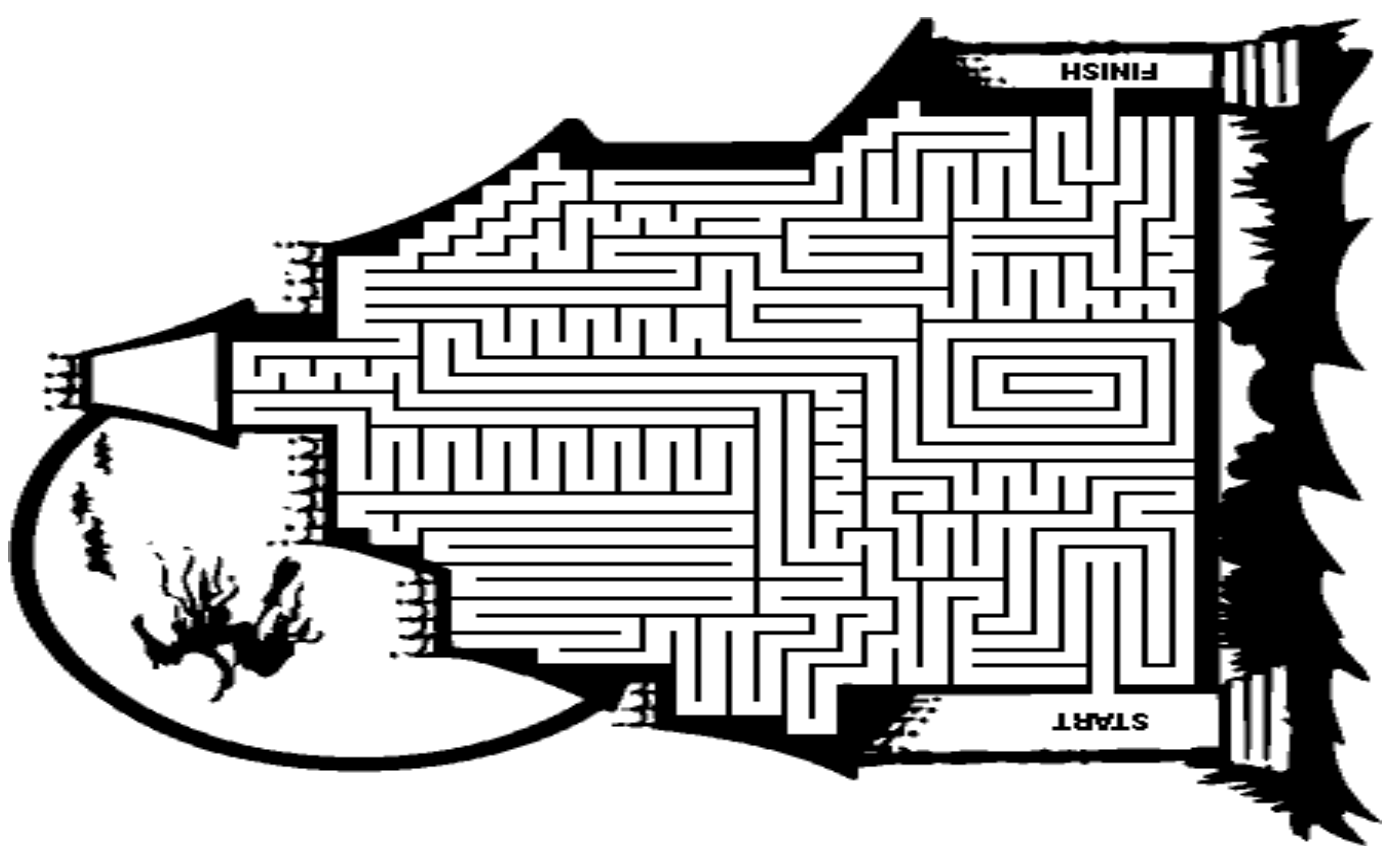
[Columbus Day 2021 - Facts, Celebrations & Controversy - HISTORY](#)

Fun with Hidden Pictures!



Can you find these hidden pictures in the image above?

- crescent moon
- fish
- flower
- crayon
- spoon
- football
- ghost
- ice-cream
- ring
- baseball
- pencil
- needle



New Activities Available
Come and Check us out!

Senior Center Challenge

Win a \$50.00 gift card at the end of every Month!

What is the Senior Center Challenge?

- ◇ Come into the Center (Defiance or Hicksville) and do an activity of your choice.
- ◇ Complete the entry form as you check out for the day @ the main entrance.
- ◇ The more you participate the better your chance of winning!

See Dawn Or Linda for more details or questions.

Good Luck and have fun!!

Note: Lunch is not considered an activity

(The drawing will be held @ Noon on October 28th in Hicksville and October 29th in Defiance)

Hicksville ONLY



"CUP OF JOE" & FREE DONUTS!

Every Monday 9 – 11 am
(October 4th, 18th, and 25th)

Hicksville Center

Catch up with friends, play a game, OR
just come in and relax a bit.

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

Beat boredom and enjoy a CLEAN environment!

Hicksville Only

HAPPY HALLOWEEN!

Thursday, October 28th

11 am – 2:30 pm

Seniors Trick or Treat

Costume Contest

Do "The Hokey Pokey"!

Halloween GOODIES

Play GAMES - Spoon for Apples, Pin the Tail on the
Donkey, and MORE

Register to win a chance at October

**Drawing for a \$50 gift card and a special Halloween
Door Prize!**



Defiance Only

"Senior Sweets"

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

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

9-10 am

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



Join Dawn for Trivia **Fridays**

Defiance Senior Center

Activity Room

12:30 – 1:30pm

CLOSED

**Both locations of Defiance County Senior Services
will be closed on Monday October 11th in
observation of Columbus Day**



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.

Why do ghosts go on diets?

What is in a ghost's nose?

Why did the ghost starch his sheet?

What's a ghost's favorite dessert?

Why don't mummies take time off?

Why did the headless horseman go into business?

Why did the vampire read the newspaper?

What's it like to be kissed by a vampire?

Why do skeletons have low self-esteem?

Know why skeletons are so calm?

What do skeletons order at a restaurant?

What's a witch's favorite makeup?

So they can keep their ghoulish figures.

Boo-gers.

He wanted everyone scared stiff.

I-Scream!

They're afraid to unwind.

He wanted to get ahead in life.

He heard it had great circulation.

It's a pain in the neck.

They have no body to love.

Because nothing gets under their skin.

Spare ribs.

Ma-scare-a.

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 lmcmahon@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; Taylor Densmore 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***

Fall Word Search



ACORN
APPLE
AUTUMN
CHESTNUTS
CHILLY
CIDER
COBWEB
FALL
FOOTBALL
GOURD

HALLOWEEN
HARVEST
HAY BALE
HAYRIDE
LEAVES
MAIZE
NOVEMBER
NUTS
OCTOBER
PUMPKIN

QUILT
RAKE
SCARECROW
SEPTEMBER
SLEET
THANKSGIVING

