



# Our Times

## Defiance County Senior Services

419-782-3233

September 2020 1st edition

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

Email: [dcss@defiance-county.com](mailto:dcss@defiance-county.com)

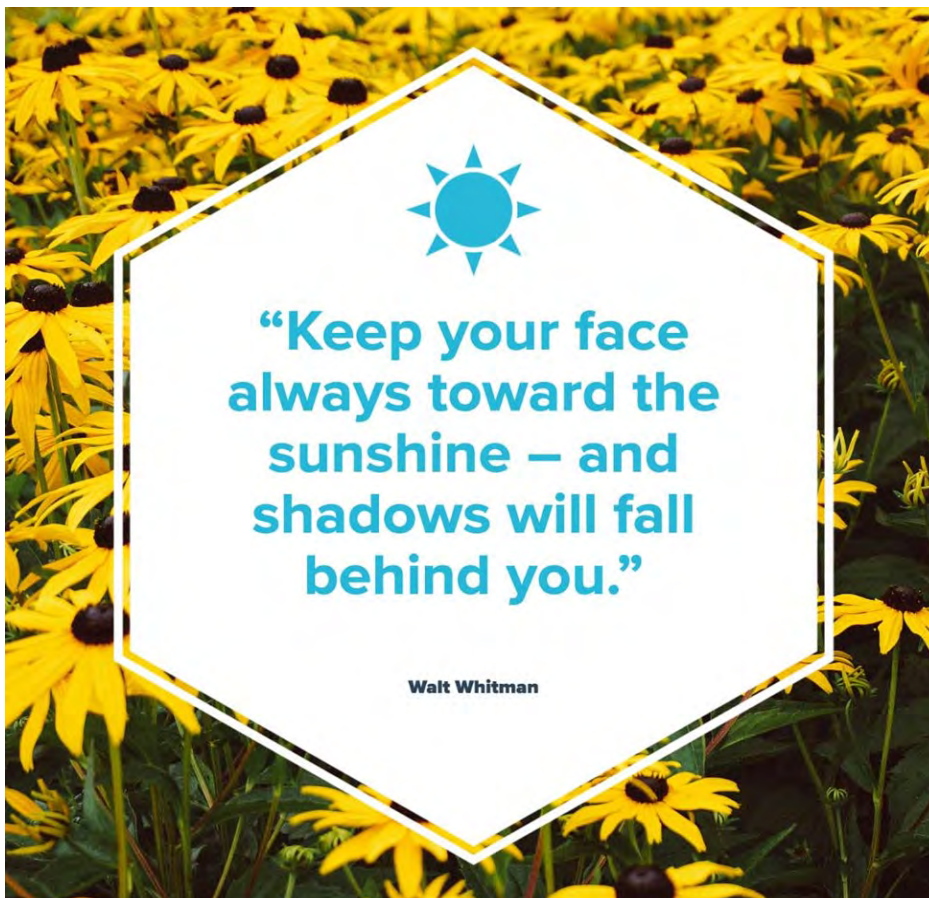
### Reopening Plans

Hello All,

As many of you have heard, Governor Dewine has given us a date for reopening senior centers. As of August 27, 2020, we have not been given the detailed orders and rules for this announcement. Please be patient with us as we work through the requirements and plans for seeing you all again.

Yes, we will have new guidelines and protocols to keep all of us safe. We will announce all of this in the near future. Hang in there.....we are looking forward to a big celebration day when we can all see your wonderful masked faces again and get back to our "new normal" Wishing you all the best!

Amy Francis



#### 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!**

#### CLOSED

All Defiance County Senior Services Locations are closed until further notice.

Our staff is working daily to continue to serve YOU!

# GRAB and GO

Congregate Participants  
Join us for Grab and Go Meals  
Thursdays and Fridays  
Pick up 11:30 am-Noon  
Reservation Required  
Call Dawn @  
419-782-3233 by Noon the day before

**Area Office On Aging rules REQUIRE EVERYONE for whom a meal is being picked up MUST BE PRESENT!**

We hope you are enjoying them. We love seeing you in person!!

2020 Senior Farmer's Market Nutrition Coupons should have been received.

Be sure to use them by October!

Try not to cut the bar code when separating them, they may be deemed void without the bar code!!



## Home Delivered Meals

**Our September Menu will be continue to be: "Cook's Choice"**

**REMINDER: YOU MUST BE HOME AT TIME OF DELIVERY.** If you are not home for delivery habitually, you may be removed from the route. 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 will continue to deliver 5 frozen meals on Mondays for the near future and will notify you when we will resume hot meal delivery. We are doing this for your safety!

We continue to provide nutritious meals, meeting all requirements of the Area Office on Aging home delivered meal program but, due to supply shortages and substitutions we are unable to guarantee exact menu items weekly. Thank you for your patience and understanding during this trying time!

If you have questions or concerns, please contact:

**Ginny Wiseman at 419-782-3321**

*Congregate Seniors  
Join us for Grab and Go  
See insert for menu*

**NOTE: Home delivery clients will receive their meals on TUESDAY September 8th due to the Labor Day Holiday**

## Commodity Supplemental Food Program— Senior Food Boxes



The food box pick up this month will be from 1-2:30 in Defiance on September 23rd

**NOTE: NEW PICK UP TIME FOR HICKSVILLE ONLY 12:30-2**

Please come to the east end of the Defiance Center or the parking lot at the Hicksville location for your food box.

You received a new application last month, please return this application by September 1st to remain on the list for a food box. This new application **MUST BE COMPLETED BY EVERYONE** to remain on the list for this box of fruits, grains, vegetables, dairy and protein. You may bring it with you on August 26th.

Questions?? Please contact Sue Weller @ 419-782-3233.

**Reminder: No PETS in your car at pickup**

## Alzheimer's Association Virtual Education Opportunities

*Call 1-800-272-3900 to register for any of the classes below:*

Dementia Conversations: 9/8

Understanding & Responding to Dementia Related Behaviors: 9/3, 9/10, 9/30

Effective Communication Strategies: 9/24

Middle Stages for Caregivers: **Part 1** 9/9 **Part 2** 9/16 & **Part 3** 9/23

10 Warning Signs of Dementia: 9/15 9/21, 9/28, 9/29

Understanding Alzheimer's and 9/3

Healthy Living for your brain and body: 9/2, 9/18

**Defiance County Senior Services offers a support group for caregivers on the first Thursday each month.**

Due to the closure of our building and the Alzheimer's Association

No In Person meetings are allowed to be held

All support group meetings will be via zoom meetings, please contact:

Linda Rae Pollitz, Program Manager Alzheimer's Association Northwest Ohio Chapter

419-419-5858

Or

Dawn Ludwig 419-782-3257

Join us for a (Virtual) Coffee with MemoryLane Staff Wednesdays at 2 pm without having to leave home.

Would you like to talk to other caregivers about their experiences?



This is your chance to learn from others who face the same challenges and to share insights, advice, and encouragement. The staff will discuss practical tips and resources that provide support and assistance.

Call MemoryLane Care Services at 419-720-4940 or email Cheryl Conley [cconley@memorylanecare.org](mailto:cconley@memorylanecare.org) for information

September 2020

9/2 – Caregiver Burnout

9/9 – Is this Dementia Behavior Really a Problem?

9/16 – Asking Friends and Family for Help in Caregiving

9/23 – Preventing and Managing Falls

9/30 – Downsizing for Moving or Comfort

Bring your own coffee!!



Cheryl J. Conley, MA, LSW Social Services Director MemoryLane Care Services

# Medicare.gov

## What to know about contract tracing

If you've been in close contact with someone who tested positive for COVID-19, you may be contacted by a contact tracer or public health worker from your state or local health department in an effort to help slow the spread of the disease. Here's what to know if you get a call:

- **A contact tracer may call** to let you know you may have been exposed to someone with COVID-19. All information you share with a contact tracer, like who you've been in contact with and your recent whereabouts, is confidential.
- **You may be asked to self-quarantine for 14 days.** This means staying home, monitoring your health, and maintaining social distance from others at all times.

**You may be asked to monitor your health and watch for symptoms of COVID-19.** Notify your doctor if you develop symptoms, and seek medical care if your symptoms worsen or become severe.

**Be aware of scammers pretending to be COVID-19 contact tracers.** Legitimate contact tracers will never ask for your Medicare Number or financial information. If someone calls and asks for personal information, like your Medicare Number, **hang up and report it to us at 1-800-MEDICARE.**



### **Exercise your right to Vote on November 3rd**

Registration deadline– October 5th

Absentee application deadline October 31st

Absentee submission deadline November 3

Early voting at Board of Elections October 6  
To November 2nd

In Person at your precinct November 3

**We have a lot of opportunities, be sure to exercise your right to VOTE!**



**Story Swap-Keep those stories coming! We love hearing from you!!**

We look forward to reading your thoughts or stories and letting others read about them in the newsletter.

Please email them to:

[dcss@defiance-county.com](mailto:dcss@defiance-county.com)

or mail them in to:

Defiance County Senior Services,  
140 East Broadway,  
Defiance Ohio 43512.

Don't have a story to share?

Send us a picture of your pet and watch the upcoming newsletter editions to see if they are included.



Both Locations of Defiance County Senior Services will be closed on September 7th in observation of Labor Day!



Find us on:  
**facebook®**

We are pleased to announce we are now on FACEBOOK!

You can find us by searching:

**Defiance County Senior Services**-please note: if you search Defiance County Senior CENTER you will not find our official page!!

Keep in touch with what is happening at Defiance County Senior Services and 'Follow' us on Facebook!



## StorySwap: From Donna Schindler

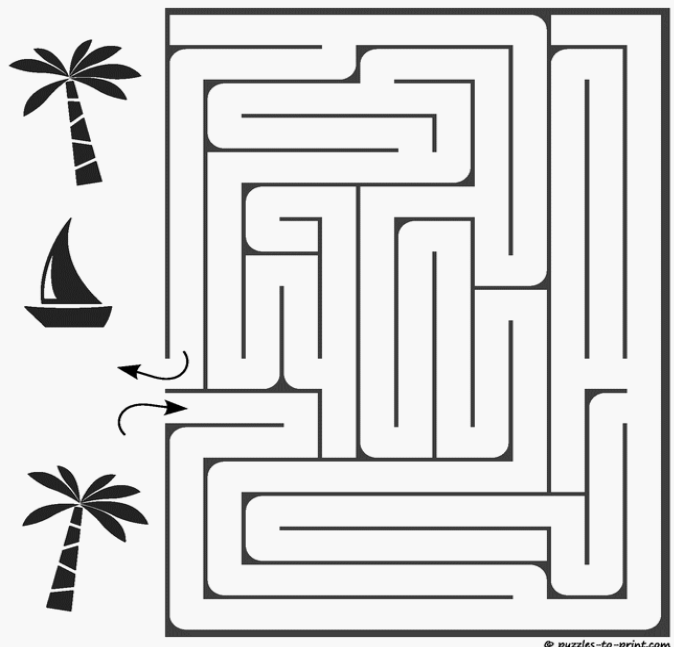
I grew up in Napoleon, Ohio on a farm along a busy St. Rt. 6. On this farm we had plenty of chores to do to keep us busy. One of them to was to hoe weeds in the bean fields. One particular bean field was out behind the barn along the highway. My dad would always send me out to hoe that field then he would tease me about getting my education “out behind the barn”. I really miss my dad saying that phrase.

Another incident was when we were baling hay. I was I walking along and looked in the the sky and shouted out “ look at those turkey gizzards!” May dad and brothers stopped everything and laughed and laughed so hard we couldn’t move on. I found out later that they are turkey buzzards!

My life on the farm was fun and I sure miss mom and dad talking about how we had hard times, and good times. Always remembering the good ole’ days.



enjoy the  
little things  
**in life**  
for one day  
you'll look back  
and realize  
they were the  
**big things**



*It's a beautiful day for a walk on the beach.  
Be careful not to get lost in the sand dunes!*

## Word Search Puzzle 17: ICE CREAM PARLOR



BANANA  
BIRTHDAY  
BOOTH  
CAKE  
CHERRY  
CHOCOLATE  
CONE  
CUP  
FLOAT

FREEZER  
HOT FUDGE  
MALT  
NAPKIN  
NUTS  
PARFAIT  
SCOOP  
SHAKE  
SMOOTHIE

SORBET  
SPLIT  
SPOON  
STRAW  
SUNDAE  
SYRUP  
TOPPING  
VANILLA  
WHIPPED

From: Tantalizing Word Search Puzzles:  
A Book of 50 Word Finds for Food Lovers

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