



*Our Times*  
*Defiance County Senior Services*  
*September 2021*

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

Email: [dcss@defiancecounty.oh.gov](mailto:dcss@defiancecounty.oh.gov)



**Happy Retirement!**

**Tom began working as a home delivered meal driver in April 2009**

**Thank you Tom Sheets for your 12 years of service to  
Defiance County Seniors!**



## Light and Bright

Sunflowers always face the sun,  
They make our days so bright.  
And as we face the Son of God,  
We travel in His light.

Then joy will fill our lives on earth,  
Though troubles come our way.  
He is our refuge, sure and safe,  
To guide us every day.

-Elma Helgason

Are you or someone you know looking for a job?

Are you outgoing and love working with senior citizens?

Would you like to get out of the house for a for a few hours a day?

We may have the job for you! We are hiring in both our home delivered meal program and transportation program.

Please see our information on our website [www.defiance-county.com](http://www.defiance-county.com) or stop at our offices in Defiance or Hicksville to pick up an application.



### Foot Care Clinic

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

the Foot Care Clinic is  
Defiance September 1

9-11 and 12:30-1:30

for Appointments

Call 419-782-3233

Diabetics-please continue to  
see your physician or  
podiatrist

Hicksville -next date

October 12:30pm by  
appointment only

Do you need assistance with  
paying your electric bill because  
of the high temperatures and  
use of air conditioners and  
fans?

See the flyer on the back of the  
menu page about the summer  
cooling program through  
NOCAC. (Northwestern Ohio  
Community Action Commission)

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

<b>1st Church of Christ -Hicksville</b>	<b>Dawn Ludwig of SKLD</b>	<b>Karen Oskey of Kingsbury</b>
<b>Brookview Healthcare Center</b>		<b>Hicksville Eagles Aerie 2556 Ladies Auxiliary</b>
<b>Jim Schmidt Family of Dealerships</b>	<b>St. Mary's Catholic Church Volunteers</b>	<b>AllCaring</b>
<b>Community Health Professionals</b>	<b>Antwerp Manor</b>	<b>Smith Farms</b>
<b>DCSS volunteers</b>	<b>Defiance Eagles Aerie 372</b>	<b>Beltone</b>
		<b>In Loving Memory of Paul Warnimont</b>

### **Defiance INSIDE Dining**

Monday thru Friday 11:30-12:30

**Call for reservations 419-782-3233 by 1 pm the day before**

#### **Hicksville Location**

**Hicksville Inside Dining at Noon on Monday and Thursday only**

**Call Linda at 419-542-5004 for Reservations by 1 pm the day before**

Grab and Go meals have ended at both locations but we encourage any resident of Defiance County over the age of 60 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 to assist our staff in preparing enough meals.

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**

**September 22nd**



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**

**IT IS TIME FOR RECERTIFICATION**

**ALL PARTICIPANTS MUST COMPLETE A NEW APPLICATION BY 9/15/2021**

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 but, 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 building. Please contact Dawn Knox or Linda McMahon if you can help with a few hours or a few days per week!

## Attention Hicksville, Farmer, Sherwood & Mark Center Seniors

*Another transportation option for your convenience*

Community Memorial Hospital Care-A-Van is again operational. Seniors who require transportation for medical appointments at CMH need to call 419.487.1877. Care-A-Van travels a 17-mile radius from CMH with transportation to CMH and its family physicians in Hicksville, Antwerp, Edgerton, and Harlan, IN.

Give them a call for specific information. And rules which may be in place for transports.

Masks required during transport.

**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

## July Tirvia Winner

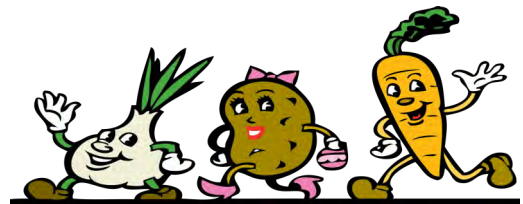
2<sup>nd</sup> place Big candy bar with 3 meal tickets— John Pullen

Congratulations thank you all for playing !!



All Defiance County Senior Services locations will be CLOSED on September 6, 2021 in observation of Labor Day

Your Farmer's Market coupons should have arrived. If they have not, contact Sheri Schliesser RN for assistance.  
419-783-4812



## Did you know Apple Trivia

Here is a collection of Apple trivia and fun facts:

- There are more than 7,000 varieties of apples worldwide. About 2500 varieties exist in the U.S.
- The only apple native to North America is the Crabapple.
- An Apple tree can grow up to 40 feet high.
- An apple floats, because over 25% of its volume is air.
- McIntosh Apples were discovered in the late 1700's by Canadian John McIntosh.
- John Chapman (aka Johnny Appleseed) was a nurseryman who planted apple orchards in Illinois, Indiana, Kentucky, New York, Pennsylvania and Ohio.
- The number five is a magical number for apples. The word "Apples" has five letters. Apple blossoms typically form in clusters of five, and apple blossoms have five petals.
- Apple trees can typically live over 100 years, and have been known to live for 200 years.
- Apples are fat free, and a great source of fiber.
- Apples have been found to reduce the risk of a stroke.
- Apples protect and enhance heart muscle. They also decrease tumor growth and incidence of cancer.
- Apples are a member of the rose family.
- President George Washington, pruned apple trees in his spare time.
- A bushel of apples can produce 20-24 quarts of applesauce.

Geoffrey Chaucer is attributed as the author behind the saying, "One bad apple spoils the bunch."

[Apple Trivia and Facts by The Gardener's Network. \(gardenersnet.com\)](http://gardenersnet.com)



[This Photo](#) by Unknown Au-

### Alzheimer's Support Group

The Alzheimer's Support Group has resumed meeting in person! Our next meeting is September 2, 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

Feel free to join us for lunch from 11:30-12:30 if you desire-please call for reservations 1 day before by 1pm

Join support group leaders Karen Haaser and Dawn Ludwig for in person 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.**

[illegible]6

# Hicksville Activities September 2021

<u>Monday</u>	<u>Thursday</u>
<p><b><u>Reminder:</u></b></p> <p>Our new hours at Hicksville Monday &amp; Thursday 9:00 am—2:30 pm</p>	<p><b>2<sup>nd</sup></b></p> <p>9:00 am—Coffee and Conversation 11:00 am—Basketball 12:00 noon—Congregate Meal 12:15—2:15 pm—Euchre &amp; Cards 1:00 pm—"The Price is Right"</p>
<p><b>6<sup>th</sup></b></p> <p><b>HAVE A GREAT HOLIDAY WEEK-END!</b></p> <p><b>Center closed—LABOR DAY</b></p>	<p><b>9<sup>th</sup></b></p> <p>9:00 am—Coffee and Conversation 11:00 am—Skipbo 12:00 noon—Congregate Meal 12:15—2:15 Euchre and Cards 1:00 pm—BINGO</p>
<p><b>13<sup>th</sup></b></p> <p>9:00 am—"CUP OF JOE" FREE Donuts &amp; Coffee and Conversation 11:00 am—Yahtzee 12:00 noon—Congregate Meal 12:15—2:15 pm—Euchre and Cards 1:00 pm - BINGO with Smith Farms</p>	<p><b>16<sup>th</sup></b></p> <p>9:00 am Coffee and Conversations 11:00 am—Shuffleboard 12:00 noon—Congregate Meal 12:15—2:15 pm—Euchre and Cards 1:00 pm—Penny Pitch</p>
<p><b>20<sup>th</sup></b></p> <p>9:00 am—"CUP OF JOE " FREE DONUTS &amp; Coffee and Conversation 11:00 am—FARKLE 12:00 noon—Congregate Meal 12:15—2:15 pm—Euchre and Cards</p>	<p><b>23<sup>rd</sup></b></p> <p>9:00 am Coffee and Conversation 11:00 am Chair Exercises 12:00 noon—Congregate Meal 12:15—2:15 pm Euchre and Cards 1:00 pm—Corn Hole</p>
<p><b>27<sup>th</sup></b></p> <p>9:00 am—"CUP OF JOE" FREE DONUTS &amp; Coffee and Conversation 11:00 am Board Games 12:00 noon—Congregate Meal 12:15—2:15 pm—Euchre and Cards 1:00 Bowling</p>	<p><b>30<sup>th</sup></b></p> <p>9:00 am—Coffee and Conversation 11:00 am—Rummy 12:00 noon—Congregate Meal 12:15—2:15 pm—Euchre and Cards 1:00 pm - "Let's Make a Deal"</p>



## Do you have questions about Medicare and Med D? We have the speaker for you!!

David Painter, OSHIIP Community Liaison with the Ohio Department of Insurance will be speaking at Defiance County Senior Services.

OSHIIP is the Ohio Senior Health Insurance Information Program. They are funded by a federal grant and are a division of the Ohio Department of Insurance, in downtown Columbus. OSHIIP provides free, objective, unbiased Medicare information and assistance from people on Medicare in Ohio and those who assist people on Medicare.

- ⇒ Learn about recent changes to Medicare
- ⇒ Find out how the October 15-December 7 Medicare Annual Coordinated Election Period can work for you
- ⇒ Get tips on how to enroll for 2022 coverage in a Medicare prescription drug plan (Part D) and/or a Medicare health plan
- ⇒ See if you qualify to SAVE on your prescription drug costs.

**WHO:** David Painter, OSHIIP Community Liaison

**When:** September 29, 2021

**Time:** 10:15-11:30

**Where:** Defiance County Senior Services Auditorium

**RSVP:** Sheri Schliesser RN 419-783-4812 (Suggested, not required)



Name: \_\_\_\_\_ Date: \_\_\_\_\_

# An Apple a Day

## Word Search

**DIRECTIONS:**  
Find and circle the  
vocabulary words  
in the grid. Look  
for them in all  
directions including  
backwards and  
diagonally.



Applejack  
Baked  
Brown Betty  
Butter  
Cake  
Candied  
Caramelized  
Chips  
Cider  
Cobbler  
Crisp  
Danish  
Dried  
Dumpling  
Eve's Pudding  
Fritter  
Juice  
Pie  
Sauce  
Soda  
Strudel  
Tarte Tatin  
Turnover



On July 27, 2021, CDC released [updated guidance](#) on the need for urgently increasing COVID-19 vaccination coverage and a recommendation for everyone in areas of [substantial or high transmission](#) to wear a mask in public indoor places, even if they are fully vaccinated. CDC issued this new guidance due to several concerning developments and newly emerging data signals. First is a reversal in the downward trajectory of cases. In the days leading up to our guidance update, CDC saw a rapid and alarming rise in the COVID case and hospitalization rates around the country.

- In late June, our 7-day moving average of reported cases was around 12,000. On July 27, the 7-day moving average of cases reached over 60,000. This case rate looked more like the rate of cases we had seen before the vaccine was widely available.

Second, new data began to emerge that the Delta variant was more infectious and was leading to increased transmissibility when compared to other variants, even in vaccinated individuals. This includes recently published data from CDC and our public health partners, unpublished surveillance data that will be publicly available in the coming weeks, information included in CDC's updated [Science Brief on COVID-19 Vaccines and Vaccination](#), and ongoing outbreak investigations linked to the Delta variant.

Delta is currently the predominant strain of the virus in the United States. Below is a high-level summary of what CDC scientists have recently learned about the Delta variant. More information will be made available when more data are published or released in other formats.

### **Infections and Spread**

The Delta variant causes more infections and spreads faster than early forms SARS-CoV-2

- **The Delta variant is more contagious:** The Delta variant is highly contagious, nearly twice as contagious as previous variants.
- **Some data suggest the Delta variant might cause more severe illness than previous strains in unvaccinated persons.** In two different studies from Canada and Scotland, patients infected with the Delta variant were more likely to be hospitalized than patients infected with Alpha or the original virus strains.
- **Unvaccinated people remain the greatest concern:** Although breakthrough infections happen much less often than infections in unvaccinated people, individuals infected with the Delta variant, including fully vaccinated people with symptomatic breakthrough infections, can transmit it to others. CDC is continuing to assess data on whether fully vaccinated people with asymptomatic breakthrough infections can transmit. However, the greatest risk of transmission is among unvaccinated people who are much more likely to contract, and therefore transmit the virus.
- **Fully vaccinated people with Delta variant breakthrough infections can spread the virus to others. However, vaccinated people appear to be infectious for a shorter period:** Previous variants typically produced less virus in the body of infected fully vaccinated people (breakthrough infections) than in unvaccinated people. In contrast, the Delta variant seems to produce the same high amount of virus in both unvaccinated and fully vaccinated people. However, like other variants, the amount of virus produced by Delta breakthrough infections in fully vaccinated people also goes down faster than infections in unvaccinated people. This means fully vaccinated people are likely infectious for less time than unvaccinated people.

### **Vaccines**

Vaccines in the US are highly effective, including against the Delta variant

- The COVID-19 vaccines authorized in the United States are highly effective at preventing severe disease and death, including against the Delta variant. But they are not 100% effective and some fully vaccinated people will become infected (called a breakthrough infection) and experience illness. For such people, the vaccine still provides them strong protection against serious illness and death.

### **Masks**

Given what we know about the Delta variant, vaccine effectiveness, and current vaccine coverage, layered prevention strategies, such as wearing masks, are needed to reduce the transmission of this variant

- At this time, as we build the level of vaccination nationwide, we must also use all the prevention strategies available, including masking indoors in public places, to stop transmission and stop the epidemic.
- Vaccines are playing a crucial role in limiting spread of the virus and minimizing severe disease. Although vaccines are highly effective, they are not perfect and there will be vaccine breakthrough infections. Millions of Americans are vaccinated, and that number is growing. This means that even though the risk of breakthrough infections is low, there will be thousands of fully vaccinated people who become infected and able to infect others, especially with the surging spread of the Delta variant. Low vaccination coverage in many communities is driving the current rapid and large surge in cases associated with the Delta variant, which also increases the chances that even more concerning variants could emerge.



New Activity! Crafts with SKLD  
Come and join the fun, you never  
Know what you will make to take home!!

**BOOKS** ARE THE WINDOWS  
THROUGH WHICH  
THE SOUL LOOKS OUT.  
— HENRY WARD BEECHER

Did you know...

Defiance County Senior Services has a library available for your  
enjoyment?

Come in and sit a while, read a good book or just enjoy a quiet moment. We offer an extensive library for you to utilize while in our building or you can check books out to take them home with you. There are no return dates and no late fees! Bring the book back and place it in the basket by the door when you are finished and take another home with you.

Come 'check out' YOUR Senior Center Library!!

## **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 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 September 23rd in Hicksville and September 24th in Defiance)**



There are some new faces you may be seeing around our buildings. We have 3 new employees. They are pictured above L-R

Mike Rychener– Home Delivered Meal Driver; Taylor Densmore-Kitchen Assistant/dishwasher;  
Dick Healy –Transportation Driver. Welcome Mike, Taylor and Dick!

<b>Defiance County Senior Services</b>	419-782-3233 <a href="mailto:dcss@defiancecounty.oh.gov">dcss@defiancecounty.oh.gov</a>
Amy Francis, <b>Executive Director</b>	419-782-3232 <a href="mailto:afrancis@defiancecounty.oh.gov">afrancis@defiancecounty.oh.gov</a>
Robin Murray, <b>Operations Manager</b>	419-783-4850 <a href="mailto:rmurray@defiancecounty.oh.gov">rmurray@defiancecounty.oh.gov</a>
Dennis Vajen, <b>Transportation Manager</b>	419-782-3233 <a href="mailto:dcss@defiancecounty.oh.gov">dcss@defiancecounty.oh.gov</a>
Sheri Schliesser, RN <b>Staff Nurse</b>	419-783-4812 <a href="mailto:sschliesser@defiancecounty.oh.gov">sschliesser@defiancecounty.oh.gov</a>
Ginny Wiseman, <b>Nutrition Manager</b>	419-782-3321 <a href="mailto:gwiseman@defiancecounty.oh.gov">gwiseman@defiancecounty.oh.gov</a>
Dawn Knox, <b>Activities Manager</b>	419-782-3233 <a href="mailto:dknox@defiancecounty.oh.gov">dknox@defiancecounty.oh.gov</a>
Penny Cryer, <b>Maintenance Manager</b>	419-782-3233 <a href="mailto:pcryer@defiancecounty.oh.gov">pcryer@defiancecounty.oh.gov</a>
Linda McMahon, <b>Hicksville Satellite Site Manager</b>	419-542-5004 <a href="mailto:lmcmahon@defiancecounty.oh.gov">lmcmahon@defiancecounty.oh.gov</a>
Sue Weller, Nutrition Assessor and CSFP Coordinator	419-782-3233 <a href="mailto:sweller@defiancecounty.oh.gov">sweller@defiancecounty.oh.gov</a>
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; Rhett 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***