



AUGLAIZE COUNTY COUNCIL ON AGING QUARTERLY NEWSLETTER

2024 ANNUAL REPORT



This report concerns Auglaize County Council on Aging activities for the past calendar year.

One of the Council's primary services is transportation. For the year, the Council's vehicles transported 318 clients. The council presently operates thirteen (13) vehicles. The total mileage for 2024 was 206,178 miles, and total one-way trips were 11,540. Total gas cost for 2024 was \$55,375.97.

The Chore Service the Council provides performed 1,039.50 hours of work for 99 unduplicated clients in Auglaize County in 2024. Chore workers performed different services such as minor home repair, grass mowing, leaf raking, delivery of food boxes, and ramp building. An additional 208 hours were generated by delivering bakery and produce items to several senior housing facilities every week. Homemakers perform light housekeeping chores such as cleaning bathrooms and general cleaning, laundry, groceries and running errands. The Homemakers performed 1,272.75 hours of work for 63 unduplicated clients in 2024.

The Council employs two (2) Outreach Workers who explain available services to senior citizens and help them contact the programs that fit the senior's needs. They completed 1,252 consultations in 2024, plus numerous miscellaneous requests. The ACCA mails a quarterly newsletter free of charge to approximately 2,000 households. Readers learn about new programs as they become available and of changes or improvements in existing ACCA programs. Newsletter subscriptions can be obtained by contacting the Council on Aging.

There were approximately 3,725 hot meals served in 2024. A total of 517 monthly food boxes were delivered during the year, along with 265 Calamity Boxes. The St. Marys site serves meals and holds activities on Monday and Wednesday; but is open every day to the public for card clubs, general assistance and transportation. The Wapakoneta site is open on Thursday and Fridays for the meal site and activities. A total of 133 unduplicated clients participated in social activities. Wellness activities such as screenings, education and exercise were utilized by 244 unduplicated clients.

APRIL/MAY/JUNE 2025

CHECK OUT
WHAT'S INSIDE!

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Just as “in the spring a young man’s fancy lightly turns to thoughts of love” (Alfred, Lord Tennyson), so in the Good Old Days, a homemaker’s mind turned to thoughts of spring cleaning.

As a teen growing up in Bicknell, Indiana, during the early 1950s, I knew my mother’s thoughts would soon lead in that direction, and I knew I would be included in the process of spring cleaning our house. My mother wasn’t any different from other women of her generation. When roses and peonies began blooming, Mom started to get spring-cleaning fever.

It was an unwritten rule that the house had to be turned upside down to get rid of the dirt and dust that had collected during the winter. Most homeowners at that time warmed their houses with coal, which caused coal dust to settle over everything inside the house, from ceiling to floor.

First, our old 9 x 12 foot rug was thrown over the clothesline and beaten with a wire carpet beater that probably had been handed down to us from my maternal grandmother. That was one of my jobs as a teen—to beat the dust from that carpet. After that was accomplished, Dad helped Mom carry the rug to the front yard where she used a mixture of ammonia and soap to scrub every inch of it. I always hated the smell of ammonia and wondered how Mom could stand to be so close to it. But, I must admit, after the rug dried, it was noticeably brighter than it had been when Mom started on it.

Another chore of mine was to use a modeling-compound product on the ceilings and walls to remove any coal dust. It was almost miraculous the way that glob of clay removed dust and grime. It was a lot of work, especially when I had to clean the ceiling by standing on a ladder. When the piece of clay became too dirty, I grabbed a clean hunk and started swiping the wall again. When using coal to heat homes went out of favor, the manufacturers of that modeling compound changed the name of their product to Play-Doh and sold it as a toy for children.

Spring cleaning always meant all the curtains needed to be washed. The cotton lace curtains on the living room windows needed special treatment. After Mom washed them and starched each panel heavily, curtain stretchers were placed in the front yard. We very carefully attached each curtain to the stretcher, which had small tacks or large pins all around the edges of the frame to hold the shape of the curtains while they dried. The goal was to attach the curtains to the pins without getting stuck and having a finger bleed on the clean curtains.

Another task Mom thought was necessary for spring cleaning was to carry the mattresses outside so they could air. We first arranged chairs and boxes in the backyard to place the mattresses on. Complicating matters, we didn’t have a “real” stair step outside the kitchen door; instead, Dad had placed a plank across two cement blocks to serve as a step. It was sometimes a challenge to safely carry a heavy mattress outside when stepping on that unstable plank. One time when I was a young teen, Mom and I started laughing as we were carrying a mattress. We had to take a time-out to stop laughing in order to get the heavy mattress outside. It wasn’t all drudgery—we found ways to make it more palatable.

Some people placed their coal stoves outside in the spring and put a flue stopper on the wall where the pipe was inserted. The pipe was taken outside, and the built-up soot was knocked from inside the pipe. That was a dirty job that I tried to avoid. I don’t remember my parents ever moving their stove, but my paternal grandparents did. Their stove was placed on the front porch during the warm months. Then Grandma Smith moved the furniture into the living room for a change of scenery until the coal stove was brought back in the fall and winter months. Coal stoves came in a variety of sizes and shapes. The more expensive ones had a lot of silver chrome. The stoves produced a lot of heat, but it was almost a full-time job to carry coal inside and take the ashes outside.

Some people might like to romanticize the Good Old Days, but I would never want to go back to potbellied stoves for heat or washing machines and tubs for doing the laundry. Nevertheless, I did get some fond memories from those spring-cleaning chores.

How about you? Did this article bring back some memories of growing up? It sure did for me!

Did you know spring is the most active weather season of the year? Spring weather can lead to severe thunderstorms, tornadoes, damaging winds and flooding. **Get ready now**—Planning is the key to being ready for an emergency. Being prepared is easy—just three short steps away:

1. **Get a kit.** Get your emergency preparedness kit ready. You should include:
Three day supply of non-perishable food and water—one gallon per person, per day for drinking and hygiene purposes. Battery-powered or hand crank radio (NOAA Weather Radio, if possible). Flashlight and extra batteries. First aid kit, medications and medical items. Copies of all important documents (proof of address, deed/lease to home, passports, birth certificates, insurance policies)
2. **Make a plan.** Talk with household members about what you would do during emergencies. Plan what to do in case you are separated—choose two places to meet—one right outside your home in case of a sudden emergency such as a fire, and another outside your neighborhood in case you cannot return home or are asked to evacuate. Choose a contact person from out of the area and make sure all household members have this person's phone number and email address. It may be easier to call long distance or text if local phone lines are overloaded or out of service. Tell everyone in the household where emergency information and supplies are kept. Practice evacuating your home. Drive your planned evacuation route and plot alternate routes on a map in case main roads are impassable. Don't forget your pets. If you must evacuate, make arrangements for your animals. Keep a phone list of "pet friendly" motels/hotels and animal shelters that are along your evacuation routes.
3. **Be informed.** Know the risks where you live, work, learn and play. Arm yourself with information about what to do in case an emergency occurs. Remember that emergencies like fires and blackouts can happen anywhere, so everyone should be prepared for them. Find out how you could receive information from local officials in the event of an emergency. Learn First Aid and CPR/AED so that you have the skills to respond in an emergency before help arrives, especially during a disaster when emergency responders may not be available.

If you have no shelter during a thunderstorm: Immediately get off elevated areas like hills. Crouch down for minimal ground contact. If you're in a group, separate to reduce the number of injuries if lightning strikes the ground.

American Red Cross

Spring (season)


Wikipedia





According to the *Online Etymological Dictionary*, "spring" in the sense of the season comes from phrases such as "springing time" (14th century) and "the spring of the year". This use is from an archaic noun meaning "act or time of springing or appearing; the first appearance; the beginning, birth, rise, or origin". Spring as a word in general appeared via the Middle English *springen*, via the Old English *springan*. These were verbs meaning to rise up or to burst forth, and are not believed to have originally related to the season. These all originate from Proto-Germanic *sprenganan*.

Spring, also known as **springtime**, is one of the four temperate seasons, succeeding winter and preceding summer. At the spring equinox, all called the vernal equinox, days and nights are approximately twelve hours long, with daytime length increasing and nighttime length decreasing as the season progressed until the summer solstice. The spring equinox is in March in the Northern Hemisphere and in September in the Southern Hemisphere. Spring and "springtime" refer to the season, and also to ideas of rebirth, rejuvenation, renewal, resurrection and regrowth.

APRIL CALENDAR OF EVENTS


Monday (SM)	Tuesday	Wednesday (SM)	Thursday (Wapak)	Friday (Wapak)
All activities are subject to change!	1. Meal site closed	2. Exercise 10:00 Bingo 10:30 Lunch 11:15 Euchre 12:00	3. Exercise 10:15 Bingo 10:30 Lunch 11:00	4. Wellness 10:00 Bingo 10:30 Lunch 11:15
7. Chair Hockey 10:00 Bingo 10:30 Lunch 11:15 Euchre 12:00	8. Meal site Closed	9. Wellness Wednesday 10:00 Bingo 10:30 Birthday bash with entertainment Euchre 12:00	10. Exercise 10:15 Bingo 10:30 Lunch 11:00	11. Exercise 10:15 Bingo 10:30 Lunch 11:00
14. Chair Volleyball 10:00 Bingo 10:30 Lunch 11:15 Euchre 12:00	15. Meal site closed	16. Donut Day Bingo 10:30 Lunch 11:15 Euchre 12:00	17. Bingo 10:30 Lunch 11:00	18. Good Friday Closed
21. Bingo 10:30 Lunch 11:15 Euchre 12:00	22. Meal site closed	23. Game 10:00 Bingo 10:30 Lunch 11:15 Euchre 12:00	24. Karaoke 10:00 Bingo 10:30 Lunch 11:00 Word Search	25. Chair Volleyball 10:00 Bingo 10:30 Birthday Bash 11:15
28. Exercise 10:00 Bingo 10:30 Lunch 11:15 Euchre 12:00	29. Meal site closed	30. Bingo 10:30 Lunch 11:15 Euchre 12:30		

MAY CALENDAR OF EVENTS

Monday (SM)	Tuesday	Wednesday (SM)	Thursday (Wapak)	Friday (Wapak)
			1. Bingo 10:30 Lunch 11:00	2. Wellness 10:00 Bingo 10:30 Lunch 11:00
5. Chair Volleyball 10:00 Bingo 10:30 Lunch 11:15 Euchre 12:00	6. Meal site closed	7. Exercise 10:00 Bingo 10:30 Lunch 11:15 Euchre 12:00	8. Bingo 10:30 Lunch 11:00	9. Bingo 10:30 Lunch 11:15 Donut Day
12. Exercise 10:00 Bingo 10:30 Lunch 11:15 Euchre 12:00	13. Meal site closed	14. Wellness Wednesday 10:00 Bingo 10:30 Birthday bash with entertainment 11:15 Euchre 12:00	15. Exercise 10:00 Bingo 10:30 Lunch 11:00	16. All Activities at Victory Center
19. Exercise 10:00 Bingo 10:30 Lunch 11:15 Euchre 12:00	20. Meal site Closed	21. Game 10:00 Bingo 10:30 Lunch 11:15 Euchre 12:00	22. Chair Volley Ball 10:00 Exercise 10:15 Bingo 10:30 Lunch 11:15	23. Exercise 10:00 Bingo 10:30 Birthday Bash 11:00
26. Memorial Day Closed	27. Meal site closed	28. Exercise 10:00 Bingo 10:30 Lunch 11:15 Euchre 12:00	29. Bingo 10:30 Lunch 11:15	30. Bingo 10:30 Lunch 11:15

JUNE CALENDAR OF EVENTS

5

Monday (SM)	Tuesday	Wednesday (SM)	Thursday (Wapak)	Friday (Wapak)
2. Bingo 10:30] Lunch 11:15 Euchre 12:00	3. Meal site closed	4. Exercise 10:15 Bingo 10:30 Lunch 11:15 Euchre 12:00	5. Exercise 10:15 Bingo 10:30 Lunch 11:15	6. Wellness 10:00 Bingo 10:30 Lunch 11:15
9. Exercise 10:15 Bingo 10:30 Lunch 11:15 Euchre 12:00	10. Meal site closed	11. Wellness Wednesday 10:15 Bingo 10:30 Birthday Bash 11:15 Euchre 12:00	12. Exercise Bingo 10:30 Lunch 11:00	13. Bingo 10:30 Lunch 11:00 Donut Day
16. Chair Volley Ball 10:15 Bingo 10:30 Lunch 11:15 Euchre 12:00	17. Meal site closed	18. Bingo 10:30 Lunch 11:15 Euchre 12:00 Donut Day	19. Chair Soccer 10:15 Bingo 10:30 Lunch 11:00	20. All Activities at Victory Center
23. Lunch 11:15 Euchre 12:00	24. Meal site closed	25. Exercise 10:15 Bingo 10:30 Lunch 11:15 Euchre 12:00	26. Exercise 10:15 Bingo 10:30 Birthday Bash 11:15	27. Trivia 10:15 Bingo 10:30 Lunch 11:00
			Pinochle at St. Marys on Fridays at 12:00	All activities are subject to change!

A LETTER FROM THE ACTIVITIES DIRECTORS

Hello everyone:

We hope you are enjoying some spring weather after a long ugly winter. Everyone is ready for warm sunny days.

We have some good news. Our Wapakoneta activities/meal site has moved to a new location. We are now located in the St. Paul United Church of Christ Fellowship Hall at 108 W. Mechanic St. in Wapakoneta. The days will still be Thursday and Friday, with the hours being 9:00 AM— 1:00 PM with lunch being served at 11:15 AM. We sincerely thank the church for graciously making their space available to us. The church ladies also provide the lunches. We hope to see you there soon.

Due to illness, the calendars for the next three months have not been planned in their entirety. There will be changes as Easter, Mother's Day and Father's Day will be celebrated. We are not sure when exactly, so everything is subject to change. Please bare with us.

We will continue to celebrate monthly birthdays the second Wednesday of the month at St. Marys, and the fourth Friday at Wapakoneta. Bingo is played every day unless there is entertainment of some kind, or a special celebration. People come to socialize and play cards. Come in and check us out. You never know, you may like us.

Welcome
SPRING



Paula Green has been attending the ACCA for many years. She comes to socialize with her friends, play bingo, and do crafts when available. She has made many friends through the years, of which some have passed away.

An interesting fact about Paula is that her grandparents, dad and uncle were missionaries in India. They received their education there. When they came home, there was a big article in the local paper. When her mother saw it, she pointed at her dad and stated she was going to marry him. A few years later she did indeed marry him. Unfortunately, they did not enjoy happiness long, as he was killed in a train accident when Paula was nine months old. Paula had one older brother that contracted meningitis as a baby, which left him disabled.

She is most thankful for her family: five boys (one deceased) and one daughter. Her family has grown to include sixteen grandchildren, twenty great grandchildren and one great great granddaughter. Through all of life's difficulties, Paula has always maintained her faith.

Her advice for the younger generation is to love and respect each other, and do not belittle anyone. Be kind. She enjoys doing crafts, eating at *Golden Corral*, and attending the Auglaize County Fair when she can. Paula is facing some health issues currently, and we wish her the best.

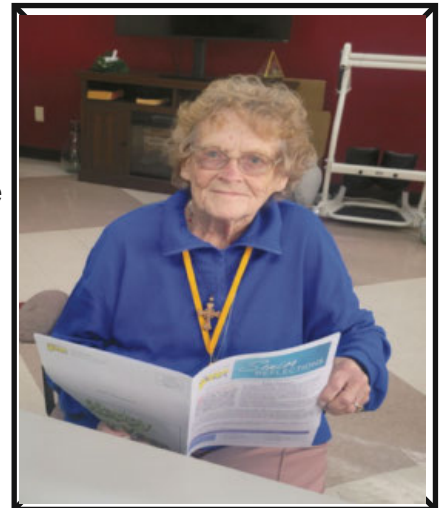
Judy Yahl's life has been quite a journey. When she saw a young man of 18 years playing cards at a house party (which were very common back then), she knew instantly that she would marry him. She was only 14 years old at the time. She did eventually marry Tony Yahl in 1958. They spent thirty four happy years together on the farm, until he went to his heavenly reward. Out of their union they had six children, five sons and one daughter. One son is deceased. The family has grown to include twelve grandchildren and seventeen great grandchildren.

After Tony's death thirty two years ago, she has worked at a variety of occupations: JTDMH as an aide; St. Patrick's Catholic Church in Spencerville in the religious education program; I & K Market in Delphos; Home Care; and finally as receptionist/greeter at the ACCA.

She is the first one you see when you come in the door. She now volunteers for us several days a week, and enjoys the socialization.

Judy is thankful to have her faith and know that God will help her through whatever life throws at her. Her favorite companion is "Penny" her Jack Russel Terrier. Her favorite hobby is crocheting. She was Queen of her "Red Hat" group. Her advice to others is "Keep the Faith" which was her husband's favorite verse. Her eating places are Subway, Arby's, Happy Days and Mongolian Grill.

Judy does a fantastic job of greeting people and making them feel at home. We appreciate everything you do for us. Thank you!



RHUBARB STICKY BUNS

INGREDIENTS:

1/4 cup cold butter, cubed
1/2 cup packed brown sugar
1 cup chopped fresh or frozen rhubarb , thawed

BATTER:

1/3 cup butter, softened
1/3 cup sugar
1 large egg, room temperature
1-1/2 cups all-purpose flour
2 tsp. baking powder
1/2 tsp. salt
1/4 tsp. ground nutmeg
1/2 cup milk

DIRECTIONS:

1. In a small bowl, cut butter into brown sugar until crumbly. Stir in rhubarb. Spoon evenly into 12 well-greased muffin cups: set aside.
2. In a large bowl, cream butter and sugar until light and fluffy. Beat in egg. Combine the flour, baking powder, salt and nutmeg; add to creamed mixture alternately with milk and mix well.
3. Spoon over rhubarb mixture, filling cups three-fourths full. Bake at 350 degrees until a toothpick comes out clean, 15-20 minutes. Cool for 5 minutes before inverting onto a serving plate. Serve warm.



Interesting Facts About Rhubarb

- **Is rhubarb a fruit or a vegetable?** Gardeners have long argued with cooks over that one! Botanically, it's a vegetable, as we grow it for its edible foliage, not for its "fruit" (which are dry seeds and highly unpalatable). However, it is commonly used cooked in desserts (pies, compotes, crumbles, etc.), a domain where fruits (strawberries, apples, etc.) usually reign, so many people claim it as a fruit. In fact, it is called "pie plant" in some areas. In New York state, it has been legally declared a fruit.
- **The leaves are poisonous:** Rhubarb leaves contain oxalic acid, which can corrode tooth enamel and close your throat if eaten in large quantities.
- **It's low in calories:** Rhubarb is high in fiber and minerals, but low in calories.
- **It's good for your bones:** Rhubarb contains vitamin K, which helps with bone metabolism and may help prevent osteoporosis.
- **It's good for your heart:** Rhubarb's antioxidants and vitamin K may help reduce the risk of heart disease.
- **It's good for reducing inflammation:** Rhubarb contains anthocyanins, which have anti-inflammatory effects.
- **It comes from the Himalayas:** Rhubarb is native to the Himalayas.
- **The word "rhubarb" comes from Greek:** The word "rhubarb" comes from the Greek word rhabarbaron, which means "foreign rhubarb."
- **Rhubarb has a long history of use in China,** but as a medicinal plant, not a vegetable.
- **You can harvest rhubarb all summer.** Typically, rhubarb is harvested from spring to perhaps the earliest days of summer, when the stalks are most tender, but the belief that rhubarb stalks become poisonous in summer is untrue. If you don't harvest in spring, you can do so anytime until fall. Just expect the stalks to be a bit tougher. Just leave enough foliage on the plant for it to build up its energy for next year's harvest.

After months of colder weather and gray skies in many parts of the country, springtime is a welcomed season. It can be especially refreshing for older adults who have spent the winter cooped-up indoors. Fresh air, warmth and sunshine can play an important role in renewing their spirit and enhancing their quality of life.

The Benefits of Fresh Air and Sunshine

Exposure to sunlight and fresh air offers many health benefits—greater energy, reduced stress and improved sleep, to name a few. Fresh air cleans the lungs and helps bring more oxygen to the cells. This increased oxygen in the body translates to greater energy and mental clarity.

Spending time in the sun can give a boost of vitamin D through skin absorption—which is necessary for the brain, bones and muscle function. Sleep schedules can be better regulated by getting some sunlight each morning, which helps the body shut off the snooze-inducing chemical melatonin. And sunlight is thought to help ward off depression because the “happy” chemical serotonin is higher in the brain during the time of year when days are longer.

Here are 12 Ways to Take Advantage of the Season

1. Take a walk. Studies have shown that even 10 minutes of walking each day can help older adults maintain strength and agility. Many local parks and nature trails have options for people with varying levels of mobility. Or a simple stroll around the neighborhood will suffice.

2. Visit a farmers market. There’s so much to see and sample at a farmers market, and the vibrant colors of the produce and the smell of fresh flowers are appealing to the senses.

3. Partake in spring cleaning. A little spring cleaning can create a healthy and comfortable living environment. Open the windows and let the fresh air in!

4. Go fishing. Dust off your rod and reel and head to your favorite fishing spot. Whether you fish for pure enjoyment and simply “catch-and-release,” or try to reel in some keepers for dinner, fishing is an enjoyable, relaxing pastime.

5. Visit tourist attractions. Be a tourist in your own town! Check with your local visitor center to see what’s happening in your area, and be sure to take advantage of senior discounts.

6. Go on a picnic. Try turning your next meal into a picnic. Grab a blanket and head to your favorite park. Bring a book to read or, better yet, bring a friend and share a meal together.

7. Eat outdoors at your favorite restaurant. You will get the perks of being outdoors, with none of the cooking and cleanup. Add good company, delicious food and ambiance, and you’ve got the recipe for a lovely night.

8. Install a bird feeder. Once the birds start chirping, you know spring has arrived. An abundant food source will help attract these feathered friends to your yard.

9. Plant a garden. Spring is the right time to start cultivating the earth for herbs, vegetables and flowers. Aside from being able to reap what you sow, it is a great form of exercise and can reduce stress.

10. Feel like a kid again. Head outside and do the activities you used to do as a kid! Fly a kite, search for four-leaf clovers or blow bubbles. These are great activities to do with your grandchildren, so invite them over for a playdate and some fun in the sun!

11. Enjoy a sporting event. Attending a game means socializing, which is great for older adults.

12. Get some exercise. Staying physically active can boost your energy levels, help you maintain your independence and even combat symptoms of illnesses.

First Light Care Corner





EASTER WORD SEARCH

WORD LIST

APRIL
BASKET
BUNNY
CANDY
CARROT
CELEBRATION
CHICK
CHOCOLATE
DAFFODIL
DECORATE
DYE
EASTER
EGGS
FLOWER
GOOD FRIDAY
GRASS
HUNT
JELLY BEANS
JESUS
LILY
MARCH
RESURRECTION
SPRING
SUNDAY
TREATS

W	M	K	D	C	K	V	E	K	C	T	N	U	H
O	G	A	K	H	B	A	S	K	E	T	H	C	C
L	T	O	R	S	R	X	O	I	B	L	M	S	O
U	A	I	O	C	C	F	W	I	L	O	Y	D	O
R	F	X	E	D	H	L	I	D	O	F	F	A	D
E	Z	L	P	K	F	J	E	S	U	S	P	N	A
T	C	V	O	Q	S	R	P	J	I	S	A	K	
S	E	I	A	W	G	O	I	E	M	Z	G	Y	E
A	L	N	S	M	E	X	S	D	K	Q	D	S	T
E	E	U	F	Y	Z	R	U	L	A	N	R	E	A
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I	O	Y	B	Q	O	C	E	Y	T	K	G	W	S
F	N	L	O	A	R	R	E	A	E	S	S	Z	G
R	E	L	X	X	R	Q	L	Y	F	Q	T	P	L
J	B	E	E	U	A	O	O	Q	D	U	A	E	T
B	L	J	S	P	C	B	L	M	Z	P	E	O	K
T	J	E	R	O	Q	I	P	G	V	G	R	S	E
Q	R	I	H	L	L	A	F	H	R	R	T	Y	O
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10 TRIPS & TOURS

THIS IS THE LATEST COMPILATION OF OUR BUS TOURS. FOR MORE INFORMATION, OR TO SIGN UP FOR A TRIP, CALL 419-394-8252, AND ASK FOR DOROTHY. SHE IS IN HER OFFICE ON TUESDAY AND THURSDAY AFTERNOONS.



Louisville, Kentucky

July 14th—17th, 2025

This package includes 3 nights accommodations in beautiful Louisville, Kentucky; 3 great breakfasts; and 3 sumptuous dinners including The Belle of Louisville Dinner Cruise; and a night of entertainment at the Derby Downs Dinner Theater. Of special interest is the Backstretch Breakfast Tour at the Churchill Downs Racetrack breakfast during morning warm-ups, a guided behind the scenes tour and a Kentucky Derby Museum Visit. Other tours included are: guided tours of the Old Kentucky Home State Park; Federal Hill Mansion; and Louisville Slugger Museum, with visits to Makers Mark Distilleries and several more. A visit to Horseshoe Indiana Casino will also be included. The cost of this trip is \$808.00 per person double occupancy. The last day to sign up is June 1, 2025



Mackinac Island

August 25th—29th, 2025

This 5 days/4 nights trip to the beautiful island of Mackinac includes an array of highlights: cruise through the Soo Locks and spend time in Sault Sainte Marie; gamble at a northern Michigan casino; spend a day on the island and take a carriage ride tour; a guided tour of Mackinaw City; visit Old Mackinac Point Lighthouse, dating back to 1892, and admission to Colonial Michilimackinac, a 1700's era village plus much more. This tour also includes four nights lodging and eight meals. The cost of this trip is \$870.00 per person, double occupancy. The last date to sign up is June 18, 2025. There is always time allotted for shopping on all the trips.



Nashville Show Trip

December 1st—5th, 2025

The high lights of this 5 days/4 nights show trip to the Music City of Nashville includes 2 great shows: the Grand Ole Opry and Nashville Nightlife Dinner Theater. You will also receive guided tours of Nashville and Belle Meade Historic Site & Winery. Admissions to the Country Music Hall of Fame and Museum; a Behind the Scenes Tour; and Madame Tussauds Wax Museum will also be on the itinerary. For a cost of \$855.00 per person, double occupancy, eight meals and four nights lodging is included. In today's economy these tours are very economical, if you consider the cost of everything.

Have you noticed that stairs are getting steeper? Groceries are **heavier**, and everything is **farther away**. Yesterday I walked down to the corner and I was dumbfounded to discover how long our street had become!

And you know, people are less considerate now, especially the young ones. They speak in **whispers** all the time! If you ask them to speak up they just keep repeating themselves, mouthing the same silent message until they are red in the face! What do they think I am a lip reader?

I also think they are much younger than I was at the same age. On the other hand, people my own age are so much **older** than I am. I ran into an old friend the other day and she has aged so much that she didn't even recognize me.

I got to thinking about the poor dear while I was combing my hair this morning, and in doing so, I glanced at my own reflection. Well, REALLY NOW—**even mirrors** are not made the way they used to be!

Another thing, everyone drives so **fast** these days! You are risking life and limb if you happen to pull onto the freeway in front of them. All I can say is their brakes must wear out awfully fast, the way I see them **screech and swerve** in my rear view mirror.

Clothing manufacturers are **less civilized** these days. Why else would they suddenly start labeling a size 10 or 12 dress as 18 or 20? Do they think no one notices?

The people who make **bathroom scales** are pulling the same prank. Do they think I actually 'believe' the number I see on the dial? I would never let myself weigh that much! Just who do these people think they are fooling?

I would like to call up someone in authority to report what's going on — but the **telephone company** is in on the conspiracy too: they've printed the phone books in such small type that no one could ever find a number in there!

Please pass this on to everyone so we can get the conspiracy stopped!

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12 WELLNESS INFORMATION

FREE SCREENINGS & EDUCATION

For all Wellness Programs call Trena at 419-394-8252 for an appointment.



BLOOD PRESSURE CHECKS

Every Wednesday at St. Marys| 9:30 - 10:30 AM
every Friday at Wapakoneta

NAIL CLINICS

Christine Chambers is seeing clients at the YMCA—St. Rt. 501 entrance in Wapakoneta. The days set for **Eastern Auglaize County** is **April 14th, May 12th, and June 16th.** If you live in the eastern part of the county, you can call 419-305-2618 to schedule an appointment.

She will be seeing clients at the ACCA on **April 7th, May 5th, and June 2nd.** To make an appointment for people living in the **western part of the county**, call 419-305-2618 to schedule an appointment.

The cost of trimming nails is \$21.00, plus extra for calluses.

FREE MOBILE CLINIC

ONU Healthwise Mobile Clinic will be at the ACCA (St. Marys) on Monday, April 7, 2025 and the Wapakoneta site on Friday, May 9, 2025 from 8:00 AM—12:00 noon. They will be offering **free** blood pressure checks, blood sugar checks, medication reviews, and cholesterol checks. If you want your cholesterol checked, you must fast for 8 hours prior to the screening. Bring your meds with you when you come. This is open to the public. You must make an appointment ahead of time.

Food, Facts and Fun

“Happy at Home Caregiving” will be hosting a presentation of their services on Tuesday, May 6, 2025, at 11:00 AM. Lunch will be provided. Call to register.

FINANCIAL PRESENTATION

Josh Barnes, Three Rivers Federal Credit Union will be speaking on “Elder Abuse & Financial Scams” on Monday, May 12, 2025 at 10:00 AM. No appointment necessary.

To schedule appointments, or if you have questions on any of the above, you can call 419-394-8252, follow the prompts and press #2 and ask for Trena.



Special thanks to Joint Township District Memorial Hospital, Heritage Home Health, Auglaize County Health Department, Roselawn, Celina Gardens and Community Health Professionals, and Wapakoneta Manor for graciously donating your time to perform BP checks, and Christine Chambers for providing the monthly nail clinic.

WELLNESS WEDNESDAYS

St. Marys

April 9th— “Utility Scams” - Amy Carles, Ohio Consumer Council

May 14th— “Cardiac Rehab” - JTDMH

June 11th— “Derma Scans” - Haley Zwiebel—Ohio Derm

Wapakoneta

April 4th— “Utility Scams” - Amy Carles, Ohio Consumer Council

May 2nd— “Derma Scans” - Haley Zweibel—Ohio Derm

June 6th— “Cardiac Rehab” - JTDMH

These programs are held at 10:00 on the second Wednesday in St. Marys, and the first Friday in Wapakoneta.

Where Do You Buy "Scratch"?

My mother never let me help much in the kitchen. As a result, my cooking ability was practically nonexistent when I got married. But I did remember Mom mentioning to her friends that she'd made cakes, pies and other things from scratch. So my first priority after the honeymoon was to locate some scratch. With Mom's delicious cakes in mind, my first trip to the supermarket was to buy some scratch. I found the aisle that read baking items. Spent a good 15 minutes looking at everything from vegetable oil, sugar, flour and chocolate, without seeing a sign of scratch. I was sure it wouldn't be with the pickles or the meat. I asked the clerk if they carried scratch. He looked at me funny and finally said, "You'll have to go to the store on the corner." When I got there, it turned out to be a feed store. I thought it rather strange, but I decided cakes were feed. "Do you have scratch?" I asked the clerk. He asked me how much I wanted. I suggested a pound or two. His reply was, "How many chickens do you have? It only comes in 20 pound bags." I really didn't understand why he mentioned chickens, but I had heard Mom say she made chicken casserole from scratch so I bought 20 pounds and hurried home. My next problem was to find a recipe calling for scratch. I went through every single page of my lovely *Better Homes and Gardens Cookbook*, given as a wedding present, looking for a recipe calling for scratch. There I was with 20 pounds of scratch and no recipe. When I opened the scratch I had doubts that a beautiful fluffy cake would ever result from such a hard looking ingredient. I hoped with the addition of liquids and heat, the result would be successful. I had no need to mention my problem to my husband as he suggested very early in our marriage he liked to cook and would gladly take over anytime. One day he made a pie and when I told him how good it was, he said he made it from scratch. That assured me it could be done. Being a new bride is scary and when I found out he made pies, cakes and even a lemon pudding from scratch...well, if he made all those things from scratch I was sure he had bought a 20 pound bag also. But I couldn't find where he stored it and I checked my supply...it was still full. At this point I was ready to give up because all the people knew about scratch except me. I decided to try a different approach. One day when my husband was not doing anything, I said, "Honey, I wish you'd bake a cake." He got out the flour, sugar, eggs, milk and shortening, but not a sign of scratch. I watched him blend it together, pour it into a pan and slide it into the oven to bake. An hour later as we were eating the cake, I looked at him and smiled and said, "Honey, why don't we raise a few chickens?"



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14 CENTER INFORMATION

WHO WE ARE

The Auglaize County Council on Aging's first mission is to assist the elderly, age 60+, of Auglaize County by providing

STAFF

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Facebook: Auglaize County Council on
Aging@auglaize.coa

AUGLAIZE COUNTY COUNCIL ON AGING

610 Indiana Ave. St. Marys, OH 45885
Phone: 419-394-8252
Fax: 419-394-4217
Toll-free: 1-866-244-6401
Email: geninfo@auglaizeseniorservices.com

Hours of Operation
Monday-Friday | 8:30 am - 4:30 pm
(Other Coordinated Hours Available. Emergency Hours as Needed)

WAPAKONETA BRANCH SITE

25 East Auglaize St. Wapakoneta, Ohio 45895
Phone: 419-738-2438

The ACCA does not discriminate on the basis of race, color, sex, religion, national origin, or disability. Facility/programs accessible. Persons with disabilities subject to reasonable accommodations.

An Equal Opportunity/Affirmative Action Employer/LEP Compliant. | Ohio Relay Service #1-800-750-0750. | Information is available in alternative formats "upon request."

HELP US TO HELP OTHERS

Your donations to the Auglaize County Council on Aging Endowment Fund at the St. Marys Community Foundation help senior adults in Auglaize County in a myriad of ways. Our mission is to help and support seniors in retaining their independence and vitality as long as possible.

Please complete this form & mail it with your check or money order, payable to:

Auglaize County Council on Aging | 610 Indiana Ave. P.O. Box 215, St. Marys, OH 45885

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_____ In honor of _____

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NEW PHONE SYSTEM

The ACCA recently had a new phone system installed. Many seniors have become discouraged and hang up because the system is computerized and they don't get a real person instantly. When you call us, listen to the instructions. If you want Transportation, push #1; if you want Outreach (Mary or Trena) push #2; and if you want Chore push #3. If you want someone else or just general information, push 0, and someone will assist you. Don't be discouraged. Follow the prompts, and you should be able to get assistance. Everyone knows that change is hard, but our old system was outdated, and definitely needed updated. We are still here ready to assist you. Just have patience.



We have two new faces driving the buses: Michael Dzalamanow and Ned Puthoff. Give them a big welcome when you see him out and about.

THANK YOU

Pastor Tony for his messages.

Wayne Street Church, Trinity Lutheran Church, Living Hope Assembly of God, Shekinah Temple, Holy Rosary Catholic Church, St. Marys Church of the Nazarene, and Van Crest of St. Marys for providing meals.

Dannon for the donation of yogurt.

Wapakoneta St. Paul United Church of Christ and Victory Christian Center for hosting activities and providing meals.

Agape Ministries, Mercy Unlimited and West Ohio Food Bank for all their donations.

Emma Jane Schrolucke
for her entertaining
music.

*Thank
you!*

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