



# Senior REFLECTIONS

## AUGLAIZE COUNTY COUNCIL ON AGING QUARTERLY NEWSLETTER

### *Happy New Year!*

As I look at society in the United States it is disheartening to see where we are today. One area that sticks out is people not caring enough to help others, whether young or old.

As you look around you see so many people who are only focused on themselves and only themselves. I have witnessed people that have knowledge to fix something, and yet they keep it to themselves, instead of helping others with tricks to make a task easier.

There are so many examples like cooking, preparing a meal, sewing, changing a windshield wiper, checking oil, setting up a phone, preparing a resume, planting a garden, hanging wallpaper, canning food, and the list goes on and on.

### A RESOLVE For Every Morning of the New Year

**I** will this day try to live a simple & sincere and serene life & repelling promptly every thought of discontent, anxiety, discouragement, impurity and self-seeking & cultivating cheerfulness & magnanimity, charity, and the habit of holy silence & exercising economy in expenditure, carefulness in conversation diligence in appointed service, fidelity to every trust and a child-like trust in God

From a Calendar by Bishop John H. Vincent  
Copyright, 1900, by CHAUTAUQUE PRESS

### **Do you care, and are you willing to share your skills, gifts and talents with someone?**

When I can show someone an easier way to accomplish a task, the majority of the people are very grateful that I actually cared enough, and took time to share my skills with them, instead of focusing on myself. There are many ways to show that you care and are willing to share your skills, gifts and talents; like volunteering for an agency, school or church etc. to help people that need what you have.

As we go into 2025 we will be having our Levy renewal on the ballot in November, which is our primary funding source. Have a happy and healthy New Year!

Robert Warren, Executive Director

## JANUARY/FEBRUARY/MARCH 2025

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It's been 15 years or so now that my parents left the planet. But I can still hear my Dad talk about "winter in the old days". For him of course, the old days were back in the 1920s and 1930s.

"We had to walk to school uphill both ways through six feet of snow ." " It was so cold our words would freeze in mid-air as soon as we said them." "The chickens would lay frozen eggs."

I thought he was crazy. And he was a little bit. So of course I said the same things to my kids, and then to my Grandkids. They think I'm crazy. And I am a little bit.

We lived on a rented 80-acre farm. The buildings were all old, the house, the hog house, the granary, the barn (which burned down), the chicken coop. It was the only place on that mile stretch of gravel road just a mile south of Leota, Minnesota. And while the winter on that place and in that time ring cold on the printed page, the memories sure do bend comfortably to the warm side.

Those winter memories include straw bales, plastic over windows, gas lanterns and rope. The straw bales would be stacked around the house. Apparently that 'ol house wasn't insulated too well, so the straw bales would ring the house to keep the wind and cold out, and the big oil burner in the living room would be cranked up. It all didn't exactly warm the house, but it kept it from getting...well...too cold. The plastic would go over all the windows, downstairs, and up. Tacked up tight over the windows on the outside, it still wasn't quite enough to keep it warm in that north upstairs bedroom, so that door would stay closed and my brother and I would share the south bedroom, the one that had the warm stove pipe going up through it. The gas lanterns (*kerosene actually*) were always kept handy, winter or summer, because the lights tended to go out some. A blizzard would hit and those wires strung along that gravel road couldn't handle it...and it just might be a bit before they were fixed.

Oh, and the rope? If I recall correctly (*and often I don't*), it was the winter of 1968-69 when we got around 100" of snow through that winter season. I mean, it was piled high and stayed that way! Riding in the car with my dad and mom (*when the road would finally be opened*) was like riding through a tunnel. And I remember my dad on a couple of occasions tying rope (*or maybe twine*) together and running it from the house to the hog house and granary because it was snowing so hard you literally couldn't see your hand in front of your face. So...you'd hang on to the rope (*or twine*) and follow along.

It wasn't exactly *Little House on the Prairie* but it seemed like it was in the same neighborhood. At least in my memory. There would be days where we didn't go anywhere. The road was drifted shut and besides, the weather was too bad anyway. Dad would clear out the yard best he could with a loader on that old 'A' John Deere and best of all, no school!

But of course, when there was school, we walked through the snow up hill both ways. And it was so cold the words froze in midair as soon as they came out of our mouth. And yes, the chickens would lay frozen eggs.

I'm tellin' ya kids, it's true.

**As I remember it.**


Preventive Awareness Support Service (PASS) in partnership with the Auglaize County Council on Aging will be offering Grief Recovery Method (GRM) Support Group, beginning on January 9, 2025. This is an action program of Moving Beyond Death, Divorce, and Other Losses. Using a structured program, participants examine the loss events they have experienced in their lives, and learn how to achieve a richer and more rewarding life by moving beyond the pain. Trained facilitators (not therapists) provide step-by-step instruction and ensure confidentiality and safety at all times. Reading and writing assignments help to explain the tools that are used to make this an effort a personal success.

The GRM Support Group is an educational process, not a therapeutic one. The program consists of eight closed meetings, held on a weekly basis for approximately two hours. Registration is required, and there is no cost to attend. The program handbook is needed to follow the process and complete assignments. These books will be made available for purchase from PASS for \$10.00, or may be available to borrow for the duration of the group.

If you are willing to learn how to do 'emotional healing', this group is for you!

Location: Auglaize County Council on Aging  
610 Indiana Ave.  
St. Marys, Ohio

Dates/Times: January 9, 16, 23, 30, February 6, 13, 20, 27. All meetings will begin at 1:00 pm and end by 3:00 pm. For more information email: Diane Tegenkamp, Certified Grief Recovery Specialist at [dtegenkamp@passaah.org](mailto:dtegenkamp@passaah.org) or call 419-394-8252 and ask for Trena.




## WINTER WORD SEARCH

BOOTS	HOT COCOA
MITTENS	HAT
ICICLE	SCARF
SNOWMAN	SNOWFLAKE
JACKET	FROZEN
PENGUIN	WINTER
SKIING	FIREPLACE
SLEDDING	SWEATER

Search the puzzle below to find the 16 winter related words.

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



## WORD SCRAMBLE

Try and unscramble the 5 winter related words below.

RADIBZZL \_\_\_\_\_


OWROSSNTM \_\_\_\_\_

GNIREFZ \_\_\_\_\_

OHT ETOCCOHAL \_\_\_\_\_

ODLC \_\_\_\_\_

# JANUARY CALENDAR OF EVENTS

Monday (SM)	Tuesday	Wednesday (SM)	Thursday (Wapak)	Friday (Wapak)
	<b>All activities are subject to change!</b>	<b>1. New Year's Day</b>  <b>CLOSED</b>	<b>2.</b> Exercise 10:15 Bingo 10:30 Lunch 11:00	<b>3.</b> Wellness 10:00 Bingo 10:30 Lunch 11:15
<b>6.</b> Chair Hockey 10:00 Bingo 10:30 Lunch 11:15 Euchre 12:00 <b>Funny T-Shirt Day</b>	<b>7.</b>  <b>Meal site Closed</b>	<b>8.</b> Wellness Wednesday 10:00 Bingo 10:30 <b>Birthday bash with entertainment</b> Euchre 12:00	<b>9.</b> Exercise 10:15 Bingo 10:30 Lunch 11:00	<b>10.</b> Exercise 10:15 Bingo 10:30 Lunch 11:00
<b>13.</b> Chair Volleyball 10:00 Bingo 10:30 Lunch 11:15 Euchre 12:00	<b>14.</b>  <b>Meal site closed</b>	<b>15. Donut Day</b> Bingo 10:30 Lunch 11:15 Euchre 12:00 <b>Funny Hat Day</b>	<b>16.</b> Bingo 10:30 Lunch 11:00	<b>17. All activities at Victory Center</b>
<b>20.</b> Bingo 10:30 Lunch 11:15 Euchre 12:00	<b>21.</b>  <b>Meal site closed</b>	<b>22.</b> Game 10:00 Bingo 10:30 Lunch 11:15 Euchre 12:00	<b>23.</b> Karaoke 10:00 Bingo 10:30 Lunch 11:00 Word Search	<b>24.</b> Chair Volleyball 10:00 Bingo 10:30 <b>Birthday Bash 11:15</b>
<b>27.</b> Exercise 10:00 Bingo 10:30 Lunch 11:15 Euchre 12:00	<b>28.</b>  <b>Meal site closed</b>	<b>29.</b> Bingo 10:30 Lunch 11:15 Euchre 12:30	<b>30.</b> Exercise 10:00 Bingo 10:30 Lunch 11:00	<b>31.</b> Exercise 10:15 Bingo 10:30 Lunch 11:00

# FEBRUARY CALENDAR OF EVENTS

Monday (SM)	Tuesday	Wednesday (SM)	Thursday (Wapak)	Friday (Wapak)
<b>3.</b> Exercise 10:00 Bingo 10:30 Lunch 11:15 Euchre 12:00	<b>4.</b>  <b>Meal site closed</b>	<b>5.</b> Bingo 10:30 Lunch 11:15 Euchre 12:00 Word Search	<b>6.</b> Bingo 10:30 Lunch 11:00	<b>7.</b> Wellness 10:00 Bingo 10:30 Lunch 11:00
<b>10.</b> Chair Volleyball 10:00 Bingo 10:30 Lunch 11:15 Euchre 12:00 <b>Wear your favorite sportswear</b>	<b>11.</b>  <b>Meal site closed</b>	<b>12.</b> Wellness Wednesday 10:00 Bingo 10:30 <b>Birthday bash with entertainment 11:15</b> Euchre 12:00	<b>13.</b> Bingo 10:30 Lunch 11:00	<b>14.</b> Bingo 10:30 Lunch 11:15 <b>Donut Day</b>
<b>17.</b> <b>President's Day</b>  <b>Closed</b>	<b>18.</b>  <b>Meal site closed</b>	<b>19.</b> Game 10:00 Bingo 10:30 Lunch 11:15 Euchre 12:00 <b>Donut Day</b>	<b>20.</b> Exercise 10:00 Bingo 10:30 Lunch 11:00	<b>21. All Activities at Victory Center</b>
<b>24.</b> Exercise 10:00 Bingo 10:30 Lunch 11:15 Euchre 12:00	<b>25.</b>  <b>Meal site Closed</b>	<b>26.</b> Game 10:00 Bingo 10:30 Lunch 11:15 Euchre 12:00	<b>27.</b> Chair Volley Ball 10:00 Exercise 10:15 Bingo 10:30 Lunch 11:15	<b>28.</b> Exercise 10:00 Bingo 10:30 <b>Birthday Bash 11:00</b>

# MARCH CALENDAR OF EVENTS

5

Monday (SM)	Tuesday	Wednesday (SM)	Thursday (Wapak)	Friday (Wapak)
<b>3.</b> Bingo 10:30] Lunch 11:15 Euchre 12:00	<b>4.</b>  <b>Meal site closed</b>	<b>5.</b> Exercise 10:15 Bingo 10:30 Lunch 11:15 Euchre 12:00	<b>6.</b> Exercise 10:15 Bingo 10:30 Lunch 11:15	<b>7.</b> Wellness 10:00 Bingo 10:30 Lunch 11:15
<b>10.</b> Exercise 10:15 Bingo 10:30 Lunch 11:15 Euchre 12:00	<b>11.</b>  <b>Meal site closed</b>	<b>12.</b> Wellness Wednesday 10:15 Bingo 10:30 <b>Birthday Bash 11:15</b> Euchre 12:00	<b>13.</b> Exercise Bingo 10:30 Lunch 11:00	<b>14.</b> Bingo 10:30 Lunch 11:00 <b>Donut Day</b>
<b>17.</b> Chair Volley Ball 10:15 Bingo 10:30 Lunch 11:15 Euchre 12:00	<b>18.</b>  <b>Meal site closed</b>	<b>19.</b> Bingo 10:30 Lunch 11:15 Euchre 12:00 <b>Donut Day</b>	<b>20.</b> Chair Soccer 10:15 Bingo 10:30 Lunch 11:00	<b>21.</b>  <b>All Activities at Victory Center</b>
<b>24.</b> Lunch 11:15 Euchre 12:00	<b>25.</b>  <b>Meal site closed</b>	<b>26.</b> Exercise 10:15 Bingo 10:30 Lunch 11:15 Euchre 12:00	<b>27.</b> Exercise 10:15 Bingo 10:30 <b>Birthday Bash 11:15</b>	<b>28.</b> Trivia 10:15 Bingo 10:30 Lunch 11:00
<b>31.</b> Exercise 10:15 Bingo 10:30 Lunch 11:15 Euchre 12:00			<b>Pinochle at St. Marys on Fridays at 12:00</b>	<b>All activities are subject to change!</b>

## A LETTER FROM THE ACTIVITIES DIRECTORS

Hello everyone,

After a beautiful October and part of November, winter weather has set upon us. Let's hope the cold nasty winter won't last too long, and we will have an early Spring.

It is not good to stay home during these cold gray days. A person needs interaction with other people, and the ACCA is the place to do so. The people that come in, enjoy each other's company. Many individual card games are played along with other activities.

There are no big parties planned for the next three months, as there are no major holidays. Occasionally, we will have entertainment, but it will be decided on a month to month basis as to when they will come in. We will not post this information in this newsletter as we are not sure when entertainment will be coming in.

Every month, we celebrate the birthdays for the month, by holding a "Birthday Bash" at both sites. The seniors thoroughly enjoy bingo which is held almost daily, and a lunch is served at both sites. The meals are prepared and donated by area churches and organizations.

We hope you will come in and give us a try. Don't stay home alone during these dreary days. If you need transportation, we can provide that for you. Socialization is very important for your mental health. Stop in, we will leave the light on for you!



Robert Bassitt, Jr. hails from Lafayette, Ohio. He graduated from Allen East High School and served in the United States Marines during the Viet Nam era. After his retirement from Ford Motor Company, he worked for St. Marys High Schools.

Bob met his lovely wife, Janet, at a next door neighbor's party. They have been married for forty nine years. Janet currently resides at Grande Lake Health Care. Bob and Janet have three sons, Michael, David and Brian, and four grandchildren; who reside all over the United States. He also has one sister, Linda, who lives in Bluffton, Ohio.

Bob's hobbies are bowling and gardening. In the past, he and his wife did a lot of traveling. They took many cruises and bus trips. He has been to forty seven states and thirty five different countries. Some of his favorite childhood memories are going fishing and camping. He feels his greatest achievement was securing a 3rd Class Engineers License.

When asked what he is most thankful for he stated a good job, family and friends. He enjoys attending the ACCA because of the good people, meals, playing cards.

His advice for future generations is to work hard and play hard. Auglaize County has many things to offer, but his favorite thing to do is attend the St. Joseph Church Festival.

Lester and Helen (Piehl) Settlage celebrated their 70th wedding anniversary on December 11th. What an accomplishment! **Congratulations!!** Lester graduated from New Knoxville High School and Helen graduated from New Bremen High School. They met through mutual relatives, and got married when they were both 19 years old. Lester likes to say, "We got married in Kindergarten so we could train each other." They have three children, 2 sons and 1 daughter, 9 grandchildren and 21 great grandchildren with 1 more on the way.

They have been full time farmers all their married life, even though Helen said when she was young, she would never marry a farmer, as she grew up on a farm. Farming is challenging and a gamble, but they have worked side by side, depending on the Lord. Often the entire family got involved. They had an agreement that neither one could spend over \$50 without the others knowledge.

Helen taught accordion lessons in the early years. She was church organist for 23 years. They both sang in the church choir for many years. Lester has a saw mill, which he enjoys to this day, and Helen enjoys quilting. They are thankful for their family, health, each other and their church family. Their advice for future generations are always do your best, don't make hasty decisions, and ask God for guidance.

Lester and Helen enjoys attending the ACCA to socialize and get out of the house. Occasionally, they will eat at local restaurants with their favorites being Varsity Lanes, and McDonalds for breakfast.



## QUICK & EASY CHICKEN NOODLE SOUP

### Ingredients:

1 tbsp. butter  
 1/2 cup chopped onion  
 1/2 cup chopped celery  
 4 (14.5 ounce) cans chicken broth  
 1 (14.5) can vegetable broth  
 1/2 pound chopped cooked chicken breast  
 1-1/2 cups egg noodles  
 1 cup sliced carrots  
 1/2 tsp. dried basil  
 1/2 tsp. dried oregano

Prep time: 10 mins

Cook time: 30 mins



A chicken noodle soup recipe that's very easy, very good substitute for when you don't have time to make your soup totally from scratch.

### Directions:

#### Step 1

Melt butter in a large pot over medium heat. Add onion and celery and cook until just tender, about 5 minutes.

#### Step 2

Add chicken broth, vegetable broth, chicken, egg noodles, carrots, basil, oregano, salt and pepper. Stir to combine and bring to a boil.

#### Step 3

### January is National Soup Month

In early times soup was called "pottage" (from pot and the Latin potare, to drink), but by Middle Ages, the word "soup" had replaced "pottage" in most European languages. The word soup is thought to have come from the sound made by slurping hot liquid from a spoon.

#### Some interesting facts about National Soup Month:

- ◆ Campbell's Soup Company founded National Soup Month in 1984.
- ◆ The month is meant to bring families together to enjoy a hearty meal.
- ◆ The earliest evidence of people eating soup dates back to 6000 BC, and it was hippopotamus soup.
- ◆ Americans eat more than 10 billion bowls of soup each year.
- ◆ The most popular soup variety in the U.S. is chicken noodle.
- ◆ Soups are classified into two groups: clear soups and thick soups.
- ◆ Soups can be consumed hot or cold, depending on the climate of the region where it's being served, and flavors can be sweet or savory.
- ◆ Condensed soup was invented by Dr. John T. Dorrance, a chemist with the Campbell Soup Company in 1897.
- ◆ When foods, including soup, go through the canning process, nutrients are locked in so the amount of vitamins and nutrients in the soup is the same on the day it was canned as it is a year from the canning date.
- ◆ Crown's *EasyLift easy-open ends*, revolutionized the food packaging industry by offering significantly improved finger access under the tab to make it easier and quicker for consumers to open food cans.

Older adults have a higher chance of being affected by cold weather. Changes that come with aging can make it harder for older adults to be aware of their body becoming too cold, which can turn into a dangerous health issue quickly.

Hazards of cold weather include falls on wintry surfaces; injury caused by freezing (frostbite); and hypothermia, a medical emergency that occurs when your body temperature gets too low. Being informed and taking certain actions can help lessen risks during the colder months.

### **Medical conditions and cold weather**

Older adults are more likely to have certain chronic medical conditions that make it harder to stay warm:

- Diabetes can prevent blood from flowing normally to provide warmth.
- Thyroid problems can affect the body's ability to maintain a normal body temperature.
- Parkinson's Disease and Arthritis can make it challenging to put on more clothes, use a blanket, or get out of the cold.
- Memory problems can cause a person to forget to take precautions for staying weather-safe, such as wearing appropriate attire.

Some medications can affect body heat, too. These include prescription medications and those bought over the counter, such as some cold medicines. Ask your doctor if medications you take may affect body heat and what you can do.

### **Avoiding falls in cold weather**

To help reduce the risk of falls in icy and snowy weather during the winter months, it's important to ensure that surfaces are as dry and safe as possible.

- Keep outside walkways clear of snow and ice with an ice melt product or sand.
- Avoid shoveling snow yourself when possible. In addition to the risk of falling, there is a risk of heart attack for older adults while shoveling snow.
- Use railings to help avoid slipping on icy stairs and walkways.
- Wear nonskid, rubber-soled, low-heeled footwear.

If possible, stay inside when the weather is bad. Consider using services that deliver prescriptions, groceries, and other necessities so you don't need to go out.

### **Staying warm indoors**

About 20% of injuries related to exposure to cold occur in the home. Here are some tips to keep warm:

- Set your heat to at least 68 degrees.
- Place a rolled towel in front of doors to keep out drafts.
- Keep your blinds and curtains closed, and use weather stripping around windows if there are gaps.
- Dress warmly on cold days, even if you are staying inside. Wear socks and slippers and make use of throw blankets.
- Make sure you eat enough food to maintain your weight—some body fat is necessary for staying warm.
- Ask someone to check on you during cold weather.

- ◆ Do something you enjoy every day. When you immerse yourself in things you enjoy, you can't wait to do them again.
- ◆ Work at friendships. Friendships are fuel, providing energy, love and feeding your emotions. You're never too old for new friendships.
- ◆ Embrace change. Life is change. Resisting it wastes precious time and energy. Living for it can create adventures you never thought possible.
- ◆ Learn. Exercise your brain continually.
- ◆ Get a massage frequently. Touch feels good and it's so relaxing.
- ◆ Share happiness. Make a point to spread joy whenever possible. It feels good to make someone else feel good, and it's inexpensive to do.
- ◆ Laugh and cry. But laugh a lot more. It feels good by releasing endorphins—the body's natural feel-good chemicals.
- ◆ Each morning before you get out of bed thank the Lord for 5 things for which you are grateful. It's a nice way to start the day, and you'll find yourself thinking about a lot more than 5.
- ◆ Embrace technology. The internet can take you places you'd never otherwise see or experience.
- ◆ Travel. Whether it is a trip to the mall, theater, a sports event or even a different state or country, little and big adventures can produce wonderful results.
- ◆ Embrace the joys of old age. You're smarter; you're more experienced and you have more time to do the things you enjoy.
- ◆ Surround yourself with people who lift you up rather than bring you down.
- ◆ Treat others with respect and dignity. You'll find respect and dignity come back to you.



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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.



### WASHINGTON, DC

**March 28th—April 1st, 2025**

**The first bus tour for 2025** will be to Washington DC during Cherry Blossom time. This 5 days/4 nights trip includes guided tours of Washington DC, including all the National memorials and monuments; plus an evening guided tour; a tram ride through Arlington National Cemetery, including the Grave of the Unknown Soldier; a visit to the Smithsonian Institute, and a full days visit to the Museum of the Bible. There are 8 meals included plus 4 nights lodging for a cost of \$770.00. Sign up deadline is January 21, 2025.

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### MEMPHIS—Home of the Blues, Soul & Rock n Roll

**May 5th—10th, 2025**

This 6 days/5 nights trip includes admission to Graceland—Home of Elvis Presley, including Airplanes & Car Museum; Sun Studio; Memphis Rock 'N' Soul Museum; free time on Beale Street in Memphis; a guided tour of Memphis; and gaming at a Memphis area casino. The price of \$840.00 also includes 5 nights lodging, and 8 meals. The deadline to sign up for this fun trip is February 26, 2025.

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### Louisville, Kentucky

**July 14th—17th, 2025**

Dorothy has not received flyers and information for this trip. Keep watch on Facebook. When we receive information, it will be posted. The information will also be in the next newsletter.

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### 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

An old hillbilly farmer had a wife who nagged him unmercifully, from morning till night. She was always complaining about something. The only time he got any relief was when he was out plowing with his old mule. HE PLOWED A LOT!

One day, when he was out plowing, his wife brought him his lunch in the field. He drove the old mule into the shade, sat down on a stump, and began to eat his lunch. Immediately, his wife began complaining. Complain, nag, nag: it just went on and on. All of a sudden, the old mule lashed out with both feet; caught her smack in the back of the head. Killed her dead on the spot. At the funeral several days later, the minister noticed something rather odd. When a woman mourner would approach the farmer, he would listen for a minute, then nod his head in agreement; but when a male mourner approached him, he would listen for a minute, then shake his head in disagreement. This was so consistent, the minister decided to ask the farmer about it. So after the funeral, the minister spoke to the farmer and asked him why he nodded his head agreed with the women, but always shook his head and disagreed with all the men. The old farmer said: "Well, the women would come up and say something about how nice my wife looked, or how pretty her dress was, so I'd nod my head in agreement." "And what about the men?" the minister asked. **"They wanted to know if the mule was for sale."**

What did the icy road say to the car?  
**"Want to go for a spin?"**

What do you call it when a snowman throws a temper tantrum?  
**A meltdown.**

Where do snowmen love to dance?  
**At a snow ball.**

What do you call a snowman in summer?  
**A puddle.**

Why is Frosty never late?  
**Time waits for snow man.**

Why can't you trust snowmen?  
**They are real flakes.**

## New Hope Senior Village

1150 Indiana Avenue  
St. Mary's



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**OUR COMMUNITY NEWSLETTER**  
OCTOBER EDITION



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## 12 WELLNESS INFORMATION

### FREE SCREENINGS & EDUCATION

For all Wellness Programs call Trena at

419



### 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 **January 20th, February 10th and March 10th**. 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 **January 6th, February 3rd and March 3rd**. To make an appointment for people living in the **western part of the county**, call 419-394-8252, and ask for Trena.

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



Thank  
You

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

### WELLNESS WEDNESDAYS

#### St. Marys

**January 8th**— PUCO "Utilities Information"

**February 12th**— Cisco Funeral Home  
"End of Life Decisions"

**March 12th**—Auglaize County YMCA  
"Things for Seniors"

#### Wapakoneta

**January 3rd**— PUCO "Utilities Information"

**February 7th**— Schlosser Funeral Home  
"End of Life Decisions"

**March 7th**—Auglaize County YMCA  
"Things for Seniors"



A guy was in a bar about as drunk as it's possible to get. A group of guys notice his condition and decide to be good Samaritans and take him home.

First, they stand him up to get to his wallet so they can find out where he lives, but he keeps falling down. He fell down eight more times on the way to the car, each time with a real thud. After they get to his house, he falls down another four times getting him to the door.

His wife comes to the door, and one guy says, "We brought your husband home." The wife looks around and asks, "Where's his wheelchair?"

Two women in a bus were fighting bitterly over the last available seat.

The conductor had already tried unsuccessfully to intervene, when the bus driver shouted to the conductor, "Let the ugly one have the seat". Both women stood for the rest of the journey.

**Argument done!**

Little Zachary was doing very badly in math. His parents had tried everything....tutors, mentors, flash cards, special learning centers. In short, everything they could think of to help his math. Finally, in a last ditch effort, they enrolled Zachary in the local Catholic school. After his first day, Zachary came home with a very serious look on his face. He didn't even tell his mother hello. Instead, he went straight to his room and started studying. His mother was amazed. She called him down for dinner. To her shock, the minute he was done, he marched back to his room without a word, and in no time he was working on his homework. This went on for some time, day after day, while the mother tried to understand what had made all the difference. Finally, Zachary brought home his report card. He quietly laid it on the table, and went up to his room to study. With great trepidation, his mom looked at it and to her great surprise, little Zack got an 'A' in math. She could no longer hold her curiosity. She went to his room and said, 'Son, why the change? Was it the nuns?' Zack looked at her and shook his head no. "Well then", she replied, "was it the books, the discipline, the structure, the uniforms? WHAT WAS IT?" Zack looked at her and said, "Well, on the first day of school when I saw that guy nailed to the plus sign, I knew they weren't fooling around."

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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

Robert Warren, Executive Director  
safety@auglaizeseniorservices.com

Elsie McGlothen, Transportation Coordinator  
transportation@auglaizeseniorservices.com

Linda McDermitt, Administrative Assistant/  
Newsletter Coordinator  
geninfo@auglaizeseniorservices.com  
newsletter@auglaizeseniorservices.com

Facebook: Auglaize County Council on

### 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

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.

## 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

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Donation Amount \$ \_\_\_\_\_ Check # \_\_\_\_\_ Date \_\_\_\_\_

This gift is made:

\_\_\_\_\_ In loving memory of \_\_\_\_\_

\_\_\_\_\_ In honor of \_\_\_\_\_

\_\_\_\_\_ Other \_\_\_\_\_

# Welcome!

Alex Burd is our newest Transportation Driver. He is also a college student. Wish him good luck on his

A new year is like a blank book. The pen is in your hands. It is your chance to write a beautiful story for yourself.

## HAPPY NEW YEAR

### THANK YOU

Pastor Tony for his messages.

Wayne Street Church, Living Hope Assembly of God, Shekinah Temple, Holy Rosary Catholic Church, St. Marys Church of the Nazarene, Trinity Lutheran Church, St. Paul's UCC (Wapak), Van Crest of St. Marys, and K of C Council #1592 for providing meals.

Dannon for the donation of yogurt.

Victory Christian Center for hosting activities and providing meals.

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

Cooper Farms for their donation of turkey rolls for our Thanksgiving meal.

Emma Jane Schrolucke for her entertaining music.

*Thank you!*

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VISIT [WWW.MYCOMMUNITYONLINE.COM](http://WWW.MYCOMMUNITYONLINE.COM)



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