



AUGLAIZE COUNTY COUNCIL ON AGING QUARTERLY NEWSLETTER

Hello everyone:

Summer is in full swing, and the ACCA is celebrating by holding a "Summer Senior Series" of several new activities, starting July 8th through the end of September.

"Corn Hole" games will be held on **Tuesday mornings at 9:00 AM** for anyone that wants to participate. If you enjoy this game, call your friends and join us. They will be held outside or inside! Also, if you like pitching horse shoes, come on over! We will hold these games on **Tuesday afternoons at 1:00 PM**. Get ready to toss, laugh and compete. **Weather permitting!**

We will be holding a **fundraiser** Dinner/Dance at the Eagles in Wapakoneta, on Saturday, August 16th from 5:00—9:00 PM. The dinner of chicken parmesan, spaghetti, salad, garlic bread and dessert will be served at 5:30PM, with the "Flat Bottom Boys" Band providing music for dancing. Cost of the tickets are \$20.00 and can be purchased from any employee, or at either of the ACCA meal sites. Come for a good time, and support the Auglaize County Council on Aging services.

Our 5 year levy that funds our services will be up for renewal in November. This levy is vital for our agency to continue to strive to meet the needs of the Auglaize County seniors, 60 years of age or older. We are very busy trying to kept abreast of all the requests that come in for transportation, chore and homemaker.

Robert Warren, Executive Director



JULY/AUGUST/SEPTEMBER 2025

CHECK OUT
WHAT'S INSIDE!

02 Recalling Childhood Days
04-05 Calendar of Events
06 Senior Profiles

10 Trips & Tours
12 Wellness Wednesdays
15 Special Thanks

The Sonic Boomer

This morning I got to thinking of all the things that progress has cost us. It's not that I mind progress (usually), it's just that sometimes things are gone before we know it—replaced by easier, faster, more modern things. Then, one day, we look up and wonder, "Where did that go?"

When I was a kid, we went to "the farm" every summer. "The farm" located near the tiny town of Alpha in Upper Michigan, was where my mother had grown up, together with her eight siblings, her mama and her tata (polish for papa). My father would help out around the place, even though my uncles teased him mercilessly about being a "city slicker" who was barely able to hoist a bale of hay onto the truck without help.

My mother would hang out with grandma, chattering happily in Polish. The chattering was musical in a way, because I didn't understand the words.

My brother Jim and I loved the farm. Unlike our home in the city, the farm boasted acres and acres of land upon which we were free to roam with one caution—"Stay away from the well!" The well, unlike pastoral drawings in which a circular brick structure is topped with an adorable shingled roof and an accompanying wooden bucket on a rod, was a hole in the ground with a piece of plywood slid over it. One false move, and you fell to the center of the earth. We gave it a wide berth—about an acre in circumference—and were spared.

Instead, we spent our days picking raspberries, strawberries and hazelnuts; climbing the apple trees; tossing hay at each other up in the barn's hayloft; and chasing the chickens.

We also gave a wide berth to the bull (easily distinguished from the cows by the brass ring in his nose) and watched when grandpa did the milking, something my mother used to do before walking a mile through snowdrifts to school. (My dad thought a hay bale was heavy until he loaded 12 cans full of milk onto the delivery truck.)

One of our favorite things to do was to hang around in the shed where grandpa kept his tractor. The smell of old grease and oil, together with the sound of clanking metal tools, still brings me back to that place.

The farm is still there. After grandpa died and grandma moved "to town" (population:124), Uncle Walter took it over. He did some farming, but mostly he filled the house with junk.

It was a shame, because grandpa and his neighbors had built the house by hand back in the 1920s. It had three bedrooms—one for the boys, one for the girls and one for the parents. My mother's three sisters slept in a double bed, and mom slept across the bottom with their feet. The littlest sister, a baby, had a cradle in the parents' room.

I've gone back to visit, and everything is so much smaller than I remember! The house is small. The apple trees are small. The chicken coop is small. I ventured onto the property and poked my nose into the tractor shed. I breathed deeply.

Ahhhhh. **Some things never change!**

How many of you remember going barefoot all summer? The sole of your feet would get so tough that walking over rocks was no problem. Playing outside until dark and catching lightening bugs? Wonderful childhood memories.



Barbecues, vacations to the beach, fishing trips at the cabin—enjoying the great outdoors is what summer is all about. Aging shouldn't stop you from taking pleasure in summer activities. Extreme heat, over-exposure to the sun, or too little hydration can all lead to a very dangerous situation if you aren't careful. Thankfully, you don't have to risk your health to have a great time this summer. Follow these summer safety tips for seniors so that you and your loved ones can enjoy summer and the activities that come with it.

Hydrate, Hydrate, Hydrate

Research shows that if you're thirsty, you're already becoming dehydrated. But older adults are typically less aware of thirst, and as we age, our bodies naturally lose the ability to conserve fluid—which makes it even more important for seniors to...

1. Drink more, and know the signs of dehydration, especially in the summer months.

Instead of risking your or your loved ones' health during those hot summer days, our number one summer safety tip for seniors is to drink consistently throughout the day in order to drink six to eight cups a day.

Wear Proper Sun Protection

As we age, so does our skin. Aging affects the elasticity of our skin, the amount of moisture it retains, the amount of collagen it produces and how sensitive it is to outside factors like the sun.

But the effects of aging don't end there.

Our immune systems become weaker over time, so seniors' bodies may struggle more to repair sun damage. This is why not only wearing sunscreen but knowing how to wear it correctly is vital as we age.

When choosing sun protection, it's important that seniors:

- Opt for a broad spectrum sunscreen; use a sunscreen with an **SPF of 30 or more**; apply a generous amount of sunscreen every two hours and look for water-resistant sunscreen

Dress Right

Summer safety for seniors involve more than just wearing sunscreen outside. Seniors should wear protective clothing when hanging out in the heat. Consider wearing lightweight, long-sleeve shirts and lightweight long pants; wide-brimmed hats; clothing designed to filter UV rays; and UV filtering sunglasses to not only protect your body from UV rays but also help maintain a reasonable body temperature.

Avoid Going Out in High Temperatures

High heat and humidity can mean risky business for seniors. Temperatures that may have been tolerable at one point in your life can have a bigger impact on your health as you age. Avoid unsafe temperatures and levels of humidity by looking at the day's forecast before leaving the house.

Know the Signs of Heat Exhaustion and Heat Stroke

Heat exhaustion and heat stroke are two serious medical conditions that can quickly become dangerous for seniors. Knowing what signs to look for is vital to staying safe. Some of the most common signs of heat stroke, heat exhaustion and other heat related illnesses include: red or flushed skin; rapid heartbeat; tiredness; headache; confusion; weakness; dizziness; and nausea. If you or a loved one experiences any of these symptoms, don't wait—find a cool place to sit down, relax, hydrate and apply a cold compress to the skin. If symptoms persist, seek medical care.

Know Your Medications Interactions

Some medications may cause your body to be more sensitive to the sun. Check the side effects for all medications you are taking. Make sure you and your loved ones know if your prescription medications requires you to take extra precautions in the sun.


Check in With Loved Ones

Check in with your loved ones regularly throughout the summer. Learn their routines, ensure their AC's are working and encourage hydration. Try to schedule a visit regularly during extreme temperatures for an added sense of comfort.

JULY CALENDAR OF EVENTS


| Monday (SM) | Tuesday | Wednesday (SM) | Thursday (Wapak) | Friday (Wapak) |
|---|--|---|--|---|
| All activities are subject to change! | 1. Meal site Closed Corn Hole 9:00 Horseshoe Toss 1:00 | 2. July 4th Picnic Corn Hole Games Bingo 10:30 Lunch 11:15 Euchre 12:00 | 3. Crafts 10:00 Bingo 10:30 Lunch 11:00 Dress red, white and blue | 4. Independence Day CLOSED |
| 7. World Chocolate Day Memory Tray/Facial Exercises Bingo 10:30 Lunch 11:15 Euchre 12:00 Wear beach attire | 8. Meal site Closed Corn Hole 9:00 Horseshoe Toss 1:00 | 9. Wellness Wednesday 10:00 Bingo 10:30 Birthday bash with entertainment Euchre 12:00 Wear beach attire | 10. Pina Colada Day Bingo 10:30 Lunch 11:00 Wear beach attire | 11. Pet Photo Day Facial Exercise 10:15 Bingo 10:30 Lunch 11:00 Wear beach attire |
| 14. Beach Chair Volleyball 10:00 Beach Quiz Bingo 10:30 Lunch 11:15 Euchre 12:00 | 15. Meal site Closed Corn Hole 9:00 Horseshoe Toss 1:00 | 16. Donut Day Exercise 10:00 Bingo 10:30 Lunch 11:15 Euchre 12:00 Wear beach attire | 17. National Hot Dog Day Just Saying Bingo 10:30 Lunch 11:00 Wear beach attire | 18. All activities at Victory Center Wear beach attire |
| 21. Christmas in July Bring 1 Take 1 Bingo 10:30 Lunch 11:15 Euchre 12:00 | 22. Meal site Closed Corn Hole 9:00 Horseshoe Toss 1:00 | 23. Game Day Corn Hole/ Darts Bingo 10:30 Lunch 11:15 Euchre 12:00 | 24. Christmas in July Bring 1 Take 1 Bingo Lunch 11:00 | 25. Game Day Friday Fun Day Bingo 10:30 Lunch 11:00 Birthday Bash 11:15 |
| 28. Chair Hockey Bingo 10:30 Lunch 11:15 Euchre 12:00 | 29. Meal site Closed Corn Hole 9:00 Horseshoe Toss 1:00 | 30. Parents Photo Day Bingo 10:30 Lunch 11:15 Euchre 12:30 | 31. Thinking Thursday Memory Tray Bingo 10:30 Lunch 11:00 | |

AUGUST CALENDAR OF EVENTS

| Monday (SM) | Tuesday | Wednesday (SM) | Thursday (Wapak) | Friday (Wapak) |
|---|--|--|---|--|
|  | | | | 1. Wellness 10:00 Bingo 10:30 Lunch 11:00 Fun Day Friday |
| 4. National Choc. Chip Cookie Day Chair Soccer Privy Read Bingo/Lunch 11:15 Euchre 12:00 | 5. Meal site Closed Corn Hole 9:00 Horseshoe Toss 1:00 | 6. National Night Out Just Say'in Bingo 10:30 Lunch 11:15 Euchre 12:00 | 7. Nat'l Girl Friends Day Chair Volleyball Bingo 10:30 Lunch 11:00 | 8. Nat'l \$\$\$ Day Face Exercises Bingo 10:30 Lunch 11:15 Donut Day |
| 11. Horse Clap Game Exercise Bingo 10:30 Lunch 11:15 Euchre 12:00 | 12. Meal site Closed Corn Hole 9:00 Horseshoe Toss 1:00 | 13. Wellness Wednesday 10:00 Bingo 10:30 Birthday bash with entertainment 11:15 Euchre 12:00 | 14. Horse Clap Game Bingo 10:30 Lunch 11:00 | 15. All Activities at Victory Center 16—Saturday Dinner/Dance |
| 18. Memory Monday Game 10:00 Bingo 10:30 Lunch 11:15 Euchre 12:00 | 19. Meal site Closed Corn Hole 9:00 Horseshoe Toss 1:00 | 20. Donut Day Nat'l Radio Day Road Trip Map Bingo/Lunch 10:30 Lunch 11:15 Euchre 12:00 | 21. Nat'l Poetry Day Thinking Thursday Bingo 10:30 Lunch 11:15 | 22. Fun Day Friday Road Trip Map Bingo 10:30 Birthday Bash 11:00 |
| 25. Craft 10:00 Face Exercises Bingo 10:30 Lunch 11:15 Euchre 12:00 | 26. Meal site Closed Corn Hole 9:00 Horseshoe Toss 1:00 | 27. Chair Volleyball Bingo 10:30 Lunch 11:15 Euchre 12:00 | 28. Chair Soccer Bingo 10:30 Lunch 11:00 | 29. Craft with Tammy Exercise Bingo 10:30 Lunch 11:00 |

SEPTEMBER CALENDAR OF EVENTS

5

| Monday (SM) | Tuesday | Wednesday (SM) | Thursday (Wapak) | Friday (Wapak) |
|---|---|--|---|--|
| 1. Labor Day CLOSED | 2. Meal site Closed Corn Hole 9:00 Horseshoe Toss 1:00 | 3. Nat'l wildlife Day Exercise 10:15 Bingo 10:30 Lunch 11:15 Euchre 12:00 | 4. Exercise 10:15 Bingo 10:30 Lunch 11:15 | 5. Football Friday Wear team jersey Wellness 10:00 Bingo 10:30 Lunch 11:15 |
| 8. Memory Tray Bingo 10:30 Lunch 11:15 Euchre 12:00 | 9. Meal site Closed Corn Hole 9:00 Horseshoe Toss 1:00 | 10. Wellness Wednesday 10:15 Bingo 10:30 Birthday Bash 11:15 Euchre 12:00 | 11. Nat'l Day Remembrance Chair Volleyball Bingo 10:30 Lunch 11:00 | 12. Football Trivia Bingo 10:30 Lunch 11:00 Football Friday Shirt |
| 15. Craft 10:00 Bingo 10:30 Lunch 11:15 Euchre 12:00 | 16. Meal site Closed Corn Hole 9:00 Horseshoe Toss 1:00 | 17. Constitution Day Bingo 10:30 Lunch 11:15 Euchre 12:00 Donut Day | 18. Fall Craft Bingo 10:30 Lunch 11:00 | 19. All Activities at Victory Center |
| 22. P.J. Day Visit Cousins Bingo 10:30 Lunch 11:15 Euchre 12:00 | 23. Meal site Closed Corn Hole 9:00 Horseshoe Toss 1:00 | 24. Lottery Win Exercise Bingo 10:30 Lunch 11:15 Euchre 12:00 | 25. P.J. Day Exercise 10:15 Bingo 10:30 Birthday Bash 11:15 | 26. Football Friday Wear team jerseys Memory Tray Bingo 10:30 Birthday Bash |
| 29. Petting Zoo Bingo 10:30 Lunch 11:15 Euchre 12:00 | 30. Meal site Closed Corn Hole 9:00 Horseshoe Toss 1:00 |  | Pinochle at St. Marys on Fridays at 12:00 | All activities are subject to change! |

A LETTER FROM THE ACTIVITIES DIRECTORS

Hello everyone,

We have some exciting things planned for the next three months.

July 2nd:—4th of July Picnic, wear red, white and blue.

July 7th—18th Beach Weeks: Wear beach attire.

July 9th, August 13th and September 10th: Birthday Bash at St. Marys

July 25th, August 22nd and September 26th: Birthday Bash at Wapakoneta

August 11th—15th: Western Week

August 16th:—Dinner & Dance at Wapakoneta Eagles

September:—We honor our local football teams by wearing team jerseys.

These are just some of the highlights. We have many different activities planned throughout the months. Something every day. There are also card games, lunch and socialization every day.

Stop in and check us out. Everyone is friendly. You can make some new friends. Once most of our clients started coming in to the meal site, came back because they enjoyed it. **Hope to see you soon!**

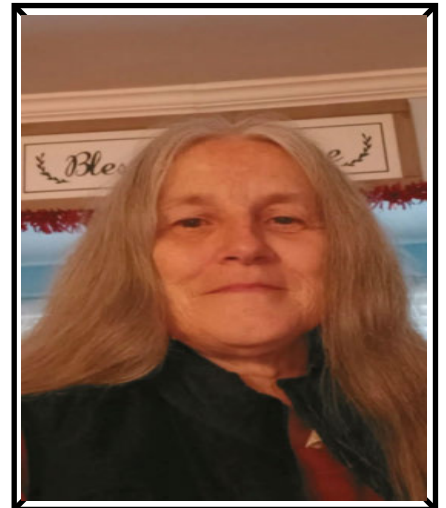




Frankie Sunderland is a lively 95 year old, who was born in Hattiesburg, Mississippi, along with five siblings. One of her most enjoyable memory is of train trips, along with her father, who was an Engineer with the Southern Pacific Railroad. After graduating in 1948, she attended business school. She decided to visit her sister in Wapakoneta, and that is where she met Harold "Dutch" Sunderland. It was love at first sight. After dating for seven months they "tied the knot". They lived in Buckland for awhile until after the birth of their first child, Anna. Dutch then got a job with the oil fields, and they moved around between Louisiana, Mississippi and Alabama. During this time they had four more children, Martin, Mike, Glen and Becky. They eventually moved back to the Buckland area, after Dutch got a job at Teledyne Ohio Steel. Unfortunately, he was killed in an industrial accident in 1986. Life was hard for her after his death but she found her way, started going on bus trips and meeting new friends. She has really enjoyed all her trips especially Hawaii and Alaska.

She currently has eight grandchildren and fifteen great-grandchildren with one on the way. She enjoys attending church when she can. She lives in an apartment attached to her daughters house, and spends her time watching the birds and attending to her flowers. Frankie is very thankful for her family and that she has a relationship with our Lord and Savior. Her advice to everyone is don't worry so much. Life passes so fast to spend time on such petty things. When asked why she attends the Auglaize County Council on Aging she stated "socializing". She is so glad that we are here for the seniors of the county. Her favorite things to do is attend the Council on Aging and go to eat at Captain D's. We all enjoy Frankie!

Dawn Moyler was born in Celina, Ohio. The family moved to New Knoxville and lived there until she was in third grade. They then moved to the Wapakoneta area. Dawn graduated from Wapakoneta High School in 1979. She married Robert Moyler, Jr. in December, 1984. They had four children, who are all adults now. Unfortunately, Robert passed in August, 2013 from lung cancer. She has nine grandchildren and one great-grandchild. They are the loves of her life. Her favorite family memories are of family get togethers and holiday parties. Dawn hosts New Years, Fourth of July, and Halloween parties every year. As a hobby she does scrapbooking. She also attends her grandchildren's sporting events. She worked at Toy R Us for fifteen plus years, until they closed.



When asked what she is thankful for she stated "my family".

Some advice that she would like to share is spend as much time as you can with your parents and family. You never know how long you have with them.

Dawn enjoys coming to the ACCA to get out and meet people.

During the summer, she enjoys attending the Auglaize County Fair and eating fair food.

Welcome Dawn to our Wapakoneta site.

GRILLED PEACHES

REE DRUMMOND



6 fresh, ripe peaches
1/3 cup maple syrup,
divided, plus more for
serving
2 Tbsp. oil or butter
1/2 cup pecans, toasted
and chopped,
optional
Ice cream or Greek
yogurt, to serve

Note: These peaches taste incredible on a salad. Toss mixed greens with your favorite salad dressing and crumbled blue cheese. Pile high on a platter and place grilled peach halves all over. Sprinkle with pecans.

Directions:

1. Halve the peaches and remove the pit. Brush the cut sides of the peaches with about half of the maple syrup.
2. For the grill: Preheat a grill (charcoal or gas) to medium-low heat (300 to 350 degrees). Oil the grill grates. Place the cut side of the peaches directly on the grill grates. Cook for 3-5 minutes, until grill marks form. Flip the peaches and cook 2 to 3 more minutes, skin-side down.
3. Remove the peaches when they're slightly soft but not mushy and have great grill marks. With a pair of tongs, transfer to a serving plate.
4. Brush the remaining maple syrup over the tops. Serve them over ice cream or greek yogurt. Sprinkle with pecans and drizzle on more maple syrup, if you like.

Just Peachy: Fun Facts About Peaches

1. Peaches existed before humans. In 2015, Chinese scientists discovered peach fossils dating back 2.6 million years.
2. The peach is a member of the rose family and is a close relative of the almond.
3. California produces about 50% of the peaches in the USA, but Georgia is still famous for their peaches nationwide.
4. In Japan, white peaches are highly prized and often given as luxurious gifts, sometimes even costing upwards of \$10 each for the most perfect specimens.
5. Peach fuzz is a survival tactic, providing protection from the elements. It stops water and moisture from reaching the delicate skin, preventing premature rot, and ensuring development of a fully mature seed.
6. Clingstone peaches have flesh that "clings" to the stone pit. Freestone peach fruit separates easily from the pit. There is no way to know from looking at a peach whether it is clingstone or not.
7. There are over 300 varieties of peaches in the USA and over 2,000 varieties worldwide.
8. Only one gene separates peaches and nectarines. The gene variant between the two causes peaches to have a fuzzy skin and nectarines to have a smooth skin.
9. Peaches have been cultivated in China for over 5,000 years; they are considered a symbol of fertility and immortality.
10. Originally bred as an ornamental for their beautiful blossoms, the donut aka flat peach has grown in popularity in recent years as a super sweet novelty fruit. www.veritablevegetable.com/blog

Life is better than death, if only because it is less boring and because it has fresh peaches in it!

Alice Walker

The **WISE** program is designed to help older adults celebrate healthy aging, make healthy lifestyle choices and avoid substance abuse.

JOIN US for a **FREE** six week wellness program for people 55 and over. The program will be held in two locations from 1:00 PM—2:30 PM.

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

Wapakoneta Council on Aging
St. Paul UCC
108 Mechanic St.
Wapakoneta, Ohio

| | |
|---------|--|
| Week 1: | Understanding the Changes Associated with Aging (July 8th—SM, July 24th—Wapak) |
| Week 2: | Aging Sensitivity (July 15—SM, July 31-Wapak) |
| Week 3: | Valuing Cultural and Generational Diversity (July 22—SM, August 7—Wapak) |
| Week 4: | Medication and the Older Adult (July 29—SM, August 14—Wapak) |
| Week 5: | Substance Abuse, Addiction, and Older Adults (August 5—SM, August 21 - Wapak) |
| Week 6: | An Enhanced Quality of Life (August 12—SM, August 28—Wapak) |

Participants will receive a \$25 Walmart Gift Card!!

To register or for more information about WISE, contact Emily at 419-549-8530 extension 102, or email eupshaw2passaah.org or call Trena at 419-394-8252, option #2.

Name: _____ Date: _____

SUMMER

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

amusementpark
 sleepingin
 watermelon
 parawings
 waterpark
 poolparty
 flipflops
 sunscreen
 barbeque
 dirtbike
 laughing
 vacation
 icecream
 cookouts
 umbrella
 picnics
 friends
 fishing
 surfing
 hotdogs
 sandals
 outside
 travel




MARIA STEIN ANIMAL CLINIC
 Large and Small
 Animal Vet Services
 Emergency Services
419-925-4212
 8155 State Route 119, Maria Stein
www.mariasteinanimalclinic.com


EDWIN F. NICKOL, INC.
 Monuments
 Versailles, OH
937-526-3711


CLOSING TIME REALTY
 Kass Gilbert 419.305.9845
 LEARN MORE
seniorsresource.realtor  

Humana®
Keith Armour - Sales Representative
419.234.0645
 2729 Lost Creek Blvd., Lima, OH 45804

THE BEST TIME FOR NEW BEGINNINGS IS NOW!



Featuring:

- Independent Living, Patio Homes & Apartments
- Life Enrichment Center, with Warm Water Pool, Fitness Gym & Library
- Assisted Living
- Memory Support
- Skilled Nursing
- Designated Therapy Wing for Post-Acute Recovery & Rehabilitation featuring all private suites
- State of the Art Therapy Gym


OTTERBEIN ST. MARYS 11230 St. Rt. 364 St. Marys, OH 45885 (419) 394-2366
OTTERBEIN CRIDERSVILLE 100 Red Oak Drive Cridersville, OH 45806 (419) 645-5114
www.otterbein.org

10 TRIPS & TOURS

NASHVILLE IS THE LAST BUS TOUR FOR 2025. THUS FAR, TWO TRIPS HAVE BEEN SCHEDULED FOR 2026. DOROTHY IS STILL IN THE PLANNING STAGE, SO MORE MAY BE ADDED. CALL DOROTHY AT 419-394-8252, ON TUESDAY OR THURSDAY AFTERNOONS IF YOU HAVE ANY QUESTIONS.



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. The last date to sign up is 9/24/25.



Mount Rushmore, the Badlands & Black Hills, SD

September 26-October 4th, 2026

This 9 days/8 nights trip features visits to Mount Rushmore National Memorial; Crazy Horse Memorial; Badlands National Park; and Custer State Park. Also included is a tour of Deadwood, plus gaming at a Deadwood Casino. The economical price of \$1,176 includes 8 nights lodging and 14 meals, plus much more. The final date to sign up is 7/19/26



New York City—"The Big Apple"

December 3rd—9th, 2026

See "The Big Apple" decorated for Christmas!

This 7 days/6 nights trip will be an exciting one. Some of the great experiences and beautiful sights include 3 days of guided tours of New York City. You will see all the sites that you have heard about such as Central Park, Times Square, Rockefeller Center, 9/11 Memorial and One World Observatory. So much to see!

On the way home, you will stop at Hersey's Chocolate World. The cost of this amazing trip is \$996.00 which includes 6 nights lodging and 10 meals. The final sign up date is 9/26/26

There will be more information about these two trips in the next newsletter.

Miami-Key West

March 21st—29th, 2026

\$1,316.00

Atlantic City, New York, Philadelphia

3 Cities

7 days/6 nights—May 17th—23rd, 2026

A cowboy, who just moved to Montana from Texas, walks into a bar and orders three mugs of Bud. He sits in the back of the room, drinking a sip out of each one in turn. When he finishes them, he comes back to the bar and orders three more. The bartender approaches and tells the cowboy, "You know, a mug goes flat after I draw it. It would taste better if you bought one at a time." The cowboy replies, "Well, you see, I have two brothers. One in Arizona, the other in Colorado. When we all left our home in Texas, we promised that we'd drink this way to remember the days when we drank together. So I'm drinking one beer for each of my brothers and one for myself." The bartender admits that this is a nice custom, and leaves it there. The cowboy becomes a regular in the bar, and always drinks the same way. He orders three mugs and drinks them in turn. One day, he comes in and only orders two mugs. All the regulars take notice and fall silent. When he comes back to the bar for the second round, the bartender says, "I don't want to intrude on your grief, but I wanted to offer my condolences on your loss." The cowboy looks quite puzzled for a moment, then a light dawns in his eyes and he laughs. "Oh, no, everybody's just fine," he explains. "It's just that my wife and I joined the Baptist Church and I had to quit drinking. It hasn't affected my brothers though."

TEN COMMANDMENTS FOR SENIORS

1. Talk to yourself. There are times you need expert advice.
2. In Style are the clothes that still fit.
3. You don't need anger management. You need people to stop making you mad.
4. Your people skills are just fine. It's your tolerance for idiots that needs work.
5. The biggest lie you tell yourself is, I don't need to write that down. I'll remember it."
6. On time is when you get there.
7. Even duct tape can't fix stupid—but it sure does muffle the sound.
8. It would be wonderful if we could put ourselves in the dryer for ten minutes, then come out wrinkle-free and three sizes smaller.
9. Lately, you've noticed people your age are so much older than you.
10. Growing old should have taken longer.

New Hope Senior Village

1150 Indiana Avenue
St. Mary's



Carefree Living in the Neighborhood
(419) 300.4000



*Generations of Families
Rely On Us!*



Assisted Living of New Bremen



New Bremen, OH 419-977-2711

Assisted Living • Memory Care

Place Your Ad Here and Support our Community!

Instantly create and purchase an ad with

AD
CREATOR
STUDIO



lpicommunities.com/adcreator



DOES YOUR NONPROFIT ORGANIZATION NEED A NEWSLETTER?

Engaging, ad-supported print and digital newsletters to reach your community.

Visit lpicommunities.com

OUR COMMUNITY NEWSLETTER
OCTOBER EDITION



Scan to contact us!

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 **July 14th, August 11th and September 15th**. 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 **July 7th, August 4th and September 8th**. 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.

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 monthly nail clinic.

WELLNESS WEDNESDAYS

St. Marys

July 9th— “Area Agency on Aging 3 Services”

Emily Ball

August 13th— Free “Bone Density Screening” -

JTDMH

September 10th— “Estate Planning” -Durnell-Maier

Law

Wapakoneta

August 1st— “Don’t Take Unnecessary Risks”

September 9th— “Area Agency on Aging 3

Services” Emily Ball

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

STORM SAFETY PROGRAM

The American Red Cross will be hosting a storm safety program on Friday, October 10th at the Wapakoneta site and on Wednesday, October 15th at the St. Marys site. Both programs begin at 10:00 AM. “Be Red Cross Ready” is a national, standardized, FREE preparedness education curriculum for adults taught by certified presenters. The program is designed to help people understand, prepare for and respond appropriately to disasters. This presentation will focus on severe weather and tornado preparedness.

MEDICARE CHECK-UP/OPEN ENROLLMENT 2025

A presentation will be held at the Auglaize County Council on Aging (610 Indiana Ave..) on Tuesday, September 30, 2025 at 12:00 noon, by the Ohio Department of Insurance. This program will enable you to find out how the October 15th-December 7th Medicare Open Enrollment Period can work for you. You can also get tips on how to enroll for the 2026 coverage in a Medicare prescription drug plan (Part D) and/or a Medicare Health plan. This presentation is open to the public. Call Trena or Mary for information at 419-394-8252, Option #2.

An atheist was walking through the woods. "What majestic trees! What powerful rivers! What beautiful animals!" he said to himself. As he was walking alongside the river, he heard a rustling in the bushes behind him. He turned to look. He saw a 7 foot grizzly bear charging towards him. He ran as fast as he could up the path. He looked over his shoulder and saw that the bear was closing in on him. He looked over his shoulder again and the bear was even closer. He tripped and fell on the ground. He rolled over to pick himself up but saw the bear was right on top of him, reaching for him with his left paw and raising his right paw to strike him. Instantly, the Atheist cried out: "Oh, my God!" Time stopped. The bear froze. The forest was silent. As a bright light shone upon the man, a voice came out of the sky. "You deny my existence for all these years, teach others I don't exist and even credit creation to cosmic accident. Do you expect me to help you out of this predicament?" "Am I to count you as a believer?" The Atheist looked directly into the light, and said: "It would be hypocritical of me to suddenly ask you to treat me as a Christian, but perhaps you could make the BEAR a Christian?" "Very well," said the voice. The light went out. The sounds of the forest resumed. And the bear dropped his right paw, brought both paws together, bowed his head and spoke: "**Lord bless this food, which I am about to receive from Thy bounty through Christ our Lord. Amen.**"

A **blonde** was driving home after a game and got caught in a really bad hailstorm. Her car was covered with dents, so the next day she took it to a repair shop. The shop owner saw that she was a blonde, so he decided to have some fun. He told her to go home and blow into the tail pipe really hard, and all the dents would pop out. So the blond went home, got down on her hands and knees and started blowing into her tailpipe. Nothing happened. So she blew a little harder, and still nothing happened. Her **blonde** roommate saw her and asked, "What are you doing?" The first blond told her how the mechanic had instructed her to blow into the tail pipe in order to get all the dents to pop out. The roommate rolled her eyes and said, "**Uh, like hello! You need to roll up the windows first!**"

China will no longer publish a phone directory due to chaos. There are so many Wing's and Wong's in the directory, that people were always wingin the wong numbers!



**FORTKAMP
FOAM**

Cellulose & Foam Insulation Services
for New & Existing Homes & Buildings
3226 Wabash Rd., Ft. Recovery
419.852.1390
fortkampfoam@hotmail.com
www.EnergySavingSprayFoam.com

**THRIVE
LOCALLY**

RetireMed

We simplify Medicare and individual health insurance - all at no cost to you

- **Pre 65** – Family or individual health insurance
- **Turning 65** – New to Medicare
- Age 65+ – **Working past 65**
- **Already on Medicare**

Call **937.606.3633**
or visit **retiremed.com**

SUPPORT OUR ADVERTISERS!

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
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

108 W. Mechanic 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

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Email _____

Donation Amount \$ _____ Check # _____ Date _____

This gift is made:

_____ In loving memory of _____

_____ In honor of _____

_____ Other _____

_____ (Optional) Also acknowledge this gift to:

Name _____

Address _____

Prayer For The Aged

"Lord, Thou knowest better than I know myself that I am growing older, and will someday be old. Keep me from getting talkative, and particularly from the fatal habit of thinking I must say something on every occasion. Release me from craving to try to straighten out everybody's affairs. Keep my mind free from the recital of endless details—give me wings to get to the point. I ask for grace enough to listen to the tales of others' pains. Help me to endure them with patience. But seal my lips on my own aches and pains—they are increasing, and my love of rehearsing them is becoming sweeter as the years go by.

Teach me the glorious lesson that occasionally it is possible that I may be mistaken. Keep me reasonably sweet; I do not want to be a saint—some of them are so hard to live with—but a sour old person is one of the crowning works of the devil.

Make me thoughtful, but not moody; helpful, but not bossy. With my vast store of wisdom, it seems a pity not to use it all—but Thou knowest, Lord, that I want a few friends at the end."

Author Unknown

THANK YOU

Pastor Tony for his messages.

Wayne Street Church, Trinity Lutheran Church, New Hope Worship Center, Shekinah Temple, Holy Rosary Catholic Church, St. Patrick Catholic Church, St. Marys Church of the Nazarene, Wapakoneta Church of the Nazarene, and Van Crest of St. Marys for providing meals. Also thank you to Mike Nagel for everything you do, and Main Street Station for your food donation and 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!

NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our newsletter
emailed to you.



VISIT WWW.MYCOMMUNITYONLINE.COM



Senior Reflections
Auglaize County Council on Aging
610 Indiana Ave. / P.O. Box 215
St. Marys, OH 45885-0215

NON-PROFIT
STANDARD
US POSTAGE PAID
ST. MARYS, OH
45885
PERMIT 22

RETURN SERVICE REQUESTED



Dinner/Dance
August 16, 2025
5:00—9:00 PM
Eagles
Wapakoneta, Ohio

Flat Bottom Boys" Band providing music

Tickets \$20.00

**Can be purchased at either
ACCA location, or any employee**

Menu consists of:

**Chicken Parmesan
Spaghetti
Garlic Bread/Salad
Dessert**