



# Senior REFLECTIONS

## AUGLAIZE COUNTY COUNCIL ON AGING QUARTERLY NEWSLETTER

**Welcome to a new year.** Oh, my how time flies. I wish time would slow down a little so everyone can enjoy the simpler things life has to offer. Everyone is always in a hurry.

First off, I want to thank everyone that voted YES for our 5 year levy. It passed by 77%, which is the highest percentage that it has ever been. We must be doing something right. **THANK YOU!!**

We have good news! Our web page has been updated and much easier to navigate. You can check it out at: [auglaizeseniorservices.com](http://auglaizeseniorservices.com) or simply type in Auglaize County Council on Aging in your Google search. We explain all our services in detail, and how to contact us. Check it out, I think you will be pleased.

Also, we now have more options for you to receive the newsletter.

You can choose from three options: hard copy sent directly to you home, emailed copy sent directly to your in-box, or you can read it on-line on the website. In an effort to reduce the cost of mailing, any of you that now receive a hard copy that would like to change how you want to receive it, now is the time to make the change. Just let us know if you want to make a change. You can email us to remove you from the mailing list, or send us your email address and we will have it sent to your in-box, or you can call us and relay the information. Our phone number is 419-394-8252 (ask for Linda McDermitt), and our email address is [newsletter@auglaizeseniorservices.com](mailto:newsletter@auglaizeseniorservices.com).

Since this is the flu season, I urge everyone to take precautions to stay healthy. Some safeguards you can take are getting your annual flu shot; washing your hands frequently; and avoiding close contact with sick individuals. Additionally, support your immune system by eating a balanced diet, staying hydrated, getting enough sleep, and staying physically active. It's also important to disinfect high-touch surfaces and stay home if you are feeling unwell to avoid spreading germs.

Have a Happy and **HEALTHY** New Year!

Robert Warren  
Executive Director



## JANUARY/FEBRUARY/MARCH 2026

CHECK OUT  
WHAT'S INSIDE!

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Many winters have come and gone since those days I spent growing up on a farm. Although these stories happened many years ago, the details are as vivid to me as if I experienced them yesterday.

I remember the feeling of walking back to the house after the evening milking on a below-zero night. I would look upward and behold a sky full of stars, for there was no light pollution, nothing to block out the tiny slivers of light punching holes in the black night.

I remember trees in winter, the oaks and maples, aspens and birch, stark, thick gray trunks and bare branches like hundreds of skinny fingers reaching skyward, grasping for the unknown, embracing the unknown, embracing winter and allow it to paint ribbons of snow on their branches. Evergreens became pieces of art: the spruces tall and pyramidal, covered with snow from top to bottom; the red and white pines looking a bit tortured as their limbs sagged under the weight of the winter white.

I have always been intrigued by snowflakes, especially the large, cotton-like ones. I like to watch snowflakes falling en masse, and I marvel at how quickly they can turn a drab and brown landscape into a world of white. Most impressive to me is the close-up of a single snowflake: a frilly fragile piece of frozen water that nature has arranged into the most intricate of patterns.

Winter brings sounds heard only during those cold months. A crow's call in winter is one of my favorite sounds. Crows are tough birds. Songbirds pack and leave for the South in winter. So do many of the wild ducks, geese and Sandhill cranes. But not the crows. On a cold day when I'm out walking, I often hear crows calling, a lonesome solitary sound. When I hear it I am reassured; winter may be the harshest season, but the crows remain, withstanding the worst that nature throws at them.

Perhaps the most striking and impressive sound of winter is the sound of silence. In winter the birdsong and animal chattering, and fluttering of leaves has ceased. On a windless day there is often no sound at all. I may not have understood the power of silence in those days, but I do today, when it is more difficult to find than it was when I was a kid.

Of all the seasons, winter is the most influential on the lives of people who experienced it. It is not just the length of winter that creates a group of people call "northerners." It is the less tangible, often mythical characteristics of winter that forge a true northerner. Winter is much more than cold and snow.

#### AN OHIO POEM

It's winter in Ohio, and the gentle breezes blow,  
Seventy miles an hour, at thirty-five below.



Oh, how I love Ohio, when the snow's up to your butt,  
You take a breath of winter air, and your nose gets frozen shut.

Yes, the weather here is wonderful, so I guess I'll hang around,  
I could never leave Ohio "Because I'm frozen to the ground!"

1. **Stay Positive.** You can listen to the cynics and doubters and believe that success is impossible, or you can trust that with faith and an optimistic attitude all things are possible.
2. **Take a morning walk of gratitude.** Call it a “Thank You Walk.” It will create a fertile mind ready for success.
3. **Make your first meal the biggest and your last meal the smallest.** Eat breakfast like a king, lunch like a prince and dinner like a college kid with a maxed out charge card.
4. **Zoom Focus:** Each day when you wake up in the morning ask: What are the 3 most important things I need to do today that will help me create the happiness I desire?” Then tune out all the distractions and focus on these actions.
5. **Talk to yourself instead of listening to yourself.** Instead of listening to your complaints, fears and doubts, talk to yourself and feed your mind with the words and encouragement you need to keep moving forward.
6. **Remember** that adversity is not a dead-end, but a detour to a better outcome.
7. **DON'T CHASE DOLLARS OR SUCCESS.** Decide to make a difference and build meaningful relationships and happiness will find you.
8. **Get more sleep.** You can't replace sleep with a double latte.
9. **DON'T** waste your precious energy on gossip, energy vampires, issues of the past, negative thoughts or things you cannot control. Instead, invest your energy in your purpose and people that bring you happiness.
10. **Mentor** someone and be mentored by someone.
11. **LIVE** with the 3 E's. Energy, Enthusiasm, Empathy.
12. **BELIEVE** that everything happens for a reason and expect good things to come out of challenging experiences.
13. **Implement the No Complaining Rule.** Remember that if you are complaining, you are not seeing the good things.
14. **Read more books** than you did in 2025.
15. **Don't seek happiness.** Instead decide to live with passion and purpose and happiness will find you.
16. **Focus on “Get to” versus “Have to.”** Each day focus on what you get to do, not what you have to do. Life is a gift not an obligation.
17. **Each night** before you go to bed, complete the following statements:  
I am thankful for \_\_\_\_\_.  
Today I accomplished \_\_\_\_\_.
18. **Smile and laugh more.** They are natural anti-depressants.
19. **Enjoy the ride.** You only have one ride through life so make the most of it and enjoy it.
20. **Remember,** there is no such thing as instant happiness. You need to work on it and look for the little things in life that make you happy, and dwell on them. Do not dwell on things that make you sad.



# 4 JANUARY, 2026 CALENDAR OF EVENTS

Monday (SM)	Tuesday	Wednesday (SM)	Thursday (Wapak)	Friday (Wapak)
<b>All activities are subject to change!</b>	<b>HAPPY NEW YEAR</b>		<b>1. NEW YEAR'S DAY</b>  <b>Closed</b>	2. New Years Party Wellness Friday Birthday Bash Bingo 10:30 Lunch 11:15
5. Chair Hockey Trivia (Terms) Bingo 10:30 Lunch 11:15 Euchre 12:00	<b>6. Meal site Closed</b>	7. Organizing/ Downsizing Exercise Bingo 10:30 Lunch 1:15 Euchre 12:00	8. Care of Self Organizing/ Downsizing Exercise Bingo 10:30 Lunch 11:00	<b>9. Donut Day</b> Face/Neck Exercises Just Saying Bingo 10:30 Lunch 11:00 <b>Freezing Friday</b>
12. Exercise Tray Memory Bingo 10:30 Lunch 11:15 Euchre 12:00	<b>13. Meal site Closed</b>	14. Wellness Wednesday 10:00 Bingo 10:30 <b>Birthday bash with entertainment</b> Euchre 12:00	<b>15. Wacky Hat Day</b> Entertainment Lunch 11:00	<b>16. All activities at Victory Center</b>  <b>Freezing Friday</b>
<b>19. MLK Day</b> Snowball Fight Bingo 10:30 Lunch 11:15 Euchre 12:00	<b>20. Meal site Closed</b>	21. Senior Sam No Ones Laughing Bingo 10:30 Lunch 11:15 Euchre 12:00	<b>22. Chair Exercises</b> No Ones Laughing Bingo 10:30 Lunch 11:00	<b>23. Map Day—Colorado</b> Snow Ball Fight Bingo 10:30 Lunch 11:00
<b>26. Face Neck Exercises</b> Just Sayin Bingo 10:30 Lunch 11:15 Euchre 12:00	<b>27. Meal site Closed</b>	28. Craft Exercise Bingo 10:30 Lunch 11:15 Euchre 12:00	<b>29. Law Office</b> Bingo 10:30 Lunch 11:00	<b>30. Craft Exercises</b> Bingo 10:30 Lunch 11:00

# FEBRUARY 2026 CALENDAR OF EVENTS

Monday (SM)	Tuesday	Wednesday (SM)	Thursday (Wapak)	Friday (Wapak)
2. Chair exercises "Terms" Bingo 10:30 Lunch 11:00 Euchre 12:00	<b>3. Meal site Closed</b>	4. Chair Soccer "Terms" Bingo 10:30 Lunch 11:00 Euchre 12:00	5. Fly Swatter Volley Ball 3 Of The Same Bingo 10:30 Lunch 11:00	<b>6. Wellness Friday</b> Bingo 10:30 <b>Birthday Bash</b> <b>Freezing Friday</b>
9. Craft & Valentines Count by 2's, 5's & 10's Bingo 10:30 Lunch 11:15 Euchre 12:00	<b>10. Meal site Closed</b>	11. Wellness Wednesday 10:00 Bingo 10:30 <b>Birthday bash with entertainment</b> Euchre 12:00	12. Craft & Valentines Exercises Bingo 10:30 Lunch 11:15	<b>13. Valentine Party</b> Entertainment Bingo 10:30 Lunch 11:00
<b>16. PRESIDENT'S DAY</b> Closed	<b>17. Meal site Closed</b>	18. Senses Exercises Bingo 10:30 Lunch 11:15 Euchre 12:00 Ash Wednesday	19. Presidents Birthdays Beach Volleyball Bingo 10:30 Lunch 11:00	<b>20. All Activities at Victory Center</b>  <b>Freezing Friday</b>
23. Why Florida? Snow Ball Fight Bingo 10:30 Lunch 11:15 Euchre 12:00	<b>24. Meal site Closed</b>	25. Donut Day Map Day Chair Valley Ball Bingo 10:30 Lunch 11:15 Euchre 12:00	26. Senses Snowball Fight Bingo 10:30 Lunch 11:15	<b>27. Donut Day</b> Bingo 10:30 Lunch 11:15 <b>National Wear Red Day</b>



# MARCH 2026 CALENDAR OF EVENTS

5

Monday (SM)	Tuesday	Wednesday (SM)	Thursday (Wapak)	Friday (Wapak)
2. Survive Cabin Fever Chair Exercise Bingo 10:30 Lunch 11:00	3. <b>Meal site Closed</b>	4. Significant Snowfall Snowball Fight Bingo 10:30/Lunch 11:00 Euchre 12:00	5. Ice Skate Disaster Cold Quiz Bingo 10:30 Lunch 11:00	6. Wellness Friday <b>Birthday Bash</b> Bingo 10:30 Lunch 11:00
9. Ice Skate Disaster Cold Quiz Bingo 10:30 Lunch 11:00 Euchre 12:00	10. <b>Meal site Closed</b>	11. Wellness Wednesday 10:15 Bingo 10:30 <b>Birthday Bash</b> 11:00 Entertainment Euchre 12:00	12. Survive Cabin Fever Exercise Bingo 10:30 Lunch 11:00	13. Significant Snowfall Snowball Fight Bingo 10:30 Lunch 11:00
16. Chair Volleyball Wear Green Bingo 10:30 Lunch 11:15 Euchre 12:00	17. <b>Meal site Closed</b>	18. <b>Donut Day</b> Map Day Bingo 10:30/Lunch 11:15 Euchre 12:00	19. Tray Memory Just Sayin Bingo 10:30 Lunch 11:00	20. <b>All Activities at Victory Center</b>
23. Tray Memory Bingo 10:30 Lunch 11:15 Euchre 12:00	24. <b>Meal site Closed</b>	25. Metal of Honor Day Movement Modes Bingo 10:30/Lunch 11:15 Euchre 12:00	26. Medal of Honor Day Movement Modes Exercise Bingo 10:30 Lunch 11:00	27. Weather Aware Bingo 10:30 Lunch 11:00
30. Weather Aware Bingo 10:30 Lunch 11:15 Euchre 12:00	31. <b>Meal site Closed</b>		<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

### Happy New Year Everyone!

Here we are beginning a New Year. It seems impossible, but time waits for no one. We hope everyone had a healthy and happy holiday season

We are now into the long cold winter season, and everyone wants to stay at home and hibernate. You need socialization for your own mental health, so it is very important to get out and come in and be with friends. If you don't want to drive in bad weather, we have a transportation service that can pick you up and bring you into the center. You just need to get registered ahead of time.

Some of the highlights for the next three months:

**January 14th, February 11th and March 11th:** (St. Marys) Birthday Bash with entertainment

**January 2nd, February 6th and March 6th:** (Wapakoneta) Birthday Bash

**January 2nd:** New Years Party (Wapakoneta)

**February 13th:** Valentine Party (Wapakoneta)

**March 2nd** (St. Marys) and **March 12th** (Wapakoneta): Survive Cabin Fever

There are too many activities to mention them all. We try to have something planned for every day, plus there are some that play cards and everyone socializes. Don't hesitate to come in and check us out. Almost everyone that comes in once, comes back again. **Hope to see you soon!**





Sue Weadock has been an ACCA fixture and a die hard card player for many years. She was born and raised in Celina. Her parents were Jim and LaDonna Sacher. Her father was a mailman and also sold monuments. Sue grew up with three sisters; Jane (dec.), Betsy, and Annie, and three brothers John, Bill (dec.) and Mike. The siblings get together once a month and meet at different restaurants to eat and socialize.

Sue married Clark Weadock from St. Marys in 1967, but unfortunately he passed in 1993. They had two children; Ken, who is an electrician and Karen who works as a nurse at JTDMH.

After high school graduation, Sue attended and graduated from St. Rita's Hospital School of Nursing. Over the years she worked at Gibbons Hospital, Valley Nursing Home and JTDMH.

She is very thankful for her children who are very helpful to her. Sue is also thankful for the Homemakers and other services offered by the ACCA. She is most grateful and thankful to be a proud three time cancer survivor.

Her advice to others is to enjoy today—tomorrows aren't guaranteed and yesterday is gone. When asked what she likes about the ACCA, she said "Everything!! You are my second family." She enjoys all activities, especially cards and bingo. She has met many old friends and gained new ones.

Krista Wessel is our new Homemaker. She is a wonderful addition to our little family.

Krista is a 2004 graduate of St. Marys Memorial High School and the youngest of six children of James and Barb Wilker. Growing up in a large family helped shape her sense of responsibility, patience and teamwork.

After high school, she entered the work force and found her passion working at TLC Learning Center, where she loved supporting and caring for young children. Following the birth of her son, Greyson, she embraced the role of stay-at-home mom, a period she deeply valued and considers one of the most meaningful chapters of her life.

When she is not at work, you can usually find her cheering for her son who is 13 years old now, at his soccer and baseball games. Watching him play is one of her favorite things to do. In her free time, she enjoys staying active with a good game of pickle ball, attending church, and winding down with a good book. She also loves to travel, and her favorite vacation destinations are Alaska, Gulf Shores and Chicago.

Krista is grateful for the blessings in her life, her son, wonderful friends and family, and her faith. Her advice for future generations is to be kind. Show grace. The World will always need both. She enjoys working for the ACCA because she feels it is a privilege and genuine blessing to make a positive impact in the elder community. Her favorite places to eat in Auglaize County is "The Side Rail" and "J. Marie's" in Wapakoneta.

It is a privilege to welcome her, and to get to know her.



**EASY HOMEMADE MAC AND CHEESE**

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*Nothing says "Comfort Food" like macaroni and cheese. Especially during the cold winter months.*

**INGREDIENTS:**

- 8 oz. package of elbow macaroni

**CHEESE SAUCE:**

- 2 tablespoons salted butter
- 2 tablespoons all-purpose flour
- 1/2 teaspoon sea salt
- 1/4 teaspoon garlic powder (optional)
- 1 cup whole milk
- 1/4 cup sour cream or Greek yogurt
- 8 oz. shredded cheddar cheese (2 cups)

**INSTRUCTIONS:**

Cook elbow macaroni according to package instructions. Be sure to add 1/4 tsp. salt to the water used to boil the noodles. Drain, and set aside.

**MAKE THE CHEESE SAUCE:**

- Mix flour, sea salt, and garlic powder together in a small bowl. Set aside.
- In a medium saucepan over medium heat, melt the butter.
- Add flour and whisk to combine. Cook for 1 minute until mixture is slightly brown.
- Add sour cream (or Greek Yogurt) and whisk until smooth.
- Cook on medium-high heat until the mixture is thickened (about 3-5 minutes). Do not let it boil.
- Once mixture is thick (sticks to the back of the spatula), reduce heat to low and add cheese. Whisk until cheese is melted and mixture is smooth.
- Add cooked pasta to the pot of cheese sauce and stir until the sauce is evenly distributed.
- Let cool for 3-5 minutes. Serve!!

Macaroni was not “invented” at a single moment but evolved from ancient pasta-like dishes. The name likely originated from the ancient Greek dish “macaria,” made with barley, and was later adapted by the Romans, becoming “maccheroni” with durum wheat. The term was used for various pasta shapes before becoming specifically associated with the tubular form we know today.

Macaroni and cheese originated in Europe, with early recipes appearing in 13th-century Italy and 14th-century England, though they involved flat pasta and cheese rather than the modern sauce. The modern version with a cheese sauce was created in 1769 by British chef Elizabeth Rafald.

**Early European origins**

- **13th century Italy:** The earliest known recipe for a pasta and cheese dish appeared in the Italian cookbook “*Liber de Coquina*”. This recipe involved layering pasta sheets with grated cheese.
- **14th century England:** Around 1390, a recipe called “macaroni” was included in the English cookbook “*The Forme of Cury*”. This version, however, used pasta, butter, and cheese, but did not include a sauce.
- **1769 England:** Chef Elizabeth Rafald created the first recipe for what resembles macaroni and cheese in her book “*The Experienced English Housekeeper*.” Her recipe combined macaroni with a cheese sauce.
- **Late 18th century:** While visiting France, Thomas Jefferson and his enslaved chef, James Hemings, encountered the dish. Hemings was trained in France and brought the recipe back to America. Jefferson served a version of “macaroni pie” at state dinners, which helped introduce it to the American public. The recipe first appeared in an American cookbook in 1824.

## Snowflakes Come in all Sizes

While the average snowflake is smaller than the size of a penny, they can actually grow much larger. An fact, in 1887, people claimed to see crystals as large as milk pans during a snow storm in Fort Keogh, Montana. That would make the snowflakes as large as 15 inches wide. While this may be a tall—or wide—tale, the sizes of snowflakes do vary.



## Reindeers Can See in the Dark

Reindeers that live about the Artic Circle live in total darkness for weeks at a time. According to the “*Meteorological Office*” of the UK, reindeer have adapted to this in a unique way. A small area of tissue behind the animal’s retina changes color from gold in the summer to blue in the winter and this allows them to detect ultraviolet light and to see in the dark. That’s good news for Santa.

## The First Olympics Took Place in 1924

Since the modern Olympics were based on the ancient Olympics, winter sports were not always included. In fact, the first winter Olympics were not held until 1924. Held in Chamonix in the French Alps, there were 14 events involving six sports including skiing and bobsledding.

## The Earth is Closest to the Sun in the Winter

While this sounds counterintuitive, the Earth reaches the point in its orbit when it is closest to the sun in January. The cold weather of winter doesn’t actually have anything to do with the Earth’s orbit. It is actually based on which direction the planet’s axis is tilting and that explains why the two hemispheres experience winter in different times of the year. So while people are shoveling snow in North America, they are enjoying beach weather in Australia.

## Squirrels Save More than Just Seeds for the Winter

While many animals store food for the winter, red squirrels seem to be the most creative. Along with the usual nuts and seeds, these critters actually dry out mushrooms in trees to make their own mushroom jerky.

## There are Flowers That Bloom in the Winter

While many plants are dormant in the winter, there are some flowering ones that bloom in the cold months. If you want color in your garden, plant some Christmas roses, winter pansies, snowdrops, and winter aconite. And don’t forget a beautiful Christmas cactus to enhance your holiday décor this season.

## Snow can be Different Colors

Most people believe that snow is white—or gray after it gets dirty—but, snow can be a variety of colors. In fact, snow is actually colorless, and dust and algae can make it appear purple, orange, and green. Pink snow, known as watermelon snow, fell in Krasnodar, Russia in 2010. It actually had a sweet smell and taste, but please don’t eat pink snow.

## The Lowest Temperature Recorded on Earth

If you think it is cold where you live, try –128.6 degrees Fahrenheit. This extremely low temperature was recorded on July 21, 1983 at the Russian operated Vostok station on Antarctica. While colder temperatures have been found by instruments In the earth’s core under Antarctica, they do count as recorded weather so the record still stands.

## The Tallest Snowperson Stood Over 122 Feet Tall

The residents of Bethel, Maine builod the largest recorded snowwoman that measured over 122 feet tall, according to “*The Guinness World Records*”. It took over a month to builfd and was finally completed on Febraury 26, 2008. It took 13 million pounds of snow to build the giant snowperson. The eyelashes were made of eight pairs of skis, the lips from five red tires, the arms consisted of two spruce trees, and the nose was made from chicken wire and cheesecloth. The finished snow creation was almost as tall as the Statue of Liberty. The buttons were made truck tires. She was named Olympia.

## HOLIDAYS THAT THE ACCA WILL BE CLOSED IN 2026

New Year's Day	Thursday, January 1, 2026
President's Day	Monday, February 16, 2026
Good Friday	Friday, April 3, 2026
Memorial Day	Monday, May 25, 2026
Independence Day	Friday, July 3, 2026
Labor Day	Monday, September 7, 2026
Veterans Day	Wednesday, November 11, 2026
Thanksgiving Day	Thursday, November 26, 2026 Friday, November 27, 2026
Christmas Eve	Thursday, December 24, 2026
Christmas Day	Friday, December 25, 2026
New Year's Day (2027)	Friday, January 1, 2027

  
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## 10 TRIPS & TOURS

THIS IS A SUMMARY OF ALL THE TRIPS THAT ARE PLANNED FOR 2026. DOROTHY MAY ADD MORE, JUST WATCH OUR FACEBOOK PAGE FOR ADDITIONS. IF YOU HAVE ANY QUESTIONS, CALL DOROTHY ON TUESDAY AND THURSDAY AFTERNOONS AT 419-394-8252.



### Miami, Fort Lauderdale & Key West, Florida

March 21-29th, 2026

This 9 days/8 nights features three fun cities all combined in one trip. You will spend four nights in Miami which will include a full-day guided tour of Miami. On this guided tour you will also stop at Miami Beach and tour the amazing Coral Castle. One day will be devoted to driving to Key West and discover this enchanting city during your free time. The drive alone is exciting as you travel the many bridges, one seven miles in length, from island to island. You will take a sight seeing cruise down the "Venice of America", Fort Lauderdale's New River, sailing through Millionaire's row. Extra attractions are a visit to Loggerhead Marine life Center in Juno Beach, and a visit to Historic River Street in Savannah, Georgia on the way home. Included in the cost of \$1,316 per person, double occupancy is 8 nights lodging, and 13 meals. **The last date to sign up is 1/14/26.**



### Atlantic City, New York City & Philadelphia

May 2nd—8th, 2026

This 7 days/6 nights trip includes tours of New York City and Philadelphia, plus a **three night stay at an Atlantic City Casino Hotel**. Also included is 9 meals: 6 breakfasts and 3 dinners. You will be able to see all the famous sights you have always heard about, plus many extras. On the trip home a stop will be made at Hersey's Chocolate World. The cost for this trip is \$986.00 per person, double occupancy. **Last date to sign up is 2/23/26.**



### Shipshewana, Indiana Countryside Amish Adventure

September 8th—10th

This 3 days/2nights tour includes a full day guided tour of Indiana's Amish Country & Tour of an Amish Homestead, with an authentic Amish Homestead Dinner. Also included is admission to the show "Love Comes Softly" at the Blue Gate Theatre; admission to MENNO-HOF, "The Amish & Mennonite Story"; authentic wagon tour & feeding at Cook's Bison Ranch. Everyone will get a chance to get some shopping in also. The cost of this trip is \$508.00 per person, double occupancy. **Last date to sign up is 7/1/26**



### Mount Rushmore, the Badlands & Black Hills of South Dakota

September 26th—October 4th, 2026

Included in this 9 days/8 nights trip is Mt. Rushmore National Memorial; Badlands National Park; Crazy Horse Memorial; Custer State Park among many more. Meals included are 8 breakfasts and 6 dinners, plus gambling at a Deadwood Casino. The cost of this trip is \$1,176.000 per person, double occupancy. **Last 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. So much to see!

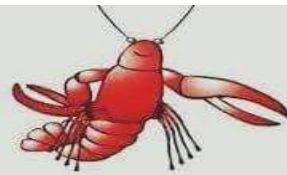
On the way home, you will stop at Hersey's Chocolate World.

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**



## 10 REASONS WHY ENGLISH IS WEIRD

- 1) The bandage was wound around the wound.
- 2) The farm was used to produce produce.
- 3) The dump was so full that it had to refuse more refuse.
- 4) We must polish the Polish furniture.
- 5) He could lead if he would get the lead out.
- 6) The soldier decided to desert his dessert in the desert.
- 7) Since there is no time like the present, he thought it was time to present the present.
- 8) A bass was painted on the head of the bass drum.
- 9) When shot at, the dove dove into the bushes.
- 10) I did not object to the object.



### Two Cajun Pastors

Reverend Boudreux was the part-time pastor of the local Cajun Baptist Church and Pastor Thibodaux was the minister of the Covenant Church across the road.

They were both standing by the road, pounding a sign into the ground, that read:

'Da End is Near Turn Yo Sef 'Roun Now Afore It Be Too Late!'

As a car sped past them, the driver leaned out his window and yelled, 'You religious nuts!'

From the curve they heard screeching tires, and a big splash...

Boudreux turns to Thibodaux and asks, 'Do ya tink maybe da sign should jussay....

'Bridge Out?'



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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 **January 12th, February 9th and March 9th**. 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 5th, February 2nd, and March 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.

### ONU FREE MOBILE CLINIC

Their mobile unit will be coming to the Auglaize County Council on Aging, 610 Indiana Ave. in St. Marys the second Monday of each month. The services they provide **are free**. The services they provide are: Physical assessments and blood pressure checks; Screenings for hemoglobin, A1C, Blood glucose, and cholesterol (12 hour fast); Immunizations; Review of medical history and current medications; and Breathing capacity test. They can help you quit smoking!

The dates they will be at St. Marys is January 12th, February 9th and March 9th from 2:00 to 4:00 PM. No appointment is needed—walk-ins are welcome.

They will also be going to our Wapakoneta site, but at this time the dates have not been confirmed. You can call 419-394-8252 with any questions, and we will post the information on Facebook.



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

**January 14th**— “Hair Loss/Losing Your Loc’s”  
**February 11th** – Headaches “Where Do They Come From?”

**March 11th** —Dental “Take Care of Those Choppers”

#### Wapakoneta

**January 2nd**—“Hair Loss/Losing Your Loc’s”  
**February 6th** —Headaches “Where Do They Come From?”

**March 6th**— Dental “Take Care of Those Choppers”

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



Two drunken Irishmen in a graveyard. Paddy starts reading the gravestones. "Mick" he says; Would you look at this, a feller here who was 90 when he died!" "Who's that?" says Mick. "Somebody called O'Toole from Kerry," he replies. Mick says, "Never mind him, there's a feller here called Murphy, was 99 when he died! From Castletown of all places!" "Well, that's nothing!" says Paddy. "What about what written on this feller's stone, here right beside the gate!" "The stone says 147!" "147? That's amazing!" says Mick. "Who was he?" Well according to the stone, it's somebody called Miles from Dublin."

An enthusiastic elderly lady once told a group of friends the wonderful opportunity she had had to apply the knowledge she had learned in her First Aid class. "It was simply wonderful:" she exclaimed, "it was so fortunate that I had the training. I was crossing 4th and Main Streets and heard a crash behind me. I turned around and saw a poor man who had been hit by a taxicab. He had a compound fracture of the leg, was bleeding terribly, was unconscious, and seemed to have a fractured skull. Then all my First Aid came back to me, and I stooped right down and put my head between my legs to keep myself from fainting!"

Sitting in airport restaurant listening to a young couple FaceTime with their baby and his grandparents. It's so adorable and they are obviously having serious separation anxiety on their trip. They are cooing and gushing and exclaiming "well look at YOU, big boy! So big! So handsome! Are you being so good for Nana???" Then one million questions for Nana about how the feeding and pooping are going, and a reminder about favorite blankies and toys. They ask to say goodbye to baby one last time, and they nearly collapse with joy when he's back on the screen. "Mommy and Daddy love you! You are the best boy!! We're coming home so soon!"

I'm literally crying into my latte because it's so precious and I turn around to try and get a sneak peek at the baby on their FaceTime video.

It's a yellow lab.



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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  
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Newsletter Coordinator  
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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 \_\_\_\_\_

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 YOU WITH UNWAVERING  
 FAITH THAT GUIDES YOUR  
 STEPS, ILLUMINATES YOUR  
 PATH, AND FILLS YOUR  
 HEART WITH HOPE AND  
 STRENGTH THROUGHOUT  
 THE YEAR AHEAD.

## THANK YOU

Pastor Tony for his messages.  
 Wayne Street Church, Trinity Lutheran  
 Church, New Hope Worship Center,  
 Shekinah Temple, Holy Rosary Catholic  
 Church, St. Marys Church of the Nazarene,  
 and Van Crest of St. Marys for providing  
 meals. Also thank you to Mike Nagel for  
 everything you do, Dannon for the donation  
 of yogurt, and Miller's Textiles for the linens  
 used for Thanksgiving.

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.



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Auglaize County Council on Aging



Senior Reflections

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