



Senior REFLECTIONS

AUGLAIZE COUNTY COUNCIL ON AGING QUARTERLY NEWSLETTER



Celebrating 50 Years of Continued Existence (1976—2026)

On Tuesday, September 22, 2026 we will be holding a 50th celebration with lunch and entertainment beginning at 10:30 AM. There will be guest speakers. Door prizes will be awarded. If you are interested in attending, have your RSVP to Lisa or Tracy (Activities) by **September 16th**. Everyone is welcome.

On September 22, 1976 the Auglaize County Council on Aging began in the back of Neely's Drug Store, with three employees and one bus and one van. The need for transportation for the elderly was recognized in the community. Thankfully people stepped up and the ACCA began what has become a very busy and necessary service organization. We moved to our present location in 1977, thanks to the generosity of the St. Marys Senior Citizens Club, who donated the building. Transportation was and continues to be the busiest service. We now operate thirteen vehicles. Our services have expanded through the years to include Chore, Homemaker, plus Wellness Activities, Meal site and Socialization. Since Covid, like everywhere else, we have had to make some changes. Some services such as Transition Meals were discontinued due to budget cuts. Until 2020, the St. Marys meal site was open three days a week, but now we offer meals two days a week (Monday and Wednesday). Our office is open five days a week from 8:30 AM—4:30 PM for wellness activities, insurance help, information and referrals, card games and socialization. We opened a satellite office (meal site) in Wapakoneta in 2009 for the eastern side of the county. That site is currently located at the St. Paul's United Church of Christ at 108 W. Mechanic Street. They are open two days a week, Thursday and Friday from 9:00 AM—1:00 PM.

We are a 501C3 non-profit agency. We are governed by a volunteer Board of Trustees. We operate with levy money, miscellaneous grants. We receive ODOT grants for our buses and minivans. Any senior that lives in Auglaize County, 60 years of age or older, are eligible for our services.

JULY/AUGUST/SEPTEMBER 2026

CHECK OUT
WHAT'S INSIDE!

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Memories of summers past evoke a sense of freedom, long days, and simple pleasures, often characterized by playing outdoors until streetlights came on, riding bikes, swimming in local lakes or pools, and eating ice cream. These nostalgic summers often featured family vacations, family reunions, and the joy of school holidays.

Key Childhood Summer Memories:

- **Endless Outdoor play:** Days filled with tag, hide-and-seek, kick the can, and running through sprinklers.
- **Barefoot Freedom:** Running around with friends, often with scraped knees or sunburned skin.
- **Seasonal Scents and Sounds:** The smell of fresh-cut grass, fireflies at night, and the buzzing of bumblebees.
- **Simple Treats:** Ice cream trucks, cold lemonade, and watermelon.
- **Family and Community:** Porch sitting, neighborhood barbeques, 4th of July parades, and family vacations.
- **Independence:** Exploring, biking, and spending hours away from home until dusk.

Nostalgic Atmosphere:

- **Slow Time:** The feeling that summer lasted forever, with no worries beyond finding someone to play with.
- **No Air Conditioning:** Sleeping with windows open, listening to crickets, and relying on fans.
- **Summer Jobs or Chores:** Earning money, picking fruits, or helping with garden work.

Secret summer memories in the countryside are often defined by exploring nature, such as climbing trees, wading in brooks, exploring woods, and riding bikes down steep hills. These nostalgic moments are filled with simple pleasure like eating homemade ice cream, picking berries, and listening to stories.

Key aspects of these treasured experience include:

- **Outdoor Exploration:** Spending all day outside roaming gardens, meadows and woods, sometimes building forts or tree houses.
- **Summer Flavors:** Enjoying fresh berries, garden vegetables, and homemade ice cream.
- **Quiet Activities:** Reading books by flashlight in the evening or stargazing.
- **Simple Joys:** Walking barefoot, running through sprinklers, and catching lightening bugs.
- **Reflective Moments:** Watching the sunrise or sunset over fields, taking nature photos, and enjoying the tranquility.

These memories often evoke a sense of freedom and deep connection to nature, where days were spent playing in the sun and evenings in the quiet shade.



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 11:30 AM – 2:00 PM; Tuesdays at St. Marys and Thursdays at Wapakoneta.

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

Wapakoneta Council on Aging
St. Paul United Church of Christ
108 Mechanic St.
Wapakoneta, Ohio

- Week 1: Understanding the Changes Associated with Aging (July 7th—SM, August 20th— Wapak)
Week 2: Aging Sensitivity (July 14th—SM, August 27th—Wapak)
Week 3: Valuing Cultural and Generational Diversity (July 21st—SM, September 3rd—Wapak)
Week 4: Medication and the Older Adult (July 28th, September 10th—Wapak)
Week 5: Substance Abuse, Addiction, and Older Adults (August 4th—September 17th—Wapak)
Week 6: An Enhanced Quality of Life (August 11th— SM, September 24th—Wapak)

Participants will receive helpful wellness tools such as pill organizers, medication lock boxes, and disposal bags. **Lunch will be provided (Subway).**

Register now to learn by contacting Trena Chiles at 419-394-8252, option #2.



JUSTICE BUS (FREE LEGAL CLINIC)

The Ohio Justice Bus is a mobile legal office and technology hotspot that allows legal aid and pro bono attorneys to travel to and provide legal services to Ohioans at no cost to clients.

The Ohio Justice Bus is partnering with the Auglaize County Council on Aging and Legal Aid of Western Ohio to offer free legal advice to low-income senior residents of Auglaize County. You will have the opportunity to speak privately with an attorney and create your own will, advance directives, and more.

Pre-registration is required.

Friday, September 11, 2026
10:00 AM—2:00 PM
Auglaize County Council on Aging
St. Paul United Church of Christ
108 Mechanic St.
Wapakoneta, Ohio

Wednesday, October 21, 2026
10:00 AM—2:00 PM
Auglaize County Council on Aging
610 Indiana Ave.
St. Marys, Ohio

To register contact Trena Chiles at 419-394-8252, option #2.

WELCOME TO MEDICARE/MEDICARE CHECK-UP

A **“Welcome to Medicare”** presentation will be held for those turning 65 this year, at the Auglaize County Council on Aging (610 Indiana Ave.) on Wednesday, July 15, 2026 at 5:00 PM, by the Ohio Department of Insurance. A **“Medicare Check-up”** presentation will be held on Wednesday, October 7th at 12:00 noon. These programs will enable you to find out how the October 15th-December 7th Medicare Open Enrollment Period can work for you. This presentation is open to the public. Call Trena or Mary for information at 419-394-8252, Option #2.

JULY 2026 CALENDAR OF EVENTS

Monday (SM)	Tuesday	Wednesday (SM)	Thursday (Wapak)	Friday (Wapak)
All activities are subject to change!		1. Sing Along Bingo 10:30 Lunch 11:00 Euchre 12:00	2. Sing Along and Presidents Bingo 10:30 Lunch 11:00 Grief Support 11:30	3. CLOSED FOR INDEPENDENCE DAY
6. Chair Exercises Bingo 10:30 Lunch 11:00 Euchre 12:00	7. Meal site Closed	8. Wellness Wednesday 10:00 Bingo 10:30 Birthday bash with entertainment Euchre 12:00	9. Durnell Maier Law Bingo 10:30 Lunch 11:00 Grief Support 11:30	10. Wellness Friday Bingo 10:30 Birthday Bash Lunch 11:00
13. Craft (Xmas July) Everheart Bingo 10:30 Lunch 11:00 Euchre 12:00 ONU Day	14. Meal site Closed	15. Donut Day Chair Soccer Bingo 10:30 Lunch 11:00 Euchre 12:00	16. Chair Exercises Bingo 10:30 Lunch 11:00 Grief Support 11:30	17. All activities at Victory Center
20. PJ Day—President Bingo 10:30 Lunch 11:00 Euchre 12:00	21. Meal site Closed	22. National Ice Cream Day Bring summer inside Bingo 10:30 Lunch 11:00 Euchre 12:00	23. Craft (Xmas July) Bingo 10:30 Lunch 11:00 Grief Support 11:30	24. Donut Day Heritage Home Health Bingo 10:30 Lunch 11:00
27. Pat Timmerman— Wood Working 10:00 Bingo 10:30 Lunch 11:00 Euchre 12:00	28. Meal site Closed	29. Sun Safe! Picnic Pairs Bingo 10:30 Lunch 11:00 Euchre 12:00	30. PJ Day Card Up Sleeve Bingo 10:30 Lunch 11:00 Grief Support 11:30	31. Chair Soccer Bingo 10:30 Lunch 11:00

AUGUST 2026 CALENDAR OF EVENTS

Monday (SM)	Tuesday	Wednesday (SM)	Thursday (Wapak)	Friday (Wapak)
3. Chair Volleyball Just Sayin Bingo 10:30 Lunch 11:00 Euchre 12:00	4. Meal site Closed	5. Drink-up Hydrate Senior Sam Bingo 10:30 Lunch 11:00 Euchre 12:00	6. Sun Safe Picnic Pairs Bingo 10:30 Lunch 11:00	7. Wellness Friday Bingo 10:30 Birthday Bash
10. Exercises Bingo Lunch 11:00 Euchre 12:00 ONU Day	11. Meal site Closed	12. Wellness Wednesday 10:00 Bingo 10:30 Birthday bash with entertainment Euchre 12:00	13. Grand Lake Hospice Bingo 10:30 Lunch 11:00	14. Chair Exercises Bingo 10:30 Lunch 11:00 Carnival Night 5-8
17. Grand Lake Hospice Bingo 10:30 Lunch 11:00 Euchre 12:00	18. Meal site Closed	19. Donut Day Chair Exercises Bingo 10:30 Lunch 11:00 Euchre 12:00	20. Chair Volley Ball Presidents Bingo 10:30 Lunch 11:00 Honey Bee Day	21. All Activities at Victory Center
24. 20 Pains You Never Ignore Bingo 10:30 Lunch 11:00 Euchre 12:00	25. Meal site Closed 	26. The Many Modes of Movement Bingo 10:30 Lunch 11:00 Euchre 12:00	27. Drink-up Hydrate Exercises Bingo 10:30 Lunch 11:00 	28. Donut Day Station Wagon Stories Senior Sam Bingo 10:30 Lunch 11:00
31. Going to the Movies Chat Bingo 10:30 Lunch 11:00 Euchre 12:00				

SEPTEMBER 2026 CALENDAR OF EVENTS

5

Monday (SM)	Tuesday	Wednesday (SM)	Thursday (Wapak)	Friday (Wapak)
 Happy Labor Day	1. Meal site Closed	2. Movie Trivia Bingo 10:30 Lunch 11:00 Euchre 12:00	3. 20 Pains You Never Ignore Bingo 10:30 Lunch 11:00	4. Wellness Friday Birthday Bash Bingo 10:30 Lunch 11:00
7. CLOSED LABOR DAY	8. Meal site Closed	9. Wellness Wednesday 10:15 Bingo 10:30 Birthday Bash 11:00 Entertainment Euchre 12:00	10. Going to the Movies Chat Bingo 10:30 Lunch 11:00	11. Bring One/Take One Bingo 10:30 Lunch 11:00
14. Bring One/Take One Bingo 10:30 Lunch 11:15 Euchre 12:00	15. Meal site Closed	16. Donut Day Sing Face Exercises Bingo 10:30 Lunch 11:00 Euchre 12:00	17. PJ Day Chair Hockey Bingo 10:30 Lunch 11:00	18. All Activities at Victory Center
21. Craft (Xmas cards) Chair Exercises Bingo 10:30 Lunch 11:15 Euchre 12:00	22. Meal site Closed	23. What Coloring Can Do For You Bingo 10:30 Lunch 11:15 Euchre 12:00	24. Sing Facial Exercises Bingo 10:30 Lunch 11:00	25. Donut Day Craft (Xmas cards) Chair Exercises Bingo 10:30 Lunch 11:00
28. PJ Day The Old Telephone On the Wall Bingo 10:30 Lunch 11:15 Euchre 12:00	29. Meal site Closed	30. Chair Hockey Cheer Up the Lonely Bingo 10:30 Lunch 11:15 Euchre 12:00	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 coming up in the next three months. We will be celebrating our **50th Anniversary Lunch** on Tuesday, September 22nd. There will be food and entertainment and fun for all.

On Friday, August 14th we will holding a “**Carnival Night**” from 5:00—8:00 PM. There will be snacks and bingo, along with lots of carnival fun. Transportation will be available.

During the month of July our theme is “**Patriotism**” in honor of our country’s 250th anniversary. Everyone can wear red, white and blue during the month.

It is hard to think of football season already, but in September we will have “**Football Fridays**”. If anyone has any favorite team shirts, they can wear them on those days.

Every 2nd Wednesday in St. Marys, and every 1st Friday in Wapakoneta, we hold a **Birthday Bash** in honor of everyone that has a birthday during that month.

On Monday, July 27th, Pat Timmerman will be presenting a “**Wood Working**” demonstration. We finally have something geared for the men.

There is always something going on. Check the calendars to see what will be of interest to you. Come in and check us out. There are wellness activities and blood pressure checks weekly. We are a friendly bunch and we are waiting for you.





Florene Minnich was born in Gober Texas, but spent her formative years in Dumas, which is in the panhandle of Texas. She grew up in a tight knit Christian family. Flo was one of eight children with three brothers and four sisters. Their house was always full of life. One of her favorite memories as a kid was all of them playing on the oil rigs. They treated those old pump jacks like their own personal playground. They would dare each other to ride them like a teeter totter. It was dangerous, but it also taught them how to be brave. They also played in wheat fields and swam in horse troughs.

She graduated from school and went to work at a drug store. Flo met her husband Roger in 1957, and they were married for fifty eight years until his death. Her husband was career Air Force, so they moved around a lot. They lived in Tucson, AZ; Lincoln NB; Plattsburgh, NY; Del Rio, TX; Arkansas; and also spent two years in Iran. They moved to St. Marys in 1976. She volunteered at JTDMH for three years and at Agape for twenty five years. After Roger passed, she came into the ACCA for tax purposes and met the ladies. She has been attending for

over ten years.

Flo has one daughter, Michelle, one granddaughter, Amber, three great grandsons, and one great-great granddaughter.

She collects angels (has over one hundred) and crystal bells.

She is most thankful for her family, health, and so many friends. Her advice for the future generations is "Be respectful to everyone and be truthful. Enjoy life as you can".

Flo's favorite activity at the ACCA is the socialization and bingo. Her **favorite** thing to do is travel. She loves Mexican restaurants and attend the Holy Rosary Festival.

Wilbur Rodeheffer is one of our Transportation Drivers. Wilbur was born and raised on a farm in rural New Bremen. He took four years of Vocational Agriculture to begin farming, but in his senior year he became allergic to dust and cattle hair. His doctor told him to get off the farm and look for a clean job. He then chose Civil Engineering. After college he worked for the State of Ohio as a Design Engineering Technician for thirty three years. You can blame him for some of those crazy interchanges. The highlight of his life was earning his pilot license in 1978. He loved flying for many years.

One of his favorite hobbies is fishing from his boat. If the fish aren't biting he still enjoys being outside surrounded by nature, while sipping coffee in the boat and listening to some music. Still makes for a nice relaxing day.

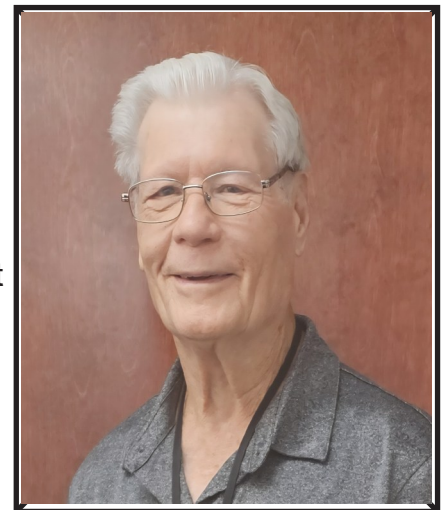
Wilbur is thankful for his wife, Beth, to whom he has been married for sixty three years. They have two sons, Kurt and Scott, and four grandchildren, with a great grandchild on the way. He is very thankful for his family and they are very close. He remains close to the two that live further away with phone calls, texts and family get-togethers.

When asked for advice to share with future generations, he stated, "Do not dwell on the past, look to the future. Set a goal and work toward the goal. That will make you happy".

His favorite part of working for the ACCA is meeting new people, talking with them, and becoming a personal friend to many of them. That is a great feeling.

He and Beth are active in many county activities, but cannot pick a favorite. They do enjoy dining out at Chinese and Mexican restaurants.

We are thrilled to have Wilbur as one of our employees. He is quite an interesting man, and a genuinely nice person.



RED, WHITE, AND BLUE TRIFLE

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This festive berry trifle is easy to assemble. Just grab a pound cake from your grocery store, whip together the fluffy whipped cream mixture, slice your berries, and get to layering. It's ready in 30 minutes.

INGREDIENTS:

- 1 (8 oz.) package cream cheese, at room temperature
- 1/2 cup granulated sugar
- 1-1/2 cups heavy cream
- 1 tsp. vanilla extract
- 1 lb. pound cake, cubed
- 2 (6 oz.) containers blueberries (about 2 cups)
- 2 (6 oz.) containers blackberries (about 2-1/2 cups)
- 1-1/2 qt. strawberries, stems removed, sliced

Directions:

1. In the bowl of a stand mixer fitted with the paddle attachment, combine the cream cheese and granulated sugar. Beat on medium-high speed until smooth, 1 to 2 minutes. Scrape the sides and bottom of the bowl. With the mixer on medium speed, slowly add the heavy cream and vanilla, and mix until combined. Switch to the whisk attachment and whip at medium speed until soft peaks form and the mixture is easy to dollop.
2. Place a single layer of cake cubes in the bottom of a large (12-14 cups) dish. Top with two-thirds of the blueberries and blackberries. Add half of the whipped cream (about 2 cups), then top with two-thirds of the strawberries. Repeat the cake and cream layers once more, then decorate the top with the remaining berries. Serve immediately or make in advance and store in the refrigerator for up to 24 hours.



The United States is celebrating its 250th anniversary (the Semiquincentennial) to commemorate the adoption of the Declaration of Independence on July 4, 1776. This milestone honors the nation's founding ideals of liberty and self-government while celebrating the resilience of the American Spirit over the past two centuries. This milestone is a rare opportunity to reflect on the nation's history, honor the diverse contributions of its people, and recommit to its foundational principles of liberty and equality for the future.

The celebration serves several core purposes:

- **Commemorating Founding Ideals:** It honors the Declaration of Independence, a pivotal moment when the original thirteen colonies chose to break away to build a society based on the radical idea that all people are created equal.
- **Acknowledging the Nation's Journey:** The anniversary provides a moment to reflect on America's growth and the ongoing pursuit of a more perfect union".

Nationwide celebrations and community gatherings are focusing on several core values:

- **Honoring History:** Recognizing the sacrifices made by generations of Americans and celebrating the country's ongoing journey to fulfill its founding ideals.
- **Inspiring the Future:** Sparking a renewed spirit of innovation, adventure, and service for the next 250 years.
- **Encouraging National Unity:** Using patriotic sentiment and shared history to overcome modern political divides and bring neighbors together.

Explore your grief journey in a safe and compassionate group environment that fosters healing, connection, and hope for the future.

Grief is a universal experience that takes many forms. Our group welcomes individuals navigating a variety of losses, including:

The death of a loved one (spouse, family member, or close friend)

Loss of a job or livelihood

Divorce or marital separation

Personal injury or illness

Retirement

Major life transitions, such as relocating far from family and friend.

Come as you are. Together, we'll share, learn, and move toward healing.

WHEN: Thursdays at 10:00 AM

**WHERE: Auglaize County Council on Aging
610 Indiana Ave.
St. Marys**

Thursdays at 11:30

**St. Paul's UCC
108 W. Mechanic St.
Wapakoneta**

There is no cost and registration is not required.

Questions can be directed to: Trena Chiles or Cindy Friedrich @ 419-549-8530 extension 104

Summer Health Tips to Keep You Independent & Safe

1. Hydrate, hydrate, hydrate!

Probably the most important summer health tip—drink water! Steer clear of dehydrating drinks like alcohol and caffeine, especially when it's hot out.

2. Beat the Heat

Get your steps in during the cooler parts of the day, like early morning or evening. Wear breathable clothes.

3. Know the warning signs of heat-related illness

Feeling dizzy? Nausea? Heart racing? Sweating like crazy? These are all signs of heat exhaustion. Get in the shade quickly, hydrate, and rest. If symptoms do not improve—seek medical help.

4. Keep your meds cool

Some medications can crank up your risk of heat-related issues. If you are not sure which meds should be kept cool, check with your doctor.

5. Be mindful of bug bites & stings

Mosquitoes and ticks can spread disease, especially for people with compromised immune systems. Use bug spray and wear long sleeves and pants that fit loosely.

6. Stay connected

Before you venture out on a long hike or tropical vacation, check in with your doctor. They can provide you with special summer guidance.

7. Hope for the best, but plan for emergencies

Your MedicAlert ID can be a lifesaver. Always let friends and family know how to help you in an emergency, just in case.



Calling all Veterans!!

Once again we will be holding our **Vet 2 Vet program** on the first Friday of every month, between the months of September to May. Our first meeting is Friday, September 4, 2026 at 1:00 PM. This is a time that we invite veterans of any era to come and spend time together. There is usually a program or topic to talk about, VA news, updates and services. We hope you will join us and connect with other veterans. Questions? Call Trena at 419-394-8252, option #2. We are looking forward to seeing you. **THANK YOU FOR YOUR SERVICE!!**



CARNIVAL NIGHT

Friday, August 14, 2026
5:00–8:00 PM

Decorate yourself, your walker, cane, scooter, etc. Prize for best dressed and best mode of transportation. Silliness encouraged. Some are dressing like the clowns they are.

Carnival games

Hot dogs—cotton candy
Pop corn—chips
Caramel apple dip with apples
Lemonade, iced tea, coffee and water

Bingo with 5 coveralls

ALL FREE!!

Transportation Available—call Elsie!


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St. Marys, OH 45885

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.



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; a visit to the famous Wall Drug Store; 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 such as Central Park; Rockefeller Center; Times Square; 9/11 Memorial; One World Observatory and so much more!

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**



One Day Trip—Hard Rock Casino—Cincinnati and Buc-ee's—Huber Heights Thursday, August 13, 2026

Cost: \$100.00

9:00 AM—Depart St. Marys Square by Marathon

11:15 AM—Arrive Hard Rock Casino

3:00 PM—Depart Casino, proceed to Buc-ee's

4:15 PM—Arrive Buc-ee's

6:00 PM—Depart Buc-ee's

7:05 PM—Arrive back in St. Marys

Hard Rock Casino—minimum 4 hours; New player card—\$25.00; Bonus play—\$10.00;
Food Voucher—\$10.00

Dorothy is starting to plan trips for 2027. She has reserved a trip to Branson the week after Thanksgiving. If you have any ideas of places that you would like to visit, let her know. She is always looking for suggestions. You can always check out the trips on our webpage : auglaizeseniorservices.com or watch for updates on our Facebook page.

Everyone asked a 100-year-old man and his 98-year-old wife for their health secrets. The old man said, "I'll tell you my secret. I've been married for 75 years. I promised my wife when we got married that when we quarrel, the loser has to walk for 5 miles. So I've been walking 5 miles every day for the past 75 years!" Everyone applauded and asked again, "But how come your wife is very healthy as well?" The old man answered "That is another secret. For 75 years every single day she has been following me to make sure I really walk the full 5 miles!"

A PASTOR WAS GIVING A CHILDREN'S SERMON ON VESTMENTS. HE ASKED: "WHY DO YOU THINK I WEAR THIS COLLAR?" ONE CHILD ANSWERED: "BECAUSE IT KILLS TICKS AND FLEAS FOR UP TO 30 DAYS!"

The Older I Get...The More These Make Sense

1. I talk to myself now...turns out I give pretty good advice.
2. "Dressing up:" means wearing something that still fits.
3. I don't need anger management...I just need fewer annoying people in my day.
4. My people skills are fine...my patience just isn't what it used to be.
5. The biggest lie I tell myself: "I'll remember that later." (I never do.
6. "On time" is simply getting there at all.
7. You can't fix foolishness...but you can walk away from it.
8. Honestly, I wish we could hop in the dryer for ten minutes...and come out wrinkle-free and a little smaller.
9. Funny thing is...people my age somehow look older than me.
10. Growing old? That happened way faster than I expected.
11. I may move a little slower these days...but I've got a lot more to say.
12. I still don't act my age—and at this point...I don't plan to.



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12 WELLNESS INFORMATION

FREE SCREENINGS & EDUCATION

For all Wellness Programs call Trena at 419-394-8252, option 2, 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 13th, August 10th and September 14th**. 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 6th, August 3rd and August 31st (for September)**. 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 **July 13th, August 10th and September 14th**. 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, ask for Trena, with any questions, and we will post the information on Facebook.

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 8th— “Let’s talk about your Liver!”

August 12th – “How are your intestines & colon treating you?”

September 9th—“Bladder Problems?”

Wapakoneta

August 7th— “How are your intestines and colon treating you?”

September 4th— “Bladder Problems?”

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





My 8 year granddaughter was riding between her grandpa and I in our truck, when she noticed a mole under my chin. She randomly asked me, "Nannie, are you a witch? You have a wart under your chin." We giggled as I explained to her it wasn't a wart, but it was a mole". Then she asked me "Can frogs really give you warts?" I told her that it's not true, that it was an old wives tale. She thought about that a few seconds, then asked me, "Nannie, have you ever kissed a frog?" I decided to play her little game and teased her by saying, "Yes...I did...once." Her eyes got big and she said, "Really??? What happened?" I gave a little wink and giggle to my husband and replied, "When I kissed the frog, I got your Poppy!" She looked at her grandpa, then back at me, then back at her grandpa, then she finally looked back at me and said, "Nannie...it must have been a really old frog!"

An elderly man accidentally bumped his car into a Ferrari. Out jumps the furious owner, looking like trouble. "Give me \$10,000 cash right now...or you are going to regret this!" The old man calmly says, "Easy there...I don't have that kind of money, but let me call my son...he trains dolphins." He dials the number, but the angry guy grabs the phone and snaps, "Oh, yeah? You train dolphins? Well your Dad just wrecked my car! Bring me \$10,000 or I'm dealing with both of you!" The son replies coolly, "Relax, I'll be there in 15 minutes." Exactly 15 minutes later, a jeep pulls up. A guy jumps out, walks straight over...and slaps the Ferrari owner around a bit, makes him apologize to Dad, and teaches him to respect his elders. Then he turns to his Dad and says, "Dad...When are you going to get it right. **I train Navy SEALS... not dolphins.**"



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Auglaize County Council On Aging Saint Marys, OH

14-1640

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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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 _____

WISH LIST

The Auglaize County Council on Aging is in need of a church, organization or person that would be willing to furnish a meal for the seniors. This can be done once, monthly, bi-monthly or whenever it would be convenient. It would be greatly appreciated.

Also, we would be sincerely thankful for donations of bingo prizes. If you would like more information, call 419-394-8252 and ask for Activities.

When the seniors are asked, what they enjoy the most about coming into the center, their answer is always the socialization and playing bingo.



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, for providing meals. Also thank you to Mike Nagel for everything you do, Dannon for the donation of yogurt.

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

Compassus @ Mercy Health for breakfast at Wapakoneta; Grande Lake Healthcare; Van Crest of St. Marys; Everheart Hospice; and Wapakoneta Assisted Living Center for bingo prizes.

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

Emma Jane Schrolucke for her entertainment.

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Auglaize County Council on Aging



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Lunch and entertainment

Speakers

Door Prizes

50th Anniversary Luncheon and Celebration

September 22, 2026

10:30 AM—1:00 PM

RSVP Lisa or Tracy by

September 16, 2026

Everyone welcome.