

WOOD COUNTY COMMITTEE

ON
Aging
WCCOA

IN THIS ISSUE:

Index	Page
Agency Services	2
Virtual Programming	3
Virtual Programming	4
Clinics & Consultations.....	5
Donors & Donations.....	6
HDM Lunch Menu	7

Your County Connection

Official Newsletter of the Wood County Committee on Aging, Inc.

Enjoy, Enrich, Explore This Season of Life
This edition is also available at www.wccoa.net



The City of Bowling Green
Human Relations Commission
presents Community Reads:
"So You Want to Talk About Race"

By Ijeoma Oluo

A community facilitator will
moderate the discussions on:

November 9: Chapters 1 - 5

December 7 : Chapters 6 - 11

January 11: Chapters 12 - 17

Session will run from 11:30 a.m. to 12:30 p.m. on Zoom. Engage in honest conversations about race, racism, and how they affect almost every aspect of American Life. A study guide and access to the book will be available to all participants. **Register today!**

LivelyU

VIRTUAL LEARNING ACADEMY

What are the goals of the LivelyU Virtual Learning Academy (VLA)?

The goal of LivelyU VLA is to provide at-home learning opportunities using the Zoom platform for participants 50 years of age and over in Wood County and beyond.

Our goal is to reduce social isolation,

encourage active engagement, and create opportunities to be engaged while remaining at home. Training opportunities on the use of technology and various sites/apps/programs have been designed to enhance interaction and will aim to stimulate cognition through a large platform of lifelong learning opportunities.

Through daily Zoom programs, participants will be able to engage in live advanced-learning programs during the hours of 10 a.m. and/or 2 p.m. Monday through Friday. Catalogued recorded videos of programs will also be available for those unable to attend the live program. These recordings are viewable on the WCCOA website and YouTube channel (Wood County Committee on Aging, Inc.) for easy access at your convenience.

A special Zoom contest will start January of 2021 and will run until March of 2021; details are below!

Challenge yourself to join more ZOOMS and you could be selected for a prize!

The program will consist of three incentive levels.

- ◆ Those who attend 10 Zooms per quarter (3-4 Zooms per month) will receive a LivelyU mouse pad and stylus pen for your use with a tablet or writing
- ◆ Participants who attend 20 Zooms per quarter (6-7 Zooms per month) will receive a chance for two winners to win a Bob Evans dinner *sponsored by Perrysburg Commons*.
- ◆ Those who attend 30 or more Zooms per quarter (10 Zooms per month) will be entered to win a gift card prize of \$50! If you choose to watch a Zoom after it has been recorded, please email us at programs@wccoa.net and let us know the date you watched a video and the video you watched.

Agency Services

Home Delivered Meals

Monday – Friday

Hot, nutritious meals are available for homebound seniors in Wood County who are unable to prepare meals for themselves. Frozen meals are available upon request for the weekend. Suggested donations of \$2 are requested. Call Social Services at 419.353.5661 or 1.800.367.4935.

Volunteer Opportunities

The Wood County Committee on Aging is always looking for new volunteers year round.

Opportunities include:

- Delivering Home Delivered Meals Monday through Friday to homebound clients.

Please call the WCCOA's Volunteer Coordinator at 419.353.5661 or 1.800.367.4935 for more information or to volunteer.

Technology Assistance.... This is your opportunity to learn more about how to use your tablet, smartphone, or laptop computer. Test out Zoom or other trending apps with free assistance. Make an appointment for your in-person one-on-one training (once we can safely open) or receive help over the phone with Rita Brieschke, Program and Technology Specialist. Call 419.353.5661 or 800.367.4935 or email programs@wccoa.net

Durable Medical Equipment Loan Closet

Durable medical equipment is available for loan. Please call the Social Services Department at the Wood County Senior Center at 419.353.5661 or 1.800.367.4935 for information.

Examples of available items include: wheelchairs, standard canes, quad canes, standard walkers, wheeled walkers, commodes, shower benches, toilet seat risers, bed and toilet rails, and bathtub transfer bars. Delivery is not available, but items may be picked up as arranged at any of the senior center locations.

If you would like to donate a new or used item to our closet, contact the Social Services Department. Financial donations are also accepted.

Medical Escort The Wood County Committee on Aging will assist non-driving Wood County seniors, age 60 and over, to medical appointments such as physician, dental, or eye appointments up to three times per month per individual. The WCCOA has two medical transportation drivers. Our drivers are able to travel as far south as Findlay and as far north as Toledo/Sylvania. Transportation to appointments is available between the hours of 9 a.m. - 2:30 p.m.

To register for this service, please call:

Northern part of the County: 419.666.8494

Southern part of the County: 419.353.5661 or 1.800.367.4935

Special Event

Honoring our Veterans throughout Wood County

Join us in honoring those who served our country

the week of November 9-13, 2020

We will be taking our Veterans Event on the road this year and will drop off special items to the veterans homes. The following items will be presented:

- poppy
- thank you card
- yard sign for front lawn
- lunch provided by WCCOA



The Bowling Green State University Service Veterans Association (BGSUSVA) is a group of military associated college and university students which could include active reservist as well as veterans. We will work together to deliver these items in a contactless fashion. If you are an interested Veteran or would like to thank a Veteran please register with us. We will need their name, address and phone number. We will contact them to arrange the best delivery time. To register a Veteran for this project contact the Programs Department at 419.353.5661 or 1.800.367.4935 or email programs@wccoa.net

***Sponsored by Woodcreek Village, Rehabilitation Hospital of Northwest Ohio
and Right at Home Health Care***

LivelyU VIRTUAL LEARNING ACADEMY

"YOUR ONLINE PROGRAMMING OPTION"



VIRTUAL PROGRAM OPTIONS If you're interested in joining our LivelyU Virtual Learning Academy (VLA) and the other program offerings via Zoom, contact the Programs Department for more information by calling 419.353.5661 or 800.367.4935 or email programs@wcco.net

Don't have a smart phone, tablet, or computer? No problem! You can join any Zoom by calling in from your phone! (If you do not have long distance, you may incur charges on your phone bill.)

**VLA indicates programming included in our new LivelyU Virtual Learning Academy (VLA).*

DIGITAL FITNESS OPPORTUNITIES on ZOOM

Registration Required

Community/Silver Sneakers Exercise Classes

Silver Sneakers Classic focuses on strengthening muscles and increasing range of movement for daily life activities. A chair is used often for seated exercises or for standing support.

Mondays, Oct. 19 - Nov. 23 at 10 a.m.

Wednesdays, Oct. 21 - Nov. 25 at 10 a.m.

Sheila Brown, Certified Instructor

Cost: FREE for SilverSneakers Members or Non-members pay \$15 (per 6-week session)

Delay the Disease

OhioHealth **Delay the Disease™** is an evidence-based fitness program designed to optimize physical function and help **delay** the progression of symptoms associated with Parkinson's **disease**.

Sundays, November 8 - December 20 at 12:30 p.m.

Tammy Starr, PT, Certified Instructor

Cost: \$17.50 (7 weeks)

Dancing with Parkinson's

Enjoy moving to upbeat music while exploring various dance and other social and global dance forms. *No dance experience necessary.*

Sundays, November 8 - December 20 at 1:30 p.m.

Tammy Starr, PT, Certified Instructor

Cost: \$17.50 (7 weeks)

Tai Chi for Arthritis and Fall Prevention

This is an evidence-based program that works through improving balance, confidence, and muscular strength aimed to prevent falls.

Sundays, November 8 - December 20 at 2:30 p.m.

Tammy Starr, PT, Certified Instructor

Cost: \$17.50 (7 weeks)

All payments can be made payable to:

Wood County Committee on Aging

NFL Pick'em: Predict the winners of NFL games in November! To participate, contact the Programs Department. *Gift basket by Walker Funeral Homes.*

Trying Trivia Morning: Monday, November 2 at 10 a.m. BGSU will lead a morning of trivia while you keep score. All participants will have a chance to win a scratch off ticket.

Virtual Dining: Monday, November 2 at 12 p.m. Enjoy your lunch and a lively conversation.

***VLA: Tour de France:** Tuesday, November 3 at 10 a.m. presented by **BGSU students**. Enjoy learning the language, culture, cuisine, architecture, weather features and interesting tourists sites of France.

"Happy" Hour: Tuesday, November 3 at 2 p.m. This hour is filled with happy thoughts, laughter and uplifting moments and sharing a drink with friends.

***VLA: Care Compass: Self Care:** Wednesday, November 4 at 11 a.m. (See page 5 for more details.)

***VLA: Composting 101:** Thurs., Nov. 5 at 2 p.m. *Hannah Smith, Recycling Outreach Coordinator, W.C. Solid Waste Mgt. District.* Learn to how divert waste from the landfill while enhancing your garden through the magic of composting! Mimic nature's way of recycling organic materials in your own backyard.

Coffee Chat: Friday, November 6 at 10 a.m. Join a lively discussion on current events.

***VLA: Tech. News & Discussion:** Friday, Nov. 6 at 2:00 p.m. Join *Rita Brieschke, Program & Technology Specialist, WCCOA* for an open discussion!

***VLA: Book Discussion: "So You Want to Talk About Race", Chapters 1– 5:** November 9 at 11:30 a.m. In *So You Want to Talk About Race*, Author Ijeoma Oluo guides readers of all races through subjects ranging from intersectionality and affirmative action to "model minorities" in an attempt to make seemingly impossible possible: honest conversations about race, racism, and how they affect almost every aspect of American Life. A study guide and access to a book is available to all participants.

Register today!

LivelyU VIRTUAL LEARNING ACADEMY

"YOUR ONLINE PROGRAMMING OPTION"



***VLA: The Night the Sky Fell:** Monday, Nov. 9 at 2 p.m. *Mike McMaster, Wood County Historical Museum.* Learn about the greatest celestial event ever witnessed on Earth on the night of November 13th, 1833. "No celestial phenomenon has ever occurred in this country, since its first settlement, which was viewed... with so much dread and alarm."

Name That Tune: Tuesday, November 10 at 10 a.m. Challenge yourself to naming the song and artist from a variety of music genres. *Prize sponsored by Aetna.*

***VLA : Nothing New Under the Sun: History of Education in America:** Tuesday, November 10 at 2 p.m. *Eric Myers, EdD, Retired BGCS & BGSU Educator/Administrator.* Recently educators have been forced to alter presentation of education to our young people. In reality, the various forms of education we have in existence today have long roots in American history. This program takes a look at the different ways we have chosen to educate our youth from the past to the present.

***VLA: Art History:** Thursday, November 12 at 3 p.m. *Karlie Overstake, BGSU Art Education Student.* Interested in learning about paintings from caves? What about Stonehenge? Ever wonder how cave paintings were made? We will dig deeper into the mysteries of the Prehistoric times. Learn about the Paleolithic cave paintings, how they were produced, and why they were so important to today's art!

***VLA: Brain Games:** Friday, November 13 at 10 a.m. Riddles, trivia, and problem solving exercises to stimulate the mind for optimal cognitive functioning.

***VLA: Good Deeds (How to Avoid Probate Court):** Grand Rapids Friday, November 13 at 12:30 p.m. Advanced registration required by calling the Office of the Wood County Recorder at 419.354.9140

***VLA: Gardening for Wildlife:** Monday, November 16 at 10 a.m. *Lauren Stewart, Naturalist, ODNR.* Are you looking to see more in your garden? Dream of deer or beg for butterflies? Learn how to bring the wildlife to you by creating habitat for our native animals. Get ideas of what to plant and animals you can attract to your yard.

Movie Trivia.. SKLD Perrysburg: Tuesday, November 17 at 10 a.m. First 10 registered will receive snacks delivered to their homes.

***VLA: Do you want more control over the taxes you pay?** *Chad Plontz, Edward Jones.* Tuesday, November 17 at 2 p.m. Learn several strategies that can help reduce your tax burden. Join us for our seminar on tax-free investing: 'It's Not What You Make, It's What You Keep.'

***VLA: Taking Care of Your Skin:** Wednesday, November 18 at 10:30 a.m. *Dr. Joe King, St. Luke's Family Medicine Residency.*

***VLA: Quarantine Cooking In a Pinch:** Wednesday, Nov, 18 at 2 p.m. Join *Mackenzie and Sarah, two BGSU nutrition students,* to cook crock pot soup and a quick dessert! It will be a fun time of collaborative cooking and sharing through Zoom.

Fall Painting Class: Thursday, November 19 at 3 p.m. *Karlie Overstake, BGSU Art Education Student.* We will be creating a fall themed picture. All supplies can be picked up or delivered to your home prior to the class. Register today!

***VLA: Book Club: "The Gentle Art of Swedish Death Cleaning" by Margareta Magnusson.** Friday, November 20 at 10 a.m. In Sweden there is a kind of decluttering called "dostadning." "Do" meaning death and "stadning" meaning clean. This surprisingly invigorating process of clearing out unnecessary belongings can be undertaken at any stage of life, before others have to do it for you. Join this discussion facilitated by *Nadine Edwards.*
Library books available on loan through WCCOA.

Virtual Dining: Friday, November 20 at 12 p.m. The first **15 registered** will receive a free lunch, *provided by Waterford at Levis Commons.* Enjoy your lunch and a lively conversation!

Virtual Bingo with Perrysburg Commons: Friday, November 20 at 1 p.m. Prize will be awarded.

You Decide: Monday, November 23 at 10 a.m. This is an opportunity to take part in an ethics discussion based on your interpretation of the law. We will read court cases and you can decide the outcome!

Facebook Live Birthday Music Celebration: Monday, November 23 at 2 p.m. *Guitarist James Adkins. Sponsored by Wood Haven Health Care.*

Virtual Bingo: Bridge Home Health & Hospice Tuesday, November 24 at 10 a.m. Prize awarded.

Virtual Dining: Wednesday, November 25 at 12 p.m. Enjoy your lunch and a lively conversation.

Clinics & Consultations

Senior Legal *Legal Aid of NWO* 1.888.534.1432, or fill out their intake form online at www.lawolaw.org

The 'Christian Legal Services' is here to help you understand your rights under the law. Services include: assistance navigating everyday issues such as housing problems, racial discrimination, wills, power of attorney documents, and denial of Social Security benefits. **Appointments are required!**

Call your senior center to schedule!

Legal Services Site	Date & Time
Perrysburg	Dec. 3, 2-4 p.m.
Bowling Green	Dec. 10, 4-6 p.m.

Blood Pressure & Blood Glucose Clinics

Cancelled until further notice. Call Social Services at 419.353.5661 or 1.800.367.4935 for more information.

Podiatry Clinic *Facilitated by Maumee Bay Foot & Ankle Specialists. For an **appointment please call 419.691.1599.***

Podiatry Site	Date
Pemberville	November 18
Bowling Green	November 25

****It is the patient's responsibility to check with their insurance company about coverage and frequency of coverage.**

MEDICARE OPEN ENROLLMENT

The Medicare Open Enrollment period is from October 15th - December 7th, 2020

The Ohio Senior Health Insurance Information Program (OSHIIP) will be offering a series of Medicare 101 webinars through December 7 and will present 9 webinars a week at different days and times. To register for an informational webinar, go to: register.gotowebinar.com/rt/4987248812118591502

OSHIIP can also be reached on their hotline Monday-Friday from 7:30 a.m. - 5:00 p.m. at 1-800-686-1578

Visit the WCCOA YouTube channel to watch our recorded presentation about Medicare 101!



**Wednesday, November 4
11:00 a.m. - 12:30 p.m.**

**Topic: Self Care Options
Virtual via Zoom**

The Care Compass Project is free and open to all current and future caregivers. Registration is required by calling **1.800.367.4935 or 419.353.5661 or emailing programs@wcco.net**

Register by Friday, October 30, 2020

11 a.m. Energy Boosters *presented by Teri Laurer MSN RN Director, Wellness & Occupational Medicine, Wood County Hospital.* Stress zaps our energy in many ways whether it is stress from the pandemic, work, financial issues, family, personal health, or caring for a loved one. We will discuss ways to identify those "zappers" and provide solutions to boost your energy that will lower your health risks and encourage you to change lifestyle habits.

Lunch is provided by Brookdale of Bowling Green for the first 20 participants registered and will be delivered to your home by WCCOA.

11:45 a.m. Strategies for Self Care and Resilience *presented by Francesca Leass, LISW-S, LIDC-CS, Wood County Health Department.* It is very common to find ourselves caring for everyone else and totally forgetting (or ignoring) caring for ourselves in the hustle and bustle of our daily living, especially during a pandemic. This educational piece is to suggest self care strategies and being able to recover from difficult situations, whatever those may be for you.

The Care Compass Project is brought to the community by: Brookdale of Bowling Green, Wood County Committee on Aging, Ohio Living, Golden Care Partners, and Wood County Hospital.

Donors & Donations



Friends of the Wood County Committee on Aging, Inc. are reminded that for many years the WCCOA has been the recipient of gifts to honor and memorialize friends and relatives. WCCOA welcomes gifts to Friends of WCCOA, Inc. to memorialize family members and to honor people involved in the WCCOA network, programs, and services.

Visit our website at <http://friendsofwccoa.com/>

Capital Campaign Donations

John & Alice Calderonello · Geoffrey Howes · Eric & Linda Myers · Robert C. Ladd ·
Wednesday Evening Euchre · Steven & Rhonda Melchi · James & Elaine Stainbrook ·
George Stossel & Vicki Knauerhase

In Memory of Jane Mooney

Colleen J. Smith

In Memory of Pat Hamad

Linda Harden

In Memory of Ruth Dauer

Sandra Duty & Sue Goebel

In Memory of Jean Atha

James & Jacqueline Instone

In Honor of Emily Guion's 99th Birthday

Greg Serpa

In Memory of Ralph Francisco

Lois & Russell Heilman
Richard & Phyllis Sidle
Scott Bressler

Kitchen Fund

Walbridge VFW Post 9963

Grandparents Raising Grandchildren Holiday Project



HELP us give back this holiday season by supporting local families who are raising their grandchildren. Wood County Job and Family Services and WCCOA have partnered to provide a joyful holiday to these families in need of gifts for their grandchildren.

All monetary donations will be used to purchase gifts for grandchildren (birth to 17 years of age). Grandparents must complete an application for support. **Application deadline is Friday, December 4, 2020.** Monetary donations will be accepted at the WCCOA.

For more information or an application contact the Programs Department at 419.353.5661 or 1.800.367.4935 or email programs@wccoa.net



Go to **smile.amazon.com** - It is the same Amazon you know. When purchasing items, please indicate **Friends of Wood County Committee on Aging, Inc.** as your charitable organization of choice. Amazon donates 0.5% of the price of your eligible AmazonSmile purchase to WCCOA!

If you have trouble finding us, you may also visit **<http://smile.amazon.com/ch/47-5225964>** to find WCCOA directly!



Kroger Community Rewards

Buy from Kroger and a percentage of your sale will be donated to the Wood County Committee on Aging.

Visit www.krogercommunityrewards.com and register or re-enroll today. **You need to re-enroll every year.**

Our organization number has been changed for 2020 and is now **VB952!** If you have any questions, please contact us at 419.353.5661 or 800.367.4935

Modified Menu for November 2020.

**Menu changes may occur due to availability of certain items. **

Home Delivered Meals Menu

November 2020				
Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Stir Fry 2 Asian blend vegetables, brown rice, tomato juice, apricots, brownie	Roast Pork 3 Key West blend vegetables, cabbage apple raisin salad, peaches	*Meatloaf OR Guajillo's Beef Enchiladas 4 Scandinavian blend vegetables, Caesar salad, pineapple, ice cream	*Meatloaf OR Guajillo's Beef Enchiladas 5 broccoli, cornbread, pears & grapes, fruity fine dessert	Beef Lasagna 6 lima beans, cauliflower peanut salad, citrus sections, graham crackers with frosting
Sloppy Joe 9 sweet potato fries, pea salad, tropical fruit, mousse	**Porkbelly BBQ: Pulled Pork 10 baked beans, coleslaw, peaches & pears, cornbread muffin, graham crackers	Honey Mustard Chicken Breast 11 au gratin potatoes, corn relish, mandarin orange salad	Thanksgiving Lunch Turkey 12 green beans, mashed potatoes, dressing, cranberry fruited Jell-O, pumpkin pie	Chef Salad with Ham 13 potato salad, cantaloupe & grapes, blueberry muffin
Chicken & Dumplings 16 stewed tomatoes, cauliflower peanut salad, emerald pears, lemon bar	Bologna Salad 17 baked bean salad, coleslaw, peaches, cookie	Birthday Celebration Cube Steak 18 Brussels sprouts, grapefruit sections, grape juice, cake & ice cream	Pork Chop 19 squash, apple, berry blend fruit with yogurt & granola	Teriyaki Chicken 20 Oriental vegetables, rice, Asian salad, mandarin oranges in Jell-O
Chipped Beef 23 sugar snap peas, mashed potatoes, mandarin orange salad, pineapple pie	Calico Beans 24 Scandinavian blend vegetables, marinated carrot salad, cinnamon applesauce, gingerbread	Chicken 25 shredded potato cheese bake, sauerkraut salad, apricots, brownie	All Sites Closed in Observance of Thanksgiving 26	All Sites Closed 27
Cabbage Roll 30 carrots, potato salad, pears	*On either Nov. 4 or 5, you will be receiving beef enchiladas. The beef enchilada entrée is being prepared by Guajillo's Cocina Mexicana (434 E. Wooster St. Bowling Green, OH 43402).	**On Nov. 10, you will be receiving pulled pork & baked beans. The pulled pork & baked beans are being prepared by Porkbelly BBQ (1616 E. Wooster St. Bowling Green, OH 43402).	<i>These meals are supported by special funding provided by the CARES Act Small Business Initiative through the Ohio Department of Aging.</i>	

WOOD COUNTY
COMMITTEE



Wood County Committee on Aging, Inc.
305 North Main Street
Bowling Green, Ohio
43402

419.353.5661 or 1.800.367.4935

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To contact WCCOA: wccoa@wccoa.net
To register for programs and events: programs@wccoa.net

We're on the Web!

www.wccoa.net



FACEBOOK

www.facebook.com/wccoa



LOGSPOT

woodcountycommitteeonaging.blogspot.com/



**All sites will be closed on Thursday, November 26 and Friday, November 27
in observance of Thanksgiving.**

Center Locations: ON site Appointments as Needed

Note: All Senior Centers remain closed for onsite services. Call the Wood County Senior Center to learn about our meals, programming and outreach that is provided directly to your home.

North Baltimore Area Senior Center, 514 West Water Street, North Baltimore, Ohio 45872 419.257.3306
Monday through Friday 10 a.m. to 2 p.m.

Grand Rapids Area Senior Center, 23019 Kellogg Rd., Grand Rapids, Ohio 43522 419.601.1896
Monday through Friday 10 a.m. to 2 p.m.

Northeast Area Senior Center, 705 North Main Street, Walbridge, Ohio 43465 567.249.4921
Monday through Friday 8:30 a.m. to 4:30 p.m.

Pemberville Area Senior Center, 220 Cedar Street, Pemberville, Ohio 43450 419.287.4109
Monday through Friday 10 a.m. to 2 p.m.

Perrysburg Area Senior Center, 140 West Indiana Avenue, Perrysburg, Ohio 43551 419.874.0847
Monday through Friday 8:30 a.m. to 4:30 p.m.

Rossford Area Senior Center, 400 Dixie Highway, Rossford, Ohio 43460 419.666.8494
Monday through Friday 8:30 a.m. to 4:30 p.m.

Wayne Area Senior Center, 202 East Main Street, Wayne, Ohio 43466 419.288.2896
Monday through Friday 10 a.m. to 2 p.m.

Wood County Senior Center, 305 North Main Street, Bowling Green, Ohio 43402 419.353.5661
800.367.4935

Monday 8 a.m. to 4:30 p.m., Tuesday 8 a.m. to 4:30 p.m., Wednesday 8 a.m. to 4:30 p.m.,
Thursday 8 a.m. to 4:30 p.m., Friday 8 a.m. to 4 p.m.

Ohio's First Nationally Accredited Senior Center