

WOOD COUNTY COMMITTEE

ON
Aging
WCCOA

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October 2020

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 Ohio Department of Aging released the guidelines for reopening senior centers throughout the State of Ohio on Friday, September 11, 2020.

Based upon the requirements / guidelines which must be satisfied in order to reopen the senior centers operated by the Wood County Committee on Aging, it has been determined that the Wood County senior centers will not reopen on Monday, September 21, 2020 as announced by Governor DeWine.

Current requirements / guidelines released by the Ohio Department of Aging in collaboration with the Ohio Department of Health require the following to occur prior to reopening:

- ◆ Requires testing of all senior center staff and volunteers (initial baseline and at least once every other week thereafter).
- ◆ Requires strategic testing of participants with an initial baseline and at least once every other week thereafter. Note: this is still being clarified as to how many people and demographics.
- ◆ The State will support the training of the WCCOA registered nurse to conduct the testing (for staff, volunteers, and identified participants, supply nasal test kits, lab capacity, baseline and repeat testing).
- ◆ All services will be by appointment only once we have satisfied the requirements to reopen.

Based upon the restrictions put in place by the State of Ohio, all WCCOA Senior Center locations (Perrysburg, Rossford, Walbridge, Grand Rapids, Pemberville, Wayne, North Baltimore, and the Wood County Senior Center in Bowling Green) **will remain closed to the general public through Monday, November 2, 2020.** The Wood County Committee on Aging will continue working with our local Wood County Health District to ensure our ability to reopen safely.

WCCOA will continue to offer our modified services during this time. On-line programming is being offered via the WCCOA Facebook page and the Zoom meeting platform. For a schedule of these programs and/or additional information, please contact programs@wccoa.net or call.

We are also encouraging the older adults who participate at the Senior Center congregate dining sites to take advantage of home delivered meals during this time. If you are a Wood County resident (age 60+), in need of home delivered meals or other assistance, please contact the Wood County Committee on Aging at 419.353.5661 or 800.367.4935 or via email at wccoa@wccoa.net.

Virtual Golden Care Awards "Watch Party"

In honor of National Caregivers Month

Tuesday, November 24

Ceremony at 2 p.m.

Via ZOOM (The Zoom link will be shared once you are registered)

Nominate a Community Caregiver to take part in this event.

All forms are PDF fillable and are available on our website
www.wccoa.net or we can mail a form to you



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 a opportunity to learn more about how to use your tablet, smartphone, or laptop computer. Test out Zoom or other trending apps with hands on assistance. Make an appointment for your one on one training with Rita Betz, Programs 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 kits to their homes. These kits will include the following:

- a poppy
- thank you card
- yard sign for their 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 NEW 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@wccoa.net.

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

To access our Facebook page, go to: <https://www.facebook.com/WCCOA/>

To access our website, go to: <http://wccoa.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.)

DIGITAL FITNESS OPPORTUNITIES on ZOOM & require registration.

Community/Silver Sneakers Exercise Classes

SilverSneakers Classic focuses on strengthening muscles and increasing range of movement for daily life activities. Often a chair is used for seated exercises or standing support

Mondays & Wednesdays at 10:00 a.m.

Sheila Brown, Certified Instructor

Cost: Silver Sneakers Insurance Coverage or Non-members pay \$15(6 weeks for one class) or \$30 (6 weeks for both). Payment to Wood County Committee on Aging

Delay the Disease classes designed for those with Parkinson's 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, September 13 - October 18
at 12:30 p.m.

Tammy Starr, PT **Cost:** \$15 (6 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, September 13 - October 18
at 1:30 p.m.

Tammy Starr, PT **Cost:** \$15 (6 weeks)
payment to Wood County Committee on Aging

Tai Chi for Arthritis and Fall Prevention

Evidence Based program that works through improving balance, confidence and muscular strength aimed to prevent falls.

Sundays, September 13 - October 18
at 2:30 p.m.

Tammy Starr, PT **Certified Instructor**
Cost: \$15 (6 weeks) payment to Wood County Committee on Aging

***VLA: Technology News:** Thursday, October 1 at 2 p.m. *Rita Brieschke, Program and Tech. Specialist*
Open discussion about current tech trends.

Coffee Chat: Friday, October 2 at 10 a.m. Lively Discussion on Current Events.

"Happy" Hour: Friday, October 2 at 2 p.m. This hour is filled with happy thoughts, laughter, and uplifting moments. Share this time with friends and maybe a cool drink.

***VLA Constitution 101** Judge Matthew Reger will be leading a four week program on the Constitution called Constitution 101. Judge Reger will detail the reasons for the creation of the Constitution, the conflict it has with the Declaration of Independence, how it has developed over time, and its impact on our society today. **October 5** at 10 a.m. Intro to the Constitution
October 12 at 10 a.m. Judicial Review and the Civil War amendments

October 19 at 10 a.m. Expansion of rights

October 26 at 10 a.m. Modern application

***VLA: "What Happened in Wood County March 14, 1858: Ellen White and the Great Controversy."**

Monday, October 5 at 2 p.m. *Mike McMaster, Wood County Historical Museum*. Just north of Bowling Green, on State Route 25 north, sits a historical marker for the very first 7th Day Adventist Church in Ohio. This marker, however, only tells a portion of the interesting story of this church. In this program we will learn who Ellen White was, what she was doing in Lovett's Grove in Wood County on the day March 14, 1858 and what the great controversy was.

***VLA: Diversity Today:** Tuesdays, October 6, 13, 20 at 2 p.m. *Eric Myers, EdD, Retired BGCS & BGSU Educator*. In a world of new awareness of diversity, we are becoming aware of the different aspects of individuals. We are diverse in many ways as well as similar. This program will look at the ways each of us is unique from others and discuss various areas of diversity that exist in today's world.

LivelyU VIRTUAL LEARNING ACADEMY

"YOUR ONLINE PROGRAMMING OPTION"



VLA: Creature Feature: Wednesday, October 7 at 2 p.m. *Lauren Broderick, Naturalist with Ohio Division of Natural Resources* Learn about the creatures roaming around Maumee Bay State Park. *Time will be allotted for questions and answers.*

You Decide: Thursday, October 8 at 10 a.m. This is an opportunity to take part in a jury trial. We will read court cases and you can decide the outcome based on your interpretations of the law.

***VLA: Brain Games:** Friday, October 9 at 10 a.m. Riddles, trivia, and problem solving exercises to stimulate the mind for optimal cognitive functioning.

***VLA: Fall Open Enrollment:** Friday, October 9 at 2 p.m. This is the time of year when you can change your Medicare coverage. Options: Join a new Medicare Advantage Plan or stand-alone prescription drug (Part D) plan; Switch between Original Medicare and Medicare Advantage, to learn more join in this session.

***VLA: Live Baking Demonstration featuring a Fall Harvest Bake:** Monday, October 12 at 2 p.m. with Gretchen Fayerweather, owner of Clara J's Tea Room. Need the following items: puff pastry, 1 egg, pumpkin pie filling or pumpkin puree, seasonings of your choice, ricotta cheese, powdered sugar. (*Pumpkin could be substituted with cranberries or apples*). Watch how she makes it and then make it on your own. Share photos of your final product with us. Recipes will be emailed to you upon **registration**.

Name That Tune: Tuesday, October 13 at 10 a.m. Challenge yourself to naming the song and artist from a variety of music genres. *Prize sponsored by Aetna.*

Zoom & FB Live Birthday Music Celebration: Thursday, October 15 at 2 p.m. *Pianist Doris Barger.*

Virtual Dining: Friday, October 16 at 12 p.m. The first **15 registered** will receive lunch. *Lunch provided by Waterford at Levis Commons.* Lunch & conversation!

Virtual Dining Monday, October 19 at 12 p.m.

***VLA: Herbs on Civil War Battlefield:** Monday, October 19 at 2 p.m. *by Schooner Farms.* A very insightful look at how plant medicine was used when medical supplies were scarce and many doctors had little training. This presentation will intrigue history buffs and plant lovers!

Movie Trivia.. SKLD Perrysburg: Tuesday, October 20 at 10 a.m. First 10 reg. will receive snacks.

***VLA: What is Osteoporosis and What Causes it?** Wednesday, October 21 at 10:30 a.m. *Dr. Jessica Tzou, St. Luke's Family Medicine Residency.*

Good Deeds (How to Avoid Probate Court): Wayne on Thursday, October 22 at 12:30 p.m. **Advanced registration required.**

Cooking with Betty Jean.. Thursday, October 22 at 1:30 p.m. Call for details! *Sponsored by Perrysburg Commons*

Virtual Bingo with Perrysburg Commons: Friday, October 23 at 1 p.m. Prize awarded.

Virtual Dining: Monday, October 26 at 12 p.m.

Virtual Bingo: Bridge Home Health & Hospice Tuesday, October 27 at 10 a.m. Prize will be awarded.

***VLA: Election Impact on Investments** Tuesday, October 27 at 2 p.m. *Chad Plontz, Edward Jones.* In this month's Edward Jones Perspective Seminar, we'll discuss why the U.S. presidential election will be a key focus for investors. Discussion topics includes • Is an Annuity Right for You? • Should Life Insurance be in your Business Succession Plan? • 5 Signs you Might Need Life Insurance

Pumpkin Painting Party: Wed., October 28 at 2 p.m. Pumpkin painting kits will be dropped off to each registrant's house and we will paint together on Zoom. *Sponsored by Walker Funeral Homes.*

***VLA: Book Club:** Thursday, October 29 at 2 p.m. *Where the Crawdads Sing* by Delia Owens. Synopsis: For years, rumors of the "Marsh Girl" have haunted Barkley Cove, a quiet town on the North Carolina coast. So in late 1969, when handsome Chase Andrews is found dead, the locals immediately suspect Kya Clark, the so-called Marsh Girl. The story will captivate you as it unfolds. **Library books on loan through WCCOA.**

***VLA: Navigating Facebook:** Friday, October 30 at 10 a.m. *Rita Brieschke, Program & Technology Specialist, WCCOA.* Learn the ins and outs of Facebook.

Haunted "Happy" Hour: Friday, October 30 at 2 p.m. This hour is filled with happy thoughts, laughter, and uplifting moments.

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

Medicare Open Enrollment period is from October 15th- December 7th.
The Ohio Senior Health Insurance Information Program (OSHIIP) will be offering a series of Medicare 101 webinars starting on September 14 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



**Care
Compass
Project**

Navigating the
Caregiving Continuum:
Planning for today and for the future.



**Wednesday, November 4
11 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 but requires pre-registration by calling **1.800.367.4935 or 419.353.5661 or emailing programs@wccoa.net** to attain the zoom id.
Register by Friday, October 30, 2020

11 a.m. Energy Boosters presented by Teri Laurer MSN RN Director, Wellness and Occupational Medicine, Wood County Hospital

Stress Zaps our energy in many ways whether it is stress of 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.

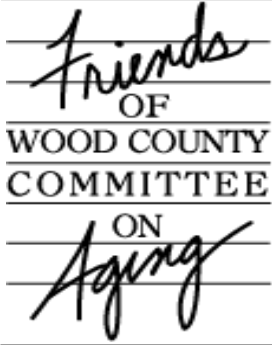
Lunch is provided by Brookdale of Bowling Green to the first 20 participants registered and will be delivered to your home by WCCOA.

11:45 a.m. Strategies for Self Care and Resilience 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 brought to the community by: Brookdale of Bowling Green, Wood County Committee on Aging, Ohio Living, Golden Care Partners, and Wood County Hospital.

Join the Facebook Community: **[Facebook.com/WoodCountyCareGiverCircle](https://www.facebook.com/WoodCountyCareGiverCircle) for an ongoing support**

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

Crawford's Lawn & Landscape • James Arnold • Linda & Lloyd Fite • Shawn & Jennifer Burke • Barbara & Dale Swartz • Paul Jr. & Elaine Sellers • Gregory Lefever • John Calderonello • Geoffrey Howes • Mindy Clesas • Alita Frater • Mike Riedeman • Ricardo Cano • Network for Good • Elizabeth & Lynn Wineland • State Bank • Paul & Elaine Sellers • Paul Haas • Eldon & Judy Stewart • Jerri Tipton • Shirley Garner • John Calderonello • Geoffrey Howes • George Stossel • Debra Rohrs • Chani Marquis • Marvin Porter & Megan Denny • Betty Studer • Darlene Petkwitz • Thomas Dussel • Timothy & Jane Burnside • Robert W. & Patricia A. Maurer • Maria Magdalena Andujar • Steven & Rhonda Melchi • Martha & Julius Pompos • Joseph & Elayne Jacoby • Tom & Jane Milbrodt • John Blinn • Robert & Judy Hansen • Sharon & Henry Geahlen •

Various Donations

Carolyn Schneider • Beverly Hirzel • Lois Bockbrader • Tekni-Plex

In Memory of Jack Klein

Silver Sneakers Swim Class at BGSU • Joe & Lynne Long • Irene Helberg • Betty Sidle-Parrish • Fern & Harold Hyslop • Jay & Debbie Marten • Emily Black • Kirk Baker from AT&T Friends in Atlanta

Kitchen Fund

Ladies Auxiliary Post 9963
VFW Post 9963

In Memory of Barbara Metz

Robert & Deborah Feehan
Betty Sidle-Parrish
John Peterson

In Memory of Donnan Marten

Danilda Lee
Jay & Debbie Marten

In Memory of George Hubbel, Jr.

Betty Sidle-Parrish

In Memory of Ralph Francisco

Deck Hanneman Funeral Home
Beth Lambert

In Memory of Gary Pfothhauer

Emily Black

In Memory of Barry Lee & Timothy Michael Carsten

Bob & Norma Carsten

In Honor of Joe Long's Birthday

Scott Evenbeck

In Memory of Bill Trouten

Miranda Everitt

In Memory of Ralph Francisco for the North Baltimore Area Senior Center

Jan Lyon • Keith & Sonja Chambers • Anonymous • Gail & Dan Viau

Home Delivered Meals Menu

Modified Menu for October 2020.

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

October 2020				
Monday	Tuesday	Wednesday	Thursday	Friday
			Pork Chop 1 squash, apple, berry blend fruit with yogurt & granola	Roast Beef 2 green beans, grapefruit sections, cherry crisp
Creamed Chicken 5 sugar snap peas, mashed potatoes, biscuit, mandarin orange salad	Calico Beans 6 Scandinavian blend vegetables, marinated carrot salad, cinnamon applesauce, gingerbread cake	Bratwurst 7 sauerkraut, mashed potatoes, apricots, brownie	Chicken Wings 8 corn, cabbage apple raisin salad, peaches	Meatloaf 9 mixed vegetables, spinach orange salad, grapes & pears, graham crackers with frosting
Country Fried Steak 12 mashed potatoes, citrus slaw, pears	King Ranch Chicken 13 Casserole green beans, tossed salad, fruit salad	Birthday Celebration 14 Hamloaf cauliflower, peaches, grape juice, cake & ice cream	Chicken Salad 15 broccoli soup, carrot sticks, orange sections	Cabbage Roll 16 Riviera blend vegetables, pickled beets, pineapple & cottage cheese
BBQ Chicken 19 au gratin potatoes, celery sticks, black eyed Susan salad	Cabbage & Ham 20 Hash Sicilian blend vegetables, Texas caviar bean salad, banana, Rice Krispy Treat	Chicken Paprikash 21 peas & onions, tomato zucchini salad, orange, chocolate pudding	Beef Spanish Rice 22 Kyota vegetables, peaches, apple crisp	Cube Steak 23 green beans with almonds, watermelon & couscous salad, SideKick fruit slushie
Vegetable Lasagna 26 winter blend vegetables, cucumber salad, oranges, cookies	Stuffed Chicken 27 Breast baked sweet potatoes, carrot & chickpea salad, fruited Jell-O	Chicken Chimichunga 28 corn casserole, mixed fruit, fruit juice, cake	Spaghetti & Meat 29 Sauce peas & mushrooms, tossed salad, glazed bananas & strawberries, vanilla wafers	Hot Dog 30 wedge fries, coleslaw, apple, pie

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

NON-PROFIT
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BOWLING GREEN, OH

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/



Center Locations:

Note: All Senior Centers remain closed for onsite services. Call the Wood County Senior Center of 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