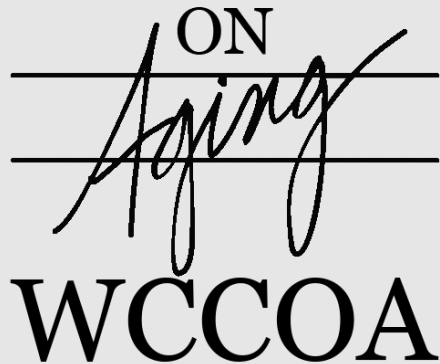


WOOD COUNTY COMMITTEE



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December 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

Great Decisions 2021

Saturdays, January 23 - February 27 from 9:30 a.m. – 11 a.m.

Via ZOOM by BGSU University Professors

This series is co-sponsored by the
American Association of University Women & WCCOA, Inc.

Topics Include (dates to be announced):

The Role of International Organizations in a Global Pandemic
China and Africa
Persian Gulf Security
Brexit and the European Union
The Fight Over the Melting Arctic
The End of Globalization

Registration is required. *Manuals are available for purchase and must be reserved when registering for the series. Advanced payment of \$32 is required to place your manual order. You will be notified via phone when your order has arrived. Register with the Programs Department at 419.353.5661 or 800.367.4935 or email programs@wccoa.net*

***All participants will be notified if there are any cancellations.*

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 Zoom Programs 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 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.

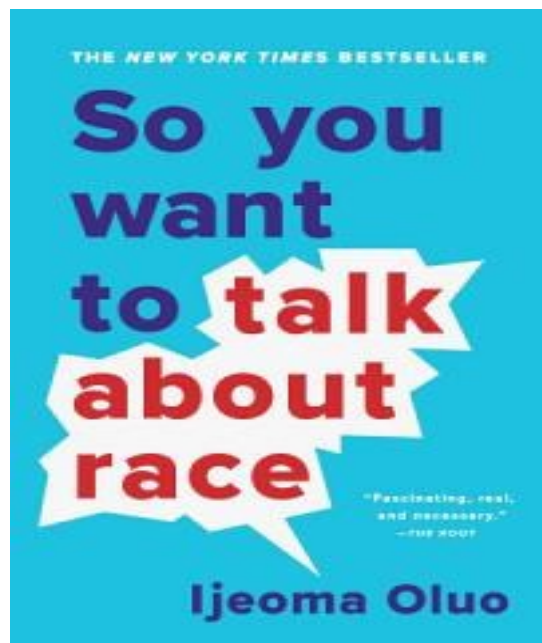
Medical Escort The Wood County Committee on Aging will assist non-driving Wood County seniors, age 60 and over, to medical appointments such as physician, dental, or eye appointments up to three times per month per individual. The WCCOA has two medical transportation drivers. Our drivers are able to 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



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
Zoom on:

December 7: Chapters 6 - 11
January 11: Chapters 12 - 17

Session will run from 11:30 a.m. - 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.

Contact the Programs Department to register at 419.353.5661 or 1.800.367.4935 or email programs@wccoa.net

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@wcoa.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, Nov 30 - Jan. 4 at 10 a.m.

Wednesdays, Dec. 2 - Jan. 6 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

Morning in Vegas: Tuesday, December 1 at 10 a.m. Hosted by BGSU Students. Enjoy several casino games with a chance to win a prize.

Holiday Candy Cane Wreathing

Making: Tuesday, December 1 at 2 p.m. Facilitated by a BGSU student.

Step by step instructions will be provided. We will learn about the history of holiday wreaths. **Supplies you will need:** glue, ribbon and bow, 18 candy canes



*VLA: Keeping Seniors Safe & Health Advance

Directives Wednesday, December 2 at 10 a.m.

Chanda Brown, ABLE of NWO. **Keeping Seniors Safe** will enable you to learn the skills you need to protect your personal information, safety and money. **Health Advance Directives** will allow you to learn how you can let someone else make your health care decisions when you cannot. Covers an overview of Health Care Powers of Attorney and Living Wills documents. If interested in having help to complete these documents register by November 23 by calling 419.353.5661 to schedule appointments with ABLE.

*VLA: Egyptian Art History:

Thursday, December 3 at 3 p.m. *Karlie Overstake, BGSU Art Education Student.* Have you ever wanted to know how the pyramids were built? Or what all their art really portrays? Let's tackle these questions together during our class on Egyptian Art History!"

Coffee Chat: Color for the Holidays Friday, December 4 at 10 a.m. Color with us as we share jolly tales. Provide your own picture or have us email one.

"Happy" Hour: Friday, December 4 at 2 p.m. This hour is filled with happy thoughts & uplifting times.

***VLA: Book Discussion:** Monday, December 7 at 11:30 a.m. *So You Want to Talk About Race*, by Ijeoma Oluo. Chapters covered include 6 -11. Books are available on loan from WCOA.

Name That Tune: Tuesday, December 8 at 10 a.m. Challenge yourself to naming the song and artist from a variety of music genres. *Prize sponsored by Aetna.*

LivelyU VIRTUAL LEARNING ACADEMY

"YOUR ONLINE PROGRAMMING OPTION"



***VLA: Exploration of Board of Education:**

Tuesday, December 8 at 2 p.m. *Eric Myers, Ed.D., Retired BGCS & BGSU Educator/Administrator.*

We will discuss the role that boards of education play in today's public education process. We will take a look at the various responsibilities of the boards and describe the reasons people run for this office and the common traits of members.

***VLA: Landfills- Where Does Our Waste Go?**

Wednesday, December 9 at 2 p.m. *Hannah Smith, Wood County Solid Waste Management District.* Learn about waste in Wood County and how much of what is consumed ends up in the landfill.

Winter Painting: Thursday, December 10 at 3 p.m. *Karlie Overstake, BGSU Art Education Student.* We will be creating a winter themed picture. All supplies can be picked up or delivered to your home prior to class. **Register today!**

***VLA: Brain Games:** Friday, December 11 at 10 a.m. Riddles, trivia, and problem solving exercises

***VLA: Virtual Nature Walk and Guided**

Meditation: Friday, December 11 at 2 p.m. I invite you to a 45 minute nature therapy session guided by, *Jewels Daugherty, Certified Nature & Forest Therapist.* "Nature is a powerful healer, teaching us to flow with change and inviting us to 'come to our senses' in each moment. Time spent immersing your senses in the sights, sounds, smells and sensations abundant in nature offers the opportunity to rejuvenate amidst stress and uncertainty.

***VLA: Attracting Birds:** Monday, December 14 at 10 a.m. *Lauren Stewart, Naturalist, ODNR.* Want to bring winged beauties to your garden? Looking to help out native pollinators or birds? Learn what you need to attract birds and butterflies in this two-part presentation.

***VLA: Good Deeds: How to Avoid Probate Court North Baltimore** Monday, December 14 at 12:15 p.m. **Registration required**, call the Office of the Wood County Recorder at 419.354.9140

***VLA: Six Freedoms of the First Amendment:**

Monday, December 14 at 3 p.m. *Wood County Judge Matt Reger.* Discussion on the six freedoms of the First Amendments, with a focus on freedom of speech and its modern implications on campaign finance. Participants will have looked at the First Amendment ahead of time and will be asked what the six freedoms are at the beginning of the program.

Movie Trivia with SKLD Perrysburg: Tuesday, December 15 at 10 a.m. **First 10 registered** will receive snacks delivered to their homes.

***VLA: Winter Driving Tips:** Tuesday, December 15 at 2 p.m. *Sandy Wiechman, Wood County Safe Communities Coordinator.*

***VLA: Sleep Disturbances:** Wednesday, December 16 at 10:30 a.m. *Dr. Joe King, St. Luke's Family Medicine Residency.* Discover the health impact of variances in your sleep patterns.

***VLA: Tour the Safaris in Africa:** Wednesday, December 16 at 2 p.m. *Tour hosts: Joan and Bob Callecod.* A virtual tour from Tanzania to Namibia to Zimbabwe.

Cooking with Betty Dean-Mitchell: Thursday, December 17 at 1:30 p.m. Learn the secret to making Cinnamon Streusel Sweet Potato Pie. *Sponsored by Perrysburg Commons.*

Virtual Dining: Friday, December 18 at 12 p.m. The first **15 registered** will receive a free lunch delivered to your house, *provided by Waterford at Levis Commons.* Join in our lunch conversations!

Virtual Bingo with Perrysburg Commons:

Friday, December 18 at 1 p.m. Prize will be awarded.

***VLA: Marblehead Lighthouse:** Monday, December 21 at 10 a.m. *Kara Freimark, Naturalist, ODNR.* A virtual tour and its history.

***VLA: The Mis-Origin of Historical Tradition Part 1: The Count of Presque Isle Hill :** Monday, December 21 at 2 p.m. *Mike McMaster, Wood County Museum.* Newspaperman, Historian, and Raconteur Charles Evers wrote the first 11 chapters of the Biographical Record of Wood County, 1897 Volume 1. It is the most important history of Wood County ever written.

Virtual Bingo: Bridge Home Health & Hospice Tuesday, December 22 at 10 a.m. Prize awarded.

***VLA: An Investor's Tour of Mutual Funds** Tuesday, December 22 at 2 p.m. *Chad Plontz, Edward Jones.*

Holiday Cheer "Happy" Hour: Wednesday, December 23 at 2 p.m. Sing your way through the day.

***VLA: Instacart:** Tuesday, December 29 at 2 p.m. *Rita Brieschke, Program & Technology Specialist, WCCOA.* Learn about this grocery delivery service.

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 (online)	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

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

Podiatry Site	Date
Pemberville	TBA
Bowling Green	February 3

****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 15 - December 7, 2020

The Ohio Senior Health Insurance Information Program (OSHIP) 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

OSHIP 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, February 3
11:00 a.m. - 12:30 p.m.**

**Topic: Isolation and
Impact our Health**

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@wccoa.net
Register by Friday, January 29, 2021

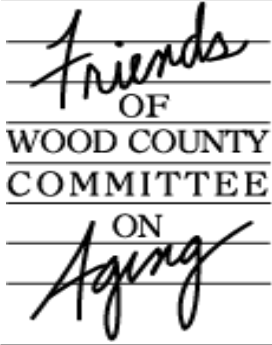
11 a.m. Combating Isolation Through Technology— Jamie Jones, Critical Signal Technologies a Best Buy Health Company. Critical Signal Technologies seeks to empower older adults, people with disabilities, and those battling chronic illness to live independently and with dignity. Learn how designed technology strives to meet human care with compassion and support.

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. Panel Discussion on Community Resources to Create Connections and Support While Being Isolated This session will provide you with access to various resources to help you remain in your home safely, healthily and happily. Community information by Jessica Ricker, LSW, WCCOA, Home Health information by Ohio Living Home Health Social Worker, and LTC information provided.

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 · Susan Hart-Douglas · Dennis Schmitz · Sandra Hurst · Jeff Cross · Susan Hart-Douglas · Robert C. Ladd · Emma Hann · Shawn & Jennifer Burke · Patricia & Andrew Kelly · Timothy & Jane Burnside · Jeanne M. Langendorfer · Tekni-Plex, Inc.

In Memory of Jane Mooney

Steven & Pamela Marshall
Janice Peterson

In Memory of Dennis DeGroff

Kelly & Susan Case
Paula Sanford

In Memory of Linda Sworden

Sharon & Henry Geahlen

In Memory of Lucy Williamson

Larry & Cynthia Williamson
Rebecca & Jerad Williamson
Larry & Christine Jacobson
Tricia & Christopher Basinger
David & Terry Stevens
Garlock Brothers Construction, Inc.
Marilyn Elarton
Judy Corner
Marla Boes

In Memory of Sharon Tober

Marilyn & James Woolace
Becky Chamberlain
Denise & Dale Niese
Robert & Bonnie Smigelski
Scott Evenbeck
Judy Peper

Newsletter Subscription RENEWAL Time for 2021....The annual donation is \$5 for Wood County residents and \$12 for residents outside of Wood County. Donations can be made out to Wood County Committee on Aging and mailed to 305 North Main Street, Bowling Green, Ohio 43402 OR drop it off at a Senior Center near you. Ensure you include the following: **your current mailing address, birthday, phone number and e-mail address if applicable.** Financial hardship? Contact the Programs Department for assistance at 1.800.367.4935 or 419.353.5661 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

Home Delivered Meals Menu

Modified Menu for December 2020.

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

December 2020				
Monday	Tuesday	Wednesday	Thursday	Friday
	Hamloaf broccoli, banana, peachy fine dessert	Vegetable Soup chicken salad sandwich, celery sticks & peanut butter, orange sections	Beef Lasagna green beans, tossed salad, fruit salad	Baked Ham peas & onions, tomato zucchini salad, orange, chocolate pudding
Cube Steak mashed potatoes, coleslaw, black eyed Susan salad	Chicken Nuggets 8 Sicilian blend vegetables, Texas caviar salad, grape juice, Rice Krispy Treat	Stuffed Green Pepper 9 Riviera blend vegetables, pickled beets, pineapple with cottage cheese	Holiday Lunch 10 Roast Beef baked potato, carrots, mandarin orange salad, fruit of the forest pie	Turkey Tetrazzini 11 Kyoto vegetables, peaches, apple crisp
Hamburger Pie 14 winter blend vegetables, cucumber salad, oranges, cookie	Pork Ribette 15 baked sweet potatoes, carrot & chickpea salad, fruited Jell-O	Birthday Celebration 16 Stuffed Chicken Breast corn, mixed fruit, fruit juice, cake & ice cream	Spaghetti & Meat Sauce 17 peas & mushrooms, tossed salad, glazed bananas & strawberries over shortcake	Hamburger 18 wedge fries, coleslaw, apple, graham crackers
Chicken Lasagna 21 mixed vegetables, cabbage apple raisin salad, peaches, brownie	Meatloaf 22 Scandinavian blend vegetables, Caesar salad, pineapple, ice cream	Ham & Potato Soup 23 heritage slaw, cornbread, pears & grapes, fruity fine dessert	All Sites Closed in 24 Observance of Christmas Eve	All Sites Closed in 25 Observance of Christmas Day
Shredded Chicken 28 Sandwich fries, pea salad, tropical fruit, cookie	Turkey Stew 29 broccoli salad, bran muffin, banana, apple crisp	Chef Salad with Ham 30 & Egg potato salad, cantaloupe & grapes, blueberry muffin	Pork Roast 31 mashed potatoes, sauerkraut, citrus sections, sherbet	

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, December 24 and Friday, December 25
in observance of Christmas.**

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