

WOOD COUNTY COMMITTEE

ON
Aging

FEBRUARY 2021

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Your County Connection

Enjoy, Enrich, Explore This Season of Life

This edition is also available at www.wccoa.net

Wood County Committee on Aging Construction Update



Work continues at the new Wood County Committee on Aging/Wood County Senior Center building. The project, located at 140 S. Grove Street in Bowling Green, is estimated to be 85% complete.

The parking lots have been paved. Drywall is being installed in the offices and activity rooms and some of these rooms have now been painted. Tile is complete on the floor and walls of the restrooms. The carpet tiles are on site and waiting to be installed. The week of January 11, the elevator installation took place. We are pleased with the progress that has been made and the hard work by Mosser Construction and their workers on our building project.

Poetry Contest 2021

Theme: *Your Legacy*

The poetry contest is in its sixteenth year! A \$50 gift card will be awarded to the first place winner, sponsored by *Bowling Green Manor*.

****All submissions become the property of WCCOA and can be published online or in print.****

The entry rules are as follows:

The contest is open to Wood County Residents age 50 and over. Submissions will be accepted beginning Tuesday, January 19 and will close on Friday March 26 at 4:30 p.m..

Entries must be: Typed in English, double-spaced, 12-point Times New Roman font or hand written. Entries must be entirely your own work and never previously published. Each person is limited to two (2) entries. Intent to submit will not be accepted. Poems are to be no more than one (1) page.

Submissions must include your name, address, phone number, and email (if applicable). Winners will be announced April 23, 2021 on our blog and Facebook page and the winner will be called. All poems will be placed in a book that will be made available to all participants.

How do I submit my poem? Please send your entries to the Programs Department at the Wood County Committee on Aging (contact us for mailing address) or email your entry to programs@wccoa.net
For more information, please call 419.353.5661 or 800.367.4935



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.

Durable Medical Equipment Loans

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

Caregiver Support Group

Monday, February 8 at 2:30 p.m.

Location: Wood County Senior Center

305 N. Main Street, Bowling Green

Respite is provided for care recipients during the support group. Space is limited! **Registration is required for this group** by calling the Social Services Department at 419.353.5661 or 800.367.4935

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. 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

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 contact the Volunteer Coordinator for more information at 419.353.5661 or 800.367.4935

Diabetes Information Class

Fridays, February 12, 19, & 26 at 2 p.m.

Location: Perrysburg Area Senior Center

140 W. Indiana Avenue, Perrysburg

During this class we will cover general diabetes information including nutrition and exercise tips. Space is limited! **Registration is required for this class** by calling the Social Services Department at 419.353.5661 or 800.367.4935

PEN PAL PROGRAM

Do you want a unique way to connect with others?

Join our Pen Pal group!

You can communicate with individuals throughout Wood County or even from other states such as Illinois & Connecticut. Choose your mode of preferred communication including mailed letters, emails, or phone calls.

Contact the Programs Department to complete your waiver and receive your Pen Pal's contact information.



Program & Service Scholarship Fund

Would you like to participate in programs/classes or events but do not have the resources to do so?

The WCCOA Program & Service Scholarship Fund can assist you! Fill out the application form 30 days prior to an event/class or program to be considered for a scholarship. **Call 419.353.5661 or 800.367.4935 or email programs@wccoanet**

Clinics & Consultations

Senior Legal

Provided by *Legal Aid of NWO*

Call 1.888.534.1432, or fill out their intake form online at www.lawolaw.org

Community Christian Legal Services

Christian Legal Services is here to help you understand your rights under the law. Legal aid 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 | March 4, 2-4 p.m. |
| Bowling Green | March 11, 4-6 p.m. |

Podiatry Clinics

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.**



Technology Loans & Assistance

We're here to help! Please see information below on opportunities for technology loans and assistance. To inquire about any of the below services, contact the WCCOA Programs Department at 419.353.5661 or 800.367.4935 or email programs@wccoa.net

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 to receive help over the phone.

Hotspot Loans

A hotspot is a portable wi-fi device. It is a pocket-sized mobile router that you can take with you anywhere to set up an internet connection. With the signal that the hotspot creates, you can connect your smart phone, tablet or laptop to the internet. This option is great for those who do not already have access to internet.

Hotspot loans are available for four weeks at a time to Wood County seniors.



Tablet Loans

Don't have access to your own smart device? Just want to try out a tablet before buying one of your own? Our tablet loan program is here for you!

A tablet is a touch-screen mini computer that can be used to browse the internet, check emails, read books, play games, watch videos and much more! The tablets we have are about the size of a hard-cover book. They come with their own internet access! Even if you do not have internet available at your home, this table will allow you to have internet access from virtually anywhere!

Tablet loans are available for 6-weeks at a time to Wood County seniors. Assistance will be provided to anyone borrowing a tablet who needs it.



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 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, Feb. 22 - Mar. 29 at 10 a.m.

Wednesdays, Feb. 24 - Mar. 31 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, January 10 - February 14 at 12:30 p.m.**

Tammy Starr, PT, Certified Instructor

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, January 10 - February 14 at 1:30 p.m.**

Tammy Starr, PT, Certified Instructor

Cost: \$15 (6 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, January 10 to February 14 at 2:30 p.m.**

Tammy Starr, PT, Certified Instructor

Cost: \$15 (6 weeks)

**Future session dates TBA.*

All payments can be made payable to:

Wood County Committee on Aging

***VLA: Drug Courts:** Monday, February 1 at 3 p.m.

Drug courts are problem-solving courts that take a public health approach using a specialized model in which the judiciary, prosecution, defense bar, probation, law enforcement, mental health, social service, and treatment communities work together to help addicted offenders into long-term recovery. Join us for an open discussion on this topic. *Judge Matt Reger, Wood County Common Pleas Court.*

Coffee Chat & Coloring: Tuesday, Feb. 2 at 10 a.m. Color with us as we have a morning chat. Color your own picture or ask us to email one to you!

Listening Hour: Tuesday, February 2 at 2 p.m.

Join us as we share common concerns, fears and special moments with support and facilitation from *Francesca Leass, LISW-S, LICDC-CS, Behavioral Health Specialist/MAT Clinical Supervisor, Wood County Community Health Center.*

Care Compass Project: Wednesday, February 3 at 11 a.m. **Registration required.** See page 6 for more details.

How to Play Digital Euchre: Wednesday, Feb. 3 at 1 p.m. Join *Rita Brieschke, WCCOA* on Zoom to learn how you can play digital euchre with others LIVE from the comfort of your own home. If you do not have access to a technology device, read about our tablet loan program on page 3.

Sing-A-Long: Thursday, February 4 at 2 p.m. Sing along to a variety of music! Feel free to just listen, or mute yourself if you don't want to sing publicly. *Hosted by Sandy Schweiterman.*

"Happy" Hour: Friday, February 5 at 2 p.m. This hour is filled with happy thoughts and uplifting moments.

***VLA: Ghosts of Digby:** Monday, February 8 at 2 p.m. Did you know, there is a place in Wood County that is the place of a Ghost-town, on top of a Ghost-town, on top of a Ghost-Railroad, on top of a Ghost-road? Find out where this place is, it's origins, and the Mis-origins that remain today. *Mike McMaster, Wood County Museum.*



LivelyU VIRTUAL LEARNING ACADEMY

YOUR ONLINE PROGRAMMING OPTION

Valentine Craft: Tuesday, February 9 at 1:30 p.m. Supplies will be provided for the **first 10 registered**. *Hosted by McKenna Durst, Pemberville Area Site Manager, WCCOA.*

Digital Euchre: Wednesday, February 10 at 1 p.m. Gather on Zoom to find out who you get to play in a friendly euchre game! All instructions to join a game will be given in the Zoom session.

***VLA: Sports Terms: Hockey:** Wednesday, Feb. 10 at 2 p.m. Learn more about the sport of hockey, including sports terms and general game rules. *Danielle Brogley, Director of Programs, WCCOA.*

Cooking with Betty Dean-Mitchell: Thursday, February 11 at 1:30 p.m. Learn how to make ice cream bread. *Sponsored by Perrysburg Commons.*

***VLA: Brain Games:** Friday, Feb. 12 at 10 a.m. Riddles, trivia, and problem-solving exercises.

Cookie Decorating: Friday, February 12 at 2 p.m. To celebrate Valentine's Day, partake in a fun Zoom cookie decorating party! Cookie kits will be delivered to the **first 15 registered**. *Sponsored by Wood Haven Health Care.*

Movie Trivia: Tuesday, February 16 at 10 a.m. The **first 10 registered** will receive movie snacks, compliments of SKLD Perrysburg. *Hosted by Mary Tebbe, Rossford Area Site Manager, WCCOA.*

***VLA: Tech. News & Discussion:** Tuesday, Feb. 16 at 2 p.m. Join us for an open discussion! *Rita Brieschke, Program & Tech. Specialist, WCCOA.*

***VLA: Managing Hypertension:** Wednesday, February 17 at 10:30 a.m. *Nicole Sheehan, DO, McLaren St. Luke's Family Medicine.*

Digital Euchre: Wednesday, February 17 at 1 p.m. Gather on Zoom to find out who you get to play in a friendly euchre game! All instructions to join a game will be given in the Zoom session.

***VLA: Music History: The Beginnings of Popular Music:** Wednesday, February 17 at 2 p.m. We're going to throw on a few records and discover where we started! Looking at the 40's, 50's and 60's, let's see where it all came from. *Hosted by Dakota Morrison.*

You Decide: Thursday, February 18 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 decide the outcome.

Virtual Dining: Friday, February 19 at 12 p.m. Join in our lunch conversation on Zoom! The **first 15 registered** will receive a free delivered lunch, compliments of Waterford at Levis Commons! **Zoom participation is required in order to receive lunch.**

***VLA: What Smells?:** Monday, Feb. 22 at 10 a.m. Smell can be a mighty defense mechanism, but it can attract attention in positive ways as well. We are going to explore the two native skunks of Ohio- the Striped Skunk and the Skunk Cabbage. One you may have encountered first hand (mostly by smell), but the other has also earned its name! Come join a State Park Naturalist as we explore smelly things! *Lauren Stewart, Naturalist, ODNR.*

***VLA: Salt Cave of Perrysburg Virtual Tour:** Monday, February 22 at 1 p.m. Take a virtual tour of the Perrysburg Salt Cave and learn about the benefits of Halotherapy. *Hosted by Jessi Chapman, Perrysburg Area Site Manager, WCCOA & Stephanie Kozak, Kinston. Sponsored by Kingston.*



Bingo: Tuesday, February 23 at 10 a.m. Cover-all prize awarded, compliments of Bridge Home Health & Hospice.

***VLA: Outsmart the Scammers:** Tuesday, Feb. 23 at 2 p.m. Join us for this presentation and learn important strategies to help protect you and the ones you love. We'll share how to spot certain red flags that may indicate a fraudulent encounter, resources you can turn to in the event you or a loved one is targeted, and steps you can take now to help protect yourself and your loved ones. *Chad Plontz, Edward Jones.*

Virtual Dining: Wednesday, February 24 at 12 p.m. Grab your lunch and join the conversation!

Digital Euchre: Wednesday, February 24 at 1 p.m. Gather on Zoom to find out who you get to play in a friendly euchre game! All instructions to join a game will be given in the Zoom session.

Family Feud: Thursday, February 25 at 10 a.m. Compete in this iconic game to name the most popular responses to survey questions! *Hosted by Rita Brieschke, WCCOA.*

Bingo: Friday, February 26 at 1 p.m. Cover-all prize awarded, compliments of Perrysburg Commons.

Perrysburg

Below you will find programs scheduled for the PERRYSBURG AREA SENIOR CENTER.
All in-person programs require advanced registration and are limited to seven (7) participants.
 Please call the Perrysburg Area Senior Center at 419.874.0847 to register or for more information.

Wii Bowling

Every Wednesday at 1 p.m.

Advanced registration required. Space is limited!



Crafting with Kingston

Tuesday, February 2 at 1 p.m. Supplies provided.

Advanced registration required. Space is limited!
 Participation on Zoom also available.

Cooking with Betty Dean-Mitchell

Tuesday, February 11 at 1:30 p.m.

Participation on Zoom only. Learn how to make ice cream bread. *Sponsored by Perrysburg Commons.*

Diabetes Information Class

Fridays, February 12, 19, & 26 at 2 p.m.

During this class we will cover general diabetes information including nutrition and exercise tips.

Registration is required for this class. Space is limited! Call the Social Services Department at 419.353.5661 or 800.367.4935 to register.

Group Pictionary

Tuesday, February 18 at 1 p.m.

Pictionary is a classic family game played for many years. The goal of the game is to guess what the "picturist" is trying to communicate through the pictures they draw. *Facilitated by Kingston of Perrysburg.* **Advanced registration required.** Space is limited!

Movie: The Lost Valentine

Tuesday, February 23 at 1 p.m.

Snacks provided by Walker Witzler-Shank.

Advance registration required. Space is limited!

Synopsis: (2011) A young and cynical female journalist learns love may transcend trials and time as she discovers a story that will change her life forever. When war separates lovers on their wedding anniversary, Feb. 14, 1944 at L.A. Union Train Station, Navy pilot Neil Thomas makes a promise he isn't sure he can keep - to return to the train station safe by their next anniversary. For sixty years, Caroline Thomas keeps her promise by waiting for her M.I.A. husband at the train station.



**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@wcco.net**
Register by Friday, January 29, 2021

11 a.m. Combating Isolation Through Technology— 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. *Jamie Jones, Critical Signal Technologies, A Best Buy Health Company.*

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. Long Term Care information will also be provided. Community information by *Jessica Ricker, LSW, WCCOA*, Home Health information by *Ali Longmore, LSW, Ohio Living Home Health.*

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.

Around the County & Events



The AARP-sponsored *Tax Assistance for the Elderly* program will be available two days a week beginning February 16, 2021. This program attempts to serve seniors with low to moderate income. These are trained & certified volunteer counselors who must maintain confidentiality of clients.

Please bring the following to your appointment:

- ⇒ Social security card (taxpayer, spouse, dependents) and photo ID (taxpayer, spouse).
- ⇒ All forms showing income.
- ⇒ A copy of your 2019 income tax return.
- ⇒ Expense records (medical, state and local taxes, real estate taxes, mortgage interest contributions, etc.) are important especially if you itemize. **NOTE:** Large medical expenses may help for State taxes even if you do not itemize deductions.
- ⇒ Affordable Care Act (medical insurance) documents.
- ⇒ If any assets were sold, we need to know the cost basis and date of purchase of the asset.
- ⇒ Voided check if you would like electronic refunds.

Due to COVID-19 restrictions a low-contact model for tax filing will be followed. Participants are required to commit to **TWO** appointments this year: a brief initial intake appointment and a second appointment to review your tax documents one week later. You must have **ALL** documents listed above on the day of your first appointment. No farm income tax or business income tax will be handled at these appointments but profitable self-employment can be handled under some circumstances.

Call the Wood County Senior Center for an appointment at **419.353.5661 or 800.367.4935**



**Enter Our Zoom Contest and
You Could Win a Prize!**

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

- ♦ 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/smartphone.
- ♦ Participants who attend 20 Zooms per quarter (6-7 Zooms per month) will be entered for a chance to win a Bob Evans dinner *sponsored by Perrysburg Commons*. (Two winners will be selected.)
- ♦ 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@wcco.net and let us know the date you watched a video and the video you watched.

Register now to participate in the contest!

Around the County, Events & Classes



Join in on the fun for a virtual spin on this annual event!

When: Friday, March 26 at 10:30 a.m.

Where: Virtual via Zoom! **Registration required;** maximum of 15 participants.

How It Works: Before the event begins, gather household items you think might be included on the scavenger hunt. You can only “bring along” as many household items as will fit in a standard-sized pillow case. When an item is called during the scavenger hunt, be the first to find the item from what you’ve brought with you. Notify the judge that you have found the item by raising a wooden spoon. *The scavenger hunt list and judges will be provided by the Wood County Sheriff’s Office!*

The winner of the event will receive a gift basket sponsored by Otterbein!

Book Discussion Series

The Perrysburg Coalition for Inclusion and Social Justice (PCISJ)
announces a 5-part discussion series:

Stamped from the Beginning:
The Definitive History of Racist Ideas in America
By Dr. Ibram X. Kendi

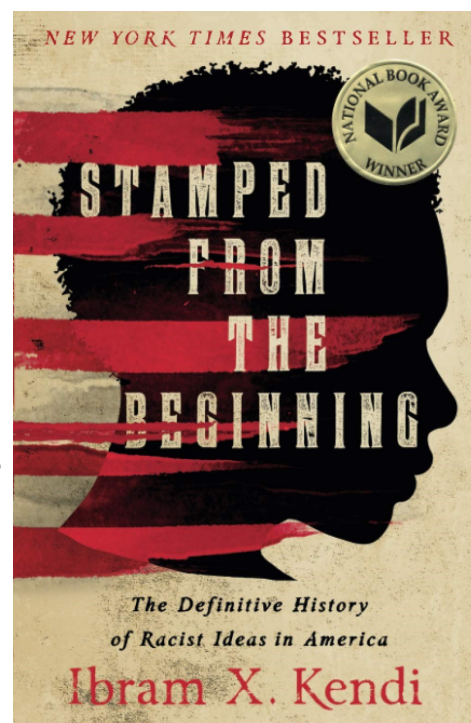
Winner of the 2016 National Book Award for Nonfiction,
this book chronicles the history of racist ideas in America.
PCISJ will split *Stamped from the Beginning* into five separate virtual
book discussions, starting in January and lasting through May.

Each discussion will feature a brief presentation on the historical context
by an expert, followed by a moderated discussion about the text and its
implications for our own time. Sessions run from 7-8:30 p.m.

PCISJ hopes this multi-part book discussion will provide a historical
foundation for understanding the long history of inequality in America, so
that we can work together to create a more equitable community.

Please register through the Coalition’s website at www.pcisj.org

**When registering, please sign up for each month’s discussion
separately to be included in the final count.** If you need assistance
registering, or would like to borrow a copy of the book, please contact the
WCCOA Programs Department at 419.353.5661 or 800.367.4935



Part 2: Thursday, February 11 at 7 p.m.

Topic: Thomas Jefferson *led by Bill Barker, Independent Historian*

Part 3: Thursday, March 11 at 7 p.m.

Topic: William Lloyd Garrison *led by Shirley Green, PhD, Adjunct Professor of History, UT*

Part 4: Thursday, April 8 at 7 p.m.

Topic: W.E.B. DuBois *led by James Bennett, PhD, Assoc. Professor of Religious Studies, SCU*

Part 5: Thursday, May 13 at 7 p.m.

Topic: Angela Davis *led by Nicole Jackson, PhD, Assoc. Professor of History, BGSU*

Around the County, Events & Classes



Great Decisions 2021

Saturdays, January 23 - February 27

Via Zoom led by BGSU University Professors

from 9:30 a.m. – 11:00 a.m.

This series is co-sponsored by:

American Association of University Women & WCCOA, Inc.

Registration required. Zoom login information will be provided upon registration. A limited number of manuals are available for purchase. If interested, please reserve when registering for the series. Advanced payment of \$32 is required to place your manual order. **Register with the Programs Department at 419.353.5661 or 800.367.4935 or email programs@wcco.net**

February 6: Persian Gulf Security Issues *led by Dr. Marc Simon, BGSU*

The Persian Gulf remains tense as the rivalry between the regional powers of Saudi Arabia and Iran continues. Tensions escalated in early 2020 as the United States began to intervene in the Gulf, launching an airstrike that killed two Iranian military commanders. What are the historical influences that have led to these tensions? What role, if any, should the United States play? Is using military force a viable foreign policy option for 2021 and beyond?

February 13: Brexit and the European Union *led by TBA*

With the “Brexit transition period” coming to an end this year, the United Kingdom will formally leave the European Union at the start of 2021. With negotiations between the two entities continuing to stall, what does the future of Europe and the UK look like? Will the UK survive a possible Scottish vote to leave? Who will step up and take command of Europe now that Angela Merkel is out the spotlight?

February 20: The End of Globalization? *led by Dr. Doug Forsyth, BGSU*

As the United States enters another election season, the merits and drawbacks of globalization are again being debated by the presidential candidates. With the passing of the Brexit vote and Donald Trump’s America First doctrine, protectionist policies have become more prevalent, challenging globalization. What is globalization and how will it be affected by protectionist trade policies? How will the United States and the world be affected by such policies? Is globalization really at an end, or in need of a refresh?

February 27: Struggles Over the Melting Arctic *led by Dr. Shannon Orr, BGSU*

U.S. President Donald Trump left many scratching their heads when it was rumored that he was looking to purchase the large island nation of Greenland from Denmark. While any potential deal seems highly unlikely, the event shows the changing opinion within the U.S. government toward engagement with the Arctic region. Because of climate change, large sheets of arctic ice are melting, exposing vast stores of natural gas and oil. With Russia and China already miles ahead with their Arctic strategies, can the U.S. catch up?



History of Popular Music

Want to learn where modern music came from?

Wonder where old music went?

Join Dakota Morrison for this virtual series and find out! We will look at music from the 1940’s to the 2020’s to see how, why and when popular music developed. Reminisce about the music you love, and discover what is popular today.

ZOOM SERIES INFORMATION:

The Beginnings of Popular Music: Wednesday, February 17 at 2 p.m. We’re going to throw on a few records and discover where we started! Looking at the 40’s, 50’s and 60’s, let’s see where it all came from.

Developing Subcultures & Sharing Ideas: Wednesday, March 17 at 2 p.m. See how various subcultures developed around musical genres, and how their ideas spread through music.

Modern Music Genres: Wednesday, April 21 at 2 p.m. Where are we now? What are the kids listening to and why?



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

Tom & Jean Bamburowski · John & Margaret Bodie · Robert & Addie Brandt · Patricia Brenneman
John & Alice Calderonello · Estate of Norma Christen · Chris & Ellen Dalton · Lisa Doyle · Gaylyn & Jan Finn
Jeffrey & Cathy Hall · Karen Haseley · Jo Ann Herringshaw · Mary Herzig · Geoffrey Howes · Sandra Hurst
Gary & Laura Keller · Tom & Dianne Klein · Anita Kopp · Krystal Lockwood & Mary Trader
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Craig & Tamara Premo · Kurt & Lariaene Putnam · Kimberly Rettig · Nicholas & Colleen Schroeder
Marie Standering · Betty Studer Tekni-Plex, Inc. · Martha Viera · Jargus & Glennda Whitman

In Memory of Eldon Snyder

Betty Laukhuf

In Memory of Ida Lundy

Jack & Teri Jones
Southeastern Container Inc.

In Memory of Ted Bishop

Donna Prenzlin

In Memory of Norma Christen

Anonymous · Charlene Avery
Steve & Becky Dunn
Ray & Patricia Ford
Constance Isbell · Joan Loeffler
Mary Ellen Miller
Dale & Denise Niese
Jan Peterson · Wilma Rolf
Jane Wood

In Memory of Robin Lancaster

Dale & Denise Niese

In Memory of Janis Sheldrick

Pamela Pauwels

In Memory of Duane Kinder

Dale & Denise Niese

In Memory of Lloyd Miller

Miller Foundation

NEWSLETTER SUBSCRIPTION RENEWAL FOR 2021

The annual donation is \$5 for Wood County residents and \$12 for residents outside of Wood County. Donations can be made payable 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 **Note: You can view this newsletter on our website at www.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 is: **VB952**

If you have any questions, please contact us at 419.353.5661 or 800.367.4935

Modified Menu for February 2021

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

| February 2021 | | | | |
|---|--|---|--|--|
| Monday | Tuesday | Wednesday | Thursday | Friday |
| Cabbage Roll mixed vegetables, carrot sticks, fruit sorbet cup | Chicken & Dumplings 2 French green beans, cabbage/apple/raisin salad, peaches, pecan pie | Chicken Teriyaki 3 lima beans, white rice, tossed salad, apricots | Meat & Bean Chili 4 broccoli salad, banana, corn bread, cherry crunch | Scalloped Potatoes & Ham 5 Sicilian blend vegetables, pickled beets, garlic bread, baked apple |
| Chicken Cordon Bleu 8 small whole potatoes, mixed fruit, orange juice, gingerbread | Italian Lasagna 9 peas & carrots, potato salad, mandarin oranges & Jell-O | Chicken Nuggets 10 Nantucket blend vegetables, spinach salad, berry blend with yogurt & granola | Pork Chop 11 Italian green beans, cauliflower & peanut salad, pineapple, frozen yogurt | Sliced Ham Sandwich 12 croissant, baked beans, orange sections, carrots & celery sticks, cookies |
| All sites closed in observance of Presidents' Day! 15 | Hot Dog 16 baked beans, citrus slaw, apple, cookies | Birthday Celebration! Lemon Pepper Cod 17 scalloped potatoes, coleslaw, rosy applesauce, cake & ice cream | Ham Loaf 18 carrots, Betty salad, mandarin oranges & bananas | Macaroni & Cheese 19 stewed tomatoes, Texas caviar bean salad, SideKicks frozen fruit slushie |
| Grilled Chicken Breast Sandwich 22 cheesy potato casserole, creamy coleslaw, apple, brownie | Baked Ham 23 oriental vegetables, rice, Asian salad, pineapple | Turkey Stew 24 green beans, broccoli salad, corn bread, fruited Jell-O | Chicken Wings 25 cauliflower, apricots, cherry crisp | Cheese Manicotti 26 spinach, 3-bean salad, grape juice, graham crackers |
| | | | | |

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



www.facebook.com/wccoa



woodcountycommitteeonaging.blogspot.com/



All sites will be closed on Monday, February 15 in observance of Presidents' Day.

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 you in 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