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***AN ADVOCATE OF INDEPENDENT LIVING IN LATER YEARS***

## Van Wert County Council on Aging

220 Fox Rd., Van Wert, OH 45891

Phone: (419)238-5011

[www.vwcouncilonaging.com](http://www.vwcouncilonaging.com)

Kevin Matthews, Executive Director

**July – September 2016**

Friends, this fall the Van Wert County Council on Aging will have 2 long term levies on the ballot that will be up for renewal. We hope the voters of Van Wert County will support us in this endeavor. Both levies are simple renewals meaning that the Council on Aging would not be asking for additional monies from the county residents. A .25 and a .20 mill levy provide the Council on Aging with approximately 65% of our operating funds. 16% of the .20 mill levy goes to the Delphos Senior Citizen's Center to assist Van Wert County residents who reside in Delphos. This number is based upon the population of individuals aged 60 and older that reside in the Delphos portion of Van Wert County. The remainder of funds to operate the agency come from private contributions and fundraising. The levies directly support the services we provide to older adults, with the largest services being the operation of the Senior Center and our transportation service. With the Council on Aging being a private charity, we do not receive any city, county, state or federal funding, which is why the levies are so critical for our agency to be able to operate and provide the services we do. Currently, our agency does not charge for our services; however those we serve are able to make a contribution which helps to offset our costs. Without the voter's support of these levies, the potential exists where the COA might have to close our doors or charge for the services we provide. This is certainly not something we would like to see happen and will need your support to insure the levies pass. How can you help with this? Our friends can help in numerous ways. This can be done by telling your friends, neighbors or anyone else you might run into to support our levy. Moreover, we are also looking for volunteers to help with our campaign. As well, we are looking for individuals within the city and county that will provide us permission to place a sign in your yard. Lastly, our friends can help us through monetary contributions that will be used to fund promotional materials that will be used to inform the voters. If interested in making a contribution checks can be made payable to: VW COA Levy Committee

Thanks for your support in this endeavor,  
Kevin Matthews  
Executive Director

### **Purse Bingo 2016 COA Gives Thanks**

The Van Wert County Council on Aging would like to give tremendous thanks to the following businesses and individuals that sponsored this year's Annual Designer Purse Bingo Fundraiser: **Platinum Sponsors:** Trevor Webster of Edward Jones. **Diamond Sponsors:** Dr. Eversman, D.D.S., Laudick's Jewelry, Rob Sites, United Steel Workers Local Union 13029, and Van Wert Propane. **Gold sponsors:** American Legion Post #178, Bill & Allie Kuhlman, Cooper Farms, HCF Management, Inc.: Van Wert Manor, Merkle Insurance

with Grange Insurance, RCS Construction, Ron Dull Building and Excavating, Stoneco a Division of Shelly Company, Van Wert Federal Savings Bank, Van Crest, Van Wert County Council on Aging Monday Night Bingo, Van Wert Moose Lodge #132, Van Wert Rotary Club Foundation, Van Wert Service Club, and Voiture Local 154. **Silver sponsors:** Alexander & Bebout, Bee Gee Realty & Auction Co., Bob Tomkins, Brookside, Cathy Heitmeyer, Kevin & Heather Matthews, Corinne Mowry, Collette Carcione: Attorney at Law, Linda Frederick (COA Board Member), Delphos Granite Works, Doris Rathert, Dr. Okuley D.D.S, Elmco, First Bank of Berne, First Financial Bank, First Federal Bank, Gary Corcoran, Hall Lumber, Honorable Judge Jill Leatherman, Jan Hoblet (COA Board Member) Jack and Monica Davis-In Memory of Jamie Davis, Jim Price (COA Board Member), Kathy Davis (COA Board Member), Nancy Sink (COA Board Member), Ohio City Mayor Carol Miller, Paul & Joi Mergy, Statewide Ford, Luke & Samantha Turnwald, Steven & Jennifer Trittschuh, Taylor Chiropractic, Van Wert Messotharapy, Trinity United Methodist Church, Van Wert Elks Lodge #1197 and Van Wert Memorials,

The Van Wert County Council on Aging would like to give tremendous thanks to the following businesses and individuals that donated door prizes for this year's Annual Designer Purse Bingo Fundraiser:, Arby's, Auto Zone, Balyeat's Coffee Shop, Best Little Hair House, Black Angus on Main, Carpet Wholesalers, Collins Fine Foods, Dairy Queen, DeShia, Ebel's Butcher Shop (Grover Hill), El Mexicano, England's Bay, Family Video, Fettig's Flowers, Fricker's, Gibby's, Gen X Training Studio, Good Earth Vitamin Co., Hegemier Tire Service, Heritage Farm Equipment, Hickory Sticks Golf Club, Humble Bumble, Impressions Salon, JJ's Hair on the Square, K & K Country Meats, Kim Evans-Zumba Instructor, Knight's Pizza (Convoy), Laudick's Jewelry, Little Caesars Pizza, Lee Kinstles, Lloyd's Auto Service, Maurcies, Mary Jane Fast(Gen X Training Studio Zumba Instructor), MOD Boutique, Nicko's Pizza, Once I Was, Orchard Tree, Peebles, Peking Chinese Restaurant, Pizza Hut, ReHab Fab, Rocky Top Ice Cream, Rural King, Sears, Shear Magic, Sisters Bridal Boutique, Subway, The Bridge, The Corner Treasures, The Sophisti-Cut (Convoy), The Tavern (Convoy), Total Reflections, Touch of Grace, Truly D'Vine, Van Wert Bedrooms, Van Wert Beauty Salon, Van Wert Cinemas, Wassenburg Art Center, Westwood Carwash, Wild Hare BBQ, Wild Willy's and the YWCA. A special thank you to Save-A-Lot and Stoneco a Division of the Shelly Company for donating a portion of the food supplies for the event.

We also wanted to give a special thanks to the Van Wert Times Bulletin and the Van Wert Independent for their support in providing coverage of the event, but also their overall support of the Council on Aging.

The Council on Aging would also like to give big thanks to all of our board members and volunteers that helped with the event and also to those that baked items for the concessions. Without these people, the evening would not have been a success. The Council on Aging's Designer Purse Bingo has become a Signature Fundraising Event for our agency, and it takes around 50 volunteers to make the event such a success. When people think of Designer Purse Bingo, they think of the Council on Aging. We greatly appreciate this, and without these dedicated individuals helping to run the event, along with our committed sponsors, we couldn't make this great event happen. Lastly, thanks to those that purchased tickets and attended the event and we will see you at next year's event which will be on June 9, 2017.

### **Holiday Closings**

July 4, 2016 Monday closed for July 4<sup>th</sup>

September 5, 2016 Monday closed for Labor Day

### \*\*\*Change of Date for the July Toe Nail Clinic\*\*\*

July Toe Nail Clinic will be Thursday July 14, 2016 this change is because the nurses have a training day that falls on the regular toe nail clinic date.

### Annual Van Wert COA Garage Sale

Our annual COA garage sale is coming very soon. This year the sale will be held July 28, 29, 30 2016 along with Van Wert County's largest bake sale and August 4, 5, 6 2016. The time for the sale will be 8:30 am to 4pm on Thursday and Friday with Saturday hours of 8:00 am to Noon. There will be many treasures, furniture, knick knacks, dishes, books, movies, craft items, Christmas items, decorations, small appliances, you name it we probably have it, except clothing.

We are still accepting donations for the garage sale so if you have items you would like to donate we will accept donations Monday thru Friday 8am to 4pm. There is also a donation drop off shed on the east side of the warehouse if donations need to be dropped off after hours. We will accept all donations except clothing, mattresses, computer desk, and older TV's, we will accept flat screen TV's.



**We are in need of volunteers to help with this fund raiser, if you would like to give of your time there is a sign-up sheet at the front office at the Council on Aging.**



### Van Wert County Fair

Yes it will soon be time for the Van Wert County Fair. Senior Day will be Thursday September 1st. As always there will be free coffee and donuts for all Seniors and Veterans from 8:30 am to 10:00am at the Gospel Pavilion/Free Entertainment Tent.

We hope to see all of you come and enjoy the day. If you need transportation call the office at the Van Wert County Council on Aging 419-238-5011



### Staying Cool in the Summer

1. Once temperatures rise, be sure to check on your friends and family
2. Remember the dangers of extreme heat and signs of heatstroke
3. Certain medications can make it difficult to stay hydrated so make sure you drink plenty of water even if you are not thirsty
4. Know the signs of dehydration – dry mouth, dry skin, lack of sweat, lightheadedness, low blood pressure and rapid heartbeat
5. Avoid direct sunlight during the warmest part of the day, apply sunscreen and lightweight clothing when outdoors
6. Have access to air conditioning or at least a fan
7. Close blinds and curtains to keep the sun out and lower the temperature in the house
8. Some medical conditions like asthma or heart conditions can be more serious during hot weather, discuss with your doctor to see if any medication needs to be adjusted
9. Watch for signs of heat stroke including profuse sweating, fatigue, cold/clammy skin, nausea, muscle weakness, disorientation, shallow breathing, and vomiting

Staying hydrated is one of the most important ways to keep your body healthy in the heat. As we age, our sense of thirst lessens, often causing us not to realize we are thirsty until it is too late. Be sure to keep a bottle of water with you wherever you go and stay hydrated.

# Summer Crisis Program

## For Additional Information:

Call CAC (Community Action Control) at 419-238-4544

The Home Energy Assistance Summer Crisis Program provides a one-time benefit to eligible Ohioans with cooling assistance during the summer months. The program runs from July 1, 2016 to August 31, 2016.

The focus of the 2016 Summer Crisis Program is to provide bill payment assistance for persons 60 years of age and older or those with a certified medical condition. Ohioans enrolled in the Percentage of Income Payment Plan Plus Program (PIPP Plus) are not eligible for bill payment assistance through the program but are encouraged to work with their local Community Action Agency to identify opportunities for assistance.

### Lunch & Learn

July 20, 2016 Michelle Plaster from VW Smiles will be here to discuss dental care

August 17, 2016 to be announced

September 21, 2016 Elaine Weaver Diabetic Educator to discuss complications of diabetes



### Sayings for Senior Moments

All my favorite memories are in the past

What if the "Hokey Pokey" really is what it is all about

The older I get the better I was

The future isn't what it used to be

Life is short - Break some rules

No one is ever old enough to know better

"Happy Hour" is a nap

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## The Van Wert COA Memorial Fund

When a loved one passes, keeping their memory alive is a way of honoring their life and finding comfort in your own life as a survivor. Your gift toward the Memorial Fund helps to ensure that additional services for older generations are able to be provided. Monies raised by our memorial funds are distributed toward seniors in need.

Please Consider Your Gift to the Van Wert COA Memorial Fund. No gift is too large or too small. The Memorial Fund is managed by the VW COA Board of Directors. Gifts can be made directly to the Van Wert COA or can be bequeathed in one's will or trust. For more information contact Kevin Matthews, Executive Director at the Van Wert Council on Aging.

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**220 Fox Rd.**  
**Van Wert, OH 45891**

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The mission of the Van Wert County Council on Aging is to assist older adults, age 60 and over, to live their lives with independence and dignity for as long as possible in the environment of their homes. The Van Wert County Council on Aging operates the Van Wert Senior Center.

The Van Wert County Council on Aging is supported by the Senior Services Tax Levies from Van Wert County, Title IIIB of the Older Americans Act administered by PSA3 Area Agency of Aging, United Way of Van Wert County, the Van Wert County Foundation, Transportation Contracts, Donations and Contributions.

The Van Wert County Council on Aging serves clients without regard to race, color, national origin, religion, sex or disability. We are an Equal Opportunity Employer.

Services provided by the Van Wert County Council on Aging include: Chore Services, Outreach, Information & Referral, Socialization, and Transportation.