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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

Kevin Matthews, Executive Director

April – June 2018

Senior Day

The Van Wert County Council on Aging will be hosting The Senior Day Celebration to honor all Senior Citizens of Van Wert County. The theme for 2018 is "Senior Stars." This year we will be celebrating with a dance. Melvin Mullins will be providing the music. Refreshments will be provided by our friends from



Hearth & Home Van Wert. The event will be held May 10, 2018 with doors opening at 12:00 with music and dancing starting at 12:30. Recognition of Senior Stars will be at 1:30 with more music and dancing to follow. Through private donations and help from our friends at Hearth & Home Van Wert, there will be no fee to attend this event.

This day will be a chance to recognize those seniors who continue to volunteer their time to various causes throughout the Van Wert Community. It is our belief, that Senior Citizens who volunteer show not only an active investment in the lives of others, but really make a significant impact on the Van Wert Community. Seniors who volunteer really make or break many charitable organizations, as without Senior volunteerism these organization would not have the necessary individuals to help out. The Board of Directors and Staff of the Council on Aging are asking you, our clients, to nominate individuals around you who fit this profile. The volunteerism would need to be work that has occurred after a person has turned 60 or a project that was started and continued after they have turned 60. Volunteerism can be anything from reading to children, to heading up a major event; no act of volunteering is too small or too large. If you know of a Senior Citizen that fits this profile and you would like to nominate them, please pick up an application at the front office, or they can be downloaded from our website,

www.vwcouncilonaging.com

Nomination form can be found in this newsletter.



Home Is Where The Hearth Is. . .

Fun Times at the COA

Have you been to the COA lately? We have everything from bingo, cards, line dancing, Zumba, puzzles, lunches, mahjong, rug hooking, to watching TV plus more. Check out the schedule of events at the COA.

Happy Mother's Day May 13, 2018

Happy Father's Day June 17, 2018

Father's Day is held on the third Sunday in June to celebrate and honor fathers. And while the first Mother's Day was celebrated in 1914 after President Woodrow Wilson issued a proclamation making Mother's Day the second Sunday in May, Father's Day did not become official until 1966.

Holiday Closings

Memorial Day Monday May 28, 2018

Information Tip

The IRS or Social Security will never call you on the phone and ask for money. You will always receive a letter from the agencies.



You Can Prevent Falls

Falling is a normal part of aging, and most falls can be prevented. By knowing and managing your risk factors, you can live a full and active life free of the fear of falling. You can reduce your risk of falling by paying more attention to the “Three H’s” home, health, habits.

Home Fall prevention begins at home. As we age, our bodies change and things that were once appropriate for us may no longer be. By making a few simple changes you can make your home more fall-proof.

Arrange furniture so you have a clear pathway between rooms

Place a telephone and lamp or flashlight near your bed.

Add a night light along the route between your bedroom and bathroom

Keep appliance and telephone cords out of walkways and do not put cords under rugs

Secure loose area rugs with double-faced tape, or slip resistant backing

Health Inactivity - When it hurts to move, we tend to move less. Being less active can cause your joints to weaken, making it easier to damage them further

Poor posture – Improper posture puts extra stress on bones and joints, which can reduce flexibility and cause weakness

Habits Put things away this will keep clutter down

Exercise – Daily exercise maintains joint mobility, strengthens ligaments and tendons around the joint, and maintains or increases the strength of the muscle that moves the joint. Gentle flexibility exercises can also help with stiffness.

OSHIIP WELCOME TO MEDICARE EVENT

New to Medicare or know someone who is? Need a refresher regarding the various parts of Medicare. Come to a free informational event!



Please join us at an event for people who are newly eligible for Medicare. OSHIIP (the Ohio Senior Health Insurance Information Program) provides free, objective information on Medicare as a service of the Ohio Department of Insurance. OSHIIP can help answer questions you may have about Medicare, including:

- * Do I need to sign up now
- * How is Medicare supplement insurance different from Medicare Advantage Plans
- * How do I select my best Medicare prescription drug plan
- * How can I save money on health care costs

Plan to join us at the Van Wert Council on Aging on Wednesday, May 30, 2018 at 5 p.m. to 7 p.m. to have all your questions answered.

Concerts in the Park

Friday June 1, 2018 Phil Dirt & The Dozer

Classis Rock 'n Roll from America's golden years

Friday June 15, 2018 Endless Summer Band

Everything from Frank Sinatra to Bruno Mars

Friday June 22, 2018 The Kingsmen Quartet & The Tacketts

Southern Gospel & Country Music

Friday June 29, 2018 Lima Symphony Pops Orchestra

Concert of entertaining popular music, marches, and patriotic favorites

Friday July 13, 2018 The Cyrkle

American rock and roll band active in the mid 1960's

Friday July 20, 2018 Summer Breezin'

Classis rock music of Seals & Croft and America

Friday July 27, 2018 Katlyn Baker

Young American county music singer and songwriter.

Friday August 10, 2018 Remember when Rock was Young

Craig A. Meyer and the Rocket Band will make people believe they are almost at an Elton John concert.

8th Annual Designer Purse Bingo

Designer Purse Bingo is quickly approaching! This year, Designer Purse Bingo will take place June 8, 2018 with doors opening at 4:30 p.m. and bingo beginning at 6:00 p.m. Tickets will be \$25. There will only be 300 tickets sold so get your ticket early. All purses up for grabs are authentic designer purses. There will also be door prizes and concessions available. To make this event happen, we will need around 30 volunteers to work not only the bingo floor, but the concessions area.



We also will need individuals to volunteer to make desserts (pies, cakes, cookies, etc.) that can be sold at the concessions. If you are interested in volunteering, there is a sign posted in the office or you can call us at 419-238-5011. If you are unable to volunteer because you want to play, consider asking your spouse or relatives to help out with the event, or simply make a donation toward the event. These fundraisers and your volunteerism with them really help to offset our fuel use and the increasing demand we have for out of town trips.

This is our largest fundraiser of the year for the Council on Aging, so let's hope that everyone pitches in by either playing or volunteering in some way!!

Do You Remember?

Your milk came in glass bottles with cardboard stoppers with a layer of cream on top of the milk. Your powdered laundry detergent came with free towels, dishes, or glasses hid inside the box. Calories were never counted in desserts, and cream and butter were healthy ingredients. Tinkertoys®, hectograph copies, ringer washing machines, peashooters, Sunday drives with the family, and soft drink cartons.

A family picnic meant spreading a blanket at the side of a country road and enjoying homemade sandwiches, pickles, and thick slices of fresh-baked apple pie. You got big ice cream cones for 10 cents with real cream and three flavors to choose from: vanilla, strawberry, and chocolate.



Spring Facts

The first day of spring means more than snow melting and flowers blooming.

1. What does vernal equinox mean? “Vernal” is the Latin word for spring and "equinox" is the Latin word for “equal night.” It’s one of two days in the year where there is nearly 12 hours of light and 12 hours of darkness, but this event doesn’t always coincide with the first day of spring.
2. Does the first day of spring occur on the same day? No. The first day of spring changes because there are 365.242 days in the Gregorian calendar. Sometimes, spring falls on March 20, like in 2018. Other times it falls on March 19 or 21. These dates are true for the northern hemisphere. The seasons are flip-flopped in the southern hemisphere.
3. Is there a spring goddess? In ancient Greece, the Greeks named Persephone as the goddess of spring. She oversaw growth and rebirth. During the winter, she would go underground and was known as the Queen of the Underworld. But every spring, she would return.
4. Was it always called spring? The first season of the month used to be referred to as Lent or Lenten until the 16th century.
5. What are common spring flowers? Lilacs, tulips, lilies, iris, dandelions and daffodils are all associated with spring.
6. Can you stand an egg on its head on the first day of spring? You might be able to, with perseverance, on the first day of spring or any other day of the year.
7. When did “spring cleaning” start? The first known time there was a “spring cleaning” was in 1857.
8. Is “spring fever” real? While it might sound like an old wives tale, spring fever is both psychological and physiological. The human body can have trouble adjusting to the new temperature and increase in light.

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.

VAN WERT COUNTY COUNCIL ON AGING
220 Fox Rd.
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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.