

Senior

centers, inc



Hours:

Monday-Friday
8:00am - 4:00pm

**January
2019**



We provide community members age 60 and over an outlet for their creative talents, while allowing them to pursue particular interests.

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PROGRAM SPOTLIGHT

FOSTER GRANDPARENT PROGRAM

Happy New Year from the Foster Grandparent Program! We hope that 2019 brings you good health and good cheer all the way through the year! Here's a favorite quote from C.S. Lewis that seems appropriate to this time of year: "You are never too old to set another goal or to dream a new dream."

We at Foster Grandparents have a common goal, and we share the same dream. Our goal is to always do our best for the students with whom we work, and we dream that our students find happiness and success as they grow and learn. All of our wonderful foster grandparents are so dedicated and work hard to meet our goal, and we do our best to help our dream for students come true. Thank you all! I know you will continue doing your best throughout 2019!

Some people so important to the success of the Foster Grandparent Program are the principals and teachers that our volunteers work with –they support us in so many ways! Foster Grandparents work very closely with teachers, and they often form strong friendships as well as great working relationships. We certainly wish all of the school personnel who work with our volunteers a Happy New Year, also!

The Foster Grandparent volunteers celebrated together last month in honor of Christmas. We had a very nice breakfast (made and served by Sherri and Carol.) Next we played some games and several volunteers won some fun prizes. Finally, all in attendance received a few small gifts in appreciation for all they do. It is always a pleasure to do what we can to show our appreciation for our volunteers – they deserve so much for all they do for the students in Toledo Public Schools.

HAPPY BIRTHDAY to the foster grandparents celebrating this month! All best wishes to:

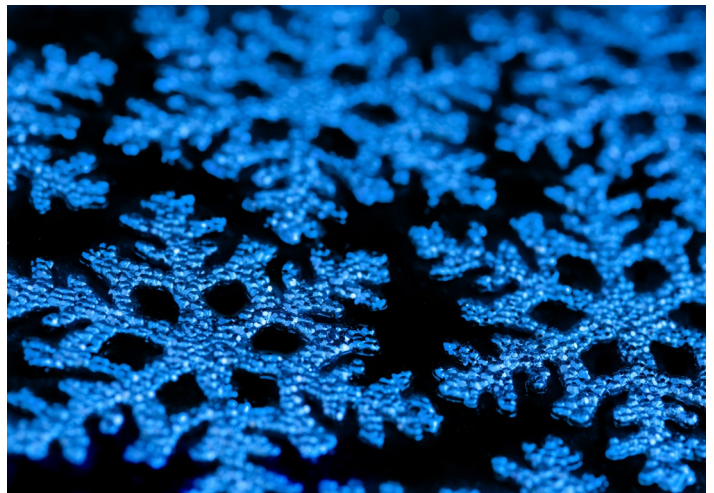
Lois McDougal
Gloria Wilson

Sheila Cook
Valerie Meinen

Winter break from school came next, and we hope it was restful as well as full of family and fun for all! Now the Foster Grandparents are getting back into the swing of school with their little and not so little students J

It's difficult to believe we are already into the second semester of school – there is so much to do before the end of this school year. The Foster Grandparents will be busy tutoring students in Math, Reading and more, and helping them in so many other ways.

Foster Grandparents will be busy right up until the end of the school year, and then it will be time for another well-earned break from school. But what we know is that most of our wonderful Foster Grandparent volunteers will be back again in August, ready to assist next year's students at school with their learning – it is a real calling, one filled with goals and dreams.





Resources Available

Vicki Goetz, our service coordinator, is available Monday– Friday from noon to 4pm to assist in linking seniors with various programs and services. She can help determine eligibility and assist with paperwork for housing, food stamp and medicaid applications, commodity box applications, Medicare, HEAP applications, House Helpers program, home repair

**Our goal is
to provide
affordable
and
dependable services
that
help seniors
remain
independent
in their homes.**

ACTIVITY SPOTLIGHT

Crafts and Classes

Jan. 3 Crafting with Tammy

Tammy will be demonstrating how to make a macramé keychain.

Jan. 4 Cooking

You'll be making spaghetti with Tammy. Bring a salad ingredient to add to a group share to be served with the spaghetti.

Jan 15 Computer Class (2/12, 3/12, 4/9, 5/7)

The Toledo-Lucas County Public Library will be coming here for 5 classes. They will have computers/devices for your use.

Jan 16 Snowflake Haiku

Come learn how to create this simple poem about snowflakes with Carol and Sherri.

Jan. 17 Crafting with Carol

Carol will be show you how to make your own unique paper snowflakes.

Jan 24 Painting with Sherri

Back by request! There's more wine bottles to paint and use however you want.

Jan 30 Cooking

A savory ham bone will make a great start to a pot of ham and bean soup to be served at

EXERCISES

Monday, Wednesday and Fridays:

Burst Exercises

A fast-paced 4 minute mini workout for older adults.

Tuesdays: Beach ball Volleyball

Speakers

Jan. 7 11:45

Kinship Navigator Program

Jan. 15 11:45

OH Extension-Jay Gerken

Jan. 8 Pizza Day \$2

To celebrate national pizza day, we'll be ordering in pizza and serving a fresh salad. Be sure to sign up and pay so we know how much pizza to order.

Jan. 10 10:00 Cocoa with Julie

Let's meet in the lounge for some hot coca and chat with Julie, our Executive Director. After lunch, we'll do a sing-along with camping classics.

Jan. 11 Out to Lunch

Those who wish are headed to Doc Watson's for some bar food for lunch. Lunch cost is on your own.

Jan. 22 Movie

In honor of Martin Luther King, Jr. Day, we will be showing *King, Man of Peace in a Time of War*.

Jan. 25 Bowling

Games are just \$3 and shoes are free when we bowl at Southwyck Lanes.


Jan. 29 Trip to Art Museum

We'll be taking advantage of our closeness to a Toledo treasure when we head to the Toledo Museum of Art,

Jan. 30 Winter Games

Join us for fun, active games to chase away the winter blues and we'll serve soup afterwards.

ACTIVITY CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Closed 	2 11- Burst Exercises	3 10:30 Stretch Exercises 12:30 Craft w/ Tammy Macrame Keychain	4 10:30 Cooking: Spaghetti 11- Burst Exercises
7 11- Burst Exercises 11:45 Speaker: Kinship Navigator	8 10:30 Beach Volleyball 11:30 Pizza Day 12:30 Bingo w/ Keith	9 11- Burst Exercises 12:30 Board Games	10 10:30 Stretch Exercises 11- Cocoa w/ Julie 12:15 Sing-along	11 11- Burst Exercises 11- Out to Lunch Doc Watson's
14 9:30 Mercy Nurses 10- Ceramics 11- Burst Exercises	15 9:30-11:30 Library Computer Class 11:45 Jay Gerken 12:15 Beach Volleyball	16 11- Burst Exercises 12:15 Haiku Poetry Writing	17 10:30 Craft w/ Carol: Paper Snowflakes 12:15 Stretch Exercises	18 9- FGP Mtg. 11- Burst Exercises
21 CLOSED 	22 9:30 Commodities & Health Screens 10:45 Beach Volleyball 12:15 Movie: King Man of Peace	23 11- Burst Exercises 12:30 Board Games	24 10:30 Paint w/ Sherri: Bottles 12:15 Stretch Exercises	25 11- Burst Exercises 10- Bowling- Southwyck
28 10:00 Ceramics 11 Burst Exercises	29 10:15 Trip to Art Museum 12:15 Beach Volleyball	30 10:30 Therapy Dogs 11- Burst Exercises 12:30 Cooking Soup Making	31 10:30 Winter Games ◇ relays ◇ games ◇ soup	



Volunteering: Feeling Good

“Life’s most persistent and urgent question is, what are you doing for others?” – Martin Luther King, Jr.

Volunteering: an individual or group provides services for **no financial gain** **“to benefit another person, group or organization”**. **Volunteering** is often intended to promote goodness or to improve the quality of life (Wikipedia). Volunteering offers vital help to people in need, the community, and organizations.

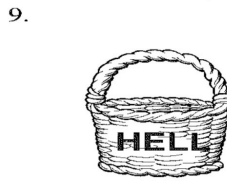
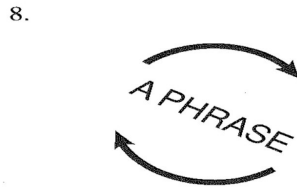
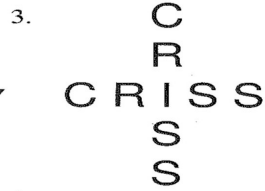
An older adult volunteer can offer time, expertise, and talent in many areas. The key is to match one’s strengths and talents to the right volunteer opportunity. Once this is done, volunteering can offer many benefits to one’s mental and physical health. It starts with the “Helper’s High”, also known as the “Happiness Effect”, it’s the “feel-good sense” one gets for helping out. Volunteering may help increase happiness and provide a sense of purpose. It may offer the opportunity to learn new skills and build self-confidence. Volunteering may help people to stay physically and mentally active. “Older volunteers experience greater increases in life satisfaction and greater positive changes in their perceived health as a result of volunteering” (Mayo Clinic Health System).

Volunteering may help to increase physical activity like walking and help ease one to complete everyday tasks. Many resources show that being a volunteer may help to lessen depression, stress, and anxiety by enhancing and improving a person’s mood. Volunteering can keep one physically active and mentally engaged. Volunteering is a wonderful way to get involved in the local community. Many older individuals with developmental disabilities have not been engaged within their community. Volunteering can allow the person to connect to their community and make new friends and build relationships. Volunteering can be a fun way to explore and pursue one’s interests. It can help to renew creativity and motivation and make a person’s life richer. If one is interested in volunteering, look at one’s interests, likes, and dislikes as guides to the best volunteer opportunity. For example, do you prefer to work alone or with others? Do you want to help with people or animals. How much time do you have to commit to the position? Possible locations can be area hospitals, senior centers, Community Theater, museums and places of worship, to name a few.

Remember to volunteer the amount of time and the type of work that feels comfortable. Volunteering should be an enjoyable experience.

Article from Aging Gracefully, September 2018, Volume 21, Lucas County Board of Developmental Disabilities

BRAIN EXERCISE



1. HANG IN THERE
2. AGE BEFORE BEAUTY
3. CRISSCROSS
4. CHANGING DIAPERS
5. A LITTLE BIRD TOLD ME
6. GOLDEN CORRAL
7. STRAPLESS GOWN
8. TURN OF A PHRASE
9. HELL IN A BASKET
10. PASS THE BUCK
11. BAG OF TRICKS
12. FRISBEE