

Senior centers, inc

Monday– Friday
8am to 4pm

January 2020



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



INSIDE

- ◆ Program Spotlight
- ◆ Activity Spotlight
- ◆ Activity Calendar
- ◆ Aging Gracefully
- ◆ Brain Exercise



FOSTER GRANDPARENT PROGRAM

PROGRAM SPOTLIGHT

HAPPY NEW YEAR! It's 2020, and the Foster Grandparents are back to school after a well-deserved Christmas break !

Here are some great reminders of why our volunteers do what they do, that I found on the Senior Living Blog. Perhaps in this New Year you may consider joining our wonderful program to give some of your time to children, and to receive some of these great benefits!

1. VOLUNTEERING CAN PREVENT SENIOR ISOLATION AND REDUCE SYMPTOMS OF DEPRESSION

Regularly volunteering gets seniors out into the community, with people counting on their services and abilities. According to a study done by the Corporation for National and Community Service, adults over the age of 60 who volunteer reported higher levels of well-being and lower disability than those who did not volunteer.

2. VOLUNTEERING CAN MAKE YOU FEEL LIKE YOU HAVE MORE TIME AND MONEY

A study done by Wharton College found that people who volunteer feel more useful, capable, and confident, feeling like they can easily accomplish future tasks. Even though volunteering means they have less time, those that volunteer actually feel like they have more time. The same held true for those that donate more financially.

According to the study, "Happier people give more and giving makes people happier, such that happiness and giving may operate in a positive feedback loop (with happier people giving more, getting happier, and giving even more.)"

3. VOLUNTEERING CAN HELP IMPROVE INTERGENERATIONAL RELATIONSHIPS

Seniors who volunteer have a unique opportunity to engage with a younger generation, especially if their volunteer work is to serve younger people. Volunteering can create lasting friendships through shared experiences.

4. VOLUNTEERING KEEPS SENIORS ACTIVE FOR LONGER

No matter if it's walking dogs at the Humane Society, building homes for Habitat for Humanity, restocking books at the library, (or tutoring young children,) volunteering keeps seniors physically active. Maintaining physical exercise and an active lifestyle can prevent many injuries and diseases.

Happy Birthday to those Foster Grandparents celebrating this month:

- **Lois McDougel**
- **Sheila Cook**
- **Gloria Wilson**
- **Valerie Meinen**



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 information, TARPS applications, weatherization programs and the Homestead Exemption Program.



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

Nutrition Menu– January 2020

Monday	Tuesday	Wednesday	Thursday	Friday
Write your choice of menu option A or B on signup sheet. <u>Milk and bread or rolls are provided each day.</u>	Please call <u>419-242-9511</u> 24 hours in advance to make a reservation	1 CLOSED NEW YEAR'S DAY	2 A Chili w/ Pasta B Garden Chicken Corn Asian Veg Blend Peaches Cookie	3 A Chicken Cordon Bleu B Beef Pot Roast Rice Scandinavian Blend Fresh Fruit
6 A Macaroni & Cheese B Chicken/Noodles Carrots + Peas Fresh Orange	7 A Baked Chicken B Salisbury Steak Mashed Potatoes Oriental Blend Banana Cookie	8 A Meatloaf B Pepper steak Cheese Potatoes California Blend Fruit Salad	9 A Spaghetti & Meatballs B Chicken Lasagna Cauliflower Peas w/ Mushrooms Pears Angel Food Cake	10 A Pork & Gravy B Chipped Beef Mashed Potatoes Winter Blend Fruit Mix
13 A Dijon Turkey Salad B Egg Salad Bread w/ Lettuce Tomatoes Coleslaw Applesauce Lemon Dessert	14 A Beef Noodle Casserole B Vegetable Lasagna Normandy Blend Green Beans Banana	15 A Chicken Chop Suey B Salisbury Steak Rice Asian Blend Peas Fresh Fruit Pudding Parfait	16 A Veal New Orleans B BBQ Chicken Baked Potato Malibu Blend Apricots	17 A Teriyaki Meatballs B Zesty Beef Pot Roast Rice Oriental Blend Yellow Squash Fresh Fruit
20 A Chicken Divan B Turkey Tetrazzini Corn/Peas/Carrots Pears	21 A Bourbon Pot Roast B Cabbage Roll Mashed Potatoes Carrots Applesauce Chocolate Cake	22 A Mac & Cheese Mexicali B Salsa Chicken Corn Blend Bean Fiesta Blend Broccoli Fresh Fruit	23 A Chicken/Gravy B Homestyle Veal Nantucket Blend Peas Banana Raspberry Cookie	24 A Pork Chop w/ Gravy B BBQ Turkey Meatballs Roasted Potatoes Broccoli Tropical Fruit
27 A Beef Cutlet w/ Gravy B Turkey/Gravy Potatoes Italian Blend Mandarin Oranges Vanilla Wafers	28 A Swedish Meatballs B Baked Chicken Noodles Green Beans Malibu Blend Pears	29 A Hamburger B Turkey Burger Slice Cheese Potato Salad Baked Beans Fruit Cocktail Apple Crisp	30 A Chicken Broccoli Alfredo B Sweet Chili Meatballs Carrots Corn w/ Pepper Banana	31 A Corned Beef /Swiss B Turkey Swiss Swirl Rye Bread Cucumber Salad Slaw Fruit Mix

JANUARY ACTIVITY CALENDAR

2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 CLOSED 	2 10:30 Reminiscing discussion group	3 10:30 Beach Volleyball
6 10:30 Movement Scarves All day BPs	7 12:15 Craft with Tammy African Dolls	8 10:30 Therapy Dogs 12:15 Cardio Drumming	9 10:30 Bingo 12:15 Sundance Film Festival <i>The Souvenir</i>	10 10:30 Cooking project 11- Out to Lunch – Chili’s
13 10- Ceramics 10:30 Movement Scarves All day BPs	14 HUG DAY 10:30 Craft with Sherri Seasonal Blocks	15 10:30 Sensory Game 12:15 Cardio Drumming	16 12:15 Sundance Film Festival <i>Clemency</i>	17 Pool Tournament Out to the Movies 10:30 Beach Volleyball
20 CLOSED 	21 10:30 Oatmeal and Tea Day 11:45 Jay Gerken	22 10:30 Cardio Drumming 12:15 Craft with Carol Yarn Snowflakes	23 9- FGP Mtg 12:15 In house movie– Sister Act All day BPs	24 9- FGP Mtg 10:30 Beach Volleyball 11:00– Compliment activity All day BPs
27 9:30 Mercy Nurses Cholesterol Tests, BP and Blood sugar 10:00 Ceramics 12:15 Movement Scarves	28 9:30 Commodities & Health Screens	29 10:30 Therapy Dogs 12:15 Cardio Drumming	30 10:30 Haiku 11:45– speaker– Jim Hunt– Medical visits 12:15 In house Movie– Indiana Jones	31 10:30 Family Feud game 12:15 Beach Volleyball

Crafts and Classes

1/7 Craft with Tammy– Tammy will demonstrate how to make African Dolls with bits of cloth.

1/10 Cooking Project
Join Michelle as she tries out a macaroni and cheese with a Doritos crust. I have made it and found it delicious!

1/14 Craft with Sherri - We'll be decorating a set of six blocks for each of the four seasons.

1/22 Craft with Carol– Carol will show us how to make yarn snowflakes

1/30 Haiku
Just in time for February, this quarter's theme is:



EXERCISES

Mondays: Movement Scarves
Using silk scarves to move to music.

Wednesdays : Cardio Drumming
Drumming on big exercise balls for a great cardio workout

Fridays Beach Ball Volleyball
Played seated, this is a gentle, fun way to get your exercise.

Speakers

Jan. 21 11:45 Jay Gerken—Ohio Extension Office
Jan. 30 11:45 Jim Hunt from Humana—
Importance of keeping your medical appointments

Trips and Special Events

1/9, 1/16 Sundance Movie Days
The Sundance Film Festival is known for spotlighting great films that might not otherwise become known to people. We'll be showing two of the previous year's winners: *The Souvenir* and *Clemency*.

1/23 In House Movie– *Sister Act*

1/28 In House Movie– *Indiana Jones*

1/10 Out to Lunch— join us for delicious food at Chili's on Talmadge Rd. Lunch cost on your own. Please sign up!

1/14 Hug Day- Get your free hugs today!

1/17 Pool Tournament – begins at 10 am. Numbers will be drawn to begin the games.

1/17 Out to the Movies- Movie and time will be posted on the bulletin board the Friday before.

1/21 Oatmeal and Tea Day
Warm up with some oatmeal and tea today.

1/24 Compliment Day– share a compliment with others in this fun activity

1/31 Family Feud Game
Join us for this fun filled game show– senior center style!

BRAIN EXERCISE

1.

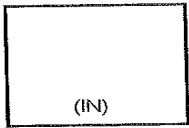


SHOWER

4.

RETURN SENDER
SENDER

7.



OF ORDER

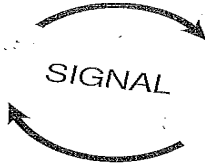
10.

StrTaveYilLngE

2.

D
E
H
S
A
W

5.



8.

DRIVER
-
VEHICLE

11.

HOUSE

3.

COOPER

6.

AHOTA

9.



12.

WISH
*

- Answers
1. Bridal shower
 2. Washed up
 3. Mini cooper
 4. Return to sender
 5. Turn signal
 6. Back at cha
 7. Out of order
 8. Driverless vehicle
 9. Formal ball
 10. Traveling in style
 11. White House
 12. Wish upon a star

