

SERVING CITIZENS OF FULTON COUNTY 60 YEARS & OVER

SENIOR

JUNE 2023

Fulton County Senior Center
240 Clinton St., Wauseon, Ohio 43567
Phone: 419-337-9299 • Fax: 419-337-9289 • Hours: 8am-4pm



SENIOR NEWS

WHAT TO WATCH FOR

Free Diabetes Classes – Mondays June 5 to July 17
(except 6/19) at Swanton Senior Center

June 19 – No meals, sites closed for Juneteenth holiday

June 21 – Day trip to Indian Creek Zoo in Lambertville, MI

ATTENTION GYM USERS

The gym at the Fulton County Senior Center, Wauseon location, is busy from 8 am to nearly 4 pm each weekday. We are happy to offer a wide variety of gym activities. When you arrive for your gym class or activity, please be respectful of the gym activities that are taking place, and do not enter the gym until it is time for your class or activity. Thank you.

SENIOR SPOTLIGHT



This month, Butch and Vicki Lynn Kline celebrate 50 years of marriage. “I figure we are doing pretty good going on 50 years, seeing as when I first met him I didn’t care for him,” Vicki Lynn said with a laugh. The two met at a roller skating rink when Vicki Lynn was 15 and Butch was 21. “He didn’t know how old I was until my brother asked him to take me out so they could arrange a surprise party for my 16th birthday,” Vicki Lynn explained. “I really liked her long, black hair. And I told my mom that I had met the girl I would marry after the first time I met Vicki Lynn,” Butch said.

Butch and Vicki Lynn have four adult children, six grandchildren and one great grandson. As they raised their family, they enjoyed camping, following their children’s sporting events and activities and never missed a year of the Fulton County Fair. “I love the fair! My first fair visit was when I was four months old,” Butch said. “All of our kids were in band, and we made doughnuts at the Wauseon Music Boosters booth for 17 years,” Vicki Lynn added.

Vicki Lynn’s role at the Senior Center started in September 2017, and she has served as a Substitute in a variety of roles and at all five of the Senior Center sites. Butch started as a Substitute several months after Vicki Lynn. “I know all of the home-delivery meal routes. I enjoy driving the bus for day trips. I help maintain the vehicles. I just like keeping busy,” Butch said.

What’s the secret to five decades of marriage? Leaning on God. “I don’t know how people do it without Him. We have learned to not assume that everything is going to be the same tomorrow. Things can change in a very short time,” Vicki Lynn added. “I would also add honesty and humor have helped us. You gotta laugh,” Butch said.



BEWARE OF SENDING MONEY

If you receive a letter in the mail from “Meals on Wheels,” be sure to check the address. Likely, the letter is from a “Meals on Wheels” organization located out of state. If the letter asks for a money donation, don’t be fooled into thinking your donation will benefit home-delivered meals of Fulton County Senior Center. Do not provide your personal information to charities. Be certain you understand to whom you are donating money.

The Fulton Center Senior Center will never send you a letter asking for money. Additionally, if you choose to submit a donation to cover the meals you receive from the Fulton County Senior Center, please make your check payable to Fulton County Senior Center and mail to 240 Clinton Street, Wauseon, OH, 43567. Call us at 419-337-9299 if you receive a confusing donation request and have questions. We’re happy to help!

FREE DIABETES EDUCATION CLASSES OFFERED

On Mondays starting June 5, instructor Robert Sullivan from Area Office on Aging will present DEEP (Diabetes Empowerment Education Program) at the Swanton Senior Center. This engaging workshop series will take place from 9:30 am to 11:30 am on Monday June 5, 12, 26, July 3, July 10 and July 17. Note: Senior Centers are closed on Monday, June 19 for the Juneteenth holiday.

Do you or someone you love have diabetes? DEEP is an evidence-based program that encourages small lifestyle changes while learning about your diabetes and the way it affects your health. These free classes will cover self-management of diabetes, weight control, eating well with diabetes, the role of medications & how they act on the body to lower blood glucose. Learn how you can manage the disease and live an active, normal life.

To sign up for this class, please call 419-337-9299. Please make a reservation for your noon lunch at the Swanton site by calling 419-337-9299. Suggested lunch donation is \$3 per senior, \$5 all others. This class is open to Fulton County residents age 60 & over.

FIVE MINUTES MATTERS

If you are busy, chronically tired, chronically ill or deal with limitations, give yourself permission to spend only five minutes on a project. Whether it is housekeeping, paying bills, yard work, studying, cleaning your vehicle, exercise or decluttering, five minutes is better than zero minutes. Working for a shorter amount of time is much less intimidating than trying to find energy and motivation to spend an entire day on a project. Pro tip: take a “before” photo of an area of your home you are working on, so you can view the visual progress in the “after” photo. Several five-minute work sessions throughout the day feels empowering, inspiring and gives us reasons to celebrate, according to Mayo Clinic online. Regarding decluttering, Dawn Madsen, the Minimal Mom on YouTube, reminds us that items don’t come into our homes all at once, so it’s okay to get rid of clutter slowly but consistently.

COUPONS FOR LOCAL FARMERS’ MARKETS

If you are age 60 or over and a resident of Fulton County, you may be eligible to receive coupons from the Senior Farmers’ Market Nutrition Program. Eligible seniors receive ten \$5 coupons and a list of participating farmers’ markets and roadside stands. Coupons can be redeemed for fresh vegetables and fruits plus herbs and honey.

You will automatically receive an application in the mail for 2023 if you received coupons for local farmers’ markets in 2022. Coupons will be sent monthly. If you are homebound, you may assign a proxy to shop for produce for you. If you are new to the program and would like to apply for farmers’ market coupons for the 2023 season, pick up an application at any of our five Senior Center sites. Each household must complete an application every year. Submit your completed application to Laura Ankney at the Wauseon site or to Area Office on Aging, Toledo. The application is also online at www.areaofficeonaging.com and click on the “Apply Now” button.

Income is based upon the “take-home” income of the total number of people living in the household.

All applications are processed on a first-come, first-served basis. The Senior Farmers’ Market Nutrition Program is made possible by funding from the United States Department of Agriculture and state and local funding.

HELP US HELP YOU

Has your phone number changed? Have you moved? Has your email address changed? Is information for your contact person out of date? Please contact us with your up-to-date information. Provide updated information to your meal delivery driver or Site Manager, if that is convenient. Also, if you currently receive the B-zz newsletter by mail and have an email address, would you consider receiving the newsletter via email instead of regular mail to help us save money on postage?

WHERE'S VAL?

Val Edwards, Information & Referral Specialist, will take appointments at the following locations. Get help understanding Medicare and Social Security issues, insurance, bills, completing applications, and more. Please make an appointment well in advance with Val for any of these dates by calling 419-337-9299. Val's services are offered at no cost to seniors in partnership with Wyse Commons and the local libraries.

Wednesday, June 14, from 10:00 am to noon at the Delta Library.

Thursday, June 15, from 10:00 am to noon at the Swanton Library.

Thursday, June 22, from 10:00 am to noon at Wyse Commons on the Fairlawn campus.

Tuesday, June 27, from 10:00 am to noon at Evergreen Library.

Val has some appointments available to meet with seniors at the Fulton County Senior Center, 240 Clinton Street, Wauseon.

ON THE NUTRITION SHELF: VEGETABLES

Why Vegetables?

It is recommended that people of all ages fill half of their plate with fruits and vegetables at each meal. Vegetables offer many benefits, as they have a high nutrient content. Nutrients commonly found in vegetables are potassium, dietary fiber, folate (folic acid), vitamin A and vitamin C. Because vegetables offer a great deal of nutrients and only contain few calories and very little fat, they are an important part of weight management. People who eat vegetables as part of an overall healthy diet are more likely to have a reduced risk of some chronic diseases, such as heart disease, high blood pressure and certain types of cancer.

All vegetables and 100% vegetable juices count as part of the vegetables group. This includes fresh, frozen, canned or dried vegetables. There are five subgroups of vegetables:

- dark green vegetables such as broccoli, bok choy, collard greens, dark green lettuce, kale, spinach and watercress
- red & orange vegetables such as acorn squash, butternut squash, carrots, pumpkin, red peppers, sweet potatoes & tomatoes
- starchy vegetables such as black-eyed peas, green peas, lima beans, potatoes and water chestnuts
- beans and peas such as black beans, garbanzo beans (chickpeas), kidney beans, lentils, navy beans, pinto beans, soy beans, split peas and white beans
- other vegetables such as artichokes, asparagus, avocado, bean sprouts, beets, Brussels sprouts, cabbage, cauliflower, celery, cucumbers, eggplant, green beans, green peppers, mushrooms, okra, onions, turnips, wax beans and zucchini

How Much Is Needed From the Vegetable Group? The United States Department of Agriculture recommends women over 51 years of age consume two cups of vegetables per day, while the USDA recommends men over age 51 consume two and a half cups per day.

Note these equivalents for 1 cup of vegetables:

- 2 cups raw spinach or 1 large baked sweet potato
- 1 cup cooked carrots or 1 cup tomato juice
- 1 cup cooked black beans or 1 cup canned green beans
- 1 cup raw, sliced cucumber or 1 cup raw or cooked mushrooms
- 2 large stalks celery or 1 large bell pepper

While it is not necessary to consume vegetables from each of the subgroups each day, try to eat veggies from each of the subgroups throughout the course of a week.

Tips for Getting Vegetables on Your Table:

- Buy vegetables that are in season for better prices and optimum flavor.
- Always keep frozen vegetables in your freezer for convenience to add to any meal as a side dish.
- Buy canned vegetables for convenience, but select "reduced sodium," "low sodium" or "no salt added" options.
- Include a green salad with dinner each night. Add any vegetables you have on hand to your salad such as baby carrots, grape tomatoes or chickpeas.
- Shred carrots or zucchini into many dishes such as meatloaf, casseroles, quick breads or muffins.
- Include vegetables as a pizza topping. Ask for mushrooms, green peppers or onions.
- Have a yogurt-based vegetable dip handy for dipping fresh chopped vegetables like cucumbers, broccoli, peppers or carrots.
- Add extra vegetables to meals such as lasagna and stir fry.
- Allow children to select a new vegetable to try while shopping. This will make them more engaged in the process and more likely to enjoy the vegetable.
- Always make vegetables available for toppings on sandwiches, tacos and baked potatoes.
- Add extra vegetables to pasta sauces, soups, stews and rice dishes.

Reference: USDA, ChooseMyPlate.gov. "What Foods Are in the Vegetable Group?" Accessed August 25, 2014. choosemyplate.gov/food-groups/vegetables.html.

Original Authors: Linnette Goard, M.S., Cindy Oliveri, M.S. Revised by Joanna Rini, M.A.Ed., Extension Educator, Family and Consumer Sciences, Ohio State University Extension

LUNCH CALENDAR

JUNE, 2023

Whole grain bread or an alternate and 2% milk are offered with each meal. Lunch reservations are required at least 24 business hours in advance. **Menu is subject to change.** The Fulton County Meal Program is financed with meal donations, local levy funds, and AOoA grant funding. Ingredient information is available upon request.

Meal Reservations: 419-337-9299

LS Alt = Lower Sodium Alternative (**Items must be ordered at least one week in advance**)

SUGGESTED DONATION: \$3.00. LUNCH SERVED AT NOON.

LF Alt = Low Fat Alternate (**Items must be ordered at least one week in advance**)

Checks Payable to: Fulton County Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			Turkey Ala King Buttered Beets Baked Apples Tangerines	Swiss Steak Mashed Potatoes Peas w/Mushrooms Peaches
Pork Chops Savory Bread Dressing Brussels Sprouts Spiced Applesauce Juice	Chicken Alfredo Pasta Steamed Broccoli Sliced Carrots Mixed Fruit Yogurt	Salmon Patties Au Gratin Potatoes Creamed Peas Tropical Fruit	Goulash Cooked Cabbage Fruit Crisp Pears	Sausage Patty Sandwich Rosemary Potatoes Mixed Vegetables Mandarin Oranges
Cream of Potato Soup Ground Bologna Sandwich (LS Alt=Chicken Salad) Tossed Salad Jell-O	Cheese Burgers Seasoned Potato Wedges Normandy Blend Vegetables Pineapple	Teriyaki Chicken Fried Rice Asian Blend Vegetables Juice Bananas	Italian Sausage w/Peppers & Onions Roasted Vegetables Seasoned Corn 5 Cup Salad	Beef & Noodles Mashed Potatoes Green Beans Fresh Fruit
CLOSED FOR JUNETEENTH HOLIDAY	Sloppy Joes Roasted Potatoes Malibu Blend Apricots	Turkey Salad Sandwich w/Lettuce & Tomato Three Bean Salad Cheese Cubes Sunshine Salad	Cabbage Rolls Mashed Potatoes Cook's Choice Vegetable Dark Sweet Cherries Cookies	Hamloaf (LS Alt=Meatloaf) Sweet Potatoes Steamed Broccoli Applesauce
Baked Fish Macaroni & Cheese Stewed Tomatoes Peaches Juice	Beef & Barley Soup Deli Chicken Sandwich Pasta Salad Broccoli Salad Grapes	Steamed Franks (LS Alt=Chicken Breast) Baked Beans Seasoned Corn Mandarin Oranges	Baked Chicken Mashed Potatoes Green Beans Cranberry Orange Relish	Sausage Gravy & Biscuits Hash Brown Casserole Tossed Salad Fruit Crunch

WAUSEON ACTIVITIES

FULTON COUNTY SENIOR CENTER
240 CLINTON ST. | WAUSEON, OH 43567 | 419.337.9299

JUNE, 2023

SENIOR B-33

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p><i>Note:</i> <i>Choir will resume August 8.</i> <i>Bible Study with Roger Marlow and "Faith Topics" with Sandy will return in September.</i></p>		<p>8 to 10 Gold Pickleball 1 10 to Noon Silver Pickleball 10:15 to 11:45 BINGO 12:00 Lunch 12:30 to 1:00 Walking in the Gym 1:00 Silver Sneakers® Classic Exercise 2:00 Card Games 2:05 to 3:30 Bronze Pickleball</p>	<p>8 to 10:00 Silver Pickleball 2 10:30 Golden Drummers 11:15 Site Council 12:00 Lunch & Birthday Party 12:30 to 1:00 Walking in the Gym 1:00 to 2:30 Bonus BINGO 1:00 to 3:30 Bronze Pickleball</p>
<p>8 to 9:30 Gold Pickleball 5 9:30 to 11:00 Silver Pickleball 11:00 Free Blood Pressure Checks (Note Date) 11:00 Tai Chi (Senior Led) 12:00 Lunch 1:00 to 2:30 Line Dancing 2:35 to 3:45 Bronze Pickleball</p>	<p>Wear Senior Center Shirt/ Hat 6 8 to 10 Gold Pickleball 10 to Noon Silver Pickleball 11:00 June Name Ten Word Game 12:00 Lunch 12:30 to 1:00 Walking in the Gym 1:00 Pinochle 1:00 Silver Sneakers® Classic Exercise 2:05 to 3:30 Bronze Pickleball</p>	<p>8 to 10:30 Silver Pickleball 7 10:30 to 11 Walking in the Gym 11:00 Local Gardener Steve Raker 11:00 Tai Chi (Senior Led) 12:00 Lunch 1:00 Silver Sneakers Chair Yoga® 1:00 Pepper Card Game 2:05 to 3:30 Bronze Pickleball</p>	<p>8 to 10 Gold Pickleball 8 10 to Noon Silver Pickleball 10:15 to 11:45 BINGO 12:00 Lunch 12:30 to 1:00 Walking in the Gym 1 to 3 Painting with Peggy Niles 1:00 Silver Sneakers® Classic Exercise 2:00 Card Games 2:05 to 3:30 Bronze Pickleball</p>	<p>8 to 10:00 Gold Pickleball 9 10:30 Golden Drummers 12:00 Lunch 12:30 to 1:00 Walking in the Gym 1:00 to 2:30 Bonus BINGO 1:00 to 3:30 Bronze Pickleball</p>
<p>8 to 9:30 Gold Pickleball 12 9:30 to 11:00 Silver Pickleball 10:00 Free Hearing Aid Cleaning 11:00 Tai Chi (Senior Led) 12:00 Lunch 1:00 to 2:30 Line Dancing 2:35 to 3:45 Bronze Pickleball</p>	<p>8 to 10 Gold Pickleball 13 10 to Noon Silver Pickleball 11:00 How Ability Center Can Help 12:00 Lunch 12:30 to 1:00 Walking in the Gym 1:00 Pinochle 1:00 Silver Sneakers® Classic Exercise 2:05 to 3:30 Bronze Pickleball</p>	<p>8 to 10:30 Silver Pickleball 14 10:30 to 11 Walking in the Gym 11:00 Tai Chi (Senior Led) 11:00 Peter Villalovos & Friends 12:00 Lunch 1:00 Silver Sneakers Chair Yoga® 1:00 Pepper Card Game 2:05 to 3:30 Bronze Pickleball</p>	<p>Wear Purple for Elder Abuse Awareness Day 15 8 to 10 Gold Pickleball 10 to Noon Silver Pickleball 10:15 to 11:45 BINGO 12:00 Lunch 12:30 to 1:00 Walking in the Gym 1:00 Silver Sneakers® Classic Exercise 2:00 Card Games 2:05 to 3:30 Bronze Pickleball</p>	<p>8 to 10:00 Silver Pickleball 16 10:30 Golden Drummers 12:00 Lunch 12:30 to 1:00 Walking in the Gym 1:00 to 2:30 Bonus BINGO 1:00 to 3:30 Bronze Pickleball</p>
<p>19 CLOSED FOR JUNETEENTH</p>	<p>8 to 10 Gold Pickleball 20 10 to Noon Silver Pickleball 11:00 Music by Jimmy Stewart 12:00 Lunch 12:30 to 1:00 Walking in the Gym 1:00 Pinochle 1:00 Silver Sneakers® Classic Exercise 2:05 to 3:30 Bronze Pickleball</p>	<p>Day Trip, Indian Creek Zoo; Wear Senior Center Shirt/ Hat 21 8 to 10:30 Silver Pickleball 10:30 Make Cards with Deb B. 10:30 to 11 Walking in the Gym 11:00 Tai Chi (Senior Led) 12:00 Lunch 1:00 Silver Sneakers Chair Yoga® 1:00 Pepper Card Game 2:05 to 3:30 Bronze Pickleball</p>	<p>8 to 10 Gold Pickleball 22 10 to Noon Silver Pickleball 10:15 to 11:45 BINGO 12:00 Lunch 12:30 to 1:00 Walking in the Gym 1:00 Silver Sneakers® Classic Exercise 2:00 Card Games 2:05 to 3:30 Bronze Pickleball</p>	<p>8 to 10:00 Gold Pickleball 23 10:30 Golden Drummers 12:00 Lunch 12:30 to 1:00 Walking in the Gym 1:00 to 2:30 Bonus BINGO 1:00 to 3:30 Bronze Pickleball</p>
<p>8 to 9:30 Gold Pickleball 26 9:30 to 11:00 Silver Pickleball 11:00 Sequence 11:00 Tai Chi (Senior Led) 12:00 Lunch 1:00 to 2:30 Line Dancing 2:35 to 3:45 Bronze Pickleball</p>	<p>8 to 10 Gold Pickleball 27 10 to Noon Silver Pickleball 11:00 Show & Tell; Bring 3 things that portray you 12:00 Lunch 12:30 to 1:00 Walking in the Gym 1:00 Pinochle 1:00 Silver Sneakers® Classic Exercise 2:05 to 3:30 Bronze Pickleball</p>	<p>8 to 10:30 Silver Pickleball 28 10:30 to 11 Walking in the Gym 11:00 Tai Chi (Senior Led) 11:00 All About Strokes, Rehab Hospital of Northwest Ohio 12:00 Lunch 1:00 Silver Sneakers Chair Yoga® 1:00 Pepper Card Game 2:05 to 3:30 Bronze Pickleball</p>	<p>8 to 10 Gold Pickleball 29 10 to Noon Silver Pickleball 10:15 to 11:45 BINGO 12:00 Lunch 12:30 to 1:00 Walking in the Gym 1:00 Silver Sneakers® Classic Exercise 2:00 Card Games 2:05 to 3:30 Bronze Pickleball</p>	<p>Wear Senior Center Shirt/ Hat 30 8 to 10:00 Silver Pickleball 10:30 Golden Drummers 12:00 Lunch 12:30 to 1:00 Walking in the Gym 1:00 to 2:30 Bonus BINGO 1:00 to 3:30 Bronze Pickleball</p>