

February
2018

**OUR
SPONSORS**

The Defiance
County Senior
Services Tax Levy

The Defiance
County
Commissioners

The Area Office on
Aging of NWO

The Defiance
County Senior
Services
Auxiliary

And through your
generous donations
- We Thank you

Our Times

Looking back at 2017

With the teamwork of the Defiance County Senior Services staff, the Defiance County Commissioners, our dedicated Volunteers, our participants, our wonderful Advisory Board, amazing Auxiliary and great folks like YOU, in 2017 Defiance County Senior Services provided:

- over 88,000 meals throughout Defiance County
- more than 10,000 rides to senior adults
- music on individual ipods to warm the hearts and stir the memories of people stricken with Alzheimer's Disease.
- acted as a clearinghouse for 2 food commodities programs reaching more than 350 people each month.
- provided space for health care services such as nail clinics and assistance with Medicare part D.
- more than 350 hours of education and assistance to caregivers and individuals with Alzheimer's Disease through the Rest and Recuperation program, private consultations and Music & Memory.
- more than 1,000 activities and educational programs
- took part in the Defiance rib fest and the Hixtober fest.
- hosted a garage sale, bakes sales and craft fairs
- held our annual "For the Health Of it" info fair as well as providing information and education through our library, wifi capabilities, computer and cell phone skill sessions, our monthly newsletter, brochures and fact sheets.
- we are honored to work with nearly 100 different agencies, businesses and organizations to offer social engagement, education and volunteer opportunities to senior adults.
- we engaged with children of all ages through a variety of intergenerational programs, including helping precious little ones compose their "Letters to Santa" at the Christmas Cruise Thru

Senior Services is so grateful to be the recipient of many donations, bequests and gifts from participants, friends and families as well as very generous businesses, organizations and groups.

We are able to do what we do because of your support.

We look ahead with gratitude, excitement and optimism -

and We thank you all for your generosity, for your time and prayers.

"Peace is a journey of a thousand miles and it must be taken one step at a time."

- Lyndon B. Johnson

Healthy You!

The Alzheimer Support Group

Our afternoon meeting will be held:
Thursday, February 1st at 1:30pm.
The meeting is held at Defiance County Senior Services - 140 E. Broadway St.
Private consultations and information are also available. Please contact Sheri at 419-783-4812.

Reminder

Defiance County Senior Services will be closed:
Monday, February 20th
in observance of President's Day

Healthy YOU!!

So maybe you think exercise is boring?? Give our Monday Yoga a try! You'll have so much fun that you'll forget that you are getting a great workout!
Call Dawn for details - 419-782-3233.



Toe Nail Clinic

Wednesday, February 7th at The Hicksville Senior Center

The session begins at 12:30pm and continues until completed.

There is a \$15.00 charge for the toe nail clinic. Please call Linda at 419-542-5004 to set your appointment time. Thanks!



we



our volunteers!

Free Tax Assistance

Our friends from **AARP** will be available to prepare your simple tax form -

FREE OF CHARGE

at **Defiance County Senior Services**
140 East Broadway in Defiance
on Tuesdays, Thursdays and Fridays,
from January 30th through April 13th.
Most individual Federal, State and School District tax returns can be prepared and E-filed.

There is no charge, no age limit and an AARP membership is not required.
Please call Kathy at 419-782-3233 to make your appointment

Hicksville Happenings - February

From Linda's Desk....

IT'S HEART HEALTH MONTH – TAKE CARE OF YOURSELF!

February Grocery Shop Dates - Call us for a ride to the grocers - Pick-ups are Tuesdays beginning at 12:00 Noon: February 6th, February 13th, February 20th, and February 27th. Call Linda for your seat on the bus!

Valentine's Dance – **Friday, February 9TH at 10 AM**- "The Music Man" - Alan Seibert will provide our dance music! Our Valentine Card Exchange will be at 11:15am. Come join us for a great day of FUN, GOODIES & DOOR PRIZES.

VALENTINE'S DAY



Bingo! - NEW DAY & TIME! Tuesday, February 13th, Vancrest of Payne will be here at 10:00 am for BINGO! Vancrest of Payne will join us the 2nd Tuesday of each month in at 10am for BINGO

Computer questions??? Join us Tuesdays at 1:00 pm – Please speak with Linda or call us at 419-542-5004 and schedule a time if you would have computer questions & need some answers.

Defiance County Senior Services will be closed Monday, February 19th in observance of President's Day!

Tuesday, February 20th – Senior's Night Out! Pick-ups will start at 4:00 pm for a great time at Pizza Subs & More in St. Joe. \$5 transportation fee. Call & reserve your seat!

Wednesday, February 28th – Food for Seniors – Food box distribution 1:00- 2:30 pm. If you have questions about the commodities program or are not signed up to receive a box, please call Ginny at 419-782-3257 and we'll be happy to answer your questions.



Come on in to YOUR senior center!

**The February CSFP Food Box Distribution will be
Wednesday, February 28TH, 2018
1:00 pm – 2:30 pm**

These boxes have approximately 40 pounds of meats, vegetable, fruits, cheese and grains to help enhance your good nutrition. If you would like more information on how to sign up for a box, please call Linda in Hicksville at 419.542.5004 or Ginny in Defiance at 1.419.782.3257. We'll be happy to help you with the application, too!



for more information, please call Linda at 419-542-5004

February - Hicksville Center

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>“We can complain because a rose bush has thorns, or rejoice because thorn bushes have roses.”</i> - Abraham Lincoln</p>			<p>1 10:00 Chair Exercises 12:30 Inspirational Readings with Linda 12:30 - 1:15 Bingo</p>	<p>2 Wear RED for Heart Health Month 10:30 Dancing to the Oldies 11:45 Birthday Celebrations 12:15 - 2:15 Euchre</p>
<p>5 10:00 Inspire Me 12:15 - 2:15 Euchre</p>	<p>6 10:00 Bingo with Smith Farms 12:00 Grocery Shop 12:15 - 2:15 Euchre 1:00 Computer Questions? Stop In!</p>	<p>7 10:00 Corn Hole 12:15 - 2:15 Euchre 12:30 Toe Nail Clinic</p>	<p>8 10:00 Bingo 12:30 - The Price is Right</p>	<p>9 Valentine Dance 10:00 The Music Man - Alan Seibert 11:15 Valentine Card Exchange Enjoy Goodies and door prizes too! 12:15 - 2:15 Euchre</p>
<p>12 10:00 Corn Hole 12:15 - 2:15 Euchre</p>	<p>13 10:00 Bingo with Van Crest 12:00 Grocery Shop 12:15 - 2:15 Euchre 1:00 Computer Questions? Stop In!</p>	<p>14 10:00 Chair Exercises 10:30 Cards & Games 12:15-2:15 Euchre  <small>VALENTINE'S DAY</small></p>	<p>15 DOUBLE BINGO DAY 10:00 - 11:00 White Elephant Bingo 1:00 - 2:00 Bingo with Community Health Professionals</p>	<p>16 10:00 Adult Coloring, Word Search & Puzzles 12:15 - 2:15 Euchre</p>
<p>19 Defiance County Senior Services will be Closed in observance of President's Day</p>	<p>20 10:00 Senior Soccer 10:30 - 11:15 Bingo 12:00 Grocery Shop 12:15 - 2:15 Euchre 1:00 Computer Questions? Stop In! 3:30 Senior's Night Out - Pizzas, Subs & more in St. Joe</p>	<p>21 10:00 Chair Exercises 10:30 Cards & Games 12:15 - 2:15 Euchre</p>	<p>22 10:00 Chair Exercises 10:15 Bingo 12:30 - Inspirational Readings with Linda 12:145 - 1:45 Cards & Games</p>	<p>23 10:00 Dancing to the Oldies 12:15 - 2:15 Euchre</p>
<p>26 10:00 Card & Games Exercises 12:15 - 2:15 Euchre</p>	<p>27 10:00 - Corn Hole 12:00 Grocery Shop 12:15 - 2:15 Euchre 1:00 Computer Questions? Stop In!</p>	<p>28 10:00 Coffee & Conversation 12:15-2:15 Euchre 1:00 - 2:30 CSFP Food Commodities</p>	 <p>You make life a little sweeter!</p>	

for information, please call Dawn at 419-782-3233

February - DCSS Activities

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Loved You Yesterday Love You Still Always Have Always Will <i>Happy Valentine's Day</i></p>			<p>1 9:30 Cards 9:45 Blood Pressures 10:00 Band Stretch 10:00 Zumba 12:30 - Meijer Shop 12:30 Bingo with Brookview 1:30 Alzheimer's Support 4:00- Yoga</p>	<p>2 9:30 Cards 10:00 Tai Chi 11:30 Birthday Celebration</p>
<p>5 9:30 - Cards 10:00 - Zumba 1:00 Euchre Tournament 3:00 - Yoga</p>	<p>6 9:45 Aldi Shop 10:00 Bible Study 10:00 Cards 10:00 Tai Chi 4:00 Yoga</p>	<p>7 9:30 Cards 10:00 Crafts 12:30 Kroger Shop 5 -8pm Open Mic Night is back!</p>	<p>8 9:30 Cards 10:00 Band Stretch 10:00 Zumba 12:30 - Meijer Shop 4:00- Yoga with Sue</p>	<p>9 9:30 - Cards 10:00 Tai Chi 10:00 Crafts</p>
<p>12 9:30 Cards 10:00 Zumba 12:30 Bingo with Kingsbury Place 3:00 Yoga with Sue</p>	<p>13 9:45 Aldi shop 10:00 Tai Chi 10:00 Bible Study 10:00 Cards 4:00 Yoga 4:00 Senior's Nite Out - Red Lobster</p>	<p>14 9:30 Cards 10:00 Crafts 12:30 Kroger Shop</p> <p style="text-align: center;">  </p>	<p>15 9:30 Cards 10:45 Blood Pressures with CHP 10:00 Zumba 10:00 Band Stretch 12:30 Meijer Shop 12:30 Bingo -Twin Rivers 4:00 Yoga with Sue</p>	<p>16 9:30 - Cards 10:00 Crafts 10:00 Tai Chi</p>
<p>19 Defiance County Senior Services will be Closed in observance of President's Day</p>	<p>20 9:45 Aldi shop 10:00 Tai Chi 10:00 Bible Study 10:00 Cards 4:00 Yoga</p>	<p>21 9:00am - 2:00pm Card Club Party 10:00 Crafts 12:30 Kroger Shop</p>	<p>22 9:30 Cards 10:00 Band Stretch 10:00 Zumba 12:30 Meijers Shop 12:30 Bingo with Allcaring 4:00 Yoga</p>	<p>23 9:30 Cards 10:00 Tai Chi 10:00 Crafts 11:30 "The Music Man" Alan Seibert performs</p>
<p>26 9:30 Cards 10:00 Zumba 12:30 Bingo with Senior Services 3:00 Yoga with Sue</p>	<p>27 9:45 Aldi shop 10:00 Tai Chi 10:00 Bible Study 10:00 Cards 4:00 Yoga</p>	<p>28 9:30 Cards 10:00 Crafts 12:30 Kroger Shop 1:00-2:30 CSFP Food Commodities</p>	<p>"As we express our gratitude, we must never forget that the highest appreciation is not to utter words but to live by them." - John F. Kennedy</p>	

DCSS Bulletin Board - with Dawn - 419-782-3233

Thursday, February 1st- The Alzheimer Support Group will meet at 1:30pm.



Friday, February 2nd - enjoy a delicious **Birthday Lunch** at 11:30am. Join us and **Happy Birthday** to everyone born in the month of February!

Wednesday, February 7th - Open Mic Night is Back!!

The fun begins at 5pm and enjoy listening or get on stage and sing along until 8pm. Food is available for a free will donation. Please call Dawn at 419-782-3233 if you have questions or would like to volunteer to help.

Seniors Night Out - Tuesday, February 13th - we'll leave the Defiance Center at 4:00pm and enjoy a delicious supper at the **Red Lobster in Maumee**. Seating is limited, so please call Dawn to make your reservation after February 1st - 419-782-3233.

Join us **Wednesday, February 21st** at 9:00am for our **Card Club Party!** All are welcome!

Friday, February 23rd - "The Music Man" Alan Seibert will perform at 11:30 in the café. Don't miss the fun!

Wednesday, February 28th - The Food for Seniors Commodities Program is available from **1:00 to 2:30pm**. Please call Ginny for details - 419-782-3257.

February Bingo Dates

Thursday, February 1st with Brookview

Monday, February 12th with Kingsbury Place

Thurs., February 15th with Twin Rivers

Thurs., February 22nd with Allcaring

and Monday, Feb 26th with Senior Services

Exercise Opportunities

Join the Fun!

Mondays and Thursdays at 10:00am for Zumba

Mondays at 3:00pm for Yoga

Tuesdays and Thursdays at 4:00pm for yoga

Tuesdays and Fridays at 10:00am for Tai Chi

Thursdays at 10:00am for the Band Stretch Chair Exercises.

Call Dawn for details - 419-782-3233



so many of my
SMILES
BEGIN
with
YOU

Just a Reminder

Defiance Co. Senior Services will be Closed: Monday, February 19th in observance of President's Day.

Nutrition News

Wintery Days are ahead.....

Please consider stocking up on some of our delicious and nutritious frozen meals.

These meals are ideal for weekends and on those days when driving could be risky.

Please call Ginny 419-782-3321 or speak with your meal route driver for more information on our frozen meals.

Our February
 Birthday Celebration
 is
Friday,
February 2nd

*A Happy Birthday
 to all of you born in the
 month of
 February*

**"All you need is love.
 But a little chocolate
 every now and
 then doesn't
 hurt."
 -Charles
 M. Schulz**



Vegetable Blends for February Meals

- Cozumel Blend** - broccoli, pineapple, sugar snap peas, red peppers, asparagus and onions
- Italian Blend** - carrots, cauliflower, zucchini, Italian beans, baby lima beans, red bell peppers
- Mixed Vegetables** - carrots, corn, green beans, peas, lima beans
- Riviera Blend** - green beans, wax beans, baby carrots
- Venetian Blend** - broccoli, sugar snap peas, asparagus, red peppers, yellow peppers, onions

Commodities Supplemental Food Program

Food for Seniors - Touching Lives, Filling Needs.....

The C.S.F.P. Program provides eligible seniors, age 60 and older, a monthly package of approximately 50 pounds of USDA basic nutrient-rich food.

**The next distribution date is
 Wednesday, February 28th
 1:00 pm -2:30 pm.**

If you have questions or to apply for the commodities, please contact Ginny at 419-782-3257 - thank you.



Each participant may determine what they can comfortably contribute toward the cost of a meal.

No senior adult will be denied a nutrition service due to inability to contribute.

Our suggested donation for a lunch is \$3.00 per meal. Evening Meals and events may be more.

February Menu 2018

For questions regarding your meals, please contact Ginny at 419-782-3321

Monday	Tuesday	Wednesday	Thursday	Friday
For information on our ingredient content for each meal, please call Delinda at 419 - 783 - 4813	Evening Meals start again March 28th at The Defiance Center Enjoy oven Fried Chicken, Mashed Potatoes, Corn, Coleslaw and more!		1 pork chop with gravy scalloped potatoes jell-O with diced pears beets whole wheat roll	2 bbq chicken diced potatoes green beans ambrosia salad cornbread birthday cake ncs= cake with no frosting
5 parmesan crusted chicken french fries stewed tomatoes fruit cocktail whole wheat roll	6 turkey slice over mashed potatoes riviera blend vegetables apricots whole wheat roll butterscotch pudding ncs= sf pudding	7 taco salad with taco chips, lettuce, ground beef, cheese and tomatoes banana cornbread salad bar in cafe	8 chicken noodle casserole sweet peas carrots applesauce garlic toast	9 ham baked in apple juice alt = chicken breast venetian blend vegetables sweet potatoes peaches croissant cookie ncs = sf cookie
12 hamburger patty with spaghetti sauce Italian blend vegetables parmesan noodles calico fruit orange juice whole wheat bread	13 chicken cacciatore sweet potatoes cauliflower banana whole wheat dinner roll ice cream ncs = sherbet	14 turkey & swiss sandwich potato soup pickled beets apple juice Valentine's Cookie salad bar in café <i>Happy Valentine's Day!</i>	15 stir fry chicken and vegetables over rice brussels sprouts pork egg roll mandarin oranges fortune cookie	16 macaroni & cheese with diced ham alt = diced turkey cozumel blend vegetables parmesan spinach fruit yogurt whole wheat bread
19 Defiance County Senior Services in observance of President's Day	20 roast pork mashed potatoes asparagus mandarin oranges whole wheat dinner roll chocolate chip cookie ncs = sf cookie	21 beef stew cornbread raisins grape juice salad bar in cafe	22 hot chicken sandwich carrot salad potato salad fruit cocktail	23 spinach lasagna green beans hot apples garlic bread peanut butter cookie ncs = sf cookie
26 scrambled eggs with sausage and cheese alt - turkey sausage tater tots mushrooms peaches biscuit	27 meatloaf scalloped potatoes mixed vegetables apple whole wheat dinner roll chocolate cookie ncs = sf cookie	28 vegetable beef soup chicken salad with crackers grape juice tropical fruit salad bar in café	God Bless the USA! 	Our breads and rolls are whole wheat unless specified. ncs = No concentrated sweets sf = sugar free