

Defiance County Senior Services

Our Times

And Heeere We Go!!



The renovations of our new Defiance County Senior Services Center are beginning. I am so grateful for all the support we have received. The Senior Services staff, Auxiliary, the Advisory Board, the Commissioners and other volunteers have been working very hard over the past 5 years to raise the funds needed for this project.

Additional funds are still needed to complete this project. If you feel like you can comfortably make a contribution, please send your tax-deductible donation to:

The DCSS Auxiliary - 700 Jefferson Avenue, Defiance, Ohio

Valentine's Luncheon

- Join us on Thursday, February 11th for our Valentine's Evening Meal. We'll enjoy a delicious dinner, share special Valentine's give-aways and listen to the delightful tunes of Bette's Polka Band. Join us at The Defiance Center at 5:00pm, Thursday, February 11th.

Birthday Luncheon & Glen Park

- On Friday, February 5th, the Birthday lunch at The Defiance Center will be sponsored by Glen Park, the new Senior Living Community in Defiance. Robin Small will share information on Glen Park.

Popcorn & a Movie

- Join us Monday, February 22 at 10:00am at the Defiance Center for Popcorn & a Movie - we'll be watching "The King and I" (so be sure to bring some Kleenex!!) Great Movie - Great Fun! Join Us.

Our Sponsors

- ♦ *The Defiance County Senior Services Tax Levy*
- ♦ *The Defiance County Commissioners*
- ♦ *The Area Office on Aging of Northwestern Ohio*
- ♦ *The Defiance County Senior Services Auxiliary*
- ♦ *And through Your Generous Donations*

Our Times -
February 2010

DCSS - Here to Help

February 2010

Transportation - Rides to Appointments, Dialysis Treatment Centers, Grocery shopping and more. In Defiance, call us at 419-782-3233 and in Hicksville, Call 419-542-5004.

Notary Services - Available at no charge at both the Defiance and Hicksville Centers.

Legal Assistance - Legal Aide offers legal advice each month at The Defiance Center. Legal Aid will be available on Tuesday, Feb. 16th - please call Kathy to set your appointment - 419-782-3233

Health Matters

Alzheimer Support - The Alzheimer Support and Information Groups meet at both the Hicksville and Defiance County Senior Services on the first Thursday of the month at 1:30pm. Individual consultations are also available.

Blood Pressure Readings -

At The Defiance Center - Thurs., Feb. 4th at 10:00am

At The Hicksville Center - Thurs., Feb. 4th and 18th at 10:30am.

Speakers

@ Defiance Center - Monday, February 8th on Home Safety.

Thursday, February 18th on Heart Health.

Thursday, Feb. 25th on Label Facts

@ Hicksville Center - Wed., Feb 10th on Nutrition

Wednesday, February 17th on Nutrition for a Healthy Heart.

Please Check Your Calendar for Times

60+ Health Screening

At The Defiance Center - Thurs., Feb. 25th at 8:30am

At The Hicksville Center - Thurs., Feb. 11th at 9:00am.

Toe Nail Clinic -

At The Hicksville Center - Wednesday, February 3rd at 12:30pm

**On The Move
with DCSS**

Rest and Recuperation

The Defiance County Senior Services Rest and Recuperation Program provides four hours of care to recipients each week. Our trained volunteers visit the homes of individuals with Alzheimer's Disease to provide the primary caregiver with a break. For more information, please contact us at 419-782-3233 and ask to speak with Ruthann or Rita.

Thank You Darcy!

Our good friend Darcy Lehman has retired from Senior Services. Darcy has helped so many people with grocery shopping and reliable transportation for the past 9 years. We thank Darcy for being part of the Senior Services team and for his dedication to Senior Adults.

Happy Retirement Darcy!!
We wish you and Lois the very best!

In Good Taste

Lunch is served weekdays

At Defiance County Senior Services at 11:30am and at The Hicksville Center at 12:00.

Our Birthday Meal is celebrated on the First Friday of Each Month.

A Very Happy Birthday to all born in February!!

Happy Valentine's Day!

Evening Meals

We have two Evening Events planned in February.

Please join us;

Thursday, February 4th - 5:00pm at The Hicksville Pavilion for a delicious dinner! At 6:00pm, Tom & Friends will provide our musical entertainment. Join Us!

Thursday, February 11th, for our Valentine's Dinner. at The Defiance Center at 5:00pm. We'll enjoy a delicious dinner and Bette's Polka Band at 6:00pm!

low fat, low sodium & high flavor!

Frozen Meals and More - Be ready for the snowy days!

Frozen Meals are available upon request from Senior Services. Our Frozen Meals are low in fat and sodium, unlike many of the TV dinners you'll purchase. We ask a suggested donation of \$3.00 per meal. Please speak with your delivery driver or call 419-782-3321 for more info.

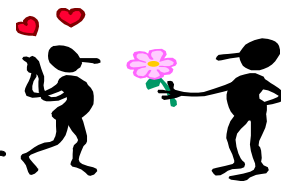
Shelf Stable Meals are commercially packaged foods that have a long shelf life and can be consumed without heating. These meals are very helpful on those nasty days when our power goes out.

Therapeutic Meals are prepared per a doctor's orders at the Defiance Regional

Medical Center. It is our pleasure to deliver these meals to you and assist you with your dietary needs.

Nutrition Department Phone

419-782-3321



Please Mark Your Calendars

Defiance County Senior Services will be Closed:

- Monday, February 15th in observance of President's Day

Your donations to the Meal Program are very important to help us continue to provide meals.

A Reminder

Participants may determine for themselves what they are able to contribute toward the cost of a meal. No Older Adult will be denied a nutrition service due to inability to contribute.

Our suggested donation for a lunch is \$3.00. Our Suggested donation for an Evening Meal is \$5.00

Our Times - February 2010

February 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Satur
	1 9:30 - Sit down Dancing 10:30 Cards 12:30 Bingo Twin Rivers	2 9 - Quilting 9:30 Chair Stretch with Twin Rivers 9:45 Shop at Aldi's 10 - Literature Study 12:30 Choir	3 9:00 Bowling 10 - Book Club 10:30 Cards 12:30 Shop at Krogers	4 9:00 Water Ex 9:30 Quilting 10:00 Blood Pressures 10:30 Cards 12:30 Bview Bingo 1:30 Alz Support	5 9:30 Chair Exercises 10 - Defiance Remembers 11:30 Birthday Lunch 12:00 Cards	6
7	8 9:30 - Sit down Dancing 10:00 Trip to Dollar Tree 12:00 Visiting Nurses Spker - Home Safety	9 9 - Quilting 9:30 Chair Stretch with Twin Rivers 9:45 Shop at Aldi's 10 - Literature Study	10 9:00 - Bowling 10 - Book Club 10:30 Cards 12:30 Shop at Krogers	11 9:00 Water Exercise @ Y 9:30 Quilting 12:30 Shopping 5:00 Valentine's Evening Meal Bette's Polka Band @ 6PM	12 9:30 Chair Ex- ercises 10 - NEW!!!! Wii Bowling 1:00 Visit with the Kids	13
14	15 Senior Services will be Closed in observance of President's Day 1:30 Euchre Tournament	16 9 - Quilting 9:30 Chair Ex. 9:45 Shop at Aldi's 10 - Literature Study 10 - Legal Aid 4:00 Senior's Night Out to the Elery Supper Club	17 9:00 Bowling 10 - Book Club 10:30 Cards 12:30 Shop at Krogers	18 9:00 Water Exercise @ Y 9:30 Quilting 10:30 - Interim on Heart Health 12:30 Shop at Wal-Mart	19 9:30 Chair Exercises 10 - Trivia with Dawn 12:00 Cards	20
21	22 9:30 Sit Down Dancing 10:00 Popcorn & A Movie - "The King & I" 12:00 Cards AUXILIARY Trip	23 9 - Quilting 9:30 Chair Stretch 9:45 Shop at Aldi's 10 - Literature Study 12:30 Choir	24 9:00 Bowling 10 - Book Club 10:30 Cards 12:30 Shop at Krogers	25 8:30 60+ Screen 9:00 Water Ex 9:30 Quilting 10:30 Sherry Hines speaking on Label Facts 12:30 Meijer Shop	26 9:30 Chair Exercises 10 - Wii Bowling 1:00 Visit with the Kids	27
28	29 9:30 - Sit down Dancing 10:30 Cards 12:30 Bingo with Senior Center	<p>Evening Meals - Thursday, Feb. 4th, 5:00PM at The Hicksville Pavilion- Dinner & Tom & Friends</p> <p>Thursday, Feb. 11th, 5:00PM at The Defiance Center - Valentine's Dinner & Bette's Polka Band</p> <p>Transportation is Available - \$5.00 sugg. Donation per person. Join Us!!</p>				

The Hicksville
Center

February 2010

For more Information
call Pat at 419-542-5004

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 11 - Chair Exercise 1:00 Euchre	2 12:45 Bingo with Twin Rivers	3 9:00 Bowling 11 - Chair Exercise 12:30 Toe Nail Clinic 12:45 Karaoke with Ed McDowell	4 8:00 Water Ex & shop at Aldi 10:30 Blood Pressur 12:45 Bingo 1:30 Alz. Support 5:00 Evening Meal 6:00 Music with Tom & Friends	5 1:00 Euchre	6
7	8 11 - Chair Exercise 1:00 Euchre	9 7:30 Breakfast and Shop at Wal-Mart 11:00 Pack Commodities 12:45 Bingo with PV of Edgerton	10 9:00 Bowling 9:30 Deliver Commodit 11:00 Chair Exercises 12:00 OSU Extention Nutrition Speaker 12:45 Karaoke	11 8:00 Water Exercise & shop at Aldi 9:00 60+ Health Screening 12:45 Bingo	12 1:00 Euchre	13
14	15 Senior Services will be Closed in honor of President's Day	16 12:45 Bingo with Hickory Creek	17 9:00 Bowling 11:00 Chair Exercise Healthy Heart Speaker 12:45 Karaoke	18 8:00 Water Ex & shop at Aldi 10:30 Blood Pressures 11 Mystery Lunch 12:45 Bingo	19 1:00 Euchre	20
21	22 11 - Chair Exercise 1:00 Euchre	23 12:45 Bingo with Manor House 5:00 Seniors Night Out - The Eatin' House in Butler	24 9:00 Bowling 11:00 Chair Exercise 12:45 Karaoke with Ed McDowell	25 8:00 Water Exercise & shop at Aldi 12:45 Bingo	26 1:00 Euchre	27

We can help you with your Transportation Needs. Call Us The Hicksville Center - 419-542-5004
And Defiance County Senior Services - 419-782-3233

**Defiance County Senior
Services**

**Two Locations Serving
Defiance County**

Jefferson Ave in Defiance
and High Street in
Hicksville

Phone: 419-782-3233
Or: 419-542-5004
E-mail: [thiler@defiance-
county.com](mailto:thiler@defiance-county.com)

Visit Our Website:
defiance-county.com
Click on
Senior Services

Defiance County Senior Services Staff

Director - Tina Hiler

Nutrition Department - Delinda Chavez, Ginny Wiseman
and Mary Mansfield Nurse - Sheri Schliesser

Transportation Coordinator - Kathy Brown

Business Office - Robin Murray and Sue Moninger

Activity Manager - Dawn Knox

Hicksville Manager - Pat Turnbull

Rest and Recuperation - Rita Meier and Ruthann Czartoski

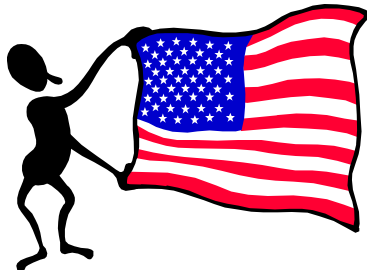
Drivers and Staff - Marv Ankney, Steve Baldwin, Bill

Burgett, Gary Bertram, John Frederick, Bonnie Kaemming,

Jim Kehnast, Ed McDowell, Craig Newberry, Ed Porter,

Scotty Shaffer, John Sheets, Tom Sheets, Fred Simmons,

Tom Stuckman



Bulletin Board

- Our Thanks to those who have donated to the Renovation Project. Donations are still needed - please consider for yourself what you can comfortably give and send your tax-deductible donation to make your new Center a reality.
- We have a new Wii Game. Come on in and check it out. Dawn is planning to have Wii Bowling on February 15th and 22nd at 10:00am. We're having a ball!! Come join the fun!!
- Senior Services will be Closed on Monday, February 15th in observance of President's Day.
- The Ability Center has Grants available for your home projects such as entry ramps, low-rise steps, handrails and grab bars. For more information, please call the Ability Center at 866-885-5733 (toll free)
- On Friday, February 5th, the Birthday lunch at The Defiance Center will be sponsored by Glen Park, the new Senior Living Community in Defiance. Robin Small will share information on Glen Park.

February 2010

Defiance County Senior Services

Monday	Tuesday	Wednesday	Thursday	Friday
1 Grilled Chicken Breast on Bun Baked Sweet Potato Fries Coleslaw Ambrosia Salad	2 <u>Heart Month</u> Lemon Baked Fish Rice Pilaf Mixed Vegetables Orange Juice Whole Wheat Bread Calico Fruit	3 Cube Steak Mashed Potatoes Stewed Tomatoes Whole Wheat Roll Peaches	4 Beef Stew Tossed Salad Tropical Fruit Biscuit	5 <u>Birthday Dinner</u> Roast Turkey Savory Bread Dressing Winter Blend Apricots Whole Wheat Bread Birthday Cake
8 <u>Black History Month</u> Ravishing BBQ Ribs Macaroni and Cheese Spinach Cornbread Crumb-Topped Peaches	9 Turkey and Swiss Sandwich Brussels Sprouts Potato Chowder Plums	10 Chicken and Dumplings Steamed Cabbage Carrot and Raisin Salad Whole Wheat Bread Mandarin Oranges	11 Mushroom and Swiss Burger on a Bun Three Bean Salad Cauliflower Apricots	12 <u>Valentine's Day</u> Honey Baked Ham Baked Sweet Potato Corn Fruit Cocktail Dinner Roll Valentine Dessert
15  Defiance Co. Senior Services will be Closed in Honor of President's Day	16 <u>Fat Tuesday</u> Stuffed Cabbage Roll Buttered Noodles Carrot Coins Cottage Cheese Pineapple Tidbits Cake Doughnut	17 <u>Ash Wednesday</u> Tuna Salad Sandwich Buttered Corn Baked Apples Tomato Soup	18 Oven Baked Chicken Broccoli Pears Blueberry Muffin Cheesy Potatoes	19 Macaroni and Cheese Tossed Salad Peas and Carrots Whole Wheat Bread Orange Sections
22 <u>Chinese New Year</u> Stir-Fry Chicken and Veggies Over Rice Steamed Cabbage Egg Roll Mandarin Oranges Fortune Cookie	23 Succulent Roast Beef with Potatoes and Carrots Buttermilk Biscuit Pineapple Tidbits	24 Turkey Pot Pie Green Beans Mashed Potatoes Apple Juice Blueberry Muffin	25 Meatloaf Baked Beans Cole Slaw Pears Whole Wheat Roll	26 Spinach Lasagna Tossed Salad Breadstick Peach Slices

To access meal ingredients, please contact us at 419-782-3321

Menus subject to changes in accordance with food availability

Low Fat, Low Sodium, High Flavor Frozen Meals are also available at Your Senior Center
Call us for assistance - 419-782-3321

Defiance County Senior Services - February Highlights

We have two Evening Events planned in February. Please join us;

Thursday, February 4th - 5:00pm at The Hicksville Pavilion for a delicious dinner! At 6:00pm, Tom & Friends will provide our musical entertainment.

Thursday, February 11th, for our Valentine's Dinner. at The Defiance Center at 5:00pm. We'll enjoy a delicious dinner and Bette's Polka Band at 6:00pm!



Weekly Activities

Defiance Center

Monday - Sit Down & Dance- 9:30, Bingo - 1st & 29th at 12:30, Movie Time - Feb 22nd - The King & I at 10am

Tuesday - Chair Stretch at 9:30am, Bible Study at 10am, Choir - 2nd & 29th at 12:30pm, Seniors Night Out - 16th at 4PM to the Elery Supper Club

Wed - Bowling at 9am, Book Club at 10am, Shop at Krogers at 12:30pm

Thurs - Water Exercise at 9am, Blood Pressures 4th at 10am, 60+ Health - 25th 8:30am, Speakers 18th at 10am & 25th at 10:30am, Evening Meal 11th at 5PM with Bette's Polka Band at 6:00pm.

Friday - Chair Exercise at 9:30, Trivia - 19th at 10am, Wii Bowling - 12th & 26th at 10am, Visit with the kids - 12th & 26th at 1PM

Hicksville Center

Monday - Chair Exercise at 11am, Euchre at 1PM

Tuesday - Bingo at 12:45pm, Breakfast out - 9th at 7:30am, Seniors Night Out - 23rd at 5PM at The Eatin' House

Wed - Bowling at 9am, Chair Exercises at 11am, Nutrition Speaker - 10th & 17th at 12:00, Karaoke with Ed at 12:45pm

Thurs - Water Exercise at 8am, Blood Pressures - 4th & 18th at 10:30am, Bingo at 12:45, Evening Meal - 4th at 5PM with music at 6PM, Mystery Lunch - 18th at 11am.

Friday - Euchre at 1PM

For a complete calendar, visit your Senior Center or ask your route driver. See you soon!!

Senior Services will be Closed on Monday, Feb 15th in observance of President's Day

*Listen to The Radio Stations for weather related information
98.1 FM, 105.7 FM
1280 AM*

Alzheimer Support - The Alzheimer Support and Information Groups meet at both the Hicksville and Defiance County Senior Services on the first Thursday of the month at 1:30pm. Individual consultations are also available.

Speakers - @ Defiance Center - Monday, February 8th on Home Safety.

Thursday, February 18th on Heart Health.

Thursday, Feb. 25th on Label Facts

@ Hicksville Center - Wed., Feb 10th on Nutrition

Wednesday, February 17th on a Healthy Heart.

Please Check Your Calendar for Times

Blood Pressure Readings -

At The Defiance Center - Thurs., Feb. 4th at 10:00am

At The Hicksville Center - Thurs., Feb. 4th and 18th at 10:30am.

60+ Health Screening

At The Defiance Center - Thurs., Feb. 25th at 8:30am

At The Hicksville Center - Thurs., Feb. 11th at 9:00am.

Toe Nail Clinic -

At The Hicksville Center - Wednesday, Feb 3rd at 12:30pm