

**Defiance
County
Senior
Services**

**July
2017**

**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 YOU through
your generous
donations -
Thank you

Our Times



Volunteering
reaps rewards even long
after your lifetime, in the
form of blessings.

A note of appreciation to those who donate your time and talents with Senior Services or for another wonderful cause. You have a heart of gold and volunteering takes a sheer selfless sense of wanting to give back to our community. No one has made it through life without someone else's help. Volunteers fill this journey with love and laughter - and we thank you.

HERE'S THE SCOOP!

Our Ice Cream Social and Band Concert **Thursday, August 3rd**

at the UAW park on Baltimore Road in Defiance.
Registration begins at 4:00pm.

At 5:00pm - enjoy a delicious picnic of a hamburger or brat, baked beans, potato salad, strawberries and home made ice cream.

At 6:00pm, the one and only Bud Widmer Rube Band will perform. Bring your lawn chair and enjoy the evening.

Transportation is available - please call Kathy at 419-782-3233, or Linda at our Hicksville Center 419-542-5004.



Tickets for the meal are available for a \$6.00 donation.



Healthy You!

The Alzheimer Support Groups

Our meetings will be held:

**Thursday, July 6th at 1:30pm and
Monday, July 17th at 6:00pm**

Meetings are held at Defiance County Senior Services - 140 E. Broadway St.

Private consultations and information are also available. Please contact Sheri or Ginny at 419-782-3257 or 419-783-4812.

Toe Nail Clinic

**Wednesday, July 5th
at Defiance County
Senior Services**

The sessions are from 9:00am to 11:00am and from 12:30pm until completed. There is a \$15.00 charge for the toe nail clinic. Call Dawn at 419-782-3233 to set your appointment .



For The Health of It

We hope you enjoyed the recent senior health information fair held at the Defiance Senior Center on May 9th. More than 37 vendors and agencies joined us to share valuable information on a wide variety of topics geared toward today's older adult. We will take the next few months to say thank you to our vendors. ***For The Health Of It*** is presented by: Genesis Healthcare -Twin Rivers, Great Lakes Caring Home Healthcare and Hospice and Defiance County Senior Services. This month we thank: **Our GOLD SPONSORS**

DeTray Chiropractic

Ohioans Home Healthcare

AmeriCare Home Health Services

Bravia Dermatology

Fountain Park Assisted Living & Memory Care

Defiance County Senior Services Auxiliary

Great Lakes Caring Homecare & Hospice

The Meadows of Kalida

Fresenius Kidney Care

Okuley's Pharmacy & Home Medical

**Senior Services will
be closed Tuesday,
July 4th in
observance of
Independence Day.**



Thank you to the many businesses and organizations that volunteer their time and talents for Senior Services, including:

Kingsbury Place

AmeriCare

Genesis - Twin Rivers

Allcaring

NOCAC

Four County Career Center

The Alzheimer Association

Brookview Healthcare Center

Seagate Food Bank

Smith Farms

DeTray Investments

thank you!

Hicksville Happenings - July

Thanks everyone for another successful garage sale! We took in more than \$500.00 to benefit Senior Services through the Hicksville Center.

Trips for Defiance grocery shopping – In order to accommodate our growing requests for medical transports, The Hicksville Center will offer FREE Transportation grocery shopping on Tuesdays and Thursdays at 12:00noon. Please call us by 8:00 am the day of the trip to reserve your seat and why not join us for lunch before your trip?? No reason to go to the store HUNGRY! Time permitting, we will also stop at the Defiance Farmer's Market for some great locally grown fresh produce! Please review our calendar page in this newsletter for exact dates, times, shopping locations and one exception due to the 4th of July holiday. .

Reminder – **Senior Services is closed Tuesday, July 4th** in observance of Independence Day. Enjoy your day as we all wish America **“Happy Birthday”**.

Wednesday, July 5th – 10:00 am ALAN SEIBERT – THE MUSIC MAN WILL BE HERE “LIVE” from 10am until 11am. Join us for great music and a fun time!

Tuesday, July 11th – FOOD FOR YOUR THOUGHT – 10:30 AM – Chief Kirk Stickney, our newly appointed Hicksville police chief will speak with us about **“community policing”**. What is it? How does it benefit YOU!

Also, Tuesday, July 11th – is our Senior's Night Out – to the Defiance Pancake House! A favorite of all who have previously attended. \$5 transportation fee payable the evening of the event. The bus will leave Hicksville at 3:30 pm. Reserve a seat today!

CSFP FOOD COMMODITIES DISTRIBUTION DAY - Wednesday, July 26th

1:00 – 2:30 pm. If you would like to apply and receive 50 pounds of food the 4th Wednesday of the month, give us a call! 419.542.5004.

If you know someone 60 years of age and older who could benefit from any of our programs, let us know. We'll be happy to meet with them and see how we can improve their life with food, fun, referrals to supportive services, or transportation!

HAVE A WONDERFUL SUMMER WITH US!



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

July - Hicksville Center

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
3 12:00 Grocery Shop at Meijer 12:15 - 2:15 Euchre	4 Defiance County Senior Services will be Closed in observance of Independence Day	5 10:00 music with Alan Seibert 12:15 - 2:15 Euchre	6 10:00 Inspire Me! Keeping your COOL this summer! 12:00 - Grocery Shopping at Walmart	7 10:00 Corn hole 11:45 Birthday Celebrations 12:15 - 2:15 Euchre
10 12:15 - 2:15 Euchre	11 10:00 - Food for Your Thought 12:00 Shop at Meijer 12:15 - 2:15 Euchre 3:30 Senior's Night Out - The Pancake House	12 10:00 Senior Soccer 10:30 Coffee & Conversation 12:15 - 2:15 Euchre	13 Double BINGO Day! 10:30 Bingo <i>enjoy a great lunch with us at 11:30am</i> 12:00 Grocery Shop at Walmart 12:30 Bingo	14 10:30 - Music, Singing and Dancing to the Oldies!! 12:15 - 2:15 Euchre
17 12:15 - 2:15 Euchre	18 10:00 - Cards and Games 12:00 Groceries at Meijer 12:15 - 2:15 Euchre	19 10:00 Chair Exercises 12:15 - 2:15 Euchre	20 10:00 Corn Hole 12:30 Inspirational Readings 12:00 Grocery Shop at Walmart 1:00 - 2:00 Bingo with Rhonda from CHP	21 10:30 Puzzle Day 12:15 - 2:15 Euchre
24 12:15 - 2:15 Euchre	25 10:00 - Cards and Games 12:00 Grocery Shop at Meijer 12:30 - Inspirational Readings 1:00 - 2:00 Bingo	26 10:00 Chair Exercises 12:15 - 2:15 - Euchre 1:00 - 2:00 - CSFP Food Commodities pick up	27 10:30 - 11:30 Aggravation 12:30 Inspirational Readings 12:00 - Grocery Shop at Walmart 1:00 - 2:00 Corn Hole	28 10:30 - Music, Singing and Dancing to the Oldies 12:15 - 2:15 Euchre
31 10:00 Grocery Shop at Walmart 12:15 - 2:15 Euchre	Save The Date Ice Cream Social & Band Concert Thursday, August 3rd at the UAW Park in Defiance. Food at 5pm / Music at 6		HOME OF THE FREE BECAUSE OF THE BRAVE	

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

July - DCSS Activities

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 9:30 Cards 10:00 Zumba 12:00 TeleHealth with AmeriCare 12:45 - 1:15 Bingo 3:00 Yoga</p>	<p>4 Defiance County Senior Services will be Closed in observance of Independence Day</p>	<p>5 9:30 Cards 9 - 11 Nail Clinic 10:00 Crafts w/ Andrea 12:30 Nail Clinic 12:30 Kroger's Shop 5 - 8 Open Mic Night</p>	<p>6 9:30 Cards 9:45 Blood Pressures 10:00 Band Stretch 10:00 Zumba 12:30 Shop @ Meijer 12:30 Bingo 1:30 Alzheimer Support Group 3:30 Yoga</p>	<p>7 9:30 Cards 10:00 Tai Chi 11:30 Birthday Lunch</p>
<p>10 9:30 Cards 10:00 Zumba 3:00 Yoga</p>	<p>11 9:45 Aldi's Shop 10:00 Cards 10:00 Tai Chi 10:00 Bible Study 3:30 Yoga</p>	<p>12 9:30 Cards 10:00 Crafts w/ Andrea 10:45 Speaker from Twin Rivers 12:30 Kroger's Shop</p>	<p>13 9:30 Cards 10:00 Zumba 10:00 Band Stretch with Brookview 12:30 Shop @ Meijer 3:30 Yoga</p>	<p>14 9:30 Cards 10:00 Tai Chi</p>
<p>17 9:30 Cards 10:00 Zumba 12:30 Bingo with Kingsbury Place 1:00 Euchre Tourney 3:00 Yoga 6:00 Alzheimer Support</p>	<p>18 9:45 Aldi Shop 10:00 Cards 10:00 Tai Chi 10:00 Bible Study 3:30 Yoga 4:00 Seniors Night Out Mystery Trip!?</p>	<p>19 9:30 Cards 10:00 Crafts w/ Andrea 12:00 Speaker: Virginia Zuniga - HEAP 12:30 Kroger's Shop</p>	<p>20 9:30 Cards 10:00 Zumba 10:00 Band Stretch with Brookview 10:45 Blood Pressures 12:30 Bingo 12:30 Shop @ Meijer 3:30 Yoga</p>	<p>21 9:30 - Cards 10:00 Crafts 10:00 Tai Chi</p>
<p>24 9:30 Cards 10:00 Zumba 10:00 Nails & Tails with Dawn of Genesis 3:00 Yoga</p>	<p>25 9:45 Aldi's Shop 10:00 Cards 10:00 Tai Chi 10:00 Bible Study 3:30 Yoga</p>	<p>26 9:30 Cards 10:00 Crafts w/ Andrea 12:30 Kroger's Shop 1:00 - 2:30 CSFP Commodities Program 5:00 Evening Meal and BINGO!!</p>	<p>27 9:30 Cards 10:00 Zumba 10:00 Band Stretch 12:30 Bingo with Allcaring 12:30 Shop @ Meijer 3:30 Yoga</p>	<p>28 9:30 - Cards 10:00 Crafts 10:00 Tai Chi</p>
<p>31 9:30 Cards 10:00 Zumba 12:30 Bingo with Dawn 3:00 Yoga</p>	<p align="center">Evening Meal - Wednesday, July 26th At 5:00pm - Enjoy Oven Fried Chicken, Mashed Potatoes, Corn, a Side Salad, Fruit Juice and Banana Whip for dessert! YUM!!</p>			

DCSS Bulletin Board - with Dawn 419-782-3233



Monday, July 3rd - Join the good folks from **Americare** at **12:00noon** for **Tele-Health**

Wednesday, July 5th - Join the Gang for **OPEN MIC Night!!** The fun begins at **5:00pm**, so grab your guitar and meet us at the Senior Center.

Thursday, July 6th - At 1:30pm - The Alzheimer Support and Information Group will meet. This confidential support groups welcomes caregivers and those interested in learning more about Alzheimer's Disease and caregiving techniques.

Friday, July 7th - Come celebrate **July Birthdays** in the café at 11:30am!

Monday, July 17th - The Alzheimer Support and Information Group will host it's evening meeting at 6:00pm. We welcome you to this helpful, confidential group.

Tuesday, July 18th - It's our **Senior's Night Out** - we'll leave the Defiance Center at 4:00pm for ?????? Where???? **It's a Mystery Dinner Trip.** Please call Dawn and Kathy to make your reservation after Monday, July 3rd - 419-782-3233.

Wednesday, July 19th - Virginia Zuniga from The Northwestern Ohio Community Action Commission will join us at 12:00 noon in the café to discuss the summer HEAP Program. Don't miss this beneficial program.

Monday, July 24th - Dawn Ludwig from Twin Rivers hosts "Nails and Tales". Visit with Dawn Ludwig at 10:00am to have your nails painted with some fun conversation.

Wednesday, July 26th - **The Food for Seniors Commodities Program (CSFP)** - 1:00 to 2:30pm - Call Ginny for details - 419-782- 3257.

Also on Wednesday, July 26th - It's our **Evening Meal.** We'll begin at **5:00pm** with a delicious meal of Oven Fried Chicken, Mashed Potatoes, Corn, Salad and Banana Whip Dessert. **After supper - Let's play BINGO!!**

We ask a \$5.00 suggested donation per person. Transportation is available, call Dawn and Kathy at 419-782-3233. Pre-sale ticket available after Monday, July 3rd . **Join Us!!**

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 nutrient-rich food.

The next distribution date is Wed., July 26th
1:00pm-2:30 pm

For questions or to apply, please contact **Ginny at 419-782-3257.**

Nutrition News

**Join us for our Evening Meal in July!!
Wednesday, July 26th**

at Defiance Co. Senior Services auditorium.

At 5:00pm - Enjoy Oven Fried Chicken, Mashed Potatoes, Corn, Salad and Banana Whip Dessert

After supper - Let's play BINGO!!

Transportation is available. Pre-sale tickets are available beginning Monday, July 3rd. Contact Dawn or Kathy for reservations or information - 419-782-3233. Join us for the FUN!!!

**Our monthly
Birthday
Celebration**

will be

Friday, July 7th

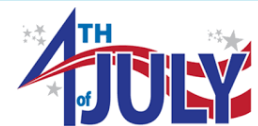
A Happy Birthday
to all of you born
in July.

Thank You!

**We are wasting less food because
of you! Let's keep going.**

Remember to please call Robin when
you will not be home. **419-782-3321.**

Thank you.



Vegetable Blends for July Meals

Fiesta Blend - broccoli, carrots, white beans, kidney beans, garbanzo beans, Italian beans and red bell peppers

Italian Blend - carrots, cauliflower, zucchini, Italian beans, baby lima beans and red bell peppers

Key West - green beans, carrots and red peppers

Mixed Blend - carrots, corn, green beans, peas and baby lima beans

Oriental Blend - green beans, broccoli, onions and mushrooms

Enjoy!

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.

Evening Meals and events may be more. Thank you



Defiance County Senior Services

July Menu 2017

Questions regarding your meal delivery? Please call Robin at 419-782-3321

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 Barbecued Chicken Potato Salad Baked Beans Cherry Crisp nsc= fresh cherries Wheat Rolls</p>	<p>4 Defiance County Senior Services will be Closed in observance of Independence Day</p>	<p>5 Hot Beef Sandwich Mixed Vegetables Mac & Cheese Mixed Fruit Orange Juice Salad Bar</p>	<p>6 Chicken Fajitas Fiesta Blend Vegetables Refried Beans Pears Flour Tortilla</p>	<p>7 Pork Chop & Gravy Mashed Potatoes Asparagus Apple Slices Dinner Roll Birthday Cake ncs= Angel Food Cake</p>
<p>10 Sweet & Sour Chicken over Asian Rice Oriental Blend Vegetables Brussel Sprouts Grape Juice Wheat Bread</p>	<p>11 Brats with Cheese alt= Shredded Beef Sauerkraut Cheesy Potatoes Apple Crisp ncs= Apple Slices with Cinnamon</p>	<p>12 Chef's Salad with Ham & Turkey alt= Turkey only Peaches Crackers Wheat Bread</p>	<p>13 Spaghetti & Meat Sauce Italian Blend Vegetables Mandarin Oranges Garlic Bread</p>	<p>14 Oven Fried Chicken Diced Potatoes Key West Blend Vegetables Tropical Fruit Dinner Roll Cookie ncs= SF Jell-O</p>
<p>17 Dinner Ham with Apple Juice alt = Chicken Gingered Carrots Scalloped Potatoes Raisins Dinner Roll</p>	<p>18 Meat Loaf Cauliflower Squash Apple Dinner Roll Cookie ncs = SF Cookie</p>	<p>19 Chicken Salad Sandwich Potato Salad 3 Bean Salad Ambrosia Salad Salad Bar</p>	<p>20 Tenderloin Patty with Gravy Cauliflower & Onions Mashed Potatoes Apricots Dinner Roll</p>	<p>21 Baked Potato with Cheese, Broccoli and Diced Turkey Apple Juice Bosco Stick Rice Krispy Treat ncs = SF Pudding</p>
<p>24 Chicken Breast with Gravy Red Skin Potatoes Cabbage Applesauce Dinner Roll</p>	<p>25 Turkey & Gravy Sweet Potatoes Corn Bread Dressing Fruit Cocktail Graham Crackers</p>	<p>26 Cheeseburger Mixed Vegetables Tater Tots Melon Salad Bar</p>	<p>27 Chicken and Dumplings over Mashed Potatoes Sweet Peas Tropical Fruit</p>	<p>28 Cheese Pizza Bake Hot Pears French Green Beans Bread Stick Sherbet</p>
<p>31 Beef Tips over Egg Noodles Zucchini Mushrooms & Onions Pineapple Tidbits Wheat Bread</p>	<p style="text-align: center;">Evening Meal - Wednesday, July 26th At 5:00pm - Enjoy Oven Fried Chicken, Mashed Potatoes, Corn, a Side Salad, Fruit Juice and Banana Whip for dessert! YUM!!</p>		<p>“nsc” means that we can provide a dessert with no concentrated sweets added. “SF” means sugar free. To access ingredients, please contact Delinda at 419-783-4813</p>	<p>our rolls and breads are whole wheat unless specified otherwise. Enjoy!</p>