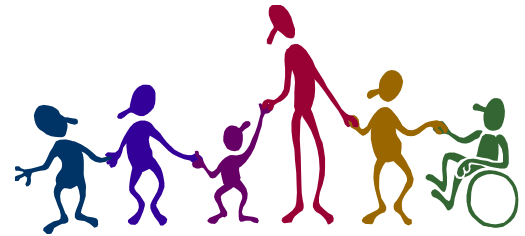


Defiance County Senior Services

Our Times



A Hill of Beans??

When I was at the 98.1 Information event a couple of weeks ago. I was asked if this person's little \$3.00 donation for a meal really made a "hill of beans" in our overall budget.

The answer is a resounding yes - your donations are so important in helping us to provide direct serves and to keep Senior Services strong.

I believe the we have a dedicated staff that works hard and does a fine job. We also have generous funders, who not only give us money, but also set specific rules and regulations on how these funds are used. One of our challenges is to raise funds and accept donations from those of you who participate in the programs. We gladly accept donations for meals and transportation. At the same time, we understand that some people cannot donate. This leaves us in a bit of a situation - we ask for \$3.00 a meal but at this time we receive on average \$1.17 per meal.

We use these funds to put directly back into more meals, more food, more gasoline, more of what it takes to run our Center.

As I said , We understand that there are those of you who cannot donate, but for those of you who can - your donation makes more than " a hill of beans" - It has a mountain of importance. YOU are a key part of why we do what we do and HOW we accomplish our goals. I ask you to please think about what the meal program means to you. Let's not take this these programs for granted, please join us in strong support of Defiance County Senior Services.

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 -

March 2010

Don't Count The Days, Make The Days Count

DCSS - Here to Help

March 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.

Would you like to Volunteer? Call Kathy at 419-782-3233

Notary Services - Available at both Centers

Legal Assistance - Legal Aide offers legal advice each month at The Defiance Center. Please call us at 419-782-3233 to set up an appointment.

**On The Move
with DCSS**

Health Matters

Alzheimer Support - The Alzheimer Support and Information Groups meet at both the Hicksville and Defiance County Senior Services on Thursday, March 4th at 1:30pm. Individual consultations are also available.

Speakers - @ Defiance Center - March 18th on Vision & March 25th on Nutrition.

@ Hicksville Center - March 17th on Nutrition

Please Check Your Calendar for Times

Blood Pressure Readings -

Available several times during the month at both Centers. Check your calendars in this newsletter for days & times

60+ Health Screening at The Senior Centers

Hicksville - March 11th 9:00am

and In Defiance - March 25th 8:30am

Toe Nail Clinic - Defiance Center - Wednesday, March 3rd at 12:30pm

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.

Literature Study

Our Literature Study is reading the Bible. If you enjoy studying the Bible, we invite you to our study program. This wonderful group is multi-denominational. You are welcome regardless of your belief system. We meet each Tuesday at 10:00am at The Defiance Center. Come Share with us!

Looking for Something to do?? Check Us Out!!

The Senior Services Choir meets on Tuesday, March 2nd & 23rd, at 12:30pm at The Defiance Center - Join us and Make a Joyful Noise!!



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 March!!

***Happy
St. Patty's Day!!***

Evening Meals

We have two Evening Events planned in March.

Please join us;

Thursday, March 11th - 5:00pm at The Hicksville Pavilion for a delicious dinner! At 6:00pm, Frank Westfall will provide our musical entertainment. Join Us!

Thursday, March 25th, for our Evening Meal at The Defiance Center at 5:00pm. We'll enjoy a delicious Fish Fry and then bingo afterwards.

***low fat, low sodium
& high flavor!***

Unpredictable March - Be Sure to have Your Frozen Meals in Place

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 make your meal reservation the day prior to your joining us.

**This helps us have adequate food and cut down on waste.
Thanks!!**

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

March 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9:30 Sit down and Dance 10:30 Cards 12:30 Bingo Twin Rivers	2 9:00 Quilting 9:30 Chair Stretch with Twin Rivers 9:45 Shop at Aldi's 10:00 Literature Study 12:30 Choir	3 9:00 Bowling 10:00 Book Club 10:30 Cards 12:30 Shop at Krogers 12:30 Toe Nail Clinic	4 9:00 Water Exer. @ YMCA 9:30 Quilting 10:00 Blood Pressures with Interim 10:30 Cards 12:30 Bingo by Brookview 1:30 Alzheimer Support Group	5 9:30 Chair Exercise 10:00 Defiance Remembers 11:30 Lunch	6 March is National Nutrition Month! Sappy Eating!
7	8 9:30 Sit down and Dance 10:00 Trip to Dollar Tree 12:00 Cards	9 9:00 Quilting 9:30 Chair Stretch with Twin Rivers 9:45 Shop at Aldi's 10 Literature Study 4:00 Seniors Nite Out - Golden Corral	10 9:00 Bowling 10:00 Book Club 10:30 Cards 12:30 Shop at Krogers	11 9:00 Water Ex @ YMCA 9:30 Quilting 10:30 Cards 12:30 Shop at Meijers	12 9:30 Chair Exercise 10:00 Wii Bowling 1:00 - Visit with the Kids	13
14 <i>Spring Forward</i> Daylight Saving Time	15 9:30 Sit Down and Dance 10:00 Cards 1:30 Euchre Tournament	16 9:00 Quilting 9:30 Chair Stretch with Twin Rivers 9:45 Shop at Aldi's 10 Literature Study	17 9:00 Bowling 10:00 Book Club 10:30 Cards 11:30 Enjoy our St. Patrick's Day Party 12:30 Shop at Krogers	18 9:00 Water Ex 9:30 Quilting 10 - Vision Nutrition Speaker -by Interim 12:30 Shop at Wal-Mart	19 9:30 Chair Exercise 10:00 Trivia Trap with Dawn - Fun!! 12:00 Cards	20 March is also Save Your Vision Month
21	22 9:30 Sit down and Dance 10:00 Trip to Dollar General 12:30 Cards	23 9:00 Quilting 9:30 Chair Stretch with Twin Rivers 9:45 Shop at Aldi's 10 Literature Study 12:30 Choir	24 9:00 Bowling 10:00 Book Club 10:30 Cards 12:30 Shop at Krogers	25 8:30 60+ Screen 9:00 Water Exercise 10:30 Extension Nutrition Speaker 12:30 Meijer Shop 5:00 Evening Meal 6:00 Bingo	26 9:30 Chair Exercises 10:00 Wii Bowling 1:00 Visit with the Kids	27
28	29 9:30 Sit down and Dance 10:00 Cards 12:30 Bingo with Senior Center	30 9:00 Quilting 9:30 Chair Stretch with Twin Rivers 9:45 Shop at Aldi's 10 Literature Study	31 9:00 Bowling 10:00 Book Club 10:30 Cards 12:30 Shop at Krogers	Evening Meals - Thursday, March 11th, 5:00PM at The Hicksville Pavilion- Dinner & Music Thursday, March 25th, 5:00PM at The Defiance Center - a delicious Fish Fry and Bingo We hope you can Join Us!!		

The Hicksville
Center

March 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 12:45 Movie	4 8:00 Water Ex & shop at Aldi 10:30 Blood Pressures 12:45 Bingo 1:30 Alzheimer Support Group	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 Com- modities 12:45 Bingo with PV of Edgerton	10 9:00 Bowling 9:30 Deliver Commodities 12:45 Movie	11 8:00 Water Ex & shop at Aldi 9:00 60+ Health Screening 12:45 Bingo 5:00 Evening Meal 6:00 Music with	12 1:00 Euchre	13
14 <i>Spring Forward</i> Daylight Saving Time	15 11 - Chair Exercise 1:00 Euchre	16 12:45 Bingo with Hickory	17 9:00 Bowling 12:00 OSU Extension Speaker 12:45 Movie	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	24 9:00 Bowling 12:45 Movie	25 8:00 Water Ex & shop at Aldi 10:30 Blood Pressure 12:45 Bingo	26 1:00 Euchre	27
28	29 11:00 Chair Exercise 1:00 Euchre	30	31 9:00 Bowling 12:45 Movie 5:00 Seniors Night Out - in Woodburn 7:00 The "Last Supper"	<p>We can help you with your Transportation Needs. Call Us The Hicksville Center 419-542-5004 And Defiance County Senior Services 419-782-3233</p>		

**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,

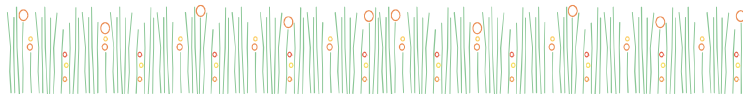
Scotty Shaffer, John Sheets, Tom Sheets, Fred Simmons

and Tom Stuckman

On The Move with Senior Services

Bulletin Board

- Many Thanks to those who have donated to the Renovation Project and Senior Services this past month - Fort Defiance Realty, Evelyn Gibler, The Hicksville School District, First Church of Christ, Dan & Pat Wagner, Marsha Hill, Marilyn Steffens, Clara Zwiebel, Pat Turnbull, JH Tipping and CJ DeCair.
- The former Spencer elementary school teachers also got together and generously donated to the building fund. We thank you all so much for this very touching donation. Those donating included Harold & Jo Anne Lewis, Margaret Johnson, Susi Blank, Sharon Waldron, Deb Randall, Adrea Mouser, Ruth Bowden, Karri Ashbaugh, Marsha & Neal Deniston, Linda Brugler, Lynesa Knick and Christina Schwarzbek. There was also several cash donations as well - Many Thanks!
- Donations are still needed - please consider a tax-deductible donation to make your new Center a reality.



Please join us in paying our final respects to the Pillsbury Doughboy. He passed yesterday of a yeast infection and trauma complications from repeated pokes in the belly.

Dozens of celebrities turned out to pay their respects, including Mrs. Butterworth, Hungry Jack, the California Raisins, Betty Crocker and Captain Crunch. Aunt Jemima delivered the eulogy and lovingly described Doughboy as a man who never knew how much he was kneaded. Doughboy rose quickly in show business, but his later life was filled with turn-overs. He was a very smart cookie, but wasted much of his dough on half-baked schemes. He still was a crusty old man and a positive roll model for millions.....

Doughboy is survived by his wife Play Dough, three children: John Dough, Jane Dough and Dorsey Dough. He is also survived by his father, Pop Tart. The funeral was held at 3:50 for about 20 minutes.

PUT A SMILE ON YOUR FACE TODAY :)

March 2010

Defiance County Senior Services

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 <u>Women's History Month</u></p> <p>Hamburger Gravy Mashed Potatoes Green Beans Blueberry Muffin Grape Juice</p>	<p>2</p> <p>Chili Tossed Salad with Dressing Golden Cornbread Mixed Fruit</p>	<p>3</p> <p>Baked Ham (Chicken-LS Alt) Stuffing Mixed Vegetables Whole Wheat Bread Applesauce</p>	<p>4</p> <p>Creamy Chicken Sandwich on a Bun Potato Salad Carrot Coins Citrus Sections</p>	<p>5 <u>Nutrition Month</u></p> <p>Baked Fish Peas and Pearl Onions Apple Juice Baked Yams Bran Muffin Birthday Cake</p>
<p>8</p> <p>Baked Pork Chop Roasted Potatoes and Carrots Baked Beans Whole Wheat Bread Apricots</p>	<p>9</p> <p>Grilled Chicken Green Beans Whole Wheat Bread Baked Potato Grape Juice</p>	<p>10</p> <p>Country Fried Steak Mashed Potatoes Broccoli Whole Wheat Roll Peaches</p>	<p>11</p> <p>Roast Turkey Dressing Mixed Greens Salad Beets Whole Wheat Bread Cranberry Salad</p>	<p>12</p> <p>Tuna and Noodle Casserole Peas 7 Layer Salad Fresh Apple Whole Wheat Roll</p>
<p>15</p> <p>Oven Fried Chicken Mashed Potatoes with Gravy Carrots Whole Wheat Roll Pineapple Tidbits</p>	<p>16</p> <p>Taco Salad Golden Cornbread Tropical Fruit Salad</p>	<p>17 <u>St. Patrick's Day</u></p> <p>Irish Corned Beef Dinner (Baked Cod-LS Alt) Fruit Salad Whole Wheat Bread Pistachio Pudding</p>	<p>18</p> <p>Herb Pork Loin Broccoli Red Skin Potatoes Bread Stick Applesauce Graham Crackers</p>	<p>19 <u>Save Your Vision</u></p> <p>Baked Fish Sandwich Spinach Salad Macaroni & Cheese Orange Juice</p>
<p>22</p> <p>Chef Salad Ambrosia Salad Blueberry Muffin Cookie</p>	<p>23 <u>Diabetes Alert Day</u></p> <p>Baked Chicken Green Beans Diced Potatoes Whole Wheat Bread Mandarin Oranges</p>	<p>24</p> <p>Sausage Gravy Hard Boiled Egg (LS Alt-Hamburger Gravy) Buttermilk Biscuit Seasoned Diced Tomatoes Grape Juice</p>	<p>25 <u>March Madness</u></p> <p>Spaghetti with Meatballs Corn Warm Garlic Bread Bananas</p>	<p>26</p> <p>Buttermilk Pancakes with Mixed Berries Cheesy Egg Omelet Golden Hash Browns Orange Juice</p>
<p>29</p> <p>Chicken Pot Pie Mashed Potatoes Whole Wheat Bread Fruit Cocktail</p>	<p>30</p> <p>Sloppy Joes on a Bun Buttered Corn Vegetable Soup Peaches</p>	<p>31</p> <p>Barbeque Chicken Diced Potatoes Broccoli Salad Whole Wheat Roll Mandarin Oranges</p>	<p>LS Alt=Low Sodium Alternate LF Alt=Low Fat Alternate (These must be ordered ahead)</p>	<p>To access meal ingredients, contact us at 419-782-3321</p> <p>Menus subject to changes in accordance with food availability</p>

Defiance County Senior Services - March Highlights

We have two Evening Events planned in March.

Please join us; Thursday, March 11th - 5:00pm at The Hicksville Pavilion for a delicious dinner! At 6:00pm, Frank Westfall will provide our musical entertainment. Join Us!

Thursday, March 25th, for our Evening Meal at The Defiance Center at 5:00pm. We'll enjoy a Fish Fry. Yummy!



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

Weekly Activities - at a Glance

Defiance Center

Monday - Sit Down & Dance, Bingo - 1st & 29th

Tuesday - Bible Study, Chair Exercises, Choir - 2nd & 23rd, Seniors Night Out - 9th

Wed - Bowling, Book Club, Shop at Krogers

Thurs - Water Exercise, Blood Pressures - 4th, 60+ Health - 25th, Speakers - 18th & 25th, Evening Meal - 25th, Alzheimer Support - 4th

Friday - Chair Exercise, Trivia - 19th, Wii Bowling - 12th & 26th, Visit with the kids - 12th & 26th

Hicksville Center

Monday - Chair Exercise, Euchre

Tuesday - Bingo, Breakfast out - 9th

Wed - Bowling, Movie, Nutrition Speaker - 17th, Senior's Night Out - 31st

Thurs - Water Exercise, Blood Pressures, Bingo, Evening Meal - 11th, Mystery Lunch - 18th, Alzheimer Support Group - 4th.

Friday - Euchre

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

Please Mark Your Calendar: FREE

Tax Assistance Available through the AARP - Call Kathy at Defiance County Senior Services for 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 Thursday, March 4th at 1:30pm. Individual consultations and information is also available.

Speakers - @ Defiance Center - March 18th on your Vision & March 25th on Nutrition

@ Hicksville Center - March 17th - on Nutrition

Blood Pressure Readings -

For Defiance Area - Thurs, March 4th - 10am
The Hicksville Area - Each Thursday at 10:30

60+ Health Screening -

Hicksville - Thursday, March 11th, 9:00am,

Defiance - Thurs., March 25th 8:30am

Toe Nail Clinic -

At The Defiance Center - Wed., March 3rd at 12:30pm

Coming in June

DCSS Auxiliary Trip

The Spirit of America with Ron Ritzer and Mark Statler

Monday, June 28, 2010 in Plain City, Ohio

Call for reservations or details 419-439-0194