

Our Times

Defiance County Senior Services

March 2011



St. Patrick's Day Celebration



Join us Thursday, March 17th at 5:00pm, as Defiance County Senior Services hosts an Evening meal to celebrate St. Patrick's Day! We will be serving an Irish Corn Beef Dinner.

Beginning at 6:30pm, we'll enjoy the musical entertainment of The Happy Daz Duo.

We ask suggested \$5.00 donation for the meal.

Please call Delinda 419-782-3321 or Kathy 782-3233 to make you reservation.



Legal Aide Series Project

Becky Steinhauser with Legal Aid will be at Defiance County Senior Services on Thursday, April 7th at 12:45 for a presentation on health care power of attorney and living wills.

Then the pro bono project of legal Aid of Western Ohio will be at Defiance County Senior Seniors at 10:00am on Wednesday, May 11th to assist us with completing health care power of attorneys and living wills.

A healthcare power of attorney is a medical decision-making document that allows you to appoint a trusted person to make health care decisions on your behalf in the event you are either physically or mentally incompetent to make your own decisions.

A living will is a document that allows you to formalize your wishes regarding whether or not you would like to receive life support in the event you are permanently unconscious or in a terminal condition.

All documents will be prepared on site and you can take them home the same day. There will be no cost to you for these services. Interested individuals must be at least 60 years old and can sign-up by calling Kathy at 419-782-3233.

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

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**The new address at the Defiance County Senior Services is
140 Broadway Defiance Ohio 43512.**

DCSS - Here to Help

March 2011

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. We suggest a donation of \$1.00 per mile. Your donations are greatly appreciated.

Notary Services - Available at both Centers

Legal Assistance - There is **NO** legal Aide for the Month of March.

Health Matters

Alzheimer Support - The Alzheimer Support and Information Groups will meet at both the Hicksville and Defiance County Senior Services on Thurs., March 3rd at 1:30pm. Individual consultations are also available.

Speakers:

@ Defiance Center -

March 8th . 10am - Amy Struble speaking on the Bark & Run Dog Park

March 9th . 10:45am - Twin Rivers on One Step, Two Change+

March 15th - 1:00pm Randy Buchman

March 17th - 10:30am Jeff from Active Mobility Chairs

March 21st - 10:30am Ameri-Care Speaker about the services they provide.

@ Hicksville Center -

March 2nd - Vicki from EOE

March 16th - Peggy from Dream Haven

Blood Pressures:

At The Hicksville Senior Center -

Blood Pressures will be Thursday, March 3rd, at 10:30am

Thursday, March 10th, 9:00am to 11:00am

Thursday, March 17th and 24th at 10:30am.

Toe Nail Clinic

Wednesday, March 2nd
at The Defiance Center
Please call Dawn for an appointment
419-782-3233

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 Sheri or Ginny.

A Healthy You

We all know that exercise and good nutrition are very important to our overall health. At Defiance County Senior Services, we try to provide a variety of fun and challenging ways to keep you active and knowledgeable about Health Matters. If you have any ideas on exercise or health matter, please contact Dawn at 419-782-3233.

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 will be
celebrated on March 4th
Happy Birthday to all!!



Evening Meals

Thursday, March 3rd . Join us at the Hicksville Pavilion for a delicious Meat Loaf evening meal starting at 5:00pm. Ed McDowell will be our Musical entertainment for the evening.

Thursday March 17th - Come celebrate St. Patrick's Day and enjoy an Irish Corn Beef Dinner at The Defiance Center. The fun will start at 5:00pm. After dinner we'll listen to music by the **Happy Daz Duo**.

The meal is a suggested \$5.00 donation for the evening. You'll have a great time on St. Patrick's Day with Defiance County Senior Services and that's no blarney!

Have you tried our Soup and Salad Bar? Join us at Defiance County Senior Services on Wednesdays and Fridays - 11:30pm to 1:00pm to enjoy a nutritious side salad and delicious homemade soup. So Good and good for you!

A Friendly Reminder

Please call in your reservations for Lunch.

This would be greatly appreciated and helps us cut down on waste.

Please call Delinda 419-782-3321 or Kathy at 419-782-3233.

Happy 
St. Patrick's Day

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

Menus subject to change with food availability.
Reduced Fat, Reduced Sodium, High Flavor
Frozen Meals are also available at Your Senior
Center

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

Monday	Tuesday	Wednesday	Thursday	Friday
	1 9– Quilting 9:30 Chair Stretches 9:45 Audi's 10– Bible Study 10:30 Cards 12:30 Choir 3:30-4:30 Yoga with Sue	2 9-Bowling 10-Reader's Group 10:30 Cards 12:30 Shop at Kroger's 12:30 Toe Nail Clinic	3 9:30 Quilting 10:00 Zumba 10:30 Cards 12:30 Shop at Meijer's 12:30 Bingo by Brookview 1:30 Alzheimer's Group 3:30-4:30 Yoga with Sue	4 9:30 Chair Ex 10-Defiance Remembers 10:30 Crafts/Cards 11:30-1pm Birthday Lunch 12:00– The Laurels Of Defiance Bell Choir will be performing for us!
7 9:30– Sit down dancing 10-Cards 12:30 Bingo by Twin Rivers	8 9-Quilting 9:30-Chair Stretches 9:45 Shop at Audi's 10-Bible Study 10-Bark & Run Dog Park 10:30– Cards 3:30-4:30 Yoga with Sue Fat Tuesday	9 9-Bowling 10-Reader's Group 10:45 Speaker from Twin Rivers 12:30 Shop at Kroger's 12:30 Toe Nail Clinic Ash Wednesday	10 9:30 Quilting 10:00 Zumba 10:30 cards 12:30 Shop at Meijer's 12:30 Bingo by Kingsbury House 3:30-4:30 Yoga with Sue	11 9:30 Chair Ex 10-1pm Crafts 10:30 Cards
14 9:30 Sit down dancing 10– Trip to Dollar Tree 12:30 Bingo by Ameri-Care	15 9-Quilting 9:30 Chair Stretches 9:45 Shop at Audi's 10-Bible Study 10:30 Cards 3:30- Yoga with Sue 1:00 Speaker Randy Buchman	16 9– Bowling 10-Reader's group 10:30 Cards 12:30 Shop at Kroger's	17 Happy St. Patrick's Day 9:30 Quilting 10:00 Zumba 10:30 speaker from Active Mobility 12:30 Shop at Meijer's 3:30-4:30 Yoga with Sue 5pm Def Evening Meal 6:30pm Happy Daz Duo	18 9:30 Chair Ex 10-1 Crafts 10:30– Cards
21 9:30-Sit down dancing 10– Cards 10:30 Ameri-Care Speaker 1:30 Euchre Tournament	22 9– Quilting 9:30 Chair Stretches 9:45 Shop at Audi's 10-Bible Study 12:30 Choir 4:00 Senior's Nite out to Cracker Barrel 3:30– 4:30 Yoga with	23 24 9-Bowling 10-Reader's Group 10:30 Cards 12:30 Shop at Kroger's	24 9:30 Quilting 10:00 Zumba 10:30 Cards 12:30 Shop at Meijer's 3:30-4:30– Yoga with Sue	25 9:30 Chair Ex 10-1pm Crafts 10:30 Cards
28 9:30 Sit down Dancing 10-Trip to Dollar Store 12:30– Bingo by Senior Center	29 9– Quilting 9:30 Chair Stretches 10-Bible Study 10:30 Cards 3:30– 4:30 Yoga with Sue	30 9– Bowling 10-Reader's Group 10:30 Cards 12:30 Shop at Kroger's 5-8pm Game Nite	31 9:30 Quilting 10:00 Zumba 10:30 Cards 12:30 Shop at Meijer's 3:30-4:30 Yoga with Sue	<i>Join Paul and Dick Boff in the reflection room during Bible Study on March 8th to better understand the significance of Fat (Shrove) Tuesday.</i>

March 2011

For more Info call Pat 419-542-5004

Monday	Tuesday	Wednesday	Thursday	Friday
HICKS VILLE CENTER	1 10- Wii Bowling 11- Sit down dancing 12:45 Bingo by Okuley's Pharmacy	2 9-Bowling 10-Wii Bowling 11-Sit down dancing 12:00 Speaker Vicki Griffith on good health 12:45 Karaoke with Ed	3 8:00 Shopping 10-Wii Bowling 10:30 Blood Press. 11- Sit down dancing 12:45 Bingo 1:30 Alzheimer's Group 5pm - Evening Meal & music with Ed McDowell	4 10- Wii Bowling 11- Sit down dancing 12-Birthday Lunch 12:45 Euchre
	7 10:00 Wii Bowling 11- Sit down dancing 12:45 Euchre	8 7:30 Breakfast & Wal-Mart 9-Pack Comm. 10-Wii Bowling 11-Sit down Dancing 12:45 Bingo by America Fat Tuesday	9 9:00 Bowling 9- Deliver Comm. 10- Wii Bowling 11- Sit Down dancing 12:45 Karaoke with Ed Ash Wednesday	10 9-11 Blood Pressures by Health Dept. 10- Wii Bowling 11- Sit down dancing 12:45 Bingo by Visiting Nurses
14 14 10:00 Wii Bowling 11-Sit down Dancing 12:45 Euchre	15 10- Wii Bowling 11- Mystery Lunch 12:45 Bingo by Hickory Creek	16 9- Bowling 10-Wii Bowling 11- Sit down dancing Speaker Peggy Sines from Dream Haven 12:45 Karaoke by Ed	17 8:00 Shopping 10- Wii bowling 10:30 Blood Pressures 11- Sit down dancing 12:00 St. Patty's Lunch 12:45 Bingo	18 10:00 Wii Bowling 11- Sit down dancing 12:45 Euchre
21 10:00 Wii Bowling 11- Sit down dancing 12:45 Euchre	22 10- Wii Bowling 11- Sit down Dancing 12:45 Bingo by Manor House	23 9:00 Bowling 10 Wii Bowling 11- Sit Down dancing 12:45 Karaoke by Ed	24 10- Wii Bowling 10:30 Blood Pressures 11:00 Sit Down Dancing 12:45 Bingo by Kingsbury House 5:00 Senior's Night Out to Cosmos in Defiance	25 10:00 Wii Bowling 11- Sit down dancing 12:45 Euchre
28 10:00 Wii Bowling 11- Sit down dancing 12:45 Euchre	29 10- Wii Bowling 11- Sit down Dancing 12:45 Bingo	30 9:00 Bowling 10 Wii Bowling 11- Sit Down dancing 12:45 Karaoke by Ed	31 10- Wii Bowling 10:30 Blood Pressures 11:00 Sit Down Dancing 12:45 Bingo	

DCSS Bulletin Board

The Randy Buchman History Lecture Series

Randy left us last time with an understanding of some of the Indian tribes of this area and their relationship to one another and the uses of swampy land in the mid to late 1700s. Did you know that native Americans visit the Defiance area yearly and consider this their homeland? Sound interesting? Don't miss the next lecture from Randy Buchman as we discuss the history of the prisoner of war camps in our area. We'll meet on Tuesday, March 15th from 1:00 to 1:45pm in the reflection room at the Defiance Center.

Choir Director Needed

Looking for a special person or persons, who would be interested in directing our Senior Choir here at the Defiance Senior Center. Call Dawn at 419-782-3233.



Make a Joyful Noise!!

Bible Study Group



Looking for an interesting way to discuss your Bible? Come and join us at the Defiance Senior Center. Paul and Dick Boff are leading our Bible Study group. We meet each Tuesday at 10:00am - Let your little light shine!

FYI

The Defiance County Senior Services no longer has an #888 number. To call our Centers, please dial 419-782-3233 for Defiance County Senior Services and 419-542-5004 for the Hicksville area.

AARP Tax Aide- The Defiance Senior Center is hosting AARP Aides to help prepare and file tax returns, from February 1 through April 14th. There is NO charge for this service, no age limit and you do not have to be a member of AARP. For your appointments and information, call Kathy at 419-782-3233.

Zumba Update

ZUMBZA IS BACK - we'll resume our Zumba classes on Thursdays at 10:00am. Come join us and meet our new instructor - Sandy. Our wonderful Zumba instructor, Becky has to have knee surgery and will be out temporarily.

We wish Becky all the best on her surgery, and hope for a speedy and complete recovery.

March 2011

To access ingredient content, please call Delinda at 419- 782-3321

Monday	Tuesday	Wednesday	Thursday	Friday
<p>LS Alt= Low Sodium Alternate LF Alt= Low Fat Alternate (These items must be ordered ahead) Menus may change to availability</p>	<p>1 Women's History Peppy Pepper Steak Over Divine Rice Maui Blend Vegetables Whole Wheat bread Blushing Pear</p>	<p>2 Beef Burrito Refried Beans Spanish Rice Tropical fruit</p>	<p>3 Chicken Salad on Bun Potato Salad Carrot Salad Citrus Sections</p>	<p>4 Roast Beef Mashed Potatoes Green Beans Pineapple Birthday Cake</p>
<p>7 Chicken Green Beans Diced Tomatoes Garlic Bread Grape Juice</p>	<p>8 Fat Tuesday Stuffed Cabbage Roll Buttered Noodles Carrot Coins Pineapple Tidbits Cake Doughnut</p>	<p>9 Ash Wednesday Tuna Melt Buttered Corn Broccoli and Onions Au Gratin Fresh Gala Apple</p>	<p>10 Meat Loaf Roasted Potatoes Spinach Whole Wheat Roll Apricots</p>	<p>11 Fish Patty Creamed peas and Onions Orange Baked Red Yams Plums Whole Wheat Bread</p>
<p>14 Oven Fried Chicken Mashed Potatoes w/ Gravy Brussels Sprouts Whole Wheat Roll Fruit Cocktail</p>	<p>15 Taco Salad Golden Corn Ambrosia Salad</p>	<p>16 Baked Ham (Chicken-LS Alt) Stuffing Sweet Potatoes Mixed Vegetables Whole Wheat Bread Applesauce</p>	<p>17 St. Patrick's Day Irish Beef Stew Dinner Cole Slaw Mandarin Oranges Biscuits Leprechaun Pistachio Pudding</p>	<p>18 Baked Fish Buttered Squash Green Beans Apple Sauce Wheat Bread</p>
<p>21 Sloppy Joes on a Bun Buttered Corn Baked Beans Peaches</p>	<p>22 Country Fried Steak Mashed Potatoes California Blend Vegetables Whole Wheat Roll Saucy Prunes and Peaches</p>	<p>23 Diabetes Alert Day Herb Baked Chicken Pinto Beans Baked Italian Vegetables Whole Wheat Bread Mandarin Oranges</p>	<p>24 Cheesy Scrambled Eggs Pancake w/ Mixed Berries Golden hash browns Orange Juice</p>	<p>25 Fish Sandwich Tomato Soup Peachy Cherry Sauce Crackers</p>
<p>28 March Madness Spaghetti w/ Meatballs Green Beans Warm Garlic Bread Apple Sauce</p> 	<p>29 Chicken Pot Pie Mashed Potatoes Bread Dressing Tropical Fruit Cocktail</p>	<p>30 Herb Pork Loin Broccoli Red Skin Potatoes Wheat bread Pineapple Tidbits Graham Crackers</p>	<p>31 Roast Turkey Rice Pilaf Mixed greens Salad Beets Whole Wheat Bread Cranberry Salad</p>	<p>Soup & Salad Bar Wednesdays and Fridays At The Defiance County Senior Services Café 11:30am to 1:00pm</p>

Defiance County Senior Services - March Activity Highlights

Do you like to Sew?

Looking for a special project? The Sherwood UMC Mission Circle School Kit Project supplies filled book bags for low income kids in the US and in third world countries. They are looking for people to sew the school bags. We have a very simple pattern to follow. The mission circle then fills the bags with school supplies. For more information on this very worthwhile project, please contact Linda Bennett at 419-899-3868.



Defiance County Senior Center

Mondays -

Sit Down & Dance weekly - 9:30am
Bingo - March 7th, 14th and 28th
Trip to Dollar Store March. 14th, and the 28th
Euchre Tournament - March 21st at 1:30
Speaker from Ameri-Care - March 21st at 10:30am

Tuesdays -

Chair Exercise by Twin Rivers - 9:30am - weekly
Bible Study - 10:00am - weekly
Yoga Classes with Sue 3:30pm - 4:30pm
Choir - March 1st and 22nd at 12:30pm.

Speaker Randy Buchman - March 15th on POW Camps in our area

Senior's Nite Out — March 22nd to the Cracker Barrel in Ft. Wayne

Wednesdays -

Bowling - 9:00am - weekly
Book Club at 10:00 - weekly
Kroger shopping at 12:30pm - weekly
Toe Nail Clinic - March 2nd - 12:30 by appointment only, call Dawn at 419-782-3233.
Speaker - March 9th. from Twin Rivers - the topic - One step, Two Change+
Game Night at the Center - March 30th - 5-8pm.

Thursdays -

Zumba is BACK - Thursdays at 10:00am

Yoga with Sue - 3:30pm - 4:30pm
Alzheimer's Support Group - March 3rd - 1:30pm.
Bingo. March. 3rd, 10th, 12:30
Speaker - March 17th. Jeff from Active Mobility will be speaking about and displaying a Mobility chair.

St. Patrick's Day Celebration! March 17th - Enjoy our meal at 5:00pm and Music by Happy Daz Dou from 6:30-7:30pm

Fridays-

Every Friday - Join Us for Crafts!

Chair Exercises - 9:30am - weekly
Defiance Remembers - March 4th - 10:00am
The Laurel's of Defiance Bell Choir will be playing for us in the Auditorium. Join us March 4th . 12:00 noon.

Hicksville Center

Mondays -

Wii Bowling weekly - 10:00am
Sit Down Dancing - 11am (New Program)
Euchre - 12:45 weekly

Tuesdays -

Wii Bowling - 10am
Sit Down Dancing - 11am
Bingo - 12:45pm weekly
Breakfast and Shop at Wal-Mart - March 8th
Pack Commodities - March 8th - 9:00am
Mystery Lunch - March 15th - 11:00am

Wednesdays -

Bowling - 9:00am - weekly
Wii Bowling - weekly - 10:00am
Sit Down Dancing - weekly - 11am
Karaoke with Ed - 12:45pm weekly,
Deliver Commodities - March 9th - 9:30am
Speaker - March 2nd - 12:00 - Vicki on your health
Speaker - March 16th - 12:00 Peggy from Dream Haven

Thursdays -

Wii Bowling - weekly - 10:00am
Sit Down Dancing - weekly - 11am
Bingo - 12:45pm - weekly
Blood Pressures - weekly - 10:30am
Alzheimer's Support Group - March 3rd - 1:30pm
Evening Meal - March 3rd - A Meat Loaf Dinner with musical entertainment from Ed McDowell!!!
St Patty's Lunch & giveaway - March 17th
Senior's Nite Out to Cosmos - March 24th - 5pm

Fridays -

Wii Bowling weekly - 10am
Sit Down Dancing - weekly - 11am
Euchre - weekly - 12:45pm
Birthday Lunch - March 4th