

**Defiance
County
Senior
Services**

Our Times

Happy Senior's Month!

**May
2017**

Come celebrate with us at

The Senior Prom

Wednesday, May 17th

at The Defiance Eagles

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

4:00pm - doors open at the Defiance Eagles

Enjoy a delicious dinner:

Baked Spaghetti

French Style Green Beans

Broccoli Salad

Red Pears

Bread Stick with sauce

Chocolate Mousse

6:00pm - enjoy an evening of entertainment with door prizes and *The All Night Posse*.

We ask a \$5.00 suggested donation per person for the meal, entertainment and door prizes. Transportation is available and

pre-sale tickets are on sale.

Please contact Dawn or Kathy
for reservations or information

419-782-3233.



Shine On, Seniors!!!!

Healthy You!

The Alzheimer Support Groups

Our meetings will be held:

**Thursday, May 4th at 1:30pm and
Monday, May 15th 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, May 3rd

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. Please call Dawn at 419-782-3233 to set your appointment time.

For The Health Of It

At Defiance County Senior Services 140 E Broadway Ave in Defiance

May 9, 2017 9am-1pm

Our Speakers will be: **Ginny Wiseman - Sheri Schliesser RN**

Music and Memorysm

Discover an innovative approach to dementia care to help people with Alzheimer's Disease or dementia connect to the world around them.



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
Wednesday, May 24th
1:00 pm -2:30 pm**

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

Thank you AARP Tax Team!

We want to say a BIG thank you to Rick Musser, Bob Hasch, Ellen Jackman, Paul Heddaeus and Dorothy Smith for preparing **700 tax forms** through the AARP Tax Assistance Program. What a wonderful service to our community!

Hicksville Happenings - May

Thursday, May 4th – BRING A SENIOR FRIEND for lunch! Introduce someone you know who is age 60 and over (who hasn't been at one of our centers in the past three months) and we'll give you a coupon for a FREE lunch! Just give us a call by 8:00 am the morning of the 4th and we'll see that LUNCH IS SERVED AND that everyone has plenty of fun and laughs!

Friday, May 5th – INSPIRE ME series continues. "What my children have taught me!" – 10:00 am.

Tuesday, May 9th – "FOR THE HEALTH OF IT" – Senior Health Fair at Defiance center 9:00 am to 1:00 pm. See various vendors with services and ideas for seniors and happy living. See Linda for bus transportation to this event. *No tickets required – it's all free.* Food will be available for sampling from various care facilities in the area! Check it out! *(The Hicksville center will be open regular hours and serve a congregate lunch if you choose not to attend the health fair.)*

Thursday, May 11th – Plate Painting 10:00 am – it's free! We'll supply the plates and paint – you supply the creativity!

Wednesday, May 17th – IT'S PROM TIME! Get yourself ready for an evening of food, dancing and a special time! See Linda for your tickets and transportation reservation. ***As a special treat... WE'LL BE DOING MAKEOVERS AT THE HICKSVILLE CENTER.*** Be sure you reserve your spot for a morning session of glamour and beauty!

Wednesday, May 24th – SENIOR FOOD BOX DISTRIBUTION – 1:00 – 2:30 pm. If you aren't participating now, give us a call and we'll help you get started! In Hicksville, you may contact Linda at 419.542.5004 or in person at the center or Ginny at the Defiance center (419-782-3257).

Friday, May 26th – Kick off the long Memorial Day weekend with "Inspire Me" (10:00 am) and a root beer float at 12:30 pm! We'll be closed Monday, May 29th in observance of Memorial Day. Join us again on Tuesday, May 30th at 8:00 am in Hicksville!

**It's coming Friday, June 2nd – 9am – 2pm
& Saturday, June 3rd – 9am - Noon**

Many great items - all for your donations. There will be a few established prices. All proceeds will benefit senior activities at the Hicksville center. To donate or volunteer, please contact Linda at 419.542.5004.



MAY GROCERY SHOPPING SCHEDULE

All trips will be to stores located in Defiance on Mondays. Transportation will begin at 10:00 am. Call the center to reserve your seat!



May 1 st	Walmart
May 8 th	Big Lots
May 15 th	Meijer
May 22 nd	Kroger

The PUCO reminds us to Call 8-1-1 before you dig.

Ohio law requires that anyone planning a digging project call at least 48 hours before digging. You will tell the operator what type of work you will be doing and they will notify affected local utilities companies. Within a few days, these folks will mark the approximate location of your underground lines, pipes and cables, so you can dig safely. 8-1-1 - it's the law.



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

May - Hicksville Center

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<p>1 9:00 Grocery Shop at Walmart</p> <p>12:15 - 2:30 Euchre</p>	<p>2 10:00 Puzzles and Word Search</p> <p>12:15 - 2:30 Euchre</p>	<p>3 10:00 Boot Scootin Boogy with Jen!!</p> <p>12:15 - 2:30 Euchre 2:30 Transportation to Defiance Center for Open Mic</p>	<p>4 10:30 - 11:30 White Elephant Bingo 11:30 Bring a friend to lunch</p> <p>12:30 -1:30 Corn Hole</p>	<p>5 Inspire Me! "What my children have taught me!" 11:45 May Birthday Celebration</p> <p>12:15 - 2:30 Euchre</p>
<p>8 9:30 Grocery Shop at Big Lots</p> <p>12:15 - 2:30 Euchre</p>	<p>9 9am - 1pm For The Health Of It Senior Health Fair in Defiance</p> <p>Senior's Choice of activities at the Hicksville Center 12:15 - 2:30 Euchre</p>	<p>10 10:30 Seniors Soccer</p> <p>12:15 - 2:30 Euchre</p>	<p>11 10:00 Crafts Plate Painting </p> <p>10:30 - 11:30 Skipbo 12:30 - 2:00 Bingo</p>	<p>12 7:30 Rides begin for the Senior / Volunteer brunch at HEVS at 9:00am 2:15 - 2:30 Euchre</p> <p> Sunday, May 14th</p>
<p>15 9:30 Grocery Shop at Meijer</p> <p>12:15 - 2:30 Euchre</p>	<p>16 10:00 Corn Hole</p> <p>12:15 - 2:30 Euchre</p>	<p>17 10:00 Cards & Games MAKEOVERS For The Prom! 12:15 - 2:15 Euchre 2:30 leave for the Senior Prom 5:00 Prom</p>	<p>18 10:00 Chair Exercise</p> <p>1:00 - 2:00 Bingo with CHP</p>	<p>19 10:30 Dancing to the Oldies 12:15 - 2:30 Euchre</p>
<p>22 10:00 Grocery Shop at Krogers</p> <p>12:15 - 2:30 Euchre</p>	<p>23 10:00 Chair Exercise</p> <p>1:00 - 2:00 BINGO with Vancrest</p> <p></p>	<p>24 10:00 Coffee & Conversation</p> <p>12:15 - 2:30 Euchre</p> <p>1:00 - 2:30 Senior Food Commodities Distribution</p>	<p>25 10:30 - 11:00 Blood Pressure Checks</p> <p>12:30 - 2:00 Bingo</p>	<p>26 10:00 Inspire Me!</p> <p>ROOTBEER FLOATS AFTER LUNCH!</p> <p>12:15- 2:30 Euchre</p>
<p>29 Defiance County Senior Services Closed in observance of Memorial Day</p>	<p>30 10:00 Chair Exercise</p> <p>1:00 - 2:00 Bingo</p>	<p>31 10:00 Adult Coloring 12:15 - 2:30 Euchre</p>	<p>June 2nd & 3rd Garage Sale at The Hicksville Center</p>	

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

May - DCSS Activities

Monday	Tuesday	Wednesday	Thursday	Friday
1 9:30 Cards 10:00 Zumba 12:00 Tele-Health by AmeriCare 12:45 - 1:15 -Bingo 3:00 Yoga	2 9:45 Aldi's Shop 10:00 Cards 10:00 Tai Chi 10:00 Bible Study 3:30 Yoga	3 9:00 - 10:45 - Nail Clinic 930 Cards 10:00 Crafts w/ Andrea 12:30 Kroger's Shop 12:30 - 2:15 Nail Clinic 5:00 - 8:00 Open Mic	4 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 3:30 Yoga	5 9:30 Cards 10:00 Tai Chi 11:30 Birthday Lunch 11:30 Music with Kim Tracey
8 9:30 Cards 10:00 Zumba No Yoga Today	9 9:00am - 1:00pm The "For The Health Of It" Senior Health Fair 3:30 Yoga	10 9:30 Cards 10:00Crafts w/ Andrea 10:45 Speaker from Twin Rivers 12:30 Kroger's Shop	11 9:30 Cards 10:00 Zumba 10:00 Band Stretch with Brookview 12:30 Shop @ Meijer 3:30 Yoga	12 9:30 - 2:00 Card Club Party!  Sunday, May 14
15 9:30 Cards 10:00 Zumba 12:30 Bingo with Kingsbury Place 1:00 Euchre Tournament 3:00 Yoga 6:00 Alzheimer Support Group	16 9:45 Aldi Shop 10:00 Cards 10:00 Tai Chi 10:00 Bible Study 3:30 Yoga	17 9:30 Cards 10:00Crafts w/ Andrea 12:30 Kroger's Shop 4:00pm - 8:30pm The Senior Prom	18 9:30 Cards 10:00 Zumba 10:00 Band Stretch 10:45 Blood Pressures 12:30 Bingo 12:30 Shop @ Meijer 3:30 Yoga	19 9:30 Cards 10:00 Crafts 10:00 Tai Chi
22 9:30 Cards 10:00 Zumba 12:30 Nails & Tails with Twin Rivers 12:30 Bingo with Senior Center 3:00 Yoga	23 9:45 Aldi's Shop 10:00 Cards 10:00 Tai Chi 10:00 Bible Study 3:30 Yoga 4:00 Senior's Night Out to The Log Cabin 	24 9:30 Cards 10:00 Crafts w/ Andrea 10:00 Hearing Aid Check Up 12:30 Kroger's Shop 1:00 - 2:30 CSFP - Senior Commodities Food Box Pick Up	25 9:30 Cards 10:00 Zumba 10:00 Band Stretch 12:30 Shop @ Meijer 12:30 Bingo with Allcaring 3:30 Yoga	26 9:30 Cards 10:00 Crafts 10:00 Tai Chi
29 Defiance County Senior Services will be closed in observance of Memorial Day	30 9:45 Aldi's Shop 10:00 Cards 10:00 Bible Study 10:00 Tai Chi No Yoga Today	31 9:30 Cards 10:00Crafts w/ Andrea 12:30 Kroger's Shop	Wednesday, May 17th Our Senior Prom 4pm - 8:30pm at The Defiance Eagles Enjoy a baked Spaghetti Dinner and The <i>All Night Posse</i> . Suggested donation is just \$5.00 per person. Registration ticket are on sale now - 419-782-3233	

DCSS Bulletin Board - with Dawn 419-782-3233

Monday, May 1st - Join the good folks from Americare at 12:00noon for Tele-Health

Wednesday, May 3rd - The **Toe Nail Clinic** - 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. Please call Dawn at 419-782-3233 to set your appointment time.

Then - at 5:00pm - Join Dawn, Ed and the Gang for **OPEN MIC Night!!** Grab your guitar and meet us at the Senior Center.

Thursday, May 4th - At 1:30pm - The Alzheimer Support and Information Group will meet.

Friday, May 5th - we celebrate **May Birthdays** with a musical visit from **Kim Tracy**. Kim brings his uplifting music to the café at 11:30am. Join us!

Wednesdays - Join us May 9th for the Health of It! Our 5th annual Health and Information Fair begins at 9:00am. See the insert in THIS NEWSLETTER for full details.

I want to thank Ginny Wiseman & Sheri Schliesser from Senior Services as well as Kim Barratt from Great Lakes Caring and Dawn Ludwig of Genesis / Twin Rivers for working so hard to insure that the health fair is informational and enjoyable.

Friday, May 12th - It's our Card Club Party - and YOU are invited!! 9:30am - 2:00pm - Join Us!

Monday, May 15th - At 6:00pm - The Alzheimer Support and Information Group meets.

Wednesday, May 17th - Join us for the **Senior Prom**. Please see the front page of this newsletter for details.

Monday, May 22nd - Dawn Ludwig from Twin Rivers hosts "Nails and Tales". Come visit with Dawn at 12:30am to have your fingernails painted and join in some fun conversation.

Tuesday, May 23rd - It's our **Senior's Night Out** - we'll leave the Defiance Center at 4:00pm for dinner at **The Log Cabin**. Call Dawn to make your reservation after May 1st - 419-782-3233.

Wednesday, May 24th - The Food for Seniors Commodities Program (CSFP)
- 1:00 to 2:30pm . Please call Ginny for details - 419-782-3257

Thank you to the many agencies and businesses who donate time to Senior Services each month to enhance our programs!

In May, we thank -

Ameri-Care	Genesis/ Twin Rivers	Brookview
Allcaring	Kingsbury Place	CHP
Kim Tracey	The Defiance Eagles	Sandy Hall
Smith Farms	Visiting Nurses	Vancrest
The Seagate Foodbank	The Hearing Aid Center	
Hicksville Village Schools	Great Lakes Caring	

**I AM
MOM
WHAT'S YOUR
SUPERPOWER?**

Happy Mother's Day -
Thanks Mom!

Nutrition News

Come celebrate with us at
The Senior Prom
 Wednesday, May 17th
 at The Defiance Eagles.

4:00pm - doors open at the Defiance Eagles
 Enjoy a delicious Baked Spaghetti dinner:

6:00pm - enjoy an evening of entertainment with
 door prizes and *The All Night Posse*.

We ask a \$5.00 suggested donation per person for the meal, entertainment and door prizes. Transportation is available and pre-sale tickets are on sale. Please contact Dawn or Kathy for reservations or information 419-782-3233.

**Our May
 Birthday
 Celebration will be
 Friday, May 3rd**
 A Happy Birthday to
 all of you born
 in May.

*Defiance County Senior
 Service's Café
 is open weekdays
 11:30am to 1:00pm
 At the Hicksville
 Senior Center, lunch
 is served at 11:30am
 Join Us!!*



Vegetable Blends for May

California Blend - broccoli, carrots and cauliflower

Key West Blend - green beans, carrots and red peppers

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

Sicilian Blend - green beans, carrots, cauliflower, red peppers, yellow peppers and onions

Spring Blend - broccoli, cauliflower, Italian beans, carrots, zucchini, yellow squash and red bell peppers





Stir Fry Blend - broccoli, sugar snap peas, water chestnuts, carrots, corn, red bell peppers, onions, celery, mushrooms and bean sprouts

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

May Menu 2017

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

Monday	Tuesday	Wednesday	Thursday	Friday
1 Ham alt= Chicken Breast Sweet Potatoes California Blend Vegetables Peaches Dinner Roll	2 Sweet and Sour Pork over Rice Stir Fry Vegetables Tropical Fruit Salad Wheat Bread Cookie ncs= sf pudding	3 Cheeseburger Steak Fries Baked Beans Grape Juice Salad Bar in Café	4 Chicken Cacciatore Green Beans Scalloped Potatoes Applesauce Garlic Bread	5 Swiss Steak Key West Vegetables Mashed Potatoes Mandarin Oranges Dinner Roll Birthday Cake ncs = angel food cake
8 Swedish Meatballs and Noodles Sicilian Blend Vegetables Broccoli Peachy / Cherry Sauce Breadstick	9 For Home Deliveries Only Hot Shredded Chicken Sandwich Tater Rounds Peas and Onions Banana M&M Cookie  ncs= SF Cookie	10 Turkey & Gravy Mashed Potatoes Mixed Vegetables Grape Juice Wheat Roll Salad Bar in Café	11 Turkey Sausage / Egg and Cheese on an English Muffin Hash Brown Bake Stewed Tomatoes Raisins	12 Parmesan Crusted Chicken Red Skin Potatoes Broccoli Fruit Cocktail Wheat Bread Cheesecake  ncs = SF Pudding
15 German Goulash Yellow Zucchini French Green Beans Apricots Garlic Bread	16 Chicken Breast with Gravy Cole Slaw Asparagus Wheat Bread Apple Crisp ncs = Apple Slices	17 Vegetable Beef Soup Toss Salad with Cheese Tropical Fruit Salad Crackers Apple Juice  Salad Bar in Café	18 Creamed Chicken over a Biscuit Carrots Mashed Potatoes Mandarin Oranges	19 Roast Beef with Gravy Au Gratin Potatoes Corn Pears Wheat Roll Pie ncs = SF Pie
22 Roast Pork with Gravy Navy Beans Stewed Tomatoes Orange Juice Cornbread	23 Spaghetti & Meat Sauce Squash Green Beans Pineapple Chunks Garlic Bread Chocolate Pudding ncs = SF Pudding	24 Chef Salad with Turkey and Ham alt = Turkey only Banana Apple Juice Wheat Bread Crackers Salad Bar in Café	25 Chicken Breast Sweet Potato Fries Tropical Fruit Corn Wheat Roll	26 BBQ Pork Sandwich Baked Beans Pea Salad Apple Slices Sugar Cookie ncs = SF Cookie
29 Defiance County Senior Services will be closed in observance of Memorial Day 	30 Sweet & Sour Chicken over Rice Spring Blend Vegetables Banana Wheat Bread Cookie ncs = SF Cookie	31 Sloppy Joe Sandwich Pickled Beets Potato Salad Fruit Cocktail Salad Bar in Café	On May 9th Those of you attending the Health Fair will be eating the samplings from the featured nursing facilities as your lunch. Enjoy!	"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