SENIORS ON THE MOVE

Sandusky County Senior Services
July 2020

Independence Day Celebration at Grab & Go planned July 2

GLCAP Senior Services will host an Independence Day celebration Thursday, July 2 — 10-11:30 a.m.

Wear red, white and blue to enter the best dressed contest! We’ll have a car craft project, offer parking lot bingo with Sherri from Stein Hospice, patriotic prizes and each guest will also each receive a coupon for a free ice cream cone courtesy of the east-side Dairy Queen.

On the menu will be: Your choice of Cheeseburger on Bun, Potato Wedges, Baked Beans, Blueberries, Apple Pie &/or Sub Sandwich &/or Chef Salad with Chicken. RSVP by 6/30 Call 419-334-8383.

Honk if you have BINGO!

We’ve been there, we’ve done this!
COVID has nothing on the 1950’s!
We got this!

Hmm . . . Will they rock out roller blades. Join us 7/2. RSVP to find out.
Happy Birthday!

Watch your mailbox for a note from birthday wishes team!

**July 1**
Lois Margargle
Gerald McKeen

**July 2**
Nancy Leiser
Rosa McGrath
Vera Showalter

**July 3**
Marie Garland
Kathleen Rozick
Barb Ward

**July 4**
David Ablondi
Marsha Cook
Sue Robbins

**July 5**
Bessie Cooper
Edward Eberly
Mary Laird
Marcia McIntire
Irene Rimelspach
Maggie Swint

**July 6**
Jim Busdecker
Linda Gegorski

**July 7**
Mona Casillas
Brenda Martinez
Nancy Mayak
Kenneth Pitts
Joyce Wegman
Deborah Winter

**July 8**
Ruth Esker
Sue Homler
Gerry Levorchick
James Reed

**July 9**
Dick Dunfee
Hector Lozano

**July 10**
Gini Bibler
Paul Dennis
Della Humbarger
Judith Koebel
Dave Raby
Kathi Rollins
Joan Suter
Patricia Zoller

**July 11**
Phyllis Hahn
Jack Konrad
Judith Krueger
Jim Morley

**July 12**
Betty Hamilton
Marcella Kirwen
Joan Knef
Deb Mock

**July 13**
Carole Althoff
Amelia Gonzales
Marcia Humberger
Don Luettké
Ella Westcott

**July 14**
Barbara Densmore

**July 15**
Mary Cunningham
Cora Heidelburg
Louise Heidelburg

**July 16**
Joseph Deluca
Brenda Evert

**July 17**
Judy Long
Jerry Miller

**July 18**
Dorothy Darr
Susan Hughes
Harold Renfro
John Shiets

**July 19**
Nancy Dodson
Harry Manning
William McClure
Ross McCormick

**July 20**
Larry Bennet
Gerald Fisher
Janet Linkey
Loretta Wisniewski

**July 21**
James LaBenne

**July 22**
Gary Eenigenburg
Robert Hammer
Joanne Nye

**July 23**
Larry Bennet
Gerald Fisher
Janet Linkey
Loretta Wisniewski

**July 24**
James LaBenne

**July 25**
Gary Eenigenburg
Robert Hammer
Joanne Nye

**July 26**
Carole Kirsch
Ron Klotz

**July 27**
Deloris Hoffman
Rik Howell
Diane Mehling
Shirley Meyer

**July 28**
Janet Hendricks

**July 29**
Ann Rusin
Kathy Woodruff

**July 30**
Robert Humberger
John Lonsway
Carol Maye
Doyle Shaffer
Maddie Snyder

**July 31**
Denny Carmel
Joanne Marok
Elizabeth Osborne
Nolan Wetoskey

---

Expression of our sympathies

GLCAP Senior Services would like to express our sympathies to Suzy Carson and Cindi Howell on the loss of Greg Gottron, Suzy’s son and Cindi’s brother, and on June 10, and Nicole Karr, Suzy’s granddaughter and Cindi’s daughter, on May 17, as well as the loss of Cindi’s friend, Robert Heckters on April 9. We also extend our sympathies to Barb Ward on the loss of her father, James Taulker, on May 24.
GLCAP Senior Services would like to thank the following for supporting our seniors:

Becky Prasuhn for donating ten women’s and ten men’s homemade facial masks.

Crescent Manufacturing for donating 25 facial masks.

Tina Boucher for donating incontinence supplies.

Dairy Queen East for 50 Coupons for Free Ice Cream Cones for the July 2 Independence Day Celebration.

Terra State Life Scholars for providing July remote bingo prizes and the grand prize basket for our senior poetry contest.

Larry Michaels, Terra State Life Scholars poetry instructor, for serving as our poetry contest judge.

Bethesda Care Center for providing a second round of remote bingo prizes.

Kroger for donating paper grocery bags.

Sandusky County Board of Developmental Disabilities for donating a refrigerator with an ice maker and a desk.

Green Bay Packaging for donating 800 more boxes for shelf stable meals.

John Ward for volunteering to help with Grab & Go parking.

Sandusky County Health Department for donating Deterra drug deactivating bags.

Area Office on Aging of Northwestern Ohio for donating PPE & Incontinence supplies.
Parking-lot bingo brings good turnout

The Sandusky County Senior Campus team held the first ever car bingo before the grab-and-go meal on June 9.

Sherri Bourne with Stein Hospice sponsored the event and provided a friendly face for our seniors. Prizes included essential items such as toilet paper, hand sanitizer, tissues, lotion, and face masks. We had a great turnout!

We provided handheld fans for the players so they could shut off their car and have their windows down to hear the numbers called, which was perfect for the 94 degree day. We had a blast and the seniors did, too.

We thank Stein Hospice, Sherri, and the players who attended. A big thank you goes to all of our staff who help — we could not do this without you! It was a great kick-off to the activities and events we are offering before grab-and-go.

The lending library is open for patrons

To make checking out books easier, staff were able to catalog, sort, and list books in our lending library for patrons to view. If you are interested in checking out a book, please call 419-334-8383.

We will deliver a list of books with a check-out sheet with instructions. We will then deliver the books to your home! If you have any books to donate, please let us know by calling the same number. Please note that we are using proper sanitation procedures to help keep everyone safe.

Deterra drug-deactivating pouches

We received Deterra drug-deactivation pouches from Sandusky County Public Health for distribution to seniors for free. These are pouches with charcoal packets that allow you to dispose of medications safely in the trash instead of throwing them directly in the trash or flushing them down the toilet, which can lead to toxins in our water and environment. We will distribute through the Meals-on-Wheels drivers. These are convenient and excellent ways to contribute to keeping our communities safer.
Incontinence supplies available
We are excited to announce that we have some incontinence supplies available to our seniors! The Area Office on Aging distributed some bed pads and disposable briefs to us in June, plus we still have some supplies leftover from our generous donor Tina Boucher. Please contact me at 419-333-5082 if you are interested in receiving any incontinence supplies.

Additionally, if you have Medicaid, you may be eligible for briefs or pull-ons at no cost through another program. For a free brief or pull-on sample, or if you would like a discount code for your first purchase of incontinence supplies from Comfort Plus Online, please contact Janet Firestone, National Account Executive Medicaid, at 1-800-467-3224, extension 275.

Area Office on Aging provides PPE
Area Office on Aging distributed Personal Protective Equipment (PPE) to Sandusky County Senior Services in June. This equipment will aid us in the reopening phases. The PPE included disposable face masks, hand sanitizer, and a hand sanitizing station. When we reopen, disposable masks will be available to those who do not have a mask. We are so thankful to receive these supplies and feel confident that we will be operating safely when we have the “go-ahead.”

Bingo Group Winners

**June 2, 2 p.m. Game**
Game 1: Sharon Cahill, Postage Stamp; Sherri Sumpter, 4 Corners; Peg Rettig, Across
Game 2: Vicki Husk, 4 Corners; Vicki Husk, Diagonal; Alice Arthur, Across
Game 3: Sharon Cahill, Across; Kay Szymanowski, Across; Alice Arthur, Vertical
Cover All: Alice Arthur

**June 2, 2 p.m. Game**
Game 1: Alice Arthur, Vertical; Vicki Husk, 4 Corners; Vicki Husk, Across
Game 2: Peg Rettig, Vertical; LaDonna Gyurica, Vertical; Peg Rettig, Postage Stamp; Kay Szymanowski, Across
Game 3: Vicki Husk, Postage Stamp; LaDonna Gyurica, 4 Corners; Sherri Sumpter, Postage Stamp; Martha Crocker, Postage Stamp
Cover All: Peg Rettig

We have a lot of fun in between games too. For example, Bea Parish said just before she won, “Oh, I’m not winning, I’m gonna go home. Wait! I am already home!” and then laughed as we all joined in laughing with her!
Japanese Food Experience

This Food Experience kicked off with orientation calls on June 11. The calls explained to participants what to expect on this “trip” we are taking together to explore Japanese culture through food. Fifteen out of 23 participating seniors joined the call. The rest will be on the remaining calls.

The group was asked what they are looking forward to, or hoping to learn from this experience. “I’m hoping it’s not too spicy,” Alice Arthur said. Kay Szymanowski said, “I don’t mind spicy but I don’t like raw fish.”

Several in the group said they are hoping to learn the difference between Chinese and Japanese food. “I am looking forward to trying something different,” Betty Hoffman said. Cindy Bartlett said she has never been to Japan but is excited to participate and taste the food. One of our guests said, “I understand that Japanese people live longer and I am wondering how?”

The group was asked if anyone had ever been to Japan. Only one person had visited — Navy veteran Dennis Smith. We thanked Dennis for his service. He said that although he was in the Navy stationed in Japan, he never ate the Japanese food while he was there.

Of those participating in the call, six have eaten Japanese food before. Kay Szymanowski said, “I don’t know a lot about Japanese food because I have never been to a Japanese restaurant.”

GLCAP Nutrition Coordinator Alexis Massie explained how this new remote food experience would operate. Three calls, pre- and post-questions and a food survey sheets for participants to use to rate the food.

Happy Hour was a hit!

In more ways than one! We played our theme song, “Don’t Worry, Be Happy” as people were joining in on the call, and had seven in attendance. Everyone had their beverages of choice (which will remain our secret) and while we played games such as Name that Tune, Trivia, Which Would You Choose?, and Two Truths and A Lie, we toasted and laughed.

I quickly became the DJ as the requests came for Elvis Presley (of course), Dean Martin and Blue Barrow & His Orchestra just to name a few. A great time was had by all and we agreed, what happens at Happy Hour stays at Happy Hour. All said there was a great deal of laughter and fun!

Meeting new friends through Journal Club

Several people from across the County that would not have had a chance to connect are now through our Journal Clubs — Blue Birds, Rockin’ Robins and Cardinals. We are building new friendships and renewing others! As we have been connecting remotely we have realized the importance of coming together, especially during these unrepresented times but in a new and different way. We have been able to support one another through these past few months. Some of our group have had family members working in the environment of COVID-19 and are thankful all are doing well today.

Most recently we have decided upon writing five things a day we are thankful for without repeating any. We have upwards of 100 things we have named so far!

We make new memories, share old memories, laugh and support each other. It’s not too late for you to join us! I have a Journal waiting for you!

For information on remote programs please contact Brenda Kuieck, Program Planner at 419-463-2428 or e-mail at bskuieck@glcap.org.
The Area Office on Aging (AOA) of Northwestern Ohio has collaborated with Sam Okun Produce Company out of Toledo to distribute USDA Farmers to Family Food Boxes. GLCAP will receive over 800 boxes of fresh produce once every three weeks now through Dec. 31, 2020. The first shipment of boxes was received June 16. Each box holds approximately 10 pounds and includes a mix of fresh fruits and vegetables. GLCAP is partnering with the Sandusky County Board of Developmental Disabilities and others to pull this product through the market, help stimulate the economy, and meet the needs of seniors and other disadvantaged populations.

In addition to produce boxes, GLCAP will also receive 65 dairy boxes every week now through August. The first boxes were received June 17. Dairy boxes are from Miceli Dairy Products Company. Each dairy box is packaged with a half-gallon of 2% milk; a half-gallon of flavored milk; a half-pound of butter; 24 oz. cottage cheese; 15 oz. ricotta cheese; 24 1 oz. string cheeses; and 2-3 lbs. pounds shredded cheese.

With only 65 boxes, we are first targeting high-risk seniors who have the ability to use the product that is offered. To maximize the number of individuals we can serve through this program, there will be two groups of recipients who will receive their box every other week for a total of 130 seniors to be served! Thank you Area Office on Aging!!

If you would like information about either of these programs, contact the Sandusky County Senior Center at 419-334-8383
‘Code Girls’ starts next book club read

This month, our book club will start reading *Code Girls: The Untold Story of the American Women Code Breakers of World War II*. The book tells the story of the thousands of American women who secretly served as codebreakers during World War II. The club begins Monday, July 13, at 11 a.m.

We will also start another reading of *The No.7 Ladies Detective Agency* for those that missed out on it before. The club will begin Monday, July 13, at 10 a.m.

For details or to sign up for either book club, contact Brenda Kuieck, Program Planner at 419-463-2428 or by e-mail at bskuieck@glcap.org.

Poetry contest open to seniors throughout July

GLCAP Senior Services will host a poetry contest throughout the month of July. The contest will be open to anyone over 50 who is interested. Submitted poems may be about anything the writer wishes, such as a memory from the past, a grandchild or grandchildren, a lost love, a prayer, a spiritual or emotional experience, or other topics.

Poems will be judged on imagery, originality and feeling conveyed. Poems do not need to rhyme and may be written in any acceptable poetic form. However, poems must be the original work of the person submitting the poem.

Poems are to be in English, have a title and the poet’s name, address and phone number, and should not be longer than one page.

Poems are due to Brenda Kuieck, Program Planner at GLCAP, P.O. Box #590, Fremont, Ohio 43420 by Friday, July 30, 2020 by 4 p.m. Entries may also be emailed to bskuieck@glcap.org

Winners will be selected by Terra State Life Scholars Poetry Instructor Larry Michaels.

Winning poems will be announced and published in our September Newsletter and on our Facebook page at www.facebook.com/groups/sanduskycountyseniors

The Grand Prize award will be a gift basket donated by Terra State Life Scholars.

Those who are interested may contact Brenda Kuieck, Program Planner, at 419-463-2428 or via e-mail at bskuieck@glcap.org to sign up.
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Program Planner: Brenda Kuieck</td>
<td>Poetry Contest In July!</td>
<td>1 9 a.m. Tai Chi/Qigong (via Zoom) 10 a.m. Journal Club: Bluebirds 11 a.m. Journal Club: Rockin’ Robins</td>
<td>2 9 a.m. Zumba Gold (via Zoom) 1 p.m. Group 1 Food Experience Outcome: Japan 2 p.m. Group 2 Food Experience Outcome: Japan</td>
<td>3 HOLIDAY</td>
</tr>
<tr>
<td>419-463-2428</td>
<td></td>
<td>10 a.m. Journal Club: Bluebirds 11 a.m. Journal Club: Rockin’ Robins</td>
<td>1 p.m. Group 1 Food Experience Outcome: Japan 2 p.m. Group 2 Food Experience Outcome: Japan</td>
<td></td>
</tr>
<tr>
<td>RSV for a Book Club! Begins 7-13</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Contact Brenda at 419-463-2428</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>6 9 a.m. Zumba Gold (via Zoom)</td>
<td>8 9 a.m. Tai Chi/Qigong (via Zoom) 10 a.m. Journal Club: Bluebirds 11 a.m. Journal Club: Rockin’ Robins</td>
<td>9 9 a.m. Zumba Gold (via Zoom)</td>
<td>10 9 a.m. Circuit Interval (via Zoom) 10 a.m. Journal Club: Cardinals 3 p.m. Happy Hour — BYOB</td>
</tr>
<tr>
<td></td>
<td>7 9 a.m. Circuit/Interval (via Zoom)</td>
<td>1 p.m. Group #1 Bingo 2 p.m. Group #2 Bingo</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>1 p.m. Group #1 Bingo 2 p.m. Group #2 Bingo</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>14 9 a.m. Circuit/Interval (via Zoom)</td>
<td>16 9 a.m. Zumba Gold (via Zoom)</td>
<td>15 9 a.m. Tai Chi/Qigong (via Zoom) 10 a.m. Journal Club: Bluebirds 11 a.m. Journal Club: Rockin’ Robins</td>
<td></td>
</tr>
<tr>
<td></td>
<td>10 a.m. #1 Ladies Detective Agency 11 a.m. Code Girls</td>
<td>15 9 a.m. Tai Chi/Qigong (via Zoom) 10 a.m. Journal Club: Bluebirds 11 a.m. Journal Club: Rockin’ Robins</td>
<td>17 9 a.m. Circuit Interval (via Zoom) 10 a.m. Journal Club: Cardinals</td>
<td></td>
</tr>
<tr>
<td></td>
<td>11 a.m. Code Girls</td>
<td>16 9 a.m. Zumba Gold (via Zoom)</td>
<td>16 9 a.m. Zumba Gold (via Zoom)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>14 9 a.m. Circuit/Interval (via Zoom)</td>
<td>15 9 a.m. Tai Chi/Qigong (via Zoom) 10 a.m. Journal Club: Bluebirds 11 a.m. Journal Club: Rockin’ Robins</td>
<td>16 9 a.m. Zumba Gold (via Zoom)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>10 a.m. #1 Ladies Detective Agency 11 a.m. Code Girls</td>
<td>15 9 a.m. Tai Chi/Qigong (via Zoom) 10 a.m. Journal Club: Bluebirds 11 a.m. Journal Club: Rockin’ Robins</td>
<td>17 9 a.m. Circuit Interval (via Zoom) 10 a.m. Journal Club: Cardinals</td>
<td></td>
</tr>
<tr>
<td></td>
<td>11 a.m. Code Girls</td>
<td>15 9 a.m. Tai Chi/Qigong (via Zoom) 10 a.m. Journal Club: Bluebirds 11 a.m. Journal Club: Rockin’ Robins</td>
<td>17 9 a.m. Circuit Interval (via Zoom) 10 a.m. Journal Club: Cardinals</td>
<td></td>
</tr>
<tr>
<td></td>
<td>20 9 a.m. Zumba Gold (via Zoom)</td>
<td>21 9 a.m. Circuit/Interval (via Zoom) 1 p.m. Group #1 Bingo Group #2 2 p.m. Bingo</td>
<td>22 9 a.m. Tai Chi/Qigong (via Zoom) 10 a.m. Journal Club: Bluebirds 11 a.m. Journal Club: Rockin’ Robins</td>
<td></td>
</tr>
<tr>
<td></td>
<td>10 a.m. #1 Ladies Detective Agency 11 a.m. Code Girls</td>
<td>21 9 a.m. Circuit/Interval (via Zoom) 1 p.m. Group #1 Bingo Group #2 2 p.m. Bingo</td>
<td>22 9 a.m. Tai Chi/Qigong (via Zoom) 10 a.m. Journal Club: Bluebirds 11 a.m. Journal Club: Rockin’ Robins</td>
<td></td>
</tr>
<tr>
<td></td>
<td>11 a.m. Code Girls</td>
<td>21 9 a.m. Circuit/Interval (via Zoom) 1 p.m. Group #1 Bingo Group #2 2 p.m. Bingo</td>
<td>22 9 a.m. Tai Chi/Qigong (via Zoom) 10 a.m. Journal Club: Bluebirds 11 a.m. Journal Club: Rockin’ Robins</td>
<td></td>
</tr>
<tr>
<td></td>
<td>27 9 a.m. Zumba Gold (via Zoom)</td>
<td>22 9 a.m. Tai Chi/Qigong (via Zoom) 10 a.m. Journal Club: Bluebirds 11 a.m. Journal Club: Rockin’ Robins</td>
<td>23 9 a.m. Zumba Gold (via Zoom)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>10 a.m. #1 Ladies Detective Agency 11 a.m. Code Girls</td>
<td>22 9 a.m. Tai Chi/Qigong (via Zoom) 10 a.m. Journal Club: Bluebirds 11 a.m. Journal Club: Rockin’ Robins</td>
<td>23 9 a.m. Zumba Gold (via Zoom)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>11 a.m. Code Girls</td>
<td>22 9 a.m. Tai Chi/Qigong (via Zoom) 10 a.m. Journal Club: Bluebirds 11 a.m. Journal Club: Rockin’ Robins</td>
<td>23 9 a.m. Zumba Gold (via Zoom)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>28 9 a.m. Circuit/Interval (via Zoom)</td>
<td>29 10 a.m. Journal Club: Bluebirds 11 a.m. Journal Club: Rockin’ Robins</td>
<td>30 Poems for Poetry contest due today by 4 p.m.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>10 a.m. #1 Ladies Detective Agency 11 a.m. Code Girls</td>
<td>28 9 a.m. Circuit/Interval (via Zoom) 1 p.m. Group #1 Bingo 2 p.m. Group #2 Bingo</td>
<td>30 Poems for Poetry contest due today by 4 p.m.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>11 a.m. Code Girls</td>
<td>28 9 a.m. Circuit/Interval (via Zoom) 1 p.m. Group #1 Bingo 2 p.m. Group #2 Bingo</td>
<td>30 Poems for Poetry contest due today by 4 p.m.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>29 10 a.m. Journal Club: Bluebirds 11 a.m. Journal Club: Rockin’ Robins</td>
<td>29 10 a.m. Journal Club: Bluebirds 11 a.m. Journal Club: Rockin’ Robins</td>
<td>30 Poems for Poetry contest due today by 4 p.m.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>10 a.m. Journal Club: Cardinals</td>
<td>30 Poems for Poetry contest due today by 4 p.m.</td>
<td>31 10 a.m. Journal Club: Cardinals</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>30 Poems for Poetry contest due today by 4 p.m.</td>
<td>31 10 a.m. Journal Club: Cardinals</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>30 Poems for Poetry contest due today by 4 p.m.</td>
<td>31 10 a.m. Journal Club: Cardinals</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>30 Poems for Poetry contest due today by 4 p.m.</td>
<td>31 10 a.m. Journal Club: Cardinals</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>30 Poems for Poetry contest due today by 4 p.m.</td>
<td>31 10 a.m. Journal Club: Cardinals</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>30 Poems for Poetry contest due today by 4 p.m.</td>
<td>31 10 a.m. Journal Club: Cardinals</td>
<td></td>
</tr>
</tbody>
</table>
Households that have fallen behind on mortgage or rental payments due to COVID-19 hardships may be eligible for help through the Emergency Housing Assistance (EHA) program administered by Great Lakes Community Action Partnership (GLCAP).

The EHA program is grant-funded and can provide up to three consecutive months of rent or mortgage payments occurring on or after March 1, 2020, with no repayment required. Assistance is available in multiple communities and counties, including Sandusky County.

Eligible households must be at or below 80 percent of area median income (e.g. $36,500/household of one; $41,700/household of two in Sandusky County). Households will be served on a first-come, first-served basis. Households will need to complete an EHA application, and provide documentation of income, documentation of past-due housing payments, and proof of job loss or lay-off, or other hardships due to COVID-19.

Details are available at www.glcap.org/emergencyhousingassistance. Those who are interested may contact GLCAP Support Specialist Niki Holland at 419-333-6101 or via email at ntholland@glcap.org.
Fremont Senior Center July 2020 Schedule

Center remains closed to the public!

Programs for GNG Meal Participants Tuesdays and Fridays (remain in vehicle)

Site Supervisor: Barb Ward  419-334-8383

July 2
10-11:30 a.m. — Independence Day Celebration
Includes games, prizes and more! See front page.

July 3  - Closed

July 7
11 a.m. — Independence Day Quiz

July 10
11-11:30 a.m. — Sandusky County Public Health Clinic
11 a.m. — Music Trivia

July 14
11 a.m. — Word Search

July 17
11-11:30 a.m. — Sandusky County Public Health Clinic
11 a.m. — 1970s TV Trivia

July 21
11 a.m. — True or False? Trivia

July 24
11-11:30 a.m. — Sandusky County Public Health Clinic
11 a.m. — Trivia

July 28
11 a.m. — Candy Quiz

July 31
8:30-11:50 a.m. — Toenail Clinic (reservations only)
11-11:30 a.m. — Sandusky County Public Health Clinic

Our health clinics are looking a little different these days, but we are happy to announce they are returning.

Trish Reiter from Sandusky County Public Health will be present for health clinics before the grab and go meals on specified days (see calendar on opposite page). She will take blood pressures and assess vitals for participants who will remain in their vehicles. Trish will wear PPE for participants’ protection.

To join, please RSVP by the Monday before each health clinic at 419-334-8383.

It’s back! Joni Widman will be at the Fremont Senior Center on Friday, July 31 for a toenail clinic. She will wear eye protection, gloves, and a mask.

All participants will be asked to wear masks/face coverings. Appointments are required. Each appointment includes a toenail trim and a foot massage. Cost is $15.

Space is limited, so please RSVP to Barb Ward at 419-334-8383.

JOIN US ON FACEBOOK!
Stay in touch with one another by joining our Sandusky County Seniors Facebook, available at www.facebook.com/groups/sanduskycountyseniors. The group is private, so please ask us to join and we will be sure to respond.
For Grab & Go, continue to call 419-334-8383 24 hours in advance to schedule a meal pickup.

We want to say a big thank you to the many seniors who have asked how to make a donation for the Grab & Go meals. These meals are subsidized in part by Older Americans Act dollars, local tax dollars and some of the COVID emergency funding. The provided donations allow us to serve more meals. To keep things simple, we are following the same practice as was customary in the senior center dining sites of a $3 per meal suggested donation. Older participants shall determine for themselves what they are able to contribute toward the cost of the service. No older person shall be denied a nutrition service because of inability to contribute all or part of the cost of such service.

We are not collecting money during the Grab & Go. A note will be sent home once a month of where donations can be mailed. **Our new and improved look!**

You might be surprised when you see us at the next Grab & Go, as we are doing away with our masks and putting on a face shield. We hope this will help everyone to hear us better. And we can share a smile more easily with you!

Meals-on-Wheels delivery go from 2 to 4 days a week in July

Meals-on-Wheels drivers are anxious to see everyone and are looking forward to going to a four day a week delivery—Monday, Tuesday, Thursday and Friday, excluding holidays. No deliveries on Wednesdays in July.

Since we are closed on July 3, a box lunch will be delivered on July 2 to be consumed on July 3. The box lunch will include: Sub Sandwich, Three Bean Salad, Macaroni Salad, Carrot Sticks, Pineapple, and Milk.

Senior Centers Remain Closed BUT Getting Ready

We do not have a date to re-open yet. Each senior center may have a different opening date depending on the type of facility it is located in. There are more strict requirements for the centers located within senior housing facilities.

At the Sandusky County Senior Campus/Fremont Senior Center, plexiglass was installed around the desk in the lobby. If you did not know it was there, you might not even see it. Barb looks amazing through this! Much better than the temporary walls we had up for two months. Also, a temperature detection camera was installed. It is basically a cell phone that uses a camera, and will talk to you and tell you if your temperature is reading normal.

Surfaces are being disinfected and electrostatic fogging will be used. After the spray is applied, the sanitizing agent works to disinfect the covered surfaces. For this reason, electrostatic spray is an excellent solution for germ and contaminant ridden areas.
<table>
<thead>
<tr>
<th>Monday—Home Delivery Only</th>
<th>Tuesday—Both</th>
<th>Thursday—Home Delivery Only</th>
<th>Friday—Both</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 Hot meal: Chicken Kiev, Cheesy Potatoes, Steamed Broccoli, Mixed Fruit, Wheat Bread</td>
<td>7 Hot meal: Hamburger Gravy over Mashed Potatoes, Mixed Vegetables, Peaches, Garlic Cheddar Biscuit, Brownie Grab and Go: Egg Salad Sandwich Chef Salad w/ Turkey Ham</td>
<td>9 Hot meal: Spaghetti and Meatballs, Italian Blend Vegetables, Tossed Salad, Cherry Crisp, Garlic Bread</td>
<td>10 Hot meal: Baked Ham, Sweet Potatoes, Brussels Sprouts, Strawberries, Wheat Bread Grab and Go: Turkey and Cheese Sandwich; Chef Salad w/Chicken</td>
</tr>
<tr>
<td>13 Hot meal: Beefy Stew, Steamed Peas, Cole Slaw, Baked Apple, Corn Bread/Cookie</td>
<td>14 Hot meal: Turkey and Rice Casserole, Glazed Carrots, Black-Eyed Peas, Pineapple, Cottage Cheese, Wheat Bread Grab and Go: Ham Salad Sandwich Chef Salad w/ Turkey Ham</td>
<td>16 Hot meal: Salisbury Steak, Mashed Potatoes and Gravy, Buttered Corn, Mandarin Oranges, Wheat Bread</td>
<td>17 Hot meal: Meatball Sub, Green Beans, Roasted Yellow Squash, Melon, Lemon Bar Grab and Go: Chicken Salad Sandwich Chef Salad w/ Turkey Ham</td>
</tr>
<tr>
<td>27 Hot meal: Cabbage Roll, Mashed Potatoes and Gravy, Seasoned Lima Beans, Pears, Cheese Stick, Wheat Bread</td>
<td>28 Hot meal: Chicken Cacciatore, Peas w/ Pearl Onions, Tri Colored Potatoes, Mandarin Oranges, Wheat Bread, Brownie Grab and Go: Turkey and Cheese Sandwich; Chef Salad w/ Turkey Ham</td>
<td>30 Hot meal: Beefy Chili, Spinach Salad, Potato Salad, Mango, Cornbread</td>
<td>31 Hot meal: BBQ Pork Sandwich, Sweet Potato Cubes, Collard Greens, Peaches, Cookie Grab and Go: Ham Sandwich Salad Chef Salad w/ Chicken</td>
</tr>
</tbody>
</table>

Menu subject to change without notice. Chef Salads offered on Tuesdays and Fridays for alternate main meal. Low concentrated desserts substituted for modified meals. Serving Sizes — Entrée, Meat & Casserole – 3 oz.; Vegetable, Fruit & Dessert – ½ cup; Bread/Bread Alternate — 1 slice or ½ cup; Milk – 8 oz. served with every meal.

Suggested Donation of $3.00 per meal can be mailed to GLCAP Senior Services, P.O. Box 590, Fremont, OH 43420. No older person shall be denied a nutrition service because of inability to contribute all or part of the cost of such service. Older participants shall determine for themselves what they are able to contribute toward the cost of the service. For home-delivered meal cancellations, call 419-332-4032.
Our Mission
The mission of GLCAP Senior programs is to develop quality services that promote general well-being, independent living and socialization opportunities for mature adults in Sandusky County.

Our Staff
Alexis Massie, Nutrition Coordinator
Justa Smith, LISW-S, Coordinator
Brenda Kuieck, Program Planner
Jenna Stewart, Meals on Wheels
Bryan Adams, Chore Specialist
Barb Ward, Fremont SC
Christy Web, Clyde SC
Robin Richter, Director
MOW Drivers & Senior Center Subs

Our parking lot bingo was a hit that’s worth repeating in July! Details on the inside.