United Way grant helps GLCAP keep seniors safe

The United Way of Sandusky County is helping Great Lakes Community Action Partnership (GLCAP) keep seniors safe by providing a $2,970 grant to purchase a temperature detection camera to help limit the spread of COVID-19.

The camera will be placed in the entryway of the Sandusky County Senior Campus in Fremont and will be used to detect elevated body temperatures of staff or visitors to the center.

“Our staff have been taking extra precautions during the pandemic to avoid spreading COVID-19, especially among the senior population we serve,” GLCAP Senior Services Director Robin Richter said. “A temperature detection camera will further our efforts by identifying staff who have a fever, but are perhaps unaware of it, so they may seek further treatment and avoid coming into contact with other staff or seniors.”

The donation is part of the United Way of Sandusky County’s COVID-19 Response Fund that is designated to assist local organizations with needs related to the coronavirus pandemic.

“The United Way of Sandusky County is proud to support GLCAP Senior Center during the COVID-19 crisis,” United Way of Sandusky County Executive Director Abby Aldrich said. “The goal of our COVID-19 Response Fund is to make sure valuable programs, like the Sandusky County Senior Center, continue to offer the critical services they provide to those in need.”

GLCAP Staff are making many changes that will help to protect Seniors through physical distancing with signage, expanded cleaning and disinfection protocols, appointment and reservation systems to name a few. We miss you and will be ready for you to come back when the State allows Senior Centers to fully reopen.
Happy Birthday!

**Aug. 1**
Kenny Cantrell
Mary Luc
Violetta Rhea

**Aug. 2**
Sande Corfman
Barbara Krzewinski
Nancy Snider
John Steinhauser

**Aug. 3**
Glenn Binkley
Tom Gedert
Tom Kunkle
Paul Schulden

**Aug. 4**
Carol Magrum

**Aug. 5**
Joan Foos
Dave Stuber

**Aug. 6**
Dennis Johnson
Peg Kaufman

**Aug. 7**
Kay Szymanowski

**Aug. 8**
Harlean Perkins

**Aug. 9**
Jackie Aldrich
Jean Foos
Sandi Jay
Beth Trautman

**Aug. 10**
Betty Bockbrader
Kathy Burkin
Mary Halbisen

**Aug. 11**
Connie Burroughs
Becky Prasuhn

**Aug. 12**
Karen Cronin
James Martin

**Aug. 13**
Toni Barbarotta

**Aug. 14**
Laurie Brown
Sandy Rettig

**Aug. 15**
Regina Albert
Virginia Elchert
Rose Evans
Cecilia Garcia
Sandra Halbisen
Paulette Humbert
Gary Kaltenbach
Janet Shetzer

**Aug. 16**
Richard Watson

**Aug. 18**
Velda Bowersox
Joyce Dolan
Bev Kepller
Carol Norman
Ronald Stewart

**Aug. 19**
Colleen Maher
Craig Murray

**Aug. 20**
Carol Chick
Phyllis Fisher
Donna Lang

**Aug. 21**
Illa Eder
Renee Jones

**Aug. 22**
Susan Borkovich
Jean Davis
Linda Holcomb
Ginny Seville

**Aug. 23**
Peggy Coe
Manuel Rodriguez
Al Stokes

**Aug. 24**
Lynda Luc
Shirley Mulholland
Louis Smith

**Aug. 25**
Patricia Carte
Shelby Forgatsch
Sue Potts

**Aug. 26**
Marian Beier
James Elder
Chris Hill
Barbara Michael
Mable Putnam
Ida Richter

**Aug. 27**
Beth Keim
Alice Watson

**Aug. 29**
Dave Danklefsen
Donita Hudgies
Bev Rich

**Aug. 30**
Doris Krienke
MaryAnn Mosser
Bill Yeager

**Aug. 31**
Judy Bartson
Connie Magrum

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**Watch your mailbox for a note from our birthday wishes team!**

**Aug. 22**
Susan Borkovich
Jean Davis
Linda Holcomb
Ginny Seville

**Aug. 23**
Peggy Coe
Manuel Rodriguez
Al Stokes

**Aug. 24**
Lynda Luc
Shirley Mulholland
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Donita Hudgies
Bev Rich

**Aug. 30**
Doris Krienke
MaryAnn Mosser
Bill Yeager

**Aug. 31**
Judy Bartson
Connie Magrum

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**Thank you**

Sherrie Bourne,
Stein Hospice led bingo and supplied prizes!

Kari Steele from Americare for providing Karaoke while waiting for our Grab and Go meals!
Sandusky County Fair!
August 25—30

It’s fair time again! At the time we are writing this newsletter it is still scheduled. The 167th Annual Sandusky County Fair is August 25th through the 30th at the Sandusky County Fairgrounds in Fremont, Ohio.

Seniors Day is on Thursday, August 27, which means that Seniors 62 years of age and older only have to pay $2.00 for admission, and veterans get in free!

While enjoying the fun, food, and vendors, please come visit us at our table located in the

Exhibitor Barn
across from the flower building

instead of the familiar Chamber of Commerce tent. The move will make access to our table easier. Last year the rain made it difficult to maneuver on the grass. We will have information about all of the GLCAP Senior programs, including the Senior Centers, Meals on Wheels, Senior Helping Hands, to name a few. See you at the fair!!

ProMedica Golden Threads
Senior Expo

Mark your calendar and be one of the first 300 Seniors to register for the ProMedica Golden Threads Senior Expo! The Expo was cancelled in May and has been rescheduled for:

September 23
11:00 a.m. to 1:00 p.m. at Ole Zims.

Tickets are $9.00 per person

The event will be a drive through but will include the traditional delicious meal prepared by Ole Zims.

Call Golden Threads at 419-334-6613 to reserve your ticket and inquire about membership.

Fruits, Vegies & Dairy

Fruits, Vegetables, Dairy product boxes, Beat the Heat treats, Shelf Stable Meals, and more! When they say our Drivers provide more than a meal — you aren’t kidding! In mid-July nearly 1,700 produce boxes, 500 dairy crates, and 100 Beat the Heat Activity & Treat kits were distributed.

THANK YOU DRIVERS!
As they say, when life gives you lemons — make lemonade. And that is what we did. The Covid-19 pandemic did not stop us from having our 4th of July celebration.

On Thursday July 2, we met in the Sandusky County Campus parking lot and made crafts and played bingo from the safety of our own cars. Although this was not our conventional celebration with a picnic, we still had fun. Everyone who came received a goodie bag full of patriotic accessories. Dairy Queen East provided free ice cream coupons.

Linda Younker from GLCAP Senior Services led the crafts where we were shown how to make a patriotic wreath.

Sherrie Bourne from Stein Hospice led bingo and supplied many prizes. In keeping with the holiday, all prizes were patriotic. Beautiful hanging baskets of flowers were given away as door prizes. The lucky winners were Susie Missig, Garry Stewart, Alyce Ann Schmidt, Judy Sevitts, Theresa Jakober, Vickie Baney, Maggie Swint, Mike Mehling, Diana Clinebell and Lois Magargle.

The winner of the “Best-Dressed for 4th of July” contest was Diana Clinebell, adorned with jewelry, and red, white, and blue clothing. She was given a certificate of acknowledgment and a multi-colored hanging flower basket.

If you missed our celebration, be sure to come next year. See what surprises we’ll have in store for everyone then! It was great to see everyone and we can’t wait for the next fun event!
Fremont Senior Center August 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

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**Aug. 4**  10:30 a.m. — Bingo with Sherri Bourne (sponsored by Stein Hospice)

**Aug. 7**  11-11:30 a.m. — Sandusky County Health Clinic.  **11:30 a.m.** — Trivia

**Aug. 11**  10:45 a.m. — Sing along with Kari Steele from Americare

**Aug. 14**  11-11:30 a.m. — Sandusky County Health Clinic in your car.  **11:30 a.m.** — TV quiz

**Aug. 18**  11 a.m. — Games with Leslie Ryan (prizes sponsored by Valley View)

**Aug. 21**  9 a.m.-noon — Toenail Clinic by appointment only.  **11 a.m.** — Sandusky County Health Clinic in your car.

**Aug. 25**  11 a.m. — 1970s Trivia

**Aug. 28**  11-11:30 a.m. — Sandusky County Public Health Clinic.  **11 a.m.** — True or False

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Pick-up meals, Grab n’ Go options continue in August

The Grab n’ Go meal program is working out very well with many participants. Participants come up to curb, remain in their vehicle and meals are brought to them.

The GNG meals consist of one hot meal, one box lunch and one chef salad. You may get one, two or all three meals. GNG meals are only available on Tuesdays and Fridays. A full menu is available on the inside back cover.

Meal pickups are 11:30 a.m.-noon. While waiting in line, there may be times of games and entertainment (see the entertainment calendar above).

Order before 10 a.m. on the day before the meal pickup. Call 419-334-8383 to reserve your meal and specify which meals you want to receive.

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**Grab n’ Go Parking Lot Game Winners**

**June 12** — Guess the Items (15 items in bag)
Nancy Stearns with eight items; and Theresa Jakober, Judy Sevitts and Maryann Link with six items

Lois Thompson

**1950’s Pop Culture Trivia**
Nancy McKeever, Judy Sevitts, Lois Thompson and Theresa Jakober

**June 16** — Word Search
Linda Dunfee, Theresa Jakober, Judy Sevitts and Maryann Link

**June 23** — Older than Dirt Quiz (2 games)
Judy Sevitts, Nancy Stearns, and Nancy McKeever all won twice; Lois Thompson and Lee Myers

**June 26** — Word Scramble with Leslie from Valley View
Phyllis Growel was the winner with a record of 5 minutes

Making words out of the word “AMERICAN” (10-minute time-limit)

1st place Phyllis Growel with 40 words; 2nd place Linda Dunfee with 12 words

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1st place Judy Sevitts; 2nd place
Fun times at Happy Hour keep spirits up

Welcome to some of the fun we have during Happy Hour! As the song says, “Don’t Worry, Be Happy.” We mix it up with games too such as Name that Tune, Trivia, Which Would You Choose?, Two Truths and a Lie (where we learn a lot of fun and interesting things about each other).

When was the last time you enjoyed “Happy Hour?” Come join us at our August Happy Hour events, where our motto remains, “What happens at Happy Hour, stays at Happy Hour!”

Culture and cuisine highlights of Japanese Food Experience

We wrapped up our Remote Japanese Food Experience with a July 2 session to review the snacks and everything else we enjoyed about the program. All 23 participants had received a box of Japanese snacks to try at home and took part in three separate calls for the program.

The first call took place June 11 and was an introduction to the program. On our second call on June 18, we enjoyed hearing our guest speaker, Dr. Akiko Kawano Jones, director of Asian Studies Program at BGSU speak about Japan and its customs, especially in a tea ceremony and all the thought and preparation that goes into it. On the last call, we discussed everyone’s thoughts about their Japanese Food Experience as a whole. Dr. Jones also graciously invited us to participate in an authentic tea ceremony at the BGSU campus in the future.

Participants were asked to complete a brief survey and rate the snack items in their respective categories 1-5 with 5 being the best in taste, texture, appearance and smell. Additionally comments included: “My favorites were, Handmade Yuzu Sake Candy; Black Sesame Taiko Kumamon Design; White Strawberry and the Funwari Meijin Mochi Puffs: Kinako,” said Lilly Junke. “It was all good and interesting.”

Janet Bowles favorites were the White Strawberry and Funwari Meijin Mochi Puffs: Kinako, adding they were “Awesome!”

Yolanda Torres said, “I really enjoyed trying all of these and I liked most of them.” She listed her favorites as follows White Strawberry, Mochan Dango Mochi, Handmade Yuzu Sake Candy and Mini Shiruko Sando Red Bean Crackers.

“I really enjoyed every snack and also shared some with my family members who also liked them,” Kay Szymanowski said. She gave them all a 5 in taste!

Overall, the White Strawberry, Funwari Meijin Mocha Puffs: Kinako and Mini Shiruko Sando Red Bean Crackers were the favorites.

“This will be the closest to Japan I’ll get,” we read in the surveys. Most said “trying something new and different” was their reason for joining the food experience, and few had ever tried Japanese cuisine before.

Participants also agreed that Dr. Jones was informative, and that they are now aware of some Japanese customs, and would participate in another virtual food experience and recommend this event to family and friends.

We heard many different highlights of the program from the group, including:

- **The high quality of food packaging, the culture booklet that came with it and the new experience**
- **The variety of snacks and excitement of opening each packet and wondering what the snack would taste like — salty, sweet, hot, soft, or crispy**
<table>
<thead>
<tr>
<th>June 16, 1 p.m. Game</th>
<th>June 23, 1 p.m. Game</th>
<th>June 30, 1 p.m. Game</th>
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<tbody>
<tr>
<td><strong>Game #1:</strong> Carol Chick, Vertical; Janet Bowles, Vertical, Maria Barrera</td>
<td><strong>Game #1:</strong> Betty Hoffman, Bea Parish, Sue Homler Postage Stamp</td>
<td><strong>Game #1:</strong> Janet Bowles, Vertical; Sue Homler Postage Stamp</td>
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<tr>
<td><strong>Game #2:</strong> Carol Chick, Vertical; Maria Barrera, Diagonal; Janet Bowles, Vertical</td>
<td><strong>Game #2:</strong> Janet Bowles, Postage Stamp; Betty Hoffman, Vertical; Janet Bowles, Postage Stamp</td>
<td><strong>Game #2:</strong> Maria Barrera, Postage Stamp; Janet Bowles, Diagonal; Mary Halbisen, Vertical on card 1; Mary Halbisen, Postage Stamp on card 2</td>
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<tr>
<td><strong>Game #3:</strong> Bea Parish, Postage Stamp; Maria Barrera, Across on card 1; Maria Barrera, Vertical on card 2; Sue Holmer, Across</td>
<td><strong>Game #3:</strong> Bea Parish, Four Corners; Betty Hoffman, Vertical; Bea Parish, Vertical</td>
<td><strong>Game #3:</strong> Sue Homler, Postage Stamp; Mary Halbisen, 4 Corners; Janet Bowles, Postage Stamp</td>
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<tr>
<td>Cover All: Sue Homler</td>
<td>Cover All: Betty Hoffman</td>
<td>Cover All: Lee Williams</td>
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<th>2 p.m. Game</th>
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<tbody>
<tr>
<td><strong>Game #1:</strong> Sherri Sumpter, Vertical; Cindy Bartlett, Vertical; Sharon Cahill, Vertical</td>
<td><strong>Game #1:</strong> Martha Crocker, Diagonal; Alice Arthur, Postage Stamp; Maey Kucha, Vertical; Sharon Cahill, Vertical</td>
<td><strong>Game #1:</strong> Martha Crocker, Across on card 1; Martha Crocker, Vertical on card 2; Cindi Bartlett, Across; Mary Kucha, Postage Stamp</td>
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<td><strong>Game #2:</strong> Mary Kucha, Postage Stamp; Martha Crocker, Postage Stamp on card 1; Martha Crocker, Postage Stamp on card 1; LaDonna Gyurica, Diagonal</td>
<td><strong>Game #2:</strong> Vicki Husk, Across; Martha Crocker, Vertical; Alice Arthur, Vertical</td>
<td><strong>Game #2:</strong> Sharon Cahill, Diagonal; Kay Szymanowski, Vertical; Vicki Husk, Diagonal</td>
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<td><strong>Game #3:</strong> Cindy Bartlett, Vertical; Alice Arthur, Vertical; Mary Kucha, Vertical</td>
<td><strong>Game #3:</strong> Vicki Husk, Across; Sherri Sumpter, Postage Stamp; Sherri Sumpter, Four Corners</td>
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<td>Cover All: LaDonna Gyurica and Sherri Sumpter</td>
<td>Cover All: Martha Crocker and Sherri Sumpter</td>
<td>Cover All: Vicki Husk</td>
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Bingo games scheduled Tuesdays in August via Telephone. See calendar.

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**JOIN US ON FACEBOOK!**

Stay in touch with one another by joining our Sandusky County Seniors Facebook, available at [www.facebook.com/groups/sanduskycountyseniors](http://www.facebook.com/groups/sanduskycountyseniors). The group is private, so please ask us to join and we will be sure to respond.
2021 Calendar Photo Contest!

Twelve photos will be selected to represent each month of a 2021 Sandusky County Senior Calendar! The contest is open to all amateur photographers, who either receive this newsletter or participated in a Senior Program or Service.

The subject matter is what inspires you. (Not people) Images may include Animals, plants, landscapes; geological or climatological features. Travel, locales in the USA and abroad that convey a sense of place. Objects connecting the American people to their history or their cultural heritage. Subject matter must be in good taste.

Photo submission is from August 1, 2020 to September 1, 2020. No entries will be accepted after September 1, 2020. Use the enclosed form.

A panel of local professional photographers will judge the winning photos. These entries will be narrowed down to the top 12 images which will be used for 2021 GLCAP Senior Calendar. Winners will be announced in the Seniors On the Move - October Newsletter and receive a free calendar. One OVER ALL WINNER will receive their picture printed on no larger than an 11” wide x 8 1/2” Canvas for their own enjoyment!

For all others calendars will be available to purchase for a small fee to cover the cost of printing.

For more information and to receive your gratitude journal or sign up for the Scams teleconference please contact Brenda Kuieck, Program Planner at 419-463-2428 or e-mail at bskuieck@glcap.org

What Are YOU Grateful for Today?

Join our Gratitude Journal Group starting Friday, Aug. 7 at 9:00 a.m.

Gratitude makes us happier, increases our quality of sleep, improves our relationships, and leads to more optimism and higher self-esteem!

Join us by phone For how to: “Protect yourself from COVID-19 Scams” Thursday, Aug. 6, 1:30 p.m.
presented remotely by Attorney Phillip T. Wylkan Estate Planning & Certified Elder Law Fremont

Virtual Silver Sneakers Classes available via ZOOM Contact:
Angie Schroeder at 419-307-8533 or email angiel1717@yahoo.com
GLCAP Senior Calendar Photo Contest!

Twelve photos will be selected to be placed with each month of a 2021 Sandusky County Senior Calendar!

PHOTO CONTEST RULES, TERMS, AND CONDITIONS FOR CONTESTANTS

- The GLCAP Senior Photo Contest is open to all amateur photographers, who either receive the Seniors On the Move newsletter or participated in a Senior Program or Service.
- Subject matter is what inspires you. (Not people) Images may include Animals, plants, landscapes; geological or climatological features. Travel, locales in the USA and abroad that convey a sense of place. Objects connecting the American people to their history or their cultural heritage. Subject matter must be in good taste.
- Only 2 entries per person for the contest.
- Photos must be in color and in horizontal (landscape) orientation with image resolution sharp enough for enlargement to fit on a month of the calendar (11” wide x 8 1/2” tall)
- Photo submission is from August 1, 2020 to September 1, 2020. No entries will be accepted after September 1, 2020.
- The image must have been created in the years of 2019 or 2020.
- You must be the sole author and owner of the copyright of the image entered.
- GLCAP does not accept liability for the publication of unlawfully reproduced images.
- Computer altered “PhotoShop” images will not be accepted nor will illustrations.
- Photographs submitted must be original work by the contest entrant.
- By submitting your image to the photo contest, you are granting the GLCAP a non-exclusive right to reproduce the image. Your image can only be used on the GLCAP website, GLCAP Senior Facebook page, GLCAP Senior Center, “On the Move Newsletter” and marketing materials (such as future GLCAP Senior Center contest marketing materials).
- Winners consent to the use of their image, name and/or photograph without compensation.
- Entry form must be filled out completely along with photo being submitted.
- A panel of local professional photographers will judge the winning photos. These entries will be narrowed down to the top 12 images which will be used for 2021 GLCAP Senior Center Calendar.
- Winners will be announced in the Seniors On the Move - October Newsletter.
- *OVER ALL WINNER* will receive their picture printed on no larger than an 11” wide x 8 1/2” Canvas for their own enjoyment!
GLCAP Senior Calendar Photo Contest

Photo Contest Submission
This is for submitting your photo for the GLCAP Senior Calendar Photo Contest. By submitting your photo and signing your name, you authorize the GLCAP to use your photo on its website and/or Facebook Page and in marketing materials such as newsletter and brochures. Your photo will not be used for resale in any way.

Date________________

Name _______________________         _________________________
       (First)                                            (Last)
Phone _______________________
E-Mail ______________________

Photo Title ______________________________

Photo Description and Approximate Date Taken
_________________________________________________________________________________________________________

___________________________________________________________________________

Check here:   ___ *I agree to the Terms of Use and Contest Rules

By ✓ check marking the *Terms of Use and Contest Rules space above, you are confirming that you have read and understand the Photo Contest Rules, Terms and Conditions of the GLCAP Senior Center Photo Contest and agree to the content.

Return form to GLCAP Senior Programs by mail at P.O.Box 590, Fremont, OH 43420 OR drop off at the Sandusky County Senior Campus located at 1001 Castalia Street, Fremont. If dropping off call first to schedule an appointment to drop off. 419-334-8383.
## Senior Center “Without Walls” August 2020

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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<tbody>
<tr>
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<td>PHOTO CONTEST For 2021 Senior Calendar Begins 8/1 thru 9/1</td>
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*photo contest for 2021 senior calendar begins 8/1 thru 9/1.*

*21 Birthday Day! 9 a.m. Circuit/Interval (via Zoom) 9 a.m. Attitude of Gratitude 10 a.m. Journal Club: Cardinals 3 p.m. Happy Hour — BYOB*
**Answering your exercise FAQs**

Q: I haven’t exercised in years — Why should I start now?
A: It’s never too late to attain the many health benefits of regular exercise. Regular cardiovascular exercise, such as brisk walking, bicycling or swimming strengthens the heart and muscles, boosts energy and endurance. It also helps control blood sugar and cholesterol levels and works as a natural mood elevator. Being sedentary raises the risk for developing such serious health conditions as diabetes and heart disease. Strength exercise, or resistance training, helps preserve muscle tissue and bone health. It’ll help you stay strong, so you can go about your normal daily activities.

Q: I have several medical conditions — Is exercise safe for me?
A: Remember, always consult with your health care provider before starting an exercise program. Ask about precautions specific to your condition and which exercises are beneficial and safe for you. Regular exercise helps manage health conditions and can speed up the recovery process of serious illnesses, including heart attack, stroke and joint-replacement surgery. Your doctor may recommend that you start exercising in a medically-supervised setting before you exercise on your own.

Q: Which exercises are easy on the joints?
A: Water exercises (swimming, water walking) or non-weight-bearing exercises (bicycling, rowing, elliptical machines) are easier on the joints and often recommended for people with joint issues. However, your health care provider may recommend some weight-bearing exercises (walking, jogging) to protect and strengthen your bones.

Q: How can I exercise on a limited budget?
A: Start walking! All you need is a comfortable pair of walking shoes and a safe place to walk. Libraries are a great resource that lend out fitness DVDs.

Q: Is strength-training a good idea at my age?
A: Strength-training is critical for older adults. Adults lose 4-6 lbs. of muscle tissue per decade, which means a significant loss of body strength and a lower resting metabolism. Older adults who undergo a structured strength-training program have shown to regain lost muscle mass, increase their strength, metabolism, bone density and balance and improve their quality of life. One study linked muscular strength to reduced stiffness in the aorta, the major artery carrying blood from the heart to the rest of the body, which can reduce the risk of death from cardiovascular events, independent of current aerobic fitness levels. However, if calorie intake isn’t also reduced, fat weight increases.

Q: I’m not overweight — Do I really need to exercise?
A: Even if your weight is in a healthy range, regular exercise is key for maintaining good health and to reduce health risks. One study showed that physically fit overweight people had significantly lower health risks than thin, sedentary people. An inactive lifestyle raises your risk for developing serious health conditions, including metabolic syndrome, diabetes, and heart disease.

Q: How much exercise is enough?
A: Start with 5 minutes or whatever you can manage, then gradually work up to 30 minutes a day of cardiovascular exercise most days of the week. You should notice a difference in how you feel within 6-8 weeks. Perform muscle-strengthening exercises twice weekly with at least 24 hours in between sessions.

For more information, contact Brenda Kuieck, Program Planner and ACE Certified Personal Trainer at 419-463-2428 or by e-mail at bskujeck@glcap.org
Summer is in full swing now and it’s really getting hot! I have a few tips for staying cool, as well as some maintenance tips.

Some seniors are sensitive to the cold and don’t like using an air conditioner. If you are one of them, here are a few tips to help you stay cool.

Using a fan is very effective at keeping us cool, as is dressing in light weight, loose clothing. Keeping the blinds closed or partially open will help keep the sun out. Eating some cold fruits and veggies can even help us stay cool. Try foods such as watermelon, cucumbers, celery, strawberries, or bell peppers. They are high in water content so they help you stay hydrated.

One thing you could try to cool your home is to turn your furnace fan on to circulate air. Not all thermostats will work with this feature. Just turn your fan to the “on” setting instead of “auto.” Just as a side note, the more you run the fan the more you will need to change your furnace filter.

Speaking of furnace filters, when was the last time you checked yours? A dirty air filter will cause problems with central air units. It will also cause your furnace to work harder and you can lose air flow throughout your home. Replacing them every 1-3 months is recommended. The cheaper the filter, the more often you will have to replace it.

Window air conditioners also have a filter that needs to be cleaned. Some newer units will have a light to tell you when to check it. This one is easy to do. Just pull the front of your air conditioner off and pull the screen out. You can usually just rinse them with water, but if it is really dirty you can use any household cleaner you may have. Dry them off with a towel and put them back in. Do not remove them and keep running the unit. This will clog the fins and potentially damage the unit. A little maintenance goes a long way. Stay cool and enjoy the AC!

Bryan Adams
Senior Chore Specialist

Cooling program helps beat the summer heat

With temperatures projected to be in the upper 80s and 90s throughout the next few weeks, GLCAP reminds those who are in need of cooling assistance that the Summer Crisis Program is here to help.

The Summer Crisis Program can help residents pay utility bills, repair central air conditioning units, or obtain one window air conditioner for their residence. The program is available to households that are at or below 175% of federal poverty guidelines (e.g. $45,062.50/household of four) and have a disconnect notice from their electric provider. The program is also available for residents with a household member over the age of 60, or a household member who has a documented medical condition that requires air conditioning (no disconnect notice is required).

Documentation of most recent energy bills; household members with their birth dates and social security numbers; proof of U.S. citizenship or legal residency for all household members; proof of income for the last 30 days or 12 months for all adult household members; and physician documentation that cooling assistance is needed for a household member’s health (if there isn’t a household member over the age of 60).

To receive assistance, appointments must be scheduled by calling 567-432-5046 or by visiting www.glcap.org/summercooling and scheduling an appointment online. The Senior Helping Hands program will install air conditioners through this program for Seniors for FREE!
Space Exploration Word Search

A U L L S P A C E S T A T I O N N K G J
M F S F D C O M D I X H S G M V O N F P
I A T I S Y S P O Y L H F P I T O L F Q
N A R C A M R M A S A N G B S R C B E C
I Z I S D R Y E G A D X I O T M O C T F
M C U D R V C M V M R L V S R G L W T G
E D A Y U O Z S Q O E T M F R J L A S M
G B U P O L V O T T C R E U W U I T O E
P K A N E S J E W A A S C M F N N L Q O
I D J L L C E Z R L R V I U I O S A L Z
O Q G R Y W A Q P W N D K D R S G N U E
N V H E Z K C N P D A E U I L Y S T N S
E I N G Z S S O A R M L W S N T T I A I
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R I R E U O Y S N U E N O R O Q U H W P
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B F G H E I V O Y A G E R A T M F Y J N
J X C C L W A Q P R H V O L L O P A Y E

Aldren  Columbia  Luna  Space Station
Apollo  Discovery  Mariner  Sputnik
Armstrong  Enterprise  Mars Rover  Stardust
Artemis  Gagarin  Mercury  Viking
Atlantis  Gemini  NASA  Vostok
Cape Canaveral  Glenn  Pioneer  Voyager
Challenger  Hubble  Skylab
Collins  Juno  Soyuz
### GLCAP Sandusky County
### Senior Menu for August 2020

**Suggested Donation of $3.00 per meal. 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. NON-SENIOR GUEST/STAFF: $6.75**

<table>
<thead>
<tr>
<th>Day</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday Delivery</th>
<th>Thursday</th>
<th>Friday</th>
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<tbody>
<tr>
<td><strong>3</strong></td>
<td>Macaroni and Cheese, Green Beans, Stewed Tomatoes, Fresh Plum, Wheat Bread</td>
<td>National Chocolate Chip Cookie Day! Pork Chop, Garlic Mashed Red Potatoes, Collard Greens, Blueberries, Wheat Bread, Chocolate Chip Cookie</td>
<td>Grab and Go: Chicken Salad Sandwich; Chef Salad w/ Turkey Ham</td>
<td>Egg Salad on Croissant, Carrot and Raisin Salad, Green Pepper Soup, Tropical Fruit, Pudding</td>
<td>Beefy Goulash, Roasted Asparagus, Diced Carrots, Applesauce, Cornbread= Grab and Go: Ham and Swiss Sandwich; Chef Salad w/ Chicken</td>
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<tr>
<td><strong>10</strong></td>
<td>Swedish Meatballs Over Parsleyed Noodles, Steamed Broccoli, Buttered Corn, Strawberries, Wheat Bread</td>
<td>Ham and Potato Skillet, Steamed Peas, Tomatoes and Zucchini, Melon, Wheat Bread</td>
<td>Grab and Go: Egg Salad Sandwich; Chef Salad w/ Turkey Ham</td>
<td>Creamed Chicken over Biscuit, Mashed Potatoes, Mixed Vegetables, Apricots</td>
<td>Chili Dog w/ Cheese on Bun, Baked Beans, Roasted Yellow Squash, Mixed Berries Grab and Go: Turkey and Cheese Sandwich; Chef Salad w/ Turkey Ham</td>
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<tr>
<td><strong>17</strong></td>
<td>Chicken Jambalaya with Brown Rice, Sweet Potato Cubes, Seasoned Okra, Peaches, Wheat Bread</td>
<td>Spaghetti w/ Meat Sauce, Italian Blend Vegetables, Tossed Salad, Cherry Crisp, Garlic Bread</td>
<td>Grab and Go: Ham Salad Sandwich; Chef Salad w/ Turkey Ham</td>
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<tr>
<td><strong>24</strong></td>
<td>Turkey Tetrazzini, Steamed Peas, Cucumber Salad, Warm Cinnamon Apples, Garlic Bread</td>
<td>Chicken Fried Steak, Mashed Potatoes and Gravy, Peas and Carrots, Mixed Fruit, Wheat Bread</td>
<td>Grab and Go: Ham and Swiss Sandwich; Chef Salad w/ Chicken</td>
<td>Shredded Chicken Sandwich, Steamed Broccoli, Potato Salad, Scalloped Peaches</td>
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<tr>
<td><strong>31</strong></td>
<td>National Trail Mix Day! Beef and Noodles, Harvard Beets, Peas and Carrots, Mandarin Oranges, Wheat Bread/Trail Mix</td>
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**CALL 24 HOURS IN ADVANCE TO SCHEDULE A MEAL. Clyde — 419-547-8052; Fremont — 419-334-8181; Gibsonburg — 419-637-7947.**

For home-delivered meal cancellations, call 419-332-4032. For ingredient content only, call GLCAP Food Service at 419-333-5098.
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

Girls out for a ride enjoying the Independence Day Grab & Go!