The 2020 theme for National Senior Center month is: *Senior Centers: Delivering Vital Connections!*

This year’s theme was chosen to highlight how senior centers deliver vital connections to support older adults aging well. Preventing social isolation is vital and a core senior center mission. While the delivery methods have changed during the pandemic, centers have succeeded in continuing to provide knowledge, programming, and resources.

Our key words this celebration are **Mind, Body, Spirit, Community.** They are important reminders to take a holistic approach to your own well-being. Connect with us virtually!

**Mind:** Financial Wellbeing Sessions  
Exercise-Important for Mental Health

**Body:** Exercise with Angie

**Spirit:** Gratitude Journaling OR Happy Hour

**Community:** Join us at [www.facebook.com/groups/sanduskycountyseniors](http://www.facebook.com/groups/sanduskycountyseniors)

Check out the *Senior Center without Walls* September Calendar for more details.

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**Financial Well-Being Sessions**

Social determinates of health include financial health. This spring GLCAP partnered with the Consumer Financial Protection Bureau to receive extensive training to bring this program to you. On Thursdays at 1:30 p.m. in September, we will offer remote presentations on four topics pertaining to finances from “Your Money, Your Goals” curriculum for any interested senior.

- Topics to be covered include:
  1. Spending Tracker "Where did it go?"
  2. Bill Calendar
  3. Choosing How to Pay Bills
  4. Avoiding Medical Debt

Those who are interested may attend one or all of these sessions. Class dates are listed in this month’s Senior Center Without Walls calendar.

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**Exercise important for mental health**

We all know exercise is good for our bodies, but what can exercise do for our mental and emotional well-being? Tracy Reiter, RN, from Sandusky County Public Health will present a remote education program, “Why Exercise is Important for our Mental Health,” on Wednesday, Sept. 9, 1:30 p.m.

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**Join a Remote Program—Earn a chance to win a gift basket**

In celebration of Grandparents Day, we are offering entries into a drawing for a gift basket for every remote program you participate in during the **week of Sept. 7**, including **Grab N’ Go programs**!

The drawing will take place on Sept. 14 for a patriotic picnic box donated by Terra State Life Scholars. The box includes: paper plates/napkins; pork and beans; large ketchup/mustard; BBQ tongs; hot dog holders; and potato chips.

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**Enjoy the Poems submitted for the Poetry Contest inside. Congrats to Winner Phyllis Jess!**
**Happy Birthday!**

**Sept. 1**  
Barbara Eenigenburg  
Joe Rupp

**Sept. 2**  
Paul Ohms

**Sept. 3**  
E.J. Dick  
Letitia Mollinger

**Sept. 4**  
Gail Rini  
Keith Turner

**Sept. 5**  
Lois Mullins  
Emily Wacker

**Sept. 6**  
Larry Avalos  
Elaine Balogh  
Sanford Selvey  
Carol Young

**Sept. 7**  
Galen Damschroder  
Connie Knighton  
Marilyn Sovinski  
Cindy Vollmar

**Sept. 8**  
Carol Pitts

**Sept. 9**  
Ralph Billow

**Sept. 10**  
Margie Gonya  
Leola Hughes  
Kevin Klink  
Diane Trevino

**Sept. 11**  
Janet Bowles  
Ann Laird  
Dudley Tucker  
Linda Tucker

**Sept. 12**  
Ruthie Williams

**Sept. 13**  
Phillip Santiago  
Juanita Trevino

**Sept. 14**  
Mel Crowell

**Sept. 15**  
Don Bartson  
Albert Cox

**Sept. 16**  
Clare Beeker  
Carol Campbell  
Tencha Flores  
Karla Huss  
Glen Laird  
Olivia Martin

**Sept. 17**  
Jon Bauer  
Rick Bernal  
Rex Gallatin  
John Rettig  
Brenda Stang

**Sept. 18**  
Gilbert Flores  
Shorty Gardner  
Sue Wetzel  
Carol Widman

**Sept. 19**  
Walter Schmidt

**Sept. 20**  
Shirley Heberling  
Carol Klink

**Sept. 21**  
Edna Dhondt  
Arthur Lester  
Shirl Miller

**Sept. 22**  
Rita Bliss  
Arlene Lenhart  
Joyce Reardon

**Sept. 23**  
Carol Bishop  
Lawrence Cronin  
Kelly Dayringer  
Paul Wagner

**Sept. 24**  
Willie Joseph  
Frances Miesle  
Mary Ann Streacker  
Sylvia Sutton

**Sept. 25**  
Dank Danklefsen  
Gus Hinojosa  
Mark Roberts  
Laura Shepherd  
Kenny Wright

**Sept. 26**  
Shonna Hodges  
Mary Williamson

**Sept. 27**  
Bud Wes

**Sept. 28**  
James Bennison  
Carol Harrah  
Cheryl Magargle  
Marlene Smith  
Edna Weyer  
Sherry Yates

**Sept. 29**  
Gloria Nitschke

**Sept. 30**  
Mary Stults

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**Sympathies**

We wish to extend our sympathies to the following:

- To the family and friends of Donna Lang who passed away on July 12. She was a long time participant at the Fremont Senior Center.
- To the family and friends of Emmalyn (Emy) Gallatin who passed away on July 17.
- To the family and friends of Bill Yeager, who passed away on July 20.
- To the family and friends of Rita Wammes, who passed away on July 28.
- To Nancy Snider and family and friends of her husband, James Snyder, who passed away on August 5.

They will be greatly missed.
GLCAP Senior Services thanks Bonrisu for their donation of 20 masks to our Meals on Wheels program drivers! The masks are very high quality and comfortable, and help our drivers and Meals on Wheels staff as we continue to make every effort to keep our seniors safe and healthy.

Donations of books for The library:
Judy Emery
Fran Miesle
Audree Eckel
Olivia Martin
Steve Shaffer

Donations for Beat the Heat Bags:
Valley View Health Care
OSU Extension Office
Rutherford House
Assisted Living
Parkview Care Center
Bethesda Care Center
Heartland Hospice
Stein Hospice
The Alzheimer’s Association

August & September Bingo prizes donated by:
Jessica Sumser,
Community Coordinator, Firelands Home Health

Dear Mrs. Smith,
The vegetables have been steamed more tender. I am able to digest them better.
Thank you!

Also wish to thank you for all the wonderful care you have given to me. It’s great to see how well we seniors are treated.
Sincerely, Mary R.
Grab n’ Go meals, activities still on for September

Our Grab n’ Go meal program on Tuesdays and Fridays is working out very well. You may request one, two, or all three meals during Grab n’ Go pickups.

Call 419-334-8383 to reserve your meal and specify which meals you want to receive.

All meals must be ordered before 10 a.m. on the day before the Grab n’ Go pickup. Participants drive up to the curb, remain in their vehicles, and meals are brought to them. Meal pickup is 11:30 a.m.-noon. While waiting in line, you can enjoy some games, entertainment, and prizes. See our calendar page for details.

RSVPs required for health and toenail clinics!

Call Barb at 419-334-8383 to RSVP.
Call when you have arrived for the toenail clinic. When it is your turn, we will come out to get you.

Please Note: Masks are required. We practice physical distancing. Your temperature will be taken when you enter the building.

Your Health and Safety is important to us!

Activities Schedule (enjoy while you wait!)

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sept. 1</td>
<td>10:30 a.m.</td>
<td>Bingo with Sherri Bourne (sponsored by Stein Hospice)</td>
</tr>
<tr>
<td>Sept. 4</td>
<td>11:00-11:30 a.m.</td>
<td>Sandusky County Public Health Clinic (must RSVP); 11:30 a.m. — Trivia with Casey (sponsored by Parkview)</td>
</tr>
<tr>
<td>Sept. 8</td>
<td>10:45 a.m.</td>
<td>Sing along with Kari Steele from Americare</td>
</tr>
<tr>
<td>Sept. 11</td>
<td>10:45 a.m.</td>
<td>Games with Leslie Ryan (prizes sponsored by Valley View)</td>
</tr>
<tr>
<td>Sept. 15</td>
<td>11 a.m.</td>
<td>Games with Leslie Ryan (prizes sponsored by Valley View)</td>
</tr>
<tr>
<td>Sept. 18</td>
<td>11:00-11:30 a.m.</td>
<td>Sandusky County Public Health Clinic (must RSVP); Trivia with Barb</td>
</tr>
<tr>
<td>Sept. 22</td>
<td>11 a.m.</td>
<td>Trivia with Barb</td>
</tr>
<tr>
<td>Sept. 25</td>
<td>11:00-11:30 a.m.</td>
<td>Sandusky County Public Health Clinic (must RSVP); Multiple Choice with Barb</td>
</tr>
<tr>
<td>Sept. 29</td>
<td>11 a.m.</td>
<td>Word Scramble with Barb</td>
</tr>
</tbody>
</table>

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.
Falls Prevention: Walk with EASE Returns

The Arthritis Foundation Walk with Ease Program is a exercise program that can reduce pain and improve overall health. If you can be on your feet for 10 minutes without increased pain, you can have success with Walk with Ease.

Classes will consist of: Health Education Lectureettes: These are 5-minute mini-lessons on 18 different topics, including Info on Arthritis, Guidelines for Exercise, Coping with Pain, and Exercise do’s and don’ts. 3-Step Problem Solving. And 5-Step Walking Pattern. This will be an outdoor program, please dress for weather. Space is limited to nine people, sign up today! Call for more details 419-334-8383

Dates: Call for start date
Days: Mondays, Wednesdays, and Fridays
Where: Senior Campus, 1101 Castalia, Fremont
Time: 8:30 a.m.-9:30 a.m.
Duration: 6-week program Cost: FREE!!
What to expect: Participants will learn to walk safely and comfortably, improve flexibility, increase strength and stamina, and reduce pain. Facilitators will be present to guide stretching, walking, and cool-downs. Workbooks included! If you can be on your feet for 10 minutes without increased pain, THIS may be a program for you! Call 419-334-8383 for more information and to register (registration required!).

Lending library donors add new books to shelves

We have a few seniors who have used the lending library so far. Our staff are taking care of delivering and picking up the books, which has helped to make this concept successful. Thank you to Fran Miesle, Judy Emery, Olivia Martin, Steve Shaffer, and Audree Eckel for donating 2 carts of books! What a great surprise! We will have these added to the list and can distribute the new list and books per request. If you are interested or would like to know more information, please call Barb at 419-334-8383. Happy reading!

Grab n’ Go Parking Lot Game Winners

July 7 — Independence Day Quiz
1st place — Theresa Jakober
2nd place — Judy Sevitts

July 10 — Music Trivia
1st place — Judy Sevitts
2nd place — Linda Lou Dunfee
3rd place — Theresa Jakober

July 14 — Old Timers Trivia
1st place — Judy Sevitts
Tied for 2nd place — Theresa Jakober and Nancy McKeever

July 17 — Karaoke
Kari Steele from Americare provided our entertainment while waiting for our GNG meal distribution. We love it when she sings all our favorite songs!

July 21 — 1970s’ TV Trivia
1st place — Rachelle Johnson
2nd place — Theresa Jakober
3rd place — Judy Sevitts

July 24 — Multiple Choice
1st place — Judy Sevitts
2nd place — Phyllis Growell
3rd place — Nancy McKeever

July 31 — Candy Quiz (very hard)
1st place — Rachelle Johnson
2nd place — Judy Sevitts
So many had 0 points that a booby prize could not be awarded!
GLCAP Senior Services thanks all who took part in a poetry contest that took place throughout the month of July, and would like to congratulate Phyllis Jess, our grand prize winner with her poem “What Happened?” Phyllis received a gift basket courtesy of Terra State Life Scholars. Her poem will be published in the annual Sandusky County Poetry Chapter book.

The contest was open to anyone over the age of 50. The poems could be about anything the writer wished, such as a memory from the past, a grandchild or grandchildren, a lost love, a prayer, a spiritual or emotional experience, or other topics.

There were six participants and a total of eleven poems submitted. Winners were selected by Terra State Life Scholars Instructor, Larry Michaels. “It was hard to pick a winner, as there were several poems I liked,” Michaels said. “I liked her imagery and playful tone, along with her skillful use of rhythm and rhyme. It also has a universal theme.”


Congratulations to Phyllis, and thank you to all of our participants, Terra State Life Scholars and our poetry judge, Larry Michaels!

**OUR GRAND PRIZE WINNER**

**What Happened?**

*By Phyllis Jess*

I looked in the mirror  
And what did I see?  
A face filled with wrinkles,  
That cannot be me!

It seems like yesterday  
I was a fair, young miss  
with a spring in my step  
facing a world full of bliss.

But, alas, years have passed.  
Time is not always kind.  
My spring has really sprung,  
old age is on my mind.

But, memories are happy.  
Lines are made from smiles  
and are not the results  
of my life’s Ninety-One miles.
Touring the Land  
By Betty Jones
The sheets of rain fell heavily, like 
The white snow of the North
I smiled. The purple flowers smiled back, “Don’t mind the rain”
The heat, breathtaking, beamed from the sun. 
I frowned. But the purple flowers of Liberia, smiled. 
“Don’t mind the sun.”
It’s beautiful richly dark tone people with the glad, glad heart was highlighted by their beautiful smiles
The purple flowers that were laid at my feet smiled, “Walk proudly child, you’re home.”

Thoughtlessness  
By Nancy Dodson
Just a little bit of hatred can spoil a score of years. And blur the eyes that ought to smile with many needless tears.
Just a little bit of thoughtlessness and anger for a day, Can rob a home of all its joy and drive delight away.
Just a little bit of shouting in a sharp and vicious tone, Can leave a sting that will be felt when many years have flown.
and just one hasty minute of ill-temper can offend, And leave an inner injury the years may never mend.
It takes no moral fiber to say harsh and bitter things. It doesn’t call for courage to employ a lash that stings.
And cruel words and bitter, any fool can think to say, But the hurt they leave behind them, Many years can’t wipe away.
Just a little bit of hatred robs a home of all delight, And leaves a winding trail of wrong, That time may never right.
For only those are happy, And can keep their peace of mind, Who guards themselves from hatreds, And the words that are unkind.
Because, the more you love, The harder you fight, To make things better, To make things right. You hug, You kiss, You laugh, You cry; But you Should never let a day go by; Without some word, Without some thought of you’re Undying Love.

Walking Through The Woods One Autumn Day  
By Rosie Evans
Walking through the woods one autumn day
The sky was overcast, the wind was blowing the dry colored leaves around.
All the beauty beckoned me to stay.
I saw a squirrel gathering nuts then run up a tree.
Oh! What wondrous sights to see.
Old Peter Rabbit went scurrying by, One of Santos reindeer stood there proudly, it gave me a natural high.
There is so much beauty in this world to see, the awesome beauty of nature, the beauty in you and me. All are precious gifts from God above given to us with His perfect love.
These were my thoughts you see when walking through the woods one autumn day feeling warm with His love, feeling free to be me.

‘I Saw The Saints Rise’  
By Betty Jones
I saw the saint’s rise. 
I heard the angel say, This is the coming of the Lord ’s day.
I heard the trumpet sound clothing, jewelry, planes! Falling To the ground
Children and adults disappeared before my eyes. Evil no longer disguised
One world leader against God and Man sending waves of terror throughout the land
I heard He would return, since a child so small willing choice, ignored His call
Jesus Christ dead some say. Now, riding the clouds, taking His saints away crying, screaming, Lord not at this time Horrified I was left behind!
Jumping, reaching to the sky. Pleading a second chance to the Master on High
Such a devastating scene. I awoke.
Thank God.
**Tears of a Child**  
*By Betty Jones*

Something touched me, it was a liquid substance; cold and wet  
That something, I had grown immune to from the harshness of this world  
I looked up, I saw an angel girl.  
The liquid substance hurried down her cheeks.  
In her large glassy eyes, I saw a want;  
a want, to belong.  
Her hurt, begged my help. Not of obligation, rather of Love.  
Something cold slid down my face. I touched it.  
It was a liquid substance, then I remembered,  
They're called tears. And the kind that will pierce your heart are the tears of a child.

**STOP! LOOK! LISTEN!**  
*By Phyllis Jess*

Did you hear the birds sing,  
or, see the rainbow glow,  
feel the rain on your face,  
or, the gentle breeze blow?  
Do you see the smiles of children,  
a neighbor's helping hand,  
or, the wag of a puppy's tail,  
maybe, a sunset, Oh, so grand?  
Did you smell a flower's scent,  
harvest a crop ready to eat  
or, see our amazing bodies from our head to our feet?  
So many, many great gifts, just to mention a very few.  
All undeserved, freely given, Heavenly Father, we do Thank You.

**Silent Screamers**  
*By Betty Jones*

What is it self—that's deep within.  
what is that awful sin  
Their fault. Your fault. So, confused  
Innocence so wrongly used.  
Where is your voice.  
Paralyzed by fear  
Afraid to cry, afraid to tell  
Screaming inside, down in this miry well  
What is it self, what do you want to say.  
I hurt, I hurt!  
Tender ears heard my cry. Loving arms came soon.  
Gentle words healed my wound.

**Changin' Life**  
*By Janet Bowles*

Things are a changin' or rearrangin'  
mask to wear,  
or just don't care  
Hands to wash  
So germs can toss  
Distance to stay but it's okay  
Stay and play  
But there's rules to obey  
To follow the norm  
Is not always in form  
Life's a changing  
So we must keep rearrangin'.

**Equality**  
*By Janet Bowles*

Our nation is hurting.  
The question we're skirting  
To follow the rules  
Of our forefathers tools  
Equality, respect.  
We should not reject  
To stand as a nation  
Without hesitation.  
The power of prayer  
Will help you stand fair  
We all are equal
A Capsule of Faith and Love  
By Kay Szymanowski

_It was June 6, 1934_  
A handsome young farmer/factory worker and a beautiful young school teacher began building a foundation of love of God and love for each other by consummating their Sacrament of Marriage in St. Ann’s Catholic Church in Fremont, Ohio. They took residence in the little village of Clyde, Ohio.

_It was August 7, 1935_  
The fruit of their love was born into life; a baby girl. Now there were three to share their love and God’s blessings.

_It was April 1, 1936_  
Shock! A bicycle accident ended this earthly young love. Only two now. The grief-stricken widow and baby moved back to her parents’ home on a farm in Jackson Township. But the young mom was now caring for her very sick mother and her new baby girl while cooking and keeping house for her father. Now there were four.

_It was September 9, 1937_  
Shock again! Where was God? Mom died. Father and daughter were grief-stricken. Now there were three. But God’s blessings were healing and love began to bloom once again.

_It was October 21, 1939_  
Her father had found love with a widow lady that had nursed his dying wife of 35 years. So a move off the farm began into the city of Fremont. The young widow found room and board for two with her aunt and uncle as she searched for employment. Now there were four again. The beginning of World War II created a new job in Fremont and the young widow was hired as the Clerk of Sandusky County Selective Service where she would retire after 30 years. After several years of saving money the widow and young daughter moved into their own apartment. Now there were two again full of life and love and blest by God. The years passed and love began to bloom again in the widow’s heart.

_It was February 4, 1949_  
A second wedding and chance for more love. Also a move back to the farm in Jackson Township. Now there were three. Years passed and the foundation of faith and love which began in 1934 was firmly set.

_It was May 30, 1955_  
The young girl now madly in love married her high school sweetheart and they began to build their foundation of faith and love. Now there were two.

_It was October 21, 1956_  
The first of seven fruits of their love was born - a beautiful baby boy. Now there were three. More fruits of their love were born 1958, 1959, 1961, 1963, 1965 and 1966. Now there were nine! Years of love, tears, hardships and joys along with a new larger home followed with God’s many blessings.

_It was June 20, 1979_  
Shock! How could this happen? Loving, faithful husband of 24 years gone into his eternal life so young in minutes. Then there were eight. Grief-stricken family supported by parents and friends along with God’s tremendous love got them through the years ahead - very busy years.

_It was May 16, 1980_  
The first of seven weddings took place. Love was flourishing in their family and the fruits of all their love and blessings from God began to multiply into grandchildren and great grandchildren. What began as two has now become over 50! What a testimony to God’s love and human love. Looking forward to a huge family reunion for those yet to come in our eternal life!

Thank you to all who shared their talents with us!
I have some good news — the Senior Helping Hands program has new income eligibility guidelines! That’s right, one of our funding sources has increased the limit! Our program will now cover expenses up to 200 percent of the federal poverty guidelines.

What does that mean for our seniors? Here is an example: If you live alone and have a monthly income of $2,127 or below, you won’t have to pay anything for our services, as long as the services are approved. If you have a two-person household and have a monthly income of $2,873 or below, you also qualify for zero cost!

We are taking care to follow health guidelines to ensure the safety of our seniors and employees.

Please check out the Sliding Fee Scale below for out of pocket cost share.

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**September is Fall Prevention Month**

Here are a few things you can do to prevent falls in or around your home:

- Make sure there are wide and clear pathways in and around your home.
- Check around your favorite chair; be selective of what items you keep close at hand. Having items close at hand is nice, but too much clutter can cause you to slip and fall.
- It is never too late to think about adding grab bars in the bathroom. Another place to think about is the commode; grab bars make getting up much easier. Bathroom falls are some of the most common to happen.
- Don’t forget about the entryways or steps you may need to navigate. Make sure you have secure handrails.

For help installing grab bars or stair rails, or with income guidelines contact Bryan Adams, Senior Chore Specialist at 419-332-8499.

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### Senior Helping Hands Cost Sharing/Contributions Sliding Fee Scale

($3,500 maximum award for a five-year period)

<table>
<thead>
<tr>
<th>% of Federal Poverty Guidelines</th>
<th>Income One-Person Household</th>
<th>Income Two-Person Household</th>
<th>Individual Cost Share as % of Service Unit Price</th>
<th>Household Out of Pocket Cost Share</th>
</tr>
</thead>
<tbody>
<tr>
<td>Up to 200%</td>
<td>$2,127</td>
<td>$2,873</td>
<td>0%</td>
<td>$0</td>
</tr>
<tr>
<td>201-225%</td>
<td>$2,393</td>
<td>$3,233</td>
<td>20%</td>
<td>$700</td>
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<tr>
<td>226-250%</td>
<td>$2,658</td>
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<td>251-275%</td>
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<td>276-300%</td>
<td>$3,190</td>
<td>$4,310</td>
<td>80%</td>
<td>$2,800</td>
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<tr>
<td>301% and above</td>
<td>$3,191</td>
<td>$4,311</td>
<td>100%</td>
<td>$3,500</td>
</tr>
</tbody>
</table>
As many of you know, I am the social worker for senior services at GLCAP.

I have been staying extremely busy with the “home” assessments for Meals-on-Wheels, intake and inquiries about Project Lifesaver, distributing incontinence supplies, sorting the lending library, helping with Grab-and-Go, and many other duties.

Year-to-date, I have completed 126 new assessments for those who qualify for Meals-on-Wheels. I normally complete them in the homes, but am completing the assessments by phone due to COVID-19 precautions. I look forward to getting back in the homes to meet and reconnect with everyone face-to-face. Until then, please feel free to contact me for questions or if you need any resources.

PROJECT LIFESAVER

I completed one intake for Project Lifesaver in the past few months, but am glad to share the information about this great program. Project Lifesaver is a program through the Sandusky County Sheriff’s Office for those who live in Sandusky County and have a documented medical condition that may cause them to be highly susceptible to wandering or a history of wandering. The program is open for those ages three and older. It involves receiving a transmitter that can be tracked if the person wanders. The staff from the Sheriff’s Department help to place the tracking bracelets and to track if someone wanders. If you know anyone who may meet this criteria and could benefit from this program, please contact me.

FREE INCONTINENCE SUPPLIES

Finally, we received more incontinence supplies from the Area Office on Aging, so we have a few sizes of briefs and some bed pads to distribute. Please call me if you are in need. Our staff are delivering the products, so you do not need to leave your house to obtain these supplies.

We are working hard and staying busy to provide our seniors with as many services as possible. Again, if you need any resources, please contact me at 419-333-5082. Enjoy the fall weather!

GLCAP received notice of an award from the Meals on Wheels Association of America for $5,000 to help Seniors with Pets. The award is sponsored by PetSmart Charities. This program promotes the connections and socialization by ensuring that seniors and their animal companions can live happy, healthy lives, together. This is only a six-month grant and the majority of funds will go toward the purchase of Pet food. Seniors who are homebound will be the primary beneficiaries. More details to come.
An ‘attitude of gratitude’ pays off

Having an Attitude of Gratitude helps us focus on the moments, encounters, or everyday things that enrich our lives. The emotional, social and health benefits are endless!

We have heard the phrase “paying it forward” which is usually tied to acts of service. When we are feeling grateful and we share that with others it encourages an attitude of gratitude that is passed down from person to person. I encourage you to try it!

Here are a few things the Attitude of Gratitude Group shared that they are grateful for, big and small:

♦ Thankful to be here;
♦ to get out of bed herself;
♦ a washing machine;
♦ running water;
♦ daughter providing zucchini from her garden;
♦ zucchini bread to make and share;
♦ eggs from family chickens;
♦ beautiful day; remote programs;
♦ remote COVID-19 scam education;
♦ friends;
♦ and church.

A woman on the phone to her friend: I feel like my body has gotten totally out of shape, so I got my doctor’s permission to join a fitness club and start exercising....I decided to take an aerobics class for seniors. I bent, twisted, jumped up and down, and perspired for an hour. But by the time I got my leotards on, the class was over! Welcome to some of the FUN we have during Happy Hour! “What happens at Happy Hour, Stays at Happy Hour!” When was the last time YOU enjoyed “Happy Hour?” Join us.

For more information or to make a reservation for any of remote programs, contact me at 567-280-1190 or at bskuieck@glcap.org

2021 Calendar Photo Contest open until Sept. 1

We are still accepting photos for our 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) and may include animals; plants; landscapes; geological or climatological features; travel; locales in the USA and abroad that convey a sense of place; oe objects connecting the American people to their history or their cultural heritage. Subject matter must be in good taste.

Photo submission is from Aug. 1-Sept. 1, 2020. No entries will be accepted after September 1, 2020. Call for a form and more details 419-334-8383

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 will receive a free calendar. One overall will receive their picture printed on no larger than an 11x8½” canvas for their own enjoyment!

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

Senior Center
“Without Walls”
New Programs

July 7, 1 p.m. Game
Game 1: Betty Hoffman, Postage Stamp; Sue Homler, Postage Stamp; Mary Halbisen, Diagonal
Game 2: Betty Hoffman, 4 Corners; Janet Bowles, Across; Mary Halbisen, 4 Corners
Game 3: Mary Halbisen, Across; Maria Barrera, Diagonal; Janet Bowles, Vertical
Cover All: Maria Barrera

July 7, 2 p.m. Game
Game 1: Martha Crocker, Postage Stamp; Sharon Cahill, Across; Alice Arthur, 4 Corners; Sharon Cahill, Postage Stamp
Game 2: Mary Kucha, Diagonal; Martha Crocker, Vertical; Sharon Cahill, Vertical; Alice Arthur, Diagonal
Game 3: Sharon Cahill, Across (card 1); Sharon Cahill, 4 Corners (card 2) Martha Crocker, Across
Cover All: Sherri Sumpter and Mary Kucha

July 14, 1 p.m. Game
Game 1: Sue Homler, Across; Bea Parish, Postage Stamp; Betty Hoffman, 4 Corners
Game 2: Maria Barrera, Postage Stamp; Janet Bowles, Vertical (card 1); Janet Bowles, Across (card 2)
Game 3: Bea Parish, Postage Stamp; Betty Hoffman, Vertical; Lee Williams, Vertical
Cover All: Janet Bowles

July 14, 2 p.m. Game
Game 1: Mary Kucha, Postage Stamp (card 1); Cindy Bartlett, Vertical; Sharon Cahill, Across; Mary Kucha, Diagonal (card 2)
Game 2: Cindy Bartlett, Across (card 1); Cindy Bartlett, Across (card 2); Kay Szymanowski, Vertical
Game 3: Sharon Cahill, Across; Cindy Bartlett, Across (card 1); Kay Szymanowski, Vertical; Mary Kucha, Vertical; Cindy Bartlett, Vertical (card 2)
Cover All: Kay Szymanowski

July 21, 1 p.m. Game
Game 1: Mary Halbisen, Diagonal; Janet Bowles, Postage Stamp; Carol Chick, Vertical
Game 2: Carol Chick, Across; Mary Halbisen, Postage Stamp; Lee Williams, Diagonal
Cover All: Janet Bowles and Carol Chick

July 21, 2 p.m. Game
Game 1: Mary Halbisen, Vertical; Alice Arthur, 4 Corners; Mary Pfefferle, Diagonal
Game 2: Anastasia Radecki, Across; Alice Arthur, Postage Stamp; Mary Kucha, Postage Stamp
Game 3: Martha Crocker, Postage Stamp; Sharon Cahill, 4 Corners; Sharon Cahill, 4 Corners
Cover All: Jerry Miller and Anastasia Radecki

July 28, 1 p.m. Game
Game 1: Mary Halbisen, Vertical; Betty Hoffman, Postage Stamp; Lee Williams, Across
Game 2: Mary Halbisen, Postage Stamp; Maria Barrera, 4 Corners; Lee Williams, 4 Corners; Mary Halbisen, 4 Corners
Game 3: Mary Halbisen, Postage Stamp; Carol Chick, Across; Maria Barrera, Diagonal; Bea Parish, Diagonal
Cover All: Janet Bowles

July 28, 2 p.m. Game
Game 1: Martha Crocker, Postage Stamp (Card 1); Martha Crocker, Across (Card 2); Anastasia Radecki, Diagonal
Game 2: Mary Kucha, Across; Sharon Cahill, Vertical; Kay Szymanowski, Across
Game 3: Alice Arthur, Across; Mary Kucha, Diagonal; Anastasia Radecki, Postage Stamp
Cover All: Martha Crocker

Bingo games scheduled Tuesdays in September via telephone. See calendar for details.
Senior Services welcomes two new senior site supervisors

Please help us to welcome our new senior site supervisors, Becky Goodwin and Polly Dierksheide. Becky is the new senior site supervisor of the Clyde Senior Center and Polly is the new senior site supervisor of the Gibsonburg Senior Center.

Although the senior centers are not currently open to the public, Becky and Polly will be housed at the Sandusky County Senior Campus, where they will be training and working among the rest of the senior services staff members.

They will be assisting Brenda Kuieck with some of the virtual programming for our Senior Center Without Walls concept, making the weekly wellness calls to seniors, and helping to sort the donations for the lending library, along with many of the other behind-the-scenes programming and tasks.

Help us give them a warm welcome if you talk to them on the wellness calls or during remote programming or if you see them at Grab and Go! Welcome, Becky and Polly!

EXERCISE IS ESSENTIAL!

Most of us are well aware of the physical and mental health benefits of exercise, however, did you know public health officials are suggesting exercise is essential to our physical health and mental well-being during the COVID-19 pandemic?

You can still enjoy a variety of fitness classes online and outside classes during the temporarily shut down due to the pandemic.

Please contact Angie at www.angieschroeder.com to request the current Senior Center schedule for exercise classes.

‘A Man Called Ove,’ ‘Code Breakers’ on the list for September book club groups

A Man Called Ove by Fredrik Backman will be the next read for our 11 a.m. book club group beginning on Sept. 14. In this “charming debut” (People) from one of Sweden’s most successful authors, a grumpy yet loveable man finds his solitary world turned on its head when a boisterous young family moves in next door.

We will also start another reading of Code Girls, the story of women who served as codebreakers during World War II, for those that missed out on it before. The club will begin Monday, Sept. 14, at 10a.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
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<thead>
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<th>Monday</th>
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<tbody>
<tr>
<td>Program Planner: Brenda Kuieck 419-463-2428</td>
<td>1 9 a.m. Circuit/Interval (via Zoom) 1 p.m. Group 1 Bingo 2 p.m. Group 2 Bingo</td>
<td>2 9 a.m. Tai Chi/Qigong (via Zoom) 10 a.m. Journal Club: Bluebirds 11 a.m. Journal Club: Rockin’ Robins</td>
<td>3 9 a.m. Zumba Gold (via Zoom) 1:30 p.m. Part 1 Spending Tracker “Where did it go?”</td>
<td>4 9 a.m. Circuit/Interval (via Zoom) 9 a.m. Attitude of Gratitude 10 a.m. Journal Club: Cardinals</td>
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<td><strong>7 Labor Day Office Closed</strong></td>
<td><strong>8</strong> 9 a.m. Circuit/Interval (via Zoom) 1 p.m. Group 1 Bingo 2 p.m. Group 2 Bingo</td>
<td><strong>9</strong> 9 a.m. Tai Chi/Qigong (via Zoom) 10 a.m. Journal Club: Bluebirds 11 a.m. Journal Club: Rockin’ Robins 1:30 p.m. Trish Reiter, SCHD Talk</td>
<td><strong>10</strong> 9 a.m. Zumba Gold (via Zoom) 1:30 p.m. Part 2 Bill Calendar</td>
<td><strong>11</strong> 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</td>
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<td>14 9 a.m. Zumba Gold (via Zoom) 10 a.m. Code Girls 11 a.m. A Man Called Ove</td>
<td><strong>15</strong> 9 a.m. Circuit/Interval (via Zoom) 1 p.m. Group 1 Bingo 2 p.m. Group 2 Bingo</td>
<td><strong>16</strong> 9 a.m. Tai Chi/Qigong (via Zoom) 10 a.m. Journal Club: Bluebirds 11 a.m. Journal Club: Rockin’ Robins 12 a.m. Happy Hour</td>
<td><strong>17</strong> 9 a.m. Zumba Gold (via Zoom) 1:30 p.m. Part 3 Choosing How to Pay Bills</td>
<td><strong>18</strong> 9 a.m. Circuit/Interval (via Zoom) 9 a.m. Attitude of Gratitude 10 a.m. Journal Club: Cardinals</td>
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<td><strong>21</strong> 9 a.m. Zumba Gold (via Zoom) 10 a.m. Code Girls 11 a.m. A Man Called Ove</td>
<td><strong>22</strong> 9 a.m. Circuit/Interval (via Zoom) 1 p.m. Group 1 Bingo 2 p.m. Group 2 Bingo</td>
<td><strong>23</strong> 9 a.m. Tai Chi/Qigong (via Zoom) 10 a.m. Journal Club: Bluebirds 11 a.m. Rockin’ Robins</td>
<td><strong>24</strong> 9 a.m. Zumba Gold (via Zoom) 1:30 p.m. Part 4 Avoiding Medical Debt</td>
<td><strong>25</strong> 9 a.m. Circuit/Interval (via Zoom) 9 a.m. Attitude of Gratitude 10 a.m. Cardinals 3 p.m. Happy Hour</td>
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<td><strong>28</strong> 9 a.m. Zumba Gold (via Zoom) 10 a.m. Code Girls 11 a.m. A Man Called Ove</td>
<td><strong>29</strong> 9 a.m. Circuit/Interval (via Zoom) 1 p.m. Group 1 Bingo 2 p.m. Group 2 Bingo</td>
<td><strong>30</strong> 9 a.m. Tai Chi/Qigong (via Zoom) 10 a.m. Journal Club: Bluebirds 11 a.m. Journal Club: Rockin’ Robins</td>
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Autumn Word Search

Apple  Autumn  Brisk  Change  Chestnuts  Cider  Cold  Cornucopia

Crisp  Fall  Feast  Foliage  Football  Gourd  Halloween  Harvest

Hayride  Jacket  Labor Day  Leaves  Orange  Pumpkin  Raincoat  Raking

Red  Spice  Squash  Thanksgiving  Wind  Yellow
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<tr>
<td>1</td>
<td>Turkey Breast, Mashed Potatoes and Gravy, Roasted Yellow Zucchini, Strawberries, Wheat Bread Grab &amp; Go: Chicken Salad Sandwich Chef Salad: w/Turkey Ham</td>
<td>3 Italian Chicken Breast Glazed Carrots Steamed Broccoli Apricots Wheat Bread</td>
<td>4 National Macadamia Nut Day! Pasta Pork, Sweet Potatoes, Brussels Sprouts, Pears, Cornbread, Macadamia Nut Cookie Grab &amp; Go: Ham and Swiss Sandwich Chef Salad: w/Chicken</td>
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<td>7 HOLIDAY!!</td>
<td>8 Pork Tacos, Corn and Black Bean Salad Tossed Salad, Blueberry Crisp Grab &amp; Go: Egg Salad Sandwich Chef Salad: w/ Turkey Ham</td>
<td>10 BBQ Chicken Sandwich Roasted Red Potatoes Baked Beans Mango</td>
<td>11 Time for Brunch! French Toast /Sausage Patty, Maple Sweet Potatoes, Creamy Pea Salad Warm Cinnamon Apples, Cheese Stick Grab &amp; Go: Turkey &amp; Cheese Sandwich Chef Salad: w/Turkey Ham</td>
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<td>14</td>
<td>Pasta Pork Mixed Vegetables, Diced Carrots, Brown Rice Applesauce Wheat Bread</td>
<td>15 Spaghetti and Meatballs , Italian Blend Vegetables, Tossed Salad, Cherry Crisp Garlic Bread Grab &amp; Go: Ham Salad Sandwich Chef Salad: w/ Turkey Ham</td>
<td>18 White Chicken Chili, Spinach Salad Potato Salad, Strawberries, Corn Bread Grab &amp; Go: Chicken Salad Sandwich Chef Salad: w/Turkey Ham</td>
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<td>21 National Pecan Cookie Day! Pork Sloppy Joe on Bun Potato Wedges Key West Vegetables Orange Pineapple Juice Pecan Cookie</td>
<td>22 Glazed Baked Ham, Sweet Potatoes Collard Greens, Pears, Wheat Bread Grab &amp; Go: Ham and Swiss Sandwich Chef Salad: w/Chicken</td>
<td>24 Chipped Beef over Biscuit Steamed Peas Glazed Carrots Pineapple Cottage Cheese</td>
<td>25 Birthday Day! Baked Meatloaf, Mashed Potatoes and Gravy, Riviera Blend Vegetables Blueberries, Dinner Roll, Cake / Ice Cream Grab &amp; Go: Egg Salad Sandwich Chef Salad: w/Turkey Ham</td>
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<td>28</td>
<td>Hamburger Gravy over Mashed Potatoes Mixed Vegetables Garlic and Cheddar Biscuit Apricots</td>
<td>29 Chicken Cordon Bleu, Cheesy Potatoes California Blend Vegetables, Strawberry Applesauce, Wheat Bread Grab &amp; Go: Chicken Salad Sandwich Chef Salad: w Turkey Ham</td>
<td>Menu subject to change without notice. Chef Salads Available Tuesdays and Fridays. Low concentrated desserts substituted for modified meals.</td>
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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. 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 : $6.75
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
Polly Dierksheide, Gibsonburg SC
Becky Goodwin, Clyde SC
Robin Richter, Director
MOW Drivers & Senior Center Subs

Starting another Walk With Ease Outdoor Class. See details inside.