When are our senior centers reopening? That is the question vexing us for months! Six to be exact, as our centers closed to the public in March when the Ohio Department of Health (ODH) order took effect March 23.

You may have read that a new order from the ODH on Aug. 31 does allow senior centers to reopen in September. However, there are extensive requirements to keep seniors and employees safe. Because of these requirements, our senior centers do not have a set reopen date as this newsletter goes to print.

In order to reopen our centers with confidence that we are ensuring senior safety to the fullest extent of our ability, GLCAP staff are working on procedures to address the new requirements, some of which still need to be clarified by the state. These requirements include:

- **Pre-screening** — All participants and staff shall be pre-screened for COVID-19 via telephone before each visit to the facility.
- **Testing** — Seniors are required to be tested if they meet strategic definitions. We do not currently have guidance on what the state considers as strategic.
- **Testing** — All staff have to be tested every other week. This includes volunteers and contractors (cleaning and janitorial). The cost of a test is around $220 per person.
- **Symptoms** — Seniors considered to be a risk to others shall not be accepted into the facility. See the pre-screening list inside.
- **At-risk seniors** — Centers have to identify participants best suited to return. Vulnerable elderly with underlying health conditions like chronic lung disease, asthma, serious heart conditions, immune compromised, severe obesity, diabetes, chronic kidney disease and liver disease are examples of those who will be urged to stay in their residence.

- **Masks** — During this initial phase, seniors unable to wear a mask shall not be permitted to enter. No exceptions at this time.

We understand that our seniors and staff are eager to again be inside of our centers, but we must have greater clarity on requirements in order to develop proper procedures that will allow us to have a successful and safe reopening.

While the March ODH order closed the centers to the public, the order permitted centers to perform non-congregate functions to assist older adult needs in the community. A non-congregate function is defined as any activity with fewer than 10 participants. Fortunately, this has allowed us to restart the non-congregate toenail clinics in July by appointment and the Walk-With Ease outdoor program in September, with both activities taking place at the Sandusky County Senior Campus/Fremont Senior Center.

While we are working to safely open our senior centers, GLCAP Senior Services will continue to host virtual programs, grab and go meals, home-delivered meals and more. See details inside for this month’s activities, and please stay tuned as we will keep you posted on updates regarding reopening.
<table>
<thead>
<tr>
<th>Oct. 1</th>
<th>Charlotte Hill</th>
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<td>Oct. 2</td>
<td>Guy Brenamen</td>
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<td>JoAnn Flahiff</td>
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<td>Norma Hetrick</td>
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<td>Lenora Perkins</td>
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<td>Alicia Lopez</td>
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<td>Raymond Thornbury</td>
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<td>Lois Beeker</td>
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<td>Brenda Blohm</td>
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<td>Irene Lance</td>
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<td>Judy Ogg</td>
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<td>Sharon Walby</td>
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<td>Oct. 15</td>
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<td>Mary Nickell</td>
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<td>Whitie White</td>
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<td>Janis Buhrow</td>
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<td>Lee Myers</td>
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<td>Joe Bragg</td>
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<td>Oct. 20</td>
<td>Fred Martinez</td>
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<td>Martha Camden</td>
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<td>Mary Hertzer</td>
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<td>Oct. 22</td>
<td>Maggie Haralson</td>
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<td>Donna Miller</td>
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<td>Oct. 23</td>
<td>Sharon Cahill</td>
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<td>Tom Hayes</td>
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<td>Beth Kinsman</td>
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<td>Oct. 24</td>
<td>Linda Keegan</td>
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<td>Shirley Ratzmann</td>
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<td>Oct. 25</td>
<td>Kurt Krugh</td>
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<td>Patricia Murphy</td>
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<td>Jane Nitschke</td>
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<td>Robert Wickert</td>
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<td>June McGill</td>
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<td>Roel Cantu</td>
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<td>Linda Ferguson</td>
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<td>Cheryl Romeo</td>
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<td>Gladys Shilling</td>
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<td>Oct. 28</td>
<td>Gladys Binkley</td>
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<td>Don Jones</td>
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<td>Chris Linke</td>
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<td>Virginia Stansbery</td>
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<td>Oct. 29</td>
<td>Debby Howey</td>
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<td>Norma Rutherford</td>
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<td>Brenda Ann Thompson</td>
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<td>Oct. 30</td>
<td>Dana Bunn</td>
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<td>Phyllis Pollock</td>
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<td>Faye Rimelspach</td>
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<td>Nancy Setzler</td>
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<td>Oct. 31</td>
<td>Shirley Crone</td>
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<td>Jack Jeffries</td>
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</tbody>
</table>

Happy Birthday!

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

Thank you for the feedback!

Notes of appreciation from our Meals on Wheels customers

“Mark is a godsend! I appreciate all the work you all have been doing for us.”

“Jane has been excellent! I am truly thankful for your program.”

“The meals have been looking better in appearance and taste better.”

Thank you for sponsoring our remote bingo games in August and September.

Thank you Firelands Home Health for sponsoring our remote bingo games in August and September.
**Notes of sympathy**

To Becky Baker, family and many friends on the loss of her husband **Glenn Baker**. Glenn was the President of the Sandusky County Senior Citizens Organization for 15+ years, Chairman of the Citizens for the Senior Levy Campaign in 2011, 2016 and very active in many other organizations. Glenn passed away on Aug. 28 after a 3 year battle with pancreatic cancer. His cheerful attitude was always present, even during his illness. He was an inspiration to all who knew him. He will be greatly missed!

To the family and friends of **Mardelle Shively** who passed away on Aug. 28. She was a long time participant of the Fremont Senior Center until her health warranted her stay in a nursing home. She will be missed!

To the family and friends of **Marylou Homan** who passed away on Aug. 29. She was a participant of the Fremont Senior Center and will be missed by many.

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**Let Senior Helping Hands Assist You**

**Before**

Senior Helping Hands can help Sandusky County seniors with health and safety related home repairs, and in many cases, at no cost or minimal cost. As shown above, a relatively small change like adding handrails can make a big difference and improve home safety.

Some of the repairs we offer may include:
- Installation of grab bars and handrails
- Hand-held shower wands
- Modifications for handicap toilet access
- Ramp repair
- Kitchen/bathroom faucet modification

For more information, call us at 419-332-8499 or visit glcap.org/seniorhelpinghands

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**Alzheimer’s Association offers support groups, educational programs**

The Alzheimer’s Association can provide support, guidance, coaching, and education for individuals and families impacted by Alzheimer’s Disease and all forms of dementia. The Alzheimer’s Association’s helpline (800-272-3900) is taking calls 24 hours a day, 7 days a week, to help provide support to individuals with the disease, as well as caregivers and family members.

The virtual Fremont caregiver support group will be put on hold until we get more of an interest from the community, but there are other virtual caregiver support groups being offered if there is an immediate need for support. We also have virtual education programs and virtual/telephone care consultations.

If interested in registering for a caregiver support group or for information on education programs, please call the helpline at 800-272-3900. If interested in a care consultation, contact Dakota Stone at 567-302-3608.
Fremont Senior Center October 2020 Schedule
Programs for GNG Meal Participants Tuesdays and Fridays
(remain in vehicle; center remains closed to the public)
Phone: 419-334-8383 Site Supervisor: Barb Ward

Costume contest, other activities set for October

We will be celebrating Halloween early with Parking Lot Bingo on Tuesday, Oct. 6 at 10:30 a.m. with Sherri Bourne and prizes sponsored by Stein Hospice. All prizes will have a Halloween theme. We will have prizes for the best costume and best decorated car, so dress up in your favorite costume and adorn your car—it’s party time! Our judge for the contest will be Fremont Mayor, Danny Sanchez.

A reminder—RSVPs are required for health and toenail clinics. Please call Barb at 419-334-8383. Call when you arrive for the clinic, and we will come get you when it is your turn. New: a pre-screening is required each time you come! Masks are also required and your temperature will be taken when you enter the building. Physical distancing measures will also be practiced. Let’s stay safe!

Our Grab n’ Go meal program on Tuesdays and Fridays will continue through October. Available meals include a hot meal, cold box lunch and a chef salad. Seniors may take one, two, or all three meals. 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 pick up.

When picking up, participants remain in their vehicles and meals are delivered curbside. Meal pickup takes place 11:30 a.m.-noon.

Games and entertainment will start at 11 a.m. prior to pick up. Participation in games is not required to receive meals. Seniors may participate in activities without receiving meals, as well. See the schedule on the opposite page.

Pre-Screening required to enter for appointments at Senior Center

The Ohio Department of Aging and Ohio Department of Health requires any all participants to be pre-screened for COVID-19 via telephone before EACH visit to the facility using their tool. For reference this is Tool 5: COVID-19 Symptom Monitoring. The symptoms that you will be asked about include:

- Fever >100 or chills
- Cough
- Sore throat
- Nasal congestion or runny nose
- Shortness of breath
- Headache
- Malaise, fatigue
- Body aches
- Nausea or vomiting
- Diarrhea
- New loss of taste or smell

This list are only the pre-screening questions and does not include all of the possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning you.
### Activities Schedule (enjoy while waiting for your Grab n’ Go meal)

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Activity</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td>Oct. 2</td>
<td>11-11:30 a.m.</td>
<td>Sandusky County Public Health Clinic (must RSVP)</td>
<td>Sandusky County Public Health Clinic</td>
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<td>11 a.m.</td>
<td>Trivia with Casey (sponsored by Parkview)</td>
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<tr>
<td>Oct. 6</td>
<td>10:30 a.m.</td>
<td>Halloween bingo with Sherri Bourne (sponsored by Stein Hospice). Prizes for best costume and decorated car!</td>
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<tr>
<td>11-11:30 a.m.</td>
<td>Sandusky County Public Health Clinic (must RSVP)</td>
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<td>11 a.m.</td>
<td>Fun time with Melody Blevins (sponsored by Bethesda)</td>
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<td>Oct. 13</td>
<td>10:45 a.m.</td>
<td>Karaoke with Kari Kramer (sponsored by AmeriCare Home Health)</td>
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<td>Oct. 16</td>
<td>11 a.m.</td>
<td>Sandusky County Public Health Clinic (must RSVP)</td>
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<td></td>
<td>11 a.m.</td>
<td>Games with Barb Mason (sponsored by Elmwood Assisted Living and Skilled Nursing)</td>
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<tr>
<td>Oct. 20</td>
<td>11-11:30 a.m.</td>
<td>Games with Leslie Ryan (prizes sponsored by Valley View Health Campus)</td>
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<tr>
<td>Oct. 23</td>
<td>11 a.m.</td>
<td>Sandusky County Public Health Clinic (must RSVP); 11 a.m. Games with Kathy Withrow (sponsored by Heartland Hospice)</td>
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<tr>
<td>Oct. 27</td>
<td>11 a.m.</td>
<td>Games by Erin Dircksen (sponsored by Eden Springs)</td>
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<tr>
<td>Oct. 30</td>
<td>11 a.m.</td>
<td>Halloween Trivia</td>
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### By Appointment, In-person Activities

#### Walk with Ease—Still Room to Join!

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

**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!!

If you did not get to register or the class is full please call again. If there is enough interest we may start an afternoon class, 3-4 p.m. Call 419-334-8383 for more information and to register (registration required!).

#### Toenail clinic

Joni Widman will be at the Fremont Senior Center on Oct. 9, 9-11:50 a.m. for the 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.

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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.
Results are in for GLCAP Seniors 2021 Calendar Photo Contest

Thanks to all participants for taking part in the GLCAP Senior Photo contest. You all have been wonderful and have brought so much creativity. It was so good to have you all join in on the event. We wish you all the very best and we appreciate your talents. Thanks for being a part of us!

We also want to thank our panel of local professional photographers—Lori Mooney Fox, Luna Studios, LLC and Nicole Laughlin, Photos By Nicole—for taking the time out of their busy schedules to judge the photos.

Now, on to the results (drum roll please!). Announcing this year’s results from the judges is Lori Mooney Fox

“I have reviewed the entries for the 2021 GLCAP Senior Center Calendar and am pleased to announce the winner: Sunflower/full frame, photo taken by Brenda Stang,” Fox said. “I love that the sunflower shows off its big beautiful face by taking up most of the frame! I also enjoy the bright and contrasting colors of the yellow flower against the blue sky. The greenery and clouds add additional interest. The angle chosen is wonderful, because knowing that sunflowers can grow so tall, I know this one is likely that of the height of the photographer. I also enjoy seeing the texture of the face, where the seeds once were. Who doesn’t love sunflowers? They just make you happy and that is how I felt after seeing this picture. Nice job!”

As the overall winner of our contest, Brenda will receive her photo printed on an 11x8½” canvas for her own enjoyment compliments of Luna Studios, LLC. and a free calendar. For all others, calendars will be available to purchase for a small fee to cover the cost of printing. An order form is available on the next page.

Happy Hour fun and things to ponder

Whoever said, “It’s not all fun and games” was not talking about our Happy Hour! However, in between all the music, dancing, snacking, drinking, laughing, trivia, jokes and other games we “Ponder” things like:

- Tell a man that there are 400 billion stars, and he’ll believe you. Tell him a bench has wet paint, and he has to touch it.
- If you have a bunch of odds and ends and you get rid of all but just one, what do you call it?
- How can a slim and a fat chance be the same, while a wise man and a wise guy are opposites?

“Don’t Worry, Be Happy” and join us every 2nd and 4th Friday at 3 p.m. Contact Brenda Kuieck, Program Planner at 567-280-1190 today!
Activity, self-care helpful for managing stress

Not all sources of stress are negative, chronic stressors tax our well-being and ultimately reduce enjoyment and peace. The constant presence of negative stress may eventually result in a significant decline in personal health. We can’t control everything related to what we experience or how we experience it. We can, however, apply simple stress management techniques and develop the skills necessary to help us during these times in life.

**Physical movement**
Schedule time to be active. It’s no secret that physical activity naturally reduces stress and increases the release of the “feel good” hormones. This can be a brisk walk, a light jog with a friend, climbing a few flights of stairs, a set of body-weight exercises you can complete in 10 minutes in your living room or a yoga session to name a few.

**Allow yourself to say, “No, thank you.”**
The inability to say “no” is a common challenge for many. Consequently, this leads to increased levels of stress and anxiety. It is okay to say “No, thank you” or “I would love to help at a later date, but thank you for thinking of me.” One of the hurdles many of us face is neglecting to prioritize our own needs because we are busy attending to the needs of others (friends, family, work, extracurricular events, groups, etc.).

**Set a Daily Affirmation**
Simple phrases such as “I am grounded,” “I am centered” or “I am strong” can serve as a mindful compass that teaches us to challenge negative thoughts or unproductive thought patterns. Read daily affirmations, whisper them to yourself or put them on a post-it-note on your refrigerator. Keep them close by as a reminder of your value and purpose.

**Sleep**
Though we think of it as rest, sleep is actually an active process. This is when the body works to repair, restore and rejuvenate the various systems of the body. A well-rested individual is more capable of combatting stress than an unrested individual. To improve your sleep, start by creating a relaxing bed-time routine (lights dimmed and screens and digital devices set aside). Commit to going to bed and rising at consistent times and avoid consuming caffeine after 3 p.m.

**Practice Authentic Acceptance**
There’s a lot to be said for keeping a positive attitude and looking on the bright side. However, it’s equally important to be authentic in acknowledging how we feel. It is okay to allow emotions to come and go as they do naturally and not feel as though we need to shove them aside or stifle them for the sake of remaining positive. This is where a reflection journal can prove useful. GLCAP Seniors have on-going Journal Clubs; contact Brenda Kuieck, Program Planner for information. Also, talking through your emotions with a trusted friend or individual can relieve stress.

**Cultivate Creativity**
Often stress comes from feeling afraid, insecure or less than. Exploring your creative side helps to defy those negative feelings. Find something you enjoy—painting, writing, sculpting, gardening, designing, cooking, etc.—and set aside some time each week to pursue that activity.

**Nourish**
When stress levels are high, the desire for familiar comfort foods, simple sugars and processed items often increases. While these types of foods might taste good in the moment, they will not provide the nourishment the body needs to refuel and face stressful events. Consistently consuming a diet that includes fiber, healthy amounts of fats, lean proteins, complex carbohydrates, fruits and vegetables, and low-fat is key to successfully managing stress over the long-term.

Stress is a consistent part of life, but you don’t have to let it control the quality of it. Try applying some or all the techniques listed above to help you manage your stress today!
Book club finishes ‘Code Girls’

The first reading group of “Code Girls” by author Liza Mundy held their last official discussion on Aug. 24 about the book. I believe conversations will continue since learning the untold story of the American women code breakers of World War II.

“It must have been so foreign to these girls leaving a small town to move to the big city of Washington,” Alyce Ann Schmidt said, adding, “I felt the same way when I went to university.”

Kay Szymanowski shared she learned that her friend’s sister was a code girl, “committed to 50 years of silence; unfortunately she died before her 50 years was over so she never got to talk to anyone about her job.”

Alice Arthur remembers, “My mom was doing the milking when she heard over the radio about the attack on Pearl Harbor.”

“It’s gotten me reading again,” Linda Younker said about the book.

Golden Threads offering free Medicare counseling

The annual open enrollment period for Medicare beneficiaries to change plans will take place Oct. 15-Dec. 7.

Golden Threads of ProMedica Memorial Hospital through the Ohio Senior Health Insurance Information Program provides Medicare beneficiaries with free, objective health insurance information, one-on-one counseling, and educates consumers about Medicare, Medicare prescription drug coverage (Part D), Medicare Advantage options and Medicare supplement insurance.

Golden Threads will provide free counseling to help Medicare beneficiaries navigate through Medicare Part D for prescription drugs.

While Golden Threads hopes to do most of the counseling over the phone, they will have appointments available in the office, as well. For more information contact Golden Threads at 419-334-6613.

2021 GLCAP Senior Calendar order form

Cost: $10 each

Name: _______________________________________________

Address: __________________________ City: ______________

State: _______ Zip: _________ Phone: _____________________

Signature: ____________________________________________

Number of Calendars at $10 each _________________

Mail To: GLCAP Sandusky County Senior Center,
PO Box 590, Fremont, OH 43420
Telephone Bingo Winners

Aug. 4, 1 p.m. Game
Game 1: Mary Halbisen, Diagonal; Maria Barrera, Vertical; Mary Halbisen, Postage Stamp
Game 2: Maria Barrera, Across; Mary Halbisen, Vertical; Betty Hoffman, Vertical
Game 3: Bea Parish, Postage Stamp; Maria Barrera, Across; Betty Hoffman, Postage Stamp
Cover All: Maria Barerra

Aug. 4, 2 p.m. Game
Game 1: Cindy Bartlett, Postage Stamp; Martha Crocker, Across; Mary Kucha, Vertical
Game 2: Martha Crocker, Postage Stamp; Mary Kucha, Postage Stamp; LaDonna Gyurica, Postage Stamp
Game 3: Sharon Cahill, Across; Martha Crocker, Across; Kay Szymanowski, Postage Stamp
Cover All: Cindy Bartlett

Aug. 11, 1 p.m. Game
Game 1: Carol Chick, Postage Stamp; Janet Bowles, Across; Maria Barrera, Postage Stamp
Game 2: Janet Bowles, Diagonal; Maria Barrera, Diagonal; Janet Bowles, Vertical
Game 3: Carol Chick, Across; Janet Bowles, Postage Stamp; Maria Barrera, Postage Stamp
Cover All: Carol Chick

Aug. 11, 2 p.m. Game
Game 1: Shirley Miller, Diagonal on Card 1; Sharon Cahill, Across; Shirley Miller, Across on Card 2
Game 2: Anastasia Radecki, Diagonal on Card 1; Anastasia Radecki, Vertical on Card 2; Jerry Miller, Diagonal on Card 1; Jerry Miller, Vertical on Card 2
Game 3: Alice Arthur, Diagonal; Anastasia Radecki, Across; Sharon Cahill, Across
Cover All: Anastasia Radecki and Alice Arthur

Aug. 18, 1 p.m. Game
Game 1: Mary Halbisen, Diagonal; Lee Williams, 4 Corners; Maria Barrera, Across
Game 2: Lee Williams, Diagonal on Card 1; Mary Halbisen, 4 Corners; Maria Barrera, Postage Stamp; Lee Williams, Across on Card 2
Game 3: Mary Halbisen, Postage Stamp; Bea Parish, Vertical; Maria Barrera, Postage Stamp
Cover All: Maria Barrera

Aug. 18, 2 p.m. Game
Game 1: LaDonna Gyurica, Postage Stamp; Alice Arthur, 4 Corners; Mary Kucha, 4 Corners;
Game 2: Shirley Miller, Postage Stamp on Card 1; Shirley Miller, Vertical on Card 2; Alice Arthur, Across
Game 3: Alice Arthur, Vertical; Mary Kucha, 4 Corners; LaDonna Gyurica, 4 Corners
Cover All: Mary Kucha, Shirley Miller, and LaDonna Gyurica

Aug. 25, 1 p.m. Game
Game 1: Maria Barrera, Postage Stamp; Bea Parish, Vertical; Lee Williams, Across
Game 2: Maria Barrera, Across; Mary Halbisen, Across; Carol Chick, Across
Game 3: Maria Barrera, Across Card 1; Maria Barrera, Diagonal on Card 2; Bea Parish, Diagonal
Cover All: Lee Williams

Aug. 25, 2 p.m. Game
Game 1: Mary Kucha, Postage Stamp Card 1; Kay Szymanowski, Postage Stamp; Alice Arthur, Postage Stamp; Anastasia Radecki, Postage Stamp; Mary Kucha, Postage Stamp on Card 2
Game 2: Mary Kucha, Diagonal; Shirley Miller, Across; Jerry Miller, Postage Stamp
Game 3: Shirley Miller, Vertical; Anastasia Radecki, Vertical; Kay Szymanowski, Vertical
Cover All: Mary Kucha, Shirley Miller, Alice Arthur, Anastasia Radecki, Kay Szymanowski

Bingo games scheduled Tuesdays in October via telephone. See calendar for details.
Clyde, Gibsonburg Senior Centers starting remote programming this October

Are you ready to mingle? Join the New Clyde Chit Chat (C3) remote program conference call on Tuesdays at 10 a.m.

Our new Clyde Senior Center Site Supervisor, Becky Goodwin, is looking forward to getting to know you all! Since she cannot meet with you in person please join the Clyde Chit Chat being held this month for a virtual Meet & Greet. The group will play games, reminisce about good times, and engage in activities to get to know each other. If you are interested in joining C3 on Tuesdays, contact Becky at 567-280-1593.

The Gibsonburg Game Group (G3) will begin on Thursdays at 2:15 p.m. Once a week, Gibsonburg Senior Site Supervisor Polly Dierksheide will be leading a game group over the phone. You will only need a few common items like pen and paper to participate. The group will have a lot of fun, socialize with each other, and maybe learn some new things. This is a great way for us to get to know each other before the center reopens. For information, call Polly at 567-280-1593.

New site supervisors ready to meet seniors

Our new site supervisors for GLCAP’s Clyde and Gibsonburg senior centers are looking forward to starting programs and meeting seniors.

Becky Goodwin recently joined the GLCAP Senior Services department as the senior site supervisor for the Clyde location.

Prior to joining GLCAP, she was an admissions and marketing director for a local assisted living and skilled nursing facility. She also worked for many years as a preschool teacher and also as a tutor.

Becky grew up in Fremont and graduated from Liberty University with a degree in public relations. She is married to Scott and has two grown children—Brianna who attends BGSU as a graduate student studying speech therapy, and Cole who attends Terra State. She also has two beagles, Jack and Knox, and a cat named Ollie.

In her spare time she likes to work out at Crossfit 1926 in Fremont and enjoys camping.

Polly Dierksheide recently joined the GLCAP Senior Services department as the senior site supervisor for the Gibsonburg location. She has 20 years experience as a certified therapeutic recreational specialist, specifically in physical rehab and mental health. Recreational therapy uses recreation and leisure activities to improve or maintain physical, cognitive, social, emotional, and spiritual health. Polly has a Master of Arts and a Bachelor of Education from the University of Toledo as well as an Associate of Fine Arts from Monroe County Community College.

Polly was born and raised in Monroe, Mich. She moved into the area when she married her husband, Jim. They have a daughter, Cora. Polly enjoys spending time with her family, tending to their large vegetable garden, going for nature walks, musical theater, and photography.

Polly and Becky are excited to join GLCAP Senior Services and are looking forward to meeting everyone.
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<tbody>
<tr>
<td>Program Planner: Brenda Kuieck 567-280-1190</td>
<td>5 a.m. Zumba Gold (via Zoom) 10 a.m. Code Girls 11 a.m. A Man Called Ove</td>
<td>6 a.m. Circuit/Interval (via Zoom) 10 a.m. Clyde Chit Chat (C3) 1 p.m. Group #1 Bingo 2 p.m. Group #2 Bingo</td>
<td>1 9 a.m. Zumba Gold (via Zoom) 2:15 p.m. Gibsonburg Game Group (G3)</td>
<td>2 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>7 a.m. Tai Chi/ Qigong (via Zoom) 10 a.m. Journal Club: Bluebirds 11 a.m. Journal Club: Rockin’ Robins</td>
<td>8 9 a.m. Zumba Gold (via Zoom) 2:15 p.m. Gibsonburg Game Group (G3)</td>
<td>9 9 a.m. Circuit/Interval (via Zoom) 9 a.m. Attitude of Gratitude 3 p.m. Happy Hour</td>
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<td>14 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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<td>28 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. Circuit/Interval (via Zoom) 9 a.m. Attitude of Gratitude 3 p.m. Happy Hour</td>
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<td>29 9 a.m. Zumba Gold (via Zoom) 2:15 p.m. Gibsonburg Game Group (G3)</td>
<td>30 9 a.m. Circuit/Interval (via Zoom) 9 a.m. Attitude of Gratitude</td>
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<td>30 9 a.m. Circuit/Interval (via Zoom) 9 a.m. Attitude of Gratitude</td>
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Senior Center(s) “Without Walls” October 2020

9 a.m. Zumba Gold (via Zoom)
10 a.m. Code Girls
11 a.m. A Man Called Ove
12 a.m. Tai Chi/ Qigong (via Zoom)
10 a.m. Journal Club: Bluebirds
11 a.m. Journal Club: Rockin’ Robins
1 p.m. Group #1 Bingo
2 p.m. Group #2 Bingo
2:15 p.m. Gibsonburg Game Group (G3)
Halloween Word Search

Bat
Candle
Candy
Cat
Chocolate
Cobweb
Costume
Creepy

Eerie
Flashlight
Fog
Ghost
Ghoul
Goblin
Haunted House
Jack O’ Lantern

Makeup
Monster
Moonlight
Mummy
Pumpkin
Rat
Scarecrow
Scary

Skeleton
Spider
Trick or Treat
Vampire
Witch
Zombie

Q Y H F E S H Z Y C W O R C E R A C S T
GLCAP Sandusky County Senior Menu
October 2020

Meals on Wheels Hotline: 419-332-4032. Seniors who receive Meals on Wheels are not eligible for Grab & Go. Grab & Go Reservations: 419-334-8383. 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.

<table>
<thead>
<tr>
<th>Monday</th>
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<th>Wednesday Delivery</th>
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<tbody>
<tr>
<td>Serving Sizes — Entrée, Meat &amp; Casserole – 3 oz.; Vegetable, Fruit &amp; Dessert – ½ cup; Bread/Bread Alternate — 1 slice or ½ cup; Milk – 8 oz. served with every meal</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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<tr>
<td><strong>5</strong></td>
<td>Cabbage Roll, Mashed Potatoes and Gravy, Seasoned Lima Beans, Mandarin Oranges, Cottage Cheese, Wheat Bread</td>
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<tr>
<td><strong>6</strong></td>
<td>Chicken Cacciatore, Steamed Corn, Sicilian Vegetable Blend, Blueberries, Wheat Bread</td>
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<tr>
<td><strong>7</strong></td>
<td>Roast Beef and Swiss on Rye Bun, Potato Soup, Carrot and Raisin Salad, Applesauce, Cookie</td>
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<tr>
<td><strong>8</strong></td>
<td>Pork Sloppy Joe on Bun, Winter Blend Vegetables, Tossed Salad, Peach Crisp</td>
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<tr>
<td><strong>9</strong></td>
<td>Pork Loin, Scalloped Potatoes, Collard Greens, Pears</td>
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<tr>
<td><strong>10</strong></td>
<td>Chicken Cacciatore, Steamed Corn, Sicilian Vegetable Blend, Blueberries, Wheat Bread</td>
<td></td>
</tr>
<tr>
<td><strong>11</strong></td>
<td>Beef Stroganoff, Green Beans, Cauliflower, Strawberries, Wheat Bread, Brownie</td>
<td></td>
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<tr>
<td><strong>12</strong></td>
<td>Herbed Chicken Breast, Steamed Broccoli, Fresh Carrots, Brown Rice, Pears, Wheat Bread</td>
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<tr>
<td><strong>13</strong></td>
<td>Beef Stroganoff, Green Beans, Cauliflower, Strawberries, Wheat Bread, Brownie</td>
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<tr>
<td><strong>14</strong></td>
<td>Ham Salad Sandwich</td>
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<tr>
<td><strong>15</strong></td>
<td>Beef Goulash, Steamed Broccoli, Peas w/ Pearl Onions, Mandarin Oranges, Wheat Bread</td>
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<tr>
<td><strong>16</strong></td>
<td>Pork Loin, Scalloped Potatoes, Collard Greens, Melon, Dinner Roll, Cheesecake</td>
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<tr>
<td><strong>17</strong></td>
<td>Sloppy Joe on Bun, Italian Blend Vegetables, Cole Slaw, Baked Apple</td>
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<tr>
<td><strong>18</strong></td>
<td>Chicken Salad on Croissant, Celery Sticks/PB Cup, Tomato Florentine Soup, Tropical Fruit, Pudding</td>
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<tr>
<td><strong>19</strong></td>
<td>Ham and Potato Skillet, Sliced Carrots, Melon, Green Beans, Wheat Bread</td>
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<tr>
<td><strong>20</strong></td>
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<tr>
<td><strong>23</strong></td>
<td>Chicken Salad on Croissant, Celery Sticks/PB Cup, Tomato Florentine Soup, Tropical Fruit, Pudding</td>
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<tr>
<td><strong>24</strong></td>
<td>Macaroni and Cheese, Stewed Tomatoes, Steamed Peas, Apricots, Wheat Bread</td>
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<tr>
<td><strong>25</strong></td>
<td>Chicken Salad on Croissant, Celery Sticks/PB Cup, Tomato Florentine Soup, Tropical Fruit, Pudding</td>
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</tbody>
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**Grab & Go**

- **1:** Egg Salad Sandwich
- **2:** Ham and Swiss Sandwich
- **3:** Ham Salad Sandwich
- **4:** Egg Salad Sandwich
- **5:** Ham Salad Sandwich
- **6:** Ham Salad Sandwich
- **7:** Chef Salad: w/Turkey Ham
- **8:** Chef Salad: w/Turkey Ham
- **9:** Chef Salad: w/Turkey Ham
- **10:** Chef Salad: w/Turkey Ham
- **11:** Chef Salad: w/Turkey Ham
- **12:** Chef Salad: w/Turkey Ham
- **13:** Chef Salad: w/Turkey Ham
- **14:** Chef Salad: w/Turkey Ham
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- **25:** Chef Salad: w/Turkey Ham
- **26:** Chef Salad: w/Turkey Ham
- **27:** Chef Salad: w/Turkey Ham
- **28:** Chef Salad: w/Turkey Ham
- **29:** Chef Salad: w/Turkey Ham
- **30:** Chef Salad: w/Turkey Ham
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

Absentee/In-person voting for the Nov. 3 General Election will begin Oct. 6 at the Sandusky County Board of Elections Office, 2020 Countryside Dr., Fremont. For more information, call the Board of Elections at 419-334-6180, or go online and visit sanduskycountyoh.gov and look for the Board of Elections under the County Departments tab at the top of the page.