Programs for vets, programs for pets

GLCAP Senior Services recognizing Sandusky County senior veterans

GLCAP Senior Services will be honoring veterans ages 60 and over on Monday, Nov. 9. In collaboration with Stein Hospice and the Veterans Administration of Sandusky County, GLCAP Senior Services would like to show our appreciation for your service. GLCAP and Stein Hospice staff will be delivering gift bags directly to veterans’ doors.

Gift bags will include:
- A commemorative gift
- Veteran’s door sign
- Assorted snacks
- Veteran’s pin

If you are an interested veteran or would like to nominate a veteran, please register with us by providing a name, address, and phone number of the person you wish to recognize. To register, contact Barb Ward at the GLCAP Sandusky County Senior Campus at 419-334-8383. Registration is due by Wednesday, Nov. 4.

Meals on Wheels now offering pet food assistance for seniors

GLCAP Meals on Wheels Loves Pets program knows that our seniors love their pets. This new program allows us to help Sandusky County seniors keep their animal companions fed by providing home-delivered pet food purchased from local stores, or donated to the program by our supporters. The program is available to Sandusky County seniors ages 60 and over.

Pet food quantities are limited, and will be available on a first-come, first-served basis. While we will attempt to match any preferred brand of food you may have for your pet, we may not be able to provide the exact brand or food, based on our supply.

We are currently in the process of helping 26 Sandusky County seniors which together include 40 furry companions; 16 dogs, 23 cats and 1 feathered friend.

For more information about the Meals on Wheels Loves Pets program or to donate, please contact Program Planner Brenda Kuieck at 567-280-1190.
Happy Birthday!

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

**Nov. 2**
Dan Griffin
Gary Henry

**Nov. 3**
Judy Aldrich
Connie Wymer

**Nov. 5**
Al Floriana
Mary Kucha
Julie Stannard
Rita Wagner

**Nov. 6**
Nora Garcia
Helen Gonzalez
Lilly Junke
Linda Mange
Evelyn Mullholan
Stan Wise

**Nov. 7**
Mary DeBlase
Julie Wright

**Nov. 8**
Theresa Blausey
Donna Shaver

**Nov. 9**
Eileen Bauer
Phyllis Gillmor
Maryann Link
Marietta Yeager

**Nov. 10**
Bernita Herr
Betty Rosenberger
Jolyn Smith

**Nov. 11**
Jean DeAngelis
Mary Schank
Lois Thompson

**Nov. 12**
Bette Kaltenbach
Dave Long
Bea Lorenz

**Nov. 13**
Cecylia Chlosta
Rosemary Johnson
Ruth Anne Luc
Rose Valle

**Nov. 15**
Sam DeBlase

**Nov. 16**
Ida Crowell
Jan Guthrie
Ruth Roller
Carol Ronski

**Nov. 17**
Harold Moyer

**Nov. 18**
Dawn Diedrich
Maria Vara

**Nov. 19**
LaDonna Gyurica

**Nov. 20**
Betty Anspach

**Nov. 21**
Phyl Long
Wally Ronski
Vickie Staler

**Nov. 22**
Sarah Babione
Ann Cain
JoAnn Homler
Robert Wolfe

**Nov. 23**
Frank Humburg
Donna Kelly
Dick Miller
Walt Quaider

**Nov. 24**
Charles DeRan
Kathleen Haubert
Marian Oakley
Phil Rettig
Garry Stewart

**Nov. 25**
Walter Anspach

**Nov. 27**
Benjamin Hughes
Lilia Quinones

**Nov. 28**
George Wymer

**Nov. 29**
Gary Bailey
Virginia Berlekamp
Deanna Bunn
Daniela Corlett
Pat Costello

**Nov. 30**
David Bibler
Carolee Unkle

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Our Sympathies

GLCAP Senior Services extends our sympathies to those whom we’ve lost.

To the family and friends of **Joyce Burroughs**, who passed away on Sept. 21 at Countryside Manor. 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 Lou Parmer, family and friends of **Delbert Parmer**, who passed away on Oct. 5. May you find comfort knowing that he is no longer suffering and at peace.

To the family and friends of **Helen Arnold**, who passed away on Oct. 10 at Bethesda Care Center. Helen was a participant of the Fremont Senior Center for many years.
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 education 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.

‘The Foodies’ group gives opportunity to shape senior nutrition options

GLCAP Senior Programs will be starting a new virtual group called “The Foodies,” a group of individuals who will be participating in conference calls with me to discuss information related to nutrition and meal service.

One item that will be discussed is the results of the consumer satisfaction surveys. The results will be reviewed and we can work together to see what we can do to make your meal experience top-notch. We will also play nutrition education trivia and other games that go over topics that are relevant to senior health and others, such as food safety/sanitation, and wellness items. Handouts from our discussions can be incorporated in the Senior Newsletter or delivered by your Meals-on-Wheels driver.

This group also offers participants an opportunity to join in taste tests so we can look at adding new menu items. For example, we are looking to purchase some local baked goods to incorporate into the upcoming menus. This group is to represent you, the individuals we serve, and give you the information you are looking for to improve your meal experience.

For more information, contact me at 419-333-5098 or anmassie@glcap.org.
Fremont Senior Center November 2020 Schedule

Programs for GNG Meal Participants on Tuesdays and Fridays
(Please remain in your vehicle; center remains closed to the public)
Phone: 419-334-8383/Site Supervisor: Barb Ward

Fremont mayor visits seniors for costume contest

Costume and Car Decoration Contest

Halloween came early for us last month at the Senior Center. We celebrated Halloween on Oct. 6 with parking lot bingo and a costume contest.

Sherri Bourne from Stein Hospice provided all Halloween-themed prizes for our many bingo winners.

For our costume contest, we awarded prizes for the best decorated car and best costume. Mayor Danny Sanchez was our judge and also assisted in passing out bingo prizes. Winner of the best decorated car was Theresa Jakober and the winner of the best costume was Judy Sevitts. They each received a beautiful gift basket donated by Stein Hospice.

RIGHT: Fremont Mayor Danny Sanchez hands out prizes at our Oct. 6 parking lot bingo and Halloween Costume Contest event. BELOW: Costume contest winner Judy Sevitts (passenger) sits with our best-decorated car contest winner Theresa Jakober (driver), and her Halloween décor in the backseat.

Grandparents’ Day

We celebrated Grandparents’ Day on Sept. 11 with poems and fun facts about grandparents, as well as a special treat that was purchased from Coco Beans for all the chocolate lovers!

Additionally, everyone that participated in Grab n’ Go meals or remote programs during the week of Sept. 7 was eligible for the drawing for the gift basket donated by Terra State Life Scholars. The drawing was held on September 14th with a total of 81 entries. Thank you to all participants and Terra State Life Scholars for the donation of the gift basket.

Congratulations go to Terry Griggs, the lucky winner of the gift basket.
Activities Schedule (enjoy while waiting for your Grab n’ Go meal)

Nov. 3, 10:30 a.m. — Bingo with Sherri Bourne (sponsored by Stein Hospice)

Nov. 6, 11-11:30 a.m. — Sandusky County Public Health Clinic (must RSVP); Trivia with Erin Patterson of Portland Place

Nov. 10, 10:45 a.m. — Karaoke with Kari Kramer (sponsored by AmeriCare Home Health)

Nov. 13, 9-11:50 a.m. — Toenail Clinic (must RSVP); 11-11:30 a.m. — Sandusky County Public Health Clinic (must RSVP); Fun Time with Melody Blevins (sponsored by Bethesda Care Center)

Nov. 17, 11 a.m. — Games with Leslie Ryan (sponsored by Valley View)

Nov. 20, 11-11:30 a.m. — Sandusky County Public Health Clinic (must RSVP); Games with Kathy Withrow (sponsored by Heartland Hospice)

Nov. 25, 11 a.m. — Game Time with Erin Dircksen (sponsored by Eden Springs)

Nov. 27 — Closed for the Thanksgiving holiday. Have a Happy Thanksgiving!

Health, toenail clinics remain available by appointment

A reminder — reservations for health and toenail clinics must be made one week in advance. Call Barb at 419-334-8383 to make a reservation. 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 are important to us!

Grab n’ Go meals continue

Our Grab n’ Go meal program on Tuesdays and Fridays will continue through November. 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 usually 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 for details.

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 there is 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. They 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.
A little bit of exercise goes a long way

One of the top reasons people give for not exercising is, “No time.”

Many assume that in order to reap the many benefits of exercise, they must engage in physical activity for an extended period of time, and that it must be strenuous. The “No Pain, No Gain” mentality... Not true.

The reality, according to recommendations published in the Surgeon General’s Report on Physical Activity and Health and the American Heart Association’s physical activity and public health guidelines state, “to improve health and reduce risk of chronic disease, individuals should aim to engage in a total of at least 150 minutes of moderate-intensity exercise each week. This can be performed in 30-minute bouts of activity five days per week or it may be accumulated with mini-workouts throughout the day that are at least 10 minutes in duration.” Small bouts of exercise accumulated throughout the day may provide many of the same benefits as one continuous bout of activity. Finding time to exercise is possible. Here are some ways to make activity a part of your day:

**Schedule exercise into your day**
Just like you would a meeting or an appointment. Set aside time each day for exercise and mark it down on your calendar as a reminder to get moving!

Check our Senior Center Without Walls calendar for exercise opportunities!

**Recruit a workout partner**
The added motivation a neighbor, friend, or family member provides is immeasurable. It can also help to enhance accountability for being more active.

**Try 10-minute mini-workouts**  As mentioned above, three 10-minute bouts of physical activity accumulated throughout the day can have all the same benefits as one continuous 30-minute bout. Brenda Kuieck, Program Planner and Certified Personal Trainer.

**Fall Book Clubs move to the Afternoon**
Monday, Nov. 9 at 1 p.m. begins our introduction of The International Bestseller, “A Man Called OVE” by Fredrik Backman.

There was so much laughter during the discussion of this book in our first round of book club with this one we just had to run it again! “I couldn’t lay it down”, Book Club member Kay Szymanowski said.

Also beginning Nov. 9 at 2 p.m. we will begin our introduction of “The Boys in the Boat: Nine Americans and Their Epic Quest for Gold at the 1936 Berlin Olympics” by Daniel James Brown. The book tells an irresistible story about beating the odds and finding hope in the most desperate of times.

Please contact me at 567-280-1190 to reserve your copy today.

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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/sanduskcountyseniors](http://www.facebook.com/groups/sanduskcountyseniors). The group is private, so please ask us to join and we will be sure to respond.
Welcome to autumn everyone! It’s been an interesting year so far, but can you believe this year is almost past us?

What do you think of when you think of the Senior Helping Hands program? Many people think grab bars or a toilet frame.

However, what we do really depends on the individual and their needs. Recently, we had a consumer that uses a wheelchair who was having trouble getting around on the carpeted floors due wrinkles, which also happened to be a trip hazard for their spouse.

We teamed up with Snyder’s Floor Covering Outlet in Bettsville to find a solution. Snyder’s gave us an estimate of $400 dollars to stretch and refasten the carpet. The consumer did not have to pay anything due to the new income guidelines! We were all very happy with the final product.

As you can see, the carpet was stretched so it would not be a safety hazard any longer. Our program is extremely versatile and can be used to help seniors with many different safety issues.

We currently have a waiting list started for new consumers, but we are still taking referrals. We look forward to helping all our seniors in the community and are eager to work with you! Please call me at 419-332-8499 if you have questions.

Bunches-up, wrinkled carpet (pictured below) in the home of one Sandusky County senior couple created a trip hazard and made using a wheelchair difficult. Senior Helping Hands worked with Snyder’s Floor Covering in Bettsville to stretch and refasten the carpet (pictured right), creating a smoother walk area and creating a safer home.
The Annual Thank Offering campaign for donations to the Senior Services and Meals-on-Wheels programs is getting started for 2021.

The Annual Thank Offering is used to fund expenses that are not covered from the federal and state grants and local sources that we receive for the programs. It is used for activities such as offering additional transportation to events and providing shelf-stable emergency meals for the home-bound seniors.

We are asking for a Thank Offering of $10 or more. However, any amount is appreciated. The campaign will run through Jan. 31. Each month, we list all donors in the newsletter by name only, and do not list the amount of donors’ donations.

However, if you would like to remain anonymous, you may indicate that on the check you submit.

To donate, make checks payable to and mail to:

Sandusky County Senior Services
Attn: Thank Offering
P.O. Box 590
Fremont OH 43420

Your contributions and support are greatly appreciated!

2021 Senior Directory is here

The 2020-2021 Senior Directory is now available! Hilary at the United Way of Sandusky County, Annette at ProMedica, and I identified and updated the resources for seniors in Sandusky County.

If you receive home-delivered meals, we will be sending copies of the directory with the next round of shelf-stable meals. If you opted out of the shelf-stable meals, we will be sure to send the directory for you with your driver.

If you are a senior who does not receive home-delivered meals and you are interested in receiving a senior directory, please call me at 419-333-5082.

Please note that due to COVID-19, some resources listed in the directory may not be currently available.

The 2021 Sandusky County Senior Directory lists helpful resources available in our area to meet a variety of senior needs.
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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<tr>
<td>2</td>
<td>9 a.m. Zumba Gold (via Zoom)</td>
<td>3 9 a.m. Circuit/Interval (via Zoom)</td>
<td>3 9 a.m. Tai Chi/ Qigong (via Zoom)</td>
<td>6 9 a.m. Attitude of Gratitude</td>
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<td>10 a.m. Clyde Chit Chat (C₃)</td>
<td>10 a.m. Journal Club: Bluebirds</td>
<td>9 a.m. Circuit/Interval (via Zoom)</td>
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<td>1 p.m. Group 1 Bingo</td>
<td>11 a.m. Journal Club: Rockin’ Robins</td>
<td>10 a.m. Journal Club: Cardinals</td>
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<td>2 p.m. Group 2 Bingo</td>
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<td>World SMILE Day!</td>
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<td>3 p.m. Happy Hour</td>
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*Senior Center will be closed in Observation of Veterans Day and Thanksgiving Holiday*
### GLCAP Sandusky County

**Senior Menu for November 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**

*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*

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<tbody>
<tr>
<td>2 Stuffed Pepper, Mashed Potatoes and Gravy, Succotash, Strawberries, Roll</td>
<td>3 Chicken and Vegetable Stir Fry, Brown Rice, Diced Carrots, Orange Juice, Wheat Bread, Fortune Cookie <strong>Grab &amp; Go:</strong> Chicken Salad Sandwich <strong>Chef Salad:</strong> w/ Turkey Ham</td>
<td>5 Ham and Cheese on Bun, Vegetable Soup, Cole Slaw, Mandarin Oranges, Pudding</td>
<td>6 Lasagna, Italian Blend Vegetables, Tossed Salad, Blueberry Crisp, Garlic Bread <strong>Grab &amp; Go:</strong> Ham and Swiss Sandwich <strong>Chef Salad:</strong> w/Chicken</td>
</tr>
<tr>
<td>9 Cheeseburger on Bun, Potato Wedges, Green Beans, Apricots</td>
<td>10 Smoked Sausage, Mashed Potatoes and Gravy, Sauerkraut, Strawberries, Wheat Bread, Brownie <strong>Grab &amp; Go:</strong> Egg Salad Sandwich <strong>Chef Salad:</strong> w/ Turkey Ham</td>
<td>12 Chicken Alfredo, Stewed Tomatoes, Tossed Salad, Warm Cinnamon Apples, Garlic Bread</td>
<td>13 Chipped Beef, Steamed Peas, Diced Carrots, Pineapple, Wheat Bread, Cookie <strong>Grab &amp; Go:</strong> Turkey &amp; Cheese Sandwich <strong>Chef Salad:</strong> w/Chicken</td>
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<td>16 Turkey and Cheese on Croissant, Potato Salad, Italian Wedding Soup, Mixed Fruit/Cookie</td>
<td>17 Spaghetti and Meat Sauce, California Blend Vegetables, Tossed Salad, Peaches, Garlic Bread <strong>Grab &amp; Go:</strong> Roast Beef and Swiss <strong>Chef Salad:</strong> w/ Turkey Ham</td>
<td>19 Hamburger Gravy over Mashed Potatoes, Mixed Vegetables, Garlic and Cheddar Biscuit, Blueberries</td>
<td>20 Birthday Day! Baked Meatloaf, Cheesy Potatoes, Maui Blend Vegetables, Applesauce, Dinner Roll, Cake/Ice Cream <strong>Grab &amp; Go:</strong> Chicken Salad Sandwich <strong>Chef Salad:</strong> w/Chicken</td>
</tr>
<tr>
<td>23 Chicken Noodle Casserole, Steamed Broccoli, Black Eyed Peas, Pineapple/ Cottage Cheese, Wheat Bread</td>
<td>24 Glazed Baked Ham, Roasted Brussel Sprouts, Sweet Potatoes, Pears, Roll, Pumpkin Pie <strong>Grab &amp; Go:</strong> Submarine Sandwich <strong>Chef Salad:</strong> w/Chicken</td>
<td>26 Closed</td>
<td>27 Closed</td>
</tr>
<tr>
<td>30 BBQ Chicken on Bun, Roasted Zucchini, Baked Beans, Apricots</td>
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<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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**CALL 24 HOURS IN ADVANCE TO SCHEDULE A Grab & Go Meal Fremont — 419-334-8181; .**
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
Robin Richter, Director
MOW Drivers & Senior Center Subs

Sandusky County Senior Campus staff and guests enjoyed a visit from Mayor Danny Sanchez this October during our parking lot bingo/Halloween costume contest event.