Local firms partner with GLCAP to help seniors

To help seniors with the cost of filing taxes, GLCAP is providing up to a $75 voucher to income-eligible seniors ages 60 and over to offset tax preparation expenses, if seniors use a tax preparation business located in Sandusky County.

Households must meet income guidelines to be eligible (e.g. annual household income of $25,520 or less/household of one; $34,480 for a household of two).

Vouchers are accepted at the following locations. Appointments are required at each location.

- **S&S CPA** 416 Croghan St., Fremont  
  Office: 419 334-9511

- **HOLLAND CPA** 512 Court Street, Fremont  
  Office: 419 332-9808

- **LIBERTY TAX** 1310 E. State Street, Fremont  
  Office: 567 280-5076  
  Appointments: [libertytax.com](http://libertytax.com)

It is that time again! Has 5 years gone by already? Yes. It is time again for the Sandusky Seniors Citizens property tax levy to be on the ballot. The Sandusky County Commissioners did a resolution to add the issue to the May 4th election ballot.

The 1-mill replacement levy will generate $1.6 million annually to support Sandusky County Senior Services for the next 5 years.

A steering committee has been formed with Co-Chairs Linda Combs and Bob Gross leading the group. Karen Wagner has volunteered to be Treasurer. Rounding out the group are Peg Rettig, Diana Clinebell, Alex Boroff and Robin Richter. The official name of the committee is Citizens for the Senior Levy.

If you would like to volunteer to put out a yard sign call 419-334-8383 to schedule a time to pick up a sign in March. Donations are needed to purchase yard signs. Checks should be made out to:

**Citizens for the Senior Levy**  
Mail to: Karen Wagner, Treasurer  
1223 Hamlin Street  
Fremont, OH 43420
Happy Birthday!

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

**March 1**  
Bob Kuhlman

**March 2**  
Barb Conley  
Jill Rutherford

**March 3**  
Rebecca Chamberlain

Carol Eicher  
Rick Grafton  
Timmy Robbins  
Val Tebbe  
Jay Willmeth  
Lucille Wilson

**March 5**  
Kim Censi  
Tim Robbins  
Robert Warren

**March 6**  
Elaine Crawfoot  
George Miller  
Lynn Shupe

**March 7**  
Lisa Genzman  
Mary LaFountaine  
Jon Ward

**March 8**  
Chuck Kauffman  
Gen Stanley

**March 9**  
Luther Auxter  
Rick Geyer

**March 10**  
Gary Godfred  
Lois Shiets

**March 12**  
Judy Kingsborough

**March 13**  
Bobby Rhea  
Les Root  
Kevin Stang

**March 14**  
Chino Boyd  
Mary Waugh

**March 15**  
Linda Bauer  
Dick DeMars

**March 17**  
Margaret Alspaugh  
Jenny Binder  
Jim Blymyer  
Patricia Wasserman  
Lois Williams

**March 18**  
Paul Long  
Bob Wright

**March 19**  
Robert Bratton  
Janet Wood  
Bonnie Worster

**March 20**  
Joe Dohanos  
Gene Long

**March 21**  
Bobby Domanski  
Carol Foos  
Katherine Garcia  
James Perkins

**March 23**  
Betty Spaulding

**March 24**  
Ginny Miller  
Kim Protzman  
Bill Rimelspach

**March 25**  
Janette Tahy

**March 26**  
Diane Berryman  
Margie Hofelich  
Jane Kaiser  
Nancy McKeever  
Jerry Tarvin

**March 28**  
Kathy Damschroder  
Jean Havens  
Bess Runion  
Grace Williams  
Roxanne Wolfe

**March 29**  
Phyllis Growel  
Sally Wyant

**March 30**  
Jan Luse  
Phyllis Reed

**March 31**  
Joyce Cooper  
Donna Garner  
Patricia Miller

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**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,  
*Senior & Community Engagement Coordinator*

Brenda Kuieck,  
*Program Planner*

Jenna Stewart,  
*Meals on Wheels*

Bryan Adams,  
*Chore Specialist*

Ron Guild,  
*Chore Specialist*

Polly Dierksheide,  
*Gibsonburg Senior Center*

Robin Richter, *Director*

MOW Drivers & Senior Center Subs

William Yeager

**March 25**
Janette Tahy

**March 26**
Diane Berryman  
Margie Hofelich  
Jane Kaiser  
Nancy McKeever  
Jerry Tarvin

**March 28**
Kathy Damschroder  
Jean Havens  
Bess Runion  
Grace Williams  
Roxanne Wolfe

**March 29**
Phyllis Growel  
Sally Wyant

**March 30**
Jan Luse  
Phyllis Reed

**March 31**
Joyce Cooper  
Donna Garner  
Patricia Miller
Thank you to Herman Funeral Homes for spreading love this Valentine’s Day by giving us over 360 cards that were delivered to our homebound seniors. It sure put a smile on their faces!

GLCAP Senior Services thanks the following organizations for their support:

Firelands Home Health Services and Jessica Sumser for the February remote bingo prizes

Clyde Gardens Place and Stein Hospice for donating journals for our journal clubs

GLCAP Mobility Management for donating remote bingo prizes

Stein Hospice, Transamerica Agency Network, Valley View Health Campus, and Heartland Hospice for providing activities at Grab n’ Go lunches

Our Sandusky County Senior Center received thanks from the U.S. Census Bureau for helping spread the word about the 2020 Census.
National Nutrition Month—SNAP benefits

Are you a senior age 60+ or disabled?
You may qualify for SNAP benefits!

SNAP stands for the Supplemental Nutrition Assistance Program.
SNAP is a federal program that helps millions of low-income Americans put food on the table.
SNAP is the largest program working to fight hunger in America.
Roughly 5.1 million older adult households (age 60+) use SNAP each month, yet more than half of those who qualify for SNAP are not enrolled in the program.

For more information regarding how to apply for SNAP benefits and assistance contact
Tina Gaston at 419-290-1283 or email: kgaston@areaofficeonaging.com

March is National Nutrition Month!
The new Dietary Guidelines for Americans was released on December 29th, 2020. These guidelines are not a specific diet, but a pattern that is a lifestyle change that anyone at any stage in life can adopt and make efforts to improve their health. Science supports the recommendations on what Americans should eat to not only improve health, but to reduce the risk of diet-related chronic diseases, maintaining appropriate weight, all while meeting nutritional needs. These guidelines talk about eating healthy across the lifespan. Specifically, for older adults healthy eating can lower the risk of all-cause mortality, cardiovascular disease and mortality, lower total and LDL cholesterol, blood pressure, risk of obesity, risk of type 2 diabetes, certain cancers, and reducing the risk of hip fractures, to name a few. Current intakes of adults 60 years of age and older show that they are exceeding the limits for added sugars, saturated fat, and sodium. You can improve your dietary intake by increasing consumption of whole grains, fruits and vegetables, dairy, and adequate protein.
Casa Fiesta - Partners with us on Meals

Casa Fiesta—Chimichangas

On March 11, the menu will include Mexican fair by Casa Fiesta here in Fremont. They will be providing:

- beef chimichangas,
- Spanish rice,
- and refried beans.

GLCAP will fill out the rest of the menu to meet the 1/3 USDA requirements. The combined meal will be delivered to home-bound seniors by our regular Meals-on-Wheels drivers.

Casa Fiesta is joining the list of local restaurants that are partnering with Great Lakes Community Action Partnership in the Small Business Restaurant Initiative to support area restaurants and provide more menu options for area seniors.

El Aguila Bakery provided sweet treats in celebration of Valentine’s Day. Mmm! Delicious cake.

CR Juices—Salads

Salads will continue to be provided by CR Juices for several Tuesdays and Fridays in March.
Grab n’ Go meals continue

Our Grab n’ Go meal program on Tuesdays and Fridays will continue through March. Available meals include a hot meal, cold boxed lunch, and a chef salad. Seniors may request 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. the day before they are to be picked-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 (unless otherwise noted). Participation in games is not required to receive meals. Seniors may participate in activities without receiving meals, as well.

Activities Schedule

(Enjoy while waiting for Grab n’ Go meal)

March 2, 10:30 a.m. — Sherri Bourne, Sponsored by Stein Hospice
March 9, 10:45 a.m. — A word game with Grand prize and goodie bags with Patricia Gerber, sponsored by Transamerica Agency Network
March 10, 9-11:50 a.m. — Toenail Clinic (appointments only)
March 16, 11 a.m. — Games with GLCAP Senior Services, sponsored by Leslie Andecover at Valley View Health Campus
March 26, 11 a.m. — Games with Kathy Withrow, sponsored by Heartland Hospice.

Kitchen Renovation—Construction Update

The contract for construction was awarded to Midwest Contracting. Subcontractors include: Commercial Glazing System, Burkett Industries, Breckenridge Kitchen, Wilkes Plumbing and Heating, Gundlach Sheet Metal and Westfield Electric. A pre-construction meeting was held on February 4th. Permits have been received for most areas. Demolition work began in mid-February. From start to finish the project will take 120 calendar days which should finish up in June. Of course, availability of construction materials right now is something that we may have to work around.
**Games, trivia offered to Clyde, Gibsonburg groups**

**Gibsonburg Game Group**
- March 4, 11 a.m. — 1970’s Music Trivia
- March 11, 11 a.m. — Buzzword
- March 18, 11 a.m. — Luck of the Irish Trivia
- March 25, noon — 1960’s TV Show Trivia

**Clyde Game Group**
- March 2, 10 a.m. — 1970’s Music Trivia
- March 9, 10 a.m. — Buzzword
- March 16, 10 a.m. — Luck of the Irish Trivia
- March 23, 10 a.m. — 1960’s TV Show Trivia
- March 30, 10 a.m. — Spring Scattergories

The **Gibsonburg Game Group** is moving to a new time! It has been changed to Thursday mornings at 11 a.m. (unless otherwise noted). If this fits your schedule better, then come connect with me and others from the Gibsonburg Senior Center.

We have been playing a lot of fun trivia and music games.

**Clyde Chit Chat** has been meeting on Tuesday mornings and we have been doing different activities remotely like fun trivia and music games. This is a great way to connect with others from the Clyde Senior Center. We have been having a great time together and I hope you can join us.

Listed here are the upcoming March activities we have for both groups. If you have any questions or are interested in joining either the Gibsonburg or Clyde group activities, please contact me at 567-280-1593.

**JOIN US ON FACEBOOK!**

Stay in touch with one another by joining our Sandusky County Seniors Facebook, available at www.facebook.com/groups/sanduskycountyseniors.

**Toenail clinics remain available by appointment in Fremont.**

**See calendar schedule.**

A reminder — reservations for toenail clinics must be made one week in advance. Call 419-334-8383 to make a reservation. Call when you arrive and please stay in your vehicle. 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!
The Area Office on Aging of Northwestern Ohio (A0oA) has launched a six month pilot program to lend tablets with Internet to older adults connected to senior centers, RSVP Patrol or caregiver support programs without any cost to the senior.

There were 14 Sandusky County seniors that asked to participate in the program. Each of the 14 seniors completed the brief survey through A0oA in November and December of 2020. In the beginning of February 2021, nine of the 14 seniors were notified that they have been selected to receive a tablet in the mail.

As part of the program, seniors will also have one-on-one training with their technology consultants. Participants are encouraged to use their tablet and sign up for group lessons offered by tech professionals. They will also complete surveys at the end of the third and end of the sixth month with an A0oA staff member and will return the tablets at the completion of the pilot program. We are excited for the 9 lucky participants!

Seniors receive tablets courtesy of Area Office on Aging

Plan Ahead and Protect Yourself
Legal Series for Seniors
Presented remotely by Chandra Brown, paralegal, Legal Aid of Ohio, Inc.

March 25 at 11 a.m. — Class: Learn ways you can transfer your property upon death.
Document: Last Will & Testament Preparation
Free legal education session online and by phone

Join online at: zoom.us; Click “Join Meeting”
Or dial: 646-876-9923
Meeting ID: 875 0495 0685

OPENING FEBRUARY 2021

P.T. Services Rehabilitation, Inc.
Excellence in Motion

1800 W. State St. • Fremont, OH
419-332-6709
www ptsrehab.com

PHYSICAL THERAPY
OCCUPATIONAL THERAPY
SPEECH & MASSAGE THERAPY
WELLNESS

Wishing You
A Path To Better Health
Isolation during the pandemic could lead to negative outcomes or situations for seniors. However, there are still many resources for seniors in Sandusky County!

If you or anyone you know are having issues with neglect, abuse, or fraud, please contact the Sandusky County Adult Protective Services reporting line at 419-334-8708. You can report information anonymously.

If you need any other resources, please reach out to us at 419-334-8383. We realize this is a difficult time for most people and we want to be that continued support system for you. Please remember: You are not alone!

**Project Lifesaver Program Still Available**

Project Lifesaver (PLS) is still available for those who have a diagnosis that could warrant or who have a history of wandering. PLS is a non-profit organization that provides transmitter bracelets that emit constant tracking signals. Therefore, if someone wanders, they can be traced within minutes and miles and will be tracked by trained professionals. Some of the criteria include:

- The prospective client must be three years of age or older.
- The prospective client must be a resident of Sandusky County or live with a caregiver who is a resident of Sandusky County.
- The prospective client must be under the care of a caregiver at all time (24/7/365).
- The prospective client must have a documented diagnosis from a physician or other qualified medical professional. The prospective client must be diagnosed as being afflicted with Alzheimer’s disease, dementia, autistic spectrum disorder, Down syndrome, or other medically diagnosed issue(s) that could cause the prospective client to wander, and would place the prospective client at risk of physical harm.
- The prospective client must have a documented history of wandering, or due to his/her diagnosis, be highly susceptible to wandering. In some cases, perspective clients that are at a high risk of wandering, even if the risk has been mitigated by the installation of security devices and proper supervision, may be accepted.

Please note, Project Lifesaver is not a replacement for the attention and supervision of caregivers, but is a valuable tool that can be utilized to save lives and reduce stress felt by caregivers and/or family members. If you have a loved one who may qualify, please call 419-333-5082 for more information.
Let’s “March Into Health” together! It’s never too late to begin.

The best way to maintain health is to preserve it through a healthful lifestyle, rather than waiting until we are sick to put things right. Maintaining wellness and optimal health is a lifelong, daily commitment.

Steps that can help us maximize our health include: a balanced, nutritious diet, sourced as naturally as possible; regular exercising (check with your doctor before starting a new exercise program); screening for diseases that may present a risk; learning to manage stress (Healthy YOU and Journal Club Remote Programs); engaging in activities that provide purpose and connection with others (Remote Programs); maintaining a positive outlook; having an attitude of gratitude (Remote Program); defining a value system, and putting it into action.

Peak health will be different for each person, and how you achieve wellness may be different from how someone else does. It may not be possible to avoid disease completely, but doing as much as we can to develop resilience and prepare the body and mind to deal with problems as they arise is a step we can all take.

We love our seniors and are committed to supporting you in every way we can. So now comes the challenge as we “March into Health” together. Whoever has recorded the most time of exercise beginning March 4 through April 4 is the grand prize winner. Exercise is your physician approved type of exercise. Examples include stretches; walking in, around the house or on a treadmill; or Angie’s exercise classes via ZOOM.

You will gain strength, mobility, stress relief and confidence and a chance to win the grand prize—a basket full of assorted healthy items.

March Into Health promotes exercise habits

We will have a weekly check-in available on Thursdays at 1:30 p.m. in March. See your calendar. This is your opportunity to ask questions, get exercise ideas, and hear how everyone is doing with their minutes. Call 1-800-216-0770 and Enter Guest Passcode 928621# to get connected.

March Into Health Rules:

- On a sheet of paper write your name and telephone number.
- Each time you exercise, record the date and type of exercise between March 4 and April 4, 2021.
- Record the number of minutes you exercised each time. At the end you will add up all the minutes and write that total number on your paper.
- Return to Brenda Kuieck, Program Planner at: P.O. Box #590, Fremont, OH 43420 or via e-mail at bskuieck@glcap.org

For more information please contact Brenda Kuieck, Program Planner at 567-280-1190 or via e-mail at bskuieck@glcap.org.

March into Health Competition
March 4 - April 4
See Rules above
Grand Prize—a basket full of assorted health items.
Several toasts were made right from the start with chocolate wine, tea, pop and water. Bea Parish, Kay Szymanowski, Martha Crocker, Betty Hoffman, Sharon Cahill, Lynne Russell and Alice Arthur toasted “cheers” for all good news shared including, good health, new glasses, family and friendships made in all the remote programs, and receiving the COVID vaccine!

We pondered deep things such as; why do feet smell and noses run? And why is lemon juice mostly artificial ingredients, but dishwashing liquid contains real lemons?

Together we enjoyed some fun trivia competition with categories involving Hollywood, music, and miscellaneous trivia. Betty Hoffman got all of the miscellaneous trivia questions correct. Martha Crocker and Lynne Russel tied with only missing one each. The others were not far behind.

I am not at liberty to tell you the rest because, “What happens at Happy Hours stays at Happy Hour!”

How much water do you drink in a day?

In our Healthy YOU Remote Program we learned that we can go 50 days without food, but only two to three days without water. Water is essential to the human body. We need roughly 64 ounces of water a day and the water content in our body diminishes as we age. But your individual water needs depend on many factors including your health, how active you are and where you live. Adding too, the type of medications prescribed by your doctor and Janet Bowles agreed, having worked as a nurse prior to her retirement.

So how does your body lose water? This was the question I asked the group. Bea Parish and Alice Arthur were the first to answer but all participants had the “Ah-ha” moment when I told them it is also through our breath! Our body loses water constantly through breath, sweat, urine and feces. We lose even more water if we are ill.

Join us remotely at 10 a.m. every Thursday as we discuss 10 Healthy Habits for Seniors to Keep and other topics related to being a Healthy YOU, mentally physically and spiritually!

Contact Brenda Kuieck, Program Planner for more information at bskuieck@glcap.org or 567-280-1190. Now go get a glass of water!
Book clubs coming up in April

A new book club reading of The Little Old Lady Who Broke All the Rules will begin Monday, April 5, at 10 a.m.

The book is described as “#1 International Bestseller The Best Exotic Marigold Hotel meets The Italian Job in internationally-bestselling author Catharina Ingelman-Sundberg’s witty and insightful comedy of errors about a group of delinquent seniors whose desire for a better quality of life leads them to rob and ransom priceless artwork.”

For those who read the first installment of the “Little Old Lady,” a book club reading of the sequel, The Little Old Lady Who Struck Lucky Again!” will begin April 5, 11 a.m.

The book’s synopsis states: “In the sequel to internationally-bestselling Swedish author Catharina Ingelman-Sundberg’s The Little Old Lady Who Broke All The Rules, the League of Pensioners are up to their old tricks, this time swindling the biggest Vegas casinos, outsmarting a gang of young robbers, and evading the Swedish police in the name of elderly pensioners everywhere—perfect for fans of A Man Called Ove and The Best Exotic Marigold Hotel.”

If you missed the fun of the first installment, or want to keep reading the series, now is your chance to get in on the fun. Call Brenda Kuieck, Program Planner at 567-280-1190 or via e-mail at bskuieck@glcap.org to reserve your spot today!

Alzheimer’s Association offers April programs

10 Warning Signs of Alzheimer’s and Dementia
11-11:30 a.m. Friday, April 16
Phone Conference Education Program

Understanding Alzheimer’s and Dementia
11 a.m.-11:30 a.m., Friday, April 23
Phone Conference Education Program

Effective Communication Strategies
11-11:30 a.m., Friday, April 30
Phone Conference Education Program

Contact Brenda Kuieck at 567-280-1190

January Remote Bingo Cover-all Winners

1 p.m. Bingo Group
Jan. 5 — Bea Parish
Jan. 12 — Carol Chick
Jan. 19 — Janet Bowles
Jan. 26 — Lee Williams

2 p.m. Bingo Group
Jan. 5 — Martha Crocker
Jan. 12 — Lynne Russell
Jan. 19 — Kathy Walters, Kim Orwig, and Alice Arthur
Jan. 26 — Kathy Walters

Remote bingo games scheduled Tuesdays in March See calendar for details.
<table>
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| 8:30 a.m. Zumba Gold (via Zoom)  
9:15 a.m. Chair Yoga (via Zoom)  
10 a.m. UNBROKEN  
11 a.m. The Little Old Lady Who Broke All the Rules | 8:30 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 | 8:30 a.m. Tai Chi/Arthritis (via Zoom)  
9:15 a.m. Chair Yoga (via Zoom)  
10 a.m. Journal Club: Rockin’ Robins | 8:30 a.m. Cardio & Strength (via Zoom)  
10 a.m. Healthy YOU  
11 a.m. Gibsonburg Game Group (G3)  
1:30 p.m. March Into Health Kick-Off! | 9 a.m. Attitude of Gratitude  
10 a.m. Drums Alive (via Zoom) |
| 2      | 9       | 10        | 11       | 12     |
| 8:30 a.m. Zumba Gold (via Zoom)  
9:15 a.m. Chair Yoga (via Zoom)  
10 a.m. UNBROKEN  
11 a.m. The Little Old Lady Who Broke All the Rules | 8:30 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 | 8:30 a.m. Tai Chi/Arthritis (via Zoom)  
9 a.m. Celebrate Your Plate  
10 a.m. Journal Club: Rockin’ Robins | 8:30 a.m. Cardio & Strength (via Zoom)  
10 a.m. Healthy YOU  
11 a.m. Gibsonburg Game Group (G3)  
1:30 p.m. March Into Health Check-In | 9 a.m. Attitude of Gratitude  
10 a.m. Drums Alive (via Zoom)  
3 p.m. Happy Hour |
| 3      | 16      | 17        | 18       | 19     |
| 8:30 a.m. Zumba Gold (via Zoom)  
9:15 a.m. Chair Yoga (via Zoom)  
10 a.m. UNBROKEN  
11 a.m. The Little Old Lady Who Broke All the Rules | 8:30 a.m. Circuit/Interval (via Zoom)  
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10 a.m. Journal Club: Rockin’ Robins | 8:30 a.m. Cardio & Strength (via Zoom)  
10 a.m. Healthy YOU  
11 a.m. Gibsonburg Game Group (G3)  
1:30 p.m. March Into Health Check In | 9 a.m. Attitude of Gratitude  
10 a.m. Drums Alive (via Zoom) |
| 4      | 23      | 24        | 25       | 26     |
| 8:30 a.m. Zumba Gold (via Zoom)  
9:15 a.m. Chair Yoga (via Zoom)  
10 a.m. UNBROKEN  
11 a.m. The Little Old Lady Who Broke All the Rules | 8:30 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 | 8:30 a.m. Tai Chi/Arthritis (via Zoom)  
9 a.m. Celebrate Your Plate  
10 a.m. Journal Club: Rockin’ Robins | 8:30 a.m. Cardio & Strength (via Zoom)  
10 a.m. Healthy YOU  
11 a.m. Legal Series  
12 p.m. Gibsonburg Game Group (G3)  
1:30 p.m. March Into Health Check In | 9 a.m. Attitude of Gratitude  
10 a.m. Drums Alive (via Zoom)  
3 p.m. Happy Hour |
| 5      | 30      | 31        | 32       | 33     |
| 8:30 a.m. Zumba Gold (via Zoom)  
9:15 a.m. Chair Yoga (via Zoom)  
10 a.m. UNBROKEN  
11 a.m. The Little Old Lady Who Broke All the Rules | 8:30 a.m. Circuit/Interval (via Zoom)  
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1:30 p.m. March Into Health Check In | 9 a.m. Attitude of Gratitude  
10 a.m. Drums Alive (via Zoom) |

To sign up for Angie’s exercise classes, email her for the ZOOM link at: workingonwellness@angieschroeder.com
Alzheimer’s Association offers support groups, educational programs

The Alzheimer’s Association, Northwest Ohio Chapter provides services to Sandusky County residents. Services include support, guidance, coaching, and education for individuals and families impacted by Alzheimer’s Disease and all dementias through the 24/7 Helpline (800-272-3900); virtual/telephonic care consultations; education programs; and caregiver support groups.

Those interested in registering for a virtual caregiver support group or education program may call the helpline at 800-272-3900.

The chapter also has a virtual community forum in the Latino community scheduled for March 10, 10-11:30 a.m.

The chapter is also looking for program volunteers to help with education and outreach. For more information on the community forum, volunteer opportunities, or a care consultation please contact Dakota Stone at 567-302-3608.

Where Family Comes to Live

A place where safety, connection, and compassion can all be found in equal measure.

Independent Living and Assisted Living available!
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<tr>
<td>1  Beef Stroganoff, Steamed Broccoli, Diced Carrots, Mandarin Oranges, Biscuit</td>
<td>2  Stuffed Pepper, Mashed Potatoes and Gravy, Lima Beans, Peaches, Wheat Bread <strong>Grab &amp; Go:</strong> Egg Salad/Croissant Salad: Garden Salad from CR Juices</td>
<td>4  Chicken Salad on Croissant, Italian Wedding Soup, Broccoli Salad, Mixed Fruit, Pudding</td>
<td>5  Vegetable Lasagna, Tossed Salad, Key West Vegetables, Blueberry Crisp, Garlic Bread <strong>Grab &amp; Go:</strong> Turkey and Cheese Salad: Chef with Chicken</td>
</tr>
<tr>
<td>8  Roots Shredded Chicken, Sandwich, Mixed Vegetables, Baked Beans, Melon/Chips</td>
<td>9  Pork Loin, Scalloped Potatoes, Collard Greens, Blueberries, Roll <strong>Grab &amp; Go:</strong> Ham Salad/Croissant Salad: Taco Salad from CR Juices</td>
<td>11  Beef Chimichanga, Spanish Rice and Refried Beans <strong>provided by Casa Fiesta!</strong> Tossed Salad, Tropical Fruit, Wheat Bread</td>
<td>12  Egg Salad Sandwich, Vegetable Soup, Celery Sticks/PB Cup, Orange Slices, Brownie <strong>Grab &amp; Go:</strong> Roast Beef and Cheese Salad: Strawberry Spring Salad from CR Juices</td>
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<td>15 Swedish Meatballs over Brown Rice, Steamed Broccoli, Harvard Beets, Pears/Wheat Bread</td>
<td>16 Goulash, Peas and Carrots, Corn, Applesauce, Wheat Bread <strong>Grab &amp; Go:</strong> Submarine Sandwich Salad: Chef with Turkey Ham</td>
<td>18  Beefy Chili, Spinach Salad, Potato Salad, Strawberries, Cornbread</td>
<td>19  Fish Sandwich, Ranch Potato Wedges, Baked Beans, Pineapple, Cottage Cheese <strong>Grab &amp; Go:</strong> Chicken Salad/Croissant Salad: Garden Salad from CR Juices</td>
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<td>22 Creamed Chicken over Biscuit, Mixed Vegetables, Mashed Potatoes, Apricots</td>
<td>23 BBQ Rib Patty, Sweet Potatoes, Brussels Sprouts, Mixed Fruit, Wheat Bread <strong>Grab &amp; Go:</strong> Ham and Cheese Salad: Chef with Chicken</td>
<td>25  Baked Meatloaf, Cheesy Potatoes, Venetian Vegetables, Mixed Berries, Roll</td>
<td>26 Birthday Day! Three Cheese Macaroni, Stewed Tomatoes, Carrot Sticks/Ranch, Peach/Strawberry Crisp, Roll, Cake, Ice Cream <strong>Grab &amp; Go:</strong> Egg Salad/Croissant Salad: Taco Salad from CR Juices</td>
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<td>29 Shredded BBQ Beef on Bun, Green Beans, Potato Wedges, Peaches</td>
<td>30 Ham and Potato Skillet, Peas and Carrots, Black-Eyed Peas, Mandarin Oranges, Roll <strong>Grab &amp; Go:</strong> Turkey and Cheese Salad: Strawberry Spring Salad/CR Juices</td>
<td><strong>CALL 24 HOURS IN ADVANCE TO SCHEDULE A Grab &amp; Go Meal Fremont</strong> — 419-334-8383; Home-delivered meal or cancellations, call 419-332-4032. For ingredient content only, call GLCAP Food Service at 419-333-5098.</td>
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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;
Greetings from Sunny Florida! Pictured on the left are Ken & Kathy (Burkin) Humbard wearing red. Thanks for sending in the photo for Sandusky Seniors 1st Wear Red Day!

Kathy said, “We miss all of the fun activities and our friends . . . . . . but we don’t miss the weather!”