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

- 90,000 meals,
- 30,000 miles of transportation,
- dozens of small home repairs, virtual programs,
- case management,
- Senior Center activities and more.

This is what is at stake in the upcoming May 4th election.

The steepest part of the growth curve for the Senior population in Sandusky County is from 2020—2025. A replacement levy will support the needs of the growing senior population.

Listen in on WFRO Eagle 99 Community Focus program with Tom Fullen which will air in April at 7:00 a.m. either on the 4th or 11th. Tom Fullen and Robin Richter, Director discuss the need for the levy and how it will be used.

Don’t get up that early?

You can catch a tape of the interview on www.wfroradio.com under the News tab, Community Focus after it airs.
Happy Birthday!

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

April
Sandra Danklefsen  
Nancy Park  
April
Reynold Hirt  
Carl Sidoti  
April
Bob Carr  
Sharon Karlovetz  
Becky Rodriguez  
Jim Yeckley  
April
Ken Goon  
Thomas Hoffert  
April
Anne Humberger  
Juanita Patynko  
April
Barbara Herman  
John Jones  
Cindy Levorchick  
Donald Riehl  
April
Pat Bristley  
April
John Baskey  
Miriam Camper  
Roger Carter  
April
Larry Karr  
John Rusch  
Diane Walker  
April
Cat Jones  
Herman Kelbley  
April
Eleanor Gibbs  
Charles Sweeney  
Mark Thompson  
Earl Wammes  
April
Easter Aldrich  
Mel Michael  
April
Gloria Root  
April
Lavonne Babione  
Doris Biller  
Jerry Dhondt  
April
Gerry Fought  
Donna Scriver  
April
Monna Hay  
Alice Shammo  
April
Sandy Kauffman  
April
Jerry Shaffer  
Pat Snyder  
April
Vic Kline  
April
Cheryl Boyd  
Dutch Neitzke  
Jack Weaver  
April
Audrey Braden  
Gert Milleson  
Jinny Moll  
April
Jeanie Schade  
Pat Ziebold  
April
Betty Autullo  
Susan Baker  
April
Constance Claycomb  
Lamar Garner  
Susan Hoffman  
Nelson Hugill  
Jeanne Luther  
Don Rozick  
April
Bill Lash  
April
Freddie Bailey  
Paul Camper  
MaryAnn Missig  
April
Judy Wagner  
April
Joanne Darr  
Linda Linder  
Lou Parmer  
Martin Recny Sr.  
April
Lois Bartson  
Dale Frantz  
April
Linda Lou Dunfee  
Rachel Johnson  
Rudy Kennedy  
Harry Miller  
Phyllis Weber  

Our Sympathies

GLCAP Senior Services extends our sympathies to the family and friends of those who we’ve lost:

- To the family and friends of Kathleen Walters
- To Ladonna Gyurica and family on the death of her brother, Gary Young

GLCAP Senior Services thanks the following organizations for their support:

- Firelands Home Health Services and Jessica Sumser for remote bingo and Healthy You programs
- Stein Hospice and Sherri Bourne for March Grab n’ Go games and prizes
- Clyde Gardens Palace for March bingo prizes
Meals on Wheel Loves Pets, our pet food assistance program, continues to help Sandusky County seniors keep their dogs, cats and birds fed by providing home-delivered pet food purchased and donated to the program by our supporters. The program is available to Sandusky County seniors age 60 and over. Pet food quantities are limited, and remains available on a first come, first served basis.

Most recently we received pet food donations totaling 172 pounds from Fremont TSC. This includes 133 pounds of dog food, 35 pounds of cat food and 4 pounds of Parakeet bird food. We thank you, Fremont TSC donors!

If you are interested in donating to the GLCAP Meals on Wheels Loves Pets Program you can do so at Fremont TSC or one of our other donations locations, including Fremont Rural King, Fremont Animal Hospital and West View Veterinary Hospital.

If you are a Sandusky County Senior age 60 or older and need assistance or have questions about this program please contact 567-280-1190.

Community donations help pet food program

Meals on Wheel Loves Pets, our pet food assistance program, continues to help Sandusky County seniors keep their dogs, cats and birds fed by providing home-delivered pet food purchased and donated to the program by our supporters. The program is available to Sandusky County seniors age 60 and over. Pet food quantities are limited, and remains available on a first come, first served basis.

Most recently we received pet food donations totaling 172 pounds from Fremont TSC. This includes 133 pounds of dog food, 35 pounds of cat food and 4 pounds of Parakeet bird food. We thank you, Fremont TSC donors!

If you are interested in donating to the GLCAP Meals on Wheels Loves Pets Program you can do so at Fremont TSC or one of our other donations locations, including Fremont Rural King, Fremont Animal Hospital and West View Veterinary Hospital.

If you are a Sandusky County Senior age 60 or older and need assistance or have questions about this program please contact 567-280-1190.

Casa Fiesta of Fremont partnered with GLCAP to provide more than 340 meals for seniors in Sandusky County on March 11. An Ohio Department of Aging Small Business Restaurant Initiative grant has allowed us to expand meal options to seniors from local restaurants like Casa Fiesta, CR Juices, and other establishments.
Fremont Senior Center April 2021 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

April Grab n’ Go meals

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. All meals must be ordered before 10 a.m. on the day before pick-up.

When picking up, remain in the vehicle 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).

Activities Schedule
(enjoy while waiting for your Grab n’ Go meal)

April 6, 10:30 a.m.
Car Bingo and Easter treats with Sherri Bourne, Sponsored by Stein Hospice

April 13, 10:45 a.m.
A word game with Patricia Gerber, sponsored by Transamerica Agency Network

April 20, 11 a.m.
Games with GLCAP Senior Services, sponsored by Leslie Andecover at Valley View Health Campus

April 21, 9-11:50 a.m.
Toenail Clinic (appointments only)

April 23, 11 a.m.
Kathy Withrow sponsored by Heartland Hospice.

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!
Construction Update. The picture above is a view from one corner of the large open room. A wall has been added to separate the kitchen from the senior activity space. Electrical, heating, and plumbing work are all underway. With any renovation project comes the discovery of unknowns. In this photo you’ll see more trenches for replacement of water lines. Project completion is still estimated to be in mid-June.

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.
Seniors stay connected through Attitude of Gratitude

Attitude of Gratitude ran extra-long on Friday morning, Feb. 26, and we couldn’t be happier! Each senior involved in the remote call was overflowing with so many things they are thankful and grateful for.

We soon realized that once you begin with a thought of gratitude and thankfulness it soon overflows like a waterfall and it’s hard to stop it. And for that we are thankful too! See what I mean?

“I am thankful to have found the remote programs through the senior newsletter,” Mary Waugh said. “I am a social person and with this Covid, I was feeling confined. I started with the Clyde Chit-Chat group then soon learned more about the other programs. I enjoy getting to meet all these new people!”

“I am thankful for all of the senior programs which keep me busy,” Janet Bowles said. “I am also thankful for Senior Helping Hands that helped me fix my kitchen so I can cook in it again.”

Janet added, “I am trying to get my classmates involved. When they hear all that I am doing they are interested and I hope they get involved!”

Celebrate Your Plate Remote Program

Presented remotely by Ruby Randolph, Ohio SNAP-Ed, Ohio State University Extension

April 14 at 9 a.m. — Food and Fiber
April 28 at 9 a.m. — Healthy Snacks!

Dial: 1-800-216-0770 Guest Passcode 928621#

Here for your OT, PT, & Speech needs

Now Open

1800 W. State Street - 419-332-6709
In March a second group of seniors started with the Free tablet program. The Area Office on Aging of Northwestern Ohio’s (AOoA) six month pilot program to lend tablets with Internet to older adults, to enable them to connect to senior centers, began its second and remaining group. This program provides the Internet connection without any charge to the senior.

Throughout the month of March, 14 Sandusky County seniors received their one-on-one training with their technology consultants on the tablets. They are to use these tablets daily and are encouraged to call the tech professionals (Candoo Tech) with any questions they may have throughout their participation in the pilot program.

They will complete surveys at the end of the third and sixth months of the program. The tablets will be returned at the end of the pilot program.

We are thankful to be part of this great opportunity for the seniors through AOoA. We are also encouraged and excited for ALL 14 of our Sandusky County seniors who asked to participate, and helped this new and exciting program take it’s first step.

One active senior in all of the Remote programs offered by GLCAP Senior Programs shared her excitement in beginning her training. Kay Szymanowski, who is in the second group of seniors said, “I am excited and looking forward to my training!”

---

**Virtual Programs**

**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

---

**Gibsonburg Game Group**
All Programs at 11:00 a.m.
April 1 — Scattegories
April 8 — Tribond
April 15 — Foodie MatchUp
April 22 — Earth Day Trivia
April 29 — 1960’s TV Hot or Not

**Clyde Game Group**
All Programs at 10:00 a.m.
April 6 — Tribond
April 13 — Foodie Matchup
April 20 — Earth Day Trivia
April 27 — 1960’s Hot or Not

---

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
We wrapped up our winter Remote Book Club series of *Unbroken* by Laura Hillenbrand and *The Little Old Lady Who Broke all of the Rules* by Catherina Ingelman-Sundberg which began on Jan. 4 and ended March 15.

We had several senior members from different Sandusky County senior centers participating in both book clubs consecutively. Reading two books at the same time is not a task always easy to do since it would be easy to get the story lines confused but as Alyce Ann Schmidt said, “They are both so different it’s not been difficult.”

*Unbroken*: A World War II Story of Survival, Resilience and Redemption and *The Little Old Lady Who Broke all of the Rules*: an incredibly quirky, humorous and warm-hearted story about growing old disgracefully – and breaking all the rules along the way!

Here is what a few of the Remote Book Club participants had to say about each book:

While reading *Unbroken*, the story of Louie Zamperini, a World War II Army Air Force bombardier and prisoner of war, Sharon Cahill said it “makes me remember my uncles that were in the war, I was 8 years old at that time. “My uncle wouldn’t talk about it when he came home,” Sharon said. “He was shot down in England and someone hid him there until he was somehow able to make it home. I’m finding it enjoyable reading and learning about what happened then.”

Another remote book club participant, Janet Bowles added about the times during Louie Zamperini’s capture, “I am amazed at all the stress and fortitude they had day after day, after day, after day, all the mental stress they went through with the sharks trying to get at them in their raft, then later the bugs, rats and beatings.”

Mary Kucha remembers, “We went to Hawaii with my mother-in-law; seeing Pearl Harbor and the strong emotions that it brought to each of them, individually, and in different ways being there and seeing it.”

In our other book, *The Little Old Lady who Broke all of the Rules*, 79-year-old Martha Anderson dreams of escaping her care home and robbing a bank. She has no intention of spending the rest of her days in an armchair and is determined to fund her way to a much more exciting lifestyle.

“I am certainly enjoying this book,” said Kay Szymanowski while laughing.

Alice Arthur added, “Out of all of the one’s we’ve read so far, I like this one the best.”

Everyone agrees: “This book is just hilarious!”

If you are interested in learning more about Remote Book Clubs and how you too can participate, please contact Brenda Kuieck, Program Planner at 567-280-1190 or at bskuieck@glcap.org
To sign up for Angie’s exercise classes, email her for the ZOOM link at: workingonwellness@angieschroeder.com

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>To sign up for Angie’s exercise classes, email her for the ZOOM link at: <a href="mailto:workingonwellness@angieschroeder.com">workingonwellness@angieschroeder.com</a></td>
<td></td>
<td>1 April Fools Day! 8:30 a.m. Cardio &amp; Strength (via Zoom) 10 a.m. Healthy YOU 11 a.m. Gibsonburg Game Group (G3) 1:30 p.m. LAST March Into Health Check In</td>
<td>2 9 a.m. Attitude of Gratitude 10 a.m. Drums Alive (via Zoom)</td>
</tr>
<tr>
<td>5 8:30 a.m. Zumba Gold (via Zoom) 9:15 a.m. Chair Yoga (via Zoom) 10 a.m. The Little Old Lady Who Broke All the Rules 11 a.m. Struck Lucky</td>
<td>6 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</td>
<td>7 8:30 a.m. Tai Chi/Arthritis (via Zoom) 10 a.m. Journal Club: Rockin’ Robins</td>
<td>8 8:30 a.m. Cardio &amp; Strength (via Zoom) 10 a.m. Healthy YOU 11 a.m. Gibsonburg Game Group (G3)</td>
<td>9 9 a.m. Attitude of Gratitude 10 a.m. Drums Alive (via Zoom) 3 p.m. Happy Hour</td>
</tr>
<tr>
<td>12 8:30 a.m. Zumba Gold (via Zoom) 9:15 a.m. Chair Yoga (via Zoom) 10 a.m. The Little Old Lady Who Broke All the Rules</td>
<td>13 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</td>
<td>14 8:30 a.m. Tai Chi/Arthritis (via Zoom) 9 a.m. Celebrate Your Plate 10 a.m. Jounal Club: Rockin’ Robins</td>
<td>15 8:30 a.m. Cardio &amp; Strength (via Zoom) 10 a.m. Healthy YOU 11 a.m. Gibsonburg Game Group (G3)</td>
<td>16 9 a.m. Attitude of Gratitude 10 a.m. Drums Alive (via Zoom) 11 a.m. Alzheimer Program</td>
</tr>
<tr>
<td>19 8:30 a.m. Zumba Gold (via Zoom) 9:15 a.m. Chair Yoga (via Zoom) 10 a.m. The Little Old Lady Who Broke All the Rules</td>
<td>20 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</td>
<td>21 8:30 a.m. Tai Chi/Arthritis (via Zoom) 10 a.m. Jounal Club: Rockin’ Robins</td>
<td>22 8:30 a.m. Cardio &amp; Strength (via Zoom) 10 a.m. Healthy YOU 11 a.m. Gibsonburg</td>
<td>23 9 a.m. Attitude of Gratitude 10 a.m. Drums Alive (via Zoom) 11 a.m. Alzheimer Program 3 p.m. Happy Hour</td>
</tr>
<tr>
<td>26 8:30 a.m. Zumba Gold (via Zoom) 9:15 a.m. Chair Yoga (via Zoom) 10 a.m. The Little Old Lady Who Broke All the Rules</td>
<td>27 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</td>
<td>28 8:30 a.m. Tai Chi/Arthritis (via Zoom) 9 a.m. Celebrate Your Plate 10 a.m. Jounal Club: Rockin’ Robins</td>
<td>29 8:30 a.m. Cardio &amp; Strength (via Zoom) 10 a.m. Healthy YOU 11 a.m. Gibsonburg</td>
<td>30 9 a.m. Attitude of Gratitude 10 a.m. Drums Alive (via Zoom) 11 a.m. Alzheimer Program</td>
</tr>
</tbody>
</table>
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!

INDEPENDENT LIVING | ASSISTED LIVING | POST-ACUTE HEALTHCARE SERVICES
419-332-0357 | 1247 N. River Road | Fremont, OH 43420 | valleyviewhc.com | 

Why choose Acute Inpatient Rehabilitation?

- You will receive three hours of therapy daily, 5-7 days per week.
- Your therapy evaluations and treatments will begin the day following your admission.
- You will be evaluated by a physician within 24 hours of admission.
- You will be seen by your rehabilitation physician daily.
- You will have 24 hour nursing care along with nurse aides to assist you.
- The average length of stay will be 14 days.
- You will have a therapy team consisting of physicians, nurses, discharge planners, dietician, pharmacist, speech therapy, occupational therapy and physical therapy that collaborate to develop a program specialized to your personal needs.

If you or a loved one is in need of physical rehabilitation and would like more information, please visit our website, RHNO.ERNESTHEALTH.COM.

Rehabilitation Hospital
of Northwest Ohio

RHNO.ERNESTHEALTH.COM
1455 West Medical Loop • Toledo, OH 43614 • ph: 419.214.6600
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 Honey Dijon Chicken, Glazed Carrots, Steamed Broccoli, Mandarin Oranges, Wheat Bread Grab and Go: Ham Salad on Croissant Salad: Garden Salad from CR Juices</td>
<td>6 Cabbage Roll, Cheesy Potatoes, Mixed Vegetables, Apricots, Wheat Bread Grab and Go: Ham Salad on Croissant Salad: Caesar Salad from CR Juices</td>
<td>1 Salisbury Steak, Mashed Potatoes and Gravy, Succotash, Blueberries, Dinner Roll</td>
<td>2 Almondine Pollock, Peas/Pearl Onions, Roasted Tomatoes and Zucchini, Pears, Cornbread Grab and Go: Italian Chicken Pasta Salad Salad: Quinoa Salad from CR Juices</td>
</tr>
<tr>
<td>26 Cheeseburger on Bun, Baked Beans, Potato Salad, Warm Cinnamon Apples, Chips</td>
<td>27 Chipped Beef over Biscuit, Brussels Sprouts, Carrots, Pineapple, Cottage Cheese Grab and Go: Chicken Caesar Pasta Salad: Taco Salad w/Walnut Meat from CR Juices</td>
<td>22 Creamed Chicken and Dumplings, Stewed Tomatoes, Mixed Vegetables, Wheat Bread</td>
<td>23 Birthday Day! Pot Roast, Mashed Potatoes and Gravy, Vegetable Blend, Strawberries, Roll, Cake. Ice Cream Grab and Go: Ham Sandwich Salad: Garden Salad from CR Juices</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

CALL 24 HOURS IN ADVANCE TO SCHEDULE A Grab & Go Meal Fremont — 419-334-8383. Home-delivered meal or cancellations, call 419-332-4032. For ingredient content only, call GLCAP Food Service at 419-333-5098.

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

No Wednesday delivery
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 SC
Robin Richter, Director
MOW Drivers & Senior Center Subs

Grab n’ Go meals continue throughout April, with sponsored games and events taking place on select days prior to meal distribution at the Sandusky County Senior Campus. Details and dates are available inside.