TO ALL OUR READERS!
PLEASE NOTE THAT ALL EVENTS LISTED IN THIS NEWSLETTER MAY LATER BE CANCELLED. THIS IS TO PROTECT YOUR HEALTH AND SAFETY AND FOR THE GOOD OF OUR COMMUNITY.

JOIN US FOR TWO SPRING DANCES!

The Al Best Band

Thursday, April 16, 2020
Thursday, May 28, 2020

2:00 - 4:00 p.m.

Eagles Aerie #370
800 West Robb Ave., Lima

No Admission Charge

Future 2020 Dance Dates
August 6, October 1, December 3

The purpose of Allen County Council on Aging, Inc. is to provide person-centered services which enhance the quality of life of Allen County residents age 60 and older so that they may remain living independently in their own homes with dignity and choice as long as possible.
When will the 2020 Census take place? The next US Census is scheduled for the spring of 2020. In mid to late March, every household in the US will receive a letter with information on how you can take part in the census. You will have the option to respond one of three ways: online, by telephone, or by mail.

Why is it important to respond to the 2020 Census? Responding to the 2020 Census is important because it will influence community funding and congressional representation for the next decade. Information collected in the census will inform the allocation of more than $675 billion in federal funds for states and communities each year.

What do I need to answer the census questions? For each member of your household (including you), you will need their full name, gender, date of birth, their relationship to the head of the household, and the race and ethnicity status.

What to expect in the mail?
- March 12-20, 2020: An invitation to respond online to the 2020 Census. (Some households will receive paper questionnaires.)
- March 16-24, 2020: A reminder letter, if you haven’t responded yet.
- March 26 to April 3, 2020: A reminder postcard.
- April 20-27, 2020: A final reminder postcard before a census employee follows up in person or by telephone.

What happens if I don’t respond to the request to be counted? If you don’t respond to the Census Bureau’s initial request for information, you will receive another request by mail. Should you not respond to that request, a Census Bureau employee will contact you by phone or in person, to gather the needed information.

Is responding to the 2020 Census Safe? Sharing personal information online, by phone or through the mail often raises concerns for many people. The information you will be sharing with the Census Bureau online will be encrypted and won’t be made available to anyone but the US Census Bureau. By law, Census Bureau employees cannot share any information they gather to anyone but the Census Bureau.

How do I avoid frauds and scams? It is important to know that the Census Bureau will NOT send unsolicited emails to request your participation in the 2020 Census. Also, if someone visits your home to collect a response for the 2020 Census, you can check to make sure they have a valid Census Bureau ID Badge with their photograph, a US Department of Commerce watermark, and an expiration date. Please note, the Census Bureau will NEVER ask for your Social Security number, bank or credit account numbers, money or donations, or anything on behalf of a political party.

For more information on the 2020 Census, please visit 2020census.gov. The Council on Aging Senior Services Resource Specialists, Gerry Burton, Pam Fitzgerald, Tammy Rodden and Judy Jacomet are also available to answer your questions by calling our office at 419-228-5135.
NEW! FREE COACHING PROGRAM

Are you a FAMILY MEMBER or FRIEND and want PRACTICAL tips on caring for someone who has dementia? OR
Do you LIVE ALONE and would like to know how to better handle your memory changes? AND
Do you want an ONGOING partner in care who will stay with you as needs change?

MemoryLane Care Services, with its community partners, can coach you through concerns such as:
- Understanding dementia
- Keeping the home safe
- Arranging for useful services and resources
- Behaviors such as agitation, paranoia, and resistance to help
- Driving/giving up the keys
- Finding meaningful activities and hope
- Bathing and dressing
- Dementia in persons who have intellectual, developmental disabilities
- Talking with medical providers
- Connecting with someone who understands your situation
- Family relationships
- Dealing with legal issues
- Planning for future care needs

Coaching can be done by phone for extra convenience and confidentiality.

The program links and coordinates community services, health care, organizes family and friends in assisting in care tasks, and provides emotional support.

Call MemoryLane Care Services at 419-720-4940 for information or to be matched to a personal coach. Their website is www.memroylanecareservices.org.

This FREE program is offered through a collaboration with Area Agency on Aging 3, Ohio Department of Aging, Ohio Council for Cognitive Health, Benjamin Rose Institute, and MemoryLane Care Services. Funded by a grant from the Department of Health & Human Services, Administration for Community Living.
March 20, 2020

Hello Everyone:

As the news of the COVID-19 virus and its strong impact affects us all, I want to assure you that it is my intention, as of the date of this message, absent a general quarantine or similar order from the Governor, President or appropriate Health authority, for our agency to continue providing medically necessary transportation for our most at risk clients, such as those needing kidney dialysis. Most other services, such as Elderly Day Care Center, CHORE and Outreach have ceased operations at this time. We will deliver groceries on a case by case basis.

We will need to prioritize our services inasmuch as I have currently placed a great majority of staff on administrative leave for their own safety.

Since services in all sectors of our country and indeed the world are in a state of flux, it is possible that all of our services may temporarily cease.

We at Allen County Council on Aging hope that you and your loved ones are safe and well. We will resume full operations at the appropriate time.

Respectfully,

Michael K. Hensley, MPA
Executive Director
MEDICARE 101
Presentations by (O.S.H.I.I.P.) Certified Counselors

ALLEN COUNTY COUNCIL ON AGING, INC.
700 N. Main St., Lima, OH 4580
Thursday, June 11, 2020 @ 3:30 P.M.
Wednesday, July 15, 2020 @ 3:30 P.M.

BLUFFTON PUBLIC LIBRARY
Presentation will be scheduled at a later date.

LAFAYETTE BRANCH LIBRARY
Presentation will be scheduled at a later date.

LIMA PUBLIC LIBRARY
650 W. Market St., Lima, OH 45801
Monday, April 20, 2020 @ 5:30 P.M.
Wednesday, October 7, 2020 @ 3:00 P.M.

ELIDA BRANCH LIBRARY
500 E. Kiracofe Ave., Elida, OH 45807
Monday, May 11, 2020 @ 5:30 P.M.

CAIRO BRANCH LIBRARY
108 W. Main St., Cairo, OH 45820
Tuesday, August 11, 2020 @ 5:30 P.M.

SPENCERVILLE PUBLIC LIBRARY
2489 Wisher Dr., Spencerville, OH 45887
Monday, September 14, 2020 @ 5:30 P.M.

No reservations required.
Call Allen County Council on Aging, Inc.
with any questions at 419-228-5135.
**APRIL**

Thursday, April 16, 2-4 p.m.
Dance at the Eagles

Thursday, April 23, 1:30 - 3:00 p.m.
Caregiver Support Group

Medicare Insurance Counseling available by appointment
Call 419-228-5135.

**MAY**

Thursday, May 7, 10:00 a.m. - 1:00 p.m.
Chat with Linda, Alzheimer’s Association
Call 419-228-5135 for an appointment.

Thursday, May 21, 1:30 - 3:00 p.m.
Caregiver Support Group

Monday, May 25 - CLOSED
MEMORIAL DAY HOLIDAY

Thursday, May 28, 2-4 p.m.
Dance at the Eagles

Medicare Insurance Counseling available by appointment.
Call 419-228-5135.

**JUNE**

Wednesday, June 3, 12:30 - 2:30 p.m.
Car Show Council on Aging
Parking lot

Thursday, June 4, 10:00 a.m. - 1:00 p.m.
Chat with Linda Alzheimer’s Association
Call 419-228-5135 for an appointment.

Thursday, June 18, 1:30 - 3:00 p.m.
Caregiver Support Group

Medicare Insurance Counseling available by appointment.
Call 419-228-5135.
ELDERLY DAY CARE CENTER MEN’S CLUB
INVITES YOU TO A

CAR SHOW

WEDNESDAY, JUNE 3, 2020
12:30 - 2:30 P.M.

ALLEN COUNTY COUNCIL ON AGING INC. PARKING LOT
700 N. MAIN STREET, LIMA

WE WELCOME ENTRIES OF ANTIQUE OR CLASSIC CARS.

FOR MORE INFORMATION, CONTACT GERRY BURTON AT 419-228-5135.
THANK YOU!!

Our gratitude is extended to family members, volunteers, and others who have donated time, talents and items to the Elderly Day Care Center. We could not provide the quality of care without your help.

These groups and individuals shared time and talents by presenting programs:
Pastor & Mrs. James Neighbors and David Adams.

Music programs were presented by Shawnee Dulcimer Band, Little Hog Creek Dulcimers, John & Marilynn Butler, Karaoke with Misty, Betty’s Boppers with Jerry.

A special thank you to HCF and Daniel Lee for providing a monthly lunch and cupcakes for our Birthday Party.

We would like to take this time to thank Old Barn Out Back for continuing to contract with us to provide our lunches. The day care clients enjoy the meals provided. Thank you again Pete, Mark, Chris, Mike and all the staff.

Thanks for your donations!

Bingo prizes and wish list items were donated by:
Linda Young
Ruth Detrick
Linda Neeley

Thanks to all!

We want to take this time to thank our families and caregivers for their patience and understanding at this difficult time.

Hope to have the Day Care Center up and running as soon as we can safely do so.
A Matter of Balance classes will again be held at the Council on Aging, 700 N. Main St. in Lima. This is an award winning program designed to manage falls and increase activity levels.

A Matter of Balance is for you if:
- You are concerned about falls
- You want to improve your balance, strength and flexibility
- You have fallen in the past
- You don’t do the things you used to enjoy because you fear falling.

Matter of Balance Participants Will Learn to:
- View falls as something they can control
- Set goals and increase their activity levels
- Make changes to reduce fall risks at home
- Exercise to improve strength and balance

The Matter of Balance Class is an 8 week program that is held once per week for 2 hours each session for 8 consecutive weeks. Classes are held on Wednesday afternoons from 1:30 to 3:30 p.m. A specific start date has not yet been set, but we hope to begin our next class in April or May.

Please call our office at 419-228-5135 if you would like to attend our next class and ask to speak with Pam, Tammy or Judy.
WORDS OF WISDOM

All human wisdom is summed up in two words: wait and hope. (Alexandre Dumas)

Wisdom consists not so much in knowing what to do in the ultimate as in knowing what to do next. (Herbert Hoover)

Not until you have the courage to meet yourself face to face will you have taken the first step along the path of wisdom. (Anonymous)

Life is not a problem to be solved, a question to be answered. Life is a mystery to be contemplated, wondered at, savored. (Anthony De Mello, SJ)

When one door closes, another opens; but we often look so long and so regretfully at the closed door, we do not see the one which has opened before us. (Alexander Graham Bell)

Love and kindness are never wasted. They always make a difference. They bless the one who receives them, and they bless you, the giver. (Barbara De Angelis)

We all live with the objective of being happy; our lives are all different and yet the same. (Anne Frank)

A good heart is better than all the heads in the world. (Edward Bulwer-Lytton)

The best thing about the future is that it only comes one day at a time. (Abraham Lincoln)

The real secret of happiness is not what you give or receive; it’s what you share. (Unknown)

Write in your heart that everyday is the best day of the year. (Ralph Waldo Emerson)

Mercy, peace and love be your in abundance. (Jude 2)

If peace be in the heart, the wildest winter storm is full of solemn beauty. (C. F. Richardson)

Far away there in the sunshine are my highest aspirations. I may not reach them, but I can look up and see their beauty, believe in them, and try to follow where they lead. (Louisa May Alcott)
HAPPY OLDER AMERICANS MONTH!

Each May since 1963, people in towns and cities across the country have come together to celebrate the enormous contributions of older Americans - born of wisdom, experience and the will to realize their dreams and speak their minds.

Older Americans Month is a time to not only recognize what older citizens bring to our communities, but also to help them continue playing a vital role in weaving a unique and lasting community fabric. When older adults are active and engaged in their communities, everyone benefits.

We thank you and honor you for all you have done and continue doing to make our community, our state and our world a better place.
PEASE HELP US UPDATE
Please make any corrections needed next to your name and address above.
Clip out and return this section and the mailing label to us. Thanks!!

_______ Remove from mailing list.
_______ Change name and address as shown on address label.
_______ Duplicate copy - remove enclosed.

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Allen County Council on Aging Inc. is supported by the Senior Services Tax Levy, PASSPORT, Care Coordination Program, Title III, United Way of Greater Lima and donations from local businesses, clients, community groups and individuals.

Thank you