

DSC NEWSLETTER

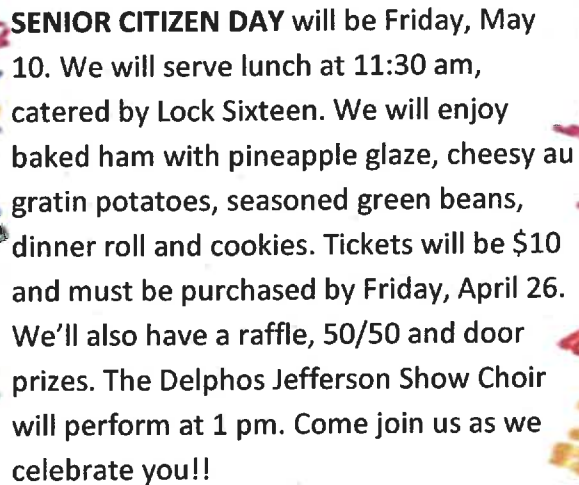
Delphos Senior Citizens, Inc.
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Delphos, Ohio 45833

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Phone: 419-692-1331
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Monday-Friday 9 to 5

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March & April 2024



SENIOR CITIZEN DAY will be Friday, May 10. We will serve lunch at 11:30 am, catered by Lock Sixteen. We will enjoy baked ham with pineapple glaze, cheesy au gratin potatoes, seasoned green beans, dinner roll and cookies. Tickets will be \$10 and must be purchased by Friday, April 26. We'll also have a raffle, 50/50 and door prizes. The Delphos Jefferson Show Choir will perform at 1 pm. Come join us as we celebrate you!!

More painting fun! We will have a **Paint 'N Take** on Thursday, March 28, beginning at 1 pm led by Megan Etzkorn. The cost of the class is \$15, but thanks to a grant from the Mental Health & Recovery Services Board, you only need to pay \$5 when you sign up. You must sign up by Friday, March 22.



Let's try an **auction** to raise some money for Senior Citizen Day gifts! The Center has plenty of items that we will auction off to the highest bidder, in increments of a quarter. Highest bidder wins the item and the Center gets the proceeds! Sounds like fun to me! Our guest (professional!) auctioneer will be Elaine Wehri on Tuesday, April 9, beginning at 11 am. We'll only have one hour, so it will be fast paced! Get your quarters (or dollars!) and your game face ready!

Delphos Senior Citizens will be participating in the **United Way of Van Wert County's Cupcake Wars** on Friday, March 15. The event will be held at the Van Wert County Council on Aging from 11 am – 1 pm. Please show your support by voting for us! You can enjoy some delicious cupcakes too! The proceeds from the Cupcake Wars go to each participating agency.



Did you know your risk of falling decreases the moment you stop being afraid of falling? In April, Delphos Senior Citizens will again offer the award-winning, evidence-based **Matter of Balance** classes here at the center. Join us for information and exercise where you will learn to view falls as controllable, set realistic activity goals and change your home environment to reduce risks. *Classes will be held 1 to 3 p.m. on Tuesdays and Thursdays beginning April 2.* Class size is limited to 12. New applicants will take priority, but if it has been a few years since you attended, let us put you on the waiting list. *Ask for Gloria at 419-692-1331 if you are interested in the April classes.*

Don't get all weird about getting older! Our age is merely the number of years the world has been enjoying us!

We have quite a group enjoying the **meal site** on Tuesdays, Wednesdays and Thursdays at noon. You need to call the day before by noon to order a meal for the following day. Meals cost \$7.50. You pay when you come to enjoy your meal, and you can let us know when you are coming next. We have three different caterers. Tuesdays are the Eagles, Wednesdays are Lee's Chicken, and Thursdays are Jim's Restaurant. The menu is in our newsletter and on our website. Call us at 419-692-1331 – we look forward to seeing you!

Come check out our daily **exercise** program! It's free! It's fun! It's every weekday at 10 am! Mondays are led by Cathy Heitmeyer, Tuesdays are reviewing the Matter of Balance exercises, Wednesdays are cardio-drumming, Thursdays are chair dancing led by Berni Mullins, and Fridays are a video. It's time to take getting into shape into your own hands!

It's time to think about **lawn mowing**! If you are over 60 years of age, live in the City of Delphos and need help with mowing your lawn this year, give us a call at 419-692-1331. We will assess all those who request our service, and let you know if we are able to help you this year.

Special Bingo here at the Center beginning at 11 am on the following dates: March 5 – Delphos Hearing Aid Center, March 12 – White Elephant Bingo, March 14 – Vancrest, March 19 – HCF Management (Roselawn), March 21 – Meadows of Delphos, March 27 – Community Health Professionals, April 2 – Bridge Home Health & Hospice, April 11 – Vancrest, April 18 – Meadows of Delphos, April 24 – Community Health Professionals.

We will be **closed** on March 29 for Staff Training.

Community Health Professionals offer a **Foot Care Clinic** here at the Center on the second Tuesday of the month beginning at 1 pm. They will be here to trim toenails on March 12 and April 9. They charge \$20 for this service. Please call us at 419-692-1331 to put your name on their list. When you call, please let us know if you need transportation.

Kimberly Ferguson, BSN, RN, OCN, CHPN, Mercy Health Hospice Lima Clinical Manager, will be the speaker at our **March Good to Know, Lunch & Go** at 11:30 a.m. March 20 at Delphos Senior Citizens. Kim will speak to us about the importance of making end of life decisions early and letting our families know our wishes. *Phone us March 1-14 at 419-692-1331 to let us know you will be joining us for this program and for lunch.*

In thinking of the needs of our senior community in Delphos, we wonder if there is enough interest to begin a **Caregiver Support Group** or a **Grief Support Group**. Many times, we may feel isolated or wonder if others deal with challenges like ours. These groups would provide a time for people with similar trials to meet and offer one another support. *Call Gloria at 419-692-1331 if you would benefit from either of these groups.*

Everyone seemed to enjoy our **white elephant bingo** on Valentine's Day, so let's try another one in March. We'll play bingo on Tuesday, March 12 at 11 am. We'll provide the caller and you all bring the prizes! Find a nice knick knack from your home or buy something new at the dollar store. Should each item be wrapped in a bag as a surprise? Let me know how crazy you want to get with this bingo fun! Andrea Hays from HCF Management (Van Wert Manor) will bring us treats again and tell us about the monthly programs they have to offer for local seniors.

What would you do in the event of a disaster?
What kinds of preparations can you make now?
Join us at 11:30 April 17 at Delphos Senior Citizens for the **April Good to Know, Lunch & Go**. Miranda van Rooyen, RSVP Program Director, Area Agency on Aging 3, and David Humphreys of the Red Cross will present information on Disaster Preparedness. We may even sample some foods that can be prepared when you do not have access to your kitchen. *Call 419-692-1331 between April 1 and 11 to reserve your spot for lunch and to hear about disaster preparedness.*

Delphos Senior Citizens is looking for an **Office Aide**. This position is part-time, usually Monday through Friday, 9 am to 1 pm. Some computer knowledge is essential. If you are interested, please come into the Center to complete an application.

Would any of you be interested in joining a **Senior Bowling League**? Megan Grimm of HCF Management (Roselawn) is collecting information to try to get one started here in Delphos. If you're interested, give us a call at 419-692-1331 and we'll pass your name and phone number on to Megan!

We also have **board games**, led by Kathy Gasser. She will be here to lead the group on Wednesday, March 6 at 1 pm. She will also be here on Friday, March 15, April 5 and April 19 – also beginning at 1 pm on those dates. Come enjoy your senior center!

Roselawn will be offering a **craft** activity here at Delphos Senior Citizens on Friday, April 12 at 11 am. Please let us know if you would like to participate by April 10.

Don't forget the **sewing** group meets the first Wednesday of every month here at the Center from 2-3:30 pm.

Alice Curth, Director of Delphos Senior Citizens, joined with other senior citizen agencies in the area to apply for the Governor's **Healthy Aging Grant** for 2024. We expect some funds to be available in three areas over the next several months. Right now, we are interested in receiving names of Delphos seniors who may have needs in the areas of **nutrition, home repairs and computer classes**. Nutrition and home repairs funds will be based on income. Computer classes will be available to anyone over 60 years of age.

Although we do not have specifics yet about when the programs will start or how to apply, our Outreach office will keep a list of those interested in any of the three areas. Call Gloria at 419-692-1331 and she will record your name and number and make sure you get information when it becomes available.

If you are signed up to receive one of the "**senior food boxes**" dropped off here by the West Ohio Food Bank, they are delivered here on the third Tuesday of every month. Please stop in to pick up your box as soon as possible. Boxes that are not claimed within 2 weeks of delivery will be offered to other clients.

The **Primary Elections** will be held on Tuesday, March 19. Get out and vote!

We're still playing **Wii** bowling (or other wii sports) on Fridays at 11 am. Join us for **Friday Funday** each week to see if you can improve your personal best score!

You may not always see the results of your kindness...but every bit of positive energy you contribute to the world makes it a better place for all of us.



SPRING



Word Search

Search for the twelve Spring themed words below.

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APRIL
BIRDS
BLOOM
BUNNY

BUTTERFLY
FLOWERS
GARDEN
MAY

RAINBOW
SPRING
SUNSHINE
WARM

STATE OF THE CENTER – 2023

by Alice Curth

During 2023, we said good-bye to long-time van driver Tami Gehr and welcomed Dennis Stemen and Christine Diaz as new van drivers. Cathy Kelly (5 years) went down to a sub van driver and Jim Knebel (4 years) moved from sub van driver to transportation coordinator. Our current staff also includes Alice Curth (19 years with 9 of those years in Outreach) as Executive Director, Angie Goodwin (32 years) as Office Manager, Gloria Baughn (2 years) as Outreach Worker, Dave Stemen (12 years) as Van Driver, Wil Baughn (2 years) as Van Driver, Frank Dorsten (4 years) as Sub Van Driver, Joe Clark (6 years) as Chore Supervisor, and Roger Mauk (2 years) as a Seasonal Chore Worker. Mary Jo Behrns, Office Aide (3 years), has recently decided to retire. We have just recently hired more van drivers, Carl Heatwole and Ken Wise. We retired two of our vehicles last year and were fortunate enough to replace them with two brand new Ford Transit vehicles. We are excited that our new west parking lot is completed as well! I am happy to report that all of our numbers for each of our core services and activities that we offer increased in 2023! I love that more seniors are using the Center. We are here for you!

Transportation to medical appointments is our primary service. In 2023, we transported 277 different clients for a total of 3,716 trips. We have four vehicles on the road and one back-up vehicle. They are all wheel-chair accessible and traveled 49,370 miles last year. We transport around the Delphos area, as well as Lima, Van Wert and Spencerville. We will transport up to 100 miles one way within Ohio if the trip is covered under one of our contracts. Our main priority is medical, but we also transport to banks and grocery stores locally. We generally serve those over 60 years of age, but some contracts allow us to help those under 60 as well.

Our Chore program served 30 different clients with over 676 hours of service. Much of those service hours were lawn mowing. The Chore Department also takes care of all the cleaning and maintenance here at the Center. For Chore service, you need to be over 60 years of age and live in the Delphos area.

Outreach served 207 different clients for 514 contacts. Many of those contacts were related to Medicare Open Enrollment services, during which time we saved local seniors over \$48,000! Our Outreach Worker, Gloria Baughn, is OSHIIP-certified to offer Medicare counseling. The Outreach Department also offers the Matter of Balance course and our monthly Good to Know programs. During 2023, we offered the Matter of Balance program twice, serving 20 seniors. Our Good to Know, Lunch & Go programs served 82 different clients with a total of 387 contacts. We also offered the WISE program in March serving 11 different seniors. Our cell phone clinic helped out 12 different seniors, and there were 17 individuals who attended the OSHIIP-led Medicare Open Enrollment brunch. We sponsored a Health Fair in October which was very well-attended! We are so happy that you are using the Center and the resources that we are able to provide for you!

The only health assessment currently offered at the Center is the Foot Care Clinic provided by Community Health Professionals. We served 90 seniors with this service in 2023. In addition, we have loaned out lots of durable medical equipment during the year. We are grateful to be able to offer this service to the community.

Exercise is our most popular activity, followed closely by special bingo! We also offer bridge, Friday Funday activities like crafts, board games and wii bowling, parties and painting activities. These activities reached a total of 3,714 participants! In 2023, a sewing group started up and they are working on a quilt to raffle for the benefit of the Center! In 2024, we have brought back the meal site three days a week. I'm sure there will be more new offerings throughout the year. We are always trying to think of ways to better serve the seniors in Delphos. Watch the newsletter for more activities, or give us a call at 419-692-1331. There is surely something to spark your interest – please give us a try! If you don't see something you like, let us know and we will do our best to accommodate.

Delphos Senior Citizens is governed by a Board of Directors consisting of eleven local residents. We receive funding for the Center from a variety of sources. These include portions of the Senior Citizens Services levies in Allen County (15%) and one of the levies in Van Wert County (16%), United Way, the Dienstberger Foundation, contracts with area nursing homes and the Allen County Department of Job & Family Services, as well as donations from individuals and organizations. Many individuals have chosen to contribute to our Memorial Fund in remembrance of a loved one. We have raffles and 50/50 drawings at our parties. We plan to try a couple of new fundraisers as well. We are very grateful for all of the continued support we receive from our community!

When you think of Delphos Senior Citizens, I hope you remember the services we provide to help seniors live more independently. Maintaining a healthy quality of life is of utmost importance, and enhancing that life with opportunities for socialization is the next priority. I think the services and activities that we offer fill a gap in transportation in this community, and also provide some uplifting social opportunities to enrich a senior's daily life. The desire to care for those who cared for us is hardwired into our brains, and, for most of us, provides a sense of well-being as we grow older.

Remember, at Delphos Senior Citizens, there is no membership fee and most services are provided at no charge. We are happy to accept donations. We have a Memorial Fund to remember loved ones. If you have any questions or suggestions, please call 419-692-1331.

“If you're over 60, you belong here!”

Activities for March 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Exercise-10:00 Friday Fun Day 11:00	2
3	4 Exercise with Cathy 10:00	5 Exercise-10:00 Special Bingo-11 Delphos Hearing Aid	6 Drumming Exercise 10:00 Games-1:00 Sewing-2:00	7 Chair Dancing-10:00	8 Exercise-10:00 Friday Fun Day 11:00	9
10 Daylight Savings Time begins	11 Exercise with Cathy 10:00	12 Exercise-10:00 Special Bingo-11 White Elephant Foot Care-1:00 CHP	13 Drumming Exercise-10:00	14 Chair Dancing-10:00 Special Bingo-11 Vancrest Deadline for Good to Know	15 Exercise-10:00 Friday Fun Day 11:00 Games-1:00	16
17	18 Exercise with Cathy 10:00	19 Exercise-10:00 Special Bingo-11 Roselawn Primary Elections	20 Drumming Exercise-10:00 Good to Know Lunch 11:30	21 Chair Dancing-10:00 Special Bingo-11 Meadows of Delphos	22 Exercise-10:00 Friday Fun Day 11:00 Deadline for Paint 'N Take	23
24 Happy Easter 31	25 Exercise with Cathy 10:00	26 Exercise-10:00	27 Drumming Exercise-10:00 Special Bingo-11 CHP	28 Chair Dancing-10:00 Paint 'N Take-1	29 Center Closed	30

Activities for April 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Exercise with Cathy 10:00	2 Exercise-10:00 Special Bingo-11 Bridge Home Health Matter of Balance 1-3	3 Drumming Exercise-10:00 Sewing-2:00	4 Chair Dancing-10:00 Matter of Balance 1-3	5 Exercise-10:00 Friday Fun Day 11:00 Games-1:00	6
7	8 Exercise with Cathy 10:00	9 Exercise-10:00 Auction-11:00 Matter of Balance 1-3 Foot Care Clinic-1 CHP	10 Drumming Exercise-10:00	11 Chair Dancing 10:00 Special Bingo-11 Vancrest Matter of Balance 1-3 Deadline for Good to Know	12 Exercise-10:00 Craft-11:00 HCF Mgt.	13
14	15 Exercise with Cathy 10:00	16 Exercise-10:00 Matter of Balance 1-3	17 Drumming Exercise-10:00 Good to Know Lunch-11:30	18 Chair Dancing-10:00 Special Bingo-11 Meadows of Delphos Matter of Balance 1-3	19 Exercise-10:00 Friday Fun Day 11:00 Games-1:00	20
21	22 Exercise with Cathy 10:00	23 Exercise-10:00 Matter of Balance 1-3	24 Drumming Exercise-10:00 Special Bingo-11 CHP	25 Chair Dancing-10:00 Matter of Balance 1-3	26 Exercise-10 Friday Fun Day-11 Deadline to purchase Senior Citizen Day Tickets	27
28	29 Exercise with Cathy 10:00	30 Exercise-10:00				

MEAL SITE MENU

Lunches are \$7.50 and are served at noon. You must let us know the day before by noon to order a meal for the next day. You will pay when you arrive at the meal site to eat. Coffee and water will be available to drink.

Mar. 5 – meatloaf

Mar. 6 – 2 pc. Breast strips, green beans, biscuit

Mar. 7 – breaded veal, mashed potatoes with gravy, veggie, roll

Mar. 12 – lasagna

Mar. 13 – famous fish, cole slaw, biscuit

Mar. 14 – cheeseburger, fries, cole slaw

Mar. 19 – Salisbury steak

Mar. 20 – Good to Know, Lunch & Go program

Mar. 21 – beef and noodles over mashed potatoes, veggie, roll

Mar. 26 – turkey/dressing

Mar. 27 – chicken breast fillet sandwich, cole slaw

Mar. 28 – fish sandwich, fries, cole slaw

Apr. 2 – meatloaf

Apr. 3 – country fried steak, mashed potatoes with gravy, biscuit

Apr. 4 – meatloaf, mashed potatoes with gravy, veggie, roll

Apr. 9 – lasagna

Apr. 10 – 2 pc. Classic fried (bone-in) chicken, macaroni and cheese, biscuit

Apr. 11 – spaghetti with meat sauce, garlic toast, fruit

Apr. 16 – Salisbury steak

Apr. 17 – Good to Know, Lunch & Go program

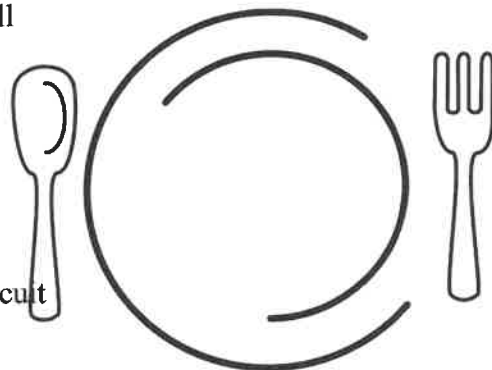
Apr. 18 – Salisbury steak, mashed potatoes, veggie, roll

Apr. 23 – turkey/dressing

Apr. 24 – 2 pc. Breast strips, green beans, biscuit

Apr. 25 – smoked sausage with scalloped potatoes, fruit

Apr. 30 – beef noodles



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MISSION STATEMENT:

The Delphos Senior Citizens, Inc. mission is to provide services to people 60 years and older that will improve their lives and help them live independently.

SUGGESTED CONTRIBUTION BY SERVICE:

Individual Outreach -	\$5.00 per contact
Newsletter -	\$5.00 per year
Chore -	\$10.00 per hour of service per worker
Transportation -	\$5.00 per round trip in Delphos
	\$12.00 per round trip for out-of-town appointments

The amounts listed above are suggested minimum donations and do not cover the full cost of providing the service. No client will be denied service because of inability to contribute all or part of the cost of such service.

All programs and services are rendered on a non-discriminatory basis.

The Delphos Senior Citizens, Inc. is supported by the Senior Service Tax Levies from Allen County and Van Wert County, United Way of Greater Lima, Van Wert County United Way, local contracts and donations from clients, individuals and civic groups.

Updated: 4-10