

# Council Clips

Putnam County Council on Aging, Inc.  
1425 E. Fourth Street  
Ottawa, OH 45875  
419-523-4121

Volume 38, Issue 1

1st Quarter 2016

## Happy New Year from All Your Friends at the Council on Aging!

### Tax Services for Seniors

Submitted by Sue Barnhart,  
Ottawa Senior Center Director

AARP is again offering senior citizens *free* income tax preparation, available **by appointment only** at the Ottawa Senior Center.

Walk-ins will **NOT** be accepted. Please call the center at 419-523-5593 soon to schedule an appointment time convenient for you.

Volunteers staffing this service have received training through AARP. The information you provide for the preparation of your tax return will be filed electronically. All tax preparation will be done on premises. You will need to be available for at least one hour.

The dates and times for this service have not yet been finalized. That information will be available when you call the Ottawa Senior Center at 419-523-5593 to schedule your appointment.



### Homestead Property Tax Deduction

The Homestead Exemption allows senior citizens and permanently and totally disabled Ohioans to reduce their property tax burden by shielding some of the market value of their home from taxation. The exemption allows homeowners to exempt \$25,000 of the market value of their home from all local property taxes.

To receive the homestead exemption you must be:

1. At least 65 years of age during the year you first filed or be determined to have been permanently and totally disabled.
2. Own and have occupied your home as your principal place of residence on January 1st of the year in which you file the application.

If you are applying for Homestead your total income cannot exceed the amount set by law.

Applications can be filed between the first Monday in January and on or before the first Monday in June. For more information or to obtain an application, please contact the Putnam County Auditor's office at 419-523-6686

## Accepting Nominations for Outstanding Senior Citizens

It's that time of year again to nominate someone you know for the 2016 Outstanding Senior Citizen's Award. The nominee must be age 60 or older, a resident of Putnam County, and someone who has contributed to family, friends, and/or the community with work or volunteer hours. If you know someone deserving of this recognition, we encourage you to submit nominations. **Please be sure to include the nominee's name, address, telephone number, and the reasons for the nomination. Please return nominations by April 1, 2016** The Council on Aging Board of Director's will review all nominations and vote on the Outstanding Senior Citizen at the April board meeting, which is scheduled for Monday, April 11, 2016. The person chosen will be the guest of honor at the annual Senior Citizen's Day Celebration in May! If you have questions, please contact Jodi Warnecke at 419-523-4121.

**I wish to submit the following nomination:**

Name: \_\_\_\_\_ Telephone Number: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

County: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Background:

Outstanding contributions for which nominee should be considered:

Submitted by: \_\_\_\_\_ Telephone Number: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Please return completed form to the Putnam County Council on Aging

1425 E. Fourth Street, Ottawa, Ohio 45875

## **Matter of Balance—Fall Prevention Classes Offered Throughout the County**

### **Do You Have Concerns About Falling?**

Falls among older adults have reached epidemic proportions and rates continue to rise. Statistics show that 1 in 3 Ohio adults, age 65+, fall each year. The psychological consequences of any fall, whether injury causing or not, can be severe, resulting in fear, decreased quality of life, limited activity, social isolation and depression.

Falls are not a normal part of aging. There are simple steps older adults can take to reduce their risk for a fall. One of those steps is to attend a Matter of Balance Program (MOB). The MOB program is an award winning, evidenced based fall prevention program that consists of 8, two hour sessions for groups of 5-12 participants. The program helps address the physical, social and cognitive factors affecting the fear of falling and teaches fall prevention strategies to reduce the fear of falling and increase activity levels in order to improve flexibility, balance and strength.

**The next Matter of Balance Classes will be held in:**

<u><b>Ottoville</b></u>	
<b>Date:</b>	<b>Starting Thurs., March 17, 2016 through Thurs., May 5, 2016</b>
<b>Time:</b>	<b>10:00 a.m. to Noon</b>
<b>Location:</b>	<b>Ottoville Parish Center 189 Church Street Ottoville, OH 45876</b>
<b>Cost:</b>	<b>Free</b>
<b>Please RSVP by March 10, 2016 to the Putnam County Council on Aging at 419-523-4121 or toll-free 1-800-589-8508</b>	

<u><b>Pandora</b></u>	
<b>Date:</b>	<b>Starting Wed., March 23, 2016 through Wed., May 11, 2016</b>
<b>Time:</b>	<b>1:30 to 3:30 pm</b>
<b>Location:</b>	<b>Hilty Home 304 Hilty Drive Pandora, Ohio 45877</b>
<b>Cost:</b>	<b>Free</b>
<b>Please RSVP by March 16, 2016 to the Putnam County Council on Aging at 419-523-4121.</b>	

There is no charge to attend the MOB Program. However, space is limited to the first 12 registrants. To register for the MOB classes or for more information, please contact Jodi Warnecke at the Putnam County Council on Aging at 419-523-4121 or toll-free at 1-800-589-8508.

# Weather Safety for Older Adults

Ohio Department of Aging

Severe weather and conditions can increase your risk of falling. Falls are not a normal part of aging, but as we age, we may be more susceptible to serious injury from a fall. Falls are the number one cause of injuries leading to emergency room visits, hospital stays and deaths in Ohioans age 65 and better. However, most falls can be prevented when you understand your risks and take steps to remove or avoid hazards.

**Ice and Snow**—The most obvious threat for falls during the winter is ice and snow.

- Wear boots and shoes that fit properly and have soles with good traction.
- Slow down and give yourself extra time to get where you're going.
- Make sure steps leading into your home have sturdy handrails that can support you if you slip.
- Watch for slippery surfaces ahead of you. Keep your head up and use your eyes to look down.
- Don't try to walk in more than an inch of snow. Deeper accumulations can cause you to trip.
- When in doubt, ask for help.

**Reduce Activity**—Your body needs exercise year-round to prevent falls. Ask your doctor or physical therapist about indoor exercises that can help you build and maintain balance, strength and stamina when you can't venture out.

**Tripping Hazards**—Things we do to keep our home warm in winter can create tripping hazards. Keep space heaters, cords and blankets out of walkways. If you must use throw rugs on cold floors, secure them to the floor with tape.

**Winter Clothing**—Coats, gloves, hats and other winter clothing is designed to keep us warm, but items that are bulky, don't fit well or could catch on objects can increase your risk of falling.

**Power Outages**—Ice and snow can cause the power to go out, which can limit your ability to see obstacles.

**Less Sunlight**—Invest in extra lamps, nightlights and exterior pathway lights to make sure you can always see where you are walking, especially around doorways and stairs. Use the highest-wattage bulbs recommended for your fixtures.

## **Council on Aging Welcomes New Chore Worker, Andy Doboze**

The Council on Aging would like to introduce Andy Doboze as a new chore worker. Andy resides in Leipsic. He is married to Helen. Andy is a retired teacher. Please help the Council on Aging welcome Mr. Doboze! He will be an asset for the agency and to the senior citizens of Putnam County.



## **2016 Senior Farmer's Market Nutrition Program**

The 2016 Senior Farmer's Market Nutrition Program applications should be available the second week of March at the Council on Aging office.

In order to qualify for the program, you must be age 60 and better, with a household income of 185% of the federal poverty level. Eligible seniors may receive coupons to redeem fresh fruits and vegetables at participating farm stands and markets. The program runs from May through October. This is a first come, first served program. There are limited slots and a waiting list will form quickly. Seniors that receive coupons in 2015 are not guaranteed coupons in 2016 and must reapply.

Applications must be mailed to the Area Agency on Aging 3, 200 E. High Street, 2nd Floor, Lima, OH 45801.

## **Chore Department Looking for Winter Projects**

The Council on Aging's Chore Workers, Forrest Geckle and Andy Doboze, are ready to bring chore services to your home. If you are 60 and better and have indoor projects such as small paint jobs, moving furniture, installing grab bars, washing down walls and cupboards, shampooing carpets, and other odd jobs or minor repair jobs, then the Council on Aging is your answer. There is no cost for chore services. All services are free and offered regardless of income. Donations are accepted. Please call 419-523-4121 to schedule your appointment.



## **A Note From the Transportation Department About Winter Weather**

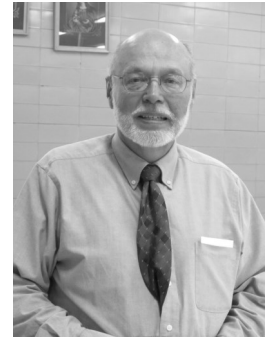
Please remember to keep your sidewalk and driveway clean of ice and snow during the winter months. Please make arrangements to have a family member, friend or neighbor to clear a path wide enough for two people to walk side by side from your door to the vehicle. If your walks are snow covered and slippery, we may not be able to transport you. Our number one priority is for you to be safe this winter. Thank You!



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# How to Prevent the After the Holiday Blues

## By Dr. Ronald Black



A few of us will over indulge in the holiday sweets and follow an unbalanced diet. Our rewards for following such a self-destructing diet may be a feeling of bloating, general malaise or the feeling of being out of sorts, poor bowel habits, difficulty in sleeping, poor immune responses, water weight gain and an increase in general pain symptoms. It will take us until Easter to get a handle on our symptoms and then we start the whole sweet thing over again. The following are suggestions to help reduce the after the holiday inflammatory blues.

1. If you have eaten too much and you feel bloated, try a tablespoon of apply cider vinegar in an ounce of water soon after the meal. If vinegar is too distasteful, then try a tablespoon of lemon juice in an ounce of water. Both are natural acids that help break down food in the stomach making you quickly feel less bloated and more comfortable. If you should have a natural digestive enzyme on hand then you could take 1-2 cap/tab within 45 minutes after the meal to help complete digestion comfortably.
2. Try to consume foods that help with your bowel movements. These foods include walnuts, almonds, apples, blueberries and pineapple. If you have a bowel difficulty with nuts than stick to Kiefer (without seeds), yogurt, pineapple and soft berries. Maintaining regular bowel habits help with less bloating and increases ones general energy and resistance. Your gut bacteria makes up 70% of your body's immune response and it makes 70% of the special brain chemical called serotonin that contributes to happy moods. Without adequate serotonin levels a person could develop depression and anxiety.
3. If you have consumed too much protein and alcoholic drinks and develop gout type symptoms of acute joint pain without injury, then start on the cherry juice concentrate or sour or sweet cherries or dried cherries. If the gout attack is severe than consume one ounce of cherry juice or eat 12-24 cherries every 6 hours for 4-5 days. As symptoms improve begin to reduce the frequency until all symptoms are under control. Of course—reduce the amount of proteins and alcoholic drinks to prevent a relapse of symptoms.
4. To help prevent the winter blues and winter depression, it is important to take Vitamin D / 200-600 units with a meal that contains some natural fat such as peanut butter. Natural fat must be taken so that the Vitamin D will break down properly and be absorbed in the intestines. Vitamin D is also important in building up immune response and in helping with bone development in the prevention of osteoporosis.
5. You knew this was coming—Time to reduce the sweets. Sweets cause many inflammatory symptoms ranging from joint pain, fibromyalgia, general fatigue, headaches and a decrease or improper response in our immune system. The sweets along with red and yellow dyes that are commonly found in sweets can make many children hyper and become uncontrollable. Letting children have uncontrolled amounts of sugar can cause a complete meltdown and disrupt the families special time together.
6. Start drinking more water and less or no pop. The water will help in the detoxification process of the body and will not add on calories or more sugar. The chemicals in pop along with the sugar can be a contributing factor in increasing the inflammation within your body. The many false sugars, dyes and artificial taste chemicals will destroy the best of diets.

## Holiday Closings

**Monday, January 18, 2016**  
Martin Luther King, Jr. Day

**Monday, February 15, 2016**  
Presidents Day

## Winter Related Closings

The possibility of severe weather may cause the Council on Aging office to close or limit services for the day. Our main concern is for clients and staff to be safe. Please listen to local radio and television stations for weather related closings or delays.

## Save the Date for the 2016 Putnam County Senior Expo

**Friday, August 5, 2016 at  
Ottawa Elementary**



More details in the 2016 3rd quarter  
(July-August) newsletter

## HEAP Reminder

HEAP is a federally funded program designed to assist eligible low-income Ohioans with their winter heating bills. The deadline to apply for this years HEAP Program is March 31, 2016. Yearly income limits do apply. Please contact Judy Kahle at the Council on Aging at 419-523-4121 to schedule a time to fill out the application.

## Outgoing Board Members Thanked

The Council on Aging staff and Board of Trustees want to extend a heartfelt thank you to the following outgoing board members for their years of dedicated service to the agency.

Mary Jane Griffith from Sugar Creek Twp.

Jim Zachrich from Northcreek Twp.

Their commitment, expertise and giving spirit will be remembered and appreciated for years to come.



## Council on Aging Welcomes New Board Members

The staff and Board of Trustees would like to welcome the following individuals to our Board of Trustees:

Mary Ellen Bogart from Columbus Grove

Dorothy Hanefeld from Continental

These individuals will be an asset to the Council on Aging and to the clients we serve.

## **Volunteer Coaches Needed for the Matter of Balance Fall Prevention Program**

Chances are you know someone who has fallen or who is afraid of falling. A Matter of Balance (MOB) is a proven program designed to help people manage concerns about falls and increase physical activity. The Putnam County Council on Aging is looking for volunteers to help co-facilitate this program. The MOB program emphasizes practical strategies to manage falls. Participants learn to view falls as controllable, set goals for increasing activity, make changes to reduce fall risks at home and exercise to increase strength and balance. Classes are held once per week for 8 consecutive weeks for 2 hours each session.

MOB coaches help participants become more confident about managing falls, help to identify ways to reduce falls, and lead exercises to help increase strength and balance. All required training will be provided along with a manual that goes through the classes step by step. Newly trained coaches will be paired with a seasoned coach.

### **What do you need to be a coach?**

- Good communication and interpersonal skills.
- Enthusiasm, dependability, and a willingness to co-facilitate small groups of older adults.
- Ability to lead low to moderate level exercise.

### **The MOB Coaches Training is scheduled for:**

**Date: Wednesday, February 24th and Thursday, February 25th, 2016**

**Time: 10:00 am to 3:00 pm**

**Location: Putnam County Council on Aging  
1425 E. Fourth Street  
Ottawa, OH 45875**

**Cost: Free**

**RSVP: Please contact Jodi Warnecke at 419-523-4121 to register.  
Registration deadline is February 17, 2016**

The MOB program is brought to you through a partnership with the Putnam County Council on Aging and the Putnam County Health Department. For more information, please contact Jodi Warnecke at 419-523-4121.



## Mission Statement

*The primary goal of the Putnam County Council on Aging, Inc. is to help eligible elderly residents remain in their own homes and to be independent as long as possible. Our services include Chore, Outreach, Information and Referral, Caregiver Support, Telephone Reassurance, and Transportation.*

The Putnam County Council on Aging, Inc., serves clients without regard to race, color, national origin, religion, sex, or disability. We are an equal opportunity employer and service provider.

WE ARE A UNITED WAY AGENCY

## Council on Aging Staff

Director: Jodi Warnecke  
Fiscal Manager: Gloria Schroeder  
Outreach Worker: Judy Kahle  
Chore Worker: Forrest Geckle  
Chore Worker: Andy Doboze  
Transportation Assistant: Cindy Niese  
Drivers: Kathleen Edwards  
Driver: Dee Annesser  
Driver: Jim Ellerbrock  
Driver: Tom Parker

Drivers: Paul Kuhlman  
Dick Wehri  
Lawrence Recker  
Joe Uphaus  
Peg Niese  
Ron Fuller  
Jim Recker  
Denny Ellerbrock  
Carmen Bremer  
Barb Verhoff

## 2016 Board of Trustees

*The Council on Aging is governed by a board of trustees made up of Putnam County residents. The following is a list of the trustees along with the area they represent.*

Carey Arthur, Pandora & Riley Twp.  
Linda Basinger, Gilboa & Blanchard Twp.  
Mary Jo Bockrath, Glandorf & Greensburg Twp.  
Mary Ellen Bogart, Columbus Grove, Sugar Creek & Pleasant Twp.  
Jan Crawfis, Ottawa & Pleasant Twp.  
Jose "Joe" Flores, Ottoville and Monterey Twp.  
Marie Gerding, Cloverdale and Perry Twp.

Teresia Gerten, Leipsic, Pandora & Blanchard Twp.  
Robert Hamburg, Kalida & Jackson Twp.  
Dorothy Hanefeld, Continental & Monroe Twp.  
Gary Kuhlman, Miller City & Liberty Twp.  
Serafin "Joe" Orduno, Leipsic & Liberty Twp.  
Jed Osborn, Belmore & Liberty Twp.  
Joe Schroeder, Ottawa & Ottawa Twp.  
Alice Wieging, Fort Jennings & Jennings Twp.



United Way of Putnam County

*Partner Agency*

**Putnam County Council on Aging, Inc.**  
1425 E. Fourth Street  
Ottawa, OH 45875

**Non-profit Org**  
**U.S. Postage Paid**  
**Ottawa, OH 45875**  
**Permit #36**

**Return Service Requested**

**Leave a Legacy—Help Us to Help Others**

Your donations to the Putnam County Council on Aging aid us in our mission to enable Putnam County residents, age 60 and better to remain living independently in their own homes. Thank you for your support!

**Donor Information:**

Name(s): \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

**Donation Amount:** \_\_\_\_\_

This gift is made (check all that apply):

[ ] In honor of: \_\_\_\_\_

[ ] In memory of: \_\_\_\_\_

[ ] Other: \_\_\_\_\_

[ ] Please call me to discuss including the Council on Aging in my planned giving or estate planning.

Please return completed form with your check or money order payable to:  
Putnam County Council on Aging, Inc., 1425 E. Fourth Street, Ottawa, OH 45875.  
The Council on Aging is a non-profit organization. Donations may be tax-deductible.