

March 2021
THE EAGLE GAZETTE
JWH Oregon Senior Center
4350 Navarre Avenue
Oregon, Ohio 43616

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MARCH

THE EAGLE GAZETTE

James "Wes" Hancock OREGON SENIOR CENTER

Volume 237 ~ March ~ Issue 247

Senior Center and Nutrition Hours: Monday—Friday, 9:00 a.m.—2:00 p.m.,

Phone: (419) 698-7078 - www.oscoho.org

Dear Oregon Senior Center Members,

Wow, the weather is nice if you are inside looking out the window. Hard to believe we got 14" of snow in one night! And, it just keeps falling. But, remember the Ground Hog did see his shadow which indicated 6 more weeks of winter. I just wonder how he knows? Seriously though be careful, do not venture out unless it is absolutely necessary.

Remember if the Oregon Schools close so does the Senior Center which includes transportation and nutrition. Just check the scrolling info at the bottom of local tv stations because sometimes the school doesn't cancel till around 8 am

COVID-19 has just gone on to long...so we all need to pull together. Get on Facebook and play Bingo with us, and other activities, East Toledo Senior Center is also offering Facebook activities, bake some cookies to share with your friends or neighbors, reach out just remember to follow the guidelines by wearing your mask, washing your hands often, and keep your distance.

Those 70 and up, have you gotten you're your COVID vaccine? More locations have opened up such as Rite-Aid, Kroger's, and Meijer's. You can call 211 (United Way) or the Area Office on Aging which have become more accessible to schedule a appointments. I do suggest you call prior to other age groups being permitted to register.

I do have some bad news to pass along, Wezzie fell and broke her hip. She is having a hip replacement today (Friday 2/19/21), and then will have to do some rehab. Let's all try to keep her spirits up by sending her a note or a card. You can send them via the Center and I will make sure she gets them.

Please stay safe and healthy! Blessings, Paula

Stay informed!

- Oregon Senior Center website
www.oscoho.org
- City of Oregon
Www.oregonohio.org
- Area Office on Aging
419-382-0624
- United Way
211



Here for You! Contact Us

Oregon Senior Center 419-698-7078

Paula J Benton - Executive Director
paula@oscoho.org

Cassi Sutter - Outreach Coordinator
cassi@oscoho.org

Questions? Comments? Suggestions?
contact@oscoho.org

Website - www.oscoho.org

Bread available for seniors 60+ Mon-Fri 11am-2pm while supplies last in front vestibule! For freshest supply deliveries are Mondays & Wednesdays.

Limit 2 items.



Oregon Senior Center



A new place to bloom!

JWH Oregon Senior Center's Mission

To provide a safe and welcoming place where older adults from all walks of life come together for services, programs, and activities that reflect their diverse needs and interests, while creating an atmosphere that affirms their dignity, self-worth, independence, and continued participation in the community.

2021 Board of Directors

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Paula J. Benton

419-467-2377



The Oregon Senior Center is funded by the Oregon Senior Services Levy, Lucas County Senior Levy, Title III-B, and grants administered through the Area Office on Aging of Northwest Ohio, Inc. The Center is also supported, in part, by the City of Oregon donations, membership, and fundraisers also contribute to the operation of the Center. Donations always gratefully accepted.

Leave the driving to us!

Appointments, shopping, medical, banking, hairdressers, to the senior center and more! Transportation provided to any Oregon resident 60 and older to and from anywhere in Oregon!

Suggested Donation:

\$3.00 roundtrip for travel to/from the Center

\$4.00 roundtrip for transport in the Oregon area.

Do you need transport across the river? We can make those arrangements!

24-HOUR ADVANCE NOTICE REQUIRED BY CALLING:

419-698-7078

Our JWH Oregon Senior Center CORPORATE MEMBERS

PLATINUM CLUB

GAF Society, Toledo Refining Company

GOLD CLUB

BP Husky Refinery

FOUNDER'S CLUB

Eggleston Meinert Pavley Funeral Home, Mercy St. Charles Hospital, VFW Post 9816

PRESIDENT'S CLUB

Bay Area Credit Union, Buckeye Broadband, Clay High School, Compass Care Management, Gladieux Home Center, Kateri Catholic Service/Cardinal Stritch High School, Kingston of Perrysburg, Toledo United Swiss, Walker Funeral Home

DIRECTOR'S CLUB

Alan Miller Jewelers/Gems, Inc., Calvin United Church of Christ, Croghan Colonial Bank, Dunn Chevy Buick, East Point Rehabilitation, Envirosafe Services of Ohio, First Federal State & Trust, Freck Funeral Home, G. Scott Louderback, DDS, Genacross Lutheran Services, Genoa Bank, German American Festival Society, Jeff & Beth Ziviski, Joseph Sexton DDS Inc, Maumee Bay Self Storage, Meijer Inc., Meinke Marina, Michael Sheehy-Ohio House of Representatives, Orchard Villa, Oregon Insurance Agency, Oregon Police Department, RE/MAX Preferred Associates of Oregon, Tesco Transportation Equipment Sales, Tucker, Kissling & Associates, Inc.

FRIENDS OF THE CENTER

Arbors of Oregon, Bernie Stone Insurance, Dr. John Cercek, Eastern Community YMCA, Heartland of Oregon, Liberty Tax Service, Michael's Café & Bakery, Mr. Emblem, Toledo Academy of Beauty Culture

HOT GRAB AND GO MEALS!

Hot Grab and Go Meals will be provided by the AOoA to anyone 60 and older for pick-up. Pick-up at the Oregon Senior Center daily 11:30-12:00. Please pull around to the side kitchen door.

No need to get out of your car! We will bring it out to you!

Monday-Friday 11:30-12:00! You must RSVP 24 hours in advance! 419-698-7078

MARCH

The suggested donation is \$2.50.



<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
1 A Sausage w/ Onions & Peppers Au Gratin Rotini Spring Vegetables Hot Dog Bu Fresh Fruit Milk	2 Cranberry Dijon Chicken Cut Yams Broccoli Wheat Bread Brownie Milk	3 Roast Beef w/ Gravy Whipped Potatoes Orange Carrots Wheat Bread Fresh Fruit Milk	4 Chicken Noodle Casserole Whole Kernel Corn Green Beans Multi-Grain Bread Pineapple Tidbits Milk	5 Broccoli Spinach Egg Omelet Oven Roasted Potatoes Orange Juice Biscuit Hot Cinnamon Applesauce Milk
8 Spanish Beef Patty Whipped Potatoes Peas w/ Red Peppers Multi-Grain Bread Applesauce Milk	9 BBQ Chicken Patty Crispy Cubed Potatoes Green Beans Hamburger Bun Fresh Fruit Milk	10 Beef Italian Macaroni Broccoli & Cauliflower Peach Cobbler Multi-Grain Bread Milk	11 Pork w/ Supreme Sauce Whipped Potatoes Sliced Carrots Wheat Bread Blueberry Crumb Cake Milk	12 Macaroni & Cheese Stewed Tomatoes Mixed Vegetables Wheat Bread Fresh Fruit Milk
15 Meatloaf w/ Brown Gravy Cheesy Whipped Potatoes Green Beans Wheat Bread Fresh Fruit Milk	16 Chicken Rice Casserole Carrots Amandine Broccoli Multi-Grain Bread Fresh Fruit Milk	17 Corned Beef & Cabbage Red Potatoes Sliced Carrots Rye Bread Cherry Whip Milk	18 Garlic Rosemary Chicken Cut Yams Mixed Vegetables Cornbread Peanut Butter Cookie Milk	19 Chilaquiles Casserole Green Peas Stewed Tomatoes Wheat Bread Fruit Salad Milk
22 Lemon Pepper Chicken Oven Roasted Potatoes Brussels Sprouts Wheat Bread Fresh Fruit Milk	23 Cranberry Dijon Chicken Au Gratin Rotini Mixed Vegetables Wheat Bread Pineapple Tidbits Milk	24 Beef Chili Baked Potato Green Peas Breadstick Fresh Fruit Milk	25 Turkey Breast w/ Gravy Country Potatoes California Vegetable Blend Wheat Roll Fresh Fruit Milk	26 Pasta Primavera Green Bean w/ Red Peppers Sliced Carrots Wheat Bread Birthday Cake Milk
29 Meatballs w/ Spaghetti Sauce Spaghetti Noodles Summer Vegetables Wheat Roll Pears Milk	30 Taco Beef Shredded Cheese Lettuce & Tomato Mexican Rice Refried Beans Flour Tortilla Fresh Fruit Milk	31 Turkey Breast w/ Gravy Whipped Potatoes Brussels Sprouts Wheat Roll Fresh Fruit Milk	These meals are available for donation of \$2.50 to anyone 60 years or older. MEMBERS UNDER 60 Lunch is a MANDATORY cost of \$5.61 and must given directly to staff.	
				Reservations must be made 24 hrs. in advance by calling 419-698-7078 Ingredients lists related to allergies call: 419-382-5791

Healthy Lifestyle

Nourish

Educate

Connect

Medical Screenings

BP Checks*

March 9th & 30th 9:00am-1:00pm

Provided by Kelly from Lucas County Health Depart



* - Must sign up ahead of time for Blood Pressure Checks.

Sign up ahead of time for your FREE PPE (personal protective equipment)!

Creative Classes

LIVE Acrylics Class

March 4th, 11th, 18th & 25th at 1:00pm

Join Mary Claire LIVE on Facebook create another amazing painting!

LIVE Leaner Senior

March 5th, 12th, 19th & 26th at 1:30pm

Let's age healthy! No better time than now to educate ourselves about age and health. Adjusting our diets accordingly and exercise, even small amounts can make a huge difference in how we age.

We will discuss healthy living options for mind, body & soul!

Call for program details and to sign up!! 419-698-7078

The Oregon Senior Center may not be open to the public yet but we are still here for you! We are scheduling one on one events and Facebook Live videos. If you are interested in something listed below CALL THE CENTER to find out how to participate. 419-698-7078

MARCH

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4 1:00pm Acrylic Class	5 1:30pm Leaner Senior
8	9 9:00am-1:00pm BP Check	10 2:00pm Bingo	11 1:00pm Acrylic Class	12 1:30pm Leaner Senior
15	16	17 HAPPY St. Patrick's DAY!	18 1:00pm Acrylic Class	19 1:30pm Leaner Senior
22	23 LAST DAY TO DROP OFF TAXES!	24 2:00pm Bingo	25 1:00pm Acrylic Class	26 1:30pm Leaner Senior
29	30 9:00am-1:00pm BP Check	31	 March 14th	

*Must sign up ahead of time for Blood Pressure Checks.



Happy Birthday



Janet	Eskra	3/1	Pat	Frazier	3/12	Gwendolyn	Goetz	3/18
Barbara	Weber	3/1	Melba	Peters	3/12	Christine	Hicks	3/21
Joyce	Zemnicki	3/1	Deborah	Upham	3/12	Lynn A.	Gibbs	3/22
Phyllis	Guy	3/4	Jessie	Henneman	3/13	Michael	Timoff	3/22
Linda	Mabry	3/4	Stephen	Yunker	3/14	Georgene	Ginn	3/24
Ethel	Norden	3/6	Sharon	Newton	3/15	Janet	Fox	3/25
Brenda	Henning	3/9	Tricia	Vislay	3/15	Vincent	Donofrio	3/26
Theresa	Gillespie	3/11	J. Louise	Whitney	3/15	Gene	Arnold	3/29
Sharon	Markley	3/11	Penny	DeWitt	3/16	Terry	Masserant	3/29
Bob	Zemenski	3/11	Patricia	Miller	3/17	Joyce	Carpenter	3/30
			Mary Ann	Barva	3/18			

The Alzheimer's Association, Northwest Ohio Chapter provides services to Lucas County Residents! The Alzheimer's Association can provide support, guidance, coaching, and education for individuals and families impacted by Alzheimer's Disease and all Dementia's through our 24/7 Helpline (800-272-3900), virtual/telephonic Care Consultations, Education Programs, and Caregiver Support Groups. If interested in registering for a virtual caregiver support group or education program please call the helpline at 800-272-3900. If interested in a Care Consultation please reach out locally to Dakota Stone at 567-302-3608. We are looking for program volunteers to help with education and outreach for more information on how to volunteer please contact Dakota Stone.

Oregon Senior Center On-line Acrylic Painting Class via Facebook

"Painted Desert Sky" Taught virtually by Mary Claire Roe

Every Thursday in March ~ 1pm to 2pm

Learn to paint distant mountains in silhouette against a big colorful desert sunset.

This painting is easy enough for beginners with step-by-step guidance.

Supplies:

11" x 14" or larger canvas

Please tone your canvas with a thin layer of Burnt Sienna acrylic paint **before class begins** and allowed to dry. The paint does not have to be evenly applied. The paint can be applied with a damp rag.

Acrylic Paint:

White
Black
Red
Yellow
Cerulean Blue
Ultra Marine Blue
Burnt Sienna
Raw Sienna
Raw Umber

Synthetic Brushes:

¾" flat wash brush
3/8" flat brush
Small angle shader brush
Other brushes are optional
Large water container, rag, paper towels, (tabletop easel opt.)
White foam plates or other palette



Where to buy supplies: Michael's, Hobby Lobby. Art Supply Depo. Other stores like Walmart carry some art supplies. If you haven't bought art supplies before, you might want to consider buying a set of assorted acrylic colors. Only buy artist quality acrylic paint and synthetic brushes which are designed for acrylics.

We extend our sincere sympathy
Ethelmae Schimmel 1/27/21
Edmond Ellis 2/11/21
Former Oregon Fire Chief



Don't forget to
Spring Forward
March 14th!

Members under the weather or recovering

Betty Barnes	Marge Foust	Barb Owen
Bill Bartley	Norma Gerke	Mary Parker
Hugh Betts	Kathy Halkeos	Rex Parsons
Bernadine Blasingim	Jim Harrell	Lucille Paul
Denise Benavides	Dolores Heilman	Rex Powers
Eunice Block	Jim Henderson	Pat Purdy
Sandy Boileau	Marge Henning	Mary Retana
Fatima Buck	Betty Hessling	Elenor Scheiba
Alice Cobb	Sue Jones	Mary Ann Suto
Pat Christy	Elsie Keckstein	Jan Tomesek
Lillian Cousino	Doris Levy	Ken Villhauer
Marlene Danko	Maria Markovitch	Lucy Waldmannstetter
Marge Dempsey	Susie Moszkowicz	Rosie Whitt
Panka Eneff	Dolores Mutchler	Janet Louise Whitney

If we've missed someone please call and update

DRIVE THRU LUNCH AND VIRTUAL BINGO

SPONSORED BY ORCHARD VILLA AND THE OREGON SENIOR CENTER

MARCH 24, 2021 @ 12:30

LUNCH WILL BE SERVED DRIVE THRU STYLE. THE FIRST 30 TO RSVP WILL RECIEVE A MEAL AND BINGO PACKETS FOR BINGO LIVE VIA FACEBOOK, STREAMED BY OREGON SENIOR CENTER.

PLEASE RSVP FOR LUNCH TO MARY AT 567-429-8477 BY MARCH 22, 2021



MEAL DRIVE THRU LOCATION

MARCH 25 2021 @ 12:30 PM
 ORCHARD VILLA
 2841 MUNDING DRIVE
 OREGON, OHIO 43616

Oregon Senior Center



BINGO Live with the Oregon Senior Center
 Play **Live** on Facebook for prizes! No cost to play!

Get your BINGO game packet Mon-Fri 11am-2pm at the
 Oregon Senior Center 4350 Navarre Ave

Max 4 cards per game - ONE BINGO packet per person!

Wednesday March 10th at 2:00pm

Wednesday March 24th at 2:00pm



Sponsored by



Orchard Villa

Part of the Legacy Health Services Family

March 24th game packet available after March 10th.

national Spring cleaning week

MARCH 28TH-APRIL 3RD

CLEANING TIPS

- ✦ Tackle one room at a time! Don't stress to get it all done in one day!
- ✦ Start from the top and work your way down! Start with ceiling fans work down to window tops and floor boards.
- ✦ Dust accumulates in every house! Dust can exacerbate seasonal allergies, nip those issues in the bud with some good spring cleaning dusting!
- ✦ Empty your fridge. Check all expiration dates, remove and wash shelves and drawers, and even defrost the freezer. Remember to replace filters as needed.
- ✦ Don't just clean your sheets; wash your pillows and mattress covers as well.
- ✦ Clean your upholstery and know what your labels mean!
 - ✦ **Upholstery Cleaning Labels:**
 - W:** Use water-based cleaning solutions.
 - S:** Use dry-cleaning solvents. Do not saturate. Do not use water.
 - S-W:** Use water-based cleaners or dry-cleaning solvents.
 - X:** Use a vacuum or brush only.

DON'T FORGET TO CLEAN THESE!

- ✦ Coffee maker ~ Run vinegar through once and then plain water (at least three times)
- ✦ Picture frames
- ✦ Shower curtain liner ~ Toss it in the washer!
- ✦ Shower head ~ Soak in the vinegar for a few hours, run water through the head for a few minutes to clear out the vinegar
- ✦ Air filters and vents
- ✦ TV remote ~ Perfect item for disinfecting wipes!
- ✦ Space between appliances ~ Pull them apart and sweep!
- ✦ Tooth brush holder
- ✦ Dishwasher ~ Check if your dishwasher has filter that needs cleaned and emptied.

INSANE CLEANING FACTS!

- ✦ Cleaning for two hours burns 200 calories
- ✦ The kitchen sink contains more germs than your toilet
- ✦ The average woman cleans for 12,896 hours in her lifetime, and men clean an average of 6,448 hours.

Tax Drop Off

Drop off at the Oregon Senior Center
Mon-Fri 9am-2pm.

Enter Senior Center front door and
ring door bell to drop off.

Last Day to drop off is March 23rd!

Available for seniors 60+



Online Grocery Shopping/Delivery

Available Mon-Thurs 9am-2pm

Let us do the work for you!!!

- Call the Center with your grocery list
- We will place the order for you (using your payment method)
- We will pick it up and deliver it to you

That's it! Call 419-698-7078