

# The SENIOR PARTNER

4 PAGES

A NEWSPAPER SERVING MATURE READERS

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Maumee Senior Center Singers perform classic harmonies throughout the area. Pictured at rehearsal are (from left) Eva Smith, Joyce Zimmerman and Pat Zimmerman.



Flo Metzger is filling in as director until a permanent volunteer director is named.

## Maumee Senior Center Singers Find Harmony And Friendship In Song

BY NANCY GAGNET  
MIRROR REPORTER

On a recent Wednesday morning at the Maumee Senior Center, chorus members did something they love to do – sang in perfect harmony a rendition of “It Had to Be You.”

“We just love to sing,” said Eva Smith, a longtime member of the Maumee Senior Center Singers. “We love to do it and we’re like a big family,” she said.

The other singers agreed that their music is uplifting, not just for them, but for their audiences, as well.

“We’ll sing for anybody who will listen,” laughed Carol Ferguson, who has been singing with the group for nearly two decades. “We enjoy doing what we’re doing and we sing great songs that everyone can relate to.”

Formed over 20 years ago, the Maumee Senior Center Singers have had various volunteer directors, but Carol credits former longtime director David Markle with helping the group become firmly established in its skills.

“He taught us a good many things and kept us on our toes. He took the time to give us special training, which really helped,” she said.

Currently, approximately 20 members participate in the group, performing two to three times a month throughout the area at fellow senior centers, nursing homes and churches. With the recent departure of volunteer director Judy Bagrowski, however, they are searching for a new volunteer director and volunteer keyboard player to keep them moving forward.

Outreach coordinator Jane



Two men, Ted Stevens (left) and Carl Brown, sing in the group. Pictured with them is Carol Ferguson.

MIRROR PHOTOS BY NANCY GAGNET

Nordmeyer is hopeful that someone will be named soon.

“We just need that right person who will step forward,” she said.

Flo Metzger, a member of the group, has volunteered to fill in as director until a permanent replacement can be found.

“People should come and check us out and give us a try. I think they’ll like us,” she said.

In addition to singing songs, some members also perform dance routines complete with costumes and props, and Vickie Halsey plays the dulcimer.

Practices are typically on Wednesdays, but could be changed if needed.

Those interested in the position of Maumee Senior Center Singers volunteer director or keyboard player may call Jane Nordmeyer at (419) 893-1994.



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**The Victory Center Presents Financial Seminar**

On Monday, January 18 from 6:00 to 7:30 p.m., The Victory Center will present "Love & Money," a financial informational event for cancer survivors.

The topic will focus on common concerns couples have handling finances, including savers vs. spenders, financial infidelity, combining incomes and carrying debt. The presenter will be Josh Mudse, senior financial planner with Munn Wealth Management.

The Survivors Financial Wellness Series was developed by The Victory Center in response to an unmet need expressed by cancer patients and survivors. All individuals diagnosed with cancer in Northwest Ohio and Southeast Michigan are invited to participate in order to address their financial concerns. They will have a chance to get information, hear experts in the field and learn strategies to understand and deal with financial matters after a cancer diagnosis and treatment. Survivors of all types of cancer are invited to attend. Additional topics, in a variety of financial areas, will be offered in the months ahead.

This educational event is free and open to the public; however, reservations are required. Light refreshments will be provided. The event will take place at The Victory Center, 5532 W. Central Ave., Ste. B, in Toledo, in the back of the Dental Group West Building. For more information or to make a reservation, call (419) 531-7600.

**Hospice Of NWO Offers Caregiver Workshops**

"Caring for the Caregiver," a free workshop designed to help those who are caring for the needs of a friend or family member find personal meaning in the experience, is being held on Thursdays, January 21 and 28 from 2:00 to 4:00 p.m. at Hospice of Northwest Ohio Toledo Center, 800 S. Detroit Ave., Toledo. Registration is required by Monday, January 18.

Additional workshops will be held on Thursdays, February 18 and 25 from 6:00 to 8:00 p.m. at Hospice of Northwest Ohio Perrysburg Center, 30000 E. River Rd., Perrysburg. Registration is required by Monday, February 15.

Held in partnership with the Area Office on Aging, the general public is welcome to register for the workshop by contacting Julie Tucholski at (419) 931-5534.

For more information or to request caregiving classes for your group, call Hospice of Northwest Ohio at (419) 661-4001.

**Blood Drive Planned At Stautzenberger College**

A communitywide blood drive is scheduled for Wednesday, January 27 from 10:00 a.m. to 3:00 p.m. at Stautzenberger College, 1796 Indian Wood Circle, Maumee. Appointments are available online at [www.redcross.org/Stautzenberger](http://www.redcross.org/Stautzenberger) or participants may walk in to donate on the day of event.

**Flu Vaccinations Now Available In Waterville**

Flu vaccinations are available for children and adults through Saturday, January 30 at Rocket Pediatrics, 1089 Pray Blvd., Waterville.

Walk-ins are welcome. For hours and more information, visit [www.uthealth.toledo.edu/clinics/ped\\_general](http://www.uthealth.toledo.edu/clinics/ped_general).

The cost is charged to insurance, or you may self-pay for the \$25.00 shots.

**Sibshops Events Set At Alternate Learning Center**

Sibshops, a free program for siblings of kids ages 9-16 with special needs, features an opportunity to socialize while participating in hands-on activities with other sibs. Sibshops Gatherings will be held on Saturdays, February 13, March 19 and April 16 from 10:00 a.m. to 1:00 p.m. at the Alternate Learning Center, 3939 Wrenwood, Toledo.

For more information or to register, contact Wendy Smenner, Lucas County parent mentor, at (419) 214-3066 or [wsmenner@eslakeeriewest.org](mailto:wsmenner@eslakeeriewest.org).

**Adult Grief Group Meets At Perrysburg Hospice**

Hospice of Northwest Ohio offers an ongoing, interactive grief support group for adults who are adjusting to the loss of any loved one. The group meets from 6:00 to 7:30 p.m. on the first and third Tuesdays of each month at the Perrysburg Center, 30000 E. River Rd., Perrysburg.

The group is free and open to any adult; however, preregistration is required. Call (419) 661-4001 for more information or to register.

# Three Ways For Seniors To Stay Safe In Winter Weather

With more winter weather in the forecast, Home Instead Senior Care says now is the time for seniors and their loved ones to brush up on cold weather safety tips.

"Winter can be a difficult time, as the harsh conditions especially impact seniors," said Jeff Huber, president of Home Instead Inc. "We want to make sure seniors and their loved ones are aware of simple ways they can stay safe and warm throughout the season."

Huber and the Home Instead team offered three ways seniors can stay safe in the wintertime:

**Stay Warm**

Those over the age of 65 account for nearly half of all hypothermia deaths. As the body ages, the ability to maintain a normal internal body temperature decreases, creating an insensitivity to moderately cold temperatures.

Seniors may not realize they are putting themselves at risk until symptoms appear. Symptoms of hypothermia include: shivering, exhaustion, confusion, fumbling hands, memory loss, slurred speech and drowsiness. If symptoms are present, immediate medical attention is necessary.

The leading reason for hypothermia in the elderly is poorly heated homes, which are entirely preventable.

Keep the thermostat at 65 degrees, at least. Consistently check it to make sure your home is sufficiently warm. Even as heating costs rise, your safety should be a priority.

Put a carbon monoxide detector near where you sleep.

Ensure that there is adequate insulation, and check and clean the fireplace and furnace. Furnace filters should be replaced monthly.

Minimize drafts by filling old socks with sand and using them in drafty windowsills and doorjamb. Weather-strip around windows and doors. Keep doors to unused rooms closed, and close curtains at night.

Add an extra blanket to

the bed and warm the bed in advance with a hot water bottle. Never use an electric blanket – it may be difficult to operate the controls if the temperature needs to be adjusted in the night.

Dress in layers of loose-fitting clothing. If you go outside, make sure your head is covered.

**Prevent Falls**

Every year, more than 1.6 million seniors end up in the emergency room because of a fall. With icy conditions, the chances of falling are even greater, but a few simple precautions can lessen your chances of suffering a serious fall.

Take a couple of minutes per day and stretch your limbs in order to loosen muscles.

Stay inside – make arrangements for someone else to shovel and salt driveways and walkways. Professional caregivers can assist with to-do items, such as bringing in the mail and/or picking up groceries.

Wear shoes or boots with a nonskid sole.

Have handrails installed on outside walls for frequently used walkways.

If you use a cane or walker, check the rubber tips to make sure they are not worn smooth.

**Build A Network**

Winter weather can take a toll on everyone, especially seniors. Seasonal Affective Disorder (SAD) can occur in seniors and impact their emotional health. Some signs to watch for with SAD include a loss of energy, an increased appetite and an enhanced feeling of lethargy and tiredness. If symptoms are present, talk to your medical provider about treatment options.

Additionally, winter storms can be unpredictable. It is important to be prepared in case of an emergency.

So stay in touch in with family, friends and neighbors.

Schedule phone calls, or enlist the help of a professional caregiver to come in for an hour a week.

Make arrangements for assistance in case of a blizzard or power outage. Keep important numbers in an emergency kit, along with nonperishable foods, water and medications.

Be familiar with your local resources. Visit [www.ready.gov/seniors](http://www.ready.gov/seniors), [www.noaa.gov](http://www.noaa.gov) or [www.redcross.org](http://www.redcross.org) for more information about cold weather.

To learn how Home Instead Senior Care can assist in the cold weather, visit [www.homeinstead.com](http://www.homeinstead.com).

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# SENIOR CITIZENS'

## CALENDAR OF EVENTS

The following events are planned at the Maumee Senior Center, located at 2430 S. Detroit Ave. For additional information about programs, call the center at (419) 893-1994 or visit [www.maumeeseniocenter.com](http://www.maumeeseniocenter.com).

### MONDAY, JANUARY 18

*Closed for Martin Luther King Jr. Day*

### TUESDAY, JANUARY 19

**Menu:** Meatloaf, scalloped potatoes, fruit cocktail, peas, bread, dessert and milk.

- Line Dancing with Claudette Davis, 9:00 a.m.
- Mahjong and Six-Handed Euchre, 10:00 a.m.
- Tai Chi: Moving for Better Balance, 11:00 a.m.
- Four-Handed Euchre, 12:30 p.m.
- Chair Yoga Senior Stretch, 12:45 p.m.
- Circuit Interval Training, 2:00 p.m.

### WEDNESDAY, JANUARY 20

**Menu:** Hot dog, baked fries, pears, dessert and milk.

- Chair Zumba, 9:00 a.m.
- Zumba Lite, 9:30 a.m.
- Maumee Senior Center Singers Practice, 10:00 a.m.
- Simply Lite Jazzercise, 11:00 a.m.
- Sleep Disturbances With Aging, 11:30 a.m.
- Poker, 12:30 p.m.
- Bingo, 1:00 p.m.

### THURSDAY, JANUARY 21

**Menu:** Super Bowl of Lunches Fundraiser

- Blood Pressure Checks, 9:00 to 11:30 a.m.
- Line Dancing with Glenn LeFever, 10:00 a.m.
- Six-Handed Euchre and Duplicate Bridge, 12:30 p.m.

### FRIDAY, JANUARY 22

**Menu:** Baked potato with cheese and bacon, broccoli, pineapple and cottage cheese, bread and dessert.

- Line Dancing with Michael, 9:00 a.m.
- Tai Chi, 9:30 to 10:30 a.m.

- Simply Lite Jazzercise, 11:00 a.m.
- Tai Chi: Moving for Better Balance, 11:00 a.m.
- Pinochle and Skip-Bo, 12:30 p.m.
- Chair Yoga Senior Stretch, 12:45 p.m.

### MSC Volunteer Music Director Needed

The Maumee Senior Center Singers have been performing locally for over 20 years, delighting audiences in churches, retirement communities and at many social events. This talented senior chorus is searching for a director to continue weekly practices and assist at musical appearances. If you love music and have the ability to teach senior citizens, please consider this volunteer position. Contact the Maumee Senior Center at (419) 893-1999 for further details. Practices are currently held on Wednesdays at 10:00 a.m.

### New Year, New You Class Demos Offered

The Maumee Senior Center will host "New Year, New, Active You," featuring free demonstrations of new, available classes, on Wednesday, January 20 at 1:00 p.m. Cardio Drumming, Tai Chi, Chair Zumba, Lite Zumba and Line Dancing with Michael will all be offered. All participants have a chance to win a healthy lifestyle gift basket provided by Addison Heights and Ridgewood Manor. Sign up at the front desk to attend this free session.

### Art Classes With Julie Harrison Available

Watercolor, drawing and oil/acrylic classes are available at the Maumee Senior Center. Watercolor and drawing is offered on Tuesday mornings at 9:30 a.m., and oil/acrylic on Thursdays at 11:30 a.m. The cost is \$30.00 for a six-week session. Art instructor Julie Harrison will teach the classes.

### Lowrey Organ Lessons Announced

Lowrey organ lessons are offered on Wednesdays at 4:00 p.m. Individual lessons are also available. Class is appropriate for all levels. To sign up for classes, call Jennifer at (734) 770-6860.

### Fitness Classes Offered At Center

**Cardio Drumming**, a SilverSneakers Flex class with Cheryl Rodgers, meets on Tuesdays and Thursdays from 9:00 to 9:45 a.m. beginning on Tuesday, February 2. Equipment is provided. No cost for SilverSneakers members and \$3.00 for others.

**Line Dancing** classes with Glenn LeFever meet every Thursday at 10:00 a.m. The cost is \$2.00 per class, payable to the instructor at the door. Class is open to intermediate line dancers; you need not be advanced to attend.

**Line Dancing** classes with Michael meet on Fridays at 9:00 a.m. The cost is \$2.00 per class, payable to instructor at the door. Everyone is welcome.

**Line Dancing** classes with Claudette Davis meet on Tuesdays from 9:00 to 10:15 a.m. The cost is \$5.00 per class.

**Tai Chi: Moving for Better Balance** classes are held on Fridays from 9:30 to 10:30 a.m. and on Tuesdays and Fridays from 11:00 a.m. to noon. The class is taught by a certified instructor.

**Chair Zumba and Lite Zumba** with Vickie Geha classes are offered on Mondays and Wednesdays at 9:00 a.m. The low-intensity total workout combines all elements of fitness and offers a way to get your heart rate up while "dancing" in a seated or standing position. The cost is \$2.00 for each class or \$4.00 for both.

**Simply Lite Jazzercise** classes meet every Monday, Wednesday and Friday at 11:00 a.m. The 60-minute class pairs moderate aerobics with exercises designed to improve strength, balance and flexibility using easy-to-follow movements. Cost is \$30.00 per month; try the first class free.

## SENIOR CALENDAR

### Grandparents Raising Grandkids Support Offered

Today, many children are being helped and supported by their grandparents. The family makeup has changed and more grandparents are being asked to take on the responsibility of raising their grandchildren.

A seminar that addresses issues facing today's grandparents, "Grandparents Raising Grandchildren," will be held on Wednesday, January 20 from 6:30 to 9:00 p.m. at Aldersgate United Methodist Church, 4030 Douglas Rd., Toledo. The event is open to the public and a babysitter and light refreshments will be provided.

A panel of professionals will address the legal, educational, medical and psychological issues facing grandparents in this changing trend in families.

Following the presentations, there will be an opportunity for roundtable discussions with the experts to personally address specific concerns or interests.

To reserve a spot, RSVP by Monday, January 18 to Vickie at [boomersrn@bex.net](mailto:boomersrn@bex.net) or call (419) 841-8889.

### Old Time Gospel Singers Visit Genesis Village

The "Circle of Friends" Old Time Gospel Singers will perform at Genesis Village on Sunday, January 17 at 1:30 p.m.

This special afternoon of music is open to the public. Attendees can take a tour of the five-star-winning community while visiting; or schedule a tour with Brenda or Carleen anytime during the month of January and enter to win a Valentine's giveaway.

For additional information, call (419) 720-1286 or e-mail [carleen@genesiscvillage.org](mailto:carleen@genesiscvillage.org).

Attendees are asked to come in through the front entrance and park in the front lot off of Reynolds Road.

### Classes Available Free For SilverSneakers Seniors

Studio Fitness offers Chair Zumba, strength and balance fitness classes and Dancercise classes at no cost to SilverSneakers seniors 65 and older.

Chair Zumba classes are held on Mondays, Tuesdays and Thursdays at 9:00 a.m.

Strength and balance classes are held on Mondays, Wednesdays and Fridays at 11:00 a.m.

Dancercise classes are held on Wednesdays and Fridays at 1:00 p.m.

Studio Fitness is located at 1413 Bernath Pwky., off Airport Highway across from TGI Fridays. Parking is available. For more information, contact Karen at (419) 870-2318.

### Seniors In Motion Set At Monclova Community Center

Anthony Wayne Community YMCA Seniors in Motion classes at Monclova Community Center are held every Wednesday and Friday at 10:00 a.m. The cost is \$36.00 for an eight-week session. Sessions are continuous throughout the year. Classes focus on balance, increasing strength, daily agility and range of motion. Exercises can be done in chairs for those unable to stand. Instructor Katherine Zemke is a SilverSneakers-certified teacher. For questions or registration, call Gail McNeely at the Anthony Wayne YMCA, (419) 441-0013, or e-mail [gmcneely@ymcatoledo.org](mailto:gmcneely@ymcatoledo.org).

### Heartland Rehab Offers SilverSneakers Programs

Heartland Rehabilitation Services at Arrowhead Park, 518 The Boulevard, Maumee, is a SilverSneakers location and offers the following SilverSneakers classes: Classic Classes on Mondays and Wednesdays from 1:30 to 2:30 p.m. and Tuesdays and Thursdays from 11:00 a.m. to noon, and SilverSneakers Yoga on Tuesdays from 2:30 to 3:30 p.m. The gym is available during business hours. There is no cost for SilverSneakers members and low cost for nonmembers. Call for information at (419) 897-9822.

### Free Home Safety Checklist Offered To Seniors

The Home Instead Senior Care office serving the greater Toledo area is offering a free home safety checklist and other helpful tools for area seniors and their families.

According to the Centers for Disease Control and Prevention, nearly 20 million seniors ages 65 and older visit the emergency room each year, with almost a third of the visits related to injuries, many of which are sustained in the home. However, almost half of all home accidents by seniors (48 percent) can be avoided, according to a recent survey of emergency room doctors, conducted by the Home Instead Senior Care network.

To request a free home safety checklist, call the local Home Instead Senior Care office at (419) 472-8181 or visit [www.makinghomesaferforseniors.com](http://www.makinghomesaferforseniors.com).

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Readers interested in submitting items to this column may do so by sending an e-mail to [info@themirrornewspaper.com](mailto:info@themirrornewspaper.com) or by sending a typed press release to The Mirror, 113 W. Wayne St., Maumee, Ohio 43537. Deadlines are at 5:00 p.m. on each Thursday prior to the following Thursday's publication.

## Post-Op Rehabilitation



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