

Activities

While we are still closed due to COVID-19, your Council on Aging is continuing to offer outdoor programs. All outdoor activities are subject to weather conditions and may be canceled due to rain. If you are concerned an activity might be canceled, call the day of the event: 419-562-3050. Opt. 4

Crochet Circle

1:30 to 3 p.m. Sept. 8 and 22

A small group will gather on the COA's "front porch" just outside the entrance and work on crochet or related projects. Registration is limited. Call 419-562-3050 Opt. 4 to sign up.

Parking Lot Concert

1 to 2 p.m. Sept. 16

Harvey & Friends will perform live in the COA parking lot. Listen from your car or sit in the shade to the right of the stage. Donations will be collected for the band.

Outdoor Bingo

1 to 2:30 p.m. Sept. 25

Chairs will be set up in the shade next to the COA veggie garden. Participants will use clipboards, paper bingo cards and daubers to play. Prizes will be awarded to bingo winners. Sign up is required as registration is limited. To sign up, call 419-562-3050 Opt. 4.

Meet Frenchie

1 p.m. Sept. 29

Frenchie the pony was born in May at her family's farm in Wharton, Ohio. Her dad is a two-time world palomino

champion. Come meet Frenchie and hear a short presentation about her at the COA. Please sign up so we know how many chairs to provide.

Call 419-562-3050 Opt. 4.



Thank You!

Thank you to our generous sponsors who donated a combined total of \$315 to provide 45 free sandwiches to seniors from our featured food truck on National Senior Citizens Day in August. Thank you Petzone Kennels, Norton's Flowers, Cheryl Carbone, Kevin Myers, Paul Marsano, Ruth Culver, Pat Hammontree and Doug Bear Rentals!

Word Scramble

Can you unscramble these Fall Season words?

NUUAMT _____

VEALES _____

LEAPP RICED _____

KIPPMUN _____

ROCAN _____

Answers on Page 9.

VAHERTS _____

WORCERACS _____

REYKUT _____

EHDIYAR _____

**HAPPY
FALL**




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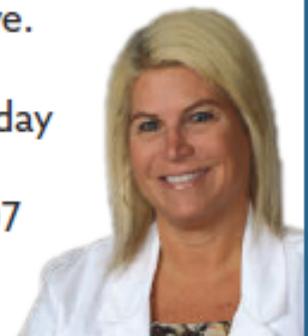
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Harvest Greetings!



Word scramble answers: Autumn, Leaves, Apple Cider, Pumpkin, Acorn, Harvest, Scarecrow, Turkey, Hayride. From page 8.

Falls Prevention

Falls are the leading cause of both fatal injury and nonfatal trauma-related hospital admissions among older adults. Every 11 seconds, an older adult is treated in the emergency room for a fall and every 19 minutes an older adult dies from a fall.

National Falls Prevention Week is Sept. 21-25. The National Council on Aging has put together this Falls Free CheckUp to help you assess your risk for falling.

Circle "Yes" or "No" for each statement below

Yes (2)	No (0)	I have fallen in the past year.
Yes (2)	No (0)	I use or have been advised to use a cane or walker to get around safely.
Yes (1)	No (0)	Sometimes I feel unsteady when I am walking.
Yes (1)	No (0)	I steady myself by holding onto furniture when walking at home.
Yes (1)	No (0)	I am worried about falling.
Yes (1)	No (0)	I need to push with my hands to stand up from a chair.
Yes (1)	No (0)	I have some trouble stepping up onto a curb.
Yes (1)	No (0)	I often have to rush to the toilet.
Yes (1)	No (0)	I have lost some feeling in my feet.
Yes (1)	No (0)	I take medicine that sometimes makes me feel light-headed or more tired than usual.
Yes (1)	No (0)	I take medicine to help me sleep or improve my mood.
Yes (1)	No (0)	I often feel sad or depressed.

TOTAL: _____ Add up the number of points of each "yes" answer. If you scored 4 points or more, you may be at risk for falling.