



2021 Geauga County Department on Aging Trash Pick-Up Days!

Local townships, villages and city road crews will again work with the Dept. on Aging employees and volunteers to remove unwanted items from seniors Garages and yards during locally scheduled pick-ups. Seniors must be registered with the Department on Aging for 2021 at least one week *prior to the pick-up in order to be placed on the pickup list. Dates for Pick-up days are subject to change, so check the list each month.*

Hambden Twp	April 21 & 22
Bainbridge Twp	April 26, 27 & 28
South Russell Vlg	April 28 & 29
Munson Twp	May 4, 5, 6 & 7
Burton Vlg	May 7
Claridon Twp	May 13
Thompson Twp	May 14
Montville Twp	May 18 & 19
Burton Twp	May 20 & 21
Chardon Twp	June 2 & 3
Auburn Twp	June 3 & 4
Newbury Twp	June 7 & 8
Huntsburg Twp	June 10 & 11
Parkman Twp	June 17 & 18
Troy Twp	July 29 & 30
City of Chardon	September 17
Middlefield Twp	October 1
Chesterland Twp	Not Scheduled
Russell Twp	Not Scheduled
Middlefield Vlg	Not Scheduled

Register early with the Dept. on Aging

We are asking seniors who will be participating in the 2021 Trash Day Pick-up program to register NOW with the Dept on Aging. Seniors who complete their yearly registration with Dept on Aging prior to the clean-up dates, only need to make a phone call before the trash pick-up cut off date to be placed on the community pick-up list. Please, no more than 10 items per household. Call (440) 279-2130 for guidelines and questions.

**Registration Deadlines are one week before the first day of selected community
Trash pick-up!**

**If your community is listed as Not Scheduled above, please call your local officials
for further information concerning their senior trash pick-up.**





Geauga County
Department on Aging

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Get “Extra Help” With Medicare Part D Prescription Drug Costs!

Extra Help is a Medicare program that helps people with limited income and resources pay Medicare prescriptions drug costs. You may qualify if your monthly income and total resources are below these limits:

**Single: \$1,630/monthly & resources below \$14,790; or
Married \$2,198/monthly & resources below \$29,520.**

Contact a Geauga Department on Aging Social Worker for assistance with your application!

When the GDA re-opens the Adult Day Service program is a FREE service for Geauga County residents who have beginning to mid stage dementia or Alzheimer’s disease. The program is offered Monday through Friday, 9:00 AM to 2:30 PM and includes transportation, daily activities and lunch. There is no charge for this program, but donations are greatly appreciated. ADS is located at 8090 Cedar Road in Chesterland. ADS Contact phone number (440) 279-2149, or email vkrueger@co.geauga.oh.us.

Scope of Service: ♦ To provide client-centered continuum of care to frail and/or cognitively impaired Geauga County Seniors. ♦ To promote independence and well-being of the program participants. ♦ To provide support, education and relief to caregivers. ♦ To provide physical, mental, and social stimulation

Platinum Patrons

Andy Bushman

Joan Spangenberg and Family in Memory of Dale J. Spangenberg Sr.

Reva Loewenthal and Family

Alan & Peggy Bialosky

Donald Sulhan In Memory of Elaine and Jonathan Sulhan

Members of Newbury Class of 1956

Ben Shuman

Dale & Jean Endle, and Thomas & Elizabeth Buckles

The Home Energy Assistance Program, 2020-2021

In home assistance is available for completing **HEAP** Applications.

Eligibility - A household whose total income is at or below 175 percent of the 2020-2021 federal poverty level. See the Chart to the right for income guidelines, as you may qualify for **HEAP** assistance.

Size of Household	Total Gross Annual Household Income
1	\$22,330
2	\$30,170
3	\$38,010
4	\$45,850
5	\$53,690
6	\$61,530
7	\$69,370
8	\$77,210

For families/households with more than 8 members, contact your local Community Action agency.

YOU MAY BE ELIGIBLE CONTACT

Gauga County Dept on Aging
470 Center St Bldg 2
Chardon, OH 44024
(440)279-2130.

For more information, call toll free 1-800-282-0880. Hearing impaired applicants with a telecommunications device for the deaf (TDD) can call toll free 1-800-686-1557.

Applicants requirements at the time of application - A list of all household members and proof of income for the last 30 days and 12 months for each member, Income documents, Main and electric heating bills (if the applicant has gas and electric) regardless of account status, Proof of Citizenship, Proof of Disability if applicable, and Social Security Numbers for all household members. This Program is made Possible through a grant from the Ohio Department on Aging, through the Western Reserve Area Agency on Aging.

The Summer Crisis Program is available July 1 – August 31, The Winter Crisis Program is available Nov 1 – March 31,

Deadline for the news and information items is the 5th of the month prior to publication.

The Geauga Senior Newsletter is the official publication of the Geauga County Dept. on Aging. Located at 12555 Ravenwood Dr. Chardon, Oh 44024.

The newsletter is published monthly, and has a circulation of approximately 4,200 hard copy and 700 plus via the web. If you

are not receiving the newsletter, and you are a Geauga County Senior, 60 years of age of older, call (440) 279-2130.

Board of Commissioners

Geauga County Ohio
James W. Dvorak
Timothy C. Lennon
Ralph Spidalieri

Please let us know if you have a change of address. Leadership Team

Jessica Boalt – Director
Kathy Petrella – Asst. Director
Reba Dykes - Administrative Services Manager
Sandy McLeod – Senior Centers Supervisor
Karen M. Stone – Internal Operations Manager

Online Senior Center

Join one of our exercise classes! All of our exercise classes are being offered online via WebEx. We have classes for every fitness/activity level! To find out more about our classes, call one of our senior centers. Join in!

Join our Virtual Knit and Crochet Group! The group will meet every Monday at 1:00 p.m. via the Bainbridge WebEx link. Trade knit and crochet tips, share project ideas, and spend some time with your fellow knit and crochet pals! For more information, call the Bainbridge Senior Center at 279-1313.

Join us every Tuesday on the Chardon link for a series of fun programs at 1:00 p.m. The third Tuesday of the month will feature a cooking demonstration from the chef at Heather Hill! For more information, call the Chardon Senior Center at 279-2126.

Our Wednesday Speaker Series will feature a lineup of programs featuring: Geauga Park District; Bainbridge Library; Online Banking; and the 1920's Cleveland Indians Baseball History; Join in the Speaker Series every Wednesday at 1:00 p.m. For more information, call the Bainbridge Senior Center at 279-1313.

Every Thursday at 1:00 p.m., we will be offering an American Sign Language Class. For more information, or to sign up, call West Geauga Senior Center at 279-2163.

Join us Thursdays 3/11-4/8, at 3:00 p.m. for a series of health discussions with nursing students from Kent State University. For more information, call Melissa at 440-279-2167.

Join us every Friday at 1:00 p.m. for a series of Wellness discussions. Join online, via the Chardon WebEx link. For more information, call the Chardon Senior Center at 279-2126.

Also join us every Monday at 3:00 for our new Monthly Series Set! Our set includes history and geography programs, an animal facts program, and a reminiscing program.

Monday	Tuesday
1 9:30 Socialization (BSC) 10:00 Scattergories (BSC) 10:00 Exercise (WGSC) 11:00 Chair Exercise (BSC) 12:00 Socialization (WGSC) 1:00 Knit and Crochet (BSC) 2:00 Balance Exercise (CSC) 3:00 History Series (BSC)	2 9:30 Socialization (BSC) 10:00 Boggle (BSC) 10:00 Exercise (WGSC) 11:00 Chair Exercise (BSC) 12:00 Socialization (WGSC) 1:00 Armchair Travels Program on Finland (CSC) 2:00 Balance Exercise (WGSC)
8 9:30 Socialization (BSC) 10:00 Scattergories (BSC) 10:00 Exercise (WGSC) 11:00 Chair Exercise (BSC) 12:00 Socialization (WGSC) 1:00 Knit and Crochet (BSC) 2:00 Balance Exercise (CSC) 3:00 Do You Remember? Program (CSC)	9 9:30 Socialization (BSC) 10:00 Boggle (BSC) 10:00 Exercise (WGSC) 11:00 Chair Exercise (WGSC) 12:00 Socialization (WGSC) 1:00 St. Patrick's Day Traditions Program (CSC) 2:00 Balance Exercise (WGSC)
15 9:30 Socialization (BSC) 10:00 Scattergories (BSC) 10:00 Exercise (WGSC) 11:00 Chair Exercise (BSC) 12:00 Socialization (WGSC) 1:00 Knit and Crochet (BSC) 2:00 Balance Exercise (CSC) 3:00 Animal Fun Facts Program (WGSC)	16 9:30 Socialization (BSC) 10:00 Boggle (BSC) 10:00 Exercise (WGSC) 11:00 Chair Exercise (WGSC) 12:00 Socialization (WGSC) 1:00 Cooking Demonstration with Heather Hill (CSC) 2:00 Balance Exercise (WGSC)
22 9:30 Socialization (BSC) 10:00 Scattergories (BSC) 10:00 Exercise (WGSC) 11:00 Chair Exercise (BSC) 12:00 Socialization (WGSC) 1:00 Knit and Crochet (BSC) 2:00 Balance Exercise (CSC) 3:00 National Goof Off Day Presentation (BSC)	23 9:30 Socialization (BSC) 10:00 Boggle (BSC) 10:00 Exercise (WGSC) 11:00 Chair Exercise (WGSC) 12:00 Socialization (WGSC) 1:00 Did You Know? Program (CSC) 2:00 Balance Exercise (WGSC)
29 9:30 Socialization (BSC) 10:00 Scattergories (BSC) 10:00 Exercise (WGSC) 11:00 Chair Exercise (BSC) 12:00 Socialization (WGSC) 1:00 Knit and Crochet (BSC) 2:00 Balance Exercise (CSC) 3:00 Where in the World? Program (WGSC)	30 9:30 Socialization (BSC) 10:00 Boggle (BSC) 10:00 Exercise (WGSC) 11:00 Chair Exercise (WGSC) 12:00 Socialization (WGSC) 1:00 Easter Traditions Program (CSC) 2:00 Balance Exercise (WGSC)

Schedule for March 2021



Wednesday	Thursday	Friday
3 9:30 Socialization (BSC) 10:00 Crosswords (BSC) 10:00 Exercise (WGSC) 11:00 Chair Exercise (BSC) 12:00 Socialization (WGSC) 1:00 Guest Speaker: Geauga Park District (BSC) 2:00 Balance Exercise (CSC)	4 9:30 Socialization (BSC) 10:00 Bingo (BSC) 10:00 Exercise (WGSC) 11:00 Chair Exercise (WGSC) 12:00 Socialization (WGSC) 1:00 Sign Language (WGSC) 2:00 Balance Exercise (WGSC)	5 9:30 Socialization (BSC) 10:00 What am I? (BSC) 10:00 Drum Fit Exercise (WGSC) 11:00 Chair Exercise (BSC) 12:00 Socialization (WGSC) 1:00 Wellness Series (CSC) 2:00 Balance Exercise (BSC)
10 9:30 Socialization (BSC) 10:00 Crosswords (BSC) 10:00 Exercise (WGSC) 11:00 Chair Exercise (BSC) 12:00 Socialization (WGSC) 1:00 Guest Speaker: Eric from the Bainbridge Library (BSC) 2:00 Balance Exercise (CSC)	11 9:30 Socialization (BSC) 10:00 Bingo (BSC) 10:00 Exercise (WGSC) 11:00 Chair Exercise (WGSC) 12:00 Socialization (WGSC) 1:00 Sign Language (WGSC) 2:00 Balance Exercise (WGSC) 3:00 KSU Nursing Students Program (CSC)	12 0 Socialization (BSC) 10:00 What am I? (BSC) 10:00 Drum Fit Exercise (WGSC) 11:00 Chair Exercise (BSC) 12:00 Socialization (WGSC) 1:00 Wellness Series (CSC) 2:00 Balance Exercise (BSC)
17 9:30 Socialization (BSC) 10:00 Crosswords (BSC) 10:00 Exercise (WGSC) 11:00 Chair Exercise (BSC) 12:00 Socialization (WGSC) 1:00 St. Patrick's Day Fun (BSC) 2:00 Balance Exercise (CSC)	18 9:30 Socialization (BSC) 10:00 Bingo (BSC) 10:00 Exercise (WGSC) 11:00 Chair Exercise (WGSC) 12:00 Socialization (WGSC) 1:00 Sign Language (WGSC) 2:00 Balance Exercise (WGSC) 3:00 KSU Nursing Students Program (CSC)	19 9:30 Socialization (BSC) 10:00 What am I? (BSC) 10:00 Drum Fit Exercise (WGSC) 11:00 Chair Exercise (BSC) 12:00 Socialization (WGSC) 1:00 Wellness Series (CSC) 2:00 Balance Exercise (BSC)
24 9:30 Socialization (BSC) 10:00 Crosswords (BSC) 10:00 Exercise (WGSC) 11:00 Chair Exercise (BSC) 12:00 Socialization (WGSC) 1:00 Guest Speaker: Online Banking Program (BSC) 2:00 Balance Exercise (CSC)	25 9:30 Socialization (BSC) 10:00 Bingo (BSC) 10:00 Exercise (WGSC) 11:00 Chair Exercise (WGSC) 12:00 Socialization (WGSC) 1:00 Sign Language (WGSC) 2:00 Balance Exercise (WGSC) 3:00 KSU Nursing Students Program (CSC)	26 9:30 Socialization (BSC) 10:00 What am I? (BSC) 10:00 Drum Fit Exercise (WGSC) 11:00 Chair Exercise (BSC) 12:00 Socialization (WGSC) 1:00 Wellness Series (CSC) 2:00 Balance Exercise (BSC)
31 9:30 Socialization (BSC) 10:00 Crosswords (BSC) 10:00 Exercise (WGSC) 11:00 Chair Exercise (BSC) 12:00 Socialization (WGSC) 1:00 Guest Speaker: Dennis Sutcliffe speaks about the 1920's Cleveland Indians (BSC) 2:00 Balance Exercise (CSC)	WebEx Class Link Code: BSC = Bainbridge link CSC = Chardon link WGSC = West G. link	To join us for these ONLINE programs, you must be currently registered with GDA, and provide us with a valid e-mail address. Call in by phone options are also available for some classes. Call one of our senior centers for more information!

Upcoming Drive-Thru Events at Chardon Senior Center

Chardon Senior Center is teaming up with Heather Hill to bring you the following Drive-Thru social events! All drive-thrus take place between 11:30am – 12:30pm at Chardon Senior Center (12555 Ravenwood Dr, Chardon 44024). To register, call the Chardon Senior Center at (440) 279-2126.

The drive-thru events take place on the following dates:

- Thursday, April 1st: Cinnamon Roll & Coffee – register by FRIDAY, MARCH 26
~ Want lunch? Register by FRIDAY, MARCH 19th

Lunch menus can be found in the newsletter for that month. Treats may be subject to change, and drive-thru dates are weather depending. We're looking forward to seeing you!

WHERE IN THE WORLD– VIRTUALLY!

West Geauga Senior Center is traveling with their program, Where in the World and you can come along! No plane ticket or reservation required! This will be a virtual program on Webex (West Geauga Link) where we will travel to different countries and explore history, culture, tourism and much more.

March's trip held on Monday, March 29th will be to Ireland and its quaint towns and countryside.

A look ahead: April's trip will be to Easter Island.

If you have any questions call Millissa at the WG Senior Center, 440.279.2130.

Heather Hill Webex Cooking Demos and Curbside Meals

Looking for ideas for new recipes while in quarantine? Good news! Chef Drago from Heather Hill will be joining us to give a cooking demo on the 3rd Tuesday of each month on the Chardon Webex link at 1pm.

If you would like to taste what's being prepared, call the Chardon Senior Center at (440) 279-2126 and reserve your FREE meal. The cooking demos take place on the following dates:

- Tuesday, March 16th – call and register by FRIDAY, MARCH 5th
- Tuesday, April 20th- call and register by FRIDAY, APRIL 9th

**Please note that there are a limited number of meals available.
Deadline is by registration date, or until the event is full.

The menus are still to be announced for each month.

Stay updated by reading your weekly Webex e-mail blasts, and by checking our Facebook page (Gauga County Department on Aging – Chardon Senior Center).

After the Webex cooking demo at 1pm, come to Chardon Senior Center (12555 Ravenwood Dr, Chardon 44024) between 2:30-2:45pm and pick up your meal curbside. Anyone can join the Webex presentation, but those wishing to pick up a meal must call to register by the date specified.

Not signed up with Webex? Let us help! All you need is a smart device (phone, tablet, laptop, computer), internet service, and an e-mail. Give us a call, and we'll get you started!

Do you Qualify for Assistance with Your Medical Bills or Prescription Medicines?

If you meet the income guidelines below, contact the Geauga Department on Aging at 279-2130 for assistance to apply!

Medicare Savings Programs (MSPs)

Qualified Medicare Beneficiary (QMB): Pays for Part A & B deductibles, coinsurance/copays and premiums.

Specified Low Income Medicare Beneficiary (SLMB): Pays for monthly Part B premium.

Qualified Individual (QI): Pays for monthly Part B premium (limited benefits)

Qualified Disabled & Working Individuals (QDWI): Pays for Part A premium if you are under 65, disabled and no longer entitled to free Part A because you work. Contact the Dept. on Aging worker for more information.

QMB			SLMB			QI		
<u>Limits:</u>	Income	Assets	<u>Limits:</u>	Income	Assets	<u>Limits:</u>	Income	Assets
Single	\$1,094	\$ 7,970	Single	\$1,308	\$ 7,970	Single	\$1,469	\$ 7,970
Married	\$1,472	\$11,960	Married	\$1,762	\$11,960	Married	\$1,980	\$11,960

Contact a Geauga Department on Aging Social Worker for assistance with your Application!

CLEVELAND INDIANS BASEBALL HISTORY LIVE VIRTUAL PRESENTATION

WEDNESDAY, MARCH 31 AT 1:00 P.M. ON THE BAINBRIDGE WEB EX LINK

It's 1920. The jazz age is in full swing; prohibition is the law of the land; and the New York Yankees have just signed Babe Ruth. The Cleveland Indians have set their sights on a World Series title, but to get there they will need to overcome an unspeakable tragedy.

For over ten years retired executive, local historian, and master storyteller Dennis R. Sutcliffe has been rekindling forgotten Cleveland memories. Join us for this captivating presentation and learn about the Tragedy and Triumph of Ray Chapman and the 1920's Cleveland Indians.

There will be no Virtual Park District Program for April or May. Join us for a VIRTUAL program with Geauga Park District

Wednesday, June 2 at 1:00 p.m. on Bainbridge WebEx Link

Our topic will be: Forests are More Than Trees

This program presents the major forest types of the United States, their diversity of wildlife, and importance as natural resources. Local forests are then emphasized depicting the variety of life found in the various forest layers. Many valuable uses of local forests for resources, recreation and wildlife are included.

For more information, call the Bainbridge Senior Center at 440-279-1313.

MARCH MADNESS IN GEAUGA COUNTY!

The NCAA Division I basketball tournament begins Thursday, March 18, 2021. Join in the fun of our bracket challenge and vie for the top prize. Compete against seniors from around the county and GDA staff by filling out a bracket with your projected winners. To get a bracket, call the Bainbridge Senior Center at 440-279-1313. Each participant is limited to 5 entries and the top 3 finishers (not including staff) will each receive a prize.

All brackets must be submitted or postmarked by March 18. They can be submitted via email at drcraig@co.geauga.oh.us ; by mail, 17751 Chillicothe Rd, Chagrin Falls, OH 44023 ; or by dropping them off at your closest senior center.

The standings will be updated following each round; don't forget to follow the games at home!

This is a FREE EVENT!

For questions please call David at (440) 279-1313.

MATTER OF BALANCE CLASSES

Starting April 6th through April 29th - Every Tuesday & Thursday from 1:00-3:00pm
UH Geauga EMS Training Center (Woodiebrook) / 602 South St, Suite C4 / Chardon, 44024
Are you concerned about falling? Interested in improving balance, flexibility, and strength? Falls are preventable, and this class can make a difference! Set realistic goals for staying active, learn how to stay safe at home, complete exercises to increase strength and balance, and learn how to identify and control your fear of falling.

To register, please call Melissa Wheeler at Chardon Senior Center at 440-279-2126. This class is free for all registered seniors. Space is limited. Sponsored by UH Geauga Medical Center.

UH VIRTUAL HEALTH TALKS

University Hospitals is bringing our health experts to you through a series of virtual health talks. The virtual seminars will include a presentation by our experts with an interactive Q&A session. These events are free but registration is required. Visit UHhospitals.org/HealthTalks to learn more, view a calendar of upcoming events, watch previously recorded talks and sign up for our weekly email for upcoming talks.

KENT STATE NURSING STUDENTS PRESENT: BUILDING STRONGER, HEALTHIER COMMUNITIES SERIES

Every Thursday, beginning March 11th-April 8th from 3:00-4:00pm on WebEx

Nursing Students will present one of the 5 following topics:

March 11th - Understanding and managing your blood sugar

March 18th - What does a nutrition label really tell us?

March 25th - Cholesterol: types, tests, treatment and prevention

April 1st - Why is it important to have a healthy active lifestyle?

April 8th - Understanding and filling medication prescriptions

We hope you will join in as we will learn from Kent State University Nursing students in their final rotation in community health. They look forward to presenting these topics and interacting with our seniors!

For Webex information, please call Bainbridge Senior Center at 440-279-1313.

All walk-in and routine office appointments continue to be postponed until further notice. We are happy to schedule phone appointments and virtual appointments to assist you.

Urgent or Critical matters that cannot be addressed over the phone or postponed, may be scheduled a face to face appointment at the Agency's discretion.

Anyone scheduled for a face to face appointment must comply with social distancing, wear a face covering and complete a health questionnaire & temperature screening.

Please call our Information & Referral Line to schedule a phone appointment, virtual appointment or in office appointment at 440-279-2130.

Thank You



Finally, the Covid-19 vaccine is available to millions, including health care workers, chronically ill people and seniors. But with wider availability comes the inevitable spike in vaccine scams.

Fraudsters are promising early access to vaccines or even a personal shipment of vaccines — at a cost, of course. But their offers aren't legit, and those they scam could end up with their personal information exposed and money stolen without ever getting the vaccine.

The following guidance on vaccine-related scams — and how to avoid them — comes from the FBI, the Federal Trade Commission (FTC), the US Department of Health and Human Services (HHS) and the Better Business Bureau.

Bottom line: If you're sent communication about vaccines that seems fishy, check it out with your local health department. Don't give out personal information such as your bank account information or Social Security number when solicited by someone you don't know — no health department or vaccination site would require that information to get you vaccinated. And you should only be vaccinated at authorized vaccination sites.

SCAM: You're asked to pay for your vaccine

You won't have to pay to receive the Covid-19 vaccine when it's your turn. If you're asked to pay or provide private information, that's not legit.

You should only receive a Covid-19 vaccine at authorized vaccination sites such as hospitals, pharmacies or mass vaccination hubs such as sports arenas. If you're not sure where to find your local vaccination site, you can look them up by state through the Centers for Disease Control and Prevention.

It's possible your vaccine provider will charge you an "administration fee" for giving you the shot. You can be reimbursed for this fee through your insurance or, if you're not insured, through the Health Resources and Services Administration's Provider Relief Fund, per the CDC. If you can't afford the fee, though, you won't be turned away.

SCAM: You're offered early access for a fee

If you receive an offer to get your Covid-19 vaccine early for a fee, ignore it. No health department or vaccination site would vaccinate someone ahead of schedule if they paid for it.

The FBI warned of this scam in December 2020, and reports from the Better Business Bureau's Scam Tracker show that unknown scammers have sent unsolicited texts to random users, offering them access to the vaccine regardless of where in the vaccination schedule they fall.

SCAM: You're told to pay to put your name on a waiting list

As mentioned above, your local health department or vaccination site will not reach out to you and ask for payment to be put on a waiting list. Some vaccination sites in New York, Houston and Miami have created waiting lists — mostly for seniors who are eligible to receive their vaccines now but haven't been able to get an appointment — but those vary by location.

Some have had better luck showing up at vaccination sites toward the end of the day in search of leftover vaccines. But if sites do have extra vaccines that must be used within a few hours, you won't be asked to pay for them.

SCAM: You're asked to schedule appointments through unverified platforms

Unless you're certain your local health department is scheduling vaccine appointments on Eventbrite or similar platforms, you should avoid registering through sites unaffiliated with your health department or pharmacy.

Some counties are using Eventbrite to schedule vaccine appointments, but the ambiguity has made it easier for scammers to cash in. In one Florida county where health officials did not use Eventbrite, scammers made fake accounts and charged applicants to make vaccine appointments in the county anyway. It's best to schedule an appointment through your health department or local pharmacy.

SCAM: You're told to pay to have the vaccine shipped to you

Vaccine distributors are not shipping doses of the vaccine to individuals, and you shouldn't administer the vaccine to yourself. You should only receive a vaccine at authorized vaccination sites, which you can find through your state health department or the CDC.

SCAM: You're made to take additional tests before you get a vaccine

You won't be made to take an antibody test or Covid-19 test before you receive your vaccine, so if you get texts, calls or emails that claim you should buy a test before you go, that's a scam. As reported by CNET and AARP, you don't need to undergo any additional medical tests before or during your vaccine appointment.

By Scottie Andrew | CNN

MARCH 2021
GEAUGA DEPARTMENT OF AGING
LUNCH MENU

Subject to Change

Monday	Tuesday	Wednesday	Thursday	Friday
1 CHILI CON CARNE CORN W/ RED PEPPERS MIXED VEGETABLES RYE BREAD WG VANILLA WAFERS ORANGE	2 BEEF HOT DOG WG BUN MUSTARD PC O'BRIEN POTATOES SPINACH PEARS	3 TOMATO BASIL CHICKEN SPAGHETTI W/ SAUCE MIXED VEGETABLES CORN W/ RED PEPPERS PEARS	4 BBQ BEEF RIB PATTY DICED POTATOES BRUSSEL SPROUTS WG HAMBURGER BUN PEACHES	5 SLICED HAM W/ PINEAPPLE GLAZE DICED POTATOES BROCCOLI WG DINNER TROPICAL FRUIT
8 ROASTED TURKEY BREAST GRAVY MASHED POTATOES GREEN PEAS BLUEBERRY MUFFIN ORANGE	9 MEATBALLS SPAGHETTI SAUCE W/TOMATO SAUCE CAULIFLOWER SPINACH W/ VINEGAR PEACHES	10 SLOPPY JOE SEASONED WEDGED POTATOES KETCHUP PC GREEN BEANS WG HAMBURGER BUN PEACHES	11 BREADED FISH TARTAR PC TATER TOTS KETCHUP PC SPINACH WG WHEAT MANDARIN ORANGES	12 ROSEMARY RUB ROASTED PORK LOIN GREEN PEA BUTTERNUT SQUASH WG DINNER ROLL SCALLOPED APPLES
15 CHICKEN ALA KING BABY LIMA BEANS SLICED CARROTS WG DINNER ROLL PINEAPPLE CHUNKS	16 STUFFED CABBAGE W/ SAUCE NOODLES GREEN BEANS SLICED CARROTS WG VANILLA WAFERD APRICOTS	17 PEPPER STEAK SEASONED WEDGE POTATOES KETCHUP PC CALIFORNIA BLEND WG WHEAT BREAD MANDARIN ORANGES	18 BBQ CHICKEN BREAST GREEN PEAS SWEET POTATOES WG WHITE BREAD MIXED FRUIT	19 SWEDISH MEATBALLS NOODLES MIXED VEGETABLES RED CABBAGE WG WHEAT BREAD PEARS
22 CHICKEN CACCIATORE SAUCE BROWN RICE GREEN BEANS BRUSSEL SPROUTS WG WHEAT PINEAPPLE CHUNKS	23 STUFFED GREEN PEPPERS MASHED POTATOES GREEN PEAS WG RYE BREAD SCALLOPED APPLES	24 KETCHUP GLAZED MEATLOAF GRAVY MASHED POTATOES CAPRI BLEND WG WHITE BREAD PEACHES	25 BREADED CHICKEN PATTY MAYO PC HARVARD BEETS MIXED VEGETABLE WG HAMBURGER BUN ORANGE JUICE	26 BEEF STEW BRUSSEL SPROUTS MIXED VEGETABLES CORN MUFFIN TROPICAL FRUIT
29 BREADED PORK PATTY SWEET POTATOES GREEN PEAS WG DINNER ROLL SCALLOPED APPLES	30 BBQ BEEF RIB PATTY DICED POTATOES BRUSSEL SPROUTS WG HAMBURGER BUN PEACHES	31 ROASTED TURKEY BREAST, GRAVY MASHED POTATOES GREEN PEAS BLUEBERRY MUFFIN ORANGE		

ATTENTION: The Geauga County Dept. on Aging cannot control or guarantee the continued wholesomeness and safety of its food once it leaves the Agency's facility. Therefore, all food or beverages are intended to be consumed on-premises at the Geauga County Department on Aging. The Department on aging will not be liable for any damages arising from the consumption of any food or beverages outside of the Department on Aging premises.

Geauga Department on Aging
12555 Ravenwood Drive
Chardon, Ohio 44024

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**# IN THIS
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**GEAUGA COUNTY
DEPARTMENT ON AGING**

To stop this mailing, contact the Geauga County Dept. on Aging, 440-279-2130 This newsletter is supported by the many advertisers, individual donation and the Geauga Senior Services Levy.

TECH HELP

The Geauga County Department on Aging will be offering Tech Help. We will be offering FREE one on one appointments through the Geauga County Senior Centers. Seniors will have the opportunity to meet with senior center staff for appointments to learn the basic steps to being more “virtual savvy”. These appointments will give seniors the opportunity to learn how to use their own devices in order to participate with virtual senior center programs and more. We do not offer any repair of any devices. This is only a learning session to help you stay connected in this virtual world. Seniors must register for an appointment and must wear a mask while working with the staff. Appointment times will vary and will be on a first come, first serve basis. More information will be given at the time of registration.

To schedule an appointment with the West Geauga Senior Center call 440.279.2130

To schedule an appointment with the Bainbridge Senior Center call 440.279.1313

To schedule an appointment with the Chardon Senior Center call 440.279.2126

To schedule an appointment with the Middlefield Senior Center call 440.632.0611