

*...how things  
were... how  
things are...  
how things  
could be...*

# GOLDEN CENTER GAZETTE



Volume 3 No. 4

Ashland County, Ohio

Free



I am working on a committee that is looking at child care options available to folks in Ashland County and have been thinking a lot about my time as a preschool teacher...

It used to happen every spring and was actually a sign indicative that winter weather was over for the year...it heralded in the warm weather and the sunshine...and above all...it made me laugh my head off.

When it got warm in the spring, it was time for the preschoolers to start to play outside. It was always so much fun to hear them using their imaginations and playing games and running and laughing together. But, my favorite part was the, "na-na-na-na-boo-boo."

Now for those of you who don't know, I worked in early childhood education for years. Infants and toddlers...preschoolers...school agers and even as an assistant director for a summer camp. Yep, I've run the gambit of work with kids and families. And, if I had to pick a favorite age, it would be four year olds...old enough to find the world interesting and ask lots of questions and young enough that they still like to have you around.

Four years old is also the age that kids learn the, "na-na-na-na-boo-boo." I'm not exactly sure where it started...but it seems like it has been passed down through generations of young children from the dawn of time. If you want to taunt someone with some toy you have...or want someone to chase you.... or just want to let someone know that you are feeling pretty good about yourself...you toss them a "na-na-na-na-boo-boo." And, every time I heard it, I would laugh out loud.

I remember one especially sunny day, watching and listening to the familiar sounds of the preschoolers running on to the playground.

A group of little girls was collecting dandelions and sharing them with each other... and smelling them...and deciding which ones were the prettiest and twisting them together. It was really beautiful to watch, until I looked off to the right of the group and saw one little girl who was not part of the group, standing alone watching them longingly...as if she would do almost anything to be part of that group. I waited with baited breath for the na-na-na-na-boo-boos to begin, when something quite unexpected happened.

A little girl with a long braid, looked over at the girl standing alone...and held out a dandelion in her hand. A beautiful gesture of acceptance and love. It actually brought tears to my eyes then and even now. It brought to my mind then and now about our relationships with other people.

The other thing that was so beautiful was that this little girl was being welcomed into the community. Someone called her over...invited her and welcomed her...she felt noticed and accepted...and she joined the group. As part of this wonderful community we have the opportunity to be loved and accepted and welcomed to be part of something amazing. We also have the opportunity to include others...those who may feel unremembered or alone or unloved. There are so many ways to invite people into this loving community...all we have to do is hold out our hands...look people in the eye...and say welcome to the family.



The GOLDEN CENTER GAZETTE is a publication of Catholic Charities of Ashland County. If you would like to write something to be included, or have some old photos to share, please send them to Catholic Charities, Attn: Denise, 34 West Second Street, Ashland, Ohio 44805 or email them to [deconrad@ccdole.org](mailto:deconrad@ccdole.org). If you would like your Golden Center Gazette delivered electronically, just send a note to the email listed here, and we will send yours to your email.

## GOING FOR THE GOLD...



Are you looking for a way to take your love of track and field or swimming or a variety of other sports to the next level? Why not look into the Senior Olympics? The sporting options include: archery, badminton, bowling, corn hole, cycling, golf, tennis and volleyball among others.

The Senior Olympics offers opportunities to participate as well as chances to volunteer at their events. Things are constantly changing as a result of ongoing COVID restrictions, so check out their website at [www.nsga.com](http://www.nsga.com) or get in touch with Denise at Catholic Charities at [deconrad@ccdole.org](mailto:deconrad@ccdole.org) or 419-289-1903 for more information.

From the Ohio Senior Olympic web site...

*Senior Olympics began in Ohio in 1979. The games have grown over the years, but the purpose remains the same - to promote healthy lifestyles and physical activity for Ohioans age 50 and over and to provide top quality athletic competition.*

*Regional games are held each year at sites around Ohio. The sponsoring organization of each regional game determines which events will be offered as well as the schedule and fees for those events. Since each game exists autonomously, events offered around the state vary. Most regional games offer at least some of the events from the schedule of events of The National Senior Games, in addition to favorite events of the region.*

*In addition to regional/local games, each year there is a state Senior Olympics competition, called Ohio Senior Olympic State Games. The State Games are held annually in Westerville and open to all athletes competing at the regional/local level. Ohio's state games are also open to athletes from outside of Ohio.*

*At a minimum, the State Games offer a near full event menu of The National Senior Games. The State Games are held in Westerville and hosted by the City of Westerville Parks and Recreation Department. The State Games that take place in even numbered years act as the qualifying competition for The National Senior Games, which are held every two years, in odd numbered years.*

*To compete at The National Senior Games athletes must compete and qualify in their chosen event. Qualifying criteria varies from event to event, but is established in advance of the qualifying State Games by The National Senior Games Association.*

Recent statistics from the Center for Mental Health Services Uniform Reporting System show that almost 3% of people served by the Ohio Mental Health System were age 65 and older...



The National Institute of Mental Health provides the information below as food for thought...

*It's just as important for an older person with symptoms of depression to seek treatment as it is for someone younger. The impact of depression on health in older adults can be severe: much research has reported that depression is associated with worse health in people with conditions like heart disease, diabetes, and stroke. Depression can complicate the treatment of these conditions, including making it more difficult for someone to care for him- or herself and to seek treatment when needed. In older adults, depression may be disregarded as frailty, or it may be viewed as an inevitable result of life changes, chronic illness, and disability. Recognizing the signs and seeing a health practitioner is the first step to getting treatment, which can make a real difference in someone's quality of life.*

## Warning Signs

- Noticeable changes in mood, energy level, or appetite
- Feeling flat or having trouble feeling positive emotions
- Difficulty sleeping or sleeping too much
- Difficulty concentrating, feeling restless, or on edge
- Increased worry or feeling stressed
- Anger, irritability or aggressiveness
- Ongoing headaches, digestive issues, or pain
- A need for alcohol or drugs
- Sadness or hopelessness
- Suicidal thoughts
- Feeling flat or having trouble feeling positive emotions
- Engaging in high-risk activities
- Obsessive thinking or compulsive behavior
- Thoughts or behaviors that interfere with work, family, or social life
- Unusual thinking or behaviors that concern other people.

***Mental disorders can be treated:*** *If you are unsure where to go for help, ask your family doctor or visit NIMH's Help for Mental Illnesses webpage. Communicating well with your health care provider can improve your care and help you both make good choices about your health. Read about tips to help prepare and get the most out of your visit. For additional resources, including questions to ask your health care provider, visit the Agency for Healthcare Research and Quality. If you need help locally, call the Ashland County Crisis Hotline at 419-289-6111.*

***Catholic Charities can help, too!*** *We have Master's level therapists, who are trained to serve people suffering from anxiety, depression, and other challenges that you may face. Our therapists can meet with you in person, over the telephone, or through a Zoom meeting. Pathways Peer Support is also available to help. For more information about Pathways, contact Deb Brookshire at the Catholic Charities office at 419-289-1903.*



## ***MAKING SOME FLOWER SEED BOMBS***

**1½ cups flour**  
**8-10 tablespoons corn starch**  
**Wildflower or your favorite flower seeds**  
**½ to 1 cup water**  
**¼ cup vegetable oil**  
**3 cups potting soil**

**Mix flour and cornstarch**  
**Put seeds into flour and mix**  
**Determine how many seeds to add and evenly distribute**  
**Add ½ to 1 cup of water and mix into a smooth dough**  
**Gradually add vegetable oil**  
**Knead dough until it forms a firm consistency**  
**Add potting soil in small increments and work into flour mixture until smooth**  
**Knead and spread seeds throughout the mixture**  
**Add more water or soil as needed to reach a firm ball consistency**  
**Break off pieces and roll into balls**  
**Allow to dry**  
**Find area where you want to “drop your bombs”**



Catholic Charities  
34 West Second Street, Suite 18  
Ashland, Ohio 44805



Mohican Area Community Fund



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