

This Newsletter is published by:
Morrow County Services for
Older Citizens, Inc.
dba *Seniors On Center*
41 West Center Street
Mt. Gilead, OH 43338

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MORROW COUNTY SENIOR MOMENTS



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MORROW COUNTY SERVICES FOR OLDER CITIZENS, INC.

419-946-4191 * 419-946-1037 facsimile

Website: www.SeniorsOnCenter.org

DECEMBER 2016 ISSUE

Sponsored by Title III Grant under the Older Americans Act administered through the Ohio Department of Aging and Ohio District 5 Area Agency on Aging, with local funding through levy dollars, United Way and private donations. The Morrow County Multi-Purpose Senior Center and its programs are open to all Morrow County residents 60+ years of age regardless of race, color, ancestry, religion, sex, national origin, or disability.



What a great evening we shared with our veterans and their families on November 7th. We enjoyed a delicious meal and fabulous entertainment by Eric Bressi, who performed Elvis songs and honored our veterans. A special thank you to all of these men and women that served so we may have our freedom. A special thank you to Leclerc Charity Fund.

T

A very special thank you to all who donated food for our food drive. This will go to help those in need and we appreciate your desire to help in the community by giving to the Morrow County Food Pantry. We hope to do more for our community in the future. Thank you for your support!



Medicare Open Enrollment
 December
 Marc Follin will be at the Seniors on Center from 1 to 4 PM.
 December 1
 December 6


We will be closed on the following dates:
 December 23rd and 26th
Christmas Holiday
 January 2nd
New Year's Celebration
 January 16th
Martin Luther King Day

From the Director
 I would like to "Thank" each and every one of you that supported our replacement levy. This will allow us to continue, and to expand on the services that we are currently providing. We are excited for 2017. This is the year that we are going to be offering some new services and ideas. Let's all work together, and with your help we will make this a reality.



MONDAY NIGHT MUSIC

\$1 FOR MEMBERS * \$2 NON-MEMBERS

Monday, December 5th

Meal 5-6PM

Music by Country Travelers 6-8PM

Monday, December 12th

Meal 5-6PM

Music by Dick Starcher & Friends 6-8PM

Monday, December 19th

Meal 5-6PM

Holiday Fun Night 6-8PM

Monday, December 26th

Closed

You must make reservations for the meals!

****Band donations accepted****

EUCHRE

Join us for an enjoyable afternoon of Euchre at the Center every Wednesday and Thursday at 12 Noon. We would love to see new faces.

The first, second & fourth Tuesday of each month we are having Bingo from 1-3 PM

Beltone at the Senior Center

December 20th 10am -Noon

No appointment necessary

**Angela Schneider,
Hearing Care Practitioner**

MORROW CO. SENIOR CLUBS

Cardington Seniors

Friday, December 16th 12 Noon
need reservation-\$3.00 suggested donation

Seniors On Center

41 W. Center St., Mt. Gilead

Shirley Robinson 419-864-4077

Chesterville Seniors

Tuesday, December 20th @12PM

Selover Library, Chesterville

31 State Route 95

Susie Lyle 419-768-3431

Marengo/Fulton Seniors

Monday, December 5th @9AM

Breakfast on your own

Farmstead Restaurant

618 State Route 61, Marengo

Monday, December 19th @12PM

Carry-In Lunch

American Legion Post 710

Marengo

Joyce Taylor 419-253-0727

Sparta Good Time Seniors

Tuesday, December 20th 12:30 PM

Highland Pizza—your own cost

6530 State Route 229, Sparta

Dick Sears 419-768-2050

Mt. Gilead Seniors Club

Tuesday, December 20th 12 Noon

At Seniors on Center. Reservations needed. Bring dessert.

Marilyn Sipes 419-468-3500

MORROW CO. SENIOR CLUBS

Morrow County Retired Teachers

April, June, October & December
December 5th @ 11:30 AM Lunch
provided by Trinity UMC for \$10.00

75 E. High St, Mt. Gilead

Janet Johnson 419-362-6903



Join us on Tuesday, December 13th at noon to celebrate our December birthdays! Wishing the following a

Very Happy Birthday:

Betty Wilson
Sherley Black
Janet Tesack
Clayton Brandum
Jean Straley
Pat Cochran
Margaret Dewolf
Violet Rexroad
Carla Hankins
David Reppart
Charlotte Elrod
Marie Bennett
Clara White

Carol Bridges
Nancy Reed
Sylvia Mason
Rebecca Kunze
Carl Cook
Dorothy Barnes
Lynda Morris
Dorothy Spence
Shirley Biederman
Sue Muffley
Charles Ditty
Patricia Pennington

Ohio Development Services Agency

Do you need help this winter with your heating bills?

HEAP is an assistance program that provides a one-time benefit annually to your primary heating source account. For example, if you heat your home with a gas furnace, a credit will be provided to your gas bill. Household eligibility is based in part on income. If eligible, the benefit amount will depend on federal funding levels, how many people live with you, total household income and the primary fuel used. In most cases, benefits are applied directly to the energy bill by the utility company.

2016-2017 Income Guidelines

Size of Household	Total Annual Household Income
1	\$20,790.00
2	28,035.00
3	35,280.00
4	42,525.00
5	49,770.00
6	57,015.00

If you need assistance and think you qualify, call 1.800.282.0880 or 614.644.6600 to fill out your application.



Winter is fast approaching (yuk!) and due to the unpredictable weather, our schedule for services changes often. We have a policy in place that if the schools are closed, then our services will not be available for that day. We realize that it often results in an inconvenience for many of you, as it does for us, but we cannot put our drivers and volunteers at risk by being on the roads. If you have necessary medical treatments that day, please have a back-up plan available for your need. Thank you for your understanding in this matter.

ATTENTION ALL MEMBERS

Membership for 2017 will continue to be the same as last year, \$18.00, which will be due by December 31, 2016. You may pay anytime during the month of December. Only new memberships will be pro-rated.

GROCERIES FOR SENIORS

You are eligible for a monthly box of groceries if you:

- Are age 60 or older
- Live in Morrow County
- Meet income guidelines

For details contact:

Morrow County Seniors on Center
Shirley Furr at 419.946.4191



SENIOR EVENTS



Thursday, December 8, 2016 5PM
Evening Meal at Seniors on Center and we will go see the lights at Alum Creek Christmas Display. Suggested donation of \$9.00 for meal, transportation and admission to park.



December 12 and 19
Candy Sale on Monday Night Music



Monday, December 19, 2016
Open Mic - Christmas Party
All Christmas Singing



Tuesday, December 20, 2016
Mt. Gilead Carry - In
Christmas Party - A gift exchange of \$2.00 (if you want) Games, Prizes and Refreshments



Stalemate

Senior Jokes

Caught in a Lie

When a woman called 911 complaining of difficulty breathing, my husband, Glenn, and his partner-both EMTs-rushed to her home. Glenn placed a sensor on her finger to measure her pulse and blood oxygen. Then he began to gather her information. "What's your age?" he asked. "Fifty-eight," answered the patient, eyeing the beeping device on her finger. "What does that do?" "It's a lie detector," said Glenn with a straight face. "Now, what did you say your age was?" "Sixty-seven," answered the woman sheepishly.

Technology Training

Are you interested in learning more about your computer? We are looking into offering classes for basic computers, Microsoft Office, email, Facebook, windows, Identity Theft, Banking online, etc. Can you use some help with your tablet or phone? What about your Android, Mac, Apple, Kindle or Nook? Let us know if these classes would be of interest to you. We will be offering these in the near future if there is enough interest. Please call 419.946.4191



Christmas Word Find

G C P M E H E F F N Y Y A S E
 V F I O G K N O C Y R R I L B
 Z H S J Z X U H E G A B Z N B
 H A T I D U R X S Z M E I P E
 R P L R S I L E N T N I G H T
 R K O Q S N E M E S I W A J H
 Y L X T Y Z S W C Z S P E P L
 M I M F H F N P N S J V E K E
 J A B T T B A R I O R S X Z H
 S A I Y L Y T E K V O F L W E
 H A Y E Y T I G N J I O E E M
 F A M K R H V N A E V U G P E
 M A A N W A I A R S A S N O E
 C I H O T C T M F U S O A H F
 D J E D K Q Y S V S W T E K Q

JESUS	HAY
MARY	ANGEL
JOSEPH	FAITH
WISEMEN	HOPE
MANGER	FRANKINCENSE
NATIVITY	MYRRH
BETHLEHEM	SILENTNIGHT
CAMEL	LORD
DONKEY	SAVIOR
STAR	CHRISTMAS



We hate to even think about it, but that time of the year is quickly making its appearance! Just a few things we would like to remind you of when old man winter comes prowling around.

KEEP AN EMERGENCY FOOD PANTRY

Never leave your cupboards bare. Keep a variety of nutritious foods on hand for quick, easy, economical meals when weather, natural disaster or illness keeps you at home. Purchase several foods from each group. Use or replace items every 6 months.

- Meat and meat substitutes:** Tuna fish, canned chicken, beef stew, macaroni & cheese, spaghetti and meatballs, baked beans, hearty or chunky soups, condensed soups (split pea or minestrone), peanut butter.
- Cereals Breads, Pasta:** Hot cereal, cold cereal, rice, noodles, spaghetti, corn muffin mix, whole wheat crackers, sesame bread sticks, oatmeal cookies.
- Fruits and Vegetables:** Canned vegetables (green beans, spinach, corn, peas, beets, carrots, mixed vegetables), canned fruit (apricot, peaches, pears applesauce, plums, raisins, grapefruit) fruit, tomato, and vegetable juice, bean salad.
- Milk and Milk products:** Non-fat dried or evaporated milk, pasteurized process cheese spread.
- Other Foods:** Instant soups, coffee or tea, hot chocolate mix, jam or jelly, vegetable oil, bottled salad dressing, jello, instant pudding mix.

INCLEMENT WEATHER

Morrow County Seniors on Center may close due to weather related emergencies. If all schools in the county are closed due to inclement weather, Seniors on Center will cancel services. We will close under a level 3 snow emergency. Clients should listen to any of the following stations for closing announcements:

Radio: WMRN 94.3
 WMVO 93.7 FM or 1300 AM
 Television: WBNS channel 10
 NBC channel 4



Notice to all Seniors

We have received reports that some older Ohioans have received unsolicited calls from someone claiming to represent the "State of Ohio aging program." The caller asks for contact information and may attempt to schedule a "home visit." Neither the Ohio Department of Aging nor any of its contractors conduct business in this fashion. If you receive such a call, hang up. If you have provided personal information or scheduled a home visit in response to one of these calls, please contact local law enforcement immediately.

Scioto Downs Casino Columbus, Ohio



The December schedule is the 8th and 22nd. Be sure to get your name in and put your money down soon. The bus fills quickly. We are not offering any trips to the Casino in January and February due to the weather.

LIVING CHRISTMAS TREES

Friday, December 16, 2016
 Leaving Krogers 4:30
 Cracker Barrel on your own
 \$25.00 for members
 \$30.00 for non-members
 RSVP by December 9
 Payment due at the time of registration. We still have a few more seats available.

DECEMBER ACTIVITY SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 11:45AM Lunch 12 Noon Euchre	2 8:30-10AM Silver Sneakers 11:45AM Lunch 12:30PM Bible Study 1PM Adult Coloring
5 8:30-10AM Silver Sneakers 9AM Marengo/Fulton Srs Breakfast 11:45AM Lunch	6 9AM Roundtable 11:45AM Lunch 1-3PM Bingo 	7 8:30-10AM Silver Sneakers 11:45AM Lunch 12 Noon Euchre	8 9AM Casino 11:45AM Lunch 12 Noon Euchre 5PM Meal and Christmas Lights	9 8:30-10AM Silver Sneakers 11:45AM Lunch 12:30PM Bible Study 1PM Adult Coloring
12 8:30-10AM Silver Sneakers 11:45AM Lunch 5-6PM Meal 6-8PM Music Candy Sale	13 9AM Roundtable 10-12Noon Beltone 11:45AM Lunch	14 8:30-10AM Silver Sneakers 11:45AM Lunch 12 Noon Euchre	15 11:45AM Lunch 12 Noon Euchre	16 8:30-10AM Silver Sneakers 11:45AM Lunch 12 Noon Cardington Srs Lunch 12:30PM Bible Study 1PM Adult Coloring
19 8:30-10AM Silver Sneakers 11:45AM Lunch 12 Noon Marengo/Fulton Carry-In 12 Noon Commodities 5-6PM Meal 6-8PM Music	20 9AM Roundtable 9AM-Noon Commodities 11:45AM Lunch 12 Noon Chesterville Carry-in 12 Noon Mt. Gilead Sr. Lunch & Program 12:30 Sparta Lunch 1-3PM Bingo	21 8:30-10AM Silver Sneakers 11:45AM Lunch 12 Noon Euchre	22 9AM Casino 11:45AM Lunch 12 Noon Euchre 	CLOSED FOR CHRISTMAS HOLIDAY
CLOSED FOR CHRISTMAS HOLIDAY	27 9AM Roundtable 11:45AM Lunch	28 8:30-10AM Silver Sneakers 11:45AM Lunch 12 Noon Euchre	29 11:45AM Lunch 12 Noon Euchre	30 8:30-10AM Silver Sneakers 11:45AM Lunch 12:30PM Bible Study 1PM Adult Coloring

DECEMBER MENU

SUGGESTED \$3.00 DONATION
ONE DAY ADVANCE RESERVATIONS REQUIRED

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MENU IS SUBJECT TO CHANGE			1 Salisbury Steak Mashed Potatoes Succotash Apple Juice Graham Crackers Whole Grain Bread Milk	2 Chicken Strips Ranch Fries Beets Orange Juice Whole Grain Bread Milk
5 Lasagna Broccoli Banana Whole Wheat Bread Milk	6 Meatloaf Mac & Cheese Corn Mandarin Oranges Apple Juice Whole Grain Bread Milk	7 Chicken Noodle Casserole Peas Applesauce Cranberry Juice Whole Grain Bread Milk	8 Roast Beef Red Skin Potatoes Carrots Orange Juice Whole Grain Roll Milk	9 Chicken Breast Baked Potato Brussel Sprouts Pears Whole Grain Roll Milk
12 Salisbury Steak Parsley Potatoes Broccoli Grape Juice Whole Wheat Bread Graham Crackers Milk	13 Pork Chops Sweet Potatoes Malibu Vegetables Applesauce Whole Grain Knots Milk	14 Deli Ham Tossed Salad Peaches Apple Juice Whole Grain Crackers Whole Wheat Bun Milk	15 Roasted Turkey Mashed Potatoes Green Beans Tropical Fruit Whole Grain Roll Milk	16 Chicken Patty Peas & Carrots Mixed Fruit Orange Juice Graham Cracker Whole Grain Bread Milk
19 Hamburger with Lettuce & Tomato Baked beans Apple Juice Whole Grain Crackers Whole Grain Bun Milk	20 Pulled Pork Sandwich Carrot Raisin Salad Orange Juice Whole Grain Crackers Whole Grain Bun Milk	21 Chicken Drumstick Oven Brown potatoes Broccoli Fresh Grapes Whole Grain Bread Whole Grain Crackers Milk	22 Beef & Noodles Peas & Carrots Mixed Fruit Pineapple Juice Whole Grain Bread Milk	CLOSED FOR CHRISTMAS HOLIDAY
CLOSED FOR CHRISTMAS HOLIDAY	27 Chicken Breast Mashed Potatoes Carrots Mandarin Oranges Whole Grain Bread Milk	28 Marzetti Cauliflower Applesauce Cranberry Juice Bread Stick Milk	29 Salisbury Steak Mashed Potatoes Succotash Apple Juice Graham Crackers Whole Grain Bread Milk	30 Chicken Strips Ranch Fries Beets Orange Juice Whole Grain Bread Milk