

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



Mission Statement:

Morrow County Services for Older Citizens, Inc. represents the 60+ residents of Morrow County. The emphasis is on improving the quality of life for the older Morrow County residents, helping them live active, independent, and healthy lives.

This agency is committed to helping the frail elderly who choose to remain at home by providing home-based services. The goal is to promote and enhance the greatest possible level of choice, independence and self-care of the individual, and to promote community living when appropriate and feasible in terms of costs and quality.

MORROW COUNTY SERVICES FOR OLDER CITIZENS, INC.

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

Website: www.SeniorsOnCenter.org

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.

NOVEMBER
2014
ISSUE

UPCOMING EVENTS

November 13 – Christmas is just around the corner. We will be going to Marion to help you get some of that shopping done. Suggested donation \$5.00

November 14 – There is still room for any Veterans to go to Dayton to see the USAF Museum. Call for more information and reservations.

November 18 – A surprise trip! Call or talk to Evelyn!

November 21 – After your lunch here at the Center, Maggie Clark has invited us for her Christmas Open House. Come with us to see the beautiful way she has decorated for the Christmas season.



November 24 – We will be having a bake sale in the morning and during Monday Night Music. Be sure to get some of the best baked goods in Morrow County.



December 4 – Another Christmas shopping trip to Marion. Suggested donation \$5.00

December 9 – Christmas Lights at the Mansfield Fair Grounds. We will be eating supper at 5:00 and then to see the lights. Please make reservations by December 5th.

December 16 – We will be stopping at the Pines Church to see their Nativity display, then on to Golden Corral for lunch. Going to the Dollar Tree is also on the agenda. Make reservations by December 12.



December 15th and 22nd – We will be having our annual candy sale.

December 29 – New Years Eve Party. Set aside the date and make plans to attend. Sit down dinner starting at 5:00 pm with Roger Wren as our DJ. \$10.00 members and \$12.00 non-members. More details coming soon.



Scioto Downs Casino Columbus, Ohio November 6th and 20th



Bus Trips to and from the Casino for one low price. Our bus will take you to the front door and pick you up at a designated time. Many of our seniors have found that it is a fun and economical way to spend a day. Call the office for schedules and rates. 419-946-4191 – Members \$15.00 and Non-members \$20.00

Free Thanksgiving Meals

Dayspring Wesleyan Church in Marion is serving a free Thanksgiving meal at noon on Thanksgiving Day, November 27. Please call 419-389-3684 for more details.

Cardington United Methodist Church is having a free Thanksgiving Dinner. It is open to the public on November 23rd from 4:30 to 6:00 pm. The address is 300 S. Marion, Cardington, OH

Northmor School is providing a Thanksgiving Dinner on Thursday, November 27 Thanksgiving Day from 11:00 am to 2:00 pm. There is no cost for this wonderful meal.



HEALTH INFORMATION

Cold, Flu, or Allergy?

Treatment depends on which you have. A health professional can help you choose the best therapy. The following is a chart that may help determine which you have.:

Common Cold

- *Symptoms last up to 2 weeks
- *Stuffy, runny nose; sore throat; cough
- *Treated with rest, fluids, over-the-counter (OTC) medicines to ease symptoms

Seasonal Flu

- *Symptoms usually last 1-2 weeks
- *High fever (100-102 °F, or higher in youngsters) , headache, aches and pains, weakness, exhaustion, cough, chest discomfort.
- *Treated with rest, fluids, OTC medicines, prescription antiviral drugs

Airborne Allergy

- *Lasts as long as allergens (such as pollen, pet dander) are present
- *Stuffy, runny nose; itchy, watery eyes
- *Treated with antihistamines, decongestants, nasal steroids

How Sugars Affect Your Health

Most of us love sweet foods and drinks. But after that short burst of sweetness, you may worry about how sweets affect your waistline and your overall health. Is sugar really bad for us? What have scientists learned about the sweet things that most of us eat and drink every day?

Our bodies need one type of sugar, called glucose, to survive. Glucose is the number one food for the brain, and it's an extremely important source of fuel throughout the body. But there's no need to add glucose to your diet, because your body can make the glucose it needs by breaking down food molecules like carbohydrates, proteins, and fats.

Some sugars are found naturally in foods, such as fruits, vegetables, and milk. These are healthful additions to your diet. When you eat an orange, for instance, you're getting a lot of nutrients and dietary fiber along with the natural sugars. Although sugar itself isn't bad, sugar has a bad reputation that's mostly deserved because we consume too much of it. It's now in just about every food we eat. Experts agree that Americans eat and drink way too much sugar, and it's contributing to the obesity epidemic. Much of the sugar we eat isn't found naturally in food, but is added during processing or preparation.

About 15% of the calories in the American adult diet come from added sugars. That's about 22 teaspoons of added sugar a day. Sugars are usually added to make foods and drinks taste better. But such foods can be high in calories and offer none of the healthful benefits of fruits and other naturally sweet foods. Sugar-sweetened beverages like soda, energy drinks, and sports drinks are the leading source of added sugars in the American diet. Juices naturally contain a lot of sugar, but sometimes, even more is added to make them taste sweeter.

Several studies have found a direct link between excess sugar consumption and obesity and cardiovascular problems world-wide. Because of these harmful effects, many health organizations recommend that Americans cut back on added sugars.

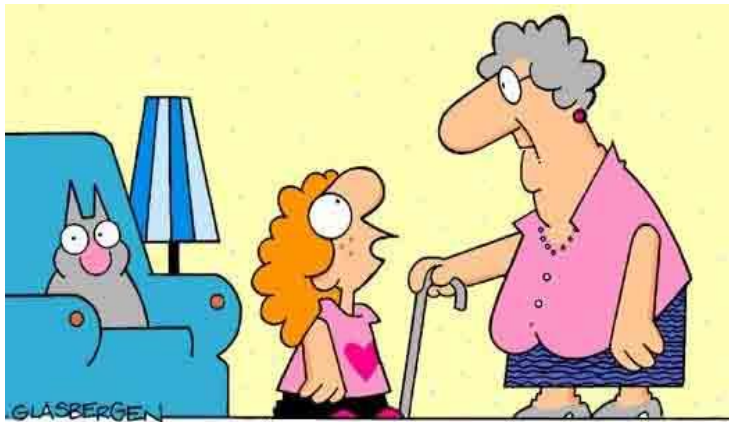
MAKING A DIFFERENCE

Dan McClure has been chosen the home delivery driver for the month of November. Dan and his wife, Helen Faye has been married for 54 years. He began driving for the Senior Center in 2002 after his retirement from the Ohio State University after 34 years of employment with them.

Dan and his wife moved to Morrow County from Columbus in 1978. They have 2 sons and 2 daughters, 14 grandchildren and 4 great-grandchildren.

When Dan is not giving of himself to the seniors of Morrow County as a volunteer home delivery driver, he says that he likes being a back yard mechanic and I am sure his family enjoys that also.

Dan, words can't express how much your many years of volunteering mean to the center and the many seniors you have served. It is great to have people like you willing to commit your time to such a great cause. **THANK YOU!**



“My teacher says little girls can grow up to be anything they choose! Why did you choose to be an old lady?”

MORROW CO. SENIOR CLUBS

Cardington Seniors

Friday, November 21st @ 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, November 18th @ 12 Noon
Selover Library, Chesterville
31 State Route 95
Susie Lyle 419-768-3431

Marengo/Fulton Seniors

Monday, November 3rd @ 9:00 AM
Breakfast on your own
Farmstead Restaurant
618 State Route 61, Marengo

Monday, November 17th @ 12 Noon
Carry-In Lunch
American Legion Post 710
1549 W. C R 26, Marengo
Joyce Taylor 419-253-0727

Sparta Good Time Seniors

Tuesday, November 18th @ 12:30 PM
Highland Pizza—your own cost
6530 State Route 229, Sparta
Dick Sears 419-768-2050

Mt. Gilead Seniors Club

Tuesday, November 18th @ 12 Noon
At Seniors on Center a reservation needed
Bring dessert. Marilyn Sipes 419-468-3500

MORROW CO. SENIOR CLUBS

Morrow County Retired Teachers

April, June, October & December
@ 11:30 AM Lunch provided by
Trinity UMC for \$10.00
75 E. High St, Mt. Gilead
Angie Hamilton 419-946-1417



Join us on Tuesday November 11th at noon to celebrate our November birthdays! Wishing the following a Very Happy Birthday:

Linda Ruehrmund
Mary Holtrey
Brenda Monk
David Beck
Ray Dietz
Joe Hamilton
Grove Rinehart
Cynthia Hammond

Florence Simmons
Martha Lee
Grace Sherman
Paula Wallace
Patricia Tolbert
Jim Cole
Arnold Adams
Shirley Ammons



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

Monday, November 3rd

Meal 5-6PM

Music by Country Travelers 6-8PM

Monday, November 10th

Music by Dick Starcher 6-8PM

Monday, November 17th

Meal 5-6PM

Open Mic 6-8PM

Monday, November 24th

Music by Country Travelers 6-8PM

** Band donations accepted **

EUCHRE AND BINGO

We have a great group of people that come in for an enjoyable afternoon of Euchre at the Center every Wednesday 12:30 Thursday 12 Noon.

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

Beltone at the Senior Center
November 18th 10am - Noon

No appointment necessary

Angela Schneider,
Hearing Care Practitioner

Thanksgiving Day Word Search

Thanksgiving is celebrated in October in Canada and in November in the United States.

WORD LIST

BOUNTY
CANADA
CELEBRATE
CEREMONY
CORN
CORNUCOPIA
EUROPEANS
FAMILY
GOD
HARVEST
HORN OF PLENTY
INDIANS
MONDAY
NEWFOUNDLAND
OCTOBER
PLENTY
PUMPKIN PIE
SHARING
STUFFING
THANKSGIVING
TURKEY
YAMS

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

Pasta salad isn't just for summer -- it's perfect for fall, too! Tonight, for a novel autumn meal, why not try this hearty Autumn Pasta Salad filled with rotisserie chicken, apples, and pears?

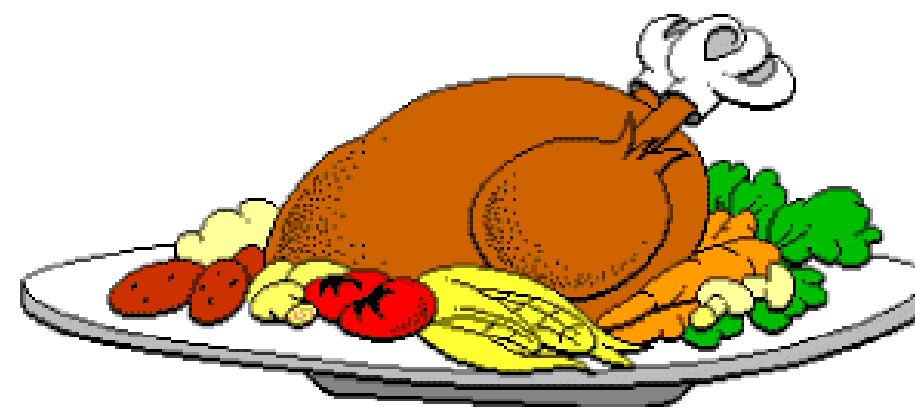
- 1 (8-ounce) package elbow macaroni or other small pasta shape
- 1 cup chopped cooked rotisserie chicken
- 1 cup chopped apples
- 1 cup chopped pears
- 1/2 cup dried cranberries
- 1/2 cup chopped celery
- 1/2 cup chopped candied walnuts
- 1 cup mayonnaise
- 3 tablespoons maple syrup
- 1 tablespoon apple cider vinegar
- 1 teaspoon salt

In a medium pot of boiling salted water, cook pasta to desired doneness; drain well and cool. (Rinse with cold water to cool quickly; drain well.)

In a large bowl, combine cooled pasta, the chicken, apples, pears, cranberries, celery, and candied walnuts; mix well.

In a small bowl, combine mayonnaise, maple syrup, vinegar, and salt; blend well. Pour mayonnaise mixture over pasta mixture; toss lightly then serve immediately.

Notes: If you're not serving this salad immediately, you may want to wait to add the pears and walnuts just before serving, so they stay nice 'n' crunchy. You can also add an additional 1/4 cup mayonnaise to moisten the salad just before serving.



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www.SquiglysPlayhouse.com



**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.

- 1. 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.
- 2. Cereals Breads, Pasta:** Hot cereal, cold cereal, rice, noodles, spaghetti, corn muffin mix, whole wheat crackers, sesame bread sticks, oatmeal cookies.
- 3. 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.
- 4. Milk and Milk products:** Non-fat dried or evaporated milk, pasteurized process cheese spread.
- 5. 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 flowing stations for closing announcements:

Radio: WMRN 94.3

WMVO 93.7 FM or 1300 AM

Television: WBNS channel 10

NBC channel 4

If home delivered meals are canceled, clients are asked to use a shelf stable meal that has been provided for them.



NOVEMBER 2ND

DON'T FORGET TO SET YOUR CLOCKS BACK!








AN OHIO POEM

It's winter in Ohio,
And the gentle breezes blow,
Seventy miles an hour,
At thirty-five below.

Oh, how I love Ohio,
When the snow's up to your butt,
You take a breath of winter air,
And your nose gets frozen shut.



Yes, the weather here is wonderful,
So I guess I'll hang around,
I could never leave Ohio
"Because I'm frozen to the ground!"

NOVEMBER ACTIVITY SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 9AM Marengo/Fulton Srs Breakfast 5PM Meal 6-8PM Music	4 10 AM Matter of Balance	5 11:45 AM Lunch 12:30 PM Euchre	6 9 AM Scioto Downs 12 Noon Euchre 	7 8 AM-4:30 PM Inside walking 11:45 AM Lunch 12:30PM Bible Study 
10 11:45 AM Lunch 6–8PM Music	11 CLOSED 	12 11:45 AM Lunch 12:30 PM Euchre	13 11:45 AM Lunch 12 Noon Euchre Christmas Shopping Trip	14 7AM Veterans meet at Kroger's parking lot 8 AM-4:30 PM Inside walking 11:45 AM Lunch 12:30PM Bible Study
17 11:45 AM Lunch 12Noon Marengo/ Fulton Carry-in Lunch 5PM Meal 6-8 PM Music	18 10 AM-12Noon Belton 11:45 AM Lunch 12 Noon Chesterville Srs Lunch 12 Noon Mt. Gilead Srs 12:30 Sparta Srs Lunch Surprise Trip!	19 11:45 AM Lunch 12:30 PM Euchre	20 12 Noon Euchre 9 AM Scioto Downs	21 8 AM – 4:30 PM Inside Walking 11:45 AM Lunch 12 NoonCardington Srs Lunch 12:30 PM Bible Study Maggie Clark's Open House
24 Bake Sale!!!! 11:45 AM Lunch 6-8 PM Music	25 11:45 AM Lunch 1-3 PM Bingo 	26 11:45 AM Lunch 12:30 PM Euchre	27 CLOSED FOR THANKSGIVING HOLIDAY 	28 CLOSED FOR THANKSGIVING HOLIDAY

NOVEMBER MENU

ONE DAY ADVANCE RESERVATIONS REQUIRED * SUGGESTED \$3.00 DONATION

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Pulled Pork Sandwich 3-Bean Salad Corn Orange Juice	4 Turkey Burger with Lettuce & Tomato Baked Beans Tropical Fruit	5 Chicken Drumstick Parslied Potatoes Broccoli Applesauce	6 Home Delivered Cold Meal Egg Salad/Cottage Cheese Applesauce Peaches Grape Juice The Center will be open, but will not be serving lunch.	7 Spaghetti Corn Tropical Fruit Orange Juice
10 Pork Chop Hashbrowns Creamed Corn Mandarin Oranges	11 CLOSED 	12 Cod Oven Brown Potatoes Carrots Cottage Cheese Mandarin Oranges	13 Roasted Turkey Sweet Potatoes Green Beans Tropical Fruit	14 Chicken Breast Brown Rice Broccoli Pears Banana
17 Chicken Noodle Casserole Carrots Applesauce Orange Juice	18 Pork Chop Sweet Potatoes Broccoli Watermelon	19 Roast Beef Oven Brown Potatoes Green Beans Mandarin Oranges	20 Home Delivered Cold Meal Deli Ham Tossed Salad Peaches Pineapple Juice The Center will be open, but will not be serving lunch	21 Fish Mashed Potatoes Peas Apple Juice
24 Roasted Turkey Parsley Potatoes Green Beans Orange	25 Salisbury Steak Mashed Potatoes Asparagus Strawberries	26 Shredded Chicken Sandwich Wedge Fries Pineapple Orange Juice	27 CLOSED FOR THANKSGIVING HOLIDAY 	28 CLOSED FOR THANKSGIVING HOLIDAY

MENU IS SUBJECT TO CHANGE