

SENIOR MOMENTS

MORROW COUNTY’S MONTHLY NEWSLETTER

June 2018

June is PTSD Awareness month.

After a traumatic event, most people have painful memories. For many people, the effects of the event fade over time. But for others, the memories, thoughts and feelings don't go away - even months or years after the event is over. Mental health experts are not sure why some people develop PTSD and others do not. If stress reactions do not improve over time and they disrupt everyday life, it is important to seek help to determine if PTSD is present. The purpose of PTSD Awareness Month is to encourage everyone to raise public awareness of PTSD and effective treatments. We can all help those affected by PTSD. Check out www.ptsd.va.gov for more information.

Seniors on Center

41 W. Center St.

Mt. Gilead, Ohio 43338

419-946-4191

Website: www.seniorsoncenter.org

Center Hours

Monday—Friday

8:00AM-4:30PM

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SERVICES PROVIDED THROUGH THE CENTER



BELTONE

Angela Thomas, Hearing Care Practitioner from Beltone will be at the Seniors on Center. Call the Center for day and times. No appointment necessary.



BLOOD PRESSURE

Sheryl Morris will be here every other Wednesday to perform blood pressure checks at 1pm.



MEDICARE

Marc Follin will be in to answer any questions about Medicare you may have June 14th from 1-3pm at Seniors on Center.



LEGAL AID

Karen McVay is available by appointment only to assist you in any legal questions you may have. Please give her a call and set up your appointment today 740-383-2161



HOME DELIVERED MEALS

A hot, well-balanced lunch is available daily to shut-ins living in Morrow County. Weekend and Holiday frozen meals are also available upon request.



LUNCH AT SENIORS ON CENTER

A hot lunch is served daily from 11:30am to 12:30pm. Reservations are required at least 24 hours in advance.



TRANSPORTATION

Handicapped accessible transportation for doctor appointments, beauty shop, grocery shopping, social activities, therapy, etc.. is available. Transportation for medical appointments outside the county can usually be arranged with a 48 hour notice.



HOMEMAKER

Light housekeeping

ACTIVITIES TO LOOK FORWARD TO!

LUNCH AND OUTINGS

This months our Lunch and Outing will be June 19th at the Mount Gilead State Park where we will be entertained by David Berry. So come and join us for a picnic style lunch at the State Park, and enjoy the music..

LUNCH AND LEARN

Join us June 20th for our Lunch and Learn, we will be learning about Identity Theft with Danielle Murphy from Consumer Education.. So join us for a wonderful lunch at the center and stay and learn about Identity Theft.



LADY'S NIGHT

Please join us for a fun filled night of Food, Shopping and Entertainment. June 12th from 5:00pm-8:00pm. Meal is at 5:00pm. Entertainment is Strut Your Stuff at 6:00pm. We will have multiple vendors for you to shop with. \$5.00 per person to reserve your spot. Please RSVP by June 8th.



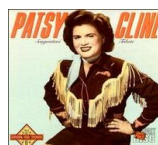
SCIOTO DOWNS

Our Casino trips have started again up. Join us on the second and fourth Thursday of each month for a trip to Scioto Downs. We will be leaving Kroger at 9:00am, arriving at 10:00am and will be leaving Scioto Downs at 3:00pm and arriving home around 4:00pm. \$15.00 for members, \$20.00 for non-members. We hope you will join us.

COLUMBUS CLIPPERS



Join us June 25th for Dime a Dog Night at the Columbus Clippers Game. We Will be leaving Kroger at 5:30pm and arriving at 7:00pm. Tickets are \$20.00 for members and \$25.00 for non-members. Stop on in and get your spot reserved. Hope to catch you there.



PATSY CLINE

We will be going to lunch and a show at the Der Dutchman Restaurant in Plain City. Kathleen Bressler will be delighting us with her heartfelt tribute to the late Patsy Cline. This event takes place on July 12th and we will be leaving Kroger's @ 9:30am. Tickets are \$60.00 for members and \$65.00 for non-members. A non refundable deposit of \$10.00 is due at the time you make your reservation.



OHIO STATE FAIR SENIOR DAY

Join us for a trip to the Ohio State Fair for Senior Day. Tuesday July 31st the cost will be \$4.00 for admission and a suggested donation of \$5.00 for transportation. We will be leaving Kroger's at 9:00am and leaving down there about 2:30pm. Please call and reserve your spot by June 29th.

MEN'S DAY

Join us at the Seniors on Center June 14th from 10:00-12:30am for a fun filled morning with a Corn hole tournament, and lunch at the center. We will have prizes for 1st, 2nd, and 3rd place winners. We are looking forward to seeing you .

NUTRITION NEWS & TRANSPORTATION

Please note if you are calling for a meal you will need to call the day before by 1:00pm. If you are calling for a meal for music on Monday night you need to call on Friday by 1:00pm. Thank You

It is also very important that you cancel your meal by 1:00pm the day before your delivery. We know emergencies happen, but please let us know as soon as you can so we can take you off the route for the day.

We cannot leave a meal if you are not home

Starting June 1st the transportation coordinator will be in her office half days for the length of the summer. Please call between 8am and noon to schedule transportation.

Also there are going to be some changes made to the polices for our out of town trips. Please call and talk to Jessica about the new polices being set. Thank you for your cooperation.

MORROW COUNTY SENIOR CLUBS AND OTHER ACTIVITIES

CARDINGTON SENIORS

FRIDAY, JUNE 22ND AT 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, JUNE 12TH, AT 12 NOON
SELOVER LIBRARY, CHESTERVILLE
31 STATE ROUTE 95
SUZI LYLE 419-768-3431



SPARTA GOOD TIMES SENIORS

TUESDAY, JUNE 19TH AT 12:30PM HIGHLAND
PIZZA—YOUR OWN COST 6530 STATE ROUTE
229, SPARTA DICK SEARS 419-768-2050

MT GILEAD SENIORS CLUB

TUESDAY, JUNE 19TH AT 12 NOON
AT SENIORS ON CENTER,
RESERVATIONS NEEDED. BRING DESSERT
MARILYN SIPES 419-468-3500

MARENGO/FULTON SENIORS

BREAKFAST AT FARMSTEAD MONDAY
JUNE 4TH AT 9AM,
PONDEROSA
MONDAY JUNE 18TH AT 12 NOON
JOYCE TAYLOR 419-253-0727



EUCHRE

EVERY THURSDAY STARTING AT
NOON, JOIN US FOR A PROGRES-
SIVE GAME OF EUCHRE.



SILVER SNEAKERS

THIS EXERCISE CLASS IS HELD EVERY MONDAY,
WEDNESDAY, AND FRIDAY FROM 9-10AM

CRAFT CLUB

EVERY MONDAY YOU CAN COME IN AND DO A
NEW AND FUN CRAFT AT 10AM



MUSIC AND MEAL

THE 1ST, 2ND, 3RD, & 4TH MON-
DAY OF EACH MONTH, WE HAVE A MEAL WITH
MUSIC TO FOLLOW THIS STARTS AT 5:00PM
PLEASE CALL FRIDAY BY 1:00PM TO RESERVE
YOUR SPOT.

BINGO

COME IN ON THE 1st, 2nd, & 4th TUESDAYS
FROM 1-3PM FOR A FANTASTIC GAME OF BINGO

BIBLE STUDY

EVERY FRIDAY YOU CAN COME IN A LEARN MORE
ABOUT THE BIBLE WITH OUR BIBLE
STUDY GROUP @ 12:30





DINNER AND BINGO

THE FIRST WEDNSDAY OF EACH MONTH FROM
4:30-6:30PM WE WILL BE DOING DINNER WITH A
GAME OF BINGO TO FOLLOW. SO CALL BY
1:00PM ON TUESDAY AND RESERVE YOUR SPOT

JUNE 2018 MENU				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Roast Beef Mashed Potatoes Beets Applesauce Pudding Roll Milk
4 Stuffed Peppers String Cheese Fruit Cocktail Bread Graham Crackers Milk	5 Chicken Pot Pie Broccoli Pears Fruit Juice Biscuit Milk	6 Salisbury Steak Mashed Potatoes Carrots Apples Muffin Milk	7 Shredded Beef Vegetable Soup Tossed Salad Peaches Bun Milk	8 Pork Cutlet Mixed Vegetables Cole Slaw Pineapple Animal Crackers Bread Milk
11 Beef Stew Cauliflower and Peas Grape Juice Biscuit Bread Milk	12 Meatloaf Peas Mashed Potatoes Peaches Animal Crackers Bread Milk	13 Chicken Breast Scalloped Potatoes Carrots Pineapple Bread Mini Sandies Milk	14 Veal Stuffed Pepper Soup Tossed Salad Oranges Bun Milk	15 Breakfast Sausage Hash Browns Apple Juice Strawberries French Toast Animal Crackers Milk
18 Ham Green Beans Sweet Potatoes Mixed Fruit Animal Crackers Bread Milk	19 Walking Taco Shredded Lettuce Diced Tomatoes Peaches Doritos Mexican Brown Rice Milk	20 Chicken Leg Broccoli Red Skin Potatoes Fruit Cocktail Bread Cookie Milk	21 Egg Salad Chicken Noodle Soup Tossed Salad Tomatoes Oranges Bun Milk	22 Lasagna Grape Juice Mixed Vegetables Pears & Blue Berries Bread Milk
25 Chicken Breast Sliced Potatoes Succotash Apples Muffin Milk	26 Salisbury Steak Mashed Potatoes Cauliflower Peas Oranges Bread Milk	27 Pulled Pork Scalloped Potatoes Cole Slaw Pineapple Roll Milk	28 Shredded Beef Split Pea Soup Tossed Salad Melon Bun Milk	29 Macaroni & Cheese Applesauce Northwest Vegetable Blend Orange Juice Bread Milk
6 LUNCH IS SERVED DAILY FROM 11:30-12:30. PLEASE NOTE MENU IS SUBJECT TO CHANGE.				

JUNE EVENTS AND IMPORTANT DATES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 9-10AM SILVER SNEAKERS 12:30PM BIBLE STUDY GAMES
4 9-10AM SILVER SNEAKERS 10AM CRAFT CLUB 5:00PM MEAL, MUSIC BY THE COUNTRY TRAVERLS TO FOLLOW LAST DAY TO RSVP FOR COLUMBUS CLIPPERS	5 9AM ROUND TABLE 1-3PM BINGO WORLD ENVIRONMENT DAY	6 9-10AM SILVER SNEAKERS 1:30 GAMES 4:30-6:30PM BINGO WITH PAM KUDD	7 NOON EUCHRE NATIONAL CHOCOLATE ICE CREAM DAY	8 9-10AM SILVER SNEAKERS 12:30PM BIBLE STUDY GAMES WORLD OCEAN DAY
11 9-10AM SILVER SNEAKERS 10AM CRAFT CLUB 5:00PM MEAL, MUSIC BY MONDAY NIGHT RAMBLERS TO FOLLOW	12 9AM ROUND TABLE NOON BIRTHDAY PARTY NOON CHESTERVILLE SENIORS MEET @ THE SELOVER LIBRARY 5-8PM LADY’S NIGHT	13 9-10AM SILVER SNEAKERS 1PM FREE BLOOD PRES-SURE CHECK 1:30 GAMES	14 NOON EUCHRE 9AM SCIOTO DOWNS CASINO TRIP 10-11:30AM FATHERS DAY CORNHOLE TOURNAMENT	15 9-10AM SILVER SNEAKERS 12:30PM BIBLE STUDY GAMES NATURE PHOTOGRAPHY DAY
18 9-10AM SILVER SNEAKERS 10AM CRAFT CLUB NOON MARENGO CARRY IN @AMERICAN LEGION 5:00PM MEAL, MUSIC BY OPEN MIC TO FOLLOW	19 9AM ROUND TABLE 11:30 LUNCH AND OUT-ING TO THE STATE PARK WITH DAVID BERRY FOR ENTERTAINMENT 12:300M SPARTA GOOD TIME SENIORS MEET @ HIGHLAND PIZZA 1-3PM BINGO	20 9-10AM SILVER SNEAKERS 11:30 LUNCH AND LEARN IDENITY THEFT WITH DANIELLE MURPHY FROM COMSUMER EDUCATION 1:30 GAMES	21 NOON EUCHRE SUMMER BEGINS	22 9-10AM SILVER SNEAKERS NOON CARDINGTON SENIORS MEET @ SEN-IORS ON CENTER 12:30PM BIBLE STUDY GAMES
25 9-10AM SILVER SNEAKERS 10AM CRAFT CLUB 5:00PM MEAL, MUSIC BY THE COUNTRY TRAVERLS TO FOLLOW COLUMBUS CLIPPERS DIME A DOG NIGHT LEAVING KROGERS @ 5:30PM	26 9AM ROUND TABLE 1-3PM BINGO NATIONAL CHOCOLATE PUDDING DAY	27 9-10AM SILVER SNEAKERS 1PM FREE BLOOD PRES-SURE CHECK 1:30 GAMES	28 NOON EUCHRE 9AM SCIOTO DOWNS CASINO TRIP NATIONAL HANDSHAKE DAY	29 9-10AM SILVER SNEAKERS 12:30PM BIBLE STUDY GAMES LAST DAY TO RSVP FOR OHIO STATE FAIR

OTHER INFORMATION

VOLUNTEER

STARTING IN JULY WE ARE GOING TO BE SPOTLIGHTING ONE OF OUR VOLUNTEERS FROM THE SENIORS ON CENTER. SO IF YOU ARE A VOLUNTEER FOR THE SENIORS ON CENTER PLEASE COME AND SEE ME AT THE FRONT WINDOW AND I WILL GIVE YOU AN INFORMATION SHEET WE WILL NEED FILLED OUT WITH YOUR INFORMATION. THANK YOU FOR YOUR SERVICE.



PHOTOS



Phylis Miller talking to us about the Morrow County Historical Society



We had a visitor at the Rummage Sale the beginning of May




Mother's day at the center was a hit. Thank you to Kroger's store manager Mark Croswithe and co manager Bobby Ballou for the beautiful flowers for all the lovely ladies here at the center, also a big Thank you to Leann Exline from Kroger's for showing us how to decorate beautiful cookies.

HAPPY BIRTHDAY

JOIN US ON TUESDAY JUNE 12TH, AT NOON TO CELEBRATE THIS MONTHS BIRTHDAYS!

Annette Johnson	John Bumgardner
George Johnson	Effie Spaulding
Paul Stiffler	Lillian Whited
Janet Dowalter	Rosemary Brown
Rosalie Monroe	Luella Powell
Pearl Irwin	Joyce Whitt
Linda Butterman	Thomas Ray
Howard Gompf	Jan Johnson
Harriet Gompf	Jeannette Butterman
June Shafer	Irene Gould
Eugene David	Charlotte Bradford
June Bumgardner	



Clara Morgan

Carolyn Baldwin

Helen Collins

NEW MEMEBERS

Paul Collins

James Fisher

John Baker

Dottie Cooper

McAvoy

Clara McClenathan

1. Alaska is simultaneously the most northern, western and eastern state in the U.S.
2. For every human on Earth there are 1.6 million ants.
3. In England in 1880 “pants” was considered a dirty word.
4. You burn more calories sleeping than you do watching television.
5. A mole can dig a tunnel that is 300 feet long in only one night.
6. To produce a single pound of honey, a single bee would have to visit 2 million flowers.
7. Every year more than 2500 left handed people are killed from using right handed products.
8. The current U.S. flag was designed by Robert G. Heft who was 17 years old at the time. He lived in Ohio and designed it for a school project. He got a B-.

JUST FOR FUN!

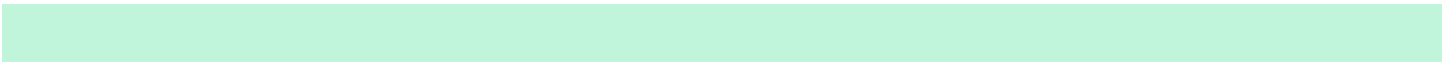
Fathers Day.

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

HANDSOME
WISE
HONEST
LOVING
ADORABLE
GENTLE
DEDICATED
CLEVER
TEACHER
GENEROUS
DEVOTED
MENTOR
CARING
STRONG
KIND

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 SERVICES FOR OLDER CITIZENS, INC.
419.946.4191 * 419.946.1037 facsimile
Website:

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.