

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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**MT. GILEAD, OH 43338**  
**PERMIT #14**

# 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](http://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.



**OCTOBER**  
**2014**  
**ISSUE**

## UPCOMING EVENTS

### Thursday – October 16<sup>th</sup>

Amish Trip – Leave Kroger's at 8:30 AM - We will stop at Smucker's Jam and Lehman's Hardware and the craft mall in Berlin. Get your reservations in early. This trip fills up fast. Suggested donation for non- members \$10.00 and members \$8.00.



### Tuesday – October 21<sup>st</sup>

Flu shot day! The Health Department will be at the Senior Center and the Selover Library (Chesterville Senior Lunch) from 11:00am to 1:00pm to provide your annual flu shot.



### Tuesday – October 28<sup>th</sup>

Halloween Party at Baker Street Apartment. Lunch at 12:00 noon – Come for some fun and stories.



Scioto Downs Casino  
Columbus, Ohio  
October 9<sup>th</sup> and 23



**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**

### ATTENTION ALL VETERANS

**Thursday – November 14<sup>th</sup>** – A trip to the National Museum of the United States Air Force in Dayton has been planned for you. We will be leaving the Kroger parking lot at 7:00 am and stop for breakfast on the way. In honor of your service to your country, we are providing free transportation and admission is free. If you are in need of assistance, please bring someone with you that can help. Call the Center (419-946-4191) by November 7<sup>th</sup> to make reservations. Meals will be on your own.



### **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

### **Congratulations to Jean Smith, 2014 Morrow County Senior of the year.**



Jean is a retired school nurse who served many years in the Cardington-Lincoln Local Schools and other Morrow and Marion County schools. Jean was passionate that children receive the best health care possible. That passion was unmistakable when observing her interactions with children and when she was educating faculty and staff on specific health concerns. She continues to use her nursing skills volunteering at church camps and as a first responder when called upon by the Red Cross in crisis areas. In the summer of 2013, Jean responded – in wading boots-with water and supplies to flooded regions in Iowa.

In addition to her volunteer work, Jean has been instrumental in sponsoring and facilitating Maxwell Park established to be used as a bike path and walkway along the waterfront in Cardington. Jean and her husband, Larry, frequently walk the path.

**MAKING A DIFFERENCE**

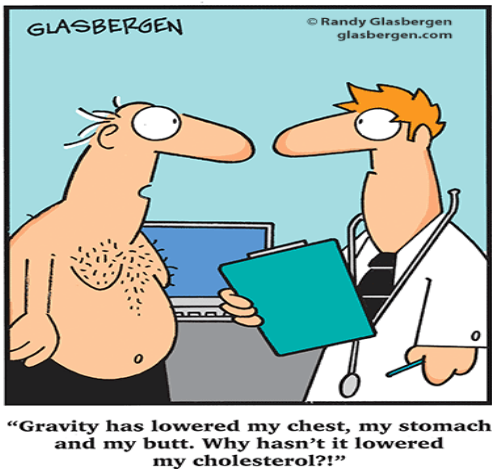
**Floyd Hawk has been chosen the home delivery driver for the month of October. Floyd and his wife, June has been married for nearly 59 years. He began driving for the Senior Center in 2004. He is the father of 2 sons, 2 daughters, 4 granddaughters and 3 grandsons. His first great-grandchild is due in November.**

**Floyd graduated from Edison High School. While in school he played both basketball and baseball.**

**After serving his country in the United States Army, Floyd went to work for Big Bear Super Market and Geyers Super Value as Assistant Manager and Manager.**

**He is now a member of the Edison United Methodist Church where he is the custodian. He keeps busy with his hobby, cutting wood and delivering meals to our seniors.**

**Thank you, Floyd for your faithfulness to the Morrow County Seniors. The Center truly appreciates all that you have done and continue to do.**



**MORROW CO. SENIOR CLUBS**

**Cardington Seniors**

Friday, October 24<sup>th</sup> @ 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, October 21<sup>st</sup> @ 12 Noon  
Selover Library, Chesterville  
31 State Route 95  
Susie Lyle 419-768-3431

**Marengo/Fulton Seniors**

Monday, October 6<sup>th</sup> @ 9:00 AM  
Breakfast on your own  
Farmstead Restaurant  
618 State Route 61, Marengo

Monday, October 20<sup>th</sup> @ 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, October 21<sup>st</sup> @ 12:30 PM  
Highland Pizza—your own cost  
6530 State Route 229, Sparta  
Dick Sears 419-768-2050

**Mt. Gilead Seniors Club**

Tuesday, October 21<sup>st</sup> @ 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  
Monday, October 6<sup>th</sup> @ 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 October 14<sup>th</sup> at noon  
to celebrate our October birthdays!  
Wishing the following a  
Very Happy Birthday:

Jean LaRoche  
Frances Turner  
Ethel Styer  
Ilena Sturgeon  
Joseph Jones  
Janet Poppell  
Frederica Turner  
Mary Ann Trimmer  
Carol Davidson  
Maria Parella  
Donald Myers  
Judi Myers  
Dianne Matuch

Deb Ruth  
Pauline Collins  
Betty Ritchey  
Karen Varner  
David Barler  
Bethel Payne  
Deborah Shiflet  
Ted Long  
Neil Rogers  
Ray Buckel  
Mary Hamilton  
Dorothy Lee



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

Monday, October 6<sup>th</sup>

Meal 5-6PM

Music by Country Travelers 6-8PM

Monday, October 13<sup>th</sup>

NO MUSIC - CLOSED

Monday, October 20<sup>th</sup>

Meal 5-6PM

Open Mic 6-8PM

Monday, October 27<sup>th</sup>

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  
October 21<sup>st</sup> 10am - Noon

No appointment necessary

Angela Schneider,  
Hearing Care Practitioner

October is Apple Month  
Here is an Apple recipe for you to try and enjoy!  
Bon Appetite  
APPLE CAKE

Prep Time: 25 minutes Cook Time: 1 hour

INGREDIENTS:

Cooking spray 1 teaspoon salt  
3 cups all-purpose flour ½ teas. Baking soda  
2 cups white sugar 1 teas. Vanilla extract  
¾ cup vegetable oil 1 teas. Ground cinnamon  
3 eggs 4 apples – peeled, cored and chopped

DIRECTIONS:

1. Preheat an oven to 350 degrees
2. Spray a 9x19-inch baking pan with cooking spray.
3. Combine flour, sugar, oil, eggs, salt, baking soda, vanilla extract, and cinnamon in a large bowl, mix well.
4. Stir in chopped apples until just combined
5. Pour batter into the prepared baking pan.
6. Bake in the preheated oven until a tooth pick inserted into the center comes out clean, about 1 hour.

SURPRISE LUNCHES

Just a small hint about our October Lunch Surprise.

October is the Celebration of Apples Month.

You will want to be here for lunch to find out what kind of Apple surprise we have for you!



CANDY CATCH PHRASES TRIVIA GAME

- 1 “Mr. Owl, how many licks does it take to get to the center of a \_\_\_\_\_.”
2. “Taste the rainbow”.
- 3 “Gimmie a break, gimmie a break, break me off a piece of that \_\_\_\_\_.”
4. “Double your pleasure, double your fun.”
5. “Two, two, two mints in one.”
6. “The Great American Chocolate Bar”
7. “It’s a lollypop without a stick.”
8. “The milk chocolate melts in your mouth, not in your hand.”
9. “Sometimes you feel like a nut, sometimes you don’t.”
10. “Fresh goes better with \_\_\_\_\_, fresh and full of life.”
11. “The taste is gonna move ya.”
12. “Whatever it is I think I see, becomes a \_\_\_\_\_to me!”
13. “What a crunchy, chewy bar you are.”
- 14 “One is the loneliest number that you’ll ever do.
15. “All the world loves \_\_\_\_\_.”

1. Tootsie Pop 2. Skittles 3. Kit Kat Bar 4. Doublemint Gum 5. Certs 6. Hershey’s 7. Ring Pop 8. M&M’s 9. Almond Joy, Mounds 10. Mentos 11. Juicy Fruit Gum 12. Tootsie Roll 13. \$100 Grand Bar 14. Twix Bar 15. M&M’s

Morrow County Services for Older Citizen’s, Inc.  
41 W. Center Street  
Mt. Gilead, OH 43338  
419-946-4191 or 419-946-6702

Services for the 60+ population:

**Congregate Meal:** a hot meal at the Center, Monday, Tuesday, Wednesday and Friday serving from 11:45 am until 12:30 pm. RSVP the day before, with a donation expected. Meals for anyone under 60 would be a \$5.00 charge.

**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 on request. Donations are expected.

**Transportation:** Handicapped accessible transportation and escort service to work, doctor, appointments, beauty shop, grocery shopping social activities, etc. is available. Out of county medical appointments can be arranged with a 48 hour notice. Please call in advance to schedule your transportation needs. Donations are expected.

**Information and referral:** Trained staff to refer those that need assistance to the proper agencies. These services are funded by the Ohio District 5 Area Agency on Aging. Other services offered by them include: ADRN, Personal Care Homemaker, Caregiver Assistance, Adult Day Services, Energy Assistance, Minor Home Modification, Long-Term Care Planning, Housing Options, Safety Monitoring, Chore, Prescription Drug Assistance, Long-Term Care Ombudsman and HEMEN. – for more information on these services, please call (800) 860-5799.

Seniors on Center also provides:

**Homemaker:** We provide light housekeeping chores on a weekly basis. The charge for this service is \$5.00 per hour.

Ohio Benefit Bank – Counselors on staff to assist clients with eligibility for HEAP, Food Assistance Program, Medicaid and other various services.

Hearing Exams

Health Education

Golden Buckeye Applications

Commodities – monthly

Exercise – indoor walking

Lending library & movie delivery to shut-ins

Bible Study

Monday Night Music

Travel Club

Speakers Bureau

Birthday Parties

Monthly senior club meetings

Card playing

Wii Games

Board Games

Volunteer Opportunities (Office, Social, H.D. Meal delivery)

Matter of Balance

HEAP  
HOME ENERGY ASSISTANCE PROGRAM

A federally funded program designed to help eligible Ohioans meet the rising cost of home heating this winter.

\*Eligibility

A household whose total income is at or below 175 percent of the 2015 federal poverty guidelines may be eligible. Guidelines are listed below:

\*Size of Household

1 person	\$20,422.50
2 persons	\$27,527.50
3 persons	\$34,632.50
4 persons	\$41,737.50
5 persons	\$48,842.50
6 persons	\$55,947.50
7 persons	\$63,052.50
8 persons	\$70,157.50

For households with more than eight members, add \$7,105 for each individual




For more information, visit our website at [energyhelp.ohio.gov](http://energyhelp.ohio.gov) or call toll free (800) 282-0800 or (614) 644-6600 in Franklin County. Hearing-impaired applicants with a telecommunications device for the deaf (TDD) can call toll free (800) 686-1557 or (614) 752-888 in Franklin County.

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NOVEMBER 2<sup>ND</sup>  
DON'T FORGET TO SET YOUR CLOCKS BACK!

# OCTOBER ACTIVITY SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 11:45 AM Lunch 12:30 PM Euchre	2 11:45 AM Lunch 12 Noon Euchre 	3 8 AM-4:30 PM Inside walking 11:45 AM Lunch 12:30PM Bible Study
6 9AM Marengo/Fulton Srs Breakfast 11:30 MC Retired Teachers Lunch 11:45 AM Lunch  5PM Meal 6–8PM Music	7 10 AM Matter of Balance 11:45 AM Lunch 1-3 PM Bingo 	8 11:45 AM Lunch 12:30 PM Euchre	9 9 AM Scioto Downs 12 Noon Euchre	10 8 AM-4:30 PM Inside walking 11:45 AM Lunch 12:30PM Bible Study
13  CLOSED  COLUMBUS DAY!	14 10 AM Matter of Balance 11:45 AM Lunch	15 11:45 AM Lunch 12:30 PM Euchre	16 12 Noon Euchre Amish Trip – Meet at Kroger's 8:30	17 8 AM – 4:30 PM Inside Walking 11:45 AM Lunch 12:30 PM Bible Study 
20 11:45 AM Lunch 12Noon Marengo/ Fulton Carry-in Lunch  5PM Meal 6-8 PM Music	21 10 AM-12Noon Beltone 10 AM Matter of Balance 11:00 -1:00 Flu shots 11:45 AM Lunch 12 Noon Chesterville Srs Lunch 12 Noon Mt. Gilead Srs 12:30 Sparta Srs Lunch 1-3 PM Bingo	22 11:45 AM Lunch 12:30 PM Euchre	23 9 AM Scioto Downs 12 Noon Euchre  12:30 PM Board Mtg.	24 8 AM – 4:30 PM Inside Walking 11:45 AM Lunch 12:30 PM Bible Study Noon - Cardington Seniors Luncheon
27 11:45 AM Lunch 6-8 PM Music	28 10 AM Matter of Balance 12:00 Halloween Party – Baker St. Apts. 11:45 AM Lunch	29 11:45 AM Lunch 12:30 PM Euchre	30 12 Noon Euchre	31 8 AM – 4:30 PM Inside Walking 11:45 AM Lunch 12:30 PM Bible Study

# OCTOBER MENU

ONE DAY ADVANCE RESERVATIONS REQUIRED \* SUGGESTED \$3.00 DONATION

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>MENU IS SUBJECT TO CHANGE</div>		1 Shredded Chicken Sandwich Wedge Fries Pineapple Orange Juice	2 Home Delivered Cold Meal Turkey Sandwich Fruit Salad Cranberry Juice  The Center will be open, but will not be serving lunch.	3 Savory Chicken Mashed Potatoes Mixed Vegetables Cantaloupe
6 Chicken Drumstick Parslied Potatoes Broccoli Applesauce	7 Turkey Burger with Lettuce & Tomato Baked Beans Tropical Fruit	8 Pulled Pork Sandwich 3-Bean Salad Corn Orange Juice	9 Home Delivered Cold Meal Egg Salad/Cottage Cheese Applesauce Peaches Grape Juice  The Center will be open, but will not be serving lunch.	10 Spaghetti Corn Tropical Fruit Orange Juice
13  CLOSED –  COLUMBUS DAY	14 Roasted Turkey Sweet Potatoes Green Beans Tropical Fruit	15 Cod Oven Brown Potatoes Carrots Cottage Cheese Mandarin Oranges	16 Pork Chop Sweet Potatoes Broccoli Watermelon	17 Chicken Breast Brown Rice Broccoli Pears Banana
20 Roast Beef Oven Brown Potatoes Green Beans Mandarin Oranges	21 Fish Mashed Potatoes Peas Apple Juice	22 Pork Chop Sweet Potatoes Broccoli Watermelon	23Home Delivered Cold Meal Ham Tossed Salad Peaches Pineapple Juice  The Center will be open, but will not be serving lunch	24 Chicken Noodle Casserole Carrots Applesauce Orange Juice
27 Roasted Turkey Parsley Potatoes Green Beans Orange	28 Salisbury Steak Mashed Potatoes Asparagus Strawberries	29 Shredded Chicken Sandwich Wedge Fries Pineapple Orange Juice	30 Home Delivered Cold Meal Turkey Sandwich with Lettuce & Tomato Fruit Salad Cranberry Juice The Center will be open, but will not be serving lunch	31 Savory Chicken Mashed Potatoes Mixed Vegetables Cantaloupe