

# SENIOR MOMENTS

## MORROW COUNTY'S MONTHLY NEWSLETTER



National Preparedness Month (NPM), recognized each September, provides an opportunity to remind us that we all must prepare ourselves and our families now and throughout the year. This NPM will focus on planning, with an overarching theme: Disasters Happen. Prepare Now. Learn How.

Take time to learn lifesaving skills – such as CPR and first aid, check your insurance policies and coverage for the hazards you may face, such as flood, earthquakes, and tornados. Make sure to consider the costs associated with disasters and save for an emergency. Also, know how to take practical safety steps like shutting off water and gas.

Here is a list of some of the things you can do is.

- \*Put together a plan
- \*Consider specific needs of your household
- \*Fill out a family emergency plan
- \*Practice your plan with your family/household

For more information visit [www.ready.gov](http://www.ready.gov)

### INSIDE THIS ISSUE:

<b>SERVICES PROVIDED</b>	<b>PAGE 2</b>
<b>ACTIVITIES TO LOOK FORWARD TO</b>	<b>PAGE 3</b>
<b>NUTRITION AND TRANSPORTATION</b>	<b>PAGE 4</b>
<b>CLUBS AND ACTIVITIES</b>	<b>PAGE 5</b>
<b>MENU</b>	<b>PAGE 6</b>
<b>ACTIVITY CALENDAR</b>	<b>PAGE 7</b>
<b>VOLUNTEER OF THE MONTH</b>	<b>PAGE 8</b>
<b>PHOTOS</b>	<b>PAGE 9</b>
<b>HAPPY BIRTHDAY</b>	<b>PAGE 10</b>
<b>JUST FOR FUN</b>	<b>PAGE 11</b>
<b>BOARD OF DIRECTORS</b>	<b>BACK</b>



"Wake up. The cat's got your teeth."

## 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.



### MEDICARE

Marc Follin will be in to answer any questions about Medicare you may have September 6th 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 OUTING

Mount Gilead State Park September 18th. Lunch will start at 11:30am. We will then be doing karaoke after lunch.

### LUNCH AND LEARN

Please join us September 28th for our lunch and learn with Cindy Bright from Schmidt Security to learn about life alert button's

### MEDICARE

Join us September 11th at 12:00pm noon. When David Painter will be here to talk to us about Medicare.

### INTRODUCTION TO WOODWORKING



Join us Wednesday September 19th from 11:00am to 12:00pm for our first beginner woodworking class. Please call or stop in to sign up for this and lunch.

### MARION POPCORN FESTIVAL

Join us September 6th for the Marion Popcorn Festival. The Bus will be leaving Kroger's at 10:00 am and will leave about 3:00 pm.. Suggested donation for transportation is \$5.00.

The line up for this day is  
11:00am-12:00pm Health Fair

12:00pm-1:30pm Bingo

2:00pm-4:00pm Tribute Band

This is inside an air conditioned pavilion for seniors only.



### SENIORS ON CENTER LIBRARY

Come on into the center and look through our wonderful book selection. You can borrow or even keep the book if you really enjoy it.. So come on in and we will point you in the right direction

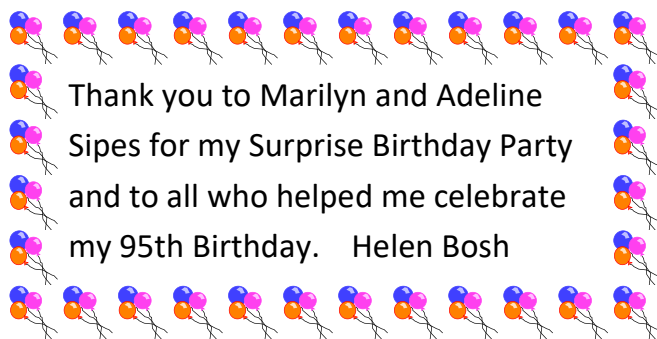


### SCIOTO DOWNS

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.

### POSITIVE AGING EXPO

September 27th Enjoy a day at the Richland County Fairgrounds for the positive aging expo. There will be entertainment by Randy Velez, Bingo, door prizes and lunch . Bus will leave Kroger at 8:15am. Suggested donation of \$5.00 for transportation. Seats are limited so please call today and reserve your seat.



Thank you to Marilyn and Adeline Sipes for my Surprise Birthday Party and to all who helped me celebrate my 95th Birthday. Helen Bosh

## 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 September 5th the transportation coordinator will be in her office from 9am till 3pm Please call between these hours to schedule transportation.



## MORROW COUNTY SENIOR CLUBS AND OTHER ACTIVITIES

### CARDINGTON SENIORS

FRIDAY, SEPTEMBER 28TH, 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, SEPTEMBER 11TH, AT 12 NOON  
SELOVER LIBRARY, CHESTERVILLE  
31 STATE ROUTE 95  
SUZI LYLE 419-768-3431



### SPARTA GOOD TIMES SENIORS

TUESDAY, SEPTEMBER 18TH, AT 12:30PM  
HIGHLAND PIZZA—YOUR OWN COST  
6530 STATE ROUTE 229, SPARTA  
DICK SEARS 419-768-2050

### MT GILEAD SENIORS CLUB

TUESDAY, SEPTEMBER 18TH, AT 12 NOON  
AT SENIORS ON CENTER,  
RESERVATIONS NEEDED. BRING DESSERT  
MARILYN SIPES 419-468-3500

### MARENGO/FULTON SENIORS

BREAKFAST AT FARMSTEAD MONDAY  
SEPTEMBER 4TH (TUES), AT 9AM,  
AMERICAN LEGION HALL  
1549 COUNTY RD 26, MARENGO, OH  
MONDAY SEPTEMBER 17TH, 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 8:45-10AM

### 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, & 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 WEDNESDAY 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

## SEPTEMBER 2018 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Closed in Observation of Labor Day	4 Sausage Patties Diced Potatoes Apple Juice Strawberries Muffin Animal Crackers Milk	5 Roast Beef Mashed Potatoes Carrots Pineapple Pudding Bread Milk	6 Shredded Chicken Corn Chowder Salad Peaches Bun Milk	7 Lasagna Grape Juice Mixed Vegetables Applesauce Bread Milk
10 Ham Scalloped Potatoes Green Beans Pineapple Roll Milk	11 Gilled Chicken Breast Baked Beans Broccoli Grape Juice Bread Mini Sandies Milk	12 Macaroni and Cheese Green Beans California Blend Orange Juice Bread Milk	13 Shredded Beef Mediterranean White Bean Soup Salad Peaches Bun Milk	14 Turkey Breast Sliced Potatoes Succotash Tropical Fruit Pudding Bread Milk
17 Farm House Chicken and Noodles Over Mashed Potatoes Carrots Peaches Bread Milk	18 Pasta Bake Green Beans Corn Grapes Garlic Bread Milk	19 Meatloaf Mashed Potatoes Succotash Grape Juice Bread Mini Sandies Milk	20 Burger Chili Salad Peaches Bun Milk	21 Maple Sausage Wrap Diced Potatoes Strawberries Tropical Fruit Milk
24 Beef Stroganoff Broccoli Strawberry Kiwi Juice Grapes Bread Milk	25 Shredded Chicken Over Biscuit Red Skin Potatoes Peas and Carrots Peaches Milk	26 Stuffed Peppers String Cheese Sliced Potatoes Apples Graham Crackers Bread Milk	27 Peanut Butter and Jelly String Cheese Chicken Noodle Soup Oranges Salad Milk	28 Salisbury Steak Mashed Potatoes Green Beans Pears Roll Pudding Milk
				

**6 LUNCH IS SERVED DAILY FROM 11:30-12:30. PLEASE NOTE MENU IS SUBJECT TO CHANGE.**

## SEPTEMBER EVENTS AND IMPORTANT DATES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: center;">3 CLOSED IN OBSERVATION OF LABOR DAY</p>	<p style="text-align: center;">4 9AM ROUND TABLE  9AM MARENGO/ FULTON SENIORS MEET @ FARMSTEAD  1-3PM BINGO  NEWSPAPER CARRIER DAY</p>	<p style="text-align: center;">5 8:45-10 AM SILVER SNEAKERS  1:30 GAMES  4:30-6:30PM BINGO WITH OHIOANS HOME HEATH</p>	<p style="text-align: center;">6 10AM-3PM MARION POPCORN FESTIVAL TRIP R.S.V.P.  NOON EUCHRE  READ A BOOK DAY</p>	<p style="text-align: center;">7 8:45-10AM SILVER SNEAKERS  12:30PM BIBLE STUDY  GAMES  INTERNATIONAL MANATEE DAY</p>
<p style="text-align: center;">10 8:45-10AM SILVER SNEAKERS  10AM CRAFT CLUB  5:00PM MEAL, MUSIC BY MONDAY NIGHT RAMBLERS TO FOLLOW  NATIONAL IGUANA AWARENESS DAY</p>	<p style="text-align: center;">11 9AM ROUND TABLE  NOON CHESTERVILLE SENIORS MEET @ THE SELOVER LIBRARY  NOON DAVID PAINTER TALKING ABOUT MEDI- CARE  NOON BIRTHDAY PARTY <b>REMEMBER 9/11/2001</b></p>	<p style="text-align: center;">12 8:45-10AM SILVER SNEAKERS  11:00 FINANCE MEETING 12:30BOARD MEETING  1:30 GAMES  NATIONAL CHOCOLATE MILK SHAKE DAY</p>	<p style="text-align: center;">13 NOON EUCHRE  4:00 PM FANTASTICKS LEAVING KROGER  NATIONAL CELIAC AWARENESS DAY</p>	<p style="text-align: center;">14 8:45-10AM SILVER SNEAKERS  12:30PM BIBLE STUDY  GAMES  NATIONAL CREAM FILLED DOUGHNUT DAY</p>
<p style="text-align: center;">17 8:45-10AM SILVER SNEAKERS  10AM CRAFT CLUB  NOON MARENGO CARRY IN @AMERICAN LEGION  5:00PM MEAL, MUSIC BY OPEN MIC TO FOLLOW  NATIONAL APPLE DUMPLING DAY</p>	<p style="text-align: center;">18 9AM ROUND TABLE  11:30 PICNIC IN THE PARK WITH KARAOKE TO FOLLOW  NOON MOUNT GILEAD SENIORS CLUB MEET @ SENIORS ON CENTER  12:300M SPARTA GOOD TIME SENIORS MEET @ HIGHLAND PIZZA</p>	<p style="text-align: center;">19 8:45-10AM SILVER SNEAKERS  11:00AM-12:00 PM INTRO TO WOODWORKING AND LUNCH  1:30 GAMES  INTERNATIONAL TALK LIKE A PIRATE DAY</p>	<p style="text-align: center;">20 9AM SCIOTO DOWNS CASINO TRIP  NOON EUCHRE  NATIONAL RUM PUNCH DAY</p>	<p style="text-align: center;">21 8:45-10AM SILVER SNEAKERS  12:30PM BIBLE STUDY  GAMES  WORLD ALZHEIMER'S DAY</p>
<p style="text-align: center;">24 8:45-10AM SILVER SNEAKERS  10AM CRAFT CLUB  NOON-4PM COMMODITIES  5:00PM MEAL, MUSIC BY THE COUNTRY TRAVELERS TO FOLLOW</p>	<p style="text-align: center;">25 9AM ROUND TABLE  9AM-NOON COMMODITIES  1-3PM BINGO  SAVE THE KOALA DAY</p>	<p style="text-align: center;">26 8:45-10AM SILVER SNEAKERS  1:30 GAMES  FIRST RESPONDER APPRECIATION DAY</p>	<p style="text-align: center;">27 NOON EUCHRE  8:15AM SENIOR POSITIVE AGING EXPO LEAVING KROGERS  NATIONAL STRAWBERRY CREAM PIE DAY</p>	<p style="text-align: center;">28 8:45-10AM SILVER SNEAKERS  NOON CARDINGTON SENIORS MEET @ SEN- IORS ON CENTER  LUNCH AND LEARN WITH CINDY BRIGHT FROM SCHMIDT SECURITY FOR LIFE ALBERT BUTTONS  12:30PM BIBLE STUDY  GAMES</p>

## VOLUNTEER OF THE MONTH



We at the Seniors on Center and all the people she serves would like to thank Brenda Monk for her many years of dedication to her community. For the past eight years, Brenda has volunteered at the center helping with the music program and with the newsletters along with anything else we may ask her to help with.

Brenda was born on November 24, 1943, in Ashley, Ohio. She attended school in Marengo, Ohio. She resides in Cardington with her husband Jack with whom she married August 1966. They have four children, eight grandchildren, and one great-grandchild.

Brenda worked 7 years at Weavers IGA as a cashier and night manager, She then worked 7 years at Burcliff as a line inspector and also did molding. Then she worked 10 years for the Morrow County Corrections as a Corrections officer for the jail.

Along with her dedication to service and community, Brenda volunteers her time at the Morrow County Hospital where she helps in the gift shop and outpatient surgery. In her spare time she likes to play cards, play bingo, sew, needle point, go fishing and color in adult coloring books

Brenda has done a great service to Seniors on Center and we appreciate her devotion and selfless support.



## PHOTOS



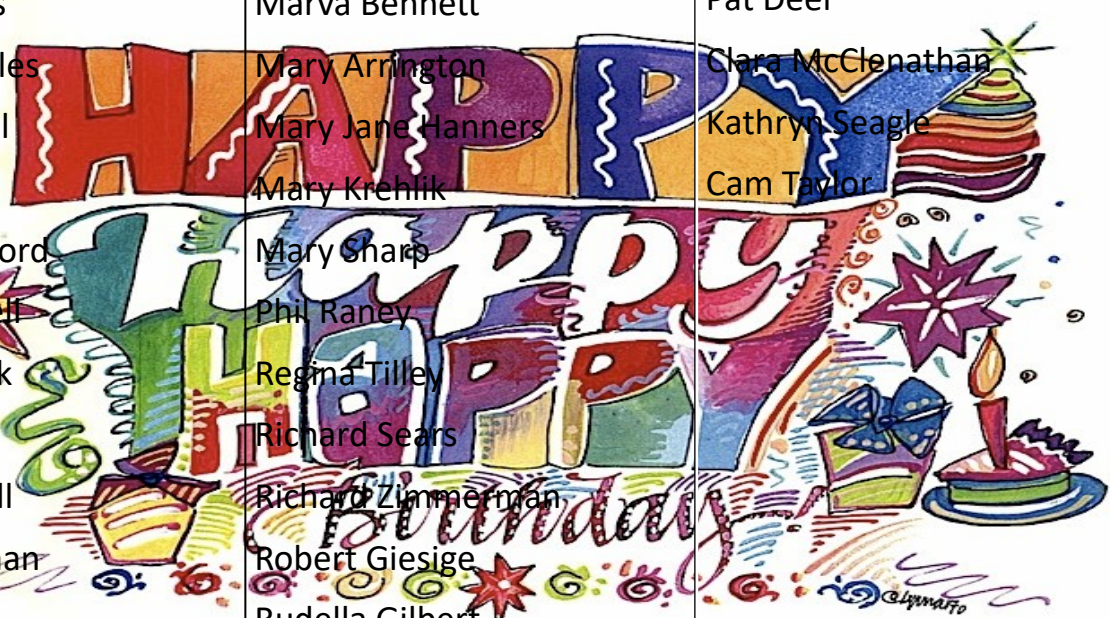
Thank you Evelyn for 31 wonderful years of service here at the Seniors on Center. We wish you the best of luck and hope you have lots of fun in your retirement.



## HAPPY BIRTHDAY

JOIN US ON TUESDAY SEPTEMBER 11TH, AT NOON TO CELEBRATE THIS MONTHS BIRTHDAYS!

Adeline Sipes Barbara Cowles Cody Bedwell David Martin Dennis Bradford Doris Coldwell Dorothy Clark Floyd Morris Janet Bedwell Janice Sherman Judy Keil Marilyn Short	Marva Bennett Mary Arrington Mary Jane Hanners Mary Krehlik Mary Sharp Phil Raney Regina Tilley Richard Sears Richard Zimmerman Robert Giesige Rudella Gilbert Ruth Baughman	Pat Deel Clara McClenathan Kathryn Seagle Cam Taylor
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Rowena Whipple

### NEW MEMEBERS

Philip Pepin

1. Bruce Lee was absolutely convinced he would lose in a fight to Muhammad Ali. "Look at my hand," he said. "That's a little Chinese hand. He'd kill me."
2. There is a McDonald's in every continent except Antarctica.
3. As of 1998, over 50% of Iceland's population believed in the existence of elves.
4. The brain is our fattiest organ, being composed of nearly 60% fat.
5. An average of 100 people choke to death on ballpoint pens every year.
6. An American POW (Jeremiah A Denton) in Vietnam blinked the Morse code for TORTURE during a propaganda interview.
7. In 2014, a missing woman on a vacation in Iceland was found when it was discovered that she was in the search party looking for herself.

JUST FOR FUN!

# LABOR DAY



**This Newsletter is published by:**

Morrow County Services for  
Older Citizens, Inc.

dba Seniors on Center

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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.