

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

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.

AUGUST 2017
ISSUE



Apple Butter Stirrin' Festival
 Historic Roscoe Village
 Coshocton, OH
 Friday, October 20, 2017
 \$15.00 for Members
 \$20.00 for Non-Members
 Meet at Kroger's 8:30AM

Crafters' Corner

Join us on Mondays 10AM
 til ???

For crafts of all kinds; cro-
 cheting, knitting, cross
 stitching, painting, etc.
 Bring your supplies with
 you. Lunch is available at
 the Center. A good time for
 all!!! If you have any ques-
 tions please call the Center.

SQUARE DANCE

Saturday, September 9, 2017
 8-10:30

Seniors on Center

Roger Cole and Hickory Run Band
 \$5.00 a per- son at the
 door come!!
 All ages wel-



Enjoying an evening at a Clippers Ballgame



FAIR DAY

**Tuesday, August 29,
 2017**

**We will be at the fair.
 The center will be
 closed.**

SCIOTO DOWNS CASINO

In August we will be going to
 Scioto Downs in Columbus on
 August 10th and August 24th. We
 will be leaving Kroger @ 9AM and
 returning to Mt Gilead around
 4PM. Be sure to sign up. The bus
 fills up quickly!



Picnic in the park! What a beautiful day for a picnic . We had entertainment by Sheila
 Stewart and David Berry!



Afghan Raffle

50"X60"

We will be selling raffle tickets
 for this afghan for the month of
 July. The tickets will be \$1.00
 each or 6 tickets for \$5.00. All
 the money will be used for
 Senior Activities.



At the Ice Cream Shop

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

- | | | |
|-------------|-----------|------------|
| CHERRIES | CHOCOLATE | CONE |
| COOKIES | CREAM | CUP |
| FLOAT | FREEZE | ICE |
| MARSHMALLOW | MINT | NEOPOLITAN |
| NUTS | RAINBOW | ROAD |
| ROCKY | SCOOP | SHERBERT |
| SORBET | SPRINKLES | STRAWBERRY |
| SUNDAE | SWIRL | SYRUP |
| VANILLA | WAFFLE | WHIPPED |



Get more free printable activities for kids of all ages at www.printables4kids.com.
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LUNCH TIME

Why not come out Monday –Friday and have lunch with friends here at the Senior Center! We have delicious hot food daily. Please make sure and order your meal.

UPCOMING SENIOR EVENTS

- Wednesday, August 2nd Meal & Bingo
- Thursday, August 10th Scioto Downs Casino
- Tuesday, August 15th Picnic in the Park
- Thursday, August 24th Outstanding Sr. Citizens Award
- Thursday, August 24th Scioto Downs Casino
- Tuesday, August 29th Senior’s Day at the Morrow County Fair
- Tuesday, September 5th David Painter of OSHIIP
- Wednesday, September 6th Meal & Bingo
- Thursday, September 14th Scioto Downs Casino
- Thursday, September 28th 2017 Positive Aging EXPO
- Thursday, September 28th Scioto Downs Casino

EVENING BINGO

Evening Meal and Bingo
Suggested Donation of \$4.00
Be sure to come out for our evening Bingo on Wednesday evening August 2nd from 4:30-7:00PM. A special Thank you is expressed to Seniors on Center for sponsoring this months Bingo!



MEDICARE

If you have any questions about Medicare Marc Follin will be here at Seniors on Center the first Thursday of every month at 1:00 until 3:00 PM.

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PAPER ANGEL MINISTRY

The Paper Angel Ministry, jointly sponsored by Johnsville Grace, Steam Corners, and Williamsport United Methodist Churches, provides cleaning supplies, personal hygiene items, and paper goods that aren’t readily available at local food pantries. The next distribution day is Wednesday, August 16, 4-6pm at Johnsville Grace UMC, 7459 Co. Rd. 242, Johnsville, Ohio. All are welcome!

MONDAY NIGHT MUSIC

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

Monday, August 7

Meal 5-6PM
Music by Country Travelers 6-8PM

Monday, August 14

Meal 5-6PM
Music by Dick Starcher & Friends 6-8PM

Monday, August 21

Meal 5-6 PM
Music—Open Mic 6-8PM

Monday, August 28

Meal 5-6PM
Music by Country Travelers 6-8PM

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.

BINGO

On the first, second, and fourth
Tuesday of each month we are
having

Bingo from 1-3 PM

Hope you will join us!

Beltone at the Senior Center

August 15th 10AM—Noon

No appointment necessary

Angela Schneider,

Hearing Care Practitioner

Transportation

We will be offering
transportation Monday
evening for the meal and
music. If you are interested
please call the office.
419.946.4191



MORROW CO. SENIOR CLUBS

Cardington Seniors

Friday, August 25th @ 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 August 8th @12PM

Selover Library, Chesterville

31 State Route 95

Susie Lyle 419-768-3431

Marengo/Fulton Seniors

Monday, August 7th @ 9:00 AM

Breakfast on your own

Farmstead Restaurant

618 State Route 61, Marengo

Monday, August 21st

Carry-In Lunch @ 12 Noon

American Legion Post 710

1549 W C.R. 26, Marengo

Joyce Taylor 419-253-0727

Sparta Good Time Seniors

Tuesday, August 15th @12:30 PM

Highland Pizza—your own cost

6530 State Route 229, Sparta

Dick Sears 419-768-2050

Mt. Gilead Seniors Club

Tuesday, August 15th @12 Noon

At Seniors on Center. Reservations
needed. Bring dessert.

Marilyn Sipes 419-468-3500

MORROW CO. SENIOR CLUBS

Morrow County Retired Teachers

October 2nd @ 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, August 8th
at noon to celebrate our
August birthdays!

Bud Tesack

Helen Bosh

Joe Pukansky

Marge Breckner

Diane Roberts

Burgess Boyce

Glenna French

Verlton Kunze

Robin Wycuff

Chamaine Anderson

Jackie Diefenbach

Shirley Morris

Olen Kaelber

Raymond Baughman

Gillbert Ullom

Harry Allen

Betty Meyer

Roger Meyer

Winnie Foster

Dan Rogers

Virginia Hedrick

Wilma Ogle

Fritz Miller

Avonell Hayhurst

Jane Reed

Bonnie Clarkson

Fern Miley

Phoebe House

Kay Todd

Peggy Dallmann

Willa Morris

Elsie McQuiston

Technology Training



There will not be any computer
classes at the Mt. Gilead Library for
the month of August. Melissa will
not be available until September
5th at 3PM.

August Anniversaries

Dan & Doris Coldwell

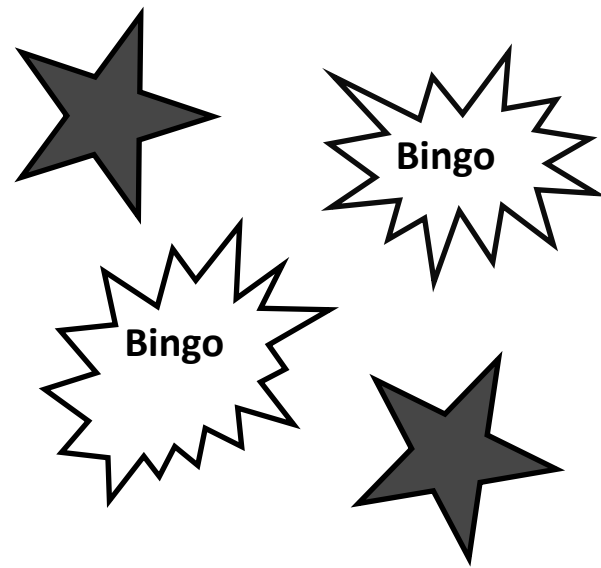
Robert & Dorothy Meltzer

Phil & June Raney

If you have an anniversary and would
like to put it in our newsletter, please
call us at 419.946.4191.

2017 Positive Aging EXPO

Sponsored by
Area Agency on Aging
Thursday, September 28
Richland County Fairgrounds
Fairhaven Hall
9:00AM—2:00PM
Entertainment
Door Prizes
Lunch
Information



THANK YOU!!

The staff and board of Seniors on Center would like to Thank each and everyone who attended our breakfast Saturday, July 22ND.

Cryptogram for August

AGPVP MW TCAGMTK UCVP VOVP, TCV UCVP QPONAMJNS AGOT O
LCUOT QPMTK NTOXCCKPAMBOSSD GPVWPSJ; BCUJCVAOQSP MT
GPV XPVJPBA MUXPVJPBAMCT.

AGOA MW AGP VPOS PWWPTBP CJ QPONAD.

M=I

A=T

Elderly Dehydration: Prevention & Treatment

Dehydration, depending on the severity, sometimes creates only small telltale signs while having a big effect on the body, especially in the elderly. Dehydration occurs when a person loses more water than they take in. Adequate fluid allows the body to regulate temperature through sweating, maintain blood pressure and eliminate bodily waste. If severe enough, dehydration can lead to confusion, weakness, urinary tract infections, pneumonia, bedsores in bedridden patients or even death. Generally speaking, humans can't survive more than four days without water.

Causes of Senior Dehydration

Elderly dehydration is especially common for a number of reasons:

- **Medications**

It's not uncommon for seniors to be on several medications at any given time. Some of these may be diuretic, while others may cause patients to sweat more.

- **Decreased Thirst**

A person's sense of thirst becomes less acute as they age. In addition, frail seniors may have a harder time getting up to get a drink when they're thirsty, or they may rely on caregivers who can't sense that they need fluids.

- **Decreased Kidney Function**

As we age our bodies lose kidney function and are less able to conserve fluid.

- **Illness**

Vomiting and/or diarrhea can quickly cause elderly dehydration.

Signs of Elderly Dehydration

Signs of dehydration in seniors may include:

1. Confusion
2. Difficulty walking
3. Dizziness or headaches
4. Dry mouth
5. Sunken eyes
6. Inability to sweat or produce tears
7. Rapid heart rate
8. Low blood pressure
9. Low urine output
10. Constipation

Preventing Dehydration in Seniors

To help make sure your loved one doesn't suffer from dehydration, make sure he or she consumes an adequate amount of fluids during the day; eats healthy, water-content foods such as fruit, vegetables and soups; checks that urine color is light and output adequate (dark urine or infrequency of urination is a classic sign of dehydration.).

Seniors also need to be educated to drink even when they're not thirsty. Keeping a water bottle next to the bed or their favorite chair could help, especially if they have mobility issues.

AUGUST ACTIVITY SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 9AM Roundtable 11:30-12:30 Lunch 1-3PM Bingo	2 9-10AM Silver Sneakers 11:30-12:30 Lunch 12 Noon Euchre 5-7PM Meal & Bingo	3 11:30-12:30 Lunch 12 Noon Euchre 1-3PM Marc for Medicare	4 9-10AM Silver Sneakers 11:30-12:30 Lunch 12:30PM Bible Study
7 9-10AM Silver Sneakers 9AM Marengo/Fulton Sr. Breakfast 11:30-12:30 Lunch 5-6PM Meal 6-8PM Music Country Travelers	8 9AM Roundtable 11:30-12:30 Lunch 12 Noon Birthday Party 12 Noon Chesterville Sr. Carry-In 1-3PM Bingo	9 9-10AM Silver Sneakers 11:30-12:30 Lunch 12 Noon Euchre 12:30 Board Meeting	10 9AM Scioto Downs 11:30-12:30 Lunch 12 Noon Euchre	11 9-10AM Silver Sneakers 11:30-12:30 Lunch 12:30PM Bible Study
14 9-10AM Silver Sneakers 11:30-12:30 Lunch 5-6 PM Meal 6-8 PM Music Dick Starcher & Friends	15 9AM Roundtable 10AM-Noon Beltone 11:30 Picnic in the Park 12:30 Sparta Srs Highland Pizza	16 9-10AM Silver Sneakers 11:30-12:30 Lunch 12 Noon Euchre	17 11:30-12:30 Lunch 12 Noon Euchre	18 9-10AM Silver Sneakers 11:30-12:30 Lunch 12:30PM Bible Study
21 9-10AM Silver Sneakers 11:30-12:30 Lunch 12PM Marengo/Fulton Sr. Carry-In 5-6 Meal 6-8 PM Music Open Mic	22 9AM Roundtable 11:30-12:30 Lunch 1-3PM Bingo	23 9-10AM Silver Sneakers 11:30-12:30 Lunch 12 Noon Euchre	24 9AM Scioto Downs 11:30-12:30 Lunch 12 Noon Euchre	25 9-10AM Silver Sneakers 11:30-12:30 Lunch 12 Noon Cardington Srs Lunch 12:30PM Bible Study
28 9-10AM Silver Sneakers 11:30-12:30 Lunch 12 Noon—4PM Commodities 5-6PM Meal 6-8PM Music Country Travelers	29 CLOSED SEE YOU AT THE FAIR	30 9-10AM Silver Sneakers 9AM—12 Noon Commodities 11:30-12:30 Lunch 12 Noon Euchre	31 11:30-12:30 Lunch 12 Noon Euchre	

AUGUST MENU

Alternative for the week	Monday	Tuesday	Wednesday	Thursday	Friday
1 thru 4 Ham Lettuce & Tomato Fresh Carrots Cranberry Juice Whole Wheat Bread Milk	Lunch is served 11:30 Until 12:30	1 Pulled Pork Sandwich Carrot Raisin Salad Corn Orange Juice Whole Grain Bun Whole Grain Crackers Jello with Fruit Milk	2 Hamburger with Lettuce & Tomato Baked Beans Apple Juice Whole Grain Bun Whole Grain Crackers Milk	3 Beef & Noodles Peas & Carrots Mixed Fruit Pineapple Juice Whole Grain Bread Milk	4 Spaghetti Green Beans Hot Apple Slices Cranberry Juice Bread Stick Milk
7 thru 11 Tuna Salad Cheese cubes Grapes Pears Pineapple Juice Wheat Bun Wheat Crackers Milk	7 Chicken Breast Mashed Potatoes Carrots Mandarin Oranges Whole Grain Bread Cookies Milk	8 Ham Baked Potato Cauliflower Banana Graham Cracker Whole Wheat Bread Milk	9 Marzetti Green Beans Applesauce Cranberry Juice Bread Stick Milk	10 Salisbury Steak Mashed Potatoes Succotash Apple Juice Graham Crackers Whole Grain Bread Milk	11 Honey Mustard Chicken Brown Rice Beets Orange Juice Whole Grain Bread Milk
14 thru 18 Egg Salad Cottage Cheese Applesauce Fresh Fruit Grape Juice Wheat Crackers Whole Wheat Bun Milk	14 Chicken Noodle Casserole Peas Applesauce Cranberry Juice Whole Grain Bread Milk	15 Meatloaf Mac & Cheese Corn Apple Juice Mandarin Oranges Whole Grain Bread Milk	16 Roast Beef Mashed Potatoes Carrots Orange Juice Whole Grain Roll Milk	17 Lasagna Broccoli Banana WW Bread Milk	18 Chicken Strips Ranch Fries Tossed Salad Pears Whole Grain Bread Fruit Jello Milk
21 thru 25 Chicken Salad House Salad Fresh Broccoli Mandarin Oranges Whole Wheat Bread Milk	21 Roasted Turkey Red Skin Potatoes Green Beans Tropical Fruit Whole Grain Roll Milk	22 Chicken Patty Peas & Carrots Mixed Fruit Orange Juice Graham Crackers Whole Grain Bread Milk	23 Salisbury Steak Mashed Potatoes Broccoli Grape Juice Graham Crackers Whole Grain Bread Pudding Milk	24 Chili Tossed Salad Peaches Apple Juice Cornbread Oyster Crackers Milk	25 Pork Chops Baked Potato Malibu Vegetables Applesauce Bread Stick Milk
28 thru 31 Ham Lettuce & Tomato Fresh Carrots Cranberry Juice Whole Wheat Bread Milk	28 Spaghetti Green Beans Hot Apple Slices Cranberry Juice Bread Stick Milk	29 CLOSED SEE YOU AT THE FAIR	30 Chicken Drumstick Oven Brown Potatoes Broccoli Grapes Graham Crackers Whole Grain Bread Milk	31 Beef & Noodles Peas & carrots Mixed Fruit Pineapple Juice Whole Grain Bread Milk	Suggested \$3.00 Donation One day advance reservations required