

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

OCTOBER 2016 ISSUE

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.

2016 Outstanding Senior Citizen

Rudelle (Rudy) Gilbert

Rudy was born in 1926. During high school, she worked as a personal column reporter for the local paper and as a drug store clerk. After graduation, she went to the Pentagon with her high school typing teacher to work as a clerical employee. When she returned to Ohio, she met and married the love of her life, Lewis Gilbert, in 1946. She spent the next years working on their farm, raising two daughters, teaching Sunday School, and working at a grocery store and in insurance. Lewis had a stroke and was unable to speak or function on his own for nine months until he passed away. Rudy was an excellent caregiver for her husband; however, his death did not slow her down. She began to volunteer at Morrow County Extended Care helping with bingo and visiting patients. When the ECF closed, she organized a group to assist with bingo at Woodside Village. She continues to make phone calls to several shut-ins to let them know she is thinking about them.

As a member of Edison United Methodist Church, she works at every steak supper, bake sale, and rummage sale. She is also a prayer chain member. Rudy was honored as Edison United Methodist Church Woman of the Year. She has been a member of the Morrow County Society for Crippled Children for nine years. She has assisted the hospital Twig groups with fundraisers and book fairs. She helps at a Cardington church monthly preparing over 300 bag lunches for the needy.

Rudy has found her niche as a member of the Chester Arbor of the Gleaner Fraternal Insurance Society. Her great joy, other than her family, is being able to accumulate community service hours.

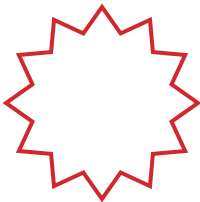
Rudy is happy, warm, cheerful, and vibrant and gives of herself to make others feel good about themselves. She knows when someone needs a hug, a call, a prayer, or a listening ear. During a life of challenges and setbacks, she remains a woman of faith in God with understanding and empathy for all people. Rudy is a great senior worthy of this honor. No matter what Rudy encounters, she is grateful for each and every blessing. In Turn, we are grateful for her.



Morrow County Fair
Senior Day
A day of bingo, prizes, music
and food.



Picnic at the State Park
Playing bingo
Jeff with Medicare was
here to speak to the
seniors.



Medicare Open Enrollment
October 19 – December 6
Marc Follin will be at the Seniors on
Center from 1 to 4 PM.

October 19	November 17
October 27	November 22
November 1	December 1
November 9	December 6

MONDAY NIGHT MUSIC
\$1 FOR MEMBERS * \$2 NON-MEMBERS
Monday, October 3
Meal 5-6PM
Music by Country Travelers 6-8PM
Monday, October 10
Closed for Columbus Day
Monday, October 17
Meal 5-6PM
Music to be announced 6-8PM
Monday, October 24
Meal 5-6PM
Music by Country Travelers 6-8PM
Monday, October 31
Karaoke Jan & Darrell 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 11:30. We would love to see new faces.
The first, second & fourth Tuesday of each month we are having Bingo from 1-3 PM

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

No appointment necessary
Angela Schneider,
Hearing Care Practitioner



Ohio Development Services Agency
Do you need help this winter with your heating bills?
HEAP is an assistance program that provides a one-time benefit annually to your primary heating source account. For example, if you heat your home with a gas furnace, a credit will be provided to your gas bill.
Household eligibility is based in part on income. If eligible, the benefit amount will depend on federal funding levels, how many people live with you, total household income and the primary fuel used. In most cases, benefits are applied directly to the energy bill by the utility company.
2016-2017 Income Guidelines

Size of Household	Total Annual Household Income
1	\$20,790.00
2	28,035.00
3	35,280.00
4	42,525.00
5	49,770.00
6	57,015.00

If you need assistance and think you qualify, call 1.800.282.0880 or 614.644.6600 to fill out your application.

MORROW CO. SENIOR CLUBS
Cardington Seniors
Friday, October 28th @ 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 18th @12PM
Selover Library, Chesterville
31 State Route 95
Susie Lyle 419-768-3431

Marengo/Fulton Seniors
Monday, October 3rd @9AM
Breakfast on your own
Farmstead Restaurant
618 State Route 61, Marengo

Monday, October 17th @12PM
Carry-In Lunch
DerDutchman, Bellville
Joyce Taylor 419-253-0727

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

Mt. Gilead Seniors Club
Tuesday, October 18th @12 Noon
At Seniors on Center. Reservations needed. Bring dessert.
Marilyn Sipes 419-468-3500

MORROW CO. SENIOR CLUBS
Morrow County Retired Teachers
April, June, October & December
October 3rd @ 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, October 11th at noon to celebrate our October birthdays! Wishing the following a **Very Happy Birthday:**

Jean Laroche
Frances Turner
Donald Myers
Ethel Styer
Joseph Jones
Judi Myers
Frederica Turner
Betty Cook
Debra Schiel
Dale Bowersmith
Thurman Hale
Calvin Compeau
Linda Wonderley
Rita Parsons

Deb Ruth
Pauline Collins
Betty Ritchey
Pat Schimmoeller
Bethel Payne
Mary Hamilton
Debra Boyd
Bill Reed
John Kerschner
Patti Ray
William Sheppard
Susan Francis
Dan Benik

Halloween Fun Word Search

bat	pumpkin
black	scare
broom	skeleton
cat	spider
costumes	spirits
ghosts	spooky
halloween	vampire
hoot	witch
monster	
moon	
mummy	
night	
owl	



g	h	o	s	t	s	b	a	t	n	t
b	o	l	h	s	p	o	o	k	y	p
v	o	b	a	w	i	t	c	h	o	u
a	t	l	l	b	r	o	o	m	w	m
m	q	a	l	n	i	g	h	t	l	p
p	j	c	o	s	t	u	m	e	s	k
i	n	k	w	a	s	c	a	t	p	i
r	s	k	e	l	e	t	o	n	i	n
e	j	e	e	m	u	m	m	y	d	f
i	m	o	n	s	t	e	r	q	e	v
m	o	o	n	o	e	s	c	a	r	e

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Technology Training

Are you interested in learning more about your computer? We are looking into offering classes for basic computers, Microsoft Office, email, Facebook, windows, Identity Theft, Banking online, etc. Can you use some help with your tablet or phone? What about your Android, Mac, Apple, Kindle or Nook? Let us know if these classes would be of interest to you. We will be offering these in the near future if there is enough interest. Please call 419.946.4191



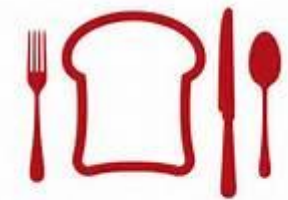
GROCERIES FOR SENIORS

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



Mid-Ohio Foodbank
OPERATION FEED

Senior Jokes

Chocolate covered peanuts

A tour bus driver is driving with a bus load of seniors down a highway he is tapped on his shoulder by a little old lady. She offers him a handful of peanuts, which he gratefully munches up. After about 15 minutes, she taps him on his shoulder again and she hands him another handful of peanuts.

She repeats this gesture about five more times. When she is about to hand him another batch again he asks the little old lady, 'Why don't you eat the peanuts yourself?' 'We can't chew them because we've no teeth', she replied. The puzzled driver asks, 'Why do you buy them then?' The old lady replied, 'We just love the chocolate around them.'

Listen To Your Doctor

Morris, an 82 year-old man, went to the doctor to get a physical. A few days later the doctor saw Morris walking down the street with a gorgeous young woman on his arm. A couple of days later the doctor spoke to Morris and said, "You're really doing great, aren't you?" Morris replied, "Just doing what you said, Doc: 'Get a hot mamma and be cheerful.'" The doctor said, "I didn't say that. I said, 'You've got a heart murmur. Be careful.'"...ooh!



Sunday, November 6th
Change Your Clocks Back &
Change
Smoke Alarm Batteries

Fall Community Pancake Breakfast

Wednesday, October 26,
2016

7 - 10 AM

At Seniors on Center



Pancakes

Sausage

Juice

Coffee

Adults \$4.00

Children \$2.00 10 & under

Proceeds go to United Way

HEALTHY LIFESTYLES

Stay Active

Regular physical activity can help the body maintain, repair, and improve itself at any age. Weak muscles lead to falls. Exercise can make it easier to breathe and move. It strengthens muscles, improves circulation, lowers blood pressure, slows osteoporosis, controls weight, improves energy, and improves sleep. Exercise even decreases stress and depression.

- Walk instead of driving.
- Instead of phoning a friend, walk with them.
- Take the stairs instead of the elevator.
- Park farther away from the store.
- Alternate using a push mower and a rider.

Suggested Exercises

Aquatic exercise is a great way to exercise. It's particularly comfortable for the overweight, out-of-shape, or those who have arthritis because the water supports your body during the workout. However, aquatic exercise does not help prevent osteoporosis. It doesn't put enough stress on bones to create new growth. Also try:

- | | |
|----------------------|-----------------------|
| Low-impact aerobics | Running/jogging |
| Cross-country skiing | Yoga/pilates/t'ai chi |
| Swimming | Dancing |
| Bowling | Cycling |
| Rowing | Golf |

Walking

The best exercise program is one that's comfortable, easily accessible, and one that you'll perform consistently at least 30 minutes a day.

Physicians and physical therapists agree that for all-around great benefits, nothing is better than walking. Except for good shoes, walking for exercise requires no special equipment or preparation. While jogging and running have their advocates, it takes time and persistence to build those exercises to maximum benefit. Jogging and running can be hard on older knees, hips, legs, and backs, even causing injury. When walking outdoors, wear white, bright-colored, or reflective clothing to be seen.

Exercise Tips

1. Check with your doctor before starting a new exercise program.
2. Use exercise programs designed specifically for you if you have any special conditions including arthritis or a joint disease.
3. Start slowly, with 10 or 15 minutes or whatever is comfortable, and gradually build up to 45 minutes to 1 hour, 3 times a week.
4. Warm up slowly, stretch gently, and cool down at each session.
5. Rest whenever necessary. Don't push and don't overdo!
6. Drink plenty of water.
7. Avoid outdoor exercise during the hottest part of the day. (Exercise before 10:00 a.m. or after 4:00 p.m.)



Tuesday, October 18 - Trip to Amish Country. Leaving Kroger's 8AM. Lunch on your own at Der Dutchman in Walnut Creek. Shopping in Berlin, trip to Guggisburg Cheese and Ice Cream at Hersherberg. Back to Mt. Gilead about 5PM. Transportation by Pioneer Trails. \$25 for members and \$30 for non-members. Call Seniors on Center 419.946.4191 We still have a few open seats.



Scioto Downs Casino Columbus, Ohio



The October schedule is the 13th and 27th. Be sure to get your name in and put your money down soon. The bus fills quickly.

SENIOR EVENTS

Thursday, October 13 Men's Night Out
5-8PM

Wings & Pizza
Poker & Euchre
Prizes



Monday, October 17 Picnic at the State Park

11:30 Sign up for lunch. Suggested donation of \$3.00. Bingo

Monday, October 25 Malabar Farm

Leaving Krogers at 11AM
Lunch on your own at Cracker Barrel
Suggested Donation of \$5.00 for transportation and \$4.50 for ticket at Malabar Farm

Wednesday, November 2, 2016

Bingo by Kingston of Marion Meal and Bingo 5PM-7:30PM Suggested \$3.00 Donation for meal.






Monday, November 7, 2016 5-8PM
Veteran's Program – Free meal for veterans and \$10.00 for non-veterans. Limit of 100 people Entertainment by Eric Bressi/Elvis/Tribute to Veterans

Monday, December 19, 2016

Holiday Fun Night

OCTOBER ACTIVITY SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 8:30-10AM Silver Sneakers 9AM Marengo/Fulton Srs Breakfast 11:45AM Lunch 11:30 MC Retired Teachers 5-6PM Meal 6-8PM Music	4 9AM Roundtable 11:45AM Lunch 1-3PM Bingo 	5 8:30-10AM Silver Sneakers 11:45AM Lunch 12 Noon Euchre	6 11:45AM Lunch 12 Noon Euchre	7 8:30-10AM Silver Sneakers 11:45AM Lunch 12:30PM Bible Study 1PM Adult Coloring
10 CLOSED FOR COLUMBUS DAY	11 9AM Roundtable 11:45AM Lunch 1-3PM Bingo	12 8:30-10AM Silver Sneakers 11:45AM Lunch 12 Noon Euchre 12:30 Board Meeting	13 11:45AM Lunch 12 Noon Euchre 9AM Casino	14 8:30-10AM Silver Sneakers 11:45AM Lunch 12:30PM Bible Study 1PM Adult Coloring
17 8:30-10AM Silver Sneakers 11:45AM Lunch 12 Noon Marengo/Fulton Carry-In 5-6PM Meal 6-8PM Music	18 8AM Amish Trip 9AM Roundtable 10-12Noon Beltone 11:45AM Lunch 12 Noon Chesterville Carry-in 12 Noon Mt. Gilead Sr. Lunch 12:30 Sparta Lunch	19 8:30-10AM Silver Sneakers 11:45AM Lunch 12 Noon Euchre	20 11:45AM Lunch 12 Noon Euchre	21 8:30-10AM Silver Sneakers 11:45AM Lunch 12:30PM Bible Study 1PM Adult Coloring
24 8:30-10AM Silver Sneakers 11:45AM Lunch 12Noon – 4PM Commodities 5-6PM Meal 6-8PM Music	25 9AM – 12Noon Commodities 9AM Roundtable 11AM Malabar Farm 11:45AM Lunch 1-3PM Bingo	26 8:30-10AM Silver Sneakers 11:45AM Lunch 12 Noon Euchre	27 11:45AM Lunch 12 Noon Euchre 9AM Casino 	28 8:30-10AM Silver Sneakers 11:45AM Lunch 12 Noon Cardington Lunch 12:30PM Bible Study 1PM Adult Coloring
31 8:30-10AM Silver Sneakers 11:45AM Lunch 5-6PM Meal 6-8PM Music				

OCTOBER MENU

SUGGESTED \$3.00 DONATION
ONE DAY ADVANCE RESERVATIONS REQUIRED *

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Hamburger with Lettuce & Tomato Baked Beans Apple Juice Whole Grain Bun Whole Grain Crackers Milk	4 Pulled Pork Sandwich Carrot Raisin Salad Orange Juice Whole Grain Bun Milk	5 Sloppy Joe Sandwich Hot Apple Slices Carrots Cranberry Juice Whole Grain Bun Whole Grain Crackers Milk	6 Beef & Noodles Peas & Carrots Mixed Fruit Pineapple Juice Whole Grain Bread Milk	7 Chicken Drumstick Oven Brown Potatoes Broccoli Grapes Whole Grain Bread Whole Grain Crackers Milk
10 CLOSED FOR COLUMBUS DAY	11 Chicken Breast Mashed Potatoes Carrots Mandarin Oranges Whole Grain Bread Milk	12 Marzetti Cauliflower Applesauce Cranberry Juice Bread Stick Milk	13 Salisbury Steak Mashed Potatoes Succotash Apple Juice Whole Grain Bread Graham Crackers Milk	14 Chicken Strips Ranch Fries Beets Orange Juice Whole Grain Bread Milk
17 Roast Beef Red Skin Potatoes Carrots Orange Juice Whole Grain Roll Milk	18 Meatloaf Mac & Cheese Corn Mandarin Oranges Apple Juice Whole Grain Bread Milk	19 Lasagna Broccoli Banana Whole Wheat Bread Milk	20 Chicken Noodle Casserole Peas Applesauce Cranberry Juice Whole Grain Bread Milk	21 Chicken Breast Baked Potato Brussel Sprouts Pears Whole Grain Roll Milk
24 Chicken Patty Peas & Carrots Mixed Fruit Orange Juice Graham Cracker Whole Grain Bread Milk	25 Pork Chops Sweet Potatoes Malibu Vegetables Applesauce Whole Grain Knots Milk	26 Deli Ham Tossed Salad Peaches Apple Juice Whole Wheat Bun Whole Grain Crackers Milk	27 Roasted Turkey Mashed Potatoes Green Beans Tropical Fruit Whole Grain Roll Milk	28 Stuffed Pepper Cheese Cubes Parsley Potatoes Grape Juice Whole Grain Bread Graham Crackers Milk
31 Hamloaf Brown Rice Corn Banana Pineapple Juice Whole Wheat Bread Milk	MENU IS SUBJECT TO CHANGE			