

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.

May 2017
ISSUE



Thank you to all that participated in our Coloring Contest! A special thank you to our judges Alberta Stojkovic and Jodi Hayes. It was so difficult to pick a winner because they were all very good. We had a Grand Prize Winner from each age group. Everyone was a winner in our book, so everyone got a prize. The Grand Prize Winner from age group 3-5 is Brady Gadfield, age 4 (Greta Gadfield). For age group 6-9, the Grand Prize Winner is Alyssa Cox, age 8 (James Cox). Age group 10-12 Grand Prize Winner is Sophia Harvey, age 10 (Alisa Harvey). Please like and follow us on Facebook (Seniors on Center) to see our updates and activities.



Club Luncheon

On Tuesday, April 18th, our county senior clubs gathered for a community luncheon here at the center. The Mt. Gilead Show Choir entertained us. A special Thank You to Mr. Randy Mann and the Show Choir for Sharing their time and talents.



SHOPPING TRIP

Come and join your friends here at the Senior Center for lunch on May 16th . After lunch we will be visiting Amish greenhouses. Please call our office to sign up. 419-946-4191



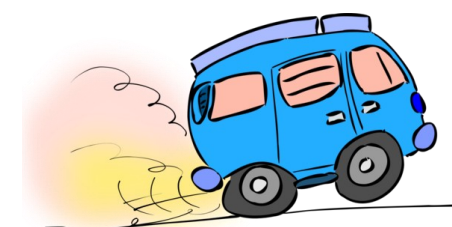
SCIOTO DOWNS CASINO

In May we will be going to Scioto Downs in Columbus on May 11th and May 25th. We will be leaving Kroger @ 9AM and returning to Mt Gilead around 4PM. Be sure to sign up. The bus fills up quickly!



Do you need a ride?

Monday night Meal and Music just got a little better! Starting June 5' 2017, we are offering transportation. There will be limited openings so call today to reserve your spot! Please call the Transportation Department at 419-946-4191.



Mother's Day Word Search

Find the hidden words associated with Mom's special day.

A	G	F	F	U	S	E	I	R	O	M	E	M	Q	C	J	V	G	BRUNCH CANDY CARDS CARING CHILDREN DAUGHTERS DEVOTED DINNER FAMILY FLOWERS FRIEND GIFTS GIVING GRANDMOTHERS HOME HONOR HUGS KISSES LAUGHTER LOVING MAY MEMORIES MOTHERS ROSES SUNDAY SONS TRIBUTE
K	H	G	L	I	S	O	U	R	E	P	P	Q	A	P	F	U	H	
J	U	Y	R	O	Y	F	O	B	E	G	H	R	G	E	N	I	J	
Q	G	H	C	A	W	T	T	F	M	N	D	G	N	I	R	A	C	
S	S	M	O	R	N	E	D	H	V	S	N	N	K	W	N	D	U	
E	C	C	J	I	J	D	R	A	J	Y	L	I	M	A	F	S	S	
S	P	P	K	M	K	Z	M	S	U	Y	F	V	D	A	A	D	O	
O	I	N	C	A	P	I	G	O	I	G	H	O	D	X	B	A	L	
R	U	B	H	Y	B	D	F	L	T	C	H	L	B	S	B	A	K	
H	G	O	I	K	I	S	S	E	S	H	X	T	C	M	U	I	Q	
Z	R	W	L	D	N	M	U	I	C	H	E	T	E	G	M	J	O	
O	A	U	D	L	S	Y	A	N	O	M	I	R	H	R	G	F	A	
U	Y	X	R	T	T	D	J	N	D	H	N	T	S	E	S	R	Z	
X	D	W	E	D	E	J	O	T	C	A	E	R	T	G	G	I	E	
I	N	U	N	T	T	R	U	N	L	R	Y	U	I	N	S	E	D	
V	A	G	O	Q	A	K	U	T	O	T	B	F	I	N	Z	N	N	
H	C	V	R	G	I	R	F	J	V	I	T	V	O	Q	G	D	E	
Q	E	B	K	W	B	W	Q	J	R	S	I	S	E	M	O	H	H	
D	G	H	N	W	Q	Y	E	T	B	G	W	J	T	J	U	B	B	

All About Puzzles

puzzles.about.com

A cryptogram is a short piece of encrypted text . To solve this puzzle you must replace the wrong letter with the right one. There are two hints below.

This weeks Cryptogram:

On our ww1 memorial it says,

LZGKHGZ IJFG VKHV AJ YKA HVKA HVSP, HVKH K YKA
IKU XJBA VSP ISMG MJZ VSP MZSGAXP.

K = A H = T



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

- Thursday & Friday, May 4th & 5th Rum-
mage Sale
- Tuesday, May 9th Senior Spring Spec-
tacular
- Saturday, May 13th Spaghetti Supper &
Square Dance 8-10:30PM
- Tuesday, May 16th Shopping at Local
Greenhouse/Bent & Dent
- Wednesday, May 17th Special Music for
the Lunch clients
(Northmor Swing Choir)
- Thursday, May 18th Senior Citizen's Day
@ Cardinal Center
- Monday, June 5th Clippers Game/ Dime a
Dog Night
- Tuesday, June 20th Picnic @ Park
- Monday, June 26th Sweet Adelines



EVENING BINGO

Evening Meal and Bingo
Suggested Donation of \$4.00
Be sure to come out for our
evening Bingo on Wednesday
evening May 3rd from 4:30-
6:30. A special Thank you is
expressed to Health Care Plus
for sponsoring this months
Bingo!



Tuesday, June 13th
Carlisle Inn @ Sugarcreek
"The Home Game"
Leaving Kroger @ 9:00AM
\$80.00 for members
\$85.00 for non-members
This includes ticket, lunch &
coach. A \$10.00 non-
refundable deposit is required
to hold your seat.
RSVP by May 15th
419.946.4191

MONDAY NIGHT MUSIC

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

Monday, May 1

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

Monday, May 8

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

Monday, May 15

Meal 5-6 PM
Music—Open Mic 6-8PM

Monday, May 22

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

Monday, May 29

CLOSED FOR MEMORIAL DAY

You must make reservations for the meals!

****Band donations accepted****



BINGO

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

Bingo from 1-3 PM

Hope you will join us!

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.

Beltone at the Senior Center

May 16 10am -Noon

No appointment necessary

**Angela Schneider,
Hearing Care Practitioner**

Rummage Sale

Please remember as your
doing your spring cleaning
to donate your unwanted
items for our Senior
Center Rummage sale on
May 4th 9AM-3PM and
5th 9AM-Noon!
All donations will
certainly be appreciated!



MORROW CO. SENIOR CLUBS

Cardington Seniors

Friday, May 19th @ 12 Noon
Need reservation-\$3.00 suggested dona-
tion
Seniors On Center
41 W. Center St., Mt. Gilead
Shirley Robinson 419-864-4077

Chesterville Seniors

Tuesday May 9th @12PM
Selover Library, Chesterville
31 State Route 95
Susie Lyle 419-768-3431

Marengo/Fulton Seniors

May 1st @ 9:00 AM
Breakfast on your own
Farmstead Restaurant
618 State Route 61, Marengo

Monday, May 15th
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, May 16th @12:30 PM
Highland Pizza—your own cost
6530 State Route 229, Sparta
Dick Sears 419-768-2050

Mt. Gilead Seniors Club

Tuesday, May 16th @12 Noon
At Seniors on Center. Reservations
needed. Bring dessert.
Marilyn Sipes 419-468-3500

MORROW CO. SENIOR CLUBS

Morrow County Retired Teachers

June 5th @ 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, May 13th at
noon to celebrate our
May birthdays!

Phyllis Eckard
Phylis Miller
Larry Clarkson
Carol Schorr

Jerry Hiatt
Wilma Reed
Junia Kauderer
Robert Weiler
Sandra Shrader
Shelby Morr
Feliz Rodeheaver
Nancy Giesige
Dorothy Lee
Donald Clinger

Betty Helman
Floyd Hawk
Ruth Harshner
Sylvia Meadows
Marie Peyton
Bea Castle
Joanna Gregory
Shirley
McMasters
Rosemary
Levings
Ida Kinder
Euna Prince

Annual Senior Spring Spectacular

11:30AM Tuesday, May 9, 2017
Renaissance Theatre in
Mansfield
Hosted by Area Agency on Aging
and
Renaissance Performing Arts
Association
Meet at Krogers 10:30AM

Entertainment
Refreshments
Information
Door prizes
General admission is \$3.00
Suggested Donation for
Transportation \$5.00
Please call the Seniors on Center
if you are interested.
419.946.4191

SENIOR CITIZEN'S DAY

Thursday, May 18th
@ Cardinal Center (Marengo)
KFC meal served
Registration opens at 10:30AM
RSVP by May 12th
Entertainment will be
Cowboy Bob & JoJo

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.
Marc will be here the 4th of
May.

ELDER ABUSE

Each year, hundreds of thousands of seniors are abused, neglected, and exploited. Abusers of older adults are both men and women, and may be family members, friends, or "trusted others." Elder abuse is any knowing, intentional, or negligent act by a caregiver or any other person that causes harm or a serious risk of harm to a vulnerable adult. Laws and definitions vary from state to state, but elder abuse generally includes:

- **Physical Abuse**—inflicting physical pain or injury (slapping, bruising, or restraining by physical or chemical means).
- **Sexual Abuse**—non-consensual sexual contact of any kind.
- **Neglect**—Failure to provide food, shelter, healthcare, or protection.
- **Exploitation**—the illegal taking, misuse, or concealment of funds, property, or assets for someone else's benefit.
- **Emotional Abuse**—causing distress, anguish, or psychological pain on others, through verbal or nonverbal acts, such as humiliating, intimidating, or threatening.
- **Abandonment**—desertion by anyone who has responsibility for care or custody of that person.
- **Self-neglect**—the failure of a person to perform essential self-care tasks and that threatens his/her own health or safety.

Signs of Abuse

- Bruises, pressure marks, broken bones, abrasions, and burns (physical abuse)
- Unexplained withdrawal from normal activities, a sudden change in alertness, and unusual depression (emotional abuse)
- Bruises around the breasts or genital area (sexual abuse)
- Sudden changes in financial situations (exploitation)
- Bedsores, unattended medical needs, poor hygiene, and unusual weight loss (possible neglect)
- Belittling, threats, and other uses of power and control by spouses (verbal or emotional abuse)
- Strained or tense relationships, frequent arguments between caregiver and senior (emotional abuse)

Getting Help

If someone is in immediate danger, dial 911 or your local emergency number to get help right away. If the danger is not immediate, but you suspect abuse, tell someone. To report elder abuse, contact the Adult Protective Services (APS) agency in the state where the senior lives.



Square Dance

May 13, 2017 8:00—10:30PM

Seniors on Center


Roger Cole and Hickory Run Band

\$5.00 a person at the door

Spaghetti Supper Donation

All ages welcome.

MAY ACTIVITY SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 8:30-10AM Silver Sneakers 9AM Marengo/Fulton Sr. Breakfast 11:30-12:30 Lunch 5-6PM Meal 6-8PM Music Country Travelers	2 9AM Roundtable 11:30-12:30 Lunch 1-3PM Bingo	3 8:30-10AM Silver Sneakers 11:30-12:30 Lunch 12 Noon Euchre 5—7PM Meal & Bingo	4 9AM-3PM Rummage Sale 11:30-12:30 Lunch 12 Noon Euchre	5 9AM-Noon Rummage Sale 8:30-10AM Silver Sneakers 11:30-12:30 Lunch 12:30PM Bible Study
8 8:30-10AM Silver Sneakers 11:30-12:30 Lunch 5-6PM Meal 6-8PM Music Dick Starcher and Friends	9 9AM Roundtable 11:30-12:30 Lunch 12 Noon Chesterville Sr. Carry-In 12 Noon Birthday Party 1-3PM Bingo	10 8:30-10AM Silver Sneakers 11:30-12:30 Lunch 12 Noon Euchre 12:30 Board Meeting	11 9AM Scioto Downs 11:30-12:30 Lunch 12 Noon Euchre	12 8:30-10AM Silver Sneakers 11:30-12:30 Lunch 12:30PM Bible Study
15 8:30-10AM Silver Sneakers 11:30-12:30 Lunch 12PM Marengo/Fulton Sr. Carry-In 5-6 PM Meal 6-8 PM Music Open Mic	16 9AM Roundtable 10AM-Noon Beltone 11:30-12:30 Lunch Noon Mt. Gilead Srs Dessert Carry-In 12:30 Sparta Srs Highland Pizza	17 8:30-10AM Silver Sneakers 11:30-12:30 Lunch 12 Noon Euchre	18 CLOSED SENIOR CITIZEN’S DAY	19 8:30-10AM Silver Sneakers 11:30-12:30 Lunch 12:30PM Bible Study
22 8:30-10:AM Silver-Sneakers 11:30-12:30 Lunch 12:00-4PM Commodities 5-6 Meal 6-8 PM Music Country Travelers	23 9AM Roundtable 9AM-12:00 Commodities 11:30-12:30 Lunch 1-3PM Bingo	24 8:30-10AM Silver Sneakers 11:30-12:30 Lunch 12 Noon Euchre	25 9AM Scioto Downs 11:30-12:30 Lunch 12 Noon Euchre	26 8:30-10AM Silver Sneakers 11:30-12:30 Lunch 12 Noon Carding-ton Srs Lunch 12:30PM Bible Study
29 Closed For Memorial Day	30 9AM Roundtable 11:30-12:30 Lunch	31 8:30-10AM Silver Sneakers 11:30-12:30 Lunch 12 Noon Euchre	 Memorial Day <i>Never Forget Ever Honor</i>	

MAY MENU

Alternative For the week	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 thru 5 Tuna Salad Cheese cubes Grapes Pears Pineapple Juice Wheat Bun Wheat Crackers Milk	1 Pork Chops Baked Potato Malibu Vegetables Applesauce Bread Stick Milk	2 Chicken Patty Peas & Carrots Mixed Fruit Orange Juice Graham Cracker Whole Grain Bread Milk	3 Salisbury Steak Mashed Potatoes Broccoli Grape Juice Whole Grain Bread Graham Crackers Pudding Milk	4 Chili Tossed Salad Peaches Apple Juice Cornbread Oyster Crackers Milk	5 Roasted Turkey Red Skin Potatoes Green Beans Tropical Fruit Whole Grain Roll Milk
8 thru 12 Egg Salad Cottage Cheese Applesauce Fresh Fruit Grape Juice Wheat Crackers Whole Wheat Bun Milk	8 Spaghetti Green Beans Hot Apple Slices Cranberry Juice Bread Stick Milk	9 Pulled Pork Sandwich Carrot Raisin Salad Corn Orange Juice Whole Grain Bun Whole Grain Crackers Jello with Fruit Milk	10 Chicken Drumstick Oven Brown Potatoes Broccoli Grapes Whole Grain Bread Graham Crackers Milk	11 Beef & Noodles Peas & Carrots Mixed Fruit Pineapple Juice Whole Grain Bread Milk	12 Hamburger/Lettuce & Tomato Baked Beans Apple Juice Whole Grain Bun Whole Grain Crackers Milk
15 thru 19 Chicken Salad House Salad Fresh Broccoli Mandarin Oranges Whole Wheat Bread Milk	15 Marzetti Green Beans Applesauce Cranberry Juice Bread Stick Milk	16 Chicken Breast Mashed Potatoes Carrots Mandarin Oranges Whole Grain Bread Cookies Milk	17 Ham Baked Potato Cauliflower Banana Whole Wheat Bread Graham Cracker Milk	18 CLOSED SENIOR CITIZEN’S DAY	19 Honey Mustard Chicken Brown Rice Beets Orange juice Whole Grain Bread Milk
22 thru 26 Ham Lettuce & Tomato Fresh Carrots Cranberry Juice Whole Wheat Bread Milk	22 Chicken Strips Ranch Fries Tossed Salad Pears Whole Grain Bread Fruit Jello Milk	23 Meatloaf Mac & Cheese Corn Mandarin Oranges Apple Juice Whole Grain Bread Milk	24 Chicken Noodle Casserole Peas Applesauce Cranberry Juice Whole Grain Bread Milk	25 Lasagna Broccoli Banana Whole Wheat Bread Milk	26 Roast Beef Mashed Potatoes Carrots Orange Juice Whole Grain Roll Milk
30 thru 31 Tuna Salad Cheese cubes Grapes Pears Pineapple Juice Wheat Bun Wheat Crackers Milk	29 CLOSED FOR MEMORIAL DAY	30 Chicken Patty Peas & Carrots Mixed Fruit Orange Juice Graham Cracker Whole Grain Bread Milk	31 Salisbury Steak Mashed Potatoes Broccoli Grape Juice Whole Grain Bread Graham Crackers Pudding Milk	Suggested \$3.00 Donation One day advance Reservations required	Lunch is served 11:30 Until 12:30