

Golden Times

June 2018
Issue VI

Madison County Senior Citizens Center



Find the



hidden inside this newsletter. When you find the key, call the center at 740-852-3001 by Friday, June 15th and tell us where it is located. If correct, your name will be entered into a drawing to win 5 free lunches. Last month the key was found on page 11.

Congratulations to
Mary Jo Kennedy,
the lucky winner!

Welcome

New Members

Shirley Dillion

Gwen Potter

Connie Galilei

Jean Perry

2018 Governing

Board Members

Donna Sheridan-President

Jerry Tompkins-Vice President

Shirley Witwer-Secretary

Jean King Eilene Duncan

Sharon Manion

Loretta Anthony

Steve Saltsman

Hello June

It is May 22th as I am writing this, Memorial Day is just around the corner, and the year is flying by again. I hope everyone remembered to thank a veteran for their service to our country. Several of us have members of our families who served or maybe you personally served your country, thank you, although that never seems enough for the sacrifices made.

I would like to say a few thank yous – A huge thank you to Janisse for organizing another very successful senior fair. Thank you to the center staff and board members for helping with the day, we have a great team here at the center. Thank you to Loving Care Hospice for helping us cover the lunch expense for everyone during senior fair day. Thank you to the London Police Department and Wayne Bricker, for allowing us to use their golf carts to transport people from the side lot and rails to trails parking area and Wayne and Dave Maharrey for chauffeuring everyone. Thank you to Merchants National Bank for sponsoring and serving the ice cream for our ice cream social again this year. Also a thank you to several members, Eileen and Bill Duncan, Dick and Jo Hout, Shirley and Jim Witwer, Judy Paynter, Linda Zimmerman and Bonnie Radcliff for making the homemade ice cream for us, it was a big hit and very yummy.

As promised last month, we now have a severe weather policy in place. The information is inside the newsletter and will also be posted at the center. Also make yourself familiar with the new safe zones and fire exits that will be posted around the center. We met with Roger Roberts, Director of the Madison County EMS to help us with the safe zones in the building. Your safety is important, hopefully we will never need to use the policy, but better safe than sorry.

If you haven't joined us for lunch lately, come on back, there is always something good on the menu. Come in for a movie on Friday, we show new releases along with the occasional classic, or if you have something you would like to see, let me know.

Thank you for the laughter I hear every day and thank you to everyone that helps at the center every day. Happy Summer!

Misty



Snooty Fox Spring Trip!

Above: Shirley Witwer and Eilene Duncan sending a hello picture to Judy Paynter who wasn't able to make the trip this time.

Top left: Marvene and Jordan Downing sitting on a love seat that Marvene brought home under the bus.

Left: Sue Schunatz at the check out counter with some great buys!



Adult Day Center doing a little fishing!



Ice Cream Social! Home made ice cream was enjoyed by all. Lots of toppings and lots of ice cream flavors to choose from! Bottom pic: Dick Hout watches as Bonnie Radcliff cranks the churn.



Volunteer Appreciation Dinner was enjoyed by all! Our entertainment were the Bag Ladies, who were hilarious. Above: They really liked picking on Tom Lawrence.





High Euchre Score

4-16-18 Roy Haggitt 75

4-23-18 Charles Peters 63

4-30-18 Skip Fout 74

5-7-18 Bertha Hilsheimer 75

High Bridge Score

4-18-18 Elaine Penix 4920

4-25-18 Bob Majka 5180

5-2-18 Jerry Cummins 5230

5-9-18 Elaine Penix 4790

Rays of Hope for Seasons of Life Support Group

Friendships grow by sharing life and hope for the next day. Author unknown: Tears have a job—it is said they are miniature messengers on call 24 hours a day to substitute for crippled words. They drip, drop and pour from the corner of our souls, carrying with them the deepest emotions we possess. When words are most empty, tears are most needed.

The Support Group meets every Tuesday at 1:30 p.m. unless the Senior Center is closed. Call Donna if you would like to come or if you are not able to come at 740-490-5936 or email:

dmwharton342@yahoo.com

Lions Club



The London Lions Club will pay for eye exams and eye glasses for anyone who lives in Madison County and is financially not able to. If you have any old glasses, you may bring them to the Center and put them in the box provided in the lobby. For more information contact Roger Morris at 740-852-3145.

Monday:

8:30 a.m.-Indoor Walking/Exercise Class

9:00 a.m.- Chair Volleyball

9:30 a.m. - Crocheting, Knitting & Needle Crafts

10:30 a.m. - Sitting Exercise/ Strengthening

1:00 p.m. – Euchre

Tuesday:

9:00 a.m.– 3 p.m. Quilting Class

10 a.m.-12:00 p.m. - Bowling at Madison Lanes

1:30 p.m.– Rays of Hope for Seasons of Life Support Group

5:00 p.m. - Cards and Billiards

5:00 p.m.- Beginner Line Dancing

6:00 p.m. - Advanced Line Dancing

Wednesday:

8:30 a.m. Indoor Walking/Exercise Class

9:00 a.m. - Chair volleyball

9:30 a.m. - Woodcarvers

10:30 a.m. -Aerobics/Strengthening Class

12:05 p.m. - Bridge

1:00 p.m.- Yoga

2:00 p.m.- Diabetes and Weight Loss Support Group
meeting June 6, 20, 27

Thursday:

9:00 a.m. - Chair volleyball

9:00 a.m.– Fun Bingo June 7 and 21

Friday:

8:30 a.m. Indoor Walking/Exercise Class

9:00 a.m.- Painting Class with Harry Croghan

10:00 a.m.- Chimes June 1 and 15

1:00 p.m.- Free Movie and Popcorn at the senior center. See what is playing on page 4.

Fitness room open everyday Monday through Friday



UPCOMING DAY TRIPS!!



JUNE MYSTERY LUNCH—Thursday, June 7th. We will leave the center at 10:00 a.m. After lunch we will be stopping at an interesting grocery store. Fee for this trip is \$5 to ride the van.

THE WILDS—Friday, June 15th. **NEW departure time is now 8:30 a.m.** You may bring a small cooler with extra drinks/snacks if you wish. Don't forget to bring a bus driver tip. Thank you!



BLOOMS & BUTTERFLIES AT FRANKLIN PARK CONSERVATORY—Thursday, June 21st. Trip fee is \$15. We will leave the center at 9:15 a.m. At the conservatory we will be on our own to browse through the gardens and tour the butterfly room. At 11 a.m. there will be a butterfly expert to answer questions and you will be able to watch some of the newest butterflies be released. Painted Lady caterpillars are available in the Gift Shop for you to take home and release when they hatch. Lunch will be at the Garden Café at the conservatory and there will be an ice cream stop on the way home.

ANNIE AND DRIVING MISS DAISY AT LACOMEDIA— July 5th and August 30th. Seats are still available! We need more people to sign up in order to get our group rate for these shows. Tell your friends! See page 7 for more details! On July 5th we will leave the Senior Center at 9:15 a.m. to see Annie.

JULY MYSTERY LUNCH— Thursday, July 12th. Trip fee is \$5 and we will leave the Center at 10:30 a.m. We will plan an ice cream stop on the way home so bring extra money!



OHIO STATE FAIR—Tuesday, July 31st. Fee for this trip will be \$10 and includes van transportation and admission to the fair. We will leave the Senior Center at 9 a.m. and leave the fair at 2:30 p.m. to miss rush hour traffic. Deadline to pay will be July 2nd.

MOTT'S MILITARY MUSEUM—Thursday, August 9th. Fee for this trip will be \$13 which includes van transportation and admission fee. We will leave the center at 9:15 a.m. and have lunch after our 10 a.m. tour. This is always an interesting guided tour of our nation's history. Some walking and standing involved.

WILSON FOOTBALL FACTORY—Thursday, October 25th. Trip fee is \$10, which includes your entry fee for the tour. The vans will leave the center at 9:15 a.m. Our tour is at 11:45. We will have lunch afterwards at Viva Marias in Ada. No open toe shoes or sandals allowed. This is a VERY interesting tour. This factory produces all of the footballs for the NFL and a lot of the work is done by hand! Walking and standing involved.

******Please remember to park at the back of the parking lot when going on a day trip. This saves the closer parking spaces for those coming in for daily activities!!**

Day Trip Payment and Cancellation Policy

When you sign up for a trip, you are expected to pay for the trip when signing up. If the purchase of tickets is involved in the cost of a trip, no refunds will be issued for the cost of the ticket purchased. If the purchase of tickets is not involved in the cost of the trip no refunds will be given if you cancel within two weeks of the trip's departure. If you have questions please contact Janisse at 740-852-3001.

Delightful Dining

Don't forget to sign up for Delightful Dining so we can make accurate reservations!

Ride the vans for \$5.00 per person while the seats last or you may drive and meet us there.

Monday, June 4, 2018

York Steak House

4220 West Broad Street

Columbus, OH 43228

Vans leaving the center at 5 p.m. and arrive at the restaurant at 5:30 p.m. Thank you!

Monday, July 2, 2018

Golden Jersey Inn

6880 Springfield-Xenia Road

Yellow Springs, OH 45387

Vans leaving the center at 5 p.m. and arrive at the restaurant at 5:30 p.m. Thank you!

Overnight Trip Information

Canyonlands trip: We are having another informational meeting for this trip on June 6th at noon

Philadelphia Freedom Tour— September 5-8, 2018 Three nights, 4 days, admission to Independence Hall, The Liberty Bell, American Revolution Museum, Gettysburg Battlefield tour, tour of Philadelphia and Amish Country, QVC Studio Tour, Flight 93 Memorial. **Final payment due by July 1, 2018.** Double-\$749 pp, single-\$899 pp and triple-\$699 pp. Travel insurance available. Send payments for this trip to Prime Tours, 7177 Dublin Road, Dublin, OH 43017.

Canyonlands of Arizona & Utah—September 10-18, 2018 Nine days, 8 nights, round trip air fare, motor coach & rail transportation, 11 meals, 8 nights hotel lodging, entrance fees and baggage handling, gratuities for local guides and porters. **Balance due by June 8, 2018.** \$2,599 pp/Double, \$2,549 pp/Triple, \$3,099 pp/Single.

2019 Alaskan Cruise -September 9-18, 2019 Nine nights, 10 day tour & cruise. Includes a night in Seattle before the cruise and a night in Vancouver post cruise, flight from Columbus to Seattle and return from Vancouver, transfers in Seattle & Vancouver, all meals on board the Carnival Legend, cruise highlights include Tracy Arm Fjord, Skagway, Juneau, Ketchikan, choose your own excursions. **Estimated** flight, air and cruise \$2725 pp double interior, \$3425 pp double balcony, \$3625 pp single interior. If you are interested, please call the center and we can check to see if there is still room on the trip.

Final payment due by June 1, 2019.

Diabetes Prevention Program

Our Center has the opportunity to hold a **year long** class for those people that may be pre-diabetic. Prior to holding the class someone would come out and see who actually qualifies. Qualification is done by taking a short test. Once we have a list of qualifying individuals, we will then start the classes.

For the first 16 weeks classes are held once a week for 1 hour. After that classes are bi weekly for an hour and then go to monthly classes for an hour.

Qualifiers for the program included:

Fasting Blood Glucose level of 100-125

A1C: 5.7-6.4

Body Mass Index of 25+.

Some of the topics taught will be:

Self-Monitoring Weight and Food Intake

Healthy Eating

Problem Solving

Strategies for Healthy Eating Out

Dealing with Slips in Lifestyle Change

Managing Stress

Preventing Relapse

Heart Health

Life with Type 2 diabetes

and many more

Again this is a year long course, so we are hoping those that sign up will attend most sessions. There is no charge to attend the program. We are planning to have classes on Thursday afternoons. If you are interested in this program, please call the Center at **740-852-3001**. We are going to start by just taking names to see how many people would be interested in the program. If we get enough interest, we will schedule the qualification process.

Free Popcorn!

Friday Cinema



June 1-All the Money in the World-Michelle Williams, Mark Wahlberg-2017-R-Thriller

June 8-Lady Bird-Saoirse Ronan, Laurie Metcalf-2017-R-Comedy

June 15-Fried Green Tomatoes-Jessica Tandy, Kathy Bates-1991-NR-Drama

June 22-Murder on the Orient Express-All Star Cast-2017-PG-13-Thriller

June 29-Only the Brave-Josh Brolin, Miles Teller-2017-PG-13-Real Life Drama

Movies subject to change due to availability

LaComedia 2018!

We are going to see a couple of great shows this year! We will be attending Annie on July 5th and Driving Miss Daisy on August 30th.

Annie is America's favorite cartoon sweetheart and is one of the most popular Broadway shows of all time. It is a delightful mix of villains, cute little girls, gangsters, presidents, billionaires, butlers and bums. Glowing with carefree dances, gentle humor and music such as It's the Hard Knock Life and its theme "Tomorrow".

Driving Miss Daisy is the 1988 Pulitzer Prize winner and highlights the unlikely relationship between an aging, crotchety white Southern lady and a proud, soft-spoken black man. The two become close in a humorous and beautiful journey of friendship when Daisy wrecks her car and must rely on the services of a chauffeur.

We have reserved a limited number of seating for each show. Cost per show is \$65 which includes motor coach transportation, a great show, and fabulous buffet lunch including dessert, coffee, tea and milk. Server and driver tips are not included.

Reserve your seat by putting \$35 down per show you wish to attend, with the balance due for Annie by May 25th and balance due for Driving Miss Daisy by July 23rd. Or you may, of course, pay in full at the time you sign up.

Winter/Severe Weather Emergency Policy effective date-May 21, 2018

During inclement weather the Executive Director may officially close the Center for all or part of the day.

1. The Executive Director will make the final determination to close the center, but will be guided by the Madison County Sheriff's Office or other severe weather notification systems.
2. If the Sheriff declares a Level 2 or Level 3 snow emergency or other severe weather conditions are declared, i.e. tornado Watch or tornado Warning, during the course of the normal business day, the Executive Director will determine when people are to leave.
3. If there is a declared weather emergency at the start of the business day, Level 2 or Level 3 snow emergency or tornado Watch or tornado Warning, the center will be closed and any planned activities cancelled. If available we will notify local TV stations of closure information, as always if unsure call the center.
4. For scheduled evening events at the center, if there is a tornado Watch or tornado Warning, the center will be closed. If there is a severe weather warning, i.e. severe thunderstorm Warning, the center will be closed.

Greetings from the Adult Day Center!

What beautiful weather! Once again Thank You to Don Knox for the donation of a keyboard for ADC, Mamie O'Connor and Cricket Lindsey for Bingo gifts, snacks from Linda Wood, Sandy Darlington, Linda Zimmerman. We really hope we didn't miss anyone.

We celebrated birthdays for Lystra Cline, Connie Harris, Rheta Holly and Misty Bradley.

Also thank you to all that supported the Bake Sale during Senior Fair Day! We made over \$200! Looking forward to a wonderful June.

Beth, Pam and Jeanna

Mushroom Beef Barley Soup

2 LB. BEEF ROAST CUT IN SMALL CUBES
 3 QUARTS OF WATER
 4 BEEF BULLION CUBES
 SALT & PEPPER TO TASTE
 DASH OF GARLIC POWDER
 2 STALKS OF CELERY
 1 MEDIUM ONION DICED
 3 TABLESPOONS OF BUTTER OR MARGARINE
 2 MEDIUM SIZE CARROTS DICED
 3 CUPS OF FRESH SLICED MUSHROOMS
 1 CUP OF PEARL BARLEY

In the Kitchen with Joanna

Melt butter, add onions, carrots, celery, and seasonings. Saute until vegetables are tender crisp. Add water, bullion, mushrooms and beef. Bring to boil, add rinsed barley. Cook on low for about an hour or until barley is tender. Serve with crusty French bread.



Senior Scams Workshop

When: Wednesday, June 13th at noon

Where: Madison County Senior Citizens Center

Do you know how to recognize a scam? Find out how when a representative from Ohio Attorney General Mike DeWine's office speaks about consumer laws, rights, and fraud. Learn how to spot fraud and beat scammers at their own game.

To **sign up** and for additional information call the Center at 740-852-3001.

To report a scam or to learn about your consumer rights, contact the Ohio Attorney General's Office at 800-282-0515 or visit www.OhioAttorneyGeneral.gov.

B	Judy Hastings	119	Bill Link	135	Carolyn Garver	136	Deb Weisman	67
O	Karen King	136	Larry Threlkeld	122	Beverly Evans	136	Barb Florence	96
W	Carl King	165	Paul Hackworth	154	Joe Brohard	109	Carol Nafzger	123
L	Barb Gordin	120	Charlie Johnson	150	Barb Cooper	88	Ray Sheridan	162
I	JR Venrick	161	John Conn	149	Cecil Herman	101		
N	Barb Andrix	101	Gene Noble	111	Jim Harden	130		
G	Duane Glass	180	Valerie Mabra	136	Elizabeth Kitchen	94		



June Birthdays

Patron	Birthday	Patron	Birthday	Patron	Birthday
Tunnell, James	06-01	Weimer, Dorothy	06-11	Stuthard, Tony	06-23
Weiner, Jackie	06-02	Southard, Sherry	06-12	Byerly, Roberta	06-23
Cox, Bertha	06-02	Pass, Gene	06-12	Sparks, Wilma	06-23
Ernst, Terry	06-02	DeWitt, Thomas	06-14	Fetter, Scott	06-23
Ridenour, David	06-03	Foust, Howard	06-15	Bond, Joyce	06-23
Rogers, Robert	06-03	Isaacs, Jean	06-16	Andrix, Barbara	06-24
Nichols, Shelby	06-03	Gross, Florence	06-16	Sparks, Kathryn	06-24
Galilei, Connie	06-04	Orban, Janet	06-16	O'Donnell, Donald	06-24
Witwer, Jim	06-05	Downing, Cheryl	06-16	Johnson, Joseph	06-25
Bryant, Wilbur	06-05	Seaburn, Peggy	06-16	Waggoner, Carol	06-25
Sedlak, Patricia	06-06	Littler, Clarabel	06-17	Daugherty, David	06-25
Bloomfield, Jeanne	06-06	Graves, Mary	06-17	Wiseman, Kim	06-25
Widen, Jane	06-07	Miller, Virginia	06-17	Albright, Gloria	06-26
Mastin, Betty J	06-07	Castle, Rex	06-17	Sato, Midori	06-27
Byerly, Grace	06-07	Hout, Richard	06-18	Seaburn, Janice	06-27
Peters, Ruth	06-08	Deck, David	06-18	Kitchen, Edward	06-27
Gonzalez, Brenda	06-08	Keen, Ruth	06-19	Cordes, Robert	06-28
Ferrell, Janice	06-09	Smith, Jill	06-19	Majka, Robert J.	06-28
Lane, Martha	06-09	Smith, Lou Ann	06-20	Rickard, Virginia	06-28
Rutschilling, Thomas	06-09	Tope, Rose	06-20	Blain, Jean	06-29
Kennell, Jane	06-10	Beekman, Debbie	06-20	Graves, Karen	06-29
Adams, Carol	06-10	Lindig, John	06-21	Renauro, Ronald	06-29
Elbin, Helen Z.	06-11	Cowne, Patricia	06-21	Finney, Kenneth	06-30
Al-Khour, Hikmat	06-11	Simpson, Mary Kay	06-22	Wiseman, Kenneth	06-30
Skaggs, James	06-11	Headings, Clara	06-23	Edwards, Michael	06-30

Senior Fair Door Prize winners!

Congratulations to all!

Gene Pass	Gladys Denen	Betty Thompson	Dale Wheeler
Cindy Shoemaker	Bob Fischer	Milt Boerger	Grace Byerly
Linda Wilson	Jim Rolfes	Linda Bruce	Caren Ewart
Ray Simmons	Paul Rarey	Marvene Downing	Karen Baker

Also Rodney Dhume won our \$25 Lunch Ticket on Monday of Senior Week!

The local news station was interviewing an 80-year-old lady because she had just gotten married for the fourth time. The interviewer asked her questions about her life, about what it felt like to be marrying again at 80, and then about her new husband's occupation.

"He's a funeral director," she answered.

"Interesting," the newsman thought... He then asked her if she wouldn't mind telling him a little about her first three husbands and what they did for a living.



She paused for a few moments, needing time to reflect on all those years. After a short time, a smile came to her face and she answered proudly, explaining that she had first married a banker when she was in her 20's, then a circus ringmaster when in her 40's, and a preacher when in her 60's, and now – in her 80's – a funeral director.

The interviewer looked at her, quite astonished, and asked why she had married four men with such diverse careers.

"I married one for the money, two for the show, three to get ready, and four to go."

Jokes



An elderly man is stopped by the police around 2 a.m. and is asked where he is going at this time of night.

The man replies, "I am on my way to a lecture about alcohol abuse and the effects it has on the human body, as well as smoking and staying out late."

The officer then asks, "Really? Who is giving that lecture at this time of night?"

The man replies, "That would be my wife."


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E-mail FMCPT@columbus.rr.com

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mike.conway66@yahoo.com

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and all general pests**

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BINGO AT THE CENTER!!

280 West High St., London

Saturday, June 23rd

3 p.m. Doors open at 2 p.m.

\$20 per player. The more that come, the more we pay! Door Prizes!! Senior Café opens at 4 p.m.!!

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Timothy R. Stonecipher, Attorney 740-837-4967

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Madison County Senior Citizens Center

Dated Material

280 West High Street

London, OH 43140

Phone: 740-852-3001

Fax: 740-852-3052

We're on the Web!

mcsenior.org or on Facebook at Madison County
Senior Citizens Center



June 2018

Misty Bradley, Executive Director

Ramalingam Selvarajah, M.D., Medical Director

Janisse Williams, Activity Coordinator/Marketing

Marilyn Lowery, Front Office/ Substitute Driver

Ruth Kennedy, Staff Nurse/Wellness Coordinator

Beth Dillion, Daycare Aide

Pam Chenos, Daycare Aide

Jeanna Bernard, Daycare Aide

Bonnie Radcliff, Daycare Aide/Substitute

Sandy Darlington, Daycare Aide/Substitute

Jackie Cain, Homemaker

Joanna Sadler, Chef

Steven Wehrs, Cook

Brenda Castle, Transportation Coordinator

Carolyn Wilson, Driver

Wayne Bricker, Substitute Driver

Betty Lawrence, Substitute Driver

Jeff Bricker, Maintenance

The Madison County Senior Citizens Center is funded in part by Title III funds from the Older American's Act of 1965. These funds are administered by the Ohio Department of Aging and contracted to the local agencies by the Central Ohio Area Agency on Aging. Local funds are necessary to match these Federal dollars. They are made possible by Madison County Commissioners, a county wide levy, donations, contributions and fund raisers. The Center is non-discriminatory in services and employment. The building is handicapped accessible.

COAAA Advisory Council Meetings Open to Public

The Central Ohio Area Agency on Aging (COAAA) Advisory Council will meet the first Thursday of each month.

Advisory Council meetings are scheduled from 10:30 a.m. to 12:00 p.m. All meetings except for December are held at the COAAA office, 3776 South High Street, Columbus, Ohio.

The council is comprised of volunteers from eight Central Ohio counties who represent the views of older adults in their specific communities and advise the Area Agency in its operations.

Mission Statement

The purpose of the Madison County Senior Citizens Center is to encourage, foster, and develop opportunities for the senior citizens of Madison County through education, recreation, respite, nutrition, daycare services, and assistance in independent living.