



It is October 22nd as I am writing, a spectacular fall day. Sometimes I reflect back on directors' letters in previous years to see what was happening for the month. November is usually a very busy month here, craft bazaar, Veteran's Day Program, our annual Thanksgiving lunch and depending on the year, our levy renewal, like this year. **If you received this before Election Day, Tuesday, November 3rd, don't forget to vote "YES" for our levy renewal; it is so important.** If you received your newsletter after, let's hope we can all breathe a sigh of relief, the levy passed and we can get on with our business...I don't want to mention the other possibility. I'm a glass half full person, although truth be told, I have been very stressed over this. I feel like every day in 2020, there has been full moon, you know how strange things seem to happen whenever there is a full moon, "must be a full moon" that kind of feeling, every day, in 2020, thus far...

Last year at this time we had just completed our new parking lot addition on the side lot. This year we also have a new side lot project in the works, our new shelter house. You are probably wondering how we are able to do a project of this magnitude during the pandemic, and yes our revenue is down significantly this year. We are able to do this project because we have received support from our community, local businesses, with funding donations and material donations. Ladies and gentleman, this project was 100% paid for because of the generosity of our local businesses, by people who understand how important the Madison County Senior Center is for our seniors and for Madison County. Once the shelter house is complete (we hope by 11/11) we are waiting on our permit approval as of today's date, we will post pictures and list all of the amazing people that helped us make this project possible. Thank you is never enough.

So the elephant in the room, the center remains closed. All I can say is this, with the increase in the COVID numbers, Madison County has been a red county for a few weeks now, flu season, and we just couldn't take any chances. It was a very tough decision for the Governing Board to make, but ultimately we need to keep you all safe, the staff safe, and also continue to provide some services. If we had an outbreak at the center, we wouldn't be able to offer any of our services, transportation, meals and support services. We are planning on January 4 to re-open. Let's hope and pray things improve over the next couple months.

Final item to discuss, some of you read the article in the paper about the "free meals" these meals are part of a grant program and require an application and there are qualifying restrictions. It isn't a free meal for everyone, we have limited funding. We have already had to limit the number of days. This program is geared toward seniors, 60+, who are unable to get out to shop, have a limited ability to make meals for themselves, to help caregivers with meals, people who are homebound.

Continued on page 3.

2020 Governing Board Members

Donna Sheridan-President

Jerry Tompkins- Vice President

Shirley Witwer-Secretary

Loretta Anthony Eilene Duncan

Steve Saltsman Sharon Manion

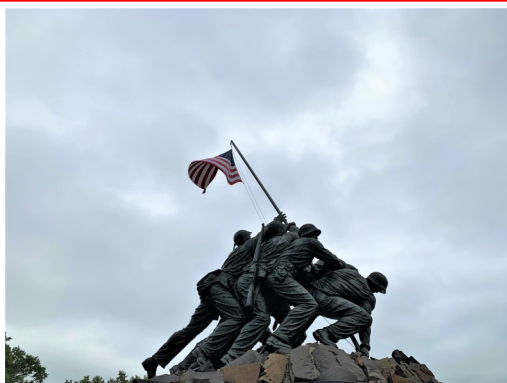
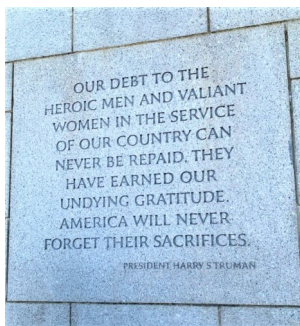
**The Center will
be closed Nov.
26 & 27 for the
Thanksgiving
holiday.**



Find the oven mitt hidden inside this newsletter. When you find it call the center at 740-852-3001 by Friday, November 13th and tell us where it is located. If correct, your name will be entered into a drawing to win 5 free lunches. Remember it will not necessarily be on a color page. Last month the mouse was on page 5.

Congratulations to Sheila Strickler, October's lucky winner!

We salute our veterans! These pictures below were taken by Marilyn Lowery in Washington D.C. when she was there volunteering with Honor Flight. The Madison County Senior Center appreciates your service to our country!



Left: Our director, Misty Bradley, stands amongst 400 Wellness kits from Central Ohio Area Agency on Aging for seniors in Madison County. They include hand sanitizer, masks and Covid safety information.

We recently started work on our shelter house. The goal is to get it done by early November. We received donations that totally covered the entire cost!

Our drive through lunches have been booming! Below right: Donna Sheridan is preparing salads. They always look so good!

Cooks, Gayle and Steve have been busy. Shown right: Gayle is making up pumpkin pies.

On Liver & Onions day we served 65 drive through lunches! Everyone's favorite!



Continued from page 1

I sincerely wish we could give everyone a free meal, but that isn't what this program is about. I know there has been some confusion, and I apologize, but we need everyone to take into consideration that there are seniors in our County that are not able to get out for meals or have trouble preparing meals. If you know someone in your neighbourhood or have a family member with these limitations, please call the center.

Blessings to you and your families as we start what is going to be an interesting holiday season.

God Bless! *Misty*

Welcome New Member

Linda Brown

**2020 Dues**

Remember to pay your membership dues by December 31st in order to keep receiving your newsletter. They are \$15 for one person or \$25 for a married couple. Mail to:

Madison County Senior Center

P.O. Box 389

London, Ohio 43140

Those age 90 and up no longer have to pay dues to the Center.

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.

Classes & Activities not available at this time.**WEEKLY SCHEDULE****SUBJECT TO CHANGE****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

5:30 p.m.—6:30 p.m. Line Dancing **outside only**

6:30 p.m.—7:00 p.m. Couples Dancing **outside only**

Wednesday:

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

9:00 a.m.—Chair volleyball

10:00 a.m.—Pickleball at London Community Center

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

12:05 p.m.—Bridge

1:15 p.m.—Yoga

2:00 p.m.—Diabetes and Weight Loss Support Group

7:00 p.m.—Bingo. To be announced

Thursday:

9:00 a.m.—Chair volleyball

9:00 a.m.—Fun Bingo first and third Thursdays

1:00 p.m.—Pickleball at London Community Center

**Friday:**

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

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

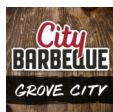
10:00 a.m.—Chimes, first and third Fridays

1:00 p.m.—Free Movie and Popcorn at the senior center. See what is playing on page 5.

UPCOMING DAY TRIPS!!

The decision has been made to not take the trip vans out even with limited passengers. Hopefully this will change soon, but for November and December no vans will be in use for trips.

November (Not a) Mystery Lunch—Thursday, November 12th. We will meet for lunch at Teaberry's, 1600 East Leffel Lane, Springfield, OH 45505. Try to arrive around 11:30 a.m. You can also browse their Heart of Country Gift Shop while we are there. Don't forget to call the Center and let us know if you plan to go.



December (Not a) Mystery Lunch—Friday, December 4. Tropical Fruit and Nut and City BBQ in Grove City. For those that want, we will meet at Tropical Fruit & Nut at 11:00 a.m. and then go on to City BBQ afterwards. Or for those just going for lunch, meet at 11:30 a.m. at the restaurant. Carpool or meet us there! For those that don't know, Tropical Fruit & Nut is a warehouse with great prices on nuts, candy and dried fruit. Their address is 3150 Urbancrest Industrial Drive, Urbancrest, Ohio 43123. City BBQ's address is 2261 Stringtown Road, Grove City, OH 43123. The two places are just two and a half miles from each other.

Delightful Dining

Don't forget to call the Center and let us know if you plan to come, so we can give the restaurant an accurate count. Sign up early! Sometimes late reservations cannot be accommodated at the restaurants.

Monday, November 2nd—Spaghetti Warehouse, 397 East Broad St., Columbus, OH 43215. Please meet us there at 4:45 p.m.



Monday, December 7th—Cracker Barrel, 1313 Hilliard Rome Road, Columbus, OH 43228. Please meet us there at 4:45 p.m. Just for fun let's have a Dollar Tree gift exchange. Price limit is \$5 per person. Men bring a men's gift and women bring a women's gift. Of course this is just for fun, you don't have to participate, you can just come for dinner if you would like.

Travel Quotes

"Adventure is worthwhile." – Aesop. Adventure is ALWAYS worth it... It doesn't get more simplistic than Aesop's take on traveling, the ancient Greek fabulist and storyteller.

"Travel isn't always pretty. It isn't always comfortable. Sometimes it hurts, it even breaks your heart. But that's okay. The journey changes you; it should change you.

"Traveling – it leaves you speechless, then turns you into a storyteller." – Ibn Battuta. ...



How Many Do You Remember?

Blue flashbulb

Packards

Roller Skate Keys

Cork popguns

Drive-ins

Studebakers

Wash tub wringers

Head lights dimmer switches on the floor.

Ignition switches on the dashboard.

Heaters mounted on the inside of the fire wall.

Real ice boxes

Pant leg clips for bicycles without chain guards.

Soldering irons you heat on a gas burner

Using hand signals for cars without turn signals.



Candy cigarettes

Pop machines that dispensed glass bottles

Coffee shops with tableside jukeboxes

Home milk delivery in glass bottles with cardboard stoppers

Party lines

Peashooters

Howdy Doody

Green Stamps

Metal ice cubes trays with levers

The Fuller Brush Man

Tinker toys

Erector Sets

15 cent McDonald's hamburgers



Ever Wonder???

Why is it that doctors call what they do "practice"?

Why is it that to stop Windows 98, you have to click on "Start"?

Why is lemon juice made with artificial flavor, and dishwashing liquid is made with real lemons?

Why is the time of day with the slowest traffic called rush hour?

When dog food is new and improved tasting, who tests it?

Why do they sterilize the needle for lethal injections?

You know that indestructible black box that is used on airplanes? Why don't they make the whole plane out of that stuff?

Why don't sheep shrink when it rains?

Why are they called apartments when they are all stuck together?

If con is the opposite of pro, is Congress the opposite of progress?

If flying is so safe, why do they call the airport the terminal?



WINTER HEALTH TIPS

Keep Eating Healthy

During the winter months, it can be more challenging to maintain a healthy diet. Since many produce items are “out of season” during the winter, their prices can increase substantially. Take this opportunity to check out your store’s selection of frozen veggies, which often contain less sodium than their canned counterparts. Be sure to stock up on winter fruits and vegetables, like pomegranates, cranberries, citrus fruits, grapes, and root vegetables. It’s also important to eat to support your immune system; this includes taking your vitamins (especially Vitamin C) and eating foods rich in zinc, such as fish, oysters, poultry, and eggs.

Winter-Proof Your Home

As we age, it gets increasingly difficult to maintain body temperature, and with a more limited budget, we may be tempted to scrimp on the heating bill. Unfortunately, **hypothermia is a very real concern for seniors**, as more than 600 seniors die every year from it. An easy way to ensure you are staying warm enough is to set your thermostat to at least 68 degrees Fahrenheit (many utility companies offer assistance to seniors on fixed incomes during the winter months on their bills). It’s always a great idea to have working carbon monoxide detectors in the home, especially if you use space heaters.

This information brought to you from Senior Adviser.com

3 Ingredient Peanut Butter Cookies

Want to whip up something easy when the grandkids come over or just for yourself?

1 cup peanut butter

1 cup white sugar

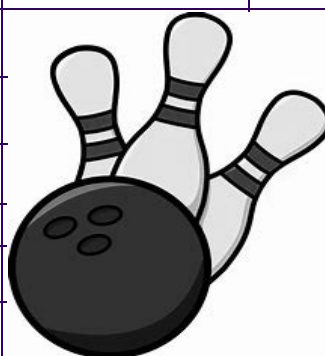
1 egg

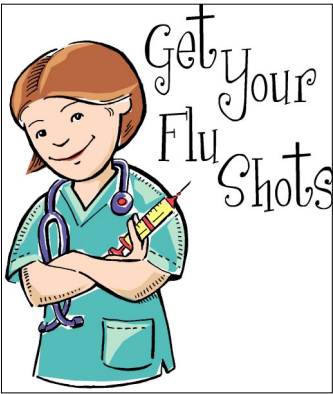


Preheat oven to 350 degrees.

Mix ingredients together in a bowl using an electric mixer until smooth and creamy. Roll mixture into small balls and arrange on a baking sheet; flatten each with a fork, making a criss-cross pattern.

Bake for 10 minutes. Cool cookies on the baking sheet for 2 minutes before moving to a plate.

B O W L I N G	Andrix, Barb	110	Goff, Terry	160	Link, Bill	120	Threlkeld, Larry	114
	Burdett, Diane	120	Gordin, Barb	120	McDonley, Dolly	85	Weisman, Deb	84
	Cameron, Brenda	120	Hackworth, Paul	120	Noble, Gene	115		
	Cameron, Carol	132	Hardin, Jim	116	Pickens, Ann	115		
	Cooper, Barb	91	Hastings, Judy	120	Potocki, Dave	120		
	Cwiekalo, Bert	150	Johnson, Charlie	120	Ridolfo, Linda	153		
	Florence, Barb	120	King, Carl	120	Shepler, Greg	159		
	Glass, Duane	190	King, Karen	120	Sheridan, Ray	159		



Older adults are at increased risk for complications from the flu. Flu is highly contagious and is spread by coughing and contact. Symptoms include fever, cough, aches and tiredness. Flu is caused by a virus and can cause mild to severe illness. In some cases, it can lead to death. Flu symptoms may come on quickly and include fever, headache, extreme tiredness, dry cough, sore throat, runny or stuffy nose, muscle aches, nausea, vomiting, and diarrhea.

Seniors should take steps to prevent getting the flu, but so should anyone who works around older adults or who spend time with older loved ones. To minimize your risk of getting and spreading the flu:

- **Get a flu shot.** Early vaccination offers the best protection against the flu, but a shot any time during flu season will provide benefits. The annual flu shot is covered by Medicare Part B with no copay for adults age 65 or older. Ask your health care provider about a higher-dose vaccine specifically designed for older adults. If a higher-dose vaccine is not available from your health care provider or pharmacy, get the regular-dose shot instead.
- **Maintain good health habits.** Get plenty of sleep, manage stress, and be as physically active as is appropriate for you. Drink plenty of fluids and eat nutritional foods.
- **Wash your hands.** Scrubbing with soap and warm water for at least 20 seconds can kill most of the flu viruses your hands encounter. When you can't wash your hands, use an alcohol-based hand sanitizer. Avoid touching your eyes, nose or mouth with your hands.
- **Cover your mouth and nose** with a tissue when you cough or sneeze. Throw the tissue away immediately and wash your hands. If you don't have a tissue, cough or sneeze into your elbow then wash any affected skin immediately.
- **Limit your contact.** Avoid contact with people who may be ill with the flu, as well as surfaces they may have touched. Likewise, if you feel you may have the flu, limit the time you spend with others until you are fever-free for at least 24 hours without the use of medicine. Call ahead to places like doctor's offices, nursing homes, and senior centers to see if they have special visitation restrictions for those who have flu-like symptoms.

If you get the flu, proper care can lessen symptoms and decrease the time you are ill. It will also lessen the time you are able to infect others. Stay at home and rest. Drink plenty of liquids to replace fluids lost through fever and sweating. Talk to your health care provider about medicines you can take to manage your symptoms and how they may interact with other medicines you take.

This is information brought to you from the Ohio Department on Aging.

November Birthdays!

Patron	Birthday	Patron	Birthday
Wharton, Donna	11-01	Griffith, Gladys	11-17
Hillard, Robert	11-02	Knox, Kenneth	11-17
Savage, Donna	11-02	Robinson, Nancy	11-17
Fischer, Delores	11-03	Nelson, Cheryl	11-17
Spicer, Martha Ann	11-03	Studebaker, Helen	11-18
Henry, Wanda	11-03	Carter, James	11-18
Stringer, Anita	11-04	Ditalia, Carol	11-18
Stonerock, Paul	11-04	Craig, Stephen	11-18
Kraft, Florin	11-04	Stonecipher, Paula	11-18
Sheridan, Janice	11-04	Burdett, Diane	11-19
Hackworth, Jane	11-05	Hix, Virgil	11-20
Borders, Judi	11-06	Hackworth, Paul	11-21
Ramey, Donna	11-06	Stanforth, Pamela	11-22
Fischer, William	11-08	Butterfield, Lewis	11-23
Miller, Cora	11-09	Butler, Linda	11-23
Clifton, Mary Jane	11-09	Litchfield, Shirley	11-23
Stewart, Marilyn	11-09	Horne, Karen	11-24
Swackhammer, Jay	11-09	Hysell, Donald	11-24
Heaberlin, Penny	11-10	Siders, Dale	11-24
Vance, Dale	11-10	McCarty, Terry	11-26
Friend, Dale	11-11	Wells, Betty	11-28
Kellough, David	11-11	Cummins, Jerry	11-28
Brock, Ann	11-11	Ballard, Fred	11-29
Duncan, Linda	11-11	Simmers, Dolly	11-29
Cutler, Sue	11-12	France, Kassie	11-29
Boyd, Bob	11-13	Locke, Mary	11-30
Kelley, Patricia	11-14	Cameron, Carol	11-30
Parsons, Jim	11-14	Ridolfo, Linda	11-30
Maddux, Paul	11-15	Rogers, Carol	11-30

Happy
Birthday!





HELP US "RENEW" OUR LEVY

VOTE YES ✓

ON NOVEMBER 3, 2020

Established 1976

**MADISON COUNTY SENIOR
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Please tell your family, friends and neighbors how
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If you shop on **Amazon**, the Center can benefit.

All you have to do is go to the following address: <https://smile.amazon.com/ch/31-1195151>. Use your usual Amazon login and it will automatically send 0.5% of your purchases to the Center.

Planned Giving—What is it about? It means you are planning to give a gift later. It is a plan that you put in your will, an item that is worked out with your family and attorney. From time to time, the Senior Center receives such gifts. Whether these amounts are small or large, they are extremely important.

If you would like more information, please contact Misty Bradley, Executive Director, at 740-852-3001. Your call or meeting is strictly confidential. This is one of the easiest ways to leave a legacy to the Senior Center.

Required Minimum Distribution from your IRA—If you are 70 1/2 or older and have an IRA, you know that each year you must take your Required Minimum Distribution (RMD). But did you know that you can make a transfer directly from your IRA to a charity of your choice and the contribution is not taxed? You can give up to \$100,000 from your IRA to a charity and it will be counted towards your RMD but isn't included in your adjusted gross income. If you want further information on how you can make a gift to the Senior Center from your IRA, please contact your financial advisor.

Transportation to Vote

Madison County Senior Center is offering transportation for senior citizens to go vote.

We ask that you try to take advantage of early voting so that we have more flexibility to transport as many seniors as we are able.

We will also transport to the polls on Election Day.

You will need to call [740-852-7324](tel:740-852-7324) to set up an appointment for us to take you. There will be no charge for this service. We do have handicapped accessible vans for those that need them. Hours of transport will be from 9 a.m. to 3 p.m.



November Quotes

I invite my fellow-citizens in every part of the United States, and also those who are at sea and those who are sojourning in foreign lands, to set apart and observe the last Thursday of November next as a day of thanksgiving and praise to our beneficent Father who dwelleth in the heavens. *Abraham Lincoln*



Madison County Senior Citizens Center, Inc.

280 West High Street, London

To Be Announced

First Wednesday each month at 7:00 p.m.

Coverall Jackpot Progressive Games

Hog Wild

Smoke Free Facility

Public

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Christmas Candy Sale

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See us on Facebook for Price List

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Pick up Tues & Thurs 1:00 to 4:00, Wed 4:00 to 7:00

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Corner of 5th & Main, London

London Federation of Women's Clubs



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Madison County Senior Citizens Center

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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



November 2020

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, Adult Day Center Coordinator

Jeanna Bernard, Adult Day Center Aide

Patsy Bricker, Adult Day Center Aide

Bonnie Radcliff, Adult Day Center Aide/Substitute

Sandy Darlington, Adult Day Center Aide/Substitute

Jackie Cain, Homemaker

Steven Wehrs, Cook

Gayle Summers, Cook

Brenda Castle, Transportation Coordinator

Wayne Bricker, Driver

Don Hawkins, Substitute Driver

Mark Bires, Substitute Driver

Martha Parsons, Substitute Driver

Luther Dolby, Maintenance

Dated Material

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.