

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

## Mission Statement:

Morrow County Services for Older Citizens, Inc. represents the 60+ residents of Morrow County. The emphasis is on improving the quality of life for the older Morrow County residents, helping them live active, independent, and healthy lives.

This agency is committed to helping the frail elderly who choose to remain at home by providing home-based services. The goal is to promote and enhance the greatest possible level of choice, independence and self-care of the individual, and to promote community living when appropriate and feasible in terms of costs and quality.

### **MORROW COUNTY SERVICES FOR OLDER CITIZENS, INC.**

**419-946-4191 \* 419-946-1037** facsimile

**Website: [www.SeniorsOnCenter.org](http://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 2014 ISSUE

**UPCOMING EVENTS**

Mark your calendars for Senior Day at the Morrow County Fair – August 26. You will not want to miss this year’s event. Elvis has agreed to return to Morrow County for your entertainment. See larger ad in this newsletter.

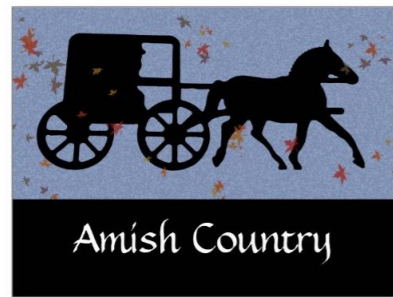
**ATTENTION ALL MEMBERS:** September 18 at the Morrow County Fairgrounds, is the date set aside for a members only picnic. Come for lunch, games and a good time.



We are planning a trip to Tri-Rivers to see the robots. More information will be available soon.



An October trip to Amish country is in the planning stage. More information to follow.



**Scioto Downs Casino  
Columbus, Ohio  
August 7th & 21st**



**Bus Trips to and from the Casino for one low price. Our bus will take you to the front door and pick you up at a designated time. Many of our seniors have found that it is a fun and economical way to spend a day. Call the office for schedules and rates. 419-946-4191**



A BIG thanks to all those that brought in school supplies for this coming school year. You have always come through for the children in need and it is so appreciated by the children and the parents.

Thanks for the Morrow County giving hearts.

2014 Positive Aging Expo-Back to the 50's  
Thursday, Sept. 25 – 9:00 am -2:00 pm  
Fairhaven Hall-Richland Co. Fairgrounds

Free lunches while they last - Entertainment  
– Door Prizes – Prize award for the best 50's costume

Meet at Kroger parking lot at 8:00am  
Please sign up by September 18

Sponsored by Area Agency on Aging  
Ohio District 5



**We have a desperate need for volunteers at the Center. We need home-delivery drivers (will receive mileage reimbursement checks) and kitchen help. Please call the center a.s.a.p. if you are interested.**

We had a great turnout for the talent show here at the Senior Center on June 30, 2014. We also had a variety of great talent.

The winner was Ray Brennaman who entertained us with his great singing voice.

- 1<sup>st</sup> place was Dolly Parton aka Terry Roush
- 2<sup>nd</sup> place was Richard Carter
- 3<sup>rd</sup> place was Mary Brandum

We have a lot of talent in Morrow County and thanks for sharing with us.

We ALWAYS have a great time at Monday Night music. Two nights a month we serve a wonderful meal before the music and dancing begin. We have a 50/50 drawing where some lucky person goes home with more than they came with. Join us for a Monday night that will convince you to make every Monday night a Music Night at the Senior Center.

Did you know that the Senior Center has a great small scale library? It is here for your reading pleasure. The Mt. Gilead library supplies us with new books each month. If you are a reader and have your lunch delivered to you, we can supply you with a new list of books and your delivery person will bring you the books you request with your next lunch. Please call the office (419-946-4191) and request a list of our newest books. Anyone else can just stop by the Center and pick out the book you would like to read and return it when finished. Thank you!

**MAKING A DIFFERENCE**

**Our volunteer home delivery drivers, Bob and Faye Willeke have been with Seniors on Center for 17 years. They met and fell in love in Pharmacy School. They have been married for 58 years. Faye worked at Morrow County Hospital as a pharmacist for 26 years and Bob retired after 20 years as St. Colonel in the USAR reserve, Medical Service Corps.**

**They are the proud parents of 4 children and grandparents of 6. Faye keeps very active with the grandchildren, playing tennis and golf, reading and being active in their church. Bob also likes to spend his free time playing golf, reading and working at his computer.**

**With all that they do, they still find time to help us by delivering our home-delivered meals. They are so faithful to be here every Monday. The Center is so appreciative of them and all they have contributed to us and the seniors for the past 17 years. They are a wonderful couple who we are so privileged to have on our home delivery team. Thank you Bob and Faye for the many years of committed service.**

\*\*\*\*\*

**We want to thank all of you that came to our first annual Pancake Breakfast at the Center during the Corn Festival. We served approximately 40 people during a rainy morning. We were very pleased at the results. Thanks to every one of you for your patronage and are looking forward to serving you and many more next year.**

**MORROW CO. SENIOR CLUBS**

**Cardington Seniors**

Friday, August 22<sup>nd</sup> @ 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 19<sup>th</sup> @ 12 Noon  
Selover Library, Chesterville  
31 State Route 95  
Susie Lyle 419-768-3431

**Marengo/Fulton Seniors**

Monday, August 4<sup>th</sup> @ 9:00 AM  
Breakfast on your own  
Farmstead Restaurant  
618 State Route 61, Marengo

Monday, August 18<sup>th</sup> @ 12 Noon  
Carry-In Lunch  
American Legion Post 710  
1549 W. C R 26, Marengo  
Joyce Taylor 419-253-0727

**Sparta Good Time Seniors**

Tuesday, August 19<sup>th</sup> @ 12:30 PM  
Highland Pizza—your own cost  
6530 State Route 229, Sparta  
Dick Sears 419-768-2050

**Mt. Gilead Seniors Club**

Tuesday, August 19<sup>th</sup> @ 12 Noon  
At Seniors on Center a reservation needed bring dessert. Marilyn Sipes 419-468-3500

**MORROW CO. SENIOR CLUBS**

**Morrow County Retired Teachers**

April, June, October & December  
Monday, October 6<sup>th</sup> @ 11:30 AM  
Lunch provided by Trinity UMC  
for \$10.00  
75 E. High St, Mt. Gilead  
Angie Hamilton 419-946-1417



Join us on Tuesday August 12<sup>th</sup> at noon to celebrate our August birthdays! Wishing the following a Very Happy Birthday:

- Bud Tesack
- Helen Bosh
- Earl Gattshall
- Don Sipes
- Joe Pukansky
- Jackie Diefenbach
- Ruth Thorne
- Paul Green
- Burgess Boyce
- Glenna French
- Jane Roloson
- Ronald Brown

- George Roloson
- Mary Jane Gwinn
- Virginia Hedrick
- Wilma Ogle
- David Shiflet
- Fritz Miller
- Avonell Hayhurst
- Jane Reed
- Bonnie Clarkson
- Fern Miley
- Betty Meier

### MUSIC NIGHTS

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

**Monday, August 4<sup>th</sup>**

**Meal 5-6PM**

Music by Country Travelers 6-8PM

**Monday, August 11<sup>th</sup>**

Music by Dick Starcher 6-8PM

**Monday, August 18<sup>th</sup>**

**Meal 5-6PM**

Open Mic 6-8PM

**Monday, August 25<sup>th</sup>**

Music by Country Travelers 6-8PM

**\*\* Band donations accepted \*\***

### EUCHRE AND BINGO

We have a great group of people that come in for an enjoyable afternoon of Euchre at the Center every Wednesday 12:30 Thursday 12 Noon.

The second & fourth Tuesday of each month we are having Bingo from 1-3 PM

**Belton at the Senior Center  
August 19<sup>th</sup> 10am - Noon**

No appointment necessary

**Angela Schneider,  
Hearing Care Practitioner**



Seniors on Center is looking for one or two good used vehicles for our Transportation Department and/or to make home deliveries for our Nutrition Department. These vehicles need to be reliable due to the mileage we put on them each year.

If you or someone you know would like to sell or donate their gingerly used vehicle for a very good cause, please call us at 419-946-4191.

While representing Seniors on Center at the Cardington Street Fair on June 28, 2014, we had a drawing for a couples night out and 2 jars filled with "guess the amounts".

Congratulations to the following:

A Couples Night Out: Dejah Rowland of Cardington

A Jar of nails, nuts and bolts: Rick Ray of Cardington

A Jar of Candy: Rachelle Evans of Edison

If you did not make it to the Cardington Fair this year, make sure you are able to attend next year. What a great street fair.

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

Find these words:

- |            |            |            |
|------------|------------|------------|
| APPLE      | GRAPEFRUIT | PAPAYA     |
| APRICOT    | GRAPES     | PEACH      |
| AVOCADO    | HONEYDEW   | PEAR       |
| BANANA     | KIWI       | PINEAPPLE  |
| BLUEBERRY  | LEMON      | PLUM       |
| CANTALOUPE | LIME       | STAR FRUIT |
| CHERRY     | MELON      | STRAWBERRY |
| FIG        | ORANGE     | TANGERINE  |



## MATTER OF BALANCE

Have you turned down a chance to go out with family or friends because you were concerned about falling?  
Have you cut down on a favorite activity because you might fall?

People who experience a fear of falling often limit their physical activities, which can result in loss of strength, reduced muscle tone and balance problems, making the risk of falling greater.

By attending A Matter of Balance: Managing Concerns About Falls you will:

- Set realistic goals for staying active
- Learn how to stay safe at home
- Complete exercises to increase strength and balance
- Learn how to identify and control your fear of falling

The class is conducted over eight sessions by trained coaches and will meet each Tuesday until the course is complete for one and one half hours per session. The program's goals are to reduce fear of falling, stop the fear of falling cycle, and increase activity levels and confidence among older adults. We will begin on Tuesday, September 2<sup>nd</sup> at 10:00 am and end at approximately 11:30 am, just in time for lunch. All those signing up and beginning the new class with us will receive their lunch **FREE** here at the center after that first session. Call and sign up before August 22<sup>nd</sup> (419-946-4191).

**ALL SESSIONS ARE FREE PLUS A FREE LUNCH AFTER THE FIRST SESSION.** You have nothing to lose and a lot to gain. We will need at least 6 participants to start the new class.

### You're Drinking Too Much Coffee When:

You ski uphill. You speed walk in your sleep. You answer the door before people knock. You sleep with your eyes open.

You just completed your third sweater today, and you don't know how to knit. You grind your coffee beans in your mouth.

You have to watch videos in fast-forward. The only time you're standing still is in an earthquake. You lick your coffee pot clean. Your eyes stay open when you sneeze. The nurse needs a scientific calculator to take your pulse.

You can type sixty words a minute with your feet. You don't sweat, you percolate. People get dizzy just watching you.

People can test their batteries in your ears. Your birthday is a national holiday in Brazil. Your Thermos is on wheels.

You can outlast the Energizer Bunny. You don't even wait for the water to boil anymore. You don't tan, you roast.

You soak your dentures in coffee overnight. You think CPR stands for "Coffee Provides Resuscitation."

## SENIOR FAIR DAY

### AUGUST 26, 2014

10:00 am to 2:00 pm



Join us for Senior Day at the Fair on August 26. If you are 60+ your admission is free and if you are one of the first 400 to sign up, you will receive a free lunch.



You will not want to miss this year's entertainment. None other than Eric Bressi (Elvis' Lost Son) will be on stage. If you were at the Senior Citizen Day at the Center, you know what a great entertainer he is and if you were not able to be here, you will not want to miss him again.

9:00 am – Registration

10:00 am – Welcome

10:15 am – Bingo

11:45 am – Lunch

12:15 pm – M.C. 2014 Senior Citizen presentation

12:30 pm – Elvis's Lost Son

2:00 pm – Farewell

See you there!

# AUGUST PROGRAM CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 8 AM-4:30 PM Inside walking 12:30PM Bible Study
4 9AM Marengo/Fulton Srs. Breakfast  5PM Meal 6-8PM Music	5 9:00 AM Roundtable 1:00 PM Wii bowling Tournament 1-3 PM Bingo  	6 12:30 PM Euchre	7 12 Noon Euchre	8 8 AM-4:30 PM Inside walking 12:30PM Bible Study
11  6-8 PM Music	12 9:00 AM Roundtable 12 Noon Birthdays 1-3 PM Bingo  	13 12:30 PM Euchre	14 12 Noon Euchre	15 8 AM – 4:30 PM Inside Walking 12:30 PM Bible Study  
18 12NoonMarengo/ Fulton Carry-in Lunch  5PM Meal 6-8 PM Music	19 9:00 AM Roundtable 12 Noon Chesterville Srs. Lunch 12:30 Sparta Srs. Lunch 12 Noon Mt. Gilead Srs.	20 12:30 PM Euchre	21 12 Noon Euchre  	22 8 AM – 4:30 PM Inside Walking 12:30 PM Bible Study Noon - Cardington Seniors Luncheon
25  Noon to 4:00 Commodities  6-8 PM Music	26  <b>Closed</b> <b>See you at the fair</b>	27 12:30 PM Euchre 9AM-Noon Commodities	28 12 Noon Euchre	29 8 AM – 4:30 PM Inside Walking 12:30 PM Bible Study

# AUGUST MENU

ONE DAY ADVANCE RESERVATIONS REQUIRED \* SUGGESTED \$3.00 DONATION

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>MENU IS SUBJECT TO CHANGE UPON APPROVAL</b>			1 Fish Mashed Potatoes Peas Apple Juice
4 Salisbury Steak Mashed Potatoes Asparagus Strawberries	5 Roasted Turkey Parsley Potatoes Green Beans Fresh Orange	6 Shredded Chicken Sandwich Potato Salad Pineapple Orange Juice  Thursday meal will be delivered today	7 Cold Meal Turkey Sandwich/ Lettuce & Tomato Fruit Salad Cranberry Juice  The Center will be open, but will not be serving lunch.	8 Savory Chicken Mashed Potatoes Mixed Vegetables Cantaloupe
11 Chicken Drumstick Parslied Potatoes Broccoli Applesauce	12 Turkey Burger/Lettuce & Tomato Baked Beans Tropical Fruit	13 Pulled Pork Sandwich 3-Bean Salad Corn Orange Juice  Thursday meal will be delivered today!	14 Cold Meal Egg Salad/ Cottage Cheese Applesauce Peaches Grape Juice  The Center will be open, but will not be serving lunch	15 Spaghetti Corn Tropical Fruit Orange Juice
18 Roasted Turkey Sweet Potatoes Green Beans Tropical Fruit	19 Pork Chop Hashbrowns Creamed Corn Mandarin Oranges	20 Cod Oven Brown Potatoes Carrots Mandarin Oranges  Thursday meal will be delivered today!	21 Cold Meal Chef Salad/Turkey, Cheese, Lettuce, Tomato, Pepper & Cucumber Peaches  The Center will be open, but will not be serving lunch	22 Chicken Breast Brown Rice Broccoli Pears Banana
25 Pork Chop Sweet Potatoes Broccoli Watermelon	26  <b>Closed</b> <b>See you at the fair</b>	27 Roast Beef Oven Brown Potatoes Green Beans Mandarin Oranges	28 Chicken Noodle Casserole Carrots Applesauce Orange Juice	29 Fish Mashed Potatoes Peas Apple Juice