

SENIOR MOMENTS

Morrow County's Monthly Newsletter

JANUARY

Seniors on Center

41 W. Center St.

Mt. Gilead, Ohio 43338

419-946-4191

Website: www.seniorsoncenter.org

Center Hours

Monday—Friday

8:00AM-4:30PM



DAVE GRANLUND © www.davegranlund.com

INSIDE THIS ISSUE:

ACTIVITIES TO LOOK FORWARD TO!

MENU

VOLUNTEER OF THE MONTH

PHOTOS

EVENTS AND IMPORTANT DATES

EVENTS AND IMPORTANT DATES

IMPORTANT INFORMATION

SERVICES PROVIDED AND CLUBS

HAPPY BIRTHDAY

JUST FOR FUN

BOARD OF DIRECTORS

PAGE 2

PAGE 3

PAGE 4

PAGE 5

PAGE 6

PAGE 7

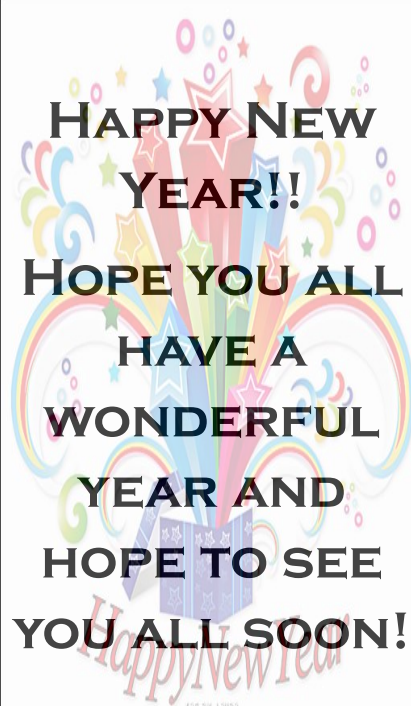
PAGE 8

PAGE 9

PAGE 10

PAGE 11

BACK



ACTIVITIES TO LOOK FORWARD TO!

LUNCH AND LEARN

On January 25th, Lunch and Learn will be with Kindred Home Health. They will be here to discuss Home Health with us. Please RSVP by January 24th by 1pm.



AARP TAX-AIDE

AARP Tax Aide will be held on Tuesdays at Job and Family Services 619 W. Marion Rd., Entrance D, Mt. Gilead, OH 43338

Please call 419-946-8480 to schedule an appointment (REQUIRED), beginning January 2, 2019 to have your taxes prepared and e-filed.

Please bring a copy of your last year's return along with a picture ID for the taxpayer (s) on the return. Social Security cards or ITIN documentation for all.

Income documents Forms W2, SSA, 1099, 1099R, 1099G, other 1099 forms, or self-employment income along with any other income documents you may have.

Brokerage statements-sale of stocks or bonds.
Healthcare-1095 A, B, or C:marketplace exemption letters.

Bank check for direct deposit /debit refund/
balance due.

Receipts for all deductions to itemize.

Records of federal and state taxes paid.

Educational expenses- Form 1098-T and expense receipts.

Looking forward to helping you!



WII BOWLING LEAGUE

Come join us Friday January 4th, January 18th, February 1st and February 15th from 12:30pm-2:00pm for a fun afternoon of Wii Bowling. So get your friends together and come and join us

MEMBERSHIP

Just a reminder, memberships are due. If you have not renewed your membership, stop by the Center to do so!



VALENTINE WREATH

On February 11th, the Craft Club will be doing a Valentine Wreath. This project is \$10.00 per person. Please RSVP and pay by January 28th. Payment must be made at the time you RSVP. This craft is limited to 15 people, so hurry in and reserve your spot!

BOOKS

Though we greatly appreciate the donations of books, we currently have ran out of room. We are unable to accept anymore donations at this time.

Thank you

DAY TRIP TRAVEL CLUB

Join us Thursday January 24st and February 21th from 3:00pm-4:00pm. We will be coming up with ideas for exciting day trips to take through out the year. So come ready with your list of ideas of the places you would like to go.



WHITE ELEPHANT BINGO

Wednesday January 16th and February

20th we will be having a White Elephant Bingo and Dinner from 4:30pm-6:30pm. Come with a white elephant gift and a suggested \$3.00 to enjoy a meal and bingo with friends.

BRAIN GAME TRIVIA WITH CHRIS

Join your Host Chris for a fun afternoon of Brain Game Trivia., where you will have your knowledge tested. Games will be Friday, January 11th and February 8th from 12:30pm-1:30pm



MENU

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Closed for New Years Day	2 Chicken and Noodles Asparagus Sliced Beets Fruit Cocktail Bread Milk	3 Veal Patty Tomato Basil Soup Potato Rounds Peaches Bun Milk	4 Ham Sweet Potato Fries Green Beans Pineapple Bun Milk
7 Roast Beef Mashed Potatoes Corn Applesauce Vanilla Pudding Bread Milk	8 Hungarian Goulash Asparagus Green Beans Grape Juice Muffin Milk	9 Roast Pork Apple Sauce Maui Vegetable Blend Pineapple Bread Graham Crackers Milk	10 Pizza Patty Chicken Noodle Soup Tossed Salad Malibu Mix Fruit Bread Milk	11 Chicken Leg Steak Fry's Green Beans Peaches Rice Pudding Milk
14 Salisbury Steak Mashed Potatoes Corn Fruit Cocktail Roll Milk	15 BBQ Riblet Herb Potatoes Mixed Vegetables Applesauce Bread Milk	16 Pancake Sausage Wrap Diced Hash Browns Strawberries Grape Juice Muffin Milk	17 Shredded Beef Stuffed Pepper Soup Corn Pears Bun Milk	18 Pork Cutlet Diced Sweet Potato Cauliflower and Peas Cinnamon Apples Crisp Roll Milk
21 Closed for Martin Luther King Jr. Day	22 Chicken Nuggets Steak Fry's Maui Vegetable Blend Pears Cookie Bread Milk	23 Beef Stroganoff California Blend Vegetables Cooked Spinach Diced Fruit Mix Bread Milk	24 Sliced Turkey Breast Chili Corn Mandarin Oranges Bread Milk	25 Chicken Lasagna Malibu Fruit Broccoli Italian Vegetables Blend Bread Milk
28 Meatloaf Green Beans Mashed Potatoes Peaches Cookie Bread Milk	29 Shredded Chicken Sliced Potatoes Grape Juice Pears Biscuit Milk	30 Manicotti Italian Blend Vegetables Corn Mandarin Orange Bread Milk	31 Chicken Patty Steak Fry's Potato Asparagus Soup Fruit Cocktail Bread Milk	

LUNCH IS SERVED MON.-FRI. 11:30-12:30

MORROW COUNTY SENIOR MOMENTS 3

VOLUNTEER OF THE MONTH



The Staff at the Seniors on Center and all the people she serves would like to thank Melinna Holtsberry for her many years of dedication to her community. For the past three years, Melinna has volunteered at the center helping with the website development and monthly updates.

Melinna was born on July 8th, in Marion Ohio. She has 5 brothers and 1 sister. She attended school at Ridgedale. Melinna has worked for Morrow County Job Training and Job and Family Services for nearly 35 years in the Fiscal Department.

In her spare time she likes to play on line games, go on casino trips, and take fun and exciting vacations. She has also been part of the Trinity Church Choir for the past 34 years.

Melinna has done a great service to Seniors on Center and we appreciate her devotion and selfless support!

PHOTOS



Some of our wonderful Seniors making beautiful holiday wreaths with Mary K Florist.



From the Nutrition Department:

Just a few reminders about our meal programs.

1. If you receive home delivered meals and are not going to be home for some reason, please call and cancel your meal. We cannot leave the meal if you are not going to be home. We also cannot leave the meal with anyone else. The meals are ordered at 1:30 the day before, so please cancel before 1:30.

If you signed up for lunch or an evening meal at the Senior Center please call and cancel your meal, if you cannot come in.

2. We will try to deliver meals as long as the weather permits. Keep in mind if your driver feels as though they cannot get in your drive or up to your house, they may decide not to deliver your meal.

We do not want to put anyone in harm trying to deliver a meal in the bad weather.


3. Please keep in mind we accept donations for your meals. We do not charge for the meals, but the meals are not free. If you can, we appreciate anything you can contribute towards the meal programs.

Thank you, if you have any questions please give us a call at the center.

EVENTS AND IMPORTANT DATES

Monday	Tuesday	Wednesday
	<p>1</p> <p>CLOSED FOR NEW YEARS DAY</p>	<p>2</p> <p>8:45-10:00AM SILVER SNEAKERS 1:30PM GAMES 4:30-6:30PM BINGO SPONSORED BY SENIORS ON CENTER NATIONAL CREAM PUFF DAY</p>
<p>7</p> <p>8:45-10:00AM SILVER SNEAKERS 10:00AM CRAFT CLUB WILL BE MAKING CHRISTMA ORNAMENTS 5:00PM MEAL, MUSIC BY THE COUNTRY TRAVELERS TO FOLLOW REFRESHMENTS SPONSORED BY DEWOLF PLACE</p>	<p>8</p> <p>9:00AM ROUND TABLE NOON BIRTHDAY /ANNIVERSARY PARTY NATONAL BUBBLE BATH DAY</p>	<p>9</p> <p>8:45-10:00AM SILVER SNEAKERS 12:00PM ANNUAL BOARD MEETING MAKE YOUR DREAMS COME TRUE DAY</p>
<p>14</p> <p>8:45-10:00AM SILVER SNEAKERS 10:00AM CRAFT CLUB 5:00PM MEAL, MUSIC BY THE MONDAY NIGHT RAMBLERS TO FOLLOW, REFRESHMENTS SPONSORED BY DEWOLF PLACE</p>	<p>15</p> <p>12:30PM SPARTA GOOD TIME SENIORS MEET @ HIGHLAND PIZZA "WE ARE NOT MAKERS OF HISTORY. WE ARE MADE BY HISTORY." MARTIN LUTHER KING JR.</p>	<p>16</p> <p>8:45-10:00AM SILVER SNEAKERS 1:30PM GAMES NATIONAL FIG NEWTON DAY</p>
<p>21</p> <p>CLOSED FOR MARTIN LUTHER KING JR DAY</p>	<p>22</p> <p>1:00-3:00PM BINGO NATIONAL BLONDE BROWNIE DAY</p>	<p>23</p> <p>8:45-10:00AM SILVER SNEAKERS 1:30PM GAMES NATIONAL HANDWRITING DAY</p>
<p>28</p> <p>8:45-10:00AM SILVER SNEAKERS 10:00AM CRAFT CLUB WILL BE MAKING CENTER PIECES FOR VALENTINES DAY NOON-4:00PM COMMODITIES 5:00PM MEAL, MUSIC BY THE COUNTRY TRAVELERS TO FOLLOW</p>	<p>29</p> <p>9:00AM-NOON COMMODITIES NATIONAL PUZZLE DAY</p>	<p>30</p> <p>8:45-10:00AM SILVER SNEAKERS 1:30PM GAMES NATIONAL CROISSANT DAY</p>

EVENTS AND IMPORTANT DATES

Thursday	Friday	<h3 style="text-align: center;">Happy Anniversary</h3> <p style="text-align: center;">Bonnie and Larry Clarkson</p> <p style="text-align: center;">1/6</p> <p style="text-align: center;">Barbara and Bill Ronk</p> <p style="text-align: center;">1/16</p> <div style="text-align: center;">  <p style="font-size: small;">© wondercliparts.com</p> </div>
<p>3</p> <p>NOON GOOD LUCK EUCHRE WE WILL BE SERVING SAUERKRAUT AND PORK</p> <p>NATIONAL CHOCLOATE COVERED CHERRY DAY</p>	<p>4</p> <p>8:45-10:00AM SILVER SNEAKERS 12:30PM BIBLE STUDY GAMES</p> <p>NATIONAL SPAGHETTI DAY</p>	
<p>10</p> <p>NOON EUCHRE 1:00-3:00PM MARC FOLLIN</p> <p>VOLUNTEER FIREMAN'S DAY</p>	<p>11</p> <p>8:45-10:00AM SILVER SNEAKERS 12:30PM BIBLE STUDY GAMES</p>	
<p>17</p> <p>NOON EUCHRE</p> <p>NATIONAL HOT BUTTERED RUM DAY</p>	<p>18</p> <p>8:45-10:00AM SILVER SNEAKERS NOON CARDINGTON SENIORS MEET @ SENIORS ON CENTER NOON LUNCH AND LEARN WITH KIN-DRED HOME HEALTH</p> <p>NATIONAL HAT DAY</p>	
<p>24</p> <p>NOON EUCHRE</p> <p>GLOBAL BELLY LAUGH DAY</p>	<p>25</p> <p>8:45-10:00AM SILVER SNEAKERS 12:30PM BIBLE STUDY GAMES</p> <p>IV (INTRAVENOUS) NURSE DAY</p>	
<p>31</p> <p>NOON EUCHRE</p> <p>BACKWARDS DAY</p>		<h3 style="text-align: center;">Just as a reminder, for closing due to weather of the Seniors on Center please watch channel 4 or 10 or listen to Marion radio station WMRN 94.3 FM or Mt. Vernon radio station WMVO 93.7 FM</h3>
		<p style="text-align: center;">JANUARY 2019 NEWSLETTER 7</p>

IMPORTANT INFORMATION

Emergency Food Pantry

Never leave your cupboards bare. Keep a variety of nutritious foods on hand for quick, easy, economical meals when weather, natural disaster or illness keeps you home. Purchase several foods from each group. Use or replace items every 6 months.

Meat and Meat substitutes

Tuna fish, canned chicken, beef stew, macaroni & Cheese, spaghetti and meatballs, baked beans, hearty or chunky soups, condensed soups (split pea or minestrone), peanut butter.

Cereals, Breads, Pasta

Hot cereal, cold cereal, rice, noodles, spaghetti, corn muffin mix, whole wheat crackers, sesame bread sticks, oatmeal cookies.

Fruits and Vegetables

Canned vegetables (green beans, spinach, corn, peas, beets, carrots, mixed vegetables); Canned fruit (apricots, peaches, pears, applesauce, plums, raisins, grapefruit); fruit, tomato and vegetable juice, bean salad, beets.

Milk and Milk Products

Non-Fat dried or evaporated milk. Pasteurized process cheese spread.

Other Foods

Instant soups, coffee or tea, hot chocolate mix, jam or jelly, vegetable oil, bottled salad dressing, jello, instant pudding mix.

SERVICES PROVIDED AND CLUBS



MEDICARE

Marc Follin will be in for Medicare January 10th 1:00-3:00pm. You can stop in on this day to see her here at the Seniors on Center

LEGAL AID



Karen McVay is available by appointment only to assist you in any legal questions you may have. Please give her a call and set up your appointment today 740-383-2161

HOME DELIVERED MEALS

A hot, well-balanced lunch is available daily to shut-ins living in Morrow County. Weekend and Holiday frozen meals are also available upon request.



LUNCH AT SENIORS ON CENTER

A hot lunch is served daily from 11:30am to 12:30pm. Reservations are required at least 24 hours in advance.



TRANSPORTATION

Handicapped accessible transportation for doctor appointments, beauty shop, grocery shopping, social activities, therapy, etc.. is available. Transportation for medical appointments outside the county can usually be arranged with a 48 hour notice

HOMEMAKER

Light housekeeping

CARDINGTON SENIORS

FRIDAY, JANUARY 25TH, AT 12 NOON
NEED RESERVATION—\$3.00 SUGGESTED
DONATION

SENIORS ON CENTER,
41 W. CENTER ST., MT. GILEAD
MARIE CHRISTIANO 419-751-7579

CHESTERVILLE SENIORS

THERE WILL BE NO MEETINGS IN JANUARY,
FEBRUARY AND MARCH 2019. MEETINGS WILL
RESUME IN APRIL
SUZI LYLE 419-768-3431

SPARTA GOOD TIMES SENIORS

TUESDAY, JANUARY 15TH, AT 12:30PM
YOUR OWN COST
HIGHLAND PIZZA
6530 STATE ROUTE 229, SPARTA
DICK SEARS 419-768-2050

MARENGO/FULTON SENIORS

THERE WILL BE NO MEETINGS IN JANUARY OR
FEBRUARY 2019. MEETINGS WILL RESUME IN
MARCH.
JOYCE TAYLOR 419-253-0727



HAPPY BIRTHDAY

Sally Bailey	Sheree Klingell	Barbara Tobin
Marion Baker	Pat Koons	John Webb
Paul Barnes	Robert Littell	Cathy Wiseman
Sharon Bartley	Robert Murphy	Sharon Woods
Beulah Beam	Donna Osborn	Julie Palmer
Vanessa Bing	Lowell Powell	Ralph Wilt
Dale Clever	Mary Richardson	
Pamela Dettra	Pat Rinehart	
Dorothy Emmons	Katy Rossey	
Daniel Goodman	Patsy Schenk	
Linda Gordon	Deloris Sorg	
Mary Grubb	Donna Timmons	

FUN FACTS

1. Peter III of Russia was not Russian, hardly spoke any Russian, and hated Russian culture. Just 6 months after his accession, he was deposed by a coup led by his wife, who then become the longest ruling female Russian leader, Catherine the Great.
2. Jackie Mitchell, a 17 year old girl, struck out Babe Ruth and Lou Gehrig in six straight pitches about a week after being signed. A few days later, Commissioner Landis voided her contract because baseball was "too strenuous" for women.
3. 69% of Americans have less than \$1000 in their savings account and 34% have no savings at all.
4. Alligators have an incredibly resilient immune systems. They do not get serious infections from cuts and bruises even while living in bacteria infested swamps. Alligator blood is effective against 23 types of bacteria, fungi and viruses including HIV.
5. In 1974, Pharaoh Rameses II's mummy was issued an Egyptian passport and was received in France with full military honors befitting a king.
6. The state drink of Pennsylvania is milk and its state food is chocolate chip cookies.

JUST FOR FUN

New Year

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

FRIENDS
HATS
KISS
MEMORIES
MIDNIGHT
CALENDAR
CELEBRATION
COUNTDOWN
NOISEMAKERS
PARTY
RESOLUTION
TOAST
TRADITIONS
YEAR

This Newsletter is published by:

Morrow County Services for
Older Citizens, Inc.
dba Seniors on Center
41 West Center Street
Mt. Gilead, OH 43338

NON-PROFIT STD.
U.S. POSTAGE PAID
MT. GILEAD, OH
43338
PERMIT #14

Board of Directors

Mike Warwick (Pres.)	Mike Gale	Dixie Shinaberry	Janet Johnson
Suzi Lyle (V. Pres.)	Heather Kraft	Marilyn Weiler	Dan Rogers
Gill Ullom (Treas.)	Geri Park	Ray Dietz	Warren Davis
Linda Ruehrmund (Sec.)		Pat Rinehart	

MORROW COUNTY SERVICES FOR OLDER CITIZENS, INC.

419.946.4191 * 419.946.1037 facsimile

Website:

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.