

Golden Times

August 2020
Issue VIII

Madison County Senior Citizens Center



It is July 27TH as I am writing this, good gracious July as been a HOT one! All weekend I have thought about what to say in this month's newsletter. Basically, I don't really know what to say, I don't have a date for you; I know you were hoping for one. I have read some of your posts on Facebook, I know you are frustrated, I am too. All I can say in my short letter this month is please hang in there, keep doing what you are doing, and stay in touch with each other. We are still getting things in place in preparation for the day we do get to open our doors back up.

Remember the café is open for lunch, Monday-Thursday, 11:30-1:00, the menu will be in the Madison Messenger the first weekend in August and Janisse posts the daily/weekly meal on our Facebook page. Speaking of the café, I wanted to let all of you know that Joanna will be leaving us soon, she will be moving to Florida to be with her family. We'll miss her.

Also remember we are still providing transportation services. If you need a ride to the grocery store, Dr. appointments, even to a hair appointment, we are still providing this service, it has never stopped, call us, we'll get the paperwork out to you.

We are now counting down to our levy renewal date, November 3rd. All of the paperwork has been filed and I sure hope we are able to vote in person in November, fingers crossed. This is just a RENEWAL so I hope there aren't any issues this time around. I know it has been a strange time for your center, but please continue to tell people how important the center is to you. This will pass and we will get back to doing what we do best, our services, Adult Care Program, Homemaking, Transportation, the café, and all of your activities, so important.

I miss your laughter, and can't wait until we can be together again. Stay safe, God Bless!

Misty

2020 Governing Board Members

Donna Sheridan-President

Jerry Tompkins- Vice President

Shirley Witwer-Secretary

Loretta Anthony Eilene Duncan

Steve Saltsman Sharon Manion



Find the ice cream cone hidden inside this newsletter. When you find it call the center at 740-852-3001 by Friday, August 14th 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 pinwheel was on page 8.

Congratulations to Roger Gordon, July's lucky winner!



Some of our Seniors are back to Tuesday Bowling. Above is Barb Andrix who scored a 136! Proud of you Barb!

Below: Where there's a will, there's a way! Four of our senior members got together to play the card game Hand and Foot at the shelter house behind the Center. Jo Hout, Bonnie Radcliff, Mary Kay Simpson and Elsie Slagle met up early in the morning before the heat set in.



Liz Blakeslee
John Lloyd



Above: Senior Center member, Cricket Lindsay, has a new project. She is working on a Quilt as you go Hexagon Quilt. At the time of this picture she had 90 of each component cut out. She hadn't decided how many hexagons she will need until she decides how big she is making the quilt. We can't wait to see it finished!

Senior Center staffer, Marilyn Lowery spent a little time baking zucchini bread. It really looks good!

Send us pictures of what you are doing this summer to j.williams@midohio.twcbc.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.

Amusing Observations During the Pandemic.....

Is it too early to put up the Christmas tree yet? I have run out of things to do..

Another Saturday night in the house and I just realized, even the trash goes out more than me.

Whoever decided a liquor store is more essential than a hair salon is obviously a bald headed alcoholic.

Remember when you were little and all your underwear had the days of the week on the? Those would be helpful right now.

People start coughing and worry they have the coronavirus, I cough and just pray I don't pee myself.

Remember all those times when you wished the weekend would last forever. Well, wish granted. Happy now?

Did a BIG load of pajamas so I would have enough clean work clothes for this week.



Our fitness room is open Monday through Friday whenever the center is open.

If you need assistance with the machines, just ask at the front office.



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
5:00 p.m.—Cards and Billiards
5:30 p.m.—6:30 p.m. Line Dancing
6:30 p.m.—7:00 p.m. Couples Dancing

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. First Wednesday each month

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 10.

UPCOMING DAY TRIPS!!

(Not a) Mystery Lunch—Wednesday, August 12th. We will have lunch at the historic Clifton Mill, 75 Water Street, Clifton, OH 45316. Let's meet there at 11:30 a.m. The vans will leave the Center at 11:00. We can take 5 people on each of our vans, it is \$5 to ride the van. Masks required.

Drop and Shop! Delaware—Wednesday, September 2nd. Instead of Mystery Lunch we will travel to Delaware, Ohio, drop you off downtown and you can shop and eat lunch! Eat wherever you like! We are able to only take 5 people per van and that is \$5 each. Masks required on the vans. We will leave the Center at 9:00 a.m.

Snooty Fox trip for October—The Snooty Fox stores have cancelled all bus tours for this year. We will be sending your money back to you because we don't want to keep it on our books until next year. We will keep the same people on the list for next year and will announce that date when we are able to set it up.

If necessary, we will call you if your trip has been cancelled or postponed. We will give you a credit for another trip if we are able to do so.

Delightful Dining

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

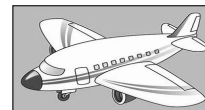
Monday, August 3rd—Werner's Smokehouse BBQ, 11396 Allen Road, Jeffersonville, Ohio.

We can't go all summer and not have BBQ! So we will meet at Werner's at 5 p.m. We can transport 5 on each van. \$5 each person. Don't forget to call us and sign up. Masks required on the vans.

Monday, September 14th—Konnichiwa Japanese Steak House & Sushi, 1096 Eagleton Plaza, London, Ohio. We will meet there at 5 p.m. No vans for this trip. I've heard a lot of good things about their food!

Travel Humor

A young couple are trying to save money on their summer vacation. They bring their bags to the discount airline desk to check in. "Do you have reservations?" asks the woman behind the counter. "More than a few," the young man answered, "but we're flying with you guys anyway."



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 or by a deadline stated in the newsletter. If you have questions please contact Janisse at 740-852-3001.

*****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!!**

2020 Multi Day Trip Information

Mid-Atlantic Rail Adventure and Washington D.C. Tour—October 20-23, 2020. \$999 per person, double, \$1,279 per person, single. This trip includes motor coach transportation 3 nights lodging, 3 breakfasts and 2 dinners, all sightseeing & admissions, baggage handling, gratuities for city guides & porters, tour manager, travel insurance. Tour to Pittsburgh, the nation's largest port, Station Square, river cruise on the Gateway Clipper. Travel by train to Washington, DC. through the Allegheny Mountains into the Potomac Valley. Tour DC that afternoon and the next day seeing Capitol Hill, White House, The Mall, Washington Monument. Stops made at Lincoln Memorial, Roosevelt Memorial, Korean & Vietnam War Memorial, World War II Memorial, Arlington Cemetery, the National Shrine and more. Deposit of \$100 per person secures your reservation with the balance due by **August 15, 2020.**



Buckeye Road Trip! OSU vs. the Nittany Lions in Beaver Stadium! - October 24-25, 2020.

\$479 pp double, \$549 pp single, \$429 pp triple. Includes motor coach transportation, game ticket, 1 night hotel, breakfast at hotel and 1 other meal, Flight 93 Memorial tour, panoramic tour of historic Bedford including Fort Bedford from Revolutionary War days. \$100 deposit holds your reservation with final payment due by September 1, 2020. No refunds after September 1st.

OLDER THAN DIRT TRIVIA QUIZ

1. Who or what was Sparkle Plenty?

- a. The second engagement ring Richard Burton gave Liz Taylor
- b. A character in the Dick Tracy comic strip
- c. A constellation in the Milky Way discovered in 1849 by A. J. Plenty



2. What are Curb Whiskers?

- a. A cat's way of curbing bad habits
- b. Springy projections mounted on a car to let a driver know she's getting close to the curb
- c. In the '30s, "gates" that had to be removed from injection-molded curbs

3. Who among the following would NOT be ranked with the "Song Birds?"

- a. Margaret Whiting
- b. Doris Day
- c. Jeanette MacDonald
- d. Jo Stafford

4. Name the first couple ever to be shown in bed together on primetime TV?

- a. Roy Rogers and his wife, Dale Evans. The trigger was just outside the door
- b. Matt Dillon and Kitty Russell on Gunsmoke
- c. Fred and Wilma Flintstone
- d. Mary Kay and Johnny



Answers on page 10

Madison County Public Health, Madison Health and local emergency responders would like to remind residents to not delay healthcare needs. Treatment for chronic conditions, emergencies, preventative care, screenings and vaccinations are important to overall health. Your healthcare facilities and first responders are available and prepared to safely care for you.

Please also do your part to reduce the spread of COVID-19: Wear a face covering, social distance from others and wash your hands.



In the Kitchen with Joanna

Here is another new recipe that I have tried while we were off.

CHICKEN VEGGIE SKILLET

- 1 ½ lbs. of boneless, skinless chicken breasts cut into ½ strips
- ½ teaspoon salt
- ¼ teaspoon pepper
- 6 teaspoons olive oil, divided
- ½ lb. sliced fresh mushrooms
- 2-4 cloves of garlic, finely minced
- 1 small onion, thinly sliced
- 1 lb. of fresh asparagus cut in 1 inch pieces
- ½ cup chicken broth
- 2 tablespoons cold butter, cubed



Be careful to follow the steps.


Sprinkle chicken with salt and pepper. In a large skillet, heat 1 teaspoon of olive oil over medium-high heat. Add ½ of the chicken, cook 3-4 minutes or until no longer pink. Remove from pan, keeping warm. Repeat with 1 teaspoon of oil and the remaining chicken. Remove and keep warm.

In the same pan, heat 2 teaspoons of olive oil, cook 2-3 minutes until tender, add minced garlic and cook a minute longer, remove and add to chicken.

Heat remaining oil in pan, add asparagus. Cook 5-6 minutes or tender crisp. Add to chicken and mushrooms

Add broth to skillet, stirring to loosen browned bits from pan. Bring to a boil, cook 1-2 minutes or until the liquid is reduced to about 2 tablespoons. Return chicken and mushroom mixture to skillet, heat through. Remove from heat and stir in cold butter 1 tablespoon at a time.

Serve with rice or buttered noodles.

B O W L I N G	Andrix, Barb	101	Glass, Duane	189	King, Karen	135	Threlkeld, Larry	118
	Burdett, Diane	142	Goff, Terry	144	Link, Bill	136	Venrick, JR	153
	Cameron, Brenda	120	Gordin, Barb	115	McDonley, Dolly	89	Weisman, Deb	89
	Cameron, Carol	137	Hackworth, Paul	145	Noble, Gene	112		
	Cameron, Richard	120	Hardin, Jim	124	Pickens, Ann	106		
	Cooper, Barb	97	Hastings, Judy	123	Potocki, Dave	145		
	Cwiekalo, Bert	139	Johnson, Charlie	145	Ridolfo, Linda	150		
	Florence, Barb	94	King, Carl	165	Sheridan, Ray	170		

Don't let the fear of falling stop you



The fear of falling can lead a person to avoid activities that they can otherwise do. People who fall (or nearly fall) may become less active or stop doing activities they enjoy, thinking that will keep them safe from falls. While being aware of your falls risk is important, limiting yourself because you are afraid of falling puts you at higher risk of falling.

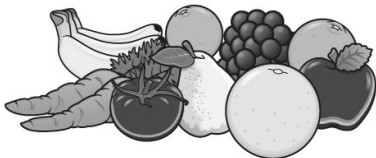
Gaining confidence is one of the best ways to reduce the fear of falling. One important way you can become more confident is to improve your strength and balance. Starting an exercise routine at home, finding a program or class, or simply going for a walk are all ways that will help improve balance and increase strength. Feeling stronger and steadier on your feet will help to decrease your fear of falling.

Some other ways you can reduce your risk of falling - and your fear - is by paying attention to the "Three H's:" your home, health, and habits.

Home: Most falls happen in the home, so falls prevention begins there. Start with small changes. Try to keep walkways and stairs clear of clutter and store food, dishes and equipment within easy reach in your kitchen.

Health: A healthy body is a steady body. As we age, our bodies change. Make healthy choices and talk with your health care team about your falls risk and any history of falls.

Habits: The things you do every day can affect your risk of falls. Choose safe and healthy habits to keep you steady on your feet. For example, sit to get dressed instead of standing. Do not balance on one leg when you put on pants, socks or shoes. Ask for help with tasks that you are not comfortable doing or that you feel you are unable to do safely.



The information on this page is brought to you from your Ohio Department On Aging.

You can manage your chronic condition



Chronic conditions, such as arthritis or diabetes, can have multiple causes and symptoms that vary over time.

One of the most important steps to manage your condition is to understand as much about it as you can and make choices that help you manage your health, such as:

Take your medicine as ordered by your doctor.

Read the label on your prescription to make sure you take your medicine correctly. It is important to know how much medicine to take and take the medicine as long as ordered by your doctor. If you are confused about your medicine, call your pharmacy or talk with your doctor.

It may help to use a chart to keep track of your medicines. A pill box or daily alarm can help you remember to take your medicine each day.

Make healthy choices each day.

Your diet can make a big difference in managing your chronic condition. Try to add one fruit and one vegetable at each meal. Fruits and vegetables are packed with nutrients that help you maintain a healthy weight, gain energy, and help prevent additional chronic conditions.

Stay hydrated.

Water helps to keep your body working well. It is important to drink plenty of water each day. Drink at least 8 cups of water each day, unless your doctor tells you otherwise. Try to switch out one of your other beverages, such as soda pop or juice,

Easy Exercise - Marching

Stand with your back straight and knees slightly bent;

Hold onto something sturdy, like a chair or countertop;

Slowly lift your feet slightly off the floor to march in place;

March 20 steps with each leg one to two times each day.

As you grow stronger, you also can try to:
Close your eyes as you march to challenge your balance; or raise your knees higher as you march.

August Birthdays!

Patron	Birthday	Patron	Birthday
Bard, Sondra	08-02	Williams, Janisse	08-16
Walker, Susan	08-02	Miller, Levi	08-17
Potocki, Dave	08-03	Darlington, Sandy	08-17
Godden, Jean	08-04	Thompson, Betty	08-18
Pickens, Maxine	08-04	Devore, Martha	08-18
Hilsheimer, Bertha	08-04	Neff, Linda	08-18
Lynch, Mike	08-04	Salley, Robbye	08-18
Stewart, Shirley	08-05	Hout, Jo	08-19
Reinhard, Mary	08-06	Dyer, Terry	08-19
Goff, Cathy	08-08	Feyh, Glenn	08-19
Peart, Mary	08-09	Kennedy, Sue	08-20
Lech, Mary Beth	08-09	Schickedantz, John	08-21
Maxwell, Debbie	08-10	Denen, Gladys	08-22
Lloyd, Joyce	08-10	McDowell, Michele	08-22
Johnson, Ruthanne	08-11	Kramer, Paul	08-22
Kasten, Mary	08-11	Furbee, Diane	08-23
Cwiekalo, Roberta	08-11	Thomas, Juanita	08-24
Conrad, Dwight	08-11	Isaacs, Sylvia	08-24
Gossard, Lamar	08-12	Mitchell, Donnie	08-25
Harber, Betty	08-12	Paysen, Anne	08-25
Yoakum, Diane	08-12	Leach, John	08-26
Lowery, Diane	08-12	Pickens, Ann	08-26
Borders Baird	08-13	Binns, Mary	08-26
Baird, Leah M.	08-13	Feyh, Grace	08-27
Samuels, Glenna	08-14	Hawkins, Alene	08-28
Funk, Patricia	08-14	Hastings, Judy	08-30
Scott, Norma	08-15	Wamer, Ken	08-31
Wisecup, Dolores	08-16	Mark, Linda	08-31
Robinson, William	08-16	Boerger, Mike	08-31
Homeier, Cheryl	08-16		



Fifties Trivia

1. In 1950, the Famous Brinks Robbery netted \$2.8 million. Where did it occur?
 - A. Boston
 - B. New York
 - C. Chicago

2. Who said, "Old soldiers never die, they just fade away."
 - A. Gen. Dwight Eisenhower
 - B. Gen. Omar Bradley
 - C. Gen. Douglas MacArthur

3. Catcher in the Rye's portrayal of Holden Caulfield's 16-year-old-life was a huge success. Who wrote the book?
 - A. Herman Wouk
 - B. J.D. Salinger
 - C. William Faulkner

4. Which longest-running daytime drama moved from radio to TV in 1952?
 - A. Days of Our Lives
 - B. General Hospital
 - C. Guiding Light

Answers on page 10



3 Easy ways to support the Center!



If you shop on **Amazon**, the Center can benefit.

All you have to do is go to the following address: **[https://](https://smile.amazon.com/ch/31-1195151)**

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.

Fifties Trivia Answers

1. A. Boston
2. C. General Douglas MacArthur
3. B. J.D. Salinger
4. C. Guiding Light



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
Welcome!!**



Older Than Dirt Trivia Answers

1. b) A highlight of Chester Gould's Dick Tracy was the birth in 1947 of a beautiful daughter to the characters B.O. Plenty and Gravel Gertie, named Sparkle Plenty.
2. b) Curb Whiskers or Feelers are springy projections mounted on a car to let a driver know she's getting close to the curb. Important in the days of whitewall tires.
3. c) Jeanette MacDonald. The "Song Birds" were female vocalists who sang with the big bands. Many went on to long and successful recording careers. Jeanette MacDonald was a classically trained artist with a big voice who made many movies with Nelson Eddy.
4. d) Mary Kay and Johnny on Nov. 18, 1947. Years later, the first couple to be shown in bed together on prime time TV was Fred and Wilma Flintstone.




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 E-mail FMCPT@columbus.rr.com

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County
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Madison County Senior Citizens Center

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London, OH 43140

Phone: 740-852-3001
Fax: 740-852-3052

We're on the Web!

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



August 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

Joanna Sadler, Chef

Steven Wehrs, 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.