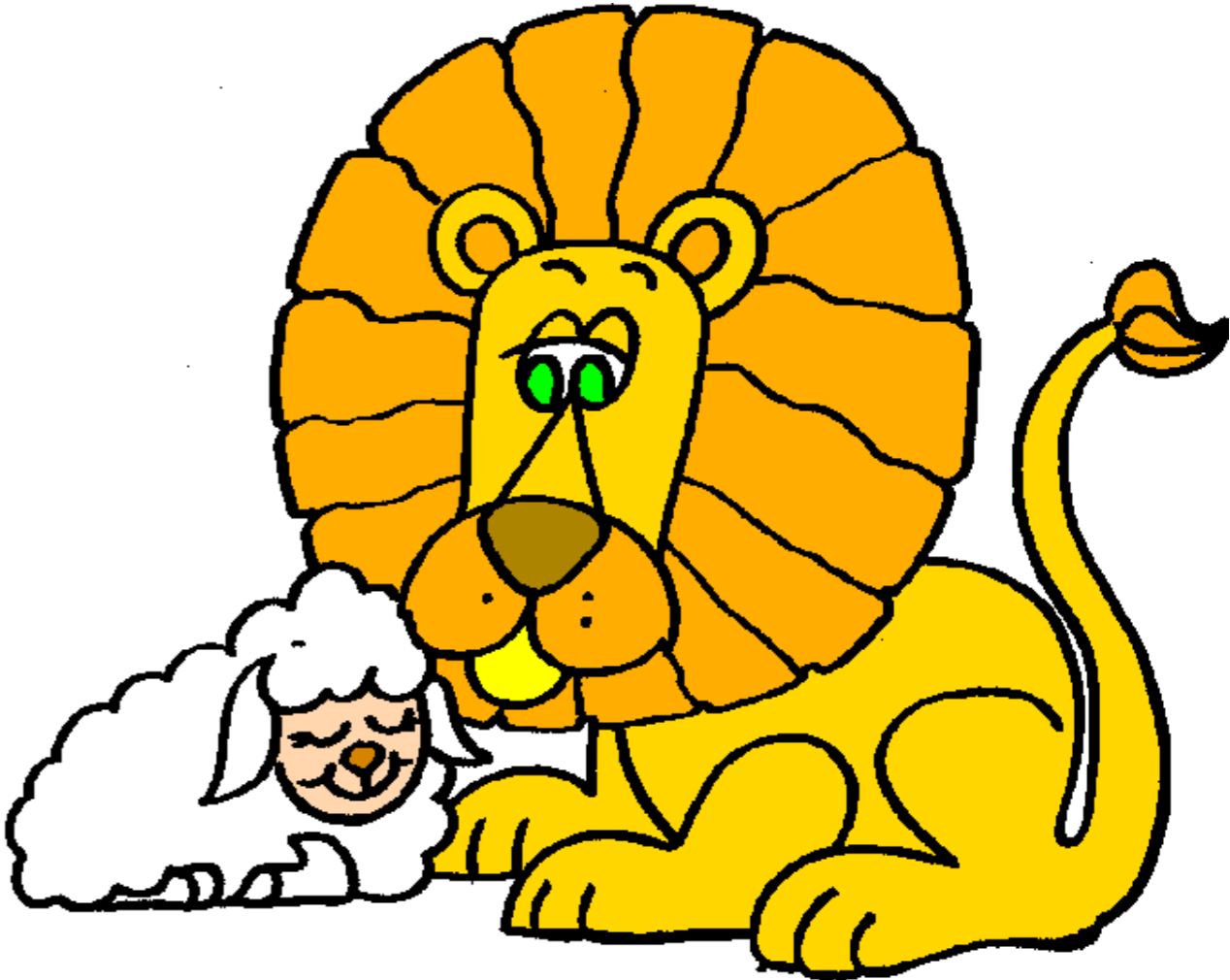


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Older Citizens, Inc.
dba *Seniors On Center*
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MORROW COUNTY SENIOR MOMENTS



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MORROW COUNTY SERVICES FOR OLDER CITIZENS, INC.

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

Website: 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.

MARCH 2015

UPCOMING EVENTS

Tuesday, March 3rd – 12:30 Bingo – Everyone welcome – Cards are free. Join us for a fun afternoon.



Thursday March 5th - Marc Follin will be here to answer any questions you may have concerning Social Security, Medical Supplements, Insurance, etc. from 1-3 pm. Walk-in's accepted.

Tuesday, March 10th – We will be celebrating those birthdays in January, February and March. If your birthday was in any of these months, we will celebrate with ice cream, cake and a small gift. Come in and have a good day by allowing us to celebrate you!



Monday, March 16th – Music Night Wearing of the Green. We will be having a cookie walk during the break. If you would like to donate cookies, please see Evelyn. Come and enjoy open mic and cookies.



Alzheimer's Seminar – March 25, 2015 at 7:00 pm. Speaker, Michelle Crum. Make sure to mark your calendar for this very informative seminar.

Monday, March 30th Music night – We will be having the following meal: Hot chicken sandwich, wedge fries, and Pineapple juice. There will also be dessert to purchase later in the evening. The Band will be "Kickin Grass".

Scioto Downs Casino Columbus, Ohio



We will begin the Casino trips for 2015 April 9th and 23rd. Please come into the transportation office to make your reservations and payments. It has been a long winter and many of you are anxious to go to Scioto Downs.

DO YOU KNOW?

The Legal Aid Society offers FREE legal advice to Morrow County Seniors 60 and over, regardless of income or assets. Make an appointment to meet with a paralegal at the Morrow County Senior Center to discuss legal issues such as power of attorney, living will, survivorship deeds, and simple wills by calling 888-301-2411.



REMINDER

If all schools in the county are closed due to inclement weather, Senior's on Center will cancel services. We will close under a level 3 snow emergency. Please listen to the following stations for closing announcements:

Radio: WMRN 94.3
WMVO 93.7 FM or 1300 AM

Television: WBNS Channel 10
NBC Channel 4

FEBRUARY IS GONE!

That is worth celebrating. March is supposed to come in like a Lion and out like a Lamb, but at least there is light at the end of the tunnel. There are 3 days in March to be aware of and to celebrate.

Sunday, March 8, 2015 – We return to Daylight Savings Time. Mark that on your calendar.



Tuesday, March 17, 2015 – For the Irish in each one of us it is wearing of the green day. If you are actually Irish, Happy St. Patrick's Day!



Friday, March 20, 2015 – The day we have ALL been waiting for SPRING BEGINS. We can finally put the winter of 2015 behind us and look forward to open windows, green grass, flowers blooming, birds singing and yes even mowing our lawns.



Groceries for Seniors



You are eligible for a monthly box of groceries if you:

- Are age 60 or older
- Live in Morrow County
- Meet income guidelines

For details contact:
Morrow County Seniors on Center
Shirley Furr at 419-946-4191

People have been inquiring about our next Matter of Balance Class. We don't have a date set now, but keep checking the Newsletter because we are planning one for this Spring.

A matter of Balance will teach you to:

- View falls and fear of falling as controllable
- Set realistic goals for increasing activity
- Change your environment to reduce fall risk factors

A Matter of Balance is for you if:

- You are concerned about falls
- You have fallen in the past
- You don't do things you used to enjoy because you fear falling
- You want to improve your flexibility, balance and strength.

HUMOR

GET OUT OF THE CAR!

An elderly Florida lady did her shopping and, upon returning to her car, found four males in the act of leaving with her vehicle.

She dropped her shopping bags and drew her handgun, proceeding to scream at the top of her lungs, "I have a gun, and I know how to use it! Get out of the car!"

The four men didn't wait for a second threat. They got out and ran like mad.

The lady, somewhat shaken, then proceeded to load her shopping bags into the back of the car and got into the driver's seat. She was so shaken that she could not get her key into the ignition. She tried and tried, and then she realized why. It was for the same reason she had wondered why there was a football, a Frisbee and two 12-packs of beer in the front seat.

A few minutes later, she found her own car parked four or five spaces farther down.

She loaded her bags into the car and drove to the police station to report her mistake. The sergeant to whom she told the story couldn't stop laughing. He pointed to the other end of the counter, where four pale men were reporting a carjacking by a mad, elderly woman described as white, less than five feet tall, glasses, curly white hair, and carrying a large handgun.

No charges were filed.

Moral of the story?

If you're going to have a senior moment...make it memorable.

MORROW CO. SENIOR CLUBS

Cardington Seniors

Friday, March 27th @ 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, March 17th @12PM
Selover Library, Chesterville
31 State Route 95
Susie Lyle 419-768-3431

Marengo/Fulton Seniors

Monday, March 2nd @ 9AM
Breakfast on your own
Farmstead Restaurant
618 State Route 61, Marengo

Monday, March 16th @ 12PM
Carry-In Lunch
American Legion Post 710
1549 W. C R 26, Marengo
Joyce Taylor 419-253-0727

Sparta Good Time Seniors

Tuesday, March 17th @ 12:30 PM
Highland Pizza—your own cost
6530 State Route 229, Sparta
Dick Sears 419-768-2050

Mt. Gilead Seniors Club

Tuesday, March 17th @ 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
April 13th @ 11:30 AM Lunch
provided by Trinity UMC for \$10.00
75 E. High St, Mt. Gilead
Ann Campbell 419-946-7666



Join us on Tuesday March 10th at noon to celebrate our March birthdays! Wishing the following a Very Happy Birthday:

Virgil Irwin
Rosie Harber
Pam Eastep
Maggie Clark
Tim Walter
Emma Scroggins
Virginia Thompson
Geri Park
Shirley Robinson
Floyd Payne
Ethel Lower
Lois Rinehart
Anna Mae Pursley
Evelyn Hunter

Terry Roush
Mary Brandum
Shirley Hoffman
Daten Barnett
William Seagle
Dorene Davis
Bruce McKirgan
Mabel Braden
Lindia Shearer
Lou Anne Fuller
James Osborn
Loraine Stacy
Rodney Seitz
Dixie Hirby

MONDAY NIGHT MUSIC

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

Monday, March 2nd

Meal

5-6PM

Music by Country Travelers

6-8PM

Monday, March 9th

Music by Dick Starcher

6-8PM

Monday, March 16th

Meal

5-6PM

Open Mic

6-8PM

Monday, March 23rd

Music by Country Travelers

6-8PM

Monday, March 30th

Meal

5-6PM

Music by Kickin Grass

6-8PM

Mike Swango Band

You must make reservations for the meals!

** Band donations accepted **

EUCHRE AND BINGO

Join us for an enjoyable afternoon of Euchre at the Center every Wednesday 12:30 Thursday 12 Noon. We would love to see new faces.

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

Beltone at the Senior Center

March 17th 10am - Noon

No appointment necessary

Angela Schneider,

Hearing Care Practitioner

Seniors and Scams

As seniors, we need to be more aware of the various scams that seem to be happening more frequently.

A youthful sounding voice will call posing as grandchildren needing money sent to them. A variation of this is a person saying they are the grandchild’s lawyer. They do not have to know family information by posing as a lawyer.

People are also receiving calls from people claiming to be from the IRS or AEP and need payment sent at once. The IRS and AEP do NOT call for money to be sent.


People in the county are also being approached by persons in parking lots or following people home to request money for various problems.

Everyone should check their credit card receipts and bills because many thieves will only charge small purchasing amounts and that way they can go undetected.

Be very careful of any telephone solicitation or any strangers approaching you. Do not give out any personal information to anyone you do not know.

/wEPDwUJMTUyM

PARMESAN CRUSTED CHICKEN



SERVES: 4

PREP TIME: 10 MIN

COOK TIME: 20 MIN

INGREDIENTS

1/2 cup Hellmann's® or Best Foods® Real Mayonnaise

1/4 cup grated Parmesan cheese

4 boneless, skinless chicken breast halves (about 1-1/4 lbs.)

4 tsp. Italian seasoned dry bread crumbs

How do you know when it is time to "hang up the car keys"?



when your dog has this look on his face!

Dietary Fiber0 g

Sugars1 g

Protein33 g

Vitamin A2 %

Vitamin C2 %

Calcium6 %

Iron4 %

What to Do If the Power Goes Out in the Winter

Any number of things can cause a power outage during the winter months. Most probably it is weather-related. If it is caused by the weather, the outage could be wide-spread or it could be localized.

First check to make sure you have not blown a circuit. Check the circuit breakers in your home's electrical panel.

If power is out in your entire neighborhood, call your local utility company to report the outage. The phone number should be on your electricity bill, or check the white pages in your phone book.

If power is out over a widespread area, it may take a longer time to restore power everywhere.

Here are some things to remember or to do...

UNLESS there is an emergency, do not call 9-1-1. That number should ONLY be used if there is an emergency, or if someone is injured or in danger.

If there are power lines down in your neighborhood, call 9-1-1 and call your utility company. DO NOT GO NEAR DOWNED POWER LINES.

Listen to your battery-powered radio or TV, especially for news at the top of each hour, to find out when the power might be restored.

Dress to stay warm - wear layers, including a sweater, sweatshirt or even a jacket. You lose heat through your hands and the top of your head. Wear gloves and a knit hat, not just a baseball cap.

Avoid opening your refrigerator and freezer as much as possible. Food inside should stay cold for hours if the door is left closed.

If you're cold, take a warm shower - to increase your body temperature. Your hot water tank, even if electric, will stay warm for a few hours.

Unplug some of your major appliances. When the power comes back on, all of those appliances can create a drain or power surge. This can harm sensitive equipment. To avoid a power surge when the electricity returns, turn off computers, TVs, stereos and other unnecessary electronic equipment at the power source. Leave a light on so you'll know when the power is restored.

If you have a generator, do not connect it to your home's power system unless it has been properly installed and disconnects you from the main power grid when it is operating. If you do not disconnect from the power grid, you can be sending electricity back down the lines; not just to your home. That could be deadly for power company workers.





If you have a regular wood stove or fireplace, you can use it for heat. However, DO NOT USE kerosene heaters, BBQs, or any outdoor type heater inside. Such devices create poisonous gases such as carbon monoxide. Carbon monoxide is an odorless and colorless gas given off by combustion and could kill.

Check on your elderly neighbors or those who may have medical conditions or use medical machinery that operates on electricity. Make sure they are dressed appropriately warm. If someone needs to have machinery that operates on electricity, move her to a place where electricity is working.

If you have to go out, drive carefully. Remember that traffic signals may be out during a power outage. Consider each intersection to be a four-way stop and drive defensively.



MARCH ACTIVITY SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9AM Marengo/Fulton Breakfast 11:45 AM Lunch 5PM Meal 6–8PM Music	3 11:45 AM Lunch	4 11:45 AM Lunch 12:30 PM Euchre 12:30 BINGO 	5 12 Noon Euchre Tax appointments 	6 8 AM-4:30 PM Inside walking 11:45 AM Lunch 12:30PM Bible Study 
9 11:45 AM Lunch 6–8PM Music	10 11:45 AM Lunch Birthday Party 1:00-3:00PM Bingo	11 11:45 AM Lunch 12:30 PM 	12 12 Noon Euchre	13 8 AM-4:30 PM Inside walking 11:45 AM Lunch 12:30PM Bible Study
16 11:45 AM Lunch 12 Noon Marengo/Fulton Carry-In 5PM Meal 6–8PM Music Cookie Walk and Wearing of the Green	17 10AM-12Noon Beltone 11:45 AM Lunch 12 Noon Mt. Gilead 12 Noon Chesterville Lunch 12:30 Sparta Lunch	18 11:45 AM Lunch 12:30 PM Euchre	19 12 Noon Euchre	20 8 AM – 4:30 PM Inside Walking 11:45 AM Lunch 12:30 PM Bible Study
23 11:45 AM Lunch Noon-4PM Commodities	24 9AM-Noon Commodities 11:45 AM Lunch 1:00-3:00PM Bingo	25 11:45 AM Lunch 12:30 PM Euchre	26 12 Noon Euchre	27 8 AM – 4:30 PM Inside Walking 11:45 AM Lunch 12 Noon Cardington Lunch
30 11:45 AM Lunch 5PM Meal 6-8PM Music by “Kickin Grass”	31 11:45 AM Lunch			

MARCH MENU

ONE DAY ADVANCE RESERVATIONS REQUIRED * SUGGESTED \$3.00 DONATION

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Cabbage Roll Cheese Cubes Parsley Potatoes Garlic Bread Orange Juice	3 Salisbury Steak Cauliflower Peas & Onions Apple Juice Graham Crackers	4 Shredded Chicken Sandwich Wedge Fries Pineapple Apricot Juice	5 Home Delivered Cold Meal Low Sodium Ham with Lettuce & Tomato Fruit Salad Cranberry Juice Graham Crackers The Center will be open, but will not be serving lunch.	6 Sloppy Joe Sandwich Sliced Fresh Apples Carrots Pineapple Juice
9 Chicken Drumstick Oven Brown Potatoes Broccoli Applesauce	10 Hamburger with Lettuce & Tomato Wedge Fries Apple Juice Graham Cracker	11 Pulled Pork Sandwich Carrot Raisin Salad Corn Orange Juice	12 Home Delivered Cold Meal Egg Salad Cottage Cheese Applesauce Peaches Grape Juice The Center will be open, but will not be serving lunch.	13 Spaghetti Green Beans Tossed Salad Cranberry Juice Bread Stick
16 Chicken Strips Hashbrowns Beets Orange Juice	17 Low Sodium Ham Sweet Potatoes Green Beans Mandarin Oranges Graham Crackers	18 Pot Roast Oven Brown Potatoes Carrots Fresh Grapes	19 Home Delivered Cold Meal Chef Salad Peaches The Center will be open, but will not be serving lunch.	20 Chicken Noodle Casserole Peas Applesauce Cranberry Juice
23 Pork Chop Sweet Potatoes Green Beans Mandarin Oranges	24 Beef & Noodle Casserole Peas & Carrots Applesauce Orange Juice	25 Roasted Turkey Baked Potato Broccoli Apple Juice	26 Home Delivered Cold Meal Tuna Salad Cheese Cubes Grapes Peaches Pineapple Juice The Center will be open, but will not be serving lunch.	27 Roast Beef Mashed Potatoes Brussel Sprouts Pears
30 Shredded Chicken Sandwich Wedge Fries Pineapple Apricot Juice	31 Salisbury Steak Cauliflower Peas & Onions Apple Juice	<div>MENU IS SUBJECT TO CHANGE</div>		