

August

SENIOR MOMENTS

MORROW COUNTY’S MONTHLY NEWSLETTER

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

August is Heat Stroke Awareness Month

Heat stroke is the most serious heat related illness. When the body is unable to control its temperature, it rises rapidly and sweating mechanisms fail. Body temperature may rise to 106 degrees or higher within 10-15 minutes. Heat stroke can cause death or permanent disability if emergency treatment is not provided.

Signs of heat stroke

- *High body temperature (above 103 degrees).
- *Red, hot, dry skin (no sweating)
- *Rapid, strong pulse
- *Throbbing headache
- *Dizziness, nausea, confusion
- *Unconsciousness

These are the signs of a life threatening emergency. Have someone call 911 while you begin cooling the person:

- *Get them to a shady area.
- *Cool them rapidly, however you can: Immerse them in a cool tub of water or shower; spray them with cool water from a garden hose; sponge them with cool water; wrap them in a cool, wet sheet and fan them vigorously.
- *Monitor body temperature; continue cooling efforts until body temperature drops to 101-102 degrees.
- *If they are conscious and able to swallow, give cool water or nonalcoholic, decaffeinated beverages.

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SERVICES PROVIDED THROUGH THE CENTER

BELTONE

Angela Thomas, Hearing Care Practitioner from Beltone will be at the Seniors on Center. Call the Center for day and times. No appointment necessary.



MEDICARE

Marc Follin will be in to answer any questions about Medicare you may have August 2nd from 1-3pm at 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



"Grandpa is showing us how they sent a text when he was a kid."



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

ACTIVITIES TO LOOK FORWARD TO!



LUNCH AND OUTING

Mount Gilead State Park August 21st. Lunch will start at 11:30am. We will then be playing bingo after lunch.



Lunch and Outing will be to Grill and Chill for Ice Cream August 1st Lunch at Seniors on Center then we will head to Grill and Chill for ice cream. Lunch starts at 11:30am please call and reserve your spot.



LUNCH AND LEARN

Join us August 22nd for our monthly lunch and learn. August we will be learning about identity theft. How you can detect and avoid it from happening to you. So please give us a call no later August the 15th. We hope to see you here for this very informative lunch and learn.

MEDICARE

Join us September 11th at 12:00pm noon. When David Painter will be here to talk to us about Medicare.



SENIORS ON CENTER LIBRARY

Come on into the center and look through our wonderful book selection. You can borrow or even keep the book if you really enjoy it.. So come on in and we will point you in the right direction

SCIOTO DOWNS



Join us on the second and fourth Thursday of each month for a trip to Scioto Downs. We will be leaving Kroger at 9:00am, arriving at 10:00am and will be leaving Scioto Downs at 3:00pm and arriving home around 4:00pm. \$15.00 for members, \$20.00 for non-members. We hope you will join us.



MORROW COUNTY FAIR

August 28th is Morrow County Fair Senior Day. Registration starts at 9:00am. Bingo starts at 10:15am. Lunch is at 11:30am and is first come first serve for the first 400 people. Entertainment will Bill Purk at 12:15pm. Hope to see you all there.

POSITIVE AGING EXPO

September 27th Enjoy a day at the Richland County Fairgrounds for the positive aging expo. There will be entertainment by Randy Velez, Bingo, door prizes and lunch . Bus will leave Kroger at 8:15am. Suggested donation of \$5.00 for transportation. Seats are limited so please call today and reserve your seat.

NUTRITION NEWS & TRANSPORTATION

Please note if you are calling for a meal you will need to call the day before by 1:00pm. If you are calling for a meal for music on Monday night you need to call on Friday by 1:00pm. Thank You

It is also very important that you cancel your meal by 1:00pm the day before your delivery. We know emergencies happen, but please let us know as soon as you can so we can take you off the route for the day.

We cannot leave a meal if you are not home

Starting June 1st the transportation coordinator will be in her office half days for the length of the summer. Please call between 8am and noon to schedule transportation.

Also there are going to be some changes made to the policies for our out of town trips. Please call and talk to Jessica about the new policies being set. Thank you for your cooperation.

MORROW COUNTY SENIOR CLUBS AND OTHER ACTIVITIES

CARDINGTON SENIORS

FRIDAY, AUGUST 17TH, AT 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 14TH, AT 12 NOON
SELOVER LIBRARY, CHESTERVILLE
31 STATE ROUTE 95
SUZI LYLE 419-768-3431



SPARTA GOOD TIMES SENIORS

TUESDAY, AUGUST 21ST, AT 12:30PM
HIGHLAND PIZZA—YOUR OWN COST
6530 STATE ROUTE 229, SPARTA
DICK SEARS 419-768-2050

MT GILEAD SENIORS CLUB

TUESDAY, AUGUST 21ST, AT 12 NOON
AT SENIORS ON CENTER,
RESERVATIONS NEEDED. BRING DESSERT
MARILYN SIPES 419-468-3500

MARENGO/FULTON SENIORS

BREAKFAST AT FARMSTEAD MONDAY
AUGUST 6TH, AT 9AM,
AMERICAN LEGION HALL
1549 COUNTY RD 26, MARENGO, OH
MONDAY AUGUST 20TH, AT 12 NOON
JOYCE TAYLOR 419-253-0727



EUCHRE

EVERY THURSDAY STARTING AT
NOON, JOIN US FOR A PROGRES-
SIVE GAME OF EUCHRE.



SILVER SNEAKERS

THIS EXERCISE CLASS IS HELD EVERY MONDAY,
WEDNESDAY, AND FRIDAY FROM 9-10AM

CRAFT CLUB

EVERY MONDAY YOU CAN COME IN AND DO A
NEW AND FUN CRAFT AT 10AM



MUSIC AND MEAL

THE 1ST, 2ND, 3RD, & 4TH MON-
DAY OF EACH MONTH, WE HAVE A MEAL WITH
MUSIC TO FOLLOW THIS STARTS AT 5:00PM
PLEASE CALL FRIDAY BY 1:00PM TO RESERVE
YOUR SPOT.

BINGO

COME IN ON THE 1st, 2nd, & 4th TUESDAYS
FROM 1-3PM FOR A FANTASTIC GAME OF BINGO


BIBLE STUDY

EVERY FRIDAY YOU CAN COME IN A LEARN MORE
ABOUT THE BIBLE WITH OUR BIBLE
STUDY GROUP @ 12:30



DINNER AND BINGO

THE FIRST WEDNSDAY OF EACH MONTH FROM
4:30-6:30PM WE WILL BE DOING DINNER WITH A
GAME OF BINGO TO FOLLOW. SO CALL BY
1:00PM ON TUESDAY AND RESERVE YOUR SPOT

AUGUST 2018 MENU					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
		1 Turkey Breast Sliced Potatoes Succotash Peaches Pudding Bread Milk	2 Chicken Patty Country Vegetables Tossed Salad Oranges Bun Milk	3 Ham Very Berry Juice Peas Pears Bun Milk	
	6 Stuffed Pepper String Cheese Whole Potatoes Pears Bread Oatmeal Cookie Milk	7 Ham Sweet Potatoes Cauliflower & Peas Pineapple Yeast Roll Milk	8 Roast Beef Mashed Potatoes Green Beans Peaches Vienna Texas Toast Milk	9 Pulled Pork Minestrone Tossed Salad Strawberries Bun Milk	10 Beef Stroganoff Broccoli Strawberry Kiwi Juice Grapes Bread Milk
	13 Salisbury Steak Mashed Potatoes Green Beans Pears Roll Pudding Milk	14 Shredded Chicken Red Skin Rosemary Potatoes Diced Peas & Carrots Grape Juice Biscuit Milk	15 BBQ Riblet Herb Red Skin Potato California Blend Vegetables Melon Chunks Bun Milk	16 Sloppy Joe Tomato Soup Tossed Salad Mix Fruit Bun Milk	17 Pasta Bake Ckd. Spinach Corn Apple Juice Garlic Bread Milk
	20 Cabbage Rolls String Cheese Sliced Potatoes Pineapple Graham Cracker Bread Milk	21 Grilled Chicken Breast Baked Beans Broccoli Grape Juice Bread Mini Sandies Milk	22 Sausage Gravy & Biscuit Herb Red Skin Potato Pears Apple Juice Milk	23 Walking Tacos Peaches Doritos Mexican Brown Rice Milk	24 Pork Cutlet Sweet Potatoes Broccoli Applesauce Bread Animal Crackers Milk
27 Italian Chicken Breast Italian Blend Vegetables Strawberry Kiwi Juice Peaches Bread Graham Crackers Milk	28 Deli Meal Delivered on the 27th	29 Hungarian Goulash Very Berry Juice Peas Pears Basic Muffin Milk	30 Chicken Salad Potato Broccoli Soup Tossed Salad Malibu Mix Fruit Bun Milk	31 Cheese Omelet Diced Hash Browns Apple Juice Strawberries Muffin Milk	
6 LUNCH IS SERVED DAILY FROM 11:30-12:30. PLEASE NOTE MENU IS SUBJECT TO CHANGE.					

AUGUST EVENTS AND IMPORTANT DATES				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
When you're at the checkout line and they ask you if you found everything, say, "Why, are you hiding stuff?"		1 8:45-10 AM SILVER SNEAKERS 11:30 LUNCH AD LEARN TO THE GRILL AND CHILL 1:30 GAMES 4:30-6:30PM BINGO WITH MCDONALDS	2 NOON EUCHRE NATIONAL ICE CREAM SANDWICH DAY	3 8:45-10AM SILVER SNEAKERS 12:30PM BIBLE STUDY GAMES NATIONAL WATERMELON DAY
6 8:45-10AM SILVER SNEAKERS 10AM CRAFT CLUB 5:00PM MEAL, MUSIC BY THE COUNTRY TRAVELERS TO FOLLOW	7 9AM ROUND TABLE 1-3PM BINGO NATIONAL RASPBERRIES IN CREAM DAY	8 8:45-10AM SILVER SNEAKERS 11:00 FINANCE MEETING 12:30BOARD MEETING 1:30 GAMES	9 9AM SCIOTO DOWNS CASINO TRIP NOON EUCHRE NATIONAL RICE PUDDING DAY	10 8:45-10AM SILVER SNEAKERS 12:30PM BIBLE STUDY GAMES NATIONAL BANANA SPLIT DAY
13 8:45-10AM SILVER SNEAKERS 10AM CRAFT CLUB 5:00PM MEAL, MUSIC BY MONDAY NIGHT RAMBERS TO FOLLOW	14 9AM ROUND TABLE NOON BIRTHDAY PARTY NOON CHESTERVILLE SENIORS MEET @ THE SELOVER LIBRARY	15 8:45-10AM SILVER SNEAKERS 1:30 GAMES NATIONAL RELAXATION DAY	16 NOON EUCHRE NATIONAL ROLLER COASTER DAY	17 8:45-10AM SILVER SNEAKERS NOON CARDINGTON SENIORS MEET @ SENIORS ON CENTER 12:30PM BIBLE STUDY GAMES
20 8:45-10AM SILVER SNEAKERS 10AM CRAFT CLUB NOON MARENGO CARRY IN @AMERICAN LEGION 5:00PM MEAL, MUSIC BY OPEN MIC TO FOLLOW	21 9AM ROUND TABLE 11:30 PICNIC IN THE PARK WITH BINGO TO FOLLOW 12:300M SPARTA GOOD TIME SENIORS MEET @ HIGHLAND PIZZA 1-3PM BINGO	22 8:45-10AM SILVER SNEAKERS 11:30 LUNCH AND LEARN WITH KATIE HARPER ON IDENTITY THEFT 1:30 GAMES	23 9AM SCIOTO DOWNS CASINO TRIP NOON EUCHRE NATIONAL SPONGECAKE DAY	24 8:45-10AM SILVER SNEAKERS 12:30PM BIBLE STUDY GAMES NATIONAL PEACH PIE DAY
27 8:45-10AM SILVER SNEAKERS 10AM CRAFT CLUB NOON-4PM COMMODITIES 5:00PM MEAL, MUSIC BY THE COUNTRY TRAVELERS TO FOLLOW	28 MORROW COUNTY FAIR SENIOR DAY REGISTRATION STARTS AT 9:00AM NATIONAL CHERRY TURNOVER DAY	29 8:45-10AM SILVER SNEAKERS 9-NOON COMMODITIES 1:30 GAMES MORE HERBS LESS SALT DAY	30 NOON EUCHRE NATIONAL TOASTED MARSHMALLOW DAY	31 8:45-10AM SILVER SNEAKERS 12:30PM BIBLE STUDY GAMES EAT OUTSIDE DAY
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VOLUNTEER OF THE MONTH



We at the Seniors on Center and all the people she serves would like to thank Elizabeth (Betty) Ritchey for her many years of dedication to her community. For the past thirty one years, Betty has volunteered at the center delivering meals, helping with the music program and many other jobs.

Betty was born on October 8, 1927, in Mt. Gilead, Ohio. She attended school in Mt. Gilead, Ohio, where she resides to this day. May 27, 1949, she married William her husband of 25 years. William passed away January 1974. They have two sons, four grandchildren, and three great-grandchildren.

Betty Started out working in her fathers welding shop doing odd jobs and worked for him for 10 years. Working for HPM for 10 years and retiring from there as a hand grinder was another of Betty's jobs. Betty also worked for the Seniors on Center as the Chore Program Supervisor for many years.

Along with her dedication to service and community, Betty is a member of the Glory Baptist Church where she volunteers as a greeter and helps clean. In the past Betty used to head up a girls softball team, was the head of the walkathon for the county and also has helped as a poll worker.

In her spare time she likes to do just about anything ,she is pretty easy going .

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

PHOTOS



We would like to
Thank all the pizza
places that donated
pizza, Strut your Stuff
for the magnificent
performance, and all
the vendors that took
the time to set up, for
making our Ladies
Night a huge success.
Thank you all from the
Seniors on Center staff

HAPPY BIRTHDAY

JOIN US ON TUESDAY AUGUST 14TH, AT NOON TO CELEBRATE THIS MONTHS BIRTHDAYS!

Avonell Hayhurst
Betty Meyer
Bonnie Clarkson
Bud Tesack
Burgess Boyce
Charmaine Anderson
Dan Rogers
David Livingston
Deborah Lloyd
Diane Roberts
Elsie McQuistion
Fern Miley
Fritz Miller
Gillbert Ullom
Glenna French
Harry Allen

Helen Bosh
Helen Zinn
Jackie Diefenbach
Jane Reed
Joe Pukansky
Marge Breckner
Maria E Taylor
Mary Todd
Olen Kaelber
Peggy Dallman
Phoebe House
Raymond Baughman
Regina Apper
Robin Wycuff
Roger Meyer
Shirley Morris

Verlton Kunze
Virginia Hedrick
Willa Morris
Wilma Ogle
Winnie Foster
Larry Wiseman
John Friend
Pat Nesbitt
Ruth Thorne



NEW MEMEBERS

DOYLE ROGERS	ERNEST HICKOK	PATRICIA BARNES
PAUL BARNES	VELMA HAMPTON	MARSHALL

- 1. The US government poisoned industrial alcohol during prohibition, leading to the deaths of around 10,000 people.
- 2. The state before frostbite is called “frostrnip”
- 3. If you sneeze while traveling at 60 mph your eyes are closed for an average of 50 feet.
- 4. Digging a hole to China is theoretically possible if you start in Argentina.
- 5. The longest time between two twins being born is 87 days.
- 6. Most of the dust particles in your house are dead skin.
- 7. A pregnant goldfish is called a twit.
- 8. On average, people fear spiders more than they do death.
- 9. Toto was paid \$125 per week while filming The Wizard of Oz.

JUST FOR FUN!

Fair

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

BARN
CARNIVAL
COTTON
CANDY
DEMOLITION
DERBY
EXHIBITS
FUNNEL
CAKE
GAMES
GRANDSTAND
HORSE
RACE
LEMONADE
LIVESTOCK
MUSIC
PRIZES
PROJECTS
RIBBONS
RIDES
ROUGH
TRUCK
TICKET
TRACTOR

This Newsletter is published by:
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Older Citizens, Inc.
dba Seniors on Center
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Mt. Gilead, OH 43338

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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.