

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**

# MORROW COUNTY SENIOR MOMENTS



#### Board of Directors

Linda Ruehrmund (Pres.)	Kay Benick	Mike Gale	Dixie Shinaberry
Mike Warwick (V. Pres.)	Heather Kraft	Marilyn Weiler	Shirley Robinson
Lea Ann Maceyko (Treas.)	Geri Park	Ray Dietz	Dan Rogers
Janeen Wert (Sec.)	Wilma Hinkle	Suzie Lyle	Pat Rinehart
	Dennis Leader	Janet Johnson	Gilbert Ullom

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

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

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

## **JULY 2016 ISSUE**

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.

## SENIORS ON CENTER SERVICES



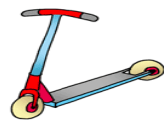
### Home delivered meals

A hot, well-balanced lunch is available daily to senior shut-ins living in Morrow County. Weekend and holiday frozen meals are also available upon request. A suggested donation of \$3.00 per meal is accepted.



### Lunch at Seniors on Center

A hot lunch is served daily at 11:45 a.m. Reservations are required by calling the Center at least 24 hours in advance. A suggested donation of \$3.00 is accepted for those 60+ and a charge of \$5.00 for those under 60.



### Transportation

Handicapped accessible transportation and escort service to work, doctor appointments, beauty shop, grocery shopping, social activities, therapy, etc. is available. Please call 24 hours ahead for an appointment. A suggested donation of \$3.00 is accepted for local transportation. Transportation for medical appointments outside the county can usually be arranged with a 48 hour notice.



### Homemaker

Light housekeeping for those unable to perform some of their home making chores. Charge is \$5.00 per hour.

## Scioto Downs Casino Columbus, Ohio



**The July schedule is the 14<sup>th</sup> and the 28<sup>th</sup>.  
Be sure to get your name in and put your  
money down soon. The bus fills quickly.**

## Free Summer Nature Events in Morrow County

**July 10** Open House at HOEC  
Displays, programs, and activities.  
2 – 4PM

**July 13 & 14** Wild Days for youth  
ages 3-13 at HOEC, 9:30 –  
11:30AM

**August 24** Alternative Energy  
Program at HOEC, 6:30PM

**August 29 – September 5** Morrow  
County Fair (visit Building 17)

**September 1 – October 27** Wee  
Discover preschool at HOEC (each  
Thursday)

## Identity Theft

Unlike your fingerprints, which cannot be used by someone else, your personal data can be used by others. Identity theft occurs when someone knowingly transfers or uses your identity (Social Security Number, credit cards, driver's license, etc.) to open an account, make purchases, apply for a loan, apply for a job, or to commit a crime. Identity theft or fraud is a federal crime. Protect yourself.

- Adopt a "need to know" approach about giving out your personal information to others. Ask how it will be used, whether it will be shared with others, and ask if you have a choice about the use or confidentiality of your information.
- Never give out credit card numbers or personal information on the phone, through the mail, or over the Internet unless you have initiated the contact or know who you're dealing with.
- Pay attention to billing cycles. If a bill doesn't arrive, it could mean someone has taken it or re-routed it.
- Only carry the ID and credit cards or bank cards that you will be using.
- Keep items with personal information on them in a safe place. Be cautious of roommates, employees, service technicians, and unauthorized family members.

**50% of identity theft cases are committed by another family member.**

### ATM Safety Tips

1. Keep your PIN (Personal Identification Number) a secret. Choose a PIN other than your birthdate, phone, or social security number.
2. Select a well-lighted, busy ATM that is protected, yet visible from the street.
3. To avoid fake ATMs select one you are familiar with.
4. Be wary of any ATM that appears to be tampered with. If you have difficulty inserting your card, STOP. Use another machine and notify your bank.
5. Never leave your receipt in the trash.
6. Put your money away immediately; count it later.
7. Be cautious if you are approached after a transaction. Go to a public place and stay there for at least 15 minutes if you think someone is following you.
8. Never accept help from anyone, especially strangers who offer advice when your card gets "swallowed" or if they crowd you. They may be trying to watch you enter your PIN code.
9. Surrender your card and money upon demand if you are held up and report it to your local law enforcement department right away.
10. If available, use an enclosed vestibule with windows or select an ATM that has a station guard, working security camera, emergency telephone, and doors that lock.





# July Fourth Word Search



ADAMS  
AMERICA  
BARBECUE  
COLONIES  
CONGRESS  
DECLARATION  
EQUALITY  
FIREWORKS

FOURTH  
FREEDOM  
HOTDOGS  
INDEPENDENCE  
JEFFERSON  
JULY  
LIBERTY

NATION  
PARADE  
REVOLUTION  
RIGHTS  
STATES  
THIRTEEN  
UNITED

## MORROW CO. SENIOR CLUBS

### Cardington Seniors

Friday, July 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, July 19<sup>th</sup> @12PM  
Selover Library, Chesterville  
31 State Route 95  
Susie Lyle 419-768-3431

### Marengo/Fulton Seniors

Monday, July 5<sup>th</sup> @9AM  
Breakfast on your own  
Farmstead Restaurant  
618 State Route 61, Marengo

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

### Sparta Good Time Seniors

Tuesday, July 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, July 19<sup>th</sup> @12 Noon  
At Seniors on Center. Reservations  
needed. Bring dessert.  
Marilyn Sipes 419-468-3500

## MORROW CO. SENIOR CLUBS

### Morrow County Retired Teachers

April, June, October & December  
October 3<sup>rd</sup> @ 11:30 AM Lunch  
provided by Trinity UMC for  
\$10.00  
75 E. High St, Mt. Gilead  
Janet Johnson 419-362-6903



Join us on Tuesday, July 12<sup>th</sup> at  
noon to celebrate our July  
birthdays! Wishing the following a

### Very Happy Birthday:

Lawrence Richards  
Frances McPeek  
Barbara Cole  
June Hawk  
Paul Stoutemyer  
Donald McHenry  
Margaret Mayle  
Robert Meltzer  
Wayne Arnold  
Mary Graham

Mike Warwick  
Kat Taylor  
June Patterson  
Shirley Furr  
Roberta Higgins  
Ruth Mosher  
Geraldine Bean  
Shirley Klaiber  
Richard Dowalter  
Joy Johnson  
Ronald Coleman

### MONDAY NIGHT MUSIC

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

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

**NO MUSIC**

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

Meal 5-6PM

Music by Dick Starcher 6-8PM

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

Meal 5-6PM

Music by Open Mic 6-8PM

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

Meal 5-6PM

Music by Country Travelers 6-8PM

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 and Thursday at 11:30. We would love to see new faces.

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

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

No appointment necessary

**Angela Schneider,  
Hearing Care Practitioner**

## OHIO STATE FAIR



Tuesday, August 2, 2016

Leaving Kroger's 8AM

Returning to Kroger's 4PM

Admission and Transportation on  
Motor Coach

\$25.00 for members

\$30.00 for non-members

### 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

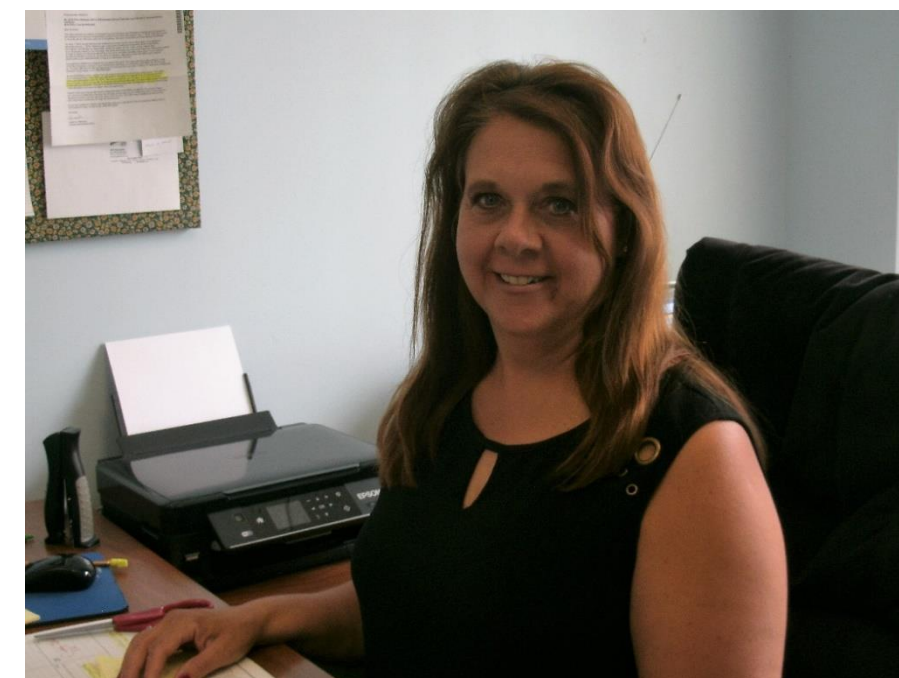


Mid-Ohio Foodbank

OPERATION FEED

## Tips on Keeping Seniors Safe in Summer Heat

- Drink plenty of liquids – eight or more 8-ounce glasses per day and or fruit juices -- every day to stay hydrated.
- Avoid caffeinated and alcoholic beverages.
- Dress appropriately. Wear loose-fitting clothes in natural fabrics like cotton and dress in light colors that will reflect the sun and heat instead of darker colors that will attract them.
- When outdoors, protect your skin from damage by wearing hats, sunglasses and a sunscreen of 30 SPF or more.
- Stay indoors during extreme heat.
- If you do not have air conditioning in your apartment, go somewhere that does. A movie theater, the mall, a friend or relative's home or a community senior center are all good options.
- If you need to get out of the house and don't drive a car, call a friend or a transportation service. Do NOT wait outside for the bus in extreme heat.
- If you are absolutely unable to leave the house and do not have air conditioning, take a cool bath or shower to lower your body temperature on extremely hot days.



**Sheila Stewart - Fiscal Manager**

Meet our new Fiscal Manager, Sheila Stewart. Sheila comes from the Cardington area and enjoys spending time with her family and her love for horses. In her spare time you may find her at our Monday Night Music Program singing. We are glad to have her, please stop in and say "Hi". Let's make her feel welcome.





ALL OF THE HIDDEN TALENT SURFACED AT OUR MONDAY NIGHT KARAOKE EVENT. FUN WITH FRIENDS AS THEY SHARED THEIR TALENTS. LOOKING FORWARD TO THE NEXT TIME.

These ladies had a awesome time at the Ladies Night Out. Thanks to our vendors and the fabulous style show put on by Whetstone Industries. Great food and great fun!!!



## Marion County Fair

Tuesday, July 5



Entry to the fair is free until 2pm with a non-perishable food item that will be donated to the local food bank. The festivities will start at 10am in the north end of the Coliseum with free donuts. A magic show will be sponsored by the Marion County Fair with music and dancing provided by Gary's Music Show. Lunch will be served to the first 250 people at noon for a donation of \$3 that will benefit the Senior Levy Fund. Free homemade ice cream will be provided again this year from the folks at Marion General Hospital Foundation. Senior Games will be from 1 - 2pm with door prizes to be awarded at the close of the program. Mark your calendars so you don't miss out on the fun and free prizes!!

## IN THE WORKS

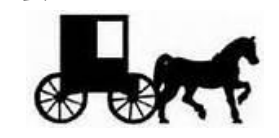


Saturday, July 16 Sweet Corn Festival - Pancake breakfast here at Seniors on Center from 7 - 10AM Free will donation. Levy Campaign KICK-OFF

Tuesday, July 19 Picnic in the State Park. RSVP by July 14. Have to be signed up for lunch. Suggested donation of \$3.00.

Thursday, July 21 Tecumseh Outdoor Theater, buffet and transportation. \$50.00 for members and \$53.00 for non-members. Will leave Kroger parking lot at 3:30 pm. Transportation by a chartered bus.






Tuesday, August 9 - Trip to Amish Country. Transportation by a chartered bus.



Tuesday, August 30 Senior Day at the Morrow County Fair



# JULY ACTIVITY SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 8:30-10AM Silver Sneakers 11:45AM Lunch 12:30PM Bible Study 1PM Adult Coloring
4  <b>CLOSED</b>	5 9AM Roundtable 9AM Marengo/Fulton Breakfast 11:45AM Lunch 1-3PM Bingo Marion County Fair	6 8:30-10AM Silver Sneakers 11:45AM Lunch 11:30AM Euchre 1PM Game Day	7 11:45AM Lunch 11:30AM Euchre  	8 8:30-10AM Silver Sneakers 11:45AM Lunch 12:30PM Bible Study 1PM Adult Coloring
11 8:30-10AM Silver Sneakers 11:45AM Lunch  5-6PM Meal 6-8PM Music	12 9AM Roundtable 11:45AM Lunch  	13 8:30-10AM Silver Sneakers 11:45AM Lunch 11:30AM Euchre 12:30 Board Meeting 1PM Game Day	14 11:45AM Lunch 11:30AM Euchre  9AM Casino	15 8:30-10AM Silver Sneakers 11:45AM Lunch 12:30PM Bible Study 1PM Adult Coloring
18 8:30-10AM Silver Sneakers 11:45AM Lunch 12Noon Marengo/Fulton Carry-In 5-6PM Meal 6-8PM Music	19 9AM Roundtable 11:45AM Lunch 10-12Noon Beltone 12 Noon Chesterville Carry-in 12 Noon Mt. Gilead Sr. Lunch 12:30 Sparta Lunch	20 8:30-10AM Silver Sneakers 11:45AM Lunch 11:30AM Euchre 1PM Game Day	21 11:45AM Lunch 11:30AM Euchre Tecumseh Outdoor Theater  	22 8:30-10AM Silver Sneakers 11:45AM Lunch 12 Noon Cardington Lunch 12:30PM Bible Study 1PM Adult Coloring
25 8:30-10AM Silver Sneakers 11:45AM Lunch 12 Noon – 4PM Commodities 5-6PM Meal 6-8PM Music	26 9AM Roundtable 9AM – 12Noon Commodities  11:45AM Lunch 1-3PM Bingo	27 8:30-10AM Silver Sneakers 11:45AM Lunch 11:30AM Euchre 1PM Game Day	28 11:45AM Lunch 11:30AM Euchre 9AM Casino 	29 8:30-10AM Silver Sneakers 11:45AM Lunch 12:30PM Bible Study 1PM Adult Coloring

# JULY MENU

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MENU IS SUBJECT TO CHANGE</b>				1 Turkey Burger with Lettuce & Tomato Wedge Fries Tropical Fruit Whole Grain Bun Whole Grain Crackers Milk
4  <b>CLOSED</b>	5 Pork Chops Sweet Potatoes Malibu Vegetables Applesauce Whole Grain Knots Milk	6 Stuffed Peppers Cheese Cubes Parsley Potatoes Grape Juice Whole Grain Bread Graham Crackers Milk	7 Roasted Turkey Mashed Potatoes Green Beans Tropical Fruit Whole Grain Roll Milk	8 Deli Ham Tossed Salad Peaches Apple Juice Whole Wheat Bun Whole Grain Crackers Milk
11 Turkey Burger with Lettuce & Tomato Wedge Fries Tropical Fruit Whole Grain Bun Whole Grain Crackers Milk	12 Pork Fritter Baked Potatoes Broccoli Peaches Whole Grain Bread Milk	13 Sloppy Joe Sandwich Carrots Hot Apple Slices Cranberry Juice Whole Grain Bun Whole Grain Crackers Milk	14 Beef & Noodles Peas & Carrots Mixed Fruit Orange Juice Whole Grain Bread Milk	15 Shredded Chicken Sandwich Ranch Fries Peas Pineapple Juice Whole Grain Bun Whole Grain Crackers Milk
18 Pepper Steak Brown Rice Corn Banana Pineapple Juice Whole Wheat Bread Milk	19 Chicken Breast Mashed Potatoes Carrots Grape Juice Whole Grain Bread Milk	20 Chicken Strips Ranch Fries Beets Orange Juice Whole Grain Bread Milk	21 Salisbury Steak Mashed Potatoes Succotash Apple Juice Whole Grain Bread Graham Crackers Milk	22 Marzetti Cauliflower Applesauce Cranberry Juice Bread Stick Milk
25 Roast Beef Red Skin Potatoes Carrots Orange Juice Whole Grain Roll Milk	26 Meatloaf Mac & Cheese Corn Mandarin Oranges Apple Juice Whole Grain Bread Milk	27 Chicken Noodle Casserole Peas Applesauce Cranberry Juice Whole Grain Bread Milk	28 Vegetable Lasagna Broccoli Orange Whole Wheat Bread Milk	29 Chicken Breast Baked Potato Brussel Sprouts Peas Whole Grain Roll Milk