

Golden Times

July 2020

- Issue VII

Madison County Senior Citizens Center



Well, it is June 23rd as I am writing this, I am sorry to say as of today's date I still don't have an opening date to pass on to you, I know, I'm so sorry, but it is Tuesday and almost time for the Governor. Here's what I can tell you, I have virtually attended several conference meetings with the ODA (Ohio Department on Aging) and The Senior Center Association, the last meeting, yesterday, the ODA Director did say "it's not **if** the senior centers will open, we are opening the senior centers," we just need to be patient a little longer while they get all of the proper guidelines in place. She said the Governor will be announcing the opening date.

I have pages and pages of recommendations to safely open, recommending masks, washing your hands, sanitizing your hands, social distancing, all of the things we've been doing. Who knew people weren't washing their hands, well we did, we can hear the hand dryers in the restrooms, or not hear the hand dryers. Our café and activity lay-outs will be different, entrance into the building, log-in sheets for contact tracing. Just small steps to take so we can get back to some type of normalcy. We just want you to know your health and safety is important to us and we will be doing everything we can to keep you safe while you are in the senior center.

So if you haven't heard or haven't looked at the menu for July, **the café is open for drive-thru meals.** We ask that you call your order in by 9:30 a.m. so we know how many meals to prepare for the day, we are trying to have as little food waste as possible. Just pull up to the front doors, please don't get out of your car, a staff member will bring your meal to you. The staff will be wearing masks and keeping their hands washed and sanitized between each meal delivery.

Please remember we are still providing transportation services, that hasn't stopped. I am at a loss for words today, many of you that know me well, know that doesn't happen very often...usually we are busy, busy and I have lots to update you on. Well the most important thing I have taken care of recently, our levy renewal is this year, I have submitted the proper paperwork to the Commissioners so we will be on the November 3, 2020 ballot. Just a **RENEWAL** again. I hope all of the voting procedures will be back to normal in November so everyone can get out and vote, the levy is crucial to our very existence. I know everything has been out of whack lately, but this shutdown has shown us how important your senior center is to you in so many ways. 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 all be together again. Remember you can drive-thru for lunch again, liver is on the menu!

Stay safe, God Bless You, God Bless Our Country. *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 pin wheel

hidden inside this newsletter. When you find the pin wheel call the center at 740-852-3001 by Friday, July 17th 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 hotdog was on page 2.

Congratulations to Jim Rolfes, June's lucky winner!



Our new sign!



Right: Mary Beth Lech stopped in to pick up her lunch on our first day of drive through lunch service. We are hoping word will get around and we will see more and more of you. Plus you will get some of that home cooking you have been missing.



Check out our new sign! It is a lot easier for the public to read as they drive by.



Left: Marilyn Lowery had a porch visit with Barb Gordin. Barb was looking through her newsletter for the hidden hotdog!

Right: Even though Ray Anthony has been busy with outside landscaping, he still finds time to work on his puzzle. He and Loretta love to do them!



Below left: Maurea and Hikmat Al-Kouri sent in this photo of a beautiful tulip. They bought the bulbs on our trip to Holland, Michigan last year.

Below center: Jim and Shirley Witwer have been busy creating this wonderful backyard oasis.

Below right: A photo of one of our rose bushes out in front of our Senior Center.



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.

Riddles

1. Johnny's mother had 3 children. The first child was named April. The second child was named May. What was the third child's name?
2. There is a clerk at the butcher chop who is five feet ten inches tall and wears size 13 sneakers. What does he weigh?
3. Before Mt. Everest was discovered, what was the highest mountain in the world?
4. How much dirt is there in a hole that measures two feet by three feet by four feet?
5. What word in the English language is always spelled incorrectly?
6. Billy was born on December 28th, yet his birthday is always in the summer. How is this possible?
7. In California, you cannot take a picture of a man with a wooden leg. Why not?
8. What was the President's name in 1975?

Answers on page 10

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—Let's meet up for lunch! Wednesday, July 15th at 11:30 a.m. We are able to transport a total of 10 people, 5 on each van with masks. The van will leave the Center at 11:00 a.m. Otherwise you can meet us at Young's Dairy, 6880 Springfield Xenia Road, Yellow Springs, OH 45387. We are not eating at the Jersey Inn, we will be down at the Dairy Store where you can also get their great ice cream!

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.

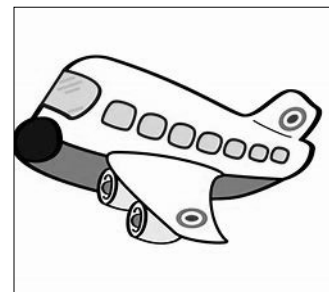
Monday, July 6th, 2020—Streetside 62, 2007 Columbus Avenue, Washington Courthouse, Ohio. At this time we will plan to meet there at 4:30 and try to beat folks coming after work. If we decide we can use the vans, we will let you know. Don't forget to call us and sign up.

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. If things change and we are able to drive you in the vans, we will let you know. Don't forget to call us and sign up.

Travel Humor

- "People come back from flights and tell you a story like it's a horror story. They're like, 'It was the worst day of my life. We didn't board for 20 minutes and they made us sit there on the runway for 40 minutes.' Oh really? What happened next? Did you fly in the air, incredibly, like a bird? Did you partake in the miracle of human flight you non-contributing zero?" — Louis C.K.

- "Airline food is the tiniest food I've ever seen in my entire life. Any kind of meat that you get — chicken, steak, anything — has grill marks on each side, like somehow we'll actually believe there's an open-flame grill in the front of the plane." — Ellen DeGeneres



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 July 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.

Eat healthy to stay strong

Eating a well-balanced diet is important to keep you healthy, especially as you age. A diet rich in fruits and vegetables, whole grains, lean meat, poultry, and fish, and low-fat/fat-free dairy is essential to meeting your body's needs. Eating healthy can make a big difference in how you feel and can reduce the risk of developing chronic conditions. If you have a chronic condition, a nutritious diet can help you to manage it.

The *Dietary Guidelines for Americans* and USDA's *ChooseMyPlate* recommend the following tips for healthy eating:



Focus on fruits and vegetables. Choose a variety of fruits and vegetables, including fresh, canned, and/or frozen. Try to make your meals and snacks as colorful as possible.

Choose whole grains. Try to eat at least 3 ounces of whole grain products each day, including whole grain cereal, bread, crackers, and pasta.

Vary your protein sources. Choose a variety of protein sources, including lean meats, poultry, fish, beans, eggs, and nuts.

Move to low-fat dairy. Try to eat/drink 3 servings of dairy each day. To support bone health, choose low-fat or fat-free dairy products that are fortified with vitamin D.

Limit salt and added sugars. Choose foods that are low in salt and added sugars. Limit how much salt or sugar you add to foods. Try fresh herbs and other spices to give foods flavor.

To learn more about healthy eating as you age, visit www.chooseMyPlate.org.

Exercise to reduce your risk of falling

One of the best ways to prevent falls is to exercise. Exercise programs focused on strength and balance can help reduce your risk of falls.

Adding exercise to your routine each day can improve your health. Exercise can improve your strength, increase blood flow, and support importation functions of your body. Exercise may improve your balance by working the muscles that keep you stable.

Exercise can have many positive impacts on your health, including:

Faster reaction times which can help you stay upright if you start to fall;

Improved coordination which can help prevent falls and keep you safe if you do fall;

More muscle which can help you stay upright and protect your bones and joints;

Stronger bones which are more resistant to breaks; and

Better brain function which supports clearer thinking to help you avoid falls.

Everyone can benefit from exercise. Any type of exercise can help. The “best” exercise is the type you enjoy and will do on a regular basis. Find an activity you like, such as walking, dancing, or Tai Chi and then commit to do it.

It is never too late to start exercising. You can do exercises as often as you would like, even every day. It is important to stay safe when you exercise. Talk with your doctor or a member of your health care team about your exercise habits and before you start a new exercise routine.

Senior Farmers' Market Nutrition Program

The Senior Farmers' Market Nutrition Program (SFMNP) provides participants with benefits they can redeem for Ohio-grown fresh vegetables, fruits, herbs, and honey.

Ohio SFMNP is active in 81 of Ohio's 88 counties.


Participants are eligible for SFMNP if:

They are age 60 or older;

They live in one of the 81 counties; and

They have a household income that falls within certain guidelines.

Call your area agency on aging at 1-866-243-5678 to determine if the Senior Farmers' Market Nutrition Program is available in your county and how your consumers can participate.

B O W L I N G	Andrix, Barb	101	Glass, Duane	186	King, Karen	134	Threlkeld, Larry	119
	Burdett, Diane	142	Goff, Terry	142	Link, Bill	136	Venrick, JR	152
	Cameron, Brenda	120	Gordin, Barb	116	McDonley, Dolly	90	Weisman, Deb	88
	Cameron, Carol	138	Hackworth, Paul	145	Noble, Gene	112		
	Cameron, Richard	120	Hardin, Jim	124	Pickens, Ann	105		
	Cooper, Barb	98	Hastings, Judy	123	Potocki, Dave	145		
	Cwiekalo, Bert	138	Johnson, Charlie	145	Ridolfo, Linda	148		
	Florence, Barb	94	King, Carl	166	Sheridan, Ray	170		

Sleep quality and falls: There is a connection

If you have problems sleeping and are up often during the night, you may be at increased risk for falls. According to doctors, when you do not sleep well, you may be more likely to feel dizzy or have trouble with your balance. Good sleep habits can help you feel better and decrease your risk of falls.

According to doctors, almost all medicines to promote sleep should be used only for a short time. Many medicines that help promote sleep have side effects that include dizziness and daytime drowsiness. It is important to talk with your doctor about the safe use of all medicines and supplements you take, including those that help you sleep.

These tips may help you sleep better each night:

Keep a regular sleep schedule. Try to go to bed and wake up at the same time each day.

Limit napping during the day. If you need to, take only one 20 to 30-minute nap.

Do not drink too much fluid before bed.

Take time to relax before bed. It may help to read, listen to music or take a warm bath.

Keep a soothing bedroom environment. Use your bed for sleeping and not other activities like watching TV or eating.

Limit your use of electronic devices or bright lights before bed.

Avoid tobacco, caffeine, and alcohol. These may make it hard to fall asleep and stay asleep.

Exercise regularly during the day. Do not exercise too close to bedtime.



Visit www.steady.com to find more falls prevention tips and resources.

In the Kitchen with Joanna

While we were off due to Covid-19, I tried some new recipes out. This one is especially good. I like to serve it with Rice-a-Roni Fried Rice.

Smothered Teriyaki Chicken Breasts

- 2 cups sliced mushrooms
- 1 medium onion, thinly sliced
- 2 tablespoons of olive oil, divided
- $\frac{3}{4}$ cup teriyaki sauce
- 1 tablespoon brown sugar
- $\frac{1}{2}$ teaspoon garlic powder
- $\frac{1}{2}$ teaspoon ground ginger
- 4 6 oz. chicken breast
- 4 slices of Muenster or Swiss Cheese

Sauté the mushrooms and onions in 1 tablespoon of olive oil until tender. Stir in brown sugar, garlic, ginger and teriyaki sauce. Heat through then remove and keep warm. (I like to put it the microwave and warm it up for 30 seconds)

Flatten the chicken breasts to $\frac{1}{4}$ inch thickness. Cook chicken in remaining oil, 2-3 minutes on each side until no longer pink. Top with mushroom mixture, then a slice of cheese. Cover and let stand until cheese melts.

July Birthdays!

Patron	Birthday	Patron	Birthday
Rankin, Linda	07-01	Maddux, Ginger	07-15
Ison Castle, Juanita	07-02	Byerly, Hilda Marie	07-17
Walls, Shirley	07-02	Woods, Virginia	07-18
Blair Sally	07-02	Paynter, Judy	07-18
O'Conner, Mamie	07-04	Harden, James	07-19
Ellinger, Barbara	07-05	Dana, Bob	07-19
Dana, Harriet	07-05	Wallace, Dorothy	07-20
Willard, Nanette	07-06	Decker, John	07-20
Fitch, Brenda	07-07	Fout, Wanda	07-20
Wehrs, Steve	07-07	Oyer, Dian	07-20
Cox, Ruth	07-08	Tatman, Carmen	07-20
Goings, David	07-08	Fisher, Marian	07-21
McGuire, Susan	07-08	Reynolds, Lillie	07-23
Winebrenner, Doann	07-08	Henry, Philip	07-23
Jenkins, Kathy	07-09	Fisher, Charles	07-24
Anders, Hester	07-10	Welch, James	07-24
Babb, Neil	07-10	Ison, Wilma	07-24
Cameron, Brenda	07-11	King, Carl	07-24
DeBord, Ravonne	07-12	Cameron, Richard	07-24
Cave, Ruby	07-13	Wentzel, David	07-26
Rutherford, Ellen	07-14	Schook, Jacqueline	07-28
Bogenrife, Regina	07-14	Cress, Becky	07-30
Shaw, John	07-14	Bennett, Barbara	07-30
Gallagher, Jane	07-15	Boyd, Jean	07-30
Cordes, JoAnn	07-15	Burnett, Barbara	07-31
Porter, Carl	07-15	Orban, John	07-31



Protect yourself and others to stay healthy

It is important to protect yourself from illness, especially during a health pandemic. The Centers for Disease Control and Prevention (CDC) recommend these tips to stay healthy during COVID-19:

Wash your hands often. Washing your hands is the best way to protect yourself from illness and prevent the spread of infections.

Wash your hands with soap and warm water for at least 20 seconds. It is important to wash your hands after you have been in a public place, after you blow your nose, cough, sneeze, or go to the bathroom, and before you eat or drink.

If soap and water are not available, use a hand sanitizer with at least 60 percent alcohol. Cover all surfaces of your hands and rub your hands together until they feel dry.

Try to not touch your face with unwashed hands.

Limit close contact with others.

Stay away from people who are sick or who do not feel well.

Try to stay about six feet away from others.

Stay away from crowded places and try not to gather in large groups.

Cover your mouth and nose when around others.

Use a cloth face mask when you are in public or around others.

This can help prevent the spread of illness.

Cover when cough and sneeze.

Always cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow.

Wash your hands with soap and warm water after you cough or sneeze. Use hand sanitizer if water and soap are not available.

Clean and disinfect

Clean AND disinfect surfaces that you touch each day. It is important to do this often. Commonly touched surfaces include tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.

Use detergent or soap and water to clean dirty surfaces first.

Then, use a household disinfectant. Most common household disinfectants will work.

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.

JOKES

Husband: I know you are having a lot of trouble with the baby, dear, but keep in mind, "the hand that rocks the cradle is the hand that rules the world." Wife: How about taking over the world for a few hours while I go shopping.

Mother: Tina, I have told you before not to speak when older people are talking. Wait until they stop.

Tina: I tried, but they never stop.



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!!**



Riddle Answers

1. Johnny of course.
2. Meat
3. Mt. Everest; it just wasn't discovered yet.
4. There is no dirt in a hole.
5. Incorrectly
6. Billy lives in the Southern Hemisphere.
7. You can't take pictures with a wooden leg.
You need a camera to take pictures.
8. Same as it is now—Donald Trump




**Friends of
Madison County
Parks & Trails**
P.O. Box 308
London, Ohio 43140
WWW.FMCPT.COM

Membership Individual \$15
Family \$25 Sponsor \$50+
Individual Lifetime \$250
Registration Form on Website
E-mail FMCPT@columbus.rr.com

Support:

**The Madison
County
Park District**

GET INVOLVED

London Public Library

Your Everyday Library!

Visit www.mylondonlibrary.org

- Educational Events for all Ages
- Online Services/Computers
- Newest Books
- Latest DVDs
- Video Games
- Wifi Hotspot
- Audiobooks



20 E. First Street, London Ohio



CHANEY & THOMAS
Insurance



Deeann Blake

104 Lafayette Street
London, Oh 43140
(740) 852-2323

**The
X-TERMINATOR**

BUGS... won't be back!!

614-600-6496

West Jefferson, Ohio
mike.conway66@yahoo.com

**Spiders, Bees, Ants, Roaches,
Termites, Bed Bugs, Mosquitos,
and all general pests**



MERCHANTS NATIONAL BANK**279 Lafayette Street****London, Ohio****740-852-4900****"A REAL Community Bank,
with Real Customer Service"****MEMBER
FDIC****Stonecipher Law LLC****"Because you love *someone*- don't leave a mess"**

- Time-tested solutions for probate, probate avoidance, trusts, LLCs, Medicaid, Veteran's Benefits
- Trusted Planning Partners

*Timothy R. Stonecipher, Attorney* 740-837-4967

Madison County Senior Citizens Center

Dated Material

P.O. Box 389
280 West High Street
London, OH 43140

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

We're on the Web!

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



July 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

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.