

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

Mike Warwick (Pres.)	Mike Gale	Dixie Shinaberry	Janet Johnson
Suzi Lyle (V. Pres.)	Heather Kraft	Marilyn Weiler	Shirley Robinson
Gill Ullom (Treas.)	Geri Park	Ray Dietz	Dan Rogers
Linda Ruehrmund (Sec.)	Wilma Hinkle	Pat Rinehart	Warren Davis
	LeaAnn Maceyko		

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

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

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

# SEPTEMBER 2017 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.



Apple Butter Stirrin' Festival  
 Historic Roscoe Village  
 Coshocton, OH  
 Friday, October 20, 2017  
 Suggested Donation  
 \$15.00 for Members  
 \$20.00 for Non-Members  
 Meet at Kroger's 8:30AM  
 Please call Seniors on Center 419.946.4191



On Tuesday, August 15th we enjoyed another great day at the State Park for another picnic. Beautiful weather with beautiful people. Wonderful picnic lunch with bingo and prizes. A great time had by all.



### Afghan Raffle

Congratulations to Ruth Harshner. She was the winner of the Afghan Raffle. Special thank you to Brenda Monk for donating this to assist with our Senior activities.

## SQUARE DANCE

Saturday, September 9, 2017  
 7:00-10:00PM

Seniors on Center

Roger Cole and Hickory Run Band

\$5.00 a per-  
 door

All ages wel-



son at the

come!!



### What's new at Seniors on Center!

Be sure to visit and use our new vending machine for all of your snack needs. A very special **THANK YOU** to Shaffer Distribution for donating this to our Center. We really appreciate their generosity.



There's a new band in town and they will be at the Center to entertain on the 2nd Monday of each month. Come and join friends to welcome The Ramblers from 6-8PM beginning on September 11th. Cost is \$1.00 for members and \$2.00 for non-members.



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

SCORPION  
 CAMEL  
 FLAMINGO  
 DOLPHIN  
 PENGUIN  
 LEOPARD  
 TURKEY  
 PELICAN  
 EAGLE  
 HORSE  
 BUFFALO  
 PANTHER  
 PYTHON  
 ZEBRA  
 MONKEY  
 LIZARD  
 IGUANA  
 ARMADILLO  
 EARTHWORM  
 OCTOPUS  
 MOUSE  
 ELEPHANT  
 GIRAFFE  
 TURTLE  
 KANGAROO  
 BIRD  
 MOSQUITO  
 JAGUAR  
 BEAR  
 ALLIGATOR  
 PARROT  
 HAMSTER  
 COYOTE  
 CHIMPANZEE  
 DINOSAUR  
 BUTTERFLY  
 HIPPOPOTAMUS  
 RHINOCEROS



August Cryptogram

There is nothing more rare, nor more beautiful than a woman being unapologitacly herself. Comfortable in her perfect imperfection that is the true essence of beauty.

SCIOTO DOWNS CASINO

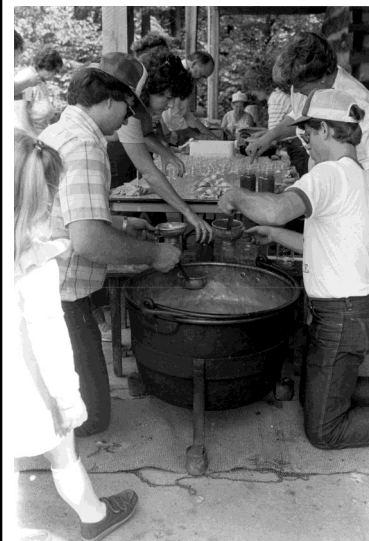
In September we will be going to Scioto Downs in Columbus on September 14 and September 28. We will be leaving Kroger @ 9AM and returning to Mt Gilead around 4PM. Be sure to sign up. The bus fills up quickly!

LUNCH TIME

Why not come out Monday –Friday and have lunch with friends here at the Senior Center! We have delicious hot food daily. Please make sure and order your meal.

UPCOMING SENIOR EVENTS

- Tuesday, September 5th David Painter of OSHIIP 12:15PM
- Wednesday, September 6th Meal 4:30 & Bingo to follow
- Saturday, September 9th Square Dance 7:00—10:00PM
- Thursday, September 14th Scioto Downs Casino
- Thursday, September 28th 2017 Positive Aging EXPO
- Thursday, September 28th Scioto Downs Casino



- Friday, September 29th Amish Trip
- Friday, October 20th Apple Butter Stirrin' Festival

EVENING BINGO

Evening Meal and Bingo  
 Suggested Donation of \$4.00  
 Be sure to come out for our evening Bingo on Wednesday evening September 6th from 4:30-6:30PM. A special Thank you is expressed to Visiting Nurses for sponsoring this months Bingo!



Your health at home

MEDICARE

If you have any questions about Medicare Marc Follin will be here at Seniors on Center the first Thursday of every month at 1:00 until 3:00 PM.

Marc will be here Sep-  will be here

### MONDAY NIGHT MUSIC

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

**Monday, September 4  
NO MUSIC**

**Monday, September 11**

Meal 5-6PM

Music by The Ramblers 6-8PM

**Monday, September 18**

Meal 5-6 PM

Music—Open Mic 6-8PM

**Monday, September 25**

Meal 5-6PM

Music by Country Travelers 6-8PM

**You must make reservations for the meals!  
\*\*Band donations accepted\*\***

### EUCHRE

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

### BINGO

**On the first, second, and fourth  
Tuesday of each month we are  
having**

**Bingo from 1-3 PM**

**Hope you will join us!**

### MORROW CO. SENIOR CLUBS

#### Cardington Seniors

Friday, September 22nd @ 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, September 12 @12PM

Selover Library, Chesterville

31 State Route 95

Susie Lyle 419-768-3431

#### Marengo/Fulton Seniors

Tuesday, September 5th @ 9:00 AM

Breakfast on your own

Farmstead Restaurant

618 State Route 61, Marengo

Monday, September 18th

@ 12 Noon Ponderosa in

Marion If interested please call

Joyce Taylor 419-253-0727

#### Sparta Good Time Seniors

Tuesday, September 19th @12:30 PM

Highland Pizza—your own cost

6530 State Route 229, Sparta

Dick Sears 419-768-2050

#### Mt. Gilead Seniors Club

Tuesday, September 19th @12 Noon

At Seniors on Center. Reservations

needed. Bring dessert.

Marilyn Sipes 419-468-3500

### MORROW CO. SENIOR CLUBS

#### Morrow County Retired Teachers

October 2nd @ 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, September  
12th at noon to celebrate our  
September birthdays!**

### Technology Training



Do you want to learn more about  
your computer or how to e-mail or  
use facebook? There will be  
computer class at the Mt. Gilead  
Library with Melissa September 5th

Beltone at the Senior Center

September 19th 10AM—Noon

No appointment necessary

Angela Schneider,

Hearing Care Practitioner

### September Anniversaries

Dale & Helen Bowersmith

Donald & Betty Helman

John & Jan Johnson

Floyd & Shirley Morris

Floyd & Bethel Payne

**Happy Anniversary!!**

If you have an anniversary and would like to put it in  
our newsletter, please call us at 419.946.4191.

### Transportation

**We will be offering  
transportation Monday  
evening for the meal and  
music. If you are interested  
please call the office.**

**419.946.4191**

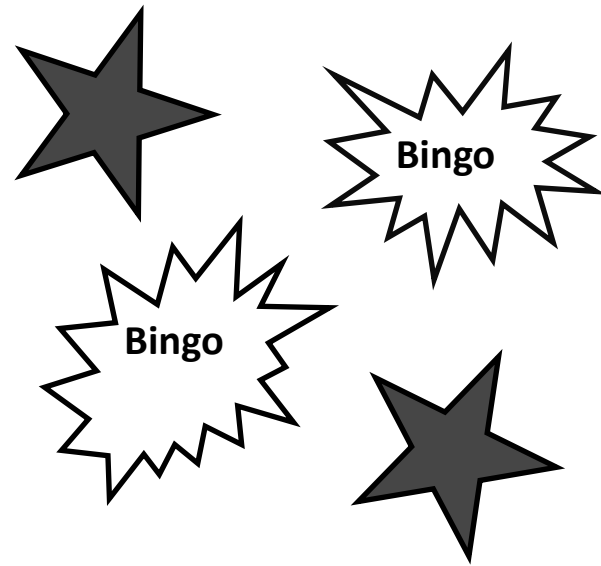


Phil Raney  
Doris Coldwell  
Judy Keil  
Mary K. Sharp  
Floyd Morris  
Janet Bedwell  
Mary Arrington  
Mary Krehlik  
Richard Sears  
Barbara Cowles  
Joy Chapman  
Dennis Bradford  
Mary Jane Hanners

Dorothy Clark  
Rudella Gilbert  
Adeline Sipes  
Ruth Baughman  
Marilyn Short  
Marva Bennett  
David Martin  
Cody Bedwell  
Robert Giesige  
Janice Sherman  
Richard Zimmerman  
Regina Tilley  
Dave Dronebarger

# 2017 Positive Aging EXPO

Sponsored by  
 Area Agency on Aging  
 Thursday, September 28  
 Richland County Fairgrounds  
 Fairhaven Hall  
 9:00AM—2:00PM  
 Entertainment — Door Prizes  
 Lunch — Information  
 Meet at Kroger's 8:15AM  
 \$5.00 for transportation



## Cryptogram for September

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
8																									

A \_ \_ \_ A \_ \_ \_ A \_ \_  
 8 12 3 20 26 1 8 26 9 22 9 19 5 25 8 14

\_ \_ \_ A A \_ \_ \_ A \_ \_  
 3 1 20 4 12 6 9 8 26 8 14 6 6 19 10 14 16 8 14 6

\_ \_ \_ A \_ \_ \_  
 9 14 23 20 5 26 1 9 18 20 20 6 20 13 8 12 12 1 10 3

\_ A \_ \_ \_  
 12 8 21 20 19

## Standard Precautions and the Zika Virus

**Standard or Universal Precautions** are practices designed to reduce the spread of disease. They protect you, the caregiver, from bacteria or viruses carried by the person in your care; and they protect the person in your care from any germs you may be carrying, such as the Zika virus.

Standard precautions pertain to whatever is the risk—standard for a respiratory issue is a mask, standard for contact is gloves, etc.

Using Universal precautions means you are aware that everyone has the potential to be infectious. In knowing that, you must decide what is the standard precaution to protect me in this instance?

**The Zika Virus** The Zika virus is transmitted by Aedes mosquitoes. A mosquito bites and infected person and then passes those viruses to other people it bites. The CDC has confirmed Zika can spread through sex, usually after a person traveled to an area where Zika has broken out, got the virus, and gave the virus to a sex partner. According to the CDC, infected women and men can both pass the virus to sex partners—even if they haven't shown symptoms of infection. An infected pregnant woman can pass the virus on to her fetus.

The virus can be found in blood, semen, urine, and saliva of infected people, as well as in fluids in the eye.

In Utah, a caregiver got the virus without traveling or having sexual contact. The person was a relative and caregiver of an elderly Zika patient who died in late June 2016—the first Zika-linked death in the U.S. The deceased man had traveled to an area where Zika is spreading. Health officials believe the caregiver got Zika by coming into contact with the older man's tears and sweat.

Bloodborne pathogens are germs that pass from person to person through blood or any other body fluids. Illnesses spread through body fluids, such as mucus, tears sweat, blood, pus or drainage from sores, vomit, urine, and fecal matter. These illnesses include Zika, HIV/AIDS, hepatitis, the flu, staph and strep infections, the common cold and others.

## Home Delivered Clients and Anyone Receiving a Meal

Just want to send a friendly reminder to inform you that we would like to have a donation for your meals. Most of you do send in a donation but we just want to remind the ones that do not. The meals are not free.

We have to pay for these meals and part of the payment is through the donations that we receive. We appreciate anything that you can afford to donate for your meals. If you have any questions please let us know and we will be glad to talk with you. Remember if you are sending in your donations, we appreciate it very much.

Thank you for your cooperation: Morrow County Seniors on Center

419.946.4191 or 419.946.6702

# SEPTEMBER ACTIVITY SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Birthstone for September Sapphire</b>		<b>Flowers for September Aster</b>		1 9-10AM Silver Sneakers 11:30-12:30 Lunch <b>12:30PM Bible Study Games</b>
4 <b>CLOSED FOR LABOR DAY</b>	5 9AM Roundtable 11:30-12:30 Lunch 1-3PM Bingo	6 9-10AM Silver Sneakers 11:30-12:30 Lunch 12 Noon Euchre  <b>4:30 Meal Bingo to follow</b>	7 11:30-12:30 Lunch 12 Noon Euchre <b>1-3PM Marc for Medicare</b>	8 9-10AM Silver Sneakers 11:30-12:30 Lunch <b>12:30PM Bible Study Games</b>
11 9-10AM Silver Sneakers <b>10AM Crafters' Corner</b> 11:30-12:30 Lunch 5-6 PM Meal 6-8 PM Music <b>The Ramblers</b>	12 9AM Roundtable <b>12 Noon Birthday Party</b> <b>12 Noon Chesterville Sr. Carry-In</b>	13 9-10AM Silver Sneakers 11:30-12:30 Lunch 12 Noon Euchre <b>12:30 Board Meeting</b>	14 <b>9AM Scioto Downs</b> 11:30-12:30 Lunch 12 Noon Euchre	15 9-10AM Silver Sneakers 11:30-12:30 Lunch <b>12:30PM Bible Study Games</b>
18 9-10AM Silver Sneakers <b>10AM Crafters' Corner</b> 11:30-12:30 Lunch <b>12PM Marengo/Fulton Sr. Carry-In</b> 5-6 Meal 6-8 PM Music <b>Open Mic</b>	19 9AM Roundtable 10AM-Noon Beltone 11:30-12:30 Lunch <b>12 Noon Mt. Gilead Srs. Dessert Carry-In</b> <b>12:30 Sparta Srs Highland Pizza</b>	20 9-10AM Silver Sneakers 11:30-12:30 Lunch 12 Noon Euchre	21 11:30-12:30 Lunch 12 Noon Euchre	22 9-10AM Silver Sneakers 11:30-12:30 Lunch <b>12 Noon Cardington Srs Lunch</b> <b>12:30PM Bible Study Games</b>
25 9-10AM Silver Sneakers <b>10AM Crafters' Corner</b> 11:30-12:30 Lunch <b>12 Noon—4PM Commodities</b> 5-6PM Meal 6-8PM Music <b>Country Travelers</b>	26 9AM Roundtable 11:30-12:30 Lunch <b>9AM—12 Noon Commodities</b>	27 9-10AM Silver Sneakers 11:30-12:30 Lunch 12 Noon Euchre	28 <b>9AM Scioto Downs</b> 11:30-12:30 Lunch 12 Noon Euchre	29 Amish Trip 9-10AM Silver Sneakers 11:30-12:30 Lunch <b>12:30PM Bible Study Games</b>

# SEPTEMBER MENU

Alternative for the week	Monday	Tuesday	Wednesday	Thursday	Friday
1 thru 1 Ham Lettuce & Tomato Fresh Carrots Cranberry Juice Whole Wheat Bread Milk	<b>Lunch is served 11:30 Until 12:30</b>	<b>Suggested \$3.00 Donation One day advance reservations required</b>	<b>MENU IS SUBJECT TO CHANGE</b>		1 Hamburger/ Lettuce & Tomato Baked Beans Apple Juice Whole Grain Bun Whole Grain Crackers Milk
4 thru 8 Ham Lettuce & Tomato Fresh Carrots Cranberry Juice Whole Wheat Bread Milk	4 <b>CLOSED FOR LABOR DAY</b>	5 Ham Baked Potato Cauliflower Banana Graham Cracker Whole Wheat Bread Milk	6 Marzetti Green Beans Applesauce Cranberry Juice Bread Stick Milk	7 Salisbury Steak Mashed Potatoes Succotash Apple Juice Whole Grain Bread Graham Crackers Milk	8 Honey Mustard Chicken Brown Rice Beets Orange Juice Whole Grain Bread Milk
11 thru 15 Tuna Salad Cheese Cubes Grapes Pears Pineapple Juice Wheat Bun Wheat Crackers Milk	11 Roast Beef Mashed Potatoes Carrots Orange Juice Whole Grain Roll Milk	12 Meatloaf Mac & Cheese Corn Apple Juice Mandarin Oranges Whole Grain Bread Milk	13 Chicken Noodle Casserole Peas Applesauce Cranberry Juice Whole Grain Bread Milk	14 Lasagna Broccoli Banana Whole Wheat Bread Milk	15 Chicken Strips Ranch Fries Tossed Salad Pears Whole Grain Bread Milk Fruit Jello
18 thru 22 Egg Salad Cottage Cheese Applesauce Fresh Fruit Grape Juice Wheat Crackers Whole Wheat Bun Milk	18 Pork Chops Baked Potato Malibu Vegetables Applesauce Bread Stick Milk	19 Chicken Patty Peas & Carrots Mixed Fruit Orange Juice Graham Cracker Whole Grain Bread Milk	20 Salisbury Steak Mashed Potatoes Broccoli Grape Juice Whole Grain Bread Graham Crackers Milk Pudding	21 Chili Tossed Salad Apple Juice Peaches Cornbread Oyster Crackers Milk	22 Roasted Turkey Red Skin Potatoes Green Beans Tropical Fruit Whole Grain Roll Milk
25 thru 29 Chicken Salad House Salad Fresh Broccoli Mandarin Oranges Whole Wheat Bread Milk	25 Beef & Noodles Peas & Carrots Mixed Fruit Pineapple Juice Whole Grain Bread Milk	26 Pulled Pork Sandwich Carrot Raisin Salad Corn Orange Juice Whole Grain Bun Whole Grain Crackers Milk Jello with Fruit	27 Chicken Drumstick Oven Brown Potatoes Broccoli Grapes Whole Grain Bread Graham Crackers Milk	28 Spaghetti Green Beans Hot Apple Slices Cranberry Juice Bread Stick Milk	29 Hamburger/Lettuce & Tomato Baked Beans Apple Juice Whole Grain Bun Whole Grain Crackers Milk