

This Newsletter is published by:
Morrow County Services for
Older Citizens, Inc.
dba *Seniors On Center*
41 West Center Street
Mt. Gilead, OH 43338

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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

JULY 2015

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.

UPCOMING EVENTS

Saturday, July 18th – Mt. Gilead Sweet Corn Festival – We will be having our annual pancake breakfast from 7am to 10am. We have the best breakfast in town. Bring your family and friends and join us for a wonderful way to start your day.



Friday, July 10 – We will be going to the Mt. Vernon Arts to see Mary Poppins in the evening. If you are interested, please call for more information. \$10.00 for your ticket and a suggested \$5.00 for transportation.

Tuesday, July 21 – Picnic at State Lakes. 12:00 lunch and games.

August 4th – This is the date of Senior Day at the Ohio State Fair. Suggested donation of \$10.00 for transportation. Reservations need to be made by July 27th.



September 1st - Senior Day at the Fair – Bingo, entertainment, lunch, door prizes and entrance into the fair all for free. What else could you ask for? Come and join us, we always have a great time.



STAY TUNED FOR MORE FUN AND EXCITING EVENTS.

Scioto Downs Casino Columbus, Ohio



July Casino trips are scheduled for July 9th and 23rd. Please see Shirley in the front office to make your reservations and payments.



No air conditioning?

Why suffer this summer in the heat? Come into the center, get cool and have fun. We have wii, puzzles, cards, crafts, or just come in for the fellowship. Bring some friends and have a challenging game of wii bowling. If you don't have transportation, call the center and we will provide it for you. We also provide a good lunch for a small donation. Call the day before you want to come in so we can reserve a lunch for you and put you on the transportation schedule. We are looking forward to meeting you and making new friends.

TEN THINGS EVERY SENIOR SHOULD KNOW

Feeling anxious about having to go to the doctor? Let's go over several things that will help you get through the process in a more secure manner. These are not all "tips" but points to help you feel more a part of the entire encounter.

Doctor-patient communication is difficult because each "party" is coming at the picture from a totally different perspective and probably from a different education level. Doctors are talking to you from an objective perspective. Usually when you're sitting in his office, the last thing you are concerned about is "objectivity". You're scared and most likely in pain or discomfort. These two things do not mix at all. Your mind is not able to focus that well when you're in a "foreign" environment (the doctor's office) and when you're in pain. Understanding this will enable you to realize that the doctor may appear to be unsympathetic or "cold" but he's really just operating from his normal mode. This is actually good because objectivity is needed in order to appropriately evaluate your symptoms and determine the best course of action.

When doctors are late, try to avoid getting upset and angry. There is often a good reason for this. It's so easy to get behind when trying to take care of every patient's needs (not everyone has problems that will fit into a 10 or 15 minute slot). So, think about how you would want the doctor to take care of you if you were having a very serious/life-threatening condition. Would you want him to rush through so that he wouldn't get behind for your appointment? The other possibility is that he was held up at the hospital that morning making rounds.

Not knowing your medications or your medical problems is extremely frustrating to a physician. It's so hard to know what you mean when you say "the blue pill" or "I think it's brown but I'm not sure." Of course most of the medications are probably in your record but that takes extra time to look up and then double check with you that you're taking them. If you have your list on a 3x5 or 4x6 card, then you'll be able to easily communicate what those medications are. Not only will that make the time go faster, but it will also impress your doctor.

You need to make a symptom diary. When you start having problems you should begin recording them. Write down what your symptoms are, when they started, what makes them better or worse.

Write down your questions ahead of time. This is so important. Once you get in the office, you'll be distracted and chances are you won't remember the questions you have and then you'll be upset and frustrated when, after you leave his office, you remember that you didn't ask the questions.

Take something to write with. Take a notebook and pen. Make sure you ask the doctor for clarification of anything you don't understand. This may not be that easy initially because being in that situation tends to intimidate people. But it's important to remember that this is your health and your life and you must get things clear. Do not let the doctor push you around.

You must tell the doctor the entire story. Do not leave things out just because you're embarrassed or you don't think that something is important. If you're taking herbal medicines or products, make sure you tell him about that. If you're having problems at home or you're depressed, mention that too. If he doesn't know the entire truth, he may miss something in the diagnostic process, or may prescribe something that would interfere with what you're already taking. Do not leave anything out.

Ask for references, whether that's handouts, pamphlets, or even internet references. No one really expects you to understand what's going on from a ten or fifteen minute appointment. There are many references for you, and if you have a chronic condition, there are probably support groups that the staff can give you information about. These references are important because they will help to answer the questions you'll think of after you get home.

Keep track of your information – keep it all in one place. Use file folders for each doctor. You can keep your symptom diary, your insurance forms, directions to the doctor's office, the phone number, your question log, your advanced directives, information that he has given you etc.

Now you know that doctors and patients are on different wavelengths and that will always be the case – BUT, with the knowledge above you'll be on track to close the gap between the wavelengths. These points should help you understand your visit to the doctor's office and help you gain more success from that visit. Remember that it's all in your hands. Be prepared and that should be your motto, not just the Boy Scouts. Keep this list in one of your folders and refer to it before you go see the doctor. Learn from each visit and you'll understand your health and improve it too.

Summer Pasta with Basil, Tomatoes and Cheese



Prep Time: 20 Minutes
Cook Time: 10 Minutes

Ready In: 2 Hours 30 Minutes
Servings: 6

INGREDIENTS:

- | | |
|--|--|
| 2 pounds vine ripened tomatoes, seeded and diced | pepper |
| 3 cloves garlic, minced | 1/4 teaspoon crushed red pepper flakes |
| 1/2 cup chopped fresh basil | 1/2 cup olive oil |
| 1 tablespoon chopped fresh mint leaves | 1/4 cup cream sherry |
| 3/4 teaspoon salt | 12 ounces spaghetti |
| 1/2 teaspoon freshly ground black pepper | 1/2 cup freshly grated Asiago cheese |
| | 2 cups fontina cheese, shredded |

DIRECTIONS:

- In a medium bowl, toss together tomatoes, garlic, basil, mint, salt and black pepper, hot pepper flakes, olive oil, and cream sherry. Let stand at room temperature for up to 2 hours, stirring occasionally.
- Cook the pasta in a large pot of boiling salted water until tender, but firm to the bite.
- Drain the pasta, and transfer to a large serving bowl. Drain 1/4 cup of the liquid from the tomato mixture, and toss with the pasta to coat. Add cheese, and toss until it begins to melt. Add the tomato mixture, and toss until mixed.

HUMOR

An old woman was arrested for shoplifting at a grocery store. When she appeared before the judge, the judge asked what she had taken. The lady replied, "A can of peaches." The judge then asked why she had done it. She replied, "I was hungry and forgot to bring any cash to the store." The judge asked how many peaches were in the can. She replied, "Nine." The judge said, "Well then, I'm going to give you nine days in jail--one day for each peach." As the judge was about to drop his gavel, the lady's husband raised his hand and asked if he might speak. The judge said, "Yes, what do you have to add?" The husband said, "Your honor, she also stole a can of peas."

*You need only two tools in life
WD-40 and Duct Tape*

*If it doesn't move and should,
use WD-40*

*If it moves and shouldn't, use
Duct Tape*

YourBirthdayQuotes.com

**LIFE WAS
MUCH EASIER
WHEN Apple
AND BLACKBERRY
WERE JUST
FRUITS**

MORROW CO. SENIOR CLUBS

Cardington Seniors

Friday, July 24th @ 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 21st @12PM
Selover Library, Chesterville
31 State Route 95
Susie Lyle 419-768-3431

Marengo/Fulton Seniors

Monday, July 6th @ 9AM
Breakfast on your own
Farmstead Restaurant
618 State Route 61, Marengo

Monday, July 20th @ 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 21st @ 12:30 PM
Highland Pizza—your own cost
6530 State Route 229, Sparta
Dick Sears 419-768-2050

Mt. Gilead Seniors Club

Tuesday, July 21st @ 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 5th @ 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, July 14th at noon to celebrate our July birthdays! Wishing the following a Very Happy Birthday:

Lawrence Richards
Francis McPeck
Barbara Cole
Ruth Seaburn
June Hawk
Beverly Gompf
James Williams
Paul Stoutemyer

Kat Taylor
Gary Gandee
June Patterson
Shirley Furr
Angela Hamilton
Roberta Higgins
Ruth Mosher
Mike Warwick

MONDAY NIGHT MUSIC

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

Monday, July 6th

Meal 5-6PM

Music by Country Travelers 6-8PM

Monday, July 13th

Music by Dick Starcher 6-8PM

Monday, July 20th

Meal 5-6PM

Open Mic 6-8PM

Monday, July 27th

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

Beltone at the Senior Center

July 21st 10am - Noon

No appointment necessary

Angela Schneider,

Hearing Care Practitioner



Recommended Safety Tips

- Obey all local laws regarding the use of fireworks.
- Know your fireworks; read the cautionary labels and performance descriptions before igniting.
- A responsible adult SHOULD supervise all firework activities. Never give fireworks to children.
- Alcohol and fireworks do not mix. Save your alcohol for after the show.
- Wear safety glasses when shooting fireworks.
- Light one firework at a time and then quickly move away.
- Use fireworks OUTDOORS in a clear area; away from buildings and vehicles.
- Never relight a "dud" firework. Wait 20 minutes and then soak it in a bucket of water.
- Always have a bucket of water and charged water hose nearby.
- Never carry fireworks in your POCKET or shoot them into METAL or GLASS containers.
- Do not experiment with homemade fireworks.
- Dispose of spent fireworks by wetting them down and place in a metal trash can away from any building or combustible materials until the next day.
- FAA regulations PROHIBIT the possession and transportation of fireworks in your checked baggage or carry-on luggage.
- Report illegal explosives, like M-80s and quarter sticks, to the fire or police department.



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

MAKING A DIFFERENCE

This is a young gentleman that you will see quite often at the Center. He is not an employee, but he puts in a lot of hours. His name is Daten Barnett. Daten is always available to help whenever another helping hand is needed. We really appreciate his willingness and support. He does make a big difference here at the Center. Thank you Daten for all you do.



A BIG shout out for one of our volunteer drivers. While delivering a meal, he discovered an elderly woman lying on the ground out in her back yard. He called in to the office and stayed with her until 911 was notified and arrived at her home. She had been out there all night. We are very fortunate to have wonderful volunteers who do such a great job of searching for our clients when they don't respond to the delivery drivers.



DUCK RACE!

Tuesday, July 21, 2015

Morrow County Fairgrounds

\$10 to race a numbered duck. Ducks are returned to the United Way at the end of the race.

\$20 for a duck you can decorate, participate in the duck "parade", and enter in the contest for best looking, cutest and funniest duck. These will be kept by the purchaser at the end of the race. Rules apply for decorating of ducks and will be handed out with the ducks prior to the race.

Prizes for the 1st, 2nd and 3rd place finishing duck!

(Morrow County Services for Older Citizens is a United Way agency)



Independence Day

July 4th



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ADAMS
AMERICA
BARBECUE
COLONIES
CONGRESS
DECLARATION
EQUALITY
FIREWORKS

FOURTH
FREEDOM
HOTDOGS
INDEPENDENCE
JEFFERSON
JULY
LIBERTY
NATION

PARADE
REVOLUTION
RIGHTS
STATES
THIRTEEN
UNITED



JULY ACTIVITY SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 11:45 AM Lunch 11:30 AM Euchre	2 11:45 AM Lunch 11:30 AM Euchre	3 Closed for July 4th Holiday
6 9AM Marengo/Fulton Breakfast 11:45 AM Lunch 5-6PM Meal 6-8PM Music	7 11:45 AM Lunch 1:00-3:00PM Bingo	8 11:45 AM Lunch 11:30 AM Euchre	9 11:45 AM Lunch 11:30 AM Euchre	10 8 AM-4:30 PM Inside walking 11:45 AM Lunch 12:30PM Bible Study
13 11:45 AM Lunch 12PM Marengo/Fulton Carry-in 6-8PM Music	14 11:45 AM Lunch 1:00-3:00PM Bingo	15 11:45 AM Lunch 11:30 AM Euchre	16 11:45 AM Lunch 11:30 AM Euchre 	17 8 AM – 4:30 PM Inside Walking 11:45 AM Lunch 12:30 PM Bible Study
20 11:45 AM Lunch 12PM Marengo/ Fulton Carry-in 5PM Meal 6-8PM Music	21 10AM-12Noon Belton 11:45 AM Lunch 12PM Chesterville Carry-in 12 Noon Mt. Gilead Sr Lunch 12:30 Sparta Lunch	22 11:45 AM Lunch 11:30 AM Euchre	23 11:45 AM Lunch 11:30 AM Euchre	24 8 AM – 4:30 PM Inside Walking 11:45 AM Lunch 12 Noon Cardington Lunch
27 11:45 AM Lunch Noon-4PM Commodities 6-8PM Music	28 9AM-Noon Commodities 11:45 AM Lunch 1:00-3:00PM Bingo 	29 11:45 AM Lunch 11:30 AM Euchre	30 11:45 AM Lunch 11:30 AM Euchre	31 8 AM – 4:30 PM Inside Walking 11:45 AM Lunch 12 Noon

JULY MENU

ONE DAY ADVANCE RESERVATIONS REQUIRED * SUGGESTED \$3.00 DONATION

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MENU IS SUBJECT TO CHANGE		1 Pot Roast Oven Brown Potatoes Carrots Strawberries	2 Pork Chop Parsley Potatoes Broccoli Watermelon	3 Closed for July 4th Holiday
6 Beef & Noodle Casserole Peas & Carrots Watermelon Orange Juice	7 Pork Chop Sweet Potatoes Green Beans Strawberries	8 Meatloaf Mashed Potatoes Brussel Sprouts Pears	9 Chicken Breast Coleslaw Grapes Pineapple Juice	10 Roasted Turkey Baked Potato Broccoli Apple Juice
13 Cabbage Roll Cheese Cubes Parsley Potatoes Orange Juice	14 Hamburger with Lettuce & Tomato Potato Salad Apple Juice	15 Shredded Chicken Sandwich Ranch Fries Banana Pineapple Juice	16 Chicken Salad Sandwich With Lettuce & Tomato Fresh Fruit Salad Apricot Juice	17 Sloppy Joe Sandwich Carrots Sliced Fresh Apples Cranberry Juice
20 Salisbury Steak Mashed Potatoes Cauliflower Apple Juice	21 Chicken Drumstick Oven Brown Potatoes Broccoli Cantaloupe	22 Pulled Pork Sandwich Corn Grapes Orange	23 Chicken Noodle Casserole Mashed Potatoes Carrots Grape Juice	24 Spaghetti Green Beans Pineapple Cranberry Juice
27 Low Sodium Ham Ranch Fries Watermelon Orange Juice	28 Chicken Patty Sweet Potatoes Green Beans Mandarin Oranges	29 Pot Roast Oven Brown Potatoes Carrots Strawberries	30 Pork Chop Parsley Potatoes Broccoli Watermelon	31 Chicken Noodle Casserole Peas Applesauce Cranberry Juice