

SENIOR MOMENTS

Morrow County's Monthly Newsletter

JANUARY

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

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**Happy
New Year**

**HAVE A
HAPPY
NEW YEAR,
FROM ALL OF
US AT
SENIORS ON
CENTER!**

Stay Strong Stay Healthy



Wide
leg
squat



Standing
leg curl



Knee
extension



Side
hip
raise



Biceps
curl



Overhead
press



Bent
forward fly



Toe
stand

Cool down



John Hancock Center for Physical Activity & Nutrition
Friedman School of Nutrition, Science & Policy
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Adapted from the Strong Woman Program
A National Fitness Program for Women

UNIVERSITY OF MISSOURI
Extension

equal opportunity/ADA institution

MP 090 - New 7/07; Revised 1/11



Hamstring
and calf
stretch



Chest
and arm
stretch



Upper
back
stretch

IMPORTANT INFORMATION! /FUN AND GAMES!

The Staff at Seniors on Center would like our clients to know that the decision to not reopen has not been an easy one. With so many stipulations through our state and local health department, it is almost impossible to reopen at this time. The other agencies in our district are staying closed as well. These times are most certainly very different and may sometimes be very difficult. We are still providing transportation and home delivered meals within Morrow County.

If you have any questions, please call our office 419-946-4191. We would ask you to stand together as a community and support one another. Pick up the phone and check in on that friend that you have not spoken to. We are hoping to see you all very soon. Until then, please take care of one another.

Most Sincerely

The Staff at

Seniors on Center

Winter Crypto-Families

Crypto-families are lists of related words that are encrypted with a letter substitution. In this case, all the lists are related to winter themes. Each list uses a different letter substitution. An example of a letter substitution encryption is like this: The word WINTER would be encoded to xpqros is w=x, i=p, n=q, etc. Answer key bottom page 6.

ABOUT WINTER

1. DXWC
2. CADALQAO
3. SRYMROV
4. ZAQOMROV
5. DBOHGULRG
6. GYXI
7. QWHJJROC
8. DXRU
9. LHUUAYG
10. GBXKAW

Hint: Coat

SNOW

1. UEWACJ
2. UXFQCY
3. IWXG
4. YQLLJP
5. UXDEELCY
6. RXLAAFEG
7. YJWMRFXXY
8. YJWMHFJ
9. MLJNCE
10. YJWMUWEN

Hint: Cold

FUN AND GAMES

Created with TheTeachersCorner.net Word

NEW YEAR! NEW YOU!

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

AMBITION
BELIEVE
COURAGE
CREATE
DETERMINATION
DREAM
ENTHUSIASM
EXPERIMENT
LEARN
OPTIMISM
PATIENCE
PRACTICE
REPETITION
STUDY
TRY
WILLPOWER

ONE POT RECIPE!

One Pot Chicken and Rice

Prep Time: 15 Minutes

Cook Time: 55 Minutes

Total Time: 1 Hour 10 Minutes

Servings: 4

Ingredients :

4 chicken thighs skin on, bone in

2 limes zest and juice

2 cloves garlic minced

Salt and pepper to taste

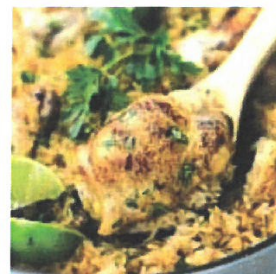
1 tablespoon olive oil

1 cup white rice

1 3/4 cup chicken stock

1/2 cup water

Parsley to garnish



Instructions:

In a small bowl, mix all the marinade ingredients (lime zest, lime juice from 2 limes, 2 cloves minced garlic, salt, and pepper).

Wash and pat dry chicken thighs

Put the meat and marinade in a Ziploc bag and refrigerate for 30 min—12 hours.

Preheat the oven to 350 degrees Fahrenheit

Take the meat out of the Ziploc, but reserve the marinade.

Heat 1 tablespoon of olive oil in a heavy skillet over medium/ high heat. Brown the chicken on both sides, starting with the skin down. Then remove to a plate and set aside.

Add rice, the reserved marinade, chicken broth, and water to the skillet. Season with salt and pepper and stir.

Place the chicken on top of the rice and cover with foil or a lid.

Bake it covered with foil or lid for 35 minutes, then take the lid off and cook uncovered for another 10 minutes (total 45 minutes) until the rice is fully cooked and the liquid is absorbed.

Take out of the oven, garnish with chopped parsley and serve.

SERVICES



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



TRANSPORTATION

Handicap accessible transportation for doctor appointments, grocery shopping, therapy, etc.. is available. Transportation for medical appointments outside the county can usually be arranged with a 48 hour notice



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.

MEDICARE



HEALTH INSURANCE

It's a new year and a great time to learn more about your Medicare plan.

How does your current plan work? What benefits do you have that you might not be aware of or know how to access?

Does your plan include dental, vision, hearing, over-the-counter benefits, etc? Do you want to set up mail order prescriptions? Is your doctor or hospital in the network? No matter what company you have your plan with, Marc Follin can help you know and understand the plan you have for 2021.

Perhaps you or someone you know is turning 65 and has questions about Medicare. Or retiring and losing employer group health insurance and needs Medicare.

Marc Follin is available to help you. She is willing to come to your home, wear a mask or not - whichever you prefer, talk to you by phone or computer, or she'll meet you somewhere that you feel safe and comfortable. Whatever works best for you.

You can reach Marc Follin at 419-768-2000 or 614-519-9128 and she'll help you with your questions.

ANSWER KEY

ABOUT WINTER

1. COLD, 2. DECEMBER, 3. JANUARY, 4. FEBRUARY, 5. CHRISTMAS, 6. SNOW, 7. BLIZZARD, 8. COAT, 9. MITTENS, 10. SHOVEL

SNOW

1. FROZEN, 2. FLAKES, 3. COLD, 4. SKIING, 5. FLURRIES, 6. BLIZZARD, 7. SNOWBALLS, 8. SNOWMAN, 9. WINTER, 10. SNOWFORT

FUN FACTS

1. Give something back to the Earth on March 12th—because it's officially known as "Plant a Flower Day".
2. Pope Francis has been given many extravagant gifts over the years, and one of them was a Harley-Davidson motorcycle. However, rather than keeping it for his own pleasure and adventures, he sold it off and used the money to benefit homeless people.
3. Only official members of a federally accepted Native American tribes may legally possess or collect eagle feathers. If a normal citizen has one, it is illegal.
4. Researches have found that flossing your teeth can help your memory. Flossing prevents gum disease, which prevents stiff blood vessels, which cause memory issues.
5. Johnny Cash took only three voice lessons before his teacher advised him to stop taking lessons and to never deviate from his natural voice.
6. One habit of intelligent humans is being easily annoyed by people around them, but saying nothing in order to avoid a meaningless argument.
7. In order to keep Nazis away, a Polish doctor faked a typhus outbreak. This strategy saved 8,000 people.
8. German Chocolate Cake is named after an American baker by the name of Samuel German. It has no affiliation with the country of Germany.
9. Scientists discovered sharks that are living in an active underwater volcano. Divers cannot investigate because they would get burns from the acidity and heat.
10. Vanilla flavoring is sometimes made with the urine of beavers.
11. When you exercise, the burned fat metabolizes to become carbon dioxide, water, and energy. Meaning: you exhale the fat that you lose.
12. If you add up the numbers on a roulette wheel, you get 666.

Happy Anniversary

Bonnie & Larry
Clarkson
1/6

Barbara & Bill
Ronk
1/16

Phyllis & Tony
Amato
1/9



We would like to give a special thank you to Congress Township and Clara Hilton for their generous donations to help out with our goodie bags for our Meals on Wheels clients.

EMERGENCY FOOD PANTRY

EMERGENCY FOOD PANTRY

Never leave your cupboards bare. Keep a variety of nutritious foods on hand for quick, easy, economical meals when weather, natural disaster or illness keeps you at home. Purchase several foods from each group. Use or replace items every 6 months.

Meat and Meat Substitutes: Tuna fish, canned chicken, beef stew, macaroni & cheese, spaghetti and meatballs, baked beans, hearty or chunky soups, condensed soups (split pea or minestrone), peanut butter.

Cereals, Breads, Pasta: Hot cereal, cold cereal, rice noodles, spaghetti, corn muffin mix, whole wheat crackers, sesame bread sticks, oatmeal cookies.

Fruit and Vegetables: Canned vegetables (green beans, spinach, corn, peas, beets, carrots, mixed vegetables); Canned fruit (apricots, peaches, pears, applesauce, plums, raisins, grapefruit); fruit, tomato, and vegetable juice, bean salad, beets.

Milk and Milk Products: Non-fat dried or evaporated milk Pasteurized process cheese spread.

Other Foods: Instant soups, coffee or tea, hot chocolate mix, jam or jelly, vegetable oil, bottled salad dressing, jello, instant pudding mix.



HAPPY BIRTHDAY

Phyllis Amato

Nathan Kindt

Norman Wilcox

Sally Bailey

Robert Littell

Dorothy Wrhel

Paul Barnes

Barbara Moore

Louella Quinton

Sharon Bartley

Robert Murphy

Beulah Beam

Donna Osborn

Vanessa Bing

Julie Palmer

Marian Bosart

Lowell Powell

Dale Clever

David Riffle

Eileen Drake

Pat Rinehart

Daniel Goodman

Patsy Schenk

Linda Gordon

Barbara Tobin

Linda Hart

John Webb

Dorothy Holbrook

LaVerne Westbrook



This Newsletter is published by:

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MORROW COUNTY SERVICES FOR OLDER CITIZENS, INC.

419.946.4191 * 419.946.1037 facsimile

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, 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.