

Golden Times

October 2020

Issue X

Madison County Senior Citizens Center



*hello october,
please be good. 🍂*

It is September 23rd as I am writing this, no, we aren't open. I'm sure some of you read the article in the Messenger. On September 11th we were thrown a curveball on testing requirements for the staff. ODA never gave us a direct answer on staff testing the whole time they were planning for the senior centers to reopen and when they finally made a decision, and then told us the requirements, it didn't give us enough time to get all of the testing in place before September 21st. Not sure that wasn't part of the plan. This also means our ADC program is not opening back up right away, all of our ADC clients will be required to be tested, just like the staff, a huge hurdle for some of our folks.

Are we still planning to reopen, absolutely, we are getting our testing ducks in a row. Are we happy that we have to be tested every other week until who knows when, heck no, but we want our center to reopen for you and that is the only way it will happen. Just so everyone knows, every staff member is on board, a little groaning and some minor cussing, mostly me on the minor cussing, but we are all in. It's important for you, it's important to us.

So also in the Messenger was information on a couple grant items we were able to apply for and were blessed enough to be approved. I'm sure you've heard of the CARES funding (Coronavirus Aid, Response, and Economic Security Act). With this funding we can provide some additional services for the seniors in Madison County. Requirements for these services, 60+ years old and live in Madison County.

- Emergency Mortgage, Rent/Utility Assistance - Awarded \$10,000 – so we can help as many seniors as possible with this limited funding there will be a cap on the amount we will pay. You will need to provide an eviction notice or shut off notice for utilities.

- Home delivered meals/Grab & Go – Awarded \$20,000 – we are planning to do some meal deliveries on specific days for areas around the county, for seniors that can't come into the center. We will also be offering Grab & Go meals at the center, if you are able to come in for a meal, you can come to the center for our drive thru lunches from our café. If you are unable to pay \$5.00 for a meal, we have an application you will need to fill out so we can add you to our grant program. This program will start on October 12th and will end when we use all of our awarded funding. **(If you are receiving Meals on Wheels, you cannot apply for this program).**

This funding also gave us the ability to purchase the supplies in volume needed to open back up safely. When you come in you will notice signs, hand sanitizer units, state of the art temperature taking equipment, Plexiglas, plus we have PPE equipment and cleaning supplies. We are ready! We have been ready...

I miss your laughter, and can't wait until we can be together again. Stay safe, God Bless! *Misty*

2020 Governing Board Members

Donna Sheridan-President

Jerry Tompkins- Vice President

Shirley Witwer-Secretary

Loretta Anthony Eilene Duncan

Steve Saltsman Sharon Manion

**The Center
will be OPEN
Monday,
October 12th
for Columbus
Day!!**



Find the hidden mouse inside this newsletter. When you find it call the center at 740-852-3001 by Friday, October 16th 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 squirrel was supposed to be on page 11 but somehow it got lost! Whoever called in got their name in the drawing.

Congratulations to Faith Simmons, September's lucky winner!

We have a great display of water color paintings by our volunteer and Center member, Al Perry. In 2018 Al took a water color class and discovered he had a hidden talent. He is very modest about how great they all are but we love them! Stop in sometime and see them when we get open! Below are just 2 samples of his work.



We have 2 new staff members!

Below left is Gayle Summers. She is joining our kitchen staff as a cook and will be working along with Steve Wehrs making delicious food for our Café. She has some great ideas for lunch and she likes to bake!

Below center is Patsy Bricker. She will be working in our Adult Day Center as a part time aide. She retired after over 20 years at London Rehab (Arbors). She will be working with Beth and Jeanna taking great care of our ADC clients and having fun with them too!



Wayne (transportation) photo bombing Al Perry (volunteer).



Left: Kay Majka sent in a photo of some of her flowers she has tended to this summer.

In this flower bed she has Coleus, Begonias, Salvia, Geraniums, Hosta and Echinacea.

Welcome New Members

Glenn and Nancy Ward



Fitness Room



Open by appointment only.

Call 740-852-3001

If you need assistance with the machines, just ask at the front office.

Why should seniors stay active?

Physical activity helps you stay independent and keep doing the activities you enjoy as you age. No matter what your fitness level is there are many fun, low cost activities to enjoy! Exercise should be an important part of your aging in place plan. Exercise helps improve your physical and mental well-being. You have a lot of options for exercise here at our Center. Just choose one and see if you like it. If not try another one. Some of our members participate in several classes. We try to make all of them fun too!

Copyright 2002 by Randy Glasbergen.
www.glasbergen.com



"My doctor told me to start my exercise program very gradually. Today I drove past a store that sells sweat pants."

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.

Classes and activities in small print will NOT be available at this time.

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

1:30 p.m. Rays of Hope for Seasons of Life Support Group

5:00 p.m.—Cards and Billiards

5:30 p.m.—6:30 p.m. Line Dancing **outside only**

6:30 p.m.—7:00 p.m. Couples Dancing **outside only**

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. To be announced

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 5.

UPCOMING DAY TRIPS!!

The decision has been made to not take the trip vans out even with limited passengers. Hopefully this will change soon, but for October and November no vans will be in use for trips.

October (Not a) Mystery Lunch—Thursday, October 22nd. Let's meet for lunch at Uncle Beth's BBQ, 6262 OH-245, North Lewisburg, OH 43060. Try to arrive around 11:15, since they open at 11:30 and we all know how busy they are! Please call the Center and let us know if you plan to go so we can give the restaurant a count. Thank you!

November (Not a) Mystery Lunch—Thursday, November 12th. We will meet for lunch at Teaberry's, 1600 East Leffel Lane, Springfield, OH 45505. Try to arrive around 11:30 a.m. You can also browse their Heart of Country Gift Shop while we are there. Don't forget to call the Center and let us know if you plan to go.

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

Don't forget to call the Center and let us know if you plan to come, so we can give the restaurant an accurate count. Sign up early! Sometimes late reservations cannot be accommodated at the restaurants.

Monday, October 5th—Hofbrauhaus, 800 Goodale Blvd, Columbus, OH 43212. Please meet us there around 4:45 p.m.

Monday, November 2nd—Spaghetti Warehouse, 397 East Broad St., Columbus, OH 43215. Please meet us there at 4:45 p.m.

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!!**

Travel Quotes

"We live in a wonderful world that is full of beauty, charm, and adventure. There is no end to the adventures we can have if only we seek them with our eyes open." – **Jawaharal Nehru**

"I have found out that there ain't no surer way to find out whether you like people or hate them than to travel with them." – **Mark Twain**

"Travel is the only thing you buy that makes you richer"



Go the Right Speed Limit!

"One night a state cop saw a car going only 22 miles per hour. He pulled the car over. When he approached the driver's side, he noticed five old ladies were seated in the car and all them looked to be in shock. They were all very pale.

The old lady driver greeted him, "Officer, Why did you pull me over? I was going the speed limit exactly. What is the issue?"

"Ma'am you weren't going over the speed limit, however driving under the limit is just as dangerous."

"But I was going 22 mph, the exact speed limit."

"No, ma'am, 22 is not the speed limit, it's the route number," he laughed.

Feeling embarrassed the older woman thanked him.

"Before I let you go, is everyone ok? The other ladies seem a bit unsettled."

"Oh, they'll be fine in a minute. We were just on route 119."



Headless Bikers

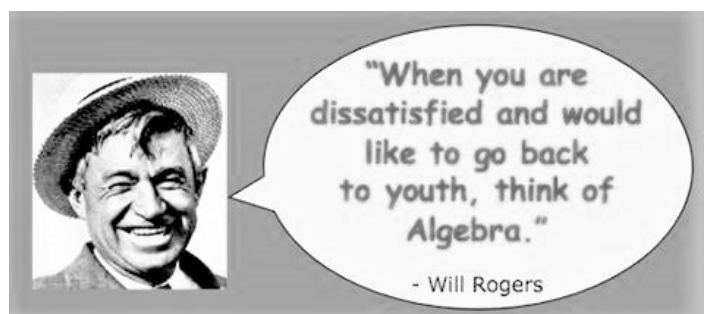
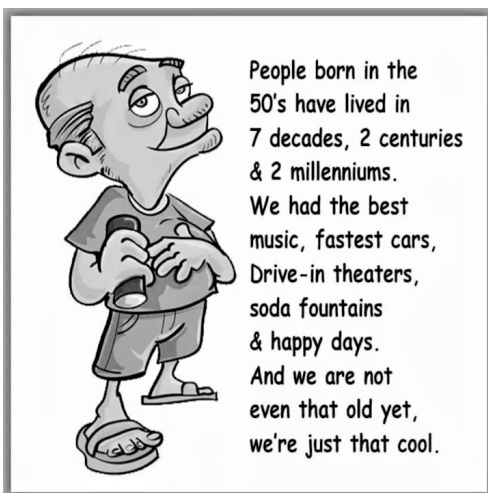
Two old farmers are walking down a road when they hear a motorcycle behind them but are shocked when the driver passes them and the biker is headless. The two men look at each other and shrug. They continue down the road and a bicyclist comes up behind them and he, too, is headless.

The two old men continue to walk down the road, when the one walking along the inside turns to the other one.

"You know, Allen, I think maybe you should carry that scythe on your other shoulder."

Cheap!

My dad is so cheap that when he dies, he's going to walk toward the light and turn it off. —Comedian Martin Atrushi



DRIVE THROUGH FLU CLINICS

Madison Public Health will be offering the following drive through flu clinics.

Farm Science/Molly Caren Ag Center Tuesdays 10 a.m.—3 p.m.

September 29, October 6, 13, 20 and 27

Enter from Route 40



Madison County Public Health, 306 Lafayette Street, Suite B, London

October 10, 10 a.m.—2 p.m.

October 21, 4:30—6:30

Enter from Lafayette Street

Please remember to bring your insurance card with you. Medicare (part B), Humana, MediGold, Medicaid and most commercial insurance accepted. If you are not covered by these, the cost for the flu vaccine is \$27.00 and high dose is \$63.00. No one will be turned away due to inability to pay. If you have any questions call the health department at (740)852-3065.



Lazy Day Lasagna for Two

Serve with tossed salad or a green vegetable to complete your meal.

- 1 cup spaghetti sauce
- 3/4 cup shredded part-skim mozzarella cheese
- 1/2 cup cottage cheese or ricotta
- 1-1/2 cups cooked wide egg noodles
- 2 tablespoons grated Parmesan cheese
- Chopped fresh parsley, optional

Warm the spaghetti sauce; stir in mozzarella and cottage cheeses. Fold in noodles. Pour into 2 greased 2-cup baking dishes. Sprinkle with Parmesan cheese.

Bake, uncovered, at 375° until bubbly, about 20 minutes. If desired, top with parsley.

B O W L I N G	Andrix, Barb	105	Goff, Terry	167	Link, Bill	120	Threlkeld, Larry	113
	Burdett, Diane	120	Gordin, Barb	120	McDonley, Dolly	104	Venrick, JR	120
	Cameron, Brenda	120	Hackworth, Paul	120	Noble, Gene	109	Weisman, Deb	84
	Cameron, Carol	146	Hardin, Jim	118	Pickens, Ann	121		
	Cooper, Barb	92	Hastings, Judy	120	Potocki, Dave	120		
	Cwiekalo, Bert	120	Johnson, Charlie	120	Ridolfo, Linda	134		
	Florence, Barb	120	King, Carl	120	Shepler, Greg	174		
	Glass, Duane	186	King, Karen	120	Sheridan, Ray	169		



Ohio's Hospice Loving Care Honors Patient With Veteran Recognition Ceremony

Ohio's Hospice Loving Care recently recognized one of its patients and Senior Center member, Charles Hutchins, with a Veteran recognition ceremony honoring his 34 years of service in the military. Gerald Poff, a chaplain with Ohio's Hospice Loving Care, presented a pin and a certificate to Hutchins during the ceremony. He also presented a pin to Hutchins' wife, Maxine.

"I have always been proud of my husband," she said. "It's an honor for both of us to receive a pin."

Through American Pride® Veteran Care by Ohio's Hospice, Ohio's Hospice Loving Care honors the service of Veteran patients and assures them of receiving the highest quality of care. Hutchins is a retired career military chief master sergeant and superintendent of maintenance in the U.S. Air Force and Air National Guard.

Falls Statistics for Older Ohioans

Since September 2013, the Ohio Department of Aging's STEADY U Ohio initiative has helped older adults, families, caregivers, professionals, and community leaders understand and recognize age-related factors that increase the risk of falling and fall-related complications. Individuals and organizations can find falls prevention information and resources at www.steadyu.ohio.gov.

Facts about falls in Ohio (according to data from the Ohio Department of Health):

One in four Ohioans age 65 and older will fall this year.

- Older Ohioans account for a disproportionate share of fall-related injuries. While residents age 65 and older make up 17% of our population, they accounted for more than 87% of fatal falls in 2018.
- An older Ohioan falls every minute on average, resulting in an injury every five minutes, an emergency department visit every seven minutes, two hospitalizations each hour, and three deaths each day.
- In 2018, falls among older Ohioans resulted in 78,995 emergency department visits, 19,409 hospitalizations, and 1,309 deaths.
- Falls account for 55.9% of fatal traumatic brain injuries among Ohioans age 65 or older and can lead to depression, loss of mobility, and loss of independence.
- The number of fatal falls among older Ohioans increased 62% from 2007-2018.
- The estimated total lifetime medical cost of falls (fatal and non-fatal) is \$1.1 billion in Ohio. Add costs related to work loss and the total climbs to \$2 billion.
- One in three Ohioans age 65 and older living in the community fall each year. Yet, less than half talk to their doctors about their risks or history of falls.

In 2018, 61% of falls deaths among adults age 65 and older occurred in the home while 22% occurred in a residential facility, such as a nursing home.

October Birthdays!

Patron	Birthday	Patron	Birthday	Patron	Birthday
Long, Pat	10-01	Roberts, Marie	10-11	Komives, Elaine	10-23
Call, Greta	10-01	Toy, Michael	10-11	Dwyer, Connie	10-24
Bowman, Sharon	10-02	Zimmerman, Linda	10-11	Butterfield, Mable	10-24
Bryant, Ermal	10-02	Thomas, Judy	10-12	Anthony, Ray	10-24
Mark, William	10-02	Baynes, Patricia	10-12	Pitts, John	10-24
Conley, Marvin	10-03	Dellinger, Annetta	10-12	Martin, Ann	10-25
Hubbard, Beverly	10-03	Beathard, Margaret	10-12	Bennett, Charlie	10-25
Ray, Jack	10-03	Sheridan, Ray	10-12	Wilson, Susan	10-25
Stanforth, Jeffrey	10-04	Truxall, Dixie	10-13	Daniels, Marjorie	10-26
Hammond, Mary	10-04	Heaberlin, Rick	10-14	Loe, Angela	10-26
Houston, Judith	10-04	Jackson, Edwina	10-14	Davis, Mary Jean	10-26
Smith, Rosalie	10-04	Schafer, Robert	10-14	Baynes, Bailey	10-26
Amling, Babs	10-04	Downing, Marvene	10-14	Marshall, Susan	10-26
Herald, Paula	10-05	Fisher, Melonie	10-14	Gordon, Roger	10-26
Berry, Reva	10-05	Shoemaker, Cynthia	10-15	Morse, Rose	10-27
Littleton, Cathie	10-05	Hodge, Donna	10-15	Edwards, Virginia	10-27
Bires, Darla	10-06	Robbins, Lori	10-15	Moore, Ronald	10-27
Mason, Janet	10-07	Gerrich, Krys	10-16	Gregory, John	10-27
Hubbard, Billy	10-07	Hirsh, Margaret	10-17	Lang, Sandra	10-28
Blair, Lois	10-07	Justice, Claudia	10-18	Donovan, Richard	10-28
Carl, William	10-08	Dorn, Norman	10-18	Scott, Burt	10-28
Maxwell, Steve	10-08	Dillion, Sharon	10-18	Raine, Eliane	10-29
Walls, Larry	10-08	Ellars, Greg	10-18	Puckett, Helen	10-29
Tompkins, Charlene	10-08	Strickler, Sheila	10-19	Cooper, Karen	10-29
Beekman, Tim	10-08	Ballenger, Marilyn	10-22	Willis, Jean	10-30
Haggit, Roy	10-10	Peters, Gary	10-22	Lynch, Barb	10-30
Young, Joyce	10-10	Brackett, Joe	10-22	Link, Charles	10-31
Baker, Lucille	10-10	Jennings, Sandra	10-22	Cooper, Donna	10-31
Litchfield, John	10-10	Miller, Minerva	10-23	Shilling, Darlene	10-31
Schunatz, Susan	10-10	Kitzmillier, Natalie	10-23	Hopkins, John	10-31
Morris, Anne	10-11	Noble, Gene	10-23		





HELP US "RENEW" OUR LEVY

VOTE YES ✓

ON NOVEMBER 3, 2020

Established 1976

**MADISON COUNTY SENIOR
CITIZENS CENTER, INC.**

Please tell your family, friends and neighbors how
important your senior center is to you.
Remind them to vote **YES** for our levy **RENEWAL**.

3 Easy ways to support the Center!

amazonsmile

If you shop on **Amazon**, the Center can benefit.

All you have to do is go to the following address: <https://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.

Transportation to Vote

Madison County Senior Center is offering transportation for senior citizens to go vote.

Beginning October 6th you can vote early at our Board of Election. We ask that you try to take advantage of early voting so that we have more flexibility to transport as many seniors as we are able.

We will also transport to the polls on Election Day.

You will need to call [740-852-3001](tel:740-852-3001) to set up an appointment for us to take you. There will be no charge for this service. We do have handicapped accessible vans for those that need them. Hours of transport will be from 9 a.m. to 3 p.m.

Autumn Quotes

Vincent Van Gogh

As long as autumn lasts, I shall not have hands, canvas and colors enough to paint the beautiful things I see.

Stanley Horowitz

Winter is an etching, spring a watercolor, summer an oil painting, and autumn a mosaic of them all.

Shira Tamir

Anyone who thinks fallen leaves are dead has never watched them dancing on a windy day.



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!!



Friendship

"Friendship is the hardest thing in the world to explain. It's not something you learn in school. But if you haven't learned the meaning of friendship, you really haven't learned anything."

— **Muhammad Ali**

"Don't make friends who are comfortable to be with. Make friends who will force you to lever yourself up." — **Thomas J. Watson**

"The most beautiful discovery true friends make is that they can grow separately without growing apart." — **Elisabeth Foley**

"Find a group of people who challenge and inspire you; spend a lot of time with them, and it will change your life." — **Amy Poehler**



**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



CHANEY & THOMAS
Insurance



Deeann Blake

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

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



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**

**Advertise
Here!!**

Call the Senior Center at 740-852-3001 to advertise your business in our monthly newsletter.



Madison County Senior Citizens Center

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



October 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

Steven Wehrs, Cook

Gayle Summers, Cook

Brenda Castle, Transportation Coordinator

Wayne Bricker, Driver

Don Hawkins, Substitute Driver

Mark Bires, Substitute Driver

Martha Parsons, Substitute Driver

Luther Dolby, Maintenance

Dated Material

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.