

SENIOR MOMENTS

Morrow County's Monthly Newsletter

FEBRUARY

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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HAVE A
HAPPY
VALENTINES
DAY, FROM
ALL OF US AT
SENIORS ON
CENTER!

GET MOVING!



5	3	4	6	7	8	9	1	2
6	7	2	1	9	5	3	4	8
1	9	8	3	4	2	5	6	7
8	5	9	7	6	1	4	2	3
4	2	6	8	5	3	7	9	1
7	1	3	9	2	4	8	5	6
9	6	1	5	3	7	2	8	4
2	8	7	4	1	9	6	3	5
3	4	5	2	8	6	1	7	9

Memberships



If you were a member in the 2020 year, you will be getting a free membership for the 2021 year. We will be sending you, your membership cards in the mail. Anyone looking to join please wait until we re-open then we will prorate your membership fee from that point to the end of the year.



AARP Foundation Tax Aides of Morrow County

Due to the Covid-19 Virus, we are unable to guarantee any Tax Preparation services at our Morrow County AARP Tax Aide Site for this coming tax season. We advise you to seek other means to have your 2020 Tax Returns completed, as it does not appear at this time that the Virus will be going away any time soon.

Looking forward to healthy times for all and a return of tax services to the taxpayers of Morrow County. Stay safe.

AARP Foundation Tax Aides

Grab & Go Meals



The Senior Center is offering a hot meal daily, or frozen meals by the week. Give us a call, and let us know what you are interested in. You will come to the front of the building and your meals will be delivered to you as you sit in your vehicle. Meals are on a donation basis. For more information, please call 419-946-4191. If you are 60 years of age and live in the county, take advantage of this service, we would love to see you.



Transportation

Seniors on Center is still providing transportation for residents of the county that are 60 years of age to doctors' appointments, grocery store, hair appointments, etc. within the county. We also provide transportation to Richland, Knox, Delaware, Marion, Crawford and Franklin Counties for doctors' appointments only. We will also be providing transportation for you to go and get your COVID vaccination. If you need transportation to any of these counties, please contact Brian at the center at 419-946-4191

FUN AND GAMES

Created with The TeachersCorner.net Word Search W

Valentine's Day

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

ADORATION
BOUQUET
CHARMED
DEVOTION
ENDEARMENT
FLOWERS
GIFT
HEARTTHROB
LOVEBIRDS
ROMANCE
SENTIMENTAL
SWEETHEART
TENDERNESS
VALENTINE

Beef Stir-Fry Recipe with 3 Ingredient Sauce

Ingredients

Ingredients for Beef Stir-Fry:

- 1 lb Top sirloin steak thinly sliced
- Salt and Pepper to taste
- 1 medium yellow zucchini sliced on the diagonal
- 1 medium onion sliced
- 1 red bell pepper sliced
- 1/2 lb mushrooms thin sliced
- 1 tsp grated ginger
- 1 garlic clove minced or pressed
- 1/2 Tbsp sesame seeds for garnish
- 3 Tbsp Oil to Sauté *

Ingredients for Asian BBQ Sauce:

- 3 Tbsp original BBQ Sauce we used Stubbs brand
- 3 Tbsp Maple Syrup
- 2 Tbsp low sodium soy sauce we used Tamari brand - gluten free

Instructions

- * Stir together 3 sauce ingredients and set aside.
- * Heat a large heavy pan or wok over high heat and add 1 Tbsp oil. When oil is hot, add beef in a single layer and sauté undisturbed 2-3 mins. Stir and sauté another 2 min or until nearly cooked through. Season lightly with salt and pepper, add ginger and garlic and sauté 1 min.
- * Drizzle beef with sauce to taste (I added 5 Tbsp) and stir-fry another 1 min or until beef is fully cooked through. Remove beef to a plate and cover to keep warm. Wipe pan clean with a paper towel.
- * Place clean pan over high heat and add 1 Tbsp oil. Once oil is hot, add mushrooms, season lightly with salt & pepper and stir fry until golden (5 min). Transfer mushrooms to the plate with beef.
- * Add 1 Tbsp oil along with sliced onion and veggies and stir fry about 8 min or until soft and golden.
- * Combine vegetables with beef and mushrooms, drizzle in more sauce to taste (I used another 2 Tbsp) and stir fry just until hot. Serve over steamy white rice.



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.

FUN FACTS

1. In Japanese legend, it is said that anyone who folds 1,000 origami cranes will be granted a wish by the gods.
2. Drinking green tea before bed burns calories while sleeping. It also increase your metabolism.
3. "Strategic incompetence" is the art of avoiding certain tasks by pretending you don't know how to do them.
4. A bottle of Coca-Cola has a PH scale of 2.8, and could dissolve a nail in just 4 days.
5. One of Hitler's favorite tunes to whistle was the very popular, "Who's Afraid of the Big Bad Wolf?"
6. Around 70% of people tilt their heads to the right rather than the left when kissing somebody else.
7. Rabbits can be literally "scared to death" if approached by a predator when they are totally unaware.
8. 85% of Valentine's Day Cards are bought by women.
9. No relationship is ever a waste of your time. If it didn't bring you what you want, it taught you what you didn't want.
10. In Ancient Greece, throwing an apple to a woman was a symbolic declaration of love, and to catch it was to show acceptance of that love.
11. All of the sweaters Mister Rogers wore on his show were hand knitted by his mother. He said he loved wearing them because they always made him think of her.
12. 7% of all American adults believe that chocolate milk comes from brown cows. That works out to 16.4 million people.
13. An amateur beekeeper and a group of scientists found that wax worms are capable of eating and breaking down plastic bags. The settings of a wax worm's stomach can be recreated to safely dispose of plastic bags and bottles.
14. China has a series of underground tunnels running 3,000 miles long. They are used to store and transport mobile intercontinental ballistic missiles.

Happy Anniversary

Marilyn & Richard

Short

2/9

Fred & Barbara

Williamson

2/4

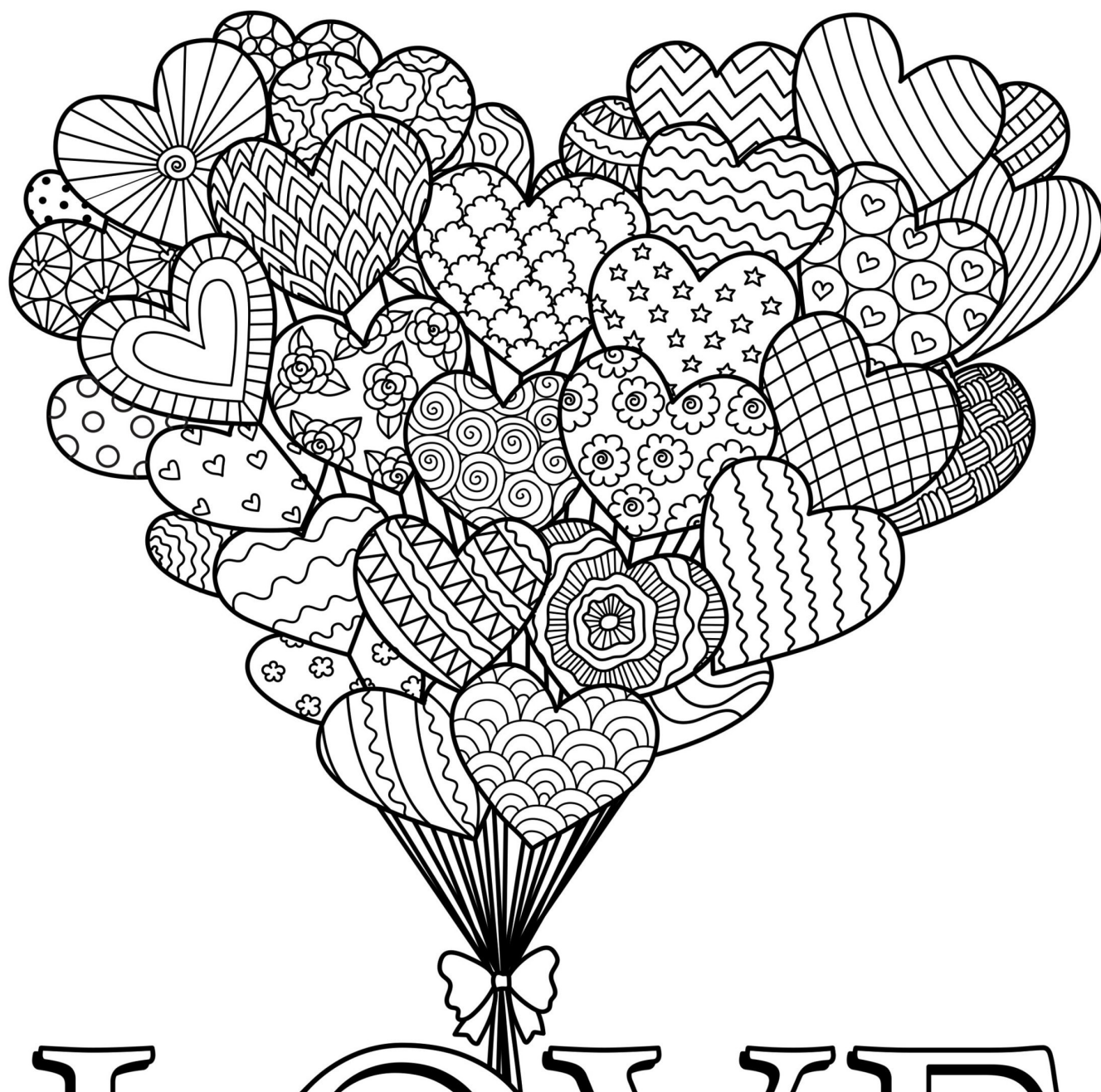


SUDOKU

5	3			7				
6			1	9	5			
	9	8					6	
8				6				3
4			8		3			1
7				2				6
	6					2	8	
			4	1	9			5
				8			7	9

Sudoku is played on a grid of 9 x 9 spaces. Within the rows and columns are 9 “squares” (made up of 3 x 3 spaces). Each row, column and square (9 spaces each) needs to be filled out with the numbers 1-9, without repeating any numbers within the row, column or square

Answer key on page 2.



LOVE
is in the air

MENU (SUBJECT TO CHANGE)

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Chipped Beef Cooked Carrots Green Beans Sliced Apples Texas Toast Milk</p>	<p>2</p> <p>Taco Meat Lettuce Black Beans Malibu Fruit Mix Corn Taco Shell Milk</p>	<p>3</p> <p>Pork Mashed Potatoes Broccoli Mandarin Oranges Roll Milk</p>	<p>4</p> <p>BBQ Riblet Corn Chowder Beets Peaches Bun Milk</p>	<p>5</p> <p>Spaghetti w/ Meat Sauce Cooked Spinach Prince Charles Veggie Mix Applesauce Bread Milk</p>
<p>8</p> <p>Burger Potato Rounds Corn Fruit Mix Bun Milk</p>	<p>9</p> <p>Chicken Alfredo Cooked Carrots Sugar Snap Peas Pineapple Milk</p>	<p>10</p> <p>Salisbury Steak Mashed Potatoes Peas & Onions Cinnamon Apples Bread Milk</p>	<p>11</p> <p>Ham & Swiss Vegetable Soup Cucumber Salad Pears Bun Milk</p>	<p>12</p> <p>Chicken Tenders Green Beans Cole Slaw Peaches Roll Milk</p>
<p>15</p> <p>Closed in Observation of Presidents Day</p>	<p>16</p> <p>Chicken Lasagna Cooked Carrots Brussel Sprouts Fruit Cocktail Blueberry Muffin Milk</p>	<p>17</p> <p>Breaded Eggplant Pasta w/ Marinara Sauce Green Beans Peaches Bread Milk</p>	<p>18</p> <p>Sliced Turkey Breast Tomato Basil Soup Hawaiian Delight Fruit Salad Bun Milk</p>	<p>19</p> <p>Alaskan Pollock Redskin Potatoes Normandy Veggie Blend Fruit Mix Roll Milk</p>
<p>22</p> <p>Chicken Patty Cooked Carrots Brussel Sprouts Applesauce Bun Milk</p>	<p>23</p> <p>Beef Stroganoff w/ Pasta Lima Beans Prince Charles Veggie Mix Pineapple Milk</p>	<p>24</p> <p>Chicken Breast Scalloped Potatoes Peas & Carrots Fruit Mix Roll Milk</p>	<p>25</p> <p>Shredded Beef Broccoli Cheddar Soup Tossed Salad Sliced Apples Bun Chocolate Chip Cookie Milk</p>	<p>26</p> <p>Cheese Pizza Corn Broccoli Mandarin Oranges Graham Crackers Milk</p>
			<p>Menu ingredient information may be obtained by contacting the Senior Center Nutrition Department 419-946-4191</p>	<p>In the event that you are in need during this time of crisis, please call and let us know if we can assist you with frozen meal options.</p>

HAPPY BIRTHDAY

Tony Amato

Gertrude Arnold

John Batier

Marie Bishop

Janet Burns

Nancy Cooper

Barbara Dendinger

Willaim Goodman

Naomi Gorman

Ralph Hawk

Donald Helman

Wilma Hinkle

Darrell Levings

Pam Lyons

Pat Marshall

Floyd McKee

Shirley Morris

Jamie Palmer

Robert Quinn

Barbara Ronk

Goldie Sheets

Sandy Snyder

Carolny Stockdale

Audrey Swango

Jeannette Warwick

Marilyn Weiler

Barb Williamson

Fred Williamson

Catherine Edwards



This Newsletter is published by:

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dba Seniors on Center
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Mt. Gilead, OH 43338

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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.