

Golden Times

September 2020
Issue IX

Madison County Senior Citizens Center



It is August 24th as I am writing this, finally some good news for you! September 21st! All weekend I have thought about what to say in this month's newsletter, always start with the positive vibes, the opening date, and then the reality information. The reality is we can open back up, slowly, which means it will not be back to "normal" business on Monday, September 21st, killjoy, I'm sorry, that's my job... no, not destroying your happiness, but to keep us on track. The following information will be some initial changes to start out, mind you as of today I have not received the final mandate from the Governor so there will be a lot of restrictions for this to happen and for us to remain open. Please keep in mind the senior centers reopening has a lot to do with our surroundings, positive COVID numbers, our risk level color for our county, what happens with the schools reopening, access to testing, this date is not set in stone, but here are some changes when entering the doors, for now:

- You will need to check in at the office when you come in – we are required to keep a daily log of everyone in the building each day, this is for contact tracing. We will also be taking a temperature and making sure you have a mask on, if you can't wear a mask, we need to document the reason. (I don't want to doesn't count)
We will have separate entry and exit doors for the main room.
- There will be limited chairs at each table for the café.
- Pay for your lunch at the front office, you will receive a ticket to give to the café staff when you get your meal.
- Proper social distancing will be required, signs will be posted – even though you will want to, no hugging or shaking hands with your friends, for now.
- We have installed touchless faucets in the restrooms, as you have heard over and over these last few months, WASH YOUR HANDS. (I'm still amazed people didn't know this, it took a pandemic, who knew) We will also have hand sanitizer all over the building, please use it frequently.
- We will slowly add our regular activities back to the schedule, please be patient with us, we don't want to do anything to jeopardize the center, our members, and our ability to remain open.

I know this may seem like a lot, but just a few small sacrifices for now. We will make up for lost time when it is safe to do so. We have some plans in the works, we just have to behave, stay healthy and stay open. Another positive, no end of the year shutdown. **We are all in this together**, our ability to open and stay open requires all of us working together.

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 closed
Monday,
September
7th for
Labor Day.**



Find the squirrel hidden inside this newsletter. When you find it call the center at 740-852-3001 by Friday, September 11th 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 ice cream cone was on page 2.

Congratulations to Vicki Victor, August's lucky winner!



Marilyn went out and did some porch visits. She had some nice chats with Center members, from top-Sandy Darlington, Barb Cooper and Cindy Shoemaker and her dog, Sparky. They certainly have some lovely flowers to enjoy this summer. They are anxious for the Center to reopen so they are able to come and see their friends and participate in activities.



Left: We served 63 meals on Liver and Onions Day in August through our Drive Through Lunch program. Liver is a huge favorite!

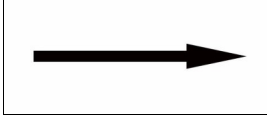
Drive Through Lunch is so easy. Just call the Center and we have your meals ready at the front door starting at 11:30 a.m. We keep the hot food in a hotbox and the cold food in a cooler so they are the perfect temperature when you get there. Meals are just \$5. Call 740-852-3001 by 10:00 a.m. Monday through Thursday.

Right: Our director, Misty, had a slight accident coming into work one day. She was flying on her broom and it fell apart. Don't worry she is fine!



Do you have pictures of your flower or vegetable gardens or an interesting road trip you took? Send us pictures of what you are doing this summer to j.williams@midohio.twcbc.com





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



Fitness Room

Open by appointment only.

Call 740-852-3001

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

Riddles

Where does the General keep his armies? In his sleeves.

How does a squid go into battle?

Well armed

What's the best thing about Switzerland? I don't know, but their flag is a huge plus.

Why aren't koalas actual bears?

They don't meet the koalafications.

What do Alexander the Great and Winnie the Pooh have in common? Same middle name.

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.

WEEKLY SCHEDULE STARTING SEPTEMBER 21ST 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

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. September 25th only. See what is playing on page 10.

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 September and October no vans will be in use for trips.

Shopping & Lunch in Delaware—Wednesday, September 2nd. Instead of Mystery Lunch we will travel to Delaware, Ohio, where you can shop and eat lunch! Eat wherever you like! As you read above, we will not be taking the vans as originally planned.

October (Not a) Mystery Lunch—Wednesday, October 21st. 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!

Snooty Fox trip for October—The Snooty Fox stores have cancelled all bus tours for this year. We will be sending your money back to you instead of keeping it on our books until next year. We will keep the same people on the list for next year and will announce that date when we are able to set it up.

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

Please 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, September 14th—Change of plans! This month we will be going to **Beer Barrel Pizza and Grill**, 7482 St. Rt. 161, Plain City, OH 43064. Please meet us there at 5:00 p.m.

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

Day Trip Payment and Cancellation Policy

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!!**

2020 Multi Day Trip Information

Mid-Atlantic Rail Adventure and Washington D.C. Tour—October 20-23, 2020. Buckeye Road Trip! OSU vs. the Nittany Lions in Beaver Stadium! - October 24-25, 2020.

Unfortunately the Mid-Atlantic Rail Adventure and Washington D.C. Tour has been postponed until next fall. The OSU vs. the Nittany Lions trip has been cancelled.

We will be refunding all money put down for these trips, you should be receiving a check from the Center in the mail if you haven't already.

We were so hoping that by fall everything would be in a better situation as far as Covid and other concerns in this world. Sadly at this point they are not and for the safety of our senior travelers we had to come to this decision.

We sincerely hope that we will be able to have some great trips in 2021. We love to travel and see new places and enjoy new experiences. It is hard to wrap your head around the fact that we cannot do this safely at this time.

Keep watching your newsletter for news on trips for next year. Janisse

Actual Label Instructions on Consumer Goods

On a Sears hairdryer: Do not use while sleeping. (and that's the only time I have to work on my hair)

On a bag of Fritos: You could be a winner! No purchase necessary. Details inside. (the shoplifter special?)

On a bar of Dial soap: "Directions: Use like regular soap" (and that would be how??...)

On some Swanson frozen dinners: "Serving suggestions: Defrost." (but, it's "just" a suggestion.)

On Tesco's Tiramisu dessert (printed on bottom): "Do not turn upside down." (well...duh, a bit late, huh!)

On packaging for a Rowenta iron: "Do not iron clothes on body." (but wouldn't this save me more time?)

On Boot's Children Cough Medicine: "Do not drive a car or operate machinery after taking this medication." (We could do a lot to reduce the rate of construction accidents if we could just get those 5 year olds with head colds off those forklifts.)

On Nytol Sleep Aid: "Warning: May cause drowsiness." (and...I'm taking this because???)

ON most brands of Christmas lights: "For indoor or outdoor use only." (as opposed to what?)

On a Japanese food processor: "Not to be used for the other use." (now, somebody out there, help me on this, I'm a bit curious.)

On Sunbury's peanuts: "Warning: contains nuts." (talk about a news flash)

On an American Airlines packet of nuts: "Instructions: Open packet, eat nuts." (Step 3: maybe, uh..fly Delta?)

In the Kitchen with Joanna

So Long and Good Bye

I would like to thank everyone for the good wishes on my upcoming endeavor. It's with great sadness that I leave after 10 years (2 as a volunteer). I have made many friends here at the senior center and it has been a privilege to have served you all these years. Thanks for the heartfelt wishes.

BASIL LEMON CHICKEN

1 ½ lbs. of chicken tenderloins
 ½ teaspoon salt
 ¼ teaspoon black pepper
 2 tablespoons butter
 1 tablespoon olive Oil
 ½ cup chicken broth
 3 tablespoons of lemon juice
 ½ cup of heavy cream
 2 large basil leaves, thinly sliced
 Cooked angel hair pasta

Sprinkle chicken with salt and pepper. In a large skillet, heat butter and olive oil over medium heat. Brown the chicken on both side, remove from pan.

Add the chicken broth and lemon juice to the pan, stirring to loosen browned bits. Bring to a boil, cook 2-3 minutes until liquid is reduced by half. Stir in cream, basil and thyme, add chicken back in. Reduce heat and simmer; uncovered for 5-6 minutes or until chicken is no longer pink. Serve over hot angel hair pasta.



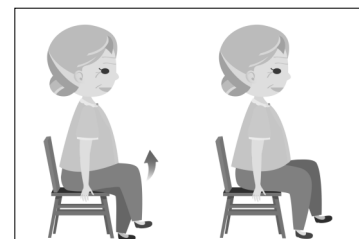
Easy Exercise – Seated Knee Raises


Sit in a straight back chair with your feet flat on the floor.

Slowly lift your left knee into the air as high as possible, then slowly lower it.

Slowly lift your right knee into the air as high as possible, then slowly lower it.

Repeat 10 to 15 times with each leg, one to two times each day.



B O W L I N G	Andrix, Barb	102	Glass, Duane	189	King, Karen	135	Threlkeld, Larry	119
	Burdett, Diane	142	Goff, Terry	145	Link, Bill	134	Venrick, JR	153
	Cameron, Brenda	120	Gordin, Barb	112	McDonley, Dolly	90	Weisman, Deb	90
	Cameron, Carol	138	Hackworth, Paul	145	Noble, Gene	112		
	Cameron, Richard	120	Hardin, Jim	124	Pickens, Ann	105		
	Cooper, Barb	96	Hastings, Judy	123	Potocki, Dave	145		
	Cwiekalo, Bert	138	Johnson, Charlie	145	Ridolfo, Linda	151		
	Florence, Barb	94	King, Carl	165	Sheridan, Ray	169		

Caregiver Tips to Prevent Falls

Falls are the number one cause of injuries leading to ER visits, hospital stays, and deaths in Ohioans over age 65.

Research has shown that after a care recipient's first fall, caregivers report a significant increase in caregiver burden, fear of falling, and depression. If a caregiver is injured in a fall, they may be unable to continue caring for their loved one.

Here are some things you can do as a caregiver to prevent falls for yourself and your loved one:

Have your vision checked each year. If you or the person you are caring for wears glasses or contact lenses, make sure the prescription is current.

Review medicine with your doctor or pharmacist. Some medications can cause dizziness, sleepiness, dehydration, or other side effects that can lead to a fall.

Most falls happen at home. It may help to install lighting in stairways, grab bars in the bathroom, and make sure the floors are clear of clutter.

Consider taking a falls prevention class together, such as "A Matter of Balance." Call your [area agency on aging \(1-866-243-5678\)](tel:1-866-243-5678) to find a class near you.

Caregivers play an important role in falls prevention. For more information about caregiving and falls prevention, visit www.caregiver.org and www.ncoa.org/healthy-aging/falls-prevention

Falls Prevention Awareness Month

September 22 not only marks the start of the fall season, but it is also National Falls Prevention Awareness Day. Throughout the month, the Ohio Department of Aging's STEADY U Ohio initiative, and its partner organizations, are drawing attention to the epidemic of falls among older adults, with a simple message:

Most falls can be prevented!

According to the Ohio Department of Health, an older Ohioan falls every minute on average, resulting in an injury every five minutes, nine emergency department visits every hour, two hospitalization each hour, and three deaths each day. The number of fatal falls among older Ohioans has increased more than 74 percent since 2007.

Some people mistakenly believe that falls are a normal part of the aging process. It is true that our risk for falls increases as we age due mainly to body changes. But there are many things we can do to keep those changes in check or compensate for them.

- Walk at least 15 minutes daily to build muscle strength and improve balance.
- Take a program like Tai Chi or "A Matter of Balance" to give you tools to build balance, strength, and flexibility.
- Talk to your doctor and ask for a falls risk assessment. Talk about the medicines you take and your history of falls.
- Get your vision and hearing checked at least one time each year.
- Drink plenty of fluids and eat a well balanced diet.

The information on this page brought to you by



September Birthdays!

Patron	Birthday	Patron	Birthday
Stuthard, Elaine	09-01	Nutt, Francis	09-16
Hysell, Janet	09-01	Reinhard, William	09-16
Potter, Gwen	09-01	Day, Richard	09-16
Foust, John	09-01	Stewart, Ron	09-18
Alder, Phyllis	09-01	Cunningham, David	09-19
McMunn, Norieta	09-03	Dillion, Esther	09-19
Donovan, Patricia	09-03	Hart, Darlie	09-19
Little, Kenneth	09-05	Penix, Martha	09-20
Evans, Wilbur	09-05	Hatfield, June	09-20
Venrick, Henry	09-06	Cleaver, Mary	09-21
Wheeler, Dale	09-07	Sullivan, Evelyn	09-22
Handford, Marilyn	09-07	Wheatley, David	09-22
Landerfelt, Anita	09-07	Woolum, Roxann	09-23
Gerrich, James	09-08	Knox, Madglene	09-23
Moore, Evelyn	09-08	Victor, Vicky	09-24
Chesser, Liz	09-08	Shaw, Rose	09-24
Shoaf, Helen	09-09	Jenkins, Hazel	09-25
Huber, Lillian	09-09	Smith James	09-25
King, Karen	09-09	Corn, Julia	09-26
Redman, Dick	09-10	Walker, Glenna	09-26
Stevens, Helen	09-11	Penwell, Carl	09-27
Lininger, Ralph	09-11	Truxall, Daniel	09-27
Shandale, Anna	09-11	Peters, David	09-28
McClaskie Burton, Paula	09-11	Knox, Don	09-28
Dunham, Janet	09-11	Clifton, David	09-28
Lang, Janet	09-12	Hamilton, Bonnie	09-29
Reid, Wanda	09-13	Legg, Anna	09-29
Glass, Duane	09-13	Herman, Mary Anne	09-29
Thomas, David	09-15	Ellinger, Everett	09-29
Foust, Linda	09-15	Stanley, Marc	09-29
Bires, Mark	09-15		



Madison County Public Health, Madison Health and local emergency responders would like to remind residents to not delay healthcare needs. Treatment for chronic conditions, emergencies, preventative care, screenings and vaccinations are important to overall health. Your healthcare facilities and first responders are available and prepared to safely care for you.



Please also do your part to reduce the spread of COVID-19: Wear a face covering, social distance from others and wash your hands.

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://](https://smile.amazon.com/ch/31-1195151)

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.



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**.



Friday Cinema is Back!! Movie starts at 1:00 p.m.

Social distancing will be required

Popcorn provided

September 25th - A Beautiful Day in the Neighborhood
Starring Tom Hanks, Matthew Rhys - 2019 - PG - Drama



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!!



Funny Quips

Two men meet on opposite sides of a river. One shouts to the other "I need you to help me get to the other side!" The other guy replies, "You're on the other side!"

"I stand corrected!" Said the man in the orthopedic shoes.

I used to be addicted to soap. But I'm clean now.

I used to be addicted to the Hokey Pokey but I turned myself around.




**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

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



CHANEY & THOMAS
Insurance

Deeann Blake

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



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



September 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
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.