

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 2017 ISSUE

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.



It was sunny. It was dime-a-dog night. It was BASEBALL! With great seats behind third base, we got to see the Clippers send some balls out of the park and come home for the win. We had a great view to watch all the performances by racing condiments and human hamburger making. Come join the fun, with us again, on July 17, 2017. Same great seats, dime-a-dog night, and transportation is provided. Call 419-946-4191 to make a reservation. Prices are \$20 for members and \$25 for non-members. Check us out on Facebook (Seniors On Center) to see pictures and videos from last time. Follow us to get updates and find out what is going on at the Seniors on Center!

SCIOTO DOWNS CASINO

In June we will be going to Scioto Downs in Columbus on July 13th and July 27th. We will be leaving Kroger @ 9AM and returning to Mt Gilead around 4PM. Be sure to sign up. The bus fills up quickly!



CLIPPER'S BALLGAME

Monday, July 17
 Leaving Kroger's 4PM
 \$20.00 Members
 \$25.00 Non-Members
 Cracker Barrel on your own
 Please call
 419.946.4191



PANCAKE BREAKFAST

JULY 22
 7—10AM
 AT SENIORS ON CENTER
 FREEWILL DONATION



Afghan Raffle

50"X60"

We will be selling raffle tickets for this afghan for the month of July. The tickets will be \$1.00 each or 6 tickets for \$5.00. All the money will be used for Senior Activities.



DESIGN, DINING AND DIAPERS

CELEBRATE



AMERICA!

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

BLUE - RED - WHITE - FIREWORKS - FOOD - BBQ - PATRIOTIC - STARS - POP
 SPARKLE - JULY- INDEPENDENCE - BOOM

LUNCH TIME

Why not come out Monday –Friday and have lunch with friends here at the Senior Center! We have delicious hot food daily. Please make sure and order your meal.

UPCOMING SENIOR EVENTS

- Wednesday, July 3 Marion County Fair
- Thursday, July 13th Scioto Downs Casino
- Tuesday, July 18th Picnic in the Park
- Thursday, July 20th Ladies Night Out
- Friday & Saturday, July 21st & 22nd Sweet Corn Festival
- Saturday, July 22nd Pancake Breakfast at Seniors on Center
- Thursday, July 27th Scioto Downs Casino
- Thursday, July 27th Picnic at Clear Fork Reservoir, Carousel Antiques and The Carousel
- Tuesday, August 1st Ohio State Fair
- Tuesday, August 15th Picnic in the Park
- Thursday, August 24th Outstanding Sr. Citizens Award
- Tuesday, August 29th Senior’s Day at the Morrow County Fair

EVENING BINGO

Evening Meal and Bingo
 Suggested Donation of \$4.00
 Be sure to come out for our evening Bingo on Wednesday evening July 5th from 4:30-6:30. A special Thank you is expressed to Bennington Glen for sponsoring this months Bingo!



MEDICARE

If you have any questions about Medicare Marc Follin will be here at Seniors on Center the first Thursday of every month at 1:00 until 3:00 PM.

Marc  will be here July 6th.

Medicare

MONDAY NIGHT MUSIC

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

Monday, July 3

NO MUSIC

Monday, July 10

Meal 5-6PM

Music by Dick Starcher & Friends 6-8PM

Monday, July 17

Meal 5-6 PM

Music—Open Mic 6-8PM

Monday, July 24

Meal 5-6PM

Music by Country Travelers 6-8PM

Monday, July 31

Meal 5-6PM

Music by Darrell McLain—Karaoke 6-8PM

You must make reservations for the meals!

****Band donations accepted****

Technology Training

Are you interested in learning more about your computer, tablet or phone? The Mt. Gilead Library will be having classes on

Tuesdays at 3—4PM with Melissa. She will be available to answer any of your technology questions. Bring your own device or work on the library's computers.

Melissa will be there to help with a computer, laptops, tablets or smartphones.



EUCHRE

Join us for an enjoyable afternoon of Euchre at the Center every Wednesday and Thursday at 12 Noon. We would love to see new faces.

BINGO

On the first, second, and fourth Tuesday of each month we are having

Bingo from 1-3 PM

Hope you will join us!

Beltone at the Senior Center

July 18 10AM—Noon

No appointment necessary

Angela Schneider,
Hearing Care Practitioner

Transportation

We will be offering transportation Monday evening for the meal and music. If you are interested please call the office.

419.946.4191



MORROW CO. SENIOR CLUBS

Cardington Seniors

Friday, July 28th @ 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 11th @12PM

Selover Library, Chesterville

31 State Route 95

Susie Lyle 419-768-3431

Marengo/Fulton Seniors

July 3rd @ 9:00 AM

Breakfast on your own

Farmstead Restaurant

618 State Route 61, Marengo

Monday, July 17th

Carry-In Lunch @ 12 Noon

American Legion Post 710

1549 W C.R. 26, Marengo

Joyce Taylor 419-253-0727

Sparta Good Time Seniors

Tuesday, July 18th @12:30 PM

Highland Pizza—your own cost

6530 State Route 229, Sparta

Dick Sears 419-768-2050

Mt. Gilead Seniors Club

Tuesday, July 18th @12 Noon

At Seniors on Center. Reservations needed. Bring dessert.

Marilyn Sipes 419-468-3500

MORROW CO. SENIOR CLUBS

Morrow County Retired Teachers

October 2nd @ 11:30 AM Lunch

provided by Trinity UMC for \$10.00

75 E. High St, Mt. Gilead

Janet Johnson 419-362-6903



Join us on Tuesday, July 11th at noon to celebrate our July birthdays!

Lawrence Richards

Frances McPeck

Barbara Cole

June Hawk

Paul Stoutemyer

Donald McHenry

Robert Meltzer

Wayne Arnold

Mary Graham

Guy Colflesh

Bonnie Belden

Marnie Buckel

Mike Warwick

June Patterson

Shirley Furr

Roberta Higgins

Ruth Mosher

Geraldine Bean

Shirley Klaiber

Richard Dowalter

Joy Johnson

Joyce Jones

Jennie Cain

Sheree Graham

Ladies Night Out

Thursday, July 20th

5—7:30PM

Game Night

Pizza & Wings

Please call



Picnic at Clear Fork Reservoir

Thursday, July 27

Leave Kroger's 10:30AM

Suggested Donation of \$3.00

for lunch

Then it is on to Mansfield to Carousel Antiques and the Carousel. If you would like to ride the Carousel there will be a fee.

Suggested donation for

Housekeeping

Do you need light housekeeping? Are you over 60? Seniors on Center offers a Homemaker Service. Our Homemaker will do light housekeeping such as sweeping/mopping, dusting, bedding change, and light grocery shopping. We are here to help you with things you are no longer able to do comfortably. The charge is \$5 per hour, with a minimum of one hour. Please contact Ann at 419-946-4191 for more information.



Do you know what's great about living in a small town? Even when you don't know what your doing everyone else does.

A cryptogram is a short piece of encrypted text . To solve this puzzle you must replace the wrong letter with the right one. There are two hints below.

This month's Cryptogram:

CW TWQ DBWA ARISE FHMIS IUWQS NZLZBF ZB I EGINN SWAB? MLMB ARMB TWQ CWB'S DBWA ARIS TWQH CWZBF MLMHTWBM MNEM CWME.

W=O

S=T

Heat Stroke: Symptoms and Treatment

Heat stroke is the most serious form of heat injury and is considered a medical emergency. Heat stroke can kill or cause damage to the brain and other internal organs. Although heat stroke mainly affects people over age 50, it also takes a toll on healthy young athletes.

Heat stroke often occurs as a progression from milder heat-related illnesses such as heat cramps, fainting, and heat exhaustion. But it can strike even if you have no previous signs of heat injury.

Heat stroke results from prolonged exposure to high temperatures—usually in combination with dehydration—which leads to failure of the body's temperature control system. The medical definition of heat stroke is a core body temperature greater than 104 degrees Fahrenheit, with complications involving the central nervous system that occur after exposure to high temperatures. Other common symptoms include nausea, seizures, confusion, disorientation, and sometime loss of consciousness or coma.

Symptoms of Heat Stroke

The hallmark symptom of heat stroke is a core body temperature above 104 degrees Fahrenheit. But fainting may be the first sign.

Other symptoms may include:

- Throbbing headache
- Dizziness and light-headedness
- Lack of sweating despite the heat
- Red, hot, and dry skin
- Muscle weakness or cramps
- Nausea and vomiting
- Rapid heartbeat, which may be either strong or weak
- Rapid, shallow breathing
- Behavioral changes such as confusion, disorientation, or staggering
- Seizures
- Unconsciousness

First Aid for Heat Stroke

Try these cooling strategies:

- Fan air over the patient while wetting his or her skin with water from a sponge or garden hose.
- Apply ice packs to the patient's armpits, groin, neck and back. Because these areas are rich with blood vessels close to the skin, cooling them may reduce body temperature.
- Immerse the patient in a shower or tub of cool water.
- If the person is young and healthy and suffered heat stroke while exercising vigorously you can use an ice bath to help cool the body.

Do not use ice for older patients, young children, patients with chronic illness, or anyone whose heat stroke occurred without vigorous exercise Doing so can be dangerous.



Risk Factors for Heat Stroke

Heat stroke is most likely to affect older people who live in apartments or homes lacking air conditioning or good airflow. Other high-risk groups include people of any age who don't drink enough water, have chronic diseases, or who drink excessive amounts of alcohol.


Heat stroke is strongly related to the heat index, which is a measurement of how hot you feel when the effects of relative humidity and air temperature are combined. A relative humidity of 60% or more hampers sweat evaporation, which hinders your body's ability to cool itself.

The risk of heat-related illness dramatically increases when the heat index climbs to 90 degrees or more. So it's important—especially during heat waves—to pay attention to the reported heat index, and also to remember that exposure to full sunshine can increase the reported heat index by 15 degrees.

JULY ACTIVITY SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 8:30-10AM Silver Sneakers 9AM Marion Co. Fair 9AM Marengo/Fulton Sr. Breakfast 11:30-12:30 Lunch No Music	4 CLOSED FOR INDEPENDENCE DAY	5 8:30-10AM Silver Sneakers 11:30-12:30 Lunch 12 Noon Euchre 5-7PM Meal & Bingo	6 11:30-12:30 Lunch 12 Noon Euchre 1-3PM Marc for Medicare	7 8:30-10AM Silver Sneakers 11:30-12:30 Lunch 12:30PM Bible Study
10 8:30-10AM Silver Sneakers 11:30-12:30 Lunch 5-6PM Meal 6-8PM Music Dick Starcher and Friends	11 9AM Roundtable 11:30-12:30 Lunch 12 Noon Birthday Party 12 Noon Chesterville Sr. Carry-In 1-3PM Bingo	12 8:30-10AM Silver Sneakers 11:30-12:30 Lunch 12 Noon Euchre 12:30 Board Meeting	13 9AM Scioto Downs 11:30-12:30 Lunch 12 Noon Euchre	14 8:30-10AM Silver Sneakers 11:30-12:30 Lunch 12:30PM Bible Study
17 8:30-10AM Silver Sneakers 11:30-12:30 Lunch 12PM Marengo/Fulton Sr. Carry-In 4PM Kroger's Clippers Ballgame 5-6 PM Meal 6-8 PM Music Open Mic	18 9AM Roundtable 10AM-Noon Beltone 11:30 Picnic in the Park Entertainment Sheila Stewart & David Berry 12:30 Sparta Srs Highland Pizza	19 8:30-10AM Silver Sneakers 11:30-12:30 Lunch 12 Noon Euchre	20 11:30-12:30 Lunch 12 Noon Euchre Ladies Night Out	21 8:30-10AM Silver Sneakers 11:30-12:30 Lunch 12:30PM Bible Study
24 8:30-10:AM Silver Sneakers 11:30-12:30 Lunch 12 Noon—4PM Commodities 5-6 Meal 6-8 PM Music Country Travelers	25 9AM Roundtable 9AM—12 Noon Commodities 11:30-12:30 Lunch Noon	26 8:30-10AM Silver Sneakers 11:30-12:30 Lunch 12 Noon Euchre	27 9AM Scioto Downs 11:30-12:30 Lunch 12 Noon Euchre Picnic at Clear Fork	28 8:30-10AM Silver Sneakers 11:30-12:30 Lunch 12 Noon Cardington Srs Lunch 12:30PM Bible Study
31 8:30-10:AM Silver Sneakers 11:30-12:30 Lunch 5-6PM Meal 6-8PM Music Darrell McLain Karaoke				

JULY MENU

Alternative for the week	Monday	Tuesday	Wednesday	Thursday	Friday
3 thru 7 Ham Lettuce & Tomato Fresh Carrots Cranberry Juice Whole Wheat Bread Milk	3 Chicken Drumstick Oven Brown Potatoes Broccoli Grapes Whole Grain Bread Graham Crackers Milk	4 Closed for Independence Day	5 Beef & Noodles Mashed Potatoes Mixed Fruit Pineapple Juice Whole Grain Bread Milk	6 Spaghetti Green Beans Hot apple Slices Cranberry Juice Bread Stick Milk	7 Hamburger with Lettuce & Tomato Baked Beans Apple Juice Whole Grain Bun Whole Grain Crackers Milk
10 thru 14 Tuna Salad Cheese cubes Grapes Pears Pineapple Juice Wheat Bun Wheat Crackers Milk	10 Marzetti Green Beans Applesauce Cranberry Juice Bread Stick Milk	11 Chicken Breast Mashed Potatoes Carrots Mandarin Oranges Whole Grain Bread Cookies Milk	12 Ham Baked Potato Cauliflower Banana Graham Cracker Whole Wheat Bread Milk	13 Salisbury Steak Mashed Potatoes Succotash Apple Juice Graham Crackers Whole Grain Bread Milk	14 Honey Mustard Chicken Brown Rice Beets Orange Juice Whole Grain Bread Milk
17 thru 21 Egg Salad Cottage Cheese Applesauce Fresh Fruit Grape Juice Wheat Crackers Whole Wheat Bun Milk	17 Meatloaf Mac & Cheese Corn Mandarin Oranges Apple Juice Whole Wheat Bread Milk	18 Roast Beef Mashed Potatoes Carrots Orange Juice Whole Grain Roll Milk	19 Chicken Noodle Casserole Peas Applesauce Cranberry Juice Whole Grain Bread Milk	20 Lasagna Broccoli Banana WW Bread Milk	21 Chicken Strips Ranch Fries Tossed Salad Pears Whole Grain Bread Fruit Jello Milk
24 thru 28 Chicken Salad House Salad Fresh Broccoli Mandarin Oranges Whole Wheat Bread Milk	24 Pork Chops Baked Potato Malibu Vegetables Applesauce Bread Stick Milk	25 Chicken Patty Peas & Carrots Mixed Fruit Orange Juice Graham Crackers Whole Grain Bread Milk	26 Salisbury Steak Mashed Potatoes Broccoli Grape Juice Graham Crackers Whole Grain Bread Pudding Milk	27 Chili Tossed Salad Peaches Apple Juice Cornbread Oyster Crackers Milk	28 Roasted Turkey Red Skin Potatoes Green Beans Tropical Fruit Whole Grain Roll Milk
31 thru 31 Ham Lettuce & Tomato Fresh Carrots Cranberry Juice Whole Wheat Bread Milk	31 Chicken Drumstick Oven Brown Potatoes Broccoli Grapes Graham Crackers Whole Grain Bread Milk		Suggested \$3.00 Donation One day advance reservations required	Lunch is served 11:30 Until 12:30	