

Golden Times

February 2018
Issue II

CLOSED

**Monday, February
19th in observance
of**

Presidents' Day

Find the



hidden inside this news-
letter. When you find the
cherries call the center at
740-852-3001 by Friday,
February 16th and tell us
where it is located. If cor-
rect, your name will be
entered into a drawing to
win 5 free lunches. Last
month the snowflake was
found on page 5.

Congratulations to Karen
Graves the lucky winner!

2018 Governing

Board Members

Donna Sheridan-President

Jerry Tompkins-Vice President

Shirley Witwer-Secretary

Jean King Eilene Duncan

Larry Gessel

Sharon Manion

Loretta Anthony

Steve Saltsman

Madison County Senior Citizens Center



Brrrrr...Wow what a winter it has been so far, record cold, snowy; a real Ohio winter. As someone who enjoys the four seasons, I actually enjoy winter, although I have to admit I haven't been wildly keen about the extreme cold. Remember to check on fellow seniors, make sure they are staying warm or just a "how are you doing" call. Winter can be a very lonely time.

We are planning to do a Saturday Bingo event on March 24th starting at 1:00 p.m., save the date. For our bingo players, we know you are missing bingo. We sure hope you can join us for the afternoon, there will be regular bingo, door prizes and some special surprises. The more players, the bigger the pay-outs. Doors open at 12:00, come early and have some lunch. You will be able to purchase your tickets in advance or the day of the event. Open to our members and to the public. Stay tuned for details.

Another senior center fundraiser is our euchre tournaments. We've had two so far and they have gone well. We've learned a little each time, hoping to make it a smooth process, while making it a fun afternoon. It is open to our members and the public, watch for our ad in the Madison Messenger and also our Facebook page. We will also have signs posted around the center with the next date...coming soon.

I have big dreams for the center, one is paying off the mortgage early. We have been really trying, but hey, I'll just throw this out there. Anytime you would like to make a donation to the center toward that cause or remembering us in your estate planning, we would really appreciate it. Wouldn't it be fun to have a big mortgage burning celebration...I think it would? There is so much we could do, more services we could offer, if only we didn't have to make that mortgage payment every month. No, I'm not too proud to beg a little on the centers behalf. Thank you for your continued support of the center.

Thank you for the laughter I hear every day and thank you to everyone that helps at the center everyday!

Misty



Above: Some of the seniors that came in for our end of the year party. Everyone enjoyed catching up after the holiday season. We had some fun, good food and a movie!



The Adult Day Center clients and staff, along with Barb Gordin (semi professional player) had a great time playing chair volleyball one cold January morning. Sometimes I think people believe our seniors sit around in rocking chairs all day which couldn't be further from the truth. Some of these players pack a punch!



Below: Pictures of activities one fine Friday morning. Our chime players playing some of our favorite tunes and the Adult Day Center playing Hang Man. They are quite good at this! Also Bob Schaffer, Roy Johnson & Doris Spahn in the Painting Class. Very talented individuals!



High Euchre Score

1-8-18 Tom Rutschilling 81

1-22-18 John Henry 75

High Bridge Score

1-3-18 Doug Pyles 3370

1-10-18 Kate Sparks 4740

1-24-18 Jerry Cummins 4460

**Rays of Hope for Seasons of Life
Support Group**

Every Tuesday at 1:30 p.m.

We are 1 month closer to Spring, yeah! If questions please feel free to reach out by phone or email. Often February is difficult if we have lost a loved one to death or any other loss we may be experiencing. Support groups allow us to listen to others and at the same time process our own difficult season. Socially, winter may bring on what is called, Winter Blues. Finding a safe and confidential group will often bring hope for the future. Always room for 1 more person. Donna Wharton is credentialed with the Board of Christian Professional and Pastoral Counselors.

dmwharton342@yahoo.com

740-490-5936

FOOT CARE AVAILABLE

Call the center to make an appointment with Heather, a state licensed, certified foot care nurse.

Fee for this service is \$30, cash or check.

740-852-3001

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.

Monday:

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

5:00 p.m.- Beginner Line Dancing

6:00 p.m. - Advanced Line Dancing

Wednesday:

9:00 a.m. - Chair volleyball

9:30 a.m. - Woodcarvers

10:30 a.m. -Aerobics/Strengthening Class

12:05 p.m. - Bridge

1:00 p.m.- Yoga resuming February 7th

2:00 p.m.- Diabetes and Weight Loss Support Group

Thursday:

9:00 a.m. - Chair volleyball

9:00 a.m.- No Fun Bingo until March 1st

Friday:

9:00 a.m.- Painting Class with Harry Croghan

10:00 a.m.- Chimes 1st and 3rd Fridays

10:00 a.m.- Choir resuming March 9th and 23rd

1:00 p.m.- Free Movie and Popcorn at the senior center. See what is playing on page 4.

****Fitness Room open Mon.-Fri. 8 a.m. to 4 p.m.**

and Tuesdays until 7:30 p.m.

Showcase Displays

February: Harry Croghan will add another installment of art from the inmate program he instructs.

Also Vicky Victor will display jewelry, some from the 40's, 50's and 60's, for a Valentine's Day theme.

2018 Senior Center Dues

Please pay your \$15 dues for 2018 as soon as possible. Bring them in to the Senior Center office or mail in to:

Madison County Senior Center, 280 West High Street, London, OH 43140.

Cash or Check accepted

Adult Day Center News

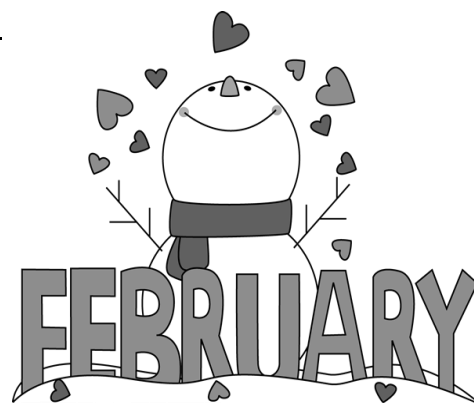
Good Bye January! Maybe by the end of this month our toes will have thawed out. We would like to thank everyone for their patience during January's nasty weather. We understand the inconvenience to you. It was so nice to get back to a regular schedule.

Happy Groundhog's Day (February 2), Happy Valentine's Day (February 14) and Happy President's Day (February 19). We will be closed on President's Day.

We will be celebrating Diana Elam's birthday this month on the 20th, Joanna Sadler on the 25th and Ruth Kennedy on the 26th. We love to celebrate!

Have a Fantastic February and remember Spring is just around the corner!

Beth, Pam and Jeanna



**Free
Popcorn!**

Friday Cinema



February 2- Groundhog Day-Bill Murray, Andie McDowell, 1993 PG Comedy

February 9-Playing for Keeps-Gerard Butler, Jessica Biel, 2012 PG-13 Comedy

February 16-Going in Style-Morgan Freeman, Michael Caine, 2017 PG-13 Comedy

February 23-Last Flag Flying-Steve Carell, Bryan Cranston, 2017 R Drama

****Movies subject to change due to availability**

Welcome New Members!

Joan DeBord Dale Wheeler Eileen Coil
 Dorothy Smith Pauline Mowery Diane Kristoff
 Jerry & Lynn Cremeens LaDonna Preston
 Ken & Martha Strausbaugh Linda Green
 Tina Swiss Howard Foust

Contact Information Update

If you believe that your phone number, address, emergency contact name and phone number have changed since you joined, please contact the center at 740-852-3001 so that we can update our files.



LaComedia 2018!

We are going to see a couple of great shows this year! We will be attending Annie on July 5th and Driving Miss Daisy on August 30th.

Annie is America's favorite cartoon sweetheart and is one of the most popular Broadway shows of all time. It is a delightful mix of villains, cute little girls, gangsters, presidents, billionaires, butlers and bums. Glowing with carefree dances, gentle humor and music such as It's the Hard Knock Life and its theme "Tomorrow".

Driving Miss Daisy is the 1988 Pulitzer Prize winner and highlights the unlikely relationship between an aging, crotchety white Southern lady and a proud, soft-spoken black man. The two become close in a humorous and beautiful journey of friendship when Daisy wrecks her car and must rely on the services of a chauffeur.

We have reserved a limited number of seating for each show. Cost per show is \$65 which includes motor coach transportation, a great show, and fabulous buffet lunch including dessert, coffee, tea and milk. Server and driver tips are not included.

Reserve your seat by putting \$35 down per show you wish to attend, with the balance due for Annie by May 25th and balance due for Driving Miss Daisy by July 23rd. Or you may, of course, pay in full at the time you sign up.

Twix Cookies

Cookie:

1 ½ cups unsalted butter
 1 cup powdered sugar
 1 teaspoon vanilla
 3 cups flour
 ¼ teaspoon salt

Caramel Layer:

15 ounces Kraft caramels
 2 tablespoons half & half or cream

Chocolate Layer

2 cups milk chocolate chips & 2 teaspoons shortening Enjoy!

In The Kitchen With Joanna

Make cookies: Preheat oven to 350 degrees F. In a large bowl, cream butter and sugar together. Add vanilla, flour and salt. Mix well. On a lightly floured surface, roll dough out to 1/2 inch. Cut out cookies with a small biscuit cutter (into sticks). Bake for 14-16 minutes. Cool.

Caramel: Place in a microwave safe bowl caramels and cream. Melt according to package directions. Spread over top of cookies. Cool.

Chocolate: In a microwave safe bowl place chocolate chips and shortening, melt in 30 second increments. Spread over top of cooled caramel. Let set until chocolate cools.



UPCOMING DAY TRIPS!!



FEBRUARY MYSTERY LUNCH—Thursday, February 15th. Trip fee \$5 to ride the van. Leaving the center at 10:45 a.m.

DISPATCH SPRING HOME AND GARDEN SHOW-Wednesday, February 21st. Fee for this trip is \$5. We will leave the center at **10:00 a.m.** **We will make a stop for lunch before we go into the show.** You will pay for your ticket at the door. Discount tickets are available at Lowe's.

HISTORIC HERTZLER HOUSE MUSEUM-Wednesday, March 14th. Leaving the center at **9:30 a.m.** Van fee is \$5 and pay \$5 entry at the museum. This is the former home of Daniel Hertzler , a pre civil war Mennonite milling and distillery magnate in Springfield. The house was built in 1854 in the Pennsylvania bank style of architecture. It is the largest historical residence in Clark County. We will receive a tour from a volunteer docent. Lunch after the tour at O'Charley's on your own.

MARCH MYSTERY LUNCH– Wednesday, March 28th. Fee for van is \$5. I've heard some great reviews about this one. Leaving the center at 10:30 a.m.

QUILTERS ONE STOP SHOP HOP IN DAYTON-Friday, April 6th. Fee for van transportation is \$5 and pay your own \$5 entry fee at the door. Lunch is on your own. Leaving the center at 8:30 a.m.

APRIL MYSTERY LUNCH-Wednesday, April 11th. Van fee is \$5. We will leave the center at 10:30 a.m.

SNOOTY FOX THRIFT SHOPPING-Friday, April 27th. This trip is so much fun! We leave the Senior Center at 9:00 a.m. and visit 5 Snooty Fox stores, receive free snacks, beverages and wine throughout the day. We get discount coupons to use at the stores! Trip fee is \$25 motor coach transportation. Lunch is on your own. Sign up early to guarantee your seat. We will only be taking 1 bus. Please pay when you sign up for this trip. Anyone that has not paid by March 1st will possibly forego their seat to someone on the waiting list.

THE WILDS (June of 2018) - We are planning to take a motor coach to The Wilds. If you are interested in joining us let us know. We are unable to get an exact date for this trip until the beginning of February when the office at The Wilds is open again. I am hoping we can do the Open Air Safari Tour. I will know more about the fee after February.

******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!!**

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. If you have questions please contact Janisse at 740-852-3001.

Delightful Dining

Don't forget to sign up for Delightful Dining so we can make accurate reservations!

Ride the vans for \$5.00 per person while the seats last or you may drive and meet us there.

Monday, February 5, 2018

Los Mariachis

225 Lafayette Street

London, OH 43140

No vans for this trip. Please arrive at the restaurant around 5-5:15 p.m. Thank you!

Monday, March 5, 2018

Old Bag of Nails

4065 Main Street

Hilliard, OH 43026

Vans leaving the center at 5 p.m. and arrive at the restaurant at 5:30 p.m. Thank you!

Overnight Trips

Trip meeting for Canyonlands: February 28th at 12:15 p.m. Come see what it's all about!

2018 The Ark Encounter— May 17-18, 2018 Two days, 1 night. Admission to The Ark, tour the Kentucky Horse Park, visit St. Mary's Cathedral Basilica of the Assumption to see the largest stained glass window in the world, the Creation Museum, free time at Newport on the Levee, sightseeing cruise on the Ohio River. There will be a dinner stop on the way home (on your own). Includes 1 breakfast and 1 dinner. Double-\$329 pp, Single \$409. Triple pp-\$325. **Balance due by April 6, 2018.**

Philadelphia Freedom Tour— September 5-8, 2018 Three nights, 4 days, admission to Independence Hall, The Liberty Bell, American Revolution Museum, Gettysburg Battlefield tour, tour of Philadelphia and Amish Country, QVC Studio Tour, Flight 93 Memorial. Deposit is \$100 and half of balance due by April 1 and the **final payment due by July 1, 2018.** Double-\$749 pp, single-\$899 pp and triple-\$699 pp. Travel insurance available. Send your payments for this trip to Prime Tours, 7177 Dublin Road, Dublin, OH 43017.

Canyonlands of Arizona & Utah—September 10-18, 2018 Nine days, 8 nights, round trip air fare, motor coach & rail transportation, 11 meals, 8 nights hotel lodging, entrance fees and baggage handling, gratuities for local guides and porters. Deposit of \$250 by March 16, 2018 will reserve your seat with the balance due by June 8, 2018. \$2,599 pp/Double, \$2,549 pp/Triple, \$3,099 pp/Single.

2019 Alaskan Cruise 2019-September 9-18, 2019 Nine night, 10 day tour & cruise. Includes a night in Seattle before the cruise and a night in Vancouver post cruise, flight from Columbus to Seattle and return from Vancouver, transfers in Seattle & Vancouver, all meals on board the Carnival Legend, cruise highlights include Tracy Arm Fjord, Skagway, Juneau, Ketchikan, choose your own excursions. **Estimated** flight, air and cruise \$2725 pp double interior, \$3425 pp double balcony, \$3625 pp single interior, \$4325 single balcony. **Deposit \$400 pp by February 22nd** to guarantee your spot, with final payment due by June 1, 2019.

HOARDING AND FIRE SAFETY

What is hoarding?

Hoarding is defined as collecting or keeping large amounts of various items in the home due to strong urges to save them or distress experienced when discarding them. Many rooms in the home are so filled with possessions that residents can no longer use the rooms as designed. The home is so overloaded with things that everyday living is compromised.

Why do people become hoarders?

Hoarding is a mental disorder that can be genetic in nature, triggered by traumatic events, or a symptom of another disorder, such as depression, obsessive compulsive disorder, or dementia. Studies have found that hoarding usually begins in early adolescence and gets worse as a person ages. It is more common among older adults.

Why hoarding increases fire risks.

- Cooking is unsafe if flammable items are close to the stove or oven
- Heating units may be too close to things that can burn. They might also be placed on unstable surfaces. If a heater tips over into a pile, it can cause a fire.
- Electrical wiring may be old or worn from the weight of piles. Pests could chew on wires. Damaged wires can start fires.
- Open flames from smoking materials or candles in a home with excess clutter are very dangerous.
- Blocked pathways and exits may hinder escape from a fire.

Why is hoarding an issue for the fire fighters?

- Hoarding can be a fire hazard. Many occupants die in fires in these homes. Often, blocked exits prevent escape from the home. In addition, many people who are hoarding are injured when they trip over things or when materials fall on them.
- Responding firefighters can be put at risk due to obstructed exits, falling objects, and excessive fire loading that can lead to collapse. Hoarding makes fighting fires and searching for occupants far more difficult.
- Those living adjacent to an occupied structure can be quickly affected when a fire occurs, due to excessive smoke and fire conditions.

B	Judy Hastings	115	Bill Link	131	Skip Fout	120	Carolyn Garver	136
O	Karen King	135	Larry Threlkeld	122	Beverly Evans	136	Barb Florence	96
w	Carl King	163	Paul Hackworth	155	Dave Anders	120	Carol Nafzger	123
L	Barb Gordin	121	Charlie Johnson	150	Barb Cooper	88	Ray Sheridan	161
I	JR Venrick	159	John Conn	148	Cecil Herman	100	Joe Brohard	109
N	Barb Andrix	101	Gene Noble	110	Jim Harden	120	Brenda Gonzalez	120
G	Gary Sollars	120	Duane Glass	180	Valerie Mabra	136		

February Birthdays



Patron	Birthday	Patron	Birthday
Gorman, Ruth	02-01	Ballard, Eleanor	02-18
Wright, Donald	02-02	Jones, James	02-18
Brohard, Joe	02-02	Duncan, Eilene	02-18
Buekers, Joan	02-03	Cress, Carl	02-18
Harrington, Don	02-03	Clark, Joseph	02-18
Scaggs, Carole	02-03	Ell, Reta	02-19
Ison, Robert	02-04	Tompkins, Jerry	02-19
Carter, William	02-04	Keene, Delbert	02-19
Rowland, Debbie	02-04	Weddle, Alma	02-21
Watkins, John	02-06	Pratt, Jane	02-22
Lowery, Melvin	02-06	Poland, Shirley	02-22
VanHoose, Irene	02-07	Reynolds, Michael	02-23
Emrick, David	02-07	Daniels, Joan	02-23
Anthony, Loretta	02-08	Geesling, Linda	02-23
Hart, Sandy	02-09	Miller, Joyce	02-24
Bidwell, Keith	02-10	Milstead, April	02-24
Compston, Anna	02-10	McGuire, Thomas	02-25
Finney, Diana	02-10	Moore, Freddy	02-25
Rife, Barbara	02-10	Sadler, Joanna	02-25
O'Connor, Brenda	02-10	Lawles, John	02-25
Wilson, Carolyn	02-11	Penwell, Gloria	02-26
Coulson, Juanita	02-12	Kennedy, Ruth	02-26
Darding, Vaughn	02-12	Newman, Walter	02-27
Watts, Patricia	02-12	Mason, Gilbert	02-27
Heiman, Gary	02-12	Darding, Jean	02-27
Farler, Lois	02-13	Pickens, Joyce	02-27
Strine, John	02-14	Stryker, Cally	02-27
Layne, Mary Ann	02-14	Krerowicz, Lorraine	02-28
Forrest, Patricia	02-15	Hanna, Richard	02-28
Alt, Dorothy A.	02-15	Steele, Darlene	02-28
Grooms, Linda	02-16	Ervin, Arlene	02-28
Owens, Betty	02-17	Stryker, Kent	02-28
Streit, Karen	02-17	France, Ronald	02-29
Walters, Patty	02-18		



Bingo!!

Saturday, March 24th

Café opens for lunch at noon

Bingo begins at 1 p.m.

Regular Bingo and Door Prizes!!

The more players the bigger the payouts!

Open to Senior Center members and to the Public!



LOTTERY TREE

RAFFLE

February 1st-March 30th

**Get your raffle tickets at
the center front office.**

1 for a \$1 or 6 for \$5

As I Get Older.....

1. Even duct tape can't fix stupid-but it sure does muffle the sound.
2. Wouldn't it be wonderful if we could put ourselves in the dryer for ten minutes, then come out wrinkle-free and three sizes smaller?
3. Lately, I've noticed people my age are so much older than me.
4. "Getting lucky" means walking into a room and remembering why I'm there.
5. When I was a child, I thought nap time was punishment. Now it feels like a mini vacation.
6. Some days I have no idea what I'm doing out of bed.



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Madison County Senior Citizens Center

Dated Material

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

February 2018



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, Daycare Aide

Pam Chenos, Daycare Aide

Jeanna Bernard, Daycare Aide

Bonnie Radcliff, Daycare Aide/Substitute

Sandy Darlington, Daycare Aide/Substitute

Jackie Cain, Homemaker

Joanna Sadler, Chef

Steven Wehrs, Cook

Brenda Castle, Transportation Coordinator

Carolyn Wilson, Driver

Wayne Bricker, Substitute Driver

Betty Lawrence, Substitute Driver

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.