

Golden Times

August 2019

- Issue VIII

Madison County Senior Citizens Center



Find the



hidden inside this newsletter. When you find the iced tea, call the center at 740-852-3001 by Friday, August 16th and tell us where it is located. If correct, your name will be entered into a drawing to win 5 free lunches. Last month the hotdog was on the page 4.

Congratulations to Bailey Baynes, the lucky winner!

OSHIIP will be here Monday, September 23rd at 9 a.m. to help with your Medicare questions.



2019 Governing Board Members

Donna Sheridan-President

Jerry Tompkins- Vice President

Shirley Witwer-Secretary

Eilene Duncan

Sharon Manion

Loretta Anthony

Steve Saltsman

Hello August!

It is July 23rd as I am writing this, it is a beautiful day today, perfect actually, but good gracious, it has been a HOT one! Are you feeling the heat, come to the center and hang out, it is nice and cool. Come in and play some cards, do a little exercise, enjoy a nice lunch at the senior café, play some billiards, on Friday's you can come in and enjoy a free movie with popcorn. Come on in and chill with your friends or come in and make new friends. Also be sure to check on your friends and neighbors, invite them to the center, summer isn't over yet and who knows if we will get another extreme hot spell again. We are on the list as a cooling center with the Emergency Management Agency if they need our space, but let's hope we don't get any more 100+ degree days again this summer. I'm not a big fan of the extreme heat, too dangerous for everything and everyone.

I have been busy the last few months with new grant contracts, by new, I mean we have to reapply every four years for our grant funding, and then if that contract is approved you have to do an annual renewal of the same contract confirming you still qualify for the funding, welcome to my world. Anyway, I have been busy with our Alzheimer's Respite and our Title III. We were awarded our new 4 year Alzheimer's contract with a slight increase, which is awesome. We won't know about our Title III until September. I also asked for a slight increase on this contract, but we'll see, not a lot of funding to go around, but it didn't hurt to ask for it. I'll keep you posted. Now it's time to get ready for our bingo audit on the 29th of July... Even with all of this I did get to go on a day trip in July. I had an amazing day with all the members that went, I wish I could go more often but someone has to stay and keep the lights on. LOL.

I wanted to take a moment to thank one of our members for their generous donations in the last few months, we've had a lot of repairs to make lately, the building is getting old, 20 years, along with all of the stuff in it, by stuff I mean equipment and this thoughtful person has given the center two large donations to help with the expenses. Now, I'm not a big hugger and frankly I don't really think this person is either, but they got a hug from me, you know sometimes thank you just isn't enough. Sincerest appreciation!!

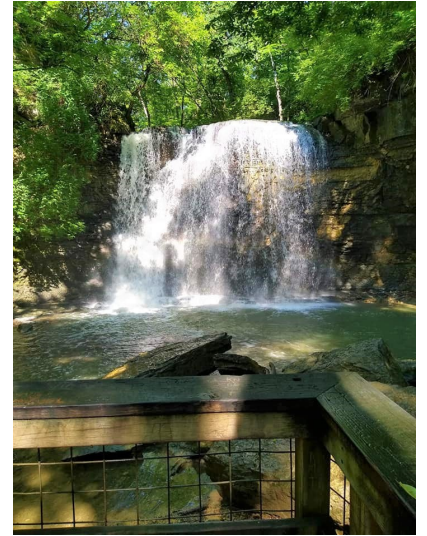
Once again we have a couple openings in our Adult Care Program, we have a couple new members since last month's newsletter, but sadly a couple more members have left the program. If you know someone or a family that would benefit from our respite program please have them contact me.

Thank you to all the members for the laughter I hear every day and to everyone that helps at the center every day! Keep cool!

Misty



The Hayden Run water falls in Columbus were amazing! The group had a great time enjoying nature and the falls. The Indian Run falls weren't quite as big but it was a very nice walk back to see them. These falls are just a short walk from major freeways and city life but you would think you are way out in the woods.



Above: Big thanks to Carolyn Elfrink! She brought in floral arrangements twice in July to share with us. The flowers are from her flower beds at home.



Above: Ralphie's house from the movie, A Christmas Story. We had a great tour guide, Ernie.



Above: Senior members toured the Christmas Story movie house, Castle Noel and b. a. Sweetie Candy Company in the Cleveland area. It was all a lot of fun.

Below: Rocking chairs made from clothes pins! They were made by the Adult Day Center clients. Adorable!



Left: Volunteers, Donna Sheridan, (left) and Karen Cooper made a patriotic cake for our July Birthday Monday Lunch.

It was just beautiful and enjoyed by all!



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.

High Euchre Score

6-24-19 Burt Scott & Renee Tiebout 76

7-1-19 Burt Scott 73

7-8-19 Bertha Hilsheimer 80

7-15-19 Thomas Rutschilling 70

High Bridge Score

6-19-19 Barbara Tope 5050

6-26-19 Jerry Cummins 4210

7-10-19 Phil Florence 6050

7-17-19 Betty Cummins 4430



Rays of Hope For Seasons of Life Support Group

In August we will start the walk through the following, Experiencing Grief by H. Norman Wright, PH.D. He has lost his son and wife therefore writes from a personal and educated prospective. This is the first time since last fall we have dealt with grief. There are many times you may have thought, I need to talk to someone or attend a support group, well the time has come. **Every Tuesday at 1:30 p.m.** at the Senior Center you will find many who understand the pressure of life as we experience change. Do not become isolated with fear of tomorrow with no hope for today. Questions call or text:

. Donna Wharton Care Counseling
cell -740-490-5936
E-mail—dmwharton342@yahoo.com

WEEKLY SCHEDULE

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.- 7:00 p.m. Line Dancing

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 resumes August 14th

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

Thursday:

9:00 a.m.. - Chair volleyball

9:00 a.m.- Fun Bingo August 1st and 15th

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 August 2nd and 16th

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



UPCOMING DAY TRIPS!!



CIRCLEVILLE QUILT SHOW—Thursday, August 1st. Fee for this trip is \$5. Leaving the Center at 8:30 a.m. and leave the quilt show at 11:30 a.m. Lunch on your own at the quilt show and we will stop for ice cream on the way home in Mt. Sterling.

AUGUST MYSTERY LUNCH—Wednesday, August 7th. Trip fee is \$5. Departing the Center at 10:30 a.m.

TECUMSEH—Thursday, August 15th. We will leave the Center that day at 3:45 p.m. and return approximately at midnight. Expect small amounts of walking with time to rest on the coach and between attractions.

ON GOLDEN POND AT LACOMEDIA—Friday, August 23rd. Your \$65 fee includes motor coach transportation, buffet lunch with dessert and drink, and the play. Server and driver tips not included. **The motor coach will leave that morning at 9:30 a.m.**

CINCINNATI REDS VS PHILADELPHIA PHILLIES—Thursday, September 5, 2019. We will leave the Senior Center at 10:15 a.m.. The game begins at 12:35 p.m. We will be seated in the lower level infield box seats. The Reds are celebrating the 150th anniversary of the baseball's first professional team!

SEPTEMBER MYSTERY LUNCH—Wednesday, September 25th. We will leave the Center at 10:30 A.M. Fee for this trip is \$5.

COLUMBUS ZOO—Tuesday, October 1st. We will leave the Center at 9:00 a.m. Trip fee is \$5. You will pay your zoo admission when we get there. On Tuesdays Seniors get in for half price. So your admission should be \$8.50. Lunch is on your own at the zoo. You can pack a lunch if you want but you will need to carry it with you.

SNOOTY FOX UPSCALE THRIFT SHOPPING!—Friday, October 11th. Please pay by August 12th. Fee for this trip is \$25 which is for your motor coach transportation. Lunch and driver tip not included. Those not paid by **August 12th** will risk losing their seat to someone on the wait list. Thanks! The bus will leave the Center at 9:00 a.m. Lunch is on your own at 1 of the stops.

PUMPKIN SHOW—Wednesday, October 16th. Trip fee will be \$5. Lunch is on your own at Pumpkin Show. We will leave the Senior Center at 9:00 a.m. and leave the Pumpkin Show at 1:00 p.m.

Call the Center at 740-852-3001 for more information or to sign up!

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!!**

Delightful Dining

Sign up early! Sometimes late reservations cannot be accommodated at the restaurants.

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

Monday, August 5, 2019—City BBQ, 2261 Stringtown Road, Grove City, OH 43123

Vans will leave the center at 4:30 p.m. and arrive at the restaurant at 5:15 p.m.

Tuesday, September 3, 2019—Loretta's, 12 East Pike Street, Christiansburg, OH 45389

Vans will leave the center at 4:00 p.m. and arrive at the restaurant at 5:00 p.m.

2019 Overnight Trip Information

Alaska Cruise September 9-18, 2019. If you have questions or need help with booking excursions or paying for prepaid items on the cruise, call Janisse at the Center, 740-852-3001.

Christmas at the Biltmore—December 4-7, 2019 **Still room on this trip!** Four days, 3 nights. Includes motorcoach transportation, 3 nights lodging, 3 breakfasts, 3 dinners, all shows and admissions, baggage handling, tips for driver, guides and porters, professional tour manager, travel insurance. Double \$899 per person, Triple \$884 per person, Single \$1,099 per person. **Deposit of \$150 per person will secure your reservation, with the balance due by September 15, 2019.**

2020 Trips

Mackinac Island and the Marvels of Michigan—June 22-25, 2020. \$959 per person, double, \$1,199.00 per person, single. Includes motorcoach transportation, 3 nights lodging, 3 breakfasts, 1 lunch and 2 dinners, all sightseeing & admissions, baggage handling tips for local guides and porters, tour manager, travel insurance. Visit Frankenmuth, Mackinac Island, the Grand Hotel and more! Deposit of \$100 per person secures your reservation, balance due by April 3, 2020.

Canada & New England Cruise—September 16-26, 2020. \$1281 pp Interior, \$1541 pp Ocean view. \$250 pp non refundable deposit holds your reservation on the cruise starting in Baltimore, MD, Boston, MA, Portland, ME, Bar Harbor, ME, St. John, New Brunswick and Halifax, Nova Scotia. We depart from Fellowship Baptist Church in Columbus and travel by motorcoach to Baltimore, MD. Price does not include travel insurance, shipboard gratuities, excursions, specialty onboard dining, casino play, specialty drink packages, or other onboard activities that carry a surcharge.

Mid-Atlantic Rail Adventure and Washington D.C. Tour—October 20-23, 2020. \$999 per person, double, \$1,279 per person, single. Includes motorcoach transportation 3 nights lodging, 3 breakfasts and 2 dinners, all sightseeing & admissions, baggage handling, gratuities for city guides & porters, tour manager, travel insurance. Tour to Pittsburgh, the nation's largest port, Station Square, river cruise on the Gateway Clipper. Travel by train to Washington, DC. through the Allegheny Mountains into the Potomac Valley. Tour DC that afternoon and the next day seeing Capitol Hill, White House, The Mall, Washington Monument. Stops made at Lincoln Memorial, Roosevelt Memorial, Korean & Vietnam War Memorial, World War II Memorial, Arlington Cemetery, the National Shrine and more. Deposit of \$100 per person secures your reservation with the balance due by July 15, 2020.



Free Friday Cinema at 1 p.m.

Free Popcorn!

| | | | |
|-----------|---|-------------------------------|----------------------------|
| August 2 | The Guardian | Kevin Costner, Ashton Kutcher | 2006-PG 13-Drama |
| August 9 | Isn't it Romantic | Rebel Wilson, Liam Hemsworth | 2019-PG 13-Romantic Comedy |
| August 16 | Elvis Presley-The Searcher, 42nd Anniversary of Death of Elvis 2018 <u>THIS MOVIE STARTS at 12:00 noon</u> Documentary | | |
| August 23 | Indivisible | Justin, Bruening, Sarah Drew | 2018-PG 13-Drama/Faith |
| August 30 | Breakthrough | Chrissy Metz, Josh Lucas | 2019-PG-Drama/Faith |

Players Needed!

Do you like to laugh and have fun? We need Chair Volleyball players! I know it sounds like something "old" people do but if you are young at heart I know you would enjoy it. It really is a blast and it is good upper body exercise.

They play Monday, Wednesday and Thursdays at 9:00 a.m. You don't have to play on all 3 days but you are welcome to. All you have to do is show up, no need to call ahead.

GETTING TO KNOW YOU, FEATURING..... Ramona Blue

- ! The person that influenced Ramona the most was her mother in law.
- ! The happiest moment of her life was when she had her hysterectomy.
- ! Ramona's earliest memory was at age 4, rocking her baby brother.
- ! Her favorite thing to do is decorate.
- ! The Korean War is the world event that had the most impact on her.
- ! She is most proud of her children.
- ! Ramona's favorite thing about our Senior Center is meeting new people.

| | | | | | | | | |
|--|------------------|-----|-----------------|-----|------------------|-----|------------------|-----|
| B O W L I N G | Andrix, Barb | 85 | Florence, Barb | 97 | Harden, Jim | 120 | Noble, Gene | 113 |
| | Cameron, Brenda | 120 | Florence, Phil | 120 | Hastings, Judy | 120 | Pickens, Ann | 102 |
| | Cameron, Carol | 120 | Fuchala, Joe | 120 | Herman, Cecil | 111 | Ridolfo, Linda | 162 |
| | Cameron, Richard | 120 | Garver, Carolyn | 134 | Johnson, Charlie | 145 | Sheridan, Ray | 177 |
| | Conn, John | 133 | Glass, Duane | 120 | King, Carl | 166 | Threlkeld, Larry | 112 |
| | Cooper, Barb | 95 | Gordin, Barb | 101 | King, Karen | 139 | Venrick, JR | 156 |
| | Cwiekalo, Bert | 132 | Hackworth, Jane | 120 | Link, Bill | 144 | Weisman, Deb | 88 |
| | | | Hackworth, Paul | 151 | McDonley, Dolly | 120 | Wilson, Susan | 120 |
| | | | | | | | | |

Holiday Bazaar

Saturday, November 2, 2019 9 a.m.—2 p.m.

If you are interested in being a vendor at the Bazaar, please call the Center or stop in and sign up. Senior Center members pay \$15 per table space and non members pay \$20 per table space. We have sold half of our table spaces already!

Everyone not selling, please mark your calendars for this fun day at the Center. We always have our great free raffle prizes and the Senior Café open for breakfast and lunch items. Lots of beautiful things to buy to get you in the holiday spirit as well.

Time for School!!

Once again we are collecting school supplies for kids that cannot afford them.

This year we will send them to Fairhaven School here in London. Please bring your donations in by August 19th.

Some items needed are tissues, 8 count fat crayons, washable markers, baby wipes, pencil boxes, disinfectant wipes, sandwich and gallon size Ziploc bags, Fat Purple glue sticks.

Thank you in advance for your generosity!



Welcome New Members

Peggy Morris

Carol Conn

Greg Ellars and Nancy Saxour

Ron Moore

Rick and Penny Heaberlin

Wilbur Evans

Beau Parks

Adult Day Center

August already!

We are pleased to welcome Bobbi Boggs to our ADC Family. We all enjoyed making rocking chairs as a craft. See the picture on page 2. Thank you Bonnie Radcliff for your wonderful ideas! They really turned out great.

Thank you to Sandy Darlington for her yummy treats. Special thanks to Cricket Lindsey and many others that donate to our needs. We cannot ever forget Karen Cooper for all she does. She comes and plays beautiful music for us as well as other things.

We sure do miss Charlie (the therapy dog) and Marilyn. We hope that they are enjoying retirement! Love and miss you! It is with heavy hearts that we learned of the passing of Linda Fortaleza. Rest in peace honey-you will be greatly missed.

Beth and Jeanna have had a chance to take some vacation time also. Thank you Bonnie!

Thanks to all our volunteers-Bonnie, Sandy, Diane, Janet, Shannon and Karen!

Have a safe August!

Beth and Jeanna



HEALTHY U CLASSES

Living with Chronic Illness

Madison County Senior Center

THURSDAYS October 3-November 7th

1:00 p.m. to 3:30 p.m.

Do you have a chronic health condition that affects your everyday life? Then **Healthy U** is for YOU!

Healthy U is a free, six-session self-management workshop that has been proven to help people manage their symptoms better every day. If you have a condition such as diabetes, arthritis, asthma, heart disease, chronic pain, or other chronic conditions, you know the challenges.

During the series of six 2.5-hour sessions, participants learn to:

- Communicate with your doctor and family members about your condition
- Be more physically active
- Eat better
- Deal with negative emotions
- Set achievable goals

Attendance is required at all six sessions. Registration for Healthy U workshops is required. Call the Center at 740-852-3001 to sign up by September 23rd. Space is limited.



Our fitness room is open Monday through Friday whenever the center is open.

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

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.



WEDNESDAY NIGHT BINGO IS BACK!

WEDNESDAY, AUGUST 7th AT 7:00 PM

ORIGINAL FORMAT

\$15 PER PERSON/9 PACK - 2 GAMES A SHEET

SPLIT THE POT

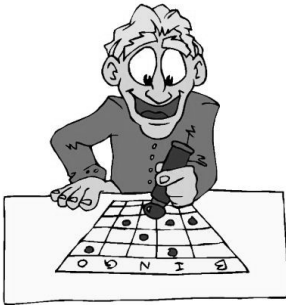
EXTRA COVERALL

HOG WILD PROGRESSIVE GAME

****No one under 18 allowed in the Bingo Hall**

DOORS OPEN AT 6:00 PM

SENIOR CAFÉ WILL BE OPEN



MADISON COUNTY SENIOR CENTER

280 WEST HIGH STREET • LONDON • 740-852-3001 • mcsenior.org

Cranberry Pork Roast

In the Kitchen with Joanna

I realize that there are a lot of diabetics here at the center. Unfortunately, diabetes is increasing all the time. So I thought I would include diabetic friendly as well as good tasting recipes for you.

- 2-3 lbs. boneless pork roast, trimmed of excess fat
- 1 cup ground or finely chopped fresh or frozen cranberries
- 3 tablespoons honey
- 1/8 teaspoon ground cloves
- 1/8 teaspoon ground nutmeg

Place roast into a slow cooker. Mix remaining ingredients and pour over roast. Cover and cook on low for 8-10 hours. Makes 9 servings, 214 calories per serving and only 7 grams of carbs. Enjoy with a nice salad and broccoli.

As We Get Older.....

Your kids are becoming you....but your grandchildren are perfect!

Going out is good..coming home is even better!

You forget names...but it's OK, because other people forgot they even knew you!!!

You realize you're never going to be perfect at everything...especially golf.

You sleep better in a recliner with the TV blaring than in bed. It's called "pre-sleep."

You miss the days when everything worked with just an "On" and "Off" switch.

Now that you can afford expensive jewelry, it's not safe to wear it anywhere.

You notice everything they sell in stores is "sleeveless?!"

What used to be freckles are now liver spots.

But "Old" is good in some things: Old songs, old movies and best of all, our dear "Old Friends!"



© Dave Coverly

"...and just when I had begun to understand Medicare, Part D."




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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



August 2019

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

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

Don Hawkins, 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.