

# Golden Times

July 2018  
Issue VII

## Madison County Senior Citizens Center



Find the



hidden inside this news-  
letter. When you find the  
strawberry, call the  
center at 740-852-3001 by  
Friday, July 13th 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 key was  
found on page 10.

Congratulations to Grace  
Byerly, the lucky winner!



Wow! have we been busy, let me fill you in. First, in March of 2017, I applied for our second ODOT grant for a new van, you may remember we were awarded our first grant in 2014, this is sounding a little like an Abbott and Costello skit, bear with me. So we were awarded our second grant and received our new van on May 8<sup>th</sup>. These grants are so important, they help us replace our aging vans and we don't have to spend \$50k on a modified van, all of our vans are handicapped accessible and these grants sure help the budget.

Many of you may remember or maybe this is the first you are hearing about it, but the center has been trying to purchase the lot next door for several years, we have been saving for it and waiting for the opportunity. Sadly, the opportunity came with the passing of Mrs. Mabe, but we are so grateful to the family for remembering how much the center has needed the additional space. Mrs. Mabe was always so gracious in allowing us to use it for parking when we needed it, now we will be able to utilize the space for other things as well as additional parking. Now mind you it won't all happen overnight, funds are tight and the most important use our funding is to help our seniors and add to our services so anything we do will take time and careful thought. We closed on the lot on June 8<sup>th</sup>.

Another project on our list, we have upgraded to LED lights throughout the building and all of the outside security lights. We received an incentive through the electric company to do this upgrade and it will save the center a lot of money on the electric bill. Not to mention the bulbs last longer, years, no changing out fluorescent bulbs all of the time, so we save on that supply expense as well.

Finally, and this is really just a huge thank you to a few members who in the last few months have really stepped up when the center needed them, you know who you are, with monetary donations or exercise equipment, all wishing to remain anonymous because they give for the right reasons and as a Rotarian since 1997, the motto being Service above Self, I completely understand, plus, I am really good at keeping secrets. You may remember back in February, I mentioned a big dream to pay-off the mortgage. Now we have a long way to go, but a very generous, altruistic member donated \$20,000 towards that goal, yes \$20K, not a typo. We are applying that money directly to the principal of our mortgage. There is still a rather large balance, if you would like to help the cause, it would be most appreciated. This center is an amazing place for so many reasons and for so many people and sometimes "thank you" just doesn't seem enough.

Join us on Friday's for a movie and popcorn, it looks to be a hot summer, come on in the air is cool.

Thank you to all the members for the laughter I hear every day and to everyone that helps at the center every day. Have a Safe 4<sup>th</sup> of July! God Bless our Country.

*Misty*

The Center will be  
close July 4th in  
celebration of  
Independence Day



### 2018 Governing

#### Board Members

Donna Sheridan-President

Jerry Tompkins-Vice President

Shirley Witwer-Secretary

Jean King Eilene Duncan

Sharon Manion

Loretta Anthony

Steve Saltsman



Some of our members learned how to identify scams. A representative of the Ohio Attorney Generals office lead the workshop.



We had a great trip to the Wilds! Perfect weather, lots of animals. Two of the seniors went zip lining!

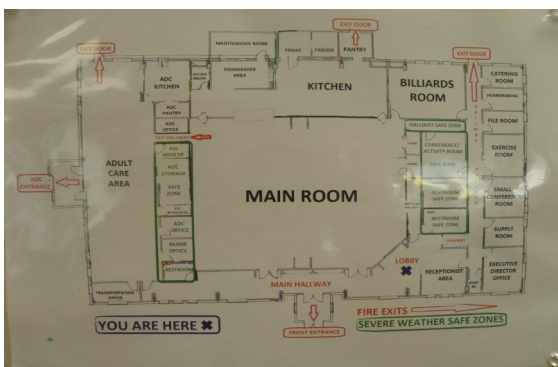
Below: We have replaced all of our light bulbs inside and outside with LED lights. Read Misty's front page letter for more details.



We bought the lot next door! Here is the pool some of you have requested! Come on in, the water's fine!

Below: Brenda Castle, transportation coordinator, shows off our new handicapped accessible van that we were able to purchase with the help of a grant.

When you are at the Center be sure to check out the new signage for exits and severe weather shelter for our building.





## 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

5-14-18 Tom Rutschilling 92

5-21-18 Bob Rogers 74

6-4-18 Roy Haggit 61

6-11-18 Tom Rutschilling 81

### High Bridge Score

5-16-18 Mardi Handford 4610

5-23-18 Evelyn Sullivan 4190

6-6-18 Bob Majka 5400

6-13-18 Mardi Hanford 6110



## Rays of Hope for Seasons of Life Support Group

Save the weekly dates and time, then join us as we make friends and share life with each other. How blessed we are to meet in the Senior Center each week. Even in the Summer we are aware of weather problems and keep an eye on the sky. Communication is all done by calling Donna Wharton or she will call you if weather changes occur. Donna is the Founder/Facilitator of Set Free Ministry. Call for more information 740-490-5936 or email:

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

**No line dancing July 3rd and 10th.**

5:00 p.m.- Beginner Line Dancing

6:00 p.m. - Advanced Line Dancing

### Wednesday:

8:30 a.m. Indoor Walking/Exercise Class

9:00 a.m. - Chair volleyball

9:30 a.m. - Woodcarvers

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

### Thursday:

9:00 a.m.. - Chair volleyball

9:00 a.m.- Fun Bingo July 5 and 19

### Friday:

8:30 a.m. Indoor Walking/Exercise Class

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

10:00 a.m.- Chimes July 6 and 20

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

**Fitness room open everyday Monday through Friday**



## UPCOMING DAY TRIPS!!



**ANNIE AT LACOMEDIA**— On July 5th we will leave the Senior Center at 9:15 a.m. to see Annie. Don't forget server and driver tips!

**JULY MYSTERY LUNCH**— Thursday, July 12th. Trip fee is \$5 and we will leave the Center at 10:30 a.m. We will plan an ice cream stop on the way home so bring extra money!



**OHIO STATE FAIR**—Tuesday, July 31st. Fee for this trip will be \$10 and includes van transportation and admission to the fair. We will leave the Senior Center at 9 a.m. and leave the fair at 2:30 p.m. to miss rush hour traffic. Deadline to pay will be July 2nd.

**CIRCLEVILLE QUILT SHOW**—Friday, August 3rd. Trip fee is \$5. You will pay your \$6 admission at the show. We will leave the center at 8:30 a.m. spend a couple hours at the show and then leave at noon. Ice Cream stop in Mt. Sterling on the way home.

**MOTT'S MILITARY MUSEUM**—Thursday, August 9th. Fee for this trip will be \$13 which includes van transportation and admission fee. We will leave the center at 9:15 a.m. and have lunch after our 10 a.m. tour. This is always an interesting guided tour of our nation's history. Some walking and standing involved.

**AUGUST MYSTERY LUNCH**—Wednesday, August 15th. Trip fee is \$5. We will leave the center at 10:15 a.m.

**DRIVING MISS DAISY AT LACOMEDIA**—Thursday, August 30th. Fee for this trip is \$65. We will leave the center at 9:15 a.m. Don't forget your server and driver tips!

**COUNTRY LIVING FAIR**—Friday, September 14th. Fee for this trip is \$18. This includes your admission. Deadline to sign up will be Friday, September 7th in order for us to purchase tickets. **No refunds after this date.** We will leave the center at 9:15. Lunch is on your own at the fair.



**WILSON FOOTBALL FACTORY**—Thursday, October 25th. Trip fee is \$10, which includes your entry fee for the tour. The vans will leave the center at 9:15 a.m. Our tour is at 11:45. We will have lunch afterwards at Viva Marias in Ada. No open toe shoes or sandals allowed in the factory. This is a VERY interesting tour. This factory produces all of the footballs for the NFL and a lot of the work is done by hand! Walking and standing involved.

**\*\*\*\*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, July 2, 2018**

**Golden Jersey Inn**

**6880 Springfield-Xenia Road**

**Yellow Springs, OH 45387**

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

**Monday, August 6, 2018**

**Red Lobster**

**1898 West First Street**

**Springfield, OH 45504**

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

## Overnight Trip Information

**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.

**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.

If you are interested in the above trips, call the Center office to see if there are still seats available.

**2019 Alaskan Cruise -September 9-18, 2019** Nine nights, 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. If you are interested, please call the center and we can check to see if there is still room on the trip. **Final payment due by June 1, 2019.**



We are working on another overnight trip (or trips) for 2019 besides Alaska. Some ideas we have are the Tulip Festival in Holland, Michigan or a Pennsylvania trip of some kind or a trip to Washington D.C. Now these are just ideas, not set in stone. Might end up being something totally different, we just have to see about prices and other details. So watch your newsletter !

## Diabetes Prevention Program

Our Center has the opportunity to hold a **year long** class for those people that may be pre-diabetic. Prior to holding the class someone would come out and see who actually qualifies. Qualification is done by taking a short test. Once we have a list of qualifying individuals, we will then start the classes.

For the first 16 weeks classes are held once a week for 1 hour. After that classes are bi weekly for an hour and then go to monthly classes for an hour.

### Qualifiers for the program included:

Fasting Blood Glucose lever of 100-125

A1C: 5.7-6.4

Body Mass Index of 25+.

### Some of the topics taught will be:

Self-Monitoring Weight and Food Intake

Healthy Eating

Problem Solving

Strategies for Healthy Eating Out

Dealing with Slips in Lifestyle Change

Managing Stress

Preventing Relapse

Heart Health

Life with Type 2 diabetes

and many more

Again this is a year long course, so we are hoping those that sign up will attend most sessions. There is no charge to attend the program. We are planning to have classes on Thursday afternoons. If you are interested in this program, please call the Center at **740-852-3001**. We are going to start by just taking names to see how many people would be interested in the program. If we get enough interest, we will schedule the qualification process.

**Free Popcorn!**

## Friday Cinema



**July 6** Megan Leavey Kate Mara, Ramon Rodriguez-- Drama-PG-13 2017

**July 13** The Monuments Men George Clooney, Matt Damon-Drama-PG-13 2014

**July 20** Daddy's Home Will Ferrell, Mark Wahlberg-Comedy-PG-13 2017

Also starting at 12:15 we are showing a short movie on the building of the Ark. We are hoping to also show video of zip lining at the Wilds by Eilene Duncan and Shirley Witwer.

**July 27** I Can Only Imagine J. Michael Finley, Madeline Carroll-Faith Drama-PG 2018

**Movies subject to change due to availability**

## Holiday Craft Bazaar

Saturday, November 3rd, 2018

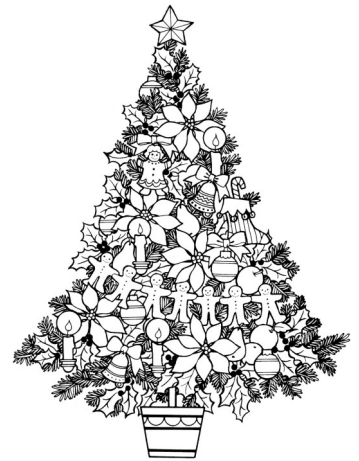
9:00 a.m. to 2:00 p.m.

Mark your calendars! If you do knitting or crochet, quilting, crafts of any kind, etc. you may want to consider being a vendor at our Craft Bazaar. It's a great way to make a little extra money around the holidays.

Senior Center members only pay \$15 per table space. Non members pay \$20. We do have vendors signing up already, so don't miss out!

Last year we had 185 people attend the bazaar. It's growing every year. This will be our 5th annual bazaar.

You can get more information at the Senior Center or call 740-852-3001 to have information mailed or emailed to you.



## Greetings from the Adult Day Center!

Hello Summer!

We have been enjoying some beautiful summer weather for the most part. We celebrated John Bueker's birthday on June 29th.

We also have had 2 young visitors this month, Tyson Bernard who visited Nana (Jeanna) and Layla Collins who visited Mammy (Beth) and their older friends at ADC. Boy did we get a workout! And a lot of laughs!

We've enjoyed shuffleboard-donated by Marilyn Lowery and tasty treats from Marilyn Henry and Charlie (he visits once a week), Sandy Darlington, Linda Wood and Ruth Kennedy. Many thanks again to Mamie O'Conner and Cricket Lindsey for Bingo prizes. Thank you to Linda Rankin and the Quilters for hand made tissue box holders for our Members. We don't mean to leave anyone out and hope we haven't.

Wishing a safe and happy and booming July to everyone.

*Beth, Pam and Jeanna*

\*\*\*\*\*  
 \* Right: Layla Collins had fun during her visit. ADC mem- \*  
 \* bers enjoyed wearing colorful head pieces selected by \*  
 \* Layla. \*  
 \*\*\*\*\*



## BUTTERSCOTCH BARS

1 yellow cake mix

1 16 ounce butterscotch pudding

2 eggs

Mix together and put into a 13x9 baking dish.

Then sprinkle with butterscotch and chocolate chips and nuts.

Bake at 350 degrees until cake pulls away from the pan. Cut into bars.

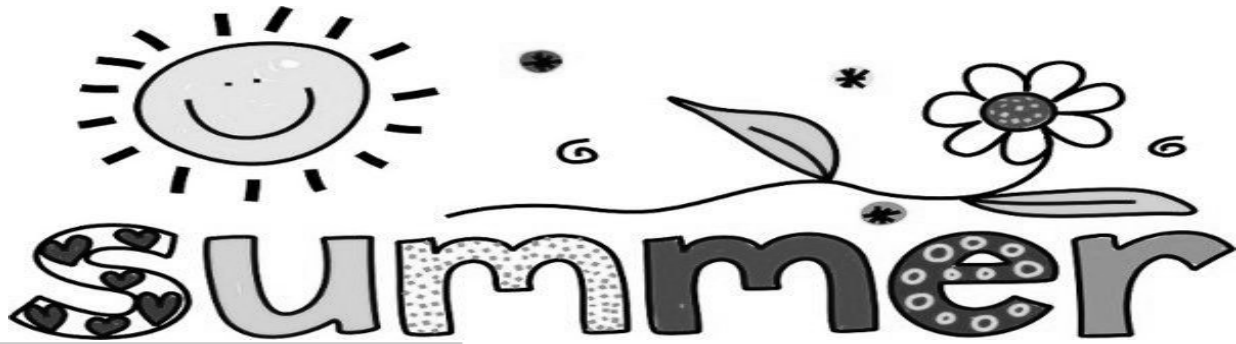
## In the Kitchen with Joanna

### Topping:

1/2 cup Butterscotch Chips

1/2 cup Chocolate Chips

1/2 cup chopped pecans or walnuts



### SUMMER SAFETY TIPS

- ✦ Stay hydrated.
- ✦ Don't stay out for too long.
- ✦ Check the forecast beforehand.
- ✦ Keep sunscreen nearby and use it.
- ✦ Check your prescriptions' side effects.
- ✦ Turn on the A/C.
- ✦ Beware of heat-related illnesses.

Hydration: Try to drink 6-8 cups of water a day. Maybe more if you intend to spend a lot of time in the sun.

Keep your plans for outdoor activities reasonably short. Don't plan to spend the whole day in the sun. Stick to a couple of hours and then take a break.

Keep sunscreen easily accessible.

Prescriptions: Some medications make people more sensitive to the sun. Make sure you know if yours does or not.

Keep cool! Use your air conditioning if you have it. If you don't, try to spend the hottest part of the day at a senior center, library, mall or the movies.

<b>B</b>	Judy Hastings	119	Bill Link	135	Carolyn Garver	136	Deb Weisman	73
<b>O</b>	Karen King	136	Larry Threlkeld	122	Beverly Evans	136	Barb Florence	97
<b>w</b>	Carl King	165	Paul Hackworth	153	Joe Brohard	109	Carol Nafzger	124
<b>L</b>	Barb Gordin	120	Charlie Johnson	150	Barb Cooper	89	Ray Sheridan	163
<b>I</b>	JR Venrick	161	John Conn	150	Cecil Herman	102		
<b>N</b>	Barb Andrix	100	Gene Noble	111	Jim Harden	130		
<b>G</b>	Duane Glass	181	Valerie Mabra	136	Elizabeth Kitchen	94		







# July Birthdays

Patron	Birthday	Patron	Birthday
Rankin, Linda	07-01	Porter, Carl L.	07-15
Ison Castle, Juanita	07-02	Maddux, Ginger	07-15
Walls, Shirley	07-02	Webber, Mary	07-17
Henkle, Robert	07-03	Byerly, Marie	07-17
Reis, Cheryl	07-03	Paynter, Judy	07-18
O'Conner, Mamie	07-04	Harden, James	07-19
Willard, Nanette	07-06	Litchfield, Pamela	07-19
Rogers, John	07-07	Wallace, Dorothy	07-20
Fitch, Brenda	07-07	Decker, John	07-20
Wehrs, Steve	07-07	Fout, Wanda	07-20
Goings, David	07-08	Tatman, Carmen	07-20
Cox, Ruth	07-08	Reynolds, Lillie	07-23
McGuire, Susan	07-08	Fisher, Charles	07-24
Winebrenner, Doann	07-08	Welch, James	07-24
Anders, Hester	07-10	King, Carl	07-24
Babb, Neil	07-10	Huff, Tina	07-25
Sharp, Charles	07-12	Schook, Jacqueline	07-28
Cave, Ruby	07-13	Cress, Becky	07-30
Rutherford, Ellen	07-14	Bennett, Barbara	07-30
Shaw, John	07-14	Boyd, Jean	07-30
Gallagher, Jane	07-15	Burnett, Barbara	07-31
Cordes, JoAnn	07-15	Orban, John	07-31



Welcome New Members!

Regina Gregg

Shirley Crabtree

Pat Long

Rich Paysen

Mike &amp; Marilyn Mason

## 1950s Trivia!

1. Which president of the United States was in office from Jan. 20, 1953 to Jan. 20, 1961?
2. Which member of the royal family became head of state in Great Britain in 1953?
3. What year did Disneyland open?
4. What famous explorer first climbed Mount Everest in 1953?
5. What singer had a hit with *Sixteen Tons* in 1955:
6. What Cleveland disc jockey first used the term "Rock N Roll" in 1951?
7. Tony and Maria were the lead characters in what Broadway musical that premiered in 1957?
8. What television game show first aired in 1956 and is still running today?
9. What famous baseball player married Marilyn Monroe in 1954?
10. What teen idol sang, "Kookie, Kookie, Lend me Your Comb?"
11. Eating what type of live fish became popular in the 1950s?

Answers can be found on the puzzle page insert. Good Luck!



  
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## Madison County Senior Citizens Center

## Dated Material

P.O. Box 389  
280 West High Street  
London, OH 43140  
Phone: 740-852-3001  
Fax: 740-852-3052

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[We're on the Web!](#)

[mcsenior.org](#) or on Facebook at [Madison County Senior Citizens Center](#)

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July 2018

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**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.