

Madison County Senior Citizens Center

Golden

Times

May 2024

Issue V



POWERED BY CONNECTION: MAY 2024

Happy May! May is Older Americans Month

Older Americans Month is a chance to celebrate and recognize the significant impact that older adults have on society. They have contributed to the growth and development of our communities, and it's important to acknowledge and appreciate their efforts.

- The 2024 theme is Powered by Connection, which recognizes the profound impact that meaningful relationships and social connections have on our health and well-being.
- During Older Americans Month, there is often a focus on addressing challenges that older individuals may face, such as healthcare, social isolation, and financial security. This can help bring attention to these important issues and encourage support and change for older adults.
- Older Americans Month reminds us of the valuable wisdom and experiences that older generations can offer. It also provides an opportunity for young people to learn from these individuals and forge meaningful connections across different age groups.
- The Symbolic Flower for Older American's Month is the Daisy - The Daisy is chosen as the symbol for Older Americans Month because it represents wisdom, innocence, youth, simplicity, and loyalty in different cultures.

I hope you plan to join us for our senior week, May 13-17, we have a lot of fun things planned, look inside for all the details. I would like to thank Merchants Nat'l Bank for sponsoring our ice cream social again this year, ice cream always a big hit, and the café will also be open on that Friday for lunch. I would like to thank the Bluebird Retirement Community/Sovereign Village and Mr. Hoy for sponsoring our lunch on Senior Fair Day, and Madison Senior Living for providing dessert.

We are looking for a part-time cook for the café, and a substitute aide for our adult care program. If you are interested or know anyone, please send them our direction.

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

“Do not regret growing older, it’s a privilege denied to many.”

Misty



Find the bee hidden in this newsletter. When you find it call the center at 740-852-3001 by Friday, May 17th and tell us where it is located. If correct, your name will be entered into a drawing to win 5 free lunches. Remember it may not be on a color page. Last month the lady bug was on page 2. Congratulations to Minerva Miller, the lucky winner!



The Adult Day Center love to play games! Pictured left is Donna playing Peanut Butter Sandwich Tic Tac Toe with a ping pong ball. You have to bounce the ball and get it to stick to one of the sandwiches.

Below left: Playing the board game Aggravation. This particular time it took so long they had to play it in 2 parts.



Back in March the Senior Center along with the Friends of Madison County Parks and Trails served a pancake and sausage breakfast to a nice size crowd one Saturday. Shown above are some of those that helped make it happen. From left: Heidi Sorden, Gregg Alexander, Donna Sheridan, Betty Lawrence, Tom Lawrence and Misty Bradley.

Below: It's a bird! It's a plane! No it was an eclipse! It was so awesome watching it with some of the seniors. We had such great weather for it too. It was one of those once in a lifetime moments.



Above our nurse, Ruth Kennedy, had a big group for Seated Exercise/Strengthening. Join them Mondays at 10:30 a.m. for easy but effective exercises.



High Euchre Score

- 3-25-24 Bertha Hilsheimer 59
- 4-1-24 Bev Evans 71
- 4-8-24 Linda Ridolfo 59
- 4-9-24 Wanda Fout 88
- 4-15-24 Deb Vecchiarelli 70
- 4-16-24 Pam Bluhm 68
- 4-22-24 Martha Parsons, Skip Fout and Dave Maharrey 73

High Bridge Score

- 3-27-24 Bob Majka 4400
- 4-3-24 Nancy Gloyd 4970
- 4-10-24 Greg Merritt 4690
- 4-17-24 Betty Cummins 4420



Welcome 12 New Members!

- Claudia Burns Charles Carson**
- Marie Serafinas**
- Debby Tindle**
- John and Betty Pendleton**
- Greg and Brenda Tuthill**
- Susanne Schiering**
- Mary Smith**
- Chuck and Lori Bailey**

2022 Governing Board Members

- Donna Sheridan-President
- Jerry Tompkins- Vice President
- Loretta Anthony—Secretary
- Sharon Manion Tom Lawrence
- Dennis Park

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
- 4:00 p.m.-7:00 p.m.—Billiards, Euchre 2nd and 3rd Tuesday, Workout room open

Wednesday:

- 8:30 a.m.— Indoor Walking/Exercise Class
- 9:00 a.m.—Chair Volleyball
- 10:30 a.m.—Aerobics/Strengthening Class
- 12:00 p.m.—Bridge
- 1:00 p.m.– Yoga Stretch
- 2:00 p.m.—Diabetes & Weight Loss Support Group

Thursday:

- 9:00 a.m.—Chair Volleyball

Friday:

- 8:30 a.m.—Indoor Walking/Exercise Class
- 9:00 a.m.—Painting Class with Harry Croghan
- 10:00 a.m.—Hand Chimes, first and third Fridays
- 1:00 p.m.—Free Movie and Popcorn at the senior center.

The Center’s Fitness Room is open Monday through Friday, 8:00 a.m. to 4:00 p.m. and Tuesdays until 7 p.m.

We have 3 treadmills, 3 exercise bikes, a weight machine for upper arms and a seated elliptical.

Please wipe down the machines you use when you are finished. Thank you!



UPCOMING DAY TRIPS!!

Note: We are no longer taking names for trips before they are in the newsletter. That way it is fair for everyone wanting to go.



Snooty Fox Upscale Thrift Stores Shopping trip—Friday, May 3rd. The motorcoach will leave the Center promptly at 8:45 a.m. & return around 6 p.m. Lunch is on your own at one of our stops. An envelope will be passed for the driver tip on the way home.

May Mystery Lunch—Thursday, May 9th. Trip fee is \$5. We will leave the Center at 10:30 a.m. There will be ice cream!



Columbus Clippers vs. Louisville Bats Game—Wednesday, May 15th. Trip fee is \$21.

This is your game ticket and van fee. Lunch will be on your own at the stadium. We will leave the Center at 10:30 a.m. Deadline to pay is **Wednesday, May 1st.**

Hartman Rock Garden & Harmony Farm Market—Thursday, June 6th. Trip fee is \$5. Admission is free at Hartman. We will leave the Center at 9:30 a.m. going directly to Hartman Garden. Then lunch at Rudy's Smokehouse and on the way home we will stop at Harmony Farm Market.



Ohio Star Theater-The Story of Ruth—Tuesday, June 18th. We will travel to Amish Country to the Ohio Star Theater for a performance of the story of Ruth. Our motorcoach will leave the Center at 8:30 a.m. First we will have a buffet lunch at the Dutch Valley Restaurant at 11:30 a.m. The Theater is within easy walking distance and the show begins at 1:00 p.m. We will have seating on the main floor. When we leave after the show, we will be making a stop at Coblentz Chocolates and then journey on home. ***Fee for this trip will be \$109. This includes your lunch and tip, the show Ruth and motorcoach transportation. Driver tip is not included. We will pass an envelope on the way home for his tip. Please pay your trip fee by **Wednesday, May 15th.*****

June Mystery Lunch—Thursday, June 20th. Trip fee is \$5. We will leave the Center at 10:15 a.m. There will be an ice cream stop!



Ohio State Fair Senior Day—Tuesday, July 30th. Trip fee is \$5. We will leave the Center at 9:00 a.m. There will be a free concert in the Celeste Center at 1:00 p.m. It's a tribute to the Eagles by the band Hotel California! We will meet at the vans to leave at 2:30 p.m.

Delightful Dining

Don't forget to 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, May 6th—Texas Roadhouse, 1770 Hilliard Rome Road, Columbus. Trip fee is \$5. Vans will leave the Center at 4:00 p.m. or you can meet us there around 4:45 p.m.

Monday, June 3rd—York Steak House, 4220 West Broad Street, Columbus. Trip fee is \$5. Vans will leave the Center at 4:00 p.m. or you can meet us there around 4:45 p.m.

When you sign up for a day 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 we are taking a motorcoach, the cost of the coach is not refundable within 30 days of the trip. 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!!**

Remember...you don't have to be a member of the Center to go on overnight trips. Tell your friends!



Come with us aboard the Norwegian Cruise Line's Pride of America!

Hawaiian Islands Cruise—March 27-April 5, 2025. Itinerary is Honolulu, Oahu, Waikiki Beach, Hilo, Hawaii, Kona, Hawaii, Kahului, Maui, Nawilwili, Kauai. Some of the optional excursions include— Pearl Harbor/USS Arizona Memorial, Volcanoes National Park, Waimea Cayon & Wailua River/Fern Grotto, Na Pali Coast Helicopter Expedition, Hoku Nui Traditional Luau.

Tour Includes: Round trip scheduled air to Honolulu, Hawaii, round trip airport transfers from London, Ohio, two nights lodging on Waikiki Beach, seven nights aboard the Pride of America, All meals and entertainment aboard the ship, motorcoach transfers in Honolulu, baggage handling, port and air departure taxes.

Projected Tour Fares: Inside Cabin-\$4999 per person, double; Outside Cabin-\$5299 per person, double; Balcony Cabin-\$5999 per person, double. Tour Fares are projected at this time. We cannot get exact air-fare pricing quite yet.

Call the Center at 740-852-3001 for more information or come in to sign up. We can also mail or email you registration forms that you can mail back to us.



The Coastal New England trip is full. We can put you on our wait list if you like. If you have signed up please get your deposit in ASAP!

Tour Fare—\$1,849 per person double, \$1,789 per person triple, and \$2,649 per person single.

Payment policy: A \$250 per person deposit is due to secure your reservation with **the balance due by August 1, 2024.** Make checks payable to Madison County Senior Center.

Prime Tours Trips 2024



Upstate New York Wine and Waterfalls—August 12-15, 2024. Final payment is due May 1st, 2024. Tour Fare—\$998 per person double, \$1228 pp single and \$845 pp triple/quad. Save your spot with a \$100 refundable deposit except \$50 registration fee. After May first, the tour is non-refundable. Not included are meals not listed, travel insurance, tips and gratuities.

OSU vs Michigan State Football game—September 27-29, 2024 Tour includes: roundtrip motorcoach transportation, 2 nights Holiday Inn, Jackson, Michigan, Hot Breakfasts at the hotel, Ohio State at Michigan State football game tickets, Greenfield Village & Henry Ford Museum, Motown Museum in Detroit, Museum of the Great Lakes, free time in Jackson, Michigan and more!

Not included: Meals not listed on the itinerary, travel insurance, tips & gratuities. Tour Fare is \$845 per person, double, \$998 per person single and \$743 per person triple/quad.

Reserve your spot on the trip with a \$100 deposit. Final payment is due June 21, 2024.

Payments may be made to the Madison County Senior Center by mailing to P.O. Box 389, London, OH 43140. Or you may call with a credit card to Prime Tours at 614-766-5553.

You do not need to be a senior citizen or a member of the Senior Center to go on this trip. Just over the age of 21. Call the Center at 740-852-3001 with any questions or to sign up!

Adult Day Center

Happy May!

We would like to welcome Homer D. to our ADC family.

We are looking forward to having a Kentucky Derby party in May. It should be a lot of fun.

In May we want to wish a happy birthday to Misty Bradley, Dorothy M. and Roger C.

We are happy that Jeanna Bernard is back as a substitute aide for us.

We can never say thank you enough to all the volunteers and to all that donate to ADC. It is very much appreciated.

Beth, Patsy and Regina

Summer Lunch & Concert!

Friday, June 14th

In Our Shelter House

A free lunch (members only) will be from 11:00 to 12:00

Steve Radcliff will play guitar and sing for us beginning at noon. He is from northern Ohio and is the son of Center member, Bonnie Radcliff. Steve is the lead guitarist in the band Post Road. Music will feature old style country and rock and roll.

Feel free to bring comfy camp chairs if you like.

We will move the event inside if the



Free Friday Movies at 1:00 p.m.

May 3 - A Perfect Pairing - Victoria Justice - Adam Demos - 2022 - Romantic Comedy - TV-14 ***

May 10 - The Miracle Club - Maggie Smith - Kathy Bates - 2024 - Comedy - PG-13 ***

May 17 - You've Got Mail - Tom Hanks - Meg Ryan - 1988 - Romantic Comedy - PG ***

May 24 - The Lost Husband - Josh Duhamel - Leslie Bibb - 2020 - Drama - PG-13 ***

May 31 - Maybe I Do - Diane Keaton - William Macy - 2023 - Comedy - PG ***

Members Only



B
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G

Andrix, Barb	94	Glass, Duane	194	Miller, Charles	147	Sheridan, Ray	173
Binns, Mary	87	Goff, Terry	158	Miller, Kirk	77	Stout, David	151
Burdett, Diane	131	Hatfield, June	123	Noble, Gene	119	Thornber, Sandy	104
Cooper, Barb	84	Hawkins, Bill	113	Parrot, Fred	85	Weisman, Deb	103
Ernst, Terri	111	Hawkins, Don	162	Phinney, Hope	81	Winebrenner, Dodie	86
Eseman, Brenda	135	Irvin, Melody	110	Pickens, Ann	113		
Florence, Barb	94	Kidd, Roy	112	Ridolfo, Linda	166	Tuesdays 10-12	
Glass, Denise	108	Mathews, Diane	104	Rowley, Nancy	104	At Madison Lanes	\$10

Free Hands Only CPR Training

Thursday, June 27th at 1:00 p.m.

A representative from the American Red Cross will present a 30 minute training teaching the hands-only technique for CPR. Participants will learn how to check for consciousness, call 911, and give continuous chest compressions. Even if you don't believe that you can physically perform the compressions, come and observe. You may be able to instruct someone else in an emergency situation. Please call the Center at 740-852-3001 to sign up for this class.

Easy Fresh Strawberry Mousse

Ingredients

- 12 1/2 oz. strawberries 1/2 c. sugar
- 1/2 c. whole or whipping cream (cold)
- extra strawberries for topping

Clean and slice the strawberries. In a blender or food processor add the sliced strawberries and the sugar and puree. Remove 1/2 a cup of puree and set aside

In a cold bowl add the cream and beat until stiff peaks form. Then fold in the remaining puree (not the 1/2 cup) gently.

Divide the 1/2 cup of puree between the 4 small/medium glasses and top with the strawberry mousse.

Refrigerate for approximately 1 hour or even over night if desired. Top with fresh sliced strawberries and serve.



SCAM ALERT—Home Improvement and Repair Scams



The Ohio Attorney General warns of contractors that go door-to-door in neighborhoods offering to do home improvements or repairs. Often, they will roll into town after a storm to offer their services to homeowners who experience damage, such as downed trees or roof damage.

They may claim they can start the work immediately, say they have materials left from another job, or offer some other reason you should accept their offer right away. Then they ask for a large down payment or ask you to sign over your insurance settlement checks. Once you've paid them, they may never return, or if they do, the work they do may be incomplete or poor-quality.

While many respectable businesses still go door-to-door to meet potential customers, you should always be careful about people who come to your home unexpectedly. Never agree to any offer right away. Ask for written information about their services and request at least a day or two to consider their offer. Most legitimate businesses will respect these requests.

However, if your visitor pushes you to decide right away, that's a warning flag that the offer may not be on the up-and-up. Refuse and call local law enforcement to report a potential scam.

Easy ways to support the Center!

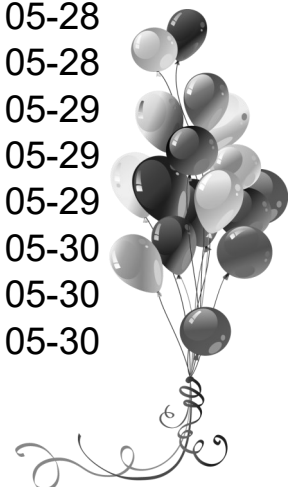
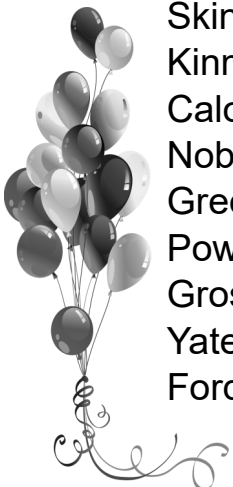
Planned Giving—What is it about? It means you are planning to give a gift later. It is a plan that you put in your will, an item that is worked out with your family and attorney. From time to time, the Senior Center receives such gifts. Whether these amounts are small or large, they are extremely important.

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 have an IRA and are required to take a mandatory distribution, 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.

May Birthdays!

Patron	Birthday	Patron	Birthday
Florea, Garry	05-01	Maharrey, Linda	05-17
Reynolds, Elaine	05-01	Tope, Barbara	05-18
Shafer, Penny	05-01	Gilkey, Jim	05-18
Kinman, Patricia	05-01	McCafferty, Fred	05-18
Chatfield, Bonnie	05-02	Little, Nancy	05-18
Dillion, James	05-02	Cunningham, Linda	05-20
Pratt, Marsha	05-02	Thum, Cathy	05-20
Daniels, Ron	05-03	Vincent, Peggy	05-20
Olsen, Elmer	05-03	Conrad, Ruby	05-21
Oyer, Nell	05-04	Koesters, Jane	05-21
Evans, Patricia	05-04	Craig, Sandy	05-21
VanHoose, Moose	05-05	Williamson, Julie	05-21
McDonley, Dolly	05-06	Edwards, Ann	05-22
Vance, Donna	05-06	Mason, Michael	05-22
Powell, Frank	05-07	Kennedy, Daisy	05-23
Brooks, Ronald	05-07	Wilson, Ralph	05-23
Seaman, Paul	05-07	Rice, Anthony	05-23
Atalla, Ellen	05-09	Hall, William	05-24
McGuire, Susan	05-09	Crabtree, Cheryl	05-24
Cowgill, Shirley	05-09	Penix, Nancy	05-25
Cover, Marjorie	05-10	Porter, Janet	05-26
Slagle, Diane	05-10	Pass, Jeanette	05-27
Smith, Cyndi	05-10	Fladt, Carl	05-27
Woods, Margaret	05-11	Brennan, Michael	05-27
Bower, Joyce	05-11	Burkhart, Gary	05-28
Skinner, Sherry	05-11	Fout, Edward	05-28
Kinman, Arnie	05-12	Robinson, Vickie	05-28
Calomeni, Phyllis	05-12	Likens, Ed	05-29
Noble, Cheryl	05-12	Saul, Charlene	05-29
Green, Virgil	05-14	Cunningham, Joyce	05-29
Powell, Nancy	05-14	Kerry, Robert	05-30
Gross, Dave	05-14	Fischer, Sondra	05-30
Yates, Jim Jr.	05-14	Wilson, Linda	05-30
Fordyce, Charles	05-16		



Senior Week Activities

Monday, May 13th—Euchre Tournament starting at 1:00 p.m. Prizes!

Tuesday, May 14th—Senior Fair from 9:00 a.m. to 1:00 p.m. Free lunch for members only. The public is still welcome for lunch. Raffle prizes!

Wednesday, May 15th—Free Bingo at 1:00 p.m. for Center members. Prizes!!

Thursday, May 16th—Raffle Day. Everyone that comes in for lunch will receive a free raffle ticket. We are giving away 2 \$50 grocery gift cards!

Friday, May 17th—Lunch at 11:30 a.m. - 1:00 p.m. Ice Cream Social sponsored by Merchants Bank beginning at noon.



Vendors

MADISON COUNTY SENIOR CENTER SENIOR FAIR



Calling All Seniors!

Date: Tuesday, May 14, 2024

Time: 9:00 a.m.—1:00 p.m.

Ohio Dermatology will be doing skin screenings from 11:30 a.m. to 1:00 p.m.

Please call the Center to sign up for an appointment.

740-852-3001

ALS United

Bluebird Retirement

Clear Caption

Columbus VA

Good Shepherd Village

Heartland Hospice

Hoy Ins. Group

Associates in Podiatry

Lifeline of Ohio

London Police

Ohio Dermatology

Madison Health

Medigold

Ohio Consumers Council

Safe Communities

Synergy Homecare

Anthem Blue Cross/BS

CapTel

COAAA

Fire Dept./Red Cross

Health Department

Home Instead

Job & Family Services

Lifecare Alliance

London Public Library

Ohio Dept. of Commerce

Ohio's Hospice Loving Care

Madison Senior Living

Mid Ohio Food Collective

OSHIIP

Sovereign Village

Vitas Healthcare

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 Gary Likens, 505-934-9700.



The Senior Center will be closed Monday, May 27th in observance of Memorial Day.

Nurse Delivered Foot Care at the Senior Center by Restorative Foot and Nail Care

Services include:

- Routine maintenance and advanced foot & nail care
- Personalized assessment of your feet and nail needs
- Toenail trimming and filing
- Reduction of corns and calluses
- Referrals to appropriate resources

Fee—\$35

To schedule an appointment call 937-499-4043 or 937-271-7687.



HELP WANTED

Part-time Café Cook

Hours: Monday – Thursday 8:00-1:30

Candidate must have cooking experience, be able to operate kitchen equipment, clean and sanitize kitchen area, follow recipes, maintain inventory and record of food and supplies, some lifting, most importantly, enjoy working with the public.

Send resume or pick up application at:

Madison County Senior Citizens Center

P.O. Box 389

280 West High Street

London, OH 43140-0389

Drug Testing/Background Check Required

EOE

Friends of Madison County Parks & Trails

Supporting our community & the Madison County Park District since 1999

fmcpt.com
info@fmcpt.com



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Deeann Blake



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with Real Customer Service”**



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Madison County Senior Citizens Center

Dated Material

P.O. Box 389
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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



May 2024

Misty Bradley, Executive Director

Ramalingam Selvarajah, M.D., Medical Director

Janisse Isaacs, Activity Coordinator/Marketing

Marilyn Lowery, Front Office/ Substitute Driver

Ruth Kennedy, Staff Nurse/Wellness Coordinator

Beth Dillion, Adult Day Center Coordinator

Patsy Bricker, Adult Day Center Aide

Regina Conley, Adult Day Center Aide

Sandy Darlington, Adult Day Center Aide/Substitute

Brenda Lewis, Cook

Brenda Castle, Transportation Coordinator

Wayne Bricker, Driver

Don Hawkins, Substitute Driver

Martha Parsons, Substitute Driver

Mark Bires, Substitute Driver

Steven McClaskie, Substitute Driver

Mike Koesters, Substitute Driver

Luther Dolby, Maintenance

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.