Madison County Senior Citizens Center

Golden Times

January 2023 Issue I



HAPPY NEW YEAR

It is December 20, 2022, as I am writing this, a sunny, but chilly day. If the weather people are correct...we may be in for a winter storm for Christmas, with brutal below zero temperatures. I wouldn't mind a little snow for a white Christmas, but a hard pass on the other predictions. PLUS, I want decent weather for our New Year's Eve, (Eve) party.

I hope your holidays were blessed with family and friends and the true meaning of Christmas. I realize this more and more as I get older, life is indeed short and goes by very quickly, but I am always thankful for the blessing of a new day and a New Year. I pray 2023 will be a great year for the center, and for all of you.

We are on day two of our one week shut down for maintenance. The kitchen is being sanitized as I'm writing this, some of the walls are being painted, we needed to freshen things up a little around here. It will look different, but in a brighter, more cheerful way (not that we aren't already cheerful ⓐ). We haven't painted anything major since 2014. We were blessed to get some help from the inmates (honor) at London Correctional, a huge savings for us, and they did a great job.

Bingo. I've had some people ask me while I am out and about, so I wanted to let everyone know, the governing board voted at the December meeting, we will not be continuing the bingo program at the center going forward. We don't have enough volunteers to work each week, it takes 10-12 people for each evening. If we only played once or twice a month, we don't make enough to cover the expenses for café food, and bingo supplies needed, plus we still have the volunteer issue. The bingo program was an important part of the senior center, and other organizations in Madison County for many years, little by little they all closed and we were the last one standing. Even being the only place in town to play we didn't have a room full of players, some nights not enough to cover the bingo pay-outs. The instant ticket sales were the important piece of the puzzle, they helped cover the bingo pay-outs, and earn some additional revenue. Before the pandemic shut down, we were lucky if we were selling 5 or 6 instant games a night, barely enough to pay for the supplies. When the center started the bingo program years ago it was a source of additional revenue for the center, and years ago it was very successful, it just isn't any more. It is a lot of work for little to no additional income. I know some will be unhappy with this decision, but we have no choice at this point.

This is a remarkable place, we have an incredibly caring staff, some pretty awesome volunteers in our café and adult care program, and some really fun members. I feel blessed every day to work with all of these amazing people, and I get to hang out with all of you too! How lucky am I.

Here's to the bright New Year, and a fond farewell to the old; here's to the things that are yet to come, and to the memories that we hold.

God Bless You All - Happy New Year!

Misty



Find the mitten hidden in this newsletter. When you find it call the center at 740-852-3001 by Friday, January 20th 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 orange was on the address page. Congratulations to Marilyn Ballenger, the lucky winner!

Page 2 January 2023



Left and below: Christmas decorations made by clients in our Adult Day Center. Volunteer, Bonnie Radcliff was able to have them use paints leftover from our Paint & Vino Class for the snowman pictures.



Left: Sandy Thornber and Jill Dean at the Paint & Vino Class. Everyone did a great job and had a lot of fun too!

Left: Loretta Anthony displays her artwork.



Two Christmas elves, Bertha Hilsheimer and Wayne Bricker.



Above: Betty Mastin looking festive for the Euchre Christmas Party.



Steve & Michelle Popovich at LaComedia enjoying White Christmas.



Mystery lunch at Spaghetti Warehouse in Dayton.



Above: Gloria Warren and her beautiful quilt she created.

Remember the Center is closed for a level 2 or level 3 weather emergency!

High Euchre Score

11-14-22 Debbie Vecharelli 68

11-21-22 Kent Stryker 74

11-28-22 Tom Rutschilling 71

12-5-22 Wanda Fout 81

12-12-22 Skip Fout & Steve Holland 63

High Bridge Score

11-30-22 Barbara Tope 4340

Welcome New Members!

Jane Koesters Ted Henry

Mary Lou Molinet Nelson Palmer

Jerry Morehart Lynda Heyl

Vickie Robinson Connie Lollo

Paul Hilsheimer Diana Norman

Carol Beathard Erin Morris

Debbie Omen-Krivicich
Bonnie Summerford

2022 Governing Board Members

Donna Sheridan-President

Jerry Tompkins- Vice President

Loretta Anthony—Secretary

Sharon Manion Steve Saltsman

Tom Lawrence Richard Hout

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.

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

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.—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.

We have 3 treadmills, 4 exercise bikes and an elliptical.

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





Page 4 January 2023

UPCOMING DAY TRIPS!!

In case of inclement weather, please call the Center the morning of the trip to see if we are still going.

<u>January Mystery Lunch</u>—Thursday, January 12th. We will leave the Center at 10:15 a.m. Van Fee is \$5.

Columbus Museum of Art—Thursday, January 19th. We will leave the Center at 9:00 a.m. Van fee is \$5 and you will pay your \$9 entry fee at the door. That is the Senior Citizen (over age 60) rate. Those under 60 pay \$18. Veterans and their family get in free. To see a preview of current displays go to their webpage www.columbusmuseum.org. Lunch will be on your own at the Schokko Café in the museum.

<u>February Mystery Lunch</u>—Thursday, February 23rd. We will leave the Center at 10:15 a.m. Van fee is \$5.

Ohio Reformatory Tour

Stroll the halls and visit the cells of some of history's toughest criminals. Tour the intact set of world's favorite movie, *The Shawshank Redemption*. Whether you're reliving scenes from classic films or basking in beautiful Romanesque architecture, take a walk through history.

If you would be interested in a trip to the Ohio Reformatory, please let us know. The trip price has not been finalized as of yet. We are hoping to go in June of this year.

LaComedia 2023! \$80 per person, per show

Hold your reservation with \$40 deposit

The \$80 fee includes motorcoach transportation, buffet lunch and the show. Driver and server tip not included.

Little Women-Thursday, March 16th. Louisa May Alcott's beloved story of the adventures of the four March sisters is brought to vivid musical life in Little Women. Filled with laughter, tears and a lifting of the spirit. **Pay in full by February 16th.**

Cinderella—Thursday, July 6th. Rodgers & Hammerstein's Cinderella with its beautiful musical score featuring songs such as "In My Own Little Corner," "Do I Love You Because You're Beautiful," and "Impossible." Originally presented on TV in 1957, Cinderella was the most widely viewed program in TV history.

Miracle On 34th Street—Wednesday, November 8th. The story of the real Santa Claus, Miracle on 34th Street is one of the most beloved holiday films of all time.

For those that don't know, LaComedia is a dinner/lunch theater in Springboro, Ohio. There is a huge lunch buffet with lots of choices. You also get a salad and dessert. Coffee, tea and water are included. After lunch the show begins and there is usually an intermission half way through. It takes about an hour to get there from the center. We leave at 9:30 a.m. and normally are back to London around 4:30 p.m.

Delightful Dining—Van Fee is \$5

<u>Don't forget to call the Center and let us know if you plan to come</u>, so we can give the restaurant an accurate count. Sign up early! Sometimes late reservations cannot be accommodated at the restaurants.

<u>Monday, January 2nd</u>—Los Mariachis, 289 Lafayette Street, London. We will meet at the restaurant at 4:30 p.m. No vans for this trip. Please let us know if you plan to come.

<u>Monday, February 6th</u>—Cappy's Pizza, 225 Lafayette St., London. We will meet at Cappy's at 4:30 p.m. No vans for this trip. Please let us know if you plan to come.

When you sign up for a day trip, <u>you are expected to pay for the trip when signing up</u>. 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!!

OVERNIGHT TRIPS!!

Lancaster County, Historic Gettysburg and Lititz, Pennsylvania—April 24-27, 2023.

Includes Sight and Sound Millennium Theater where you will experience a magnificent live production of the life of Moses, Amish Community, Frank Lloyd Wright's amazing Falling Water house, Gettysburg Battlefield Tour, and historic Lititz, Pennsylvania.

Tour includes: Motorcoach transportation, 3 nights lodging, 5 meals (3 breakfasts and 2 dinners), reserved show tickets, all sightseeing and admissions, tips for local guides and porters, professional Tour Manager.

Tour Fare: \$799 per person double—\$769 per person triple—\$1049 per person single. A deposit of \$100 secures your reservation with the balance due by March 1, 2023. Travel insurance is available for \$79 per person double or triple or \$99 per person single.

America's National Parks-September 6-13, 2023. Includes Glacier National Park, Yellowstone, Montana's Big Sky Country, Old Faithful, Snake River Float Trip, Jackson Hole, Great Salt Lake, Silver Mine Tour Grand Tetons National Park, Mammoth Hot Springs and more.

Tour includes: Round trip air transportation, motor coach transportation, 7 nights lodging, 10 meals (6 breakfasts and 4 dinners), all sightseeing and entrance fees, tips for local guides and porters, professional tour manager.

Projected Tour Fares: \$3,799 per person double, \$3,729 per person triple, \$4,999 per person single. Fares are projected because we are unable to confirm airfare until 11 months before the trip. We will have updated fares soon. A \$350 per person deposit will hold your reservation with the balance due by June 1, 2023. Travel insurance is available.

This trip is over half full already! If you are thinking of going make sure you get your deposit in.

Trip Presentation!

Prime Tours will be at the Senior Center on Friday, January 27th at 11:30 a.m. with a presentation for the following 2 trips. Bring your questions with you!

<u>Cincinnati and the Ark</u>—June 13-14, 2023. Travel to Northern Kentucky and Cincinnati for this value-packed overnight tour. Experience a life-size version of Noah's Ark, an Ohio Riverboat Dinner Cruise, The American Sign Museum, Union Terminal and Findlay Market. *Per person price—Double \$359, Single—\$547, Triple—\$322, Quad—\$322.*

A \$100 deposit per person holds your reservation with your final payment due by March 13, 2023.

"Wine Down" in Ohio Wine Country— August 23-25, 2023. ""Wine" your way to Northeastern Ohio, home to award winning wineries and shops. Visit wineries, sample wines and enjoy breathtaking views of Lake Erie with a relaxing two night stay at The 4-Star Lodge at Geneva-on-the-Lake. This tour includes Gervasi and Raven's Glen Wineries as well as shopping in Canal Fulton and Roscoe Village. *Per person price Double—\$859 or Single—\$1,121.*

A \$200 deposit per person will hold your reservation with your final payment due by June 1, 2023.

Travel insurance is highly recommended. Visit www.GoPrimeTours.com or email info@goprimetours.com for more information on travel insurance.

Page 6 January 2023



Adult Day Center

We hope everyone had a wonderful Christmas! We had a small Christmas celebration in ADC. Santa delivered some nice gifts for our members. Thank you Ruth Kennedy for meeting up with Santa when he delivered.

Many thanks to everyone who help support us. We had a guest singer Elizabeth Branson stop in and share some Christmas music and a small Christmas presentation. Thanks also to Center member, Barb Florence for bringing her Dulcimer group to play some beautiful Christmas music as well.

Thank you to those who donated to the ADC. Dottie McCann, Chris Webb, and Betty Mastin. Depending on the time of publication, we may have missed someone. It is not intentional and we will recognize you the next time. We really appreciate all that you do.

Welcome 2023! Let's start the New Year with positive and loving thoughts. Beth and Patsy.

Free Friday Movie; at 1:00 p.m.

Members Only

January 6 – Uncharted – Tom Holland – Mark Walberg – Adventure – 2022 – PG-13

January 13 – Glass Onion: A Knives Out Mystery – Daniel Craig -Edward Norton – Mystery Comedy – PG 13

January 20 – Where the Crawdads Sing – Daisy Edgar-Jones – Taylor Smith – 2022 – PG-13

January 27 – Top Gun: Maverick – Tom Cruise – Miles Teller – 2022 – PG-13





В
0
W
L
Ι
N
G

Andrix, Barb	102	Goff, Terry	167	Stout, David	153	
Allulix, balb	102	don, reny	107	Stout, David	133	
Burdett, Diane	132	Hatfield, June	96	Thornber, Sandy	98	
Cooper, Barb	84	Noble, Gene	124	Bowling is every		
Ellars, Greg	128	Omen, Deb	74	Tuesday from 10 to		
Ernst, Terry	103	Phinney, Hope	69	12 at Madison Lanes		
Florence, Barb	88	Pickens, Ann	112	In London.		
Glass, Denise	103	Ridolfo, Linda	172	Your \$10 fee includes		
Glass, Duane	192	Sheridan, Ray	167	3 games & shoes		

Cabbage Roll Soup

- 2 tsp. olive oil
- 1 lb. lean ground beef
- 1 large yellow onion, diced finely
- 4 garlic cloves, minced
- · 2 medium carrots, quartered and sliced
- 2 cups chopped cabbage
- 4 cup low-sodium beef stock
- 3 8 oz. cans tomato sauce
- 1/2 cup uncooked white rice
- 1 bay leaf
- 3 tbsp. light brown sugar
- 2 tbsp. freshly chopped parsley

Instructions

- 1. In a large pot, brown ground beef, onions and garlic in olive oil and sauté over medium high heat.
- 2. Cook until meat is no longer pink.
- Add in carrots, cabbage, beef stock, tomato sauce, white rice, bay leaf and brown sugar to the pot and add salt and pepper to taste.
- 4. Simmer for 25 minutes, or until rice is fully cooked.
- 5. Take out the bay leaf and serve with fresh parsley and cheese!



"This restaurant has an app that lets you download parmesan cheese from the cloud!"

© Randy Glasbergen / glasbergen.com



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.

Page 8 January 2023

January Birthdays!

Patron	Birthday	Patron	Birthday
Quinn, Mary	01-01	Lipps, Alice	01-18
Leimeister, Monica	01-01	McNary, Mary	01-19
Lawrence, Betty	01-02	Reed, Helen	01-19
Conley, Patricia	01-03	Hurley, Karlene	01-20
Owens, Lori	01-03	Lindsay, Shirley	01-20
Collins, Linda	01-04	Case, Debra	01-21
Ward, Nancy	01-04	Newman, Millie	01-22
Sharp, Patricia	01-05	Chamberlain, Patsy	01-22
Stringfellow, Norma	01-06	McGough, Ron	01-22
Sowers, Ruth	01-06	Penry, Robert	01-22
Wilhoit, Jeanette	01-06	Sheridan, Donna	01-24
Castle, Brenda	01-06	Phinney, Hope	01-24
Vecchiarelli, Debbie	01-07	Boysel, Carolyn	01-25
Herald, Linville	01-09	Spahn, Doris	01-25
Robertson, Joyce	01-09	Rarey, Paul	01-26
Butler, James	01-09	Kavy, Diana	01-26
Zimmerman, Diane	01-09	Finchum, Vickie	01-26
Riffle, David	01-10	Koesters, Mike	01-27
Cowne, Gary	01-10	Pitts, Shirley	01-27
Reynolds, Sharon	01-10	Parks, Beauetta	01-28
Little, Roberta	01-11	Schickedantz, Cheri	01-28
Gaier, Tony	01-12	Roberts, Karen	01-28
Ell, Gordon	01-12	Weisman, Deborah	01-28
Thornber, Sandra	01-12	Creamer, Dorothy	01-29
Shaevitz, Robert	01-14	Maharrey, David	01-29
McCafferty, Joyce	01-16	Conley, Rhenda	01-29
Garver, Betty	01-16	Dillion, Beth	01-29
Hume, Dave	01-16	Slagle, Elsie	01-30
Manning, Kay	01-17	Cummins, Betty	01-31
Wilson, Beverly	01-17	Link, Peggy	01-31



Grief Support Group at the Madison County Senior Center

Third Thursday of each month at 2:00 p.m.

Ray Vance, MTh, is a Grief Counselor with Pathways of Hope Grief Counseling Centers in Madison and Union Counties. Pathways of Hope is part of the Bereavement support program for Loving Care Hospice, providing support to families and friends who have lost loved ones. These services are not only for Hospice patients, but anyone in the community who has suffered a loss. Pathways of Hope services are available to the public free of charge thanks to support from our community.

Mr. Vance understands that while grief is a normal reaction to loss, it is still a unique experience for everyone. A Grief Support Group is an opportunity for those who have experienced loss to receive encouragement and education on grieving as well as support from one another. Mr. Vance has been a Grief Counselor for four years with Hospice. Before that he worked as a Chaplain and Pastor. All are invited to participate in this monthly Grief Support Group.

Call the Center at 740-852-3001 to register for this group.

Staying Safe at Home This Winter

Limit how much you use space heaters: The allure of a space heater can be hard to resist. But these devices are the cause of the majority of fatal house fires, and people age 65 and over are 2.5 times more likely to die in a home fire.

Wear safe shoes: Broken hips are common among older adults and can lead to more serious health complication. Seniors should wear shoes with non-skid soles that offer the necessary amount of traction for winter conditions. Avoid going outside until snow and ice have been cleared from walkways, and avoid going out after dark when re-freezing is more likely to occur.

Keep an emergency kit: It's a good idea to keep a winter emergency kit on hand in case a power outage causes you to lose heat or lights. Some things to keep in your kit include:

Flashlight with extra batteries Hand warmers Matches or lighter

Cash Manual can opener

Battery powered weather radio First aid supplies

Prep your Car: Give your car a winter tune-up by having the brakes, tires and battery checked. Also check your windshield wipers to make sure they work smoothly and cleanly.

Be aware of the warmth in your home: You don't have to venture outside in the winter time to catch hypothermia. What's worse is that hypothermia sets in very gradually, and you can often be unaware that it's setting in.

Some tips to avoid hypothermia at home include:

Keep the thermostat set to at least 68 degrees at all times

Dress in layers

Wear thick socks and slippers Sleep in pajamas or sweatpants

Drink alcohol in moderation, as alcohol consumption causes you to lose body heat

Place rolled up towels or blankets under doorways to prevent drafts.

Page 10 January 2023

2023 Membership Dues

Membership dues were to be paid by December 31st for 2023. In order to participate in activities at the Center, you must pay dues. Single-\$15 or Couple-\$25.

You may drop them off at the Center or mail them to us at the following address:

Madison County Senior Citizens Center, P.O. Box 389, London, OH 43140.



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

To schedule an appointment call 1-855-536-6876



Medicare Questions?

OSHIIP representative, Andrew Haggard, will be here once a month at the Center to answer your Medicare questions. Call the Center at 740-852-3001 to schedule an appointment. There will be a maximum of 4 half hour appointments each time he comes.

Help Wanted

We are looking for a part time cook for our Senior Café. Please stop in at and fill out an application at the Senior Center. No phone calls please.

The Senior Center will be closed Monday, January 16th in observance of Martin Luther King Day.











Deeann Blake

104 Lafayette Street London, Oh 43140 (740) 852-2323

VETERANS!!

WE WANT YOU...

TO KNOW WHAT YOUR BENEFITS ARE!!

We also provide transportation to and from VA medical appt.'s **and**provide veterans ID Cards!!

Call our office for more information 740-852-0676



VETERANS SERVING VETERANS...

January 2023 Page 11



"WINGS

OF BEAUTY"

Butterflies from around the world.

Ruth Mills

gmills003@icloud.com

Just when it thought

life was ending,

 $the\ caterpillar$

937-215-6669

became a butterfly.



MERCHANTS NATIONAL BANK
279 Lafayette Street
London, Ohio
740-852-4900

"A <u>REAL</u> Community Bank, with <u>Real</u> Customer Service"

MEMBER FDIC

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



January 2023

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, Adult Day Center Coordinator Patsy Bricker, Adult Day Center Aide Bonnie Radcliff, Adult Day Center Aide/Substitute 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 Stephen McClaskie, 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

Dated Material

COAAA Advisory Council Meetings Open to Public

non-discriminatory in services and employment. The building is

handicapped accessible.

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.