

This Newsletter is published by:
Morrow County Services for
Older Citizens, Inc.
dba *Seniors On Center*
41 West Center Street
Mt. Gilead, OH 43338

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MORROW COUNTY SENIOR MOMENTS



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MORROW COUNTY SERVICES FOR OLDER CITIZENS, INC.

419-946-4191 * 419-946-1037 facsimile

Website: www.SeniorsOnCenter.org

**AUGUST 2016
ISSUE**

Sponsored by Title III Grant under the Older Americans Act administered through the Ohio Department of Aging and Ohio District 5 Area Agency on Aging, with local funding through levy dollars, United Way and private donations. The Morrow County Multi-Purpose Senior Center and its programs are open to all Morrow County residents 60+ years of age regardless of race, color, ancestry, religion, sex, national origin, or disability.

SENIORS ON CENTER SERVICES



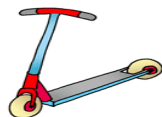
Home delivered meals

A hot, well-balanced lunch is available daily to senior shut-ins living in Morrow County. Weekend and holiday frozen meals are also available upon request. A suggested donation of \$3.00 per meal is accepted.



Lunch at Seniors on Center

A hot lunch is served daily at 11:45 a.m. Reservations are required by calling the Center at least 24 hours in advance. A suggested donation of \$3.00 is accepted for those 60+ and a charge of \$5.00 for those under 60.



Transportation

Handicapped accessible transportation and escort service to work, doctor appointments, beauty shop, grocery shopping, social activities, therapy, etc. is available. Please call 24 hours ahead for an appointment. A suggested donation of \$3.00 is accepted for local transportation. Transportation for medical appointments outside the county can usually be arranged with a 48 hour notice.



Homemaker

Light housekeeping for those unable to perform some of their home making chores. Charge is \$5.00 per hour.

Scioto Downs Casino
Columbus, Ohio



The August schedule is the 11th and the 25th. Be sure to get your name in and put your money down soon. The bus fills quickly.

Free Summer Nature
Events in Morrow County

August 24 Alternative Energy
Program at HOEC, 6:30PM

August 29 – September 5 Morrow
County Fair (visit Building 17)

September 1 – October 27 Wee
Discover preschool at HOEC
(Headwaters Outdoor Education
Center) (each Thursday)

HUMOR

At age 70, my grandfather bought his first riding lawn mower. “This thing is great,” he bragged to my brother. “It took me only an hour and a half to mow the lawn. It used to take your grandmother two days to do it all.”



Seniors enjoying the day at the State Park. Everyone had lunch and played bingo.



The Senior Center enjoyed a wonderful day at the Sweet Corn Festival. It was nice seeing so many people supporting the event and talking with all the individuals that showed support for our Senior Center and what we do for our seniors with their kind words. Thank you to our Board Members, Staff, and some very special members, that took time out of their day to help us with our pancake breakfast, and sat uptown to show their support.

Dogs by WordSearchADay.com

H N A M R E B O D A L M A T I A N B T N
Z E N Y K S U H N A K S A L A F G H A N
M O T T E R H O U N D Z G Y Y T B D I I
I B B S H B R C O P G U P K X D T V C N
B L G Y R W U T H D A C H S H U N D P E
A O O E D O N L F O X H O U N D H R S L
S O S O R J V E L D O O P H C N E R F K
S D P T K M N H O D C N Z N N V E R W H
E H A A O W A P W S O J P A E I E Z V O
T O A N L N I N H E C G T I R N R W P U
T U S C O T T I S H T E R R I E R E A N
U N A R B L H E I H P T E E H K E I T D
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A K L U Z N U R I R T P O I S T A A C U
C L L U I A E H N A I X H S H L D R H O
V D O K H I W E R M E E C E A G E A I H
L Z E U R C D E Q R Z A R I R D R N N Y
L P A R E L I E W T T O R R P D I E O E
F W A J O N A N G I E L G A E B A R O R
F H O G N I D F T Z C O L L I E V F K G

Afghan	Collie	Harrier	Scottish Terrier
Airedale	Dachshund	Irish Wolfhound	Shar Pei
Alaskan Husky	Dalmatian	Jonangi	Shih Tzu
Basset	Dingo	Kooli	Siberian Husky
Beagle	Doberman	Lhasa Apso	Vorsteh
Bloodhound	Elkhound	Mutt	Weimaraner
Boston Terrier	Foxhound	Otterhound	Weiner
Boxer	French Poodle	Pekingese	Whippet
Bulldog	German Shepherd	Pit Bull	Zuchon
Chihuahua	Golden Retriever	Pug	
Chinook	Great Dane	Rat Terrier	
Chow	Greyhound	Rottweiler	

MORROW CO. SENIOR CLUBS

Cardington Seniors

Friday, August 26th @ 12 Noon
need reservation-\$3.00 suggested
donation

Seniors On Center
41 W. Center St., Mt. Gilead
Shirley Robinson 419-864-4077

Chesterville Seniors

Tuesday, August 16th @12PM
Selover Library, Chesterville
31 State Route 95
Susie Lyle 419-768-3431

Marengo/Fulton Seniors

Monday August 1st @9AM
Breakfast on your own
Farmstead Restaurant
618 State Route 61, Marengo

Monday, August 18th @12PM
Carry-In Lunch
American Legion Post 710
1549 W. C R 26, Marengo
Joyce Taylor 419-253-0727

Sparta Good Time Seniors

Tuesday August 16th @12:30 PM
Highland Pizza—your own cost
6530 State Route 229, Sparta
Dick Sears 419-768-2050

Mt. Gilead Seniors Club

Tuesday, August 16th @12 Noon
At Seniors on Center. Reservations
needed. Bring dessert.
Marilyn Sipes 419-468-3500

MORROW CO. SENIOR CLUBS

Morrow County Retired Teachers

April, June, October & December
October 3rd @ 11:30 AM Lunch
provided by Trinity UMC for
\$10.00
75 E. High St, Mt. Gilead
Janet Johnson 419-362-6903



Join us on Tuesday, August 9th at
noon to celebrate our August
birthdays! Wishing the following a
Very Happy Birthday:

Bud Tesack
Helen Bosh
Earl Gattshall
Joe Pukansky
Marge Breckner
Diane Roberts
Burgess Boyce
Glenna French
Verlton Kunze
Sheldon Bible
Robin Wycuff
Charmaine Anderson
Lula Gale
Mark Powell
Mary Todd

Madia Campbell
Winnie Foster
Dan Rogers
Virginia Hedrick
Wilma Ogle
Fritz Miller
Avonell Hayhurst
Jane Reed
Bonnie Clarkson
Fern Miley
Phoebe House
Kathern Claffey
Herman Shultz
Joan Myers

MONDAY NIGHT MUSIC

\$1 FOR MEMBERS * \$2 NON-MEMBERS

Monday, August 1st

Meal 5-6PM
Music by Country Travelers 6-8PM

Monday, August 8th

Meal 5-6PM
Music by Dick Starcher 6-8PM

Monday, August 15th

Meal 5-6PM
Talent Night Open Mic 6-8PM

Monday, August 22nd

Meal 5-6PM
Music by Country Travelers 6-8PM

Monday, August 29th

No Music

You must make reservations for the meals!
Band donations accepted

EUCHRE AND BINGO

Join us for an enjoyable afternoon of Euchre at the Center every Wednesday and Thursday at 11:30. We would love to see new faces.

The first, second & fourth Tuesday of each month we are having Bingo from 1-3 PM



Beltone at the Senior Center
August 19th 10am - Noon

No appointment necessary
Angela Schneider,
Hearing Care Practitioner

Chunky Cheesecake Brownies

Wow! Melt-in-your-mouth brownies that are easy and elegant. Chocolate brownies marbled with cheesecake make fabulous squares!

Ingredients

- | | |
|---|---------------------------|
| 1 (8 ounce) package cream cheese softened | ½ cup white sugar |
| ¼ cup white sugar | 2 eggs |
| 1 egg | 2/3 cup all-purpose flour |
| 1 cup semisweet chocolate chips | ½ teaspoon baking powder |
| | ¼ teaspoon salt |
| ¼ cup butter | |
| 1 cup semisweet chocolate chips | |

Directions

1. Preheat oven to 350 degrees F. Grease a 9- square baking pan.
2. Combine cream cheese with ¼ cup sugar and 1 egg in a mixing bowl; beat until smooth. Stir 1 cup chocolate chips into the cream cheese mixture. Set aside.
3. Fill a saucepan with water and bring to a boil. Turn the heat off, and set a heatproof mixing bowl over the water. In the mixing bowl, combine butter with the remaining cup of chocolate chips; stir until just melted and blended together. Stir in the remaining ½ cup sugar and 2 eggs, then sift together flour, baking powder, and salt; stir into chocolate until evenly blended.
4. Pour half of the batter into the prepared baking pan. Spread the cream cheese mixture over the chocolate layer. Top with remaining chocolate mixture (this doesn't need to completely cover the cream cheese layer). Using a knife, swirl the top chocolate layer into the cream cheese to make a marble pattern.
5. Bake in preheated oven at 350 degrees F for 25 to 30 minutes, or until top is crinkled and edges pull away from sides of the pan. Cool thoroughly. Cut into 12 to 16 squares. Store in the refrigerator or freeze.



Dehydration and Heatstroke

Dehydration and heatstroke go hand in hand. It happens most commonly in people who are out in the sun.

What happens is that people sweat and replace their lost electrolyte-packed body fluids with only water. Dehydration can soon follow, and heatstroke can set in if a person becomes so dehydrated they can't sweat enough to cool down, and their body temperature rises.

How to avoid it. If you are outside and sweating, you should be drinking at least a 50-50 mix of Gatorade and water, which has potassium and sodium. You need to be drinking at least one small liter bottle of this mix every hour if you're working or exercising in the sun.

Warning signs. Symptoms of dehydration can run the gamut from thirst and general fatigue, to headaches, nausea, and confusion. Heatstroke symptoms are also headache and confusion, but include delirium and even hallucinations.

What to do. While mild dehydration can be treated by rehydrating with fluids, heatstroke is more serious. If you have heatstroke, you need to go to the emergency room so you can have intravenous fluids. With really bad heatstroke, your kidneys can shut down.

CONS & SCAMS

- **Business Schemes:** Mail order “Work-at-Home” jobs usually cost more than you profit and are often from foreign countries.
- **Home Repairs:** “Free inspections or estimates” that have hidden costs on repairs that do not exist.
- **Utility Inspector:** False accusation of “breaking utility regulations” and offers to find a quick fix when there is really nothing wrong.
- **Insurance Fraud:** Policies offering “low rates with big benefits.” If it seems too good to be true, it probably is.
- **Medical Fraud/Miracle Cures:** “Quick fixes” that may not be medically sound. Consult with a doctor.
- **Property Scams:** Fictitious “investment deals.” Check out the property/owner before purchasing.
- **Phone Charities Scams:** Solicitations from groups pretending to be a charity, real or otherwise. Make your own contacts to donate.
- **Debt Consolidation Cons:** Services offering to consolidate bills with hidden high interest rates.
- **Bank Scams:** You’re asked to withdraw money to help with and undercover investigation. The money becomes “evidence” that is not returned.
- **Investment Scams/Pyramid Schemes:** “Get Rich” offers that promise little or no risk. Have your attorney check out any investment.
- **Free Prize Offers:** “A prize” for your credit card number, after a purchase, or for attending a sales pitch, usually costs more than the prize.
- **Vacation Package Scams:** “Low-cost trips” that never take place or have hidden expenses.
- **Foreign/Domestic Lottery Schemes:** You’re told that you’ve inherited or won a large sum of money. Consult with an attorney. Foreign lotteries are illegal in the U.S.

GROCERIES FOR SENIORS

You are eligible for a monthly box of groceries if you:

- Are age 60 or older
- Live in Morrow County
- Meet income guidelines

For details contact:

Morrow County Seniors on Center
Shirley Furr at 419.946.4191



Technology Training

Are you interested in learning more about your computer? We are looking into offering classes for basic computers, Microsoft Office, email, Facebook, windows, Identity Theft, Banking online, etc. Can you use some help with your tablet or phone? What about your Android, Mac, Apple, Kindle or Nook? Let us know if you are interested in taking any classes.

Please call 419.946.4191



August Events



Tuesday, August 9 - Trip to Amish Country. Leaving Kroger's 8AM
Lunch on your own at Der Dutchman in Walnut Creek
Shopping in Berlin, trip to Guggisburg Cheese and Ice Cream at Hershberger
Return 5PM - 5:30
Transportation by a Pioneer Trails bus. \$25.00 for Members and \$30.00 for non-members.



Tuesday, August 30 Senior Day at the Morrow County Fair
Registration starts at 9AM
Bingo/Style Show
Free lunch to the first 400 registered Morrow County Senior Citizens
Award for Outstanding Morrow County Senior Citizen of 2016
Music
Door Prizes



AUGUST ACTIVITY SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 8:30-10AM Silver Sneakers 11:45AM Lunch 9AM Marengo/Fulton Breakfast	2 9AM Roundtable 11:45AM Lunch 1-3PM Bingo	3 8:30-10AM Silver Sneakers 11:45AM Lunch 11:30AM Euchre 1PM Game Day	4 11:45AM Lunch 11:30AM Euchre 	5 8:30-10AM Silver Sneakers 11:45AM Lunch 12:30PM Bible Study 1PM Adult Coloring
8 8:30-10AM Silver Sneakers 11:45AM Lunch	9 8AM Amish Trip 9AM Roundtable 11:45AM Lunch 1-3PM Bingo 	10 8:30-10AM Silver Sneakers 11:45AM Lunch 11:30AM Euchre 1PM Game Day	11 11:45AM Lunch 11:30AM Euchre 9AM Casino	12 8:30-10AM Silver Sneakers 11:45AM Lunch 12:30PM Bible Study 1PM Adult Coloring
15 8:30-10AM Silver Sneakers 11:45AM Lunch 12Noon Marengo/Fulton Carry-In 5-6PM Meal 6-8PM Music	16 9AM Roundtable 11:45AM Lunch 12 Noon Chesterville Carry-in 12 Noon Mt. Gilead Sr. Lunch 12:30 Sparta Lunch	17 8:30-10AM Silver Sneakers 11:45AM Lunch 11:30AM Euchre 1PM Game Day	18 11:45AM Lunch 11:30AM Euchre	19 8:30-10AM Silver Sneakers 11:45AM Lunch 12:30PM Bible Study 1PM Adult Coloring
22 8:30-10AM Silver Sneakers 11:45AM Lunch 12 Noon – 4PM Commodities 5-6PM Meal 6-8PM Music	23 9AM Roundtable 9AM – 12Noon Commodities 11:45AM Lunch 10-12Noon Beltone 1-3PM Bingo	24 8:30-10AM Silver Sneakers 11:45AM Lunch 11:30AM Euchre 1PM Game Day	25 11:45AM Lunch 11:30AM Euchre 9AM Casino 	26 8:30-10AM Silver Sneakers 11:45AM Lunch 12 Noon Cardington Lunch 12:30PM Bible Study 1PM Adult Coloring
29 8:30-10AM Silver Sneakers 11:45AM Lunch	30 OFFICE WILL BE CLOSED SEE YOU AT THE FAIR	31 8:30-10AM Silver Sneakers 11:45AM Lunch 11:30AM Euchre 1PM Game Day		

AUGUST MENU

SUGGESTED \$3.00 DONATION ONE DAY ADVANCE RESERVATIONS REQUIRED *				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Beef & Noodles Peas & Carrots Mixed Fruit Orange Juice Whole Grain Bread Milk	2 Pork Chops Sweet Potatoes Malibu Vegetables Applesauce Whole Grain Knots Milk	3 Stuffed Peppers Cheese Cubes Parsley Potatoes Grape Juice Whole Grain Bread Graham Crackers Milk	4 Roasted Turkey Mashed Potatoes Green Beans Tropical Fruit Whole Grain Roll Milk	5 Deli Ham Tossed Salad Peaches Apple Juice Whole Wheat Bun Whole Grain Crackers Milk
8 Pork Fritter Baked Potatoes Broccoli Peaches Whole Grain Bread Milk	9 Turkey Burger with Lettuce & Tomato Wedge Fries Tropical Fruit Whole Grain Bun Whole Grain Crackers Milk	10 Beef & Noodles Peas & Carrots Mixed Fruit Orange Juice Whole Grain Bread Milk	11 Sloppy Joe Sandwich Carrots Hot Apple Slices Cranberry Juice Whole Grain Bun Whole Grain Crackers Milk	12 Shredded Chicken Sandwich Ranch Fries Pears Pineapple Juice Whole Grain Bun Whole Grain Crackers Milk
15 Marzetti Cauliflower Applesauce Cranberry Juice Bread Stick Milk	16 Chicken Breast Mashed Potatoes Carrots Grape Juice Whole Grain Bread Milk	17 Pepper Steak Brown Rice Corn Banana Pineapple Juice Whole Wheat Bread Milk	18 Salisbury Steak Mashed Potatoes Succotash Apple Juice Whole Grain Bread Graham Crackers Milk	19 Chicken Strips Ranch Fries Beets Orange Juice Whole Grain Bread Milk
22 Meatloaf Mac & Cheese Corn Mandarin Oranges Apple Juice Whole Grain Bread Milk	23 Roast Beef Red Skin Potatoes Carrots Orange Juice Whole Grain Roll Milk	24 Chicken Noodle Casserole Peas Applesauce Cranberry Juice Whole Grain Bread Milk	25 Chicken Breast Baked Potato Brussel Sprouts Pears Whole Grain Roll Milk	26 Vegetable Lasagna Broccoli Orange Whole Wheat Bread Milk
29 Beef & Noodles Peas & Carrots Mixed Fruit Orange Juice Whole Grain Bread Milk	30 Pork Chops Sweet Potatoes Malibu Vegetables Applesauce Whole Grain Knots Milk	31 Stuffed Peppers Cheese Cubes Parsley Potatoes Grape Juice Whole Grain Bread Graham Crackers Milk	MENU IS SUBJECT TO CHANGE	