

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

SEPTEMBER 2015

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.

UPCOMING EVENTS

SENIOR DAY AT THE FAIR

September 1st - Senior Day at the Fair – Bingo, entertainment, lunch, door prizes and entrance into the fair all for free. What more could you ask for? Come and join us, we always have a great time.

Sept. 8th at noon, Dave Painter from OSHIP will be here to discuss Medicare.

Sept. 14th and 28th – Come and enjoy a day of games and activities. Everyone invited. Lunch at 11:45. Suggested cost - \$3.00 for lunch.

GENEALOGY

We are thrilled to announce that Mr. Richard Sears will be hosting a Genealogy study here at the Center beginning Wednesday September 9th from 7:00 pm to 9:00 pm and the next two Thursday evenings (Sept. 17th and 24th). If you have ever been interested in your family tree, this is the place to learn how to get your tree blooming. Please call to register.

Sept. 22nd at 6:30 to 8:00 pm. Michelle from the Alzheimer's Association will be at the center for an informative discussion and information about this disease that effects so many families.

Sept. 29th. We are planning a trip to Dresden. We will stop at the large basket (which houses the offices) for a break. Next we will go to the Longaberger factory for a tour. We will also make a stop for lunch.

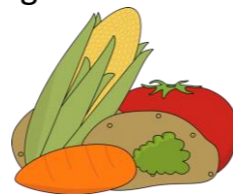
Scioto Downs Casino Columbus, Ohio



September Casino trips are scheduled for September 10th and 24th. Please see Shirley in the front office to make your reservations and payments.

ATTENTION ALL SENIORS

Wednesday, September 2, the Senior Center will be having a produce give-a-way at 1:00 pm. It will be on a first come, first serve basis with a limit of one pick-up per family. Please provide your own bags.



We are looking for actors and actresses for our Mystery Dinner Theater on Thursday October 15th. Free dinner and tons of fun for you hangs out there. Please Call Linda @ 419-946-4191 if interested.



HERE IS AN OPPORTUNITY TO HELP OUR MILITARY

Seniors on Center is honored to have been asked by the Cardington Police and the Morrow County American Red Cross to collect items for Military Care Packages. Below is a list of items that we will be collecting, we will be running this program from July 1st until September 30th. If you wish to donate any of the items listed below you may drop the items off at the Cardington Police Department located at 215 Park Ave., Cardington, Ohio or at Seniors on Center.

FOOD AND DRINK

- *Powered drink mix. Service members will appreciate anything that can be mixed with water.
- *Meal enhancers. Anything that can be mixed with MREs (Meals Ready to Eat), such as ramen noodles, seasoned salt, individual packets of hot sauce, mustard, relish, and ketchup.
- *Quick protein. Energy bars, tuna fish, sardines, non-perishable beef jerky, or beef summer sausage. Make sure the meat is labeled USDA Beef.
- *Snacks. Look for small, hard containers of chips, pretzels, and nuts. These are easier to carry than large containers. Avoid bags, which may burst under high pressure. If you do send large bags or containers, include small zipper-lock bags so service member can pack smaller amounts of snacks to carry snack cakes, cheese crackers, and cookies are in high demand. Salty snacks are good for those deployed in the desert, especially in the summer months because they will encourage service members to drink more water.
- *Candy and gum. Please avoid chocolate as it will more than likely melt. Gum and other types of candy may soften and become gooey, so send these in plastic zipper-lock bags. Send plenty of extras for service members to share, especially if he or she comes into contact with children.

PERSONAL CARE AND CLOTHING

- Choose small, travel-size containers of personal care products, and avoid aerosol cans. To keep liquids from spilling, cover the opening of the container with plastic wrap, and then recap before shipping.
- *Toiletries. Toothbrush, toothpaste, dental floss, cotton swabs, shaving lotion, disposable razor, shampoo, individually packaged tissues.
 - *Personal care. Individually packaged baby wipes, eye drops, lip balm lotion, aspirin or other pain reliever, feminine hygiene products for women.
 - *Foot care. Moleskin, medicated foot powder, athlete's-foot ointment.
 - *Disposable hand warmers
 - *Goggle-style sunglasses. Service members will appreciate these if he or she is deployed in the desert.
 - *Cotton socks and underwear. Make sure the garments are made of 100% cotton rather than a cotton blend.

ENTERTAINMENT AND COMMUNICATION

- *Reading material. Paperback books, current magazines, comic books.
- *Word games and puzzles. Crossword puzzles, word searches, jigsaw puzzles.
- *Games...foam footballs and basketballs, Frisbees, Hacky sacks, playing cards, yo-yos.
- *Electronics...portable DVD player, CD player, DVDs, CDs, handheld electronic games.
- *Batteries...size AA and D batteries are in high demand. If you're sending a battery-operated device, such as a CD player, remove the batteries so the appliance does not accidentally turn on during shipment.
- *Disposable camera.
- *Writing material. Notepaper, envelopes, pens, pencils, and stamps.
- *Phone cards. Shop around to get the best deal on overseas minutes.

WHAT NOT TO SEND

We will not accept obscene material, alcohol or any unauthorized political materials.

THANK YOU IN ADVANCE FOR YOUR PARTICIPATION!!!! OUR SERVICE MEN AND WOMEN ARE SO DESERVING OF ANY ACT OF KINDNESS THAT WE CAN SHOW THEM. THEIR LIVES ARE ON THE LINE FOR US.

APPLE CAKE WITH CARAMEL GLAZE



Ingredients:

1/4 cup cinnamon-sugar mixture (for dusting cake pan)
3 eggs
2 cups flour
1/2 teaspoon baking soda

4 apples, chopped small
1 cup canola oil
2 cups sugar
1 teaspoon cinnamon

GLAZE

2 tablespoons butter
1/2 cup firmly packed light brown sugar
2 tablespoons milk

Directions

Preheat oven to 350 degrees; grease a bundt pan or tube pan and coat with cinnamon-sugar mixture. Mix apples, eggs and oil with an electric mixer. Add the flour, sugar, baking soda and cinnamon; mix well. Pour into pan and bake about 1 hour or until a toothpick inserted in center comes out clean. Allow cake to cool in pan for at least 10 minutes; invert onto a cake plate. To prepare Glaze; combine butter, brown sugar and milk in a medium saucepan, bring to a boil and cook for 1 minute. Spoon over cake, allow to cool before serving, ENJOY

HUMOR

My wife has a slight impediment in her speech - every now and then she stops to breathe. *Jimmy Durante*

I don't feel old - I don't feel anything until noon. Then it's time for my nap. *Bob Hope*

"Some cause happiness wherever they go; others whenever they go."-Oscar Wilde

My mind works like lightning. One brilliant flash and it is gone.

Sometimes we just need to remember WHAT the Rules of Life really are...

1. Never give yourself a haircut after three margaritas.
2. You need only two tools. WD-40 and duct tape. If it doesn't move and it should, use WD-40. If it moves and shouldn't, use tape.
3. The five most essential words for a healthy, vital relationship are: "I apologize" and "You are right."
4. Everyone seems normal until you get to know them.
5. When you make a mistake, make amends immediately. It's easier to eat crow while it's still warm.
6. If he/she says that you are too good for him/her--believe them.
7. Learn to pick your battles; ask yourself, 'Will this matter one year from now? How about one month? One week? One day?'
8. Never pass up an opportunity to pee.
9. If you woke up breathing, congratulations! You have another chance!
10. Living well really is the best revenge. Being miserable because of a bad or former relationship just might mean that the other person was right about you.
11. Work is good, but it's not that important.
12. Be really nice to your friends. You never know when you are going to need them to empty your bedpan

MORROW CO. SENIOR CLUBS

Cardington Seniors

Friday, September 25th @ 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, September 15th @12PM

Selover Library, Chesterville
31 State Route 95

Susie Lyle 419-768-3431

Marengo/Fulton Seniors

Monday, September 8th AM

Breakfast on your own
Farmstead Restaurant

618 State Route 61, Marengo

Monday, September 21st@ 12PM

Carry-In Lunch

American Legion Post 710

1549 W. C R 26, Marengo

Joyce Taylor 419-253-0727

Sparta Good Time Seniors

Tuesday, September 15th@ 12:30 PM

Highland Pizza—your own cost

6530 State Route 229, Sparta

Dick Sears 419-768-2050

Mt. Gilead Seniors Club

Tuesday, September 15th@ 12 Noon

At Seniors on Center. Reservations needed. Bring dessert. Marilyn

MORROW CO. SENIOR CLUBS

Morrow County Retired Teachers

April, June, October & December

October 5th @ 11:30 AM Lunch

provided by Trinity UMC for \$10.00

75 E. High St, Mt. Gilead

Ann Campbell 419-946-7666



Join us on Tuesday, September 8th at noon to celebrate our September birthdays! Wishing the following a

Very Happy Birthday:

Elsie Wilson
Oscar Noble
Monnie Bayles
Cody Bedwell
Janet Bedwell
Marian Steinbaugh
Mary Hanners
Ruth Baughman
Roy Morrow
Gregory Keith

Dorothy Clark
Rudella Gilbert
Maurice Sipes
Adeline Sipes
Walden Shinaberry
Cam Taylor
Kathryn Seagle
Norma Woodward
Ann Campbell
Sandra Campbell

MONDAY NIGHT MUSIC

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

Monday, September 7th

Closed

Monday, September 14th

Meal 5-6PM

Music by Dick Starcher 6-8PM

Monday, September 21st

Meal 5-6PM

Open Mic 6-8PM

Monday, September 28th

Meal 5-6PM

Music by Country Travelers 6-8PM

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

**Belton at the Senior Center
September 15th 10am - Noon**

No appointment necessary

**Angela Schneider,
Hearing Care Practitioner**

OCTOBER PLANS

**Medicare Open Enrollment
October 15 – December 7**

Marc Follin will be at the Senior Center from 1 to 4 .m. every Thursday beginning October 15th thru December 7th. There are two exceptions to that: The week of Oct. 25th and Nov. 22, she will be here on Tuesday Oct. 27th and Tuesday Nov. 24th due to our expo on Oct. 29th and Thanksgiving, Nov. 26th.

**“PASTA, PASSION, AND
PISTOLS”**

Thursday, October 15th, we are presenting “Pasta, Passion, and Pistols Mystery Dinner Theater. Make your reservations now to our Little Italy Italian Restaurant for a great lasagna dinner along with a mystery. Members \$8.00 and non-members \$12.00. Dinner begins at 5:15 pm.

FREE OUTDOOR PROGRAMS

HEADWATERS OUTDOOR EDUCATION CENTER
CO. RD. 76 (next to Morrow Co. jail)

1. Sept. 22 at 6 pm – Mushrooms: identifying and growing your own.
2. Sept. 23 at 8:30 am – help establish HOEC Arboretum
3. Oct. 24 at 7:30 pm – Night program: sky bats, owls.

MOUNT GILEAD STATE PARK

Sept. 26 from 1 to 5 pm – National Hunting and Fishing Day, Morrow County Conservation Club Displays, demonstrations and activities

2015 TRIPS

Gather a few dollars together, put on your walking shoes, and get ready for a great day of shopping (or window shopping).

Thursday, **September 17** we will meet at the Kroger parking lot at 8:30 a.m., find a seat on a charter bus and relax until we arrive at “Everything Rubbermaid” in Wooster, OH. After rummaging through the 3 floors of overstocked Rubbermaid items, we will head to Orrville, OH. There we will stop at the Smucker’s Company Store and then off to Shisler Cheese House.

By this time (after smelling all of the goodies) you will, of course, be very hungry. We are then on our way to Das Dutch Kitchen in Dalton, OH. When you have eaten to your fill, we will head to our final stop, everyone’s favorite place to window shop, Lehman’s Hardware. If you have never been there, it will soon be your favorite. (Lunch is on your own)

We will then return home exhausted, but happy. We must have 25 people to go. Payment of \$35.00 for members and \$40.00 for non-

members due at time of registration.

Tuesday, **October 13**, we are going to Senior Discovery Day at the Toledo Zoo and Aquarium. The only cost to you will be transportation. Admission is free, you will get a free small coffee and mini-muffin at the Timberline Bakery and a 20% discount on merchandise at the North Star Trading Post. This day they will be promoting BINGO with a Zoo twist! It will be held at Games in the Lodge, from 10:30 am to noon. All in all it will be an adventurous day. \$40 for members and \$45.00 non-members to be paid at the time of reservations being made.





**2015 Community Service Award
Outstanding Senior Citizen of Morrow County**

William (Will) Schindley is a retired teacher having taught industrial arts and technology education in the Mount Gilead Junior High School for 37 years. Over 40 years he was chairman of the technology department displays from many schools exhibited at the Ohio State Fair in the Lausche Building. For his long time service, he was awarded a place in their "Educational Hall of Fame." Since his retirement, he has returned daily to the school system as a computer tech. He continues to enjoy this involvement with the school and the staff.

He has been active in the Lion's Club as president and treasurer. He attends state and zone meetings. He has been chairman and involved in the planning of the Lion's Club Horse show. He participates in the trash pick-up of a 2 mile section of Route 61.

As a member of the Sacred Hearts Catholic Church, he is serving on the rebuild committee and the finance committee. As a member of Knights of Columbus, he is treasurer and is often pictured in the Sentinel handing checks to nonprofit organizations from money raised from their once a month Saturday morning breakfasts. He is part of the Fourth Degree in Marion and serves on the Christmas Ball committee.

He is also a member of the Credit Union Board.

In addition to his commitment to the above, he supports Heart Beat Walk, Friends of the Park, and is an advocate for recycling.

He is the bookkeeper for his wife, Ginny, who operates Talk of the Town Beauty Salon. They have 3 children, 8 grandsons and 1 granddaughter.

Will is a worker behind the scenes - often the "generator" behind the projects in which he is involved. He sees them through to completion, even if he ends up working independently. He receives pleasure when youth have successful experiences and is willing to give his time to help them achieve this.

Will exhibits the qualities of an outstanding senior citizen of Morrow County.

2015 Community Service Award Recipient

Friends of Cardington is a group of community minded citizens that come together to plan and make possible community events for the residents of Cardington and surrounding communities. They have made Cardington a community that the residents of Cardington enjoy being a part of. They have envisioned and worked hard to start two annual events. A summer street fair and the Christmas downtown open house have taken place the past two years. Each year these events get bigger and better. Thank you to Lea Ann Maceyko and her group for once again making Cardington a community to be proud of.



Autumn Word Search


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

See how many of these autumn related words you can find in the puzzle. The words can be forward, backward or diagonal.

Created by Sue Lindlauf
Grand Forks Herald 2013

- | | | | |
|-----------|-------------|---------------|------------|
| 1. Autumn | 5. Raking | 9. Gourds | 13. Corn |
| 2. Fall | 6. Harvest | 10. Football | 14. Maize |
| 3. Leaves | 7. Pumpkins | 11. Season | 15. Yellow |
| 4. Colors | 8. Apples | 12. Scarecrow | 16. Orange |

SEPTEMBER ACTIVITY SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Senior Citizens Day At the Fair	2 11:45 AM Lunch 11:30 AM Euchre	3 11:45 AM Lunch 11:30 AM Euchre	4 8 AM-4:30 PM Inside walking 11:45 AM Lunch 12:30PM Bible Study
7 CLOSED LABOR DAY	8 11:45 AM Lunch 12:00 Birthday 12:00 OSHIP 1:00-3:00PM Bingo	9 11:45 AM Lunch 11:30 AM Euchre 7-9PM Richard Sears Genealogy	10 11:45 AM Lunch 11:30 AM Euchre	11 8 AM-4:30 PM Inside walking 11:45 AM Lunch 12:30PM Bible Study
14 11:45 AM Lunch 12PM Marengo/Fulton Carry-in Noon- Games and activities 5-6PM Meal 6-8PM Music	15 10AM-12Noon Belton 11:45 AM Lunch 12PM Chesterville Carry-in 12 Noon Mt. Gilead Sr Lunch 12:30 Sparta Lunch	16 11:45 AM Lunch 11:30 AM Euchre	17 11:45 AM Lunch 11:30 AM Euchre Genealogy 	18 8 AM – 4:30 PM Inside Walking 11:45 AM Lunch 12:30 PM Bible Study
21 11:45 AM Lunch 5PM Meal 6-8PM Music	22 11:45 AM Lunch 1:00-3:00PM Bingo 6:30 – 8 pm Alzheimer's Seminar	23 11:45 AM Lunch 11:30 AM Euchre	24 11:45 AM Lunch 11:30 AM Euchre Genealogy	25 8 AM – 4:30 PM Inside Walking 11:45 AM Lunch 12 Noon Cardington Lunch
28 11:45 AM Lunch Games and activities Noon-4PM Commodities No Meal No Music	29 9AM-Noon Commodities Dresden Trip	30 11:45 AM Lunch 11:30 AM Euchre		

SEPTEMBER MENU

SUGGESTED \$3.00 DONATION
ONE DAY ADVANCE RESERVATIONS REQUIRED *

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Senior Citizens Day At the Fair	2 Meatloaf Mashed Potatoes Brussel Sprouts Pears	3 Chicken Breast Coleslaw Grapes Pineapple Juice	4 Roasted Turkey Baked Potato Broccoli Apple Juice
7 CLOSED LABOR DAY	8 Hamburger with Lettuce & Tomato Potato Salad Apple Juice	9 Shredded Chicken Sandwich Ranch Fries Banana Pineapple Juice	10 Chicken Salad Sandwich Fruit Salad Apricot Juice	11 Sloppy Joe Sandwich Carrots Sliced Fresh Apples Cranberry Juice
14 Chicken Drumstick Oven Brown Potatoes Broccoli Cantaloupe	15 Salisbury Steak Mashed Potatoes Cauliflower Apple Juice	16 Pulled Pork Sandwich Corn Grapes Orange	17 Chicken Noodle Casserole Mashed Potatoes Carrots Grape Juice	18 Spaghetti Green Beans Pineapple Cranberry Juice
21 Low Sodium Ham Ranch Fries Watermelon Orange Juice	22 Chicken Patty Sweet Potatoes Green Beans Mandarin Oranges	23 Roast Beef Oven Brown Potatoes Carrots Strawberries	24 Turkey Chef Salad Watermelon	25 Chicken Noodle Casserole Peas Applesauce Cranberry Juice
28 Pork Chop Sweet Potatoes Green Beans Strawberries	29 Beef & Noodle Casserole Peas & Carrots Watermelon Orange Juice	30 Meatloaf Mashed Potatoes Brussel Sprouts Pears	MENU IS SUBJECT TO CHANGE	