

# Madison County Senior

## Celebrating 50 Years!!

### Golden Times

June 2026  
Issue VI



Today is May 20th, and while the weather is a bit dreary and rainy, I woke up this morning, so I consider it a glorious day. This coming weekend marks the official start of summer; however, for many, it is also a day of remembrance for those who served our country. I hope you took the time to honor our veterans during your Memorial Day weekend celebrations.

I am in the middle of our annual financial audit. I'm a little busy right now...but things are going smoothly.

I wanted to extend my thanks to Hoy Insurance for donating toward our lunch on Senior Fair Day. Additionally, I would like to thank Merchants National Bank for once again sponsoring our ice cream social on Friday, and to Kelli and Raif for serving. It was a delicious way to conclude our fun senior week celebration! Two years in a row, butter pecan was the clear favorite, which is amazing to me, given that we had six amazing choices this year. Unfortunately, there will be no butter pecan ice cream sandwiches available for purchase at the cafe, as the tub was empty.

We kicked off Senior Fair Week with Officer Combs from the LPD and his K-9 partner, Cento. Officer Combs provided an impressive demonstration of Cento's skills, highlighting the training that contributes to the success of their partnership. On Wednesday, we had a nice turnout for bingo, and a couple of our members won \$50 gift cards just for enjoying lunch with us on Thursday. The senior fair featured a fantastic group of vendors who offered a wealth of helpful information.

Thank you to all our members for participating in the week's activities. A special thanks to Janisse and Jessica for their excellent organization—great job, as always! We believe in supporting and appreciating our seniors every day of the year, but it's especially nice to have a designated week to make you feel even more special. It was a wonderful week!

Check out the activity and trip schedule in your newsletter; Janisse and Jessica have been incredibly busy planning lots of fun trips for this summer. Our summer concert will be on Friday, June 26, details inside. We're excited to announce that we are bringing Fun Bingo back! FUN BINGO! The first one will be Thursday, June 18. This isn't free bingo; you will purchase your cards to play, which helps us provide the fun prizes each time we play. We are starting out slow, and if it is a big hit, we will add more days to play. Jessica is super excited about starting this back up for you. Well, if you've met Jessica, you know she's super excited about anything fun. I described her to someone the other day as pure joy, how lucky we are to have her as part of our senior center family. I think Janisse is feeling even more excited about her retirement, knowing she is leaving you in capable hands.

Can you believe it is the middle of 2026 already? I wanted to take a moment to express gratitude for any donations made that benefit our center. You can make donations directly, even using your RMD from your IRA, or consider us in your estate planning. Also, have you linked your Kroger card to us yet? We have several members who have, and our donations are increasing every quarter. All you have to do is your regular shopping. Need help linking your card? We can help!

The first day of summer is June 21<sup>st</sup>, and is also Father's Day. Happy Father's Day to all you Dads and Grand-Dads. Let's have a great summer! Thank you for the laughter I hear every day, and to everyone who helps at the center!

*Misty*



Find the hidden Baseball in this newsletter. When you find it call the center at 740-852-3001 by Friday, June 12th 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 Hot Dog was on the page 8. Congratulations—the lucky winner is **Jackie Weiner!**

# STAFF SPOTLIGHT

## Adult Day Care Staff!

Beth is our Adult Day Care Coordinator and has faithfully served the Senior Center for many years. Throughout the years, we have also been blessed to have wonderful caregivers such as Patsy, Regina, and Debi as part of our Adult Day Care team.

These amazing ladies have brought so much life, laughter, and compassion to our program. From outreach activities to engaging physical and mental exercises for our clients, their caring hearts and helpful faces bring joy to us each and every day.

We would also like to announce the upcoming retirement of Regina at the end of August. In addition, Patsy will be retiring within the next year. While they will both be greatly missed, we are incredibly grateful for the love, dedication, and countless memories they have shared with our Senior Center family over the years.

We truly have been blessed with these wonderful individuals and are proud to call them our awesome team members!

(Left to right)

*Patsy, Beth, and Regina!*



Caregiver:

*Debbie!*





**High Euchre Score**

- 4-20-26 Dave Maharrey 75
- 4-22-26 Leonard Johnson 65
- 4-27-26 Diane Burdett 62
- 4-27-26 Diana Mathews 62
- 5-4-26 Linda Ridolfo 80
- 5-13-26 Bev Evans 77



**High Bridge Score**

- 4-22-26 Jerry Cummins 5,200
- 4-29-26 Bob Majka 4,640
- 5-6-2 Bob Majka 4,500
- 5-13-26 Nancy Robinson 4,530

**Welcome 31 New Members!**

- Lynn Glispie**                      **Randi & Karl Crook**
- Christopher & Christine Shay**
- Mary Chambers**                **Louise Johnson**
- Richard Hale Jr.**                **Tim Harper**
- Lynn Clark**                        **Trudy Bobo**
- Rosa Gabriel**                      **Toula Xenikis**
- William & Julia Canaday**    **Verdale Metzger**
- Sandy Allen**
- Glenn & Ann Trueb**
- Robert & Gina Butz**
- Harold & Ruth Spegal**
- William & Bonnie Stout**
- Albert & Bev Putney**
- Tom & Sharon Henry**
- Harold & Ruth Spegal**

**2026 Governing Board Members:**

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

**WEEKLY SCHEDULE**

**Monday:**

- 10:30 a.m.—Sitting while Strengthening Exercises
- 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
- 1:00 p.m.—Hand & Foot Cards
- 4:00 p.m.—Euchre June 9th and 16th
- 4:00 p.m.-7:00 p.m.—Billiards, Workout Room open late.
- 5:00 p.m. Members Only Line Dance, June 2nd, 23rd, 30th

**Wednesday:**

- 10:30 a.m.—Standing Aerobics/ Stretching Class
- 12:00 p.m.—Bridge
- 1:00 p.m.—Yoga
- 1:00 p.m.—Hand & Foot Cards
- 2:00 p.m.—Diabetes & Weight Loss Support Group

**Thursday:**

- 1:00 p.m.— Hand & Foot Cards
- 1:30 p.m.—Simply Sweet Bingo— Only on June 18th: Small Fee Applies.

**Friday:**

- 10:00 a.m.— Tai Chi
- 1:00 p.m.— Free Movie and Popcorn at the senior center.

**The Center's Fitness Room**

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 body, 2 seated ellipticals, an ergometer, and hand weights.



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

Thank you!

## DAY TRIPS!!

**Elijah-Prophet of Fire Musical at Ohio Star Theater—Wednesday, June 10th.** We will leave the Center at 8:15 a.m. and return around 6-6:30 p.m. Also, we will be passing an envelope on the way home for the driver's tip.

**June 88 Club— Tuesday, June 16th, Union County Covered Bridge Tour.** Trip fee is \$5. We will be leaving the center at 9:30 a.m. Lunch will be at Roosters, in Marysville.

**June Mystery Lunch—Thursday, June 25th.** Trip fee is \$5. We will leave the Center at 10:30 a.m.

**July 88 Club— Wednesday, July 15th. Crawford County Copper Kettle Tour.** Trip fee is \$7. We will be leaving the center at 8:30 a.m. Lunch will be at Lulu's Kitchen, in Bucyrus.

**July Mystery Lunch—Tuesday, July 21st.** Trip fee is \$5. We will leave the Center at 10:00 a.m. Lunch, then a surprise second stop!

**August Ohio State Fair Senior Day— Tuesday, August 4th.** Trip fee is \$5, fair admission is free for seniors. We will be leaving at 9:00 a.m. and returning approximately 2:30p.m. A free concert is available to watch at 1:00 p.m. at the Celeste Canter.

**August 88 Club— Wednesday, August 12th. - Rescheduled: Adena Mansion.** Trip fee is \$5. We will be leaving the center at 9:30am.

**Sunflower Field / Youngs Dairy— Tuesday, August 18th.** Trip fee is \$5. WEATHER PERMITTING OUTING. We will be leaving the center at 9:30 a.m. Lunch will be on your own at Young's Dairy. Don't forget to wear sunscreen and a hat!

**Columbus Clippers Noon Baseball Game - Thursday, August 20th.** Trip fee is \$15 and is due no later than August 4th. Non refundable after that date. We will be leaving the center at 10:30 a.m. Lunch will be on your own at the ballpark. Don't forget to wear sunscreen and a hat! **We will also have 10 tickets for sale for \$9 each if you would like to drive yourself.**

**August Mystery Lunch— Wednesday, August 26th .** Trip fee is \$5. We will be leaving the center at 9:45 a.m.

**LaComedia's Musical Come From Away - Thursday, September 24th.** Trip will be leaving 9:30a.m. Trip fee is \$60/van or \$53/drive yourself, due by August 1st. Your fee includes transportation, buffet luncheon and the play. Server tip is not included, we will pass a envelope for a driver tip. *Come From Away* is a Tony, Olivier, and Drama Desk Award-winning musical based on the remarkable true story of 7,000 stranded passengers after the September 11, 2001 attacks. The production honors the 25th anniversary of 9/11 and the kindness shown by the small Canadian town of Gander, Newfoundland, which welcomed them. The story blends humor, heart, and music to show how cultures clashed and then found trust, friendship, and gratitude.

**Public Service Announcement: PLEASE don't forget to wear sunscreen and a hat during outdoor outings!**

**Thank you! – Janisse and Jessica**

## Delightful Dining

**Delightful Dining is now on First Tuesdays!**

**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.**

**Tuesday, June 2nd—Streetside 62 Bistro, 007 Columbus Ave, Washington Court House, OH 43160.**

**Van fee is \$5.** We will be leaving the center at 4:00 p.m. And arriving at Streetside at 4:30p.m. Let us know if you plan to drive your self.

**Tuesday, July 7th—Texas Roadhouse, 1770 Hilliard-Rome Road, Hilliard, OH 43026 Van fee is \$5.** We will be leaving the center at 4:00 p.m. And arriving at Texas Roadhouse at 4:30p.m. Let us know if you plan to drive your self.

**Monday, August 3rd— Beer Barrel, 7482 State Route 161, Plain City, OH 43064 Van fee is \$5.** We will be leaving the center at 4:00 p.m. and arriving at the Beer Barrel 4:30p.m. Let us know if you plan to drive your self.

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!**

***New York, New York pre departure meeting and New Orleans preview on  
Thursday, June 4th at 10:30 a.m.***

**If you're not able to make the pre departure meeting, you can pick up your packet at the office another time.**

***New Orleans preview will start approximately at 11:00 a.m.***

**Northern Ireland & Scotland      We have openings for this trip!      September 8-18, 2026**

Trip includes: County Donegal, Belleek Pottery, Blue Stack Mountains, Giant's Causeway, Belfast City, Titanic Belfast, North Atlantic Ferry to Scotland, Alloway, Glasgow City, Fort William, Glasgow Cathedral, Ben Nevis Distillery, Isle of Skye, Loch Ness, Inverness, Edinburgh City, Edinburgh Castle, Spirit of Scotland Show, Sheep Dog Demonstration.

Tour includes, Round trip air transportation, deluxe motorcoach transportation, 16 meals-9 breakfasts and 7 dinners, 9 nights lodging, all sightseeing & admissions, baggage handling.

**Tour Fare:** A \$500 deposit secures your reservation. Double \$6799 pp, Single \$8499 pp.

**Final payment is due June 1st, 2026**



**Christmas at the Biltmore**

**November 30—December 3rd, 2026**

**This trip is full but..... If we get enough people on our wait list, we may be able to add another motorcoach!**

Trip includes Biltmore house & gardens, Biltmore Estate Winery, Blue Ridge Parkway, Candlelight Christmas Evening, Folk Art Center, Grove Arcade, National Gingerbread House display, Biltmore Village, Asheville City Tour.

Tour includes: Motorcoach transportation, 3 nights lodging, 3 breakfasts, 1 lunch and 2 dinners, all shows and admissions, baggage handling, tips for local guides & porters, professional tour manager.

Tour Fare is Double \$1199.00 per person, Triple \$1149 per person, Single \$1499 per person. A deposit of \$100 will hold your reservation. **Final payment is due by September 15th, 2026.**

### ***Sneak Peek for 2027 Trips!***

**We are pleased to share a preview of our upcoming travel lineup for next year. While dates are still being finalized, we are excited to offer the following experiences:**

- New Orleans and the Deep South • Mackinac Island and the Marvels of Michigan
- The Ark Encounter in Kentucky • Iceland • Nashville Country Christmas

**Additional details, including confirmed dates and itineraries, will be announced soon!**

***Please consider getting travel insurance! You can get it from USI Affinity, listed below or you can look at other options such as AAA or other companies of your choosing. Most want you to get it within a couple weeks of your first deposit on a trip.***

***Optional travel insurance is available through USI Affinity Travel Insurance Services. Please call 1-855-874-0156 and provide the customer service representative with account number 50096.***

## Adult Day Center

*“Here it is, June already! Summer begins June 21st, on Father’s Day—Happy father’s Day, Gentlemen! Thank you, Cindy Dean, Kay Majka, and Karla Bevens and for donating Bingo Prizes—and to Chris Webb for donating delicious treats! Thank you to all who have supported our Bake Sale during the Senior Fair. It is so gratefully appreciated. We will be closed on June 19th for Juneteenth.*

*We are currently seeking a wonderful, caring, and reliable individual to fill an aide position that will be coming open in the beginning of September, as Regina will be retiring. There will also be an opening around December for another aide position, as Patsy will be retiring as well. It has been a great pleasure to work with these ladies, and I wish both of them good luck, and you'll be missed! Applications may be found through the front office from Janisse, and Jessica. Until next month have a BEAUTIFUL June!” - Beth, Patsy, and Regina*

### Free Friday Movies with Popcorn at 1:00 p.m.

#### June Movies

June 5 – Remarkably Bright Creatures – Sally Field – Lewis Pullman – PG-13 – 2026 - Heartfelt

June 12 – And So It Goes – Michael Douglas – Diane Keaton – PG-13 – 2014 – Romantic Comedy

June 19 – No Movie – Center Closed to Observe Juneteenth

June 26 – No Movie – Summer Concert!

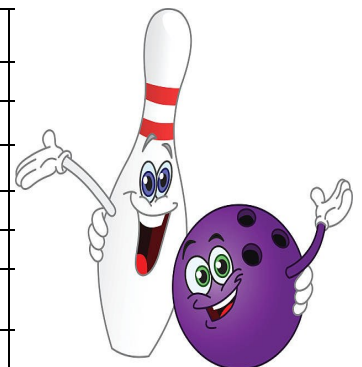


**Members Only!**

**Bowling at Madison Lanes, Tuesdays at 10:00 a.m.—12:00 p.m.      \$10.00**

B  
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N  
G

Binns, Mary	101	Hawkins, Don	170	Ridolfo, Linda	171
Bluhm, Fred	187	Kearney, Phil	90	Rowley, Jack	165
Burdett, Diane	142	Kidd, Roy	134	Rowley, Nancy	129
Conn, John	154	King, Carl	163	Stout, David	172
Eseman, Brenda	127	Krivicich, Dave	163	Weisman, Debbie	106
Glass, Denise	113	Miller, Charles	169		
Glass, Duane	210	Noble, Gene	131		
Goff, Terry	173	Pickens, Ann	130		



# Rice Krispie Treats Recipe:

## Ingredients-

- 6 Tablespoons of salted butter, cut into 6 pieces
- 15 oz miniature marshmallows this is generally 8 ½ cups
- 1 teaspoon pure vanilla extract
- 6 cups of Rice Krispies cereal
- 3 Tablespoons colored sprinkles (optional)

**Preheat oven to  
375 degrees**

**Cooking time: 15-20 min.**



## Instructions-

- Lightly grease a 13x9 pan with butter or line with parchment paper and set aside.
- Place butter in the bottom of a large saucepan over medium heat. Stir occasionally until butter is completely melted.
- Add 10 oz (about 5½ heaping cups) of marshmallows and stir until just melted. Keep your heat below medium and stir frequently, making sure the butter is well combined with the marshmallow and doesn't separate too much. This will take a bit of time for the marshmallows to melt but too-high heat can cause your rice krispie treats to come out too hard.
- Stir in vanilla extract, and then add rice krispies cereal and remaining marshmallows (5oz/ about 2 ½ heaping cup). Stir until ingredients are combined and additional marshmallows are *just* beginning to melt.
- 1. teaspoon pure vanilla extract, 6 cups (175 g) Rice Krispies cereal
- Scatter sprinkles over the mixture and briefly stir to combine. Immediately transfer mixture to prepared 13x9 pan and use a silicone spatula or your hands to gently pat rice krispie treats down evenly into pan (don't over-handle them or this will also make them come out too hard). Tablespoons colored sprinkles
- Before cutting and serving -- about 30-60 minutes wait for the Rice Krispie Treats to cool completely at room temperature-- then enjoy!





# Senior Center's 50<sup>th</sup> Anniversary Cookout!

**LIVE  
ENTERTAINMENT  
WITH:  
CHRISTOPHER  
JAMES  
& THE CLAUS!**



**DATE: FRIDAY JUNE 26<sup>th</sup> TIME: 12:00 P.M. - 2:00 P.M.**



**FREE COOKOUT LUNCH FOR  
MEMBERS!**

**Members  
Only!**

**LUNCH STARTING AT 11:00 a.m.**





# OCEAN ANIMALS

## WORD SEARCH



Find and circle the names of the ocean animals hidden in the grid below.

- |            |            |           |           |
|------------|------------|-----------|-----------|
| CLAM       | SQUID      | WHALE     | ORCA      |
| SEA LION   | MANATEE    | STINGRAY  | WALRUS    |
| SEA TURTLE | LOBSTER    | SEA OTTER | MANTA RAY |
| ANGLERFISH | SEA URCHIN | HARP SEAL | BLUE TANG |

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



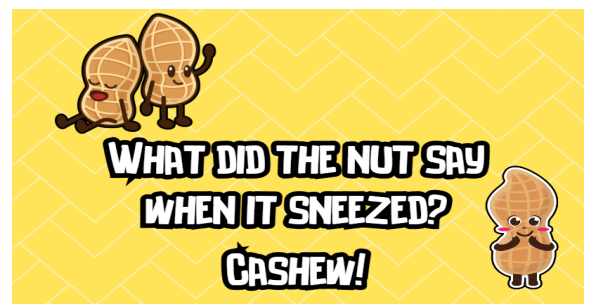
# SUDOKU:

		6	2		5
			4	6	
	1	2			
5	6				4
		4	3		2
3			5		6

			3				6
	6	4			1		2
			5				
	2	3		5		6	
		9	8		3	7	
		8		9		1	4
					9		
	1		4			8	9
	5				7		

## REMINDER:

The Senior Center will be closed on Friday, June 19th!





**SUDOKU ANSWERS:**



7	9	5	3	2	8	4	6	1
8	6	4	9	7	1	3	2	5
2	3	1	5	4	6	9	7	8
1	2	3	7	5	4	6	8	9
6	4	9	8	1	3	7	5	2
5	7	8	6	9	2	1	4	3
4	8	7	2	3	9	5	1	6
3	1	2	4	6	5	8	9	7
9	5	6	1	8	7	2	3	4

1	4	6	2	3	5
2	3	5	4	6	1
4	1	2	6	5	3
5	6	3	1	2	4
6	5	4	3	1	2
3	2	1	5	4	6

# June Birthdays!

Patron	Birthday	Patron	Birthday	Patron	Birthday
Godden, Robert	06-01	Taylor, Betty Ann	06-11	Irwin, Judi	06-21
Polcyn, Randy	06-01	Southard, Sherry	06-12	Cowne, Patricia	06-21
Tunnell, James	06-01	Toops, Thelma	06-12	Valle, Vivian	06-22
Weiner, Jackie	06-02	Alcott, Jack	06-12	Stuthard, Tony	06-23
Arehart, William	06-02	Bogenrife, Tim	06-14	Byerly, Roberta	06-23
Ernst, Terry	06-02	McKinley, Joan	06-15	Elfrink, Carolyn	06-23
McDowell, Sue	06-03	Fyffe, Arlene	06-15	Sparks, Wilma	06-23
Caplinger, Myra	06-03	Shay, Christopher	06-15	Bond, Joyce	06-23
Rowley, Jack	06-03	Archev, Randy	06-16	Andrix, Barbara	06-24
Gabriel, Rosa	06-04	Isaacs, Jean	06-16	Sparks, Kathryn	06-24
Winniestaffer, Sheri	06-04	Orban, Janet	06-16	Johnson, David	06-24
Witwer, Jim	06-05	Downing, Cheryl	06-16	Vance, Gary	06-25
Sheerin, Nancy	06-05	Benton, Douglas	06-16	Daugherty, David	06-25
Smith, Eugene	06-06	Kelly, Debbie	06-16	Wiseman, Kim	06-25
Conn, Carol	06-06	Timmons, Edith	06-18	Carter, Max	06-26
Widen, Jane	06-07	Hout, Richard	06-18	Albright, Gloria	06-26
Byerly, Grace	06-07	Baker, Devy	06-18	Phillips, Julianne	06-26
Beggrow, Betty	06-07	Gaiownik, Steve	06-18	Seaburn, Janice	06-27
Hall, Carrie	06-07	Keen, Ruth	06-19	Miracle, Carol	06-27
Peters, Ruth	06-08	Arbogast, Jeannie	06-19	Courtright, Mary	06-28
Sparks, Vicki	06-08	Boyd, Alison	06-19	Henry, Lynn	06-28
McCoy, Becky	06-08	Arbogast, Irma	06-20	Carter, Margaret	06-29
Ferrell, Janice	06-09	Petry, Kendal	06-20	Endicott, Janet	06-30
Wilson, Susan	06-09	Spangler, Connie	06-20		
Sullivan, Mike	06-10	Franklin, Michael	06-20		
Wilson, Ronald	06-10	Smith, Lou Ann	06-20		
Skaggs, James	06-11	Popovich, Michelle	06-20		
Mills, Elizabeth	06-11	Beekman, Debbie	06-20		





Dear Center Friends,

*Thanks so much for the kind words, cards, gifts, etc., from so many of you as I am retiring. I have enjoyed the past 25 years; it's hard to leave but my age is catching up with me! Everyone, staff and participants, have been so friendly, helpful and kind. Misty is the best boss I've ever had. I plan to come in some for exercise, etc. I'll still get to see a lot of you. It's not a good bye!*

- Ruth Kennedy

## June is Alzheimer's and Brain Awareness Month!

“Protecting your brain health — how well you think, learn, and remember, it’s important at every age! Small lifestyle changes CAN make a difference . Brain health is important for everyone, it is never too early or late to take action for your brain health. June is National Alzheimer's Brain Awareness Month, represented by the color purple. Try to wear Purple in the month of June!

- Sue RN

# 10 HEALTHY HABITS FOR YOUR BRAIN

TAKE CHARGE OF YOUR BRAIN HEALTH. THESE HEALTHY HABITS CAN LOWER THE RISK OF DEVELOPING COGNITIVE DECLINE AND POSSIBLY DEMENTIA. THIS IS TRUE EVEN FOR PEOPLE WITH A HISTORY OF DEMENTIA IN THEIR FAMILIES.

Follow as many of these tips as possible to achieve the most benefits for your brain and body. It's never too late or too early. Start now!

### Protect your head

Help prevent an injury to your head. Wear a helmet for activities like biking, and wear a seatbelt. Protect yourself while playing sports. Do what you can to prevent falls, especially for older adults.

### Be smoke-free

Quitting smoking can lower the risk of cognitive decline back to levels similar to those who have not smoked. It's never too late to stop.

### Get moving

Engage in regular exercise. This includes activities that raise your heart rate and increase blood flow to the brain and body. Find ways to build more movement into your day — walking, dancing, gardening — whatever works for you!

### Challenge your mind

Be curious. Put your brain to work and do something that is new or hard for you. Learn a new skill. Try something artistic. Challenging your mind may have short- and long-term benefits for your brain.

### Control your blood pressure

Medications can help lower high blood pressure. And healthy habits like eating right and physical activity can help too. Work with a health care provider to control your blood pressure.

### Manage diabetes

Type 2 diabetes can be prevented or controlled by healthier eating, increasing physical activity and medication, if necessary.

### Sleep well

Good quality sleep is important for brain health. Stay off screens before bed and make your sleep space as comfortable as possible. Do all you can to minimize disruptions. If you have any sleep-related problems, such as sleep apnea, talk to a health care provider.

### Stay in school

Education reduces your risk of cognitive decline and dementia. Encourage youth to stay in school and pursue the highest level of training possible. Continue your own education by taking a class at a local library, college or online.

### Eat right

Eating healthier foods can help reduce your risk of cognitive decline. This includes more vegetables and leaner meats/proteins, along with foods that are less processed and lower in fat. Choose healthier meals and snacks that you enjoy and are available to you.

### Maintain a healthy weight

Talk to your health care provider about the weight that is healthy for you. Other healthy habits on this list — eating right, physical activity and sleep — can help with maintaining a healthy weight.

Learn more at [alz.org/healthyhabits](http://alz.org/healthyhabits).



## Madison County Senior Center Vital Sign Clinic

A free vital sign clinic will be offered the second Tuesday of each month at the Madison County Senior Center. The next one will be **June 9th** from 11:00 a.m.—12:00 p.m. by the café. Your blood pressure, heart rate, respiratory rate, temperature, and oxygen level will be taken and a card with your vital signs will be given to you to take home. The clinic will be will not be open if the Senior Center is closed.

Thank you! - Sue RN



Christine Walters will be at the Center on June 10th.

For a free hearing assessment, please call 614-991-5948 to make an appointment.

**MEDICARE HELP**

Andy Haggard of Central Ohio Area Agency on Aging will be coming to the Center on June 12th to help anyone with Medicare questions.

Call for an appointment:  
740-852-3001

**Easy ways to support the Center!**

**Kroger**—We have joined the Kroger Community Rewards Program. Please add us to your Kroger rewards card, we receive a donation every time you shop, easy-peasy. (It doesn't add to your bill, I promise) You can find us under our name Madison Co Sr Citizens Center Inc. What an easy way to support the Madison County Senior Center! If you need help signing up for this, come in to the Center and we will try to help you.

**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.



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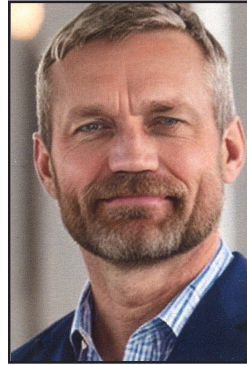
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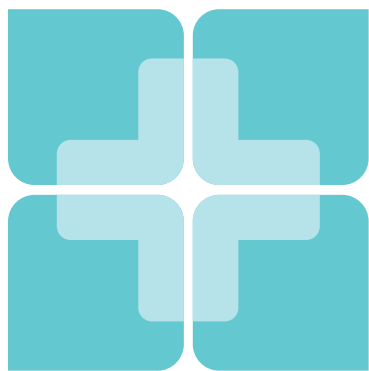
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WHERE FREEDOM RINGS



# Madison HEALTH

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# **Madison County Senior Citizens Center Newsletter: June 2026**

## **Senior Centers Address:**

*P.O. Box 389  
280 West High Street  
London, OH 43140*

## **Phone Number:**

*740-852-3001*

## **We're on the Web!**

*Website: [mcsenior.org](http://mcsenior.org) or on Facebook  
at Madison County Senior Citizens  
Center.*

**Misty Bradley, Executive Director**  
**Ramalingam Selvarajah, M.D., Medical Director**  
**Jessica Decker, Activity Coordinator/Marketing**  
**Janisse Isaacs, Front Office**  
**Marilyn Lowery, Front Office/ Substitute Driver**  
**Susan Whipp-Schwarz, Staff Nurse**  
**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**  
**Deb Weisman, Adult Day Center Aide/Substitute**  
**Deb Reed, Cook**  
**Sheila Evans, Cook**  
**Brenda Castle, Transportation Coordinator**  
**Wayne Bricker, Driver**  
**Mark Bires, Substitute Driver**  
**Steven McClaskie, Substitute Driver**  
**Mike Koesters, Substitute Driver**  
**Richard Houser, Substitute Driver**  
**Douglas Saunders, 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.**