

Madison County Senior Citizens

Golden Times

Celebrating 50 Years!!

May 2026
Issue V



CHAMPION YOUR HEALTH: MAY 2026

Happy May! May is Older Americans Month

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

The 2026 theme, **Champion Your Health**, focuses on prevention, wellness, and personal responsibility as cornerstones of healthy aging. It encourages taking an active role in managing your own health, advocating for yourself, accessing preventive care, and making informed decisions that support independence.

How can individuals take charge of their health at every age?

- Stay up to date on preventive care and screenings.
- Build and maintain social connections that support emotional well-being.
- Choose nutritious, minimally processed foods.
- Incorporate regular physical activity to maintain strength and mobility.
- Practice daily habits that support mental health and resilience.
- Older Americans Month reminds us of the valuable wisdom and experiences that older generations can offer. It also provides an opportunity for young people to learn from these individuals and forge meaningful connections across different age groups.
- The Symbolic Flower for Older Americans Month is the Daisy - The Daisy is chosen as the symbol for Older Americans Month because it represents wisdom, innocence, youth, simplicity, and loyalty in different cultures.

I hope you plan to join us for Senior Week, which will take place from May 11 to May 15. We have a lot of fun activities planned, so be sure to check inside for all the details.

A couple of quick things: We need volunteers for the café. If you are interested, please call the ladies in the office for more information. • We have witnessed some recent issues in the parking lot. It seems that we have some recently retired NASCAR drivers among our members. Please keep in mind that some members move at a slower pace. When entering and exiting the parking lot, be prepared for the possibility of needing to make a sudden stop. You don't earn points for taking out your fellow members in the parking lot. In other words, please slow down.

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

"We don't stop playing because we grow old; we grow old because we stop playing."

George Bernard Shaw

Misty



Find the hidden Hot Dog in this newsletter. When you find it call the center at 740-852-3001 by Friday, May 15th 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 Easter egg was on the page 2. Congratulations—the lucky winner is Nancy Baker!

STAFF SPOTLIGHT!



Left: Thank you all for being so welcoming to Jessica! Each day, the ‘Changing of the Guard’ feels a little more like reality.

Janisse took a moment to reassure the folks riding in the vans that this wasn’t Jessica’s first time driving a van; in fact, she is accustomed to driving vans even larger than ours.

This was Jessica’s first day trip with us, a mystery lunch, a lot of fun was had by all, the first of many to come, I’m sure.

I can imagine Janisse is counting down the days until she can enjoy a trip without the added responsibility, just be part of the fun group!



Left: Misty took a break from her office work to shoot some pool. Look out guys, she may be a pool shark!



The Matter of Balance classes scheduled to begin May 21st have to be postponed. Central Ohio Area Agency on Aging, which conducts the classes, is in the midst of training a Master Instructor. We hope to re-schedule these classes starting in August. More information in your June newsletter.



High Euchre Score

3-23-26 Gene Noble: 68
3-30-26 Bertha Hilsheimer: 77
4-6-26 Debbie Vecchiarelli: 74
4-13-26 Ruth Sowers: 77



High Bridge Score

3-25-26 Mary Locke: 5,980
4-1-26 Greg Merritt: 4,510
4-8-26 Jerry Cummins: 3,140
4-15-26 Bob Majka: 5,610

WEEKLY SCHEDULE

Monday:

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

1:00 p.m.—Hand & Foot Cards

4:00 p.m.—Euchre May 12th and 19th

4:00 p.m.-7:00 p.m.—Billiards, Workout Room Open.

5:00 p.m. Members Only Line Dance, May 6th and 27th

Wednesday:

10:30 a.m.—Aerobics/Strengthening 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

Friday:

10:00 a.m.— Tai Chi

1:00 p.m.— Free Movie and Popcorn at the senior center.

Welcome 21 New Members!

- | | |
|---------------------------------|---------------------------|
| Jill Dewbre | Raymond Thomas |
| Pat Anthony | Janice Leach |
| Carolyn Johnson | Shawn Regalbuto |
| Carol Miracle | Ted Grace |
| LouAnn Borden | Jaylene Borden |
| Cinda Cron | Bennie Penwell |
| Dora Johnson | Christina Williams |
| Laura & Rob Eldridge | |
| Susan & Will Wilson | |
| Steven & Paula Adams | |
| Williams & Lora Long | |



The Senior Center
will be closed
Monday, May 25th
in observance of Memorial Day.

2026 Governing Board Members

Donna Sheridan-President

Jerry Tompkins- Vice President

Loretta Anthony—Secretary

Sharon Manion Dennis Park Tom Lawrence

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.



DAY TRIPS!!

May 88 Club—Tuesday, May 19th. Van fee is \$5 and admission fee is \$11. We will leave the Center at 9:30 a.m. and travel to Ross County to visit the historic Adena Mansion, Visit the 1807 hilltop home of Thomas Worthington, sixth governor of Ohio and one of Ohio's first United States senators. We will join a tour at 11:00 a.m.

May Mystery Lunch—Wednesday, May 27th. Trip fee is \$5. We will leave the Center at 10:30 a.m.

Snooty Fox Upscale Thrift Shopping Trip in Cincinnati/88 Club Hamilton Co.—Friday, May 29th. Trip fee is \$40. Payment is due by April 1st. We will leave the Center at 8:45 a.m. and return approximately 6 p.m. We go to 5 Snooty Fox thrift stores. At the second stop you will also have time to grab lunch at a variety of restaurants in the area. **We will pass an envelope around the bus on the way home for our driver's tip.**

Elijah-Prophet of Fire Musical at Ohio Star Theater.—Wednesday, June 10th. Follow the journey of the incredible prophet Elijah as he stands against King Ahab and Queen Jezebel, the most wicked rulers of Israel.

Trip fee is \$109 and is due by May 1st. This includes your buffet lunch and tip at the Dutch Valley Restaurant, the play and motorcoach transportation. After the play, if time allows, you will be able to go next door and shop at Dutch Valley Gifts until 4:00 p.m. **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 Mystery Lunch—Thursday, June 25th. Trip fee is \$5. We will leave the Center at 10:30 a.m.

June 88 Club—Tuesday, June 16th. Union County Covered Bridges Tour. Trip fee is \$5. We will leave the Center at 8:30 a.m. Lunch will be at Roosters, in Marysville.

July Mystery Lunch—Tuesday, July 21st. Trip fee is \$5. We will leave the Center at 9:30am .

July 88 Club— Wednesday, July 15th. Crawford County Copper Kettle Tour. Trip fee is \$5. We will be leaving the center at 8:30 a.m. Lunch will be at Lulu's Kitchen, in Bucyrus.

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

LaComedia's Musical Come From Away! - Thursday, September 24th. 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. *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.

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, May 5th—York Steak House, 4220 West Broad Street, Columbus, OH 43228. Van fee is \$5. We will leave the Center at 4:00 p.m. and arrive at York about 4:30 p.m. Let us know if you plan to drive yourself.

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.

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 com-**

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

New York, New York!

June 15-18, 2026

Trip includes, Midtown Manhattan, Times Square, Broadway Musical, Statue of Liberty, Rockefeller Plaza, St. Patrick Cathedral, 911 Memorial and more!

Tour includes: Motorcoach transportation, 3 nights lodging in Manhattan, Broadway musical performance, 2 dinners, all sightseeing and entrance fees, baggage handling, tips for local guides & porters.

Tour Fares: A deposit of \$250 will secure your reservation. Double \$1799 pp, Triple \$1749 pp, and Single \$2599 pp.

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

Welcome Spring! We have waited-what seems as if a long time-and it is 1/2 way over. Trees and flowers are bloomin' and oh my so are the weeds! However, the grass sure is a pretty green. We would like to wish our director, Misty, a very happy birthday.

We also want to wish our wonderful nurse, Ruth, a very happy and well deserved retirement. We will all miss you and please stop to visit-ANYTIME. It really has been a pleasure and an honor to work with you. Love you Ruthie!

Again donations are needed for bingo prizes. Please come to our annual Senior Fair on May 12th. ADC will have a bake sale to benefit our ADC members.

We will also be closed on May 25th to observe Memorial Day and honor all of our military personnel.

We are still seeking volunteers in ADC on Monday and Wednesday. We have openings in ADC for those who need assistance, respite care or even socialization for your loved ones.

Beth, Patsy, Regina and Debbie

Senior Week Activities!

- **Monday, May 11th**— London Police K9 Unit Demonstration at 11:00 a.m.
- **Tuesday, May 12th**— The Senior Fair 9:00 a.m. to 1:00 p.m.
- **Wednesday, May 13th**— Free Bingo starting at 1:00 pm. *FUN PRIZES TO WIN!*
- **Thursday, May 14th**— Raffle Day. Everyone that comes in for lunch will receive a free raffle ticket. We are giving away 2 \$50 grocery gift cards! You do not have to be present to win.
- **Friday, May 15th**— Lunch at 11:00 a.m. till 12:00 p.m. At noon we will be having a Ice Cream Social which is sponsored by Merchants bank.

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

May 1 – The Thursday Murder Club – Helen Mirren – Pierce Brosnan – 2025 - PG-13 - Comedy
 May 8 – I Can Only Imagine 2 – Dennis Quaid – Milo Ventimiglia – 2026 – PG - Heartwarming
 May 15 – Downton Abbey – The Grand Finale – Hugh Bonneville – Michelle Dockery – 2025 – PG-13
 May 22 – The Children Act – Emma Thompson – Stanley Tucci – 2017 – R - Drama
 May 29 - Speed 2 – Sandra Bullock – Jason Patric – 1997 – PG - Action

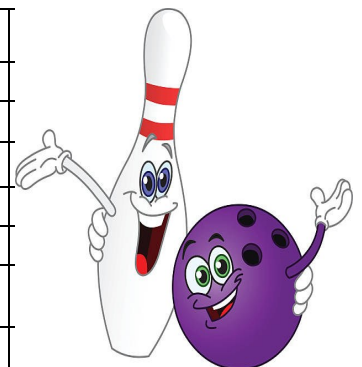


Members Only

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

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Binns, Mary	101	Hawkins, Don	170	Ridolfo, Linda	174
Bluhm, Fred	184	Kearney, Phil	90	Rowley, Jack	169
Burdett, Diane	141	Kidd, Roy	138	Rowley, Nancy	130
Conn, John	155	King, Carl	163	Stout, David	174
Eseman, Brenda	127	Krivicich, Dave	159	Weisman, Debbie	106.
Glass, Denise	111	Miller, Charles	168		
Glass, Duane	213	Noble, Gene	132		
Goff, Terry	171	Pickens, Ann	129		



Southern Meatloaf

- 1 lb. ground beef
- 1 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/2 cup chopped onion
- 1/2 cup chopped bell pepper
- 1 lightly beaten egg
- 8 oz canned without juice diced tomatoes
- 1/2 cup quick cooking oats
- 1/3 cup ketchup
- 2 tablespoons brown sugar
- 1 tablespoon mustard

Preheat oven to 375 °F.

Mix ground beef, salt, pepper, onion, bell pepper, egg, tomatoes and oats together well and place in a baking dish. Shape into a loaf.

Topping:

Mix ketchup, brown sugar and mustard and spread on loaf.

Bake for 1 hour.



Madison County Senior Center Senior Fair

Date- Tuesday, May 12th

Time- 9:00a.m till 1:00p.m.

Arbors West	Grotsky Senior Insurance	Madison County Protective Services
Bluebird Retirement	Hearing Life	Madison Health
CareSource	Hoy Insurance Group	Madison Public Health
Carriage Court	Huntington Bank	Medigold
COAAA	Lifecare Alliance	Ohio Consumer Council
Fire Department	Lifeline of Ohio	Ohio SMP
Fire Safety	London Police	Ohio's Hospice Loving Care
Red Cross	Suncrest	Sovereign Village
Wooded Glen		

**Come and browse through and talk to all the vendors,
then enjoy a free lunch (members only).**

Do not forget to sign up for a free raffle drawing!

A decorative border surrounds the entire page, featuring musical notes, a guitar, a drum set, and a small cartoon banana character. The background is filled with musical notes and instruments.

**MEMBERS
ONLY!!**

**SENIOR CENTER
50TH ANNIVERSARY
SUMMER CELEBRATION!**

DATE: FRIDAY JUNE 26TH

**TIME -
12:00 P.M TILL 2:00 P.M.**

***Live Entertainment with
Christopher James
& The Claus!***

FREE LUNCH FOR MEMBERS!

R.S.V.P. BY JUNE 17TH

❖ **The Café** ❖

Open Monday thru Thursday ♦ 11:30 AM to 1:00 PM

MAY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>MEMORIAL DAY</p>				1 <u>CAFÉ CLOSED</u>
4 CHEESEBURGER ONION RINGS PASTA SALAD SIDE & DESSERT	5 PORK CHOPS AU GRATIN POTATOES VEGETABLE SIDE & DESSERT BREAD & BUTTER	6 CHICKEN & NOODLES VEGETABLE DESSERT BREAD & BUTTER	7 COUNTRY FRIED STEAK MASHED POTATOES VEGETABLE DESSERT BREAD & BUTTER	8 <u>CAFÉ CLOSED</u>
11 GRILLED CHICKEN SANDWICH STEAK FRIES COLE SLAW DESSERT	12 <u>SENIOR FAIR</u> SPAGHETTI WITH MEATBALLS TOSSED SALAD DESSERT GARLIC BREAD	13 SALMON PATTIES MACARONI & CHEESE BUTTERED PEAS DESSERT BREAD & BUTTER	14 CHICKEN PARMESAN OVER BUTTERED PASTA ITALIAN GREEN BEANS DESSERT GARLIC BREAD	15 SLOPPY JOES FRENCH FRIES MACARONI SALAD (ICE CREAM SOCIAL)
18 <u>BIRTHDAY MONDAY</u> FRIED CHICKEN AU GRATIN POTATOES VEGETABLE CAKE BREAD & BUTTER	19 LIVER & ONIONS MASHED POTATOES VEGETABLE DESSERT BREAD & BUTTER	20 TUNA NOODLE CASSEROLE VEGETABLE SIDE & DESSERT BREAD & BUTTER	21 SMOKED SAUSAGE & SAUERKRAUT PARSLEY POTATOES SIDE & DESSERT CORNBREAD	22 <u>CAFÉ CLOSED</u>
25 <u>CENTER CLOSED</u> <u>MEMORIAL DAY</u>	26 HOT SUB SANDWICH STEAK FRIES COLE SLAW DESSERT	27 SWISS STEAK SCALLOPED POTATOES VEGETABLE SIDE & DESSERT BREAD & BUTTER	28 EGG SALAD SANDWICH SOUP POTATO CHIPS SIDE & DESSERT	29 <u>CAFÉ CLOSED</u>

PLEASE NOTE THAT ALL MENUS ARE SUBJECT TO CHANGE DUE TO AVAILABILITY OF PRODUCT

SOUP DAILY – BOWL \$2.00 OR CUP \$1.50

ENTRÉE SALAD FOR THE MONTH

WEEK OF 05/04/26	FRIED CHICKEN SALAD
WEEK OF 05/11/26	TACO SALAD
WEEK OF 05/18/26	CHEF SALAD
WEEK OF 05/25/26	ASIAN CHICKEN SALAD



SPRING

WORD SEARCH

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



APRIL
 BLOOM
 BUNNY
 BUTTERFLY
 FLOWERS

GARDEN
 KITE
 MAY
 NEST
 RAIN

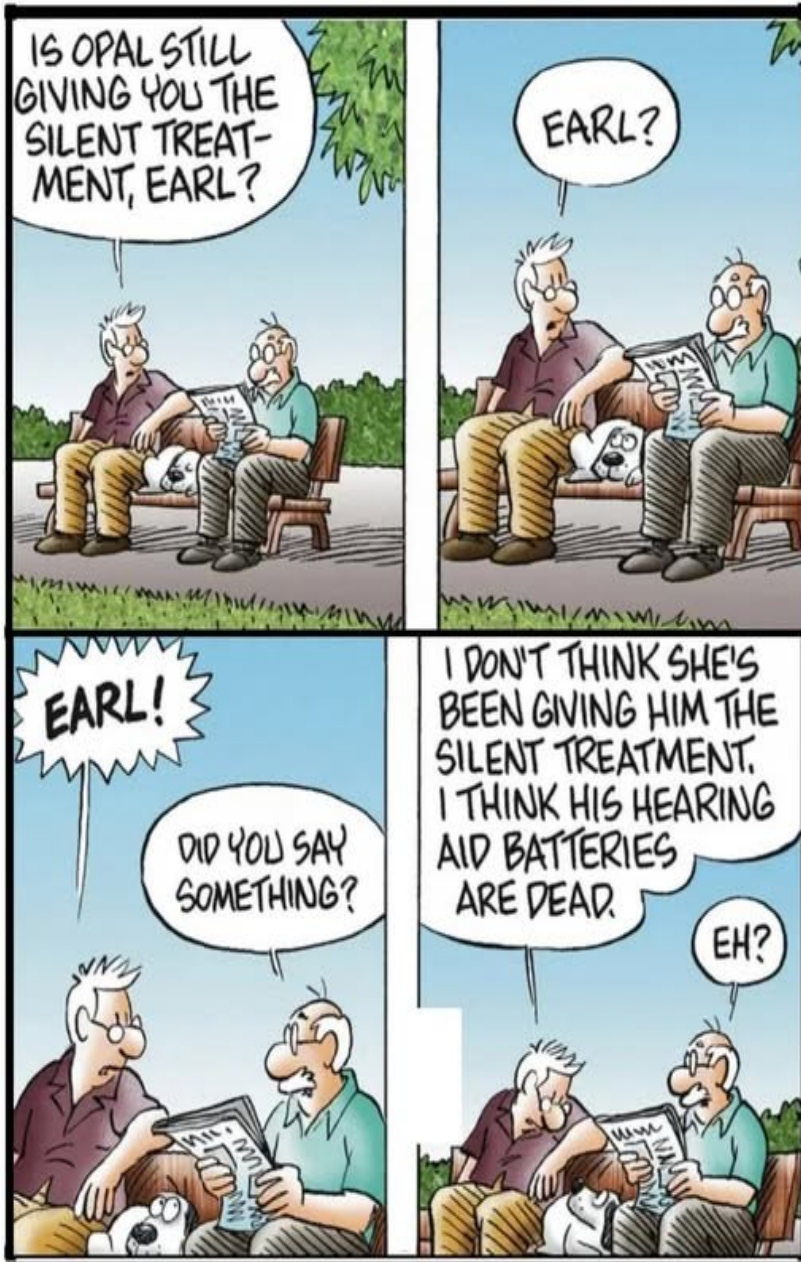
SEEDS
 SPRING
 SUNSHINE
 WARM
 WINDY

SUDOKU

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

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





SOLUTION

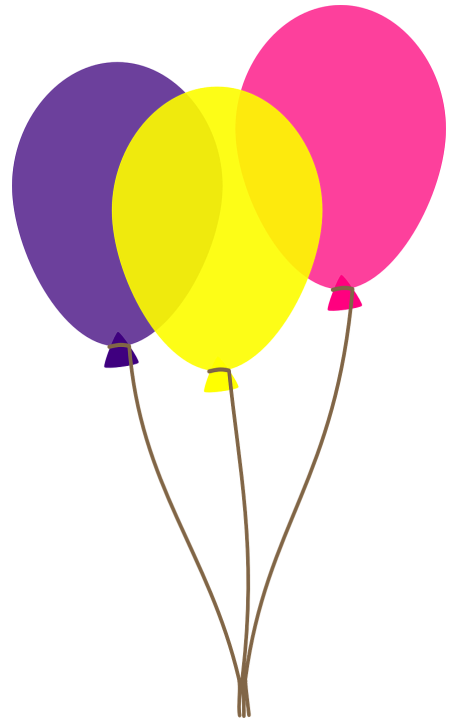
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3	6	2	5	4	1
5	1	4	3	2	6
1	2	5	4	6	3
4	3	1	6	5	2

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



May Birthdays!

Patron	Birthday	Patron	Birthday	Patron	Birthday
Reynolds, Elaine	05-01	Braskett, Diane	05-14	Newman, Matt	05-28
Gilbert, Michael	05-01	Maharrey, Linda	05-17	Cunningham, Joyce	05-29
Kinman, Patricia	05-01	Tope, Barbara	05-18	Broyles, Zan	05-30
Chatfield, Bonnie	05-02	Gilkey, Jim	05-18	Doyle, Patrick	05-30
Bachstetter, Janice	05-02	Little, Nancy	05-18	Wilson, Linda	05-30
Dillion, James	05-02	Irwin, Mark	05-20	Wood, Ronald	05-31
Flowers, Penny	05-02	Thum, Cathy	05-20		
Anderson, Judith	05-03	Vincent, Peggy	05-20		
Daniels, Ron	05-03	Beall, Jo Ann	05-21		
Olsen, Elmer	05-03	Conrad, Ruby	05-21		
Oyer, Nell	05-04	Amling, Dorothy	05-21		
Comshaw, Jean	05-04	Koesters, Jane	05-21		
Evans, Patricia	05-04	Craig, Sandy	05-21		
VanHoose, Moose	05-05	Williamson, Julie	05-21		
McDonley, Dolly	05-06	Edwards, Ann	05-22		
Colley, Marcy	05-06	Mason, Michael	05-22		
Brooks, Ronald	05-07	Baker, Christine	05-22		
Seaman, Paul	05-07	Kennedy, Daisy	05-23		
Atalla, Ellen	05-09	Wilson, Ralph	05-23		
Cowgill, Shirley	05-09	Rice, Anthony	05-23		
Cover, Marjorie	05-10	Corson, Catherine	05-24		
Smith, Cyndi	05-10	Hall, William	05-24		
Woods, Margaret	05-11	Crabtree, Cheryl	05-24		
Downing, Robert	05-11	Penix, Nancy	05-25		
Skinner, Sherry	05-11	Sifrit, Susan	05-25		
Kinman, Arnie	05-12	Porter, Janet	05-26		
Calomeni, Phyllis	05-12	Pass, Jeanette	05-27		
Carner, Gina	05-13	Fladt, Carl	05-27		
Dellinger, Betty	05-14	Brennan, Michael	05-27		
Green, Virgil	05-14	Burkhart, Gary	05-28		
Powell, Nancy	05-14	Fout, Edward	05-28		
Gross, Dave	05-14	Murry, Valerie	05-28		
Starr, Wendy	05-14	Robinson, Vickie	05-28		
Yates, Jim Jr.	05-14	Cordell, Brenda	05-28		



Mental Health Awareness Month

Mental Health America (MHA) started Mental Health Awareness Month, also called Mental Health Month.

This year's theme—More Good Days, Together—encourages us all to reflect on what a “good” day looks like, both for ourselves, and for our communities. (MHA)

Strategies to Boost Mental Health in the Older.

- Evidence-based strategies to enhance mental wellbeing in older adults includes community groups reduces depression and anxiety and improves cognitive function.
- Physical activity: Exercise supports mood, cardiovascular health, and cognitive function. Gratitude and positive outlook: Practicing gratitude can improve mood, resilience, and immune function.
- Engaging in meaningful activities: Volunteering, hobbies, or caregiving can provide purpose and reduce feelings of isolation.
- Healthy lifestyle habits: Adequate sleep, balanced nutrition, and managing chronic conditions support overall mental health.

Older Americans Month

The Administration for Community Living leads the nation's observance of Older Americans Month. It was initially known as Senior Citizens Month before becoming Older Americans Months in 1965. (ACL)

The 2026 theme for this year is Champion Your Health, focuses on prevention, wellness, and personal responsibility as cornerstones of healthy aging. It encourages taking an active role in managing your own health, advocating for yourself, accessing preventive care, and making informed decisions that support independence.

**Please do not forget the Senior Fair at Madison County Senior Center on May 12th from 9:00 a.m. to 1:00 p.m.*

Ruth RN and Sue RN

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 **May 19th** 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.



Christine Walters will be at the Center on May 13th

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

MEDICARE HELP

Andy Haggard of Central Ohio Area Agency on Aging will be coming to the Center on Friday, May 8th to help anyone with Medicare questions.

Please call for an appointment—740-852-3001.

Andy will be coming once a month.

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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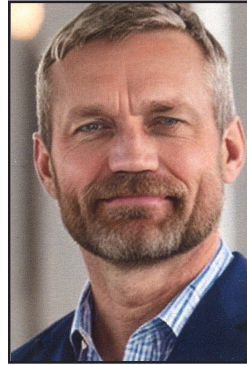
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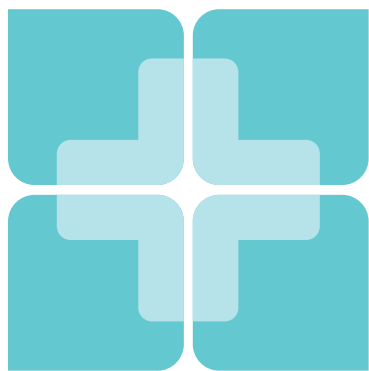
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*Phone: 740-852-3001
Fax: 740-852-3052*

We're on the Web!

mcsenior.org or on Facebook at
Madison County Senior Citizens Center



May 2026

Misty Bradley, Executive Director
Ramalingam Selvarajah, M.D., Medical Director
Jessica Decker, Activity Coordinator/Marketing
Janisse Isaacs, Front Office
Marilyn Lowery, Front Office
Ruth Kennedy, Staff Nurse/Wellness Coordinator
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.