

Madison County Senior Citizens Center

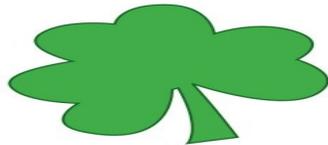
Golden

Times

March 2026

Issue III

Celebrating 50 Years!!



well hello,
march

Brrrrr... Wow, what a winter it has been so far! We've experienced record cold and snow. Remember to check on fellow seniors; a simple "how are you doing" call can go a long way. Winter can be a very lonely time.

We have welcomed several new members recently, and with their arrival comes some common questions about our center. First, let's introduce ourselves: Established in 1976, we are the Madison County Senior Citizens Center, Inc. It's important to note that we are not a government agency; we are a private, nonprofit organization with 501(c)(3) status.

So, where does our funding come from? We receive financial support from various sources. Our main source of funding (97% of our revenue) is the Madison County Levy, .08 mills, recently renewed. We also apply for and receive Title III, National Caregiver, and Alzheimer's Respite grant funding. This funding helps us provide our transportation and Adult Care Program services. Additionally, we benefit from appreciated donations, service billing donations, and funds raised through center events. Three of our transportation vans were funded through grants from the Ohio Department of Transportation (ODOT). We are also enrolled in the Kroger Community program. Link your Kroger card to us, and we'll receive a donation every time you shop, an easy way to support the center.

Although I don't have enough space to list all the grants we've received over the past 12 years, I want to assure you that we are frugal, resourceful, and genuinely grateful for your continued support through your donations and by voting in favor of our levy renewals.

Café Questions - Our café is a licensed restaurant that is open to the public. It plays an essential role in the services we provide to our members. For many members, the café offers the most important meal of their day, which is why we strive to keep our prices low.

Over the past couple of years, the cost of food has risen significantly, along with the cost of our annual food license. The last time we increased our prices was in January 2022. We have discussed the need to raise the prices again, and it may happen later this year. For now, however, we are committed to maintaining the lower price of \$6.00/\$6.50 for as long as possible. We have noticed several new faces coming in for lunch, suggesting that word about our café—the best-kept secret in town—is spreading.

Recent rumor...I may have mentioned, probably me thinking or manifesting out loud at some point, about possibly adding a small expansion to the west side of our building. It would be wonderful to increase the size of our exercise room, expand the billiards room, and create additional space for more activities. However, this process requires time, careful planning, and most importantly, MONEY, and it won't happen tomorrow. After a member bluntly pointed out to me that some may have few tomorrows left, I have started researching the possibilities for these improvements. I am constantly seeking ways to improve our services, and we have successfully implemented many of our ideas.

"For each petal on the shamrock, this brings a wish your way, good health, good luck, and happiness, for today and every day."



Find the ladybug hidden in this newsletter. When you find it call the center at 740-852-3001 by Friday, March 13th 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 groundhog was on page 1. Congratulations to Duane Dellinger, the lucky winner!

STAFF SPOTLIGHT!



Doug Saunders (left), part time driver. Doug has worked for the Center since 2025. He and his wife, Cindy, have hosted 5 exchange students over the last 4 years.

Steven (Mac) McClaskie (right), part time driver. Mac has worked for the Center since 2022. He enjoys working on cars and motorcycles. He also likes to play guitar in his spare time.



Below: Teri Ernst has been working on this beautiful quilt! Love the bright colors!



Below: ADC volunteer, Bonnie Radcliff led the clients in making these cute hearts for Valentines Day.



Below: Tuesday, Wednesday & Thursdays you can find a group in the lunch room at 1 p.m. playing a card game called Hand & Foot. If you want to learn to play, all you have to do is show up!



Below: This is a bit late but we want to thank the Honor Inmates from London Correctional that came out during winter break and helped us with a lot of maintenance here at the Center. They painted, moved furniture, put furniture together, and so much more.





High Euchre Score

2-2-26 Skip Fout 76

2-9-26 Dave Maharrey 75

High Bridge Score

1-14-26 Gregg Merritt 5000

1-21-26 Bob Majka 5880

2-11-26 Greg Merritt 6300



Welcome 30 New Members!

Gerald & Elizabeth McHenry

Gale Kolarik Lori Wilson

Deborah Dangler Teresa Flanagan

Michael & Debra Sullivan

Stephen Wolfe Mike Sullivan

Fred & Mary Beth Henry

Marcy & Mike Colley

Michael & Valerie Murry

Patrick Townsend Raymond Fairbanks

Gerald Edwards Nancy Sheerin

Michael Rostorfer Zan Broyles

Betty & Ronald Wilson

Michael & Janice Franklin

Carla Dolby Cheryl Hammond

Boyd & Janet Graves



Spring forward

Sunday, March 8th!

2025 Governing Board Members

Donna Sheridan-President

Jerry Tompkins- Vice President

Loretta Anthony—Secretary

Sharon Manion

Dennis Park Tom Lawrence

WEEKLY SCHEDULE



Monday:

9:00 a.m.—Chair Volleyball

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 March 10th and 17th

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

5:00 p.m. Members Only Line Dance, March 3rd ,24th, and 31st

Wednesday:

9:00 a.m.—Chair Volleyball

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.

The Center's Fitness Room is 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!!

March Mystery Lunch—Wednesday, March 11th. We will leave the Center at 10:00 a.m. Trip fee is \$5. We will also be stopping at a local bakery after lunch.



Singing In The Rain at LaComedia and March 88 Club (Warren Co.)—Friday, March 20th. This trip includes transportation, delicious buffet lunch and the show. Vans will leave the Center at 9:30 a.m. **Van riders will pay \$60 or you can drive yourself for \$53. This is sold out, call in and put your name on our wait list if you like.**

April Mystery Lunch—Tuesday, April 14th. Trip fee is \$5 and we will leave the Center at 10:30 a.m.

April 88 Club—Wednesday, April 29th. Montgomery County. National Museum of the U.S. Airforce. Trip fee is \$5. *This is a rescheduled trip from January. Those that were going to go in January, please let us know if you will be available to make the trip on this date. We will make a wait list for others that are interested.* **Vans will leave the Center at 9:00 a.m.** Admission is free. There is a charge for the Air Force Museum Théâtre, flight simulators, Launchpad Shop n Snack and Museum Store. You will be on your own to explore the museum at your own pace. We will have lunch at the museum, your choice of the Valkyrie Café or the Launchpad Shop N. Snack. We will leave the museum at 1:30 p.m.

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. *This trip is full! Call to be put on the wait list.* 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. They have clothing, home décor, furniture, jewelry, purses and shoes. We can fit most furniture under the bus. You will have about an hour in each store. 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.**

Delightful Dining

Starting in April we will be going to Delightful Dining 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.

Monday, March 2nd—Todd's Pizza, 139 East Main Street, West Jefferson, OH 43162. Please meet at the restaurant about 4:30 p.m. There will be no vans for this trip but please let us know if you plan to go.

Tuesday, April 7th—Roosters, 120 Crossing Drive, Washington Courthouse, OH 43160. Van fee is \$5. We will leave the Center at 4:00 p.m. and arrive at the restaurant about 4:45 p.m. Let us know if you plan to drive yourself.

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!

Thursday, March 12th

Mid-Atlantic Rail Adventure/Washington D.C. Pre Departure Meeting 1:00 p.m. (lunchroom)

Biltmore Preview 1:30 p.m.

Scotland & Ireland Information Meeting 2:00 p.m.

DC meeting: If you will not be able to attend this meeting please let us know. You can pick up your packet at a later date.

Scotland/Ireland: Important information about flights and Electronic Travel Authorization you need to apply for.

New York, New York! Trip Full! Taking Names for Wait List! June 15-18, 2026

Final payment due by March 15th, 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 Taking Names for Wait List! 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.

Projected Tour Fare: A \$500 deposit secures your reservation. Double \$6499 pp, Single \$8199 pp. We are not able to get airfare pricing yet. This is why the price is projected. **Final payment is due June 1st, 2026**

Christmas at the Biltmore Taking names for wait list! November 30—December 3rd, 2026



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.**

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

Hello March! Happy St. Patrick's Day to all.

First of all thank you to all of our wonderful volunteers for all the kind and generous things you do. We most certainly are blessed to have you.

We would like to welcome Lee Y. to ADC.

Thank you also goes to Chris Webb for all of your surprise treats you bring to us. Marilyn Henry for Friday morning donuts, Bill Hackett for sherbet, Karen and Edie for music on Wednesday afternoons and Diana Kavy for bingo gifts. We also had some donations come in with no name attached. Thank you to everyone for your support. Happy birthday to Bill H., Wayne, Patsy, Donna B. May you all have great birthdays.

Beth, Patsy, Regina and Debbie

Why I Like Retirement!

Question: How many days in a week?

Answer: 6 Saturdays, 1 Sunday

Question: When is a retiree's bedtime?

Answer: Two hours after falling asleep on the couch.

Question: How many retirees does it take to change a light bulb?

Answer: Only one, but it might take all day.

Question: What's the biggest gripe of retirees?

Answer? There is not enough time to get everything done.

Question: Why don't retirees mind being called Seniors?

Answer: The term comes with a 10% discount.

Question: Among retirees, what is considered formal attire?

Answer: Tied shoes.



Free Friday Movies at 1:00 p.m.

Members Only

March 6 – Flipped – Madeline Carroll – Callan McAuliffe – PG – 2010 – Romantic-Comedy

March 13 – The Problem with People – Colm Meaney – Paul Reiser – PG-13 – Comedy/Drama

March 20 – Song Sung Blue – Hugh Jackman – Kate Hudson – PG-13 – 2025 - Drama

March 27 – Wicked - Cynthia Erivo – Ariana Grande – 2024 – PG-13 – Drama (1st Movie) **STARTS AT NOON**

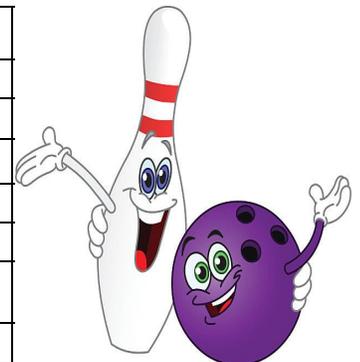
Conclusion - Wicked for Good in April



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

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Andrix, Barb	85	Goff, Terry	170	Pickens, Ann	131
Binns, Mary	89	Hawkins, Don	169	Ridolfo, Linda	172
Bluhm, Fred	184	Kearney, Phil	90	Rowley, Jack	168
Burdett, Diane	140	Kidd, Roy	140	Rowley, Nancy	127
Conn, John	152	King, Carl	163	Stout, David	172
Eseman, Brenda	127	Krivicich, Dave	170	Weisman, Debbie	106
Glass, Denise	110	Miller, Charles	168		
Glass, Duane	210	Noble, Gene	134		



❖ The Café ❖

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

MARCH 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 HOT SUB SANDWICH STEAK FRIES SOUP DESSERT	3 CHIPPED BEEF GRAVY O/MASHED POTATOES VEGETABLE DESSERT BUTTERMILK BISCUIT	4 SLOW-ROAST CHICKEN PARMESAN POTATOES VEGETABLE DESSERT BREAD & BUTTER	5 SLOPPY JOES MACARONI & CHEESE FRENCH FRIES SIDE & DESSERT	6 CAFÉ CLOSED
9 CHILI GRILLED CHEESE SANDWICH FRENCH FRIES DESSERT	10 BEEF STROGANOFF VEGETABLE SIDE & DESSERT GARLIC BREAD	11 BEAN SOUP W/ HAM FRIED POTATOES SIDE & DESSERT CORNBREAD	12 FRIED CHICKEN AU GRATIN POTATOES VEGETABLE SIDE & DESSERT BREAD & BUTTER	13 CAFÉ CLOSED
16 SHREDDED CHICKEN SANDWICH STEAK FRIES PASTA SALAD DESSERT	17 <u>ST. PATRICK'S DAY</u> CORNBEEF, CABBAGE & POTATOES DESSERT IRISH SODA BREAD	18 CHEESE-STUFFED SHELLS W/ MEAT SAUCE TOSSED SALAD DESSERT GARLIC BREAD	19 FISH & CHIPS COLESLAW DESSERT HUSH PUPPIES	20 CAFÉ CLOSED
23 <u>BIRTHDAY MONDAY</u> COUNTRY FRIED STEAK MASHED POTATOES VEGETABLE SIDE & DESSERT BREAD & BUTTER	24 CHICKEN & NOODLES CANDIED CARROTS SIDE & DESSERT BREAD & BUTTER	25 SWEET GLAZED SALMON GARDEN RICE ROASTED VEGETABLES DESSERT BREAD & BUTTER	26 BEEF STEW TOSSED SALAD SIDE & DESSERT BREAD & BUTTER	27 CAFÉ CLOSED
30 CHEESEBURGER ONION RINGS SOUP DESSERT	31 LIVER & ONIONS MASHED POTATOES VEGETABLE DESSERT BREAD & BUTTER			

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

SOUP DAILY BOWL \$2.00 OR CUP \$1.50

ENTRÉE SALAD FOR THE MONTH

WEEK OF 03/02/2026

TACO SALAD

WEEK OF 03/09/2026

CRANBERRY CHICKEN SALAD

WEEK OF 03/16/2026

CHEF SALAD

WEEK OF 03/23/2026

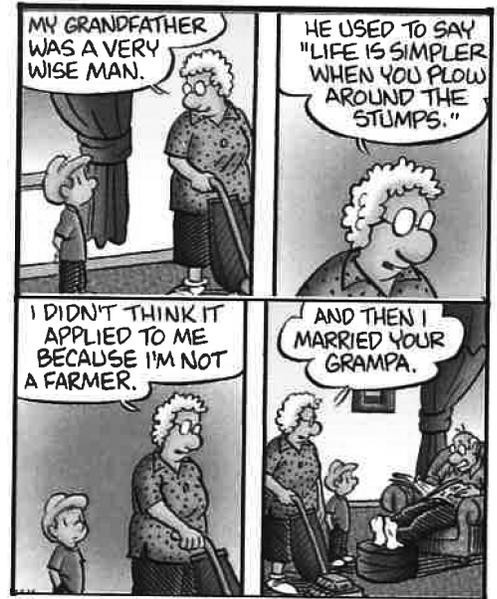
ITALIAN SALAD

WEEK OF 03/30/2026

CHICKEN SALAD/SALAD

Saint Patrick's Day

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



- | | | | |
|-----------|------------|-------------|-------------|
| Celebrate | Ireland | Magical | Pot of Gold |
| Celtic | Legend | March | Rainbow |
| Clover | Leprechaun | Mischievous | Saint |
| Gold | Limerick | Pinch | Seventeenth |
| Green | Lucky | Potato | Shamrock |

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

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

DO YOU HAVE **Concerns** **about falling?**



A MATTER OF
BALANCE

MANAGING CONCERNS ABOUT FALLS

Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an eight session workshop series designed to manage falls and increase activity levels.

This program emphasizes practical strategies to manage falls.

YOU WILL LEARN TO:

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance

WHO SHOULD ATTEND?

- anyone concerned about falls
- anyone interested in improving balance, flexibility and strength
- anyone who has fallen in the past
- anyone who has restricted activities because of falling concerns



**Join us for this Free workshop at
Madison County Senior Center
280 W High St
London 43140**

**Thursdays
1:30pm-3:30pm
May 21-July 9, 2026**

To register contact the center
740-852-3001
Registration deadline May 14th

Registration required.
Attendance requested at all sessions.

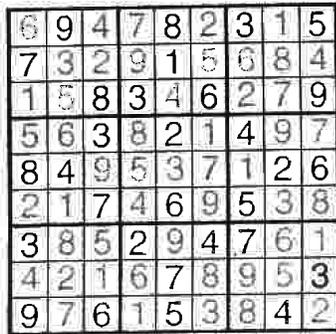
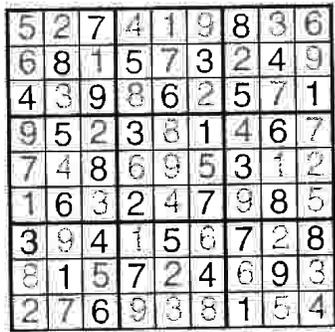
A Matter of Balance: Managing Concerns About Falls Volunteer Lay Leader Model ©2006

This program is based on Fear of Falling: A Matter of Balance. Copyright ©1995 Trustees of Boston University. All rights reserved. Used and adapted by permission of Boston University.

A Matter of Balance Lay Leader Model

Recognized for Innovation and Quality in Healthcare and Aging, 2006, American Society on Aging.

A Matter of Balance Lay Leader Model was developed by a grant from the Administration on Aging (#90AM2780).



Breads

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

- | | | | |
|----------|------------|------------|-------------|
| Bagel | Cornbread | Naan | Soda |
| Baguette | Croissant | Pita | Sourdough |
| Brioche | Flatbread | Pretzel | Tortilla |
| Challah | Focaccia | Pumpnickel | White |
| Ciabatta | Multigrain | Rye | Whole Wheat |



Why Baking Makes Us Feel Better

- Baking can be a mindful escape, helping the mind focus and unwind through simple, sensory actions.
- The predictability of following a recipe offers calm and control during stressful times.
- Creating and sharing food strengthens bonds and gives a sense of purpose.

Irish Soda Bread

- 1/2 c. white sugar
- 4 c. flour
- 2 tsp. baking powder
- 1 tsp. baking soda
- 3/4 tsp. salt
- 3 c. raisins
- 1 T caraway seeds, optional
- 2 large eggs, lightly beaten
- 1 1/2 c. buttermilk
- 1 c. sour cream

This easy Irish soda bread recipe is the best there is! The bread is deliciously moist. Serve warm with butter for a tasty breakfast or mid-morning snack.

Preheat oven to 350 degrees. Grease a 9 inch round cast iron skillet or a 9 inch round baking or cake pan.

Combine flour (reserving 1 tbsp.) sugar, baking powder, baking soda, salt, raisins and caraway seeds in a large bowl.

Blend eggs, buttermilk and sour cream together in a small bowl; stir into flour mixture until flour is just moistened. Knead dough in bowl about 10 to 12 strokes. Dough will be sticky. Place the dough in the prepared skillet or pan and pat down. Cut a 4 x 3/4 inch deep slit in the top of the bread. Dust with reserved flour.

Bake in the preheated oven for 65-75 minutes. Let cool and turn bread onto a wire rack.

YUMMMM...

ALL THIS: PANCAKES,
SAUSAGE,
SCRAMBLED EGGS,
FRUIT-CUP,
WATER OR JUICE

FMCPT

PLUS:
SYRUP
BUTTER
SALT
PEPPER
UTENSILS
NAPKIN

PANCAKE & SAUSAGE
BREAKFAST

SATURDAY
MAR. 21, 2026

SERVES UP FROM 8-11 AM

IN-PERSON!

ONE PRICE!

ONLY \$7⁰⁰

PLUS

SILENT AUCTION!

SHHH...

WHERE?

280 W. HIGH ST. LONDON, OH

PROCEEDS BENEFIT: MADISON COUNTY SENIOR CITIZENS CENTER AND FRIENDS OF MADISON COUNTY PARKS & TRAILS

March Birthdays!

Customer	Birthday	Customer	Birthday	Customer	Birthday
Miller, Mary Lou	03-01	Downing, Christine	03-09	Duncan, Bill	03-21
Al-Khouri, Maurea	03-01	Scott, Clayton	03-09	Binns, Robert	03-21
Davis, Barbara	03-01	Duncan, Kevin	03-09	Hartnett, Diane	03-21
Isaacs, Leonard	03-02	Wilson, Donna	03-10	Justice, Ray	03-22
Mancini, Geraldine	03-02	Emrick, Maryann	03-10	Finchum, Lonnie	03-22
Wells, Bill	03-02	Caplinger, Dennis	03-10	Bobo, Dick	03-22
Smith, David	03-03	Porter, Paul	03-10	Gilbert, Karla	03-22
Lansberry, Yvonne	03-03	Lloyd, Tom	03-10	Jones, Stan	03-22
Burns, Thelma	03-03	Webb, John	03-10	Denes, Lori	03-22
Daniels, Cindy	03-03	Dangler, Deborah	03-10	Caudill, Cathey	03-23
Harris, Brett	03-03	McConnell, Robert	03-11	Sullivan, Michael	03-23
Justice, James	03-03	Wiseman, Joann	03-12	Gillespie, Linda	03-23
Charles, Terri	03-04	Shepherd, Rob	03-12	Miller, Pat	03-24
Muha, Terri	03-04	Clifton, Beverly	03-13	Landes, Bart	03-24
Dotson, Patricia	03-04	Morris, Tom	03-14	Butchko, Karen	03-24
Hayes, Carric	03-04	Shaw, Karen	03-14	Scaggs, Georgia	03-24
Russell, Martin	03-04	Harpold, Deborah	03-15	Harpold, Ronald	03-25
Hodosko, Nancy	03-04	Sullivan, Pat	03-15	Saltsman, Donna	03-25
Schneider, Sylvia	03-05	Hysell, Betty	03-15	Penix, Jim	03-26
Ridenour, Linda	03-05	Scaer, Joyce	03-16	Schertzer, Peggy	03-28
Polglase, Marianna	03-06	Smith, Mary	03-16	Swiss, Tina	03-28
Lansing, Kerry	03-06	Hackett, Bill	03-16	Jones, Sharon	03-29
Gaiownik, Linda	03-06	Wilson, Kenneth	03-17	Manning, Nancy	03-29
Seymour, Larry	03-07	Hutslar, Bill	03-17	Porter, Janet	03-29
Yakubik, Butch	03-07	Murray, Pam	03-17	Baker, Nancy	03-29
Gonsalves, Michael	03-07	Bricker, Wayne	03-17	Henry, Maureen	03-29
Manion, Sharon	03-07	McKenzie, Juanita	03-18	Brackett, Sharon	03-3
Tuthill, Brenda	03-08	Birtcher, Rolland	03-18	Justice, Judy	03-30
Henry, Dorothy	03-08	Sebastian, Betty	03-19	Bricker, Patsy	03-31
Dillion, Shirley	03-08	Hawkins, Bill	03-19	Green, Shirley	03-31
Snyder, Nancy	03-08	Lowery, Marilyn	03-20	Francisco, Hope	03-31
Penwell, LeeAnn	03-08	Eiselstein, Susan	03-20	Wright, Cynthia	03-31
Welch, Brian	03-08	Davis, Pete	03-20	Oloff, Ginny	03-31
Weimer, Sara	03-09	Ward, Brenda	03-20		



March is National Nutrition Month



Good nutrition is key!

Tips for better nutrition:

Plan your recipes: Plan your weekly menu to make balanced meals.

Read the labels: Labels let us know important information.

Example: amount of sodium, fats, and calories, just to name a few.

Understanding food groups and healthy eating: There are many websites and information that you can find up to date resources and healthy recipes. (Nutrition.gov)

Practice portion control: Check portion sizes to avoid overeating.

Limit Sugary Drinks: Reduce drinks high in sugar. **Example:** soda.

These are just a few key points to better nutrition.

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 **March 10th** 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.

Enjoy the Power of Protein

People of all ages need protein for strong, healthy bodies. Some older adults do not get the protein they need to maintain muscle mass, fight infection and recover from an accident or surgery. Chewing protein foods such as meat can be a problem for some older adults. Here are a few tasty tips to pump up your protein intake, without upsetting your food budget or energy balance.

- **Enjoy More Beans.** Add canned beans to salads, soups, rice dishes and casseroles.
- **Make Your Crackers Count.** Spread peanut butter on whole-grain crackers and eat them as snacks or alongside soup, chili or salad.
- **Amp Up Your Eggs.** Mix grated, low-fat cheese or extra egg whites into scrambled eggs.
- **Cook with Milk.** Use fat-free or low-fat milk or fortified soy milk, rather than water, to make creamy soups or oatmeal.
- **Use Dry Milk Powder.** Mix a spoonful of dry milk into fluid milk, cream soups and mashed potatoes.



Information from eatright.org

HearingLife

Christine Walters will be at the Center on March 11th.

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, March 13th to help anyone with Medicare questions.

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

Andy will be coming once a month.



This is the last newsletter you will receive if you haven't paid your dues! Thanks to everyone that has paid!

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Mail them to P.O. Box 389, London, OH 43140.

Or drop them off at the Center.

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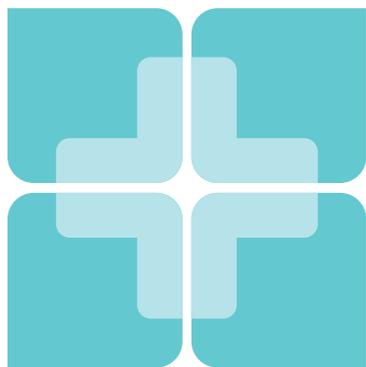
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We're on the Web!

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



March 2026

Misty Bradley, Executive Director
Ramalingam Selvarajah, M.D., Medical Director
Janisse Isaacs, Activity Coordinator/Marketing
Marilyn Lowery, Front Office/ Substitute Driver
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
Martha Parsons, Substitute 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.