

SENIOR MOMENTS

Morrow County's Monthly Newsletter

April, 2026



From the  of the Director...

3 Remedies for Managing Spring Allergies

An itchy nose, watery eyes, painful congestion, and intense sneezing can all be signs you have a seasonal allergy. Depending on what part of the country you reside in, these symptoms might be caused by flowering trees or pollen-filled flowers. Allergies can be uncomfortable for people of all ages but can be managed with a little help.

Here's what you should know as you head into the spring allergy season.

How Allergies Impact Us

Allergies are the body's reaction to the immune system becoming sensitized to something in the environment. Experts say allergies can be problematic for adults for a variety of reasons. One concern is that allergy symptoms can exacerbate other chronic illnesses. For example, someone with a chronic pulmonary obstructive disease (COPD) might find their nasal congestion worsens and the shortness of breath they often experience is more pronounced.

3 Natural Remedies for Spring Allergies

Limit time outdoors: When peak allergy season arrives, it might help to limit the amount of time you spend outdoors. When you do head outside, take a few precautionary steps. Make sure you wear a mask that covers your mouth and nose. Another way to limit exposure is to take off your shoes and change your clothes in the garage or mud room. This not only reduces the amount of pollen you might be breathing in, but also prevents pollen from making its way into the house.

Control your environment: When the pollen count is high or when it's windy outdoors, keep your windows closed to limit the amount of pollen and dust from getting inside. Instead, use your air conditioner to cool the house. The same is true if you are inside a car. While the fresh air might feel good, you are exposing yourself to allergens as you travel.

Work around the pollen count: Be sure to monitor the pollen count. This is easier if you take advantage of one of the many free weather apps you can download on your smart phone. Your local television station likely has one. If not, The Weather Channel does. You can use your zip code to track allergens that are high in your area.

If none of the remedies listed about help, your primary care physician might need to order allergy testing. This will help pinpoint the source(s) of your allergies making them easier to treat.

Sincerely, David Keefer

UPCOMING EVENTS!

BOOK CLUB– NEW DATE

Mount Gilead Library will lead a lively discussion of our monthly book. Join us at the center on **April 22, 2026** from 1:00 –2:00 pm. We will discuss “North Woods” by David Mason



Get sassy and stay spry! Join our Sassy Seniors Exercise Group for fun, feisty workouts every Monday, Wednesday, and Friday at 8:30 AM. Pump up those muscles, boost your sass, and make new friends!

BINGO

Join Presidential Acute Care for bingo on April 7 from 12:00-1:30 pm. Galion Meadows will be with us on April 14. April 21 we will have bingo with Tiffany from Cornerstone Caregiving, and Ohioans Home Health will run bingo on April 28. If you would like to join us for lunch before playing, call us the day before by noon.



BIBLE STUDY

Come to the center and join us in a bible study Friday, April 10 from 12:30-1:30 pm. We would like RSVPs but you are more than welcome to just come.



419.946.4191

EUCHRE

Do you enjoy playing Euchre? We will be playing Euchre on Thursday, April 2, 9, 16, 23, and 30, 2026 at Noon.



MUSIC

Monday, April 6, County Travelers will be with us for music. Monday, April 13 we will have our Open Mic night. Tuesday, April 14, we will have Karaoke. Monday, April 20 Kickin' Grass will be with us at the center at 6:00 pm. And Monday, April 27 will feature Gospel/Hymn and Jazz Music with the Skudders from 6:00-8:00 pm



Donations for the band are still greatly appreciated.
Donations for entry and snacks are greatly appreciated as well.

I hope you are enjoying your newsletter, but.....

Please know that due to printing deadlines, and lag-time in communication, it is impossible for us to communicate everything that is happening at the center in the newsletter. If you are wanting the most current information, please visit our website at

www.seniorsoncenter.org

The Importance of a Senior Levy: Supporting Our Aging Population

In an era where the global population is rapidly aging, communities must prioritize resources to ensure the well-being of their senior citizens. One effective mechanism for this is the senior levy—a dedicated property tax levy designed to fund essential services for older adults. At its core, a senior levy is a voter-approved tax on property values, typically ranging from 0.5 to 1 mill (one-tenth of a cent per dollar of assessed value).

The primary importance of a senior levy lies in its direct impact on seniors' quality of life. Many older adults face challenges such as mobility limitations, chronic health issues, or financial constraints that make independent living difficult. Levies support services like Meals on Wheels, which deliver nutritious food to homebound seniors, reducing malnutrition risks. Also providing transportation, allowing seniors to attend medical appointments or social events, combating isolation—a major contributor to depression and cognitive decline.

Beyond individual benefits, senior levies strengthen the broader community. By enabling seniors to age in place, they reduce the strain on healthcare systems and nursing homes, which are often overburdened and costly. This cost-efficiency translates to economic savings; studies show that in-home care funded by such levies can be up to 50% cheaper than long-term facility stays.

Critics sometimes argue that senior levies increase property taxes, but the benefits far outweigh the costs—typically adding just \$20-50 annually to the average homeowner's bill. In return, communities gain healthier, more engaged elders who volunteer, mentor, and contribute economically. Levies also stimulate local jobs in caregiving and administration, boosting regional economies.

Our senior levy is up for renewal in November, 2026. We will be around the county over the next few months to discuss our levy and answer your questions.

SERVICES



FOOT CARE



Call Lauren Johnson at
(937) 738-1761 to schedule your
30 minute foot care appointment with Lauren.

Lauren will be at the center on **May 14, 2026**
from 9:00 am to 1:30 pm.

Cost for this service is **\$45.00** per person and
treatment includes: 30 minute treatment, Expert-
ly Trim, Thin and File Nails. Corns and Callous are
filed and buffed smooth. All tools are sterilized for
each patient.

Payment is due at time of service.

Self Pay ONLY!

No Medicare or Insurance will be billed

SERVICES



MEDICARE

Marc Follin, is available, by appointment only, to assist you in any Medicare Assistance you may need. Please give her a call at 419-768-2000 or 614-519-9128



HOME DELIVERED MEALS

A hot, well-balanced lunch is available daily to homebound individuals living in Morrow County that are 60+ years of age. Call the center for assistance at (419)-946-4191.

COMMODITIES FOOD BOX

If you have signed up to receive a commodity box from the Mid-Ohio Food Collective, be sure you are at the center on the appointed pick up day. If you would like information about the boxes, please call the center and talk to Richard.



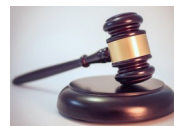
Pick up: Tuesday, April 28
from 9:00 to 12:00
Equal opportunity provider



TRANSPORTATION



Transportation for Morrow County residents that are 60+ years of age to medical appointments, grocery shopping, banking, etc. is available Monday thru Friday. Out of county medical transportation is available with a 48-hour notice, and the availability of a driver and vehicle. Handicapped accessible vehicles are also available. Please call the center at 419-946-4191 to set up your transportation. Donations are accepted.



LEGAL AID

Karen McVay is available (by appointment only) to assist you in any legal questions you may have. Please give her a call and set up your appointment today! 740-383-2161 or 888-301-2411

CONGREGATE MEALS


A hot, well balanced lunch is available daily to anyone 60+ years of age at the center. Please call the center (419) 946-4191 the day before by noon to reserve a meal.



EVENTS AND IMPORTANT DATES

Monday	Tuesday	Wednesday
		1 8:30 Sassy Seniors 11:30 am Lunch @ Center 12:00 pm: Flower Arranging
6 8:30 am Sassy Seniors 9:00 am – Marengo Senior Breakfast 11:30 am Lunch @ Center 5:00 pm - Dinner 6:00 pm - Country Travelers	7 11:30 am Lunch @ Center 12:00-1:30 pm Bingo with Presidential	8 8:30 Sassy Seniors 10:00 am: Ceramics Class 11:30 am Lunch @ Center 12:30 pm Board Meeting
13 8:30 am Sassy Seniors 11:30 am Lunch @ Center 6:00 pm - Open Mic	14 11:30 am Lunch @ Center 11:00 am -Safe harbor suicide Prevention meeting 12:00-1:30 pm Bingo with Galion Meadows 6:00 pm Music– Karaoke	15 8:30 am Sassy Seniors 10:00 am: Butterfly candy dish class 11:30 am Lunch @ Center
20 8:30 am Sassy Seniors 11:30 am Lunch @ Center 5:00 pm - Dinner 6:00 pm – Kickin’ Grass	21 11:30 am Lunch @ Center 12:00-1:30 pm Bingo with Tiffany from Cornerstone Caregiving	22 8:30 am Sassy Seniors 10:00 am – Movie “Ma & Pa Kettle” 11:30 am Lunch @ Center 1:00-2:00 pm – Book Club
27 8:30 am Sassy Seniors 11:30 am Lunch @ Center 12:30 pm – Lunch Bunch 6:00 pm –Gospel/Hymn and Jazz Music with the Skudders	28 9:00-12:00 pm – Commodity Pick Up 11:30 am Lunch @ Center 12:00-1:30 pm Bingo with Ohioans Home Health	29 8:30 am Sassy Seniors 11:30 am Lunch @ Center

EVENTS AND IMPORTANT DATES

Thursday	Friday	
<p>2</p> <p>11:30 am Lunch @ Center 12:00 pm Euchre</p>	<p>3</p> <p>8:30 am Sassy Seniors 11:30 am Lunch @ Center 1:00 pm: Easter Party 1:00 pm- “Happy Hookers” sewing club.</p>	 <p style="font-size: 24px; margin-top: 100px;">CAM & JOYCE</p> <p style="font-size: 24px; margin-top: 20px;">TAYLOR</p> <p style="font-size: 24px; margin-top: 20px;">4/22</p> <p style="font-size: 24px; margin-top: 100px;">BEVERLY & MIKE</p> <p style="font-size: 24px; margin-top: 20px;">ELLIOTT</p> <p style="font-size: 24px; margin-top: 20px;">4/23</p>
<p>9</p> <p>11:30 am Lunch @ Center 12:00 pm Euchre 1:00-3:00 pm: Marc Follin <div style="text-align: right;">Medicare</div></p>	<p>10</p> <p>8:30 am Sassy Seniors 11:30 am Lunch @ Center 12:30-1:30 pm- Bible Study. 1:00 pm- “Happy Hookers” sewing club.</p>	
<p>16</p> <p>11:30 am Lunch @ Center 12:00 pm Euchre</p>	<p>17</p> <p>8:30-9:30 am Sassy Seniors 11:30 am Lunch @ Center 1:00 pm- “Happy Hookers” sewing club.</p>	
<p>23</p> <p>11:30 am Lunch @ Center 12:00 pm Euchre</p>	<p>24</p> <p>8:30-9:30 am Sassy Seniors 11:30 am Lunch @ Center 1:00 pm- “Happy Hookers” sewing club.</p>	
<p>30</p> <p>11:30 am Lunch @ Center 12:00 pm Euchre</p>		

SENIOR GROUPS

THE LUNCH BUNCH

The Lunch Bunch will meet on April 27, 2026.
After lunch join Luann Campbey for a time of
percussion drumming. Lunch will be served at
Noon.

RESERVATION REQUIRED
\$4.00 SUGGESTED DONATION
SENIORS ON CENTER,
41 W. CENTER ST., MT. GILEAD

MARENGO/FULTON SENIORS

BREAKFAST AT EDISON DEPOT
552 W HIGH ST.
EDISON, OH 43320
MONDAY, April 6, 2026 AT 9:00 am

LUNCH AT LEGION HALL
1549 COUNTY ROAD 26,
MARENGO, OH,
MONDAY, April 20, 2026 AT
12 NOON
JUDY JONES 567-231-9339

Word Search

Name: _____

Date: _____

What's In Your Garden

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

Word List:

CARROTS
PEPPERS
CUCUMBER
TURNIP
ONION
POTATO
OKRA
LETTUCE

PARSNIPS
ZUCCHINI
RADISH
ARUGULA
GARLIC
RHUBARB
SQUASH

PEAS
HONEYDEW
PUMPKIN
KALE
SHALLOT
CORN
COLLARDS

BEANS
BROCCOLI
SPINACH
BEET
KOHLRABI
CHARD
ASPARAGUS

MENU

APRIL 2026

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Call the center for A complete list of ingredients 419.946.4191</p>		<p>1 Penne Pasta w/meat sauce Green Beans Mixed Fruit WG Breadstick Milk</p>	<p>2 Breaded Veal Squash Medley Apple Crisp WG Bun Milk</p>	<p>3 Deli Sandwich on WG Croissant Cole Slaw Pickle Spear Fresh Orange Milk</p>
<p>6 Sweet & Sour Chicken Seasoned Snap Peas Pineapple Tidbits WG Brown Rice Milk</p>	<p>7 Homemade Meatloaf Mashed Potatoes Glazed Carrots Apple Slices WG Roll Milk</p>	<p>8 Pasta Alfredo w/ Chicken Diced Peaches House Salad WG Breadstick Milk</p>	<p>9 Personal Pizza California Blend Fresh Banana Wheat Bread Milk</p>	<p>10 Egg Salad Cowboy Corn Salad Baby Carrots Diced Pears WG Croissant Milk</p>
<p>13 Sloppy Joes Au Gratin Potatoes Fresh Apples WG Bun Milk</p>	<p>14 Pork Fritter Mashed Potatoes Gravy Green Beans Milk</p>	<p>15 Chicken Enchilada Casserole Corn & Black Bean Salad Peaches Milk</p>	<p>16 Chicken Tenders House Salad Glazed Carrots Tropical Fruit WG Roll Milk</p>	<p>17 Ham & Cheese Sandwich Broccoli/Cauliflower Salad Mandarin Oranges WG Bun Milk</p>
<p>20 Pork Chop w/ mushroom sauce WG Wild Rice Steamed Broccoli Fresh Apple Milk</p>	<p>21 Parmesan Chicken Marinara Pasta Green Beans Diced Peaches WG Breadstick Milk</p>	<p>22 Salisbury Steak Mashed Potatoes Diced Pears WG Roll Milk</p>	<p>23 Chicken Patty WG Bun California Blend Pineapple Tidbits Milk</p>	<p>24 Chicken Salad on WG Croissant Baby Carrots Potato Salad Fresh Grapes Milk</p>
<p>27 Grilled Chicken Breast Seasoned Green Beans Pear Crisp WG Roll Milk</p>	<p>28 Hamburger on WG Bun Lettuce/Tomato/Onion French Fries Fresh Apple Milk</p>	<p>29 Chicken Noodles Mashed Potatoes Steamed Peas Tropical Fruit WG Bun Milk</p>	<p>30 Vegetable Omelet Rosemary Potatoes Orange Wedges WG Biscuit Milk</p>	<p>WG= Whole Grain</p>

HAPPY BIRTHDAY!

Mary Ackerman

John Scroggins

Sarah Adams

Deborah Utt

Helen Bowersmith

Dave Ufferman

Ray Brenneman

Karen Lashley

Richard Brown

Wilma Fulk

If you have any updates to this list,

Juanita Piercy

Please contact the center at

June Raney

419.946.4191

Lois Rogers

Mary Ann Ruhl

Gary Sanborn

Mary Scheiderer



This Newsletter is published by:

Morrow County Services for
Older Citizens, Inc.
dba Seniors on Center
41 West Center Street
Mt. Gilead, OH 43338

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MORROW COUNTY SERVICES FOR OLDER CITIZENS, INC.

**41 W. Center Street
Mount Gilead, Ohio 43338
419.946.4191 * 419.946.1037 fax**

**Center Hours
Monday— Friday
8:00 am to 4:00 pm**

Visit us online at www.seniorsoncenter.org

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