

SENIOR MOMENTS

Morrow County's Monthly Newsletter August, 2025



From the of the Director...

How to Age with Optimism

Having a “glass half full” approach to life has long been considered important for overall wellness. But evidence suggests that there may be truth in this folk wisdom

Humana recently surveyed 2,000 people aged 60 and over and found that 87 percent of seniors who identify themselves as “most optimistic” reported their health as good to excellent. This is compared to 44 percent for those who said they’re “least optimistic.”

Dr. Yolangel Hernandez Suarez, Humana vice president and chief medical officer for care delivery, has the following advice for anyone struggling to stay on the sunny side of life:

1. Take ownership and recognize that your health is your own. To achieve your best health, you need to set personal goals, just for you.
2. Engage with your doctor or other health care professional and build a trusting relationship.
3. Find a higher purpose that makes you excited to get up in the morning. Humana’s survey found that the majority of respondents (86 percent) who identify as optimists also rank a sense of purpose as an important attribute for aging.
4. Remain socially engaged, not isolated, and nurture close relationships. The importance of social engagement is recognized by the 71 percent of Humana survey respondents who identify as optimists and get together with friends or relatives either monthly or weekly. Further, 80 percent of optimists say maintaining an active social life is an important motivator to stay healthy.
5. Stay active and remember that physical activity is important. Find something that’s right for you and that you like to do. Almost all of the most optimistic survey respondents (97 percent) say remaining physically active is a major motivator for retaining good health.
6. Practice gratitude and make it a habit to look for and appreciate everything you’re thankful for in life.

Sincerely, David Keefer

UPCOMING EVENTS!

SASSY SENIORS



“ I do five sit-ups every morning. It may not sound like much, but there’s only so many times you can hit the snooze button.”

If one of your resolutions is to exercise but you find yourself coming up with all kinds of reasons not to, here are ten good reasons to make that New Year’s Resolution easier to follow.

1. Exercise can make you feel happier. 2. Exercise can help with weight loss. 3. Exercise is good for your muscles and bones. 4. Exercise can increase your energy levels. 5. Exercise can reduce your risk of chronic disease. 6. Exercise can help keep skin healthy. 7. Exercise can help your brain health and memory. 8. Exercise can help with relaxation and sleep quality. 9. Exercise can reduce pain.

And best of all 10. EXERCISE CAN BE FUN AND SOCIAL! Especially if you exercise with Sassy Seniors on Monday, Wednesday, and Friday from 8:30-9:30 at Seniors on Center. Come join the fun and reap the benefits.

BINGO

Cash Bingo will be on Tuesday, August 5 at 12:00 pm. Cash Bingo cost to play is \$3.00. Join Karma from Kingston for bingo on August 12 from 12:00-1:30 pm. Join Tiffany with Cornerstone Caregiving on August 19 and join us at the fair on August 26 at 12:15 pm. If you would like to join us for lunch before playing, please call us the day before by noon.



BIBLE STUDY



Come to the center and join us in a bible study Friday, August 8 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, August 7, 14, 21, and 28, 2025 at Noon.



MUSIC



Monday, August 4, join us for a meal at 5:00 pm and music by Country Travelers at 6:00 pm. Monday, August 11, we will have Open Mic. Monday August 18, we will have Karaoke. Monday, August 25, join us for Gospel/Hymn 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. We will also be having a 50/50 raffle!

“ BY THE TIME YOU’RE 80 YEARS OLD, YOU’VE LEARNED EVERYTHING. YOU ONLY HAVE TO REMEMBER IT. ”

-George Burns

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Word Twist

Back to School

The letters in these words are all twisted up. To play, unscramble the letters to reveal the correct words. **Hint:** Each puzzle has a common theme!

| | |
|----------------|------------------|
| pcabkcak _____ | toonkbeo _____ |
| relur _____ | odlerf _____ |
| cnipel _____ | chuln _____ |
| smkrear _____ | ladkcboahr _____ |
| paerp _____ | screes _____ |

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BOOK CLUB

Nancy Bahr with Mount Gilead Library leads a lively discussion of “Like mother, like daughter” by Kimberly McCreight. We will meet on August 21, 2025 from 1:00 to 2:00 pm.

Meet the Staff.....

This month, let me introduce you to our Financial Manager, Barb McElwee. Barb was born in Marion and currently lives on her family farm in Cardington. One of her favorite childhood memories is growing up on the very farm where she currently lives. Her house was built by her Great Grandfather.

She has three room-mates, well maybe not room-mates, they are her husband and her two dogs, Daisy and Piper. Piper was rescued from the parking lot of our very own senior center. Barb found Piper shivering in our parking lot and fell in love immediately. Barb has two daughters who are both working on their PhD’s in upstate New York. She enjoys stained glass, reading, gardening, and traveling.



Barb has fond memories of trips to Yellowstone, the Grand Canyon, northern California, Mount Rushmore, and various beaches. She is a fan of the Cincinnati Bengals and the Kansas City Chiefs.

Barb works hard to pay our bills, run staff payroll, and keep a check on all of our levy funds as well as our title III funding. As always, I thank Barb for everything she does to make sure the finances of the center are accounted for and are used wisely.

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 **September 11,
2025** from 9:00 am to 1:30 pm.

Cost for this service is \$40.00 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



**"I'm looking for an Uber driver
who can take me back to 1964!"**



**Word Twist
Answers**

Backpack
Ruler
Pencil

Markers
Paper
Notebook

Folder
Lunch
Chalkboard

Recess

©LPi

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: Wednesday, August 27
from 9:00 to 12:00**

Equal opportunity provider

Animal Antics

What is a flea's favorite way to travel?

Itch hiking.

What do you get from a pampered cow?

Spoiled milk.

Why aren't koalas actual bears?

They don't meet the koalafications.

Why are fish so smart?

Because they live in schools!

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 |
|---|--|--|
| | | |
| 4 8:30 am Sassy Seniors 9:00 am – Marengo Senior Breakfast 11:30 am Lunch @ Center 5:00 pm Meal 6:00 pm County Travelers | 5 11:30 am Lunch @ Center 12:00-1:30 pm Cash or White Elephant Bingo. TBD | 6 8:30 Sassy Seniors 11:30 am Lunch @ Center |
| 11 8:30 am Sassy Seniors 11:30 am Lunch @ Center 6:00 pm Open Mic | 12 11:30 am Lunch @ Center 12:00-1:30 pm Kingston Bingo | 13 8:30 am Sassy Seniors 11:30 am Lunch @ Center |
| 18 8:30 am Sassy Seniors 11:30 am Lunch @ Center 12:00 pm –Marengo Seniors Carry-in at Marengo Legion Hall 6:00 pm : Karaoke | 19 11:30 am Lunch @ Center 12:00-1:30 pm Cornerstone Care-giving Bingo . | 20 8:30 am Sassy Seniors 11:30 am Lunch @ Center |
| 25 8:30 am Sassy Seniors 11:30 am Lunch @ Center 6:00 pm Gospel/Hymns with Chris and Hyla Skudder | 26 9:00 am to 1:00 pm – Senior Day at the Fair. | 27 8:30 am Sassy Seniors 9:00AM to 12:00 pm Commodity Box pick-up 11:30 am Lunch @ Center |

EVENTS AND IMPORTANT DATES

| Thursday | Friday |
|---|---|
| | 1 8:30 am Sassy Seniors 11:30 am Lunch @ Center |
| 7 11:30 am Lunch @ Center 12:00 pm Euchre | 8 8:30 am Sassy Seniors 11:30 am Lunch @ Center 12:30-1:30 pm – Bible Study. |
| 14 11:30 am Lunch @ Center 12:00 pm Euchre 1:00-3:00 pm – Medicare 1 on 1 (appt needed) | 15 8:30-9:30 am Sassy Seniors 11:30 am Lunch @ Center |
| 21 11:30 am Lunch @ Center 12:00 pm Euchre 1:00-2:00 pm – Book Club | 22 8:30-9:30 am Sassy Seniors 11:30 am Lunch @ Center |
| 28 11:30 am Lunch @ Center 12:00 pm Euchre | 29 8:30-9:30 am Sassy Seniors 11:30 am Lunch @ Center |



Sandy & Bob
Snyder
8/14

Janet & Fritz
Miller
8/18

June & Phil
Raney
8/19

Cindy & Ed
Fidler
8/25

SENIOR GROUPS

THE LUNCH BUNCH

The Lunch Bunch will **NOT** meet on August 25, 2025. The center staff will be preparing for the Senior Day at the Fair on August 26, 2025

RESERVATION REQUIRED
\$4.00 SUGGESTED DONATION
SENIORS ON CENTER,
41 W. CENTER ST., MT. GILEAD
CALL Richard 419-946-4191

MARENGO/FULTON SENIORS

BREAKFAST AT EDISON DEPOT
552 W HIGH ST.

EDISON, OH 43320

MONDAY, August 4, 2025 AT 9:00 am

LUNCH AT LEGION HALL

1549 COUNTY ROAD 26,

MARENGO, OH,

MONDAY, August 13, 2025 AT 12 NOON,

JUDY JONES 567-231-9339



**Word Twist
Answers**

Backpack
Ruler
Pencil

Markers
Paper
Notebook

Folder
Lunch
Chalkboard

Recess

©LPi

SENIORS ON CENTER

**SENIOR
Fair Day**

TUESDAY

AUGUST 26, 2025

9:00 AM REGISTRATION

10:00 AM DOOR PRIZES

10:15AM BLUE LIMESTONE PROJECT

11:30 AM LUNCH

12:00 PM OUTSTANDING SENIOR PRESENTATION

12:15 PM BINGO

1:15 PM FAREWELL



MENU

AUGUST 2025

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|--|
| | Call the center for A complete list of ingredients | WG= Whole Grain | | 1 Deli Sandwich on WG Croissant Tomato Cucumber salad Pickle Spear Fresh Orange Milk |
| 4 Sweet & Sour Chicken Seasoned Snap Peas Pineapple Tidbits WG Brown Rice Milk | 5 Homemade Meatloaf Mashed Potatoes Glazed Carrots Apple Slices WG Roll Milk | 6 Pasta Alfredo w/ Chicken Seasoned Peas House Salad WG Breadstick Milk | 7 Personal Pizza California Blend Fresh Banana Wheat Bread Milk | 8 Egg Salad Lettuce/Tomato/Onion Baby Carrots Diced Pears WG Croissant Milk |
| 11 Sloppy Joes Au Gratin Potatoes Sliced Apples WG Bun Milk | 12 Lasagna House Salad WG Cornbread Grapes Milk | 13 Chicken Enchilada Casserole Corn & Black Bean Salad Peaches Milk | 14 Breaded Chicken Leg Mashed Potatoes Glazed Carrots Tropical Fruit WG Roll Milk | 15 Ham & Cheese Sandwich Cowboy Corn Salad Mandarin Oranges WG Bun Milk |
| 18 Pork Chop w/ mushroom sauce WG Wild Rice Steamed Broccoli Fresh Apple Milk | 19 Parmesan Chicken Marinara Pasta Green Beans Diced Peaches WG Breadstick Milk | 20 Salisbury Steak Mashed Potatoes Glazed Carrots Fresh Pear WG Roll Milk | 21 Chicken Patty WG Bun California Blend Pineapple Tidbits Milk | 22 Chicken Salad on WG Croissant Baby Carrots Potato Salad Fresh Grapes Milk |
| 25 Grilled Chicken Breast Seasoned Green Beans Pear Crisp WG Roll Milk | 26 Hamburger on WG Bun Lettuce/Tomato/Onion French Fries Fresh Apple Milk | 27 Chicken Noodles Mashed Potatoes Brussel Sprouts Tropical Fruit WG Bun Milk | 28 Vegetable Omelet Rosemary Potatoes Orange Wedges WG Biscuit Milk | 29 Tuna Salad on WG Croissant Celery Stick Cole Slaw Apricots Milk |

HAPPY BIRTHDAY!

| | |
|------------------|------------------|
| Les Armstrong | Michael Park |
| Marion Barton | Diane Roberts |
| Lois Brown | Robert Schroeder |
| Melody Dendinger | Richard Short |
| Treva Dilsaver | Edna Welsh |
| Alice Foley | Gill Ullom |
| Virginia Hedrick | Sharon Cole |
| Verlton Kunze | Bill Miller |
| Lee Mullenix | Janeth McTigue |
| Elsie McQuiston | Beverly Elliott |
| Pat Nesbit | |



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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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 4:30 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.