

SENIOR MOMENTS

Morrow County's Monthly Newsletter July, 2025



From the of the Director...

Downsizing & Decluttering

Most of us know we own too much stuff. We feel the weight and burden of our clutter. We tire of cleaning, managing, and organizing. Our drawers don't close, our closets are filled from top to bottom, and we can't fit cars in our garages. The evidence of clutter is everywhere.

Studies estimate that most people only use about 20% of the things they own. According to professional organizer Regina Lark in an LA Times article, the average household has 300,000 things, from paper clips to ironing boards. The United States has more than 50,000 storage facilities.

Decluttering and downsizing can be as daunting as well as an emotional experience for families. The longer someone lives in their home, the more belongings they collect. However, with a little planning and preparation, downsizing and decluttering can be a liberating and satisfying experience for all involved. Here are some tips to get you started.

Enlist the Kids

Before the process gets underway, ask older or adult children to reclaim and remove any of their own items. Also consider if this is a good time to pass along family heirlooms, which will hopefully deter unforeseen family feuds in the future. It can be deeply rewarding to watch loved ones appreciate the history and sentiment of a meaningful gift.

Look at Large Items

Begin with large items such as furniture. Determine which pieces are no longer needed. Then devise a plan to either pass them along to family, sell the items, or donate them to charity. Once the large items are removed, the overall task will appear much easier.

Sort It Out

Creating a system before organizing and downsizing the rest of the home can help the process go smoother. This can be as simple as getting large boxes for each room and labeling them as keep, donate, gift, or throw away.

Ask for Help

Ask your spouse or kids to help you go through your items and decide what to keep and what to get rid of. Some items you find difficult to part with may not be the things that your children will eventually want: books, figurines, antiques, silver, and china. Keep a few meaningful mementos, but consider parting with the items your kids aren't interested in inheriting.

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, July 1 and July 29 at 12:00 PM. Cash Bingo cost to play is \$3.00. Join Karma from Kingston for bingo on July 8 from 12:00-1:30PM. Join Tiffany with Cornerstone Care-giving on July 15 and Bennington Glen on July 22 from 12:00 -1:30 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, July 11 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, July 3, 10, 17, 24, and 31, 2025 at Noon.



MUSIC



Monday, July 7, join us for a meal at 5:00 pm and music by Country Travelers at 6:00 pm.

Monday, July 14, we will have Open Mic. Monday July 21, we will have Karaoke.

Monday, July 28, 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!

MY MOTHER USED TO SAY, ‘THE OLDER YOU GET,
THE BETTER YOU GET ... UNLESS YOU’RE A BANANA.’

— B E T T Y W H I T E —

Independence Day

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!

oefmrde _____ rdpaea _____

rybtile _____ nhoor _____

rtaipto _____ glfa _____

swirfkoer _____ tnaoin _____

BOOK CLUB



Nancy Bahr with Mount Gilead Library leads a lively discussion of recently selected books. We will meet on July 17, 2025 from 1:00 to 2:00 pm.

Meet the Staff.....

This month, let me introduce you to our driver Joe Pukansky. Joe has one of the more interesting background and history. Joe was born, a few years ago, in Romania. He moved to the United States in 1945 and received his citizenship in 1957. Joe currently lives in Marion. He has 4 children, 9 grandchildren, and 9 great-grandchildren.

Joe was instrumental in beginning the first Moose Lodge in Morrow County and has been part of the Moose organization for 41 years. Joe is a veteran of the U.S. Army. He has great memories of being on the police force as well as being Fire Chief.

Joe enjoys going to baseball games and is a fan of the NFL as well as Ohio State football. As a child, he loved living at Buckeye Lake. His hobbies are bowling, fishing, and antique cars.

Joe is part of our transportation team, but spends a lot of his time trying to keep the building from falling apart. As always, I thank Joe for everything he does to make sure everyone gets to their appointments on time.



SERVICES

The Most Dangerous Food

A dietitian was once addressing a group at the local senior center.

“Many things we eat aren't good for us,” she said. “Red meat is awful. Soft drinks erode your stomach lining. Processed foods are loaded with MSG.

“But there is one thing that is the most dangerous of all and most of us have eaten it,” she continued. “Can anyone tell me what food causes the most grief and suffering for years after eating it?”

An elderly gentleman in the front row stood up and said, “Wedding cake.”

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 **July 10, 2025** from
9:00 am to 1:30 pm.

Cost for this service is \$40.00 per person and treatment includes: 30 minute treatment, Expertly 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, July 29
from 9:00 to 12:00**

Equal opportunity provider

CELEBRATE INDEPENDENCE DAY!

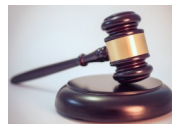


©I Pi

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 11:30AM Lunch @ Center 12:00-1:30PM Cash Bingo	2 8:30 Sassy Seniors 11:30AM Lunch @ Center
7 8:30 Sassy Seniors 9:00– Marengo Senior Breakfast 11:30AM Lunch @ Center 5:00 Meal 6:00 County Travelers	8 11:30AM Lunch @ Center 12:00-1:30PM Kingston Bingo	9 8:30 Sassy Seniors 11:30AM Lunch @ Center 12:30pm– Board Meeting
14 8:30 Sassy Seniors 11:30AM Lunch @ Center 6:00 Open Mic	15 11:30AM Lunch @ Center 12:00-1:30PM Cornerstone Care-giving Bingo	16 8:30 Sassy Seniors 11:30AM Lunch @ Center
21 8:30 Sassy Seniors 11:30AM Lunch @ Center 12:00 pm– Marengo Seniors Carry-in at Marengo Legion Hall 6:00PM: Karaoke	22 11:30AM Lunch @ Center 12:00-1:30 pm Bennington Glen Bingo.	23 8:30 Sassy Seniors 11:30AM Lunch @ Center
28 8:30 Sassy Seniors 11:30AM Lunch @ Center 12:00PM: The Lunch Bunch with Primrose Retirement 6:00PM Gospel/Hymns with Chris and Hyla Skudder	29 9:00AM to 12:00PM Commodity Box pick-up 11:30AM Lunch @ Center 12:00-1:30PM Cash Bingo	30 8:30 Sassy Seniors 11:30AM Lunch @ Center

EVENTS AND IMPORTANT DATES

Thursday	Friday	 <div style="text-align: center;"> <p>DANIEL & PEGGY</p> <p>GOODMAN</p> <p>7/4</p> <p>CODY & JANET BED-</p> <p>WELL</p> <p>7/8</p> <p>GERTRUDE & WAYNE</p> <p>ARNOLD</p> <p>7/24</p> <p>LINDA & LONNIE</p> <p>STAKEY</p> <p>7/30</p> </div>
3 11:30AM Lunch @ Center 12:00PM Euchre	4 	
10 9:00am - 1:30pm -Lauren Johnson 11:30AM Lunch @ Center 12:00PM Euchre 1:00-3:00 – Medicare 1 on 1 (appt needed)	11 8:30 Sassy Seniors 11:30AM Lunch @ Center 12:30-1:30 – Bible Study.	
17 11:30AM Lunch @ Center 12:00PM Euchre 1:00-2:00 – Book Club	18 8:30-9:30AM Sassy Seniors 11:30AM Lunch @ Center	
24 11:30AM Lunch @ Center 12:00PM Euchre	25 8:30-9:30AM Sassy Seniors 11:30AM Lunch @ Center	
31 11:30AM Lunch @ Center 12:00PM Euchre		

SENIOR GROUPS

THE LUNCH BUNCH

The Lunch Bunch will meet on July 28, 2025. We will eat lunch at noon. At 12:30 pm, Primrose Retirement, will join us to discuss the importance of finding the right retirement services.

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, July 7, 2025 AT 9:00 am

LUNCH AT LEGION HALL
1549 COUNTY ROAD 26,
MARENGO, OH,
MONDAY, July 21, 2025 AT 12 NOON,
JUDY JONES 567-231-9339



**Word Twist
Answers**

Freedom
Liberty
Patriot

Fireworks
~~Celebrate~~
Parade

Honor
Flag
Nation

~~Justice~~

©LPi



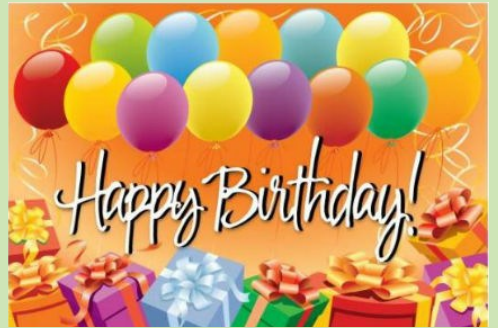
MENU

JULY 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Call the center for A complete list of ingredients</p>	<p>1</p> <p>Homemade Meatloaf Mashed Potatoes Glazed Carrots Apple Slices WG Roll Milk</p>	<p>2</p> <p>Pasta Alfredo w/ Chicken Seasoned Peas House Salad WG Breadstick Milk</p>	<p>3</p> <p>Personal Pizza California Blend Fresh Banana Wheat Bread Milk</p>	<p>4</p> 
<p>7</p> <p>Sloppy Joes Au Gratin Potatoes Sliced Apples WG Bun Milk</p>	<p>8</p> <p>Lasagna House Salad WG Cornbread Grapes Milk</p>	<p>9</p> <p>Chicken Enchilada Casserole Corn & Black Bean Salad Peaches Milk</p>	<p>10</p> <p>Breaded Chicken Leg Mashed Potatoes Glazed Carrots Tropical Fruit WG Roll Milk</p>	<p>11</p> <p>Ham & Cheese Sandwich Cowboy Corn Salad Mandarin Oranges WG Bun Milk</p>
<p>14</p> <p>Pork Chop w/ mushroom sauce WG Wild Rice Steamed Broccoli Fresh Apple Milk</p>	<p>15</p> <p>Parmesan Chicken Marinara Pasta Green Beans Diced Peaches WG Breadstick Milk</p>	<p>16</p> <p>Salisbury Steak Mashed Potatoes Glazed Carrots Fresh Pear WG Roll Milk</p>	<p>17</p> <p>Chicken Patty WG Bun California Blend Pineapple Tidbits Milk</p>	<p>18</p> <p>Chicken Salad on WG Croissant Baby Carrots Potato Salad Fresh Grapes Milk</p>
<p>21</p> <p>Grilled Chicken Breast Seasoned Green Beans Pear Crisp WG Roll Milk</p>	<p>22</p> <p>Hamburger on WG Bun Lettuce/Tomato/Onion French Fries Fresh Apple Milk</p>	<p>23</p> <p>Chicken Noodles Mashed Potatoes Brussel Sprouts Tropical Fruit WG Bun Milk</p>	<p>24</p> <p>Vegetable Omelet Rosemary Potatoes Orange Wedges WG Biscuit Milk</p>	<p>25</p> <p>Tuna Salad on WG Croissant Celery Stick Cole Slaw Apricots Milk</p>
<p>28</p> <p>Penne Pasta w/meat sauce Green Beans Mixed Fruit WG Breadstick Milk</p>	<p>29</p> <p>Pulled BBQ Pork Sweet Potato Fries Steamed Corn Applesauce WG Bun Milk</p>	<p>30</p> <p>Mac & Cheese Seasoned Broccoli Mandarin Oranges WG Roll Milk</p>	<p>31</p> <p>Breaded Veal Squash Medley Blueberry Crisp WG Bun Milk</p>	<p>WG= Whole Grain</p>

HAPPY BIRTHDAY!

Wayne Arnold	John Matthews
Geraldine Bean	Henry Painter
Marnie Buckel	Mike Warwick
Barbara Cole	Ron Welsh
Gene Doughty	Laura Young
Joan Gardner	David Zimmer
Jeanne Hayhurst	Roger Vanhooose
William Jarvis	Peggy Larsen
Joyce Jones	Tim Shamrock
Shirley Klaiber	Judy Graves
Glen Koons	
Carolyn Matlak	



This Newsletter is published by:

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

NON-PROFIT STD.
U.S. POSTAGE PAID
MT. GILEAD, OH
43338
PERMIT #14

Board of Directors

Marie Christiano (Pres.)	Pat Rinehart	Marilyn Weiler
Dixie Shinaberry (V. Pres.)	Heather Kraft	Lisa Hull
Gill Ullom (Treas.)	Tim Siegfried	
Geri Park (Sec.)		

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.