

SENIOR MOMENTS

Morrow County's Monthly Newsletter
May, 2026

From the  of the Director...

Independent Versus Assisted Living

If you or an older family member are considering moving to a senior living community, you may be wondering what type of care is best. People often find it confusing to understand how independent living differs from assisted living. It's an important distinction.

Both types of senior housing are popular with seniors and their families. They provide older adults with an environment that supports their quality of life during retirement. Each is designed to offer services and amenities that meet the unique needs of seniors who are at different stages of life.

What Is Independent Living?

Independent living communities are an ideal retirement option for active seniors. They offer a lifestyle free from the burdens and financial costs of home ownership. Most independent living communities include maintenance, housekeeping, snow removal, lawn care, and trash removal in their basic fee.

Because residents don't have to worry about the demands of keeping up a home, they have more time to pursue hobbies, favorite pastimes, and other interests. Independent living communities typically offer a wide array of life-enrichment activities. They range from yoga and tai chi to card clubs, movie nights, and art classes.

Independent living communities often host local group outings, organize travel to destinations near and far, and coordinate volunteer projects.

What Is Assisted Living?

An assisted living community offers the same benefits as independent living, but with an added layer of care and support. They offer assistance with tasks that are referred to as activities of daily living. Those include help with medication management, assistance with personal care, and support with toileting.

Another question people often ask is how assisted living communities differ from nursing homes. The primary distinction is that while assisted living residents require support with the activities of daily living, nursing home residents usually have more complex medical needs. This care is usually provided by skilled nurses, therapists, and other licensed medical professionals.

In an assisted living community, the services generally offered include:

Help with bathing, grooming, and dressing
Nutritious meals and snacks
Medication administration and reminders

Monitoring of chronic health conditions
Toileting and continence care assistance
Transportation for appointments and errands

Sincerely, David Keefer

UPCOMING EVENTS!

BOOK CLUB

Mount Gilead Library will lead a lively discussion of our monthly book. Join us at the center on **May 27, 2026** from 1:00 –2:00 pm. We will discuss “Only the Beautiful” by Susan Meisner



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 May 5 from 12:00-1:30 pm. Galion Meadows will be with us on May 12. May 19 we will have bingo with Woodside, and Ohioans Home Health will run bingo on May 26. 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, May 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, May 7, 14, 21, and 28, 2026 at Noon.



MUSIC

Monday, May 4, County Travelers will be with us for music. Monday, May 11 we will have our Open Mic night. Tuesday, May 12, we will have Karaoke. Monday, May 18 will enjoy Gospel/Hymn and Jazz Music with the Skudders at 6:00 pm. And Monday, May 25 we will be closed for Memorial Day. 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!



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 23/71 Connector: What Morrow County Residents Need to Know

Morrow County residents are closely watching a major transportation study that could reshape parts of our rural landscape. The Ohio Department of Transportation (ODOT) is conducting a feasibility study for a new freeway connector linking U.S. Route 23 and Interstate 71.

The project, directed by the Ohio Legislature in the state's recent transportation budget, aims to improve north-south connectivity between northwest Ohio (including Toledo) and central Ohio (Columbus and beyond). Proponents argue it could reduce congestion on US 23, shorten commute times, and support regional logistics and economic growth.

Current Status of the Study

ODOT has narrowed the options after an initial broad review. The study area covers parts of Delaware, Marion, and Morrow counties. Recent conceptual alternatives focus on:

- An interchange on US 23 north of Waldo (in Marion County).
- A connection to I-71 near or just south of the Morrow/Delaware county line, with an interchange at or near US 42 north of Ashley in Morrow County.

Several of the five refined alignments would primarily run through southern Morrow County, affecting areas in Peru Township and Westfield Township. Earlier options also considered routes north or south of Ashley.

The full feasibility study is expected to be completed and reported back to lawmakers by October 1, 2026. No final decision has been made to build the connector—this is still a planning and evaluation phase.

Local Concerns in Morrow County

Many Morrow County residents, farmers, and local officials have expressed strong opposition. Key concerns include:

- Loss of prime farmland — Routes could cut through productive agricultural land that forms the heart of our county's economy.
- Impact on homes and property — Some alignments would affect family homes, leading to potential displacements or reduced quality of life.
- Community safety and access — Longer emergency response times for police, fire, and EMS services if new barriers divide rural roads.
- Limited local benefit — Critics note that the primary benefits (faster travel from northwest Ohio to Columbus) would largely bypass Morrow County while locals bear the costs.

Mount Gilead Mayor Donna Carver and the Morrow County Sheriff have also highlighted worries about how the project could affect community safety and daily life in southern townships.

SERVICES



May 10, 2026

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

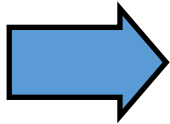


HOME DELIVERED MEALS

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: Friday, May 29
from 9:00 to 12:00
Equal opportunity provider

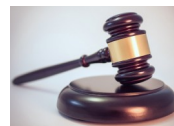
The center will be closed on Monday, May 25, 2026 to remember those who have lost their lives in service to our country.



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 Ext#273 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
<p>4</p> <p>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</p>	<p>5</p> <p style="text-align: center;">Happy Cinco de Mayo</p> <p>11:30 am Lunch @ Center 12:00-1:30 pm Bingo with Presidential</p>	<p>6</p> <p>8:30 Sassy Seniors 10:00 am: Fairy Gardens 11:30 am Lunch @ Center</p>
<p>11</p> <p>8:30 am Sassy Seniors 10:00 am: Carri Jagger Master Gardeners 11:30 am Lunch @ Center 6:00 pm- Open Mic</p>	<p>12</p> <p>9:30 am: PERI Chap 73 meeting at Edison Depot 11:30 am Lunch @ Center 12:00-1:30 pm Bingo with Galion Meadows 6:00 pm Music– Karaoke</p>	<p>13</p> <p>8:30 am Sassy Seniors 11:30 am Lunch @ Center 12:30 pm– Board Meeting 5:00 pm: Members Only Event</p>
<p>18</p> <p>8:30 am Sassy Seniors 10:00 am: Mia Shotwell talks birds 11:30 am Lunch @ Center 12:00 pm: Lunch Bunch 6:00 pm– Gospel/Hymn and Jazz Music with the Skudders</p>	<p>19</p> <p>11:30 am Lunch @ Center 12:00-1:30 pm Bingo with Woodside</p>	<p>20</p> <p>8:30 am Sassy Seniors 10:00 am– Trip to Der Dutchman In Belville 11:30 am Lunch @ Center</p>
<p>25</p> <div style="text-align: center;">  <p>MEMORIAL DAY REMEMBER AND HONOR</p> </div>	<p>26</p> <p>11:30 am Lunch @ Center 12:00-1:30 pm Bingo with Ohioans Home Health</p>	<p>27</p> <p>8:30 am Sassy Seniors 10:00 am: Movie “The Quiet Man” 11:30 am Lunch @ Center 1:00-2:00 pm– Book Club</p>

EVENTS AND IMPORTANT DATES

Thursday	Friday
	<p>1 8:30 am Sassy Seniors 11:30 am Lunch @ Center 1:00 pm- "Happy Hookers" sewing club.</p>
<p>7 11:30 am Lunch @ Center 12:00 pm Euchre</p>	<p>8 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>14 11:30 am Lunch @ Center 12:00 pm Euchre 9:00-1:30 pm- Lauren Johnson 1:00-3:00 pm: Marc Follin Medicare</p>	<p>15 8:30-9:30 am Sassy Seniors 11:30 am Lunch @ Center 1:00 pm- "Happy Hookers" sewing club.</p>
<p>21 11:30 am Lunch @ Center 12:00 pm Euchre</p>	<p>22 8:30-9:30 am Sassy Seniors 11:30 am Lunch @ Center 1:00 pm- "Happy Hookers" sewing club.</p>
<p>28 11:30 am Lunch @ Center 12:00 pm Euchre</p>	<p>29 9:00-12:00 pm- Commodity Pick Up 8:30-9:30 am Sassy Seniors 11:30 am Lunch @ Center 1:00 pm- "Happy Hookers" sewing club.</p>



Carl & Mary Lou

Grose

5/14

Marnie & Raymond

Buckel

5/19

Laura & Danny

Young

5/20

Geraldine & Paul

Bean

5/21

Sharon & Carnell

Bailey

SENIOR GROUPS

LUNCH and LEARN

The Lunch and Learn will meet on May 18, 2026. Join us before lunch, at 10:00 am this month, for a discussion about Spring and Summer birds with Mia Shotwell. Lunch will be served at Noon. Everyone is invited.

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, May 4, 2026 AT 9:00 am

LUNCH AT LEGION HALL
1549 COUNTY ROAD 26,
MARENGO, OH,
MONDAY, May 18, 2026 AT
12 NOON
JUDY JONES 567-231-9339

CROSSWORD PUZZLE

ACROSS

- 1 Et cetera (abbr.)
- 4 P.I. food
- 8 Harp (Ital.)
- 12 Cheer
- 13 Synagogue
- 14 Base
- 15 Jamaican dance music
- 16 4th incarnation of Vishnu
- 18 Trillion (pref.)
- 20 Money
- 21 Military macaw
- 23 Monsieus (abbr.)
- 27 Feint (2 words)
- 32 Sesame
- 33 Grain
- 34 Polishing material
- 36 Soft drink
- 37 Pronoun contraction
- 39 Scepter (2 words)
- 41 Coarse cotton

- fabric
- 43 Eur. Economic Community (abbr.)
- 44 Small anvil
- 48 Your (Ger.)
- 51 Veneration
- 55 Federal Aviation Admin. (abbr.)
- 56 Fair Employment Practices Act (abbr.)
- 57 Night (pref.)
- 58 Cetacean
- 59 Sound of a horn
- 60 Egypt. cross
- 61 Indian ground salt

DOWN

- 1 Former
- 2 Subtract
- 3 Nature
- 4 Social Security Number (abbr.)

- 5 Melville's captain
- 6 Plant seed coat
- 7 Wings
- 8 Among
- 9 Sleep state (abbr.)
- 10 Exclamation
- 11 Anecdotes

- 17 "Casablanca" character
- 19 Boat
- 22 Abridged (abbr.)
- 24 Hunt (2 words)
- 25 Change the decor
- 26 Rosebud, e.g.
- 27 Parasitic plant
- 28 Haw. island
- 29 Malay gibbon
- 30 Selling price equivocation
- 31 Mode
- 35 To (Scot.)
- 38 Subordinate official
- 40 Garland
- 42 Social affair
- 45 Sicilian volcano
- 46 Condition (suf.)
- 47 Afr. hornbill
- 49 Uncommon
- 50 Apiece
- 51 Air Force Base (abbr.)
- 52 River into the North Sea
- 53 Unclose
- 54 Ultimate degree

1	2	3		4	5	6	7		8	9	10	11
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59					60					61		

MENU

MAY 2026

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Call the center for A complete list of ingredients 419.946.4191</p>	<p>WG= Whole Grain</p>			<p>1 Tuna Salad on WG Croissant Tomato Cucumber salad Cole Slaw Apricots Milk</p>
<p>4 Mac & Cheese Seasoned Broccoli Mandarin Oranges WG Roll Milk</p>	<p>5 Pulled BBQ Pork Sweet Potato Fries Steamed Corn Applesauce WG Bun Milk</p>	<p>6 Penne Pasta w/meat sauce Green Beans Mixed Fruit WG Breadstick Milk</p>	<p>7 Breaded Veal Squash Medley Apple Crisp WG Bun Milk</p>	<p>8 Deli Sandwich on WG Croissant Cole Slaw Pickle Spear Fresh Orange Milk</p>
<p>11 Sweet & Sour Chicken Seasoned Snap Peas Pineapple Tidbits WG Brown Rice Milk</p>	<p>12 Homemade Meatloaf Mashed Potatoes Glazed Carrots Apple Slices WG Roll Milk</p>	<p>13 Pasta Alfredo w/ Chicken Diced Peaches House Salad WG Breadstick Milk</p>	<p>14 Personal Pizza California Blend Fresh Banana Wheat Bread Milk</p>	<p>15 Egg Salad Cowboy Corn Salad Baby Carrots Diced Pears WG Croissant Milk</p>
<p>18 Sloppy Joes Au Gratin Potatoes Fresh Apples WG Bun Milk</p>	<p>19 Pork Fritter Mashed Potatoes Gravy Green Beans Milk</p>	<p>20 Chicken Enchilada Casserole Corn & Black Bean Salad Peaches Milk</p>	<p>21 Chicken Tenders House Salad Glazed Carrots Tropical Fruit WG Roll Milk</p>	<p>22 Ham & Cheese Sandwich Broccoli/Cauliflower Salad Mandarin Oranges WG Bun Milk</p>
<p>25 </p>	<p>26 Parmesan Chicken Marinara Pasta Green Beans Diced Peaches WG Breadstick Milk</p>	<p>27 Salisbury Steak Mashed Potatoes Diced Pears WG Roll Milk</p>	<p>28 Chicken Patty WG Bun California Blend Pineapple Tidbits Milk</p>	<p>29 Chicken Salad on WG Croissant Baby Carrots Potato Salad Fresh Grapes Milk</p>

HAPPY BIRTHDAY!

Kathy Canfield

Mike Catalogun

Lee Faust

David Hamilton

Joanne Hinkle

Judy Jones

Wilma Reed

Howard Berridge

Jane Berridge

Sharon Bailey

If you have any updates to this list,

Please contact the center at

419.946.4191



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.